

Resultater – Sensommercup E1

2021-08-31

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

	2:04 (2:04)	4:03 (6:07)	3:52 (9:59)	6:47 (16:46)	2:36 (19:22)	1:26 (20:48)
	1:30 (22:18)	5:47 (28:05)	10:09 (38:14)	2:41 (40:55)	4:59 (45:54)	4:05 (49:59)
	2:12 (52:11)	1:19 (53:30)				
3.	Ida Jacobsen	OK Skærmøen Værløse	53:33	+0:41	06:33	
	5:25 (5:25)	4:09 (9:34)	4:47 (14:21)	4:20 (18:41)	3:09 (21:50)	1:26 (23:16)
	1:51 (25:07)	6:04 (31:11)	4:32 (35:43)	2:47 (38:30)	7:42 (46:12)	4:17 (50:29)
	2:24 (52:53)	0:40 (53:33)				
4.	Birgitte Krüger	Helsingør SOK	1:05:20	+12:28	18:39	
	1:52 (1:52)	4:27 (6:19)	3:23 (9:42)	12:28 (22:10)	2:10 (24:20)	1:17 (25:37)
	1:06 (26:43)	4:53 (31:36)	9:56 (41:32)	5:38 (47:10)	8:17 (55:27)	4:23 (59:50)
	4:23 (1:04:13)	1:07 (1:05:20)				
5.	Eva Emanuelsson	Helsingborgs SOK	1:11:12	+18:20	10:08	
	2:57 (2:57)	7:06 (10:03)	6:47 (16:50)	5:38 (22:28)	4:35 (27:03)	2:12 (29:15)
	1:48 (31:03)	11:03 (42:06)	8:21 (50:27)	3:57 (54:24)	6:24 (1:00:48)	5:53 (1:06:41)
	2:45 (1:09:26)	1:46 (1:11:12)				
6.	Annelise Hansen	FIF Hillerød	1:15:46	+22:54	16:54	
	4:11 (4:11)	4:55 (9:06)	10:59 (20:05)	9:18 (29:23)	3:50 (33:13)	1:58 (35:11)
	1:46 (36:57)	7:24 (44:21)	12:35 (56:56)	2:55 (59:51)	7:57 (1:07:48)	3:58 (1:11:46)
	2:37 (1:14:23)	1:23 (1:15:46)				
7.	Bodil M. Mortensen	Ballerup OK	1:30:52	+38:00	16:04	
	2:57 (2:57)	8:12 (11:09)	6:01 (17:10)	9:46 (26:56)	5:51 (32:47)	1:58 (34:45)
	1:49 (36:34)	11:36 (48:10)	17:47 (1:05:57)	3:38 (1:09:35)	10:01 (1:19:36)	6:33 (1:26:09)
	3:13 (1:29:22)	1:30 (1:30:52)				
8.	Ellen Thisted	Søllerød OK	1:46:10	+53:18	23:31	
	8:43 (8:43)	6:04 (14:47)	11:22 (26:09)	6:25 (32:34)	5:20 (37:54)	3:45 (41:39)
	3:04 (44:43)	11:36 (56:19)	13:46 (1:10:05)	7:05 (1:17:10)	16:57 (1:34:07)	6:12 (1:40:19)
	4:03 (1:44:22)	1:48 (1:46:10)				
	Hanne Frost	Ballerup OK	Fejlklip			
	2:43 (2:43)	6:39 (9:22)	5:38 (15:00)	5:55 (20:55)	4:46 (25:41)	– (–)
	– (–)	– (37:13)	11:01 (48:14)	7:03 (55:17)	14:52 (1:10:09)	5:06 (1:15:15)
	3:59 (1:19:14)	2:18 (1:21:32)				
	Gerda Marie Christiansen	Køge OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)				

D4		(1 / 1)	Tid	Efter	Tidstab	
1.	Lone Anette Larsen	Tisvilde Hegn OK	1:13:11		00:00	
	3:14 (3:14)	2:42 (5:56)	4:49 (10:45)	4:10 (14:55)	2:39 (17:34)	6:18 (23:52)
	8:37 (32:29)	5:51 (38:20)	6:58 (45:18)	2:02 (47:20)	1:22 (48:42)	10:11 (58:53)
	5:15 (1:04:08)	3:16 (1:07:24)	4:21 (1:11:45)	1:26 (1:13:11)		
D5		(3 / 3)	Tid	Efter	Tidstab	
1.	Hanne Bech	OK73	36:48		02:52	
	1:01 (1:01)	1:58 (2:59)	2:21 (5:20)	5:14 (10:34)	1:58 (12:32)	1:52 (14:24)
	3:58 (18:22)	2:38 (21:00)	2:26 (23:26)	3:54 (27:20)	6:16 (33:36)	2:37 (36:13)
	0:35 (36:48)					
2.	Katrine Jacobsen	OK Skærmøen Værløse	44:45	+7:57	09:46	
	1:26 (1:26)	1:34 (3:00)	7:20 (10:20)	4:50 (15:10)	2:42 (17:52)	1:46 (19:38)
	4:17 (23:55)	4:29 (28:24)	3:08 (31:32)	6:59 (38:31)	3:59 (42:30)	1:48 (44:18)
	0:27 (44:45)					
3.	Inge K. Kristoffersen	Ballerup OK	51:33	+14:45	06:32	
	2:21 (2:21)	3:14 (5:35)	3:38 (9:13)	8:48 (18:01)	2:52 (20:53)	4:00 (24:53)
	5:29 (30:22)	3:59 (34:21)	2:33 (36:54)	5:17 (42:11)	4:50 (47:01)	3:31 (50:32)
	1:01 (51:33)					
D6		(6 / 6)	Tid	Efter	Tidstab	
1.	Edith Gerstrøm	Tisvilde Hegn OK	29:48		00:18	
	1:00 (1:00)	1:18 (2:18)	1:54 (4:12)	1:15 (5:27)	2:10 (7:37)	3:02 (10:39)
	1:08 (11:47)	2:39 (14:26)	3:03 (17:29)	1:39 (19:08)	2:06 (21:14)	1:29 (22:43)
	1:09 (23:52)	3:10 (27:02)	2:20 (29:22)	0:26 (29:48)		
2.	Ester Helena Clausen	Tisvilde Hegn OK	29:57	+0:09	00:00	
	0:56 (0:56)	1:24 (2:20)	1:49 (4:09)	1:18 (5:27)	2:12 (7:39)	3:04 (10:43)
	1:11 (11:54)	2:34 (14:28)	3:12 (17:40)	1:47 (19:27)	1:48 (21:15)	1:28 (22:43)
	1:12 (23:55)	3:14 (27:09)	2:18 (29:27)	0:30 (29:57)		
3.	Vilma Keldsmark	Tisvilde Hegn OK	30:02	+0:14	00:00	
	0:56 (0:56)	1:22 (2:18)	1:52 (4:10)	1:13 (5:23)	2:16 (7:39)	3:11 (10:50)
	1:14 (12:04)	2:18 (14:22)	3:14 (17:36)	1:43 (19:19)	2:03 (21:22)	1:25 (22:47)
	1:10 (23:57)	3:10 (27:07)	2:20 (29:27)	0:35 (30:02)		
4.	Dagny Clausen	Tisvilde Hegn OK	30:34	+0:46	00:39	
	1:06 (1:06)	1:18 (2:24)	1:59 (4:23)	1:34 (5:57)	2:10 (8:07)	2:58 (11:05)
	1:25 (12:30)	2:20 (14:50)	3:16 (18:06)	1:53 (19:59)	2:19 (22:18)	1:09 (23:27)
	1:01 (24:28)	3:06 (27:34)	2:33 (30:07)	0:27 (30:34)		
4.	Karla Gerstrøm	Tisvilde Hegn OK	30:34	+0:46	01:06	
	1:07 (1:07)	1:14 (2:21)	2:00 (4:21)	1:39 (6:00)	2:10 (8:10)	2:52 (11:02)
	1:29 (12:31)	2:20 (14:51)	3:15 (18:06)	1:45 (19:51)	2:23 (22:14)	1:15 (23:29)
	1:00 (24:29)	3:14 (27:43)	2:22 (30:05)	0:29 (30:34)		
	Olivia Zoffmann	Tisvilde Hegn OK	Ej startet			

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

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

11.	Per Windfeld-Hansen	OK ØST Birkerød	1:11:03	+14:24	07:14		
	3:28 (3:28)	2:20 (5:48)	2:28 (8:16)	1:12 (9:28)	6:16 (15:44)	5:49 (21:33)	
	0:51 (22:24)	3:13 (25:37)	6:48 (32:25)	7:03 (39:28)	1:22 (40:50)	2:21 (43:11)	
	12:10 (55:21)	3:23 (58:44)	1:40 (1:00:24)	2:04 (1:02:28)	2:02 (1:04:30)	4:01 (1:08:31)	
	1:56 (1:10:27)	0:36 (1:11:03)					
12.	Lars Lyngsø	Allerød OK	1:11:23	+14:44	17:32		
	2:41 (2:41)	1:37 (4:18)	1:57 (6:15)	0:52 (7:07)	4:29 (11:36)	3:21 (14:57)	
	0:45 (15:42)	3:35 (19:17)	6:03 (25:20)	12:41 (38:01)	1:08 (39:09)	9:31 (48:40)	
	5:23 (54:03)	4:53 (58:56)	2:48 (1:01:44)	1:51 (1:03:35)	1:42 (1:05:17)	3:26 (1:08:43)	
	2:01 (1:10:44)	0:39 (1:11:23)					
13.	Claus Rytter Larsen	Farum OK	1:12:01	+15:22	10:48		
	2:55 (2:55)	3:02 (5:57)	1:50 (7:47)	0:59 (8:46)	5:06 (13:52)	5:04 (18:56)	
	0:46 (19:42)	4:36 (24:18)	5:57 (30:15)	6:33 (36:48)	1:32 (38:20)	2:07 (40:27)	
	7:34 (48:01)	7:38 (55:39)	3:04 (58:43)	1:35 (1:00:18)	2:14 (1:02:32)	5:24 (1:07:56)	
	3:25 (1:11:21)	0:40 (1:12:01)					
14.	Jens Anders Hansen	Søllerød OK	1:22:18	+25:39	08:42		
	3:28 (3:28)	5:15 (8:43)	2:53 (11:36)	1:20 (12:56)	7:14 (20:10)	5:38 (25:48)	
	1:35 (27:23)	4:10 (31:33)	8:12 (39:45)	8:06 (47:51)	1:28 (49:19)	2:59 (52:18)	
	6:51 (59:09)	6:20 (1:05:29)	2:29 (1:07:58)	2:11 (1:10:09)	2:03 (1:12:12)	5:31 (1:17:43)	
	3:59 (1:21:42)	0:36 (1:22:18)					
15.	Niels la Cour Bentzon	Søllerød OK	1:24:34	+27:55	14:29		
	3:56 (3:56)	2:27 (6:23)	2:34 (8:57)	1:39 (10:36)	5:34 (16:10)	5:45 (21:55)	
	1:04 (22:59)	5:39 (28:38)	6:58 (35:36)	6:00 (41:36)	1:42 (43:18)	2:36 (45:54)	
	11:51 (57:45)	4:12 (1:01:57)	7:07 (1:09:04)	2:00 (1:11:04)	2:23 (1:13:27)	5:38 (1:19:05)	
	4:54 (1:23:59)	0:35 (1:24:34)					
16.	Max Prang	Fredensborg OK	1:28:43	+32:04	13:11		
	3:30 (3:30)	3:49 (7:19)	2:28 (9:47)	1:15 (11:02)	7:48 (18:50)	5:48 (24:38)	
	1:11 (25:49)	4:45 (30:34)	8:09 (38:43)	6:40 (45:23)	1:32 (46:55)	5:14 (52:09)	
	9:57 (1:02:06)	7:45 (1:09:51)	2:44 (1:12:35)	2:06 (1:14:41)	5:52 (1:20:33)	5:06 (1:25:39)	
	2:27 (1:28:06)	0:37 (1:28:43)					
17.	Carsten Thye Agger	Helsingør SOK	1:34:09	+37:30	19:42		
	3:15 (3:15)	4:07 (7:22)	2:24 (9:46)	1:26 (11:12)	6:26 (17:38)	11:16 (28:54)	
	0:54 (29:48)	3:47 (33:35)	8:11 (41:46)	10:48 (52:34)	1:38 (54:12)	2:29 (56:41)	
	9:36 (1:06:17)	10:47 (1:17:04)	2:44 (1:19:48)	2:00 (1:21:48)	2:01 (1:23:49)	6:49 (1:30:38)	
	2:52 (1:33:30)	0:39 (1:34:09)					
18.	Niels Aabye	Ballerup OK	1:39:07	+42:28	13:37		
	5:00 (5:00)	2:31 (7:31)	6:17 (13:48)	1:50 (15:38)	8:12 (23:50)	5:25 (29:15)	
	1:12 (30:27)	4:55 (35:22)	8:28 (43:50)	8:28 (52:18)	1:50 (54:08)	6:05 (1:00:13)	
	9:28 (1:09:41)	6:44 (1:16:25)	7:01 (1:23:26)	2:14 (1:25:40)	2:37 (1:28:17)	6:59 (1:35:16)	
	2:31 (1:37:47)	1:20 (1:39:07)					
19.	Otto Kristensen	Køge OK	2:10:04	+73:25	35:16		
	5:33 (5:33)	2:34 (8:07)	6:58 (15:05)	1:20 (16:25)	10:30 (26:55)	5:48 (32:43)	
	1:46 (34:29)	10:59 (45:28)	11:00 (56:28)	11:37 (1:08:05)	2:10 (1:10:15)	26:55 (1:37:10)	
	9:31 (1:46:41)	3:50 (1:50:31)	2:59 (1:53:30)	2:10 (1:55:40)	2:57 (1:58:37)	7:28 (2:06:05)	
	2:52 (2:08:57)	1:07 (2:10:04)					
	Gregers Jørgensen	Ballerup OK	Fejlklip				
	3:42 (3:42)	3:59 (7:41)	3:24 (11:05)	– (–)	– (16:31)	3:34 (20:05)	
	0:48 (20:53)	3:37 (24:30)	5:38 (30:08)	6:55 (37:03)	1:33 (38:36)	2:39 (41:15)	
	6:16 (47:31)	2:38 (50:09)	1:29 (51:38)	1:41 (53:19)	1:50 (55:09)	5:14 (1:00:23)	
	4:00 (1:04:23)	0:32 (1:04:55)					
	Henrik Nielsen	Holbæk OK	Fejlklip				
	3:22 (3:22)	6:46 (10:08)	2:00 (12:08)	0:59 (13:07)	5:04 (18:11)	5:15 (23:26)	
	0:57 (24:23)	5:40 (30:03)	14:49 (44:52)	– (–)	– (–)	– (–)	
	– (–)	– (59:18)	2:58 (1:02:16)	1:53 (1:04:09)	– (–)	– (1:11:30)	
	3:30 (1:15:00)	0:59 (1:15:59)					
	Jan Kristoffersen	Ballerup OK	Udgået				
	7:41 (7:41)	2:15 (9:56)	5:47 (15:43)	1:18 (17:01)	10:46 (27:47)	5:05 (32:52)	
	1:07 (33:59)	– (–)	– (54:13)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Kenn Basse	Ballerup OK	Udgået				
	11:56 (11:56)	6:59 (18:55)	2:38 (21:33)	1:27 (23:00)	5:27 (28:27)	4:13 (32:40)	
	1:07 (33:47)	3:13 (37:00)	6:55 (43:55)	9:11 (53:06)	1:32 (54:38)	15:56 (1:10:34)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Søren Sloth	FIF Hillerød	Udgået				
	3:00 (3:00)	3:50 (6:50)	2:53 (9:43)	1:00 (10:43)	5:39 (16:22)	3:09 (19:31)	
	0:46 (20:17)	10:28 (30:45)	6:56 (37:41)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Jens Jørgen Hansen	Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Pablo Jensen	Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					

H3	(18 / 18)	Tid	Efter	Tidstab		
1.	Peter Wraa Tisvilde Hegn OK	42:30		03:16		
	2:02 (2:02)	4:01 (6:03)	3:21 (9:24)	2:39 (15:24)	1:20 (16:44)	
	1:23 (18:07)	4:38 (22:45)	6:11 (28:56)	3:52 (36:10)	2:33 (38:43)	
	2:45 (41:28)	1:02 (42:30)				
2.	Preben Sloth FIF Hillerød	44:46	+2:16	04:30		
	1:24 (1:24)	3:49 (5:13)	3:20 (8:33)	2:25 (15:47)	1:10 (16:57)	
	1:05 (18:02)	5:05 (23:07)	6:03 (29:10)	7:06 (39:08)	2:52 (42:00)	
	1:42 (43:42)	1:04 (44:46)				
3.	Jens Peter Gundorf OK ØST Birkerød	45:38	+3:08	06:01		
	1:54 (1:54)	3:40 (5:34)	3:16 (8:50)	2:09 (15:09)	1:10 (16:19)	
	1:50 (18:09)	4:36 (22:45)	9:43 (32:28)	4:01 (39:30)	2:50 (42:20)	
	2:16 (44:36)	1:02 (45:38)				
4.	Flemming Wendelboe Helsingør SOK	49:29	+6:59	10:36		
	1:22 (1:22)	3:27 (4:49)	2:53 (7:42)	2:24 (14:02)	2:07 (16:09)	
	1:06 (17:15)	4:28 (21:43)	12:41 (34:24)	4:30 (41:07)	4:34 (45:41)	
	2:09 (47:50)	1:39 (49:29)				
5.	Michael Wraa Tisvilde Hegn OK	50:01	+7:31	11:36		
	1:24 (1:24)	3:37 (5:01)	2:56 (7:57)	2:11 (13:08)	1:08 (14:16)	
	1:18 (15:34)	6:41 (22:15)	10:30 (32:45)	4:30 (44:41)	2:49 (47:30)	
	1:33 (49:03)	0:58 (50:01)				
6.	Søren Christensen OK Skærmøen Værløse	51:03	+8:33	06:37		
	2:20 (2:20)	4:09 (6:29)	4:26 (10:55)	2:32 (17:02)	1:12 (18:14)	
	1:19 (19:33)	7:49 (27:22)	6:09 (33:31)	5:42 (41:59)	5:43 (47:42)	
	2:09 (49:51)	1:12 (51:03)				
7.	Svend-Åke Emanuelsson Helsingborgs SOK	51:44	+9:14	10:18		
	1:54 (1:54)	3:51 (5:45)	3:45 (9:30)	2:40 (18:02)	1:14 (19:16)	
	1:12 (20:28)	7:27 (27:55)	4:27 (32:22)	4:03 (43:12)	5:46 (48:58)	
	1:47 (50:45)	0:59 (51:44)				
8.	Henrik Jørgensen OK Skærmøen Værløse	52:00	+9:30	06:45		
	3:44 (3:44)	4:20 (8:04)	4:39 (12:43)	2:56 (20:08)	1:27 (21:35)	
	1:41 (23:16)	6:07 (29:23)	4:52 (34:15)	7:47 (44:51)	3:58 (48:49)	
	2:24 (51:13)	0:47 (52:00)				
9.	Leif Sig FIF Hillerød	54:29	+11:59	10:34		
	4:38 (4:38)	4:14 (8:52)	4:28 (13:20)	3:05 (20:07)	1:34 (21:41)	
	1:26 (23:07)	9:50 (32:57)	4:51 (37:48)	7:30 (47:45)	3:26 (51:11)	
	2:05 (53:16)	1:13 (54:29)				
10.	Jørgen Jensen Helsingør SOK	59:01	+16:31	11:37		
	2:34 (2:34)	4:25 (6:59)	3:52 (10:51)	2:41 (18:48)	1:30 (20:18)	
	1:44 (22:02)	5:10 (27:12)	6:37 (33:49)	4:51 (48:18)	7:36 (55:54)	
	1:58 (57:52)	1:09 (59:01)				
11.	Ole Christiansen Farum OK	1:07:55	+25:25	16:02		
	1:48 (1:48)	4:34 (6:22)	3:58 (10:20)	4:12 (18:33)	1:45 (20:18)	
	2:01 (22:19)	11:54 (34:13)	13:29 (47:42)	9:39 (1:00:58)	3:42 (1:04:40)	
	2:04 (1:06:44)	1:11 (1:07:55)				
12.	Knud Torm OK Skærmøen Værløse	1:13:42	+31:12	17:06		
	3:06 (3:06)	7:56 (11:02)	4:55 (15:57)	4:00 (25:10)	8:24 (33:34)	
	1:29 (35:03)	9:57 (45:00)	5:44 (50:44)	5:56 (1:01:51)	4:09 (1:06:00)	
	6:35 (1:12:35)	1:07 (1:13:42)				
13.	Gunner Jørgensen OK73	1:14:43	+32:13	22:21		
	2:59 (2:59)	5:16 (8:15)	4:10 (12:25)	2:47 (19:55)	1:39 (21:34)	
	1:25 (22:59)	5:23 (28:22)	16:23 (44:45)	13:21 (1:07:03)	3:57 (1:11:00)	
	2:12 (1:13:12)	1:31 (1:14:43)				
14.	Jørn Andreasen OK73	1:33:27	+50:57	18:59		
	8:02 (8:02)	6:42 (14:44)	5:47 (20:31)	3:52 (32:06)	2:35 (34:41)	
	3:27 (38:08)	9:57 (48:05)	18:09 (1:06:14)	7:53 (1:17:40)	8:00 (1:25:40)	
	5:44 (1:31:24)	2:03 (1:33:27)				
	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				
	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)				
H4	(2 / 2)	Tid	Efter	Tidstab		
1.	Rasmus Storm Lyngsø Allerød OK	48:38		02:55		
	1:16 (1:16)	2:21 (3:37)	6:41 (10:18)	1:14 (14:18)	2:53 (17:11)	
	4:09 (21:20)	3:33 (24:53)	8:04 (32:57)	1:12 (35:47)	5:23 (41:10)	
	3:13 (44:23)	1:56 (46:19)	1:36 (47:55)	0:43 (48:38)		

2.	Carl-Johan Rosenberg	FIF Hillerød	1:04:41	+16:03	10:12		
	2:57 (2:57)	3:09 (6:06)	6:06 (12:12)	3:38 (15:50)	1:33 (17:23)	4:31 (21:54)	
	7:01 (28:55)	5:30 (34:25)	5:32 (39:57)	1:41 (41:38)	1:28 (43:06)	10:48 (53:54)	
	4:31 (58:25)	3:02 (1:01:27)	1:59 (1:03:26)	1:15 (1:04:41)			

H6		(4 / 4)	Tid	Efter	Tidstab		
1.	Eigil Poul Gerstrøm	Tisvilde Hegn OK	30:08		01:28		
	0:46 (0:46)	1:29 (2:15)	2:08 (4:23)	1:27 (5:50)	2:44 (8:34)	2:03 (10:37)	
	1:50 (12:27)	2:03 (14:30)	2:15 (16:45)	1:08 (17:53)	4:45 (22:38)	1:12 (23:50)	
	1:27 (25:17)	2:09 (27:26)	2:10 (29:36)	0:32 (30:08)			
1.	Sigurd Nielsen	Tisvilde Hegn OK	30:08		01:25		
	0:44 (0:44)	1:29 (2:13)	2:13 (4:26)	1:22 (5:48)	2:43 (8:31)	2:06 (10:37)	
	1:57 (12:34)	1:56 (14:30)	2:12 (16:42)	1:14 (17:56)	4:43 (22:39)	1:11 (23:50)	
	1:31 (25:21)	2:16 (27:37)	1:59 (29:36)	0:32 (30:08)			
3.	Manfred Fonselius	Tisvilde Hegn OK	44:01	+13:53	08:56		
	1:50 (1:50)	1:42 (3:32)	2:26 (5:58)	2:07 (8:05)	3:09 (11:14)	3:34 (14:48)	
	1:55 (16:43)	3:50 (20:33)	3:14 (23:47)	2:38 (26:25)	3:25 (29:50)	2:33 (32:23)	
	2:25 (34:48)	4:32 (39:20)	4:13 (43:33)	0:28 (44:01)			
4.	Torvald Hjalmer Clausen	Tisvilde Hegn OK	44:09	+14:01	09:47		
	1:55 (1:55)	1:40 (3:35)	2:22 (5:57)	2:05 (8:02)	3:11 (11:13)	3:38 (14:51)	
	1:51 (16:42)	3:38 (20:20)	3:26 (23:46)	2:37 (26:23)	3:13 (29:36)	2:49 (32:25)	
	2:23 (34:48)	4:30 (39:18)	4:17 (43:35)	0:34 (44:09)			

Open1		(5 / 5)	Tid	Efter	Tidstab		
1.	Lasse Falck Weber	Tisvilde Hegn OK	1:03:44		00:00		
	2:00 (2:00)	2:06 (4:06)	0:46 (4:52)	3:44 (8:36)	3:30 (12:06)	0:30 (12:36)	
	1:00 (13:36)	1:31 (15:07)	2:07 (17:14)	5:17 (22:31)	4:02 (26:33)	2:27 (29:00)	
	1:37 (30:37)	3:01 (33:38)	4:24 (38:02)	3:39 (41:41)	0:56 (42:37)	1:29 (44:06)	
	4:29 (48:35)	0:55 (49:30)	2:13 (51:43)	2:14 (53:57)	1:47 (55:44)	1:52 (57:36)	
	2:32 (1:00:08)	1:52 (1:02:00)	1:19 (1:03:19)	0:25 (1:03:44)			
2.	Torben Nørgaard	Allerød OK	1:46:09	+42:25	25:33		
	2:31 (2:31)	4:40 (7:11)	0:44 (7:55)	4:03 (11:58)	6:11 (18:09)	0:43 (18:52)	
	10:16 (29:08)	3:07 (32:15)	2:34 (34:49)	8:36 (43:25)	7:42 (51:07)	3:11 (54:18)	
	2:10 (56:28)	3:44 (1:00:12)	8:51 (1:09:03)	4:42 (1:13:45)	1:10 (1:14:55)	2:33 (1:17:28)	
	5:24 (1:22:52)	0:49 (1:23:41)	1:38 (1:25:19)	2:20 (1:27:39)	3:24 (1:31:03)	2:15 (1:33:18)	
	4:06 (1:37:24)	3:34 (1:40:58)	4:40 (1:45:38)	0:31 (1:46:09)			
3.	Joakim Ilsing Sørensen	Ballerup OK	1:49:18	+45:34	18:51		
	4:20 (4:20)	3:41 (8:01)	1:02 (9:03)	4:55 (13:58)	8:06 (22:04)	6:17 (28:21)	
	1:31 (29:52)	2:42 (32:34)	3:07 (35:41)	4:43 (40:24)	6:11 (46:35)	3:23 (49:58)	
	6:27 (56:25)	4:33 (1:00:58)	6:20 (1:07:18)	5:46 (1:13:04)	1:14 (1:14:18)	1:43 (1:16:01)	
	6:14 (1:22:15)	0:55 (1:23:10)	2:42 (1:25:52)	3:01 (1:28:53)	2:38 (1:31:31)	3:10 (1:34:41)	
	7:11 (1:41:52)	3:05 (1:44:57)	3:12 (1:48:09)	1:09 (1:49:18)			
	Svend Christiansen	OK Sorø	Fejlklip				
	3:28 (3:28)	3:21 (6:49)	1:02 (7:51)	7:57 (15:48)	10:02 (25:50)	1:20 (27:10)	
	2:05 (29:15)	– (–)	– (37:50)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (52:11)			
	Merete Nørgaard	Allerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	

Open2		(20 / 20)	Tid	Efter	Tidstab		
1.	Tim Falck Weber	Tisvilde Hegn OK	48:46		04:52		
	2:18 (2:18)	1:23 (3:41)	1:38 (5:19)	0:56 (6:15)	4:10 (10:25)	2:46 (13:11)	
	0:48 (13:59)	3:24 (17:23)	4:20 (21:43)	4:14 (25:57)	1:04 (27:01)	1:24 (28:25)	
	5:38 (34:03)	2:14 (36:17)	4:36 (40:53)	1:13 (42:06)	1:19 (43:25)	3:01 (46:26)	
	1:52 (48:18)	0:28 (48:46)					
2.	Rolf Valery	Tisvilde Hegn OK	49:15	+0:29	01:10		
	2:30 (2:30)	2:18 (4:48)	2:03 (6:51)	0:44 (7:35)	4:26 (12:01)	2:57 (14:58)	
	0:50 (15:48)	2:39 (18:27)	4:40 (23:07)	4:36 (27:43)	1:09 (28:52)	2:48 (31:40)	
	5:12 (36:52)	2:27 (39:19)	2:16 (41:35)	1:27 (43:02)	1:41 (44:43)	2:45 (47:28)	
	1:14 (48:42)	0:33 (49:15)					
3.	Rolf Lund	Helsingør SOK	53:34	+4:48	05:25		
	2:51 (2:51)	2:14 (5:05)	1:37 (6:42)	0:47 (7:29)	3:47 (11:16)	3:16 (14:32)	
	1:25 (15:57)	5:24 (21:21)	5:06 (26:27)	5:40 (32:07)	1:03 (33:10)	1:30 (34:40)	
	4:36 (39:16)	4:10 (43:26)	2:03 (45:29)	1:22 (46:51)	1:22 (48:13)	2:57 (51:10)	
	1:51 (53:01)	0:33 (53:34)					
4.	Morten Ebbensgaard	OK ØST Birkerød	58:42	+9:56	03:57		
	3:22 (3:22)	2:13 (5:35)	2:23 (7:58)	0:57 (8:55)	4:57 (13:52)	3:02 (16:54)	
	0:45 (17:39)	3:03 (20:42)	6:14 (26:56)	5:43 (32:39)	1:12 (33:51)	1:55 (35:46)	
	5:44 (41:30)	2:31 (44:01)	3:12 (47:13)	1:38 (48:51)	3:53 (52:44)	3:15 (55:59)	
	1:55 (57:54)	0:48 (58:42)					
5.	Laus Seir Hansen	Helsingør SOK	1:06:49	+18:03	03:34		
	3:20 (3:20)	2:05 (5:25)	2:32 (7:57)	1:07 (9:04)	5:30 (14:34)	3:56 (18:30)	
	1:01 (19:31)	4:32 (24:03)	7:13 (31:16)	6:07 (37:23)	1:39 (39:02)	2:29 (41:31)	
	7:11 (48:42)	3:26 (52:08)	1:55 (54:03)	2:43 (56:46)	2:21 (59:07)	4:46 (1:03:53)	
	1:54 (1:05:47)	1:02 (1:06:49)					

6.	Torkil Hansen	PI-København	1:09:18	+20:32	14:47		
	2:53 (2:53)	4:07 (7:00)	2:32 (9:32)	1:13 (10:45)	4:32 (15:17)	3:06 (18:23)	
	0:51 (19:14)	2:46 (22:00)	5:30 (27:30)	5:43 (33:13)	1:15 (34:28)	4:53 (39:21)	
	6:18 (45:39)	3:22 (49:01)	1:42 (50:43)	1:34 (52:17)	1:32 (53:49)	13:28 (1:07:17)	
	1:25 (1:08:42)	0:36 (1:09:18)					
7.	Tenna Nørgaard Landsperg	Tisvilde Hegn OK	1:10:34	+21:48	12:54		
	2:31 (2:31)	2:28 (4:59)	2:16 (7:15)	1:05 (8:20)	4:34 (12:54)	3:49 (16:43)	
	0:51 (17:34)	6:27 (24:01)	5:59 (30:00)	6:47 (36:47)	1:32 (38:19)	5:09 (43:28)	
	5:08 (48:36)	9:47 (58:23)	2:10 (1:00:33)	2:13 (1:02:46)	1:50 (1:04:36)	3:43 (1:08:19)	
	1:37 (1:09:56)	0:38 (1:10:34)					
8.	Lene Jensen	Helsingør SOK	1:13:22	+24:36	07:58		
	3:59 (3:59)	1:57 (5:56)	2:28 (8:24)	1:35 (9:59)	5:40 (15:39)	4:34 (20:13)	
	1:01 (21:14)	7:21 (28:35)	6:24 (34:59)	6:08 (41:07)	1:18 (42:25)	2:07 (44:32)	
	7:54 (52:26)	3:35 (56:01)	3:01 (59:02)	1:46 (1:00:48)	2:15 (1:03:03)	7:39 (1:10:42)	
	1:59 (1:12:41)	0:41 (1:13:22)					
9.	Camilla Rath Nielsen	PI-København	1:16:22	+27:36	16:52		
	2:54 (2:54)	2:00 (4:54)	1:54 (6:48)	1:12 (8:00)	5:03 (13:03)	3:24 (16:27)	
	1:24 (17:51)	14:37 (32:28)	6:36 (39:04)	9:55 (48:59)	1:08 (50:07)	1:52 (51:59)	
	8:42 (1:00:41)	2:54 (1:03:35)	2:37 (1:06:12)	2:08 (1:08:20)	2:22 (1:10:42)	3:18 (1:14:00)	
	1:46 (1:15:46)	0:36 (1:16:22)					
10.	Niels Raagaard	Søllerød OK	1:23:19	+34:33	07:13		
	4:00 (4:00)	2:27 (6:27)	3:21 (9:48)	1:40 (11:28)	7:55 (19:23)	8:03 (27:26)	
	1:01 (28:27)	5:16 (33:43)	8:34 (42:17)	8:10 (50:27)	1:36 (52:03)	2:18 (54:21)	
	9:07 (1:03:28)	3:34 (1:07:02)	2:28 (1:09:30)	2:43 (1:12:13)	2:33 (1:14:46)	5:03 (1:19:49)	
	2:41 (1:22:30)	0:49 (1:23:19)					
11.	Kurt Thuesen	FSK Orientering	1:23:49	+35:03	21:53		
	2:52 (2:52)	2:22 (5:14)	3:08 (8:22)	0:57 (9:19)	4:50 (14:09)	4:49 (18:58)	
	0:41 (19:39)	2:57 (22:36)	6:52 (29:28)	14:33 (44:01)	1:39 (45:40)	1:53 (47:33)	
	6:43 (54:16)	8:25 (1:02:41)	2:28 (1:05:09)	8:43 (1:13:52)	1:57 (1:15:49)	5:06 (1:20:55)	
	1:57 (1:22:52)	0:57 (1:23:49)					
12.	Ole Berner	Søllerød OK	1:34:02	+45:16	14:56		
	3:46 (3:46)	4:07 (7:53)	3:14 (11:07)	1:33 (12:40)	7:20 (20:00)	4:49 (24:49)	
	2:19 (27:08)	8:01 (35:09)	8:23 (43:32)	7:09 (50:41)	1:59 (52:40)	2:45 (55:25)	
	8:04 (1:03:29)	6:21 (1:09:50)	2:41 (1:12:31)	3:06 (1:15:37)	8:38 (1:24:15)	5:03 (1:29:18)	
	3:56 (1:33:14)	0:48 (1:34:02)					
13.	Philip Vestmark Vith Jensen	PI-København	1:34:15	+45:29	14:10		
	5:39 (5:39)	3:19 (8:58)	4:26 (13:24)	1:34 (14:58)	9:02 (24:00)	7:23 (31:23)	
	2:11 (33:34)	5:44 (39:18)	7:29 (46:47)	8:45 (55:32)	1:19 (56:51)	5:59 (1:02:50)	
	8:39 (1:11:29)	3:19 (1:14:48)	4:59 (1:19:47)	1:54 (1:21:41)	3:32 (1:25:13)	5:52 (1:31:05)	
	2:21 (1:33:26)	0:49 (1:34:15)					
14.	Erik Sørensen	Allerød OK	1:46:53	+58:07	31:10		
	4:06 (4:06)	3:18 (7:24)	12:54 (20:18)	1:42 (22:00)	7:49 (29:49)	5:24 (35:13)	
	1:07 (36:20)	9:36 (45:56)	14:48 (1:00:44)	14:01 (1:14:45)	1:30 (1:16:15)	2:26 (1:18:41)	
	6:40 (1:25:21)	3:24 (1:28:45)	7:25 (1:36:10)	2:08 (1:38:18)	2:00 (1:40:18)	4:00 (1:44:18)	
	1:52 (1:46:10)	0:43 (1:46:53)					
	Henrik Albahn	Lyngby OK	Fejlklip				
	2:35 (2:35)	2:19 (4:54)	2:12 (7:06)	1:18 (8:24)	4:58 (13:22)	3:35 (16:57)	
	0:54 (17:51)	4:09 (22:00)	6:57 (28:57)	6:42 (35:39)	1:28 (37:07)	1:52 (38:59)	
	8:22 (47:21)	—	— (58:14)	1:58 (1:00:12)	1:52 (1:02:04)	—	
	—	— (1:08:07)					
	Jens V. Nielsen	HSOK.dk	Fejlklip				
	3:17 (3:17)	—	—	—	—	—	
	—	—	—	—	—	—	
	—	—	—	—	—	—	
	— (1:03:55)	0:46 (1:04:41)					
	Lars Bech Jensen	Ballerup OK	Udgået				
	3:18 (3:18)	2:12 (5:30)	2:57 (8:27)	1:02 (9:29)	5:52 (15:21)	4:58 (20:19)	
	0:57 (21:16)	5:43 (26:59)	8:06 (35:05)	9:35 (44:40)	2:35 (47:15)	9:43 (56:58)	
	11:24 (1:08:22)	—	—	—	—	—	
	—	—					
	Nils Sættem	Kildeholm OK	Udgået				
	3:55 (3:55)	4:22 (8:17)	2:16 (10:33)	1:30 (12:03)	5:56 (17:59)	5:15 (23:14)	
	4:01 (27:15)	12:32 (39:47)	11:31 (51:18)	—	—	—	
	—	—	—	—	—	—	
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	Birgitte Birck	Allerød OK	Ej startet				
	—	—	—	—	—	—	
	—	—	—	—	—	—	
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	—	—					
	Niels-Peter Vest Nielsen	Allerød OK	Ej startet				
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Open3

1.	Bjarne B. Jensen	(17 / 17) Helsingør SOK	Tid 40:12	Efter	Tidstab 01:16
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	1:30 (1:30)	4:06 (5:36)	3:27 (9:03)	3:42 (12:45)	2:18 (15:03)	1:12 (16:15)
	1:11 (17:26)	5:28 (22:54)	3:25 (26:19)	3:08 (29:27)	4:55 (34:22)	2:41 (37:03)
	2:08 (39:11)	1:01 (40:12)				
2.	Perille Hansen	HSOK.dk	50:33	+10:21	08:04	
	3:24 (3:24)	4:05 (7:29)	5:43 (13:12)	5:17 (18:29)	2:19 (20:48)	2:12 (23:00)
	1:35 (24:35)	7:51 (32:26)	3:43 (36:09)	2:12 (38:21)	4:48 (43:09)	4:40 (47:49)
	1:42 (49:31)	1:02 (50:33)				
3.	Karl Aage Hald	FSK Orientering	59:09	+18:57	07:57	
	2:22 (2:22)	5:18 (7:40)	4:26 (12:06)	3:36 (15:42)	2:54 (18:36)	2:13 (20:49)
	1:29 (22:18)	7:55 (30:13)	11:18 (41:31)	4:38 (46:09)	5:26 (51:35)	3:32 (55:07)
	2:44 (57:51)	1:18 (59:09)				
4.	Ole Rasmussen	Køge OK	1:02:12	+22:00	07:33	
	3:30 (3:30)	4:46 (8:16)	7:20 (15:36)	4:51 (20:27)	4:01 (24:28)	2:24 (26:52)
	1:45 (28:37)	10:15 (38:52)	5:22 (44:14)	4:34 (48:48)	4:44 (53:32)	4:11 (57:43)
	3:05 (1:00:48)	1:24 (1:02:12)				
5.	Flemming Larsen	Helsingør SOK	1:04:38	+24:26	13:40	
	2:34 (2:34)	6:05 (8:39)	5:29 (14:08)	12:25 (26:33)	2:50 (29:23)	1:29 (30:52)
	1:32 (32:24)	7:15 (39:39)	8:03 (47:42)	2:47 (50:29)	6:54 (57:23)	3:40 (1:01:03)
	2:16 (1:03:19)	1:19 (1:04:38)				
6.	Kuno Rasmussen	Ballerup OK	1:07:33	+27:21	15:55	
	2:14 (2:14)	5:04 (7:18)	4:19 (11:37)	12:06 (23:43)	2:54 (26:37)	1:29 (28:06)
	1:34 (29:40)	6:55 (36:35)	11:27 (48:02)	3:15 (51:17)	6:06 (57:23)	4:01 (1:01:24)
	4:41 (1:06:05)	1:28 (1:07:33)				
7.	Inger Landsperg	Tisvilde Hegn OK	1:08:34	+28:22	13:31	
	2:39 (2:39)	7:59 (10:38)	4:28 (15:06)	5:22 (20:28)	5:54 (26:22)	2:33 (28:55)
	1:45 (30:40)	6:46 (37:26)	11:13 (48:39)	3:55 (52:34)	6:31 (59:05)	3:24 (1:02:29)
	4:44 (1:07:13)	1:21 (1:08:34)				
8.	Jens Aaris Thisted	Søllerød OK	1:09:17	+29:05	13:04	
	6:03 (6:03)	4:46 (10:49)	4:27 (15:16)	7:25 (22:41)	3:14 (25:55)	1:50 (27:45)
	1:41 (29:26)	10:13 (39:39)	5:08 (44:47)	5:19 (50:06)	6:19 (56:25)	3:46 (1:00:11)
	7:33 (1:07:44)	1:33 (1:09:17)				
9.	Bendt Frandsen	Farum OK	1:18:36	+38:24	24:32	
	3:01 (3:01)	4:24 (7:25)	4:50 (12:15)	24:19 (36:34)	3:42 (40:16)	2:18 (42:34)
	2:28 (45:02)	7:22 (52:24)	7:09 (59:33)	2:37 (1:02:10)	6:24 (1:08:34)	3:38 (1:12:12)
	4:56 (1:17:08)	1:28 (1:18:36)				
10.	Lise Kolte	FSK Orientering	1:29:12	+49:00	13:40	
	4:40 (4:40)	6:31 (11:11)	8:07 (19:18)	5:36 (24:54)	4:38 (29:32)	3:46 (33:18)
	3:42 (37:00)	10:45 (47:45)	10:23 (58:08)	6:39 (1:04:47)	13:25 (1:18:12)	5:25 (1:23:37)
	3:25 (1:27:02)	2:10 (1:29:12)				
11.	Helle M. Frederiksen	Ballerup OK	1:31:52	+51:40	36:29	
	3:07 (3:07)	16:16 (19:23)	3:25 (22:48)	4:14 (27:02)	2:35 (29:37)	1:46 (31:23)
	2:38 (34:01)	19:46 (53:47)	4:35 (58:22)	16:13 (1:14:35)	10:21 (1:24:56)	3:11 (1:28:07)
	2:45 (1:30:52)	1:00 (1:31:52)				
12.	Vivi Hansen	OK Skærmens Værløse	1:38:12	+58:00	27:00	
	6:41 (6:41)	6:43 (13:24)	5:30 (18:54)	15:24 (34:18)	6:02 (40:20)	2:08 (42:28)
	1:30 (43:58)	11:45 (55:43)	17:53 (1:13:36)	3:34 (1:17:10)	9:58 (1:27:08)	6:34 (1:33:42)
	3:03 (1:36:45)	1:27 (1:38:12)				
13.	Mette Seir Hansen	Helsingør SOK	3:00:01	+139:49	08:11	
	– (1:59:50)	7:29 (2:07:19)	6:23 (2:13:42)	3:59 (2:17:41)	2:56 (2:20:37)	2:06 (2:22:43)
	4:18 (2:27:01)	7:37 (2:34:38)	6:42 (2:41:20)	4:20 (2:45:40)	6:26 (2:52:06)	4:09 (2:56:15)
	2:28 (2:58:43)	1:18 (3:00:01)				
	Siri Klausen	Ballerup OK	Fejlklipt			
	7:27 (7:27)	5:01 (12:28)	3:44 (16:12)	7:09 (23:21)	2:46 (26:07)	1:29 (27:36)
	2:09 (29:45)	6:26 (36:11)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (1:03:39)				
	Birthe Thomsen	OK Skærmens Værløse	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)				
	Ellinor Bak-Thomsen	OK Skærmens Værløse	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)				
	Gunnar Lorenzen	Allerød OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)				

Open4

		(3 / 3)	Tid	Efter	Tidstab	
1.	JensHolck	Tisvilde Hegn OK	53:28		05:02	
	2:18 (2:18)	2:57 (5:15)	5:11 (10:26)	3:15 (13:41)	1:46 (15:27)	2:47 (18:14)
	4:56 (23:10)	8:23 (31:33)	3:59 (35:32)	1:35 (37:07)	1:36 (38:43)	5:28 (44:11)
	5:07 (49:18)	1:55 (51:13)	1:42 (52:55)	0:33 (53:28)		
2.	Jens Høgsfeldt	FIF Hillerød	56:06	+2:38	07:00	
	2:11 (2:11)	2:42 (4:53)	6:59 (11:52)	3:03 (14:55)	1:32 (16:27)	3:41 (20:08)
	6:14 (26:22)	4:29 (30:51)	4:25 (35:16)	1:26 (36:42)	1:30 (38:12)	5:58 (44:10)
	4:17 (48:27)	2:42 (51:09)	3:50 (54:59)	1:07 (56:06)		
3.	Anna Zol	OK73	1:11:52	+18:24	15:33	

2:26 (2:26)
 5:08 (39:29)
 6:50 (1:06:26)

6:08 (8:34)
 5:49 (45:18)
 2:29 (1:08:55)

10:50 (19:24)
 5:30 (50:48)
 2:08 (1:11:03)

3:02 (22:26)
 2:04 (52:52)
 0:49 (1:11:52)

1:37 (24:03)
 2:12 (55:04)

10:18 (34:21)
 4:32 (59:36)

Open5

1. Anneli Aabye
 1:40 (1:40)
 5:26 (29:37)
 1:04 (50:51)

(1 / 1)

Ballerup OK

3:14 (4:54)
 4:00 (33:37)

3:34 (8:28)
 2:36 (36:13)

Tid
 50:51

Efter
 8:51 (17:19)
 5:11 (41:24)

Tidstab
 00:00

2:49 (20:08)
 4:52 (46:16)

4:03 (24:11)
 3:31 (49:47)