

Plads Navn

Klasse

Tid

Beg-14

1	Johanne Nygaard	Ok Vendelboerne	32:27													
01:34=	03:09=	04:01=	06:08=	08:04=	11:30=	13:07=	14:28=	16:08=	18:48=	21:40=	24:36=	26:14=	28:42=	30:36=	31:58=	32:27=
01:34=	01:35=	00:52=	02:07=	01:56=	03:26=	01:37=	01:21=	01:40=	02:40=	02:52=	02:56=	01:38=	02:28=	01:54=	01:22=	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=

Beste stræktid for klassen

01:34 01:35 00:52 02:07 01:56 03:26 01:37 01:21 01:40 02:40 02:52 02:56 01:38 02:28 01:54 01:22 00:29

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

D-12

1	Elisabeth Vindum Larsen	Aalborg Ok	34:49												
01:49=	03:58=	06:32=	08:27=	10:28=	13:04=	14:44=	17:22=	20:12=	24:13=	26:03=	27:10=	30:53=	32:40=	34:29=	34:49=
01:49=	02:09=	02:34=	01:55=	02:01=	02:36=	01:40=	02:38=	02:50=	04:01=	01:50=	01:07=	03:43=	01:47=	01:49=	00:20=
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

01:49 02:09 02:34 01:55 02:01 02:36 01:40 02:38 02:50 04:01 01:50 01:07 03:43 01:47 01:49 00:20

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

D13-14

1	Anne Beukel Bak	Aalborg Ok	36:12									
02:32=	07:29=	09:26=	12:49=	16:26=	18:33=	21:26=	24:24=	26:37=	28:44=	34:14=	35:52=	36:12=
02:32=	04:57=	01:57=	03:23=	03:37=	02:07=	02:53=	02:58=	02:13=	02:07=	05:30=	01:38=	00:20=
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	Rikke Ivarsen	Ok Pan Århus	39:26									
02:30-	05:48-	07:54-	11:30-	18:30+	20:47+	24:00+	27:17+	29:42+	32:01+	37:39+	39:01+	39:26+
02:30-	03:18-	02:06+	03:36+	07:00+	02:17+	03:13+	03:17+	02:25+	02:19+	05:38+	01:22-	00:25+
00:02-	01:39-	00:09+	00:13+	03:23&	00:10+	00:20#	00:19#	00:12+	00:12+	00:08+	00:16-	00:05#

3	Kirstine Lyngby	Aalborg Ok	56:25									
06:36+	09:57+	12:18+	16:04+	22:11+	24:41+	27:54+	31:39+	34:15+	38:37+	54:01+	55:56+	56:25+
06:36+	03:21-	02:21+	03:46+	06:07+	02:30+	03:13+	03:45+	02:36+	04:22+	15:24+	01:55+	00:29+
04:04@	01:36-	00:24#	00:23#	02:30&	00:23#	00:20#	00:47&	00:23#	02:15@	09:54@	00:17#	00:09&

Beste stræktid for klassen

02:30 03:18 01:57 03:23 03:37 02:07 02:53 02:58 02:13 02:07 05:30 01:22 00:20

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

D15-16

1	Linnea S. Udholm	Aalborg Ok	50:51											
05:09=	07:30=	10:45=	13:01=	15:47=	19:10=	22:35=	29:10=	33:31=	36:44=	43:15=	46:20=	48:57=	50:28=	50:51=
05:09=	02:21=	03:15=	02:16=	02:46=	03:23=	03:25=	06:35=	04:21=	03:13=	06:31=	03:05=	02:37=	01:31=	00:23=
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 Benedikte Vindum Larsen	Aalborg Ok	55:25											
01:30-	04:19-	07:39-	10:18-	13:13-	17:31-	21:45-	30:18+	36:30+	40:42+	47:54+	49:36+	53:02+	55:02+	55:25+
01:30-	02:49+	03:20+	02:39+	02:55+	04:18+	04:14+	08:33+	06:12+	04:12+	07:12+	01:42-	03:26+	02:00+	00:23=
03:39-	00:28#	00:05+	00:23#	00:09+	00:55&	00:49#	01:58&	01:51&	00:59&	00:41#	01:23-	00:49&	00:29&	00:00=

3	Laura Lyngby	Aalborg Ok	1:37:01											
09:59+	14:29+	21:04+	25:31+	28:46+	34:53+	40:28+	51:57+	59:53+	67:18+	78:03+	85:46+	94:31+	96:40+	97:01+
09:59+	04:30+	06:35+	04:27+	03:15+	06:07+	05:35+	11:29+	07:56+	07:25+	10:45+	07:43+	08:45+	02:09+	00:21-
04:50&	02:09&	03:20@	02:11&	00:29#	02:44&	02:10&	04:54&	03:35&	04:12@	04:14&	04:38@	06:08@	00:38&	00:02-

Class	Navn	Klasse	Tid
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Beste stræktid for klassen

01:30 02:21 03:15 02:16 02:46 03:23 03:25 06:35 04:21 03:13 06:31 01:42 02:37 01:31 00:21

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

D17-20

1	Nanna F Theilgaard	Aalborg Ok	1:20:00
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01:37= 02:50= 07:28= 14:20= 15:11= 26:26= 29:35= 36:35= 40:35= 46:54= 51:37= 58:40= 68:50= 76:52= 77:54= 79:35= 80:00=
01:37= 01:13= 04:38= 06:52= 00:51= 11:15= 03:09= 07:00= 04:00= 06:19= 04:43= 07:03= 10:10= 08:02= 01:02= 01:41= 00:25=
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

01:37 01:13 04:38 06:52 00:51 11:15 03:09 07:00 04:00 06:19 04:43 07:03 10:10 08:02 01:02 01:41 00:25

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

D21

1	Hanne Fogh	Ok Sorø	1:11:40
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01:05= 06:36= 09:53= 11:22= 14:04= 19:49= 23:34= 26:40= 31:22= 34:43= 38:05= 41:32= 44:30= 46:02= 49:09= 52:54= 55:17= 58:32= 63:35= 66:02= 67:03= 70:11= 71:19= 71:40=
01:05= 05:31= 03:17= 01:29= 02:42= 05:45= 03:45= 03:06= 04:42= 03:21= 03:22= 03:27= 02:58= 01:32= 03:07= 03:45= 02:23= 03:15= 05:03= 02:27= 01:01= 03:08= 01:08= 00:21=
00:00= 00:00=

2	Signe Edsen	Nordvest Ok	1:14:41
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01:17+ 03:51- 07:33- 09:17- 12:15- 19:37- 24:24+ 27:19+ 31:50+ 35:52+ 39:04+ 42:35+ 45:27+ 47:11+ 50:22+ 55:45+ 58:03+ 61:36+ 66:52+ 69:02+ 70:06+ 73:10+ 74:21+ 74:41+
01:17+ 02:34- 03:42+ 01:44+ 02:58+ 07:22+ 04:47+ 02:55- 04:31- 04:02+ 03:12- 03:31+ 02:52- 01:44+ 03:11+ 05:23+ 02:18- 03:33+ 05:16+ 02:10- 01:04+ 03:04- 01:11+ 00:20-
00:12# 02:57- 00:25# 00:15# 00:16+ 01:37& 01:02& 00:11- 00:41# 00:10- 00:04+ 00:06- 00:12# 00:04+ 01:38& 00:05- 00:18+ 00:13+ 00:17- 00:03+ 00:04- 00:03+ 00:01-

3	Mette Møller Nielsen	Akif	1:18:42
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01:04- 03:55- 07:43- 09:21- 12:14- 19:07- 23:04- 25:52- 31:05- 35:07+ 42:00+ 45:58+ 48:55+ 50:46+ 53:48+ 57:36+ 59:50+ 62:38+ 67:48+ 70:50+ 73:33+ 77:04+ 78:18+ 78:42+
01:04- 02:51- 03:48+ 01:38+ 02:53+ 06:53+ 03:57+ 02:48- 05:13+ 04:02+ 06:53+ 03:58+ 02:57- 01:51+ 03:02- 03:48+ 02:14- 02:48- 05:10+ 03:02+ 02:43+ 03:31+ 01:14+ 00:24+
00:01- 02:40- 00:31# 00:09# 00:11+ 01:08# 00:12+ 00:18- 00:31# 00:41# 03:31@ 00:31# 00:01- 00:19# 00:05- 00:03+ 00:09- 00:27- 00:07+ 00:35# 01:42@ 00:23# 00:06+ 00:03#

4	Berit Olesen	Akif	1:31:20
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01:29+ 03:55- 08:15- 10:07- 15:34+ 24:06+ 28:49+ 31:57+ 39:36+ 43:37+ 48:38+ 52:32+ 55:26+ 57:17+ 61:16+ 66:17+ 69:01+ 72:52+ 79:01+ 83:06+ 84:24+ 88:42+ 90:46+ 91:20+
01:29+ 02:26- 04:20+ 01:52+ 05:27+ 08:32+ 04:43+ 03:08+ 07:39+ 04:01+ 05:01+ 03:54+ 02:54- 01:51+ 03:59+ 05:01+ 02:44+ 03:51+ 06:09+ 04:05+ 01:18+ 04:18+ 02:04+ 00:34+
00:24& 03:05- 01:03& 00:23& 02:45@ 02:47& 00:58& 00:02+ 02:57& 00:40# 01:39& 00:27# 00:04- 00:19# 00:52& 01:16& 00:21# 00:36# 01:06# 01:38& 00:17& 01:10& 00:56& 00:13&

5	Helle Bobach	Aalborg Ok	1:37:18
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01:20+ 03:28- 07:47- 09:57- 14:38+ 22:47+ 28:33+ 32:28+ 39:26+ 44:37+ 49:45+ 54:28+ 57:59+ 60:51+ 65:25+ 71:19+ 74:44+ 79:23+ 86:31+ 89:41+ 91:04+ 95:17+ 96:51+ 97:18+
01:20+ 02:08- 04:19+ 02:10+ 04:41+ 08:09+ 05:46+ 03:55+ 06:58+ 05:11+ 05:08+ 04:43+ 03:31+ 02:52+ 04:34+ 05:54+ 03:25+ 04:39+ 07:08+ 03:10+ 01:23+ 04:13+ 01:34+ 00:27+
00:15# 03:23- 01:02& 00:41& 01:59& 02:24& 02:01& 00:49& 02:16& 01:50& 01:46& 01:16& 00:33# 01:20& 01:27& 02:09& 01:02& 01:24& 02:05& 00:43& 00:22& 01:05& 00:26& 00:06&

Beste stræktid for klassen

01:04 02:08 03:17 01:29 02:42 05:45 03:45 02:48 04:31 03:21 03:12 03:27 02:52 01:32 03:02 03:45 02:14 02:48 05:03 02:10 01:01 03:04 01:08 00:20

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

D35

1	Åse Møl	Ok Vendelboerne	1:12:56
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01:43= 03:12= 08:26= 15:32= 16:42= 25:41= 27:40= 32:12= 36:04= 40:09= 43:23= 49:22= 64:41= 68:59= 71:05= 72:33= 72:56=
01:43= 01:29= 05:14= 07:06= 01:10= 08:59= 01:59= 04:32= 03:52= 04:05= 03:14= 05:59= 15:19= 04:18= 02:06= 01:28= 00:23=
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

01:43 01:29 05:14 07:06 01:10 08:59 01:59 04:32 03:52 04:05 03:14 05:59 15:19 04:18 02:06 01:28 00:23

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

D45

Class	Navn	Klasse														Tid
1	Dorte Jenny Bak	Aalborg Ok														1:05:46
	01:59=	09:51=	13:45=	17:34=	20:51=	24:49=	29:15=	37:28=	43:57=	48:07=	55:30=	58:31=	63:13=	65:22=	65:46=	
	01:59=	07:52=	03:54=	03:49=	03:17=	03:58=	04:26=	08:13=	06:29=	04:10=	07:23=	03:01=	04:42=	02:09=	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=	
2	Lene Stick Nielsen	Viborg Ok														1:09:21
	03:20+	06:30-	11:13-	13:51-	17:57-	24:36-	30:20+	38:16+	43:23-	48:02-	55:25-	57:55-	67:07+	68:56+	69:21+	
	03:20+	03:10-	04:43+	02:38-	04:06+	06:39+	05:44+	07:56-	05:07-	04:39+	07:23=	02:30-	09:12+	01:49-	00:25+	
	01:21&	04:42-	00:49#	01:11-	00:49#	02:41&	01:18&	00:17-	01:22-	00:29#	00:00=	00:31-	04:30&	00:20-	00:01+	
3	Mette Edsen	Nordvest Ok														1:12:04
	06:11+	09:22-	13:16-	16:03-	19:36-	23:52-	29:43+	37:02-	43:09-	46:49-	53:47-	62:52+	69:38+	71:34+	72:04+	
	06:11+	03:11-	03:54=	02:47-	03:33+	04:16+	05:51+	07:19-	06:07-	03:40-	06:58-	09:05+	06:46+	01:56-	00:30+	
	04:12@	04:41-	00:00=	01:02-	00:16+	00:18+	01:25&	00:54-	00:22-	00:30-	00:25-	06:04@	02:04&	00:13-	00:06#	
4	Tina Udholm	Aalborg Ok														1:17:37
	03:03+	08:06-	12:37-	16:43-	23:27+	28:04+	33:13+	43:07+	49:03+	53:10+	61:42+	66:56+	74:41+	77:09+	77:37+	
	03:03+	05:03-	04:31+	04:06+	06:44+	04:37+	05:09+	09:54+	05:56-	04:07-	08:32+	05:14+	07:45+	02:28+	00:28+	
	01:04&	02:49-	00:37#	00:17+	03:27@	00:39#	00:43#	01:41#	00:33-	00:03-	01:09#	02:13&	03:03&	00:19#	00:04#	
5	Helle Nikkel	Viborg Ok														1:22:01
	03:46+	07:42-	12:05-	15:01-	18:23-	22:47-	28:28-	40:21+	46:58+	54:40+	63:34+	74:11+	79:01+	81:30+	82:01+	
	03:46+	03:56-	04:23+	02:56-	03:22+	04:24+	05:41+	11:53+	06:37+	07:42+	08:54+	10:37+	04:50+	02:29+	00:31+	
	01:47&	03:56-	00:29#	00:53-	00:05+	00:26#	01:15&	07:43&	02:08+	00:08+	03:32&	01:31#	07:36@	00:08+	00:07&	
6	Susanne Arildsen	Ok Vendelboerne														1:34:39
	07:44+	13:02+	18:04+	22:25+	26:53+	31:51+	38:30+	54:26+	63:04+	70:04+	85:21+	87:12+	91:42+	94:09+	94:39+	
	07:44+	05:18-	05:02+	04:21+	04:28+	04:58+	06:39+	15:56+	08:38+	07:00+	15:17+	01:51-	04:30-	02:27+	00:30+	
	05:45@	02:34-	01:08&	00:32#	01:11&	01:00&	02:13&	07:43&	02:09&	02:50&	07:54@	01:10-	00:12-	00:18#	00:06#	
7	Anna Marie Søborg	Ok Vendelboerne														1:35:49
	07:58+	16:44+	22:00+	24:55+	29:09+	33:31+	38:56+	47:23+	58:22+	63:17+	74:55+	78:04+	93:34+	95:26+	95:49+	
	07:58+	08:46+	05:16+	02:55-	04:14+	04:22+	05:25+	08:27+	10:59+	04:55+	11:38+	03:09+	15:30+	01:52-	00:23-	
	05:59@	00:54#	01:22&	00:54-	00:57&	00:24#	00:59#	00:14+	04:30&	00:45#	04:15&	00:08+	10:48@	00:17-	00:01-	
8	Lene Vindum	Aalborg Ok														2:00:28
	02:29+	10:35+	16:49+	19:20+	25:12+	31:30+	40:30+	64:28+	75:47+	81:03+	106:48+	109:12+	117:36+	119:55+	120:28+	
	02:29+	08:06+	06:14+	02:31-	05:52+	06:18+	09:00+	23:58+	11:19+	05:16+	25:45+	02:24-	08:24+	02:19+	00:33+	
	00:30&	00:14+	02:20&	01:18-	02:35&	02:20&	04:34@	15:45@	04:50&	01:06&	18:22@	00:37-	03:42&	00:10+	00:09&	
Beste stræktid for klassen																
	01:59	03:10	03:54	02:31	03:17	03:58	04:26	07:19	05:07	03:40	06:58	01:51	04:30	01:49	00:23	

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

D50

1	Dorte Filskov	Aalborg Ok														46:46
	01:46=	04:24=	15:50=	20:07=	21:08=	23:43=	25:33=	28:54=	33:24=	36:05=	39:18=	44:05=	45:07=	46:23=	46:46=	
	01:46=	02:38=	11:26=	04:17=	01:01=	02:35=	01:50=	03:21=	04:30=	02:41=	03:13=	04:47=	01:02=	01:16=	00:23=	
	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	Hanne Bak-Mikkelsen	Ok Vendelboerne														1:18:32
	02:25+	04:40+	17:55+	29:03+	30:18+	33:15+	35:43+	39:45+	50:56+	54:34+	69:33+	74:40+	76:07+	78:04+	78:32+	
	02:25+	02:15-	13:15+	11:08+	01:15+	02:57+	02:28+	04:02+	11:11+	03:38+	14:59+	05:07+	01:27+	01:57+	00:28+	
	00:39&	00:23-	01:49#	06:51@	00:14#	00:22#	00:38&	00:41#	06:41@	00:57&	11:46@	00:20+	00:25&	00:41&	00:05#	
3	Pia Hejlskov Mogensen	St. Binderup Ok														1:19:04
	02:13+	08:42+	21:36+	38:00+	39:56+	44:02+	46:55+	51:09+	56:01+	59:24+	62:01+	74:34+	75:53+	78:20+	79:04+	
	02:13+	06:29+	12:54+	16:24+	01:56+	04:06+	02:53+	04:14+	04:52+	03:23+	02:37-	12:33+	01:19+	02:27+	00:44+	
	00:27&	03:51@	01:28#	12:07@	00:55&	01:31&	01:03&	00:53&	00:22+	00:42&	00:36-	07:46@	00:17&	01:11&	00:21&	
Beste stræktid for klassen																
	01:46	02:15	11:26	04:17	01:01	02:35	01:50	03:21	04:30	02:41	02:37	04:47	01:02	01:16	00:23	

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

D55

Class	Navn	Klasse	Tid
1	Karin Wæhrens	Ok Vendelboerne	57:18
	03:25= 05:39= 14:55= 19:39= 20:46= 23:27= 25:15= 28:34= 33:36= 36:00= 41:01= 54:55= 55:41= 56:57= 57:18=		
	03:25= 02:14= 09:16= 04:44= 01:07= 02:41= 01:48= 03:19= 05:02= 02:24= 05:01= 13:54= 00:46= 01:16= 00:21=		
	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	Pia Gade	Viborg Ok	1:02:39
	02:19- 05:13- 17:52+ 23:29+ 24:58+ 28:18+ 31:09+ 38:02+ 43:20+ 46:45+ 52:10+ 59:07+ 60:17+ 62:09+ 62:39+		
	02:19- 02:54+ 12:39+ 05:37+ 01:29+ 03:20+ 02:51+ 06:53+ 05:18+ 03:25+ 05:25+ 06:57- 01:10+ 01:52+ 00:30+		
	01:06- 00:40& 03:23& 00:53# 00:22& 00:39# 01:03& 03:34@ 00:16+ 01:01& 00:24+ 06:57- 00:24& 00:36& 00:09&		
Beste stræktid for klassen			
	02:19 02:14 09:16 04:44 01:07 02:41 01:48 03:19 05:02 02:24 05:01 06:57 00:46 01:16 00:21		

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

D60

1	Lisbet Nielsen	Ok Vendelboerne	56:29
	01:59= 04:32= 16:34= 22:46= 23:56= 27:05= 29:23= 33:58= 42:47= 46:05= 49:21= 53:12= 54:28= 56:03= 56:29=		
	01:59= 02:33= 12:02= 06:12= 01:10= 03:09= 02:18= 04:35= 08:49= 03:18= 03:16= 03:51= 01:16= 01:35= 00:26=		
	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	Edith Sørensen	Aalborg Ok	59:28
	02:21+ 05:08+ 16:44+ 22:59+ 24:47+ 28:40+ 32:03+ 36:32+ 42:25- 46:53+ 49:24+ 55:34+ 57:01+ 58:57+ 59:28+		
	02:21+ 02:47+ 11:36- 06:15+ 01:48+ 03:53+ 03:23+ 04:29- 05:53- 04:28+ 02:31- 06:10+ 01:27+ 01:56+ 00:31+		
	00:22# 00:14+ 00:26- 00:03+ 00:38& 00:44# 01:05& 00:06- 02:56- 01:10& 00:45- 02:19& 00:11# 00:21# 00:05#		
3	Ellen Thomsen	Ok Vendelboerne	1:04:06
	03:04+ 06:08+ 17:37+ 25:38+ 26:37+ 30:41+ 36:15+ 41:18+ 46:24+ 50:09+ 52:31+ 59:33+ 60:45+ 63:38+ 64:06+		
	03:04+ 03:04+ 11:29- 08:01+ 00:59- 04:04+ 05:34+ 05:03+ 05:06- 03:45+ 02:22- 07:02+ 01:12- 02:53+ 00:28+		
	01:05& 00:31# 00:33- 01:49& 00:11- 00:55& 03:16@ 00:28# 03:43- 00:27# 00:54- 03:11& 00:04- 01:18& 00:02+		
4	Kirsten Thomsen	Ok Vendelboerne	1:10:25
	04:03+ 09:32+ 22:25+ 31:36+ 33:09+ 37:44+ 40:50+ 45:34+ 50:46+ 54:19+ 56:37+ 66:59+ 68:00+ 69:52+ 70:25+		
	04:03+ 05:29+ 12:53+ 09:11+ 01:33+ 04:35+ 03:06+ 04:44+ 05:12- 03:33+ 02:18- 10:22+ 01:01- 01:52+ 00:33+		
	02:04@ 02:56@ 00:51+ 02:59& 00:23& 01:26& 00:48& 00:09+ 03:37- 00:15+ 00:58- 06:31@ 00:15- 00:17# 00:07&		
Beste stræktid for klassen			
	01:59 02:33 11:29 06:12 00:59 03:09 02:18 04:29 05:06 03:18 02:18 03:51 01:01 01:35 00:26		

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

Fri1

1	Søren Nielsen	Aalborg Ok	1:04:06
	03:15= 05:23= 08:39= 11:12= 13:48= 17:51= 21:43= 31:13= 36:41= 41:07= 51:10= 53:26= 62:17= 63:42= 64:06=		
	03:15= 02:08= 03:16= 02:33= 02:36= 04:03= 03:52= 09:30= 05:28= 04:26= 10:03= 02:16= 08:51= 01:25= 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=		
2	Søren Diget	Skagen Ok Og Motion	1:07:48
	04:37+ 17:26+ 20:59+ 23:34+ 26:48+ 29:53+ 34:28+ 41:04+ 46:11+ 49:03+ 58:00+ 61:33+ 65:52+ 67:23+ 67:48+		
	04:37+ 12:49+ 03:33+ 02:35+ 03:14+ 03:05- 04:35+ 06:36- 05:07- 02:52- 08:57- 03:33+ 04:19- 01:31+ 00:25+		
	01:22& 10:41@ 00:17+ 00:02+ 00:38# 00:58- 00:43# 02:54- 00:21- 01:34- 01:06- 01:17& 04:32- 00:06+ 00:01+		
Beste stræktid for klassen			
	03:15 02:08 03:16 02:33 02:36 03:05 03:52 06:36 05:07 02:52 08:57 02:16 04:19 01:25 00:24		

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

Fri2

1	Nanna Christensen	Ok Vendelboerne	49:05
	03:37= 09:04= 12:08= 17:30= 22:50= 25:50= 29:45= 33:42= 36:19= 39:37= 44:29= 48:38= 49:05=		
	03:37= 05:27= 03:04= 05:22= 05:20= 03:00= 03:55= 03:57= 02:37= 03:18= 04:52= 04:09= 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=		

Class	Navn	Klasse										Tid
2	Else Nielsen	Aalborg Ok										1:42:14
08:32+	15:46+	21:00+	34:20+	43:30+	47:22+	55:41+	64:13+	67:44+	87:53+	97:53+	101:37+	102:14+
08:32+	07:14+	05:14+	13:20+	09:10+	03:52+	08:19+	08:32+	03:31+	20:09+	10:00+	03:44-	00:37+
04:55@	01:47&	02:10&	07:58@	03:50&	00:52&	04:24@	04:35@	00:54&	16:51@	05:08@	00:25-	00:10&

Beste stræktid for klassen

03:37 05:27 03:04 05:22 05:20 03:00 03:55 03:57 02:37 03:18 04:52 03:44 00:27

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

H-12

1	Jens Kobæk Edsen	Nordvest Ok										29:35			
01:21=	02:52=	04:40=	06:43=	07:58=	09:53=	10:58=	15:39=	19:12=	21:47=	23:11=	24:19=	26:52=	28:11=	29:12=	29:35=
01:21=	01:31=	01:48=	02:03=	01:15=	01:55=	01:05=	04:41=	03:33=	02:35=	01:24=	01:08=	02:33=	01:19=	01:01=	00:23=
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

01:21 01:31 01:48 02:03 01:15 01:55 01:05 04:41 03:33 02:35 01:24 01:08 02:33 01:19 01:01 00:23

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

H17-20

1	Troels Krogh	Nordvest Ok										1:30:19											
00:58=	05:57=	09:21=	10:54=	18:42=	25:48=	29:50=	33:11=	37:30=	41:36=	47:48=	51:04=	53:45=	55:09=	59:10=	64:39=	67:48=	72:10=	80:07=	83:17=	84:24=	88:38=	89:59=	90:19=
00:58=	04:59=	03:24=	01:33=	07:48=	07:06=	04:02=	03:21=	04:19=	04:06=	06:12=	03:16=	02:41=	01:24=	04:01=	05:29=	03:09=	04:22=	07:57=	03:10=	01:07=	04:14=	01:21=	00:20=
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=	00:00=	00:00=

Beste stræktid for klassen

00:58 04:59 03:24 01:33 07:48 07:06 04:02 03:21 04:19 04:06 06:12 03:16 02:41 01:24 04:01 05:29 03:09 04:22 07:57 03:10 01:07 04:14 01:21 00:20

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

H21

1	Morten Netteberg Jørgensen	Akif										1:31:18													
01:24=	03:35=	05:09=	07:20=	10:17=	13:42=	15:05=	18:56=	21:09=	21:49=	26:44=	30:20=	33:11=	36:12=	39:59=	43:55=	47:16=	48:09=	51:47=	54:32=	58:21=	61:02=	65:09=	68:42=	73:53=	77:23=
01:24=	02:11=	01:34=	02:11=	02:57=	03:25=	01:23=	03:51=	02:13=	00:40=	04:55=	03:36=	02:51=	03:01=	03:47=	03:56=	03:21=	00:53=	03:38=	02:45=	03:49=	02:41=	04:07=	03:33=	05:11=	03:30=
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=	00:00=	00:00=	00:00=	00:00=
81:27=	87:03=	89:29=	91:00=	91:18=																					
04:04=	05:36=	02:26=	01:31=	00:18=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2	Jes Mose Jensen	Akif										1:33:50													
01:11-	02:58-	05:21+	07:07-	10:04-	12:46-	14:17-	18:03-	20:22-	20:59-	28:24+	31:44+	35:05+	37:58+	41:52+	45:40+	49:38+	50:18+	58:52+	61:26+	64:55+	67:18+	71:46+	73:43+	79:11+	82:37+
01:11-	01:47-	02:23+	01:46-	02:57=	02:42-	01:31+	03:46-	02:19+	00:37-	07:25+	03:20-	03:21+	02:53-	03:54+	03:48-	03:58+	00:40-	08:34+	02:34-	03:29-	02:23-	04:28+	01:57-	05:28+	03:26-
00:13-	00:24-	00:49&	00:25-	00:00=	00:43-	00:08+	00:05-	00:06+	00:03-	02:30&	00:16-	00:30#	00:08-	00:07+	00:08-	00:37#	00:13-	04:56@	00:11-	00:20-	00:18-	00:21+	01:36-	00:17+	00:04-
86:19+	89:49+	91:53+	93:31+	93:50+																					
03:42-	03:30-	02:04-	01:38+	00:19+																					
00:22-	02:06-	00:22-	00:07+	00:01+																					

3	Claus Bobach	Aalborg Ok										1:37:14													
01:07-	03:22-	04:57-	07:46+	10:52+	13:48+	15:24+	19:36+	22:20+	23:09+	29:08+	33:15+	37:06+	40:09+	43:56+	48:13+	51:12+	52:05+	55:41+	58:35+	62:18+	65:00+	70:52+	73:33+	80:20+	84:42+
01:07-	02:15+	01:35+	02:49+	03:06+	02:56-	01:36+	04:12+	02:44+	00:49+	05:59+	04:07+	03:51+	03:03+	03:47=	04:17+	02:59-	00:53=	03:36-	02:54+	03:43-	02:42+	05:52+	02:41-	06:47+	04:22+
00:17-	00:04+	00:01+	00:38&	00:09+	00:29-	00:13#	00:21+	00:31#	00:09#	01:04#	00:31#	01:00&	00:02+	00:00=	00:21+	00:22-	00:00=	00:02-	00:09+	00:06-	00:01+	01:45&	00:52-	01:36&	00:52#
89:17+	93:01+	95:14+	96:53+	97:14+																					
04:35+	03:44-	02:13-	01:39+	00:21+																					
00:31#	01:52-	00:13-	00:08+	00:03#																					

4	Niels Agerholm	Akif										1:52:00													
01:53+	04:54+	07:00+	09:41+	13:30+	17:16+	19:27+	23:32+	25:58+	26:47+	32:34+	37:15+	41:04+	44:47+	49:20+	54:06+	57:20+	60:37+	64:01+	66:38+	73:33+	76:21+	80:28+	83:01+	88:40+	92:46+
01:53+	03:01+	02:06+	02:41+	03:49+	03:46+	02:11+	04:05+	02:26+	00:49+	05:47+	04:41+	03:49+	03:43+	04:33+	04:46+	03:14-	03:17+	03:24-	02:37-	06:55+	02:48+	04:07=	02:33-	05:39+	04:06+
00:29&	00:50&	00:32&	00:30#	00:52&	00:21#	00:48&	00:14+	00:13+	00:09#	00:52#	01:05&	00:58&	00:42#	00:46#	00:50#	00:07-	02:24@	00:14-	00:08-	03:06&	00:07+	00:00=	01:00-	00:28+	00:36#
97:24+	100:36+	109:33+	111:38+	112:00+																					
04:38+	03:12-	08:57+	02:05+	00:22+																					
00:34#	02:24-	06:31@	00:34&	00:04#																					

Class	Navn	Klasse	Tid
5	Carsten Marquart	Akif	1:56:10
02:23+	04:42+	06:22+	08:20+
02:23+	02:19+	01:40+	01:58-
00:59&	00:08+	00:06+	00:13-
107:38+	111:39+	114:21+	115:50+
04:29+	04:01-	02:42+	01:29-
00:25#	01:35-	00:16#	00:02-

6	Andreas Popp	Aalborg Ok	2:29:20
02:16+	05:04+	06:59+	09:19+
02:16+	02:48+	01:55+	02:20+
00:52&	00:37&	00:21#	00:09+
137:01+	144:42+	147:13+	148:58+
04:46+	07:41+	02:31+	01:45+
00:42#	02:05&	00:05+	00:14#

Beste stræktid for klassen

01:07	01:47	01:34	01:46	02:57	02:32	01:23	03:40	02:13	00:37	04:55	03:20	02:51	02:53	03:47	03:48	02:59	00:40	03:24	02:34	03:29	02:19	04:07	01:57	04:53	03:03	03:42	03
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H40

1	Kristian Edsen	Nordvest Ok	1:15:17
00:58=	04:04=	07:35=	09:04=
00:58=	03:06=	03:31=	01:29=
00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

00:58	03:06	03:31	01:29	03:03	05:44	04:05	03:09	04:18	03:37	03:02	05:03	02:38	01:47	03:33	03:58	02:16	05:00	05:21	02:33	01:21	03:46	01:36	00:23
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H45

1	Kent Lodberg	Ok Pan Århus	51:08
02:35=	06:24=	08:45=	09:29=
02:35=	03:49=	02:21=	00:44=
00:00=	00:00=	00:00=	00:00=

2	Søren Flytkjær	Aalborg Ok	58:55
02:42+	06:53+	10:19+	11:02+
02:42+	04:11+	03:26+	00:43-
00:07+	00:22+	01:05&	00:01-

3	Henrik Bach	Mariager Fjord Ok	1:00:47
05:15+	08:52+	11:20+	12:11+
05:15+	03:37-	02:28+	00:51+
02:40@	00:12-	00:07+	00:07#

4	Jakob Lyngby	Aalborg Ok	1:42:41
06:26+	12:16+	15:23+	16:35+
06:26+	05:50+	03:07+	01:12+
03:51@	02:01&	00:46&	00:28&

Beste stræktid for klassen

02:35	03:37	02:21	00:43	05:18	03:28	01:24	03:32	02:26	02:17	02:40	03:20	02:00	02:38	04:20	03:04	02:40	01:37	00:18
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H50

1	Jess Rasmussen	Viborg Ok	44:57
01:04=	02:04=	05:02=	09:43=
01:04=	01:00=	02:58=	04:41=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid				
2	Søren Bak	Aalborg Ok										56:58				
01:18+	02:24+	05:21+	10:08+	20:38+	22:33+	26:27+	29:19+	33:04+	35:53+	41:03+	52:05+	54:51+	55:37+	56:38+	56:58+	
01:18+	01:06+	02:57-	04:47+	00:49+	09:41+	01:55-	03:54+	02:52+	03:45+	02:49+	05:10+	11:02+	02:46+	00:46-	01:01-	
00:14#	00:06+	00:01-	00:06+	00:06#	02:06&	00:07-	00:03+	00:11+	00:09+	00:05+	00:33#	07:48@	00:48&	00:01-	00:04-	
3	Per Korsbæk	St. Binderup Ok										58:56				
01:21+	02:37+	05:49+	10:35+	11:23+	19:19+	21:29+	26:03+	29:21+	33:19+	36:30+	43:23+	53:57+	56:52+	57:39+	58:37+	
01:21+	01:16+	03:12+	04:46+	00:48+	07:56+	02:10+	04:34+	03:18+	03:58+	03:11+	06:53+	10:34+	02:55+	00:47=	00:58-	
00:17&	00:16&	00:14+	00:05+	00:05#	00:21+	00:08+	00:43#	00:37#	00:22#	00:27#	02:16&	07:20@	00:57&	00:00=	00:07-	
4	Klaus Kristiansen	Akif										1:12:01				
02:00+	03:38+	09:24+	15:27+	26:33+	28:52+	35:10+	39:09+	47:25+	53:41+	60:21+	66:05+	68:36+	70:14+	71:37+	72:01+	
02:00+	01:38+	05:46+	06:03+	00:50+	10:16+	02:19+	06:18+	03:59+	08:16+	06:16+	06:40+	05:44+	02:31+	01:38+	01:23+	
00:56&	00:38&	02:48&	01:22&	00:07#	02:41&	00:17#	02:27&	01:18&	04:40@	03:32@	02:03&	02:30&	00:33&	00:51@	00:18&	
5	Torben C. M. Sørensen	Akif										1:12:56				
01:11+	02:12+	05:46+	10:55+	11:44+	22:42+	25:26+	29:51+	34:53+	40:12+	45:35+	51:53+	58:12+	70:33+	71:25+	72:35+	
01:11+	01:01+	03:34+	05:09+	00:49+	10:58+	02:44+	04:25+	05:02+	05:19+	05:23+	06:18+	06:19+	12:21+	00:52+	01:10+	
00:07#	00:01+	00:36#	00:28+	00:06#	03:23&	00:42&	00:34#	02:21&	01:43&	02:39&	01:41&	03:05&	10:23@	00:05#	00:00=	
6	Lars Humle	Akif										1:13:19				
01:46+	06:14+	10:29+	16:30+	17:27+	29:11+	31:41+	38:31+	41:57+	48:01+	52:05+	58:47+	63:06+	70:09+	71:10+	72:50+	
01:46+	04:28+	04:15+	06:01+	00:57+	11:44+	02:30+	06:50+	03:26+	06:04+	04:04+	06:42+	04:19+	07:03+	01:01+	01:40+	
00:42&	03:28@	01:17&	01:20&	00:14&	04:09&	00:28#	02:59&	00:45&	02:28&	01:20&	02:05&	01:05&	05:05@	00:14&	00:35&	
7	Per Hauge Larsen	Ok Vendelboerne										1:44:13				
02:04+	03:48+	11:00+	20:59+	25:03+	42:54+	47:08+	55:08+	60:59+	70:44+	76:20+	86:12+	92:37+	98:54+	100:51+	103:40+	
02:04+	01:44+	07:12+	09:59+	04:04+	17:51+	04:14+	08:00+	05:51+	09:45+	05:36+	09:52+	06:25+	06:17+	01:57+	02:49+	
01:00&	00:44&	04:14@	05:18@	03:21@	10:16@	02:12@	04:09@	03:10@	06:09@	02:52@	05:15@	03:11&	04:19@	01:10@	01:44@	
8	Jesper Carl	Rold Skov Ok										1:58:41				
01:57+	03:53+	08:32+	15:47+	17:05+	32:07+	35:26+	46:26+	54:04+	66:15+	81:10+	95:22+	106:53+	114:14+	116:14+	118:10+	
01:57+	01:56+	04:39+	07:15+	01:18+	15:02+	03:19+	11:00+	07:38+	12:11+	14:55+	14:12+	11:31+	07:21+	02:00+	01:56+	
00:53&	00:56&	01:41&	02:34&	00:35&	07:27&	01:17&	07:09@	04:57@	08:35@	12:11@	09:35@	08:17@	05:23@	01:13@	00:51&	
Beste stræktid for klassen																
01:04	01:00	02:57	04:41	00:43	07:35	01:55	03:51	02:41	03:36	02:44	04:37	03:14	01:58	00:46	00:58	00:19
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																
H55																
1	Keld Gade	Viborg Ok										42:37				
01:57=	04:02=	06:41=	08:37=	11:05=	14:16=	17:57=	24:24=	28:27=	30:52=	36:52=	38:13=	40:47=	42:16=	42:37=		
01:57=	02:05=	02:39=	01:56=	02:28=	03:11=	03:41=	06:27=	04:03=	02:25=	06:00=	01:21=	02:34=	01:29=	00:21=		
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	Henning Bak-Mikkelsen	Ok Vendelboerne										45:04				
01:49-	04:11+	06:54+	08:45+	11:16+	15:08+	18:42+	25:22+	29:34+	32:46+	38:43+	40:10+	43:04+	44:40+	45:04+		
01:49-	02:22+	02:43+	01:51-	02:31+	03:52+	03:34-	06:40+	04:12+	03:12+	05:57-	01:27+	02:54+	01:36+	00:24+		
00:08-	00:17#	00:04+	00:05-	00:03+	00:41#	00:07-	00:13+	00:09+	00:47&	00:03-	00:06+	00:20#	00:07+	00:03#		
3	Jens Christensen	Mariager Fjord Ok										47:52				
01:53-	06:15+	09:38+	11:38+	14:18+	17:45+	21:09+	28:11+	32:23+	35:21+	41:30+	43:06+	45:52+	47:32+	47:52+		
01:53-	04:22+	03:23+	02:00+	02:40+	03:27+	03:24-	07:02+	04:12+	02:58+	06:09+	01:36+	02:46+	01:40+	00:20-		
00:04-	02:17@	00:44&	00:04+	00:12+	00:16+	00:17-	00:35+	00:09+	00:33#	00:09+	00:15#	00:12+	00:11#	00:01-		
4	Bernt O. Myrvold	Sarpsborg OL										51:21				
02:00+	04:08+	07:19+	09:36+	12:32+	16:38+	20:21+	27:10+	31:44+	34:30+	45:02+	46:29+	49:10+	50:55+	51:21+		
02:00+	02:08+	03:11+	02:17+	02:56+	04:06+	03:43+	06:49+	04:34+	02:46+	10:32+	01:27+	02:41+	01:45+	00:26+		
00:03+	00:03+	00:32#	00:21#	00:28#	00:55&	00:02+	00:22+	00:31#	00:21#	04:32&	00:06+	00:07+	00:16#	00:05#		
5	Gert Rebsdorf	Mariager Fjord Ok										53:26				
02:58+	05:16+	08:16+	10:25+	13:18+	17:16+	21:33+	28:28+	33:06+	36:35+	43:42+	47:45+	51:20+	53:05+	53:26+		
02:58+	02:18+	03:00+	02:09+	02:53+	03:58+	04:17+	06:55+	04:38+	03:29+	07:07+	04:03+	03:35+	01:45+	00:21=		
01:01&	00:13#	00:21#	00:13#	00:25#	00:47#	00:36#	00:28+	00:35#	01:04&	01:07#	02:42@	01:01&	00:16#	00:00=		
6	Carl Malling	Randers Ok										59:18				
01:36-	05:44+	09:26+	11:39+	14:37+	18:32+	23:10+	30:33+	35:14+	38:55+	45:47+	47:42+	56:50+	58:49+	59:18+		
01:36-	04:08+	03:42+	02:13+	02:58+	03:55+	04:38+	07:23+	04:41+	03:41+	06:52+	01:55+	09:08+	01:59+	00:29+		
00:21-	02:03&	01:03&	00:17#	00:30#	00:44#	00:57&	00:56#	00:38#	01:16&	00:52#	00:34&	06:34@	00:30&	00:08&		

Class	Navn	Klasse	Tid
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7	John Dalsgaard Sørensen	St. Binderup Ok	1:02:17											
01:48-	12:52+	16:21+	18:38+	21:32+	25:03+	28:51+	35:50+	42:17+	45:09+	51:24+	54:37+	59:52+	61:51+	62:17+
01:48-	11:04+	03:29+	02:17+	02:54+	03:31+	03:48+	06:59+	06:27+	02:52+	06:15+	03:13+	05:15+	01:59+	00:26+
00:09-	08:59@	00:50&	00:21#	00:26#	00:20#	00:07+	00:32+	02:24&	00:27#	00:15+	01:52@	02:41@	00:30&	00:05#

8	Villy Sørensen	Randers Ok	1:07:25											
03:18+	07:58+	12:21+	15:07+	19:03+	23:45+	29:27+	38:25+	43:53+	47:24+	57:08+	59:20+	65:01+	67:00+	67:25+
03:18+	04:40+	04:23+	02:46+	03:56+	04:42+	05:42+	08:58+	05:28+	03:31+	09:44+	02:12+	05:41+	01:59+	00:25+
01:21&	02:35@	01:44&	00:50&	01:28&	01:31&	02:01&	02:31&	01:25&	01:06&	03:44&	00:51&	03:07@	00:30&	00:04#

9	Frode Mogensen	St. Binderup Ok	1:08:17											
02:24+	05:47+	09:36+	12:06+	15:44+	19:54+	24:23+	35:50+	42:17+	47:56+	58:01+	60:20+	65:38+	67:45+	68:17+
02:24+	03:23+	03:49+	02:30+	03:38+	04:10+	04:29+	11:27+	06:27+	05:39+	10:05+	02:19+	05:18+	02:07+	00:32+
00:27#	01:18&	01:10&	00:34&	01:10&	00:59&	00:48#	05:00&	02:24&	03:14@	04:05&	00:58&	02:44@	00:38&	00:11&

10	Ole Nielsen	Aalborg Ok	1:08:56											
02:05+	05:28+	09:58+	13:29+	16:44+	21:45+	26:17+	34:40+	40:44+	44:46+	55:08+	57:10+	66:20+	68:28+	68:56+
02:05+	03:23+	04:30+	03:31+	03:15+	05:01+	04:32+	08:23+	06:04+	04:02+	10:22+	02:02+	09:10+	02:08+	00:28+
00:08+	01:18&	01:51&	01:35&	00:47&	01:50&	00:51#	01:56&	02:01&	01:37&	04:22&	00:41&	06:36@	00:39&	00:07&

11	Stig Barrett	Viborg Ok	1:09:48											
02:12+	20:24+	24:53+	27:08+	29:51+	33:13+	39:16+	45:54+	50:42+	54:28+	61:40+	63:45+	67:11+	69:21+	69:48+
02:12+	18:12+	04:29+	02:15+	02:43+	03:22+	06:03+	06:38+	04:48+	03:46+	07:12+	02:05+	03:26+	02:10+	00:27+
00:15#	16:07@	01:50&	00:19#	00:15#	00:11+	02:22&	00:11+	00:45#	01:21&	01:12#	00:44&	00:52&	00:41&	00:06&

12	Keld Østergaard	Mariager Fjord Ok	1:11:36											
02:27+	10:58+	15:15+	18:11+	22:54+	27:14+	32:46+	41:15+	46:50+	50:32+	58:02+	65:49+	69:29+	71:10+	71:36+
02:27+	08:31+	04:17+	02:56+	04:43+	04:20+	05:32+	08:29+	05:35+	03:42+	07:30+	07:47+	03:40+	01:41+	00:26+
00:30&	06:26@	01:38&	01:00&	02:15&	01:09&	01:51&	02:02&	01:32&	01:17&	01:30#	06:26@	01:06&	00:12#	00:05#

13	Bjarne Krogh	Nordvest Ok	1:15:45											
09:30+	12:47+	16:52+	19:45+	22:58+	27:38+	32:18+	41:19+	47:34+	55:39+	65:52+	68:46+	73:09+	75:15+	75:45+
09:30+	03:17+	04:05+	02:53+	03:13+	04:40+	04:40+	09:01+	06:15+	08:05+	10:13+	02:54+	04:23+	02:06+	00:30+
07:33@	01:12&	01:26&	00:57&	00:45&	01:29&	00:59&	02:34&	02:12&	05:40@	04:13&	01:33@	01:49&	00:37&	00:09&

Beste stræktid for klassen
 01:36 02:05 02:39 01:51 02:28 03:11 03:24 06:27 04:03 02:25 05:57 01:21 02:34 01:29 00:20

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

H60

1	Helge Poulsen	Mariager Fjord Ok	38:44											
01:55=	03:27=	04:25=	09:28=	11:43=	15:27=	16:36=	18:49=	20:34=	23:45=	27:06=	33:27=	36:45=	38:22=	38:44=
01:55=	01:32=	00:58=	05:03=	02:15=	03:44=	01:09=	02:13=	01:45=	03:11=	03:21=	06:21=	03:18=	01:37=	00:22=
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	Kim Folander	Ok Sorø	41:33											
01:03-	04:05+	04:51+	10:49+	13:35+	18:13+	19:23+	21:58+	23:53+	27:25+	31:49+	36:07+	39:21+	41:12+	41:33+
01:03-	03:02+	00:46-	05:58+	02:46+	04:38+	01:10+	02:35+	01:55+	03:32+	04:24+	04:18-	03:14-	01:51+	00:21-
00:52-	01:30&	00:12-	00:55#	00:31#	00:54#	00:01+	00:22#	00:10+	00:21#	01:03&	02:03-	00:04-	00:14#	00:01-

3	Flemming Bindner	Aalborg Ok	44:03											
01:59+	04:35+	05:54+	12:13+	16:07+	20:12+	21:12+	23:36+	25:10+	28:41+	32:07+	38:22+	41:51+	43:42+	44:03+
01:59+	02:36+	01:19+	06:19+	03:54+	04:05+	01:00-	02:24+	01:34-	03:31+	03:26+	06:15-	03:29+	01:51+	00:21-
00:04+	01:04&	00:21&	01:16&	01:39&	00:21+	00:09-	00:11+	00:11-	00:20#	00:05+	00:06-	00:11+	00:14#	00:01-

4	Sven Ove Thimm	Ok Vendelboerne	44:05											
01:21-	03:00-	03:47-	09:23-	11:56+	15:42+	16:46+	19:25+	21:37+	25:27+	30:17+	34:07+	41:32+	43:37+	44:05+
01:21-	01:39+	00:47-	05:36+	02:33+	03:46+	01:04-	02:39+	02:12+	03:50+	04:50+	03:50-	07:25+	02:05+	00:28+
00:34-	00:07+	00:11-	00:33#	00:18#	00:02+	00:05-	00:26#	00:27&	00:39#	01:29&	02:31-	04:07@	00:28&	00:06&

5	Ulf Mogensen	Aalborg Ok	48:21											
01:24-	03:24-	06:39+	14:28+	17:28+	21:37+	22:54+	25:33+	27:29+	31:14+	37:20+	41:26+	45:05+	47:56+	48:21+
01:24-	02:00+	03:15+	07:49+	03:00+	04:09+	01:17+	02:39+	01:56+	03:45+	06:06+	04:06-	03:39+	02:51+	00:25+
00:31-	00:28&	02:17@	02:46&	00:45&	00:25#	00:08#	00:26#	00:11#	00:34#	02:45&	02:15-	00:21#	01:14&	00:03#

6	Bent Skjoldborg	Ok Vendelboerne	50:10											
01:43-	03:56+	04:54+	11:29+	14:09+	18:58+	20:24+	23:31+	25:40+	31:20+	36:21+	40:56+	47:44+	49:43+	50:10+
01:43-	02:13+	00:58=	06:35+	02:40+	04:49+	01:26+	03:07+	02:09+	05:40+	05:01+	04:35-	06:48+	01:59+	00:27+
00:12-	00:41&	00:00=	01:32&	00:25#	01:05&	00:17#	00:54&	00:24#	02:29&	01:40&	01:46-	03:30@	00:22#	00:05#

Class	Navn	Klasse										Tid			
7	Ole Christiansen	Akif										54:53			
	01:30-	03:31+	04:30+	11:49+	14:59+	21:19+	22:55+	25:47+	28:47+	34:42+	40:30+	45:37+	52:10+	54:31+	54:53+
	01:30-	02:01+	00:59+	07:19+	03:10+	06:20+	01:36+	02:52+	03:00+	05:55+	05:48+	05:07-	06:33+	02:21+	00:22=
	00:25-	00:29&	00:01+	02:16&	00:55&	02:36&	00:27&	00:39&	01:15&	02:44&	02:27&	01:14-	03:15&	00:44&	00:00=
8	Ole Husen	Farum Ok										55:17			
	01:38-	03:49+	04:54+	12:50+	16:25+	22:30+	23:42+	27:14+	29:59+	35:33+	42:51+	47:35+	52:14+	54:51+	55:17+
	01:38-	02:11+	01:05+	07:56+	03:35+	06:05+	01:12+	03:32+	02:45+	05:34+	07:18+	04:44-	04:39+	02:37+	00:26+
	00:17-	00:39&	00:07#	02:53&	01:20&	02:21&	00:03+	01:19&	01:00&	02:23&	03:57@	01:37-	01:21&	01:00&	00:04#
9	Jan Petersen	Ok Vendelboerne										1:02:01			
	01:31-	04:06+	05:12+	13:57+	17:24+	24:24+	25:42+	29:30+	32:32+	37:16+	42:36+	53:15+	58:28+	61:29+	62:01+
	01:31-	02:35+	01:06+	08:45+	03:27+	07:00+	01:18+	03:48+	03:02+	04:44+	05:20+	10:39+	05:13+	03:01+	00:32+
	00:24-	01:03&	00:08#	03:42&	01:12&	03:16&	00:09#	01:35&	01:17&	01:33&	01:59&	04:18&	01:55&	01:24&	00:10&
Beste stræktid for klassen															
	01:03	01:32	00:46	05:03	02:15	03:44	01:00	02:13	01:34	03:11	03:21	03:50	03:14	01:37	00:21

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

H65

1	Poul Henning Pedersen	Ok Vendelboerne										41:18			
	01:12=	03:49=	04:33=	11:34=	14:02=	18:12=	19:44=	22:03=	24:08=	27:19=	30:31=	34:30=	38:50=	40:51=	41:18=
	01:12=	02:37=	00:44=	07:01=	02:28=	04:10=	01:32=	02:19=	02:05=	03:11=	03:12=	03:59=	04:20=	02:01=	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=
2	Finn Hørup Nielsen	Ok Vendelboerne										41:22			
	01:07-	03:43-	04:43+	09:45-	13:28-	17:36-	18:40-	21:00-	22:32-	26:04-	29:27-	35:51+	39:13+	41:00+	41:22+
	01:07-	02:36-	01:00+	05:02-	03:43+	04:08-	01:04-	02:20+	01:32-	03:32+	03:23+	06:24+	03:22-	01:47-	00:22-
	00:05-	00:01-	00:16&	01:59-	01:15&	00:02-	00:28-	00:01+	00:33-	00:21#	00:11+	02:25&	00:58-	00:14-	00:05-
3	Niels Anker Kristensen	Ok Vendelboerne										41:54			
	01:09-	03:27-	04:25-	11:40+	14:39+	18:55+	19:51+	22:34+	24:26+	27:34+	31:37+	35:24+	39:31+	41:30+	41:54+
	01:09-	02:18-	00:58+	07:15+	02:59+	04:16+	00:56-	02:43+	01:52-	03:08-	04:03+	03:47-	04:07-	01:59-	00:24-
	00:03-	00:19-	00:14&	00:14+	00:31#	00:06+	00:36-	00:24#	00:13-	00:03-	00:51&	00:12-	00:13-	00:02-	00:03-
4	Leif Hansen	Nordvest Ok										43:45			
	01:16+	03:36-	06:30+	13:44+	16:08+	20:38+	21:54+	24:20+	26:05+	29:09+	32:30+	37:46+	41:37+	43:23+	43:45+
	01:16+	02:20-	02:54+	07:14+	02:24-	04:30+	01:16-	02:26+	01:45-	03:04-	03:21+	05:16+	03:51-	01:46-	00:22-
	00:04+	00:17-	02:10@	00:13+	00:04-	00:20+	00:16-	00:07+	00:20-	00:07-	00:09+	01:17&	00:29-	00:15-	00:05-
5	Palle Møller Nielsen	Odense Ok										56:04			
	01:34+	03:46-	04:44+	12:13+	15:31+	21:18+	23:02+	26:27+	29:00+	32:54+	38:37+	43:33+	52:45+	55:37+	56:04+
	01:34+	02:12-	00:58+	07:29+	03:18+	05:47+	01:44+	03:25+	02:33+	03:54+	05:43+	04:56+	09:12+	02:52+	00:27=
	00:22&	00:25-	00:14&	00:28+	00:50&	01:37&	00:12#	01:06&	00:28#	00:43#	02:31&	00:57#	04:52@	00:51&	00:00=
6	Bent Nielsen	Ok Pan Århus										1:03:43			
	01:12=	03:10-	04:05-	10:37-	13:43-	22:50+	23:47+	26:54+	30:41+	35:39+	41:07+	49:06+	60:14+	63:15+	63:43+
	01:12=	01:58-	00:55+	06:32-	03:06+	09:07+	00:57-	03:07+	03:47+	04:58+	05:28+	07:59+	11:08+	03:01+	00:28+
	00:00=	00:39-	00:11#	00:29-	00:38&	04:57@	00:35-	00:48&	01:42&	01:47&	02:16&	04:00@	06:48@	01:00&	00:01+
7	Hans Jørgen Simonsen	Ok Pan Århus										1:09:06			
	02:06+	04:48+	05:52+	18:29+	22:48+	29:48+	31:50+	35:19+	37:45+	44:25+	50:44+	61:22+	65:46+	68:29+	69:06+
	02:06+	02:42+	01:04+	12:37+	04:19+	07:00+	02:02+	03:29+	02:26+	06:40+	06:19+	10:38+	04:24+	02:43+	00:37+
	00:54&	00:05+	00:20&	05:36&	01:51&	02:50&	00:30&	01:10&	00:21#	03:29@	03:07&	06:39@	00:04+	00:42&	00:10&
8	Aage Thomsen	Ok Vendelboerne										1:12:20			
	01:51+	04:15+	05:17+	13:27+	17:03+	29:22+	30:50+	35:09+	38:26+	43:20+	49:09+	54:32+	68:34+	71:45+	72:20+
	01:51+	02:24-	01:02+	08:10+	03:36+	12:19+	01:28-	04:19+	03:17+	04:54+	05:49+	05:23+	14:02+	03:11+	00:35+
	00:39&	00:13-	00:18&	01:09#	01:08&	08:09@	00:04-	02:00&	01:12&	01:43&	02:37&	01:24&	09:42@	01:10&	00:08&
Beste stræktid for klassen															
	01:07	01:58	00:44	05:02	02:24	04:08	00:56	02:19	01:32	03:04	03:12	03:47	03:22	01:46	00:22

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

H70

Class	Navn	Klasse													Tid
1	Ole F. Thomsen	Ok Vendelboerne													40:26
	01:17=	04:05=	04:38=	10:12=	13:05=	17:43=	18:39=	21:03=	23:01=	26:59=	30:44=	34:22=	38:02=	40:03=	40:26=
	01:17=	02:48=	00:33=	05:34=	02:53=	04:38=	00:56=	02:24=	01:58=	03:58=	03:45=	03:38=	03:40=	02:01=	00:23=
	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	Kai Ø. Laursen	Aalborg Ok													42:18
	01:42+	03:13-	03:58-	10:22+	12:59-	17:28-	18:27-	21:00-	23:05+	26:31-	30:17-	35:41+	40:02+	41:54+	42:18+
	01:42+	01:31-	00:45+	06:24+	02:37-	04:29-	00:59+	02:33+	02:05+	03:26-	03:46+	05:24+	04:21+	01:52-	00:24+
	00:25&	01:17-	00:12&	00:50#	00:16-	00:09-	00:03+	00:09+	00:07+	00:32-	00:01+	01:46&	00:41#	00:09-	00:01+
3	Svend Brøns Petersen	Ok Vendelboerne													1:03:58
	01:55+	04:31+	06:19+	15:27+	19:07+	25:54+	27:22+	31:38+	34:41+	39:24+	44:17+	53:54+	60:12+	63:22+	63:58+
	01:55+	02:36-	01:48+	09:08+	03:40+	06:47+	01:28+	04:16+	03:03+	04:43+	04:53+	09:37+	06:18+	03:10+	00:36+
	00:38&	00:12-	01:15@	03:34&	00:47&	02:09&	00:32&	01:52&	01:05&	00:45#	01:08&	05:59@	02:38&	01:09&	00:13&
4	Arne Lock	Herning Orienteringsklub													1:14:32
	01:58+	04:27+	06:08+	17:20+	21:16+	32:14+	33:36+	37:30+	40:29+	45:32+	51:20+	59:10+	70:46+	73:50+	74:32+
	01:58+	02:29-	01:41+	11:12+	03:56+	10:58+	01:22+	03:54+	02:59+	05:03+	05:48+	07:50+	11:36+	03:04+	00:42+
	00:41&	00:19-	01:08@	05:38@	01:03&	06:20@	00:26&	01:30&	01:01&	01:05&	02:03&	04:12@	07:56@	01:03&	00:19&
Beste stræktid for klassen															
	01:17	01:31	00:33	05:34	02:37	04:29	00:56	02:24	01:58	03:26	03:45	03:38	03:40	01:52	00:23

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