

Resultater – NatCup 7. afdeling

2025-02-05

D2		(7 / 7)	Tid	Efter	Tidstab	
1.	Frida Kärner Grooss	Allerød OK	37:18		0:00	
	2:23 (2:23)	1:56 (6:57)	1:50 (8:47)		2:01 (10:48)	0:46 (11:34)
	2:27 (14:01)	1:00 (15:01)	1:16 (17:17)		2:18 (19:35)	4:23 (23:58)
	1:42 (25:40)	1:53 (27:33)	3:58 (36:32)		0:46 (37:18)	
2.	Ingrid Due Nygaard	Søllerød OK	42:26	+5:08	2:50	
	2:24 (2:24)	2:36 (5:00)	1:52 (8:44)		2:03 (10:47)	0:49 (11:36)
	2:37 (14:13)	1:05 (15:18)	1:27 (17:46)		2:16 (20:02)	6:10 (26:12)
	3:12 (29:24)	2:14 (31:38)	4:33 (41:28)		0:58 (42:26)	
3.	Cecile Christoffersen	OK ØST Birkerød	43:06	+5:48	0:40	
	2:26 (2:26)	2:52 (5:18)	1:05 (8:25)		1:16 (9:41)	1:35 (11:16)
	2:28 (13:44)	2:10 (15:54)	0:58 (19:10)		2:49 (21:59)	4:54 (26:53)
	2:07 (29:00)	2:23 (31:23)	5:07 (42:10)		0:56 (43:06)	
4.	Hedda Kärner Grooss	Allerød OK	44:04	+6:46	0:39	
	2:44 (2:44)	3:09 (5:53)	1:13 (9:15)		1:17 (10:32)	1:41 (12:13)
	2:07 (14:20)	2:13 (16:33)	0:53 (19:59)		2:44 (22:43)	4:59 (27:42)
	2:07 (29:49)	2:30 (32:19)	4:26 (43:11)		0:53 (44:04)	
5.	Tonje Pihl	OKR	1:05:02	+27:44	11:38	
	6:05 (6:05)	3:40 (9:45)	1:49 (15:13)		1:10 (16:23)	1:40 (18:03)
	4:15 (22:18)	9:08 (31:26)	1:06 (35:44)		3:36 (39:20)	5:43 (45:03)
	3:10 (48:13)	2:43 (50:56)	5:57 (1:03:58)		1:04 (1:05:02)	
	Amalie Ertmann	Allerød OK	Fejlklip			
	2:16 (2:16)	2:32 (4:48)	8:08 (14:50)		1:04 (15:54)	1:16 (17:10)
	2:26 (19:36)	– (–)	– (–)		– (–)	– (24:03)
	1:42 (25:45)	1:52 (27:37)	3:54 (36:30)		0:44 (37:14)	
	Kristine Berg Hansen	Lyngby OK	Ej startet			
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
D3		(13 / 13)	Tid	Efter	Tidstab	
1.	Freja Vest Nielsen	Søllerød OK	36:40		2:43	
	1:47 (1:47)	3:01 (4:48)	2:54 (11:19)		1:47 (13:06)	1:11 (14:17)
	2:04 (16:21)	3:06 (19:27)	1:08 (22:56)		2:31 (25:27)	2:54 (28:21)
	2:32 (30:53)	2:57 (33:50)	0:45 (36:40)			
2.	Amalie Engelund Broman	Allerød OK	37:52	+1:12	3:08	
	1:49 (1:49)	4:12 (6:01)	2:13 (10:32)		2:30 (13:02)	1:20 (14:22)
	2:15 (16:37)	3:02 (19:39)	1:01 (22:35)		2:48 (25:23)	4:02 (29:25)
	2:44 (32:09)	3:05 (35:14)	0:55 (37:52)			
3.	Emma Lundsgaard	AMOK	42:57	+6:17	4:54	
	1:50 (1:50)	4:20 (6:10)	2:03 (11:29)		1:13 (12:42)	4:50 (17:32)
	3:09 (20:41)	2:25 (23:06)	2:20 (27:56)		1:29 (29:25)	3:01 (32:26)
	3:30 (35:56)	3:44 (39:40)	0:52 (42:57)			
4.	Kaya Funder Skovlyst	FIF Hillerød	42:58	+6:18	5:22	
	1:49 (1:49)	4:18 (6:07)	1:58 (11:22)		1:11 (12:33)	5:03 (17:36)
	2:56 (20:32)	2:27 (22:59)	2:28 (27:48)		1:40 (29:28)	2:50 (32:18)
	3:33 (35:51)	3:54 (39:45)	0:48 (42:58)			
5.	Fiona Palsgaard	Søllerød OK	44:19	+7:39	3:28	
	1:55 (1:55)	3:38 (5:33)	3:49 (9:22)		1:07 (12:53)	1:52 (14:45)
	4:03 (18:48)	4:06 (22:54)	3:14 (26:08)		1:44 (30:49)	3:06 (33:55)
	3:39 (37:34)	3:29 (41:03)	2:18 (43:21)		0:58 (44:19)	
6.	Maria Douglas	FIF Hillerød	46:06	+9:26	2:04	
	2:23 (2:23)	3:55 (6:18)	2:39 (11:55)		2:09 (14:04)	1:41 (15:45)
	3:22 (19:07)	3:57 (23:04)	1:37 (27:21)		2:37 (29:58)	4:06 (34:04)
	3:48 (37:52)	3:50 (41:42)	1:07 (46:06)			
7.	Astrid Riis	Holbæk OK	46:45	+10:05	3:35	
	2:19 (2:19)	3:39 (5:58)	2:43 (11:40)		2:10 (13:50)	1:47 (15:37)
	2:49 (18:26)	4:16 (22:42)	1:34 (28:04)		2:11 (30:15)	3:58 (34:13)
	3:56 (38:09)	4:25 (42:34)	1:28 (46:45)			
8.	Bodil Karlsmose Kliem	Farum OK	49:37	+12:57	4:35	
	2:30 (2:30)	4:12 (6:42)	3:06 (15:01)		1:41 (16:42)	2:09 (18:51)
	3:37 (22:28)	3:49 (26:17)	2:33 (32:46)		1:43 (34:29)	3:23 (37:52)
	3:10 (41:02)	4:27 (45:29)	1:10 (49:37)			
9.	Henriette Broman	Allerød OK	50:24	+13:44	3:01	
	2:29 (2:29)	4:16 (6:45)	4:11 (15:18)		1:30 (16:48)	2:08 (18:56)
	3:48 (22:44)	3:16 (26:00)	3:42 (33:19)		1:45 (35:04)	3:01 (38:05)
	3:34 (41:39)	4:32 (46:11)	1:12 (50:24)			
10.	Annette Bonde	Ballerup OK	51:50	+15:10	4:11	
	2:33 (2:33)	4:12 (6:45)	4:29 (15:30)		1:21 (16:51)	2:28 (19:19)
	4:07 (23:26)	3:39 (27:05)	2:33 (32:50)		1:43 (34:33)	3:01 (37:34)
	3:53 (41:27)	6:04 (47:31)	1:12 (51:50)			
11.	Iben Falck Maag	Søllerød OK	55:21	+18:41	7:52	
	5:55 (5:55)	4:27 (10:22)	3:33 (17:05)		4:01 (21:06)	2:14 (23:20)
	3:08 (26:28)	4:24 (30:52)	1:34 (36:48)		2:36 (39:24)	4:22 (43:46)
	3:11 (46:57)	5:14 (52:11)	0:52 (55:21)			

Diana Cederberg		Ballerup OK	Fejlklip		
2:25 (2:25)	3:42 (6:07)	2:59 (9:06)	2:52 (11:58)	2:17 (14:15)	1:47 (16:02)
2:51 (18:53)	6:05 (24:58)	3:32 (28:30)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (54:50)		
Karen Wibe Enevoldsen		Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)		
D4		(7 / 7)	Tid	Efter	Tidstab
1. Athene wessel		Søllerød OK	24:07		1:58
4:32 (4:32)	2:41 (7:13)	1:17 (8:30)	0:50 (9:20)		1:34 (11:58)
3:04 (15:02)	1:56 (16:58)	1:18 (18:16)	2:50 (21:06)		0:51 (24:07)
2. Tine Rønn Østergaard		Kildeholm OK	32:27	+8:20	5:11
2:54 (2:54)	2:16 (5:10)	1:59 (7:09)	1:18 (8:27)		2:02 (10:29)
3:47 (16:22)	2:41 (19:03)	1:52 (20:55)	7:17 (28:12)		3:16 (31:28)
3. Mette Hørlyk Friis		Farum OK	34:14	+10:07	5:00
3:03 (3:03)	4:19 (7:22)	4:08 (11:30)	2:44 (14:14)		2:07 (16:21)
1:53 (21:02)	1:42 (22:44)	1:56 (24:40)	4:09 (28:49)		4:01 (32:50)
4. Hanne N Waltenburg		Kildeholm OK	35:42	+11:35	4:07
3:31 (3:31)	4:06 (7:37)	1:42 (9:19)	1:42 (11:01)		2:06 (13:07)
5:28 (21:15)	2:54 (24:09)	2:54 (27:03)	4:07 (31:10)		3:29 (34:39)
5. Helena Isabel Mora-Jensen		Farum OK	35:50	+11:43	4:53
3:11 (3:11)	3:09 (6:20)	2:01 (8:21)	1:17 (9:38)		1:34 (11:12)
6:08 (20:38)	3:05 (23:43)	3:16 (26:59)	3:43 (30:42)		3:49 (34:31)
6. Maja Rønn Østergaard		Kildeholm OK	45:33	+21:26	8:49
4:39 (4:39)	5:23 (10:02)	4:28 (14:30)	3:39 (18:09)		4:55 (23:04)
2:11 (29:39)	2:55 (32:34)	3:18 (35:52)	4:34 (40:26)		3:53 (44:19)
Janet Bentzen		OK ØST Birkerød	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
H1		(10 / 10)	Tid	Efter	Tidstab
1. Ulrik Nielsen		Søllerød OK	47:12		0:41
2:25 (2:25)	1:18 (3:43)	3:01 (6:44)	1:35 (8:19)		2:01 (10:20)
1:58 (13:06)	1:50 (14:56)	2:25 (17:21)	0:42 (18:03)		1:46 (19:49)
1:48 (26:03)	1:50 (27:53)	0:34 (28:27)	1:13 (29:40)		0:40 (30:20)
2:03 (33:44)	1:58 (35:42)	1:49 (37:31)	3:00 (40:31)		2:34 (43:05)
0:49 (47:12)					3:18 (46:23)
2. George Mavchun		THOK	51:21	+4:09	3:36
2:34 (2:34)	1:12 (3:46)	3:07 (6:53)	1:03 (7:56)		2:02 (9:58)
2:15 (13:04)	1:54 (14:58)	2:30 (17:28)	0:42 (18:10)		1:43 (19:53)
0:44 (25:00)	1:07 (26:07)	2:44 (28:51)	1:40 (30:31)		2:10 (32:41)
3:00 (38:00)	1:30 (39:30)	1:50 (41:20)	3:03 (44:23)		2:54 (47:17)
0:46 (51:21)					3:18 (50:35)
3. Jan Eg		OK ØST Birkerød	54:42	+7:30	2:20
3:00 (3:00)	1:20 (4:20)	3:21 (7:41)	0:54 (8:35)		2:31 (11:06)
2:00 (13:54)	1:52 (15:46)	3:22 (19:08)	0:51 (19:59)		1:58 (21:57)
1:50 (29:18)	3:50 (33:08)	0:40 (33:48)	1:28 (35:16)		0:44 (36:00)
2:21 (39:34)	1:58 (41:32)	2:08 (43:40)	3:11 (46:51)		3:04 (49:55)
0:48 (54:42)					3:59 (53:54)
4. Magnus Brink		Lyngby OK	54:53	+7:41	4:39
2:41 (2:41)	1:19 (4:00)	3:12 (7:12)	0:58 (8:10)		2:13 (10:23)
1:58 (13:11)	1:51 (15:02)	2:25 (17:27)	0:42 (18:09)		1:47 (19:56)
0:47 (25:26)	1:43 (27:09)	2:03 (29:12)	3:06 (32:18)		2:45 (35:03)
0:48 (38:57)	1:27 (40:24)	2:06 (42:30)	4:18 (46:48)		3:22 (50:10)
0:49 (54:53)					3:54 (54:04)
5. Joakim Østergaard		Lyngby OK	55:30	+8:18	7:10
2:31 (2:31)	1:16 (3:47)	3:15 (7:02)	1:46 (8:48)		2:32 (11:20)
1:40 (14:29)	0:53 (15:22)	2:56 (18:18)	0:47 (19:05)		1:34 (20:39)
1:02 (26:11)	1:09 (27:20)	2:37 (29:57)	1:56 (31:53)		4:47 (36:40)
0:36 (40:14)	2:04 (42:18)	2:05 (44:23)	4:20 (48:43)		2:31 (51:14)
0:48 (55:30)					3:28 (54:42)
6. Simon Troelsgård		Lyngby OK	58:53	+11:41	5:30
2:45 (2:45)	1:22 (4:07)	3:37 (7:44)	1:49 (9:33)		2:55 (12:28)
1:55 (16:06)	1:07 (17:13)	3:18 (20:31)	1:07 (21:38)		2:44 (24:22)
2:01 (31:15)	3:06 (34:21)	0:41 (35:02)	1:31 (36:33)		0:50 (37:23)
2:16 (41:31)	2:19 (43:50)	2:42 (46:32)	4:21 (50:53)		3:09 (54:02)
0:47 (58:53)					4:04 (58:06)
7. Lukas Høghøj		Lyngby OK	59:40	+12:28	5:15
2:38 (2:38)	1:20 (3:58)	3:23 (7:21)	1:49 (9:10)		3:15 (12:25)
2:04 (16:18)	1:13 (17:31)	3:07 (20:38)	1:06 (21:44)		2:38 (24:22)
1:58 (31:26)	3:01 (34:27)	0:41 (35:08)	1:34 (36:42)		0:49 (37:31)
2:20 (41:41)	2:12 (43:53)	3:00 (46:53)	4:15 (51:08)		3:03 (54:11)
0:56 (59:40)					4:33 (58:44)
8. Niels Peder Møller		Lyngby OK	1:09:01	+21:49	8:58
2:43 (2:43)	1:18 (4:01)	3:33 (7:34)	2:04 (9:38)		3:19 (12:57)
2:14 (16:36)	1:12 (17:48)	2:52 (20:40)	1:00 (21:40)		2:32 (24:12)
1:01 (30:18)	1:39 (31:57)	5:11 (37:08)	2:07 (39:15)		2:48 (42:03)
1:38 (46:52)	3:18 (50:10)	3:09 (53:19)	5:25 (58:44)		3:51 (1:02:35)
0:57 (1:09:01)					5:29 (1:08:04)

Mads Troelsgård		Lyngby OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
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Yevhen Kandybey		Farum OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
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– (–)					
H2		(23 / 23)	Tid	Efter	Tidstab
1. Anton Kupriyanov Hviid		Farum OK	36:26		1:42
2:03 (2:03)	2:32 (4:35)	1:42 (6:17)	1:31 (7:48)		1:21 (9:09)
1:57 (13:07)	1:48 (14:55)	1:53 (16:48)	0:43 (17:31)		2:23 (19:54)
1:42 (25:41)	1:47 (27:28)	4:34 (32:02)	3:49 (35:51)		0:35 (36:26)
2. Jens Knud Maarup		Allerød OK	37:12	+0:46	0:37
2:09 (2:09)	2:35 (4:44)	1:50 (6:34)	1:59 (8:33)		2:04 (10:37)
2:21 (13:43)	1:01 (14:44)	1:05 (15:49)	1:18 (17:07)		2:32 (19:39)
1:44 (25:49)	1:53 (27:42)	5:03 (32:45)	3:43 (36:28)		0:44 (37:12)
3. Asger Reinholdt Christensen		Holbæk OK	37:43	+1:17	0:00
2:28 (2:28)	2:44 (5:12)	1:57 (7:09)	1:48 (8:57)		1:58 (10:55)
2:26 (14:08)	1:03 (15:11)	1:04 (16:15)	1:16 (17:31)		2:10 (19:41)
1:40 (25:51)	1:56 (27:47)	5:08 (32:55)	3:54 (36:49)		0:54 (37:43)
4. Thomas Thilo		Farum OK	38:11	+1:45	0:00
2:21 (2:21)	2:48 (5:09)	1:58 (7:07)	1:49 (8:56)		2:07 (11:03)
2:28 (14:19)	1:00 (15:19)	0:59 (16:18)	1:22 (17:40)		2:08 (19:48)
1:45 (26:01)	1:59 (28:00)	5:24 (33:24)	3:59 (37:23)		0:48 (38:11)
5. Asger Habekost Nielsen		Allerød OK	40:03	+3:37	0:59
2:15 (2:15)	2:36 (4:51)	2:01 (6:52)	2:00 (8:52)		2:02 (10:54)
2:21 (14:02)	1:07 (15:09)	1:03 (16:12)	1:21 (17:33)		2:13 (19:46)
1:51 (26:28)	2:06 (28:34)	5:25 (33:59)	5:04 (39:03)		1:00 (40:03)
6. Rune Cederberg		Ballerup OK	41:26	+5:00	2:46
2:10 (2:10)	2:45 (4:55)	1:56 (6:51)	1:47 (8:38)		2:28 (11:06)
2:49 (14:50)	1:57 (16:47)	1:17 (18:04)	1:48 (19:52)		2:48 (22:40)
1:56 (28:51)	2:39 (31:30)	5:02 (36:32)	4:12 (40:44)		0:42 (41:26)
7. Tim Falck Maag		THOK	41:45	+5:19	2:13
2:16 (2:16)	2:55 (5:11)	2:03 (7:14)	0:59 (8:13)		1:15 (9:28)
2:00 (13:06)	2:02 (15:08)	2:39 (17:47)	0:49 (18:36)		3:05 (21:41)
1:54 (29:34)	2:06 (31:40)	5:15 (36:55)	4:04 (40:59)		0:46 (41:45)
8. Christian Olsen		AMOK	41:47	+5:21	2:18
2:21 (2:21)	2:44 (5:05)	1:57 (7:02)	1:07 (8:09)		1:13 (9:22)
2:01 (13:10)	2:01 (15:11)	2:41 (17:52)	0:48 (18:40)		3:08 (21:48)
1:54 (29:39)	2:04 (31:43)	5:19 (37:02)	4:00 (41:02)		0:45 (41:47)
9. Peter Steen Landsperg		THOK	41:56	+5:30	2:29
2:18 (2:18)	2:44 (5:02)	1:52 (6:54)	1:02 (7:56)		1:16 (9:12)
2:03 (13:59)	1:56 (15:55)	2:19 (18:14)	1:08 (19:22)		2:39 (22:01)
1:51 (29:41)	2:07 (31:48)	5:12 (37:00)	4:05 (41:05)		0:51 (41:56)
10. Morten Ploug		Ballerup OK	44:20	+7:54	0:52
2:48 (2:48)	3:08 (5:56)	2:08 (8:04)	1:18 (9:22)		1:20 (10:42)
2:01 (14:21)	2:14 (16:35)	2:38 (19:13)	0:54 (20:07)		2:45 (22:52)
2:03 (29:51)	2:17 (32:08)	6:49 (38:57)	4:25 (43:22)		0:58 (44:20)
11. Alexander Johannes Mosbech Smith		OK ØST Birkerød	45:28	+9:02	2:00
3:27 (3:27)	2:55 (6:22)	1:59 (8:21)	2:02 (10:23)		2:27 (12:50)
3:09 (16:54)	1:46 (18:40)	1:25 (20:05)	1:45 (21:50)		2:36 (24:26)
2:29 (31:53)	2:39 (34:32)	5:50 (40:22)	4:18 (44:40)		0:48 (45:28)
12. Claus Cederberg		Ballerup OK	45:32	+9:06	2:41
3:46 (3:46)	2:59 (6:45)	2:14 (8:59)	1:05 (10:04)		1:12 (11:16)
2:10 (14:56)	2:04 (17:00)	3:47 (20:47)	0:55 (21:42)		2:44 (24:26)
2:22 (31:48)	2:39 (34:27)	5:56 (40:23)	4:25 (44:48)		0:44 (45:32)
13. Lars Lyngsø		Allerød OK	45:44	+9:18	3:21
2:26 (2:26)	3:10 (5:36)	2:11 (7:47)	1:39 (9:26)		1:19 (10:45)
1:52 (14:08)	2:22 (16:30)	5:11 (21:41)	0:52 (22:33)		2:54 (25:27)
2:10 (32:24)	2:26 (34:50)	5:47 (40:37)	4:14 (44:51)		0:53 (45:44)
14. Samuel Yderstræde Hildebrandt		OK ØST Birkerød	45:59	+9:33	4:10
3:30 (3:30)	2:56 (6:26)	1:59 (8:25)	2:09 (10:34)		1:10 (11:44)
1:57 (15:10)	2:05 (17:15)	3:29 (20:44)	0:57 (21:41)		2:58 (24:39)
2:24 (31:55)	2:48 (34:43)	5:51 (40:34)	4:32 (45:06)		0:53 (45:59)
15. Jesper Vestergaard		Søllerød OK	48:42	+12:16	0:00
3:03 (3:03)	3:32 (6:35)	2:26 (9:01)	2:31 (11:32)		2:40 (14:12)
2:52 (18:04)	1:19 (19:23)	1:28 (20:51)	1:45 (22:36)		2:32 (25:08)
2:20 (33:30)	2:42 (36:12)	6:48 (43:00)	4:45 (47:45)		0:57 (48:42)
16. Thomas Damgaard Nielsen		AMOK	52:08	+15:42	3:34
2:43 (2:43)	3:06 (5:49)	2:08 (7:57)	2:14 (10:11)		2:49 (13:00)
3:28 (17:33)	1:36 (19:09)	1:33 (20:42)	1:53 (22:35)		3:11 (25:46)
2:42 (35:27)	3:36 (39:03)	7:30 (46:33)	4:50 (51:23)		0:45 (52:08)
17. David Palsgaard		Søllerød OK	52:26	+16:00	4:09
2:33 (2:33)	3:06 (5:39)	2:28 (8:07)	2:12 (10:19)		2:37 (12:56)
3:18 (17:16)	1:36 (18:52)	1:37 (20:29)	1:52 (22:21)		4:42 (27:03)
2:32 (35:25)	2:37 (38:02)	8:42 (46:44)	4:44 (51:28)		0:58 (52:26)

18.	Henrik Albahn	3:18 (3:18) 3:19 (16:53) 2:44 (37:53)	3:24 (6:42) 3:16 (20:09) 3:01 (40:54)	Lyngby OK	53:16 +16:50	2:47 1:22 (11:54) 3:47 (28:47) 0:59 (53:16)	1:40 (13:34) 6:22 (35:09)
19.	Peter Becker	2:36 (2:36) 2:06 (15:07) 3:14 (40:13)	3:08 (5:44) 2:46 (17:53) 3:21 (43:34)	Søllerød OK	56:00 +19:34	8:52 1:07 (11:27) 3:52 (28:16) 0:57 (56:00)	1:34 (13:01) 8:43 (36:59)
20.	Frede Lillelund	5:03 (5:03) 2:50 (20:12) 2:51 (39:48)	3:41 (8:44) 2:44 (22:56) 2:56 (42:44)	Søllerød OK	56:42 +20:16	2:38 1:55 (13:25) 1:08 (26:56) 5:22 (55:29) 2:14 (15:39) 3:16 (30:12) 1:13 (56:42)	1:43 (17:22) 6:45 (36:57)
21.	Steen T. Hasholt	3:04 (3:04) 5:18 (25:33) 2:07 (42:05)	3:15 (6:19) 1:28 (27:01) 3:17 (45:22)	Allerød OK	1:01:36 +25:10	11:20 2:13 (10:44) 2:13 (30:37) 5:18 (1:00:34) 8:13 (18:57) 3:23 (34:00) 1:02 (1:01:36)	1:18 (20:15) 5:58 (39:58)
22.	Michael Nygaard Møller	3:42 (3:42) 3:40 (26:25) 3:49 (48:04)	4:11 (7:53) 1:51 (28:16) 2:47 (50:51)	Ballerup OK	1:05:12 +28:46	9:39 2:36 (16:24) 2:49 (32:29) 5:47 (1:03:55) 5:08 (21:32) 5:38 (38:07) 1:17 (1:05:12)	1:13 (22:45) 6:08 (44:15)
	Henrik Kärner Grooss	2:26 (2:26) 1:50 (14:11) 1:57 (28:53)	3:49 (6:15) 1:50 (16:01) 2:40 (31:33)	Allerød OK	Udgæet	1:27 (9:40) 0:56 (19:12) 4:02 (40:47) 1:18 (10:58) 2:56 (22:08) -	1:23 (12:21) 4:48 (26:56)
H3				(26 / 26)	Tid	Efter	Tidstab
1.	Lars Nielsen	2:03 (2:03) 2:27 (16:58) 2:38 (30:49)	3:06 (5:09) 3:00 (19:58) 2:57 (33:46)	Søllerød OK	37:09	1:58 2:20 (10:39) 1:02 (23:05) 0:59 (37:09)	1:16 (14:31) 3:00 (28:11)
2.	Pablo Jensen	1:50 (1:50) 2:56 (17:38) 2:42 (31:43)	3:07 (4:57) 2:20 (19:58) 3:02 (34:45)	Farum OK	37:41 +0:32	2:08 2:26 (10:35) 3:00 (25:18) 0:58 (37:41) 1:06 (11:41) 1:23 (26:41)	3:01 (14:42) 2:20 (29:01)
3.	Denys Kandybei	1:38 (1:38) 2:45 (17:36) 2:22 (31:49)	3:16 (4:54) 2:20 (19:56) 3:36 (35:25)	Farum OK	37:52 +0:43	3:27 2:13 (10:28) 2:04 (24:14) 0:42 (37:52) 1:14 (11:42) 2:02 (26:16)	3:09 (14:51) 3:11 (29:27)
4.	Casper Wilken	1:52 (1:52) 2:54 (16:08) 2:52 (32:06)	3:21 (5:13) 3:35 (19:43) 3:04 (35:10)	OK ØST Birkerød	38:13 +1:04	1:19 2:20 (10:00) 1:00 (22:51) 0:56 (38:13) 1:49 (11:49) 2:53 (25:44)	1:25 (13:14) 3:30 (29:14)
5.	Carsten Mogensen	1:53 (1:53) 3:19 (17:30) 2:48 (31:44)	3:21 (5:14) 2:24 (19:54) 3:46 (35:30)	Køge OK	38:15 +1:06	1:14 2:17 (10:46) 2:41 (25:07) 0:57 (38:15) 1:06 (11:52) 1:28 (26:35)	2:19 (14:11) 2:21 (28:56)
6.	Kent Pihl	1:55 (1:55) 3:08 (17:22) 2:51 (31:47)	3:21 (5:16) 2:31 (19:53) 3:26 (35:13)	OKR	38:19 +1:10	0:23 2:12 (10:44) 2:27 (24:52) 1:05 (38:19) 1:07 (11:51) 1:35 (26:27)	2:23 (14:14) 2:29 (28:56)
7.	Dennis Øbro	1:47 (1:47) 3:04 (16:26) 2:51 (31:29)	3:18 (5:05) 3:14 (19:40) 4:12 (35:41)	THOK	38:25 +1:16	2:16 2:25 (9:53) 1:05 (22:58) 0:59 (38:25) 2:07 (12:00) 2:35 (25:33)	1:22 (13:22) 3:05 (28:38)
8.	Torkil Hansen	1:59 (1:59) 3:16 (17:49) 2:47 (31:52)	3:22 (5:21) 2:23 (20:12) 3:02 (34:54)	PI-København	38:44 +1:35	0:52 2:12 (11:11) 2:21 (24:54) 0:58 (38:44) 1:02 (12:13) 1:30 (26:24)	2:20 (14:33) 2:41 (29:05)
9.	Jakob Albahn	2:01 (2:01) 3:21 (17:38) 2:52 (32:21)	3:22 (5:23) 2:31 (20:09) 3:39 (36:00)	THOK	39:18 +2:09	0:23 2:12 (11:04) 2:28 (24:59) 1:01 (39:18) 1:04 (12:08) 1:39 (26:38)	2:09 (14:17) 2:51 (29:29)
10.	Leif E. Larsen	2:17 (2:17) 3:42 (18:47) 3:34 (36:09)	3:47 (6:04) 3:40 (22:27) 3:52 (40:01)	THOK	43:48 +6:39	0:51 2:15 (12:05) 2:30 (27:58) 1:12 (43:48) 1:07 (13:12) 1:44 (29:42)	1:53 (15:05) 2:53 (32:35)
11.	Louis Steinthal	2:20 (2:20) 3:28 (18:40) 3:31 (37:35)	3:35 (5:55) 4:29 (23:09) 3:21 (40:56)	FIF Hillerød	44:17 +7:08	2:53 2:34 (12:15) 2:53 (28:56) 0:49 (44:17) 1:05 (13:20) 1:44 (30:40)	1:52 (15:12) 3:24 (34:04)
12.	Leif Pedersen	2:08 (2:08) 2:53 (18:32) 3:26 (36:14)	3:46 (5:54) 3:52 (22:24) 6:46 (43:00)	FSK Orientering	46:36 +9:27	3:03 2:55 (11:43) 1:36 (26:34) 1:03 (46:36) 2:13 (13:56) 2:35 (29:09)	1:43 (15:39) 3:39 (32:48)
13.	Kurt Thuesen	2:23 (2:23) 4:37 (25:46) 3:07 (40:23)	3:26 (5:49) 2:36 (28:22) 3:42 (44:05)	FSK Orientering	47:43 +10:34	6:36 3:27 (15:13) 2:03 (33:05) 1:02 (47:43) 1:16 (16:29) 1:33 (34:38)	4:40 (21:09) 2:38 (37:16)
14.	Leif Sudergaard	2:27 (2:27) 3:13 (19:35) 4:35 (40:09)	4:00 (6:27) 4:16 (23:51) 4:19 (44:28)	Kildeholm OK	48:29 +11:20	2:03 2:53 (12:07) 1:36 (29:13) 1:09 (48:29) 2:09 (14:16) 2:28 (31:41)	2:06 (16:22) 3:53 (35:34)

15.	Henrik Molsen		Søllerød OK	48:50	+11:41	6:53		
	2:30 (2:30)	3:57 (6:27)	2:40 (9:07)	2:37 (11:44)		3:32 (15:16)		1:32 (16:48)
	2:42 (19:30)	3:38 (23:08)	4:20 (27:28)	1:19 (28:47)		1:49 (30:36)		4:42 (35:18)
	5:00 (40:18)	3:50 (44:08)	3:46 (47:54)	0:56 (48:50)				
16.	Bjarke Lundsgaard		AMOK	49:00	+11:51	3:06		
	2:26 (2:26)	4:20 (6:46)	4:31 (11:17)	3:52 (15:09)		1:36 (16:45)		2:16 (19:01)
	3:39 (22:40)	3:24 (26:04)	4:03 (30:07)	3:05 (33:12)		1:42 (34:54)		2:53 (37:47)
	3:32 (41:19)	3:44 (45:03)	2:55 (47:58)	1:02 (49:00)				
17.	Jørgen Skaarup		Ballerup OK	49:03	+11:54	3:14		
	2:57 (2:57)	4:35 (7:32)	3:52 (11:24)	3:56 (15:20)		1:15 (16:35)		2:47 (19:22)
	3:24 (22:46)	3:15 (26:01)	3:17 (29:18)	3:57 (33:15)		1:53 (35:08)		2:44 (37:52)
	3:34 (41:26)	4:06 (45:32)	2:27 (47:59)	1:04 (49:03)				
18.	Svend-Erik Jepsen		Søllerød OK	51:39	+14:30	9:54		
	1:46 (1:46)	4:26 (6:12)	3:20 (9:32)	2:38 (12:10)		1:06 (13:16)		1:46 (15:02)
	3:30 (18:32)	4:01 (22:33)	3:01 (25:34)	2:17 (27:51)		1:35 (29:26)		3:07 (32:33)
	3:34 (36:07)	12:02 (48:09)	2:32 (50:41)	0:58 (51:39)				
19.	Gregers Jørgensen		Ballerup OK	52:23	+15:14	3:43		
	3:14 (3:14)	4:25 (7:39)	4:41 (12:20)	2:56 (15:16)		2:34 (17:50)		2:04 (19:54)
	3:39 (23:33)	4:07 (27:40)	3:02 (30:42)	2:20 (33:02)		2:38 (35:40)		3:57 (39:37)
	4:25 (44:02)	4:28 (48:30)	2:43 (51:13)	1:10 (52:23)				
20.	Jan Johansen		PI-København	57:48	+20:39	10:52		
	2:11 (2:11)	3:53 (6:04)	2:58 (9:02)	2:50 (11:52)		2:26 (14:18)		2:06 (16:24)
	3:18 (19:42)	4:05 (23:47)	2:55 (26:42)	1:37 (28:19)		2:23 (30:42)		4:57 (35:39)
	4:16 (39:55)	13:19 (53:14)	3:35 (56:49)	0:59 (57:48)				
21.	Henrik Nielsen		Holbæk OK	58:04	+20:55	7:24		
	5:47 (5:47)	4:52 (10:39)	5:52 (16:31)	3:24 (19:55)		2:53 (22:48)		1:46 (24:34)
	3:54 (28:28)	4:37 (33:05)	3:17 (36:22)	1:41 (38:03)		2:04 (40:07)		4:01 (44:08)
	3:43 (47:51)	5:27 (53:18)	3:28 (56:46)	1:18 (58:04)				
22.	Thomas Østergaard		OK ØST Birkerød	58:11	+21:02	5:40		
	3:02 (3:02)	5:02 (8:04)	3:31 (11:35)	3:43 (15:18)		2:43 (18:01)		2:02 (20:03)
	3:31 (23:34)	4:54 (28:28)	3:46 (32:14)	2:12 (34:26)		5:06 (39:32)		4:10 (43:42)
	3:40 (47:22)	6:09 (53:31)	3:30 (57:01)	1:10 (58:11)				
23.	Louise Wraa-Hansen		THOK	58:54	+21:45	2:27		
	2:47 (2:47)	5:22 (8:09)	3:32 (11:41)	3:28 (15:09)		2:47 (17:56)		2:14 (20:10)
	3:53 (24:03)	5:03 (29:06)	3:51 (32:57)	1:58 (34:55)		2:29 (37:24)		4:58 (42:22)
	4:45 (47:07)	5:27 (52:34)	4:48 (57:22)	1:32 (58:54)				
	Lars Søndergaard		FIF Hillerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)				
	Sten Skytte Kirkegaard		THOK	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)				
	Søren Sloth		FIF Hillerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)				

H4			(13 / 13)	Tid	Efter	Tidstab		
1.	Peter Sørensen		PI-København	29:13		1:33		
	3:16 (3:16)	3:55 (7:11)	3:34 (10:45)	2:35 (13:20)		2:00 (15:20)		2:08 (17:28)
	1:34 (19:02)	1:09 (20:11)	1:58 (22:09)	3:21 (25:30)		2:33 (28:03)		1:10 (29:13)
2.	Ove Jakobsen		Farum OK	29:18	+0:05	2:13		
	3:14 (3:14)	3:48 (7:02)	3:59 (11:01)	2:29 (13:30)		1:44 (15:14)		2:40 (17:54)
	1:31 (19:25)	1:10 (20:35)	1:45 (22:20)	3:38 (25:58)		2:25 (28:23)		0:55 (29:18)
3.	Jens Peter Gundorf		OK ØST Birkerød	31:36	+2:23	2:11		
	2:57 (2:57)	2:42 (5:39)	2:14 (7:53)	1:22 (9:15)		1:51 (11:06)		2:15 (13:21)
	4:20 (17:41)	3:13 (20:54)	2:04 (22:58)	3:46 (26:44)		3:29 (30:13)		1:23 (31:36)
4.	Hans Christian Strib		OK GORM	32:59	+3:46	3:15		
	3:08 (3:08)	4:04 (7:12)	3:46 (10:58)	2:59 (13:57)		2:03 (16:00)		2:52 (18:52)
	2:02 (20:54)	1:41 (22:35)	1:48 (24:23)	4:03 (28:26)		3:28 (31:54)		1:05 (32:59)
5.	Peter Wraa		THOK	33:15	+4:02	2:38		
	3:36 (3:36)	3:57 (7:33)	3:46 (11:19)	2:46 (14:05)		2:08 (16:13)		3:01 (19:14)
	1:45 (20:59)	1:32 (22:31)	1:42 (24:13)	4:08 (28:21)		3:39 (32:00)		1:15 (33:15)
6.	Carl-Johan Rosenberg		FIF Hillerød	33:38	+4:25	4:02		
	3:07 (3:07)	4:03 (7:10)	3:39 (10:49)	2:50 (13:39)		1:58 (15:37)		2:19 (17:56)
	2:32 (20:28)	1:29 (21:57)	2:22 (24:19)	3:59 (28:18)		4:02 (32:20)		1:18 (33:38)
7.	Kai Beck-Andersen		Farum OK	37:56	+8:43	2:55		
	3:49 (3:49)	3:56 (7:45)	1:52 (9:37)	1:37 (11:14)		1:59 (13:13)		2:41 (15:54)
	4:56 (20:50)	3:27 (24:17)	3:06 (27:23)	5:13 (32:36)		3:47 (36:23)		1:33 (37:56)
8.	Ole Galle		THOK	38:34	+9:21	5:55		
	3:27 (3:27)	3:58 (7:25)	1:55 (9:20)	1:49 (11:09)		2:01 (13:10)		2:29 (15:39)
	6:48 (22:27)	3:13 (25:40)	3:31 (29:11)	3:56 (33:07)		3:55 (37:02)		1:32 (38:34)
9.	Karsten Richardt		Køge OK	39:33	+10:20	4:27		
	3:39 (3:39)	3:56 (7:35)	4:10 (11:45)	3:54 (15:39)		2:37 (18:16)		5:35 (23:51)
	2:08 (25:59)	1:37 (27:36)	2:09 (29:45)	4:59 (34:44)		3:12 (37:56)		1:37 (39:33)
10.	Aage Damsgaard		Fredensborg OK	40:20	+11:07	8:09		
	3:19 (3:19)	4:00 (7:19)	1:49 (9:08)	2:09 (11:17)		1:51 (13:08)		2:25 (15:33)
	9:01 (24:34)	3:16 (27:50)	2:01 (29:51)	5:13 (35:04)		4:01 (39:05)		1:15 (40:20)

11. Tage Ebbensgaard		Køge OK	43:35	+14:22	7:04	
3:25 (3:25)	5:24 (8:49)	2:15 (11:04)	2:03 (13:07)		4:53 (18:00)	3:02 (21:02)
5:05 (26:07)	3:42 (29:49)	4:23 (34:12)	4:44 (38:56)		3:18 (42:14)	1:21 (43:35)
12. Henrik Wibe		Allerød OK	50:46	+21:33	13:18	
11:56 (11:56)	4:59 (16:55)	2:17 (19:12)	1:18 (20:30)		2:04 (22:34)	3:47 (26:21)
7:46 (34:07)	3:03 (37:10)	4:26 (41:36)	3:58 (45:34)		3:35 (49:09)	1:37 (50:46)
Bjarke Sucksdorff		Allerød OK	Ej startet			
- (-)	- (-)	- (-)	- (-)		- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		- (-)	- (-)
H5		(1 / 1)	Tid	Efter	Tidstab	
1. John Cordua		V92	47:25		0:00	
13:16 (13:16)	2:30 (15:46)	6:07 (21:53)	1:43 (23:36)		2:08 (25:44)	1:46 (27:30)
1:24 (28:54)	3:00 (31:54)	3:05 (34:59)	2:43 (37:42)		2:43 (40:25)	3:38 (44:03)
2:24 (46:27)	0:58 (47:25)					