

1	Jennifer Langemose				56				20:01			
00:44=	01:50=	03:39=	05:47=	07:14=	08:29=	10:46=	12:49=	15:12=	16:37=	18:31=	19:44=	20:01=
00:44=	01:06=	01:49=	02:08=	01:27=	01:15=	02:17=	02:03=	02:23=	01:25=	01:54=	01:13=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maja Elise Torgersen				82				21:38			
00:43-	01:49-	03:28-	05:59+	07:27+	09:03+	12:11+	14:26+	16:38+	18:06+	20:08+	21:14+	21:38+
00:43-	01:06=	01:39-	02:31+	01:28+	01:36+	03:08+	02:15+	02:12-	01:28+	02:02+	01:06-	00:24+
00:01-	00:00=	00:10-	00:23#	00:01+	00:21&	00:51&	00:12+	00:11-	00:03+	00:08+	00:07-	00:07&
3	Tilde Kjeldgaard				25				21:45			
00:53+	02:09+	03:53+	05:46-	07:18+	08:46+	11:32+	13:40+	16:22+	18:20+	20:12+	21:22+	21:45+
00:53+	01:16+	01:44-	01:53-	01:32+	01:28+	02:46+	02:08+	02:42+	01:58+	01:52-	01:10-	00:23+
00:09#	00:10#	00:05-	00:15-	00:05+	00:13#	00:29#	00:05+	00:19#	00:33&	00:02-	00:03-	00:06&
4	Ea Hvidberg Tofte				53				21:45			
00:43-	01:45-	03:31-	05:11-	06:44-	08:01-	11:04+	13:22+	15:55+	18:10+	20:05+	21:28+	21:45+
00:43-	01:02-	01:46-	01:40-	01:33+	01:17+	03:03+	02:18+	02:33+	02:15+	01:55+	01:23+	00:17=
00:01-	00:04-	00:03-	00:28-	00:06+	00:02+	00:46&	00:15#	00:10+	00:50&	00:01+	00:10#	00:00=
5	Maja Traberg Nielsen				53				28:10			
00:51+	02:26+	04:13+	07:53+	09:39+	11:20+	15:18+	18:06+	21:53+	23:40+	26:06+	27:50+	28:10+
00:51+	01:35+	01:47-	03:40+	01:46+	01:41+	03:58+	02:48+	03:47+	01:47+	02:26+	01:44+	00:20+
00:07#	00:29&	00:02-	01:32&	00:19#	00:26&	01:41&	00:45&	01:24&	00:22&	00:32&	00:31&	00:03#
6	Mali Aurora Haraldsen				20				33:39			
01:01+	03:36+	07:53+	12:16+	14:05+	16:28+	20:36+	23:27+	27:17+	29:36+	31:40+	33:18+	33:39+
01:01+	02:35+	04:17+	04:23+	01:49+	02:23+	04:08+	02:51+	03:50+	02:19+	02:04+	01:38+	00:21+
00:17&	01:29@	02:28@	02:15@	00:22&	01:08&	01:51&	00:48&	01:27&	00:54&	00:10+	00:25&	00:04#
7	Agnes Nielsen				32				36:19			
00:50+	02:58+	05:32+	08:52+	11:47+	14:34+	19:05+	22:47+	27:28+	30:16+	33:42+	35:55+	36:19+
00:50+	02:08+	02:34+	03:20+	02:55+	02:47+	04:31+	03:42+	04:41+	02:48+	03:26+	02:13+	00:24+
00:06#	01:02&	00:45&	01:12&	01:28@	01:32@	02:14&	01:39&	02:18&	01:23&	01:32&	01:00&	00:07&
8	Laura Byskov Høgh				74				42:45			
01:19+	03:37+	07:06+	11:17+	15:07+	17:44+	23:25+	27:54+	33:18+	36:37+	39:54+	42:15+	42:45+
01:19+	02:18+	03:29+	04:11+	03:50+	02:37+	05:41+	04:29+	05:24+	03:19+	03:17+	02:21+	00:30+
00:35&	01:12@	01:40&	02:03&	02:23@	01:22@	03:24@	02:26@	03:01@	01:54@	01:23&	01:08&	00:13&

Beste stræktid for klassen

00:43	01:02	01:39	01:40	01:27	01:15	02:17	02:03	02:12	01:25	01:52	01:06	00:17
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D12

1	Nerea Martin									57	22:44
00:42=	02:55=	05:22=	06:21=	10:58=	14:07=	16:55=	20:05=	22:23=	22:44=		
00:42=	02:13=	02:27=	00:59=	04:37=	03:09=	02:48=	03:10=	02:18=	00:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Tora Natås Stokseth									49	22:54
00:32-	02:35-	05:03-	05:53-	12:31+	15:13+	17:56+	20:43+	22:39+	22:54+		
00:32-	02:03-	02:28+	00:50-	06:38+	02:42-	02:43-	02:47-	01:56-	00:15-		
00:10-	00:10-	00:01+	00:09-	02:01&	00:27-	00:05-	00:23-	00:22-	00:06-		

Plass	Navn	Klasse	Tid
D12			
3	Carolina Langemose	56	24:54
00:39- 03:04+ 05:51+ 06:58+ 12:10+ 15:25+ 18:29+ 21:59+ 24:37+ 24:54+ 00:39- 02:25+ 02:47+ 01:07+ 05:12+ 03:15+ 03:04+ 03:30+ 02:38+ 00:17- 00:03- 00:12+ 00:20# 00:08# 00:35# 00:06+ 00:16+ 00:20# 00:20# 00:04-			
4	Ida Øverøyen Balchen	52	32:20
00:45+ 03:35+ 06:49+ 07:59+ 15:40+ 20:24+ 24:37+ 28:51+ 32:05+ 32:20+ 00:45+ 02:50+ 03:14+ 01:10+ 07:41+ 04:44+ 04:13+ 04:14+ 03:14+ 00:15+ 00:45+ 02:50+ 03:14+ 01:10+ 07:41+ 04:44+ 04:13+ 04:14+ 03:14+ 00:15+			
5	Minna Balchen Ludvigsen	31	32:20
00:48+ 03:38+ 06:47+ 08:03+ 15:40+ 20:33+ 24:37+ 28:54+ 32:04+ 32:20+ 00:48+ 02:50+ 03:09+ 01:16+ 07:37+ 04:53+ 04:04+ 04:17+ 03:10+ 00:16+ 00:48+ 02:50+ 03:09+ 01:16+ 07:37+ 04:53+ 04:04+ 04:17+ 03:10+ 00:16+			

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D12B

1	Marlene Knoop	70	29:30
00:44= 01:51= 03:40= 06:23= 07:47= 09:27= 14:06= 17:35= 22:18= 25:33= 27:57= 29:12= 29:30= 00:44= 01:07= 01:49= 02:43= 01:24= 01:40= 04:39= 03:29= 04:43= 03:15= 02:24= 01:15= 00:18= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			

Beste stræktid for klassen

00:44 01:07 01:49 02:43 01:24 01:40 04:39 03:29 04:43 03:15 02:24 01:15 00:18

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D14

1	Sara Terkelsen Garcia	57	28:46
02:51= 03:51= 05:42= 07:55= 12:07= 17:51= 19:19= 23:17= 25:42= 26:58= 28:27= 28:46= 02:51= 01:00= 01:51= 02:13= 04:12= 05:44= 01:28= 03:58= 02:25= 01:16= 01:29= 00:19= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Ada Josefine Knoop	70	36:39
02:21- 03:33- 06:08+ 09:19+ 15:32+ 22:40+ 24:23+ 30:21+ 33:19+ 34:48+ 36:22+ 36:39+ 02:21- 01:12+ 02:35+ 03:11+ 06:13+ 07:08+ 01:43+ 05:58+ 02:58+ 01:29+ 01:34+ 00:17- 00:30- 00:12# 00:44& 00:58& 02:01& 01:24# 00:15# 02:00& 00:33# 00:13# 00:05+ 00:02-			
3	Freja Kjeldgaard	25	1:07:47
02:09- 03:29- 05:33- 08:33+ 27:12+ 38:01+ 49:00+ 60:48+ 63:19+ 66:00+ 67:32+ 67:47+ 02:09- 01:20+ 02:04+ 03:00+ 18:39+ 10:49+ 10:59+ 11:48+ 02:31+ 02:41+ 01:32+ 00:15- 00:42- 00:20& 00:13# 00:47& 14:27@ 05:05& 09:31@ 07:50@ 00:06+ 01:25@ 00:03+ 00:04-			

Beste stræktid for klassen

02:09 01:00 01:51 02:13 04:12 05:44 01:28 03:58 02:25 01:16 01:29 00:15

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D14B

Plass	Navn	Klasse	Tid
D14B			
1	Julia Damsgaard	23	29:04
00:38= 03:18= 07:42= 08:56= 15:21= 19:16= 22:45= 26:05= 28:48= 29:04= 00:38= 02:40= 04:24= 01:14= 06:25= 03:55= 03:29= 03:20= 02:43= 00:16= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D16			
1	Una Nomeland	8	53:37
01:27= 03:58= 08:12= 11:35= 12:37= 14:50= 20:36= 27:09= 30:26= 37:55= 45:02= 46:38= 49:52= 52:06= 53:22= 53:37= 01:27= 02:31= 04:14= 03:23= 01:02= 02:13= 05:46= 06:33= 03:17= 07:29= 07:07= 01:36= 03:14= 02:14= 01:16= 00:15= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Isabella Gotfred-Iversen	53	1:21:06
04:49+ 06:58+ 14:24+ 19:36+ 21:07+ 24:36+ 32:46+ 48:57+ 53:15+ 61:40+ 67:07+ 69:46+ 76:46+ 79:16+ 80:46+ 81:06+ 04:49+ 02:09- 07:26+ 05:12+ 01:31+ 03:29+ 08:10+ 16:11+ 04:18+ 08:25+ 05:27- 02:39+ 07:00+ 02:30+ 01:30+ 00:20+ 03:22@ 00:22- 03:12& 01:49& 00:29& 01:16& 02:24& 09:38@ 01:01& 00:56# 01:40- 01:03& 03:46@ 00:16# 00:14# 00:05&			
Beste stræktid for klassen			
01:27 02:09 04:14 03:23 01:02 02:13 05:46 06:33 03:17 07:29 05:27 01:36 03:14 02:14 01:16 00:15			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D20B			
1	Hannah Damsgaard	23	31:20
02:06= 03:03= 05:05= 08:01= 12:16= 19:31= 21:54= 26:30= 28:47= 29:55= 31:04= 31:20= 02:06= 00:57= 02:02= 02:56= 04:15= 07:15= 02:23= 04:36= 02:17= 01:08= 01:09= 00:16= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
Beste stræktid for klassen			
02:06 00:57 02:02 02:56 04:15 07:15 02:23 04:36 02:17 01:08 01:09 00:16			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D21			
1	Randi Sønderby Petersen	Ok Pan	1:13:12
01:17= 04:52= 11:07= 15:28= 18:07= 25:03= 28:34= 32:42= 40:04= 43:10= 48:23= 54:51= 57:29= 64:32= 69:01= 71:26= 72:57= 73:12= 01:17= 03:35= 06:15= 04:21= 02:39= 06:56= 03:31= 04:08= 07:22= 03:06= 05:13= 06:28= 02:38= 07:03= 04:29= 02:25= 01:31= 00:15= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Mathilde Smedegaard Madsen	87	1:15:58
04:15+ 07:26+ 11:58+ 15:08- 17:35- 24:28- 27:35- 31:16- 38:47- 40:45- 45:34- 52:52- 56:21- 65:39+ 70:58+ 73:57+ 75:30+ 75:58+ 04:15+ 03:11- 04:32- 03:10- 02:27- 06:53- 03:07- 03:41- 07:31+ 01:58- 04:49- 07:18+ 03:29+ 09:18+ 05:19+ 02:59+ 01:33+ 00:28+ 02:58@ 00:24- 01:43- 01:11- 00:12- 00:03- 00:24- 00:27- 00:09+ 01:08- 00:24- 00:50# 00:51& 02:15& 00:50# 00:34# 00:02+ 00:13&			
3	Tina Langhoff Hønge	Ok Pan	1:45:56
07:10+ 12:06+ 18:51+ 24:26+ 28:21+ 39:40+ 45:48+ 51:20+ 62:47+ 65:57+ 71:37+ 79:54+ 84:20+ 93:51+ 100:56+ 103:59+ 105:40+ 105:56+ 07:10+ 04:56+ 06:45+ 05:35+ 03:55+ 11:19+ 06:08+ 05:32+ 11:27+ 03:10+ 05:40+ 08:17+ 04:26+ 09:31+ 07:05+ 03:03+ 01:41+ 00:16+ 05:53@ 01:21& 00:30+ 01:14& 01:16& 04:23& 02:37& 01:24& 04:05& 00:04+ 00:27+ 01:49& 01:48& 02:28& 02:36& 00:38& 00:10# 00:01+			
13-07-2025 10:15:20			
Side:3			

Plass	Navn	Klasse	Tid
D21			
4	Ann Britt Buhl Væрге	Ok Pan	2:04:56
01:29+ 05:19+ 10:17- 13:47- 27:19+ 36:57+ 54:27+ 60:23+ 70:32+ 73:32+ 79:07+ 98:34+ 101:24+ 115:02+ 120:41+ 123:14+ 124:42+ 124:56+ 01:29+ 03:50+ 04:58- 03:30- 13:32+ 09:38+ 17:30+ 05:56+ 10:09+ 03:00- 05:35+ 19:27+ 02:50+ 13:38+ 05:39+ 02:33+ 01:28- 00:14- 00:12# 00:15+ 01:17- 00:51- 10:53@ 02:42& 13:59@ 01:48& 02:47& 00:06- 00:22+ 12:59@ 00:12+ 06:35& 01:10& 00:08+ 00:03- 00:01-			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D21B			
1	Tina Gottfred-Iversen	53	43:24
02:41= 04:10= 06:50= 10:33= 15:01= 21:58= 24:23= 35:37= 38:53= 40:49= 42:57= 43:24= 02:41= 01:29= 02:40= 03:43= 04:28= 06:57= 02:25= 11:14= 03:16= 01:56= 02:08= 00:27= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Majken Thiim Jensen	32	43:57
02:58+ 04:33+ 07:48+ 11:30+ 18:30+ 26:29+ 28:47+ 34:50- 40:10+ 41:59+ 43:35+ 43:57+ 02:58+ 01:35+ 03:15+ 03:42- 07:00+ 07:59+ 02:18- 06:03- 05:20+ 01:49- 01:36- 00:22- 00:17# 00:06+ 00:35# 00:01- 02:32& 01:02# 00:07- 05:11- 02:04& 00:07- 00:32- 00:05-			
3	Joan Kramers	55	58:20
03:04+ 04:17+ 07:58+ 11:42+ 15:42+ 23:47+ 38:40+ 47:58+ 54:13+ 56:08+ 57:57+ 58:20+ 03:04+ 01:13- 03:41+ 03:44+ 04:00- 08:05+ 14:53+ 09:18- 06:15+ 01:55- 01:49- 00:23- 00:23# 00:16- 01:01& 00:01+ 00:28- 01:08# 12:28@ 01:56- 02:59& 00:01- 00:19- 00:04-			
4	Hanne Bech	Ok73	1:23:31
03:24+ 04:59+ 10:52+ 20:47+ 44:08+ 54:01+ 64:56+ 73:46+ 78:03+ 80:27+ 82:59+ 83:31+ 03:24+ 01:35+ 05:53+ 09:55+ 23:21+ 09:53+ 10:55+ 08:50- 04:17+ 02:24+ 02:32+ 00:32+ 00:43& 00:06+ 03:13@ 06:12@ 18:53@ 02:56& 08:30@ 02:24- 01:01& 00:28# 00:24# 00:05#			
Beste stræktid for klassen			
02:41 01:13 02:40 03:42 04:00 06:57 02:18 06:03 03:16 01:49 01:36 00:22			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D21C			
1	Nina Tøndevold	35	34:35
02:02= 05:25= 07:46= 09:53= 11:46= 16:02= 20:07= 22:10= 24:10= 27:54= 30:27= 31:41= 34:16= 34:35= 02:02= 03:23= 02:21= 02:07= 01:53= 04:16= 04:05= 02:03= 02:00= 03:44= 02:33= 01:14= 02:35= 00:19= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Solveig B. Nielsen	58	41:53
02:06+ 08:04+ 10:40+ 13:08+ 15:44+ 21:16+ 26:12+ 28:28+ 30:39+ 34:34+ 36:54+ 38:23+ 41:24+ 41:53+ 02:06+ 05:58+ 02:36+ 02:28+ 02:36+ 05:32+ 04:56+ 02:16+ 02:11+ 03:55+ 02:20- 01:29+ 03:01+ 00:29+ 00:04+ 02:35& 00:15# 00:21# 00:43& 01:16& 00:51# 00:13# 00:11+ 00:11+ 00:13- 00:15# 00:26# 00:10&			
3	Tina Sevelsted	80	53:15
05:08+ 10:26+ 14:25+ 17:20+ 20:14+ 27:38+ 34:23+ 36:58+ 39:19+ 44:33+ 47:46+ 49:34+ 52:51+ 53:15+ 05:08+ 05:18+ 03:59+ 02:55+ 02:54+ 07:24+ 06:45+ 02:35+ 02:21+ 05:14+ 03:13+ 01:48+ 03:17+ 00:24+ 03:06@ 01:55& 01:38& 00:48& 01:01& 03:08& 02:40& 00:32& 00:21# 01:30& 00:40& 00:34& 00:42& 00:05&			

Plass	Navn		Klasse										Tid	
D21C														
4	Siri Coward		50										54:27	
	02:22+	06:47+	10:02+	13:10+	17:06+	23:40+	35:21+	38:10+	40:44+	45:26+	48:42+	50:37+	53:58+	54:27+
	02:22+	04:25+	03:15+	03:08+	03:56+	06:34+	11:41+	02:49+	02:34+	04:42+	03:16+	01:55+	03:21+	00:29+
	00:20#	01:02&	00:54&	01:01&	02:03@	02:18&	07:36@	00:46&	00:34&	00:58&	00:43&	00:41&	00:46&	00:10&
5	Marianne Petersen		67										56:31	
	03:03+	10:31+	13:30+	16:17+	18:55+	26:44+	34:14+	37:41+	40:16+	46:33+	50:12+	52:09+	55:57+	56:31+
	03:03+	07:28+	02:59+	02:47+	02:38+	07:49+	07:30+	03:27+	02:35+	06:17+	03:39+	01:57+	03:48+	00:34+
	03:03+	07:28+	02:59+	02:47+	02:38+	07:49+	07:30+	03:27+	02:35+	06:17+	03:39+	01:57+	03:48+	00:34+
6	Anja Skaarup		33										58:16	
	02:17+	06:49+	09:58+	12:55+	17:23+	31:59+	38:42+	41:07+	43:51+	49:26+	52:10+	54:29+	57:46+	58:16+
	02:17+	04:32+	03:09+	02:57+	04:28+	14:36+	06:43+	02:25+	02:44+	05:35+	02:44+	02:19+	03:17+	00:30+
	02:17+	04:32+	03:09+	02:57+	04:28+	14:36+	06:43+	02:25+	02:44+	05:35+	02:44+	02:19+	03:17+	00:30+
7	Ingerlise F. Andersen		58										1:12:33	
	03:21+	10:22+	15:10+	19:06+	22:37+	37:24+	45:39+	49:30+	53:04+	60:37+	64:42+	66:49+	71:49+	72:33+
	03:21+	07:01+	04:48+	03:56+	03:31+	14:47+	08:15+	03:51+	03:34+	07:33+	04:05+	02:07+	05:00+	00:44+
	03:21+	07:01+	04:48+	03:56+	03:31+	14:47+	08:15+	03:51+	03:34+	07:33+	04:05+	02:07+	05:00+	00:44+
8	Jette Beyer		58										1:12:36	
	03:17+	10:25+	15:12+	19:08+	22:33+	37:17+	45:43+	49:32+	53:10+	60:34+	64:45+	66:46+	71:46+	72:36+
	03:17+	07:08+	04:47+	03:56+	03:25+	14:44+	08:26+	03:49+	03:38+	07:24+	04:11+	02:01+	05:00+	00:50+
	03:17+	07:08+	04:47+	03:56+	03:25+	14:44+	08:26+	03:49+	03:38+	07:24+	04:11+	02:01+	05:00+	00:50+
9	Bodil Thy		Rsok										1:14:12	
	03:43+	10:03+	15:27+	19:45+	24:50+	35:47+	44:23+	48:40+	53:06+	61:28+	65:46+	68:10+	73:23+	74:12+
	03:43+	06:20+	05:24+	04:18+	05:05+	10:57+	08:36+	04:17+	04:26+	08:22+	04:18+	02:24+	05:13+	00:49+
	03:43+	06:20+	05:24+	04:18+	05:05+	10:57+	08:36+	04:17+	04:26+	08:22+	04:18+	02:24+	05:13+	00:49+
10	Anneli Aabye		6										1:28:52	
	03:54+	11:13+	17:07+	21:54+	26:45+	46:13+	56:48+	61:13+	65:34+	74:22+	79:13+	81:57+	87:52+	88:52+
	03:54+	07:19+	05:54+	04:47+	04:51+	19:28+	10:35+	04:25+	04:21+	08:48+	04:51+	02:44+	05:55+	01:00+
	03:54+	07:19+	05:54+	04:47+	04:51+	19:28+	10:35+	04:25+	04:21+	08:48+	04:51+	02:44+	05:55+	01:00+
11	Inge K. Kristoffersen		6										1:29:09	
	04:06+	11:17+	17:14+	22:07+	26:50+	46:31+	57:02+	61:20+	65:40+	74:33+	79:26+	81:58+	87:59+	89:09+
	04:06+	07:11+	05:57+	04:53+	04:43+	19:41+	10:31+	04:18+	04:20+	08:53+	04:53+	02:32+	06:01+	01:10+
	04:06+	07:11+	05:57+	04:53+	04:43+	19:41+	10:31+	04:18+	04:20+	08:53+	04:53+	02:32+	06:01+	01:10+

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D35

1	Nanna Hvidberg Tofte		53										1:41:44	
	03:21=	05:54=	07:21=	22:31=	32:01=	36:27=	40:49=	43:49=	49:44=	54:24=	62:03=	73:12=	76:54=	88:10=
	03:21=	02:33=	01:27=	15:10=	09:30=	04:26=	04:22=	03:00=	05:55=	04:40=	07:39=	11:09=	03:42=	11:16=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

03:21	02:33	01:27	15:10	09:30	04:26	04:22	03:00	05:55	04:40	07:39	11:09	03:42	11:16	06:08
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Plass	Navn	Klasse	Tid
D35B			
1	Inger Marie Damsgaard	23	33:29
03:10= 04:06= 06:07= 09:05= 13:18= 20:37= 23:01= 27:36= 30:06= 31:31= 33:12= 33:29= 03:10= 00:56= 02:01= 02:58= 04:13= 07:19= 02:24= 04:35= 02:30= 01:25= 01:41= 00:17= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Ida Natås	49	36:47
02:19- 03:38- 06:32+ 09:47+ 14:57+ 22:20+ 23:53+ 30:12+ 33:09+ 34:47+ 36:26+ 36:47+ 02:19- 01:19+ 02:54+ 03:15+ 05:10+ 07:23+ 01:33- 06:19+ 02:57+ 01:38+ 01:39- 00:21+ 00:51- 00:23& 00:53& 00:17+ 00:57# 00:04+ 00:51- 01:44& 00:27# 00:13# 00:02- 00:04#			
3	Karen Omland	34	39:11
02:31- 03:45- 06:07= 09:21+ 15:09+ 24:02+ 25:57+ 31:12+ 34:46+ 36:38+ 38:44+ 39:11+ 02:31- 01:14+ 02:22+ 03:14+ 05:48+ 08:53+ 01:55- 05:15+ 03:34+ 01:52+ 02:06+ 00:27+ 00:39- 00:18& 00:21# 00:16+ 01:35& 01:34# 00:29- 00:40# 01:04& 00:27& 00:25# 00:10&			
4	Anne Kari Birkeland	7	44:12
02:56- 04:43+ 08:01+ 12:02+ 16:59+ 27:02+ 29:37+ 35:50+ 39:51+ 41:58+ 43:48+ 44:12+ 02:56- 01:47+ 03:18+ 04:01+ 04:57+ 10:03+ 02:35+ 06:13+ 04:01+ 02:07+ 01:50+ 00:24+ 00:14- 00:51& 01:17& 01:03& 00:44# 02:44& 00:11+ 01:38& 01:31& 00:42& 00:09+ 00:07&			
5	Claudia Nissen	55	47:45
03:20+ 04:43+ 07:29+ 11:39+ 16:56+ 25:40+ 29:35+ 34:53+ 43:27+ 45:24+ 47:19+ 47:45+ 03:20+ 01:23+ 02:46+ 04:10+ 05:17+ 08:44+ 03:55+ 05:18+ 08:34+ 01:57+ 01:55+ 00:26+ 00:10+ 00:27& 00:45& 01:12& 01:04& 01:25# 01:31& 00:43# 06:04@ 00:32& 00:14# 00:09&			
6	Anna Moian Nydal	76	59:28
03:36+ 05:13+ 17:07+ 21:57+ 27:25+ 37:42+ 39:58+ 50:00+ 54:32+ 56:43+ 59:02+ 59:28+ 03:36+ 01:37+ 11:54+ 04:50+ 05:28+ 10:17+ 02:16- 10:02+ 04:32+ 02:11+ 02:19+ 00:26+ 00:26# 00:41& 09:53@ 01:52& 01:15& 02:58& 00:08- 05:27@ 02:02& 00:46& 00:38& 00:09&			
7	Ellen Kjærgaard Brydsø	80	1:05:52
03:50+ 06:20+ 10:58+ 17:27+ 24:00+ 38:25+ 42:00+ 51:17+ 59:31+ 62:14+ 65:13+ 65:52+ 03:50+ 02:30+ 04:38+ 06:29+ 06:33+ 14:25+ 03:35+ 09:17+ 08:14+ 02:43+ 02:59+ 00:39+ 00:40# 01:34@ 02:37@ 03:31@ 02:20& 07:06& 01:11& 04:42@ 05:44@ 01:18& 01:18& 00:22@			
Beste stræktid for klassen			
02:19 00:56 02:01 02:58 04:13 07:19 01:33 04:35 02:30 01:25 01:39 00:17			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D40			
1	Tone Torgersen	82	49:25
01:41= 03:36= 06:50= 10:59= 11:59= 14:11= 19:57= 26:38= 29:24= 37:20= 41:06= 42:28= 45:15= 47:31= 49:04= 49:25= 01:41= 01:55= 03:14= 04:09= 01:00= 02:12= 05:46= 06:41= 02:46= 07:56= 03:46= 01:22= 02:47= 02:16= 01:33= 00:21= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Maja Berger	8	51:44
01:43+ 05:59+ 09:04+ 11:58+ 12:53+ 14:58+ 20:22+ 27:42+ 30:39+ 38:36+ 43:29+ 44:53+ 48:00+ 50:04+ 51:26+ 51:44+ 01:43+ 04:16+ 03:05- 02:54- 00:55- 02:05- 05:24- 07:20+ 02:57+ 07:57+ 04:53+ 01:24+ 03:07+ 02:04- 01:22- 00:18- 00:02+ 02:21@ 00:09- 01:15- 00:05- 00:07- 00:22- 00:39+ 00:11+ 00:01+ 01:07& 00:02+ 00:20# 00:12- 00:11- 00:03-			
3	Merete Spangsberg Nielsen	53	56:47
01:32- 03:26- 07:02+ 10:38- 11:46- 14:11= 21:33+ 29:40+ 32:59+ 41:27+ 47:42+ 49:09+ 52:23+ 54:56+ 56:26+ 56:47+ 01:32- 01:54- 03:36+ 03:36- 01:08+ 02:25+ 07:22+ 08:07+ 03:19+ 08:28+ 06:15+ 01:27+ 03:14+ 02:33+ 01:30- 00:21= 00:09- 00:01- 00:22# 00:33- 00:08# 00:13+ 01:36& 01:26# 00:33# 00:32+ 02:29& 00:05+ 00:27# 00:17# 00:03- 00:00=			

Plass	Navn	Klasse	Tid												
D40															
4	Una Glende Janson	7	1:05:18												
01:53+	06:28+	10:48+	15:57+	17:23+	20:16+	27:42+	36:27+	39:44+	50:08+	55:01+	56:41+	60:13+	63:06+	64:52+	65:18+
01:53+	04:35+	04:20+	05:09+	01:26+	02:53+	07:26+	08:45+	03:17+	10:24+	04:53+	01:40+	03:32+	02:53+	01:46+	00:26+
00:12#	02:40@	01:06&	01:00#	00:26&	00:41&	01:40&	02:04&	00:31#	02:28&	01:07&	00:18#	00:45&	00:37&	00:13#	00:05#
5	Helle Termansen	Ok Syd	1:24:35												
02:32+	09:37+	14:53+	23:03+	24:36+	27:50+	36:36+	48:24+	52:37+	63:25+	69:05+	74:28+	78:29+	82:08+	84:08+	84:35+
02:32+	07:05+	05:16+	08:10+	01:33+	03:14+	08:46+	11:48+	04:13+	10:48+	05:40+	05:23+	04:01+	03:39+	02:00+	00:27+
02:32+	07:05+	05:16+	08:10+	01:33+	03:14+	08:46+	11:48+	04:13+	10:48+	05:40+	05:23+	04:01+	03:39+	02:00+	00:27+
6	Ulla R. Pallesen	Ok Syd	1:26:50												
06:21+	19:44+	23:35+	29:28+	30:46+	33:36+	40:44+	48:56+	53:59+	63:34+	68:26+	70:13+	79:28+	84:42+	86:32+	86:50+
06:21+	13:23+	03:51+	05:53+	01:18+	02:50+	07:08+	08:12+	05:03+	09:35+	04:52+	01:47+	09:15+	05:14+	01:50+	00:18+
06:21+	13:23+	03:51+	05:53+	01:18+	02:50+	07:08+	08:12+	05:03+	09:35+	04:52+	01:47+	09:15+	05:14+	01:50+	00:18+
Beste stræktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.															
D45															
1	Pernille Buch	57	50:30												
03:39=	05:10=	09:36=	13:07=	14:06=	16:28=	22:20=	29:02=	32:19=	39:09=	42:48=	44:05=	46:50=	48:54=	50:12=	50:30=
03:39=	01:31=	04:26=	03:31=	00:59=	02:22=	05:52=	06:42=	03:17=	06:50=	03:39=	01:17=	02:45=	02:04=	01:18=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Elise Utzen Keller	26	1:09:13												
02:57-	05:10=	09:30-	14:22+	15:48+	18:23+	26:44+	36:27+	40:33+	51:23+	56:14+	57:53+	61:22+	65:01+	68:55+	69:13+
02:57-	02:13+	04:20-	04:52+	01:26+	02:35+	08:21+	09:43+	04:06+	10:50+	04:51+	01:39+	03:29+	03:39+	03:54+	00:18=
00:42-	00:42&	00:06-	01:21&	00:27&	00:13+	02:29&	03:01&	00:49#	04:00&	01:12&	00:22&	00:44&	01:35&	02:36@	00:00=
Beste stræktid for klassen															
02:57	01:31	04:20	03:31	00:59	02:22	05:52	06:42	03:17	06:50	03:39	01:17	02:45	02:04	01:18	00:18
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.															
D50															
1	Gitte R. Christoffersen	84	57:54												
02:29=	04:55=	10:17=	15:42=	18:55=	28:37=	32:14=	36:05=	38:52=	41:44=	47:52=	52:16=	55:59=	57:31=	57:54=	
02:29=	02:26=	05:22=	05:25=	03:13=	09:42=	03:37=	03:51=	02:47=	02:52=	06:08=	04:24=	03:43=	01:32=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hanne Gundersen	60	1:02:28												
03:08+	06:09+	12:18+	18:19+	22:24+	27:34-	31:33-	36:08+	39:24+	42:52+	51:02+	56:01+	60:12+	62:02+	62:28+	
03:08+	03:01+	06:09+	06:01+	04:05+	05:10-	03:59+	04:35+	03:16+	03:28+	08:10+	04:59+	04:11+	01:50+	00:26+	
00:39&	00:35#	00:47#	00:36#	00:52&	04:32-	00:22#	00:44#	00:29#	00:36#	02:02&	00:35#	00:28#	00:18#	00:03#	
3	Mette Møller Nielsen	Akif	1:03:42												
02:57+	06:09+	12:59+	19:01+	22:12+	25:03-	28:50-	33:41-	37:21-	40:43-	50:35+	56:43+	61:26+	63:17+	63:42+	
02:57+	03:12+	06:50+	06:02+	03:11-	02:51-	03:47+	04:51+	03:40+	03:22+	09:52+	06:08+	04:43+	01:51+	00:25+	
00:28#	00:46&	01:28&	00:37#	00:02-	06:51-	00:10+	01:00&	00:53&	00:30#	03:44&	01:44&	01:00&	00:19#	00:02+	

13-07-2025 10:15:20 Side:8

Plass	Navn	Klasse	Tid
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D55

3	Lene Bejer Damgaard					91					47:36				
02:46+	05:01+	06:24+	09:17+	11:28+	19:40+	25:07+	27:18+	31:55+	36:57+	40:49+	44:18+	47:13+	47:36+		
02:46+	02:15+	01:23+	02:53+	02:11+	08:12+	05:27+	02:11+	04:37+	05:02-	03:52+	03:29+	02:55+	00:23+		
00:39&	00:17#	00:14#	00:54&	00:47&	02:25&	00:38#	00:17#	01:27&	00:15-	00:46#	00:57&	00:32#	00:06&		
4	Gry Anita Gjerde Alnæs					72					51:04				
02:30+	04:42+	05:43+	08:25+	10:13+	18:00+	23:10+	27:46+	29:29+	34:19+	40:13+	44:10+	47:30+	50:41+	51:04+	
02:30+	02:12+	01:01+	02:42+	01:48+	07:47+	05:10+	04:36+	01:43+	04:50+	05:54+	03:57+	03:20+	03:11+	00:23+	
02:30+	02:12+	01:01+	02:42+	01:48+	07:47+	05:10+	04:36+	01:43+	04:50+	05:54+	03:57+	03:20+	03:11+	00:23+	
5	Lykke Berg Mathiesen					21					1:09:06				
04:06+	07:23+	09:16+	13:13+	17:04+	27:57+	34:41+	38:13+	44:44+	54:43+	59:10+	64:26+	68:39+	69:06+		
04:06+	03:17+	01:53+	03:57+	03:51+	10:53+	06:44+	03:32+	06:31+	09:59+	04:27+	05:16+	04:13+	00:27+		
04:06+	03:17+	01:53+	03:57+	03:51+	10:53+	06:44+	03:32+	06:31+	09:59+	04:27+	05:16+	04:13+	00:27+		
6	Anita Mogensen					80					1:25:30				
04:04+	08:12+	10:15+	14:40+	20:36+	34:13+	42:03+	47:49+	55:31+	64:42+	76:52+	81:08+	85:08+	85:30+		
04:04+	04:08+	02:03+	04:25+	05:56+	13:37+	07:50+	05:46+	07:42+	09:11+	12:10+	04:16+	04:00+	00:22+		
04:04+	04:08+	02:03+	04:25+	05:56+	13:37+	07:50+	05:46+	07:42+	09:11+	12:10+	04:16+	04:00+	00:22+		
7	Vibse Møller					lfs					1:30:32				
05:07+	09:01+	11:34+	16:38+	20:46+	35:29+	44:41+	52:13+	60:39+	71:49+	77:42+	84:14+	89:54+	90:32+		
05:07+	03:54+	02:33+	05:04+	04:08+	14:43+	09:12+	07:32+	08:26+	11:10+	05:53+	06:32+	05:40+	00:38+		
05:07+	03:54+	02:33+	05:04+	04:08+	14:43+	09:12+	07:32+	08:26+	11:10+	05:53+	06:32+	05:40+	00:38+		
8	Tove E Juhl					58					1:44:24				
05:35+	11:10+	13:06+	17:25+	21:53+	34:04+	42:07+	45:41+	59:36+	74:42+	94:36+	98:58+	103:55+	104:24+		
05:35+	05:35+	01:56+	04:19+	04:28+	12:11+	08:03+	03:34+	13:55+	15:06+	19:54+	04:22+	04:57+	00:29+		
05:35+	05:35+	01:56+	04:19+	04:28+	12:11+	08:03+	03:34+	13:55+	15:06+	19:54+	04:22+	04:57+	00:29+		

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D60

1	Guri Alm											58	47:39
02:46=	07:43=	10:57=	13:50=	17:13=	24:36=	28:49=	34:43=	39:45=	44:07=	47:15=	47:39=		
02:46=	04:57=	03:14=	02:53=	03:23=	07:23=	04:13=	05:54=	05:02=	04:22=	03:08=	00:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Irene Gammeljord											63	49:00
02:28-	06:36-	09:08-	11:32-	14:42-	25:03+	29:01+	36:08+	41:50+	45:25+	48:32+	49:00+		
02:28-	04:08-	02:32-	02:24-	03:10-	10:21+	03:58-	07:07+	05:42+	03:35-	03:07-	00:28+		
00:18-	00:49-	00:42-	00:29-	00:13-	02:58&	00:15-	01:13#	00:40#	00:47-	00:01-	00:04#		
3	Lotte Friberg											12	50:34
02:05-	07:13-	10:16-	13:46-	18:45+	27:14+	32:00+	38:19+	43:18+	46:50+	50:13+	50:34+		
02:05-	05:08+	03:03-	03:30+	04:59+	08:29+	04:46+	06:19+	04:59-	03:32-	03:23+	00:21-		
00:41-	00:11+	00:11-	00:37#	01:36&	01:06#	00:33#	00:25+	00:03-	00:50-	00:15+	00:03-		
4	Helle Nikkel											91	55:13
01:53-	07:19-	11:04+	14:20+	18:14+	26:16+	30:40+	40:07+	45:45+	50:43+	54:49+	55:13+		
01:53-	05:26+	03:45+	03:16+	03:54+	08:02+	04:24+	09:27+	05:38+	04:58+	04:06+	00:24=		
00:53-	00:29+	00:31#	00:23#	00:31#	00:39+	00:11+	03:33&	00:36#	00:36#	00:58&	00:00=		

Plass	Navn	Klasse	Tid
D60			
5	Ann-Vibeke Mose	90	57:59
02:52+ 09:14+ 12:34+ 15:40+ 19:45+ 28:36+ 34:21+ 42:35+ 48:25+ 52:46+ 57:36+ 57:59+ 02:52+ 06:22+ 03:20+ 03:06+ 04:05+ 08:51+ 05:45+ 08:14+ 05:50+ 04:21- 04:50+ 00:23- 00:06+ 01:25& 00:06+ 00:13+ 00:42# 01:28# 01:32& 02:20& 00:48# 00:01- 01:42& 00:01-			
6	Hanne Staugaard	33	59:43
04:23+ 09:23+ 12:51+ 16:27+ 20:52+ 32:39+ 37:22+ 44:03+ 50:57+ 55:51+ 59:43+ 61:28+ 04:23+ 05:00+ 03:28+ 03:36+ 04:25+ 11:47+ 04:43+ 06:41+ 06:54+ 04:54+ 03:52+ 01:45+ 04:23+ 05:00+ 03:28+ 03:36+ 04:25+ 11:47+ 04:43+ 06:41+ 06:54+ 04:54+ 03:52+ 01:45+			
7	Ethna Cavanagh	14	1:01:46
02:31+ 06:49+ 11:06+ 14:55+ 18:03+ 30:11+ 34:17+ 50:04+ 54:49+ 58:04+ 61:22+ 61:46+ 02:31+ 04:18+ 04:17+ 03:49+ 03:08+ 12:08+ 04:06+ 15:47+ 04:45+ 03:15+ 03:18+ 00:24+ 02:31+ 04:18+ 04:17+ 03:49+ 03:08+ 12:08+ 04:06+ 15:47+ 04:45+ 03:15+ 03:18+ 00:24+			
8	Barbara Dresel	77	1:02:07
04:35+ 10:36+ 14:16+ 17:56+ 22:31+ 31:52+ 38:44+ 46:15+ 51:36+ 56:17+ 61:37+ 62:07+ 04:35+ 06:01+ 03:40+ 03:40+ 04:35+ 09:21+ 06:52+ 07:31+ 05:21+ 04:41+ 05:20+ 00:30+ 04:35+ 06:01+ 03:40+ 03:40+ 04:35+ 09:21+ 06:52+ 07:31+ 05:21+ 04:41+ 05:20+ 00:30+			
9	Grete Zachariassen	41	1:04:27
04:26+ 09:48+ 13:22+ 16:36+ 21:34+ 35:28+ 40:05+ 48:31+ 54:18+ 59:38+ 64:02+ 64:27+ 04:26+ 05:22+ 03:34+ 03:14+ 04:58+ 13:54+ 04:37+ 08:26+ 05:47+ 05:20+ 04:24+ 00:25+ 04:26+ 05:22+ 03:34+ 03:14+ 04:58+ 13:54+ 04:37+ 08:26+ 05:47+ 05:20+ 04:24+ 00:25+			
10	Ingelise Baden	58	1:05:43
03:14+ 09:29+ 14:00+ 17:56+ 22:32+ 36:52+ 42:05+ 49:26+ 55:18+ 60:10+ 65:10+ 65:43+ 03:14+ 06:15+ 04:31+ 03:56+ 04:36+ 14:20+ 05:13+ 07:21+ 05:52+ 04:52+ 05:00+ 00:33+ 03:14+ 06:15+ 04:31+ 03:56+ 04:36+ 14:20+ 05:13+ 07:21+ 05:52+ 04:52+ 05:00+ 00:33+			
11	Jakob Holm	NOTEAM	1:18:23
10:45+ 17:13+ 21:46+ 25:52+ 31:38+ 42:17+ 48:44+ 58:54+ 66:05+ 71:24+ 77:07+ 78:23+ 10:45+ 06:28+ 04:33+ 04:06+ 05:46+ 10:39+ 06:27+ 10:10+ 07:11+ 05:19+ 05:43+ 01:16+ 10:45+ 06:28+ 04:33+ 04:06+ 05:46+ 10:39+ 06:27+ 10:10+ 07:11+ 05:19+ 05:43+ 01:16+			

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D65

1	Ayoe Berg	53	37:12
02:27= 05:29= 08:00= 10:30= 16:17= 22:05= 24:39= 31:46= 35:19= 36:51= 37:12= 02:27= 03:02= 02:31= 02:30= 05:47= 05:48= 02:34= 07:07= 03:33= 01:32= 00:21= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Kate Nielsen	63	37:23
02:49+ 05:23- 08:18+ 10:55+ 17:06+ 21:57- 24:30- 30:13- 35:04- 36:58+ 37:23+ 02:49+ 02:34- 02:55+ 02:37+ 06:11+ 04:51- 02:33- 05:43- 04:51+ 01:54+ 00:25+ 00:22# 00:28- 00:24# 00:07+ 00:24+ 00:57- 00:01- 01:24- 01:18& 00:22# 00:04#			
3	Inge Løvig Pedersen	80	39:26
02:57+ 05:25- 08:01+ 10:46+ 17:35+ 22:42+ 25:36+ 32:06+ 37:04+ 39:07+ 39:26+ 02:57+ 02:28- 02:36+ 02:45+ 06:49+ 05:07- 02:54+ 06:30- 04:58+ 02:03+ 00:19- 00:30# 00:34- 00:05+ 00:15# 01:02# 00:41- 00:20# 00:37- 01:25& 00:31& 00:02-			

Plass	Navn	Klasse									Tid
D65											
4	Birgitte Birck	3									39:29
02:57+	05:51+	08:53+	11:49+	17:51+	23:06+	25:49+	31:48+	37:16+	39:07+	39:29+	
02:57+	02:54-	03:02+	02:56+	06:02+	05:15-	02:43+	05:59-	05:28+	01:51+	00:22+	
00:30#	00:08-	00:31#	00:26#	00:15+	00:33-	00:09+	01:08-	01:55&	00:19#	00:01+	
5	Ingrid Johannsen	78									41:17
02:38+	05:04+	08:05+	12:35+	19:04+	24:30+	27:57+	34:41+	39:09+	40:52+	41:17+	
02:38+	02:26+	03:01+	04:30+	06:29+	05:26+	03:27+	06:44+	04:28+	01:43+	00:25+	
02:38+	02:26+	03:01+	04:30+	06:29+	05:26+	03:27+	06:44+	04:28+	01:43+	00:25+	
6	Inge Price Jensen	53									42:42
03:17+	07:22+	10:50+	13:56+	21:43+	26:39+	29:45+	35:53+	40:10+	42:14+	42:42+	
03:17+	04:05+	03:28+	03:06+	07:47+	04:56+	03:06+	06:08+	04:17+	02:04+	00:28+	
03:17+	04:05+	03:28+	03:06+	07:47+	04:56+	03:06+	06:08+	04:17+	02:04+	00:28+	
7	Tove Damgaard	70									44:03
03:07+	06:50+	12:00+	14:57+	22:11+	27:57+	30:58+	37:05+	41:57+	43:40+	44:03+	
03:07+	03:43+	05:10+	02:57+	07:14+	05:46+	03:01+	06:07+	04:52+	01:43+	00:23+	
03:07+	03:43+	05:10+	02:57+	07:14+	05:46+	03:01+	06:07+	04:52+	01:43+	00:23+	
8	Gitte Isen	22									46:05
03:23+	07:42+	11:24+	14:51+	23:22+	28:41+	31:38+	39:03+	43:55+	45:42+	46:05+	
03:23+	04:19+	03:42+	03:27+	08:31+	05:19+	02:57+	07:25+	04:52+	01:47+	00:23+	
03:23+	04:19+	03:42+	03:27+	08:31+	05:19+	02:57+	07:25+	04:52+	01:47+	00:23+	
9	Tove Jakobsen	78									46:25
03:09+	06:28+	09:30+	12:33+	21:27+	26:42+	29:55+	38:50+	44:09+	45:58+	46:25+	
03:09+	03:19+	03:02+	03:03+	08:54+	05:15+	03:13+	08:55+	05:19+	01:49+	00:27+	
03:09+	03:19+	03:02+	03:03+	08:54+	05:15+	03:13+	08:55+	05:19+	01:49+	00:27+	
10	Susanne Baun	26									47:38
03:36+	08:48+	12:25+	16:00+	23:50+	30:09+	33:41+	40:18+	45:29+	47:14+	47:38+	
03:36+	05:12+	03:37+	03:35+	07:50+	06:19+	03:32+	06:37+	05:11+	01:45+	00:24+	
03:36+	05:12+	03:37+	03:35+	07:50+	06:19+	03:32+	06:37+	05:11+	01:45+	00:24+	
11	Gerd Fossestøl	43									49:57
03:30+	08:15+	11:49+	15:11+	24:26+	30:17+	34:32+	41:23+	47:29+	49:32+	49:57+	
03:30+	04:45+	03:34+	03:22+	09:15+	05:51+	04:15+	06:51+	06:06+	02:03+	00:25+	
03:30+	04:45+	03:34+	03:22+	09:15+	05:51+	04:15+	06:51+	06:06+	02:03+	00:25+	
12	Lone Marianne Jensen	45									53:02
03:39+	07:52+	11:27+	14:43+	24:57+	32:00+	36:11+	44:33+	50:29+	52:36+	53:02+	
03:39+	04:13+	03:35+	03:16+	10:14+	07:03+	04:11+	08:22+	05:56+	02:07+	00:26+	
03:39+	04:13+	03:35+	03:16+	10:14+	07:03+	04:11+	08:22+	05:56+	02:07+	00:26+	
13	Eva Emanuelsson	18									53:35
03:47+	09:39+	13:32+	17:18+	25:48+	32:44+	36:31+	44:51+	50:55+	53:09+	53:35+	
03:47+	05:52+	03:53+	03:46+	08:30+	06:56+	03:47+	08:20+	06:04+	02:14+	00:26+	
03:47+	05:52+	03:53+	03:46+	08:30+	06:56+	03:47+	08:20+	06:04+	02:14+	00:26+	
14	Susanne Karlshøj	45									53:56
02:59+	09:46+	12:46+	15:54+	30:16+	36:09+	39:06+	45:48+	51:33+	53:29+	53:56+	
02:59+	06:47+	03:00+	03:08+	14:22+	05:53+	02:57+	06:42+	05:45+	01:56+	00:27+	
02:59+	06:47+	03:00+	03:08+	14:22+	05:53+	02:57+	06:42+	05:45+	01:56+	00:27+	
15	Anne Karin Ribe	85									57:10
04:18+	08:33+	12:34+	16:51+	28:05+	34:57+	38:35+	47:33+	54:27+	56:43+	57:10+	
04:18+	04:15+	04:01+	04:17+	11:14+	06:52+	03:38+	08:58+	06:54+	02:16+	00:27+	
04:18+	04:15+	04:01+	04:17+	11:14+	06:52+	03:38+	08:58+	06:54+	02:16+	00:27+	

Plass	Navn			Klasse						Tid
D65										
16	Birgitte Bach			91						57:17
04:18+	08:08+	12:26+	16:50+	26:49+	34:57+	38:53+	48:24+	54:32+	56:49+	57:17+
04:18+	03:50+	04:18+	04:24+	09:59+	08:08+	03:56+	09:31+	06:08+	02:17+	00:28+
04:18+	03:50+	04:18+	04:24+	09:59+	08:08+	03:56+	09:31+	06:08+	02:17+	00:28+
17	Jytte Sørensen			Amok						58:31
03:26+	08:07+	11:56+	15:39+	25:59+	35:50+	41:58+	49:08+	55:57+	58:04+	58:31+
03:26+	04:41+	03:49+	03:43+	10:20+	09:51+	06:08+	07:10+	06:49+	02:07+	00:27+
03:26+	04:41+	03:49+	03:43+	10:20+	09:51+	06:08+	07:10+	06:49+	02:07+	00:27+
18	Hanne Ljungberg			Ok Syd						58:33
03:26+	08:17+	13:14+	17:15+	28:05+	35:13+	42:58+	50:05+	56:22+	58:09+	58:33+
03:26+	04:51+	04:57+	04:01+	10:50+	07:08+	07:45+	07:07+	06:17+	01:47+	00:24+
03:26+	04:51+	04:57+	04:01+	10:50+	07:08+	07:45+	07:07+	06:17+	01:47+	00:24+
19	Bente Pedersen			55						1:01:39
04:22+	08:38+	12:45+	16:37+	26:23+	38:00+	41:30+	49:18+	58:24+	61:14+	61:39+
04:22+	04:16+	04:07+	03:52+	09:46+	11:37+	03:30+	07:48+	09:06+	02:50+	00:25+
04:22+	04:16+	04:07+	03:52+	09:46+	11:37+	03:30+	07:48+	09:06+	02:50+	00:25+
20	Inger Schibsted			76						1:08:19
04:21+	07:59+	12:35+	16:23+	25:37+	39:14+	44:24+	56:31+	65:21+	67:51+	68:19+
04:21+	03:38+	04:36+	03:48+	09:14+	13:37+	05:10+	12:07+	08:50+	02:30+	00:28+
04:21+	03:38+	04:36+	03:48+	09:14+	13:37+	05:10+	12:07+	08:50+	02:30+	00:28+
21	Elisabeth Holth Johannessen			76						1:11:39
03:46+	07:44+	23:43+	27:16+	35:54+	48:36+	53:22+	61:35+	69:12+	71:39+	73:01+
03:46+	03:58+	15:59+	03:33+	08:38+	12:42+	04:46+	08:13+	07:37+	02:27+	01:22+
03:46+	03:58+	15:59+	03:33+	08:38+	12:42+	04:46+	08:13+	07:37+	02:27+	01:22+
22	Lene Kofoed Petersen			26						1:19:53
03:24+	10:06+	29:50+	33:49+	45:39+	53:39+	57:39+	68:10+	76:29+	79:19+	79:53+
03:24+	06:42+	19:44+	03:59+	11:50+	08:00+	04:00+	10:31+	08:19+	02:50+	00:34+
03:24+	06:42+	19:44+	03:59+	11:50+	08:00+	04:00+	10:31+	08:19+	02:50+	00:34+
23	Hanne Frost			6						1:31:16
12:04+	18:30+	25:29+	32:35+	47:45+	60:44+	66:27+	78:16+	88:10+	90:44+	91:16+
12:04+	06:26+	06:59+	07:06+	15:10+	12:59+	05:43+	11:49+	09:54+	02:34+	00:32+
12:04+	06:26+	06:59+	07:06+	15:10+	12:59+	05:43+	11:49+	09:54+	02:34+	00:32+

Beste stræktid for klassen

= Som klassevinner, - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D70

1	Siri Økstad										51	25:45
03:25=	05:06=	06:26=	13:17=	16:32=	18:00=	20:20=	22:33=	25:22=	25:45=			
03:25=	01:41=	01:20=	06:51=	03:15=	01:28=	02:20=	02:13=	02:49=	00:23=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Björg Svanberg										76	26:43
02:30=	04:12=	05:25=	13:38+	18:04+	20:22+	22:09+	24:36+	26:17+	26:43+			
02:30=	01:42+	01:13=	08:13+	04:26+	02:18+	01:47=	02:27+	01:41=	00:26+			
00:55=	00:01+	00:07=	01:22#	01:11#	00:50#	00:33=	00:14#	01:00=	00:03#			

Plass	Navn	Klasse								Tid
D70										
3	Anne-Berit Rasmussen		70						29:52	
03:15-	05:12+	06:38+	15:19+	19:25+	21:35+	24:51+	27:37+	29:27+	29:52+	
03:15-	01:57+	01:26+	08:41+	04:06+	02:10+	03:16+	02:46+	01:50-	00:25+	
00:10-	00:16#	00:06+	01:50&	00:51&	00:42&	00:56&	00:33#	00:59-	00:02+	
4	Pia Gade		91						30:02	
03:22+	05:39+	07:24+	15:38+	19:48+	21:51+	24:23+	27:42+	29:38+	30:02+	
03:22+	02:17+	01:45+	08:14+	04:10+	02:03+	02:32+	03:19+	01:56+	00:24+	
03:22+	02:17+	01:45+	08:14+	04:10+	02:03+	02:32+	03:19+	01:56+	00:24+	
5	Annlou Husen		11						32:00	
03:29+	07:04+	08:29+	18:47+	22:52+	24:46+	26:56+	29:30+	31:30+	32:00+	
03:29+	03:35+	01:25+	10:18+	04:05+	01:54+	02:10+	02:34+	02:00+	00:30+	
03:29+	03:35+	01:25+	10:18+	04:05+	01:54+	02:10+	02:34+	02:00+	00:30+	
6	Tove Straarup		26						32:22	
03:10+	05:05+	06:36+	18:15+	21:51+	24:14+	26:43+	30:15+	31:58+	32:22+	
03:10+	01:55+	01:31+	11:39+	03:36+	02:23+	02:29+	03:32+	01:43+	00:24+	
03:10+	01:55+	01:31+	11:39+	03:36+	02:23+	02:29+	03:32+	01:43+	00:24+	
7	Kirsten Bobach		92						34:09	
03:51+	06:17+	07:51+	18:59+	24:19+	26:13+	28:29+	31:36+	33:39+	34:09+	
03:51+	02:26+	01:34+	11:08+	05:20+	01:54+	02:16+	03:07+	02:03+	00:30+	
03:51+	02:26+	01:34+	11:08+	05:20+	01:54+	02:16+	03:07+	02:03+	00:30+	
8	Monica Roeling		Kovz						34:13	
04:28+	07:25+	08:58+	19:11+	23:23+	25:30+	28:20+	31:43+	33:48+	34:13+	
04:28+	02:57+	01:33+	10:13+	04:12+	02:07+	02:50+	03:23+	02:05+	00:25+	
04:28+	02:57+	01:33+	10:13+	04:12+	02:07+	02:50+	03:23+	02:05+	00:25+	
9	Bente Ingvarlsen		Hok						37:17	
04:20+	07:05+	08:45+	18:49+	24:06+	26:21+	29:31+	33:51+	36:37+	37:17+	
04:20+	02:45+	01:40+	10:04+	05:17+	02:15+	03:10+	04:20+	02:46+	00:40+	
04:20+	02:45+	01:40+	10:04+	05:17+	02:15+	03:10+	04:20+	02:46+	00:40+	
10	Helle Truelsen		Hok						38:28	
05:15+	07:53+	09:49+	19:39+	25:03+	27:19+	30:25+	34:50+	37:46+	38:28+	
05:15+	02:38+	01:56+	09:50+	05:24+	02:16+	03:06+	04:25+	02:56+	00:42+	
05:15+	02:38+	01:56+	09:50+	05:24+	02:16+	03:06+	04:25+	02:56+	00:42+	
11	Birthe Møller		45						40:13	
03:57+	06:22+	08:01+	16:24+	21:08+	26:41+	29:05+	37:13+	39:42+	40:13+	
03:57+	02:25+	01:39+	08:23+	04:44+	05:33+	02:24+	08:08+	02:29+	00:31+	
03:57+	02:25+	01:39+	08:23+	04:44+	05:33+	02:24+	08:08+	02:29+	00:31+	
12	Karen-Lisbeth Fredberg		78						45:33	
03:38+	07:08+	08:35+	20:51+	25:01+	27:04+	38:32+	43:06+	45:05+	45:33+	
03:38+	03:30+	01:27+	12:16+	04:10+	02:03+	11:28+	04:34+	01:59+	00:28+	
03:38+	03:30+	01:27+	12:16+	04:10+	02:03+	11:28+	04:34+	01:59+	00:28+	
13	Lilli Hansen		57						46:01	
05:31+	09:00+	11:05+	25:41+	31:15+	33:54+	37:44+	42:45+	45:28+	46:01+	
05:31+	03:29+	02:05+	14:36+	05:34+	02:39+	03:50+	05:01+	02:43+	00:33+	
05:31+	03:29+	02:05+	14:36+	05:34+	02:39+	03:50+	05:01+	02:43+	00:33+	
14	Pia Grønbjerg Hansen		57						48:33	
05:28+	09:03+	11:16+	25:37+	31:31+	34:07+	37:48+	43:49+	47:44+	48:33+	
05:28+	03:35+	02:13+	14:21+	05:54+	02:36+	03:41+	06:01+	03:55+	00:49+	
05:28+	03:35+	02:13+	14:21+	05:54+	02:36+	03:41+	06:01+	03:55+	00:49+	

13-07-2025 10:15:20 Side:14

Plass	Navn	Klasse	Tid
D75			
9	Trille Ditlevsen	26	40:54
09:49+ 12:02+ 13:35+ 21:55+ 26:24+ 28:29+ 34:51+ 38:11+ 40:24+ 40:54+			
09:49+ 02:13+ 01:33+ 08:20+ 04:29+ 02:05+ 06:22+ 03:20+ 02:13+ 00:30+			
06:22@ 00:12+ 00:19& 01:21# 00:44# 00:29& 03:54@ 00:12+ 00:12+ 00:05#			
10	Edith Sørensen	92	42:31
04:30+ 14:01+ 15:43+ 25:14+ 30:37+ 33:19+ 36:07+ 39:36+ 42:00+ 42:31+			
04:30+ 09:31+ 01:42+ 09:31+ 05:23+ 02:42+ 02:48+ 03:29+ 02:24+ 00:31+			
04:30+ 09:31+ 01:42+ 09:31+ 05:23+ 02:42+ 02:48+ 03:29+ 02:24+ 00:31+			
11	Elin Holm Jensen	26	48:03
06:03+ 14:08+ 16:00+ 29:11+ 34:37+ 36:57+ 40:02+ 44:11+ 47:17+ 48:03+			
06:03+ 08:05+ 01:52+ 13:11+ 05:26+ 02:20+ 03:05+ 04:09+ 03:06+ 00:46+			
06:03+ 08:05+ 01:52+ 13:11+ 05:26+ 02:20+ 03:05+ 04:09+ 03:06+ 00:46+			
12	Anne Marie Ceeberg	17	52:42
05:32+ 09:11+ 11:53+ 26:40+ 35:23+ 39:18+ 43:35+ 48:02+ 51:50+ 52:42+			
05:32+ 03:39+ 02:42+ 14:47+ 08:43+ 03:55+ 04:17+ 04:27+ 03:48+ 00:52+			
05:32+ 03:39+ 02:42+ 14:47+ 08:43+ 03:55+ 04:17+ 04:27+ 03:48+ 00:52+			
13	Britta Bobach	92	55:57
06:39+ 11:08+ 13:32+ 31:06+ 38:25+ 42:06+ 46:05+ 51:17+ 55:04+ 55:57+			
06:39+ 04:29+ 02:24+ 17:34+ 07:19+ 03:41+ 03:59+ 05:12+ 03:47+ 00:53+			
06:39+ 04:29+ 02:24+ 17:34+ 07:19+ 03:41+ 03:59+ 05:12+ 03:47+ 00:53+			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D80			
1	Jane Thode Jensen	45	26:08
03:11= 05:13= 06:31= 14:01= 17:52= 19:33= 21:41= 24:14= 25:46= 26:08=			
03:11= 02:02= 01:18= 07:30= 03:51= 01:41= 02:08= 02:33= 01:32= 00:22=			
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Marianne Lykking	Ok73	38:03
04:26+ 07:01+ 08:57+ 19:33+ 25:05+ 27:26+ 30:27+ 35:05+ 37:30+ 38:03+			
04:26+ 02:35+ 01:56+ 10:36+ 05:32+ 02:21+ 03:01+ 04:38+ 02:25+ 00:33+			
01:15& 00:33& 00:38& 03:06& 01:41& 00:40& 00:53& 02:05& 00:53& 00:11&			
3	Rigmor Schou	40	40:08
03:51+ 06:21+ 07:54+ 25:52+ 29:56+ 31:45+ 33:44+ 37:29+ 39:41+ 40:08+			
03:51+ 02:30+ 01:33+ 17:58+ 04:04+ 01:49+ 01:59- 03:45+ 02:12+ 00:27+			
00:40# 00:28# 00:15# 10:28@ 00:13+ 00:08+ 00:09- 01:12& 00:40& 00:05#			
4	Else Roesgaard	45	43:10
04:40+ 07:25+ 09:14+ 24:11+ 29:52+ 32:36+ 35:40+ 39:46+ 42:39+ 43:10+			
04:40+ 02:45+ 01:49+ 14:57+ 05:41+ 02:44+ 03:04+ 04:06+ 02:53+ 00:31+			
01:29& 00:43& 00:31& 07:27& 01:50& 01:03& 00:56& 01:33& 01:21& 00:09&			
5	Aase Thyssen	26	44:55
04:57+ 08:03+ 10:27+ 24:25+ 30:38+ 33:22+ 36:47+ 41:12+ 44:17+ 44:55+			
04:57+ 03:06+ 02:24+ 13:58+ 06:13+ 02:44+ 03:25+ 04:25+ 03:05+ 00:38+			
01:46& 01:04& 01:06& 06:28& 02:22& 01:03& 01:17& 01:52& 01:33@ 00:16&			

Plass	Navn	Klasse	Tid
D80			

6	Randi Splittorff									84	46:30
04:56+	08:07+	09:50+	21:21+	27:30+	29:32+	32:03+	35:46+	45:50+	46:30+		
04:56+	03:11+	01:43+	11:31+	06:09+	02:02+	02:31+	03:43+	10:04+	00:40+		
01:45&	01:09&	00:25&	04:01&	02:18&	00:21#	00:23#	01:10&	08:32@	00:18&		
7	Ulla Valnert									Ok73	52:10
05:38+	09:12+	11:42+	29:17+	35:56+	39:11+	43:00+	48:06+	51:29+	52:10+		
05:38+	03:34+	02:30+	17:35+	06:39+	03:15+	03:49+	05:06+	03:23+	00:41+		
05:38+	03:34+	02:30+	17:35+	06:39+	03:15+	03:49+	05:06+	03:23+	00:41+		

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H10

1	Erik Olaisen Brekke											94	19:42	
00:40=	01:40=	03:37=	05:12=	06:54=	08:15=	10:04=	11:53=	14:23=	15:54=	18:04=	19:27=	19:42=		
00:40=	01:00=	01:57=	01:35=	01:42=	01:21=	01:49=	01:49=	02:30=	01:31=	02:10=	01:23=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Emil Andreas Omland Paulsrud											34	20:05	
00:37-	01:34-	03:13-	05:13+	06:35-	07:51-	10:17+	12:29+	15:02+	16:24+	18:35+	19:49+	20:05+		
00:37-	00:57-	01:39-	02:00+	01:22-	01:16-	02:26+	02:12+	02:33+	01:22-	02:11+	01:14-	00:16+		
00:03-	00:03-	00:18-	00:25&	00:20-	00:05-	00:37&	00:23#	00:03+	00:09-	00:01+	00:09-	00:01+		
3	Birk Hvidberg Tofte											53	20:47	
00:48+	02:02+	03:49+	05:35+	06:55+	08:17+	10:58+	12:52+	14:57+	16:47+	18:56+	20:31+	20:47+		
00:48+	01:14+	01:47-	01:46+	01:20-	01:22+	02:41+	01:54+	02:05-	01:50+	02:09-	01:35+	00:16+		
00:08#	00:14#	00:10-	00:11#	00:22-	00:01+	00:52&	00:05+	00:25-	00:19#	00:01-	00:12#	00:01+		
4	Simen sørensen											28	21:31	
00:41+	01:38-	03:22-	05:31+	08:30+	09:49+	12:26+	14:37+	17:00+	18:13+	20:09+	21:17+	21:31+		
00:41+	00:57-	01:44-	02:09+	02:59+	01:19-	02:37+	02:11+	02:23-	01:13-	01:56-	01:08-	00:14-		
00:01+	00:03-	00:13-	00:34&	01:17&	00:02-	00:48&	00:22#	00:07-	00:18-	00:14-	00:15-	00:01-		
5	Anton Kjeldgaard											25	22:36	
00:38-	01:33-	03:50+	06:43+	08:24+	09:44+	12:26+	14:44+	17:34+	19:09+	21:10+	22:17+	22:36+		
00:38-	00:55-	02:17+	02:53+	01:41-	01:20-	02:42+	02:18+	02:50+	01:35+	02:01-	01:07-	00:19+		
00:02-	00:05-	00:20#	01:18&	00:01-	00:01-	00:53&	00:29&	00:20#	00:04+	00:09-	00:16-	00:04&		

Beste stræktid for klassen

00:37 00:55 01:39 01:35 01:20 01:16 01:49 01:49 02:05 01:13 01:56 01:07 00:14

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H12

1	Brage Glende Stormoen								7	20:50
00:37=	02:50=	05:17=	06:18=	10:27=	13:07=	15:49=	18:40=	20:36=	20:50=	
00:37=	02:13=	02:27=	01:01=	04:09=	02:40=	02:42=	02:51=	01:56=	00:14=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn	Klasse	Tid
H12			
2	Gustav Hauge Haavengen	48	23:24
00:42+ 02:57+ 05:22+ 06:20+ 10:55+ 14:56+ 17:51+ 20:49+ 23:07+ 23:24+ 00:42+ 02:15+ 02:25- 00:58- 04:35+ 04:01+ 02:55+ 02:58+ 02:18+ 00:17+ 00:05# 00:02+ 00:02- 00:03- 00:26# 01:21& 00:13+ 00:07+ 00:22# 00:03#			
3	Henrik Omland Paulsrud	34	26:29
00:43+ 03:26+ 06:32+ 07:52+ 13:01+ 17:00+ 20:10+ 23:42+ 26:14+ 26:29+ 00:43+ 02:43+ 03:06+ 01:20+ 05:09+ 03:59+ 03:10+ 03:32+ 02:32+ 00:15+ 00:43+ 02:43+ 03:06+ 01:20+ 05:09+ 03:59+ 03:10+ 03:32+ 02:32+ 00:15+			

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H14

1	Ludvig Balchen Ludvigsen	31	35:05
03:03= 04:49= 07:06= 11:28= 13:56= 19:40= 20:51= 25:23= 28:59= 30:59= 32:23= 33:40= 34:51= 35:05= 03:03= 01:46= 02:17= 04:22= 02:28= 05:44= 01:11= 04:32= 03:36= 02:00= 01:24= 01:17= 01:11= 00:14= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Oskar Kjeldgaard	25	1:01:49
12:22+ 14:19+ 17:07+ 23:15+ 26:25+ 35:07+ 36:43+ 43:33+ 50:12+ 56:21+ 58:06+ 59:44+ 61:30+ 61:49+ 12:22+ 01:57+ 02:48+ 06:08+ 03:10+ 08:42+ 01:36+ 06:50+ 06:39+ 06:09+ 01:45+ 01:38+ 01:46+ 00:19+ 09:19@ 00:11# 00:31# 01:46& 00:42& 02:58& 00:25& 02:18& 03:03& 04:09@ 00:21# 00:21& 00:35& 00:05&			

Beste stræktid for klassen

03:03 01:46 02:17 04:22 02:28 05:44 01:11 04:32 03:36 02:00 01:24 01:17 01:11 00:14

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H14B

1	Jonas Traberg Nielsen	53	24:56
00:39= 02:42= 05:15= 06:16= 11:54= 15:58= 18:56= 22:16= 24:29= 24:56= 00:39= 02:03= 02:33= 01:01= 05:38= 04:04= 02:58= 03:20= 02:13= 00:27= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			

Beste stræktid for klassen

00:39 02:03 02:33 01:01 05:38 04:04 02:58 03:20 02:13 00:27

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H16

1	Elias Skaug-Danielsen	10	1:09:09
02:38= 04:28= 06:23= 10:35= 17:38= 20:19= 23:06= 25:46= 28:48= 30:53= 35:49= 46:09= 48:40= 57:33= 62:33= 66:05= 68:47= 69:09= 02:38= 01:50= 01:55= 04:12= 07:03= 02:41= 02:47= 02:40= 03:02= 02:05= 04:56= 10:20= 02:31= 08:53= 05:00= 03:32= 02:42= 00:22= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			

Beste stræktid for klassen

02:38 01:50 01:55 04:12 07:03 02:41 02:47 02:40 03:02 02:05 04:56 10:20 02:31 08:53 05:00 03:32 02:42 00:22

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Plass	Navn	Klasse	Tid
H18			
1	Sebastian Gotfred-Iversen	53	53:49
01:10=	03:51=	07:34=	10:09=
01:10=	02:41=	03:43=	02:35=
00:00=	00:00=	00:00=	00:00=
2	Sebastian Kramers Sørensen	55	1:23:47
02:16+	05:28+	10:41+	14:02+
02:16+	03:12+	05:13+	03:21+
01:06&	00:31#	01:30&	00:46&
Beste stræktid for klassen			
01:10	02:41	03:43	02:35
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H20B			
1	Thomas Gerardo Hansen Peterse	67	1:12:55
03:00=	05:29=	09:30=	15:41=
03:00=	02:29=	04:01=	06:11=
00:00=	00:00=	00:00=	00:00=
Beste stræktid for klassen			
03:00	02:29	04:01	06:11
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H21			
1	Ulrik Nielsen	87	57:54
00:58=	03:44+	05:25=	06:09=
00:58=	02:46=	01:41=	00:44=
00:00=	00:00=	00:00=	00:00=
2	Troels Christiansen	87	59:13
01:00+	03:40-	05:35+	06:19+
01:00+	02:40-	01:55+	00:44=
00:02+	00:06-	00:14#	00:00=
3	Oscar Terkelsen Garcia	57	1:02:03
00:58=	04:01+	05:59+	06:47+
00:58=	03:03+	01:58+	00:48+
00:00=	00:17#	00:17#	00:04+
4	Christian Bertel Andersen	Akif	1:13:07
01:35+	04:58+	07:21+	08:17+
01:35+	03:23+	02:23+	00:56+
00:37&	00:37#	00:42&	00:12&
5	Martin Møller	Akif	1:18:12
01:22+	05:32+	08:34+	09:27+
01:22+	04:10+	03:02+	00:53+
00:24&	01:24&	01:21&	00:09#

Plass	Navn	Klasse	Tid
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H21

6	Jes Mose Jensen					Akif					1:28:30										
05:58+	09:55+	12:49+	14:00+	16:14+	22:28+	29:11+	32:00+	40:09+	42:30+	45:11+	49:34+	52:51+	60:03+	61:19+	63:23+	69:59+	80:25+	84:13+	86:35+	88:10+	88:30+
05:58+	03:57+	02:54+	01:11+	02:14+	06:14+	06:43+	02:49+	08:09+	02:21+	02:41+	04:23+	03:17+	07:12+	01:16+	02:04+	06:36+	10:26+	03:48+	02:22+	01:35+	00:20+
05:00@	01:11&	01:13&	00:27&	00:55&	02:01&	02:02&	00:42&	02:56&	00:38&	00:09+	01:08&	01:08&	02:24&	00:23&	00:38&	02:24&	03:02&	01:07&	00:32&	00:31&	00:05&
7	Kristian Kramers Sørensen					55					1:29:08										
01:42+	14:11+	16:20+	17:35+	19:10+	24:31+	31:32+	34:29+	40:49+	43:03+	45:50+	49:54+	52:36+	62:28+	64:37+	66:46+	72:30+	80:55+	84:46+	87:18+	88:47+	89:08+
01:42+	12:29+	02:09+	01:15+	01:35+	05:21+	07:01+	02:57+	06:20+	02:14+	02:47+	04:04+	02:42+	09:52+	02:09+	02:09+	05:44+	08:25+	03:51+	02:32+	01:29+	00:21+
01:42+	12:29+	02:09+	01:15+	01:35+	05:21+	07:01+	02:57+	06:20+	02:14+	02:47+	04:04+	02:42+	09:52+	02:09+	02:09+	05:44+	08:25+	03:51+	02:32+	01:29+	00:21+
8	Patrick Dresel					77					1:30:43										
02:12+	06:18+	08:55+	10:07+	11:56+	17:53+	27:25+	30:10+	37:14+	39:15+	42:03+	46:52+	50:16+	57:24+	61:50+	64:11+	71:32+	80:34+	86:49+	89:06+	90:24+	90:43+
02:12+	04:06+	02:37+	01:12+	01:49+	05:57+	09:32+	02:45+	07:04+	02:01+	02:48+	04:49+	03:24+	07:08+	04:26+	02:21+	07:21+	09:02+	06:15+	02:17+	01:18+	00:19+
02:12+	04:06+	02:37+	01:12+	01:49+	05:57+	09:32+	02:45+	07:04+	02:01+	02:48+	04:49+	03:24+	07:08+	04:26+	02:21+	07:21+	09:02+	06:15+	02:17+	01:18+	00:19+
9	Daniel Nobel					58					1:42:43										
07:33+	15:13+	17:51+	19:14+	21:06+	27:11+	34:16+	38:51+	48:40+	55:35+	58:22+	62:38+	65:39+	71:53+	73:31+	75:23+	82:50+	94:18+	98:53+	101:05+	102:22+	102:43+
07:33+	07:40+	02:38+	01:23+	01:52+	06:05+	07:05+	04:35+	09:49+	06:55+	02:47+	04:16+	03:01+	06:14+	01:38+	01:52+	07:27+	11:28+	04:35+	02:12+	01:17+	00:21+
07:33+	07:40+	02:38+	01:23+	01:52+	06:05+	07:05+	04:35+	09:49+	06:55+	02:47+	04:16+	03:01+	06:14+	01:38+	01:52+	07:27+	11:28+	04:35+	02:12+	01:17+	00:21+
10	Frederik Erskov Krogh					67					1:42:58										
02:01+	07:01+	10:12+	11:20+	13:37+	20:25+	28:27+	31:47+	41:21+	45:55+	49:45+	56:30+	61:00+	69:44+	71:29+	73:56+	82:53+	93:49+	98:22+	101:12+	102:38+	102:58+
02:01+	05:00+	03:11+	01:08+	02:17+	06:48+	08:02+	03:20+	09:34+	04:34+	03:50+	06:45+	04:30+	08:44+	01:45+	02:27+	08:57+	10:56+	04:33+	02:50+	01:26+	00:20+
02:01+	05:00+	03:11+	01:08+	02:17+	06:48+	08:02+	03:20+	09:34+	04:34+	03:50+	06:45+	04:30+	08:44+	01:45+	02:27+	08:57+	10:56+	04:33+	02:50+	01:26+	00:20+
11	Rasmus Thyssen Harfot					26					1:45:35										
01:51+	10:29+	13:11+	14:14+	16:15+	23:33+	31:48+	35:41+	44:48+	48:19+	51:19+	56:39+	60:25+	70:07+	71:32+	74:05+	82:25+	93:00+	100:13+	103:19+	105:11+	105:35+
01:51+	08:38+	02:42+	01:03+	02:01+	07:18+	08:15+	03:53+	09:07+	03:31+	03:00+	05:20+	03:46+	09:42+	01:25+	02:33+	08:20+	10:35+	07:13+	03:06+	01:52+	00:24+
01:51+	08:38+	02:42+	01:03+	02:01+	07:18+	08:15+	03:53+	09:07+	03:31+	03:00+	05:20+	03:46+	09:42+	01:25+	02:33+	08:20+	10:35+	07:13+	03:06+	01:52+	00:24+

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H21B

1	Tomas Torgersen												51	36:48	
02:44=	04:28=	06:59=	11:06=	13:43=	20:18=	21:30=	25:34=	29:27=	31:49=	33:31=	35:01=	36:30=	36:48=		
02:44=	01:44=	02:31=	04:07=	02:37=	06:35=	01:12=	04:04=	03:53=	02:22=	01:42=	01:30=	01:29=	00:18=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Kim Gotfred-Iversen												53	47:47	
03:34+	05:26+	07:53+	12:12+	14:43+	21:43+	23:12+	35:08+	39:30+	42:50+	44:26+	46:07+	47:29+	47:47+		
03:34+	01:52+	02:27-	04:19+	02:31-	07:00+	01:29+	11:56+	04:22+	03:20+	01:36-	01:41+	01:22-	00:18=		
00:50&	00:08+	00:04-	00:12+	00:06-	00:25+	00:17#	07:52@	00:29#	00:58&	00:06-	00:11#	00:07-	00:00=		
3	Mads Andreassen												22	1:25:54	
05:39+	09:39+	15:26+	26:43+	31:14+	46:29+	49:05+	59:07+	70:02+	75:20+	78:37+	82:25+	85:26+	85:54+		
05:39+	04:00+	05:47+	11:17+	04:31+	15:15+	02:36+	10:02+	10:55+	05:18+	03:17+	03:48+	03:01+	00:28+		
02:55@	02:16@	03:16@	07:10@	01:54&	08:40@	01:24@	05:58@	07:02@	02:56@	01:35&	02:18@	01:32@	00:10&		

Beste stræktid for klassen

02:44 01:44 02:27 04:07 02:31 06:35 01:12 04:04 03:53 02:22 01:36 01:30 01:22 00:18

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Plass	Navn	Klasse										Tid									
H35																					
1	Håvar Birkeland Stormoen										86	56:18									
01:02=	03:50=	07:45=	10:13=	12:17=	17:39=	20:22=	23:47=	30:02=	31:49=	35:49=	42:12=	44:05=	50:05=	53:11=	54:50=	56:02=	56:18=				
01:02=	02:48=	03:55=	02:28=	02:04=	05:22=	02:43=	03:25=	06:15=	01:47=	04:00=	06:23=	01:53=	06:00=	03:06=	01:39=	01:12=	00:16=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Erik Feyling Haare										35	59:56									
01:33+	04:19+	08:07+	10:57+	13:10+	19:07+	21:58+	27:03+	33:19+	35:05+	39:28+	44:31+	46:12+	53:07+	56:40+	58:26+	59:42+	59:56+				
01:33+	02:46-	03:48-	02:50+	02:13+	05:57+	02:51+	05:05+	06:16+	01:46-	04:23+	05:03-	01:41-	06:55+	03:33+	01:46+	01:16+	00:14-				
00:31&	00:02-	00:07-	00:22#	00:09+	00:35#	00:08+	01:40&	00:01+	00:01-	00:23+	01:20-	00:12-	00:55#	00:27#	00:07+	00:04+	00:02-				
3	Mads Godvin Jensen										78	1:28:08									
01:53+	05:34+	11:30+	15:45+	18:48+	28:27+	32:41+	37:56+	47:00+	50:12+	55:34+	65:46+	70:14+	77:04+	84:02+	86:20+	87:47+	88:08+				
01:53+	03:41+	05:56+	04:15+	03:03+	09:39+	04:14+	05:15+	09:04+	03:12+	05:22+	10:12+	04:28+	06:50+	06:58+	02:18+	01:27+	00:21+				
00:51&	00:53&	02:01&	01:47&	00:59&	04:17&	01:31&	01:50&	02:49&	01:25&	01:22&	03:49&	02:35@	00:50#	03:52@	00:39&	00:15#	00:05&				
Beste stræktid for klassen																					
01:02	02:46	03:48	02:28	02:04	05:22	02:43	03:25	06:15	01:46	04:00	05:03	01:41	06:00	03:06	01:39	01:12	00:14				
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																					
H40																					
1	Bjarke Refslund										Ok Pan	56:44									
01:13=	04:01=	07:50=	10:22=	12:24=	17:53=	20:40=	24:22=	30:07=	31:41=	35:06=	41:40=	43:27=	49:25=	53:10=	55:06=	56:27=	56:44=				
01:13=	02:48=	03:49=	02:32=	02:02=	05:29=	02:47=	03:42=	05:45=	01:34=	03:25=	06:34=	01:47=	05:58=	03:45=	01:56=	01:21=	00:17=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Morten Fredh										60	1:23:53									
07:30+	11:04+	16:27+	20:07+	23:01+	31:08+	34:44+	39:47+	48:12+	50:46+	56:02+	62:37+	65:05+	75:26+	79:43+	82:01+	83:33+	83:53+				
07:30+	03:34+	05:23+	03:40+	02:54+	08:07+	03:36+	05:03+	08:25+	02:34+	05:16+	06:35+	02:28+	10:21+	04:17+	02:18+	01:32+	00:20+				
06:17@	00:46&	01:34&	01:08&	00:52&	02:38&	00:49&	01:21&	02:40&	01:00&	01:51&	00:01+	00:41&	04:23&	00:32#	00:22#	00:11#	00:03#				
3	Torben Kragh										Ok Pan	1:25:42									
03:31+	08:36+	13:34+	17:14+	21:07+	29:56+	33:38+	38:14+	46:33+	48:49+	54:22+	61:40+	64:20+	74:15+	80:09+	83:43+	85:19+	85:42+				
03:31+	05:05+	04:58+	03:40+	03:53+	08:49+	03:42+	04:36+	08:19+	02:16+	05:33+	07:18+	02:40+	09:55+	05:54+	03:34+	01:36+	00:23+				
02:18@	02:17&	01:09&	01:08&	01:51&	03:20&	00:55&	00:54#	02:34&	00:42&	02:08&	00:44#	00:53&	03:57&	02:09&	01:38&	00:15#	00:06&				
4	Kasper Tofte										53	1:28:32									
07:48+	11:02+	15:48+	18:59+	21:37+	30:06+	34:05+	42:28+	49:47+	55:49+	61:28+	68:14+	71:13+	79:57+	84:27+	86:46+	88:12+	88:32+				
07:48+	03:14+	04:46+	03:11+	02:38+	08:29+	03:59+	08:23+	07:19+	06:02+	05:39+	06:46+	02:59+	08:44+	04:30+	02:19+	01:26+	00:20+				
06:35@	00:26#	00:57#	00:39&	00:36&	03:00&	01:12&	04:41@	01:34&	04:28@	02:14&	00:12+	01:12&	02:46&	00:45#	00:23#	00:05+	00:03#				
5	Kristian Traberg Larsen										53	1:47:37									
07:07+	12:03+	16:48+	19:37+	24:28+	33:10+	37:55+	44:32+	58:50+	62:30+	70:38+	81:54+	85:59+	95:32+	100:52+	104:08+	107:11+	107:37+				
07:07+	04:56+	04:45+	02:49+	04:51+	08:42+	04:45+	06:37+	14:18+	03:40+	08:08+	11:16+	04:05+	09:33+	05:20+	03:16+	03:03+	00:26+				
05:54@	02:08&	00:56#	00:17#	02:49@	03:13&	01:58&	02:55&	08:33@	02:06@	04:43@	04:42&	02:18@	03:35&	01:35&	01:20&	01:42@	00:09&				
Beste stræktid for klassen																					
01:13	02:48	03:49	02:32	02:02	05:29	02:47	03:42	05:45	01:34	03:25	06:34	01:47	05:58	03:45	01:56	01:21	00:17				
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																					

H45

Plass	Navn	Klasse										Tid							
H45																			
1	Kenneth Buch	57										40:21							
	01:51=	03:22=	04:21=	06:46=	10:31=	11:56=	13:36=	15:23=	17:38=	18:48=	21:56=	26:02=	27:40=	32:59=	35:43=	37:31=	40:06=	40:21=	
	01:51=	01:31=	00:59=	02:25=	03:45=	01:25=	01:40=	01:47=	02:15=	01:10=	03:08=	04:06=	01:38=	05:19=	02:44=	01:48=	02:35=	00:15=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arild Nomeland	8										42:23							
	01:44+	02:59+	03:48+	05:56+	11:34+	12:57+	14:38+	16:27+	18:43+	20:24+	23:13+	27:09+	28:44+	33:39+	36:53+	40:09+	42:06+	42:23+	
	01:44+	01:15+	00:49+	02:08+	05:38+	01:23+	01:41+	01:49+	02:16+	01:41+	02:49+	03:56+	01:35+	04:55+	03:14+	03:16+	01:57+	00:17+	
	01:44+	01:15+	00:49+	02:08+	05:38+	01:23+	01:41+	01:49+	02:16+	01:41+	02:49+	03:56+	01:35+	04:55+	03:14+	03:16+	01:57+	00:17+	
3	Frode Øverøyen Balchen	52										50:51							
	01:56+	03:29+	04:26+	07:18+	11:24+	13:05+	15:08+	17:04+	19:29+	21:08+	25:15+	31:27+	33:12+	40:15+	45:24+	48:04+	50:35+	50:51+	
	01:56+	01:33+	00:57+	02:52+	04:06+	01:41+	02:03+	01:56+	02:25+	01:39+	04:07+	06:12+	01:45+	07:03+	05:09+	02:40+	02:31+	00:16+	
	01:56+	01:33+	00:57+	02:52+	04:06+	01:41+	02:03+	01:56+	02:25+	01:39+	04:07+	06:12+	01:45+	07:03+	05:09+	02:40+	02:31+	00:16+	
4	Thorkild Jensen	71										1:01:58							
	04:46+	06:32+	07:34+	10:56+	16:02+	18:09+	20:12+	22:38+	26:16+	28:22+	32:04+	41:19+	43:37+	51:55+	55:59+	59:25+	61:43+	61:58+	
	04:46+	01:46+	01:02+	03:22+	05:06+	02:07+	02:03+	02:26+	03:38+	02:06+	03:42+	09:15+	02:18+	08:18+	04:04+	03:26+	02:18+	00:15+	
	04:46+	01:46+	01:02+	03:22+	05:06+	02:07+	02:03+	02:26+	03:38+	02:06+	03:42+	09:15+	02:18+	08:18+	04:04+	03:26+	02:18+	00:15+	
5	Jan Nielsen	32										1:08:02							
	02:39+	04:37+	05:42+	09:28+	15:17+	17:38+	20:59+	25:23+	29:02+	31:56+	37:44+	47:11+	49:38+	57:43+	62:11+	65:10+	67:42+	68:02+	
	02:39+	01:58+	01:05+	03:46+	05:49+	02:21+	03:21+	04:24+	03:39+	02:54+	05:48+	09:27+	02:27+	08:05+	04:28+	02:59+	02:32+	00:20+	
	02:39+	01:58+	01:05+	03:46+	05:49+	02:21+	03:21+	04:24+	03:39+	02:54+	05:48+	09:27+	02:27+	08:05+	04:28+	02:59+	02:32+	00:20+	
Beste stræktid for klassen																			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																			
H50																			
1	Stefan Keller	26										42:21							
	01:56=	04:56=	07:59=	10:42=	11:31=	13:24=	18:01=	23:00=	26:03=	32:07=	35:17=	36:26=	38:55=	41:00=	42:07=	42:21=			
	01:56=	03:00=	03:03=	02:43=	00:49=	01:53=	04:37=	04:59=	03:03=	06:04=	03:10=	01:09=	02:29=	02:05=	01:07=	00:14=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Erik Paulsrud	34										43:37							
	02:28+	03:39-	06:29-	09:06-	10:01-	11:59-	16:53-	22:15-	24:48-	30:48-	34:16-	35:28-	40:11+	42:01+	43:19+	43:37+			
	02:28+	01:11-	02:50-	02:37-	00:55+	01:58+	04:54+	05:22+	02:33-	06:00-	03:28+	01:12+	04:43+	01:50-	01:18+	00:18+			
	00:32&	01:49-	00:13-	00:06-	00:06#	00:05+	00:17+	00:23+	00:30-	00:04-	00:18+	00:03+	02:14&	00:15-	00:11#	00:04&			
3	Pål Haavengen	48										44:20							
	02:07+	03:30-	06:20-	09:11-	10:02-	11:56-	17:13-	22:59-	25:13-	34:12+	37:18+	38:28+	40:46+	42:36+	44:00+	44:20+			
	02:07+	01:23-	02:50-	02:51+	00:51+	01:54+	05:17+	05:46+	02:14-	08:59+	03:06-	01:10+	02:18-	01:50-	01:24+	00:20+			
	00:11+	01:37-	00:13-	00:08+	00:02+	00:01+	00:40#	00:47#	00:49-	02:55&	00:04-	00:01+	00:11-	00:15-	00:17&	00:06&			
4	Henrik Uhlemann	33										48:15							
	01:25-	03:11-	05:50-	09:06-	10:05-	12:19-	17:01-	22:51-	28:11+	36:06+	39:36+	40:55+	44:16+	46:31+	47:54+	48:15+			
	01:25-	01:46-	02:39-	03:16+	00:59+	02:14+	04:42+	05:50+	05:20+	07:55+	03:30+	01:19+	03:21+	02:15+	01:23+	00:21+			
	00:31-	01:14-	00:24-	00:33#	00:10#	00:21#	00:05+	00:51#	02:17&	01:51&	00:20#	00:10#	00:52&	00:10+	00:16#	00:07&			
5	Jan Tore Ludvigsen	31										48:44							
	01:49-	04:00-	07:44-	10:50+	11:47+	14:22+	19:41+	25:58+	29:37+	37:04+	41:01+	42:21+	45:03+	46:59+	48:25+	48:44+			
	01:49-	02:11-	03:44+	03:06+	00:57+	02:35+	05:19+	06:17+	03:39+	07:27+	03:57+	01:20+	02:42+	01:56-	01:26+	00:19+			
	00:07-	00:49-	00:41#	00:23#	00:08#	00:42&	00:42#	01:18&	00:36#	01:23#	00:47#	00:11#	00:13+	00:09-	00:19&	00:05&			

Plass	Navn	Klasse										Tid			
H50															
6	Jens Liengård	63										49:34			
01:45-	05:19+	08:24+	11:03+	12:02+	14:26+	19:19+	26:42+	29:45+	36:05+	39:23+	40:37+	45:56+	48:01+	49:16+	49:34+
01:45-	03:34+	03:05+	02:39-	00:59+	02:24+	04:53+	07:23+	03:03=	06:20+	03:18+	01:14+	05:19+	02:05=	01:15+	00:18+
00:11-	00:34#	00:02+	00:04-	00:10#	00:31&	00:16+	02:24&	00:00=	00:16+	00:08+	00:05+	02:50@	00:00=	00:08#	00:04&
7	Lars Berglund	73										57:31			
01:57+	11:01+	14:58+	18:19+	19:24+	21:37+	27:32+	34:27+	37:18+	45:55+	49:30+	50:50+	53:24+	55:38+	57:08+	57:31+
01:57+	09:04+	03:57+	03:21+	01:05+	02:13+	05:55+	06:55+	02:51+	08:37+	03:35+	01:20+	02:34+	02:14+	01:30+	00:23+
01:57+	09:04+	03:57+	03:21+	01:05+	02:13+	05:55+	06:55+	02:51+	08:37+	03:35+	01:20+	02:34+	02:14+	01:30+	00:23+
8	Torben Speldt	Amok										58:57			
04:41+	08:06+	11:36+	15:02+	16:16+	18:32+	24:34+	31:19+	34:39+	42:49+	48:50+	50:27+	54:36+	57:05+	58:36+	58:57+
04:41+	03:25+	03:30+	03:26+	01:14+	02:16+	06:02+	06:45+	03:20+	08:10+	06:01+	01:37+	04:09+	02:29+	01:31+	00:21+
04:41+	03:25+	03:30+	03:26+	01:14+	02:16+	06:02+	06:45+	03:20+	08:10+	06:01+	01:37+	04:09+	02:29+	01:31+	00:21+
9	Endre Stokseth	49										1:05:30			
01:54+	04:17+	09:04+	13:48+	15:15+	20:17+	28:09+	35:05+	38:35+	49:11+	54:34+	56:31+	59:42+	62:33+	64:55+	65:30+
01:54+	02:23+	04:47+	04:44+	01:27+	05:02+	07:52+	06:56+	03:30+	10:36+	05:23+	01:57+	03:11+	02:51+	02:22+	00:35+
01:54+	02:23+	04:47+	04:44+	01:27+	05:02+	07:52+	06:56+	03:30+	10:36+	05:23+	01:57+	03:11+	02:51+	02:22+	00:35+
10	Peter R. Pallesen	Ok Syd										1:10:34			
09:22+	12:26+	16:26+	22:23+	23:38+	26:27+	33:57+	42:25+	46:07+	54:49+	60:01+	62:26+	65:50+	68:40+	70:11+	70:34+
09:22+	03:04+	04:00+	05:57+	01:15+	02:49+	07:30+	08:28+	03:42+	08:42+	05:12+	02:25+	03:24+	02:50+	01:31+	00:23+
09:22+	03:04+	04:00+	05:57+	01:15+	02:49+	07:30+	08:28+	03:42+	08:42+	05:12+	02:25+	03:24+	02:50+	01:31+	00:23+
11	Nils Ceeberg	5										1:16:41			
02:36+	05:50+	11:00+	15:57+	17:40+	21:06+	30:29+	40:24+	45:37+	57:10+	63:09+	65:25+	69:53+	73:54+	76:12+	76:41+
02:36+	03:14+	05:10+	04:57+	01:43+	03:26+	09:23+	09:55+	05:13+	11:33+	05:59+	02:16+	04:28+	04:01+	02:18+	00:29+
02:36+	03:14+	05:10+	04:57+	01:43+	03:26+	09:23+	09:55+	05:13+	11:33+	05:59+	02:16+	04:28+	04:01+	02:18+	00:29+
12	Steinar Lande	9										1:21:03			
05:01+	11:11+	16:17+	20:53+	22:17+	25:20+	34:01+	42:51+	47:33+	60:20+	67:18+	70:07+	74:44+	78:25+	80:34+	81:03+
05:01+	06:10+	05:06+	04:36+	01:24+	03:03+	08:41+	08:50+	04:42+	12:47+	06:58+	02:49+	04:37+	03:41+	02:09+	00:29+
05:01+	06:10+	05:06+	04:36+	01:24+	03:03+	08:41+	08:50+	04:42+	12:47+	06:58+	02:49+	04:37+	03:41+	02:09+	00:29+
13	Anders Kjeldgaard	25										1:23:03			
03:23+	07:35+	14:22+	21:40+	23:24+	27:42+	36:33+	45:43+	50:29+	60:18+	65:50+	68:13+	77:31+	80:56+	82:35+	83:03+
03:23+	04:12+	06:47+	07:18+	01:44+	04:18+	08:51+	09:10+	04:46+	09:49+	05:32+	02:23+	09:18+	03:25+	01:39+	00:28+
03:23+	04:12+	06:47+	07:18+	01:44+	04:18+	08:51+	09:10+	04:46+	09:49+	05:32+	02:23+	09:18+	03:25+	01:39+	00:28+
Beste stræktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.															
H55															
1	Rudolf Sørensen	55										44:17			
02:09=	04:16=	08:26=	12:53=	15:23=	17:24=	20:09=	23:45=	26:12=	28:39=	34:23=	38:42=	42:23=	43:57=	44:17=	
02:09=	02:07=	04:10=	04:27=	02:30=	02:01=	02:45=	03:36=	02:27=	02:27=	05:44=	04:19=	03:41=	01:34=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Matthias Taurit	89										46:54			
02:03-	04:03-	07:51-	11:56-	14:41-	16:43-	20:54+	23:58+	27:23+	30:00+	37:35+	41:35+	45:10+	46:34+	46:54+	
02:03-	02:00-	03:48-	04:05-	02:45+	02:02+	04:11+	03:04-	03:25+	02:37+	07:35+	04:00-	03:35-	01:24-	00:20=	
00:06-	00:07-	00:22-	00:22-	00:15#	00:01+	01:26&	00:32-	00:58&	00:10+	01:51&	00:19-	00:06-	00:10-	00:00=	

Plass	Navn	Klasse										Tid				
H55																
3	Niels Jensen						55					47:03				
02:32+	05:09+	10:16+	14:38+	17:56+	20:00+	24:00+	27:08+	29:58+	32:47+	37:21+	41:51+	45:14+	46:45+	47:03+		
02:32+	02:37+	05:07+	04:22-	03:18+	02:04+	04:00+	03:08-	02:50+	02:49+	04:34-	04:30+	03:23-	01:31-	00:18-		
00:23#	00:30#	00:57#	00:05-	00:48&	00:03+	01:15&	00:28-	00:23#	00:22#	01:10-	00:11+	00:18-	00:03-	00:02-		
4	Søren Diget						79					49:45				
02:44+	05:27+	10:01+	14:31+	17:31+	20:14+	24:15+	27:45+	30:14+	32:54+	40:30+	44:25+	48:07+	49:25+	49:45+		
02:44+	02:43+	04:34+	04:30+	03:00+	02:43+	04:01+	03:30+	02:29+	02:40+	07:36+	03:55+	03:42+	01:18+	00:20+		
02:44+	02:43+	04:34+	04:30+	03:00+	02:43+	04:01+	03:30+	02:29+	02:40+	07:36+	03:55+	03:42+	01:18+	00:20+		
5	Espen Fyhn Nilsen						82					52:02				
02:18+	04:45+	10:20+	15:25+	18:09+	21:41+	25:09+	28:48+	31:38+	34:25+	41:53+	46:36+	50:09+	51:42+	52:02+		
02:18+	02:27+	05:35+	05:05+	02:44+	03:32+	03:28+	03:39+	02:50+	02:47+	07:28+	04:43+	03:33+	01:33+	00:20+		
02:18+	02:27+	05:35+	05:05+	02:44+	03:32+	03:28+	03:39+	02:50+	02:47+	07:28+	04:43+	03:33+	01:33+	00:20+		
6	Jakob Albahn						Thok					53:21				
05:35+	07:40+	12:34+	17:07+	19:23+	21:31+	25:03+	28:06+	30:38+	33:25+	43:20+	47:02+	51:27+	53:00+	53:21+		
05:35+	02:05+	04:54+	04:33+	02:16+	02:08+	03:32+	03:03+	02:32+	02:47+	09:55+	03:42+	04:25+	01:33+	00:21+		
05:35+	02:05+	04:54+	04:33+	02:16+	02:08+	03:32+	03:03+	02:32+	02:47+	09:55+	03:42+	04:25+	01:33+	00:21+		
7	Thomas Sørensen						59					55:06				
02:52+	05:27+	10:35+	16:00+	18:54+	21:26+	25:10+	28:38+	31:42+	34:42+	43:57+	48:39+	53:01+	54:41+	55:06+		
02:52+	02:35+	05:08+	05:25+	02:54+	02:32+	03:44+	03:28+	03:04+	03:00+	09:15+	04:42+	04:22+	01:40+	00:25+		
02:52+	02:35+	05:08+	05:25+	02:54+	02:32+	03:44+	03:28+	03:04+	03:00+	09:15+	04:42+	04:22+	01:40+	00:25+		
8	Henning Schou						63					56:11				
02:32+	05:14+	11:13+	17:16+	20:30+	22:56+	26:44+	30:56+	34:53+	38:03+	44:40+	50:20+	54:11+	55:49+	56:11+		
02:32+	02:42+	05:59+	06:03+	03:14+	02:26+	03:48+	04:12+	03:57+	03:10+	06:37+	05:40+	03:51+	01:38+	00:22+		
02:32+	02:42+	05:59+	06:03+	03:14+	02:26+	03:48+	04:12+	03:57+	03:10+	06:37+	05:40+	03:51+	01:38+	00:22+		
9	Alfred Møller						Ifs					57:36				
02:20+	04:49+	09:51+	14:26+	20:12+	22:36+	26:32+	33:27+	36:12+	40:31+	47:47+	52:17+	55:44+	57:18+	57:36+		
02:20+	02:29+	05:02+	04:35+	05:46+	02:24+	03:56+	06:55+	02:45+	04:19+	07:16+	04:30+	03:27+	01:34+	00:18+		
02:20+	02:29+	05:02+	04:35+	05:46+	02:24+	03:56+	06:55+	02:45+	04:19+	07:16+	04:30+	03:27+	01:34+	00:18+		
10	Tommy Iversen						53					1:00:04				
02:33+	05:01+	09:52+	14:13+	18:09+	26:35+	30:06+	33:35+	36:31+	39:47+	49:01+	53:35+	57:54+	59:38+	60:04+		
02:33+	02:28+	04:51+	04:21+	03:56+	08:26+	03:31+	03:29+	02:56+	03:16+	09:14+	04:34+	04:19+	01:44+	00:26+		
02:33+	02:28+	04:51+	04:21+	03:56+	08:26+	03:31+	03:29+	02:56+	03:16+	09:14+	04:34+	04:19+	01:44+	00:26+		
11	Michael Termansen						Ok Syd					1:05:01				
02:38+	07:35+	13:08+	18:40+	22:19+	25:58+	33:58+	37:42+	40:52+	44:00+	50:53+	55:30+	63:12+	64:45+	65:01+		
02:38+	04:57+	05:33+	05:32+	03:39+	03:39+	08:00+	03:44+	03:10+	03:08+	06:53+	04:37+	07:42+	01:33+	00:16+		
02:38+	04:57+	05:33+	05:32+	03:39+	03:39+	08:00+	03:44+	03:10+	03:08+	06:53+	04:37+	07:42+	01:33+	00:16+		
12	Peter Gammeljord						63					1:10:31				
02:38+	05:33+	12:03+	18:15+	21:41+	24:44+	38:24+	43:00+	47:05+	50:12+	59:07+	64:20+	68:37+	70:08+	70:31+		
02:38+	02:55+	06:30+	06:12+	03:26+	03:03+	13:40+	04:36+	04:05+	03:07+	08:55+	05:13+	04:17+	01:31+	00:23+		
02:38+	02:55+	06:30+	06:12+	03:26+	03:03+	13:40+	04:36+	04:05+	03:07+	08:55+	05:13+	04:17+	01:31+	00:23+		
13	Thomas Lindschouw						92					1:13:09				
03:31+	07:38+	15:20+	22:25+	26:03+	29:07+	33:40+	38:25+	42:04+	50:07+	60:19+	66:07+	70:47+	72:39+	73:09+		
03:31+	04:07+	07:42+	07:05+	03:38+	03:04+	04:33+	04:45+	03:39+	08:03+	10:12+	05:48+	04:40+	01:52+	00:30+		
03:31+	04:07+	07:42+	07:05+	03:38+	03:04+	04:33+	04:45+	03:39+	08:03+	10:12+	05:48+	04:40+	01:52+	00:30+		
14	Lasse Madsen						40					1:20:56				
03:06+	05:37+	11:58+	23:16+	41:08+	44:10+	50:05+	54:11+	57:27+	62:14+	69:08+	74:28+	78:33+	80:30+	80:56+		
03:06+	02:31+	06:21+	11:18+	17:52+	03:02+	05:55+	04:06+	03:16+	04:47+	06:54+	05:20+	04:05+	01:57+	00:26+		
03:06+	02:31+	06:21+	11:18+	17:52+	03:02+	05:55+	04:06+	03:16+	04:47+	06:54+	05:20+	04:05+	01:57+	00:26+		

Plass	Navn	Klasse	Tid
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H55

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H60

1	Idar Brekke												94					36:07
01:51=	03:31=	04:51=	06:51=	08:20=	16:26=	20:03=	21:44=	25:04=	28:43=	31:14=	33:26=	35:47=	36:07=					
01:51=	01:40=	01:20=	02:00=	01:29=	08:06=	03:37=	01:41=	03:20=	03:39=	02:31=	02:12=	02:21=	00:20=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Stein-Arne Alnæs												72					36:41
01:59+	03:29-	04:26-	06:54+	08:18-	13:39-	17:39-	19:11-	22:36-	26:48-	29:46-	32:47-	36:10+	36:41+					
01:59+	01:30-	00:57-	02:28+	01:24-	05:21-	04:00+	01:32-	03:25+	04:12+	02:58+	03:01+	03:23+	00:31+					
00:08+	00:10-	00:23-	00:28#	00:05-	02:45-	00:23#	00:09-	00:05+	00:33#	00:27#	00:49&	01:02&	00:11&					
3	Kenn Heldgaard Kristensen												22					42:21
02:41+	04:59+	06:26+	08:58+	10:58+	17:15+	21:45+	23:49+	28:34+	33:21+	36:18+	39:32+	42:02+	42:21+					
02:41+	02:18+	01:27+	02:32+	02:00+	06:17-	04:30+	02:04+	04:45+	04:47+	02:57+	03:14+	02:30+	00:19-					
00:50&	00:38&	00:07+	00:32&	00:31&	01:49-	00:53#	00:23#	01:25&	01:08&	00:26#	01:02&	00:09+	00:01-					
4	Per Eg Pedersen												33					44:12
02:24+	04:27+	05:48+	08:30+	10:31+	17:41+	21:53+	23:57+	28:27+	33:55+	37:13+	40:31+	43:51+	44:12+					
02:24+	02:03+	01:21+	02:42+	02:01+	07:10-	04:12+	02:04+	04:30+	05:28+	03:18+	03:18+	03:20+	00:21+					
00:33&	00:23#	00:01+	00:42&	00:32&	00:56-	00:35#	00:23#	01:10&	01:49&	00:47&	01:06&	00:59&	00:01+					
5	Morten Christensen												22					44:37
02:48+	04:54+	06:10+	09:00+	10:52+	18:12+	22:51+	25:05+	30:06+	35:19+	38:21+	41:31+	44:16+	44:37+					
02:48+	02:06+	01:16-	02:50+	01:52+	07:20-	04:39+	02:14+	05:01+	05:13+	03:02+	03:10+	02:45+	00:21+					
00:57&	00:26&	00:04-	00:50&	00:23&	00:46-	01:02&	00:33&	01:41&	01:34&	00:31#	00:58&	00:24#	00:01+					
6	Karsten Jøhnk												Ok Syd					45:35
02:59+	05:41+	06:58+	09:49+	11:53+	19:32+	23:43+	26:24+	30:29+	35:32+	38:55+	42:06+	45:12+	45:35+					
02:59+	02:42+	01:17-	02:51+	02:04+	07:39-	04:11+	02:41+	04:05+	05:03+	03:23+	03:11+	03:06+	00:23+					
01:08&	01:02&	00:03-	00:51&	00:35&	00:27-	00:34#	01:00&	00:45#	01:24&	00:52&	00:59&	00:45&	00:03#					
8	Jens Ozol												78					48:11
02:56+	05:03+	06:22+	09:03+	11:33+	19:29+	24:24+	26:45+	31:15+	36:22+	39:59+	44:23+	47:52+	48:11+					
02:56+	02:07+	01:19-	02:41+	02:30+	07:56-	04:55+	02:21+	04:30+	05:07+	03:37+	04:24+	03:29+	00:19-					
01:05&	00:27&	00:01-	00:41&	01:01&	00:10-	01:18&	00:40&	01:10&	01:28&	01:06&	02:12&	01:08&	00:01-					
9	Lennart Bo Kristiansen												91					50:23
02:53+	05:12+	06:45+	09:44+	11:51+	19:54+	24:41+	29:28+	34:04+	40:44+	44:12+	47:20+	50:01+	50:23+					
02:53+	02:19+	01:33+	02:59+	02:07+	08:03-	04:47+	04:47+	04:36+	06:40+	03:28+	03:08+	02:41+	00:22+					
01:02&	00:39&	00:13#	00:59&	00:38&	00:03-	01:10&	03:06@	01:16&	03:01&	00:57&	00:56&	00:20#	00:02#					
10	Lars Nissen												55					51:38
03:16+	05:41+	07:22+	10:23+	13:06+	21:47+	28:03+	30:45+	35:43+	41:24+	45:23+	48:34+	51:16+	51:38+					
03:16+	02:25+	01:41+	03:01+	02:43+	08:41+	06:16+	02:42+	04:58+	05:41+	03:59+	03:11+	02:42+	00:22+					
01:25&	00:45&	00:21&	01:01&	01:14&	00:35+	02:39&	01:01&	01:38&	02:02&	01:28&	00:59&	00:21#	00:02#					
11	Bjørn Sommer												1					55:09
08:28+	10:29+	11:42+	14:32+	16:21+	24:03+	28:39+	31:07+	35:33+	40:44+	43:56+	51:44+	54:48+	55:09+					
08:28+	02:01+	01:13-	02:50+	01:49+	07:42-	04:36+	02:28+	04:26+	05:11+	03:12+	07:48+	03:04+	00:21+					
06:37@	00:21#	00:07-	00:50&	00:20#	00:24-	00:59&	00:47&	01:06&	01:32&	00:41&	05:36@	00:43&	00:01+					

Plass	Navn					Klasse					Tid				
H60															
12	Peter Krogh					67					56:34				
03:29+	06:29+	07:55+	13:08+	15:27+	24:10+	29:44+	34:23+	38:54+	43:53+	47:30+	53:18+	56:10+	56:34+		
03:29+	03:00+	01:26+	05:13+	02:19+	08:43+	05:34+	04:39+	04:31+	04:59+	03:37+	05:48+	02:52+	00:24+		
01:38&	01:20&	00:06+	03:13@	00:50&	00:37+	01:57&	02:58@	01:11&	01:20&	01:06&	03:36@	00:31#	00:04#		
13	Henrik Mathiesen					21					58:53				
02:48+	05:38+	07:09+	10:07+	12:58+	23:28+	29:16+	33:42+	40:13+	46:02+	50:25+	55:31+	58:32+	58:53+		
02:48+	02:50+	01:31+	02:58+	02:51+	10:30+	05:48+	04:26+	06:31+	05:49+	04:23+	05:06+	03:01+	00:21+		
02:48+	02:50+	01:31+	02:58+	02:51+	10:30+	05:48+	04:26+	06:31+	05:49+	04:23+	05:06+	03:01+	00:21+		
14	Peter Bæcker Hansen					67					1:04:15				
05:00+	07:05+	08:20+	11:36+	13:45+	22:42+	29:03+	31:42+	37:09+	43:11+	49:27+	58:41+	63:42+	64:15+		
05:00+	02:05+	01:15+	03:16+	02:09+	08:57+	06:21+	02:39+	05:27+	06:02+	06:16+	09:14+	05:01+	00:33+		
05:00+	02:05+	01:15+	03:16+	02:09+	08:57+	06:21+	02:39+	05:27+	06:02+	06:16+	09:14+	05:01+	00:33+		
15	Carsten Lind Clemmensen					Rsok					1:08:34				
03:20+	06:40+	08:36+	12:24+	15:34+	26:18+	36:40+	40:15+	48:17+	55:00+	60:07+	64:56+	68:07+	68:34+		
03:20+	03:20+	01:56+	03:48+	03:10+	10:44+	10:22+	03:35+	08:02+	06:43+	05:07+	04:49+	03:11+	00:27+		
03:20+	03:20+	01:56+	03:48+	03:10+	10:44+	10:22+	03:35+	08:02+	06:43+	05:07+	04:49+	03:11+	00:27+		
16	Lars Ozol					78					1:12:07				
04:01+	07:06+	09:11+	12:55+	16:29+	26:34+	33:19+	38:51+	45:04+	54:04+	58:58+	65:58+	71:45+	72:07+		
04:01+	03:05+	02:05+	03:44+	03:34+	10:05+	06:45+	05:32+	06:13+	09:00+	04:54+	07:00+	05:47+	00:22+		
04:01+	03:05+	02:05+	03:44+	03:34+	10:05+	06:45+	05:32+	06:13+	09:00+	04:54+	07:00+	05:47+	00:22+		
17	Lars Humle					Akif					1:22:20				
04:55+	08:20+	10:17+	14:34+	18:13+	32:48+	40:34+	47:54+	55:28+	63:32+	68:17+	76:22+	81:47+	82:20+		
04:55+	03:25+	01:57+	04:17+	03:39+	14:35+	07:46+	07:20+	07:34+	08:04+	04:45+	08:05+	05:25+	00:33+		
04:55+	03:25+	01:57+	04:17+	03:39+	14:35+	07:46+	07:20+	07:34+	08:04+	04:45+	08:05+	05:25+	00:33+		
18	Bjørn R. Christoffersen					84					1:23:17				
07:52+	11:18+	14:18+	18:27+	21:53+	36:05+	47:01+	51:53+	58:42+	66:21+	73:16+	77:59+	82:50+	83:17+		
07:52+	03:26+	03:00+	04:09+	03:26+	14:12+	10:56+	04:52+	06:49+	07:39+	06:55+	04:43+	04:51+	00:27+		
07:52+	03:26+	03:00+	04:09+	03:26+	14:12+	10:56+	04:52+	06:49+	07:39+	06:55+	04:43+	04:51+	00:27+		

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H65

1	Peter Østergaard		87								35:04			
	02:02=	05:31=	07:34=	09:30=	11:53=	17:45=	21:02=	25:23=	29:13=	32:04=	34:45=	35:04=		
	02:02=	03:29=	02:03=	01:56=	02:23=	05:52=	03:17=	04:21=	03:50=	02:51=	02:41=	00:19=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ole Gadsbølle		55								37:10			
	05:34+	08:48+	10:53+	12:56+	15:35+	20:58+	24:13+	28:29+	31:36+	34:13+	36:51+	37:10+		
	05:34+	03:14-	02:05+	02:03+	02:39+	05:23-	03:15-	04:16-	03:07-	02:37-	02:38-	00:19=		
	03:32@	00:15-	00:02+	00:07+	00:16#	00:29-	00:02-	00:05-	00:43-	00:14-	00:03-	00:00=		
3	Jess Rasmussen		91								37:27			
	01:44-	05:26-	07:49+	10:03+	13:07+	19:19+	22:36+	27:34+	31:26+	34:26+	37:10+	37:27+		
	01:44-	03:42+	02:23+	02:14+	03:04+	06:12+	03:17=	04:58+	03:52+	03:00+	02:44+	00:17-		
	00:18-	00:13+	00:20#	00:18#	00:41&	00:20+	00:00=	00:37#	00:02+	00:09+	00:03+	00:02-		

Plass	Navn	Klasse	Tid
H65			
4	Kristen Ribe	85	38:34
01:43-01:43-00:19-	05:53+04:10+00:41#	08:22+02:29+00:26#	10:36+02:14+00:18#
	13:46+03:10+00:47&	20:29+06:43+00:51#	24:07+03:38+00:21#
	28:47+04:40+00:19+	32:24+03:37-00:13-	35:18+02:54+00:03+
	38:12+02:54+00:13+	38:34+00:22+00:03#	
5	Per Filskov	63	40:36
02:50+02:50+02:50+	06:46+03:56+03:56+	09:05+02:19+02:19+	11:22+02:17+02:17+
	14:20+02:58+02:58+	21:47+07:27+07:27+	25:19+03:32+03:32+
	30:17+04:58+04:58+	34:13+03:56+03:56+	37:10+02:57+02:57+
	40:15+03:05+03:05+	40:36+00:21+00:21+	
6	Mogens Vennevold	90	41:17
07:44+07:44+07:44+	10:54+03:10+03:10+	13:20+02:26+02:26+	15:15+01:55+01:55+
	17:42+02:27+02:27+	23:05+05:23+05:23+	26:49+03:44+03:44+
	31:31+04:42+04:42+	35:19+03:48+03:48+	38:14+02:55+02:55+
	40:57+02:43+02:43+	41:17+00:20+00:20+	
7	Klavs Madsen	53	41:21
08:41+08:41+08:41+	11:57+03:16+03:16+	14:27+02:30+02:30+	16:37+02:10+02:10+
	19:20+02:43+02:43+	24:39+05:19+05:19+	27:56+03:17+03:17+
	32:42+04:46+04:46+	35:37+02:55+02:55+	38:22+02:45+02:45+
	41:00+02:38+02:38+	41:21+00:21+00:21+	
8	Egon Sloth	93	42:04
02:26+02:26+02:26+	06:03+03:37+03:37+	08:41+02:38+02:38+	10:56+02:15+02:15+
	13:47+09:12+09:12+	22:59+03:30+03:30+	26:29+05:35+05:35+
	32:04+04:00+04:00+	36:04+02:51+02:51+	38:55+02:49+02:49+
	41:44+00:20+00:20+	42:04+00:20+00:20+	
9	Axel Oscar Damgaard	70	42:26
03:26+03:26+03:26+	07:13+03:47+03:47+	09:43+02:30+02:30+	12:05+02:22+02:22+
	15:05+03:00+03:00+	21:43+06:38+06:38+	25:21+03:38+03:38+
	31:14+05:53+05:53+	35:31+04:17+04:17+	38:41+03:10+03:10+
	41:59+03:18+03:18+	42:26+00:27+00:27+	
10	Peter H Juhl	58	44:15
03:49+03:49+03:49+	08:24+04:35+04:35+	11:10+02:46+02:46+	13:33+02:23+02:23+
	16:38+03:05+03:05+	23:12+06:34+06:34+	26:32+03:20+03:20+
	33:02+06:30+06:30+	36:55+03:53+03:53+	40:11+03:16+03:16+
	43:48+03:37+03:37+	44:15+00:27+00:27+	
11	Morten Karlsen	42	44:49
01:38+01:38+01:38+	06:03+04:25+04:25+	08:54+02:51+02:51+	11:50+02:56+02:56+
	15:37+03:47+03:47+	22:42+07:05+07:05+	27:14+04:32+04:32+
	32:54+05:40+05:40+	37:32+04:38+04:38+	41:06+03:34+03:34+
	44:27+03:21+03:21+	44:49+00:22+00:22+	
12	Søren Sloth	12	45:51
06:19+06:19+06:19+	10:32+04:13+04:13+	12:52+02:20+02:20+	15:16+02:24+02:24+
	18:08+02:52+02:52+	26:28+08:20+08:20+	30:00+03:32+03:32+
	35:05+05:05+05:05+	39:03+03:58+03:58+	42:19+03:16+03:16+
	45:29+03:10+03:10+	45:51+00:22+00:22+	
13	Arne Bertelsen	58	46:20
05:15+05:15+05:15+	09:39+04:24+04:24+	12:15+02:36+02:36+	14:59+02:44+02:44+
	17:56+02:57+02:57+	24:56+07:00+07:00+	28:42+03:46+03:46+
	34:54+06:12+06:12+	39:17+04:23+04:23+	42:25+03:08+03:08+
	46:00+03:35+03:35+	46:20+00:20+00:20+	
14	Jens Bentsen	67	47:12
02:58+02:58+02:58+	07:26+04:28+04:28+	10:10+02:44+02:44+	12:50+02:40+02:40+
	17:17+04:27+04:27+	28:19+11:02+11:02+	31:59+03:40+03:40+
	36:52+04:53+04:53+	40:37+03:45+03:45+	43:49+03:12+03:12+
	46:49+03:00+03:00+	47:12+00:23+00:23+	
15	Christian Schibsed	76	47:33
03:30+03:30+03:30+	07:50+04:20+04:20+	10:40+02:50+02:50+	12:50+02:10+02:10+
	25:33+02:50+02:50+	31:07+05:34+05:34+	37:01+05:54+05:54+
	41:00+03:59+03:59+	44:03+03:03+03:03+	47:10+03:07+03:07+
	47:33+00:23+00:23+		

Plass	Navn		Klasse									Tid
H65												
16	Roar Nydal		76									48:53
05:56+	10:51+	13:38+	15:55+	19:00+	26:16+	29:58+	37:02+	41:59+	45:17+	48:25+	48:53+	
05:56+	04:55+	02:47+	02:17+	03:05+	07:16+	03:42+	07:04+	04:57+	03:18+	03:08+	00:28+	
05:56+	04:55+	02:47+	02:17+	03:05+	07:16+	03:42+	07:04+	04:57+	03:18+	03:08+	00:28+	
17	Lars T. Munch		63									49:58
02:31+	06:59+	09:57+	13:01+	16:38+	24:57+	29:03+	34:56+	40:19+	46:10+	49:34+	49:58+	
02:31+	04:28+	02:58+	03:04+	03:37+	08:19+	04:06+	05:53+	05:23+	05:51+	03:24+	00:24+	
02:31+	04:28+	02:58+	03:04+	03:37+	08:19+	04:06+	05:53+	05:23+	05:51+	03:24+	00:24+	
18	Søren Klingenberg		14									50:49
04:58+	09:18+	12:15+	15:04+	18:36+	28:37+	32:20+	37:37+	41:59+	45:17+	50:25+	50:49+	
04:58+	04:20+	02:57+	02:49+	03:32+	10:01+	03:43+	05:17+	04:22+	03:18+	05:08+	00:24+	
04:58+	04:20+	02:57+	02:49+	03:32+	10:01+	03:43+	05:17+	04:22+	03:18+	05:08+	00:24+	
19	Gert Johannesen		80									51:57
01:41+	06:34+	09:49+	12:44+	16:19+	29:46+	33:49+	39:57+	44:55+	48:30+	51:29+	51:57+	
01:41+	04:53+	03:15+	02:55+	03:35+	13:27+	04:03+	06:08+	04:58+	03:35+	02:59+	00:28+	
01:41+	04:53+	03:15+	02:55+	03:35+	13:27+	04:03+	06:08+	04:58+	03:35+	02:59+	00:28+	
20	Peer Stiansen		47									52:15
02:45+	07:37+	10:10+	12:57+	16:27+	30:06+	34:27+	39:58+	44:25+	48:31+	51:49+	52:15+	
02:45+	04:52+	02:33+	02:47+	03:30+	13:39+	04:21+	05:31+	04:27+	04:06+	03:18+	00:26+	
02:45+	04:52+	02:33+	02:47+	03:30+	13:39+	04:21+	05:31+	04:27+	04:06+	03:18+	00:26+	
21	Søren Dall		58									52:50
05:41+	12:35+	15:25+	18:04+	21:16+	30:06+	37:09+	42:46+	46:17+	49:30+	52:28+	52:50+	
05:41+	06:54+	02:50+	02:39+	03:12+	08:50+	07:03+	05:37+	03:31+	03:13+	02:58+	00:22+	
05:41+	06:54+	02:50+	02:39+	03:12+	08:50+	07:03+	05:37+	03:31+	03:13+	02:58+	00:22+	
22	Erling Trankjær		Hok									52:50
03:04+	07:51+	10:47+	13:42+	17:24+	28:45+	34:08+	40:27+	44:45+	49:20+	52:23+	52:50+	
03:04+	04:47+	02:56+	02:55+	03:42+	11:21+	05:23+	06:19+	04:18+	04:35+	03:03+	00:27+	
03:04+	04:47+	02:56+	02:55+	03:42+	11:21+	05:23+	06:19+	04:18+	04:35+	03:03+	00:27+	
23	Søren Søgaard Nielsen		22									53:58
04:07+	08:57+	12:06+	15:19+	19:24+	29:41+	33:55+	41:48+	46:46+	50:25+	53:34+	53:58+	
04:07+	04:50+	03:09+	03:13+	04:05+	10:17+	04:14+	07:53+	04:58+	03:39+	03:09+	00:24+	
04:07+	04:50+	03:09+	03:13+	04:05+	10:17+	04:14+	07:53+	04:58+	03:39+	03:09+	00:24+	
24	Bjørn Stormoen		7									56:28
02:00+	11:02+	13:45+	16:20+	20:00+	33:33+	37:27+	42:43+	47:26+	53:15+	56:06+	56:28+	
02:00+	09:02+	02:43+	02:35+	03:40+	13:33+	03:54+	05:16+	04:43+	05:49+	02:51+	00:22+	
02:00+	09:02+	02:43+	02:35+	03:40+	13:33+	03:54+	05:16+	04:43+	05:49+	02:51+	00:22+	
25	Svend Erik Skovsgaard		91									58:37
04:40+	10:43+	14:38+	18:14+	22:29+	32:34+	37:55+	45:06+	50:17+	54:35+	58:13+	58:37+	
04:40+	06:03+	03:55+	03:36+	04:15+	10:05+	05:21+	07:11+	05:11+	04:18+	03:38+	00:24+	
04:40+	06:03+	03:55+	03:36+	04:15+	10:05+	05:21+	07:11+	05:11+	04:18+	03:38+	00:24+	
26	Bent Aakjær		53									59:56
02:48+	07:58+	11:07+	14:26+	23:44+	35:28+	40:13+	47:31+	52:28+	56:13+	59:34+	59:56+	
02:48+	05:10+	03:09+	03:19+	09:18+	11:44+	04:45+	07:18+	04:57+	03:45+	03:21+	00:22+	
02:48+	05:10+	03:09+	03:19+	09:18+	11:44+	04:45+	07:18+	04:57+	03:45+	03:21+	00:22+	
27	Niels Stadel		78									1:00:03
04:31+	08:27+	10:51+	13:18+	16:13+	38:35+	43:07+	49:19+	54:02+	56:58+	59:42+	60:03+	
04:31+	03:56+	02:24+	02:27+	02:55+	22:22+	04:32+	06:12+	04:43+	02:56+	02:44+	00:21+	
04:31+	03:56+	02:24+	02:27+	02:55+	22:22+	04:32+	06:12+	04:43+	02:56+	02:44+	00:21+	

Plass	Navn	Klasse	Tid
H65			
28	Torben Karlshøj	45	1:00:27
15:41+	19:31+ 22:16+ 24:50+ 28:01+	37:34+ 41:29+ 48:32+ 53:44+	57:12+ 60:06+ 60:27+
15:41+	03:50+ 02:45+ 02:34+ 03:11+	09:33+ 03:55+ 07:03+ 05:12+	03:28+ 02:54+ 00:21+
15:41+	03:50+ 02:45+ 02:34+ 03:11+	09:33+ 03:55+ 07:03+ 05:12+	03:28+ 02:54+ 00:21+
29	Carsten Helligsø	32	1:01:51
07:10+	12:12+ 16:06+ 20:04+ 24:01+	35:53+ 40:53+ 48:43+ 54:00+	57:46+ 61:24+ 61:51+
07:10+	05:02+ 03:54+ 03:58+ 03:57+	11:52+ 05:00+ 07:50+ 05:17+	03:46+ 03:38+ 00:27+
07:10+	05:02+ 03:54+ 03:58+ 03:57+	11:52+ 05:00+ 07:50+ 05:17+	03:46+ 03:38+ 00:27+
30	Erik Andersen	53	1:04:15
03:07+	09:31+ 13:22+ 17:25+ 21:56+	33:39+ 38:49+ 46:35+ 53:08+	58:43+ 63:42+ 64:15+
03:07+	06:24+ 03:51+ 04:03+ 04:31+	11:43+ 05:10+ 07:46+ 06:33+	05:35+ 04:59+ 00:33+
03:07+	06:24+ 03:51+ 04:03+ 04:31+	11:43+ 05:10+ 07:46+ 06:33+	05:35+ 04:59+ 00:33+
31	Niels Aabye	6	1:04:17
03:45+	08:55+ 12:17+ 15:37+ 19:43+	34:19+ 39:48+ 47:41+ 54:37+	59:08+ 63:46+ 64:17+
03:45+	05:10+ 03:22+ 03:20+ 04:06+	14:36+ 05:29+ 07:53+ 06:56+	04:31+ 04:38+ 00:31+
03:45+	05:10+ 03:22+ 03:20+ 04:06+	14:36+ 05:29+ 07:53+ 06:56+	04:31+ 04:38+ 00:31+
32	Uwe Dresel	77	1:05:24
08:35+	15:28+ 19:42+ 23:16+ 27:25+	36:35+ 41:25+ 49:46+ 55:43+	61:00+ 65:01+ 65:24+
08:35+	06:53+ 04:14+ 03:34+ 04:09+	09:10+ 04:50+ 08:21+ 05:57+	05:17+ 04:01+ 00:23+
08:35+	06:53+ 04:14+ 03:34+ 04:09+	09:10+ 04:50+ 08:21+ 05:57+	05:17+ 04:01+ 00:23+
33	Thomas Østergaard	67	1:11:04
12:38+	17:35+ 20:35+ 23:37+ 27:33+	34:56+ 39:02+ 58:13+ 63:10+	67:05+ 70:38+ 71:04+
12:38+	04:57+ 03:00+ 03:02+ 03:56+	07:23+ 04:06+ 19:11+ 04:57+	03:55+ 03:33+ 00:26+
12:38+	04:57+ 03:00+ 03:02+ 03:56+	07:23+ 04:06+ 19:11+ 04:57+	03:55+ 03:33+ 00:26+
34	Ove Petersen	Ok Syd	1:12:33
04:55+	11:08+ 14:30+ 17:38+ 21:34+	40:53+ 46:06+ 58:19+ 63:41+	67:53+ 72:07+ 72:33+
04:55+	06:13+ 03:22+ 03:08+ 03:56+	19:19+ 05:13+ 12:13+ 05:22+	04:12+ 04:14+ 00:26+
04:55+	06:13+ 03:22+ 03:08+ 03:56+	19:19+ 05:13+ 12:13+ 05:22+	04:12+ 04:14+ 00:26+
35	Sven-Åke Emanuelsson	18	1:13:04
13:47+	20:13+ 24:18+ 28:04+ 32:44+	44:18+ 50:21+ 56:51+ 63:45+	68:00+ 72:25+ 73:04+
13:47+	06:26+ 04:05+ 03:46+ 04:40+	11:34+ 06:03+ 06:30+ 06:54+	04:15+ 04:25+ 00:39+
13:47+	06:26+ 04:05+ 03:46+ 04:40+	11:34+ 06:03+ 06:30+ 06:54+	04:15+ 04:25+ 00:39+
36	Kaj Munck	21	1:14:27
02:51+	10:04+ 14:20+ 17:58+ 22:51+	33:08+ 49:18+ 58:15+ 65:22+	69:34+ 73:57+ 74:27+
02:51+	07:13+ 04:16+ 03:38+ 04:53+	10:17+ 16:10+ 08:57+ 07:07+	04:12+ 04:23+ 00:30+
02:51+	07:13+ 04:16+ 03:38+ 04:53+	10:17+ 16:10+ 08:57+ 07:07+	04:12+ 04:23+ 00:30+
37	Finn Arildsen	Ok Pan	1:14:45
04:09+	11:05+ 15:40+ 19:42+ 25:02+	35:34+ 44:47+ 53:31+ 62:06+	67:57+ 74:00+ 74:45+
04:09+	06:56+ 04:35+ 04:02+ 05:20+	10:32+ 09:13+ 08:44+ 08:35+	05:51+ 06:03+ 00:45+
04:09+	06:56+ 04:35+ 04:02+ 05:20+	10:32+ 09:13+ 08:44+ 08:35+	05:51+ 06:03+ 00:45+
38	Peter Skov Nielsen	63	1:36:07
07:37+	18:51+ 22:28+ 25:49+ 31:13+	49:09+ 53:37+ 78:45+ 85:49+	90:32+ 95:30+ 96:07+
07:37+	11:14+ 03:37+ 03:21+ 05:24+	17:56+ 04:28+ 25:08+ 07:04+	04:43+ 04:58+ 00:37+
07:37+	11:14+ 03:37+ 03:21+ 05:24+	17:56+ 04:28+ 25:08+ 07:04+	04:43+ 04:58+ 00:37+
39	Kjeld Tidemand	91	1:37:43
12:52+	18:42+ 23:07+ 26:17+ 30:38+	54:31+ 67:29+ 77:29+ 87:18+	92:44+ 97:12+ 97:43+
12:52+	05:50+ 04:25+ 03:10+ 04:21+	23:53+ 12:58+ 10:00+ 09:49+	05:26+ 04:28+ 00:31+
12:52+	05:50+ 04:25+ 03:10+ 04:21+	23:53+ 12:58+ 10:00+ 09:49+	05:26+ 04:28+ 00:31+

Plass	Navn	Klasse	Tid
H65			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H70			
1	Keld Gade	91	25:38
02:31= 04:56= 07:20= 12:03= 14:20= 17:52= 19:32= 20:42= 22:00= 23:54= 25:21= 25:38= 02:31= 02:25= 02:24= 04:43= 02:17= 03:32= 01:40= 01:10= 01:18= 01:54= 01:27= 00:17= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Per Torgersen	51	28:41
03:59+ 06:03+ 08:44+ 13:44+ 15:49+ 19:04+ 20:58+ 22:09+ 23:40+ 26:53+ 28:20+ 28:41+ 03:59+ 02:04- 02:41+ 05:00+ 02:05- 03:15- 01:54+ 01:11+ 01:31+ 03:13+ 01:27= 00:21+ 01:28& 00:21- 00:17# 00:17+ 00:12- 00:17- 00:14# 00:01+ 00:13# 01:19& 00:00= 00:04#			
3	Peer Straarup	26	30:02
02:53+ 05:24+ 08:25+ 14:11+ 16:50+ 20:21+ 22:28+ 24:02+ 25:52+ 28:04+ 29:42+ 30:02+ 02:53+ 02:31+ 03:01+ 05:46+ 02:39+ 03:31- 02:07+ 01:34+ 01:50+ 02:12+ 01:38+ 00:20+ 00:22# 00:06+ 00:37& 01:03# 00:22# 00:01- 00:27& 00:24& 00:32& 00:18# 00:11# 00:03#			
4	Erik Flarup	80	30:38
02:54+ 05:53+ 09:31+ 14:12+ 16:33+ 20:37+ 22:44+ 24:14+ 26:00+ 28:31+ 30:17+ 30:38+ 02:54+ 02:59+ 03:38+ 04:41- 02:21+ 04:04+ 02:07+ 01:30+ 01:46+ 02:31+ 01:46+ 00:21+ 00:23# 00:34# 01:14& 00:02- 00:04+ 00:32# 00:27& 00:20& 00:28& 00:37& 00:19# 00:04#			
5	Stig Barrett	91	30:47
02:46+ 05:41+ 08:27+ 12:40+ 15:10+ 18:56+ 22:45+ 24:07+ 26:05+ 29:00+ 30:25+ 30:47+ 02:46+ 02:55+ 02:46+ 04:13- 02:30+ 03:46+ 03:49+ 01:22+ 01:58+ 02:55+ 01:25- 00:22+ 00:15+ 00:30# 00:22# 00:30- 00:13+ 00:14+ 02:09@ 00:12# 00:40& 01:01& 00:02- 00:05&			
6	Kjell Walter Sørensen	66	31:12
02:45+ 05:27+ 08:02+ 13:30+ 15:52+ 19:54+ 22:10+ 25:04+ 26:58+ 29:10+ 30:49+ 31:12+ 02:45+ 02:42+ 02:35+ 05:28+ 02:22+ 04:02+ 02:16+ 02:54+ 01:54+ 02:12+ 01:39+ 00:23+ 00:14+ 00:17# 00:11+ 00:45# 00:05+ 00:30# 00:36& 01:44@ 00:36& 00:18# 00:12# 00:06&			
7	Stein Coward	50	31:24
02:41+ 05:20+ 11:27+ 15:22+ 17:56+ 22:09+ 24:10+ 25:34+ 27:12+ 29:15+ 30:58+ 31:24+ 02:41+ 02:39+ 06:07+ 03:55- 02:34+ 04:13+ 02:01+ 01:24+ 01:38+ 02:03+ 01:43+ 00:26+ 00:10+ 00:14+ 03:43@ 00:48- 00:17# 00:41# 00:21# 00:14# 00:20& 00:09+ 00:16# 00:09&			
8	Terje Rasmussen	70	31:48
02:56+ 05:24+ 08:03+ 13:52+ 16:22+ 20:55+ 23:40+ 25:19+ 27:13+ 29:42+ 31:24+ 31:48+ 02:56+ 02:28+ 02:39+ 05:49+ 02:30+ 04:33+ 02:45+ 01:39+ 01:54+ 02:29+ 01:42+ 00:24+ 00:25# 00:03+ 00:15# 01:06# 00:13+ 01:01& 01:05& 00:29& 00:36& 00:35& 00:15# 00:07&			
9	Søren Munthe	40	32:59
03:15+ 05:42+ 08:45+ 13:27+ 16:51+ 20:32+ 22:51+ 24:21+ 28:28+ 30:53+ 32:34+ 32:59+ 03:15+ 02:27+ 03:03+ 04:42- 03:24+ 03:41+ 02:19+ 01:30+ 04:07+ 02:25+ 01:41+ 00:25+ 00:44& 00:02+ 00:39& 00:01- 01:07& 00:09+ 00:39& 00:20& 02:49@ 00:31& 00:14# 00:08&			
10	Kurt Finn Petersen	13	33:17
03:34+ 07:01+ 10:40+ 15:20+ 18:01+ 22:46+ 24:53+ 26:37+ 28:40+ 31:09+ 32:53+ 33:17+ 03:34+ 03:27+ 03:39+ 04:40- 02:41+ 04:45+ 02:07+ 01:44+ 02:03+ 02:29+ 01:44+ 00:24+ 01:03& 01:02& 01:15& 00:03- 00:24# 01:13& 00:27& 00:34& 00:45& 00:35& 00:17# 00:07&			

Plass	Navn		Klasse										Tid
H70													
11	Jens Christensen		40										33:43
03:23+	06:45+	10:19+	16:38+	19:22+	23:26+	25:46+	27:23+	29:17+	31:33+	33:20+	33:43+		
03:23+	03:22+	03:34+	06:19+	02:44+	04:04+	02:20+	01:37+	01:54+	02:16+	01:47+	00:23+		
00:52&	00:57&	01:10&	01:36&	00:27#	00:32#	00:40&	00:27&	00:36&	00:22#	00:20#	00:06&		
12	Flemming Johannsen		78										34:52
04:10+	06:43+	10:34+	16:20+	19:14+	23:50+	26:11+	27:52+	29:51+	32:21+	34:22+	34:52+		
04:10+	02:33+	03:51+	05:46+	02:54+	04:36+	02:21+	01:41+	01:59+	02:30+	02:01+	00:30+		
04:10+	02:33+	03:51+	05:46+	02:54+	04:36+	02:21+	01:41+	01:59+	02:30+	02:01+	00:30+		
13	Sven Madsen		56										35:09
03:15+	06:41+	10:02+	15:10+	20:21+	24:22+	26:43+	28:16+	30:23+	32:55+	34:47+	35:09+		
03:15+	03:26+	03:21+	05:08+	05:11+	04:01+	02:21+	01:33+	02:07+	02:32+	01:52+	00:22+		
03:15+	03:26+	03:21+	05:08+	05:11+	04:01+	02:21+	01:33+	02:07+	02:32+	01:52+	00:22+		
14	Claes Ø. Larsen		53										37:22
06:05+	08:55+	12:48+	17:49+	22:28+	26:40+	28:47+	30:29+	32:49+	35:15+	37:00+	37:22+		
06:05+	02:50+	03:53+	05:01+	04:39+	04:12+	02:07+	01:42+	02:20+	02:26+	01:45+	00:22+		
06:05+	02:50+	03:53+	05:01+	04:39+	04:12+	02:07+	01:42+	02:20+	02:26+	01:45+	00:22+		
15	Frode Sandersen		43										38:33
03:23+	06:29+	10:25+	17:06+	20:03+	24:12+	26:50+	30:57+	33:11+	36:02+	38:08+	38:33+		
03:23+	03:06+	03:56+	06:41+	02:57+	04:09+	02:38+	04:07+	02:14+	02:51+	02:06+	00:25+		
03:23+	03:06+	03:56+	06:41+	02:57+	04:09+	02:38+	04:07+	02:14+	02:51+	02:06+	00:25+		
16	Ragnar Berg		83										40:12
03:44+	06:43+	10:37+	15:02+	19:46+	29:33+	31:50+	33:44+	35:35+	37:45+	39:43+	40:12+		
03:44+	02:59+	03:54+	04:25+	04:44+	09:47+	02:17+	01:54+	01:51+	02:10+	01:58+	00:29+		
03:44+	02:59+	03:54+	04:25+	04:44+	09:47+	02:17+	01:54+	01:51+	02:10+	01:58+	00:29+		
17	Kjell Svanberg		76										40:38
03:40+	06:45+	10:29+	20:56+	24:04+	28:23+	31:26+	33:02+	35:15+	38:04+	40:10+	40:38+		
03:40+	03:05+	03:44+	10:27+	03:08+	04:19+	03:03+	01:36+	02:13+	02:49+	02:06+	00:28+		
03:40+	03:05+	03:44+	10:27+	03:08+	04:19+	03:03+	01:36+	02:13+	02:49+	02:06+	00:28+		
18	Hans Møller		45										41:52
04:12+	08:18+	13:41+	20:44+	24:07+	29:22+	32:23+	34:17+	36:36+	39:30+	41:24+	41:52+		
04:12+	04:06+	05:23+	07:03+	03:23+	05:15+	03:01+	01:54+	02:19+	02:54+	01:54+	00:28+		
04:12+	04:06+	05:23+	07:03+	03:23+	05:15+	03:01+	01:54+	02:19+	02:54+	01:54+	00:28+		
19	Magne Jørgensen		37										42:34
04:07+	07:01+	11:18+	17:20+	21:13+	26:42+	32:15+	33:37+	36:08+	40:11+	42:11+	42:34+		
04:07+	02:54+	04:17+	06:02+	03:53+	05:29+	05:33+	01:22+	02:31+	04:03+	02:00+	00:23+		
04:07+	02:54+	04:17+	06:02+	03:53+	05:29+	05:33+	01:22+	02:31+	04:03+	02:00+	00:23+		
20	Trond Tore Ceeberg		5										43:12
05:20+	09:48+	15:05+	21:50+	25:15+	31:12+	33:46+	35:36+	37:53+	40:42+	42:46+	43:12+		
05:20+	04:28+	05:17+	06:45+	03:25+	05:57+	02:34+	01:50+	02:17+	02:49+	02:04+	00:26+		
05:20+	04:28+	05:17+	06:45+	03:25+	05:57+	02:34+	01:50+	02:17+	02:49+	02:04+	00:26+		
21	Jørn H. Klausen		Ok Syd										43:18
04:40+	08:22+	13:18+	20:15+	23:55+	29:37+	32:41+	34:45+	37:07+	40:34+	42:48+	43:18+		
04:40+	03:42+	04:56+	06:57+	03:40+	05:42+	03:04+	02:04+	02:22+	03:27+	02:14+	00:30+		
04:40+	03:42+	04:56+	06:57+	03:40+	05:42+	03:04+	02:04+	02:22+	03:27+	02:14+	00:30+		
22	Anders Ingvardsen		Hok										46:03
04:08+	07:28+	15:49+	22:04+	25:13+	30:35+	33:49+	36:02+	39:10+	42:40+	45:25+	46:03+		
04:08+	03:20+	08:21+	06:15+	03:09+	05:22+	03:14+	02:13+	03:08+	03:30+	02:45+	00:38+		
04:08+	03:20+	08:21+	06:15+	03:09+	05:22+	03:14+	02:13+	03:08+	03:30+	02:45+	00:38+		

Plass	Navn	Klasse	Tid
H70			
23	Helmut Hansen	21	47:14
02:57+	05:49+ 09:40+ 16:33+ 21:38+ 26:27+	29:11+ 30:46+ 41:29+ 44:42+ 46:46+ 47:14+	
02:57+	02:52+ 03:51+ 06:53+ 05:05+ 04:49+	02:44+ 01:35+ 10:43+ 03:13+ 02:04+ 00:28+	
02:57+	02:52+ 03:51+ 06:53+ 05:05+ 04:49+	02:44+ 01:35+ 10:43+ 03:13+ 02:04+ 00:28+	
24	Niels Møller Petersen	56	49:08
03:43+	13:56+ 17:51+ 25:16+ 29:06+ 34:51+	37:50+ 40:04+ 42:44+ 46:15+ 48:32+ 49:08+	
03:43+	10:13+ 03:55+ 07:25+ 03:50+ 05:45+	02:59+ 02:14+ 02:40+ 03:31+ 02:17+ 00:36+	
03:43+	10:13+ 03:55+ 07:25+ 03:50+ 05:45+	02:59+ 02:14+ 02:40+ 03:31+ 02:17+ 00:36+	
25	Torben Rasmussen	53	1:00:40
03:27+	26:02+ 31:31+ 37:25+ 41:05+ 46:56+	49:40+ 52:09+ 54:34+ 57:32+ 60:10+ 60:40+	
03:27+	22:35+ 05:29+ 05:54+ 03:40+ 05:51+	02:44+ 02:29+ 02:25+ 02:58+ 02:38+ 00:30+	
03:27+	22:35+ 05:29+ 05:54+ 03:40+ 05:51+	02:44+ 02:29+ 02:25+ 02:58+ 02:38+ 00:30+	
26	Jørgen Bang	55	1:03:40
04:54+	09:17+ 15:54+ 23:58+ 29:23+ 40:47+	48:16+ 51:15+ 54:32+ 59:30+ 62:53+ 63:40+	
04:54+	04:23+ 06:37+ 08:04+ 05:25+ 11:24+	07:29+ 02:59+ 03:17+ 04:58+ 03:23+ 00:47+	
04:54+	04:23+ 06:37+ 08:04+ 05:25+ 11:24+	07:29+ 02:59+ 03:17+ 04:58+ 03:23+ 00:47+	
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H75			
1	Jørgen Münster-Swendsen	78	26:34
03:02=	05:30= 07:57= 12:36= 14:44= 18:00=	19:48= 21:15= 22:44= 24:37= 26:10= 26:34=	
03:02=	02:28= 02:27= 04:39= 02:08= 03:16=	01:48= 01:27= 01:29= 01:53= 01:33= 00:24=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Niels Rabølle	53	27:06
02:40-	05:00- 07:31- 12:09- 14:28- 17:44-	19:30- 21:18+ 22:59+ 25:14+ 26:46+ 27:06+	
02:40-	02:20- 02:31+ 04:38- 02:19+ 03:16=	01:46- 01:48+ 01:41+ 02:15+ 01:32- 00:20-	
00:22-	00:08- 00:04+ 00:01- 00:11+ 00:00=	00:02- 00:21# 00:12# 00:22# 00:01- 00:04-	
3	Øyvvin Simonsen	30	30:49
03:03+	05:30= 08:08+ 11:59- 15:49+ 20:23+	22:21+ 23:57+ 25:52+ 28:52+ 30:28+ 30:49+	
03:03+	02:27- 02:38+ 03:51- 03:50+ 04:34+	01:58+ 01:36+ 01:55+ 03:00+ 01:36+ 00:21-	
00:01+	00:01- 00:11+ 00:48- 01:42& 01:18&	00:10+ 00:09# 00:26& 01:07& 00:03+ 00:03-	
4	Poul Bobach	92	31:52
03:06+	06:04+ 09:39+ 15:05+ 17:45+ 21:46+	24:04+ 25:36+ 27:30+ 29:46+ 31:31+ 31:52+	
03:06+	02:58+ 03:35+ 05:26+ 02:40+ 04:01+	02:18+ 01:32+ 01:54+ 02:16+ 01:45+ 00:21-	
00:04+	00:30# 01:08& 00:47# 00:32# 00:45#	00:30& 00:05+ 00:25& 00:23# 00:12# 00:03-	
5	Erik Ljungdahl	14	31:59
03:10+	05:49+ 08:44+ 13:31+ 16:11+ 20:11+	22:15+ 24:45+ 27:02+ 29:48+ 31:36+ 31:59+	
03:10+	02:39+ 02:55+ 04:47+ 02:40+ 04:00+	02:04+ 02:30+ 02:17+ 02:46+ 01:48+ 00:23-	
00:08+	00:11+ 00:28# 00:08+ 00:32# 00:44#	00:16# 01:03& 00:48& 00:53& 00:15# 00:01-	
6	Niels Hamborg Jensen	62	32:00
03:09+	07:46+ 10:37+ 14:33+ 16:38+ 18:09+	20:07+ 22:30+ 24:15+ 24:37=	
03:09+	04:37+ 02:51+ 03:56- 02:05- 01:31-	01:58+ 02:23+ 01:45+ 00:22-	
00:07+	02:09& 00:24# 00:43- 00:03- 01:45-	00:10+ 00:56& 00:16# 01:31-	

13-07-2025 10:15:21

Side:32

13-07-2025 10:15:21 Side:33

Plass	Navn	Klasse	Tid
H75			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H80			
1	Geir Trøan	44	25:19
02:50= 04:32= 05:49= 12:35= 16:15= 18:29= 20:30= 23:02= 24:55= 25:19= 02:50= 01:42= 01:17= 06:46= 03:40= 02:14= 02:01= 02:32= 01:53= 00:24= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Finn Hørup Nielsen	66	27:11
02:53+ 05:09+ 06:21+ 14:17+ 18:00+ 20:27+ 22:32+ 24:51+ 26:48+ 27:11+ 02:53+ 02:16+ 01:12- 07:56+ 03:43+ 02:27+ 02:05+ 02:19- 01:57+ 00:23- 00:03+ 00:34& 00:05- 01:10# 00:03+ 00:13+ 00:04+ 00:13- 00:04+ 00:01-			
3	Flemming Nørgaard	Ok Pan	27:13
03:01+ 05:20+ 06:44+ 13:42+ 17:41+ 19:46+ 21:54+ 24:36+ 26:48+ 27:13+ 03:01+ 02:19+ 01:24+ 06:58+ 03:59+ 02:05- 02:08+ 02:42+ 02:12+ 00:25+ 00:11+ 00:37& 00:07+ 00:12+ 00:19+ 00:09- 00:07+ 00:10+ 00:19# 00:01+			
4	Øyvind Egeskog	82	27:23
03:11+ 05:19+ 06:42+ 14:12+ 18:33+ 20:24+ 22:26+ 24:55+ 26:59+ 27:23+ 03:11+ 02:08+ 01:23+ 07:30+ 04:21+ 01:51- 02:02+ 02:29- 02:04+ 00:24= 00:21# 00:26& 00:06+ 00:44# 00:41# 00:23- 00:01+ 00:03- 00:11+ 00:00=			
5	Poul Nøhr	78	28:01
03:18+ 05:32+ 07:10+ 14:30+ 18:36+ 20:16+ 22:24+ 25:34+ 27:34+ 28:01+ 03:18+ 02:14+ 01:38+ 07:20+ 04:06+ 01:40- 02:08+ 03:10+ 02:00+ 00:27+ 00:28# 00:32& 00:21& 00:34+ 00:26# 00:34- 00:07+ 00:38# 00:07+ 00:03#			
6	Knud Lykking	Ok73	29:40
03:41+ 05:51+ 07:22+ 15:17+ 19:25+ 21:17+ 23:50+ 26:49+ 29:13+ 29:40+ 03:41+ 02:10+ 01:31+ 07:55+ 04:08+ 01:52- 02:33+ 02:59+ 02:24+ 00:27+ 00:51& 00:28& 00:14# 01:09# 00:28# 00:22- 00:32& 00:27# 00:31& 00:03#			
7	Gunner Jørgensen	Ok73	30:48
03:31+ 05:37+ 07:04+ 15:58+ 19:53+ 21:41+ 24:26+ 27:56+ 30:18+ 30:48+ 03:31+ 02:06+ 01:27+ 08:54+ 03:55+ 01:48- 02:45+ 03:30+ 02:22+ 00:30+ 00:41# 00:24# 00:10# 02:08& 00:15+ 00:26- 00:44& 00:58& 00:29& 00:06#			
8	Jørgen Thyssen	26	33:05
03:34+ 06:05+ 07:55+ 17:15+ 22:06+ 23:57+ 26:32+ 30:19+ 32:33+ 33:05+ 03:34+ 02:31+ 01:50+ 09:20+ 04:51+ 01:51- 02:35+ 03:47+ 02:14+ 00:32+ 00:44& 00:49& 00:33& 02:34& 01:11& 00:23- 00:34& 01:15& 00:21# 00:08&			
9	Torben Jørgensen	78	34:26
03:44+ 06:51+ 08:20+ 17:57+ 22:50+ 25:57+ 28:41+ 31:40+ 33:57+ 34:26+ 03:44+ 03:07+ 01:29+ 09:37+ 04:53+ 03:07+ 02:44+ 02:59+ 02:17+ 00:29+ 00:54& 01:25& 00:12# 02:51& 01:13& 00:53& 00:43& 00:27# 00:24# 00:05#			
10	Ole Rasmussen	38	34:47
06:32+ 08:56+ 10:40+ 18:00+ 22:33+ 25:16+ 27:55+ 31:30+ 34:20+ 34:47+ 06:32+ 02:24+ 01:44+ 07:20+ 04:33+ 02:43+ 02:39+ 03:35+ 02:50+ 00:27+ 03:42@ 00:42& 00:27& 00:34+ 00:53# 00:29# 00:38& 01:03& 00:57& 00:03#			

Plass	Navn	Klasse	Tid
H80			
11	Knut Skjæveland	15	35:02
03:59+	07:05+	08:53+	18:48+
03:59+	03:06+	01:48+	09:55+
01:09&	01:24&	00:31&	03:09&
03:59+	04:54+	02:47+	02:23+
01:14&	00:33#	00:53&	00:22#
03:59+	02:18+	00:27+	34:35+
00:03#	00:25#	00:03#	35:02+
12	Ove Splittorff	84	36:59
03:41+	05:54+	07:16+	18:06+
03:41+	02:13+	01:22+	10:50+
03:41+	02:13+	01:22+	10:50+
03:41+	06:07+	02:11+	02:16+
03:41+	02:11+	02:16+	03:18+
03:41+	04:33+	00:28+	36:31+
03:41+	00:28+	00:28+	36:59+
13	Svein Kåre Glendrange	81	38:17
04:25+	07:10+	09:09+	22:09+
04:25+	02:45+	01:59+	13:00+
04:25+	02:45+	01:59+	13:00+
04:25+	04:54+	02:11+	02:41+
04:25+	02:11+	02:41+	03:18+
04:25+	02:31+	00:33+	37:44+
04:25+	00:33+	00:33+	38:17+
14	Jens Roesgaard	45	41:13
04:33+	07:49+	09:49+	21:28+
04:33+	03:16+	02:00+	11:39+
04:33+	03:16+	02:00+	11:39+
04:33+	06:03+	02:59+	03:04+
04:33+	03:04+	04:05+	02:57+
04:33+	02:57+	00:37+	40:36+
04:33+	00:37+	00:37+	41:13+
15	Per Christoffersen	6	41:21
04:48+	07:56+	10:09+	20:59+
04:48+	03:08+	02:13+	10:50+
04:48+	03:08+	02:13+	10:50+
04:48+	05:27+	03:12+	03:26+
04:48+	03:12+	03:26+	04:14+
04:48+	03:17+	00:46+	37:18+
04:48+	04:14+	03:17+	40:35+
04:48+	00:46+	00:46+	41:21+
16	Per F. Henriksen	58	41:25
04:18+	07:24+	09:07+	24:42+
04:18+	03:06+	01:43+	15:35+
04:18+	03:06+	01:43+	15:35+
04:18+	04:57+	02:17+	02:40+
04:18+	03:30+	02:46+	00:33+
04:18+	02:46+	00:33+	38:06+
04:18+	40:52+	41:25+	40:52+
04:18+	41:25+	41:25+	41:25+
17	Per Jessen-Klixbüll	Ok Pan	41:36
10:28+	12:38+	14:14+	23:42+
10:28+	02:10+	01:36+	09:28+
10:28+	02:10+	01:36+	09:28+
10:28+	05:16+	02:03+	03:00+
10:28+	04:27+	02:33+	00:35+
10:28+	02:03+	03:00+	04:27+
10:28+	02:33+	00:35+	41:01+
10:28+	00:35+	00:35+	41:36+
18	Frede Jacobsen	Ok Syd	44:02
05:44+	08:57+	11:11+	22:32+
05:44+	03:13+	02:14+	11:21+
05:44+	03:13+	02:14+	11:21+
05:44+	06:17+	02:59+	03:31+
05:44+	03:31+	04:51+	03:08+
05:44+	03:08+	00:44+	40:10+
05:44+	00:44+	00:44+	43:18+
05:44+	00:44+	00:44+	44:02+
19	Palle Møller Nielsen	53	44:38
04:53+	08:18+	10:32+	22:40+
04:53+	03:25+	02:14+	12:08+
04:53+	03:25+	02:14+	12:08+
04:53+	06:38+	03:04+	03:51+
04:53+	03:51+	04:17+	03:24+
04:53+	03:24+	00:44+	40:30+
04:53+	00:44+	00:44+	43:54+
04:53+	00:44+	00:44+	44:38+
20	Kaj Ove Rasmussen	58	44:56
04:18+	07:35+	09:15+	19:41+
04:18+	03:17+	01:40+	10:26+
04:18+	03:17+	01:40+	10:26+
04:18+	05:29+	02:01+	11:03+
04:18+	03:27+	02:41+	00:34+
04:18+	02:01+	11:03+	03:27+
04:18+	02:41+	00:34+	44:22+
04:18+	00:34+	00:34+	44:56+
21	Karsten Funder	12	1:06:30
08:12+	16:49+	19:51+	41:48+
08:12+	08:37+	03:02+	21:57+
08:12+	08:37+	03:02+	21:57+
08:12+	08:12+	03:19+	04:06+
08:12+	05:12+	03:14+	00:39+
08:12+	03:19+	04:06+	05:12+
08:12+	03:14+	00:39+	65:51+
08:12+	00:39+	00:39+	66:30+
22	Flemming Wedell	53	1:46:26
04:07+	47:03+	49:10+	69:41+
04:07+	42:56+	02:07+	20:31+
04:07+	42:56+	02:07+	20:31+
04:07+	10:11+	03:40+	12:38+
04:07+	06:38+	03:06+	00:32+
04:07+	12:38+	06:38+	03:06+
04:07+	00:32+	00:32+	106:26+
04:07+	00:32+	00:32+	106:26+

Plass	Navn	Klasse	Tid
H80			

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H85

1	Jørgen Jensen				19				32:33	
03:57=	06:28=	08:10=	18:01=	22:28=	24:25=	27:03=	29:52=	32:06=	32:33=	
03:57=	02:31=	01:42=	09:51=	04:27=	01:57=	02:38=	02:49=	02:14=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Holger Mikkelsen				53				39:42	
04:41+	07:37+	09:29+	20:53+	26:41+	28:48+	31:39+	36:52+	39:07+	39:42+	
04:41+	02:56+	01:52+	11:24+	05:48+	02:07+	02:51+	05:13+	02:15+	00:35+	
00:44#	00:25#	00:10+	01:33#	01:21&	00:10+	00:13+	02:24&	00:01+	00:08&	
3	Asger Kristensen				22				41:25	
04:11+	07:03+	09:01+	22:45+	29:39+	32:07+	35:05+	38:20+	40:54+	41:25+	
04:11+	02:52+	01:58+	13:44+	06:54+	02:28+	02:58+	03:15+	02:34+	00:31+	
00:14+	00:21#	00:16#	03:53&	02:27&	00:31&	00:20#	00:26#	00:20#	00:04#	
4	Kai Ø. Laursen				92				44:06	
05:06+	08:11+	10:06+	23:39+	29:29+	32:19+	35:38+	39:57+	43:19+	44:06+	
05:06+	03:05+	01:55+	13:33+	05:50+	02:50+	03:19+	04:19+	03:22+	00:47+	
01:09&	00:34#	00:13#	03:42&	01:23&	00:53&	00:41&	01:30&	01:08&	00:20&	
5	Henning Løwenstein				12				44:19	
05:00+	08:09+	10:00+	24:52+	30:47+	33:23+	36:30+	40:23+	43:35+	44:19+	
05:00+	03:09+	01:51+	14:52+	05:55+	02:36+	03:07+	03:53+	03:12+	00:44+	
01:03&	00:38&	00:09+	05:01&	01:28&	00:39&	00:29#	01:04&	00:58&	00:17&	
6	Holger Karlsmose				11				1:00:	
05:53+	10:37+	19:51+	37:33+	43:52+	46:47+	50:15+	55:33+	59:12+	60:01+	
05:53+	04:44+	09:14+	17:42+	06:19+	02:55+	03:28+	05:18+	03:39+	00:49+	
01:56&	02:13&	07:32@	07:51&	01:52&	00:58&	00:50&	02:29&	01:25&	00:22&	
7	Ole Jensen				Rsok				1:11:	
06:45+	11:29+	14:35+	38:08+	49:02+	53:07+	59:14+	66:18+	70:38+	71:43+	
06:45+	04:44+	03:06+	23:33+	10:54+	04:05+	06:07+	07:04+	04:20+	01:05+	
02:48&	02:13&	01:24&	13:42@	06:27@	02:08@	03:29@	04:15@	02:06&	00:38@	

Beste stræktid for klassen

03:57 02:31 01:42 09:51 04:27 01:57 02:38 02:49 02:14 00:27

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 1

1	Asbjørn Fenger-Grøn										78				55:57									
01:00=	03:10=	04:52=	05:37=	06:51=	10:35=	14:50=	16:51=	22:29=	23:59=	25:25=	28:22=	30:28=	36:25=	37:22=	38:53=	43:50=	49:45=	52:11=	54:25=	55:39=	55:57=			
01:00=	02:10=	01:42=	00:45=	01:14=	03:44=	04:15=	02:01=	05:38=	01:30=	01:26=	02:57=	02:06=	05:57=	00:57=	01:31=	04:57=	05:55=	02:26=	02:14=	01:14=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn	Klasse	Tid
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Åben 1

2	Morten Finger-Grøn										78	1:02:41									
01:43+	06:33+	08:13+	08:54+	10:09+	13:47+	18:01+	20:03+	25:35+	27:00+	28:28+	31:24+	33:32+	43:00+	44:19+	45:51+	50:37+	56:49+	59:20+	61:15+	62:22+	62:41+
01:43+	04:50+	01:40-	00:41-	01:15+	03:38-	04:14-	02:02+	05:32-	01:25-	01:28+	02:56-	02:08+	09:28+	01:19+	01:32+	04:46-	06:12+	02:31+	01:55-	01:07-	00:19+
00:43&	02:40@	00:02-	00:04-	00:01+	00:06-	00:01-	00:01+	00:06-	00:05-	00:02+	00:01-	00:02+	03:31&	00:22&	00:01+	00:11-	00:17+	00:05+	00:19-	00:07-	00:01+
3	Mikkel Bergmann										97	1:07:52									
04:55+	07:36+	09:17+	10:00+	12:19+	16:28+	21:52+	23:57+	30:03+	31:56+	33:29+	36:47+	39:23+	47:17+	48:10+	49:46+	55:16+	62:02+	64:39+	66:30+	67:35+	67:52+
04:55+	02:41+	01:41+	00:43+	02:19+	04:09+	05:24+	02:05+	06:06+	01:53+	01:33+	03:18+	02:36+	07:54+	00:53+	01:36+	05:30+	06:46+	02:37+	01:51+	01:05+	00:17+
04:55+	02:41+	01:41+	00:43+	02:19+	04:09+	05:24+	02:05+	06:06+	01:53+	01:33+	03:18+	02:36+	07:54+	00:53+	01:36+	05:30+	06:46+	02:37+	01:51+	01:05+	00:17+
4	Carl Henrik Bjørsgth										70	1:09:17									
01:09+	04:27+	06:43+	07:36+	09:15+	14:12+	21:11+	23:31+	30:27+	32:13+	34:20+	37:52+	40:24+	45:07+	46:27+	48:17+	55:12+	62:12+	65:14+	67:38+	68:58+	69:17+
01:09+	03:18+	02:16+	00:53+	01:39+	04:57+	06:59+	02:20+	06:56+	01:46+	02:07+	03:32+	02:32+	04:43+	01:20+	01:50+	06:55+	07:00+	03:02+	02:24+	01:20+	00:19+
01:09+	03:18+	02:16+	00:53+	01:39+	04:57+	06:59+	02:20+	06:56+	01:46+	02:07+	03:32+	02:32+	04:43+	01:20+	01:50+	06:55+	07:00+	03:02+	02:24+	01:20+	00:19+
5	Flemming Roel Jensen										33	2:21:46									
07:00+	14:13+	17:30+	19:15+	22:12+	31:40+	40:17+	44:37+	56:15+	59:15+	67:05+	76:03+	81:24+	93:19+	96:04+	100:01+	110:02+	125:22+	135:13+	139:14+	141:20+	141:46+
07:00+	07:13+	03:17+	01:45+	02:57+	09:28+	08:37+	04:20+	11:38+	03:00+	07:50+	08:58+	05:21+	11:55+	02:45+	03:57+	10:01+	15:20+	09:51+	04:01+	02:06+	00:26+
07:00+	07:13+	03:17+	01:45+	02:57+	09:28+	08:37+	04:20+	11:38+	03:00+	07:50+	08:58+	05:21+	11:55+	02:45+	03:57+	10:01+	15:20+	09:51+	04:01+	02:06+	00:26+

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 2

1	kristen balchen										51					58:57				
02:23=	04:17=	05:22=	09:39=	14:45=	16:57=	19:09=	21:37=	24:33=	26:38=	30:40=	38:23=	41:24=	49:16=	52:48=	56:07=	58:39=	58:57=			
02:23=	01:54=	01:05=	04:17=	05:06=	02:12=	02:12=	02:28=	02:56=	02:05=	04:02=	07:43=	03:01=	07:52=	03:32=	03:19=	02:32=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Jesper Thy										93					1:05:38				
02:06-	03:45-	05:41+	08:36-	14:16-	16:26-	18:48-	21:37=	25:03+	27:17+	32:02+	39:33+	41:54+	55:31+	59:33+	62:46+	65:21+	65:38+			
02:06-	01:39-	01:56+	02:55-	05:40+	02:10-	02:22+	02:49+	03:26+	02:14+	04:45+	07:31-	02:21-	13:37+	04:02+	03:13-	02:35+	00:17-			
00:17-	00:15-	00:51&	01:22-	00:34#	00:02-	00:10+	00:21#	00:30#	00:09+	00:43#	00:12-	00:40-	05:45&	00:30#	00:06-	00:03+	00:01-			
3	Rikke Nørgard										70					1:23:06				
04:01+	06:51+	08:07+	12:22+	18:08+	20:30+	24:02+	27:37+	34:49+	37:30+	43:32+	52:43+	55:38+	65:53+	73:52+	78:12+	82:36+	83:06+			
04:01+	02:50+	01:16+	04:15-	05:46+	02:22+	03:32+	03:35+	07:12+	02:41+	06:02+	09:11+	02:55-	10:15+	07:59+	04:20+	04:24+	00:30+			
01:38&	00:56&	00:11#	00:02-	00:40#	00:10+	01:20&	01:07&	04:16@	00:36&	02:00&	01:28#	00:06-	02:23&	04:27@	01:01&	01:52&	00:12&			
4	Steen Flad Berg										38					1:29:34				
03:30+	06:07+	07:42+	14:22+	23:19+	27:27+	30:38+	34:01+	39:28+	43:35+	50:47+	60:24+	63:56+	75:07+	80:56+	85:22+	89:10+	89:34+			
03:30+	02:37+	01:35+	06:40+	08:57+	04:08+	03:11+	03:23+	05:27+	04:07+	07:12+	09:37+	03:32+	11:11+	05:49+	04:26+	03:48+	00:24+			
01:07&	00:43&	00:30&	02:23&	03:51&	01:56&	00:59&	00:55&	02:31&	02:02&	03:10&	01:54#	00:31#	03:19&	02:17&	01:07&	01:16&	00:06&			
5	Sigen Faber										78					1:39:33				
04:07+	09:34+	11:26+	17:22+	24:55+	27:44+	31:10+	37:36+	47:33+	50:55+	58:03+	70:19+	73:32+	84:32+	90:22+	94:40+	99:06+	99:33+			
04:07+	05:27+	01:52+	05:56+	07:33+	02:49+	03:26+	06:26+	09:57+	03:22+	07:08+	12:16+	03:13+	11:00+	05:50+	04:18+	04:26+	00:27+			
01:44&	03:33@	00:47&	01:39&	02:27&	00:37&	01:14&	03:58@	07:01@	01:17&	03:06&	04:33&	00:12+	03:08&	02:18&	00:59&	01:54&	00:09&			

Beste stræktid for klassen

02:06	01:39	01:05	02:55	05:06	02:10	02:12	02:28	02:56	02:05	04:02	07:31	02:21	07:52	03:32	03:13	02:32	00:17
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Plass	Navn	Klasse	Tid
Åben 3			
1	Sigrid Alexandersen Sæther	20	23:19
02:01= 03:53= 05:36= 07:12= 11:01= 13:51= 15:32= 18:49= 21:51= 23:04= 23:19= 02:01= 01:52= 01:43= 01:36= 03:49= 02:50= 01:41= 03:17= 03:02= 01:13= 00:15= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Guro Alexandersen	20	27:37
02:11+ 04:28+ 06:41+ 08:46+ 13:33+ 17:10+ 19:02+ 23:10+ 26:05+ 27:21+ 27:37+ 02:11+ 02:17+ 02:13+ 02:05+ 04:47+ 03:37+ 01:52+ 04:08+ 02:55- 01:16+ 00:16+ 00:10+ 00:25# 00:30& 00:29& 00:58& 00:47& 00:11# 00:51& 00:07- 00:03+ 00:01+			
3	Tonje Granne Kvale	46	29:58
02:15+ 05:28+ 07:33+ 10:44+ 15:34+ 19:14+ 21:05+ 24:53+ 28:27+ 29:43+ 29:58+ 02:15+ 03:13+ 02:05+ 03:11+ 04:50+ 03:40+ 01:51+ 03:48+ 03:34+ 01:16+ 00:15= 00:14# 01:21& 00:22# 01:35& 01:01& 00:50& 00:10+ 00:31# 00:32# 00:03+ 00:00=			
4	Claus Børsting	21	36:04
02:53+ 05:13+ 07:59+ 10:35+ 16:41+ 21:31+ 23:51+ 29:12+ 33:50+ 35:38+ 36:04+ 02:53+ 02:20+ 02:46+ 02:36+ 06:06+ 04:50+ 02:20+ 05:21+ 04:38+ 01:48+ 00:26+ 00:52& 00:28# 01:03& 01:00& 02:17& 02:00& 00:39& 02:04& 01:36& 00:35& 00:11&			
5	Thea Langelykke Thyssen	26	37:50
02:18+ 04:51+ 07:35+ 10:04+ 17:18+ 24:41+ 27:16+ 32:10+ 35:56+ 37:31+ 37:50+ 02:18+ 02:33+ 02:44+ 02:29+ 07:14+ 07:23+ 02:35+ 04:54+ 03:46+ 01:35+ 00:19+ 00:17# 00:41& 01:01& 00:53& 03:25& 04:33@ 00:54& 01:37& 00:44# 00:22& 00:04&			
6	Frode Sørensen	28	40:14
02:46+ 05:17+ 08:30+ 11:15+ 17:36+ 22:28+ 25:19+ 31:33+ 38:28+ 39:57+ 40:14+ 02:46+ 02:31+ 03:13+ 02:45+ 06:21+ 04:52+ 02:51+ 06:14+ 06:55+ 01:29+ 00:17+ 00:45& 00:39& 01:30& 01:09& 02:32& 02:02& 01:10& 02:57& 03:53@ 00:16# 00:02#			
7	poul erik Christensen	26	42:10
03:45+ 07:12+ 10:25+ 13:37+ 20:40+ 25:38+ 28:27+ 35:04+ 39:49+ 41:46+ 42:10+ 03:45+ 03:27+ 03:13+ 03:12+ 07:03+ 04:58+ 02:49+ 06:37+ 04:45+ 01:57+ 00:24+ 01:44& 01:35& 01:30& 01:36& 03:14& 02:08& 01:08& 03:20@ 01:43& 00:44& 00:09&			
8	Magrete Dalgaard	78	44:50
03:19+ 07:06+ 10:17+ 14:17+ 22:09+ 28:20+ 31:30+ 37:58+ 42:37+ 44:22+ 44:50+ 03:19+ 03:47+ 03:11+ 04:00+ 07:52+ 06:11+ 03:10+ 06:28+ 04:39+ 01:45+ 00:28+ 01:18& 01:55@ 01:28& 02:24@ 04:03@ 03:21@ 01:29& 03:11& 01:37& 00:32& 00:13&			
9	Jonas Dresel	77	45:17
03:33+ 07:24+ 11:44+ 15:09+ 24:11+ 29:54+ 32:31+ 39:03+ 43:07+ 44:52+ 45:17+ 03:33+ 03:51+ 04:20+ 03:25+ 09:02+ 05:43+ 02:37+ 06:32+ 04:04+ 01:45+ 00:25+ 01:32& 01:59@ 02:37@ 01:49@ 05:13@ 02:53@ 00:56& 03:15& 01:02& 00:32& 00:10&			
10	Britt Hermannrud	78	51:18
02:52+ 07:46+ 10:19+ 12:54+ 19:16+ 23:57+ 26:37+ 45:14+ 49:14+ 50:56+ 51:18+ 02:52+ 04:54+ 02:33+ 02:35+ 06:22+ 04:41+ 02:40+ 18:37+ 04:00+ 01:42+ 00:22+ 00:51& 03:02@ 00:50& 00:59& 02:33& 01:51& 00:59& 15:20@ 00:58& 00:29& 00:07&			
11	Bjarne Christensen	78	1:00:37
04:15+ 09:39+ 14:24+ 19:09+ 29:58+ 37:19+ 41:15+ 50:13+ 57:22+ 60:03+ 60:37+ 04:15+ 05:24+ 04:45+ 04:45+ 10:49+ 07:21+ 03:56+ 08:58+ 07:09+ 02:41+ 00:34+ 02:14@ 03:32@ 03:02@ 03:09@ 07:00@ 04:31@ 02:15@ 05:41@ 04:07@ 01:28@ 00:19@			
12	michel wens	98	1:03:01
05:41+ 09:41+ 15:46+ 18:33+ 47:53+ 62:43+ 63:01+ 05:41+ 04:00+ 06:05+ 02:47+ 29:20+ 14:50+ 00:18- 03:40@ 02:08@ 04:22@ 01:11& 25:31@ 12:00@ 01:23-			

Plass	Navn	Klasse	Tid
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Åben 3

Beste stræktid for klassen

02:01 01:52 01:43 01:36 03:49 02:50 00:18 03:17 02:55 01:13 00:15

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 4

1	Mats Alexandersen Sæther												20	30:08
02:32=	04:11=	05:52=	09:09=	11:12=	15:39=	16:40=	20:01=	24:11=	26:19=	27:24=	28:27=	29:52=	30:08=	
02:32=	01:39=	01:41=	03:17=	02:03=	04:27=	01:01=	03:21=	04:10=	02:08=	01:05=	01:03=	01:25=	00:16=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Stine Alexandersen					20					39:16				
02:53+	04:39+	07:18+	12:13+	14:33+	20:36+	25:58+	29:40+	33:01+	35:04+	36:23+	37:34+	38:57+	39:16+		
02:53+	01:46+	02:39+	04:55+	02:20+	06:03+	05:22+	03:42+	03:21-	02:03-	01:19+	01:11+	01:23-	00:19+		
00:21#	00:07+	00:58&	01:38&	00:17#	01:36&	04:21@	00:21#	00:49-	00:05-	00:14#	00:08#	00:02-	00:03#		

3

Jarand Berg Hjukse

46

43:52

02:28-12:49+15:01+19:25+21:33+27:18+28:59+33:01+37:24+39:48+41:13+42:21+43:35+43:52+

02:28-10:21+02:12+04:24+02:08+05:45+01:41+04:02+04:23+02:24+01:25+01:08+01:14-00:17+

00:04-08:42@00:31&01:07&00:05+01:18&00:40&00:41#00:13+00:16#00:20&00:05+00:11-00:01+

4	Øystein Schanke										20				45:05			
04:38+	06:20+	08:48+	13:22+	22:32+	28:13+	29:34+	34:56+	38:55+	41:03+	42:28+	43:40+	44:50+	45:05+					
04:38+	01:42+	02:28+	04:34+	09:10+	05:41+	01:21+	05:22+	03:59-	02:08=	01:25+	01:12+	01:10-	00:15-					
02:06&	00:03+	00:47&	01:17&	07:07@	01:14&	00:20&	02:01&	00:11-	00:00=	00:20&	00:09#	00:15-	00:01-					

5	lisa Børsting												26	45:18											
03:21+	05:33+	09:17+	13:54+	16:41+	23:46+	26:49+	33:09+	37:33+	40:19+	42:01+	43:28+	44:59+	45:18+												
03:21+	02:12+	03:44+	04:37+	02:47+	07:05+	03:03+	06:20+	04:24+	02:46+	01:42+	01:27+	01:31+	00:19+												
00:49&	00:33&	02:03@	01:20&	00:44&	02:38&	02:02@	02:59&	00:14+	00:38&	00:37&	00:24&	00:06+	00:03#												

6	Bertil Alexandersen					20	56:37							
03:35+	05:52+	08:28+	13:19+	15:55+	24:29+	32:08+	37:04+	48:20+	51:08+	53:19+	54:42+	56:15+	56:37+	
03:35+	02:17+	02:36+	04:51+	02:36+	08:34+	07:39+	04:56+	11:16+	02:48+	02:11+	01:23+	01:33+	00:22+	
01:03&	00:38&	00:55&	01:34&	00:33&	04:07&	06:38@	01:35&	07:06@	00:40&	01:06@	00:20&	00:08+	00:06&	

7	Anders Harfot												26	1:04:07											
03:13+	07:46+	10:53+	18:44+	22:08+	33:06+	35:15+	42:11+	47:26+	57:13+	59:38+	61:32+	63:40+	64:07+												
03:13+	04:33+	03:07+	07:51+	03:24+	10:58+	02:09+	06:56+	05:15+	09:47+	02:25+	01:54+	02:08+	00:27+												
00:41&	02:54@	01:26&	04:34@	01:21&	06:31@	01:08@	03:35@	01:05&	07:39@	01:20@	00:51&	00:43&	00:11&												

8	Mats Haraldsen				20				1:04:31				
12:25+	14:14+	16:23+	24:35+	26:56+	35:28+	37:18+	41:43+	57:25+	59:52+	61:17+	62:39+	64:10+	64:31+
12:25+	01:49+	02:09+	08:12+	02:21+	08:32+	01:50+	04:25+	15:42+	02:27+	01:25+	01:22+	01:31+	00:21+
09:53@	00:10#	00:28&	04:55@	00:18#	04:05&	00:49&	01:04&	11:32@	00:19#	00:20&	00:19&	00:06+	00:05&

10	birgit hausner											95	1:07:24										
07:47+	10:36+	15:07+	22:48+	26:56+	37:54+	39:51+	50:07+	56:33+	60:16+	62:40+	64:42+	66:51+	67:24+										
07:47+	02:49+	04:31+	07:41+	04:08+	10:58+	01:57+	10:16+	06:26+	03:43+	02:24+	02:02+	02:09+	00:33+										
05:15@	01:10&	02:50@	04:24@	02:05@	06:31@	00:56&	06:55@	02:16&	01:35&	01:19@	00:59&	00:44&	00:17@										

11	tove jessen												22	1:28:08											
05:17+	09:21+	15:45+	23:38+	29:02+	42:53+	46:34+	57:47+	70:13+	77:10+	80:38+	83:39+	87:18+	88:08+												
05:17+	04:04+	06:24+	07:53+	05:24+	13:51+	03:41+	11:13+	12:26+	06:57+	03:28+	03:01+	03:39+	00:50+												
02:45@	02:25@	04:43@	04:36@	03:21@	09:24@	02:40@	07:52@	08:16@	04:49@	02:23@	01:58@	02:14@	00:34@												

Plass	Navn	Klasse	Tid
Åben 4			
12	Erna Germann	16	1:36:26
04:39+	19:46+	24:06+	41:53+
04:39+	15:07+	04:20+	17:47+
02:07&	13:28@	02:39@	14:30@
46:13+	59:57+	62:13+	73:42+
04:20+	13:44+	02:16+	11:29+
02:17@	09:17@	01:15@	08:08@
82:02+	87:36+	91:14+	93:32+
05:34+	03:38+	02:18+	02:24+
03:26@	02:33@	01:15@	00:59&
96:26+	96:26+	00:30+	00:14&
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
Åben 5			
1	Agnete Trier Hauge	48	28:38
00:57=	03:46=	07:16=	08:28=
00:57=	02:49=	03:30=	01:12=
00:00=	00:00=	00:00=	00:00=
14:50=	17:57=	22:14=	25:36=
28:15=	28:38=	04:17=	03:22=
02:39=	00:23=	00:00=	00:00=
2	Sander Popp Bobach	92	32:07
00:45-	03:30-	07:26+	08:39+
00:45-	02:45-	03:56+	01:13+
00:12-	00:04-	00:26#	00:01+
14:54+	19:00+	23:41+	28:37+
06:15-	04:06+	04:41+	04:56+
00:07-	00:59&	00:24+	01:34&
31:45+	32:07+	03:08+	00:22-
00:29#	00:01-		
3	idar danielsen	10	35:05
00:52-	03:11-	05:54-	06:53-
00:52-	02:19-	02:43-	00:59-
00:05-	00:30-	00:47-	00:13-
11:29-	16:00-	29:06+	32:13+
04:36-	04:31+	13:06+	03:07-
01:46-	01:24&	08:49@	00:15-
34:42+	35:05+	02:29-	00:23=
00:00=			
4	Kristin Alexandersen	20	37:26
01:05+	03:58+	09:18+	10:43+
01:05+	02:53+	05:20+	01:25+
00:08#	00:04+	01:50&	00:13#
19:06+	24:46+	29:31+	33:58+
08:23+	05:40+	04:45+	04:27+
02:33&	00:28#	01:05&	00:20#
36:57+	37:26+	02:59+	00:29+
00:06&			
5	Karl Ditlevsen	26	41:38
01:11+	04:49+	09:28+	10:59+
01:11+	03:38+	04:39+	01:31+
00:14#	00:49&	01:09&	00:19&
20:00+	26:03+	31:55+	37:15+
06:03+	05:52+	05:20+	03:52+
02:39&	02:56&	01:35&	01:58&
41:07+	41:38+	03:52+	00:31+
00:08&			
6	Tabitha Torgersen	51	41:42
01:04+	04:53+	10:35+	11:53+
01:04+	03:49+	05:42+	01:18+
00:07#	01:00&	02:12&	00:06+
20:05+	26:02+	31:41+	37:02+
05:57+	05:39+	05:21+	04:06+
02:50&	01:22&	01:59&	01:27&
41:08+	41:42+	00:34+	00:11&
7	ilsabe børsting	21	41:46
01:54+	06:00+	10:38+	12:18+
01:54+	04:06+	04:38+	01:40+
00:57&	01:17&	01:08&	00:28&
20:15+	26:21+	31:40+	36:58+
07:57+	06:06+	05:19+	05:18+
01:35#	02:59&	01:02#	01:56&
41:05+	41:46+	04:07+	00:41+
00:18&			
8	susanne gasbjerg	78	51:00
01:40+	06:16+	11:40+	13:58+
01:40+	04:36+	05:24+	02:18+
00:43&	01:47&	01:54&	01:06&
23:40+	30:04+	37:07+	43:46+
09:42+	06:24+	07:03+	06:39+
03:20&	03:17@	02:46&	03:17&
50:09+	51:00+	06:23+	00:51+
00:28@			
9	Jan Hausner	96	59:55
01:44+	06:59+	13:42+	16:11+
01:44+	05:15+	06:43+	02:29+
00:47&	02:26&	03:13&	01:17@
28:09+	35:45+	44:56+	53:01+
11:58+	07:36+	09:11+	08:05+
05:36&	04:29@	04:54@	04:43@
59:04+	59:55+	06:03+	00:51+
00:28@			

Plass	Navn	Klasse	Tid
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Åben 5

10	Keld B. Nielsen								58	1:31:34
02:22+	09:27+	22:21+	25:30+	43:05+	57:56+	67:55+	79:18+	90:13+	91:34+	
02:22+	07:05+	12:54+	03:09+	17:35+	14:51+	09:59+	11:23+	10:55+	01:21+	
01:25@	04:16@	09:24@	01:57@	11:13@	11:44@	05:42@	08:01@	08:16@	00:58@	

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben 6

1	vilde dalgaard												78													19:36
00:51=	01:54=	03:29=	05:34=	07:03=	08:19=	10:15=	12:04=	14:14=	15:37=	17:27=	19:17=	19:36=														
00:51=	01:03=	01:35=	02:05=	01:29=	01:16=	01:56=	01:49=	02:10=	01:23=	01:50=	01:50=	00:19=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Einar Dalgaard												78													20:34
00:52+	01:56+	03:28-	05:05-	06:24-	07:28-	09:40-	11:40-	14:03-	15:43+	17:38+	20:11+	20:34+														
00:52+	01:04+	01:32-	01:37-	01:19-	01:04-	02:12+	02:00+	02:23+	01:40+	01:55+	02:33+	00:23+														
00:01+	00:01+	00:03-	00:28-	00:10-	00:12-	00:16#	00:11#	00:13#	00:17#	00:05+	00:43&	00:04#														
3	Maia B												34													21:25
00:44-	02:02+	03:54+	05:42+	07:03=	08:33+	11:21+	13:31+	16:18+	18:04+	20:02+	21:09+	21:25+														
00:44-	01:18+	01:52+	01:48-	01:21-	01:30+	02:48+	02:10+	02:47+	01:46+	01:58+	01:07-	00:16-														
00:07-	00:15#	00:17#	00:17-	00:08-	00:14#	00:52&	00:21#	00:37&	00:23&	00:08+	00:43-	00:03-														
4	erle alexandra haraldsen												20													34:21
01:15+	03:44+	06:43+	09:57+	12:06+	14:13+	17:43+	21:19+	25:52+	28:26+	31:49+	33:52+	34:21+														
01:15+	02:29+	02:59+	03:14+	02:09+	02:07+	03:30+	03:36+	04:33+	02:34+	03:23+	02:03+	00:29+														
00:24&	01:26@	01:24&	01:09&	00:40&	00:51&	01:34&	01:47&	02:23@	01:11&	01:33&	00:13#	00:10&														
5	Anna-Marie Kühl												Ok Syd													47:24
01:49+	04:13+	07:36+	12:45+	16:42+	19:12+	24:48+	29:11+	35:12+	38:23+	43:31+	46:23+	47:24+														
01:49+	02:24+	03:23+	05:09+	03:57+	02:30+	05:36+	04:23+	06:01+	03:11+	05:08+	02:52+	01:01+														
00:58@	01:21@	01:48@	03:04@	02:28@	01:14&	03:40@	02:34@	03:51@	01:48@	03:18@	01:02&	00:42@														

Beste stræktid for klassen

00:44	01:03	01:32	01:37	01:19	01:04	01:56	01:49	02:10	01:23	01:50	01:07	00:16
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.