

Resultater – I Troidens Fodspor

2021-03-07

Kort 4 km			(25 / 25)	Tid	Efter	
1.	Morten Jensen		OK Roskilde	44:06		
	4:59 (4:59)	3:39 (8:38)	4:24 (13:02)	4:41 (17:43)	3:54 (21:37)	2:25 (24:02)
	3:53 (27:55)	5:18 (33:13)	5:40 (38:53)	3:19 (42:12)	1:54 (44:06)	
2.	Britta Ank Pedersen		Horsens OK	49:09	+5:03	
	7:34 (7:34)	3:57 (11:31)	5:38 (17:09)	6:48 (23:57)	5:05 (29:02)	2:42 (31:44)
	3:57 (35:41)	4:46 (40:27)	3:09 (43:36)	3:21 (46:57)	2:12 (49:09)	
3.	Catalin Miclea		OK Sorø	49:20	+5:14	
	7:37 (7:37)	3:26 (11:03)	4:48 (15:51)	5:51 (21:42)	5:17 (26:59)	2:47 (29:46)
	5:03 (34:49)	5:17 (40:06)	2:50 (42:56)	3:24 (46:20)	3:00 (49:20)	
4.	Viorel Miclea		OK Sorø	53:39	+9:33	
	9:23 (9:23)	5:00 (14:23)	4:51 (19:14)	6:19 (25:33)	4:57 (30:30)	3:07 (33:37)
	4:23 (38:00)	4:46 (42:46)	4:24 (47:10)	3:35 (50:45)	2:54 (53:39)	
5.	Inge Jørgensen		OK Roskilde	53:48	+9:42	
	11:32 (11:32)	4:02 (15:34)	5:07 (20:41)	5:15 (25:56)	5:07 (31:03)	2:55 (33:58)
	3:46 (37:44)	5:33 (43:17)	3:20 (46:37)	4:43 (51:20)	2:28 (53:48)	
6.	Ole Svendsen		OK Roskilde	55:13	+11:07	
	8:34 (8:34)	4:33 (13:07)	5:16 (18:23)	9:07 (27:30)	5:10 (32:40)	2:49 (35:29)
	3:53 (39:22)	5:20 (44:42)	3:42 (48:24)	4:03 (52:27)	2:46 (55:13)	
7.	Ulla Hooge		OK ØST Birkerød	55:28	+11:22	
	9:40 (9:40)	4:58 (14:38)	5:34 (20:12)	6:33 (26:45)	4:48 (31:33)	2:34 (34:07)
	4:30 (38:37)	5:52 (44:29)	3:31 (48:00)	5:04 (53:04)	2:24 (55:28)	
8.	Finn Hørup Nielsen		OK Vendelboerne	59:59	+15:53	
	13:16 (13:16)	4:49 (18:05)	5:46 (23:51)	6:23 (30:14)	5:44 (35:58)	4:08 (40:06)
	3:41 (43:47)	5:16 (49:03)	4:12 (53:15)	3:47 (57:02)	2:57 (59:59)	
9.	Christian Hald		Hvalsø OK	1:02:03	+17:57	
	6:38 (6:38)	8:57 (15:35)	6:35 (22:10)	8:10 (30:20)	6:58 (37:18)	4:22 (41:40)
	3:56 (45:36)	6:06 (51:42)	2:58 (54:40)	3:41 (58:21)	3:42 (1:02:03)	
10.	Hans Jørgen Vad		Horsens OK	1:04:05	+19:59	
	7:20 (7:20)	5:56 (13:16)	6:11 (19:27)	9:45 (29:12)	6:44 (35:56)	2:55 (38:51)
	4:55 (43:46)	9:26 (53:12)	4:29 (57:41)	3:48 (1:01:29)	2:36 (1:04:05)	
11.	Jannie Nielsen		Holbæk OK	1:05:06	+21:00	
	8:20 (8:20)	5:40 (14:00)	7:10 (21:10)	8:47 (29:57)	6:40 (36:37)	3:51 (40:28)
	5:25 (45:53)	7:42 (53:35)	3:50 (57:25)	4:45 (1:02:10)	2:56 (1:05:06)	
12.	Bruno Stub		PI-København	1:10:04	+25:58	
	7:18 (7:18)	6:23 (13:41)	6:22 (20:03)	6:53 (26:56)	6:47 (33:43)	3:20 (37:03)
	5:40 (42:43)	7:16 (49:59)	7:44 (57:43)	5:24 (1:03:07)	6:57 (1:10:04)	
13.	Jesper Allan Jensen		OK Roskilde	1:10:09	+26:03	
	6:51 (6:51)	5:20 (12:11)	8:38 (20:49)	11:40 (32:29)	7:58 (40:27)	3:07 (43:34)
	5:58 (49:32)	7:53 (57:25)	4:12 (1:01:37)	5:18 (1:06:55)	3:14 (1:10:09)	
14.	Birgit Berner		Køge OK	1:16:18	+32:12	
	13:36 (13:36)	7:45 (21:21)	9:46 (31:07)	8:31 (39:38)	7:28 (47:06)	4:05 (51:11)
	6:31 (57:42)	6:42 (1:04:24)	4:39 (1:09:03)	4:17 (1:13:20)	2:58 (1:16:18)	
15.	Gerda Marie Christiansen		Køge OK	1:18:40	+34:34	
	6:25 (6:25)	5:25 (11:50)	6:03 (17:53)	15:22 (33:15)	19:00 (52:15)	3:01 (55:16)
	4:45 (1:00:01)	7:01 (1:07:02)	4:04 (1:11:06)	4:08 (1:15:14)	3:26 (1:18:40)	
16.	Susan Houmark Stub		PI-København	1:19:00	+34:54	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (1:19:00)	
17.	Erik Løvgren Jensen		Køge OK	1:20:58	+36:52	
	9:26 (9:26)	13:02 (22:28)	6:27 (28:55)	9:49 (38:44)	5:37 (44:21)	3:16 (47:37)
	4:31 (52:08)	7:41 (59:49)	9:08 (1:08:57)	7:13 (1:16:10)	4:48 (1:20:58)	
18.	Ellen Kühn Jensen		Ballerup OK	1:21:51	+37:45	
	14:55 (14:55)	7:27 (22:22)	10:45 (33:07)	9:25 (42:32)	5:55 (48:27)	7:22 (55:49)
	4:51 (1:00:40)	6:10 (1:06:50)	5:34 (1:12:24)	4:56 (1:17:20)	4:31 (1:21:51)	
19.	Erik Torm		Herlufsholm OK	1:23:50	+39:44	
	8:09 (8:09)	7:37 (15:46)	8:17 (24:03)	8:03 (32:06)	7:09 (39:15)	9:50 (49:05)
	8:03 (57:08)	8:48 (1:05:56)	6:05 (1:12:01)	6:54 (1:18:55)	4:55 (1:23:50)	
20.	Mogens Bruun		OK Roskilde	1:28:23	+44:17	
	12:31 (12:31)	7:01 (19:32)	9:31 (29:03)	9:58 (39:01)	8:56 (47:57)	4:48 (52:45)
	7:45 (1:00:30)	9:58 (1:10:28)	5:34 (1:16:02)	6:19 (1:22:21)	6:02 (1:28:23)	
21.	Jan Skouv		Faaborg OK	1:35:31	+51:25	
	10:00 (10:00)	15:28 (25:28)	6:14 (31:42)	7:04 (38:46)	13:42 (52:28)	3:33 (56:01)
	10:11 (1:06:12)	16:02 (1:22:14)	4:24 (1:26:38)	3:55 (1:30:33)	4:58 (1:35:31)	
22.	Mogens Jensen		Holbæk OK	1:38:45	+54:39	
	10:02 (10:02)	4:53 (14:55)	7:07 (22:02)	39:19 (1:01:21)	6:18 (1:07:39)	3:32 (1:11:11)
	5:33 (1:16:44)	6:27 (1:23:11)	5:01 (1:28:12)	5:00 (1:33:12)	5:33 (1:38:45)	
23.	Johanne Lind		Ballerup OK	1:40:10	+56:04	
	9:18 (9:18)	7:23 (16:41)	10:47 (27:28)	22:18 (49:46)	8:40 (58:26)	4:12 (1:02:38)
	9:24 (1:12:02)	11:14 (1:23:16)	5:14 (1:28:30)	6:05 (1:34:35)	5:35 (1:40:10)	
	Lisbet Nielsen		OK Vendelboerne	Udgået		
	– (–)	– (–)	– (25:46)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	

Inge K. Kristoffersen		Ballerup OK		Ej startet	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	
Lang 8 km		(46 / 46)		Tid	Efter
1. Thomas Greve Jensen		Tisvilde Hegn OK		1:10:10	
1:13 (1:13)	21:58 (23:11)	2:47 (25:58)	1:54 (27:52)	1:24 (29:16)	2:25 (31:41)
1:26 (33:07)	1:37 (34:44)	2:47 (37:31)	5:28 (42:59)	2:38 (45:37)	1:58 (47:35)
2:54 (50:29)	1:58 (52:27)	1:41 (54:08)	2:21 (56:29)	3:11 (59:40)	2:10 (1:01:50)
2:15 (1:04:05)	2:05 (1:06:10)	1:45 (1:07:55)	2:15 (1:10:10)		
2. Jonas Wihan		Odense OK		1:10:44 +0:34	
1:23 (1:23)	17:03 (18:26)	3:29 (21:55)	1:55 (23:50)	1:50 (25:40)	3:35 (29:15)
1:46 (31:01)	1:54 (32:55)	3:03 (35:58)	3:10 (39:08)	2:22 (41:30)	3:34 (45:04)
3:22 (48:26)	3:28 (51:54)	1:48 (53:42)	2:40 (56:22)	3:24 (59:46)	1:59 (1:01:45)
2:34 (1:04:19)	2:34 (1:06:53)	1:39 (1:08:32)	2:12 (1:10:44)		
3. Peter Wihan		Odense OK		1:10:54 +0:44	
1:24 (1:24)	17:07 (18:31)	3:21 (21:52)	2:03 (23:55)	1:49 (25:44)	3:44 (29:28)
1:41 (31:09)	1:50 (32:59)	2:59 (35:58)	3:09 (39:07)	2:25 (41:32)	3:30 (45:02)
3:24 (48:26)	3:36 (52:02)	1:42 (53:44)	2:47 (56:31)	3:17 (59:48)	1:58 (1:01:46)
2:39 (1:04:25)	2:29 (1:06:54)	1:44 (1:08:38)	2:16 (1:10:54)		
4. Leif E. Larsen		Tisvilde Hegn OK		1:14:00 +3:50	
1:53 (1:53)	16:11 (18:04)	3:25 (21:29)	2:06 (23:35)	1:45 (25:20)	3:09 (28:29)
2:31 (31:00)	2:19 (33:19)	3:20 (36:39)	2:50 (39:29)	3:00 (42:29)	2:40 (45:09)
4:36 (49:45)	2:05 (51:50)	2:15 (54:05)	3:18 (57:23)	3:52 (1:01:15)	2:23 (1:03:38)
2:58 (1:06:36)	2:39 (1:09:15)	2:03 (1:11:18)	2:42 (1:14:00)		
5. Arne Kristensen		Herlufsholm OK		1:14:31 +4:21	
1:31 (1:31)	18:38 (20:09)	4:04 (24:13)	2:05 (26:18)	2:04 (28:22)	3:12 (31:34)
2:03 (33:37)	2:11 (35:48)	2:53 (38:41)	2:57 (41:38)	2:39 (44:17)	3:01 (47:18)
3:40 (50:58)	1:51 (52:49)	2:07 (54:56)	3:04 (58:00)	3:32 (1:01:32)	3:02 (1:04:34)
2:38 (1:07:12)	2:47 (1:09:59)	1:59 (1:11:58)	2:33 (1:14:31)		
6. Rasmus Skovhede Hviid		Lyngby OK		1:16:31 +6:21	
1:27 (1:27)	17:10 (18:37)	3:48 (22:25)	2:18 (24:43)	1:43 (26:26)	3:10 (29:36)
2:37 (32:13)	2:39 (34:52)	3:11 (38:03)	6:26 (44:29)	2:44 (47:13)	3:56 (51:09)
3:24 (54:33)	1:31 (56:04)	2:08 (58:12)	3:05 (1:01:17)	3:43 (1:05:00)	2:29 (1:07:29)
2:33 (1:10:02)	2:10 (1:12:12)	1:48 (1:14:00)	2:31 (1:16:31)		
7. Jørgen Skaarup		Ballerup OK		1:17:16 +7:06	
1:47 (1:47)	17:29 (19:16)	4:05 (23:21)	3:20 (26:41)	1:55 (28:36)	3:51 (32:27)
2:06 (34:33)	2:04 (36:37)	3:35 (40:12)	3:20 (43:32)	2:46 (46:18)	3:15 (49:33)
3:45 (53:18)	2:07 (55:25)	1:48 (57:13)	3:11 (1:00:24)	3:54 (1:04:18)	2:19 (1:06:37)
2:52 (1:09:29)	2:54 (1:12:23)	2:03 (1:14:26)	2:50 (1:17:16)		
8. Preben Klavsen		Holbæk OK		1:19:06 +8:56	
1:50 (1:50)	15:54 (17:44)	4:04 (21:48)	2:14 (24:02)	1:56 (25:58)	3:12 (29:10)
1:38 (30:48)	2:12 (33:00)	4:58 (37:58)	3:37 (41:35)	3:25 (45:00)	3:38 (48:38)
3:42 (52:20)	3:26 (55:46)	3:04 (58:50)	3:16 (1:02:06)	4:04 (1:06:10)	2:26 (1:08:36)
2:59 (1:11:35)	2:33 (1:14:08)	1:58 (1:16:06)	3:00 (1:19:06)		
9. Claus Cederberg		Ballerup OK		1:19:11 +9:01	
1:33 (1:33)	24:37 (26:10)	3:22 (29:32)	2:03 (31:35)	1:37 (33:12)	2:58 (36:10)
1:51 (38:01)	2:12 (40:13)	2:48 (43:01)	2:44 (45:45)	2:52 (48:37)	3:17 (51:54)
3:29 (55:23)	1:51 (57:14)	2:09 (59:23)	3:01 (1:02:24)	3:49 (1:06:13)	2:45 (1:08:58)
3:02 (1:12:00)	2:25 (1:14:25)	2:09 (1:16:34)	2:37 (1:19:11)		
10. Astrid Riis		Holbæk OK		1:20:21 +10:11	
1:46 (1:46)	13:32 (15:18)	4:38 (19:56)	2:38 (22:34)	2:05 (24:39)	3:44 (28:23)
2:00 (30:23)	3:00 (33:23)	3:58 (37:21)	4:07 (41:28)	3:17 (44:45)	3:23 (48:08)
4:07 (52:15)	2:22 (54:37)	1:55 (56:32)	4:37 (1:01:09)	4:27 (1:05:36)	3:00 (1:08:36)
3:10 (1:11:46)	2:52 (1:14:38)	2:32 (1:17:10)	3:11 (1:20:21)		
11. Brian Steen Jørgensen		Holbæk OK		1:20:33 +10:23	
1:40 (1:40)	17:47 (19:27)	3:54 (23:21)	2:23 (25:44)	1:59 (27:43)	3:07 (30:50)
1:41 (32:31)	2:14 (34:45)	4:30 (39:15)	3:49 (43:04)	3:44 (46:48)	3:14 (50:02)
3:47 (53:49)	3:41 (57:30)	3:02 (1:00:32)	3:05 (1:03:37)	4:12 (1:07:49)	2:21 (1:10:10)
2:55 (1:13:05)	2:33 (1:15:38)	1:52 (1:17:30)	3:03 (1:20:33)		
12. Jesper Børsting		Herlufsholm OK		1:21:28 +11:18	
2:26 (2:26)	15:20 (17:46)	4:00 (21:46)	3:03 (24:49)	2:11 (27:00)	4:41 (31:41)
2:16 (33:57)	2:36 (36:33)	4:05 (40:38)	3:12 (43:50)	3:05 (46:55)	3:03 (49:58)
5:51 (55:49)	2:03 (57:52)	2:43 (1:00:35)	3:24 (1:03:59)	4:10 (1:08:09)	2:27 (1:10:36)
3:04 (1:13:40)	2:36 (1:16:16)	2:13 (1:18:29)	2:59 (1:21:28)		
13. Janus Høhne		OK Sorø		1:22:16 +12:06	
1:23 (1:23)	31:21 (32:44)	3:11 (35:55)	2:05 (38:00)	1:19 (39:19)	2:51 (42:10)
1:51 (44:01)	1:33 (45:34)	2:36 (48:10)	2:18 (50:28)	2:02 (52:30)	3:32 (56:02)
3:07 (59:09)	5:46 (1:04:55)	1:55 (1:06:50)	2:25 (1:09:15)	2:46 (1:12:01)	1:56 (1:13:57)
2:29 (1:16:26)	1:52 (1:18:18)	1:22 (1:19:40)	2:36 (1:22:16)		
14. Melissa Ulsøe Jessen		OK Roskilde		1:23:38 +13:28	
2:00 (2:00)	11:38 (13:38)	6:33 (20:11)	2:27 (22:38)	1:57 (24:35)	3:35 (28:10)
2:23 (30:33)	2:49 (33:22)	3:47 (37:09)	4:14 (41:23)	2:49 (44:12)	4:59 (49:11)
4:25 (53:36)	2:31 (56:07)	5:32 (1:01:39)	3:25 (1:05:04)	4:25 (1:09:29)	2:30 (1:11:59)
3:04 (1:15:03)	2:43 (1:17:46)	2:15 (1:20:01)	3:37 (1:23:38)		
15. Andreas Mikkelsen		Søllerød OK		1:24:09 +13:59	
1:49 (1:49)	33:25 (35:14)	2:58 (38:12)	2:16 (40:28)	1:28 (41:56)	2:30 (44:26)
1:44 (46:10)	1:32 (47:42)	4:06 (51:48)	2:57 (54:45)	2:00 (56:45)	2:00 (58:45)
3:01 (1:01:46)	3:36 (1:05:22)	2:08 (1:07:30)	2:29 (1:09:59)	3:01 (1:13:00)	2:13 (1:15:13)
2:34 (1:17:47)	2:16 (1:20:03)	1:35 (1:21:38)	2:31 (1:24:09)		

16.	Hanne Fogh		FSK Orientering		1:25:25	+15:15	
	1:40 (1:40)	19:38 (21:18)	4:29 (25:47)	2:50 (28:37)	1:55 (30:32)		3:30 (34:02)
	2:04 (36:06)	2:05 (38:11)	3:40 (41:51)	2:56 (44:47)	3:12 (47:59)		3:00 (50:59)
	4:28 (55:27)	2:55 (58:22)	2:34 (1:00:56)	3:39 (1:04:35)	4:27 (1:09:02)		3:46 (1:12:48)
	3:15 (1:16:03)	3:11 (1:19:14)	2:21 (1:21:35)	3:50 (1:25:25)			
17.	Lars Hanghøj Petersen		Ballerup OK		1:25:56	+15:46	
	1:50 (1:50)	18:01 (19:51)	5:58 (25:49)	2:12 (28:01)	2:33 (30:34)		3:36 (34:10)
	2:46 (36:56)	3:04 (40:00)	3:15 (43:15)	4:18 (47:33)	4:59 (52:32)		2:50 (55:22)
	3:35 (58:57)	3:28 (1:02:25)	2:18 (1:04:43)	3:00 (1:07:43)	4:11 (1:11:54)		2:29 (1:14:23)
	2:55 (1:17:18)	3:07 (1:20:25)	2:34 (1:22:59)	2:57 (1:25:56)			
18.	Gregers Jørgensen		Ballerup OK		1:27:14	+17:04	
	2:31 (2:31)	19:02 (21:33)	4:11 (25:44)	2:06 (27:50)	2:18 (30:08)		4:01 (34:09)
	2:32 (36:41)	2:47 (39:28)	4:27 (43:55)	4:38 (48:33)	3:12 (51:45)		4:20 (56:05)
	4:09 (1:00:14)	2:19 (1:02:33)	2:41 (1:05:14)	3:27 (1:08:41)	3:48 (1:12:29)		2:44 (1:15:13)
	2:55 (1:18:08)	2:51 (1:20:59)	2:14 (1:23:13)	4:01 (1:27:14)			
19.	Peter Karberg		Herlufsholm OK		1:28:25	+18:15	
	1:52 (1:52)	19:53 (21:45)	3:31 (25:16)	2:25 (27:41)	2:05 (29:46)		3:06 (32:52)
	2:17 (35:09)	2:21 (37:30)	4:51 (42:21)	4:51 (47:12)	2:45 (49:57)		4:51 (54:48)
	4:25 (59:13)	2:56 (1:02:09)	4:42 (1:06:51)	3:30 (1:10:21)	4:41 (1:15:02)		2:30 (1:17:32)
	3:07 (1:20:39)	2:35 (1:23:14)	2:17 (1:25:31)	2:54 (1:28:25)			
20.	Anne Marie Thommesen		Ballerup		1:29:15	+19:05	
	2:00 (2:00)	14:41 (16:41)	4:18 (20:59)	2:14 (23:13)	1:54 (25:07)		3:21 (28:28)
	2:20 (30:48)	2:27 (33:15)	3:33 (36:48)	9:11 (45:59)	2:58 (48:57)		5:17 (54:14)
	3:57 (58:11)	5:45 (1:03:56)	3:24 (1:07:20)	3:17 (1:10:37)	3:56 (1:14:33)		2:50 (1:17:23)
	2:52 (1:20:15)	2:57 (1:23:12)	2:13 (1:25:25)	3:50 (1:29:15)			
21.	Jan Thiesen		Holbæk OK		1:34:12	+24:02	
	2:13 (2:13)	22:59 (25:12)	4:43 (29:55)	2:19 (32:14)	2:33 (34:47)		4:15 (39:02)
	2:04 (41:06)	2:18 (43:24)	3:49 (47:13)	7:09 (54:22)	6:06 (1:00:28)		2:53 (1:03:21)
	3:54 (1:07:15)	3:31 (1:10:46)	2:08 (1:12:54)	3:06 (1:16:00)	4:10 (1:20:10)		2:28 (1:22:38)
	3:08 (1:25:46)	2:59 (1:28:45)	2:19 (1:31:04)	3:08 (1:34:12)			
22.	Ken Håkansson		OK Roskilde		1:34:20	+24:10	
	2:31 (2:31)	12:29 (15:00)	5:12 (20:12)	2:15 (22:27)	4:14 (26:41)		6:04 (32:45)
	3:05 (35:50)	3:00 (38:50)	3:38 (42:28)	3:23 (45:51)	5:00 (50:51)		4:16 (55:07)
	3:50 (58:57)	4:15 (1:03:12)	2:45 (1:05:57)	4:08 (1:10:05)	6:27 (1:16:32)		6:06 (1:22:38)
	3:44 (1:26:22)	2:46 (1:29:08)	1:58 (1:31:06)	3:14 (1:34:20)			
23.	Jonas Lassen		OK Roskilde		1:39:43	+29:33	
	1:50 (1:50)	30:21 (32:11)	3:51 (36:02)	2:14 (38:16)	2:27 (40:43)		3:42 (44:25)
	2:06 (46:31)	3:32 (50:03)	4:32 (54:35)	3:41 (58:16)	2:47 (1:01:03)		4:33 (1:05:36)
	4:09 (1:09:45)	2:29 (1:12:14)	4:04 (1:16:18)	3:52 (1:20:10)	4:56 (1:25:06)		3:24 (1:28:30)
	3:02 (1:31:32)	2:56 (1:34:28)	2:19 (1:36:47)	2:56 (1:39:43)			
24.	Henrik Nielsen		Holbæk OK		1:42:45	+32:35	
	1:54 (1:54)	11:40 (13:34)	4:47 (18:21)	2:46 (21:07)	2:21 (23:28)		3:59 (27:27)
	2:39 (30:06)	2:51 (32:57)	4:32 (37:29)	7:11 (44:40)	4:19 (48:59)		6:07 (55:06)
	5:09 (1:00:15)	3:20 (1:03:35)	9:17 (1:12:52)	4:53 (1:17:45)	5:22 (1:23:07)		4:29 (1:27:36)
	4:05 (1:31:41)	3:43 (1:35:24)	2:39 (1:38:03)	4:42 (1:42:45)			
25.	Erik Ljungdahl		Faaborg OK		1:43:37	+33:27	
	2:22 (2:22)	26:13 (28:35)	5:04 (33:39)	3:37 (37:16)	2:20 (39:36)		5:32 (45:08)
	2:09 (47:17)	3:01 (50:18)	4:03 (54:21)	4:01 (58:22)	4:11 (1:02:33)		4:26 (1:06:59)
	5:23 (1:12:22)	2:55 (1:15:17)	2:32 (1:17:49)	3:31 (1:21:20)	5:00 (1:26:20)		3:11 (1:29:31)
	3:24 (1:32:55)	4:04 (1:36:59)	2:48 (1:39:47)	3:50 (1:43:37)			
26.	Runa Ulsøe		OK Roskilde		1:49:11	+39:01	
	2:42 (2:42)	26:48 (29:30)	5:24 (34:54)	2:37 (37:31)	2:51 (40:22)		5:01 (45:23)
	4:21 (49:44)	2:43 (52:27)	4:07 (56:34)	4:39 (1:01:13)	3:51 (1:05:04)		4:49 (1:09:53)
	4:56 (1:14:49)	3:46 (1:18:35)	4:51 (1:23:26)	4:29 (1:27:55)	5:24 (1:33:19)		2:49 (1:36:08)
	3:30 (1:39:38)	3:14 (1:42:52)	2:19 (1:45:11)	4:00 (1:49:11)			
27.	Sandra Mundus		Herlufsholm OK		1:49:21	+39:11	
	3:05 (3:05)	21:53 (24:58)	5:09 (30:07)	4:08 (34:15)	3:13 (37:28)		3:20 (40:48)
	2:54 (43:42)	3:40 (47:22)	6:01 (53:23)	8:28 (1:01:51)	4:06 (1:05:57)		4:18 (1:10:15)
	5:37 (1:15:52)	3:55 (1:19:47)	3:43 (1:23:30)	4:04 (1:27:34)	4:57 (1:32:31)		3:57 (1:36:28)
	3:16 (1:39:44)	3:42 (1:43:26)	2:21 (1:45:47)	3:34 (1:49:21)			
28.	Leif Skovgaard Knudsen		Faaborg OK		1:54:51	+44:41	
	2:05 (2:05)	38:13 (40:18)	5:07 (45:25)	3:39 (49:04)	2:48 (51:52)		4:17 (56:09)
	2:43 (58:52)	3:08 (1:02:00)	4:23 (1:06:23)	3:48 (1:10:11)	4:11 (1:14:22)		4:04 (1:18:26)
	4:49 (1:23:15)	2:51 (1:26:06)	2:59 (1:29:05)	4:08 (1:33:13)	5:09 (1:38:22)		3:09 (1:41:31)
	3:43 (1:45:14)	3:12 (1:48:26)	2:37 (1:51:03)	3:48 (1:54:51)			
29.	Anne-Mette Jansen		OK Roskilde		1:57:13	+47:03	
	3:28 (3:28)	23:13 (26:41)	7:02 (33:43)	3:51 (37:34)	3:35 (41:09)		4:46 (45:55)
	3:01 (48:56)	2:53 (51:49)	4:28 (56:17)	5:05 (1:01:22)	4:41 (1:06:03)		4:37 (1:10:40)
	5:35 (1:16:15)	4:38 (1:20:53)	6:01 (1:26:54)	4:42 (1:31:36)	6:09 (1:37:45)		3:21 (1:41:06)
	4:24 (1:45:30)	3:44 (1:49:14)	2:58 (1:52:12)	5:01 (1:57:13)			
30.	Jonathan Skovsø Andersen		Hvalsø OK		2:04:46	+54:36	
	2:50 (2:50)	28:41 (31:31)	5:26 (36:57)	3:45 (40:42)	2:31 (43:13)		5:01 (48:14)
	3:04 (51:18)	2:38 (53:56)	4:46 (58:42)	11:01 (1:09:43)	4:48 (1:14:31)		4:56 (1:19:27)
	5:43 (1:25:10)	3:08 (1:28:18)	6:59 (1:35:17)	5:02 (1:40:19)	6:19 (1:46:38)		3:50 (1:50:28)
	3:39 (1:54:07)	3:23 (1:57:30)	3:12 (2:00:42)	4:04 (2:04:46)			
31.	Jimmy Hoen		Ballerup OK		2:05:16	+55:06	
	2:46 (2:46)	24:07 (26:53)	7:44 (34:37)	3:04 (37:41)	3:37 (41:18)		4:36 (45:54)
	4:19 (50:13)	3:39 (53:52)	5:09 (59:01)	5:30 (1:04:31)	10:15 (1:14:46)		4:41 (1:19:27)
	4:35 (1:24:02)	3:27 (1:27:29)	6:18 (1:33:47)	4:36 (1:38:23)	5:17 (1:43:40)		6:35 (1:50:15)
	3:40 (1:53:55)	4:06 (1:58:01)	2:37 (2:00:38)	4:38 (2:05:16)			

32. Jeppe Rønnefelt		Hvalsø OK		2:05:56 +55:46	
3:26 (3:26)	29:31 (32:57)	6:05 (39:02)	3:15 (42:17)	2:50 (45:07)	4:09 (49:16)
3:22 (52:38)	2:57 (55:35)	4:31 (1:00:06)	11:16 (1:11:22)	4:18 (1:15:40)	4:59 (1:20:39)
6:05 (1:26:44)	2:49 (1:29:33)	7:16 (1:36:49)	4:42 (1:41:31)	6:26 (1:47:57)	3:50 (1:51:47)
3:20 (1:55:07)	3:36 (1:58:43)	3:10 (2:01:53)	4:03 (2:05:56)		
33. Cecillie Skovsø Andersen		Hvalsø OK		2:07:30 +57:20	
2:03 (2:03)	29:11 (31:14)	6:06 (37:20)	3:05 (40:25)	2:27 (42:52)	4:58 (47:50)
3:02 (50:52)	2:40 (53:32)	4:53 (58:25)	11:00 (1:09:25)	4:38 (1:14:03)	4:55 (1:18:58)
5:50 (1:24:48)	3:20 (1:28:08)	6:41 (1:34:49)	5:14 (1:40:03)	6:51 (1:46:54)	3:40 (1:50:34)
4:13 (1:54:47)	4:19 (1:59:06)	4:05 (2:03:11)	4:19 (2:07:30)		
34. Claus Skovsø Petersen		Hvalsø OK		2:10:27 +60:17	
2:24 (2:24)	33:29 (35:53)	6:03 (41:56)	3:20 (45:16)	2:37 (47:53)	5:01 (52:54)
3:23 (56:17)	3:32 (59:49)	5:37 (1:05:26)	4:13 (1:09:39)	5:06 (1:14:45)	4:08 (1:18:53)
7:58 (1:26:51)	5:23 (1:32:14)	3:25 (1:35:39)	6:31 (1:42:10)	6:30 (1:48:40)	4:14 (1:52:54)
4:34 (1:57:28)	4:46 (2:02:14)	3:22 (2:05:36)	4:51 (2:10:27)		
35. Henrik Mathiesen		Herlufsholm OK		2:11:29 +61:19	
2:54 (2:54)	29:13 (32:07)	4:58 (37:05)	2:55 (40:00)	3:41 (43:41)	3:33 (47:14)
2:10 (49:24)	2:38 (52:02)	18:10 (1:10:12)	4:05 (1:14:17)	4:41 (1:18:58)	3:22 (1:22:20)
3:52 (1:26:12)	6:44 (1:32:56)	9:39 (1:42:35)	4:55 (1:47:30)	4:30 (1:52:00)	5:12 (1:57:12)
4:39 (2:01:51)	3:25 (2:05:16)	2:17 (2:07:33)	3:56 (2:11:29)		
36. Helle Brøchner Jønson		OK Roskilde		2:21:23 +71:13	
3:08 (3:08)	30:15 (33:23)	6:01 (39:24)	6:59 (46:23)	2:48 (49:11)	4:47 (53:58)
3:45 (57:43)	3:51 (1:01:34)	5:49 (1:07:23)	5:36 (1:12:59)	5:30 (1:18:29)	5:14 (1:23:43)
6:07 (1:29:50)	4:20 (1:34:10)	10:30 (1:44:40)	6:05 (1:50:45)	7:06 (1:57:51)	3:58 (2:01:49)
4:29 (2:06:18)	4:37 (2:10:55)	3:35 (2:14:30)	6:53 (2:21:23)		
37. Susanne Tanderup		Herlufsholm OK		2:55:40 +105:30	
3:15 (3:15)	37:30 (40:45)	6:09 (46:54)	5:47 (52:41)	3:39 (56:20)	5:14 (1:01:34)
3:18 (1:04:52)	7:08 (1:12:00)	7:05 (1:19:05)	5:32 (1:24:37)	5:04 (1:29:41)	11:55 (1:41:36)
8:51 (1:50:27)	4:05 (1:54:32)	9:00 (2:03:32)	5:54 (2:09:26)	21:27 (2:30:53)	7:03 (2:37:56)
4:34 (2:42:30)	5:03 (2:47:33)	3:16 (2:50:49)	4:51 (2:55:40)		
38. Ebbe Kajberg		OK Sorø		3:01:46 +111:36	
3:23 (3:23)	44:41 (48:04)	6:20 (54:24)	4:05 (58:29)	7:43 (1:06:12)	5:47 (1:11:59)
4:08 (1:16:07)	3:47 (1:19:54)	6:46 (1:26:40)	8:13 (1:34:53)	21:27 (1:56:20)	7:25 (2:03:45)
5:55 (2:09:40)	14:21 (2:24:01)	4:31 (2:28:32)	6:42 (2:35:14)	6:00 (2:41:14)	3:32 (2:44:46)
4:23 (2:49:09)	5:04 (2:54:13)	2:54 (2:57:07)	4:39 (3:01:46)		
Jens Peter Gundorf		OK ØST Birkerød		Fejlklip	
2:03 (2:03)	28:54 (30:57)	5:23 (36:20)	2:46 (39:06)	2:09 (41:15)	5:02 (46:17)
2:26 (48:43)	2:30 (51:13)	4:00 (55:13)	3:41 (58:54)	4:09 (1:03:03)	3:15 (1:06:18)
- (-)	- (1:16:14)	4:00 (1:20:14)	4:47 (1:25:01)	5:28 (1:30:29)	2:53 (1:33:22)
4:02 (1:37:24)	3:27 (1:40:51)	2:55 (1:43:46)	4:19 (1:48:05)		
Poul Henning Poulsen		Tisvilde Hegn OK		Fejlklip	
1:44 (1:44)	16:18 (18:02)	4:02 (22:04)	2:41 (24:45)	- (-)	- (29:19)
2:21 (31:40)	2:23 (34:03)	4:36 (38:39)	5:02 (43:41)	3:02 (46:43)	6:47 (53:30)
6:30 (1:00:00)	1:52 (1:01:52)	2:24 (1:04:16)	3:17 (1:07:33)	4:09 (1:11:42)	2:23 (1:14:05)
3:17 (1:17:22)	2:46 (1:20:08)	2:16 (1:22:24)	3:03 (1:25:27)		
Bjark Bo Christensen		Holbæk OK		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Henrik Albahn		Lyngby OK		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Jakob Lind Tolborg		OK73		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Jan Frederiksen		OK Roskilde		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Peter Mørup Jansen		OK Roskilde		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Simon Troelsgård		Lyngby OK		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

Mellem 6 km

1. Philip Knak

(25 / 25)

PI-København

Tid Efter

55:12

	1:46 (1:46)	13:26 (15:12)	4:12 (19:24)	3:12 (22:36)	2:05 (24:41)	1:59 (26:40)
	3:06 (29:46)	2:17 (32:03)	4:43 (36:46)	4:18 (41:04)	2:35 (43:39)	3:06 (46:45)
	2:26 (49:11)	3:27 (52:38)	2:34 (55:12)			
2.	Peter Sørensen		PI-København		1:00:26 +5:14	
	2:14 (2:14)	11:18 (13:32)	4:56 (18:28)	3:52 (22:20)	2:41 (25:01)	1:59 (27:00)
	3:29 (30:29)	5:36 (36:05)	4:54 (40:59)	3:14 (44:13)	3:03 (47:16)	2:58 (50:14)
	3:48 (54:02)	3:11 (57:13)	3:13 (1:00:26)			
3.	Mette Stub		PI-København		1:02:03 +6:51	
	1:20 (1:20)	14:44 (16:04)	3:55 (19:59)	3:06 (23:05)	1:42 (24:47)	2:10 (26:57)
	3:21 (30:18)	6:39 (36:57)	8:10 (45:07)	2:34 (47:41)	3:32 (51:13)	2:58 (54:11)
	2:49 (57:00)	2:06 (59:06)	2:57 (1:02:03)			
4.	Gunnar Grue-Sørensen		Køge OK		1:15:20 +20:08	
	2:12 (2:12)	23:52 (26:04)	4:49 (30:53)	3:52 (34:45)	2:34 (37:19)	2:34 (39:53)
	4:00 (43:53)	4:42 (48:35)	7:14 (55:49)	3:20 (59:09)	3:45 (1:02:54)	3:16 (1:06:10)
	3:05 (1:09:15)	2:24 (1:11:39)	3:41 (1:15:20)			
5.	Annette Bonde		Ballerup OK		1:15:37 +20:25	
	2:17 (2:17)	19:32 (21:49)	6:07 (27:56)	4:30 (32:26)	2:42 (35:08)	3:27 (38:35)
	3:57 (42:32)	3:12 (45:44)	7:42 (53:26)	4:57 (58:23)	4:13 (1:02:36)	3:41 (1:06:17)
	3:18 (1:09:35)	2:24 (1:11:59)	3:38 (1:15:37)			
6.	Diana Cederberg		Ballerup OK		1:26:46 +31:34	
	2:38 (2:38)	26:08 (28:46)	8:41 (37:27)	4:25 (41:52)	2:18 (44:10)	3:23 (47:33)
	4:41 (52:14)	5:09 (57:23)	6:43 (1:04:06)	3:39 (1:07:45)	5:09 (1:12:54)	3:28 (1:16:22)
	3:38 (1:20:00)	2:30 (1:22:30)	4:16 (1:26:46)			
7.	Søren Christensen		OK Skærmøen Værløse		1:28:02 +32:50	
	2:31 (2:31)	19:07 (21:38)	7:07 (28:45)	4:45 (33:30)	3:53 (37:23)	3:06 (40:29)
	7:02 (47:31)	5:39 (53:10)	9:28 (1:02:38)	5:38 (1:08:16)	4:43 (1:12:59)	3:45 (1:16:44)
	4:02 (1:20:46)	2:36 (1:23:22)	4:40 (1:28:02)			
8.	Filip Nordby Michael		Herlufsholm OK		1:28:51 +33:39	
	1:55 (1:55)	24:33 (26:28)	5:54 (32:22)	4:54 (37:16)	3:12 (40:28)	2:34 (43:02)
	6:04 (49:06)	3:16 (52:22)	6:56 (59:18)	5:24 (1:04:42)	7:45 (1:12:27)	4:13 (1:16:40)
	4:00 (1:20:40)	2:57 (1:23:37)	5:14 (1:28:51)			
9.	Kaj Munck		Herlufsholm OK		1:31:25 +36:13	
	3:44 (3:44)	22:31 (26:15)	10:33 (36:48)	4:49 (41:37)	2:47 (44:24)	2:46 (47:10)
	4:28 (51:38)	2:58 (54:36)	10:35 (1:05:11)	5:51 (1:11:02)	4:19 (1:15:21)	3:59 (1:19:20)
	4:02 (1:23:22)	3:04 (1:26:26)	4:59 (1:31:25)			
10.	Birgit Børsting		Herlufsholm OK		1:33:14 +38:02	
	2:32 (2:32)	22:22 (24:54)	7:08 (32:02)	5:46 (37:48)	2:05 (39:53)	3:40 (43:33)
	7:30 (51:03)	3:05 (54:08)	18:22 (1:12:30)	4:15 (1:16:45)	4:31 (1:21:16)	3:19 (1:24:35)
	3:00 (1:27:35)	2:15 (1:29:50)	3:24 (1:33:14)			
11.	Tage Ebbensgaard		Køge OK		1:33:43 +38:31	
	2:32 (2:32)	23:38 (26:10)	6:45 (32:55)	4:24 (37:19)	3:24 (40:43)	2:45 (43:28)
	7:54 (51:22)	2:46 (54:08)	15:49 (1:09:57)	4:13 (1:14:10)	5:19 (1:19:29)	3:48 (1:23:17)
	3:53 (1:27:10)	2:37 (1:29:47)	3:56 (1:33:43)			
12.	Lykke Berg Matheisen		Herlufsholm OK		1:35:14 +40:02	
	2:56 (2:56)	23:35 (26:31)	7:24 (33:55)	4:54 (38:49)	3:13 (42:02)	3:37 (45:39)
	8:03 (53:42)	4:00 (57:42)	7:40 (1:05:22)	5:50 (1:11:12)	5:50 (1:17:02)	4:45 (1:21:47)
	4:46 (1:26:33)	3:58 (1:30:31)	4:43 (1:35:14)			
13.	Jørgen Jørgensen		Silkeborg OK		1:36:26 +41:14	
	2:12 (2:12)	18:40 (20:52)	12:55 (33:47)	5:28 (39:15)	2:47 (42:02)	2:56 (44:58)
	7:14 (52:12)	2:51 (55:03)	7:57 (1:03:00)	13:28 (1:16:28)	4:10 (1:20:38)	4:12 (1:24:50)
	3:47 (1:28:37)	2:50 (1:31:27)	4:59 (1:36:26)			
14.	Henriette Broman		Allerød OK		1:39:07 +43:55	
	2:21 (2:21)	35:12 (37:33)	7:11 (44:44)	4:43 (49:27)	2:33 (52:00)	3:01 (55:01)
	4:28 (59:29)	3:19 (1:02:48)	10:15 (1:13:03)	6:13 (1:19:16)	4:11 (1:23:27)	3:40 (1:27:07)
	4:16 (1:31:23)	2:43 (1:34:06)	5:01 (1:39:07)			
15.	Per Steen		Køge OK		1:40:30 +45:18	
	2:52 (2:52)	29:27 (32:19)	11:05 (43:24)	5:07 (48:31)	2:15 (50:46)	2:42 (53:28)
	6:01 (59:29)	2:48 (1:02:17)	8:58 (1:11:15)	8:17 (1:19:32)	4:46 (1:24:18)	3:47 (1:28:05)
	4:49 (1:32:54)	3:18 (1:36:12)	4:18 (1:40:30)			
16.	Lars Olsen		OK Roskilde		1:41:54 +46:42	
	3:43 (3:43)	19:53 (23:36)	8:56 (32:32)	5:53 (38:25)	3:39 (42:04)	4:19 (46:23)
	7:15 (53:38)	4:38 (58:16)	11:30 (1:09:46)	6:45 (1:16:31)	5:50 (1:22:21)	5:05 (1:27:26)
	4:38 (1:32:04)	3:17 (1:35:21)	6:33 (1:41:54)			
17.	Niels Aabye		Ballerup OK		1:43:04 +47:52	
	2:26 (2:26)	25:19 (27:45)	14:28 (42:13)	5:28 (47:41)	4:56 (52:37)	3:22 (55:59)
	5:54 (1:01:53)	4:46 (1:06:39)	7:53 (1:14:32)	5:02 (1:19:34)	4:40 (1:24:14)	4:52 (1:29:06)
	4:21 (1:33:27)	3:49 (1:37:16)	5:48 (1:43:04)			
18.	Karsten Richardt		Køge OK		1:47:26 +52:14	
	6:11 (6:11)	25:40 (31:51)	7:41 (39:32)	5:11 (44:43)	3:27 (48:10)	10:15 (58:25)
	5:42 (1:04:07)	3:03 (1:07:10)	7:52 (1:15:02)	7:05 (1:22:07)	5:08 (1:27:15)	5:24 (1:32:39)
	4:46 (1:37:25)	3:45 (1:41:10)	6:16 (1:47:26)			
19.	Jens Asserbo		Herlufsholm OK		1:52:51 +57:39	
	2:58 (2:58)	22:01 (24:59)	8:20 (33:19)	6:58 (40:17)	3:39 (43:56)	4:03 (47:59)
	8:10 (56:09)	3:28 (59:37)	10:35 (1:10:12)	13:31 (1:23:43)	5:41 (1:29:24)	5:56 (1:35:20)
	7:42 (1:43:02)	3:49 (1:46:51)	6:00 (1:52:51)			
20.	Henrik Snedker Pedersen		Holbæk OK		1:59:08 +63:56	
	3:28 (3:28)	48:35 (52:03)	9:03 (1:01:06)	5:17 (1:06:23)	2:20 (1:08:43)	3:14 (1:11:57)
	5:30 (1:17:27)	3:14 (1:20:41)	7:28 (1:28:09)	5:09 (1:33:18)	6:17 (1:39:35)	4:46 (1:44:21)
	4:39 (1:49:00)	4:05 (1:53:05)	6:03 (1:59:08)			

21. Holger Mikkelsen		Odense OK		2:05:38 +70:26	
2:58 (2:58)	38:45 (41:43)	10:55 (52:38)	6:20 (58:58)	4:03 (1:03:01)	3:46 (1:06:47)
7:46 (1:14:33)	3:18 (1:17:51)	15:40 (1:33:31)	6:01 (1:39:32)	5:54 (1:45:26)	5:21 (1:50:47)
5:07 (1:55:54)	3:40 (1:59:34)	6:04 (2:05:38)			
22. Jytte Sørensen		FSK Orientering		2:05:53 +70:41	
2:41 (2:41)	30:45 (33:26)	10:25 (43:51)	5:28 (49:19)	4:07 (53:26)	4:55 (58:21)
6:20 (1:04:41)	6:51 (1:11:32)	11:47 (1:23:19)	7:52 (1:31:11)	8:44 (1:39:55)	4:39 (1:44:34)
5:45 (1:50:19)	7:43 (1:58:02)	7:51 (2:05:53)			
23. Ole Bøggild		OK Roskilde		2:07:04 +71:52	
3:40 (3:40)	36:49 (40:29)	8:45 (49:14)	5:58 (55:12)	2:57 (58:09)	4:23 (1:02:32)
6:49 (1:09:21)	6:12 (1:15:33)	12:26 (1:27:59)	9:28 (1:37:27)	6:01 (1:43:28)	5:12 (1:48:40)
4:26 (1:53:06)	6:43 (1:59:49)	7:15 (2:07:04)			
24. Palle Møller Nielsen		Odense OK		2:16:23 +81:11	
2:47 (2:47)	23:09 (25:56)	32:57 (58:53)	7:26 (1:06:19)	3:58 (1:10:17)	4:25 (1:14:42)
7:08 (1:21:50)	3:59 (1:25:49)	10:43 (1:36:32)	9:11 (1:45:43)	6:06 (1:51:49)	5:16 (1:57:05)
6:49 (2:03:54)	4:27 (2:08:21)	8:02 (2:16:23)			
Jan Kristoffersen		Ballerup OK		Ej startet	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)			