

Resultater – Vinterlang - Tokkekøb Hegn

2017-01-15

Kort	(35 / 35)	Tid	Efter
1. Andreas Duc Jørgensen	Tisvilde Hegn OK	51:04	
1:38 (1:38)	3:23 (5:01)	8:46 (13:47)	2:29 (16:16)
1:39 (28:12)	3:59 (32:11)	5:25 (37:36)	3:28 (41:04)
0:37 (51:04)			5:37 (21:53)
			6:04 (47:08)
			4:40 (26:33)
			3:19 (50:27)
2. Theis Munktvad	Allerød OK	54:53	+3:49
1:39 (1:39)	3:33 (5:12)	9:45 (14:57)	2:35 (17:32)
1:55 (31:02)	4:57 (35:59)	5:51 (41:50)	4:02 (45:52)
0:47 (54:53)			5:39 (23:11)
			4:56 (50:48)
			5:56 (29:07)
			3:18 (54:06)
3. Mette Stub	PI-København	56:21	+5:17
1:41 (1:41)	3:34 (5:15)	9:28 (14:43)	2:31 (17:14)
2:00 (29:31)	4:24 (33:55)	6:01 (39:56)	5:21 (45:17)
0:51 (56:21)			5:20 (22:34)
			6:32 (51:49)
			4:57 (27:31)
			3:41 (55:30)
4. Jørgen Thyme	Allerød OK	1:00:40	+9:36
1:49 (1:49)	3:28 (5:17)	9:32 (14:49)	2:35 (17:24)
1:53 (29:47)	4:11 (33:58)	6:01 (39:59)	3:42 (43:41)
0:51 (1:00:40)			5:16 (22:40)
			12:12 (55:53)
			5:14 (27:54)
			3:56 (59:49)
5. Michael Nygaard Møller	OK73	1:03:38	+12:34
1:47 (1:47)	3:59 (5:46)	11:33 (17:19)	2:29 (19:48)
1:59 (33:10)	8:56 (42:06)	6:50 (48:56)	3:58 (52:54)
0:38 (1:03:38)			5:53 (25:41)
			6:46 (59:40)
			5:30 (31:11)
			3:20 (1:03:00)
6. Christian Bovet	OK73	1:03:40	+12:36
1:52 (1:52)	3:36 (5:28)	10:15 (15:43)	3:38 (19:21)
1:56 (33:12)	9:04 (42:16)	6:44 (49:00)	3:58 (52:58)
0:38 (1:03:40)			6:22 (25:43)
			6:51 (59:49)
			5:33 (31:16)
			3:13 (1:03:02)
7. Rasmus Velling	OK Skærmøen Værløse	1:09:33	+18:29
2:25 (2:25)	6:17 (8:42)	10:50 (19:32)	2:56 (22:28)
2:47 (38:47)	6:45 (45:32)	6:27 (51:59)	5:20 (57:19)
0:54 (1:09:33)			7:02 (29:30)
			6:38 (1:03:57)
			6:30 (36:00)
			4:42 (1:08:39)
8. Jørn Mouritzen	Fredensborg OK	1:10:08	+19:04
1:46 (1:46)	5:51 (7:37)	11:14 (18:51)	2:54 (21:45)
3:33 (37:59)	6:34 (44:33)	6:42 (51:15)	6:14 (57:29)
0:46 (1:10:08)			7:49 (1:05:18)
			6:55 (28:40)
			5:46 (34:26)
			4:04 (1:09:22)
9. Mogens Hansen	OK Skærmøen Værløse	1:10:12	+19:08
2:23 (2:23)	5:57 (8:20)	11:20 (19:40)	3:07 (22:47)
2:35 (39:38)	6:57 (46:35)	8:04 (54:39)	4:20 (58:59)
0:51 (1:10:12)			7:18 (30:05)
			5:53 (1:04:52)
			6:58 (37:03)
			4:29 (1:09:21)
10. Nils Sættem	Kildeholm OK	1:10:16	+19:12
1:57 (1:57)	5:45 (7:42)	10:44 (18:26)	3:07 (21:33)
3:02 (37:52)	6:58 (44:50)	6:56 (51:46)	5:20 (57:06)
0:53 (1:10:16)			7:13 (28:46)
			8:29 (1:05:35)
			6:04 (34:50)
			3:48 (1:09:23)
11. Henrik Nielsen	Tisvilde Hegn OK	1:10:39	+19:35
2:02 (2:02)	5:48 (7:50)	11:15 (19:05)	2:51 (21:56)
2:30 (38:16)	6:27 (44:43)	7:40 (52:23)	4:36 (56:59)
0:55 (1:10:39)			6:58 (28:54)
			8:47 (1:05:46)
			6:52 (35:46)
			3:58 (1:09:44)
12. Niels Hamborg Jensen	OK Skærmøen Værløse	1:11:14	+20:10
2:22 (2:22)	5:37 (7:59)	11:58 (19:57)	3:04 (22:57)
2:38 (39:54)	5:47 (45:41)	7:47 (53:28)	4:43 (58:11)
0:56 (1:11:14)			7:38 (30:39)
			7:38 (1:05:49)
			6:37 (37:16)
			4:29 (1:10:18)
13. Flemming Wendelboe	Helsingør SOK	1:11:32	+20:28
2:09 (2:09)	6:03 (8:12)	12:59 (21:11)	3:12 (24:23)
2:30 (39:58)	6:50 (46:48)	9:03 (55:51)	4:32 (1:00:23)
0:49 (1:11:32)			6:52 (31:15)
			5:58 (1:06:21)
			6:13 (37:28)
			4:22 (1:10:43)
14. Maria Iben Sell-Petersen	Allerød OK	1:11:35	+20:31
2:15 (2:15)	5:36 (7:51)	12:02 (19:53)	3:04 (22:57)
2:52 (39:50)	5:49 (45:39)	7:36 (53:15)	4:37 (57:52)
0:51 (1:11:35)			7:19 (30:16)
			8:13 (1:06:05)
			6:42 (36:58)
			4:39 (1:10:44)
15. Anette Holm	Farum OK	1:11:43	+20:39
2:26 (2:26)	5:28 (7:54)	13:14 (21:08)	3:05 (24:13)
2:40 (40:02)	5:45 (45:47)	7:39 (53:26)	4:49 (58:15)
0:55 (1:11:43)			6:45 (30:58)
			8:04 (1:06:19)
			6:24 (37:22)
			4:29 (1:10:48)
16. Ole D. Jensen	Tisvilde Hegn OK	1:12:42	+21:38
2:00 (2:00)	5:47 (7:47)	11:51 (19:38)	3:04 (22:42)
2:43 (39:32)	5:21 (44:53)	7:22 (52:15)	4:46 (57:01)
0:55 (1:12:42)			7:20 (30:02)
			10:33 (1:07:34)
			6:47 (36:49)
			4:13 (1:11:47)
17. Tobias Hooge	OK Skærmøen Værløse	1:13:42	+22:38
1:45 (1:45)	6:16 (8:01)	11:30 (19:31)	2:42 (22:13)
2:15 (38:05)	6:41 (44:46)	6:49 (51:35)	7:19 (58:54)
0:44 (1:13:42)			7:46 (29:59)
			10:25 (1:09:19)
			5:51 (35:50)
			3:39 (1:12:58)
18. Bent Johansen	OK73	1:14:50	+23:46
1:55 (1:55)	5:44 (7:39)	11:56 (19:35)	3:00 (22:35)
2:41 (39:37)	5:51 (45:28)	7:54 (53:22)	4:39 (58:01)
0:59 (1:14:50)			7:35 (30:10)
			11:30 (1:09:31)
			6:46 (36:56)
			4:20 (1:13:51)
19. Ulla Hooge	OK Skærmøen Værløse	1:15:22	+24:18
2:30 (2:30)	5:53 (8:23)	12:11 (20:34)	3:02 (23:36)
2:32 (39:40)	6:02 (45:42)	7:41 (53:23)	4:40 (58:03)
0:59 (1:15:22)			7:09 (30:45)
			11:33 (1:09:36)
			6:23 (37:08)
			4:47 (1:14:23)
20. Ole Galle	Tisvilde Hegn OK	1:16:16	+25:12
2:08 (2:08)	5:55 (8:03)	13:03 (21:06)	3:20 (24:26)
2:51 (42:13)	7:31 (49:44)	8:32 (58:16)	5:11 (1:03:27)
1:01 (1:16:16)			7:13 (31:39)
			7:03 (1:10:30)
			7:43 (39:22)
			4:45 (1:15:15)
21. Viggo Hansen	Ballerup OK	1:17:45	+26:41
2:05 (2:05)	5:29 (7:34)	10:00 (17:34)	7:20 (24:54)
2:40 (39:34)	5:23 (44:57)	6:30 (51:27)	5:29 (56:56)
0:51 (1:17:45)			5:53 (30:47)
			15:38 (1:12:34)
			6:07 (36:54)
			4:20 (1:16:54)
22. Mette Seir Hansen	Helsingør SOK	1:18:06	+27:02

	2:18 (2:18) 3:48 (43:55) 1:03 (1:18:06)	5:48 (8:06) 6:43 (50:38)	12:56 (21:02) 8:20 (58:58)	3:31 (24:33) 5:48 (1:04:46)	7:32 (32:05) 6:43 (1:11:29)	8:02 (40:07) 5:34 (1:17:03)
23.	Jan Kristoffersen	Ballerup OK		1:21:56 +30:52		
	2:14 (2:14) 2:29 (40:22) 0:55 (1:21:56)	6:07 (8:21) 6:22 (46:44)	11:53 (20:14) 8:53 (55:37)	2:57 (23:11) 6:35 (1:02:12)	7:26 (30:37) 13:56 (1:16:08)	7:16 (37:53) 4:53 (1:21:01)
24.	Jan Johansen	PI-København		1:22:08 +31:04		
	2:12 (2:12) 2:44 (40:28) 0:55 (1:22:08)	5:37 (7:49) 5:52 (46:20)	11:25 (19:14) 8:42 (55:02)	3:18 (22:32) 7:06 (1:02:08)	8:21 (30:53) 13:55 (1:16:03)	6:51 (37:44) 5:10 (1:21:13)
25.	Siri Klausen	Ballerup OK		1:22:30 +31:26		
	2:54 (2:54) 3:03 (48:21) 1:03 (1:22:30)	6:12 (9:06) 6:18 (54:39)	15:02 (24:08) 8:48 (1:03:27)	3:56 (28:04) 4:49 (1:08:16)	8:32 (36:36) 7:42 (1:15:58)	8:42 (45:18) 5:29 (1:21:27)
26.	Mathilde Smedegaard Madsen	OK Sorø		1:24:13 +33:09		
	2:50 (2:50) 3:08 (46:17) 1:03 (1:24:13)	5:44 (8:34) 8:16 (54:33)	15:07 (23:41) 9:32 (1:04:05)	3:31 (27:12) 5:10 (1:09:15)	8:36 (35:48) 9:17 (1:18:32)	7:21 (43:09) 4:38 (1:23:10)
27.	Eva Smedegaard	OK Sorø		1:24:14 +33:10		
	2:51 (2:51) 3:10 (46:18) 1:02 (1:24:14)	5:44 (8:35) 8:16 (54:34)	15:07 (23:42) 9:32 (1:04:06)	3:31 (27:13) 5:10 (1:09:16)	8:36 (35:49) 9:17 (1:18:33)	7:19 (43:08) 4:39 (1:23:12)
28.	Leif Jensen	OK Skærmøen Værløse		1:25:55 +34:51		
	2:28 (2:28) 3:45 (46:40) 1:06 (1:25:55)	6:02 (8:30) 7:38 (54:18)	13:18 (21:48) 9:05 (1:03:23)	3:45 (25:33) 6:23 (1:09:46)	8:55 (34:28) 9:19 (1:19:05)	8:27 (42:55) 5:44 (1:24:49)
29.	Camilla Bøgevig Larkai	OK73		1:25:57 +34:53		
	2:34 (2:34) 3:15 (43:58) 1:05 (1:25:57)	5:58 (8:32) 7:18 (51:16)	13:05 (21:37) 13:11 (1:04:27)	3:36 (25:13) 5:22 (1:09:49)	7:20 (32:33) 9:07 (1:18:56)	8:10 (40:43) 5:56 (1:24:52)
30.	Steen Sørensen	OK Skærmøen Værløse		1:25:59 +34:55		
	2:17 (2:17) 3:09 (46:26) 1:02 (1:25:59)	6:07 (8:24) 7:57 (54:23)	12:40 (21:04) 9:07 (1:03:30)	3:34 (24:38) 5:55 (1:09:25)	7:41 (32:19) 10:33 (1:19:58)	10:58 (43:17) 4:59 (1:24:57)
31.	Helle M. Frederiksen	Ballerup OK		1:27:12 +36:08		
	2:20 (2:20) 3:36 (44:14) - (1:27:12)	5:56 (8:16) - (-)	13:12 (21:28) - (-)	3:31 (24:59) - (-)	7:10 (32:09) - (-)	8:29 (40:38) - (-)
32.	Preben Lupnaav	Herlufsholm OK		1:37:05 +46:01		
	2:40 (2:40) 3:09 (52:29) 1:27 (1:37:05)	6:29 (9:09) 8:18 (1:00:47)	16:17 (25:26) 11:03 (1:11:50)	4:24 (29:50) 6:18 (1:18:08)	9:38 (39:28) 11:13 (1:29:21)	9:52 (49:20) 6:17 (1:35:38)
33.	Annelise Hansen	FIF Hillerød Orientering		1:55:22 +64:18		
	3:04 (3:04) 3:45 (1:00:58) 1:09 (1:55:22)	8:15 (11:19) 8:35 (1:09:33)	16:33 (27:52) 12:45 (1:22:18)	6:22 (34:14) 9:10 (1:31:28)	12:11 (46:25) 16:09 (1:47:37)	10:48 (57:13) 6:36 (1:54:13)
34.	Birgitte Krüger	Helsingør SOK		1:55:41 +64:37		
	2:58 (2:58) 3:02 (1:03:45) 1:46 (1:55:41)	7:27 (10:25) 11:49 (1:15:34)	24:34 (34:59) 10:54 (1:26:28)	4:44 (39:43) 11:10 (1:37:38)	11:16 (50:59) 9:22 (1:47:00)	9:44 (1:00:43) 6:55 (1:53:55)
	Bruno Stub	PI-København		Fejlklip		
	3:33 (3:33) - (-) 1:47 (47:33)	8:11 (11:44) - (-)	- (-) - (17:32)	- (-) 7:45 (25:17)	- (-) 12:55 (38:12)	- (-) 7:34 (45:46)

Lang

		(5 / 5)		Tid	Efter	
1.	Mikkel Skaarup	Ballerup OK		2:10:36		
	5:35 (5:35) 4:49 (33:20) 1:35 (59:16) 5:18 (1:42:37) 1:34 (2:01:57)	11:30 (17:05) 2:08 (35:28) 21:50 (1:21:06) 5:28 (1:48:05) 5:44 (2:07:41)	2:11 (19:16) 9:26 (44:54) 5:23 (1:26:29) 3:51 (1:51:56) 2:09 (2:09:50)	2:59 (22:15) 6:01 (50:55) 4:55 (1:31:24) 2:11 (1:54:07) 0:46 (2:10:36)	3:11 (25:26) 3:03 (53:58) 1:36 (1:33:00) 2:33 (1:56:40)	3:05 (28:31) 3:43 (57:41) 4:19 (1:37:19) 3:43 (2:00:23)
2.	Matti Töyrylä	Vehkalahden Veikot		2:19:39 +9:03		
	4:05 (4:05) 5:10 (34:10) 1:38 (59:25) 6:05 (1:47:27) 1:30 (2:09:59)	13:12 (17:17) 1:58 (36:08) 24:20 (1:23:45) 7:07 (1:54:34) 6:29 (2:16:28)	2:16 (19:33) 9:07 (45:15) 5:21 (1:29:06) 4:07 (1:58:41) 2:17 (2:18:45)	3:02 (22:35) 5:29 (50:44) 4:53 (1:33:59) 2:28 (2:01:09) 0:54 (2:19:39)	3:23 (25:58) 3:12 (53:56) 2:22 (1:36:21) 3:05 (2:04:14)	3:02 (29:00) 3:51 (57:47) 5:01 (1:41:22) 4:15 (2:08:29)
	Kim Hansen	Køge OK		Fejlklip		
	5:47 (5:47) 14:06 (52:54) 2:00 (1:28:50) 7:38 (2:32:46) - (-)	13:49 (19:36) 2:45 (55:39) 32:14 (2:01:04) - (-) - (2:39:32)	2:24 (22:00) 11:06 (1:06:45) 7:23 (2:08:27) - (-) 2:45 (2:42:17)	8:24 (30:24) 11:07 (1:17:52) 5:41 (2:14:08) - (-) 0:58 (2:43:15)	4:03 (34:27) 4:14 (1:22:06) 2:58 (2:17:06) - (-)	4:21 (38:48) 4:44 (1:26:50) 8:02 (2:25:08) - (-)
	Rene Gundersen	Tisvilde Hegn OK		Fejlklip		
	5:52 (5:52) 6:40 (42:25) 3:31 (1:28:32) 9:51 (2:39:03) - (-)	13:58 (19:50) 6:15 (48:40) 33:51 (2:02:23) - (-) - (-)	2:48 (22:38) 14:12 (1:02:52) 8:44 (2:11:07) - (-) - (2:48:16)	4:07 (26:45) 8:58 (1:11:50) 8:31 (2:19:38) - (-) 1:30 (2:49:46)	4:36 (31:21) 6:52 (1:18:42) 2:17 (2:21:55) - (-)	4:24 (35:45) 6:19 (1:25:01) 7:17 (2:29:12) - (-)
	Jesper Kristiansen	OK Melfar		Ej startet		

Mellem

		(25 / 25)		Tid	Efter	
1.	Jonas Falck Weber	Tisvilde Hegn OK		1:13:24		
	2:38 (2:38) 4:00 (40:17) 5:19 (1:01:25)	12:25 (15:03) 1:31 (41:48) 3:08 (1:04:33)	5:02 (20:05) 4:11 (45:59) 1:13 (1:05:46)	8:18 (28:23) 4:08 (50:07) 5:15 (1:11:01)	4:48 (33:11) 1:31 (51:38) 1:43 (1:12:44)	3:06 (36:17) 4:28 (56:06) 0:40 (1:13:24)
2.	Søren Thrane	OK ØST Birkerød		1:14:04 +0:40		
	2:33 (2:33) 3:49 (40:12) 6:20 (1:02:31)	12:28 (15:01) 1:31 (41:43) 2:47 (1:05:18)	5:05 (20:06) 4:19 (46:02) 1:10 (1:06:28)	8:20 (28:26) 4:07 (50:09) 5:07 (1:11:35)	4:53 (33:19) 1:31 (51:40) 1:49 (1:13:24)	3:04 (36:23) 4:31 (56:11) 0:40 (1:14:04)
3.	Rasmus Ødum	OK ØST Birkerød		1:14:25 +1:01		

	2:53 (2:53)	11:59 (14:52)	5:24 (20:16)	8:57 (29:13)	4:55 (34:08)	3:12 (37:20)
	3:59 (41:19)	1:32 (42:51)	4:24 (47:15)	4:14 (51:29)	1:36 (53:05)	4:13 (57:18)
	5:06 (1:02:24)	2:50 (1:05:14)	1:16 (1:06:30)	5:09 (1:11:39)	1:56 (1:13:35)	0:50 (1:14:25)
4.	Tim Falck Weber	Tisvilde Hegn OK	1:16:24	+3:00		
	2:40 (2:40)	12:10 (14:50)	5:20 (20:10)	9:48 (29:58)	4:40 (34:38)	3:12 (37:50)
	3:54 (41:44)	1:35 (43:19)	4:16 (47:35)	4:21 (51:56)	1:33 (53:29)	4:20 (57:49)
	6:00 (1:03:49)	2:50 (1:06:39)	1:22 (1:08:01)	5:48 (1:13:49)	1:56 (1:15:45)	0:39 (1:16:24)
5.	Lasse Falck Weber	Tisvilde Hegn OK	1:17:35	+4:11		
	2:41 (2:41)	12:01 (14:42)	5:19 (20:01)	9:01 (29:02)	5:00 (34:02)	3:24 (37:26)
	4:03 (41:29)	1:35 (43:04)	4:25 (47:29)	4:29 (51:58)	1:35 (53:33)	4:26 (57:59)
	6:00 (1:03:59)	3:17 (1:07:16)	1:37 (1:08:53)	5:53 (1:14:46)	2:03 (1:16:49)	0:46 (1:17:35)
6.	Mogens Hagedorn	Søllerød OK	1:19:47	+6:23		
	2:49 (2:49)	12:07 (14:56)	5:35 (20:31)	9:28 (29:59)	4:50 (34:49)	3:07 (37:56)
	4:06 (42:02)	1:36 (43:38)	4:52 (48:30)	4:53 (53:23)	2:14 (55:37)	4:24 (1:00:01)
	6:08 (1:06:09)	3:21 (1:09:30)	1:34 (1:11:04)	6:01 (1:17:05)	1:56 (1:19:01)	0:46 (1:19:47)
7.	Christian Olsen	Amager OK	1:21:42	+8:18		
	3:01 (3:01)	11:58 (14:59)	5:30 (20:29)	9:34 (30:03)	4:51 (34:54)	3:08 (38:02)
	4:04 (42:06)	1:40 (43:46)	4:53 (48:39)	4:50 (53:29)	1:52 (55:21)	5:14 (1:00:35)
	6:12 (1:06:47)	3:52 (1:10:39)	2:05 (1:12:44)	6:12 (1:18:56)	2:02 (1:20:58)	0:44 (1:21:42)
8.	Lars Munktvad	Allerød OK	1:22:23	+8:59		
	2:46 (2:46)	13:01 (15:47)	5:49 (21:36)	10:40 (32:16)	5:03 (37:19)	3:35 (40:54)
	4:16 (45:10)	1:40 (46:50)	5:38 (52:28)	4:47 (57:15)	1:40 (58:55)	4:15 (1:03:10)
	5:55 (1:09:05)	3:39 (1:12:44)	1:22 (1:14:06)	5:38 (1:19:44)	1:53 (1:21:37)	0:46 (1:22:23)
9.	Leif E. Larsen	Tisvilde Hegn OK	1:22:45	+9:21		
	2:55 (2:55)	12:54 (15:49)	5:52 (21:41)	9:59 (31:40)	5:16 (36:56)	3:27 (40:23)
	4:25 (44:48)	1:49 (46:37)	5:46 (52:23)	4:49 (57:12)	1:47 (58:59)	4:20 (1:03:19)
	5:45 (1:09:04)	3:51 (1:12:55)	1:17 (1:14:12)	5:43 (1:19:55)	2:00 (1:21:55)	0:50 (1:22:45)
10.	Claus Cederberg	Ballerup OK	1:23:48	+10:24		
	2:56 (2:56)	11:58 (14:54)	5:43 (20:37)	10:55 (31:32)	5:25 (36:57)	3:42 (40:39)
	4:24 (45:03)	1:40 (46:43)	5:43 (52:26)	4:43 (57:09)	1:44 (58:53)	4:27 (1:03:20)
	5:47 (1:09:07)	4:09 (1:13:16)	1:34 (1:14:50)	6:19 (1:21:09)	1:52 (1:23:01)	0:47 (1:23:48)
11.	Charlotte Thrane	OK ØST Birkerød	1:24:11	+10:47		
	2:59 (2:59)	12:54 (15:53)	5:53 (21:46)	9:55 (31:41)	5:10 (36:51)	3:46 (40:37)
	4:21 (44:58)	1:42 (46:40)	5:42 (52:22)	4:56 (57:18)	1:44 (59:02)	4:19 (1:03:21)
	6:36 (1:09:57)	3:23 (1:13:20)	1:32 (1:14:52)	6:14 (1:21:06)	2:07 (1:23:13)	0:58 (1:24:11)
12.	Rolf Valery	Tisvilde Hegn OK	1:26:33	+13:09		
	2:37 (2:37)	14:15 (16:52)	6:06 (22:58)	10:11 (33:09)	5:28 (38:37)	3:39 (42:16)
	4:28 (46:44)	1:41 (48:25)	5:47 (54:12)	4:41 (58:53)	1:46 (1:00:39)	6:15 (1:06:54)
	5:42 (1:12:36)	3:24 (1:16:00)	1:26 (1:17:26)	6:28 (1:23:54)	1:56 (1:25:50)	0:43 (1:26:33)
13.	Dennis Øbro	Tisvilde Hegn OK	1:30:38	+17:14		
	3:04 (3:04)	13:06 (16:10)	5:46 (21:56)	10:23 (32:19)	5:18 (37:37)	3:45 (41:22)
	4:29 (45:51)	2:29 (48:20)	5:50 (54:10)	5:26 (59:36)	2:24 (1:02:00)	4:59 (1:06:59)
	6:02 (1:13:01)	4:46 (1:17:47)	1:38 (1:19:25)	7:38 (1:27:03)	2:37 (1:29:40)	0:58 (1:30:38)
14.	Jørgen Skaarup	Ballerup OK	1:33:01	+19:37		
	2:44 (2:44)	13:30 (16:14)	6:53 (23:07)	10:23 (33:30)	5:27 (38:57)	3:55 (42:52)
	5:13 (48:05)	1:55 (50:00)	6:12 (56:12)	5:20 (1:01:32)	2:25 (1:03:57)	5:34 (1:09:31)
	7:01 (1:16:32)	4:17 (1:20:49)	1:58 (1:22:47)	7:09 (1:29:56)	2:19 (1:32:15)	0:46 (1:33:01)
15.	Steen Stausholm	Farum OK	1:33:04	+19:40		
	2:51 (2:51)	13:05 (15:56)	5:56 (21:52)	11:30 (33:22)	5:28 (38:50)	4:03 (42:53)
	5:06 (47:59)	2:03 (50:02)	6:02 (56:04)	5:36 (1:01:40)	2:19 (1:03:59)	5:25 (1:09:24)
	7:23 (1:16:47)	4:10 (1:20:57)	1:55 (1:22:52)	7:08 (1:30:00)	2:16 (1:32:16)	0:48 (1:33:04)
16.	Søren Slott	FIF Hillerød Orientering	1:40:47	+27:23		
	3:08 (3:08)	13:46 (16:54)	7:16 (24:10)	10:47 (34:57)	7:52 (42:49)	4:33 (47:22)
	5:08 (52:30)	2:01 (54:31)	5:51 (1:00:22)	7:19 (1:07:41)	2:10 (1:09:51)	5:49 (1:15:40)
	6:50 (1:22:30)	4:42 (1:27:12)	1:38 (1:28:50)	8:24 (1:37:14)	2:32 (1:39:46)	1:01 (1:40:47)
17.	Morten Ploug	Ballerup OK	1:42:25	+29:01		
	3:17 (3:17)	15:09 (18:26)	8:22 (26:48)	12:54 (39:42)	5:35 (45:17)	4:16 (49:33)
	5:26 (54:59)	2:30 (57:29)	6:53 (1:04:22)	7:05 (1:11:27)	2:34 (1:14:01)	5:12 (1:19:13)
	7:06 (1:26:19)	4:00 (1:30:19)	1:46 (1:32:05)	6:54 (1:38:59)	2:32 (1:41:31)	0:54 (1:42:25)
18.	Lars Hanghøj Petersen	Ballerup OK	1:45:01	+31:37		
	3:10 (3:10)	14:56 (18:06)	8:57 (27:03)	12:44 (39:47)	5:43 (45:30)	4:21 (49:51)
	5:19 (55:10)	2:32 (57:42)	6:49 (1:04:31)	6:33 (1:11:04)	2:47 (1:13:51)	5:29 (1:19:20)
	7:03 (1:26:23)	4:42 (1:31:05)	2:01 (1:33:06)	8:03 (1:41:09)	2:49 (1:43:58)	1:03 (1:45:01)
19.	Carsten Hansen	FIF Hillerød Orientering	1:51:15	+37:51		
	3:15 (3:15)	18:09 (21:24)	7:49 (29:13)	12:51 (42:04)	8:28 (50:32)	4:58 (55:30)
	5:13 (1:00:43)	2:02 (1:02:45)	6:24 (1:09:09)	6:05 (1:15:14)	2:11 (1:17:25)	5:41 (1:23:06)
	7:25 (1:30:31)	4:39 (1:35:10)	2:05 (1:37:15)	9:00 (1:46:15)	4:02 (1:50:17)	0:58 (1:51:15)
20.	Lars Almer	PI-København	1:51:43	+38:19		
	3:14 (3:14)	16:53 (20:07)	8:15 (28:22)	12:52 (41:14)	7:02 (48:16)	4:54 (53:10)
	5:42 (58:52)	2:14 (1:01:06)	7:42 (1:08:48)	6:16 (1:15:04)	2:36 (1:17:40)	6:18 (1:23:58)
	8:23 (1:32:21)	5:28 (1:37:49)	1:50 (1:39:39)	8:10 (1:47:49)	2:50 (1:50:39)	1:04 (1:51:43)
21.	Anne-Mette Jansen	OK Roskilde	2:18:31	+65:07		
	3:49 (3:49)	18:15 (22:04)	17:15 (39:19)	13:05 (52:24)	9:49 (1:02:13)	6:48 (1:09:01)
	6:27 (1:15:28)	3:01 (1:18:29)	8:29 (1:26:58)	7:51 (1:34:49)	2:34 (1:37:23)	6:09 (1:43:32)
	9:23 (1:52:55)	6:12 (1:59:07)	4:48 (2:03:55)	10:10 (2:14:05)	3:30 (2:17:35)	0:56 (2:18:31)
22.	Ebbe Kajberg	OK Sorø	2:47:07	+93:43		
	4:08 (4:08)	16:37 (20:45)	18:47 (39:32)	16:07 (55:39)	11:04 (1:06:43)	8:22 (1:15:05)
	6:32 (1:21:37)	6:48 (1:28:25)	8:50 (1:37:15)	8:18 (1:45:33)	3:00 (1:48:33)	6:10 (1:54:43)
	22:33 (2:17:16)	8:28 (2:25:44)	6:04 (2:31:48)	10:42 (2:42:30)	3:30 (2:46:00)	1:07 (2:47:07)
	Thomas Østergaard	OK ØST Birkerød	Udgået			
	Ebbe Kajberg	OK Sorø	Ej startet			
	Niels la Cour Bentzon	Søllerød OK	Ej startet			