

Resultater – Sensommercup E2

2021-09-01

D2	(13 / 13)	Tid	Efter	Tidstab
1. Dicte Højbjerg Andersen	Helsingør SOK	44:52		02:28
1:15 (1:15)	– (–)		3:18 (9:35)	2:41 (12:16)
0:55 (16:05)	5:06 (21:11)	2:41 (23:52)	4:30 (28:22)	1:12 (29:34)
2:01 (33:10)	1:31 (34:41)	1:45 (36:26)	3:56 (40:22)	1:21 (41:43)
0:49 (44:05)	0:27 (44:32)	0:20 (44:52)		1:33 (43:16)
2. Anne Maarup	Allerød OK	49:33	+4:41	02:41
1:24 (1:24)	– (–)		3:35 (11:25)	2:55 (14:20)
1:03 (18:13)	4:40 (22:53)	1:15 (24:08)	4:40 (28:48)	3:14 (32:02)
2:19 (36:12)	1:57 (38:09)	1:57 (40:06)	4:07 (44:13)	1:41 (45:54)
0:54 (48:34)	0:33 (49:07)	0:26 (49:33)		1:46 (47:40)
3. Elin Nørgård Kracht	PI-København	49:51	+4:59	05:36
2:45 (2:45)	– (–)		4:25 (12:25)	2:24 (14:49)
0:52 (18:46)	7:19 (26:05)	1:58 (28:03)	3:33 (31:36)	2:05 (33:41)
2:02 (37:27)	2:08 (39:22)	1:39 (41:01)	3:55 (44:56)	1:31 (46:27)
0:50 (48:52)	0:33 (49:25)	0:26 (49:51)		1:35 (48:02)
4. Maria Douglas	FIF Hillerød	51:10	+6:18	01:35
1:34 (1:34)	– (–)		4:13 (12:35)	2:45 (15:20)
1:16 (20:19)	4:47 (25:06)	1:18 (26:24)	4:08 (30:32)	2:41 (33:13)
2:18 (37:25)	2:08 (39:33)	1:56 (41:29)	4:10 (45:39)	1:53 (47:32)
1:01 (50:14)	0:30 (50:44)	0:26 (51:10)		1:41 (49:13)
5. Lucia Holck	Tisvilde Hegn OK	52:02	+7:10	04:37
1:40 (1:40)	– (–)		3:45 (11:56)	2:46 (14:42)
1:26 (19:46)	6:32 (26:18)	1:39 (27:57)	3:21 (31:18)	2:47 (34:05)
3:02 (38:54)	1:40 (40:34)	1:40 (42:14)	4:52 (47:06)	1:48 (48:54)
0:50 (51:15)	0:28 (51:43)	0:19 (52:02)		1:31 (50:25)
6. Annette Bonde	Ballerup OK	57:18	+12:26	06:35
1:32 (1:32)	– (–)		4:02 (11:51)	8:07 (19:58)
1:03 (24:08)	4:46 (28:54)	1:41 (30:35)	3:54 (34:29)	1:56 (36:25)
2:37 (41:22)	2:14 (43:36)	2:10 (45:46)	5:18 (51:04)	2:25 (53:29)
0:57 (56:11)	0:37 (56:48)	0:30 (57:18)		1:45 (55:14)
7. Lena Wraa	Tisvilde Hegn OK	59:51	+14:59	04:38
2:58 (2:58)	– (–)		4:17 (14:06)	5:05 (19:11)
1:33 (25:50)	6:05 (31:55)	1:53 (33:48)	4:29 (38:17)	1:40 (39:57)
2:31 (44:35)	2:24 (46:59)	2:24 (49:23)	4:19 (53:42)	1:56 (55:38)
1:18 (58:39)	0:38 (59:17)	0:34 (59:51)		1:43 (57:21)
8. Angélique Grønborg Rasmussen	Allerød OK	1:07:44	+22:52	06:05
2:24 (2:24)	– (–)		5:23 (15:42)	3:16 (18:58)
1:26 (25:23)	8:20 (33:43)	1:15 (34:58)	7:29 (42:27)	2:44 (45:11)
3:13 (50:41)	2:42 (53:23)	2:21 (55:44)	4:35 (1:00:19)	2:45 (1:03:04)
1:26 (1:06:43)	0:41 (1:07:24)	0:20 (1:07:44)		2:13 (1:05:17)
9. Jytte Olander Rasmussen	Allerød OK	1:17:04	+32:12	15:17
6:50 (6:50)	– (–)		7:43 (21:33)	4:01 (25:34)
2:23 (34:46)	9:03 (43:49)	1:31 (45:20)	6:56 (52:16)	3:26 (55:42)
2:28 (1:00:44)	2:13 (1:02:57)	2:29 (1:05:26)	5:34 (1:11:00)	2:13 (1:13:13)
1:01 (1:16:01)	0:36 (1:16:37)	0:27 (1:17:04)		1:47 (1:15:00)
Charlotte Grauert	Ballerup OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
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Iben Maag	Søllerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
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Susanne Gjedsig Thomsen	Tisvilde Hegn OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
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Xenia Bregensøe	Tisvilde Hegn OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
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– (–)	– (–)	– (–)	– (–)	– (–)
D3	(10 / 10)	Tid	Efter	Tidstab
1. Mette Vejen Eriksen	Tisvilde Hegn OK	40:39		00:50
– (–)	– (5:27)	1:30 (6:57)	2:23 (9:20)	2:07 (11:27)
2:08 (17:22)	2:44 (20:06)	2:02 (22:08)	1:56 (24:04)	2:52 (26:56)
4:35 (35:37)	2:38 (38:15)	1:12 (39:27)	0:42 (40:09)	0:30 (40:39)
2. Birgitte Krüger	Helsingør SOK	43:25	+2:46	02:36

	1:55 (1:55)	4:58 (6:53)	1:36 (8:29)	2:21 (10:50)	3:31 (14:21)	3:47 (18:08)
	2:34 (20:42)	2:32 (23:14)	1:47 (25:01)	2:03 (27:04)	2:39 (29:43)	5:17 (35:00)
	3:25 (38:25)	2:34 (40:59)	1:12 (42:11)	0:40 (42:51)	0:34 (43:25)	
3.	Eva Emanuelsson	Helsingborgs SOK	43:29	+2:50	01:38	
	– (–)	– (6:13)	1:28 (7:41)	2:20 (10:01)	3:50 (13:51)	4:08 (17:59)
	2:02 (20:01)	2:49 (22:50)	1:43 (24:33)	2:09 (26:42)	3:25 (30:07)	4:40 (34:47)
	3:40 (38:27)	2:25 (40:52)	1:19 (42:11)	0:39 (42:50)	0:39 (43:29)	
4.	Ulla Jacobsen	OK Skærmen Værløse	48:47	+8:08	03:43	
	– (–)	– (5:31)	1:59 (7:30)	2:32 (10:02)	7:06 (17:08)	4:28 (21:36)
	2:10 (23:46)	2:55 (26:41)	2:07 (28:48)	2:39 (31:27)	3:13 (34:40)	4:36 (39:16)
	4:12 (43:28)	2:40 (46:08)	1:36 (47:44)	0:36 (48:20)	0:27 (48:47)	
5.	Annelise Hansen	FIF Hillerød	1:01:42	+21:03	04:04	
	– (–)	– (10:15)	2:12 (12:27)	3:59 (16:26)	2:26 (18:52)	5:02 (23:54)
	2:54 (26:48)	5:06 (31:54)	2:33 (34:27)	3:14 (37:41)	4:08 (41:49)	7:18 (49:07)
	6:46 (55:53)	3:00 (58:53)	1:29 (1:00:22)	0:46 (1:01:08)	0:34 (1:01:42)	
6.	Hanne Frost	Ballerup OK	1:09:35	+28:56	11:46	
	3:08 (3:08)	6:39 (9:47)	1:58 (11:45)	10:19 (22:04)	3:14 (25:18)	7:04 (32:22)
	3:21 (35:43)	6:12 (41:55)	2:19 (44:14)	3:36 (47:50)	4:24 (52:14)	6:15 (58:29)
	3:59 (1:02:28)	3:24 (1:05:52)	2:02 (1:07:54)	0:53 (1:08:47)	0:48 (1:09:35)	
7.	Ellen Thisted	Søllerød OK	1:32:49	+52:10	14:39	
	– (–)	– (12:03)	11:51 (23:54)	5:41 (29:35)	5:02 (34:37)	6:48 (41:25)
	3:26 (44:51)	5:13 (50:04)	3:20 (53:24)	3:37 (57:01)	4:26 (1:01:27)	7:13 (1:08:40)
	13:54 (1:22:34)	5:49 (1:28:23)	2:44 (1:31:07)	0:57 (1:32:04)	0:45 (1:32:49)	
8.	Bodil M. Mortensen	Ballerup OK	2:44:22	+123:43	03:16	
	– (–)	– (1:46:56)	2:10 (1:49:06)	3:39 (1:52:45)	4:01 (1:56:46)	8:20 (2:05:06)
	2:47 (2:07:53)	4:15 (2:12:08)	2:45 (2:14:53)	4:06 (2:18:59)	4:35 (2:23:34)	7:24 (2:30:58)
	6:24 (2:37:22)	3:23 (2:40:45)	1:55 (2:42:40)	1:05 (2:43:45)	0:37 (2:44:22)	
	Gerda Marie Christiansen	Køge OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	Ida Jacobsen	OK Skærmen Værløse	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
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D4		(1 / 1)	Tid	Efter	Tidstab	
	Lone Anette Larsen	Tisvilde Hegn OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
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	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
D5		(3 / 3)	Tid	Efter	Tidstab	
1.	Katrine Jacobsen	OK Skærmen Værløse	40:08		03:28	
	2:14 (2:14)	3:02 (5:16)	2:22 (7:38)	3:16 (10:54)	3:22 (14:16)	1:53 (16:09)
	3:47 (19:56)	1:20 (21:16)	3:00 (24:16)	0:58 (25:14)	1:16 (26:30)	2:20 (28:50)
	0:58 (29:48)	1:45 (31:33)	2:03 (33:36)	1:20 (34:56)	0:33 (35:29)	0:57 (36:26)
	3:13 (39:39)	0:29 (40:08)				
2.	Hanne Bech	OK73	43:44	+3:36	07:32	
	2:02 (2:02)	6:37 (8:39)	2:05 (10:44)	1:41 (12:25)	2:39 (15:04)	4:44 (19:48)
	4:36 (24:24)	1:18 (25:42)	2:42 (28:24)	1:04 (29:28)	1:10 (30:38)	2:00 (32:38)
	0:59 (33:37)	1:30 (35:07)	2:56 (38:03)	1:39 (39:42)	0:52 (40:34)	0:57 (41:31)
	1:42 (43:13)	0:31 (43:44)				
	Inge K. Kristoffersen	Ballerup OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
D6		(6 / 6)	Tid	Efter	Tidstab	
1.	Edith Gerstrøm	Tisvilde Hegn OK	33:22		01:15	
	0:17 (0:17)	2:13 (2:30)	4:28 (6:58)	2:46 (9:44)	0:19 (10:03)	3:17 (13:20)
	0:47 (14:07)	2:38 (16:45)	2:53 (19:38)	1:18 (20:56)	1:34 (22:30)	2:30 (25:00)
	1:03 (26:03)	2:04 (28:07)	1:24 (29:31)	1:14 (30:45)	0:49 (31:34)	1:05 (32:39)
	0:43 (33:22)					
2.	Ester Helena Clausen	Tisvilde Hegn OK	33:26	+0:04	01:10	
	0:20 (0:20)	2:14 (2:34)	4:34 (7:08)	2:43 (9:51)	0:45 (10:36)	2:53 (13:29)
	0:52 (14:21)	2:42 (17:03)	2:43 (19:46)	1:27 (21:13)	1:49 (23:02)	2:07 (25:09)
	0:57 (26:06)	2:07 (28:13)	1:21 (29:34)	1:19 (30:53)	0:45 (31:38)	1:10 (32:48)
	0:38 (33:26)					
2.	Vilma Keldsmark	Tisvilde Hegn OK	33:26	+0:04	00:58	
	0:17 (0:17)	2:16 (2:33)	4:19 (6:52)	3:02 (9:54)	0:38 (10:32)	2:48 (13:20)
	0:55 (14:15)	2:30 (16:45)	2:56 (19:41)	1:15 (20:56)	1:37 (22:33)	2:25 (24:58)
	1:05 (26:03)	2:06 (28:09)	1:21 (29:30)	1:17 (30:47)	0:47 (31:34)	1:05 (32:39)
	0:47 (33:26)					
4.	Dagny Clausen	Tisvilde Hegn OK	46:34	+13:12	09:36	
	0:17 (0:17)	2:18 (2:35)	4:10 (6:45)	4:38 (11:23)	0:20 (11:43)	3:48 (15:31)
	0:43 (16:14)	5:03 (21:17)	1:58 (23:15)	2:47 (26:02)	2:10 (28:12)	2:07 (30:19)
	1:37 (31:56)	4:58 (36:54)	2:09 (39:03)	2:38 (41:41)	1:35 (43:16)	2:14 (45:30)
	1:04 (46:34)					

5.	Karla Gerstrøm	Tisvilde Hegn OK	46:35	+13:13	09:37		
	0:21 (0:21)	2:18 (2:39)	4:09 (6:48)	4:36 (11:24)	0:23 (11:47)	3:48 (15:35)	
	0:42 (16:17)	5:01 (21:18)	1:52 (23:10)	2:52 (26:02)	2:08 (28:10)	2:12 (30:22)	
	1:38 (32:00)	5:01 (37:01)	2:08 (39:09)	2:38 (41:47)	1:32 (43:19)	2:16 (45:35)	
	1:00 (46:35)						
	Olivia Zoffmann	Tisvilde Hegn OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
H1		(4 / 4)	Tid	Efter	Tidstab		
1.	Tobias Olloz	Tisvilde Hegn OK	51:19		00:00		
	1:30 (1:30)	2:28 (3:58)	2:55 (6:53)	0:47 (7:40)	1:43 (9:23)	2:47 (12:10)	
	3:33 (15:43)	1:09 (16:52)	1:43 (18:35)	3:06 (21:41)	2:25 (24:06)	2:09 (26:15)	
	1:28 (27:43)	1:31 (29:14)	0:59 (30:13)	1:44 (31:57)	6:41 (38:38)	2:40 (41:18)	
	2:31 (43:49)	1:21 (45:10)	2:28 (47:38)	1:20 (48:58)	1:33 (50:31)	0:34 (51:05)	
	0:14 (51:19)						
	Hans Grønborg Nielsen	Allerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
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	– (–)						
	Jesper Kristiansen	OK Melfar	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
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	– (–)						
	Mikkel	Ballerup OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
H2		(26 / 26)	Tid	Efter	Tidstab		
1.	Erik Grønborg Nielsen	Allerød OK	35:16		00:00		
	1:07 (1:07)	– (–)	– (5:35)	2:37 (8:12)	1:58 (10:10)	2:12 (12:22)	
	0:51 (13:13)	3:44 (16:57)	1:05 (18:02)	3:08 (21:10)	1:03 (22:13)	1:28 (23:41)	
	1:43 (25:24)	1:28 (26:52)	1:28 (28:20)	2:53 (31:13)	1:21 (32:34)	1:20 (33:54)	
	0:43 (34:37)	0:24 (35:01)	0:15 (35:16)				
2.	Morten Ploug	Ballerup OK	42:31	+7:15	00:37		
	1:16 (1:16)	– (–)	– (6:45)	3:09 (9:54)	2:26 (12:20)	3:35 (15:55)	
	1:00 (16:55)	4:26 (21:21)	1:21 (22:42)	3:13 (25:55)	1:32 (27:27)	1:41 (29:08)	
	2:00 (31:08)	1:37 (32:45)	1:46 (34:31)	3:17 (37:48)	1:29 (39:17)	1:30 (40:47)	
	0:55 (41:42)	0:29 (42:11)	0:20 (42:31)				
3.	Alex Ottesen	Ballerup OK	43:14	+7:58	02:23		
	1:17 (1:17)	– (–)	– (8:26)	2:48 (11:14)	3:21 (14:35)	3:58 (18:33)	
	0:52 (19:25)	3:51 (23:16)	1:11 (24:27)	2:37 (27:04)	1:14 (28:18)	1:35 (29:53)	
	2:03 (31:56)	1:46 (33:42)	1:27 (35:09)	3:41 (38:50)	1:20 (40:10)	1:27 (41:37)	
	0:48 (42:25)	0:29 (42:54)	0:20 (43:14)				
4.	Dan Eriksen	Tisvilde Hegn OK	48:34	+13:18	01:55		
	1:38 (1:38)	– (–)	– (7:38)	3:32 (11:10)	2:03 (13:13)	4:28 (17:41)	
	1:20 (19:01)	5:02 (24:03)	1:01 (25:04)	3:57 (29:01)	1:51 (30:52)	1:48 (32:40)	
	2:07 (34:47)	1:59 (36:46)	1:52 (38:38)	4:48 (43:26)	1:49 (45:15)	1:43 (46:58)	
	0:49 (47:47)	0:29 (48:16)	0:18 (48:34)				
5.	Lars Lyngsø	Allerød OK	48:54	+13:38	02:04		
	2:05 (2:05)	– (–)	– (7:37)	3:30 (11:07)	– (–)	– (18:10)	
	1:08 (19:18)	4:18 (23:36)	2:55 (26:31)	3:45 (30:16)	2:12 (32:28)	1:39 (34:07)	
	1:58 (36:05)	1:58 (38:03)	2:00 (40:03)	4:05 (44:08)	1:40 (45:48)	1:26 (47:14)	
	0:49 (48:03)	0:29 (48:32)	0:22 (48:54)				
6.	Gregers Jørgensen	Ballerup OK	49:07	+13:51	01:50		
	1:29 (1:29)	– (–)	– (8:22)	3:49 (12:11)	2:49 (15:00)	3:53 (18:53)	
	1:10 (20:03)	4:02 (24:05)	1:41 (25:46)	4:23 (30:09)	1:40 (31:49)	1:57 (33:46)	
	2:03 (35:49)	1:56 (37:45)	2:04 (39:49)	3:25 (43:14)	2:22 (45:36)	1:36 (47:12)	
	0:59 (48:11)	0:31 (48:42)	0:25 (49:07)				
7.	Jørgen Skaarup	Ballerup OK	51:12	+15:56	02:48		
	2:45 (2:45)	– (–)	– (8:39)	4:44 (13:23)	2:42 (16:05)	3:58 (20:03)	
	0:58 (21:01)	4:14 (25:15)	1:21 (26:36)	4:21 (30:57)	1:55 (32:52)	1:50 (34:42)	
	2:15 (36:57)	2:28 (39:25)	1:54 (41:19)	4:14 (45:33)	2:07 (47:40)	1:34 (49:14)	
	0:54 (50:08)	0:36 (50:44)	0:28 (51:12)				
8.	Jakob Albahn	Tisvilde Hegn OK	51:46	+16:30	07:17		
	3:42 (3:42)	– (–)	– (9:34)	3:45 (13:19)	2:31 (15:50)	2:26 (18:16)	
	1:13 (19:29)	8:45 (28:14)	1:10 (29:24)	3:09 (32:33)	2:34 (35:07)	1:32 (36:39)	
	1:48 (38:27)	3:04 (41:31)	1:50 (43:21)	3:25 (46:46)	1:51 (48:37)	1:21 (49:58)	
	0:52 (50:50)	0:32 (51:22)	0:24 (51:46)				
9.	Niels la Cour Bentzon	Søllerød OK	55:01	+19:45	03:54		

1:45 (1:45)	– (–)	– (8:05)	6:10 (14:15)	3:19 (17:34)	3:05 (20:39)
1:11 (21:50)	4:52 (26:42)	1:18 (28:00)	4:39 (32:39)	2:35 (35:14)	1:52 (37:06)
2:12 (39:18)	2:17 (41:35)	2:16 (43:51)	4:26 (48:17)	2:02 (50:19)	2:45 (53:04)
1:01 (54:05)	0:34 (54:39)	0:22 (55:01)			
10. Per Windfeld-Hansen	OK ØST Birkerød	58:46	+23:30	06:19	
1:53 (1:53)	2:11 (4:04)	7:23 (11:27)	4:09 (15:36)	2:51 (18:27)	3:11 (21:38)
1:03 (22:41)	6:52 (29:33)	1:30 (31:03)	3:55 (34:58)	1:38 (36:36)	2:00 (38:36)
2:51 (41:27)	5:27 (46:54)	2:13 (49:07)	4:24 (53:31)	1:42 (55:13)	1:45 (56:58)
0:53 (57:51)	0:30 (58:21)	0:25 (58:46)			
11. Lars Hanghøj Petersen	Ballerup OK	58:48	+23:32	07:54	
1:52 (1:52)	– (–)	– (7:56)	3:59 (11:55)	4:03 (15:58)	3:20 (19:18)
0:58 (20:16)	13:41 (33:57)	1:31 (35:28)	4:37 (40:05)	1:16 (41:21)	1:51 (43:12)
1:58 (45:10)	2:13 (47:23)	2:12 (49:35)	4:10 (53:45)	1:42 (55:27)	1:29 (56:56)
0:52 (57:48)	0:34 (58:22)	0:26 (58:48)			
12. Claus Rytter Larsen	Farum OK	1:00:44	+25:28	06:30	
3:56 (3:56)	– (–)	– (11:49)	3:58 (15:47)	2:32 (18:19)	8:16 (26:35)
1:42 (28:17)	4:35 (32:52)	1:31 (34:23)	5:10 (39:33)	1:38 (41:11)	2:02 (43:13)
2:29 (45:42)	2:33 (48:15)	2:21 (50:36)	4:19 (54:55)	1:52 (56:47)	1:52 (58:39)
1:04 (59:43)	0:33 (1:00:16)	0:28 (1:00:44)			
13. Kenn Basse	Ballerup OK	1:06:53	+31:37	15:09	
1:34 (1:34)	1:54 (3:28)	4:32 (8:00)	10:35 (18:35)	3:18 (21:53)	2:45 (24:38)
1:10 (25:48)	6:17 (32:05)	2:00 (34:05)	4:32 (38:37)	1:22 (39:59)	1:51 (41:50)
3:02 (44:52)	2:44 (47:36)	2:04 (49:40)	4:40 (54:20)	1:44 (56:04)	8:50 (1:04:54)
1:06 (1:06:00)	0:32 (1:06:32)	0:21 (1:06:53)			
14. Max Prang	Fredensborg OK	1:10:52	+35:36	06:47	
2:35 (2:35)	– (–)	– (10:12)	5:27 (15:39)	7:13 (22:52)	4:53 (27:45)
1:30 (29:15)	9:34 (38:49)	1:37 (40:26)	6:48 (47:14)	1:32 (48:46)	2:13 (50:59)
3:10 (54:09)	3:20 (57:29)	2:24 (59:53)	4:22 (1:04:15)	2:37 (1:06:52)	1:59 (1:08:51)
1:00 (1:09:51)	0:36 (1:10:27)	0:25 (1:10:52)			
15. Jens Anders Hansen	Søllerød OK	1:12:11	+36:55	11:56	
1:42 (1:42)	– (–)	– (8:14)	14:34 (22:48)	5:31 (28:19)	4:04 (32:23)
1:09 (33:32)	5:47 (39:19)	4:18 (43:37)	4:25 (48:02)	1:36 (49:38)	2:11 (51:49)
3:17 (55:06)	2:28 (57:34)	2:28 (1:00:02)	5:42 (1:05:44)	1:56 (1:07:40)	2:21 (1:10:01)
1:08 (1:11:09)	0:38 (1:11:47)	0:24 (1:12:11)			
16. Carsten Thye Agger	Helsingør SOK	1:13:36	+38:20	10:16	
5:56 (5:56)	– (–)	– (13:41)	4:50 (18:31)	4:04 (22:35)	10:36 (33:11)
1:40 (34:51)	5:52 (40:43)	1:55 (42:38)	4:35 (47:13)	3:29 (50:42)	2:01 (52:43)
2:34 (55:17)	2:52 (58:09)	2:25 (1:00:34)	5:06 (1:05:40)	2:08 (1:07:48)	3:04 (1:10:52)
1:38 (1:12:30)	0:39 (1:13:09)	0:27 (1:13:36)			
17. Niels Aabye	Ballerup OK	1:19:38	+44:22	06:32	
4:29 (4:29)	– (–)	– (18:46)	5:39 (24:25)	5:17 (29:42)	4:36 (34:18)
1:32 (35:50)	9:46 (45:36)	1:35 (47:11)	6:48 (53:59)	1:53 (55:52)	2:23 (58:15)
3:11 (1:01:26)	2:41 (1:04:07)	2:36 (1:06:43)	4:51 (1:11:34)	2:57 (1:14:31)	2:21 (1:16:52)
1:21 (1:18:13)	0:49 (1:19:02)	0:36 (1:19:38)			
Jens Jørgen Hansen	Farum OK	Fejlklip			
– (–)	– (–)	– (–)	– (35:41)	3:51 (39:32)	4:50 (44:22)
1:17 (45:39)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (1:11:18)	– (–)	– (1:18:17)
4:16 (1:22:33)	0:55 (1:23:28)	0:31 (1:23:59)			
Keld Johnsen	Tisvilde Hegn OK	Fejlklip			
2:23 (2:23)	– (–)	– (8:14)	3:16 (11:30)	2:46 (14:16)	3:34 (17:50)
1:03 (18:53)	4:24 (23:17)	3:52 (27:09)	– (–)	– (–)	– (30:42)
2:13 (32:55)	1:46 (34:41)	1:55 (36:36)	3:17 (39:53)	1:31 (41:24)	1:37 (43:01)
0:51 (43:52)	0:30 (44:22)	0:25 (44:47)			
Henrik Nielsen	Holbæk OK	Udgået			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Erik Ellegaard Simonsen	OK ØST Birkerød	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Jan Kristoffersen	Ballerup OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Otto Kristensen	Køge OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Pablo Jensen	Farum OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

Stephen Hall Reusch	OK ØST Birkerød	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Søren Sloth	FIF Hillerød	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
H3	(18 / 18)	Tid	Efter	Tidstab	
1. Jens Peter Gundorf	OK ØST Birkerød	32:59		00:22	
– (–)	– (4:09)	1:09 (5:18)	2:05 (7:23)	1:21 (8:44)	3:25 (12:09)
1:41 (13:50)	2:28 (16:18)	1:28 (17:46)	1:45 (19:31)	2:24 (21:55)	3:39 (25:34)
2:51 (28:25)	2:22 (30:47)	1:07 (31:54)	0:37 (32:31)	0:28 (32:59)	
2. Michael Wraa	Tisvilde Hegn OK	35:36	+2:37	00:56	
– (–)	– (3:44)	1:20 (5:04)	2:06 (7:10)	3:09 (10:19)	2:52 (13:11)
1:55 (15:06)	2:32 (17:38)	1:36 (19:14)	1:39 (20:53)	2:38 (23:31)	4:11 (27:42)
3:22 (31:04)	1:45 (32:49)	1:18 (34:07)	0:47 (34:54)	0:42 (35:36)	
3. Peter Wraa	Tisvilde Hegn OK	36:50	+3:51	01:33:29	
– (–)	– (21:44:14)	3:58 (21:48:12)	– (–)	1:59:36 (9:13)	4:07 (13:20)
2:47 (16:07)	2:28 (18:35)	1:29 (20:04)	1:52 (21:56)	2:46 (24:42)	4:07 (28:49)
3:22 (32:11)	2:04 (34:15)	1:10 (35:25)	0:48 (36:13)	0:37 (36:50)	
4. Flemming Wendelboe	Helsingør SOK	39:32	+6:33	03:47	
2:14 (2:14)	2:30 (4:44)	1:19 (6:03)	2:13 (8:16)	5:54 (14:10)	3:03 (17:13)
1:45 (18:58)	2:21 (21:19)	1:30 (22:49)	1:55 (24:44)	2:40 (27:24)	3:53 (31:17)
3:20 (34:37)	2:27 (37:04)	1:16 (38:20)	0:42 (39:02)	0:30 (39:32)	
5. Ole Christiansen	Farum OK	43:39	+10:40	00:58	
– (–)	– (5:44)	1:31 (7:15)	2:39 (9:54)	2:01 (11:55)	4:27 (16:22)
1:58 (18:20)	2:54 (21:14)	1:51 (23:05)	2:30 (25:35)	3:18 (28:53)	5:13 (34:06)
4:13 (38:19)	2:26 (40:45)	1:44 (42:29)	0:44 (43:13)	0:26 (43:39)	
6. Søren Christensen	OK Skærmens Værløse	44:11	+11:12	03:40	
– (–)	– (5:19)	1:14 (6:33)	3:25 (9:58)	4:31 (14:29)	3:45 (18:14)
2:46 (21:00)	2:46 (23:46)	1:44 (25:30)	2:31 (28:01)	2:46 (30:47)	4:54 (35:41)
3:27 (39:08)	2:29 (41:37)	1:20 (42:57)	0:40 (43:37)	0:34 (44:11)	
7. Leif Sig	FIF Hillerød	45:08	+12:09	03:43	
– (–)	– (6:17)	1:24 (7:41)	2:25 (10:06)	2:20 (12:26)	3:38 (16:04)
1:44 (17:48)	3:09 (20:57)	1:40 (22:37)	3:43 (26:20)	2:59 (29:19)	4:08 (33:27)
5:15 (38:42)	3:49 (42:31)	1:10 (43:41)	0:47 (44:28)	0:40 (45:08)	
8. Svend-Åke Emanuelsson	Helsingborgs SOK	46:38	+13:39	01:28	
– (–)	– (7:07)	1:25 (8:32)	2:52 (11:24)	2:53 (14:17)	4:27 (18:44)
2:32 (21:16)	2:56 (24:12)	2:21 (26:33)	2:19 (28:52)	3:28 (32:20)	5:33 (37:53)
3:36 (41:29)	2:36 (44:05)	1:14 (45:19)	0:44 (46:03)	0:35 (46:38)	
9. Jørgen Jensen	Helsingør SOK	48:42	+15:43	05:44	
2:31 (2:31)	7:52 (10:23)	1:29 (11:52)	2:39 (14:31)	2:28 (16:59)	3:54 (20:53)
2:57 (23:50)	3:17 (27:07)	1:59 (29:06)	2:20 (31:26)	3:31 (34:57)	4:55 (39:52)
3:45 (43:37)	2:37 (46:14)	1:19 (47:33)	0:39 (48:12)	0:30 (48:42)	
10. Henrik Jørgensen	OK Skærmens Værløse	52:38	+19:39	04:06	
– (–)	– (8:50)	3:01 (11:51)	3:55 (15:46)	2:55 (18:41)	4:22 (23:03)
1:52 (24:55)	3:19 (28:14)	1:40 (29:54)	3:48 (33:42)	4:13 (37:55)	5:30 (43:25)
3:53 (47:18)	2:59 (50:17)	1:16 (51:33)	0:38 (52:11)	0:27 (52:38)	
11. Gunner Jørgensen	OK73	54:22	+21:23	04:43	
– (–)	– (5:22)	1:25 (6:47)	2:49 (9:36)	2:13 (11:49)	7:21 (19:10)
4:08 (23:18)	4:40 (27:58)	1:58 (29:56)	2:58 (32:54)	3:55 (36:49)	5:45 (42:34)
5:00 (47:34)	3:13 (50:47)	1:55 (52:42)	0:56 (53:38)	0:44 (54:22)	
12. Knud Torm	OK Skærmens Værløse	1:06:11	+33:12	08:06	
– (–)	– (10:44)	2:52 (13:36)	4:05 (17:41)	7:09 (24:50)	4:56 (29:46)
4:45 (34:31)	3:47 (38:18)	2:17 (40:35)	4:48 (45:23)	4:21 (49:44)	5:37 (55:21)
4:57 (1:00:18)	2:41 (1:02:59)	1:29 (1:04:28)	0:58 (1:05:26)	0:45 (1:06:11)	
Jørn Andreasen	OK73	Udgået			
4:30 (4:30)	10:42 (15:12)	3:27 (18:39)	3:23 (22:02)	2:58 (25:00)	4:28 (29:28)
2:56 (32:24)	4:20 (36:44)	3:24 (40:08)	3:03 (43:11)	6:41 (49:52)	9:25 (59:17)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Christian Strandgaard	Søllerød OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Gunnar Grue-Sørensen	Køge OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Jesper Kracht	PI-København	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Ole Galle	Tisvilde Hegn OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

Preben Sloth		FIF Hillerød	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
H4		(2 / 2)	Tid	Efter	Tidstab	
1. Carl-Johan Rosenberg		FIF Hillerød	48:22		04:15	
3:29 (3:29)	2:04 (5:33)	0:36 (6:09)		3:07 (9:16)	1:23 (10:39)	2:37 (13:16)
2:12 (15:28)	2:15 (17:43)	3:17 (21:00)		7:37 (28:37)	3:39 (32:16)	2:16 (34:32)
1:13 (35:45)	0:49 (36:34)	2:56 (39:30)		3:30 (43:00)	0:55 (43:55)	1:38 (45:33)
1:22 (46:55)	0:50 (47:45)	0:37 (48:22)				
2. Rasmus Storm Lyngsø		Allerød OK	56:48	+8:26	15:42	
2:35 (2:35)	7:01 (9:36)	0:18 (9:54)		9:11 (19:05)	2:00 (21:05)	2:00 (23:05)
1:39 (24:44)	1:31 (26:15)	3:29 (29:44)		4:45 (34:29)	4:03 (38:32)	1:52 (40:24)
0:37 (41:01)	0:48 (41:49)	7:48 (49:37)		3:01 (52:38)	0:44 (53:22)	1:27 (54:49)
1:05 (55:54)	0:34 (56:28)	0:20 (56:48)				
H6		(4 / 4)	Tid	Efter	Tidstab	
1. Sigurd Nielsen		Tisvilde Hegn OK	22:51		00:40	
0:18 (0:18)	1:39 (1:57)	3:07 (5:04)		1:47 (6:51)	0:23 (7:14)	1:59 (9:13)
0:28 (9:41)	1:43 (11:24)	1:21 (12:45)		1:00 (13:45)	1:14 (14:59)	1:27 (16:26)
0:49 (17:15)	1:27 (18:42)	0:45 (19:27)		0:58 (20:25)	0:45 (21:10)	1:15 (22:25)
0:26 (22:51)						
2. Eigil Poul Gerstrøm		Tisvilde Hegn OK	23:23	+0:32	01:24	
0:20 (0:20)	1:30 (1:50)	3:02 (4:52)		2:48 (7:40)	0:35 (8:15)	2:03 (10:18)
0:35 (10:53)	1:59 (12:52)	1:18 (14:10)		0:50 (15:00)	0:59 (15:59)	1:55 (17:54)
0:37 (18:31)	1:04 (19:35)	0:52 (20:27)		0:55 (21:22)	0:41 (22:03)	0:54 (22:57)
0:26 (23:23)						
3. Torvald Hjalmer Clausen		Tisvilde Hegn OK	47:14	+24:23	12:59	
0:24 (0:24)	2:09 (2:33)	3:26 (5:59)		5:30 (11:29)	0:40 (12:09)	3:33 (15:42)
1:02 (16:44)	5:24 (22:08)	1:44 (23:52)		2:33 (26:25)	2:22 (28:47)	2:16 (31:03)
1:31 (32:34)	5:03 (37:37)	2:40 (40:17)		2:33 (42:50)	1:23 (44:13)	2:01 (46:14)
1:00 (47:14)						
4. Manfred Fonselius		Tisvilde Hegn OK	47:21	+24:30	12:22	
0:25 (0:25)	2:13 (2:38)	3:28 (6:06)		5:40 (11:46)	0:32 (12:18)	3:32 (15:50)
0:59 (16:49)	4:43 (21:32)	2:19 (23:51)		2:38 (26:29)	2:24 (28:53)	2:14 (31:07)
1:31 (32:38)	4:57 (37:35)	2:40 (40:15)		2:44 (42:59)	1:13 (44:12)	2:06 (46:18)
1:03 (47:21)						
Open1		(6 / 6)	Tid	Efter	Tidstab	
1. Lasse Falck Weber		Tisvilde Hegn OK	46:58		01:08	
1:17 (1:17)	2:21 (3:38)	1:45 (5:23)		0:48 (6:11)	1:13 (7:24)	2:42 (10:06)
2:42 (12:48)	1:15 (14:03)	1:27 (15:30)		3:08 (18:38)	1:55 (20:33)	2:18 (22:51)
1:21 (24:12)	1:33 (25:45)	0:46 (26:31)		1:39 (28:10)	7:06 (35:16)	2:09 (37:25)
2:29 (39:54)	1:13 (41:07)	2:31 (43:38)		1:16 (44:54)	1:18 (46:12)	0:27 (46:39)
0:19 (46:58)						
2. Johannes Marager		Allerød OK	49:32	+2:34	02:37	
1:19 (1:19)	1:52 (3:11)	1:39 (4:50)		0:49 (5:39)	1:49 (7:28)	2:36 (10:04)
2:59 (13:03)	1:06 (14:09)	1:43 (15:52)		2:34 (18:26)	3:25 (21:51)	2:09 (24:00)
1:16 (25:16)	1:50 (27:06)	0:54 (28:00)		1:45 (29:45)	7:30 (37:15)	2:33 (39:48)
2:28 (42:16)	1:16 (43:32)	2:34 (46:06)		1:31 (47:37)	1:13 (48:50)	0:27 (49:17)
0:15 (49:32)						
3. Bela Sebok		Ballerup OK	50:37	+3:39	03:43	
1:27 (1:27)	1:43 (3:10)	2:16 (5:26)		0:44 (6:10)	1:16 (7:26)	2:36 (10:02)
2:51 (12:53)	2:04 (14:57)	1:24 (16:21)		3:15 (19:36)	2:19 (21:55)	1:48 (23:43)
1:15 (24:58)	1:57 (26:55)	0:50 (27:45)		1:40 (29:25)	6:35 (36:00)	2:38 (38:38)
2:59 (41:37)	1:10 (42:47)	3:18 (46:05)		1:58 (48:03)	1:50 (49:53)	0:26 (50:19)
0:18 (50:37)						
4. Mikkel Lau Petersen		Allerød OK	53:58	+7:00	04:00	
1:42 (1:42)	2:00 (3:42)	3:05 (6:47)		1:17 (8:04)	1:34 (9:38)	2:50 (12:28)
2:45 (15:13)	2:39 (17:52)	1:30 (19:22)		3:45 (23:07)	2:12 (25:19)	2:33 (27:52)
1:30 (29:22)	2:03 (31:25)	1:04 (32:29)		2:25 (34:54)	6:29 (41:23)	2:38 (44:01)
2:21 (46:22)	1:26 (47:48)	2:29 (50:17)		1:17 (51:34)	1:39 (53:13)	0:27 (53:40)
0:18 (53:58)						
5. Joakim Ilsing Sørensen		Ballerup OK	1:23:15	+36:17	16:27	
2:24 (2:24)	2:50 (5:14)	2:32 (7:46)		1:08 (8:54)	2:22 (11:16)	3:08 (14:24)
7:35 (21:59)	3:43 (25:42)	1:48 (27:30)		6:23 (33:53)	2:43 (36:36)	3:06 (39:42)
1:55 (41:37)	6:41 (48:18)	1:29 (49:47)		2:23 (52:10)	8:20 (1:00:30)	6:32 (1:07:02)
3:56 (1:10:58)	1:45 (1:12:43)	4:59 (1:17:42)		2:45 (1:20:27)	1:45 (1:22:12)	0:41 (1:22:53)
0:22 (1:23:15)						
Torben Nørgaard		Allerød OK	Ej startet			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Open2		(19 / 19)	Tid	Efter	Tidstab	
1. Rolf Lund		Helsingør SOK	38:41		00:00	

1:34 (1:34)	1:28 (3:02)	3:20 (6:22)	3:29 (9:51)	2:35 (12:26)	2:36 (15:02)
0:48 (15:50)	3:53 (19:43)	0:57 (20:40)	2:48 (23:28)	0:58 (24:26)	1:33 (25:59)
1:50 (27:49)	1:34 (29:23)	1:37 (31:00)	3:05 (34:05)	1:27 (35:32)	1:15 (36:47)
0:53 (37:40)	0:44 (38:24)	0:17 (38:41)			
2. Peter Steen Landsperg		Tisvilde Hegn OK	40:06 +1:25	00:28	
1:08 (1:08)	– (–)	– (6:28)	3:27 (9:55)	2:07 (12:02)	2:34 (14:36)
0:51 (15:27)	3:58 (19:25)	1:10 (20:35)	3:13 (23:48)	1:05 (24:53)	1:37 (26:30)
2:03 (28:33)	2:10 (30:43)	1:29 (32:12)	3:18 (35:30)	1:28 (36:58)	1:17 (38:15)
1:01 (39:16)	0:31 (39:47)	0:19 (40:06)			
3. Tenna Nørgaard Landsperg		Tisvilde Hegn OK	43:47 +5:06	02:52	
1:24 (1:24)	1:34 (2:58)	4:06 (7:04)	3:06 (10:10)	3:08 (13:18)	3:24 (16:42)
0:59 (17:41)	4:36 (22:17)	0:53 (23:10)	3:12 (26:22)	1:28 (27:50)	1:53 (29:43)
1:45 (31:28)	1:42 (33:10)	1:51 (35:01)	3:34 (38:35)	1:32 (40:07)	1:57 (42:04)
0:50 (42:54)	0:30 (43:24)	0:23 (43:47)			
4. Niels Landsperg		Tisvilde Hegn OK	55:43 +17:02	01:28	
2:14 (2:14)	– (–)	– (9:28)	4:13 (13:41)	3:18 (16:59)	3:06 (20:05)
1:20 (21:25)	6:15 (27:40)	1:40 (29:20)	3:38 (32:58)	1:53 (34:51)	2:12 (37:03)
2:40 (39:43)	2:38 (42:21)	1:57 (44:18)	4:14 (48:32)	2:27 (50:59)	1:47 (52:46)
1:02 (53:48)	1:27 (55:15)	0:28 (55:43)			
5. Hakon Mosbech		OK Skærmnen Værløse	1:03:36 +24:55	06:33	
2:33 (2:33)	– (–)	– (9:16)	4:18 (13:34)	4:04 (17:38)	4:41 (22:19)
1:01 (23:20)	10:33 (33:53)	1:17 (35:10)	3:48 (38:58)	1:53 (40:51)	2:18 (43:09)
2:51 (46:00)	4:40 (50:40)	2:15 (52:55)	4:25 (57:20)	1:59 (59:19)	2:00 (1:01:19)
1:09 (1:02:28)	0:43 (1:03:11)	0:25 (1:03:36)			
6. Jan Johansen		PI-København	1:06:42 +28:01	10:43	
2:01 (2:01)	3:53 (5:54)	9:22 (15:16)	3:52 (19:08)	4:32 (23:40)	3:49 (27:29)
1:21 (28:50)	6:29 (35:19)	1:47 (37:06)	7:24 (44:30)	1:36 (46:06)	2:08 (48:14)
3:06 (51:20)	2:42 (54:02)	2:12 (56:14)	4:19 (1:00:33)	2:07 (1:02:40)	1:50 (1:04:30)
1:00 (1:05:30)	0:40 (1:06:10)	0:32 (1:06:42)			
7. Erik Sørensen		Allerød OK	1:11:30 +32:49	11:21	
3:32 (3:32)	– (–)	– (9:47)	4:50 (14:37)	3:33 (18:10)	12:27 (30:37)
1:46 (32:23)	9:58 (42:21)	2:02 (44:23)	4:20 (48:43)	1:51 (50:34)	2:10 (52:44)
2:34 (55:18)	2:18 (57:36)	2:19 (59:55)	5:19 (1:05:14)	1:52 (1:07:06)	1:58 (1:09:04)
1:08 (1:10:12)	0:50 (1:11:02)	0:28 (1:11:30)			
8. Lars Bech Jensen		Ballerup OK	1:12:49 +34:08	09:30	
4:59 (4:59)	– (–)	– (12:27)	5:29 (17:56)	9:08 (27:04)	4:44 (31:48)
1:12 (33:00)	6:37 (39:37)	1:58 (41:35)	4:25 (46:00)	1:49 (47:49)	2:01 (49:50)
2:47 (52:37)	2:17 (54:54)	4:46 (59:40)	5:37 (1:05:17)	2:05 (1:07:22)	3:09 (1:10:31)
1:09 (1:11:40)	0:35 (1:12:15)	0:34 (1:12:49)			
9. Henriette Broman		Allerød OK	1:22:10 +43:29	13:00	
2:06 (2:06)	– (–)	– (12:20)	4:19 (16:39)	4:17 (20:56)	6:54 (27:50)
1:41 (29:31)	16:33 (46:04)	1:42 (47:46)	6:46 (54:32)	1:54 (56:26)	2:11 (58:37)
2:54 (1:01:31)	2:18 (1:03:49)	3:13 (1:07:02)	6:16 (1:13:18)	2:08 (1:15:26)	4:09 (1:19:35)
1:21 (1:20:56)	0:44 (1:21:40)	0:30 (1:22:10)			
10. Steen Sørensen		OK Skærmnen Værløse	1:26:57 +48:16	07:03	
3:55 (3:55)	– (–)	– (16:01)	6:44 (22:45)	5:17 (28:02)	7:45 (35:47)
1:58 (37:45)	6:33 (44:18)	2:12 (46:30)	6:20 (52:50)	3:36 (56:26)	3:00 (59:26)
3:29 (1:02:55)	2:59 (1:05:54)	3:49 (1:09:43)	8:12 (1:17:55)	4:22 (1:22:17)	2:08 (1:24:25)
1:19 (1:25:44)	0:41 (1:26:25)	0:32 (1:26:57)			
11. Ulla Hooge		OK Skærmnen Værløse	1:27:13 +48:32	19:45	
2:58 (2:58)	2:40 (5:38)	5:30 (11:08)	5:24 (16:32)	4:39 (21:11)	12:33 (33:44)
1:24 (35:08)	9:32 (44:40)	1:45 (46:25)	6:03 (52:28)	6:23 (58:51)	2:27 (1:01:18)
2:42 (1:04:00)	8:02 (1:12:02)	2:50 (1:14:52)	5:39 (1:20:31)	2:06 (1:22:37)	2:18 (1:24:55)
1:12 (1:26:07)	0:38 (1:26:45)	0:28 (1:27:13)			
Philip Vestmark Vith Jensen		PI-København	Udgået		
5:23 (5:23)	2:27 (7:50)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Erin Nielsen		Tisvilde Hegn OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Frida Kärner Grooss		Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Hedda Kärner Grooss		Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Kersti Kärner		Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

Kitrsten Urhøj	V92	Ej startet
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
Morten Nergaard	V92	Ej startet
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
Tim Falck Weber	Tisvilde Hegn OK	Ej startet
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)

Open3	(6 / 6)	Tid	Efter	Tidstab
1. Nils Sættem	Kildeholm OK	39:16		01:52
– (–)	– (5:26)	1:22 (6:48)	2:08 (8:56)	2:03 (10:59)
1:50 (16:32)	2:56 (19:28)	1:29 (20:57)	3:11 (24:08)	2:46 (26:54)
3:20 (34:46)	2:13 (36:59)	1:19 (38:18)	0:33 (38:51)	0:25 (39:16)
2. John Høegh Petresen	Allerød OK	48:09	+8:53	07:33
– (–)	– (5:51)	2:49 (8:40)	2:43 (11:23)	3:11 (14:34)
3:10 (21:47)	2:57 (24:44)	2:34 (27:18)	2:31 (29:49)	6:09 (35:58)
3:09 (42:23)	2:57 (45:20)	1:40 (47:00)	0:40 (47:40)	0:29 (48:09)
3. Holger Hansen	Tisvilde Hegn OK	2:58:32	+139:16	16:08
– (–)	– (1:47:59)	8:23 (1:56:22)	3:36 (1:59:58)	7:32 (2:07:30)
2:48 (2:16:20)	7:49 (2:24:09)	2:50 (2:26:59)	3:49 (2:30:48)	6:17 (2:37:05)
5:48 (2:51:02)	3:41 (2:54:43)	2:08 (2:56:51)	0:57 (2:57:48)	0:44 (2:58:32)
Bendt Frandsen	Farum OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
Gunnar Lorenzen	Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
Perillie Hansen	HSOK.dk	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

Open4	(4 / 4)	Tid	Efter	Tidstab
1. Anna Zol	OK73	50:59		08:58
3:27 (3:27)	1:42 (5:09)	0:23 (5:32)	3:16 (8:48)	1:23 (10:11)
1:22 (13:37)	1:19 (14:56)	2:57 (17:53)	3:59 (21:52)	12:19 (34:11)
2:05 (38:30)	0:49 (39:19)	2:08 (41:27)	3:43 (45:10)	0:41 (45:51)
1:02 (49:58)	0:40 (50:38)	0:21 (50:59)		3:05 (48:56)
2. Kent Kaas Nielsen	Tisvilde Hegn OK	59:20	+8:21	11:29
2:55 (2:55)	2:34 (5:29)	0:21 (5:50)	3:43 (9:33)	2:59 (12:32)
2:26 (17:20)	2:33 (19:53)	5:55 (25:48)	8:54 (34:42)	4:52 (39:34)
1:15 (43:19)	1:28 (44:47)	2:50 (47:37)	5:22 (52:59)	1:21 (54:20)
1:26 (57:56)	0:51 (58:47)	0:33 (59:20)		2:10 (56:30)
3. Tina Hansen	Tisvilde Hegn OK	59:22	+8:23	10:40
3:08 (3:08)	2:23 (5:31)	0:26 (5:57)	3:35 (9:32)	3:08 (12:40)
2:28 (17:28)	2:36 (20:04)	5:46 (25:50)	9:02 (34:52)	4:43 (39:35)
1:15 (43:21)	1:27 (44:48)	2:50 (47:38)	5:22 (53:00)	1:18 (54:18)
1:26 (57:56)	0:53 (58:49)	0:33 (59:22)		2:12 (56:30)
4. Gitte Grauert	Ballerup OK	1:17:44	+26:45	15:28
4:41 (4:41)	2:41 (7:22)	0:30 (7:52)	14:57 (22:49)	2:15 (25:04)
2:47 (31:29)	3:02 (34:31)	5:40 (40:11)	8:37 (48:48)	5:13 (54:01)
2:15 (1:00:10)	1:32 (1:01:42)	3:50 (1:05:32)	5:00 (1:10:32)	1:17 (1:11:49)
1:37 (1:15:57)	0:56 (1:16:53)	0:51 (1:17:44)		2:31 (1:14:20)

Open5	(2 / 2)	Tid	Efter	Tidstab
1. Lene Øbro	Tisvilde Hegn OK	42:33		00:32
2:09 (2:09)	2:32 (4:41)	2:10 (6:51)	9:22 (16:13)	2:19 (18:32)
3:09 (23:22)	1:15 (24:37)	2:23 (27:00)	1:59 (28:59)	1:10 (30:09)
1:12 (33:06)	1:21 (34:27)	1:40 (36:07)	3:09 (39:16)	0:34 (39:50)
1:18 (41:55)	0:38 (42:33)			0:47 (40:37)
2. Anneli Aabye	Ballerup OK	1:16:22	+33:49	13:12
3:15 (3:15)	4:13 (7:28)	2:31 (9:59)	14:54 (24:53)	3:41 (28:34)
5:09 (35:49)	2:40 (38:29)	12:56 (51:25)	1:27 (52:52)	1:39 (54:31)
1:46 (59:02)	1:56 (1:00:58)	2:21 (1:03:19)	7:13 (1:10:32)	1:02 (1:11:34)
2:45 (1:15:35)	0:47 (1:16:22)			1:16 (1:12:50)

Open6	(1 / 1)	Tid	Efter	Tidstab
1. Einar Klausen	Tisvilde Hegn OK	48:08		00:00
0:28 (0:28)	2:08 (2:36)	4:14 (6:50)	4:49 (11:39)	0:37 (12:16)
0:46 (16:37)	4:31 (21:08)	2:18 (23:26)	2:27 (25:53)	2:32 (28:25)
1:23 (32:00)	4:59 (36:59)	2:12 (39:11)	2:58 (42:09)	1:39 (43:48)
2:34 (48:08)				1:46 (45:34)