

# Resultater – I Troidens Fodspor 2024

2024-03-03

Kort Herre		(5 / 5)	Tid	Efter
1.	Jørgen Luxhøj	Søllerød OK	1:02:27	
	5:00 (5:00)	4:45 (9:45)	5:31 (15:16)	6:14 (21:30)
	4:42 (33:32)	2:39 (36:11)	4:36 (40:47)	6:34 (47:21)
	4:47 (58:19)	4:08 (1:02:27)		7:20 (28:50)
				6:11 (53:32)
2.	Jan Kristoffersen	Ballerup OK	1:09:57	+7:30
	6:09 (6:09)	6:02 (12:11)	6:46 (18:57)	6:09 (25:06)
	5:33 (38:40)	2:48 (41:28)	6:58 (48:26)	6:28 (54:54)
	4:35 (1:06:18)	3:39 (1:09:57)		8:01 (33:07)
				6:49 (1:01:43)
3.	Mogens Jensen	Holbæk OK	1:31:19	+28:52
	6:36 (6:36)	5:30 (12:06)	7:20 (19:26)	8:26 (27:52)
	6:08 (45:20)	4:38 (49:58)	6:27 (56:25)	8:40 (1:05:05)
	8:01 (1:23:41)	7:38 (1:31:19)		11:20 (39:12)
				10:35 (1:15:40)
	Karsten Richardt	Køge OK	Ej startet	
	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)		
	Lars Olsen	OKR	Ej startet	
	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)		

Lang Herre		(12 / 12)	Tid	Efter
1.	Lukas Høghøj	Lyngby OK	1:51:34	
	5:21 (5:21)	0:53 (6:14)	1:39 (7:53)	2:45 (10:38)
	3:04 (15:07)	1:10 (16:17)	5:28 (21:45)	7:41 (29:26)
	3:23 (37:44)	2:59 (40:43)	1:44 (42:27)	3:27 (45:54)
	2:35 (56:06)	4:06 (1:00:12)	3:51 (1:04:03)	11:15 (1:15:18)
	5:54 (1:25:58)	12:21 (1:38:19)	7:12 (1:45:31)	3:50 (1:49:21)
				4:46 (1:20:04)
				2:13 (1:51:34)
2.	Thomas Fjordhøj	Herlufsholm OK	1:53:37	+2:03
	5:22 (5:22)	0:51 (6:13)	1:38 (7:51)	2:45 (10:36)
	2:35 (14:42)	1:13 (15:55)	5:42 (21:37)	7:43 (29:20)
	3:18 (37:38)	2:52 (40:30)	1:50 (42:20)	3:27 (45:47)
	2:38 (55:56)	6:42 (1:02:38)	3:56 (1:06:34)	13:00 (1:19:34)
	5:47 (1:30:09)	12:03 (1:42:12)	5:30 (1:47:42)	3:50 (1:51:32)
				2:05 (1:53:37)
3.	Claus Cederberg	Ballerup OK	1:55:42	+4:08
	5:38 (5:38)	0:51 (6:29)	1:47 (8:16)	2:54 (11:10)
	2:39 (15:28)	1:08 (16:36)	5:35 (22:11)	8:07 (30:18)
	3:52 (39:30)	2:48 (42:18)	1:29 (43:47)	3:20 (47:07)
	3:58 (59:18)	4:39 (1:03:57)	3:35 (1:07:32)	11:41 (1:19:13)
	6:00 (1:30:50)	12:30 (1:43:20)	6:37 (1:49:57)	3:42 (1:53:39)
				1:39 (12:49)
				5:20 (35:38)
				8:13 (55:20)
				5:37 (1:24:50)
				2:03 (1:55:42)
4.	Peter Wihaan	Fyns PI	1:56:14	+4:40
	5:39 (5:39)	0:58 (6:37)	1:43 (8:20)	2:59 (11:19)
	2:52 (15:53)	1:09 (17:02)	6:11 (23:13)	9:02 (32:15)
	3:52 (42:48)	3:04 (45:52)	1:21 (47:13)	3:36 (50:49)
	2:54 (1:01:30)	3:18 (1:04:48)	3:45 (1:08:33)	11:05 (1:19:38)
	5:40 (1:29:57)	15:14 (1:45:11)	5:10 (1:50:21)	3:34 (1:53:55)
				1:42 (13:01)
				6:41 (38:56)
				7:47 (58:36)
				4:39 (1:24:17)
				2:19 (1:56:14)
5.	Christian Olsen	AMOK	1:57:46	+6:12
	5:33 (5:33)	0:57 (6:30)	1:43 (8:13)	2:59 (11:12)
	2:46 (15:39)	1:08 (16:47)	6:19 (23:06)	9:06 (32:12)
	4:01 (42:58)	3:01 (45:59)	1:19 (47:18)	3:35 (50:53)
	2:54 (1:01:29)	3:12 (1:04:41)	3:45 (1:08:26)	13:35 (1:22:01)
	5:40 (1:32:24)	14:00 (1:46:24)	5:13 (1:51:37)	3:54 (1:55:31)
				1:41 (12:53)
				6:45 (38:57)
				7:42 (58:35)
				4:43 (1:26:44)
				2:15 (1:57:46)
6.	Jan Holdensgaard Jørgensen	OK Sorø	2:01:45	+10:11
	6:09 (6:09)	1:02 (7:11)	1:47 (8:58)	3:15 (12:13)
	3:13 (17:26)	1:16 (18:42)	6:10 (24:52)	9:25 (34:17)
	3:58 (44:07)	3:02 (47:09)	1:28 (48:37)	3:13 (51:50)
	3:17 (1:04:06)	3:31 (1:07:37)	3:54 (1:11:31)	12:41 (1:24:12)
	7:32 (1:36:32)	13:19 (1:49:51)	5:32 (1:55:23)	4:00 (1:59:23)
				2:00 (14:13)
				5:52 (40:09)
				8:59 (1:00:49)
				4:48 (1:29:00)
				2:22 (2:01:45)
7.	Alex Ottesen	Ballerup OK	2:13:03	+21:29
	5:24 (5:24)	0:58 (6:22)	1:43 (8:05)	2:57 (11:02)
	2:45 (15:15)	1:10 (16:25)	5:41 (22:06)	8:46 (30:52)
	3:47 (43:49)	2:52 (46:41)	1:21 (48:02)	2:55 (50:57)
	3:09 (1:05:53)	4:09 (1:10:02)	4:11 (1:14:13)	14:34 (1:28:47)
	7:07 (1:41:06)	17:58 (1:59:04)	6:25 (2:05:29)	4:55 (2:10:24)
				1:28 (12:30)
				9:10 (40:02)
				11:47 (1:02:44)
				5:12 (1:33:59)
				2:39 (2:13:03)

8.	Morten Ploug	Ballerup OK	2:13:19	+21:45	
	5:44 (5:44)	1:02 (6:46)	1:50 (8:36)	3:12 (11:48)	1:47 (13:35)
	2:58 (16:33)	1:16 (17:49)	7:15 (25:04)	9:15 (34:19)	5:53 (40:12)
	4:09 (44:21)	4:45 (49:06)	1:31 (50:37)	4:13 (54:50)	8:30 (1:03:20)
	3:15 (1:06:35)	5:34 (1:12:09)	5:32 (1:17:41)	15:12 (1:32:53)	5:47 (1:38:40)
	7:08 (1:45:48)	14:37 (2:00:25)	5:52 (2:06:17)	4:29 (2:10:46)	2:33 (2:13:19)
9.	Leif E. Larsen	THOK	2:23:40	+32:06	
	6:44 (6:44)	1:18 (8:02)	2:02 (10:04)	3:48 (13:52)	2:12 (16:04)
	3:44 (19:48)	1:32 (21:20)	6:57 (28:17)	11:17 (39:34)	7:42 (47:16)
	4:40 (51:56)	3:43 (55:39)	1:44 (57:23)	4:03 (1:01:26)	10:10 (1:11:36)
	3:48 (1:15:24)	4:25 (1:19:49)	4:39 (1:24:28)	13:50 (1:38:18)	5:42 (1:44:00)
	7:12 (1:51:12)	17:25 (2:08:37)	6:39 (2:15:16)	5:31 (2:20:47)	2:53 (2:23:40)
10.	Lars Hanghøj Petersen	Ballerup OK	2:33:21	+41:47	
	6:30 (6:30)	1:10 (7:40)	2:11 (9:51)	3:37 (13:28)	1:50 (15:18)
	3:08 (18:26)	1:27 (19:53)	7:46 (27:39)	11:57 (39:36)	7:44 (47:20)
	4:46 (52:06)	3:37 (55:43)	1:49 (57:32)	3:55 (1:01:27)	9:54 (1:11:21)
	4:07 (1:15:28)	4:11 (1:19:39)	4:25 (1:24:04)	22:05 (1:46:09)	6:12 (1:52:21)
	8:13 (2:00:34)	19:16 (2:19:50)	6:19 (2:26:09)	4:41 (2:30:50)	2:31 (2:33:21)
11.	Svend Christiansen	PI-København	2:47:50	+56:16	
	6:28 (6:28)	1:20 (7:48)	2:07 (9:55)	3:48 (13:43)	2:10 (15:53)
	3:58 (19:51)	1:32 (21:23)	9:11 (30:34)	11:24 (41:58)	11:10 (53:08)
	4:55 (58:03)	4:30 (1:02:33)	2:01 (1:04:34)	4:10 (1:08:44)	13:06 (1:21:50)
	3:57 (1:25:47)	7:55 (1:33:42)	5:21 (1:39:03)	19:28 (1:58:31)	6:59 (2:05:30)
	7:46 (2:13:16)	16:38 (2:29:54)	9:49 (2:39:43)	4:37 (2:44:20)	3:30 (2:47:50)
12.	Jan Thiesen	Holbæk OK	3:12:51	+1:21:17	
	7:10 (7:10)	1:31 (8:41)	2:58 (11:39)	4:31 (16:10)	2:14 (18:24)
	5:27 (23:51)	1:45 (25:36)	7:44 (33:20)	23:39 (56:59)	9:42 (1:06:41)
	5:39 (1:12:20)	9:30 (1:21:50)	1:53 (1:23:43)	4:19 (1:28:02)	11:45 (1:39:47)
	12:20 (1:52:07)	6:36 (1:58:43)	5:09 (2:03:52)	17:53 (2:21:45)	5:49 (2:27:34)
	7:48 (2:35:22)	19:00 (2:54:22)	8:13 (3:02:35)	6:36 (3:09:11)	3:40 (3:12:51)
<b>Mellem Herre</b>		<b>(15 / 15)</b>	<b>Tid</b>	<b>Efter</b>	
1.	Bjark Bo Christensen	Holbæk OK	1:27:54		
	6:33 (6:33)	3:34 (10:07)	3:45 (13:52)	10:46 (24:38)	7:20 (31:58)
	4:44 (36:42)	3:57 (40:39)	1:55 (42:34)	3:55 (46:29)	9:28 (55:57)
	3:20 (59:17)	6:23 (1:05:40)	4:35 (1:10:15)	4:49 (1:15:04)	5:33 (1:20:37)
	5:02 (1:25:39)	2:15 (1:27:54)			
2.	Jesper Børsting	Herlufsholm OK	1:28:42	+0:48	
	6:46 (6:46)	3:52 (10:38)	3:49 (14:27)	9:33 (24:00)	8:09 (32:09)
	4:59 (37:08)	3:58 (41:06)	2:17 (43:23)	5:07 (48:30)	10:45 (59:15)
	3:57 (1:03:12)	4:05 (1:07:17)	4:46 (1:12:03)	4:34 (1:16:37)	4:40 (1:21:17)
	4:52 (1:26:09)	2:33 (1:28:42)			
3.	Rune Cederberg	Ballerup OK	1:30:39	+2:45	
	6:31 (6:31)	3:23 (9:54)	3:23 (13:17)	12:00 (25:17)	7:03 (32:20)
	4:36 (36:56)	3:38 (40:34)	2:27 (43:01)	4:53 (47:54)	10:39 (58:33)
	3:39 (1:02:12)	4:38 (1:06:50)	4:44 (1:11:34)	5:06 (1:16:40)	5:28 (1:22:08)
	5:08 (1:27:16)	3:23 (1:30:39)			
4.	Henrik Nielsen	Holbæk OK	1:38:26	+10:32	
	6:26 (6:26)	3:10 (9:36)	3:46 (13:22)	14:32 (27:54)	7:27 (35:21)
	5:04 (40:25)	4:39 (45:04)	1:48 (46:52)	4:17 (51:09)	10:06 (1:01:15)
	4:30 (1:05:45)	6:47 (1:12:32)	5:42 (1:18:14)	6:07 (1:24:21)	5:18 (1:29:39)
	5:26 (1:35:05)	3:21 (1:38:26)			
5.	Jesper R Mortensen	Herlufsholm OK	1:39:19	+11:25	
	6:58 (6:58)	3:56 (10:54)	3:46 (14:40)	10:05 (24:45)	7:33 (32:18)
	5:39 (37:57)	5:47 (43:44)	1:50 (45:34)	4:16 (49:50)	12:07 (1:01:57)
	3:54 (1:05:51)	5:34 (1:11:25)	5:49 (1:17:14)	6:20 (1:23:34)	6:33 (1:30:07)
	6:03 (1:36:10)	3:09 (1:39:19)			
6.	Asger Jensen	OKR	1:42:41	+14:47	
	7:21 (7:21)	4:09 (11:30)	4:38 (16:08)	11:25 (27:33)	8:15 (35:48)
	5:34 (41:22)	3:58 (45:20)	2:31 (47:51)	4:19 (52:10)	12:02 (1:04:12)
	5:25 (1:09:37)	5:05 (1:14:42)	6:04 (1:20:46)	6:17 (1:27:03)	6:07 (1:33:10)
	6:07 (1:39:17)	3:24 (1:42:41)			
7.	Jonathan Skovsø Andersen	Hvalsø OK	1:42:44	+14:50	
	6:56 (6:56)	3:56 (10:52)	4:27 (15:19)	10:46 (26:05)	8:02 (34:07)
	6:43 (40:50)	4:32 (45:22)	2:01 (47:23)	4:02 (51:25)	11:36 (1:03:01)
	4:18 (1:07:19)	6:13 (1:13:32)	6:19 (1:19:51)	5:40 (1:25:31)	6:51 (1:32:22)
	6:57 (1:39:19)	3:25 (1:42:44)			
8.	Jesper Fonager Christensen	FSK Orientering	1:57:02	+29:08	
	8:17 (8:17)	4:57 (13:14)	4:33 (17:47)	12:43 (30:30)	9:53 (40:23)
	6:47 (47:10)	4:46 (51:56)	2:38 (54:34)	5:36 (1:00:10)	13:39 (1:13:49)
	4:35 (1:18:24)	8:29 (1:26:53)	6:26 (1:33:19)	6:17 (1:39:36)	6:57 (1:46:33)
	6:21 (1:52:54)	4:08 (1:57:02)			

9.	Claus Skovsø Petersen	Hvalsø OK	1:59:22	+31:28	
	8:34 (8:34)	4:38 (13:12)	4:39 (17:51)	13:00 (30:51)	8:30 (39:21)
	6:45 (46:06)	5:02 (51:08)	2:44 (53:52)	4:44 (58:36)	14:05 (1:12:41)
	5:28 (1:18:09)	8:31 (1:26:40)	6:36 (1:33:16)	6:41 (1:39:57)	7:22 (1:47:19)
	8:24 (1:55:43)	3:39 (1:59:22)			
10.	Stig Andersen	Herlufsholm OK	2:08:01	+40:07	
	8:21 (8:21)	5:03 (13:24)	4:58 (18:22)	12:26 (30:48)	9:19 (40:07)
	7:00 (47:07)	5:15 (52:22)	3:37 (55:59)	6:02 (1:02:01)	18:12 (1:20:13)
	6:04 (1:26:17)	8:09 (1:34:26)	7:20 (1:41:46)	6:03 (1:47:49)	8:59 (1:56:48)
	7:12 (2:04:00)	4:01 (2:08:01)			
11.	Niels Thulin Johansen	Herlufsholm OK	2:08:45	+40:51	
	8:47 (8:47)	4:45 (13:32)	4:56 (18:28)	13:58 (32:26)	8:27 (40:53)
	7:03 (47:56)	5:15 (53:11)	2:56 (56:07)	5:15 (1:01:22)	18:36 (1:19:58)
	6:04 (1:26:02)	8:58 (1:35:00)	6:37 (1:41:37)	6:25 (1:48:02)	8:37 (1:56:39)
	7:33 (2:04:12)	4:33 (2:08:45)			
12.	Jan Skouv	Faaborg OK	2:47:34	+1:19:40	
	7:58 (7:58)	5:13 (13:11)	4:50 (18:01)	14:21 (32:22)	9:02 (41:24)
	6:11 (47:35)	4:52 (52:27)	3:04 (55:31)	6:01 (1:01:32)	18:32 (1:20:04)
	21:09 (1:41:13)	19:22 (2:00:35)	10:25 (2:11:00)	11:40 (2:22:40)	11:26 (2:34:06)
	9:04 (2:43:10)	4:24 (2:47:34)			
	Henrik Snedker Pedersen	Holbæk OK	Ej startet		
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	Jonas Fonager Ulsø		Ej startet		
	- (-)	- (-)	- (-)	- (-)	- (-)
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	Mads Vindegaard	FIF Hillerød	Ej startet		
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Ultra Herre		(11 / 11)	Tid	Efter	
1.	Mads Troelsgård	Lyngby OK	1:52:11		
	5:16 (5:16)	0:49 (6:05)	1:33 (7:38)	2:43 (10:21)	1:36 (11:57)
	2:27 (14:24)	1:03 (15:27)	5:19 (20:46)	8:37 (29:23)	5:31 (34:54)
	3:36 (38:30)	3:17 (41:47)	2:37 (44:24)	1:15 (45:39)	2:52 (48:31)
	7:06 (55:37)	2:22 (57:59)	5:47 (1:03:46)	3:46 (1:07:32)	2:10 (1:09:42)
	13:20 (1:23:02)	3:55 (1:26:57)	5:05 (1:32:02)	10:54 (1:42:56)	4:24 (1:47:20)
	3:07 (1:50:27)	1:44 (1:52:11)			
2.	Simon Troelsgård	Lyngby OK	1:54:35	+2:24	
	5:18 (5:18)	0:53 (6:11)	1:38 (7:49)	2:47 (10:36)	1:23 (11:59)
	2:56 (14:55)	1:05 (16:00)	5:15 (21:15)	8:57 (30:12)	5:43 (35:55)
	3:44 (39:39)	3:06 (42:45)	2:38 (45:23)	1:16 (46:39)	2:51 (49:30)
	6:55 (56:25)	2:44 (59:09)	5:48 (1:04:57)	3:58 (1:08:55)	2:24 (1:11:19)
	13:36 (1:24:55)	3:59 (1:28:54)	5:25 (1:34:19)	10:49 (1:45:08)	4:24 (1:49:32)
	3:11 (1:52:43)	1:52 (1:54:35)			
3.	Niels Peder Møller	Lyngby OK	1:59:54	+7:43	
	5:17 (5:17)	0:54 (6:11)	1:35 (7:46)	2:38 (10:24)	1:25 (11:49)
	3:23 (15:12)	1:02 (16:14)	5:11 (21:25)	10:12 (31:37)	5:33 (37:10)
	3:40 (40:50)	2:51 (43:41)	2:33 (46:14)	1:14 (47:28)	3:51 (51:19)
	7:08 (58:27)	3:05 (1:01:32)	8:04 (1:09:36)	3:48 (1:13:24)	2:34 (1:15:58)
	13:42 (1:29:40)	4:09 (1:33:49)	5:47 (1:39:36)	10:57 (1:50:33)	4:30 (1:55:03)
	3:16 (1:58:19)	1:35 (1:59:54)			
4.	Jonas Aadal Wihan	Fyns PI	2:00:16	+8:05	
	5:07 (5:07)	0:49 (5:56)	1:48 (7:44)	2:35 (10:19)	1:17 (11:36)
	2:50 (14:26)	0:58 (15:24)	5:20 (20:44)	8:38 (29:22)	5:24 (34:46)
	3:33 (38:19)	3:13 (41:32)	2:39 (44:11)	1:22 (45:33)	2:46 (48:19)
	7:28 (55:47)	2:11 (57:58)	5:40 (1:03:38)	3:56 (1:07:34)	2:01 (1:09:35)
	14:15 (1:23:50)	7:11 (1:31:01)	5:24 (1:36:25)	12:03 (1:48:28)	6:15 (1:54:43)
	3:35 (1:58:18)	1:58 (2:00:16)			
5.	Bjørn Axelsen	Copenhagen Adventure Sport	2:02:57	+10:46	
	5:08 (5:08)	0:51 (5:59)	1:57 (7:56)	2:44 (10:40)	1:26 (12:06)
	3:10 (15:16)	1:04 (16:20)	5:14 (21:34)	7:28 (29:02)	5:37 (34:39)
	3:37 (38:16)	3:20 (41:36)	2:40 (44:16)	1:20 (45:36)	2:46 (48:22)
	7:21 (55:43)	2:55 (58:38)	7:28 (1:06:06)	4:56 (1:11:02)	2:29 (1:13:31)
	14:43 (1:28:14)	4:14 (1:32:28)	8:50 (1:41:18)	11:20 (1:52:38)	4:40 (1:57:18)
	3:27 (2:00:45)	2:12 (2:02:57)			

6.	Janus Storland Høhne	OK Sorø	2:06:43	+14:32	
	5:15 (5:15)	0:47 (6:02)	1:39 (7:41)	2:41 (10:22)	1:38 (12:00)
	3:10 (15:10)	1:01 (16:11)	5:10 (21:21)	10:18 (31:39)	5:30 (37:09)
	3:44 (40:53)	3:15 (44:08)	2:37 (46:45)	1:15 (48:00)	3:01 (51:01)
	8:32 (59:33)	3:31 (1:03:04)	7:02 (1:10:06)	3:51 (1:13:57)	2:15 (1:16:12)
	14:30 (1:30:42)	4:45 (1:35:27)	5:48 (1:41:15)	13:49 (1:55:04)	5:30 (2:00:34)
	3:59 (2:04:33)	2:10 (2:06:43)			
7.	Søren Vestergaard	PI-København	2:23:51	+31:40	
	5:55 (5:55)	1:04 (6:59)	1:49 (8:48)	3:21 (12:09)	2:25 (14:34)
	3:24 (17:58)	1:20 (19:18)	6:16 (25:34)	10:11 (35:45)	6:58 (42:43)
	4:32 (47:15)	4:00 (51:15)	3:41 (54:56)	1:40 (56:36)	3:33 (1:00:09)
	10:21 (1:10:30)	3:13 (1:13:43)	7:48 (1:21:31)	5:02 (1:26:33)	2:50 (1:29:23)
	17:17 (1:46:40)	5:17 (1:51:57)	6:18 (1:58:15)	13:26 (2:11:41)	5:42 (2:17:23)
	4:04 (2:21:27)	2:24 (2:23:51)			
8.	Brian Steen Jørgensen	Holbæk OK	2:28:27	+36:16	
	5:30 (5:30)	1:01 (6:31)	1:57 (8:28)	3:00 (11:28)	1:45 (13:13)
	2:49 (16:02)	1:12 (17:14)	6:08 (23:22)	10:46 (34:08)	6:45 (40:53)
	4:44 (45:37)	4:09 (49:46)	3:05 (52:51)	1:50 (54:41)	3:25 (58:06)
	10:15 (1:08:21)	3:11 (1:11:32)	10:05 (1:21:37)	4:59 (1:26:36)	2:42 (1:29:18)
	17:31 (1:46:49)	5:13 (1:52:02)	6:49 (1:58:51)	15:25 (2:14:16)	6:58 (2:21:14)
	4:20 (2:25:34)	2:53 (2:28:27)			
9.	Rasmus Skovhede Hviid	Lyngby OK	2:37:13	+45:02	
	5:45 (5:45)	0:59 (6:44)	1:47 (8:31)	3:07 (11:38)	1:47 (13:25)
	2:54 (16:19)	1:13 (17:32)	7:22 (24:54)	9:45 (34:39)	6:36 (41:15)
	4:25 (45:40)	5:13 (50:53)	3:19 (54:12)	1:34 (55:46)	3:25 (59:11)
	9:41 (1:08:52)	2:36 (1:11:28)	7:39 (1:19:07)	5:07 (1:24:14)	3:18 (1:27:32)
	19:22 (1:46:54)	5:48 (1:52:42)	7:21 (2:00:03)	19:51 (2:19:54)	9:21 (2:29:15)
	5:05 (2:34:20)	2:53 (2:37:13)			
10.	Frede Lillelund	Søllerød OK	3:13:23	+1:21:12	
	6:53 (6:53)	1:51 (8:44)	2:42 (11:26)	3:41 (15:07)	2:17 (17:24)
	6:41 (24:05)	1:34 (25:39)	7:14 (32:53)	12:05 (44:58)	8:20 (53:18)
	7:16 (1:00:34)	13:02 (1:13:36)	3:56 (1:17:32)	2:10 (1:19:42)	4:09 (1:23:51)
	10:51 (1:34:42)	5:59 (1:40:41)	15:05 (1:55:46)	6:36 (2:02:22)	3:33 (2:05:55)
	20:01 (2:25:56)	5:50 (2:31:46)	8:13 (2:39:59)	16:11 (2:56:10)	8:53 (3:05:03)
	5:08 (3:10:11)	3:12 (3:13:23)			
11.	Anders Kjeldgaard	Holbæk OK	4:10:35	+2:18:24	
	7:45 (7:45)	7:17 (15:02)	3:26 (18:28)	– (–)	– (31:13)
	– (–)	– (33:48)	8:34 (42:22)	24:51 (1:07:13)	9:24 (1:16:37)
	6:06 (1:22:43)	7:58 (1:30:41)	4:45 (1:35:26)	2:25 (1:37:51)	5:52 (1:43:43)
	15:03 (1:58:46)	9:35 (2:08:21)	20:12 (2:28:33)	8:54 (2:37:27)	6:33 (2:44:00)
	29:24 (3:13:24)	8:05 (3:21:29)	10:46 (3:32:15)	20:41 (3:52:56)	7:46 (4:00:42)
	6:36 (4:07:18)	3:17 (4:10:35)			
<b>Lang Dame</b>		<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	
1.	Camilla Rath Nielsen	PI-København	2:03:50		
	5:52 (5:52)	1:01 (6:53)	1:52 (8:45)	2:57 (11:42)	5:01 (16:43)
	– (–)	– (18:25)	6:23 (24:48)	9:26 (34:14)	5:43 (39:57)
	3:46 (43:43)	2:52 (46:35)	1:21 (47:56)	2:56 (50:52)	7:39 (58:31)
	2:53 (1:01:24)	3:14 (1:04:38)	3:53 (1:08:31)	14:01 (1:22:32)	4:50 (1:27:22)
	6:54 (1:34:16)	17:35 (1:51:51)	5:35 (1:57:26)	4:16 (2:01:42)	2:08 (2:03:50)
2.	Anne Marie Thommesen	Ballerup OK	2:12:44	+8:54	
	5:49 (5:49)	1:02 (6:51)	1:53 (8:44)	3:03 (11:47)	1:50 (13:37)
	2:55 (16:32)	1:13 (17:45)	7:11 (24:56)	9:17 (34:13)	5:52 (40:05)
	4:06 (44:11)	4:46 (48:57)	1:27 (50:24)	3:22 (53:46)	8:57 (1:02:43)
	3:27 (1:06:10)	6:08 (1:12:18)	4:35 (1:16:53)	15:00 (1:31:53)	6:07 (1:38:00)
	7:30 (1:45:30)	14:23 (1:59:53)	6:02 (2:05:55)	4:14 (2:10:09)	2:35 (2:12:44)
3.	Karina Mejnborg	PI-København	2:27:37	+23:47	
	5:56 (5:56)	1:18 (7:14)	1:59 (9:13)	3:14 (12:27)	2:05 (14:32)
	5:18 (19:50)	1:24 (21:14)	6:53 (28:07)	11:31 (39:38)	8:21 (47:59)
	4:02 (52:01)	3:35 (55:36)	1:38 (57:14)	3:40 (1:00:54)	9:58 (1:10:52)
	4:07 (1:14:59)	5:20 (1:20:19)	4:13 (1:24:32)	14:48 (1:39:20)	6:40 (1:46:00)
	7:38 (1:53:38)	18:09 (2:11:47)	7:26 (2:19:13)	5:09 (2:24:22)	3:15 (2:27:37)
4.	Athene Wessel Larsen	Lyngby OK	2:51:06	+47:16	
	7:12 (7:12)	6:30 (13:42)	2:47 (16:29)	– (–)	– (29:01)
	– (–)	– (31:22)	8:09 (39:31)	15:00 (54:31)	7:43 (1:02:14)
	4:47 (1:07:01)	3:54 (1:10:55)	1:59 (1:12:54)	3:49 (1:16:43)	14:14 (1:30:57)
	3:20 (1:34:17)	4:38 (1:38:55)	5:52 (1:44:47)	18:26 (2:03:13)	6:37 (2:09:50)
	7:51 (2:17:41)	19:28 (2:37:09)	6:52 (2:44:01)	4:40 (2:48:41)	2:25 (2:51:06)
5.	Lenette Schunck Svendsen	Holbæk OK	3:42:19	+1:38:29	

	8:00 (8:00)	2:01 (10:01)	4:22 (14:23)	5:00 (19:23)	2:50 (22:13)
	6:38 (28:51)	1:53 (30:44)	10:07 (40:51)	16:01 (56:52)	10:17 (1:07:09)
	6:19 (1:13:28)	5:25 (1:18:53)	2:32 (1:21:25)	6:25 (1:27:50)	14:40 (1:42:30)
	9:47 (1:52:17)	6:01 (1:58:18)	8:28 (2:06:46)	25:13 (2:31:59)	9:33 (2:41:32)
	11:31 (2:53:03)	29:12 (3:22:15)	9:47 (3:32:02)	6:33 (3:38:35)	3:44 (3:42:19)
6.	Sanne Lund Kolenda	Holbæk OK		3:42:25 +1:38:35	
	8:04 (8:04)	1:59 (10:03)	4:07 (14:10)	5:07 (19:17)	3:00 (22:17)
	6:49 (29:06)	1:48 (30:54)	10:13 (41:07)	15:44 (56:51)	10:00 (1:06:51)
	7:09 (1:14:00)	4:54 (1:18:54)	2:37 (1:21:31)	6:16 (1:27:47)	14:54 (1:42:41)
	9:40 (1:52:21)	5:46 (1:58:07)	8:42 (2:06:49)	24:57 (2:31:46)	9:32 (2:41:18)
	11:30 (2:52:48)	29:39 (3:22:27)	9:29 (3:31:56)	6:47 (3:38:43)	3:42 (3:42:25)
7.	Anne Willerup	Holbæk OK		3:42:29 +1:38:39	
	8:02 (8:02)	2:03 (10:05)	4:14 (14:19)	5:06 (19:25)	2:57 (22:22)
	6:34 (28:56)	1:57 (30:53)	10:18 (41:11)	16:00 (57:11)	9:24 (1:06:35)
	7:28 (1:14:03)	5:07 (1:19:10)	2:23 (1:21:33)	6:22 (1:27:55)	14:55 (1:42:50)
	9:30 (1:52:20)	6:27 (1:58:47)	7:46 (2:06:33)	25:35 (2:32:08)	9:25 (2:41:33)
	11:22 (2:52:55)	29:36 (3:22:31)	9:24 (3:31:55)	6:47 (3:38:42)	3:47 (3:42:29)
<b>Mellem Dame</b>		<b>(5 / 5)</b>		<b>Tid</b>	<b>Efter</b>
1.	Diana Cederberg	Ballerup OK		1:30:40	
	6:32 (6:32)	3:21 (9:53)	3:27 (13:20)	11:56 (25:16)	7:05 (32:21)
	4:37 (36:58)	3:39 (40:37)	2:29 (43:06)	4:50 (47:56)	10:36 (58:32)
	3:38 (1:02:10)	4:45 (1:06:55)	4:43 (1:11:38)	5:16 (1:16:54)	5:16 (1:22:10)
	5:14 (1:27:24)	3:16 (1:30:40)			
2.	Merete Ravnsbjerg Andersen	Herlufsholm OK		1:33:06 +2:26	
	6:54 (6:54)	3:48 (10:42)	3:50 (14:32)	10:30 (25:02)	7:10 (32:12)
	5:10 (37:22)	3:55 (41:17)	2:20 (43:37)	4:28 (48:05)	10:48 (58:53)
	4:16 (1:03:09)	4:23 (1:07:32)	5:21 (1:12:53)	5:12 (1:18:05)	5:40 (1:23:45)
	6:25 (1:30:10)	2:56 (1:33:06)			
3.	Marlene Wessel Larsen	Lyngby OK		2:05:39 +34:59	
	7:23 (7:23)	4:21 (11:44)	5:22 (17:06)	31:43 (48:49)	9:38 (58:27)
	7:32 (1:05:59)	4:41 (1:10:40)	2:09 (1:12:49)	4:13 (1:17:02)	12:21 (1:29:23)
	4:58 (1:34:21)	5:27 (1:39:48)	6:30 (1:46:18)	4:41 (1:50:59)	6:09 (1:57:08)
	5:45 (2:02:53)	2:46 (2:05:39)			
4.	Hanne Øxenhavne	Herlufsholm OK		2:06:18 +35:38	
	7:37 (7:37)	4:29 (12:06)	4:09 (16:15)	16:15 (32:30)	8:50 (41:20)
	5:54 (47:14)	11:58 (59:12)	3:30 (1:02:42)	5:39 (1:08:21)	13:08 (1:21:29)
	4:39 (1:26:08)	8:44 (1:34:52)	6:25 (1:41:17)	5:53 (1:47:10)	7:02 (1:54:12)
	8:49 (2:03:01)	3:17 (2:06:18)			
5.	Choi Bonfils Johansen	Herlufsholm OK		2:08:43 +38:03	
	8:38 (8:38)	5:03 (13:41)	4:36 (18:17)	14:10 (32:27)	8:35 (41:02)
	7:00 (48:02)	5:06 (53:08)	2:45 (55:53)	5:31 (1:01:24)	18:14 (1:19:38)
	6:22 (1:26:00)	8:45 (1:34:45)	6:54 (1:41:39)	6:20 (1:47:59)	8:41 (1:56:40)
	7:12 (2:03:52)	4:51 (2:08:43)			
<b>Kort Dame</b>		<b>(2 / 2)</b>		<b>Tid</b>	<b>Efter</b>
1.	Anette Lindegaard Christensen	Holbæk OK		1:01:07	
	5:30 (5:30)	4:18 (9:48)	6:24 (16:12)	6:13 (22:25)	6:57 (29:22)
	4:23 (33:45)	3:12 (36:57)	4:09 (41:06)	5:58 (47:04)	5:56 (53:00)
	4:42 (57:42)	3:25 (1:01:07)			
2.	Inger Dyrland Jessen	OKR		1:28:37 +27:30	
	11:31 (11:31)	16:32 (28:03)	6:16 (34:19)	5:50 (40:09)	7:31 (47:40)
	4:30 (52:10)	2:54 (55:04)	13:04 (1:08:08)	6:01 (1:14:09)	6:40 (1:20:49)
	4:33 (1:25:22)	3:15 (1:28:37)			