

**Resultater – Sensommercup 2020 E2**

2020-08-19

<b>Åben 1</b>		<b>(7 / 7)</b>		<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Cecilie Juul Andersen	University of Bristol OC		54:26		11:44		
	1:49 (1:49)	1:13 (3:02)	2:51 (5:53)		3:41 (9:34)		0:48 (10:22)	1:52 (12:14)
	0:58 (13:12)	1:28 (14:40)	0:56 (15:36)		2:26 (18:02)		1:23 (19:25)	1:22 (20:47)
	2:54 (23:41)	4:05 (27:46)	1:01 (28:47)		1:41 (30:28)		14:20 (44:48)	4:59 (49:47)
	1:02 (50:49)	1:24 (52:13)	1:54 (54:07)		0:19 (54:26)			
2.	Henrik Albahn	Lyngby OK		1:09:00	+14:34	11:28		
	2:01 (2:01)	1:40 (3:41)	6:42 (10:23)		5:43 (16:06)		1:53 (17:59)	3:21 (21:20)
	1:17 (22:37)	1:06 (23:43)	1:25 (25:08)		3:41 (28:49)		1:49 (30:38)	2:54 (33:32)
	5:57 (39:29)	4:15 (43:44)	1:27 (45:11)		1:40 (46:51)		6:26 (53:17)	4:36 (57:53)
	1:41 (59:34)	5:33 (1:05:07)	3:11 (1:08:18)		0:42 (1:09:00)			
3.	Patrick Dresel	SC Klecken		1:10:14	+15:48	14:38		
	2:43 (2:43)	1:32 (4:15)	15:46 (20:01)		8:37 (28:38)		1:01 (29:39)	2:44 (32:23)
	1:16 (33:39)	1:04 (34:43)	1:08 (35:51)		3:21 (39:12)		1:45 (40:57)	2:00 (42:57)
	4:48 (47:45)	4:16 (52:01)	1:28 (53:29)		1:36 (55:05)		6:57 (1:02:02)	2:21 (1:04:23)
	1:21 (1:05:44)	1:35 (1:07:19)	2:26 (1:09:45)		0:29 (1:10:14)			
	Christian Saxtoft	University of Bristol OC		Fejlklip				
	5:30 (5:30)	2:01 (7:31)	4:31 (12:02)		8:45 (20:47)		1:40 (22:27)	2:59 (25:26)
	1:41 (27:07)	1:00 (28:07)	3:09 (31:16)		4:38 (35:54)		2:14 (38:08)	1:58 (40:06)
	17:27 (57:33)	5:44 (1:03:17)	2:17 (1:05:34)		1:48 (1:07:22)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (1:32:43)			
	Markus Dresel	SC Klecken		Fejlklip				
	3:36 (3:36)	2:16 (5:52)	9:49 (15:41)		8:18 (23:59)		1:32 (25:31)	4:44 (30:15)
	2:27 (32:42)	1:47 (34:29)	1:48 (36:17)		5:09 (41:26)		2:31 (43:57)	3:10 (47:07)
	12:01 (59:08)	– (–)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (1:16:21)		1:06 (1:17:27)			
	Nicolai Andersen	Helsingborgs SOK		Fejlklip				
	13:46 (13:46)	2:11 (15:57)	10:58 (26:55)		9:11 (36:06)		2:28 (38:34)	24:57 (1:03:31)
	4:08 (1:07:39)	7:04 (1:14:43)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (1:52:20)			
	Troels Blum	Helsingør SOK		Udgået				
	– (–)	– (31:32)	11:24 (42:56)		14:50 (57:46)		6:13 (1:03:59)	4:40 (1:08:39)
	4:07 (1:12:46)	7:14 (1:20:00)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)			
<b>H1</b>		<b>(11 / 11)</b>		<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Theis Munktvad	Allerød OK		33:58		00:00		
	1:49 (1:49)	1:00 (2:49)	2:11 (5:00)		3:09 (8:09)		0:38 (8:47)	1:34 (10:21)
	0:45 (11:06)	0:38 (11:44)	0:46 (12:30)		2:41 (15:11)		0:59 (16:10)	0:52 (17:02)
	2:30 (19:32)	2:43 (22:15)	1:03 (23:18)		1:11 (24:29)		4:27 (28:56)	1:14 (30:10)
	0:54 (31:04)	1:02 (32:06)	1:35 (33:41)		0:17 (33:58)			
2.	Jens Knud Maarup	Allerød OK		36:35	+2:37	00:00		
	1:31 (1:31)	1:08 (2:39)	2:19 (4:58)		3:48 (8:46)		0:42 (9:28)	1:59 (11:27)
	0:47 (12:14)	0:35 (12:49)	0:40 (13:29)		2:45 (16:14)		0:58 (17:12)	0:54 (18:06)
	2:32 (20:38)	2:54 (23:32)	1:00 (24:32)		1:11 (25:43)		5:18 (31:01)	1:29 (32:30)
	0:50 (33:20)	1:11 (34:31)	1:44 (36:15)		0:20 (36:35)			
3.	Torben Nørgaard	Allerød OK		45:00	+11:02	05:35		
	1:45 (1:45)	1:06 (2:51)	2:07 (4:58)		5:41 (10:39)		0:41 (11:20)	3:44 (15:04)
	0:48 (15:52)	0:46 (16:38)	0:58 (17:36)		3:11 (20:47)		1:32 (22:19)	1:36 (23:55)
	3:26 (27:21)	2:47 (30:08)	1:02 (31:10)		1:10 (32:20)		5:55 (38:15)	1:43 (39:58)
	1:16 (41:14)	1:04 (42:18)	2:20 (44:38)		0:22 (45:00)			
4.	Tobias Olloz	Tisvilde Hegn OK		47:57	+13:59	03:32		
	2:00 (2:00)	1:12 (3:12)	2:48 (6:00)		5:33 (11:33)		0:54 (12:27)	2:21 (14:48)
	1:01 (15:49)	0:46 (16:35)	0:50 (17:25)		3:59 (21:24)		1:44 (23:08)	2:03 (25:11)
	3:12 (28:23)	3:07 (31:30)	1:11 (32:41)		1:18 (33:59)		6:38 (40:37)	2:03 (42:40)
	1:08 (43:48)	1:48 (45:36)	2:03 (47:39)		0:18 (47:57)			
5.	Søren Jensen	Farum OK		49:54	+15:56	05:12		
	2:43 (2:43)	1:34 (4:17)	2:42 (6:59)		4:13 (11:12)		0:48 (12:00)	1:56 (13:56)
	1:11 (15:07)	0:45 (15:52)	1:03 (16:55)		2:57 (19:52)		1:14 (21:06)	1:11 (22:17)
	5:23 (27:40)	5:19 (32:59)	1:21 (34:20)		1:44 (36:04)		6:25 (42:29)	1:39 (44:08)
	1:46 (45:54)	1:28 (47:22)	2:07 (49:29)		0:25 (49:54)			
6.	Malte Kliem	Farum OK		56:04	+22:06	04:02		
	2:45 (2:45)	1:10 (3:55)	3:33 (7:28)		5:26 (12:54)		1:06 (14:00)	2:35 (16:35)
	1:05 (17:40)	1:01 (18:41)	1:02 (19:43)		3:26 (23:09)		1:47 (24:56)	1:29 (26:25)
	3:45 (30:10)	5:34 (35:44)	1:41 (37:25)		1:47 (39:12)		8:04 (47:16)	2:04 (49:20)
	1:02 (50:22)	3:19 (53:41)	1:59 (55:40)		0:24 (56:04)			
7.	Joakim Ilsing Sørensen	Hvalsø OK		1:05:53	+31:55	11:47		
	4:43 (4:43)	1:28 (6:11)	4:02 (10:13)		5:53 (16:06)		3:46 (19:52)	6:25 (26:17)
	1:22 (27:39)	1:11 (28:50)	1:20 (30:10)		3:35 (33:45)		1:42 (35:27)	1:50 (37:17)
	3:49 (41:06)	4:24 (45:30)	1:30 (47:00)		1:45 (48:45)		6:28 (55:13)	2:03 (57:16)
	2:48 (1:00:04)	2:47 (1:02:51)	2:30 (1:05:21)		0:32 (1:05:53)			

8.	Jesper Kristiansen	OK Melfar	1:07:59	+34:01	07:35		
	2:09 (2:09)	1:51 (4:00)	3:54 (7:54)	7:36 (15:30)	1:25 (16:55)	3:07 (20:02)	
	1:09 (21:11)	0:57 (22:08)	1:13 (23:21)	3:22 (26:43)	3:47 (30:30)	3:44 (34:14)	
	4:55 (39:09)	4:58 (44:07)	1:50 (45:57)	2:52 (48:49)	8:47 (57:36)	2:07 (59:43)	
	2:05 (1:01:48)	1:49 (1:03:37)	3:37 (1:07:14)	0:45 (1:07:59)			
9.	Per Hansen	FSK Orientering	1:09:14	+35:16	16:04		
	1:56 (1:56)	1:33 (3:29)	3:08 (6:37)	6:05 (12:42)	0:59 (13:41)	5:28 (19:09)	
	1:47 (20:56)	0:46 (21:42)	0:56 (22:38)	11:22 (34:00)	2:46 (36:46)	4:01 (40:47)	
	4:41 (45:28)	4:03 (49:31)	1:45 (51:16)	1:57 (53:13)	7:13 (1:00:26)	2:48 (1:03:14)	
	1:28 (1:04:42)	2:10 (1:06:52)	2:00 (1:08:52)	0:22 (1:09:14)			
	Anders Konring	Søllerød OK	Ej startet				
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	Valdemar Marager	Allerød OK	Ej startet				
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	
<b>H3</b>		<b>(18 / 18)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Karsten Richardt	Køge OK	36:54		02:13		
	1:49 (1:49)	2:14 (4:03)	2:04 (6:07)	2:29 (8:36)	2:05 (10:41)	6:53 (17:34)	
	1:21 (18:55)	2:53 (21:48)	1:30 (23:18)	5:43 (29:01)	1:51 (30:52)	2:03 (32:55)	
	3:20 (36:15)	0:39 (36:54)					
2.	Gunnar Grue-Sørensen	Køge OK	37:17	+0:23	02:11		
	1:58 (1:58)	2:12 (4:10)	1:51 (6:01)	2:39 (8:40)	1:58 (10:38)	8:42 (19:20)	
	1:13 (20:33)	2:02 (22:35)	1:46 (24:21)	6:07 (30:28)	1:34 (32:02)	1:44 (33:46)	
	2:53 (36:39)	0:38 (37:17)					
3.	Poul Henning Poulsen	Tisvilde Hegn OK	38:47	+1:53	03:13		
	1:27 (1:27)	1:52 (3:19)	1:17 (4:36)	2:45 (7:21)	2:12 (9:33)	8:59 (18:32)	
	1:28 (20:00)	2:22 (22:22)	1:34 (23:56)	7:41 (31:37)	1:21 (32:58)	2:41 (35:39)	
	2:37 (38:16)	0:31 (38:47)					
4.	Jørgen Jensen	Helsingør SOK	42:53	+5:59	02:08		
	2:00 (2:00)	2:40 (4:40)	1:40 (6:20)	2:52 (9:12)	2:14 (11:26)	7:48 (19:14)	
	1:19 (20:33)	3:11 (23:44)	2:23 (26:07)	6:53 (33:00)	1:52 (34:52)	2:53 (37:45)	
	4:10 (41:55)	0:58 (42:53)					
5.	Svend-Åke Emanuelsson	Helsingborgs SOK	45:03	+8:09	05:57		
	1:32 (1:32)	2:23 (3:55)	1:20 (5:15)	2:38 (7:53)	1:42 (9:35)	9:43 (19:18)	
	5:24 (24:42)	2:11 (26:53)	1:58 (28:51)	7:05 (35:56)	1:33 (37:29)	3:04 (40:33)	
	3:41 (44:14)	0:49 (45:03)					
6.	Ole Christiansen	Farum OK	46:57	+10:03	01:10		
	2:32 (2:32)	2:58 (5:30)	2:09 (7:39)	3:23 (11:02)	2:37 (13:39)	9:17 (22:56)	
	1:44 (24:40)	2:46 (27:26)	2:07 (29:33)	7:24 (36:57)	2:03 (39:00)	2:58 (41:58)	
	4:20 (46:18)	0:39 (46:57)					
7.	Jørgen Chr. Nielsen	FIF Hillerød	47:26	+10:32	01:55		
	1:52 (1:52)	2:59 (4:51)	1:59 (6:50)	3:40 (10:30)	3:51 (14:21)	9:31 (23:52)	
	1:39 (25:31)	2:43 (28:14)	2:22 (30:36)	7:01 (37:37)	2:03 (39:40)	3:15 (42:55)	
	3:44 (46:39)	0:47 (47:26)					
8.	Karl Aage Hald	FSK Orientering	50:19	+13:25	07:41		
	1:42 (1:42)	2:37 (4:19)	2:04 (6:23)	2:55 (9:18)	5:07 (14:25)	7:37 (22:02)	
	1:25 (23:27)	2:48 (26:15)	3:59 (30:14)	7:50 (38:04)	2:12 (40:16)	4:29 (44:45)	
	4:44 (49:29)	0:50 (50:19)					
9.	Flemming Larsen	Helsingør SOK	54:35	+17:41	04:15		
	2:31 (2:31)	2:46 (5:17)	2:02 (7:19)	3:45 (11:04)	2:24 (13:28)	12:05 (25:33)	
	2:54 (28:27)	3:07 (31:34)	2:21 (33:55)	7:37 (41:32)	2:33 (44:05)	3:42 (47:47)	
	5:46 (53:33)	1:02 (54:35)					
10.	Knud Torm	OK Skærmø Værløse	55:50	+18:56	04:13		
	2:38 (2:38)	3:16 (5:54)	2:47 (8:41)	4:07 (12:48)	3:39 (16:27)	9:53 (26:20)	
	2:03 (28:23)	3:08 (31:31)	3:36 (35:07)	10:27 (45:34)	2:03 (47:37)	2:59 (50:36)	
	4:26 (55:02)	0:48 (55:50)					
11.	Ole Husen	Farum OK	58:39	+21:45	02:37		
	2:53 (2:53)	3:45 (6:38)	2:08 (8:46)	4:00 (12:46)	2:46 (15:32)	12:18 (27:50)	
	1:57 (29:47)	3:54 (33:41)	2:28 (36:09)	9:17 (45:26)	3:25 (48:51)	3:13 (52:04)	
	5:22 (57:26)	1:13 (58:39)					
12.	Mogens Jørgensen	Søllerød OK	1:02:09	+25:15	07:09		
	2:08 (2:08)	3:02 (5:10)	2:14 (7:24)	3:56 (11:20)	2:28 (13:48)	11:35 (25:23)	
	2:29 (27:52)	3:13 (31:05)	2:34 (33:39)	9:34 (43:13)	8:12 (51:25)	4:06 (55:31)	
	5:12 (1:00:43)	1:26 (1:02:09)					
13.	Per Mogens Petersen	OK ØST Birkerød	1:23:34	+46:40	22:04		
	2:47 (2:47)	3:52 (6:39)	2:28 (9:07)	4:46 (13:53)	18:56 (32:49)	11:23 (44:12)	
	2:12 (46:24)	5:06 (51:30)	5:54 (57:24)	10:49 (1:08:13)	2:36 (1:10:49)	5:25 (1:16:14)	
	6:14 (1:22:28)	1:06 (1:23:34)					
14.	Leo Mathiesen	FIF Hillerød	1:24:16	+47:22	22:34		
	2:36 (2:36)	4:09 (6:45)	2:50 (9:35)	8:04 (17:39)	16:02 (33:41)	10:26 (44:07)	
	4:58 (49:05)	4:44 (53:49)	4:28 (58:17)	10:55 (1:09:12)	2:34 (1:11:46)	5:38 (1:17:24)	
	5:29 (1:22:53)	1:23 (1:24:16)					



<b>D3</b>		<b>(13 / 13)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Augusta Thorsen	Farum OK	42:58		08:07		
	1:25 (1:25)	2:12 (3:37)	1:18 (4:55)	2:41 (7:36)	6:48 (14:24)	9:52 (24:16)	
	1:05 (25:21)	2:16 (27:37)	1:43 (29:20)	5:38 (34:58)	1:57 (36:55)	2:45 (39:40)	
	2:47 (42:27)	0:31 (42:58)					
2.	Kit Lang Jørgensen	Farum OK	44:16	+1:18	06:00		
	1:51 (1:51)	2:26 (4:17)	1:37 (5:54)	2:53 (8:47)	2:07 (10:54)	7:47 (18:41)	
	2:15 (20:56)	3:41 (24:37)	2:41 (27:18)	6:29 (33:47)	2:14 (36:01)	2:30 (38:31)	
	5:01 (43:32)	0:44 (44:16)					
3.	Henriette Broman	Allerød OK	44:25	+1:27	03:23		
	1:52 (1:52)	2:39 (4:31)	1:26 (5:57)	2:50 (8:47)	2:43 (11:30)	10:08 (21:38)	
	2:26 (24:04)	3:42 (27:46)	1:56 (29:42)	6:27 (36:09)	1:38 (37:47)	2:31 (40:18)	
	3:27 (43:45)	0:40 (44:25)					
4.	Perille Hansen	HSOK.dk	45:50	+2:52	06:43		
	1:56 (1:56)	2:52 (4:48)	1:42 (6:30)	8:24 (14:54)	2:40 (17:34)	8:23 (25:57)	
	1:00 (26:57)	2:23 (29:20)	1:47 (31:07)	6:10 (37:17)	1:48 (39:05)	1:59 (41:04)	
	4:03 (45:07)	0:43 (45:50)					
5.	Gerda Marie Christiansen	Køge OK	48:17	+5:19	05:21		
	4:47 (4:47)	2:45 (7:32)	1:36 (9:08)	3:01 (12:09)	2:00 (14:09)	9:38 (23:47)	
	1:55 (25:42)	3:25 (29:07)	2:53 (32:00)	6:38 (38:38)	2:20 (40:58)	2:08 (43:06)	
	4:25 (47:31)	0:46 (48:17)					
6.	Eva Emanuelsson	Helsingborgs SOK	48:42	+5:44	04:57		
	2:17 (2:17)	2:38 (4:55)	1:42 (6:37)	3:16 (9:53)	1:55 (11:48)	10:59 (22:47)	
	3:25 (26:12)	3:07 (29:19)	1:44 (31:03)	6:55 (37:58)	1:42 (39:40)	4:28 (44:08)	
	3:49 (47:57)	0:45 (48:42)					
7.	Eva Konring Olesen	FIF Hillerød	49:38	+6:40	02:59		
	2:23 (2:23)	3:18 (5:41)	2:18 (7:59)	3:16 (11:15)	2:32 (13:47)	11:28 (25:15)	
	1:27 (26:42)	3:11 (29:53)	1:56 (31:49)	8:56 (40:45)	2:02 (42:47)	2:40 (45:27)	
	3:26 (48:53)	0:45 (49:38)					
8.	Mette Vejen Eriksen	Tisvilde Hegn OK	51:18	+8:20	05:15		
	2:32 (2:32)	2:58 (5:30)	1:41 (7:11)	5:53 (13:04)	2:20 (15:24)	12:27 (27:51)	
	1:47 (29:38)	3:18 (32:56)	3:02 (35:58)	7:14 (43:12)	2:07 (45:19)	1:52 (47:11)	
	3:27 (50:38)	0:40 (51:18)					
9.	Inger Landsperg	Tisvilde Hegn OK	1:01:01	+18:03	06:13		
	4:08 (4:08)	3:45 (7:53)	2:18 (10:11)	5:55 (16:06)	2:45 (18:51)	13:11 (32:02)	
	3:25 (35:27)	4:01 (39:28)	2:22 (41:50)	7:52 (49:42)	2:27 (52:09)	3:55 (56:04)	
	4:00 (1:00:04)	0:57 (1:01:01)					
10.	Kirsten Ellekilde	Helsingør SOK	1:18:06	+35:08	18:56		
	2:57 (2:57)	3:41 (6:38)	2:13 (8:51)	4:04 (12:55)	11:33 (24:28)	14:27 (38:55)	
	1:29 (40:24)	5:08 (45:32)	4:24 (49:56)	15:56 (1:05:52)	3:43 (1:09:35)	3:26 (1:13:01)	
	4:13 (1:17:14)	0:52 (1:18:06)					
11.	Jette Bachhausen	FIF Hillerød	1:22:47	+39:49	09:29		
	3:04 (3:04)	4:05 (7:09)	3:05 (10:14)	5:30 (15:44)	4:32 (20:16)	15:47 (36:03)	
	3:19 (39:22)	7:57 (47:19)	5:10 (52:29)	13:58 (1:06:27)	2:55 (1:09:22)	4:16 (1:13:38)	
	7:40 (1:21:18)	1:29 (1:22:47)					
	Lise Kolte	FSK Orientering	Fejlklip				
	3:08 (3:08)	4:31 (7:39)	3:39 (11:18)	6:55 (18:13)	3:10 (21:23)	15:22 (36:45)	
	2:45 (39:30)	5:58 (45:28)	10:26 (55:54)	— (—)	— (—)	— (1:09:23)	
	6:06 (1:15:29)	3:00 (1:18:29)					
	Ulla Valnert	OK73	Fejlklip				
	3:54 (3:54)	3:57 (7:51)	3:20 (11:11)	7:34 (18:45)	— (—)	— (—)	
	— (46:49)	14:05 (1:00:54)	— (—)	— (—)	— (—)	— (—)	
	— (—)	— (1:23:23)					
<b>D5</b>		<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Lisa Kjer Andersen	Tisvilde Hegn OK	39:17		00:00		
	2:50 (2:50)	2:55 (5:45)	2:53 (8:38)	1:59 (10:37)	3:15 (13:52)	1:45 (15:37)	
	3:25 (19:02)	4:09 (23:11)	4:03 (27:14)	9:21 (36:35)	1:51 (38:26)	0:51 (39:17)	
	Birgitte Andersen	Helsingør SOK	Ej startet				
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)	
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)	
<b>D6</b>		<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
	Dagmar Marager	Allerød OK	Ej startet				
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)	
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)	
<b>Åben 2</b>		<b>(25 / 25)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Rasmus Nielsen	Tisvilde Hegn OK	28:31		01:16		
	1:19 (1:19)	1:19 (2:38)	2:08 (4:46)	4:46 (9:32)	1:20 (10:52)	1:10 (12:02)	
	0:40 (12:42)	1:57 (14:39)	1:07 (15:46)	1:19 (17:05)	1:35 (18:40)	2:57 (21:37)	
	1:44 (23:21)	1:17 (24:38)	0:52 (25:30)	1:05 (26:35)	1:39 (28:14)	0:17 (28:31)	
2.	Rolf Valery	Tisvilde Hegn OK	33:09	+4:38	00:32		
	1:14 (1:14)	1:31 (2:45)	3:29 (6:14)	5:00 (11:14)	0:55 (12:09)	1:54 (14:03)	
	0:50 (14:53)	1:55 (16:48)	1:30 (18:18)	1:19 (19:37)	1:41 (21:18)	3:41 (24:59)	
	1:58 (26:57)	1:29 (28:26)	1:06 (29:32)	1:13 (30:45)	2:03 (32:48)	0:21 (33:09)	
3.	Jens Jørgen Hansen		33:27	+4:56	00:46		

	1:20 (1:20)	1:42 (3:02)	2:46 (5:48)	5:19 (11:07)	1:16 (12:23)	1:35 (13:58)
	0:48 (14:46)	1:53 (16:39)	1:32 (18:11)	1:23 (19:34)	1:51 (21:25)	3:30 (24:55)
	2:05 (27:00)	1:58 (28:58)	0:54 (29:52)	1:12 (31:04)	2:05 (33:09)	0:18 (33:27)
4.	Xenia Bregensøe	Tisvilde Hegn OK	36:17	+7:46	02:42	
	1:01 (1:01)	1:35 (2:36)	3:13 (5:49)	5:08 (10:57)	1:09 (12:06)	1:30 (13:36)
	0:41 (14:17)	2:03 (16:20)	1:18 (17:38)	1:17 (18:55)	1:59 (20:54)	4:01 (24:55)
	1:52 (26:47)	1:45 (28:32)	2:03 (30:35)	3:01 (33:36)	2:18 (35:54)	0:23 (36:17)
5.	Peter Steen Landsperg	Tisvilde Hegn OK	39:03	+10:32	05:28	
	1:08 (1:08)	3:19 (4:27)	4:24 (8:51)	5:03 (13:54)	0:51 (14:45)	1:42 (16:27)
	0:43 (17:10)	3:23 (20:33)	1:27 (22:00)	2:34 (24:34)	1:46 (26:20)	4:13 (30:33)
	2:05 (32:38)	1:30 (34:08)	1:20 (35:28)	1:15 (36:43)	2:01 (38:44)	0:19 (39:03)
6.	Steen Stausholm	Farum OK	40:16	+11:45	03:45	
	1:06 (1:06)	1:36 (2:42)	3:08 (5:50)	5:21 (11:11)	1:01 (12:12)	1:56 (14:08)
	0:43 (14:51)	2:18 (17:09)	1:57 (19:06)	1:43 (20:49)	4:11 (25:00)	4:23 (29:23)
	2:17 (31:40)	2:07 (33:47)	1:40 (35:27)	2:04 (37:31)	2:15 (39:46)	0:30 (40:16)
7.	Elin Nørgård Kracht	PI-København	41:51	+13:20	05:06	
	1:15 (1:15)	1:37 (2:52)	3:01 (5:53)	7:00 (12:53)	1:02 (13:55)	2:06 (16:01)
	2:22 (18:23)	3:08 (21:31)	2:16 (23:47)	1:35 (25:22)	1:51 (27:13)	4:27 (31:40)
	2:09 (33:49)	2:44 (36:33)	1:10 (37:43)	1:18 (39:01)	2:19 (41:20)	0:31 (41:51)
8.	Morten Nergaard	Vinderød	42:25	+13:54	02:55	
	1:27 (1:27)	1:56 (3:23)	3:41 (7:04)	5:39 (12:43)	1:01 (13:44)	2:16 (16:00)
	1:00 (17:00)	2:50 (19:50)	1:44 (21:34)	1:40 (23:14)	2:04 (25:18)	5:15 (30:33)
	2:17 (32:50)	1:45 (34:35)	1:16 (35:51)	3:43 (39:34)	2:23 (41:57)	0:28 (42:25)
9.	Carsten Elhøj		43:21	+14:50	02:38	
	1:15 (1:15)	1:56 (3:11)	3:33 (6:44)	5:42 (12:26)	1:05 (13:31)	2:03 (15:34)
	0:51 (16:25)	2:32 (18:57)	1:55 (20:52)	2:10 (23:02)	2:19 (25:21)	5:30 (30:51)
	2:46 (33:37)	3:17 (36:54)	1:20 (38:14)	1:38 (39:52)	2:53 (42:45)	0:36 (43:21)
10.	Erina Kupriyanova	Farum OK	43:52	+15:21	03:10	
	1:44 (1:44)	1:52 (3:36)	3:30 (7:06)	7:21 (14:27)	1:09 (15:36)	1:53 (17:29)
	1:10 (18:39)	2:26 (21:05)	2:43 (23:48)	1:23 (25:11)	2:29 (27:40)	4:54 (32:34)
	2:12 (34:46)	2:07 (36:53)	1:47 (38:40)	2:11 (40:51)	2:30 (43:21)	0:31 (43:52)
11.	Gregers Jørgensen	Ballerup OK	44:21	+15:50	04:20	
	1:34 (1:34)	1:55 (3:29)	3:23 (6:52)	7:56 (14:48)	1:12 (16:00)	1:56 (17:56)
	0:49 (18:45)	3:25 (22:10)	1:32 (23:42)	2:36 (26:18)	1:54 (28:12)	5:33 (33:45)
	2:36 (36:21)	2:04 (38:25)	1:31 (39:56)	1:26 (41:22)	2:33 (43:55)	0:26 (44:21)
12.	Mette Monique Pilemand	Søllerød OK	47:45	+19:14	06:50	
	2:26 (2:26)	2:14 (4:40)	3:26 (8:06)	5:33 (13:39)	1:11 (14:50)	4:50 (19:40)
	0:45 (20:25)	3:36 (24:01)	2:01 (26:02)	2:30 (28:32)	2:09 (30:41)	5:16 (35:57)
	2:34 (38:31)	2:48 (41:19)	1:17 (42:36)	1:43 (44:19)	2:51 (47:10)	0:35 (47:45)
13.	Anne Skovbaek	Søllerød OK	49:57	+21:26	06:40	
	2:04 (2:04)	2:00 (4:04)	4:10 (8:14)	6:21 (14:35)	2:25 (17:00)	5:00 (22:00)
	0:44 (22:44)	3:39 (26:23)	1:58 (28:21)	2:29 (30:50)	2:05 (32:55)	5:24 (38:19)
	2:38 (40:57)	2:44 (43:41)	1:19 (45:00)	1:44 (46:44)	2:40 (49:24)	0:33 (49:57)
14.	Carsten Hansen	FIF Hillerød	53:58	+25:27	05:08	
	1:48 (1:48)	2:09 (3:57)	4:53 (8:50)	6:35 (15:25)	1:38 (17:03)	2:14 (19:17)
	0:52 (20:09)	2:56 (23:05)	4:38 (27:43)	2:02 (29:45)	2:47 (32:32)	6:01 (38:33)
	3:01 (41:34)	4:57 (46:31)	1:51 (48:22)	2:13 (50:35)	2:46 (53:21)	0:37 (53:58)
15.	Jakob Albahn	Tisvilde Hegn OK	54:04	+25:33	12:39	
	3:30 (3:30)	1:50 (5:20)	3:18 (8:38)	5:49 (14:27)	1:12 (15:39)	1:56 (17:35)
	1:01 (18:36)	2:29 (21:05)	2:10 (23:15)	1:52 (25:07)	6:45 (31:52)	5:16 (37:08)
	4:02 (41:10)	5:41 (46:51)	1:23 (48:14)	2:49 (51:03)	2:29 (53:32)	0:32 (54:04)
16.	Max Prang	Fredensborg OK	54:36	+26:05	10:08	
	1:42 (1:42)	2:12 (3:54)	13:03 (16:57)	5:59 (22:56)	1:17 (24:13)	2:24 (26:37)
	0:50 (27:27)	3:06 (30:33)	2:10 (32:43)	2:30 (35:13)	2:08 (37:21)	4:59 (42:20)
	2:45 (45:05)	2:40 (47:45)	1:25 (49:10)	1:43 (50:53)	3:05 (53:58)	0:38 (54:36)
17.	Uwe Dresel	SC Klecken	57:54	+29:23	07:53	
	1:36 (1:36)	3:03 (4:39)	3:35 (8:14)	7:28 (15:42)	1:48 (17:30)	2:16 (19:46)
	1:04 (20:50)	4:16 (25:06)	2:38 (27:44)	1:44 (29:28)	6:01 (35:29)	6:43 (42:12)
	4:04 (46:16)	2:42 (48:58)	1:48 (50:46)	2:55 (53:41)	3:25 (57:06)	0:48 (57:54)
18.	Ulrik Pilemand	Tisvilde Hegn OK	1:04:37	+36:06	15:21	
	2:04 (2:04)	2:35 (4:39)	5:10 (9:49)	7:22 (17:11)	3:39 (20:50)	3:20 (24:10)
	0:57 (25:07)	2:47 (27:54)	9:53 (37:47)	1:59 (39:46)	2:18 (42:04)	5:57 (48:01)
	2:40 (50:41)	3:07 (53:48)	2:01 (55:49)	6:02 (1:01:51)	2:20 (1:04:11)	0:26 (1:04:37)
19.	Jens Høgsfeldt	FIF Hillerød	1:05:51	+37:20	06:22	
	1:39 (1:39)	3:00 (4:39)	4:53 (9:32)	8:35 (18:07)	2:17 (20:24)	3:30 (23:54)
	2:33 (26:27)	5:12 (31:39)	4:14 (35:53)	2:57 (38:50)	2:49 (41:39)	7:03 (48:42)
	3:36 (52:18)	3:13 (55:31)	1:43 (57:14)	3:22 (1:00:36)	4:22 (1:04:58)	0:53 (1:05:51)
20.	Kim Folander	FSK Orientering	1:06:14	+37:43	08:42	
	1:44 (1:44)	2:47 (4:31)	6:14 (10:45)	9:02 (19:47)	1:39 (21:26)	2:32 (23:58)
	1:16 (25:14)	4:56 (30:10)	8:16 (38:26)	2:17 (40:43)	2:51 (43:34)	6:54 (50:28)
	3:03 (53:31)	2:49 (56:20)	2:11 (58:31)	2:56 (1:01:27)	4:13 (1:05:40)	0:34 (1:06:14)
21.	Kitrsten Urhøj	Vinderød	1:37:54	+69:23	13:56	
	2:38 (2:38)	4:32 (7:10)	7:42 (14:52)	14:32 (29:24)	2:05 (31:29)	3:33 (35:02)
	1:22 (36:24)	5:59 (42:23)	4:55 (47:18)	3:47 (51:05)	8:42 (59:47)	17:37 (1:17:24)
	4:45 (1:22:09)	3:40 (1:25:49)	2:24 (1:28:13)	3:41 (1:31:54)	5:02 (1:36:56)	0:58 (1:37:54)
22.	Susanne Juul Andersen	University of Bristol OC	1:41:49	+73:18	24:51	
	2:54 (2:54)	4:17 (7:11)	15:13 (22:24)	11:21 (33:45)	1:50 (35:35)	3:01 (38:36)
	1:21 (39:57)	16:46 (56:43)	3:56 (1:00:39)	2:35 (1:03:14)	4:40 (1:07:54)	13:26 (1:21:20)
	4:36 (1:25:56)	4:18 (1:30:14)	2:19 (1:32:33)	3:59 (1:36:32)	4:23 (1:40:55)	0:54 (1:41:49)

23.	Holger Hansen	Tisvilde Hegn OK	1:57:42	+89:11	19:52		
	3:54 (3:54)	4:04 (7:58)	14:18 (22:16)	15:32 (37:48)	2:16 (40:04)	5:19 (45:23)	
	7:25 (52:48)	6:05 (58:53)	4:36 (1:03:29)	4:21 (1:07:50)	6:35 (1:14:25)	20:04 (1:34:29)	
	4:21 (1:38:50)	4:13 (1:43:03)	3:44 (1:46:47)	3:21 (1:50:08)	6:22 (1:56:30)	1:12 (1:57:42)	
	Lena Wraa	Tisvilde Hegn OK	Fejlklip				
	1:21 (1:21)	1:57 (3:18)	4:27 (7:45)	5:59 (13:44)	1:24 (15:08)	2:08 (17:16)	
	0:50 (18:06)	3:25 (21:31)	– (–)	– (26:04)	2:09 (28:13)	5:00 (33:13)	
	2:41 (35:54)	2:40 (38:34)	1:23 (39:57)	1:49 (41:46)	2:45 (44:31)	0:38 (45:09)	
	Lene Mathiessen	Tisvilde Hegn OK	Udgået				
	2:10 (2:10)	3:39 (5:49)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
<b>Åben 3</b>		<b>(17 / 17)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>		
1.	Lars Søndergaard	FIF Hillerød	35:38		01:33		
	1:40 (1:40)	2:01 (3:41)	1:32 (5:13)	2:21 (7:34)	1:28 (9:02)	7:37 (16:39)	
	1:03 (17:42)	3:01 (20:43)	1:20 (22:03)	5:38 (27:41)	1:24 (29:05)	2:29 (31:34)	
	3:22 (34:56)	0:42 (35:38)					
2.	Jan Otto Bjørre	Helsingborgs SOK	44:37	+8:59	02:34		
	2:11 (2:11)	2:42 (4:53)	1:42 (6:35)	2:49 (9:24)	2:02 (11:26)	7:33 (18:59)	
	1:37 (20:36)	3:46 (24:22)	2:21 (26:43)	6:54 (33:37)	2:02 (35:39)	4:26 (40:05)	
	3:46 (43:51)	0:46 (44:37)					
3.	Kaj Rostvad	Søllerød OK	49:53	+14:15	06:31		
	4:18 (4:18)	3:04 (7:22)	1:55 (9:17)	3:24 (12:41)	1:54 (14:35)	11:03 (25:38)	
	1:21 (26:59)	2:25 (29:24)	2:30 (31:54)	9:40 (41:34)	2:04 (43:38)	1:51 (45:29)	
	3:41 (49:10)	0:43 (49:53)					
4.	Nils Sættem	Kildeholm OK	51:24	+15:46	09:34		
	2:43 (2:43)	2:22 (5:05)	3:22 (8:27)	2:58 (11:25)	1:48 (13:13)	10:18 (23:31)	
	1:36 (25:07)	6:48 (31:55)	1:58 (33:53)	9:25 (43:18)	1:34 (44:52)	3:12 (48:04)	
	2:49 (50:53)	0:31 (51:24)					
5.	Bendt Frandsen	Farum OK	53:44	+18:06	08:36		
	4:09 (4:09)	2:44 (6:53)	1:38 (8:31)	3:16 (11:47)	3:00 (14:47)	11:37 (26:24)	
	1:29 (27:53)	3:24 (31:17)	2:18 (33:35)	7:05 (40:40)	4:50 (45:30)	3:30 (49:00)	
	3:50 (52:50)	0:54 (53:44)					
6.	Søren Christensen	OK Skærmens Værløse	55:05	+19:27	12:20		
	2:30 (2:30)	2:31 (5:01)	1:50 (6:51)	3:08 (9:59)	2:55 (12:54)	7:47 (20:41)	
	1:13 (21:54)	2:55 (24:49)	8:14 (33:03)	11:50 (44:53)	2:41 (47:34)	3:31 (51:05)	
	3:21 (54:26)	0:39 (55:05)					
7.	Kirsten Nymann Petersen	OK ØST Birkerød	55:36	+19:58	08:18		
	4:56 (4:56)	5:02 (9:58)	1:39 (11:37)	5:36 (17:13)	2:10 (19:23)	10:51 (30:14)	
	1:20 (31:34)	4:02 (35:36)	2:05 (37:41)	8:15 (45:56)	2:08 (48:04)	2:50 (50:54)	
	3:58 (54:52)	0:44 (55:36)					
8.	Joe Strabel		1:03:47	+28:09	07:45		
	1:58 (1:58)	2:52 (4:50)	3:22 (8:12)	3:30 (11:42)	2:22 (14:04)	12:43 (26:47)	
	2:23 (29:10)	4:33 (33:43)	3:27 (37:10)	13:27 (50:37)	2:13 (52:50)	5:05 (57:55)	
	4:56 (1:02:51)	0:56 (1:03:47)					
9.	Annelise Hansen	FIF Hillerød	1:04:40	+29:02	10:15		
	2:32 (2:32)	3:37 (6:09)	2:15 (8:24)	9:29 (17:53)	2:40 (20:33)	11:10 (31:43)	
	2:00 (33:43)	6:24 (40:07)	3:58 (44:05)	8:26 (52:31)	3:49 (56:20)	3:26 (59:46)	
	3:58 (1:03:44)	0:56 (1:04:40)					
10.	Jørn Andreasen	OK73	1:05:59	+30:21	01:54		
	3:38 (3:38)	3:59 (7:37)	3:00 (10:37)	4:56 (15:33)	3:14 (18:47)	13:20 (32:07)	
	2:25 (34:32)	4:14 (38:46)	2:57 (41:43)	10:59 (52:42)	2:28 (55:10)	3:25 (58:35)	
	5:53 (1:04:28)	1:31 (1:05:59)					
11.	Govert Heede	Ballerup OK	1:07:18	+31:40	07:52		
	3:09 (3:09)	4:42 (7:51)	2:20 (10:11)	4:47 (14:58)	3:12 (18:10)	11:48 (29:58)	
	2:45 (32:43)	3:42 (36:25)	2:19 (38:44)	9:54 (48:38)	6:08 (54:46)	4:21 (59:07)	
	6:57 (1:06:04)	1:14 (1:07:18)					
12.	Jørgen Lund Hansen	Farum OK	1:11:09	+35:31	14:12		
	7:06 (7:06)	4:36 (11:42)	2:17 (13:59)	3:41 (17:40)	4:20 (22:00)	12:17 (34:17)	
	2:50 (37:07)	3:06 (40:13)	2:19 (42:32)	10:15 (52:47)	5:53 (58:40)	4:28 (1:03:08)	
	6:50 (1:09:58)	1:11 (1:11:09)					
13.	Ulla Jacobsen	OK Skærmens Værløse	1:11:45	+36:07	24:20		
	2:04 (2:04)	7:33 (9:37)	1:08 (10:45)	16:01 (26:46)	3:25 (30:11)	11:56 (42:07)	
	2:52 (44:59)	6:12 (51:11)	3:35 (54:46)	7:20 (1:02:06)	2:13 (1:04:19)	2:28 (1:06:47)	
	4:11 (1:10:58)	0:47 (1:11:45)					
14.	Barbara Dresel	SC Klecken	1:11:52	+36:14	19:21		
	2:17 (2:17)	3:18 (5:35)	2:14 (7:49)	13:15 (21:04)	8:54 (29:58)	14:09 (44:07)	
	1:41 (45:48)	3:13 (49:01)	2:36 (51:37)	9:38 (1:01:15)	2:23 (1:03:38)	2:25 (1:06:03)	
	4:40 (1:10:43)	1:09 (1:11:52)					
	Susan Tamberg	Ballerup OK	Fejlklip				
	11:05 (11:05)	6:32 (17:37)	4:51 (22:28)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (32:42)	– (–)	– (–)	
	– (58:24)	2:20 (1:00:44)					
	Gunnar Tamberg	Ballerup OK	Udgået				
	3:04 (3:04)	4:06 (7:10)	2:39 (9:49)	4:41 (14:30)	3:12 (17:42)	15:45 (33:27)	
	2:23 (35:50)	– (–)	– (49:58)	– (–)	– (–)	– (–)	
	– (–)	– (–)					

Lise Oline Larsen		FIF Hillerød		Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

Åben 4	(8 / 8)		Tid	Efter	Tidstab		
1. Arnd Strobel			46:35		02:27		
4:10 (4:10)	2:43 (6:53)	6:22 (13:15)		2:44 (15:59)	2:19 (18:18)	4:05 (22:23)	
1:42 (24:05)	3:58 (28:03)	4:16 (32:19)		8:38 (40:57)	1:16 (42:13)	3:41 (45:54)	
0:41 (46:35)							
2. Mikkel Andersen		OK Skærmnen Værløse	57:10	+10:35	12:03		
3:38 (3:38)	2:29 (6:07)	4:54 (11:01)		14:16 (25:17)	2:18 (27:35)	3:55 (31:30)	
1:08 (32:38)	3:47 (36:25)	3:50 (40:15)		9:32 (49:47)	1:56 (51:43)	4:58 (56:41)	
0:29 (57:10)							
3. Sigrid Lind		OK Skærmnen Værløse	1:06:06	+19:31	07:30		
5:59 (5:59)	3:53 (9:52)	7:45 (17:37)		4:04 (21:41)	3:12 (24:53)	7:38 (32:31)	
1:25 (33:56)	4:03 (37:59)	5:02 (43:01)		10:23 (53:24)	1:46 (55:10)	9:48 (1:04:58)	
1:08 (1:06:06)							
4. Ida Jacobsen		OK Skærmnen Værløse	1:37:24	+50:49	15:32		
5:54 (5:54)	6:58 (12:52)	15:08 (28:00)		9:56 (37:56)	4:27 (42:23)	8:53 (51:16)	
3:48 (55:04)	5:18 (1:00:22)	6:33 (1:06:55)		15:52 (1:22:47)	4:11 (1:26:58)	8:43 (1:35:41)	
1:43 (1:37:24)							
5. Julie Meincke		OK Skærmnen Værløse	1:37:34	+50:59	12:43		
7:31 (7:31)	5:44 (13:15)	15:58 (29:13)		9:35 (38:48)	4:25 (43:13)	8:41 (51:54)	
3:30 (55:24)	5:18 (1:00:42)	6:39 (1:07:21)		16:12 (1:23:33)	4:27 (1:28:00)	8:12 (1:36:12)	
1:22 (1:37:34)							
6. Margit Ulmer		Langarverne	1:47:32	+60:57	16:46		
10:44 (10:44)	5:37 (16:21)	10:25 (26:46)		7:38 (34:24)	3:55 (38:19)	7:44 (46:03)	
1:44 (47:47)	6:11 (53:58)	15:02 (1:09:00)		26:06 (1:35:06)	2:24 (1:37:30)	9:03 (1:46:33)	
0:59 (1:47:32)							
Allan Rosborg Jakobsen		OK Skærmnen Værløse	Fejlklip				
32:24 (32:24)	5:39 (38:03)	6:59 (45:02)		5:00 (50:02)	3:13 (53:15)	10:34 (1:03:49)	
0:51 (1:04:40)	2:55 (1:07:35)	9:36 (1:17:11)		– (–)	– (1:33:44)	4:58 (1:38:42)	
0:35 (1:39:17)							
Henrik Jørgensen		OK Skærmnen Værløse	Fejlklip				
5:35 (5:35)	3:25 (9:00)	– (–)		– (45:20)	2:36 (47:56)	13:21 (1:01:17)	
1:37 (1:02:54)	– (–)	– (–)		– (1:19:56)	4:22 (1:24:18)	9:13 (1:33:31)	
1:29 (1:35:00)							

Åben 5	(5 / 5)		Tid	Efter	Tidstab		
1. Anton Kupriyanov Hviid		Farum OK	26:12		00:59		
1:56 (1:56)	2:09 (4:05)	2:17 (6:22)		1:21 (7:43)	3:13 (10:56)	1:22 (12:18)	
2:30 (14:48)	2:59 (17:47)	4:10 (21:57)		2:21 (24:18)	1:17 (25:35)	0:37 (26:12)	
2. Sigrid Visti Hemmy		Tisvilde Hegn OK	42:49	+16:37	05:54		
2:19 (2:19)	3:12 (5:31)	3:07 (8:38)		2:17 (10:55)	6:59 (17:54)	3:09 (21:03)	
4:29 (25:32)	4:35 (30:07)	5:42 (35:49)		3:20 (39:09)	2:43 (41:52)	0:57 (42:49)	
William Nielsen		Tisvilde Hegn OK	Fejlklip				
2:27 (2:27)	2:34 (5:01)	2:15 (7:16)		1:30 (8:46)	2:39 (11:25)	1:41 (13:06)	
3:05 (16:11)	3:48 (19:59)	3:50 (23:49)		3:05 (26:54)	– (–)	– (27:46)	
Elise Rosborg Roland		OK Skærmnen Værløse	Udgået				
51:58 (51:58)	25:23 (1:17:21)	– (–)		– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)		– (–)	– (–)	– (–)	
Katrine Jacobsen		OK Skærmnen Værløse	Udgået				
52:34 (52:34)	24:47 (1:17:21)	– (–)		– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)		– (–)	– (–)	– (–)	

D4	(4 / 4)		Tid	Efter	Tidstab		
1. Lucia Holck		Tisvilde Hegn OK	40:28		00:00		
3:05 (3:05)	2:21 (5:26)	6:18 (11:44)		2:26 (14:10)	1:46 (15:56)	3:37 (19:33)	
0:51 (20:24)	2:42 (23:06)	3:57 (27:03)		7:52 (34:55)	1:21 (36:16)	3:47 (40:03)	
0:25 (40:28)							
2. Lone Anette Larsen		Tisvilde Hegn OK	1:06:06	+25:38	15:08		
4:45 (4:45)	3:32 (8:17)	8:45 (17:02)		14:58 (32:00)	2:32 (34:32)	6:46 (41:18)	
1:28 (42:46)	3:23 (46:09)	3:46 (49:55)		9:15 (59:10)	1:36 (1:00:46)	4:26 (1:05:12)	
0:54 (1:06:06)							
3. Emily Johnsen		Helsingør SOK	1:25:06	+44:38	30:07		
19:02 (19:02)	6:04 (25:06)	7:42 (32:48)		8:20 (41:08)	3:40 (44:48)	6:08 (50:56)	
7:37 (58:33)	3:04 (1:01:37)	4:38 (1:06:15)		11:08 (1:17:23)	2:11 (1:19:34)	4:49 (1:24:23)	
0:43 (1:25:06)							
4. Ulrikke Pedersen		Helsingør SOK	1:25:07	+44:39	29:55		
19:02 (19:02)	5:59 (25:01)	7:47 (32:48)		8:24 (41:12)	3:34 (44:46)	6:11 (50:57)	
7:36 (58:33)	3:00 (1:01:33)	4:42 (1:06:15)		11:19 (1:17:34)	2:04 (1:19:38)	4:55 (1:24:33)	
0:34 (1:25:07)							

H2	(35 / 35)		Tid	Efter	Tidstab		
1. Tim Falck Weber		Tisvilde Hegn OK	30:23		00:00		
1:00 (1:00)	1:30 (2:30)	2:37 (5:07)		4:25 (9:32)	0:57 (10:29)	1:36 (12:05)	
0:49 (12:54)	1:45 (14:39)	1:15 (15:54)		1:07 (17:01)	1:38 (18:39)	3:31 (22:10)	
2:01 (24:11)	1:33 (25:44)	0:59 (26:43)		1:27 (28:10)	1:53 (30:03)	0:20 (30:23)	

2.	Erik Grønborg Nielsen	Allerød OK	34:47	+4:24	02:03	1:18 (1:18) 0:44 (14:01) 1:37 (28:44)	1:41 (2:59) 2:50 (16:51) 1:31 (30:15)	2:57 (5:56) 1:15 (18:06) 0:58 (31:13)	4:32 (10:28) 1:54 (20:00) 1:18 (32:31)	1:00 (11:28) 1:40 (21:40) 1:52 (34:23)	1:49 (13:17) 5:27 (27:07) 0:24 (34:47)
3.	Lars Simonsen	FIF Hillerød	35:23	+5:00	05:42	1:31 (1:31) 0:42 (12:01) 1:50 (29:41)	1:21 (2:52) 5:09 (17:10) 1:37 (31:18)	2:23 (5:15) 1:26 (18:36) 0:55 (32:13)	3:55 (9:10) 1:17 (19:53) 0:59 (33:12)	0:44 (9:54) 1:36 (21:29) 1:47 (34:59)	1:25 (11:19) 6:22 (27:51) 0:24 (35:23)
4.	Mads Christian Maarup	Allerød OK	35:38	+5:15	01:56	1:33 (1:33) 0:42 (14:09) 1:56 (28:32)	1:18 (2:51) 2:04 (16:13) 1:36 (30:08)	3:07 (5:58) 1:27 (17:40) 1:06 (31:14)	4:52 (10:50) 2:33 (20:13) 2:10 (33:24)	1:09 (11:59) 1:47 (22:00) 1:58 (35:22)	1:28 (13:27) 4:36 (26:36) 0:16 (35:38)
5.	Lars Lyngsø	Allerød OK	35:50	+5:27	00:47	1:14 (1:14) 0:55 (14:14) 2:09 (28:15)	1:37 (2:51) 2:09 (16:23) 2:00 (30:15)	2:58 (5:49) 1:45 (18:08) 1:17 (31:32)	4:44 (10:33) 1:35 (19:43) 1:49 (33:21)	0:52 (11:25) 1:51 (21:34) 2:04 (35:25)	1:54 (13:19) 4:32 (26:06) 0:25 (35:50)
6.	Morten Ebbensgaard	OK ØST Birkerød	37:15	+6:52	00:26	1:15 (1:15) 0:47 (14:19) 2:05 (29:20)	1:39 (2:54) 2:34 (16:53) 2:03 (31:23)	3:00 (5:54) 1:40 (18:33) 1:23 (32:46)	4:49 (10:43) 1:38 (20:11) 1:28 (34:14)	1:05 (11:48) 2:10 (22:21) 2:31 (36:45)	1:44 (13:32) 4:54 (27:15) 0:30 (37:15)
7.	Alex Ottesen	Ballerup OK	37:18	+6:55	02:42	1:52 (1:52) 0:53 (15:44) 2:16 (30:52)	1:31 (3:23) 3:28 (19:12) 1:56 (32:48)	3:29 (6:52) 1:19 (20:31) 0:56 (33:44)	4:35 (11:27) 1:41 (22:12) 1:15 (34:59)	1:24 (12:51) 1:50 (24:02) 1:55 (36:54)	2:00 (14:51) 4:34 (28:36) 0:24 (37:18)
8.	Helge Lang Pedersen	Farum OK	39:37	+9:14	00:45	1:24 (1:24) 0:57 (15:59) 2:29 (31:06)	1:45 (3:09) 2:50 (18:49) 1:55 (33:01)	3:17 (6:26) 1:40 (20:29) 1:21 (34:22)	5:35 (12:01) 1:25 (21:54) 1:42 (36:04)	1:08 (13:09) 1:57 (23:51) 2:58 (39:02)	1:53 (15:02) 4:46 (28:37) 0:35 (39:37)
9.	Niels-Peter Vest Nielsen	Allerød OK	40:37	+10:14	05:21	1:34 (1:34) 0:43 (15:35) 2:03 (33:28)	1:38 (3:12) 3:50 (19:25) 1:47 (35:15)	3:52 (7:04) 2:24 (21:49) 0:58 (36:13)	4:53 (11:57) 3:13 (25:02) 2:12 (38:25)	0:59 (12:56) 2:03 (27:05) 1:48 (40:13)	1:56 (14:52) 4:20 (31:25) 0:24 (40:37)
10.	Søren Sloth	FIF Hillerød	40:39	+10:16	02:42	1:11 (1:11) 0:47 (17:09) 2:08 (33:23)	1:48 (2:59) 3:37 (20:46) 1:30 (34:53)	3:33 (6:32) 1:37 (22:23) 1:21 (36:14)	6:18 (12:50) 1:44 (24:07) 1:55 (38:09)	0:52 (13:42) 2:03 (26:10) 2:06 (40:15)	2:40 (16:22) 5:05 (31:15) 0:24 (40:39)
11.	Jørgen Skaarup	Ballerup OK	40:41	+10:18	02:32	1:38 (1:38) 0:48 (17:25) 2:23 (32:49)	1:51 (3:29) 2:02 (19:27) 1:54 (34:43)	3:06 (6:35) 2:14 (21:41) 1:25 (36:08)	6:41 (13:16) 1:45 (23:26) 1:34 (37:42)	1:33 (14:49) 1:58 (25:24) 2:30 (40:12)	1:48 (16:37) 5:02 (30:26) 0:29 (40:41)
12.	Stephen Hall Reusch	OK ØST Birkerød	40:45	+10:22	06:45	1:02 (1:02) 1:55 (15:29) 1:52 (34:19)	1:38 (2:40) 3:23 (18:52) 1:40 (35:59)	2:48 (5:28) 1:25 (20:17) 1:13 (37:12)	4:47 (10:15) 2:21 (22:38) 1:10 (38:22)	0:56 (11:11) 2:26 (25:04) 2:02 (40:24)	2:23 (13:34) 7:23 (32:27) 0:21 (40:45)
13.	Sten Skytte Kirkegaard	Tisvilde Hegn OK	42:28	+12:05	04:52	2:36 (2:36) 1:05 (18:16) 2:15 (34:03)	1:57 (4:33) 2:47 (21:03) 2:41 (36:44)	3:46 (8:19) 3:13 (24:16) 1:12 (37:56)	5:24 (13:43) 1:48 (26:04) 1:39 (39:35)	0:56 (14:39) 1:48 (27:52) 2:25 (42:00)	2:32 (17:11) 3:56 (31:48) 0:28 (42:28)
14.	Pablo Jensen	Farum OK	44:03	+13:40	09:00	4:35 (4:35) 0:45 (18:11) 1:55 (36:20)	1:32 (6:07) 4:00 (22:11) 1:33 (37:53)	2:51 (8:58) 2:50 (25:01) 1:33 (39:26)	6:12 (15:10) 1:49 (26:50) 2:02 (41:28)	0:49 (15:59) 1:39 (28:29) 2:08 (43:36)	1:27 (17:26) 5:56 (34:25) 0:27 (44:03)
15.	Morten Ploug	Ballerup OK	45:01	+14:38	06:51	1:29 (1:29) 0:54 (15:10) 2:31 (34:44)	1:58 (3:27) 5:15 (20:25) 2:11 (36:55)	2:48 (6:15) 1:38 (22:03) 1:38 (38:33)	5:07 (11:22) 1:18 (23:21) 2:59 (41:32)	0:52 (12:14) 1:41 (25:02) 2:47 (44:19)	2:02 (14:16) 7:11 (32:13) 0:42 (45:01)
16.	Jens Anders Hansen	Søllerød OK	46:08	+15:45	03:47	1:23 (1:23) 0:54 (18:58) 2:24 (37:48)	2:16 (3:39) 3:12 (22:10) 2:11 (39:59)	4:59 (8:38) 2:17 (24:27) 1:23 (41:22)	5:41 (14:19) 1:45 (26:12) 1:39 (43:01)	1:10 (15:29) 3:41 (29:53) 2:38 (45:39)	2:35 (18:04) 5:31 (35:24) 0:29 (46:08)
17.	Lars Vedel Jørgensen	Farum OK	46:47	+16:24	04:03	1:27 (1:27) 0:54 (17:46) 2:07 (36:41)	2:05 (3:32) 2:41 (20:27) 3:08 (39:49)	3:45 (7:17) 1:56 (22:23) 1:35 (41:24)	6:39 (13:56) 2:01 (24:24) 2:19 (43:43)	1:04 (15:00) 2:43 (27:07) 2:33 (46:16)	1:52 (16:52) 7:27 (34:34) 0:31 (46:47)
18.	Niels Landspørg	Tisvilde Hegn OK	48:08	+17:45	06:02	1:21 (1:21) 0:57 (19:07) 2:45 (37:05)	1:59 (3:20) 2:33 (21:40) 2:10 (39:15)	3:37 (6:57) 1:56 (23:36) 3:14 (42:29)	5:55 (12:52) 1:55 (25:31) 2:34 (45:03)	1:08 (14:00) 3:22 (28:53) 2:39 (47:42)	4:10 (18:10) 5:27 (34:20) 0:26 (48:08)
19.	Per Windfeld-Hansen	OK ØST Birkerød	48:24	+18:01	04:53	1:21 (1:21) 1:08 (17:51) 3:04 (39:12)	2:07 (3:28) 2:58 (20:49) 2:03 (41:15)	3:41 (7:09) 2:12 (23:01) 1:24 (42:39)	5:40 (12:49) 1:46 (24:47) 2:31 (45:10)	1:11 (14:00) 3:24 (28:11) 2:42 (47:52)	2:43 (16:43) 7:57 (36:08) 0:32 (48:24)
20.	Henrik Kleffel	Søllerød OK	49:42	+19:19	03:35	1:54 (1:54) 0:58 (21:36) 2:59 (39:21)	2:47 (4:41) 2:50 (24:26) 2:21 (41:42)	5:01 (9:42) 2:06 (26:32) 1:37 (43:19)	6:49 (16:31) 2:09 (28:41) 3:11 (46:30)	1:16 (17:47) 2:19 (31:00) 2:42 (49:12)	2:51 (20:38) 5:22 (36:22) 0:30 (49:42)
21.	Emil Olesen	FIF Hillerød	50:39	+20:16	01:18	1:58 (1:58) 1:19 (21:26) 2:49 (41:14)	2:05 (4:03) 3:24 (24:50) 1:59 (43:13)	4:47 (8:50) 2:28 (27:18) 1:49 (45:02)	7:29 (16:19) 2:04 (29:22) 1:46 (46:48)	1:20 (17:39) 2:54 (32:16) 3:16 (50:04)	2:28 (20:07) 6:09 (38:25) 0:35 (50:39)



