

Resultater – SM Lang 2026

2026-09-06

D10			(5 / 5)	Tid	Efter	Tidstab
1.	Tilde Kjeldgaard		Holbæk OK	16:34		0:00
	0:32 (0:32)	0:54 (1:26)	1:11 (2:37)	1:58 (4:35)	1:29 (6:04)	2:09 (8:13)
	1:18 (9:31)	1:28 (10:59)	2:27 (13:26)	1:39 (15:05)	1:18 (16:23)	0:11 (16:34)
2.	Annika Damgaard Bodilsen		Farum OK	19:48	+3:14	0:21
	0:36 (0:36)	1:03 (1:39)	1:34 (3:13)	2:05 (5:18)	1:54 (7:12)	2:18 (9:30)
	1:33 (11:03)	1:57 (13:00)	3:04 (16:04)	1:59 (18:03)	1:36 (19:39)	0:09 (19:48)
3.	Rebekka Damgaard Bodilsen		Farum OK	26:08	+9:34	3:05
	1:22 (1:22)	1:54 (3:16)	1:33 (4:49)	2:26 (7:15)	2:29 (9:44)	3:04 (12:48)
	2:17 (15:05)	2:26 (17:31)	4:22 (21:53)	2:31 (24:24)	1:34 (25:58)	0:10 (26:08)
4.	Mynthe Konring Larsen		FIF Hillerød	32:56	+16:22	10:57
	4:28 (4:28)	3:33 (8:01)	1:42 (9:43)	2:38 (12:21)	1:48 (14:09)	2:42 (16:51)
	1:50 (18:41)	1:56 (20:37)	8:02 (28:39)	2:34 (31:13)	1:32 (32:45)	0:11 (32:56)
5.	Sara Semak Jensen		Farum OK	36:14	+19:40	18:48
	0:36 (0:36)	0:51 (1:27)	1:08 (2:35)	1:52 (4:27)	1:43 (6:10)	21:08 (27:18)
	1:35 (28:53)	1:31 (30:24)	2:30 (32:54)	1:50 (34:44)	1:21 (36:05)	0:09 (36:14)
D12			(8 / 8)	Tid	Efter	Tidstab
1.	Ingrid Alleslev Haulrich		Søllerød OK	23:20		2:20
	0:34 (0:34)	1:25 (1:59)	2:20 (4:19)	1:00 (5:19)	0:52 (6:11)	4:07 (10:18)
	1:31 (11:49)	0:56 (12:45)	1:54 (14:39)	1:38 (16:17)	1:22 (17:39)	2:14 (19:53)
	2:04 (21:57)	1:15 (23:12)	0:08 (23:20)			
2.	Viktoria Sharpe á Argjahøvda		OK Sorø	24:48	+1:28	3:51
	0:31 (0:31)	1:20 (1:51)	6:13 (8:04)	0:38 (8:42)	1:03 (9:45)	1:40 (11:25)
	1:37 (13:02)	0:52 (13:54)	2:05 (15:59)	1:20 (17:19)	1:29 (18:48)	2:17 (21:05)
	2:17 (23:22)	1:19 (24:41)	0:07 (24:48)			
3.	Vera Fuglsang Pagel		OK Sorø	26:12	+2:52	3:58
	0:30 (0:30)	1:15 (1:45)	5:14 (6:59)	0:45 (7:44)	0:56 (8:40)	2:39 (11:19)
	1:33 (12:52)	0:55 (13:47)	2:10 (15:57)	2:02 (17:59)	1:32 (19:31)	2:22 (21:53)
	2:37 (24:30)	1:33 (26:03)	0:09 (26:12)			
4.	Cajsa Deiborg		FIF Hillerød	26:24	+3:04	2:52
	0:39 (0:39)	1:33 (2:12)	2:21 (4:33)	0:52 (5:25)	1:08 (6:33)	1:55 (8:28)
	2:49 (11:17)	1:10 (12:27)	3:06 (15:33)	1:31 (17:04)	1:51 (18:55)	2:34 (21:29)
	3:17 (24:46)	1:30 (26:16)	0:08 (26:24)			
5.	Julie Grene Schneidermann		FIF Hillerød	30:51	+7:31	8:39
	0:33 (0:33)	2:33 (3:06)	2:22 (5:28)	0:53 (6:21)	0:56 (7:17)	4:07 (11:24)
	1:30 (12:54)	0:58 (13:52)	1:57 (15:49)	6:52 (22:41)	1:46 (24:27)	2:39 (27:06)
	2:18 (29:24)	1:19 (30:43)	0:08 (30:51)			
6.	Rebecca Gram		FIF Hillerød	31:08	+7:48	6:46
	2:48 (2:48)	3:29 (6:17)	3:01 (9:18)	0:52 (10:10)	1:01 (11:11)	2:01 (13:12)
	2:58 (16:10)	1:15 (17:25)	2:53 (20:18)	1:29 (21:47)	1:53 (23:40)	2:32 (26:12)
	3:23 (29:35)	1:21 (30:56)	0:12 (31:08)			
7.	Marie Grene Schneidermann		FIF Hillerød	33:07	+9:47	5:26
	0:36 (0:36)	1:45 (2:21)	4:07 (6:28)	1:00 (7:28)	1:23 (8:51)	4:03 (12:54)
	2:57 (15:51)	1:11 (17:02)	2:53 (19:55)	3:54 (23:49)	1:39 (25:28)	3:02 (28:30)
	2:50 (31:20)	1:38 (32:58)	0:09 (33:07)			
8.	Thea Orry Bachhausen		FIF Hillerød	53:30	+30:10	15:38
	1:07 (1:07)	2:11 (3:18)	6:12 (9:30)	1:01 (10:31)	1:53 (12:24)	2:14 (14:38)
	8:05 (22:43)	1:52 (24:35)	3:10 (27:45)	3:36 (31:21)	4:11 (35:32)	6:16 (41:48)
	5:46 (47:34)	5:44 (53:18)	0:12 (53:30)			
D14			(7 / 7)	Tid	Efter	Tidstab
1.	Annika Kalle Pedersen		Holbæk OK	38:24		2:51
	1:02 (1:02)	0:52 (1:54)	3:24 (5:18)	3:38 (8:56)	4:23 (13:19)	3:07 (16:26)
	3:45 (20:11)	6:54 (27:05)	4:46 (31:51)	2:40 (34:31)	2:55 (37:26)	0:37 (38:03)
	0:21 (38:24)					
2.	Vega Deiborg		FIF Hillerød	38:34	+0:10	2:05
	3:09 (3:09)	0:47 (3:56)	2:47 (6:43)	2:38 (9:21)	3:40 (13:01)	3:08 (16:09)
	2:55 (19:04)	7:38 (26:42)	4:50 (31:32)	3:11 (34:43)	3:06 (37:49)	0:38 (38:27)
	0:07 (38:34)					
3.	Ingrid Baun Gautier		OK Sorø	42:55	+4:31	1:41
	1:17 (1:17)	1:07 (2:24)	2:21 (4:45)	3:32 (8:17)	5:43 (14:00)	3:25 (17:25)
	3:36 (21:01)	8:26 (29:27)	5:31 (34:58)	3:32 (38:30)	3:28 (41:58)	0:49 (42:47)
	0:08 (42:55)					
4.	Freja Kjeldgaard		Holbæk OK	49:39	+11:15	7:22
	1:08 (1:08)	0:58 (2:06)	2:39 (4:45)	2:58 (7:43)	5:50 (13:33)	4:20 (17:53)
	3:37 (21:30)	12:09 (33:39)	5:57 (39:36)	5:04 (44:40)	4:14 (48:54)	0:38 (49:32)
	0:07 (49:39)					

5.	Marie K. Brigsted	FIF Hillerød	59:50	+21:26	6:35	
	1:34 (1:34)	1:03 (2:37)	3:09 (5:46)	5:00 (10:46)	8:39 (19:25)	5:52 (25:17)
	5:48 (31:05)	10:58 (42:03)	7:38 (49:41)	5:00 (54:41)	4:23 (59:04)	0:38 (59:42)
	0:08 (59:50)					
6.	Siri Søgaard Nielsen	OK Sorø	1:01:55	+23:31	6:16	
	2:55 (2:55)	1:41 (4:36)	4:01 (8:37)	4:08 (12:45)	9:07 (21:52)	5:28 (27:20)
	5:39 (32:59)	11:03 (44:02)	7:32 (51:34)	5:08 (56:42)	4:24 (1:01:06)	0:40 (1:01:46)
	0:09 (1:01:55)					
7.	Augusta Gram Larsen	FIF Hillerød	1:18:48	+40:24	20:50	
	2:25 (2:25)	2:19 (4:44)	3:14 (7:58)	5:31 (13:29)	6:40 (20:09)	7:20 (27:29)
	7:38 (35:07)	10:37 (45:44)	8:54 (54:38)	17:59 (1:12:37)	5:11 (1:17:48)	0:50 (1:18:38)
	0:10 (1:18:48)					

D16	(5 / 5)			Tid	Efter	Tidstab	
1.	Lisa Holzknecht Hrafnkelsdóttir	Søllerød OK	1:30:02			11:40	
	4:35 (4:35)	3:39 (8:14)	5:59 (14:13)	1:48 (16:01)		8:26 (24:27)	8:55 (33:22)
	2:11 (35:33)	20:54 (56:27)	8:24 (1:04:51)	2:23 (1:07:14)		10:16 (1:17:30)	3:33 (1:21:03)
	4:31 (1:25:34)	1:23 (1:26:57)	2:06 (1:29:03)	0:51 (1:29:54)		0:08 (1:30:02)	
2.	Dagmar Marager	Allerød OK	1:32:00	+1:58		14:24	
	5:16 (5:16)	3:21 (8:37)	7:36 (16:13)	1:50 (18:03)		8:21 (26:24)	9:00 (35:24)
	2:10 (37:34)	20:49 (58:23)	8:25 (1:06:48)	2:24 (1:09:12)		10:19 (1:19:31)	3:31 (1:23:02)
	4:33 (1:27:35)	1:20 (1:28:55)	2:06 (1:31:01)	0:52 (1:31:53)		0:07 (1:32:00)	
3.	Emma Bredahl Telyakevych	Farum OK	1:48:32	+18:30		26:23	
	18:28 (18:28)	2:12 (20:40)	7:06 (27:46)	2:55 (30:41)		11:46 (42:27)	6:04 (48:31)
	2:00 (50:31)	17:06 (1:07:37)	9:56 (1:17:33)	3:37 (1:21:10)		12:22 (1:33:32)	4:20 (1:37:52)
	4:11 (1:42:03)	3:03 (1:45:06)	2:31 (1:47:37)	0:47 (1:48:24)		0:08 (1:48:32)	
	Augusta Orry Bachhausen	FIF Hillerød	Fejlklip				
	8:24 (8:24)	5:14 (13:38)	11:55 (25:33)	13:18 (38:51)		8:21 (47:12)	13:38 (1:00:50)
	2:55 (1:03:45)	17:34 (1:21:19)	— (—)	— (—)		— (—)	— (—)
	— (—)	— (—)	— (—)	— (1:48:41)		0:22 (1:49:03)	
	Ida Nygaard Monrad	FIF Hillerød	Fejlklip				
	2:43 (2:43)	1:41 (4:24)	4:46 (9:10)	1:37 (10:47)		2:22 (13:09)	2:38 (15:47)
	2:00 (17:47)	— (—)	— (—)	— (31:07)		— (—)	— (—)
	— (—)	— (—)	— (42:15)	0:54 (43:09)		0:12 (43:21)	

D18	(3 / 3)			Tid	Efter	Tidstab	
1.	Emma Nygaard Monrad	FIF Hillerød	1:15:11			4:32	
	2:18 (2:18)	6:02 (8:20)	1:48 (10:08)	1:42 (11:50)		4:47 (16:37)	6:31 (23:08)
	3:33 (26:41)	2:57 (29:38)	1:12 (30:50)	5:43 (36:33)		3:57 (40:30)	2:12 (42:42)
	5:25 (48:07)	2:51 (50:58)	1:34 (52:32)	17:52 (1:10:24)		3:23 (1:13:47)	1:15 (1:15:02)
	0:09 (1:15:11)						
2.	Freja Gudme-Knudsen	Allerød OK	1:16:13	+1:02		5:30	
	2:28 (2:28)	7:55 (10:23)	1:27 (11:50)	1:45 (13:35)		4:12 (17:47)	4:32 (22:19)
	2:48 (25:07)	2:39 (27:46)	1:11 (28:57)	3:46 (32:43)		4:58 (37:41)	3:24 (41:05)
	5:34 (46:39)	4:07 (50:46)	1:44 (52:30)	19:18 (1:11:48)		3:05 (1:14:53)	1:12 (1:16:05)
	0:08 (1:16:13)						
3.	Camille Friis Scheby	OK Sorø	1:29:07	+13:56		16:51	
	2:28 (2:28)	6:02 (8:30)	2:16 (10:46)	2:09 (12:55)		16:01 (28:56)	5:04 (34:00)
	3:46 (37:46)	3:36 (41:22)	1:24 (42:46)	6:48 (49:34)		3:25 (52:59)	2:10 (55:09)
	5:22 (1:00:31)	3:32 (1:04:03)	1:57 (1:06:00)	18:42 (1:24:42)		2:56 (1:27:38)	1:21 (1:28:59)
	0:08 (1:29:07)						

D20	(1 / 1)			Tid	Efter	Tidstab
1.	Lisa Børsting	Herlufsholm OK		1:52:18		0:00
	7:17 (7:17)	6:44 (14:01)	2:51 (16:52)	3:07 (19:59)		14:04 (34:03)
	4:48 (45:34)	3:51 (49:25)	1:57 (51:22)	6:45 (58:07)		4:27 (1:02:34)
	8:49 (1:14:37)	5:17 (1:19:54)	2:59 (1:22:53)	24:01 (1:46:54)		3:40 (1:50:34)
	0:11 (1:52:18)					1:33 (1:52:07)

D21	(6 / 6)			Tid	Efter	Tidstab	
1.	Irina Kupriyanova	Farum OK	1:46:15		11:02		
	2:32 (2:32)	3:04 (5:36)	8:12 (13:48)	3:28 (17:16)	4:12 (21:28)	2:15 (23:43)	
	8:51 (32:34)	1:54 (34:28)	2:14 (36:42)	2:15 (38:57)	10:00 (48:57)	9:51 (58:48)	
	5:54 (1:04:42)	5:14 (1:09:56)	6:08 (1:16:04)	3:30 (1:19:34)	0:57 (1:20:31)	15:51 (1:36:22)	
	2:14 (1:38:36)	4:02 (1:42:38)	2:27 (1:45:05)	1:00 (1:46:05)	0:10 (1:46:15)		
2.	Tonje Pihl	OK Roskilde	1:54:05	+7:50	0:00		
	2:11 (2:11)	2:55 (5:06)	10:08 (15:14)	4:55 (20:09)	5:09 (25:18)	2:57 (28:15)	
	10:18 (38:33)	1:38 (40:11)	2:32 (42:43)	2:31 (45:14)	3:47 (49:01)	11:46 (1:00:47)	
	5:54 (1:06:41)	2:11 (1:08:52)	6:17 (1:15:09)	4:42 (1:19:51)	1:03 (1:20:54)	19:32 (1:40:26)	
	2:52 (1:43:18)	5:17 (1:48:35)	4:00 (1:52:35)	1:19 (1:53:54)	0:11 (1:54:05)		
3.	Fiona Palsgaard	Søllerød OK	1:57:01	+10:46	6:33		
	2:00 (2:00)	3:07 (5:07)	10:35 (15:42)	4:28 (20:10)	5:08 (25:18)	5:04 (30:22)	
	12:36 (42:58)	1:59 (44:57)	2:43 (47:40)	2:20 (50:00)	4:22 (54:22)	13:03 (1:07:25)	
	5:26 (1:12:51)	1:56 (1:14:47)	5:21 (1:20:08)	3:24 (1:23:32)	1:06 (1:24:38)	20:30 (1:45:08)	
	2:48 (1:47:56)	4:20 (1:52:16)	3:15 (1:55:31)	1:20 (1:56:51)	0:10 (1:57:01)		

4.	Kristine Berg Hansen	Søllerød OK	1:58:03	+11:48	14:54	
	1:44 (1:44)	10:16 (12:00)	8:24 (20:24)	6:19 (26:43)	4:14 (30:57)	3:06 (34:03)
	8:54 (42:57)	1:41 (44:38)	2:50 (47:28)	2:05 (49:33)	4:43 (54:16)	12:03 (1:06:19)
	5:18 (1:11:37)	1:51 (1:13:28)	5:10 (1:18:38)	4:00 (1:22:38)	0:53 (1:23:31)	20:31 (1:44:02)
	2:46 (1:46:48)	6:42 (1:53:30)	3:02 (1:56:32)	1:21 (1:57:53)	0:10 (1:58:03)	
5.	Clara Friis Scheby	OK Sorø	2:01:26	+15:11	13:25	
	2:10 (2:10)	5:33 (7:43)	9:17 (17:00)	4:09 (21:09)	4:59 (26:08)	3:05 (29:13)
	13:27 (42:40)	1:50 (44:30)	3:08 (47:38)	2:16 (49:54)	3:27 (53:21)	12:17 (1:05:38)
	8:08 (1:13:46)	7:07 (1:20:53)	5:17 (1:26:10)	3:14 (1:29:24)	0:59 (1:30:23)	18:04 (1:48:27)
	3:06 (1:51:33)	4:51 (1:56:24)	3:22 (1:59:46)	1:30 (2:01:16)	0:10 (2:01:26)	
	Ditte Finkas Damgaard	FIF Hillerød	Fejlklip			
	3:05 (3:05)	3:24 (6:29)	11:26 (17:55)	15:18 (33:13)	9:44 (42:57)	4:29 (47:26)
	14:10 (1:01:36)	2:10 (1:03:46)	4:39 (1:08:25)	3:17 (1:11:42)	6:46 (1:18:28)	14:40 (1:33:08)
	7:03 (1:40:11)	3:59 (1:44:10)	8:38 (1:52:48)	– (–)	– (–)	– (2:15:18)
	3:26 (2:18:44)	9:46 (2:28:30)	4:45 (2:33:15)	1:21 (2:34:36)	0:08 (2:34:44)	

D40

		(10 / 10)	Tid	Efter	Tidstab	
1.	Masha Semak	Farum OK	54:58		0:00	
	1:47 (1:47)	2:13 (4:00)	7:38 (11:38)	3:34 (15:12)	2:23 (17:35)	3:00 (20:35)
	5:30 (26:05)	4:32 (30:37)	1:22 (31:59)	15:13 (47:12)	2:52 (50:04)	0:57 (51:01)
	2:32 (53:33)	1:15 (54:48)	0:10 (54:58)			
2.	Marianne Holm	Farum OK	57:06	+2:08	2:41	
	2:05 (2:05)	2:53 (4:58)	8:12 (13:10)	3:50 (17:00)	2:07 (19:07)	2:56 (22:03)
	5:34 (27:37)	6:54 (34:31)	1:52 (36:23)	13:05 (49:28)	2:40 (52:08)	0:59 (53:07)
	2:41 (55:48)	1:08 (56:56)	0:10 (57:06)			
3.	Astrid Riis	Holbæk OK	1:05:05	+10:07	5:53	
	2:20 (2:20)	2:19 (4:39)	9:32 (14:11)	8:48 (22:59)	2:21 (25:20)	3:23 (28:43)
	5:17 (34:00)	5:38 (39:38)	1:43 (41:21)	15:06 (56:27)	3:18 (59:45)	0:54 (1:00:39)
	3:04 (1:03:43)	1:13 (1:04:56)	0:09 (1:05:05)			
4.	Henriette Baun Gautier	OK Sorø	1:05:10	+10:12	4:11	
	2:48 (2:48)	2:52 (5:40)	8:20 (14:00)	4:49 (18:49)	2:28 (21:17)	3:22 (24:39)
	5:51 (30:30)	6:22 (36:52)	1:49 (38:41)	17:40 (56:21)	2:53 (59:14)	1:03 (1:00:17)
	3:08 (1:03:25)	1:32 (1:04:57)	0:13 (1:05:10)			
5.	Sandra Damgaard Bodilsen	Farum OK	1:07:08	+12:10	2:54	
	3:04 (3:04)	2:40 (5:44)	11:03 (16:47)	3:59 (20:46)	2:54 (23:40)	3:54 (27:34)
	5:44 (33:18)	5:51 (39:09)	2:08 (41:17)	16:54 (58:11)	3:39 (1:01:50)	0:56 (1:02:46)
	2:59 (1:05:45)	1:14 (1:06:59)	0:09 (1:07:08)			
6.	Anna Telyakevych	Farum OK	1:10:57	+15:59	8:57	
	5:15 (5:15)	2:34 (7:49)	13:22 (21:11)	4:52 (26:03)	3:06 (29:09)	3:11 (32:20)
	6:51 (39:11)	5:28 (44:39)	1:38 (46:17)	16:22 (1:02:39)	2:50 (1:05:29)	0:54 (1:06:23)
	2:48 (1:09:11)	1:35 (1:10:46)	0:11 (1:10:57)			
7.	Ida Mosbech Smith	OK ØST Birkerød	1:16:22	+21:24	11:16	
	2:21 (2:21)	3:47 (6:08)	9:41 (15:49)	5:38 (21:27)	2:40 (24:07)	5:33 (29:40)
	8:39 (38:19)	9:17 (47:36)	3:22 (50:58)	15:59 (1:06:57)	3:05 (1:10:02)	1:24 (1:11:26)
	3:27 (1:14:53)	1:20 (1:16:13)	0:09 (1:16:22)			
8.	Camilla Orry Bachhausen	FIF Hillerød	2:01:15	+1:06:17	12:42	
	3:14 (3:14)	3:59 (7:13)	14:46 (21:59)	11:34 (33:33)	3:53 (37:26)	5:50 (43:16)
	13:00 (56:16)	11:05 (1:07:21)	6:21 (1:13:42)	29:46 (1:43:28)	6:05 (1:49:33)	2:29 (1:52:02)
	6:19 (1:58:21)	2:38 (2:00:59)	0:16 (2:01:15)			
9.	Ditte Schneidermann	FIF Hillerød	2:03:29	+1:08:31	32:02	
	3:27 (3:27)	3:02 (6:29)	22:11 (28:40)	6:36 (35:16)	19:06 (54:22)	7:05 (1:01:27)
	12:42 (1:14:09)	9:10 (1:23:19)	2:42 (1:26:01)	21:47 (1:47:48)	5:39 (1:53:27)	3:18 (1:56:45)
	4:37 (2:01:22)	1:55 (2:03:17)	0:12 (2:03:29)			
10.	Signe Vejgaard Andersen	Ballerup OK	2:04:34	+1:09:36	40:55	
	4:00 (4:00)	4:13 (8:13)	11:20 (19:33)	8:02 (27:35)	3:37 (31:12)	6:45 (37:57)
	8:49 (46:46)	40:44 (1:27:30)	2:23 (1:29:53)	19:01 (1:48:54)	4:18 (1:53:12)	2:06 (1:55:18)
	6:28 (2:01:46)	2:36 (2:04:22)	0:12 (2:04:34)			

D50

		(10 / 10)	Tid	Efter	Tidstab	
1.	Elin Nørgård Kracht	PI-København	51:55		6:45	
	2:12 (2:12)	2:55 (5:07)	6:33 (11:40)	2:22 (14:02)	0:53 (14:55)	1:12 (16:07)
	8:19 (24:26)	5:37 (30:03)	2:23 (32:26)	7:44 (40:10)	2:28 (42:38)	5:02 (47:40)
	2:49 (50:29)	1:14 (51:43)	0:12 (51:55)			
2.	Camilla Rath Nielsen	PI-København	54:58	+3:03	10:37	
	1:29 (1:29)	3:12 (4:41)	6:12 (10:53)	2:19 (13:12)	0:59 (14:11)	1:07 (15:18)
	3:13 (18:31)	16:01 (34:32)	1:50 (36:22)	6:19 (42:41)	2:34 (45:15)	4:35 (49:50)
	3:46 (53:36)	1:13 (54:49)	0:09 (54:58)			
3.	Bodil Karlsmose Kliem	Farum OK	57:31	+5:36	3:10	
	1:43 (1:43)	3:50 (5:33)	8:33 (14:06)	3:17 (17:23)	1:06 (18:29)	1:32 (20:01)
	5:40 (25:41)	7:17 (32:58)	2:18 (35:16)	8:46 (44:02)	3:09 (47:11)	4:47 (51:58)
	3:37 (55:35)	1:46 (57:21)	0:10 (57:31)			
4.	Karina Mejnborg	PI-København	1:01:29	+9:34	5:38	
	1:50 (1:50)	3:38 (5:28)	9:42 (15:10)	2:49 (17:59)	0:55 (18:54)	2:54 (21:48)
	4:27 (26:15)	8:37 (34:52)	3:41 (38:33)	9:01 (47:34)	3:14 (50:48)	5:45 (56:33)
	3:21 (59:54)	1:25 (1:01:19)	0:10 (1:01:29)			

5.	Diana Cederberg		Ballerup OK	1:04:05	+12:10	4:59	
	1:54 (1:54)	3:42 (5:36)	7:51 (13:27)	3:51 (17:18)		1:22 (18:40)	1:46 (20:26)
	5:15 (25:41)	9:38 (35:19)	3:32 (38:51)	8:42 (47:33)		3:10 (50:43)	5:58 (56:41)
	5:36 (1:02:17)	1:37 (1:03:54)	0:11 (1:04:05)				
6.	Sandra Simonsen		FIF Hillerød	1:04:08	+12:13	7:19	
	1:44 (1:44)	3:41 (5:25)	7:54 (13:19)	3:48 (17:07)		1:06 (18:13)	2:23 (20:36)
	4:20 (24:56)	7:48 (32:44)	3:36 (36:20)	8:29 (44:49)		3:33 (48:22)	6:22 (54:44)
	7:21 (1:02:05)	1:50 (1:03:55)	0:13 (1:04:08)				
7.	Lotta Lühje		Søllerød OK	1:05:55	+14:00	4:49	
	2:31 (2:31)	4:49 (7:20)	9:08 (16:28)	3:02 (19:30)		1:04 (20:34)	1:36 (22:10)
	5:42 (27:52)	7:29 (35:21)	2:39 (38:00)	10:58 (48:58)		3:21 (52:19)	6:18 (58:37)
	5:29 (1:04:06)	1:36 (1:05:42)	0:13 (1:05:55)				
8.	Bente Kjær Hemmingsen		FIF Hillerød	1:14:03	+22:08	9:08	
	3:59 (3:59)	3:33 (7:32)	12:17 (19:49)	4:04 (23:53)		1:20 (25:13)	2:02 (27:15)
	5:42 (32:57)	10:08 (43:05)	2:36 (45:41)	10:01 (55:42)		4:36 (1:00:18)	6:28 (1:06:46)
	5:34 (1:12:20)	1:32 (1:13:52)	0:11 (1:14:03)				
9.	Karin Hulgaard		OK73 Gladsaxe	1:20:31	+28:36	11:12	
	2:01 (2:01)	5:15 (7:16)	10:09 (17:25)	6:39 (24:04)		1:25 (25:29)	2:10 (27:39)
	6:08 (33:47)	8:03 (41:50)	7:12 (49:02)	10:49 (59:51)		3:39 (1:03:30)	7:51 (1:11:21)
	6:45 (1:18:06)	2:13 (1:20:19)	0:12 (1:20:31)				
	Fiona Becker		Søllerød OK	Fejlklip			
	1:49 (1:49)	5:58 (7:47)	9:03 (16:50)	2:53 (19:43)		1:00 (20:43)	– (–)
	– (26:40)	8:47 (35:27)	3:37 (39:04)	7:44 (46:48)		3:10 (49:58)	4:38 (54:36)
	5:49 (1:00:25)	1:31 (1:01:56)	0:09 (1:02:05)				
	Heidi L. Holmberg		FIF Hillerød	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)				

D60			(18 / 18)	Tid	Efter	Tidstab	
1.	Anne Maarup		Allerød OK	49:44		0:29	
	3:17 (3:17)	2:51 (6:08)	7:55 (14:03)	2:38 (16:41)		1:05 (17:46)	1:33 (19:19)
	5:08 (24:27)	5:49 (30:16)	2:46 (33:02)	7:02 (40:04)		3:02 (43:06)	2:44 (45:50)
	2:52 (48:42)	0:52 (49:34)	0:10 (49:44)				
2.	Annette Bonde		Ballerup OK	54:27	+4:43	3:15	
	3:27 (3:27)	2:23 (5:50)	9:03 (14:53)	4:32 (19:25)		0:57 (20:22)	1:33 (21:55)
	6:42 (28:37)	5:57 (34:34)	2:40 (37:14)	7:40 (44:54)		2:58 (47:52)	2:31 (50:23)
	2:59 (53:22)	0:55 (54:17)	0:10 (54:27)				
3.	Iben Maag		Søllerød OK	56:47	+7:03	6:21	
	2:38 (2:38)	2:33 (5:11)	8:30 (13:41)	7:12 (20:53)		1:13 (22:06)	1:38 (23:44)
	5:16 (29:00)	7:14 (36:14)	3:25 (39:39)	7:36 (47:15)		2:53 (50:08)	2:58 (53:06)
	2:53 (55:59)	0:40 (56:39)	0:08 (56:47)				
4.	Jane Sørensen		PI-København	1:01:09	+11:25	6:49	
	3:05 (3:05)	2:32 (5:37)	8:47 (14:24)	3:12 (17:36)		3:25 (21:01)	2:41 (23:42)
	6:33 (30:15)	8:04 (38:19)	2:48 (41:07)	8:25 (49:32)		3:37 (53:09)	3:38 (56:47)
	3:20 (1:00:07)	0:52 (1:00:59)	0:10 (1:01:09)				
5.	Birgitte Birck		Allerød OK	1:02:09	+12:25	9:45	
	3:07 (3:07)	7:58 (11:05)	8:33 (19:38)	4:11 (23:49)		1:07 (24:56)	1:42 (26:38)
	4:45 (31:23)	6:35 (37:58)	3:25 (41:23)	9:43 (51:06)		3:02 (54:08)	3:25 (57:33)
	3:22 (1:00:55)	1:01 (1:01:56)	0:13 (1:02:09)				
6.	Lene Skielboe		Farum OK	1:02:30	+12:46	10:21	
	3:22 (3:22)	2:14 (5:36)	17:48 (23:24)	2:51 (26:15)		1:08 (27:23)	1:36 (28:59)
	5:12 (34:11)	6:19 (40:30)	2:43 (43:13)	8:02 (51:15)		3:44 (54:59)	2:44 (57:43)
	3:46 (1:01:29)	0:52 (1:02:21)	0:09 (1:02:30)				
7.	Anette Holm		Farum OK	1:02:52	+13:08	6:59	
	3:18 (3:18)	2:24 (5:42)	10:14 (15:56)	3:00 (18:56)		1:07 (20:03)	1:40 (21:43)
	7:33 (29:16)	6:08 (35:24)	4:42 (40:06)	9:10 (49:16)		4:04 (53:20)	5:25 (58:45)
	3:06 (1:01:51)	0:50 (1:02:41)	0:11 (1:02:52)				
8.	Marianne Illum		Søllerød OK	1:09:25	+19:41	7:31	
	3:38 (3:38)	4:28 (8:06)	10:21 (18:27)	3:19 (21:46)		1:55 (23:41)	1:34 (25:15)
	5:53 (31:08)	8:17 (39:25)	5:13 (44:38)	10:01 (54:39)		4:16 (58:55)	4:56 (1:03:51)
	4:25 (1:08:16)	0:58 (1:09:14)	0:11 (1:09:25)				
9.	Birgitte Erskov Halland		OK ØST Birkerød	1:11:00	+21:16	10:22	
	3:30 (3:30)	3:05 (6:35)	9:22 (15:57)	3:39 (19:36)		1:09 (20:45)	1:46 (22:31)
	10:13 (32:44)	10:34 (43:18)	3:38 (46:56)	11:02 (57:58)		3:55 (1:01:53)	4:17 (1:06:10)
	3:44 (1:09:54)	0:54 (1:10:48)	0:12 (1:11:00)				
10.	Kirsten Møller		Søllerød OK	1:11:57	+22:13	11:32	
	5:17 (5:17)	2:43 (8:00)	9:23 (17:23)	4:48 (22:11)		1:22 (23:33)	1:49 (25:22)
	10:33 (35:55)	10:12 (46:07)	3:21 (49:28)	9:38 (59:06)		3:19 (1:02:25)	3:25 (1:05:50)
	4:56 (1:10:46)	0:58 (1:11:44)	0:13 (1:11:57)				
11.	Siri Klausen		Ballerup OK	1:13:03	+23:19	5:46	
	3:40 (3:40)	2:55 (6:35)	10:58 (17:33)	8:19 (25:52)		1:27 (27:19)	2:02 (29:21)
	7:07 (36:28)	7:39 (44:07)	3:56 (48:03)	10:12 (58:15)		4:02 (1:02:17)	4:44 (1:07:01)
	4:23 (1:11:24)	1:24 (1:12:48)	0:15 (1:13:03)				

12.	Anne Skovbæk		Søllerød OK	1:15:28	+25:44	16:22	
	3:42 (3:42)	5:04 (8:46)	9:26 (18:12)	5:36 (23:48)		1:15 (25:03)	1:41 (26:44)
	6:59 (33:43)	16:28 (50:11)	3:00 (53:11)	9:21 (1:02:32)		3:09 (1:05:41)	5:01 (1:10:42)
	3:32 (1:14:14)	1:00 (1:15:14)	0:14 (1:15:28)				
13.	Birgitte Krüger		HSOK	1:20:02	+30:18	10:35	
	3:46 (3:46)	5:31 (9:17)	13:00 (22:17)	3:47 (26:04)		1:15 (27:19)	1:54 (29:13)
	8:04 (37:17)	14:09 (51:26)	3:02 (54:28)	10:35 (1:05:03)		4:40 (1:09:43)	4:00 (1:13:43)
	4:21 (1:18:04)	1:28 (1:19:32)	0:30 (1:20:02)				
14.	Synnøve Røysland		Søllerød OK	1:21:52	+32:08	19:51	
	5:27 (5:27)	8:04 (13:31)	15:05 (28:36)	3:19 (31:55)		1:05 (33:00)	4:07 (37:07)
	5:04 (42:11)	13:27 (55:38)	4:23 (1:00:01)	9:28 (1:09:29)		3:34 (1:13:03)	3:43 (1:16:46)
	3:56 (1:20:42)	1:00 (1:21:42)	0:10 (1:21:52)				
15.	Jette Kreiberg		OK Roskilde	1:48:20	+58:36	13:28	
	5:55 (5:55)	10:34 (16:29)	14:15 (30:44)	6:15 (36:59)		2:23 (39:22)	3:00 (42:22)
	13:02 (55:24)	13:34 (1:08:58)	5:00 (1:13:58)	14:58 (1:28:56)		5:40 (1:34:36)	6:27 (1:41:03)
	5:29 (1:46:32)	1:33 (1:48:05)	0:15 (1:48:20)				
16.	Jytte Sørensen		AMOK	1:54:10	+1:04:26	30:07	
	4:20 (4:20)	4:34 (8:54)	14:22 (23:16)	11:23 (34:39)		6:26 (41:05)	5:39 (46:44)
	7:37 (54:21)	10:48 (1:05:09)	4:12 (1:09:21)	13:17 (1:22:38)		4:55 (1:27:33)	5:42 (1:33:15)
	19:36 (1:52:51)	1:04 (1:53:55)	0:15 (1:54:10)				
17.	Ellen Kühn Jensen		Ballerup OK	2:39:15	+1:49:31	1:09:36	
	33:46 (33:46)	3:40 (37:26)	12:42 (50:08)	15:07 (1:05:15)		1:56 (1:07:11)	3:26 (1:10:37)
	29:21 (1:39:58)	19:02 (1:59:00)	4:45 (2:03:45)	18:14 (2:21:59)		5:32 (2:27:31)	4:43 (2:32:14)
	5:32 (2:37:46)	1:18 (2:39:04)	0:11 (2:39:15)				
	Gitte Grauert		Ballerup OK	Fejlklip			
	13:57 (13:57)	8:50 (22:47)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (58:22)		5:48 (1:04:10)	– (–)
	– (1:11:49)	1:30 (1:13:19)	0:16 (1:13:35)				
	Mette Kirstine Agger		HSOK	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)				

D70			(12 / 12)	Tid	Efter	Tidstab	
1.	Kirsten Nymann Petersen		OK ØST Birkerød	42:18		1:51	
	1:36 (1:36)	1:18 (2:54)	4:12 (7:06)	4:24 (11:30)		3:02 (14:32)	5:53 (20:25)
	2:45 (23:10)	8:32 (31:42)	3:27 (35:09)	5:54 (41:03)		1:02 (42:05)	0:13 (42:18)
2.	Randi Flor Hansen		OK S.G.	44:43	+2:25	2:03	
	2:13 (2:13)	1:16 (3:29)	2:50 (6:19)	5:36 (11:55)		3:18 (15:13)	6:44 (21:57)
	3:40 (25:37)	8:42 (34:19)	3:40 (37:59)	5:25 (43:24)		1:07 (44:31)	0:12 (44:43)
3.	Inger Dyrlund Jessen		OK Roskilde	47:32	+5:14	4:41	
	1:57 (1:57)	1:10 (3:07)	3:11 (6:18)	5:58 (12:16)		2:48 (15:04)	6:00 (21:04)
	3:15 (24:19)	11:43 (36:02)	4:00 (40:02)	6:26 (46:28)		0:54 (47:22)	0:10 (47:32)
4.	Janet Bentzen		OK ØST Birkerød	47:33	+5:15	4:08	
	2:18 (2:18)	1:29 (3:47)	4:59 (8:46)	5:07 (13:53)		3:19 (17:12)	5:57 (23:09)
	2:47 (25:56)	9:16 (35:12)	3:48 (39:00)	7:18 (46:18)		1:02 (47:20)	0:13 (47:33)
5.	Gerda-Marie Christiansen		Køge OK	48:33	+6:15	4:32	
	2:12 (2:12)	1:53 (4:05)	3:56 (8:01)	4:53 (12:54)		2:50 (15:44)	6:34 (22:18)
	3:00 (25:18)	10:04 (35:22)	5:24 (40:46)	6:36 (47:22)		0:59 (48:21)	0:12 (48:33)
6.	Ulla Hooge		OK ØST Birkerød	49:04	+6:46	6:45	
	1:54 (1:54)	1:08 (3:02)	3:05 (6:07)	4:28 (10:35)		2:40 (13:15)	6:43 (19:58)
	3:06 (23:04)	10:40 (33:44)	8:05 (41:49)	6:07 (47:56)		0:57 (48:53)	0:11 (49:04)
7.	Annlou Husen		Farum OK	55:17	+12:59	5:57	
	2:04 (2:04)	1:21 (3:25)	2:29 (5:54)	5:44 (11:38)		3:59 (15:37)	7:30 (23:07)
	4:06 (27:13)	13:02 (40:15)	4:01 (44:16)	9:05 (53:21)		1:38 (54:59)	0:18 (55:17)
8.	Mette Seir Hansen		HSOK	55:35	+13:17	16:09	
	1:36 (1:36)	1:19 (2:55)	2:10 (5:05)	15:26 (20:31)		3:32 (24:03)	6:18 (30:21)
	7:18 (37:39)	7:32 (45:11)	3:26 (48:37)	5:48 (54:25)		0:58 (55:23)	0:12 (55:35)
9.	Eva Konring Olesen		FIF Hillerød	1:01:34	+19:16	9:33	
	2:02 (2:02)	1:48 (3:50)	8:54 (12:44)	5:49 (18:33)		5:27 (24:00)	8:53 (32:53)
	4:33 (37:26)	11:13 (48:39)	3:51 (52:30)	7:32 (1:00:02)		1:17 (1:01:19)	0:15 (1:01:34)
10.	Kirsten Ellekilde		HSOK	1:06:37	+24:19	15:11	
	4:47 (4:47)	1:23 (6:10)	4:29 (10:39)	5:40 (16:19)		3:36 (19:55)	10:39 (30:34)
	7:00 (37:34)	15:17 (52:51)	5:56 (58:47)	6:38 (1:05:25)		1:00 (1:06:25)	0:12 (1:06:37)
11.	Annette Petersen		OK Roskilde	1:12:38	+30:20	17:57	
	2:07 (2:07)	1:30 (3:37)	10:35 (14:12)	8:38 (22:50)		4:59 (27:49)	8:18 (36:07)
	9:36 (45:43)	13:12 (58:55)	4:55 (1:03:50)	7:17 (1:11:07)		1:20 (1:12:27)	0:11 (1:12:38)
	Lene Jensen		HSOK	Fejlklip			
	1:42 (1:42)	0:48 (2:30)	– (–)	– (10:13)		2:05 (12:18)	5:56 (18:14)
	1:55 (20:09)	6:05 (26:14)	2:14 (28:28)	3:54 (32:22)		0:50 (33:12)	0:11 (33:23)

D80		(11 / 11)	Tid	Efter	Tidstab	
1.	Inge Jørgensen	OK Roskilde	38:17		0:29	
	3:01 (3:01)	4:01 (7:02)	3:52 (10:54)	2:02 (12:56)	4:23 (17:19)	2:43 (20:02)
	5:53 (25:55)	5:21 (31:16)	2:23 (33:39)	3:35 (37:14)	0:53 (38:07)	0:10 (38:17)
2.	Vibeke Bøgevig	Søllerød OK	51:54	+13:37	3:43	
	4:10 (4:10)	4:19 (8:29)	5:27 (13:56)	2:50 (16:46)	6:00 (22:46)	2:49 (25:35)
	7:00 (32:35)	8:54 (41:29)	3:34 (45:03)	5:24 (50:27)	1:12 (51:39)	0:15 (51:54)
3.	Else Gudme	OK73 Gladsaxe	53:58	+15:41	6:46	
	3:42 (3:42)	3:50 (7:32)	7:06 (14:38)	3:06 (17:44)	8:11 (25:55)	4:21 (30:16)
	8:27 (38:43)	7:02 (45:45)	2:29 (48:14)	4:22 (52:36)	1:09 (53:45)	0:13 (53:58)
4.	Kirsten Olsen	Søllerød OK	56:47	+18:30	6:51	
	4:03 (4:03)	4:43 (8:46)	8:24 (17:10)	3:11 (20:21)	6:05 (26:26)	2:52 (29:18)
	9:57 (39:15)	8:56 (48:11)	2:55 (51:06)	4:13 (55:19)	1:16 (56:35)	0:12 (56:47)
5.	Annelise Hansen	FIF Hillerød	1:00:36	+22:19	5:48	
	4:30 (4:30)	5:06 (9:36)	8:00 (17:36)	4:09 (21:45)	8:13 (29:58)	4:02 (34:00)
	6:58 (40:58)	8:12 (49:10)	3:36 (52:46)	6:06 (58:52)	1:27 (1:00:19)	0:17 (1:00:36)
6.	Lisbeth Jensen	Ballerup OK	1:04:47	+26:30	9:03	
	6:05 (6:05)	7:22 (13:27)	5:56 (19:23)	3:30 (22:53)	9:50 (32:43)	4:15 (36:58)
	8:17 (45:15)	8:06 (53:21)	2:54 (56:15)	6:57 (1:03:12)	1:20 (1:04:32)	0:15 (1:04:47)
7.	Ruth Hansen	OK Skærmén Hareskov	1:21:29	+43:12	19:24	
	8:56 (8:56)	8:15 (17:11)	6:55 (24:06)	3:50 (27:56)	10:19 (38:15)	9:57 (48:12)
	9:36 (57:48)	8:17 (1:06:05)	2:54 (1:08:59)	10:47 (1:19:46)	1:28 (1:21:14)	0:15 (1:21:29)
8.	Kirsten Truelsen	Ballerup OK	1:26:27	+48:10	9:48	
	5:37 (5:37)	7:18 (12:55)	10:14 (23:09)	5:26 (28:35)	10:03 (38:38)	9:48 (48:26)
	10:48 (59:14)	11:11 (1:10:25)	4:28 (1:14:53)	9:13 (1:24:06)	2:01 (1:26:07)	0:20 (1:26:27)
9.	Inge Madsen	OK73 Gladsaxe	1:27:03	+48:46	25:47	
	4:29 (4:29)	5:14 (9:43)	6:04 (15:47)	3:23 (19:10)	11:57 (31:07)	19:10 (50:17)
	13:19 (1:03:36)	12:00 (1:15:36)	3:21 (1:18:57)	6:02 (1:24:59)	1:41 (1:26:40)	0:23 (1:27:03)
	Inger Jensen	FSK Orientering	Fejlklip			
	5:09 (5:09)	8:14 (13:23)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (1:16:36)
	Marie Krogsgaard	HSOK	Fejlklip			
	13:34 (13:34)	5:21 (18:55)	10:28 (29:23)	4:27 (33:50)	7:49 (41:39)	3:22 (45:01)
	8:08 (53:09)	9:10 (1:02:19)	4:12 (1:06:31)	– (–)	– (1:22:18)	0:26 (1:22:44)

H10		(4 / 4)	Tid	Efter	Tidstab	
1.	Erik Norman Dandanell	Søllerød OK	15:56		0:00	
	0:29 (0:29)	0:46 (1:15)	1:03 (2:18)	1:46 (4:04)	1:35 (5:39)	1:46 (7:25)
	1:21 (8:46)	1:25 (10:11)	2:37 (12:48)	1:43 (14:31)	1:18 (15:49)	0:07 (15:56)
2.	Lauge Dalgaard Kristensen	Ballerup OK	17:21	+1:25	0:28	
	0:34 (0:34)	0:46 (1:20)	1:08 (2:28)	1:54 (4:22)	1:33 (5:55)	1:54 (7:49)
	1:24 (9:13)	1:34 (10:47)	3:09 (13:56)	1:55 (15:51)	1:21 (17:12)	0:09 (17:21)
3.	Anton Kjeldgaard	Holbæk OK	20:01	+4:05	1:18	
	0:33 (0:33)	1:17 (1:50)	1:37 (3:27)	2:19 (5:46)	1:42 (7:28)	2:18 (9:46)
	1:42 (11:28)	1:34 (13:02)	3:29 (16:31)	1:57 (18:28)	1:25 (19:53)	0:08 (20:01)
4.	Moritz Søndergaard Pohl	OK Roskilde	39:06	+23:10	22:40	
	0:43 (0:43)	0:47 (1:30)	1:07 (2:37)	1:42 (4:19)	1:28 (5:47)	1:50 (7:37)
	1:27 (9:04)	1:22 (10:26)	2:31 (12:57)	1:59 (14:56)	23:41 (38:37)	0:29 (39:06)

H12		(5 / 5)	Tid	Efter	Tidstab	
1.	Oskar Kjeldgaard	Holbæk OK	21:25		0:57	
	0:29 (0:29)	1:21 (1:50)	1:43 (3:33)	0:39 (4:12)	0:53 (5:05)	2:57 (8:02)
	2:06 (10:08)	1:01 (11:09)	2:00 (13:09)	1:08 (14:17)	1:23 (15:40)	1:58 (17:38)
	2:20 (19:58)	1:20 (21:18)	0:07 (21:25)			
2.	Stig Maribo Christensen	Holbæk OK	23:54	+2:29	3:06	
	0:28 (0:28)	1:12 (1:40)	1:47 (3:27)	0:50 (4:17)	0:49 (5:06)	2:18 (7:24)
	2:23 (9:47)	0:56 (10:43)	1:50 (12:33)	1:14 (13:47)	1:25 (15:12)	1:54 (17:06)
	5:25 (22:31)	1:15 (23:46)	0:08 (23:54)			
3.	Vitus Bo Søndergaard	Farum OK	24:05	+2:40	5:23	
	0:29 (0:29)	1:20 (1:49)	1:41 (3:30)	0:47 (4:17)	0:44 (5:01)	1:35 (6:36)
	2:26 (9:02)	0:52 (9:54)	1:41 (11:35)	6:01 (17:36)	1:21 (18:57)	1:49 (20:46)
	2:03 (22:49)	1:08 (23:57)	0:08 (24:05)			
4.	Mikkel Monberg Bruun	Allerød OK	26:36	+5:11	2:45	
	0:36 (0:36)	1:25 (2:01)	2:30 (4:31)	1:27 (5:58)	1:17 (7:15)	2:32 (9:47)
	3:00 (12:47)	1:11 (13:58)	2:32 (16:30)	1:57 (18:27)	1:36 (20:03)	2:29 (22:32)
	2:25 (24:57)	1:27 (26:24)	0:12 (26:36)			
5.	Ilijah Ahmt Telyakevych	Farum OK	32:37	+11:12	9:32	
	0:31 (0:31)	1:37 (2:08)	2:12 (4:20)	0:50 (5:10)	1:07 (6:17)	4:13 (10:30)
	1:54 (12:24)	1:00 (13:24)	2:28 (15:52)	4:00 (19:52)	1:25 (21:17)	7:02 (28:19)
	2:46 (31:05)	1:25 (32:30)	0:07 (32:37)			

H14	(5 / 5)		Tid	Efter	Tidstab		
1.	Lasse Brunstedt Jacobsen	OK ØST Birkerød	32:22		3:22		
	0:52 (0:52)	0:35 (1:27)		2:27 (5:22)	4:16 (9:38)		3:07 (12:45)
	2:44 (15:29)	8:22 (23:51)		2:04 (29:27)	2:12 (31:39)		0:37 (32:16)
	0:06 (32:22)						
2.	Max-Emil Kupriyanov Hviid	Farum OK	32:26	+0:04	2:14		
	2:46 (2:46)	0:34 (3:20)		2:26 (7:20)	3:52 (11:12)		2:34 (13:46)
	2:24 (16:10)	6:07 (22:17)		2:31 (28:57)	2:49 (31:46)		0:33 (32:19)
	0:07 (32:26)						
3.	Malthe Dalgaard Kristensen	Ballerup OK	32:47	+0:25	0:54		
	1:10 (1:10)	0:39 (1:49)		2:44 (7:03)	4:08 (11:11)		2:38 (13:49)
	2:43 (16:32)	6:20 (22:52)		2:35 (29:32)	2:28 (32:00)		0:39 (32:39)
	0:08 (32:47)						
4.	Adrian Kuprianov Hviid	Farum OK	39:58	+7:36	7:10		
	2:54 (2:54)	0:40 (3:34)		3:19 (9:21)	3:52 (13:13)		2:32 (15:45)
	2:33 (18:18)	9:12 (27:30)		4:04 (36:11)	3:00 (39:11)		0:39 (39:50)
	0:08 (39:58)						
5.	Viktor Tougaard Hildebrandt	Farum OK	44:42	+12:20	5:50		
	2:21 (2:21)	0:53 (3:14)		4:08 (9:52)	4:45 (14:37)		3:29 (18:06)
	3:31 (21:37)	7:59 (29:36)		3:04 (41:01)	3:02 (44:03)		0:33 (44:36)
	0:06 (44:42)						

H16	(2 / 2)		Tid	Efter	Tidstab		
1.	Lasse Kalle Pedersen	Holbæk OK	1:01:38		2:19		
	2:19 (2:19)	7:28 (9:47)		4:11 (18:40)	1:36 (20:16)		6:39 (26:55)
	4:11 (31:06)	2:47 (33:53)		1:06 (37:51)	2:53 (40:44)		2:49 (43:33)
	4:30 (48:03)	6:30 (54:33)		1:51 (58:25)	1:12 (59:37)		1:23 (1:01:00)
	0:33 (1:01:33)	0:05 (1:01:38)					
2.	Liam Sharpe á Argjahøvda	OK Sorø	1:42:49	+41:11	22:17		
	2:56 (2:56)	9:01 (11:57)		3:46 (18:06)	2:39 (20:45)		13:59 (34:44)
	10:45 (45:29)	5:11 (50:40)		1:52 (56:55)	5:37 (1:02:32)		6:11 (1:08:43)
	9:15 (1:17:58)	13:09 (1:31:07)		3:18 (1:37:56)	1:28 (1:39:24)		2:20 (1:41:44)
	0:53 (1:42:37)	0:12 (1:42:49)					

H18	(1 / 1)		Tid	Efter	Tidstab		
1.	Rune Cederberg	Ballerup OK	1:23:27		0:00		
	2:02 (2:02)	5:36 (7:38)		5:11 (16:13)	2:31 (18:44)		5:54 (24:38)
	1:42 (26:20)	1:49 (28:09)		2:49 (32:44)	4:49 (37:33)		2:56 (40:29)
	3:05 (43:34)	0:45 (44:19)		4:22 (55:49)	2:29 (58:18)		0:43 (59:01)
	13:47 (1:12:48)	1:52 (1:14:40)		3:06 (1:21:35)	1:44 (1:23:19)		0:08 (1:23:27)
	Albert Tougaard Hildebrandt	Farum OK	Ej startet				
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)
	Alexander Johannes Mosbech Smith	OK ØST Birkerød	Ej startet				
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)
	– (–)	– (–)		– (–)	– (–)		– (–)

H20	(1 / 1)		Tid	Efter	Tidstab		
1.	Johannes Marager	Allerød OK	1:39:11		0:00		
	2:00 (2:00)	5:53 (7:53)		5:18 (17:26)	2:23 (19:49)		6:07 (25:56)
	1:30 (27:26)	1:49 (29:15)		5:57 (38:11)	6:19 (44:30)		4:56 (49:26)
	3:41 (53:07)	0:53 (54:00)		4:24 (1:06:43)	2:43 (1:09:26)		0:52 (1:10:18)
	16:36 (1:26:54)	2:03 (1:28:57)		3:28 (1:36:58)	2:02 (1:39:00)		0:11 (1:39:11)

H21	(6 / 6)		Tid	Efter	Tidstab		
1.	Anton Kupriyanov Hviid	Farum OK	1:36:38		2:43		
	1:18 (1:18)	1:44 (3:02)		3:08 (14:41)	3:06 (17:47)		2:36 (20:23)
	6:10 (26:33)	1:30 (28:03)		1:33 (31:14)	2:32 (33:46)		6:45 (40:31)
	3:55 (44:26)	1:19 (45:45)		0:57 (50:31)	2:15 (52:46)		3:20 (56:06)
	3:31 (59:37)	5:49 (1:05:26)		1:14 (1:08:21)	8:13 (1:16:34)		2:30 (1:19:04)
	3:26 (1:22:30)	5:25 (1:27:55)		2:56 (1:32:34)	2:35 (1:35:09)		1:21 (1:36:30)
	0:08 (1:36:38)						
2.	Lasse Falck Weber	THOK	1:43:46	+7:08	2:44		
	1:40 (1:40)	2:08 (3:48)		2:46 (12:24)	3:06 (15:30)		1:43 (17:13)
	5:52 (23:05)	1:54 (24:59)		1:35 (28:07)	2:22 (30:29)		7:35 (38:04)
	3:46 (41:50)	1:14 (43:04)		2:34 (50:12)	2:34 (52:46)		3:47 (56:33)
	3:29 (1:00:02)	7:03 (1:07:05)		1:41 (1:10:51)	9:19 (1:20:10)		2:41 (1:22:51)
	3:42 (1:26:33)	7:13 (1:33:46)		3:18 (1:38:56)	2:50 (1:41:46)		1:52 (1:43:38)
	0:08 (1:43:46)						

3.	George Mavchun	THOK	1:50:54	+14:16	1:23	
	1:58 (1:58)	1:42 (3:40)	7:16 (10:56)	3:36 (14:32)	3:28 (18:00)	1:56 (19:56)
	6:19 (26:15)	1:09 (27:24)	1:30 (28:54)	2:05 (30:59)	2:46 (33:45)	8:14 (41:59)
	5:33 (47:32)	1:41 (49:13)	4:30 (53:43)	0:53 (54:36)	2:58 (57:34)	4:07 (1:01:41)
	3:36 (1:05:17)	6:56 (1:12:13)	2:07 (1:14:20)	1:30 (1:15:50)	10:14 (1:26:04)	2:56 (1:29:00)
	4:41 (1:33:41)	6:47 (1:40:28)	1:53 (1:42:21)	3:35 (1:45:56)	2:57 (1:48:53)	1:53 (1:50:46)
	0:08 (1:50:54)					
4.	Malthe Poulsen	FIF Hillerød	1:55:00	+18:22	3:53	
	1:35 (1:35)	2:52 (4:27)	6:15 (10:42)	3:06 (13:48)	3:22 (17:10)	2:30 (19:40)
	6:57 (26:37)	1:25 (28:02)	1:47 (29:49)	1:38 (31:27)	2:44 (34:11)	8:02 (42:13)
	4:02 (46:15)	1:30 (47:45)	4:49 (52:34)	1:17 (53:51)	2:38 (56:29)	3:59 (1:00:28)
	4:18 (1:04:46)	6:34 (1:11:20)	2:04 (1:13:24)	1:53 (1:15:17)	10:33 (1:25:50)	3:08 (1:28:58)
	5:21 (1:34:19)	7:03 (1:41:22)	2:36 (1:43:58)	4:37 (1:48:35)	4:18 (1:52:53)	1:57 (1:54:50)
	0:10 (1:55:00)					
5.	Joakim Østergaard	Søllerød OK	2:23:09	+46:31	19:38	
	2:21 (2:21)	2:01 (4:22)	12:37 (16:59)	3:22 (20:21)	3:32 (23:53)	2:16 (26:09)
	9:20 (35:29)	1:29 (36:58)	1:36 (38:34)	1:37 (40:11)	4:25 (44:36)	8:51 (53:27)
	6:46 (1:00:13)	2:08 (1:02:21)	4:51 (1:07:12)	4:35 (1:11:47)	2:54 (1:14:41)	5:08 (1:19:49)
	5:05 (1:24:54)	8:09 (1:33:03)	2:36 (1:35:39)	2:13 (1:37:52)	12:32 (1:50:24)	3:32 (1:53:56)
	9:16 (2:03:12)	8:02 (2:11:14)	2:34 (2:13:48)	3:23 (2:17:11)	3:27 (2:20:38)	2:24 (2:23:02)
	0:07 (2:23:09)					
	Eoghan Wiles	OK73 Gladsaxe	Fejlkli			
	2:31 (2:31)	2:18 (4:49)	11:03 (15:52)	4:28 (20:20)	5:25 (25:45)	2:49 (28:34)
	20:18 (48:52)	2:06 (50:58)	2:23 (53:21)	2:07 (55:28)	3:34 (59:02)	9:30 (1:08:32)
	5:12 (1:13:44)	3:02 (1:16:46)	6:08 (1:22:54)	1:39 (1:24:33)	4:18 (1:28:51)	5:29 (1:34:20)
	6:19 (1:40:39)	8:06 (1:48:45)	2:54 (1:51:39)	2:23 (1:54:02)	12:09 (2:06:11)	4:30 (2:10:41)
	6:12 (2:16:53)	9:50 (2:26:43)	2:57 (2:29:40)	– (–)	– (–)	– (2:34:56)
	0:15 (2:35:11)					
	Aniol Bisquert Parés	Søllerød OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)					
	Emil Mejlhede Kinslev	OK ØST Birkerød	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)					
	Valdemar Marager	Allerød OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)					
H40		(13 / 13)	Tid	Efter	Tidstab	
1.	Rasmus Søes	Farum OK	1:05:08		0:00	
	1:04 (1:04)	2:10 (3:14)	6:05 (9:19)	3:36 (12:55)	3:14 (16:09)	0:59 (17:08)
	4:16 (21:24)	4:26 (25:50)	1:26 (27:16)	1:35 (28:51)	1:35 (30:26)	2:35 (33:01)
	7:36 (40:37)	4:18 (44:55)	0:57 (45:52)	3:49 (49:41)	5:51 (55:32)	1:54 (57:26)
	3:46 (1:01:12)	2:49 (1:04:01)	0:59 (1:05:00)	0:08 (1:05:08)		
2.	Michael Sørensen	OK ØST Birkerød	1:08:52	+3:44	5:23	
	1:10 (1:10)	2:03 (3:13)	9:02 (12:15)	3:11 (15:26)	3:12 (18:38)	0:56 (19:34)
	3:52 (23:26)	3:45 (27:11)	1:20 (28:31)	1:46 (30:17)	1:32 (31:49)	2:25 (34:14)
	7:29 (41:43)	3:56 (45:39)	1:01 (46:40)	7:26 (54:06)	5:59 (1:00:05)	1:51 (1:01:56)
	3:10 (1:05:06)	2:40 (1:07:46)	0:58 (1:08:44)	0:08 (1:08:52)		
3.	Troels Christiansen	Søllerød OK	1:10:49	+5:41	6:25	
	1:11 (1:11)	2:03 (3:14)	6:36 (9:50)	3:09 (12:59)	2:58 (15:57)	0:58 (16:55)
	3:55 (20:50)	8:59 (29:49)	1:29 (31:18)	1:42 (33:00)	1:32 (34:32)	2:40 (37:12)
	7:09 (44:21)	3:38 (47:59)	1:06 (49:05)	5:32 (54:37)	6:53 (1:01:30)	1:42 (1:03:12)
	3:04 (1:06:16)	3:27 (1:09:43)	0:58 (1:10:41)	0:08 (1:10:49)		
4.	Asger Habekost Nielsen	Allerød OK	1:18:00	+12:52	6:40	
	1:21 (1:21)	2:23 (3:44)	7:09 (10:53)	6:27 (17:20)	3:35 (20:55)	1:15 (22:10)
	5:06 (27:16)	4:03 (31:19)	2:43 (34:02)	1:57 (35:59)	1:39 (37:38)	3:11 (40:49)
	8:17 (49:06)	6:09 (55:15)	1:13 (56:28)	4:32 (1:01:00)	6:45 (1:07:45)	2:01 (1:09:46)
	3:37 (1:13:23)	3:21 (1:16:44)	1:07 (1:17:51)	0:09 (1:18:00)		
5.	Kristian Deiborg	FIF Hillerød	1:25:42	+20:34	8:39	
	1:16 (1:16)	3:15 (4:31)	7:47 (12:18)	3:57 (16:15)	4:33 (20:48)	3:10 (23:58)
	8:23 (32:21)	4:03 (36:24)	1:54 (38:18)	1:43 (40:01)	1:49 (41:50)	2:55 (44:45)

	9:50 (54:35) 4:04 (1:21:07)	4:47 (59:22) 3:14 (1:24:21)	1:08 (1:00:30) 1:11 (1:25:32)	6:21 (1:06:51) 0:10 (1:25:42)	8:05 (1:14:56)	2:07 (1:17:03)
6.	Mikael Lütthje 3:21 (3:21) 4:57 (31:20) 9:44 (56:36) 3:46 (1:23:13)	3:45 (7:06) 5:21 (36:41) 4:59 (1:01:35) 3:18 (1:26:31)	Søllerød OK 8:31 (15:37) 3:18 (39:59) 1:06 (1:02:41) 1:16 (1:27:47)	1:27:56 +22:48 5:07 (20:44) 2:04 (42:03) 7:09 (1:09:50) 0:09 (1:27:56)	7:59 4:13 (24:57) 1:49 (43:52) 7:15 (1:17:05)	 1:26 (26:23) 3:00 (46:52) 2:22 (1:19:27)
7.	Rune Aagaard Lohfert Boas 1:18 (1:18) 4:50 (30:35) 9:55 (54:59) 5:10 (1:24:09)	4:22 (5:40) 5:15 (35:50) 5:29 (1:00:28) 3:19 (1:27:28)	OK ØST Birkerød 7:47 (13:27) 1:36 (37:26) 1:37 (1:02:05) 1:15 (1:28:43)	1:28:52 +23:44 5:26 (18:53) 2:09 (39:35) 6:22 (1:08:27) 0:09 (1:28:52)	5:31 5:20 (24:13) 2:08 (41:43) 8:01 (1:16:28)	 1:32 (25:45) 3:21 (45:04) 2:31 (1:18:59)
8.	Anders Vejgaard 2:52 (2:52) 7:19 (29:08) 9:13 (53:30) 4:07 (1:28:33)	2:35 (5:27) 4:39 (33:47) 4:26 (57:56) 3:23 (1:31:56)	Ballerup OK 6:15 (11:42) 2:03 (35:50) 6:17 (1:04:13) 1:42 (1:33:38)	1:33:49 +28:41 3:25 (15:07) 2:25 (38:15) 9:50 (1:14:03) 0:11 (1:33:49)	15:40 5:31 (20:38) 2:09 (40:24) 8:01 (1:22:04)	 1:11 (21:49) 3:53 (44:17) 2:22 (1:24:26)
9.	Johan Holkmann Jacobsen 1:19 (1:19) 5:13 (31:13) 10:59 (57:42) 4:45 (1:29:34)	3:09 (4:28) 4:57 (36:10) 5:48 (1:03:30) 3:59 (1:33:33)	OK ØST Birkerød 8:07 (12:35) 1:53 (38:03) 1:54 (1:05:24) 1:16 (1:34:49)	1:34:58 +29:50 4:22 (16:57) 2:42 (40:45) 6:52 (1:12:16) 0:09 (1:34:58)	5:55 7:41 (24:38) 2:27 (43:12) 9:40 (1:21:56)	 1:22 (26:00) 3:31 (46:43) 2:53 (1:24:49)
10.	Asger Reinholdt Christensen 1:29 (1:29) 4:33 (27:07) 14:33 (59:20) 3:42 (1:35:05)	2:48 (4:17) 4:27 (31:34) 4:33 (1:03:53) 3:15 (1:38:20)	Holbæk OK 7:10 (11:27) 1:50 (33:24) 9:58 (1:13:51) 1:19 (1:39:39)	1:39:46 +34:38 3:57 (15:24) 2:06 (35:30) 7:46 (1:21:37) 0:07 (1:39:46)	21:47 4:27 (19:51) 2:15 (37:45) 7:25 (1:29:02)	 2:43 (22:34) 7:02 (44:47) 2:21 (1:31:23)
11.	Niels Haulrich 3:23 (3:23) 5:48 (42:51) 11:21 (1:14:20) 5:12 (1:49:10)	10:08 (13:31) 5:52 (48:43) 6:17 (1:20:37) 4:11 (1:53:21)	Søllerød OK 11:17 (24:48) 4:13 (52:56) 1:47 (1:22:24) 1:19 (1:54:40)	1:54:53 +49:45 5:13 (30:01) 3:16 (56:12) 9:56 (1:32:20) 0:13 (1:54:53)	15:00 5:14 (35:15) 3:05 (59:17) 8:57 (1:41:17)	 1:48 (37:03) 3:42 (1:02:59) 2:41 (1:43:58)
	Jesper Tidsvilde Hildebrandt 1:42 (1:42) 5:20 (33:27) 12:49 (1:04:19) 5:11 (1:35:15)	5:10 (6:52) 5:12 (38:39) 5:29 (1:09:48) 4:08 (1:39:23)	Farum OK 7:54 (14:46) – (–) 1:48 (1:11:36) 1:10 (1:40:33)	Fejlklip 4:20 (19:06) – (45:34) 6:48 (1:18:24) 0:09 (1:40:42)	 5:54 (25:00) 2:14 (47:48) 9:09 (1:27:33)	 3:07 (28:07) 3:42 (51:30) 2:31 (1:30:04)
	Rasmus Kristensen 1:20 (1:20) – (28:45) 10:42 (53:59) 5:31 (1:26:17)	4:05 (5:25) 5:08 (33:53) 5:54 (59:53) 5:28 (1:31:45)	Ballerup OK 8:22 (13:47) 1:45 (35:38) 1:43 (1:01:36) 1:02 (1:32:47)	Fejlklip 4:27 (18:14) 2:04 (37:42) 7:38 (1:09:14) 0:08 (1:32:55)	 4:05 (22:19) 2:00 (39:42) 8:51 (1:18:05)	 – (–) 3:35 (43:17) 2:41 (1:20:46)
H50		(22 / 22)		Tid Efter	Tidstab	
1.	Rasmus Nielsen 0:52 (0:52) 3:41 (19:43) 1:19 (33:38) 2:47 (56:39) 0:08 (1:05:04)	1:50 (2:42) 2:52 (22:35) 1:03 (34:41) 1:52 (58:31)	THOK 4:23 (7:05) 2:40 (25:15) 2:55 (37:36) 1:56 (1:00:27)	1:05:04 1:27 (8:32) 1:06 (26:21) 4:11 (41:47) 2:26 (1:02:53)	4:25 1:21 (9:53) 1:42 (28:03) 11:13 (53:00) 1:26 (1:04:19)	 6:09 (16:02) 4:16 (32:19) 0:52 (53:52) 0:37 (1:04:56)
2.	Torben Nørgaard 2:36 (2:36) 3:31 (20:40) 1:25 (36:38) 3:10 (59:13) 0:10 (1:09:23)	2:21 (4:57) 3:24 (24:04) 1:16 (37:54) 2:25 (1:01:38)	Allerød OK 4:46 (9:43) 2:42 (26:46) 3:00 (40:54) 2:19 (1:03:57)	1:09:23 +4:19 1:29 (11:12) 1:11 (27:57) 1:28 (42:22) 3:03 (1:07:00)	4:02 1:23 (12:35) 2:44 (30:41) 12:48 (55:10) 1:28 (1:08:28)	 4:34 (17:09) 4:32 (35:13) 0:53 (56:03) 0:45 (1:09:13)
3.	Søren Olsen 0:57 (0:57) 5:03 (19:45) 1:17 (34:57) 3:38 (59:58) 0:12 (1:10:31)	1:59 (2:56) 3:18 (23:03) 1:11 (36:08) 1:44 (1:01:42)	Søllerød OK 4:25 (7:21) 2:41 (25:44) 3:10 (39:18) 3:01 (1:04:43)	1:10:31 +5:27 1:38 (8:59) 1:15 (26:59) 1:36 (40:54) 2:46 (1:07:29)	3:52 1:30 (10:29) 1:43 (28:42) 14:22 (55:16) 2:04 (1:09:33)	 4:13 (14:42) 4:58 (33:40) 1:04 (56:20) 0:46 (1:10:19)
4.	Alex Ottesen 1:01 (1:01) 4:09 (20:42) 1:42 (35:19) 3:16 (1:00:35) 0:07 (1:10:53)	1:57 (2:58) 2:51 (23:33) 1:25 (36:44) 1:36 (1:02:11)	Ballerup OK 5:24 (8:22) 2:40 (26:13) 3:20 (40:04) 2:20 (1:04:31)	1:10:53 +5:49 1:33 (9:55) 1:14 (27:27) 3:01 (43:05) 3:54 (1:08:25)	3:24 1:51 (11:46) 1:48 (29:15) 13:09 (56:14) 1:39 (1:10:04)	 4:47 (16:33) 4:22 (33:37) 1:05 (57:19) 0:42 (1:10:46)
5.	Jesper Damgaard 0:56 (0:56) 3:46 (22:23) 1:30 (40:28) 2:55 (1:03:09) 0:09 (1:12:36)	1:44 (2:40) 2:21 (24:44) 1:07 (41:35) 1:45 (1:04:54)	Farum OK 4:17 (6:57) 3:30 (28:14) 3:34 (45:09) 2:04 (1:06:58)	1:12:36 +7:32 4:24 (11:21) 1:18 (29:32) 1:44 (46:53) 3:28 (1:10:26)	9:09 2:42 (14:03) 2:33 (32:05) 12:07 (59:00) 1:22 (1:11:48)	 4:34 (18:37) 6:53 (38:58) 1:14 (1:00:14) 0:39 (1:12:27)

6.	Mads K. Larsen	FIF Hillerød	1:13:00	+7:56	7:39		
	0:54 (0:54)	1:42 (2:36)	4:19 (6:55)	1:39 (8:34)	1:33 (10:07)	6:19 (16:26)	
	3:35 (20:01)	2:36 (22:37)	2:49 (25:26)	1:14 (26:40)	1:56 (28:36)	8:18 (36:54)	
	1:39 (38:33)	1:41 (40:14)	3:34 (43:48)	1:58 (45:46)	12:16 (58:02)	1:09 (59:11)	
	4:21 (1:03:32)	1:33 (1:05:05)	2:01 (1:07:06)	3:36 (1:10:42)	1:37 (1:12:19)	0:34 (1:12:53)	
	0:07 (1:13:00)						
7.	Claus Cederberg	Ballerup OK	1:15:01	+9:57	5:34		
	1:10 (1:10)	2:28 (3:38)	4:20 (7:58)	1:51 (9:49)	1:32 (11:21)	5:13 (16:34)	
	3:47 (20:21)	3:24 (23:45)	3:49 (27:34)	3:52 (31:26)	1:59 (33:25)	5:38 (39:03)	
	1:27 (40:30)	1:14 (41:44)	3:36 (45:20)	1:49 (47:09)	12:59 (1:00:08)	1:06 (1:01:14)	
	3:13 (1:04:27)	1:50 (1:06:17)	2:34 (1:08:51)	2:42 (1:11:33)	2:43 (1:14:16)	0:38 (1:14:54)	
	0:07 (1:15:01)						
8.	Anders Marager	Allerød OK	1:17:09	+12:05	4:09		
	1:31 (1:31)	2:38 (4:09)	5:59 (10:08)	1:38 (11:46)	1:33 (13:19)	5:28 (18:47)	
	4:18 (23:05)	4:23 (27:28)	3:01 (30:29)	1:44 (32:13)	1:54 (34:07)	5:58 (40:05)	
	1:37 (41:42)	1:11 (42:53)	3:36 (46:29)	1:31 (48:00)	14:06 (1:02:06)	1:09 (1:03:15)	
	3:24 (1:06:39)	1:50 (1:08:29)	2:41 (1:11:10)	2:39 (1:13:49)	2:24 (1:16:13)	0:45 (1:16:58)	
	0:11 (1:17:09)						
9.	Lars Lyngsø	Allerød OK	1:20:00	+14:56	5:15		
	1:07 (1:07)	2:26 (3:33)	4:37 (8:10)	2:35 (10:45)	1:41 (12:26)	5:35 (18:01)	
	4:27 (22:28)	3:00 (25:28)	2:53 (28:21)	1:12 (29:33)	1:55 (31:28)	5:13 (36:41)	
	2:52 (39:33)	1:16 (40:49)	3:54 (44:43)	4:55 (49:38)	15:00 (1:04:38)	1:18 (1:05:56)	
	3:31 (1:09:27)	1:46 (1:11:13)	2:59 (1:14:12)	3:05 (1:17:17)	1:51 (1:19:08)	0:44 (1:19:52)	
	0:08 (1:20:00)						
10.	Henrik Seidelin Dam	Ballerup OK	1:21:58	+16:54	2:33		
	1:04 (1:04)	2:01 (3:05)	5:30 (8:35)	2:08 (10:43)	1:45 (12:28)	6:59 (19:27)	
	5:32 (24:59)	3:44 (28:43)	3:47 (32:30)	1:43 (34:13)	2:15 (36:28)	5:18 (41:46)	
	1:34 (43:20)	1:30 (44:50)	3:17 (48:07)	1:53 (50:00)	15:13 (1:05:13)	1:08 (1:06:21)	
	4:13 (1:10:34)	2:19 (1:12:53)	2:32 (1:15:25)	3:34 (1:18:59)	1:51 (1:20:50)	0:58 (1:21:48)	
	0:10 (1:21:58)						
11.	Christian Olsen	AMOK	1:25:20	+20:16	10:17		
	1:40 (1:40)	3:19 (4:59)	5:32 (10:31)	1:43 (12:14)	2:50 (15:04)	5:28 (20:32)	
	3:55 (24:27)	3:23 (27:50)	2:52 (30:42)	4:48 (35:30)	2:01 (37:31)	5:40 (43:11)	
	1:27 (44:38)	1:16 (45:54)	3:24 (49:18)	2:02 (51:20)	13:44 (1:05:04)	1:16 (1:06:20)	
	8:00 (1:14:20)	1:58 (1:16:18)	3:06 (1:19:24)	3:12 (1:22:36)	1:52 (1:24:28)	0:43 (1:25:11)	
	0:09 (1:25:20)						
12.	Nicolai Karlsmose Kliem	Farum OK	1:25:40	+20:36	7:51		
	1:09 (1:09)	2:13 (3:22)	5:10 (8:32)	2:06 (10:38)	2:04 (12:42)	6:42 (19:24)	
	4:24 (23:48)	3:04 (26:52)	4:22 (31:14)	1:22 (32:36)	2:11 (34:47)	5:09 (39:56)	
	1:41 (41:37)	2:09 (43:46)	3:46 (47:32)	6:38 (54:10)	15:47 (1:09:57)	1:20 (1:11:17)	
	3:46 (1:15:03)	1:55 (1:16:58)	3:01 (1:19:59)	2:41 (1:22:40)	2:02 (1:24:42)	0:48 (1:25:30)	
	0:10 (1:25:40)						
13.	Erik Melbye	Søllerød OK	1:25:41	+20:37	13:15		
	1:06 (1:06)	2:14 (3:20)	4:59 (8:19)	1:34 (9:53)	1:50 (11:43)	5:30 (17:13)	
	4:11 (21:24)	2:59 (24:23)	3:16 (27:39)	1:24 (29:03)	2:12 (31:15)	5:21 (36:36)	
	4:38 (41:14)	1:13 (42:27)	10:40 (53:07)	4:49 (57:56)	13:40 (1:11:36)	1:09 (1:12:45)	
	3:24 (1:16:09)	1:35 (1:17:44)	2:26 (1:20:10)	2:57 (1:23:07)	1:46 (1:24:53)	0:40 (1:25:33)	
	0:08 (1:25:41)						
14.	Kåre Sørensen	OK Sorø	1:26:25	+21:21	8:54		
	1:13 (1:13)	1:56 (3:09)	4:54 (8:03)	5:32 (13:35)	2:05 (15:40)	5:47 (21:27)	
	4:24 (25:51)	3:20 (29:11)	5:01 (34:12)	2:40 (36:52)	2:30 (39:22)	5:17 (44:39)	
	1:54 (46:33)	1:20 (47:53)	3:33 (51:26)	2:16 (53:42)	14:39 (1:08:21)	1:17 (1:09:38)	
	3:59 (1:13:37)	1:52 (1:15:29)	2:45 (1:18:14)	4:12 (1:22:26)	2:51 (1:25:17)	0:57 (1:26:14)	
	0:11 (1:26:25)						
15.	Erik Olsen	PI-København	1:29:51	+24:47	7:44		
	1:14 (1:14)	3:21 (4:35)	7:08 (11:43)	3:50 (15:33)	1:50 (17:23)	5:46 (23:09)	
	5:27 (28:36)	4:11 (32:47)	3:13 (36:00)	1:16 (37:16)	4:34 (41:50)	5:35 (47:25)	
	2:00 (49:25)	2:03 (51:28)	3:55 (55:23)	2:03 (57:26)	15:31 (1:12:57)	1:17 (1:14:14)	
	4:08 (1:18:22)	1:56 (1:20:18)	2:47 (1:23:05)	3:46 (1:26:51)	1:57 (1:28:48)	0:51 (1:29:39)	
	0:12 (1:29:51)						
16.	Søren Albæk Jensen	AMOK	1:35:15	+30:11	18:45		
	1:05 (1:05)	5:12 (6:17)	5:04 (11:21)	2:19 (13:40)	1:45 (15:25)	9:04 (24:29)	
	4:28 (28:57)	3:24 (32:21)	7:32 (39:53)	1:19 (41:12)	2:00 (43:12)	4:33 (47:45)	
	1:33 (49:18)	1:28 (50:46)	5:58 (56:44)	1:37 (58:21)	20:41 (1:19:02)	0:57 (1:19:59)	
	4:05 (1:24:04)	2:09 (1:26:13)	3:06 (1:29:19)	3:06 (1:32:25)	1:50 (1:34:15)	0:50 (1:35:05)	
	0:10 (1:35:15)						
17.	Morten Hultberg Buchgreitz	Søllerød OK	1:36:28	+31:24	9:13		
	1:20 (1:20)	3:33 (4:53)	9:29 (14:22)	2:25 (16:47)	2:05 (18:52)	6:46 (25:38)	
	4:59 (30:37)	4:05 (34:42)	5:35 (40:17)	1:41 (41:58)	2:35 (44:33)	6:07 (50:40)	
	1:50 (52:30)	2:01 (54:31)	4:52 (59:23)	2:00 (1:01:23)	15:45 (1:17:08)	1:21 (1:18:29)	
	3:36 (1:22:05)	3:10 (1:25:15)	4:17 (1:29:32)	3:38 (1:33:10)	2:25 (1:35:35)	0:44 (1:36:19)	
	0:09 (1:36:28)						

18.	David Palsgaard	Søllerød OK	1:38:08	+33:04	7:23		
	1:09 (1:09)	2:37 (3:46)	7:14 (11:00)	2:06 (13:06)	2:16 (15:22)	10:24 (25:46)	
	5:09 (30:55)	3:38 (34:33)	3:53 (38:26)	1:50 (40:16)	3:18 (43:34)	5:31 (49:05)	
	1:50 (50:55)	1:37 (52:32)	5:23 (57:55)	1:55 (59:50)	18:16 (1:18:06)	1:38 (1:19:44)	
	4:20 (1:24:04)	2:45 (1:26:49)	2:45 (1:29:34)	4:47 (1:34:21)	2:52 (1:37:13)	0:48 (1:38:01)	
	0:07 (1:38:08)						
19.	Peter Becker	Søllerød OK	1:39:20	+34:16	13:48		
	3:10 (3:10)	2:20 (5:30)	5:52 (11:22)	1:39 (13:01)	1:57 (14:58)	5:33 (20:31)	
	4:37 (25:08)	3:42 (28:50)	3:38 (32:28)	1:25 (33:53)	3:38 (37:31)	11:36 (49:07)	
	2:03 (51:10)	1:37 (52:47)	8:57 (1:01:44)	2:22 (1:04:06)	17:26 (1:21:32)	1:17 (1:22:49)	
	3:50 (1:26:39)	2:36 (1:29:15)	2:45 (1:32:00)	4:01 (1:36:01)	2:23 (1:38:24)	0:46 (1:39:10)	
	0:10 (1:39:20)						
20.	Torben Speldt	AMOK	1:44:14	+39:10	14:25		
	1:18 (1:18)	8:39 (9:57)	6:14 (16:11)	2:16 (18:27)	2:16 (20:43)	6:28 (27:11)	
	5:20 (32:31)	4:15 (36:46)	3:32 (40:18)	1:19 (41:37)	2:35 (44:12)	8:17 (52:29)	
	2:02 (54:31)	1:18 (55:49)	3:59 (59:48)	5:48 (1:05:36)	17:41 (1:23:17)	2:10 (1:25:27)	
	4:26 (1:29:53)	2:45 (1:32:38)	2:45 (1:35:23)	5:29 (1:40:52)	2:29 (1:43:21)	0:45 (1:44:06)	
	0:08 (1:44:14)						
21.	Christian Gudme-Knudsen	OK73 Gladsaxe	1:57:19	+52:15	32:49		
	1:16 (1:16)	2:40 (3:56)	6:40 (10:36)	2:33 (13:09)	2:15 (15:24)	7:42 (23:06)	
	8:57 (32:03)	3:29 (35:32)	3:03 (38:35)	1:27 (40:02)	14:11 (54:13)	6:11 (1:00:24)	
	2:01 (1:02:25)	1:19 (1:03:44)	3:39 (1:07:23)	2:14 (1:09:37)	15:35 (1:25:12)	1:16 (1:26:28)	
	3:50 (1:30:18)	4:02 (1:34:20)	3:24 (1:37:44)	16:22 (1:54:06)	2:07 (1:56:13)	0:54 (1:57:07)	
	0:12 (1:57:19)						
22.	Mikkel Merkelsen	AMOK	2:02:13	+57:09	33:41		
	1:08 (1:08)	2:53 (4:01)	9:06 (13:07)	3:55 (17:02)	10:53 (27:55)	7:18 (35:13)	
	8:36 (43:49)	4:16 (48:05)	4:44 (52:49)	3:52 (56:41)	2:19 (59:00)	10:15 (1:09:15)	
	1:35 (1:10:50)	7:05 (1:17:55)	5:44 (1:23:39)	1:48 (1:25:27)	15:51 (1:41:18)	0:56 (1:42:14)	
	4:07 (1:46:21)	3:49 (1:50:10)	2:53 (1:53:03)	4:32 (1:57:35)	3:44 (2:01:19)	0:43 (2:02:02)	
	0:11 (2:02:13)						
	Morten Ploug	Ballerup OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
H60		(37 / 37)	Tid	Efter	Tidstab		
1.	Bo Simonsen	FIF Hillerød	53:25		1:30		
	1:51 (1:51)	1:54 (3:45)	7:02 (10:47)	3:09 (13:56)	4:09 (18:05)	2:40 (20:45)	
	2:41 (23:26)	1:10 (24:36)	7:34 (32:10)	1:39 (33:49)	8:08 (41:57)	1:32 (43:29)	
	5:20 (48:49)	0:48 (49:37)	2:29 (52:06)	1:10 (53:16)	0:09 (53:25)		
2.	Pablo Jensen	Farum OK	59:07	+5:42	1:15		
	2:31 (2:31)	2:44 (5:15)	8:18 (13:33)	4:03 (17:36)	4:29 (22:05)	3:00 (25:05)	
	2:56 (28:01)	1:18 (29:19)	6:33 (35:52)	2:11 (38:03)	9:24 (47:27)	1:28 (48:55)	
	5:55 (54:50)	0:52 (55:42)	2:14 (57:56)	1:01 (58:57)	0:10 (59:07)		
3.	Steen Olsen	Søllerød OK	1:00:02	+6:37	4:52		
	1:47 (1:47)	2:01 (3:48)	7:38 (11:26)	3:12 (14:38)	4:35 (19:13)	2:56 (22:09)	
	2:47 (24:56)	1:09 (26:05)	5:45 (31:50)	5:49 (37:39)	9:15 (46:54)	1:35 (48:29)	
	6:04 (54:33)	0:48 (55:21)	3:22 (58:43)	1:09 (59:52)	0:10 (1:00:02)		
4.	Morten Ebbensgaard	OK ØST Birkerød	1:03:22	+9:57	0:00		
	2:13 (2:13)	2:13 (4:26)	8:52 (13:18)	3:27 (16:45)	4:51 (21:36)	3:46 (25:22)	
	3:12 (28:34)	1:31 (30:05)	7:37 (37:42)	1:47 (39:29)	9:58 (49:27)	1:44 (51:11)	
	6:46 (57:57)	0:59 (58:56)	2:47 (1:01:43)	1:29 (1:03:12)	0:10 (1:03:22)		
5.	Lars Simonsen	FIF Hillerød	1:03:43	+10:18	3:42		
	2:33 (2:33)	2:14 (4:47)	7:35 (12:22)	3:33 (15:55)	4:37 (20:32)	3:35 (24:07)	
	2:54 (27:01)	1:27 (28:28)	7:14 (35:42)	1:44 (37:26)	9:27 (46:53)	1:28 (48:21)	
	8:53 (57:14)	1:20 (58:34)	3:47 (1:02:21)	1:13 (1:03:34)	0:09 (1:03:43)		
6.	Anders Kassow		1:06:13	+12:48	2:44		
	2:44 (2:44)	2:35 (5:19)	8:43 (14:02)	3:59 (18:01)	5:10 (23:11)	3:13 (26:24)	
	3:06 (29:30)	1:37 (31:07)	6:52 (37:59)	3:27 (41:26)	11:23 (52:49)	1:41 (54:30)	
	6:28 (1:00:58)	0:57 (1:01:55)	2:45 (1:04:40)	1:21 (1:06:01)	0:12 (1:06:13)		
7.	Stephen Hall Reusch	OK ØST Birkerød	1:06:53	+13:28	5:34		
	3:58 (3:58)	2:09 (6:07)	8:49 (14:56)	3:41 (18:37)	5:12 (23:49)	3:03 (26:52)	
	2:46 (29:38)	1:17 (30:55)	8:39 (39:34)	2:30 (42:04)	10:05 (52:09)	1:33 (53:42)	
	6:20 (1:00:02)	1:01 (1:01:03)	4:18 (1:05:21)	1:22 (1:06:43)	0:10 (1:06:53)		
8.	Per Hansen	FSK Orientering	1:07:17	+13:52	7:19		
	2:10 (2:10)	2:28 (4:38)	13:35 (18:13)	3:17 (21:30)	4:28 (25:58)	2:58 (28:56)	
	2:53 (31:49)	1:11 (33:00)	7:07 (40:07)	1:56 (42:03)	11:01 (53:04)	1:40 (54:44)	
	6:23 (1:01:07)	0:56 (1:02:03)	3:41 (1:05:44)	1:22 (1:07:06)	0:11 (1:07:17)		
9.	Carsten Elhøj	AS Feltspørt	1:07:39	+14:14	4:34		
	2:34 (2:34)	2:46 (5:20)	9:34 (14:54)	4:08 (19:02)	8:15 (27:17)	3:03 (30:20)	
	3:12 (33:32)	1:34 (35:06)	6:20 (41:26)	1:37 (43:03)	10:33 (53:36)	1:55 (55:31)	
	6:57 (1:02:28)	0:52 (1:03:20)	2:48 (1:06:08)	1:21 (1:07:29)	0:10 (1:07:39)		

10.	Jakob Albahn	THOK	1:07:55	+14:30	1:53		
	2:32 (2:32)	2:13 (4:45)	9:11 (13:56)	4:13 (18:09)	5:49 (23:58)	3:34 (27:32)	
	3:28 (31:00)	1:28 (32:28)	6:58 (39:26)	3:02 (42:28)	10:46 (53:14)	2:01 (55:15)	
	7:11 (1:02:26)	1:13 (1:03:39)	2:48 (1:06:27)	1:18 (1:07:45)	0:10 (1:07:55)		
11.	Kent Pihl	OK Roskilde	1:08:43	+15:18	1:42		
	2:02 (2:02)	2:18 (4:20)	8:50 (13:10)	4:16 (17:26)	5:32 (22:58)	3:46 (26:44)	
	3:16 (30:00)	2:10 (32:10)	7:14 (39:24)	1:57 (41:21)	11:44 (53:05)	1:47 (54:52)	
	7:51 (1:02:43)	0:59 (1:03:42)	3:11 (1:06:53)	1:37 (1:08:30)	0:13 (1:08:43)		
12.	Leif Pedersen	FSK Orientering	1:10:08	+16:43	0:41		
	2:25 (2:25)	2:44 (5:09)	9:35 (14:44)	4:45 (19:29)	5:29 (24:58)	3:47 (28:45)	
	3:13 (31:58)	2:01 (33:59)	7:51 (41:50)	2:16 (44:06)	11:03 (55:09)	1:40 (56:49)	
	7:20 (1:04:09)	1:13 (1:05:22)	3:13 (1:08:35)	1:22 (1:09:57)	0:11 (1:10:08)		
13.	Helge Lang Pedersen	Farum OK	1:10:19	+16:54	2:51		
	1:51 (1:51)	2:29 (4:20)	9:28 (13:48)	4:44 (18:32)	5:56 (24:28)	3:47 (28:15)	
	3:28 (31:43)	1:38 (33:21)	7:03 (40:24)	2:28 (42:52)	12:03 (54:55)	1:54 (56:49)	
	7:44 (1:04:33)	1:02 (1:05:35)	3:06 (1:08:41)	1:23 (1:10:04)	0:15 (1:10:19)		
14.	Gregers Jørgensen	Ballerup OK	1:12:58	+19:33	3:18		
	2:45 (2:45)	4:06 (6:51)	9:46 (16:37)	4:42 (21:19)	5:53 (27:12)	3:40 (30:52)	
	3:14 (34:06)	1:20 (35:26)	7:36 (43:02)	3:49 (46:51)	11:22 (58:13)	1:33 (59:46)	
	7:18 (1:07:04)	0:55 (1:07:59)	3:24 (1:11:23)	1:24 (1:12:47)	0:11 (1:12:58)		
15.	Svend Christiansen	PI-København	1:15:52	+22:27	11:40		
	2:12 (2:12)	2:15 (4:27)	17:00 (21:27)	6:13 (27:40)	6:01 (33:41)	3:23 (37:04)	
	3:05 (40:09)	1:40 (41:49)	6:35 (48:24)	1:48 (50:12)	11:05 (1:01:17)	1:53 (1:03:10)	
	7:10 (1:10:20)	1:14 (1:11:34)	2:55 (1:14:29)	1:14 (1:15:43)	0:09 (1:15:52)		
16.	Henrik Iwersen	OK ØST Birkerød	1:16:14	+22:49	5:54		
	2:23 (2:23)	2:39 (5:02)	10:25 (15:27)	4:26 (19:53)	5:43 (25:36)	3:52 (29:28)	
	3:12 (32:40)	1:45 (34:25)	7:31 (41:56)	6:34 (48:30)	12:42 (1:01:12)	2:02 (1:03:14)	
	7:12 (1:10:26)	1:26 (1:11:52)	2:51 (1:14:43)	1:19 (1:16:02)	0:12 (1:16:14)		
17.	Henrik Albahn	Lyngby OK	1:16:38	+23:13	8:06		
	2:16 (2:16)	5:25 (7:41)	9:30 (17:11)	4:34 (21:45)	5:43 (27:28)	4:32 (32:00)	
	3:00 (35:00)	1:41 (36:41)	9:49 (46:30)	2:20 (48:50)	11:16 (1:00:06)	3:54 (1:04:00)	
	6:18 (1:10:18)	0:59 (1:11:17)	3:33 (1:14:50)	1:38 (1:16:28)	0:10 (1:16:38)		
18.	Jan Thiesen	Holbæk OK	1:17:56	+24:31	3:51		
	2:16 (2:16)	3:15 (5:31)	10:08 (15:39)	4:27 (20:06)	6:26 (26:32)	4:07 (30:39)	
	3:49 (34:28)	2:23 (36:51)	8:46 (45:37)	2:13 (47:50)	14:20 (1:02:10)	2:06 (1:04:16)	
	7:38 (1:11:54)	1:03 (1:12:57)	3:23 (1:16:20)	1:24 (1:17:44)	0:12 (1:17:56)		
19.	Frede Lillelund	Søllerød OK	1:18:05	+24:40	5:49		
	3:12 (3:12)	2:41 (5:53)	9:35 (15:28)	6:17 (21:45)	6:02 (27:47)	3:50 (31:37)	
	4:53 (36:30)	1:23 (37:53)	7:53 (45:46)	2:30 (48:16)	12:42 (1:00:58)	2:01 (1:02:59)	
	7:23 (1:10:22)	1:19 (1:11:41)	4:56 (1:16:37)	1:17 (1:17:54)	0:11 (1:18:05)		
20.	Jørgen Pedersen	AS Feltspport	1:20:21	+26:56	3:39		
	2:47 (2:47)	2:43 (5:30)	10:03 (15:33)	5:03 (20:36)	8:02 (28:38)	3:57 (32:35)	
	4:02 (36:37)	1:43 (38:20)	10:04 (48:24)	2:43 (51:07)	12:19 (1:03:26)	1:58 (1:05:24)	
	8:37 (1:14:01)	1:20 (1:15:21)	3:21 (1:18:42)	1:28 (1:20:10)	0:11 (1:20:21)		
21.	Erik Ellegaard Simonsen	OK ØST Birkerød	1:22:13	+28:48	7:32		
	3:03 (3:03)	2:43 (5:46)	10:11 (15:57)	6:44 (22:41)	7:17 (29:58)	3:32 (33:30)	
	3:53 (37:23)	1:47 (39:10)	8:57 (48:07)	5:53 (54:00)	12:37 (1:06:37)	2:07 (1:08:44)	
	7:28 (1:16:12)	1:20 (1:17:32)	3:05 (1:20:37)	1:25 (1:22:02)	0:11 (1:22:13)		
22.	Christian Saxe	AS Feltspport	1:22:43	+29:18	7:43		
	2:41 (2:41)	2:54 (5:35)	10:12 (15:47)	4:55 (20:42)	5:53 (26:35)	3:55 (30:30)	
	3:44 (34:14)	1:55 (36:09)	7:59 (44:08)	10:00 (54:08)	12:20 (1:06:28)	1:57 (1:08:25)	
	7:42 (1:16:07)	1:02 (1:17:09)	3:23 (1:20:32)	1:59 (1:22:31)	0:12 (1:22:43)		
23.	Jesper Børsting	Herlufsholm OK	1:22:45	+29:20	7:15		
	2:39 (2:39)	2:42 (5:21)	10:03 (15:24)	5:37 (21:01)	6:09 (27:10)	4:33 (31:43)	
	3:49 (35:32)	1:53 (37:25)	7:14 (44:39)	2:34 (47:13)	15:34 (1:02:47)	2:21 (1:05:08)	
	9:44 (1:14:52)	1:17 (1:16:09)	4:26 (1:20:35)	1:55 (1:22:30)	0:15 (1:22:45)		
24.	Sten Skytte Kirkegaard	THOK	1:24:25	+31:00	8:23		
	2:40 (2:40)	2:46 (5:26)	10:26 (15:52)	4:47 (20:39)	8:35 (29:14)	4:31 (33:45)	
	3:24 (37:09)	1:49 (38:58)	14:08 (53:06)	2:03 (55:09)	13:25 (1:08:34)	2:25 (1:10:59)	
	7:44 (1:18:43)	1:00 (1:19:43)	3:11 (1:22:54)	1:19 (1:24:13)	0:12 (1:24:25)		
25.	Thomas Thilo	Farum OK	1:26:36	+33:11	23:22		
	2:05 (2:05)	12:19 (14:24)	7:28 (21:52)	3:50 (25:42)	4:35 (30:17)	3:25 (33:42)	
	5:34 (39:16)	3:03 (42:19)	9:38 (51:57)	2:28 (54:25)	13:26 (1:07:51)	4:12 (1:12:03)	
	8:42 (1:20:45)	0:48 (1:21:33)	3:12 (1:24:45)	1:41 (1:26:26)	0:10 (1:26:36)		
26.	Per Rasmussen	AMOK	1:32:18	+38:53	8:42		
	2:55 (2:55)	4:20 (7:15)	11:06 (18:21)	6:17 (24:38)	7:42 (32:20)	5:00 (37:20)	
	4:02 (41:22)	2:01 (43:23)	8:57 (52:20)	2:55 (55:15)	16:10 (1:11:25)	2:37 (1:14:02)	
	8:31 (1:22:33)	1:24 (1:23:57)	4:06 (1:28:03)	4:03 (1:32:06)	0:12 (1:32:18)		
27.	Lars Almer	PI-København	1:33:05	+39:40	15:30		
	3:06 (3:06)	5:46 (8:52)	15:17 (24:09)	4:55 (29:04)	6:16 (35:20)	4:11 (39:31)	
	4:01 (43:32)	1:27 (44:59)	8:24 (53:23)	2:28 (55:51)	18:07 (1:13:58)	1:43 (1:15:41)	
	7:47 (1:23:28)	1:06 (1:24:34)	6:41 (1:31:15)	1:40 (1:32:55)	0:10 (1:33:05)		

28.	Jan Johansen	PI-København	1:36:22	+42:57	7:59	
	2:46 (2:46)	2:56 (5:42)	13:59 (19:41)	6:40 (26:21)	7:12 (33:33)	5:01 (38:34)
	4:03 (42:37)	2:06 (44:43)	14:28 (59:11)	2:37 (1:01:48)	15:34 (1:17:22)	2:49 (1:20:11)
	8:26 (1:28:37)	1:56 (1:30:33)	4:07 (1:34:40)	1:28 (1:36:08)	0:14 (1:36:22)	
29.	Ulrik Illum	Søllerød OK	1:36:26	+43:01	9:54	
	4:30 (4:30)	4:33 (9:03)	12:38 (21:41)	8:50 (30:31)	6:03 (36:34)	3:50 (40:24)
	3:59 (44:23)	5:00 (49:23)	9:45 (59:08)	2:44 (1:01:52)	14:57 (1:16:49)	2:14 (1:19:03)
	9:46 (1:28:49)	1:06 (1:29:55)	4:35 (1:34:30)	1:44 (1:36:14)	0:12 (1:36:26)	
30.	Jens Behrend	Farum OK	1:43:59	+50:34	10:43	
	2:57 (2:57)	6:35 (9:32)	11:45 (21:17)	5:31 (26:48)	10:47 (37:35)	5:14 (42:49)
	5:43 (48:32)	2:24 (50:56)	13:07 (1:04:03)	3:19 (1:07:22)	14:50 (1:22:12)	2:17 (1:24:29)
	10:44 (1:35:13)	1:25 (1:36:38)	5:09 (1:41:47)	1:58 (1:43:45)	0:14 (1:43:59)	
31.	Leif Sudergaard	Kildeholm OK	1:45:34	+52:09	8:40	
	2:43 (2:43)	7:59 (10:42)	13:44 (24:26)	6:34 (31:00)	7:43 (38:43)	5:46 (44:29)
	4:42 (49:11)	1:57 (51:08)	12:48 (1:03:56)	2:29 (1:06:25)	18:03 (1:24:28)	2:48 (1:27:16)
	10:08 (1:37:24)	1:17 (1:38:41)	4:37 (1:43:18)	2:02 (1:45:20)	0:14 (1:45:34)	
32.	Jens Bentsen	OK ØST Birkerød	1:48:57	+55:32	18:38	
	2:53 (2:53)	3:37 (6:30)	11:04 (17:34)	9:58 (27:32)	7:06 (34:38)	5:06 (39:44)
	13:25 (53:09)	1:58 (55:07)	13:02 (1:08:09)	3:08 (1:11:17)	14:48 (1:26:05)	2:15 (1:28:20)
	11:00 (1:39:20)	2:09 (1:41:29)	5:12 (1:46:41)	1:59 (1:48:40)	0:17 (1:48:57)	
33.	Carsten Thye Agger	HSOK	1:55:26	+1:02:01	20:08	
	10:49 (10:49)	4:53 (15:42)	12:14 (27:56)	5:56 (33:52)	8:50 (42:42)	8:23 (51:05)
	5:25 (56:30)	1:51 (58:21)	11:21 (1:09:42)	3:58 (1:13:40)	19:05 (1:32:45)	2:39 (1:35:24)
	12:42 (1:48:06)	1:02 (1:49:08)	4:07 (1:53:15)	1:56 (1:55:11)	0:15 (1:55:26)	
34.	Peter Krogh	OK ØST Birkerød	2:05:46	+1:12:21	34:45	
	4:22 (4:22)	4:38 (9:00)	12:18 (21:18)	5:14 (26:32)	20:57 (47:29)	6:23 (53:52)
	4:28 (58:20)	2:07 (1:00:27)	18:46 (1:19:13)	9:53 (1:29:06)	14:18 (1:43:24)	2:09 (1:45:33)
	12:28 (1:58:01)	1:33 (1:59:34)	4:35 (2:04:09)	1:26 (2:05:35)	0:11 (2:05:46)	
	Jakob Døpping	Søllerød OK	Fejlklip			
	3:09 (3:09)	3:51 (7:00)	11:38 (18:38)	5:19 (23:57)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (1:55:28)	
	Kurt Thuesen	FSK Orientering	Fejlklip			
	– (–)	– (8:00)	13:52 (21:52)	4:35 (26:27)	12:18 (38:45)	3:40 (42:25)
	3:02 (45:27)	1:28 (46:55)	16:16 (1:03:11)	2:26 (1:05:37)	14:35 (1:20:12)	1:52 (1:22:04)
	7:26 (1:29:30)	0:56 (1:30:26)	4:03 (1:34:29)	1:29 (1:35:58)	0:14 (1:36:12)	
	Michael Graae	Søllerød OK	Fejlklip			
	2:53 (2:53)	2:29 (5:22)	11:06 (16:28)	– (–)	– (25:05)	3:28 (28:33)
	3:10 (31:43)	1:27 (33:10)	10:47 (43:57)	2:04 (46:01)	9:18 (55:19)	2:11 (57:30)
	6:58 (1:04:28)	1:04 (1:05:32)	2:58 (1:08:30)	1:18 (1:09:48)	0:09 (1:09:57)	
	Laus Seir Hansen	HSOK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	
	Ole Gadsbølle	OK Esbjerg	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	

H70		(20 / 20)	Tid	Efter	Tidstab	
1.	Rolf Lund	HSOK	37:22		3:01	
	3:17 (3:17)	2:45 (6:02)	4:15 (10:17)	3:58 (14:15)	0:44 (14:59)	1:16 (16:15)
	2:47 (19:02)	5:02 (24:04)	1:52 (25:56)	1:41 (27:37)	5:23 (33:00)	0:44 (33:44)
	2:20 (36:04)	1:08 (37:12)	0:10 (37:22)			
2.	Jørgen Skaarup	Ballerup OK	47:42	+10:20	2:29	
	3:54 (3:54)	2:05 (5:59)	3:09 (9:08)	4:29 (13:37)	1:00 (14:37)	1:38 (16:15)
	4:08 (20:23)	6:47 (27:10)	2:53 (30:03)	4:23 (34:26)	7:23 (41:49)	1:02 (42:51)
	3:14 (46:05)	1:28 (47:33)	0:09 (47:42)			
3.	Janne Brunstedt	OK Roskilde	49:11	+11:49	4:28	
	4:24 (4:24)	5:15 (9:39)	4:09 (13:48)	4:05 (17:53)	1:01 (18:54)	1:15 (20:09)
	4:01 (24:10)	7:26 (31:36)	2:34 (34:10)	1:54 (36:04)	7:05 (43:09)	1:09 (44:18)
	3:12 (47:30)	1:30 (49:00)	0:11 (49:11)			
4.	Flemming Wendelboe	HSOK	51:57	+14:35	2:58	
	4:39 (4:39)	2:30 (7:09)	4:06 (11:15)	4:54 (16:09)	1:04 (17:13)	1:35 (18:48)
	4:37 (23:25)	7:23 (30:48)	2:34 (33:22)	2:11 (35:33)	9:00 (44:33)	1:10 (45:43)
	4:28 (50:11)	1:33 (51:44)	0:13 (51:57)			
5.	Peter Sørensen	PI-København	53:04	+15:42	5:56	
	6:37 (6:37)	2:30 (9:07)	2:45 (11:52)	7:50 (19:42)	1:08 (20:50)	1:29 (22:19)
	4:35 (26:54)	7:35 (34:29)	2:40 (37:09)	2:21 (39:30)	7:00 (46:30)	1:18 (47:48)
	3:32 (51:20)	1:32 (52:52)	0:12 (53:04)			
6.	Gunnar Grue-Sørensen	Køge OK	57:46	+20:24	9:19	
	4:40 (4:40)	2:24 (7:04)	9:16 (16:20)	6:05 (22:25)	0:58 (23:23)	1:34 (24:57)
	5:20 (30:17)	7:35 (37:52)	2:25 (40:17)	1:53 (42:10)	8:03 (50:13)	1:05 (51:18)
	4:46 (56:04)	1:29 (57:33)	0:13 (57:46)			

7.	Anders Jonsson		Søllerød OK	1:00:02	+22:40	4:02	
	4:20 (4:20)	3:14 (7:34)	4:05 (11:39)	4:46 (16:25)		1:16 (17:41)	1:52 (19:33)
	4:42 (24:15)	8:39 (32:54)	3:27 (36:21)	2:38 (38:59)		9:14 (48:13)	1:21 (49:34)
	7:59 (57:33)	2:14 (59:47)	0:15 (1:00:02)				
8.	Jørn Mouritzen		Fredensborg OK	1:01:17	+23:55	8:40	
	4:48 (4:48)	2:38 (7:26)	3:18 (10:44)	6:01 (16:45)		1:16 (18:01)	1:28 (19:29)
	4:54 (24:23)	13:26 (37:49)	3:01 (40:50)	2:17 (43:07)		11:16 (54:23)	1:12 (55:35)
	3:36 (59:11)	1:54 (1:01:05)	0:12 (1:01:17)				
9.	Thomas Østergaard		OK ØST Birkerød	1:03:53	+26:31	10:08	
	6:04 (6:04)	5:44 (11:48)	4:07 (15:55)	4:40 (20:35)		1:11 (21:46)	1:41 (23:27)
	4:44 (28:11)	8:25 (36:36)	2:53 (39:29)	2:28 (41:57)		12:43 (54:40)	1:16 (55:56)
	5:45 (1:01:41)	2:00 (1:03:41)	0:12 (1:03:53)				
10.	Mogens Hald Kristensen		OK Roskilde	1:06:08	+28:46	9:41	
	6:57 (6:57)	3:13 (10:10)	3:12 (13:22)	9:39 (23:01)		2:36 (25:37)	2:22 (27:59)
	5:56 (33:55)	9:35 (43:30)	4:06 (47:36)	2:27 (50:03)		8:51 (58:54)	1:14 (1:00:08)
	4:17 (1:04:25)	1:31 (1:05:56)	0:12 (1:06:08)				
11.	Arne Nygaard		FIF Hillerød	1:06:19	+28:57	17:02	
	3:33 (3:33)	4:23 (7:56)	7:11 (15:07)	4:49 (19:56)		1:09 (21:05)	1:49 (22:54)
	4:32 (27:26)	7:59 (35:25)	4:39 (40:04)	2:02 (42:06)		14:02 (56:08)	0:56 (57:04)
	7:32 (1:04:36)	1:28 (1:06:04)	0:15 (1:06:19)				
12.	Finn Petersen		OK Roskilde	1:07:23	+30:01	13:22	
	4:47 (4:47)	7:41 (12:28)	3:57 (16:25)	5:31 (21:56)		1:13 (23:09)	1:44 (24:53)
	7:24 (32:17)	13:48 (46:05)	2:54 (48:59)	3:36 (52:35)		7:51 (1:00:26)	0:57 (1:01:23)
	4:04 (1:05:27)	1:45 (1:07:12)	0:11 (1:07:23)				
13.	Emil Olesen		FIF Hillerød	1:09:38	+32:16	11:40	
	4:58 (4:58)	3:01 (7:59)	3:18 (11:17)	12:24 (23:41)		1:14 (24:55)	1:55 (26:50)
	7:58 (34:48)	10:19 (45:07)	3:42 (48:49)	3:08 (51:57)		9:13 (1:01:10)	1:10 (1:02:20)
	4:59 (1:07:19)	2:05 (1:09:24)	0:14 (1:09:38)				
14.	Karsten Richardt		Køge OK	1:10:20	+32:58	7:07	
	6:30 (6:30)	3:24 (9:54)	3:30 (13:24)	6:35 (19:59)		1:18 (21:17)	2:01 (23:18)
	7:28 (30:46)	11:18 (42:04)	4:55 (46:59)	2:35 (49:34)		12:13 (1:01:47)	1:20 (1:03:07)
	5:02 (1:08:09)	2:00 (1:10:09)	0:11 (1:10:20)				
15.	Niels Raagaard		Søllerød OK	1:11:08	+33:46	7:31	
	5:32 (5:32)	3:14 (8:46)	6:51 (15:37)	6:35 (22:12)		1:23 (23:35)	1:59 (25:34)
	5:36 (31:10)	14:02 (45:12)	3:39 (48:51)	2:32 (51:23)		10:16 (1:01:39)	1:34 (1:03:13)
	5:48 (1:09:01)	1:54 (1:10:55)	0:13 (1:11:08)				
16.	Tage Ebbensgaard		Køge OK	1:13:17	+35:55	11:00	
	5:35 (5:35)	6:04 (11:39)	5:12 (16:51)	5:36 (22:27)		1:19 (23:46)	2:09 (25:55)
	5:55 (31:50)	14:31 (46:21)	4:17 (50:38)	2:42 (53:20)		12:17 (1:05:37)	1:28 (1:07:05)
	4:11 (1:11:16)	1:47 (1:13:03)	0:14 (1:13:17)				
17.	Niels Hamborg Jensen		OK Skærmén Hareskov	1:13:47	+36:25	18:18	
	8:41 (8:41)	2:51 (11:32)	3:03 (14:35)	5:37 (20:12)		1:30 (21:42)	4:15 (25:57)
	15:35 (41:32)	8:45 (50:17)	3:09 (53:26)	3:54 (57:20)		9:41 (1:07:01)	1:08 (1:08:09)
	3:45 (1:11:54)	1:42 (1:13:36)	0:11 (1:13:47)				
18.	Jan Kristoffersen		Ballerup OK	1:23:10	+45:48	13:11	
	6:49 (6:49)	3:26 (10:15)	5:24 (15:39)	8:22 (24:01)		1:12 (25:13)	1:58 (27:11)
	6:19 (33:30)	16:07 (49:37)	3:16 (52:53)	5:59 (58:52)		12:36 (1:11:28)	1:30 (1:12:58)
	7:54 (1:20:52)	2:02 (1:22:54)	0:16 (1:23:10)				
19.	Søren Christensen		OK Skærmén Hareskov	1:37:15	+59:53	30:10	
	5:02 (5:02)	3:35 (8:37)	8:54 (17:31)	5:53 (23:24)		1:31 (24:55)	13:56 (38:51)
	7:13 (46:04)	11:12 (57:16)	3:28 (1:00:44)	13:59 (1:14:43)		10:58 (1:25:41)	2:24 (1:28:05)
	6:14 (1:34:19)	2:37 (1:36:56)	0:19 (1:37:15)				
20.	Jimmy Hoen		Ballerup OK	2:01:24	+1:24:02	43:01	
	19:11 (19:11)	4:33 (23:44)	10:37 (34:21)	10:58 (45:19)		6:48 (52:07)	8:44 (1:00:51)
	16:58 (1:17:49)	14:08 (1:31:57)	6:17 (1:38:14)	3:01 (1:41:15)		10:35 (1:51:50)	2:38 (1:54:28)
	4:53 (1:59:21)	1:49 (2:01:10)	0:14 (2:01:24)				
	Bjarne Iversen		FSK Orientering	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)				
	Henrik Kleffel		Søllerød OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)				
	Karsten Schultz		FIF Hillerød	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)				

H80			(15 / 15)	Tid	Efter	Tidstab	
1.	Jørgen Jensen		HSOK	48:15		1:14	
	3:48 (3:48)	3:59 (7:47)	3:53 (11:40)	3:00 (14:40)		6:18 (20:58)	3:35 (24:33)
	6:59 (31:32)	7:35 (39:07)	3:11 (42:18)	4:32 (46:50)		1:09 (47:59)	0:16 (48:15)

2.	Ole Svendsen		OK Roskilde	50:48	+2:33	5:20		
	3:21 (3:21)	3:41 (7:02)	3:26 (10:28)	2:54 (13:22)		6:35 (19:57)	6:14 (26:11)	
	6:36 (32:47)	7:15 (40:02)	3:53 (43:55)	5:24 (49:19)		1:15 (50:34)	0:14 (50:48)	
3.	John Pihl		HSOK	51:18	+3:03	6:24		
	3:16 (3:16)	5:08 (8:24)	4:10 (12:34)	4:04 (16:38)		6:39 (23:17)	4:09 (27:26)	
	5:45 (33:11)	9:20 (42:31)	2:50 (45:21)	4:24 (49:45)		1:17 (51:02)	0:16 (51:18)	
4.	Gunner Jørgensen		OK73 Gladsaxe	51:27	+3:12	4:04		
	2:59 (2:59)	3:42 (6:41)	3:47 (10:28)	4:10 (14:38)		7:33 (22:11)	2:51 (25:02)	
	8:36 (33:38)	8:06 (41:44)	3:30 (45:14)	4:24 (49:38)		1:32 (51:10)	0:17 (51:27)	
5.	Peter Nielsen		OK Skærmen Hareskov	51:44	+3:29	11:52		
	3:04 (3:04)	12:42 (15:46)	4:16 (20:02)	2:33 (22:35)		5:32 (28:07)	2:31 (30:38)	
	7:40 (38:18)	6:12 (44:30)	2:35 (47:05)	3:29 (50:34)		0:59 (51:33)	0:11 (51:44)	
6.	Steen Sørensen		OK Skærmen Hareskov	53:34	+5:19	3:54		
	3:26 (3:26)	3:56 (7:22)	6:28 (13:50)	3:32 (17:22)		7:00 (24:22)	2:50 (27:12)	
	7:23 (34:35)	8:23 (42:58)	3:57 (46:55)	5:14 (52:09)		1:08 (53:17)	0:17 (53:34)	
7.	Knud Torm		OK Skærmen Hareskov	58:23	+10:08	4:51		
	3:48 (3:48)	5:37 (9:25)	4:30 (13:55)	3:56 (17:51)		9:40 (27:31)	3:40 (31:11)	
	6:58 (38:09)	9:49 (47:58)	3:41 (51:39)	5:12 (56:51)		1:19 (58:10)	0:13 (58:23)	
8.	Karl Aage Hald		FSK Orientering	59:01	+10:46	8:36		
	4:44 (4:44)	4:06 (8:50)	8:36 (17:26)	3:49 (21:15)		7:09 (28:24)	3:21 (31:45)	
	6:59 (38:44)	8:57 (47:41)	5:16 (52:57)	4:26 (57:23)		1:22 (58:45)	0:16 (59:01)	
9.	Ronald Clausen		DSR	59:33	+11:18	6:20		
	4:05 (4:05)	6:59 (11:04)	6:18 (17:22)	3:29 (20:51)		7:33 (28:24)	3:34 (31:58)	
	8:48 (40:46)	7:51 (48:37)	4:06 (52:43)	5:17 (58:00)		1:16 (59:16)	0:17 (59:33)	
10.	Gert Bøgevig		Søllerød OK	1:03:55	+15:40	15:02		
	3:44 (3:44)	4:14 (7:58)	3:44 (11:42)	3:04 (14:46)		6:38 (21:24)	8:43 (30:07)	
	6:32 (36:39)	12:23 (49:02)	6:55 (55:57)	6:20 (1:02:17)		1:23 (1:03:40)	0:15 (1:03:55)	
11.	Leo Mathiesen		FIF Hillerød	1:12:20	+24:05	6:51		
	5:17 (5:17)	5:58 (11:15)	5:21 (16:36)	4:40 (21:16)		8:36 (29:52)	5:36 (35:28)	
	11:46 (47:14)	11:08 (58:22)	3:45 (1:02:07)	8:14 (1:10:21)		1:38 (1:11:59)	0:21 (1:12:20)	
12.	Henning Løwenstein		FIF Hillerød	1:14:57	+26:42	13:54		
	4:35 (4:35)	10:02 (14:37)	8:30 (23:07)	4:05 (27:12)		7:43 (34:55)	5:16 (40:11)	
	8:58 (49:09)	14:11 (1:03:20)	3:36 (1:06:56)	6:01 (1:12:57)		1:41 (1:14:38)	0:19 (1:14:57)	
13.	Ulrik Danneskiold-Samsøe		Farum OK	1:18:40	+30:25	29:03		
	6:22 (6:22)	19:27 (25:49)	3:54 (29:43)	2:31 (32:14)		14:22 (46:36)	3:06 (49:42)	
	11:46 (1:01:28)	8:29 (1:09:57)	3:03 (1:13:00)	4:22 (1:17:22)		1:04 (1:18:26)	0:14 (1:18:40)	
14.	Holger Karlsmose		Farum OK	1:42:28	+54:13	11:25		
	5:47 (5:47)	7:53 (13:40)	6:35 (20:15)	6:10 (26:25)		19:58 (46:23)	6:02 (52:25)	
	12:35 (1:05:00)	17:44 (1:22:44)	6:19 (1:29:03)	10:29 (1:39:32)		2:27 (1:41:59)	0:29 (1:42:28)	
	Leif Sig		FIF Hillerød	Fejlklip				
	4:56 (4:56)	4:38 (9:34)	3:25 (12:59)	2:56 (15:55)		8:08 (24:03)	7:56 (31:59)	
	6:34 (38:33)	7:48 (46:21)	5:04 (51:25)	– (–)		– (57:18)	0:15 (57:33)	
	Aage Damsgaard		Fredensborg OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)	

Åben2 sort			(11 / 11)	Tid	Efter	Tidstab		
1.	Peter Horstmann		Søllerød OK	39:00		0:32		
	2:57 (2:57)	1:46 (4:43)	2:50 (7:33)	6:50 (14:23)		3:05 (17:28)	3:11 (20:39)	
	1:01 (21:40)	5:02 (26:42)	1:50 (28:32)	1:12 (29:44)		5:11 (34:55)	0:44 (35:39)	
	2:00 (37:39)	1:09 (38:48)	0:12 (39:00)					
2.	Line Frese Søderlund		Farum OK	46:18	+7:18	1:06		
	3:30 (3:30)	1:53 (5:23)	2:47 (8:10)	7:56 (16:06)		4:37 (20:43)	2:35 (23:18)	
	1:18 (24:36)	6:07 (30:43)	1:55 (32:38)	1:43 (34:21)		6:27 (40:48)	1:22 (42:10)	
	2:36 (44:46)	1:24 (46:10)	0:08 (46:18)					
3.	Lasse Helweg		AS Feltspørt	1:01:43	+22:43	7:19		
	3:24 (3:24)	2:12 (5:36)	4:52 (10:28)	10:28 (20:56)		5:41 (26:37)	3:43 (30:20)	
	1:25 (31:45)	9:44 (41:29)	3:33 (45:02)	1:39 (46:41)		9:18 (55:59)	1:16 (57:15)	
	2:59 (1:00:14)	1:20 (1:01:34)	0:09 (1:01:43)					
4.	Morten Neregaard		V92	1:02:22	+23:22	6:16		
	3:30 (3:30)	4:01 (7:31)	5:01 (12:32)	11:13 (23:45)		5:06 (28:51)	3:52 (32:43)	
	1:34 (34:17)	8:03 (42:20)	3:40 (46:00)	2:24 (48:24)		7:34 (55:58)	1:12 (57:10)	
	3:41 (1:00:51)	1:19 (1:02:10)	0:12 (1:02:22)					
5.	Maria Douglas		FIF Hillerød	1:06:12	+27:12	6:48		
	3:59 (3:59)	3:30 (7:29)	4:48 (12:17)	12:37 (24:54)		5:54 (30:48)	4:27 (35:15)	
	1:35 (36:50)	9:09 (45:59)	2:26 (48:25)	2:44 (51:09)		7:49 (58:58)	1:36 (1:00:34)	
	4:01 (1:04:35)	1:26 (1:06:01)	0:11 (1:06:12)					
6.	Henning D. Olsen		OK73 Gladsaxe	1:12:05	+33:05	11:42		
	6:37 (6:37)	3:06 (9:43)	5:21 (15:04)	13:46 (28:50)		7:38 (36:28)	4:51 (41:19)	
	1:43 (43:02)	10:59 (54:01)	3:08 (57:09)	2:04 (59:13)		6:57 (1:06:10)	1:18 (1:07:28)	
	3:14 (1:10:42)	1:11 (1:11:53)	0:12 (1:12:05)					

7.	Jakob Klemmensen	Kildeholm OK	1:16:47	+37:47	12:14	
	8:45 (8:45)	3:11 (11:56)	6:33 (18:29)	11:25 (29:54)	5:17 (35:11)	5:18 (40:29)
	2:30 (42:59)	11:58 (54:57)	3:03 (58:00)	3:11 (1:01:11)	8:13 (1:09:24)	0:58 (1:10:22)
	4:00 (1:14:22)	2:14 (1:16:36)	0:11 (1:16:47)			
8.	Ina Klemmensen	Kildeholm OK	1:20:23	+41:23	11:52	
	5:02 (5:02)	3:15 (8:17)	12:01 (20:18)	12:20 (32:38)	5:51 (38:29)	6:59 (45:28)
	2:16 (47:44)	10:08 (57:52)	3:10 (1:01:02)	2:01 (1:03:03)	9:51 (1:12:54)	2:15 (1:15:09)
	3:33 (1:18:42)	1:29 (1:20:11)	0:12 (1:20:23)			
9.	Jan Frank Nielsen	FSK Orientering	1:36:27	+57:27	17:28	
	6:58 (6:58)	3:07 (10:05)	6:23 (16:28)	14:42 (31:10)	9:55 (41:05)	7:26 (48:31)
	2:18 (50:49)	20:50 (1:11:39)	2:53 (1:14:32)	3:21 (1:17:53)	9:45 (1:27:38)	1:25 (1:29:03)
	5:15 (1:34:18)	1:53 (1:36:11)	0:16 (1:36:27)			
10.	Peter Hilbert	Allerød OK	1:45:15	+1:06:15	28:33	
	5:44 (5:44)	14:26 (20:10)	6:00 (26:10)	14:49 (40:59)	9:49 (50:48)	4:52 (55:40)
	2:14 (57:54)	21:42 (1:19:36)	3:49 (1:23:25)	2:53 (1:26:18)	8:43 (1:35:01)	1:18 (1:36:19)
	6:48 (1:43:07)	1:54 (1:45:01)	0:14 (1:45:15)			
	Ebbe Kajberg	OK Sorø	Fejlklip			
	39:11 (39:11)	7:14 (46:25)	27:04 (1:13:29)	18:04 (1:31:33)	16:25 (1:47:58)	7:25 (1:55:23)
	3:42 (1:59:05)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (2:33:50)	0:20 (2:34:10)			
	Claus Børsting	Herlufsholm OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)			
	Tine Friis Scheby	OK Sorø	Ej startet			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)			

Aben3 blå		(18 / 18)	Tid	Efter	Tidstab	
1.	Jens Hansen	Farum OK	29:47		0:00	
	1:39 (1:39)	1:28 (3:07)	3:22 (6:29)	2:05 (8:34)	3:34 (12:08)	1:49 (13:57)
	0:58 (14:55)	3:01 (17:56)	3:19 (21:15)	3:42 (24:57)	2:14 (27:11)	1:41 (28:52)
	0:46 (29:38)	0:09 (29:47)				
2.	Signe Elin Gram	OK Øst Birkerød	44:48	+15:01	5:28	
	1:45 (1:45)	1:53 (3:38)	8:33 (12:11)	2:52 (15:03)	4:43 (19:46)	2:00 (21:46)
	2:23 (24:09)	5:01 (29:10)	4:19 (33:29)	5:16 (38:45)	2:27 (41:12)	2:44 (43:56)
	0:43 (44:39)	0:09 (44:48)				
3.	Preben Sloth	FIF Hillerød	45:04	+15:17	3:21	
	2:00 (2:00)	2:00 (4:00)	4:31 (8:31)	2:48 (11:19)	5:06 (16:25)	3:37 (20:02)
	3:26 (23:28)	4:33 (28:01)	4:40 (32:41)	5:29 (38:10)	3:10 (41:20)	2:28 (43:48)
	1:01 (44:49)	0:15 (45:04)				
4.	Bo Konring	Søllerød OK	49:07	+19:20	2:10	
	2:27 (2:27)	2:30 (4:57)	4:50 (9:47)	3:33 (13:20)	5:18 (18:38)	3:11 (21:49)
	1:37 (23:26)	5:15 (28:41)	5:13 (33:54)	6:17 (40:11)	3:56 (44:07)	3:03 (47:10)
	1:36 (48:46)	0:21 (49:07)				
5.	Steen Fladberg	Køge OK	54:27	+24:40	5:25	
	2:26 (2:26)	3:35 (6:01)	7:27 (13:28)	3:07 (16:35)	5:59 (22:34)	3:26 (26:00)
	2:25 (28:25)	4:47 (33:12)	5:29 (38:41)	6:55 (45:36)	3:16 (48:52)	4:17 (53:09)
	1:04 (54:13)	0:14 (54:27)				
6.	Nils Sættem	Kildeholm OK	57:27	+27:40	12:15	
	1:57 (1:57)	2:30 (4:27)	8:30 (12:57)	2:53 (15:50)	10:24 (26:14)	4:37 (30:51)
	1:55 (32:46)	4:33 (37:19)	7:21 (44:40)	5:57 (50:37)	3:09 (53:46)	2:37 (56:23)
	0:53 (57:16)	0:11 (57:27)				
7.	Jørgen Luxhøj	Søllerød OK	58:11	+28:24	6:15	
	3:05 (3:05)	2:38 (5:43)	5:26 (11:09)	3:49 (14:58)	6:09 (21:07)	3:34 (24:41)
	2:06 (26:47)	5:35 (32:22)	6:41 (39:03)	8:20 (47:23)	5:26 (52:49)	3:46 (56:35)
	1:19 (57:54)	0:17 (58:11)				
8.	Birger Hoff	Søllerød OK	1:02:38	+32:51	7:30	
	2:50 (2:50)	3:33 (6:23)	6:47 (13:10)	3:39 (16:49)	6:43 (23:32)	3:49 (27:21)
	1:45 (29:06)	5:01 (34:07)	8:08 (42:15)	7:43 (49:58)	4:21 (54:19)	6:37 (1:00:56)
	1:25 (1:02:21)	0:17 (1:02:38)				
9.	Birgit Hausner	OK SG	1:02:54	+33:07	9:43	
	2:19 (2:19)	4:17 (6:36)	11:00 (17:36)	3:52 (21:28)	5:44 (27:12)	3:10 (30:22)
	2:09 (32:31)	5:21 (37:52)	7:01 (44:53)	8:07 (53:00)	3:42 (56:42)	4:39 (1:01:21)
	1:16 (1:02:37)	0:17 (1:02:54)				
10.	Thorkild Sørensen	FIF Hillerød	1:06:47	+37:00	14:12	
	2:18 (2:18)	2:40 (4:58)	14:18 (19:16)	3:32 (22:48)	6:56 (29:44)	3:14 (32:58)
	4:11 (37:09)	4:22 (41:31)	5:55 (47:26)	8:24 (55:50)	3:42 (59:32)	5:48 (1:05:20)
	1:14 (1:06:34)	0:13 (1:06:47)				
11.	Claus Mikkelsen	Herlufsholm OK	1:14:45	+44:58	2:11	
	3:13 (3:13)	3:32 (6:45)	8:27 (15:12)	5:01 (20:13)	9:08 (29:21)	4:55 (34:16)
	2:25 (36:41)	7:39 (44:20)	8:18 (52:38)	10:33 (1:03:11)	5:20 (1:08:31)	4:11 (1:12:42)
	1:43 (1:14:25)	0:20 (1:14:45)				

12.	Ilsabe Børsting		Herlufsholm OK	1:37:56	+1:08:09	28:14	
	3:54 (3:54)	3:57 (7:51)	20:27 (28:18)	4:20 (32:38)		8:51 (41:29)	5:00 (46:29)
	1:42 (48:11)	8:16 (56:27)	9:40 (1:06:07)	7:32 (1:13:39)		12:46 (1:26:25)	10:09 (1:36:34)
	1:09 (1:37:43)	0:13 (1:37:56)					
13.	Karsten Funder		FIF Hillerød	2:38:07	+2:08:20	51:16	
	3:53 (3:53)	13:58 (17:51)	37:59 (55:50)	7:19 (1:03:09)		12:07 (1:15:16)	5:32 (1:20:48)
	3:17 (1:24:05)	12:58 (1:37:03)	11:42 (1:48:45)	14:10 (2:02:55)		25:00 (2:27:55)	6:53 (2:34:48)
	2:48 (2:37:36)	0:31 (2:38:07)					
14.	Bjarne B. Jensen		HSOK	3:23:24	+2:53:37	0:45	
	– (2:37:57)	2:09 (2:40:06)	5:57 (2:46:03)	3:34 (2:49:37)		5:33 (2:55:10)	2:31 (2:57:41)
	1:17 (2:58:58)	4:47 (3:03:45)	5:12 (3:08:57)	6:27 (3:15:24)		3:53 (3:19:17)	2:42 (3:21:59)
	1:12 (3:23:11)	0:13 (3:23:24)					
	Anne Larsen		FIF Hillerød	Fejlklip			
	3:11 (3:11)	3:17 (6:28)	6:53 (13:21)	4:29 (17:50)		8:07 (25:57)	– (–)
	– (–)	– (29:55)	6:49 (36:44)	8:50 (45:34)		– (–)	– (54:00)
	2:13 (56:13)	0:26 (56:39)					
	Jørgen Chr. Nielsen		FIF Hillerød	Fejlklip			
	3:08 (3:08)	26:19 (29:27)	8:25 (37:52)	4:30 (42:22)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:02:12)		– (–)	– (–)
	– (–)	– (1:12:41)					
	Jørn Andreassen		OK73 Gladsaxe	Fejlklip			
	4:09 (4:09)	4:58 (9:07)	11:21 (20:28)	5:53 (26:21)		47:02 (1:13:23)	21:20 (1:34:43)
	6:26 (1:41:09)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (2:26:09)	0:23 (2:26:32)					
	Ulla Valnert		OK73 Gladsaxe	Fejlklip			
	5:30 (5:30)	4:04 (9:34)	12:39 (22:13)	6:45 (28:58)		24:17 (53:15)	4:45 (58:00)
	2:57 (1:00:57)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (1:29:07)	0:25 (1:29:32)					

Åben4 gul			(9 / 9)	Tid	Efter	Tidstab	
1.	Amalia Hietanen			52:29		6:11	
	3:54 (3:54)	7:18 (11:12)	5:33 (16:45)	3:53 (20:38)		6:11 (26:49)	8:52 (35:41)
	6:19 (42:00)	4:04 (46:04)	1:33 (47:37)	3:55 (51:32)		0:47 (52:19)	0:10 (52:29)
2.	Nicolai Søe Pedersen		FIF Hillerød	54:04	+1:35	5:08	
	7:13 (7:13)	6:42 (13:55)	4:53 (18:48)	5:50 (24:38)		3:47 (28:25)	10:30 (38:55)
	6:00 (44:55)	2:58 (47:53)	1:12 (49:05)	4:00 (53:05)		0:46 (53:51)	0:13 (54:04)
3.	Ruben Lønborg Brandt		FIF Hillerød	54:05	+1:36	5:10	
	7:13 (7:13)	6:47 (14:00)	4:51 (18:51)	5:53 (24:44)		3:41 (28:25)	10:35 (39:00)
	6:04 (45:04)	2:56 (48:00)	1:10 (49:10)	3:57 (53:07)		0:43 (53:50)	0:15 (54:05)
4.	Victor Nielsen		Tisvilde Hegn OK	58:03	+5:34	6:20	
	4:40 (4:40)	6:33 (11:13)	6:53 (18:06)	4:35 (22:41)		5:06 (27:47)	11:51 (39:38)
	7:11 (46:49)	4:34 (51:23)	2:33 (53:56)	3:17 (57:13)		0:43 (57:56)	0:07 (58:03)
5.	Carsten Sveding		AS Feltspørt	59:52	+7:23	6:33	
	4:37 (4:37)	7:03 (11:40)	5:58 (17:38)	4:34 (22:12)		4:48 (27:00)	12:17 (39:17)
	6:38 (45:55)	6:06 (52:01)	2:09 (54:10)	4:41 (58:51)		0:47 (59:38)	0:14 (59:52)
6.	Rikke Vicki Søndergaard		Farum OK	1:01:09	+8:40	4:56	
	4:45 (4:45)	7:45 (12:30)	6:05 (18:35)	4:32 (23:07)		5:18 (28:25)	13:39 (42:04)
	7:21 (49:25)	4:40 (54:05)	2:09 (56:14)	3:49 (1:00:03)		0:56 (1:00:59)	0:10 (1:01:09)
7.	Søren Tøstesen			1:01:25	+8:56	5:43	
	4:36 (4:36)	7:05 (11:41)	6:25 (18:06)	6:50 (24:56)		5:01 (29:57)	12:26 (42:23)
	6:42 (49:05)	4:31 (53:36)	2:36 (56:12)	3:58 (1:00:10)		1:02 (1:01:12)	0:13 (1:01:25)
8.	Savannah Smith		OK Øst Birkerød	1:04:28	+11:59	11:03	
	6:36 (6:36)	6:36 (13:12)	10:01 (23:13)	6:04 (29:17)		5:23 (34:40)	11:14 (45:54)
	8:08 (54:02)	4:37 (58:39)	1:47 (1:00:26)	3:05 (1:03:31)		0:48 (1:04:19)	0:09 (1:04:28)
9.	Henrik Saabye		Allerød OK	1:24:09	+31:40	17:20	
	5:54 (5:54)	9:16 (15:10)	7:54 (23:04)	15:42 (38:46)		5:43 (44:29)	11:58 (56:27)
	9:04 (1:05:31)	5:59 (1:11:30)	4:52 (1:16:22)	5:57 (1:22:19)		1:32 (1:23:51)	0:18 (1:24:09)
	Casper Monberg Bruun		Allerød OK	Ej startet			
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)

Åben5 hvid			(8 / 8)	Tid	Efter	Tidstab	
1.	Ella Clausen			32:00		2:30	
	0:44 (0:44)	1:38 (2:22)	3:18 (5:40)	1:11 (6:51)		1:08 (7:59)	3:19 (11:18)
	3:12 (14:30)	1:19 (15:49)	2:56 (18:45)	3:27 (22:12)		1:40 (23:52)	3:09 (27:01)
	3:11 (30:12)	1:36 (31:48)	0:12 (32:00)				
2.	Rasmus Kristensen		Ballerup OK	34:10	+2:10	3:30	
	0:45 (0:45)	1:46 (2:31)	3:53 (6:24)	1:03 (7:27)		1:18 (8:45)	4:39 (13:24)
	2:06 (15:30)	2:48 (18:18)	2:48 (21:06)	2:32 (23:38)		2:10 (25:48)	3:23 (29:11)
	3:02 (32:13)	1:48 (34:01)	0:09 (34:10)				
3.	Filuka Iten		Søllerød OK	34:51	+2:51	5:37	
	0:36 (0:36)	1:38 (2:14)	4:43 (6:57)	0:49 (7:46)		5:13 (12:59)	3:31 (16:30)
	2:12 (18:42)	1:20 (20:02)	2:46 (22:48)	1:52 (24:40)		1:58 (26:38)	3:05 (29:43)
	3:22 (33:05)	1:38 (34:43)	0:08 (34:51)				

4.	Hanne Bech	OK73 Gladsaxe	40:03	+8:03	4:16	
	0:54 (0:54)	2:19 (3:13)	4:00 (7:13)	1:11 (8:24)	1:31 (9:55)	3:50 (13:45)
	4:03 (17:48)	1:42 (19:30)	3:32 (23:02)	2:06 (25:08)	2:38 (27:46)	4:28 (32:14)
	4:21 (36:35)	3:13 (39:48)	0:15 (40:03)			
5.	Anne Sørensen	HSOK	58:34	+26:34	9:25	
	1:15 (1:15)	3:19 (4:34)	4:53 (9:27)	2:09 (11:36)	2:02 (13:38)	9:39 (23:17)
	7:43 (31:00)	2:10 (33:10)	4:57 (38:07)	2:58 (41:05)	3:41 (44:46)	5:22 (50:08)
	5:20 (55:28)	2:45 (58:13)	0:21 (58:34)			
6.	Lise Kolte	FSK Orientering	3:48:44	+3:16:44	6:33	
	– (2:42:47)	4:04 (2:46:51)	6:23 (2:53:14)	2:46 (2:56:00)	3:05 (2:59:05)	10:12 (3:09:17)
	5:24 (3:14:41)	3:02 (3:17:43)	5:31 (3:23:14)	3:35 (3:26:49)	4:27 (3:31:16)	6:28 (3:37:44)
	6:47 (3:44:31)	3:43 (3:48:14)	0:30 (3:48:44)			
	Jacob Horstmann	Søllerød OK	Fejlklip			
	0:43 (0:43)	2:07 (2:50)	3:04 (5:54)	1:07 (7:01)	1:21 (8:22)	– (–)
	– (15:31)	2:10 (17:41)	3:28 (21:09)	2:22 (23:31)	2:47 (26:18)	3:48 (30:06)
	4:00 (34:06)	1:22 (35:28)	0:13 (35:41)			
	Malthe Christiansen	Søllerød OK	Fejlklip			
	0:43 (0:43)	2:06 (2:49)	3:04 (5:53)	1:06 (6:59)	1:23 (8:22)	– (–)
	– (15:26)	2:14 (17:40)	3:25 (21:05)	2:20 (23:25)	2:52 (26:17)	3:53 (30:10)
	3:54 (34:04)	1:26 (35:30)	0:10 (35:40)			

Åben 1 Sort

		(3 / 3)	Tid	Efter	Tidstab	
1.	Andreas Olesen	PI-København	1:01:32		2:16	
	1:11 (1:11)	0:52 (3:57)	1:01 (4:58)		5:24 (10:22)	2:26 (12:48)
	3:22 (16:10)	3:11 (23:15)	2:13 (25:28)		1:04 (26:32)	3:03 (29:35)
	5:06 (34:41)	2:11 (40:56)	1:40 (42:36)		15:15 (57:51)	2:23 (1:00:14)
	1:09 (1:01:23)	0:09 (1:01:32)				
2.	Aske Jepsen	Søllerød OK	1:02:45	+1:13	3:52	
	1:21 (1:21)	0:44 (4:00)	1:03 (5:03)		4:19 (9:22)	2:35 (11:57)
	4:22 (16:19)	2:53 (22:56)	2:25 (25:21)		1:24 (26:45)	3:16 (30:01)
	4:21 (34:22)	3:18 (41:05)	3:29 (44:34)		14:42 (59:16)	2:06 (1:01:22)
	1:13 (1:02:35)	0:10 (1:02:45)				
3.	Thomas Vejsnæs	OK Sorø	1:19:40	+18:08	8:41	
	1:37 (1:37)	1:03 (4:39)	1:11 (5:50)		5:29 (11:19)	3:14 (14:33)
	4:19 (18:52)	4:47 (23:39)	2:54 (29:41)		3:27 (33:08)	4:37 (37:45)
	5:00 (42:45)	5:33 (52:39)	4:43 (57:22)		17:48 (1:15:10)	3:00 (1:18:10)
	1:20 (1:19:30)	0:10 (1:19:40)				

Åben 6 Grøn

		(2 / 2)	Tid	Efter	Tidstab	
1.	Inge Kristoffersen	Ballerup OK	56:11		3:23	
	1:44 (1:44)	3:25 (7:33)	4:58 (12:31)		4:42 (17:13)	5:37 (22:50)
	3:40 (26:30)	11:40 (46:02)	5:56 (51:58)		3:48 (55:46)	0:25 (56:11)
	7:52 (34:22)					
2.	Ida Sundsvold	THOK	1:01:11	+5:00	6:01	
	1:24 (1:24)	3:17 (7:26)	7:22 (14:48)		4:13 (19:01)	6:20 (25:21)
	4:21 (29:42)	16:17 (50:26)	6:04 (56:30)		4:16 (1:00:46)	0:25 (1:01:11)