

Resultater – SM Stafet 2017

2017-05-21

Åben 1	(23 / 23)	Tid	Efter
1. Jussi Laurila	Jalasjärven Jalas	50:30	
4:00 (4:00)	6:12 (10:12)	5:22 (15:34)	1:19 (16:53)
3:46 (29:57)	3:19 (33:16)	2:23 (35:39)	1:38 (37:17)
0:44 (43:05)	0:52 (43:57)	1:22 (45:19)	1:08 (46:27)
0:34 (50:30)			1:46 (48:13)
			4:00 (26:11)
			3:21 (42:21)
			1:43 (39:00)
			1:46 (48:13)
			1:43 (49:56)
2. Anders Søndergaard	Søllerød OK	55:40	+5:10
4:21 (4:21)	6:06 (10:27)	3:24 (13:51)	1:24 (15:15)
8:16 (32:46)	4:26 (37:12)	2:35 (39:47)	1:51 (41:38)
0:48 (48:17)	1:02 (49:19)	1:39 (50:58)	1:14 (52:12)
0:37 (55:40)			1:09 (53:21)
			5:11 (20:26)
			4:04 (24:30)
			3:09 (44:47)
			1:09 (53:21)
			1:42 (55:03)
3. Lasse Hansen	Kildeholm OK	1:00:05	+9:35
5:43 (5:43)	8:55 (14:38)	5:14 (19:52)	2:12 (22:04)
4:15 (37:25)	4:14 (41:39)	2:28 (44:07)	1:46 (45:53)
0:53 (51:50)	1:34 (53:24)	1:41 (55:05)	1:09 (56:14)
0:33 (1:00:05)			1:37 (57:51)
			7:05 (29:09)
			4:01 (33:10)
			3:04 (50:57)
			1:41 (59:32)
4. Jakub Jirasek	Amager OK	1:01:43	+11:13
6:14 (6:14)	7:27 (13:41)	4:24 (18:05)	2:12 (20:01)
6:02 (37:14)	4:42 (41:56)	2:43 (44:39)	2:17 (46:56)
0:51 (53:19)	0:57 (54:16)	2:24 (56:40)	1:25 (58:05)
0:32 (1:01:43)			1:18 (59:23)
			6:27 (26:28)
			4:44 (31:12)
			1:50 (48:46)
			1:18 (59:23)
			1:48 (1:01:11)
5. Rasmus Damgaard Nielsen	Søllerød OK	1:01:59	+11:29
4:25 (4:25)	9:22 (13:47)	4:12 (17:59)	1:30 (19:29)
5:50 (36:29)	4:07 (40:36)	2:57 (43:33)	2:21 (45:54)
1:05 (53:46)	0:51 (54:37)	1:52 (56:29)	1:12 (57:41)
0:34 (1:01:59)			1:52 (59:33)
			6:38 (26:07)
			4:32 (30:39)
			3:40 (49:34)
			1:52 (59:33)
			1:52 (1:01:25)
6. Erling Thisted	Søllerød OK	1:06:34	+16:04
4:27 (4:27)	6:14 (10:41)	3:51 (14:32)	3:00 (17:32)
4:21 (36:59)	4:58 (41:57)	2:49 (44:46)	6:35 (51:21)
0:53 (58:29)	1:05 (59:34)	2:06 (1:01:40)	1:19 (1:02:59)
0:29 (1:06:34)			1:18 (1:04:17)
			8:43 (26:15)
			6:23 (32:38)
			3:10 (57:36)
			1:48 (1:06:05)
7. Jonas Isaksen	Lyngby OK	1:07:07	+16:37
5:07 (5:07)	6:45 (11:52)	4:30 (16:22)	1:51 (18:13)
6:26 (40:14)	5:05 (45:19)	2:29 (47:48)	2:41 (50:29)
0:54 (57:35)	1:04 (58:39)	1:54 (1:00:33)	2:01 (1:02:34)
0:33 (1:07:07)			2:01 (1:04:35)
			9:29 (27:42)
			6:06 (33:48)
			3:37 (56:41)
			1:59 (1:06:34)
8. Brian Jensen	Farum OK	1:07:53	+17:23
6:10 (6:10)	7:29 (13:39)	6:10 (19:49)	1:15 (21:04)
6:09 (39:09)	4:36 (43:45)	3:16 (47:01)	2:02 (49:03)
0:54 (57:52)	1:01 (58:53)	1:46 (1:00:39)	1:15 (1:01:54)
0:35 (1:07:53)			3:26 (1:05:20)
			7:10 (28:14)
			4:46 (33:00)
			3:25 (52:28)
			3:26 (1:05:20)
			1:58 (1:07:18)
9. Mette Fisker	OK Sorø	1:14:59	+24:29
6:08 (6:08)	11:15 (17:23)	4:45 (22:08)	2:36 (24:44)
5:22 (45:23)	5:15 (50:38)	3:49 (54:27)	3:07 (57:34)
1:05 (1:05:36)	1:22 (1:06:58)	2:00 (1:08:58)	1:27 (1:10:25)
0:45 (1:14:59)			1:22 (1:11:47)
			7:51 (32:35)
			7:26 (40:01)
			3:04 (1:00:38)
			3:53 (1:04:31)
			2:27 (1:14:14)
10. Lars Almer	PI-København	1:16:51	+26:21
6:18 (6:18)	8:27 (14:45)	5:29 (20:14)	2:52 (23:06)
6:15 (42:40)	6:59 (49:39)	3:35 (53:14)	2:37 (55:51)
1:19 (1:04:26)	1:28 (1:05:54)	4:26 (1:10:20)	1:54 (1:12:14)
0:46 (1:16:51)			1:36 (1:13:50)
			7:55 (31:01)
			5:24 (36:25)
			3:11 (59:02)
			2:15 (1:16:05)
			4:05 (1:03:07)
11. Jens Behrend	Farum OK	1:17:30	+27:00
6:06 (6:06)	8:44 (14:50)	5:33 (20:23)	2:17 (22:40)
7:48 (44:22)	5:53 (50:15)	3:37 (53:52)	2:42 (56:34)
1:26 (1:06:41)	1:28 (1:08:09)	2:16 (1:10:25)	1:35 (1:12:00)
0:44 (1:17:30)			1:59 (1:13:59)
			8:08 (30:48)
			5:46 (36:34)
			4:24 (1:00:58)
			2:47 (1:16:46)
12. Lasse Koefoed Sudergaard	Kildeholm OK	1:18:59	+28:29
5:48 (5:48)	7:54 (13:42)	6:23 (20:05)	2:15 (22:20)
5:37 (43:46)	5:03 (48:49)	3:12 (52:01)	2:26 (54:27)
1:06 (1:09:33)	1:04 (1:10:37)	2:56 (1:13:33)	1:30 (1:15:03)
0:27 (1:18:59)			1:41 (1:16:44)
			10:21 (32:41)
			5:28 (38:09)
			9:26 (1:03:53)
			4:34 (1:08:27)
			1:48 (1:18:32)
13. Jacob Spange Mortensen	PI-København	1:22:41	+32:11
5:41 (5:41)	8:23 (14:04)	5:36 (19:40)	2:14 (21:54)
5:28 (45:38)	6:56 (52:34)	3:25 (55:59)	3:00 (58:59)
1:08 (1:10:26)	1:11 (1:11:37)	4:11 (1:15:48)	1:43 (1:17:31)
0:42 (1:22:41)			1:58 (1:19:29)
			12:48 (34:42)
			5:28 (40:10)
			6:33 (1:05:32)
			2:30 (1:21:59)
14. Lasse Høgstedt	Lyngby OK	1:22:50	+32:20
5:03 (5:03)	14:25 (19:28)	4:45 (24:13)	4:37 (28:50)
5:01 (44:54)	6:55 (51:49)	2:27 (54:16)	6:21 (1:00:37)
1:34 (1:14:27)	1:06 (1:15:33)	1:55 (1:17:28)	1:22 (1:18:50)
0:38 (1:22:50)			1:33 (1:20:23)
			6:04 (34:54)
			4:59 (39:53)
			5:50 (1:06:27)
			6:26 (1:12:53)
			1:49 (1:22:12)
15. Jens Christian Hertel	De Hårdes Klub	1:22:52	+32:22
5:02 (5:02)	14:27 (19:29)	4:43 (24:12)	4:41 (28:53)
5:04 (45:00)	6:50 (51:50)	2:30 (54:20)	6:24 (1:00:44)
1:31 (1:14:26)	1:08 (1:15:34)	1:55 (1:17:29)	1:25 (1:18:54)
0:36 (1:22:52)			1:32 (1:20:26)
			6:00 (34:53)
			5:03 (39:56)
			6:17 (1:12:55)
			1:50 (1:22:16)
16. Max Prang	Fredensborg OK	1:23:32	+33:02
5:26 (5:26)	11:11 (16:37)	5:08 (21:45)	1:57 (23:42)
7:35 (47:56)	7:42 (55:38)	3:16 (58:54)	2:27 (1:01:21)
1:08 (1:11:48)	1:06 (1:12:54)	2:53 (1:15:47)	1:49 (1:17:36)
0:41 (1:23:32)			2:59 (1:20:35)
			9:11 (32:53)
			7:28 (40:21)
			5:10 (1:06:31)
			4:09 (1:10:40)
			2:16 (1:22:51)
17. Anders Knudsen	Herlufsholm OK	1:26:06	+35:36
6:58 (6:58)	11:41 (18:39)	6:51 (25:30)	1:59 (27:29)
5:51 (48:05)	6:43 (54:48)	3:42 (58:30)	3:56 (1:02:26)
1:28 (1:13:44)	2:33 (1:16:17)	2:32 (1:18:49)	2:02 (1:20:51)
0:46 (1:26:06)			1:51 (1:22:42)
			7:52 (35:21)
			6:53 (42:14)
			5:50 (1:08:16)
			4:00 (1:12:16)
			2:38 (1:25:20)
18. Anne Willerup	Holbæk OK	2:23:18	+92:48

14:14 (14:14)	12:34 (26:48)	15:20 (42:08)	16:56 (59:04)	13:05 (1:12:09)	7:21 (1:19:30)
14:19 (1:33:49)	10:58 (1:44:47)	4:42 (1:49:29)	2:58 (1:52:27)	6:36 (1:59:03)	4:58 (2:04:01)
1:20 (2:05:21)	1:22 (2:06:43)	2:42 (2:09:25)	2:33 (2:11:58)	7:38 (2:19:36)	2:54 (2:22:30)
0:48 (2:23:18)					
19. Hanne Frost	Ballerup OK		2:31:53 +101:23		
10:02 (10:02)	18:53 (28:55)	11:37 (40:32)	3:46 (44:18)	15:40 (59:58)	12:30 (1:12:28)
10:03 (1:22:31)	9:09 (1:31:40)	5:40 (1:37:20)	5:19 (1:42:39)	23:46 (2:06:25)	5:38 (2:12:03)
2:21 (2:14:24)	1:56 (2:16:20)	3:53 (2:20:13)	3:18 (2:23:31)	3:10 (2:26:41)	4:04 (2:30:45)
1:08 (2:31:53)					
20. Ole Meldgaard	Ballerup OK		6:40:16 +349:46		
- (5:31:38)	9:21 (5:40:59)	8:10 (5:49:09)	1:44 (5:50:53)	7:47 (5:58:40)	5:50 (6:04:30)
6:12 (6:10:42)	5:15 (6:15:57)	3:16 (6:19:13)	2:43 (6:21:56)	3:51 (6:25:47)	3:56 (6:29:43)
0:57 (6:30:40)	1:21 (6:32:01)	2:04 (6:34:05)	1:31 (6:35:36)	1:26 (6:37:02)	2:31 (6:39:33)
0:43 (6:40:16)					
Erik Ellegaard Simonsen	OK ØST Birkerød		Fejlklip		
6:00 (6:00)	9:03 (15:03)	5:43 (20:46)	2:19 (23:05)	8:08 (31:13)	6:20 (37:33)
8:33 (46:06)	6:11 (52:17)	4:54 (57:11)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (1:04:54)					
Tobias Hooge	OK Skærmø Værløse		Fejlklip		
9:48 (9:48)	19:56 (29:44)	7:01 (36:45)	3:40 (40:25)	7:13 (47:38)	7:55 (55:33)
6:29 (1:02:02)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (1:20:45)	1:46 (1:22:31)	2:58 (1:25:29)
0:42 (1:26:11)					
Henrik Albahn	Lyngby OK		Udgæet		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
Åben 2	(29 / 29)		Tid Efter		
1. Julian Hollingbery	Farum OK		44:41		
5:06 (5:06)	0:48 (5:54)	4:05 (9:59)	2:33 (12:32)	0:52 (13:24)	4:34 (17:58)
5:08 (23:06)	4:00 (27:06)	3:14 (30:20)	3:38 (33:58)	1:02 (35:00)	3:14 (38:14)
0:57 (39:11)	1:09 (40:20)	1:10 (41:30)	0:55 (42:25)	0:49 (43:14)	0:44 (43:58)
0:43 (44:41)					
2. Søren Peter Larsen	FIF Hillerød Orientering		51:25 +6:44		
5:57 (5:57)	1:19 (7:16)	4:57 (12:13)	2:03 (14:16)	1:26 (15:42)	5:55 (21:37)
5:31 (27:08)	4:24 (31:32)	2:47 (34:19)	5:07 (39:26)	1:24 (40:50)	3:32 (44:22)
1:02 (45:24)	1:17 (46:41)	0:49 (47:30)	1:16 (48:46)	1:01 (49:47)	0:50 (50:37)
0:48 (51:25)					
3. Keld Johnsen	Tisvilde Hegn OK		56:53 +12:12		
5:23 (5:23)	1:19 (6:42)	4:44 (11:26)	2:28 (13:54)	1:06 (15:00)	4:49 (19:49)
4:32 (24:21)	3:50 (28:11)	3:00 (31:11)	13:36 (44:47)	1:18 (46:05)	3:47 (49:52)
1:08 (51:00)	1:04 (52:04)	1:19 (53:23)	1:18 (54:41)	0:51 (55:32)	0:39 (56:11)
0:42 (56:53)					
4. Leif Sudergaard	Kildeholm OK		56:59 +12:18		
5:55 (5:55)	1:02 (6:57)	4:40 (11:37)	1:54 (13:31)	1:19 (14:50)	6:24 (21:14)
6:32 (27:46)	4:27 (32:13)	3:27 (35:40)	4:51 (40:31)	2:54 (43:25)	4:05 (47:30)
1:20 (48:50)	1:28 (50:18)	2:14 (52:32)	1:59 (54:31)	0:54 (55:25)	0:52 (56:17)
0:42 (56:59)					
5. Niels Landsperg	Tisvilde Hegn OK		59:05 +14:24		
5:44 (5:44)	0:57 (6:41)	5:25 (12:06)	2:07 (14:13)	1:12 (15:25)	6:12 (21:37)
5:49 (27:26)	9:43 (37:09)	3:06 (40:15)	3:54 (44:09)	2:45 (46:54)	4:16 (51:10)
1:16 (52:26)	1:16 (53:42)	1:41 (55:23)	1:23 (56:46)	0:51 (57:37)	0:49 (58:26)
0:39 (59:05)					
6. Karoline Saxtorph Schulz	Ballerup OK		1:00:20 +15:39		
6:34 (6:34)	1:01 (7:35)	6:01 (13:36)	4:05 (17:41)	1:19 (19:00)	6:09 (25:09)
6:17 (31:26)	5:37 (37:03)	4:04 (41:07)	4:27 (45:34)	2:03 (47:37)	4:43 (52:20)
1:11 (53:31)	1:09 (54:40)	1:41 (56:21)	1:35 (57:56)	0:54 (58:50)	0:47 (59:37)
0:43 (1:00:20)					
7. Bent Johansen	OK73		1:02:16 +17:35		
7:37 (7:37)	1:04 (8:41)	5:53 (14:34)	3:04 (17:38)	1:25 (19:03)	7:31 (26:34)
6:15 (32:49)	4:57 (37:46)	4:08 (41:54)	4:49 (46:43)	1:54 (48:37)	4:29 (53:06)
1:17 (54:23)	1:23 (55:46)	2:00 (57:46)	1:28 (59:14)	1:09 (1:00:23)	1:09 (1:01:32)
0:44 (1:02:16)					
8. Jan Kristoffersen	Ballerup OK		1:05:31 +20:50		
6:57 (6:57)	1:21 (8:18)	5:20 (13:38)	2:47 (16:25)	1:19 (17:44)	8:27 (26:11)
6:09 (32:20)	5:35 (37:55)	4:01 (41:56)	4:32 (46:28)	2:25 (48:53)	4:50 (53:43)
1:21 (55:04)	1:19 (56:23)	4:22 (1:00:45)	1:44 (1:02:29)	1:29 (1:03:58)	0:52 (1:04:50)
0:41 (1:05:31)					
9. Sidse Graff Jensen	FIF Hillerød Orientering		1:06:15 +21:34		
7:30 (7:30)	2:34 (10:04)	6:22 (16:26)	2:22 (18:48)	1:50 (20:38)	6:57 (27:35)
6:13 (33:48)	6:13 (40:01)	3:43 (43:44)	4:48 (48:32)	2:44 (51:16)	4:16 (55:32)
1:30 (57:02)	1:15 (58:17)	2:30 (1:00:47)	2:59 (1:03:46)	1:00 (1:04:46)	0:49 (1:05:35)
0:40 (1:06:15)					
10. Jens Krebs	Søllerød OK		1:09:33 +24:52		
7:54 (7:54)	1:15 (9:09)	6:42 (15:51)	2:44 (18:35)	1:26 (20:01)	6:30 (26:31)
5:43 (32:14)	5:59 (38:13)	5:20 (43:33)	5:52 (49:25)	5:31 (54:56)	6:13 (1:01:09)
1:16 (1:02:25)	1:09 (1:03:34)	1:28 (1:05:02)	1:59 (1:07:01)	1:10 (1:08:11)	0:43 (1:08:54)
0:39 (1:09:33)					
11. Freja Kliem	Farum OK		1:12:21 +27:40		
8:18 (8:18)	1:58 (10:16)	6:27 (16:43)	2:50 (19:33)	1:45 (21:18)	9:21 (30:39)
7:55 (38:34)	6:34 (45:08)	4:03 (49:11)	6:07 (55:18)	2:50 (58:08)	5:05 (1:03:13)
1:08 (1:04:21)	1:14 (1:05:35)	2:02 (1:07:37)	1:51 (1:09:28)	1:25 (1:10:53)	0:52 (1:11:45)
0:36 (1:12:21)					
12. Lasse Schnack	OK ØST Birkerød		1:18:20 +33:39		
7:35 (7:35)	1:26 (9:01)	7:07 (16:08)	2:48 (18:56)	2:02 (20:58)	7:54 (28:52)
9:22 (38:14)	7:19 (45:33)	5:47 (51:20)	8:21 (59:41)	2:09 (1:01:50)	5:03 (1:06:53)
1:28 (1:08:21)	2:24 (1:10:45)	1:12 (1:11:57)	2:26 (1:14:23)	1:52 (1:16:15)	1:13 (1:17:28)
0:52 (1:18:20)					
13. Jytte Hougaard	OK Roskilde		1:22:29 +37:48		
8:48 (8:48)	4:19 (13:07)	6:52 (19:59)	6:26 (26:25)	1:45 (28:10)	9:40 (37:50)
7:11 (45:01)	5:42 (50:43)	4:36 (55:19)	6:17 (1:01:36)	2:39 (1:04:15)	5:19 (1:09:34)
1:41 (1:11:15)	1:37 (1:12:52)	3:33 (1:16:25)	1:34 (1:17:59)	2:39 (1:20:38)	1:06 (1:21:44)
0:45 (1:22:29)					

14.	Birgitte Buch	FSK Orientering	1:25:19	+40:38		
	7:19 (7:19)	2:08 (9:27)	9:34 (19:01)	3:53 (22:54)	2:02 (24:56)	9:01 (33:57)
	7:47 (41:44)	6:27 (48:11)	4:33 (52:44)	9:11 (1:01:55)	3:02 (1:04:57)	6:13 (1:11:10)
	1:52 (1:13:02)	1:48 (1:14:50)	5:32 (1:20:22)	1:24 (1:21:46)	1:28 (1:23:14)	1:05 (1:24:19)
	1:00 (1:25:19)					
15.	Peter Reinholdt	Farum OK	1:28:59	+44:18		
	8:13 (8:13)	3:21 (11:34)	6:07 (17:41)	2:33 (20:14)	1:45 (21:59)	6:58 (28:57)
	11:35 (40:32)	12:05 (52:37)	4:27 (57:04)	11:38 (1:08:42)	2:57 (1:11:39)	4:15 (1:15:54)
	1:38 (1:17:32)	1:18 (1:18:50)	2:58 (1:21:48)	2:35 (1:24:23)	2:45 (1:27:08)	1:09 (1:28:17)
	0:42 (1:28:59)					
16.	Tage Ebbensgaard	Køge OK	1:29:11	+44:30		
	8:28 (8:28)	1:35 (10:03)	5:56 (15:59)	4:20 (20:19)	1:21 (21:40)	6:19 (27:59)
	11:06 (39:05)	20:36 (59:41)	3:43 (1:03:24)	4:42 (1:08:06)	1:54 (1:10:00)	4:36 (1:14:36)
	1:10 (1:15:46)	1:23 (1:17:09)	2:03 (1:19:12)	7:16 (1:26:28)	1:05 (1:27:33)	0:51 (1:28:24)
	0:47 (1:29:11)					
17.	Leni Møllsøe	OK Roskilde	1:29:29	+44:48		
	9:03 (9:03)	1:38 (10:41)	5:53 (16:34)	7:34 (24:08)	1:34 (25:42)	9:54 (35:36)
	9:08 (44:44)	6:57 (51:41)	4:51 (56:32)	14:16 (1:10:48)	2:17 (1:13:05)	4:43 (1:17:48)
	1:53 (1:19:41)	1:22 (1:21:03)	2:18 (1:23:21)	2:39 (1:26:00)	1:32 (1:27:32)	1:09 (1:28:41)
	0:48 (1:29:29)					
18.	Lisa Tantholdt	OK ØST Birkerød	1:35:57	+51:16		
	8:40 (8:40)	4:57 (13:37)	10:40 (24:17)	4:04 (28:21)	2:00 (30:21)	9:12 (39:33)
	11:30 (51:03)	11:06 (1:02:09)	4:23 (1:06:32)	6:52 (1:13:24)	5:18 (1:18:42)	5:35 (1:24:17)
	1:28 (1:25:45)	2:17 (1:28:02)	1:59 (1:30:01)	2:17 (1:32:18)	1:37 (1:33:55)	1:12 (1:35:07)
	0:50 (1:35:57)					
19.	Helle M. Frederiksen	Ballerup OK	1:45:07	+60:26		
	6:19 (6:19)	3:48 (10:07)	6:18 (16:25)	5:10 (21:35)	1:38 (23:13)	14:03 (37:16)
	9:52 (47:08)	9:56 (57:04)	3:53 (1:00:57)	6:12 (1:07:09)	22:07 (1:29:16)	5:34 (1:34:50)
	1:37 (1:36:27)	1:10 (1:37:37)	1:58 (1:39:35)	2:44 (1:42:19)	1:09 (1:43:28)	0:57 (1:44:25)
	0:42 (1:45:07)					
20.	AnneMette El-Azem	Tisvilde Hegn OK	1:50:13	+65:32		
	12:32 (12:32)	2:37 (15:09)	10:25 (25:34)	3:59 (29:33)	2:23 (31:56)	14:00 (45:56)
	9:46 (55:42)	9:11 (1:04:53)	6:05 (1:10:58)	10:13 (1:21:11)	4:34 (1:25:45)	6:39 (1:32:24)
	2:46 (1:35:10)	2:22 (1:37:32)	3:46 (1:41:18)	2:16 (1:43:34)	4:13 (1:47:47)	1:21 (1:49:08)
	1:05 (1:50:13)					
21.	Viggo Hansen	Ballerup OK	6:28:33	+343:52		
	– (5:11:47)	1:13 (5:13:00)	4:46 (5:17:46)	2:09 (5:19:55)	1:29 (5:21:24)	6:24 (5:27:48)
	10:27 (5:38:15)	24:48 (6:03:03)	3:23 (6:06:26)	5:37 (6:12:03)	2:18 (6:14:21)	3:58 (6:18:19)
	1:41 (6:20:00)	1:28 (6:21:28)	1:45 (6:23:13)	2:02 (6:25:15)	1:19 (6:26:34)	1:17 (6:27:51)
	0:42 (6:28:33)					
	Frank Rasmussen	Ballerup OK	Fejlklip			
	8:53 (8:53)	– (–)	– (14:33)	3:13 (17:46)	1:18 (19:04)	6:58 (26:02)
	6:51 (32:53)	4:10 (37:03)	3:41 (40:44)	4:16 (45:00)	1:16 (46:16)	3:59 (50:15)
	1:49 (52:04)	1:03 (53:07)	1:53 (55:00)	1:49 (56:49)	1:04 (57:53)	0:50 (58:43)
	0:42 (59:25)					
	Hans-Ole Kething	FSK Orientering	Fejlklip			
	9:55 (9:55)	1:44 (11:39)	12:16 (23:55)	4:03 (27:58)	2:26 (30:24)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (53:59)					
	Susanne Jensen	OK Roskilde	Fejlklip			
	10:56 (10:56)	4:05 (15:01)	7:06 (22:07)	6:18 (28:25)	2:49 (31:14)	13:06 (44:20)
	10:59 (55:19)	9:48 (1:05:07)	6:15 (1:11:22)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (1:39:58)
	1:10 (1:41:08)					
	Martin Hjorth	OK73	Ej startet			
	Michael Hjorth	OK73	Ej startet			
	Pernille Halberg Petersen	FIF Hillerød Orientering	Ej startet			
	Ronnie Hjorth	OK73	Ej startet			
	Thorkild Sørensen	FIF Hillerød Orientering	Ej startet			
Åben 3			Tid	Efter		
		(22 / 22)				
1.	Heidi Kristensen	Søllerød OK	43:57			
	7:52 (7:52)	2:11 (10:03)	1:34 (11:37)	3:45 (15:22)	1:56 (17:18)	5:53 (23:11)
	6:38 (29:49)	2:05 (31:54)	4:15 (36:09)	1:34 (37:43)	1:41 (39:24)	2:42 (42:06)
	1:04 (43:10)	0:47 (43:57)				
2.	Bjørn Raaby Laursen	Allerød OK	48:12	+4:15		
	6:43 (6:43)	2:32 (9:15)	1:22 (10:37)	3:52 (14:29)	2:30 (16:59)	3:54 (20:53)
	4:28 (25:21)	1:50 (27:11)	4:43 (31:54)	1:00 (32:54)	12:40 (45:34)	1:13 (46:47)
	0:50 (47:37)	0:35 (48:12)				
3.	Karina Kück	Lyngby OK	49:22	+5:25		
	8:14 (8:14)	2:44 (10:58)	3:18 (14:16)	6:14 (20:30)	1:48 (22:18)	5:01 (27:19)
	6:35 (33:54)	2:12 (36:06)	5:18 (41:24)	1:16 (42:40)	2:33 (45:13)	2:21 (47:34)
	1:01 (48:35)	0:47 (49:22)				
4.	Peter Krogh	OK ØST Birkerød	50:18	+6:21		
	12:07 (12:07)	2:30 (14:37)	3:42 (18:19)	4:26 (22:45)	1:30 (24:15)	5:51 (30:06)
	6:25 (36:31)	2:30 (39:01)	4:33 (43:34)	1:39 (45:13)	1:40 (46:53)	1:41 (48:34)
	0:47 (49:21)	0:57 (50:18)				
5.	Anne Sørensen	HSOK	57:17	+13:20		
	9:29 (9:29)	2:55 (12:24)	3:47 (16:11)	8:30 (24:41)	2:38 (27:19)	5:27 (32:46)
	6:33 (39:19)	2:54 (42:13)	5:57 (48:10)	1:41 (49:51)	2:32 (52:23)	2:53 (55:16)
	1:04 (56:20)	0:57 (57:17)				
6.	Jette Bachhausen	FIF Hillerød Orientering	58:53	+14:56		
	10:55 (10:55)	2:53 (13:48)	3:13 (17:01)	5:46 (22:47)	2:13 (25:00)	6:39 (31:39)
	7:17 (38:56)	2:38 (41:34)	6:28 (48:02)	2:23 (50:25)	2:39 (53:04)	2:31 (55:35)
	1:39 (57:14)	1:39 (58:53)				
7.	Jannie Nielsen	Tisvilde Hegn OK	59:18	+15:21		
	10:17 (10:17)	2:47 (13:04)	2:57 (16:01)	6:36 (22:37)	2:54 (25:31)	7:24 (32:55)
	7:41 (40:36)	2:34 (43:10)	5:56 (49:06)	2:24 (51:30)	2:37 (54:07)	2:35 (56:42)
	1:16 (57:58)	1:20 (59:18)				
8.	Jette Kreiberg	OK Roskilde	1:00:43	+16:46		
	8:55 (8:55)	3:19 (12:14)	2:37 (14:51)	8:53 (23:44)	5:05 (28:49)	6:25 (35:14)
	6:45 (41:59)	3:07 (45:06)	6:49 (51:55)	1:40 (53:35)	2:26 (56:01)	2:33 (58:34)
	1:10 (59:44)	0:59 (1:00:43)				

9.	Sv Fladberg	Køge OK	1:01:18	+17:21		
	9:59 (9:59)	3:23 (13:22)	6:26 (19:48)	5:12 (25:00)	2:31 (27:31)	6:38 (34:09)
	6:56 (41:05)	3:01 (44:06)	7:13 (51:19)	1:49 (53:08)	3:15 (56:23)	2:33 (58:56)
	1:13 (1:00:09)	1:09 (1:01:18)				
10.	Niels Lund	Søllerød OK	1:04:52	+20:55		
	9:49 (9:49)	2:55 (12:44)	2:52 (15:36)	6:32 (22:08)	2:05 (24:13)	6:04 (30:17)
	8:52 (39:09)	3:10 (42:19)	6:12 (48:31)	2:06 (50:37)	8:15 (58:52)	3:10 (1:02:02)
	1:25 (1:03:27)	1:25 (1:04:52)				
11.	Alice Brødsgaard	Ballerup OK	1:06:29	+22:32		
	10:25 (10:25)	2:42 (13:07)	7:12 (20:19)	5:46 (26:05)	3:35 (29:40)	9:06 (38:46)
	6:49 (45:35)	2:36 (48:11)	7:59 (56:10)	1:51 (58:01)	2:45 (1:00:46)	3:03 (1:03:49)
	1:28 (1:05:17)	1:12 (1:06:29)				
12.	Jakob Vang	HSOK	1:07:53	+23:56		
	7:16 (7:16)	5:30 (12:46)	2:04 (14:50)	4:19 (19:09)	2:12 (21:21)	7:37 (28:58)
	7:18 (36:16)	5:09 (41:25)	5:59 (47:24)	1:56 (49:20)	14:19 (1:03:39)	1:55 (1:05:34)
	1:18 (1:06:52)	1:01 (1:07:53)				
13.	Finn Olsen	OK Roskilde	1:10:01	+26:04		
	10:26 (10:26)	3:12 (13:38)	3:43 (17:21)	5:57 (23:18)	6:11 (29:29)	8:26 (37:55)
	9:25 (47:20)	2:51 (50:11)	8:58 (59:09)	2:07 (1:01:16)	2:29 (1:03:45)	3:24 (1:07:09)
	1:39 (1:08:48)	1:13 (1:10:01)				
14.	Kristine S. Madsen	Søllerød OK	1:12:33	+28:36		
	13:46 (13:46)	3:30 (17:16)	2:37 (19:53)	7:45 (27:38)	3:08 (30:46)	15:24 (46:10)
	7:09 (53:19)	3:05 (56:24)	6:27 (1:02:51)	1:41 (1:04:32)	2:55 (1:07:27)	3:10 (1:10:37)
	1:08 (1:11:45)	0:48 (1:12:33)				
15.	Steffen Nilsson	Køge OK	1:12:41	+28:44		
	11:15 (11:15)	3:21 (14:36)	4:19 (18:55)	6:43 (25:38)	1:51 (27:29)	7:44 (35:13)
	13:25 (48:38)	4:05 (52:43)	8:52 (1:01:35)	1:50 (1:03:25)	3:26 (1:06:51)	3:14 (1:10:05)
	1:23 (1:11:28)	1:13 (1:12:41)				
16.	Poul Gregersen	Ballerup OK	1:20:21	+36:24		
	18:38 (18:38)	5:46 (24:24)	2:54 (27:18)	6:29 (33:47)	4:53 (38:40)	7:09 (45:49)
	11:31 (57:20)	2:36 (59:56)	7:25 (1:07:21)	2:10 (1:09:31)	4:50 (1:14:21)	2:49 (1:17:10)
	1:36 (1:18:46)	1:35 (1:20:21)				
17.	Maiken Andersen	Ballerup OK	1:22:05	+38:08		
	15:37 (15:37)	5:26 (21:03)	3:12 (24:15)	9:10 (33:25)	8:59 (42:24)	8:34 (50:58)
	10:20 (1:01:18)	3:10 (1:04:28)	6:33 (1:11:01)	2:33 (1:13:34)	2:32 (1:16:06)	3:08 (1:19:14)
	1:25 (1:20:39)	1:26 (1:22:05)				
18.	Inger Jensen	FSK Orientering	1:29:03	+45:06		
	10:16 (10:16)	2:31 (12:47)	12:32 (25:19)	9:53 (35:12)	9:34 (44:46)	6:40 (51:26)
	14:03 (1:05:29)	2:49 (1:08:18)	8:35 (1:16:53)	1:40 (1:18:33)	4:46 (1:23:19)	3:11 (1:26:30)
	1:28 (1:27:58)	1:05 (1:29:03)				
19.	Anne Keller	Amager OK	1:38:03	+54:06		
	19:40 (19:40)	3:09 (22:49)	10:58 (33:47)	10:23 (44:10)	9:33 (53:43)	12:18 (1:06:01)
	11:56 (1:17:57)	4:51 (1:22:48)	5:16 (1:28:04)	1:51 (1:29:55)	2:21 (1:32:16)	3:06 (1:35:22)
	1:28 (1:36:50)	1:13 (1:38:03)				
20.	David Ploug	Ballerup OK	1:52:24	+68:27		
	18:49 (18:49)	4:47 (23:36)	4:46 (28:22)	12:04 (40:26)	4:19 (44:45)	10:05 (54:50)
	16:34 (1:11:24)	4:58 (1:16:22)	10:48 (1:27:10)	1:26 (1:28:36)	19:35 (1:48:11)	2:29 (1:50:40)
	1:09 (1:51:49)	0:35 (1:52:24)				
	Henrik Boesen	OK Roskilde	Fejlklip			
	17:59 (17:59)	3:18 (21:17)	2:58 (24:15)	6:56 (31:11)	2:47 (33:58)	8:24 (42:22)
	25:36 (1:07:58)	2:27 (1:10:25)	5:49 (1:16:14)	2:23 (1:18:37)	19:00 (1:37:37)	— (—)
	— (1:41:02)	1:29 (1:42:31)				
	Kirsten Truelsen	Ballerup OK	Fejlklip			
	10:36 (10:36)	4:23 (14:59)	2:36 (17:35)	6:32 (24:07)	8:03 (32:10)	— (—)
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
	— (54:00)	1:52 (55:52)				
Åben 4			(21 / 21)	Tid	Efter	
1.	Kristian B Jensen	De Hårdes Klub	47:19			
	3:17 (3:17)	4:09 (7:26)	4:16 (11:42)	2:11 (13:53)	6:33 (20:26)	7:30 (27:56)
	5:57 (33:53)	4:54 (38:47)	1:02 (39:49)	1:39 (41:28)	2:20 (43:48)	2:21 (46:09)
	0:34 (46:43)	0:36 (47:19)				
2.	Albert Nørsgaard Landspørg	Tisvilde Hegn OK	48:32	+1:13		
	5:18 (5:18)	4:43 (10:01)	2:39 (12:40)	2:47 (15:27)	5:36 (21:03)	7:39 (28:42)
	5:11 (33:53)	4:44 (38:37)	0:57 (39:34)	2:29 (42:03)	2:20 (44:23)	2:47 (47:10)
	0:49 (47:59)	0:33 (48:32)				
3.	Marius Nyhegn	FIF Hillerød Orientering	56:17	+8:58		
	4:54 (4:54)	5:00 (9:54)	2:39 (12:33)	2:08 (14:41)	11:24 (26:05)	7:36 (33:41)
	9:17 (42:58)	4:36 (47:34)	1:06 (48:40)	1:49 (50:29)	1:57 (52:26)	2:08 (54:34)
	1:05 (55:39)	0:38 (56:17)				
4.	Lasse Alkjær Eriksen	FIF Hillerød Orientering	58:52	+11:33		
	4:17 (4:17)	7:52 (12:09)	1:46 (13:55)	3:09 (17:04)	8:31 (25:35)	11:17 (36:52)
	9:19 (46:11)	4:46 (50:57)	0:59 (51:56)	1:57 (53:53)	1:54 (55:47)	1:49 (57:36)
	0:41 (58:17)	0:35 (58:52)				
5.	Bente F. Jensen	Holbæk OK	59:10	+11:51		
	6:48 (6:48)	5:11 (11:59)	2:45 (14:44)	2:41 (17:25)	7:45 (25:10)	9:15 (34:25)
	7:57 (42:22)	5:32 (47:54)	1:14 (49:08)	2:56 (52:04)	2:37 (54:41)	2:44 (57:25)
	0:56 (58:21)	0:49 (59:10)				
6.	Michael Koch Meldgaard	FIF Hillerød Orientering	1:04:06	+16:47		
	6:34 (6:34)	4:53 (11:27)	6:04 (17:31)	2:43 (20:14)	8:07 (28:21)	8:32 (36:53)
	9:52 (46:45)	5:31 (52:16)	1:14 (53:30)	2:37 (56:07)	3:56 (1:00:03)	2:41 (1:02:44)
	0:44 (1:03:28)	0:38 (1:04:06)				
7.	Mikael Scheby	OK Sorø	1:11:31	+24:12		
	4:45 (4:45)	8:58 (13:43)	4:04 (17:47)	2:13 (20:00)	9:55 (29:55)	11:34 (41:29)
	7:23 (48:52)	6:42 (55:34)	1:13 (56:47)	3:20 (1:00:07)	2:47 (1:02:54)	7:15 (1:10:09)
	0:43 (1:10:52)	0:39 (1:11:31)				
8.	Torsten Berglind	Allerød OK	1:32:26	+45:07		
	11:31 (11:31)	5:51 (17:22)	13:28 (30:50)	3:19 (34:09)	11:52 (46:01)	9:10 (55:11)
	11:32 (1:06:43)	7:09 (1:13:52)	6:15 (1:20:07)	2:13 (1:22:20)	3:39 (1:25:59)	4:28 (1:30:27)
	1:08 (1:31:35)	0:51 (1:32:26)				
9.	Dorrit Røpke	Farum OK	1:36:50	+49:31		
	6:48 (6:48)	8:09 (14:57)	3:38 (18:35)	4:15 (22:50)	17:16 (40:06)	11:08 (51:14)
	9:14 (1:00:28)	12:25 (1:12:53)	2:17 (1:15:10)	6:40 (1:21:50)	4:27 (1:26:17)	8:43 (1:35:00)
	1:03 (1:36:03)	0:47 (1:36:50)				

10. Lise Celine Høgstedt	Lyngby OK	1:43:09	+55:50		
6:28 (6:28)	9:10 (15:38)	5:46 (21:24)	4:16 (25:40)	14:09 (39:49)	10:52 (50:41)
12:09 (1:02:50)	15:52 (1:18:42)	5:53 (1:24:35)	5:25 (1:30:00)	5:50 (1:35:50)	5:38 (1:41:28)
0:48 (1:42:16)	0:53 (1:43:09)				
11. Marianne Oslev	OK73	1:44:13	+56:54		
13:38 (13:38)	8:58 (22:36)	13:37 (36:13)	3:49 (40:02)	10:25 (50:27)	10:57 (1:01:24)
11:08 (1:12:32)	10:14 (1:22:46)	1:50 (1:24:36)	9:47 (1:34:23)	2:59 (1:37:22)	4:10 (1:41:32)
1:41 (1:43:13)	1:00 (1:44:13)				
12. Benth Jensen	OK Skærmøen Værløse	1:48:09	+60:50		
11:53 (11:53)	16:16 (28:09)	3:08 (31:17)	4:49 (36:06)	12:46 (48:52)	12:31 (1:01:23)
9:21 (1:10:44)	9:10 (1:19:54)	10:25 (1:30:19)	6:40 (1:36:59)	4:13 (1:41:12)	4:38 (1:45:50)
1:17 (1:47:07)	1:02 (1:48:09)				
13. Christopher Søgaard	OK Roskilde	1:56:54	+69:35		
7:44 (7:44)	11:54 (19:38)	6:16 (25:54)	10:50 (36:44)	13:55 (50:39)	14:03 (1:04:42)
12:38 (1:17:20)	10:35 (1:27:55)	1:37 (1:29:32)	3:45 (1:33:17)	3:35 (1:36:52)	17:48 (1:54:40)
1:25 (1:56:05)	0:49 (1:56:54)				
Inge K. Kristoffersen	Ballerup OK	Fejlkli			
22:26 (22:26)	16:16 (38:42)	9:52 (48:34)	3:26 (52:00)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (1:25:10)	1:10 (1:26:20)				
Inger Landsberg	THOK	Fejlkli			
7:38 (7:38)	6:32 (14:10)	6:40 (20:50)	2:45 (23:35)	15:40 (39:15)	12:04 (51:19)
8:27 (59:46)	6:27 (1:06:13)	2:05 (1:08:18)	- (-)	- (-)	- (-)
- (1:21:58)	0:58 (1:22:56)				
Susanne Christiansen	Farum OK	Fejlkli			
11:45 (11:45)	7:47 (19:32)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (33:13)	1:04 (34:17)				
Liva Sandal Mark Hansen	Kildeholm OK	Udgået			
6:57 (6:57)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)				
Synnøve Røysland	Søllerød OK	Udgået			
Hans Grønberg Nielsen	Allerød OK	Ej startet			
Louise Holm Splittorff	FIF Hillerød Orientering	Ej startet			
Trine Hershøj	OK73	Ej startet			

Åben 5	(7 / 7)	Tid	Efter		
1. Jes Hickman		22:27			
2:47 (2:47)	0:58 (3:45)	1:03 (4:48)	0:48 (5:36)	1:03 (6:39)	1:14 (7:53)
1:11 (9:04)	1:12 (10:16)	0:41 (10:57)	1:13 (12:10)	0:30 (12:40)	1:41 (14:21)
2:51 (17:12)	0:53 (18:05)	0:40 (18:45)	1:04 (19:49)	0:40 (20:29)	1:27 (21:56)
0:31 (22:27)					
2. Anders Frydendal	Holbæk OK	24:54	+2:27		
4:25 (4:25)	1:03 (5:28)	1:46 (7:14)	0:38 (7:52)	0:53 (8:45)	1:19 (10:04)
1:11 (11:15)	1:20 (12:35)	0:51 (13:26)	1:10 (14:36)	0:28 (15:04)	1:31 (16:35)
1:53 (18:28)	1:10 (19:38)	0:49 (20:27)	1:25 (21:52)	1:17 (23:09)	1:12 (24:21)
0:33 (24:54)					
3. Jens Storm Lyngsø	Allerød OK	35:10	+12:43		
2:50 (2:50)	3:51 (6:41)	1:56 (8:37)	0:53 (9:30)	1:19 (10:49)	2:03 (12:52)
1:59 (14:51)	1:59 (16:50)	1:05 (17:55)	1:53 (19:48)	0:42 (20:30)	2:51 (23:21)
3:51 (27:12)	1:02 (28:14)	1:23 (29:37)	1:56 (31:33)	1:05 (32:38)	1:53 (34:31)
0:39 (35:10)					
4. Freja Emilie Kent	OK Roskilde	38:33	+16:06		
2:12 (2:12)	1:22 (3:34)	2:59 (6:33)	0:59 (7:32)	3:56 (11:28)	1:38 (13:06)
1:34 (14:40)	2:03 (16:43)	1:13 (17:56)	1:29 (19:25)	0:36 (20:01)	2:31 (22:32)
9:13 (31:45)	1:08 (32:53)	0:29 (33:22)	1:22 (34:44)	1:29 (36:13)	1:35 (37:48)
0:45 (38:33)					
5. Helgard Olsen	OK Roskilde	51:28	+29:01		
4:32 (4:32)	2:28 (7:00)	4:20 (11:20)	1:46 (13:06)	1:54 (15:00)	3:00 (18:00)
2:36 (20:36)	3:56 (24:32)	1:31 (26:03)	2:24 (28:27)	1:09 (29:36)	3:36 (33:12)
4:52 (38:04)	1:46 (39:50)	2:40 (42:30)	3:08 (45:38)	1:58 (47:36)	2:36 (50:12)
1:16 (51:28)					
6. Ib Gllud Konradsen	Søllerød OK	1:19:01	+56:34		
5:50 (5:50)	3:28 (9:18)	3:37 (12:55)	2:19 (15:14)	3:04 (18:18)	4:26 (22:44)
3:39 (26:23)	4:36 (30:59)	2:14 (33:13)	3:49 (37:02)	2:03 (39:05)	9:29 (48:34)
6:08 (54:42)	9:51 (1:04:33)	3:19 (1:07:52)	3:10 (1:11:02)	2:01 (1:13:03)	3:54 (1:16:57)
2:04 (1:19:01)					
Markus Emil Thomsen		Fejlkli			
2:24 (2:24)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (29:46)
5:13 (34:59)	1:37 (36:36)	0:54 (37:30)	- (-)	- (45:06)	1:51 (46:57)
0:41 (47:38)					

Åben 6	(3 / 3)	Tid	Efter		
1. Otto Lomborg	FIF Hillerød Orientering	35:30			
4:09 (4:09)	1:44 (5:53)	0:59 (6:52)	3:52 (10:44)	2:37 (13:21)	1:27 (14:48)
2:32 (17:20)	2:10 (19:30)	1:58 (21:28)	2:29 (23:57)	1:31 (25:28)	2:11 (27:39)
3:32 (31:11)	2:12 (33:23)	2:07 (35:30)			
2. Niclas Cook Simonsen	FIF Hillerød Orientering	36:25	+0:55		
2:42 (2:42)	1:10 (3:52)	1:07 (4:59)	3:48 (8:47)	2:03 (10:50)	1:19 (12:09)
1:56 (14:05)	1:15 (15:20)	1:18 (16:38)	1:30 (18:08)	1:22 (19:30)	0:45 (20:15)
10:46 (31:01)	3:40 (34:41)	1:44 (36:25)			
3. Franka Søndergaard Pohl	OK Roskilde	42:54	+7:24		
6:38 (6:38)	1:37 (8:15)	1:12 (9:27)	5:47 (15:14)	3:43 (18:57)	2:14 (21:11)
3:26 (24:37)	2:27 (27:04)	2:22 (29:26)	2:38 (32:04)	2:25 (34:29)	1:02 (35:31)
4:00 (39:31)	2:40 (42:11)	0:43 (42:54)			