Resultater – MTBO SM Lang 2026.10.31

2026-10-31

D21		**(8 / 8)**		**Tid**	**Efter**	
1.	Nikoline Holm Splittorff	FIF Hillerød		1:50:19		
	4:37 (4:37)	*11:13 (15:50)*	*4:28 (20:18)*		*3:05 (23:23)*	*3:33 (26:56)*
	10:54 (37:50)	*2:45 (40:35)*	*5:17 (45:52)*		*5:27 (51:19)*	*5:21 (56:40)*
	4:21 (1:01:01)	*5:33 (1:06:34)*	*6:58 (1:13:32)*		*6:15 (1:19:47)*	*2:13 (1:22:00)*
	2:01 (1:24:01)	*1:58 (1:25:59)*	*1:23 (1:27:22)*		*6:43 (1:34:05)*	*2:44 (1:36:49)*
	2:14 (1:39:03)	*2:48 (1:41:51)*	*4:20 (1:46:11)*		*4:08 (1:50:19)*	
2.	Cæcilie Rueløkke Christoffersen	OK ØST Birkerød		1:58:15	+7:56	
	5:06 (5:06)	*11:14 (16:20)*	*4:58 (21:18)*		*2:59 (24:17)*	*4:02 (28:19)*
	11:10 (39:29)	*2:52 (42:21)*	*5:41 (48:02)*		*6:19 (54:21)*	*5:14 (59:35)*
	4:47 (1:04:22)	*6:25 (1:10:47)*	*8:48 (1:19:35)*		*7:02 (1:26:37)*	*2:23 (1:29:00)*
	2:00 (1:31:00)	*2:04 (1:33:04)*	*2:38 (1:35:42)*		*5:23 (1:41:05)*	*2:49 (1:43:54)*
	2:26 (1:46:20)	*2:54 (1:49:14)*	*4:15 (1:53:29)*		*4:46 (1:58:15)*	
3.	Sofie Okkels Jensen	OK Sorø		2:11:02	+20:43	
	4:43 (4:43)	*13:52 (18:35)*	*5:12 (23:47)*		*3:20 (27:07)*	*6:02 (33:09)*
	12:59 (46:08)	*3:48 (49:56)*	*7:23 (57:19)*		*6:36 (1:03:55)*	*6:35 (1:10:30)*
	4:43 (1:15:13)	*6:23 (1:21:36)*	*8:05 (1:29:41)*		*6:57 (1:36:38)*	*2:29 (1:39:07)*
	2:21 (1:41:28)	*2:14 (1:43:42)*	*2:36 (1:46:18)*		*6:17 (1:52:35)*	*2:53 (1:55:28)*
	3:55 (1:59:23)	*3:05 (2:02:28)*	*4:24 (2:06:52)*		*4:10 (2:11:02)*	
4.	Miri Brunstedt Nørgaard	OK ØST Birkerød		2:17:42	+27:23	
	5:15 (5:15)	*13:37 (18:52)*	*6:20 (25:12)*		*4:06 (29:18)*	*4:55 (34:13)*
	12:52 (47:05)	*4:12 (51:17)*	*7:09 (58:26)*		*7:56 (1:06:22)*	*6:47 (1:13:09)*
	5:02 (1:18:11)	*7:04 (1:25:15)*	*8:25 (1:33:40)*		*7:52 (1:41:32)*	*2:34 (1:44:06)*
	2:27 (1:46:33)	*2:25 (1:48:58)*	*2:16 (1:51:14)*		*6:21 (1:57:35)*	*3:22 (2:00:57)*
	3:15 (2:04:12)	*3:16 (2:07:28)*	*4:53 (2:12:21)*		*5:21 (2:17:42)*	
5.	Emilia Jakobsson	Nybro OK		2:30:00	+39:41	
	4:59 (4:59)	*14:08 (19:07)*	*10:54 (30:01)*		*4:01 (34:02)*	*6:01 (40:03)*
	14:46 (54:49)	*4:29 (59:18)*	*7:28 (1:06:46)*		*7:47 (1:14:33)*	*6:19 (1:20:52)*
	6:45 (1:27:37)	*7:17 (1:34:54)*	*9:08 (1:44:02)*		*8:01 (1:52:03)*	*2:53 (1:54:56)*
	2:41 (1:57:37)	*2:26 (2:00:03)*	*2:22 (2:02:25)*		*5:59 (2:08:24)*	*3:43 (2:12:07)*
	3:13 (2:15:20)	*3:35 (2:18:55)*	*5:41 (2:24:36)*		*5:24 (2:30:00)*	
6.	Melanie Koch Sørensen	Navet		2:35:38	+45:19	
	6:04 (6:04)	*14:19 (20:23)*	*10:48 (31:11)*		*4:46 (35:57)*	*6:05 (42:02)*
	15:34 (57:36)	*5:08 (1:02:44)*	*6:57 (1:09:41)*		*6:50 (1:16:31)*	*6:22 (1:22:53)*
	5:42 (1:28:35)	*6:40 (1:35:15)*	*10:04 (1:45:19)*		*8:08 (1:53:27)*	*3:51 (1:57:18)*
	2:56 (2:00:14)	*2:44 (2:02:58)*	*2:17 (2:05:15)*		*8:57 (2:14:12)*	*4:22 (2:18:34)*
	3:42 (2:22:16)	*3:49 (2:26:05)*	*4:58 (2:31:03)*		*4:35 (2:35:38)*	
7.	Anke Dannowski	OK ØST Birkerød		2:36:44	+46:25	
	5:25 (5:25)	*14:33 (19:58)*	*5:37 (25:35)*		*3:49 (29:24)*	*7:52 (37:16)*
	15:07 (52:23)	*5:00 (57:23)*	*10:45 (1:08:08)*		*8:15 (1:16:23)*	*7:41 (1:24:04)*
	6:45 (1:30:49)	*10:12 (1:41:01)*	*8:17 (1:49:18)*		*8:00 (1:57:18)*	*4:13 (2:01:31)*
	3:50 (2:05:21)	*2:38 (2:07:59)*	*2:20 (2:10:19)*		*7:42 (2:18:01)*	*3:44 (2:21:45)*
	2:46 (2:24:31)	*3:03 (2:27:34)*	*4:57 (2:32:31)*		*4:13 (2:36:44)*	
	Tanya Sommer	OK ØST Birkerød		Fejlklip		
	8:51 (8:51)	*23:47 (32:38)*	*12:40 (45:18)*		*7:53 (53:11)*	*8:27 (1:01:38)*
	19:49 (1:21:27)	*12:47 (1:34:14)*	*12:58 (1:47:12)*		*10:42 (1:57:54)*	*12:33 (2:10:27)*
	9:57 (2:20:24)	*13:41 (2:34:05)*	*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (2:44:09)*	

D40		**(1 / 1)**		**Tid**	**Efter**	
	Pernille Sommer	OK ØST Birkerød		Fejlklip		
	5:53 (5:53)	*3:37 (9:30)*	*14:32 (24:02)*		*6:45 (30:47)*	*4:05 (34:52)*
	11:46 (46:38)	*4:02 (50:40)*	*8:24 (59:04)*		*10:12 (1:09:16)*	*9:16 (1:18:32)*
	2:59 (1:21:31)	*2:55 (1:24:26)*	*– (–)*		*– (1:27:39)*	*8:00 (1:35:39)*
	3:34 (1:39:13)	*3:16 (1:42:29)*	*3:52 (1:46:21)*		*6:18 (1:52:39)*	*6:13 (1:58:52)*

D50		**(8 / 8)**		**Tid**	**Efter**	
1.	Helena Svensson	FK Herkules		1:41:39		
	4:59 (4:59)	*3:11 (8:10)*	*11:55 (20:05)*		*5:06 (25:11)*	*3:42 (28:53)*

9:56 (38:49)	*4:53 (43:42)*	*6:39 (50:21)*	*9:01 (59:22)*	*7:47 (1:07:09)*	
3:01 (1:10:10)	*2:25 (1:12:35)*	*2:18 (1:14:53)*	*2:08 (1:17:01)*	*5:47 (1:22:48)*	
2:54 (1:25:42)	*2:44 (1:28:26)*	*3:13 (1:31:39)*	*5:23 (1:37:02)*	*4:37 (1:41:39)*	
2.	Carina Rydlund	Hässleholms OK	1:57:10	+15:31	
5:14 (5:14)	*3:26 (8:40)*	*13:25 (22:05)*	*12:50 (34:55)*	*5:12 (40:07)*	
13:00 (53:07)	*3:47 (56:54)*	*6:30 (1:03:24)*	*9:32 (1:12:56)*	*7:27 (1:20:23)*	
2:33 (1:22:56)	*2:52 (1:25:48)*	*2:11 (1:27:59)*	*1:37 (1:29:36)*	*6:02 (1:35:38)*	
3:46 (1:39:24)	*4:14 (1:43:38)*	*3:35 (1:47:13)*	*4:51 (1:52:04)*	*5:06 (1:57:10)*	
3.	Maria Helmersson	Hässleholms OK	2:03:19	+21:40	
5:30 (5:30)	*3:44 (9:14)*	*13:57 (23:11)*	*6:51 (30:02)*	*4:26 (34:28)*	
12:01 (46:29)	*4:56 (51:25)*	*6:54 (58:19)*	*13:56 (1:12:15)*	*8:35 (1:20:50)*	
3:23 (1:24:13)	*3:07 (1:27:20)*	*3:01 (1:30:21)*	*2:55 (1:33:16)*	*7:21 (1:40:37)*	
4:21 (1:44:58)	*3:29 (1:48:27)*	*3:37 (1:52:04)*	*6:09 (1:58:13)*	*5:06 (2:03:19)*	
4.	Bente Madsen	THOK	2:20:21	+38:42	
6:38 (6:38)	*4:01 (10:39)*	*14:55 (25:34)*	*6:00 (31:34)*	*5:16 (36:50)*	
14:22 (51:12)	*4:27 (55:39)*	*7:47 (1:03:26)*	*12:13 (1:15:39)*	*9:34 (1:25:13)*	
4:00 (1:29:13)	*3:00 (1:32:13)*	*3:02 (1:35:15)*	*5:49 (1:41:04)*	*10:55 (1:51:59)*	
7:02 (1:59:01)	*3:27 (2:02:28)*	*4:02 (2:06:30)*	*6:17 (2:12:47)*	*7:34 (2:20:21)*	
5.	Nina Okkels	OK Sorø	2:29:32	+47:53	
6:58 (6:58)	*6:02 (13:00)*	*18:25 (31:25)*	*10:52 (42:17)*	*5:30 (47:47)*	
15:19 (1:03:06)	*5:19 (1:08:25)*	*8:15 (1:16:40)*	*10:09 (1:26:49)*	*9:49 (1:36:38)*	
4:16 (1:40:54)	*4:00 (1:44:54)*	*3:40 (1:48:34)*	*3:33 (1:52:07)*	*9:30 (2:01:37)*	
4:08 (2:05:45)	*5:28 (2:11:13)*	*4:10 (2:15:23)*	*6:31 (2:21:54)*	*7:38 (2:29:32)*	
	Sanna Wallenborg	Lunds OK	Fejlklip		
4:50 (4:50)	*2:58 (7:48)*	*1:12:09 (1:19:57)*	*5:16 (1:25:13)*	*4:26 (1:29:39)*	
10:13 (1:39:52)	*6:05 (1:45:57)*	*7:09 (1:53:06)*	*11:02 (2:04:08)*	*8:10 (2:12:18)*	
3:00 (2:15:18)	*2:58 (2:18:16)*	*2:33 (2:20:49)*	*2:14 (2:23:03)*	*9:31 (2:32:34)*	
– (–)	*– (2:38:53)*	*3:29 (2:42:22)*	*5:57 (2:48:19)*	*5:48 (2:54:07)*	
	Susanne Grøn	THOK	Fejlklip		
8:00 (8:00)	*5:18 (13:18)*	*18:33 (31:51)*	*14:54 (46:45)*	*– (–)*	
– (1:04:08)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (1:26:29)*	
	Katja Reibert Hansen	Allerød OK	Udgået		
6:10 (6:10)	*3:50 (10:00)*	*17:10 (27:10)*	*9:05 (36:15)*	*5:04 (41:19)*	
13:10 (54:29)	*8:06 (1:02:35)*	*6:56 (1:09:31)*	*10:58 (1:20:29)*	*12:08 (1:32:37)*	
15:56 (1:48:33)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	

D60		**(3 / 3)**	**Tid**	**Efter**	
1.	Monica Kollberg	Eksjö SOK	1:38:09		
4:51 (4:51)	*8:19 (13:10)*	*7:46 (20:56)*	*4:20 (25:16)*	*7:51 (33:07)*	
13:21 (46:28)	*10:06 (56:34)*	*2:47 (59:21)*	*2:43 (1:02:04)*	*2:29 (1:04:33)*	
2:32 (1:07:05)	*6:27 (1:13:32)*	*5:16 (1:18:48)*	*3:14 (1:22:02)*	*4:23 (1:26:25)*	
6:07 (1:32:32)	*5:37 (1:38:09)*				
2.	Søs Munch Hansen	OK Sorø	1:47:55	+9:46	
5:29 (5:29)	*11:42 (17:11)*	*9:00 (26:11)*	*6:53 (33:04)*	*8:13 (41:17)*	
10:44 (52:01)	*9:24 (1:01:25)*	*3:23 (1:04:48)*	*3:32 (1:08:20)*	*3:35 (1:11:55)*	
3:41 (1:15:36)	*7:20 (1:22:56)*	*5:31 (1:28:27)*	*3:37 (1:32:04)*	*3:58 (1:36:02)*	
6:27 (1:42:29)	*5:26 (1:47:55)*				
3.	Tove Sonne Andersen	OK ØST Birkerød	1:51:29	+13:20	
4:42 (4:42)	*24:30 (29:12)*	*7:29 (36:41)*	*6:37 (43:18)*	*7:55 (51:13)*	
12:14 (1:03:27)	*8:25 (1:11:52)*	*3:05 (1:14:57)*	*3:01 (1:17:58)*	*2:21 (1:20:19)*	
1:55 (1:22:14)	*6:43 (1:28:57)*	*3:56 (1:32:53)*	*3:02 (1:35:55)*	*3:23 (1:39:18)*	
5:58 (1:45:16)	*6:13 (1:51:29)*				

D75		**(2 / 2)**	**Tid**	**Efter**	
1.	Vibeke Vogelius	Silkeborg OK	1:28:06		
6:14 (6:14)	*8:38 (14:52)*	*12:26 (27:18)*	*16:30 (43:48)*	*5:55 (49:43)*	
2:46 (52:29)	*11:03 (1:03:32)*	*6:02 (1:09:34)*	*6:54 (1:16:28)*	*5:56 (1:22:24)*	
2:44 (1:25:08)	*2:58 (1:28:06)*				
2.	Birgit Hausner	OK S.G.	1:33:43	+5:37	
5:51 (5:51)	*7:23 (13:14)*	*11:28 (24:42)*	*11:08 (35:50)*	*5:31 (41:21)*	
2:40 (44:01)	*7:38 (51:39)*	*5:22 (57:01)*	*7:04 (1:04:05)*	*24:37 (1:28:42)*	
2:26 (1:31:08)	*2:35 (1:33:43)*				

H21		**(7 / 7)**	**Tid**	**Efter**
1.	Bjarne Hoffmann	Navet	1:57:38	
	4:30 (4:30)	*11:01 (15:31)*	*4:26 (19:57)*	*2:56 (22:53)*	*4:47 (27:40)*
	11:18 (38:58)	*3:09 (42:07)*	*5:48 (47:55)*	*5:58 (53:53)*	*5:05 (58:58)*
	6:14 (1:05:12)	*4:15 (1:09:27)*	*5:36 (1:15:03)*	*7:39 (1:22:42)*	*6:25 (1:29:07)*
	2:34 (1:31:41)	*2:00 (1:33:41)*	*1:56 (1:35:37)*	*1:28 (1:37:05)*	*4:59 (1:42:04)*
	2:25 (1:44:29)	*2:15 (1:46:44)*	*2:49 (1:49:33)*	*3:55 (1:53:28)*	*4:10 (1:57:38)*
2.	Oliver Friis	Navet	1:57:46	+0:08	
	4:04 (4:04)	*10:43 (14:47)*	*4:51 (19:38)*	*3:11 (22:49)*	*5:32 (28:21)*
	10:28 (38:49)	*2:47 (41:36)*	*5:15 (46:51)*	*5:23 (52:14)*	*5:14 (57:28)*
	5:24 (1:02:52)	*4:29 (1:07:21)*	*6:21 (1:13:42)*	*7:25 (1:21:07)*	*6:20 (1:27:27)*
	2:18 (1:29:45)	*2:07 (1:31:52)*	*1:46 (1:33:38)*	*1:51 (1:35:29)*	*4:53 (1:40:22)*
	2:30 (1:42:52)	*4:20 (1:47:12)*	*2:41 (1:49:53)*	*4:01 (1:53:54)*	*3:52 (1:57:46)*
3.	Kristoffer Sundstrup Markussen	OK ØST Birkerød	1:59:09	+1:31	
	4:06 (4:06)	*10:28 (14:34)*	*4:08 (18:42)*	*2:35 (21:17)*	*4:37 (25:54)*
	10:03 (35:57)	*3:06 (39:03)*	*8:01 (47:04)*	*5:20 (52:24)*	*6:42 (59:06)*
	5:31 (1:04:37)	*5:08 (1:09:45)*	*5:24 (1:15:09)*	*6:33 (1:21:42)*	*6:22 (1:28:04)*
	2:35 (1:30:39)	*2:08 (1:32:47)*	*2:07 (1:34:54)*	*1:25 (1:36:19)*	*6:36 (1:42:55)*
	3:20 (1:46:15)	*2:23 (1:48:38)*	*2:43 (1:51:21)*	*3:43 (1:55:04)*	*4:05 (1:59:09)*
4.	Lennart Voss	Kieler RV von 1961	2:09:20	+11:42	
	4:02 (4:02)	*11:25 (15:27)*	*5:16 (20:43)*	*2:48 (23:31)*	*5:11 (28:42)*
	12:24 (41:06)	*3:53 (44:59)*	*5:45 (50:44)*	*5:30 (56:14)*	*8:27 (1:04:41)*
	5:54 (1:10:35)	*5:09 (1:15:44)*	*5:31 (1:21:15)*	*7:13 (1:28:28)*	*7:02 (1:35:30)*
	2:44 (1:38:14)	*2:07 (1:40:21)*	*3:06 (1:43:27)*	*1:36 (1:45:03)*	*5:25 (1:50:28)*
	3:25 (1:53:53)	*2:45 (1:56:38)*	*3:07 (1:59:45)*	*5:07 (2:04:52)*	*4:28 (2:09:20)*
5.	Magnus Ager-Woxholtt	Farum OK	2:20:21	+22:43	
	4:47 (4:47)	*11:39 (16:26)*	*6:28 (22:54)*	*4:46 (27:40)*	*4:23 (32:03)*
	13:49 (45:52)	*4:39 (50:31)*	*6:05 (56:36)*	*5:46 (1:02:22)*	*5:24 (1:07:46)*
	5:57 (1:13:43)	*5:10 (1:18:53)*	*6:24 (1:25:17)*	*13:00 (1:38:17)*	*7:16 (1:45:33)*
	2:33 (1:48:06)	*2:08 (1:50:14)*	*2:19 (1:52:33)*	*1:47 (1:54:20)*	*5:36 (1:59:56)*
	4:43 (2:04:39)	*3:16 (2:07:55)*	*3:27 (2:11:22)*	*4:13 (2:15:35)*	*4:46 (2:20:21)*
6.	Jacob Skovsgaard	Navet	2:28:08	+30:30	
	6:13 (6:13)	*12:24 (18:37)*	*5:45 (24:22)*	*3:57 (28:19)*	*6:14 (34:33)*
	13:41 (48:14)	*3:07 (51:21)*	*7:51 (59:12)*	*8:29 (1:07:41)*	*6:27 (1:14:08)*
	6:52 (1:21:00)	*5:25 (1:26:25)*	*7:12 (1:33:37)*	*10:34 (1:44:11)*	*7:18 (1:51:29)*
	2:59 (1:54:28)	*2:41 (1:57:09)*	*2:14 (1:59:23)*	*2:52 (2:02:15)*	*6:08 (2:08:23)*
	3:25 (2:11:48)	*2:57 (2:14:45)*	*3:06 (2:17:51)*	*5:42 (2:23:33)*	*4:35 (2:28:08)*
7.	Lukas Wilms	Kieler RV von 1961	2:30:57	+33:19	
	5:18 (5:18)	*14:57 (20:15)*	*9:09 (29:24)*	*3:25 (32:49)*	*5:54 (38:43)*
	15:01 (53:44)	*7:03 (1:00:47)*	*5:31 (1:06:18)*	*6:02 (1:12:20)*	*6:35 (1:18:55)*
	6:35 (1:25:30)	*5:57 (1:31:27)*	*6:22 (1:37:49)*	*8:56 (1:46:45)*	*8:51 (1:55:36)*
	3:45 (1:59:21)	*2:44 (2:02:05)*	*2:08 (2:04:13)*	*2:15 (2:06:28)*	*7:32 (2:14:00)*
	2:58 (2:16:58)	*2:26 (2:19:24)*	*2:57 (2:22:21)*	*4:20 (2:26:41)*	*4:16 (2:30:57)*

H40		**(4 / 4)**	**Tid**	**Efter**
1.	Jakob Jakobsson	Nybro OK	2:17:13	
	4:41 (4:41)	*11:46 (16:27)*	*5:18 (21:45)*	*3:07 (24:52)*	*4:46 (29:38)*
	12:14 (41:52)	*3:37 (45:29)*	*6:26 (51:55)*	*6:42 (58:37)*	*6:01 (1:04:38)*
	5:55 (1:10:33)	*7:41 (1:18:14)*	*8:01 (1:26:15)*	*7:39 (1:33:54)*	*2:48 (1:36:42)*
	9:06 (1:45:48)	*2:34 (1:48:22)*	*1:27 (1:49:49)*	*6:44 (1:56:33)*	*3:00 (1:59:33)*
	3:10 (2:02:43)	*3:33 (2:06:16)*	*5:56 (2:12:12)*	*5:01 (2:17:13)*	
2.	Mikael Persson	FK Göingarna	2:25:16	+8:03	
	5:00 (5:00)	*13:34 (18:34)*	*5:12 (23:46)*	*3:34 (27:20)*	*5:52 (33:12)*
	13:27 (46:39)	*3:38 (50:17)*	*6:20 (56:37)*	*7:10 (1:03:47)*	*9:14 (1:13:01)*
	5:08 (1:18:09)	*7:05 (1:25:14)*	*11:16 (1:36:30)*	*7:28 (1:43:58)*	*2:40 (1:46:38)*
	2:56 (1:49:34)	*3:43 (1:53:17)*	*2:15 (1:55:32)*	*7:22 (2:02:54)*	*3:07 (2:06:01)*
	2:51 (2:08:52)	*3:27 (2:12:19)*	*5:28 (2:17:47)*	*7:29 (2:25:16)*	
3.	Carsten Mortensen	PI-København	2:52:22	+35:09	
	5:36 (5:36)	*27:40 (33:16)*	*7:09 (40:25)*	*4:08 (44:33)*	*4:35 (49:08)*
	14:52 (1:04:00)	*3:59 (1:07:59)*	*7:01 (1:15:00)*	*8:50 (1:23:50)*	*7:28 (1:31:18)*
	8:16 (1:39:34)	*7:18 (1:46:52)*	*10:22 (1:57:14)*	*8:15 (2:05:29)*	*6:04 (2:11:33)*
	3:35 (2:15:08)	*3:20 (2:18:28)*	*3:08 (2:21:36)*	*8:20 (2:29:56)*	*4:48 (2:34:44)*
	3:17 (2:38:01)	*3:38 (2:41:39)*	*5:35 (2:47:14)*	*5:08 (2:52:22)*	

	Andreas Markussen	OK ØST Birkerød		Udgået		
	– (–)	*– (35:36)*	*7:03 (42:39)*		*8:13 (50:52)*	*8:36 (59:28)*
	18:27 (1:17:55)	*6:09 (1:24:04)*	*6:12 (1:30:16)*		*7:11 (1:37:27)*	*14:25 (1:51:52)*
	5:21 (1:57:13)	*14:34 (2:11:47)*	*13:34 (2:25:21)*		*8:34 (2:33:55)*	*6:23 (2:40:18)*
	12:44 (2:53:02)	*7:55 (3:00:57)*	*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*	

H50		**(10 / 10)**		**Tid**	**Efter**	
1.	Peter Reibert Hansen	Allerød OK		2:00:03		
	4:43 (4:43)	*11:15 (15:58)*	*5:38 (21:36)*		*3:23 (24:59)*	*3:56 (28:55)*
	11:20 (40:15)	*3:00 (43:15)*	*6:16 (49:31)*		*6:30 (56:01)*	*5:41 (1:01:42)*
	7:09 (1:08:51)	*7:10 (1:16:01)*	*7:03 (1:23:04)*		*6:43 (1:29:47)*	*2:30 (1:32:17)*
	2:25 (1:34:42)	*1:42 (1:36:24)*	*1:22 (1:37:46)*		*4:56 (1:42:42)*	*3:03 (1:45:45)*
	2:36 (1:48:21)	*3:00 (1:51:21)*	*4:30 (1:55:51)*		*4:12 (2:00:03)*	
2.	Michael Sommer	OK ØST Birkerød		2:01:47	+1:44	
	4:42 (4:42)	*12:34 (17:16)*	*7:37 (24:53)*		*3:13 (28:06)*	*4:05 (32:11)*
	12:44 (44:55)	*2:53 (47:48)*	*6:16 (54:04)*		*6:29 (1:00:33)*	*5:33 (1:06:06)*
	4:22 (1:10:28)	*5:59 (1:16:27)*	*9:09 (1:25:36)*		*6:43 (1:32:19)*	*2:22 (1:34:41)*
	2:11 (1:36:52)	*1:53 (1:38:45)*	*1:24 (1:40:09)*		*4:59 (1:45:08)*	*2:52 (1:48:00)*
	2:24 (1:50:24)	*3:09 (1:53:33)*	*4:21 (1:57:54)*		*3:53 (2:01:47)*	
3.	Steven Lüthje Hansen	OK ØST Birkerød		2:06:07	+6:04	
	4:08 (4:08)	*12:22 (16:30)*	*7:05 (23:35)*		*3:38 (27:13)*	*3:42 (30:55)*
	11:51 (42:46)	*4:44 (47:30)*	*5:33 (53:03)*		*6:53 (59:56)*	*5:05 (1:05:01)*
	4:13 (1:09:14)	*5:38 (1:14:52)*	*8:52 (1:23:44)*		*6:35 (1:30:19)*	*2:21 (1:32:40)*
	2:16 (1:34:56)	*2:04 (1:37:00)*	*1:57 (1:38:57)*		*8:59 (1:47:56)*	*3:08 (1:51:04)*
	2:44 (1:53:48)	*2:47 (1:56:35)*	*4:46 (2:01:21)*		*4:46 (2:06:07)*	
4.	Malte Lennerstedt	Lunds OK		2:10:41	+10:38	
	4:19 (4:19)	*13:24 (17:43)*	*8:32 (26:15)*		*3:10 (29:25)*	*5:35 (35:00)*
	12:13 (47:13)	*3:49 (51:02)*	*6:11 (57:13)*		*6:31 (1:03:44)*	*6:00 (1:09:44)*
	4:42 (1:14:26)	*6:37 (1:21:03)*	*7:56 (1:28:59)*		*8:15 (1:37:14)*	*2:54 (1:40:08)*
	2:27 (1:42:35)	*2:21 (1:44:56)*	*1:46 (1:46:42)*		*5:54 (1:52:36)*	*2:55 (1:55:31)*
	3:08 (1:58:39)	*3:07 (2:01:46)*	*4:43 (2:06:29)*		*4:12 (2:10:41)*	
5.	Nils Pistora	Lunds OK		2:10:51	+10:48	
	6:48 (6:48)	*14:42 (21:30)*	*5:10 (26:40)*		*3:21 (30:01)*	*6:12 (36:13)*
	12:38 (48:51)	*3:07 (51:58)*	*6:51 (58:49)*		*6:57 (1:05:46)*	*5:47 (1:11:33)*
	4:31 (1:16:04)	*6:29 (1:22:33)*	*8:02 (1:30:35)*		*7:10 (1:37:45)*	*2:54 (1:40:39)*
	3:04 (1:43:43)	*2:04 (1:45:47)*	*1:48 (1:47:35)*		*5:14 (1:52:49)*	*2:49 (1:55:38)*
	2:40 (1:58:18)	*3:11 (2:01:29)*	*4:58 (2:06:27)*		*4:24 (2:10:51)*	
6.	Magnus Wallenborg	Lunds OK		2:15:34	+15:31	
	5:12 (5:12)	*13:27 (18:39)*	*5:23 (24:02)*		*3:26 (27:28)*	*5:21 (32:49)*
	13:04 (45:53)	*3:54 (49:47)*	*6:35 (56:22)*		*6:55 (1:03:17)*	*6:21 (1:09:38)*
	4:57 (1:14:35)	*8:58 (1:23:33)*	*9:24 (1:32:57)*		*7:47 (1:40:44)*	*2:39 (1:43:23)*
	2:44 (1:46:07)	*2:12 (1:48:19)*	*1:44 (1:50:03)*		*5:59 (1:56:02)*	*3:00 (1:59:02)*
	3:53 (2:02:55)	*3:20 (2:06:15)*	*4:52 (2:11:07)*		*4:27 (2:15:34)*	
7.	Johan Svärd	Lunds OK		2:18:09	+18:06	
	5:31 (5:31)	*12:24 (17:55)*	*6:31 (24:26)*		*4:21 (28:47)*	*6:17 (35:04)*
	12:52 (47:56)	*4:11 (52:07)*	*6:47 (58:54)*		*7:24 (1:06:18)*	*6:06 (1:12:24)*
	4:51 (1:17:15)	*6:37 (1:23:52)*	*8:31 (1:32:23)*		*9:37 (1:42:00)*	*2:50 (1:44:50)*
	2:28 (1:47:18)	*2:55 (1:50:13)*	*2:07 (1:52:20)*		*5:33 (1:57:53)*	*3:21 (2:01:14)*
	2:38 (2:03:52)	*3:18 (2:07:10)*	*5:07 (2:12:17)*		*5:52 (2:18:09)*	
8.	Daniel Östvall	Lunds OK		2:34:31	+34:28	
	4:43 (4:43)	*13:42 (18:25)*	*6:30 (24:55)*		*7:09 (32:04)*	*7:24 (39:28)*
	13:33 (53:01)	*3:34 (56:35)*	*6:38 (1:03:13)*		*6:32 (1:09:45)*	*6:09 (1:15:54)*
	5:03 (1:20:57)	*6:04 (1:27:01)*	*12:45 (1:39:46)*		*7:19 (1:47:05)*	*5:47 (1:52:52)*
	2:44 (1:55:36)	*6:39 (2:02:15)*	*2:35 (2:04:50)*		*6:23 (2:11:13)*	*3:35 (2:14:48)*
	3:52 (2:18:40)	*4:57 (2:23:37)*	*5:17 (2:28:54)*		*5:37 (2:34:31)*	
	Anders Ericsson	Lunds OK		Maks.tid		
	5:12 (5:12)	*18:53 (24:05)*	*8:18 (32:23)*		*4:42 (37:05)*	*6:16 (43:21)*
	16:03 (59:24)	*10:01 (1:09:25)*	*8:02 (1:17:27)*		*7:51 (1:25:18)*	*7:52 (1:33:10)*
	11:00 (1:44:10)	*9:10 (1:53:20)*	*16:12 (2:09:32)*		*9:43 (2:19:15)*	*3:29 (2:22:44)*
	2:45 (2:25:29)	*3:42 (2:29:11)*	*2:54 (2:32:05)*		*11:38 (2:43:43)*	*3:57 (2:47:40)*
	4:45 (2:52:25)	*4:31 (2:56:56)*	*6:24 (3:03:20)*		*4:56 (3:08:16)*	
	Martin Thorwart	Preetzer TSV		Fejlklip		
	7:06 (7:06)	*21:08 (28:14)*	*9:20 (37:34)*		*4:16 (41:50)*	*12:47 (54:37)*
	17:27 (1:12:04)	*4:40 (1:16:44)*	*11:44 (1:28:28)*		*10:07 (1:38:35)*	*10:34 (1:49:09)*

7:20 (1:56:29) *12:01 (2:08:30)* *14:16 (2:22:46)* *11:01 (2:33:47)* *3:35 (2:37:22)*
7:47 (2:45:09) *2:55 (2:48:04)* *3:29 (2:51:33)* *8:34 (3:00:07)* *4:18 (3:04:25)*
5:28 (3:09:53) *6:38 (3:16:31)* *– (–)* *– (3:35:53)*

Magnus Rydlund Hässleholms OK Ej startet
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)*

H60 **(8 / 8)** **Tid** **Efter**

1. Stefan Kollberg Eksjö SOK 1:42:39
4:22 (4:22) *2:52 (7:14)* *11:17 (18:31)* *5:37 (24:08)* *3:20 (27:28)*
5:36 (33:04) *10:51 (43:55)* *3:22 (47:17)* *6:29 (53:46)* *8:42 (1:02:28)*
7:41 (1:10:09) *2:19 (1:12:28)* *2:24 (1:14:52)* *2:08 (1:17:00)* *1:40 (1:18:40)*
5:12 (1:23:52) *3:21 (1:27:13)* *2:35 (1:29:48)* *3:11 (1:32:59)* *5:03 (1:38:02)*
4:37 (1:42:39)

2. Bjørn Sommer 1900 Orientering 2:08:12 +25:33
6:24 (6:24) *3:10 (9:34)* *11:51 (21:25)* *6:27 (27:52)* *12:53 (40:45)*
6:35 (47:20) *12:55 (1:00:15)* *4:21 (1:04:36)* *6:34 (1:11:10)* *9:05 (1:20:15)*
9:41 (1:29:56) *3:52 (1:33:48)* *3:28 (1:37:16)* *2:26 (1:39:42)* *2:58 (1:42:40)*
6:30 (1:49:10) *3:22 (1:52:32)* *2:43 (1:55:15)* *3:04 (1:58:19)* *4:47 (2:03:06)*
5:06 (2:08:12)

3. Jesper Andersen FSK Orientering 2:21:15 +38:36
6:06 (6:06) *3:31 (9:37)* *15:02 (24:39)* *8:33 (33:12)* *12:59 (46:11)*
8:10 (54:21) *13:23 (1:07:44)* *4:19 (1:12:03)* *7:24 (1:19:27)* *12:13 (1:31:40)*
7:55 (1:39:35) *3:32 (1:43:07)* *3:17 (1:46:24)* *2:43 (1:49:07)* *2:29 (1:51:36)*
7:28 (1:59:04) *4:08 (2:03:12)* *3:13 (2:06:25)* *5:13 (2:11:38)* *5:08 (2:16:46)*
4:29 (2:21:15)

Helge Tillingsøe DSR (1:55:18) +12:39
5:16 (5:16) *3:12 (8:28)* *12:22 (20:50)* *4:42 (25:32)* *7:02 (32:34)*
6:07 (38:41) *10:30 (49:11)* *3:23 (52:34)* *7:35 (1:00:09)* *9:04 (1:09:13)*
7:59 (1:17:12) *2:38 (1:19:50)* *3:17 (1:23:07)* *2:29 (1:25:36)* *2:16 (1:27:52)*
7:28 (1:35:20) *3:26 (1:38:46)* *3:05 (1:41:51)* *3:17 (1:45:08)* *5:46 (1:50:54)*
4:24 (1:55:18)

Frans Hermodsson Lunds OK Maks.tid
29:22 (29:22) *4:49 (34:11)* *17:51 (52:02)* *12:35 (1:04:37)* *4:57 (1:09:34)*
8:50 (1:18:24) *16:59 (1:35:23)* *5:59 (1:41:22)* *10:22 (1:51:44)* *14:52 (2:06:36)*
11:29 (2:18:05) *4:45 (2:22:50)* *3:26 (2:26:16)* *3:35 (2:29:51)* *2:31 (2:32:22)*
10:24 (2:42:46) *4:39 (2:47:25)* *3:52 (2:51:17)* *4:59 (2:56:16)* *8:13 (3:04:29)*
6:27 (3:10:56)

Jens Bentsen OK ØST Birkerød Fejlklip
6:57 (6:57) *4:08 (11:05)* *17:03 (28:08)* *11:32 (39:40)* *5:34 (45:14)*
16:01 (1:01:15) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (2:17:20)

Magnus Aasa IFK Göteborg Orientering Fejlklip
6:15 (6:15) *3:01 (9:16)* *11:24 (20:40)* *4:25 (25:05)* *4:25 (29:30)*
6:41 (36:11) *10:47 (46:58)* *3:12 (50:10)* *5:49 (55:59)* *9:04 (1:05:03)*
7:01 (1:12:04) *4:36 (1:16:40)* *3:03 (1:19:43)* *2:24 (1:22:07)* *1:38 (1:23:45)*
5:12 (1:28:57) *2:51 (1:31:48)* *3:03 (1:34:51)* *– (–)* *– (1:41:11)*
4:21 (1:45:32)

Mikael Ohlsson Insjöns IF OK Fejlklip
5:55 (5:55) *19:57 (25:52)* *16:02 (41:54)* *8:22 (50:16)* *10:05 (1:00:21)*
8:14 (1:08:35) *25:35 (1:34:10)* *9:15 (1:43:25)* *9:51 (1:53:16)* *20:16 (2:13:32)*
34:14 (2:47:46) *– (–)* *– (–)* *– (–)* *– (–)*
– (–) *– (–)* *– (–)* *– (–)* *– (–)*
– (2:59:06)

H70 **(4 / 4)** **Tid** **Efter**

1. Leif E. Larsen THOK 1:37:27
5:03 (5:03) *8:36 (13:39)* *9:34 (23:13)* *3:45 (26:58)* *8:15 (35:13)*
9:21 (44:34) *9:06 (53:40)* *3:50 (57:30)* *4:14 (1:01:44)* *2:36 (1:04:20)*
1:54 (1:06:14) *7:20 (1:13:34)* *4:21 (1:17:55)* *3:38 (1:21:33)* *4:07 (1:25:40)*
6:11 (1:31:51) *5:36 (1:37:27)*

2.	Keld Johnsen	THOK	1:46:00	+8:33	
	4:43 (4:43)	*7:53 (12:36)*	*8:22 (20:58)*	*4:38 (25:36)*	*7:37 (33:13)*
	13:13 (46:26)	*8:44 (55:10)*	*3:19 (58:29)*	*8:41 (1:07:10)*	*6:28 (1:13:38)*
	2:57 (1:16:35)	*8:39 (1:25:14)*	*3:24 (1:28:38)*	*3:08 (1:31:46)*	*3:44 (1:35:30)*
	5:31 (1:41:01)	*4:59 (1:46:00)*			
3.	Jørgen Nielsen	Allerød OK	1:56:53	+19:26	
	4:56 (4:56)	*9:33 (14:29)*	*10:39 (25:08)*	*3:27 (28:35)*	*7:58 (36:33)*
	9:51 (46:24)	*12:55 (59:19)*	*2:52 (1:02:11)*	*3:05 (1:05:16)*	*13:30 (1:18:46)*
	1:56 (1:20:42)	*10:17 (1:30:59)*	*4:06 (1:35:05)*	*3:35 (1:38:40)*	*4:54 (1:43:34)*
	6:39 (1:50:13)	*6:40 (1:56:53)*			
4.	Per Seidelin	Lyngby OK	2:04:26	+26:59	
	4:48 (4:48)	*11:18 (16:06)*	*8:39 (24:45)*	*4:25 (29:10)*	*8:59 (38:09)*
	28:25 (1:06:34)	*10:07 (1:16:41)*	*4:30 (1:21:11)*	*2:53 (1:24:04)*	*3:32 (1:27:36)*
	2:50 (1:30:26)	*8:32 (1:38:58)*	*5:14 (1:44:12)*	*3:45 (1:47:57)*	*4:23 (1:52:20)*
	6:42 (1:59:02)	*5:24 (2:04:26)*			

H75		**(6 / 6)**	**Tid**	**Efter**	
1.	Niels Duedahl	OK ØST Birkerød	1:33:48		
	4:16 (4:16)	*7:24 (11:40)*	*8:49 (20:29)*	*4:07 (24:36)*	*8:29 (33:05)*
	10:49 (43:54)	*7:53 (51:47)*	*3:09 (54:56)*	*3:02 (57:58)*	*2:56 (1:00:54)*
	3:17 (1:04:11)	*7:42 (1:11:53)*	*3:27 (1:15:20)*	*3:08 (1:18:28)*	*3:35 (1:22:03)*
	5:22 (1:27:25)	*6:23 (1:33:48)*			
2.	Palle Sørensen	Navet	1:46:08	+12:20	
	7:44 (7:44)	*11:31 (19:15)*	*9:19 (28:34)*	*5:30 (34:04)*	*8:43 (42:47)*
	11:09 (53:56)	*8:39 (1:02:35)*	*5:43 (1:08:18)*	*3:55 (1:12:13)*	*3:07 (1:15:20)*
	2:01 (1:17:21)	*7:17 (1:24:38)*	*3:50 (1:28:28)*	*3:27 (1:31:55)*	*3:40 (1:35:35)*
	5:31 (1:41:06)	*5:02 (1:46:08)*			
3.	Claes Lindberg	Lunds OK	1:46:58	+13:10	
	5:04 (5:04)	*7:59 (13:03)*	*9:46 (22:49)*	*5:07 (27:56)*	*10:23 (38:19)*
	10:19 (48:38)	*10:17 (58:55)*	*3:31 (1:02:26)*	*3:43 (1:06:09)*	*3:31 (1:09:40)*
	2:03 (1:11:43)	*8:35 (1:20:18)*	*4:21 (1:24:39)*	*3:47 (1:28:26)*	*3:59 (1:32:25)*
	6:07 (1:38:32)	*8:26 (1:46:58)*			
4.	Klaus Olsen	THOK	1:52:05	+18:17	
	4:56 (4:56)	*8:26 (13:22)*	*8:23 (21:45)*	*5:17 (27:02)*	*8:59 (36:01)*
	16:18 (52:19)	*9:53 (1:02:12)*	*3:23 (1:05:35)*	*3:31 (1:09:06)*	*3:35 (1:12:41)*
	3:19 (1:16:00)	*8:01 (1:24:01)*	*6:54 (1:30:55)*	*3:54 (1:34:49)*	*4:20 (1:39:09)*
	6:58 (1:46:07)	*5:58 (1:52:05)*			
5.	Jes Henrik Steen	OK ØST Birkerød	2:05:31	+31:43	
	5:50 (5:50)	*11:39 (17:29)*	*9:18 (26:47)*	*5:47 (32:34)*	*12:13 (44:47)*
	14:49 (59:36)	*11:53 (1:11:29)*	*4:33 (1:16:02)*	*4:10 (1:20:12)*	*3:28 (1:23:40)*
	2:55 (1:26:35)	*9:25 (1:36:00)*	*7:20 (1:43:20)*	*3:54 (1:47:14)*	*4:24 (1:51:38)*
	8:07 (1:59:45)	*5:46 (2:05:31)*			
6.	Jan Persson	FK Göingarna	2:14:12	+40:24	
	5:31 (5:31)	*12:03 (17:34)*	*12:22 (29:56)*	*6:53 (36:49)*	*10:32 (47:21)*
	13:27 (1:00:48)	*12:30 (1:13:18)*	*4:46 (1:18:04)*	*6:44 (1:24:48)*	*4:27 (1:29:15)*
	3:22 (1:32:37)	*12:42 (1:45:19)*	*5:42 (1:51:01)*	*4:54 (1:55:55)*	*4:25 (2:00:20)*
	7:51 (2:08:11)	*6:01 (2:14:12)*			

H80		**(2 / 2)**	**Tid**	**Efter**	
1.	Per Allan Pedersen	OK FROS	1:08:56		
	4:59 (4:59)	*6:36 (11:35)*	*9:24 (20:59)*	*15:14 (36:13)*	*3:51 (40:04)*
	2:15 (42:19)	*5:36 (47:55)*	*3:55 (51:50)*	*6:18 (58:08)*	*6:11 (1:04:19)*
	2:15 (1:06:34)	*2:22 (1:08:56)*			
2.	John Pihl	HSOK	1:28:42	+19:46	
	6:07 (6:07)	*9:30 (15:37)*	*10:20 (25:57)*	*13:42 (39:39)*	*6:47 (46:26)*
	2:46 (49:12)	*14:36 (1:03:48)*	*5:47 (1:09:35)*	*6:48 (1:16:23)*	*7:39 (1:24:02)*
	2:18 (1:26:20)	*2:22 (1:28:42)*			

Åben Mellem		**(1 / 1)**	**Tid**	**Efter**	
1.	Åsa Ericsson	Lunds OK	2:16:46		
	6:26 (6:26)	*10:55 (17:21)*	*12:07 (29:28)*	*7:32 (37:00)*	*9:46 (46:46)*
	13:21 (1:00:07)	*12:01 (1:12:08)*	*4:12 (1:16:20)*	*12:39 (1:28:59)*	*4:06 (1:33:05)*
	3:11 (1:36:16)	*8:56 (1:45:12)*	*5:13 (1:50:25)*	*5:06 (1:55:31)*	*5:08 (2:00:39)*
	8:23 (2:09:02)	*7:44 (2:16:46)*			