

Resultater – Sensommercup 2020 E3

2020-08-20

H1	(11 / 11)	Tid	Efter	Tidstab
1. Theis Munktvad	Allerød OK	48:16		00:52
– (–)	– (–)	– (–)	– (1:23)	– (–)
– (–)	– (–)	– (–)	– (1:15)	1:46 (13:01)
1:44 (17:12)	2:29 (19:41)	2:51 (22:32)	1:55 (24:27)	3:24 (27:51)
3:46 (32:39)	1:24 (34:03)	1:00 (35:03)	0:45 (35:48)	1:55 (37:43)
1:10 (40:59)	1:12 (42:11)	1:51 (44:02)	1:57 (45:59)	1:02 (47:01)
0:13 (48:16)				1:02 (48:03)
2. Jens Knud Maarup	Allerød OK	50:03	+1:47	00:32
– (–)	– (–)	– (–)	– (–)	– (1:11)
– (–)	– (–)	– (–)	– (12:06)	1:51 (13:57)
1:59 (17:23)	3:57 (21:20)	1:52 (23:12)	4:25 (27:37)	1:46 (29:23)
2:30 (34:42)	1:27 (36:09)	1:00 (37:09)	0:47 (37:56)	1:21 (39:17)
1:09 (42:46)	1:15 (44:01)	2:02 (46:03)	1:53 (47:56)	0:59 (48:55)
0:14 (50:03)				0:54 (49:49)
3. Tobias Olloz	Tisvilde Hegn OK	1:01:48	+13:32	02:42
– (–)	– (–)	– (–)	– (–)	– (2:11)
– (–)	– (–)	– (–)	– (15:16)	2:09 (17:25)
2:18 (21:23)	3:09 (24:32)	2:58 (27:30)	3:49 (31:19)	6:45 (38:04)
4:59 (44:20)	1:40 (46:00)	1:12 (47:12)	0:53 (48:05)	1:21 (49:26)
1:30 (53:55)	1:29 (55:24)	2:15 (57:39)	1:56 (59:35)	0:59 (1:00:34)
0:10 (1:01:48)				1:04 (1:01:38)
4. Valdemar Marager	Allerød OK	1:01:58	+13:42	03:20
– (–)	– (–)	– (–)	– (1:20)	– (–)
– (–)	– (–)	– (–)	– (13:02)	1:55 (14:57)
2:09 (18:58)	3:22 (22:20)	3:41 (26:01)	6:13 (32:14)	5:31 (37:45)
5:10 (44:27)	1:44 (46:11)	1:21 (47:32)	0:52 (48:24)	1:21 (49:45)
1:34 (54:06)	1:26 (55:32)	2:12 (57:44)	1:53 (59:37)	1:01 (1:00:38)
0:10 (1:01:58)				1:10 (1:01:48)
5. Torben Nørgaard	Allerød OK	1:07:08	+18:52	04:03
– (–)	– (–)	– (–)	– (–)	– (1:08)
– (–)	– (–)	– (–)	– (14:07)	2:03 (16:10)
2:08 (24:36)	4:32 (29:08)	1:52 (31:00)	4:53 (35:53)	2:05 (37:58)
3:19 (45:36)	2:29 (48:05)	1:22 (49:27)	0:58 (50:25)	1:28 (51:53)
1:27 (56:18)	1:38 (57:56)	2:51 (1:00:47)	2:12 (1:02:59)	2:25 (1:05:24)
0:20 (1:07:08)				1:24 (1:06:48)
6. Søren Jensen	Farum OK	1:07:17	+19:01	02:44
– (–)	– (–)	– (–)	– (–)	– (1:19)
– (–)	– (–)	– (–)	– (13:26)	2:10 (15:36)
2:38 (20:13)	8:00 (28:13)	1:30 (29:43)	6:01 (35:44)	2:16 (38:00)
3:12 (44:24)	1:55 (46:19)	1:29 (47:48)	1:07 (48:55)	1:51 (50:46)
1:59 (56:40)	1:44 (58:24)	3:00 (1:01:24)	2:21 (1:03:45)	1:33 (1:05:18)
0:20 (1:07:17)				1:39 (1:06:57)
7. Malte Kliem	Farum OK	1:20:56	+32:40	14:11
– (–)	– (–)	– (–)	– (–)	– (2:31)
2:04 (6:07)	2:20 (8:27)	2:04 (10:31)	8:37 (19:08)	2:27 (21:35)
2:30 (26:21)	4:10 (30:31)	3:27 (33:58)	3:41 (37:39)	6:05 (43:44)
6:17 (52:29)	2:21 (54:50)	3:57 (58:47)	1:13 (1:00:00)	1:49 (1:01:49)
2:07 (1:07:10)	6:18 (1:13:28)	2:26 (1:15:54)	2:11 (1:18:05)	1:31 (1:19:36)
0:12 (1:20:56)				1:08 (1:20:44)
8. Joakim Ilsing Sørensen	Hvalsø OK	1:40:34	+52:18	19:02
– (–)	– (–)	– (–)	– (–)	– (–)
– (3:03)	2:59 (6:02)	2:12 (8:14)	12:55 (21:09)	2:48 (23:57)
5:24 (31:49)	6:58 (38:47)	1:53 (40:40)	7:08 (47:48)	2:42 (50:30)
3:57 (58:32)	2:49 (1:01:21)	5:46 (1:07:07)	1:30 (1:08:37)	8:07 (1:16:44)
5:12 (1:26:36)	3:49 (1:30:25)	3:18 (1:33:43)	2:27 (1:36:10)	2:32 (1:38:42)
0:19 (1:40:34)				1:33 (1:40:15)
Per Hansen	FSK Orientering	Fejlklip		
– (–)	– (–)	– (–)	– (2:50)	– (–)
– (–)	– (–)	– (–)	– (17:48)	2:24 (20:12)
5:23 (27:46)	5:26 (33:12)	1:47 (34:59)	8:15 (43:14)	– (–)
– (–)	– (45:06)	3:25 (48:31)	1:12 (49:43)	1:29 (51:12)
1:38 (56:21)	1:37 (57:58)	2:55 (1:00:53)	2:10 (1:03:03)	1:21 (1:04:24)
0:17 (1:06:14)				1:33 (1:05:57)
Anders Konring	Søllerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
Jesper Kristiansen	OK Melfar	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)					
H2		(36 / 36)		Tid	Efter	Tidstab
1.	Tim Falck Weber	Tisvilde Hegn OK	38:22		00:00	
	- (-)	- (-)	- (-)	- (-)	- (0:55)	- (-)
	- (-)	- (-)	- (-)	- (13:24)	1:56 (15:20)	2:33 (17:53)
	2:15 (20:08)	2:05 (22:13)	1:35 (23:48)	0:59 (24:47)	1:05 (25:52)	1:00 (26:52)
	1:07 (27:59)	2:32 (30:31)	3:33 (34:04)	1:59 (36:03)	1:10 (37:13)	0:58 (38:11)
	0:11 (38:22)					
2.	Mads Christian Maarup	Allerød OK	38:23	+0:01	00:00	
	- (-)	- (-)	- (-)	- (-)	- (1:10)	- (-)
	- (-)	- (-)	- (-)	- (13:24)	1:53 (15:17)	2:35 (17:52)
	2:07 (19:59)	2:10 (22:09)	1:38 (23:47)	0:57 (24:44)	1:07 (25:51)	0:51 (26:42)
	1:05 (27:47)	2:32 (30:19)	3:48 (34:07)	1:58 (36:05)	1:07 (37:12)	1:00 (38:12)
	0:11 (38:23)					
3.	Erik Grønborg Nielsen	Allerød OK	38:36	+0:14	00:00	
	- (-)	- (-)	- (-)	- (-)	- (1:14)	- (-)
	- (-)	- (-)	- (-)	- (13:24)	1:57 (15:21)	2:34 (17:55)
	2:09 (20:04)	2:08 (22:12)	1:40 (23:52)	0:58 (24:50)	1:07 (25:57)	0:56 (26:53)
	1:09 (28:02)	2:30 (30:32)	3:37 (34:09)	2:00 (36:09)	1:07 (37:16)	1:06 (38:22)
	0:14 (38:36)					
4.	Lars Simonsen	FIF Hillerød	38:46	+0:24	00:25	
	- (-)	- (-)	- (-)	- (-)	- (0:56)	- (-)
	- (-)	- (-)	- (-)	- (13:32)	1:58 (15:30)	2:31 (18:01)
	2:08 (20:09)	2:01 (22:10)	1:43 (23:53)	0:57 (24:50)	1:05 (25:55)	1:03 (26:58)
	1:08 (28:06)	2:39 (30:45)	2:37 (33:22)	2:08 (35:30)	1:48 (37:18)	1:11 (38:29)
	0:17 (38:46)					
5.	Niels-Peter Vest Nielsen	Allerød OK	40:42	+2:20	01:07	
	- (-)	- (-)	- (-)	- (-)	- (1:22)	- (-)
	- (-)	- (-)	- (-)	- (13:33)	2:00 (15:33)	2:26 (17:59)
	2:11 (20:10)	2:06 (22:16)	1:44 (24:00)	0:55 (24:55)	1:06 (26:01)	0:58 (26:59)
	1:08 (28:07)	2:29 (30:36)	5:25 (36:01)	1:55 (37:56)	1:15 (39:11)	1:15 (40:26)
	0:16 (40:42)					
6.	Alex Ottesen	Ballerup OK	47:02	+8:40	02:02	
	- (-)	- (-)	- (-)	- (-)	- (1:04)	- (-)
	- (-)	- (-)	- (-)	- (13:46)	2:08 (15:54)	2:37 (18:31)
	1:16 (19:47)	1:24 (21:11)	3:54 (25:05)	1:24 (26:29)	2:52 (29:21)	2:45 (32:06)
	1:57 (34:03)	3:14 (37:17)	4:56 (42:13)	2:08 (44:21)	1:14 (45:35)	1:12 (46:47)
	0:15 (47:02)					
7.	Lars Lyngsø	Allerød OK	47:12	+8:50	00:30	
	- (-)	- (-)	- (-)	- (-)	- (1:15)	- (-)
	- (-)	- (-)	- (-)	- (14:33)	2:28 (17:01)	2:56 (19:57)
	1:14 (21:11)	2:12 (23:23)	1:23 (24:46)	1:40 (26:26)	2:51 (29:17)	2:46 (32:03)
	2:10 (34:13)	3:28 (37:41)	4:28 (42:09)	2:09 (44:18)	1:22 (45:40)	1:16 (46:56)
	0:16 (47:12)					
8.	Henrik Albahn	Lyngby OK	47:16	+8:54	00:24	
	- (-)	- (-)	- (-)	- (-)	- (2:07)	- (-)
	- (-)	- (-)	- (-)	- (17:13)	2:18 (19:31)	3:04 (22:35)
	1:25 (24:00)	1:24 (25:24)	1:14 (26:38)	1:14 (27:52)	2:32 (30:24)	2:38 (33:02)
	1:48 (34:50)	2:55 (37:45)	3:50 (41:35)	2:16 (43:51)	1:59 (45:50)	1:08 (46:58)
	0:18 (47:16)					
9.	Stephen Hall Reusch	OK ØST Birkerød	47:24	+9:02	02:54	
	- (-)	- (-)	- (-)	- (-)	- (0:59)	- (-)
	- (-)	- (-)	- (-)	- (13:41)	2:07 (15:48)	2:50 (18:38)
	1:27 (20:05)	1:18 (21:23)	5:04 (26:27)	1:13 (27:40)	2:34 (30:14)	2:17 (32:31)
	1:45 (34:16)	3:12 (37:28)	4:03 (41:31)	2:11 (43:42)	2:15 (45:57)	1:09 (47:06)
	0:18 (47:24)					
10.	Helge Lang Pedersen	Farum OK	47:52	+9:30	02:06	
	- (-)	- (2:12)	1:16 (3:28)	1:03 (4:31)	1:30 (6:01)	1:33 (7:34)
	2:03 (9:37)	2:16 (11:53)	1:49 (13:42)	3:35 (17:17)	2:18 (19:35)	2:56 (22:31)
	1:15 (23:46)	1:18 (25:04)	1:27 (26:31)	1:27 (27:58)	2:39 (30:37)	2:41 (33:18)
	1:54 (35:12)	3:22 (38:34)	3:37 (42:11)	2:46 (44:57)	1:15 (46:12)	1:22 (47:34)
	0:18 (47:52)					
11.	Pablo Jensen	Farum OK	50:17	+11:55	08:08	
	2:00 (2:00)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (7:01)	13:45 (20:46)	2:17 (23:03)	2:49 (25:52)
	2:31 (28:23)	2:51 (31:14)	1:49 (33:03)	1:00 (34:03)	1:37 (35:40)	1:51 (37:31)
	1:07 (38:38)	2:45 (41:23)	3:22 (44:45)	2:31 (47:16)	1:21 (48:37)	1:23 (50:00)
	0:17 (50:17)					
12.	Sten Skytte Kirkegaard	Tisvilde Hegn OK	50:47	+12:25	00:00	
	- (-)	- (-)	- (-)	- (-)	- (1:08)	- (-)
	- (-)	- (-)	- (-)	- (17:42)	2:34 (20:16)	3:04 (23:20)
	1:17 (24:37)	1:20 (25:57)	1:16 (27:13)	1:32 (28:45)	3:16 (32:01)	2:48 (34:49)
	2:18 (37:07)	3:39 (40:46)	3:57 (44:43)	2:41 (47:24)	1:25 (48:49)	1:42 (50:31)
	0:16 (50:47)					
13.	Søren Sloth	FIF Hillerød	51:42	+13:20	01:19	
	- (-)	- (-)	- (-)	- (-)	- (2:21)	- (-)
	- (-)	- (-)	- (-)	- (18:11)	2:21 (20:32)	3:09 (23:41)
	2:52 (26:33)	3:22 (29:55)	2:58 (32:53)	1:13 (34:06)	1:24 (35:30)	1:55 (37:25)
	1:23 (38:48)	3:23 (42:11)	3:54 (46:05)	2:25 (48:30)	1:49 (50:19)	1:06 (51:25)
	0:17 (51:42)					

14.	Kenn Basse	Ballerup OK	57:40	+19:18	02:53		
	– (–)	– (–)	– (–)	– (–)	– (1:41)	– (–)	
	– (–)	– (–)	– (–)	– (18:23)	2:41 (21:04)	5:36 (26:40)	
	4:13 (30:53)	1:29 (32:22)	1:39 (34:01)	1:34 (35:35)	3:16 (38:51)	3:08 (41:59)	
	2:12 (44:11)	3:46 (47:57)	3:46 (51:43)	2:39 (54:22)	1:45 (56:07)	1:19 (57:26)	
	0:14 (57:40)						
15.	Per Windfeld-Hansen	OK ØST Birkerød	58:31	+20:09	00:48		
	– (–)	– (–)	– (2:11)	1:24 (3:35)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (20:57)	2:51 (23:48)	3:45 (27:33)	
	3:09 (30:42)	3:02 (33:44)	2:17 (36:01)	1:28 (37:29)	1:56 (39:25)	1:34 (40:59)	
	1:44 (42:43)	4:57 (47:40)	4:20 (52:00)	2:59 (54:59)	1:52 (56:51)	1:23 (58:14)	
	0:17 (58:31)						
16.	Frede Lillelund	Søllerød OK	1:00:54	+22:32	06:00		
	– (–)	– (2:56)	1:28 (4:24)	1:34 (5:58)	1:45 (7:43)	1:32 (9:15)	
	2:19 (11:34)	2:59 (14:33)	2:42 (17:15)	5:08 (22:23)	2:59 (25:22)	3:24 (28:46)	
	1:44 (30:30)	1:20 (31:50)	1:43 (34:47)	1:43 (36:30)	4:02 (40:32)	3:15 (43:47)	
	2:18 (46:05)	4:20 (50:25)	3:35 (54:00)	3:18 (57:18)	1:56 (59:14)	1:25 (1:00:39)	
	0:15 (1:00:54)						
17.	Jens Anders Hansen	Søllerød OK	1:02:48	+24:26	05:19		
	– (–)	– (3:02)	1:07 (4:09)	1:36 (5:45)	1:53 (7:38)	1:33 (9:11)	
	2:29 (11:40)	3:00 (14:40)	2:33 (17:13)	5:28 (22:41)	2:47 (25:28)	3:31 (28:59)	
	1:40 (30:39)	1:25 (32:04)	2:37 (34:41)	1:52 (36:33)	3:51 (40:24)	3:27 (43:51)	
	2:33 (46:24)	4:50 (51:14)	5:11 (56:25)	2:53 (59:18)	1:49 (1:01:07)	1:22 (1:02:29)	
	0:19 (1:02:48)						
18.	Henrik Kleffel	Søllerød OK	1:02:49	+24:27	00:28		
	– (–)	– (–)	– (–)	– (–)	– (1:42)	– (–)	
	– (–)	– (–)	– (–)	– (24:46)	2:51 (27:37)	4:10 (31:47)	
	3:44 (35:31)	3:30 (39:01)	2:32 (41:33)	1:25 (42:58)	1:49 (44:47)	1:22 (46:09)	
	1:48 (47:57)	4:29 (52:26)	3:52 (56:18)	3:02 (59:20)	1:49 (1:01:09)	1:22 (1:02:31)	
	0:18 (1:02:49)						
19.	Martin Christian Koch	Køge OK	1:04:43	+26:21	02:58		
	– (–)	– (–)	– (–)	– (–)	– (1:55)	– (–)	
	– (–)	– (–)	– (–)	– (19:32)	3:24 (22:56)	6:14 (29:10)	
	3:29 (32:39)	4:34 (37:13)	2:32 (39:45)	3:29 (43:14)	1:58 (45:12)	1:46 (46:58)	
	1:39 (48:37)	4:24 (53:01)	4:03 (57:04)	3:31 (1:00:35)	2:21 (1:02:56)	1:28 (1:04:24)	
	0:19 (1:04:43)						
20.	Michael Nicolaisen	Køge OK	1:09:37	+31:15	03:09		
	– (–)	– (–)	– (2:33)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (24:44)	3:15 (27:59)	5:24 (33:23)	
	1:52 (35:15)	1:52 (37:07)	3:49 (40:56)	1:33 (42:29)	2:49 (45:18)	2:54 (48:12)	
	2:22 (50:34)	6:04 (56:38)	5:53 (1:02:31)	3:22 (1:05:53)	2:15 (1:08:08)	1:14 (1:09:22)	
	0:15 (1:09:37)						
21.	Erik Sørensen	Allerød OK	1:11:07	+32:45	14:22		
	– (–)	– (–)	– (–)	– (–)	– (2:49)	1:38 (4:27)	
	2:33 (7:00)	3:20 (10:20)	4:51 (15:11)	11:57 (27:08)	2:53 (30:01)	4:09 (34:10)	
	2:31 (36:41)	3:44 (40:25)	1:42 (42:07)	2:16 (44:23)	6:55 (51:18)	3:20 (54:38)	
	2:24 (57:02)	3:59 (1:01:01)	3:33 (1:04:34)	3:18 (1:07:52)	1:38 (1:09:30)	1:19 (1:10:49)	
	0:18 (1:11:07)						
22.	Niels Aabye	Ballerup OK	1:19:55	+41:33	06:59		
	– (–)	– (–)	– (–)	– (–)	– (1:09)	– (–)	
	– (–)	– (–)	– (–)	– (20:47)	3:34 (24:21)	4:38 (28:59)	
	4:41 (33:40)	1:47 (35:27)	1:57 (37:24)	1:58 (39:22)	4:42 (44:04)	4:13 (48:17)	
	2:40 (50:57)	5:44 (56:41)	10:22 (1:07:03)	2:53 (1:09:56)	8:06 (1:18:02)	1:30 (1:19:32)	
	0:23 (1:19:55)						
23.	Ole Berner	Søllerød OK	1:22:56	+44:34	01:59		
	– (–)	– (–)	– (–)	– (–)	– (1:37)	– (–)	
	– (–)	– (–)	– (–)	– (34:53)	2:43 (37:36)	4:38 (42:14)	
	1:45 (43:59)	2:45 (46:44)	2:01 (48:45)	2:32 (51:17)	6:23 (57:40)	4:23 (1:02:03)	
	2:44 (1:04:47)	4:41 (1:09:28)	5:07 (1:14:35)	3:44 (1:18:19)	2:33 (1:20:52)	1:42 (1:22:34)	
	0:22 (1:22:56)						
	Emil Olesen	FIF Hillerød	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (1:58)	– (–)	
	– (–)	– (–)	– (–)	– (23:51)	3:20 (27:11)	5:39 (32:50)	
	2:10 (35:00)	2:32 (37:32)	3:42 (41:14)	2:03 (43:17)	– (–)	– (–)	
	– (–)	– (48:08)	5:46 (53:54)	3:46 (57:40)	2:37 (1:00:17)	1:53 (1:02:10)	
	0:24 (1:02:34)						
	Jørgen Skaarup	Ballerup OK	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (1:14)	– (–)	
	– (–)	– (–)	– (–)	– (17:14)	2:25 (19:39)	3:14 (22:53)	
	8:21 (31:14)	3:37 (34:51)	2:13 (37:04)	– (–)	– (–)	– (–)	
	– (–)	– (41:02)	3:46 (44:48)	2:40 (47:28)	1:31 (48:59)	1:26 (50:25)	
	0:26 (50:51)						
	Lars Vedel Jørgensen	Farum OK	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (1:24)	– (–)	
	– (–)	– (–)	– (–)	– (17:31)	2:33 (20:04)	3:07 (23:11)	
	1:18 (24:29)	1:30 (25:59)	1:26 (27:25)	1:37 (29:02)	3:26 (32:28)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (48:01)						
	Morten Ebbensgaard	OK ØST Birkerød	Fejlklip				

1:33 (1:33)	1:20 (2:53)	0:54 (3:47)	1:15 (5:02)	2:07 (7:09)	1:18 (8:27)
1:56 (10:23)	2:19 (12:42)	1:44 (14:26)	2:06 (16:32)	2:19 (18:51)	3:46 (22:37)
7:44 (30:21)	2:34 (32:55)	1:52 (34:47)	- (-)	- (-)	- (-)
- (-)	- (37:55)	3:29 (41:24)	2:23 (43:47)	2:05 (45:52)	1:27 (47:19)
0:18 (47:37)					
Niels Landsperg	Tisvilde Hegn OK	Fejlklip			
29:32 (29:32)	3:38 (33:10)	3:29 (36:39)	3:48 (40:27)	2:25 (42:52)	1:36 (44:28)
2:03 (46:31)	1:54 (48:25)	2:16 (50:41)	4:41 (55:22)	5:35 (1:00:57)	3:35 (1:04:32)
1:38 (1:06:10)	1:22 (1:07:32)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (1:07:49)					
Holger Hansen	Tisvilde Hegn OK	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (2:51)	- (-)
- (-)	- (-)	- (-)	- (41:30)	5:47 (47:17)	6:53 (54:10)
24:53 (1:19:03)	8:19 (1:27:22)	5:19 (1:32:41)	2:32 (1:35:13)	3:56 (1:39:09)	2:49 (1:41:58)
23:10 (2:05:08)	15:15 (2:20:23)	- (-)	- (-)	- (-)	- (-)
- (2:46:08)					
Jacob Meldgaard	OK ØST Birkerød	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Jesper Jensen	Farum OK	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Johannes Marager	Allerød OK	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Lars Basballe	FSK Orientering	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Michael Ertmann	Allerød OK	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Morten Ploug	Ballerup OK	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Søren Peter Larsen	FIF Hillerød	Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					

H3		(19 / 19)	Tid	Efter	Tidstab	
1.	Gunnar Grue-Sørensen	Køge OK	35:04		00:15	
	1:25 (1:25)	- (-)		- (6:37)	- (-)	- (-)
	- (16:16)	- (-)		- (21:25)	3:01 (24:26)	1:23 (25:49)
	2:29 (28:18)	3:22 (31:40)		1:14 (34:41)	0:23 (35:04)	
2.	Poul Henning Poulsen	Tisvilde Hegn OK	37:53	+2:49	00:19	
	1:24 (1:24)	2:26 (3:50)		4:13 (8:03)	3:58 (12:01)	- (-)
	- (18:11)	- (-)		- (23:04)	- (-)	- (28:55)
	3:12 (32:07)	2:33 (34:40)		1:38 (36:18)	1:19 (37:37)	0:16 (37:53)
3.	Jens Peter Gundorf	OK ØST Birkerød	38:21	+3:17	00:00	
	1:50 (1:50)	- (-)		- (11:37)	- (-)	- (-)
	- (16:56)	- (-)		- (24:42)	3:00 (27:42)	1:24 (29:06)
	2:57 (32:03)	2:35 (34:38)		1:59 (36:37)	1:24 (38:01)	0:20 (38:21)
4.	Karsten Richardt	Køge OK	39:55	+4:51	01:29	
	1:27 (1:27)	2:25 (3:52)		4:16 (8:08)	3:41 (11:49)	- (-)
	- (18:13)	- (-)		- (23:40)	3:53 (27:33)	1:28 (29:01)
	3:05 (32:06)	4:07 (36:13)		1:39 (37:52)	1:47 (39:39)	0:16 (39:55)
5.	Niels Raagaard	Søllerød OK	42:09	+7:05	02:02	
	1:43 (1:43)	2:32 (4:15)		2:12 (6:27)	2:48 (9:15)	4:04 (15:42)
	3:57 (19:39)	1:35 (21:14)		1:59 (23:13)	3:02 (26:15)	4:33 (30:48)
	2:48 (34:56)	3:29 (38:25)		1:57 (40:22)	1:26 (41:48)	0:21 (42:09)

6.	Christian Strandgaard	Søllerød OK	42:47	+7:43	03:10		
	1:55 (1:55)	2:22 (4:17)	1:47 (6:04)	2:15 (8:19)	2:24 (10:43)	1:53 (12:36)	
	2:33 (15:09)	2:50 (17:59)	4:27 (22:26)	4:00 (26:26)	3:49 (30:15)	1:55 (32:10)	
	3:03 (35:13)	3:06 (38:19)	2:49 (41:08)	1:19 (42:27)	0:20 (42:47)		
7.	Svend-Åke Emanuelsson	Helsingborgs SOK	43:27	+8:23	00:15		
	2:36 (2:36)	– (–)	– (–)	– (9:03)	– (–)	– (–)	
	– (15:04)	– (–)	– (–)	– (26:13)	4:21 (30:34)	1:33 (32:07)	
	3:00 (35:07)	3:59 (39:06)	2:12 (41:18)	1:45 (43:03)	0:24 (43:27)		
8.	Jørgen Chr. Nielsen	FIF Hillerød	48:20	+13:16	04:44		
	2:25 (2:25)	1:44 (4:09)	2:01 (6:10)	2:35 (8:45)	2:55 (11:40)	4:25 (16:05)	
	4:43 (20:48)	4:38 (25:26)	2:11 (27:37)	2:21 (29:58)	5:41 (35:39)	1:38 (37:17)	
	3:10 (40:27)	3:26 (43:53)	2:12 (46:05)	1:46 (47:51)	0:29 (48:20)		
9.	Jørgen Jensen	Helsingør SOK	49:10	+14:06	01:39		
	1:52 (1:52)	– (–)	– (–)	– (8:47)	– (–)	– (–)	
	– (20:43)	1:40 (22:23)	2:05 (24:28)	2:37 (27:05)	– (–)	– (34:35)	
	6:32 (41:07)	4:11 (45:18)	1:54 (47:12)	1:39 (48:51)	0:19 (49:10)		
10.	Flemming Larsen	Helsingør SOK	54:12	+19:08	04:06		
	2:32 (2:32)	– (–)	– (–)	– (9:07)	2:48 (11:55)	4:32 (16:27)	
	4:48 (21:15)	– (–)	– (–)	– (30:35)	3:52 (34:27)	7:01 (41:28)	
	4:07 (45:35)	3:51 (49:26)	2:22 (51:48)	1:59 (53:47)	0:25 (54:12)		
11.	Knud Torm	OK Skærmø Værløse	58:07	+23:03	00:45		
	2:09 (2:09)	2:09 (4:18)	2:04 (6:22)	3:03 (9:25)	4:22 (13:47)	– (–)	
	– (17:30)	– (–)	– (–)	– (28:46)	– (–)	– (45:10)	
	3:42 (48:52)	3:50 (52:42)	2:56 (55:38)	1:57 (57:35)	0:32 (58:07)		
12.	Karl Aage Hald	FSK Orientering	58:39	+23:35	00:49		
	1:44 (1:44)	– (–)	– (–)	– (7:48)	– (–)	– (–)	
	– (20:15)	– (–)	– (–)	– (29:56)	– (–)	– (40:57)	
	6:56 (47:53)	4:33 (52:26)	2:27 (54:53)	3:24 (58:17)	0:22 (58:39)		
13.	Leo Mathiesen	FIF Hillerød	1:04:44	+29:40	05:45		
	2:49 (2:49)	3:38 (6:27)	3:08 (9:35)	3:14 (12:49)	5:20 (18:09)	7:16 (25:25)	
	5:50 (31:15)	2:30 (33:45)	2:40 (36:25)	3:18 (39:43)	5:15 (44:58)	2:27 (47:25)	
	4:16 (51:41)	4:48 (56:29)	4:58 (1:01:27)	2:45 (1:04:12)	0:32 (1:04:44)		
14.	Holger Karlsmose	Farum OK	1:21:54	+46:50	00:32		
	3:40 (3:40)	– (–)	– (–)	– (23:19)	– (–)	– (–)	
	– (34:41)	– (–)	– (–)	– (48:13)	6:51 (55:04)	3:03 (58:07)	
	7:27 (1:05:34)	6:56 (1:12:30)	5:42 (1:18:12)	3:08 (1:21:20)	0:34 (1:21:54)		
	Ole Christiansen	Farum OK	Fejlklipt				
	1:48 (1:48)	– (–)	– (–)	– (–)	– (4:35)	2:11 (6:46)	
	2:45 (9:31)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (54:45)		
	Mogens Jørgensen	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)		
	Ole Husen	Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)		
	Per Mogens Petersen	OK ØST Birkerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)		
	Steffen Hoelstad	Helsingør SOK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)		

H4		(2 / 2)	Tid	Efter	Tidstab		
1.	Asbjørn Vejen Eriksen	Tisvilde Hegn OK	53:51		00:00		
	2:03 (2:03)	2:33 (4:36)	1:59 (6:35)	1:31 (8:06)	2:19 (10:25)	1:52 (12:17)	
	3:02 (15:19)	1:15 (16:34)	7:18 (23:52)	5:04 (28:56)	2:23 (31:19)	4:34 (35:53)	
	7:23 (43:16)	3:48 (47:04)	3:55 (50:59)	2:37 (53:36)	0:15 (53:51)		
	Gunnar Lorenzen	Allerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)		
H5		(2 / 2)	Tid	Efter	Tidstab		
1.	Malte Cook Simonsen	FIF Hillerød	23:52		03:15		
	0:31 (0:31)	1:16 (1:47)	2:19 (4:06)	1:57 (6:03)	1:22 (7:25)	3:15 (10:40)	
	1:30 (12:10)	3:26 (15:36)	1:41 (17:17)	2:46 (20:03)	2:49 (22:52)	0:47 (23:39)	
	0:13 (23:52)						
2.	Rasmus Storm Lyngsø	Allerød OK	29:50	+5:58	08:15		
	0:30 (0:30)	2:03 (2:33)	1:26 (3:59)	9:45 (13:44)	1:33 (15:17)	1:53 (17:10)	
	1:46 (18:56)	3:25 (22:21)	1:52 (24:13)	2:54 (27:07)	1:39 (28:46)	0:46 (29:32)	
	0:18 (29:50)						
H6		(1 / 1)	Tid	Efter	Tidstab		
	Niclas Cook Simonsen	FIF Hillerød	Ej startet				

-(-)	-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)	-(-)
-(-)					

D1	(1 / 1)	Tid	Efter	Tidstab
1. Merete Nørgaard	Allerød OK	1:07:07		00:00
-(-)	-(-)	-(-)	-(-)	- (1:13)
-(-)	-(-)	-(-)	- (15:34)	2:28 (18:02)
2:37 (23:03)	3:31 (26:34)	3:38 (30:12)	2:48 (33:00)	4:40 (37:40)
5:30 (44:49)	2:03 (46:52)	1:34 (48:26)	1:06 (49:32)	1:46 (51:18)
1:39 (56:27)	1:47 (58:14)	3:16 (1:01:30)	2:26 (1:03:56)	1:21 (1:05:17)
0:12 (1:07:07)				1:38 (1:06:55)
D2	(11 / 11)	Tid	Efter	Tidstab
1. Maria Douglas Stilling	FIF Hillerød	57:42		00:00
-(-)	-(-)	-(-)	-(-)	- (1:53)
-(-)	-(-)	-(-)	- (19:32)	3:03 (22:35)
3:43 (30:14)	3:30 (33:44)	2:27 (36:11)	1:18 (37:29)	2:11 (39:40)
1:41 (42:51)	4:10 (47:01)	4:11 (51:12)	3:10 (54:22)	1:43 (56:05)
0:17 (57:42)				1:20 (57:25)
2. Iben Maag	Søllerød OK	59:17	+1:35	00:00
-(-)	-(-)	-(-)	-(-)	- (1:57)
-(-)	-(-)	-(-)	- (22:55)	2:44 (25:39)
1:21 (30:54)	1:43 (32:37)	1:31 (34:08)	1:52 (36:00)	3:33 (39:33)
2:04 (45:03)	3:42 (48:45)	4:01 (52:46)	3:15 (56:01)	1:53 (57:54)
0:15 (59:17)				1:08 (59:02)
3. Anne Maarup	Allerød OK	59:48	+2:06	01:55
-(-)	-(-)	-(-)	-(-)	- (1:56)
-(-)	-(-)	-(-)	- (20:36)	2:45 (23:21)
1:30 (30:17)	1:35 (31:52)	3:12 (35:04)	1:31 (36:35)	2:55 (39:30)
2:21 (45:06)	3:50 (48:56)	4:06 (53:02)	3:21 (56:23)	1:42 (58:05)
0:19 (59:48)				1:24 (59:29)
4. Bodil Karlsmose Kliem	Farum OK	1:00:10	+2:28	00:00
-(-)	-(-)	-(-)	- (5:33)	-(-)
-(-)	-(-)	-(-)	- (25:56)	2:47 (28:43)
3:04 (35:12)	2:56 (38:08)	2:13 (40:21)	1:24 (41:45)	1:42 (43:27)
1:45 (46:42)	4:10 (50:52)	3:23 (54:15)	2:39 (56:54)	1:48 (58:42)
0:14 (1:00:10)				1:14 (59:56)
5. Birgitte Birck	Allerød OK	1:03:41	+5:59	00:00
-(-)	-(-)	-(-)	-(-)	- (2:11)
-(-)	-(-)	-(-)	- (23:53)	3:48 (27:41)
3:43 (35:09)	3:08 (38:17)	2:28 (40:45)	1:31 (42:16)	1:53 (44:09)
1:53 (48:09)	4:14 (52:23)	4:02 (56:25)	2:57 (59:22)	2:11 (1:01:33)
0:21 (1:03:41)				1:47 (1:03:20)
6. Angélique Grønberg Rasmussen	Allerød OK	1:04:52	+7:10	03:07
-(-)	-(-)	-(-)	-(-)	-(-)
2:40 (5:34)	3:15 (8:49)	3:07 (11:56)	11:41 (23:37)	2:54 (26:31)
4:18 (35:06)	3:28 (38:34)	2:45 (41:19)	1:16 (42:35)	1:53 (44:28)
1:52 (48:12)	4:03 (52:15)	4:19 (56:34)	3:17 (59:51)	3:16 (1:03:07)
0:17 (1:04:52)				1:28 (1:04:35)
7. Annette Bonde	Ballerup OK	1:07:02	+9:20	03:41
-(-)	-(-)	-(-)	-(-)	-(-)
- (3:42)	2:46 (6:28)	2:19 (8:47)	15:30 (24:17)	2:51 (27:08)
1:50 (33:03)	1:57 (35:00)	1:36 (36:36)	1:55 (38:31)	5:44 (44:15)
2:34 (50:54)	4:06 (55:00)	4:38 (59:38)	3:42 (1:03:20)	1:39 (1:04:59)
0:15 (1:07:02)				1:48 (1:06:47)
Dicte Højbjerg Andersen	Helsingør SOK	Ej startet		
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)				
Hanne Fogh	FSK Orientering	Ej startet		
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)				
Siri Klausen	Ballerup OK	Ej startet		
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)				
Ulla Hooge	OK Skærmøen Værløse	Ej startet		
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)	-(-)	-(-)	-(-)	-(-)
-(-)				

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

D4		(4 / 4)		Tid	Efter	Tidstab		
1.	Lucia Holck		Tisvilde Hegn OK	40:11		00:00		
	0:05 (0:05)	1:56 (2:01)	1:37 (3:38)		2:12 (5:50)		1:09 (6:59)	2:16 (9:15)
	1:44 (10:59)	1:51 (12:50)	4:04 (16:54)		3:49 (20:43)		2:39 (23:22)	4:15 (27:37)
	4:56 (32:33)	2:55 (35:28)	2:46 (38:14)		1:45 (39:59)		0:12 (40:11)	
2.	Emily Johnsen		Helsingør SOK	1:05:47	+25:36	12:21		
	0:31 (0:31)	3:13 (3:44)	2:27 (6:11)		1:42 (7:53)		2:15 (10:08)	2:41 (12:49)
	3:13 (16:02)	1:23 (17:25)	5:32 (22:57)		5:41 (28:38)		3:24 (32:02)	4:36 (36:38)
	7:35 (44:13)	12:12 (56:25)	7:05 (1:03:30)		1:58 (1:05:28)		0:19 (1:05:47)	
3.	Lone Anette Larsen		Tisvilde Hegn OK	1:26:09	+45:58	21:53		
	1:26 (1:26)	2:51 (4:17)	5:41 (9:58)		3:19 (13:17)		2:30 (15:47)	5:57 (21:44)
	4:08 (25:52)	2:27 (28:19)	5:20 (33:39)		4:53 (38:32)		4:48 (43:20)	6:29 (49:49)
	9:52 (59:41)	13:33 (1:13:14)	9:12 (1:22:26)		3:22 (1:25:48)		0:21 (1:26:09)	
	Ulrikke Pedersen		Helsingør SOK	Fejlklipt				
	0:32 (0:32)	2:44 (3:16)	19:57 (23:13)		7:52 (31:05)		1:36 (32:41)	5:10 (37:51)
	2:56 (40:47)	2:16 (43:03)	10:53 (53:56)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (1:08:33)		0:36 (1:09:09)	

D5		(2 / 2)		Tid	Efter	Tidstab		
1.	Lisa Kjer Andersen		Tisvilde Hegn OK	29:35		00:00		
	0:49 (0:49)	1:41 (2:30)	1:53 (4:23)		2:19 (6:42)		2:20 (9:02)	2:25 (11:27)
	2:50 (14:17)	4:42 (18:59)	2:54 (21:53)		3:55 (25:48)		2:35 (28:23)	0:50 (29:13)
	0:22 (29:35)							

Birgitte Andersen		Helsingør SOK	Ej startet			
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)						
D6		(1 / 1)	Tid	Efter	Tidstab	
Dagmar Marager		Allerød OK	Ej startet			
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)						
Åben 1		(3 / 3)	Tid	Efter	Tidstab	
1. Lasse Falck Weber		Tisvilde Hegn OK	48:32		00:00	
–(–)	–(–)	–(–)	–(–)	–(1:20)	–(–)	–(–)
–(–)	–(–)	–(–)	–(11:55)	1:46 (13:41)	1:37 (15:18)	
2:09 (17:27)	2:26 (19:53)	2:36 (22:29)	2:01 (24:30)	3:15 (27:45)	1:05 (28:50)	
4:06 (32:56)	1:24 (34:20)	1:05 (35:25)	0:45 (36:10)	1:20 (37:30)	2:15 (39:45)	
1:19 (41:04)	1:18 (42:22)	2:01 (44:23)	1:51 (46:14)	1:01 (47:15)	1:07 (48:22)	
0:10 (48:32)						
2. Erin Nielsen		Tisvilde Hegn OK	1:32:36	+44:04	14:05	
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(3:00)	–(–)	–(–)	–(30:10)	2:12 (32:22)	8:02 (40:24)	
5:40 (46:04)	5:24 (51:28)	1:39 (53:07)	5:04 (58:11)	2:24 (1:00:35)	4:49 (1:05:24)	
4:26 (1:09:50)	3:03 (1:12:53)	2:14 (1:15:07)	0:59 (1:16:06)	1:35 (1:17:41)	3:07 (1:20:48)	
1:43 (1:22:31)	1:56 (1:24:27)	3:09 (1:27:36)	2:08 (1:29:44)	1:19 (1:31:03)	1:16 (1:32:19)	
0:17 (1:32:36)						
Jens X		DSR	Ej startet			
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)	–(–)	–(–)	–(–)	–(–)	–(–)	–(–)
–(–)						
Åben 2		(18 / 18)	Tid	Efter	Tidstab	
1. Kersti Kärner		Allerød OK	40:20		00:00	
–(–)	–(–)	–(–)	–(–)	–(1:30)	–(–)	–(–)
–(–)	–(–)	–(–)	–(14:35)	2:11 (16:46)	2:30 (19:16)	
1:04 (20:20)	1:17 (21:37)	1:05 (22:42)	1:17 (23:59)	2:21 (26:20)	2:14 (28:34)	
1:38 (30:12)	2:42 (32:54)	2:45 (35:39)	2:07 (37:46)	1:11 (38:57)	1:05 (40:02)	
0:18 (40:20)						
2. Rolf Lund		Helsingør SOK	43:00	+2:40	01:03	
–(–)	–(–)	–(–)	–(–)	–(1:40)	–(–)	–(–)
–(–)	–(–)	–(–)	–(14:03)	2:04 (16:07)	2:30 (18:37)	
1:08 (19:45)	1:55 (21:40)	0:59 (22:39)	1:17 (23:56)	2:25 (26:21)	2:09 (28:30)	
1:37 (30:07)	2:48 (32:55)	3:54 (36:49)	2:01 (38:50)	2:49 (41:39)	1:05 (42:44)	
0:16 (43:00)						
3. Erik Melbye		Søllerød OK	45:34	+5:14	01:11	
–(–)	–(–)	–(–)	–(–)	–(2:02)	–(–)	–(–)
–(–)	–(–)	–(–)	–(15:09)	2:12 (17:21)	2:44 (20:05)	
2:27 (22:32)	2:18 (24:50)	3:30 (28:20)	1:22 (29:42)	1:19 (31:01)	1:07 (32:08)	
1:20 (33:28)	3:58 (37:26)	3:24 (40:50)	2:16 (43:06)	1:14 (44:20)	1:00 (45:20)	
0:14 (45:34)						
4. Frida Kärner Gross		Allerød OK	50:55	+10:35	00:33	
–(–)	–(–)	–(–)	–(–)	–(1:32)	–(–)	–(–)
–(–)	–(–)	–(–)	–(19:58)	2:24 (22:22)	3:15 (25:37)	
1:15 (26:52)	1:46 (28:38)	2:24 (31:02)	1:24 (32:26)	2:37 (35:03)	2:51 (37:54)	
1:56 (39:50)	3:03 (42:53)	3:01 (45:54)	2:20 (48:14)	1:19 (49:33)	1:11 (50:44)	
0:11 (50:55)						
5. Lars Hanghøj Petersen		Ballerup OK	52:04	+11:44	01:05	
–(–)	–(–)	–(–)	–(–)	–(1:48)	–(–)	–(–)
–(–)	–(–)	–(–)	–(16:45)	2:38 (19:23)	3:24 (22:47)	
3:13 (26:00)	2:34 (28:34)	1:45 (30:19)	2:59 (33:18)	1:31 (34:49)	1:21 (36:10)	
1:28 (37:38)	4:24 (42:02)	3:41 (45:43)	3:03 (48:46)	1:46 (50:32)	1:16 (51:48)	
0:16 (52:04)						
6. Ditlev Melbye		Søllerød OK	52:07	+11:47	00:00	
–(–)	–(–)	–(–)	–(–)	–(1:30)	–(–)	–(–)
–(–)	–(–)	–(–)	–(16:41)	2:53 (19:34)	3:18 (22:52)	
3:12 (26:04)	2:33 (28:37)	2:01 (30:38)	2:12 (32:50)	1:51 (34:41)	1:22 (36:03)	
1:32 (37:35)	4:20 (41:55)	3:54 (45:49)	3:02 (48:51)	1:34 (50:25)	1:28 (51:53)	
0:14 (52:07)						
7. Gregers Jørgensen		Ballerup OK	52:51	+12:31	01:11	
–(–)	–(–)	–(–)	–(–)	–(1:55)	–(–)	–(–)
–(–)	–(–)	–(–)	–(16:38)	2:41 (19:19)	3:26 (22:45)	
3:13 (25:58)	2:41 (28:39)	1:52 (30:31)	2:53 (33:24)	1:29 (34:53)	1:22 (36:15)	
1:39 (37:54)	4:53 (42:47)	3:50 (46:37)	2:49 (49:26)	1:49 (51:15)	1:17 (52:32)	
0:19 (52:51)						
8. Ulrik Illum		Søllerød OK	1:00:37	+20:17	00:00	
–(–)	–(–)	–(–)	–(–)	–(2:45)	–(–)	–(–)
–(–)	–(–)	–(–)	–(25:17)	2:29 (27:46)	3:37 (31:23)	
3:21 (34:44)	3:37 (38:21)	2:06 (40:27)	1:24 (41:51)	1:41 (43:32)	1:31 (45:03)	
1:42 (46:45)	3:55 (50:40)	3:37 (54:17)	3:04 (57:21)	1:49 (59:10)	1:12 (1:00:22)	
0:15 (1:00:37)						

9.	Henrik Nielsen		Holbæk OK	1:00:52	+20:32	00:00		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (1:35)	– (–)	
	– (–)	– (–)	– (–)	– (20:23)	– (20:23)	3:12 (23:35)	4:05 (27:40)	
	3:56 (31:36)	3:41 (35:17)	2:43 (38:00)	1:32 (39:32)	1:32 (39:32)	1:50 (41:22)	1:49 (43:11)	
	2:01 (45:12)	4:20 (49:32)	4:25 (53:57)	3:18 (57:15)	3:18 (57:15)	1:43 (58:58)	1:34 (1:00:32)	
	0:20 (1:00:52)							
10.	Anders Marager		Allerød OK	1:07:07	+26:47	00:00		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (12:46)	– (12:46)	2:19 (15:05)	2:09 (17:14)	
	3:23 (20:37)	3:00 (23:37)	3:27 (27:04)	2:42 (29:46)	2:42 (29:46)	5:15 (35:01)	1:44 (36:45)	
	5:07 (41:52)	1:56 (43:48)	2:40 (46:28)	1:09 (47:37)	1:09 (47:37)	1:59 (49:36)	3:22 (52:58)	
	1:49 (54:47)	1:58 (56:45)	4:54 (1:01:39)	2:51 (1:04:30)	2:51 (1:04:30)	1:20 (1:05:50)	1:06 (1:06:56)	
	0:11 (1:07:07)							
11.	Jytte Olander Rasmussen		Allerød OK	1:13:01	+32:41	11:40		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (2:17)	– (2:17)	27:20 (29:37)	3:48 (33:25)	
	1:25 (34:50)	2:07 (36:57)	1:38 (38:35)	1:57 (40:32)	1:57 (40:32)	8:14 (48:46)	3:26 (52:12)	
	2:31 (54:43)	4:03 (58:46)	5:15 (1:04:01)	4:51 (1:08:52)	4:51 (1:08:52)	2:14 (1:11:06)	1:35 (1:12:41)	
	0:20 (1:13:01)							
12.	Niels la Cour Bentzon		Søllerød OK	1:18:01	+37:41	02:21		
	– (–)	– (–)	– (–)	– (3:18)	– (3:18)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (26:04)	– (26:04)	2:51 (28:55)	4:00 (32:55)	
	4:48 (37:43)	4:09 (41:52)	2:41 (44:33)	2:08 (46:41)	2:08 (46:41)	2:06 (48:47)	1:43 (50:30)	
	6:15 (56:45)	6:12 (1:02:57)	6:42 (1:09:39)	2:55 (1:12:34)	2:55 (1:12:34)	3:20 (1:15:54)	1:49 (1:17:43)	
	0:18 (1:18:01)							
13.	Anne Kaae-Nielsen		Søllerød OK	1:19:39	+39:19	10:22		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (2:18)	– (2:18)	25:28 (27:46)	4:54 (32:40)	
	1:35 (34:15)	2:35 (36:50)	2:54 (39:44)	1:52 (41:36)	1:52 (41:36)	7:17 (48:53)	7:59 (56:52)	
	3:22 (1:00:14)	4:42 (1:04:56)	4:50 (1:09:46)	3:31 (1:13:17)	3:31 (1:13:17)	4:10 (1:17:27)	1:47 (1:19:14)	
	0:25 (1:19:39)							
14.	Charlotte Grauert		Ballerup OK	1:21:23	+41:03	00:00		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (4:25)	– (–)	
	– (–)	– (–)	– (–)	– (29:21)	– (29:21)	3:33 (32:54)	5:16 (38:10)	
	1:51 (40:01)	2:21 (42:22)	1:48 (44:10)	2:17 (46:27)	2:17 (46:27)	4:30 (50:57)	4:12 (55:09)	
	3:39 (58:48)	6:21 (1:05:09)	6:39 (1:11:48)	3:58 (1:15:46)	3:58 (1:15:46)	3:21 (1:19:07)	1:59 (1:21:06)	
	0:17 (1:21:23)							
	Gitte Grauert		Ballerup OK	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (3:48)	
	3:52 (7:40)	– (–)	– (10:59)	26:55 (37:54)	26:55 (37:54)	8:25 (46:19)	6:45 (53:04)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (59:46)	10:38 (1:10:24)	6:03 (1:16:27)	6:03 (1:16:27)	3:28 (1:19:55)	2:25 (1:22:20)	
	0:29 (1:22:49)							
	Kai Beck-Andersen		Farum OK	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (2:10)	– (–)	
	– (–)	– (–)	– (–)	– (21:41)	– (21:41)	3:43 (25:24)	4:54 (30:18)	
	9:48 (40:06)	– (–)	– (45:02)	1:48 (46:50)	1:48 (46:50)	2:31 (49:21)	2:13 (51:34)	
	2:05 (53:39)	4:53 (58:32)	5:38 (1:04:10)	4:20 (1:08:30)	4:20 (1:08:30)	2:27 (1:10:57)	2:12 (1:13:09)	
	0:25 (1:13:34)							
	Max Prang		Fredensborg OK	Fejlklip				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (5:12)	26:08 (31:20)	26:08 (31:20)	4:10 (35:30)	4:38 (40:08)	
	– (–)	– (–)	– (–)	– (41:51)	– (41:51)	1:52 (43:43)	1:53 (45:36)	
	8:15 (53:51)	4:38 (58:29)	5:45 (1:04:14)	4:11 (1:08:25)	4:11 (1:08:25)	3:34 (1:11:59)	1:36 (1:13:35)	
	0:24 (1:13:59)							
	Jan Kristoffersen		Ballerup OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)							

Åben 3		(12 / 12)		Tid	Efter	Tidstab		
1.	Lars Munktvad		Allerød OK	32:29		00:10		
	1:21 (1:21)	– (–)	– (–)	– (6:07)	– (6:07)	– (–)	– (–)	
	– (6:10)	– (–)	– (–)	– (14:26)	– (14:26)	– (–)	– (22:42)	
	3:51 (26:33)	2:24 (28:57)	1:47 (30:44)	1:27 (32:11)	1:27 (32:11)	0:18 (32:29)		
2.	Lene Jensen		Helsingør SOK	35:46	+3:17	00:15		
	1:19 (1:19)	– (–)	– (–)	– (6:18)	– (6:18)	– (–)	– (–)	
	– (15:34)	– (–)	– (–)	– (20:24)	– (20:24)	3:45 (24:09)	1:09 (25:18)	
	2:40 (27:58)	3:20 (31:18)	2:18 (33:36)	1:47 (35:23)	1:47 (35:23)	0:23 (35:46)		
3.	Flemming Wendelboe		Helsingør SOK	47:18	+14:49	04:52		
	2:02 (2:02)	2:46 (4:48)	2:14 (7:02)	2:47 (9:49)	2:47 (9:49)	1:38 (11:27)	1:55 (13:22)	
	2:41 (16:03)	3:09 (19:12)	4:18 (23:30)	4:55 (28:25)	4:55 (28:25)	4:33 (32:58)	1:48 (34:46)	
	4:27 (39:13)	3:55 (43:08)	1:55 (45:03)	1:53 (46:56)	1:53 (46:56)	0:22 (47:18)		
4.	Birgitte Krüger		Helsingør SOK	49:59	+17:30	01:05		
	2:10 (2:10)	– (–)	– (–)	– (9:40)	– (9:40)	– (–)	– (–)	
	– (23:48)	1:53 (25:41)	2:03 (27:44)	2:31 (30:15)	2:31 (30:15)	5:18 (35:33)	2:13 (37:46)	
	3:14 (41:00)	4:31 (45:31)	2:19 (47:50)	1:45 (49:35)	1:45 (49:35)	0:24 (49:59)		

5.	Janet Bentzen		OK Øst Birkerød	54:48	+22:19	01:15		
	1:24 (1:24)	– (–)	– (–)	– (16:04)	– (–)	– (–)	– (–)	
	– (23:45)	– (–)	– (–)	– (31:38)	9:19 (40:57)	2:20 (43:17)		
	2:58 (46:15)	4:05 (50:20)	2:07 (52:27)	2:02 (54:29)	0:19 (54:48)			
6.	Knud Lykking		OK73	59:49	+27:20	13:36		
	2:05 (2:05)	1:54 (3:59)	1:53 (5:52)	2:36 (8:28)	2:47 (11:15)	2:34 (13:49)		
	2:55 (16:44)	3:35 (20:19)	15:36 (35:55)	5:11 (41:06)	4:00 (45:06)	1:47 (46:53)		
	3:39 (50:32)	4:06 (54:38)	2:39 (57:17)	1:59 (59:16)	0:33 (59:49)			
7.	Hanne Frost		Ballerup OK	1:00:23	+27:54	01:46		
	2:19 (2:19)	– (–)	– (–)	– (9:28)	– (–)	– (–)		
	– (24:21)	– (–)	– (–)	– (34:21)	4:46 (39:07)	2:01 (41:08)		
	4:42 (45:50)	6:00 (51:50)	6:25 (58:15)	1:46 (1:00:01)	0:22 (1:00:23)			
8.	Marianne Lykking		OK73	1:01:29	+29:00	01:39		
	2:25 (2:25)	4:55 (7:20)	5:32 (12:52)	5:36 (18:28)	– (–)	– (–)		
	– (30:57)	– (–)	– (–)	– (39:27)	5:24 (44:51)	2:16 (47:07)		
	3:58 (51:05)	4:29 (55:34)	3:14 (58:48)	2:12 (1:01:00)	0:29 (1:01:29)			
9.	Inge Madsen		OK73	1:01:43	+29:14	09:43		
	2:52 (2:52)	3:53 (6:45)	6:22 (13:07)	5:12 (18:19)	6:50 (25:09)	2:46 (27:55)		
	2:34 (30:29)	2:48 (33:17)	2:42 (35:59)	3:30 (39:29)	5:11 (44:40)	2:18 (46:58)		
	4:10 (51:08)	4:30 (55:38)	2:58 (58:36)	2:43 (1:01:19)	0:24 (1:01:43)			
10.	Freja Karlsrose Kliem		Farum OK	1:19:46	+47:17	00:00		
	– (–)	– (0:33)	3:16 (3:49)	2:01 (5:50)	2:21 (8:11)	2:05 (10:16)		
	3:22 (13:38)	3:10 (16:48)	3:35 (20:23)	6:00 (26:23)	4:18 (30:41)	4:47 (35:28)		
	4:56 (40:24)	4:35 (44:59)	3:07 (48:06)	1:57 (50:03)	2:28 (52:31)	2:11 (54:42)		
	2:36 (57:18)	5:27 (1:02:45)	7:39 (1:10:24)	3:35 (1:13:59)	3:54 (1:17:53)	1:37 (1:19:30)		
	0:16 (1:19:46)							
	Knud Dam		Kildeholm OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	Lise Oline Larsen		FIF Hillerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		

Åben 4		(2 / 2)	Tid	Efter	Tidstab		
1.	Jørn Andreassen	OK73	43:59		00:00		
	1:17 (1:17)	2:20 (3:37)	3:03 (6:40)	4:08 (10:48)	2:40 (13:28)	3:22 (16:50)	
	3:12 (20:02)	5:45 (25:47)	5:17 (31:04)	5:45 (36:49)	5:09 (41:58)	1:24 (43:22)	
	0:37 (43:59)						

2.	Margit Ulmer		Langarverne	1:06:27	+22:28	00:00		
	– (–)	3:32 (1:20)	2:17 (3:37)	3:14 (6:51)	5:44 (12:35)	4:42 (17:17)		
	3:25 (20:42)	4:30 (25:12)	6:43 (31:55)	5:03 (36:58)	5:42 (42:40)	3:25 (46:05)		
	6:05 (52:10)	6:47 (58:57)	4:29 (1:03:26)	2:34 (1:06:00)	0:27 (1:06:27)			

Åben 5		(6 / 6)	Tid	Efter	Tidstab		
1.	Anton Kupriyanov Hviid	Farum OK	19:02		00:00		
	0:31 (0:31)	1:07 (1:38)	1:29 (3:07)	1:43 (4:50)	1:14 (6:04)	1:33 (7:37)	
	1:16 (8:53)	3:41 (12:34)	1:34 (14:08)	2:39 (16:47)	1:21 (18:08)	0:42 (18:50)	
	0:12 (19:02)						

2.	Victor Korch		Farum OK	32:26	+13:24	00:00		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (32:26)							

2.	Villads Bach		Farum OK	32:26	+13:24	04:25		
	1:04 (1:04)	2:10 (3:14)	1:39 (4:53)	3:02 (7:55)	1:46 (9:41)	3:31 (13:12)		
	2:16 (15:28)	5:13 (20:41)	2:43 (23:24)	4:18 (27:42)	3:43 (31:25)	0:46 (32:11)		
	0:15 (32:26)							

	Johanne Lind		Ballerup OK	Fejlkli				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (1:17:41)							

	Ester Thorsen		Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)							

	Inge K. Kristoffersen		Ballerup OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)		
	– (–)							

Åben 6		(2 / 2)	Tid	Efter	Tidstab		
1.	Irina	Farum OK	50:21		00:00		
	– (–)	– (–)	– (–)	– (–)	– (2:06)	– (–)	
	– (–)	– (–)	– (–)	– (16:45)	2:19 (19:04)	3:08 (22:12)	
	1:55 (24:07)	1:37 (25:44)	1:51 (27:35)	1:29 (29:04)	3:26 (32:30)	2:38 (35:08)	
	1:56 (37:04)	3:23 (40:27)	3:52 (44:19)	2:58 (47:17)	1:46 (49:03)	1:05 (50:08)	
	0:13 (50:21)						

Marco Costa

-(-)
-(-)
-(-)

-(-)
-(-)

FSK Orientering

-(-)
-(-)

Ej startet

-(-)
-(-)

-(-)
-(-)

-(-)
-(-)