

**Resultater – SM Stafet**

2019-05-11

<b>H12</b>	<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. FIF Hillerød Orientering 1		39:06		
1. Torbjørn Høyer Staugaard	13:51	13:51		00:00
2. Malte Cook Simonsen	12:11	26:02		00:00
3. Niels Elton Jokumsen	13:04	39:06		00:25
2. FIF Hillerød Orientering 2		44:15	+5:09	
1. Frederik L. Holmberg	15:22	15:22	+1:31	00:17
2. Niclas Cook Simonsen	14:00	29:22	+3:20	00:18
3. Jannik Cornelius Lendal Nielsen	14:53	44:15	+5:09	00:24
3. Allerød OK 1		48:29	+9:23	
1. Frida Kärner Grooss	15:54	15:54	+2:03	00:38
2. Signe Westen Rasmussen	15:55	31:49	+5:47	00:00
3. Rasmus Storm Lyngsø	16:40	48:29	+9:23	00:55
4. OK ØST Birkerød 1		49:29	+10:23	
1. Tobias Holm Miller	15:29	15:29	+1:38	00:40
2. Alexander Johannes Mosbech Smith	13:49	29:18	+3:16	00:00
3. Emil Holm Miller	20:11	49:29	+10:23	00:37
5. Farum OK 1		56:17	+17:11	
1. Noah Ullitz	20:30	20:30	+6:39	01:18
2. Anton Kupriyanov Hviid	14:40	35:10	+9:08	00:42
3. Jens Andreassen	21:07	56:17	+17:11	01:25
<b>H16</b>	<b>(3 / 3)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Allerød OK 1		1:36:30		
1. Hans Grønberg Nielsen	38:21	38:21		01:23
2. Valdemar Marager	26:09	1:04:30		00:29
3. Oscar David Broman Jensen	32:00	1:36:30		01:32
2. Farum OK 1		2:15:48	+39:18	
1. Marius Snedker Storgaard	45:03	45:03	+6:42	05:39
2. Filip Nielsen	40:32	1:25:35	+21:05	06:00
3. Malte Kliem	50:13	2:15:48	+39:18	06:13
3. Søllerød OK 1		2:44:01	+67:31	
1. Marinus Næstoft Juhl	42:13	42:13	+3:52	03:00
2. Ditlev Melbye	47:00	1:29:13	+24:43	11:18
3. Vincent Becker	1:14:48	2:44:01	+67:31	17:41
<b>H20</b>	<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. OK Pan 1		1:56:32		
1. Johan Halkjær Dupont	38:44	38:44	+2:41	02:35
2. Oscar Sig Tranberg	38:59	1:17:43		01:22
3. Mads Møller Skaug	38:49	1:56:32		01:36
2. Allerød OK 1		2:01:27	+4:55	
1. Theis Munktvad	38:53	38:53	+2:50	01:38
2. Emil Olander Lorenz	41:46	1:20:39	+2:56	00:30
3. Lasse Fugmann Thamdrup	40:48	2:01:27	+4:55	01:51
3. Tisvilde Hegn OK 0		2:23:06	+26:34	
1. Lasse Falck Weber	38:00	38:00	+1:57	01:10
2. Xenia Bregensøe	48:45	1:26:45	+9:02	00:44
3. Celina Bregensøe	56:21	2:23:06	+26:34	04:11
Allerød OK 2		Udgået		
1. Mikkel Lau Petersen	36:03	36:03		00:22
2. Lasse August Helweg	41:59	1:18:02	+0:19	03:09
3. Mikkel Meldgaard	Udgået	Udgået		
<b>H55</b>	<b>(11 / 11)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>

1.	OK ØST Birkerød 1			1:55:00		
	1. Bjarne Topp	33:39		33:39	+0:52	01:42
	2. Peter Baecker Hansen	47:17		1:20:56	+7:51	07:28
	3. Morten Ebbensgaard	34:04		1:55:00		00:58
2.	FIF Hillerød Orientering 1			1:56:26	+1:26	
	1. Søren Sloth	35:10		35:10	+2:23	01:32
	2. Carsten Stenberg	38:59		1:14:09	+1:04	01:15
	3. Jens Viktor Nørsgaard	42:17		1:56:26	+1:26	06:44
3.	HGO-63 1			2:00:26	+5:26	
	1. Arne Kristensen	33:02		33:02	+0:15	00:49
	2. Jesper Børsting	40:03		1:13:05		02:45
	3. Peter Karberg	47:21		2:00:26	+5:26	09:29
4.	Ballerup OK 1			2:03:20	+8:20	
	1. Lars Hanghøj Petersen	40:58		40:58	+8:11	04:29
	2. Gregers Jørgensen	43:39		1:24:37	+11:32	01:52
	3. Jørgen Skaarup	38:43		2:03:20	+8:20	02:32
5.	Ballerup OK 2			2:04:08	+9:08	
	1. Troels Christensen	32:50		32:50	+0:03	01:39
	2. Lars Bech Jensen	41:52		1:14:42	+1:37	04:20
	3. Frank Rasmussen	49:26		2:04:08	+9:08	10:20
6.	Søllerød OK 1			2:06:54	+11:54	
	1. Jens Anders Hansen	44:57		44:57	+12:10	04:15
	2. Michael Graae	34:14		1:19:11	+6:06	00:30
	3. Niels la Cour Bentzon	47:43		2:06:54	+11:54	06:15
7.	Farum OK 1			2:11:52	+16:52	
	1. Tore Hulgaard	32:47		32:47		01:31
	2. Jens Behrend	42:07		1:14:54	+1:49	04:58
	3. Jens Karlsmose	56:58		2:11:52	+16:52	09:28
8.	Holbæk OK 1			2:32:54	+37:54	
	1. Henrik Nielsen	41:02		41:02	+8:15	03:01
	2. Jan Thiesen	43:11		1:24:13	+11:08	04:35
	3. Preben Klavsen	1:08:41		2:32:54	+37:54	26:58
9.	OK ØST Birkerød 2			2:37:39	+42:39	
	1. Jens Peter Gundorf	42:41		42:41	+9:54	04:04
	2. Gunner Sie	55:33		1:38:14	+25:09	05:17
	3. Thomas Østergaard	59:25		2:37:39	+42:39	10:28
10.	OK Roskilde 1			2:42:57	+47:57	
	1. Jan Frederiksen	42:26		42:26	+9:39	05:19
	2. Hans Jessen	1:14:25		1:56:51	+43:46	28:40
	3. Morten Jensen	46:06		2:42:57	+47:57	04:40
	PiSkAmOK 1			Fejlkli		
	1. Torkil Hansen	Fejlkli		Fejlkli		
	2. Bruno Stub	43:08		Fejlkli		05:48
	3. Peter Sørensen	40:18		Fejlkli		02:24

<b>H75</b>		<b>( 7 / 7 )</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	OK Roskilde 1		1:04:13		
	1. Ole Svendsen	33:24	33:24	+1:13	05:14
	2. Bjarne Pedersen	30:49	1:04:13		03:04
2.	OK73 1		1:04:42	+0:29	
	1. Knud Lykking	32:25	32:25	+0:14	02:17
	2. Gunner Jørgensen	32:17	1:04:42	+0:29	00:34
3.	Søllerød OK 1		1:07:30	+3:17	
	1. Kaj Rostvad	32:11	32:11		01:50
	2. Gert Bøgevig	35:19	1:07:30	+3:17	01:30
4.	FIF Hillerød Orientering 1		1:13:41	+9:28	
	1. Henning Løwenstein	38:57	38:57	+6:46	05:31
	2. Jørgen Chr. Nielsen	34:44	1:13:41	+9:28	03:15
5.	OK73 2		1:27:45	+23:32	
	1. Jørn Andreasen	40:18	40:18	+8:07	03:39
	2. Bent Mortensen	47:27	1:27:45	+23:32	09:17

6.	Ballerup OK 0		1:44:41	+40:28	
1.	Govert Heede	50:08	50:08	+17:57	08:15
2.	Gunnar Tamberg	54:33	1:44:41	+40:28	04:21
	Farum OK 0		Fejlkli		
1.	Jørgen Lund-Hansen	37:43	37:43	+5:32	04:01
2.	Holger Karlsmose	Fejlkli	Fejlkli		
<b>D12</b>		<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	OK ØST Birkerød 1		1:08:50		
1.	Kamma Aglund Andersen	15:30	15:30		00:00
2.	Asta Funk Hansen	18:26	33:56	+2:39	01:44
3.	Nora Sophie Graasbøl Ødum	34:54	1:08:50		13:44
2.	OK Sorø 1		1:10:44	+1:54	
1.	Alma Okkels Jensen	16:02	16:02	+0:32	00:00
2.	Camille Friis Scheby	15:15	31:17		00:00
3.	Iris Møller	39:27	1:10:44	+1:54	14:34
<b>D16</b>		<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	FIF Hillerød Orientering 1		1:53:15		
1.	Sigrid Høyer Staugaard	32:21	32:21		00:00
2.	Alde Funder Skovlyst	45:09	1:17:30		00:00
3.	Siri Simonsen	35:45	1:53:15		03:07
<b>D45</b>		<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	Søllerød OK 1		1:59:35		
1.	Eva Smedegaard	37:50	37:50		03:21
2.	Anne Kaae-Nielsen	45:17	1:23:07	+8:01	07:12
3.	Iben Maag	36:28	1:59:35		01:32
2.	Allerød OK 1		2:05:40	+6:05	
1.	Angélique Grønberg Rasmussen	37:58	37:58	+0:08	03:25
2.	Anne Maarup	37:08	1:15:06		00:26
3.	Dorthe Munktvad	50:34	2:05:40	+6:05	12:46
3.	Farum OK 1		2:11:41	+12:06	
1.	Bodil Karlsmose Kliem	40:00	40:00	+2:10	02:48
2.	Lise Djurhuus Ipsen	43:25	1:23:25	+8:19	05:05
3.	Birgitte Skytté	48:16	2:11:41	+12:06	05:41
4.	FIF Hillerød Orientering 1		2:18:15	+18:40	
1.	Sandra Simonsen	40:07	40:07	+2:17	04:13
2.	Heidi L. Holmberg	55:06	1:35:13	+20:07	13:26
3.	Bente Kjær Hemmingsen	43:02	2:18:15	+18:40	05:57
5.	Holbæk OK 3		2:54:33	+54:58	
1.	Jannie Nielsen	58:55	58:55	+21:05	08:40
2.	Bodil Klavsén	51:04	1:49:59	+34:53	11:46
3.	Nina Henriksen	1:04:34	2:54:33	+54:58	14:47
6.	Søllerød OK 2		*3:16:27	+76:52	
1.	Marianne Illum	58:14	58:14	+20:24	10:44
2.	Bettina Katy Andersen	1:12:27	2:10:41	+55:35	15:34
3.	Susanne Thrane	1:01:27	*3:16:27	+76:52	12:05
7.	HGO-63 1		*3:32:46	+93:11	
1.	Tine Meyhoff Petersen	57:50	57:50	+20:00	12:41
2.	Lone Jørgensen	1:33:39	2:31:29	+76:23	18:33
3.	Lykke Berg	1:01:17	*3:32:46	+93:11	09:50
<b>D55</b>		<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	Farum OK 1		1:53:21		
1.	Anette Holm	38:32	38:32		04:52
2.	Lone Karlsmose Gamble	38:56	1:17:28		03:51
3.	Lene Skielboe	35:53	1:53:21		03:28
2.	Ballerup OK 1		2:06:45	+13:24	
1.	Charlotte Grauert	52:57	52:57	+14:25	12:38
2.	Siri Klausén	39:39	1:32:36	+15:08	04:19
3.	Annette Bonde	34:09	2:06:45	+13:24	01:56

<b>D20</b>	<b>( 1 / 1 )</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Søllerød OK 1		1:59:17		
1. Mathilde Smedegaard Madsen	33:53	33:53		01:15
2. Camille Marie Næstoft Juhl	46:10	1:20:03		03:09
3. Alberte Kaae-Nielsen	39:14	1:59:17		01:35
<b>D21</b>	<b>( 6 / 6 )</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Tisvilde Hegn OK 0		1:44:12		
1. Agnes Nørgård Kracht	32:29	32:29	+0:05	00:32
2. Ida Øbro	33:38	1:06:07		00:21
3. Iben Valery	38:05	1:44:12		01:48
2. Farum OK 2		1:52:52	+8:40	
1. Masha Semak	33:18	33:18	+0:54	00:00
2. Line Søderlund	38:49	1:12:07	+6:00	02:31
3. Lea Reime	40:45	1:52:52	+8:40	01:13
3. FIF Hillerød Orientering 1		1:55:21	+11:09	
1. Annika Simonsen	32:24	32:24		00:26
2. Dorthe Skovlyst	42:35	1:14:59	+8:52	00:50
3. Maria M. Høyer Staugaard	40:22	1:55:21	+11:09	04:18
4. OK Roskilde 1		2:42:50	+58:38	
1. Tonje Pihl	49:41	49:41	+17:17	02:28
2. Christine Svendsen	1:02:33	1:52:14	+46:07	08:48
3. Amalie Tripax	50:36	2:42:50	+58:38	08:37
5. Holbæk OK 4		2:49:00	+64:48	
1. Astrid Riis	47:15	47:15	+14:51	02:37
2. Tanja Fjelbro Klavsén	1:00:48	1:48:03	+41:56	11:58
3. Kerstin Fisker	1:00:57	2:49:00	+64:48	08:19
6. Farum OK 1		*3:29:08	+104:56	
1. Lea Skyttthe	57:58	57:58	+25:34	08:37
2. Freja Kliem	1:12:32	2:10:30	+64:23	11:26
3. Marta Kliem	1:14:08	*3:29:08	+104:56	11:08
<b>D35</b>	<b>( 4 / 4 )</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. OK ØST Birkerød 1		2:08:00		
1. Anne Pløenge Rønsov	40:27	40:27		01:01
2. Signe Hartvig Petersen	49:46	1:30:13		06:39
3. Pernille Sommer	37:47	2:08:00		00:23
2. Ballerup OK 1		2:13:37	+5:37	
1. Maj Weise Christiansen	43:05	43:05	+2:38	05:00
2. Maria Krog Schulz	47:24	1:30:29	+0:16	04:40
3. Diana Cederberg	43:08	2:13:37	+5:37	01:21
3. OK Sorø 1		2:56:21	+48:21	
1. Nina Okkels	1:02:38	1:02:38	+22:11	18:02
2. Merete Kleist	1:02:21	2:04:59	+34:46	10:59
3. Tine Friis Scheby	51:22	2:56:21	+48:21	08:17
Allerød OK 1		Fejlklip		
1. Henriette Broman	40:50	40:50	+0:23	00:30
2. Jytte Olander Rasmussen	Fejlklip	Fejlklip		
3. Karen Wibe Enevoldsen	51:42	Fejlklip		04:33
<b>D65</b>	<b>( 5 / 5 )</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. OK Roskilde 1		56:43		
1. Ane Veierskov	30:55	30:55		03:38
2. Inge Jørgensen	25:48	56:43		00:00
2. Søllerød OK 2		1:03:47	+7:04	
1. Else Juul Hansen	33:33	33:33	+2:38	02:40
2. Vibeke Bøgevig	30:14	1:03:47	+7:04	01:52
3. OK73 1		1:06:05	+9:22	
1. Marianne Lykking	32:32	32:32	+1:37	02:55
2. Inge Madsen	33:33	1:06:05	+9:22	02:41

4.	Helsingør SOK 1		1:36:58	+40:15	
1.	Kirsten Ellekilde	49:31	49:31	+18:36	15:22
2.	Inge Olsen	47:27	1:36:58	+40:15	11:19
	Søllerød OK 1		Fejlklip		
1.	Jette Stepputat	30:58	30:58	+0:03	03:10
2.	Lisbeth Damsgaard	Fejlklip	Fejlklip		
<b>H21</b>		<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	OK ØST Birkerød 1		1:49:45		
1.	Michael Sørensen	36:06	36:06		00:38
2.	Søren Skaarup Larsen	39:57	1:16:03	+2:11	00:58
3.	Søren Thrane Ødum	33:42	1:49:45		00:53
2.	FIF Hillerød Orientering 1		1:55:06	+5:21	
1.	Anders Konring	38:58	38:58	+2:52	01:24
2.	Malte Kjær Hemmingsen	38:45	1:17:43	+3:51	01:44
3.	Malthe Poulsen	37:23	1:55:06	+5:21	01:07
3.	Søllerød OK 1		2:07:16	+17:31	
1.	Troels Christiansen	38:30	38:30	+2:24	01:04
2.	Steen Piiil	40:56	1:19:26	+5:34	01:24
3.	Erling Thisted	47:50	2:07:16	+17:31	02:17
4.	Søllerød OK 2		2:11:38	+21:53	
1.	Lukas Becker	36:10	36:10	+0:04	00:25
2.	Mathias Buchgreitz	37:42	1:13:52		01:31
3.	Thor Find Andersen	57:46	2:11:38	+21:53	03:54
5.	Lyngby OK 0		2:20:33	+30:48	
1.	Mads Troelsgård	44:40	44:40	+8:34	02:10
2.	Jonas Isaksen	50:22	1:35:02	+21:10	02:01
3.	Simon Troelsgård	45:31	2:20:33	+30:48	00:33
<b>H35</b>		<b>(3 / 3)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	Søllerød OK 1		2:30:26		
1.	Anders Søndergaard	36:44	36:44		00:00
2.	Erik Melbye	41:17	1:18:01		01:27
3.	Peter Becker	1:12:25	2:30:26		18:23
2.	PiSkAmOK 1		2:45:33	+15:07	
1.	Michael Kristensen	1:07:23	1:07:23	+30:39	17:29
2.	Søren Albæk Jensen	41:25	1:48:48	+30:47	01:29
3.	Tim Abild	56:45	2:45:33	+15:07	12:53
	FIF Hillerød Orientering 1		Ej startet		
1.	Mads K. Larsen	43:52	43:52	+7:08	03:02
2.	Rune Funder	Ej startet	Ej startet		
3.	N.N	Ej startet	Ej startet		
<b>H45</b>		<b>(10 / 10)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	Allerød OK 1		1:43:38		
1.	Lars Lyngsø	38:54	38:54	+4:44	01:43
2.	Torben Nørgaard	32:55	1:11:49		00:57
3.	Jens Knud Maarup	31:49	1:43:38		01:17
2.	FIF Hillerød Orientering 1		1:50:50	+7:12	
1.	Ulrik Staugaard	39:31	39:31	+5:21	01:38
2.	Lars Simonsen	36:46	1:16:17	+4:28	01:22
3.	Bo Simonsen	34:33	1:50:50	+7:12	01:10
3.	Allerød OK 2		1:58:59	+15:21	
1.	Niels-Peter Vest Nielsen	39:10	39:10	+5:00	05:41
2.	Anders Marager	41:11	1:20:21	+8:32	03:57
3.	Lars Munktvad	38:38	1:58:59	+15:21	00:33
4.	Holbæk OK 2		2:14:31	+30:53	
1.	Søren Fertin	38:56	38:56	+4:46	02:04
2.	Søren Klinkby	48:36	1:27:32	+15:43	03:04
3.	Bjark Bo Christensen	46:59	2:14:31	+30:53	03:41

5.	Ballerup OK 1		2:17:36	+33:58	
	1. Alex Ottesen	47:19	47:19	+13:09	09:29
	2. Claus Cederberg	49:30	1:36:49	+25:00	07:50
	3. Carsten Gemmer Hanghøj	40:47	2:17:36	+33:58	04:40
6.	Søllerød OK 1		2:25:28	+41:50	
	1. Troels Juhl	38:51	38:51	+4:41	00:42
	2. Frede Lillelund	48:11	1:27:02	+15:13	02:02
	3. Ulrik Illum	58:26	2:25:28	+41:50	06:43
7.	FIF Hillerød Orientering 2		2:25:49	+42:11	
	1. Lars Søndergaard	38:51	38:51	+4:41	02:02
	2. Frank Holmberg	53:41	1:32:32	+20:43	04:40
	3. Peter Dyrsting	53:17	2:25:49	+42:11	04:18
8.	OK Sorø 1		2:29:35	+45:57	
	1. Kåre Sørensen	36:14	36:14	+2:04	01:16
	2. Kristian Kærsgaard Hansen	47:09	1:23:23	+11:34	05:07
	3. Jan Sørensen	1:06:12	2:29:35	+45:57	10:41
9.	HGO-63 2		3:03:53	+80:15	
	1. Kaj Munck	1:06:47	1:06:47	+32:37	07:28
	2. Torben Kristensen	1:00:43	2:07:30	+55:41	02:08
	3. Henrik Mathiesen	56:23	3:03:53	+80:15	01:18
	OK ØST Birkerød 1		Ej startet		
	1. Jacob Ødum	34:10	34:10		01:00
	2. Jan Pedersen Eg	Ej startet	Ej startet		
	3. Rasmus Ødum	Ej startet	Ej startet		

<b>H65</b>		<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	OK Roskilde 1		2:00:36		
	1. John Tripax	48:41	48:41	+8:38	11:31
	2. Aksel Andersen	37:11	1:25:52	+4:39	01:24
	3. Janne Brunstedt	34:44	2:00:36		01:22
2.	Søllerød OK 1		2:01:23	+0:47	
	1. Ronnie McGrail	40:09	40:09	+0:06	01:54
	2. Anders Jonsson	41:04	1:21:13		02:54
	3. Jørgen Münster-Swendsen	40:10	2:01:23	+0:47	03:58
3.	OK Roskilde 2		2:26:12	+25:36	
	1. Finn Petersen	40:03	40:03		02:32
	2. Mogens Hald Kristensen	48:21	1:28:24	+7:11	08:41
	3. Ole Frederiksen	57:48	2:26:12	+25:36	09:18
4.	FIF Hillerød Orientering 1		2:39:24	+38:48	
	1. Karsten Funder	48:16	48:16	+8:13	05:10
	2. Leif Sig	1:06:23	1:54:39	+33:26	16:56
	3. Emil Olesen	44:45	2:39:24	+38:48	03:32
	FIF Hillerød Orientering 2		Ej startet		
	1. Thorkild Sørensen	54:19	54:19	+14:16	07:02
	2. Chris Bagge	1:13:07	2:07:26	+46:13	16:45
	3. n.n	Ej startet	Ej startet		

<b>Åben</b>		<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	PiSkAmOK 1		2:45:55		
	1. Elin Nørgård Kracht	1:05:15	1:05:15		00:00
	2. Line Stub	37:02	1:42:17		00:00
	3. Susan Houmark Stub	1:03:38	2:45:55		00:00
	HAGI		Ej startet		
	1. Ole Hansen	Ej startet	Ej startet		
	2. Susanne Thomsen	Ej startet	Ej startet		
	3. Jens Hansen	Ej startet	Ej startet		

<b>D/H 43</b>		<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	FIF Hillerød Orientering 1		1:20:09		
	1. Gustav L. Holmberg	26:04	26:04		02:17
	2. Amanda Ingvild Dahl	19:33	45:37		02:24
	3. Gustav Kjær Hemmingsen	34:32	1:20:09		02:06

2.	Allerød OK 1		1:28:38	+8:29	
	1. Jens Storm Lyngsø	44:32	44:32	+18:28	15:58
	2. Mads Christian Maarup	15:43	1:00:15	+14:38	02:02
	3. Johannes Marager	28:23	1:28:38	+8:29	02:10
3.	Søllerød OK 1		1:28:42	+8:33	
	1. Ellen K. Larsen	40:28	40:28	+14:24	07:36
	2. Frida Hagedorn	17:10	57:38	+12:01	01:13
	3. Sebastian Røysland Maltby	31:04	1:28:42	+8:33	03:04
4.	FIF Hillerød Orientering 2		1:41:12	+21:03	
	1. Anders Koch Meldgaard	39:11	39:11	+13:07	10:11
	2. Magne Funder Skovlyst	18:23	57:34	+11:57	00:35
	3. Axel Hendel Aaen	43:38	1:41:12	+21:03	09:21
5.	OK Sorø 1		2:06:54	+46:45	
	1. Sofie Okkels Jensen	46:23	46:23	+20:19	07:14
	2. Gustav Holst Friborg	20:27	1:06:50	+21:13	01:44
	3. Clara Friis Scheby	1:00:04	2:06:54	+46:45	17:36
6.	Allerød OK 2		2:15:17	+55:08	
	1. Cecilie Broman	1:13:49	1:13:49	+47:45	29:21
	2. Victor Niehues Birch	20:39	1:34:28	+48:51	01:22
	3. Erik Grønborg Nielsen	40:49	2:15:17	+55:08	07:51
7.	Tisvilde Hegn OK 1		2:24:29	+64:20	
	1. Asbjørn Vejen Eriksen	1:05:05	1:05:05	+39:01	16:28
	2. Lars Andersen	22:47	1:27:52	+42:15	03:40
	3. Lucia Holck	56:37	2:24:29	+64:20	17:38

<b>DH185</b>		<b>(9 / 9)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1.	Helsingør SOK 2		1:20:18		
	1. Torben Seir	26:05	26:05	+2:33	00:54
	2. Jørgen Jensen	30:18	56:23	+0:02	02:16
	3. Lene Jensen	23:55	1:20:18		00:27
2.	Køge OK 1		1:22:58	+2:40	
	1. Karsten Richardt	26:38	26:38	+3:06	01:16
	2. Gerda Marie Christiansen	29:43	56:21		02:01
	3. Gunnar Grue-Sørensen	26:37	1:22:58	+2:40	04:16
3.	PiSkAmOK 1		1:23:41	+3:23	
	1. Hakon Mosbech	26:01	26:01	+2:29	01:18
	2. Ulla Hooge	31:36	57:37	+1:16	03:56
	3. Michael E. Laustsen	26:04	1:23:41	+3:23	02:17
4.	Skåneslättnens OL		1:30:51	+10:33	
	1. Christina Olsson	27:05	27:05	+3:33	02:04
	2. Håkan Nilsson	30:05	57:10	+0:49	04:35
	3. Gert Olsson	33:41	1:30:51	+10:33	02:32
5.	Farum OK 1		1:34:51	+14:33	
	1. Ole Christiansen	34:56	34:56	+11:24	02:36
	2. Annlou Husen	34:43	1:09:39	+13:18	01:19
	3. Nicolai Kliem	25:12	1:34:51	+14:33	01:05
6.	FSK - Lyngby OK 1		1:45:16	+24:58	
	1. Karl Aage Hald	30:42	30:42	+7:10	02:52
	2. Jim Chalmers	32:08	1:02:50	+6:29	01:38
	3. Anne Bülow-Olsen	42:26	1:45:16	+24:58	04:50
7.	Søllerød OK 1		2:07:11	+46:53	
	1. Ellen Thisted	41:43	41:43	+18:11	03:03
	2. Niels Raagaard	36:32	1:18:15	+21:54	10:03
	3. Jens Aaris Thisted	48:56	2:07:11	+46:53	11:51
8.	FIF Hillerød Orientering 1		2:10:40	+50:22	
	1. Eva Konring Olesen	33:26	33:26	+9:54	02:58
	2. Betty Folino	47:23	1:20:49	+24:28	10:30
	3. Annelise Hansen	49:51	2:10:40	+50:22	12:45
	Helsingør SOK 1		Ej startet		
	1. Flemming Wendelboe	23:32	23:32		00:24
	2. Birgitte Krüger	Ej startet	Ej startet		
	3. Bjarne B. Jensen	Ej startet	Ej startet		