

Resultater – SensommerCup 2024 E3

2024-09-03

| | | (1 / 1) | Tid | Efter | Tidstab | | |
|-----------|------------------------|------------------|----------------|----------------|----------------|----------------|--|
| D1 | | | | | | | |
| 1. | Irina Kupriyanova | Farum OK | 1:12:54 | | 0:00 | | |
| | 2:30 (2:30) | 2:29 (4:59) | 1:01 (6:00) | 2:08 (8:08) | 1:42 (9:50) | 2:31 (12:21) | |
| | 0:59 (13:20) | 2:14 (15:34) | 2:01 (17:35) | 2:15 (19:50) | 4:12 (24:02) | 1:06 (25:08) | |
| | 2:27 (27:35) | 5:33 (33:08) | 1:52 (35:00) | 3:05 (38:05) | 1:14 (39:19) | 3:22 (42:41) | |
| | 2:35 (45:16) | 1:15 (46:31) | 3:08 (49:39) | 5:47 (55:26) | 1:57 (57:23) | 1:43 (59:06) | |
| | 3:10 (1:02:16) | 1:09 (1:03:25) | 3:46 (1:07:11) | 3:00 (1:10:11) | 1:45 (1:11:56) | 0:58 (1:12:54) | |
| D2 | | | | | | | |
| 1. | Maria Krog Schulz | Ballerup OK | 1:14:14 | | 0:00 | | |
| | 2:55 (2:55) | 3:30 (6:25) | 2:32 (8:57) | 4:31 (13:28) | 1:41 (15:09) | 2:35 (17:44) | |
| | 2:56 (20:40) | 1:19 (21:59) | 3:47 (25:46) | 3:44 (29:30) | 3:09 (32:39) | 5:39 (38:18) | |
| | 2:51 (41:09) | 4:55 (46:04) | 1:31 (47:35) | 2:06 (49:41) | 3:00 (52:41) | 2:13 (54:54) | |
| | 3:39 (58:33) | 2:20 (1:00:53) | 0:56 (1:01:49) | 4:51 (1:06:40) | 2:20 (1:09:00) | 2:33 (1:11:33) | |
| | 1:32 (1:13:05) | 1:09 (1:14:14) | | | | | |
| D3 | | | | | | | |
| 1. | Maria Douglas | FIF Hillerød | 35:18 | | 2:02 | | |
| | 3:25 (3:25) | 2:19 (5:44) | 3:38 (9:22) | 2:59 (12:21) | 2:37 (14:58) | 2:36 (17:34) | |
| | 2:26 (20:00) | 3:11 (23:11) | 2:56 (26:07) | 2:11 (28:18) | 2:22 (30:40) | 3:36 (34:16) | |
| | 1:02 (35:18) | | | | | | |
| 2. | Birgitte Birck | Allerød OK | 40:45 | +5:27 | 4:01 | | |
| | 3:33 (3:33) | 2:44 (6:17) | 3:57 (10:14) | 2:33 (12:47) | 2:16 (15:03) | 2:54 (17:57) | |
| | 4:18 (22:15) | 3:13 (25:28) | 3:12 (28:40) | 3:00 (31:40) | 3:17 (34:57) | 4:34 (39:31) | |
| | 1:14 (40:45) | | | | | | |
| 3. | Fiona Palsgaard | Søllerød OK | 41:59 | +6:41 | 3:14 | | |
| | 3:41 (3:41) | 4:01 (7:42) | 5:01 (12:43) | 3:25 (16:08) | 2:23 (18:31) | 3:28 (21:59) | |
| | 3:36 (25:35) | 3:43 (29:18) | 3:07 (32:25) | 2:58 (35:23) | 2:55 (38:18) | 2:46 (41:04) | |
| | 0:55 (41:59) | | | | | | |
| 4. | Eva Emanuelsson | Helsingborgs SOK | 47:07 | +11:49 | 2:01 | | |
| | 4:35 (4:35) | 3:13 (7:48) | 5:03 (12:51) | 3:48 (16:39) | 3:03 (19:42) | 3:22 (23:04) | |
| | 5:12 (28:16) | 4:16 (32:32) | 4:14 (36:46) | 3:45 (40:31) | 2:02 (42:33) | 3:10 (45:43) | |
| | 1:24 (47:07) | | | | | | |
| 5. | Gitte Grauert | Ballerup OK | 51:34 | +16:16 | 5:57 | | |
| | 4:20 (4:20) | 5:16 (9:36) | 5:31 (15:07) | 4:05 (19:12) | 3:47 (22:59) | 3:12 (26:11) | |
| | 3:47 (29:58) | 4:22 (34:20) | 4:26 (38:46) | 2:59 (41:45) | 1:51 (43:36) | 6:35 (50:11) | |
| | 1:23 (51:34) | | | | | | |
| 6. | Annelise Hansen | FIF Hillerød | 1:18:55 | +43:37 | 22:52 | | |
| | 5:06 (5:06) | 4:23 (9:29) | 6:31 (16:00) | 23:02 (39:02) | 3:58 (43:00) | 6:32 (49:32) | |
| | 8:00 (57:32) | 5:10 (1:02:42) | 4:00 (1:06:42) | 3:15 (1:09:57) | 2:42 (1:12:39) | 4:54 (1:17:33) | |
| | 1:22 (1:18:55) | | | | | | |
| 7. | Hanne Frost | Ballerup OK | 1:19:09 | +43:51 | 6:23 | | |
| | 7:48 (7:48) | 6:20 (14:08) | 7:32 (21:40) | 7:51 (29:31) | 6:26 (35:57) | 7:09 (43:06) | |
| | 7:35 (50:41) | 7:12 (57:53) | 6:52 (1:04:45) | 4:56 (1:09:41) | 3:19 (1:13:00) | 4:37 (1:17:37) | |
| | 1:32 (1:19:09) | | | | | | |
| 8. | Kirsten Truelsén | Ballerup OK | 1:33:47 | +58:29 | 12:36 | | |
| | 11:50 (11:50) | 5:29 (17:19) | 13:32 (30:51) | 7:06 (37:57) | 6:45 (44:42) | 6:53 (51:35) | |
| | 6:27 (58:02) | 6:57 (1:04:59) | 6:00 (1:10:59) | 6:17 (1:17:16) | 8:11 (1:25:27) | 5:53 (1:31:20) | |
| | 2:27 (1:33:47) | | | | | | |
| | Inger Jensen | FSK Orientering | Fejlklip | | | | |
| | 11:53 (11:53) | 6:16 (18:09) | 11:45 (29:54) | 6:09 (36:03) | 3:21 (39:24) | 6:56 (46:20) | |
| | 11:16 (57:36) | 5:10 (1:02:46) | – (–) | – (1:10:05) | 2:41 (1:12:46) | 5:21 (1:18:07) | |
| | 2:04 (1:20:11) | | | | | | |
| | Ulla Valnert | OK73 | Fejlklip | | | | |
| | 13:14 (13:14) | 7:01 (20:15) | 14:43 (34:58) | 8:12 (43:10) | 9:46 (52:56) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (58:56) | 6:24 (1:05:20) | |
| | 2:48 (1:08:08) | | | | | | |
| | Anne Maarup | Allerød OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | | | | | | |
| D4 | | | | | | | |
| 1. | Mette Vejen Eriksen | THOK | 1:20:37 | | 0:00 | | |
| | 2:50 (2:50) | 6:27 (9:17) | 6:01 (15:18) | 4:10 (19:28) | 3:22 (22:50) | 2:41 (25:31) | |
| | 4:00 (29:31) | 6:02 (35:33) | 7:03 (42:36) | 4:49 (47:25) | 8:22 (55:47) | 4:39 (1:00:26) | |
| | 3:28 (1:03:54) | 6:58 (1:10:52) | 3:49 (1:14:41) | 4:00 (1:18:41) | 1:56 (1:20:37) | | |
| D6 | | | | | | | |
| | Inge K. Kristoffersen | Ballerup OK | Ej startet | | | | |
| H1 | | | | | | | |
| 1. | Anton Kupriyanov Hviid | Farum OK | 56:47 | | 0:00 | | |
| | 2:12 (2:12) | 1:23 (3:35) | 0:44 (4:19) | 1:47 (6:06) | 0:55 (7:01) | 1:19 (8:20) | |
| | 2:08 (10:28) | 1:01 (11:29) | 2:14 (13:43) | 2:41 (16:24) | 0:49 (17:13) | 2:01 (19:14) | |
| | 4:24 (23:38) | 0:55 (24:33) | 1:45 (26:18) | 2:00 (28:18) | 1:30 (29:48) | 0:48 (30:36) | |
| | 2:17 (32:53) | 1:40 (34:33) | 2:45 (37:18) | 4:28 (41:46) | 1:55 (43:41) | 1:12 (44:53) | |
| | 3:20 (48:13) | 0:56 (49:09) | 3:17 (52:26) | 2:22 (54:48) | 1:21 (56:09) | 0:38 (56:47) | |

| | | | | | | | |
|-----------|------------------------|------------------|----------------|----------------|----------------|----------------|--|
| 2. | Per Hansen | FSK Orientering | 1:30:07 | +33:20 | 10:02 | | |
| | 2:31 (2:31) | 2:26 (4:57) | 1:29 (6:26) | 2:22 (8:48) | 1:17 (10:05) | 4:06 (14:11) | |
| | 4:20 (18:31) | 1:16 (19:47) | 4:21 (24:08) | 7:34 (31:42) | 2:21 (34:03) | 1:33 (35:36) | |
| | 3:59 (39:35) | 1:14 (40:49) | 5:39 (46:28) | 4:02 (50:30) | 1:49 (52:19) | 3:17 (55:36) | |
| | 3:08 (58:44) | 2:00 (1:00:44) | 1:38 (1:02:22) | 2:35 (1:04:57) | 2:01 (1:06:58) | 2:46 (1:09:44) | |
| | 6:46 (1:16:30) | 1:53 (1:18:23) | 2:54 (1:21:17) | 5:53 (1:27:10) | 2:00 (1:29:10) | 0:57 (1:30:07) | |
| 3. | Anders Kaag Døpping | Søllerød OK | 1:30:40 | +33:53 | 15:59 | | |
| | 2:25 (2:25) | 2:25 (4:50) | 2:45 (7:35) | 1:54 (9:29) | 3:47 (13:16) | 5:12 (18:28) | |
| | 1:03 (19:31) | 2:39 (22:10) | 2:04 (24:14) | 3:49 (28:03) | 5:43 (33:46) | 4:09 (37:55) | |
| | 1:26 (39:21) | 3:19 (42:40) | 1:04 (43:44) | 4:03 (47:47) | 3:43 (51:30) | 2:08 (53:38) | |
| | 2:29 (56:07) | 2:08 (58:15) | 6:59 (1:05:14) | 3:16 (1:08:30) | 1:21 (1:09:51) | 2:59 (1:12:50) | |
| | 4:06 (1:16:56) | 1:15 (1:18:11) | 2:53 (1:21:04) | 6:57 (1:28:01) | 1:54 (1:29:55) | 0:45 (1:30:40) | |
| H2 | | (17 / 17) | Tid | Efter | Tidstab | | |
| 1. | Lars Lyngsø | Allerød OK | 56:44 | | 0:43 | | |
| | 2:40 (2:40) | 2:09 (4:49) | 0:36 (5:25) | 2:18 (7:43) | 2:02 (9:45) | 2:01 (11:46) | |
| | 1:57 (13:43) | 3:40 (17:23) | 1:33 (18:56) | 2:12 (21:08) | 2:26 (23:34) | 4:35 (28:09) | |
| | 1:47 (29:56) | 2:50 (32:46) | 1:13 (33:59) | 1:38 (35:37) | 2:52 (38:29) | 2:08 (40:37) | |
| | 3:54 (44:31) | 2:22 (46:53) | 0:42 (47:35) | 3:01 (50:36) | 2:03 (52:39) | 1:52 (54:31) | |
| | 1:24 (55:55) | 0:49 (56:44) | | | | | |
| 2. | Morten Ploug | Ballerup OK | 57:06 | +0:22 | 0:41 | | |
| | 2:32 (2:32) | 2:20 (4:52) | 0:35 (5:27) | 2:11 (7:38) | 1:57 (9:35) | 2:12 (11:47) | |
| | 1:50 (13:37) | 3:39 (17:16) | 1:28 (18:44) | 2:43 (21:27) | 2:43 (24:10) | 4:06 (28:16) | |
| | 1:50 (30:06) | 2:43 (32:49) | 1:18 (34:07) | 1:36 (35:43) | 2:43 (38:26) | 2:14 (40:40) | |
| | 3:31 (44:11) | 2:01 (46:12) | 0:49 (47:01) | 3:40 (50:41) | 2:07 (52:48) | 1:57 (54:45) | |
| | 1:22 (56:07) | 0:59 (57:06) | | | | | |
| 3. | Per Windfeld-Hansen | OK ØST Birkerød | 1:03:35 | +6:51 | 0:29 | | |
| | 2:51 (2:51) | 2:47 (5:38) | 2:35 (8:13) | 4:09 (12:22) | 1:29 (13:51) | 2:21 (16:12) | |
| | 2:58 (19:10) | 0:44 (19:54) | 3:33 (23:27) | 2:24 (25:51) | 2:38 (28:29) | 4:58 (33:27) | |
| | 2:01 (35:28) | 3:22 (38:50) | 1:20 (40:10) | 1:57 (42:07) | 2:58 (45:05) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (1:04:11) | |
| | – (–) | – (1:03:35) | | | | | |
| 4. | Alex Ottesen | Ballerup OK | 1:05:23 | +8:39 | 11:19 | | |
| | 2:21 (2:21) | 2:21 (4:42) | 1:39 (6:21) | 2:54 (9:15) | 1:25 (10:40) | 1:51 (12:31) | |
| | 2:37 (15:08) | 1:43 (16:51) | 2:51 (19:42) | 1:52 (21:34) | 4:00 (25:34) | 3:50 (29:24) | |
| | 1:44 (31:08) | 0:30 (31:38) | 3:05 (34:43) | 3:01 (37:44) | 3:35 (41:19) | 1:54 (43:13) | |
| | 2:55 (46:08) | 1:34 (47:42) | 9:01 (56:43) | 1:16 (57:59) | 2:35 (1:00:34) | 2:07 (1:02:41) | |
| | 1:35 (1:04:16) | 1:07 (1:05:23) | | | | | |
| 5. | Peter Steen Landsperg | THOK | 1:05:45 | +9:01 | 11:26 | | |
| | 3:03 (3:03) | 2:04 (5:07) | 0:32 (5:39) | 2:54 (8:33) | 1:54 (10:27) | 1:59 (12:26) | |
| | 1:50 (14:16) | 4:01 (18:17) | 1:27 (19:44) | 1:54 (21:38) | 2:24 (24:02) | 4:39 (28:41) | |
| | 4:34 (33:15) | 0:45 (34:00) | 7:39 (41:39) | 1:36 (43:15) | 2:19 (45:34) | 1:50 (47:24) | |
| | 3:14 (50:38) | 1:31 (52:09) | 1:31 (58:59) | 1:01 (1:00:00) | 1:55 (1:01:55) | 1:52 (1:03:47) | |
| | 1:13 (1:05:00) | 0:45 (1:05:45) | | | | | |
| 6. | Dan Eriksen | THOK | 1:05:53 | +9:09 | 9:04 | | |
| | 3:09 (3:09) | 2:18 (5:27) | 1:53 (7:20) | 3:29 (10:49) | 1:10 (11:59) | 3:43 (15:42) | |
| | 2:18 (18:00) | 0:43 (18:43) | 4:05 (22:48) | 2:26 (25:14) | 2:28 (27:42) | 5:33 (33:15) | |
| | 1:53 (35:08) | 0:29 (35:37) | 3:49 (39:26) | 2:37 (42:03) | 3:25 (45:28) | 1:58 (47:26) | |
| | 3:21 (50:47) | 1:42 (52:29) | 6:32 (59:01) | 1:02 (1:00:03) | 1:55 (1:01:58) | 1:52 (1:03:50) | |
| | 1:13 (1:05:03) | 0:50 (1:05:53) | | | | | |
| 7. | David Palsgaard | Søllerød OK | 1:07:01 | +10:17 | 5:09 | | |
| | 2:36 (2:36) | 2:28 (5:04) | 0:39 (5:43) | 3:27 (9:10) | 2:56 (12:06) | 2:13 (14:19) | |
| | 3:13 (17:32) | 3:46 (21:18) | 1:32 (22:50) | 2:40 (25:30) | 2:53 (28:23) | 4:41 (33:04) | |
| | 2:00 (35:04) | 0:36 (35:40) | 5:13 (40:53) | 2:15 (43:08) | 2:48 (45:56) | 3:26 (49:22) | |
| | 3:44 (53:06) | 1:41 (54:47) | 3:52 (58:39) | 1:08 (59:47) | 2:24 (1:02:11) | 2:10 (1:04:21) | |
| | 1:42 (1:06:03) | 0:58 (1:07:01) | | | | | |
| 8. | Leif Pedersen | FSK Orientering | 1:13:53 | +17:09 | 4:22 | | |
| | 3:09 (3:09) | 2:39 (5:48) | 0:52 (6:40) | 3:07 (9:47) | 4:00 (13:47) | 2:39 (16:26) | |
| | 2:33 (18:59) | 4:30 (23:29) | 1:51 (25:20) | 3:25 (28:45) | 2:54 (31:39) | 5:32 (37:11) | |
| | 2:20 (39:31) | 1:08 (40:39) | 4:48 (45:27) | 1:50 (47:17) | 3:00 (50:17) | 2:31 (52:48) | |
| | 4:06 (56:54) | 2:05 (58:59) | 3:30 (1:02:29) | 1:44 (1:04:13) | 2:31 (1:06:44) | 4:37 (1:11:21) | |
| | 1:28 (1:12:49) | 1:04 (1:13:53) | | | | | |
| 9. | Gregers Jørgensen | Ballerup OK | 1:14:05 | +17:21 | 7:43 | | |
| | 3:21 (3:21) | 2:36 (5:57) | 2:11 (8:08) | 3:55 (12:03) | 1:34 (13:37) | 2:18 (15:55) | |
| | 6:31 (22:26) | 1:03 (23:29) | 5:33 (29:02) | 3:18 (32:20) | 2:44 (35:04) | 5:01 (40:05) | |
| | 2:01 (42:06) | 4:02 (46:08) | 1:34 (47:42) | 2:10 (49:52) | 3:02 (52:54) | 2:19 (55:13) | |
| | 3:38 (58:51) | 2:11 (1:01:02) | 0:50 (1:01:52) | 4:45 (1:06:37) | 2:30 (1:09:07) | 2:29 (1:11:36) | |
| | 1:32 (1:13:08) | 0:57 (1:14:05) | | | | | |
| 10. | Kurt Thuesen | FSK Orientering | 1:14:07 | +17:23 | 8:22 | | |
| | 3:06 (3:06) | 2:40 (5:46) | 2:29 (8:15) | 4:19 (12:34) | 1:21 (13:55) | 2:09 (16:04) | |
| | 2:44 (18:48) | 0:41 (19:29) | 3:04 (22:33) | 9:44 (32:17) | 2:51 (35:08) | 4:53 (40:01) | |
| | 2:00 (42:01) | 4:04 (46:05) | 1:33 (47:38) | 1:44 (49:22) | 3:28 (52:50) | 2:20 (55:10) | |
| | 3:47 (58:57) | 2:12 (1:01:09) | 0:44 (1:01:53) | 5:01 (1:06:54) | 2:19 (1:09:13) | 2:33 (1:11:46) | |
| | 1:26 (1:13:12) | 0:55 (1:14:07) | | | | | |
| 11. | Michael Nygaard Møller | Ballerup OK | 1:14:48 | +18:04 | 6:14 | | |
| | 2:51 (2:51) | 2:42 (5:33) | 1:00 (6:33) | 3:17 (9:50) | 3:06 (12:56) | 2:24 (15:20) | |
| | 2:21 (17:41) | 4:46 (22:27) | 1:29 (23:56) | 2:14 (26:10) | 3:12 (29:22) | 5:34 (34:56) | |
| | 2:30 (37:26) | 1:12 (38:38) | 9:29 (48:07) | 2:00 (50:07) | 2:38 (52:45) | 2:14 (54:59) | |
| | 4:22 (59:21) | 2:35 (1:01:56) | 3:55 (1:05:51) | 1:17 (1:07:08) | 2:32 (1:09:40) | 2:16 (1:11:56) | |
| | 1:39 (1:13:35) | 1:13 (1:14:48) | | | | | |
| 12. | Jakob Døpping | Søllerød OK | 1:16:43 | +19:59 | 11:18 | | |

| | | | | | |
|---------------------------|----------------------|----------------|-----------------------|----------------|----------------|
| 3:02 (3:02) | 2:53 (5:55) | 0:56 (6:51) | 2:28 (9:19) | 2:32 (11:51) | 2:35 (14:26) |
| 2:09 (16:35) | 3:34 (20:09) | 1:17 (21:26) | 2:08 (23:34) | 3:01 (26:35) | 5:00 (31:35) |
| 6:27 (38:02) | 7:02 (45:04) | 2:09 (47:13) | 2:33 (49:46) | 3:13 (52:59) | 2:19 (55:18) |
| 3:42 (59:00) | 2:50 (1:01:50) | 0:40 (1:02:30) | 4:30 (1:07:00) | 2:34 (1:09:34) | 4:28 (1:14:02) |
| 1:44 (1:15:46) | 0:57 (1:16:43) | | | | |
| 13. Erik Sørensen | Allerød OK | | 1:49:27 +52:43 | 22:05 | |
| 3:33 (3:33) | 2:56 (6:29) | 0:53 (7:22) | 3:26 (10:48) | 7:57 (18:45) | 3:23 (22:08) |
| 3:09 (25:17) | 6:15 (31:32) | 2:43 (34:15) | 2:58 (37:13) | 5:37 (42:50) | 5:53 (48:43) |
| 8:28 (57:11) | 3:33 (1:00:44) | 7:03 (1:07:47) | 2:47 (1:10:34) | 3:42 (1:14:16) | 3:46 (1:18:02) |
| 6:46 (1:24:48) | 2:34 (1:27:22) | 5:00 (1:32:22) | 2:08 (1:34:30) | 4:06 (1:38:36) | 7:24 (1:46:00) |
| 2:13 (1:48:13) | 1:14 (1:49:27) | | | | |
| Jakob Albahn | THOK | | Fejlklip | | |
| 6:25 (6:25) | 2:02 (8:27) | 1:44 (10:11) | 3:13 (13:24) | 1:30 (14:54) | 1:55 (16:49) |
| 2:17 (19:06) | – (–) | – (21:25) | 2:10 (23:35) | 2:21 (25:56) | 4:29 (30:25) |
| 1:56 (32:21) | 2:57 (35:18) | 1:18 (36:36) | 1:26 (38:02) | 2:23 (40:25) | 2:08 (42:33) |
| 3:17 (45:50) | 1:57 (47:47) | 1:00 (48:47) | 3:15 (52:02) | 5:01 (57:03) | 2:21 (59:24) |
| 1:31 (1:00:55) | 1:00 (1:01:55) | | | | |
| Henrik Albahn | Lyngby OK | | Udgået | | |
| 3:02 (3:02) | 2:42 (5:44) | 2:36 (8:20) | 4:10 (12:30) | 1:24 (13:54) | 2:16 (16:10) |
| 2:49 (18:59) | 0:39 (19:38) | 3:04 (22:42) | 2:42 (25:24) | 2:38 (28:02) | 4:42 (32:44) |
| 2:15 (34:59) | 0:48 (35:47) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (39:01) | – (–) | – (–) | – (–) |
| – (–) | – (–) | | | | |
| Carsten Thye Agger | Helsingør SOK | | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| Søren Sloth | FIF Hillerød | | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |

| H3 | (10 / 10) | Tid | Efter | Tidstab | |
|-------------------------------|--------------------------|-----------------|-------------------|----------------|--------------|
| 1. Jens Peter Gundorf | OK ØST Birkerød | 42:04 | | 4:30 | |
| 3:32 (3:32) | 2:48 (6:20) | 4:02 (10:22) | 3:13 (13:35) | 3:23 (16:58) | 5:17 (22:15) |
| 3:34 (25:49) | 3:34 (29:23) | 3:12 (32:35) | 2:39 (35:14) | 2:58 (38:12) | 2:41 (40:53) |
| 1:11 (42:04) | | | | | |
| 2. Jørgen Chr. Nielsen | FIF Hillerød | 46:06 | +4:02 | 2:16 | |
| 4:17 (4:17) | 3:30 (7:47) | 4:35 (12:22) | 3:51 (16:13) | 3:27 (19:40) | 3:24 (23:04) |
| 4:15 (27:19) | 3:59 (31:18) | 3:43 (35:01) | 3:11 (38:12) | 2:35 (40:47) | 3:34 (44:21) |
| 1:45 (46:06) | | | | | |
| 3. Søren Christensen | OK Skærm Hareskov | 46:44 | +4:40 | 7:25 | |
| 3:37 (3:37) | 2:49 (6:26) | 4:20 (10:46) | 3:55 (14:41) | 2:21 (17:02) | 2:49 (19:51) |
| 3:55 (23:46) | 6:26 (30:12) | 4:08 (34:20) | 3:27 (37:47) | 4:39 (42:26) | 2:47 (45:13) |
| 1:31 (46:44) | | | | | |
| 4. Niels Raagaard | Søllerød OK | 47:01 | +4:57 | 5:17 | |
| 4:44 (4:44) | 3:16 (8:00) | 4:32 (12:32) | 3:26 (15:58) | 3:01 (18:59) | 3:25 (22:24) |
| 3:56 (26:20) | 3:47 (30:07) | 4:32 (34:39) | 3:17 (37:56) | 4:26 (42:22) | 3:04 (45:26) |
| 1:35 (47:01) | | | | | |
| 5. Leif Sig | FIF Hillerød | 48:44 | +6:40 | 2:19 | |
| 4:46 (4:46) | 3:00 (7:46) | 4:44 (12:30) | 3:47 (16:17) | 2:56 (19:13) | 3:17 (22:30) |
| 4:30 (27:00) | 4:28 (31:28) | 4:39 (36:07) | 4:50 (40:57) | 2:08 (43:05) | 3:47 (46:52) |
| 1:52 (48:44) | | | | | |
| 6. Henrik Kleffel | Søllerød OK | 57:42 | +15:38 | 17:46 | |
| 9:45 (9:45) | 3:06 (12:51) | 8:02 (20:53) | 4:25 (25:18) | 9:46 (35:04) | 2:10 (37:14) |
| 3:28 (40:42) | 3:13 (43:55) | 2:54 (46:49) | 2:21 (49:10) | 1:26 (50:36) | 6:11 (56:47) |
| 0:55 (57:42) | | | | | |
| Jørn Andreasen | OK73 | | Fejlklip | | |
| 6:14 (6:14) | 5:38 (11:52) | 9:58 (21:50) | 6:15 (28:05) | 5:33 (33:38) | 7:56 (41:34) |
| 10:31 (52:05) | 6:18 (58:23) | 12:17 (1:10:40) | 7:13 (1:17:53) | – (–) | – (1:32:19) |
| 2:20 (1:34:39) | | | | | |
| Jan Kristoffersen | Ballerup OK | | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | | | | | |
| Jens Høgsfeldt | FIF Hillerød | | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| Thorkild Sørensen | FIF Hillerød | | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| H4 | (1 / 1) | Tid | Efter | Tidstab |
|-------------------------------------|-----------------|----------------|--------------|----------------|
| 1. Max-Emil Kupriyanov Hviid | Farum OK | 1:18:19 | | 0:00 |

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|----------------|----------------|----------------|----------------|-----------------|----------------|
| – (–) | – (13:02) | 7:33 (20:35) | 3:04 (23:39) | 3:33 (27:12) | 1:47 (28:59) |
| 10:10 (39:09) | 5:12 (44:21) | 5:54 (50:15) | 3:20 (53:35) | 10:52 (1:04:27) | 3:47 (1:08:14) |
| 1:56 (1:10:10) | 2:09 (1:12:19) | 3:31 (1:15:50) | 1:41 (1:17:31) | 0:48 (1:18:19) | |

| H5 | (5 / 5) | Tid | Efter | Tidstab | |
|-------------------------|----------------------|-----------|--------------|---------------|--------------|
| 1. August Kvist | OK Skærmøen Hareskov | 31:05 | | 4:36 | |
| 1:22 (1:22) | 1:17 (2:39) | | 5:49 (11:34) | 0:50 (12:24) | 1:16 (13:40) |
| 2:00 (15:40) | 1:55 (17:35) | | 1:58 (20:56) | 2:50 (23:46) | 1:32 (25:18) |
| 1:26 (26:44) | 1:01 (27:45) | | 1:05 (30:23) | 0:42 (31:05) | |
| 2. David Lind | OK Skærmøen Hareskov | 31:08 | +0:03 | 4:51 | |
| 1:23 (1:23) | 1:20 (2:43) | | 5:57 (11:39) | 0:48 (12:27) | 1:03 (13:30) |
| 2:14 (15:44) | 1:54 (17:38) | | 1:49 (20:50) | 2:53 (23:43) | 1:33 (25:16) |
| 1:27 (26:43) | 1:00 (27:43) | | 1:12 (30:27) | 0:41 (31:08) | |
| 3. Søren Kvist | OK Skærmøen Hareskov | 31:13 | +0:08 | 4:25 | |
| 1:28 (1:28) | 1:19 (2:47) | | 5:48 (11:39) | 0:48 (12:27) | 1:21 (13:48) |
| 1:46 (15:34) | 2:07 (17:41) | | 1:54 (21:01) | 2:50 (23:51) | 1:32 (25:23) |
| 1:26 (26:49) | 1:05 (27:54) | | 1:09 (30:30) | 0:43 (31:13) | |
| 4. Sven-Åke Emanuelsson | Helsingborgs SOK | 49:10 | +18:05 | 8:43 | |
| 2:27 (2:27) | 2:46 (5:13) | | 2:43 (10:59) | 1:22 (12:21) | 2:11 (14:32) |
| 3:25 (17:57) | 3:43 (21:40) | | 1:44 (25:03) | 4:56 (29:59) | 2:40 (32:39) |
| 2:17 (34:56) | 1:58 (36:54) | | 2:26 (47:13) | 1:57 (49:10) | |
| Adrian Kuprianov Hviid | Farum OK | Fejlklipt | | | |
| 1:28 (1:28) | 1:40 (3:08) | | 2:03 (6:32) | 0:51 (7:23) | 1:19 (8:42) |
| 1:46 (10:28) | 2:06 (12:34) | | 1:06 (15:09) | 16:55 (32:04) | – (–) |
| – (–) | – (–) | | – (–) | – (51:02) | |

| Åben 1 | (4 / 4) | Tid | Efter | Tidstab | |
|-----------------------|----------------|------------|----------------|----------------|----------------|
| 1. George Mavchun | THOK | 57:42 | | 0:00 | |
| 2:11 (2:11) | 1:25 (3:36) | | 1:38 (6:04) | 0:56 (7:00) | 1:18 (8:18) |
| 2:18 (10:36) | 0:56 (11:32) | | 4:36 (18:28) | 1:34 (20:02) | 1:02 (21:04) |
| 2:51 (23:55) | 0:50 (24:45) | | 2:51 (31:07) | 0:48 (31:55) | 1:44 (33:39) |
| 1:35 (35:14) | 2:12 (37:26) | | 2:08 (40:34) | 2:03 (42:37) | 2:08 (44:45) |
| 3:02 (47:47) | 0:59 (48:46) | | 4:23 (55:32) | 1:28 (57:00) | 0:42 (57:42) |
| 2. Svend Christiansen | PI-København | 1:29:21 | +31:39 | 8:33 | |
| 2:41 (2:41) | 1:55 (4:36) | | 3:03 (8:42) | 2:15 (10:57) | 2:53 (13:50) |
| 4:14 (18:04) | 2:22 (20:26) | | 4:27 (27:55) | 6:09 (34:04) | 2:22 (36:26) |
| 1:45 (38:11) | 4:17 (42:28) | | 4:13 (49:02) | 4:49 (53:51) | 1:22 (55:13) |
| 2:54 (58:07) | 1:37 (59:44) | | 3:11 (1:05:28) | 1:22 (1:06:50) | 3:56 (1:10:46) |
| 4:30 (1:15:16) | 1:09 (1:16:25) | | 7:18 (1:26:33) | 1:46 (1:28:19) | 1:02 (1:29:21) |
| Camilla Rath Nielsen | PI-København | Ej startet | | | |
| – (–) | – (–) | | – (–) | – (–) | – (–) |
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| – (–) | – (–) | | – (–) | – (–) | – (–) |
| Rachel Baker | Farum OK | Ej startet | | | |
| – (–) | – (–) | | – (–) | – (–) | – (–) |
| – (–) | – (–) | | – (–) | – (–) | – (–) |
| – (–) | – (–) | | – (–) | – (–) | – (–) |
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| Åben 2 | (13 / 13) | Tid | Efter | Tidstab | |
|---------------------------|----------------|---------|----------------|----------------|----------------|
| 1. Erin Nielsen | THOK | 51:06 | | 2:38 | |
| 2:28 (2:28) | 2:15 (4:43) | | 2:04 (7:27) | 1:31 (8:58) | 2:45 (11:43) |
| 1:42 (13:25) | 3:11 (16:36) | | 1:54 (19:37) | 2:02 (21:39) | 3:50 (25:29) |
| 1:35 (27:04) | 2:12 (29:16) | | 1:18 (33:46) | 2:07 (35:53) | 1:44 (37:37) |
| 2:38 (40:15) | 1:35 (41:50) | | 2:53 (45:03) | 1:45 (46:48) | 2:17 (49:05) |
| 1:09 (50:14) | 0:52 (51:06) | | | | |
| 2. Frede Lillelund | Søllerød OK | 1:04:59 | +13:53 | 1:26 | |
| 3:01 (3:01) | 2:40 (5:41) | | 4:43 (12:51) | 1:16 (14:07) | 2:05 (16:12) |
| 2:48 (19:00) | 1:12 (20:12) | | 2:20 (25:12) | 2:24 (27:36) | 5:03 (32:39) |
| 2:18 (34:57) | 3:04 (38:01) | | 1:54 (41:42) | 2:33 (44:15) | 2:08 (46:23) |
| 4:11 (50:34) | 2:18 (52:52) | | 4:22 (57:49) | 2:08 (59:57) | 2:38 (1:02:35) |
| 1:28 (1:04:03) | 0:56 (1:04:59) | | | | |
| 3. Jan Thomsen | OK Pan | 1:08:05 | +16:59 | 5:14 | |
| 2:46 (2:46) | 2:28 (5:14) | | 4:25 (11:39) | 1:43 (13:22) | 2:14 (15:36) |
| 2:19 (17:55) | 0:44 (18:39) | | 2:33 (25:20) | 2:32 (27:52) | 4:41 (32:33) |
| 2:21 (34:54) | 0:55 (35:49) | | 1:42 (43:57) | 3:27 (47:24) | 2:19 (49:43) |
| 3:43 (53:26) | 1:45 (55:11) | | 1:25 (1:00:11) | 2:22 (1:02:33) | 2:51 (1:05:24) |
| 1:39 (1:07:03) | 1:02 (1:08:05) | | | | |
| 4. Jan Johansen | PI-København | 1:12:43 | +21:37 | 4:35 | |
| 3:28 (3:28) | 2:29 (5:57) | | 2:55 (9:44) | 3:16 (13:00) | 2:28 (15:28) |
| 2:20 (17:48) | 4:21 (22:09) | | 2:36 (26:14) | 2:52 (29:06) | 5:08 (34:14) |
| 2:34 (36:48) | 3:03 (39:51) | | 1:59 (43:22) | 2:41 (46:03) | 2:40 (48:43) |
| 4:38 (53:21) | 2:33 (55:54) | | 6:42 (1:04:06) | 2:42 (1:06:48) | 3:23 (1:10:11) |
| 1:29 (1:11:40) | 1:03 (1:12:43) | | | | |
| 5. Sten Skytte Kirkegaard | THOK | 1:13:14 | +22:08 | 3:18 | |
| 3:04 (3:04) | 2:37 (5:41) | | 3:01 (9:37) | 4:18 (13:55) | 2:37 (16:32) |
| 2:35 (19:07) | 4:33 (23:40) | | 3:15 (28:38) | 3:06 (31:44) | 4:59 (36:43) |
| 2:26 (39:09) | 3:36 (42:45) | | 2:34 (47:01) | 3:06 (50:07) | 2:31 (52:38) |
| 3:49 (56:27) | 2:41 (59:08) | | 4:19 (1:04:29) | 2:26 (1:06:55) | 3:58 (1:10:53) |
| 1:22 (1:12:15) | 0:59 (1:13:14) | | | | |

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|-----|--------------------------|----------------|-----------------|----------------|----------------|-----------------|--|
| 6. | Morten Neregaard | Vinderød | 1:13:20 | +22:14 | 4:44 | | |
| | 2:58 (2:58) | 2:31 (5:29) | 0:40 (6:09) | 2:55 (9:04) | 2:31 (11:35) | 2:54 (14:29) | |
| | 2:36 (17:05) | 4:35 (21:40) | 1:55 (23:35) | 2:20 (25:55) | 3:08 (29:03) | 5:50 (34:53) | |
| | 2:31 (37:24) | 1:36 (39:00) | 4:54 (43:54) | 2:16 (46:10) | 3:52 (50:02) | 3:21 (53:23) | |
| | 3:56 (57:19) | 2:11 (59:30) | 3:58 (1:03:28) | 1:24 (1:04:52) | 2:21 (1:07:13) | 3:45 (1:10:58) | |
| | 1:25 (1:12:23) | 0:57 (1:13:20) | | | | | |
| 7. | Niels la Cour Bentzon | Søllerød OK | 1:22:56 | +31:50 | 2:08 | | |
| | 3:32 (3:32) | 3:42 (7:14) | 3:09 (10:23) | 5:26 (15:49) | 1:59 (17:48) | 3:25 (21:13) | |
| | 3:01 (24:14) | 1:23 (25:37) | 3:28 (29:05) | 4:14 (33:19) | 3:48 (37:07) | 6:06 (43:13) | |
| | 3:18 (46:31) | 0:50 (47:21) | 5:06 (52:27) | 2:03 (54:30) | 4:08 (58:38) | 2:47 (1:01:25) | |
| | 4:15 (1:05:40) | 2:06 (1:07:46) | 4:20 (1:12:06) | 1:43 (1:13:49) | 2:53 (1:16:42) | 3:13 (1:19:55) | |
| | 2:04 (1:21:59) | 0:57 (1:22:56) | | | | | |
| 8. | Flemming Wendelboe | Helsingør SOK | 1:23:56 | +32:50 | 3:16 | | |
| | 3:31 (3:31) | 3:26 (6:57) | 1:00 (7:57) | 3:41 (11:38) | 2:46 (14:24) | 3:30 (17:54) | |
| | 2:47 (20:41) | 5:53 (26:34) | 2:11 (28:45) | 2:43 (31:28) | 4:24 (35:52) | 6:32 (42:24) | |
| | 2:32 (44:56) | 4:47 (49:43) | 1:46 (51:29) | 2:27 (53:56) | 3:31 (57:27) | 2:16 (59:43) | |
| | 4:51 (1:04:34) | 2:36 (1:07:10) | 0:52 (1:08:02) | 5:24 (1:13:26) | 2:56 (1:16:22) | 3:36 (1:19:58) | |
| | 2:16 (1:22:14) | 1:42 (1:23:56) | | | | | |
| 9. | Joakim Iising Sørensen | Ballerup OK | 1:26:19 | +35:13 | 16:02 | | |
| | 2:44 (2:44) | 2:48 (5:32) | 2:02 (7:34) | 4:06 (11:40) | 1:38 (13:18) | 2:23 (15:41) | |
| | 2:38 (18:19) | 0:43 (19:02) | 3:56 (22:58) | 2:30 (25:28) | 2:50 (28:18) | 11:10 (39:28) | |
| | 5:20 (44:48) | 0:48 (45:36) | 6:18 (51:54) | 2:12 (54:06) | 3:07 (57:13) | 2:24 (59:37) | |
| | 4:20 (1:03:57) | 2:39 (1:06:36) | 3:40 (1:10:16) | 1:57 (1:12:13) | 5:42 (1:17:55) | 5:09 (1:23:04) | |
| | 1:56 (1:25:00) | 1:19 (1:26:19) | | | | | |
| 10. | Louise Wraa-Hansen | THOK | 1:28:01 | +36:55 | 1:25 | | |
| | 3:20 (3:20) | 3:04 (6:24) | 0:55 (7:19) | 3:59 (11:18) | 3:14 (14:32) | 3:10 (17:42) | |
| | 3:05 (20:47) | 5:34 (26:21) | 2:00 (28:21) | 3:20 (31:41) | 3:44 (35:25) | 7:13 (42:38) | |
| | 2:48 (45:26) | 4:34 (50:00) | 1:48 (51:48) | 2:28 (54:16) | 3:26 (57:42) | 3:10 (1:00:52) | |
| | 5:13 (1:06:05) | 3:03 (1:09:08) | 1:16 (1:10:24) | 5:26 (1:15:50) | 3:52 (1:19:42) | 4:06 (1:23:48) | |
| | 2:32 (1:26:20) | 1:41 (1:28:01) | | | | | |
| | Carsten Sønderup | PI-København | Fejlklip | | | | |
| | 4:20 (4:20) | 3:56 (8:16) | 4:22 (12:38) | 5:55 (18:33) | 4:25 (22:58) | 2:52 (25:50) | |
| | 5:51 (31:41) | 4:10 (35:51) | 25:55 (1:01:46) | 4:04 (1:05:50) | - (-) | - (1:13:20) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (1:17:28) | 2:37 (1:20:05) | - (-) | - (-) | - (-) | |
| | - (1:23:56) | 1:37 (1:25:33) | | | | | |
| | Mathias Hansen Lindboe | THOK | Fejlklip | | | | |
| | 3:41 (3:41) | 2:52 (6:33) | 2:34 (9:07) | 4:05 (13:12) | 1:37 (14:49) | 2:34 (17:23) | |
| | 3:14 (20:37) | 3:24 (24:01) | 5:28 (29:29) | 3:00 (32:29) | 2:45 (35:14) | 3:55 (39:09) | |
| | 6:16 (45:25) | 0:50 (46:15) | 19:06 (1:05:21) | 2:59 (1:08:20) | 3:44 (1:12:04) | 2:57 (1:15:01) | |
| | 4:06 (1:19:07) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (1:24:05) | 1:15 (1:25:20) | | | | | |
| | Sebastian Hansen Lindboe | THOK | Fejlklip | | | | |
| | 3:38 (3:38) | 2:57 (6:35) | 0:59 (7:34) | 9:49 (17:23) | 4:03 (21:26) | 5:36 (27:02) | |
| | 14:25 (41:27) | 4:14 (45:41) | 2:54 (48:35) | 2:00 (50:35) | 4:40 (55:15) | 12:22 (1:07:37) | |
| | 3:33 (1:11:10) | 2:32 (1:13:42) | 5:30 (1:19:12) | 1:52 (1:21:04) | 2:41 (1:23:45) | - (-) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (1:34:41) | | | | | |

| Aben 3 | (17 / 17) | Tid | Efter | Tidstab | | |
|--------|-------------------|----------------------|---------------|--------------|--------------|----------------|
| 1. | Claus Odgaard | OK73 | 33:52 | | 2:27 | |
| | 3:08 (3:08) | 2:02 (5:10) | 5:04 (10:14) | 2:23 (12:37) | 2:13 (14:50) | 2:25 (17:15) |
| | 2:22 (19:37) | 3:05 (22:42) | 2:26 (25:08) | 2:25 (27:33) | 2:18 (29:51) | 2:54 (32:45) |
| | 1:07 (33:52) | | | | | |
| 2. | Leif Sudergaard | Kildeholm OK | 35:49 | +1:57 | 0:57 | |
| | 3:38 (3:38) | 2:15 (5:53) | 3:53 (9:46) | 2:53 (12:39) | 2:41 (15:20) | 2:28 (17:48) |
| | 2:49 (20:37) | 3:27 (24:04) | 2:55 (26:59) | 2:37 (29:36) | 1:42 (31:18) | 3:23 (34:41) |
| | 1:08 (35:49) | | | | | |
| 3. | Henrik Nielsen | Holbæk OK | 38:09 | +4:17 | 4:43 | |
| | 2:42 (2:42) | 3:12 (5:54) | 3:21 (9:15) | 3:08 (12:23) | 2:32 (14:55) | 3:09 (18:04) |
| | 2:46 (20:50) | 3:16 (24:06) | 4:21 (28:27) | 2:24 (30:51) | 1:30 (32:21) | 4:27 (36:48) |
| | 1:21 (38:09) | | | | | |
| 4. | Emil Olesen | FIF Hillerød | 41:58 | +8:06 | 3:53 | |
| | 3:29 (3:29) | 2:47 (6:16) | 3:56 (10:12) | 3:15 (13:27) | 5:17 (18:44) | 3:17 (22:01) |
| | 3:46 (25:47) | 3:56 (29:43) | 2:55 (32:38) | 2:40 (35:18) | 2:51 (38:09) | 2:42 (40:51) |
| | 1:07 (41:58) | | | | | |
| 5. | Charlotte Grauert | Ballerup OK | 46:04 | +12:12 | 3:49 | |
| | 4:16 (4:16) | 5:15 (9:31) | 5:39 (15:10) | 3:57 (19:07) | 3:43 (22:50) | 2:56 (25:46) |
| | 3:11 (28:57) | 3:39 (32:36) | 3:43 (36:19) | 2:45 (39:04) | 2:10 (41:14) | 3:29 (44:43) |
| | 1:21 (46:04) | | | | | |
| 6. | Gunner Jørgensen | OK73 | 48:00 | +14:08 | 2:42 | |
| | 4:14 (4:14) | 3:38 (7:52) | 4:38 (12:30) | 3:37 (16:07) | 3:13 (19:20) | 3:02 (22:22) |
| | 3:52 (26:14) | 4:13 (30:27) | 4:51 (35:18) | 4:17 (39:35) | 2:07 (41:42) | 4:19 (46:01) |
| | 1:59 (48:00) | | | | | |
| 7. | Ulla Jacobsen | OK Skærmens Hareskov | 50:39 | +16:47 | 7:46 | |
| | 4:36 (4:36) | 2:56 (7:32) | 5:13 (12:45) | 3:33 (16:18) | 2:32 (18:50) | 3:10 (22:00) |
| | 4:05 (26:05) | 3:21 (29:26) | 11:02 (40:28) | 3:42 (44:10) | 1:57 (46:07) | 3:30 (49:37) |
| | 1:02 (50:39) | | | | | |
| 8. | Knud Torm | OK Skærmens Hareskov | 1:06:24 | +32:32 | 7:02 | |
| | 5:02 (5:02) | 5:33 (10:35) | 6:15 (16:50) | 6:03 (22:53) | 4:10 (27:03) | 4:01 (31:04) |
| | 5:03 (36:07) | 6:36 (42:43) | 6:27 (49:10) | 5:08 (54:18) | 3:44 (58:02) | 6:13 (1:04:15) |
| | 2:09 (1:06:24) | | | | | |

| | | | | | | | |
|-----|--------------------|----------------------|-----------------|----------------|----------------|----------------|--|
| 9. | Birte Langkilde | Ballerup OK | 1:08:19 | +34:27 | 5:50 | | |
| | 8:36 (8:36) | 5:22 (13:58) | 6:52 (20:50) | 5:36 (26:26) | 3:42 (30:08) | 4:59 (35:07) | |
| | 6:06 (41:13) | 6:24 (47:37) | 6:06 (53:43) | 4:31 (58:14) | 2:53 (1:01:07) | 5:24 (1:06:31) | |
| | 1:48 (1:08:19) | | | | | | |
| 10. | Karsten Funder | FIF Hillerød | 1:34:42 | +1:00:50 | 16:08 | | |
| | 5:43 (5:43) | 8:44 (14:27) | 11:36 (26:03) | 7:31 (33:34) | 7:10 (40:44) | 8:09 (48:53) | |
| | 8:50 (57:43) | 6:43 (1:04:26) | 11:32 (1:15:58) | 6:40 (1:22:38) | 3:53 (1:26:31) | 5:54 (1:32:25) | |
| | 2:17 (1:34:42) | | | | | | |
| | Ellen Thisted | Søllerød OK | Fejlklip | | | | |
| | 7:21 (7:21) | 9:47 (17:08) | 14:03 (31:11) | 7:01 (38:12) | 5:54 (44:06) | 6:59 (51:05) | |
| | 6:47 (57:52) | 6:37 (1:04:29) | 11:42 (1:16:11) | – (–) | – (–) | – (–) | |
| | – (1:24:14) | | | | | | |
| | Eva Konring Olesen | FIF Hillerød | Fejlklip | | | | |
| | 4:28 (4:28) | 3:09 (7:37) | 4:56 (12:33) | 3:38 (16:11) | 2:54 (19:05) | 3:21 (22:26) | |
| | 4:04 (26:30) | 4:05 (30:35) | – (–) | – (37:59) | 2:50 (40:49) | 4:45 (45:34) | |
| | 1:34 (47:08) | | | | | | |
| | Henriette Broman | Allerød OK | Fejlklip | | | | |
| | 3:51 (3:51) | 2:34 (6:25) | 3:39 (10:04) | 2:40 (12:44) | 2:16 (15:00) | 2:48 (17:48) | |
| | 4:39 (22:27) | 3:05 (25:32) | 3:12 (28:44) | 3:06 (31:50) | – (–) | – (38:02) | |
| | 1:10 (39:12) | | | | | | |
| | Henrik Jørgensen | OK Skærmens Hareskov | Fejlklip | | | | |
| | 4:40 (4:40) | 2:55 (7:35) | 5:18 (12:53) | 3:26 (16:19) | 9:42 (26:01) | 2:33 (28:34) | |
| | 3:38 (32:12) | 3:46 (35:58) | – (–) | – (–) | – (–) | – (–) | |
| | – (56:30) | | | | | | |
| | Jens Aaris Thisted | Søllerød OK | Fejlklip | | | | |
| | 5:22 (5:22) | 5:06 (10:28) | 5:29 (15:57) | 5:44 (21:41) | 3:40 (25:21) | 4:27 (29:48) | |
| | 3:58 (33:46) | – (–) | – (57:18) | 5:05 (1:02:23) | 3:05 (1:05:28) | 8:07 (1:13:35) | |
| | 2:37 (1:16:12) | | | | | | |
| | Amalie Broman | Allerød OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | | | | | | |
| | Ellen Kühn Jensen | Ballerup OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | | | | | | |

Åben 4

| | | (3 / 3) | Tid | Efter | Tidstab | | |
|----|----------------------|----------------|----------------|----------------|----------------|----------------|--|
| 1. | Lene Øbro | THOK | 1:34:12 | | 0:00 | | |
| | 9:41 (9:41) | 12:26 (22:07) | 6:53 (29:00) | 4:26 (33:26) | 3:24 (36:50) | 2:36 (39:26) | |
| | 4:06 (43:32) | 5:46 (49:18) | 7:18 (56:36) | 4:51 (1:01:27) | 8:18 (1:09:45) | 4:37 (1:14:22) | |
| | 3:28 (1:17:50) | 7:07 (1:24:57) | 3:48 (1:28:45) | 3:48 (1:32:33) | 1:39 (1:34:12) | | |
| | Karsten Richardt | Køge OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | Lars Vedel Jørgensen | Farum OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |

D5

| | | (1 / 1) | Tid | Efter | Tidstab | | |
|----|--------------|----------------------|--------------|--------------|---------------|--------------|--|
| 1. | Laura Witt | OK Skærmens Hareskov | 58:10 | | 0:00 | | |
| | 1:56 (1:56) | 2:14 (4:10) | 5:06 (9:16) | 3:18 (12:34) | 1:23 (13:57) | 2:27 (16:24) | |
| | 2:35 (18:59) | 2:58 (21:57) | 2:18 (24:15) | 1:30 (25:45) | 14:53 (40:38) | 6:28 (47:06) | |
| | 3:21 (50:27) | 2:00 (52:27) | 2:45 (55:12) | 2:00 (57:12) | 0:58 (58:10) | | |

Åben 5

| | | (2 / 2) | Tid | Efter | Tidstab | | |
|----|--------------|-----------------|---------------|--------------|---------------|--------------|--|
| 1. | Hanne Bech | OK73 | 59:09 | | 0:00 | | |
| | 1:50 (1:50) | 2:19 (4:09) | 5:04 (9:13) | 3:18 (12:31) | 1:24 (13:55) | 2:29 (16:24) | |
| | 2:49 (19:13) | 2:54 (22:07) | 2:20 (24:27) | 1:32 (25:59) | 14:50 (40:49) | 6:32 (47:21) | |
| | 3:20 (50:41) | 1:51 (52:32) | 2:51 (55:23) | 2:07 (57:30) | 1:39 (59:09) | | |
| | Jytte Eltang | FSK Orientering | Fejlklip | | | | |
| | 4:39 (4:39) | 9:56 (14:35) | 12:34 (27:09) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (46:04) | 5:17 (51:21) | | |