

Resultater – Natcup, Ravnsholt

2019-01-23

H1	(18 / 18)	Tid	Efter
1. Søren Thrane Ødum	OK Øst	43:39	
2:10 (2:10)	1:52 (4:02)	1:18 (5:20)	0:36 (5:56)
2:04 (12:01)	2:28 (14:29)	1:08 (15:37)	2:16 (17:53)
0:37 (22:49)	3:43 (26:32)	1:20 (27:52)	1:35 (19:28)
1:00 (35:50)	2:41 (38:31)	1:00 (39:31)	3:09 (31:01)
0:44 (43:39)			0:59 (32:00)
			2:50 (34:50)
			0:58 (41:02)
			1:53 (42:55)
2. Oscar David Broman Jensen	Allerød OK	46:10	+2:31
2:06 (2:06)	2:55 (5:01)	0:32 (5:33)	3:45 (9:18)
0:55 (14:36)	3:01 (17:37)	2:06 (19:43)	1:37 (21:20)
1:21 (26:31)	2:12 (28:43)	2:36 (31:19)	1:11 (32:30)
1:01 (37:53)	2:48 (40:41)	1:01 (41:42)	2:40 (35:10)
0:44 (46:10)			1:04 (43:27)
			3:08 (13:41)
			3:13 (25:10)
			1:42 (36:52)
			1:59 (45:26)
3. Lasse Falck Weber	Tisvilde Hegn OK	47:53	+4:14
2:17 (2:17)	1:13 (3:30)	2:07 (5:37)	2:35 (8:12)
1:41 (13:49)	2:17 (16:06)	1:29 (17:35)	0:58 (18:33)
0:40 (25:02)	3:41 (28:43)	1:44 (30:27)	3:02 (21:35)
1:06 (38:57)	3:12 (42:09)	1:23 (43:32)	1:00 (34:40)
0:44 (47:53)			0:48 (44:20)
			0:57 (45:17)
			2:23 (12:08)
			2:47 (24:22)
			3:11 (37:51)
			1:52 (47:09)
4. Lasse Fugmann Thamdrup	Allerød OK	47:56	+4:17
2:02 (2:02)	2:03 (4:05)	1:22 (5:27)	0:38 (6:05)
0:40 (12:22)	4:58 (17:20)	1:41 (19:01)	3:10 (22:11)
1:21 (27:34)	2:22 (29:56)	2:40 (32:36)	1:17 (33:53)
1:04 (39:36)	2:55 (42:31)	1:00 (43:31)	2:59 (9:04)
0:45 (47:56)			0:58 (23:09)
			2:53 (36:46)
			0:57 (45:15)
			2:38 (11:42)
			3:04 (26:13)
			1:46 (38:32)
			1:56 (47:11)
5. Jens Knud Maarup	Allerød OK	48:03	+4:24
2:09 (2:09)	1:14 (3:23)	2:08 (5:31)	2:36 (8:07)
1:40 (13:55)	2:22 (16:17)	1:26 (17:43)	0:52 (18:35)
0:37 (25:04)	4:04 (29:08)	1:39 (30:47)	3:04 (21:39)
1:07 (39:05)	3:02 (42:07)	1:11 (43:18)	2:58 (33:45)
0:45 (48:03)			1:00 (34:45)
			1:03 (45:13)
			2:36 (12:15)
			2:48 (24:27)
			3:13 (37:58)
			2:05 (47:18)
6. Jakob Schøier Kovsted	Tisvilde Hegn OK	49:27	+5:48
2:18 (2:18)	3:06 (5:24)	0:30 (5:54)	3:49 (9:43)
0:55 (14:53)	3:09 (18:02)	2:12 (20:14)	1:13 (10:56)
1:21 (27:50)	2:20 (30:10)	2:40 (32:50)	0:38 (23:13)
1:09 (39:57)	3:17 (43:14)	1:10 (44:24)	2:21 (22:35)
0:49 (49:27)			1:17 (34:07)
			2:53 (37:00)
			1:19 (46:36)
			3:02 (13:58)
			3:16 (26:29)
			1:48 (38:48)
			2:02 (48:38)
7. Tim Falck Weber	Tisvilde Hegn OK	54:36	+10:57
2:15 (2:15)	2:34 (4:49)	1:43 (6:32)	0:55 (7:27)
2:39 (15:23)	3:00 (18:23)	1:25 (19:48)	3:47 (11:14)
0:42 (28:28)	4:46 (33:14)	2:07 (35:21)	1:57 (24:30)
1:22 (44:53)	3:31 (48:24)	1:11 (49:35)	3:34 (38:55)
0:53 (54:36)			1:05 (40:00)
			1:10 (51:30)
			1:30 (12:44)
			3:16 (27:46)
			3:31 (43:31)
			2:13 (53:43)
8. Lukas Becker	Søllerød OK	55:22	+11:43
1:50 (1:50)	1:13 (3:03)	2:09 (5:12)	2:39 (7:51)
1:38 (14:01)	3:14 (17:15)	0:51 (18:06)	1:45 (9:36)
1:09 (30:03)	3:22 (33:25)	3:39 (37:04)	4:07 (22:13)
1:33 (45:15)	3:48 (49:03)	1:13 (50:16)	3:07 (25:20)
0:50 (55:22)			0:49 (39:37)
			1:14 (52:21)
			2:47 (12:23)
			3:34 (28:54)
			4:05 (43:42)
			2:11 (54:32)
9. Thomas Vejsnæs	OK Sorø	56:06	+12:27
2:04 (2:04)	1:21 (3:25)	2:10 (5:35)	2:40 (8:15)
1:45 (14:10)	3:14 (17:24)	2:02 (19:26)	0:53 (20:19)
0:39 (28:34)	4:32 (33:06)	2:23 (35:29)	3:37 (39:06)
1:10 (44:55)	4:17 (49:12)	1:27 (50:39)	0:57 (51:36)
0:58 (56:06)			1:13 (52:49)
			1:34 (9:49)
			4:21 (24:40)
			1:04 (40:10)
			1:13 (52:49)
			2:36 (12:25)
			3:15 (27:55)
			3:35 (43:45)
			2:19 (55:08)
10. Julius Molsen	Søllerød OK	57:04	+13:25
2:00 (2:00)	2:09 (4:09)	1:26 (5:35)	0:43 (6:18)
2:11 (13:08)	6:35 (19:43)	1:25 (21:08)	3:10 (9:28)
0:46 (30:07)	4:52 (34:59)	2:06 (37:05)	1:58 (26:07)
1:13 (46:59)	3:29 (50:28)	1:17 (51:45)	3:43 (40:48)
0:52 (57:04)			1:05 (41:53)
			1:20 (53:49)
			1:29 (10:57)
			3:14 (29:21)
			3:53 (45:46)
			2:23 (56:12)
11. Kasper Ingerslev	Ballerup OK	57:37	+13:58
2:13 (2:13)	1:19 (3:32)	2:15 (5:47)	3:12 (8:59)
2:23 (15:56)	3:26 (19:22)	2:02 (21:24)	0:42 (22:06)
0:42 (30:26)	5:12 (35:38)	1:52 (37:30)	3:51 (41:21)
1:14 (47:15)	3:58 (51:13)	1:13 (52:26)	1:05 (53:31)
0:43 (57:37)			1:09 (54:40)
			1:54 (10:53)
			3:42 (25:48)
			1:05 (42:26)
			2:14 (56:54)
			2:40 (13:33)
			3:56 (29:44)
			3:35 (46:01)
			2:14 (56:54)
12. Ida Øbro	Tisvilde Hegn OK	57:43	+14:04
2:23 (2:23)	2:43 (5:06)	1:38 (6:44)	0:47 (7:31)
0:42 (15:13)	4:49 (20:02)	1:56 (21:58)	3:40 (11:11)
1:41 (34:08)	2:47 (36:55)	3:00 (39:55)	1:05 (28:45)
1:13 (48:07)	3:19 (51:26)	1:09 (52:35)	1:25 (41:20)
0:50 (57:43)			0:53 (53:28)
			1:11 (54:39)
			3:20 (14:31)
			3:42 (32:27)
			2:09 (46:54)
			2:14 (56:53)
13. Grzegorz Frass	Farum OK	1:39:58	+56:19
3:05 (3:05)	4:54 (7:59)	6:35 (14:34)	1:25 (15:59)
1:06 (28:37)	7:21 (35:58)	3:14 (39:12)	5:48 (45:00)
2:57 (56:29)	4:11 (1:00:40)	6:36 (1:07:16)	3:02 (1:10:18)
1:57 (1:20:56)	6:51 (1:27:47)	2:07 (1:29:54)	2:19 (1:32:13)
1:11 (1:39:58)			2:27 (1:34:40)
			5:47 (21:46)
			2:11 (47:11)
			5:25 (1:15:43)
			2:27 (1:38:47)
			5:45 (27:31)
			6:21 (53:32)
			3:16 (1:18:59)
			4:07 (1:38:47)
Agnes Nørgård Kracht	Tisvilde Hegn OK	Ej startet	
Annika Simonsen	FIF Hillerød	Ej startet	
Mikkel Skaarup	Ballerup OK	Ej startet	
Nikoline Holm Splittorff	FIF Hillerød	Ej startet	
Simon Troelsgård	Lyngby OK	Ej startet	
D2	(16 / 16)	Tid	Efter
1. Sigrild Høyer Staugaard	FIF Hillerød	40:42	

	2:20 (2:20)	3:50 (6:10)	1:52 (8:02)	1:17 (9:19)	1:15 (10:34)	2:45 (13:19)
	2:22 (15:41)	2:27 (18:08)	1:47 (19:55)	3:13 (23:08)	2:33 (25:41)	1:45 (27:26)
	1:35 (29:01)	2:46 (31:47)	1:11 (32:58)	1:40 (34:38)	2:31 (37:09)	2:44 (39:53)
	0:49 (40:42)					
2.	Nicoline F. Klynsner	FIF Hillerød	42:19	+1:37		
	2:19 (2:19)	3:33 (5:52)	1:09 (7:01)	1:14 (8:15)	2:55 (11:10)	3:50 (15:00)
	1:52 (16:52)	1:14 (18:06)	1:17 (19:23)	2:58 (22:21)	2:23 (24:44)	2:31 (27:15)
	2:03 (29:18)	3:09 (32:27)	3:35 (36:02)	1:30 (37:32)	1:25 (38:57)	2:29 (41:26)
	0:53 (42:19)					
3.	Mathilde Nørgård Kracht	Tisvilde Hegn OK	43:19	+2:37		
	2:26 (2:26)	1:39 (4:05)	3:00 (7:05)	2:57 (10:02)	1:36 (11:38)	2:06 (13:44)
	3:11 (16:55)	1:14 (18:09)	1:25 (19:34)	2:51 (22:25)	3:59 (26:24)	2:24 (28:48)
	1:26 (30:14)	1:20 (31:34)	3:00 (34:34)	2:48 (37:22)	2:23 (39:45)	2:40 (42:25)
	0:54 (43:19)					
4.	Xenia Bregensøe	Tisvilde Hegn OK	44:15	+3:33		
	2:30 (2:30)	3:52 (6:22)	1:50 (8:12)	1:19 (9:31)	1:18 (10:49)	2:49 (13:38)
	2:43 (16:21)	2:25 (18:46)	4:13 (22:59)	1:10 (24:09)	1:35 (25:44)	2:48 (28:32)
	2:17 (30:49)	3:34 (34:23)	2:52 (37:15)	1:44 (38:59)	1:35 (40:34)	2:45 (43:19)
	0:56 (44:15)					
5.	Alberte Kaae-Nielsen	Søllerød OK	44:20	+3:38		
	2:32 (2:32)	3:54 (6:26)	1:55 (8:21)	1:19 (9:40)	1:21 (11:01)	2:52 (13:53)
	2:29 (16:22)	2:32 (18:54)	2:29 (21:23)	1:24 (22:47)	1:36 (24:23)	2:53 (27:16)
	3:35 (30:51)	3:29 (34:20)	2:50 (37:10)	1:46 (38:56)	1:32 (40:28)	2:57 (43:25)
	0:55 (44:20)					
6.	Camille Marie Næstoft Juhl	Søllerød OK	47:14	+6:32		
	2:35 (2:35)	2:31 (5:06)	1:20 (6:26)	1:21 (7:47)	2:56 (10:43)	4:29 (15:12)
	2:24 (17:36)	1:30 (19:06)	1:34 (20:40)	3:17 (23:57)	3:09 (27:06)	3:04 (30:10)
	2:01 (32:11)	3:17 (35:28)	3:21 (38:49)	2:30 (41:19)	1:53 (43:12)	3:04 (46:16)
	0:58 (47:14)					
7.	Dicte Højbjerg Andersen	Helsingør SOK	53:36	+12:54		
	2:36 (2:36)	3:05 (5:41)	3:14 (8:55)	3:39 (12:34)	1:45 (14:19)	1:44 (16:03)
	5:42 (21:45)	1:16 (23:01)	1:35 (24:36)	2:52 (27:28)	5:29 (32:57)	2:31 (35:28)
	2:12 (37:40)	1:42 (39:22)	3:31 (42:53)	3:28 (46:21)	3:13 (49:34)	2:59 (52:33)
	1:03 (53:36)					
8.	Anne Marie Thommesen	Ballerup OK	54:00	+13:18		
	2:55 (2:55)	3:01 (5:56)	1:21 (7:17)	1:35 (8:52)	3:00 (11:52)	3:05 (14:57)
	3:47 (18:44)	3:42 (22:26)	2:47 (25:13)	2:15 (27:28)	5:34 (33:02)	2:38 (35:40)
	1:55 (37:35)	1:44 (39:19)	3:51 (43:10)	3:36 (46:46)	2:59 (49:45)	3:09 (52:54)
	1:06 (54:00)					
9.	Astrid Skytte Kirkegaard	Tisvilde Hegn OK	54:56	+14:14		
	2:29 (2:29)	1:44 (4:13)	4:16 (8:29)	3:28 (11:57)	2:05 (14:02)	1:49 (15:51)
	5:20 (21:11)	3:41 (24:52)	2:00 (26:52)	1:50 (28:42)	4:34 (33:16)	3:48 (37:04)
	2:39 (39:43)	4:06 (43:49)	1:32 (45:21)	2:29 (47:50)	2:58 (50:48)	3:05 (53:53)
	1:03 (54:56)					
10.	Niels Peder Møller	Lyngby OK	1:03:23	+22:41		
	2:56 (2:56)	5:17 (8:13)	3:11 (11:24)	1:45 (13:09)	4:21 (17:30)	4:45 (22:15)
	4:03 (26:18)	4:49 (31:07)	2:39 (33:46)	4:25 (38:11)	4:08 (42:19)	2:04 (44:23)
	1:56 (46:19)	5:23 (51:42)	1:27 (53:09)	2:14 (55:23)	3:01 (58:24)	3:57 (1:02:21)
	1:02 (1:03:23)					
11.	Karoline Saxtorph Schulz	Ballerup OK	1:04:55	+24:13		
	3:07 (3:07)	2:31 (5:38)	4:08 (9:46)	8:19 (18:05)	2:14 (20:19)	1:59 (22:18)
	3:59 (26:17)	1:41 (27:58)	2:18 (30:16)	3:28 (33:44)	6:13 (39:57)	3:18 (43:15)
	2:05 (45:20)	2:17 (47:37)	5:28 (53:05)	4:20 (57:25)	3:10 (1:00:35)	3:18 (1:03:53)
	1:02 (1:04:55)					
12.	Kathrine Dyrsting Sandvang	FIF Hillerød	1:09:32	+28:50		
	3:20 (3:20)	5:49 (9:09)	3:12 (12:21)	2:12 (14:33)	2:42 (17:15)	4:48 (22:03)
	4:21 (26:24)	5:09 (31:33)	3:43 (35:16)	1:40 (36:56)	2:01 (38:57)	4:31 (43:28)
	3:11 (46:39)	5:33 (52:12)	5:35 (57:47)	3:09 (1:00:56)	2:43 (1:03:39)	4:20 (1:07:59)
	1:33 (1:09:32)					
	Mathilde Smedegaard Madsen	Søllerød OK	Fejlklip			
	2:17 (2:17)	3:50 (6:07)	1:53 (8:00)	1:15 (9:15)	1:15 (10:30)	2:41 (13:11)
	2:15 (15:26)	– (–)	– (22:14)	3:09 (25:23)	3:14 (28:37)	1:34 (30:11)
	1:29 (31:40)	2:03 (33:43)	2:23 (36:06)	1:22 (37:28)	2:36 (40:04)	2:23 (42:27)
	1:03 (43:30)					
	Celina Bregensøe	Tisvilde Hegn OK	Ej startet			
	Masha Semak	Farum OK	Ej startet			
	Siri Simonsen	FIF Hillerød	Ej startet			
H2		(33 / 33)	Tid	Efter		
1.	Gustav L. Holmberg	FIF Hillerød	39:40			
	1:57 (1:57)	3:25 (5:22)	1:01 (6:23)	1:18 (7:41)	2:10 (9:51)	3:40 (13:31)
	2:48 (16:19)	1:21 (17:40)	1:03 (18:43)	2:25 (21:08)	2:14 (23:22)	2:33 (25:55)
	1:53 (27:48)	2:56 (30:44)	2:26 (33:10)	1:58 (35:08)	1:18 (36:26)	2:29 (38:55)
	0:45 (39:40)					
2.	Mathias Buchgreitz	Søllerød OK	39:53	+0:13		
	1:59 (1:59)	3:28 (5:27)	1:09 (6:36)	1:06 (7:42)	2:17 (9:59)	3:38 (13:37)
	2:50 (16:27)	1:09 (17:36)	1:11 (18:47)	2:35 (21:22)	2:51 (24:13)	2:03 (26:16)
	1:43 (27:59)	2:48 (30:47)	2:35 (33:22)	1:54 (35:16)	1:19 (36:35)	2:37 (39:12)
	0:41 (39:53)					
3.	Tobias Olloz	Tisvilde Hegn OK	40:47	+1:07		
	2:08 (2:08)	4:00 (6:08)	1:57 (8:05)	1:17 (9:22)	1:13 (10:35)	2:40 (13:15)
	2:25 (15:40)	2:31 (18:11)	1:47 (19:58)	3:15 (23:13)	2:32 (25:45)	1:38 (27:23)
	1:37 (29:00)	3:01 (32:01)	1:09 (33:10)	1:25 (34:35)	2:32 (37:07)	2:49 (39:56)
	0:51 (40:47)					
4.	Lasse Hansen	Kildeholm OK	41:47	+2:07		
	2:26 (2:26)	3:52 (6:18)	1:50 (8:08)	1:18 (9:26)	1:15 (10:41)	2:42 (13:23)
	2:29 (15:52)	2:19 (18:11)	2:27 (20:38)	1:18 (21:56)	1:26 (23:22)	2:35 (25:57)
	2:06 (28:03)	2:55 (30:58)	2:56 (33:54)	2:33 (36:27)	1:42 (38:09)	2:42 (40:51)
	0:56 (41:47)					
5.	Theis Munktvad	Allerød OK	41:51	+2:11		
	2:15 (2:15)	3:47 (6:02)	1:59 (8:01)	1:18 (9:19)	1:12 (10:31)	2:50 (13:21)
	2:25 (15:46)	2:58 (18:44)	1:53 (20:37)	3:08 (23:45)	3:08 (26:53)	1:52 (28:45)
	1:39 (30:24)	3:28 (33:52)	1:11 (35:03)	1:06 (36:09)	2:31 (38:40)	2:21 (41:01)
	0:50 (41:51)					

6.	Valdemar Marager	Allerød OK	41:58	+2:18		
	2:02 (2:02)	1:38 (3:40)	2:40 (6:20)	2:54 (9:14)	2:33 (11:47)	1:54 (13:41)
	3:36 (17:17)	2:31 (19:48)	1:22 (21:10)	1:25 (22:35)	3:04 (25:39)	3:10 (28:49)
	3:14 (32:03)	2:01 (34:04)	1:04 (35:08)	1:04 (36:12)	2:25 (38:37)	2:32 (41:09)
	0:49 (41:58)					
7.	Hans Grønberg Nielsen	Allerød OK	42:00	+2:20		
	2:15 (2:15)	1:37 (3:52)	3:09 (7:01)	3:19 (10:20)	1:29 (11:49)	1:53 (13:42)
	3:47 (17:29)	2:22 (19:51)	1:30 (21:21)	1:12 (22:33)	3:17 (25:50)	2:55 (28:45)
	2:56 (31:41)	2:14 (33:55)	1:11 (35:06)	1:09 (36:15)	2:27 (38:42)	2:30 (41:12)
	0:48 (42:00)					
8.	Anders Marager	Allerød OK	42:36	+2:56		
	2:33 (2:33)	3:56 (6:29)	1:54 (8:23)	1:23 (9:46)	1:19 (11:05)	2:50 (13:55)
	2:31 (16:26)	2:33 (18:59)	2:08 (21:07)	3:17 (24:24)	2:51 (27:15)	1:44 (28:59)
	1:31 (30:30)	3:20 (33:50)	1:15 (35:05)	1:12 (36:17)	2:34 (38:51)	2:43 (41:34)
	1:02 (42:36)					
9.	Magnus Andersen	Ballerup OK	42:45	+3:05		
	2:07 (2:07)	1:42 (3:49)	3:03 (6:52)	3:14 (10:06)	1:34 (11:40)	1:58 (13:38)
	2:18 (15:56)	1:14 (17:10)	1:24 (18:34)	2:38 (21:12)	4:20 (25:32)	3:08 (28:40)
	1:30 (30:10)	1:21 (31:31)	2:50 (34:21)	2:48 (37:09)	2:09 (39:18)	2:37 (41:55)
	0:50 (42:45)					
10.	Niels-Peter Vest Nielsen	Allerød OK	42:52	+3:12		
	2:22 (2:22)	1:38 (4:00)	3:07 (7:07)	3:10 (10:17)	1:35 (11:52)	1:45 (13:37)
	2:12 (15:49)	1:12 (17:01)	1:48 (18:49)	2:38 (21:27)	4:09 (25:36)	3:07 (28:43)
	1:24 (30:07)	1:20 (31:27)	2:54 (34:21)	2:50 (37:11)	2:09 (39:20)	2:37 (41:57)
	0:55 (42:52)					
11.	Christian Olsen	Amager OK	43:06	+3:26		
	2:23 (2:23)	2:37 (5:00)	1:16 (6:16)	1:23 (7:39)	2:38 (10:17)	2:11 (12:28)
	3:13 (15:41)	3:10 (18:51)	1:39 (20:30)	1:36 (22:06)	4:39 (26:45)	2:31 (28:16)
	1:28 (30:44)	1:19 (32:03)	2:56 (34:59)	2:31 (37:30)	2:15 (39:45)	2:36 (42:21)
	0:45 (43:06)					
12.	Asger Habekost Nielsen	OK Øst Birkerød	43:11	+3:31		
	2:16 (2:16)	1:40 (3:56)	3:08 (7:04)	3:09 (10:13)	1:38 (11:51)	1:38 (13:29)
	2:25 (15:54)	1:24 (17:18)	1:21 (18:39)	2:44 (21:23)	4:19 (25:42)	2:21 (28:03)
	1:30 (29:33)	1:29 (31:02)	3:04 (34:06)	2:34 (36:40)	2:35 (39:15)	3:04 (42:19)
	0:52 (43:11)					
13.	Malte Kliem	Farum OK	43:13	+3:33		
	2:12 (2:12)	2:33 (4:45)	1:20 (6:05)	1:26 (7:31)	2:37 (10:08)	2:18 (12:26)
	3:12 (15:38)	3:18 (18:56)	1:38 (20:34)	1:42 (22:16)	4:26 (26:42)	2:21 (29:03)
	1:27 (30:30)	1:18 (31:48)	2:56 (34:44)	2:42 (37:26)	2:15 (39:41)	2:41 (42:22)
	0:51 (43:13)					
14.	Peter Steen Landsperg	Tisvilde Hegn OK	43:15	+3:35		
	2:15 (2:15)	1:43 (3:58)	3:04 (7:02)	3:13 (10:15)	1:38 (11:53)	1:57 (13:50)
	3:00 (16:50)	1:16 (18:06)	1:30 (19:36)	2:52 (22:28)	4:16 (26:44)	2:17 (29:01)
	1:21 (30:22)	1:16 (31:38)	2:59 (34:37)	2:49 (37:26)	2:22 (39:48)	2:36 (42:24)
	0:51 (43:15)					
15.	Rolf Valery	Tisvilde Hegn OK	44:10	+4:30		
	2:25 (2:25)	4:07 (6:32)	1:56 (8:28)	1:26 (9:54)	1:22 (11:16)	3:01 (14:17)
	2:24 (16:41)	2:34 (19:15)	3:32 (22:47)	1:17 (24:04)	1:29 (25:33)	2:54 (28:27)
	2:05 (30:32)	3:34 (34:06)	2:58 (37:04)	2:01 (39:05)	1:30 (40:35)	2:41 (43:16)
	0:54 (44:10)					
16.	Anders Laage Kragh	OK Roskilde	47:33	+7:53		
	2:29 (2:29)	2:18 (4:47)	1:28 (6:15)	1:21 (7:36)	2:45 (10:21)	2:09 (12:30)
	3:20 (15:50)	3:05 (18:55)	1:46 (20:41)	1:33 (22:14)	4:41 (26:55)	3:01 (29:56)
	1:42 (31:38)	1:38 (33:16)	3:46 (37:02)	3:06 (40:08)	3:14 (43:22)	3:09 (46:31)
	1:02 (47:33)					
17.	Lars Lyngsø	Allerød OK	49:52	+10:12		
	2:29 (2:29)	2:51 (5:20)	1:18 (6:38)	1:20 (7:58)	2:53 (10:51)	3:00 (13:51)
	3:15 (17:06)	3:36 (20:42)	1:56 (22:38)	2:05 (24:43)	4:48 (29:31)	2:24 (31:55)
	1:47 (33:42)	1:50 (35:32)	3:35 (39:07)	3:47 (42:54)	3:01 (45:55)	2:58 (48:53)
	0:59 (49:52)					
18.	Steen T. Hasholt	Allerød OK	51:16	+11:36		
	2:49 (2:49)	2:37 (5:26)	1:22 (6:48)	1:29 (8:17)	3:00 (11:17)	5:06 (16:23)
	3:24 (19:47)	1:33 (21:20)	1:59 (23:19)	3:33 (26:52)	4:02 (30:54)	2:45 (33:39)
	2:25 (36:04)	3:40 (39:44)	3:42 (43:26)	1:52 (45:18)	1:44 (47:02)	3:16 (50:18)
	0:58 (51:16)					
19.	Jens Jørgen Hansen	HAGI	52:53	+13:13		
	2:51 (2:51)	4:07 (6:58)	1:33 (8:31)	1:51 (10:22)	3:09 (13:31)	4:28 (17:59)
	2:42 (20:41)	1:49 (22:30)	1:41 (24:11)	3:15 (27:26)	2:54 (30:20)	2:48 (33:08)
	2:10 (35:18)	5:21 (40:39)	3:39 (44:18)	1:54 (46:12)	1:52 (48:04)	3:38 (51:42)
	1:11 (52:53)					
20.	Jens Kovsted	Tisvilde Hegn OK	53:18	+13:38		
	2:31 (2:31)	3:05 (5:36)	1:19 (6:55)	1:24 (8:19)	2:54 (11:13)	2:36 (13:49)
	3:26 (17:15)	3:41 (20:56)	1:38 (22:34)	2:42 (25:16)	5:18 (30:34)	3:43 (34:17)
	1:50 (36:07)	2:21 (38:28)	4:18 (42:46)	2:50 (45:36)	3:43 (49:19)	3:03 (52:22)
	0:56 (53:18)					
21.	Sten Skytte Kirkegaard	Tisvilde Hegn OK	57:21	+17:41		
	2:39 (2:39)	3:10 (5:49)	1:19 (7:08)	1:29 (8:37)	2:59 (11:36)	4:57 (16:33)
	3:52 (20:25)	1:39 (22:04)	1:37 (23:41)	3:35 (27:16)	3:40 (30:56)	21:11 (52:07)
	– (34:58)	9:16 (44:14)	3:33 (47:47)	2:22 (50:09)	1:58 (52:07)	4:09 (56:16)
	1:05 (57:21)					
22.	Peter Becker	Søllerød OK	57:49	+18:09		
	2:33 (2:33)	1:50 (4:23)	4:18 (8:41)	3:46 (12:27)	1:54 (14:21)	1:44 (16:05)
	5:33 (21:38)	2:38 (24:16)	2:41 (26:57)	2:02 (28:59)	3:55 (32:54)	6:53 (39:47)
	3:21 (43:08)	3:24 (46:32)	1:43 (48:15)	2:01 (50:16)	3:14 (53:30)	3:23 (56:53)
	0:56 (57:49)					
23.	Steen Stausholm	Farum OK	57:52	+18:12		
	2:17 (2:17)	1:54 (4:11)	4:41 (8:52)	3:47 (12:39)	1:46 (14:25)	1:55 (16:20)
	6:38 (22:58)	1:16 (24:14)	1:36 (25:50)	3:08 (28:58)	5:19 (34:17)	3:46 (38:03)
	2:29 (40:32)	2:20 (42:52)	4:10 (47:02)	4:03 (51:05)	2:50 (53:55)	2:58 (56:53)
	0:59 (57:52)					
24.	Søren Sloth	FIF Hillerød	58:59	+19:19		
	2:43 (2:43)	1:50 (4:33)	3:45 (8:18)	4:01 (12:19)	1:47 (14:06)	1:55 (16:01)
	5:40 (21:41)	2:25 (24:06)	1:34 (25:40)	1:51 (27:31)	4:19 (31:50)	5:17 (37:07)
	2:40 (39:47)	7:29 (47:16)	1:36 (48:52)	2:11 (51:03)	3:27 (54:30)	3:26 (57:56)
	1:03 (58:59)					

25.	Jesper Vestergaard	Søllerød OK	59:50	+20:10			
	3:30 (3:30)	5:05 (8:35)	2:42 (11:17)	2:00 (13:17)	2:07 (15:24)	4:23 (19:47)	
	3:28 (23:15)	4:39 (27:54)	3:00 (30:54)	4:05 (34:59)	4:57 (39:56)	2:16 (42:12)	
	2:10 (44:22)	2:50 (47:12)	1:51 (49:03)	1:53 (50:56)	3:39 (54:35)	3:59 (58:34)	
	1:16 (59:50)						
26.	Max Prang	Fredensborg OK	1:01:46	+22:06			
	2:48 (2:48)	5:38 (8:26)	2:55 (11:21)	2:02 (13:23)	3:43 (17:06)	3:49 (20:55)	
	3:51 (24:46)	3:05 (27:51)	2:55 (30:46)	1:35 (32:21)	2:36 (34:57)	3:09 (38:06)	
	3:46 (41:52)	3:50 (45:42)	6:06 (51:48)	2:05 (53:53)	2:15 (56:08)	4:33 (1:00:41)	
	1:05 (1:01:46)						
27.	Poul Henning Poulsen	Tisvilde Hegn OK	1:04:38	+24:58			
	2:40 (2:40)	4:33 (7:13)	2:46 (9:59)	1:47 (11:46)	2:46 (14:32)	5:11 (19:43)	
	3:04 (22:47)	3:09 (25:56)	10:10 (36:06)	1:39 (37:45)	2:07 (39:52)	3:20 (43:12)	
	2:59 (46:11)	4:06 (50:17)	4:34 (54:51)	3:10 (58:01)	2:17 (1:00:18)	3:14 (1:03:32)	
	1:06 (1:04:38)						
28.	Peter Dyrsting	FIF Hillerød	1:05:42	+26:02			
	3:12 (3:12)	5:20 (8:32)	3:10 (11:42)	2:07 (13:49)	3:10 (16:59)	4:18 (21:17)	
	3:41 (24:58)	3:24 (28:22)	3:35 (31:57)	4:15 (36:12)	6:34 (42:46)	2:06 (44:52)	
	2:15 (47:07)	4:02 (51:09)	2:06 (53:15)	2:18 (55:33)	5:25 (1:00:58)	3:34 (1:04:32)	
	1:10 (1:05:42)						
29.	Ivar Aagaard-Hansen	Søllerød OK	1:21:47	+42:07			
	3:22 (3:22)	5:35 (8:57)	2:56 (11:53)	2:07 (14:00)	4:56 (18:56)	6:32 (25:28)	
	3:14 (28:42)	2:06 (30:48)	3:27 (34:15)	7:26 (41:41)	5:05 (46:46)	4:38 (51:24)	
	3:41 (55:05)	5:01 (1:00:06)	6:26 (1:06:32)	4:15 (1:10:47)	3:12 (1:13:59)	5:45 (1:19:44)	
	2:03 (1:21:47)						
	Adam Carlsen	OK Roskilde	Fejlkli				
	2:13 (2:13)	1:42 (3:55)	3:04 (6:59)	3:24 (10:23)	1:33 (11:56)	- (-)	
	- (19:48)	3:38 (23:26)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (32:56)						
	Morten Ebbensgaard	OK Øst Birkerød	Ej startet				
	Morten Ploug	Ballerup OK	Ej startet				
	Peter Reibert Hansen	Allerød OK	Ej startet				
D3		(14 / 14)	Tid	Efter			
1.	Iben Valery	Tisvilde Hegn OK	36:25				
	2:34 (2:34)	3:02 (5:36)	1:49 (7:25)	2:01 (9:26)	2:08 (11:34)	3:11 (14:45)	
	2:00 (16:45)	1:59 (18:44)	1:38 (20:22)	2:56 (23:18)	1:32 (24:50)	2:31 (27:21)	
	3:43 (31:04)	4:16 (35:20)	1:05 (36:25)				
2.	Elin Nørgård Kracht	PI-København	38:13	+1:48			
	2:37 (2:37)	4:21 (6:58)	3:01 (9:59)	3:57 (13:56)	1:30 (15:26)	2:54 (18:20)	
	1:19 (19:39)	1:23 (21:02)	3:22 (24:24)	2:05 (26:29)	2:15 (28:44)	1:53 (30:37)	
	2:46 (33:23)	3:44 (37:07)	1:06 (38:13)				
3.	Bodil Karlsmose Kliem	Farum OK	40:40	+4:15			
	3:18 (3:18)	2:27 (5:45)	2:07 (7:52)	2:19 (10:11)	2:58 (13:09)	3:50 (16:59)	
	1:59 (18:58)	2:03 (21:01)	1:50 (22:51)	3:42 (26:33)	1:40 (28:13)	1:44 (29:57)	
	4:16 (34:13)	4:58 (39:11)	1:29 (40:40)				
4.	Maria Krog Schulz	Ballerup OK	43:37	+7:12			
	3:28 (3:28)	3:33 (7:01)	2:21 (9:22)	3:46 (13:08)	1:49 (14:57)	3:33 (18:30)	
	1:45 (20:15)	2:01 (22:16)	4:32 (26:48)	2:51 (29:39)	2:19 (31:58)	2:40 (34:38)	
	2:56 (37:34)	4:40 (42:14)	1:23 (43:37)				
5.	Anne Skovbaek	Søllerød OK	43:38	+7:13			
	3:26 (3:26)	4:05 (7:31)	1:54 (9:25)	2:16 (11:41)	4:22 (16:03)	3:05 (19:08)	
	2:14 (21:22)	2:40 (24:02)	3:27 (27:29)	3:47 (31:16)	2:00 (33:16)	2:03 (35:19)	
	1:44 (37:03)	5:08 (42:11)	1:27 (43:38)				
6.	Birgitte Erskov Halland	OK Øst Birkerød	43:43	+7:18			
	3:18 (3:18)	4:06 (7:24)	1:59 (9:23)	2:11 (11:34)	4:26 (16:00)	4:29 (20:29)	
	2:23 (22:52)	2:47 (25:39)	2:33 (28:12)	2:45 (30:57)	2:10 (33:07)	2:22 (35:29)	
	2:28 (37:57)	4:25 (42:22)	1:21 (43:43)				
7.	Henriette Broman	Allerød OK	43:45	+7:20			
	3:34 (3:34)	4:02 (7:36)	2:12 (9:48)	3:25 (13:13)	1:40 (14:53)	2:49 (17:42)	
	2:26 (20:08)	2:25 (22:33)	3:03 (25:36)	4:15 (29:51)	1:43 (31:34)	2:01 (33:35)	
	4:24 (37:59)	4:29 (42:28)	1:17 (43:45)				
8.	Sandra Simonsen	FIF Hillerød	44:05	+7:40			
	3:24 (3:24)	4:04 (7:28)	1:51 (9:19)	2:13 (11:32)	4:33 (16:05)	2:57 (19:02)	
	2:15 (21:17)	2:57 (24:14)	3:13 (27:27)	3:42 (31:09)	1:49 (32:58)	2:09 (35:07)	
	1:45 (36:52)	5:43 (42:35)	1:30 (44:05)				
9.	Annette Bonde	Ballerup OK	47:55	+11:30			
	3:22 (3:22)	4:31 (7:53)	2:34 (10:27)	2:18 (12:45)	4:32 (17:17)	4:24 (21:41)	
	2:49 (24:30)	3:03 (27:33)	1:59 (29:32)	2:42 (32:14)	3:30 (35:44)	3:11 (38:55)	
	2:44 (41:39)	4:46 (46:25)	1:30 (47:55)				
10.	Anne Kaae-Nielsen	Søllerød OK	50:01	+13:36			
	3:15 (3:15)	2:32 (5:47)	2:00 (7:47)	1:54 (9:41)	2:30 (12:11)	3:57 (16:08)	
	1:44 (17:52)	1:43 (19:35)	3:56 (23:31)	12:15 (35:46)	1:42 (37:28)	2:28 (39:56)	
	5:01 (44:57)	3:54 (48:51)	1:10 (50:01)				
11.	Bente Kjær Hemmingsen	FIF Hillerød	53:39	+17:14			
	3:15 (3:15)	2:27 (5:42)	1:58 (7:40)	2:09 (9:49)	2:17 (12:06)	11:08 (23:14)	
	2:06 (25:20)	1:57 (27:17)	4:49 (32:06)	3:55 (36:01)	8:21 (44:22)	2:12 (46:34)	
	1:47 (48:21)	4:06 (52:27)	1:12 (53:39)				
12.	Eva Emanuelsson	Helsingborgs SOK	59:10	+22:45			
	4:13 (4:13)	5:11 (9:24)	2:48 (12:12)	3:19 (15:31)	2:29 (18:00)	4:42 (22:42)	
	2:44 (25:26)	3:20 (28:46)	4:47 (33:33)	5:29 (39:02)	2:28 (41:30)	3:03 (44:33)	
	7:13 (51:46)	5:59 (57:45)	1:25 (59:10)				
	Susanne Gjedvig Thomsen	Tisvilde Hegn OK	Fejlkli				
	3:29 (3:29)	3:38 (7:07)	3:28 (10:35)	2:43 (13:18)	1:40 (14:58)	2:56 (17:54)	
	2:20 (20:14)	2:36 (22:50)	3:09 (25:59)	4:00 (29:59)	1:43 (31:42)	1:58 (33:40)	
	4:13 (37:53)	- (-)	- (52:02)				
	Dorthe Munktvad	Allerød OK	Ej startet				
H3		(37 / 37)	Tid	Efter			
1.	Marinus Næstoft Juhl	Søllerød OK	34:48				
	2:30 (2:30)	3:14 (5:44)	1:16 (7:00)	5:14 (12:14)	3:03 (15:17)	1:56 (17:13)	
	1:46 (18:59)	2:20 (21:19)	2:17 (23:36)	2:43 (26:19)	1:30 (27:49)	1:28 (29:17)	
	1:15 (30:32)	3:26 (33:58)	0:50 (34:48)				

2.	Troels Juhl	Søllerød OK	34:52	+0:04		
	2:37 (2:37)	3:38 (6:15)	1:30 (7:45)	2:02 (9:47)	1:32 (11:19)	1:52 (13:11)
	2:02 (15:13)	2:12 (17:25)	2:06 (19:31)	3:17 (22:48)	1:30 (24:18)	2:31 (26:49)
	3:29 (30:18)	3:42 (34:00)	0:52 (34:52)			
3.	Erik Melbye	Søllerød OK	35:40	+0:52		
	2:43 (2:43)	3:25 (6:08)	1:30 (7:38)	1:51 (9:29)	1:44 (11:13)	3:26 (14:39)
	1:31 (16:10)	1:57 (18:07)	3:44 (21:51)	2:33 (24:24)	1:52 (26:16)	1:46 (28:02)
	2:51 (30:53)	3:37 (34:30)	1:10 (35:40)			
4.	Jørgen Skaarup	Ballerup OK	36:50	+2:02		
	2:53 (2:53)	3:13 (6:06)	1:35 (7:41)	1:43 (9:24)	3:50 (13:14)	3:04 (16:18)
	1:38 (17:56)	1:46 (19:42)	1:43 (21:25)	2:22 (23:47)	2:02 (25:49)	3:41 (29:30)
	2:15 (31:45)	3:55 (35:40)	1:10 (36:50)			
5.	Dennis Øbro	Tisvilde Hegn OK	36:55	+2:07		
	2:50 (2:50)	3:38 (6:28)	1:28 (7:56)	2:21 (10:17)	1:50 (12:07)	3:22 (15:29)
	1:40 (17:09)	1:50 (18:59)	3:54 (22:53)	2:38 (25:31)	2:07 (27:38)	1:47 (29:25)
	2:18 (31:43)	4:17 (36:00)	0:55 (36:55)			
6.	Søren Peter Larsen	FIF Hillerød	37:02	+2:14		
	3:05 (3:05)	2:11 (5:16)	2:04 (7:20)	2:03 (9:23)	2:15 (11:38)	3:19 (14:57)
	1:29 (16:26)	2:01 (18:27)	3:45 (22:12)	3:29 (25:41)	1:40 (27:21)	3:03 (30:24)
	1:24 (31:48)	4:06 (35:54)	1:08 (37:02)			
7.	Bjarke Sucksdorff	Allerød OK	37:45	+2:57		
	2:59 (2:59)	2:10 (5:09)	2:04 (7:13)	2:03 (9:16)	2:14 (11:30)	3:16 (14:46)
	1:28 (16:14)	2:10 (18:24)	3:34 (21:58)	3:45 (25:43)	1:41 (27:24)	3:02 (30:26)
	1:27 (31:53)	4:40 (36:33)	1:12 (37:45)			
8.	Niels Bentzon	Søllerød OK	40:11	+5:23		
	2:51 (2:51)	2:23 (5:14)	2:04 (7:18)	1:52 (9:10)	2:11 (11:21)	4:22 (15:43)
	1:48 (17:31)	3:06 (20:37)	1:46 (22:23)	4:03 (26:26)	1:42 (28:08)	1:54 (30:02)
	3:49 (33:51)	5:23 (39:14)	0:57 (40:11)			
9.	Henrik Nielsen	Holbæk OK	40:12	+5:24		
	3:05 (3:05)	2:28 (5:33)	2:04 (7:37)	2:07 (9:44)	2:19 (12:03)	3:51 (15:54)
	2:35 (18:29)	2:59 (21:28)	1:53 (23:21)	3:36 (26:57)	1:31 (28:28)	1:56 (30:24)
	4:27 (34:51)	4:14 (39:05)	1:07 (40:12)			
10.	Jens Peter Gundorf	OK Øst Birkerød	40:15	+5:27		
	3:12 (3:12)	2:25 (5:37)	2:11 (7:48)	2:00 (9:48)	2:30 (12:18)	3:33 (15:51)
	1:46 (17:37)	2:18 (19:55)	1:41 (21:36)	4:02 (25:38)	1:45 (27:23)	2:23 (29:46)
	5:06 (34:52)	4:10 (39:02)	1:13 (40:15)			
11.	Jens Korsholm	Farum OK	40:22	+5:34		
	3:02 (3:02)	2:25 (5:27)	2:04 (7:31)	2:05 (9:36)	2:36 (12:12)	3:29 (15:41)
	2:31 (18:12)	2:23 (20:35)	2:01 (22:36)	3:59 (26:35)	1:38 (28:13)	2:06 (30:19)
	4:15 (34:34)	4:37 (39:11)	1:11 (40:22)			
12.	Troels Bent Hansen	Allerød OK	41:04	+6:16		
	2:46 (2:46)	4:17 (7:03)	1:21 (8:24)	2:05 (10:29)	3:34 (14:03)	2:22 (16:25)
	2:18 (18:43)	1:57 (20:40)	2:00 (22:40)	3:42 (26:22)	6:12 (32:34)	2:17 (34:51)
	1:37 (36:28)	3:33 (40:01)	1:03 (41:04)			
13.	Gregers Jørgensen	Ballerup OK	41:56	+7:08		
	2:56 (2:56)	2:27 (5:23)	2:01 (7:24)	1:54 (9:18)	2:33 (11:51)	4:10 (16:01)
	1:50 (17:51)	2:32 (20:23)	2:03 (22:26)	4:08 (26:34)	1:42 (28:16)	2:06 (30:22)
	4:22 (34:44)	6:01 (40:45)	1:11 (41:56)			
14.	Ulrik Illum	Søllerød OK	42:22	+7:34		
	3:10 (3:10)	3:52 (7:02)	1:36 (8:38)	2:00 (10:38)	4:19 (14:57)	3:52 (18:49)
	1:44 (20:33)	2:26 (22:59)	1:37 (24:36)	3:20 (27:56)	4:16 (32:12)	1:55 (34:07)
	2:26 (36:33)	4:49 (41:22)	1:00 (42:22)			
15.	Flemming Wendelboe	Helsingør SOK	42:25	+7:37		
	3:18 (3:18)	3:37 (6:55)	1:39 (8:34)	2:05 (10:39)	4:21 (15:00)	2:53 (17:53)
	2:19 (20:12)	3:51 (24:03)	2:52 (26:55)	3:23 (30:18)	2:24 (32:42)	2:13 (34:55)
	1:48 (36:43)	4:43 (41:26)	0:59 (42:25)			
16.	Kurt Thuesen	FSK Orientering	43:19	+8:31		
	3:08 (3:08)	3:19 (6:27)	3:16 (9:43)	1:31 (11:14)	3:42 (14:56)	2:54 (17:50)
	2:02 (19:52)	3:04 (22:56)	5:18 (28:14)	3:26 (31:40)	2:40 (34:20)	2:11 (36:31)
	1:49 (38:20)	3:52 (42:12)	1:07 (43:19)			
17.	Thomas Østergaard	OK Øst Birkerød	43:43	+8:55		
	3:27 (3:27)	3:42 (7:09)	1:45 (8:54)	3:45 (12:39)	1:44 (14:23)	2:23 (16:46)
	2:17 (19:03)	2:27 (21:30)	3:17 (24:47)	5:14 (30:01)	1:40 (31:41)	2:05 (33:46)
	4:26 (38:12)	4:18 (42:30)	1:13 (43:43)			
18.	Ole D. Jensen	Tisvilde Hegn OK	43:45	+8:57		
	3:03 (3:03)	3:42 (6:45)	1:48 (8:33)	2:34 (11:07)	1:53 (13:00)	5:22 (18:22)
	1:38 (20:00)	3:29 (23:29)	4:18 (27:47)	2:44 (30:31)	2:32 (33:03)	2:40 (35:43)
	2:33 (38:16)	4:18 (42:34)	1:11 (43:45)			
19.	Hakon Mosbech	OK Skærmø Værløse	43:58	+9:10		
	3:30 (3:30)	2:14 (5:44)	2:08 (7:52)	2:07 (9:59)	2:38 (12:37)	5:50 (18:27)
	1:38 (20:05)	2:37 (22:42)	4:50 (27:32)	4:18 (31:50)	2:53 (34:43)	2:13 (36:56)
	1:52 (38:48)	4:03 (42:51)	1:07 (43:58)			
20.	Peter Wraa	Tisvilde Hegn OK	44:06	+9:18		
	3:29 (3:29)	2:32 (6:01)	2:15 (8:16)	2:44 (11:00)	2:36 (13:36)	4:36 (18:12)
	1:51 (20:03)	2:48 (22:51)	1:52 (24:43)	5:08 (29:51)	1:46 (31:37)	2:05 (33:42)
	4:35 (38:17)	4:28 (42:45)	1:21 (44:06)			
21.	Bjarne B. Jensen	Helsingør SOK	44:11	+9:23		
	3:01 (3:01)	2:18 (5:19)	2:03 (7:22)	1:59 (9:21)	2:25 (11:46)	3:34 (15:20)
	1:44 (17:04)	1:48 (18:52)	4:05 (22:57)	3:30 (26:27)	8:58 (35:25)	1:50 (37:15)
	1:47 (39:02)	4:06 (43:08)	1:03 (44:11)			
22.	Jesper Allan Jensen	OK Roskilde	44:19	+9:31		
	3:25 (3:25)	4:12 (7:37)	1:44 (9:21)	1:51 (11:12)	4:54 (16:06)	4:39 (20:45)
	2:21 (23:06)	2:07 (25:13)	1:52 (27:05)	3:41 (30:46)	2:18 (33:04)	2:12 (35:16)
	2:40 (37:56)	5:07 (43:03)	1:16 (44:19)			
23.	Niels Landsperg	Tisvilde Hegn OK	44:20	+9:32		
	2:59 (2:59)	2:26 (5:25)	2:08 (7:33)	2:05 (9:38)	2:29 (12:07)	4:06 (16:13)
	1:56 (18:09)	1:51 (20:00)	4:25 (24:25)	4:15 (28:40)	6:06 (34:46)	1:57 (36:43)
	1:57 (38:40)	4:19 (42:59)	1:21 (44:20)			
24.	Niels Hamborg Jensen	OK Skærmø Værløse	44:55	+10:07		
	3:23 (3:23)	3:49 (7:12)	1:34 (8:46)	1:59 (10:45)	4:30 (15:15)	3:35 (18:50)
	2:10 (21:00)	2:48 (23:48)	4:34 (28:22)	4:00 (32:22)	2:57 (35:19)	1:51 (37:10)
	2:08 (39:18)	4:21 (43:39)	1:16 (44:55)			

25.	Peter Sørensen	PI-København	45:43	+10:55		
	3:03 (3:03)	3:22 (6:25)	1:36 (8:01)	2:21 (10:22)	1:43 (12:05)	4:11 (16:16)
	1:39 (17:55)	1:44 (19:39)	3:50 (23:29)	2:44 (26:13)	1:56 (28:09)	4:36 (32:45)
	2:15 (35:00)	9:23 (44:23)	1:20 (45:43)			
26.	Henrik Wibe	Allerød OK	46:50	+12:02		
	4:20 (4:20)	4:01 (8:21)	1:51 (10:12)	2:26 (12:38)	1:54 (14:32)	4:33 (19:05)
	2:26 (21:31)	2:21 (23:52)	4:30 (28:22)	3:52 (32:14)	2:40 (34:54)	2:24 (37:18)
	3:20 (40:38)	4:52 (45:30)	1:20 (46:50)			
27.	Jesper Kirkeskov	Søllerød OK	48:08	+13:20		
	3:16 (3:16)	2:48 (6:04)	2:16 (8:20)	2:27 (10:47)	2:42 (13:29)	5:01 (18:30)
	2:29 (20:59)	2:51 (23:50)	5:04 (28:54)	4:53 (33:47)	2:49 (36:36)	2:35 (39:11)
	1:58 (41:09)	5:39 (46:48)	1:20 (48:08)			
28.	Gunner Sie	OK Øst Birkerød	48:24	+13:36		
	3:37 (3:37)	4:42 (8:19)	1:41 (10:00)	2:20 (12:20)	5:44 (18:04)	2:50 (20:54)
	2:17 (23:11)	2:54 (26:05)	2:57 (29:02)	4:31 (33:33)	3:32 (37:05)	2:50 (39:55)
	2:01 (41:56)	5:11 (47:07)	1:17 (48:24)			
29.	Nicolai Kliem	Farum OK	49:28	+14:40		
	3:32 (3:32)	3:57 (7:29)	1:48 (9:17)	1:54 (11:11)	5:08 (16:19)	4:30 (20:49)
	2:01 (22:50)	2:16 (25:06)	2:18 (27:24)	3:36 (31:00)	2:47 (33:47)	3:13 (37:00)
	3:41 (40:41)	6:59 (47:40)	1:48 (49:28)			
30.	Jimmy Hoen	Ballerup OK	49:45	+14:57		
	5:14 (5:14)	4:42 (9:56)	3:02 (12:58)	2:35 (15:33)	2:58 (18:31)	2:42 (21:13)
	2:16 (23:29)	2:47 (26:16)	2:27 (28:43)	4:10 (32:53)	1:35 (34:28)	3:10 (37:38)
	6:31 (44:09)	4:29 (48:38)	1:07 (49:45)			
31.	Sven-Åke Emanuelsson	Helsingborgs SOK	51:07	+16:19		
	5:32 (5:32)	8:25 (13:57)	1:50 (15:47)	2:32 (18:19)	2:01 (20:20)	4:19 (24:39)
	2:06 (26:45)	2:07 (28:52)	4:26 (33:18)	3:06 (36:24)	2:39 (39:03)	2:24 (41:27)
	3:07 (44:34)	5:14 (49:48)	1:19 (51:07)			
32.	Kai Beck-Andersen	Farum OK	51:23	+16:35		
	3:58 (3:58)	4:06 (8:04)	2:11 (10:15)	2:27 (12:42)	1:58 (14:40)	3:05 (17:45)
	2:35 (20:20)	2:16 (22:36)	4:02 (26:38)	4:51 (31:29)	2:10 (33:39)	3:21 (37:00)
	7:25 (44:25)	5:28 (49:53)	1:30 (51:23)			
33.	Ole Galle	Tisvilde Hegn OK	52:33	+17:45		
	3:26 (3:26)	3:57 (7:23)	1:49 (9:12)	2:04 (11:16)	4:51 (16:07)	3:24 (19:31)
	6:16 (25:47)	3:25 (29:12)	2:56 (32:08)	4:25 (36:33)	3:49 (40:22)	3:00 (43:22)
	2:13 (45:35)	5:25 (51:00)	1:33 (52:33)			
34.	Hans Christian Strib	OK Gorm	54:26	+19:38		
	2:47 (2:47)	15:42 (18:29)	1:55 (20:24)	2:34 (22:58)	1:33 (24:31)	3:47 (28:18)
	3:17 (31:35)	2:23 (33:58)	2:27 (36:25)	4:01 (40:26)	1:46 (42:12)	2:44 (44:56)
	4:13 (49:09)	4:04 (53:13)	1:13 (54:26)			
35.	John Tripax	OK Roskilde	55:44	+20:56		
	3:21 (3:21)	3:35 (6:56)	1:44 (8:40)	4:04 (12:44)	1:37 (14:21)	4:36 (18:57)
	1:37 (20:34)	2:13 (22:47)	4:41 (27:28)	3:08 (30:36)	2:12 (32:48)	2:31 (35:19)
	14:01 (49:20)	4:52 (54:12)	1:32 (55:44)			
	Carsten Hansen	FIF Hillerød	Ej startet			
	Jakub Kolarik	OK73	Ej startet			
D4		(6 / 6)	Tid	Efter		
1.	Janett Bentzen	OK Øst	38:17			
	6:11 (6:11)	2:57 (9:08)	3:09 (12:17)	1:35 (13:52)	2:43 (16:35)	3:07 (19:42)
	2:09 (21:51)	2:40 (24:31)	3:28 (27:59)	2:28 (30:27)	1:23 (31:50)	4:56 (36:46)
	1:31 (38:17)					
2.	Birgitte Erskov Skytthe	Farum OK	45:19	+7:02		
	4:27 (4:27)	7:00 (11:27)	2:27 (13:54)	4:48 (18:42)	2:35 (21:17)	1:34 (22:51)
	3:15 (26:06)	3:09 (29:15)	2:01 (31:16)	4:35 (35:51)	3:17 (39:08)	4:17 (43:25)
	1:54 (45:19)					
3.	Inge Jørgensen	OK Roskilde	51:04	+12:47		
	7:38 (7:38)	8:16 (15:54)	3:46 (19:40)	5:23 (25:03)	3:26 (28:29)	3:16 (31:45)
	3:36 (35:21)	3:03 (38:24)	2:47 (41:11)	2:13 (43:24)	2:14 (45:38)	3:55 (49:33)
	1:31 (51:04)					
4.	Birgit Hausner	OK S.G.	53:02	+14:45		
	6:43 (6:43)	3:16 (9:59)	2:45 (12:44)	10:43 (23:27)	2:39 (26:06)	1:33 (27:39)
	4:30 (32:09)	4:28 (36:37)	2:34 (39:11)	3:47 (42:58)	3:44 (46:42)	4:33 (51:15)
	1:47 (53:02)					
5.	Hanne Frost	Ballerup OK	1:06:29	+28:12		
	5:34 (5:34)	4:45 (10:19)	4:13 (14:32)	8:39 (23:11)	3:37 (26:48)	2:04 (28:52)
	11:17 (40:09)	5:13 (45:22)	4:07 (49:29)	4:07 (53:36)	4:08 (57:44)	6:39 (1:04:23)
	2:06 (1:06:29)					
	Jette Bachhausen	FIF Hillerød	Fejlkli			
	7:54 (7:54)	15:32 (23:26)	5:01 (28:27)	4:03 (32:30)	5:11 (37:41)	7:36 (45:17)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (1:01:38)					
H4		(8 / 8)	Tid	Efter		
1.	Johannes Marager	Allerød OK	29:03			
	2:20 (2:20)	1:08 (3:28)	2:07 (5:35)	4:14 (9:49)	1:17 (11:06)	1:31 (12:37)
	2:43 (15:20)	4:39 (19:59)	0:55 (20:54)	2:06 (23:00)	2:13 (25:13)	2:49 (28:02)
	1:01 (29:03)					
2.	Ole Svendsen	OK Roskilde	45:23	+16:20		
	7:03 (7:03)	2:58 (10:01)	2:46 (12:47)	5:47 (18:34)	2:33 (21:07)	1:39 (22:46)
	3:28 (26:14)	3:41 (29:55)	2:57 (32:52)	3:19 (36:11)	3:12 (39:23)	4:27 (43:50)
	1:33 (45:23)					
3.	Gunner Jørgensen	OK73	47:16	+18:13		
	3:58 (3:58)	3:46 (7:44)	3:55 (11:39)	1:29 (13:08)	3:37 (16:45)	7:10 (23:55)
	2:16 (26:11)	2:59 (29:10)	6:37 (35:47)	3:11 (38:58)	1:37 (40:35)	4:50 (45:25)
	1:51 (47:16)					
4.	Mogens Jørgensen	Søllerød OK	52:16	+23:13		
	5:32 (5:32)	4:38 (10:10)	3:32 (13:42)	1:45 (15:27)	4:21 (19:48)	3:44 (23:32)
	2:33 (26:05)	2:58 (29:03)	12:19 (41:22)	2:30 (43:52)	1:42 (45:34)	4:44 (50:18)
	1:58 (52:16)					
5.	Jørn Simonsen	Ballerup OK	55:28	+26:25		
	6:02 (6:02)	5:03 (11:05)	4:13 (15:18)	2:46 (18:04)	7:32 (25:36)	5:09 (30:45)
	3:20 (34:05)	3:46 (37:51)	3:39 (41:30)	3:16 (44:46)	2:03 (46:49)	6:15 (53:04)
	2:24 (55:28)					

6.	Jørn Andreasen	OK73	57:06	+28:03		
	6:29 (6:29)	3:52 (10:21)	3:37 (13:58)	9:08 (23:06)	2:54 (26:00)	1:53 (27:53)
	5:20 (33:13)	5:27 (38:40)	2:19 (40:59)	4:20 (45:19)	4:24 (49:43)	5:20 (55:03)
	2:03 (57:06)					
	Bendt Frandsen	Farum OK	Ej startet			
	Aage Damsgaard	Fredensborg OK	Ej startet			
D5		(5 / 5)	Tid	Efter		
1.	Kamma Aglund Andersen	OK Øst Birkerød	40:49			
	2:42 (2:42)	1:06 (3:48)	2:30 (6:18)	2:15 (8:33)	1:29 (10:02)	2:05 (12:07)
	1:39 (13:46)	4:03 (17:49)	3:04 (20:53)	1:49 (22:42)	5:27 (28:09)	1:21 (29:30)
	1:55 (31:25)	2:55 (34:20)	3:18 (37:38)	1:15 (38:53)	1:56 (40:49)	
2.	Mette Hørlyk Friis	Farum OK	58:01	+17:12		
	3:39 (3:39)	3:51 (7:30)	4:42 (12:12)	2:44 (14:56)	2:40 (17:36)	2:33 (20:09)
	9:48 (29:57)	1:31 (31:28)	3:21 (34:49)	2:08 (36:57)	2:13 (39:10)	2:51 (42:01)
	2:27 (44:28)	3:11 (47:39)	5:09 (52:48)	1:57 (54:45)	3:16 (58:01)	
3.	Helle Brøchner Jønson	OK Roskilde	58:53	+18:04		
	3:33 (3:33)	3:47 (7:20)	2:15 (9:35)	5:01 (14:36)	5:34 (20:10)	3:25 (23:35)
	2:41 (26:16)	2:24 (28:40)	5:15 (33:55)	2:07 (36:02)	4:04 (40:06)	3:27 (43:33)
	2:45 (46:18)	3:39 (49:57)	3:59 (53:56)	2:05 (56:01)	2:52 (58:53)	
	Gigi Sucksdorff	Allerød OK	Ej startet			
	Jannie Nielsen	Holbæk OK	Ej startet			
H5		(5 / 5)	Tid	Efter		
1.	Jens Storm Lyngsø	Allerød OK	30:34			
	2:52 (2:52)	0:57 (3:49)	1:48 (5:37)	1:16 (6:53)	1:45 (8:38)	1:36 (10:14)
	1:43 (11:57)	3:05 (15:02)	2:08 (17:10)	1:47 (18:57)	2:00 (20:57)	1:01 (21:58)
	1:40 (23:38)	2:04 (25:42)	2:18 (28:00)	1:06 (29:06)	1:28 (30:34)	
2.	Vincent Becker	Søllerød OK	31:21	+0:47		
	2:43 (2:43)	1:55 (4:38)	1:21 (5:59)	1:46 (7:45)	3:11 (10:56)	1:51 (12:47)
	1:45 (14:32)	1:14 (15:46)	1:57 (17:43)	1:29 (19:12)	1:37 (20:49)	1:40 (22:29)
	1:23 (23:52)	2:08 (26:00)	2:45 (28:45)	1:04 (29:49)	1:32 (31:21)	
3.	Ditlev Melbye	Søllerød OK	40:31	+9:57		
	2:50 (2:50)	0:55 (3:45)	1:56 (5:41)	1:20 (7:01)	1:43 (8:44)	1:34 (10:18)
	1:57 (12:15)	3:02 (15:17)	1:38 (16:55)	2:17 (19:12)	6:00 (25:12)	2:05 (27:17)
	3:43 (31:00)	2:41 (33:41)	3:26 (37:07)	1:14 (38:21)	2:10 (40:31)	
	Esben Vooge Stenderup	-	Fejlklip			
	29:27 (29:27)	35:47 (1:05:14)	2:18 (1:07:32)	3:05 (1:10:37)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (1:15:50)	- (-)	- (-)
	- (-)	- (1:19:32)	- (-)	- (-)	- (1:26:03)	
	Lars Ryberg Vikkelsø	Ballerup OK	Ej startet			