

Resultater – VTR Hannenov-Ovstrup

2023-01-22

Grøn D		(1 / 1)	Tid	Efter	Tidstab		
1.	Benedikte Frost	HPRD	33:53		00:00		
	2:06 (2:06)	4:02 (6:08)		6:06 (14:29)		3:31 (18:00)	2:26 (20:26)
	5:03 (25:29)	4:02 (29:31)		2:13 (33:53)			
Hvid D		(3 / 3)	Tid	Efter	Tidstab		
1.	Charlotte Stahl	Køge OK	34:05		00:00		
	1:29 (1:29)	3:13 (4:42)		3:48 (14:15)		1:45 (16:00)	2:56 (18:56)
	2:44 (21:40)	2:33 (24:13)		2:34 (32:10)		1:55 (34:05)	
2.	Inge K. Kristoffersen	OK Sorø	1:03:02	+28:57	03:48		
	3:37 (3:37)	5:57 (9:34)		6:01 (27:33)		3:11 (30:44)	5:12 (35:56)
	5:16 (41:12)	5:10 (46:22)		4:51 (1:00:17)		2:45 (1:03:02)	
3.	Anni Lauritzen	Holbæk OK	1:21:38	+47:33	26:42		
	2:24 (2:24)	5:23 (7:47)		4:21 (46:59)		2:33 (49:32)	5:58 (55:30)
	4:26 (59:56)	4:34 (1:04:30)		4:30 (1:17:26)		4:12 (1:21:38)	
Hvid H		(1 / 1)	Tid	Efter	Tidstab		
1.	Niels-Henrik Holscher	O-63	49:54		00:00		
	2:24 (2:24)	4:40 (7:04)		5:25 (19:24)		2:39 (22:03)	4:36 (26:39)
	4:40 (31:19)	4:33 (35:52)		3:52 (47:53)		2:01 (49:54)	
Gul D		(1 / 1)	Tid	Efter	Tidstab		
1.	Dorthe Morell	Maribo OK	51:07		00:00		
	5:00 (5:00)	4:04 (9:04)		3:44 (15:19)		2:09 (17:28)	2:35 (20:03)
	3:10 (23:13)	6:22 (29:35)		3:49 (39:20)		5:58 (45:18)	2:15 (47:33)
	3:34 (51:07)						
Gul H		(3 / 3)	Tid	Efter	Tidstab		
1.	Carsten Borgen	Maribo OK	51:21		08:01		
	2:38 (2:38)	4:18 (6:56)		6:20 (17:31)		3:26 (20:57)	2:37 (23:34)
	3:09 (26:43)	10:29 (37:12)		4:22 (45:09)		3:23 (48:32)	1:26 (49:58)
	1:23 (51:21)						
2.	Helge Frost	HPRD	58:23	+7:02	11:54		
	4:06 (4:06)	5:18 (9:24)		8:20 (20:37)		3:19 (23:56)	2:44 (26:40)
	5:19 (31:59)	7:05 (39:04)		5:48 (51:38)		4:26 (56:04)	1:08 (57:12)
	1:11 (58:23)						
3.	Tobias Bjørnsten	O-63	1:11:23	+20:02	21:36		
	3:29 (3:29)	8:53 (12:22)		3:13 (34:24)		2:54 (37:18)	4:02 (41:20)
	3:19 (44:39)	8:47 (53:26)		6:05 (1:05:08)		2:17 (1:07:25)	0:54 (1:08:19)
	3:04 (1:11:23)						
Mini D -60		(1 / 1)	Tid	Efter	Tidstab		
1.	Berit Ahlmann	OK Sorø	58:25		00:00		
	3:05 (3:05)	9:45 (12:50)		6:29 (25:56)		8:07 (34:03)	6:00 (40:03)
	4:18 (44:21)	4:32 (48:53)		3:58 (58:25)			
Mini H -60		(1 / 1)	Tid	Efter	Tidstab		
1.	Claus Mikkelsen	Herlufsholm OK	1:01:10		00:00		
	3:06 (3:06)	5:05 (8:11)		7:09 (21:31)		9:59 (31:30)	7:46 (39:16)
	6:15 (45:31)	4:59 (50:30)		4:32 (1:01:10)			
Mini D 60+		(6 / 6)	Tid	Efter	Tidstab		
1.	Søs Munch Hansen	OK Sorø	39:31		01:47		
	1:55 (1:55)	3:29 (5:24)		5:56 (17:41)		5:12 (22:53)	4:10 (27:03)
	2:50 (29:53)	3:10 (33:03)		2:35 (39:31)			
2.	Rita Løjmand	Herlufsholm OK	55:29	+15:58	04:26		
	4:10 (4:10)	5:24 (9:34)		6:52 (24:25)		7:58 (32:23)	5:25 (37:48)
	3:48 (41:36)	4:07 (45:43)		3:08 (55:29)			
3.	Hanne Pedersen	OK Roskilde	57:29	+17:58	01:05		
	3:36 (3:36)	5:56 (9:32)		7:11 (24:21)		8:41 (33:02)	6:19 (39:21)
	4:19 (43:40)	4:38 (48:18)		3:42 (57:29)			
4.	Annette Petersen	Køge OK	59:50	+20:19	10:41		
	3:17 (3:17)	14:43 (18:00)		6:19 (29:30)		6:51 (36:21)	5:36 (41:57)
	4:41 (46:38)	4:27 (51:05)		3:33 (59:50)			
5.	Gerda Marie Christiansen	Køge OK	1:01:29	+21:58	07:38		
	7:52 (7:52)	5:37 (13:29)		6:42 (28:16)		8:39 (36:55)	6:52 (43:47)
	4:11 (47:58)	4:21 (52:19)		3:40 (1:01:29)			
	Lena Hansen	Herlufsholm OK	Fejlklip				
	4:37 (4:37)	9:50 (14:27)		8:09 (30:52)		12:12 (43:04)	8:56 (52:00)
	6:16 (58:16)	– (–)		– (1:24:03)			
Mini H 60+		(9 / 9)	Tid	Efter	Tidstab		
1.	Morten Løjmand	Herlufsholm OK	50:20		03:08		
	3:30 (3:30)	4:14 (7:44)		6:17 (21:36)		7:35 (29:11)	5:15 (34:26)
	4:36 (39:02)	3:54 (42:56)		3:01 (50:20)			

2.	Steen Jeppesen	Holbæk OK	56:10	+5:50	05:36		
	3:21 (3:21)	5:12 (8:33)	5:09 (13:42)	6:43 (20:25)		13:26 (33:51)	5:30 (39:21)
	4:08 (43:29)	4:27 (47:56)	5:01 (52:57)	3:13 (56:10)			
3.	Mogens Jensen	Holbæk OK	56:35	+6:15	01:57		
	2:54 (2:54)	4:52 (7:46)	5:54 (13:40)	7:39 (21:19)		8:57 (30:16)	6:27 (36:43)
	4:51 (41:34)	5:06 (46:40)	5:40 (52:20)	4:15 (56:35)			
4.	Ole Rasmussen	Køge OK	56:53	+6:33	04:00		
	3:44 (3:44)	5:44 (9:28)	9:21 (18:49)	6:58 (25:47)		8:15 (34:02)	5:40 (39:42)
	3:49 (43:31)	4:17 (47:48)	5:08 (52:56)	3:57 (56:53)			
5.	Hans Jessen	OK Roskilde	57:38	+7:18	05:32		
	3:22 (3:22)	4:47 (8:09)	5:40 (13:49)	7:07 (20:56)		8:02 (28:58)	6:06 (35:04)
	3:51 (38:55)	7:41 (46:36)	6:56 (53:32)	4:06 (57:38)			
6.	Jørgen Jørgensen	OK Sorø	1:00:08	+9:48	08:08		
	5:46 (5:46)	6:19 (12:05)	10:01 (22:06)	6:17 (28:23)		8:50 (37:13)	5:59 (43:12)
	3:36 (46:48)	4:23 (51:11)	5:21 (56:32)	3:36 (1:00:08)			
7.	Erik Løvgren Jensen	Køge OK	1:06:36	+16:16	13:47		
	3:44 (3:44)	14:17 (18:01)	10:47 (28:48)	6:39 (35:27)		8:09 (43:36)	5:25 (49:01)
	3:56 (52:57)	4:22 (57:19)	5:15 (1:02:34)	4:02 (1:06:36)			
8.	Stig Andersen	Herlufsholm OK	1:07:19	+16:59	14:48		
	9:40 (9:40)	11:50 (21:30)	6:09 (27:39)	8:21 (36:00)		6:58 (42:58)	6:53 (49:51)
	4:34 (54:25)	4:12 (58:37)	5:03 (1:03:40)	3:39 (1:07:19)			
9.	Svend Fladberg	Køge OK	1:26:12	+35:52	13:35		
	4:50 (4:50)	8:56 (13:46)	10:43 (24:29)	7:05 (31:34)		19:06 (50:40)	8:50 (59:30)
	6:00 (1:05:30)	6:27 (1:11:57)	9:53 (1:21:50)	4:22 (1:26:12)			

Kort D -60		(8 / 8)	Tid	Efter	Tidstab		
1.	Alma Jensen	OK Sorø	34:04		00:33		
	2:44 (2:44)	3:15 (5:59)	1:50 (7:49)	2:50 (10:39)		2:40 (13:19)	5:15 (18:34)
	3:15 (21:49)	3:12 (25:01)	2:38 (27:39)	2:55 (30:34)		2:00 (32:34)	1:30 (34:04)
2.	Eva Høhne	OK Sorø	40:01	+5:57	03:30		
	2:34 (2:34)	3:08 (5:42)	2:29 (8:11)	3:17 (11:28)		3:30 (14:58)	4:39 (19:37)
	4:26 (24:03)	3:47 (27:50)	2:58 (30:48)	4:15 (35:03)		3:26 (38:29)	1:32 (40:01)
3.	Nina Okkels	OK Sorø	40:58	+6:54	02:07		
	3:24 (3:24)	3:45 (7:09)	1:39 (8:48)	3:04 (11:52)		3:19 (15:11)	6:31 (21:42)
	4:41 (26:23)	3:52 (30:15)	3:39 (33:54)	2:58 (36:52)		2:21 (39:13)	1:45 (40:58)
4.	Hanne Fogh	FSK	44:38	+10:34	08:22		
	2:37 (2:37)	3:06 (5:43)	2:50 (8:33)	2:58 (11:31)		2:49 (14:20)	5:07 (19:27)
	6:51 (26:18)	5:25 (31:43)	2:51 (34:34)	2:50 (37:24)		4:36 (42:00)	2:38 (44:38)
5.	Lene Krabbesmark	O-63	49:40	+15:36	02:01		
	3:49 (3:49)	4:53 (8:42)	2:50 (11:32)	4:07 (15:39)		4:00 (19:39)	7:28 (27:07)
	5:05 (32:12)	4:56 (37:08)	3:22 (40:30)	3:16 (43:46)		3:31 (47:17)	2:23 (49:40)
6.	Janne Fischer	AS	54:04	+20:00	10:27		
	10:43 (10:43)	4:01 (14:44)	1:52 (16:36)	4:10 (20:46)		3:30 (24:16)	7:31 (31:47)
	6:49 (38:36)	4:12 (42:48)	3:14 (46:02)	3:38 (49:40)		2:22 (52:02)	2:02 (54:04)
7.	Maja Maria Zwolinska	OK Sorø	54:09	+20:05	07:46		
	5:24 (5:24)	5:11 (10:35)	3:57 (14:32)	3:56 (18:28)		3:23 (21:51)	8:05 (29:56)
	4:43 (34:39)	4:39 (39:18)	6:06 (45:24)	3:50 (49:14)		2:55 (52:09)	2:00 (54:09)
8.	Hanne Grimstrup	Køge OK	1:25:04	+51:00	14:43		
	9:52 (9:52)	5:57 (15:49)	2:48 (18:37)	5:32 (24:09)		5:38 (29:47)	11:34 (41:21)
	13:34 (54:55)	7:50 (1:02:45)	5:15 (1:08:00)	5:29 (1:13:29)		7:17 (1:20:46)	4:18 (1:25:04)

Kort H -60		(6 / 6)	Tid	Efter	Tidstab		
1.	Mads Ottar Jespersen	OK Sorø	33:11		01:24		
	2:26 (2:26)	2:41 (5:07)	1:22 (6:29)	2:44 (9:13)		2:30 (11:43)	4:39 (16:22)
	3:22 (19:44)	3:54 (23:38)	2:37 (26:15)	2:24 (28:39)		2:20 (30:59)	2:12 (33:11)
2.	Jørgen Krogh	OK Roskilde	33:38	+0:27	01:00		
	3:33 (3:33)	2:59 (6:32)	1:28 (8:00)	3:03 (11:03)		2:37 (13:40)	5:01 (18:41)
	3:36 (22:17)	3:25 (25:42)	2:28 (28:10)	2:15 (30:25)		1:44 (32:09)	1:29 (33:38)
3.	Jens Frandsen	OK Sorø	46:44	+13:33	04:18		
	4:10 (4:10)	3:29 (7:39)	2:02 (9:41)	3:28 (13:09)		3:31 (16:40)	7:49 (24:29)
	4:48 (29:17)	4:06 (33:23)	3:56 (37:19)	2:58 (40:17)		3:44 (44:01)	2:43 (46:44)
4.	Stig Møller	OK Sorø	47:10	+13:59	08:43		
	6:57 (6:57)	3:33 (10:30)	3:00 (13:30)	3:18 (16:48)		2:46 (19:34)	5:32 (25:06)
	7:51 (32:57)	4:08 (37:05)	3:06 (40:11)	2:40 (42:51)		2:28 (45:19)	1:51 (47:10)
5.	Morten Nissen	O-63	51:58	+18:47	11:58		
	2:46 (2:46)	5:27 (8:13)	3:01 (11:14)	3:33 (14:47)		3:24 (18:11)	6:12 (24:23)
	7:01 (31:24)	3:44 (35:08)	3:52 (39:00)	2:30 (41:30)		8:44 (50:14)	1:44 (51:58)
6.	Anton Lauritzen	Holbæk OK	52:42	+19:31	03:19		
	3:47 (3:47)	4:47 (8:34)	1:58 (10:32)	4:04 (14:36)		4:15 (18:51)	7:14 (26:05)
	8:00 (34:05)	4:49 (38:54)	3:46 (42:40)	3:54 (46:34)		3:16 (49:50)	2:52 (52:42)

Kort D 60+		(3 / 3)	Tid	Efter	Tidstab		
1.	Pia Kadziola	Maribo OK	43:56		00:00		
	3:30 (3:30)	3:44 (7:14)	1:48 (9:02)	3:33 (12:35)		3:33 (16:08)	6:12 (22:20)
	6:42 (29:02)	4:26 (33:28)	3:03 (36:31)	2:56 (39:27)		2:49 (42:16)	1:40 (43:56)
2.	Inger Jessen	OK Roskilde	54:05	+10:09	04:33		
	4:27 (4:27)	4:39 (9:06)	2:52 (11:58)	4:02 (16:00)		5:54 (21:54)	6:51 (28:45)
	6:20 (35:05)	4:59 (40:04)	5:25 (45:29)	3:23 (48:52)		3:21 (52:13)	1:52 (54:05)

3.	Merete Ravnsbøj Andersen	Herlufsholm OK	54:13	+10:17	05:07		
	4:18 (4:18)	5:44 (10:02)	2:48 (12:50)	4:07 (16:57)	5:08 (22:05)	6:09 (28:14)	
	6:33 (34:47)	5:03 (39:50)	5:14 (45:04)	3:30 (48:34)	3:20 (51:54)	2:19 (54:13)	

Kort H 60+		(11 / 11)	Tid	Efter	Tidstab		
1.	Gunnar Grue-Sørensen	Køge OK	38:07		00:58		
	2:42 (2:42)	3:50 (6:32)	2:41 (9:13)	3:29 (12:42)	2:57 (15:39)	5:26 (21:05)	
	3:45 (24:50)	3:39 (28:29)	2:50 (31:19)	2:42 (34:01)	2:07 (36:08)	1:59 (38:07)	
2.	Carl-Aage Hansen	O-63	43:14	+5:07	02:50		
	4:02 (4:02)	3:26 (7:28)	1:40 (9:08)	3:57 (13:05)	3:13 (16:18)	6:35 (22:53)	
	4:58 (27:51)	4:30 (32:21)	3:08 (35:29)	2:57 (38:26)	2:56 (41:22)	1:52 (43:14)	
3.	Karsten Richardt	Køge OK	46:49	+8:42	02:40		
	3:35 (3:35)	4:32 (8:07)	2:03 (10:10)	3:44 (13:54)	4:27 (18:21)	6:17 (24:38)	
	5:12 (29:50)	4:33 (34:23)	3:35 (37:58)	3:06 (41:04)	3:05 (44:09)	2:40 (46:49)	
4.	Tage Ebbensgaard	Køge OK	49:42	+11:35	04:30		
	4:59 (4:59)	3:59 (8:58)	2:21 (11:19)	3:46 (15:05)	3:50 (18:55)	8:44 (27:39)	
	4:28 (32:07)	4:30 (36:37)	4:31 (41:08)	3:05 (44:13)	2:51 (47:04)	2:38 (49:42)	
5.	Jan Kristoffersen	OK Sorø	52:17	+14:10	04:07		
	4:00 (4:00)	4:38 (8:38)	2:14 (10:52)	4:09 (15:01)	4:16 (19:17)	8:27 (27:44)	
	5:14 (32:58)	7:02 (40:00)	3:52 (43:52)	3:13 (47:05)	2:56 (50:01)	2:16 (52:17)	
6.	Helmuth Hansen	Herlufsholm OK	58:00	+19:53	11:14		
	3:47 (3:47)	5:39 (9:26)	9:36 (19:02)	4:07 (23:09)	6:30 (29:39)	6:57 (36:36)	
	4:54 (41:30)	4:58 (46:28)	3:22 (49:50)	3:03 (52:53)	2:50 (55:43)	2:17 (58:00)	
7.	Ib Larsen	Hvalsø OK	1:00:10	+22:03	04:38		
	4:17 (4:17)	5:05 (9:22)	2:28 (11:50)	4:18 (16:08)	4:53 (21:01)	8:19 (29:20)	
	7:20 (36:40)	5:58 (42:38)	4:26 (47:04)	5:01 (52:05)	4:49 (56:54)	3:16 (1:00:10)	
8.	Ole Matzen	Maribo OK	1:00:15	+22:08	14:39		
	4:36 (4:36)	4:03 (8:39)	1:55 (10:34)	4:16 (14:50)	6:37 (21:27)	7:34 (29:01)	
	14:21 (43:22)	6:05 (49:27)	3:19 (52:46)	3:10 (55:56)	2:24 (58:20)	1:55 (1:00:15)	
9.	Jens Asserbo	Herlufsholm OK	1:02:02	+23:55	03:34		
	6:48 (6:48)	6:24 (13:12)	2:40 (15:52)	4:39 (20:31)	4:33 (25:04)	8:35 (33:39)	
	6:41 (40:20)	6:02 (46:22)	4:33 (50:55)	4:30 (55:25)	3:42 (59:07)	2:55 (1:02:02)	
10.	Poul R. Kozziara	Køge OK	1:19:02	+40:55	06:01		
	6:10 (6:10)	6:29 (12:39)	3:38 (16:17)	6:12 (22:29)	6:39 (29:08)	10:54 (40:02)	
	9:41 (49:43)	9:04 (58:47)	5:28 (1:04:15)	5:14 (1:09:29)	5:40 (1:15:09)	3:53 (1:19:02)	
	Frede Scheye	Herlufsholm OK	Fejlklip				
	– (2:07:34)	3:57 (2:11:31)	– (–)	– (2:20:07)	2:53 (2:23:00)	5:24 (2:28:24)	
	4:01 (2:32:25)	4:05 (2:36:30)	4:18 (2:40:48)	3:07 (2:43:55)	3:06 (2:47:01)	1:59 (2:49:00)	

Mellem D		(4 / 4)	Tid	Efter	Tidstab		
1.	Mette Filskov	OK Sorø	1:05:17		02:36		
	2:06 (2:06)	2:52 (4:58)	4:20 (9:18)	4:00 (13:18)	2:59 (16:17)	4:48 (21:05)	
	5:03 (26:08)	4:58 (31:06)	4:08 (35:14)	3:18 (38:32)	3:25 (41:57)	5:21 (47:18)	
	4:36 (51:54)	8:26 (1:00:20)	3:19 (1:03:39)	1:38 (1:05:17)			
2.	Sofie Okkels Jensen	OK Sorø	1:08:03	+2:46	02:42		
	1:55 (1:55)	4:45 (6:40)	4:23 (11:03)	4:13 (15:16)	3:22 (18:38)	5:11 (23:49)	
	3:52 (27:41)	5:25 (33:06)	5:12 (38:18)	3:36 (41:54)	3:57 (45:51)	4:33 (50:24)	
	3:53 (54:17)	8:40 (1:02:57)	3:32 (1:06:29)	1:34 (1:08:03)			
3.	Jette Grimstrup	Køge OK	1:13:58	+8:41	02:07		
	2:55 (2:55)	3:27 (6:22)	6:19 (12:41)	4:27 (17:08)	3:03 (20:11)	5:34 (25:45)	
	4:19 (30:04)	5:40 (35:44)	5:00 (40:44)	3:42 (44:26)	4:01 (48:27)	4:59 (53:26)	
	4:31 (57:57)	9:41 (1:07:38)	4:06 (1:11:44)	2:14 (1:13:58)			
4.	Anne Fransen	OK Sorø	1:14:33	+9:16	06:17		
	3:17 (3:17)	4:14 (7:31)	4:33 (12:04)	4:10 (16:14)	3:38 (19:52)	6:19 (26:11)	
	4:55 (31:06)	6:09 (37:15)	6:47 (44:02)	3:30 (47:32)	3:30 (51:02)	4:49 (55:51)	
	4:35 (1:00:26)	8:23 (1:08:49)	3:40 (1:12:29)	2:04 (1:14:33)			

Mellem H		(12 / 12)	Tid	Efter	Tidstab		
1.	Jakob Søndergaard Jensen	OK Roskilde	1:02:02		05:09		
	2:10 (2:10)	2:56 (5:06)	3:44 (8:50)	5:07 (13:57)	2:18 (16:15)	5:56 (22:11)	
	3:50 (26:01)	4:36 (30:37)	5:10 (35:47)	2:58 (38:45)	4:51 (43:36)	3:34 (47:10)	
	3:24 (50:34)	6:29 (57:03)	3:21 (1:00:24)	1:38 (1:02:02)			
2.	Carsten Mogensen	Køge OK	1:05:46	+3:44	02:17		
	2:22 (2:22)	2:57 (5:19)	4:04 (9:23)	4:28 (13:51)	2:47 (16:38)	5:30 (22:08)	
	4:02 (26:10)	5:20 (31:30)	4:59 (36:29)	2:59 (39:28)	3:09 (42:37)	3:47 (46:24)	
	3:48 (50:12)	8:15 (58:27)	5:51 (1:04:18)	1:28 (1:05:46)			
3.	Jens Chr. Buch	Hvalsø OK	1:06:07	+4:05	01:59		
	2:03 (2:03)	3:00 (5:03)	4:15 (9:18)	5:12 (14:30)	3:08 (17:38)	5:27 (23:05)	
	3:55 (27:00)	4:55 (31:55)	4:30 (36:25)	2:56 (39:21)	3:46 (43:07)	4:31 (47:38)	
	4:01 (51:39)	8:37 (1:00:16)	3:51 (1:04:07)	2:00 (1:06:07)			
4.	Jan Thiesen	Holbæk OK	1:06:27	+4:25	07:06		
	3:37 (3:37)	4:58 (8:35)	4:12 (12:47)	4:50 (17:37)	2:57 (20:34)	4:45 (25:19)	
	3:36 (28:55)	4:57 (33:52)	4:08 (38:00)	3:07 (41:07)	3:27 (44:34)	5:45 (50:19)	
	3:39 (53:58)	7:55 (1:01:53)	3:07 (1:05:00)	1:27 (1:06:27)			
5.	Brian Stahl	Køge OK	1:06:36	+4:34	05:06		
	2:06 (2:06)	2:51 (4:57)	3:53 (8:50)	3:50 (12:40)	2:49 (15:29)	5:56 (21:25)	
	7:02 (28:27)	5:00 (33:27)	4:52 (38:19)	3:12 (41:31)	2:59 (44:30)	3:43 (48:13)	
	4:00 (52:13)	8:18 (1:00:31)	4:59 (1:05:30)	1:06 (1:06:36)			
6.	Anders Knudsen	Herlufsholm OK	1:10:20	+8:18	04:44		

1:48 (1:48)	3:24 (5:12)	4:02 (9:14)	3:51 (13:05)	5:41 (18:46)	5:42 (24:28)
5:03 (29:31)	5:06 (34:37)	5:07 (39:44)	3:28 (43:12)	4:38 (47:50)	4:39 (52:29)
4:21 (56:50)	8:00 (1:04:50)	3:47 (1:08:37)	1:43 (1:10:20)		
7. Martin Vaabengaard	OK Roskilde		1:12:09	+10:07	11:00
7:04 (7:04)	2:34 (9:38)	4:26 (14:04)	3:18 (17:22)	3:33 (20:55)	4:28 (25:23)
4:06 (29:29)	4:50 (34:19)	4:41 (39:00)	3:28 (42:28)	3:37 (46:05)	3:44 (49:49)
3:59 (53:48)	13:13 (1:07:01)	3:28 (1:10:29)	1:40 (1:12:09)		
8. Jesper Munch Jespersen	OK Sorø		1:13:08	+11:06	05:06
1:42 (1:42)	4:51 (6:33)	4:20 (10:53)	4:27 (15:20)	2:59 (18:19)	5:59 (24:18)
7:52 (32:10)	5:08 (37:18)	5:17 (42:35)	3:05 (45:40)	4:08 (49:48)	4:25 (54:13)
4:00 (58:13)	8:54 (1:07:07)	4:15 (1:11:22)	1:46 (1:13:08)		
9. Mads Madsen	O-63		1:13:30	+11:28	08:04
3:07 (3:07)	3:40 (6:47)	4:06 (10:53)	3:36 (14:29)	2:39 (17:08)	6:02 (23:10)
6:37 (29:47)	5:19 (35:06)	5:40 (40:46)	5:58 (46:44)	3:19 (50:03)	3:52 (53:55)
4:20 (58:15)	8:16 (1:06:31)	5:36 (1:12:07)	1:23 (1:13:30)		
10. Steen Fladberg	Køge OK		1:19:03	+17:01	05:19
2:23 (2:23)	4:43 (7:06)	5:01 (12:07)	6:29 (18:36)	2:43 (21:19)	5:32 (26:51)
5:07 (31:58)	6:25 (38:23)	5:15 (43:38)	4:56 (48:34)	4:00 (52:34)	4:58 (57:32)
4:31 (1:02:03)	9:52 (1:11:55)	5:08 (1:17:03)	2:00 (1:19:03)		
11. Anders Bang	Køge OK		3:53:17	+171:15	09:31
– (2:20:45)	4:29 (2:25:14)	6:09 (2:31:23)	7:47 (2:39:10)	3:34 (2:42:44)	6:33 (2:49:17)
8:58 (2:58:15)	6:43 (3:04:58)	5:40 (3:10:38)	4:32 (3:15:10)	6:53 (3:22:03)	5:14 (3:27:17)
6:16 (3:33:33)	11:30 (3:45:03)	5:54 (3:50:57)	2:20 (3:53:17)		
Kaj Munck	Herlufsholm OK		Udgået		
2:48 (2:48)	6:18 (9:06)	5:49 (14:55)	11:06 (26:01)	5:06 (31:07)	13:43 (44:50)
5:09 (49:59)	7:14 (57:13)	5:16 (1:02:29)	4:00 (1:06:29)	4:31 (1:11:00)	5:56 (1:16:56)
5:32 (1:22:28)	12:58 (1:35:26)	10:26 (1:45:52)	– (–)		

Lang D	(1 / 1)	Tid	Efter	Tidstab
1. Tine Demandt	OK Sorø	1:33:42		00:00
6:20 (6:20)	4:04 (10:24)	3:40 (14:04)	6:04 (20:08)	7:59 (28:07)
3:14 (35:09)	2:45 (37:54)	4:00 (41:54)	6:25 (48:19)	5:47 (54:06)
4:22 (1:02:19)	5:54 (1:08:13)	4:00 (1:12:13)	4:52 (1:17:05)	10:13 (1:27:18)
1:59 (1:33:42)				4:25 (1:31:43)

Lang H	(6 / 6)	Tid	Efter	Tidstab
1. Kåre Sørensen	OK Sorø	1:03:30		01:43
4:01 (4:01)	2:58 (6:59)	2:05 (9:04)	4:29 (13:33)	4:52 (18:25)
2:05 (23:36)	2:10 (25:46)	2:57 (28:43)	4:11 (32:54)	3:22 (36:16)
2:53 (41:55)	3:39 (45:34)	2:35 (48:09)	4:27 (52:36)	6:24 (59:00)
1:39 (1:03:30)				2:51 (1:01:51)
2. Jørgen Pedersen	AS	1:12:34	+9:04	01:15
4:28 (4:28)	3:24 (7:52)	2:21 (10:13)	4:38 (14:51)	5:58 (20:49)
2:53 (27:18)	2:15 (29:33)	4:38 (34:11)	4:37 (38:48)	3:59 (42:47)
3:05 (49:05)	4:09 (53:14)	2:49 (56:03)	3:06 (59:09)	7:56 (1:07:05)
2:06 (1:12:34)				3:23 (1:10:28)
3. Peter Karberg	Herlufsholm OK	1:13:31	+10:01	00:00
4:56 (4:56)	3:44 (8:40)	2:36 (11:16)	4:48 (16:04)	6:34 (22:38)
2:45 (28:48)	2:33 (31:21)	3:41 (35:02)	4:48 (39:50)	4:01 (43:51)
3:08 (50:14)	3:53 (54:07)	2:59 (57:06)	2:59 (1:00:05)	7:56 (1:08:01)
2:00 (1:13:31)				3:25 (26:03)
4. Jan Holdensgaard Jørgensen	OK Sorø	1:14:44	+11:14	04:41
4:48 (4:48)	5:10 (9:58)	2:42 (12:40)	5:44 (18:24)	5:57 (24:21)
2:20 (31:24)	3:16 (34:40)	3:19 (37:59)	4:21 (42:20)	3:58 (46:18)
3:05 (52:13)	4:23 (56:36)	2:52 (59:28)	2:49 (1:02:17)	7:32 (1:09:49)
1:19 (1:14:44)				4:43 (29:04)
5. Søren Madsen	OK Sorø	1:17:58	+14:28	01:42
4:54 (4:54)	4:35 (9:29)	3:18 (12:47)	5:10 (17:57)	6:39 (24:36)
2:44 (30:53)	2:42 (33:35)	3:39 (37:14)	5:18 (42:32)	3:55 (46:27)
3:56 (53:39)	4:32 (58:11)	3:27 (1:01:38)	2:56 (1:04:34)	8:36 (1:13:10)
1:31 (1:17:58)				3:17 (1:16:27)
6. Christian Saxe	AS	1:22:08	+18:38	00:54
6:02 (6:02)	4:00 (10:02)	2:57 (12:59)	5:07 (18:06)	6:48 (24:54)
3:26 (32:13)	3:02 (35:15)	4:20 (39:35)	5:34 (45:09)	4:26 (49:35)
3:56 (57:13)	4:36 (1:01:49)	3:18 (1:05:07)	3:26 (1:08:33)	7:52 (1:16:25)
1:50 (1:22:08)				3:53 (28:47)