

Resultater – Troidens fodspor

2020-03-01

Kort 4-5 km		(16 / 16)	Tid	Efter	Tidstab		
1.	Nina Hoffmann	OK Sorø	43:48		01:12		
	3:53 (3:53)	4:15 (8:08)	9:01 (17:09)	7:28 (24:37)		4:19 (28:56)	2:37 (31:33)
	4:35 (36:08)	7:40 (43:48)					
2.	Annette Bonde	Ballerup OK	45:56	+2:08	00:31		
	4:11 (4:11)	4:45 (8:56)	9:28 (18:24)	7:22 (25:46)		3:39 (29:25)	3:06 (32:31)
	4:46 (37:17)	8:39 (45:56)					
3.	Viorel Miclea	Metropolitan Orienteringsklub	48:56	+5:08	02:07		
	4:01 (4:01)	6:23 (10:24)	10:34 (20:58)	7:29 (28:27)		3:58 (32:25)	3:50 (36:15)
	4:37 (40:52)	8:04 (48:56)					
4.	Merete Ravnhøj Andersen	Herlufsholm OK	55:39	+11:51	02:48		
	5:24 (5:24)	6:08 (11:32)	13:20 (24:52)	8:03 (32:55)		4:33 (37:28)	3:56 (41:24)
	5:39 (47:03)	8:36 (55:39)					
5.	Steen Lund	OK Sorø	56:25	+12:37	05:18		
	4:35 (4:35)	5:18 (9:53)	11:31 (21:24)	8:17 (29:41)		3:49 (33:30)	4:55 (38:25)
	8:59 (47:24)	9:01 (56:25)					
6.	Søren Thoustrup Jørgensen	OK73	56:59	+13:11	02:56		
	5:52 (5:52)	6:10 (12:02)	12:46 (24:48)	8:11 (32:59)		5:08 (38:07)	4:01 (42:08)
	5:53 (48:01)	8:58 (56:59)					
7.	Søren Christensen	OK Skærmø Værløse	57:39	+13:51	02:45		
	5:14 (5:14)	6:54 (12:08)	11:19 (23:27)	8:56 (32:23)		5:03 (37:26)	2:58 (40:24)
	7:16 (47:40)	9:59 (57:39)					
8.	Lykke Berg	Herlufsholm OK	59:30	+15:42	02:09		
	5:32 (5:32)	6:27 (11:59)	13:37 (25:36)	9:23 (34:59)		4:44 (39:43)	4:36 (44:19)
	5:57 (50:16)	9:14 (59:30)					
9.	Jan Bartnik	AMOK	1:00:06	+16:18	03:06		
	5:44 (5:44)	6:49 (12:33)	13:12 (25:45)	9:10 (34:55)		5:50 (40:45)	3:36 (44:21)
	6:05 (50:26)	9:40 (1:00:06)					
10.	Ib Larsen	Hvalsø OK	1:00:10	+16:22	02:43		
	5:59 (5:59)	6:38 (12:37)	13:18 (25:55)	9:25 (35:20)		4:40 (40:00)	4:42 (44:42)
	5:52 (50:34)	9:36 (1:00:10)					
11.	Mogens Jensen	Holbæk OK	1:07:21	+23:33	07:17		
	6:03 (6:03)	9:22 (15:25)	13:25 (28:50)	9:48 (38:38)		4:46 (43:24)	7:01 (50:25)
	7:05 (57:30)	9:51 (1:07:21)					
12.	Catalin Ionut Miclea	Metropolitan Orienteringsklub	1:09:06	+25:18	10:15		
	4:08 (4:08)	6:36 (10:44)	18:33 (29:17)	8:40 (37:57)		5:01 (42:58)	8:42 (51:40)
	6:06 (57:46)	11:20 (1:09:06)					
13.	Anette Lindegård Christensen	Holbæk OK	1:14:13	+30:25	03:28		
	6:37 (6:37)	7:24 (14:01)	15:04 (29:05)	10:47 (39:52)		6:25 (46:17)	5:00 (51:17)
	10:34 (1:01:51)	12:22 (1:14:13)					
14.	Marianne Dahl	OK Sorø	1:29:35	+45:47	04:40		
	6:46 (6:46)	9:11 (15:57)	20:07 (36:04)	15:28 (51:32)		6:17 (57:49)	6:01 (1:03:50)
	9:00 (1:12:50)	16:45 (1:29:35)					
15.	Hans-Ole Jensen	OK Sorø	1:29:48	+46:00	05:05		
	6:42 (6:42)	9:07 (15:49)	20:07 (35:56)	15:28 (51:24)		6:21 (57:45)	6:09 (1:03:54)
	8:42 (1:12:36)	17:12 (1:29:48)					
	Ninette Juul Erichsen	OK Sorø	Ej startet				
	- (-)	- (-)	- (-)	- (-)		- (-)	- (-)
	- (-)	- (-)					

Lang 12-14 km		(23 / 23)	Tid	Efter	Tidstab		
1.	Anne Marie Thommesen	Ballerup OK	1:43:21		01:09		
	1:52 (1:52)	2:06 (3:58)	5:12 (9:10)	1:36 (10:46)		2:18 (13:04)	4:13 (17:17)
	3:16 (20:33)	4:23 (24:56)	2:09 (27:05)	6:43 (33:48)		4:13 (38:01)	8:09 (46:10)
	5:59 (52:09)	4:44 (56:53)	3:12 (1:00:05)	8:14 (1:08:19)		4:19 (1:12:38)	3:31 (1:16:09)
	3:15 (1:19:24)	11:08 (1:30:32)	0:55 (1:31:27)	7:20 (1:38:47)		3:31 (1:42:18)	1:03 (1:43:21)
2.	Jan Holdensgaard Jørgensen	OK Sorø	1:44:55	+1:34	01:06		
	2:00 (2:00)	2:05 (4:05)	5:07 (9:12)	1:32 (10:44)		2:20 (13:04)	4:27 (17:31)
	3:32 (21:03)	4:37 (25:40)	2:09 (27:49)	7:12 (35:01)		3:50 (38:51)	7:49 (46:40)
	5:40 (52:20)	4:32 (56:52)	3:05 (59:57)	8:07 (1:08:04)		4:40 (1:12:44)	3:44 (1:16:28)
	2:46 (1:19:14)	10:33 (1:29:47)	1:22 (1:31:09)	9:32 (1:40:41)		3:02 (1:43:43)	1:12 (1:44:55)
3.	Christian Olsen	AMOK	1:45:27	+2:06	02:27		
	1:32 (1:32)	2:37 (4:09)	4:56 (9:05)	1:43 (10:48)		2:14 (13:02)	4:13 (17:15)
	3:20 (20:35)	4:23 (24:58)	2:07 (27:05)	6:49 (33:54)		4:09 (38:03)	8:09 (46:12)
	5:24 (51:36)	5:14 (56:50)	2:55 (59:45)	8:30 (1:08:15)		4:08 (1:12:23)	4:14 (1:16:37)
	3:14 (1:19:51)	10:43 (1:30:34)	0:51 (1:31:25)	10:54 (1:42:19)		2:11 (1:44:30)	0:57 (1:45:27)
4.	Morten Lykking	OK73	1:45:46	+2:25	05:20		
	1:43 (1:43)	1:49 (3:32)	4:48 (8:20)	1:24 (9:44)		2:15 (11:59)	4:16 (16:15)
	5:14 (21:29)	4:16 (25:45)	2:05 (27:50)	6:30 (34:20)		4:36 (38:56)	7:38 (46:34)
	4:56 (51:30)	5:25 (56:55)	2:48 (59:43)	8:28 (1:08:11)		4:23 (1:12:34)	3:28 (1:16:02)
	3:43 (1:19:45)	10:56 (1:30:41)	0:57 (1:31:38)	10:44 (1:42:22)		2:20 (1:44:42)	1:04 (1:45:46)
5.	Mads Svendsen	OK Roskilde	1:46:52	+3:31	03:35		
	1:52 (1:52)	2:10 (4:02)	5:12 (9:14)	1:38 (10:52)		2:08 (13:00)	4:02 (17:02)
	4:20 (21:22)	4:10 (25:32)	2:08 (27:40)	6:25 (34:05)		4:00 (38:05)	8:10 (46:15)
	5:25 (51:40)	5:16 (56:56)	2:54 (59:50)	8:23 (1:08:13)		4:20 (1:12:33)	3:42 (1:16:15)
	3:03 (1:19:18)	11:10 (1:30:28)	0:51 (1:31:19)	12:06 (1:43:25)		2:26 (1:45:51)	1:01 (1:46:52)
6.	Søren Madsen	OK Sorø	1:52:02	+8:41	03:27		
	1:30 (1:30)	2:26 (3:56)	4:48 (8:44)	1:25 (10:09)		2:24 (12:33)	4:21 (16:54)
	4:24 (21:18)	4:30 (25:48)	2:13 (28:01)	7:01 (35:02)		3:48 (38:50)	9:07 (47:57)
	5:43 (53:40)	6:10 (59:50)	3:13 (1:03:03)	9:21 (1:12:24)		4:41 (1:17:05)	6:00 (1:23:05)
	4:02 (1:27:07)	12:03 (1:39:10)	1:04 (1:40:14)	7:48 (1:48:02)		2:43 (1:50:45)	1:17 (1:52:02)
7.	Henrik Vestergaard Kamøe	OK Sorø	2:00:20	+16:59	08:26		
	2:04 (2:04)	3:49 (5:53)	4:42 (10:35)	2:24 (12:59)		4:24 (17:23)	2:15 (19:38)
	6:07 (25:45)	2:12 (27:57)	3:01 (30:58)	9:35 (40:33)		5:14 (45:47)	9:08 (54:55)
	7:29 (1:02:24)	5:20 (1:07:44)	6:00 (1:13:44)	8:45 (1:22:29)		6:36 (1:29:05)	3:51 (1:32:56)
	2:39 (1:35:35)	11:23 (1:46:58)	1:08 (1:48:06)	8:41 (1:56:47)		2:29 (1:59:16)	1:04 (2:00:20)

8.	Camilla Rath Nielsen	PI-København	2:02:07	+18:46	15:49		
	1:48 (1:48)	3:13 (5:01)	3:59 (9:00)	2:01 (11:01)	4:18 (15:19)	3:01 (18:20)	
	7:02 (25:22)	5:19 (30:41)	2:12 (32:53)	7:22 (40:15)	5:25 (45:40)	11:18 (56:58)	
	5:38 (1:02:36)	5:01 (1:07:37)	7:12 (1:14:49)	8:51 (1:23:40)	5:43 (1:29:23)	3:37 (1:33:00)	
	2:37 (1:35:37)	12:10 (1:47:47)	0:58 (1:48:45)	8:38 (1:57:23)	3:43 (2:01:06)	1:01 (2:02:07)	
9.	Jens Korsholm	Farum OK	2:15:10	+31:49	05:48		
	1:39 (1:39)	2:27 (4:06)	5:51 (9:57)	1:50 (11:47)	3:01 (14:48)	5:20 (20:08)	
	4:06 (24:14)	5:35 (29:49)	2:51 (32:40)	8:33 (41:13)	5:53 (47:06)	11:40 (58:46)	
	6:38 (1:05:24)	6:52 (1:12:16)	5:01 (1:17:17)	10:59 (1:28:16)	6:01 (1:34:17)	4:38 (1:38:55)	
	4:04 (1:42:59)	16:40 (1:59:39)	1:27 (2:01:06)	8:54 (2:10:00)	4:09 (2:14:09)	1:01 (2:15:10)	
10.	Henrik Nielsen	Holbæk OK	2:15:21	+32:00	05:46		
	2:04 (2:04)	4:12 (6:16)	5:17 (11:33)	2:38 (14:11)	5:38 (19:49)	2:29 (22:18)	
	6:49 (29:07)	1:55 (31:02)	3:05 (34:07)	8:49 (42:56)	5:11 (48:07)	11:30 (59:37)	
	7:00 (1:06:37)	6:18 (1:12:55)	4:34 (1:17:29)	13:22 (1:30:51)	5:39 (1:36:30)	6:18 (1:42:48)	
	3:47 (1:46:35)	12:38 (1:59:13)	1:35 (2:00:48)	9:35 (2:10:23)	3:53 (2:14:16)	1:05 (2:15:21)	
11.	Runa Ulsøe	OK Roskilde	2:15:40	+32:19	02:30		
	2:31 (2:31)	2:38 (5:09)	6:13 (11:22)	2:05 (13:27)	3:05 (16:32)	5:31 (22:03)	
	4:38 (26:41)	5:28 (32:09)	2:30 (34:39)	9:00 (43:39)	5:32 (49:11)	10:50 (1:00:01)	
	7:27 (1:07:28)	5:47 (1:13:15)	5:01 (1:18:16)	10:20 (1:28:36)	5:34 (1:34:10)	5:37 (1:39:47)	
	3:42 (1:43:29)	16:28 (1:59:57)	1:26 (2:01:23)	9:38 (2:11:01)	3:29 (2:14:30)	1:10 (2:15:40)	
12.	Jens Peter Gundorf	OK ØST Birkerød	2:16:07	+32:46	07:53		
	1:59 (1:59)	4:08 (6:07)	5:19 (11:26)	2:42 (14:08)	5:16 (19:24)	2:21 (21:45)	
	7:35 (29:20)	1:47 (31:07)	3:06 (34:13)	8:38 (42:51)	4:54 (47:45)	11:27 (59:12)	
	6:25 (1:05:37)	6:33 (1:12:10)	5:33 (1:17:43)	10:42 (1:28:25)	6:28 (1:34:53)	4:41 (1:39:34)	
	3:35 (1:43:09)	17:09 (2:00:18)	1:35 (2:01:53)	9:16 (2:11:09)	3:29 (2:14:38)	1:29 (2:16:07)	
13.	Henrik Tølløse	Hvalsø OK	2:22:30	+39:09	04:58		
	2:38 (2:38)	2:46 (5:24)	6:26 (11:50)	2:14 (14:04)	3:00 (17:04)	5:35 (22:39)	
	5:09 (27:48)	5:40 (33:28)	2:42 (36:10)	9:07 (45:17)	6:03 (51:20)	10:51 (1:02:11)	
	7:20 (1:09:31)	7:26 (1:16:57)	6:06 (1:23:03)	11:18 (1:34:21)	6:16 (1:40:37)	4:46 (1:45:23)	
	3:51 (1:49:14)	13:13 (2:02:27)	3:57 (2:06:24)	11:27 (2:17:51)	3:25 (2:21:16)	1:14 (2:22:30)	
14.	Kenn Basse	Ballerup OK	3:02:51	+79:30	57:42		
	1:31 (1:31)	4:55 (6:26)	4:31 (10:57)	9:02 (19:59)	4:50 (24:49)	2:15 (27:04)	
	8:03 (35:07)	1:43 (36:50)	2:52 (39:42)	35:02 (1:14:44)	23:32 (1:38:16)	9:31 (1:47:47)	
	7:03 (1:54:50)	6:31 (2:01:21)	4:18 (2:05:39)	10:30 (2:16:09)	7:38 (2:23:47)	4:14 (2:28:01)	
	3:15 (2:31:16)	17:09 (2:48:25)	0:55 (2:49:20)	8:26 (2:57:46)	3:57 (3:01:43)	1:08 (3:02:51)	
15.	Jeppe Rønnefelt	Hvalsø OK	3:04:44	+81:23	13:40		
	2:07 (2:07)	4:01 (6:08)	7:48 (13:56)	3:40 (17:36)	3:40 (21:16)	6:36 (27:52)	
	7:57 (35:49)	7:36 (43:25)	2:38 (46:03)	11:05 (57:08)	6:42 (1:03:50)	14:42 (1:18:32)	
	8:39 (1:27:11)	8:55 (1:36:06)	7:40 (1:43:46)	13:46 (1:57:32)	7:31 (2:05:03)	6:09 (2:11:12)	
	4:42 (2:15:54)	20:20 (2:36:14)	1:17 (2:37:31)	21:12 (2:58:43)	5:04 (3:03:47)	0:57 (3:04:44)	
16.	Jonathan Skovsø Andersen	Hvalsø OK	3:04:55	+81:34	14:44		
	2:13 (2:13)	5:01 (7:14)	6:21 (13:35)	2:56 (16:31)	6:39 (23:10)	3:36 (26:46)	
	8:07 (34:53)	2:14 (37:07)	3:55 (41:02)	15:37 (56:39)	7:13 (1:03:52)	13:52 (1:17:44)	
	8:45 (1:26:29)	9:30 (1:35:59)	7:44 (1:43:43)	13:53 (1:57:36)	7:47 (2:05:23)	6:05 (2:11:28)	
	4:31 (2:15:59)	19:50 (2:35:49)	1:48 (2:37:37)	21:40 (2:59:17)	4:22 (3:03:39)	1:16 (3:04:55)	
17.	Cecilie Skovsø Andersen	Hvalsø OK	3:05:17	+81:56	12:57		
	2:18 (2:18)	3:45 (6:03)	7:47 (13:50)	3:49 (17:39)	3:35 (21:14)	6:32 (27:46)	
	7:50 (35:36)	6:57 (42:33)	3:34 (46:07)	11:04 (57:11)	7:05 (1:04:16)	14:37 (1:18:53)	
	8:47 (1:27:40)	14:33 (1:42:13)	7:36 (1:49:49)	14:36 (2:04:25)	7:18 (2:11:43)	7:13 (2:18:56)	
	5:52 (2:24:48)	16:33 (2:41:21)	1:32 (2:42:53)	16:13 (2:59:06)	4:48 (3:03:54)	1:23 (3:05:17)	
18.	Claus Skovsø Petersen	Hvalsø OK	3:05:28	+82:07	16:05		
	2:22 (2:22)	5:07 (7:29)	6:10 (13:39)	2:57 (16:36)	6:40 (23:16)	3:37 (26:53)	
	7:53 (34:46)	2:18 (37:04)	3:59 (41:03)	16:12 (57:15)	7:13 (1:04:28)	14:11 (1:18:39)	
	8:54 (1:27:33)	14:54 (1:42:27)	7:26 (1:49:53)	14:29 (2:04:22)	7:43 (2:12:05)	6:55 (2:19:00)	
	5:25 (2:24:25)	17:03 (2:41:28)	1:38 (2:43:06)	15:53 (2:58:59)	4:52 (3:03:51)	1:37 (3:05:28)	
19.	Helle Brøchner Jønson	OK Roskilde	3:05:48	+82:27	33:06		
	2:35 (2:35)	2:52 (5:27)	7:07 (12:34)	1:55 (14:29)	3:26 (17:55)	6:10 (24:05)	
	4:46 (28:51)	6:06 (34:57)	2:58 (37:55)	11:13 (49:08)	16:06 (1:05:14)	16:59 (1:22:13)	
	13:54 (1:36:07)	11:18 (1:47:25)	6:26 (1:53:51)	14:21 (2:08:12)	8:20 (2:16:32)	5:15 (2:21:47)	
	10:16 (2:32:03)	16:10 (2:48:13)	1:23 (2:49:36)	10:45 (3:00:21)	4:08 (3:04:29)	1:19 (3:05:48)	
20.	Jesper Allan Jensen	OK Roskilde	3:13:26	+90:05	34:41		
	2:33 (2:33)	4:20 (6:53)	5:30 (12:23)	2:50 (15:13)	5:54 (21:07)	4:11 (25:18)	
	11:39 (36:57)	2:03 (39:00)	2:49 (41:49)	9:57 (51:46)	5:35 (57:21)	32:21 (1:29:42)	
	8:43 (1:38:25)	7:23 (1:45:48)	7:41 (1:53:29)	14:13 (2:07:42)	8:56 (2:16:38)	7:14 (2:23:52)	
	5:32 (2:29:24)	20:47 (2:50:11)	1:38 (2:51:49)	12:51 (3:04:40)	6:44 (3:11:24)	2:02 (3:13:26)	
21.	Lise Ravnhøj Andersen	Herlufsholm OK	3:25:06	+101:45	01:03:17		
	1:55 (1:55)	3:01 (4:56)	5:53 (10:49)	2:23 (13:12)	3:09 (16:21)	5:13 (21:34)	
	38:23 (59:57)	5:26 (1:05:23)	2:32 (1:07:55)	10:09 (1:18:04)	7:29 (1:25:33)	15:54 (1:41:27)	
	9:04 (1:50:31)	10:52 (2:01:23)	8:56 (2:10:19)	18:31 (2:28:50)	6:09 (2:34:59)	4:57 (2:39:56)	
	13:59 (2:53:55)	13:16 (3:07:11)	2:00 (3:09:11)	11:52 (3:21:03)	3:06 (3:24:09)	0:57 (3:25:06)	
22.	Henrik Mathiesen	Herlufsholm OK	3:25:10	+101:49	01:03:02		
	1:57 (1:57)	2:57 (4:54)	5:57 (10:51)	2:19 (13:10)	3:12 (16:22)	5:15 (21:37)	
	38:15 (59:52)	5:30 (1:05:22)	2:33 (1:07:55)	10:11 (1:18:06)	7:32 (1:25:38)	15:46 (1:41:24)	
	9:03 (1:50:27)	10:51 (2:01:18)	9:05 (2:10:23)	18:24 (2:28:47)	6:15 (2:35:02)	4:56 (2:39:58)	
	14:02 (2:54:00)	13:14 (3:07:14)	2:01 (3:09:15)	11:51 (3:21:06)	3:00 (3:24:06)	1:04 (3:25:10)	
23.	Susanne Tanderup	Herlufsholm OK	4:40:21	+177:00	01:54:48		
	2:14 (2:14)	2:45 (4:59)	6:33 (11:32)	2:01 (13:33)	3:18 (16:51)	6:22 (23:13)	
	4:54 (28:07)	6:19 (34:26)	2:46 (37:12)	11:37 (48:49)	6:29 (55:18)	55:59 (1:51:17)	
	11:22 (2:02:39)	13:50 (2:16:29)	38:38 (2:55:07)	13:39 (3:08:46)	42:17 (3:51:03)	6:10 (3:57:13)	
	6:12 (4:03:25)	15:44 (4:19:09)	1:13 (4:20:22)	13:53 (4:34:15)	4:42 (4:38:57)	1:24 (4:40:21)	
Mellem 6-8 km (8 / 8)			Tid	Efter	Tidstab		
1.	Jonatan Høhne	OK Sorø	1:10:35		00:00		
2.	Gregers Jørgensen	Ballerup OK	1:11:02	+0:27	03:45		
	1:46 (1:46)	3:42 (5:28)	6:07 (11:35)	3:44 (15:19)	8:25 (23:44)	5:18 (29:02)	
	4:26 (33:28)	3:54 (37:22)	9:27 (46:49)	5:55 (52:44)	9:28 (1:02:12)	4:43 (1:06:55)	
	3:00 (1:09:55)	1:07 (1:11:02)					
3.	Lars Hanghøj Petersen	Ballerup OK	1:11:28	+0:53	00:00		
4.	Bjark Bo Christensen	Holbæk OK	1:40:23	+29:48	20:00		
	1:56 (1:56)	4:02 (5:58)	7:24 (13:22)	5:15 (18:37)	10:49 (29:26)	7:11 (36:37)	
	5:53 (42:30)	4:26 (46:56)	10:42 (57:38)	5:46 (1:03:24)	6:52 (1:10:16)	18:40 (1:28:56)	
	10:22 (1:39:18)	1:05 (1:40:23)					

5.	Peter Sørensen	PI-København	1:40:27	+29:52	32:14		
	1:58 (1:58)	3:36 (5:34)	5:58 (11:32)	3:40 (15:12)		7:51 (23:03)	29:02 (52:05)
	4:54 (56:59)	3:18 (1:00:17)	9:42 (1:09:59)	4:43 (1:14:42)		6:19 (1:21:01)	5:08 (1:26:09)
	13:12 (1:39:21)	1:06 (1:40:27)					
6.	Peter Nielsen	OK Skærmø Værløse	1:45:54	+35:19	19:48		
	2:28 (2:28)	4:33 (7:01)	7:40 (14:41)	5:26 (20:07)		11:33 (31:40)	7:20 (39:00)
	12:11 (51:11)	9:45 (1:00:56)	11:36 (1:12:32)	6:58 (1:19:30)		7:16 (1:26:46)	14:03 (1:40:49)
	3:52 (1:44:41)	1:13 (1:45:54)					
7.	Palle Møller Nielsen	Odense OK	2:16:29	+65:54	00:00		
8.	Kenneht Bang	Herlufsholm OK	2:50:38	+100:03	01:00:07		
	2:55 (2:55)	13:52 (16:47)	23:05 (39:52)	7:09 (47:01)		12:29 (59:30)	8:25 (1:07:55)
	34:39 (1:42:34)	6:23 (1:48:57)	15:14 (2:04:11)	8:53 (2:13:04)		25:22 (2:38:26)	6:55 (2:45:21)
	3:47 (2:49:08)	1:30 (2:50:38)					

Ultra 16-18 km			(17 / 17)	Tid	Efter	Tidstab	
1.	André Didier Gautier	OK Sorø	1:53:19	+18:53	03:11		
	1:14 (1:14)	3:23 (4:37)	3:20 (7:57)	1:45 (9:42)		3:20 (13:02)	1:37 (14:39)
	3:52 (18:31)	1:14 (19:45)	1:52 (21:37)	3:25 (25:02)		5:48 (30:50)	9:30 (40:20)
	0:53 (41:13)	3:42 (44:55)	4:27 (49:22)	3:25 (52:47)		6:30 (59:17)	4:11 (1:03:28)
	3:41 (1:07:09)	8:23 (1:15:32)	6:33 (1:22:05)	4:25 (1:26:30)		3:51 (1:30:21)	4:06 (1:34:27)
	3:32 (1:37:59)	2:43 (1:40:42)	5:09 (1:45:51)	3:27 (1:49:18)		2:58 (1:52:16)	1:03 (1:53:19)
2.	Janus Storland Høhne	OK Sorø	1:53:48	+0:29	00:00		
	1:18 (1:18)	1:36 (2:54)	4:26 (7:20)	2:07 (9:27)		1:51 (11:18)	3:25 (14:43)
	2:50 (17:33)	3:37 (21:10)	1:47 (22:57)	2:56 (25:53)		5:21 (31:14)	9:34 (40:48)
	0:54 (41:42)	3:37 (45:19)	4:05 (49:24)	3:29 (52:53)		6:32 (59:25)	4:05 (1:03:30)
	3:46 (1:07:16)	8:20 (1:15:36)	6:33 (1:22:09)	4:23 (1:26:32)		3:53 (1:30:25)	4:32 (1:34:57)
	3:34 (1:38:31)	2:36 (1:41:07)	5:24 (1:46:31)	3:50 (1:50:21)		2:26 (1:52:47)	1:01 (1:53:48)
3.	Ole Andersen	Herlufsholm OK	1:59:33	+6:14	02:08		
	1:13 (1:13)	2:49 (4:02)	3:29 (7:31)	1:45 (9:16)		3:32 (12:48)	1:36 (14:24)
	3:59 (18:23)	1:16 (19:39)	1:53 (21:32)	3:27 (24:59)		5:59 (30:58)	9:54 (40:52)
	0:52 (41:44)	3:29 (45:13)	4:20 (49:33)	3:23 (52:56)		8:41 (1:01:37)	4:23 (1:06:00)
	4:23 (1:10:23)	7:31 (1:17:54)	6:20 (1:24:14)	4:42 (1:28:56)		4:29 (1:33:25)	4:34 (1:37:59)
	3:54 (1:41:53)	2:57 (1:44:50)	6:10 (1:51:00)	4:06 (1:55:06)		3:33 (1:58:39)	0:54 (1:59:33)
4.	Steen Piiil	Søllerød OK	1:59:54	+6:35	05:18		
	1:22 (1:22)	3:06 (4:28)	3:40 (8:08)	1:50 (9:58)		3:48 (13:46)	1:38 (15:24)
	4:14 (19:38)	1:23 (21:01)	2:07 (23:08)	3:22 (26:30)		5:43 (32:13)	9:29 (41:42)
	0:46 (42:28)	4:00 (46:28)	5:02 (51:30)	3:25 (54:55)		6:14 (1:01:09)	7:26 (1:08:35)
	4:01 (1:12:36)	10:12 (1:22:48)	6:03 (1:28:51)	4:36 (1:33:27)		4:07 (1:37:34)	4:00 (1:41:34)
	3:26 (1:45:00)	2:30 (1:47:30)	5:11 (1:52:41)	3:49 (1:56:30)		2:25 (1:58:55)	0:59 (1:59:54)
5.	Bjørn Axelsen	Tisvilde Hegn OK	2:12:12	+18:53	03:11		
	1:21 (1:21)	1:48 (3:09)	4:28 (7:37)	1:28 (9:05)		2:04 (11:09)	3:39 (14:48)
	2:52 (17:40)	3:54 (21:34)	2:00 (23:34)	3:37 (27:11)		6:32 (33:43)	10:57 (44:40)
	0:51 (45:31)	4:12 (49:43)	4:58 (54:41)	4:23 (59:04)		7:52 (1:06:56)	8:04 (1:15:00)
	5:07 (1:20:07)	8:41 (1:28:48)	7:01 (1:35:49)	5:20 (1:41:09)		4:39 (1:45:48)	4:52 (1:50:40)
	3:54 (1:54:34)	2:58 (1:57:32)	6:18 (2:03:50)	4:22 (2:08:12)		2:56 (2:11:08)	1:04 (2:12:12)
6.	Rasmus Skovhede Hviid	Lyngby OK	2:19:37	+26:18	07:01		
	1:38 (1:38)	2:22 (4:00)	5:01 (9:01)	1:48 (10:49)		2:18 (13:07)	4:30 (17:37)
	3:22 (20:59)	4:28 (25:27)	2:07 (27:34)	6:37 (34:11)		6:57 (41:08)	10:52 (52:00)
	1:02 (53:02)	4:34 (57:36)	6:38 (1:04:14)	4:22 (1:08:36)		8:30 (1:17:06)	5:54 (1:23:00)
	7:12 (1:30:12)	8:02 (1:38:14)	6:36 (1:44:50)	5:15 (1:50:05)		4:53 (1:54:58)	4:35 (1:59:33)
	3:45 (2:03:18)	2:53 (2:06:11)	5:45 (2:11:56)	4:09 (2:16:05)		2:31 (2:18:36)	1:01 (2:19:37)
7.	Kenneth Thomsen	OK Sorø	2:22:07	+28:48	08:31		
	1:37 (1:37)	3:05 (4:42)	3:54 (8:36)	1:54 (10:30)		4:03 (14:33)	1:54 (16:27)
	4:43 (21:10)	3:05 (24:15)	2:16 (26:31)	4:06 (30:37)		8:18 (38:55)	13:03 (51:58)
	0:57 (52:55)	4:27 (57:22)	8:41 (1:06:03)	4:16 (1:10:19)		8:36 (1:18:55)	5:52 (1:24:47)
	5:17 (1:30:04)	7:57 (1:38:01)	6:39 (1:44:40)	5:06 (1:49:46)		4:30 (1:54:16)	4:45 (1:59:01)
	5:17 (2:04:18)	2:53 (2:07:11)	6:15 (2:13:26)	4:45 (2:18:11)		2:42 (2:20:53)	1:14 (2:22:07)
8.	Frede Lillelund	Søllerød OK	2:47:18	+53:59	06:15		
	1:48 (1:48)	2:24 (4:12)	5:27 (9:39)	1:34 (11:13)		2:22 (13:35)	4:45 (18:20)
	3:33 (21:53)	4:50 (26:43)	2:10 (28:53)	5:22 (34:15)		7:27 (41:42)	13:29 (55:11)
	1:00 (56:11)	5:19 (1:01:30)	12:27 (1:13:57)	5:21 (1:19:18)		9:25 (1:28:43)	6:11 (1:34:54)
	5:58 (1:40:52)	11:23 (1:52:15)	8:58 (2:01:13)	6:34 (2:07:47)		6:16 (2:14:03)	6:08 (2:20:11)
	4:53 (2:25:04)	3:47 (2:28:51)	8:34 (2:37:25)	5:29 (2:42:54)		3:13 (2:46:07)	1:11 (2:47:18)
9.	Melissa Ulsøe Jessen	OK Roskilde	2:52:02	+58:43	14:04		
	1:42 (1:42)	2:38 (4:20)	5:22 (9:42)	1:24 (11:06)		2:21 (13:27)	4:32 (17:59)
	3:35 (21:34)	4:24 (25:58)	2:16 (28:14)	12:57 (41:11)		7:32 (48:43)	13:02 (1:01:45)
	1:08 (1:02:53)	5:26 (1:08:19)	5:56 (1:14:15)	4:52 (1:19:07)		9:18 (1:28:25)	6:59 (1:35:24)
	5:43 (1:41:07)	14:13 (1:55:20)	8:44 (2:04:04)	6:00 (2:10:04)		6:00 (2:16:04)	6:10 (2:22:14)
	5:14 (2:27:28)	3:44 (2:31:12)	7:19 (2:38:31)	6:36 (2:45:07)		5:48 (2:50:55)	1:07 (2:52:02)
10.	Jonas Lassen	OK Roskilde	3:00:04	+66:45	27:13		
	2:16 (2:16)	4:54 (7:10)	4:48 (11:58)	2:55 (14:53)		4:27 (19:20)	2:21 (21:41)
	5:50 (27:31)	1:51 (29:22)	2:28 (31:50)	6:42 (38:32)		7:59 (46:31)	18:14 (1:04:45)
	1:14 (1:05:59)	5:47 (1:11:46)	4:33 (1:16:19)	4:58 (1:21:17)		14:20 (1:35:37)	6:21 (1:41:58)
	14:17 (1:56:15)	10:39 (2:06:54)	7:20 (2:14:14)	5:06 (2:19:20)		5:21 (2:24:41)	7:33 (2:32:14)
	3:49 (2:36:03)	3:34 (2:39:37)	7:38 (2:47:15)	9:16 (2:56:31)		2:49 (2:59:20)	0:44 (3:00:04)
11.	Claus Cederberg	Ballerup OK	3:00:09	+66:50	43:26		
	1:24 (1:24)	2:52 (4:16)	4:52 (9:08)	1:43 (10:51)		2:11 (13:02)	4:24 (17:26)
	3:26 (20:52)	4:10 (25:02)	2:06 (27:08)	3:56 (31:04)		7:11 (38:15)	9:55 (48:10)
	0:54 (49:04)	4:01 (53:05)	45:16 (1:38:21)	4:16 (1:42:37)		8:52 (1:51:29)	5:34 (1:57:03)
	6:32 (2:03:35)	9:41 (2:13:16)	9:20 (2:22:36)	5:10 (2:27:46)		5:08 (2:32:54)	5:12 (2:38:06)
	3:43 (2:41:49)	3:45 (2:45:34)	6:29 (2:52:03)	4:40 (2:56:43)		2:35 (2:59:18)	0:51 (3:00:09)
12.	Brian Steen Jørgensen	Holbæk OK	3:00:37	+67:18	21:41		
	2:12 (2:12)	5:07 (7:19)	4:48 (12:07)	2:27 (14:34)		4:26 (19:00)	2:33 (21:33)
	5:48 (27:21)	1:54 (29:15)	2:37 (31:52)	6:27 (38:19)		8:08 (46:27)	19:12 (1:05:39)
	1:00 (1:06:39)	5:14 (1:11:53)	5:30 (1:17:23)	4:59 (1:22:22)		13:10 (1:35:32)	6:20 (1:41:52)
	15:39 (1:57:31)	9:44 (2:07:15)	8:08 (2:15:23)	5:43 (2:21:06)		5:16 (2:26:22)	7:14 (2:33:36)
	4:25 (2:38:01)	3:33 (2:41:34)	8:21 (2:49:55)	6:16 (2:56:11)		3:05 (2:59:16)	1:21 (3:00:37)
13.	Astrid Riis	Holbæk OK	3:01:01	+67:42	18:45		
	1:50 (1:50)	2:33 (4:23)	5:56 (10:19)	1:40 (11:59)		3:06 (15:05)	5:11 (20:16)
	4:10 (24:26)	5:38 (30:04)	2:36 (32:40)	5:12 (37:52)		8:28 (46:20)	19:15 (1:05:35)
	1:08 (1:06:43)	5:00 (1:11:43)	5:55 (1:17:38)	5:03 (1:22:41)		12:36 (1:35:17)	6:26 (1:41:43)
	15:53 (1:57:36)	9:49 (2:07:25)	8:42 (2:16:07)	6:14 (2:22:21)		5:47 (2:28:08)	5:46 (2:33:54)
	4:33 (2:38:27)	3:35 (2:42:02)	7:32 (2:49:34)	6:40 (2:56:14)		3:38 (2:59:52)	1:09 (3:01:01)

14. Kim Frandsen	Farum OK		3:01:09	+67:50	09:16		
2:01 (2:01)	2:40 (4:41)	6:04 (10:45)		2:29 (13:14)		3:00 (16:14)	5:14 (21:28)
4:34 (26:02)	5:31 (31:33)	2:23 (33:56)		5:03 (38:59)		8:35 (47:34)	15:55 (1:03:29)
1:23 (1:04:52)	6:57 (1:11:49)	5:46 (1:17:35)		5:30 (1:23:05)		14:50 (1:37:55)	7:11 (1:45:06)
9:55 (1:55:01)	11:55 (2:06:56)	8:48 (2:15:44)		5:49 (2:21:33)		5:55 (2:27:28)	5:51 (2:33:19)
4:48 (2:38:07)	3:40 (2:41:47)	9:28 (2:51:15)		5:29 (2:56:44)		3:11 (2:59:55)	1:14 (3:01:09)
Nina Henriksen	Holbæk OK		Fejlkli				
2:52 (2:52)	2:25 (5:17)	6:38 (11:55)		2:08 (14:03)		3:11 (17:14)	5:31 (22:45)
4:52 (27:37)	6:18 (33:55)	2:59 (36:54)		5:40 (42:34)		- (-)	- (1:25:44)
1:12 (1:26:56)	8:34 (1:35:30)	7:47 (1:43:17)		12:54 (1:56:11)		39:25 (2:35:36)	10:00 (2:45:36)
10:57 (2:56:33)	16:30 (3:13:03)	10:22 (3:23:25)		9:29 (3:32:54)		7:04 (3:39:58)	9:21 (3:49:19)
7:35 (3:56:54)	7:25 (4:04:19)	9:55 (4:14:14)		6:31 (4:20:45)		7:50 (4:28:35)	1:59 (4:30:34)
Per Schifter Schou	Holbæk OK		Fejlkli				
2:59 (2:59)	4:36 (7:35)	5:17 (12:52)		2:33 (15:25)		5:11 (20:36)	4:34 (25:10)
11:40 (36:50)	2:16 (39:06)	2:59 (42:05)		6:30 (48:35)		- (-)	- (1:26:08)
1:14 (1:27:22)	8:14 (1:35:36)	7:20 (1:42:56)		13:28 (1:56:24)		39:09 (2:35:33)	9:53 (2:45:26)
11:27 (2:56:53)	16:05 (3:12:58)	10:25 (3:23:23)		9:28 (3:32:51)		7:05 (3:39:56)	8:55 (3:48:51)
8:04 (3:56:55)	5:57 (4:02:52)	11:10 (4:14:02)		7:02 (4:21:04)		7:59 (4:29:03)	1:45 (4:30:48)
Mikkel Skaarup	Ballerup OK		Ej startet				
- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
- (-)	- (-)	- (-)		- (-)		- (-)	- (-)