

## 1-2-3 divisionsmatch

## Stræktider

Sjørup Skov-08-09-2019

Plads	Navn	Klasse	Tid
<b>1</b>	<b>Lucas Stenhøj Baun Mcgrail</b>	<b>Ok Pan</b>	<b>23:06</b>
01:21=	02:32=	04:03=	06:11=
01:21=	01:11=	01:31=	02:08=
00:00=	00:00=	00:00=	00:00=
07:56=	10:19=	12:03=	12:50=
01:45=	02:23=	01:44=	00:47=
00:00=	00:00=	00:00=	00:00=
15:04=	16:36=	18:12=	19:47=
01:32=	01:36=	01:35=	01:43=
00:00=	00:00=	00:00=	00:00=
21:30=	22:48=	23:06=	
23:06=			
<b>2</b>	<b>Freya Friis Gade</b>	<b>17</b>	<b>25:05</b>
01:24+	02:48+	04:34+	06:30+
01:24+	01:24+	01:46+	01:56-
00:03+	00:13#	00:15#	00:12-
08:26+	11:02+	12:47+	13:54+
01:56+	02:36+	01:45+	01:07+
00:11#	00:13+	00:01+	00:20&
16:17+	18:06+	19:42+	21:43+
01:49+	01:36+	02:01+	01:56+
00:09+	00:17#	00:00=	00:26&
23:39+	24:44+	25:05+	
01:49+	01:36+	02:01+	01:05-
00:00=	00:13#	00:13-	00:03#
<b>3</b>	<b>Alexander Kjærsgård</b>	<b>Ok Pan</b>	<b>28:37</b>
01:16-	02:11-	04:36+	06:24+
01:16-	00:55-	02:25+	01:48-
00:05-	00:16-	00:54&	00:20-
08:21+	11:26+	13:00+	16:42+
01:57+	03:05+	01:34-	03:42+
00:12#	00:42&	00:10-	02:55@
18:35+	23:00+	24:26+	25:59+
01:53-	04:25+	01:26-	01:33-
00:21-	02:53@	00:10-	00:02-
27:22+	28:14+	28:37+	
01:23-	00:52-	00:23+	00:05&
00:20-	00:26-	00:05&	
<b>4</b>	<b>Merete Kirkegaard</b>	<b>4</b>	<b>28:54</b>
01:41+	02:55+	05:01+	07:18+
01:41+	01:14+	02:06+	02:17+
00:20#	00:03+	00:35&	00:09+
09:15+	11:56+	13:31+	15:30+
02:17+	02:41+	01:35-	01:59+
00:18#	00:09-	01:12@	00:39&
18:23+	20:18+	22:31+	24:51+
02:53+	01:55+	02:13+	02:20+
00:23#	00:29&	00:23#	00:29&
27:04+	28:35+	28:54+	
02:13+	01:31+	00:19+	
00:37&	00:45&	00:30&	00:13#
<b>5</b>	<b>Josefine Scheel Hansen</b>	<b>Ok Pan</b>	<b>30:10</b>
01:34+	03:18+	06:34+	09:28+
01:34+	01:44+	03:16+	02:54+
00:13#	00:33&	01:45@	00:46&
11:58+	14:44+	16:51+	18:07+
02:30+	02:46+	02:07+	01:16+
00:23#	00:23#	00:29&	00:23#
20:44+	22:45+	24:36+	26:46+
02:37+	02:01+	01:51+	02:10+
00:29&	00:15#	00:35&	00:08-
28:21+	29:50+	30:10+	
01:35-	01:29+	00:20+	00:02#
<b>6</b>	<b>Line Bjerre</b>	<b>4</b>	<b>30:55</b>
01:41+	03:02+	04:50+	07:06+
01:41+	01:21+	01:48+	02:16+
00:20#	00:10#	00:17#	00:08+
09:16+	11:55+	14:01+	18:21+
02:10+	02:39+	02:06+	04:20+
00:16#	00:22#	03:33@	00:14#
20:49+	23:07+	24:55+	26:55+
02:28+	02:18+	01:48+	02:00+
00:46&	00:12#	00:25&	00:31&
29:09+	30:30+	30:55+	
02:14+	01:21+	00:25+	00:07&
<b>7</b>	<b>Martin Hav</b>	<b>13</b>	<b>31:02</b>
02:30+	03:57+	06:06+	08:37+
02:30+	01:27+	02:09+	02:31+
01:09&	00:16#	00:38&	00:23#
10:43+	14:35+	16:07+	17:27+
03:52+	01:32-	01:20+	03:17+
00:21#	01:29&	00:12-	00:33&
20:44+	22:32+	24:35+	26:59+
01:48+	02:03+	02:24+	02:07+
01:03&	00:16#	00:27&	00:49&
29:06+	30:32+	31:02+	
02:07+	01:26+	00:12&	
<b>8</b>	<b>Trine Niss</b>	<b>13</b>	<b>32:48</b>
02:04+	03:20+	05:20+	08:21+
02:04+	01:16+	02:00+	03:01+
00:43&	00:05+	00:29&	00:53&
10:56+	14:01+	16:22+	17:45+
02:35+	03:05+	02:21+	01:23+
00:50&	00:42&	00:37&	00:36&
21:08+	23:50+	26:05+	28:50+
03:23+	02:42+	02:15+	02:45+
01:09&	01:10&	00:39&	01:10&
30:59+	32:26+	32:48+	
02:09+	01:27+	00:22+	00:04#
<b>9</b>	<b>Liv Gammelmark</b>	<b>13</b>	<b>41:25</b>
01:40+	03:40+	06:07+	09:25+
01:40+	02:00+	02:27+	03:18+
00:19#	00:49&	00:56&	01:10&
12:46+	16:52+	19:56+	22:13+
03:21+	04:06+	03:04+	02:17+
01:43&	01:20&	01:30@	03:42@
28:09+	31:37+	34:32+	37:05+
03:28+	02:55+	02:33+	02:13+
01:56@	01:19&	00:58&	00:30&
41:04+	41:25+		
01:46+	00:21+	00:03#	
<b>10</b>	<b>Preben Jørgensen</b>	<b>4</b>	<b>42:09</b>
02:43+	04:43+	07:23+	11:13+
02:43+	02:00+	02:40+	03:50+
01:22@	00:49&	01:09&	01:42&
14:26+	18:51+	21:17+	22:49+
03:13+	04:25+	02:26+	01:32+
02:02&	00:42&	00:45&	01:53&
26:56+	29:57+	33:01+	36:21+
04:07+	03:01+	03:04+	03:20+
01:53&	01:29&	01:28&	01:45@
39:36+	41:39+	42:09+	
03:15+	02:03+	00:30+	00:12&
<b>11</b>	<b>Victoria Olesen Hinge</b>	<b>Ok Pan</b>	<b>49:02</b>
02:11+	04:18+	09:17+	13:06+
02:11+	02:07+	04:59+	03:49+
00:50&	00:56&	03:28@	01:41&
18:26+	23:04+	26:19+	28:03+
04:38+	03:15+	01:44+	04:28+
02:15&	01:31&	00:57@	02:14&
32:31+	36:05+	39:28+	43:21+
03:34+	03:23+	03:53+	03:11+
02:02@	01:47@	02:18@	01:28&
48:42+	49:02+		
02:10+	00:20+	00:02#	
<b>12</b>	<b>Grethe Boen Knudsen</b>	<b>4</b>	<b>49:04</b>
03:59+	05:46+	09:03+	13:18+
03:59+	01:47+	03:17+	04:15+
02:38@	00:36&	01:46@	02:07&
18:49+	22:53+	26:07+	27:42+
04:04+	03:14+	01:35+	07:37+
01:30&	00:48@	05:23@	01:17&
35:19+	38:08+	40:51+	44:34+
02:49+	02:43+	03:43+	02:25+
01:07&	02:08@	00:42&	00:21&
49:04+	00:26+	00:08&	

### Beg

<b>13</b>	<b>Sylvester Arvad Kristensen</b>	<b>3</b>											<b>1:12:25</b>	
03:50+	07:34+	12:29+	18:27+	24:36+	32:50+	36:06+	38:47+	46:16+	50:35+	55:54+	62:01+	67:48+	71:48+	72:25+
03:50+	03:44+	04:55+	05:58+	06:09+	08:14+	03:16+	02:41+	07:29+	04:19+	05:19+	06:07+	05:47+	04:00+	00:37+
02:29@	02:33@	03:24@	03:50@	04:24@	05:51@	01:32&	01:54@	05:15@	02:47@	03:43@	04:32@	04:04@	02:42@	00:19@

<b>14</b>	<b>Dennis Heldgaard Kristensen</b>	<b>3</b>											<b>1:12:40</b>	
04:16+	08:37+	13:18+	19:04+	25:00+	33:08+	36:18+	38:52+	45:58+	51:04+	56:36+	62:13+	68:00+	71:51+	72:40+
04:16+	04:21+	04:41+	05:46+	05:56+	08:08+	03:10+	02:34+	07:06+	05:06+	05:32+	05:37+	05:47+	03:51+	00:49+
04:16+	04:21+	04:41+	05:46+	05:56+	08:08+	03:10+	02:34+	07:06+	05:06+	05:32+	05:37+	05:47+	03:51+	00:49+

<b>15</b>	<b>Maya Arvad Kristensen</b>	<b>3</b>											<b>1:12:42</b>	
04:24+	08:41+	13:10+	19:12+	25:25+	32:52+	36:16+	38:34+	45:53+	51:00+	56:33+	62:21+	68:49+	71:55+	72:42+
04:24+	04:17+	04:29+	06:02+	06:13+	07:27+	03:24+	02:18+	07:19+	05:07+	05:33+	05:48+	06:28+	03:06+	00:47+
04:24+	04:17+	04:29+	06:02+	06:13+	07:27+	03:24+	02:18+	07:19+	05:07+	05:33+	05:48+	06:28+	03:06+	00:47+

### Beste stræktid for klassen

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

### D10

<b>1</b>	<b>Ragnhild Øhlenschläger Nielsen</b>	<b>14</b>											<b>22:07</b>	
01:05=	01:57=	03:19=	04:54=	06:19=	08:11=	09:08=	09:44=	16:20=	17:33=	18:45=	20:06=	21:11=	21:55=	22:07=
01:05=	00:52=	01:22=	01:35=	01:25=	01:52=	00:57=	00:36=	06:36=	01:13=	01:12=	01:21=	01:05=	00:44=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Karla Blicher</b>	<b>9</b>											<b>23:31</b>	
01:12+	02:10+	03:35+	05:17+	07:03+	10:37+	12:00+	12:52+	15:12-	16:49-	18:21-	20:30+	21:56+	23:01+	23:31+
01:12+	00:58+	01:25+	01:42+	01:46+	03:34+	01:23+	00:52+	02:20-	01:37+	01:32+	02:09+	01:26+	01:05+	00:30+
00:07#	00:06#	00:03+	00:07+	00:21#	01:42&	00:26&	00:16&	04:16-	00:24&	00:20&	00:48&	00:21&	00:21&	00:18@

<b>3</b>	<b>Carla Brahe Bohnsen</b>	<b>Ok Pan</b>											<b>24:07</b>	
01:11+	02:09+	03:28+	05:19+	06:41+	10:09+	11:07+	11:43+	18:21+	19:37+	20:49+	22:15+	23:12+	23:56+	24:07+
01:11+	00:58+	01:19-	01:51+	01:22-	03:28+	00:58+	00:36=	06:38+	01:16+	01:12=	01:26+	00:57-	00:44=	00:11-
00:06+	00:06#	00:03-	00:16#	00:03-	01:36&	00:01+	00:00=	00:02+	00:03+	00:00=	00:05+	00:08-	00:00=	00:01-

<b>4</b>	<b>Gry Gammelmark</b>	<b>13</b>											<b>25:20</b>	
01:14+	02:17+	04:04+	06:10+	07:56+	10:41+	12:51+	13:59+	16:26+	18:07+	19:56+	21:32+	23:55+	25:08+	25:20+
01:14+	01:03+	01:47+	02:06+	01:46+	02:45+	02:10+	01:08+	02:27-	01:41+	01:49+	01:36+	02:23+	01:13+	00:12=
00:09#	00:11#	00:25&	00:31&	00:21#	00:53&	01:13@	00:32&	04:09-	00:28&	00:37&	00:15#	01:18@	00:29&	00:00=

<b>5</b>	<b>Selma Gammelmark</b>	<b>13</b>											<b>25:21</b>	
01:14+	02:29+	04:09+	06:04+	08:08+	10:47+	13:15+	14:18+	17:12+	19:01+	20:28+	21:57+	23:44+	25:09+	25:21+
01:14+	01:15+	01:40+	01:55+	02:04+	02:39+	02:28+	01:03+	02:54-	01:49+	01:27+	01:29+	01:47+	01:25+	00:12=
00:09#	00:23&	00:18#	00:20#	00:39&	00:47&	01:31@	00:27&	03:42-	00:36&	00:15#	00:08+	00:42&	00:41&	00:00=

<b>6</b>	<b>Marie Skov Dalgaard</b>	<b>Ok Pan</b>											<b>25:42</b>	
01:17+	02:31+	04:12+	06:24+	08:17+	10:35+	13:33+	15:06+	17:24+	19:00+	20:38+	22:28+	24:05+	25:22+	25:42+
01:17+	01:14+	01:41+	02:12+	01:53+	02:18+	02:58+	01:33+	02:18-	01:36+	01:38+	01:50+	01:37+	01:17+	00:20+
00:12#	00:22&	00:19#	00:37&	00:28&	00:26#	02:01@	00:57@	04:18-	00:23&	00:26&	00:29&	00:32&	00:33&	00:08&

<b>7</b>	<b>Freja Toft Møller Mikkelsen</b>	<b>4</b>											<b>28:00</b>	
01:24+	02:59+	04:47+	07:08+	09:18+	12:14+	13:54+	16:15+	19:05+	21:10+	22:59+	25:13+	26:37+	27:45+	28:00+
01:24+	01:35+	01:48+	02:21+	02:10+	02:56+	01:40+	02:21+	02:50-	02:05+	01:49+	02:14+	01:24+	01:08+	00:15+
00:19&	00:43&	00:26&	00:46&	00:45&	01:04&	00:43&	01:45@	03:46-	00:52&	00:37&	00:53&	00:19&	00:24&	00:03#

## D10

<b>8</b>	<b>Olivia Olesen Hinge</b>	<b>Ok Pan</b>	<b>28:21</b>											
01:37+	02:41+	04:21+	06:59+	09:11+	12:17+	14:41+	15:51+	18:34+	20:25+	22:18+	24:37+	26:07+	28:10+	28:21+
01:37+	01:04+	01:40+	02:38+	02:12+	03:06+	02:24+	01:10+	02:43-	01:51+	01:53+	02:19+	01:30+	02:03+	00:11-
00:32&	00:12#	00:18#	01:03&	00:47&	01:14&	01:27@	00:34&	03:53-	00:38&	00:41&	00:58&	00:25&	01:19@	00:01-

<b>9</b>	<b>Astrid Lykke Nielsen</b>	<b>4</b>	<b>29:28</b>											
01:18+	02:39+	04:24+	06:18+	08:27+	10:38+	13:54+	15:17+	21:34+	23:13+	24:43+	26:48+	28:17+	29:14+	29:28+
01:18+	01:21+	01:45+	01:54+	02:09+	02:11+	03:16+	01:23+	06:17+	01:39+	01:30+	02:05+	01:29+	00:57+	00:14+
01:18+	01:21+	01:45+	01:54+	02:09+	02:11+	03:16+	01:23+	06:17+	01:39+	01:30+	02:05+	01:29+	00:57+	00:14+

<b>10</b>	<b>Matilde Riis Madsen</b>	<b>13</b>	<b>34:11</b>											
01:19+	02:26+	04:53+	07:28+	10:20+	18:50+	20:21+	21:17+	24:25+	25:57+	27:53+	30:02+	31:36+	33:22+	34:11+
01:19+	01:07+	02:27+	02:35+	02:52+	08:30+	01:31+	00:56+	03:08+	01:32+	01:56+	02:09+	01:34+	01:46+	00:49+
01:19+	01:07+	02:27+	02:35+	02:52+	08:30+	01:31+	00:56+	03:08+	01:32+	01:56+	02:09+	01:34+	01:46+	00:49+

<b>11</b>	<b>Karen Gammelvind</b>	<b>3</b>	<b>35:03</b>											
02:07+	03:38+	06:52+	12:17+	15:53+	17:55+	19:41+	23:37+	25:48+	28:21+	31:02+	33:06+	34:51+	35:03+	
02:07+	01:31+	03:14+	03:04+	02:21+	03:36+	02:02+	01:46+	03:56+	02:11+	02:33+	02:41+	02:04+	01:45+	00:12+
02:07+	01:31+	03:14+	03:04+	02:21+	03:36+	02:02+	01:46+	03:56+	02:11+	02:33+	02:41+	02:04+	01:45+	00:12+

<b>12</b>	<b>Freya Baagø</b>	<b>17</b>	<b>45:12</b>									
02:43+	04:25+	06:39+	11:06+	13:57+	19:54+	23:24+	25:25+	31:21+	34:19+	36:44+	44:57+	45:12+
02:43+	01:42+	02:14+	04:27+	02:51+	05:57+	03:30+	02:01+	05:56+	02:58+	02:25+	08:13+	00:15+
02:43+	01:42+	02:14+	04:27+	02:51+	05:57+	03:30+	02:01+	05:56+	02:58+	02:25+	08:13+	00:15+

### Beste stræktid for klassen

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

## D12

<b>1</b>	<b>Siv Borup Fredberg</b>	<b>14</b>	<b>23:08</b>										
01:57=	04:57=	07:18=	09:08=	12:02=	13:58=	14:34=	15:40=	18:34=	19:43=	21:00=	22:13=	22:57=	23:08=
01:57=	03:00=	02:21=	01:50=	02:54=	01:56=	00:36=	01:06=	02:54=	01:09=	01:17=	01:13=	00:44=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Astrid Faber Fenger-Grøn</b>	<b>14</b>	<b>23:50</b>										
01:50-	04:08-	06:22-	08:21-	11:24-	13:12-	14:30-	15:22-	18:27-	19:48+	21:21+	22:43+	23:35+	23:50+
01:50-	02:18-	02:14-	01:59+	03:03+	01:48-	01:18+	00:52-	03:05+	01:21+	01:33+	01:22+	00:52+	00:15+
00:07-	00:42-	00:07-	00:09+	00:09+	00:08-	00:42@	00:14-	00:11+	00:12#	00:16#	00:09#	00:08#	00:04&

<b>3</b>	<b>Esther Henriksen</b>	<b>4</b>	<b>24:07</b>										
01:54-	04:02-	06:48-	08:53-	12:06+	14:07+	14:55+	15:55+	18:55+	20:14+	21:39+	23:01+	23:54+	24:07+
01:54-	02:08-	02:46+	02:05+	03:13+	02:01+	00:48+	01:00-	03:00+	01:19+	01:25+	01:22+	00:53+	00:13+
00:03-	00:52-	00:25#	00:15#	00:19#	00:05+	00:12&	00:06-	00:06+	00:10#	00:08#	00:09#	00:09#	00:02#

<b>4</b>	<b>Siv Kusk Berglund</b>	<b>Ok Pan</b>	<b>26:36</b>										
01:51-	03:48-	05:57-	07:54-	11:01-	12:55-	16:10+	17:29+	21:39+	22:59+	24:29+	25:40+	26:25+	26:36+
01:51-	01:57-	02:09-	01:57+	03:07+	01:54-	03:15+	01:19+	04:10+	01:20+	01:30+	01:11-	00:45+	00:11=
00:06-	01:03-	00:12-	00:07+	00:13+	00:02-	02:39@	00:13#	01:16&	00:11#	00:13#	00:02-	00:01+	00:00=

<b>5</b>	<b>Johanna Madsen</b>	<b>9</b>	<b>28:23</b>										
02:30+	04:53-	07:34+	09:51+	13:15+	15:30+	17:04+	18:21+	22:03+	23:34+	25:19+	26:51+	28:04+	28:23+
02:30+	02:23-	02:41+	02:17+	03:24+	02:15+	01:34+	01:17+	03:42+	01:31+	01:45+	01:32+	01:13+	00:19+
00:33&	00:37-	00:20#	00:27#	00:30#	00:19#	00:58@	00:11#	00:48&	00:22&	00:28&	00:19&	00:29&	00:08&

## D12

<b>6</b>	<b>Anna Kaldahl Hornbæk</b>	<b>Ok Pan</b>	<b>29:17</b>										
03:34+	05:46+	08:19+	10:38+	14:20+	17:02+	18:35+	20:04+	23:41+	25:14+	26:51+	28:07+	29:04+	29:17+
03:34+	02:12-	02:33+	02:19+	03:42+	02:42+	01:33+	01:29+	03:37+	01:33+	01:37+	01:16+	00:57+	00:13+
01:37&	00:48-	00:12+	00:29&	00:48&	00:46&	00:57@	00:23&	00:43#	00:24&	00:20&	00:03+	00:13&	00:02#

<b>7</b>	<b>Ida Søre Christensen</b>	<b>13</b>	<b>29:26</b>										
02:09+	04:27+	06:50+	09:01+	12:31+	14:59+	16:20+	17:20+	21:41+	23:13+	24:46+	26:06+	29:14+	29:26+
02:09+	02:18+	02:23+	02:11+	03:30+	02:28+	01:21+	01:00+	04:21+	01:32+	01:33+	01:20+	03:08+	00:12+
02:09+	02:18+	02:23+	02:11+	03:30+	02:28+	01:21+	01:00+	04:21+	01:32+	01:33+	01:20+	03:08+	00:12+

<b>8</b>	<b>Mathilde Bobach</b>	<b>13</b>	<b>35:11</b>										
02:22+	04:50+	07:53+	10:37+	15:41+	20:09+	21:12+	22:45+	28:02+	29:53+	32:16+	33:49+	34:57+	35:11+
02:22+	02:28+	03:03+	02:44+	05:04+	04:28+	01:03+	01:33+	05:17+	01:51+	02:23+	01:33+	01:08+	00:14+
02:22+	02:28+	03:03+	02:44+	05:04+	04:28+	01:03+	01:33+	05:17+	01:51+	02:23+	01:33+	01:08+	00:14+

### Beste stræktid for klassen

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

## D12B

<b>1</b>	<b>Asta Kappel Jensen</b>	<b>13</b>	<b>29:23</b>											
01:43=	02:48=	05:44=	07:44=	09:36=	12:10=	13:45=	15:55=	19:09=	20:47=	22:39=	24:39=	28:11=	29:10=	29:23=
01:43=	01:05=	02:56=	02:00=	01:52=	02:34=	01:35=	02:10=	03:14=	01:38=	01:52=	02:00=	03:32=	00:59=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Sofie Tornby Stender</b>	<b>13</b>	<b>34:00</b>											
01:46+	03:02+	08:17+	11:27+	13:53+	17:42+	19:05+	20:39+	23:08+	24:50+	27:27+	29:41+	31:26+	33:34+	34:00+
01:46+	01:16+	05:15+	03:10+	02:26+	03:49+	01:23-	01:34-	02:29-	01:42+	02:37+	02:14+	01:45-	02:08+	00:26+
00:03+	00:11#	02:19&	01:10&	00:34&	01:15&	00:12-	00:36-	00:45-	00:04+	00:45&	00:14#	01:47-	01:09@	00:13&

<b>3</b>	<b>Alma Freilev Lindved</b>	<b>4</b>	<b>34:13</b>											
01:31-	02:49+	04:47-	07:35-	10:11+	13:44+	16:03+	17:57+	21:17+	24:27+	26:18+	29:38+	32:17+	33:47+	34:13+
01:31-	01:18+	01:58-	02:48+	02:36+	03:33+	02:19+	01:54-	03:20+	03:10+	01:51-	03:20+	02:39-	01:30+	00:26+
00:12-	00:13#	00:58-	00:48&	00:44&	00:59&	00:44&	00:16-	00:06+	01:32&	00:01-	01:20&	00:53-	00:31&	00:13&

<b>4</b>	<b>Ella Freilev Lindved</b>	<b>4</b>	<b>35:45</b>											
02:28+	04:37+	06:29+	08:59+	11:18+	15:18+	17:01+	19:35+	22:40+	25:32+	27:27+	30:11+	33:50+	35:23+	35:45+
02:28+	02:09+	01:52-	02:30+	02:19+	04:00+	01:43+	02:34+	03:05-	02:52+	01:55+	02:44+	03:39+	01:33+	00:22+
00:45&	01:04&	01:04-	00:30#	00:27#	01:26&	00:08+	00:24#	00:09-	01:14&	00:03+	00:44&	00:07+	00:34&	00:09&

<b>5</b>	<b>Andrea Wilsky</b>	<b>4</b>	<b>35:54</b>											
01:21-	02:56+	05:11-	07:50+	10:14+	13:57+	16:55+	19:26+	23:35+	25:58+	28:38+	31:54+	33:47+	35:33+	35:54+
01:21-	01:35+	02:15-	02:39+	02:24+	03:43+	02:58+	02:31+	04:09+	02:23+	02:40+	03:16+	01:53-	01:46+	00:21+
00:22-	00:30&	00:41-	00:39&	00:32&	01:09&	01:23&	00:21#	00:55&	00:45&	00:48&	01:16&	01:39-	00:47&	00:08&

<b>6</b>	<b>Sara Byskov Scheel</b>	<b>13</b>	<b>38:57</b>											
01:46+	03:10+	05:37-	08:34+	12:20+	16:13+	19:58+	21:45+	25:32+	29:04+	31:31+	34:15+	36:03+	38:27+	38:57+
01:46+	01:24+	02:27-	02:57+	03:46+	03:53+	03:45+	01:47-	03:47+	03:32+	02:27+	02:44+	01:48-	02:24+	00:30+
00:03+	00:19&	00:29-	00:57&	01:54@	01:19&	02:10@	00:23-	00:33#	01:54@	00:35&	00:44&	01:44-	01:25@	00:17@

<b>7</b>	<b>Lærke Overballe Hansen</b>	<b>Ok Pan</b>	<b>40:01</b>											
01:38-	02:30-	05:12-	07:37-	10:03+	24:29+	26:16+	27:42+	30:58+	33:06+	34:41+	37:03+	38:37+	39:41+	40:01+
01:38-	00:52-	02:42-	02:25+	02:26+	14:26+	01:47+	01:26-	03:16+	02:08+	01:35-	02:22+	01:34-	01:04+	00:20+
00:05-	00:13-	00:14-	00:25#	00:34&	11:52@	00:12#	00:44-	00:02+	00:30&	00:17-	00:22#	01:58-	00:05+	00:07&

## D12B

### Beste stræktid for klassen

01:21 00:52 01:52 02:00 01:52 02:34 01:23 01:26 02:29 01:38 01:35 02:00 01:34 00:59 00:13

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

## D14

<b>1</b>	<b>Johanne Skouboe</b>	<b>4</b>	<b>34:31</b>														
01:58=	03:43=	05:39=	07:38=	10:23=	11:40=	13:19=	17:45=	20:28=	22:29=	23:31=	24:58=	27:25=	29:55=	31:17=	32:41=	34:20=	34:31=
01:58=	01:45=	01:56=	01:59=	02:45=	01:17=	01:39=	04:26=	02:43=	02:01=	01:02=	01:27=	02:27=	02:30=	01:22=	01:24=	01:39=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Emilie Skov Dalgaard</b>	<b>Ok Pan</b>	<b>36:27</b>														
01:32-	03:18-	05:14-	07:07-	10:10-	11:40=	13:54+	17:57+	22:08+	24:17+	25:24+	26:54+	29:55+	32:17+	33:46+	34:48+	36:16+	36:27+
01:32-	01:46+	01:56=	01:53-	03:03+	01:30+	02:14+	04:03-	04:11+	02:09+	01:07+	01:30+	03:01+	02:22-	01:29+	01:02-	01:28-	00:11=
00:26-	00:01+	00:00=	00:06-	00:18#	00:13#	00:35&	00:23-	01:28&	00:08+	00:05+	00:03+	00:34#	00:08-	00:07+	00:22-	00:11-	00:00=
<b>3</b>	<b>Andrea Ebert Svenningsen</b>	<b>13</b>	<b>37:01</b>														
01:45-	03:42-	05:52+	07:45+	10:44+	12:13+	14:16+	19:03+	22:32+	24:30+	25:27+	26:59+	29:28+	31:38+	33:14+	34:36+	36:49+	37:01+
01:45-	01:57+	02:10+	01:53-	02:59+	01:29+	02:03+	04:47+	03:29+	01:58-	00:57-	01:32+	02:29+	02:10-	01:36+	01:22-	02:13+	00:12+
00:13-	00:12#	00:14#	00:06-	00:14+	00:12#	00:24#	00:21+	00:46&	00:03-	00:05-	00:05+	00:02+	00:20-	00:14#	00:02-	00:34&	00:01+
<b>4</b>	<b>Laura Kaldahl Hornbæk</b>	<b>Ok Pan</b>	<b>38:20</b>														
01:22-	04:07+	06:59+	08:43+	11:18+	12:27+	13:53+	17:57+	24:39+	26:52+	28:00+	29:20+	31:51+	34:09+	35:58+	36:47+	38:08+	38:20+
01:22-	02:45+	02:52+	01:44-	02:35-	01:09-	01:26-	04:04-	06:42+	02:13+	01:08+	01:20-	02:31+	02:18-	01:49+	00:49-	01:21-	00:12+
00:36-	01:00&	00:56&	00:15-	00:10-	00:08-	00:13-	00:22-	03:59@	00:12+	00:06+	00:07-	00:04+	00:12-	00:27&	00:35-	00:18-	00:01+
<b>5</b>	<b>Sigrid Øhlenschlæger Nielsen</b>	<b>14</b>	<b>39:34</b>														
01:39-	04:28+	07:26+	09:14+	11:33+	12:52+	14:28+	18:44+	22:14+	24:20+	25:24+	27:03+	29:35+	32:46+	36:03+	37:17+	39:23+	39:34+
01:39-	02:49+	02:58+	01:48-	02:19-	01:19+	01:36-	04:16-	03:30+	02:06+	01:04+	01:39+	02:32+	03:11+	03:17+	01:14-	02:06+	00:11=
00:19-	01:04&	01:02&	00:11-	00:26-	00:02+	00:03-	00:10-	00:47&	00:05+	00:02+	00:12#	00:05+	00:41&	01:55@	00:10-	00:27&	00:00=
<b>6</b>	<b>Ella Klærke Mikkelsen</b>	<b>4</b>	<b>47:26</b>														
01:38-	04:11+	06:36+	09:10+	12:18+	13:45+	15:56+	21:42+	26:01+	31:20+	32:49+	34:55+	38:33+	42:27+	44:33+	45:36+	47:15+	47:26+
01:38-	02:33+	02:25+	02:34+	03:08+	01:27+	02:11+	05:46+	04:19+	05:19+	01:29+	02:06+	03:38+	03:54+	02:06+	01:03-	01:39=	00:11=
00:20-	00:48&	00:29#	00:35&	00:23#	00:10#	00:32&	01:20&	01:36&	03:18@	00:27&	00:39&	01:11&	01:24&	00:44&	00:21-	00:00=	00:00=
<b>7</b>	<b>Hannah Udclit Kristensen</b>	<b>Ok Pan</b>	<b>48:28</b>														
02:53+	05:00+	07:19+	09:33+	16:57+	18:33+	20:55+	25:59+	28:56+	31:27+	32:46+	35:23+	38:45+	42:42+	44:19+	46:09+	48:15+	48:28+
02:53+	02:07+	02:19+	02:14+	07:24+	01:36+	02:22+	05:04+	02:57+	02:31+	01:19+	02:37+	03:22+	03:57+	01:37+	01:50+	02:06+	00:13+
00:55&	00:22#	00:23#	00:15#	04:39@	00:19#	00:43&	00:38#	00:14+	00:30#	00:17&	01:10&	00:55&	01:27&	00:15#	00:26&	00:27&	00:02#
<b>8</b>	<b>Anna Bo Kølbæk</b>	<b>19</b>	<b>57:31</b>														
01:50-	05:23+	07:46+	10:02+	14:25+	16:19+	18:31+	26:59+	39:19+	42:03+	43:28+	45:25+	48:54+	52:53+	54:41+	55:44+	57:21+	57:31+
01:50-	03:33+	02:23+	02:16+	04:23+	01:54+	02:12+	08:28+	12:20+	02:44+	01:25+	01:57+	03:29+	03:59+	01:48+	01:03-	01:37-	00:10-
00:08-	01:48@	00:27#	00:17#	01:38&	00:37&	00:33&	04:02&	09:37@	00:43&	00:23&	00:30&	01:02&	01:29&	00:26&	00:21-	00:02-	00:01-

### Beste stræktid for klassen

01:22 01:45 01:56 01:44 02:19 01:09 01:26 04:03 02:43 01:58 00:57 01:20 02:27 02:10 01:22 00:49 01:21 00:10

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

## D14B

## D14B

<b>1</b>	<b>Anne Sofie Kudsk Nielsen</b>	<b>4</b>	<b>26:12</b>										
02:30=	04:31=	06:41=	08:32=	11:43=	13:59=	15:32=	17:10=	20:39=	22:06=	23:54=	25:08=	25:56=	26:12=
02:30=	02:01=	02:10=	01:51=	03:11=	02:16=	01:33=	01:38=	03:29=	01:27=	01:48=	01:14=	00:48=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Nana Jensen</b>	<b>14</b>	<b>28:37</b>										
02:13+	04:18+	06:38+	08:43+	12:28+	14:46+	15:54+	17:13+	20:52+	22:24+	24:19+	25:53+	28:27+	28:37+
02:13+	02:05+	02:20+	02:05+	03:45+	02:18+	01:08+	01:19+	03:39+	01:32+	01:55+	01:34+	02:34+	00:10+
02:13+	02:05+	02:20+	02:05+	03:45+	02:18+	01:08+	01:19+	03:39+	01:32+	01:55+	01:34+	02:34+	00:10+

<b>3</b>	<b>Ida Byskov Scheel</b>	<b>13</b>	<b>30:03</b>										
02:15+	04:31+	07:00+	09:31+	13:40+	16:37+	18:41+	20:05+	23:46+	25:26+	27:28+	28:44+	29:48+	30:03+
02:15+	02:16+	02:29+	02:31+	04:09+	02:57+	02:04+	01:24+	03:41+	01:40+	02:02+	01:16+	01:04+	00:15+
02:15+	02:16+	02:29+	02:31+	04:09+	02:57+	02:04+	01:24+	03:41+	01:40+	02:02+	01:16+	01:04+	00:15+

<b>4</b>	<b>Josephine Friis Gade</b>	<b>17</b>	<b>32:04</b>										
02:34+	05:40+	08:44+	11:29+	16:00+	18:40+	20:15+	21:32+	25:30+	27:13+	29:13+	30:39+	31:49+	32:04+
02:34+	03:06+	03:04+	02:45+	04:31+	02:40+	01:35+	01:17+	03:58+	01:43+	02:00+	01:26+	01:10+	00:15+
02:34+	03:06+	03:04+	02:45+	04:31+	02:40+	01:35+	01:17+	03:58+	01:43+	02:00+	01:26+	01:10+	00:15+

<b>5</b>	<b>Iben Nygaard Rahr</b>	<b>14</b>	<b>37:15</b>										
02:40+	05:41+	09:02+	11:46+	17:01+	21:26+	23:14+	25:05+	29:57+	31:52+	34:11+	35:39+	37:02+	37:15+
02:40+	03:01+	03:21+	02:44+	05:15+	04:25+	01:48+	01:51+	04:52+	01:55+	02:19+	01:28+	01:23+	00:13+
02:40+	03:01+	03:21+	02:44+	05:15+	04:25+	01:48+	01:51+	04:52+	01:55+	02:19+	01:28+	01:23+	00:13+

<b>6</b>	<b>Inge Schou-Hansen</b>	<b>Ok Pan</b>	<b>37:49</b>										
02:39+	05:35+	09:12+	12:04+	16:52+	21:46+	23:56+	25:39+	29:47+	31:51+	34:18+	36:00+	37:33+	37:49+
02:39+	02:56+	03:37+	02:52+	04:48+	04:54+	02:10+	01:43+	04:08+	02:04+	02:27+	01:42+	01:33+	00:16+
02:39+	02:56+	03:37+	02:52+	04:48+	04:54+	02:10+	01:43+	04:08+	02:04+	02:27+	01:42+	01:33+	00:16+

<b>7</b>	<b>Sissel Stavlund Skødt</b>	<b>Ok Pan</b>	<b>40:44</b>										
02:50+	06:08+	09:40+	13:11+	18:18+	21:55+	23:37+	25:40+	31:57+	34:14+	36:29+	38:20+	40:29+	40:44+
02:50+	03:18+	03:32+	03:31+	05:07+	03:37+	01:42+	02:03+	06:17+	02:17+	02:15+	01:51+	02:09+	00:15+
02:50+	03:18+	03:32+	03:31+	05:07+	03:37+	01:42+	02:03+	06:17+	02:17+	02:15+	01:51+	02:09+	00:15+

<b>8</b>	<b>Oline Libak Damsgaard</b>	<b>17</b>	<b>42:36</b>										
02:32+	05:05+	07:54+	10:31+	15:17+	23:28+	25:21+	27:17+	33:28+	35:27+	38:43+	40:06+	42:17+	42:36+
02:32+	02:33+	02:49+	02:37+	04:46+	08:11+	01:53+	01:56+	06:11+	01:59+	03:16+	01:23+	02:11+	00:19+
02:32+	02:33+	02:49+	02:37+	04:46+	08:11+	01:53+	01:56+	06:11+	01:59+	03:16+	01:23+	02:11+	00:19+

### Beste stræktid for klassen

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

## D16

<b>1</b>	<b>Elanor Henriksen</b>	<b>4</b>	<b>40:36</b>													
05:26=	10:40=	14:11=	15:39=	17:29=	20:03=	23:26=	25:25=	27:32=	29:43=	32:48=	33:28=	35:23=	37:54=	39:04=	40:26=	40:36=
05:26=	05:14=	03:31=	01:28=	01:50=	02:34=	03:23=	01:59=	02:07=	02:11=	03:05=	00:40=	01:55=	02:31=	01:10=	01:22=	00:10=
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=

<b>2</b>	<b>Ella Hedegaard Richardson</b>	<b>Ok Pan</b>	<b>42:10</b>													
05:55+	11:49+	14:46+	16:33+	18:34+	20:24+	24:10+	26:08+	28:18+	30:58+	33:33+	34:49+	36:55+	39:38+	40:30+	41:58+	42:10+
05:55+	05:54+	02:57-	01:47+	02:01+	01:50-	03:46+	01:58-	02:10+	02:40+	02:35-	01:16+	02:06+	02:43+	00:52-	01:28+	00:12+
00:29+	00:40#	00:34-	00:19#	00:11#	00:44-	00:23#	00:01-	00:03+	00:29#	00:30-	00:36&	00:11+	00:12+	00:18-	00:06+	00:02#

### D16

<b>3</b>	<b>Theresa Skouboe</b>	<b>4</b>	<b>42:48</b>													
04:45-	15:10+	17:39+	19:05+	20:48+	22:08+	25:17+	27:09+	31:23+	33:29+	35:40+	36:18+	38:07+	40:28+	41:15+	42:36+	42:48+
04:45-	10:25+	02:29-	01:26-	01:43-	01:20-	03:09-	01:52-	04:14+	02:06-	02:11-	00:38-	01:49-	02:21-	00:47-	01:21-	00:12+
00:41-	05:11&	01:02-	00:02-	00:07-	01:14-	00:14-	00:07-	02:07&	00:05-	00:54-	00:02-	00:06-	00:10-	00:23-	00:01-	00:02#
<b>4</b>	<b>Anna Harbo Flyvbjerg</b>	<b>13</b>	<b>48:40</b>													
06:50+	14:12+	18:00+	20:24+	22:29+	24:24+	28:53+	31:07+	33:48+	36:40+	39:35+	40:34+	42:36+	46:04+	47:01+	48:26+	48:40+
06:50+	07:22+	03:48+	02:24+	02:05+	01:55+	04:29+	02:14+	02:41+	02:52+	02:55+	00:59+	02:02+	03:28+	00:57+	01:25+	00:14+
06:50+	07:22+	03:48+	02:24+	02:05+	01:55+	04:29+	02:14+	02:41+	02:52+	02:55+	00:59+	02:02+	03:28+	00:57+	01:25+	00:14+
<b>5</b>	<b>Line Skousen</b>	<b>9</b>	<b>49:50</b>													
07:22+	16:22+	19:40+	21:23+	23:53+	25:52+	31:00+	33:32+	36:01+	39:26+	42:04+	42:53+	45:05+	47:25+	48:11+	49:38+	49:50+
07:22+	09:00+	03:18+	01:43+	02:30+	01:59+	05:08+	02:32+	02:29+	03:25+	02:38+	00:49+	02:12+	02:20+	00:46+	01:27+	00:12+
07:22+	09:00+	03:18+	01:43+	02:30+	01:59+	05:08+	02:32+	02:29+	03:25+	02:38+	00:49+	02:12+	02:20+	00:46+	01:27+	00:12+
<b>6</b>	<b>Helena Søgård Terkelsen</b>	<b>Ok Pan</b>	<b>51:26</b>													
07:00+	13:22+	16:48+	18:49+	21:02+	23:17+	27:22+	29:31+	31:54+	36:15+	39:40+	40:48+	44:26+	47:27+	49:00+	51:14+	51:26+
07:00+	06:22+	03:26+	02:01+	02:13+	02:15+	04:05+	02:09+	02:23+	04:21+	03:25+	01:08+	03:38+	03:01+	01:33+	02:14+	00:12+
07:00+	06:22+	03:26+	02:01+	02:13+	02:15+	04:05+	02:09+	02:23+	04:21+	03:25+	01:08+	03:38+	03:01+	01:33+	02:14+	00:12+

### Beste stræktid for klassen

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

### D18

<b>1</b>	<b>Laura Bobach</b>	<b>13</b>	<b>1:03:14</b>																	
06:32=	15:27=	18:56=	22:41=	24:38=	27:47=	31:15=	33:21=	34:55=	36:53=	38:40=	43:38=	46:30=	52:42=	54:39=	56:38=	58:00=	59:15=	61:43=	63:02=	63:14=
06:32=	08:55=	03:29=	03:45=	01:57=	03:09=	03:28=	02:06=	01:34=	01:58=	01:47=	04:58=	02:52=	06:12=	01:57=	01:59=	01:22=	01:15=	02:28=	01:19=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Nanna Lysemose Poulsen</b>	<b>14</b>	<b>1:04:05</b>																	
04:54-	14:58-	18:45-	23:31+	25:13+	27:48+	31:13-	33:22+	34:52-	36:50-	38:39-	43:18-	46:25-	52:09-	54:52+	57:09+	58:37+	59:50+	62:20+	63:52+	64:05+
04:54-	10:04+	03:47+	04:46+	01:42-	02:35-	03:25-	02:09+	01:30-	01:58=	01:49+	04:39-	03:07+	05:44-	02:43+	02:17+	01:28+	01:13-	02:30+	01:32+	00:13+
01:38-	01:09#	00:18+	01:01&	00:15-	00:34-	00:03-	00:03+	00:04-	00:00=	00:02+	00:19-	00:15+	00:28-	00:46&	00:18#	00:06+	00:02-	00:02+	00:13#	00:01+
<b>3</b>	<b>Signe Veggerby Jensen</b>	<b>13</b>	<b>1:05:06</b>																	
06:35+	15:49+	19:58+	24:26+	26:11+	29:31+	33:07+	35:17+	36:42+	38:53+	40:39+	45:04+	48:48+	53:38+	56:28+	57:54+	59:30+	60:44+	63:39+	64:56+	65:06+
06:35+	09:14+	04:09+	04:28+	01:45-	03:20+	03:36+	02:10+	01:25-	02:11+	01:46-	04:25-	03:44+	04:50-	02:50+	01:26-	01:36+	01:14-	02:55+	01:17-	00:10-
00:03+	00:19+	00:40#	00:43#	00:12-	00:11+	00:08+	00:04+	00:09-	00:13#	00:01-	00:33-	00:52&	01:22-	00:53&	00:33-	00:14#	00:01-	00:27#	00:02-	00:02-
<b>4</b>	<b>Sofie Ulrich</b>	<b>Ok Pan</b>	<b>1:09:34</b>																	
05:21-	15:24-	20:09+	24:59+	26:45+	30:34+	34:52+	37:25+	38:52+	41:13+	43:05+	48:09+	51:38+	57:45+	59:53+	61:22+	63:38+	64:43+	67:39+	69:22+	69:34+
05:21-	10:03+	04:45+	04:50+	01:46-	03:49+	04:18+	02:33+	01:27-	02:21+	01:52+	05:04+	03:29+	06:07-	02:08+	01:29-	02:16+	01:05-	02:56+	01:43+	00:12=
01:11-	01:08#	01:16&	01:05&	00:11-	00:40#	00:50#	00:27#	00:07-	00:23#	00:05+	00:06+	00:37#	00:05-	00:11+	00:30-	00:54&	00:10-	00:28#	00:24&	00:00=
<b>5</b>	<b>Sara Guldmann</b>	<b>Ok Pan</b>	<b>1:10:56</b>																	
06:56+	17:26+	21:50+	26:27+	28:10+	32:06+	36:03+	38:38+	40:07+	41:54+	43:50+	48:44+	52:24+	57:43+	60:14+	63:33+	65:04+	66:32+	69:21+	70:44+	70:56+
06:56+	10:30+	04:24+	04:37+	01:43-	03:56+	03:57+	02:35+	01:29-	01:47-	01:56+	04:54-	03:40+	05:19-	02:31+	03:19+	01:31+	01:28+	02:49+	01:23+	00:12=
00:24+	01:35#	00:55&	00:52#	00:14-	00:47#	00:29#	00:29#	00:05-	00:11-	00:09+	00:04-	00:48&	00:53-	00:34&	01:20&	00:09#	00:13#	00:21#	00:04+	00:00=
<b>6</b>	<b>Matilde Skousen</b>	<b>9</b>	<b>1:17:10</b>																	
03:46-	22:29+	26:48+	30:58+	32:44+	35:43+	39:40+	42:53+	44:23+	46:36+	48:58+	53:47+	57:03+	64:45+	66:36+	68:03+	69:48+	73:03+	75:38+	77:00+	77:10+
03:46-	18:43+	04:19+	04:10+	01:46-	02:59+	03:57+	03:13+	01:30-	02:13+	02:22+	04:49-	03:16+	07:42+	01:51-	01:27-	01:45+	03:15+	02:35+	01:22+	00:10-
02:46-	09:48@	00:50#	00:25#	00:11-	00:10-	00:29#	01:07&	00:04-	00:15#	00:35&	00:09-	00:24#	01:30#	00:06-	00:32-	00:23&	02:00@	00:07+	00:03+	00:02-

## D18

### Beste stræktid for klassen

03:46 08:55 03:29 03:45 01:42 02:35 03:25 02:06 01:25 01:47 01:46 04:25 02:52 04:50 01:51 01:26 01:22 01:05 02:28 01:17 00:10

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

## D20

### 1 Sara Lysemose Poulsen 14 48:23

03:18= 11:08= 14:01= 17:31= 18:39= 21:00= 23:49= 25:27= 26:39= 28:06= 29:42= 33:42= 35:44= 39:39= 41:08= 42:39= 43:46= 44:58= 47:00= 48:11= 48:23=  
 03:18= 07:50= 02:53= 03:30= 01:08= 02:21= 02:49= 01:38= 01:12= 01:27= 01:36= 04:00= 02:02= 03:55= 01:29= 01:31= 01:07= 01:12= 02:02= 01:11= 00:12=  
 00:00=

### 2 Katinka Kilden Ok Pan 1:11:15

06:45+ 16:47+ 20:53+ 26:13+ 28:15+ 32:29+ 36:23+ 38:48+ 40:21+ 42:18+ 44:21+ 49:20+ 53:04+ 58:25+ 60:32+ 62:14+ 63:53+ 65:50+ 69:31+ 71:03+ 71:15+  
 06:45+ 10:02+ 04:06+ 05:20+ 02:02+ 04:14+ 03:54+ 02:25+ 01:33+ 01:57+ 02:03+ 04:59+ 03:44+ 05:21+ 02:07+ 01:42+ 01:39+ 01:57+ 03:41+ 01:32+ 00:12=  
 03:27@ 02:12& 01:13& 01:50& 00:54& 01:53& 01:05& 00:47& 00:21& 00:30& 00:27& 00:59# 01:42& 01:26& 00:38& 00:11# 00:32& 00:45& 01:39& 00:21& 00:00=

### Beste stræktid for klassen

03:18 07:50 02:53 03:30 01:08 02:21 02:49 01:38 01:12 01:27 01:36 04:00 02:02 03:55 01:29 01:31 01:07 01:12 02:02 01:11 00:12

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

## D20B

### 1 Silja Ebert Svenningsen 13 42:49

01:48= 04:12= 06:21= 08:07= 10:31= 11:55= 13:47= 18:04= 27:02= 31:17= 32:39= 34:00= 36:45= 39:16= 40:27= 41:23= 42:38= 42:49=  
 01:48= 02:24= 02:09= 01:46= 02:24= 01:24= 01:52= 04:17= 08:58= 04:15= 01:22= 01:21= 02:45= 02:31= 01:11= 00:56= 01:15= 00:11=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Eline Rahbek Thyssen 4 44:54

01:50+ 04:02- 06:40+ 09:03+ 12:28+ 14:08+ 17:05+ 22:41+ 27:10+ 29:37- 30:47- 32:58- 36:46+ 40:13+ 42:06+ 43:07+ 44:40+ 44:54+  
 01:50+ 02:12- 02:38+ 02:23+ 03:25+ 01:40+ 02:57+ 05:36+ 04:29- 02:27- 01:10- 02:11+ 03:48+ 03:27+ 01:53+ 01:01+ 01:33+ 00:14+  
 00:02+ 00:12- 00:29# 00:37& 01:01& 00:16# 01:05& 01:19& 04:29- 01:48- 00:12- 00:50& 01:03& 00:56& 00:42& 00:05+ 00:18# 00:03&

### 3 Marie Drotner Sørensen 19 48:22

03:10+ 05:53+ 08:49+ 11:30+ 14:50+ 18:24+ 21:42+ 26:41+ 30:53+ 33:19+ 34:26+ 36:17+ 40:40+ 43:08+ 45:22+ 46:36+ 48:09+ 48:22+  
 03:10+ 02:43+ 02:56+ 02:41+ 03:20+ 03:34+ 03:18+ 04:59+ 04:12- 02:26- 01:07- 01:51+ 04:23+ 02:28- 02:14+ 01:14+ 01:33+ 00:13+  
 01:22& 00:19# 00:47& 00:55& 00:56& 02:10@ 01:26& 00:42# 04:46- 01:49- 00:15- 00:30& 01:38& 00:03- 01:03& 00:18& 00:18# 00:02#

### 4 Andrea Kejser Dahl Jensen Ok Pan 1:06:04

03:21+ 05:52+ 09:13+ 11:47+ 16:27+ 19:00+ 22:55+ 28:34+ 31:46+ 45:38+ 47:55+ 50:06+ 53:18+ 56:04+ 63:19+ 64:15+ 65:52+ 66:04+  
 03:21+ 02:31+ 03:21+ 02:34+ 04:40+ 02:33+ 03:55+ 05:39+ 03:12- 13:52+ 02:17+ 02:11+ 03:12+ 02:46+ 07:15+ 00:56= 01:37+ 00:12+  
 01:33& 00:07+ 01:12& 00:48& 02:16& 01:09& 02:03@ 01:22& 05:46- 09:37@ 00:55& 00:50& 00:27# 00:15+ 06:04@ 00:00= 00:22& 00:01+

### Beste stræktid for klassen

01:48 02:12 02:09 01:46 02:24 01:24 01:52 04:17 03:12 02:26 01:07 01:21 02:45 02:28 01:11 00:56 01:15 00:11

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

## D21

### 1 Hedvig Gydesen 9 45:43

03:16= 10:01= 12:55= 16:18= 17:41= 19:36= 22:09= 23:40= 24:46= 26:14= 27:41= 31:16= 34:08= 37:43= 39:14= 40:29= 41:31= 42:29= 44:22= 45:33= 45:43=  
 03:16= 06:45= 02:54= 03:23= 01:23= 01:55= 02:33= 01:31= 01:06= 01:28= 01:27= 03:35= 02:52= 03:35= 01:31= 01:15= 01:02= 00:58= 01:53= 01:11= 00:10=  
 00:00=

Class	Navn	Klasse										Tid									
<b>D21</b>																					
<b>2</b>	<b>Stine Bagger Hagner</b>	<b>14</b>										<b>45:56</b>									
03:26+	10:33+	13:29+	16:34+	17:45+	19:56+	22:50+	24:17+	25:20+	26:45+	28:00+	31:44+	33:39-	37:34-	38:59-	40:05-	41:07-	42:28-	44:35+	45:46+	45:56+	
03:26+	07:07+	02:56+	03:05-	01:11-	02:11+	02:54+	01:27-	01:03-	01:25-	01:15-	03:44+	01:55-	03:55+	01:25-	01:06-	01:02=	01:21+	02:07+	01:11=	00:10=	
00:10+	00:22+	00:02+	00:18-	00:12-	00:16#	00:21#	00:04-	00:03-	00:03-	00:12-	00:09+	00:57-	00:20+	00:06-	00:09-	00:00=	00:23&	00:14#	00:00=	00:00=	
<b>3</b>	<b>Ida Bobach</b>	<b>Ok Pan</b>										<b>46:08</b>									
02:58+	10:11+	13:12+	16:10+	17:28+	19:27+	22:11+	23:51+	25:00+	26:18+	27:41+	31:22+	33:13+	36:51+	38:25+	39:41+	40:46+	42:53+	44:41+	45:55+	46:08+	
02:58+	07:13+	03:01+	02:58+	01:18+	01:59+	02:44+	01:40+	01:09+	01:18+	01:23+	03:41+	01:51+	03:38+	01:34+	01:16+	01:05+	02:07+	01:48+	01:14+	00:13+	
02:58+	07:13+	03:01+	02:58+	01:18+	01:59+	02:44+	01:40+	01:09+	01:18+	01:23+	03:41+	01:51+	03:38+	01:34+	01:16+	01:05+	02:07+	01:48+	01:14+	00:13+	
<b>5</b>	<b>Anneke Hald Bjørgum</b>	<b>Ok Pan</b>										<b>49:53</b>									
02:54+	10:11+	13:14+	16:20+	17:39+	20:51+	23:56+	25:41+	26:57+	28:21+	29:48+	34:02+	36:28+	40:32+	42:05+	43:21+	44:39+	46:16+	48:23+	49:40+	49:53+	
02:54+	07:17+	03:03+	03:06+	01:19+	03:12+	03:05+	01:45+	01:16+	01:24+	01:27+	04:14+	02:26+	04:04+	01:33+	01:16+	01:18+	01:37+	02:07+	01:17+	00:13+	
02:54+	07:17+	03:03+	03:06+	01:19+	03:12+	03:05+	01:45+	01:16+	01:24+	01:27+	04:14+	02:26+	04:04+	01:33+	01:16+	01:18+	01:37+	02:07+	01:17+	00:13+	
<b>6</b>	<b>Ane Linde</b>	<b>Ok Pan</b>										<b>51:58</b>									
02:55+	11:03+	14:15+	17:32+	18:50+	20:51+	23:43+	28:05+	29:22+	31:00+	32:25+	36:15+	38:36+	42:29+	44:00+	45:23+	46:41+	48:14+	50:25+	51:46+	51:58+	
02:55+	08:08+	03:12+	03:17+	01:18+	02:01+	02:52+	04:22+	01:17+	01:38+	01:25+	03:50+	02:21+	03:53+	01:31+	01:23+	01:18+	01:33+	02:11+	01:21+	00:12+	
02:55+	08:08+	03:12+	03:17+	01:18+	02:01+	02:52+	04:22+	01:17+	01:38+	01:25+	03:50+	02:21+	03:53+	01:31+	01:23+	01:18+	01:33+	02:11+	01:21+	00:12+	
<b>7</b>	<b>Rebeka Vincze</b>	<b>4</b>										<b>53:37</b>									
04:25+	11:49+	14:56+	19:29+	21:01+	23:10+	26:18+	28:13+	29:25+	31:01+	32:33+	36:40+	39:28+	44:23+	46:13+	47:33+	48:53+	50:18+	52:15+	53:26+	53:37+	
04:25+	07:24+	03:07+	04:33+	01:32+	02:09+	03:08+	01:55+	01:12+	01:36+	01:32+	04:07+	02:48+	04:55+	01:50+	01:20+	01:20+	01:25+	01:57+	01:11+	00:11+	
04:25+	07:24+	03:07+	04:33+	01:32+	02:09+	03:08+	01:55+	01:12+	01:36+	01:32+	04:07+	02:48+	04:55+	01:50+	01:20+	01:20+	01:25+	01:57+	01:11+	00:11+	
<b>8</b>	<b>Gréti Péntek</b>	<b>4</b>										<b>55:39</b>									
03:29+	12:18+	15:39+	19:12+	20:43+	23:15+	26:28+	28:35+	30:00+	31:42+	33:37+	37:59+	40:16+	44:58+	46:37+	48:06+	49:19+	51:42+	54:03+	55:27+	55:39+	
03:29+	08:49+	03:21+	03:33+	01:31+	02:32+	03:13+	02:07+	01:25+	01:42+	01:55+	04:22+	02:17+	04:42+	01:39+	01:29+	01:13+	02:23+	02:21+	01:24+	00:12+	
03:29+	08:49+	03:21+	03:33+	01:31+	02:32+	03:13+	02:07+	01:25+	01:42+	01:55+	04:22+	02:17+	04:42+	01:39+	01:29+	01:13+	02:23+	02:21+	01:24+	00:12+	
<b>9</b>	<b>Anne Beukel Bak</b>	<b>18</b>										<b>55:39</b>									
05:00+	14:03+	17:27+	21:39+	23:06+	25:44+	29:05+	31:11+	32:29+	34:08+	35:40+	39:52+	42:11+	47:10+	48:34+	49:38+	51:00+	51:59+	54:11+	55:28+	55:39+	
05:00+	09:03+	03:24+	04:12+	01:27+	02:38+	03:21+	02:06+	01:18+	01:39+	01:32+	04:12+	02:19+	04:59+	01:24+	01:04+	01:22+	00:59+	02:12+	01:17+	00:11+	
05:00+	09:03+	03:24+	04:12+	01:27+	02:38+	03:21+	02:06+	01:18+	01:39+	01:32+	04:12+	02:19+	04:59+	01:24+	01:04+	01:22+	00:59+	02:12+	01:17+	00:11+	
<b>10</b>	<b>Anne Mette Schmidt</b>	<b>Ok Pan</b>										<b>55:49</b>									
04:32+	13:05+	16:27+	21:10+	22:47+	25:08+	28:17+	30:10+	31:31+	33:10+	34:44+	39:08+	41:35+	46:42+	48:14+	49:27+	50:42+	52:05+	54:19+	55:37+	55:49+	
04:32+	08:33+	03:22+	04:43+	01:37+	02:21+	03:09+	01:53+	01:21+	01:39+	01:34+	04:24+	02:27+	05:07+	01:32+	01:13+	01:15+	01:23+	02:14+	01:18+	00:12+	
04:32+	08:33+	03:22+	04:43+	01:37+	02:21+	03:09+	01:53+	01:21+	01:39+	01:34+	04:24+	02:27+	05:07+	01:32+	01:13+	01:15+	01:23+	02:14+	01:18+	00:12+	
<b>11</b>	<b>Heidi Hinge Krogsgaard</b>	<b>14</b>										<b>56:38</b>									
05:26+	13:39+	16:55+	20:30+	22:07+	25:12+	28:09+	30:02+	31:43+	33:12+	34:49+	39:04+	41:44+	46:01+	47:53+	49:32+	50:48+	51:55+	55:03+	56:27+	56:38+	
05:26+	08:13+	03:16+	03:35+	01:37+	03:05+	02:57+	01:53+	01:41+	01:29+	01:37+	04:15+	02:40+	04:17+	01:52+	01:39+	01:16+	01:07+	03:08+	01:24+	00:11+	
05:26+	08:13+	03:16+	03:35+	01:37+	03:05+	02:57+	01:53+	01:41+	01:29+	01:37+	04:15+	02:40+	04:17+	01:52+	01:39+	01:16+	01:07+	03:08+	01:24+	00:11+	
<b>12</b>	<b>Rikke Holm Jensen</b>	<b>4</b>										<b>57:56</b>									
04:28+	13:27+	16:57+	21:14+	22:58+	25:37+	28:59+	30:59+	32:28+	34:00+	35:49+	40:26+	42:53+	47:46+	49:44+	51:09+	52:35+	53:46+	56:16+	57:44+	57:56+	
04:28+	08:59+	03:30+	04:17+	01:44+	02:39+	03:22+	02:00+	01:29+	01:32+	01:49+	04:37+	02:27+	04:53+	01:58+	01:25+	01:26+	01:11+	02:30+	01:28+	00:12+	
04:28+	08:59+	03:30+	04:17+	01:44+	02:39+	03:22+	02:00+	01:29+	01:32+	01:49+	04:37+	02:27+	04:53+	01:58+	01:25+	01:26+	01:11+	02:30+	01:28+	00:12+	
<b>13</b>	<b>Henriette Nygaard Skjørbæk</b>	<b>3</b>										<b>58:26</b>									
03:29+	15:51+	19:37+	23:44+	25:22+	27:38+	31:00+	32:56+	34:04+	36:04+	37:51+	42:29+	45:16+	49:39+	51:13+	52:23+	53:52+	54:53+	56:56+	58:14+	58:26+	
03:29+	12:22+	03:46+	04:07+	01:38+	02:16+	03:22+	01:56+	01:08+	02:00+	01:47+	04:38+	02:47+	04:23+	01:34+	01:10+	01:29+	01:01+	02:03+	01:18+	00:12+	
03:29+	12:22+	03:46+	04:07+	01:38+	02:16+	03:22+	01:56+	01:08+	02:00+	01:47+	04:38+	02:47+	04:23+	01:34+	01:10+	01:29+	01:01+	02:03+	01:18+	00:12+	
<b>14</b>	<b>Kristine Baagø</b>	<b>17</b>										<b>1:01:34</b>									
03:44+	12:58+	16:35+	20:43+	22:26+	24:53+	28:25+	30:41+	32:00+	33:58+	35:30+	41:07+	44:19+	49:28+	51:34+	53:01+	54:48+	56:03+	59:46+	61:22+	61:34+	
03:44+	09:14+	03:37+	04:08+	01:43+	02:27+	03:32+	02:16+	01:19+	01:58+	01:32+	05:37+	03:12+	05:09+	02:06+	01:27+	01:47+	01:15+	03:43+	01:36+	00:12+	
03:44+	09:14+	03:37+	04:08+	01:43+	02:27+	03:32+	02:16+	01:19+	01:58+	01:32+	05:37+	03:12+	05:09+	02:06+	01:27+	01:47+	01:15+	03:43+	01:36+	00:12+	

## D21

<b>15</b>	<b>Astrid Gylling Hougaard</b>	<b>19</b>	<b>1:01:45</b>
03:45+	13:35+ 17:37+ 21:59+ 23:43+ 26:26+	30:12+ 32:30+ 34:06+ 36:02+ 37:53+	43:46+ 46:24+ 50:59+ 52:43+ 54:14+ 56:35+ 57:38+ 60:07+ 61:35+ 61:45+
03:45+	09:50+ 04:02+ 04:22+ 01:44+ 02:43+	03:46+ 02:18+ 01:36+ 01:56+ 01:51+	05:53+ 02:38+ 04:35+ 01:44+ 01:31+ 02:21+ 01:03+ 02:29+ 01:28+ 00:10+
03:45+	09:50+ 04:02+ 04:22+ 01:44+ 02:43+	03:46+ 02:18+ 01:36+ 01:56+ 01:51+	05:53+ 02:38+ 04:35+ 01:44+ 01:31+ 02:21+ 01:03+ 02:29+ 01:28+ 00:10+
<b>16</b>	<b>Maria Bo Kølback</b>	<b>19</b>	<b>1:04:21</b>
03:28+	12:23+ 15:55+ 21:14+ 22:50+ 25:45+	29:16+ 31:41+ 33:15+ 35:11+ 37:00+	41:53+ 45:07+ 50:34+ 52:32+ 54:16+ 56:17+ 57:35+ 62:46+ 64:09+ 64:21+
03:28+	08:55+ 03:32+ 05:19+ 01:36+ 02:55+	03:31+ 02:25+ 01:34+ 01:56+ 01:49+	04:53+ 03:14+ 05:27+ 01:58+ 01:44+ 02:01+ 01:18+ 05:11+ 01:23+ 00:12+
03:28+	08:55+ 03:32+ 05:19+ 01:36+ 02:55+	03:31+ 02:25+ 01:34+ 01:56+ 01:49+	04:53+ 03:14+ 05:27+ 01:58+ 01:44+ 02:01+ 01:18+ 05:11+ 01:23+ 00:12+
<b>18</b>	<b>Anneli Sandbæk</b>	<b>14</b>	<b>1:07:11</b>
06:44+	18:08+ 21:42+ 25:58+ 27:39+ 31:17+	34:56+ 37:01+ 38:28+ 40:36+ 42:27+	47:03+ 50:26+ 56:20+ 58:16+ 60:02+ 61:29+ 62:50+ 65:14+ 66:54+ 67:11+
06:44+	11:24+ 03:34+ 04:16+ 01:41+ 03:38+	03:39+ 02:05+ 01:27+ 02:08+ 01:51+	04:36+ 03:23+ 05:54+ 01:56+ 01:46+ 01:27+ 01:21+ 02:24+ 01:40+ 00:17+
06:44+	11:24+ 03:34+ 04:16+ 01:41+ 03:38+	03:39+ 02:05+ 01:27+ 02:08+ 01:51+	04:36+ 03:23+ 05:54+ 01:56+ 01:46+ 01:27+ 01:21+ 02:24+ 01:40+ 00:17+
<b>19</b>	<b>Hanne Borup Fredberg</b>	<b>14</b>	<b>1:12:58</b>
05:54+	16:27+ 21:46+ 26:11+ 27:55+ 30:49+	34:28+ 36:46+ 38:21+ 40:57+ 42:38+	47:50+ 52:03+ 57:25+ 59:27+ 61:04+ 62:39+ 68:23+ 71:21+ 72:46+ 72:58+
05:54+	10:33+ 05:19+ 04:25+ 01:44+ 02:54+	03:39+ 02:18+ 01:35+ 02:36+ 01:41+	05:12+ 04:13+ 05:22+ 02:02+ 01:37+ 01:35+ 05:44+ 02:58+ 01:25+ 00:12+
05:54+	10:33+ 05:19+ 04:25+ 01:44+ 02:54+	03:39+ 02:18+ 01:35+ 02:36+ 01:41+	05:12+ 04:13+ 05:22+ 02:02+ 01:37+ 01:35+ 05:44+ 02:58+ 01:25+ 00:12+
<b>20</b>	<b>Mette Byskov Ovesen</b>	<b>13</b>	<b>1:15:09</b>
04:34+	15:55+ 21:01+ 26:46+ 28:45+ 32:12+	37:16+ 39:51+ 41:34+ 44:08+ 46:19+	52:50+ 56:04+ 62:34+ 64:45+ 66:37+ 68:37+ 70:06+ 72:56+ 74:53+ 75:09+
04:34+	11:21+ 05:06+ 05:45+ 01:59+ 03:27+	05:04+ 02:35+ 01:43+ 02:34+ 02:11+	06:31+ 03:14+ 06:30+ 02:11+ 01:52+ 02:00+ 01:29+ 02:50+ 01:57+ 00:16+
04:34+	11:21+ 05:06+ 05:45+ 01:59+ 03:27+	05:04+ 02:35+ 01:43+ 02:34+ 02:11+	06:31+ 03:14+ 06:30+ 02:11+ 01:52+ 02:00+ 01:29+ 02:50+ 01:57+ 00:16+
<b>22</b>	<b>Susanne Kristensen</b>	<b>3</b>	<b>1:25:39</b>
05:13+	28:33+ 32:49+ 37:01+ 38:53+ 41:40+	45:34+ 47:53+ 49:51+ 52:01+ 56:18+	61:02+ 63:47+ 68:56+ 71:04+ 72:51+ 75:01+ 80:23+ 84:02+ 85:25+ 85:39+
05:13+	23:20+ 04:16+ 04:12+ 01:52+ 02:47+	03:54+ 02:19+ 01:58+ 02:10+ 04:17+	04:44+ 02:45+ 05:09+ 02:08+ 01:47+ 02:10+ 05:22+ 03:39+ 01:23+ 00:14+
05:13+	23:20+ 04:16+ 04:12+ 01:52+ 02:47+	03:54+ 02:19+ 01:58+ 02:10+ 04:17+	04:44+ 02:45+ 05:09+ 02:08+ 01:47+ 02:10+ 05:22+ 03:39+ 01:23+ 00:14+
<b>23</b>	<b>Mette Reiche Sørensen</b>	<b>11</b>	<b>1:35:33</b>
13:31+	24:34+ 29:42+ 34:43+ 37:02+ 41:17+	45:33+ 48:31+ 50:38+ 53:02+ 55:29+	62:10+ 66:38+ 74:09+ 77:06+ 80:18+ 83:32+ 86:33+ 92:46+ 95:17+ 95:33+
13:31+	11:03+ 05:08+ 05:01+ 02:19+ 04:15+	04:16+ 02:58+ 02:07+ 02:24+ 02:27+	06:41+ 04:28+ 07:31+ 02:57+ 03:12+ 03:14+ 03:01+ 06:13+ 02:31+ 00:16+
13:31+	11:03+ 05:08+ 05:01+ 02:19+ 04:15+	04:16+ 02:58+ 02:07+ 02:24+ 02:27+	06:41+ 04:28+ 07:31+ 02:57+ 03:12+ 03:14+ 03:01+ 06:13+ 02:31+ 00:16+

### Beste stræktid for klassen

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

## D21B

<b>1</b>	<b>Kathrine Emilie Amby</b>	<b>Ok Pan</b>	<b>35:50</b>
01:32=	04:20= 06:28= 08:23= 11:25=	13:02= 14:48= 18:49= 21:30= 23:35=	25:01= 26:19= 28:43= 31:23= 33:22= 34:12= 35:38= 35:50=
01:32=	02:48= 02:08= 01:55= 03:02=	01:37= 01:46= 04:01= 02:41= 02:05=	01:26= 01:18= 02:24= 02:40= 01:59= 00:50= 01:26= 00:12=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Sabrina Berner Nielsen</b>	<b>18</b>	<b>43:08</b>
01:49+	03:46- 05:58- 08:09- 10:59-	13:28+ 15:12+ 21:10+	25:09+ 27:38+ 29:01+ 30:36+ 34:17+ 37:04+ 38:35+ 39:49+ 42:56+ 43:08+
01:49+	01:57- 02:12+ 02:11+ 02:50-	02:29+ 01:44- 05:58+ 03:59+	02:29+ 01:23- 01:35+ 03:41+ 02:47+ 01:31- 01:14+ 03:07+ 00:12=
00:17#	00:51- 00:04+ 00:16# 00:12-	00:52& 00:02- 01:57& 01:18&	00:24# 00:03- 00:17# 01:17& 00:07+ 00:28- 00:24& 01:41@ 00:00=
<b>3</b>	<b>Karen Piil Kristensen</b>	<b>12</b>	<b>44:02</b>
01:43+	04:11- 06:45+ 09:15+ 12:34+	14:10+ 16:24+ 23:09+	27:00+ 29:29+ 30:49+ 32:50+ 36:10+ 39:20+ 41:10+ 42:14+ 43:51+ 44:02+
01:43+	02:28- 02:34+ 02:30+ 03:19+	01:36- 02:14+ 06:45+ 03:51+	02:29+ 01:20- 02:01+ 03:20+ 03:10+ 01:50- 01:04+ 01:37+ 00:11-
00:11#	00:20- 00:26# 00:35& 00:17+	00:01- 00:28& 02:44& 01:10&	00:24# 00:06- 00:43& 00:56& 00:30# 00:09- 00:14& 00:11# 00:01-

Class	Navn	Klasse																Tid	
<b>D21B</b>																			
<b>4</b>	<b>Elise Utzen Keller</b>	<b>4</b>																	<b>45:45</b>
	01:39+ 04:15- 06:46+ 08:53+ 11:28+ 17:09+ 19:10+ 24:17+ 27:27+ 30:57+ 32:09+ 34:02+ 36:46+ 41:40+ 43:06+ 44:08+ 45:28+ 45:45+																		
	01:39+ 02:36- 02:31+ 02:07+ 02:35- 05:41+ 02:01+ 05:07+ 03:10+ 03:30+ 01:12- 01:53+ 02:44+ 04:54+ 01:26- 01:02+ 01:20- 00:17+																		
	00:07+ 00:12- 00:23# 00:12# 00:27- 04:04@ 00:15# 01:06& 00:29# 01:25& 00:14- 00:35& 00:20# 02:14& 00:33- 00:12# 00:06- 00:05&																		
<b>5</b>	<b>Malene Aagaard Nielsen</b>	<b>4</b>																	<b>49:29</b>
	02:07+ 06:29+ 09:28+ 11:48+ 14:48+ 16:48+ 19:07+ 24:21+ 29:24+ 31:50+ 33:14+ 36:22+ 40:12+ 44:02+ 46:21+ 47:40+ 49:15+ 49:29+																		
	02:07+ 04:22+ 02:59+ 02:20+ 03:00+ 02:00+ 02:19+ 05:14+ 05:03+ 02:26+ 01:24+ 03:08+ 03:50+ 03:50+ 02:19+ 01:19+ 01:35+ 00:14+																		
	02:07+ 04:22+ 02:59+ 02:20+ 03:00+ 02:00+ 02:19+ 05:14+ 05:03+ 02:26+ 01:24+ 03:08+ 03:50+ 03:50+ 02:19+ 01:19+ 01:35+ 00:14+																		
<b>6</b>	<b>Karina Lerdrup Spørring</b>	<b>14</b>																	<b>50:15</b>
	01:53+ 04:30+ 07:25+ 09:50+ 15:19+ 18:16+ 20:54+ 26:52+ 31:19+ 33:44+ 35:20+ 37:08+ 40:49+ 44:31+ 46:30+ 48:16+ 50:01+ 50:15+																		
	01:53+ 02:37+ 02:55+ 02:25+ 05:29+ 02:57+ 02:38+ 05:58+ 04:27+ 02:25+ 01:36+ 01:48+ 03:41+ 03:42+ 01:59+ 01:46+ 01:45+ 00:14+																		
	01:53+ 02:37+ 02:55+ 02:25+ 05:29+ 02:57+ 02:38+ 05:58+ 04:27+ 02:25+ 01:36+ 01:48+ 03:41+ 03:42+ 01:59+ 01:46+ 01:45+ 00:14+																		
<b>7</b>	<b>Anne Sofie Bohnsen</b>	<b>Ok Pan</b>																	<b>52:34</b>
	03:27+ 07:19+ 09:51+ 12:04+ 15:51+ 18:17+ 24:19+ 32:28+ 36:06+ 38:19+ 39:41+ 41:19+ 44:52+ 47:45+ 49:15+ 50:32+ 52:20+ 52:34+																		
	03:27+ 03:52+ 02:32+ 02:13+ 03:47+ 02:26+ 06:02+ 08:09+ 03:38+ 02:13+ 01:22+ 01:38+ 03:33+ 02:53+ 01:30+ 01:17+ 01:48+ 00:14+																		
	03:27+ 03:52+ 02:32+ 02:13+ 03:47+ 02:26+ 06:02+ 08:09+ 03:38+ 02:13+ 01:22+ 01:38+ 03:33+ 02:53+ 01:30+ 01:17+ 01:48+ 00:14+																		
<b>8</b>	<b>Mette Kappel Jensen</b>	<b>13</b>																	<b>52:37</b>
	02:11+ 06:00+ 09:04+ 11:31+ 17:13+ 19:23+ 21:54+ 27:53+ 31:49+ 34:16+ 35:37+ 37:27+ 41:18+ 44:30+ 49:21+ 50:33+ 52:24+ 52:37+																		
	02:11+ 03:49+ 03:04+ 02:27+ 05:42+ 02:10+ 02:31+ 05:59+ 03:56+ 02:27+ 01:21+ 01:50+ 03:51+ 03:12+ 04:51+ 01:12+ 01:51+ 00:13+																		
	02:11+ 03:49+ 03:04+ 02:27+ 05:42+ 02:10+ 02:31+ 05:59+ 03:56+ 02:27+ 01:21+ 01:50+ 03:51+ 03:12+ 04:51+ 01:12+ 01:51+ 00:13+																		
<b>9</b>	<b>Stine Flint</b>	<b>14</b>																	<b>57:09</b>
	02:26+ 05:58+ 09:14+ 12:14+ 17:05+ 19:28+ 22:32+ 29:51+ 35:02+ 37:55+ 39:43+ 42:15+ 46:55+ 50:39+ 53:31+ 54:51+ 56:54+ 57:09+																		
	02:26+ 03:32+ 03:16+ 03:00+ 04:51+ 02:23+ 03:04+ 07:19+ 05:11+ 02:53+ 01:48+ 02:32+ 04:40+ 03:44+ 02:52+ 01:20+ 02:03+ 00:15+																		
	02:26+ 03:32+ 03:16+ 03:00+ 04:51+ 02:23+ 03:04+ 07:19+ 05:11+ 02:53+ 01:48+ 02:32+ 04:40+ 03:44+ 02:52+ 01:20+ 02:03+ 00:15+																		
<b>10</b>	<b>Mariann Kejser</b>	<b>Ok Pan</b>																	<b>57:21</b>
	02:46+ 05:48+ 09:00+ 11:49+ 17:12+ 19:22+ 21:44+ 28:33+ 33:16+ 36:50+ 38:27+ 40:31+ 44:39+ 50:21+ 54:17+ 55:19+ 57:07+ 57:21+																		
	02:46+ 03:02+ 03:12+ 02:49+ 05:23+ 02:10+ 02:22+ 06:49+ 04:43+ 03:34+ 01:37+ 02:04+ 04:08+ 05:42+ 03:56+ 01:02+ 01:48+ 00:14+																		
	02:46+ 03:02+ 03:12+ 02:49+ 05:23+ 02:10+ 02:22+ 06:49+ 04:43+ 03:34+ 01:37+ 02:04+ 04:08+ 05:42+ 03:56+ 01:02+ 01:48+ 00:14+																		
<b>11</b>	<b>Lene Conley</b>	<b>12</b>																	<b>1:06:27</b>
	02:36+ 06:32+ 10:26+ 14:16+ 22:14+ 25:08+ 33:16+ 37:54+ 41:07+ 43:22+ 46:53+ 51:20+ 54:50+ 62:32+ 64:06+ 66:08+ 66:27+																		
	02:36+ 03:56+ 03:54+ 03:50+ 07:58+ 02:54+ 08:08+ 04:38+ 03:13+ 02:15+ 03:31+ 04:27+ 03:30+ 07:42+ 01:34+ 02:02+ 00:19+																		
	02:36+ 03:56+ 03:54+ 03:50+ 07:58+ 02:54+ 08:08+ 04:38+ 03:13+ 02:15+ 03:31+ 04:27+ 03:30+ 07:42+ 01:34+ 02:02+ 00:19+																		
<b>12</b>	<b>Rikke Petersen</b>	<b>11</b>																	<b>1:07:38</b>
	03:54+ 06:43+ 10:13+ 13:05+ 29:21+ 31:45+ 34:23+ 41:27+ 45:44+ 49:00+ 51:12+ 53:28+ 57:38+ 61:24+ 64:03+ 65:13+ 67:25+ 67:38+																		
	03:54+ 02:49+ 03:30+ 02:52+ 16:16+ 02:24+ 02:38+ 07:04+ 04:17+ 03:16+ 02:12+ 02:16+ 04:10+ 03:46+ 02:39+ 01:10+ 02:12+ 00:13+																		
	03:54+ 02:49+ 03:30+ 02:52+ 16:16+ 02:24+ 02:38+ 07:04+ 04:17+ 03:16+ 02:12+ 02:16+ 04:10+ 03:46+ 02:39+ 01:10+ 02:12+ 00:13+																		
<b>13</b>	<b>Helle Sjørup Nielsen</b>	<b>18</b>																	<b>1:17:15</b>
	03:57+ 08:11+ 13:14+ 23:54+ 26:38+ 30:48+ 40:30+ 47:05+ 51:27+ 53:49+ 56:51+ 62:58+ 67:56+ 71:19+ 73:53+ 76:57+ 77:15+																		
	03:57+ 04:14+ 05:03+ 10:40+ 02:44+ 04:10+ 09:42+ 06:35+ 04:22+ 02:22+ 03:02+ 06:07+ 04:58+ 03:23+ 02:34+ 03:04+ 00:18+																		
	03:57+ 04:14+ 05:03+ 10:40+ 02:44+ 04:10+ 09:42+ 06:35+ 04:22+ 02:22+ 03:02+ 06:07+ 04:58+ 03:23+ 02:34+ 03:04+ 00:18+																		
<b>14</b>	<b>Mette Klinge Cornelius</b>	<b>4</b>																	<b>1:26:29</b>
	04:33+ 08:03+ 11:54+ 15:12+ 35:56+ 38:04+ 41:01+ 48:58+ 53:46+ 58:27+ 62:32+ 66:44+ 71:06+ 75:03+ 82:35+ 84:09+ 86:11+ 86:29+																		
	04:33+ 03:30+ 03:51+ 03:18+ 20:44+ 02:08+ 02:57+ 07:57+ 04:48+ 04:41+ 04:05+ 04:12+ 04:22+ 03:57+ 07:32+ 01:34+ 02:02+ 00:18+																		
	04:33+ 03:30+ 03:51+ 03:18+ 20:44+ 02:08+ 02:57+ 07:57+ 04:48+ 04:41+ 04:05+ 04:12+ 04:22+ 03:57+ 07:32+ 01:34+ 02:02+ 00:18+																		

### Beste stræktid for klassen

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

Class	Navn	Klasse																Tid
<b>D40</b>																		
<b>1</b>	<b>Signe Faber</b>	<b>14</b>																<b>48:59</b>
	03:56=	05:17=	12:50=	16:49=	20:08=	21:53=	24:44=	26:46=	28:31=	33:41=	38:59=	41:33=	42:14=	44:06=	46:19=	47:08=	48:49=	48:59=
	03:56=	01:21=	07:33=	03:59=	03:19=	01:45=	02:51=	02:02=	01:45=	05:10=	05:18=	02:34=	00:41=	01:52=	02:13=	00:49=	01:41=	00:10=
	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=
<b>2</b>	<b>Randi Scheel</b>	<b>Ok Pan</b>																<b>50:03</b>
	03:39-	05:15-	12:56+	16:30-	19:31-	21:08-	24:09-	26:09-	27:38-	32:53-	38:08-	40:46-	41:38-	44:16+	47:07+	48:12+	49:49+	50:03+
	03:39-	01:36+	07:41+	03:34-	03:01-	01:37-	03:01+	02:00-	01:29-	05:15+	05:15-	02:38+	00:52+	02:38+	02:51+	01:05+	01:37-	00:14+
	00:17-	00:15#	00:08+	00:25-	00:18-	00:08-	00:10+	00:02-	00:16-	00:05+	00:03-	00:04+	00:11&	00:46&	00:38&	00:16&	00:04-	00:04&
<b>3</b>	<b>Rikke Lysemose Poulsen</b>	<b>14</b>																<b>50:15</b>
	04:01+	05:25+	13:06+	16:23-	19:23-	21:10-	23:59-	25:57-	27:24-	32:31-	37:21-	41:53+	42:36+	45:17+	47:27+	48:46+	50:04+	50:15+
	04:01+	01:24+	07:41+	03:17-	03:00-	01:47+	02:49-	01:58-	01:27-	05:07-	04:50-	04:32+	00:43+	02:41+	02:10-	01:19+	01:18-	00:11+
	00:05+	00:03+	00:08+	00:42-	00:19-	00:02+	00:02-	00:04-	00:18-	00:03-	00:28-	01:58&	00:02+	00:49&	00:03-	00:30&	00:23-	00:01#
<b>4</b>	<b>Birgitte Halle</b>	<b>19</b>																<b>51:39</b>
	03:53-	05:20+	13:06+	16:31-	19:52-	21:19-	24:17-	27:11+	29:30+	36:30+	41:48+	44:28+	45:05+	46:50+	49:20+	50:05+	51:27+	51:39+
	03:53-	01:27+	07:46+	03:25-	03:21+	01:27-	02:58+	02:54+	02:19+	07:00+	05:18=	02:40+	00:37-	01:45-	02:30+	00:45-	01:22-	00:12+
	00:03-	00:06+	00:13+	00:34-	00:02+	00:18-	00:07+	00:52&	00:34&	01:50&	00:00=	00:06+	00:04-	00:07-	00:17#	00:04-	00:19-	00:02#
<b>5</b>	<b>Irene K. Mikkelsen</b>	<b>4</b>																<b>52:47</b>
	03:44-	05:02-	13:46+	17:31+	21:22+	22:56+	26:09+	27:57+	29:52+	35:09+	40:58+	43:55+	44:42+	46:46+	50:11+	51:08+	52:35+	52:47+
	03:44-	01:18-	08:44+	03:45-	03:51+	01:34-	03:13+	01:48-	01:55+	05:17+	05:49+	02:57+	00:47+	02:04+	03:25+	00:57+	01:27-	00:12+
	00:12-	00:03-	01:11#	00:14-	00:32#	00:11-	00:22#	00:14-	00:10+	00:07+	00:31+	00:23#	00:06#	00:12#	01:12&	00:08#	00:14-	00:02#
<b>6</b>	<b>Jeanette FINDERUP</b>	<b>Ok Pan</b>																<b>53:45</b>
	04:49+	06:15+	14:48+	18:38+	22:45+	24:47+	28:13+	30:20+	32:04+	37:52+	43:40+	46:19+	47:00+	48:39+	51:00+	51:53+	53:32+	53:45+
	04:49+	01:26+	08:33+	03:50-	04:07+	02:02+	03:26+	02:07+	01:44-	05:48+	05:48+	02:39+	00:41=	01:39-	02:21+	00:53+	01:39-	00:13+
	00:53#	00:05+	01:00#	00:09-	00:48#	00:17#	00:35#	00:05+	00:01-	00:38#	00:30+	00:05+	00:00=	00:13-	00:08+	00:04+	00:02-	00:03&
<b>7</b>	<b>Mette Edsen</b>	<b>6</b>																<b>53:49</b>
	03:55-	05:31+	14:05+	18:09+	21:44+	23:42+	26:55+	29:31+	31:15+	37:07+	42:44+	45:28+	46:11+	48:37+	51:08+	52:03+	53:36+	53:49+
	03:55-	01:36+	08:34+	04:04+	03:35+	01:58+	03:13+	02:36+	01:44-	05:52+	05:37+	02:44+	00:43+	02:26+	02:31+	00:55+	01:33-	00:13+
	00:01-	00:15#	01:01#	00:05+	00:16+	00:13#	00:22#	00:34&	00:01-	00:42#	00:19+	00:10+	00:02+	00:34&	00:18#	00:06#	00:08-	00:03&
<b>8</b>	<b>Susanne Loft Thyssen</b>	<b>4</b>																<b>54:05</b>
	04:20+	05:46+	13:18+	17:04+	20:23+	22:15+	25:28+	27:44+	29:35+	35:50+	41:26+	44:23+	45:54+	48:17+	51:21+	52:18+	53:51+	54:05+
	04:20+	01:26+	07:32-	03:46-	03:19=	01:52+	03:13+	02:16+	01:51+	06:15+	05:36+	02:57+	01:31+	02:23+	03:04+	00:57+	01:33-	00:14+
	00:24#	00:05+	00:01-	00:13-	00:00=	00:07+	00:22#	00:14#	00:06+	01:05#	00:18+	00:23#	00:50@	00:31&	00:51&	00:08#	00:08-	00:04&
<b>9</b>	<b>Anna Vang Bobach</b>	<b>18</b>																<b>56:21</b>
	04:05+	05:39+	14:22+	18:19+	21:50+	23:41+	27:52+	30:02+	31:51+	37:46+	44:24+	47:23+	48:09+	50:23+	53:23+	54:28+	56:08+	56:21+
	04:05+	01:34+	08:43+	03:57-	03:31+	01:51+	04:11+	02:10+	01:49+	05:55+	06:38+	02:59+	00:46+	02:14+	03:00+	01:05+	01:40-	00:13+
	00:09+	00:13#	01:10#	00:02-	00:12+	00:06+	01:20&	00:08+	00:04+	00:45#	01:20&	00:25#	00:05#	00:22#	00:47&	00:16&	00:01-	00:03&
<b>10</b>	<b>Anne Riis</b>	<b>13</b>																<b>59:20</b>
	06:10+	07:50+	16:27+	20:17+	23:53+	26:11+	29:31+	31:59+	34:51+	41:02+	46:48+	49:44+	50:40+	53:12+	56:14+	57:26+	59:08+	59:20+
	06:10+	01:40+	08:37+	03:50-	03:36+	02:18+	03:20+	02:28+	02:52+	06:11+	05:46+	02:56+	00:56+	02:32+	03:02+	01:12+	01:42+	00:12+
	02:14&	00:19#	01:04#	00:09-	00:17+	00:33&	00:29#	00:26#	01:07&	01:01#	00:28+	00:22#	00:15&	00:40&	00:49&	00:23&	00:01+	00:02#
<b>11</b>	<b>Bodil Schulz</b>	<b>3</b>																<b>59:30</b>
	06:50+	08:07+	15:53+	19:28+	24:02+	25:55+	28:53+	30:58+	32:31+	38:05+	43:15+	47:30+	49:08+	52:10+	56:41+	57:50+	59:17+	59:30+
	06:50+	01:17-	07:46+	03:35-	04:34+	01:53+	02:58+	02:05+	01:33-	05:34+	05:10-	04:15+	01:38+	03:02+	04:31+	01:09+	01:27-	00:13+
	02:54&	00:04-	00:13+	00:24-	01:15&	00:08+	00:07+	00:03+	00:12-	00:24+	00:08-	01:41&	00:57@	01:10&	02:18@	00:20&	00:14-	00:03&
<b>12</b>	<b>Nina Jacobsen</b>	<b>14</b>																<b>1:00:45</b>
	04:38+	06:51+	16:04+	20:17+	26:50+	29:20+	32:19+	34:39+	36:27+	42:32+	48:25+	51:18+	52:33+	55:21+	58:07+	59:01+	60:35+	60:45+
	04:38+	02:13+	09:13+	04:13+	06:33+	02:30+	02:59+	02:20+	01:48+	06:05+	05:53+	02:53+	01:15+	02:48+	02:46+	00:54+	01:34-	00:10=
	00:42#	00:52&	01:40#	00:14+	03:14&	00:45&	00:08+	00:18#	00:03+	00:55#	00:35#	00:19#	00:34&	00:56&	00:33#	00:05#	00:07-	00:00=

Class	Navn	Klasse	Tid
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### D40

<b>13</b>	<b>Sannie Ebert Jacobsen</b>	<b>13</b>	<b>1:01:13</b>														
05:13+	06:41+	17:15+	21:19+	25:41+	27:50+	31:20+	33:31+	35:21+	41:59+	47:49+	51:38+	52:46+	55:04+	58:25+	59:32+	61:01+	61:13+
05:13+	01:28+	10:34+	04:04+	04:22+	02:09+	03:30+	02:11+	01:50+	06:38+	05:50+	03:49+	01:08+	02:18+	03:21+	01:07+	01:29+	00:12+
01:17&	00:07+	03:01&	00:05+	01:03&	00:24#	00:39#	00:09+	00:05+	01:28&	00:32#	01:15&	00:27&	00:26#	01:08&	00:18&	00:12-	00:02#

<b>14</b>	<b>Rikke Nørgaard</b>	<b>Ok Pan</b>	<b>1:02:00</b>														
03:47+	05:14+	13:45+	17:57+	22:04+	23:48+	28:14+	30:32+	32:29+	41:29+	47:58+	52:48+	53:35+	55:51+	59:13+	60:06+	61:47+	62:00+
03:47+	01:27+	08:31+	04:12+	04:07+	01:44+	04:26+	02:18+	01:57+	09:00+	06:29+	04:50+	00:47+	02:16+	03:22+	00:53+	01:41+	00:13+
03:47+	01:27+	08:31+	04:12+	04:07+	01:44+	04:26+	02:18+	01:57+	09:00+	06:29+	04:50+	00:47+	02:16+	03:22+	00:53+	01:41+	00:13+

<b>15</b>	<b>Lene Stick Nielsen</b>	<b>17</b>	<b>1:03:03</b>														
04:41+	06:16+	18:13+	22:39+	27:16+	30:09+	33:43+	36:03+	37:46+	43:57+	50:01+	53:15+	54:15+	56:59+	60:12+	61:14+	62:50+	63:03+
04:41+	01:35+	11:57+	04:26+	04:37+	02:53+	03:34+	02:20+	01:43+	06:11+	06:04+	03:14+	01:00+	02:44+	03:13+	01:02+	01:36+	00:13+
04:41+	01:35+	11:57+	04:26+	04:37+	02:53+	03:34+	02:20+	01:43+	06:11+	06:04+	03:14+	01:00+	02:44+	03:13+	01:02+	01:36+	00:13+

<b>16</b>	<b>Inge Kølback Bonne</b>	<b>19</b>	<b>1:04:26</b>														
04:46+	06:16+	14:33+	18:47+	24:33+	26:52+	32:10+	34:19+	35:59+	41:37+	47:57+	54:08+	55:00+	58:22+	61:45+	62:52+	64:15+	64:26+
04:46+	01:30+	08:17+	04:14+	05:46+	02:19+	05:18+	02:09+	01:40+	05:38+	06:20+	06:11+	00:52+	03:22+	03:23+	01:07+	01:23+	00:11+
04:46+	01:30+	08:17+	04:14+	05:46+	02:19+	05:18+	02:09+	01:40+	05:38+	06:20+	06:11+	00:52+	03:22+	03:23+	01:07+	01:23+	00:11+

<b>17</b>	<b>Hanne Veggerby</b>	<b>13</b>	<b>1:05:27</b>														
05:12+	07:26+	17:37+	22:00+	26:52+	29:38+	33:39+	36:01+	38:15+	45:42+	52:11+	54:58+	56:24+	59:44+	62:43+	63:36+	65:11+	65:27+
05:12+	02:14+	10:11+	04:23+	04:52+	02:46+	04:01+	02:22+	02:14+	07:27+	06:29+	02:47+	01:26+	03:20+	02:59+	00:53+	01:35+	00:16+
05:12+	02:14+	10:11+	04:23+	04:52+	02:46+	04:01+	02:22+	02:14+	07:27+	06:29+	02:47+	01:26+	03:20+	02:59+	00:53+	01:35+	00:16+

<b>18</b>	<b>Elin Jørgensen</b>	<b>3</b>	<b>1:09:25</b>														
05:26+	07:22+	17:37+	22:51+	26:40+	29:12+	32:28+	35:19+	37:46+	44:53+	52:11+	55:21+	59:11+	62:30+	66:24+	67:27+	69:13+	69:25+
05:26+	01:56+	10:15+	05:14+	03:49+	02:32+	03:16+	02:51+	02:27+	07:07+	07:18+	03:10+	03:50+	03:19+	03:54+	01:03+	01:46+	00:12+
05:26+	01:56+	10:15+	05:14+	03:49+	02:32+	03:16+	02:51+	02:27+	07:07+	07:18+	03:10+	03:50+	03:19+	03:54+	01:03+	01:46+	00:12+

<b>19</b>	<b>Mette Ellegaard Kokholm</b>	<b>4</b>	<b>1:10:29</b>														
04:45+	06:38+	17:46+	22:42+	27:55+	30:19+	34:46+	39:02+	40:57+	47:47+	54:51+	58:13+	59:14+	61:21+	67:25+	68:23+	70:15+	70:29+
04:45+	01:53+	11:08+	04:56+	05:13+	02:24+	04:27+	04:16+	01:55+	06:50+	07:04+	03:22+	01:01+	02:07+	06:04+	00:58+	01:52+	00:14+
04:45+	01:53+	11:08+	04:56+	05:13+	02:24+	04:27+	04:16+	01:55+	06:50+	07:04+	03:22+	01:01+	02:07+	06:04+	00:58+	01:52+	00:14+

<b>20</b>	<b>Hanne Kidmose</b>	<b>19</b>	<b>1:13:24</b>														
04:48+	07:07+	17:41+	24:07+	28:03+	30:38+	35:28+	38:23+	41:13+	49:03+	56:34+	62:14+	63:25+	66:36+	70:06+	71:17+	73:11+	73:24+
04:48+	02:19+	10:34+	06:26+	03:56+	02:35+	04:50+	02:55+	02:50+	07:50+	07:31+	05:40+	01:11+	03:11+	03:30+	01:11+	01:54+	00:13+
04:48+	02:19+	10:34+	06:26+	03:56+	02:35+	04:50+	02:55+	02:50+	07:50+	07:31+	05:40+	01:11+	03:11+	03:30+	01:11+	01:54+	00:13+

<b>21</b>	<b>Marianne Skousen</b>	<b>9</b>	<b>1:23:37</b>														
06:24+	08:40+	19:48+	25:50+	32:57+	35:55+	40:28+	43:38+	46:10+	54:57+	68:31+	72:48+	73:54+	76:24+	80:01+	81:14+	83:22+	83:37+
06:24+	02:16+	11:08+	06:02+	07:07+	02:58+	04:33+	03:10+	02:32+	08:47+	13:34+	04:17+	01:06+	02:30+	03:37+	01:13+	02:08+	00:15+
06:24+	02:16+	11:08+	06:02+	07:07+	02:58+	04:33+	03:10+	02:32+	08:47+	13:34+	04:17+	01:06+	02:30+	03:37+	01:13+	02:08+	00:15+

<b>22</b>	<b>Hanne Mohapeloa</b>	<b>18</b>	<b>1:25:07</b>														
05:26+	08:06+	21:32+	28:31+	34:19+	37:54+	43:05+	46:19+	48:59+	57:30+	67:01+	71:01+	72:10+	76:02+	80:50+	82:42+	84:51+	85:07+
05:26+	02:40+	13:26+	06:59+	05:48+	03:35+	05:11+	03:14+	02:40+	08:31+	09:31+	04:00+	01:09+	03:52+	04:48+	01:52+	02:09+	00:16+
05:26+	02:40+	13:26+	06:59+	05:48+	03:35+	05:11+	03:14+	02:40+	08:31+	09:31+	04:00+	01:09+	03:52+	04:48+	01:52+	02:09+	00:16+

### Beste stræktid for klassen

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

### D45B

Class	Navn	Klasse														Tid		
<b>D45B</b>																		
<b>1</b>	<b>Trine Kristensen</b>	<b>Ok Pan</b>														<b>45:48</b>		
	01:54=	04:36=	07:20=	09:37=	13:54=	15:40=	17:44=	22:54=	27:17=	29:42=	31:09=	33:57=	37:23=	40:19=	42:16=	43:59=	45:34=	45:48=
	01:54=	02:42=	02:44=	02:17=	04:17=	01:46=	02:04=	05:10=	04:23=	02:25=	01:27=	02:48=	03:26=	02:56=	01:57=	01:43=	01:35=	00:14=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mette Harbo Flyvbjerg</b>	<b>13</b>														<b>47:17</b>		
	02:15+	05:06+	07:54+	10:23+	13:55+	15:44+	18:09+	23:34+	27:35+	30:53+	32:21+	34:12+	38:17+	41:13+	44:04+	45:20+	47:02+	47:17+
	02:15+	02:51+	02:48+	02:29+	03:32+	01:49+	02:25+	05:25+	04:01+	03:18+	01:28+	01:51+	04:05+	02:56+	02:51+	01:16+	01:42+	00:15+
	02:15+	02:51+	02:48+	02:29+	03:32+	01:49+	02:25+	05:25+	04:01+	03:18+	01:28+	01:51+	04:05+	02:56+	02:51+	01:16+	01:42+	00:15+
<b>3</b>	<b>Tove Hedegaard Jorgensen</b>	<b>Ok Pan</b>														<b>50:48</b>		
	01:52+	04:29+	07:26+	10:03+	16:58+	19:35+	25:27+	30:30+	33:49+	35:27+	37:35+	41:14+	44:38+	47:39+	48:45+	50:34+	50:48+	
	01:52+	02:37+	02:57+	02:37+	06:55+	02:37+	05:52+	05:03+	03:19+	01:38+	02:08+	03:39+	03:24+	03:01+	01:06+	01:49+	00:14+	
	01:52+	02:37+	02:57+	02:37+	06:55+	02:37+	05:52+	05:03+	03:19+	01:38+	02:08+	03:39+	03:24+	03:01+	01:06+	01:49+	00:14+	
<b>4</b>	<b>Tina Samsø Udholm</b>	<b>18</b>														<b>51:14</b>		
	02:24+	05:23+	08:36+	12:17+	15:59+	18:03+	20:45+	26:59+	30:36+	33:18+	34:54+	36:58+	41:49+	45:10+	47:13+	49:08+	51:00+	51:14+
	02:24+	02:59+	03:13+	03:41+	03:42+	02:04+	02:42+	06:14+	03:37+	02:42+	01:36+	02:04+	04:51+	03:21+	02:03+	01:55+	01:52+	00:14+
	02:24+	02:59+	03:13+	03:41+	03:42+	02:04+	02:42+	06:14+	03:37+	02:42+	01:36+	02:04+	04:51+	03:21+	02:03+	01:55+	01:52+	00:14+
<b>5</b>	<b>Andrea Höhnke</b>	<b>4</b>														<b>54:03</b>		
	02:08+	05:06+	08:37+	11:46+	19:31+	22:55+	28:25+	32:21+	34:45+	36:11+	37:49+	40:54+	48:21+	51:08+	52:18+	53:51+	54:03+	
	02:08+	02:58+	03:31+	03:09+	07:45+	03:24+	05:30+	03:56+	02:24+	01:26+	01:38+	03:05+	07:27+	02:47+	01:10+	01:33+	00:12+	
	02:08+	02:58+	03:31+	03:09+	07:45+	03:24+	05:30+	03:56+	02:24+	01:26+	01:38+	03:05+	07:27+	02:47+	01:10+	01:33+	00:12+	
<b>6</b>	<b>Charlotte Wilsky</b>	<b>4</b>														<b>55:24</b>		
	06:59+	09:26+	13:03+	15:32+	19:56+	22:02+	24:16+	29:28+	33:42+	36:21+	37:51+	40:13+	43:33+	49:16+	51:33+	53:26+	55:10+	55:24+
	06:59+	02:27+	03:37+	02:29+	04:24+	02:06+	02:14+	05:12+	04:14+	02:39+	01:30+	02:22+	03:20+	05:43+	02:17+	01:53+	01:44+	00:14+
	06:59+	02:27+	03:37+	02:29+	04:24+	02:06+	02:14+	05:12+	04:14+	02:39+	01:30+	02:22+	03:20+	05:43+	02:17+	01:53+	01:44+	00:14+
<b>7</b>	<b>Birgitte Bach</b>	<b>17</b>														<b>56:33</b>		
	02:34+	05:57+	09:06+	12:21+	19:34+	21:59+	29:22+	33:51+	36:57+	38:45+	40:49+	44:55+	50:37+	53:02+	54:17+	56:17+	56:33+	
	02:34+	03:23+	03:09+	03:15+	07:13+	02:25+	07:23+	04:29+	03:06+	01:48+	02:04+	04:06+	05:42+	02:25+	01:15+	02:00+	00:16+	
	02:34+	03:23+	03:09+	03:15+	07:13+	02:25+	07:23+	04:29+	03:06+	01:48+	02:04+	04:06+	05:42+	02:25+	01:15+	02:00+	00:16+	
<b>8</b>	<b>Gerda Henriksen</b>	<b>19</b>														<b>1:01:24</b>		
	02:28+	11:44+	15:11+	18:25+	25:40+	28:10+	35:02+	40:08+	42:50+	44:50+	47:05+	51:17+	55:22+	57:39+	58:57+	61:07+	61:24+	
	02:28+	09:16+	03:27+	03:14+	07:15+	02:30+	06:52+	05:06+	02:42+	02:00+	02:15+	04:12+	04:05+	02:17+	01:18+	02:10+	00:17+	
	02:28+	09:16+	03:27+	03:14+	07:15+	02:30+	06:52+	05:06+	02:42+	02:00+	02:15+	04:12+	04:05+	02:17+	01:18+	02:10+	00:17+	
<b>9</b>	<b>Erna Germann</b>	<b>4</b>														<b>1:04:47</b>		
	03:28+	06:51+	10:09+	14:20+	18:29+	21:53+	25:02+	32:14+	37:17+	40:17+	42:26+	44:25+	51:39+	56:32+	61:03+	62:32+	64:33+	64:47+
	03:28+	03:23+	03:18+	04:11+	04:09+	03:24+	03:09+	07:12+	05:03+	03:00+	02:09+	01:59+	07:14+	04:53+	04:31+	01:29+	02:01+	00:14+
	03:28+	03:23+	03:18+	04:11+	04:09+	03:24+	03:09+	07:12+	05:03+	03:00+	02:09+	01:59+	07:14+	04:53+	04:31+	01:29+	02:01+	00:14+
<b>10</b>	<b>Jonna Jørgensen</b>	<b>3</b>														<b>1:05:15</b>		
	03:11+	07:02+	16:08+	19:12+	29:59+	32:43+	39:32+	44:05+	46:40+	48:58+	51:00+	55:01+	58:23+	61:15+	63:00+	64:53+	65:15+	
	03:11+	03:51+	09:06+	03:04+	10:47+	02:44+	06:49+	04:33+	02:35+	02:18+	02:02+	04:01+	03:22+	02:52+	01:45+	01:53+	00:22+	
	03:11+	03:51+	09:06+	03:04+	10:47+	02:44+	06:49+	04:33+	02:35+	02:18+	02:02+	04:01+	03:22+	02:52+	01:45+	01:53+	00:22+	
<b>11</b>	<b>Lone Secher Andersen</b>	<b>Ok Pan</b>														<b>1:20:06</b>		
	02:15+	05:34+	25:40+	28:41+	39:11+	41:38+	48:18+	53:04+	59:27+	60:58+	63:18+	67:34+	74:26+	76:16+	77:33+	79:51+	80:06+	
	02:15+	03:19+	20:06+	03:01+	10:30+	02:27+	06:40+	04:46+	06:23+	01:31+	02:20+	04:16+	06:52+	01:50+	01:17+	02:18+	00:15+	
	02:15+	03:19+	20:06+	03:01+	10:30+	02:27+	06:40+	04:46+	06:23+	01:31+	02:20+	04:16+	06:52+	01:50+	01:17+	02:18+	00:15+	
<b>12</b>	<b>Pia Bo Kølback</b>	<b>19</b>														<b>1:28:24</b>		
	03:19+	07:55+	12:33+	19:42+	30:16+	34:10+	43:37+	51:41+	55:47+	58:12+	61:32+	72:55+	78:12+	83:09+	85:05+	88:06+	88:24+	
	03:19+	04:36+	04:38+	07:09+	10:34+	03:54+	09:27+	08:04+	04:06+	02:25+	03:20+	11:23+	05:17+	04:57+	01:56+	03:01+	00:18+	
	03:19+	04:36+	04:38+	07:09+	10:34+	03:54+	09:27+	08:04+	04:06+	02:25+	03:20+	11:23+	05:17+	04:57+	01:56+	03:01+	00:18+	

### D45B

<b>13</b>	<b>Erna Mathiasen</b>	<b>3</b>														<b>1:45:20</b>	
04:09+	09:24+	15:13+	20:03+	27:09+	30:59+	36:04+	58:34+	63:52+	72:19+	75:15+	79:00+	85:56+	92:33+	98:23+	100:43+	104:47+	105:20+
04:09+	05:15+	05:49+	04:50+	07:06+	03:50+	05:05+	22:30+	05:18+	08:27+	02:56+	03:45+	06:56+	06:37+	05:50+	02:20+	04:04+	00:33+
04:09+	05:15+	05:49+	04:50+	07:06+	03:50+	05:05+	22:30+	05:18+	08:27+	02:56+	03:45+	06:56+	06:37+	05:50+	02:20+	04:04+	00:33+

#### Beste stræktid for klassen

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

### D50

<b>1</b>	<b>Anette Bagger Sørensen</b>	<b>14</b>														<b>40:45</b>
06:28=	11:53=	15:03=	16:37=	18:32=	21:31=	24:54=	26:44=	28:56=	31:17=	33:34=	34:17=	36:10=	38:24=	39:08=	40:33=	40:45=
06:28=	05:25=	03:10=	01:34=	01:55=	02:59=	03:23=	01:50=	02:12=	02:21=	02:17=	00:43=	01:53=	02:14=	00:44=	01:25=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lucia Aagaard</b>	<b>3</b>														<b>41:36</b>
06:17-	12:05+	15:06+	16:48+	18:55+	20:42-	24:33-	26:32-	28:55-	31:19+	33:49+	34:32+	36:40+	39:05+	39:56+	41:22+	41:36+
06:17-	05:48+	03:01-	01:42+	02:07+	01:47-	03:51+	01:59+	02:23+	02:24+	02:30+	00:43=	02:08+	02:25+	00:51+	01:26+	00:14+
00:11-	00:23+	00:09-	00:08+	00:12#	01:12-	00:28#	00:09+	00:11+	00:03+	00:13+	00:00=	00:15#	00:11+	00:07#	00:01+	00:02#

<b>3</b>	<b>Dorte Filskov</b>	<b>18</b>														<b>42:59</b>
06:37+	12:35+	15:29+	17:12+	19:15+	20:51-	24:26-	26:25-	28:45-	31:20+	34:24+	35:08+	36:49+	39:47+	40:43+	42:45+	42:59+
06:37+	05:58+	02:54-	01:43+	02:03+	01:36-	03:35+	01:59+	02:20+	02:35+	03:04+	00:44+	01:41-	02:58+	00:56+	02:02+	00:14+
00:09+	00:33#	00:16-	00:09+	00:08+	01:23-	00:12+	00:09+	00:08+	00:14+	00:47&	00:01+	00:12-	00:44&	00:12&	00:37&	00:02#

<b>4</b>	<b>Lene Bejer Damgaard</b>	<b>17</b>														<b>45:27</b>
06:44+	12:52+	16:12+	17:56+	20:06+	21:45+	26:58+	29:18+	31:45+	34:15+	37:03+	37:54+	40:02+	42:37+	43:33+	45:14+	45:27+
06:44+	06:08+	03:20+	01:44+	02:10+	01:39-	05:13+	02:20+	02:27+	02:30+	02:48+	00:51+	02:08+	02:35+	00:56+	01:41+	00:13+
00:16+	00:43#	00:10+	00:10#	00:15#	01:20-	01:50&	00:30&	00:15#	00:09+	00:31#	00:08#	00:15#	00:21#	00:12&	00:16#	00:01+

<b>5</b>	<b>Inga Jager</b>	<b>14</b>														<b>46:22</b>
06:42+	12:15+	15:11+	17:11+	19:29+	21:32+	25:57+	28:22+	30:39+	33:14+	36:01+	36:51+	39:28+	43:38+	44:39+	46:07+	46:22+
06:42+	05:33+	02:56-	02:00+	02:18+	02:03-	04:25+	02:25+	02:17+	02:35+	02:47+	00:50+	02:37+	04:10+	01:01+	01:28+	00:15+
00:14+	00:08+	00:14-	00:26&	00:23#	00:56-	01:02&	00:35&	00:05+	00:14+	00:30#	00:07#	00:44&	01:56&	00:17&	00:03+	00:03#

<b>6</b>	<b>Britta Ank Pedersen</b>	<b>4</b>														<b>47:19</b>
07:30+	13:19+	16:54+	18:51+	21:09+	23:05+	27:42+	30:08+	32:40+	35:36+	38:46+	39:40+	41:45+	44:27+	45:32+	47:06+	47:19+
07:30+	05:49+	03:35+	01:57+	02:18+	01:56-	04:37+	02:26+	02:32+	02:56+	03:10+	00:54+	02:05+	02:42+	01:05+	01:34+	00:13+
01:02#	00:24+	00:25#	00:23#	00:23#	01:03-	01:14&	00:36&	00:20#	00:35#	00:53&	00:11&	00:12#	00:28#	00:21&	00:09#	00:01+

<b>7</b>	<b>Ann-Vibeke Mose</b>	<b>16</b>														<b>50:40</b>
08:22+	14:34+	18:05+	20:01+	22:19+	24:03+	28:10+	30:52+	33:27+	36:12+	39:08+	39:58+	43:50+	47:39+	48:56+	50:27+	50:40+
08:22+	06:12+	03:31+	01:56+	02:18+	01:44-	04:07+	02:42+	02:35+	02:45+	02:56+	00:50+	03:52+	03:49+	01:17+	01:31+	00:13+
01:54&	00:47#	00:21#	00:22#	00:23#	01:15-	00:44#	00:52&	00:23#	00:24#	00:39&	00:07#	01:59@	01:35&	00:33&	00:06+	00:01+

<b>8</b>	<b>Ann Dissing</b>	<b>11</b>														<b>51:18</b>
07:11+	14:21+	17:53+	20:04+	22:46+	29:34+	32:23+	35:11+	38:18+	41:23+	42:44+	45:15+	48:24+	49:28+	51:18+		
07:11+	07:10+	03:32+	02:11+	02:42+	06:48+	02:49-	02:48+	03:07+	03:05+	01:21-	02:31+	03:09+	01:04-	01:50+		
00:43#	01:45&	00:22#	00:37&	00:47&	03:49@	00:34-	00:58&	00:55&	00:44&	00:56-	01:48@	01:16&	01:10-	01:06@		

<b>9</b>	<b>Inger Lise Simonsen</b>	<b>14</b>														<b>52:17</b>
06:55+	13:19+	16:26+	18:46+	20:59+	24:06+	28:13+	35:00+	37:21+	40:46+	44:28+	45:14+	47:29+	49:47+	50:40+	52:04+	52:17+
06:55+	06:24+	03:07-	02:20+	02:13+	03:07+	04:07+	06:47+	02:21+	03:25+	03:42+	00:46+	02:15+	02:18+	00:53+	01:24-	00:13+
00:27+	00:59#	00:03-	00:46&	00:18#	00:08+	00:44#	04:57@	00:09+	01:04&	01:25&	00:03+	00:22#	00:04+	00:09#	00:01-	00:01+

## D50

<b>10</b>	<b>Vibeke Ekhard Edsen</b>	<b>19</b>	<b>52:29</b>													
07:03+	13:18+	16:51+	22:20+	24:29+	26:33+	30:38+	33:06+	36:51+	39:30+	42:41+	43:34+	47:16+	49:55+	50:43+	52:16+	52:29+
07:03+	06:15+	03:33+	05:29+	02:09+	02:04-	04:05+	02:28+	03:45+	02:39+	03:11+	00:53+	03:42+	02:39+	00:48+	01:33+	00:13+
00:35+	00:50#	00:23#	03:55@	00:14#	00:55-	00:42#	00:38&	01:33&	00:18#	00:54&	00:10#	01:49&	00:25#	00:04+	00:08+	00:01+
<b>11</b>	<b>Bettina Gjedde</b>	<b>5</b>	<b>52:34</b>													
07:49+	14:54+	18:54+	21:02+	23:30+	25:25+	30:34+	33:18+	37:06+	39:56+	43:00+	43:45+	46:24+	49:08+	50:19+	52:19+	52:34+
07:49+	07:05+	04:00+	02:08+	02:28+	01:55+	05:09+	02:44+	03:48+	02:50+	03:04+	00:45+	02:39+	02:44+	01:11+	02:00+	00:15+
07:49+	07:05+	04:00+	02:08+	02:28+	01:55+	05:09+	02:44+	03:48+	02:50+	03:04+	00:45+	02:39+	02:44+	01:11+	02:00+	00:15+
<b>12</b>	<b>Anette Pind</b>	<b>14</b>	<b>53:08</b>													
07:03+	15:45+	19:34+	21:52+	24:25+	27:04+	31:26+	34:31+	37:25+	40:26+	43:45+	44:33+	47:17+	50:11+	51:16+	52:54+	53:08+
07:03+	08:42+	03:49+	02:18+	02:33+	02:39+	04:22+	03:05+	02:54+	03:01+	03:19+	00:48+	02:44+	02:54+	01:05+	01:38+	00:14+
07:03+	08:42+	03:49+	02:18+	02:33+	02:39+	04:22+	03:05+	02:54+	03:01+	03:19+	00:48+	02:44+	02:54+	01:05+	01:38+	00:14+
<b>13</b>	<b>Helle Nikkel</b>	<b>17</b>	<b>53:24</b>													
08:10+	16:11+	19:39+	21:51+	24:44+	26:37+	31:33+	34:27+	37:19+	40:31+	44:41+	47:12+	50:10+	51:20+	53:08+	53:24+	
08:10+	08:01+	03:28+	02:12+	02:53+	01:53+	04:56+	02:54+	02:52+	03:12+	04:10+	02:31+	02:58+	01:10+	01:48+	00:16+	
08:10+	08:01+	03:28+	02:12+	02:53+	01:53+	04:56+	02:54+	02:52+	03:12+	04:10+	02:31+	02:58+	01:10+	01:48+	00:16+	
<b>14</b>	<b>Regitse Hansen</b>	<b>6</b>	<b>54:05</b>													
08:19+	20:01+	22:11+	25:08+	31:53+	34:49+	37:43+	41:10+	44:08+	45:06+	47:21+	50:42+	51:54+	53:50+	54:05+		
08:19+	11:42+	02:10+	02:57+	06:45+	02:56+	02:54+	03:27+	02:58+	00:58+	02:15+	03:21+	01:12+	01:56+	00:15+		
08:19+	11:42+	02:10+	02:57+	06:45+	02:56+	02:54+	03:27+	02:58+	00:58+	02:15+	03:21+	01:12+	01:56+	00:15+		
<b>15</b>	<b>Anne Ellekrog</b>	<b>19</b>	<b>54:07</b>													
08:04+	14:05+	17:11+	19:08+	21:36+	23:28+	29:12+	31:48+	34:39+	37:33+	40:25+	45:04+	46:58+	51:00+	51:58+	53:50+	54:07+
08:04+	06:01+	03:06+	01:57+	02:28+	01:52+	05:44+	02:36+	02:51+	02:54+	02:52+	04:39+	01:54+	04:02+	00:58+	01:52+	00:17+
08:04+	06:01+	03:06+	01:57+	02:28+	01:52+	05:44+	02:36+	02:51+	02:54+	02:52+	04:39+	01:54+	04:02+	00:58+	01:52+	00:17+
<b>16</b>	<b>Kirsten Hald Holdensen</b>	<b>11</b>	<b>56:09</b>													
07:27+	15:44+	19:02+	21:01+	23:30+	25:16+	29:41+	39:43+	42:19+	44:59+	47:38+	48:34+	50:42+	53:21+	54:18+	55:56+	56:09+
07:27+	08:17+	03:18+	01:59+	02:29+	01:46+	04:25+	10:02+	02:36+	02:40+	02:39+	00:56+	02:08+	02:39+	00:57+	01:38+	00:13+
07:27+	08:17+	03:18+	01:59+	02:29+	01:46+	04:25+	10:02+	02:36+	02:40+	02:39+	00:56+	02:08+	02:39+	00:57+	01:38+	00:13+
<b>17</b>	<b>Kristin Helgeland</b>	<b>9</b>	<b>56:12</b>													
07:27+	14:44+	22:42+	25:02+	27:33+	29:34+	34:23+	37:22+	39:54+	43:22+	46:29+	47:23+	49:34+	53:20+	54:15+	55:56+	56:12+
07:27+	07:17+	07:58+	02:20+	02:31+	02:01+	04:49+	02:59+	02:32+	03:28+	03:07+	00:54+	02:11+	03:46+	00:55+	01:41+	00:16+
07:27+	07:17+	07:58+	02:20+	02:31+	02:01+	04:49+	02:59+	02:32+	03:28+	03:07+	00:54+	02:11+	03:46+	00:55+	01:41+	00:16+
<b>18</b>	<b>Dorte Jenny Bak</b>	<b>18</b>	<b>56:14</b>													
07:31+	14:11+	17:38+	19:40+	22:06+	23:58+	30:27+	33:27+	40:39+	43:33+	46:55+	48:00+	50:25+	53:14+	54:22+	56:02+	56:14+
07:31+	06:40+	03:27+	02:02+	02:26+	01:52+	06:29+	03:00+	07:12+	02:54+	03:22+	01:05+	02:25+	02:49+	01:08+	01:40+	00:12+
07:31+	06:40+	03:27+	02:02+	02:26+	01:52+	06:29+	03:00+	07:12+	02:54+	03:22+	01:05+	02:25+	02:49+	01:08+	01:40+	00:12+
<b>20</b>	<b>Anne Birgitte Als</b>	<b>Ok Pan</b>	<b>56:22</b>													
07:54+	17:41+	21:18+	23:36+	26:12+	28:19+	33:38+	37:21+	40:12+	43:42+	46:51+	47:40+	50:14+	53:24+	54:25+	56:06+	56:22+
07:54+	09:47+	03:37+	02:18+	02:36+	02:07+	05:19+	03:43+	02:51+	03:30+	03:09+	00:49+	02:34+	03:10+	01:01+	01:41+	00:16+
07:54+	09:47+	03:37+	02:18+	02:36+	02:07+	05:19+	03:43+	02:51+	03:30+	03:09+	00:49+	02:34+	03:10+	01:01+	01:41+	00:16+
<b>21</b>	<b>Lone Dybdal</b>	<b>19</b>	<b>56:55</b>													
07:49+	14:37+	18:50+	21:11+	23:59+	26:11+	31:11+	34:20+	37:01+	40:53+	44:04+	45:04+	49:57+	53:29+	54:43+	56:36+	56:55+
07:49+	06:48+	04:13+	02:21+	02:48+	02:12+	05:00+	03:09+	02:41+	03:52+	03:11+	01:00+	04:53+	03:32+	01:14+	01:53+	00:19+
07:49+	06:48+	04:13+	02:21+	02:48+	02:12+	05:00+	03:09+	02:41+	03:52+	03:11+	01:00+	04:53+	03:32+	01:14+	01:53+	00:19+
<b>22</b>	<b>Annemette Sørensen</b>	<b>Ok Pan</b>	<b>59:10</b>													
17:52+	24:00+	27:28+	29:51+	31:47+	40:30+	42:51+	45:25+	47:48+	50:42+	51:30+	53:24+	56:21+	57:38+	58:59+	59:10+	
17:52+	06:08+	03:28+	02:23+	01:56+	08:43+	02:21+	02:34+	02:23+	02:54+	00:48+	01:54+	02:57+	01:17+	01:21+	00:11+	
17:52+	06:08+	03:28+	02:23+	01:56+	08:43+	02:21+	02:34+	02:23+	02:54+	00:48+	01:54+	02:57+	01:17+	01:21+	00:11+	

## D50

<b>23</b>	<b>Hanne Gylling</b>	<b>19</b>														<b>1:01:33</b>
09:20+	17:13+	21:47+	24:13+	26:54+	29:12+	35:23+	38:42+	41:53+	45:11+	48:55+	50:31+	54:08+	57:18+	59:16+	61:17+	61:33+
09:20+	07:53+	04:34+	02:26+	02:41+	02:18+	06:11+	03:19+	03:11+	03:18+	03:44+	01:36+	03:37+	03:10+	01:58+	02:01+	00:16+
09:20+	07:53+	04:34+	02:26+	02:41+	02:18+	06:11+	03:19+	03:11+	03:18+	03:44+	01:36+	03:37+	03:10+	01:58+	02:01+	00:16+
<b>24</b>	<b>Karen Sieg</b>	<b>4</b>														<b>1:01:36</b>
13:26+	19:26+	24:24+	28:04+	30:36+	32:49+	37:14+	41:10+	43:44+	46:59+	50:08+	51:33+	55:23+	58:43+	59:43+	61:24+	61:36+
13:26+	06:00+	04:58+	03:40+	02:32+	02:13+	04:25+	03:56+	02:34+	03:15+	03:09+	01:25+	03:50+	03:20+	01:00+	01:41+	00:12+
13:26+	06:00+	04:58+	03:40+	02:32+	02:13+	04:25+	03:56+	02:34+	03:15+	03:09+	01:25+	03:50+	03:20+	01:00+	01:41+	00:12+
<b>25</b>	<b>Inger Andreassen</b>	<b>9</b>														<b>1:02:38</b>
08:58+	16:31+	25:14+	27:22+	29:57+	31:48+	40:25+	43:22+	46:34+	49:40+	53:26+	54:29+	56:55+	59:39+	60:36+	62:24+	62:38+
08:58+	07:33+	08:43+	02:08+	02:35+	01:51+	08:37+	02:57+	03:12+	03:06+	03:46+	01:03+	02:26+	02:44+	00:57+	01:48+	00:14+
08:58+	07:33+	08:43+	02:08+	02:35+	01:51+	08:37+	02:57+	03:12+	03:06+	03:46+	01:03+	02:26+	02:44+	00:57+	01:48+	00:14+
<b>26</b>	<b>Annette Møller</b>	<b>6</b>														<b>1:03:03</b>
09:10+	16:40+	23:06+	25:54+	28:55+	31:12+	36:31+	41:35+	44:36+	48:00+	51:07+	52:31+	55:05+	58:49+	60:39+	62:46+	63:03+
09:10+	07:30+	06:26+	02:48+	03:01+	02:17+	05:19+	05:04+	03:01+	03:24+	03:07+	01:24+	02:34+	03:44+	01:50+	02:07+	00:17+
09:10+	07:30+	06:26+	02:48+	03:01+	02:17+	05:19+	05:04+	03:01+	03:24+	03:07+	01:24+	02:34+	03:44+	01:50+	02:07+	00:17+
<b>27</b>	<b>Mette Voldum Jørgensen</b>	<b>14</b>														<b>1:12:14</b>
10:12+	20:30+	27:07+	29:57+	33:28+	36:05+	42:32+	45:50+	49:36+	54:13+	58:08+	59:16+	64:15+	68:17+	69:39+	71:58+	72:14+
10:12+	10:18+	06:37+	02:50+	03:31+	02:37+	06:27+	03:18+	03:46+	04:37+	03:55+	01:08+	04:59+	04:02+	01:22+	02:19+	00:16+
10:12+	10:18+	06:37+	02:50+	03:31+	02:37+	06:27+	03:18+	03:46+	04:37+	03:55+	01:08+	04:59+	04:02+	01:22+	02:19+	00:16+
<b>28</b>	<b>Susanne Knudsen</b>	<b>9</b>														<b>1:15:21</b>
09:45+	18:42+	22:52+	25:36+	38:25+	46:34+	49:33+	52:55+	57:09+	62:19+	63:51+	67:35+	71:24+	73:03+	75:04+	75:21+	
09:45+	08:57+	04:10+	02:44+	12:49+	08:09+	02:59+	03:22+	04:14+	05:10+	01:32+	03:44+	03:49+	01:39+	02:01+	00:17+	
09:45+	08:57+	04:10+	02:44+	12:49+	08:09+	02:59+	03:22+	04:14+	05:10+	01:32+	03:44+	03:49+	01:39+	02:01+	00:17+	
<b>29</b>	<b>Helle Petersen</b>	<b>3</b>														<b>1:18:08</b>
08:25+	15:48+	19:20+	21:40+	24:17+	26:08+	42:45+	45:14+	51:26+	54:13+	57:03+	58:10+	60:44+	75:06+	76:19+	77:56+	78:08+
08:25+	07:23+	03:32+	02:20+	02:37+	01:51+	16:37+	02:29+	06:12+	02:47+	02:50+	01:07+	02:34+	14:22+	01:13+	01:37+	00:12+
08:25+	07:23+	03:32+	02:20+	02:37+	01:51+	16:37+	02:29+	06:12+	02:47+	02:50+	01:07+	02:34+	14:22+	01:13+	01:37+	00:12+

### Beste stræktid for klassen

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

## D60

<b>1</b>	<b>Tove Jakobsen</b>	<b>14</b>														<b>42:36</b>
05:54=	09:06=	11:09=	14:24=	17:29=	26:15=	29:12=	31:54=	34:36=	36:09=	37:49=	40:55=	42:23=	42:36=			
05:54=	03:12=	02:03=	03:15=	03:05=	08:46=	02:57=	02:42=	02:42=	01:33=	01:40=	03:06=	01:28=	00:13=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Karin Wæhrens</b>	<b>11</b>														<b>43:34</b>
04:42-	07:24-	09:24-	12:37-	16:13-	23:50-	27:10-	31:27-	34:17-	36:28+	38:12+	41:57+	43:22+	43:34+			
04:42-	02:42-	02:00-	03:13-	03:36+	07:37-	03:20+	04:17+	02:50+	02:11+	01:44+	03:45+	01:25-	00:12-			
01:12-	00:30-	00:03-	00:02-	00:31#	01:09-	00:23#	01:35&	00:08+	00:38&	00:04+	00:39#	00:03-	00:01-			
<b>3</b>	<b>Susanne Karlshøj</b>	<b>6</b>														<b>44:55</b>
04:59-	07:45-	09:58-	12:33-	16:06-	24:58-	28:28-	31:14-	35:49+	38:33+	40:02+	43:10+	44:40+	44:55+			
04:59-	02:46-	02:13+	02:35-	03:33+	08:52+	03:30+	02:46+	04:35+	02:44+	01:29-	03:08+	01:30+	00:15+			
00:55-	00:26-	00:10+	00:40-	00:28#	00:06+	00:33#	00:04+	01:53&	01:11&	00:11-	00:02+	00:02+	00:02#			

Class	Navn	Klasse										Tid	
<b>D60</b>													
<b>4</b>	<b>Hanne Bak-Mikkelsen</b>	<b>11</b>										<b>46:18</b>	
05:39-	08:57-	11:17+	14:14-	17:25-	26:28+	29:47+	32:10+	35:45+	38:44+	40:31+	44:20+	46:03+	46:18+
05:39-	03:18+	02:20+	02:57-	03:11+	09:03+	03:19+	02:23-	03:35+	02:59+	01:47+	03:49+	01:43+	00:15+
00:15-	00:06+	00:17#	00:18-	00:06+	00:17+	00:22#	00:19-	00:53&	01:26&	00:07+	00:43#	00:15#	00:02#
<b>5</b>	<b>Tove Straarup</b>	<b>4</b>										<b>46:28</b>	
05:25+	08:34+	10:58+	13:41+	17:28+	27:11+	30:54+	33:18+	36:40+	38:47+	40:29+	44:11+	46:14+	46:28+
05:25+	03:09+	02:24+	02:43+	03:47+	09:43+	03:43+	02:24+	03:22+	02:07+	01:42+	03:42+	02:03+	00:14+
05:25+	03:09+	02:24+	02:43+	03:47+	09:43+	03:43+	02:24+	03:22+	02:07+	01:42+	03:42+	02:03+	00:14+
<b>6</b>	<b>Gitte Isen</b>	<b>3</b>										<b>46:45</b>	
05:37+	08:44+	11:09+	13:48+	17:16+	26:08+	30:14+	32:36+	35:55+	38:47+	40:51+	44:26+	46:30+	46:45+
05:37+	03:07+	02:25+	02:39+	03:28+	08:52+	04:06+	02:22+	03:19+	02:52+	02:04+	03:35+	02:04+	00:15+
05:37+	03:07+	02:25+	02:39+	03:28+	08:52+	04:06+	02:22+	03:19+	02:52+	02:04+	03:35+	02:04+	00:15+
<b>7</b>	<b>Hanne Møller Andersen</b>	<b>Ok Pan</b>										<b>47:02</b>	
05:08+	09:14+	11:36+	14:29+	27:51+	30:55+	33:39+	36:46+	38:49+	42:04+	45:06+	46:46+	47:02+	
05:08+	04:06+	02:22+	02:53+	03:39+	09:43+	03:04+	02:44+	03:07+	02:03+	03:15+	03:02+	01:40+	00:16+
05:08+	04:06+	02:22+	02:53+	03:39+	09:43+	03:04+	02:44+	03:07+	02:03+	03:15+	03:02+	01:40+	00:16+
<b>8</b>	<b>Pia Gade</b>	<b>17</b>										<b>48:47</b>	
05:59+	09:24+	11:57+	14:50+	18:38+	29:09+	32:23+	34:50+	38:29+	40:40+	42:37+	46:13+	48:34+	48:47+
05:59+	03:25+	02:33+	02:53+	03:48+	10:31+	03:14+	02:27+	03:39+	02:11+	01:57+	03:36+	02:21+	00:13+
05:59+	03:25+	02:33+	02:53+	03:48+	10:31+	03:14+	02:27+	03:39+	02:11+	01:57+	03:36+	02:21+	00:13+
<b>9</b>	<b>Trille Ditlevsen</b>	<b>4</b>										<b>54:15</b>	
05:47+	09:50+	13:13+	16:26+	21:24+	31:47+	35:29+	41:08+	44:22+	46:30+	48:09+	52:12+	54:01+	54:15+
05:47+	04:03+	03:23+	03:13+	04:58+	10:23+	03:42+	05:39+	03:14+	02:08+	01:39+	04:03+	01:49+	00:14+
05:47+	04:03+	03:23+	03:13+	04:58+	10:23+	03:42+	05:39+	03:14+	02:08+	01:39+	04:03+	01:49+	00:14+
<b>10</b>	<b>Vibeke Jørgensen</b>	<b>Ok Pan</b>										<b>57:07</b>	
06:32+	10:20+	13:00+	16:22+	21:19+	31:46+	35:12+	40:46+	44:21+	47:55+	50:20+	54:38+	56:48+	57:07+
06:32+	03:48+	02:40+	03:22+	04:57+	10:27+	03:26+	05:34+	03:35+	03:34+	02:25+	04:18+	02:10+	00:19+
06:32+	03:48+	02:40+	03:22+	04:57+	10:27+	03:26+	05:34+	03:35+	03:34+	02:25+	04:18+	02:10+	00:19+
<b>11</b>	<b>Kirsten Bobach</b>	<b>18</b>										<b>57:40</b>	
06:19+	10:20+	13:48+	16:55+	20:51+	32:22+	36:08+	41:07+	44:50+	47:05+	49:30+	55:07+	57:25+	57:40+
06:19+	04:01+	03:28+	03:07+	03:56+	11:31+	03:46+	04:59+	03:43+	02:15+	02:25+	05:37+	02:18+	00:15+
06:19+	04:01+	03:28+	03:07+	03:56+	11:31+	03:46+	04:59+	03:43+	02:15+	02:25+	05:37+	02:18+	00:15+
<b>12</b>	<b>Hanne H. Poulsen</b>	<b>5</b>										<b>58:20</b>	
06:49+	10:38+	13:32+	16:46+	21:27+	35:43+	39:28+	42:26+	45:53+	49:05+	51:06+	55:50+	58:06+	58:20+
06:49+	03:49+	02:54+	03:14+	04:41+	14:16+	03:45+	02:58+	03:27+	03:12+	02:01+	04:44+	02:16+	00:14+
06:49+	03:49+	02:54+	03:14+	04:41+	14:16+	03:45+	02:58+	03:27+	03:12+	02:01+	04:44+	02:16+	00:14+
<b>13</b>	<b>Elizabeth Borchorst</b>	<b>13</b>										<b>59:26</b>	
07:21+	11:49+	14:48+	18:24+	22:52+	35:00+	39:20+	42:15+	46:31+	49:34+	51:35+	56:36+	59:08+	59:26+
07:21+	04:28+	02:59+	03:36+	04:28+	12:08+	04:20+	02:55+	04:16+	03:03+	02:01+	05:01+	02:32+	00:18+
07:21+	04:28+	02:59+	03:36+	04:28+	12:08+	04:20+	02:55+	04:16+	03:03+	02:01+	05:01+	02:32+	00:18+
<b>14</b>	<b>Susanne Baun</b>	<b>4</b>										<b>1:02:00</b>	
07:30+	12:05+	15:53+	20:19+	25:00+	37:55+	42:04+	44:56+	48:42+	53:18+	55:10+	59:01+	61:38+	62:00+
07:30+	04:35+	03:48+	04:26+	04:41+	12:55+	04:09+	02:52+	03:46+	04:36+	01:52+	03:51+	02:37+	00:22+
07:30+	04:35+	03:48+	04:26+	04:41+	12:55+	04:09+	02:52+	03:46+	04:36+	01:52+	03:51+	02:37+	00:22+
<b>15</b>	<b>Birte Sivebæk</b>	<b>19</b>										<b>1:05:27</b>	
07:24+	12:26+	15:57+	19:52+	26:00+	38:02+	42:44+	47:52+	52:02+	54:47+	57:49+	63:01+	65:08+	65:27+
07:24+	05:02+	03:31+	03:55+	06:08+	12:02+	04:42+	05:08+	04:10+	02:45+	03:02+	05:12+	02:07+	00:19+
07:24+	05:02+	03:31+	03:55+	06:08+	12:02+	04:42+	05:08+	04:10+	02:45+	03:02+	05:12+	02:07+	00:19+

Class	Navn	Klasse												Tid
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## D60

### 16 **Anni Jensen** **3** **1:06:41**

09:48+	13:26+	17:04+	20:18+	30:51+	40:33+	43:50+	48:38+	52:32+	58:57+	60:34+	64:36+	66:24+	66:41+
09:48+	03:38+	03:38+	03:14+	10:33+	09:42+	03:17+	04:48+	03:54+	06:25+	01:37+	04:02+	01:48+	00:17+
09:48+	03:38+	03:38+	03:14+	10:33+	09:42+	03:17+	04:48+	03:54+	06:25+	01:37+	04:02+	01:48+	00:17+

### 17 **Bente Østergaard** **5** **1:09:14**

09:26+	13:53+	17:00+	20:41+	28:35+	40:37+	45:59+	52:24+	56:04+	59:01+	61:36+	66:00+	68:57+	69:14+
09:26+	04:27+	03:07+	03:41+	07:54+	12:02+	05:22+	06:25+	03:40+	02:57+	02:35+	04:24+	02:57+	00:17+
09:26+	04:27+	03:07+	03:41+	07:54+	12:02+	05:22+	06:25+	03:40+	02:57+	02:35+	04:24+	02:57+	00:17+

### 18 **Susanne Gasbjerg** **14** **1:09:24**

06:50+	10:57+	13:57+	17:47+	21:58+	41:42+	46:05+	50:36+	55:18+	59:10+	61:46+	66:06+	68:58+	69:24+
06:50+	04:07+	03:00+	03:50+	04:11+	19:44+	04:23+	04:31+	04:42+	03:52+	02:36+	04:20+	02:52+	00:26+
06:50+	04:07+	03:00+	03:50+	04:11+	19:44+	04:23+	04:31+	04:42+	03:52+	02:36+	04:20+	02:52+	00:26+

### 19 **Anette Bernth Hansen** **6** **1:10:45**

08:10+	13:03+	16:51+	21:27+	26:21+	41:47+	46:22+	51:30+	56:22+	59:02+	61:13+	68:00+	70:45+	77:45+	80:03+	80:29+
08:10+	04:53+	03:48+	04:36+	04:54+	15:26+	04:35+	05:08+	04:52+	02:40+	02:11+	06:47+	02:45+	07:00+	02:18+	00:26+
08:10+	04:53+	03:48+	04:36+	04:54+	15:26+	04:35+	05:08+	04:52+	02:40+	02:11+	06:47+	02:45+	07:00+	02:18+	00:26+

### 20 **Randi Jensen** **19** **1:15:15**

06:28+	13:10+	16:01+	19:55+	24:39+	48:08+	52:35+	57:54+	61:42+	64:36+	67:40+	72:50+	74:55+	75:15+
06:28+	06:42+	02:51+	03:54+	04:44+	23:29+	04:27+	05:19+	03:48+	02:54+	03:04+	05:10+	02:05+	00:20+
06:28+	06:42+	02:51+	03:54+	04:44+	23:29+	04:27+	05:19+	03:48+	02:54+	03:04+	05:10+	02:05+	00:20+

### 21 **Birgit Rasmussen** **19** **1:38:13**

09:15+	16:13+	20:24+	26:29+	33:22+	56:31+	62:31+	69:28+	77:06+	84:04+	87:28+	94:37+	97:46+	98:13+
09:15+	06:58+	04:11+	06:05+	06:53+	23:09+	06:00+	06:57+	07:38+	06:58+	03:24+	07:09+	03:09+	00:27+
09:15+	06:58+	04:11+	06:05+	06:53+	23:09+	06:00+	06:57+	07:38+	06:58+	03:24+	07:09+	03:09+	00:27+

### 22 **Lone Christensen** **19** **1:38:26**

08:44+	14:48+	18:10+	22:15+	42:30+	60:57+	64:30+	70:13+	85:09+	88:36+	90:48+	95:29+	98:09+	98:26+
08:44+	06:04+	03:22+	04:05+	20:15+	18:27+	03:33+	05:43+	14:56+	03:27+	02:12+	04:41+	02:40+	00:17+
08:44+	06:04+	03:22+	04:05+	20:15+	18:27+	03:33+	05:43+	14:56+	03:27+	02:12+	04:41+	02:40+	00:17+

### 23 **Tove Simonsen** **12** **1:43:17**

10:33+	17:33+	22:14+	27:44+	35:06+	52:19+	62:07+	70:43+	78:25+	86:41+	91:28+	99:12+	102:52+	103:17+
10:33+	07:00+	04:41+	05:30+	07:22+	17:13+	09:48+	08:36+	07:42+	08:16+	04:47+	07:44+	03:40+	00:25+
10:33+	07:00+	04:41+	05:30+	07:22+	17:13+	09:48+	08:36+	07:42+	08:16+	04:47+	07:44+	03:40+	00:25+

## Beste stræktid for klassen

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

## D70

### 1 **Lisbet Nielsen** **11** **38:28**

06:51=	09:36=	12:08=	15:34=	20:00=	23:52=	27:04=	28:19=	30:58=	35:17=	36:38=	38:16=	38:28=
06:51=	02:45=	02:32=	03:26=	04:26=	03:52=	03:12=	01:15=	02:39=	04:19=	01:21=	01:38=	00:12=
00:00=	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 **Rigmor Schou** **5** **38:48**

07:29+	10:10+	12:46+	16:27+	21:30+	24:50+	28:02+	28:53+	31:57+	35:16-	36:31-	38:32+	38:48+
07:29+	02:41-	02:36+	03:41+	05:03+	03:20-	03:12=	00:51-	03:04+	03:19-	01:15-	02:01+	00:16+
00:38+	00:04-	00:04+	00:15+	00:37#	00:32-	00:00=	00:24-	00:25#	01:00-	00:06-	00:23#	00:04&

Pluss	Navn	Klasse	Tid
<b>D70</b>			
<b>3</b>	<b>Elin Holm Jensen</b>	<b>4</b>	<b>41:22</b>
07:52+	10:42+	13:45+	17:33+
07:52+	02:50+	03:03+	03:48+
01:01#	00:05+	00:31#	00:22#
21:53+	25:29+	28:58+	30:06+
04:20-	03:36-	03:29+	01:08-
00:06-	00:16-	00:17+	00:07-
33:10+	37:00+	38:58+	41:06+
03:10+	03:50-	01:58+	02:08+
00:25#	00:29-	00:37&	00:30&
41:22+	41:22+	00:16+	00:04&
<b>4</b>	<b>Jane Thode Jensen</b>	<b>6</b>	<b>41:29</b>
05:03+	07:59+	11:02+	15:27+
05:03+	02:56+	03:03+	04:25+
05:03+	02:56+	03:03+	04:25+
23:55+	27:57+	28:57+	32:39+
04:02+	03:57+	04:02+	01:00+
03:57+	04:02+	01:00+	03:42+
37:09+	38:44+	41:09+	41:29+
04:30+	01:35+	02:25+	00:20+
04:30+	01:35+	02:25+	00:20+
<b>5</b>	<b>Ann Dorrit Hansen</b>	<b>12</b>	<b>41:34</b>
05:51+	08:53+	11:56+	16:20+
05:51+	03:02+	03:03+	04:24+
05:51+	03:02+	03:03+	04:24+
22:21+	26:23+	30:13+	31:11+
06:01+	04:02+	03:50+	00:58+
04:02+	03:50+	00:58+	02:29+
33:40+	37:49+	39:13+	41:16+
02:29+	04:09+	01:24+	02:03+
02:29+	04:09+	01:24+	02:03+
41:34+	41:34+	00:18+	00:18+
<b>6</b>	<b>Else Hass</b>	<b>Ok Pan</b>	<b>43:19</b>
05:05+	08:43+	11:50+	16:10+
05:05+	03:38+	03:07+	04:20+
05:05+	03:38+	03:07+	04:20+
22:41+	26:09+	31:05+	32:08+
06:31+	03:28+	04:56+	01:03+
06:31+	03:28+	04:56+	01:03+
34:55+	39:26+	40:44+	42:58+
02:47+	04:31+	01:18+	02:14+
02:47+	04:31+	01:18+	02:14+
43:19+	43:19+	00:21+	00:21+
<b>7</b>	<b>Edith Sørensen</b>	<b>18</b>	<b>43:49</b>
06:10+	09:34+	12:42+	17:59+
06:10+	03:24+	03:08+	05:17+
06:10+	03:24+	03:08+	05:17+
23:03+	27:29+	31:42+	32:44+
05:04+	04:26+	04:13+	01:02+
05:04+	04:26+	04:13+	01:02+
35:53+	39:49+	41:16+	43:31+
03:09+	03:56+	01:27+	02:15+
03:09+	03:56+	01:27+	02:15+
43:49+	43:49+	00:18+	00:18+
<b>8</b>	<b>Lisbet Sortkjær</b>	<b>14</b>	<b>45:32</b>
07:59+	11:23+	14:14+	18:38+
07:59+	03:24+	02:51+	04:24+
07:59+	03:24+	02:51+	04:24+
24:01+	27:52+	31:38+	32:51+
05:23+	03:51+	03:46+	01:13+
05:23+	03:51+	03:46+	01:13+
36:35+	41:06+	42:46+	45:08+
03:44+	04:31+	01:40+	02:22+
03:44+	04:31+	01:40+	02:22+
45:32+	45:32+	00:24+	00:24+
<b>9</b>	<b>Karen-Lisbeth Fredberg</b>	<b>14</b>	<b>47:12</b>
05:21+	09:41+	13:29+	18:57+
05:21+	04:20+	03:48+	05:28+
05:21+	04:20+	03:48+	05:28+
23:55+	28:23+	32:46+	33:59+
04:28+	04:28+	04:23+	01:13+
04:28+	04:28+	04:23+	01:13+
37:44+	41:59+	44:42+	46:55+
03:45+	04:15+	02:43+	02:13+
03:45+	04:15+	02:43+	02:13+
47:12+	47:12+	00:17+	00:17+
<b>10</b>	<b>Mona Nørgaard</b>	<b>Ok Pan</b>	<b>51:31</b>
07:52+	11:39+	15:26+	20:05+
07:52+	03:47+	03:47+	04:39+
07:52+	03:47+	03:47+	04:39+
26:29+	31:19+	35:52+	37:11+
06:24+	04:50+	04:33+	01:19+
06:24+	04:50+	04:33+	01:19+
40:27+	46:44+	48:13+	51:09+
03:16+	06:17+	01:29+	02:56+
03:16+	06:17+	01:29+	02:56+
51:31+	51:31+	00:22+	00:22+
<b>11</b>	<b>Birthe Helms</b>	<b>14</b>	<b>51:32</b>
05:08+	07:57+	11:02+	17:45+
05:08+	02:49+	03:05+	06:43+
05:08+	02:49+	03:05+	06:43+
25:17+	30:23+	35:34+	37:40+
05:06+	05:11+	02:06+	04:50+
05:06+	05:11+	02:06+	04:50+
42:30+	47:03+	48:42+	51:02+
04:50+	04:33+	01:39+	02:20+
04:50+	04:33+	01:39+	02:20+
51:32+	51:32+	00:30+	00:30+
<b>12</b>	<b>Inger Knudsen</b>	<b>3</b>	<b>53:28</b>
06:28+	10:47+	14:15+	19:06+
06:28+	04:19+	03:28+	04:51+
06:28+	04:19+	03:28+	04:51+
28:55+	34:51+	38:52+	40:46+
09:49+	05:56+	04:01+	01:54+
09:49+	05:56+	04:01+	01:54+
43:44+	47:55+	50:22+	52:59+
02:58+	04:11+	02:27+	02:37+
02:58+	04:11+	02:27+	02:37+
53:28+	53:28+	00:29+	00:29+
<b>13</b>	<b>Bitten Nielsen</b>	<b>3</b>	<b>54:46</b>
09:30+	13:49+	16:25+	21:15+
09:30+	04:19+	02:36+	04:50+
09:30+	04:19+	02:36+	04:50+
27:05+	37:43+	41:25+	42:29+
05:50+	10:38+	03:42+	01:04+
05:50+	10:38+	03:42+	01:04+
46:34+	50:36+	52:29+	54:26+
04:05+	04:02+	01:53+	01:57+
04:05+	04:02+	01:53+	01:57+
54:46+	54:46+	00:20+	00:20+
<b>14</b>	<b>Kirsten Skovbjerg</b>	<b>4</b>	<b>58:36</b>
15:03+	19:10+	22:21+	28:06+
15:03+	04:07+	03:11+	05:45+
15:03+	04:07+	03:11+	05:45+
33:16+	39:30+	43:39+	45:18+
05:10+	06:14+	04:09+	01:39+
05:10+	06:14+	04:09+	01:39+
49:50+	54:45+	56:13+	58:18+
04:32+	04:55+	01:28+	02:05+
04:32+	04:55+	01:28+	02:05+
58:36+	58:36+	00:18+	00:18+

Class	Navn	Klasse											Tid
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## D70

### 15 Lena Deleuran Nørgaard 19 1:01:00

18:46+	22:20+	25:33+	31:20+	36:47+	40:57+	47:10+	48:08+	51:32+	56:22+	58:28+	60:43+	61:00+
18:46+	03:34+	03:13+	05:47+	05:27+	04:10+	06:13+	00:58+	03:24+	04:50+	02:06+	02:15+	00:17+
18:46+	03:34+	03:13+	05:47+	05:27+	04:10+	06:13+	00:58+	03:24+	04:50+	02:06+	02:15+	00:17+

### 16 Anna Jørgensen 6 1:07:30

10:23+	18:58+	23:39+	30:16+	37:47+	45:18+	50:16+	52:38+	56:32+	62:26+	64:07+	67:05+	67:30+
10:23+	08:35+	04:41+	06:37+	07:31+	07:31+	04:58+	02:22+	03:54+	05:54+	01:41+	02:58+	00:25+
10:23+	08:35+	04:41+	06:37+	07:31+	07:31+	04:58+	02:22+	03:54+	05:54+	01:41+	02:58+	00:25+

### 17 Lisbeth Møller Nielsen Ok Pan 1:09:36

18:00+	21:52+	25:41+	32:08+	40:13+	47:23+	52:44+	54:24+	58:59+	65:08+	66:39+	69:18+	69:36+
18:00+	03:52+	03:49+	06:27+	08:05+	07:10+	05:21+	01:40+	04:35+	06:09+	01:31+	02:39+	00:18+
18:00+	03:52+	03:49+	06:27+	08:05+	07:10+	05:21+	01:40+	04:35+	06:09+	01:31+	02:39+	00:18+

### 18 Lizzie Olesen 16 1:10:17

17:12+	20:53+	25:56+	32:36+	39:44+	44:58+	50:29+	52:43+	57:54+	64:05+	66:27+	69:48+	70:17+
17:12+	03:41+	05:03+	06:40+	07:08+	05:14+	05:31+	02:14+	05:11+	06:11+	02:22+	03:21+	00:29+
17:12+	03:41+	05:03+	06:40+	07:08+	05:14+	05:31+	02:14+	05:11+	06:11+	02:22+	03:21+	00:29+

## Beste stræktid for klassen

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

## D-Let

### 1 Cathrine Løyning 1 27:07

02:42=	04:53=	07:31=	09:25=	12:32=	14:47=	17:23=	18:28=	21:49=	23:12=	24:50=	26:03=	26:53=	27:07=
02:42=	02:11=	02:38=	01:54=	03:07=	02:15=	02:36=	01:05=	03:21=	01:23=	01:38=	01:13=	00:50=	00:14=
00:00=	00:00=	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 Laura Sandbæk Andersen 14 27:49

02:22-	04:34-	07:07-	09:10-	12:32=	14:39-	16:59-	18:16-	21:40-	23:12=	24:58+	26:30+	27:35+	27:49+
02:22-	02:12+	02:33-	02:03+	03:22+	02:07-	02:20-	01:17+	03:24+	01:32+	01:46+	01:32+	01:05+	00:14=
00:20-	00:01+	00:05-	00:09+	00:15+	00:08-	00:16-	00:12#	00:03+	00:09#	00:08+	00:19&	00:15&	00:00=

### 3 Jette Steffensen 4 32:05

02:42=	05:10+	07:47+	10:29+	14:25+	18:15+	20:09+	21:31+	25:30+	27:21+	29:19+	30:40+	31:47+	32:05+
02:42=	02:28+	02:37-	02:42+	03:56+	03:50+	01:54-	01:22+	03:59+	01:51+	01:58+	01:21+	01:07+	00:18+
00:00=	00:17#	00:01-	00:48&	00:49&	01:35&	00:42-	00:17&	00:38#	00:28&	00:20#	00:08#	00:17&	00:04&

### 4 Carina Gammelmark 13 33:59

02:47+	05:29+	08:32+	11:28+	15:34+	18:59+	20:56+	22:24+	27:09+	28:48+	30:52+	32:32+	33:41+	33:59+
02:47+	02:42+	03:03+	02:56+	04:06+	03:25+	01:57-	01:28+	04:45+	01:39+	02:04+	01:40+	01:09+	00:18+
00:05+	00:31#	00:25#	01:02&	00:59&	01:10&	00:39-	00:23&	01:24&	00:16#	00:26&	00:27&	00:19&	00:04&

### 5 Maria Giltoft 13 35:25

02:46+	05:35+	08:41+	11:19+	15:39+	20:05+	22:03+	23:45+	28:03+	29:55+	32:18+	33:53+	35:08+	35:25+
02:46+	02:49+	03:06+	02:38+	04:20+	04:26+	01:58-	01:42+	04:18+	01:52+	02:23+	01:35+	01:15+	00:17+
00:04+	00:38&	00:28#	00:44&	01:13&	02:11&	00:38-	00:37&	00:57&	00:29&	00:45&	00:22&	00:25&	00:03#

### 6 Claudia Schmidt Thomsen Ok Pan 35:29

02:36-	06:49+	09:55+	12:46+	17:00+	19:31+	21:36+	23:02+	27:28+	29:23+	31:28+	33:56+	35:12+	35:29+
02:36-	04:13+	03:06+	02:51+	04:14+	02:31+	02:05-	01:26+	04:26+	01:55+	02:05+	02:28+	01:16+	00:17+
00:06-	02:02&	00:28#	00:57&	01:07&	00:16#	00:31-	00:21&	01:05&	00:32&	00:27&	01:15@	00:26&	00:03#

Class	Navn	Klasse											Tid
<b>D-Let</b>													
<b>7</b>	<b>Runa Iversen</b>	<b>4</b>											<b>35:31</b>
03:18+	06:29+	09:47+	12:56+	17:50+	20:29+	21:49+	23:08+	27:10+	29:25+	31:40+	33:54+	35:09+	35:31+
03:18+	03:11+	03:18+	03:09+	04:54+	02:39+	01:20-	01:19+	04:02+	02:15+	02:15+	02:14+	01:15+	00:22+
00:36#	01:00&	00:40&	01:15&	01:47&	00:24#	01:16-	00:14#	00:41#	00:52&	00:37&	01:01&	00:25&	00:08&
<b>8</b>	<b>Karla B. Flint</b>	<b>14</b>											<b>36:18</b>
02:30+	04:57+	09:48+	12:03+	15:54+	18:50+	20:35+	22:02+	26:36+	28:29+	30:38+	35:01+	36:03+	36:18+
02:30+	02:27+	04:51+	02:15+	03:51+	02:56+	01:45+	01:27+	04:34+	01:53+	02:09+	04:23+	01:02+	00:15+
02:30+	02:27+	04:51+	02:15+	03:51+	02:56+	01:45+	01:27+	04:34+	01:53+	02:09+	04:23+	01:02+	00:15+
<b>9</b>	<b>Vibeke Gottlieb</b>	<b>3</b>											<b>37:05</b>
03:23+	06:36+	09:42+	12:51+	17:11+	20:22+	22:46+	24:28+	28:53+	30:54+	33:20+	35:04+	36:47+	37:05+
03:23+	03:13+	03:06+	03:09+	04:20+	03:11+	02:24+	01:42+	04:25+	02:01+	02:26+	01:44+	01:43+	00:18+
03:23+	03:13+	03:06+	03:09+	04:20+	03:11+	02:24+	01:42+	04:25+	02:01+	02:26+	01:44+	01:43+	00:18+
<b>10</b>	<b>Birte Hering Poulsen</b>	<b>4</b>											<b>39:03</b>
04:43+	07:39+	10:30+	12:54+	16:35+	19:37+	21:42+	24:04+	32:51+	34:23+	36:21+	37:44+	38:45+	39:03+
04:43+	02:56+	02:51+	02:24+	03:41+	03:02+	02:05+	02:22+	08:47+	01:32+	01:58+	01:23+	01:01+	00:18+
04:43+	02:56+	02:51+	02:24+	03:41+	03:02+	02:05+	02:22+	08:47+	01:32+	01:58+	01:23+	01:01+	00:18+
<b>12</b>	<b>Steinunn Magnusdottir</b>	<b>9</b>											<b>41:17</b>
03:17+	06:18+	09:41+	12:54+	18:09+	21:43+	24:29+	26:33+	31:46+	33:54+	36:52+	39:12+	40:53+	41:17+
03:17+	03:01+	03:23+	03:13+	05:15+	03:34+	02:46+	02:04+	05:13+	02:08+	02:58+	02:20+	01:41+	00:24+
03:17+	03:01+	03:23+	03:13+	05:15+	03:34+	02:46+	02:04+	05:13+	02:08+	02:58+	02:20+	01:41+	00:24+
<b>13</b>	<b>Malene Bønlykke Riis</b>	<b>4</b>											<b>44:14</b>
02:20+	20:30+	23:00+	25:17+	28:57+	31:05+	32:52+	34:08+	38:08+	39:35+	41:32+	42:58+	43:56+	44:14+
02:20+	18:10+	02:30+	02:17+	03:40+	02:08+	01:47+	01:16+	04:00+	01:27+	01:57+	01:26+	00:58+	00:18+
02:20+	18:10+	02:30+	02:17+	03:40+	02:08+	01:47+	01:16+	04:00+	01:27+	01:57+	01:26+	00:58+	00:18+
<b>14</b>	<b>Anni Christensen</b>	<b>5</b>											<b>46:27</b>
04:02+	10:03+	14:20+	17:44+	23:11+	26:39+	29:20+	31:30+	36:53+	39:17+	41:54+	44:19+	45:59+	46:27+
04:02+	06:01+	04:17+	03:24+	05:27+	03:28+	02:41+	02:10+	05:23+	02:24+	02:37+	02:25+	01:40+	00:28+
04:02+	06:01+	04:17+	03:24+	05:27+	03:28+	02:41+	02:10+	05:23+	02:24+	02:37+	02:25+	01:40+	00:28+
<b>15</b>	<b>Astrid Mærsk-Møller</b>	<b>16</b>											<b>47:11</b>
03:50+	07:52+	12:48+	16:32+	22:18+	26:06+	28:37+	30:40+	36:49+	39:28+	42:11+	45:07+	46:53+	47:11+
03:50+	04:02+	04:56+	03:44+	05:46+	03:48+	02:31+	02:03+	06:09+	02:39+	02:43+	02:56+	01:46+	00:18+
03:50+	04:02+	04:56+	03:44+	05:46+	03:48+	02:31+	02:03+	06:09+	02:39+	02:43+	02:56+	01:46+	00:18+
<b>16</b>	<b>Grete Eriksen</b>	<b>14</b>											<b>48:34</b>
04:10+	08:02+	12:18+	15:48+	21:45+	25:40+	28:52+	31:35+	38:05+	40:46+	43:51+	46:32+	48:11+	48:34+
04:10+	03:52+	04:16+	03:30+	05:57+	03:55+	03:12+	02:43+	06:30+	02:41+	03:05+	02:41+	01:39+	00:23+
04:10+	03:52+	04:16+	03:30+	05:57+	03:55+	03:12+	02:43+	06:30+	02:41+	03:05+	02:41+	01:39+	00:23+
<b>17</b>	<b>Marie Dybdal</b>	<b>Ok Pan</b>											<b>50:41</b>
04:10+	08:46+	13:36+	17:45+	24:18+	28:09+	30:25+	33:16+	39:50+	42:43+	45:43+	48:28+	50:15+	50:41+
04:10+	04:36+	04:50+	04:09+	06:33+	03:51+	02:16+	02:51+	06:34+	02:53+	03:00+	02:45+	01:47+	00:26+
04:10+	04:36+	04:50+	04:09+	06:33+	03:51+	02:16+	02:51+	06:34+	02:53+	03:00+	02:45+	01:47+	00:26+
<b>18</b>	<b>Vibeke Fenger</b>	<b>4</b>											<b>54:53</b>
04:38+	09:13+	13:40+	17:37+	23:57+	28:24+	32:23+	35:29+	42:50+	45:59+	49:43+	52:35+	54:27+	54:53+
04:38+	04:35+	04:27+	03:57+	06:20+	04:27+	03:59+	03:06+	07:21+	03:09+	03:44+	02:52+	01:52+	00:26+
04:38+	04:35+	04:27+	03:57+	06:20+	04:27+	03:59+	03:06+	07:21+	03:09+	03:44+	02:52+	01:52+	00:26+
<b>19</b>	<b>Gitte Mønster Jørgensen</b>	<b>4</b>											<b>57:39</b>
06:06+	10:52+	17:50+	22:15+	29:23+	33:34+	35:45+	38:07+	45:06+	48:18+	52:00+	55:10+	57:09+	57:39+
06:06+	04:46+	06:58+	04:25+	07:08+	04:11+	02:11+	02:22+	06:59+	03:12+	03:42+	03:10+	01:59+	00:30+
06:06+	04:46+	06:58+	04:25+	07:08+	04:11+	02:11+	02:22+	06:59+	03:12+	03:42+	03:10+	01:59+	00:30+

## D-Let

<b>20</b>	<b>Jonna Møller</b>	<b>13</b>	<b>1:19:19</b>
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05:58+	14:42+	20:44+	26:22+	34:41+	43:27+	47:53+	51:48+	61:41+	66:27+	71:09+	75:40+	78:25+	79:19+
05:58+	08:44+	06:02+	05:38+	08:19+	08:46+	04:26+	03:55+	09:53+	04:46+	04:42+	04:31+	02:45+	00:54+
05:58+	08:44+	06:02+	05:38+	08:19+	08:46+	04:26+	03:55+	09:53+	04:46+	04:42+	04:31+	02:45+	00:54+

### Beste stræktid for klassen

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

## H10

<b>1</b>	<b>Emil Klostergaard Rokkjær</b>	<b>Ok Pan</b>	<b>18:03</b>
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01:06=	02:01=	03:16=	04:51=	06:14=	08:03=	09:12=	10:05=	12:17=	13:26=	14:38=	15:54=	17:10=	17:52=	18:03=
01:06=	00:55=	01:15=	01:35=	01:23=	01:49=	01:09=	00:53=	02:12=	01:09=	01:12=	01:16=	01:16=	00:42=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Vilhelm Rokkjær Andreassen</b>	<b>Ok Pan</b>	<b>19:13</b>
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01:01-	01:50-	03:04-	04:38-	06:00-	07:55-	09:16+	10:12+	12:02-	13:45+	15:06+	16:22+	17:49+	18:58+	19:13+
01:01-	00:49-	01:14-	01:34-	01:22-	01:55+	01:21+	00:56+	01:50-	01:43+	01:21+	01:16=	01:27+	01:09+	00:15+
00:05-	00:06-	00:01-	00:01-	00:01-	00:06+	00:12#	00:03+	00:22-	00:34&	00:09#	00:00=	00:11#	00:27&	00:04&

<b>3</b>	<b>Eskild Stig Nielsen</b>	<b>4</b>	<b>22:02</b>
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01:11+	02:10+	04:41+	06:36+	08:18+	10:19+	12:12+	13:07+	15:17+	16:51+	18:22+	19:57+	21:05+	21:50+	22:02+
01:11+	00:59+	02:31+	01:55+	01:42+	02:01+	01:53+	00:55+	02:10-	01:34+	01:31+	01:35+	01:08-	00:45+	00:12+
00:05+	00:04+	01:16@	00:20#	00:19#	00:12#	00:44&	00:02+	00:02-	00:25&	00:19&	00:19#	00:08-	00:03+	00:01+

<b>4</b>	<b>Emil Lindahl</b>	<b>9</b>	<b>22:42</b>
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01:16+	02:29+	04:03+	05:55+	07:25+	09:49+	11:19+	12:31+	15:38+	17:47+	19:08+	20:42+	21:43+	22:30+	22:42+
01:16+	01:13+	01:34+	01:52+	01:30+	02:24+	01:30+	01:12+	03:07+	02:09+	01:21+	01:34+	01:01-	00:47+	00:12+
00:10#	00:18&	00:19&	00:17#	00:07+	00:35&	00:21&	00:19&	00:55&	01:00&	00:09#	00:18#	00:15-	00:05#	00:01+

<b>5</b>	<b>Noah Aarnio</b>	<b>11</b>	<b>23:52</b>
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01:37+	02:45+	04:12+	06:16+	08:00+	10:58+	12:21+	13:32+	15:52+	17:29+	19:04+	21:07+	22:30+	23:36+	23:52+
01:37+	01:08+	01:27+	02:04+	01:44+	02:58+	01:23+	01:11+	02:20+	01:37+	01:35+	02:03+	01:23+	01:06+	00:16+
00:31&	00:13#	00:12#	00:29&	00:21&	01:09&	00:14#	00:18&	00:08+	00:28&	00:23&	00:47&	00:07+	00:24&	00:05&

<b>6</b>	<b>Alexander Boye Ebbesen</b>	<b>Ok Pan</b>	<b>27:09</b>
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01:29+	02:44+	04:57+	07:24+	09:20+	12:56+	14:48+	15:44+	18:40+	20:14+	22:14+	24:17+	25:54+	26:53+	27:09+
01:29+	01:15+	02:13+	02:27+	01:56+	03:36+	01:52+	00:56+	02:56+	01:34+	02:00+	02:03+	01:37+	00:59+	00:16+
00:23&	00:20&	00:58&	00:52&	00:33&	01:47&	00:43&	00:03+	00:44&	00:25&	00:48&	00:47&	00:21&	00:17&	00:05&

<b>7</b>	<b>Mathias Reiche Sørensen</b>	<b>11</b>	<b>29:46</b>
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01:16+	02:18+	03:44+	06:07+	08:37+	11:36+	13:49+	15:12+	18:13+	20:38+	22:39+	25:03+	26:25+	29:34+	29:46+
01:16+	01:02+	01:26+	02:23+	02:30+	02:59+	02:13+	01:23+	03:01+	02:25+	02:01+	02:24+	01:22+	03:09+	00:12+
00:10#	00:07#	00:11#	00:48&	01:07&	01:10&	01:04&	00:30&	00:49&	01:16@	00:49&	01:08&	00:06+	02:27@	00:01+

<b>8</b>	<b>Benjamin Birk Nielsen</b>	<b>18</b>	<b>31:16</b>
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01:24+	02:43+	04:58+	08:17+	11:59+	15:35+	17:11+	18:59+	21:24+	23:02+	24:45+	26:16+	27:30+	31:02+	31:16+
01:24+	01:19+	02:15+	03:19+	03:42+	03:36+	01:36+	01:48+	02:25+	01:38+	01:43+	01:31+	01:14-	03:32+	00:14+
00:18&	00:24&	01:00&	01:44@	02:19@	01:47&	00:27&	00:55@	00:13+	00:29&	00:31&	00:15#	00:02-	02:50@	00:03&

<b>9</b>	<b>Jonatan Ebert Svenningsen</b>	<b>13</b>	<b>35:35</b>
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01:48+	03:07+	04:48+	07:25+	09:41+	13:14+	15:41+	17:30+	21:33+	24:26+	26:37+	28:53+	33:30+	35:21+	35:35+
01:48+	01:19+	01:41+	02:37+	02:16+	03:33+	02:27+	01:49+	04:03+	02:53+	02:11+	02:16+	04:37+	01:51+	00:14+
00:42&	00:24&	00:26&	01:02&	00:53&	01:44&	01:18@	00:56@	01:51&	01:44@	00:59&	01:00&	03:21@	01:09@	00:03&

## H10

<b>10</b>	<b>Silas A Jørgensen</b>	<b>3</b>	<b>35:55</b>											
01:37+	03:03+	07:55+	11:06+	13:50+	16:57+	20:41+	22:24+	25:27+	27:13+	28:59+	31:36+	33:06+	35:36+	35:55+
01:37+	01:26+	04:52+	03:11+	02:44+	03:07+	03:44+	01:43+	03:03+	01:46+	01:46+	02:37+	01:30+	02:30+	00:19+
00:31&	00:31&	03:37@	01:36@	01:21&	01:18&	02:35@	00:50&	00:51&	00:37&	00:34&	01:21@	00:14#	01:48@	00:08&

<b>11</b>	<b>Patrik Attila Pedersen</b>	<b>Ok Pan</b>	<b>37:40</b>											
02:07+	03:45+	06:11+	09:09+	12:29+	16:58+	19:34+	21:16+	24:52+	27:59+	29:57+	32:59+	35:08+	37:05+	37:40+
02:07+	01:38+	02:26+	02:58+	03:20+	04:29+	02:36+	01:42+	03:36+	03:07+	01:58+	03:02+	02:09+	01:57+	00:35+
02:07+	01:38+	02:26+	02:58+	03:20+	04:29+	02:36+	01:42+	03:36+	03:07+	01:58+	03:02+	02:09+	01:57+	00:35+

<b>12</b>	<b>Thor Kusk Berglund</b>	<b>Ok Pan</b>	<b>38:15</b>											
01:12+	02:16+	07:37+	09:33+	11:39+	23:23+	25:10+	26:37+	29:49+	31:43+	33:30+	35:15+	36:39+	38:00+	38:15+
01:12+	01:04+	05:21+	01:56+	02:06+	11:44+	01:47+	01:27+	03:12+	01:54+	01:47+	01:45+	01:24+	01:21+	00:15+
01:12+	01:04+	05:21+	01:56+	02:06+	11:44+	01:47+	01:27+	03:12+	01:54+	01:47+	01:45+	01:24+	01:21+	00:15+

<b>13</b>	<b>Jonas With Erichsen</b>	<b>14</b>	<b>41:25</b>											
01:29+	02:42+	04:25+	06:59+	08:39+	10:48+	16:46+	31:51+	34:22+	35:43+	37:10+	38:46+	40:12+	41:05+	41:25+
01:29+	01:13+	01:43+	02:34+	01:40+	02:09+	05:58+	15:05+	02:31+	01:21+	01:27+	01:36+	01:26+	00:53+	00:20+
01:29+	01:13+	01:43+	02:34+	01:40+	02:09+	05:58+	15:05+	02:31+	01:21+	01:27+	01:36+	01:26+	00:53+	00:20+

<b>14</b>	<b>Asbjørn Ask Østergaard</b>	<b>4</b>	<b>44:17</b>											
01:44+	03:14+	05:06+	07:50+	10:26+	14:01+	16:11+	18:22+	31:26+	33:33+	36:14+	39:37+	41:30+	43:51+	44:17+
01:44+	01:30+	01:52+	02:44+	02:36+	03:35+	02:10+	02:11+	13:04+	02:07+	02:41+	03:23+	01:53+	02:21+	00:26+
01:44+	01:30+	01:52+	02:44+	02:36+	03:35+	02:10+	02:11+	13:04+	02:07+	02:41+	03:23+	01:53+	02:21+	00:26+

<b>15</b>	<b>Jonas Klærke Mikkelsen</b>	<b>4</b>	<b>51:43</b>											
01:47+	03:56+	07:10+	12:38+	16:45+	21:23+	30:53+	32:45+	36:12+	39:17+	42:35+	46:33+	49:56+	51:25+	51:43+
01:47+	02:09+	03:14+	05:28+	04:07+	04:38+	09:30+	01:52+	03:27+	03:05+	03:18+	03:58+	03:23+	01:29+	00:18+
01:47+	02:09+	03:14+	05:28+	04:07+	04:38+	09:30+	01:52+	03:27+	03:05+	03:18+	03:58+	03:23+	01:29+	00:18+

<b>16</b>	<b>Mikkel Popp Bobach</b>	<b>18</b>	<b>1:20:03</b>											
01:56+	03:15+	13:58+	18:28+	20:07+	22:51+	24:40+	26:28+	46:05+	56:06+	59:51+	63:48+	77:23+	79:30+	80:03+
01:56+	01:19+	10:43+	04:30+	01:39+	02:44+	01:49+	01:48+	19:37+	10:01+	03:45+	03:57+	13:35+	02:07+	00:33+
01:56+	01:19+	10:43+	04:30+	01:39+	02:44+	01:49+	01:48+	19:37+	10:01+	03:45+	03:57+	13:35+	02:07+	00:33+

### Beste stræktid for klassen

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

## H12

<b>1</b>	<b>Lukas Bergmann Verhelst</b>	<b>4</b>	<b>19:59</b>										
01:42=	03:31=	05:28=	07:14=	09:49=	11:31=	12:28=	13:26=	15:50=	16:52=	18:13=	19:09=	19:49=	19:59=
01:42=	01:49=	01:57=	01:46=	02:35=	01:42=	00:57=	00:58=	02:24=	01:02=	01:21=	00:56=	00:40=	00:10=
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=

<b>2</b>	<b>Magnus Lindahl</b>	<b>9</b>	<b>21:14</b>										
01:42=	04:16+	06:09+	07:52+	10:35+	12:13+	13:21+	14:08+	16:50+	17:55+	19:14+	20:19+	21:03+	21:14+
01:42=	02:34+	01:53-	01:43-	02:43+	01:38-	01:08+	00:47-	02:42+	01:05+	01:19-	01:05+	00:44+	00:11+
00:00=	00:45&	00:04-	00:03-	00:08+	00:04-	00:11#	00:11-	00:18#	00:03+	00:02-	00:09#	00:04#	00:01#

<b>3</b>	<b>William Ove Kousgaard</b>	<b>3</b>	<b>21:29</b>										
01:44+	03:42+	05:38+	07:20+	10:15+	11:58+	12:58+	13:54+	16:41+	17:50+	19:18+	20:30+	21:18+	21:29+
01:44+	01:58+	01:56-	01:42-	02:55+	01:43+	01:00+	00:56-	02:47+	01:09+	01:28+	01:12+	00:48+	00:11+
00:02+	00:09+	00:01-	00:04-	00:20#	00:01+	00:03+	00:02-	00:23#	00:07#	00:07+	00:16&	00:08#	00:01#

Class	Navn	Klasse	Tid
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## H12

<b>4</b>	<b>Mattias Klostergaard Rokkjær</b>	<b>Ok Pan</b>	<b>22:58</b>										
01:48+	03:45+	05:50+	07:36+	10:20+	12:25+	13:52+	14:49+	17:53+	19:10+	20:26+	21:48+	22:47+	22:58+
01:48+	01:57+	02:05+	01:46=	02:44+	02:05+	01:27+	00:57-	03:04+	01:17+	01:16-	01:22+	00:59+	00:11+
00:06+	00:08+	00:08+	00:00=	00:09+	00:23#	00:30&	00:01-	00:40&	00:15#	00:05-	00:26&	00:19&	00:01#

<b>5</b>	<b>Elias Fuglgaard</b>	<b>4</b>	<b>24:00</b>										
02:15+	04:18+	06:34+	08:51+	11:53+	13:49+	15:02+	16:00+	19:17+	20:27+	21:48+	22:54+	23:47+	24:00+
02:15+	02:03+	02:16+	02:17+	03:02+	01:56+	01:13+	00:58+	03:17+	01:10+	01:21+	01:06+	00:53+	00:13+
02:15+	02:03+	02:16+	02:17+	03:02+	01:56+	01:13+	00:58+	03:17+	01:10+	01:21+	01:06+	00:53+	00:13+

<b>6</b>	<b>Gustav Ørgaard Sørensen</b>	<b>14</b>	<b>24:48</b>										
02:12+	04:14+	06:39+	08:44+	11:54+	13:58+	15:16+	16:18+	19:46+	21:11+	22:32+	23:41+	24:38+	24:48+
02:12+	02:02+	02:25+	02:05+	03:10+	02:04+	01:18+	01:02+	03:28+	01:25+	01:21+	01:09+	00:57+	00:10+
02:12+	02:02+	02:25+	02:05+	03:10+	02:04+	01:18+	01:02+	03:28+	01:25+	01:21+	01:09+	00:57+	00:10+

<b>7</b>	<b>Klement Hjeler Hjerrild</b>	<b>Ok Pan</b>	<b>25:13</b>										
02:01+	04:31+	06:33+	08:32+	11:36+	13:29+	14:59+	16:10+	19:35+	20:58+	22:22+	24:09+	25:01+	25:13+
02:01+	02:30+	02:02+	01:59+	03:04+	01:53+	01:30+	01:11+	03:25+	01:23+	01:24+	01:47+	00:52+	00:12+
02:01+	02:30+	02:02+	01:59+	03:04+	01:53+	01:30+	01:11+	03:25+	01:23+	01:24+	01:47+	00:52+	00:12+

<b>8</b>	<b>William Stenhøj Baun Mcgrail</b>	<b>Ok Pan</b>	<b>30:59</b>										
02:15+	04:18+	06:39+	08:46+	12:07+	15:10+	17:22+	19:16+	25:05+	26:37+	28:15+	29:55+	30:47+	30:59+
02:15+	02:03+	02:21+	02:07+	03:21+	03:03+	02:12+	01:54+	05:49+	01:32+	01:38+	01:40+	00:52+	00:12+
02:15+	02:03+	02:21+	02:07+	03:21+	03:03+	02:12+	01:54+	05:49+	01:32+	01:38+	01:40+	00:52+	00:12+

<b>9</b>	<b>Kristian Veggerby Jensen</b>	<b>13</b>	<b>32:05</b>										
02:20+	05:42+	08:50+	12:27+	16:44+	19:22+	20:31+	21:42+	25:52+	27:32+	29:30+	30:57+	31:53+	32:05+
02:20+	03:22+	03:08+	03:37+	04:17+	02:38+	01:09+	01:11+	04:10+	01:40+	01:58+	01:27+	00:56+	00:12+
02:20+	03:22+	03:08+	03:37+	04:17+	02:38+	01:09+	01:11+	04:10+	01:40+	01:58+	01:27+	00:56+	00:12+

<b>10</b>	<b>Philip Aanio</b>	<b>11</b>	<b>32:12</b>										
02:05+	04:50+	07:33+	10:38+	15:00+	17:54+	19:19+	20:28+	24:37+	26:12+	27:57+	30:49+	32:01+	32:12+
02:05+	02:45+	02:43+	03:05+	04:22+	02:54+	01:25+	01:09+	04:09+	01:35+	01:45+	02:52+	01:12+	00:11+
02:05+	02:45+	02:43+	03:05+	04:22+	02:54+	01:25+	01:09+	04:09+	01:35+	01:45+	02:52+	01:12+	00:11+

<b>11</b>	<b>Jakob Skousen</b>	<b>9</b>	<b>34:56</b>										
02:45+	06:25+	09:11+	12:28+	16:56+	19:46+	20:59+	22:26+	27:15+	29:28+	31:29+	33:21+	34:39+	34:56+
02:45+	03:40+	02:46+	03:17+	04:28+	02:50+	01:13+	01:27+	04:49+	02:13+	02:01+	01:52+	01:18+	00:17+
02:45+	03:40+	02:46+	03:17+	04:28+	02:50+	01:13+	01:27+	04:49+	02:13+	02:01+	01:52+	01:18+	00:17+

<b>12</b>	<b>Jens Gammelvind</b>	<b>3</b>	<b>35:47</b>										
02:21+	05:41+	08:50+	12:26+	17:51+	21:55+	23:35+	25:17+	29:16+	30:45+	32:49+	34:25+	35:36+	35:47+
02:21+	03:20+	03:09+	03:36+	05:25+	04:04+	01:40+	01:42+	03:59+	01:29+	02:04+	01:36+	01:11+	00:11+
02:21+	03:20+	03:09+	03:36+	05:25+	04:04+	01:40+	01:42+	03:59+	01:29+	02:04+	01:36+	01:11+	00:11+

### Beste stræktid for klassen

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

## H12B

<b>1</b>	<b>Anton Boye Ebbesen</b>	<b>Ok Pan</b>	<b>24:02</b>											
01:11=	01:58=	03:48=	05:31=	07:04=	10:00=	11:32=	12:34=	14:51=	18:48=	20:00=	21:43=	22:53=	23:46=	24:02=
01:11=	00:47=	01:50=	01:43=	01:33=	02:56=	01:32=	01:02=	02:17=	03:57=	01:12=	01:43=	01:10=	00:53=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## H12B

<b>2</b>	<b>Marius Vang Bobach</b>	<b>18</b>	<b>26:11</b>											
01:27+	02:34+	04:33+	06:32+	08:39+	11:49+	13:27+	15:09+	17:11+	18:40-	20:03+	22:04+	24:53+	25:58+	26:11+
01:27+	01:07+	01:59+	01:59+	02:07+	03:10+	01:38+	01:42+	02:02-	01:29-	01:23+	02:01+	02:49+	01:05+	00:13-
00:16#	00:20&	00:09+	00:16#	00:34&	00:14+	00:06+	00:40&	00:15-	02:28-	00:11#	00:18#	01:39@	00:12#	00:03-
<b>3</b>	<b>Johan Niss</b>	<b>13</b>	<b>30:28</b>											
02:20+	03:32+	05:08+	08:03+	10:42+	13:59+	16:17+	17:29+	20:13+	22:39+	24:24+	26:56+	28:40+	30:04+	30:28+
02:20+	01:12+	01:36+	02:55+	02:39+	03:17+	02:18+	01:12+	02:44+	02:26+	01:45+	02:32+	01:44+	01:24+	00:24+
02:20+	01:12+	01:36+	02:55+	02:39+	03:17+	02:18+	01:12+	02:44+	02:26+	01:45+	02:32+	01:44+	01:24+	00:24+
<b>4</b>	<b>Just Nygaard Rahr</b>	<b>14</b>	<b>30:58</b>											
01:16+	02:17+	04:00+	06:55+	09:47+	12:45+	16:10+	17:55+	20:40+	22:17+	24:12+	27:02+	29:36+	30:45+	30:58+
01:16+	01:01+	01:43+	02:55+	02:52+	02:58+	03:25+	01:45+	02:45+	01:37+	01:55+	02:50+	02:34+	01:09+	00:13+
01:16+	01:01+	01:43+	02:55+	02:52+	02:58+	03:25+	01:45+	02:45+	01:37+	01:55+	02:50+	02:34+	01:09+	00:13+
<b>5</b>	<b>Konrad Erlandsen</b>	<b>3</b>	<b>36:51</b>											
01:39+	02:54+	05:37+	08:20+	11:01+	15:04+	17:00+	19:46+	27:09+	29:39+	31:09+	33:21+	34:56+	36:32+	36:51+
01:39+	01:15+	02:43+	02:43+	02:41+	04:03+	01:56+	02:46+	07:23+	02:30+	01:30+	02:12+	01:35+	01:36+	00:19+
01:39+	01:15+	02:43+	02:43+	02:41+	04:03+	01:56+	02:46+	07:23+	02:30+	01:30+	02:12+	01:35+	01:36+	00:19+
<b>6</b>	<b>Erik Aagaard Nielsen</b>	<b>4</b>	<b>1:09:37</b>											
02:48+	05:14+	08:53+	13:35+	19:03+	25:06+	29:52+	35:38+	43:46+	49:20+	53:29+	58:29+	64:27+	69:14+	69:37+
02:48+	02:26+	03:39+	04:42+	05:28+	06:03+	04:46+	05:46+	08:08+	05:34+	04:09+	05:00+	05:58+	04:47+	00:23+
02:48+	02:26+	03:39+	04:42+	05:28+	06:03+	04:46+	05:46+	08:08+	05:34+	04:09+	05:00+	05:58+	04:47+	00:23+

### Beste stræktid for klassen

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

## H14

<b>1</b>	<b>Asbjørn Faber Fenger-Grøn</b>	<b>14</b>	<b>34:48</b>															
01:15=	04:50=	08:45=	11:10=	12:25=	14:12=	15:41=	17:01=	18:23=	20:16=	21:50=	24:37=	28:49=	30:17=	31:05=	32:49=	33:29=	34:39=	34:48=
01:15=	03:35=	03:55=	02:25=	01:15=	01:47=	01:29=	01:20=	01:22=	01:53=	01:34=	02:47=	04:12=	01:28=	00:48=	01:44=	00:40=	01:10=	00:09=
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=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Casper Staehelin Blakskjær</b>	<b>Ok Pan</b>	<b>35:56</b>															
01:16+	04:44-	08:23-	10:55-	12:15-	13:57-	15:36-	16:47-	18:45+	20:23+	21:53+	25:09+	29:24+	30:36+	31:17+	33:44+	34:27+	35:47+	35:56+
01:16+	03:28-	03:39-	02:32+	01:20+	01:42-	01:39+	01:11-	01:58+	01:38-	01:30-	03:16+	04:15+	01:12-	00:41-	02:27+	00:43+	01:20+	00:09=
00:01+	00:07-	00:16-	00:07+	00:05+	00:05-	00:10#	00:09-	00:36&	00:15-	00:04-	00:29#	00:03+	00:16-	00:07-	00:43&	00:03+	00:10#	00:00=
<b>3</b>	<b>Frederik Brynning Bøje</b>	<b>4</b>	<b>43:33</b>															
01:30+	05:38+	10:11+	13:09+	15:05+	17:39+	19:34+	21:21+	23:00+	24:56+	27:05+	30:20+	36:24+	38:00+	38:48+	41:12+	42:00+	43:22+	43:33+
01:30+	04:08+	04:33+	02:58+	01:56+	02:34+	01:55+	01:47+	01:39+	01:56+	02:09+	03:15+	06:04+	01:36+	00:48+	02:24+	00:48+	01:22+	00:11+
00:15#	00:33#	00:38#	00:33#	00:41&	00:47&	00:26&	00:27&	00:17#	00:03+	00:35&	00:28#	01:52&	00:08+	00:00=	00:40&	00:08#	00:12#	00:02#
<b>4</b>	<b>Alfred Keller</b>	<b>4</b>	<b>46:02</b>															
01:51+	07:00+	12:49+	16:20+	17:42+	19:55+	21:54+	23:36+	25:02+	26:53+	28:50+	32:21+	39:44+	41:23+	42:09+	44:05+	44:51+	45:53+	46:02+
01:51+	05:09+	05:49+	03:31+	01:22+	02:13+	01:59+	01:42+	01:26+	01:51-	01:57+	03:31+	07:23+	01:39+	00:46-	01:56+	00:46+	01:02-	00:09=
00:36&	01:34&	01:54&	01:06&	00:07+	00:26#	00:30&	00:22&	00:04+	00:02-	00:23#	00:44&	03:11&	00:11#	00:02-	00:12#	00:06#	00:08-	00:00=
<b>5</b>	<b>Magnus Fannar Madsen</b>	<b>9</b>	<b>48:55</b>															
01:29+	06:11+	11:21+	15:47+	18:05+	20:17+	22:29+	24:13+	26:29+	28:41+	31:24+	35:47+	41:49+	43:35+	44:27+	46:35+	47:23+	48:45+	48:55+
01:29+	04:42+	05:10+	04:26+	02:18+	02:12+	02:12+	01:44+	02:16+	02:12+	02:43+	04:23+	06:02+	01:46+	00:52+	02:08+	00:48+	01:22+	00:10+
00:14#	01:07&	01:15&	02:01&	01:03&	00:25#	00:43&	00:24&	00:54&	00:19#	01:09&	01:36&	01:50&	00:18#	00:04+	00:24#	00:08#	00:12#	00:01#

## H14

<b>6</b>	<b>Teo Hedegaard Richardson</b>	<b>Ok Pan</b>	<b>53:26</b>															
01:33+	06:46+	11:48+	14:47+	16:36+	20:21+	22:16+	23:58+	25:26+	27:55+	30:11+	34:21+	44:38+	46:34+	47:53+	50:50+	51:46+	53:16+	53:26+
01:33+	05:13+	05:02+	02:59+	01:49+	03:45+	01:55+	01:42+	01:28+	02:29+	02:16+	04:10+	10:17+	01:56+	01:19+	02:57+	00:56+	01:30+	00:10+
00:18#	01:38&	01:07&	00:34#	00:34&	01:58@	00:26&	00:22&	00:06+	00:36&	00:42&	01:23&	06:05@	00:28&	00:31&	01:13&	00:16&	00:20&	00:01#

<b>7</b>	<b>Christoffer Vang Bobach</b>	<b>18</b>	<b>57:28</b>															
01:34+	06:37+	11:01+	13:25+	14:42+	16:43+	18:20+	27:10+	34:07+	36:01+	38:18+	42:14+	48:38+	50:38+	51:38+	54:25+	55:47+	57:14+	57:28+
01:34+	05:03+	04:24+	02:24+	01:17+	02:01+	01:37+	08:50+	06:57+	01:54+	02:17+	03:56+	06:24+	02:00+	01:00+	02:47+	01:22+	01:27+	00:14+
01:34+	05:03+	04:24+	02:24+	01:17+	02:01+	01:37+	08:50+	06:57+	01:54+	02:17+	03:56+	06:24+	02:00+	01:00+	02:47+	01:22+	01:27+	00:14+

<b>8</b>	<b>Rasmus Foss</b>	<b>9</b>	<b>1:13:16</b>															
02:15+	11:22+	19:09+	23:34+	27:15+	30:24+	33:09+	35:35+	39:54+	43:35+	47:36+	53:01+	61:15+	63:37+	65:06+	70:06+	71:21+	73:00+	73:16+
02:15+	09:07+	07:47+	04:25+	03:41+	03:09+	02:45+	02:26+	04:19+	03:41+	04:01+	05:25+	08:14+	02:22+	01:29+	05:00+	01:15+	01:39+	00:16+
02:15+	09:07+	07:47+	04:25+	03:41+	03:09+	02:45+	02:26+	04:19+	03:41+	04:01+	05:25+	08:14+	02:22+	01:29+	05:00+	01:15+	01:39+	00:16+

### Beste stræktid for klassen

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

## H14B

<b>1</b>	<b>Jacob Mærsk-Møller</b>	<b>16</b>	<b>32:08</b>										
02:27=	04:33=	07:01=	09:29=	13:24=	17:29=	18:56=	20:22=	24:27=	25:57=	28:07=	29:59=	31:42=	32:08=
02:27=	02:06=	02:28=	02:28=	03:55=	04:05=	01:27=	01:26=	04:05=	01:30=	02:10=	01:52=	01:43=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Christian Kruse</b>	<b>Ok Pan</b>	<b>46:48</b>										
02:32+	05:18+	08:51+	11:57+	16:24+	18:31+	25:09+	26:36+	31:35+	33:37+	36:08+	45:40+	46:38+	46:48+
02:32+	02:46+	03:33+	03:06+	04:27+	02:07+	06:38+	01:27+	04:59+	02:02+	02:31+	09:32+	00:58-	00:10-
00:05+	00:40&	01:05&	00:38&	00:32#	01:58-	05:11@	00:01+	00:54#	00:32&	00:21#	07:40@	00:45-	00:16-

### Beste stræktid for klassen

02:27 02:06 02:28 02:28 03:55 02:07 01:27 01:26 04:05 01:30 02:10 01:52 00:58 00:10

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

## H16

<b>1</b>	<b>Jonas Damm Als</b>	<b>Ok Pan</b>	<b>33:38</b>														
02:34=	03:39=	08:40=	11:15=	13:29=	14:38=	16:50=	18:17=	19:26=	23:10=	26:53=	28:33=	29:02=	30:27=	31:54=	32:29=	33:28=	33:38=
02:34=	01:05=	05:01=	02:35=	02:14=	01:09=	02:12=	01:27=	01:09=	03:44=	03:43=	01:40=	00:29=	01:25=	01:27=	00:35=	00:59=	00:10=
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=

<b>2</b>	<b>Tobias Biering</b>	<b>14</b>	<b>34:10</b>													
02:36+	03:24-	08:24-	11:03-	13:23-	14:27-	16:42-	17:59-	22:39+	26:27+	28:23+	28:54+	30:24+	32:12+	32:50+	34:00+	34:10+
02:36+	00:48-	05:00-	02:39+	02:20+	01:04-	02:15+	01:17-	04:40+	03:48+	01:56-	00:31-	01:30+	01:48+	00:38-	01:10+	00:10-
00:02+	00:17-	00:01-	00:04+	00:06+	00:05-	00:03+	00:10-	03:31@	00:04+	01:47-	01:09-	01:01@	00:23&	00:49-	00:35&	00:49-

<b>3</b>	<b>Jacob Klærke Mikkelsen</b>	<b>4</b>	<b>36:08</b>														
02:36+	03:32-	09:13+	11:59+	14:35+	15:49+	18:06+	19:27+	20:35+	24:26+	28:40+	30:29+	30:59+	32:30+	34:11+	34:48+	35:57+	36:08+
02:36+	00:56-	05:41+	02:46+	02:36+	01:14+	02:17+	01:21-	01:08-	03:51+	04:14+	01:49+	00:30+	01:31+	01:41+	00:37+	01:09+	00:11+
00:02+	00:09-	00:40#	00:11+	00:22#	00:05+	00:05+	00:06-	00:01-	00:07+	00:31#	00:09+	00:01+	00:06+	00:14#	00:02+	00:10#	00:01#

## H16

<b>4</b>	<b>Villads Skovbjerg</b>	<b>Ok Pan</b>	<b>37:50</b>														
02:56+	03:54+	09:27+	12:11+	14:55+	16:04+	18:50+	20:26+	21:34+	25:41+	29:57+	32:16+	32:46+	34:06+	35:57+	36:34+	37:39+	37:50+
02:56+	00:58-	05:33+	02:44+	02:44+	01:09#	02:46+	01:36+	01:08-	04:07+	04:16+	02:19+	00:30+	01:20-	01:51+	00:37+	01:05+	00:11+
00:22#	00:07-	00:32#	00:09+	00:30#	00:00#	00:34&	00:09#	00:01-	00:23#	00:33#	00:39&	00:01+	00:05-	00:24&	00:02+	00:06#	00:01#
<b>5</b>	<b>Jonas Ellegård Kokholm</b>	<b>4</b>	<b>38:48</b>														
02:36+	03:35+	09:28+	12:12+	15:13+	16:41+	19:04+	20:29+	21:33+	25:31+	30:20+	32:35+	33:09+	34:49+	36:40+	37:27+	38:38+	38:48+
02:36+	00:59+	05:53+	02:44+	03:01+	01:28+	02:23+	01:25+	01:04+	03:58+	04:49+	02:15+	00:34+	01:40+	01:51+	00:47+	01:11+	00:10+
02:36+	00:59+	05:53+	02:44+	03:01+	01:28+	02:23+	01:25+	01:04+	03:58+	04:49+	02:15+	00:34+	01:40+	01:51+	00:47+	01:11+	00:10+
<b>6</b>	<b>August Gabs</b>	<b>9</b>	<b>39:54</b>														
02:49+	03:56+	11:00+	14:06+	17:48+	19:13+	21:52+	23:36+	24:47+	29:13+	32:56+	34:41+	35:08+	36:28+	37:58+	38:33+	39:43+	39:54+
02:49+	01:07+	07:04+	03:06+	03:42+	01:25+	02:39+	01:44+	01:11+	04:26+	03:43+	01:45+	00:27+	01:20+	01:30+	00:35+	01:10+	00:11+
02:49+	01:07+	07:04+	03:06+	03:42+	01:25+	02:39+	01:44+	01:11+	04:26+	03:43+	01:45+	00:27+	01:20+	01:30+	00:35+	01:10+	00:11+
<b>7</b>	<b>Benjamin Friis Hansen</b>	<b>14</b>	<b>39:55</b>														
04:35+	05:40+	11:24+	14:09+	16:51+	18:01+	20:39+	22:13+	23:18+	27:44+	31:42+	33:44+	34:16+	35:45+	37:36+	38:34+	39:45+	39:55+
04:35+	01:05+	05:44+	02:45+	02:42+	01:10+	02:38+	01:34+	01:05+	04:26+	03:58+	02:02+	00:32+	01:29+	01:51+	00:58+	01:11+	00:10+
04:35+	01:05+	05:44+	02:45+	02:42+	01:10+	02:38+	01:34+	01:05+	04:26+	03:58+	02:02+	00:32+	01:29+	01:51+	00:58+	01:11+	00:10+
<b>8</b>	<b>Jonathan Birk Nielsen</b>	<b>18</b>	<b>44:21</b>														
03:13+	04:58+	11:40+	14:43+	17:47+	19:09+	22:20+	24:00+	25:52+	30:35+	35:13+	37:41+	38:13+	39:40+	42:03+	42:44+	44:08+	44:21+
03:13+	01:45+	06:42+	03:03+	03:04+	01:22+	03:11+	01:40+	01:52+	04:43+	04:38+	02:28+	00:32+	01:27+	02:23+	00:41+	01:24+	00:13+
03:13+	01:45+	06:42+	03:03+	03:04+	01:22+	03:11+	01:40+	01:52+	04:43+	04:38+	02:28+	00:32+	01:27+	02:23+	00:41+	01:24+	00:13+
<b>9</b>	<b>Benjamin Buhl</b>	<b>4</b>	<b>46:04</b>														
03:47+	04:57+	12:35+	15:52+	18:48+	20:51+	23:31+	25:37+	27:29+	32:06+	37:04+	39:25+	40:07+	41:37+	43:50+	44:41+	45:51+	46:04+
03:47+	01:10+	07:38+	03:17+	02:56+	02:03+	02:40+	02:06+	01:52+	04:37+	04:58+	02:21+	00:42+	01:30+	02:13+	00:51+	01:10+	00:13+
03:47+	01:10+	07:38+	03:17+	02:56+	02:03+	02:40+	02:06+	01:52+	04:37+	04:58+	02:21+	00:42+	01:30+	02:13+	00:51+	01:10+	00:13+
<b>10</b>	<b>Laurits Egdal</b>	<b>9</b>	<b>46:44</b>														
03:13+	04:31+	11:43+	15:46+	19:39+	21:13+	24:00+	25:36+	26:50+	31:48+	36:36+	38:40+	39:18+	41:44+	44:18+	45:10+	46:31+	46:44+
03:13+	01:18+	07:12+	04:03+	03:53+	01:34+	02:47+	01:36+	01:14+	04:58+	04:48+	02:04+	00:38+	02:26+	02:34+	00:52+	01:21+	00:13+
03:13+	01:18+	07:12+	04:03+	03:53+	01:34+	02:47+	01:36+	01:14+	04:58+	04:48+	02:04+	00:38+	02:26+	02:34+	00:52+	01:21+	00:13+
<b>11</b>	<b>Viktor Fejring</b>	<b>9</b>	<b>49:02</b>														
03:57+	05:15+	14:17+	18:20+	22:19+	24:01+	26:56+	28:43+	34:59+	40:09+	42:18+	42:52+	44:34+	46:48+	47:33+	48:51+	49:02+	
03:57+	01:18+	09:02+	04:03+	03:59+	01:42+	02:55+	01:47+	06:16+	05:10+	02:09+	00:34+	01:42+	02:14+	00:45+	01:18+	00:11+	
03:57+	01:18+	09:02+	04:03+	03:59+	01:42+	02:55+	01:47+	06:16+	05:10+	02:09+	00:34+	01:42+	02:14+	00:45+	01:18+	00:11+	
<b>12</b>	<b>Mads Stavlund Skødt</b>	<b>Ok Pan</b>	<b>55:24</b>														
04:37+	05:47+	13:37+	17:00+	21:48+	23:31+	27:24+	29:32+	31:19+	36:52+	44:15+	47:07+	47:47+	50:38+	52:49+	53:31+	55:10+	55:24+
04:37+	01:10+	07:50+	03:23+	04:48+	01:43+	03:53+	02:08+	01:47+	05:33+	07:23+	02:52+	00:40+	02:51+	02:11+	00:42+	01:39+	00:14+
04:37+	01:10+	07:50+	03:23+	04:48+	01:43+	03:53+	02:08+	01:47+	05:33+	07:23+	02:52+	00:40+	02:51+	02:11+	00:42+	01:39+	00:14+

### Beste stræktid for klassen

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

## H18

<b>1</b>	<b>Elias Hinge Krogsgaard</b>	<b>14</b>	<b>53:43</b>																					
04:15=	11:09=	13:07=	15:29=	17:10=	18:15=	20:01=	24:58=	26:56=	30:29=	32:44=	33:37=	34:45=	37:47=	39:44=	43:01=	44:17=	45:23=	46:28=	47:45=	48:36=	50:07=	52:26=	53:34=	53:43=
04:15=	06:54=	01:58=	02:22=	01:41=	01:05=	01:46=	04:57=	01:58=	03:33=	02:15=	00:53=	01:08=	03:02=	01:57=	03:17=	01:16=	01:06=	01:05=	01:17=	00:51=	01:31=	02:19=	01:08=	00:09=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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## H18

<b>2</b>	<b>Asbjørn Kaltoft</b>	<b>Ok Pan</b>	<b>58:36</b>																					
04:32+	11:20+	13:34+	17:30+	19:21+	20:37+	22:40+	28:23+	30:37+	34:24+	36:26+	37:32+	38:57+	42:56+	44:39+	48:07+	49:38+	50:49+	51:49+	53:03+	53:52+	55:27+	57:23+	58:26+	58:36+
04:32+	06:48-	02:14+	03:56+	01:51+	01:16+	02:03+	05:43+	02:14+	03:47+	02:02-	01:06+	01:25+	03:59+	01:43-	03:28+	01:31+	01:11+	01:00-	01:14-	00:49-	01:35+	01:56-	01:03-	00:10+
00:17+	00:06-	00:16#	01:34&	00:10+	00:11#	00:17#	00:46#	00:16#	00:14+	00:13-	00:13#	00:17#	00:57&	00:14-	00:11+	00:15#	00:05+	00:05-	00:03-	00:02-	00:04+	00:23-	00:05-	00:01#
<b>3</b>	<b>Søren Møller Skaug</b>	<b>Ok Pan</b>	<b>1:12:10</b>																					
05:10+	13:15+	15:29+	18:37+	20:39+	21:55+	24:28+	31:06+	35:05+	39:57+	42:46+	44:15+	46:19+	51:29+	53:33+	58:48+	60:15+	61:33+	63:19+	64:55+	66:29+	67:56+	70:29+	71:58+	72:10+
05:10+	08:05+	02:14+	03:08+	02:02+	01:16+	02:33+	06:38+	03:59+	04:52+	02:49+	01:29+	02:04+	05:09+	02:05+	05:15+	01:27+	01:18+	01:46+	01:36+	01:34+	01:27+	02:33+	01:29+	00:12+
05:10+	08:05+	02:14+	03:08+	02:02+	01:16+	02:33+	06:38+	03:59+	04:52+	02:49+	01:29+	02:04+	05:09+	02:05+	05:15+	01:27+	01:18+	01:46+	01:36+	01:34+	01:27+	02:33+	01:29+	00:12+

### Beste stræktid for klassen

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

## H20

<b>1</b>	<b>Andreas Bock Bjørnsen</b>	<b>Ok Pan</b>	<b>45:52</b>																					
04:07+	09:42+	11:29+	13:31+	14:56+	15:52+	17:25+	21:45+	23:21+	26:27+	28:01+	28:51+	29:48+	32:29+	34:12+	37:26+	38:25+	39:15+	40:04+	41:17+	42:04+	43:10+	44:49+	45:43+	45:52+
04:07+	05:35+	01:47+	02:02+	01:25+	00:56+	01:33+	04:20+	01:36+	03:06+	01:34+	00:50+	00:57+	02:41+	01:43+	03:14+	00:59+	00:50+	00:49+	01:13+	00:47+	01:06+	01:39+	00:54+	00:09+
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+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+
<b>2</b>	<b>Johan Halkjær Dupont</b>	<b>Ok Pan</b>	<b>51:38</b>																					
03:50-	10:14+	12:23+	14:41+	16:15+	17:15+	19:03+	23:54+	25:42+	29:07+	30:55+	31:50+	32:55+	35:59+	38:53+	42:23+	43:41+	44:37+	45:38+	46:48+	47:35+	48:50+	50:28+	51:29+	51:38+
03:50-	06:24+	02:09+	02:18+	01:34+	01:00+	01:48+	04:51+	01:48+	03:25+	01:48+	00:55+	01:05+	03:04+	02:54+	03:30+	01:18+	00:56+	01:01+	01:10-	00:47+	01:15+	01:38-	01:01+	00:09+
00:17-	00:49#	00:22#	00:16#	00:09#	00:04+	00:15#	00:31#	00:12#	00:19#	00:14#	00:05#	00:08#	00:23#	01:11&	00:16+	00:19&	00:06#	00:12#	00:03-	00:00+	00:09#	00:01-	00:07#	00:00+
<b>3</b>	<b>Mikkel Holm Nielsen</b>	<b>Ok Pan</b>	<b>52:37</b>																					
04:19+	10:26+	12:23+	14:37+	16:15+	17:19+	19:15+	24:21+	26:13+	29:40+	31:31+	32:40+	37:31+	39:12+	42:31+	43:59+	44:53+	45:44+	46:54+	47:44+	49:42+	51:27+	52:28+	52:37+	
04:19+	06:07+	01:57+	02:14+	01:38+	01:04+	01:56+	05:06+	01:52+	03:27+	01:51+	01:09+	04:51+	01:41-	03:19+	01:28-	00:54+	00:51+	01:10+	00:50-	01:58+	01:45+	01:01-	00:09-	
00:12+	00:32+	00:10+	00:12+	00:13#	00:08#	00:23#	00:46#	00:16#	00:21#	00:17#	00:19&	03:54@	01:00-	01:36&	01:46-	00:05-	00:01+	00:21&	00:23-	01:11@	00:39&	00:38-	00:45-	
<b>4</b>	<b>Márton Péntek</b>	<b>4</b>	<b>59:43</b>																					
04:24+	11:17+	13:36+	16:04+	17:45+	18:51+	20:51+	26:03+	28:00+	32:20+	34:41+	35:44+	37:11+	41:47+	44:38+	48:35+	50:08+	51:16+	52:22+	53:39+	54:33+	56:12+	58:14+	59:33+	59:43+
04:24+	06:53+	02:19+	02:28+	01:41+	01:06+	02:00+	05:12+	01:57+	04:20+	02:21+	01:03+	01:27+	04:36+	02:51+	03:57+	01:33+	01:08+	01:06+	01:17+	00:54+	01:39+	02:02+	01:19+	00:10+
00:17+	01:18#	00:32&	00:26#	00:16#	00:10#	00:27&	00:52#	00:21#	01:14&	00:47&	00:13&	00:30&	01:55&	01:08&	00:43#	00:34&	00:18&	00:17&	00:04+	00:07#	00:33&	00:23#	00:25&	00:01#
<b>5</b>	<b>Oscar Sig Tranberg</b>	<b>14</b>	<b>1:28:04</b>																					
05:58+	17:15+	20:59+	25:16+	28:19+	30:17+	33:45+	43:13+	47:28+	55:12+	58:37+	60:17+	63:54+	68:58+	71:36+	75:57+	77:48+	79:21+	80:39+	81:58+	83:03+	84:32+	86:41+	87:54+	88:04+
05:58+	11:17+	03:44+	04:17+	03:03+	01:58+	03:28+	09:28+	04:15+	07:44+	03:25+	01:40+	03:37+	05:04+	02:38+	04:21+	01:51+	01:33+	01:18+	01:19+	01:05+	01:29+	02:09+	01:13+	00:10+
01:51&	05:42@	01:57@	02:15@	01:38@	01:02@	01:55@	05:08@	02:39@	04:38@	01:51@	00:50&	02:40@	02:23&	00:55&	01:07&	00:52&	00:43&	00:29&	00:06+	00:18&	00:23&	00:30&	00:19&	00:01#

### Beste stræktid for klassen

03:50 05:35 01:47 02:02 01:25 00:56 01:33 04:20 01:36 03:06 01:34 00:50 00:57 01:41 01:43 01:28 00:54 00:50 00:49 00:50 00:47 01:06 01:01 00:09 00:09

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

## H20B

<b>1</b>	<b>Anders Secher Thomsen</b>	<b>Ok Pan</b>	<b>37:18</b>															
03:48+	07:19+	10:52+	12:58+	14:06+	16:04+	18:00+	19:17+	20:31+	22:05+	23:31+	26:40+	30:44+	32:09+	33:09+	35:14+	36:02+	37:09+	37:18+
03:48+	03:31+	03:33+	02:06+	01:08+	01:58+	01:56+	01:17+	01:14+	01:34+	01:26+	03:09+	04:04+	01:25+	01:00+	02:05+	00:48+	01:07+	00:09+
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+	00:00+	00:00+	00:00+	00:00+

## H20B

<b>2</b>	<b>Anton Elmegaard Andersen</b>	<b>4</b>	<b>44:06</b>															
01:28-	06:02-	11:47+	14:24+	15:41+	17:54+	19:56+	21:33+	23:05+	24:56+	26:54+	30:19+	37:47+	39:18+	40:07+	42:03+	42:45+	43:54+	44:06+
01:28-	04:34+	05:45+	02:37+	01:17+	02:13+	02:02+	01:37+	01:32+	01:51+	01:58+	03:25+	07:28+	01:31+	00:49-	01:56-	00:42-	01:09+	00:12+
02:20-	01:03&	02:12&	00:31#	00:09#	00:15#	00:06+	00:20&	00:18#	00:17#	00:32&	00:16+	03:24&	00:06+	00:11-	00:09-	00:06-	00:02+	00:03&

<b>3</b>	<b>Magnus Møller Rasmussen</b>	<b>Ok Pan</b>	<b>46:11</b>															
01:25+	05:11+	13:12+	15:51+	17:15+	21:04+	23:07+	25:01+	27:14+	28:50+	30:38+	33:38+	38:23+	41:02+	41:50+	44:05+	44:49+	46:02+	46:11+
01:25+	03:46+	08:01+	02:39+	01:24+	03:49+	02:03+	01:54+	02:13+	01:36+	01:48+	03:00+	04:45+	02:39+	00:48+	02:15+	00:44+	01:13+	00:09+
01:25+	03:46+	08:01+	02:39+	01:24+	03:49+	02:03+	01:54+	02:13+	01:36+	01:48+	03:00+	04:45+	02:39+	00:48+	02:15+	00:44+	01:13+	00:09+

<b>4</b>	<b>Christoffer Forsberg</b>	<b>6</b>	<b>48:05</b>															
01:17+	06:55+	12:07+	14:42+	16:53+	19:35+	22:01+	26:13+	27:51+	30:00+	32:20+	35:23+	41:16+	43:08+	43:47+	45:53+	46:36+	47:51+	48:05+
01:17+	05:38+	05:12+	02:35+	02:11+	02:42+	02:26+	04:12+	01:38+	02:09+	02:20+	03:03+	05:53+	01:52+	00:39+	02:06+	00:43+	01:15+	00:14+
01:17+	05:38+	05:12+	02:35+	02:11+	02:42+	02:26+	04:12+	01:38+	02:09+	02:20+	03:03+	05:53+	01:52+	00:39+	02:06+	00:43+	01:15+	00:14+

<b>5</b>	<b>Mathias Klinge Cornelius</b>	<b>4</b>	<b>50:51</b>														
01:29+	06:44+	12:33+	15:44+	17:27+	23:21+	25:29+	27:05+	29:31+	31:42+	36:07+	42:21+	43:59+	45:36+	48:21+	49:13+	50:42+	50:51+
01:29+	05:15+	05:49+	03:11+	01:43+	05:54+	02:08+	01:36+	02:26+	02:11+	04:25+	06:14+	01:38+	01:37+	02:45+	00:52+	01:29+	00:09+
01:29+	05:15+	05:49+	03:11+	01:43+	05:54+	02:08+	01:36+	02:26+	02:11+	04:25+	06:14+	01:38+	01:37+	02:45+	00:52+	01:29+	00:09+

### Beste stræktid for klassen

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

## H21

<b>1</b>	<b>Jakob Ekhard Edsen</b>	<b>19</b>	<b>45:10</b>																					
03:42=	09:16=	11:21=	13:26=	14:53=	15:45=	17:24=	21:37=	23:18=	26:20=	27:57=	28:45=	29:47=	32:39=	34:06=	36:56=	38:06=	38:54=	39:48=	40:46=	41:30=	42:42=	44:03=	45:01=	45:10=
03:42=	05:34=	02:05=	02:05=	01:27=	00:52=	01:39=	04:13=	01:41=	03:02=	01:37=	00:48=	01:02=	02:52=	01:27=	02:50=	01:10=	00:48=	00:54=	00:58=	00:44=	01:12=	01:21=	00:58=	00:09=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Laurits Bidstrup Møller</b>	<b>14</b>	<b>46:10</b>																				
04:02+	09:52+	11:44+	13:49+	15:17+	16:15+	17:53+	22:23+	24:08+	27:09+	29:36+	30:38+	33:26+	34:51+	37:42+	38:49+	39:37+	40:27+	41:31+	42:16+	43:35+	45:02+	46:01+	46:10+
04:02+	05:50+	01:52-	02:05=	01:28+	00:58+	01:38-	04:30+	01:45+	03:01-	02:27+	01:02+	02:48+	01:25-	02:51+	01:07-	00:48-	00:50+	01:04+	00:45-	01:19+	01:27+	00:59-	00:09-
00:20+	00:16+	00:13-	00:00=	00:01+	00:06#	00:01-	00:17+	00:04+	00:01-	00:50&	00:14&	01:46@	01:27-	01:24&	01:43-	00:22-	00:02+	00:10#	00:13-	00:35&	00:15#	00:22-	00:49-

<b>3</b>	<b>Eskil Schøning</b>	<b>Ok Pan</b>	<b>46:27</b>																				
03:56+	09:30+	11:20-	13:20-	14:42-	15:35-	17:09-	21:37=	23:21+	26:50+	29:20+	30:26+	33:19+	34:48+	37:45+	39:06+	40:01+	41:00+	41:59+	42:41+	43:51+	45:23+	46:18+	46:27+
03:56+	05:34=	01:50-	02:00-	01:22-	00:53+	01:34-	04:28+	01:44+	03:29+	02:30+	01:06+	02:53+	01:29-	02:57+	01:21-	00:55-	00:59+	00:59+	00:42-	01:10+	01:32+	00:55-	00:09-
00:14+	00:00=	00:15-	00:05-	00:05-	00:01+	00:05-	00:15+	00:03+	00:27#	00:53&	00:18&	01:51@	01:23-	01:30@	01:29-	00:15-	00:11#	00:05+	00:16-	00:26&	00:20&	00:26-	00:49-

<b>4</b>	<b>Emil Ahlbäck</b>	<b>Ok Pan</b>	<b>47:07</b>																				
03:46+	09:20+	11:24+	13:42+	15:14+	16:12+	17:49+	22:15+	23:52+	26:44+	29:12+	30:11+	32:58+	34:38+	37:30+	38:57+	39:43+	40:42+	41:41+	43:09+	44:28+	45:58+	46:58+	47:07+
03:46+	05:34=	02:04-	02:18+	01:32+	00:58+	01:37-	04:26+	01:37-	02:52-	02:28+	00:59+	02:47+	01:40-	02:52+	01:27-	00:46-	00:59+	00:59+	01:28+	01:19+	01:30+	01:00-	00:09-
00:04+	00:00=	00:01-	00:13#	00:05+	00:06#	00:02-	00:13+	00:04-	00:10-	00:51&	00:11#	01:45@	01:12-	01:25&	01:23-	00:24-	00:11#	00:05+	00:30&	00:35&	00:18#	00:21-	00:49-

<b>5</b>	<b>Søren Schwartz</b>	<b>Ok Pan</b>	<b>48:05</b>																					
03:46+	09:18+	11:10-	13:12-	14:39-	15:34-	17:15-	21:58+	23:48+	27:05+	28:53+	29:43+	30:49+	33:53+	35:55+	38:55+	40:05+	40:57+	41:59+	43:03+	43:47+	45:15+	46:49+	47:55+	48:05+
03:46+	05:32-	01:52-	02:02-	01:27=	00:55+	01:41+	04:43+	01:50+	03:17+	01:48+	00:50+	01:06+	03:04+	02:02+	03:00+	01:10=	00:52+	01:02+	01:04+	00:44=	01:28+	01:34+	01:06+	00:10+
00:04+	00:02-	00:13-	00:03-	00:00=	00:03+	00:02+	00:30#	00:09+	00:15+	00:11#	00:02+	00:04+	00:12+	00:35&	00:10+	00:00=	00:04+	00:08#	00:06#	00:00=	00:16#	00:13#	00:08#	00:01#

<b>6</b>	<b>Giacomo Frattari</b>	<b>Ok Pan</b>	<b>48:59</b>																				
04:28+	10:19+	12:12+	14:30+	15:59+	17:03+	18:48+	23:42+	25:33+	28:53+	31:29+	32:33+	35:28+	36:54+	39:57+	41:05+	42:04+	43:03+	44:03+	44:51+	46:08+	47:50+	48:50+	48:59+
04:28+	05:51+	01:53-	02:18+	01:29+	01:04+	01:45+	04:54+	01:51+	03:20+	02:36+	01:04+	02:55+	01:26-	03:03+	01:08-	00:59-	00:59+	01:00+	00:48-	01:17+	01:42+	01:00-	00:09-
00:46#	00:17+	00:12-	00:13#	00:02+	00:12#	00:06+	00:41#	00:10+	00:18+	00:59&	00:16&	01:53@	01:26-	01:36@	01:42-	00:11-	00:11#	00:06#	00:10-	00:33&	00:30&	00:21-	00:49-

## H21

<b>7</b>	<b>Jonas Munthe</b>	<b>Ok Pan</b>	<b>49:59</b>																					
03:55+	09:43+	11:46+	14:17+	15:50+	16:53+	18:34+	23:27+	25:44+	29:12+	30:56+	31:48+	32:57+	35:57+	37:52+	40:59+	42:25+	43:28+	44:25+	45:26+	46:10+	47:24+	48:51+	49:49+	49:59+
03:55+	05:48+	02:03-	02:31+	01:33+	01:03+	01:41+	04:53+	02:17+	03:28+	01:44+	00:52+	01:09+	03:00+	01:55+	03:07+	01:26+	01:03+	00:57+	01:01+	00:44+	01:14+	01:27+	00:58+	00:10+
00:13+	00:14+	00:02-	00:26#	00:06+	00:11#	00:02+	00:40#	00:36&	00:26#	00:07+	00:04+	00:07#	00:08+	00:28&	00:17#	00:16#	00:15&	00:03+	00:03+	00:00+	00:02+	00:06+	00:00+	00:01#

<b>8</b>	<b>Mátyás Péntek</b>	<b>4</b>	<b>51:09</b>																			
09:56+	11:54+	14:42+	16:22+	17:25+	19:18+	24:03+	25:50+	28:47+	31:22+	32:26+	35:27+	37:16+	41:45+	43:02+	44:05+	45:09+	46:16+	47:03+	48:21+	49:59+	50:59+	51:09+
09:56+	01:58+	02:48+	01:40+	01:03+	01:53+	04:45+	01:47+	02:57+	02:35+	01:04+	03:01+	01:49+	04:29+	01:17+	01:03+	01:04+	01:07+	00:47+	01:18+	01:38+	01:00+	00:10+
09:56+	01:58+	02:48+	01:40+	01:03+	01:53+	04:45+	01:47+	02:57+	02:35+	01:04+	03:01+	01:49+	04:29+	01:17+	01:03+	01:04+	01:07+	00:47+	01:18+	01:38+	01:00+	00:10+

<b>9</b>	<b>Morten Knudsen</b>	<b>9</b>	<b>52:01</b>																				
04:27+	10:37+	12:48+	15:10+	16:52+	17:55+	19:49+	24:42+	26:43+	30:14+	32:57+	34:05+	37:17+	39:01+	42:08+	43:26+	44:25+	45:27+	46:45+	47:32+	48:50+	50:43+	51:52+	52:01+
04:27+	06:10+	02:11+	02:22+	01:42+	01:03+	01:54+	04:53+	02:01+	03:31+	02:43+	01:08+	03:12+	01:44+	03:07+	01:18+	00:59+	01:02+	01:18+	00:47+	01:18+	01:53+	01:09+	00:09+
04:27+	06:10+	02:11+	02:22+	01:42+	01:03+	01:54+	04:53+	02:01+	03:31+	02:43+	01:08+	03:12+	01:44+	03:07+	01:18+	00:59+	01:02+	01:18+	00:47+	01:18+	01:53+	01:09+	00:09+

<b>10</b>	<b>Mads Kruse Juhl</b>	<b>3</b>	<b>53:15</b>																				
04:41+	11:12+	13:26+	16:48+	18:35+	19:38+	21:25+	26:19+	28:17+	31:54+	35:01+	36:11+	39:22+	41:04+	43:56+	45:09+	46:01+	47:06+	48:18+	49:05+	50:25+	51:57+	53:05+	53:15+
04:41+	06:31+	02:14+	03:22+	01:47+	01:03+	01:47+	04:54+	01:58+	03:37+	03:07+	01:10+	03:11+	01:42+	02:52+	01:13+	00:52+	01:05+	01:12+	00:47+	01:20+	01:32+	01:08+	00:10+
04:41+	06:31+	02:14+	03:22+	01:47+	01:03+	01:47+	04:54+	01:58+	03:37+	03:07+	01:10+	03:11+	01:42+	02:52+	01:13+	00:52+	01:05+	01:12+	00:47+	01:20+	01:32+	01:08+	00:10+

<b>11</b>	<b>Mikkel Sørensen</b>	<b>9</b>	<b>55:38</b>																				
04:06+	10:43+	12:50+	15:11+	16:49+	17:54+	19:53+	24:55+	26:57+	30:32+	33:15+	34:25+	37:35+	39:28+	43:22+	44:33+	45:33+	47:22+	49:22+	50:16+	52:50+	54:25+	55:29+	55:38+
04:06+	06:37+	02:07+	02:21+	01:38+	01:05+	01:59+	05:02+	02:02+	03:35+	02:43+	01:10+	03:10+	01:53+	03:54+	01:11+	01:00+	01:49+	02:00+	00:54+	02:34+	01:35+	01:04+	00:09+
04:06+	06:37+	02:07+	02:21+	01:38+	01:05+	01:59+	05:02+	02:02+	03:35+	02:43+	01:10+	03:10+	01:53+	03:54+	01:11+	01:00+	01:49+	02:00+	00:54+	02:34+	01:35+	01:04+	00:09+

<b>12</b>	<b>Kristian Vad</b>	<b>4</b>	<b>56:55</b>																					
04:23+	11:13+	13:26+	15:56+	17:40+	18:51+	20:58+	26:46+	28:53+	32:41+	34:47+	35:44+	37:06+	40:58+	42:47+	46:18+	48:02+	49:07+	50:11+	51:24+	52:17+	53:36+	55:34+	56:43+	56:55+
04:23+	06:50+	02:13+	02:30+	01:44+	01:11+	02:07+	05:48+	02:07+	03:48+	02:06+	00:57+	01:22+	03:52+	01:49+	03:31+	01:44+	01:05+	01:04+	01:13+	00:53+	01:19+	01:58+	01:09+	00:12+
04:23+	06:50+	02:13+	02:30+	01:44+	01:11+	02:07+	05:48+	02:07+	03:48+	02:06+	00:57+	01:22+	03:52+	01:49+	03:31+	01:44+	01:05+	01:04+	01:13+	00:53+	01:19+	01:58+	01:09+	00:12+

<b>13</b>	<b>Niklas Ingwersen</b>	<b>4</b>	<b>58:17</b>																				
04:58+	12:01+	14:14+	16:33+	18:16+	19:26+	21:28+	26:55+	29:02+	33:05+	36:17+	37:34+	41:05+	43:04+	47:54+	49:20+	50:19+	51:21+	52:25+	53:19+	54:55+	56:48+	58:06+	58:17+
04:58+	07:03+	02:13+	02:19+	01:43+	01:10+	02:02+	05:27+	02:07+	04:03+	03:12+	01:17+	03:31+	01:59+	04:50+	01:26+	00:59+	01:02+	01:04+	00:54+	01:36+	01:53+	01:18+	00:11+
04:58+	07:03+	02:13+	02:19+	01:43+	01:10+	02:02+	05:27+	02:07+	04:03+	03:12+	01:17+	03:31+	01:59+	04:50+	01:26+	00:59+	01:02+	01:04+	00:54+	01:36+	01:53+	01:18+	00:11+

<b>14</b>	<b>Alex Heldgaard Kristensen</b>	<b>3</b>	<b>1:03:26</b>																				
04:42+	12:10+	14:53+	17:43+	19:51+	21:11+	23:29+	29:36+	31:52+	35:56+	39:38+	41:15+	45:04+	47:28+	53:10+	54:30+	55:27+	56:37+	58:04+	58:52+	60:12+	62:18+	63:17+	63:26+
04:42+	07:28+	02:43+	02:50+	02:08+	01:20+	02:18+	06:07+	02:16+	04:04+	03:42+	01:37+	03:49+	02:24+	05:42+	01:20+	00:57+	01:10+	01:27+	00:48+	01:20+	02:06+	00:59+	00:09+
04:42+	07:28+	02:43+	02:50+	02:08+	01:20+	02:18+	06:07+	02:16+	04:04+	03:42+	01:37+	03:49+	02:24+	05:42+	01:20+	00:57+	01:10+	01:27+	00:48+	01:20+	02:06+	00:59+	00:09+

<b>15</b>	<b>Jess Rasmussen</b>	<b>17</b>	<b>1:04:42</b>																					
05:00+	12:34+	14:54+	17:47+	19:52+	21:13+	23:27+	29:39+	32:10+	36:27+	38:49+	39:58+	41:45+	45:48+	48:13+	52:25+	54:12+	55:27+	56:43+	58:20+	59:22+	60:56+	63:13+	64:30+	64:42+
05:00+	07:34+	02:20+	02:53+	02:05+	01:21+	02:14+	06:12+	02:31+	04:17+	02:22+	01:09+	01:47+	04:03+	02:25+	04:12+	01:47+	01:15+	01:16+	01:37+	01:02+	01:34+	02:17+	01:17+	00:12+
05:00+	07:34+	02:20+	02:53+	02:05+	01:21+	02:14+	06:12+	02:31+	04:17+	02:22+	01:09+	01:47+	04:03+	02:25+	04:12+	01:47+	01:15+	01:16+	01:37+	01:02+	01:34+	02:17+	01:17+	00:12+

<b>16</b>	<b>Thorkild Jensen</b>	<b>12</b>	<b>1:05:09</b>																					
05:16+	13:41+	16:07+	19:04+	21:02+	22:19+	24:31+	30:36+	32:59+	37:06+	39:28+	40:49+	42:02+	45:49+	48:07+	52:58+	54:26+	55:53+	57:21+	58:44+	59:50+	61:42+	63:54+	65:01+	65:09+
05:16+	08:25+	02:26+	02:57+	01:58+	01:17+	02:12+	06:05+	02:23+	04:07+	02:22+	01:21+	01:13+	03:47+	02:18+	04:51+	01:28+	01:27+	01:28+	01:23+	01:06+	01:52+	02:12+	01:07+	00:08+
05:16+	08:25+	02:26+	02:57+	01:58+	01:17+	02:12+	06:05+	02:23+	04:07+	02:22+	01:21+	01:13+	03:47+	02:18+	04:51+	01:28+	01:27+	01:28+	01:23+	01:06+	01:52+	02:12+	01:07+	00:08+

<b>17</b>	<b>Jason Krogh-Pedersen</b>	<b>14</b>	<b>1:05:26</b>																					
04:03+	13:23+	15:25+	21:27+	25:01+	26:03+	27:51+	32:33+	34:19+	37:44+	39:26+	40:21+	41:27+	44:41+	47:01+	52:01+	53:13+	55:30+	59:29+	60:55+	61:42+	62:57+	64:15+	65:15+	65:26+
04:03+	09:20+	02:02+	06:02+	03:34+	01:02+	01:48+	04:42+	01:46+	03:25+	01:42+	00:55+	01:06+	03:14+	02:20+	05:00+	01:12+	02:17+	03:59+	01:26+	00:47+	01:15+	01:18+	01:00+	00:11+
04:03+	09:20+	02:02+	06:02+	03:34+	01:02+	01:48+	04:42+	01:46+	03:25+	01:42+	00:55+	01:06+	03:14+	02:20+	05:00+	01:12+	02:17+	03:59+	01:26+	00:47+	01:15+	01:18+	01:00+	00:11+

<b>18</b>	<b>Nicklas Mønster Jørgensen</b>	<b>4</b>	<b>1:05:59</b>																					
04:48+	12:11+	15:07+	17:53+	19:57+	21:18+	23:33+	30:00+	32:34+	36:50+	39:07+	40:19+	41:43+	45:35+	48:38+	53:08+	54:40+	56:02+	57:25+	58:56+	60:08+	61:59+	64:33+	65:47+	65:59+
04:48+	07:23+	02:56+	02:46+	02:04+	01:21+	02:15+	06:27+	02:34+	04:16+	02:17+	01:12+	01:24+	03:52+	03:03+	04:30+	01:32+	01:22+	01:23+	01:31+	01:12+	01:51+	02:34+	01:14+	00:12+
04:48+	07:23+	02:56+	02:46+	02:04+	01:21+	02:15+	06:27+	02:34+	04:16+	02:17+	01:12+	01:24+	03:52+	03:03+	04:30+	01:32+	01:22+	01:23+	01:31+	01:12+	01:51+	02:34+	01:14+	00:12+

## H21

<b>19</b>	<b>Lars Mikkelsen</b>	<b>3</b>																			<b>1:08:07</b>									
05:05+	12:57+	16:06+	19:10+	21:27+	22:50+	25:12+	31:11+	33:38+	38:28+	40:59+	42:20+	43:57+	47:53+	50:20+	54:21+	56:59+	59:03+	60:26+	61:52+	63:17+	64:41+	66:45+	67:56+	68:07+						
05:05+	07:52+	03:09+	03:04+	02:17+	01:23+	02:22+	05:59+	02:27+	04:50+	02:31+	01:21+	01:37+	03:56+	02:27+	04:01+	02:38+	02:04+	01:23+	01:26+	01:25+	01:24+	02:04+	01:11+	00:11+						
05:05+	07:52+	03:09+	03:04+	02:17+	01:23+	02:22+	05:59+	02:27+	04:50+	02:31+	01:21+	01:37+	03:56+	02:27+	04:01+	02:38+	02:04+	01:23+	01:26+	01:25+	01:24+	02:04+	01:11+	00:11+						

<b>20</b>	<b>Anders Byrdal</b>	<b>17</b>																			<b>1:08:26</b>									
04:59+	12:42+	15:28+	18:23+	20:34+	22:04+	24:23+	31:00+	33:40+	38:12+	42:36+	44:14+	48:39+	50:52+	55:14+	56:55+	58:13+	59:36+	61:40+	62:53+	64:43+	66:56+	68:14+	68:26+							
04:59+	07:43+	02:46+	02:55+	02:11+	01:30+	02:19+	06:37+	02:40+	04:32+	04:24+	01:38+	04:25+	02:13+	04:22+	01:41+	01:18+	01:23+	02:04+	01:13+	01:50+	02:13+	01:18+	00:12+							
04:59+	07:43+	02:46+	02:55+	02:11+	01:30+	02:19+	06:37+	02:40+	04:32+	04:24+	01:38+	04:25+	02:13+	04:22+	01:41+	01:18+	01:23+	02:04+	01:13+	01:50+	02:13+	01:18+	00:12+							

<b>21</b>	<b>Allan Reiche</b>	<b>11</b>																			<b>1:09:29</b>									
05:35+	13:51+	16:37+	19:46+	21:51+	23:10+	25:31+	31:54+	34:32+	39:09+	43:18+	44:55+	49:18+	52:41+	57:33+	59:05+	60:22+	61:35+	63:06+	64:11+	65:51+	68:05+	69:18+	69:29+							
05:35+	08:16+	02:46+	03:09+	02:05+	01:19+	02:21+	06:23+	02:38+	04:37+	04:09+	01:37+	04:23+	03:23+	04:52+	01:32+	01:17+	01:13+	01:31+	01:05+	01:40+	02:14+	01:13+	00:11+							
05:35+	08:16+	02:46+	03:09+	02:05+	01:19+	02:21+	06:23+	02:38+	04:37+	04:09+	01:37+	04:23+	03:23+	04:52+	01:32+	01:17+	01:13+	01:31+	01:05+	01:40+	02:14+	01:13+	00:11+							

<b>22</b>	<b>Jonathan Muff</b>	<b>19</b>																			<b>1:10:37</b>									
06:15+	14:52+	17:38+	20:25+	22:26+	23:51+	25:58+	31:41+	33:57+	39:26+	41:55+	43:12+	44:43+	48:36+	50:42+	55:06+	56:45+	58:14+	59:24+	63:00+	64:13+	66:14+	69:13+	70:24+	70:37+						
06:15+	08:37+	02:46+	02:47+	02:01+	01:25+	02:07+	05:43+	02:16+	05:29+	02:29+	01:17+	01:31+	03:53+	02:06+	04:24+	01:39+	01:29+	01:10+	03:36+	01:13+	02:01+	02:59+	01:11+	00:13+						
06:15+	08:37+	02:46+	02:47+	02:01+	01:25+	02:07+	05:43+	02:16+	05:29+	02:29+	01:17+	01:31+	03:53+	02:06+	04:24+	01:39+	01:29+	01:10+	03:36+	01:13+	02:01+	02:59+	01:11+	00:13+						

<b>23</b>	<b>Niels Moeslund</b>	<b>19</b>																			<b>1:11:22</b>									
05:13+	13:16+	16:33+	19:53+	22:25+	24:00+	26:27+	32:47+	35:53+	40:53+	45:10+	47:02+	51:02+	53:09+	57:52+	59:32+	61:06+	62:36+	64:01+	65:24+	67:45+	69:55+	71:07+	71:22+							
05:13+	08:03+	03:17+	03:20+	02:32+	01:35+	02:27+	06:20+	03:06+	05:00+	04:17+	01:52+	04:00+	02:07+	04:43+	01:40+	01:34+	01:30+	01:25+	01:23+	02:21+	02:10+	01:12+	00:15+							
05:13+	08:03+	03:17+	03:20+	02:32+	01:35+	02:27+	06:20+	03:06+	05:00+	04:17+	01:52+	04:00+	02:07+	04:43+	01:40+	01:34+	01:30+	01:25+	01:23+	02:21+	02:10+	01:12+	00:15+							

<b>24</b>	<b>Jens Kobæk Edsen</b>	<b>6</b>																			<b>1:11:47</b>									
05:14+	13:08+	15:47+	18:56+	20:59+	22:15+	24:58+	31:25+	33:59+	42:54+	45:11+	46:38+	48:02+	52:34+	54:39+	59:19+	61:04+	62:17+	63:34+	64:57+	66:07+	68:12+	70:14+	71:36+	71:47+						
05:14+	07:54+	02:39+	03:09+	02:03+	01:16+	02:43+	06:27+	02:34+	08:55+	02:17+	01:27+	01:24+	04:32+	02:05+	04:40+	01:45+	01:13+	01:17+	01:23+	01:10+	02:05+	02:02+	01:22+	00:11+						
05:14+	07:54+	02:39+	03:09+	02:03+	01:16+	02:43+	06:27+	02:34+	08:55+	02:17+	01:27+	01:24+	04:32+	02:05+	04:40+	01:45+	01:13+	01:17+	01:23+	01:10+	02:05+	02:02+	01:22+	00:11+						

<b>25</b>	<b>Mathias Mønster Jørgensen</b>	<b>4</b>																			<b>1:12:29</b>									
05:24+	14:17+	17:14+	20:50+	23:07+	24:34+	27:05+	34:17+	37:22+	42:13+	44:49+	46:11+	47:43+	51:44+	55:22+	59:31+	61:06+	62:20+	63:51+	65:20+	66:16+	68:04+	70:38+	72:18+	72:29+						
05:24+	08:53+	02:57+	03:36+	02:17+	01:27+	02:31+	07:12+	03:05+	04:51+	02:36+	01:22+	01:32+	04:01+	03:38+	04:09+	01:35+	01:14+	01:31+	01:29+	00:56+	01:48+	02:34+	01:40+	00:11+						
05:24+	08:53+	02:57+	03:36+	02:17+	01:27+	02:31+	07:12+	03:05+	04:51+	02:36+	01:22+	01:32+	04:01+	03:38+	04:09+	01:35+	01:14+	01:31+	01:29+	00:56+	01:48+	02:34+	01:40+	00:11+						

<b>26</b>	<b>Lasse Grøn</b>	<b>Ok Pan</b>																			<b>1:12:59</b>									
04:49+	15:39+	19:37+	22:29+	24:42+	26:10+	29:11+	35:55+	38:22+	43:35+	46:42+	48:18+	49:40+	54:00+	57:02+	60:43+	62:26+	63:31+	64:46+	66:13+	67:20+	68:53+	71:09+	72:43+	72:59+						
04:49+	10:50+	03:58+	02:52+	02:13+	01:28+	03:01+	06:44+	02:27+	05:13+	03:07+	01:36+	01:22+	04:20+	03:02+	03:41+	01:43+	01:05+	01:15+	01:27+	01:07+	01:33+	02:16+	01:34+	00:16+						
04:49+	10:50+	03:58+	02:52+	02:13+	01:28+	03:01+	06:44+	02:27+	05:13+	03:07+	01:36+	01:22+	04:20+	03:02+	03:41+	01:43+	01:05+	01:15+	01:27+	01:07+	01:33+	02:16+	01:34+	00:16+						

<b>27</b>	<b>Thomas Emil Jensen</b>	<b>4</b>																			<b>1:13:52</b>									
04:57+	13:33+	16:41+	21:12+	24:14+	25:42+	28:32+	35:16+	37:59+	42:47+	47:35+	49:10+	53:28+	56:09+	60:50+	62:39+	64:26+	65:54+	67:23+	68:33+	70:25+	72:36+	73:43+	73:52+							
04:57+	08:36+	03:08+	04:31+	03:02+	01:28+	02:50+	06:44+	02:43+	04:48+	04:48+	01:35+	04:18+	02:41+	04:41+	01:49+	01:47+	01:28+	01:29+	01:10+	01:52+	02:11+	01:07+	00:09+							
04:57+	08:36+	03:08+	04:31+	03:02+	01:28+	02:50+	06:44+	02:43+	04:48+	04:48+	01:35+	04:18+	02:41+	04:41+	01:49+	01:47+	01:28+	01:29+	01:10+	01:52+	02:11+	01:07+	00:09+							

<b>28</b>	<b>Søren Andersen</b>	<b>3</b>																			<b>1:14:28</b>									
05:20+	14:04+	17:06+	20:36+	23:01+	24:37+	27:22+	36:06+	38:40+	43:04+	45:47+	47:00+	48:45+	53:04+	55:48+	60:47+	62:38+	63:52+	65:19+	66:59+	68:20+	70:23+	72:53+	74:16+	74:28+						
05:20+	08:44+	03:02+	03:30+	02:25+	01:36+	02:45+	08:44+	02:34+	04:24+	02:43+	01:13+	01:45+	04:19+	02:44+	04:59+	01:51+	01:14+	01:27+	01:40+	01:21+	02:03+	02:30+	01:23+	00:12+						
05:20+	08:44+	03:02+	03:30+	02:25+	01:36+	02:45+	08:44+	02:34+	04:24+	02:43+	01:13+	01:45+	04:19+	02:44+	04:59+	01:51+	01:14+	01:27+	01:40+	01:21+	02:03+	02:30+	01:23+	00:12+						

<b>29</b>	<b>Jens Peder Jørgensen</b>	<b>3</b>																			<b>1:17:18</b>									
05:22+	14:36+	17:27+	20:55+	23:30+	25:15+	28:50+	34:57+	37:39+	42:35+	45:03+	46:29+	48:03+	52:45+	55:31+	61:36+	63:30+	65:18+	66:49+	68:44+	70:01+	72:14+	75:28+	77:06+	77:18+						
05:22+	09:14+	02:51+	03:28+	02:35+	01:45+	03:35+	06:07+	02:42+	04:56+	02:28+	01:26+	01:34+	04:42+	02:46+	06:05+	01:54+	01:48+	01:31+	01:55+	01:17+	02:13+	03:14+	01:38+	00:12+						
05:22+	09:14+	02:51+	03:28+	02:35+	01:45+	03:35+	06:07+	02:42+	04:56+	02:28+	01:26+	01:34+	04:42+	02:46+	06:05+	01:54+	01:48+	01:31+	01:55+	01:17+	02:13+	03:14+	01:38+	00:12+						

<b>30</b>	<b>Brian Aagaard Nielsen</b>	<b>4</b>																			<b>1:17:38</b>									
04:59+	12:52+	15:43+	18:47+	21:10+	22:28+	24:56+	31:30+	34:24+	39:53+	44:02+	45:26+	47:13+	52:34+	55:49+	61:10+	64:10+	65:39+	67:44+	69:51+	71:33+	73:25+	76:01+	77:27+	77:38+						
04:59+	07:53+	02:51+	03:04+	02:23+	01:18+	02:28+	06:34+	02:54+	05:29+	04:09+	01:24+	01:47+	05:21+	03:15+	05:21+	03:00+	01:29+	02:05+	02:07+	01:42+	01:52+	02:36+	01:26+	00:11+						
04:59+	07:53+	02:51+	03:04+	02:23+	01:18+	02:28+	06:34+	02:54+	05:29+	04:09+	01:24+	01:47+	05:21+	03:15+	05:21+	03:00+	01:29+	02:05+	02:07+	01:42+	01:52+	02:36+	01:26+	00:11+						

## H21

<b>31</b>	<b>Jacob Ingerslev Overvad</b>	<b>Ok Pan</b>	<b>1:20:00</b>																					
04:56+	12:58+	15:15+	18:28+	20:35+	21:58+	24:18+	30:50+	33:51+	38:40+	41:09+	42:47+	43:57+	47:40+	49:58+	55:39+	59:51+	62:38+	65:03+	67:27+	69:09+	71:58+	76:31+	79:39+	80:00+
04:56+	08:02+	02:17+	03:13+	02:07+	01:23+	02:20+	06:32+	03:01+	04:49+	02:29+	01:38+	01:10+	03:43+	02:18+	05:41+	04:12+	02:47+	02:25+	02:24+	01:42+	02:49+	04:33+	03:08+	00:21+
04:56+	08:02+	02:17+	03:13+	02:07+	01:23+	02:20+	06:32+	03:01+	04:49+	02:29+	01:38+	01:10+	03:43+	02:18+	05:41+	04:12+	02:47+	02:25+	02:24+	01:42+	02:49+	04:33+	03:08+	00:21+

<b>32</b>	<b>Michael Niss</b>	<b>13</b>	<b>1:25:31</b>																				
06:17+	15:32+	20:12+	24:32+	27:16+	28:58+	32:04+	39:35+	42:46+	48:41+	53:24+	55:14+	61:15+	63:58+	69:37+	71:32+	72:58+	74:49+	76:34+	78:14+	80:33+	83:48+	85:17+	85:31+
06:17+	09:15+	04:40+	04:20+	02:44+	01:42+	03:06+	07:31+	03:11+	05:55+	04:43+	01:50+	06:01+	02:43+	05:39+	01:55+	01:26+	01:51+	01:45+	01:40+	02:19+	03:15+	01:29+	00:14+
06:17+	09:15+	04:40+	04:20+	02:44+	01:42+	03:06+	07:31+	03:11+	05:55+	04:43+	01:50+	06:01+	02:43+	05:39+	01:55+	01:26+	01:51+	01:45+	01:40+	02:19+	03:15+	01:29+	00:14+

<b>33</b>	<b>Martin Christensen</b>	<b>5</b>	<b>1:30:42</b>																					
06:16+	17:07+	20:34+	24:27+	27:16+	29:30+	32:16+	41:49+	45:05+	50:54+	54:33+	56:02+	58:06+	64:04+	67:42+	73:15+	75:14+	76:50+	78:36+	80:55+	82:23+	85:07+	88:28+	90:29+	90:42+
06:16+	10:51+	03:27+	03:53+	02:49+	02:14+	02:46+	09:33+	03:16+	05:49+	03:39+	01:29+	02:04+	05:58+	03:38+	05:33+	01:59+	01:36+	01:46+	02:19+	01:28+	02:44+	03:21+	02:01+	00:13+
06:16+	10:51+	03:27+	03:53+	02:49+	02:14+	02:46+	09:33+	03:16+	05:49+	03:39+	01:29+	02:04+	05:58+	03:38+	05:33+	01:59+	01:36+	01:46+	02:19+	01:28+	02:44+	03:21+	02:01+	00:13+

### Beste stræktid for klassen

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

## H21B

<b>1</b>	<b>Morten Kusk</b>	<b>Ok Pan</b>	<b>38:22</b>															
01:18=	04:57=	09:07=	12:13=	13:46=	15:34=	17:19=	18:51=	20:29=	22:08=	23:54=	26:53=	31:38=	33:20=	34:00=	35:58=	36:57=	38:11=	38:22=
01:18=	03:39=	04:10=	03:06=	01:33=	01:48=	01:45=	01:32=	01:38=	01:39=	01:46=	02:59=	04:45=	01:42=	00:40=	01:58=	00:59=	01:14=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Henrik Blakskjær</b>	<b>Ok Pan</b>	<b>39:42</b>															
01:27+	05:35+	09:37+	12:15+	13:44+	15:32+	17:18+	19:02+	20:44+	22:34+	24:23+	27:37+	32:26+	34:02+	34:59+	37:10+	38:12+	39:30+	39:42+
01:27+	04:08+	04:02-	02:38-	01:29-	01:48-	01:46+	01:44+	01:42+	01:50+	01:49+	03:14+	04:49+	01:36-	00:57+	02:11+	01:02+	01:18+	00:12+
00:09#	00:29#	00:08-	00:28-	00:04-	00:00=	00:01+	00:12#	00:04+	00:11#	00:03+	00:15+	00:04+	00:06-	00:17&	00:13#	00:03+	00:04+	00:01+

<b>3</b>	<b>David Purup-Nielsen</b>	<b>4</b>	<b>40:59</b>															
01:19+	05:58+	10:31+	14:35+	16:00+	17:54+	19:35+	21:26+	22:47+	24:28+	26:10+	29:20+	34:37+	36:05+	36:56+	38:52+	39:37+	40:50+	40:59+
01:19+	04:39+	04:33+	04:04+	01:25-	01:54+	01:41-	01:51+	01:21-	01:41+	01:42-	03:10+	05:17+	01:28-	00:51+	01:56-	00:45-	01:13-	00:09-
00:01+	01:00&	00:23+	00:58&	00:08-	00:06+	00:04-	00:19#	00:17-	00:02+	00:04-	00:11+	00:32#	00:14-	00:11&	00:02-	00:14-	00:01-	00:02-

<b>4</b>	<b>Peter Kilden Jensen</b>	<b>Ok Pan</b>	<b>41:36</b>															
01:28+	05:37+	10:07+	12:37+	14:07+	16:03+	17:52+	19:23+	21:11+	22:58+	24:58+	28:17+	33:28+	35:10+	36:28+	39:00+	40:01+	41:23+	41:36+
01:28+	04:09+	04:30+	02:30-	01:30-	01:56+	01:49+	01:31-	01:48+	01:47+	02:00+	03:19+	05:11+	01:42=	01:18+	02:32+	01:01+	01:22+	00:13+
00:10#	00:30#	00:20+	00:36-	00:03-	00:08+	00:04+	00:01-	00:10#	00:08+	00:14#	00:20#	00:26+	00:00=	00:38&	00:34&	00:02+	00:08#	00:02#

<b>5</b>	<b>Peter Friis Østergaard</b>	<b>19</b>	<b>45:35</b>															
01:33+	05:45+	10:24+	13:04+	14:39+	16:39+	19:35+	21:10+	23:04+	25:01+	27:44+	30:56+	36:51+	38:53+	39:56+	43:11+	44:06+	45:22+	45:35+
01:33+	04:12+	04:39+	02:40-	01:35+	02:00+	02:56+	01:35+	01:54+	01:57+	02:43+	03:12+	05:55+	02:02+	01:03+	03:15+	00:55-	01:16+	00:13+
00:15#	00:33#	00:29#	00:26-	00:02+	00:12#	01:11&	00:03+	00:16#	00:18#	00:57&	00:13+	01:10#	00:20#	00:23&	01:17&	00:04-	00:02+	00:02#

<b>6</b>	<b>Frederik Schou-Hansen</b>	<b>Ok Pan</b>	<b>45:39</b>															
01:26+	05:45+	09:49+	12:19+	14:31+	16:16+	18:10+	20:20+	26:02+	27:28+	29:27+	32:12+	36:48+	38:19+	39:08+	43:17+	44:11+	45:27+	45:39+
01:26+	04:19+	04:04-	02:30-	02:12+	01:45-	01:54+	02:10+	05:42+	01:26-	01:59+	02:45-	04:36-	01:31-	00:49+	04:09+	00:54-	01:16+	00:12+
00:08#	00:40#	00:06-	00:36-	00:39&	00:03-	00:09+	00:38&	04:04@	00:13-	00:13#	00:14-	00:09-	00:11-	00:09#	02:11@	00:05-	00:02+	00:01+

<b>7</b>	<b>Rasmus Harfot</b>	<b>4</b>	<b>47:13</b>															
01:18=	05:48+	10:44+	13:42+	15:29+	18:08+	20:18+	22:25+	24:21+	26:27+	28:48+	32:52+	39:15+	40:58+	42:01+	44:35+	45:27+	47:01+	47:13+
01:18=	04:30+	04:56+	02:58-	01:47+	02:39+	02:10+	02:07+	01:56+	02:06+	02:21+	04:04+	06:23+	01:43+	01:03+	02:34+	00:52-	01:34+	00:12+
00:00=	00:51#	00:46#	00:08-	00:14#	00:51&	00:25#	00:35&	00:18#	00:27&	00:35&	01:05&	01:38&	00:01+	00:23&	00:36&	00:07-	00:20&	00:01+

## H21B

<b>8</b>	<b>Andreas Flint</b>	<b>14</b>	<b>48:16</b>															
01:41+	06:45+	14:34+	17:22+	18:50+	21:04+	23:26+	25:50+	27:34+	29:22+	31:16+	34:50+	40:02+	42:04+	43:01+	45:43+	46:41+	48:04+	48:16+
01:41+	05:04+	07:49+	02:48-	01:28-	02:14+	02:22+	02:24+	01:44+	01:48+	01:54+	03:34+	05:12+	02:02+	00:57+	02:42+	00:58-	01:23+	00:12+
00:23&	01:25&	03:39&	00:18-	00:05-	00:26#	00:37&	00:52&	00:06+	00:09+	00:08+	00:35#	00:27+	00:20#	00:17&	00:44&	00:01-	00:09#	00:01+

<b>9</b>	<b>Jan Sør Christiansen</b>	<b>13</b>	<b>49:27</b>															
01:50+	06:33+	11:45+	15:40+	17:27+	19:47+	22:06+	24:08+	26:21+	28:32+	30:54+	34:47+	40:49+	42:48+	43:51+	46:32+	47:35+	49:14+	49:27+
01:50+	04:43+	05:12+	03:55+	01:47+	02:20+	02:19+	02:02+	02:13+	02:11+	02:22+	03:53+	06:02+	01:59+	01:03+	02:41+	01:03+	01:39+	00:13+
01:50+	04:43+	05:12+	03:55+	01:47+	02:20+	02:19+	02:02+	02:13+	02:11+	02:22+	03:53+	06:02+	01:59+	01:03+	02:41+	01:03+	01:39+	00:13+

<b>10</b>	<b>Jens Jakob Steffensen</b>	<b>4</b>	<b>49:42</b>															
01:29+	05:55+	09:46+	12:29+	14:20+	16:56+	19:05+	20:59+	22:53+	24:38+	26:46+	30:08+	34:49+	36:43+	44:58+	47:20+	48:21+	49:30+	49:42+
01:29+	04:26+	03:51+	02:43+	01:51+	02:36+	02:09+	01:54+	01:54+	01:45+	02:08+	03:22+	04:41+	01:54+	08:15+	02:22+	01:01+	01:09+	00:12+
01:29+	04:26+	03:51+	02:43+	01:51+	02:36+	02:09+	01:54+	01:54+	01:45+	02:08+	03:22+	04:41+	01:54+	08:15+	02:22+	01:01+	01:09+	00:12+

<b>11</b>	<b>Sami Aarnio</b>	<b>11</b>	<b>57:06</b>															
01:43+	06:02+	10:50+	13:30+	15:06+	17:53+	19:48+	32:14+	34:05+	35:53+	39:06+	43:16+	48:15+	50:36+	51:23+	54:20+	55:29+	56:53+	57:06+
01:43+	04:19+	04:48+	02:40+	01:36+	02:47+	01:55+	12:26+	01:51+	01:48+	03:13+	04:10+	04:59+	02:21+	00:47+	02:57+	01:09+	01:24+	00:13+
01:43+	04:19+	04:48+	02:40+	01:36+	02:47+	01:55+	12:26+	01:51+	01:48+	03:13+	04:10+	04:59+	02:21+	00:47+	02:57+	01:09+	01:24+	00:13+

### Beste stræktid for klassen

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

## H40

<b>1</b>	<b>Patrick Mcgrail</b>	<b>Ok Pan</b>	<b>43:51</b>																	
03:55=	10:09=	12:41=	15:44=	16:45=	18:57=	21:24=	22:57=	23:51=	24:57=	26:03=	29:31=	32:21=	35:48=	37:11=	38:23=	39:33=	40:28=	42:25=	43:41=	43:51=
03:55=	06:14=	02:32=	03:03=	01:01=	02:12=	02:27=	01:33=	00:54=	01:06=	01:06=	03:28=	02:50=	03:27=	01:23=	01:12=	01:10=	00:55=	01:57=	01:16=	00:10=
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=

<b>2</b>	<b>Ebbe Møller Nielsen</b>	<b>Ok Pan</b>	<b>44:19</b>																	
04:00+	10:25+	13:19+	16:20+	17:38+	19:29+	22:05+	23:44+	24:50+	26:01+	27:21+	30:57+	32:43+	36:24+	37:46+	38:44+	39:51+	41:01+	43:01+	44:08+	44:19+
04:00+	06:25+	02:54+	03:01-	01:18+	01:51-	02:36+	01:39+	01:06+	01:11+	01:20+	03:36+	01:46-	03:41+	01:22-	00:58-	01:07-	01:10+	02:00+	01:07-	00:11+
00:05+	00:11+	00:22#	00:02-	00:17&	00:21-	00:09+	00:06+	00:12#	00:05+	00:14#	00:08+	01:04-	00:14+	00:01-	00:14-	00:03-	00:15&	00:03+	00:09-	00:01#

<b>3</b>	<b>Jens Børsting</b>	<b>14</b>	<b>44:40</b>																	
11:50+	15:10+	19:53+	24:20+	30:30+	42:32+	43:12+	44:28+	44:40+												
11:50+	03:20-	04:43+	04:27+	06:10+	12:02+	00:40-	01:16-	00:12-												
07:55@	02:54-	02:11&	01:24&	05:09@	09:50@	01:47-	00:17-	00:42-												

<b>4</b>	<b>Morten Fenger-Grøn</b>	<b>14</b>	<b>45:16</b>																	
03:30-	09:47-	12:20-	15:08-	16:20-	18:42-	21:18-	22:46-	23:48-	25:11+	26:50+	30:18+	32:20-	36:14+	37:35+	38:48+	40:28+	41:49+	43:52+	45:03+	45:16+
03:30-	06:17+	02:33+	02:48-	01:12+	02:22+	02:36+	01:28-	01:02+	01:23+	01:39+	03:28=	02:02-	03:54+	01:21-	01:13+	01:40+	01:21+	02:03+	01:11-	00:13+
00:25-	00:03+	00:01+	00:15-	00:11#	00:10+	00:09+	00:05-	00:08#	00:17&	00:33&	00:00=	00:48-	00:27#	00:02-	00:01+	00:30&	00:26&	00:06+	00:05-	00:03&

<b>5</b>	<b>Claus Bobach</b>	<b>18</b>	<b>45:25</b>																	
03:02-	09:52-	12:42+	15:51+	17:09+	19:11+	21:50+	23:28+	24:38+	25:56+	27:26+	31:11+	33:00+	36:43+	38:15+	39:35+	40:42+	41:56+	44:01+	45:14+	45:25+
03:02-	06:50+	02:50+	03:09+	01:18+	02:02-	02:39+	01:38+	01:10+	01:18+	01:30+	03:45+	01:49-	03:43+	01:32+	01:20+	01:07-	01:14+	02:05+	01:13-	00:11+
00:53-	00:36+	00:18#	00:06+	00:17&	00:10-	00:12+	00:05+	00:16&	00:12#	00:24&	00:17+	01:01-	00:16+	00:09#	00:08#	00:03-	00:19&	00:08+	00:03-	00:01#

<b>6</b>	<b>Jimmi Olsen</b>	<b>17</b>	<b>46:12</b>																	
02:40-	09:35-	12:25-	15:18-	16:31-	18:40-	21:32+	23:05+	24:14+	25:43+	27:05+	31:07+	33:29+	37:10+	39:16+	40:20+	41:32+	42:50+	44:50+	46:01+	46:12+
02:40-	06:55+	02:50+	02:53-	01:13+	02:09-	02:52+	01:33=	01:09+	01:29+	01:22+	04:02+	02:22-	03:41+	02:06+	01:04-	01:12+	01:18+	02:00+	01:11-	00:11+
01:15-	00:41#	00:18#	00:10-	00:12#	00:03-	00:25#	00:00=	00:15&	00:23&	00:16#	00:34#	00:28-	00:14+	00:43&	00:08-	00:02+	00:23&	00:03+	00:05-	00:01#

## H40

<b>7</b>	<b>Claus S. Pedersen</b>	<b>18</b>	<b>47:26</b>																	
02:56-	10:15+	13:20+	16:28+	17:48+	19:49+	22:44+	24:27+	25:40+	27:01+	28:27+	32:29+	34:26+	38:30+	40:08+	41:22+	42:46+	43:45+	45:58+	47:16+	47:26+
02:56-	07:19+	03:05+	03:08+	01:20+	02:01-	02:55+	01:43+	01:13+	01:21+	01:26+	04:02+	01:57-	04:04+	01:38+	01:14+	01:24+	00:59+	02:13+	01:18+	00:10=
00:59-	01:05#	00:33#	00:05+	00:19&	00:11-	00:28#	00:10#	00:19&	00:15#	00:20&	00:34#	00:53-	00:37#	00:15#	00:02+	00:14#	00:04+	00:16#	00:02+	00:00=

<b>8</b>	<b>Keld Hinge Krogsgaard</b>	<b>14</b>	<b>49:24</b>																	
02:47+	10:11+	13:24+	16:40+	18:07+	20:11+	23:09+	24:59+	26:12+	27:33+	28:58+	33:11+	36:20+	40:29+	42:03+	43:11+	44:37+	45:47+	47:51+	49:12+	49:24+
02:47+	07:24+	03:13+	03:16+	01:27+	02:04+	02:58+	01:50+	01:13+	01:21+	01:25+	04:13+	03:09+	04:09+	01:34+	01:08+	01:26+	01:10+	02:04+	01:21+	00:12+
02:47+	07:24+	03:13+	03:16+	01:27+	02:04+	02:58+	01:50+	01:13+	01:21+	01:25+	04:13+	03:09+	04:09+	01:34+	01:08+	01:26+	01:10+	02:04+	01:21+	00:12+

<b>9</b>	<b>Jakob Gade</b>	<b>17</b>	<b>50:52</b>																	
04:40+	12:02+	15:07+	19:18+	20:49+	22:59+	25:41+	27:33+	28:53+	30:14+	31:38+	35:23+	37:43+	42:21+	43:49+	45:06+	46:21+	47:23+	49:28+	50:42+	50:52+
04:40+	07:22+	03:05+	04:11+	01:31+	02:10+	02:42+	01:52+	01:20+	01:21+	01:24+	03:45+	02:20+	04:38+	01:28+	01:17+	01:15+	01:02+	02:05+	01:14+	00:10+
04:40+	07:22+	03:05+	04:11+	01:31+	02:10+	02:42+	01:52+	01:20+	01:21+	01:24+	03:45+	02:20+	04:38+	01:28+	01:17+	01:15+	01:02+	02:05+	01:14+	00:10+

<b>10</b>	<b>Kim Rokkjær</b>	<b>Ok Pan</b>	<b>51:09</b>																	
03:26+	10:40+	14:03+	18:07+	19:35+	21:43+	24:56+	26:48+	27:55+	29:28+	30:55+	35:03+	37:18+	41:34+	43:43+	45:02+	46:22+	47:20+	49:37+	50:58+	51:09+
03:26+	07:14+	03:23+	04:04+	01:28+	02:08+	03:13+	01:52+	01:07+	01:33+	01:27+	04:08+	02:15+	04:16+	02:09+	01:19+	01:20+	00:58+	02:17+	01:21+	00:11+
03:26+	07:14+	03:23+	04:04+	01:28+	02:08+	03:13+	01:52+	01:07+	01:33+	01:27+	04:08+	02:15+	04:16+	02:09+	01:19+	01:20+	00:58+	02:17+	01:21+	00:11+

<b>11</b>	<b>Jan Scheel</b>	<b>13</b>	<b>51:14</b>																	
02:59+	10:27+	13:34+	16:48+	18:14+	21:00+	24:16+	26:11+	27:28+	29:19+	30:52+	35:09+	37:21+	41:54+	43:30+	44:39+	46:01+	47:05+	49:32+	51:02+	51:14+
02:59+	07:28+	03:07+	03:14+	01:26+	02:46+	03:16+	01:55+	01:17+	01:51+	01:33+	04:17+	02:12+	04:33+	01:36+	01:09+	01:22+	01:04+	02:27+	01:30+	00:12+
02:59+	07:28+	03:07+	03:14+	01:26+	02:46+	03:16+	01:55+	01:17+	01:51+	01:33+	04:17+	02:12+	04:33+	01:36+	01:09+	01:22+	01:04+	02:27+	01:30+	00:12+

<b>12</b>	<b>Martin Hastrup Dyrland</b>	<b>4</b>	<b>51:23</b>																	
03:13+	10:46+	13:49+	17:23+	18:50+	21:31+	24:18+	25:59+	27:08+	28:53+	30:33+	34:36+	36:56+	41:47+	43:42+	44:58+	46:12+	47:43+	49:53+	51:09+	51:23+
03:13+	07:33+	03:03+	03:34+	01:27+	02:41+	02:47+	01:41+	01:09+	01:45+	01:40+	04:03+	02:20+	04:51+	01:55+	01:16+	01:14+	01:31+	02:10+	01:16+	00:14+
03:13+	07:33+	03:03+	03:34+	01:27+	02:41+	02:47+	01:41+	01:09+	01:45+	01:40+	04:03+	02:20+	04:51+	01:55+	01:16+	01:14+	01:31+	02:10+	01:16+	00:14+

<b>13</b>	<b>Mads Mikkelsen</b>	<b>4</b>	<b>53:10</b>																	
03:19+	11:50+	15:11+	18:51+	20:09+	22:24+	25:30+	27:21+	28:51+	30:19+	32:00+	36:04+	38:23+	42:21+	44:45+	46:06+	47:28+	49:19+	51:38+	52:58+	53:10+
03:19+	08:31+	03:21+	03:40+	01:18+	02:15+	03:06+	01:51+	01:30+	01:28+	01:41+	04:04+	02:19+	03:58+	02:24+	01:21+	01:22+	01:51+	02:19+	01:20+	00:12+
03:19+	08:31+	03:21+	03:40+	01:18+	02:15+	03:06+	01:51+	01:30+	01:28+	01:41+	04:04+	02:19+	03:58+	02:24+	01:21+	01:22+	01:51+	02:19+	01:20+	00:12+

<b>14</b>	<b>Stefan Keller</b>	<b>4</b>	<b>54:24</b>																	
05:07+	12:33+	15:40+	19:10+	20:33+	23:07+	25:57+	27:29+	28:56+	30:35+	32:06+	35:49+	39:44+	44:57+	46:48+	47:58+	49:21+	50:26+	53:06+	54:14+	54:24+
05:07+	07:26+	03:07+	03:30+	01:23+	02:34+	02:50+	01:32+	01:27+	01:39+	01:31+	03:43+	03:55+	05:13+	01:51+	01:10+	01:23+	01:05+	02:40+	01:08+	00:10+
05:07+	07:26+	03:07+	03:30+	01:23+	02:34+	02:50+	01:32+	01:27+	01:39+	01:31+	03:43+	03:55+	05:13+	01:51+	01:10+	01:23+	01:05+	02:40+	01:08+	00:10+

<b>15</b>	<b>Esben Blicher</b>	<b>9</b>	<b>56:58</b>																	
03:18+	11:23+	14:59+	18:56+	20:34+	24:44+	27:54+	29:48+	31:15+	33:09+	34:45+	39:01+	42:13+	46:49+	48:40+	50:01+	51:33+	52:48+	55:30+	56:46+	56:58+
03:18+	08:05+	03:36+	03:57+	01:38+	04:10+	03:10+	01:54+	01:27+	01:54+	01:36+	04:16+	03:12+	04:36+	01:51+	01:21+	01:32+	01:15+	02:42+	01:16+	00:12+
03:18+	08:05+	03:36+	03:57+	01:38+	04:10+	03:10+	01:54+	01:27+	01:54+	01:36+	04:16+	03:12+	04:36+	01:51+	01:21+	01:32+	01:15+	02:42+	01:16+	00:12+

<b>16</b>	<b>Thomas Herbert Kokholm</b>	<b>4</b>	<b>57:03</b>																	
02:59+	10:42+	14:09+	17:29+	18:51+	23:38+	26:52+	28:30+	30:58+	32:35+	34:09+	38:28+	40:39+	46:22+	48:52+	50:10+	51:49+	53:01+	55:41+	56:51+	57:03+
02:59+	07:43+	03:27+	03:20+	01:22+	04:47+	03:14+	01:38+	02:28+	01:37+	01:34+	04:19+	02:11+	05:43+	02:30+	01:18+	01:39+	01:12+	02:40+	01:10+	00:12+
02:59+	07:43+	03:27+	03:20+	01:22+	04:47+	03:14+	01:38+	02:28+	01:37+	01:34+	04:19+	02:11+	05:43+	02:30+	01:18+	01:39+	01:12+	02:40+	01:10+	00:12+

<b>17</b>	<b>Bo Birk Nielsen</b>	<b>18</b>	<b>57:09</b>																	
03:47+	12:11+	15:36+	20:10+	21:57+	24:34+	27:43+	29:30+	30:59+	32:27+	34:00+	37:50+	40:52+	46:12+	47:41+	49:00+	50:23+	53:15+	55:41+	56:58+	57:09+
03:47+	08:24+	03:25+	04:34+	01:47+	02:37+	03:09+	01:47+	01:29+	01:28+	01:33+	03:50+	03:02+	05:20+	01:29+	01:19+	01:23+	02:52+	02:26+	01:17+	00:11+
03:47+	08:24+	03:25+	04:34+	01:47+	02:37+	03:09+	01:47+	01:29+	01:28+	01:33+	03:50+	03:02+	05:20+	01:29+	01:19+	01:23+	02:52+	02:26+	01:17+	00:11+

<b>18</b>	<b>Allan Thesbjerg</b>	<b>4</b>	<b>58:54</b>																	
03:10+	12:24+	15:47+	20:07+	21:47+	24:22+	27:44+	30:07+	32:35+	34:51+	36:49+	41:20+	43:44+	48:54+	50:33+	51:50+	53:15+	54:43+	57:22+	58:43+	58:54+
03:10+	09:14+	03:23+	04:20+	01:40+	02:35+	03:22+	02:23+	02:28+	02:16+	01:58+	04:31+	02:24+	05:10+	01:39+	01:17+	01:25+	01:28+	02:39+	01:21+	00:11+
03:10+	09:14+	03:23+	04:20+	01:40+	02:35+	03:22+	02:23+	02:28+	02:16+	01:58+	04:31+	02:24+	05:10+	01:39+	01:17+	01:25+	01:28+	02:39+	01:21+	00:11+

Class	Navn	Klasse										Tid									
<b>H40</b>																					
<b>19</b>	<b>Steen Bech-Møller</b>	<b>17</b>										<b>58:56</b>									
03:11+	11:42+	15:11+	19:45+	21:32+	29:03+	32:32+	34:21+	35:44+	37:18+	38:49+	43:19+	45:41+	49:58+	51:41+	52:48+	54:15+	55:11+	57:21+	58:41+	58:56+	
03:11+	08:31+	03:29+	04:34+	01:47+	07:31+	03:29+	01:49+	01:23+	01:34+	01:31+	04:30+	02:22+	04:17+	01:43+	01:07+	01:27+	00:56+	02:10+	01:20+	00:15+	
03:11+	08:31+	03:29+	04:34+	01:47+	07:31+	03:29+	01:49+	01:23+	01:34+	01:31+	04:30+	02:22+	04:17+	01:43+	01:07+	01:27+	00:56+	02:10+	01:20+	00:15+	
<b>20</b>	<b>Henrik Andersen</b>	<b>19</b>										<b>1:00:13</b>									
04:56+	13:53+	17:35+	21:23+	23:12+	26:04+	29:05+	30:53+	32:11+	34:11+	36:13+	41:02+	43:54+	48:24+	49:57+	52:16+	53:56+	55:50+	58:46+	60:00+	60:13+	
04:56+	08:57+	03:42+	03:48+	01:49+	02:52+	03:01+	01:48+	01:18+	02:00+	02:02+	04:49+	02:52+	04:30+	01:33+	02:19+	01:40+	01:54+	02:56+	01:14+	00:13+	
04:56+	08:57+	03:42+	03:48+	01:49+	02:52+	03:01+	01:48+	01:18+	02:00+	02:02+	04:49+	02:52+	04:30+	01:33+	02:19+	01:40+	01:54+	02:56+	01:14+	00:13+	
<b>21</b>	<b>Jonas Egdal</b>	<b>9</b>										<b>1:03:17</b>									
04:12+	12:54+	16:31+	20:23+	21:55+	24:32+	27:37+	29:27+	30:54+	33:35+	35:23+	39:45+	46:23+	52:05+	53:39+	55:04+	56:19+	59:13+	61:50+	63:05+	63:17+	
04:12+	08:42+	03:37+	03:52+	01:32+	02:37+	03:05+	01:50+	01:27+	02:41+	01:48+	04:22+	06:38+	05:42+	01:34+	01:25+	01:15+	02:54+	02:37+	01:15+	00:12+	
04:12+	08:42+	03:37+	03:52+	01:32+	02:37+	03:05+	01:50+	01:27+	02:41+	01:48+	04:22+	06:38+	05:42+	01:34+	01:25+	01:15+	02:54+	02:37+	01:15+	00:12+	
<b>22</b>	<b>Morten Kappel Jensen</b>	<b>13</b>										<b>1:03:29</b>									
04:39+	15:46+	19:48+	24:21+	25:50+	28:07+	32:00+	34:35+	36:25+	38:54+	40:36+	45:13+	47:37+	52:19+	54:03+	55:19+	56:51+	59:15+	61:48+	63:18+	63:29+	
04:39+	11:07+	04:02+	04:33+	01:29+	02:17+	03:53+	02:35+	01:50+	02:29+	01:42+	04:37+	02:24+	04:42+	01:44+	01:16+	01:32+	02:24+	02:33+	01:30+	00:11+	
04:39+	11:07+	04:02+	04:33+	01:29+	02:17+	03:53+	02:35+	01:50+	02:29+	01:42+	04:37+	02:24+	04:42+	01:44+	01:16+	01:32+	02:24+	02:33+	01:30+	00:11+	
<b>23</b>	<b>Jan Kølbaek</b>	<b>19</b>										<b>1:04:06</b>									
03:48+	13:14+	17:22+	22:16+	24:17+	27:02+	31:07+	33:39+	35:15+	37:17+	39:05+	43:48+	46:37+	52:32+	54:34+	56:01+	57:44+	59:42+	62:32+	63:55+	64:06+	
03:48+	09:26+	04:08+	04:54+	02:01+	02:45+	04:05+	02:32+	01:36+	02:02+	01:48+	04:43+	02:49+	05:55+	02:02+	01:27+	01:43+	01:58+	02:50+	01:23+	00:11+	
03:48+	09:26+	04:08+	04:54+	02:01+	02:45+	04:05+	02:32+	01:36+	02:02+	01:48+	04:43+	02:49+	05:55+	02:02+	01:27+	01:43+	01:58+	02:50+	01:23+	00:11+	
<b>24</b>	<b>Kim Lindahl</b>	<b>9</b>										<b>1:04:11</b>									
06:08+	14:31+	17:58+	22:56+	24:30+	27:24+	30:43+	32:39+	34:05+	35:50+	37:32+	41:50+	45:52+	50:32+	53:23+	54:59+	56:35+	60:24+	62:48+	64:00+	64:11+	
06:08+	08:23+	03:27+	04:58+	01:34+	02:54+	03:19+	01:56+	01:26+	01:45+	01:42+	04:18+	04:02+	04:40+	02:51+	01:36+	01:36+	03:49+	02:24+	01:12+	00:11+	
06:08+	08:23+	03:27+	04:58+	01:34+	02:54+	03:19+	01:56+	01:26+	01:45+	01:42+	04:18+	04:02+	04:40+	02:51+	01:36+	01:36+	03:49+	02:24+	01:12+	00:11+	
<b>25</b>	<b>Henrik Juhl</b>	<b>3</b>										<b>1:04:30</b>									
08:13+	16:57+	20:31+	25:57+	27:29+	30:46+	34:06+	35:58+	37:19+	39:04+	40:59+	45:36+	49:09+	54:23+	56:35+	57:48+	59:27+	60:36+	62:59+	64:19+	64:30+	
08:13+	08:44+	03:34+	05:26+	01:32+	03:17+	03:20+	01:52+	01:21+	01:45+	01:55+	04:37+	03:33+	05:14+	02:12+	01:13+	01:39+	01:09+	02:23+	01:20+	00:11+	
08:13+	08:44+	03:34+	05:26+	01:32+	03:17+	03:20+	01:52+	01:21+	01:45+	01:55+	04:37+	03:33+	05:14+	02:12+	01:13+	01:39+	01:09+	02:23+	01:20+	00:11+	
<b>26</b>	<b>Søren Mikkelsen</b>	<b>9</b>										<b>1:05:14</b>									
04:39+	13:50+	17:11+	21:21+	22:58+	27:47+	31:47+	34:03+	35:32+	37:38+	39:31+	44:29+	46:58+	52:14+	54:13+	56:09+	57:46+	60:33+	63:32+	65:03+	65:14+	
04:39+	09:11+	03:21+	04:10+	01:37+	04:49+	04:00+	02:16+	01:29+	02:06+	01:53+	04:58+	02:29+	05:16+	01:59+	01:56+	01:37+	02:47+	02:59+	01:31+	00:11+	
04:39+	09:11+	03:21+	04:10+	01:37+	04:49+	04:00+	02:16+	01:29+	02:06+	01:53+	04:58+	02:29+	05:16+	01:59+	01:56+	01:37+	02:47+	02:59+	01:31+	00:11+	
<b>27</b>	<b>Thomas Damm Als</b>	<b>Ok Pan</b>										<b>1:05:18</b>									
04:10+	13:11+	17:06+	21:09+	22:56+	25:33+	29:24+	31:33+	33:18+	35:18+	37:17+	42:27+	45:16+	50:03+	55:39+	57:04+	59:06+	60:20+	63:35+	65:07+	65:18+	
04:10+	09:01+	03:55+	04:03+	01:47+	02:37+	03:51+	02:09+	01:45+	02:00+	01:59+	05:10+	02:49+	04:47+	05:36+	01:25+	02:02+	01:14+	03:15+	01:32+	00:11+	
04:10+	09:01+	03:55+	04:03+	01:47+	02:37+	03:51+	02:09+	01:45+	02:00+	01:59+	05:10+	02:49+	04:47+	05:36+	01:25+	02:02+	01:14+	03:15+	01:32+	00:11+	
<b>28</b>	<b>Kenn Heldgaard Kristensen</b>	<b>3</b>										<b>1:06:00</b>									
05:38+	19:17+	22:56+	26:54+	28:29+	30:45+	34:15+	36:25+	37:47+	39:21+	41:06+	45:41+	48:12+	55:14+	56:56+	58:25+	59:53+	61:27+	64:17+	65:48+	66:00+	
05:38+	13:39+	03:39+	03:58+	01:35+	02:16+	03:30+	02:10+	01:22+	01:34+	01:45+	04:35+	02:31+	07:02+	01:42+	01:29+	01:28+	01:34+	02:50+	01:31+	00:12+	
05:38+	13:39+	03:39+	03:58+	01:35+	02:16+	03:30+	02:10+	01:22+	01:34+	01:45+	04:35+	02:31+	07:02+	01:42+	01:29+	01:28+	01:34+	02:50+	01:31+	00:12+	
<b>29</b>	<b>Filip Bergmann Verhelst</b>	<b>4</b>										<b>1:06:35</b>									
04:03+	12:39+	15:59+	26:40+	28:13+	31:21+	34:07+	36:45+	38:45+	41:16+	43:01+	47:10+	50:21+	54:58+	57:11+	58:40+	60:18+	61:46+	64:58+	66:22+	66:35+	
04:03+	08:36+	03:20+	10:41+	01:33+	03:08+	02:46+	02:38+	02:00+	02:31+	01:45+	04:09+	03:11+	04:37+	02:13+	01:29+	01:38+	01:28+	03:12+	01:24+	00:13+	
04:03+	08:36+	03:20+	10:41+	01:33+	03:08+	02:46+	02:38+	02:00+	02:31+	01:45+	04:09+	03:11+	04:37+	02:13+	01:29+	01:38+	01:28+	03:12+	01:24+	00:13+	
<b>30</b>	<b>Anders Gammelvind</b>	<b>3</b>										<b>1:07:35</b>									
06:21+	19:12+	23:56+	28:29+	30:24+	33:12+	37:01+	39:29+	41:07+	43:13+	44:56+	49:49+	52:24+	57:27+	59:10+	60:44+	62:05+	63:36+	66:04+	67:25+	67:35+	
06:21+	12:51+	04:44+	04:33+	01:55+	02:48+	03:49+	02:28+	01:38+	02:06+	01:43+	04:53+	02:35+	05:03+	01:43+	01:34+	01:21+	01:31+	02:28+	01:21+	00:10+	
06:21+	12:51+	04:44+	04:33+	01:55+	02:48+	03:49+	02:28+	01:38+	02:06+	01:43+	04:53+	02:35+	05:03+	01:43+	01:34+	01:21+	01:31+	02:28+	01:21+	00:10+	

### H40

<b>31</b>	<b>Jesper Madsen</b>	<b>9</b>	<b>1:08:55</b>																	
06:33+	15:36+	18:47+	26:10+	27:44+	30:54+	34:05+	36:00+	37:33+	39:05+	40:41+	45:53+	48:18+	58:42+	60:22+	61:46+	63:30+	65:04+	67:16+	68:42+	68:55+
06:33+	09:03+	03:11+	07:23+	01:34+	03:10+	03:11+	01:55+	01:33+	01:32+	01:36+	05:12+	02:25+	10:24+	01:40+	01:24+	01:44+	01:34+	02:12+	01:26+	00:13+
06:33+	09:03+	03:11+	07:23+	01:34+	03:10+	03:11+	01:55+	01:33+	01:32+	01:36+	05:12+	02:25+	10:24+	01:40+	01:24+	01:44+	01:34+	02:12+	01:26+	00:13+

<b>32</b>	<b>Thomas Ullner</b>	<b>12</b>	<b>1:09:02</b>																	
13:42+	22:48+	26:07+	30:15+	32:00+	34:19+	37:29+	39:27+	40:45+	42:16+	43:48+	48:22+	50:44+	56:33+	59:46+	61:21+	62:54+	64:39+	67:28+	68:49+	69:02+
13:42+	09:06+	03:19+	04:08+	01:45+	02:19+	03:10+	01:58+	01:18+	01:31+	01:32+	04:34+	02:22+	05:49+	03:13+	01:35+	01:33+	01:45+	02:49+	01:21+	00:13+
13:42+	09:06+	03:19+	04:08+	01:45+	02:19+	03:10+	01:58+	01:18+	01:31+	01:32+	04:34+	02:22+	05:49+	03:13+	01:35+	01:33+	01:45+	02:49+	01:21+	00:13+

<b>33</b>	<b>Per O. Espegren</b>	<b>19</b>	<b>1:09:55</b>																	
05:51+	30:11+	32:53+	36:07+	37:24+	40:30+	43:22+	45:31+	46:38+	48:02+	49:19+	53:15+	55:53+	59:33+	61:10+	62:24+	63:33+	65:36+	68:44+	69:45+	69:55+
05:51+	24:20+	02:42+	03:14+	01:17+	03:06+	02:52+	02:09+	01:07+	01:24+	01:17+	03:56+	02:38+	03:40+	01:37+	01:14+	01:09+	02:03+	03:08+	01:01+	00:10+
05:51+	24:20+	02:42+	03:14+	01:17+	03:06+	02:52+	02:09+	01:07+	01:24+	01:17+	03:56+	02:38+	03:40+	01:37+	01:14+	01:09+	02:03+	03:08+	01:01+	00:10+

<b>34</b>	<b>Allan Skouboe</b>	<b>4</b>	<b>1:10:10</b>																	
05:37+	15:25+	19:25+	24:42+	26:30+	29:29+	33:57+	36:19+	38:03+	40:21+	42:12+	47:48+	50:41+	56:11+	58:09+	59:37+	63:21+	64:44+	68:31+	69:57+	70:10+
05:37+	09:48+	04:00+	05:17+	01:48+	02:59+	04:28+	02:22+	01:44+	02:18+	01:51+	05:36+	02:53+	05:30+	01:58+	01:28+	03:44+	01:23+	03:47+	01:26+	00:13+
05:37+	09:48+	04:00+	05:17+	01:48+	02:59+	04:28+	02:22+	01:44+	02:18+	01:51+	05:36+	02:53+	05:30+	01:58+	01:28+	03:44+	01:23+	03:47+	01:26+	00:13+

<b>35</b>	<b>Mads Kappel Jensen</b>	<b>13</b>	<b>1:10:22</b>																	
04:43+	17:21+	21:22+	25:58+	28:01+	30:58+	34:23+	36:42+	38:11+	39:56+	41:32+	45:46+	49:11+	57:55+	59:50+	61:23+	64:50+	66:19+	68:53+	70:10+	70:22+
04:43+	12:38+	04:01+	04:36+	02:03+	02:57+	03:25+	02:19+	01:29+	01:45+	01:36+	04:14+	03:25+	08:44+	01:55+	01:33+	03:27+	01:29+	02:34+	01:17+	00:12+
04:43+	12:38+	04:01+	04:36+	02:03+	02:57+	03:25+	02:19+	01:29+	01:45+	01:36+	04:14+	03:25+	08:44+	01:55+	01:33+	03:27+	01:29+	02:34+	01:17+	00:12+

<b>36</b>	<b>Jørgen Østergaard</b>	<b>5</b>	<b>1:13:22</b>																	
04:13+	14:17+	18:20+	22:42+	28:06+	31:01+	34:38+	36:57+	38:56+	44:21+	46:09+	50:48+	53:20+	58:30+	60:47+	62:53+	65:10+	68:18+	71:38+	73:08+	73:22+
04:13+	10:04+	04:03+	04:22+	05:24+	02:55+	03:37+	02:19+	01:59+	05:25+	01:48+	04:39+	02:32+	05:10+	02:17+	02:06+	02:17+	03:08+	03:20+	01:30+	00:14+
04:13+	10:04+	04:03+	04:22+	05:24+	02:55+	03:37+	02:19+	01:59+	05:25+	01:48+	04:39+	02:32+	05:10+	02:17+	02:06+	02:17+	03:08+	03:20+	01:30+	00:14+

<b>37</b>	<b>Carl Henrik Pedersen</b>	<b>5</b>	<b>1:13:47</b>																	
04:45+	14:13+	18:15+	22:32+	24:26+	27:22+	31:20+	33:43+	35:19+	38:07+	40:06+	45:35+	49:07+	56:12+	59:15+	60:46+	62:36+	63:49+	72:01+	73:32+	73:47+
04:45+	09:28+	04:02+	04:17+	01:54+	02:56+	03:58+	02:23+	01:36+	02:48+	01:59+	05:29+	03:32+	07:05+	03:03+	01:31+	01:50+	01:13+	08:12+	01:31+	00:15+
04:45+	09:28+	04:02+	04:17+	01:54+	02:56+	03:58+	02:23+	01:36+	02:48+	01:59+	05:29+	03:32+	07:05+	03:03+	01:31+	01:50+	01:13+	08:12+	01:31+	00:15+

<b>38</b>	<b>Sune Skousen</b>	<b>9</b>	<b>1:19:05</b>																	
07:20+	18:25+	22:34+	26:45+	29:02+	32:22+	37:09+	39:26+	41:08+	43:47+	48:03+	53:37+	56:40+	63:46+	65:43+	67:19+	69:18+	73:33+	77:21+	78:52+	79:05+
07:20+	11:05+	04:09+	04:11+	02:17+	03:20+	04:47+	02:17+	01:42+	02:39+	04:16+	05:34+	03:03+	07:06+	01:57+	01:36+	01:59+	04:15+	03:48+	01:31+	00:13+
07:20+	11:05+	04:09+	04:11+	02:17+	03:20+	04:47+	02:17+	01:42+	02:39+	04:16+	05:34+	03:03+	07:06+	01:57+	01:36+	01:59+	04:15+	03:48+	01:31+	00:13+

### Beste stræktid for klassen

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

### H45B

<b>1</b>	<b>Christian Biering</b>	<b>14</b>	<b>43:30</b>																	
01:38=	10:29=	13:10=	14:57=	17:19=	19:23=	21:25=	23:10=	25:07=	26:53=	30:50=	36:08=	37:40=	38:36=	41:05=	41:56=	43:18=	43:30=			
01:38=	08:51=	02:41=	01:47=	02:22=	02:04=	02:02=	01:45=	01:57=	01:46=	03:57=	05:18=	01:32=	00:56=	02:29=	00:51=	01:22=	00:12=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

<b>2</b>	<b>Christian Bøje</b>	<b>4</b>	<b>45:24</b>																	
01:42+	06:30-	11:06-	13:55-	15:20-	17:51-	20:00-	21:49-	23:26-	25:18-	27:36-	31:06-	37:08-	39:06+	40:05-	42:34+	43:49+	45:12+	45:24+		
01:42+	04:48-	04:36+	02:49+	01:25-	02:31+	02:09+	01:49+	01:37-	01:52+	02:18-	03:30-	06:02+	01:58+	00:59-	02:29+	01:15-	01:23+	00:12+		
00:04+	04:03-	01:55&	01:02&	00:57-	00:27#	00:07+	00:04+	00:20-	00:06+	01:39-	01:48-	04:30@	01:02@	01:30-	01:38@	00:07-	01:11@	00:12+		

Class	Navn	Klasse																Tid	
<b>H45B</b>																			
<b>3</b>	<b>Thomas Hornbæk</b>	<b>Ok Pan</b>																<b>47:28</b>	
	01:29-	05:55-	11:30-	14:54-	16:18-	18:56-	21:06-	22:59-	24:39-	26:35-	28:29-	31:59-	39:30+	40:59+	42:31+	45:15+	46:03+	47:19+	47:28+
	01:29-	04:26-	05:35+	03:24+	01:24-	02:38+	02:10+	01:53+	01:40-	01:56+	01:54-	03:30-	07:31+	01:29+	01:32-	02:44+	00:48-	01:16+	00:09+
	00:09-	04:25-	02:54@	01:37&	00:58-	00:34&	00:08+	00:08+	00:17-	00:10+	02:03-	01:48-	05:59@	00:33&	00:57-	01:53@	00:34-	01:04@	00:09+
<b>4</b>	<b>Mogens Tornby Stender</b>	<b>13</b>																<b>48:39</b>	
	01:56+	07:30+	12:02+	14:56+	16:51+	19:27+	22:07+	24:21+	26:25+	28:34+	30:38+	34:04+	39:55+	41:50+	43:37+	46:09+	47:18+	48:27+	48:39+
	01:56+	05:34+	04:32+	02:54+	01:55+	02:36+	02:40+	02:14+	02:04+	02:09+	02:04+	03:26+	05:51+	01:55+	01:47+	02:32+	01:09+	01:09+	00:12+
	01:56+	05:34+	04:32+	02:54+	01:55+	02:36+	02:40+	02:14+	02:04+	02:09+	02:04+	03:26+	05:51+	01:55+	01:47+	02:32+	01:09+	01:09+	00:12+
<b>5</b>	<b>Zijad Cosic</b>	<b>18</b>																<b>50:52</b>	
	01:31+	06:15+	11:28+	14:05+	15:32+	18:09+	20:03+	27:35+	30:32+	32:22+	34:06+	37:49+	42:54+	44:45+	45:49+	48:19+	49:17+	50:41+	50:52+
	01:31+	04:44+	05:13+	02:37+	01:27+	02:37+	01:54+	07:32+	02:57+	01:50+	01:44+	03:43+	05:05+	01:51+	01:04+	02:30+	00:58+	01:24+	00:11+
	01:31+	04:44+	05:13+	02:37+	01:27+	02:37+	01:54+	07:32+	02:57+	01:50+	01:44+	03:43+	05:05+	01:51+	01:04+	02:30+	00:58+	01:24+	00:11+
<b>6</b>	<b>Mogens Henriksen</b>	<b>14</b>																<b>52:11</b>	
	01:58+	07:14+	17:10+	20:09+	21:55+	24:25+	26:32+	28:30+	30:20+	32:27+	34:35+	38:59+	44:33+	46:20+	47:16+	49:52+	50:38+	51:56+	52:11+
	01:58+	05:16+	09:56+	02:59+	01:46+	02:30+	02:07+	01:58+	01:50+	02:07+	02:08+	04:24+	05:34+	01:47+	00:56+	02:36+	00:46+	01:18+	00:15+
	01:58+	05:16+	09:56+	02:59+	01:46+	02:30+	02:07+	01:58+	01:50+	02:07+	02:08+	04:24+	05:34+	01:47+	00:56+	02:36+	00:46+	01:18+	00:15+
<b>7</b>	<b>Thomas Nielsen</b>	<b>14</b>																<b>52:44</b>	
	01:43+	05:58+	10:24+	14:37+	16:24+	18:54+	20:46+	22:38+	24:03+	25:53+	27:47+	30:53+	43:44+	46:24+	47:09+	50:22+	51:27+	52:33+	52:44+
	01:43+	04:15+	04:26+	04:13+	01:47+	02:30+	01:52+	01:52+	01:25+	01:50+	01:54+	03:06+	12:51+	02:40+	00:45+	03:13+	01:05+	01:06+	00:11+
	01:43+	04:15+	04:26+	04:13+	01:47+	02:30+	01:52+	01:52+	01:25+	01:50+	01:54+	03:06+	12:51+	02:40+	00:45+	03:13+	01:05+	01:06+	00:11+
<b>8</b>	<b>Henrik Dagsberg</b>	<b>Ok Pan</b>																<b>53:15</b>	
	01:33+	06:35+	12:36+	16:06+	17:53+	20:15+	22:17+	24:22+	26:18+	28:37+	31:04+	35:11+	42:55+	44:52+	46:11+	50:23+	51:16+	53:00+	53:15+
	01:33+	05:02+	06:01+	03:30+	01:47+	02:22+	02:02+	02:05+	01:56+	02:19+	02:27+	04:07+	07:44+	01:57+	01:19+	04:12+	00:53+	01:44+	00:15+
	01:33+	05:02+	06:01+	03:30+	01:47+	02:22+	02:02+	02:05+	01:56+	02:19+	02:27+	04:07+	07:44+	01:57+	01:19+	04:12+	00:53+	01:44+	00:15+
<b>9</b>	<b>Lars Nielsen</b>	<b>4</b>																<b>53:16</b>	
	02:11+	07:25+	11:47+	14:38+	16:21+	18:24+	20:36+	30:21+	32:04+	33:53+	35:58+	39:34+	44:28+	47:02+	48:02+	50:50+	51:43+	53:05+	53:16+
	02:11+	05:14+	04:22+	02:51+	01:43+	02:03+	02:12+	09:45+	01:49+	01:49+	02:05+	03:36+	04:54+	02:34+	01:00+	02:48+	00:53+	01:22+	00:11+
	02:11+	05:14+	04:22+	02:51+	01:43+	02:03+	02:12+	09:45+	01:43+	01:49+	02:05+	03:36+	04:54+	02:34+	01:00+	02:48+	00:53+	01:22+	00:11+
<b>10</b>	<b>Jesper N Knudsen</b>	<b>3</b>																<b>54:12</b>	
	01:59+	07:31+	13:24+	16:48+	20:03+	22:29+	25:13+	27:23+	29:26+	32:12+	34:52+	38:53+	44:21+	46:55+	47:59+	51:19+	52:27+	54:00+	54:12+
	01:59+	05:32+	05:53+	03:24+	03:15+	02:26+	02:44+	02:10+	02:03+	02:46+	02:40+	04:01+	05:28+	02:34+	01:04+	03:20+	01:08+	01:33+	00:12+
	01:59+	05:32+	05:53+	03:24+	03:15+	02:26+	02:44+	02:10+	02:03+	02:46+	02:40+	04:01+	05:28+	02:34+	01:04+	03:20+	01:08+	01:33+	00:12+
<b>11</b>	<b>Vagn Pedersen</b>	<b>19</b>																<b>55:50</b>	
	02:21+	06:24+	09:41+	12:58+	19:40+	22:14+	29:29+	52:06+	53:27+	55:32+	55:50+								
	02:21+	04:03+	03:17+	03:17+	06:42+	02:34+	07:15+	22:37+	01:21+	02:05+	00:18+								
	02:21+	04:03+	03:17+	03:17+	06:42+	02:34+	07:15+	22:37+	01:21+	02:05+	00:18+								
<b>12</b>	<b>Mogens FINDERUP</b>	<b>Ok Pan</b>																<b>56:37</b>	
	01:49+	06:57+	13:03+	16:08+	18:35+	21:34+	23:49+	27:38+	29:58+	32:19+	35:05+	40:02+	46:14+	49:05+	50:16+	53:15+	54:33+	56:20+	56:37+
	01:49+	05:08+	06:06+	03:05+	02:27+	02:59+	02:15+	03:49+	02:20+	02:21+	02:46+	04:57+	06:12+	02:51+	01:11+	02:59+	01:18+	01:47+	00:17+
	01:49+	05:08+	06:06+	03:05+	02:27+	02:59+	02:15+	03:49+	02:20+	02:21+	02:46+	04:57+	06:12+	02:51+	01:11+	02:59+	01:18+	01:47+	00:17+
<b>13</b>	<b>Keld Østergaard</b>	<b>5</b>																<b>57:43</b>	
	01:59+	09:41+	15:32+	19:29+	21:15+	23:50+	26:24+	28:40+	30:44+	33:11+	35:26+	40:11+	47:57+	49:54+	52:21+	55:06+	56:04+	57:43+	
	01:59+	07:42+	05:51+	03:57+	01:46+	02:35+	02:34+	02:16+	02:04+	02:27+	02:15+	04:45+	07:46+	01:57+	02:27+	02:45+	00:58+	01:39+	
	01:59+	07:42+	05:51+	03:57+	01:46+	02:35+	02:34+	02:16+	02:04+	02:27+	02:15+	04:45+	07:46+	01:57+	02:27+	02:45+	00:58+	01:39+	
<b>14</b>	<b>Jens Buhl Christensen</b>	<b>17</b>																<b>58:15</b>	
	02:05+	07:39+	13:17+	17:09+	18:59+	21:51+	24:18+	31:52+	34:08+	36:21+	38:58+	42:50+	48:25+	51:09+	52:24+	55:07+	56:24+	58:00+	58:15+
	02:05+	05:34+	05:38+	03:52+	01:50+	02:52+	02:27+	07:34+	02:16+	02:13+	02:37+	03:52+	05:35+	02:44+	01:15+	02:43+	01:17+	01:36+	00:15+
	02:05+	05:34+	05:38+	03:52+	01:50+	02:52+	02:27+	07:34+	02:16+	02:13+	02:37+	03:52+	05:35+	02:44+	01:15+	02:43+	01:17+	01:36+	00:15+

### H45B

<b>15</b>	<b>Finn Rosenqvist</b>	<b>18</b>	<b>1:00:08</b>															
01:33+	07:06+	12:03+	15:33+	17:06+	19:45+	24:35+	26:25+	28:29+	31:20+	33:47+	37:40+	44:16+	47:16+	55:17+	57:41+	58:30+	59:57+	60:08+
01:33+	05:33+	04:57+	03:30+	01:33+	02:39+	04:50+	01:50+	02:04+	02:51+	02:27+	03:53+	06:36+	03:00+	08:01+	02:24+	00:49+	01:27+	00:11+
01:33+	05:33+	04:57+	03:30+	01:33+	02:39+	04:50+	01:50+	02:04+	02:51+	02:27+	03:53+	06:36+	03:00+	08:01+	02:24+	00:49+	01:27+	00:11+
<b>16</b>	<b>Karsten Knudsen</b>	<b>4</b>	<b>1:01:16</b>															
02:10+	07:49+	16:39+	19:54+	22:02+	24:35+	28:28+	30:47+	32:48+	35:03+	37:17+	41:39+	49:34+	53:31+	54:51+	58:17+	59:25+	61:01+	61:16+
02:10+	05:39+	08:50+	03:15+	02:08+	02:33+	03:53+	02:19+	02:01+	02:15+	02:14+	04:22+	07:55+	03:57+	01:20+	03:26+	01:08+	01:36+	00:15+
02:10+	05:39+	08:50+	03:15+	02:08+	02:33+	03:53+	02:19+	02:01+	02:15+	02:14+	04:22+	07:55+	03:57+	01:20+	03:26+	01:08+	01:36+	00:15+
<b>17</b>	<b>Svend Erik Skovsgaard</b>	<b>17</b>	<b>1:04:59</b>															
02:14+	08:46+	15:32+	19:44+	22:25+	26:17+	29:34+	32:39+	35:09+	38:07+	41:00+	46:06+	53:51+	56:32+	57:51+	61:23+	62:48+	64:45+	64:59+
02:14+	06:32+	06:46+	04:12+	02:41+	03:52+	03:17+	03:05+	02:30+	02:58+	02:53+	05:06+	07:45+	02:41+	01:19+	03:32+	01:25+	01:57+	00:14+
02:14+	06:32+	06:46+	04:12+	02:41+	03:52+	03:17+	03:05+	02:30+	02:58+	02:53+	05:06+	07:45+	02:41+	01:19+	03:32+	01:25+	01:57+	00:14+
<b>18</b>	<b>Lars Wulff Sørensen</b>	<b>4</b>	<b>1:06:43</b>															
02:27+	08:53+	15:56+	19:58+	22:25+	25:30+	28:29+	31:16+	34:11+	37:26+	40:55+	46:58+	54:17+	56:48+	58:27+	62:28+	64:23+	66:27+	66:43+
02:27+	06:26+	07:03+	04:02+	02:27+	03:05+	02:59+	02:47+	02:55+	03:15+	03:29+	06:03+	07:19+	02:31+	01:39+	04:01+	01:55+	02:04+	00:16+
02:27+	06:26+	07:03+	04:02+	02:27+	03:05+	02:59+	02:47+	02:55+	03:15+	03:29+	06:03+	07:19+	02:31+	01:39+	04:01+	01:55+	02:04+	00:16+
<b>19</b>	<b>Michael Lind-Frandsen</b>	<b>4</b>	<b>1:17:35</b>															
02:04+	08:03+	25:20+	29:05+	31:27+	34:25+	37:32+	40:56+	43:45+	46:57+	50:15+	56:26+	64:49+	68:23+	70:23+	74:02+	75:23+	77:20+	77:35+
02:04+	05:59+	17:17+	03:45+	02:22+	02:58+	03:07+	03:24+	02:49+	03:12+	03:18+	06:11+	08:23+	03:34+	02:00+	03:39+	01:21+	01:57+	00:15+
02:04+	05:59+	17:17+	03:45+	02:22+	02:58+	03:07+	03:24+	02:49+	03:12+	03:18+	06:11+	08:23+	03:34+	02:00+	03:39+	01:21+	01:57+	00:15+
<b>20</b>	<b>Anders Ladefoged</b>	<b>12</b>	<b>1:26:50</b>															
02:57+	16:27+	25:22+	32:14+	35:58+	40:55+	45:00+	48:11+	51:18+	54:24+	57:46+	62:38+	74:23+	77:09+	78:28+	82:25+	83:34+	86:32+	86:50+
02:57+	13:30+	08:55+	06:52+	03:44+	04:57+	04:05+	03:11+	03:07+	03:06+	03:22+	04:52+	11:45+	02:46+	01:19+	03:57+	01:09+	02:58+	00:18+
02:57+	13:30+	08:55+	06:52+	03:44+	04:57+	04:05+	03:11+	03:07+	03:06+	03:22+	04:52+	11:45+	02:46+	01:19+	03:57+	01:09+	02:58+	00:18+
<b>21</b>	<b>Michael Mogensen</b>	<b>3</b>	<b>1:28:16</b>															
02:37+	09:41+	20:32+	26:48+	29:50+	35:03+	38:32+	41:34+	44:51+	49:25+	53:22+	60:15+	69:20+	74:31+	76:18+	83:12+	85:07+	88:01+	88:16+
02:37+	07:04+	10:51+	06:16+	03:02+	05:13+	03:29+	03:02+	03:17+	04:34+	03:57+	06:53+	09:05+	05:11+	01:47+	06:54+	01:55+	02:54+	00:15+
02:37+	07:04+	10:51+	06:16+	03:02+	05:13+	03:29+	03:02+	03:17+	04:34+	03:57+	06:53+	09:05+	05:11+	01:47+	06:54+	01:55+	02:54+	00:15+
<b>22</b>	<b>Hans Christiansen</b>	<b>Ok Pan</b>	<b>1:29:04</b>															
03:06+	11:19+	20:07+	25:49+	29:38+	33:41+	37:57+	42:36+	46:36+	50:42+	56:32+	63:05+	72:34+	75:39+	77:32+	83:42+	85:32+	88:44+	89:04+
03:06+	08:13+	08:48+	05:42+	03:49+	04:03+	04:16+	04:39+	04:00+	04:06+	05:50+	06:33+	09:29+	03:05+	01:53+	06:10+	01:50+	03:12+	00:20+
03:06+	08:13+	08:48+	05:42+	03:49+	04:03+	04:16+	04:39+	04:00+	04:06+	05:50+	06:33+	09:29+	03:05+	01:53+	06:10+	01:50+	03:12+	00:20+
<b>23</b>	<b>Egon Mathiasen</b>	<b>3</b>	<b>1:42:58</b>															
03:34+	13:11+	23:50+	30:04+	34:15+	39:20+	43:33+	47:29+	52:29+	56:56+	62:45+	70:12+	82:27+	86:19+	90:19+	96:49+	98:50+	102:30+	102:58+
03:34+	09:37+	10:39+	06:14+	04:11+	05:05+	04:13+	03:56+	05:00+	04:27+	05:49+	07:27+	12:15+	03:52+	04:00+	06:30+	02:01+	03:40+	00:28+
03:34+	09:37+	10:39+	06:14+	04:11+	05:05+	04:13+	03:56+	05:00+	04:27+	05:49+	07:27+	12:15+	03:52+	04:00+	06:30+	02:01+	03:40+	00:28+
<b>24</b>	<b>Johannes Poulsen</b>	<b>4</b>	<b>2:01:58</b>															
02:50+	35:05+	42:48+	48:05+	52:05+	58:40+	62:53+	67:38+	71:18+	75:33+	80:43+	87:03+	96:02+	101:41+	106:12+	115:12+	117:29+	121:32+	121:58+
02:50+	32:15+	07:43+	05:17+	04:00+	06:35+	04:13+	04:45+	03:40+	04:15+	05:10+	06:20+	08:59+	05:39+	04:31+	09:00+	02:17+	04:03+	00:26+
02:50+	32:15+	07:43+	05:17+	04:00+	06:35+	04:13+	04:45+	03:40+	04:15+	05:10+	06:20+	08:59+	05:39+	04:31+	09:00+	02:17+	04:03+	00:26+
<b>25</b>	<b>Ole Jørgensen</b>	<b>4</b>	<b>2:16:01</b>															
03:21+	16:54+	28:15+	33:51+	37:49+	53:21+	57:47+	63:54+	68:28+	72:38+	81:51+	91:06+	111:13+	116:16+	120:07+	129:26+	131:31+	135:33+	136:01+
03:21+	13:33+	11:21+	05:36+	03:58+	15:32+	04:26+	06:07+	04:34+	04:10+	09:13+	09:15+	20:07+	05:03+	03:51+	09:19+	02:05+	04:02+	00:28+
03:21+	13:33+	11:21+	05:36+	03:58+	15:32+	04:26+	06:07+	04:34+	04:10+	09:13+	09:15+	20:07+	05:03+	03:51+	09:19+	02:05+	04:02+	00:28+

### Beste stræktid for klassen

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

### H50

<b>1</b>	<b>Jørgen Schnack</b>	<b>18</b>	<b>40:04</b>														
03:17=	04:33=	10:21=	13:10=	15:41=	16:58=	19:13=	21:58=	23:16=	27:41=	31:44=	33:42=	34:17=	35:53=	37:56=	38:39=	39:51=	40:04=
03:17=	01:16=	05:48=	02:49=	02:31=	01:17=	02:15=	02:45=	01:18=	04:25=	04:03=	01:58=	00:35=	01:36=	02:03=	00:43=	01:12=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Peter Knudsen</b>	<b>9</b>	<b>40:43</b>														
03:30+	04:34+	10:40+	13:32+	16:40+	18:10+	20:29+	22:09+	23:53+	28:14+	32:22+	34:17+	35:01+	36:32+	38:33+	39:22+	40:32+	40:43+
03:30+	01:04-	06:06+	02:52+	03:08+	01:30+	02:19+	01:40-	01:44+	04:21-	04:08+	01:55-	00:44+	01:31-	02:01-	00:49+	01:10-	00:11-
00:13+	00:12-	00:18+	00:03+	00:37#	00:13#	00:04+	01:05-	00:26&	00:04-	00:05+	00:03-	00:09&	00:05-	00:02-	00:06#	00:02-	00:02-
<b>3</b>	<b>Henrik Henriksen</b>	<b>4</b>	<b>41:15</b>														
03:23+	04:25-	10:32+	13:25+	16:33+	17:55+	20:24+	21:58=	23:21+	27:40-	32:17+	34:39+	35:11+	36:48+	39:01+	39:45+	41:01+	41:15+
03:23+	01:02-	06:07+	02:53+	03:08+	01:22+	02:29+	01:34-	01:23+	04:19-	04:37+	02:22+	00:32-	01:37+	02:13+	00:44+	01:16+	00:14+
00:06+	00:14-	00:19+	00:04+	00:37#	00:05+	00:14#	01:11-	00:05+	00:06-	00:34#	00:24#	00:03-	00:01+	00:10+	00:01+	00:04+	00:01+
<b>4</b>	<b>Morten Kjær</b>	<b>14</b>	<b>41:23</b>														
03:33+	04:50+	10:45+	13:39+	16:51+	18:17+	20:51+	22:33+	23:42+	28:02+	32:31+	34:52+	35:27+	37:05+	38:57+	39:40+	41:11+	41:23+
03:33+	01:17+	05:55+	02:54+	03:12+	01:26+	02:34+	01:42-	01:09-	04:20-	04:29+	02:21+	00:35=	01:38+	01:52-	00:43=	01:31+	00:12-
00:16+	00:01+	00:07+	00:05+	00:41&	00:09#	00:19#	01:03-	00:09-	00:05-	00:26#	00:23#	00:00=	00:02+	00:11-	00:00=	00:19&	00:01-
<b>5</b>	<b>Allan Hougaard</b>	<b>19</b>	<b>42:10</b>														
04:55+	06:10+	12:15+	15:12+	17:42+	18:59+	21:14+	24:13+	25:21+	29:56+	33:53+	35:51+	36:22+	37:55+	40:02+	40:41+	41:58+	42:10+
04:55+	01:15-	06:05+	02:57+	02:30-	01:17=	02:15=	02:59+	01:08-	04:35+	03:57-	01:58=	00:31-	01:33-	02:07+	00:39-	01:17+	00:12-
01:38&	00:01-	00:17+	00:08+	00:01-	00:00=	00:00=	00:14+	00:10-	00:10+	00:06-	00:00=	00:04-	00:03-	00:04+	00:04-	00:05+	00:01-
<b>6</b>	<b>Tommy Damsgaard</b>	<b>17</b>	<b>42:36</b>														
03:20+	04:33=	11:21+	14:34+	17:32+	19:01+	21:42+	23:26+	24:44+	29:12+	33:39+	35:47+	36:24+	38:12+	40:20+	41:07+	42:24+	42:36+
03:20+	01:13-	06:48+	03:13+	02:58+	01:29+	02:41+	01:44-	01:18=	04:28+	04:27+	02:08+	00:37+	01:48+	02:08+	00:47+	01:17+	00:12-
00:03+	00:03-	01:00#	00:24#	00:27#	00:12#	00:26#	01:01-	00:00=	00:03+	00:24+	00:10+	00:02+	00:12#	00:05+	00:04+	00:05+	00:01-
<b>7</b>	<b>Jan Thomsen</b>	<b>Ok Pan</b>	<b>43:08</b>														
03:14-	04:25-	11:21+	14:28+	17:37+	19:08+	21:59+	23:43+	25:02+	29:43+	34:23+	36:40+	37:18+	38:56+	41:01+	41:42+	42:56+	43:08+
03:14-	01:11-	06:56+	03:07+	03:09+	01:31+	02:51+	01:44-	01:19+	04:41+	04:40+	02:17+	00:38+	01:38+	02:05+	00:41-	01:14+	00:12-
00:03-	00:05-	01:08#	00:18#	00:38&	00:14#	00:36&	01:01-	00:01+	00:16+	00:37#	00:19#	00:03+	00:02+	00:02+	00:02-	00:02+	00:01-
<b>8</b>	<b>Carsten Thyssen</b>	<b>4</b>	<b>43:23</b>														
05:04+	06:21+	12:31+	15:29+	18:31+	19:54+	22:22+	24:00+	25:17+	29:39+	34:14+	36:36+	37:18+	38:58+	41:04+	41:49+	43:09+	43:23+
05:04+	01:17+	06:10+	02:58+	03:02+	01:23+	02:28+	01:38-	01:17-	04:22-	04:35+	02:22+	00:42+	01:40+	02:06+	00:45+	01:20+	00:14+
01:47&	00:01+	00:22+	00:09+	00:31#	00:06+	00:13+	01:07-	00:01-	00:03-	00:32#	00:24#	00:07#	00:04+	00:03+	00:02+	00:08#	00:01+
<b>9</b>	<b>Kell Sønnichsen</b>	<b>Ok Pan</b>	<b>44:23</b>														
03:14-	04:23-	11:01+	14:17+	17:57+	19:20+	21:51+	23:32+	29:33+	34:12+	36:18+	36:52+	39:25+	42:06+	42:56+	44:12+	44:23+	
03:14-	01:09-	06:38+	03:16+	03:40+	01:23+	02:31+	01:41-	06:01+	04:39+	02:06-	00:34-	02:33+	02:41+	00:50-	01:16+	00:11-	
00:03-	00:07-	00:50#	00:27#	01:09&	00:06+	00:16#	01:04-	04:43@	00:14+	01:57-	01:24-	01:58@	01:05&	01:13-	00:33&	01:01-	
<b>10</b>	<b>Per Mønster Jørgensen</b>	<b>4</b>	<b>45:43</b>														
03:14-	04:27-	11:02+	14:33+	17:17+	19:17+	22:07+	23:52+	25:54+	30:39+	35:27+	37:46+	38:26+	40:46+	43:02+	44:06+	45:30+	45:43+
03:14-	01:13-	06:35+	03:31+	02:44+	02:00+	02:50+	01:45-	02:02+	04:45+	04:48+	02:19+	00:40+	02:20+	02:16+	01:04+	01:24+	00:13=
00:03-	00:03-	00:47#	00:42#	00:13+	00:43&	00:35&	01:00-	00:44&	00:20+	00:45#	00:21#	00:05#	00:44&	00:13#	00:21&	00:12#	00:00=
<b>11</b>	<b>Jonas Persson</b>	<b>14</b>	<b>46:19</b>														
03:33+	04:43+	11:55+	16:41+	20:09+	21:39+	24:37+	26:28+	32:25+	37:07+	39:38+	40:18+	41:57+	44:03+	44:52+	46:07+	46:19+	
03:33+	01:10-	07:12+	04:46+	03:28+	01:30+	02:58+	01:51-	05:57+	04:42+	02:31-	00:40-	01:39+	02:06+	00:49-	01:15+	00:12-	
00:16+	00:06-	01:24#	01:57&	00:57&	00:13#	00:43&	00:54-	04:39@	00:17+	01:32-	01:18-	01:04@	00:30&	01:14-	00:32&	01:00-	
<b>12</b>	<b>Kent Lodberg</b>	<b>Ok Pan</b>	<b>46:21</b>														
03:30+	04:48+	11:52+	15:14+	18:28+	20:49+	23:37+	25:26+	26:52+	31:39+	36:20+	38:36+	39:23+	41:22+	43:45+	44:47+	46:11+	46:21+
03:30+	01:18+	07:04+	03:22+	03:14+	02:21+	02:48+	01:49-	01:26+	04:47+	04:41+	02:16+	00:47+	01:59+	02:23+	01:02+	01:24+	00:10-
00:13+	00:02+	01:16#	00:33#	00:43&	01:04&	00:33#	00:56-	00:08#	00:22+	00:38#	00:18#	00:12&	00:23#	00:20#	00:19&	00:12#	00:03-

Class	Navn	Klasse														Tid	
<b>H50</b>																	
<b>13</b>	<b>Søren Flytkjær</b>	<b>18</b>														<b>46:27</b>	
03:30+	04:46+	11:53+	15:21+	18:21+	19:56+	22:54+	24:48+	26:20+	31:35+	36:33+	39:16+	40:10+	41:51+	44:07+	44:53+	46:16+	46:27+
03:30+	01:16+	07:07+	03:28+	03:00+	01:35+	02:58+	01:54-	01:32+	05:15+	04:58+	02:43+	00:54+	01:41+	02:16+	00:46+	01:23+	00:11-
00:13+	00:00=	01:19#	00:39#	00:29#	00:18#	00:43&	00:51-	00:14#	00:50#	00:55#	00:45&	00:19&	00:05+	00:13#	00:03+	00:11#	00:02-
<b>14</b>	<b>Kristian Edsen</b>	<b>6</b>														<b>47:21</b>	
03:24+	05:02+	12:24+	15:50+	19:14+	20:46+	23:35+	25:28+	32:02+	37:19+	39:53+	40:43+	42:32+	44:50+	45:47+	47:11+	47:21+	
03:24+	01:38+	07:22+	03:26+	03:24+	01:32+	02:49+	01:53+	06:34+	05:17+	02:34+	00:50+	01:49+	02:18+	00:57+	01:24+	00:10+	
03:24+	01:38+	07:22+	03:26+	03:24+	01:32+	02:49+	01:53+	06:34+	05:17+	02:34+	00:50+	01:49+	02:18+	00:57+	01:24+	00:10+	
<b>15</b>	<b>Bo L. Andersen</b>	<b>18</b>														<b>48:07</b>	
03:15+	04:26+	11:38+	15:03+	18:55+	20:24+	23:03+	25:04+	32:27+	37:17+	39:36+	40:17+	43:02+	45:30+	46:30+	47:55+	48:07+	
03:15+	01:11+	07:12+	03:25+	03:52+	01:29+	02:39+	02:01+	07:23+	04:50+	02:19+	00:41+	02:45+	02:28+	01:00+	01:25+	00:12+	
03:15+	01:11+	07:12+	03:25+	03:52+	01:29+	02:39+	02:01+	07:23+	04:50+	02:19+	00:41+	02:45+	02:28+	01:00+	01:25+	00:12+	
<b>16</b>	<b>Steffen Alm</b>	<b>6</b>														<b>48:52</b>	
03:10+	04:48+	11:28+	15:45+	18:47+	20:15+	23:23+	25:17+	26:53+	31:40+	36:35+	39:38+	40:29+	43:19+	45:47+	47:12+	48:39+	48:52+
03:10+	01:38+	06:40+	04:17+	03:02+	01:28+	03:08+	01:54+	01:36+	04:47+	04:55+	03:03+	00:51+	02:50+	02:28+	01:25+	01:27+	00:13+
03:10+	01:38+	06:40+	04:17+	03:02+	01:28+	03:08+	01:54+	01:36+	04:47+	04:55+	03:03+	00:51+	02:50+	02:28+	01:25+	01:27+	00:13+
<b>18</b>	<b>Kim Gottlieb</b>	<b>3</b>														<b>49:13</b>	
03:48+	05:05+	12:40+	16:35+	19:35+	21:12+	24:10+	26:09+	27:41+	33:26+	38:40+	41:25+	42:11+	44:16+	46:49+	47:36+	49:01+	49:13+
03:48+	01:17+	07:35+	03:55+	03:00+	01:37+	02:58+	01:59+	01:32+	05:45+	05:14+	02:45+	00:46+	02:05+	02:33+	00:47+	01:25+	00:12+
03:48+	01:17+	07:35+	03:55+	03:00+	01:37+	02:58+	01:59+	01:32+	05:45+	05:14+	02:45+	00:46+	02:05+	02:33+	00:47+	01:25+	00:12+
<b>19</b>	<b>Walther Rahbek</b>	<b>13</b>														<b>49:14</b>	
03:42+	05:11+	12:32+	16:28+	19:48+	21:13+	24:12+	26:11+	27:44+	32:47+	38:06+	40:41+	41:31+	43:31+	46:28+	47:27+	49:02+	49:14+
03:42+	01:29+	07:21+	03:56+	03:20+	01:25+	02:59+	01:59+	01:33+	05:03+	05:19+	02:35+	00:50+	02:00+	02:57+	00:59+	01:35+	00:12+
03:42+	01:29+	07:21+	03:56+	03:20+	01:25+	02:59+	01:59+	01:33+	05:03+	05:19+	02:35+	00:50+	02:00+	02:57+	00:59+	01:35+	00:12+
<b>20</b>	<b>Kim B. Schmidt</b>	<b>3</b>														<b>49:35</b>	
04:03+	05:17+	12:54+	16:52+	20:18+	21:51+	24:57+	26:57+	28:37+	34:14+	39:23+	41:40+	42:20+	44:40+	47:13+	48:04+	49:24+	49:35+
04:03+	01:14+	07:37+	03:58+	03:26+	01:33+	03:06+	02:00+	01:40+	05:37+	05:09+	02:17+	00:40+	02:20+	02:33+	00:51+	01:20+	00:11+
04:03+	01:14+	07:37+	03:58+	03:26+	01:33+	03:06+	02:00+	01:40+	05:37+	05:09+	02:17+	00:40+	02:20+	02:33+	00:51+	01:20+	00:11+
<b>21</b>	<b>Frank Dabelstein</b>	<b>19</b>														<b>49:55</b>	
03:47+	05:09+	12:30+	16:06+	19:38+	21:21+	24:35+	26:36+	33:23+	38:24+	40:38+	41:17+	44:32+	47:05+	47:58+	49:43+	49:55+	
03:47+	01:22+	07:21+	03:36+	03:32+	01:43+	03:14+	02:01+	06:47+	05:01+	02:14+	00:39+	03:15+	02:33+	00:53+	01:45+	00:12+	
03:47+	01:22+	07:21+	03:36+	03:32+	01:43+	03:14+	02:01+	06:47+	05:01+	02:14+	00:39+	03:15+	02:33+	00:53+	01:45+	00:12+	
<b>22</b>	<b>Torben Kragh</b>	<b>Ok Pan</b>														<b>50:35</b>	
05:06+	06:19+	13:42+	17:21+	21:02+	22:38+	25:54+	28:02+	30:06+	34:58+	40:20+	43:40+	44:20+	46:08+	48:11+	48:59+	50:23+	50:35+
05:06+	01:13+	07:23+	03:39+	03:41+	01:36+	03:16+	02:08+	02:04+	04:52+	05:22+	03:20+	00:40+	01:48+	02:03+	00:48+	01:24+	00:12+
05:06+	01:13+	07:23+	03:39+	03:41+	01:36+	03:16+	02:08+	02:04+	04:52+	05:22+	03:20+	00:40+	01:48+	02:03+	00:48+	01:24+	00:12+
<b>23</b>	<b>Thomas Sørensen</b>	<b>9</b>														<b>51:11</b>	
04:58+	06:19+	14:32+	18:01+	21:22+	23:03+	26:00+	28:06+	29:46+	35:31+	40:55+	43:32+	44:06+	46:19+	48:43+	49:33+	50:58+	51:11+
04:58+	01:21+	08:13+	03:29+	03:21+	01:41+	02:57+	02:06+	01:40+	05:45+	05:24+	02:37+	00:34+	02:13+	02:24+	00:50+	01:25+	00:13+
04:58+	01:21+	08:13+	03:29+	03:21+	01:41+	02:57+	02:06+	01:40+	05:45+	05:24+	02:37+	00:34+	02:13+	02:24+	00:50+	01:25+	00:13+
<b>24</b>	<b>Sten Egholm Jørgensen</b>	<b>9</b>														<b>51:21</b>	
05:48+	07:06+	13:49+	17:33+	21:35+	24:01+	26:38+	28:23+	30:05+	34:31+	39:52+	43:01+	43:58+	46:18+	48:39+	49:47+	51:05+	51:21+
05:48+	01:18+	06:43+	03:44+	04:02+	02:26+	02:37+	01:45+	01:42+	04:26+	05:21+	03:09+	00:57+	02:20+	02:21+	01:08+	01:18+	00:16+
05:48+	01:18+	06:43+	03:44+	04:02+	02:26+	02:37+	01:45+	01:42+	04:26+	05:21+	03:09+	00:57+	02:20+	02:21+	01:08+	01:18+	00:16+
<b>25</b>	<b>Terkel Knudsen</b>	<b>9</b>														<b>52:08</b>	
04:04+	05:38+	14:12+	18:21+	22:36+	24:21+	27:37+	29:52+	37:08+	42:43+	45:08+	45:51+	47:45+	49:46+	50:39+	51:54+	52:08+	
04:04+	01:34+	08:34+	04:09+	04:15+	01:45+	03:16+	02:15+	07:16+	05:35+	02:25+	00:43+	01:54+	02:01+	00:53+	01:15+	00:14+	
04:04+	01:34+	08:34+	04:09+	04:15+	01:45+	03:16+	02:15+	07:16+	05:35+	02:25+	00:43+	01:54+	02:01+	00:53+	01:15+	00:14+	

## H50

<b>26</b>	<b>Kent Uhre Knudsen</b>	<b>14</b>	<b>53:13</b>														
03:31+	05:14+	12:47+	16:17+	19:39+	21:13+	24:09+	26:01+	27:49+	32:56+	38:21+	42:18+	43:02+	46:53+	49:52+	51:26+	53:01+	53:13+
03:31+	01:43+	07:33+	03:30+	03:22+	01:34+	02:56+	01:52+	01:48+	05:07+	05:25+	03:57+	00:44+	03:51+	02:59+	01:34+	01:35+	00:12+
03:31+	01:43+	07:33+	03:30+	03:22+	01:34+	02:56+	01:52+	01:48+	05:07+	05:25+	03:57+	00:44+	03:51+	02:59+	01:34+	01:35+	00:12+

<b>27</b>	<b>Kjeld Arildsen</b>	<b>11</b>	<b>54:29</b>														
03:56+	05:17+	13:28+	17:39+	21:13+	23:16+	26:33+	28:39+	30:40+	36:34+	41:58+	44:46+	45:28+	47:47+	51:03+	51:55+	54:00+	54:29+
03:56+	01:21+	08:11+	04:11+	03:34+	02:03+	03:17+	02:06+	02:01+	05:54+	05:24+	02:48+	00:42+	02:19+	03:16+	00:52+	02:05+	00:29+
03:56+	01:21+	08:11+	04:11+	03:34+	02:03+	03:17+	02:06+	02:01+	05:54+	05:24+	02:48+	00:42+	02:19+	03:16+	00:52+	02:05+	00:29+

<b>28</b>	<b>Jan Hauerslev</b>	<b>Ok Pan</b>	<b>54:54</b>													
04:05+	05:25+	13:57+	18:12+	21:49+	23:22+	26:27+	29:14+	36:23+	42:43+	46:29+	47:15+	49:21+	51:56+	53:18+	54:42+	54:54+
04:05+	01:20+	08:32+	04:15+	03:37+	01:33+	03:05+	02:47+	07:09+	06:20+	03:46+	00:46+	02:06+	02:35+	01:22+	01:24+	00:12+
04:05+	01:20+	08:32+	04:15+	03:37+	01:33+	03:05+	02:47+	07:09+	06:20+	03:46+	00:46+	02:06+	02:35+	01:22+	01:24+	00:12+

<b>29</b>	<b>Ulrik Johansen</b>	<b>Ok Pan</b>	<b>55:59</b>														
03:43+	05:15+	13:43+	18:17+	22:03+	24:13+	28:14+	30:27+	32:19+	38:33+	44:34+	47:17+	48:00+	50:05+	53:18+	54:12+	55:45+	55:59+
03:43+	01:32+	08:28+	04:34+	03:46+	02:10+	04:01+	02:13+	01:52+	06:14+	06:01+	02:43+	00:43+	02:05+	03:13+	00:54+	01:33+	00:14+
03:43+	01:32+	08:28+	04:34+	03:46+	02:10+	04:01+	02:13+	01:52+	06:14+	06:01+	02:43+	00:43+	02:05+	03:13+	00:54+	01:33+	00:14+

<b>30</b>	<b>Per Dahl Jensen</b>	<b>Ok Pan</b>	<b>56:05</b>													
07:53+	09:12+	16:55+	21:05+	25:50+	27:28+	30:25+	32:22+	39:50+	45:25+	48:19+	49:08+	51:37+	53:33+	54:35+	55:52+	56:05+
07:53+	01:19+	07:43+	04:10+	04:45+	01:38+	02:57+	01:57+	07:28+	05:35+	02:54+	00:49+	02:29+	01:56+	01:02+	01:17+	00:13+
07:53+	01:19+	07:43+	04:10+	04:45+	01:38+	02:57+	01:57+	07:28+	05:35+	02:54+	00:49+	02:29+	01:56+	01:02+	01:17+	00:13+

<b>31</b>	<b>Klaus Wolsing</b>	<b>5</b>	<b>56:12</b>													
04:04+	05:40+	15:08+	19:33+	23:09+	25:00+	28:23+	30:44+	37:53+	43:33+	46:11+	46:56+	49:45+	53:17+	54:09+	56:02+	56:12+
04:04+	01:36+	09:28+	04:25+	03:36+	01:51+	03:23+	02:21+	07:09+	05:40+	02:38+	00:45+	02:49+	03:32+	00:52+	01:53+	00:10+
04:04+	01:36+	09:28+	04:25+	03:36+	01:51+	03:23+	02:21+	07:09+	05:40+	02:38+	00:45+	02:49+	03:32+	00:52+	01:53+	00:10+

<b>32</b>	<b>Kaj Kaspersen</b>	<b>3</b>	<b>56:31</b>														
03:56+	05:24+	17:54+	21:58+	25:29+	27:49+	30:53+	32:56+	34:32+	40:23+	45:52+	48:32+	49:13+	51:25+	53:58+	54:53+	56:20+	56:31+
03:56+	01:28+	12:30+	04:04+	03:31+	02:20+	03:04+	02:03+	01:36+	05:51+	05:29+	02:40+	00:41+	02:12+	02:33+	00:55+	01:27+	00:11+
03:56+	01:28+	12:30+	04:04+	03:31+	02:20+	03:04+	02:03+	01:36+	05:51+	05:29+	02:40+	00:41+	02:12+	02:33+	00:55+	01:27+	00:11+

<b>33</b>	<b>Thomas Lindschow</b>	<b>18</b>	<b>57:23</b>														
04:09+	05:37+	14:14+	18:19+	22:02+	23:51+	27:30+	29:43+	31:40+	38:25+	44:42+	47:35+	48:23+	51:06+	54:10+	55:16+	57:08+	57:23+
04:09+	01:28+	08:37+	04:05+	03:43+	01:49+	03:39+	02:13+	01:57+	06:45+	06:17+	02:53+	00:48+	02:43+	03:04+	01:06+	01:52+	00:15+
04:09+	01:28+	08:37+	04:05+	03:43+	01:49+	03:39+	02:13+	01:57+	06:45+	06:17+	02:53+	00:48+	02:43+	03:04+	01:06+	01:52+	00:15+

<b>34</b>	<b>Kent René Simonsen</b>	<b>17</b>	<b>58:01</b>													
03:58+	05:11+	12:21+	16:26+	26:33+	28:04+	30:44+	35:43+	43:37+	48:18+	50:30+	51:31+	53:26+	55:44+	56:29+	57:50+	58:01+
03:58+	01:13+	07:10+	04:05+	10:07+	01:31+	02:40+	04:59+	07:54+	04:41+	02:12+	01:01+	01:55+	02:18+	00:45+	01:21+	00:11+
03:58+	01:13+	07:10+	04:05+	10:07+	01:31+	02:40+	04:59+	07:54+	04:41+	02:12+	01:01+	01:55+	02:18+	00:45+	01:21+	00:11+

<b>35</b>	<b>Kim Poulsen</b>	<b>19</b>	<b>58:12</b>													
04:54+	06:04+	18:50+	22:26+	26:42+	28:15+	31:30+	33:31+	41:14+	46:34+	49:40+	50:46+	52:23+	55:12+	56:03+	57:59+	58:12+
04:54+	01:10+	12:46+	03:36+	04:16+	01:33+	03:15+	02:01+	07:43+	05:20+	03:06+	01:06+	01:37+	02:49+	00:51+	01:56+	00:13+
04:54+	01:10+	12:46+	03:36+	04:16+	01:33+	03:15+	02:01+	07:43+	05:20+	03:06+	01:06+	01:37+	02:49+	00:51+	01:56+	00:13+

<b>36</b>	<b>Frank Krog Jensen</b>	<b>4</b>	<b>1:00:15</b>														
04:05+	05:57+	16:47+	20:36+	29:19+	31:17+	34:11+	36:30+	38:13+	43:31+	49:21+	52:23+	53:12+	55:31+	57:56+	58:48+	60:01+	60:15+
04:05+	01:52+	10:50+	03:49+	08:43+	01:58+	02:54+	02:19+	01:43+	05:18+	05:50+	03:02+	00:49+	02:19+	02:25+	00:52+	01:13+	00:14+
04:05+	01:52+	10:50+	03:49+	08:43+	01:58+	02:54+	02:19+	01:43+	05:18+	05:50+	03:02+	00:49+	02:19+	02:25+	00:52+	01:13+	00:14+

<b>37</b>	<b>Henning Mindstruplund</b>	<b>4</b>	<b>1:01:19</b>														
04:42+	06:18+	15:30+	20:39+	24:30+	26:16+	29:40+	32:03+	34:13+	41:18+	47:57+	51:07+	51:56+	55:00+	57:42+	59:23+	61:06+	61:19+
04:42+	01:36+	09:12+	05:09+	03:51+	01:46+	03:24+	02:23+	02:10+	07:05+	06:39+	03:10+	00:49+	03:04+	02:42+	01:41+	01:43+	00:13+
04:42+	01:36+	09:12+	05:09+	03:51+	01:46+	03:24+	02:23+	02:10+	07:05+	06:39+	03:10+	00:49+	03:04+	02:42+	01:41+	01:43+	00:13+

### H50

<b>38</b>	<b>Jørn Mørup</b>	<b>16</b>	<b>1:03:35</b>														
04:14+	06:44+	16:19+	21:16+	25:27+	27:44+	31:25+	33:57+	43:56+	49:57+	52:49+	53:59+	57:21+	60:35+	61:31+	63:18+	63:35+	
04:14+	02:30+	09:35+	04:57+	04:11+	02:17+	03:41+	02:32+	09:59+	06:01+	02:52+	01:10+	03:22+	03:14+	00:56+	01:47+	00:17+	
04:14+	02:30+	09:35+	04:57+	04:11+	02:17+	03:41+	02:32+	09:59+	06:01+	02:52+	01:10+	03:22+	03:14+	00:56+	01:47+	00:17+	
<b>39</b>	<b>Karsten Kristiansen</b>	<b>14</b>	<b>1:04:08</b>														
05:22+	06:48+	14:22+	17:43+	21:19+	22:59+	26:11+	28:15+	46:07+	51:06+	53:55+	56:42+	59:23+	61:41+	62:28+	63:56+	64:08+	
05:22+	01:26+	07:34+	03:21+	03:36+	01:40+	03:12+	02:04+	17:52+	04:59+	02:49+	02:47+	02:41+	02:18+	00:47+	01:28+	00:12+	
05:22+	01:26+	07:34+	03:21+	03:36+	01:40+	03:12+	02:04+	17:52+	04:59+	02:49+	02:47+	02:41+	02:18+	00:47+	01:28+	00:12+	
<b>40</b>	<b>Torben Isen</b>	<b>3</b>	<b>1:06:47</b>														
05:09+	06:55+	16:42+	21:49+	25:53+	27:45+	31:51+	34:33+	36:36+	44:45+	52:13+	55:36+	56:41+	59:26+	63:47+	64:50+	66:32+	66:47+
05:09+	01:46+	09:47+	05:07+	04:04+	01:52+	04:06+	02:42+	02:03+	08:09+	07:28+	03:23+	01:05+	02:45+	04:21+	01:03+	01:42+	00:15+
05:09+	01:46+	09:47+	05:07+	04:04+	01:52+	04:06+	02:42+	02:03+	08:09+	07:28+	03:23+	01:05+	02:45+	04:21+	01:03+	01:42+	00:15+
<b>41</b>	<b>Kim Topp</b>	<b>12</b>	<b>1:12:48</b>														
04:42+	07:02+	17:31+	22:46+	28:25+	30:39+	35:42+	38:29+	41:03+	48:39+	57:08+	60:25+	61:27+	65:48+	69:26+	70:45+	72:34+	72:48+
04:42+	02:20+	10:29+	05:15+	05:39+	02:14+	05:03+	02:47+	02:34+	07:36+	08:29+	03:17+	01:02+	04:21+	03:38+	01:19+	01:49+	00:14+
04:42+	02:20+	10:29+	05:15+	05:39+	02:14+	05:03+	02:47+	02:34+	07:36+	08:29+	03:17+	01:02+	04:21+	03:38+	01:19+	01:49+	00:14+
<b>42</b>	<b>Hans Ingemann Petersen</b>	<b>11</b>	<b>1:13:37</b>														
04:47+	06:49+	17:01+	22:12+	27:46+	30:22+	37:44+	41:02+	51:00+	58:21+	61:45+	62:41+	65:29+	69:46+	70:53+	73:20+	73:37+	
04:47+	02:02+	10:12+	05:11+	05:34+	02:36+	07:22+	03:18+	09:58+	07:21+	03:24+	00:56+	02:48+	04:17+	01:07+	02:27+	00:17+	
04:47+	02:02+	10:12+	05:11+	05:34+	02:36+	07:22+	03:18+	09:58+	07:21+	03:24+	00:56+	02:48+	04:17+	01:07+	02:27+	00:17+	
<b>43</b>	<b>Karl Gustavsen</b>	<b>11</b>	<b>1:56:04</b>														
10:06+	12:05+	52:20+	59:14+	66:03+	68:32+	73:04+	76:59+	89:00+	97:31+	102:08+	103:14+	108:13+	112:28+	114:06+	115:43+	116:04+	
10:06+	01:59+	40:15+	06:54+	06:49+	02:29+	04:32+	03:55+	12:01+	08:31+	04:37+	01:06+	04:59+	04:15+	01:38+	01:37+	00:21+	
10:06+	01:59+	40:15+	06:54+	06:49+	02:29+	04:32+	03:55+	12:01+	08:31+	04:37+	01:06+	04:59+	04:15+	01:38+	01:37+	00:21+	

### Beste stræktid for klassen

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

### H60

<b>1</b>	<b>Niels Stadel</b>	<b>14</b>	<b>40:14</b>													
06:34=	12:26=	15:03=	16:43=	18:32=	23:31=	25:17=	27:30=	29:46=	31:47=	33:08=	35:05=	37:34=	38:32=	40:03=	40:14=	
06:34=	05:52=	02:37=	01:40=	01:49=	04:59=	01:46=	02:13=	02:16=	02:01=	01:21=	01:57=	02:29=	00:58=	01:31=	00:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jens Jørgen Jensen</b>	<b>3</b>	<b>40:35</b>													
06:12-	11:48-	14:30-	16:08-	18:01-	20:46-	24:21-	26:11-	28:22-	30:38-	32:53-	33:32-	35:22-	37:51-	38:49-	40:21+	40:35+
06:12-	05:36-	02:42+	01:38-	01:53+	02:45-	03:35+	01:50-	02:11-	02:16+	02:15+	00:39-	01:50-	02:29+	00:58-	01:32+	00:14+
00:22-	00:16-	00:05+	00:02-	00:04+	02:14-	01:49@	00:23-	00:05-	00:15#	00:54&	01:18-	00:39-	01:31@	00:33-	01:21@	00:14+
<b>3</b>	<b>John Holm</b>	<b>Ok Pan</b>	<b>40:44</b>													
05:43-	10:58-	14:02-	15:33-	17:33-	19:00-	23:08-	25:11-	27:39-	30:05-	32:37-	33:18-	35:16-	37:57-	38:51-	40:30+	40:44+
05:43-	05:15-	03:04+	01:31-	02:00+	01:27-	04:08+	02:03-	02:28+	02:26+	02:32+	00:41-	01:58-	02:41+	00:54-	01:39+	00:14+
00:51-	00:37-	00:27#	00:09-	00:11#	03:32-	02:22@	00:10-	00:12+	00:25#	01:11&	01:16-	00:31-	01:43@	00:37-	01:28@	00:14+
<b>4</b>	<b>Keld Gade</b>	<b>17</b>	<b>41:03</b>													
06:23-	11:58-	15:22+	17:10+	19:11+	20:35-	24:20-	26:17-	28:30-	30:49-	32:59-	33:38-	35:52-	38:32=	39:31-	40:51+	41:03+
06:23-	05:35-	03:24+	01:48+	02:01+	01:24-	03:45+	01:57-	02:13-	02:19+	02:10+	00:39-	02:14-	02:40+	00:59-	01:20+	00:12+
00:11-	00:17-	00:47&	00:08+	00:12#	03:35-	01:59@	00:16-	00:03-	00:18#	00:49&	01:18-	00:15-	01:42@	00:32-	01:09@	00:12+

## H60

<b>5</b>	<b>Henning Hansen</b>	<b>4</b>													<b>41:45</b>			
05:37-	10:54-	13:22-	14:58-	16:54-	23:06-	25:26+	27:42+	30:04+	33:11+	33:50+	36:19+	39:19+	40:12+	41:31+	41:45+			
05:37-	05:17-	02:28-	01:36-	01:56+	06:12+	02:20+	02:16+	02:22+	03:07+	00:39-	02:29+	03:00+	00:53-	01:19-	00:14+			
00:57-	00:35-	00:09-	00:04-	00:07+	01:13#	00:34&	00:03+	00:06+	01:06&	00:42-	00:32&	00:31#	00:05-	00:12-	00:03&			
<b>6</b>	<b>Varny Vestergaard</b>	<b>16</b>													<b>41:52</b>			
06:45+	12:47+	15:24+	16:47+	18:36+	24:04+	25:55+	27:50+	30:39+	32:51+	33:42+	37:17+	39:32+	40:28+	41:40+	41:52+			
06:45+	06:02+	02:37+	01:23+	01:49+	05:28+	01:51+	01:55+	02:49+	02:12+	00:51+	03:35+	02:15+	00:56+	01:12+	00:12+			
06:45+	06:02+	02:37+	01:23+	01:49+	05:28+	01:51+	01:55+	02:49+	02:12+	00:51+	03:35+	02:15+	00:56+	01:12+	00:12+			
<b>7</b>	<b>Hans Jørgen Vad</b>	<b>4</b>													<b>42:33</b>			
06:28+	12:31+	15:31+	17:15+	19:23+	25:05+	27:16+	29:40+	31:56+	34:37+	35:26+	37:30+	40:00+	40:48+	42:21+	42:33+			
06:28+	06:03+	03:00+	01:44+	02:08+	05:42+	02:11+	02:24+	02:16+	02:41+	00:49+	02:04+	02:30+	00:48+	01:33+	00:12+			
06:28+	06:03+	03:00+	01:44+	02:08+	05:42+	02:11+	02:24+	02:16+	02:41+	00:49+	02:04+	02:30+	00:48+	01:33+	00:12+			
<b>8</b>	<b>Helge Poulsen</b>	<b>5</b>													<b>42:36</b>			
06:02+	14:30+	16:15+	18:20+	24:33+	26:38+	28:58+	31:30+	34:11+	34:57+	37:06+	39:45+	40:55+	42:23+	42:36+				
06:02+	08:28+	01:45+	02:05+	06:13+	02:05+	02:20+	02:32+	02:41+	00:46+	02:09+	02:39+	01:10+	01:28+	00:13+				
06:02+	08:28+	01:45+	02:05+	06:13+	02:05+	02:20+	02:32+	02:41+	00:46+	02:09+	02:39+	01:10+	01:28+	00:13+				
<b>9</b>	<b>Finn Jørgensen Aaris</b>	<b>8</b>													<b>43:22</b>			
06:17+	11:51+	14:44+	16:37+	19:12+	24:46+	26:59+	29:19+	31:54+	34:38+	35:22+	37:56+	40:44+	41:38+	43:08+	43:22+			
06:17+	05:34+	02:53+	01:53+	02:35+	05:34+	02:13+	02:20+	02:35+	02:44+	00:44+	02:34+	02:48+	00:54+	01:30+	00:14+			
06:17+	05:34+	02:53+	01:53+	02:35+	05:34+	02:13+	02:20+	02:35+	02:44+	00:44+	02:34+	02:48+	00:54+	01:30+	00:14+			
<b>10</b>	<b>Knud Fjordvald</b>	<b>14</b>													<b>43:31</b>			
06:13+	11:37+	14:15+	16:03+	18:18+	20:29+	24:05+	26:18+	28:45+	31:11+	34:41+	35:25+	38:32+	41:11+	41:59+	43:20+	43:31+		
06:13+	05:24+	02:38+	01:48+	02:15+	02:11+	03:36+	02:13+	02:27+	02:26+	03:30+	00:44+	03:07+	02:39+	00:48+	01:21+	00:11+		
06:13+	05:24+	02:38+	01:48+	02:15+	02:11+	03:36+	02:13+	02:27+	02:26+	03:30+	00:44+	03:07+	02:39+	00:48+	01:21+	00:11+		
<b>11</b>	<b>Stig Barrett</b>	<b>17</b>													<b>43:31</b>			
07:17+	13:18+	16:46+	18:23+	20:49+	26:42+	28:43+	31:19+	33:52+	36:06+	36:53+	38:35+	41:10+	41:54+	43:18+	43:31+			
07:17+	06:01+	03:28+	01:37+	02:26+	05:53+	02:01+	02:36+	02:33+	02:14+	00:47+	01:42+	02:35+	00:44+	01:24+	00:13+			
07:17+	06:01+	03:28+	01:37+	02:26+	05:53+	02:01+	02:36+	02:33+	02:14+	00:47+	01:42+	02:35+	00:44+	01:24+	00:13+			
<b>12</b>	<b>Rolf Duedahl Nielsen</b>	<b>12</b>													<b>43:33</b>			
06:24+	12:12+	15:07+	16:50+	18:47+	20:42+	24:31+	26:32+	29:02+	31:45+	34:59+	35:47+	37:28+	40:35+	41:51+	43:21+	43:33+		
06:24+	05:48+	02:55+	01:43+	01:57+	01:55+	03:49+	02:01+	02:30+	02:43+	03:14+	00:48+	01:41+	03:07+	01:16+	01:30+	00:12+		
06:24+	05:48+	02:55+	01:43+	01:57+	01:55+	03:49+	02:01+	02:30+	02:43+	03:14+	00:48+	01:41+	03:07+	01:16+	01:30+	00:12+		
<b>13</b>	<b>Peer Straarup</b>	<b>4</b>													<b>44:00</b>			
05:59+	12:10+	15:04+	16:49+	19:02+	20:36+	24:31+	26:40+	28:58+	31:30+	34:01+	34:43+	36:52+	40:55+	42:11+	43:49+	44:00+		
05:59+	06:11+	02:54+	01:45+	02:13+	01:34+	03:55+	02:09+	02:18+	02:32+	02:31+	00:42+	02:09+	04:03+	01:16+	01:38+	00:11+		
05:59+	06:11+	02:54+	01:45+	02:13+	01:34+	03:55+	02:09+	02:18+	02:32+	02:31+	00:42+	02:09+	04:03+	01:16+	01:38+	00:11+		
<b>14</b>	<b>Carl Malling</b>	<b>12</b>													<b>44:58</b>			
06:29+	12:19+	15:12+	16:52+	19:25+	21:35+	25:56+	28:03+	30:38+	33:19+	36:29+	37:15+	39:26+	42:10+	43:05+	44:42+	44:58+		
06:29+	05:50+	02:53+	01:40+	02:33+	02:10+	04:21+	02:07+	02:35+	02:41+	03:10+	00:46+	02:11+	02:44+	00:55+	01:37+	00:16+		
06:29+	05:50+	02:53+	01:40+	02:33+	02:10+	04:21+	02:07+	02:35+	02:41+	03:10+	00:46+	02:11+	02:44+	00:55+	01:37+	00:16+		
<b>15</b>	<b>Poul Erik Christensen</b>	<b>4</b>													<b>45:42</b>			
06:27+	12:55+	15:54+	17:58+	20:10+	27:41+	29:53+	32:34+	35:13+	37:58+	38:43+	40:37+	43:12+	44:00+	45:31+	45:42+			
06:27+	06:28+	02:59+	02:04+	02:12+	07:31+	02:12+	02:41+	02:39+	02:45+	00:45+	01:54+	02:35+	00:48+	01:31+	00:11+			
06:27+	06:28+	02:59+	02:04+	02:12+	07:31+	02:12+	02:41+	02:39+	02:45+	00:45+	01:54+	02:35+	00:48+	01:31+	00:11+			
<b>16</b>	<b>Michael Straube</b>	<b>4</b>													<b>48:13</b>			
06:45+	12:47+	15:48+	17:26+	20:55+	27:00+	29:41+	32:22+	35:00+	37:33+	38:28+	41:26+	45:00+	46:20+	48:01+	48:13+			
06:45+	06:02+	03:01+	01:38+	03:29+	06:05+	02:41+	02:41+	02:38+	02:33+	00:55+	02:58+	03:34+	01:20+	01:41+	00:12+			
06:45+	06:02+	03:01+	01:38+	03:29+	06:05+	02:41+	02:41+	02:38+	02:33+	00:55+	02:58+	03:34+	01:20+	01:41+	00:12+			

Class	Navn	Klasse											Tid				
<b>H60</b>																	
<b>17</b>	<b>Frede Rasmussen</b>	<b>3</b>											<b>48:34</b>				
07:13+	14:09+	17:49+	20:09+	22:30+	24:55+	29:27+	32:15+	34:48+	37:15+	40:08+	40:51+	43:31+	46:15+	46:57+	48:22+	48:34+	
07:13+	06:56+	03:40+	02:20+	02:21+	02:25+	04:32+	02:48+	02:33+	02:27+	02:53+	00:43+	02:40+	02:44+	00:42+	01:25+	00:12+	
07:13+	06:56+	03:40+	02:20+	02:21+	02:25+	04:32+	02:48+	02:33+	02:27+	02:53+	00:43+	02:40+	02:44+	00:42+	01:25+	00:12+	
<b>18</b>	<b>Jørgen Jørgensen</b>	<b>14</b>											<b>48:47</b>				
07:50+	13:58+	18:00+	19:52+	22:21+	24:35+	29:08+	31:43+	34:16+	36:56+	40:26+	41:15+	43:22+	45:52+	46:57+	48:32+	48:47+	
07:50+	06:08+	04:02+	01:52+	02:29+	02:14+	04:33+	02:35+	02:33+	02:40+	03:30+	00:49+	02:07+	02:30+	01:05+	01:35+	00:15+	
07:50+	06:08+	04:02+	01:52+	02:29+	02:14+	04:33+	02:35+	02:33+	02:40+	03:30+	00:49+	02:07+	02:30+	01:05+	01:35+	00:15+	
<b>19</b>	<b>Leif Rønn Olsen</b>	<b>3</b>											<b>49:14</b>				
06:28+	13:14+	16:17+	18:01+	21:16+	30:53+	33:10+	35:41+	38:22+	41:14+	41:54+	43:54+	46:36+	47:28+	49:00+	49:14+		
06:28+	06:46+	03:03+	01:44+	03:15+	09:37+	02:17+	02:31+	02:41+	02:52+	00:40+	02:00+	02:42+	00:52+	01:32+	00:14+		
06:28+	06:46+	03:03+	01:44+	03:15+	09:37+	02:17+	02:31+	02:41+	02:52+	00:40+	02:00+	02:42+	00:52+	01:32+	00:14+		
<b>20</b>	<b>Henning Bak-Mikkelsen</b>	<b>11</b>											<b>50:33</b>				
06:47+	12:55+	16:10+	17:45+	22:29+	27:01+	29:32+	33:48+	36:15+	41:35+	42:39+	45:26+	47:50+	48:58+	50:19+	50:33+		
06:47+	06:08+	03:15+	01:35+	01:58+	02:46+	04:32+	02:31+	04:16+	02:27+	05:20+	01:04+	02:47+	02:24+	01:08+	01:21+	00:14+	
06:47+	06:08+	03:15+	01:35+	01:58+	02:46+	04:32+	02:31+	04:16+	02:27+	05:20+	01:04+	02:47+	02:24+	01:08+	01:21+	00:14+	
<b>21</b>	<b>Thorkild Holm Pedersen</b>	<b>Ok Pan</b>											<b>51:11</b>				
06:44+	13:45+	17:30+	19:39+	22:04+	24:22+	30:01+	33:31+	36:04+	39:07+	42:02+	42:48+	45:05+	48:15+	49:19+	50:57+	51:11+	
06:44+	07:01+	03:45+	02:09+	02:25+	02:18+	05:39+	03:30+	02:33+	03:03+	02:55+	00:46+	02:17+	03:10+	01:04+	01:38+	00:14+	
06:44+	07:01+	03:45+	02:09+	02:25+	02:18+	05:39+	03:30+	02:33+	03:03+	02:55+	00:46+	02:17+	03:10+	01:04+	01:38+	00:14+	
<b>22</b>	<b>Erik Warncke</b>	<b>4</b>											<b>51:12</b>				
06:36+	13:48+	17:08+	19:07+	21:34+	23:36+	28:15+	30:35+	33:30+	36:59+	40:28+	41:20+	43:44+	47:06+	49:03+	50:56+	51:12+	
06:36+	07:12+	03:20+	01:59+	02:27+	02:02+	04:39+	02:20+	02:55+	03:29+	03:29+	00:52+	02:24+	03:22+	01:57+	01:53+	00:16+	
06:36+	07:12+	03:20+	01:59+	02:27+	02:02+	04:39+	02:20+	02:55+	03:29+	03:29+	00:52+	02:24+	03:22+	01:57+	01:53+	00:16+	
<b>23</b>	<b>Per Henriksen</b>	<b>16</b>											<b>51:34</b>				
07:47+	14:51+	18:23+	20:47+	23:17+	25:30+	30:17+	32:48+	35:36+	38:42+	41:54+	42:44+	45:26+	48:28+	49:30+	51:16+	51:34+	
07:47+	07:04+	03:32+	02:24+	02:30+	02:13+	04:47+	02:31+	02:48+	03:06+	03:12+	00:50+	02:42+	03:02+	01:02+	01:46+	00:18+	
07:47+	07:04+	03:32+	02:24+	02:30+	02:13+	04:47+	02:31+	02:48+	03:06+	03:12+	00:50+	02:42+	03:02+	01:02+	01:46+	00:18+	
<b>24</b>	<b>Torben Pedersen</b>	<b>17</b>											<b>52:30</b>				
07:50+	14:45+	17:58+	20:08+	22:40+	24:30+	29:17+	31:43+	36:21+	39:12+	42:10+	43:03+	46:10+	49:41+	50:39+	52:17+	52:30+	
07:50+	06:55+	03:13+	02:10+	02:32+	01:50+	04:47+	02:26+	04:38+	02:51+	02:58+	00:53+	03:07+	03:31+	00:58+	01:38+	00:13+	
07:50+	06:55+	03:13+	02:10+	02:32+	01:50+	04:47+	02:26+	04:38+	02:51+	02:58+	00:53+	03:07+	03:31+	00:58+	01:38+	00:13+	
<b>25</b>	<b>Frank Linde</b>	<b>Ok Pan</b>											<b>54:40</b>				
07:58+	15:10+	18:45+	21:00+	23:46+	25:49+	30:59+	33:35+	36:34+	40:15+	43:15+	44:11+	46:26+	50:55+	52:08+	54:23+	54:40+	
07:58+	07:12+	03:35+	02:15+	02:46+	02:03+	05:10+	02:36+	02:59+	03:41+	03:00+	00:56+	02:15+	04:29+	01:13+	02:15+	00:17+	
07:58+	07:12+	03:35+	02:15+	02:46+	02:03+	05:10+	02:36+	02:59+	03:41+	03:00+	00:56+	02:15+	04:29+	01:13+	02:15+	00:17+	
<b>26</b>	<b>Mogens Christensen</b>	<b>11</b>											<b>54:56</b>				
08:16+	16:52+	20:29+	22:55+	25:28+	27:20+	32:21+	35:25+	38:21+	41:21+	44:45+	45:42+	48:09+	51:26+	52:39+	54:41+	54:56+	
08:16+	08:36+	03:37+	02:26+	02:33+	01:52+	05:01+	03:04+	02:56+	03:00+	03:24+	00:57+	02:27+	03:17+	01:13+	02:02+	00:15+	
08:16+	08:36+	03:37+	02:26+	02:33+	01:52+	05:01+	03:04+	02:56+	03:00+	03:24+	00:57+	02:27+	03:17+	01:13+	02:02+	00:15+	
<b>27</b>	<b>Jens Christensen</b>	<b>5</b>											<b>55:02</b>				
08:20+	16:16+	20:26+	22:47+	25:39+	27:58+	33:27+	36:14+	39:15+	42:20+	45:29+	46:18+	48:31+	51:34+	52:49+	54:46+	55:02+	
08:20+	07:56+	04:10+	02:21+	02:52+	02:19+	05:29+	02:47+	03:01+	03:05+	03:09+	00:49+	02:13+	03:03+	01:15+	01:57+	00:16+	
08:20+	07:56+	04:10+	02:21+	02:52+	02:19+	05:29+	02:47+	03:01+	03:05+	03:09+	00:49+	02:13+	03:03+	01:15+	01:57+	00:16+	
<b>28</b>	<b>Gert Rebsdorf</b>	<b>5</b>											<b>55:13</b>				
08:08+	15:40+	19:49+	21:53+	24:36+	26:51+	32:01+	34:30+	37:36+	40:48+	44:39+	45:33+	48:08+	51:07+	52:55+	54:58+	55:13+	
08:08+	07:32+	04:09+	02:04+	02:43+	02:15+	05:10+	02:29+	03:06+	03:12+	03:51+	00:54+	02:35+	02:59+	01:48+	02:03+	00:15+	
08:08+	07:32+	04:09+	02:04+	02:43+	02:15+	05:10+	02:29+	03:06+	03:12+	03:51+	00:54+	02:35+	02:59+	01:48+	02:03+	00:15+	

## H60

<b>29</b>	<b>Søren Søgaard Nielsen</b>	<b>3</b>															<b>55:17</b>
07:54+	14:59+	19:16+	21:25+	25:06+	32:38+	35:25+	38:05+	41:00+	44:36+	45:39+	48:46+	51:52+	53:23+	55:03+	55:17+		
07:54+	07:05+	04:17+	02:09+	03:41+	07:32+	02:47+	02:40+	02:55+	03:36+	01:03+	03:07+	03:06+	01:31+	01:40+	00:14+		
07:54+	07:05+	04:17+	02:09+	03:41+	07:32+	02:47+	02:40+	02:55+	03:36+	01:03+	03:07+	03:06+	01:31+	01:40+	00:14+		
<b>30</b>	<b>John Lindahl Hansen</b>	<b>9</b>															<b>57:19</b>
07:22+	14:40+	17:47+	19:54+	22:45+	25:16+	30:11+	33:00+	37:13+	41:40+	45:03+	45:59+	49:59+	53:58+	55:21+	57:03+	57:19+	
07:22+	07:18+	03:07+	02:07+	02:51+	02:31+	04:55+	02:49+	04:13+	04:27+	03:23+	00:56+	04:00+	03:59+	01:23+	01:42+	00:16+	
07:22+	07:18+	03:07+	02:07+	02:51+	02:31+	04:55+	02:49+	04:13+	04:27+	03:23+	00:56+	04:00+	03:59+	01:23+	01:42+	00:16+	
<b>32</b>	<b>Uffe Bach</b>	<b>12</b>															<b>58:42</b>
08:08+	16:23+	20:29+	23:22+	26:11+	34:09+	37:15+	40:22+	43:42+	47:15+	48:08+	50:56+	54:44+	56:13+	58:26+	58:42+		
08:08+	08:15+	04:06+	02:53+	02:49+	07:58+	03:06+	03:07+	03:20+	03:33+	00:53+	02:48+	03:48+	01:29+	02:13+	00:16+		
08:08+	08:15+	04:06+	02:53+	02:49+	07:58+	03:06+	03:07+	03:20+	03:33+	00:53+	02:48+	03:48+	01:29+	02:13+	00:16+		
<b>33</b>	<b>Finn Ingwersen</b>	<b>4</b>															<b>1:00:44</b>
08:47+	17:00+	22:01+	24:38+	27:40+	30:39+	35:47+	38:59+	42:24+	46:02+	49:25+	50:25+	53:32+	56:59+	58:26+	60:28+	60:44+	
08:47+	08:13+	05:01+	02:37+	03:02+	02:59+	05:08+	03:12+	03:25+	03:38+	03:23+	01:00+	03:07+	03:27+	01:27+	02:02+	00:16+	
08:47+	08:13+	05:01+	02:37+	03:02+	02:59+	05:08+	03:12+	03:25+	03:38+	03:23+	01:00+	03:07+	03:27+	01:27+	02:02+	00:16+	
<b>34</b>	<b>Bjarne Krogh</b>	<b>6</b>															<b>1:01:39</b>
08:18+	15:49+	19:27+	22:05+	25:06+	35:34+	38:32+	41:34+	44:50+	49:35+	50:56+	53:49+	58:15+	59:26+	61:23+	61:39+		
08:18+	07:31+	03:38+	02:38+	03:01+	10:28+	02:58+	03:02+	03:16+	04:45+	01:21+	02:53+	04:26+	01:11+	01:57+	00:16+		
08:18+	07:31+	03:38+	02:38+	03:01+	10:28+	02:58+	03:02+	03:16+	04:45+	01:21+	02:53+	04:26+	01:11+	01:57+	00:16+		
<b>35</b>	<b>Gunnar Gjermansen</b>	<b>4</b>															<b>1:04:04</b>
10:35+	19:25+	24:50+	27:18+	30:26+	32:36+	39:57+	43:21+	46:54+	50:12+	53:50+	54:47+	56:59+	60:07+	61:29+	63:48+	64:04+	
10:35+	08:50+	05:25+	02:28+	03:08+	02:10+	07:21+	03:24+	03:33+	03:18+	03:38+	00:57+	02:12+	03:08+	01:22+	02:19+	00:16+	
10:35+	08:50+	05:25+	02:28+	03:08+	02:10+	07:21+	03:24+	03:33+	03:18+	03:38+	00:57+	02:12+	03:08+	01:22+	02:19+	00:16+	
<b>36</b>	<b>Karsten Stald</b>	<b>4</b>															<b>1:04:53</b>
08:22+	16:08+	31:38+	33:38+	36:30+	43:40+	46:08+	49:19+	52:16+	55:05+	56:13+	58:13+	61:12+	62:24+	64:38+	64:53+		
08:22+	07:46+	15:30+	02:00+	02:52+	07:10+	02:28+	03:11+	02:57+	02:49+	01:08+	02:00+	02:59+	01:12+	02:14+	00:15+		
08:22+	07:46+	15:30+	02:00+	02:52+	07:10+	02:28+	03:11+	02:57+	02:49+	01:08+	02:00+	02:59+	01:12+	02:14+	00:15+		
<b>37</b>	<b>Keld Abrahamsen</b>	<b>19</b>															<b>1:05:36</b>
09:07+	18:11+	22:39+	25:26+	28:38+	30:49+	36:37+	40:34+	43:48+	47:44+	51:24+	52:31+	56:05+	60:38+	62:22+	65:13+	65:36+	
09:07+	09:04+	04:28+	02:47+	03:12+	02:11+	05:48+	03:57+	03:14+	03:56+	03:40+	01:07+	03:34+	04:33+	01:44+	02:51+	00:23+	
09:07+	09:04+	04:28+	02:47+	03:12+	02:11+	05:48+	03:57+	03:14+	03:56+	03:40+	01:07+	03:34+	04:33+	01:44+	02:51+	00:23+	
<b>38</b>	<b>Jan Bille</b>	<b>Ok Pan</b>															<b>1:06:16</b>
07:48+	16:27+	25:08+	27:29+	30:17+	32:40+	37:55+	41:32+	44:30+	47:56+	51:10+	52:07+	57:28+	60:54+	63:14+	66:01+	66:16+	
07:48+	08:39+	08:41+	02:21+	02:48+	02:23+	05:15+	03:37+	02:58+	03:26+	03:14+	00:57+	05:21+	03:26+	02:20+	02:47+	00:15+	
07:48+	08:39+	08:41+	02:21+	02:48+	02:23+	05:15+	03:37+	02:58+	03:26+	03:14+	00:57+	05:21+	03:26+	02:20+	02:47+	00:15+	
<b>39</b>	<b>Helmut Hilden</b>	<b>13</b>															<b>1:06:45</b>
08:07+	15:59+	20:31+	23:11+	26:07+	28:13+	35:08+	39:21+	42:38+	45:21+	48:30+	50:07+	53:22+	63:31+	64:35+	66:26+	66:45+	
08:07+	07:52+	04:32+	02:40+	02:56+	02:06+	06:55+	04:13+	03:17+	02:43+	03:09+	01:37+	03:15+	10:09+	01:04+	01:51+	00:19+	
08:07+	07:52+	04:32+	02:40+	02:56+	02:06+	06:55+	04:13+	03:17+	02:43+	03:09+	01:37+	03:15+	10:09+	01:04+	01:51+	00:19+	
<b>40</b>	<b>Poul Grøn</b>	<b>Ok Pan</b>															<b>1:16:05</b>
08:27+	15:33+	20:03+	22:26+	40:17+	42:38+	50:42+	53:26+	58:01+	60:59+	64:54+	65:48+	69:15+	72:53+	73:59+	75:50+	76:05+	
08:27+	07:06+	04:30+	02:23+	17:51+	02:21+	08:04+	02:44+	04:35+	02:58+	03:55+	00:54+	03:27+	03:38+	01:06+	01:51+	00:15+	
08:27+	07:06+	04:30+	02:23+	17:51+	02:21+	08:04+	02:44+	04:35+	02:58+	03:55+	00:54+	03:27+	03:38+	01:06+	01:51+	00:15+	
<b>41</b>	<b>Ole Gjøderum</b>	<b>19</b>															<b>1:17:30</b>
12:05+	20:46+	25:18+	28:50+	32:52+	36:48+	44:36+	49:02+	52:48+	58:31+	63:20+	64:51+	68:24+	72:56+	74:36+	77:08+	77:30+	
12:05+	08:41+	04:32+	03:32+	04:02+	03:56+	07:48+	04:26+	03:46+	05:43+	04:49+	01:31+	03:33+	04:32+	01:40+	02:32+	00:22+	
12:05+	08:41+	04:32+	03:32+	04:02+	03:56+	07:48+	04:26+	03:46+	05:43+	04:49+	01:31+	03:33+	04:32+	01:40+	02:32+	00:22+	

## H60

<b>42</b>	<b>Olaf Christensen</b>																	<b>19</b>	<b>1:18:04</b>
10:35+	20:19+	28:33+	31:31+	35:23+	38:26+	45:15+	49:36+	53:41+	58:40+	63:06+	64:21+	67:19+	73:20+	75:20+	77:43+	78:04+			
10:35+	09:44+	08:14+	02:58+	03:52+	03:03+	06:49+	04:21+	04:05+	04:59+	04:26+	01:15+	02:58+	06:01+	02:00+	02:23+	00:21+			
10:35+	09:44+	08:14+	02:58+	03:52+	03:03+	06:49+	04:21+	04:05+	04:59+	04:26+	01:15+	02:58+	06:01+	02:00+	02:23+	00:21+			

<b>43</b>	<b>Poul Larsen</b>																	<b>4</b>	<b>1:27:26</b>
26:30+	34:27+	39:36+	43:01+	46:08+	50:14+	57:15+	60:47+	64:22+	69:38+	73:18+	74:43+	78:53+	83:39+	85:03+	87:07+	87:26+			
26:30+	07:57+	05:09+	03:25+	03:07+	04:06+	07:01+	03:32+	03:35+	05:16+	03:40+	01:25+	04:10+	04:46+	01:24+	02:04+	00:19+			
26:30+	07:57+	05:09+	03:25+	03:07+	04:06+	07:01+	03:32+	03:35+	05:16+	03:40+	01:25+	04:10+	04:46+	01:24+	02:04+	00:19+			

<b>44</b>	<b>Arne Mortensen</b>																	<b>13</b>	<b>1:33:18</b>
23:51+	33:51+	40:30+	44:18+	48:09+	62:02+	65:30+	70:04+	74:34+	79:07+	81:03+	84:43+	89:02+	90:30+	93:01+	93:18+				
23:51+	10:00+	06:39+	03:48+	03:51+	13:53+	03:28+	04:34+	04:30+	04:33+	01:56+	03:40+	04:19+	01:28+	02:31+	00:17+				
23:51+	10:00+	06:39+	03:48+	03:51+	13:53+	03:28+	04:34+	04:30+	04:33+	01:56+	03:40+	04:19+	01:28+	02:31+	00:17+				

### Beste stræktid for klassen

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

## H70

<b>1</b>	<b>Eigil Nielsen</b>																	<b>4</b>	<b>37:56</b>
04:46=	07:23=	09:26=	11:38=	14:24=	21:52=	24:17=	26:49=	29:05=	31:14=	32:33=	33:24=	36:20=	37:44=	37:56=					
04:46=	02:37=	02:03=	02:12=	02:46=	07:28=	02:25=	02:32=	02:16=	02:09=	01:19=	00:51=	02:56=	01:24=	00:12=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

<b>2</b>	<b>Finn Hørup Nielsen</b>																	<b>11</b>	<b>39:13</b>
04:39-	07:23=	09:41+	12:14+	15:17+	23:06+	26:08+	28:08+	31:01+	32:49+	34:19+	37:30+	39:00+	39:13+						
04:39-	02:44+	02:18+	02:33+	03:03+	07:49+	03:02+	02:00-	02:53+	01:48-	01:30+	03:11+	01:30-	00:13-						
00:07-	00:07+	00:15#	00:21#	00:17#	00:21+	00:37&	00:32-	00:37&	00:21-	00:11#	02:20@	01:26-	01:11-						

<b>3</b>	<b>Poul Bobach</b>																	<b>18</b>	<b>39:27</b>
05:17+	08:13+	10:34+	13:12+	16:11+	24:23+	27:01+	28:46+	31:34+	33:22+	34:35+	37:48+	39:15+	39:27+						
05:17+	02:56+	02:21+	02:38+	02:59+	08:12+	02:38+	01:45-	02:48+	01:48-	01:13-	03:13+	01:27-	00:12-						
00:31#	00:19#	00:18#	00:26#	00:13+	00:44+	00:13+	00:47-	00:32#	00:21-	00:06-	02:22@	01:29-	01:12-						

<b>4</b>	<b>Flemming Nørgaard</b>																	<b>Ok Pan</b>	<b>42:04</b>
05:34+	08:29+	10:37+	13:16+	16:27+	24:48+	27:56+	30:58+	33:55+	35:51+	37:07+	40:15+	41:50+	42:04+						
05:34+	02:55+	02:08+	02:39+	03:11+	08:21+	03:08+	03:02+	02:57+	01:56-	01:16-	03:08+	01:35-	00:14-						
00:48#	00:18#	00:05+	00:27#	00:25#	00:53#	00:43&	00:30#	00:41&	00:13-	00:03-	02:17@	01:21-	01:10-						

<b>5</b>	<b>Claus Faber</b>																	<b>14</b>	<b>44:42</b>
04:52+	08:00+	10:26+	16:59+	25:37+	28:35+	31:29+	34:18+	36:39+	40:12+	42:52+	44:29+	44:42+							
04:52+	03:08+	02:26+	06:33+	08:38+	02:58-	02:54+	02:49+	02:21+	03:33+	02:40+	01:37+	00:13-							
00:06+	00:31#	00:23#	04:21@	05:52@	04:30-	00:29#	00:17#	00:05+	01:24&	01:21@	00:46&	02:43-							

<b>6</b>	<b>Troels Jensen</b>																	<b>4</b>	<b>44:46</b>
05:24+	08:35+	10:55+	13:41+	17:02+	25:25+	28:23+	30:41+	33:52+	36:05+	37:30+	42:44+	44:30+	44:46+						
05:24+	03:11+	02:20+	02:46+	03:21+	08:23+	02:58+	02:18-	03:11+	02:13+	01:25+	05:14+	01:46-	00:16-						
00:38#	00:34#	00:17#	00:34&	00:35#	00:55#	00:33#	00:14-	00:55&	00:04+	00:06+	04:23@	01:10-	01:08-						

<b>7</b>	<b>Max Hansen</b>																	<b>12</b>	<b>44:48</b>
05:14+	08:24+	10:35+	13:46+	16:43+	24:37+	27:35+	32:01+	35:25+	38:46+	40:18+	43:00+	44:32+	44:48+						
05:14+	03:10+	02:11+	03:11+	02:57+	07:54+	02:58+	04:26+	03:24+	03:21+	01:32+	02:42+	01:32-	00:16-						
00:28+	00:33#	00:08+	00:59&	00:11+	00:26+	00:33#	01:54&	01:08&	01:12&	00:13#	01:51@	01:24-	01:08-						

Class	Navn	Klasse											Tid	
<b>H70</b>														
<b>8</b>	<b>Steen Frandsen</b>	<b>17</b>											<b>47:34</b>	
04:58+	08:29+	10:59+	14:08+	17:17+	26:21+	29:38+	32:47+	35:51+	38:37+	41:42+	45:34+	47:19+	47:34+	
04:58+	03:31+	02:30+	03:09+	03:09+	09:04+	03:17+	03:09+	03:04+	02:46+	03:05+	03:52+	01:45-	00:15-	
00:12+	00:54&	00:27#	00:57&	00:23#	01:36#	00:52&	00:37#	00:48&	00:37&	01:46@	03:01@	01:11-	01:09-	
<b>9</b>	<b>Hermann P. Jensen</b>	<b>6</b>											<b>47:59</b>	
04:59+	08:05+	10:15+	13:12+	16:21+	26:25+	29:29+	32:26+	35:01+	37:06+	42:00+	45:12+	47:47+	47:59+	
04:59+	03:06+	02:10+	02:57+	03:09+	10:04+	03:04+	02:57+	02:35+	02:05+	04:54+	03:12+	02:35+	00:12+	
04:59+	03:06+	02:10+	02:57+	03:09+	10:04+	03:04+	02:57+	02:35+	02:05+	04:54+	03:12+	02:35+	00:12+	
<b>10</b>	<b>Clive Allen</b>	<b>14</b>											<b>48:17</b>	
05:39+	08:59+	11:29+	14:17+	17:57+	27:53+	31:16+	34:30+	38:17+	40:28+	42:51+	46:13+	48:02+	48:17+	
05:39+	03:20+	02:30+	02:48+	03:40+	09:56+	03:23+	03:14+	03:47+	02:11+	02:23+	03:22+	01:49+	00:15+	
05:39+	03:20+	02:30+	02:48+	03:40+	09:56+	03:23+	03:14+	03:47+	02:11+	02:23+	03:22+	01:49+	00:15+	
<b>11</b>	<b>Tage Baun</b>	<b>4</b>											<b>49:33</b>	
05:31+	12:02+	14:44+	20:55+	30:15+	33:32+	35:57+	39:01+	40:54+	44:20+	47:34+	49:17+	49:33+		
05:31+	06:31+	02:42+	06:11+	09:20+	03:17+	02:25+	03:04+	01:53+	03:26+	03:14+	01:43+	00:16+		
05:31+	06:31+	02:42+	06:11+	09:20+	03:17+	02:25+	03:04+	01:53+	03:26+	03:14+	01:43+	00:16+		
<b>12</b>	<b>Poul Nøhr</b>	<b>14</b>											<b>49:44</b>	
05:26+	09:05+	11:34+	14:23+	19:25+	30:22+	33:28+	37:42+	40:59+	42:46+	44:06+	47:18+	49:33+	49:44+	
05:26+	03:39+	02:29+	02:49+	05:02+	10:57+	03:06+	04:14+	03:17+	01:47+	01:20+	03:12+	02:15+	00:11+	
05:26+	03:39+	02:29+	02:49+	05:02+	10:57+	03:06+	04:14+	03:17+	01:47+	01:20+	03:12+	02:15+	00:11+	
<b>13</b>	<b>Leif B. Nielsen</b>	<b>3</b>											<b>50:43</b>	
09:07+	11:57+	14:04+	17:03+	20:15+	29:08+	32:50+	35:11+	39:08+	41:16+	44:02+	48:40+	50:29+	50:43+	
09:07+	02:50+	02:07+	02:59+	03:12+	08:53+	03:42+	02:21+	03:57+	02:08+	02:46+	04:38+	01:49+	00:14+	
09:07+	02:50+	02:07+	02:59+	03:12+	08:53+	03:42+	02:21+	03:57+	02:08+	02:46+	04:38+	01:49+	00:14+	
<b>14</b>	<b>Jens Jørgen Jensen</b>	<b>12</b>											<b>50:46</b>	
06:03+	09:25+	11:56+	15:11+	18:30+	28:02+	31:27+	35:01+	38:19+	40:40+	42:54+	48:36+	50:27+	50:46+	
06:03+	03:22+	02:31+	03:15+	03:19+	09:32+	03:25+	03:34+	03:18+	02:21+	02:14+	05:42+	01:51+	00:19+	
06:03+	03:22+	02:31+	03:15+	03:19+	09:32+	03:25+	03:34+	03:18+	02:21+	02:14+	05:42+	01:51+	00:19+	
<b>15</b>	<b>Frants Nielsen</b>	<b>3</b>											<b>50:50</b>	
05:33+	09:01+	11:18+	14:29+	18:36+	28:38+	32:16+	38:09+	41:53+	43:58+	45:29+	48:26+	50:35+	50:50+	
05:33+	03:28+	02:17+	03:11+	04:07+	10:02+	03:38+	05:53+	03:44+	02:05+	01:31+	02:57+	02:09+	00:15+	
05:33+	03:28+	02:17+	03:11+	04:07+	10:02+	03:38+	05:53+	03:44+	02:05+	01:31+	02:57+	02:09+	00:15+	
<b>16</b>	<b>Kjeld Simonsen</b>	<b>12</b>											<b>51:33</b>	
05:52+	09:51+	12:27+	15:37+	19:30+	29:52+	33:12+	37:20+	41:14+	43:52+	45:53+	49:37+	51:18+	51:33+	
05:52+	03:59+	02:36+	03:10+	03:53+	10:22+	03:20+	04:08+	03:54+	02:38+	02:01+	03:44+	01:41+	00:15+	
05:52+	03:59+	02:36+	03:10+	03:53+	10:22+	03:20+	04:08+	03:54+	02:38+	02:01+	03:44+	01:41+	00:15+	
<b>17</b>	<b>Karl Ditlevsen</b>	<b>4</b>											<b>53:02</b>	
06:43+	10:05+	12:42+	15:31+	19:02+	32:41+	36:32+	40:04+	43:16+	46:24+	48:15+	51:12+	52:47+	53:02+	
06:43+	03:22+	02:37+	02:49+	03:31+	13:39+	03:51+	03:32+	03:12+	03:08+	01:51+	02:57+	01:35+	00:15+	
06:43+	03:22+	02:37+	02:49+	03:31+	13:39+	03:51+	03:32+	03:12+	03:08+	01:51+	02:57+	01:35+	00:15+	
<b>18</b>	<b>Jørgen Krog</b>	<b>14</b>											<b>55:23</b>	
05:55+	09:37+	12:22+	15:08+	18:47+	27:51+	32:04+	36:22+	39:15+	41:30+	47:27+	51:11+	53:55+	55:05+	55:23+
05:55+	03:42+	02:45+	02:46+	03:39+	09:04+	04:13+	04:18+	02:53+	02:15+	05:57+	03:44+	02:44+	01:10+	00:18+
05:55+	03:42+	02:45+	02:46+	03:39+	09:04+	04:13+	04:18+	02:53+	02:15+	05:57+	03:44+	02:44+	01:10+	00:18+
<b>19</b>	<b>Per Jessen-Klixbüll</b>	<b>Ok Pan</b>											<b>56:03</b>	
06:18+	09:56+	12:30+	16:10+	22:17+	32:21+	36:17+	40:31+	44:08+	46:19+	47:44+	53:38+	55:45+	56:03+	
06:18+	03:38+	02:34+	03:40+	06:07+	10:04+	03:56+	04:14+	03:37+	02:11+	01:25+	05:54+	02:07+	00:18+	
06:18+	03:38+	02:34+	03:40+	06:07+	10:04+	03:56+	04:14+	03:37+	02:11+	01:25+	05:54+	02:07+	00:18+	

Class	Navn	Klasse										Tid	
<b>H70</b>													
<b>20</b>	<b>Finn Holter Madsen</b>	<b>Ok Pan</b>										<b>56:33</b>	
05:57+	09:04+	11:27+	14:20+	23:03+	32:49+	36:46+	40:36+	43:52+	47:27+	49:25+	53:14+	56:17+	56:33+
05:57+	03:07+	02:23+	02:53+	08:43+	09:46+	03:57+	03:50+	03:16+	03:35+	01:58+	03:49+	03:03+	00:16+
05:57+	03:07+	02:23+	02:53+	08:43+	09:46+	03:57+	03:50+	03:16+	03:35+	01:58+	03:49+	03:03+	00:16+
<b>21</b>	<b>Dieter Gravgaard</b>	<b>14</b>										<b>56:37</b>	
07:22+	11:34+	15:14+	22:18+	32:20+	36:10+	38:46+	43:07+	47:09+	50:56+	54:18+	56:20+	56:37+	
07:22+	04:12+	03:40+	07:04+	10:02+	03:50+	02:36+	04:21+	04:02+	03:47+	03:22+	02:02+	00:17+	
07:22+	04:12+	03:40+	07:04+	10:02+	03:50+	02:36+	04:21+	04:02+	03:47+	03:22+	02:02+	00:17+	
<b>22</b>	<b>Troels Munthe</b>	<b>5</b>										<b>58:02</b>	
06:35+	11:16+	14:31+	18:09+	24:05+	34:36+	39:36+	41:47+	46:12+	48:27+	50:07+	55:37+	57:45+	58:02+
06:35+	04:41+	03:15+	03:38+	05:56+	10:31+	05:00+	02:11+	04:25+	02:15+	01:40+	05:30+	02:08+	00:17+
06:35+	04:41+	03:15+	03:38+	05:56+	10:31+	05:00+	02:11+	04:25+	02:15+	01:40+	05:30+	02:08+	00:17+
<b>23</b>	<b>Ulf Mogensen</b>	<b>18</b>										<b>59:51</b>	
05:40+	09:31+	12:01+	20:08+	31:42+	35:52+	38:52+	42:23+	44:35+	52:39+	58:02+	59:38+	59:51+	
05:40+	03:51+	02:30+	08:07+	11:34+	04:10+	03:00+	03:31+	02:12+	08:04+	05:23+	01:36+	00:13+	
05:40+	03:51+	02:30+	08:07+	11:34+	04:10+	03:00+	03:31+	02:12+	08:04+	05:23+	01:36+	00:13+	
<b>24</b>	<b>Chris Krogh</b>	<b>19</b>										<b>59:59</b>	
06:56+	11:43+	15:32+	18:40+	22:30+	33:51+	40:59+	45:09+	48:59+	54:27+	58:09+	59:41+	59:59+	
06:56+	04:47+	03:49+	03:08+	03:50+	11:21+	07:08+	04:10+	03:50+	05:28+	03:42+	01:32+	00:18+	
06:56+	04:47+	03:49+	03:08+	03:50+	11:21+	07:08+	04:10+	03:50+	05:28+	03:42+	01:32+	00:18+	
<b>25</b>	<b>Asmus Wonslyd</b>	<b>14</b>										<b>1:00:33</b>	
06:35+	10:21+	13:11+	20:19+	24:24+	35:47+	39:12+	42:58+	46:29+	52:15+	54:11+	57:44+	60:13+	60:33+
06:35+	03:46+	02:50+	07:08+	04:05+	11:23+	03:25+	03:46+	03:31+	05:46+	01:56+	03:33+	02:29+	00:20+
06:35+	03:46+	02:50+	07:08+	04:05+	11:23+	03:25+	03:46+	03:31+	05:46+	01:56+	03:33+	02:29+	00:20+
<b>26</b>	<b>Leif Hansen</b>	<b>6</b>										<b>1:01:16</b>	
05:49+	08:59+	11:31+	14:44+	17:40+	26:06+	29:22+	33:28+	51:13+	53:14+	55:18+	59:31+	61:02+	61:16+
05:49+	03:10+	02:32+	03:13+	02:56+	08:26+	03:16+	04:06+	17:45+	02:01+	02:04+	04:13+	01:31+	00:14+
05:49+	03:10+	02:32+	03:13+	02:56+	08:26+	03:16+	04:06+	17:45+	02:01+	02:04+	04:13+	01:31+	00:14+
<b>27</b>	<b>Henning Olesen</b>	<b>6</b>										<b>1:01:26</b>	
07:23+	11:38+	14:44+	19:37+	24:24+	36:02+	39:49+	42:43+	47:41+	50:06+	53:05+	58:52+	61:08+	61:26+
07:23+	04:15+	03:06+	04:53+	04:47+	11:38+	03:47+	02:54+	04:58+	02:25+	02:59+	05:47+	02:16+	00:18+
07:23+	04:15+	03:06+	04:53+	04:47+	11:38+	03:47+	02:54+	04:58+	02:25+	02:59+	05:47+	02:16+	00:18+
<b>28</b>	<b>Finn Søndergaard</b>	<b>12</b>										<b>1:02:14</b>	
07:13+	11:02+	14:05+	21:36+	34:36+	38:34+	43:37+	48:11+	53:04+	55:25+	59:42+	61:56+	62:14+	
07:13+	03:49+	03:03+	07:31+	13:00+	03:58+	05:03+	04:34+	04:53+	02:21+	04:17+	02:14+	00:18+	
07:13+	03:49+	03:03+	07:31+	13:00+	03:58+	05:03+	04:34+	04:53+	02:21+	04:17+	02:14+	00:18+	
<b>29</b>	<b>Ole Christensen</b>	<b>4</b>										<b>1:03:17</b>	
07:01+	11:10+	14:41+	18:33+	22:39+	33:27+	37:11+	40:17+	44:40+	48:55+	55:25+	60:48+	62:59+	63:17+
07:01+	04:09+	03:31+	03:52+	04:06+	10:48+	03:44+	03:06+	04:23+	04:15+	06:30+	05:23+	02:11+	00:18+
07:01+	04:09+	03:31+	03:52+	04:06+	10:48+	03:44+	03:06+	04:23+	04:15+	06:30+	05:23+	02:11+	00:18+
<b>30</b>	<b>Niels Henrik Olesen</b>	<b>16</b>										<b>1:05:30</b>	
07:14+	12:00+	15:32+	19:38+	24:15+	36:19+	41:23+	47:09+	51:31+	54:32+	57:26+	63:04+	65:13+	65:30+
07:14+	04:46+	03:32+	04:06+	04:37+	12:04+	05:04+	05:46+	04:22+	03:01+	02:54+	05:38+	02:09+	00:17+
07:14+	04:46+	03:32+	04:06+	04:37+	12:04+	05:04+	05:46+	04:22+	03:01+	02:54+	05:38+	02:09+	00:17+
<b>31</b>	<b>Lars Ole Larsen</b>	<b>14</b>										<b>1:05:50</b>	
06:40+	10:11+	12:51+	16:33+	21:02+	33:02+	36:52+	42:26+	46:36+	51:09+	57:30+	63:13+	65:34+	65:50+
06:40+	03:31+	02:40+	03:42+	04:29+	12:00+	03:50+	05:34+	04:10+	04:33+	06:21+	05:43+	02:21+	00:16+
06:40+	03:31+	02:40+	03:42+	04:29+	12:00+	03:50+	05:34+	04:10+	04:33+	06:21+	05:43+	02:21+	00:16+

## H70

<b>32</b>	<b>Arne Pedersen</b>	<b>5</b>	<b>1:06:19</b>
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07:41+	12:20+	16:02+	19:53+	25:44+	38:28+	43:22+	46:43+	52:16+	56:41+	58:58+	63:29+	66:00+	66:19+
07:41+	04:39+	03:42+	03:51+	05:51+	12:44+	04:54+	03:21+	05:33+	04:25+	02:17+	04:31+	02:31+	00:19+
07:41+	04:39+	03:42+	03:51+	05:51+	12:44+	04:54+	03:21+	05:33+	04:25+	02:17+	04:31+	02:31+	00:19+

<b>33</b>	<b>Erling Nørgaard</b>	<b>19</b>	<b>1:07:37</b>
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06:42+	10:29+	13:12+	16:17+	20:13+	33:42+	42:36+	52:20+	56:19+	59:01+	61:54+	65:25+	67:23+	67:37+
06:42+	03:47+	02:43+	03:05+	03:56+	13:29+	08:54+	09:44+	03:59+	02:42+	02:53+	03:31+	01:58+	00:14+
06:42+	03:47+	02:43+	03:05+	03:56+	13:29+	08:54+	09:44+	03:59+	02:42+	02:53+	03:31+	01:58+	00:14+

<b>34</b>	<b>Gert Odgaard</b>	<b>11</b>	<b>1:08:21</b>
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15:21+	18:54+	21:35+	24:53+	28:37+	40:05+	43:52+	48:00+	52:27+	57:28+	62:04+	66:10+	68:03+	68:21+
15:21+	03:33+	02:41+	03:18+	03:44+	11:28+	03:47+	04:08+	04:27+	05:01+	04:36+	04:06+	01:53+	00:18+
15:21+	03:33+	02:41+	03:18+	03:44+	11:28+	03:47+	04:08+	04:27+	05:01+	04:36+	04:06+	01:53+	00:18+

<b>35</b>	<b>Hans Jørgen Simonsen</b>	<b>Ok Pan</b>	<b>1:10:11</b>
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08:20+	12:47+	17:37+	22:01+	27:50+	40:25+	44:20+	51:19+	57:08+	60:30+	62:24+	67:00+	69:47+	70:11+
08:20+	04:27+	04:50+	04:24+	05:49+	12:35+	03:55+	06:59+	05:49+	03:22+	01:54+	04:36+	02:47+	00:24+
08:20+	04:27+	04:50+	04:24+	05:49+	12:35+	03:55+	06:59+	05:49+	03:22+	01:54+	04:36+	02:47+	00:24+

<b>36</b>	<b>Villy Sørensen</b>	<b>12</b>	<b>1:10:18</b>
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07:35+	12:27+	15:53+	19:55+	27:03+	40:50+	47:25+	51:20+	56:09+	59:00+	62:49+	67:48+	69:59+	70:18+
07:35+	04:52+	03:26+	04:02+	07:08+	13:47+	06:35+	03:55+	04:49+	02:51+	03:49+	04:59+	02:11+	00:19+
07:35+	04:52+	03:26+	04:02+	07:08+	13:47+	06:35+	03:55+	04:49+	02:51+	03:49+	04:59+	02:11+	00:19+

<b>37</b>	<b>Ole Jensen</b>	<b>13</b>	<b>1:11:58</b>
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08:02+	13:18+	16:49+	24:17+	29:40+	43:09+	48:45+	51:43+	56:32+	60:31+	62:37+	68:43+	71:38+	71:58+
08:02+	05:16+	03:31+	07:28+	05:23+	13:29+	05:36+	02:58+	04:49+	03:59+	02:06+	06:06+	02:55+	00:20+
08:02+	05:16+	03:31+	07:28+	05:23+	13:29+	05:36+	02:58+	04:49+	03:59+	02:06+	06:06+	02:55+	00:20+

<b>38</b>	<b>Harvy Ilsøe</b>	<b>4</b>	<b>1:26:14</b>
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10:53+	19:28+	23:09+	27:42+	33:37+	48:55+	53:54+	58:34+	63:16+	72:31+	74:56+	76:41+	82:44+	85:51+	86:14+
10:53+	08:35+	03:41+	04:33+	05:55+	15:18+	04:59+	04:40+	04:42+	09:15+	02:25+	01:45+	06:03+	03:07+	00:23+
10:53+	08:35+	03:41+	04:33+	05:55+	15:18+	04:59+	04:40+	04:42+	09:15+	02:25+	01:45+	06:03+	03:07+	00:23+

### Beste stræktid for klassen

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

## H80

<b>1</b>	<b>Knud Sørensen</b>	<b>Ok Pan</b>	<b>34:08</b>
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03:52=	07:18=	09:34=	13:25=	16:49=	19:53=	22:48=	23:30=	27:16=	30:38=	31:55=	33:52=	34:08=
03:52=	03:26=	02:16=	03:51=	03:24=	03:04=	02:55=	00:42=	03:46=	03:22=	01:17=	01:57=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kai Ø. Laursen</b>	<b>18</b>	<b>35:46</b>
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04:46+	07:33+	10:19+	13:48+	17:57+	21:43+	25:10+	26:14+	29:03+	31:50+	33:29+	35:30+	35:46+
04:46+	02:47-	02:46+	03:29-	04:09+	03:46+	03:27+	01:04+	02:49-	02:47-	01:39+	02:01+	00:16=
00:54#	00:39-	00:30#	00:22-	00:45#	00:42#	00:32#	00:22&	00:57-	00:35-	00:22&	00:04+	00:00=

<b>3</b>	<b>Asger Kristensen</b>	<b>3</b>	<b>44:29</b>
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07:07+	10:04+	13:03+	17:00+	21:43+	25:56+	30:25+	31:28+	36:03+	40:36+	41:55+	44:14+	44:29+
07:07+	02:57-	02:59+	03:57+	04:43+	04:13+	04:29+	01:03+	04:35+	04:33+	01:19+	02:19+	00:15-
03:15&	00:29-	00:43&	00:06+	01:19&	01:09&	01:34&	00:21&	00:49#	01:11&	00:02+	00:22#	00:01-

## H80

<b>4</b>	<b>Tage Arent Jensen</b>	<b>17</b>	<b>50:26</b>
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05:55+	09:16+	12:32+	16:56+	23:08+	27:09+	34:13+	35:30+	39:23+	45:09+	46:56+	50:04+	50:26+
05:55+	03:21-	03:16+	04:24+	06:12+	04:01+	07:04+	01:17+	03:53+	05:46+	01:47+	03:08+	00:22+
02:03&	00:05-	01:00&	00:33#	02:48&	00:57&	04:09@	00:35&	00:07+	02:24&	00:30&	01:11&	00:06&

<b>5</b>	<b>Preben Eriksen</b>	<b>17</b>	<b>50:45</b>
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06:07+	10:58+	14:40+	19:34+	24:56+	28:55+	33:20+	35:01+	41:14+	46:22+	48:00+	50:25+	50:45+
06:07+	04:51+	03:42+	04:54+	05:22+	03:59+	04:25+	01:41+	06:13+	05:08+	01:38+	02:25+	00:20+
06:07+	04:51+	03:42+	04:54+	05:22+	03:59+	04:25+	01:41+	06:13+	05:08+	01:38+	02:25+	00:20+

<b>6</b>	<b>Erik Hedegaard Jakobsen</b>	<b>6</b>	<b>50:56</b>
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07:44+	11:51+	15:13+	20:16+	25:39+	30:09+	34:56+	36:26+	41:09+	46:53+	48:16+	50:39+	50:56+
07:44+	04:07+	03:22+	05:03+	05:23+	04:30+	04:47+	01:30+	04:43+	05:44+	01:23+	02:23+	00:17+
07:44+	04:07+	03:22+	05:03+	05:23+	04:30+	04:47+	01:30+	04:43+	05:44+	01:23+	02:23+	00:17+

<b>7</b>	<b>Åge Knudsen</b>	<b>3</b>	<b>56:13</b>
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06:01+	15:27+	18:33+	23:41+	29:10+	35:37+	40:51+	42:04+	46:27+	51:40+	53:22+	55:53+	56:13+
06:01+	09:26+	03:06+	05:08+	05:29+	06:27+	05:14+	01:13+	04:23+	05:13+	01:42+	02:31+	00:20+
06:01+	09:26+	03:06+	05:08+	05:29+	06:27+	05:14+	01:13+	04:23+	05:13+	01:42+	02:31+	00:20+

<b>8</b>	<b>Anker Andersen</b>	<b>4</b>	<b>1:05:34</b>
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09:09+	14:43+	19:28+	27:16+	35:16+	41:31+	47:09+	48:57+	53:55+	59:38+	61:46+	65:09+	65:34+
09:09+	05:34+	04:45+	07:48+	08:00+	06:15+	05:38+	01:48+	04:58+	05:43+	02:08+	03:23+	00:25+
09:09+	05:34+	04:45+	07:48+	08:00+	06:15+	05:38+	01:48+	04:58+	05:43+	02:08+	03:23+	00:25+

<b>9</b>	<b>Hartvig Mathiasen</b>	<b>17</b>	<b>1:08:46</b>
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06:56+	11:36+	15:50+	22:28+	39:27+	44:02+	49:46+	51:27+	57:11+	62:57+	65:15+	68:19+	68:46+
06:56+	04:40+	04:14+	06:38+	16:59+	04:35+	05:44+	01:41+	05:44+	05:46+	02:18+	03:04+	00:27+
06:56+	04:40+	04:14+	06:38+	16:59+	04:35+	05:44+	01:41+	05:44+	05:46+	02:18+	03:04+	00:27+

<b>10</b>	<b>Henning Jørgensen</b>	<b>6</b>	<b>1:20:40</b>
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07:57+	18:01+	23:21+	30:46+	46:21+	53:20+	59:01+	60:55+	65:52+	74:08+	76:25+	80:12+	80:40+
07:57+	10:04+	05:20+	07:25+	15:35+	06:59+	05:41+	01:54+	04:57+	08:16+	02:17+	03:47+	00:28+
07:57+	10:04+	05:20+	07:25+	15:35+	06:59+	05:41+	01:54+	04:57+	08:16+	02:17+	03:47+	00:28+

<b>11</b>	<b>Per Rønnau</b>	<b>19</b>	<b>1:22:09</b>
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14:55+	20:14+	24:52+	31:39+	42:37+	47:59+	55:25+	58:01+	69:59+	76:39+	78:32+	81:41+	82:09+
14:55+	05:19+	04:38+	06:47+	10:58+	05:22+	07:26+	02:36+	11:58+	06:40+	01:53+	03:09+	00:28+
14:55+	05:19+	04:38+	06:47+	10:58+	05:22+	07:26+	02:36+	11:58+	06:40+	01:53+	03:09+	00:28+

<b>12</b>	<b>Hanne Agnethe Schultz</b>	<b>4</b>	<b>1:57:24</b>
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17:34+	30:08+	36:10+	51:22+	59:44+	78:23+	87:00+	89:24+	97:25+	107:47+	112:46+	116:43+	117:24+
17:34+	12:34+	06:02+	15:12+	08:22+	18:39+	08:37+	02:24+	08:01+	10:22+	04:59+	03:57+	00:41+
17:34+	12:34+	06:02+	15:12+	08:22+	18:39+	08:37+	02:24+	08:01+	10:22+	04:59+	03:57+	00:41+

### Beste stræktid for klassen

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

## H-Let

<b>1</b>	<b>Jakob Birkholm</b>	<b>Ok Pan</b>	<b>19:17</b>
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01:39=	03:55=	05:36=	07:05=	09:25=	10:52=	11:45=	12:30=	15:05=	16:10=	17:22=	18:21=	19:03=	19:17=
01:39=	02:16=	01:41=	01:29=	02:20=	01:27=	00:53=	00:45=	02:35=	01:05=	01:12=	00:59=	00:42=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## H-Let

<b>2</b>	<b>Jes Lindholm Jensen</b>	<b>14</b>	<b>25:13</b>										
02:02+	03:55=	06:08+	07:55+	10:39+	12:26+	14:21+	16:13+	19:42+	21:14+	23:02+	24:11+	25:01+	25:13+
02:02+	01:53-	02:13+	01:47+	02:44+	01:47+	01:55+	01:52+	03:29+	01:32+	01:48+	01:09+	00:50+	00:12-
00:23#	00:23-	00:32&	00:18#	00:24#	00:20#	01:02@	01:07@	00:54&	00:27&	00:36&	00:10#	00:08#	00:02-
<b>3</b>	<b>Jannik Friis</b>	<b>14</b>	<b>27:05</b>										
02:26+	04:20+	06:30+	08:12+	11:34+	14:13+	16:34+	18:09+	21:48+	23:14+	24:40+	25:47+	26:53+	27:05+
02:26+	01:54+	02:10+	01:42+	03:22+	02:39+	02:21+	01:35+	03:39+	01:26+	01:26+	01:07+	01:06+	00:12+
02:26+	01:54+	02:10+	01:42+	03:22+	02:39+	02:21+	01:35+	03:39+	01:26+	01:26+	01:07+	01:06+	00:12+
<b>4</b>	<b>Klaus Hansen</b>	<b>Ok Pan</b>	<b>27:58</b>										
02:51+	05:12+	07:06+	08:51+	11:21+	13:42+	15:25+	16:53+	20:10+	21:49+	23:24+	24:29+	27:42+	27:58+
02:51+	02:21+	01:54+	01:45+	02:30+	02:21+	01:43+	01:28+	03:17+	01:39+	01:35+	01:05+	03:13+	00:16+
02:51+	02:21+	01:54+	01:45+	02:30+	02:21+	01:43+	01:28+	03:17+	01:39+	01:35+	01:05+	03:13+	00:16+
<b>5</b>	<b>Dan Efsen</b>	<b>4</b>	<b>30:24</b>										
02:26+	04:31+	06:16+	07:51+	10:16+	13:20+	14:15+	15:26+	25:51+	26:57+	28:30+	29:28+	30:12+	30:24+
02:26+	02:05+	01:45+	01:35+	02:25+	03:04+	00:55+	01:11+	10:25+	01:06+	01:33+	00:58+	00:44+	00:12+
02:26+	02:05+	01:45+	01:35+	02:25+	03:04+	00:55+	01:11+	10:25+	01:06+	01:33+	00:58+	00:44+	00:12+
<b>7</b>	<b>Erik Thomsen</b>	<b>3</b>	<b>44:37</b>										
03:21+	06:27+	09:50+	13:33+	18:34+	21:41+	23:55+	26:27+	33:05+	36:11+	39:27+	42:08+	44:13+	44:37+
03:21+	03:06+	03:23+	03:43+	05:01+	03:07+	02:14+	02:32+	06:38+	03:06+	03:16+	02:41+	02:05+	00:24+
03:21+	03:06+	03:23+	03:43+	05:01+	03:07+	02:14+	02:32+	06:38+	03:06+	03:16+	02:41+	02:05+	00:24+
<b>8</b>	<b>Thomas Nikolajsen</b>	<b>4</b>	<b>45:17</b>										
05:09+	09:18+	13:50+	17:37+	23:32+	27:00+	28:52+	30:50+	35:56+	38:28+	40:59+	43:25+	44:54+	45:17+
05:09+	04:09+	04:32+	03:47+	05:55+	03:28+	01:52+	01:58+	05:06+	02:32+	02:31+	02:26+	01:29+	00:23+
05:09+	04:09+	04:32+	03:47+	05:55+	03:28+	01:52+	01:58+	05:06+	02:32+	02:31+	02:26+	01:29+	00:23+
<b>9</b>	<b>Helge Søgaard</b>	<b>13</b>	<b>50:32</b>										
04:30+	09:12+	13:46+	17:45+	24:02+	27:51+	29:50+	32:02+	38:26+	41:32+	44:50+	48:02+	49:59+	50:32+
04:30+	04:42+	04:34+	03:59+	06:17+	03:49+	01:59+	02:12+	06:24+	03:06+	03:18+	03:12+	01:57+	00:33+
04:30+	04:42+	04:34+	03:59+	06:17+	03:49+	01:59+	02:12+	06:24+	03:06+	03:18+	03:12+	01:57+	00:33+
<b>10</b>	<b>Jesper Larsen</b>	<b>14</b>	<b>52:18</b>										
09:23+	14:09+	18:44+	22:30+	28:14+	31:22+	33:28+	35:11+	41:46+	44:39+	47:41+	50:25+	52:04+	52:18+
09:23+	04:46+	04:35+	03:46+	05:44+	03:08+	02:06+	01:43+	06:35+	02:53+	03:02+	02:44+	01:39+	00:14+
09:23+	04:46+	04:35+	03:46+	05:44+	03:08+	02:06+	01:43+	06:35+	02:53+	03:02+	02:44+	01:39+	00:14+
<b>11</b>	<b>Arne Lock</b>	<b>3</b>	<b>57:16</b>										
05:13+	10:20+	15:19+	19:46+	27:12+	31:48+	34:03+	36:45+	44:00+	47:34+	51:21+	54:27+	56:42+	57:16+
05:13+	05:07+	04:59+	04:27+	07:26+	04:36+	02:15+	02:42+	07:15+	03:34+	03:47+	03:06+	02:15+	00:34+
05:13+	05:07+	04:59+	04:27+	07:26+	04:36+	02:15+	02:42+	07:15+	03:34+	03:47+	03:06+	02:15+	00:34+
<b>12</b>	<b>Jørgen Skovby</b>	<b>4</b>											
02:35+	04:53+	05:18+	14:46+										
02:35+	02:18+	00:25+	09:28+										
02:35+	02:18+	00:25+	09:28+										

### Beste stræktid for klassen

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

## åben1

### åben1

<b>1</b>	<b>Tue Lassen</b>	<b>2</b>	<b>35:31</b>																	
02:22=	07:02=	08:28=	10:45=	13:16=	14:14=	15:43=	17:51=	19:05=	20:55=	21:56=	24:40=	26:47=	29:51=	30:51=	31:34=	32:21=	32:56=	34:19=	35:20=	35:31=
02:22=	04:40=	01:26=	02:17=	02:31=	00:58=	01:29=	02:08=	01:14=	01:50=	01:01=	02:44=	02:07=	03:04=	01:00=	00:43=	00:47=	00:35=	01:23=	01:01=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Flemming Jørgensen</b>	<b>20</b>	<b>42:14</b>																	
02:44+	08:20+	09:55+	12:37+	15:18+	16:29+	18:09+	20:38+	22:08+	24:19+	25:33+	28:53+	30:36+	34:48+	36:01+	36:52+	37:54+	39:02+	40:49+	42:03+	42:14+
02:44+	05:36+	01:35+	02:42+	02:41+	01:11+	01:40+	02:29+	01:30+	02:11+	01:14+	03:20+	01:43+	04:12+	01:13+	00:51+	01:02+	01:08+	01:47+	01:14+	00:11+
02:44+	05:36+	01:35+	02:42+	02:41+	01:11+	01:40+	02:29+	01:30+	02:11+	01:14+	03:20+	01:43+	04:12+	01:13+	00:51+	01:02+	01:08+	01:47+	01:14+	00:11+
<b>3</b>	<b>Caroline Gjøtterup</b>	<b>2</b>	<b>43:50</b>																	
03:23+	09:03+	10:44+	13:26+	16:40+	17:54+	19:43+	22:21+	23:48+	26:00+	27:11+	30:39+	32:43+	36:37+	38:03+	39:07+	40:08+	40:57+	42:41+	43:40+	43:50+
03:23+	05:40+	01:41+	02:42+	03:14+	01:14+	01:49+	02:38+	01:27+	02:12+	01:11+	03:28+	02:04+	03:54+	01:26+	01:04+	01:01+	00:49+	01:44+	00:59+	00:10+
03:23+	05:40+	01:41+	02:42+	03:14+	01:14+	01:49+	02:38+	01:27+	02:12+	01:11+	03:28+	02:04+	03:54+	01:26+	01:04+	01:01+	00:49+	01:44+	00:59+	00:10+
<b>4</b>	<b>Lars Storper</b>	<b>16</b>	<b>52:50</b>																	
03:18+	10:05+	11:55+	14:46+	18:22+	19:39+	22:30+	25:52+	28:03+	30:47+	32:20+	36:17+	37:59+	42:39+	44:25+	45:54+	47:26+	48:43+	51:20+	52:38+	52:50+
03:18+	06:47+	01:50+	02:51+	03:36+	01:17+	02:51+	03:22+	02:11+	02:44+	01:33+	03:57+	01:42+	04:40+	01:46+	01:29+	01:32+	01:17+	02:37+	01:18+	00:12+
03:18+	06:47+	01:50+	02:51+	03:36+	01:17+	02:51+	03:22+	02:11+	02:44+	01:33+	03:57+	01:42+	04:40+	01:46+	01:29+	01:32+	01:17+	02:37+	01:18+	00:12+
<b>5</b>	<b>Lars Mikkelsen</b>	<b>21</b>	<b>1:36:39</b>																	
05:23+	15:32+	18:21+	26:31+	32:22+	36:11+	39:39+	44:24+	51:19+	56:28+	59:26+	65:58+	71:01+	78:15+	81:06+	83:29+	86:13+	89:30+	94:03+	96:15+	96:39+
05:23+	10:09+	02:49+	08:10+	05:51+	03:49+	03:28+	04:45+	06:55+	05:09+	02:58+	06:32+	05:03+	07:14+	02:51+	02:23+	02:44+	03:17+	04:33+	02:12+	00:24+
05:23+	10:09+	02:49+	08:10+	05:51+	03:49+	03:28+	04:45+	06:55+	05:09+	02:58+	06:32+	05:03+	07:14+	02:51+	02:23+	02:44+	03:17+	04:33+	02:12+	00:24+

### Beste stræktid for klassen

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

### åben2

<b>1</b>	<b>Niels Jensen</b>	<b>20</b>	<b>50:15</b>													
04:15=	06:11=	13:50=	17:31=	20:35=	22:11=	24:54=	26:54=	33:21=	39:03=	42:16=	43:15=	45:29=	47:45=	48:41=	50:02=	50:15=
04:15=	01:56=	07:39=	03:41=	03:04=	01:36=	02:43=	02:00=	06:27=	05:42=	03:13=	00:59=	02:14=	02:16=	00:56=	01:21=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Søren Maarup</b>	<b>22</b>	<b>52:18</b>													
06:34+	08:31+	15:46+	19:22+	22:53+	24:24+	27:23+	29:17+	35:41+	40:57+	43:38+	44:27+	46:44+	49:28+	50:31+	52:02+	52:18+
06:34+	01:57+	07:15-	03:36-	03:31+	01:31-	02:59+	01:54-	06:24-	05:16-	02:41-	00:49-	02:17+	02:44+	01:03+	01:31+	00:16+
02:19&	00:01+	00:24-	00:05-	00:27#	00:05-	00:16+	00:06-	00:03-	00:26-	00:32-	00:10-	00:03+	00:28#	00:07#	00:10#	00:03#
<b>3</b>	<b>Signe Edsen</b>	<b>6</b>	<b>53:59</b>													
03:26-	05:33-	13:47-	17:56+	22:14+	23:45+	27:27+	29:42+	37:01+	42:35+	45:24+	46:17+	47:55+	50:59+	52:12+	53:47+	53:59+
03:26-	02:07+	08:14+	04:09+	04:18+	01:31-	03:42+	02:15+	07:19+	05:34-	02:49-	00:53-	01:38-	03:04+	01:13+	01:35+	00:12-
00:49-	00:11+	00:35+	00:28#	01:14&	00:05-	00:59&	00:15#	00:52#	00:08-	00:24-	00:06-	00:36-	00:48&	00:17&	00:14#	00:01-
<b>4</b>	<b>Lone Rasmussen</b>	<b>20</b>	<b>1:01:22</b>													
05:52+	08:05+	16:30+	20:40+	25:10+	27:03+	30:22+	32:51+	41:29+	47:54+	50:47+	52:02+	55:35+	58:29+	59:30+	61:07+	61:22+
05:52+	02:13+	08:25+	04:10+	04:30+	01:53+	03:19+	02:29+	08:38+	06:25+	02:53-	01:15+	03:33+	02:54+	01:01+	01:37+	00:15+
01:37&	00:17#	00:46#	00:29#	01:26&	00:17#	00:36#	00:29#	02:11&	00:43#	00:20-	00:16&	01:19&	00:38&	00:05+	00:16#	00:02#
<b>5</b>	<b>Anker Møller</b>	<b>14</b>	<b>1:07:39</b>													
05:15+	07:48+	18:03+	22:52+	28:17+	30:19+	35:04+	38:03+	46:49+	54:24+	57:46+	58:42+	60:52+	63:34+	65:15+	67:25+	67:39+
05:15+	02:33+	10:15+	04:49+	05:25+	02:02+	04:45+	02:59+	08:46+	07:35+	03:22+	00:56-	02:10-	02:42+	01:41+	02:10+	00:14+
01:00#	00:37&	02:36&	01:08&	02:21&	00:26&	02:02&	00:59&	02:19&	01:53&	00:09+	00:03-	00:04-	00:26#	00:45&	00:49&	00:01+

### åben2

<b>6</b>	<b>Lars Humle</b>	<b>10</b>	<b>1:20:55</b>													
05:01+	10:11+	26:09+	31:10+	36:28+	38:29+	42:37+	45:18+	56:57+	65:09+	69:31+	70:48+	73:19+	76:53+	78:10+	80:34+	80:55+
05:01+	05:10+	15:58+	05:01+	05:18+	02:01+	04:08+	02:41+	11:39+	08:12+	04:22+	01:17+	02:31+	03:34+	01:17+	02:24+	00:21+
00:46#	03:14@	08:19@	01:20&	02:14&	00:25&	01:25&	00:41&	05:12&	02:30&	01:09&	00:18&	00:17#	01:18&	00:21&	01:03&	00:08&

#### Beste stræktid for klassen

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

### åben3

<b>1</b>	<b>Jørn Thomsen</b>	<b>15</b>	<b>59:06</b>												
05:33=	09:22=	12:24=	15:48=	20:12=	25:08=	30:10=	35:02=	39:14=	42:36=	46:39=	49:44=	51:33=	56:10=	58:44=	59:06=
05:33=	03:49=	03:02=	03:24=	04:24=	04:56=	05:02=	04:52=	04:12=	03:22=	04:03=	03:05=	01:49=	04:37=	02:34=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Peter Sølling</b>	<b>8</b>	<b>1:03:15</b>												
05:17-	08:34-	11:42-	15:50+	20:55+	25:30+	29:59-	33:45-	37:58-	46:38+	50:41+	53:04+	56:51+	61:20+	63:00+	63:15+
05:17-	03:17-	03:08+	04:08+	05:05+	04:35-	04:29-	03:46-	04:13+	08:40+	04:03=	02:23-	03:47+	04:29-	01:40-	00:15-
00:16-	00:32-	00:06+	00:44#	00:41#	00:21-	00:33-	01:06-	00:01+	05:18@	00:00=	00:42-	01:58@	00:08-	00:54-	00:07-

<b>3</b>	<b>Else Sølling</b>	<b>8</b>	<b>1:31:44</b>												
07:28+	14:23+	18:49+	24:10+	30:10+	37:40+	45:55+	51:49+	57:42+	61:12+	66:27+	73:38+	77:45+	88:18+	91:21+	91:44+
07:28+	06:55+	04:26+	05:21+	06:00+	07:30+	08:15+	05:54+	05:53+	03:30+	05:15+	07:11+	04:07+	10:33+	03:03+	00:23+
01:55&	03:06&	01:24&	01:57&	01:36&	02:34&	03:13&	01:02#	01:41&	00:08+	01:12&	04:06@	02:18@	05:56@	00:29#	00:01+

#### Beste stræktid for klassen

05:17	03:17	03:02	03:24	04:24	04:35	04:29	03:46	04:12	03:22	04:03	02:23	01:49	04:29	01:40	00:15
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### åben4

<b>1</b>	<b>Axel Ørnhagen Jørgensen</b>	<b>20</b>	<b>37:22</b>															
02:51=	05:26=	09:35=	11:53=	13:10=	15:16=	16:58=	18:25=	19:55=	21:36=	23:28=	27:21=	30:26=	31:52=	32:31=	35:16=	35:54=	37:11=	37:22=
02:51=	02:35=	04:09=	02:18=	01:17=	02:06=	01:42=	01:27=	01:30=	01:41=	01:52=	03:53=	03:05=	01:26=	00:39=	02:45=	00:38=	01:17=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Rikke Schested</b>	<b>NOTEAM</b>	<b>2:22:22</b>															
12:45+	21:52+	27:17+	30:38+	32:35+	36:02+	50:02+	71:37+	78:42+	81:52+	85:15+	104:59+	127:35+	130:46+	135:00+	138:11+	139:27+	142:04+	142:22+
12:45+	09:07+	05:25+	03:21+	01:57+	03:27+	14:00+	21:35+	07:05+	03:10+	03:23+	19:44+	22:36+	03:11+	04:14+	03:11+	01:16+	02:37+	00:18+
09:54@	06:32@	01:16&	01:03&	00:40&	01:21&	12:18@	20:08@	05:35@	01:29&	01:31&	15:51@	19:31@	01:45@	03:35@	00:26#	00:38&	01:20@	00:07&

#### Beste stræktid for klassen

02:51	02:35	04:09	02:18	01:17	02:06	01:42	01:27	01:30	01:41	01:52	03:53	03:05	01:26	00:39	02:45	00:38	01:17	00:11
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### åben5

<b>1</b>	<b>Jeanette Fejring</b>	<b>9</b>	<b>40:47</b>											
01:54=	03:13=	06:11=	08:50=	11:14=	14:58=	17:51=	22:06=	23:04=	31:52=	33:32=	36:22=	38:42=	40:16=	40:47=
01:54=	01:19=	02:58=	02:39=	02:24=	03:44=	02:53=	04:15=	00:58=	08:48=	01:40=	02:50=	02:20=	01:34=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Plass Navn**

**Klasse**

**Tid**

**åben5**

**Beste stræktid for klassen**

01:54 01:19 02:58 02:39 02:24 03:44 02:53 04:15 00:58 08:48 01:40 02:50 02:20 01:34 00:31

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