

Plads Navn

Klasse

Tid

D12

1 Dagmar Marager

2

17:19

00:53=	01:16=	02:00=	02:35=	03:15=	03:51=	05:42=	08:00=	08:39=	09:18=	10:08=	10:27=	10:58=	11:46=	13:06=	14:19=	14:43=	15:17=	15:39=	16:16=	17:09=	17:19=
00:53=	00:23=	00:44=	00:35=	00:40=	00:36=	01:51=	02:18=	00:39=	00:39=	00:50=	00:19=	00:31=	00:48=	01:20=	01:13=	00:24=	00:34=	00:22=	00:37=	00:53=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

00:53	00:23	00:44	00:35	00:40	00:36	01:51	02:18	00:39	00:39	00:50	00:19	00:31	00:48	01:20	01:13	00:24	00:34	00:22	00:37	00:53	00:10
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= Som klassevinner , - raskere, + senere, # 10% tab, &amp; 25% tab, @ 100% tab.

D14

1 Marie Sørensen

6

18:05

01:14=	02:08=	03:15=	04:09=	05:53=	06:53=	10:19=	11:43=	13:02=	15:40=	16:21=	17:56=	18:05=
01:14=	00:54=	01:07=	00:54=	01:44=	01:00=	03:26=	01:24=	01:19=	02:38=	00:41=	01:35=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

01:14	00:54	01:07	00:54	01:44	01:00	03:26	01:24	01:19	02:38	00:41	01:35	00:09
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= Som klassevinner , - raskere, + senere, # 10% tab, &amp; 25% tab, @ 100% tab.

D16

1 Astrid Faber Fenger-Grøn

16

18:44

01:47=	02:24=	03:11=	04:28=	05:32=	09:23=	10:23=	13:03=	13:51=	14:25=	15:08=	16:25=	17:20=	18:36=	18:44=
01:47=	00:37=	00:47=	01:17=	01:04=	03:51=	01:00=	02:40=	00:48=	00:34=	00:43=	01:17=	00:55=	01:16=	00:08=
00:00=	00:00=	00:00=	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

01:47	00:37	00:47	01:17	01:04	03:51	01:00	02:40	00:48	00:34	00:43	01:17	00:55	01:16	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, &amp; 25% tab, @ 100% tab.

D35

1 Tine Juul Gade

17

22:46

02:45=	03:38=	04:38=	06:04=	07:24=	11:03=	12:10=	15:25=	16:21=	17:05=	18:01=	19:30=	20:44=	22:34=	22:46=
02:45=	00:53=	01:00=	01:26=	01:20=	03:39=	01:07=	03:15=	00:56=	00:44=	00:56=	01:29=	01:14=	01:50=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

02:45	00:53	01:00	01:26	01:20	03:39	01:07	03:15	00:56	00:44	00:56	01:29	01:14	01:50	00:12
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= Som klassevinner , - raskere, + senere, # 10% tab, &amp; 25% tab, @ 100% tab.

D45

1 Lene Flyvbjerg

Rsok

25:11

01:55=	02:44=	03:43=	06:06=	07:36=	11:47=	12:45=	15:54=	17:24=	18:14=	19:11=	20:52=	23:29=	24:59=	25:11=
01:55=	00:49=	00:59=	02:23=	01:30=	04:11=	00:58=	03:09=	01:30=	00:50=	00:57=	01:41=	02:37=	01:30=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## D45

<b>2</b>	<b>Anni Sørensen</b>	<b>6</b>	<b>30:17</b>
02:36+	03:45+	05:12+	07:11+
02:36+	01:09+	01:27+	01:59-
00:41&	00:20&	00:28&	00:24-

<b>3</b>	<b>Mette Berggren</b>	<b>Kok</b>	<b>32:27</b>
04:08+	05:05+	06:15+	07:54+
04:08+	00:57+	01:10+	01:39+
04:08+	00:57+	01:10+	01:39+

### Beste stræktid for klassen

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

## D50

<b>1</b>	<b>Mette Møller Nielsen</b>	<b>Akif</b>	<b>19:36</b>
01:24+	02:21+	03:22+	04:49+
01:24+	00:57+	01:01+	01:27+
00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lise Nørgaard</b>	<b>11</b>	<b>24:20</b>
01:44+	03:14+	04:45+	06:17+
01:44+	01:30+	01:31+	01:32+
00:20#	00:33&	00:30&	00:05+

### Beste stræktid for klassen

01:24 00:57 01:01 01:27 01:14 00:35 01:54 00:31 01:32 00:46 01:07 00:44 01:34 02:31 01:05 00:56 00:10

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

## D55

<b>1</b>	<b>Anne Maarup</b>	<b>2</b>	<b>18:14</b>
01:13+	02:11+	03:10+	04:37+
01:13+	00:58+	00:59+	01:27+
00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lene Bejer Damgaard</b>	<b>17</b>	<b>19:59</b>
01:25+	02:21+	03:26+	04:55+
01:25+	00:56-	01:05+	01:29+
00:12#	00:02-	00:06#	00:02+

<b>3</b>	<b>Maria Douglas</b>	<b>3</b>	<b>20:42</b>
01:18+	02:22+	03:39+	05:13+
01:18+	01:04+	01:17+	01:34+
00:05+	00:06#	00:18&	00:07+

<b>4</b>	<b>Helle Nikkel</b>	<b>17</b>	<b>23:03</b>
01:26+	02:33+	03:42+	05:16+
01:26+	01:07+	01:09+	01:34+
00:13#	00:09#	00:10#	00:07+

### D55

<b>5</b>	<b>Hanne Staugaard</b>	<b>Kok</b>	<b>25:30</b>													
01:42+	02:56+	04:15+	06:14+	07:48+	08:36+	10:58+	11:44+	13:55+	15:06+	16:27+	17:21+	19:17+	22:33+	23:57+	25:14+	25:30+
01:42+	01:14+	01:19+	01:59+	01:34+	00:48+	02:22+	00:46+	02:11+	01:11+	01:21+	00:54+	01:56+	03:16+	01:24+	01:17+	00:16+
00:29&	00:16&	00:20&	00:32&	00:22&	00:13&	00:44&	00:14&	00:38&	00:29&	00:20&	00:07#	00:30&	01:16&	00:19&	00:22&	00:05&

<b>6</b>	<b>Ninette Juul Erichsen</b>	<b>12</b>	<b>37:37</b>													
02:17+	04:03+	05:44+	09:37+	11:55+	12:54+	16:19+	17:39+	20:50+	22:29+	24:42+	27:05+	29:50+	33:47+	35:43+	37:21+	37:37+
02:17+	01:46+	01:02+	01:29+	01:14+	00:35+	01:43+	00:34+	01:36+	00:53+	01:04+	00:52+	01:31+	02:07+	01:09+	01:05+	00:13+
02:17+	01:46+	01:41+	03:53+	02:18+	00:59+	03:25+	01:20+	03:11+	01:39+	02:13+	02:23+	02:45+	03:57+	01:56+	01:38+	00:16+

#### Beste stræktid for klassen

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

### D60

<b>1</b>	<b>Birgitte Birck</b>	<b>2</b>	<b>19:24</b>													
01:15=	02:17=	03:19=	04:48=	06:02=	06:37=	08:20=	08:54=	10:30=	11:23=	12:27=	13:19=	14:50=	16:57=	18:06=	19:11=	19:24=
01:15=	01:02=	01:02=	01:29=	01:14=	00:35=	01:43=	00:34=	01:36=	00:53=	01:04=	00:52=	01:31=	02:07=	01:09=	01:05=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Gitte Isen</b>	<b>5</b>	<b>22:45</b>													
02:19+	03:28+	04:50+	06:27+	07:49+	08:25+	10:24+	10:59+	12:47+	13:42+	15:00+	16:13+	17:52+	20:16+	21:26+	22:32+	22:45+
02:19+	01:09+	01:22+	01:37+	01:22+	00:36+	01:59+	00:35+	01:48+	00:55+	01:18+	01:13+	01:39+	02:24+	01:10+	01:06+	00:13=
01:04&	00:07#	00:20&	00:08+	00:08#	00:01+	00:16#	00:01+	00:12#	00:02+	00:14#	00:21&	00:08+	00:17#	00:01+	00:01+	00:00=

<b>3</b>	<b>Birgitte Bach</b>	<b>17</b>	<b>26:31</b>													
02:17+	03:39+	05:00+	06:52+	08:34+	09:20+	11:42+	12:28+	14:46+	15:44+	17:03+	18:27+	20:36+	23:30+	25:00+	26:16+	26:31+
02:17+	01:22+	01:21+	01:52+	01:42+	00:46+	02:22+	00:46+	02:18+	00:58+	01:19+	01:24+	02:09+	02:54+	01:30+	01:16+	00:15+
01:02&	00:20&	00:19&	00:23&	00:28&	00:11&	00:39&	00:12&	00:42&	00:05+	00:15#	00:32&	00:38&	00:47&	00:21&	00:11#	00:02#

<b>4</b>	<b>Dorthe Lind</b>	<b>9</b>	<b>33:30</b>													
02:00+	03:40+	05:13+	07:31+	09:27+	10:28+	13:24+	14:18+	17:07+	18:33+	20:41+	22:42+	25:34+	29:10+	31:09+	33:06+	33:30+
02:00+	01:40+	01:33+	02:18+	01:56+	01:01+	02:56+	00:54+	02:49+	01:26+	02:08+	02:01+	02:52+	03:36+	01:59+	01:57+	00:24+
00:45&	00:38&	00:31&	00:49&	00:42&	00:26&	01:13&	00:20&	01:13&	00:33&	01:04&	01:09@	01:21&	01:29&	00:50&	00:52&	00:11&

#### Beste stræktid for klassen

01:15 01:02 01:02 01:29 01:14 00:35 01:43 00:34 01:36 00:53 01:04 00:52 01:31 02:07 01:09 01:05 00:13

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

### D65

<b>1</b>	<b>Grethe Anæus</b>	<b>17</b>	<b>20:08</b>													
01:19=	02:18=	03:25=	04:55=	06:19=	06:59=	08:46=	09:22=	11:02=	11:56=	13:06=	13:50=	15:32=	17:49=	18:54=	19:57=	20:08=
01:19=	00:59=	01:07=	01:30=	01:24=	00:40=	01:47=	00:36=	01:40=	00:54=	01:10=	00:44=	01:42=	02:17=	01:05=	01:03=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

#### Beste stræktid for klassen

01:19 00:59 01:07 01:30 01:24 00:40 01:47 00:36 01:40 00:54 01:10 00:44 01:42 02:17 01:05 01:03 00:11

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

### D70

Class	Navn	Klasse	Tid
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## D70

<b>1</b>	<b>Pia Gade</b>	<b>17</b>	<b>21:09</b>										
02:48=	04:56=	06:47=	08:25=	09:04=	10:15=	10:52=	11:44=	13:17=	15:08=	16:42=	18:06=	20:54=	21:09=
02:48=	02:08=	01:51=	01:38=	00:39=	01:11=	00:37=	00:52=	01:33=	01:51=	01:34=	01:24=	02:48=	00:15=
00:00=	00:00=	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

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

## D75

<b>1</b>	<b>Karen-Lisbeth Fredberg</b>	<b>16</b>	<b>24:59</b>										
06:15=	08:36=	10:35=	12:45=	13:35=	14:42=	15:29=	16:26=	18:12=	20:03=	21:55=	23:20=	24:45=	24:59=
06:15=	02:21=	01:59=	02:10=	00:50=	01:07=	00:47=	00:57=	01:46=	01:51=	01:52=	01:25=	01:25=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Bitten Nielsen</b>	<b>5</b>	<b>39:18</b>										
03:32-	05:29-	08:21-	09:34-	10:17-	11:12-	19:33+	20:34+	22:25+	27:49+	29:38+	37:26+	39:05+	39:18+
03:32-	01:57-	02:52+	01:13-	00:43-	00:55-	08:21+	01:01+	01:51+	05:24+	01:49-	07:48+	01:39+	00:13-
02:43-	00:24-	00:53&	00:57-	00:07-	00:12-	07:34@	00:04+	00:05+	03:33@	00:03-	06:23@	00:14#	00:01-

### Beste stræktid for klassen

03:32 01:57 01:59 01:13 00:43 00:55 00:47 00:57 01:46 01:51 01:49 01:25 01:25 00:13

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

## H12

<b>1</b>	<b>Sander Popp Bobach</b>	<b>18</b>	<b>28:02</b>																		
01:08=	01:42=	03:15=	04:01=	05:44=	06:40=	09:07=	09:43=	11:44=	12:55=	14:09=	14:38=	18:11=	19:32=	21:29=	23:22=	24:14=	24:54=	25:21=	26:48=	27:50=	28:02=
01:08=	00:34=	01:33=	00:46=	01:43=	00:56=	02:27=	00:36=	02:01=	01:11=	01:14=	00:29=	03:33=	01:21=	01:57=	01:53=	00:52=	00:40=	00:27=	01:27=	01:02=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### Beste stræktid for klassen

01:08 00:34 01:33 00:46 01:43 00:56 02:27 00:36 02:01 01:11 01:14 00:29 03:33 01:21 01:57 01:53 00:52 00:40 00:27 01:27 01:02 00:12

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

## H16

<b>1</b>	<b>Asbjørn Faber Fenger-Grøn</b>	<b>16</b>	<b>15:02</b>											
01:14=	01:49=	02:33=	03:35=	04:30=	06:42=	07:28=	10:10=	10:50=	11:19=	11:58=	13:00=	13:46=	14:54=	15:02=
01:14=	00:35=	00:44=	01:02=	00:55=	02:12=	00:46=	02:42=	00:40=	00:29=	00:39=	01:02=	00:46=	01:08=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Emil Borup Fredberg</b>	<b>16</b>	<b>16:05</b>											
01:28+	02:03+	02:46+	03:49+	04:46+	08:05+	08:49+	11:01+	11:43+	12:14+	12:53+	14:02+	14:48+	15:57+	16:05+
01:28+	00:35=	00:43-	01:03+	00:57+	03:19+	00:44-	02:12-	00:42+	00:31+	00:39=	01:09+	00:46=	01:09+	00:08=
00:14#	00:00=	00:01-	00:01+	00:02+	01:07&	00:02-	00:30-	00:02+	00:02+	00:00=	00:07#	00:00=	00:01+	00:00=

<b>3</b>	<b>Mattias Klostergaard Rokkjær</b>	<b>16</b>	<b>17:12</b>											
02:35+	03:12+	03:57+	05:03+	06:02+	08:41+	09:27+	12:04+	12:56+	13:30+	14:10+	15:12+	15:56+	17:03+	17:12+
02:35+	00:37+	00:45+	01:06+	00:59+	02:39+	00:46=	02:37-	00:52+	00:34+	00:40+	01:02=	00:44-	01:07-	00:09+
01:21@	00:02+	00:01+	00:04+	00:04+	00:27#	00:00=	00:05-	00:12&	00:05#	00:01+	00:00=	00:02-	00:01-	00:01#

## H16

### Beste stræktid for klassen

01:14 00:35 00:43 01:02 00:55 02:12 00:44 02:12 00:40 00:29 00:39 01:02 00:44 01:07 00:08

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

## H20

<b>1</b>	<b>Erik Grønborg Nielsen</b>	<b>2</b>	<b>17:47</b>												
00:27=	01:26=	02:18=	03:00=	03:41=	04:18=	05:01=	07:40=	08:30=	10:53=	12:30=	14:14=	15:29=	16:50=	17:38=	17:47=
00:27=	00:59=	00:52=	00:42=	00:41=	00:37=	00:43=	02:39=	00:50=	02:23=	01:37=	01:44=	01:15=	01:21=	00:48=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hans Grønborg Nielsen</b>	<b>2</b>	<b>18:05</b>												
00:31+	01:33+	02:28+	03:10+	03:53+	04:27+	05:10+	07:40=	08:37+	11:04+	12:37+	14:28+	15:53+	17:11+	17:55+	18:05+
00:31+	01:02+	00:55+	00:42=	00:43+	00:34=	00:43=	02:30=	00:57+	02:27+	01:33=	01:51+	01:25+	01:18=	00:44=	00:10+
00:04#	00:03+	00:03+	00:00=	00:02+	00:03=	00:00=	00:09=	00:07#	00:04+	00:04=	00:07+	00:10#	00:03=	00:04=	00:01#

<b>3</b>	<b>Johannes Marager</b>	<b>2</b>	<b>18:08</b>												
00:28+	01:28+	02:22+	03:05+	03:48+	04:19+	04:57=	07:35=	08:33+	10:56+	12:30=	14:19+	15:40+	17:10+	17:59+	18:08+
00:28+	01:00+	00:54+	00:43+	00:43+	00:31=	00:38=	02:38=	00:58+	02:23=	01:34=	01:49+	01:21+	01:30+	00:49+	00:09=
00:01+	00:01+	00:02+	00:01+	00:02+	00:06=	00:05=	00:01=	00:08#	00:00=	00:03=	00:05+	00:06+	00:09#	00:01+	00:00=

<b>4</b>	<b>Valdemar Marager</b>	<b>2</b>	<b>19:22</b>												
00:32+	01:35+	02:33+	03:23+	04:08+	04:47+	05:30+	08:24+	09:28+	11:45+	13:28+	15:21+	16:59+	18:22+	19:12+	19:22+
00:32+	01:03+	00:58+	00:50+	00:45+	00:39+	00:43=	02:54+	01:04+	02:17=	01:43+	01:53+	01:38+	01:23+	00:50+	00:10+
00:05#	00:04+	00:06#	00:08#	00:04+	00:02+	00:00=	00:15+	00:14&	00:06=	00:06+	00:09+	00:23&	00:02+	00:02+	00:01#

<b>5</b>	<b>Hjalte Laurits Frederiksen</b>	<b>Riok</b>	<b>25:56</b>												
00:50+	03:33+	04:50+	06:12+	07:06+	08:04+	08:58+	12:55+	14:04+	16:55+	18:31+	21:08+	22:52+	24:43+	25:46+	25:56+
00:50+	02:43+	01:17+	01:22+	00:54+	00:58+	00:54+	03:57+	01:09+	02:51+	01:36=	02:37+	01:44+	01:51+	01:03+	00:10+
00:23&	01:44@	00:25&	00:40&	00:13&	00:21&	00:11&	01:18&	00:19&	00:28#	00:01=	00:53&	00:29&	00:30&	00:15&	00:01#

### Beste stræktid for klassen

00:27 00:59 00:52 00:42 00:41 00:31 00:38 02:30 00:50 02:17 01:33 01:44 01:15 01:18 00:44 00:09

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

## H40

<b>1</b>	<b>Jakob Gade</b>	<b>17</b>	<b>18:42</b>											
02:08=	03:09=	03:58=	05:22=	06:34=	09:18=	10:11=	12:33=	13:46=	14:23=	15:08=	16:18=	17:06=	18:31=	18:42=
02:08=	01:01=	00:49=	01:24=	01:12=	02:44=	00:53=	02:22=	01:13=	00:37=	00:45=	01:10=	00:48=	01:25=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lau Sørensen</b>	<b>6</b>	<b>20:11</b>											
01:41=	02:34=	03:31=	04:52=	06:18=	09:36+	10:41+	13:32+	14:50+	15:26+	16:17+	17:35+	18:33+	20:00+	20:11+
01:41=	00:53=	00:57+	01:21=	01:26+	03:18+	01:05+	02:51+	01:18+	00:36=	00:51+	01:18+	00:58+	01:27+	00:11=
00:27=	00:08=	00:08#	00:03=	00:14#	00:34#	00:12#	00:29#	00:05+	00:01=	00:06#	00:08#	00:10#	00:02+	00:00=

### Beste stræktid for klassen

01:41 00:53 00:49 01:21 01:12 02:44 00:53 02:22 01:13 00:36 00:45 01:10 00:48 01:25 00:11

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

## H45

### H45

<b>1</b>	<b>Rene Rokkjær</b>	<b>16</b>												<b>14:02</b>
01:10=	01:43=	02:25=	03:26=	04:18=	06:38=	07:25=	09:24=	10:03=	10:33=	11:07=	12:06=	12:48=	13:53=	14:02=
01:10=	00:33=	00:42=	01:01=	00:52=	02:20=	00:47=	01:59=	00:39=	00:30=	00:34=	00:59=	00:42=	01:05=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Mads K. Larsen</b>	<b>3</b>												<b>15:03</b>
01:21+	01:58+	02:41+	03:45+	04:45+	07:11+	07:56+	09:59+	10:37+	11:32+	12:09+	13:07+	13:53+	14:55+	15:03+
01:21+	00:37+	00:43+	01:04+	01:00+	02:26+	00:45+	02:03+	00:38+	00:55+	00:37+	00:58+	00:46+	01:02+	00:08+
01:21+	00:37+	00:43+	01:04+	01:00+	02:26+	00:45+	02:03+	00:38+	00:55+	00:37+	00:58+	00:46+	01:02+	00:08+

<b>3</b>	<b>Morten Fenger-Grøn</b>	<b>16</b>												<b>15:03</b>
01:11+	01:46+	02:31+	03:46+	04:46+	07:14+	08:01+	10:12+	10:54+	11:25+	12:02+	13:08+	13:51+	14:54+	15:03+
01:11+	00:35+	00:45+	01:15+	01:00+	02:28+	00:47+	02:11+	00:42+	00:31+	00:37+	01:06+	00:43+	01:03+	00:09+
01:11+	00:35+	00:45+	01:15+	01:00+	02:28+	00:47+	02:11+	00:42+	00:31+	00:37+	01:06+	00:43+	01:03+	00:09+

<b>4</b>	<b>Søren Flyvbjerg</b>	<b>Rsok</b>												<b>20:57</b>	
01:37+	02:20+	03:11+	04:41+	06:00+	09:58+	10:52+	11:38+	14:13+	15:41+	16:25+	17:16+	18:30+	19:29+	20:47+	20:57+
01:37+	00:43+	00:51+	01:30+	01:19+	03:58+	00:54+	00:46+	02:35+	01:28+	00:44+	00:51+	01:14+	00:59+	01:18+	00:10+
01:37+	00:43+	00:51+	01:30+	01:19+	03:58+	00:54+	00:46+	02:35+	01:28+	00:44+	00:51+	01:14+	00:59+	01:18+	00:10+

<b>5</b>	<b>Claus Bobach</b>	<b>18</b>												<b>20:58</b>
01:32+	02:20+	03:17+	04:37+	05:52+	10:46+	11:47+	14:36+	15:25+	16:05+	16:49+	18:12+	19:12+	20:47+	20:58+
01:32+	00:48+	00:57+	01:20+	01:15+	04:54+	01:01+	02:49+	00:49+	00:40+	00:44+	01:23+	01:00+	01:35+	00:11+
01:32+	00:48+	00:57+	01:20+	01:15+	04:54+	01:01+	02:49+	00:49+	00:40+	00:44+	01:23+	01:00+	01:35+	00:11+

<b>6</b>	<b>Rene Bitsch</b>	<b>15</b>												<b>21:42</b>
01:17+	02:06+	03:03+	04:24+	05:33+	11:47+	12:52+	15:27+	16:28+	17:03+	17:52+	19:13+	20:08+	21:31+	21:42+
01:17+	00:49+	00:57+	01:21+	01:09+	06:14+	01:05+	02:35+	01:01+	00:35+	00:49+	01:21+	00:55+	01:23+	00:11+
01:17+	00:49+	00:57+	01:21+	01:09+	06:14+	01:05+	02:35+	01:01+	00:35+	00:49+	01:21+	00:55+	01:23+	00:11+

#### Beste stræktid for klassen

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

### H50

<b>1</b>	<b>Thomas Fredberg</b>	<b>16</b>												<b>16:26</b>
01:27=	02:07=	02:57=	04:17=	05:21=	08:04=	08:54=	11:02=	11:47=	12:17=	12:57=	14:18=	15:10=	16:16=	16:26=
01:27=	00:40=	00:50=	01:20=	01:04=	02:43=	00:50=	02:08=	00:45=	00:30=	00:40=	01:21=	00:52=	01:06=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

#### Beste stræktid for klassen

01:27	00:40	00:50	01:20	01:04	02:43	00:50	02:08	00:45	00:30	00:40	01:21	00:52	01:06	00:10
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### H55

<b>1</b>	<b>Kent Kragh</b>	<b>Ok Pan</b>												<b>14:37</b>		
00:57=	01:43=	02:31=	03:36=	04:35=	05:05=	06:34=	07:02=	08:14=	08:47=	09:32=	10:08=	11:17=	12:51=	13:44=	14:28=	14:37=
00:57=	00:46=	00:48=	01:05=	00:59=	00:30=	01:29=	00:28=	01:12=	00:33=	00:45=	00:36=	01:09=	01:34=	00:53=	00:44=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### H55

<b>2</b>	<b>Kaj Isaksen</b>	<b>3</b>	<b>15:04</b>													
01:00+	01:41-	02:28-	03:29-	04:22-	04:49-	06:23-	06:47-	08:07-	08:46-	09:37+	10:13+	11:27+	13:20+	14:14+	14:56+	15:04+
01:00+	00:41-	00:47-	01:01-	00:53-	00:27-	01:34+	00:24-	01:20+	00:39+	00:51+	00:36=	01:14+	01:53+	00:54+	00:42-	00:08-
00:03+	00:05-	00:01-	00:04-	00:06-	00:03-	00:05+	00:04-	00:08#	00:06#	00:06#	00:00=	00:05+	00:19#	00:01+	00:02-	00:01-

<b>3</b>	<b>Esben Fyhn Nilsen</b>	<b>14</b>	<b>17:42</b>													
00:59+	01:50+	02:55+	04:10+	05:15+	05:54+	07:35+	08:05+	09:32+	10:16+	11:19+	12:01+	13:33+	15:32+	16:34+	17:31+	17:42+
00:59+	00:51+	01:05+	01:15+	01:05+	00:39+	01:41+	00:30+	01:27+	00:44+	01:03+	00:42+	01:32+	01:59+	01:02+	00:57+	00:11+
00:59+	00:51+	01:05+	01:15+	01:05+	00:39+	01:41+	00:30+	01:27+	00:44+	01:03+	00:42+	01:32+	01:59+	01:02+	00:57+	00:11+

#### Beste stræktid for klassen

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

### H60

<b>1</b>	<b>Jes Mose Jensen</b>	<b>Akif</b>	<b>15:46</b>													
01:02=	01:52=	02:44=	03:59=	05:03=	05:31=	06:59=	07:26=	08:48=	09:28=	10:21=	10:56=	12:11=	13:58=	14:52=	15:38=	15:46=
01:02=	00:50=	00:52=	01:15=	01:04=	00:28=	01:28=	00:27=	01:22=	00:40=	00:53=	00:35=	01:15=	01:47=	00:54=	00:46=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Jens Viktor Nørgaard</b>	<b>3</b>	<b>15:57</b>													
01:05+	01:55+	02:44=	04:05+	05:02-	05:30-	06:58-	07:25-	08:44-	09:21-	10:14-	10:53-	12:10-	13:52-	14:53+	15:46+	15:57+
01:05+	00:50=	00:49-	01:21+	00:57-	00:28=	01:28=	00:27=	01:19-	00:37-	00:53=	00:39+	01:17+	01:42-	01:01+	00:53+	00:11+
00:03+	00:00=	00:03-	00:06+	00:07-	00:00=	00:00=	00:00=	00:03-	00:03-	00:00=	00:04#	00:02+	00:05-	00:07#	00:07#	00:03&

<b>3</b>	<b>Lennart Bo Kristiansen</b>	<b>17</b>	<b>16:07</b>													
01:10+	02:04+	02:57+	04:09+	05:12+	05:45+	06:29-	06:58-	08:15-	08:55-	09:55-	11:04+	12:18+	14:12+	15:16+	16:00+	16:07+
01:10+	00:54+	00:53+	01:12-	01:03-	00:33+	00:44-	00:29+	01:17-	00:40=	01:00+	01:09+	01:14-	01:54+	01:04+	00:44-	00:07-
00:08#	00:04+	00:01+	00:03-	00:01-	00:05#	00:44-	00:02+	00:05-	00:00=	00:07#	00:34&	00:01-	00:07+	00:10#	00:02-	00:01-

<b>4</b>	<b>Carsten Lind</b>	<b>9</b>	<b>16:37</b>													
01:03+	01:50-	02:44=	03:54-	04:57-	05:28-	07:00+	07:28+	09:02+	09:42+	10:44+	11:22+	12:41+	14:26+	15:36+	16:24+	16:37+
01:03+	00:47-	00:54+	01:10-	01:03-	00:31+	01:32+	00:28+	01:34+	00:40=	01:02+	00:38+	01:19+	01:45-	01:10+	00:48+	00:13+
00:01+	00:03-	00:02+	00:05-	00:01-	00:03#	00:04+	00:01+	00:12#	00:00=	00:09#	00:03+	00:04+	00:02-	00:16&	00:02+	00:05&

<b>5</b>	<b>Claus Mikkelsen</b>	<b>4</b>	<b>29:26</b>													
01:38+	03:11+	05:05+	06:59+	08:52+	09:44+	12:22+	14:23+	16:34+	17:54+	19:23+	20:33+	22:45+	25:57+	27:48+	29:12+	29:26+
01:38+	01:33+	01:54+	01:54+	01:53+	00:52+	02:38+	02:01+	02:11+	01:20+	01:29+	01:10+	02:12+	03:12+	01:51+	01:24+	00:14+
00:36&	00:43&	01:02@	00:39&	00:49&	00:24&	01:10&	01:34@	00:49&	00:40&	00:36&	00:35&	00:57&	01:25&	00:57@	00:38&	00:06&

#### Beste stræktid for klassen

01:02	00:47	00:49	01:10	00:57	00:28	00:44	00:27	01:17	00:37	00:53	00:35	01:14	01:42	00:54	00:44	00:07
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### H65

<b>1</b>	<b>Ole Gadsbølle</b>	<b>10</b>	<b>15:43</b>													
00:57=	01:45=	02:40=	03:46=	04:44=	05:15=	06:44=	07:10=	08:28=	09:11=	10:04=	10:47=	12:00=	13:46=	14:44=	15:33=	15:43=
00:57=	00:48=	00:55=	01:06=	00:58=	00:31=	01:29=	00:26=	01:18=	00:43=	00:53=	00:43=	01:13=	01:46=	00:58=	00:49=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## H65

<b>2</b>	<b>Stig Barrett</b>	<b>17</b>	<b>17:58</b>													
01:08+	02:03+	03:03+	04:21+	05:24+	05:59+	08:05+	08:35+	10:00+	10:44+	11:41+	12:23+	13:50+	15:50+	16:53+	17:47+	17:58+
01:08+	00:55+	01:00+	01:18+	01:03+	00:35+	02:06+	00:30+	01:25+	00:44+	00:57+	00:42-	01:27+	02:00+	01:03+	00:54+	00:11+
00:11#	00:07#	00:05+	00:12#	00:05+	00:04#	00:37&	00:04#	00:07+	00:01+	00:04+	00:01-	00:14#	00:14#	00:05+	00:05#	00:01+

<b>3</b>	<b>Svend Erik Skovsgaard</b>	<b>17</b>	<b>26:38</b>													
01:45+	03:01+	04:31+	06:18+	08:06+	09:09+	11:37+	12:30+	15:09+	16:06+	17:31+	18:37+	20:36+	23:39+	25:10+	26:25+	26:38+
01:45+	01:16+	01:30+	01:47+	01:48+	01:03+	02:28+	00:53+	02:39+	00:57+	01:25+	01:06+	01:59+	03:03+	01:31+	01:15+	00:13+
01:45+	01:16+	01:30+	01:47+	01:48+	01:03+	02:28+	00:53+	02:39+	00:57+	01:25+	01:06+	01:59+	03:03+	01:31+	01:15+	00:13+

### Beste stræktid for klassen

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

## H70

<b>1</b>	<b>Keld Gade</b>	<b>17</b>	<b>19:46</b>													
01:19=	02:18=	03:27=	04:48=	05:59=	06:35=	08:33=	09:08=	10:49=	11:36=	12:58=	13:47=	15:11=	17:10=	18:17=	19:21=	19:46=
01:19=	00:59=	01:09=	01:21=	01:11=	00:36=	01:58=	00:35=	01:41=	00:47=	01:22=	00:49=	01:24=	01:59=	01:07=	01:04=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Torben Isen</b>	<b>5</b>	<b>20:43</b>													
01:23+	02:26+	03:36+	05:08+	06:26+	07:11+	09:03+	09:42+	11:17+	12:02+	13:15+	14:28+	15:55+	18:25+	19:31+	20:31+	20:43+
01:23+	01:03+	01:10+	01:32+	01:18+	00:45+	01:52-	00:39+	01:35-	00:45-	01:13-	01:13+	01:27+	02:30+	01:06-	01:00-	00:12-
00:04+	00:04+	00:01+	00:11#	00:07+	00:09#	00:06-	00:04#	00:06-	00:02-	00:09-	00:24&	00:03+	00:31&	00:01-	00:04-	00:13-

### Beste stræktid for klassen

01:19	00:59	01:09	01:21	01:11	00:36	01:52	00:35	01:35	00:45	01:13	00:49	01:24	01:59	01:06	01:00	00:12
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= Som klassevinner , - raskere , + senere , # 10% tab , & 25% tab , @ 100% tab.

## H75

<b>1</b>	<b>Torben Jørgensen</b>	<b>Riok</b>	<b>20:12</b>										
02:38=	05:12=	06:54=	08:16=	08:54=	10:01=	10:42=	11:46=	13:19=	15:31=	17:01=	18:41=	19:59=	20:12=
02:38=	02:34=	01:42=	01:22=	00:38=	01:07=	00:41=	01:04=	01:33=	02:12=	01:30=	01:40=	01:18=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Frants Nielsen</b>	<b>5</b>	<b>20:17</b>										
02:24-	04:21-	07:15+	08:27+	09:04+	10:02+	10:44+	11:38-	13:12-	15:12-	17:09+	18:33-	20:04+	20:17+
02:24-	01:57-	02:54+	01:12-	00:37-	00:58-	00:42+	00:54-	01:34+	02:00-	01:57+	01:24-	01:31+	00:13=
00:14-	00:37-	01:12&	00:10-	00:01-	00:09-	00:01+	00:10-	00:01+	00:12-	00:27&	00:16-	00:13#	00:00=

### Beste stræktid for klassen

02:24	01:57	01:42	01:12	00:37	00:58	00:41	00:54	01:33	02:00	01:30	01:24	01:18	00:13
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= Som klassevinner , - raskere , + senere , # 10% tab , & 25% tab , @ 100% tab.

## H80

<b>1</b>	<b>Palle Møller Nielsen</b>	<b>8</b>	<b>27:37</b>										
03:24=	06:01=	08:22=	10:06=	10:55=	12:12=	12:51=	14:17=	16:23=	21:02=	23:12=	25:24=	27:15=	27:37=
03:24=	02:37=	02:21=	01:44=	00:49=	01:17=	00:39=	01:26=	02:06=	04:39=	02:10=	02:12=	01:51=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=



## H80

### Beste stræktid for klassen

03:24 02:37 02:21 01:44 00:49 01:17 00:39 01:26 02:06 04:39 02:10 02:12 01:51 00:22

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

## Åben 3

### 1 mick Stenkjær 15 17:38

01:11= 02:03= 03:03= 04:20= 05:29= 06:07= 07:55= 08:31= 09:51= 10:33= 11:32= 12:13= 13:30= 15:27= 16:34= 17:27= 17:38=  
 01:11= 00:52= 01:00= 01:17= 01:09= 00:38= 01:48= 00:36= 01:20= 00:42= 00:59= 00:41= 01:17= 01:57= 01:07= 00:53= 00:11=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste stræktid for klassen

01:11 00:52 01:00 01:17 01:09 00:38 01:48 00:36 01:20 00:42 00:59 00:41 01:17 01:57 01:07 00:53 00:11

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

## Åben 5

### 1 Gert Larsen 3 32:03

02:46= 04:17= 06:08= 07:41= 11:11= 13:37= 19:06= 21:40= 24:09= 27:48= 28:54= 31:50= 32:03=  
 02:46= 01:31= 01:51= 01:33= 03:30= 02:26= 05:29= 02:34= 02:29= 03:39= 01:06= 02:56= 00:13=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste stræktid for klassen

02:46 01:31 01:51 01:33 03:30 02:26 05:29 02:34 02:29 03:39 01:06 02:56 00:13

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

## Åben 6

### 1 Mikeline Og Bianca Gade 17 28:21

01:01= 01:34= 02:51= 03:54= 05:05= 06:05= 08:55= 09:44= 11:16= 12:49= 14:23= 15:10= 16:29= 17:57= 20:26= 22:43= 23:35= 24:24= 25:09= 26:07= 28:09= 28:21=  
 01:01= 00:33= 01:17= 01:03= 01:11= 01:00= 02:50= 00:49= 01:32= 01:33= 01:34= 00:47= 01:19= 01:28= 02:29= 02:17= 00:52= 00:49= 00:45= 00:58= 02:02= 00:12=  
 00:00=

### Beste stræktid for klassen

01:01 00:33 01:17 01:03 01:11 01:00 02:50 00:49 01:32 01:33 01:34 00:47 01:19 01:28 02:29 02:17 00:52 00:49 00:45 00:58 02:02 00:12

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