

Resultater – VTR-løb Kongsøre skov November 2018

2018-11-18

Sort, Lang, Herre	(14 / 14)		Tid	Efter		
1. Simon Holt	Køge OK		1:02:58			
2:18 (2:18)	1:12 (3:30)	3:03 (6:33)	2:00 (8:33)	0:56 (9:29)	3:04 (12:33)	
0:44 (13:17)	3:55 (17:12)	1:37 (18:49)	6:44 (25:33)	1:41 (27:14)	4:26 (31:40)	
7:30 (39:10)	3:27 (42:37)	3:25 (46:02)	2:44 (48:46)	2:08 (50:54)	2:17 (53:11)	
2:18 (55:29)	2:56 (58:25)	2:19 (1:00:44)	1:32 (1:02:16)	0:42 (1:02:58)		
2. Kåre Sørensen	OK Sorø		1:06:54	+3:56		
2:38 (2:38)	1:14 (3:52)	3:01 (6:53)	2:14 (9:07)	1:07 (10:14)	2:51 (13:05)	
0:43 (13:48)	3:46 (17:34)	1:43 (19:17)	9:28 (28:45)	1:33 (30:18)	3:31 (33:49)	
6:54 (40:43)	3:04 (43:47)	3:10 (46:57)	2:43 (49:40)	2:17 (51:57)	5:12 (57:09)	
2:31 (59:40)	2:51 (1:02:31)	2:11 (1:04:42)	1:25 (1:06:07)	0:47 (1:06:54)		
3. Søren Fertin	Holbæk OK		1:10:17	+7:19		
3:02 (3:02)	1:28 (4:30)	5:55 (10:25)	3:25 (13:50)	1:14 (15:04)	3:14 (18:18)	
0:45 (19:03)	4:17 (23:20)	2:24 (25:44)	3:32 (29:16)	1:40 (30:56)	4:08 (35:04)	
8:50 (43:54)	4:03 (47:57)	4:23 (52:20)	2:32 (54:52)	3:25 (58:17)	1:25 (59:42)	
2:37 (1:02:19)	3:22 (1:05:41)	2:13 (1:07:54)	1:39 (1:09:33)	0:44 (1:10:17)		
4. Hanne Fogh	FSK Orientering		1:15:07	+12:09		
2:57 (2:57)	1:49 (4:46)	4:34 (9:20)	2:43 (12:03)	1:20 (13:23)	3:55 (17:18)	
1:00 (18:18)	5:28 (23:46)	1:57 (25:43)	4:32 (30:15)	2:06 (32:21)	4:49 (37:10)	
9:35 (46:45)	4:37 (51:22)	4:13 (55:35)	3:57 (59:32)	2:50 (1:02:22)	1:34 (1:03:56)	
3:01 (1:06:57)	2:57 (1:09:54)	2:40 (1:12:34)	1:41 (1:14:15)	0:52 (1:15:07)		
5. Anders Laage-Kragh	OK Roskilde		1:16:09	+13:11		
3:03 (3:03)	1:40 (4:43)	6:53 (11:36)	3:05 (14:41)	2:56 (17:37)	3:32 (21:09)	
0:54 (22:03)	5:08 (27:11)	1:47 (28:58)	4:06 (33:04)	1:49 (34:53)	4:34 (39:27)	
8:58 (48:25)	4:05 (52:30)	4:02 (56:32)	4:06 (1:00:38)	2:43 (1:03:21)	1:52 (1:05:13)	
2:50 (1:08:03)	2:30 (1:10:33)	2:46 (1:13:19)	1:52 (1:15:11)	0:58 (1:16:09)		
6. Søren Madsen	OK Sorø		1:16:19	+13:21		
2:57 (2:57)	1:54 (4:51)	5:50 (10:41)	2:44 (13:25)	1:12 (14:37)	3:37 (18:14)	
1:02 (19:16)	6:00 (25:16)	3:06 (28:22)	3:35 (31:57)	1:53 (33:50)	4:23 (38:13)	
10:46 (48:59)	4:27 (53:26)	4:17 (57:43)	3:06 (1:00:49)	2:24 (1:03:13)	1:32 (1:04:45)	
3:03 (1:07:48)	2:52 (1:10:40)	2:36 (1:13:16)	1:53 (1:15:09)	1:10 (1:16:19)		
7. Henrik Nielsen	Holbæk OK		1:16:20	+13:22		
2:47 (2:47)	1:47 (4:34)	4:11 (8:45)	3:49 (12:34)	1:13 (13:47)	3:44 (17:31)	
0:51 (18:22)	5:05 (23:27)	2:35 (26:02)	4:20 (30:22)	1:47 (32:09)	4:50 (36:59)	
10:36 (47:35)	4:42 (52:17)	4:16 (56:33)	3:18 (59:51)	2:50 (1:02:41)	1:56 (1:04:37)	
3:07 (1:07:44)	3:06 (1:10:50)	2:49 (1:13:39)	1:46 (1:15:25)	0:55 (1:16:20)		
8. Jan H. Jørgensen	OK Sorø		1:16:26	+13:28		
3:23 (3:23)	2:13 (5:36)	4:44 (10:20)	3:14 (13:34)	1:38 (15:12)	4:05 (19:17)	
0:55 (20:12)	5:45 (25:57)	2:03 (28:00)	4:23 (32:23)	2:05 (34:28)	4:28 (38:56)	
9:13 (48:09)	5:04 (53:13)	4:12 (57:25)	2:59 (1:00:24)	2:37 (1:03:01)	1:40 (1:04:41)	
3:10 (1:07:51)	3:22 (1:11:13)	2:23 (1:13:36)	1:56 (1:15:32)	0:54 (1:16:26)		
9. Morten Hass	OK Sorø		1:17:13	+14:15		
3:00 (3:00)	1:44 (4:44)	4:07 (8:51)	2:44 (11:35)	1:13 (12:48)	3:38 (16:26)	
0:50 (17:16)	4:41 (21:57)	1:42 (23:39)	6:04 (29:43)	1:54 (31:37)	5:40 (37:17)	
9:59 (47:16)	5:20 (52:36)	4:06 (56:42)	3:46 (1:00:28)	2:48 (1:03:16)	1:33 (1:04:49)	
3:23 (1:08:12)	3:13 (1:11:25)	2:47 (1:14:12)	1:53 (1:16:05)	1:08 (1:17:13)		
10. Kim Hansen	Køge OK		1:17:35	+14:37		
2:59 (2:59)	1:36 (4:35)	4:42 (9:17)	2:52 (12:09)	1:28 (13:37)	6:59 (20:36)	
0:43 (21:19)	7:02 (28:21)	1:57 (30:18)	3:39 (33:57)	2:01 (35:58)	4:35 (40:33)	
9:43 (50:16)	4:11 (54:27)	4:17 (58:44)	3:49 (1:02:33)	2:54 (1:05:27)	1:45 (1:07:12)	
2:40 (1:09:52)	2:47 (1:12:39)	2:29 (1:15:08)	1:36 (1:16:44)	0:51 (1:17:35)		
11. Peter Karberg	Herlufsholm OK		1:17:38	+14:40		
3:00 (3:00)	1:47 (4:47)	3:46 (8:33)	2:16 (10:49)	4:43 (15:32)	3:25 (18:57)	
0:48 (19:45)	5:00 (24:45)	1:40 (26:25)	5:46 (32:11)	1:41 (33:52)	4:15 (38:07)	
8:59 (47:06)	4:24 (51:30)	3:52 (55:22)	3:08 (58:30)	3:07 (1:01:37)	1:55 (1:03:32)	
3:32 (1:07:04)	5:16 (1:12:20)	2:37 (1:14:57)	1:50 (1:16:47)	0:51 (1:17:38)		
12. Kim Folander	FSK Orientering		1:27:22	+24:24		
3:37 (3:37)	1:54 (5:31)	4:48 (10:19)	3:53 (14:12)	1:51 (16:03)	4:44 (20:47)	
1:05 (21:52)	6:49 (28:41)	2:09 (30:50)	4:35 (35:25)	2:25 (37:50)	5:10 (43:00)	
12:07 (55:07)	5:26 (1:00:33)	4:15 (1:04:48)	4:07 (1:08:55)	3:11 (1:12:06)	2:01 (1:14:07)	
3:35 (1:17:42)	3:30 (1:21:12)	3:24 (1:24:36)	1:58 (1:26:34)	0:48 (1:27:22)		
Simon Jespersen	OK Sorø		Fejlklip			
3:03 (3:03)	1:13 (4:16)	3:21 (7:37)	2:06 (9:43)	- (-)	- (12:39)	
0:44 (13:23)	5:00 (18:23)	1:39 (20:02)	3:23 (23:25)	1:43 (25:08)	4:19 (29:27)	
10:30 (39:57)	4:15 (44:12)	3:32 (47:44)	4:13 (51:57)	2:17 (54:14)	3:27 (57:41)	
- (-)	- (1:04:29)	2:15 (1:06:44)	1:24 (1:08:08)	0:44 (1:08:52)		
Henrik Tølløse	Hvalsø OK		Udgået			
4:18 (4:18)	1:51 (6:09)	4:06 (10:15)	3:30 (13:45)	1:34 (15:19)	4:08 (19:27)	
1:00 (20:27)	5:54 (26:21)	2:40 (29:01)	9:48 (38:49)	2:01 (40:50)	5:01 (45:51)	
10:31 (56:22)	8:06 (1:04:28)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	

Sort, Lang, Dame	(1 / 1)		Tid	Efter		
1. Jette Grimstrup	Køge OK		1:30:56			
3:51 (3:51)	2:04 (5:55)	4:54 (10:49)	4:07 (14:56)	1:59 (16:55)	4:20 (21:15)	
0:58 (22:13)	6:06 (28:19)	2:42 (31:01)	4:49 (35:50)	2:23 (38:13)	4:43 (42:56)	
11:12 (54:08)	5:34 (59:42)	5:00 (1:04:42)	6:05 (1:10:47)	3:35 (1:14:22)	2:10 (1:16:32)	
3:45 (1:20:17)	4:04 (1:24:21)	3:18 (1:27:39)	2:15 (1:29:54)	1:02 (1:30:56)		

Sort, mellem, Herre	(17 / 17)		Tid	Efter		
1. Jakob Søndergaard	OK Roskilde		54:02			
1:32 (1:32)	4:01 (5:33)	4:21 (9:54)	2:23 (12:17)	3:07 (15:24)	4:35 (19:59)	
0:56 (20:55)	3:28 (24:23)	2:30 (26:53)	2:50 (29:43)	5:32 (35:15)	4:51 (40:06)	
5:19 (45:25)	2:24 (47:49)	2:32 (50:21)	1:43 (52:04)	1:09 (53:13)	0:49 (54:02)	
2. Bo Pedersen	Køge OK		55:25	+1:23		
1:27 (1:27)	3:15 (4:42)	5:19 (10:01)	2:06 (12:07)	2:55 (15:02)	2:01 (17:03)	
0:57 (18:00)	3:04 (21:04)	2:22 (23:26)	3:30 (26:56)	4:54 (31:50)	5:13 (37:03)	
8:45 (45:48)	2:43 (48:31)	2:14 (50:45)	2:26 (53:11)	1:37 (54:48)	0:37 (55:25)	

3.	Gunnar Grue-Sørensen	Køge OK	57:51	+3:49		
	1:28 (1:28)	2:48 (4:16)	4:54 (9:10)	2:42 (11:52)	4:12 (16:04)	2:19 (18:23)
	1:07 (19:30)	2:57 (22:27)	1:59 (24:26)	3:03 (27:29)	6:12 (33:41)	6:31 (40:12)
	7:07 (47:19)	2:50 (50:09)	3:03 (53:12)	2:24 (55:36)	1:21 (56:57)	0:54 (57:51)
4.	Søren Klinsky	Holbæk OK	59:11	+5:09		
	1:41 (1:41)	3:23 (5:04)	5:40 (10:44)	3:01 (13:45)	3:45 (17:30)	2:29 (19:59)
	1:00 (20:59)	2:55 (23:54)	2:13 (26:07)	2:49 (28:56)	7:07 (36:03)	6:05 (42:08)
	6:47 (48:55)	2:46 (51:41)	3:04 (54:45)	2:14 (56:59)	1:18 (58:17)	0:54 (59:11)
5.	Jesper Børsting	Herlufsholm OK	59:35	+5:33		
	1:41 (1:41)	3:59 (5:40)	5:32 (11:12)	2:44 (13:56)	3:58 (17:54)	2:36 (20:30)
	1:12 (21:42)	3:55 (25:37)	1:52 (27:29)	2:39 (30:08)	6:12 (36:20)	5:37 (41:57)
	6:33 (48:30)	3:10 (51:40)	3:26 (55:06)	2:21 (57:27)	1:14 (58:41)	0:54 (59:35)
6.	Carsten Mogensen	Køge OK	59:37	+5:35		
	1:56 (1:56)	4:51 (6:47)	5:11 (11:58)	2:26 (14:24)	3:34 (17:58)	2:43 (20:41)
	1:27 (22:08)	3:20 (25:28)	1:53 (27:21)	2:58 (30:19)	5:24 (35:43)	6:46 (42:29)
	6:29 (48:58)	3:03 (52:01)	3:01 (55:02)	2:32 (57:34)	1:12 (58:46)	0:51 (59:37)
7.	John Knudsen	NFR	1:04:21	+10:19		
	1:48 (1:48)	2:45 (4:33)	4:41 (9:14)	2:28 (11:42)	3:36 (15:18)	2:24 (17:42)
	1:32 (19:14)	3:36 (22:50)	2:08 (24:58)	2:46 (27:44)	15:22 (43:06)	5:27 (48:33)
	5:08 (53:41)	2:27 (56:08)	3:50 (59:58)	2:13 (1:02:11)	1:20 (1:03:31)	0:50 (1:04:21)
8.	Mogens Kristensen	OK Roskilde	1:05:03	+11:01		
	1:39 (1:39)	3:26 (5:05)	6:28 (11:33)	2:55 (14:28)	3:58 (18:26)	3:06 (21:32)
	1:15 (22:47)	3:40 (26:27)	2:09 (28:36)	2:55 (31:31)	6:23 (37:54)	6:19 (44:13)
	9:04 (53:17)	3:24 (56:41)	3:25 (1:00:06)	2:37 (1:02:43)	1:25 (1:04:08)	0:55 (1:05:03)
9.	Henrik Glimø	Køge OK	1:06:17	+12:15		
	3:46 (3:46)	2:56 (6:42)	4:41 (11:23)	2:23 (13:46)	6:42 (20:28)	2:13 (22:41)
	1:25 (24:06)	4:42 (28:48)	3:18 (32:06)	3:06 (35:12)	6:43 (41:55)	7:38 (49:33)
	6:47 (56:20)	2:55 (59:15)	2:35 (1:01:50)	2:23 (1:04:13)	1:14 (1:05:27)	0:50 (1:06:17)
10.	Anders Juhl Thomsen	OK Roskilde	1:06:19	+12:17		
	1:35 (1:35)	3:51 (5:26)	6:04 (11:30)	2:55 (14:25)	4:07 (18:32)	3:08 (21:40)
	1:29 (23:09)	3:08 (26:17)	2:25 (28:42)	3:11 (31:53)	7:04 (38:57)	6:59 (45:56)
	8:34 (54:30)	3:39 (58:09)	3:22 (1:01:31)	2:33 (1:04:04)	1:20 (1:05:24)	0:55 (1:06:19)
11.	Jesper Munch Jespersen	OK Sorø	1:10:57	+16:55		
	1:55 (1:55)	14:57 (16:52)	4:39 (21:31)	2:29 (24:00)	3:29 (27:29)	2:35 (30:04)
	1:34 (31:38)	3:32 (35:10)	1:48 (36:58)	2:58 (39:56)	5:36 (45:32)	9:34 (55:06)
	5:54 (1:01:00)	2:42 (1:03:42)	2:49 (1:06:31)	2:30 (1:09:01)	1:05 (1:10:06)	0:51 (1:10:57)
12.	Asger Jensen	OK Roskilde	1:13:41	+19:39		
	1:53 (1:53)	4:18 (6:11)	6:37 (12:48)	3:26 (16:14)	4:30 (20:44)	5:04 (25:48)
	1:24 (27:12)	3:46 (30:58)	2:26 (33:24)	3:57 (37:21)	7:26 (44:47)	7:30 (52:17)
	9:06 (1:01:23)	3:40 (1:05:03)	3:17 (1:08:20)	2:44 (1:11:04)	1:26 (1:12:30)	1:11 (1:13:41)
13.	Anders Knudsen	Herlufsholm OK	1:13:43	+19:41		
	1:27 (1:27)	10:56 (12:23)	4:50 (17:13)	2:59 (20:12)	3:46 (23:58)	3:12 (27:10)
	1:39 (28:49)	4:15 (33:04)	2:57 (36:01)	3:39 (39:40)	6:57 (46:37)	7:07 (53:44)
	7:32 (1:01:16)	3:44 (1:05:00)	3:28 (1:08:28)	2:43 (1:11:11)	1:23 (1:12:34)	1:09 (1:13:43)
14.	Henrik Mathiesen	Herlufsholm OK	1:17:05	+23:03		
	1:59 (1:59)	5:35 (7:34)	7:42 (15:16)	3:18 (18:34)	4:18 (22:52)	3:26 (26:18)
	1:17 (27:35)	5:01 (32:36)	2:20 (34:56)	4:08 (39:04)	6:59 (46:03)	7:09 (53:12)
	11:30 (1:04:42)	3:51 (1:08:33)	3:35 (1:12:08)	2:49 (1:14:57)	1:16 (1:16:13)	0:52 (1:17:05)
15.	Morten Nissen	O-63	1:18:31	+24:29		
	1:35 (1:35)	4:28 (6:03)	6:57 (13:00)	3:16 (16:16)	4:42 (20:58)	3:01 (23:59)
	1:39 (25:38)	5:06 (30:44)	2:16 (33:00)	3:19 (36:19)	7:32 (43:51)	7:18 (51:09)
	8:20 (59:29)	3:54 (1:03:23)	10:11 (1:13:34)	2:43 (1:16:17)	1:17 (1:17:34)	0:57 (1:18:31)
16.	Karsten Hjorth	OK Roskilde	1:21:20	+27:18		
	1:47 (1:47)	4:07 (5:54)	6:48 (12:42)	4:03 (16:45)	5:01 (21:46)	4:00 (25:46)
	1:45 (27:31)	5:58 (33:29)	3:08 (36:37)	4:16 (40:53)	8:07 (49:00)	8:25 (57:25)
	9:06 (1:06:31)	3:59 (1:10:30)	3:55 (1:14:25)	3:47 (1:18:12)	1:49 (1:20:01)	1:19 (1:21:20)
17.	Allan Bode	Holbæk OK	1:30:29	+36:27		
	2:15 (2:15)	6:17 (8:32)	6:58 (15:30)	3:07 (18:37)	4:34 (23:11)	10:03 (33:14)
	1:39 (34:53)	6:17 (41:10)	3:23 (44:33)	4:35 (49:08)	7:43 (56:51)	8:56 (1:05:47)
	8:09 (1:13:56)	4:15 (1:18:11)	3:05 (1:21:16)	6:37 (1:27:53)	1:43 (1:29:36)	0:53 (1:30:29)

Sort, mellem, Dame**(4 / 4)****Tid Efter**

1.	Mette Filskov	OK Sorø	56:21			
	1:29 (1:29)	3:24 (4:53)	5:30 (10:23)	2:51 (13:14)	3:55 (17:09)	2:39 (19:48)
	1:07 (20:55)	2:44 (23:39)	2:07 (25:46)	2:55 (28:41)	5:27 (34:08)	5:32 (39:40)
	6:00 (45:40)	3:11 (48:51)	2:47 (51:38)	2:29 (54:07)	1:20 (55:27)	0:54 (56:21)
2.	Astrid Riis	Holbæk OK	1:04:25	+8:04		
	1:29 (1:29)	3:17 (4:46)	4:43 (9:29)	2:33 (12:02)	3:50 (15:52)	2:28 (18:20)
	1:21 (19:41)	3:20 (23:01)	2:00 (25:01)	6:35 (31:36)	6:52 (38:28)	6:24 (44:52)
	8:10 (53:02)	3:29 (56:31)	3:15 (59:46)	2:29 (1:02:15)	1:13 (1:03:28)	0:57 (1:04:25)
3.	Tine Demandt	OK Sorø	1:19:15	+22:54		
	2:04 (2:04)	4:12 (6:16)	8:25 (14:41)	3:24 (18:05)	3:52 (21:57)	3:23 (25:20)
	1:15 (26:35)	8:18 (34:53)	3:53 (38:46)	3:55 (42:41)	7:39 (50:20)	8:41 (59:01)
	7:57 (1:06:58)	4:05 (1:11:03)	3:20 (1:14:23)	2:33 (1:16:56)	1:26 (1:18:22)	0:53 (1:19:15)
4.	Jytte Jørgensen	Holbæk OK	1:25:59	+29:38		
	1:45 (1:45)	7:04 (8:49)	9:42 (18:31)	3:40 (22:11)	4:52 (27:03)	3:54 (30:57)
	1:11 (32:08)	4:36 (36:44)	7:03 (43:47)	4:16 (48:03)	7:27 (55:30)	7:35 (1:03:05)
	10:21 (1:13:26)	4:20 (1:17:46)	3:05 (1:20:51)	2:53 (1:23:44)	1:25 (1:25:09)	0:50 (1:25:59)

Sort, kort under 60, Herre**(6 / 6)****Tid Efter**

1.	Jens Jørgen Hansen	HAGI	36:12			
	2:32 (2:32)	1:13 (3:45)	5:14 (8:59)	3:04 (12:03)	7:19 (19:22)	1:25 (20:47)
	1:47 (22:34)	2:49 (25:23)	1:53 (27:16)	2:09 (29:25)	1:25 (30:50)	2:15 (33:05)
	2:18 (35:23)	0:49 (36:12)				
2.	Kristian Kærsgaard	OK Sorø	42:43	+6:31		
	2:44 (2:44)	1:25 (4:09)	5:52 (10:01)	2:51 (12:52)	8:14 (21:06)	1:59 (23:05)
	2:07 (25:12)	3:38 (28:50)	2:35 (31:25)	2:34 (33:59)	1:59 (35:58)	2:48 (38:46)
	2:59 (41:45)	0:58 (42:43)				
3.	Morten Jensen	OK Roskilde	46:09	+9:57		
	2:39 (2:39)	1:35 (4:14)	6:03 (10:17)	4:16 (14:33)	7:54 (22:27)	1:49 (24:16)
	2:19 (26:35)	3:39 (30:14)	2:32 (32:46)	3:42 (36:28)	2:47 (39:15)	2:51 (42:06)
	3:04 (45:10)	0:59 (46:09)				

4.	Mikael Scheby		OK Sorø	56:26	+20:14		
	3:29 (3:29)	5:06 (8:35)	5:35 (14:10)	4:09 (18:19)		8:43 (27:02)	1:37 (28:39)
	4:34 (33:13)	3:17 (36:30)	2:30 (39:00)	2:34 (41:34)		2:00 (43:34)	8:43 (52:17)
	3:18 (55:35)	0:51 (56:26)					
5.	Per Schou		Holbæk OK	57:28	+21:16		
	3:13 (3:13)	2:05 (5:18)	7:21 (12:39)	5:14 (17:53)		12:09 (30:02)	2:16 (32:18)
	3:46 (36:04)	4:28 (40:32)	2:47 (43:19)	3:02 (46:21)		2:24 (48:45)	3:43 (52:28)
	3:44 (56:12)	1:16 (57:28)					
6.	Jesper Carlsson		Køge OK	1:13:01	+36:49		
	3:39 (3:39)	2:55 (6:34)	10:05 (16:39)	7:17 (23:56)		11:44 (35:40)	9:41 (45:21)
	4:28 (49:49)	4:47 (54:36)	3:25 (58:01)	4:00 (1:02:01)		2:14 (1:04:15)	3:55 (1:08:10)
	3:47 (1:11:57)	1:04 (1:13:01)					

Sort, kort under 60, Dame**(13 / 13)****Tid Efter**

1.	Søs Munch Hansen		OK Sorø	45:55			
	3:00 (3:00)	1:47 (4:47)	6:42 (11:29)	2:59 (14:28)		8:48 (23:16)	1:47 (25:03)
	2:18 (27:21)	3:32 (30:53)	2:52 (33:45)	2:48 (36:33)		2:03 (38:36)	3:04 (41:40)
	3:12 (44:52)	1:03 (45:55)					
2.	Birgit Børsting Petersen		Herlufsholm OK	46:54	+0:59		
	3:46 (3:46)	2:02 (5:48)	5:59 (11:47)	3:12 (14:59)		9:14 (24:13)	1:39 (25:52)
	2:24 (28:16)	3:40 (31:56)	2:41 (34:37)	2:52 (37:29)		2:31 (40:00)	2:47 (42:47)
	3:08 (45:55)	0:59 (46:54)					
3.	Tine Friis Scheby		OK Sorø	49:24	+3:29		
	3:11 (3:11)	2:22 (5:33)	6:22 (11:55)	6:22 (18:17)		7:27 (25:44)	1:28 (27:12)
	2:35 (29:47)	3:26 (33:13)	2:28 (35:41)	2:34 (38:15)		2:27 (40:42)	5:22 (46:04)
	2:34 (48:38)	0:46 (49:24)					
4.	Susanne gjedsig Thomsen		tisvilde hegn	49:51	+3:56		
	3:18 (3:18)	2:02 (5:20)	6:44 (12:04)	3:41 (15:45)		9:23 (25:08)	2:01 (27:09)
	2:39 (29:48)	4:24 (34:12)	2:46 (36:58)	3:23 (40:21)		2:11 (42:32)	3:12 (45:44)
	3:10 (48:54)	0:57 (49:51)					
5.	Anna Czigany		Holbæk OK	55:47	+9:52		
	4:18 (4:18)	2:34 (6:52)	7:24 (14:16)	4:55 (19:11)		11:45 (30:56)	2:09 (33:05)
	2:32 (35:37)	3:41 (39:18)	2:39 (41:57)	3:52 (45:49)		2:31 (48:20)	3:30 (51:50)
	2:58 (54:48)	0:59 (55:47)					
6.	Kerstin Fisker		Holbæk OK	56:19	+10:24		
	2:58 (2:58)	1:42 (4:40)	7:00 (11:40)	5:26 (17:06)		10:08 (27:14)	1:45 (28:59)
	3:20 (32:19)	4:01 (36:20)	3:21 (39:41)	3:52 (43:33)		4:01 (47:34)	4:08 (51:42)
	3:31 (55:13)	1:06 (56:19)					
7.	Hanne Møller Jensen		OK Roskilde	58:23	+12:28		
	3:43 (3:43)	3:14 (6:57)	6:35 (13:32)	4:32 (18:04)		9:42 (27:46)	1:46 (29:32)
	5:52 (35:24)	4:57 (40:21)	5:11 (45:32)	2:57 (48:29)		2:29 (50:58)	2:55 (53:53)
	3:36 (57:29)	0:54 (58:23)					
8.	Nina Henriksen		Holbæk OK	59:10	+13:15		
	3:39 (3:39)	2:24 (6:03)	7:57 (14:00)	10:59 (24:59)		9:30 (34:29)	1:52 (36:21)
	2:28 (38:49)	3:44 (42:33)	2:21 (44:54)	3:27 (48:21)		2:39 (51:00)	3:36 (54:36)
	3:28 (58:04)	1:06 (59:10)					
9.	Helle Jønson		OK Roskilde	59:46	+13:51		
	3:37 (3:37)	2:47 (6:24)	7:43 (14:07)	4:51 (18:58)		9:30 (28:28)	2:12 (30:40)
	3:58 (34:38)	4:30 (39:08)	6:05 (45:13)	3:23 (48:36)		3:15 (51:51)	3:26 (55:17)
	3:22 (58:39)	1:07 (59:46)					
9.	Jannie Nielsen		Holbæk OK	59:46	+13:51		
	3:50 (3:50)	2:22 (6:12)	7:58 (14:10)	3:54 (18:04)		11:40 (29:44)	2:21 (32:05)
	3:14 (35:19)	4:42 (40:01)	3:39 (43:40)	3:51 (47:31)		3:14 (50:45)	4:00 (54:45)
	3:52 (58:37)	1:09 (59:46)					
11.	Merete Kleist		OK Sorø	1:01:25	+15:30		
	3:02 (3:02)	3:16 (6:18)	6:57 (13:15)	10:04 (23:19)		8:46 (32:05)	1:59 (34:04)
	3:49 (37:53)	5:26 (43:19)	3:39 (46:58)	3:19 (50:17)		4:06 (54:23)	2:58 (57:21)
	3:07 (1:00:28)	0:57 (1:01:25)					
12.	Lykke Berg		Herlufsholm OK	1:08:43	+22:48		
	3:49 (3:49)	2:42 (6:31)	8:52 (15:23)	5:49 (21:12)		11:42 (32:54)	2:20 (35:14)
	3:19 (38:33)	6:01 (44:34)	3:46 (48:20)	4:05 (52:25)		5:44 (58:09)	5:22 (1:03:31)
	4:06 (1:07:37)	1:06 (1:08:43)					
13.	Merete Lykke Østergaard		OK Roskilde	1:12:54	+26:59		
	4:04 (4:04)	2:54 (6:58)	9:16 (16:14)	6:27 (22:41)		9:42 (32:23)	11:54 (44:17)
	4:23 (48:40)	5:05 (53:45)	3:29 (57:14)	4:11 (1:01:25)		3:07 (1:04:32)	3:51 (1:08:23)
	3:33 (1:11:56)	0:58 (1:12:54)					

Sort, kort over 60, Herre**(19 / 19)****Tid Efter**

1.	Knud Madsen		OK Sorø	41:28			
	2:40 (2:40)	1:25 (4:05)	5:52 (9:57)	3:00 (12:57)		8:01 (20:58)	1:41 (22:39)
	2:12 (24:51)	3:27 (28:18)	2:22 (30:40)	2:30 (33:10)		1:51 (35:01)	2:39 (37:40)
	2:48 (40:28)	1:00 (41:28)					
2.	Aksel Andersen		OK Roskilde	43:10	+1:42		
	2:27 (2:27)	1:21 (3:48)	6:07 (9:55)	4:32 (14:27)		8:01 (22:28)	1:39 (24:07)
	2:06 (26:13)	3:39 (29:52)	2:10 (32:02)	2:41 (34:43)		2:13 (36:56)	2:44 (39:40)
	2:38 (42:18)	0:52 (43:10)					
3.	Finn Petersen		OK Roskilde	44:00	+2:32		
	2:47 (2:47)	1:52 (4:39)	5:46 (10:25)	4:05 (14:30)		7:38 (22:08)	1:49 (23:57)
	2:08 (26:05)	3:39 (29:44)	2:51 (32:35)	3:02 (35:37)		1:57 (37:34)	2:53 (40:27)
	2:39 (43:06)	0:54 (44:00)					
4.	Janne Brunstedt		OK Roskilde	46:26	+4:58		
	2:26 (2:26)	1:20 (3:46)	5:19 (9:05)	8:19 (17:24)		7:16 (24:40)	2:09 (26:49)
	2:09 (28:58)	3:21 (32:19)	2:17 (34:36)	2:45 (37:21)		2:36 (39:57)	2:56 (42:53)
	2:38 (45:31)	0:55 (46:26)					
5.	Per Steen		Køge OK	53:18	+11:50		
	4:23 (4:23)	2:18 (6:41)	6:22 (13:03)	3:46 (16:49)		9:01 (25:50)	1:45 (27:35)
	2:35 (30:10)	3:54 (34:04)	5:13 (39:17)	3:44 (43:01)		2:19 (45:20)	3:33 (48:53)
	3:20 (52:13)	1:05 (53:18)					
6.	Helmuth Hansen		Herlufsholm OK	53:30	+12:02		
	2:33 (2:33)	2:01 (4:34)	8:00 (12:34)	3:55 (16:29)		8:31 (25:00)	2:07 (27:07)
	3:26 (30:33)	4:34 (35:07)	2:55 (38:02)	3:50 (41:52)		2:23 (44:15)	3:26 (47:41)
	4:54 (52:35)	0:55 (53:30)					

7.	Ole Frederiksen	OK Roskilde	53:52	+12:24		
	3:34 (3:34)	1:49 (5:23)	7:17 (12:40)	3:41 (16:21)	10:14 (26:35)	2:09 (28:44)
	2:39 (31:23)	4:20 (35:43)	4:07 (39:50)	3:32 (43:22)	2:52 (46:14)	3:13 (49:27)
	3:26 (52:53)	0:59 (53:52)				
8.	Steen Fladberg	Køge OK	55:52	+14:24		
	4:07 (4:07)	3:02 (7:09)	6:38 (13:47)	4:49 (18:36)	10:12 (28:48)	1:59 (30:47)
	3:57 (34:44)	4:19 (39:03)	3:01 (42:04)	3:15 (45:19)	2:24 (47:43)	3:50 (51:33)
	3:17 (54:50)	1:02 (55:52)				
9.	Tage Ebbensgaard	Køge OK	56:22	+14:54		
	3:19 (3:19)	2:07 (5:26)	7:02 (12:28)	3:58 (16:26)	9:22 (25:48)	2:11 (27:59)
	2:39 (30:38)	4:26 (35:04)	7:08 (42:12)	3:24 (45:36)	2:31 (48:07)	3:55 (52:02)
	3:15 (55:17)	1:05 (56:22)				
10.	Jørgen Jørgensen	OK Sorø	1:01:52	+20:24		
	3:26 (3:26)	2:12 (5:38)	8:03 (13:41)	6:04 (19:45)	11:32 (31:17)	2:17 (33:34)
	3:13 (36:47)	4:35 (41:22)	3:24 (44:46)	4:10 (48:56)	3:54 (52:50)	3:44 (56:34)
	4:12 (1:00:46)	1:06 (1:01:52)				
11.	Anders Bang	Køge OK	1:05:24	+23:56		
	5:13 (5:13)	4:06 (9:19)	7:53 (17:12)	5:06 (22:18)	10:32 (32:50)	2:08 (34:58)
	3:39 (38:37)	5:14 (43:51)	5:51 (49:42)	3:36 (53:18)	3:31 (56:49)	3:36 (1:00:25)
	3:53 (1:04:18)	1:06 (1:05:24)				
12.	Jan Sørensen	OK Sorø	1:06:41	+25:13		
	3:02 (3:02)	2:52 (5:54)	6:28 (12:22)	13:09 (25:31)	8:14 (33:45)	1:45 (35:30)
	3:21 (38:51)	3:41 (42:32)	3:54 (46:26)	2:48 (49:14)	5:54 (55:08)	7:05 (1:02:13)
	3:32 (1:05:45)	0:56 (1:06:41)				
13.	Erik Løvgren Jensen	Køge OK	1:06:51	+25:23		
	4:16 (4:16)	3:09 (7:25)	7:30 (14:55)	6:46 (21:41)	16:13 (37:54)	2:26 (40:20)
	2:53 (43:13)	4:05 (47:18)	4:50 (52:08)	3:43 (55:51)	2:38 (58:29)	3:51 (1:02:20)
	3:32 (1:05:52)	0:59 (1:06:51)				
14.	Børge Jensen	Herlufsholm OK	1:08:46	+27:18		
	4:02 (4:02)	2:57 (6:59)	8:19 (15:18)	13:59 (29:17)	11:05 (40:22)	2:08 (42:30)
	2:40 (45:10)	4:31 (49:41)	4:04 (53:45)	4:18 (58:03)	2:26 (1:00:29)	3:31 (1:04:00)
	3:39 (1:07:39)	1:07 (1:08:46)				
15.	Steen Jeppesen	Holbæk OK	1:10:05	+28:37		
	4:08 (4:08)	3:23 (7:31)	7:58 (15:29)	6:21 (21:50)	11:15 (33:05)	2:37 (35:42)
	3:13 (38:55)	4:43 (43:38)	3:42 (47:20)	10:11 (57:31)	3:47 (1:01:18)	3:34 (1:04:52)
	4:11 (1:09:03)	1:02 (1:10:05)				
16.	Poul R. Koziara	Køge OK	1:18:13	+36:45		
	4:14 (4:14)	2:58 (7:12)	9:51 (17:03)	7:09 (24:12)	14:34 (38:46)	3:33 (42:19)
	4:09 (46:28)	7:44 (54:12)	3:56 (58:08)	4:57 (1:03:05)	3:39 (1:06:44)	5:44 (1:12:28)
	4:28 (1:16:56)	1:17 (1:18:13)				
17.	Jan Bigler	Herlufsholm OK	1:28:48	+47:20		
	3:34 (3:34)	2:35 (6:09)	12:32 (18:41)	24:28 (43:09)	12:16 (55:25)	2:21 (57:46)
	3:14 (1:01:00)	5:34 (1:06:34)	6:20 (1:12:54)	4:33 (1:17:27)	2:34 (1:20:01)	3:42 (1:23:43)
	3:52 (1:27:35)	1:13 (1:28:48)				
18.	Steffen Nilsson	Køge OK	1:45:31	+64:03		
	4:54 (4:54)	3:59 (8:53)	13:11 (22:04)	6:53 (28:57)	15:54 (44:51)	4:20 (49:11)
	5:35 (54:46)	10:49 (1:05:35)	12:48 (1:18:23)	7:26 (1:25:49)	3:59 (1:29:48)	7:36 (1:37:24)
	6:26 (1:43:50)	1:41 (1:45:31)				
	Flemming Olsen	OK Sorø				
	Sort, kort over 60, Dame	(1 / 1)	Tid	Efter		
1.	Gerda Marie Christiansen	Køge OK	1:00:03			
	3:28 (3:28)	3:15 (6:43)	8:21 (15:04)	4:43 (19:47)	11:56 (31:43)	1:54 (33:37)
	2:57 (36:34)	4:49 (41:23)	3:49 (45:12)	4:09 (49:21)	2:23 (51:44)	3:35 (55:19)
	3:48 (59:07)	0:56 (1:00:03)				
	Blå, mini under 60, Herre	(1 / 1)	Tid	Efter		
1.	Tom Hansen	Køge OK	50:12			
	3:09 (3:09)	2:25 (5:34)	4:36 (10:10)	3:03 (13:13)	4:23 (17:36)	6:42 (24:18)
	2:20 (26:38)	4:25 (31:03)	3:36 (34:39)	4:24 (39:03)	5:22 (44:25)	3:56 (48:21)
	1:51 (50:12)					
	Blå, mini under 60, Dame	(1 / 1)	Tid	Efter		
1.	Susanne Tanderup	Herlufsholm OK	52:00			
	3:36 (3:36)	2:09 (5:45)	4:52 (10:37)	4:17 (14:54)	4:37 (19:31)	6:31 (26:02)
	2:49 (28:51)	4:03 (32:54)	7:51 (40:45)	2:21 (43:06)	3:49 (46:55)	3:14 (50:09)
	1:51 (52:00)					
	Blå, mini over 60, Herre	(10 / 10)	Tid	Efter		
1.	Peter Bjørn Jensen	O-63	46:35			
	3:50 (3:50)	2:20 (6:10)	5:12 (11:22)	2:53 (14:15)	3:51 (18:06)	6:39 (24:45)
	2:29 (27:14)	4:15 (31:29)	3:47 (35:16)	2:35 (37:51)	3:36 (41:27)	3:00 (44:27)
	2:08 (46:35)					
2.	Jørgen Larsen	Køge OK	48:30	+1:55		
	2:39 (2:39)	2:12 (4:51)	5:47 (10:38)	3:00 (13:38)	4:35 (18:13)	6:59 (25:12)
	2:31 (27:43)	4:30 (32:13)	3:36 (35:49)	4:08 (39:57)	3:16 (43:13)	3:16 (46:29)
	2:01 (48:30)					
3.	Tage Frydendal	Holbæk OK	53:27	+6:52		
	3:43 (3:43)	2:09 (5:52)	5:47 (11:39)	3:05 (14:44)	5:01 (19:45)	7:01 (26:46)
	3:23 (30:09)	5:25 (35:34)	4:13 (39:47)	3:10 (42:57)	3:52 (46:49)	3:47 (50:36)
	2:51 (53:27)					
4.	Kurt Dose	Køge OK	1:01:15	+14:40		
	4:01 (4:01)	3:18 (7:19)	6:36 (13:55)	4:09 (18:04)	6:13 (24:17)	7:53 (32:10)
	3:34 (35:44)	5:52 (41:36)	5:03 (46:39)	3:08 (49:47)	4:50 (54:37)	3:55 (58:32)
	2:43 (1:01:15)					
5.	Erik Torm	Herlufsholm OK	1:03:26	+16:51		
	3:21 (3:21)	4:16 (7:37)	6:22 (13:59)	3:44 (17:43)	5:06 (22:49)	6:54 (29:43)
	3:57 (33:40)	10:46 (44:26)	4:24 (48:50)	3:13 (52:03)	3:53 (55:56)	3:47 (59:43)
	3:43 (1:03:26)					
6.	John Jensen	Holbæk OK	1:06:24	+19:49		
	2:50 (2:50)	2:58 (5:48)	7:04 (12:52)	9:56 (22:48)	6:34 (29:22)	7:43 (37:05)
	3:17 (40:22)	5:54 (46:16)	4:50 (51:06)	3:31 (54:37)	4:22 (58:59)	4:14 (1:03:13)
	3:11 (1:06:24)					

7.	Preben Kristensen	OK Roskilde	1:08:06 +21:31		
	4:19 (4:19)	3:10 (7:29)	6:56 (14:25)	3:13 (17:38)	7:46 (25:24)
	3:44 (36:48)	5:56 (42:44)	6:58 (49:42)	7:04 (56:46)	4:24 (1:01:10)
	3:29 (1:08:06)				3:27 (1:04:37)
8.	Svend Fladberg	Køge OK	1:11:15 +24:40		
	4:22 (4:22)	4:13 (8:35)	8:28 (17:03)	3:24 (20:27)	11:28 (31:55)
	3:31 (43:39)	8:22 (52:01)	4:56 (56:57)	3:14 (1:00:11)	4:35 (1:04:46)
	2:34 (1:11:15)				8:13 (40:08)
					3:55 (1:08:41)
9.	Mogens Bruun	OK Roskilde	1:22:58 +36:23		
	5:06 (5:06)	3:18 (8:24)	6:38 (15:02)	3:57 (18:59)	7:10 (26:09)
	5:00 (43:24)	7:25 (50:49)	7:50 (58:39)	5:20 (1:03:59)	6:34 (1:10:33)
	5:48 (1:22:58)				12:15 (38:24)
					6:37 (1:17:10)
10.	Bent Børsting	Herlufsholm OK	1:25:00 +38:25		
	4:15 (4:15)	4:29 (8:44)	7:52 (16:36)	3:43 (20:19)	17:02 (37:21)
	4:22 (51:43)	6:18 (58:01)	5:40 (1:03:41)	4:50 (1:08:31)	7:25 (1:15:56)
	3:06 (1:25:00)				10:00 (47:21)
					5:58 (1:21:54)

Blå, mini over 60, Dame

		(7 / 7)	Tid	Efter	
1.	Inge Jørgensen	OK Roskilde	44:59		
	3:15 (3:15)	2:22 (5:37)	4:18 (9:55)	2:21 (12:16)	4:05 (16:21)
	2:39 (24:56)	4:50 (29:46)	3:28 (33:14)	3:33 (36:47)	3:19 (40:06)
	2:05 (44:59)				5:56 (22:17)
					2:48 (42:54)
2.	Annette Petersen	OK Roskilde	56:43 +11:44		
	4:07 (4:07)	2:50 (6:57)	5:48 (12:45)	3:31 (16:16)	4:50 (21:06)
	3:12 (31:25)	6:44 (38:09)	4:41 (42:50)	3:49 (46:39)	4:22 (51:01)
	2:24 (56:43)				7:07 (28:13)
					3:18 (54:19)
3.	Ane Veierskov	OK Roskilde	59:05 +14:06		
	2:56 (2:56)	2:32 (5:28)	5:27 (10:55)	3:16 (14:11)	5:44 (19:55)
	3:26 (29:43)	6:23 (36:06)	4:33 (40:39)	6:46 (47:25)	5:38 (53:03)
	2:39 (59:05)				6:22 (26:17)
					3:23 (56:26)
4.	Birgit Berner	Køge OK	1:00:46 +15:47		
	3:39 (3:39)	3:43 (7:22)	5:27 (12:49)	3:23 (16:12)	5:54 (22:06)
	3:10 (32:47)	5:17 (38:04)	7:53 (45:57)	4:16 (50:13)	5:10 (55:23)
	2:14 (1:00:46)				7:31 (29:37)
					3:09 (58:32)
5.	Hanne Pedersen	OK Roskilde	1:05:45 +20:46		
	4:54 (4:54)	3:03 (7:57)	8:48 (16:45)	3:31 (20:16)	5:13 (25:29)
	3:38 (38:12)	6:28 (44:40)	5:00 (49:40)	3:16 (52:56)	5:10 (58:06)
	3:06 (1:05:45)				9:05 (34:34)
					4:33 (1:02:39)
6.	Jette Kreiberg	OK Roskilde	1:08:51 +23:52		
	3:31 (3:31)	2:45 (6:16)	9:35 (15:51)	3:11 (19:02)	8:28 (27:30)
	4:08 (39:33)	9:31 (49:04)	5:23 (54:27)	3:54 (58:21)	4:27 (1:02:48)
	2:30 (1:08:51)				7:55 (35:25)
					3:33 (1:06:21)
7.	Lena Hansen	Herlufsholm OK	1:42:53 +57:54		
	4:39 (4:39)	3:51 (8:30)	8:47 (17:17)	5:40 (22:57)	8:20 (31:17)
	4:47 (49:11)	7:36 (56:47)	9:27 (1:06:14)	15:44 (1:21:58)	10:47 (1:32:45)
	5:12 (1:42:53)				13:07 (44:24)
					4:56 (1:37:41)

Gul, Herre

		(7 / 7)	Tid	Efter	
1.	brian Jørgensen	Holbæk OK	38:15		
	2:49 (2:49)	1:40 (4:29)	2:40 (7:09)	2:04 (9:13)	3:14 (12:27)
	2:58 (17:52)	3:35 (21:27)	2:15 (23:42)	2:37 (26:19)	2:27 (14:54)
	2:12 (36:16)	1:15 (37:31)	0:44 (38:15)		2:26 (28:45)
					5:19 (34:04)
2.	Martin Vaabengaard	OK Roskilde	47:47 +9:32		
	3:36 (3:36)	5:07 (8:43)	2:50 (11:33)	2:01 (13:34)	3:39 (17:13)
	3:04 (22:26)	4:58 (27:24)	1:55 (29:19)	2:12 (31:31)	5:18 (36:49)
	3:28 (45:39)	1:25 (47:04)	0:43 (47:47)		2:09 (19:22)
					5:22 (42:11)
3.	Rasmus Hjorth	OK Sorø	55:00 +16:45		
	4:24 (4:24)	2:57 (7:21)	7:36 (14:57)	2:55 (17:52)	3:33 (21:25)
	3:29 (27:09)	5:37 (32:46)	2:29 (35:15)	2:26 (37:41)	6:58 (44:39)
	3:13 (53:05)	1:13 (54:18)	0:42 (55:00)		2:15 (23:40)
					5:13 (49:52)
4.	Klaus Andersen	Holbæk OK	1:16:17 +38:02		
	6:46 (6:46)	4:24 (11:10)	7:32 (18:42)	4:38 (23:20)	4:43 (28:03)
	4:09 (35:10)	5:34 (40:44)	3:53 (44:37)	14:33 (59:10)	3:20 (1:02:30)
	4:02 (1:13:40)	1:44 (1:15:24)	0:53 (1:16:17)		2:58 (31:01)
					7:08 (1:09:38)
5.	Peter Leander	Køge OK	1:18:56 +40:41		
	5:08 (5:08)	7:27 (12:35)	5:37 (18:12)	4:34 (22:46)	6:16 (29:02)
	5:26 (39:02)	7:53 (46:55)	3:36 (50:31)	4:02 (54:33)	5:12 (59:45)
	5:19 (1:15:04)	2:23 (1:17:27)	1:29 (1:18:56)		4:34 (33:36)
					10:00 (1:09:45)
6.	Torben Nielsen	Køge OK	1:20:01 +41:46		
	4:45 (4:45)	4:39 (9:24)	15:22 (24:46)	3:41 (28:27)	5:39 (34:06)
	4:48 (42:56)	6:25 (49:21)	3:26 (52:47)	4:26 (57:13)	4:27 (1:01:40)
	4:47 (1:16:17)	2:25 (1:18:42)	1:19 (1:20:01)		4:02 (38:08)
					9:50 (1:11:30)
7.	Klaus Dons	Vakant	1:25:10 +46:55		
	6:34 (6:34)	6:25 (12:59)	6:58 (19:57)	14:52 (34:49)	6:27 (41:16)
	6:14 (52:33)	6:18 (58:51)	3:57 (1:02:48)	2:59 (1:05:47)	2:59 (1:08:46)
	5:09 (1:22:09)	1:49 (1:23:58)	1:12 (1:25:10)		5:03 (46:19)
					8:14 (1:17:00)

Gul, Dame

		(6 / 6)	Tid	Efter	
1.	Clara Friis Scheby	OK Sorø	45:50		
	3:02 (3:02)	2:05 (5:07)	3:03 (8:10)	3:04 (11:14)	3:18 (14:32)
	3:35 (20:32)	4:46 (25:18)	2:57 (28:15)	2:40 (30:55)	2:25 (16:57)
	2:28 (43:38)	1:23 (45:01)	0:49 (45:50)		2:56 (33:51)
					7:19 (41:10)
2.	freja Kent	OK Roskilde	48:32 +2:42		
	3:43 (3:43)	2:26 (6:09)	3:15 (9:24)	3:50 (13:14)	6:57 (20:11)
	2:47 (25:47)	3:27 (29:14)	2:40 (31:54)	2:46 (34:40)	2:49 (23:00)
	3:02 (46:16)	1:23 (47:39)	0:53 (48:32)		2:43 (37:23)
					5:51 (43:14)
3.	Teresa Søndergaard Pohl	OK Roskilde	1:02:45 +16:55		
	3:44 (3:44)	3:16 (7:00)	6:22 (13:22)	6:49 (20:11)	5:12 (25:23)
	3:48 (31:48)	6:15 (38:03)	2:51 (40:54)	3:29 (44:23)	3:20 (47:43)
	4:01 (1:00:15)	1:35 (1:01:50)	0:55 (1:02:45)		2:37 (28:00)
					8:31 (56:14)
4.	Pia Valdau	Holbæk OK	1:04:01 +18:11		
	5:12 (5:12)	2:39 (7:51)	3:52 (11:43)	3:33 (15:16)	9:10 (24:26)
	6:43 (35:13)	4:36 (39:49)	4:27 (44:16)	3:00 (47:16)	4:04 (28:30)
	4:16 (1:01:22)	1:41 (1:03:03)	0:58 (1:04:01)		2:41 (49:57)
					7:09 (57:06)

5.	Elisabeth Fertin	Holbæk OK	1:08:39	+22:49		
	5:22 (5:22)	7:00 (12:22)	5:07 (17:29)	4:16 (21:45)	5:03 (26:48)	2:50 (29:38)
	4:13 (33:51)	8:02 (41:53)	3:14 (45:07)	3:59 (49:06)	3:00 (52:06)	8:46 (1:00:52)
	5:03 (1:05:55)	1:39 (1:07:34)	1:05 (1:08:39)			
	Lea Ovesen	Holbæk OK	Fejlklip			
	11:31 (11:31)	9:26 (20:57)	8:28 (29:25)	13:20 (42:45)	9:56 (52:41)	7:29 (1:00:10)
	8:08 (1:08:18)	– (–)	– (–)	– (–)	– (–)	– (1:14:06)
	– (–)	– (–)	– (1:20:13)			
Hvid, Herre		(2 / 2)	Tid	Efter		
1.	Sebastian Rathje	OK Sorø	27:23			
	3:18 (3:18)	2:09 (5:27)	1:46 (7:13)	0:37 (7:50)	1:40 (9:30)	3:01 (12:31)
	1:51 (14:22)	1:46 (16:08)	1:23 (17:31)	1:13 (18:44)	2:44 (21:28)	2:01 (23:29)
	1:23 (24:52)	1:24 (26:16)	1:07 (27:23)			
	elias thin	Køge OK	Fejlklip			
	2:26 (2:26)	3:22 (5:48)	2:26 (8:14)	1:06 (9:20)	3:07 (12:27)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (36:28)			
Hvid, Dame		(2 / 2)	Tid	Efter		
1.	Pia Valdau	Holbæk OK	33:35			
	1:58 (1:58)	3:40 (5:38)	2:24 (8:02)	0:42 (8:44)	1:33 (10:17)	3:11 (13:28)
	2:03 (15:31)	1:49 (17:20)	1:21 (18:41)	6:10 (24:51)	2:42 (27:33)	2:13 (29:46)
	1:14 (31:00)	1:27 (32:27)	1:08 (33:35)			
2.	Grethe Elholm	OK Sorø	50:00	+16:25		
	3:22 (3:22)	3:27 (6:49)	2:31 (9:20)	1:06 (10:26)	2:53 (13:19)	5:04 (18:23)
	3:06 (21:29)	2:47 (24:16)	2:24 (26:40)	2:16 (28:56)	4:23 (33:19)	4:00 (37:19)
	3:15 (40:34)	3:46 (44:20)	5:40 (50:00)			
Grøn, Herre		(2 / 2)	Tid	Efter		
1.	Benjamin Stockmann	Holbæk OK	45:26			
	4:47 (4:47)	4:40 (9:27)	2:51 (12:18)	1:59 (14:17)	2:14 (16:31)	2:26 (18:57)
	2:18 (21:15)	3:59 (25:14)	3:22 (28:36)	3:01 (31:37)	3:33 (35:10)	1:54 (37:04)
	1:51 (38:55)	2:35 (41:30)	1:00 (42:30)	2:56 (45:26)		
2.	Caspian Bo Christensen	Holbæk OK	49:27	+4:01		
	5:51 (5:51)	4:44 (10:35)	4:05 (14:40)	2:54 (17:34)	2:17 (19:51)	2:34 (22:25)
	2:07 (24:32)	4:31 (29:03)	4:16 (33:19)	2:42 (36:01)	3:24 (39:25)	1:31 (40:56)
	2:05 (43:01)	2:54 (45:55)	1:07 (47:02)	2:25 (49:27)		
Grøn, Dame		(2 / 2)	Tid	Efter		
1.	Camille Friis Scheby	OK Sorø	21:31			
	2:57 (2:57)	2:07 (5:04)	1:53 (6:57)	1:08 (8:05)	1:04 (9:09)	1:18 (10:27)
	1:17 (11:44)	2:18 (14:02)	1:15 (15:17)	1:06 (16:23)	1:25 (17:48)	0:42 (18:30)
	0:31 (19:01)	1:09 (20:10)	0:24 (20:34)	0:57 (21:31)		
2.	Ulla Larsen	Herlufsholm OK	46:19	+24:48		
	4:43 (4:43)	3:39 (8:22)	2:45 (11:07)	2:38 (13:45)	1:47 (15:32)	2:21 (17:53)
	2:05 (19:58)	4:12 (24:10)	3:06 (27:16)	3:20 (30:36)	4:20 (34:56)	2:05 (37:01)
	1:40 (38:41)	2:59 (41:40)	1:27 (43:07)	3:12 (46:19)		