

Plads Navn

Klasse

Tid

D-14

<b>1</b>	<b>Camilla Flyvbjerg</b>	<b>Rold Skov OK</b>	<b>28:07</b>											
02:20=	03:56=	04:58=	05:50=	07:48=	09:08=	10:31=	11:44=	13:24=	16:43=	19:48=	22:05=	25:32=	27:38=	28:07=
02:20=	01:36=	01:02=	00:52=	01:58=	01:20=	01:23=	01:13=	01:40=	03:19=	03:05=	02:17=	03:27=	02:06=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Signe Veggerby Jensen</b>	<b>Rold Skov OK</b>	<b>40:08</b>											
03:02+	05:58+	07:34+	08:48+	10:42+	13:03+	14:35+	16:29+	18:57+	23:02+	27:17+	30:52+	34:36+	39:02+	40:08+
03:02+	02:56+	01:36+	01:14+	01:54-	02:21+	01:32+	01:54+	02:28+	04:05+	04:15+	03:35+	03:44+	04:26+	01:06+
00:42&	01:20&	00:34&	00:22&	00:04-	01:01&	00:09#	00:41&	00:48&	00:46#	01:10&	01:18&	00:17+	02:20@	00:37@

Beste stræktid for klassen

02:20	01:36	01:02	00:52	01:54	01:20	01:23	01:13	01:40	03:19	03:05	02:17	03:27	02:06	00:29
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D21

<b>1</b>	<b>Linnea Udholm</b>	<b>Aalborg OK</b>	<b>1:11:20</b>															
04:19=	08:57=	09:50=	13:30=	15:43=	19:30=	26:37=	30:41=	35:59=	43:03=	45:00=	48:52=	51:32=	57:41=	61:02=	64:46=	67:01=	70:51=	71:20=
04:19=	04:38=	00:53=	03:40=	02:13=	03:47=	07:07=	04:04=	05:18=	07:04=	01:57=	03:52=	02:40=	06:09=	03:21=	03:44=	02:15=	03:50=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

04:19	04:38	00:53	03:40	02:13	03:47	07:07	04:04	05:18	07:04	01:57	03:52	02:40	06:09	03:21	03:44	02:15	03:50	00:29
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D50

<b>1</b>	<b>Grethe Anæus</b>	<b>Viborg OK</b>	<b>47:38</b>											
04:46=	06:29=	08:37=	10:38=	14:04=	16:51=	21:44=	25:26=	30:19=	34:49=	37:58=	40:29=	44:32=	47:00=	47:38=
04:46=	01:43=	02:08=	02:01=	03:26=	02:47=	04:53=	03:42=	04:53=	04:30=	03:09=	02:31=	04:03=	02:28=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lene Stick Nielsen</b>	<b>Viborg OK</b>	<b>1:14:53</b>											
14:20+	17:07+	20:13+	24:59+	29:03+	33:08+	39:21+	43:44+	51:13+	57:13+	62:22+	66:28+	71:41+	74:13+	74:53+
14:20+	02:47+	03:06+	04:46+	04:04+	04:05+	06:13+	04:23+	07:29+	06:00+	05:09+	04:06+	05:13+	02:32+	00:40+
09:34@	01:04&	00:58&	02:45@	00:38#	01:18&	01:20&	00:41#	02:36&	01:30&	02:00&	01:35&	01:10&	00:04+	00:02+

<b>3</b>	<b>Hanne Mohapeloa</b>	<b>Aalborg OK</b>	<b>1:17:58</b>											
09:50+	13:44+	18:07+	24:38+	29:20+	33:49+	40:14+	45:53+	51:10+	58:14+	63:27+	68:29+	74:39+	77:18+	77:58+
09:50+	03:54+	04:23+	06:31+	04:42+	04:29+	06:25+	05:39+	05:17+	07:04+	05:13+	05:02+	06:10+	02:39+	00:40+
05:04@	02:11@	02:15@	04:30@	01:16&	01:42&	01:32&	01:57&	00:24+	02:34&	02:04&	02:31&	02:07&	00:11+	00:02+

Beste stræktid for klassen

04:46	01:43	02:08	02:01	03:26	02:47	04:53	03:42	04:53	04:30	03:09	02:31	04:03	02:28	00:38
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D60

<b>1</b>	<b>Ann Dorrit Hansen</b>	<b>OK Djurs</b>	<b>46:07</b>										
04:34=	08:58=	12:47=	16:56=	19:04=	23:05=	25:38=	29:51=	32:39=	36:54=	39:00=	43:21=	45:23=	46:07=
04:34=	04:24=	03:49=	04:09=	02:08=	04:01=	02:33=	04:13=	02:48=	04:15=	02:06=	04:21=	02:02=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kirsten Bobach</b>	<b>Aalborg OK</b>	<b>51:09</b>										
04:42+	09:07+	12:38-	16:47-	19:44+	23:36+	26:14+	30:07+	33:30+	37:45+	39:59+	48:19+	50:29+	51:09+
04:42+	04:25+	03:31-	04:09=	02:57+	03:52-	02:38+	03:53-	03:23+	04:15=	02:14+	08:20+	02:10+	00:40-
00:08+	00:01+	00:18-	00:00=	00:49&	00:09-	00:05+	00:20-	00:35#	00:00=	00:08+	03:59&	00:08+	00:04-

Class	Navn	Klasse	Tid
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**3 Edith Sørensen Aalborg OK 1:15:12**

05:30+ 11:07+ 15:46+ 20:59+ 23:39+ 38:51+ 42:20+ 46:15+ 52:22+ 58:18+ 60:58+ 70:46+ 74:16+ 75:12+  
05:30+ 05:37+ 04:39+ 05:13+ 02:40+ 15:12+ 03:29+ 03:55- 06:07+ 05:56+ 02:40+ 09:48+ 03:30+ 00:56+  
00:56# 01:13& 00:50# 01:04& 00:32# 11:11@ 00:56& 00:18- 03:19@ 01:41& 00:34& 05:27@ 01:28& 00:12&

**Beste stræktid for klassen**

04:34 04:24 03:31 04:09 02:08 03:52 02:33 03:53 02:48 04:15 02:06 04:21 02:02 00:40

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## D70

**1 Vivi Arildsen OK Vendelboerne 1:08:08**

06:12= 12:25= 17:08= 23:05= 26:52= 30:52= 40:02= 45:20= 48:27= 53:49= 57:40= 64:27= 67:17= 68:08=  
06:12= 06:13= 04:43= 05:57= 03:47= 04:00= 09:10= 05:18= 03:07= 05:22= 03:51= 06:47= 02:50= 00:51=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Ellen Thomsen OK Vendelboerne 1:16:23**

05:12- 11:04- 16:00- 21:56- 25:21- 29:40- 32:58- 37:12- 43:54- 52:32- 62:17+ 70:38+ 75:40+ 76:23+  
05:12- 05:52- 04:56+ 05:56- 03:25- 04:19+ 03:18- 04:14- 06:42+ 08:38+ 09:45+ 08:21+ 05:02+ 00:43-  
01:00- 00:21- 00:13+ 00:01- 00:22- 00:19+ 05:52- 01:04- 03:35@ 03:16& 05:54@ 01:34# 02:12& 00:08-

**Beste stræktid for klassen**

05:12 05:52 04:43 05:56 03:25 04:00 03:18 04:14 03:07 05:22 03:51 06:47 02:50 00:43

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## FRI2

**1 Morten Kappel Jensen Rold Skov OK 47:35**

05:20= 08:04= 09:39= 13:34= 16:15= 20:05= 22:22= 25:50= 27:27= 30:25= 33:28= 38:08= 42:41= 47:07= 47:35=  
05:20= 02:44= 01:35= 03:55= 02:41= 03:50= 02:17= 03:28= 01:37= 02:58= 03:03= 04:40= 04:33= 04:26= 00:28=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Anne Beukel Bak Aalborg OK 49:03**

04:06- 07:01- 08:33- 11:21- 14:13- 18:05- 20:24- 23:38- 25:56- 29:39- 32:33- 37:05- 42:25- 48:37+ 49:03+  
04:06- 02:55+ 01:32- 02:48- 02:52+ 03:52+ 02:19+ 03:14- 02:18+ 03:43+ 02:54- 04:32- 05:20+ 06:12+ 00:26-  
01:14- 00:11+ 00:03- 01:07- 00:11+ 00:02+ 00:02+ 00:14- 00:41& 00:45& 00:09- 00:08- 00:47# 01:46& 00:02-

**3 Dorte Jenny Bak Aalborg OK 55:25**

10:10+ 13:06+ 14:36+ 17:26+ 20:18+ 24:09+ 26:28+ 29:48+ 31:58+ 35:43+ 38:18+ 43:11+ 48:40+ 54:43+ 55:25+  
10:10+ 02:56+ 01:30- 02:50- 02:52+ 03:51+ 02:19+ 03:20- 02:10+ 03:45+ 02:35- 04:53+ 05:29+ 06:03+ 00:42+  
04:50& 00:12+ 00:05- 01:05- 00:11+ 00:01+ 00:02+ 00:08- 00:33& 00:47& 00:28- 00:13+ 00:56# 01:37& 00:14&

**Beste stræktid for klassen**

04:06 02:44 01:30 02:48 02:41 03:50 02:17 03:14 01:37 02:58 02:35 04:32 04:33 04:26 00:26

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## FRI3

**1 Jacob Brinkmann Aalborg OK 29:00**

01:44= 03:20= 04:18= 05:14= 06:52= 08:37= 09:31= 10:39= 12:07= 14:45= 21:05= 23:36= 25:59= 28:25= 29:00=  
01:44= 01:36= 00:58= 00:56= 01:38= 01:45= 00:54= 01:08= 01:28= 02:38= 06:20= 02:31= 02:23= 02:26= 00:35=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**Beste stræktid for klassen**

01:44 01:36 00:58 00:56 01:38 01:45 00:54 01:08 01:28 02:38 06:20 02:31 02:23 02:26 00:35

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H-14

Class	Navn	Klasse	Tid													
<b>1</b>	<b>Jonathan Birk Nielsen</b>	<b>Aalborg OK</b>	<b>29:20</b>													
06:48=	08:04=	08:47=	10:17=	11:16=	11:48=	12:54=	13:46=	14:35=	15:36=	17:03=	19:19=	21:42=	23:41=	25:27=	28:44=	29:20=
06:48=	01:16=	00:43=	01:30=	00:59=	00:32=	01:06=	00:52=	00:49=	01:01=	01:27=	02:16=	02:23=	01:59=	01:46=	03:17=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mathias Veggerby Jensen</b>	<b>Rold Skov OK</b>	<b>32:40</b>													
02:14-	04:25-	05:46-	06:35-	08:47-	10:41-	11:59-	13:14-	15:09+	18:11+	22:55+	25:27+	28:22+	32:06+	32:40+		
02:14-	02:11+	01:21+	00:49-	02:12+	01:54+	01:18+	01:15+	01:55+	03:02+	04:44+	02:32+	02:55+	03:44+	00:34-		
04:34-	00:55&	00:38&	00:41-	01:13@	01:22@	00:12#	00:23&	01:06@	02:01@	03:17@	00:16#	00:32#	01:45&	01:12-		
<b>Beste stræktid for klassen</b>																
02:14	01:16	00:43	00:49	00:59	00:32	01:06	00:52	00:49	01:01	01:27	02:16	02:23	01:59	00:34	03:17	00:36

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H17-20

<b>1</b>	<b>Simon Reimers</b>	<b>Aalborg OK</b>	<b>41:34</b>															
02:53=	04:08=	05:04=	07:25=	09:05=	11:19=	15:33=	17:49=	20:25=	24:45=	26:09=	28:40=	30:05=	33:23=	35:31=	37:45=	39:01=	41:16=	41:34=
02:53=	01:15=	00:56=	02:21=	01:40=	02:14=	04:14=	02:16=	02:36=	04:20=	01:24=	02:31=	01:25=	03:18=	02:08=	02:14=	01:16=	02:15=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>Beste stræktid for klassen</b>																		
02:53	01:15	00:56	02:21	01:40	02:14	04:14	02:16	02:36	04:20	01:24	02:31	01:25	03:18	02:08	02:14	01:16	02:15	00:18

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H21

<b>1</b>	<b>Jonas Falck Weber</b>	<b>Tisvilde hegn OK</b>	<b>52:10</b>																		
02:05=	03:43=	06:14=	07:23=	11:02=	12:54=	14:51=	17:08=	19:18=	20:23=	21:35=	29:54=	33:38=	38:16=	41:58=	44:11=	45:33=	47:17=	49:07=	50:29=	51:46=	52:10=
02:05=	01:38=	02:31=	01:09=	03:39=	01:52=	01:57=	02:17=	02:10=	01:05=	01:12=	08:19=	03:44=	04:38=	03:42=	02:13=	01:22=	01:44=	01:50=	01:22=	01:17=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tue Strøm Jensen</b>	<b>AKIF</b>	<b>57:15</b>																		
02:54+	04:54+	06:54+	08:21+	13:03+	15:18+	17:03+	19:26+	22:43+	23:59+	26:32+	34:31+	38:03+	42:37+	46:01+	47:58+	49:35+	51:28+	53:34+	55:14+	56:52+	57:15+
02:54+	02:00+	02:00-	01:27+	04:42+	02:15+	01:45-	02:23+	03:17+	01:16+	02:33+	07:59-	03:32-	04:34-	03:24-	01:57-	01:37+	01:53+	02:06+	01:40+	01:38+	00:23-
00:49&	00:22#	00:31-	00:18&	01:03&	00:23#	00:12-	00:06+	01:07&	00:11#	01:21@	00:20-	00:12-	00:04-	00:18-	00:16-	00:15#	00:09+	00:16#	00:18#	00:21&	00:01-
<b>3</b>	<b>Morten Schou</b>	<b>Aalborg OK</b>	<b>58:44</b>																		
02:42+	04:50+	06:39+	07:55+	11:05+	13:41+	15:40+	18:16+	20:38+	22:16+	23:19+	33:10+	38:10+	43:02+	47:24+	49:33+	51:02+	52:55+	54:43+	56:15+	58:22+	58:44+
02:42+	02:08+	01:49-	01:16+	03:10-	02:36+	01:59+	02:36+	02:22+	01:38+	01:03-	09:51+	05:00+	04:52+	04:22+	02:09-	01:29+	01:53+	01:48-	01:32+	02:07+	00:22-
00:37&	00:30&	00:42-	00:07#	00:29-	00:44&	00:02+	00:19#	00:12+	00:33&	00:09-	01:32#	01:16&	00:14+	00:40#	00:04-	00:07+	00:09+	00:02-	00:10#	00:50&	00:02-
<b>4</b>	<b>Marko Birk Nielsen</b>	<b>Aalborg OK</b>	<b>1:00:38</b>																		
03:42+	05:52+	10:37+	12:01+	14:34+	16:58+	19:12+	21:31+	23:46+	25:01+	27:43+	36:45+	42:40+	47:13+	50:46+	52:28+	53:49+	55:31+	57:37+	58:58+	60:18+	60:38+
03:42+	02:10+	04:45+	01:24+	02:33-	02:24+	02:14+	02:19+	02:15+	01:15+	02:42+	09:02+	05:55+	04:33-	03:33-	01:42-	01:21-	01:42-	02:06+	01:21-	01:20+	00:20-
01:37&	00:32&	02:14&	00:15#	01:06-	00:32&	00:17#	00:02+	00:05+	00:10#	01:30@	00:43+	02:11&	00:05-	00:09-	00:31-	00:01-	00:02-	00:16#	00:01-	00:03+	00:04-
<b>5</b>	<b>Claus Bobach</b>	<b>Aalborg OK</b>	<b>1:05:40</b>																		
02:24+	04:42+	06:43+	08:17+	12:11+	14:47+	16:48+	19:54+	22:52+	24:20+	25:50+	36:16+	41:48+	47:30+	52:17+	54:45+	56:31+	58:51+	61:21+	63:24+	65:11+	65:40+
02:24+	02:18+	02:01-	01:34+	03:54+	02:36+	02:01+	03:06+	02:58+	01:28+	01:30+	10:26+	05:32+	05:42+	04:47+	02:28+	01:46+	02:20+	02:30+	02:03+	01:47+	00:29+
00:19#	00:40&	00:30-	00:25&	00:15+	00:44&	00:04+	00:49&	00:48&	00:23&	00:18#	02:07&	01:48&	01:04#	00:15&	00:15#	00:24&	00:36&	00:40&	00:41&	00:30&	00:05#
<b>6</b>	<b>Allan Reiche</b>	<b>OK Vendelboerne</b>	<b>1:06:27</b>																		
02:54+	05:15+	07:34+	09:04+	11:41+	14:13+	16:38+	19:14+	21:52+	25:37+	26:57+	36:34+	43:20+	49:21+	53:48+	56:00+	57:31+	59:35+	62:23+	64:04+	65:59+	66:27+
02:54+	02:21+	02:19-	01:30+	02:37-	02:32+	02:25+	02:36+	02:38+	03:45+	01:20+	09:37+	06:46+	06:01+	04:27+	02:12-	01:31+	02:04+	02:48+	01:41+	01:55+	00:28+
00:49&	00:43&	00:12-	00:21&	01:02-	00:40&	00:28#	00:19#	00:28#	02:40@	00:08#	01:18#	03:02&	01:23&	00:45#	00:01-	00:09#	00:20#	00:58&	00:19#	00:38&	00:04#
<b>7</b>	<b>Jonas Søby Pedersen</b>	<b>Aalborg OK</b>	<b>1:09:19</b>																		
08:36+	11:35+	14:33+	16:25+	20:00+	22:02+	24:25+	27:05+	29:40+	30:57+	32:15+	42:28+	47:38+	52:27+	57:05+	59:16+	60:51+	63:31+	65:47+	67:23+	68:52+	69:19+
08:36+	02:59+	02:58+	01:52+	03:35-	02:02+	02:23+	02:40+	02:35+	01:17+	01:18+	10:13+	05:10+	04:49+	04:38+	02:11-	01:35+	02:40+	02:16+	01:36+	01:29+	00:27+
06:31@	01:21&	00:27#	00:43&	00:04-	00:10+	00:26#	00:23#	00:25#	00:12#	00:06+	01:54#	01:26&	00:11+	00:56&	00:02-	00:13#	00:56&	00:26#	00:14#	00:12#	00:03#
<b>8</b>	<b>Lasse Korsbæk</b>	<b>St. Binderup OK</b>	<b>1:15:48</b>																		
05:06+	07:18+	09:12+	10:59+	17:22+	19:48+	21:49+	24:49+	27:37+	29:21+	30:56+	41:49+	48:56+	54:58+	60:21+	63:08+	65:02+	67:38+	70:42+	72:39+	75:12+	75:48+
05:06+	02:12+	01:54-	01:47+	06:23+	02:26+	02:01+	03:00+	02:48+	01:44+	01:35+	10:53+	07:07+	06:02+	05:23+	02:47+	01:54+	02:36+	03:04+	01:57+	02:33+	00:36+
03:01@	00:34&	00:37-	00:38&	02:44&	00:34&	00:04+	00:43&	00:38&	00:39&	00:23&	02:34&	03:23&	01:24&	01:41&	00:34&	00:32&	00:52&	01:14&	00:35&	01:16&	00:12&

Class	Navn	Klasse	Tid																		
<b>9</b>	<b>Bo Birk Nielsen</b>	<b>Aalborg OK</b>	<b>1:21:12</b>																		
07:13+	10:21+	13:55+	16:17+	20:21+	25:52+	28:32+	31:22+	35:06+	36:26+	37:59+	50:23+	56:52+	62:29+	67:43+	70:17+	72:10+	74:33+	76:37+	79:13+	80:44+	81:12+
07:13+	03:08+	03:34+	02:22+	04:04+	05:31+	02:40+	02:50+	03:44+	01:20+	01:33+	12:24+	06:29+	05:37+	05:14+	02:34+	01:53+	02:23+	02:04+	02:36+	01:31+	00:28+
05:08@	01:30&	01:03&	01:13@	00:25#	03:39@	00:43&	00:33#	01:34&	00:15#	00:21&	04:05&	02:45&	00:59#	01:32&	00:21#	00:31&	00:39&	00:14#	01:14&	00:14#	00:04#
<b>10</b>	<b>Andreas Popp</b>	<b>Aalborg OK</b>	<b>1:23:28</b>																		
04:58+	07:32+	09:56+	11:45+	17:16+	20:07+	23:53+	27:26+	30:34+	32:14+	36:06+	48:15+	53:35+	61:05+	66:55+	69:21+	71:10+	73:24+	78:38+	81:40+	83:05+	83:28+
04:58+	02:34+	02:24-	01:49+	05:31+	02:51+	03:46+	03:33+	03:08+	01:40+	03:52+	12:09+	05:20+	07:30+	05:50+	02:26+	01:49+	02:14+	05:14+	03:02+	01:25+	00:23-
02:53@	00:56&	00:07-	00:40&	01:52&	00:59&	01:49&	01:16&	00:58&	00:35&	02:40@	03:50&	01:36&	02:52&	02:08&	00:13+	00:27&	00:30&	03:24@	01:40@	00:08#	00:01-
<b>Beste stræktid for klassen</b>																					
02:05	01:38	01:49	02:33	01:52	01:45	02:17	02:10	01:05	01:03	07:59	03:32	04:33	03:24	01:42	01:21	01:42	01:48	01:21	01:17	00:20	

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H40

<b>1</b>	<b>Jess Rasmussen</b>	<b>Viborg OK</b>	<b>53:38</b>																		
02:49=	04:56=	05:43=	10:00=	11:49=	14:31=	18:47=	21:25=	24:43=	31:22=	32:41=	35:37=	38:43=	43:49=	46:43=	49:26=	50:59=	53:10=	53:38=			
02:49=	02:07=	00:47=	04:17=	01:49=	02:42=	04:16=	02:38=	03:18=	06:39=	01:19=	02:56=	03:06=	05:06=	02:54=	02:43=	01:33=	02:11=	00:28=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Keld Gade</b>	<b>Viborg OK</b>	<b>54:35</b>																		
04:29+	06:25+	07:06+	10:00=	12:07+	14:53+	19:52+	22:51+	25:57+	32:14+	33:41+	37:20+	38:41-	43:26-	46:30-	49:09-	50:40-	54:06+	54:35+			
04:29+	01:56-	00:41-	02:54-	02:07+	02:46+	04:59+	02:59+	03:06-	06:17-	01:27+	03:39+	01:21-	04:45-	03:04+	02:39-	01:31-	03:26+	00:29+			
01:40&	00:11-	00:06-	01:23-	00:18#	00:04+	00:43#	00:21#	00:12-	00:22-	00:08#	00:43#	01:45-	00:21-	00:10+	00:04-	00:02-	01:15&	00:01+			
<b>3</b>	<b>Thorkild Jensen</b>	<b>Randers OK</b>	<b>1:03:11</b>																		
05:31+	08:13+	09:27+	13:52+	15:41+	19:21+	24:52+	27:26+	33:03+	37:44+	39:01+	42:51+	45:35+	51:04+	53:44+	58:09+	59:39+	62:43+	63:11+			
05:31+	02:42+	01:14+	04:25+	01:49=	03:40+	05:31+	02:34-	05:37+	04:41-	01:17-	03:50+	02:44-	05:29+	02:40-	01:30-	03:04+	00:28=				
02:42&	00:35&	00:27&	00:08+	00:00=	00:58&	01:15&	00:04-	02:19&	01:58-	00:02-	00:54&	00:22-	00:23+	00:14-	01:42&	00:03-	00:53&	00:00=			
<b>4</b>	<b>Søren Flyvbjerg</b>	<b>Rold Skov OK</b>	<b>1:16:28</b>																		
07:23+	10:01+	12:56+	20:20+	22:36+	26:42+	34:59+	38:14+	41:44+	48:01+	51:30+	55:21+	57:34+	62:40+	66:07+	69:32+	71:27+	75:59+	76:28+			
07:23+	02:38+	02:55+	07:24+	02:16+	04:06+	08:17+	03:15+	03:30+	06:17-	03:29+	03:51+	02:13-	05:06=	03:27+	03:25+	01:55+	04:32+	00:29+			
04:34@	00:31#	02:08@	03:07&	00:27#	01:24&	04:01&	00:37#	00:12+	00:22-	02:10@	00:55&	00:53-	00:00=	00:33#	00:42&	00:22#	02:21@	00:01+			
<b>Beste stræktid for klassen</b>																					
02:49	01:56	00:41	02:54	01:49	02:42	04:16	02:34	03:06	04:41	01:17	02:56	01:21	04:45	02:40	02:39	01:30	02:11	00:28			

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H50

<b>1</b>	<b>Walther Rahbek</b>	<b>Aalborg OK</b>	<b>45:48</b>																		
02:42=	05:03=	06:03=	07:28=	09:07=	11:32=	13:30=	16:18=	20:35=	26:39=	28:51=	30:38=	32:10=	34:57=	38:41=	39:39=	40:51=	43:27=	45:21=	45:48=		
02:42=	02:21=	01:00=	01:25=	01:39=	02:25=	01:58=	02:48=	04:17=	06:04=	02:12=	01:47=	01:32=	02:47=	03:44=	00:58=	01:12=	02:36=	01:54=	00:27=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Michael Fischer</b>	<b>Aalborg OK</b>	<b>51:24</b>																		
03:06+	05:44+	06:22+	07:45+	09:33+	13:40+	15:36+	18:13+	21:59+	24:54-	27:29-	29:26-	30:46-	35:43+	43:49+	45:07+	46:47+	49:16+	50:55+	51:24+		
03:06+	02:38+	00:38-	01:23-	01:48+	04:07+	01:56-	02:37-	03:46-	02:55-	02:35+	01:57+	01:20-	04:57+	08:06+	01:18+	01:40+	02:29-	01:39-	00:29+		
00:24#	00:17#	00:22-	00:02-	00:09+	01:42&	00:02-	00:11-	00:31-	03:09-	00:23#	00:10+	00:12-	02:10&	04:22@	00:20&	00:28&	00:07-	00:15-	00:02+		
<b>3</b>	<b>Klaus Wolsing</b>	<b>Mariager Fjord OK</b>	<b>53:33</b>																		
03:18+	05:45+	07:51+	09:15+	10:47+	13:24+	18:42+	21:36+	26:22+	29:13+	31:45+	33:55+	35:53+	39:03+	44:31+	46:07+	47:29+	51:02+	53:01+	53:33+		
03:18+	02:27+	02:06+	01:24-	01:32-	02:37+	05:18+	02:54+	04:46+	02:51-	02:32+	02:10+	01:58+	03:10+	05:28+	01:36+	01:22+	03:33+	01:59+	00:32+		
00:36#	00:06+	01:06@	00:01-	00:07-	00:12+	03:20@	00:06+	00:29#	03:13-	00:20#	00:23#	00:26&	00:23#	01:44&	00:38&	00:10#	00:57&	00:05+	00:05#		
<b>4</b>	<b>Torben Kragh</b>	<b>OK Pan Århus</b>	<b>57:35</b>																		
02:32-	05:08+	09:47+	11:12+	12:52+	15:27+	21:14+	24:00+	28:20+	33:02+	35:01+	37:04+	38:41+	41:40+	49:55+	51:05+	52:44+	55:25+	57:06+	57:35+		
02:32-	02:36+	04:39+	01:25=	01:40+	02:35+	05:47+	02:46-	04:20+	04:42-	01:59-	02:03+	01:37+	02:59+	08:15+	01:10+	01:39+	02:41+	01:41-	00:29+		
00:10-	00:15#	03:39@	00:00=	00:01+	00:10+	03:49@	00:02-	00:03+	01:22-	00:13-	00:16#	00:05+	00:12+	04:31@	00:12#	00:27&	00:05+	00:13-	00:02+		
<b>5</b>	<b>Lars Jensen</b>	<b>Mariager Fjord OK</b>	<b>1:03:23</b>																		
12:20+	14:47+	16:49+	18:10+	19:41+	22:02+	25:14+	27:53+	31:46+	39:28+	41:06+	42:52+	44:28+	47:33+	55:54+	57:06+	58:50+	61:24+	62:59+	63:23+		
12:20+	02:27+	02:02+	01:21-	01:31-	02:21-	03:12+	02:39-	03:53-	07:42+	01:38-	01:46-	01:36+	03:05+	08:21+	01:12+	01:44+	02:34-	01:35-	00:24-		
09:38@	00:06+	01:02@	00:04-	00:08-	00:04-	01:14&	00:09-	00:24-	01:38&	00:34-	00:01-	00:04+	00:18#	04:37@	00:14#	00:32&	00:02-	00:19-	00:03-		

Class	Navn	Klasse	Tid																
<b>6</b>	<b>Ole Jensen</b>	<b>Mariager Fjord OK</b>	<b>1:06:19</b>																
05:18+	17:57+	18:26+	19:50+	23:52+	29:29+	32:35+	35:08+	40:28+	44:27+	46:17+	48:11+	49:53+	52:15+	55:51+	56:56+	58:02+	63:52+	65:55+	66:19+
05:18+	12:39+	00:29-	01:24-	04:02+	05:37+	03:06+	02:33-	05:20+	03:59-	01:50-	01:54+	01:42+	02:22-	03:36-	01:05+	01:06-	05:50+	02:03+	00:24-
02:36&	10:18@	00:31-	00:01-	02:23@	03:12@	01:08&	00:15-	01:03#	02:05-	00:22-	00:07+	00:10#	00:25-	00:08-	00:07#	00:06-	03:14@	00:09+	00:03-
<b>7</b>	<b>Erik Hostrup</b>	<b>Aalborg OK</b>	<b>1:31:26</b>																
26:42+	30:02+	31:05+	33:00+	35:02+	38:38+	41:59+	45:54+	51:57+	56:16+	60:18+	63:40+	66:13+	70:19+	77:31+	79:04+	83:42+	88:17+	90:39+	91:26+
26:42+	03:20+	01:03+	01:55+	02:02+	03:36+	03:21+	03:55+	06:03+	04:19-	04:02+	03:22+	02:33+	04:06+	07:12+	01:33+	04:38+	04:35+	02:22+	00:47+
24:00@	00:59&	00:03+	00:30&	00:23#	01:11&	01:23&	01:07&	01:46&	01:45-	01:50&	01:35&	01:01&	01:19&	03:28&	00:35&	03:26@	01:59&	00:28#	00:20&
<b>Beste stræktid for klassen</b>																			
02:32	02:21	00:29	01:21	01:31	02:21	01:56	02:33	03:46	02:51	01:38	01:46	01:20	02:22	03:36	00:58	01:06	02:29	01:35	00:24

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H60

<b>1</b>	<b>Max Hansen</b>	<b>OK Djurs</b>	<b>47:32</b>																	
04:21=	06:06=	08:10=	09:51=	12:51=	17:01=	21:16=	24:56=	28:39=	36:29=	40:17=	42:33=	44:24=	46:58=	47:32=						
04:21=	01:45=	02:04=	01:41=	03:00=	04:10=	04:15=	03:40=	03:43=	07:50=	03:48=	02:16=	01:51=	02:34=	00:34=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
<b>2</b>	<b>Poul Bobach</b>	<b>Aalborg OK</b>	<b>49:54</b>																	
04:14-	07:02+	09:16+	15:26+	18:56+	21:26+	26:17+	30:21+	34:36+	39:24+	42:26+	44:53+	47:15+	49:17+	49:54+						
04:14-	02:48+	02:14+	06:10+	03:30+	02:30-	04:51+	04:04+	04:15+	04:48-	03:02-	02:27+	02:22+	02:02-	00:37+						
00:07-	01:03&	00:10+	04:29@	00:30#	01:40-	00:36#	00:24#	00:32#	03:02-	00:46-	00:11+	00:31&	00:32-	00:03+						
<b>3</b>	<b>Gert Rebsdorf</b>	<b>Mariager Fjord OK</b>	<b>55:15</b>																	
05:52+	08:41+	11:24+	13:34+	18:42+	23:11+	28:29+	32:52+	37:26+	42:39+	46:11+	49:08+	51:41+	54:38+	55:15+						
05:52+	02:49+	02:43+	02:10+	05:08+	04:29+	05:18+	04:23+	04:34+	05:13-	03:32-	02:57+	02:33+	02:57+	00:37+						
01:31&	01:04&	00:39&	00:29&	02:08&	00:19+	01:03#	00:43#	00:51#	02:37-	00:16-	00:41&	00:42&	00:23#	00:03+						
<b>4</b>	<b>Kai Ø. Laursen</b>	<b>Aalborg OK</b>	<b>55:52</b>																	
10:25+	12:29+	14:38+	17:24+	21:04+	24:09+	29:33+	33:37+	37:34+	42:54+	46:03+	48:26+	51:49+	55:15+	55:52+						
10:25+	02:04+	02:09+	02:46+	03:40+	03:05-	05:24+	04:04+	03:57+	05:20-	03:09-	02:23+	03:23+	03:26+	00:37+						
06:04@	00:19#	00:05+	01:05&	00:40#	01:05-	01:09&	00:24#	00:14+	02:30-	00:39-	00:07+	01:32&	00:52&	00:03+						
<b>5</b>	<b>Flemming Bindner</b>	<b>Aalborg OK</b>	<b>56:03</b>																	
04:26+	09:59+	12:30+	15:27+	19:51+	27:04+	30:57+	35:37+	39:14+	42:54+	45:33+	49:20+	52:27+	55:36+	56:03+						
04:26+	05:33+	02:31+	02:57+	04:24+	07:13+	03:53-	04:40+	03:37-	03:40-	02:39-	03:47+	03:07+	03:09+	00:27-						
00:05+	03:48@	00:27#	01:16&	01:24&	03:03&	00:22-	01:00&	00:06-	04:10-	01:09-	01:31&	01:16&	00:35#	00:07-						
<b>6</b>	<b>Ulf Mogensen</b>	<b>Aalborg OK</b>	<b>57:50</b>																	
07:37+	09:45+	12:36+	14:32+	23:03+	26:22+	30:38+	34:19+	39:02+	46:01+	48:54+	51:41+	54:34+	57:17+	57:50+						
07:37+	02:08+	02:51+	01:56+	08:31+	03:19-	04:16+	03:41+	04:43+	06:59-	02:53-	02:47+	02:53+	02:43+	00:33-						
03:16&	00:23#	00:47&	00:15#	05:31@	00:51-	00:01+	00:01+	01:00&	00:51-	00:55-	00:31#	01:02&	00:09+	00:01-						
<b>7</b>	<b>Jens Christensen</b>	<b>Mariager Fjord OK</b>	<b>57:51</b>																	
10:35+	13:14+	15:44+	19:30+	23:27+	26:39+	31:46+	35:39+	39:36+	44:45+	47:56+	51:37+	54:48+	57:13+	57:51+						
10:35+	02:39+	02:30+	03:46+	03:57+	03:12-	05:07+	03:53+	03:57+	05:09-	03:11-	03:41+	03:11+	02:25-	00:38+						
06:14@	00:54&	00:26#	02:05@	00:57&	00:58-	00:52#	00:13+	00:14+	02:41-	00:37-	01:25&	01:20&	00:09-	00:04#						
<b>8</b>	<b>Carl Malling</b>	<b>Randers OK</b>	<b>1:19:29</b>																	
27:12+	29:05+	31:01+	33:02+	36:26+	40:15+	44:51+	48:46+	52:28+	59:40+	62:46+	68:27+	71:13+	78:51+	79:29+						
27:12+	01:53+	01:56-	02:01+	03:24+	03:49-	04:36+	03:55+	03:42-	07:12-	03:06-	05:41+	02:46+	07:38+	00:38+						
22:51@	00:08+	00:08-	00:20#	00:24#	00:21-	00:21+	00:15+	00:01-	00:38-	00:42-	03:25@	00:55&	05:04@	00:04#						
<b>Beste stræktid for klassen</b>																				
04:14	01:45	01:56	01:41	03:00	02:30	03:53	03:40	03:37	03:40	02:39	02:16	01:51	02:02	00:27						

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H70

<b>1</b>	<b>Ole F. Thomsen</b>	<b>OK Vendelboerne</b>	<b>1:05:13</b>																	
04:11=	08:11=	12:00=	15:20=	17:13=	20:59=	27:09=	30:36=	34:02=	52:22=	54:58=	62:08=	64:34=	65:13=							
04:11=	04:00=	03:49=	03:20=	01:53=	03:46=	06:10=	03:27=	03:26=	18:20=	02:36=	07:10=	02:26=	00:39=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							

Class	Navn	Klasse												Tid
<b>2</b>	<b>Finn Hørup Nielsen</b>	<b>OK Vendelboerne</b>												<b>1:19:48</b>
	13:17+	17:28+	23:40+	26:41+	28:39+	42:13+	47:28+	57:13+	61:22+	65:48+	69:38+	76:27+	79:12+	79:48+
	13:17+	04:11+	06:12+	03:01-	01:58+	13:34+	05:15-	09:45+	04:09+	04:26-	03:50+	06:49-	02:45+	00:36-
	09:06@	00:11+	02:23&	00:19-	00:05+	09:48@	00:55-	06:18@	00:43#	13:54-	01:14&	00:21-	00:19#	00:03-
<b>3</b>	<b>Herluf Jensen</b>	<b>Svendborg OK</b>												<b>1:27:20</b>
	15:04+	20:19+	25:33+	30:46+	33:34+	37:23+	40:41+	44:48+	49:22+	56:26+	71:29+	81:22+	86:21+	87:20+
	15:04+	05:15+	05:14+	05:13+	02:48+	03:49+	03:18-	04:07+	04:34+	07:04-	15:03+	09:53+	04:59+	00:59+
	10:53@	01:15&	01:25&	01:53&	00:55&	00:03+	02:52-	00:40#	01:08&	11:16-	12:27@	02:43&	02:33@	00:20&
<b>Beste stræktid for klassen</b>														
	04:11	04:00	03:49	03:01	01:53	03:46	03:18	03:27	03:26	04:26	02:36	06:49	02:26	00:36

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H80

<b>1</b>	<b>Vagn Lidegaard</b>	<b>Mariager Fjord OK</b>												<b>1:10:34</b>
	05:29=	11:10=	16:12=	25:17=	28:56=	33:23=	37:33=	42:48=	45:22=	54:16=	57:56=	65:30=	69:45=	70:34=
	05:29=	05:41=	05:02=	09:05=	03:39=	04:27=	04:10=	05:15=	02:34=	08:54=	03:40=	07:34=	04:15=	00:49=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Peter Arildsen</b>	<b>OK Vendelboerne</b>												<b>1:16:52</b>
	08:23+	14:13+	19:21+	27:12+	30:18+	35:50+	39:48+	44:18+	55:10+	61:20+	64:09+	72:43+	75:51+	76:52+
	08:23+	05:50+	05:08+	07:51-	03:06-	05:32+	03:58-	04:30-	10:52+	06:10-	02:49-	08:34+	03:08-	01:01+
	02:54&	00:09+	00:06+	01:14-	00:33-	01:05#	00:12-	00:45-	08:18@	02:44-	00:51-	01:00#	01:07-	00:12#
<b>Beste stræktid for klassen</b>														
	05:29	05:41	05:02	07:51	03:06	04:27	03:58	04:30	02:34	06:10	02:49	07:34	03:08	00:49

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.