



<b>D50</b>	<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
Mette Monique Pilemand	Søllerød OK	Ej startet					
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
<b>D55</b>	<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Anne Maarup	Allerød OK	43:08		02:41			
2:35 (2:35)	1:52 (4:27)	1:46 (6:13)	3:45 (9:58)	2:02 (12:00)	2:14 (14:14)		
5:43 (19:57)	4:04 (24:01)	1:42 (25:43)	1:19 (27:02)	4:20 (31:22)	2:29 (33:51)		
6:01 (39:52)	2:32 (42:24)	0:44 (43:08)					
2. Sandra Simonsen	FIF Hillerød	47:03	+3:55	06:10			
4:44 (4:44)	1:56 (6:40)	2:28 (9:08)	3:59 (13:07)	2:07 (15:14)	2:31 (17:45)		
5:15 (23:00)	3:44 (26:44)	1:57 (28:41)	1:34 (30:15)	3:49 (34:04)	5:16 (39:20)		
3:12 (42:32)	3:41 (46:13)	0:50 (47:03)					
Maria Douglas	FIF Hillerød	Fejlklip					
6:27 (6:27)	2:02 (8:29)	2:34 (11:03)	5:27 (16:30)	2:09 (18:39)	3:22 (22:01)		
5:35 (27:36)	8:40 (36:16)	2:41 (38:57)	2:47 (41:44)	5:38 (47:22)	3:29 (50:51)		
3:58 (54:49)	- (-)	- (58:28)					
Iben Maag	Søllerød OK	Ej startet					
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
<b>D60</b>	<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Mette Filskov	OK Sorø	47:24		06:57			
5:58 (5:58)	3:49 (9:47)	1:23 (11:10)	4:10 (15:20)	3:41 (19:01)	1:51 (20:52)		
2:25 (23:17)	2:33 (25:50)	8:47 (34:37)	3:56 (38:33)	3:03 (41:36)	2:18 (43:54)		
1:39 (45:33)	1:09 (46:42)	0:42 (47:24)					
2. Birgitte Erskov Halland	OK ØST Birkerød	49:03	+1:39	05:09			
5:57 (5:57)	4:11 (10:08)	1:28 (11:36)	4:44 (16:20)	4:50 (21:10)	1:48 (22:58)		
2:22 (25:20)	1:49 (27:09)	7:16 (34:25)	4:02 (38:27)	3:30 (41:57)	2:54 (44:51)		
2:24 (47:15)	1:07 (48:22)	0:41 (49:03)					
3. Annette Bonde	Ballerup OK	53:39	+6:15	08:05			
4:42 (4:42)	4:09 (8:51)	1:52 (10:43)	5:54 (16:37)	6:14 (22:51)	1:43 (24:34)		
2:39 (27:13)	1:38 (28:51)	7:36 (36:27)	4:46 (41:13)	3:22 (44:35)	3:02 (47:37)		
3:45 (51:22)	1:26 (52:48)	0:51 (53:39)					
4. Anne Skovbæk	Søllerød OK	1:15:36	+28:12	22:04			
6:03 (6:03)	4:51 (10:54)	1:56 (12:50)	10:35 (23:25)	4:55 (28:20)	3:48 (32:08)		
5:35 (37:43)	11:53 (49:36)	3:30 (53:06)	5:47 (58:53)	3:44 (1:02:37)	3:33 (1:06:10)		
5:53 (1:12:03)	2:42 (1:14:45)	0:51 (1:15:36)					
<b>D65</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Eva Emanuelsson	Helsingborgs SOK	1:44:43		00:00			
3:20 (3:20)	17:19 (20:39)	5:06 (25:45)	29:43 (55:28)	17:08 (1:12:36)	5:49 (1:18:25)		
3:24 (1:21:49)	1:36 (1:23:25)	8:01 (1:31:26)	3:55 (1:35:21)	4:43 (1:40:04)	3:41 (1:43:45)		
0:58 (1:44:43)							
Inger Jessen	OK Roskilde	Udgået					
4:48 (4:48)	22:03 (26:51)	14:57 (41:48)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
<b>D70</b>	<b>(3 / 3)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Gerda Marie Christiansen	Køge OK	1:00:06		12:16			
2:25 (2:25)	3:53 (6:18)	6:00 (12:18)	5:24 (17:42)	4:35 (22:17)	11:26 (33:43)		
7:27 (41:10)	2:14 (43:24)	2:54 (46:18)	5:03 (51:21)	6:12 (57:33)	1:42 (59:15)		
0:51 (1:00:06)							
2. Lisbeth Damsgaard	Søllerød OK	1:18:22	+18:16	20:44			
2:49 (2:49)	4:05 (6:54)	5:16 (12:10)	7:20 (19:30)	4:35 (24:05)	9:06 (33:11)		
14:09 (47:20)	5:02 (52:22)	3:36 (55:58)	17:01 (1:12:59)	2:41 (1:15:40)	1:44 (1:17:24)		
0:58 (1:18:22)							
3. Janet Bentzen	OK ØST Birkerød	1:38:44	+38:38	47:53			
2:11 (2:11)	2:21 (4:32)	5:15 (9:47)	19:01 (28:48)	3:46 (32:34)	3:26 (36:00)		
9:12 (45:12)	19:00 (1:04:12)	20:26 (1:24:38)	5:30 (1:30:08)	6:02 (1:36:10)	1:38 (1:37:48)		
0:56 (1:38:44)							
<b>D75</b>	<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Inge Jørgensen	OK Roskilde	57:57		00:00			
2:05 (2:05)	2:33 (4:38)	5:43 (10:21)	5:11 (15:32)	4:30 (20:02)	11:38 (31:40)		
7:20 (39:00)	2:15 (41:15)	2:48 (44:03)	5:15 (49:18)	6:11 (55:29)	1:40 (57:09)		
0:48 (57:57)							
<b>D80</b>	<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Marie Krogsgaard	Helsingør SOK	1:47:23		00:00			
4:03 (4:03)	7:48 (11:51)	9:57 (21:48)	18:37 (40:25)	6:56 (47:21)	18:58 (1:06:19)		
13:29 (1:19:48)	4:34 (1:24:22)	4:43 (1:29:05)	9:15 (1:38:20)	5:56 (1:44:16)	1:55 (1:46:11)		
1:12 (1:47:23)							
<b>H12</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>			
1. Mads Storm Lyngsø	Allerød OK	19:37		00:00			
2:01 (2:01)	1:53 (3:54)	1:13 (5:07)	1:43 (6:50)	3:09 (9:59)	2:13 (12:12)		
1:43 (13:55)	3:06 (17:01)	1:56 (18:57)	0:40 (19:37)				

2.	Lasse Brunstedt Jacobsen	OK ØST Birkerød	20:44	+1:07	01:04		
	1:57 (1:57)	1:53 (3:50)	1:08 (4:58)	1:45 (6:43)		3:00 (9:43)	2:40 (12:23)
	1:53 (14:16)	3:32 (17:48)	2:19 (20:07)	0:37 (20:44)			
<b>H14</b>		<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Denys Kandybei	Farum OK	52:22		00:00		
	5:42 (5:42)	4:46 (10:28)	4:11 (14:39)	2:30 (17:09)		3:21 (20:30)	5:25 (25:55)
	6:11 (32:06)	2:11 (34:17)	5:01 (39:18)	6:29 (45:47)		2:41 (48:28)	1:48 (50:16)
	1:28 (51:44)	0:38 (52:22)					
<b>H16</b>		<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
	Rasmus Storm Lyngsø	Allerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	Tore Emil Maarup	Allerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
<b>H20</b>		<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Johannes Marager	Allerød OK	1:02:24		01:29		
	4:14 (4:14)	1:02 (5:16)	2:33 (7:49)	2:29 (10:18)		3:56 (14:14)	2:44 (16:58)
	2:15 (19:13)	0:41 (19:54)	1:22 (21:16)	2:30 (23:46)		0:58 (24:44)	2:01 (26:45)
	2:39 (29:24)	2:12 (31:36)	4:25 (36:01)	3:01 (39:02)		3:19 (42:21)	1:39 (44:00)
	2:14 (46:14)	4:16 (50:30)	3:09 (53:39)	2:43 (56:22)		1:28 (57:50)	2:11 (1:00:01)
	1:51 (1:01:52)	0:32 (1:02:24)					
2.	Sebastian Røysland Maltby	Søllerød OK	1:25:13	+22:49	15:37		
	5:58 (5:58)	1:01 (6:59)	7:13 (14:12)	1:52 (16:04)		4:02 (20:06)	2:40 (22:46)
	2:16 (25:02)	2:26 (27:28)	1:52 (29:20)	1:50 (31:10)		0:46 (31:56)	3:56 (35:52)
	2:37 (38:29)	4:15 (42:44)	6:35 (49:19)	3:53 (53:12)		3:31 (56:43)	1:30 (58:13)
	3:32 (1:01:45)	10:17 (1:12:02)	2:52 (1:14:54)	3:10 (1:18:04)		1:52 (1:19:56)	2:27 (1:22:23)
	2:14 (1:24:37)	0:36 (1:25:13)					
3.	Nathan Philibert	Søllerød OK	1:27:24	+25:00	13:42		
	4:59 (4:59)	1:36 (6:35)	3:17 (9:52)	3:06 (12:58)		3:54 (16:52)	3:27 (20:19)
	2:21 (22:40)	0:53 (23:33)	1:18 (24:51)	7:06 (31:57)		1:08 (33:05)	4:41 (37:46)
	2:18 (40:04)	2:28 (42:32)	6:45 (49:17)	4:20 (53:37)		4:09 (57:46)	1:46 (59:32)
	2:17 (1:01:49)	7:13 (1:09:02)	3:49 (1:12:51)	7:03 (1:19:54)		2:59 (1:22:53)	2:37 (1:25:30)
	1:33 (1:27:03)	0:21 (1:27:24)					
4.	Gustav L. Holmberg	FIF Hillerød	1:33:28	+31:04	20:54		
	4:26 (4:26)	1:44 (6:10)	6:30 (12:40)	2:02 (14:42)		4:24 (19:06)	3:03 (22:09)
	2:01 (24:10)	0:48 (24:58)	4:40 (29:38)	4:12 (33:50)		0:51 (34:41)	4:02 (38:43)
	2:44 (41:27)	3:41 (45:08)	4:36 (49:44)	10:00 (59:44)		4:00 (1:03:44)	1:47 (1:05:31)
	2:20 (1:07:51)	7:13 (1:15:04)	3:44 (1:18:48)	7:09 (1:25:57)		3:02 (1:28:59)	2:33 (1:31:32)
	1:29 (1:33:01)	0:27 (1:33:28)					
5.	Valdemar Marager	Allerød OK	1:36:02	+33:38	15:49		
	5:20 (5:20)	1:14 (6:34)	5:49 (12:23)	2:33 (14:56)		3:51 (18:47)	3:54 (22:41)
	2:26 (25:07)	0:57 (26:04)	2:03 (28:07)	1:42 (29:49)		1:06 (30:55)	5:18 (36:13)
	2:42 (38:55)	4:26 (43:21)	9:48 (53:09)	6:09 (59:18)		3:52 (1:03:10)	2:12 (1:05:22)
	2:46 (1:08:08)	10:10 (1:18:18)	4:06 (1:22:24)	4:10 (1:26:34)		1:59 (1:28:33)	4:57 (1:33:30)
	1:55 (1:35:25)	0:37 (1:36:02)					
	Vincent Becker	Søllerød OK	Fejlklip				
	5:22 (5:22)	1:15 (6:37)	7:18 (13:55)	2:42 (16:37)		5:20 (21:57)	4:36 (26:33)
	3:09 (29:42)	1:11 (30:53)	1:54 (32:47)	2:04 (34:51)		3:32 (38:23)	2:52 (41:15)
	2:52 (44:07)	2:34 (46:41)	7:01 (53:42)	4:13 (57:55)		4:01 (1:01:56)	1:53 (1:03:49)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (1:19:47)					
	Tobias Olloz	THOK	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
<b>H21</b>		<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	George Mavchun	THOK	1:19:23		00:00		
	5:52 (5:52)	2:14 (8:06)	2:50 (10:56)	2:38 (13:34)		0:49 (14:23)	7:37 (22:00)
	3:33 (25:33)	3:43 (29:16)	2:19 (31:35)	5:46 (37:21)		4:03 (41:24)	2:25 (43:49)
	1:14 (45:03)	1:30 (46:33)	2:55 (49:28)	3:10 (52:38)		1:57 (54:35)	1:02 (55:37)
	4:17 (59:54)	3:35 (1:03:29)	2:47 (1:06:16)	2:10 (1:08:26)		3:44 (1:12:10)	1:55 (1:14:05)
	2:25 (1:16:30)	1:28 (1:17:58)	0:51 (1:18:49)	0:34 (1:19:23)			
2.	Aniol Bisquert Parés	Søllerød OK	1:57:20	+37:57	21:14		
	6:44 (6:44)	4:02 (10:46)	3:27 (14:13)	4:01 (18:14)		0:52 (19:06)	7:57 (27:03)
	4:02 (31:05)	4:07 (35:12)	2:38 (37:50)	8:19 (46:09)		5:17 (51:26)	5:20 (56:46)
	1:55 (58:41)	1:13 (59:54)	2:40 (1:02:34)	3:33 (1:06:07)		2:26 (1:08:33)	1:42 (1:10:15)
	5:20 (1:15:35)	8:52 (1:24:27)	9:51 (1:34:18)	2:40 (1:36:58)		4:59 (1:41:57)	2:20 (1:44:17)
	9:02 (1:53:19)	2:37 (1:55:56)	0:45 (1:56:41)	0:39 (1:57:20)			
	Søren Vestergaard	PI-København	Fejlklip				
	8:30 (8:30)	3:31 (12:01)	5:03 (17:04)	7:59 (25:03)		1:20 (26:23)	11:37 (38:00)
	5:41 (43:41)	5:43 (49:24)	5:36 (55:00)	9:32 (1:04:32)		3:31 (1:08:03)	7:26 (1:15:29)
	2:12 (1:17:41)	2:24 (1:20:05)	4:41 (1:24:46)	3:54 (1:28:40)		3:28 (1:32:08)	1:15 (1:33:23)
	6:55 (1:40:18)	5:20 (1:45:38)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:55:10)			

Tjalfe Egholm Rude	Silkeborg OK	Ej startet				
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>H35</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1. Yevhen Kandybey	Farum OK	1:15:56		08:46		
4:36 (4:36)	3:38 (8:14)	9:18 (17:32)	3:30 (21:02)	1:12 (22:14)	3:04 (25:18)	
2:00 (27:18)	1:02 (28:20)	9:05 (37:25)	7:05 (44:30)	2:11 (46:41)	7:21 (54:02)	
1:16 (55:18)	3:25 (58:43)	2:26 (1:01:09)	6:58 (1:08:07)	1:59 (1:10:06)	4:32 (1:14:38)	
0:42 (1:15:20)	0:36 (1:15:56)					
2. Rune Aagaard Lohfert Boas	OK ØST Birkerød	1:23:28	+7:32	13:35		
13:28 (13:28)	3:10 (16:38)	7:06 (23:44)	3:55 (27:39)	1:25 (29:04)	4:30 (33:34)	
3:00 (36:34)	1:18 (37:52)	5:44 (43:36)	3:11 (46:47)	1:55 (48:42)	7:46 (56:28)	
1:23 (57:51)	5:05 (1:02:56)	2:59 (1:05:55)	9:07 (1:15:02)	1:58 (1:17:00)	5:00 (1:22:00)	
0:52 (1:22:52)	0:36 (1:23:28)					
<b>H40</b>	<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1. Steen Piil	Søllerød OK	59:53		02:06		
1:20 (1:20)	3:00 (4:20)	4:45 (9:05)	0:38 (9:43)	2:58 (12:41)	2:00 (14:41)	
1:55 (16:36)	5:26 (22:02)	2:21 (24:23)	1:22 (25:45)	2:34 (28:19)	1:00 (29:19)	
1:55 (31:14)	2:45 (33:59)	1:37 (35:36)	1:56 (37:32)	3:25 (40:57)	2:15 (43:12)	
2:41 (45:53)	4:42 (50:35)	3:43 (54:18)	3:37 (57:55)	1:22 (59:17)	0:36 (59:53)	
2. Troels Christiansen	Søllerød OK	1:10:23	+10:30	13:09		
1:16 (1:16)	2:54 (4:10)	3:34 (7:44)	0:26 (8:10)	2:36 (10:46)	2:06 (12:52)	
3:46 (16:38)	4:29 (21:07)	3:35 (24:42)	1:31 (26:13)	3:21 (29:34)	0:53 (30:27)	
1:28 (31:55)	2:35 (34:30)	5:33 (40:03)	7:57 (48:00)	2:59 (50:59)	2:35 (53:34)	
2:16 (55:50)	5:05 (1:00:55)	3:21 (1:04:16)	4:07 (1:08:23)	1:26 (1:09:49)	0:34 (1:10:23)	
3. Simon Philibert	Søllerød OK	1:21:47	+21:54	09:24		
1:55 (1:55)	3:35 (5:30)	7:36 (13:06)	0:41 (13:47)	3:02 (16:49)	2:10 (18:59)	
3:34 (22:33)	6:33 (29:06)	2:54 (32:00)	1:49 (33:49)	4:26 (38:15)	1:25 (39:40)	
1:58 (41:38)	4:25 (46:03)	4:17 (50:20)	2:53 (53:13)	4:47 (58:00)	3:37 (1:01:37)	
3:36 (1:05:13)	5:16 (1:10:29)	4:17 (1:14:46)	4:48 (1:19:34)	1:37 (1:21:11)	0:36 (1:21:47)	
4. Peter Horstmann	Søllerød OK	1:27:42	+27:49	19:02		
1:42 (1:42)	8:20 (10:02)	3:20 (13:22)	0:32 (13:54)	7:14 (21:08)	5:15 (26:23)	
1:50 (28:13)	5:54 (34:07)	4:01 (38:08)	1:15 (39:23)	4:14 (43:37)	1:16 (44:53)	
3:22 (48:15)	2:43 (50:58)	4:37 (55:35)	2:11 (57:46)	3:42 (1:01:28)	2:51 (1:04:19)	
2:44 (1:07:03)	8:12 (1:15:15)	4:47 (1:20:02)	5:14 (1:25:16)	1:49 (1:27:05)	0:37 (1:27:42)	
Rune Nygaard Monrad	FIF Hillerød	Ej startet				
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
<b>H45</b>	<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1. Asger Habekost Nielsen	Allerød OK	59:52		01:58		
1:26 (1:26)	2:38 (4:04)	3:33 (7:37)	0:28 (8:05)	3:21 (11:26)	2:11 (13:37)	
1:38 (15:15)	4:35 (19:50)	2:08 (21:58)	1:16 (23:14)	2:40 (25:54)	1:46 (27:40)	
1:34 (29:14)	3:03 (32:17)	1:54 (34:11)	2:45 (36:56)	4:02 (40:58)	2:37 (43:35)	
2:56 (46:31)	4:11 (50:42)	3:26 (54:08)	3:44 (57:52)	1:25 (59:17)	0:35 (59:52)	
2. Michael Sørensen	OK ØST Birkerød	1:20:46	+20:54	25:41		
22:38 (22:38)	2:33 (25:11)	3:12 (28:23)	0:32 (28:55)	6:10 (35:05)	1:50 (36:55)	
2:56 (39:51)	4:15 (44:06)	2:07 (46:13)	1:54 (48:07)	2:17 (50:24)	0:50 (51:14)	
1:21 (52:35)	2:32 (55:07)	1:37 (56:44)	2:09 (58:53)	2:51 (1:01:44)	2:47 (1:04:31)	
2:28 (1:06:59)	4:34 (1:11:33)	3:36 (1:15:09)	3:48 (1:18:57)	1:20 (1:20:17)	0:29 (1:20:46)	
3. Jesper Vestergaard	Søllerød OK	1:38:19	+38:27	15:32		
1:50 (1:50)	3:48 (5:38)	6:16 (11:54)	0:49 (12:43)	10:26 (23:09)	2:13 (25:22)	
2:06 (27:28)	7:04 (34:32)	3:18 (37:50)	2:08 (39:58)	3:33 (43:31)	1:51 (45:22)	
2:07 (47:29)	3:24 (50:53)	7:37 (58:30)	6:06 (1:04:36)	5:09 (1:09:45)	3:06 (1:12:51)	
4:54 (1:17:45)	6:32 (1:24:17)	5:50 (1:30:07)	5:37 (1:35:44)	1:45 (1:37:29)	0:50 (1:38:19)	
Kristian Ørnsholt	Søllerød OK	Ej startet				
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
<b>H50</b>	<b>(12 / 12)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1. Carsten Gemmer Hanghøj	Ballerup OK	1:10:59		08:01		
3:55 (3:55)	6:16 (10:11)	3:53 (14:04)	3:20 (17:24)	4:37 (22:01)	7:14 (29:15)	
1:02 (30:17)	4:35 (34:52)	6:55 (41:47)	1:59 (43:46)	3:35 (47:21)	1:23 (48:44)	
5:49 (54:33)	8:48 (1:03:21)	2:11 (1:05:32)	2:46 (1:08:18)	1:53 (1:10:11)	0:48 (1:10:59)	
2. Morten Ploug	Ballerup OK	1:11:01	+0:02	07:10		
3:54 (3:54)	5:52 (9:46)	4:27 (14:13)	3:13 (17:26)	3:19 (20:45)	7:32 (28:17)	
1:02 (29:37)	1:56 (31:33)	6:12 (37:45)	1:59 (39:44)	3:20 (43:04)	1:36 (44:40)	
11:22 (56:02)	4:26 (1:00:28)	4:04 (1:04:32)	2:29 (1:07:01)	3:15 (1:10:16)	0:45 (1:11:01)	
3. David Palsgaard	Søllerød OK	1:25:58	+14:59	04:30		
5:18 (5:18)	8:16 (13:34)	5:25 (18:59)	3:45 (22:44)	3:43 (26:27)	10:54 (37:21)	
1:11 (38:32)	4:51 (43:23)	8:40 (52:03)	2:33 (54:36)	4:32 (59:08)	2:14 (1:01:22)	
8:18 (1:09:40)	6:33 (1:16:13)	3:13 (1:19:26)	3:54 (1:23:20)	1:57 (1:25:17)	0:41 (1:25:58)	

4.	Steen T. Hasholt	Allerød OK	1:27:58	+16:59	15:16	4:24 (4:24) 1:17 (36:04) 13:49 (1:14:02)	6:38 (11:02) 5:26 (41:30) 4:26 (1:18:28)	7:54 (18:56) 8:47 (50:17) 2:48 (1:21:16)	4:25 (26:08) 4:01 (58:53) 1:39 (1:27:19)	8:39 (34:47) 1:20 (1:00:13) 0:39 (1:27:58)
5.	Bjark Bo Christensen	Holbæk OK	1:33:33	+22:34	12:04	4:39 (4:39) 1:26 (39:55) 9:04 (1:18:29)	7:18 (11:57) 9:41 (49:36) 3:33 (1:22:02)	7:32 (19:29) 8:58 (58:34) 3:35 (1:25:37)	4:32 (27:35) 5:45 (1:07:30) 3:23 (1:32:50)	10:54 (38:29) 1:55 (1:09:25) 0:43 (1:33:33)
6.	Peter Becker	Søllerød OK	1:41:04	+30:05	26:40	5:29 (5:29) 1:27 (42:08) 8:19 (1:26:44)	8:29 (13:58) 9:30 (51:38) 4:27 (1:31:11)	11:08 (25:06) 6:34 (58:12) 2:46 (1:33:57)	4:10 (32:01) 10:43 (1:11:13) 2:00 (1:40:34)	8:40 (40:41) 7:12 (1:18:25) 0:30 (1:41:04)
	Anders Marager	Allerød OK	Fejlklip			4:42 (4:42) 1:05 (34:54) - (-)	6:22 (11:04) 2:52 (37:46) - (-)	5:58 (17:02) 7:14 (45:00) - (-)	5:37 (26:13) - (-) 4:08 (55:19)	7:36 (33:49) - (-) 1:10 (56:29)
	Christian Olsen	AMOK	Fejlklip			4:39 (4:39) 2:11 (43:55) - (-)	8:16 (12:55) 4:23 (48:18) - (-)	9:32 (22:27) - (-) - (-)	4:29 (26:56) - (1:01:16) - (-)	6:13 (33:09) - (-) - (1:06:21)
	Joakim Ilsing Sørensen	Ballerup OK	Fejlklip			5:14 (5:14) 1:32 (58:39) - (-)	13:03 (18:17) 7:17 (1:05:56) - (-)	4:34 (22:51) 17:01 (1:22:57) - (-)	5:43 (28:34) - (-) - (1:27:47)	10:47 (39:21) - (-) 4:14 (1:32:01)
	Ulrik Staugaard	FIF Hillerød	Fejlklip			4:12 (4:12) 1:05 (40:17) - (-)	6:08 (10:20) 3:32 (43:49) - (-)	4:35 (14:55) 7:07 (50:56) - (-)	3:06 (18:01) 2:46 (53:42) - (-)	6:52 (24:53) 6:49 (1:00:31) - (1:13:46)
	Jens Knud Maarup	Allerød OK	Ej startet			- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)
	Lars Lyngsø	Allerød OK	Ej startet			- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)	- (-) - (-) - (-)

## H55

		(13 / 13)	Tid	Efter	Tidstab						
1.	Tim Falck Weber UFK	Tisvilde Hegn OK	54:07		01:24	3:48 (3:48) 1:04 (24:01) 6:02 (45:12)	4:49 (8:37) 1:38 (25:39) 2:21 (47:33)	4:00 (12:37) 5:13 (30:52) 2:11 (49:44)	1:46 (14:23) 1:54 (32:46) 2:16 (52:00)	2:43 (17:06) 4:00 (36:46) 1:32 (53:32)	5:51 (22:57) 2:24 (39:10) 0:35 (54:07)
2.	Claus Cederberg	Ballerup OK	1:02:17	+8:10	07:35	3:36 (3:36) 5:11 (29:21) 5:34 (52:20)	4:57 (8:33) 1:58 (31:19) 3:12 (55:32)	3:28 (12:01) 6:07 (37:26) 2:02 (57:34)	1:42 (13:43) 1:47 (39:13) 2:24 (59:58)	3:41 (17:24) 6:03 (45:16) 1:42 (1:01:40)	6:46 (24:10) 1:30 (46:46) 0:37 (1:02:17)
3.	Bo Simonsen	FIF Hillerød	1:09:18	+15:11	09:09	3:39 (3:39) 1:22 (31:50) 5:45 (58:09)	5:26 (9:05) 3:58 (35:48) 3:09 (1:01:18)	3:59 (13:04) 7:21 (43:09) 2:29 (1:03:47)	4:28 (17:32) 1:49 (44:58) 3:13 (1:07:00)	4:43 (22:15) 4:55 (49:53) 1:34 (1:08:34)	8:13 (30:28) 2:31 (52:24) 0:44 (1:09:18)
4.	Peter Dyrsting	FIF Hillerød	1:23:55	+29:48	08:12	5:19 (5:19) 1:15 (36:53) 7:49 (1:10:24)	8:23 (13:42) 2:27 (39:20) 3:55 (1:14:19)	5:59 (19:41) 7:42 (47:02) 2:48 (1:17:07)	3:37 (23:18) 2:39 (49:41) 3:37 (1:20:44)	3:55 (27:13) 9:34 (59:15) 2:28 (1:23:12)	8:25 (35:38) 3:20 (1:02:35) 0:43 (1:23:55)
5.	Alex Ottesen	Ballerup OK	1:31:43	+37:36	25:24	4:31 (4:31) 0:59 (37:29) 8:29 (1:09:46)	4:55 (9:26) 3:20 (40:49) 12:06 (1:21:52)	5:10 (14:36) 6:45 (47:34) 2:05 (1:23:57)	8:59 (23:35) 2:10 (49:44) 2:21 (1:26:18)	3:06 (26:41) 5:41 (55:25) 4:41 (1:30:59)	9:49 (36:30) 5:52 (1:01:17) 0:44 (1:31:43)
6.	Erik Melbye	Søllerød OK	1:32:01	+37:54	29:10	15:34 (15:34) 5:26 (49:31) 9:02 (1:16:26)	5:42 (21:16) 2:57 (52:28) 6:03 (1:22:29)	3:44 (25:00) 5:44 (58:12) 4:03 (1:26:32)	7:06 (32:06) 1:47 (59:59) 3:05 (1:29:37)	4:37 (36:43) 3:23 (1:03:22) 1:49 (1:31:26)	7:22 (44:05) 4:02 (1:07:24) 0:35 (1:32:01)
7.	Carsten Mogensen	Køge OK	1:39:41	+45:34	22:10	5:40 (5:40) 1:09 (45:15) 8:18 (1:22:56)	11:56 (17:36) 2:19 (47:34) 6:41 (1:29:37)	5:56 (23:32) 7:07 (54:41) 3:33 (1:33:10)	7:34 (31:06) 1:59 (56:40) 3:46 (1:36:56)	3:57 (35:03) 12:49 (1:09:29) 1:51 (1:38:47)	9:03 (44:06) 5:09 (1:14:38) 0:54 (1:39:41)
8.	Jakob Albahn	THOK	1:40:16	+46:09	27:21	4:36 (4:36) 1:02 (42:32) 9:42 (1:25:25)	5:58 (10:34) 5:55 (48:27) 4:05 (1:29:30)	10:38 (21:12) 5:54 (54:21) 3:12 (1:32:42)	6:53 (28:05) 1:39 (56:00) 3:48 (1:36:30)	4:32 (32:37) 15:20 (1:11:20) 2:54 (1:39:24)	8:53 (41:30) 4:23 (1:15:43) 0:52 (1:40:16)
9.	Dennis Øbro	THOK	1:56:11	+62:04	29:48	5:03 (5:03) 1:27 (48:16) 8:48 (1:41:22)	10:59 (16:02) 2:48 (51:04) 4:15 (1:45:37)	13:00 (29:02) 23:41 (1:14:45) 3:07 (1:48:44)	2:09 (31:11) 2:25 (1:17:10) 3:47 (1:52:31)	5:54 (37:05) 10:12 (1:27:22) 2:50 (1:55:21)	9:44 (46:49) 5:12 (1:32:34) 0:50 (1:56:11)
10.	Louis Steinthal	FIF Hillerød	2:18:18	+84:11	39:32	8:51 (8:51) 8:37 (1:11:01) 10:16 (1:56:32)	9:00 (17:51) 9:52 (1:20:53) 9:00 (2:05:32)	7:20 (25:11) 7:55 (1:28:48) 3:01 (2:08:33)	2:25 (27:36) 3:12 (1:32:00) 6:27 (2:15:00)	5:57 (33:33) 7:07 (1:39:07) 2:38 (2:17:38)	28:51 (1:02:24) 7:09 (1:46:16) 0:40 (2:18:18)
	Jesper Allan Jensen	OK Roskilde	Fejlklip			9:02 (9:02) - (-) - (-)	9:59 (19:01) - (-) - (-)	8:35 (27:36) - (1:05:00) - (-)	9:56 (37:32) - (-) - (-)	- (-) - (-) - (1:16:36)	- (-) - (-) 0:58 (1:17:34)

Steen Olsen	Søllerød OK	Fejlklip			
6:38 (6:38)	8:14 (14:52)	3:19 (18:11)	1:43 (19:54)	4:59 (24:53)	15:09 (40:02)
1:22 (41:24)	2:36 (44:00)	6:07 (50:07)	1:56 (52:03)	3:03 (55:06)	2:56 (58:02)
– (–)	– (–)	– (–)	– (1:14:11)	1:49 (1:16:00)	0:45 (1:16:45)
Henrik Albahn	Lyngby OK	Udgået			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>H60</b>	<b>(15 / 15)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
1. Steen Stausholm	Farum OK	1:15:30		10:17	
4:15 (4:15)	3:27 (7:42)	5:50 (13:32)	3:43 (17:15)	7:20 (24:35)	3:52 (28:27)
3:26 (31:53)	4:18 (36:11)	2:21 (38:32)	2:56 (41:28)	2:48 (44:16)	4:45 (49:01)
2:50 (51:51)	5:33 (57:24)	5:32 (1:02:56)	4:22 (1:07:18)	4:34 (1:11:52)	1:47 (1:13:39)
1:05 (1:14:44)	0:46 (1:15:30)				
2. Morten Ebbensgaard	OK ØST Birkerød	1:28:37	+13:07	15:23	
5:17 (5:17)	5:49 (11:06)	3:11 (14:17)	2:10 (16:27)	5:33 (22:00)	2:49 (24:49)
2:17 (27:06)	7:23 (34:29)	3:17 (37:46)	2:09 (39:55)	5:59 (45:54)	4:13 (50:07)
2:39 (52:46)	4:08 (56:54)	6:14 (1:03:08)	8:00 (1:11:08)	6:17 (1:17:25)	8:41 (1:26:06)
1:46 (1:27:52)	0:45 (1:28:37)				
3. Frede Lillelund	Søllerød OK	1:31:37	+16:07	13:56	
5:03 (5:03)	4:54 (9:57)	7:15 (17:12)	3:55 (21:07)	6:32 (27:39)	3:00 (30:39)
3:41 (34:20)	5:18 (39:38)	4:07 (43:45)	3:30 (47:15)	5:35 (52:50)	4:29 (57:19)
4:08 (1:01:27)	5:48 (1:07:15)	6:40 (1:13:55)	8:25 (1:22:20)	5:26 (1:27:46)	1:58 (1:29:44)
1:11 (1:30:55)	0:42 (1:31:37)				
4. Leif Sudergaard	Kildeholm OK	1:32:45	+17:15	12:21	
5:56 (5:56)	3:30 (9:26)	4:17 (13:43)	2:56 (16:39)	6:44 (23:23)	3:15 (26:38)
2:48 (29:26)	6:08 (35:34)	3:53 (39:27)	3:34 (43:01)	5:43 (48:44)	4:44 (53:28)
5:24 (58:52)	4:12 (1:02:50)	7:02 (1:09:52)	7:55 (1:17:47)	6:20 (1:24:07)	4:44 (1:28:51)
3:07 (1:31:58)	0:47 (1:32:45)				
5. Claus Odgaard	OK73	1:38:33	+23:03	23:02	
4:24 (4:24)	4:24 (8:48)	3:34 (12:22)	7:50 (20:12)	5:50 (26:02)	3:07 (29:09)
2:05 (31:14)	7:22 (38:36)	3:14 (41:50)	2:02 (43:52)	6:10 (50:02)	4:42 (54:44)
3:49 (58:33)	4:12 (1:02:45)	16:03 (1:18:48)	5:37 (1:24:25)	10:24 (1:34:49)	1:45 (1:36:34)
1:13 (1:37:47)	0:46 (1:38:33)				
6. Erik Ellegaard Simonsen	OK ØST Birkerød	1:50:45	+35:15	23:44	
5:24 (5:24)	10:32 (15:56)	3:57 (19:53)	5:05 (24:58)	8:51 (33:49)	4:42 (38:31)
2:15 (40:46)	6:33 (47:19)	2:40 (49:59)	3:17 (53:16)	3:13 (56:29)	11:03 (1:07:32)
7:43 (1:15:15)	4:37 (1:19:52)	7:20 (1:27:12)	9:52 (1:37:04)	5:33 (1:42:37)	5:39 (1:48:16)
1:31 (1:49:47)	0:58 (1:50:45)				
Gunner Sie	Søllerød OK	Fejlklip			
8:05 (8:05)	5:13 (13:18)	7:20 (20:38)	4:24 (25:02)	12:53 (37:55)	5:00 (42:55)
6:15 (49:10)	12:42 (1:01:52)	4:31 (1:06:23)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (1:23:18)	3:28 (1:26:46)
2:13 (1:28:59)	1:36 (1:30:35)				
Henrik Nielsen	Holbæk OK	Fejlklip			
4:24 (4:24)	8:47 (13:11)	6:53 (20:04)	2:17 (22:21)	6:56 (29:17)	2:59 (32:16)
2:11 (34:27)	12:31 (46:58)	11:19 (58:17)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (1:13:44)				
Ole Jensen	THOK	Fejlklip			
5:55 (5:55)	15:33 (21:28)	6:22 (27:50)	7:46 (35:36)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (43:29)	– (–)	– (1:03:11)	6:48 (1:09:59)
– (–)	– (1:12:52)				
Peter Krogh	OK ØST Birkerød	Fejlklip			
6:19 (6:19)	10:26 (16:45)	15:25 (32:10)	9:43 (41:53)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (49:25)	9:07 (58:32)	8:03 (1:06:35)	5:30 (1:12:05)
2:26 (1:14:31)	1:01 (1:15:32)				
Svend-Erik Jepsen	Søllerød OK	Fejlklip			
4:45 (4:45)	14:23 (19:08)	3:24 (22:32)	20:19 (42:51)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (49:13)	– (–)	– (–)	– (58:46)
1:10 (59:56)	0:52 (1:00:48)				
Jan Johansen	PI-København	Udgået			
5:32 (5:32)	4:28 (10:00)	3:56 (13:56)	15:55 (29:51)	7:38 (37:29)	4:08 (41:37)
2:48 (44:25)	16:04 (1:00:29)	3:57 (1:04:26)	3:17 (1:07:43)	7:34 (1:15:17)	5:03 (1:20:20)
3:56 (1:24:16)	4:24 (1:28:40)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)				
Jens Jørgen Hansen	Farum OK	Udgået			
3:43 (3:43)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Pablo Jensen	Farum OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

Søren Sloth	FIF Hillerød	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>H65</b>	<b>(10 / 10)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
1. Jens Korsholm	Farum OK	1:13:23		07:17	
5:12 (5:12)	4:40 (9:52)	4:17 (14:09)	6:22 (20:31)	1:47 (22:18)	2:12 (24:30)
5:39 (30:09)	3:30 (33:39)	6:30 (40:09)	2:26 (42:35)	6:48 (49:23)	5:16 (54:39)
3:41 (58:20)	4:04 (1:02:24)	7:05 (1:09:29)	2:52 (1:12:21)	1:02 (1:13:23)	
2. Kurt Thuesen	FSK Orientering	1:15:15	+1:52	21:20	
4:20 (4:20)	3:12 (7:32)	3:27 (10:59)	4:31 (15:30)	1:04 (16:34)	6:31 (23:05)
4:53 (27:58)	3:39 (31:37)	4:31 (36:08)	1:47 (37:55)	10:56 (48:51)	3:14 (52:05)
2:25 (54:30)	12:21 (1:06:51)	5:15 (1:12:06)	2:22 (1:14:28)	0:47 (1:15:15)	
3. Jens Peter Gundorf	OK ØST Birkerød	1:20:30	+7:07	18:32	
5:51 (5:51)	12:02 (17:53)	4:12 (22:05)	10:53 (32:58)	1:31 (34:29)	2:02 (36:31)
5:11 (41:42)	4:58 (46:40)	6:51 (53:31)	2:53 (56:24)	9:39 (1:06:03)	3:25 (1:09:28)
2:40 (1:12:08)	2:55 (1:15:03)	2:03 (1:17:06)	2:27 (1:19:33)	0:57 (1:20:30)	
4. Sven-Åke Emanuelsson	Helsingborgs SOK	1:23:19	+9:56	13:40	
10:07 (10:07)	5:38 (15:45)	5:16 (21:01)	9:37 (30:38)	1:32 (32:10)	2:44 (34:54)
6:20 (41:14)	4:02 (45:16)	8:11 (53:27)	3:34 (57:01)	6:41 (1:03:42)	3:58 (1:07:40)
3:13 (1:10:53)	5:25 (1:16:18)	3:06 (1:19:24)	2:51 (1:22:15)	1:04 (1:23:19)	
5. Niels la Cour Bentzon	Søllerød OK	1:30:34	+17:11	21:04	
5:01 (5:01)	5:05 (10:06)	5:04 (15:10)	6:53 (22:03)	18:03 (40:06)	2:12 (42:18)
5:57 (48:15)	5:35 (53:50)	6:14 (1:00:04)	3:25 (1:03:29)	6:48 (1:10:17)	5:09 (1:15:26)
3:13 (1:18:39)	4:59 (1:23:38)	3:24 (1:27:02)	2:53 (1:29:55)	0:39 (1:30:34)	
Gregers Jørgensen	Ballerup OK	Fejlklip			
4:28 (4:28)	3:33 (8:01)	3:38 (11:39)	13:34 (25:13)	1:19 (26:32)	2:00 (28:32)
7:31 (36:03)	4:09 (40:12)	4:16 (44:28)	2:31 (46:59)	– (–)	– (57:22)
2:35 (59:57)	3:08 (1:03:05)	3:31 (1:06:36)	2:31 (1:09:07)	0:54 (1:10:01)	
Thomas Østergaard	OK ØST Birkerød	Fejlklip			
17:12 (17:12)	5:50 (23:02)	5:08 (28:10)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (58:12)	3:00 (1:01:12)	3:21 (1:04:33)	1:13 (1:05:46)	
Troels Bent Hansen	Allerød OK	Fejlklip			
4:11 (4:11)	4:01 (8:12)	3:18 (11:30)	9:36 (21:06)	1:36 (22:42)	1:49 (24:31)
7:43 (32:14)	3:44 (35:58)	4:03 (40:01)	1:57 (41:58)	4:33 (46:31)	3:38 (50:09)
2:17 (52:26)	– (–)	– (57:55)	2:49 (1:00:44)	0:37 (1:01:21)	
Max Prang	Fredensborg OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Torkil Hansen	PI-København	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>H70</b>	<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
1. Gunnar Grue-Sørensen	Køge OK	1:03:10		04:03	
5:12 (5:12)	4:17 (9:29)	5:25 (14:54)	6:55 (21:49)	1:33 (23:22)	1:37 (24:59)
7:14 (32:13)	4:00 (36:13)	4:47 (41:00)	2:04 (43:04)	5:08 (48:12)	4:20 (52:32)
2:37 (55:09)	2:47 (57:56)	2:13 (1:00:09)	2:12 (1:02:21)	0:49 (1:03:10)	
2. Flemming Wendelboe	Helsingør SOK	1:15:32	+12:22	13:33	
6:24 (6:24)	6:26 (12:50)	4:45 (17:35)	6:05 (23:40)	1:10 (24:50)	1:45 (26:35)
5:24 (31:59)	3:23 (35:22)	5:24 (40:46)	9:04 (49:50)	7:52 (57:42)	3:33 (1:01:15)
3:08 (1:04:23)	4:45 (1:09:08)	2:06 (1:11:14)	3:27 (1:14:41)	0:51 (1:15:32)	
3. Erik Sørensen	Allerød OK	1:20:59	+17:49	16:52	
10:21 (10:21)	5:08 (15:29)	4:03 (19:32)	6:29 (26:01)	3:55 (29:56)	2:05 (32:01)
7:30 (39:31)	3:37 (43:08)	6:35 (49:43)	2:42 (52:25)	4:51 (57:16)	6:31 (1:03:47)
2:31 (1:06:18)	8:20 (1:14:38)	1:56 (1:16:34)	3:43 (1:20:17)	0:42 (1:20:59)	
4. Carl-Johan Rosenberg	FIF Hillerød	1:24:08	+20:58	14:24	
5:29 (5:29)	6:11 (11:40)	6:36 (18:16)	9:50 (28:06)	1:49 (29:55)	7:16 (37:11)
6:36 (43:47)	4:02 (47:49)	5:17 (53:06)	2:47 (55:53)	6:21 (1:02:14)	3:43 (1:05:57)
3:01 (1:08:58)	5:27 (1:14:25)	6:29 (1:20:54)	2:24 (1:23:18)	0:50 (1:24:08)	
5. Niels Hamborg Jensen	OK Skærmens Hareskov	1:41:06	+37:56	27:29	
9:38 (9:38)	6:07 (15:45)	4:48 (20:33)	8:55 (29:28)	4:09 (33:37)	2:01 (35:38)
6:00 (41:38)	3:47 (45:25)	14:40 (1:00:05)	2:29 (1:02:34)	8:17 (1:10:51)	17:48 (1:28:39)
2:40 (1:31:19)	3:22 (1:34:41)	2:12 (1:36:53)	3:29 (1:40:22)	0:44 (1:41:06)	
Kai Beck-Andersen	Farum OK	Fejlklip			
7:48 (7:48)	8:39 (16:27)	10:08 (26:35)	– (–)	– (–)	– (–)
– (47:42)	8:04 (55:46)	7:52 (1:03:38)	3:41 (1:07:19)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (1:24:13)	
Ole Galle	THOK	Fejlklip			
6:10 (6:10)	11:45 (17:55)	4:48 (22:43)	11:11 (33:54)	1:38 (35:32)	16:14 (51:46)
– (–)	– (–)	– (–)	– (–)	– (–)	– (1:07:24)
– (–)	– (–)	– (–)	– (1:15:47)	0:58 (1:16:45)	
<b>H75</b>	<b>(10 / 10)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
1. Janne Brunstedt	OK Roskilde	51:31		09:33	

2:26 (2:26)	3:51 (6:17)	4:00 (10:17)	13:09 (23:26)	5:13 (28:39)	3:52 (32:31)
3:54 (36:25)	1:51 (38:16)	3:57 (42:13)	1:44 (43:57)	4:13 (48:10)	2:41 (50:51)
0:40 (51:31)					
<b>2.</b> Hans Christian Strib	<b>OK GORM</b>		<b>59:28</b>	<b>+7:57</b>	<b>17:01</b>
2:45 (2:45)	14:24 (17:09)	3:18 (20:27)	4:37 (25:04)	11:48 (36:52)	3:26 (40:18)
2:18 (42:36)	1:20 (43:56)	3:26 (47:22)	4:07 (51:29)	4:23 (55:52)	2:52 (58:44)
0:44 (59:28)					
<b>3.</b> Leif Sig	<b>FIF Hillerød</b>		<b>1:12:17</b>	<b>+20:46</b>	<b>11:24</b>
4:16 (4:16)	6:26 (10:42)	4:11 (14:53)	8:34 (23:27)	7:21 (30:48)	5:13 (36:01)
2:39 (38:40)	2:01 (40:41)	5:41 (46:22)	4:59 (51:21)	11:53 (1:03:14)	8:00 (1:11:14)
1:03 (1:12:17)					
<b>4.</b> Mogens Jørgensen	<b>Søllerød OK</b>		<b>1:20:33</b>	<b>+29:02</b>	<b>12:20</b>
9:40 (9:40)	5:45 (15:25)	6:30 (21:55)	9:06 (31:01)	9:14 (40:15)	6:30 (46:45)
3:17 (50:02)	6:18 (56:20)	6:43 (1:03:03)	2:55 (1:05:58)	7:40 (1:13:38)	5:44 (1:19:22)
1:11 (1:20:33)					
<b>5.</b> Karsten Funder	<b>FIF Hillerød</b>		<b>1:21:46</b>	<b>+30:15</b>	<b>16:54</b>
9:14 (9:14)	6:54 (16:08)	7:31 (23:39)	6:31 (30:10)	8:51 (39:01)	9:53 (48:54)
4:09 (53:03)	3:10 (56:13)	8:08 (1:04:21)	5:22 (1:09:43)	6:39 (1:16:22)	4:25 (1:20:47)
0:59 (1:21:46)					
<b>6.</b> Jørgen Chr. Nielsen	<b>FIF Hillerød</b>		<b>1:34:37</b>	<b>+43:06</b>	<b>27:04</b>
5:04 (5:04)	5:02 (10:06)	5:17 (15:23)	32:15 (47:38)	11:40 (59:18)	5:23 (1:04:41)
3:28 (1:08:09)	3:05 (1:11:14)	7:48 (1:19:02)	3:35 (1:22:37)	6:47 (1:29:24)	4:13 (1:33:37)
1:00 (1:34:37)					
Kuno Rasmussen	<b>Ballerup OK</b>		<b>Fejlklip</b>		
10:43 (10:43)	5:58 (16:41)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (32:12)					
Ronnie McGrail	<b>Søllerød OK</b>		<b>Fejlklip</b>		
3:44 (3:44)	6:39 (10:23)	4:16 (14:39)	10:23 (25:02)	7:42 (32:44)	4:29 (37:13)
1:55 (39:08)	4:21 (43:29)	9:26 (52:55)	3:42 (56:37)	– (–)	– (1:10:48)
21:31 (1:32:19)					
John Tripax	<b>OK Roskilde</b>		<b>Udgået</b>		
3:18 (3:18)	4:52 (8:10)	12:41 (20:51)	8:13 (29:04)	7:17 (36:21)	18:17 (54:38)
7:50 (1:02:28)	19:47 (1:22:15)	14:51 (1:37:06)	15:50 (1:52:56)	22:28 (2:15:24)	– (–)
– (–)					
Karsten Richardt	<b>Køge OK</b>		<b>Ej startet</b>		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)					

<b>H80</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
<b>1.</b> Ole Svendsen	<b>OK Roskilde</b>	<b>1:07:53</b>		<b>13:16</b>	
2:23 (2:23)	4:00 (6:23)	5:02 (11:25)	6:20 (17:45)	4:47 (22:32)	8:32 (31:04)
7:47 (38:51)	4:15 (43:06)	6:08 (49:14)	9:39 (58:53)	3:41 (1:02:34)	4:19 (1:06:53)
1:00 (1:07:53)					
<b>2.</b> Knud Lykking	<b>OK73</b>	<b>1:23:35</b>	<b>+15:42</b>	<b>22:51</b>	
2:28 (2:28)	2:33 (5:01)	18:15 (23:16)	7:38 (30:54)	3:41 (34:35)	2:42 (37:17)
11:29 (48:46)	2:50 (51:36)	4:13 (55:49)	16:36 (1:12:25)	8:25 (1:20:50)	1:36 (1:22:26)
1:09 (1:23:35)					

<b>H85</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
<b>1.</b> Egon Neregaard	<b>THOK</b>	<b>1:40:22</b>		<b>11:17</b>	
14:43 (14:43)	3:30 (18:13)	6:17 (24:30)	7:41 (32:11)	5:13 (37:24)	10:31 (47:55)
10:46 (58:41)	2:59 (1:01:40)	4:26 (1:06:06)	19:57 (1:26:03)	10:22 (1:36:25)	2:16 (1:38:41)
1:41 (1:40:22)					
Jørgen Jensen	<b>Helsingør SOK</b>	<b>Udgået</b>			
4:24 (4:24)	12:40 (17:04)	6:58 (24:02)	6:35 (30:37)	6:27 (37:04)	9:33 (46:37)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)					

<b>Åben 3</b>	<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
<b>1.</b> Ulrik Nielsen	<b>Søllerød OK</b>	<b>46:11</b>		<b>00:00</b>	
4:16 (4:16)	5:01 (9:17)	6:30 (15:47)	3:50 (19:37)	1:24 (21:01)	3:05 (24:06)
1:33 (25:39)	1:10 (26:49)	5:13 (32:02)	3:32 (35:34)	1:41 (37:15)	2:41 (39:56)
2:40 (42:36)	1:40 (44:16)	1:02 (45:18)	0:53 (46:11)		

<b>Åben 2</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
<b>1.</b> Morten Neregaard	<b>Vinderød OK</b>	<b>1:28:07</b>		<b>05:41</b>	
1:13 (1:13)	2:03 (3:16)	2:32 (5:48)	2:41 (8:29)	3:52 (12:21)	7:11 (19:32)
4:18 (23:50)	7:05 (30:55)	4:48 (35:43)	6:32 (42:15)	2:11 (44:26)	3:46 (48:12)
6:10 (54:22)	6:45 (1:01:07)	4:00 (1:05:07)	8:58 (1:14:05)	2:12 (1:16:17)	3:07 (1:19:24)
5:43 (1:25:07)	2:16 (1:27:23)	0:44 (1:28:07)			
Anne Marie Thomsen	<b>Ballerup OK</b>	<b>Fejlklip</b>			
1:31 (1:31)	2:23 (3:54)	4:33 (8:27)	2:42 (11:09)	5:38 (16:47)	5:41 (22:28)
2:19 (24:47)	8:04 (32:51)	14:33 (47:24)	5:50 (53:14)	2:10 (55:24)	4:00 (59:24)
5:38 (1:05:02)	– (–)	– (–)	– (–)	– (1:31:10)	4:29 (1:35:39)
3:20 (1:38:59)	3:08 (1:42:07)	0:48 (1:42:55)			

<b>Åben 4</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>	
<b>1.</b> Henrik Kärner Grooss	<b>Allerød OK</b>	<b>54:34</b>		<b>06:12</b>	
1:37 (1:37)	11:36 (13:13)	5:35 (18:48)	5:04 (23:52)	4:10 (28:02)	2:33 (30:35)
3:00 (33:35)	2:41 (36:16)	2:36 (38:52)	7:07 (45:59)	3:47 (49:46)	2:19 (52:05)
1:44 (53:49)	0:45 (54:34)				



2.	Jonas Blomqvist	Helsingør SOK	58:53	+4:19	09:46		
	1:52 (1:52)	6:14 (8:06)	5:37 (13:43)	6:49 (20:32)	8:25 (28:57)	2:23 (31:20)	
	3:30 (34:50)	2:34 (37:24)	5:58 (43:22)	5:48 (49:10)	3:13 (52:23)	3:55 (56:18)	
	1:53 (58:11)	0:42 (58:53)					