

Plads Navn

Klasse

Tid

D12

1 Dagmar Marager

2

15:17

00:17=	00:40=	01:41=	02:36=	03:17=	03:56=	04:44=	05:32=	06:27=	07:22=	08:09=	08:39=	09:02=	09:36=	10:05=	11:01=	11:26=	12:10=	13:10=	13:59=	14:26=	15:06=	15:17=
00:17=	00:23=	01:01=	00:55=	00:41=	00:39=	00:48=	00:48=	00:55=	00:55=	00:47=	00:30=	00:23=	00:34=	00:29=	00:56=	00:25=	00:44=	01:00=	00:49=	00:27=	00:40=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

00:17	00:23	01:01	00:55	00:41	00:39	00:48	00:48	00:55	00:55	00:47	00:30	00:23	00:34	00:29	00:56	00:25	00:44	01:00	00:49	00:27	00:40	00:11
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D14

1 Marie Sørensen

7

19:41

01:47=	02:47=	03:53=	05:58=	07:09=	08:15=	09:15=	10:22=	12:33=	13:45=	14:42=	15:45=	17:01=	18:48=	19:33=	19:41=
01:47=	01:00=	01:06=	02:05=	01:11=	01:06=	01:00=	01:07=	02:11=	01:12=	00:57=	01:03=	01:16=	01:47=	00:45=	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=

Beste stræktid for klassen

01:47	01:00	01:06	02:05	01:11	01:06	01:00	01:07	02:11	01:12	00:57	01:03	01:16	01:47	00:45	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D16

1 Andrea Ebert Svenningsen

Rsok

18:13

00:25=	01:28=	02:29=	02:54=	03:56=	05:01=	06:44=	07:21=	08:50=	09:16=	10:17=	13:38=	14:59=	17:22=	17:46=	18:05=	18:13=
00:25=	01:03=	01:01=	00:25=	01:02=	01:05=	01:43=	00:37=	01:29=	00:26=	01:01=	03:21=	01:21=	02:23=	00:24=	00:19=	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=

Beste stræktid for klassen

00:25	01:03	01:01	00:25	01:02	01:05	01:43	00:37	01:29	00:26	01:01	03:21	01:21	02:23	00:24	00:19	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D21

1 Henriette Nygaard Skjørbæk

5

17:26

00:48=	02:25=	03:40=	04:49=	05:07=	06:30=	07:35=	08:20=	09:32=	10:38=	11:56=	12:44=	14:48=	15:53=	16:43=	17:19=	17:26=
00:48=	01:37=	01:15=	01:09=	00:18=	01:23=	01:05=	00:45=	01:12=	01:06=	01:18=	00:48=	02:04=	01:05=	00:50=	00:36=	00:07=
00:00=	00:00=	00:00=	00:00=	00:00=	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

00:48	01:37	01:15	01:09	00:18	01:23	01:05	00:45	01:12	01:06	01:18	00:48	02:04	01:05	00:50	00:36	00:07
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D40

1 Hanne Borup Fredberg

16

22:50

00:28=	02:15=	03:11=	03:50=	05:30=	06:44=	08:24=	09:15=	10:33=	11:07=	12:27=	15:35=	17:00=	21:59=	22:23=	22:40=	22:50=
00:28=	01:47=	00:56=	00:39=	01:40=	01:14=	01:40=	00:51=	01:18=	00:34=	01:20=	03:08=	01:25=	04:59=	00:24=	00:17=	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=

Class	Navn	Klasse	Tid
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D40

Beste stræktid for klassen

00:28 01:47 00:56 00:39 01:40 01:14 01:40 00:51 01:18 00:34 01:20 03:08 01:25 04:59 00:24 00:17 00:10

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

D45

1	Lene Flyvbjerg	Rsok	25:04														
00:39=	02:13=	03:39=	04:03=	05:17=	06:30=	08:24=	09:03=	10:12=	12:01=	12:40=	13:57=	17:45=	21:14=	24:10=	24:36=	24:54=	25:04=
00:39=	01:34=	01:26=	00:24=	01:14=	01:13=	01:54=	00:39=	01:09=	01:49=	00:39=	01:17=	03:48=	03:29=	02:56=	00:26=	00:18=	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=

2	Mette Berggren	Kok	28:40													
00:36-	02:27+	04:39+	05:26+	07:08+	08:38+	11:00+	11:47+	13:50+	14:38+	16:07+	20:55+	24:12+	27:29+	28:09+	28:31+	28:40+
00:36-	01:51+	02:12+	00:47+	01:42+	01:30+	02:22+	00:47+	02:03+	00:48-	01:29+	04:48+	03:17-	03:17-	00:40-	00:22-	00:09-
00:03-	00:17#	00:46&	00:23&	00:28&	00:17#	00:28#	00:08#	00:54&	01:01-	00:50@	03:31@	00:31-	00:12-	02:16-	00:04-	00:09-

3	Anni Sørensen	7	28:48													
00:45+	02:40+	04:20+	04:56+	06:46+	08:42+	11:25+	12:19+	14:23+	15:22+	16:41+	22:12+	24:23+	27:38+	28:14+	28:37+	28:48+
00:45+	01:55+	01:40+	00:36+	01:50+	01:56+	02:43+	00:54+	02:04+	00:59-	01:19+	05:31+	02:11-	03:15-	00:36-	00:23-	00:11-
00:06#	00:21#	00:14#	00:12&	00:36&	00:43&	00:49&	00:15&	00:55&	00:50-	00:40@	04:14@	01:37-	00:14-	02:20-	00:03-	00:07-

Beste stræktid for klassen

00:36 01:34 01:26 00:24 01:14 01:13 01:54 00:39 01:09 00:48 00:39 01:17 02:11 03:15 00:36 00:22 00:09 00:10

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

D50

1	Mette Møller Nielsen	Akif	19:36										
01:01=	03:10=	05:02=	06:03=	07:47=	09:11=	09:54=	11:33=	14:16=	15:04=	15:56=	18:36=	19:28=	19:36=
01:01=	02:09=	01:52=	01:01=	01:44=	01:24=	00:43=	01:39=	02:43=	00:48=	00:52=	02:40=	00:52=	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=

2	Sannie Ebert Jacobsen	Rsok	20:29										
01:04+	03:17+	05:11+	06:11+	07:46-	09:03-	09:42-	11:21-	14:22+	15:15+	16:03+	19:32+	20:20+	20:29+
01:04+	02:13+	01:54+	01:00-	01:35-	01:17-	00:39-	01:39=	03:01+	00:53+	00:48-	03:29+	00:48-	00:09+
00:03+	00:04+	00:02+	00:01-	00:09-	00:07-	00:04-	00:00=	00:18#	00:05#	00:04-	00:49&	00:04-	00:01#

3	Solfrida Larsen	18	21:32										
01:13+	04:03+	06:12+	07:08+	09:08+	10:19+	11:07+	12:42+	15:10+	16:07+	16:53+	20:29+	21:18+	21:32+
01:13+	02:50+	02:09+	00:56-	02:00+	01:11-	00:48+	01:35-	02:28-	00:57+	00:46-	03:36+	00:49-	00:14+
00:12#	00:41&	00:17#	00:05-	00:16#	00:13-	00:05#	00:04-	00:15-	00:09#	00:06-	00:56&	00:03-	00:06&

4	Malene Kaysen Thomsen	12	23:17										
01:05+	03:35+	05:40+	07:06+	08:44+	10:10+	10:52+	13:22+	15:54+	16:52+	17:43+	22:10+	23:06+	23:17+
01:05+	02:30+	02:05+	01:26+	01:38-	01:26+	00:42-	02:30+	02:32-	00:58+	00:51-	04:27+	00:56+	00:11+
00:04+	00:21#	00:13#	00:25&	00:06-	00:02+	00:01-	00:51&	00:11-	00:10#	00:01-	01:47&	00:04+	00:03&

5	Lise Nørgaard	11	30:08										
01:20+	04:43+	06:36+	09:24+	11:58+	13:38+	14:31+	16:55+	20:50+	22:09+	24:42+	28:49+	29:58+	30:08+
01:20+	03:23+	01:53+	02:48+	02:34+	01:40+	00:53+	02:24+	03:55+	01:19+	02:33+	04:07+	01:09+	00:10+
00:19&	01:14&	00:01+	01:47@	00:50&	00:16#	00:10#	00:45&	01:12&	00:31&	01:41@	01:27&	00:17&	00:02#

Beste stræktid for klassen

01:01 02:09 01:52 00:56 01:35 01:11 00:39 01:35 02:28 00:48 00:46 02:40 00:48 00:08

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

D55

1	Marianne Lynge Krogh	Kok	17:00										
00:47=	03:15=	04:55=	05:47=	07:08=	08:16=	08:51=	10:10=	12:17=	13:03=	13:45=	16:05=	16:51=	17:00=
00:47=	02:28=	01:40=	00:52=	01:21=	01:08=	00:35=	01:19=	02:07=	00:46=	00:42=	02:20=	00:46=	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=

2	Anne Maarup	2	18:43										
00:52+	02:58-	04:35-	05:28-	06:51-	08:10-	08:48-	11:17+	13:41+	14:32+	15:16+	17:43+	18:35+	18:43+
00:52+	02:06-	01:37-	00:53+	01:23+	01:19+	00:38+	02:29+	02:24+	00:51+	00:44+	02:27+	00:52+	00:08-
00:05#	00:22-	00:03-	00:01+	00:02+	00:11#	00:03+	01:10&	00:17#	00:05#	00:02+	00:07+	00:06#	00:01-

3	Maria Douglas	3	20:42										
01:04+	03:25+	05:41+	06:42+	08:23+	09:44+	10:29+	12:20+	14:55+	15:56+	16:35+	19:36+	20:32+	20:42+
01:04+	02:21-	02:16+	01:01+	01:41+	01:21+	00:45+	01:51+	02:35+	01:01+	00:39-	03:01+	00:56+	00:10+
00:17&	00:07-	00:36&	00:09#	00:20#	00:13#	00:10&	00:32&	00:28#	00:15&	00:03-	00:41&	00:10#	00:01#

4	Helle Nikkel	17	24:25										
01:03+	03:40+	05:38+	06:50+	08:32+	10:12+	11:00+	13:17+	16:44+	19:27+	20:20+	23:16+	24:15+	24:25+
01:03+	02:37+	01:58+	01:12+	01:42+	01:40+	00:48+	02:17+	03:27+	02:43+	00:53+	02:56+	00:59+	00:10+
00:16&	00:09+	00:18#	00:20&	00:21&	00:32&	00:13&	00:58&	01:20&	01:57@	00:11&	00:36&	00:13&	00:01#

5	Hanne Staugaard	Kok	26:05										
01:13+	04:30+	06:34+	07:59+	10:15+	11:54+	12:50+	15:03+	18:44+	19:52+	20:53+	24:36+	25:52+	26:05+
01:13+	03:17+	02:04+	01:25+	02:16+	01:39+	00:56+	02:13+	03:41+	01:08+	01:01+	03:43+	01:16+	00:13+
00:26&	00:49&	00:24#	00:33&	00:55&	00:31&	00:21&	00:54&	01:34&	00:22&	00:19&	01:23&	00:30&	00:04&

6	Ninette Juul Erichsen	13	40:51										
02:06+	06:57+	10:01+	11:56+	14:48+	17:24+	18:49+	21:40+	26:14+	28:00+	29:14+	38:45+	40:39+	40:51+
02:06+	04:51+	03:04+	01:55+	02:52+	02:36+	01:25+	02:51+	04:34+	01:46+	01:14+	09:31+	01:54+	00:12+
01:19@	02:23&	01:24&	01:03@	01:31@	01:28@	00:50@	01:32@	02:27@	01:00@	00:32&	07:11@	01:08@	00:03&

Beste stræktid for klassen

00:47	02:06	01:37	00:52	01:21	01:08	00:35	01:19	02:07	00:46	00:39	02:20	00:46	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D60

1	Birgitte Birck	2	21:18										
01:04=	03:21=	05:01=	06:04=	07:40=	08:59=	09:43=	12:12=	14:42=	15:49=	16:37=	20:16=	21:08=	21:18=
01:04=	02:17=	01:40=	01:03=	01:36=	01:19=	00:44=	02:29=	02:30=	01:07=	00:48=	03:39=	00:52=	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=

2	Gitte Isen	5	21:38										
01:06+	03:33+	05:27+	06:32+	08:17+	09:54+	10:38+	12:17+	15:01+	15:57+	16:50+	20:32+	21:28+	21:38+
01:06+	02:27+	01:54+	01:05+	01:45+	01:37+	00:44=	01:39-	02:44+	00:56-	00:53+	03:42+	00:56+	00:10=
00:02+	00:10+	00:14#	00:02+	00:09+	00:18#	00:00=	00:50-	00:14+	00:11-	00:05#	00:03+	00:04+	00:00=

3	Birgitte Bach	17	29:11										
01:21+	04:00+	06:36+	08:01+	10:10+	11:52+	13:03+	16:46+	20:12+	21:23+	22:52+	27:55+	28:59+	29:11+
01:21+	02:39+	02:36+	01:25+	02:09+	01:42+	01:11+	03:43+	03:26+	01:11+	01:29+	05:03+	01:04+	00:12+
00:17&	00:22#	00:56&	00:22&	00:33&	00:23&	00:27&	01:14&	00:56&	00:04+	00:41&	01:24&	00:12#	00:02#

Beste stræktid for klassen

01:04	02:17	01:40	01:03	01:36	01:19	00:44	01:39	02:30	00:56	00:48	03:39	00:52	00:10
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Class	Navn	Klasse	Tid
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D65

1	Hanne Birke	Kok	18:43										
00:50=	03:38=	05:25=	06:35=	08:12=	09:24=	10:09=	11:49=	14:04=	14:51=	15:31=	17:48=	18:35=	18:43=
00:50=	02:48=	01:47=	01:10=	01:37=	01:12=	00:45=	01:40=	02:15=	00:47=	00:40=	02:17=	00:47=	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=

Beste stræktid for klassen

00:50 02:48 01:47 01:10 01:37 01:12 00:45 01:40 02:15 00:47 00:40 02:17 00:47 00:08

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

D70

1	Pia Gade	17	25:06										
00:53=	03:23=	07:41=	10:05=	10:28=	12:57=	13:51=	17:01=	18:25=	19:54=	23:02=	23:49=	24:53=	25:06=
00:53=	02:30=	04:18=	02:24=	00:23=	02:29=	00:54=	03:10=	01:24=	01:29=	03:08=	00:47=	01:04=	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=

2	Kirsten Bobach	18	26:51										
00:42-	04:13+	07:01-	09:21-	09:55-	12:37-	13:28-	15:53-	16:43-	18:06-	23:11+	25:14+	26:38+	26:51+
00:42-	03:31+	02:48-	02:20-	00:34+	02:42+	00:51-	02:25-	00:50-	01:23-	05:05+	02:03+	01:24+	00:13=
00:11-	01:01&	01:30-	00:04-	00:11&	00:13+	00:03-	00:45-	00:34-	00:06-	01:57&	01:16@	00:20&	00:00=

Beste stræktid for klassen

00:42 02:30 02:48 02:20 00:23 02:29 00:51 02:25 00:50 01:23 03:08 00:47 01:04 00:13

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

H12

1	Sander Popp Bobach	18	35:21																				
00:20=	01:12=	02:02=	03:34=	04:38=	05:35=	06:57=	10:46=	12:07=	14:01=	15:02=	23:08=	23:54=	24:44=	25:57=	27:45=	28:22=	29:31=	31:53=	33:19=	34:21=	35:05=	35:21=	
00:20=	00:52=	00:50=	01:32=	01:04=	00:57=	01:22=	03:49=	01:21=	01:54=	01:01=	08:06=	00:46=	00:50=	01:13=	01:48=	00:37=	01:09=	02:22=	01:26=	01:02=	00:44=	00:16=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

00:20 00:52 00:50 01:32 01:04 00:57 01:22 03:49 01:21 01:54 01:01 08:06 00:46 00:50 01:13 01:48 00:37 01:09 02:22 01:26 01:02 00:44 00:16

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

H16

1	Mattias Klostergaard Rokkjær	16	14:28													
00:23=	01:09=	01:58=	02:20=	03:18=	04:11=	05:34=	06:02=	07:08=	07:34=	08:19=	10:54=	12:03=	13:45=	14:07=	14:21=	14:28=
00:23=	00:46=	00:49=	00:22=	00:58=	00:53=	01:23=	00:28=	01:06=	00:26=	00:45=	02:35=	01:09=	01:42=	00:22=	00:14=	00:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Emil Borup Fredberg	16	14:45													
00:19-	01:06-	02:00+	02:19-	03:10-	04:00-	05:28-	05:55-	06:58-	07:28-	08:09-	10:41-	11:51-	13:53+	14:23+	14:38+	14:45+
00:19-	00:47+	00:54+	00:19-	00:51-	00:50-	01:28+	00:27-	01:03-	00:30+	00:41-	02:32-	01:10+	02:02+	00:30+	00:15+	00:07=
00:04-	00:01+	00:05#	00:03-	00:07-	00:03-	00:05+	00:01-	00:03-	00:04#	00:04-	00:03-	00:01+	00:20#	00:08&	00:01+	00:00=

Beste stræktid for klassen

00:19 00:46 00:49 00:19 00:51 00:50 01:23 00:27 01:03 00:26 00:41 02:32 01:09 01:42 00:22 00:14 00:07

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

H20

1	Erik Grønberg Nielsen	2	15:20
00:36=	01:35= 02:45= 03:47= 03:59= 05:13= 06:26= 07:00= 08:07= 09:16= 10:17= 11:02= 13:00= 13:58= 14:43= 15:14= 15:20=		
00:36=	00:59= 01:10= 01:02= 00:12= 01:14= 01:13= 00:34= 01:07= 01:09= 01:01= 00:45= 01:58= 00:58= 00:45= 00:31= 00:06=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Valdemar Marager	2	19:04
00:47+	02:01+ 03:30+ 05:15+ 05:34+ 07:06+ 08:13+ 09:00+ 10:30+ 11:55+ 13:03+ 13:57+ 16:20+ 17:31+ 18:21+ 18:56+ 19:04+		
00:47+	01:14+ 01:29+ 01:45+ 00:19+ 01:32+ 01:07- 00:47+ 01:30+ 01:25+ 01:08+ 00:54+ 02:23+ 01:11+ 00:50+ 00:35+ 00:08+		
00:11&	00:15& 00:19& 00:43& 00:07& 00:18# 00:06- 00:13& 00:23& 00:16# 00:07# 00:09# 00:25# 00:13# 00:05# 00:04# 00:02&		

3	Hans Gr'nberg Nielsen	2	19:08
00:47+	01:31- 03:07+ 04:31+ 04:45+ 06:19+ 07:30+ 08:19+ 09:49+ 11:13+ 12:29+ 13:23+ 15:57+ 17:18+ 18:17+ 19:00+ 19:08+		
00:47+	00:44- 01:36+ 01:24+ 00:14+ 01:34+ 01:11- 00:49+ 01:30+ 01:24+ 01:16+ 00:54+ 02:34+ 01:21+ 00:59+ 00:43+ 00:08+		
00:11&	00:15- 00:26& 00:22& 00:02# 00:20& 00:02- 00:15& 00:23& 00:15# 00:15# 00:09# 00:36& 00:23& 00:14& 00:12& 00:02&		

Beste stræktid for klassen
 00:36 00:44 01:10 01:02 00:12 01:14 01:07 00:34 01:07 01:09 01:01 00:45 01:58 00:58 00:45 00:31 00:06

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

H40

1	Jakob Gade	17	17:00
00:28=	01:25= 02:26= 02:59= 04:09= 05:15= 06:45= 07:20= 08:31= 09:00= 09:49= 12:48= 14:03= 16:12= 16:35= 16:52= 17:00=		
00:28=	00:57= 01:01= 00:33= 01:10= 01:06= 01:30= 00:35= 01:11= 00:29= 00:49= 02:59= 01:15= 02:09= 00:23= 00:17= 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=		

2	Lau Sørensen	7	21:27
00:29+	01:54+ 02:58+ 03:25+ 04:47+ 06:21+ 08:06+ 08:40+ 09:49+ 10:44+ 11:28+ 13:10+ 16:29+ 17:52+ 20:39+ 21:04+ 21:21+ 21:27+		
00:29+	01:25+ 01:04+ 00:27- 01:22+ 01:34+ 01:45+ 00:34- 01:09- 00:55+ 00:44- 01:42- 03:19+ 01:23- 02:47+ 00:25+ 00:17+ 00:06+		
00:01+	00:28& 00:03+ 00:06- 00:12# 00:28& 00:15# 00:01- 00:02- 00:26& 00:05- 01:17- 02:04@ 00:46- 02:24@ 00:08& 00:09@ 00:06+		

Beste stræktid for klassen
 00:28 00:57 01:01 00:27 01:10 01:06 01:30 00:34 01:09 00:29 00:44 01:42 01:15 01:23 00:23 00:17 00:08

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

H45

1	Rene Rokkjær	16	13:44
00:19=	01:17= 02:03= 02:23= 03:18= 04:10= 05:29= 05:56= 06:56= 07:21= 08:12= 10:29= 11:31= 13:03= 13:22= 13:36= 13:44=		
00:19=	00:58= 00:46= 00:20= 00:55= 00:52= 01:19= 00:27= 01:00= 00:25= 00:51= 02:17= 01:02= 01:32= 00:19= 00:14= 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=		

2	Mads K. Larsen	3	13:56
00:21+	01:11- 01:56- 02:15- 03:09- 03:59- 05:19- 05:48- 06:49- 07:24+ 08:20+ 10:43+ 11:43+ 13:17+ 13:37+ 13:49+ 13:56+		
00:21+	00:50- 00:45- 00:19- 00:54- 00:50- 01:20+ 00:29+ 01:01+ 00:35+ 00:56+ 02:23+ 01:00- 01:34+ 00:20+ 00:12- 00:07-		
00:02#	00:08- 00:01- 00:01- 00:01- 00:02- 00:01+ 00:02+ 00:01+ 00:10& 00:05+ 00:06+ 00:02- 00:02+ 00:01+ 00:02- 00:01-		

3	Claus Bobach	18	18:07
00:26+	01:31+ 02:28+ 02:52+ 04:02+ 05:08+ 07:01+ 07:36+ 08:57+ 09:28+ 10:29+ 13:48+ 15:12+ 17:12+ 17:40+ 17:58+ 18:07+		
00:26+	01:05+ 00:57+ 00:24+ 01:10+ 01:06+ 01:53+ 00:35+ 01:21+ 00:31+ 01:01+ 03:19+ 01:24+ 02:00+ 00:28+ 00:18+ 00:09+		
00:07&	00:07# 00:11# 00:04# 00:15& 00:14& 00:34& 00:08& 00:21& 00:06# 00:10# 01:02& 00:22& 00:28& 00:09& 00:04& 00:01#		

H45

4	Søren Flyvbjerg	Rsok	18:53													
00:25+	01:23+	02:43+	03:06+	04:12+	05:18+	07:02+	07:33+	08:58+	09:37+	10:43+	13:55+	15:19+	18:04+	18:29+	18:45+	18:53+
00:25+	00:58=	01:20+	00:23+	01:06+	01:06+	01:44+	00:31+	01:25+	00:39+	01:06+	03:12+	01:24+	02:45+	00:25+	00:16+	00:08=
00:06&	00:00=	00:34&	00:03#	00:11#	00:14&	00:25&	00:04#	00:25&	00:14&	00:15&	00:55&	00:22&	01:13&	00:06&	00:02#	00:00=

Beste stræktid for klassen

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

H50

1	Thomas Fredberg	16	16:44															
00:20=	01:18=	02:07=	02:29=	03:19=	04:12=	05:31=	06:00=	07:08=	07:48=	08:42=	10:13=	12:05=	13:08=	14:11=	16:00=	16:21=	16:36=	16:44=
00:20=	00:58=	00:49=	00:22=	00:50=	00:53=	01:19=	00:29=	01:08=	00:40=	00:54=	01:31=	01:52=	01:03=	01:03=	01:49=	00:21=	00:15=	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=	00:00=	00:00=

Beste stræktid for klassen

00:20	00:58	00:49	00:22	00:50	00:53	01:19	00:29	01:08	00:40	00:54	01:31	01:52	01:03	01:03	01:49	00:21	00:15	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H55

1	Kent Kragh	19	14:21										
00:42=	02:17=	03:38=	04:23=	05:37=	06:35=	07:07=	08:20=	10:21=	10:59=	11:26=	13:33=	14:13=	14:21=
00:42=	01:35=	01:21=	00:45=	01:14=	00:58=	00:32=	01:13=	02:01=	00:38=	00:27=	02:07=	00:40=	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=

2	Kaj Isaksen	3	14:36										
00:42=	02:15-	03:39+	04:22-	05:35-	06:35=	07:06-	08:27+	10:26+	11:06+	11:43+	13:51+	14:29+	14:36+
00:42=	01:33-	01:24+	00:43-	01:13-	01:00+	00:31-	01:21+	01:59-	00:40+	00:37+	02:08+	00:38-	00:07-
00:00=	00:02-	00:03+	00:02-	00:01-	00:02+	00:01-	00:08#	00:02-	00:02+	00:10&	00:01+	00:02-	00:01-

3	Esben Fyhn Nilsen	15	18:06										
00:55+	02:50+	04:23+	05:16+	06:52+	08:12+	08:55+	10:31+	13:03+	13:58+	14:39+	17:12+	17:57+	18:06+
00:55+	01:55+	01:33+	00:53+	01:36+	01:20+	00:43+	01:36+	02:32+	00:55+	00:41+	02:33+	00:45+	00:09+
00:13&	00:20#	00:12#	00:08#	00:22&	00:22&	00:11&	00:23&	00:31&	00:17&	00:14&	00:26#	00:05#	00:01#

Beste stræktid for klassen

00:42	01:33	01:21	00:43	01:13	00:58	00:31	01:13	01:59	00:38	00:27	02:07	00:38	00:07
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H60

1	Jens Viktor Nørgaard	3	16:09										
01:04=	02:49=	04:21=	05:07=	06:32=	07:32=	08:10=	09:26=	11:26=	12:12=	12:49=	15:15=	16:01=	16:09=
01:04=	01:45=	01:32=	00:46=	01:25=	01:00=	00:38=	01:16=	02:00=	00:46=	00:37=	02:26=	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=

2	Jes Mose Jensen	Akif	16:33										
00:44-	02:48-	04:11-	04:54-	06:14-	07:20-	07:49-	09:04-	11:18-	12:01-	12:37-	15:42+	16:25+	16:33+
00:44-	02:04+	01:23-	00:43-	01:20-	01:06+	00:29-	01:15-	02:14+	00:43-	00:36-	03:05+	00:43-	00:08=
00:20-	00:19#	00:09-	00:03-	00:05-	00:06+	00:09-	00:01-	00:14#	00:03-	00:01-	00:39&	00:03-	00:00=

H60

3 Søren Bak 18 19:07

01:02-	03:06+	04:39+	05:29+	06:54+	08:11+	08:47+	10:11+	12:23+	13:31+	14:37+	18:13+	18:58+	19:07+
01:02-	02:04+	01:33+	00:50+	01:25=	01:17+	00:36-	01:24+	02:12+	01:08+	01:06+	03:36+	00:45-	00:09+
00:02-	00:19#	00:01+	00:04+	00:00=	00:17&	00:02-	00:08#	00:12+	00:22&	00:29&	01:10&	00:01-	00:01#

4 Claus Mikkelsen 4 30:45

01:53+	05:05+	07:34+	09:19+	11:44+	13:44+	14:47+	17:15+	20:57+	22:40+	23:50+	29:11+	30:31+	30:45+
01:53+	03:12+	02:29+	01:45+	02:25+	02:00+	01:03+	02:28+	03:42+	01:43+	01:10+	05:21+	01:20+	00:14+
01:53+	03:12+	02:29+	01:45+	02:25+	02:00+	01:03+	02:28+	03:42+	01:43+	01:10+	05:21+	01:20+	00:14+

Beste stræktid for klassen

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

H65

1 Steffen Alm 9 19:56

00:57=	03:34=	05:05=	06:03=	07:31=	08:41=	09:18=	11:45=	14:02=	14:56=	15:33=	18:51=	19:47=	19:56=
00:57=	02:37=	01:31=	00:58=	01:28=	01:10=	00:37=	02:27=	02:17=	00:54=	00:37=	03:18=	00:56=	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=

2 Stig Barrett 17 20:16

00:59+	03:36+	05:17+	06:11+	07:40+	08:53+	09:34+	12:22+	14:57+	15:51+	16:32+	19:17+	20:05+	20:16+
00:59+	02:37=	01:41+	00:54+	01:29+	01:13+	00:41+	02:48+	02:35+	00:54=	00:41+	02:45-	00:48-	00:11+
00:02+	00:00=	00:10#	00:04-	00:01+	00:03+	00:04#	00:21#	00:18#	00:00=	00:04#	00:33-	00:08-	00:02#

3 Svend Erik Skovsgaard 17 28:02

01:27+	04:43+	07:14+	08:33+	10:53+	12:47+	13:45+	16:16+	20:34+	21:56+	23:00+	26:36+	27:48+	28:02+
01:27+	03:16+	02:31+	01:19+	02:20+	01:54+	00:58+	02:31+	04:18+	01:22+	01:04+	03:36+	01:12+	00:14+
00:30&	00:39#	01:00&	00:21&	00:52&	00:44&	00:21&	00:04+	02:01&	00:28&	00:27&	00:18+	00:16&	00:05&

Beste stræktid for klassen

00:57	02:37	01:31	00:54	01:28	01:10	00:37	02:27	02:17	00:54	00:37	02:45	00:48	00:09
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H70

1 Keld Gade 17 19:42

01:07=	03:43=	05:35=	06:45=	08:26=	09:42=	10:24=	11:57=	14:15=	15:16=	16:10=	18:40=	19:32=	19:42=
01:07=	02:36=	01:52=	01:10=	01:41=	01:16=	00:42=	01:33=	02:18=	01:01=	00:54=	02:30=	00:52=	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=

2 Torben Isen 5 20:59

01:04-	04:16+	06:00+	07:22+	09:00+	10:24+	11:13+	12:59+	15:49+	16:37+	17:22+	19:56+	20:49+	20:59+
01:04-	03:12+	01:44-	01:22+	01:38-	01:24+	00:49+	01:46+	02:50+	00:48-	00:45-	02:34+	00:53+	00:10=
00:03-	00:36#	00:08-	00:12#	00:03-	00:08#	00:07#	00:13#	00:32#	00:13-	00:09-	00:04+	00:01+	00:00=

3 Jørgen Jørgensen 16 23:22

01:03-	03:59+	06:13+	07:28+	09:20+	10:55+	11:44+	13:32+	16:41+	17:57+	18:48+	21:58+	23:08+	23:22+
01:03-	02:56+	02:14+	01:15+	01:52+	01:35+	00:49+	01:48+	03:09+	01:16+	00:51-	03:10+	01:10+	00:14+
00:04-	00:20#	00:22#	00:05+	00:11#	00:19#	00:07#	00:15#	00:51&	00:15#	00:03-	00:40&	00:18&	00:04&

Beste stræktid for klassen

01:03	02:36	01:44	01:10	01:38	01:16	00:42	01:33	02:18	00:48	00:45	02:30	00:52	00:10
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H75

1	Poul Bobach	18	17:59										
00:31=	02:09=	04:30=	06:28=	09:09=	10:02=	11:49=	12:32=	13:35=	16:08=	16:50=	17:48=	17:59=	
00:31=	01:38=	02:21=	01:58=	00:22=	02:19=	00:53=	01:47=	00:43=	01:03=	02:33=	00:42=	00:58=	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=

2	Finn Hørup Nielsen	14	21:48										
00:44+	03:50+	06:16+	08:19+	08:43+	10:52+	11:40+	13:32+	14:27+	15:51+	19:00+	20:44+	21:35+	21:48+
00:44+	03:06+	02:26+	02:03+	00:24+	02:09-	00:48-	01:52+	00:55+	01:24+	03:09+	01:44+	00:51-	00:13+
00:13&	01:28&	00:05+	00:05+	00:02+	00:10-	00:05-	00:05+	00:12&	00:21&	00:36#	01:02@	00:07-	00:02#

Beste stræktid for klassen

00:31	01:38	02:21	01:58	00:22	02:09	00:48	01:47	00:43	01:03	02:33	00:42	00:51	00:11
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H80

1	Asger Kristensen	5	26:24										
00:39=	02:46=	07:07=	09:39=	10:07=	13:26=	14:28=	16:49=	17:51=	19:20=	22:49=	24:15=	25:59=	26:24=
00:39=	02:07=	04:21=	02:32=	00:28=	03:19=	01:02=	02:21=	01:02=	01:29=	03:29=	01:26=	01:44=	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=

2	Palle Møller Nielsen	10	28:01										
00:50+	04:31+	07:43+	10:50+	11:20+	14:29+	15:35+	18:12+	19:13+	21:07+	24:50+	26:21+	27:46+	28:01+
00:50+	03:41+	03:12-	03:07+	00:30+	03:09-	01:06+	02:37+	01:01-	01:54+	03:43+	01:31+	01:25-	00:15-
00:11&	01:34&	01:09-	00:35#	00:02+	00:10-	00:04+	00:16#	00:01-	00:25&	00:14+	00:05+	00:19-	00:10-

Beste stræktid for klassen

00:39	02:07	03:12	02:32	00:28	03:09	01:02	02:21	01:01	01:29	03:29	01:26	01:25	00:15
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 1

1	Nicki Eriksen	5	29:06													
01:17=	02:21=	04:31=	06:56=	07:23=	09:30=	11:05=	12:18=	14:19=	16:21=	18:39=	20:25=	24:32=	26:20=	27:55=	28:53=	29:06=
01:17=	01:04=	02:10=	02:25=	00:27=	02:07=	01:35=	01:13=	02:01=	02:02=	02:18=	01:46=	04:07=	01:48=	01:35=	00:58=	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=

Beste stræktid for klassen

01:17	01:04	02:10	02:25	00:27	02:07	01:35	01:13	02:01	02:02	02:18	01:46	04:07	01:48	01:35	00:58	00:13
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 4

1	Anders Marager	2	16:51												
00:24=	01:26=	03:07=	04:31=	04:46=	06:18=	06:51=	07:58=	08:27=	09:16=	10:59=	12:22=	12:29=	16:02=	16:43=	16:51=
00:24=	01:02=	01:41=	01:24=	00:15=	01:32=	00:33=	01:07=	00:29=	00:49=	01:43=	01:23=	00:07=	03:33=	00:41=	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=

Beste stræktid for klassen

00:24	01:02	01:41	01:24	00:15	01:32	00:33	01:07	00:29	00:49	01:43	01:23	00:07	03:33	00:41	00:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 5

1	Gert Larsen	3	42:17												
02:09=	04:05=	05:58=	12:26=	14:30=	16:11=	18:00=	20:08=	24:38=	26:57=	28:36=	30:12=	31:55=	40:33=	41:59=	42:17=
02:09=	01:56=	01:53=	06:28=	02:04=	01:41=	01:49=	02:08=	04:30=	02:19=	01:39=	01:36=	01:43=	08:38=	01:26=	00:18=
00:00=	00:00=	00:00=	00:00=	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

02:09 01:56 01:53 06:28 02:04 01:41 01:49 02:08 04:30 02:19 01:39 01:36 01:43 08:38 01:26 00:18

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