

MTBO-træning mellem distance

Stræktider

-03-05-2020

Plads Navn

Klasse

Tid

D1

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Camilla Søgaard | 3 | 1:12:32 | | | | | | | | | | | | | | | | | | | | | | |
| 01:52= | 03:50= | 05:40= | 09:53= | 13:16= | 15:02= | 18:55= | 21:38= | 25:23= | 30:17= | 35:53= | 38:18= | 39:53= | 43:47= | 46:33= | 50:02= | 50:19= | 52:09= | 55:15= | 58:23= | 60:18= | 63:31= | 65:02= | 66:07= | 68:46= | 70:45= |
| 01:52= | 01:58= | 01:50= | 04:15= | 03:21= | 01:46= | 03:53= | 02:43= | 03:45= | 04:54= | 05:36= | 02:25= | 01:35= | 03:54= | 02:46= | 03:29= | 00:17= | 01:50= | 03:06= | 03:08= | 01:55= | 03:13= | 01:31= | 01:05= | 02:39= | 01:59= |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 71:51= | 72:32= | | | | | | | | | | | | | | | | | | | | | | | | |
| 01:06= | 00:41= | | | | | | | | | | | | | | | | | | | | | | | | |
| 00:00= | 00:00= | | | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|----------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 2 | Nikoline Splittorff | 2 | 1:13:59 | | | | | | | | | | | | | | | | | | | | | | |
| 01:28- | 03:51+ | 09:46+ | 12:44+ | 14:29+ | 18:21+ | 21:19+ | 24:43+ | 30:04+ | 35:57+ | 39:03+ | 40:42+ | 44:48+ | 47:54+ | 50:57+ | 51:14+ | 53:09+ | 56:38+ | 61:46+ | 64:55+ | 66:28+ | 67:34+ | 70:11+ | 72:09+ | 73:15+ | 73:59+ |
| 01:28- | 02:23+ | 05:55+ | 02:58- | 01:45- | 03:52+ | 02:58- | 03:24+ | 05:21+ | 05:53+ | 03:06- | 01:39- | 04:06+ | 03:06- | 03:03+ | 00:17- | 01:55+ | 03:29+ | 05:08+ | 03:09+ | 01:33- | 01:06- | 02:37+ | 01:58+ | 01:06- | 00:44- |
| 00:24- | 00:25# | 04:05@ | 01:17- | 01:36- | 02:06@ | 00:55- | 00:41& | 01:36& | 00:59# | 02:30- | 00:46- | 02:31@ | 00:48- | 00:17# | 03:12- | 01:38@ | 01:39& | 02:02& | 00:01+ | 00:22- | 02:07- | 01:06& | 00:53& | 01:33- | 01:15- |

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|-------------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 3 | Cæcille Christoffersen | 8 | 1:14:11 | | | | | | | | | | | | | | | | | | | | | |
| 01:30- | 03:38- | 09:45+ | 14:53+ | 19:14+ | 22:24+ | 25:59+ | 31:29+ | 37:17+ | 39:51+ | 41:27+ | 45:36+ | 48:39+ | 51:48+ | 52:06+ | 53:51+ | 57:12+ | 61:41+ | 64:47+ | 66:28+ | 67:40+ | 70:20+ | 72:19+ | 73:25+ | 74:11+ |
| 01:30- | 02:08+ | 06:07+ | 05:08+ | 04:21+ | 03:10+ | 03:35- | 05:30+ | 05:48+ | 02:34- | 01:36- | 04:09+ | 03:03+ | 03:09- | 00:18- | 01:45- | 03:21+ | 04:29+ | 03:06= | 01:41- | 01:12- | 02:40- | 01:59+ | 01:06+ | 00:46- |
| 00:22- | 00:10+ | 04:17@ | 00:53# | 01:00& | 01:24& | 00:18- | 02:47@ | 02:03& | 02:20- | 04:00- | 01:44& | 01:28& | 00:45- | 02:28- | 01:44- | 03:04@ | 02:39@ | 00:00= | 01:27- | 00:43- | 00:33- | 00:28& | 00:01+ | 01:53- |

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|----------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 4 | Birka Øhlenschläger | 9 | 1:24:10 | | | | | | | | | | | | | | | | | | | | | |
| 01:32- | 04:36+ | 12:18+ | 16:11+ | 18:27+ | 22:50+ | 26:06+ | 30:03+ | 42:06+ | 45:46+ | 47:28+ | 52:14+ | 55:12+ | 58:10+ | 60:17+ | 62:25+ | 66:03+ | 70:38+ | 74:02+ | 75:50+ | 77:06+ | 80:06+ | 82:10+ | 83:25+ | 84:10+ |
| 01:32- | 03:04+ | 07:42+ | 03:53- | 02:16- | 04:23+ | 03:16- | 03:57+ | 12:03+ | 03:40- | 01:42- | 04:46+ | 02:58+ | 02:58- | 02:07- | 02:08- | 03:38+ | 04:35+ | 03:24+ | 01:48- | 01:16- | 03:00- | 02:04+ | 01:15+ | 00:45- |
| 00:20- | 01:06& | 05:52@ | 00:22- | 01:05- | 02:37@ | 00:37- | 01:14& | 08:18@ | 01:14- | 03:54- | 02:21& | 01:23& | 00:56- | 00:39- | 01:21- | 03:21@ | 02:45@ | 00:18+ | 01:20- | 00:39- | 00:13- | 00:33& | 00:10# | 01:54- |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|----------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 5 | Ea Lykke Otte | 14 | 1:35:49 | | | | | | | | | | | | | | | | | | | | | | |
| 02:14+ | 04:56+ | 12:53+ | 16:47+ | 19:02+ | 24:09+ | 27:40+ | 31:47+ | 38:25+ | 45:17+ | 48:58+ | 50:45+ | 56:00+ | 60:05+ | 66:55+ | 67:17+ | 70:27+ | 74:27+ | 79:46+ | 84:39+ | 86:32+ | 87:49+ | 91:09+ | 93:47+ | 95:03+ | 95:49+ |
| 02:14+ | 02:42+ | 07:57+ | 03:54- | 02:15- | 05:07+ | 03:31- | 04:07+ | 06:38+ | 06:52+ | 03:41- | 01:47- | 05:15+ | 04:05+ | 06:50+ | 00:22- | 03:10+ | 04:00+ | 05:19+ | 04:53+ | 01:53- | 01:17- | 03:20+ | 02:38+ | 01:16- | 00:46- |
| 00:22# | 00:44& | 06:07@ | 00:21- | 01:06- | 03:21@ | 00:22- | 01:24& | 02:53& | 01:58& | 01:55- | 00:38- | 03:40@ | 00:11+ | 04:04@ | 03:07- | 02:53@ | 02:10@ | 02:13& | 01:45& | 00:02- | 01:56- | 01:49@ | 01:33@ | 01:23- | 01:13- |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|----------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 6 | Anne Loftager | 11 | 1:40:02 | | | | | | | | | | | | | | | | | | | | | | |
| 02:34+ | 05:13+ | 16:16+ | 20:07+ | 22:53+ | 28:13+ | 32:01+ | 36:41+ | 43:44+ | 51:36+ | 56:20+ | 58:30+ | 64:06+ | 67:39+ | 70:41+ | 72:34+ | 75:00+ | 79:00+ | 84:35+ | 88:23+ | 90:28+ | 91:45+ | 95:00+ | 97:34+ | 98:56+ | 100:02+ |
| 02:34+ | 02:39+ | 11:03+ | 03:51- | 02:46- | 05:20+ | 03:48- | 04:40+ | 07:03+ | 07:52+ | 04:44- | 02:10- | 05:36+ | 03:33- | 03:02+ | 01:53- | 02:26+ | 04:00+ | 05:35+ | 03:48+ | 02:05+ | 01:17- | 03:15+ | 02:34+ | 01:22- | 01:06- |
| 00:42& | 00:41& | 09:13@ | 00:24- | 00:35- | 03:34@ | 00:05- | 01:57& | 03:18& | 02:58& | 00:52- | 00:15- | 04:01@ | 00:21- | 00:16+ | 01:36- | 02:09@ | 02:10@ | 02:29& | 00:40# | 00:10+ | 01:56- | 01:44@ | 01:29@ | 01:17- | 00:53- |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|-------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|
| 7 | Tine Gade Hansen | Vo | 1:59:38 | | | | | | | | | | | | | | | | | | | | | | |
| 02:07+ | 05:50+ | 13:54+ | 15:10+ | 20:06+ | 22:58+ | 28:27+ | 32:28+ | 37:17+ | 44:30+ | 56:21+ | 62:18+ | 64:44+ | 70:51+ | 75:02+ | 81:20+ | 83:05+ | 86:11+ | 91:19+ | 99:49+ | 105:46+ | 108:15+ | 109:54+ | 113:37+ | 116:41+ | 118:31+ |
| 02:07+ | 03:43+ | 08:04+ | 01:16- | 04:56+ | 02:52+ | 05:29+ | 04:01+ | 04:49+ | 07:13+ | 11:51+ | 05:57+ | 02:26+ | 06:07+ | 04:11+ | 06:18+ | 01:45+ | 03:06+ | 05:08+ | 08:30+ | 05:57+ | 02:29- | 01:39+ | 03:43+ | 03:04+ | 01:50- |
| 00:15# | 01:45& | 06:14@ | 02:59- | 01:35& | 01:06& | 01:36& | 01:18& | 01:04& | 02:19& | 06:15@ | 03:32@ | 00:51& | 02:13& | 01:25& | 02:49& | 01:28@ | 01:16& | 02:02& | 05:22@ | 04:02@ | 00:44- | 00:08+ | 02:38@ | 00:25# | 00:09- |
| 119:38+ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01:07+ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00:01+ | | | | | | | | | | | | | | | | | | | | | | | | | |

Beste stræktid for klassen

01:28 01:58 01:50 01:16 01:45 01:46 02:58 02:43 03:45 02:34 01:36 01:39 01:35 02:58 00:18 00:17 00:17 01:50 03:06 01:41 01:12 01:06 01:31 01:05 00:45 00:44 01:06 00:00

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

D2

| | | | | | | | | | | | | | | | | | | | |
|----------|------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Therese Skouboe | 3 | 1:21:26 | | | | | | | | | | | | | | | | |
| 03:46= | 08:34= | 11:27= | 12:51= | 16:25= | 18:23= | 26:51= | 28:39= | 32:10= | 37:17= | 45:49= | 49:28= | 53:00= | 57:23= | 62:32= | 65:53= | 71:09= | 77:36= | 80:10= | 81:26= |
| 03:46= | 04:48= | 02:53= | 01:24= | 03:34= | 01:58= | 08:28= | 01:48= | 03:31= | 05:07= | 08:32= | 03:39= | 03:32= | 04:23= | 05:09= | 03:21= | 05:16= | 06:27= | 02:34= | 01:16= |
| 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= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

| | | | | | | | | | | | | | | | | | | | |
|----------|----------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 2 | Mariann Vestergaard | 11 | 1:31:16 | | | | | | | | | | | | | | | | |
| 06:23+ | 12:09+ | 15:07+ | 17:02+ | 20:55+ | 23:41+ | 37:25+ | 39:17+ | 43:52+ | 49:57+ | 57:41+ | 60:17+ | 63:35+ | 68:55+ | 74:45+ | 78:17+ | 83:28+ | 88:51+ | 90:07+ | 91:16+ |
| 06:23+ | 05:46+ | 02:58+ | 01:55+ | 03:53+ | 02:46+ | 13:44+ | 01:52+ | 04:35+ | 06:05+ | 07:44- | 02:36- | 03:18- | 05:20+ | 05:50+ | 03:32+ | 05:11- | 05:23- | 01:16- | 01:09- |
| 02:37& | 00:58# | 00:05+ | 00:31& | 00:19+ | 00:48& | 05:16& | 00:04+ | 01:04& | 00:58# | 00:48- | 01:03- | 00:14- | 00:57# | 00:41# | 00:11+ | 00:05- | 01:04- | 01:18- | 00:07- |

D2

| | | | | | | | | | | | | | | | | | | | | |
|----------|--------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|
| 3 | Marianne Kjeldsen | 14 | 1:41:36 | | | | | | | | | | | | | | | | | |
| 07:26+ | 14:14+ | 18:23+ | 19:58+ | 28:47+ | 31:51+ | 41:28+ | 43:52+ | 48:01+ | 58:50+ | 69:31+ | 72:47+ | 76:24+ | 79:35+ | 81:39+ | 86:31+ | 90:19+ | 94:25+ | 99:21+ | 100:42+ | 101:36+ |
| 07:26+ | 06:48+ | 04:09+ | 01:35+ | 08:49+ | 03:04+ | 09:37+ | 02:24+ | 04:09+ | 10:49+ | 10:41+ | 03:16- | 03:37+ | 03:11- | 02:04- | 04:52+ | 03:48- | 04:06- | 04:56+ | 01:21+ | 00:54+ |
| 03:40& | 02:00& | 01:16& | 00:11# | 05:15@ | 01:06& | 01:09# | 00:36& | 00:38# | 05:42@ | 02:09& | 00:23- | 00:05+ | 01:12- | 03:05- | 01:31& | 01:28- | 02:21- | 02:22& | 00:05+ | 00:54+ |

Beste stræktid for klassen

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

D3

| | | | | | | | | | | | | | |
|----------|-------------------------|------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Ingrid Johannsen | Sok | 1:00:11 | | | | | | | | | | |
| 04:13= | 10:37= | 13:05= | 19:51= | 23:10= | 35:19= | 39:58= | 42:48= | 47:27= | 52:14= | 56:10= | 57:12= | 59:00= | 60:11= |
| 04:13= | 06:24= | 02:28= | 06:46= | 03:19= | 12:09= | 04:39= | 02:50= | 04:39= | 04:47= | 03:56= | 01:02= | 01:48= | 01:11= |
| 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= |

| | | | | | | | | | | | | | |
|----------|---------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 2 | Runa Iversen | 3 | 1:09:26 | | | | | | | | | | |
| 05:17+ | 13:04+ | 15:35+ | 25:36+ | 27:59+ | 40:43+ | 46:10+ | 48:58+ | 54:18+ | 61:12+ | 65:41+ | 66:50+ | 68:19+ | 69:26+ |
| 05:17+ | 07:47+ | 02:31+ | 10:01+ | 02:23- | 12:44+ | 05:27+ | 02:48- | 05:20+ | 06:54+ | 04:29+ | 01:09+ | 01:29- | 01:07- |
| 01:04& | 01:23# | 00:03+ | 03:15& | 00:56- | 00:35+ | 00:48# | 00:02- | 00:41# | 02:07& | 00:33# | 00:07# | 00:19- | 00:04- |

| | | | | | | | | | | | | | |
|----------|---------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 3 | Britta Frederiksen | 1 | 1:22:52 | | | | | | | | | | |
| 06:59+ | 18:37+ | 24:38+ | 33:36+ | 37:38+ | 50:42+ | 57:05+ | 61:28+ | 66:31+ | 72:23+ | 77:34+ | 78:44+ | 81:29+ | 82:52+ |
| 06:59+ | 11:38+ | 06:01+ | 08:58+ | 04:02+ | 13:04+ | 06:23+ | 04:23+ | 05:03+ | 05:52+ | 05:11+ | 01:10+ | 02:45+ | 01:23+ |
| 02:46& | 05:14& | 03:33@ | 02:12& | 00:43# | 00:55+ | 01:44& | 01:33& | 00:24+ | 01:05# | 01:15& | 00:08# | 00:57& | 00:12# |

Beste stræktid for klassen

04:13 06:24 02:28 06:46 02:23 12:09 04:39 02:48 04:39 04:47 03:56 01:02 01:29 01:07

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

H1

| | | | | | | | | | | | | | | | | | | | | | | | |
|----------|-------------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Thomas Steinthal | 1 | 1:01:42 | | | | | | | | | | | | | | | | | | | | |
| 01:06= | 02:55= | 08:43= | 11:05= | 12:37= | 15:44= | 18:04= | 20:56= | 25:09= | 30:07= | 32:34= | 34:06= | 37:23= | 39:53= | 43:57= | 45:29= | 48:00= | 51:36= | 54:05= | 55:30= | 56:25= | 58:35= | 61:09= | 61:42= |
| 01:06= | 01:49= | 05:48= | 02:22= | 01:32= | 03:07= | 02:20= | 02:52= | 04:13= | 04:58= | 02:27= | 01:32= | 03:17= | 02:30= | 04:04= | 01:32= | 02:31= | 03:36= | 02:29= | 01:25= | 00:55= | 02:10= | 02:34= | 00:33= |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 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 | Allan Jensen | 9 | 1:03:31 | | | | | | | | | | | | | | | | | | | | | | |
| 01:09+ | 02:57+ | 07:56- | 10:42- | 12:18- | 15:31- | 18:06+ | 19:41- | 20:53- | 25:25- | 30:29- | 32:52- | 34:17- | 37:51- | 40:22- | 42:52- | 43:10- | 44:45- | 47:40- | 51:48- | 55:13- | 56:40- | 57:44- | 60:42- | 62:30+ | 63:31+ |
| 01:09+ | 01:48- | 04:59- | 02:46+ | 01:36+ | 03:13+ | 02:35+ | 01:35- | 01:12- | 04:32- | 05:04+ | 02:23+ | 01:25- | 03:34+ | 02:31- | 02:30+ | 00:18- | 01:35- | 02:55+ | 04:08+ | 03:25+ | 01:27- | 01:04- | 02:58+ | 01:48+ | 01:01+ |
| 00:03+ | 00:01- | 00:49- | 00:24# | 00:04+ | 00:06+ | 00:15# | 01:17- | 03:01- | 00:26- | 02:37@ | 00:51& | 01:52- | 01:04& | 01:33- | 00:58& | 02:13- | 02:01- | 00:26# | 02:43@ | 02:30@ | 00:43- | 01:30- | 02:25@ | 01:48+ | 01:01+ |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 3 | Tommy Damsgaard | 11 | 1:19:57 | | | | | | | | | | | | | | | | | | | | | | |
| 01:23+ | 02:01- | 03:21- | 09:12- | 11:52- | 13:32- | 14:45- | 17:10- | 20:08- | 26:39- | 36:26+ | 42:20+ | 45:01+ | 46:30+ | 50:08+ | 53:04+ | 56:10+ | 58:00+ | 61:14+ | 66:26+ | 69:21+ | 70:55+ | 72:03+ | 75:37+ | 79:07+ | 79:57+ |
| 01:23+ | 00:38- | 01:20- | 05:51+ | 02:40+ | 01:40- | 01:13- | 02:25- | 02:58- | 06:31+ | 09:47+ | 05:54+ | 02:41- | 01:29- | 03:38- | 02:56+ | 03:06+ | 01:50- | 03:14+ | 05:12+ | 02:55+ | 01:34- | 01:08- | 03:34+ | 03:30+ | 00:50+ |
| 00:17& | 01:11- | 04:28- | 03:29@ | 01:08& | 01:27- | 01:07- | 00:27- | 01:15- | 01:33& | 07:20@ | 04:22@ | 00:36- | 01:01- | 00:26- | 01:24& | 00:35# | 01:46- | 00:45& | 03:47@ | 02:00@ | 00:36- | 01:26- | 03:01@ | 03:30+ | 00:50+ |

| | | | | | | | | | | | | | | | | | | | | | | |
|----------|---------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 4 | Jørn Svensen | 11 | 1:22:03 | | | | | | | | | | | | | | | | | | | |
| 01:27+ | 03:43+ | 13:08+ | 16:36+ | 18:16+ | 22:28+ | 29:09+ | 34:36+ | 40:15+ | 43:16+ | 45:04+ | 49:42+ | 52:54+ | 56:35+ | 58:46+ | 62:31+ | 67:24+ | 71:43+ | 73:27+ | 74:42+ | 77:38+ | 81:16+ | 82:03+ |
| 01:27+ | 02:16+ | 09:25+ | 03:28+ | 01:40+ | 04:12+ | 06:41+ | 05:27+ | 05:39+ | 03:01- | 01:48- | 04:38+ | 03:12- | 03:41+ | 02:11- | 03:45+ | 04:53+ | 04:19+ | 01:44- | 01:15- | 02:56+ | 03:38+ | 00:47- |
| 00:21& | 00:27# | 03:37& | 01:06& | 00:08+ | 01:05& | 04:21@ | 02:35& | 01:26& | 01:57- | 00:39- | 03:06@ | 00:05- | 01:11& | 01:53- | 02:13@ | 02:22& | 00:43# | 00:45- | 00:10- | 02:01@ | 01:28& | 01:47- |

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

H1

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|-------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 5 | Brian Lund | 9 | 1:23:15 | | | | | | | | | | | | | | | | | | | | | | |
| 02:01+ | 04:31+ | 13:01+ | 16:40+ | 18:22+ | 22:36+ | 25:48+ | 29:18+ | 35:11+ | 41:38+ | 44:41+ | 46:20+ | 50:54+ | 54:04+ | 58:40+ | 60:38+ | 64:08+ | 68:47+ | 72:27+ | 74:17+ | 75:32+ | 78:48+ | 81:17+ | 82:25+ | 83:15+ | |
| 02:01+ | 02:30+ | 08:30+ | 03:39+ | 01:42+ | 04:14+ | 03:12+ | 03:30+ | 05:53+ | 06:27+ | 03:03+ | 01:39+ | 04:34+ | 03:10+ | 04:36+ | 01:58+ | 03:30+ | 04:39+ | 03:40+ | 01:50+ | 01:15+ | 03:16+ | 02:29- | 01:08+ | 00:50+ | |
| 00:55& | 00:41& | 02:42& | 01:17& | 00:10# | 01:07& | 00:52& | 00:38# | 01:40& | 01:29& | 00:36# | 00:07+ | 01:17& | 00:40& | 00:32# | 00:26& | 00:59& | 01:03& | 01:11& | 00:25& | 00:20& | 01:06& | 00:05- | 00:35@ | 00:50+ | |
| 6 | Michael Lindholm | 7 | 1:24:44 | | | | | | | | | | | | | | | | | | | | | | |
| 01:27+ | 02:43+ | 04:06+ | 10:28+ | 13:41+ | 15:32+ | 20:57+ | 24:02+ | 27:30+ | 33:33+ | 39:38+ | 43:35+ | 45:18+ | 50:05+ | 53:16+ | 58:00+ | 60:39+ | 64:11+ | 68:35+ | 72:12+ | 74:01+ | 75:08+ | 78:06+ | 83:59+ | 84:44+ | |
| 01:27+ | 01:16+ | 01:23+ | 06:22+ | 03:13+ | 01:51+ | 05:25+ | 03:05+ | 03:28+ | 06:03+ | 06:05+ | 03:57+ | 01:43+ | 04:47+ | 03:11+ | 04:44+ | 02:39+ | 03:32+ | 04:24+ | 03:37+ | 01:49+ | 01:07+ | 02:58+ | 05:53+ | 00:45+ | |
| 01:27+ | 01:16+ | 01:23+ | 06:22+ | 03:13+ | 01:51+ | 05:25+ | 03:05+ | 03:28+ | 06:03+ | 06:05+ | 03:57+ | 01:43+ | 04:47+ | 03:11+ | 04:44+ | 02:39+ | 03:32+ | 04:24+ | 03:37+ | 01:49+ | 01:07+ | 02:58+ | 05:53+ | 00:45+ | |
| 7 | Dan Nielsen | 11 | 1:35:07 | | | | | | | | | | | | | | | | | | | | | | |
| 01:51+ | 04:33+ | 12:13+ | 16:24+ | 18:31+ | 23:44+ | 28:14+ | 32:34+ | 39:27+ | 46:49+ | 50:20+ | 52:16+ | 57:56+ | 61:41+ | 65:42+ | 66:02+ | 68:22+ | 72:35+ | 78:19+ | 82:56+ | 85:24+ | 86:40+ | 90:21+ | 92:54+ | 94:08+ | 95:07+ |
| 01:51+ | 02:42+ | 07:40+ | 04:11+ | 02:07+ | 05:13+ | 04:30+ | 04:20+ | 06:53+ | 07:22+ | 03:31+ | 01:56+ | 05:40+ | 03:45+ | 04:01+ | 00:20+ | 02:20+ | 04:13+ | 05:44+ | 04:37+ | 02:28+ | 01:16+ | 03:41+ | 02:33+ | 01:14+ | 00:59+ |
| 01:51+ | 02:42+ | 07:40+ | 04:11+ | 02:07+ | 05:13+ | 04:30+ | 04:20+ | 06:53+ | 07:22+ | 03:31+ | 01:56+ | 05:40+ | 03:45+ | 04:01+ | 00:20+ | 02:20+ | 04:13+ | 05:44+ | 04:37+ | 02:28+ | 01:16+ | 03:41+ | 02:33+ | 01:14+ | 00:59+ |

Beste stræktid for klassen

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

H2

| | | | | | | | | | | | | | | | | | | | |
|----------|---------------------------------|---------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|
| 1 | Kent Lodberg Christensen | 6 | 1:05:59 | | | | | | | | | | | | | | | | |
| 03:50= | 08:11= | 10:35= | 11:51= | 14:23= | 16:15= | 23:30= | 25:05= | 28:54= | 33:58= | 42:13= | 44:14= | 46:33= | 50:01= | 53:40= | 56:15= | 60:43= | 64:03= | 65:07= | 65:59= |
| 03:50= | 04:21= | 02:24= | 01:16= | 02:32= | 01:52= | 07:15= | 01:35= | 03:49= | 05:04= | 08:15= | 02:01= | 02:19= | 03:28= | 03:39= | 02:35= | 04:28= | 03:20= | 01:04= | 00:52= |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 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 | Louis Steinthal | 1 | 1:20:22 | | | | | | | | | | | | | | | | |
| 06:28+ | 12:11+ | 14:55+ | 16:26+ | 20:05+ | 22:10+ | 31:08+ | 32:47+ | 36:31+ | 42:13+ | 50:03+ | 52:14+ | 54:35+ | 58:21+ | 62:31+ | 65:10+ | 71:20+ | 78:10+ | 79:23+ | 80:22+ |
| 06:28+ | 05:43+ | 02:44+ | 01:31+ | 03:39+ | 02:05+ | 08:58+ | 01:39+ | 03:44- | 05:42+ | 07:50- | 02:11+ | 02:21+ | 03:46+ | 04:10+ | 02:39+ | 06:10+ | 06:50+ | 01:13+ | 00:59+ |
| 02:38& | 01:22& | 00:20# | 00:15# | 01:07& | 00:13# | 01:43# | 00:04+ | 00:05- | 00:38# | 00:25- | 00:10+ | 00:02+ | 00:18+ | 00:31# | 00:04+ | 01:42& | 03:30@ | 00:09# | 00:07# |
| 3 | Peter Jensen | NOTEAM | 1:22:01 | | | | | | | | | | | | | | | | |
| 08:13+ | 12:46+ | 15:10+ | 16:49+ | 20:28+ | 22:16+ | 29:36+ | 32:17+ | 36:15+ | 41:25+ | 49:00+ | 52:31+ | 55:27+ | 59:22+ | 63:59+ | 69:40+ | 74:51+ | 79:32+ | 80:57+ | 82:01+ |
| 08:13+ | 04:33+ | 02:24= | 01:39+ | 03:39+ | 01:48- | 07:20+ | 02:41+ | 03:58+ | 05:10+ | 07:35- | 03:31+ | 02:56+ | 03:55+ | 04:37+ | 05:41+ | 05:11+ | 04:41+ | 01:25+ | 01:04+ |
| 04:23@ | 00:12+ | 00:00= | 00:23& | 01:07& | 00:04- | 00:05+ | 01:06& | 00:09+ | 00:06+ | 00:40- | 01:30& | 00:37& | 00:27# | 00:58& | 03:06@ | 00:43# | 01:21& | 00:21& | 00:12# |
| 4 | Flemming Johannsen | Sok | 1:26:00 | | | | | | | | | | | | | | | | |
| 04:26+ | 14:16+ | 17:16+ | 18:54+ | 23:35+ | 26:05+ | 35:21+ | 37:13+ | 41:29+ | 47:59+ | 55:15+ | 58:00+ | 61:22+ | 65:15+ | 70:44+ | 74:17+ | 78:36+ | 83:21+ | 84:44+ | 86:00+ |
| 04:26+ | 09:50+ | 03:00+ | 01:38+ | 04:41+ | 02:30+ | 09:16+ | 01:52+ | 04:16+ | 06:30+ | 07:16- | 02:45+ | 03:22+ | 03:53+ | 05:29+ | 03:33+ | 04:19- | 04:45+ | 01:23+ | 01:16+ |
| 00:36# | 05:29@ | 00:36# | 00:22& | 02:09& | 00:38& | 02:01& | 00:17# | 00:27# | 01:26& | 00:59- | 00:44& | 01:03& | 00:25# | 01:50& | 00:58& | 00:09- | 01:25& | 00:19& | 00:24& |
| 5 | Uffe Spanner | Ok Pan | 1:59:43 | | | | | | | | | | | | | | | | |
| 05:38+ | 15:12+ | 20:07+ | 22:12+ | 29:37+ | 32:51+ | 43:38+ | 46:24+ | 53:54+ | 60:46+ | 75:29+ | 79:15+ | 84:29+ | 90:49+ | 98:28+ | 102:37+ | 108:39+ | 116:13+ | 118:10+ | 119:43+ |
| 05:38+ | 09:34+ | 04:55+ | 02:05+ | 07:25+ | 03:14+ | 10:47+ | 02:46+ | 07:30+ | 06:52+ | 14:43+ | 03:46+ | 05:14+ | 06:20+ | 07:39+ | 04:09+ | 06:02+ | 07:34+ | 01:57+ | 01:33+ |
| 01:48& | 05:13@ | 02:31@ | 00:49& | 04:53@ | 01:22& | 03:32& | 01:11& | 03:41& | 01:48& | 06:28& | 01:45& | 02:55@ | 02:52& | 04:00@ | 01:34& | 01:34& | 04:14@ | 00:53& | 00:41& |

Beste stræktid for klassen

03:50 04:21 02:24 01:16 02:32 01:48 07:15 01:35 03:44 05:04 07:16 02:01 02:19 03:28 03:39 02:35 04:19 03:20 01:04 00:52

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

H3

H3

| 1 | Poul Erik Buch | | | | | | | | | | 4 | 58:39 | |
|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 05:03= | 10:46= | 13:05= | 23:37= | 25:36= | 34:45= | 38:40= | 41:14= | 45:47= | 51:32= | 55:09= | 56:05= | 57:35= | 58:39= |
| 05:03= | 05:43= | 02:19= | 10:32= | 01:59= | 09:09= | 03:55= | 02:34= | 04:33= | 05:45= | 03:37= | 00:56= | 01:30= | 01:04= |
| 00:00= | 00:00= | 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 | John Rasmussen | | | | | | | | | | 9 | 1:34:48 | | | |
|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|
| 04:58+ | 29:49+ | 37:27+ | 44:01+ | 47:36+ | 58:47+ | 63:25+ | 64:17+ | 66:12+ | 70:40+ | 76:34+ | 82:18+ | 89:42+ | 90:50+ | 93:11+ | 94:48+ |
| 04:58+ | 24:51+ | 07:38+ | 06:34+ | 03:35+ | 11:11+ | 04:38+ | 00:52+ | 01:55+ | 04:28+ | 05:54+ | 05:44+ | 07:24+ | 01:08+ | 02:21+ | 01:37+ |
| 04:58+ | 24:51+ | 07:38+ | 06:34+ | 03:35+ | 11:11+ | 04:38+ | 00:52+ | 01:55+ | 04:28+ | 05:54+ | 05:44+ | 07:24+ | 01:08+ | 02:21+ | 01:37+ |

Beste stræktid for klassen

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

H4

| 1 | Rasmus Gade Hansen | | | | | | | | | | Vo | 55:40 | | |
|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 04:44= | 07:46= | 10:56= | 14:16= | 15:32= | 18:18= | 21:27= | 23:32= | 25:59= | 30:53= | 36:54= | 39:35= | 43:27= | 54:23= | 55:40= |
| 04:44= | 03:02= | 03:10= | 03:20= | 01:16= | 02:46= | 03:09= | 02:05= | 02:27= | 04:54= | 06:01= | 02:41= | 03:52= | 10:56= | 01:17= |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

Beste stræktid for klassen

04:44 03:02 03:10 03:20 01:16 02:46 03:09 02:05 02:27 04:54 06:01 02:41 03:52 10:56 01:17

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