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| Hans Grønberg Nielsen | | Allerød OK | Ej startet | | |
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| Jesper Kristiansen | | OK Melfar | Ej startet | | |
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| Mathilde Smedegaard Madsen | | Søllerød OK | Ej startet | | |
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| Tobias Olloz | | Tisvilde Hegn OK | Ej startet | | |
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| | | (37 / 37) | Tid | Efter | Tidstab | |
|------------|-------------------------------|-------------------------|--------------|---------------|----------------|--------------|
| 1. | Mads Christian Maarup | Allerød OK | 33:56 | | 00:32 | |
| | 2:45 (2:45) | 1:25 (6:51) | 1:21 (8:12) | | 1:19 (9:31) | 1:10 (10:41) |
| | 1:29 (12:10) | 1:05 (15:36) | 1:22 (16:58) | | 1:00 (17:58) | 1:35 (19:33) |
| | 1:26 (20:59) | 1:43 (22:42) | 1:46 (26:01) | | 0:42 (26:43) | 1:45 (28:28) |
| | 0:52 (29:20) | 2:21 (31:41) | 1:30 (33:11) | | | |
| 2. | Jens Knud Maarup | Allerød OK | 37:55 | +3:59 | 00:55 | |
| | 2:56 (2:56) | 2:27 (8:15) | 0:54 (9:09) | | 1:08 (10:17) | 1:11 (11:28) |
| | 1:22 (12:50) | 2:58 (15:48) | 1:35 (18:40) | | 1:12 (19:52) | 1:54 (21:46) |
| | 1:34 (23:20) | 1:55 (25:15) | 1:52 (29:13) | | 0:44 (29:57) | 1:52 (31:49) |
| | 1:12 (33:01) | 2:41 (35:42) | 0:42 (37:55) | | | |
| 3. | Carsten Gemmer Hanghøj | Ballerup OK | 38:21 | +4:25 | 00:00 | |
| | 3:14 (3:14) | 3:02 (6:16) | 0:58 (8:46) | | 1:11 (9:57) | 1:21 (11:18) |
| | 1:26 (12:44) | 3:07 (15:51) | 1:38 (18:46) | | 1:14 (20:00) | 1:53 (21:53) |
| | 1:36 (23:29) | 2:03 (25:32) | 1:57 (29:36) | | 0:45 (30:21) | 1:51 (32:12) |
| | 1:03 (33:15) | 2:39 (35:54) | 1:35 (37:29) | | | |
| 4. | Erik Grønberg Nielsen | Allerød OK | 39:13 | +5:17 | 01:29 | |
| | 2:51 (2:51) | 2:41 (5:32) | 1:06 (8:17) | | 1:27 (9:44) | 1:17 (11:01) |
| | 1:25 (12:26) | 2:39 (15:05) | 1:55 (18:44) | | 2:15 (20:59) | 1:59 (22:58) |
| | 1:23 (24:21) | 2:01 (26:22) | 1:18 (28:42) | | 1:59 (30:41) | 1:37 (32:18) |
| | 1:55 (34:13) | 2:35 (36:48) | 0:45 (39:13) | | | |
| 5. | Nathan Philibert | Søllerød OK | 41:10 | +7:14 | 04:24 | |
| | 3:08 (3:08) | 1:18 (4:26) | 1:05 (6:58) | | 1:44 (8:42) | 1:29 (10:11) |
| | 1:57 (12:08) | 1:51 (13:59) | 1:20 (17:12) | | 1:39 (18:51) | 0:55 (19:46) |
| | 2:45 (22:31) | 3:32 (26:03) | 0:51 (31:43) | | 1:23 (33:06) | 1:20 (34:26) |
| | 1:32 (35:58) | 3:02 (39:00) | 0:39 (41:10) | | | |
| 6. | Asger Habekost Nielsen | Allerød OK | 41:13 | +7:17 | 01:17 | |
| | 3:00 (3:00) | 1:24 (4:24) | 1:10 (7:04) | | 1:52 (8:56) | 1:36 (10:32) |
| | 2:05 (12:37) | 2:04 (14:41) | 0:48 (17:38) | | 2:00 (19:38) | 1:21 (20:59) |
| | 3:02 (24:01) | 3:35 (27:36) | 0:58 (31:04) | | 1:14 (32:18) | 1:37 (33:55) |
| | 1:32 (35:27) | 3:20 (38:47) | 0:44 (41:13) | | | |
| 7. | Erik Melbye | Søllerød OK | 41:15 | +7:19 | 00:55 | |
| | 3:17 (3:17) | 1:23 (4:40) | 1:09 (7:21) | | 1:54 (9:15) | 1:36 (10:51) |
| | 2:06 (12:57) | 2:01 (14:58) | 0:46 (17:53) | | 1:54 (19:47) | 1:16 (21:03) |
| | 3:00 (24:03) | 3:36 (27:39) | 1:06 (30:55) | | 1:26 (32:21) | 1:36 (33:57) |
| | 1:34 (35:31) | 3:18 (38:49) | 0:45 (41:15) | | | |
| 8. | Vincent Becker | Søllerød OK | 44:11 | +10:15 | 03:45 | |
| | 3:01 (3:01) | 3:04 (6:05) | 0:56 (10:30) | | 1:12 (11:42) | 1:11 (12:53) |
| | 1:52 (14:45) | 2:57 (17:42) | 3:08 (22:09) | | 2:10 (24:19) | 2:16 (26:35) |
| | 0:49 (27:24) | 2:16 (29:40) | 1:20 (32:12) | | 2:28 (34:40) | 1:55 (36:35) |
| | 2:09 (38:44) | 2:58 (41:42) | 0:40 (44:11) | | | |
| 9. | Tim Falck Weber | Tisvilde Hegn OK | 44:28 | +10:32 | 02:13 | |
| | 3:31 (3:31) | 3:23 (6:54) | 0:52 (9:55) | | 1:26 (11:21) | 1:18 (12:39) |
| | 1:40 (14:19) | 3:03 (17:22) | 2:37 (21:32) | | 1:56 (23:28) | 2:18 (25:46) |
| | 0:49 (26:35) | 2:05 (28:40) | 1:56 (31:44) | | 2:04 (33:48) | 1:57 (35:45) |
| | 2:21 (38:06) | 3:39 (41:45) | 0:51 (44:28) | | | |
| 10. | Lars Lyngsø | Allerød OK | 45:17 | +11:21 | 00:34 | |
| | 3:40 (3:40) | 3:25 (7:05) | 0:58 (10:10) | | 1:22 (11:32) | 1:27 (12:59) |
| | 1:42 (14:41) | 3:17 (17:58) | 1:53 (21:24) | | 2:16 (23:40) | 2:20 (26:00) |
| | 0:54 (26:54) | 2:42 (29:36) | 1:11 (30:47) | | 2:21 (34:39) | 2:07 (36:46) |
| | 2:16 (39:02) | 3:19 (42:21) | 2:03 (44:24) | | | |

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| 11. | Morten Ploug | 3:42 (3:42) 1:47 (14:55) 0:56 (27:03) 2:18 (39:14) | 3:33 (7:15) 3:17 (18:12) 2:44 (29:47) 3:20 (42:34) | Ballerup OK | 45:27 +11:31 | 00:35 | 2:00 (9:15) 1:01 (10:16) 1:51 (21:34) 1:25 (32:22) 0:48 (45:27) | 1:25 (11:41) 2:11 (23:45) 2:27 (34:49) | 1:27 (13:08) 2:22 (26:07) 2:07 (36:56) | |
| 12. | Christian Olsen | 3:19 (3:19) 1:39 (14:22) 2:16 (27:44) 2:08 (40:29) | 3:44 (7:03) 3:03 (17:25) 2:23 (30:07) 3:22 (43:51) | AMOK | 46:36 +12:40 | 01:59 | 2:02 (9:05) 1:34 (18:59) 2:38 (32:45) 1:56 (45:47) | 0:56 (10:01) 2:48 (21:47) 2:23 (35:08) 0:49 (46:36) | 1:22 (11:23) 1:21 (23:08) 0:52 (36:00) | 1:20 (12:43) 2:20 (25:28) 2:21 (38:21) |
| 13. | Jan Eg Pedersen | 2:58 (2:58) 1:33 (14:06) 2:45 (28:04) 1:16 (41:54) | 3:10 (6:08) 3:50 (17:56) 4:42 (32:46) 2:34 (44:28) | OK ØST Birkerød | 46:38 +12:42 | 07:29 | 2:59 (9:07) 1:18 (19:14) 2:27 (35:13) 1:32 (46:00) | 0:51 (9:58) 1:32 (20:46) 2:40 (37:53) 0:38 (46:38) | 1:19 (11:17) 2:28 (23:14) 0:49 (38:42) | 1:16 (12:33) 2:05 (25:19) 1:56 (40:38) |
| 14. | Leif E. Larsen | 3:47 (3:47) 1:45 (14:47) 1:55 (27:48) 2:14 (40:33) | 3:25 (7:12) 3:15 (18:02) 2:25 (30:13) 3:26 (43:59) | Tisvilde Hegn OK | 46:41 +12:45 | 01:45 | 1:57 (9:09) 1:32 (19:34) 2:21 (32:34) 1:55 (45:54) | 1:04 (10:13) 1:56 (21:30) 2:27 (35:01) 0:47 (46:41) | 1:24 (11:37) 2:00 (23:30) 0:56 (35:57) | 1:25 (13:02) 2:23 (25:53) 2:22 (38:19) |
| 15. | Søren Jensen | 3:07 (3:07) 2:07 (13:42) 5:06 (27:32) 1:43 (39:50) | 1:24 (4:31) 1:07 (14:49) 3:22 (30:54) 4:18 (44:08) | Farum OK | 46:44 +12:48 | 04:36 | 1:30 (6:01) 1:15 (16:04) 2:49 (33:43) 1:48 (45:56) | 2:00 (8:01) 2:09 (18:13) 1:16 (34:59) 0:48 (46:44) | 2:40 (10:41) 1:48 (20:01) 1:21 (36:20) | 0:54 (11:35) 2:25 (22:26) 1:47 (38:07) |
| 16. | Claus Cederberg | 3:16 (3:16) 2:27 (14:08) 4:13 (27:23) 1:45 (41:21) | 1:20 (4:36) 1:04 (15:12) 3:48 (31:11) 3:32 (44:53) | Ballerup OK | 47:24 +13:28 | 03:25 | 1:34 (6:10) 1:15 (16:27) 3:31 (34:42) 1:43 (46:36) | 1:55 (8:05) 2:20 (18:47) 1:41 (36:23) 0:48 (47:24) | 2:43 (10:48) 1:59 (20:46) 1:35 (37:58) | 0:53 (11:41) 2:24 (23:10) 1:38 (39:36) |
| 17. | Lasse Koefoed Sudergaard | 3:26 (3:26) 1:46 (15:04) 2:06 (28:09) 2:47 (41:27) | 3:46 (7:12) 3:16 (18:20) 2:50 (30:59) 3:33 (45:00) | Kildeholm OK | 48:16 +14:20 | 02:05 | 2:11 (9:23) 1:38 (19:58) 2:13 (33:12) 2:21 (47:21) | 1:02 (10:25) 2:07 (22:05) 2:22 (35:34) 0:55 (48:16) | 1:24 (11:49) 1:41 (23:46) 0:53 (36:27) | 1:29 (13:18) 2:17 (26:03) 2:13 (38:40) |
| 18. | Peter Becker | 3:47 (3:47) 1:46 (14:51) 0:55 (27:08) 2:55 (40:46) | 3:31 (7:18) 3:18 (18:09) 2:46 (29:54) 5:18 (46:04) | Søllerød OK | 49:17 +15:21 | 03:35 | 1:58 (9:16) 1:40 (19:49) 1:10 (31:04) 2:19 (48:23) | 1:02 (10:18) 1:51 (21:40) 1:40 (32:44) 0:54 (49:17) | 1:21 (11:39) 2:12 (23:52) 2:41 (35:25) | 1:26 (13:05) 2:21 (26:13) 2:26 (37:51) |
| 19. | Niels-Peter Vest Nielsen | 4:41 (4:41) 2:54 (17:55) 3:33 (32:55) 1:53 (44:52) | 2:19 (7:00) 4:28 (22:23) 3:41 (36:36) 3:13 (48:05) | Allerød OK | 50:52 +16:56 | 03:32 | 2:07 (9:07) 2:24 (24:47) 1:57 (38:33) 1:56 (50:01) | 1:29 (10:36) 0:55 (25:42) 1:09 (39:42) 0:51 (50:52) | 2:26 (13:02) 2:23 (28:05) 1:26 (41:08) | 1:59 (15:01) 1:17 (29:22) 1:51 (42:59) |
| 20. | Anders Marager | 3:36 (3:36) 2:38 (14:42) 3:47 (34:04) 1:57 (46:22) | 1:24 (5:00) 7:27 (22:09) 3:50 (37:54) 3:26 (49:48) | Allerød OK | 52:34 +18:38 | 06:54 | 1:45 (6:45) 1:27 (23:36) 2:12 (40:06) 1:50 (51:38) | 2:21 (9:06) 2:12 (25:48) 1:17 (41:23) 0:56 (52:34) | 2:04 (11:10) 2:06 (27:54) 1:22 (42:45) | 0:54 (12:04) 2:23 (30:17) 1:40 (44:25) |
| 21. | Peter Steen Landsperg | 3:22 (3:22) 2:19 (14:54) 6:46 (31:01) 2:54 (47:01) | 1:48 (5:10) 1:10 (16:04) 6:06 (37:07) 3:33 (50:34) | Tisvilde Hegn OK | 53:17 +19:21 | 07:42 | 1:41 (6:51) 1:23 (17:27) 2:47 (39:54) 1:59 (52:33) | 2:05 (8:56) 2:09 (19:36) 1:20 (41:14) 0:44 (53:17) | 2:48 (11:44) 1:53 (21:29) 1:23 (42:37) | 0:51 (12:35) 2:46 (24:15) 1:30 (44:07) |
| 22. | Michael Ertmann | 3:29 (3:29) 2:26 (15:25) 6:06 (31:11) 1:51 (49:37) | 1:28 (4:57) 1:13 (16:38) 6:51 (38:02) 4:37 (54:14) | Allerød OK | 57:53 +23:57 | 09:21 | 1:52 (6:49) 1:30 (18:08) 3:00 (41:02) 2:34 (56:48) | 2:31 (9:20) 2:22 (20:30) 1:15 (42:17) 1:05 (57:53) | 2:41 (12:01) 2:10 (22:40) 2:25 (44:42) | 0:58 (12:59) 2:25 (25:05) 3:04 (47:46) |
| 23. | Svend-Erik Jepsen | 3:36 (3:36) 6:29 (20:48) 4:23 (36:06) 2:19 (51:16) | 1:37 (5:13) 2:51 (23:39) 4:46 (40:52) 5:11 (56:27) | Søllerød OK | 1:00:53 +26:57 | 07:17 | 1:52 (7:05) 2:24 (26:03) 3:06 (43:58) 3:29 (59:56) | 1:51 (8:56) 0:56 (26:59) 1:15 (45:13) 0:57 (1:00:53) | 3:07 (12:03) 3:07 (30:06) 1:46 (46:59) | 2:16 (14:19) 1:37 (31:43) 1:58 (48:57) |
| 24. | Henrik Albahn | 4:01 (4:01) 3:11 (20:21) 0:55 (36:16) 3:07 (52:44) | 3:41 (7:42) 4:24 (24:45) 2:42 (38:58) 3:49 (56:33) | Lyngby OK | 1:02:05 +28:09 | 07:38 | 2:58 (10:40) 1:44 (26:29) 3:11 (42:09) 4:22 (1:00:55) | 3:03 (13:43) 2:35 (29:04) 2:00 (44:09) 1:10 (1:02:05) | 1:39 (15:22) 3:10 (32:14) 3:19 (47:28) | 1:48 (17:10) 3:07 (35:21) 2:09 (49:37) |
| 25. | Frede Lillelund | 3:55 (3:55) 3:26 (22:11) 1:04 (42:24) 2:29 (55:04) | 3:50 (7:45) 5:26 (27:37) 2:37 (45:01) 4:21 (59:25) | Søllerød OK | 1:02:21 +28:25 | 11:22 | 2:32 (10:17) 1:39 (29:16) 1:27 (46:28) 2:00 (1:01:25) | 3:40 (13:57) 4:29 (33:45) 1:31 (47:59) 0:56 (1:02:21) | 1:41 (15:38) 3:29 (37:14) 2:27 (50:26) | 3:07 (18:45) 4:06 (41:20) 2:09 (52:35) |
| 26. | Tore Sejr Jørgensen | 4:19 (4:19) 3:44 (21:29) 4:56 (39:43) 2:34 (56:36) | 2:40 (6:59) 2:44 (24:13) 4:56 (44:39) 5:09 (1:01:45) | Kildeholm OK | 1:06:34 +32:38 | 01:41 | 3:03 (10:02) 3:54 (28:07) 2:52 (47:31) 3:46 (1:05:31) | 1:46 (11:48) 1:27 (29:34) 1:39 (49:10) 1:03 (1:06:34) | 3:07 (14:55) 3:30 (33:04) 2:09 (51:19) | 2:50 (17:45) 1:43 (34:47) 2:43 (54:02) |

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| 27. | Joakim Ilsing Sørensen | | Ballerup OK | 1:17:16 +43:20 | 20:14 | |
| | 3:52 (3:52) | 9:01 (12:53) | 4:14 (17:07) | 1:46 (18:53) | 2:30 (21:23) | 2:03 (23:26) |
| | 2:42 (26:08) | 3:20 (29:28) | 3:07 (32:35) | 1:04 (33:39) | 3:38 (37:17) | 4:08 (41:25) |
| | 5:18 (46:43) | 6:32 (53:15) | 4:25 (57:40) | 2:10 (59:50) | 2:07 (1:01:57) | 4:07 (1:06:04) |
| | 1:57 (1:08:01) | 4:36 (1:12:37) | 3:31 (1:16:08) | 1:08 (1:17:16) | | |
| | Johannes Marager | | Allerød OK | Fejlklip | | |
| | 2:48 (2:48) | 1:08 (3:56) | 1:30 (5:26) | 1:01 (6:27) | 1:48 (8:15) | 1:44 (9:59) |
| | 2:02 (12:01) | 1:52 (13:53) | 2:17 (16:10) | 0:42 (16:52) | 1:43 (18:35) | 0:51 (19:26) |
| | – (–) | – (25:02) | 1:29 (26:31) | 0:52 (27:23) | 1:09 (28:32) | 1:14 (29:46) |
| | 1:38 (31:24) | 3:09 (34:33) | 1:47 (36:20) | 0:41 (37:01) | | |
| | Simon Philibert | | Søllerød OK | Fejlklip | | |
| | 3:46 (3:46) | 8:16 (12:02) | 2:14 (14:16) | 3:09 (17:25) | 2:34 (19:59) | 0:56 (20:55) |
| | 3:30 (24:25) | 1:22 (25:47) | 1:48 (27:35) | 3:01 (30:36) | 1:53 (32:29) | 2:08 (34:37) |
| | 3:40 (38:17) | 4:06 (42:23) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (53:55) | | |
| | Steen Stausholm | | Farum OK | Fejlklip | | |
| | 3:42 (3:42) | 4:22 (8:04) | 6:23 (14:27) | 1:55 (16:22) | 1:31 (17:53) | 2:17 (20:10) |
| | 2:29 (22:39) | 5:05 (27:44) | 1:57 (29:41) | – (–) | – (–) | – (54:23) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (1:02:33) | | |
| | Alex Ottesen | | Ballerup OK | Udgået | | |
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| | Jens Kristian Sørensen | | Allerød OK | Udgået | | |
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| | Sebastian Røysland Maltby | | Søllerød OK | Udgået | | |
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| | Ditlev Melbye | | Søllerød OK | Ej startet | | |
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| | Jesper Vestergaard | | Søllerød OK | Ej startet | | |
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| | Lars Nielsen | | Søllerød OK | Ej startet | | |
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| | Poul Henning Poulsen | | Tisvilde Hegn OK | Ej startet | | |
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D2

| | | | (4 / 4) | Tid | Efter | Tidstab | |
|----|------------------------|--------------|----------------|----------------|--------|--------------|--------------|
| 1. | Sigrid Høyer Staugaard | | FIF Hillerød | 38:14 | | 00:00 | |
| | 3:11 (3:11) | 3:02 (6:13) | 1:31 (7:44) | 0:57 (8:41) | | 1:17 (9:58) | 1:17 (11:15) |
| | 1:24 (12:39) | 3:07 (15:46) | 1:16 (17:02) | 1:40 (18:42) | | 1:15 (19:57) | 2:00 (21:57) |
| | 1:35 (23:32) | 2:04 (25:36) | 2:10 (27:46) | 1:59 (29:45) | | 0:43 (30:28) | 1:57 (32:25) |
| | 0:56 (33:21) | 2:39 (36:00) | 1:31 (37:31) | 0:43 (38:14) | | | |
| 2. | Amalie Ertmann | | Allerød OK | 41:08 | +2:54 | 03:26 | |
| | 3:05 (3:05) | 1:16 (4:21) | 1:29 (5:50) | 1:04 (6:54) | | 1:44 (8:38) | 1:39 (10:17) |
| | 2:09 (12:26) | 1:56 (14:22) | 2:12 (16:34) | 0:44 (17:18) | | 1:45 (19:03) | 0:56 (19:59) |
| | 2:45 (22:44) | 3:42 (26:26) | 4:25 (30:51) | 0:59 (31:50) | | 1:14 (33:04) | 1:12 (34:16) |
| | 1:25 (35:41) | 3:05 (38:46) | 1:45 (40:31) | 0:37 (41:08) | | | |
| 3. | Elin Nørgård Kracht | | PI-København | 53:12 | +14:58 | 03:22 | |
| | 3:33 (3:33) | 1:30 (5:03) | 1:45 (6:48) | 2:25 (9:13) | | 2:46 (11:59) | 0:57 (12:56) |
| | 2:43 (15:39) | 1:23 (17:02) | 1:35 (18:37) | 2:23 (21:00) | | 1:55 (22:55) | 2:27 (25:22) |
| | 3:57 (29:19) | 3:55 (33:14) | 2:29 (35:43) | 1:05 (36:48) | | 1:57 (38:45) | 1:49 (40:34) |
| | 3:46 (44:20) | 5:31 (49:51) | 2:27 (52:18) | 0:54 (53:12) | | | |
| 4. | Hedda Kärner Grooss | | Allerød OK | 1:02:52 | +24:38 | 11:04 | |
| | 10:37 (10:37) | 4:32 (15:09) | 5:24 (20:33) | 1:17 (21:50) | | 1:41 (23:31) | 2:21 (25:52) |
| | 2:18 (28:10) | 3:50 (32:00) | 1:54 (33:54) | 2:24 (36:18) | | 2:25 (38:43) | 2:49 (41:32) |
| | 0:59 (42:31) | 2:23 (44:54) | 1:26 (46:20) | 1:36 (47:56) | | 2:26 (50:22) | 2:04 (52:26) |
| | 2:31 (54:57) | 4:42 (59:39) | 2:18 (1:01:57) | 0:55 (1:02:52) | | | |

H3

| | | (29 / 29) | Tid | Efter | Tidstab |
|----|----------------------|--------------|-------|-------|---------|
| 1. | Niels Elton Jokumsen | FIF Hillerød | 32:03 | | 01:33 |

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|-----|-------------------------------|----------------|-------------------------|-----------------------|--------------|--------------|
| | 3:55 (3:55) | 1:11 (5:06) | 1:47 (6:53) | 1:31 (8:24) | 1:29 (9:53) | 3:11 (13:04) |
| | 2:02 (15:06) | 2:00 (17:06) | 2:38 (19:44) | 3:35 (23:19) | 1:27 (24:46) | 0:53 (25:39) |
| | 1:46 (27:25) | 2:16 (29:41) | 1:42 (31:23) | 0:40 (32:03) | | |
| 2. | Torkil Hansen | | PI-København | 42:48 +10:45 | 03:34 | |
| | 6:19 (6:19) | 2:29 (8:48) | 2:54 (11:42) | 1:08 (12:50) | 5:33 (18:23) | 2:01 (20:24) |
| | 1:11 (21:35) | 2:37 (24:12) | 3:09 (27:21) | 1:31 (28:52) | 1:55 (30:47) | 3:18 (34:05) |
| | 1:38 (35:43) | 3:44 (39:27) | 2:21 (41:48) | 1:00 (42:48) | | |
| 3. | Jørgen Skaarup | | Ballerup OK | 44:35 +12:32 | 04:16 | |
| | 4:19 (4:19) | 2:41 (7:00) | 2:37 (9:37) | 1:13 (10:50) | 5:42 (16:32) | 2:01 (18:33) |
| | 1:27 (20:00) | 2:40 (22:40) | 3:08 (25:48) | 3:02 (28:50) | 2:34 (31:24) | 2:00 (33:24) |
| | 1:52 (35:16) | 4:09 (39:25) | 4:06 (43:31) | 1:04 (44:35) | | |
| 4. | Sten Skytte Kirkegaard | | Tisvilde Hegn OK | 44:49 +12:46 | 01:15 | |
| | 6:04 (6:04) | 2:04 (8:08) | 2:09 (10:17) | 2:18 (12:35) | 2:15 (14:50) | 4:48 (19:38) |
| | 2:59 (22:37) | 2:34 (25:11) | 1:25 (26:36) | 5:39 (32:15) | 2:05 (34:20) | 1:21 (35:41) |
| | 2:45 (38:26) | 3:21 (41:47) | 2:11 (43:58) | 0:51 (44:49) | | |
| 5. | Dennis Øbro | | Tisvilde Hegn OK | 45:00 +12:57 | 02:54 | |
| | 6:16 (6:16) | 2:41 (8:57) | 2:57 (11:54) | 1:12 (13:06) | 6:07 (19:13) | 2:29 (21:42) |
| | 2:06 (23:48) | 2:15 (26:03) | 1:48 (27:51) | 4:27 (32:18) | 2:07 (34:25) | 1:26 (35:51) |
| | 2:44 (38:35) | 3:12 (41:47) | 2:21 (44:08) | 0:52 (45:00) | | |
| 6. | Niels la Cour Bentzon | | Søllerød OK | 47:49 +15:46 | 05:33 | |
| | 4:24 (4:24) | 2:41 (7:05) | 1:25 (8:30) | 2:57 (11:27) | 4:02 (15:29) | 1:58 (17:27) |
| | 2:46 (20:13) | 2:33 (22:46) | 1:46 (24:32) | 6:39 (31:11) | 2:57 (34:08) | 2:37 (36:45) |
| | 1:13 (37:58) | 5:49 (43:47) | 3:07 (46:54) | 0:55 (47:49) | | |
| 7. | Leif Sudergaard | | Kildeholm OK | 50:24 +18:21 | 05:51 | |
| | 4:28 (4:28) | 3:20 (7:48) | 2:50 (10:38) | 1:19 (11:57) | 6:11 (18:08) | 2:12 (20:20) |
| | 1:35 (21:55) | 2:49 (24:44) | 3:23 (28:07) | 2:37 (30:44) | 2:37 (33:21) | 2:46 (36:07) |
| | 2:19 (38:26) | 7:39 (46:05) | 3:21 (49:26) | 0:58 (50:24) | | |
| 8. | Henrik Kleffel | | Søllerød OK | 51:20 +19:17 | 04:27 | |
| | 6:27 (6:27) | 2:05 (8:32) | 2:29 (11:01) | 2:21 (13:22) | 2:42 (16:04) | 4:44 (20:48) |
| | 3:10 (23:58) | 2:46 (26:44) | 1:07 (27:51) | 6:59 (34:50) | 3:41 (38:31) | 1:45 (40:16) |
| | 4:15 (44:31) | 3:12 (47:43) | 2:39 (50:22) | 0:58 (51:20) | | |
| 9. | Louis Steinthal | | FIF Hillerød | 51:23 +19:20 | 06:23 | |
| | 4:32 (4:32) | 4:05 (8:37) | 2:25 (11:02) | 2:15 (13:17) | 2:13 (15:30) | 5:02 (20:32) |
| | 2:52 (23:24) | 1:22 (24:46) | 3:02 (27:48) | 4:59 (32:47) | 3:08 (35:55) | 3:13 (39:08) |
| | 1:21 (40:29) | 7:02 (47:31) | 2:45 (50:16) | 1:07 (51:23) | | |
| 10. | Max Prang | | Fredensborg OK | 51:34 +19:31 | 02:27 | |
| | 6:23 (6:23) | 2:03 (8:26) | 2:26 (10:52) | 2:27 (13:19) | 2:30 (15:49) | 4:55 (20:44) |
| | 2:54 (23:38) | 1:25 (25:03) | 3:12 (28:15) | 4:37 (32:52) | 3:23 (36:15) | 3:25 (39:40) |
| | 1:22 (41:02) | 6:38 (47:40) | 2:48 (50:28) | 1:06 (51:34) | | |
| 11. | Henrik Nielsen | | Holbæk OK | 51:35 +19:32 | 04:22 | |
| | 5:58 (5:58) | 2:31 (8:29) | 1:24 (9:53) | 2:49 (12:42) | 5:59 (18:41) | 2:08 (20:49) |
| | 3:01 (23:50) | 2:21 (26:11) | 2:26 (28:37) | 4:45 (33:22) | 2:56 (36:18) | 2:58 (39:16) |
| | 1:20 (40:36) | 6:30 (47:06) | 3:35 (50:41) | 0:54 (51:35) | | |
| 12. | Niels Landspørg | | Tisvilde Hegn OK | 51:37 +19:34 | 02:13 | |
| | 6:45 (6:45) | 1:58 (8:43) | 2:15 (10:58) | 2:27 (13:25) | 2:30 (15:55) | 4:49 (20:44) |
| | 2:39 (23:23) | 1:25 (24:48) | 3:05 (27:53) | 4:40 (32:33) | 3:39 (36:12) | 3:14 (39:26) |
| | 1:23 (40:49) | 6:56 (47:45) | 2:46 (50:31) | 1:06 (51:37) | | |
| 13. | Jesper Kirkeskov | | Søllerød OK | 54:32 +22:29 | 03:41 | |
| | 8:07 (8:07) | 2:38 (10:45) | 1:32 (12:17) | 3:00 (15:17) | 4:28 (19:45) | 3:58 (23:43) |
| | 2:54 (26:37) | 1:16 (27:53) | 6:20 (34:13) | 1:56 (36:09) | 2:49 (38:58) | 2:46 (41:44) |
| | 2:43 (44:27) | 5:17 (49:44) | 3:43 (53:27) | 1:05 (54:32) | | |
| 14. | Jens Korsholm | | Farum OK | 56:32 +24:29 | 04:12 | |
| | 6:33 (6:33) | 2:50 (9:23) | 1:28 (10:51) | 3:36 (14:27) | 5:08 (19:35) | 2:51 (22:26) |
| | 2:32 (24:58) | 2:25 (27:23) | 2:21 (29:44) | 5:33 (35:17) | 4:00 (39:17) | 3:57 (43:14) |
| | 1:32 (44:46) | 6:34 (51:20) | 3:56 (55:16) | 1:16 (56:32) | | |
| 15. | Jan Johansen | | PI-København | 57:15 +25:12 | 07:33 | |
| | 8:31 (8:31) | 2:51 (11:22) | 2:01 (13:23) | 2:46 (16:09) | 5:59 (22:08) | 3:00 (25:08) |
| | 2:55 (28:03) | 2:17 (30:20) | 2:17 (32:37) | 5:00 (37:37) | 3:07 (40:44) | 4:00 (44:44) |
| | 1:20 (46:04) | 7:12 (53:16) | 2:48 (56:04) | 1:11 (57:15) | | |
| 16. | John Hørlyk | | Farum OK | 57:17 +25:14 | 10:44 | |
| | 9:05 (9:05) | 3:30 (12:35) | 3:03 (15:38) | 1:23 (17:01) | 9:18 (26:19) | 3:26 (29:45) |
| | 3:29 (33:14) | 3:09 (36:23) | 3:36 (39:59) | 1:47 (41:46) | 2:14 (44:00) | 3:28 (47:28) |
| | 2:31 (49:59) | 4:01 (54:00) | 2:30 (56:30) | 0:47 (57:17) | | |
| 17. | Gunner Sie | | Søllerød OK | 57:58 +25:55 | 07:06 | |
| | 6:12 (6:12) | 2:09 (8:21) | 2:35 (10:56) | 2:18 (13:14) | 2:47 (16:01) | 5:08 (21:09) |
| | 3:10 (24:19) | 4:19 (28:38) | 3:33 (32:11) | 5:04 (37:15) | 3:37 (40:52) | 3:44 (44:36) |
| | 1:32 (46:08) | 7:01 (53:09) | 3:43 (56:52) | 1:06 (57:58) | | |
| 18. | David Palsgaard | | Søllerød OK | 59:09 +27:06 | 08:56 | |
| | 4:41 (4:41) | 3:41 (8:22) | 4:56 (13:18) | 1:21 (14:39) | 7:20 (21:59) | 5:40 (27:39) |
| | 2:58 (30:37) | 2:56 (33:33) | 2:27 (36:00) | 6:12 (42:12) | 2:51 (45:03) | 2:00 (47:03) |
| | 3:56 (50:59) | 3:38 (54:37) | 3:19 (57:56) | 1:13 (59:09) | | |
| 19. | Søren A. Nielsen | | Helsingør SOK | 59:53 +27:50 | 07:12 | |
| | 5:44 (5:44) | 3:05 (8:49) | 1:58 (10:47) | 3:32 (14:19) | 3:57 (18:16) | 3:53 (22:09) |
| | 4:18 (26:27) | 1:20 (27:47) | 11:14 (39:01) | 2:57 (41:58) | 2:48 (44:46) | 2:36 (47:22) |
| | 2:25 (49:47) | 5:56 (55:43) | 3:03 (58:46) | 1:07 (59:53) | | |
| 20. | Jens Bentsen | | OK ØST Birkerød | 1:11:43 +39:40 | 23:03 | |
| | 4:30 (4:30) | 12:31 (17:01) | 3:35 (20:36) | 2:43 (23:19) | 2:10 (25:29) | 4:47 (30:16) |
| | 3:33 (33:49) | 3:47 (37:36) | 1:05 (38:41) | 10:35 (49:16) | 4:50 (54:06) | 2:39 (56:45) |
| | 4:34 (1:01:19) | 4:30 (1:05:49) | 3:35 (1:09:24) | 2:19 (1:11:43) | | |

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|----------------------|----------------|----------------|-------------------|----------------|------------|-----------------|----------------|----------------|
| Jens Peter Gundorf | 5:30 (5:30) | 2:32 (8:02) | OK ØST Birkerød | 1:44 (9:46) | Fejlklip | 3:03 (12:49) | 9:03 (21:52) | – (–) |
| | – (–) | – (–) | | – (–) | | – (24:58) | 2:56 (27:54) | 2:19 (30:13) |
| | 2:14 (32:27) | 5:51 (38:18) | | 2:52 (41:10) | | 1:14 (42:24) | | |
| Kai Beck-Andersen | 6:39 (6:39) | 4:28 (11:07) | Farum OK | 9:47 (20:54) | Fejlklip | 1:29 (22:23) | 8:05 (30:28) | 3:27 (33:55) |
| | 3:17 (37:12) | 4:15 (41:27) | | 2:39 (44:06) | | 18:13 (1:02:19) | – (–) | – (–) |
| | – (–) | – (–) | | – (1:06:13) | | 1:38 (1:07:51) | | |
| Kurt Thuesen | 34:37 (34:37) | 4:46 (39:23) | FSK Orientering | 3:26 (42:49) | Fejlklip | 1:16 (44:05) | 6:09 (50:14) | – (–) |
| | – (56:35) | 3:12 (59:47) | | 4:35 (1:04:22) | | 1:56 (1:06:18) | 2:18 (1:08:36) | 2:16 (1:10:52) |
| | 2:49 (1:13:41) | 4:24 (1:18:05) | | 2:26 (1:20:31) | | 1:08 (1:21:39) | | |
| Gregers Jørgensen | – (–) | – (–) | Ballerup OK | – (–) | Udgået | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| Anders Laage Kragh | – (–) | – (–) | OK Roskilde | – (–) | Ej startet | – (–) | – (–) | – (–) |
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| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| Carsten Hansen | – (–) | – (–) | FIF Hillerød | – (–) | Ej startet | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| Flemming Wendelboe | – (–) | – (–) | Helsingør SOK | – (–) | Ej startet | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| Niels Hamborg Jensen | – (–) | – (–) | OK Skærmø Værløse | – (–) | Ej startet | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | – (–) | | – (–) | – (–) | – (–) |
| Ulrik Illum | – (–) | – (–) | Søllerød OK | – (–) | Ej startet | – (–) | – (–) | – (–) |
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| | | | (15 / 15) | Tid | Efter | Tidstab | | |
|-----|------------------------------|--------------|------------------|--------------|----------------|----------------|--------------|--|
| 1. | Frida Kärner Grooss | | Allerød OK | 38:25 | | 02:24 | | |
| | 4:06 (4:06) | 1:34 (5:40) | | 2:02 (7:42) | 1:39 (9:21) | 1:27 (10:48) | 5:34 (16:22) | |
| | 3:10 (19:32) | 1:24 (20:56) | | 2:43 (23:39) | 2:25 (26:04) | 2:07 (28:11) | 1:55 (30:06) | |
| | 1:12 (31:18) | 4:25 (35:43) | | 1:58 (37:41) | 0:44 (38:25) | | | |
| 2. | Augusta Thorsen | | Farum OK | 39:56 | +1:31 | 02:35 | | |
| | 4:13 (4:13) | 1:33 (5:46) | | 2:09 (7:55) | 1:39 (9:34) | 1:22 (10:56) | 5:25 (16:21) | |
| | 2:01 (18:22) | 1:33 (19:55) | | 3:42 (23:37) | 2:34 (26:11) | 2:14 (28:25) | 2:04 (30:29) | |
| | 0:59 (31:28) | 5:26 (36:54) | | 2:05 (38:59) | 0:57 (39:56) | | | |
| 3. | Kamma Aglund Andersen | | OK ØST Birkerød | 41:34 | +3:09 | 03:11 | | |
| | 4:03 (4:03) | 1:38 (5:41) | | 2:03 (7:44) | 1:39 (9:23) | 1:27 (10:50) | 5:35 (16:25) | |
| | 2:24 (18:49) | 3:02 (21:51) | | 1:00 (22:51) | 5:04 (27:55) | 2:29 (30:24) | 2:18 (32:42) | |
| | 2:38 (35:20) | 2:53 (38:13) | | 2:33 (40:46) | 0:48 (41:34) | | | |
| 4. | Iben Maag | | Søllerød OK | 46:37 | +8:12 | 04:00 | | |
| | 6:41 (6:41) | 3:05 (9:46) | | 3:13 (12:59) | 1:04 (14:03) | 5:35 (19:38) | 2:47 (22:25) | |
| | 1:30 (23:55) | 3:05 (27:00) | | 2:59 (29:59) | 1:47 (31:46) | 2:16 (34:02) | 2:38 (36:40) | |
| | 2:02 (38:42) | 4:12 (42:54) | | 2:37 (45:31) | 1:06 (46:37) | | | |
| 5. | Maria Douglas | | FIF Hillerød | 46:42 | +8:17 | 02:23 | | |
| | 6:06 (6:06) | 2:47 (8:53) | | 2:57 (11:50) | 1:10 (13:00) | 5:20 (18:20) | 2:53 (21:13) | |
| | 1:51 (23:04) | 3:29 (26:33) | | 3:19 (29:52) | 2:09 (32:01) | 2:29 (34:30) | 2:04 (36:34) | |
| | 2:22 (38:56) | 4:26 (43:22) | | 2:16 (45:38) | 1:04 (46:42) | | | |
| 6. | Lena Wraa | | Tisvilde Hegn OK | 47:13 | +8:48 | 02:39 | | |
| | 4:35 (4:35) | 2:06 (6:41) | | 2:17 (8:58) | 2:14 (11:12) | 2:36 (13:48) | 5:33 (19:21) | |
| | 2:18 (21:39) | 2:09 (23:48) | | 3:15 (27:03) | 3:27 (30:30) | 3:22 (33:52) | 2:57 (36:49) | |
| | 1:16 (38:05) | 5:50 (43:55) | | 2:16 (46:11) | 1:02 (47:13) | | | |
| 7. | Annette Bonde | | Ballerup OK | 48:21 | +9:56 | 04:41 | | |
| | 4:57 (4:57) | 2:31 (7:28) | | 1:29 (8:57) | 2:43 (11:40) | 4:07 (15:47) | 1:46 (17:33) | |
| | 2:55 (20:28) | 2:48 (23:16) | | 2:01 (25:17) | 4:48 (30:05) | 3:33 (33:38) | 4:10 (37:48) | |
| | 1:11 (38:59) | 5:46 (44:45) | | 2:40 (47:25) | 0:56 (48:21) | | | |
| 8. | Sandra Simonsen | | FIF Hillerød | 51:32 | +13:07 | 03:01 | | |
| | 6:14 (6:14) | 3:23 (9:37) | | 3:19 (12:56) | 1:22 (14:18) | 5:37 (19:55) | 2:05 (22:00) | |
| | 2:41 (24:41) | 2:26 (27:07) | | 2:57 (30:04) | 5:41 (35:45) | 3:06 (38:51) | 1:29 (40:20) | |
| | 3:31 (43:51) | 3:35 (47:26) | | 3:04 (50:30) | 1:02 (51:32) | | | |
| 9. | Angélique Grønborg Rasmussen | | Allerød OK | 59:27 | +21:02 | 06:33 | | |
| | 6:43 (6:43) | 5:54 (12:37) | | 4:40 (17:17) | 1:24 (18:41) | 7:16 (25:57) | 2:13 (28:10) | |
| | 3:25 (31:35) | 2:32 (34:07) | | 2:11 (36:18) | 5:45 (42:03) | 2:37 (44:40) | 2:07 (46:47) | |
| | 3:51 (50:38) | 4:39 (55:17) | | 2:55 (58:12) | 1:15 (59:27) | | | |
| 10. | Aline Harmand | | Søllerød OK | 1:00:05 | +21:40 | 07:20 | | |
| | 8:59 (8:59) | 3:35 (12:34) | | 1:39 (14:13) | 3:23 (17:36) | 3:47 (21:23) | 6:18 (27:41) | |
| | 3:06 (30:47) | 1:19 (32:06) | | 7:26 (39:32) | 2:24 (41:56) | 2:55 (44:51) | 2:45 (47:36) | |
| | 2:15 (49:51) | 6:03 (55:54) | | 2:49 (58:43) | 1:22 (1:00:05) | | | |
| 11. | Henriette Broman | | Allerød OK | 1:05:34 | +27:09 | 09:44 | | |

| | | | | | | |
|------------|---|-----------------|--------------------------|-----------------------|--------------|----------------|
| | 6:31 (6:31) | 3:04 (9:35) | 1:46 (11:21) | 3:04 (14:25) | 3:54 (18:19) | 3:46 (22:05) |
| | 3:22 (25:27) | 1:33 (27:00) | 8:34 (35:34) | 3:51 (39:25) | 3:31 (42:56) | 2:23 (45:19) |
| | 2:58 (48:17) | 13:12 (1:01:29) | 2:46 (1:04:15) | 1:19 (1:05:34) | | |
| 12. | Hanne Rasmussen | | Allerød OK | 1:05:52 +27:27 | 07:41 | |
| | 8:51 (8:51) | 3:12 (12:03) | 3:55 (15:58) | 2:28 (18:26) | 2:46 (21:12) | 8:55 (30:07) |
| | 3:41 (33:48) | 3:18 (37:06) | 1:12 (38:18) | 6:37 (44:55) | 4:51 (49:46) | 3:59 (53:45) |
| | 4:05 (57:50) | 3:39 (1:01:29) | 3:19 (1:04:48) | 1:04 (1:05:52) | | |
| 13. | Anne Skovbaek | | Søllerød OK | 1:06:52 +28:27 | 12:14 | |
| | 8:56 (8:56) | 3:35 (12:31) | 1:37 (14:08) | 3:24 (17:32) | 3:50 (21:22) | 3:16 (24:38) |
| | 4:23 (29:01) | 2:24 (31:25) | 3:08 (34:33) | 6:08 (40:41) | 9:37 (50:18) | 3:50 (54:08) |
| | 1:17 (55:25) | 6:41 (1:02:06) | 3:20 (1:05:26) | 1:26 (1:06:52) | | |
| | Birgitte Erskov Halland | | OK ØST Birkerød | Ej startet | | |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | | |
| | Mette Monique Pilemand | | Søllerød OK | Ej startet | | |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | | |
| H4 | | | (9 / 9) | Tid | Efter | Tidstab |
| 1. | Peter Wraa | | Tisvilde Hegn OK | 38:32 | | 02:09 |
| | 6:40 (6:40) | 1:59 (8:39) | 2:30 (11:09) | 3:17 (14:26) | 2:58 (17:24) | 2:38 (20:02) |
| | 2:33 (22:35) | 2:06 (24:41) | 5:02 (29:43) | 2:08 (31:51) | 3:14 (35:05) | 3:27 (38:32) |
| 2. | Hans Chr. Strib | | Ballerup OK | 48:35 +10:03 | 09:48 | |
| | 13:30 (13:30) | 2:55 (16:25) | 4:13 (20:38) | 1:40 (22:18) | 4:08 (26:26) | 2:27 (28:53) |
| | 1:05 (29:58) | 4:46 (34:44) | 4:16 (39:00) | 3:16 (42:16) | 3:12 (45:28) | 3:07 (48:35) |
| 3. | Ole Svendsen | | OK Roskilde | 53:54 +15:22 | 10:49 | |
| | 6:37 (6:37) | 3:50 (10:27) | 2:39 (13:06) | 3:04 (16:10) | 8:12 (24:22) | 5:42 (30:04) |
| | 1:15 (31:19) | 3:05 (34:24) | 7:27 (41:51) | 3:52 (45:43) | 4:26 (50:09) | 3:45 (53:54) |
| 4. | Karsten Richardt | | Køge OK | 54:09 +15:37 | 05:16 | |
| | 9:46 (9:46) | 1:08 (10:54) | 4:45 (15:39) | 4:46 (20:25) | 6:42 (27:07) | 3:46 (30:53) |
| | 3:15 (34:08) | 2:43 (36:51) | 6:09 (43:00) | 3:39 (46:39) | 4:00 (50:39) | 3:30 (54:09) |
| 5. | Mogens Jørgensen | | Søllerød OK | 1:02:13 +23:41 | 10:44 | |
| | 10:05 (10:05) | 3:26 (13:31) | 4:00 (17:31) | 5:12 (22:43) | 4:41 (27:24) | 9:13 (36:37) |
| | 1:41 (38:18) | 3:50 (42:08) | 5:57 (48:05) | 5:02 (53:07) | 4:51 (57:58) | 4:15 (1:02:13) |
| | Nitsan Vardi | | FIF Hillerød | Fejlkli | | |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (38:29) |
| | Gunner Jørgensen | | OK73 | Udgået | | |
| | 7:49 (7:49) | 1:19 (9:08) | 3:00 (12:08) | 6:36 (18:44) | 3:50 (22:34) | 2:45 (25:19) |
| | 2:36 (27:55) | 2:16 (30:11) | – (-) | – (-) | – (-) | – (-) |
| | Holger Karlsmose | | Farum OK | Udgået | | |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | Ole Christiansen | | Farum OK | Ej startet | | |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | – (-) | – (-) | – (-) | – (-) |
| D4 | | | (4 / 4) | Tid | Efter | Tidstab |
| 1. | Birgitte Skytthe | | Farum OK | 44:30 | | 02:44 |
| | 6:31 (6:31) | 2:44 (9:15) | 3:12 (12:27) | 2:19 (14:46) | 4:13 (18:59) | 3:21 (22:20) |
| | 1:25 (23:45) | 2:44 (26:29) | 6:11 (32:40) | 3:46 (36:26) | 3:49 (40:15) | 4:15 (44:30) |
| 2. | Inge Jørgensen | | OK Roskilde | 51:00 +6:30 | 10:04 | |
| | 6:28 (6:28) | 2:22 (8:50) | 2:38 (11:28) | 7:20 (18:48) | 3:29 (22:17) | 2:43 (25:00) |
| | 8:43 (33:43) | 3:24 (37:07) | 4:15 (41:22) | 3:03 (44:25) | 3:32 (47:57) | 3:03 (51:00) |
| 3. | Mette Hørlyk Friis | | Farum OK | 52:58 +8:28 | 08:52 | |
| | 6:29 (6:29) | 2:05 (8:34) | 3:19 (11:53) | 4:54 (16:47) | 4:22 (21:09) | 4:36 (25:45) |
| | 2:27 (28:12) | 2:44 (30:56) | 9:09 (40:05) | 5:58 (46:03) | 3:38 (49:41) | 3:17 (52:58) |
| | Helle Brøchner Jønson | | OK Roskilde | Fejlkli | | |
| | 6:53 (6:53) | 3:39 (10:32) | 2:43 (13:15) | 3:26 (16:41) | – (-) | – (-) |
| | – (36:45) | 3:37 (40:22) | 6:39 (47:01) | – (-) | – (-) | – (1:03:27) |
| H5 | | | (4 / 4) | Tid | Efter | Tidstab |
| 1. | Rasmus Storm Lyngsø | | Allerød OK | 45:26 | | 07:00 |
| | 6:41 (6:41) | 2:20 (9:01) | 2:17 (11:18) | 2:36 (13:54) | 2:47 (16:41) | 2:29 (19:10) |
| | 1:23 (20:33) | 7:13 (27:46) | 1:40 (29:26) | 2:58 (32:24) | 1:27 (33:51) | 2:16 (36:07) |
| | 2:36 (38:43) | 3:45 (42:28) | 1:41 (44:09) | 1:17 (45:26) | | |
| 2. | Alexander Johannes Mosbech Smith | | OK ØST Birkerød | 47:52 +2:26 | 04:21 | |
| | 4:10 (4:10) | 3:21 (7:31) | 2:56 (10:27) | 4:17 (14:44) | 3:18 (18:02) | 2:42 (20:44) |
| | 2:23 (23:07) | 3:07 (26:14) | 2:34 (28:48) | 3:48 (32:36) | 1:37 (34:13) | 3:26 (37:39) |
| | 3:09 (40:48) | 3:07 (43:55) | 2:10 (46:05) | 1:47 (47:52) | | |
| 3. | Marin Philibert | | Søllerød OK | 1:12:21 +26:55 | 16:39 | |
| | 4:04 (4:04) | 2:59 (7:03) | 10:26 (17:29) | 4:53 (22:22) | 5:09 (27:31) | 1:50 (29:21) |
| | 5:31 (34:52) | 4:28 (39:20) | 5:51 (45:11) | 3:42 (48:53) | 5:08 (54:01) | 6:00 (1:00:01) |
| | 3:03 (1:03:04) | 4:35 (1:07:39) | 2:02 (1:09:41) | 2:40 (1:12:21) | | |
| | Hakon Mosbech | | OK Skærmø Værløse | Fejlkli | | |
| | 4:17 (4:17) | 18:57 (23:14) | 3:05 (26:19) | 2:33 (28:52) | 3:49 (32:41) | 1:36 (34:17) |
| | 3:29 (37:46) | – (43:58) | – (-) | – (-) | – (-) | – (-) |
| | – (-) | – (-) | 2:10 (46:08) | 1:45 (47:53) | | |