

Resultater – Troidens Fodspor

2019-03-03

Kort 5.km		(13 / 13)		Tid	Efter		
1.	Michael Hjorth	Ballerup OK		58:52			
	5:39 (5:39)	1:49 (7:28)	2:44 (10:12)	3:55 (14:07)	5:59 (20:06)	5:41 (25:47)	
	4:53 (30:40)	4:07 (34:47)	2:06 (36:53)	5:57 (42:50)	5:02 (47:52)	5:05 (52:57)	
	3:47 (56:44)	2:08 (58:52)					
2.	Trine Hershøj	Ballerup OK		58:53	+0:01		
	5:41 (5:41)	1:50 (7:31)	2:44 (10:15)	3:57 (14:12)	5:52 (20:04)	5:46 (25:50)	
	4:54 (30:44)	4:05 (34:49)	2:06 (36:55)	6:01 (42:56)	5:00 (47:56)	5:03 (52:59)	
	3:52 (56:51)	2:02 (58:53)					
3.	Mads Lykking	OK73		1:00:19	+1:27		
	4:41 (4:41)	1:35 (6:16)	2:37 (8:53)	4:17 (13:10)	5:13 (18:23)	2:47 (21:10)	
	6:31 (27:41)	2:49 (30:30)	1:46 (32:16)	5:10 (37:26)	14:40 (52:06)	3:46 (55:52)	
	2:49 (58:41)	1:38 (1:00:19)					
4.	Jens Høgsfeldt	FIF Hillerød Orientering		1:01:01	+2:09		
	5:52 (5:52)	2:03 (7:55)	2:53 (10:48)	4:12 (15:00)	6:05 (21:05)	4:52 (25:57)	
	5:01 (30:58)	3:58 (34:56)	2:14 (37:10)	5:57 (43:07)	5:04 (48:11)	5:53 (54:04)	
	4:16 (58:20)	2:41 (1:01:01)					
5.	Susan Houmark Stub	PI-København		1:02:34	+3:42		
	6:46 (6:46)	2:29 (9:15)	2:52 (12:07)	4:11 (16:18)	7:06 (23:24)	4:11 (27:35)	
	6:20 (33:55)	3:30 (37:25)	2:19 (39:44)	5:14 (44:58)	6:21 (51:19)	5:30 (56:49)	
	3:35 (1:00:24)	2:10 (1:02:34)					
6.	Søren Thoustrup Jørgensen	OK73		1:05:45	+6:53		
	6:47 (6:47)	2:34 (9:21)	3:26 (12:47)	4:17 (17:04)	6:27 (23:31)	4:01 (27:32)	
	6:26 (33:58)	3:57 (37:55)	2:09 (40:04)	5:57 (46:01)	7:15 (53:16)	5:51 (59:07)	
	4:15 (1:03:22)	2:23 (1:05:45)					
7.	Mogens Jensen	Holbæk OK		1:05:53	+7:01		
	6:49 (6:49)	2:23 (9:12)	3:06 (12:18)	4:26 (16:44)	6:44 (23:28)	4:52 (28:20)	
	5:21 (33:41)	4:28 (38:09)	2:13 (40:22)	5:48 (46:10)	7:13 (53:23)	5:43 (59:06)	
	4:24 (1:03:30)	2:23 (1:05:53)					
8.	Jannie Nielsen	Holbæk OK		1:06:01	+7:09		
	8:58 (8:58)	1:56 (10:54)	3:07 (14:01)	4:45 (18:46)	6:53 (25:39)	3:05 (28:44)	
	5:32 (34:16)	3:57 (38:13)	2:15 (40:28)	5:51 (46:19)	7:08 (53:27)	5:59 (59:26)	
	4:01 (1:03:27)	2:34 (1:06:01)					
9.	Kuno Rasmussen	Ballerup OK		1:06:02	+7:10		
	6:32 (6:32)	2:33 (9:05)	3:26 (12:31)	4:28 (16:59)	7:03 (24:02)	4:04 (28:06)	
	5:18 (33:24)	4:33 (37:57)	1:59 (39:56)	5:47 (45:43)	6:36 (52:19)	6:15 (58:34)	
	4:44 (1:03:18)	2:44 (1:06:02)					
10.	Gunner Jørgensen	OK73		1:16:27	+17:35		
	5:58 (5:58)	2:10 (8:08)	3:08 (11:16)	4:10 (15:26)	13:52 (29:18)	3:08 (32:26)	
	9:09 (41:35)	5:09 (46:44)	2:12 (48:56)	6:08 (55:04)	6:18 (1:01:22)	6:18 (1:07:40)	
	5:38 (1:13:18)	3:09 (1:16:27)					
11.	Annelise Hansen	FIF Hillerød Orientering		1:23:57	+25:05		
	6:18 (6:18)	2:34 (8:52)	2:58 (11:50)	4:49 (16:39)	6:39 (23:18)	4:09 (27:27)	
	5:37 (33:04)	4:58 (38:02)	2:14 (40:16)	6:19 (46:35)	9:28 (56:03)	6:55 (1:02:58)	
	4:43 (1:07:41)	16:16 (1:23:57)					
12.	Ole Axelsen	Svendborg OK		1:29:58	+31:06		
	7:32 (7:32)	2:40 (10:12)	3:43 (13:55)	5:45 (19:40)	8:04 (27:44)	4:30 (32:14)	
	9:45 (41:59)	5:42 (47:41)	2:52 (50:33)	13:52 (1:04:25)	7:50 (1:12:15)	8:07 (1:20:22)	
	5:44 (1:26:06)	3:52 (1:29:58)					
	Maria Iben Sell-Petersen	Allerød OK		Ej startet			
Lang 13 km		(14 / 14)		Tid	Efter		
1.	Anders Vejgaard	Ballerup OK		1:36:26			
	6:14 (6:14)	7:40 (13:54)	3:50 (17:44)	4:14 (21:58)	2:26 (24:24)	4:49 (29:13)	
	4:24 (33:37)	9:33 (43:10)	5:52 (49:02)	5:41 (54:43)	4:42 (59:25)	3:05 (1:02:30)	
	3:10 (1:05:40)	2:46 (1:08:26)	4:16 (1:12:42)	1:54 (1:14:36)	4:36 (1:19:12)	2:37 (1:21:49)	
	4:27 (1:26:16)	3:31 (1:29:47)	2:34 (1:32:21)	0:59 (1:33:20)	1:36 (1:34:56)	1:30 (1:36:26)	
2.	Camilla Rath Nielsen	PI-København		1:39:54	+3:28		
	6:10 (6:10)	8:04 (14:14)	4:22 (18:36)	4:24 (23:00)	2:28 (25:28)	4:50 (30:18)	
	4:01 (34:19)	8:22 (42:41)	6:04 (48:45)	6:38 (55:23)	5:07 (1:00:30)	4:18 (1:04:48)	
	4:00 (1:08:48)	3:07 (1:11:55)	4:27 (1:16:22)	2:01 (1:18:23)	4:28 (1:22:51)	2:35 (1:25:26)	
	4:37 (1:30:03)	3:34 (1:33:37)	2:46 (1:36:23)	0:51 (1:37:14)	1:43 (1:38:57)	0:57 (1:39:54)	
3.	Christian Olsen	Amager OK		1:40:01	+3:35		
	6:15 (6:15)	7:52 (14:07)	4:35 (18:42)	4:31 (23:13)	2:25 (25:38)	4:54 (30:32)	
	3:54 (34:26)	8:49 (43:15)	5:35 (48:50)	6:02 (54:52)	5:16 (1:00:08)	5:01 (1:05:09)	
	3:46 (1:08:55)	3:13 (1:12:08)	4:16 (1:16:24)	2:02 (1:18:26)	4:35 (1:23:01)	2:42 (1:25:43)	
	4:36 (1:30:19)	3:39 (1:33:58)	2:36 (1:36:34)	0:49 (1:37:23)	1:41 (1:39:04)	0:57 (1:40:01)	
4.	Anne Marie Thommesen	Ballerup OK		1:44:52	+8:26		
	6:15 (6:15)	8:11 (14:26)	4:43 (19:09)	5:00 (24:09)	2:36 (26:45)	5:24 (32:09)	
	3:51 (36:00)	8:28 (44:28)	4:24 (48:52)	6:38 (55:30)	5:39 (1:01:09)	4:05 (1:05:14)	
	3:58 (1:09:12)	3:29 (1:12:41)	4:57 (1:17:38)	2:05 (1:19:43)	5:41 (1:25:24)	2:56 (1:28:20)	
	5:00 (1:33:20)	4:07 (1:37:27)	2:41 (1:40:08)	1:26 (1:41:34)	1:51 (1:43:25)	1:27 (1:44:52)	
5.	Sigrid Høyer Staugaard	FIF Hillerød Orientering		1:54:07	+17:41		
	6:20 (6:20)	7:42 (14:02)	10:45 (24:47)	4:49 (29:36)	2:34 (32:10)	5:17 (37:27)	
	4:21 (41:48)	8:56 (50:44)	3:52 (54:36)	9:27 (1:04:03)	5:30 (1:09:33)	3:43 (1:13:16)	
	3:52 (1:17:08)	3:10 (1:20:18)	7:10 (1:27:28)	2:31 (1:29:59)	5:25 (1:35:24)	2:41 (1:38:05)	
	5:14 (1:43:19)	4:03 (1:47:22)	2:39 (1:50:01)	0:58 (1:50:59)	2:06 (1:53:05)	1:02 (1:54:07)	
6.	Lars Hanghøj Petersen	Ballerup OK		2:00:15	+23:49		
	6:29 (6:29)	7:41 (14:10)	4:58 (19:08)	6:08 (25:16)	2:52 (28:08)	5:54 (34:02)	
	5:05 (39:07)	11:41 (50:48)	5:12 (56:00)	7:56 (1:03:56)	7:13 (1:11:09)	7:12 (1:18:21)	
	4:49 (1:23:10)	3:52 (1:27:02)	4:38 (1:31:40)	3:05 (1:34:45)	4:52 (1:39:37)	3:07 (1:42:44)	
	5:24 (1:48:08)	4:27 (1:52:35)	2:58 (1:55:33)	1:02 (1:56:35)	2:18 (1:58:53)	1:22 (2:00:15)	
7.	Jens Peter Gundorf	OK ØST Birkerød		2:06:33	+30:07		
	6:49 (6:49)	6:41 (13:30)	5:16 (18:46)	5:49 (24:35)	3:09 (27:44)	6:07 (33:51)	
	4:35 (38:26)	12:14 (50:40)	5:07 (55:47)	8:44 (1:04:31)	8:00 (1:12:31)	6:04 (1:18:35)	
	4:31 (1:23:06)	3:47 (1:26:53)	6:15 (1:33:08)	2:26 (1:35:34)	5:46 (1:41:20)	3:37 (1:44:57)	
	6:31 (1:51:28)	5:08 (1:56:36)	3:36 (2:00:12)	2:25 (2:02:37)	2:29 (2:05:06)	1:27 (2:06:33)	

8.	Carsten Hansen	FIF Hillerød Orientering	2:18:55	+42:29		
	14:48 (14:48)	5:47 (20:35)	5:03 (25:38)	5:43 (31:21)	3:06 (34:27)	8:14 (42:41)
	5:13 (47:54)	10:46 (58:40)	6:33 (1:05:13)	8:55 (1:14:08)	7:24 (1:21:32)	12:20 (1:33:52)
	4:03 (1:37:55)	3:48 (1:41:43)	4:59 (1:46:42)	2:45 (1:49:27)	5:28 (1:54:55)	4:22 (1:59:17)
	6:14 (2:05:31)	4:46 (2:10:17)	3:29 (2:13:46)	1:09 (2:14:55)	2:32 (2:17:27)	1:28 (2:18:55)
9.	Jens Korsholm	Farum OK	2:26:13	+49:47		
	8:23 (8:23)	6:05 (14:28)	10:07 (24:35)	7:24 (31:59)	3:25 (35:24)	7:20 (42:44)
	6:22 (49:06)	11:27 (1:00:33)	5:55 (1:06:28)	9:50 (1:16:18)	8:05 (1:24:23)	10:16 (1:34:39)
	5:37 (1:40:16)	4:27 (1:44:43)	5:54 (1:50:37)	2:42 (1:53:19)	6:33 (1:59:52)	3:51 (2:03:43)
	7:00 (2:10:43)	5:41 (2:16:24)	3:32 (2:19:56)	1:52 (2:21:48)	2:39 (2:24:27)	1:46 (2:26:13)
10.	Morten Lykking	OK73	2:34:34	+58:08		
	18:26 (18:26)	4:56 (23:22)	30:57 (54:19)	8:21 (1:02:40)	3:25 (1:06:05)	5:38 (1:11:43)
	4:31 (1:16:14)	9:04 (1:25:18)	4:00 (1:29:18)	7:38 (1:36:56)	6:34 (1:43:30)	13:08 (1:56:38)
	3:39 (2:00:17)	3:08 (2:03:25)	5:08 (2:08:33)	1:54 (2:10:27)	4:39 (2:15:06)	3:06 (2:18:12)
	5:19 (2:23:31)	4:19 (2:27:50)	2:53 (2:30:43)	0:53 (2:31:36)	1:50 (2:33:26)	1:08 (2:34:34)
11.	Henrik Nielsen	Holbæk OK	2:43:29	+67:03		
	7:20 (7:20)	6:08 (13:28)	12:30 (25:58)	6:13 (32:11)	3:22 (35:33)	7:13 (42:46)
	- (-)	- (1:02:37)	10:50 (1:13:27)	14:50 (1:28:17)	9:19 (1:37:36)	6:18 (1:43:54)
	5:38 (1:49:32)	5:00 (1:54:32)	6:12 (2:00:44)	3:09 (2:03:53)	7:05 (2:10:58)	5:02 (2:16:00)
	8:25 (2:24:25)	7:17 (2:31:42)	4:36 (2:36:18)	1:38 (2:37:56)	3:26 (2:41:22)	2:07 (2:43:29)
12.	Max Prang	Fredensborg OK	3:01:37	+85:11		
	11:29 (11:29)	5:42 (17:11)	7:07 (24:18)	5:55 (30:13)	3:00 (33:13)	11:13 (44:26)
	5:36 (50:02)	12:50 (1:02:52)	8:22 (1:11:14)	11:05 (1:22:19)	8:32 (1:30:51)	22:24 (1:53:15)
	4:45 (1:58:00)	5:23 (2:03:23)	17:23 (2:20:46)	3:55 (2:24:41)	6:35 (2:31:16)	3:48 (2:35:04)
	8:55 (2:43:59)	7:18 (2:51:17)	4:33 (2:55:50)	1:24 (2:57:14)	3:02 (3:00:16)	1:21 (3:01:37)
13.	Jonathan Skovsø Andersen	Hvalsø OK	3:03:22	+86:56		
	10:25 (10:25)	7:10 (17:35)	8:45 (26:20)	7:22 (33:42)	3:35 (37:17)	8:53 (46:10)
	7:45 (53:55)	19:35 (1:13:30)	7:39 (1:21:09)	14:55 (1:36:04)	11:13 (1:47:17)	11:36 (1:58:53)
	6:32 (2:05:25)	5:48 (2:11:13)	10:39 (2:21:52)	3:09 (2:25:01)	8:52 (2:33:53)	5:14 (2:39:07)
	7:26 (2:46:33)	6:11 (2:52:44)	4:35 (2:57:19)	1:27 (2:58:46)	3:05 (3:01:51)	1:31 (3:03:22)
14.	Claus Skovsø Petersen	Hvalsø OK	3:10:23	+93:57		
	10:33 (10:33)	6:55 (17:28)	9:01 (26:29)	7:09 (33:38)	3:43 (37:21)	8:46 (46:07)
	7:59 (54:06)	18:31 (1:12:37)	8:36 (1:21:13)	16:05 (1:37:18)	10:01 (1:47:19)	11:41 (1:59:00)
	6:40 (2:05:40)	5:40 (2:11:20)	10:11 (2:21:31)	3:51 (2:25:22)	8:37 (2:33:59)	5:26 (2:39:25)
	9:23 (2:48:48)	7:34 (2:56:22)	6:03 (3:02:25)	2:34 (3:04:59)	3:25 (3:08:24)	1:59 (3:10:23)
Mellem 7,5 km		(32 / 32)	Tid	Efter		
1.	Ronnie Hjorth	Ballerup OK	1:00:39			
	4:47 (4:47)	3:34 (8:21)	3:57 (12:18)	2:29 (14:47)	4:09 (18:56)	3:11 (22:07)
	5:10 (27:17)	2:39 (29:56)	4:38 (34:34)	2:36 (37:10)	2:09 (39:19)	3:37 (42:56)
	3:16 (46:12)	5:15 (51:27)	2:03 (53:30)	3:30 (57:00)	2:22 (59:22)	1:17 (1:00:39)
2.	Casper Lindemann	OK Roskilde	1:00:41	+0:02		
	4:40 (4:40)	3:39 (8:19)	3:57 (12:16)	2:34 (14:50)	4:12 (19:02)	3:33 (22:35)
	5:00 (27:35)	3:47 (31:22)	4:13 (35:35)	2:14 (37:49)	1:31 (39:20)	3:32 (42:52)
	3:29 (46:21)	5:18 (51:39)	2:18 (53:57)	3:00 (56:57)	2:28 (59:25)	1:16 (1:00:41)
3.	Bruno Stub	PI-København	1:01:06	+0:27		
	4:29 (4:29)	3:21 (7:50)	3:39 (11:29)	1:48 (13:17)	4:19 (17:36)	2:57 (20:33)
	5:16 (25:49)	2:23 (28:12)	4:31 (32:43)	2:48 (35:31)	1:28 (36:59)	3:48 (40:47)
	3:38 (44:25)	8:05 (52:30)	1:24 (53:54)	3:20 (57:14)	2:21 (59:35)	1:31 (1:01:06)
4.	Peter Sørensen	PI-København	1:01:14	+0:35		
	4:44 (4:44)	3:33 (8:17)	4:07 (12:24)	2:19 (14:43)	4:22 (19:05)	3:14 (22:19)
	5:12 (27:31)	2:28 (29:59)	4:50 (34:49)	2:40 (37:29)	1:35 (39:04)	3:56 (43:00)
	3:19 (46:19)	6:01 (52:20)	1:29 (53:49)	3:18 (57:07)	2:34 (59:41)	1:33 (1:01:14)
5.	Claus Cederberg	Ballerup OK	1:01:55	+1:16		
	4:25 (4:25)	3:07 (7:32)	3:42 (11:14)	1:53 (13:07)	4:51 (17:58)	2:44 (20:42)
	4:56 (25:38)	2:30 (28:08)	4:27 (32:35)	2:59 (35:34)	1:27 (37:01)	3:48 (40:49)
	3:46 (44:35)	8:58 (53:33)	1:19 (54:52)	3:13 (58:05)	2:15 (1:00:20)	1:35 (1:01:55)
6.	Mette Filskov	OK Sorø	1:02:21	+1:42		
	4:52 (4:52)	3:54 (8:46)	4:05 (12:51)	2:03 (14:54)	4:43 (19:37)	3:10 (22:47)
	5:25 (28:12)	2:41 (30:53)	4:57 (35:50)	2:48 (38:38)	1:23 (40:01)	4:00 (44:01)
	4:08 (48:09)	5:39 (53:48)	1:21 (55:09)	3:07 (58:16)	2:19 (1:00:35)	1:46 (1:02:21)
7.	Morten Ploug	Ballerup OK	1:11:06	+10:27		
	4:33 (4:33)	3:43 (8:16)	4:15 (12:31)	2:33 (15:04)	4:51 (19:55)	3:00 (22:55)
	5:51 (28:46)	2:55 (31:41)	5:15 (36:56)	3:56 (40:52)	1:39 (42:31)	5:01 (47:32)
	4:38 (52:10)	7:43 (59:53)	2:07 (1:02:00)	3:55 (1:05:55)	3:06 (1:09:01)	2:05 (1:11:06)
8.	Torbjørn Høyer Staugaard	FIF Hillerød Orientering	1:13:20	+12:41		
	5:01 (5:01)	4:20 (9:21)	4:16 (13:37)	4:40 (18:17)	5:22 (23:39)	4:58 (28:37)
	5:58 (34:35)	3:47 (38:22)	5:19 (43:41)	3:35 (47:16)	2:06 (49:22)	3:57 (53:19)
	5:02 (58:21)	4:40 (1:03:01)	1:40 (1:04:41)	3:34 (1:08:15)	2:54 (1:11:09)	2:11 (1:13:20)
9.	Maria M. Høyer Staugaard	FIF Hillerød Orientering	1:13:22	+12:43		
	5:03 (5:03)	4:19 (9:22)	4:14 (13:36)	4:42 (18:18)	5:19 (23:37)	5:03 (28:40)
	5:56 (34:36)	3:47 (38:23)	5:15 (43:38)	3:37 (47:15)	2:11 (49:26)	3:55 (53:21)
	4:59 (58:20)	4:42 (1:03:02)	1:40 (1:04:42)	3:31 (1:08:13)	2:58 (1:11:11)	2:11 (1:13:22)
10.	Dorthe Munktvad	Allerød OK	1:16:37	+15:58		
	4:55 (4:55)	3:30 (8:25)	3:57 (12:22)	2:38 (15:00)	4:27 (19:27)	3:30 (22:57)
	5:23 (28:20)	2:40 (31:00)	4:42 (35:42)	2:51 (38:33)	1:19 (39:52)	4:15 (44:07)
	4:19 (48:26)	16:15 (1:04:41)	1:42 (1:06:23)	3:37 (1:10:00)	5:00 (1:15:00)	1:37 (1:16:37)
11.	Peter Dyrsting	FIF Hillerød Orientering	1:16:48	+16:09		
	6:23 (6:23)	4:21 (10:44)	5:06 (15:50)	2:37 (18:27)	5:29 (23:56)	4:43 (28:39)
	6:11 (34:50)	3:11 (38:01)	5:49 (43:50)	3:40 (47:30)	1:48 (49:18)	4:44 (54:02)
	5:14 (59:16)	5:29 (1:04:45)	1:56 (1:06:41)	4:42 (1:11:23)	3:33 (1:14:56)	1:52 (1:16:48)
12.	Peter Wraa	Tisvilde Hegn OK	1:17:28	+16:49		
	5:22 (5:22)	4:10 (9:32)	4:35 (14:07)	3:18 (17:25)	5:19 (22:44)	4:07 (26:51)
	6:31 (33:22)	3:40 (37:02)	6:03 (43:05)	3:27 (46:32)	1:51 (48:23)	5:14 (53:37)
	5:00 (58:37)	6:47 (1:05:24)	1:55 (1:07:19)	4:39 (1:11:58)	3:11 (1:15:09)	2:19 (1:17:28)
13.	Jørn Mouritzen	Fredensborg OK	1:17:50	+17:11		
	4:58 (4:58)	3:55 (8:53)	4:17 (13:10)	2:10 (15:20)	4:44 (20:04)	3:42 (23:46)
	5:50 (29:36)	3:07 (32:43)	5:36 (38:19)	3:14 (41:33)	2:19 (43:52)	9:32 (53:24)
	5:03 (58:27)	6:59 (1:05:26)	1:24 (1:06:50)	3:35 (1:10:25)	5:18 (1:15:43)	2:07 (1:17:50)
14.	Gregers Jørgensen	Ballerup OK	1:19:54	+19:15		
	6:08 (6:08)	3:35 (9:43)	3:58 (13:41)	4:00 (17:41)	4:56 (22:37)	4:06 (26:43)
	6:57 (33:40)	3:02 (36:42)	5:53 (42:35)	3:12 (45:47)	2:13 (48:00)	4:48 (52:48)
	5:03 (57:51)	11:46 (1:09:37)	1:47 (1:11:24)	3:48 (1:15:12)	2:43 (1:17:55)	1:59 (1:19:54)

15.	Ole Galle	Tisvilde Hegn OK	1:20:07	+19:28		
	6:18 (6:18)	4:14 (10:32)	5:00 (15:32)	2:48 (18:20)	6:00 (24:20)	3:46 (28:06)
	7:37 (35:43)	3:24 (39:07)	6:33 (45:40)	3:28 (49:08)	1:55 (51:03)	4:53 (55:56)
	4:57 (1:00:53)	7:31 (1:08:24)	2:06 (1:10:30)	4:26 (1:14:56)	3:02 (1:17:58)	2:09 (1:20:07)
16.	Niels Hamborg Jensen	OK Skærmø Værløse	1:20:10	+19:31		
	6:12 (6:12)	4:07 (10:19)	5:02 (15:21)	3:00 (18:21)	5:47 (24:08)	5:01 (29:09)
	6:46 (35:55)	3:17 (39:12)	6:36 (45:48)	3:18 (49:06)	2:10 (51:16)	4:33 (55:49)
	5:53 (1:01:42)	6:51 (1:08:33)	2:00 (1:10:33)	4:31 (1:15:04)	3:08 (1:18:12)	1:58 (1:20:10)
17.	Niels Aabye	Ballerup OK	1:20:49	+20:10		
	6:10 (6:10)	4:08 (10:18)	5:11 (15:29)	2:41 (18:10)	5:54 (24:04)	4:09 (28:13)
	6:43 (34:56)	4:59 (39:55)	6:38 (46:33)	3:26 (49:59)	1:48 (51:47)	4:53 (56:40)
	5:29 (1:02:09)	6:35 (1:08:44)	2:05 (1:10:49)	4:33 (1:15:22)	3:14 (1:18:36)	2:13 (1:20:49)
18.	Peter Nielsen	OK Skærmø Værløse	1:44:01	+43:22		
	6:14 (6:14)	4:22 (10:36)	5:04 (15:40)	2:53 (18:33)	5:18 (23:51)	4:59 (28:50)
	6:10 (35:00)	6:26 (41:26)	7:20 (48:46)	3:45 (52:31)	2:01 (54:32)	5:35 (1:00:07)
	9:14 (1:09:21)	18:05 (1:27:26)	2:09 (1:29:35)	4:17 (1:33:52)	7:32 (1:41:24)	2:37 (1:44:01)
19.	Ulla Hooge	OK Skærmø Værløse	1:45:20	+44:41		
	6:48 (6:48)	4:39 (11:27)	6:59 (18:26)	4:18 (22:44)	6:18 (29:02)	5:17 (34:19)
	9:37 (43:56)	4:35 (48:31)	11:00 (59:31)	4:30 (1:04:01)	1:56 (1:05:57)	5:35 (1:11:32)
	13:11 (1:24:43)	7:08 (1:31:51)	2:07 (1:33:58)	4:53 (1:38:51)	4:22 (1:43:13)	2:07 (1:45:20)
20.	Jesper Allan Jensen	OK Roskilde	1:45:43	+45:04		
	6:21 (6:21)	4:20 (10:41)	5:05 (15:46)	2:44 (18:30)	5:31 (24:01)	5:22 (29:23)
	7:58 (37:21)	4:10 (41:31)	7:07 (48:38)	4:06 (52:44)	2:19 (55:03)	5:46 (1:00:49)
	10:20 (1:11:09)	10:03 (1:21:12)	2:24 (1:23:36)	5:34 (1:29:10)	13:14 (1:42:24)	3:19 (1:45:43)
21.	Lars Olsen	OK Roskilde	1:46:15	+45:36		
	6:41 (6:41)	5:27 (12:08)	6:49 (18:57)	3:30 (22:27)	7:47 (30:14)	5:16 (35:30)
	9:16 (44:46)	5:45 (50:31)	8:07 (58:38)	4:52 (1:03:30)	3:14 (1:06:44)	6:13 (1:12:57)
	11:48 (1:24:45)	7:14 (1:31:59)	2:22 (1:34:21)	5:05 (1:39:26)	3:58 (1:43:24)	2:51 (1:46:15)
22.	Henrik Petersen	Ballerup OK	1:54:01	+53:22		
	6:26 (6:26)	5:03 (11:29)	6:21 (17:50)	3:27 (21:17)	12:06 (33:23)	6:07 (39:30)
	7:40 (47:10)	7:50 (55:00)	9:50 (1:04:50)	3:56 (1:08:46)	3:59 (1:12:45)	8:32 (1:21:17)
	7:33 (1:28:50)	7:46 (1:36:36)	3:48 (1:40:24)	5:08 (1:45:32)	5:17 (1:50:49)	3:12 (1:54:01)
23.	Knud Dam	Kildeholm OK	2:14:35	+73:56		
	6:59 (6:59)	5:52 (12:51)	7:43 (20:34)	6:55 (27:29)	8:41 (36:10)	7:09 (43:19)
	8:34 (51:53)	4:55 (56:48)	7:40 (1:04:28)	5:00 (1:09:28)	6:22 (1:15:50)	8:33 (1:24:23)
	15:22 (1:39:45)	7:52 (1:47:37)	2:53 (1:50:30)	5:18 (1:55:48)	4:51 (2:00:39)	13:56 (2:14:35)
24.	Jens Thorup	FSK Orientering	2:15:01	+74:22		
	5:12 (5:12)	4:13 (9:25)	4:59 (14:24)	3:34 (17:58)	5:50 (23:48)	4:44 (28:32)
	6:12 (34:44)	3:33 (38:17)	6:26 (44:43)	3:27 (48:10)	1:32 (49:42)	5:19 (55:01)
	7:38 (1:02:39)	7:20 (1:09:59)	2:19 (1:12:18)	4:29 (1:16:47)	40:03 (1:56:50)	18:11 (2:15:01)
25.	Jytte Sørensen	FSK Orientering	2:16:06	+75:27		
	7:02 (7:02)	5:14 (12:16)	10:45 (23:01)	5:09 (28:10)	8:21 (36:31)	6:03 (42:34)
	11:10 (53:44)	9:28 (1:03:12)	18:53 (1:22:05)	5:13 (1:27:18)	3:25 (1:30:43)	7:57 (1:38:40)
	7:16 (1:45:56)	8:09 (1:54:05)	5:48 (1:59:53)	6:27 (2:06:20)	5:32 (2:11:52)	4:14 (2:16:06)
	Martin Hjorth	Ballerup OK	Fejlkli			
	4:50 (4:50)	3:33 (8:23)	3:57 (12:20)	2:33 (14:53)	4:06 (18:59)	3:11 (22:10)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (44:29)
	Daniel Nørgaard Bachmann	Amager OK	Ej startet			
	Kai Beck-Andersen	Farum OK	Ej startet			
	Mette Uhre Lang	Amager OK	Ej startet			
	Nina Henriksen	Holbæk OK	Ej startet			
	Per Schifter Schou	Holbæk OK	Ej startet			
	Ulrik Staugaard	FIF Hillerød Orientering	Ej startet			

Ultra 18 km	(11 / 11)	Tid	Efter		
1. Per Hansen	FSK Orientering	2:48:10			
5:52 (5:52)	8:03 (13:55)	4:00 (17:55)	4:08 (22:03)	2:36 (24:39)	3:43 (28:22)
4:36 (32:58)	4:03 (37:01)	8:36 (45:37)	8:13 (53:50)	5:44 (59:34)	2:24 (1:01:58)
4:54 (1:06:52)	16:50 (1:23:42)	3:38 (1:27:20)	3:59 (1:31:19)	12:26 (1:43:45)	1:42 (1:45:27)
4:22 (1:49:49)	2:42 (1:52:31)	1:17 (1:53:48)	- (-)	- (2:08:33)	4:14 (2:12:47)
1:17 (2:14:04)	3:14 (2:17:18)	2:56 (2:20:14)	4:43 (2:24:57)	2:18 (2:27:15)	2:49 (2:30:04)
2:50 (2:32:54)	4:55 (2:37:49)	3:52 (2:41:41)	2:36 (2:44:17)	0:49 (2:45:06)	1:57 (2:47:03)
1:07 (2:48:10)					
2. Jørgen Rolighed Thyme	Allerød OK	2:49:26	+1:16		
7:37 (7:37)	5:46 (13:23)	4:27 (17:50)	4:44 (22:34)	2:51 (25:25)	4:03 (29:28)
5:18 (34:46)	4:26 (39:12)	9:12 (48:24)	4:56 (53:20)	6:24 (59:44)	2:34 (1:02:18)
7:07 (1:09:25)	25:39 (1:35:04)	3:42 (1:38:46)	3:01 (1:41:47)	5:22 (1:47:09)	2:21 (1:49:30)
4:49 (1:54:19)	2:48 (1:57:07)	1:26 (1:58:33)	4:28 (2:03:01)	5:35 (2:08:36)	4:25 (2:13:01)
1:23 (2:14:24)	3:33 (2:17:57)	2:50 (2:20:47)	4:03 (2:24:50)	2:11 (2:27:01)	3:22 (2:30:23)
3:00 (2:33:23)	5:02 (2:38:25)	4:00 (2:42:25)	2:44 (2:45:09)	1:02 (2:46:11)	2:03 (2:48:14)
1:12 (2:49:26)					
3. Jesper Andreasen	Farum OK	3:18:01	+29:51		
11:53 (11:53)	6:35 (18:28)	4:46 (23:14)	4:53 (28:07)	5:41 (33:48)	4:25 (38:13)
5:46 (43:59)	4:16 (48:15)	10:36 (58:51)	6:37 (1:05:28)	10:59 (1:16:27)	3:11 (1:19:38)
5:48 (1:25:26)	18:42 (1:44:08)	3:50 (1:47:58)	3:40 (1:51:38)	6:04 (1:57:42)	5:50 (2:03:32)
5:32 (2:09:04)	3:26 (2:12:30)	1:39 (2:14:09)	5:54 (2:20:03)	4:35 (2:24:38)	6:13 (2:30:51)
1:54 (2:32:45)	3:40 (2:36:25)	3:03 (2:39:28)	5:56 (2:45:24)	2:11 (2:47:35)	8:06 (2:55:41)
3:10 (2:58:51)	5:48 (3:04:39)	4:37 (3:09:16)	4:02 (3:13:18)	1:17 (3:14:35)	2:12 (3:16:47)
1:14 (3:18:01)					
4. Lars Almer	PI-København	3:37:22	+49:12		
11:23 (11:23)	5:51 (17:14)	17:23 (34:37)	6:55 (41:32)	6:58 (48:30)	5:23 (53:53)
6:38 (1:00:31)	5:03 (1:05:34)	10:57 (1:16:31)	5:19 (1:21:50)	8:09 (1:29:59)	3:11 (1:33:10)
6:34 (1:39:44)	4:14 (1:43:58)	4:19 (1:48:17)	3:49 (1:52:06)	6:03 (1:58:09)	2:35 (2:00:44)
5:43 (2:06:27)	3:27 (2:09:54)	2:11 (2:12:05)	5:07 (2:17:12)	14:49 (2:32:01)	8:19 (2:40:20)
2:23 (2:42:43)	4:53 (2:47:36)	5:58 (2:53:34)	10:26 (3:04:00)	2:50 (3:06:50)	3:59 (3:10:49)
3:59 (3:14:48)	7:03 (3:21:51)	5:30 (3:27:21)	3:45 (3:31:06)	1:50 (3:32:56)	2:47 (3:35:43)
1:39 (3:37:22)					
5. Finn Lindstrøm	Lyngby OK	3:44:23	+56:13		
6:02 (6:02)	7:59 (14:01)	13:07 (27:08)	4:39 (31:47)	2:29 (34:16)	3:24 (37:40)
21:06 (58:46)	3:47 (1:02:33)	11:03 (1:13:36)	6:51 (1:20:27)	6:17 (1:26:44)	2:26 (1:29:10)
4:58 (1:34:08)	22:27 (1:56:35)	3:45 (2:00:20)	2:52 (2:03:12)	5:09 (2:08:21)	1:56 (2:10:17)
4:34 (2:14:51)	2:37 (2:17:28)	1:54 (2:19:22)	4:12 (2:23:34)	5:32 (2:29:06)	5:12 (2:34:18)
1:40 (2:35:58)	3:57 (2:39:55)	20:31 (3:00:26)	17:25 (3:17:51)	2:24 (3:20:15)	3:44 (3:23:59)
2:53 (3:26:52)	6:19 (3:33:11)	3:54 (3:37:05)	3:06 (3:40:11)	1:05 (3:41:16)	2:11 (3:43:27)
0:56 (3:44:23)					

6. Julie Christiansen	Kildeholm OK		4:06:07	+77:57		
	7:33 (7:33)	6:01 (13:34)	11:11 (24:45)	6:15 (31:00)	3:41 (34:41)	8:28 (43:09)
	8:25 (51:34)	5:30 (57:04)	10:23 (1:07:27)	6:28 (1:13:55)	15:30 (1:29:25)	2:58 (1:32:23)
	7:14 (1:39:37)	17:24 (1:57:01)	12:12 (2:09:13)	5:22 (2:14:35)	5:59 (2:20:34)	4:19 (2:24:53)
	7:17 (2:32:10)	3:50 (2:36:00)	2:36 (2:38:36)	4:46 (2:43:22)	12:16 (2:55:38)	21:26 (3:17:04)
	1:53 (3:18:57)	4:09 (3:23:06)	4:15 (3:27:21)	5:25 (3:32:46)	2:20 (3:35:06)	9:48 (3:44:54)
	3:21 (3:48:15)	5:40 (3:53:55)	4:17 (3:58:12)	3:26 (4:01:38)	0:59 (4:02:37)	2:25 (4:05:02)
	1:05 (4:06:07)					
7. Ulrik Hogrefe	Kildeholm OK		4:06:09	+77:59		
	7:26 (7:26)	6:06 (13:32)	10:51 (24:23)	6:21 (30:44)	3:52 (34:36)	8:27 (43:03)
	8:35 (51:38)	5:19 (56:57)	10:27 (1:07:24)	6:24 (1:13:48)	15:31 (1:29:19)	3:01 (1:32:20)
	7:15 (1:39:35)	17:34 (1:57:09)	12:43 (2:09:52)	4:47 (2:14:39)	5:52 (2:20:31)	4:31 (2:25:02)
	7:13 (2:32:15)	3:49 (2:36:04)	2:25 (2:38:29)	4:39 (2:43:08)	12:35 (2:55:43)	21:18 (3:17:01)
	1:52 (3:18:53)	4:09 (3:23:02)	4:26 (3:27:28)	5:21 (3:32:49)	2:33 (3:35:22)	9:55 (3:45:17)
	3:16 (3:48:33)	5:19 (3:53:52)	4:24 (3:58:16)	3:29 (4:01:45)	0:55 (4:02:40)	2:16 (4:04:56)
	1:13 (4:06:09)					
8. Erik Ljungdahl	Faaborg OK		4:17:31	+89:21		
	10:46 (10:46)	7:23 (18:09)	6:57 (25:06)	7:32 (32:38)	5:13 (37:51)	6:08 (43:59)
	9:05 (53:04)	10:04 (1:03:08)	17:17 (1:20:25)	7:35 (1:28:00)	13:09 (1:41:09)	4:25 (1:45:34)
	8:04 (1:53:38)	13:40 (2:07:18)	6:35 (2:13:53)	5:27 (2:19:20)	15:28 (2:34:48)	5:45 (2:40:33)
	7:08 (2:47:41)	4:40 (2:52:21)	3:07 (2:55:28)	7:10 (3:02:38)	11:07 (3:13:45)	8:10 (3:21:55)
	3:03 (3:24:58)	5:00 (3:29:58)	4:21 (3:34:19)	7:29 (3:41:48)	3:23 (3:45:11)	6:44 (3:51:55)
	4:13 (3:56:08)	7:47 (4:03:55)	5:07 (4:09:02)	3:20 (4:12:22)	1:21 (4:13:43)	2:26 (4:16:09)
	1:22 (4:17:31)					
9. Jan Skouv	Faaborg OK		4:24:57	+96:47		
	10:51 (10:51)	7:30 (18:21)	6:50 (25:11)	7:32 (32:43)	5:18 (38:01)	6:05 (44:06)
	9:02 (53:08)	9:04 (1:02:12)	18:39 (1:20:51)	7:25 (1:28:16)	13:08 (1:41:24)	4:31 (1:45:55)
	7:53 (1:53:48)	14:10 (2:07:58)	6:06 (2:14:04)	5:25 (2:19:29)	17:52 (2:37:21)	3:29 (2:40:50)
	7:00 (2:47:50)	5:05 (2:52:55)	2:40 (2:55:35)	7:34 (3:03:09)	10:56 (3:14:05)	8:08 (3:22:13)
	2:52 (3:25:05)	5:14 (3:30:19)	4:36 (3:34:55)	7:16 (3:42:11)	3:22 (3:45:33)	6:43 (3:52:16)
	4:08 (3:56:24)	8:01 (4:04:25)	7:52 (4:12:17)	5:21 (4:17:38)	1:42 (4:19:20)	4:05 (4:23:25)
	1:32 (4:24:57)					
Susanne Tanderup	Herlufsholm OK		Fejlkli			
	22:39 (22:39)	6:58 (29:37)	25:00 (54:37)	13:33 (1:08:10)	5:40 (1:13:50)	6:47 (1:20:37)
	8:50 (1:29:27)	7:20 (1:36:47)	20:12 (1:56:59)	12:17 (2:09:16)	13:37 (2:22:53)	4:49 (2:27:42)
	9:11 (2:36:53)	48:42 (3:25:35)	8:07 (3:33:42)	8:14 (3:41:56)	14:39 (3:56:35)	5:26 (4:02:01)
	8:08 (4:10:09)	5:31 (4:15:40)	2:15 (4:17:55)	6:49 (4:24:44)	14:10 (4:38:54)	10:10 (4:49:04)
	3:04 (4:52:08)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (5:26:20)					
Tine Meyhoff Petersen	Herlufsholm OK		Fejlkli			
	22:20 (22:20)	6:54 (29:14)	31:34 (1:00:48)	7:12 (1:08:00)	5:38 (1:13:38)	7:05 (1:20:43)
	8:26 (1:29:09)	7:27 (1:36:36)	19:45 (1:56:21)	12:45 (2:09:06)	13:25 (2:22:31)	4:38 (2:27:09)
	9:49 (2:36:58)	48:50 (3:25:48)	7:37 (3:33:25)	8:33 (3:41:58)	10:08 (3:52:06)	9:34 (4:01:40)
	8:36 (4:10:16)	5:09 (4:15:25)	2:40 (4:18:05)	6:27 (4:24:32)	14:05 (4:38:37)	10:30 (4:49:07)
	3:07 (4:52:14)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (5:26:16)					