

Plads Navn
Bane 1 svær

Klasse

Tid

1 Christian Hedelund

IFK

1:07:26

03:29=	08:17=	11:01=	11:51=	13:03=	14:27=	16:37=	20:10=	23:13=	24:03=	25:43=	26:32=	29:46=	31:52=	33:36=	34:28=	35:15=	37:02=	39:38=	41:27=	44:23=	47:23=	51:17=	53:39=	55:13=	58:07=
03:29=	04:48=	02:44=	00:50=	01:12=	01:24=	02:10=	03:33=	03:03=	00:50=	01:40=	00:49=	03:14=	02:06=	01:44=	00:52=	00:47=	01:47=	02:36=	01:49=	02:56=	03:00=	03:54=	02:22=	01:34=	02:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
62:24=	64:45=	65:33=	66:32=	67:26=																					
04:17=	02:21=	00:48=	00:59=	00:54=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2 Søren Mikkelsen

IFK

1:11:47

04:30+	08:59+	12:03+	12:52+	15:19+	16:48+	18:27+	21:39+	23:31+	24:32+	26:16+	27:41+	30:56+	33:18+	34:54+	37:40+	38:23+	40:32+	43:43+	45:44+	48:39+	52:01+	56:00+	58:13+	59:49+	63:08+
04:30+	04:29-	03:04+	00:49-	02:27+	01:29+	01:39-	03:12-	01:52-	01:01+	01:44+	01:25+	03:15+	02:22+	01:36-	02:46+	00:43-	02:09+	03:11+	02:01+	02:55-	03:22+	03:59+	02:13-	01:36+	03:19+
01:01&	00:19-	00:20#	00:01-	01:15@	00:05+	00:31-	00:21-	01:11-	00:11#	00:04+	00:36&	00:01+	00:16#	00:08-	01:54@	00:04-	00:22#	00:35#	00:12#	00:01-	00:22#	00:05+	00:09-	00:02+	00:25#
66:40+	69:08+	70:00+	70:54+	71:47+																					
03:32-	02:28+	00:52+	00:54-	00:53-																					
00:45-	00:07+	00:04+	00:05-	00:01-																					

3 Chr.I. Rasmussen

IFK

1:14:36

04:45+	10:24+	13:48+	14:46+	16:18+	17:54+	19:15+	22:13+	24:40+	25:47+	27:38+	28:40+	32:50+	35:11+	36:46+	38:06+	38:57+	41:16+	45:38+	47:44+	51:28+	55:01+	59:28+	61:47+	63:45+	67:12+
04:45+	05:39+	03:24+	00:58+	01:32+	01:36+	01:21-	02:58-	02:27-	01:07+	01:51+	01:02+	04:10+	02:21+	01:35-	01:20+	00:51+	02:19+	04:22+	02:06+	03:44+	03:33+	04:27+	02:19-	01:58+	03:27+
01:16&	00:51#	00:40#	00:08#	00:20&	00:12#	00:49-	00:35-	00:36-	00:17&	00:11#	00:13&	00:56&	00:15#	00:09-	00:28&	00:04+	00:32&	01:46&	00:17#	00:48&	00:33#	00:33#	00:03-	00:24&	00:33#
70:23+	71:46+	72:46+	73:42+	74:36+																					
03:11-	01:23-	01:00+	00:56-	00:54=																					
01:06-	00:58-	00:12#	00:03-	00:00=																					

4 Sune Salicath

IFK

1:24:26

05:46+	10:44+	13:58+	15:09+	16:46+	18:18+	19:57+	24:49+	26:26+	27:16+	29:08+	31:02+	35:09+	37:49+	40:24+	41:40+	42:36+	45:29+	48:08+	50:21+	61:45+	65:11+	69:42+	72:10+	73:54+	76:25+
05:46+	04:58+	03:14+	01:11+	01:37+	01:32+	01:39-	04:52+	01:37-	00:50=	01:52+	01:54+	04:07+	02:40+	02:35+	01:16+	00:56+	02:53+	02:39+	02:13+	11:24+	03:26+	04:31+	02:28+	01:44+	02:31-
02:17&	00:10+	00:30#	00:21&	00:25&	00:08+	00:31-	01:19&	01:26-	00:00=	00:12#	01:05@	00:53&	00:34&	00:51&	00:24&	00:09#	01:06&	00:03+	00:24#	08:28@	00:26#	00:37#	00:06+	00:10#	00:23-
81:05+	81:54+	82:51+	83:37+	84:26+																					
04:40+	00:49-	00:57+	00:46-	00:49-																					
00:23+	01:32-	00:09#	00:13-	00:05-																					

5 Kai Hesselberg

IFKC

1:38:03

06:08+	12:04+	16:21+	17:32+	19:49+	23:15+	24:52+	30:44+	33:35+	35:13+	39:09+	40:43+	44:51+	47:53+	49:58+	51:05+	52:07+	55:16+	58:22+	61:41+	66:23+	70:30+	76:06+	79:09+	81:05+	84:34+
06:08+	05:56+	04:17+	01:11+	02:17+	03:26+	01:37-	05:52+	02:51-	01:38+	03:56+	01:34+	04:08+	03:00+	02:07+	01:07+	01:02+	03:09+	03:06+	03:19+	04:42+	04:07+	05:36+	03:03+	01:56+	03:29+
02:39&	01:08#	01:33&	00:21&	01:05&	02:02@	00:33-	02:19&	00:12-	00:48&	02:16@	00:45&	00:54&	00:54&	00:23#	00:15&	00:15&	01:22&	00:30#	01:30&	01:46&	01:07&	01:42&	00:41&	00:22#	00:35#
90:10+	94:41+	95:29+	96:48+	98:03+																					
05:36+	04:31+	00:48=	01:19+	01:15+																					
01:19&	02:10&	00:00=	00:20&	00:21&																					

6 Jan Nielsen

IFK

1:40:01

05:03+	10:23+	17:12+	18:27+	20:49+	23:36+	25:05+	30:04+	34:53+	38:42+	40:51+	41:56+	49:36+	51:57+	54:32+	55:35+	56:30+	59:52+	62:47+	65:03+	68:40+	73:13+	78:00+	81:26+	83:22+	86:58+
05:03+	05:20+	06:49+	01:15+	02:22+	02:47+	01:29-	04:59+	04:49+	03:49+	02:09+	01:05+	07:40+	02:21+	02:35+	01:03+	00:55+	03:22+	02:55+	02:16+	03:37+	04:33+	04:47+	03:26+	01:56+	03:36+
01:34&	00:32#	04:05@	00:25&	01:10&	01:23&	00:41-	01:26&	01:46&	02:59@	00:29&	00:16&	04:26@	00:15#	00:51&	00:11#	00:08#	01:35&	00:19#	00:27#	00:41#	01:33&	00:53#	01:04&	00:22#	00:42#
92:19+	95:48+	97:23+	98:46+	100:01+																					
05:21+	03:29+	01:35+	01:23+	01:15+																					
01:04#	01:08&	00:47&	00:24&	00:21&																					

7 Jesper Simonsen

IFK

1:43:08

08:40+	15:13+	18:58+	20:42+	22:08+	23:42+	25:32+	32:54+	40:12+	43:30+	45:15+	46:25+	49:40+	51:53+	53:49+	55:13+	56:17+	59:33+	62:45+	65:23+	70:36+	76:12+	82:20+	85:25+	87:26+	91:46+
08:40+	06:33+	03:45+	01:44+	01:26+	01:34+	01:50-	07:22+	07:18+	03:18+	01:45+	01:10+	03:15+	02:13+	01:56+	01:24+	01:04+	03:16+	03:12+	02:38+	05:13+	05:36+	06:08+	03:05+	02:01+	04:20+
05:11@	01:45&	01:01&	00:54@	00:14#	00:10#	00:20-	03:49@	04:15@	02:28@	00:05+	00:21&	00:01+	00:07+	00:12#	00:32&	00:17&	01:29&	00:36#	00:49&	02:17&	02:36&	02:14&	00:43&	00:27&	01:26&
96:54+	99:39+	101:01+	102:02+	103:08+																					
05:08+	02:45+	01:22+	01:01+	01:06+																					
00:51#	00:24#	00:34&	00:02+	00:12#																					

8 Uffe Lundgaard

IFK

1:46:43

06:16+	11:40+	15:52+	17:31+	19:18+	24:52+	27:17+	32:13+	35:17+	41:05+	42:34+	44:15+	50:41+	53:55+	56:18+	57:48+	59:13+	63:15+	66:25+	69:03+	72:50+	76:46+	81:02+	83:55+	85:51+	90:41+
06:16+	05:24+	04:12+	01:39+	01:47+	05:34+	02:25+	04:56+	03:04+	05:48+	01:29-	01:41+	06:26+	03:14+	02:23+	01:30+	01:25+	04:02+	03:10+	02:38+	03:47+	03:56+	04:16+	02:53+	01:56+	04:50+
02:47&	00:36#	01:28&	00:49&	00:35&	04:10@	00:15#	01:23&	00:01+	04:58@	00:11-	00:52@	03:12&	01:08&	00:39&	00:38&	00:38&	02:15@	00:34#	00:49&	00:51&	00:56&	00:22+	00:31#	00:22#	01:56&
99:40+	102:20+	104:28+	105:44+	106:43+																					
08:59+	02:40+	02:08+	01:16+	00:59+																					
04:42@	00:19#	01:20@	00:17&	00:05+																					

Class	Navn	Klasse	Tid																								
9	Frederik Mariegaard	IFK	1:49:41																								
06:47+	14:23+	18:20+	19:25+	21:07+	23:04+	29:59+	33:46+	38:40+	44:16+	45:42+	47:29+	53:37+	56:52+	59:21+	60:53+	62:14+	66:10+	69:22+	72:06+	75:54+	79:50+	84:14+	87:09+	88:56+	93:44+		
06:47+	07:36+	03:57+	01:05+	01:42+	01:57+	06:55+	03:47+	04:54+	05:36+	01:26-	01:47+	06:08+	03:15+	02:29+	01:32+	01:21+	03:56+	03:12+	02:44+	03:48+	03:56+	04:24+	02:55+	01:47+	04:48+		
03:18&	02:48&	01:13&	00:15&	00:30&	00:33&	04:45@	00:14+	01:51&	04:46@	00:14-	00:58@	02:54&	01:09&	00:45&	00:40&	00:34&	02:09@	00:36#	00:55&	00:52&	00:56&	00:30#	00:33#	00:13#	01:54&		
102:18+	105:36+	107:31+	108:39+	109:41+	08:34+	03:18+	01:55+	01:08+	01:02+	04:17&	00:57&	01:07@	00:09#	00:08#													
10	Nikolaj Salomensen	IFK	1:50:02																								
07:51+	13:24+	19:28+	22:33+	24:35+	27:36+	29:44+	33:34+	35:55+	37:44+	41:34+	43:34+	44:31+	48:38+	52:22+	54:40+	55:51+	60:32+	64:36+	68:08+	76:31+	80:22+	86:29+	90:11+	92:07+	97:39+		
07:51+	05:33+	06:04+	03:05+	02:02+	03:01+	02:08-	03:50+	02:21-	01:49+	03:50+	02:00+	00:57-	04:07+	03:44+	02:18+	01:11+	04:41+	04:04+	03:32+	08:23+	03:51+	06:07+	03:42+	01:56+	05:32+		
04:22@	00:45#	03:20@	02:15@	00:50&	01:37@	00:02-	00:17+	00:42-	00:59@	02:10@	01:11@	02:17-	02:01&	02:00@	01:26@	00:24&	02:54@	01:28&	01:43&	05:27@	00:51&	02:13&	01:20&	00:22#	02:38&		
104:29+	106:31+	107:51+	109:01+	110:02+	06:50+	02:02-	01:20+	01:10+	01:01+	02:33&	00:19-	00:32&	00:11#	00:07#													
11	Morten Sørensen	IFK	1:50:12																								
08:04+	14:32+	19:40+	22:31+	25:01+	27:59+	29:55+	33:47+	35:58+	37:55+	43:52+	44:51+	48:56+	52:48+	54:50+	56:03+	57:18+	60:33+	64:31+	68:12+	76:27+	80:18+	86:31+	90:14+	92:10+	97:51+		
08:04+	06:28+	05:08+	02:51+	02:30+	02:58+	01:56-	03:52+	02:11-	01:57+	05:57+	00:59+	04:05+	03:52+	02:02+	01:13+	01:15+	03:15+	03:58+	03:41+	08:15+	03:51+	06:13+	03:43+	01:56+	05:41+		
04:35@	01:40&	02:24&	02:01@	01:18@	01:34@	00:14-	00:19+	00:52-	01:07@	04:17@	00:10#	00:51&	01:46&	00:18#	00:21&	00:28&	01:28&	01:22&	01:52@	05:19@	00:51&	02:19&	01:21&	00:22#	02:47&		
105:41+	106:50+	108:02+	109:10+	110:12+	07:50+	01:09-	01:12+	01:08+	01:02+	03:33&	01:12-	00:24&	00:09#	00:08#													
12	Martin Elmeskov Jørgensen	IFK	1:56:42																								
08:08+	14:40+	19:58+	22:48+	25:17+	28:13+	30:05+	34:16+	36:08+	38:05+	43:44+	45:17+	48:46+	52:50+	55:00+	56:15+	57:30+	60:40+	64:37+	68:27+	76:46+	80:33+	86:53+	90:26+	92:21+	97:54+		
08:08+	06:32+	05:18+	02:50+	02:29+	02:56+	01:52-	04:11+	01:52-	01:57+	05:39+	01:33+	03:29+	04:04+	02:10+	01:15+	01:15+	03:10+	03:57+	03:50+	08:19+	03:47+	06:20+	03:33+	01:55+	05:33+		
04:39@	01:44&	02:34&	02:00@	01:17@	01:32@	00:18-	00:38#	01:11-	01:07@	03:59@	00:44&	00:15+	01:58&	00:26#	00:23&	00:28&	01:23&	01:21&	02:01@	05:23@	00:47&	02:26&	01:11&	00:21#	02:39&		
106:07+	112:01+	113:12+	114:36+	116:42+	08:13+	05:54+	01:11+	01:24+	02:06+	03:56&	03:33@	00:23&	00:25&	01:12@													
13	Casper Larsen	IFK	1:56:50																								
08:03+	14:33+	20:51+	22:45+	25:06+	27:59+	29:53+	34:11+	36:16+	38:10+	43:58+	44:56+	49:01+	52:50+	55:05+	56:29+	57:44+	60:47+	64:37+	68:31+	76:42+	80:31+	86:33+	90:18+	92:16+	98:03+		
08:03+	06:30+	06:18+	01:54+	02:21+	02:53+	01:54-	04:18+	02:05-	01:54+	05:48+	00:58+	04:05+	03:49+	02:15+	01:24+	01:15+	03:03+	03:50+	03:54+	08:11+	03:49+	06:02+	03:45+	01:58+	05:47+		
04:34@	01:42&	03:34@	01:04@	01:09&	01:29@	00:16-	00:45#	00:58-	01:04@	04:08@	00:09#	00:51&	01:43&	00:31&	00:32&	00:28&	01:16&	01:14&	02:05@	05:15@	00:49&	02:08&	01:23&	00:24&	02:53&		
106:01+	111:51+	113:15+	114:42+	116:50+	07:58+	05:50+	01:24+	01:27+	02:08+	03:41&	03:29@	00:36&	00:28&	01:14@													
Beste stræktid for klassen																											
03:29	04:29	02:44	00:49	01:12	01:24	01:21	02:58	01:37	00:50	01:26	00:49	00:57	02:06	01:35	00:52	00:43	01:47	02:36	01:49	02:55	03:00	03:54	02:13	01:34	02:31	03:11	00:00

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

Bane 2 svær

1	Lene Bejer	IFKC	1:14:30																						
04:03=	06:08=	10:31=	13:11=	15:58=	17:19=	19:18=	21:25=	24:29=	28:29=	32:57=	37:14=	38:33=	42:24=	45:27=	49:35=	53:20=	55:32=	56:35=	60:38=	62:45=	66:25=	70:50=	72:45=	73:32=	74:30=
04:03=	02:05=	04:23=	02:40=	02:47=	01:21=	01:59=	02:07=	03:04=	04:00=	04:28=	04:17=	01:19=	03:51=	03:03=	04:08=	03:45=	02:12=	01:03=	04:03=	02:07=	03:40=	04:25=	01:55=	00:47=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Jan Voss	IFK	1:35:22																						
12:14+	14:41+	19:54+	23:31+	27:18+	29:29+	32:05+	35:14+	39:03+	45:14+	50:01+	52:32+	53:52+	57:52+	62:30+	66:29+	70:11+	72:40+	73:42+	78:57+	83:49+	88:32+	92:35+	94:37+	95:22+	
12:14+	02:27+	05:13+	03:37+	03:47+	02:11+	02:36+	03:09+	03:49+	06:11+	04:47+	02:31-	01:20+	04:00+	04:38+	03:59-	03:42-	02:29+	01:02-	05:15+	04:52+	04:43+	04:03-	02:02+	00:45-	
08:11@	00:22#	00:50#	00:57#	01:00&	00:50&	00:37&	01:02&	00:45#	02:11&	00:19+	01:46-	00:01+	00:09+	01:35&	00:09-	00:03-	00:17#	00:01-	01:12&	02:45@	01:03&	00:22-	00:07+	00:02-	
3	Kim Hansen 2	IFK	1:35:24																						
12:43+	14:47+	20:15+	23:48+	27:21+	29:50+	32:09+	35:46+	39:20+	45:43+	50:15+	52:36+	53:57+	57:54+	62:06+	66:31+	70:15+	72:36+	74:13+	79:04+	83:54+	88:35+	92:53+	94:43+	95:24+	
12:43+	02:04+	05:28+	03:33+	02:29+	02:19+	03:37+	03:33+	03:24+	06:23+	04:32+	02:21-	01:21+	03:57+	04:12+	04:25+	03:44+	02:21+	01:37+	04:51+	04:50+	04:41+	04:18-	01:50-	00:41-	
08:40@	00:01-	01:05#	00:53&	00:46&	01:08&	00:20#	01:30&	00:30#	02:23&	00:04+	01:56-	00:02+	00:06+	01:09&	00:17+	00:01-	00:09+	00:34&	00:48#	02:43@	01:01&	00:07-	00:05-	00:06-	
4	Morten Juhl	IFK	1:35:30																						
09:31+	12:25+	14:53+	20:34+	23:54+	27:20+	29:46+	32:11+	36:01+	39:39+	46:01+	50:17+	52:27+	53:50+	57:55+	62:14+	66:46+	70:30+	72:58+	73:54+	79:01+	84:10+	88:16+	92:55+	94:43+	95:30+
09:31+	02:54+	02:28-	05:41+	03:20+	03:26+	02:26+	02:25+	03:50+	03:38-	06:22+	04:16-	02:10+	01:23-	04:05+	04:19+	04:32+	03:44+	02:28+	00:56-	05:07+	05:09+	04:06-	04:39+	01:48+	00:47-
05:28@	00:49&	01:55-	03:01@	00:33#	02:05@	00:27#	00:18#	00:46#	00:22-	01:54&	00:01-	00:51&	02:28-	01:02&	00:11+	00:47#	01:32&	01:25@	03:07-	03:00@	01:29&	00:19-	02:44@	01:01@	00:11-
5	Wilbert Lyngsø	IFKC	1:37:32																						
06:21+	08:43+	14:17+	18:09+	26:24+	27:51+	30:40+	34:47+	38:58+	42:41+	46:49+	48:59+	51:26+	55:37+	61:30+	66:55+	72:29+	74:49+	76:17+	80:57+	83:10+	86:50+	94:43+	95:58+	97:32+	
06:21+	02:22+	05:34+	03:52+	08:15+	01:27+	02:49+	04:07+	04:11+	03:43-	04:08-	02:10-	02:27+	04:11+	05:53+	05:25+	05:34+	02:20+	01:28+	04:40+	02:13+	03:40=	07:53+	01:15-	01:34+	
02:18&	00:17#	01:11&	01:12&	05:28@	00:06+	00:50&	02:00&	01:07&	00:17-	00:20-	02:07-	01:08&	00:20+	02:50&	01:17&	01:49&	00:08+	00:25&	00:37#	00:06+	00:00=	03:28&	00:40-	00:47&	

Class	Navn	Klasse										Tid												
6	Lars Hofmann	IFK										1:39:44												
06:09+	08:38+	14:12+	16:44+	19:52+	21:21+	23:50+	27:42+	31:32+	40:31+	44:07+	46:43+	48:21+	51:45+	55:28+	60:37+	65:06+	67:25+	68:40+	79:08+	82:51+	89:29+	97:07+	98:38+	99:44+
06:09+	02:29+	05:34+	02:32-	03:08+	01:29+	02:29+	03:52+	03:50+	08:59+	03:36-	02:36-	01:38+	03:24-	03:43+	05:09+	04:29+	02:19+	01:15+	10:28+	03:43+	06:38+	07:38+	01:31-	01:06+
02:06&	00:24#	01:11&	00:08-	00:21#	00:08+	00:30&	01:45&	00:46#	04:59@	00:52-	01:41-	00:19#	00:27-	00:40#	01:01#	00:44#	00:07+	00:12#	06:25@	01:36&	02:58&	03:13&	00:24-	00:19&
7	Kim Emborg	IFK										1:46:04												
05:37+	08:38+	14:52+	17:39+	20:59+	22:18+	32:47+	34:33+	38:29+	41:50+	57:04+	60:05+	61:59+	65:35+	71:43+	75:51+	79:40+	82:46+	84:23+	91:40+	94:26+	99:14+	103:24+	104:52+	106:04+
05:37+	03:01+	06:14+	02:47+	03:20+	01:19-	10:29+	01:46-	03:56+	03:21-	15:14+	03:01-	01:54+	03:36-	06:08+	04:08=	03:49+	03:06+	01:37+	07:17+	02:46+	04:48+	04:10-	01:28-	01:12+
01:34&	00:56&	01:51&	00:07+	00:33#	00:02-	08:30@	00:21-	00:52&	00:39-	10:46@	01:16-	00:35&	00:15-	03:05@	00:00=	00:04+	00:54&	00:34&	03:14&	00:39&	01:08&	00:15-	00:27-	00:25&
8	anders Ingvarsen	1000										1:46:58												
05:37+	08:38+	15:16+	18:30+	22:04+	25:19+	29:40+	32:13+	36:26+	47:36+	52:15+	55:50+	57:59+	62:51+	67:35+	73:09+	78:07+	81:12+	83:14+	87:51+	91:13+	100:11+	104:16+	105:44+	106:58+
05:37+	03:01+	06:38+	03:14+	03:34+	03:15+	04:21+	02:33+	04:13+	11:10+	04:39+	03:35-	02:09+	04:52+	04:44+	05:34+	04:58+	03:05+	02:02+	04:37+	03:22+	08:58+	04:05-	01:28-	01:14+
01:34&	00:56&	02:15&	00:34#	00:47&	01:54@	02:22@	00:26#	01:09&	07:10@	00:11+	00:42-	00:50&	01:01&	01:41&	01:26&	01:13&	00:53&	00:59&	00:34#	01:15&	05:18@	00:20-	00:27-	00:27&
9	Kim Tang	IFK										1:47:04												
04:51+	08:19+	13:52+	16:54+	20:05+	22:13+	30:39+	33:28+	37:22+	42:18+	54:31+	58:57+	61:31+	64:53+	70:51+	75:25+	79:24+	82:16+	83:34+	91:03+	94:08+	98:46+	103:43+	106:12+	107:04+
04:51+	03:28+	05:33+	03:02+	03:11+	02:08+	08:26+	02:49+	03:54+	04:56+	12:13+	04:26+	02:34+	03:22-	05:58+	04:34+	03:59+	02:52+	01:18+	07:29+	03:05+	04:38+	04:57+	02:29+	00:52+
00:48#	01:23&	01:10&	00:22#	00:24#	00:47&	06:27@	00:42&	00:50&	00:56#	07:45@	00:09+	01:15&	00:29-	02:55&	00:26#	00:14+	00:40&	00:15#	03:26&	00:58&	00:58&	00:32#	00:34&	00:05#
10	Ole Frandsen	1000										1:47:06												
06:01+	08:45+	15:50+	18:48+	22:11+	25:15+	29:58+	32:36+	36:30+	47:09+	52:18+	56:08+	58:15+	63:07+	67:29+	73:15+	78:25+	81:15+	83:22+	88:17+	91:12+	100:26+	104:24+	105:47+	107:06+
06:01+	02:44+	07:05+	02:58+	03:23+	03:04+	04:43+	02:38+	03:54+	10:39+	05:09+	03:50-	02:07+	04:52+	04:22+	05:46+	05:10+	02:50+	02:07+	04:55+	02:55+	09:14+	03:58-	01:23-	01:19+
01:58&	00:39&	02:42&	00:18#	00:36#	01:43@	02:44@	00:31#	00:50&	06:39@	00:41#	00:27-	00:48&	01:01&	01:19&	01:38&	01:25&	00:38&	01:04@	00:52#	00:48&	05:34@	00:27-	00:32-	00:32&
11	Dennis Højmosé	IFK										1:47:16												
05:11+	08:13+	13:56+	16:48+	20:15+	22:22+	30:43+	33:44+	37:45+	42:34+	56:23+	59:20+	61:36+	65:24+	70:51+	75:10+	79:20+	82:10+	83:57+	91:29+	94:05+	98:52+	105:33+	106:32+	107:16+
05:11+	03:02+	05:43+	02:52+	03:27+	02:07+	08:21+	03:01+	04:01+	04:49+	13:49+	02:57-	02:16+	03:48-	05:27+	04:19+	04:10+	02:50+	01:47+	07:32+	02:36+	04:47+	06:41+	00:59-	00:44-
01:08&	00:57&	01:20&	00:40#	00:46&	06:22@	00:54&	00:57&	00:49#	09:21@	01:20-	00:57&	00:03-	02:24&	00:11+	00:25#	00:38&	00:44&	03:29&	00:29#	01:07&	02:16&	00:56-	00:03-	
12	Sune Bendtsen	IFK										1:47:18												
04:50+	08:17+	13:46+	16:54+	20:07+	22:16+	31:04+	33:53+	37:42+	41:58+	54:32+	59:15+	61:31+	65:37+	70:59+	75:26+	79:28+	82:15+	83:53+	91:22+	94:07+	98:33+	105:17+	106:26+	107:18+
04:50+	03:27+	05:29+	03:08+	03:13+	02:09+	08:48+	02:49+	03:49+	04:16+	12:34+	04:43+	02:16+	04:06+	05:22+	04:27+	04:02+	02:47+	01:38+	07:29+	02:45+	04:26+	06:44+	01:09-	00:52+
00:47#	01:22&	01:06&	00:28#	00:26#	00:48&	06:49@	00:42&	00:45#	00:16+	08:06@	00:26#	00:57&	00:15+	02:19&	00:19+	00:17+	00:35&	00:35&	03:26&	00:38&	00:46#	02:19&	00:46-	00:05#
13	Ivan Pagh	IFKC										1:48:53												
04:17+	06:39+	12:20+	22:35+	25:24+	27:11+	29:24+	32:45+	35:55+	48:30+	51:31+	54:03+	57:00+	67:01+	70:09+	75:19+	79:14+	81:13+	82:36+	90:46+	93:30+	102:17+	106:14+	107:40+	108:53+
04:17+	02:22+	05:41+	10:15+	02:49+	01:47+	02:13+	03:21+	03:10+	12:35+	03:01-	02:32-	02:57+	10:01+	03:08+	05:10+	03:55+	01:59-	01:23+	08:10+	02:44+	08:47+	03:57-	01:26-	01:13+
00:14+	00:17#	01:18&	07:35@	00:02+	00:26&	00:14#	01:14&	00:06+	08:35@	01:27-	01:45-	01:38@	06:10@	00:05+	01:02#	00:10+	00:13-	00:20&	04:07@	00:37&	05:07@	00:28-	00:29-	00:26&
14	Frede Rasmussen	IFKC										1:51:22												
07:44+	10:35+	15:48+	18:10+	27:57+	29:37+	37:34+	40:31+	44:31+	49:32+	52:15+	54:32+	56:13+	59:30+	69:06+	73:03+	79:18+	82:33+	83:59+	91:20+	97:03+	102:27+	107:45+	110:18+	111:22+
07:44+	02:51+	05:13+	02:22-	09:47+	01:40+	07:57+	02:57+	04:00+	05:01+	02:43-	02:17-	01:41+	03:17-	09:36+	03:57-	06:15+	03:15+	01:26+	07:21+	05:43+	05:24+	05:18+	02:33+	01:04+
03:41&	00:46&	00:50#	00:18-	07:00@	00:19#	05:58@	00:50&	00:56&	01:01&	01:45-	02:00-	00:22&	00:34-	06:33@	00:11-	02:30&	01:03&	00:23&	03:18&	03:36@	01:44&	00:53#	00:38&	00:17&
15	Peter Baade Andersen	IFK										1:55:40												
14:47+	19:48+	27:18+	29:38+	33:52+	35:27+	44:22+	48:21+	53:10+	59:50+	63:02+	65:21+	67:14+	70:59+	75:21+	84:52+	88:40+	90:43+	91:55+	97:28+	102:04+	107:16+	113:30+	114:50+	115:40+
14:47+	05:01+	07:30+	02:20-	04:14+	01:35+	08:55+	03:59+	04:49+	06:40+	03:12-	02:19-	01:53+	03:45-	04:22+	09:31+	03:48+	02:03-	01:12+	05:33+	04:36+	05:12+	06:14+	01:20-	00:50+
10:44@	02:56@	03:07&	00:20-	01:27&	00:14#	06:56@	01:52&	01:45&	02:40&	01:16-	01:58-	00:34&	00:06-	01:19&	05:23@	00:03+	00:09-	00:09#	01:30&	02:29@	01:32&	01:49&	00:35-	00:03+
16	John Krarup	IFKC										2:29:17												
09:00+	14:32+	30:20+	34:04+	37:44+	39:41+	42:55+	47:42+	56:41+	63:33+	74:34+	77:25+	80:20+	86:10+	90:28+	94:58+	99:41+	102:24+	104:16+	121:22+	131:55+	146:37+	147:55+	149:17+	
09:00+	05:32+	15:48+	03:44+	03:40+	01:57+	03:14+	04:47+	08:59+	06:52+	11:01+	02:51-	02:55+	05:50+	04:18+	04:30+	04:43+	02:43+	01:52+	17:06+	10:33+	14:42+	01:18-	01:22-	
04:57@	03:27@	11:25@	01:04&	00:53&	00:36&	01:15&	02:40@	05:55@	02:52&	06:33@	01:26-	01:36@	01:59&	01:15&	00:22+	00:58&	00:31#	00:49&	13:03@	08:26@	11:02@	03:07-	00:33-	

Beste stræktid for klassen

04:03 02:04 02:28 02:20 02:47 01:19 01:59 01:46 03:04 03:21 02:43 02:10 01:19 01:23 03:03 03:57 03:42 01:59 01:02 00:56 02:07 03:40 01:18 00:59 00:41 00:47

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

Bane 3 svær

1	Kristian Buch	IFK										36:45													
02:00=	04:23=	06:05=	09:31=	12:09=	13:48=	15:57=	20:17=	21:47=	22:55=	23:53=	25:32=	27:25=	28:37=	30:59=	32:26=	34:50=	35:56=	36:45=							
02:00=	02:23=	01:42=	03:26=	01:39=	02:09=	04:20=	01:30=	01:08=	00:58=	01:39=	01:53=	01:12=	02:22=	01:27=	02:24=	01:06=	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=	00:00=	00:00=	00:00=	00:00=								
2	Rasmus Skjerna	IFK										43:53													
01:55-	04:38+	07:26+	14:17+	16:30+	18:58+	21:13+	24:32+	26:02+	27:11+	29:10+	32:07+	33:38+	36:53+	38:35+	40:39+	42:04+	42:58+	43:53+							
01:55-	02:43+	02:48+	03:31+	03:20+	02:13+	02:28+	02:15-	03:19+	01:30+	01:09+	01:59+	02:57+	01:31+	03:15+	01:42+	02:04-	01:25+	00:54+	00:55+						
00:05-	00:20#	01:06&	00:05+	00:42&	00:34&	00:19#	02:05-	01:49@	00:22&	00:11#	00:20#	01:04&	00:19&												

Class	Navn	Klasse										Tid									
3	Mikael Barchager	IFK										51:08									
02:11+	05:20+	06:45+	09:13+	12:24+	13:53+	16:37+	25:50+	27:47+	29:13+	30:14+	31:26+	33:44+	41:16+	43:54+	45:27+	47:43+	49:08+	50:09+	51:08+		
02:11+	03:09+	01:25-	02:28-	03:11+	01:29-	02:44+	09:13+	01:57+	01:26+	01:01+	01:12-	02:18+	07:32+	02:38+	01:33+	02:16-	01:25+	01:01+	00:59+		
00:11+	00:46&	00:17-	00:58-	00:33#	00:10-	00:35&	04:53@	00:27&	00:18&	00:03+	00:27-	00:25#	06:20@	00:16#	00:06+	00:08-	00:19&	00:12#	00:59+		
4	Kim Hansen	IFK										52:15									
03:32+	06:57+	10:13+	13:42+	16:55+	18:32+	21:55+	24:17+	30:17+	31:49+	33:03+	35:00+	38:02+	40:21+	43:50+	45:52+	48:25+	49:45+	50:58+	52:15+		
03:32+	03:25+	03:16+	03:29+	03:13+	01:37-	03:23+	02:22-	06:00+	01:32+	01:14+	01:57+	03:02+	02:19+	03:29+	02:02+	02:33+	01:20+	01:13+	01:17+		
01:32&	01:02&	01:34&	00:03+	00:35#	00:02-	01:14&	01:58-	04:30@	00:24&	00:16&	00:18#	01:09&	01:07&	01:07&	00:35&	00:09+	00:14#	00:24&	01:17+		
5	Poul Nørh	IFKC										56:00									
02:23+	04:39+	07:01+	09:31=	13:25+	14:42+	18:07+	22:42+	24:53+	26:38+	29:36+	31:06+	35:08+	38:11+	45:58+	48:01+	51:09+	52:51+	54:21+	56:00+		
02:23+	02:16-	02:22+	02:30-	03:54+	01:17-	03:25+	04:35+	02:11+	01:45+	02:58+	01:30-	04:02+	03:03+	07:47+	02:03+	03:08+	01:42+	01:30+	01:39+		
00:23#	00:07-	00:40&	00:56-	01:16&	00:22-	01:16&	00:15+	00:41&	00:37&	02:00@	00:09-	02:09@	01:51@	05:25@	00:36&	00:44&	00:36&	00:41&	01:39+		
6	Susanne Gasberg	IFKC										58:29									
03:18+	06:19+	09:17+	12:03+	16:27+	19:05+	28:21+	30:54+	35:17+	37:03+	38:21+	39:54+	42:45+	44:32+	49:12+	51:08+	53:46+	55:41+	57:06+	58:29+		
03:18+	03:01+	02:58+	02:46-	04:24+	02:38+	09:16+	02:33-	04:23+	01:46+	01:18+	01:33-	02:51+	01:47+	04:40+	01:56+	02:38+	01:55+	01:25+	01:23+		
01:18&	00:38&	01:16&	00:40-	01:46&	00:59&	07:07@	01:47-	02:53@	00:38&	00:20&	00:06-	00:58&	00:35&	02:18&	00:29&	00:14+	00:49&	00:36&	01:23+		
7	Christian Helsted	IFK										1:09:53									
03:46+	07:33+	11:35+	14:44+	18:50+	25:44+	30:23+	36:33+	39:05+	43:25+	47:28+	48:47+	52:32+	54:50+	58:05+	62:13+	65:58+	68:13+	69:53+			
03:46+	03:47+	04:02+	03:09-	04:06+	06:54+	04:39+	06:10+	02:32+	04:20+	04:03+	01:19-	03:45+	02:18+	03:15+	04:08+	03:45+	02:15+	01:40+			
01:46&	01:24&	02:20@	00:17-	01:28&	05:15@	02:30@	01:50&	01:02&	03:12@	03:05@	00:20-	01:52&	01:06&	00:53&	02:41@	01:21&	01:09@	00:51@			
8	K.e. Simonsen	IFK										1:10:48									
03:34+	08:26+	11:05+	17:25+	20:59+	22:55+	26:48+	32:53+	36:00+	38:04+	40:50+	42:13+	49:58+	52:08+	59:59+	62:32+	65:36+	67:28+	69:00+	70:48+		
03:34+	04:52+	02:39+	06:20+	03:34+	01:56+	03:53+	06:05+	03:07+	02:04+	02:46+	01:23-	07:45+	02:10+	07:51+	02:33+	03:04+	01:52+	01:32+	01:48+		
01:34&	02:29@	00:57&	02:54&	00:56&	00:17#	01:44&	01:45&	01:37@	00:56&	01:48@	00:16-	05:52@	00:58&	05:29@	01:06&	00:40&	00:46&	00:43&	01:48+		
9	Dion Holm	IFK										1:13:01									
03:35+	07:27+	10:24+	13:43+	17:00+	20:16+	23:43+	32:24+	34:52+	36:57+	39:16+	44:02+	46:56+	49:29+	58:59+	62:06+	66:13+	68:25+	70:48+	73:01+		
03:35+	03:52+	02:57+	03:19+	03:17+	03:16+	03:27+	08:41+	02:28+	02:05+	02:19+	04:46+	02:54+	02:33+	09:30+	03:07+	04:07+	02:12+	02:23+	02:13+		
01:35&	01:29&	01:15&	00:07-	00:39#	01:37&	01:18&	04:21@	00:58&	00:57&	01:21@	03:07@	01:01&	01:21@	07:08@	01:40@	01:43&	01:06&	01:34@	02:13+		
10	P.e. Møller	IFKC										1:15:54									
03:45+	07:39+	10:34+	14:36+	19:38+	21:17+	29:46+	35:18+	38:30+	40:52+	42:28+	44:46+	48:45+	52:02+	63:13+	65:25+	69:00+	71:48+	73:29+	75:54+		
03:45+	03:54+	02:55+	04:02+	05:02+	01:39+	08:29+	05:32+	03:12+	02:22+	01:36+	02:18+	03:59+	03:17+	11:11+	02:12+	03:35+	02:48+	01:41+	02:25+		
01:45&	01:31&	01:13&	00:36#	02:24&	00:00=	06:20@	01:12&	01:42@	01:14@	00:38&	00:39&	02:06@	02:05@	08:49@	00:45&	01:11&	01:42@	00:52@	02:25+		
11	P.m. Kristensen	IFKC										1:16:04									
03:57+	07:56+	10:51+	14:34+	19:56+	21:53+	30:11+	38:54+	41:26+	43:07+	45:14+	49:05+	52:25+	63:17+	65:29+	69:15+	71:49+	73:35+	76:04+			
03:57+	03:59+	02:55+	03:43+	05:22+	01:57+	08:18+	08:43+	02:32+	01:41+	02:07+	03:51+	03:20+	10:52+	02:12-	03:46+	02:34+	01:46+	02:29+			
01:57&	01:36&	01:13&	00:17+	02:44@	00:18#	06:09@	04:23@	01:02&	00:33&	01:09@	02:12@	01:27&	09:40@	00:10-	02:19@	00:10+	00:40&	01:40@			
12	Mikkel Blicher	IFK										1:20:13									
02:45+	06:26+	09:50+	13:05+	16:39+	23:40+	29:25+	36:57+	39:34+	41:35+	43:09+	46:53+	50:09+	55:58+	66:56+	68:58+	72:52+	76:13+	79:13+	80:13+		
02:45+	03:41+	03:24+	03:15-	03:34+	07:01+	05:45+	07:32+	02:37+	02:01+	01:34+	03:44+	03:16+	05:49+	10:58+	02:02+	03:54+	03:21+	03:00+	01:00+		
00:45&	01:18&	01:42&	00:11-	00:56&	05:22@	03:36@	03:12&	01:07&	00:53&	00:36&	02:05@	01:23&	04:37@	08:36@	00:35&	01:30&	02:15@	02:11@	01:00+		
13	Thomas Lagerqvist	IFK										1:20:14									
02:53+	06:27+	10:00+	13:19+	16:41+	24:04+	29:17+	36:59+	39:27+	41:47+	43:09+	46:55+	50:14+	56:11+	66:57+	68:56+	72:53+	76:19+	79:13+	80:14+		
02:53+	03:34+	03:33+	03:19-	03:22+	07:23+	05:13+	07:42+	02:28+	02:20+	01:22+	03:46+	03:19+	05:57+	10:46+	01:59+	03:57+	03:26+	02:54+	01:01+		
00:53&	01:11&	01:51@	00:07-	00:44&	05:44@	03:04@	03:22&	00:58&	01:12@	00:24&	02:07@	01:26&	04:45@	08:24@	00:32&	01:33&	02:20@	02:05@	01:01+		
14	Bjarne Nyberg	IFKC										1:21:37									
04:28+	09:14+	13:39+	17:45+	23:41+	26:19+	33:32+	38:49+	41:49+	44:54+	48:01+	51:57+	55:39+	59:05+	65:11+	68:35+	74:23+	76:45+	79:12+	81:37+		
04:28+	04:46+	04:25+	04:06+	05:56+	02:38+	07:13+	05:17+	03:00+	03:05+	03:07+	03:56+	03:42+	03:26+	06:06+	03:24+	05:48+	02:22+	02:27+	02:25+		
02:28@	02:23&	02:43@	00:40#	03:18@	00:59&	05:04@	00:57#	01:30&	01:57@	02:09@	02:17@	01:49&	02:14@	03:44@	01:57@	03:24@	01:16@	01:38@	02:25+		
15	Kristian Hejlesen	IFK										1:22:33									
02:35+	04:20-	05:46-	07:56-	12:43+	13:48=	16:52+	23:35+	26:36+	28:54+	30:45+	31:32+	33:50+	48:54+	71:54+	74:24+	76:55+	78:50+	80:52+	82:33+		
02:35+	01:45-	01:26-	02:10-	04:47+	01:05-	03:04+	06:43+	03:01+	02:18+	01:51+	00:47-	02:18+	15:04+	23:00+	02:30+	02:31+	01:55+	02:02+	01:41+		
00:35&	00:38-	00:16-	01:16-	02:09&	00:34-	00:55&	02:23&	01:31@	01:10@	00:53&	00:52-	00:25#	13:52@	20:38@	01:03&	00:07+	00:49&	01:13@	01:41+		
16	Hans Chr. Sønderis	IFKC										1:30:13									
03:18+	11:43+	16:49+	19:45+	23:32+	28:48+	33:35+	37:08+	45:50+	48:50+	51:40+	53:37+	56:31+	61:14+	63:56+	69:34+	77:09+	82:41+	85:21+	87:26+	90:13+	
03:18+	08:25+	05:06+	02:56-	03:47+	05:16+	04:47+	03:33-	08:42+	03:00+	02:50+	01:57+	02:54+	04:43+	02:42+	05:38+	07:35+	05:32+	02:40+	02:05+	02:47+	
01:18&	06:02@	03:24@	00:30-	01:09&	03:37@	02:38@	00:47-	07:12@	01:52@	01:52@	00:18#	01:01&	03:31@	00:20#	04:11@	05:11@	04:26@	01:51@	02:05+	02:47+	
17	Hartvig Mathiasen	IFKC										1:44:25									
04:40+	11:12+	15:41+	23:40+	29:13+	31:28+	38:54+	49:04+	53:42+	60:35+	65:22+	67:42+	71:33+	75:09+	77:58+	84:03+	92:51+	97:04+	99:58+	101:53+	104:25+	
04:40+	06:32+	04:29+	07:59+	05:33+	02:15+	07:26+	10:10+	04:38+	06:53+	04:47+	02:20+	03:51+	03:36+	02:49+	06:05+	08:48+	04:13+	02:54+	01:55+	02:32+	
02:40@	04:09@	02:47@	04:33@	02:55@	00:36&	05:17@	05:50@	03:08@	05:45@	03:49@	00:41&	01:58@	02:24@	00:27#	04:38@	06:24@	03:07@	02:05@	01:55+	02:32+	

Class	Navn	Klasse															Tid		
18	Per Bødskov	IFKC															1:51:35		
05:08+	09:56+	14:35+	31:12+	35:27+	40:50+	62:04+	70:32+	73:45+	75:53+	77:52+	82:41+	87:02+	88:57+	97:24+	100:56+	104:53+	106:43+	109:40+	111:35+
05:08+	04:48+	04:39+	16:37+	04:15+	05:23+	21:14+	08:28+	03:13+	02:08+	01:59+	04:49+	04:21+	01:55+	08:27+	03:32+	03:57+	01:50+	02:57+	01:55+
03:08@	02:25@	02:57@	13:11@	01:37&	03:44@	19:05@	04:08&	01:43@	01:00&	01:01@	03:10@	02:28@	00:43&	06:05@	02:05@	01:33&	00:44&	02:08@	01:55+

Beste stræktid for klassen

01:55	01:45	01:25	02:10	02:38	01:05	02:09	02:15	01:30	01:08	00:58	00:47	01:53	01:12	02:12	01:27	02:04	01:06	00:49
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.