

Resultater – MTBO Spring Race - Langdistance

2016-04-30

D-16		(1 / 1)	Tid	Efter		
1.	Christine Reibert Hansen	Allerød OK	1:07:56			
	3:52 (3:52)	7:24 (11:16)	6:11 (17:27)	2:22 (19:49)	4:08 (23:57)	3:31 (27:28)
	2:54 (30:22)	3:31 (33:53)	7:27 (41:20)	11:30 (52:50)	3:31 (56:21)	3:30 (59:51)
	5:07 (1:04:58)	2:24 (1:07:22)	0:34 (1:07:56)			
D21-		(4 / 4)	Tid	Efter		
1.	Caroline Ryge Carlsen	OK Øst Birkerød	1:51:53			
	6:26 (6:26)	6:01 (12:27)	5:19 (17:46)	4:21 (22:07)	5:04 (27:11)	4:39 (31:50)
	3:01 (34:51)	3:35 (38:26)	7:55 (46:21)	4:06 (50:27)	2:25 (52:52)	4:03 (56:55)
	2:33 (59:28)	3:31 (1:02:59)	3:48 (1:06:47)	3:32 (1:10:19)	2:32 (1:12:51)	3:51 (1:16:42)
	8:48 (1:25:30)	2:40 (1:28:10)	3:12 (1:31:22)	3:00 (1:34:22)	6:56 (1:41:18)	4:05 (1:45:23)
	3:45 (1:49:08)	2:14 (1:51:22)	0:31 (1:51:53)			
2.	Cæcilie Rueløkke Christoffersen	OK Øst Birkerød	1:52:14	+0:21		
	6:44 (6:44)	5:40 (12:24)	4:41 (17:05)	4:32 (21:37)	5:07 (26:44)	4:22 (31:06)
	3:05 (34:11)	3:02 (37:13)	6:58 (44:11)	5:51 (50:02)	2:24 (52:26)	5:31 (57:57)
	2:32 (1:00:29)	4:07 (1:04:36)	3:37 (1:08:13)	2:33 (1:10:46)	3:56 (1:14:42)	3:06 (1:17:48)
	8:28 (1:26:16)	2:36 (1:28:52)	3:06 (1:31:58)	2:55 (1:34:53)	7:00 (1:41:53)	4:24 (1:46:17)
	3:15 (1:49:32)	2:11 (1:51:43)	0:31 (1:52:14)			
3.	Anke Dannowski	OK Øst Birkerød	2:02:25	+10:32		
	6:25 (6:25)	5:40 (12:05)	7:51 (19:56)	5:30 (25:26)	5:35 (31:01)	4:46 (35:47)
	3:15 (39:02)	3:06 (42:08)	7:09 (49:17)	5:46 (55:03)	2:11 (57:14)	3:51 (1:01:05)
	3:00 (1:04:05)	5:08 (1:09:13)	4:11 (1:13:24)	3:42 (1:17:06)	2:52 (1:19:58)	4:16 (1:24:14)
	9:00 (1:33:14)	3:18 (1:36:32)	4:18 (1:40:50)	4:08 (1:44:58)	7:16 (1:52:14)	4:30 (1:56:44)
	2:50 (1:59:34)	2:18 (2:01:52)	0:33 (2:02:25)			
4.	Pernille Brunstedt Jacobsen	OK Øst Birkerød	2:14:38	+22:45		
	8:23 (8:23)	6:34 (14:57)	5:16 (20:13)	5:32 (25:45)	6:08 (31:53)	5:13 (37:06)
	3:42 (40:48)	3:56 (44:44)	9:17 (54:01)	5:23 (59:24)	3:02 (1:02:26)	5:10 (1:07:36)
	3:05 (1:10:41)	4:53 (1:15:34)	4:13 (1:19:47)	3:12 (1:22:59)	3:56 (1:26:55)	3:44 (1:30:39)
	10:56 (1:41:35)	3:41 (1:45:16)	4:28 (1:49:44)	3:56 (1:53:40)	8:36 (2:02:16)	4:54 (2:07:10)
	4:02 (2:11:12)	2:47 (2:13:59)	0:39 (2:14:38)			
D40-		(4 / 4)	Tid	Efter		
1.	Alice Lund	Farum OK	1:42:50			
	3:10 (3:10)	3:39 (6:49)	5:45 (12:34)	10:03 (22:37)	1:57 (24:34)	3:34 (28:08)
	5:02 (33:10)	3:26 (36:36)	8:42 (45:18)	1:25:24 (2:10:42)	– (1:02:19)	3:18 (1:05:37)
	3:44 (1:09:21)	3:07 (1:12:28)	9:22 (1:21:50)	6:35 (1:28:25)	6:42 (1:35:07)	3:10 (1:38:17)
	3:40 (1:41:57)	0:53 (1:42:50)				
2.	Katja Brunstedt	OK Øst Birkerød	1:43:58	+1:08		
	3:41 (3:41)	4:13 (7:54)	6:31 (14:25)	8:59 (23:24)	2:19 (25:43)	3:38 (29:21)
	5:28 (34:49)	3:51 (38:40)	8:18 (46:58)	1:26:05 (2:13:03)	– (1:04:25)	3:22 (1:07:47)
	5:32 (1:13:19)	3:14 (1:16:33)	5:06 (1:21:39)	8:19 (1:29:58)	6:57 (1:36:55)	3:45 (1:40:40)
	2:41 (1:43:21)	0:37 (1:43:58)				
3.	Hanne Rasmussen	OK Øst Birkerød	1:44:43	+1:53		
	2:53 (2:53)	4:37 (7:30)	9:54 (17:24)	8:13 (25:37)	2:25 (28:02)	4:10 (32:12)
	4:27 (36:39)	3:45 (40:24)	9:43 (50:07)	1:26:13 (2:16:20)	– (1:05:35)	2:41 (1:08:16)
	4:12 (1:12:28)	3:00 (1:15:28)	6:52 (1:22:20)	9:37 (1:31:57)	6:06 (1:38:03)	3:14 (1:41:17)
	2:40 (1:43:57)	0:46 (1:44:43)				
4.	Karen Sejrsgaard-Jacobsen	OK Øst Birkerød	1:55:17	+12:27		
	6:29 (6:29)	4:06 (10:35)	12:19 (22:54)	11:17 (34:11)	2:18 (36:29)	4:19 (40:48)
	6:10 (46:58)	4:55 (51:53)	7:38 (59:31)	1:26:38 (2:26:09)	– (1:15:57)	3:44 (1:19:41)
	8:24 (1:28:05)	3:07 (1:31:12)	5:38 (1:36:50)	6:24 (1:43:14)	5:57 (1:49:11)	2:55 (1:52:06)
	2:28 (1:54:34)	0:43 (1:55:17)				
D50-		(4 / 4)	Tid	Efter		
1.	Tove Sonne Andersen	OK Øst Birkerød	1:12:01			
	4:41 (4:41)	7:20 (12:01)	6:49 (18:50)	2:42 (21:32)	8:09 (29:41)	6:18 (35:59)
	2:46 (38:45)	1:47 (40:32)	5:22 (45:54)	10:29 (56:23)	2:49 (59:12)	3:52 (1:03:04)
	6:03 (1:09:07)	2:22 (1:11:29)	0:32 (1:12:01)			
2.	Bente Madsen	Tisvilde Hegn OK	1:13:12	+1:11		
	4:47 (4:47)	6:53 (11:40)	6:51 (18:31)	2:40 (21:11)	7:47 (28:58)	6:33 (35:31)
	4:40 (40:11)	2:14 (42:25)	3:44 (46:09)	9:13 (55:22)	3:21 (58:43)	6:06 (1:04:49)
	5:15 (1:10:04)	2:29 (1:12:33)	0:39 (1:13:12)			
3.	Søs Munch Hansen	OK Øst Birkerød	1:18:05	+6:04		
	5:40 (5:40)	8:22 (14:02)	7:32 (21:34)	2:55 (24:29)	9:45 (34:14)	7:17 (41:31)
	2:52 (44:23)	2:24 (46:47)	4:35 (51:22)	10:18 (1:01:40)	3:35 (1:05:15)	4:10 (1:09:25)
	5:25 (1:14:50)	2:36 (1:17:26)	0:39 (1:18:05)			
	Helle Sørensen	OK Melfar	Fejlkli			
	9:54 (9:54)	18:19 (28:13)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (47:10)	1:39 (48:49)			
D60-		(5 / 5)	Tid	Efter		
1.	Birgit Hausner	OK S.G.	1:22:53			
	6:54 (6:54)	9:30 (16:24)	7:48 (24:12)	3:15 (27:27)	4:50 (32:17)	4:00 (36:17)
	3:59 (40:16)	6:04 (46:20)	9:06 (55:26)	8:43 (1:04:09)	4:07 (1:08:16)	4:35 (1:12:51)
	6:08 (1:18:59)	3:09 (1:22:08)	0:45 (1:22:53)			
2.	Kirsten Brunstedt	OK Øst Birkerød	1:31:48	+8:55		
	7:31 (7:31)	10:50 (18:21)	9:26 (27:47)	4:08 (31:55)	5:11 (37:06)	4:42 (41:48)
	4:03 (45:51)	6:20 (52:11)	9:28 (1:01:39)	8:22 (1:10:01)	5:15 (1:15:16)	5:27 (1:20:43)
	7:04 (1:27:47)	3:12 (1:30:59)	0:49 (1:31:48)			
3.	Birgit Olsen	Tisvilde Hegn OK	1:52:29	+29:36		
	8:08 (8:08)	12:36 (20:44)	9:47 (30:31)	4:32 (35:03)	6:49 (41:52)	4:44 (46:36)
	4:40 (51:16)	7:40 (58:56)	10:16 (1:09:12)	13:36 (1:22:48)	9:29 (1:32:17)	7:07 (1:39:24)
	8:33 (1:47:57)	3:30 (1:51:27)	1:02 (1:52:29)			
4.	Anne-Mette Kirkegaard	Silkeborg OK	1:56:40	+33:47		
	11:39 (11:39)	12:05 (23:44)	9:09 (32:53)	4:16 (37:09)	5:18 (42:27)	4:21 (46:48)
	4:27 (51:15)	8:34 (59:49)	11:33 (1:11:22)	12:50 (1:24:12)	6:08 (1:30:20)	15:11 (1:45:31)
	6:56 (1:52:27)	3:27 (1:55:54)	0:46 (1:56:40)			

Ellen Brun Pedersen		OK FROS	Fejlklip		
7:27 (7:27)	14:00 (21:27)	– (–)	– (36:30)	7:19 (43:49)	6:23 (50:12)
7:01 (57:13)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (1:10:59)	0:54 (1:11:53)			
H/D-12	(4 / 4)		Tid Efter		
1. Patrick Reibert Hansen	Allerød OK		24:00		
2:39 (2:39)	3:07 (5:46)	2:04 (7:50)	2:52 (10:42)	1:28 (12:10)	1:53 (14:03)
2:15 (16:18)	3:05 (19:23)	2:31 (21:54)	1:23 (23:17)	0:43 (24:00)	
2. Miri Brunstedt Nørgaard	OK Øst Birkerød		27:53 +3:53		
2:34 (2:34)	3:37 (6:11)	2:12 (8:23)	3:43 (12:06)	2:04 (14:10)	2:23 (16:33)
2:44 (19:17)	3:38 (22:55)	2:48 (25:43)	1:22 (27:05)	0:48 (27:53)	
3. Asmus Brun Stallknecht	FIF Hillerød Orientering		35:23 +11:23		
3:54 (3:54)	4:38 (8:32)	2:45 (11:17)	6:02 (17:19)	1:54 (19:13)	2:28 (21:41)
3:36 (25:17)	4:15 (29:32)	3:25 (32:57)	1:33 (34:30)	0:53 (35:23)	
4. Stian Hoffmann	OK Sorø		46:32 +22:32		
4:13 (4:13)	5:25 (9:38)	3:17 (12:55)	6:15 (19:10)	3:10 (22:20)	4:24 (26:44)
5:10 (31:54)	5:34 (37:28)	5:06 (42:34)	2:44 (45:18)	1:14 (46:32)	
H-16	(2 / 2)		Tid Efter		
1. Mikkel Brunstedt Nørgaard	OK Øst Birkerød		1:02:46		
4:10 (4:10)	6:33 (10:43)	6:01 (16:44)	2:15 (18:59)	7:29 (26:28)	5:54 (32:22)
3:06 (35:28)	2:21 (37:49)	3:35 (41:24)	8:25 (49:49)	2:25 (52:14)	3:19 (55:33)
4:34 (1:00:07)	2:11 (1:02:18)	0:28 (1:02:46)			
Noah Tristan Hoffmann	OK Pan Århus		Fejlklip		
5:09 (5:09)	8:03 (13:12)	6:26 (19:38)	2:20 (21:58)	– (–)	– (38:57)
2:42 (41:39)	2:15 (43:54)	4:38 (48:32)	9:25 (57:57)	3:31 (1:01:28)	3:32 (1:05:00)
4:51 (1:09:51)	2:20 (1:12:11)	0:31 (1:12:42)			
H-20	(2 / 2)		Tid Efter		
1. Thomas Steinthal	FIF Hillerød Orientering		1:41:30		
4:26 (4:26)	5:04 (9:30)	4:25 (13:55)	4:04 (17:59)	4:36 (22:35)	4:50 (27:25)
2:38 (30:03)	2:53 (32:56)	8:09 (41:05)	3:28 (44:33)	2:05 (46:38)	3:29 (50:07)
2:28 (52:35)	3:39 (56:14)	3:16 (59:30)	3:04 (1:02:34)	2:14 (1:04:48)	3:32 (1:08:20)
7:55 (1:16:15)	2:42 (1:18:57)	3:06 (1:22:03)	3:09 (1:25:12)	6:52 (1:32:04)	4:17 (1:36:21)
2:44 (1:39:05)	1:59 (1:41:04)	0:26 (1:41:30)			
2. Christoffer Gjøtterup	Faaborg OK		1:54:00 +12:30		
5:11 (5:11)	5:06 (10:17)	5:01 (15:18)	4:30 (19:48)	5:04 (24:52)	5:40 (30:32)
2:37 (33:09)	3:18 (36:27)	6:25 (42:52)	5:51 (48:43)	2:15 (50:58)	3:36 (54:34)
2:28 (57:02)	5:01 (1:02:03)	3:23 (1:05:26)	2:12 (1:07:38)	2:58 (1:10:36)	3:17 (1:13:53)
10:28 (1:24:21)	2:53 (1:27:14)	3:38 (1:30:52)	2:54 (1:33:46)	7:39 (1:41:25)	6:21 (1:47:46)
3:04 (1:50:50)	2:36 (1:53:26)	0:34 (1:54:00)			
H21-	(10 / 10)		Tid Efter		
1. Allan Jensen	OK Pan Århus		1:56:55		
4:54 (4:54)	4:29 (9:23)	4:26 (13:49)	3:39 (17:28)	5:07 (22:35)	3:18 (25:53)
3:16 (29:09)	6:04 (35:13)	5:37 (40:50)	1:13 (42:03)	3:09 (45:12)	8:07 (53:19)
4:21 (57:40)	2:29 (1:00:09)	2:42 (1:02:51)	7:06 (1:09:57)	2:53 (1:12:50)	2:05 (1:14:55)
3:04 (1:17:59)	3:22 (1:21:21)	2:26 (1:23:47)	1:59 (1:25:46)	3:11 (1:28:57)	7:00 (1:35:57)
2:09 (1:38:06)	2:37 (1:40:43)	2:26 (1:43:09)	6:02 (1:49:11)	3:35 (1:52:46)	1:53 (1:54:39)
1:50 (1:56:29)	0:26 (1:56:55)				
2. Lasse Brun Pedersen	FIF Hillerød Orientering		2:00:54 +3:59		
5:05 (5:05)	4:33 (9:38)	4:04 (13:42)	3:40 (17:22)	5:18 (22:40)	4:14 (26:54)
3:44 (30:38)	6:30 (37:08)	5:34 (42:42)	1:13 (43:55)	3:18 (47:13)	8:15 (55:28)
4:15 (59:43)	3:48 (1:03:31)	2:59 (1:06:30)	7:22 (1:13:52)	3:00 (1:16:52)	2:11 (1:19:03)
3:15 (1:22:18)	2:38 (1:24:56)	1:56 (1:26:52)	2:49 (1:29:41)	2:23 (1:32:04)	7:15 (1:39:19)
1:59 (1:41:18)	2:40 (1:43:58)	2:50 (1:46:48)	5:39 (1:52:27)	3:57 (1:56:24)	2:05 (1:58:29)
1:55 (2:00:24)	0:30 (2:00:54)				
3. Rasmus Søgaard	Horsens OK		2:03:37 +6:42		
5:22 (5:22)	4:54 (10:16)	4:10 (14:26)	3:50 (18:16)	5:20 (23:36)	3:31 (27:07)
3:14 (30:21)	7:23 (37:44)	6:01 (43:45)	1:25 (45:10)	3:29 (48:39)	8:31 (57:10)
4:29 (1:01:39)	2:26 (1:04:05)	3:25 (1:07:30)	7:24 (1:14:54)	2:59 (1:17:53)	2:03 (1:19:56)
3:02 (1:22:58)	3:02 (1:26:00)	2:53 (1:28:53)	2:01 (1:30:54)	4:25 (1:35:19)	7:48 (1:43:07)
1:55 (1:45:02)	2:55 (1:47:57)	2:21 (1:50:18)	5:35 (1:55:53)	3:27 (1:59:20)	2:01 (2:01:21)
1:50 (2:03:11)	0:26 (2:03:37)				
4. Oliver Friis	Horsens OK		2:20:47 +23:52		
9:21 (9:21)	5:27 (14:48)	4:27 (19:15)	4:39 (23:54)	7:33 (31:27)	3:36 (35:03)
3:40 (38:43)	7:02 (45:45)	8:25 (54:10)	1:30 (55:40)	3:40 (59:20)	9:06 (1:08:26)
5:20 (1:13:46)	2:45 (1:16:31)	3:16 (1:19:47)	8:03 (1:27:50)	3:31 (1:31:21)	2:29 (1:33:50)
3:24 (1:37:14)	2:57 (1:40:11)	2:57 (1:43:08)	2:16 (1:45:24)	3:42 (1:49:06)	7:33 (1:56:39)
3:09 (1:59:48)	3:07 (2:02:55)	2:56 (2:05:51)	6:14 (2:12:05)	3:56 (2:16:01)	2:17 (2:18:18)
9:00:42 (11:19:00)	– (2:20:47)				
5. Rasmus Skovhede Hviid	Søllerød OK		2:45:12 +48:17		
6:38 (6:38)	5:58 (12:36)	5:16 (17:52)	4:59 (22:51)	6:31 (29:22)	4:50 (34:12)
7:02 (41:14)	8:46 (50:00)	7:53 (57:53)	1:55 (59:48)	4:11 (1:03:59)	10:31 (1:14:30)
6:21 (1:20:51)	4:52 (1:25:43)	4:04 (1:29:47)	9:28 (1:39:15)	3:36 (1:42:51)	2:46 (1:45:37)
6:27 (1:52:04)	3:39 (1:55:43)	2:38 (1:58:21)	3:36 (2:01:57)	3:13 (2:05:10)	9:55 (2:15:05)
3:31 (2:18:36)	3:49 (2:22:25)	3:21 (2:25:46)	7:20 (2:33:06)	4:55 (2:38:01)	4:02 (2:42:03)
2:31 (2:44:34)	0:38 (2:45:12)				
6. Johan Aagaard	Hærens Officersskoles IF		2:53:45 +56:50		
8:41 (8:41)	5:53 (14:34)	5:54 (20:28)	4:38 (25:06)	7:19 (32:25)	8:43 (41:08)
4:45 (45:53)	9:53 (55:46)	8:24 (1:04:10)	2:02 (1:06:12)	4:04 (1:10:16)	9:55 (1:20:11)
5:11 (1:25:22)	4:27 (1:29:49)	4:23 (1:34:12)	10:22 (1:44:34)	3:43 (1:48:17)	2:51 (1:51:08)
3:47 (1:54:55)	3:35 (1:58:30)	4:06 (2:02:36)	3:12 (2:05:48)	4:22 (2:10:10)	9:27 (2:19:37)
4:21 (2:23:58)	4:16 (2:28:14)	3:29 (2:31:43)	8:33 (2:40:16)	5:42 (2:45:58)	3:59 (2:49:57)
8:44:03 (11:34:00)	– (2:53:45)				
Casper Wilken	OK Øst Birkerød		Fejlklip		
7:40 (7:40)	6:26 (14:06)	5:52 (19:58)	4:49 (24:47)	7:23 (32:10)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
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– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (1:19:21)				

Mikael Persson		Fk Göingarna		Fejlkliip			
6:22 (6:22)	6:16 (12:38)	5:02 (17:40)		4:51 (22:31)	7:06 (29:37)	6:03 (35:40)	
4:20 (40:00)	8:58 (48:58)	7:54 (56:52)		1:57 (58:49)	4:21 (1:03:10)	9:44 (1:12:54)	
6:02 (1:18:56)	3:11 (1:22:07)	– (–)		– (1:33:16)	3:38 (1:36:54)	2:57 (1:39:51)	
3:30 (1:43:21)	3:40 (1:47:01)	3:19 (1:50:20)		2:52 (1:53:12)	4:40 (1:57:52)	8:55 (2:06:47)	
3:40 (2:10:27)	3:53 (2:14:20)	4:24 (2:18:44)		7:29 (2:26:13)	4:30 (2:30:43)	3:15 (2:33:58)	
2:30 (2:36:28)	0:36 (2:37:04)						
Rasmus Sørensen		OK Melfar		Ej startet			
Troels Otte Andersen		Lyngby OK		Ej startet			
H40-		(10 / 10)		Tid		Efter	
1. Claus Brun Stalknecht		FIF Hillerød Orientering		1:45:55			
5:30 (5:30)	5:11 (10:41)	4:22 (15:03)		3:57 (19:00)	4:24 (23:24)	3:47 (27:11)	
2:42 (29:53)	2:46 (32:39)	8:18 (40:57)		5:57 (46:54)	2:13 (49:07)	3:31 (52:38)	
2:29 (55:07)	5:10 (1:00:17)	3:09 (1:03:26)		2:53 (1:06:19)	2:21 (1:08:40)	4:25 (1:13:05)	
7:57 (1:21:02)	3:16 (1:24:18)	2:53 (1:27:11)		2:45 (1:29:56)	6:54 (1:36:50)	3:55 (1:40:45)	
2:27 (1:43:12)	2:10 (1:45:22)	0:33 (1:45:55)					
2. Morten Bang Nørgaard		OK Øst Birkerød		1:53:13	+7:18		
5:34 (5:34)	5:32 (11:06)	4:33 (15:39)		4:32 (20:11)	4:55 (25:06)	4:02 (29:08)	
2:58 (32:06)	3:20 (35:26)	9:29 (44:55)		5:35 (50:30)	2:10 (52:40)	3:01 (55:41)	
2:24 (58:05)	3:13 (1:01:18)	3:31 (1:04:49)		2:58 (1:07:47)	2:34 (1:10:21)	4:10 (1:14:31)	
12:11 (1:26:42)	3:32 (1:30:14)	2:59 (1:33:13)		2:46 (1:35:59)	6:38 (1:42:37)	4:22 (1:46:59)	
3:15 (1:50:14)	2:29 (1:52:43)	0:30 (1:53:13)					
3. Niels Due Dahl		OK Øst Birkerød		2:04:01	+18:06		
5:59 (5:59)	5:34 (11:33)	4:32 (16:05)		4:43 (20:48)	5:07 (25:55)	4:08 (30:03)	
2:55 (32:58)	4:07 (37:05)	10:35 (47:40)		5:53 (53:33)	2:20 (55:53)	3:51 (59:44)	
2:30 (1:02:14)	4:41 (1:06:55)	6:57 (1:13:52)		2:38 (1:16:30)	3:36 (1:20:06)	3:12 (1:23:18)	
8:33 (1:31:51)	3:48 (1:35:39)	4:46 (1:40:25)		4:17 (1:44:42)	6:53 (1:51:35)	4:37 (1:56:12)	
4:59 (2:01:11)	2:17 (2:03:28)	0:33 (2:04:01)					
4. Tommy Damsgaard		Viborg OK		2:05:23	+19:28		
7:10 (7:10)	4:56 (12:06)	5:26 (17:32)		4:24 (21:56)	4:55 (26:51)	4:12 (31:03)	
3:30 (34:33)	2:58 (37:31)	16:52 (54:23)		5:13 (59:36)	2:10 (1:01:46)	3:25 (1:05:11)	
2:29 (1:07:40)	3:57 (1:11:37)	3:10 (1:14:47)		3:21 (1:18:08)	3:00 (1:21:08)	8:57 (1:30:05)	
9:34 (1:39:39)	2:31 (1:42:10)	3:36 (1:45:46)		2:54 (1:48:40)	7:08 (1:55:48)	4:13 (2:00:01)	
2:37 (2:02:38)	2:15 (2:04:53)	0:30 (2:05:23)					
5. Søren Albæk Jensen		Amager OK		2:27:46	+41:51		
6:58 (6:58)	10:28 (17:26)	6:01 (23:27)		5:13 (28:40)	6:09 (34:49)	5:39 (40:28)	
3:35 (44:03)	4:24 (48:27)	8:21 (56:48)		4:49 (1:01:37)	3:21 (1:04:58)	3:47 (1:08:45)	
2:52 (1:11:37)	11:06 (1:22:43)	6:29 (1:29:12)		3:02 (1:32:14)	4:14 (1:36:28)	4:01 (1:40:29)	
12:50 (1:53:19)	3:20 (1:56:39)	4:51 (2:01:30)		4:01 (2:05:31)	8:41 (2:14:12)	5:16 (2:19:28)	
4:21 (2:23:49)	2:41 (2:26:30)	1:16 (2:27:46)					
6. Thomas Sørensen		OK Melfar		2:49:16	+63:21		
10:17 (10:17)	8:17 (18:34)	7:20 (25:54)		7:06 (33:00)	7:16 (40:16)	7:59 (48:15)	
4:09 (52:24)	5:19 (57:43)	11:26 (1:09:09)		5:39 (1:14:48)	3:19 (1:18:07)	4:58 (1:23:05)	
3:30 (1:26:35)	9:40 (1:36:15)	4:21 (1:40:36)		3:27 (1:44:03)	4:34 (1:48:37)	5:02 (1:53:39)	
13:14 (2:06:53)	5:00 (2:11:53)	7:15 (2:19:08)		4:56 (2:24:04)	10:21 (2:34:25)	6:10 (2:40:35)	
4:34 (2:45:09)	3:23 (2:48:32)	0:44 (2:49:16)					
Kenn Kjærsgaard		Lyngby OK		Fejlkliip			
28:02 (28:02)	13:28 (41:30)	8:57 (50:27)		7:12 (57:39)	11:22 (1:09:01)	8:40 (1:17:41)	
5:30 (1:23:11)	6:28 (1:29:39)	19:47 (1:49:26)		8:00 (1:57:26)	3:43 (2:01:09)	5:50 (2:06:59)	
8:07 (2:15:06)	9:12 (2:24:18)	7:27 (2:31:45)		9:21 (2:41:06)	– (–)	– (–)	
– (–)	– (–)	– (–)		– (–)	– (–)	– (–)	
– (–)	– (–)	– (2:52:21)					
Michael Lindholm		OK Sorø		Fejlkliip			
6:06 (6:06)	5:48 (11:54)	4:40 (16:34)		4:30 (21:04)	4:51 (25:55)	4:06 (30:01)	
2:40 (32:41)	– (–)	– (46:28)		4:06 (50:34)	2:18 (52:52)	3:50 (56:42)	
2:33 (59:15)	6:15 (1:05:30)	3:21 (1:08:51)		3:04 (1:11:55)	2:30 (1:14:25)	5:15 (1:19:40)	
8:27 (1:28:07)	4:30 (1:32:37)	3:11 (1:35:48)		3:01 (1:38:49)	7:31 (1:46:20)	4:24 (1:50:44)	
3:51 (1:54:35)	2:27 (1:57:02)	0:36 (1:57:38)					
Claus Rasmussen		OK Roskilde		Ej startet			
Rasmus Nielsen		Tisvilde Hegn OK		Ej startet			
H50-		(12 / 12)		Tid		Efter	
1. Finn Johannsen		Ballerup OK		1:29:34			
2:25 (2:25)	3:41 (6:06)	4:57 (11:03)		8:17 (19:20)	1:41 (21:01)	3:01 (24:02)	
6:58 (31:00)	1:25:19 (1:56:19)	– (43:11)		5:00 (48:11)	5:11 (53:22)	4:34 (57:56)	
6:09 (1:04:05)	7:35 (1:11:40)	5:38 (1:17:18)		5:33 (1:22:51)	4:02 (1:26:53)	2:09 (1:29:02)	
0:32 (1:29:34)							
2. Allan Topp		OK Øst Birkerød		1:31:25	+1:51		
2:30 (2:30)	3:05 (5:35)	5:03 (10:38)		6:27 (17:05)	1:40 (18:45)	2:43 (21:28)	
7:56 (29:24)	1:24:06 (1:53:30)	– (42:15)		5:05 (47:20)	6:21 (53:41)	5:03 (58:44)	
6:28 (1:05:12)	7:11 (1:12:23)	4:57 (1:17:20)		7:29 (1:24:49)	3:56 (1:28:45)	2:08 (1:30:53)	
0:32 (1:31:25)							
3. Claus Carlsen		OK Øst Birkerød		1:35:54	+6:20		
3:21 (3:21)	2:46 (6:07)	4:54 (11:01)		8:28 (19:29)	1:43 (21:12)	3:09 (24:21)	
7:16 (31:37)	1:24:55 (1:56:32)	– (48:14)		5:42 (53:56)	5:33 (59:29)	4:40 (1:04:09)	
5:32 (1:09:41)	7:38 (1:17:19)	5:23 (1:22:42)		5:58 (1:28:40)	4:23 (1:33:03)	2:18 (1:35:21)	
0:33 (1:35:54)							
4. Laus Seir Hansen		Helsingør SOK		1:36:06	+6:32		
2:39 (2:39)	3:34 (6:13)	5:47 (12:00)		7:32 (19:32)	1:53 (21:25)	3:22 (24:47)	
8:01 (32:48)	1:24:53 (1:57:41)	– (48:12)		5:03 (53:15)	5:51 (59:06)	4:17 (1:03:23)	
5:15 (1:08:38)	8:11 (1:16:49)	5:42 (1:22:31)		6:22 (1:28:53)	4:22 (1:33:15)	2:16 (1:35:31)	
0:35 (1:36:06)							
5. Bjarne Topp		OK Øst Birkerød		1:37:34	+8:00		
2:24 (2:24)	3:18 (5:42)	7:03 (12:45)		7:26 (20:11)	1:46 (21:57)	2:59 (24:56)	
7:53 (32:49)	1:25:10 (1:57:59)	– (47:25)		5:38 (53:03)	6:00 (59:03)	4:39 (1:03:42)	
5:36 (1:09:18)	8:24 (1:17:42)	5:56 (1:23:38)		6:18 (1:29:56)	4:36 (1:34:32)	2:26 (1:36:58)	
0:36 (1:37:34)							
6. Jens-Christian Jørgensen		Ballerup OK		1:43:47	+14:13		
2:41 (2:41)	4:30 (7:11)	5:53 (13:04)		7:55 (20:59)	1:52 (22:51)	3:07 (25:58)	
8:28 (34:26)	1:25:18 (1:59:44)	– (51:30)		6:10 (57:40)	6:24 (1:04:04)	4:44 (1:08:48)	
6:29 (1:15:17)	8:35 (1:23:52)	5:29 (1:29:21)		6:55 (1:36:16)	4:13 (1:40:29)	2:18 (1:42:47)	
1:00 (1:43:47)							

7.	Ingvar Braaten 3:58 (3:58) 8:24 (41:32) 10:06 (1:30:40) 0:44 (2:04:39)	Modum OL 5:19 (9:17) 1:26:23 (2:07:55) 10:04 (1:40:44)	7:05 (16:22) - (1:01:33) 7:11 (1:47:55)	2:04:39 +35:05 10:42 (27:04) 5:55 (1:07:28) 7:30 (1:55:25)	2:08 (29:12) 6:58 (1:14:26) 5:33 (2:00:58)	3:56 (33:08) 6:08 (1:20:34) 2:57 (2:03:55)
8.	Peter Brown 2:56 (2:56) 8:46 (38:57) 8:07 (1:29:51) 0:41 (2:04:43)	OK Øst Birkerød 4:25 (7:21) 1:26:12 (2:05:09) 10:02 (1:39:53)	6:54 (14:15) - (1:00:53) 7:02 (1:46:55)	2:04:43 +35:09 9:53 (24:08) 8:26 (1:09:19) 9:41 (1:56:36)	2:26 (26:34) 6:18 (1:15:37) 4:48 (2:01:24)	3:37 (30:11) 6:07 (1:21:44) 2:38 (2:04:02)
9.	Jens Bentsen 3:10 (3:10) 8:18 (40:39) 8:19 (1:24:38) 1:50 (2:08:28)	OK Øst Birkerød 4:53 (8:03) 1:27:06 (2:07:45) 9:26 (1:34:04)	7:05 (15:08) - (56:07) 6:46 (1:40:50)	2:08:28 +38:54 11:11 (26:19) 6:04 (1:02:11) 6:24 (1:47:14)	2:27 (28:46) 6:58 (1:09:09) 10:51 (1:58:05)	3:35 (32:21) 7:10 (1:16:19) 8:33 (2:06:38)
	Flemming Vejsnæs Kim Lauritsen Søren Tarp	OK Sorø OK Øst Birkerød OK Pan Århus		Ej startet Ej startet Ej startet		
H60-		(10 / 10)		Tid Efter		
1.	Jens Peter Gundorf 3:19 (3:19) 3:38 (27:21) 3:23 (55:48) 2:11 (1:19:27)	OK Øst Birkerød 3:42 (7:01) 3:30 (30:51) 2:30 (58:18) 0:33 (1:20:00)	5:02 (12:03) 6:33 (37:24) 5:24 (1:03:42)	1:20:00 7:02 (19:05) 1:24:36 (2:02:00) 4:58 (1:08:40)	1:51 (20:56) - (49:56) 5:09 (1:13:49)	2:47 (23:43) 2:29 (52:25) 3:27 (1:17:16)
2.	Jørgen Nielsen 3:34 (3:34) 3:53 (30:02) 3:37 (1:00:58) 2:20 (1:23:48)	Allerød OK 3:14 (6:48) 3:49 (33:51) 2:39 (1:03:37) 0:33 (1:24:21)	5:49 (12:37) 6:44 (40:35) 5:31 (1:09:08)	1:24:21 +4:21 8:44 (21:21) 1:24:46 (2:05:21) 4:30 (1:13:38)	1:57 (23:18) - (55:01) 4:51 (1:18:29)	2:51 (26:09) 2:20 (57:21) 2:59 (1:21:28)
3.	Leif E. Larsen 2:40 (2:40) 4:00 (33:29) 4:19 (1:05:35) 2:29 (1:29:20)	Tisvilde Hegn OK 3:59 (6:39) 2:41 (36:10) 2:59 (1:08:34) 0:35 (1:29:55)	8:05 (14:44) 7:31 (43:41) 4:25 (1:12:59)	1:29:55 +9:55 9:38 (24:22) 1:25:57 (2:09:38) 5:24 (1:18:23)	1:58 (26:20) - (58:42) 5:14 (1:23:37)	3:09 (29:29) 2:34 (1:01:16) 3:14 (1:26:51)
4.	Søren Peter Larsen 5:30 (5:30) 4:37 (31:39) 4:25 (1:06:31) 2:32 (1:30:33)	FIF Hillerød Orientering 3:36 (9:06) 3:57 (35:36) 2:59 (1:09:30) 0:35 (1:31:08)	5:23 (14:29) 8:13 (43:49) 4:39 (1:14:09)	1:31:08 +11:08 7:26 (21:55) 1:25:38 (2:09:27) 5:13 (1:19:22)	1:57 (23:52) - (59:28) 5:27 (1:24:49)	3:10 (27:02) 2:38 (1:02:06) 3:12 (1:28:01)
5.	Jes Henrik Steen 3:38 (3:38) 5:05 (33:46) 6:55 (1:12:38) 2:10 (1:39:17)	OK Øst Birkerød 4:13 (7:51) 3:36 (37:22) 2:36 (1:15:14) 0:29 (1:39:46)	5:47 (13:38) 9:53 (47:15) 6:20 (1:21:34)	1:39:46 +19:46 9:19 (22:57) 1:26:15 (2:13:30) 6:18 (1:27:52)	2:06 (25:03) - (1:03:09) 5:52 (1:33:44)	3:38 (28:41) 2:34 (1:05:43) 3:23 (1:37:07)
6.	Klaus Olsen 3:26 (3:26) 4:19 (36:57) 4:41 (1:15:02) 2:48 (1:44:41)	Tisvilde Hegn OK 3:07 (6:33) 3:48 (40:45) 3:23 (1:18:25) 0:40 (1:45:21)	7:44 (14:17) 8:44 (49:29) 6:39 (1:25:04)	1:45:21 +25:21 12:57 (27:14) 1:26:12 (2:15:41) 6:44 (1:31:48)	2:02 (29:16) - (1:07:20) 6:24 (1:38:12)	3:22 (32:38) 3:01 (1:10:21) 3:41 (1:41:53)
7.	Ole D. Jensen 3:41 (3:41) 6:43 (41:57) 6:16 (1:34:29) 3:09 (2:08:27)	Tisvilde Hegn OK 5:54 (9:35) 12:48 (54:45) 3:32 (1:38:01) 0:45 (2:09:12)	7:12 (16:47) 10:21 (1:05:06) 8:52 (1:46:53)	2:09:12 +49:12 11:27 (28:14) 1:27:49 (2:32:55) 7:40 (1:54:33)	2:31 (30:45) - (1:24:38) 6:58 (2:01:31)	4:29 (35:14) 3:35 (1:28:13) 3:47 (2:05:18)
8.	Max Prang 4:55 (4:55) 7:56 (44:41) 6:13 (1:38:24) 2:55 (2:16:09)	Fredensborg OK 5:23 (10:18) 8:49 (53:30) 4:35 (1:42:59) 0:42 (2:16:51)	7:10 (17:28) 10:54 (1:04:24) 11:01 (1:54:00)	2:16:51 +56:51 12:35 (30:03) 1:28:25 (2:32:49) 7:22 (2:01:22)	2:35 (32:38) - (1:28:52) 8:00 (2:09:22)	4:07 (36:45) 3:19 (1:32:11) 3:52 (2:13:14)
9.	Claus Poulsen 4:15 (4:15) 6:25 (47:41) 4:59 (1:37:48) 3:34 (2:18:52)	Silkeborg OK 7:06 (11:21) 5:14 (52:55) 4:49 (1:42:37) 0:59 (2:19:51)	9:51 (21:12) 12:18 (1:05:13) 9:43 (1:52:20)	2:19:51 +59:51 12:05 (33:17) 1:29:18 (2:34:31) 9:07 (2:01:27)	2:54 (36:11) - (1:28:09) 8:36 (2:10:03)	5:05 (41:16) 4:40 (1:32:49) 5:15 (2:15:18)
	Christian Strandgaard	Allerød OK		Ej startet		
H70-		(8 / 8)		Tid Efter		
1.	Per Allan Pedersen 7:53 (7:53) 3:28 (36:56) 4:58 (1:09:26)	OK FROS 7:58 (15:51) 6:52 (43:48) 2:31 (1:11:57)	6:34 (22:25) 7:18 (51:06) 2:25 (1:14:22)	1:14:22 2:41 (25:06) 6:36 (57:42)	4:29 (29:35) 2:52 (1:00:34)	3:53 (33:28) 3:54 (1:04:28)
2.	Jan Hausner 7:28 (7:28) 3:53 (40:24) 6:12 (1:16:55)	OK S.G. 9:21 (16:49) 5:15 (45:39) 2:58 (1:19:53)	7:29 (24:18) 7:54 (53:33) 0:48 (1:20:41)	1:20:41 +6:19 3:08 (27:26) 7:47 (1:01:20)	4:43 (32:09) 4:42 (1:06:02)	4:22 (36:31) 4:41 (1:10:43)
3.	John Rasmussen 8:09 (8:09) 3:18 (41:52) 5:13 (1:22:41)	Silkeborg OK 9:39 (17:48) 4:39 (46:31) 2:40 (1:25:21)	9:21 (27:09) 10:34 (57:05) 0:44 (1:26:05)	1:26:05 +11:43 2:53 (30:02) 10:00 (1:07:05)	4:46 (34:48) 4:27 (1:11:32)	3:46 (38:34) 5:56 (1:17:28)
4.	Ole Vexø 7:25 (7:25) 4:11 (51:46) 6:39 (1:37:39)	Tisvilde Hegn OK 12:10 (19:35) 5:41 (57:27) 3:17 (1:40:56)	12:20 (31:55) 12:51 (1:10:18) 0:51 (1:41:47)	1:41:47 +27:25 6:17 (38:12) 9:13 (1:19:31)	5:14 (43:26) 5:36 (1:25:07)	4:09 (47:35) 5:53 (1:31:00)
5.	Dolfi Rotovnik 8:24 (8:24) 4:43 (54:39) 8:31 (2:02:44)	Tisvilde Hegn OK 12:50 (21:14) 9:37 (1:04:16) 3:35 (2:06:19)	10:07 (31:21) 12:46 (1:17:02) 1:13 (2:07:32)	2:07:32 +53:10 6:04 (37:25) 19:31 (1:36:33)	7:27 (44:52) 9:54 (1:46:27)	5:04 (49:56) 7:46 (1:54:13)
6.	Arne Steen Sørensen 7:22 (7:22) 3:57 (43:18) 5:57 (2:06:57)	OK Øst Birkerød 12:31 (19:53) 13:40 (56:58) 3:18 (2:10:15)	6:51 (26:44) 15:00 (1:11:58) 0:57 (2:11:12)	2:11:12 +56:50 2:41 (29:25) 17:59 (1:29:57)	5:29 (34:54) 5:58 (1:35:55)	4:27 (39:21) 25:05 (2:01:00)

Ole Hoffmann		OK FROS		Fejklip		
5:43 (5:43)	14:53 (20:36)	6:41 (27:17)		2:47 (30:04)	5:00 (35:04)	3:45 (38:49)
3:21 (42:10)	4:22 (46:32)	7:38 (54:10)		– (–)	– (1:03:15)	4:19 (1:07:34)
5:37 (1:13:11)	2:47 (1:15:58)	0:40 (1:16:38)				
Tage V. Andersen		OK Øst Birkerød		Ej startet		
Åben 3		(1 / 1)		Tid Efter		
1. Jannie Nielsen		Tisvilde Hegn OK		59:20		
11:13 (11:13)	11:19 (22:32)	7:48 (30:20)		3:56 (34:16)	5:52 (40:08)	3:34 (43:42)
6:38 (50:20)	3:26 (53:46)	3:16 (57:02)		1:22 (58:24)	0:56 (59:20)	
Åben 2		(3 / 3)		Tid Efter		
1. Dan Nielsen		Viborg OK		1:10:32		
4:38 (4:38)	7:49 (12:27)	6:55 (19:22)		2:34 (21:56)	7:42 (29:38)	6:40 (36:18)
2:47 (39:05)	1:43 (40:48)	3:34 (44:22)		10:36 (54:58)	4:26 (59:24)	3:47 (1:03:11)
4:37 (1:07:48)	2:12 (1:10:00)	0:32 (1:10:32)				
2. Martin Thorwart		CAU Kiel		1:51:31 +40:59		
7:17 (7:17)	11:29 (18:46)	10:00 (28:46)		4:15 (33:01)	14:14 (47:15)	10:56 (58:11)
4:05 (1:02:16)	3:34 (1:05:50)	6:38 (1:12:28)		14:19 (1:26:47)	6:22 (1:33:09)	6:07 (1:39:16)
7:22 (1:46:38)	3:55 (1:50:33)	0:58 (1:51:31)				
Henrik Nielsen		Tisvilde Hegn OK		Fejklip		
7:29 (7:29)	9:17 (16:46)	10:12 (26:58)		3:31 (30:29)	12:39 (43:08)	10:26 (53:34)
3:28 (57:02)	2:55 (59:57)	6:47 (1:06:44)		– (–)	– (–)	– (–)
– (–)	– (1:15:17)	0:46 (1:16:03)				
Åben 1		(1 / 1)		Tid Efter		
Gunner Sie		OK Øst Birkerød		Udgået		
3:40 (3:40)	5:15 (8:55)	6:28 (15:23)		9:14 (24:37)	2:03 (26:40)	3:47 (30:27)
9:32 (39:59)	1:26:30 (2:06:29)	– (58:13)		8:52 (1:07:05)	9:21 (1:16:26)	8:00 (1:24:26)
9:02 (1:33:28)	– (–)	– (–)		– (–)	– (–)	– (–)
– (–)						