H17-34

(5,1 + 5,1)

1.	1	AKIF 1			1:29:18	
		1 Jensen Jes Mose	43:40	2.	43:40	2.
		2 Andersen Christian Bertel	45:38	2.	1:29:18	1.
2.	4	OK Pan 1			1:37:55	+08:37
		1 Refslund Bjarke	41:33	1.	41:33	1.
		2 Aarnio Philip	56:22	3.	1:37:55	2.
3.	3	Aalborg OK 1			1:44:16	+14:58
		1 Bobach Christoffer Vang	1:03:53	3.	1:03:53	3.
		2 Schou Morten	40:23	1.	1:44:16	3.

H35-59

(4,2 + 4,2)

1.	10	OK Vendelboerne 1			1:14:02	
		1 Aarnio Sami	33:49	1.	33:49	1.
		2 Kristiansen Jens Lyhne	40:13	3.	1:14:02	1.
2.	8	Aalborg OK 1			1:14:34	+00:32
		1 Schnack Jørgen	34:59	2.	34:59	2.
		2 Flytkjær Søren	39:35	2.	1:14:34	2.
3.	5	Mariager Fjord OK 1			1:20:00	+05:58
		1 Østergaard Jørgen	43:21	5.	43:21	5.
		2 Rolighed Michael Houkjær	36:39	1.	1:20:00	3.
4.	7	RSOK 6			1:24:52	+10:50
		1 Gammelmark Anders	36:23	3.	36:23	3.
		2 Christiansen Jan Søe	48:29	5.	1:24:52	4.
5.	9	Aalborg OK 2			1:26:31	+12:29
		1 Popp Andreas	42:39	4.	42:39	4.
		2 Bobach Claus	43:52	4.	1:26:31	5.
6.	6	OK Vendelboerne 3			2:30:42	+1:16:40
		1 Lind Karen	1:18:54	6.	1:18:54	6.
		2 Lyng Thomas Brix	1:11:48	6.	2:30:42	6.

D35-59

(3,7 + 3,7)

1.	14	Aalborg OK 1			1:00:12	
		1 Bobach Helle Popp	29:43	1.	29:43	1.
		2 Bobach Anna Vang	30:29	1.	1:00:12	1.
2.	11	AKIF 1			1:21:16	+21:04
		1 Nielsen Mette Møller	40:30	3.	40:30	3.
		2 Olesen Berit Kristine	40:46	3.	1:21:16	2.
3.	12	OK Vendelboerne 1			1:32:13	+32:01
		1 Linauskas Asta	38:18	2.	38:18	2.
		2 Holdensen Kirsten Hald	53:55	5.	1:32:13	3.
4.	15	Aalborg OK 2			1:37:00	+36:48
		1 Bak Dorte Jenny	43:34	4.	43:34	4.
		2 Mohapeloa Hanne	53:26	4.	1:37:00	4.
5.	13	RSOK 8			2:17:21	+1:17:09
		1 Olsen Mette Munkhaus	1:37:00	5.	1:37:00	5.
		2 Jacobsen Sannie Ebert	40:21	2.	2:17:21	5.

H60

(3,7 + 3,7)

1.	20	Nordvest OK 3			1:07:37	
		1 Karlshøj Torben	35:23	6.	35:23	6.
		2 Poulsen Poul	32:14	1.	1:07:37	1.
2.	25	Aalborg OK 1			1:08:04	+00:27
		1 Bak Søren	30:37	4.	30:37	4.
		2 Rosenqvist Finn	37:27	2.	1:08:04	2.
3.	23	SOK 2			1:08:35	+00:58
		1 Kjær Morten	29:05	2.	29:05	2.
		2 Simonsen Inger Lise	39:30	3.	1:08:35	3.
4.	17	Mariager Fjord OK 2			1:13:57	+06:20
		1 Korsbæk Per	30:29	3.	30:29	3.
		2 Rebsdorf Gert	43:28	6.	1:13:57	4.
5.	24	SOK 3			1:15:18	+07:41
		1 Christensen Bjarne	32:48	5.	32:48	5.
		2 Hermanrud Britt	42:30	5.	1:15:18	5.
6.	21	OK Vendelboerne 1			1:20:24	+12:47
		1 Madsen Jacob	40:37	8.	40:37	8.
		2 Arildsen Kjeld	39:47	4.	1:20:24	6.
7.	26	Aalborg OK 2			1:28:41	+21:04
		1 Fischer Michael	28:32	1.	28:32	1.
		2 Nielsen Ole	1:00:09	10.	1:28:41	7.
8.	16	Mariager Fjord OK 1			1:33:30	+25:53
		1 Mogensen Pia Hejlskov	40:32	7.	40:32	7.
		2 Mogensen Frode	52:58	9.	1:33:30	8.
9.	18	Nordvest OK 1			1:40:34	+32:57
		1 Jensen Ole Bernth	47:58	9.	47:58	9.
		2 Krogh Bjarne	52:36	8.	1:40:34	9.
10.	22	RSOK 5			1:47:26	+39:49
		1 Hilden Helmut	1:02:43	10.	1:02:43	10.
		2 Søgaard Helge	44:43	7.	1:47:26	10.
11.	19	Nordvest OK 2			2:06:43	+59:06
		1 Thorup Lene	1:02:56	11.	1:02:56	11.
		2 Lautrup Jens	1:03:47	11.	2:06:43	11.

D60

(2,7 + 2,7)

1.	29	OK Vendelboerne 1			1:09:56	
		1 Nielsen Lisbet	38:45	1.	38:45	1.
		2 Wæhrens Karin	31:11	1.	1:09:56	1.
2.	28	Nordvest OK 2			1:51:31	+41:35
		1 Møller Annette	47:31	3.	47:31	3.
		2 Tange Dagmar	1:04:00	2.	1:51:31	2.
-	27	Nordvest OK 1			Ikke startet	
		1 Jensen Lone Marianne	39:36	2.	39:36	2.
		2 Karlshøj Susanne	Ikke startet			

D70

(2,7 + 2,5)

1.	30	Aalborg OK 1			1:21:34	
		1 Sørensen Edith	43:22	1.	43:22	1.
		2 Bobach Kirsten	38:12	1.	1:21:34	1.

H70

(2,7 + 2,7)

1.	36	Aalborg OK 2			1:01:09	
		1 Bindner Flemming	30:08	1.	30:08	1.
		2 Bobach Poul	31:01	1.	1:01:09	1.
2.	32	Nordvest OK 2			1:29:53	+28:44
		1 Jensen Hermann P.	42:29	6.	42:29	6.
		2 Jensen Jane Thode	47:24	3.	1:29:53	2.
3.	37	Aalborg OK 3			1:30:04	+28:55
		1 Laursen Kai Ø.	37:28	4.	37:28	4.
		2 Netteberg Lilian	52:36	5.	1:30:04	3.
4.	35	Aalborg OK 1			1:33:38	+32:29
		1 Bobach Niels	36:58	3.	36:58	3.
		2 Bobach Britta	56:40	6.	1:33:38	4.
5.	33	OK Vendelboerne 1			1:33:48	+32:39
		1 Nielsen Finn Hørup	36:43	2.	36:43	2.
		2 Hansen Lene Bank	57:05	7.	1:33:48	5.
6.	34	RSOK 1			1:40:45	+39:36
		1 Jensen Ole	1:01:51	8.	1:01:51	8.
		2 Borchorst Elizabeth	38:54	2.	1:40:45	6.
7.	39	Aalborg OK 5			1:40:51	+39:42
		1 Mogensen Ulf	39:57	5.	39:57	5.
		2 Arnfred Terkel	1:00:54	8.	1:40:51	7.
8.	38	Aalborg OK 4			1:46:37	+45:28
		1 Jensen Erling G.	55:53	7.	55:53	7.
		2 Larsen Poul	50:44	4.	1:46:37	8.
-	31	Nordvest OK 1			Disk.	
		1 Roesgaard Else	Disk.			
		2 Roesgaard Jens	1:02:28	9.		

H/D15-16

(2,6 + 2,6)

1.	40	RSOK 2			43:24	
		1 Frederiksen Anton Giltoft	23:01	1.	23:01	1.
		2 Primdahl Kristian Mølgaard	20:23	1.	43:24	1.

H/D13-14

(2,5 + 2,5)

1.	41	RSOK 3			47:06	
		1 Christiansen Ida Søe	18:16	1.	18:16	1.
		2 Gammelmark Gry	28:50	1.	47:06	1.

H/D-12

(2,5 + 2,5)

1.	43	OK Vendelboerne 1			1:08:48	
		1 Kristiansen Magnus Lyhne	30:48	1.	30:48	1.
		2 Aarnio Noah	38:00	1.	1:08:48	1.

H/D uden alder

(2,1 + 2,1)

1.	44	RSOK 4			29:48	
		1 Gammelmark Selma	13:40	1.	13:40	1.
		2 Gammelmark Liv	16:08	1.	29:48	1.
2.	45	RSOK 7			36:39	+06:51
		1 Svenningsen Jonatan Ebert	16:29	2.	16:29	2.
		2 Gammelmark Carina	20:10	2.	36:39	2.
3.	46	Aalborg OK 1			38:40	+08:52
		1 Bobach Sander Popp	17:28	3.	17:28	3.
		2 Bobach Bjørn Vang	21:12	3.	38:40	3.
4.	47	Aalborg OK 2			48:52	+19:04
		1 Bobach Mikkel Popp	24:52	4.	24:52	4.
		2 Bobach Marius Vang	24:00	4.	48:52	4.