

Resultater – Natcup 6. afd

2025-01-22

| D2 | (8 / 8) | Tid | Efter | Tidstab |
|------------------------------------|------------------|--------------|--------------|----------------|
| 1. Amalie Ertmann | Allerød OK | 39:16 | | 1:43 |
| 1:44 (1:44) | 1:18 (6:12) | 0:50 (7:02) | | 0:55 (8:47) |
| 1:22 (10:09) | 1:59 (13:34) | 1:27 (15:01) | | 1:50 (16:51) |
| 1:45 (21:11) | 0:50 (24:05) | 1:25 (25:30) | | 1:54 (27:24) |
| 2:59 (31:41) | 2:06 (36:36) | 2:40 (39:16) | | 1:18 (28:42) |
| 2. Frida Kärner Grooss | Allerød OK | 41:18 | +2:02 | 2:34 |
| 1:41 (1:41) | 2:12 (5:48) | 1:54 (7:42) | | 2:23 (10:05) |
| 1:18 (13:12) | 0:54 (15:02) | 1:24 (16:26) | | 1:27 (17:53) |
| 1:49 (22:25) | 1:07 (26:01) | 1:29 (27:30) | | 2:10 (29:40) |
| 2:54 (33:57) | 2:01 (38:44) | 2:34 (41:18) | | 1:23 (31:03) |
| 3. Ingrid Nygaard | Søllerød OK | 43:36 | +4:20 | 2:24 |
| 1:47 (1:47) | 1:38 (4:51) | 1:12 (6:03) | | 1:01 (7:04) |
| 2:27 (11:43) | 1:09 (14:51) | 1:37 (16:28) | | 1:29 (17:57) |
| 1:50 (22:28) | 3:16 (28:06) | 2:27 (30:33) | | 1:43 (32:16) |
| 0:49 (35:45) | 3:33 (40:44) | 2:52 (43:36) | | 2:40 (34:56) |
| 4. Hedda Kärner Grooss | Allerød OK | 45:57 | +6:41 | 0:54 |
| 1:58 (1:58) | 1:34 (4:32) | 1:51 (6:23) | | 1:33 (7:56) |
| 1:08 (11:02) | 2:32 (14:41) | 1:50 (16:31) | | 2:16 (18:47) |
| 2:08 (24:20) | 3:25 (30:31) | 2:48 (33:19) | | 1:43 (35:02) |
| 0:51 (38:40) | 2:26 (42:50) | 3:07 (45:57) | | 2:47 (37:49) |
| 5. Kristine Berg Hansen | Lyngby OK | 48:02 | +8:46 | 2:00 |
| 2:12 (2:12) | 1:37 (4:55) | 1:45 (6:40) | | 2:43 (9:23) |
| 2:03 (13:43) | 1:48 (17:39) | 1:13 (18:52) | | 1:06 (19:58) |
| 1:59 (26:01) | 3:26 (32:12) | 2:54 (35:06) | | 1:41 (36:47) |
| 1:06 (40:50) | 2:33 (44:59) | 3:03 (48:02) | | 2:17 (11:40) |
| 6. Cæcilie Rueløkke Christoffersen | OK ØST Birkerød | 49:07 | +9:51 | 1:13 |
| 2:06 (2:06) | 0:59 (3:05) | 1:43 (6:23) | | 2:22 (8:45) |
| 2:22 (13:11) | 2:31 (15:42) | 1:28 (18:59) | | 1:03 (20:02) |
| 2:10 (25:52) | 2:51 (28:43) | 2:11 (31:55) | | 2:34 (34:29) |
| 3:11 (39:40) | 3:40 (43:20) | 3:05 (49:07) | | 2:04 (10:49) |
| 7. Tonje Pihl | OKR | 49:40 | +10:24 | 0:51 |
| 2:06 (2:06) | 1:45 (3:51) | 1:17 (7:00) | | 1:10 (8:10) |
| 1:40 (10:59) | 1:47 (12:46) | 2:07 (17:30) | | 2:21 (19:51) |
| 2:16 (25:40) | 3:29 (29:09) | 2:43 (35:24) | | 2:05 (37:29) |
| 1:08 (41:54) | 2:05 (43:59) | 3:11 (49:40) | | 1:09 (9:19) |
| Masha Semak | Farum OK | Ej startet | | |
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| D3 | (13 / 13) | Tid | Efter | Tidstab |
| 1. Amalie Engelund Broman | Allerød OK | 35:38 | | 0:43 |
| 0:55 (0:55) | 1:32 (2:27) | 1:29 (5:13) | | 2:25 (7:38) |
| 1:30 (11:32) | 2:34 (14:06) | 2:32 (17:39) | | 1:16 (18:55) |
| 2:09 (23:03) | 2:36 (25:39) | 1:30 (29:21) | | 0:44 (30:05) |
| 1:02 (32:16) | 0:46 (33:02) | 2:36 (35:38) | | 1:09 (31:14) |
| 2. Kaya Skovlyst | FIF Hillerød | 44:52 | +9:14 | 7:44 |
| 0:54 (0:54) | 3:18 (4:12) | 2:14 (6:26) | | 2:23 (10:23) |
| 1:56 (15:06) | 2:42 (17:48) | 1:07 (18:55) | | 1:49 (24:31) |
| 2:08 (28:50) | 5:29 (34:19) | 1:28 (35:47) | | 0:41 (38:03) |
| 1:19 (41:23) | 0:44 (42:07) | 2:45 (44:52) | | 2:01 (40:04) |
| 3. Diana Cederberg | Ballerup OK | 45:41 | +10:03 | 4:11 |
| 1:15 (1:15) | 3:28 (4:43) | 3:43 (9:50) | | 3:28 (13:18) |
| 1:43 (18:14) | 1:33 (19:47) | 1:39 (22:45) | | 1:30 (24:15) |
| 2:23 (29:41) | 4:49 (34:30) | 1:22 (37:25) | | 0:54 (38:19) |
| 1:57 (41:47) | 0:52 (42:39) | 3:02 (45:41) | | 1:31 (39:50) |
| 4. Annette Bonde | Ballerup OK | 46:26 | +10:48 | 2:56 |
| 2:55 (2:55) | 3:46 (6:41) | 3:27 (11:31) | | 1:42 (13:13) |
| 1:48 (16:24) | 2:41 (19:05) | 1:53 (24:20) | | 1:33 (25:53) |
| 2:56 (31:31) | 3:06 (34:37) | 1:56 (38:11) | | 0:55 (39:06) |
| 1:22 (41:54) | 1:03 (42:57) | 3:29 (46:26) | | 1:26 (40:32) |
| 5. Astrid Riis | Holbæk OK | 46:48 | +11:10 | 5:32 |
| 1:02 (1:02) | 1:42 (2:44) | 1:44 (5:37) | | 2:46 (8:23) |
| 1:58 (13:46) | 3:15 (17:01) | 5:24 (23:54) | | 1:17 (25:11) |
| 3:12 (31:02) | 4:23 (35:25) | 1:04 (38:11) | | 0:57 (39:08) |
| 1:48 (42:15) | 0:51 (43:06) | 3:42 (46:48) | | 1:19 (40:27) |
| 6. Anna Siricova | Allerød OK | 48:27 | +12:49 | 5:44 |
| 0:56 (0:56) | 2:58 (3:54) | 3:22 (8:20) | | 2:04 (10:24) |
| 1:35 (13:36) | 3:25 (17:01) | 1:47 (22:00) | | 1:12 (23:12) |
| 2:55 (29:33) | 6:36 (36:09) | 1:37 (39:56) | | 0:55 (40:51) |
| 2:28 (44:49) | 0:56 (45:45) | 2:42 (48:27) | | 1:37 (12:01) |
| 7. Karen Wibe Enevoldsen | Allerød OK | 1:04:51 | +29:13 | 15:25 |
| | | | | 3:26 (26:38) |
| | | | | 1:30 (42:21) |

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|--------------------------------|-----------------|------------------------|-----------------------|----------------|-----------------|
| 1:28 (1:28) | 1:54 (3:22) | 4:23 (7:45) | 1:49 (9:34) | 3:24 (12:58) | 2:07 (15:05) |
| 3:24 (18:29) | 2:56 (21:25) | 3:53 (25:18) | 2:54 (28:12) | 1:32 (29:44) | 2:51 (32:35) |
| 11:10 (43:45) | 5:41 (49:26) | 3:11 (52:37) | 2:25 (55:02) | 1:10 (56:12) | 1:43 (57:55) |
| 1:46 (59:41) | 1:06 (1:00:47) | 4:04 (1:04:51) | | | |
| 8. Fiona Palsgaard | | Søllerød OK | 1:10:47 +35:09 | 6:22 | |
| 1:45 (1:45) | 4:08 (5:53) | 5:48 (11:41) | 3:23 (15:04) | 5:00 (20:04) | 3:01 (23:05) |
| 5:46 (28:51) | 2:48 (31:39) | 2:20 (33:59) | 2:48 (36:47) | 2:18 (39:05) | 3:41 (42:46) |
| 4:02 (46:48) | 5:39 (52:27) | 2:20 (54:47) | 4:01 (58:48) | 1:27 (1:00:15) | 2:47 (1:03:02) |
| 1:56 (1:04:58) | 1:29 (1:06:27) | 4:20 (1:10:47) | | | |
| 9. Anne Skovbæk | | Søllerød OK | 1:24:17 +48:39 | 26:57 | |
| 6:21 (6:21) | 3:22 (9:43) | 5:32 (15:15) | 2:18 (17:33) | 3:50 (21:23) | 1:44 (23:07) |
| 5:21 (28:28) | 5:54 (34:22) | 3:53 (38:15) | 2:45 (41:00) | 2:50 (43:50) | 3:39 (47:29) |
| 3:44 (51:13) | 10:14 (1:01:27) | 9:32 (1:10:59) | 1:44 (1:12:43) | 1:18 (1:14:01) | 3:03 (1:17:04) |
| 2:11 (1:19:15) | 1:05 (1:20:20) | 3:57 (1:24:17) | | | |
| 10. Anette Kalle Larsen | | Holbæk OK | 1:28:34 +52:56 | 26:53 | |
| 2:03 (2:03) | 4:24 (6:27) | 3:45 (10:12) | 2:27 (12:39) | 3:58 (16:37) | 3:23 (20:00) |
| 2:40 (22:40) | 3:43 (26:23) | 4:27 (30:50) | 6:50 (37:40) | 3:14 (40:54) | 3:39 (44:33) |
| 4:38 (49:11) | 12:19 (1:01:30) | 9:36 (1:11:06) | 3:48 (1:14:54) | 2:01 (1:16:55) | 3:34 (1:20:29) |
| 2:38 (1:23:07) | 1:40 (1:24:47) | 3:47 (1:28:34) | | | |
| Iben Maag | | Søllerød OK | Ej startet | | |
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| Maria Douglas | | FIF Hillerød | Ej startet | | |
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| Sandra Simonsen | | FIF Hillerød | Ej startet | | |
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| D4 | | (6 / 6) | Tid | Efter | Tidstab |
| 1. Athene Wessel Larsen | | Søllerød OK | 28:56 | | 1:00 |
| 3:39 (3:39) | 1:54 (5:33) | 1:39 (7:12) | 1:02 (8:14) | 2:04 (10:18) | 0:42 (11:00) |
| 0:55 (11:55) | 1:16 (13:11) | 0:58 (14:09) | 1:25 (15:34) | 1:12 (16:46) | 1:05 (17:51) |
| 1:55 (19:46) | 2:58 (22:44) | 0:35 (23:19) | 2:08 (25:27) | 0:37 (26:04) | 2:52 (28:56) |
| 2. Inge Jørgensen | | OKR | 46:34 | +17:38 | 13:41 |
| 4:09 (4:09) | 1:57 (6:06) | 3:01 (9:07) | 1:37 (10:44) | 1:23 (12:07) | 2:11 (14:18) |
| 4:09 (18:27) | 2:36 (21:03) | 5:56 (26:59) | 1:40 (28:39) | 2:27 (31:06) | 1:54 (33:00) |
| 3:25 (36:25) | 2:04 (38:29) | 1:11 (39:40) | 2:15 (41:55) | 1:01 (42:56) | 3:38 (46:34) |
| 3. Mette Hørlyk Friis | | Farum OK | 47:28 | +18:32 | 11:32 |
| 4:16 (4:16) | 3:38 (7:54) | 2:23 (10:17) | 2:04 (12:21) | 2:47 (15:08) | 1:56 (17:04) |
| 1:30 (18:34) | 2:50 (21:24) | 3:13 (24:37) | 3:59 (28:36) | 2:10 (30:46) | 1:59 (32:45) |
| 3:34 (36:19) | 1:57 (38:16) | 1:19 (39:35) | 2:44 (42:19) | 1:15 (43:34) | 3:54 (47:28) |
| 4. Hanne N Waltenburg | | Kildeholm OK | 52:12 | +23:16 | 14:55 |
| 4:55 (4:55) | 2:03 (6:58) | 2:24 (9:22) | 1:54 (11:16) | 2:08 (13:24) | 1:44 (15:08) |
| 2:35 (17:43) | 9:36 (27:19) | 2:46 (30:05) | 1:54 (31:59) | 2:19 (34:18) | 2:19 (36:37) |
| 3:03 (39:40) | 2:04 (41:44) | 1:22 (43:06) | 2:48 (45:54) | 2:18 (48:12) | 4:00 (52:12) |
| 5. Henrik Wibe | | Allerød OK | 55:26 | +26:30 | 14:03 |
| 4:30 (4:30) | 5:38 (10:08) | 2:44 (12:52) | 1:38 (14:30) | 2:15 (16:45) | 4:45 (21:30) |
| 2:49 (24:19) | 3:21 (27:40) | 5:12 (32:52) | 2:00 (34:52) | 2:39 (37:31) | 2:24 (39:55) |
| 3:08 (43:03) | 2:25 (45:28) | 1:25 (46:53) | 3:21 (50:14) | 1:17 (51:31) | 3:55 (55:26) |
| 6. Janet Bentzen | | OK ØST Birkerød | 1:01:03 | +32:07 | 14:19 |
| 10:12 (10:12) | 2:29 (12:41) | 1:52 (14:33) | 1:15 (15:48) | 3:31 (19:19) | 2:39 (21:58) |
| 1:43 (23:41) | 2:46 (26:27) | 3:45 (30:12) | 3:03 (33:15) | 2:51 (36:06) | 2:06 (38:12) |
| 4:24 (42:36) | 2:39 (45:15) | 1:25 (46:40) | 3:48 (50:28) | 1:33 (52:01) | 9:02 (1:01:03) |
| D5 | | (3 / 3) | Tid | Efter | Tidstab |
| 1. Marianne T. Hasholt | | Allerød OK | 1:29:36 | | 8:04 |
| 3:38 (3:38) | 4:03 (7:41) | 4:25 (12:06) | 2:02 (14:08) | 6:56 (21:04) | 6:49 (27:53) |
| 6:01 (33:54) | 15:27 (49:21) | 6:49 (56:10) | 10:39 (1:06:49) | 4:51 (1:11:40) | 12:47 (1:24:27) |
| 5:09 (1:29:36) | | | | | |
| Eva Konring Olesen | | FIF Hillerød | Fejlklipt | | |
| 3:56 (3:56) | – (–) | – (13:00) | 5:10 (18:10) | 3:39 (21:49) | 4:16 (26:05) |
| 4:36 (30:41) | 8:08 (38:49) | – (–) | – (–) | – (–) | – (47:01) |
| 5:47 (52:48) | | | | | |
| Mette Christiansen | | Søllerød OK | Fejlklipt | | |
| 5:01 (5:01) | 6:05 (11:06) | 20:54 (32:00) | – (–) | – (–) | – (–) |
| – (–) | – (38:27) | – (–) | – (–) | – (–) | – (–) |
| – (45:10) | | | | | |
| H1 | | (15 / 15) | Tid | Efter | Tidstab |
| 1. Niels Elton Jokumsen | | FIF Hillerød | 42:50 | | 1:33 |
| 0:43 (0:43) | 0:56 (1:39) | 0:40 (2:19) | 1:21 (3:40) | 0:55 (4:35) | 1:39 (6:14) |
| 1:06 (7:20) | 0:31 (7:51) | 1:14 (9:05) | 0:43 (9:48) | 1:24 (11:12) | 1:06 (12:18) |
| 1:25 (13:43) | 1:25 (15:08) | 1:55 (17:03) | 1:57 (19:00) | 1:32 (20:32) | 1:33 (22:05) |
| 3:22 (25:27) | 1:48 (27:15) | 1:03 (28:18) | 4:09 (32:27) | 2:34 (35:01) | 1:22 (36:23) |
| 2:35 (38:58) | 1:40 (40:38) | 2:12 (42:50) | | | |

| H2 | (30 / 30) | Tid | Efter | Tidstab | |
|--------------------------------------|-----------------|--------------|--------|--------------|--------------|
| 1. Jens Knud Maarup | Allerød OK | 36:56 | | 1:34 | |
| 1:37 (1:37) | 1:46 (3:23) | 1:46 (6:25) | | 1:12 (7:37) | 1:29 (9:06) |
| 0:53 (9:59) | 0:55 (10:54) | 1:20 (13:04) | | 1:18 (14:22) | 2:40 (17:02) |
| 1:48 (18:50) | 2:05 (20:55) | 1:25 (23:01) | | 2:07 (25:08) | 1:25 (26:33) |
| 2:33 (29:06) | 2:35 (31:41) | 2:42 (36:56) | | | |
| 2. Anton Kupriyanov Hviid | Farum OK | 38:21 | +1:25 | 4:07 | |
| 1:33 (1:33) | 1:38 (3:11) | 1:36 (6:08) | | 1:13 (7:21) | 1:14 (8:35) |
| 1:11 (9:46) | 0:45 (10:31) | 1:14 (12:36) | | 1:18 (13:54) | 2:23 (16:17) |
| 1:38 (17:55) | 5:24 (23:19) | 1:20 (25:23) | | 1:37 (27:00) | 1:17 (28:17) |
| 2:38 (30:55) | 3:26 (34:21) | 2:14 (38:21) | | | |
| 3. Rune Cederberg | Ballerup OK | 39:03 | +2:07 | 0:47 | |
| 1:42 (1:42) | 1:44 (3:26) | 1:52 (6:35) | | 1:30 (8:05) | 1:28 (9:33) |
| 0:57 (10:30) | 0:54 (11:24) | 1:26 (13:46) | | 1:41 (15:27) | 3:25 (18:52) |
| 1:50 (20:42) | 2:21 (23:03) | 2:17 (28:16) | | 1:25 (29:41) | 2:51 (32:32) |
| 0:43 (33:15) | 1:22 (34:37) | 1:53 (36:30) | | | |
| 4. Jan Eg Pedersen | OK Øst Birkerød | 39:06 | +2:10 | 1:15 | |
| 1:46 (1:46) | 0:48 (2:34) | 1:30 (5:52) | | 1:18 (7:10) | 1:29 (8:39) |
| 1:15 (9:54) | 0:56 (10:50) | 1:26 (14:27) | | 1:52 (16:19) | 2:48 (19:07) |
| 1:49 (20:56) | 2:11 (23:07) | 2:01 (28:22) | | 1:23 (29:45) | 2:34 (32:19) |
| 0:48 (33:07) | 1:26 (34:33) | 2:34 (39:06) | | | |
| 5. Asger Habekost Nielsen | Allerød OK | 41:04 | +4:08 | 1:25 | |
| 1:57 (1:57) | 1:50 (3:47) | 1:55 (7:19) | | 0:54 (8:13) | 1:27 (9:40) |
| 1:33 (11:13) | 1:19 (12:32) | 0:55 (15:24) | | 0:53 (16:17) | 2:49 (19:06) |
| 1:47 (20:53) | 3:16 (24:09) | 1:28 (26:24) | | 2:12 (28:36) | 1:22 (29:58) |
| 3:09 (33:07) | 2:57 (36:04) | 2:49 (41:04) | | | |
| 6. Niels-Peter Vest Nielsen | Allerød OK | 41:09 | +4:13 | 2:10 | |
| 1:40 (1:40) | 0:47 (2:27) | 1:26 (5:51) | | 1:21 (7:12) | 1:39 (8:51) |
| 1:01 (9:52) | 1:06 (10:58) | 2:04 (14:50) | | 1:52 (16:42) | 2:46 (19:28) |
| 1:46 (21:14) | 2:38 (23:52) | 1:31 (26:12) | | 2:04 (28:16) | 1:34 (29:50) |
| 2:37 (32:27) | 3:50 (36:17) | 2:49 (41:09) | | | |
| 7. Peter Steen Landsperg | THOK | 44:17 | +7:21 | 3:28 | |
| 1:39 (1:39) | 1:54 (3:33) | 2:04 (6:56) | | 1:28 (8:24) | 1:36 (10:00) |
| 0:57 (10:57) | 1:01 (11:58) | 1:54 (14:59) | | 1:49 (16:48) | 3:08 (19:56) |
| 1:56 (21:52) | 3:19 (25:11) | 2:18 (31:11) | | 3:02 (34:13) | 2:43 (36:56) |
| 0:52 (37:48) | 1:27 (39:15) | 2:49 (44:17) | | | |
| 8. Lars Lyngsø | Allerød OK | 44:35 | +7:39 | 1:29 | |
| 1:54 (1:54) | 0:58 (2:52) | 1:35 (5:58) | | 1:22 (7:20) | 1:51 (9:11) |
| 0:58 (10:09) | 1:01 (11:10) | 1:36 (14:58) | | 2:15 (17:13) | 3:08 (20:21) |
| 2:03 (22:24) | 2:31 (24:55) | 2:40 (31:20) | | 2:03 (33:23) | 3:26 (36:49) |
| 0:48 (37:37) | 1:32 (39:09) | 3:03 (44:35) | | | |
| 9. Thomas Thilo | Farum OK | 46:50 | +9:54 | 5:20 | |
| 1:53 (1:53) | 1:02 (2:55) | 1:44 (6:09) | | 1:21 (7:30) | 2:59 (10:29) |
| 1:18 (11:47) | 0:58 (12:45) | 2:32 (17:32) | | 1:54 (19:26) | 3:14 (22:40) |
| 2:26 (25:06) | 2:15 (27:21) | 1:42 (29:53) | | 2:46 (32:39) | 1:32 (34:11) |
| 2:43 (36:54) | 4:16 (41:10) | 3:02 (46:50) | | | |
| 10. Tim Falck Weber | THOK | 46:52 | +9:56 | 5:59 | |
| 1:47 (1:47) | 1:57 (3:44) | 2:00 (7:20) | | 2:28 (9:48) | 4:30 (14:18) |
| 0:55 (15:13) | 0:55 (16:08) | 1:28 (18:49) | | 1:35 (20:24) | 2:55 (23:19) |
| 2:09 (25:28) | 2:16 (27:44) | 1:34 (30:29) | | 2:23 (32:52) | 1:29 (34:21) |
| 2:54 (37:15) | 4:04 (41:19) | 2:59 (46:52) | | | |
| 11. Alexander Johannes Mosbech Smith | OK Øst Birkerød | 46:58 | +10:02 | 3:28 | |
| 1:41 (1:41) | 0:47 (2:28) | 1:29 (5:43) | | 2:26 (8:09) | 1:40 (9:49) |
| 2:03 (11:52) | 1:57 (13:49) | 1:02 (16:32) | | 0:54 (17:26) | 3:18 (20:44) |
| 2:01 (22:45) | 2:47 (25:32) | 1:39 (28:04) | | 2:51 (30:55) | 1:43 (32:38) |
| 3:34 (36:12) | 3:23 (39:35) | 5:04 (46:58) | | | |
| 12. Bela Sebok | Ballerup OK | 47:01 | +10:05 | 6:24 | |
| 1:45 (1:45) | 4:34 (6:19) | 0:58 (8:57) | | 1:02 (9:59) | 1:00 (10:59) |
| 1:39 (12:38) | 1:26 (14:04) | 1:53 (18:21) | | 1:52 (20:13) | 3:02 (23:15) |
| 1:51 (25:06) | 2:18 (27:24) | 1:35 (29:56) | | 2:45 (32:41) | 1:33 (34:14) |
| 2:43 (36:57) | 3:58 (40:55) | 2:59 (47:01) | | | |
| 13. Claus Cederberg | Ballerup OK | 47:55 | +10:59 | 5:35 | |
| 1:50 (1:50) | 1:29 (3:19) | 1:12 (7:38) | | 1:02 (8:40) | 3:22 (12:02) |
| 2:13 (14:15) | 2:05 (16:20) | 1:31 (18:54) | | 1:35 (20:29) | 2:54 (23:23) |
| 1:55 (25:18) | 2:15 (27:33) | 2:53 (34:57) | | 1:36 (36:33) | 3:17 (39:50) |
| 0:52 (40:42) | 1:39 (42:21) | 3:09 (47:55) | | | |
| 14. Jesper Vestergaard | Søllerød OK | 48:29 | +11:33 | 2:07 | |
| 1:51 (1:51) | 1:34 (3:25) | 1:04 (6:19) | | 1:10 (7:29) | 2:34 (10:03) |
| 1:51 (11:54) | 2:21 (14:15) | 1:56 (17:14) | | 2:00 (19:14) | 3:31 (22:45) |
| 2:13 (24:58) | 2:31 (27:29) | 1:48 (30:12) | | 2:57 (33:09) | 1:55 (35:04) |
| 3:04 (38:08) | 4:04 (42:12) | 3:18 (48:29) | | | |
| 15. Julian Hollingbery | Farum OK | 48:51 | +11:55 | 3:36 | |
| 2:01 (2:01) | 1:01 (3:02) | 1:37 (6:11) | | 1:29 (7:40) | 1:34 (9:14) |
| 1:23 (10:37) | 1:17 (11:54) | 1:43 (15:58) | | 2:19 (18:17) | 3:08 (21:25) |
| 2:15 (23:40) | 3:02 (26:42) | 3:02 (35:02) | | 2:07 (37:09) | 2:54 (40:03) |
| 0:56 (40:59) | 1:50 (42:49) | 3:28 (48:51) | | | |
| 16. Jesper Lægsgaard | Lyngby OK | 48:57 | +12:01 | 4:32 | |
| 1:56 (1:56) | 1:30 (3:26) | 1:00 (6:07) | | 1:05 (7:12) | 1:02 (8:14) |
| 1:29 (9:43) | 1:38 (11:21) | 1:49 (15:30) | | 2:03 (17:33) | 4:31 (22:04) |
| 2:14 (24:18) | 2:55 (27:13) | 4:11 (35:30) | | 1:51 (37:21) | 3:12 (40:33) |
| 1:00 (41:33) | 1:38 (43:11) | 3:07 (48:57) | | | |

| | | | | | | | |
|-----------|-----------------------------|------------------|----------------|----------------|----------------|--------------|--|
| 17. | Asger Reinholdt Christensen | Holbæk OK | 49:01 | +12:05 | 5:02 | | |
| | 1:49 (1:49) | 0:58 (2:47) | 1:41 (4:28) | 1:45 (6:13) | 1:24 (7:37) | 1:55 (9:32) | |
| | 1:11 (10:43) | 1:00 (11:43) | 2:19 (14:02) | 2:40 (16:42) | 1:55 (18:37) | 3:10 (21:47) | |
| | 1:55 (23:42) | 3:19 (27:01) | 3:05 (30:06) | 2:03 (32:09) | 2:30 (34:39) | 1:56 (36:35) | |
| | 3:56 (40:31) | 3:06 (43:37) | 2:34 (46:11) | 2:50 (49:01) | | | |
| 18. | David Palsgaard | Søllerød OK | 50:17 | +13:21 | 3:06 | | |
| | 1:51 (1:51) | 1:32 (3:23) | 1:46 (5:09) | 1:03 (6:12) | 1:03 (7:15) | 2:16 (9:31) | |
| | 2:13 (11:44) | 2:15 (13:59) | 1:00 (14:59) | 1:48 (16:47) | 1:53 (18:40) | 3:19 (21:59) | |
| | 2:20 (24:19) | 3:22 (27:41) | 4:26 (32:07) | 3:06 (35:13) | 1:49 (37:02) | 3:50 (40:52) | |
| | 0:58 (41:50) | 2:00 (43:50) | 2:50 (46:40) | 3:37 (50:17) | | | |
| 19. | Henrik Kärner Grooss | Allerød OK | 50:36 | +13:40 | 6:59 | | |
| | 1:55 (1:55) | 2:01 (3:56) | 1:49 (5:45) | 3:12 (8:57) | 2:43 (11:40) | 2:32 (14:12) | |
| | 1:19 (15:31) | 0:57 (16:28) | 1:02 (17:30) | 1:30 (19:00) | 1:33 (20:33) | 2:57 (23:30) | |
| | 2:26 (25:56) | 3:26 (29:22) | 5:13 (34:35) | 3:21 (37:56) | 1:58 (39:54) | 3:21 (43:15) | |
| | 0:55 (44:10) | 1:39 (45:49) | 2:14 (48:03) | 2:33 (50:36) | | | |
| 20. | Peter Becker | Søllerød OK | 53:13 | +16:17 | 4:59 | | |
| | 1:59 (1:59) | 2:30 (4:29) | 2:13 (6:42) | 2:12 (8:54) | 1:02 (9:56) | 1:45 (11:41) | |
| | 2:04 (13:45) | 2:14 (15:59) | 1:50 (17:49) | 1:19 (19:08) | 1:04 (20:12) | 3:13 (23:25) | |
| | 2:14 (25:39) | 3:08 (28:47) | 3:27 (32:14) | 4:03 (36:17) | 1:51 (38:08) | 4:51 (42:59) | |
| | 1:16 (44:15) | 1:52 (46:07) | 2:57 (49:04) | 4:09 (53:13) | | | |
| 21. | Christian Olsen | AMOK | 54:21 | +17:25 | 10:19 | | |
| | 1:54 (1:54) | 1:03 (2:57) | 1:31 (4:28) | 1:34 (6:02) | 1:56 (7:58) | 2:03 (10:01) | |
| | 2:02 (12:03) | 3:26 (15:29) | 3:43 (19:12) | 1:13 (20:25) | 1:05 (21:30) | 3:05 (24:35) | |
| | 2:01 (26:36) | 5:53 (32:29) | 0:53 (33:22) | 1:35 (34:57) | 2:40 (37:37) | 1:51 (39:28) | |
| | 3:44 (43:12) | 5:34 (48:46) | 2:45 (51:31) | 2:50 (54:21) | | | |
| 22. | Thomas Damgaard Nielsen | AMOK | 58:01 | +21:05 | 9:50 | | |
| | 2:20 (2:20) | 1:40 (4:00) | 1:51 (5:51) | 1:11 (7:02) | 1:04 (8:06) | 1:00 (9:06) | |
| | 1:31 (10:37) | 2:36 (13:13) | 8:47 (22:00) | 2:14 (24:14) | 2:24 (26:38) | 4:32 (31:10) | |
| | 2:21 (33:31) | 2:50 (36:21) | 3:27 (39:48) | 2:42 (42:30) | 1:48 (44:18) | 4:11 (48:29) | |
| | 0:57 (49:26) | 2:00 (51:26) | 3:14 (54:40) | 3:21 (58:01) | | | |
| 23. | Frede Lillelund | Søllerød OK | 58:42 | +21:46 | 5:33 | | |
| | 2:50 (2:50) | 1:28 (4:18) | 1:44 (6:02) | 1:58 (8:00) | 2:37 (10:37) | 2:09 (12:46) | |
| | 2:24 (15:10) | 1:47 (16:57) | 4:15 (21:12) | 1:37 (22:49) | 1:21 (24:10) | 3:51 (28:01) | |
| | 2:27 (30:28) | 3:00 (33:28) | 6:02 (39:30) | 2:56 (42:26) | 2:02 (44:28) | 4:30 (48:58) | |
| | 1:02 (50:00) | 1:51 (51:51) | 3:07 (54:58) | 3:44 (58:42) | | | |
| 24. | Morten Ploug | Ballerup OK | 59:22 | +22:26 | 8:30 | | |
| | 2:02 (2:02) | 2:30 (4:32) | 1:56 (6:28) | 2:16 (8:44) | 1:14 (9:58) | 1:56 (11:54) | |
| | 2:55 (14:49) | 1:54 (16:43) | 2:05 (18:48) | 1:46 (20:34) | 1:06 (21:40) | 3:19 (24:59) | |
| | 2:24 (27:23) | 4:32 (31:55) | 4:25 (36:20) | 2:08 (38:28) | 3:08 (41:36) | 1:56 (43:32) | |
| | 4:41 (48:13) | 4:28 (52:41) | 3:23 (56:04) | 3:18 (59:22) | | | |
| 25. | Michael Nygaard Møller | Ballerup OK | 59:27 | +22:31 | 4:54 | | |
| | 2:16 (2:16) | 2:37 (4:53) | 2:22 (7:15) | 2:55 (10:10) | 1:17 (11:27) | 1:53 (13:20) | |
| | 2:03 (15:23) | 1:47 (17:10) | 2:05 (19:15) | 1:38 (20:53) | 1:23 (22:16) | 5:07 (27:23) | |
| | 2:21 (29:44) | 3:30 (33:14) | 6:24 (39:38) | 2:58 (42:36) | 1:59 (44:35) | 4:08 (48:43) | |
| | 1:11 (49:54) | 1:51 (51:45) | 3:51 (55:36) | 3:51 (59:27) | | | |
| 26. | Henrik Albahn | Lyngby OK | 1:00:39 | +23:43 | 6:45 | | |
| | 4:54 (4:54) | 1:19 (6:13) | 1:42 (7:55) | 2:06 (10:01) | 2:32 (12:33) | 2:39 (15:12) | |
| | 2:30 (17:42) | 3:01 (20:43) | 2:25 (23:08) | 1:24 (24:32) | 1:21 (25:53) | 4:47 (30:40) | |
| | 2:12 (32:52) | 3:44 (36:36) | 1:10 (37:46) | 2:40 (40:26) | 2:40 (43:06) | 2:07 (45:13) | |
| | 4:24 (49:37) | 3:44 (53:21) | 3:42 (57:03) | 3:36 (1:00:39) | | | |
| 27. | Victor Niehues Birch | Allerød OK | 1:00:44 | +23:48 | 11:58 | | |
| | 8:00 (8:00) | 0:56 (8:56) | 1:32 (10:28) | 2:22 (12:50) | 3:53 (16:43) | 2:41 (19:24) | |
| | 2:05 (21:29) | 2:07 (23:36) | 1:42 (25:18) | 1:07 (26:25) | 1:06 (27:31) | 3:13 (30:44) | |
| | 2:39 (33:23) | 3:04 (36:27) | 4:42 (41:09) | 3:29 (44:38) | 2:04 (46:42) | 4:00 (50:42) | |
| | 1:04 (51:46) | 2:12 (53:58) | 3:44 (57:42) | 3:02 (1:00:44) | | | |
| 28. | Henrik Seidelin Dam | Ballerup OK | 1:06:09 | +29:13 | 9:30 | | |
| | 2:15 (2:15) | 4:37 (6:52) | 2:36 (9:28) | 1:25 (10:53) | 1:08 (12:01) | 2:56 (14:57) | |
| | 2:50 (17:47) | 2:47 (20:34) | 1:31 (22:05) | 2:39 (24:44) | 3:26 (28:10) | 4:11 (32:21) | |
| | 2:35 (34:56) | 4:11 (39:07) | 1:46 (40:53) | 1:50 (42:43) | 3:30 (46:13) | 3:06 (49:19) | |
| | 4:30 (53:49) | 4:08 (57:57) | 4:21 (1:02:18) | 3:51 (1:06:09) | | | |
| | Lasse Kalle Pedersen | Holbæk OK | Fejlkli | | | | |
| | 1:43 (1:43) | 0:48 (2:31) | 1:52 (4:23) | 1:23 (5:46) | 5:34 (11:20) | 1:38 (12:58) | |
| | 1:57 (14:55) | 1:29 (16:24) | 1:21 (17:45) | 0:57 (18:42) | 0:52 (19:34) | 2:53 (22:27) | |
| | 1:49 (24:16) | 2:43 (26:59) | 9:37 (36:36) | 5:46 (42:22) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (51:19) | | | |
| | Bertram Kopp Stannum | THOK | Ej startet | | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| H3 | | (29 / 29) | Tid | Efter | Tidstab | | |
| 1. | Sten Skytte Kirkegaard | THOK | 37:51 | | 1:33 | | |
| | 1:01 (1:01) | 1:47 (2:48) | 1:32 (3:48) | 1:32 (5:20) | 2:09 (7:29) | 2:44 (10:13) | |
| | 1:30 (11:43) | 2:51 (14:34) | 1:07 (15:41) | 2:57 (18:38) | 1:08 (19:46) | 2:12 (21:58) | |
| | 1:56 (23:54) | 3:45 (27:39) | 1:38 (29:17) | 1:00 (30:17) | 0:54 (31:11) | 1:30 (32:41) | |
| | 1:41 (34:22) | 0:49 (35:11) | 2:40 (37:51) | | | | |
| 2. | Denys Kandybei | Farum OK | 37:58 | +0:07 | 4:53 | | |
| | 1:03 (1:03) | 2:28 (3:31) | 1:01 (4:32) | 2:24 (6:56) | 1:20 (8:16) | 1:12 (9:28) | |
| | 1:24 (10:52) | 2:23 (13:15) | 3:54 (17:09) | 1:14 (18:23) | 1:07 (19:30) | 2:00 (21:30) | |
| | 2:02 (23:32) | 5:14 (28:46) | 1:19 (30:05) | 1:49 (31:54) | 0:38 (32:32) | 1:09 (33:41) | |
| | 1:24 (35:05) | 0:36 (35:41) | 2:17 (37:58) | | | | |

| | | | | | | |
|-----|---|---|--|---|---|--|
| 3. | Kent Pihl 0:52 (0:52) 1:34 (12:17) 1:56 (23:48) 1:35 (34:14) | 2:57 (3:49) 2:03 (14:20) 3:57 (27:45) 0:56 (35:10) | OKR 1:13 (5:02) 2:45 (17:05) 1:26 (29:11) 3:01 (38:11) | 38:11 +0:20 3:09 (8:11) 1:29 (18:34) 1:01 (30:12) | 2:32 1:28 (9:39) 1:08 (19:42) 0:53 (31:05) | 1:04 (10:43) 2:10 (21:52) 1:34 (32:39) |
| 4. | Pablo Jensen 1:05 (1:05) 1:34 (11:36) 1:56 (23:41) 1:03 (34:42) | 1:28 (2:33) 2:47 (14:23) 4:01 (27:42) 0:51 (35:33) | Farum OK 1:09 (3:42) 1:12 (15:35) 1:39 (29:21) 2:46 (38:19) | 38:19 +0:28 1:34 (5:16) 2:48 (18:23) 1:43 (31:04) | 1:27 2:06 (7:22) 1:13 (19:36) 1:00 (32:04) | 2:40 (10:02) 2:09 (21:45) 1:35 (33:39) |
| 5. | Leif E. Larsen 1:05 (1:05) 3:01 (12:39) 2:11 (25:23) 1:50 (35:55) | 1:47 (2:52) 2:21 (15:00) 3:18 (28:41) 0:51 (36:46) | THOK 1:02 (3:54) 2:54 (17:54) 1:51 (30:32) 2:58 (39:44) | 39:44 +1:53 1:47 (5:41) 1:43 (19:37) 1:14 (31:46) | 0:35 2:47 (8:28) 1:12 (20:49) 0:58 (32:44) | 1:10 (9:38) 2:23 (23:12) 1:21 (34:05) |
| 6. | Torkil Hansen 1:10 (1:10) 1:36 (15:09) 2:39 (26:16) 1:45 (37:19) | 2:52 (4:02) 1:58 (17:07) 4:04 (30:20) 0:45 (38:04) | PI-København 1:14 (5:16) 1:31 (18:38) 1:34 (31:54) 2:41 (40:45) | 40:45 +2:54 3:20 (8:36) 1:27 (20:05) 1:13 (33:07) | 2:48 2:03 (10:39) 1:22 (21:27) 1:03 (34:10) | 2:54 (13:33) 2:10 (23:37) 1:24 (35:34) |
| 7. | Kurt Thuesen 2:07 (2:07) 1:54 (15:11) 2:05 (27:59) 1:39 (37:39) | 2:24 (4:31) 2:43 (17:54) 2:39 (30:38) 0:49 (38:28) | FSK Orientering 3:14 (7:45) 1:20 (19:14) 1:50 (32:28) 2:59 (41:27) | 41:27 +3:36 2:06 (9:51) 3:02 (22:16) 1:17 (33:45) | 2:11 1:58 (11:49) 1:15 (23:31) 1:00 (34:45) | 1:28 (13:17) 2:23 (25:54) 1:15 (36:00) |
| 8. | Svend-Erik Jepsen 0:52 (0:52) 3:36 (15:10) 2:21 (27:16) 2:03 (37:35) | 2:35 (3:27) 1:53 (17:03) 3:20 (30:36) 0:54 (38:29) | Søllerød OK 2:59 (6:26) 1:23 (18:26) 1:37 (32:13) 3:09 (41:38) | 41:38 +3:47 1:26 (7:52) 1:44 (20:10) 0:58 (33:11) | 3:04 2:32 (10:24) 2:04 (22:14) 1:04 (34:15) | 1:10 (11:34) 2:41 (24:55) 1:17 (35:32) |
| 9. | Leif Pedersen 1:11 (1:11) 1:40 (13:40) 2:10 (28:07) 1:19 (37:59) | 2:19 (3:30) 3:09 (16:49) 2:21 (30:28) 0:53 (38:52) | FSK Orientering 3:00 (6:30) 1:16 (18:05) 1:36 (32:04) 2:53 (41:45) | 41:45 +3:54 1:59 (8:29) 3:48 (21:53) 1:55 (33:59) | 2:21 2:00 (10:29) 1:35 (23:28) 1:07 (35:06) | 1:31 (12:00) 2:29 (25:57) 1:34 (36:40) |
| 10. | Jakob Alban 1:09 (1:09) 2:04 (14:25) 2:22 (28:12) 1:48 (38:31) | 3:00 (4:09) 2:31 (16:56) 2:22 (30:34) 0:50 (39:21) | Tisvilde Hegn OK 1:14 (5:23) 3:10 (20:06) 2:08 (32:42) 2:50 (42:11) | 42:11 +4:20 3:18 (8:41) 1:58 (22:04) 1:24 (34:06) | 2:19 1:35 (10:16) 1:17 (23:21) 1:06 (35:12) | 2:05 (12:21) 2:29 (25:50) 1:31 (36:43) |
| 11. | Lars Nielsen 0:58 (0:58) 1:28 (15:30) 2:32 (28:05) 1:27 (39:01) | 2:33 (3:31) 2:26 (17:56) 4:10 (32:15) 0:41 (39:42) | Søllerød OK 2:48 (6:19) 1:12 (19:08) 1:33 (33:48) 2:39 (42:21) | 42:21 +4:30 1:37 (7:56) 3:00 (22:08) 1:40 (35:28) | 5:33 1:41 (9:37) 1:20 (23:28) 0:51 (36:19) | 4:25 (14:02) 2:05 (25:33) 1:15 (37:34) |
| 12. | Jørgen Skaarup 1:03 (1:03) 1:43 (12:33) 2:13 (25:26) 1:15 (38:41) | 1:33 (2:36) 2:42 (15:15) 6:14 (31:40) 0:56 (39:37) | Ballerup OK 1:19 (3:55) 1:06 (16:21) 1:48 (33:28) 3:10 (42:47) | 42:47 +4:56 1:32 (5:27) 3:12 (19:33) 1:40 (35:08) | 4:23 2:18 (7:45) 1:13 (20:46) 0:58 (36:06) | 3:05 (10:50) 2:27 (23:13) 1:20 (37:26) |
| 13. | Louis Steinthal 1:13 (1:13) 1:39 (17:15) 2:37 (29:37) 1:58 (41:49) | 3:42 (4:55) 1:54 (19:09) 4:54 (34:31) 0:53 (42:42) | FIF Hillerød 1:25 (6:20) 1:43 (20:52) 1:51 (36:22) 2:50 (45:32) | 45:32 +7:41 3:21 (9:41) 1:48 (22:40) 1:13 (37:35) | 2:21 2:35 (12:16) 1:49 (24:29) 0:53 (38:28) | 3:20 (15:36) 2:31 (27:00) 1:23 (39:51) |
| 14. | Carsten Mogensen 3:03 (3:03) 2:57 (18:10) 2:11 (31:40) 1:52 (41:29) | 4:35 (7:38) 2:33 (20:43) 2:47 (34:27) 0:53 (42:22) | Køge OK 2:04 (9:42) 3:25 (24:08) 1:35 (36:02) 3:11 (45:33) | 45:33 +7:42 1:36 (11:18) 1:37 (25:45) 1:12 (37:14) | 6:21 2:37 (13:55) 1:27 (27:12) 0:56 (38:10) | 1:18 (15:13) 2:17 (29:29) 1:27 (39:37) |
| 15. | Troels Bent Hansen 2:58 (2:58) 3:14 (17:49) 2:08 (31:42) 1:43 (42:32) | 2:35 (5:33) 2:51 (20:40) 3:21 (35:03) 0:51 (43:23) | Allerød OK 1:32 (7:05) 3:26 (24:06) 1:35 (36:38) 2:48 (46:11) | 46:11 +8:20 1:47 (8:52) 1:50 (25:56) 1:55 (38:33) | 5:08 4:00 (12:52) 1:20 (27:16) 0:53 (39:26) | 1:43 (14:35) 2:18 (29:34) 1:23 (40:49) |
| 16. | Erik Ellegaard Simonsen 1:05 (1:05) 3:38 (14:59) 2:39 (31:36) 1:45 (42:27) | 1:52 (2:57) 2:35 (17:34) 2:59 (34:35) 1:09 (43:36) | OK ØST Birkerød 1:23 (4:20) 5:17 (22:51) 1:43 (36:18) 3:11 (46:47) | 46:47 +8:56 2:17 (6:37) 1:51 (24:42) 1:57 (38:15) | 2:43 3:08 (9:45) 1:39 (26:21) 0:59 (39:14) | 1:36 (11:21) 2:36 (28:57) 1:28 (40:42) |
| 17. | Erik Øhlenschläger 1:15 (1:15) 2:04 (15:04) 3:01 (30:00) 2:01 (42:32) | 1:47 (3:02) 3:05 (18:09) 4:41 (34:41) 1:15 (43:47) | OK ØST Birkerød 1:30 (4:32) 1:25 (19:34) 1:46 (36:27) 3:17 (47:04) | 47:04 +9:13 2:04 (6:36) 3:25 (22:59) 1:23 (37:50) | 2:26 3:13 (9:49) 1:25 (24:24) 1:09 (38:59) | 3:11 (13:00) 2:35 (26:59) 1:32 (40:31) |
| 18. | Jan Johansen 1:12 (1:12) 1:51 (14:19) 2:13 (31:54) 1:40 (43:00) | 2:53 (4:05) 2:58 (17:17) 3:15 (35:09) 0:58 (43:58) | PI-København 1:23 (5:28) 7:01 (24:18) 1:35 (36:44) 3:37 (47:35) | 47:35 +9:44 3:06 (8:34) 1:32 (25:50) 2:10 (38:54) | 5:24 1:59 (10:33) 1:28 (27:18) 0:57 (39:51) | 1:55 (12:28) 2:23 (29:41) 1:29 (41:20) |

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|-----------|------------------------------|----------------|----------------------|--------------|--------------|----------------|--------------|--|
| 19. | Louise Wraa-Hansen | | THOK | 52:03 | +14:12 | 4:42 | | |
| | 1:10 (1:10) | 2:04 (3:14) | 1:27 (4:41) | 1:57 (6:38) | | 3:10 (9:48) | 1:29 (11:17) | |
| | 4:48 (16:05) | 2:59 (19:04) | 3:44 (22:48) | 2:14 (25:02) | | 1:30 (26:32) | 3:01 (29:33) | |
| | 2:48 (32:21) | 3:32 (35:53) | 2:14 (38:07) | 2:31 (40:38) | | 1:19 (41:57) | 1:38 (43:35) | |
| | 2:26 (46:01) | 1:44 (47:45) | 4:18 (52:03) | | | | | |
| 20. | Henrik Nielsen | | Holbæk OK | 1:00:12 | +22:21 | 11:36 | | |
| | 3:17 (3:17) | 2:43 (6:00) | 3:36 (9:36) | 3:19 (12:55) | | 3:21 (16:16) | 1:19 (17:35) | |
| | 4:20 (21:55) | 2:05 (24:00) | 2:15 (26:15) | 2:01 (28:16) | | 1:59 (30:15) | 2:50 (33:05) | |
| | 3:04 (36:09) | 9:04 (45:13) | 2:19 (47:32) | 1:30 (49:02) | | 1:14 (50:16) | 2:49 (53:05) | |
| | 2:09 (55:14) | 1:12 (56:26) | 3:46 (1:00:12) | | | | | |
| 21. | Leif Sudergaard | | Kildeholm OK | 1:00:27 | +22:36 | 12:03 | | |
| | 1:08 (1:08) | 3:14 (4:22) | 3:48 (8:10) | 2:09 (10:19) | | 3:05 (13:24) | 1:33 (14:57) | |
| | 3:35 (18:32) | 2:02 (20:34) | 1:44 (22:18) | 2:02 (24:20) | | 1:39 (25:59) | 2:50 (28:49) | |
| | 2:51 (31:40) | 11:10 (42:50) | 2:25 (45:15) | 2:07 (47:22) | | 1:03 (48:25) | 1:49 (50:14) | |
| | 2:08 (52:22) | 1:01 (53:23) | 7:04 (1:00:27) | | | | | |
| 22. | John Hørlyk | | Farum OK | 1:03:21 | +25:30 | 20:03 | | |
| | 4:01 (4:01) | 2:33 (6:34) | 1:24 (7:58) | 2:54 (10:52) | | 2:17 (13:09) | 1:36 (14:45) | |
| | 1:43 (16:28) | 2:42 (19:10) | 14:00 (33:10) | 3:40 (36:50) | | 3:01 (39:51) | 3:06 (42:57) | |
| | 2:47 (45:44) | 4:58 (50:42) | 2:47 (53:29) | 1:42 (55:11) | | 0:57 (56:08) | 1:16 (57:24) | |
| | 1:43 (59:07) | 0:56 (1:00:03) | 3:18 (1:03:21) | | | | | |
| 23. | Henrik Pedersen | | Søllerød OK | 1:05:24 | +27:33 | 14:35 | | |
| | 1:18 (1:18) | 4:18 (5:36) | 1:46 (7:22) | 3:51 (11:13) | | 2:59 (14:12) | 4:02 (18:14) | |
| | 2:40 (20:54) | 2:03 (22:57) | 1:26 (24:23) | 2:13 (26:36) | | 1:40 (28:16) | 4:04 (32:20) | |
| | 2:52 (35:12) | 12:12 (47:24) | 5:39 (53:03) | 2:17 (55:20) | | 0:59 (56:19) | 1:29 (57:48) | |
| | 2:27 (1:00:15) | 1:26 (1:01:41) | 3:43 (1:05:24) | | | | | |
| | Dennis Øbro | | THOK | Fejlklip | | | | |
| | 0:57 (0:57) | 4:18 (5:15) | 2:37 (7:52) | 1:58 (9:50) | | 3:08 (12:58) | 1:26 (14:24) | |
| | 5:14 (19:38) | – (–) | – (–) | – (–) | | – (20:55) | 2:15 (23:10) | |
| | 2:15 (25:25) | 2:53 (28:18) | 2:04 (30:22) | 2:26 (32:48) | | 0:59 (33:47) | 1:39 (35:26) | |
| | 1:01 (36:27) | 1:04 (37:31) | 2:51 (40:22) | | | | | |
| | Søren Sloth | | FIF Hillerød | Fejlklip | | | | |
| | 0:59 (0:59) | 3:11 (4:10) | 1:19 (5:29) | 2:55 (8:24) | | 2:17 (10:41) | 3:19 (14:00) | |
| | – (–) | – (17:10) | 1:14 (18:24) | 1:54 (20:18) | | 1:17 (21:35) | 2:10 (23:45) | |
| | 2:35 (26:20) | 4:11 (30:31) | 1:35 (32:06) | 1:56 (34:02) | | 1:05 (35:07) | 1:22 (36:29) | |
| | 1:02 (37:31) | 0:52 (38:23) | 2:37 (41:00) | | | | | |
| | Thomas Østergaard | | OK ØST Birkerød | Fejlklip | | | | |
| | 1:16 (1:16) | 3:09 (4:25) | 1:45 (6:10) | 3:42 (9:52) | | 2:05 (11:57) | 1:23 (13:20) | |
| | 1:58 (15:18) | 4:09 (19:27) | 3:29 (22:56) | 1:59 (24:55) | | 1:47 (26:42) | 2:45 (29:27) | |
| | 2:40 (32:07) | 2:51 (34:58) | 3:17 (38:15) | 1:58 (40:13) | | 1:02 (41:15) | 1:50 (43:05) | |
| | 2:29 (45:34) | – (–) | – (48:42) | | | | | |
| | Gregers Jørgensen | | Ballerup OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | Jesper Kirkeskov | | Søllerød OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | Peter Baecker Hansen | | OK ØST Birkerød | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) | |
| H4 | | | (18 / 18) | Tid | Efter | Tidstab | | |
| 1. | Peter Sørensen | | PI-København | 29:55 | | 0:34 | | |
| | 3:19 (3:19) | 1:43 (5:02) | 1:19 (6:21) | 1:38 (7:59) | | 1:18 (9:17) | 1:02 (10:19) | |
| | 0:52 (11:11) | 1:45 (12:56) | 1:32 (14:28) | 1:14 (15:42) | | 1:47 (17:29) | 1:29 (18:58) | |
| | 2:23 (21:21) | 1:38 (22:59) | 0:53 (23:52) | 1:52 (25:44) | | 0:52 (26:36) | 3:19 (29:55) | |
| 2. | Hakon Mosbech | | OK Skærmens Hareskov | 38:57 | +9:02 | 6:14 | | |
| | 3:27 (3:27) | 2:37 (6:04) | 1:14 (7:18) | 2:17 (9:35) | | 1:56 (11:31) | 2:02 (13:33) | |
| | 1:20 (14:53) | 2:16 (17:09) | 2:46 (19:55) | 1:32 (21:27) | | 1:58 (23:25) | 2:39 (26:04) | |
| | 2:33 (28:37) | 1:47 (30:24) | 1:04 (31:28) | 3:23 (34:51) | | 0:56 (35:47) | 3:10 (38:57) | |
| 3. | Jens Peter Gundorf | | OK ØST Birkerød | 39:10 | +9:15 | 3:37 | | |
| | 3:51 (3:51) | 2:18 (6:09) | 1:12 (7:21) | 1:15 (8:36) | | 1:49 (10:25) | 2:37 (13:02) | |
| | 2:30 (15:32) | 2:22 (17:54) | 2:34 (20:28) | 1:19 (21:47) | | 1:53 (23:40) | 1:42 (25:22) | |
| | 3:04 (28:26) | 2:00 (30:26) | 1:08 (31:34) | 2:33 (34:07) | | 1:11 (35:18) | 3:52 (39:10) | |
| 4. | Albert Tougaard Hildebrandt | | Farum OK | 40:16 | +10:21 | 7:00 | | |
| | 4:24 (4:24) | 3:19 (7:43) | 2:18 (10:01) | 1:39 (11:40) | | 1:57 (13:37) | 2:11 (15:48) | |
| | 1:59 (17:47) | 1:39 (19:26) | 4:24 (23:50) | 1:01 (24:51) | | 2:04 (26:55) | 1:37 (28:32) | |
| | 2:44 (31:16) | 2:19 (33:35) | 1:02 (34:37) | 2:09 (36:46) | | 0:46 (37:32) | 2:44 (40:16) | |
| 5. | Jesper Tidsvilde Hildebrandt | | Farum OK | 40:26 | +10:31 | 6:50 | | |
| | 4:28 (4:28) | 3:17 (7:45) | 2:15 (10:00) | 1:38 (11:38) | | 2:01 (13:39) | 2:12 (15:51) | |
| | 2:03 (17:54) | 1:35 (19:29) | 4:19 (23:48) | 1:10 (24:58) | | 2:01 (26:59) | 1:38 (28:37) | |
| | 2:44 (31:21) | 2:20 (33:41) | 0:58 (34:39) | 2:01 (36:40) | | 0:55 (37:35) | 2:51 (40:26) | |
| 6. | Carl-Johan Rosenberg | | FIF Hillerød | 42:19 | +12:24 | 8:01 | | |
| | 3:22 (3:22) | 3:08 (6:30) | 2:10 (8:40) | 2:18 (10:58) | | 3:37 (14:35) | 3:54 (18:29) | |
| | 1:57 (20:26) | 1:26 (21:52) | 1:48 (23:40) | 1:27 (25:07) | | 2:06 (27:13) | 1:37 (28:50) | |
| | 3:05 (31:55) | 1:55 (33:50) | 1:10 (35:00) | 2:15 (37:15) | | 1:04 (38:19) | 4:00 (42:19) | |

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|-----------|----------------------|---------------|---------------------|-----------------|--------------|----------------|-----------------|
| 7. | Kai Beck-Andersen | | Farum OK | 43:16 | +13:21 | 4:08 | |
| | 4:51 (4:51) | 3:01 (7:52) | 2:54 (10:46) | 1:33 (12:19) | | 2:22 (14:41) | 1:24 (16:05) |
| | 1:02 (17:07) | 3:02 (20:09) | 1:42 (21:51) | 1:58 (23:49) | | 2:17 (26:06) | 1:52 (27:58) |
| | 3:12 (31:10) | 2:37 (33:47) | 1:11 (34:58) | 2:50 (37:48) | | 1:12 (39:00) | 4:16 (43:16) |
| 8. | Tage Ebbensgaard | | Køge OK | 45:43 | +15:48 | 6:19 | |
| | 3:41 (3:41) | 2:52 (6:33) | 2:01 (8:34) | 1:30 (10:04) | | 2:05 (12:09) | 2:08 (14:17) |
| | 1:48 (16:05) | 3:40 (19:45) | 1:52 (21:37) | 2:19 (23:56) | | 3:09 (27:05) | 2:54 (29:59) |
| | 3:17 (33:16) | 2:18 (35:34) | 1:41 (37:15) | 3:20 (40:35) | | 1:25 (42:00) | 3:43 (45:43) |
| 9. | Niels Hamborg Jensen | | OK Skærmøn Hareskov | 46:37 | +16:42 | 11:36 | |
| | 4:18 (4:18) | 3:49 (8:07) | 2:17 (10:24) | 1:50 (12:14) | | 2:32 (14:46) | 1:52 (16:38) |
| | 1:24 (18:02) | 1:41 (19:43) | 9:06 (28:49) | 1:38 (30:27) | | 2:15 (32:42) | 1:34 (34:16) |
| | 2:52 (37:08) | 1:44 (38:52) | 0:59 (39:51) | 2:19 (42:10) | | 1:04 (43:14) | 3:23 (46:37) |
| 10. | Karsten Richardt | | Køge OK | 48:30 | +18:35 | 9:57 | |
| | 5:34 (5:34) | 6:54 (12:28) | 4:00 (16:28) | 1:40 (18:08) | | 1:42 (19:50) | 1:51 (21:41) |
| | 2:09 (23:50) | 2:48 (26:38) | 2:20 (28:58) | 1:26 (30:24) | | 2:24 (32:48) | 1:33 (34:21) |
| | 3:38 (37:59) | 2:00 (39:59) | 1:08 (41:07) | 2:22 (43:29) | | 1:09 (44:38) | 3:52 (48:30) |
| 11. | Ove Jakobsen | | Farum OK | 48:58 | +19:03 | 14:07 | |
| | 5:46 (5:46) | 8:13 (13:59) | 1:18 (15:17) | 2:06 (17:23) | | 1:45 (19:08) | 5:08 (24:16) |
| | 1:00 (25:16) | 2:38 (27:54) | 2:34 (30:28) | 1:10 (31:38) | | 2:13 (33:51) | 2:01 (35:52) |
| | 2:50 (38:42) | 3:05 (41:47) | 1:04 (42:51) | 2:05 (44:56) | | 1:04 (46:00) | 2:58 (48:58) |
| 12. | Søren A. Nielsen | | Helsingør SOK | 49:26 | +19:31 | 4:33 | |
| | 5:24 (5:24) | 2:09 (7:33) | 1:58 (9:31) | 1:38 (11:09) | | 2:56 (14:05) | 2:28 (16:33) |
| | 2:25 (18:58) | 1:45 (20:43) | 4:13 (24:56) | 3:04 (28:00) | | 3:34 (31:34) | 2:16 (33:50) |
| | 3:09 (36:59) | 2:27 (39:26) | 1:29 (40:55) | 2:57 (43:52) | | 1:11 (45:03) | 4:23 (49:26) |
| 13. | Gunner Jørgensen | | OK73 | 49:46 | +19:51 | 6:47 | |
| | 7:53 (7:53) | 1:57 (9:50) | 1:30 (11:20) | 1:24 (12:44) | | 2:41 (15:25) | 2:35 (18:00) |
| | 1:53 (19:53) | 1:49 (21:42) | 5:05 (26:47) | 2:34 (29:21) | | 2:39 (32:00) | 2:12 (34:12) |
| | 3:28 (37:40) | 2:01 (39:41) | 1:20 (41:01) | 2:41 (43:42) | | 1:31 (45:13) | 4:33 (49:46) |
| 14. | Janne Brunstedt | | OKR | 52:31 | +22:36 | 16:36 | |
| | 12:51 (12:51) | 2:25 (15:16) | 1:56 (17:12) | 1:04 (18:16) | | 1:56 (20:12) | 1:32 (21:44) |
| | 2:00 (23:44) | 2:51 (26:35) | 6:15 (32:50) | 1:29 (34:19) | | 2:08 (36:27) | 1:46 (38:13) |
| | 2:55 (41:08) | 2:04 (43:12) | 1:08 (44:20) | 3:24 (47:44) | | 1:26 (49:10) | 3:21 (52:31) |
| | Emil Olesen | | FIF Hillerød | Fejlkli | | | |
| | 4:55 (4:55) | 2:21 (7:16) | 4:22 (11:38) | 1:22 (13:00) | | 2:04 (15:04) | 1:34 (16:38) |
| | 2:20 (18:58) | 3:06 (22:04) | 3:28 (25:32) | 1:47 (27:19) | | – (–) | – (31:04) |
| | 2:55 (33:59) | 3:20 (37:19) | 1:08 (38:27) | 2:32 (40:59) | | 1:11 (42:10) | 3:58 (46:08) |
| | Niels Landsberg | | Tisvilde Hegn OK | Fejlkli | | | |
| | 8:48 (8:48) | 1:27 (10:15) | 1:51 (12:06) | 2:11 (14:17) | | – (–) | – (15:11) |
| | 2:01 (17:12) | 3:44 (20:56) | 2:28 (23:24) | 1:46 (25:10) | | 6:53 (32:03) | 1:41 (33:44) |
| | 3:41 (37:25) | 1:49 (39:14) | 1:00 (40:14) | 2:29 (42:43) | | 1:17 (44:00) | 3:57 (47:57) |
| | Peter Wraa | | THOK | Fejlkli | | | |
| | 10:11 (10:11) | 2:19 (12:30) | 2:24 (14:54) | 3:52 (18:46) | | 3:29 (22:15) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (24:56) | 1:58 (26:54) |
| | 3:49 (30:43) | – (–) | – (–) | – (–) | | – (34:48) | 4:25 (39:13) |
| | Ole Svendsen | | OKR | Udgået | | | |
| | 4:20 (4:20) | 3:53 (8:13) | 2:48 (11:01) | 1:53 (12:54) | | 12:58 (25:52) | 3:16 (29:08) |
| | 5:05 (34:13) | 3:26 (37:39) | 5:49 (43:28) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| H5 | | | (2 / 2) | Tid | Efter | Tidstab | |
| 1. | John Cordua | | V92 | 1:05:26 | | 22:07 | |
| | 4:48 (4:48) | 3:29 (8:17) | 2:53 (11:10) | 2:17 (13:27) | | 3:43 (17:10) | 3:02 (20:12) |
| | 23:13 (43:25) | 4:48 (48:13) | 2:54 (51:07) | 4:07 (55:14) | | 1:46 (57:00) | 5:20 (1:02:20) |
| | 3:06 (1:05:26) | | | | | | |
| 2. | Jens Tange Hasholt | | Allerød OK | 1:29:42 | +24:16 | 28:34 | |
| | 3:46 (3:46) | 3:48 (7:34) | 4:35 (12:09) | 2:05 (14:14) | | 6:54 (21:08) | 6:49 (27:57) |
| | 6:03 (34:00) | 15:19 (49:19) | 6:55 (56:14) | 10:39 (1:06:53) | | 4:43 (1:11:36) | 12:56 (1:24:32) |
| | 5:10 (1:29:42) | | | | | | |