

Resultater – DM Stafet

2022-09-10

D/H185	(19 / 19)	Time	Behind	Time lost
1. OK GORM 2		1:41:08		
1. Søren Germann	29:14	29:14	+0:08	03:19
2. Anette Lund	33:10	1:02:24		05:09
3. Ole Binder	38:44	1:41:08		11:08
2. OK Roskilde 1		1:41:34	+0:26	
1. Finn Petersen	31:24	31:24	+2:18	01:51
2. Runa Ulsøe	32:10	1:03:34	+1:10	02:16
3. Janne Brunstedt	38:00	1:41:34	+0:26	11:18
3. Allerød OK 1		1:42:36	+1:28	
1. Troels Bent Hansen	30:17	30:17	+1:11	02:50
2. Jytte Olander Rasmussen	37:44	1:08:01	+5:37	03:33
3. Erik Sørensen	34:35	1:42:36	+1:28	02:25
4. OK H.T.F. 1		1:45:27	+4:19	
1. Guri Alm	34:25	34:25	+5:19	04:01
2. Niels Erik Kofoed	44:05	1:18:30	+16:06	04:35
3. Lars Klogborg	26:57	1:45:27	+4:19	01:10
5. Fyns stafet 1		1:45:48	+4:40	
1. Erik Damgaard	34:09	34:09	+5:03	04:31
2. Ethna Cavanagh	39:06	1:13:15	+10:51	10:06
3. Søren Klingenberg	32:33	1:45:48	+4:40	02:54
6. Farum OK 1		1:49:01	+7:53	
1. Thomas Thilo	29:58	29:58	+0:52	05:07
2. Jens Korsholm	33:07	1:03:05	+0:41	01:02
3. Annlou Husen	45:56	1:49:01	+7:53	06:08
7. FSK Orientering 1		1:54:24	+13:16	
1. Karl Aage Hald	57:06	57:06	+28:00	13:39
2. Kurt Thuesen	28:09	1:25:15	+22:51	02:59
3. Hanne Fogh	29:09	1:54:24	+13:16	02:52
8. Køge OK 1		1:58:23	+17:15	
1. Karsten Richardt	36:47	36:47	+7:41	03:06
2. Gerda Marie Christiansen	48:59	1:25:46	+23:22	07:06
3. Gunnar Grue-Sørensen	32:37	1:58:23	+17:15	02:43
9. OK Syd 1		2:01:41	+20:33	
1. Jørn H. Klausen	41:50	41:50	+12:44	03:24
2. Hanne Ljungberg	50:32	1:32:22	+29:58	06:54
3. Karsten Jøhnk	29:19	2:01:41	+20:33	04:27
10. Kolding OK 1		2:02:22	+21:14	
1. Hanne Birke	34:14	34:14	+5:08	04:53
2. Jack Skrydstrup	36:45	1:10:59	+8:35	03:01
3. Hanne Staugaard	51:23	2:02:22	+21:14	07:51
11. Horsens OK 1		2:14:23	+33:15	
1. Elise Utzen Keller	47:43	47:43	+18:37	11:38
2. Eigil Nielsen	34:58	1:22:41	+20:17	04:16
3. Finn Ingwersen	51:42	2:14:23	+33:15	05:22
12. OK Roskilde 2		2:15:04	+33:56	
1. Martin Østberg	29:06	29:06		03:51
2. Annette Petersen	43:53	1:12:59	+10:35	03:06
3. Hans Jessen	1:02:05	2:15:04	+33:56	27:15

13.	Fyns stafet 2		2:17:52	+36:44	
	1. Kurt Petersen	40:29	40:29	+11:23	07:16
	2. Torben Rasmussen	40:51	1:21:20	+18:56	02:16
	3. Annette Færing	56:32	2:17:52	+36:44	06:50
14.	OK Roskilde 3		2:26:41	+45:33	
	1. Asger Jensen	36:48	36:48	+7:42	03:36
	2. Helle Brøchner Jønson	48:57	1:25:45	+23:21	07:40
	3. Jette Kreiberg	1:00:56	2:26:41	+45:33	07:03
15.	FIF Hillerød 1		2:49:32	+68:24	
	1. Ulrik Frederiksen	29:12	29:12	+0:06	01:14
	2. Eva Konring Olesen	49:36	1:18:48	+16:24	04:52
	3. Betty Folino	1:30:44	2:49:32	+68:24	31:29
16.	Holbæk OK 1		3:20:15	+99:07	
	1. Mogens Jensen	1:17:03	1:17:03	+47:57	19:52
	2. Anton Lauritzen	54:29	2:11:32	+69:08	08:27
	3. Anne Willerup	1:08:43	3:20:15	+99:07	23:08
	Herlufsholm OK 10		MP		
	1. Henriette Hansen	34:36	34:36	+5:30	03:36
	2. Helmuth Hansen	51:58	1:26:34	+24:10	13:04
	3. Stig Andersen	MP	MP		
	Viking Atletik 4		MP		
	1. Mads Jensen	32:32	32:32	+3:26	05:01
	2. Bent Christiansen	MP	MP		
	3. Miriam Asvarisch	1:07:40	MP		19:44
	OK Roskilde 4		MP		
	1. Morten Jensen	MP	MP		
	2. Ane Veierskov	57:24	MP		11:34
	3. John Tripax	51:43	MP		14:19

D/H-43		(16 / 16)	Time	Behind	Time lost
1.	Fyns stafet 1		1:24:30		
	1. Anders Sigvardt	27:29	27:29	+0:52	02:47
	2. Sebastian Gotfred-Iversen	25:22	52:51	+0:26	06:43
	3. Magnus Mølgaard Nielsen	31:39	1:24:30		07:13
2.	THOK 1		1:31:04	+6:34	
	1. William Nielsen	39:13	39:13	+12:36	10:47
	2. Victor Nielsen	26:52	1:06:05	+13:40	01:59
	3. Tobias Olloz	24:59	1:31:04	+6:34	02:09
3.	Kolding OK 1		1:33:52	+9:22	
	1. Johan Dalgaard	34:19	34:19	+7:42	07:07
	2. Rasmus Dalgaard	32:51	1:07:10	+14:45	10:15
	3. Emil Dalgaard	26:42	1:33:52	+9:22	01:45
4.	Allerød OK 2		1:34:50	+10:20	
	1. Henrik Kärner Grooss	39:31	39:31	+12:54	07:06
	2. Dagmar Marager	28:16	1:07:47	+15:22	00:00
	3. Valdemar Marager	27:03	1:34:50	+10:20	02:33
5.	OK Pan 1		1:35:41	+11:11	
	1. Alexander Kjærsgård	33:11	33:11	+6:34	03:21
	2. Kille Beuchert Jensen	23:33	56:44	+4:19	01:09
	3. Anton Boye Ebbesen	38:57	1:35:41	+11:11	03:16
6.	OK Vendelboerne 1		1:36:46	+12:16	
	1. Philip Aarnio	27:23	27:23	+0:46	01:05
	2. Noah Aarnio	25:02	52:25		01:19
	3. Mathias Reiche Sørensen	44:21	1:36:46	+12:16	10:31

7.	Farum OK 1		1:41:49	+17:19	
	1. Anton Kupriyanov Hviid	39:04	39:04	+12:27	07:00
	2. Dana Kapanadze	33:56	1:13:00	+20:35	08:18
	3. Augusta Thorsen	28:49	1:41:49	+17:19	04:06
8.	FIF Hillerød 1		1:54:32	+30:02	
	1. Emma Nygaard Monrad	44:26	44:26	+17:49	07:24
	2. Lærke Konring Larsen	22:44	1:07:10	+14:45	00:32
	3. Kaya Funder Skovlyst	47:22	1:54:32	+30:02	14:03
9.	Allerød OK 1		1:57:37	+33:07	
	1. Tore Emil Maarup	37:15	37:15	+10:38	11:09
	2. Anna Habekost Nielsen	37:32	1:14:47	+22:22	09:28
	3. Amalie Broman	42:50	1:57:37	+33:07	07:21
10.	SOK 1		1:58:42	+34:12	
	1. Gustav Ørgaard Sørensen	26:37	26:37		01:30
	2. Lucas Stenhøj Baun McGrail	39:32	1:06:09	+13:44	12:31
	3. Siv Borup Fredberg	52:33	1:58:42	+34:12	13:47
11.	OK Melfar 1		2:08:00	+43:30	
	1. Mette Søgaard Jensen	55:51	55:51	+29:14	12:41
	2. Emil Lindahl	45:47	1:41:38	+49:13	21:30
	3. Magnus Lindahl	26:22	2:08:00	+43:30	02:24
12.	OK Pan 2		2:14:33	+50:03	
	1. Olivia Olesen Hinge	55:28	55:28	+28:51	11:20
	2. Victoria Olesen Hinge	34:38	1:30:06	+37:41	05:02
	3. Katharina Rokkjær Andreasen	44:27	2:14:33	+50:03	06:07
13.	OK Sorø 1		2:21:39	+57:09	
	1. Camille Friis Scheby	47:27	47:27	+20:50	08:33
	2. Carla Schou Christensen	43:15	1:30:42	+38:17	08:19
	3. Eva Høhne	50:57	2:21:39	+57:09	13:31
14.	Fyns stafet 2		3:05:22	+100:52	
	1. Mikkel Mølgaard Nielsen	51:27	51:27	+24:50	15:35
	2. Benjamin Krabek	1:04:08	1:55:35	+63:10	28:22
	3. Vera Elberg Godskesen	1:09:47	3:05:22	+100:52	17:51
	Horsens OK 1		MP		
	1. Eskild Stig Nielsen	31:41	31:41	+5:04	02:22
	2. Krista Lervad Lundø	MP	MP		
	3. Lukas Bergmann Verhelst	29:55	MP		04:29
	OK ØST Birkerød 1		MP		
	1. Alexander Johannes Mosbech Smith	MP	MP		
	2. Luna Brunstedt Jacobsen	43:11	MP		03:20
	3. Samuel Yderstræde Hildebrandt	56:02	MP		10:44

D12		(5 / 5)	Time	Behind	Time lost
1.	Horsens OK 1		1:26:40		
	1. Kristine Skouboe	27:56	27:56		03:08
	2. Freja Toft Møller Mikkelsen	32:06	1:00:02		04:57
	3. Astrid Lykke Nielsen	26:38	1:26:40		02:32
2.	FIF Hillerød 1		1:28:51	+2:11	
	1. Ida Nygaard Monrad	29:42	29:42	+1:46	02:46
	2. Silke Konring Larsen	33:46	1:03:28	+3:26	11:32
	3. Anna K. Brigsted	25:23	1:28:51	+2:11	01:44
3.	Fyns stafet 1		1:43:20	+16:40	
	1. Ida Marie Sigvardt	45:36	45:36	+17:40	17:07
	2. Nynne Mølgaard Nielsen	25:36	1:11:12	+11:10	03:23
	3. Isabella Gotfred-Iversen	32:08	1:43:20	+16:40	03:44

4.	SOK 1		2:05:30	+38:50	
1.	Anna Gry Andersen	40:46	40:46	+12:50	10:16
2.	Merle Lund-Filtenborg	46:28	1:27:14	+27:12	12:05
3.	Matilde Lund-Filtenborg	38:16	2:05:30	+38:50	09:01
5.	OK Snab 1		2:15:59	+49:19	
1.	Marie Fjordside Pagh	40:28	40:28	+12:32	14:01
2.	Caroline Sørensen	47:26	1:27:54	+27:52	17:34
3.	Alberte Lindorf	48:05	2:15:59	+49:19	14:14

D16		(5 / 5)	Time	Behind	Time lost
1.	SOK 1		1:48:06		
1.	Astrid Faber Fenger-Grøn	34:41	34:41		02:37
2.	Ragnhild Øhlenschlæger Nielsen	33:56	1:08:37		01:25
3.	Sigrid Øhlenschlæger Nielsen	39:29	1:48:06		04:08
2.	OK Pan 1		1:53:57	+5:51	
1.	Sofie Halkjær Dupont	44:17	44:17	+9:36	06:58
2.	Signe Møller Skaug	40:34	1:24:51	+16:14	11:01
3.	Laura Kaldahl Hornbæk	29:06	1:53:57	+5:51	01:34
3.	Søllerød OK 1		2:43:31	+55:25	
1.	Ella Reker Hadrup	56:10	56:10	+21:29	18:41
2.	Norah Leivsgard Christensen	1:11:34	2:07:44	+59:07	18:34
3.	Ingrid Due Nygaard	35:47	2:43:31	+55:25	05:16
4.	OK Pan 2		2:52:02	+63:56	
1.	Anna Kaldahl Hornbæk	1:03:17	1:03:17	+28:36	18:27
2.	Carla Brahe Bohnsen	40:04	1:43:21	+34:44	06:14
3.	Katrine Halkjær Dupont	1:08:41	2:52:02	+63:56	17:55
	OK Snab 1		MP		
1.	Camilla Rimmer Eskildsen	42:55	42:55	+8:14	03:58
2.	Agnes Fjordside Pagh	MP	MP		
3.	Ella Kolstrup Hansen	45:03	MP		09:47

D20		(4 / 4)	Time	Behind	Time lost
1.	Allerød OK 1		2:10:19		
1.	Frida Kärner Grooss	44:07	44:07		03:10
2.	Hedda Kärner Grooss	46:33	1:30:40		04:49
3.	Amalie Ertmann	39:39	2:10:19		01:47
2.	OK Sorø 1		3:03:15	+52:56	
1.	Clara Friis Scheby	50:57	50:57	+6:50	05:45
2.	Sofie Okkels Jensen	1:03:53	1:54:50	+24:10	14:56
3.	Alma Okkels Jensen	1:08:25	3:03:15	+52:56	11:01
	OK Pan 1		MP		
1.	Sofie Ulrich	MP	MP		
2.	Ella Hedegaard Richardson	55:30	MP		08:40
3.	Marie Møller Nielsen	42:38	MP		02:36
	FIF Hillerød 1		DNS		
1.	Sigrid Høyer Staugaard	45:07	45:07	+1:00	04:54
2.	Ebba Graff Frederiksen	49:20	1:34:27	+3:47	04:05
3.	Alde Funder Skovlyst	DNS	DNS		

D21		(12 / 12)	Time	Behind	Time lost
1.	FIF Hillerød 1		1:47:29		
1.	Nicoline F. Klysner	38:16	38:16	+2:49	02:47
2.	Annika Simonsen	35:55	1:14:11		02:54
3.	Cecilie F. Klysner	33:18	1:47:29		00:45

2.	THOK 1		1:48:41	+1:12	
	1. Ida Øbro	35:27	35:27		02:34
	2. Amanda Falck Weber	38:52	1:14:19	+0:08	02:09
	3. Agnes Nørgård Kracht	34:22	1:48:41	+1:12	01:01
3.	OK Pan 1		1:56:27	+8:58	
	1. Camilla Bevensee	43:56	43:56	+8:29	02:31
	2. Lotte Jauhojärvi Markussen	37:37	1:21:33	+7:22	02:05
	3. Ida Schwartz Bobach	34:54	1:56:27	+8:58	00:32
4.	OK Snab 1		2:05:46	+18:17	
	1. Inge Skovgaard Jakobsen	50:33	50:33	+15:06	06:48
	2. Ida Agervig Kristiansson	39:04	1:29:37	+15:26	05:52
	3. Malin Agervig Kristiansson	36:09	2:05:46	+18:17	02:50
5.	SOK 1		2:06:42	+19:13	
	1. Emma Klingenberg	36:10	36:10	+0:43	01:10
	2. Stine Bagger Hagner	46:21	1:22:31	+8:20	03:18
	3. Zenia Hejlskov Mogensen	44:11	2:06:42	+19:13	05:19
6.	OK GORM 1		2:18:09	+30:40	
	1. Josefine Lind	41:59	41:59	+6:32	04:37
	2. Nina G. Najbjerg	44:13	1:26:12	+12:01	04:46
	3. Pernille Buch	51:57	2:18:09	+30:40	05:30
7.	Horsens OK 1		2:35:36	+48:07	
	1. Theresa Skouboe	50:40	50:40	+15:13	07:32
	2. Astrid Ank Jørgensen	47:14	1:37:54	+23:43	04:58
	3. Rebeka Vincze	57:42	2:35:36	+48:07	09:56
8.	THOK 2		2:43:40	+56:11	
	1. Iben Valery	39:07	39:07	+3:40	00:37
	2. Xenia Bregensøe	1:04:03	1:43:10	+28:59	17:08
	3. Lena Wraa	1:00:30	2:43:40	+56:11	01:43
9.	OK Pan 2		2:47:40	+60:11	
	1. Linnea Myrskog	46:11	46:11	+10:44	06:05
	2. Emilie Skov Dalgaard	47:14	1:33:25	+19:14	04:36
	3. Sarah Kathrine Nissen Pedersen	1:14:15	2:47:40	+60:11	14:57
10.	SOK 2		2:56:06	+68:37	
	1. Ane Linde	40:05	40:05	+4:38	03:50
	2. Anne Mette Schmidt Frattari	53:23	1:33:28	+19:17	05:30
	3. Katrine Begtrup	1:22:38	2:56:06	+68:37	11:32
11.	Fyns stafet 1		2:56:15	+68:46	
	1. Veselina Zhelyazkova	1:32:06	1:32:06	+56:39	37:04
	2. Ita Klingenberg	45:45	2:17:51	+63:40	07:17
	3. Caroline Gjøtterup	38:24	2:56:15	+68:46	03:12
12.	OK Snab 2		3:33:44	+106:15	
	1. Ulrika Örnhagen Jørgensen	44:31	44:31	+9:04	03:19
	2. Cecilia Skaarup Uhlemann	1:01:40	1:46:11	+32:00	13:37
	3. Gitte Kristiansson	1:47:33	3:33:44	+106:15	20:44
D35		(3 / 3)	Time	Behind	Time lost
1.	Farum OK 1		1:50:16		
	1. Line Frese Søderlund	33:45	33:45		00:52
	2. Masha Semak	37:08	1:10:53		01:10
	3. Irina Kupriyanova	39:23	1:50:16		01:37
2.	OK Sorø 1		3:12:59	+82:43	
	1. Henriette Baun Gautier	51:27	51:27	+17:42	11:05
	2. Nina Hoffmann	46:54	1:38:21	+27:28	06:20
	3. Tine Friis Scheby	1:34:38	3:12:59	+82:43	23:52

3.	Herlufsholm OK 1		3:36:00	+105:44	
1.	Lise Ravnshøj Andersen	1:04:51	1:04:51	+31:06	13:53
2.	Lykke Berg Mathiesen	1:16:58	2:21:49	+70:56	12:07
3.	Sandra Mundus	1:14:11	3:36:00	+105:44	11:14

D40		(7 / 7)	Time	Behind	Time lost
1.	FIF Hillerød 1		2:04:29		
1.	Anne Konring Larsen	42:35	42:35	+6:56	06:26
2.	Dorthe Skovlyst	46:55	1:29:30	+17:52	08:48
3.	Rikke Nygaard Monrad	34:59	2:04:29		01:32
2.	THOK 1		2:18:51	+14:22	
1.	Erin Nielsen	35:39	35:39		02:58
2.	Tenna Nørgaard Landsperg	35:59	1:11:38		02:00
3.	Bente Madsen	1:07:13	2:18:51	+14:22	12:44
3.	OK ØST Birkerød 1		2:33:48	+29:19	
1.	Pernille Brunstedt Jacobsen	47:45	47:45	+12:06	06:33
2.	Birgitte Erskov Halland	1:04:15	1:52:00	+40:22	17:13
3.	Pernille Sommer	41:48	2:33:48	+29:19	03:25
4.	SOK 1		2:48:08	+43:39	
1.	Rie Stenhøj Baun McGrail	38:56	38:56	+3:17	02:19
2.	Marie Filtenborg	43:44	1:22:40	+11:02	05:41
3.	Hanne Borup Fredberg	1:25:28	2:48:08	+43:39	25:17
5.	Fyns stafet 1		3:13:35	+69:06	
1.	Anne Mølgaard Nielsen	1:02:36	1:02:36	+26:57	19:22
2.	Mette Marie Lungholt	1:03:36	2:06:12	+54:34	13:02
3.	Johanne Krabek	1:07:23	3:13:35	+69:06	08:38
6.	OK Snab 1		3:45:22	+100:53	
1.	Lola Rimmer Eskildsen	1:09:21	1:09:21	+33:42	15:36
2.	Dorthe Bloch Rosenvinge	1:24:45	2:34:06	+82:28	23:20
3.	Irene Gammeljord	1:11:16	3:45:22	+100:53	23:12
7.	Holbæk OK 1		*4:20:37	+136:08	
1.	Astrid Riis	46:18	46:18	+10:39	06:15
2.	Anette Kalle Larsen	2:09:39	2:55:57	+104:19	43:12
3.	Pia Linde Valdau	1:24:40	*4:20:37	+136:08	26:23

D45		(4 / 4)	Time	Behind	Time lost
1.	SOK 1		2:20:24		
1.	Heidi Hinge Krogsgaard	38:35	38:35		03:28
2.	Henriette Klostergaard Rokkjær	44:35	1:23:10		04:55
3.	Anette Bagger Sørensen	57:14	2:20:24		15:06
2.	Ballerup OK 1		2:31:47	+11:23	
1.	Anne Marie Thommesen	53:44	53:44	+15:09	13:00
2.	Maria Krog Schulz	50:48	1:44:32	+21:22	06:10
3.	Diana Cederberg	47:15	2:31:47	+11:23	04:24
3.	PiSkAmOK 1		2:49:29	+29:05	
1.	Elin Nørgård Kracht	41:41	41:41	+3:06	07:22
2.	Karina Mejnborg	1:08:25	1:50:06	+26:56	18:44
3.	Susan Houmark Stub	59:23	2:49:29	+29:05	11:43
4.	Allerød OK 1		2:52:10	+31:46	
1.	Merete Nørgaard	43:23	43:23	+4:48	06:34
2.	Angélique Grønberg Rasmussen	55:28	1:38:51	+15:41	11:02
3.	Henriette Broman	1:13:19	2:52:10	+31:46	18:53

D50	(5 / 5)	Time	Behind	Time lost
1. Horsens OK 1		2:25:01		
1. Irene K. Mikkelsen	45:54	45:54		08:57
2. Mette Ellegaard Kokholm	55:15	1:41:09		05:38
3. Susanne Loft Thyssen	43:52	2:25:01		04:47
2. FIF Hillerød 1		2:27:03	+2:02	
1. Tine Alkjær	53:17	53:17	+7:23	08:52
2. Maria Douglas	54:17	1:47:34	+6:25	11:12
3. Maria M. Høyer Staugaard	39:29	2:27:03	+2:02	06:08
3. Farum OK 1		2:48:19	+23:18	
1. Bodil Karlsrose Kliem	45:57	45:57	+0:03	06:59
2. Lise Djurhuus Ipsen	1:08:21	1:54:18	+13:09	16:17
3. Dorte Torpe Hansen	54:01	2:48:19	+23:18	06:27
4. Søllerød OK 1		2:49:50	+24:49	
1. Iben Maag	47:05	47:05	+1:11	06:47
2. Fiona Becker	1:07:13	1:54:18	+13:09	15:56
3. Anne Skovbaek	55:32	2:49:50	+24:49	09:36
OK Sorø 1		MP		
1. Nina Okkels	1:05:17	1:05:17	+19:23	10:54
2. Merete Kleist	MP	MP		
3. Sanne Ifversen Hansen	49:02	MP		07:05

D55	(4 / 4)	Time	Behind	Time lost
1. Allerød OK 1		2:32:37		
1. Charlotte Bergmann	52:51	52:51	+5:50	11:53
2. Anne Maarup	36:59	1:29:50		00:31
3. Karen W Enevoldsen	1:02:47	2:32:37		16:32
2. Farum OK 1		2:57:16	+24:39	
1. Anette Holm	47:01	47:01		05:33
2. Lone Karlsrose Gamble	1:17:27	2:04:28	+34:38	20:02
3. Lene Skielboe	52:48	2:57:16	+24:39	07:43
3. Herlufsholm OK 1		*4:18:07	+105:30	
1. Lone Jørgensen	2:05:20	2:05:20	+78:19	38:58
2. Merete Ravnhøj Andersen	1:07:31	3:12:51	+103:01	14:28
3. Tine Meyhoff Petersen	1:05:16	*4:18:07	+105:30	15:02
SOK 1		MP		
1. Anelli Sandbæk	MP	MP		
2. Anette Pind	48:19	MP		07:02
3. Tove Jakobsen	56:28	MP		08:33

D60	(3 / 3)	Time	Behind	Time lost
1. OK Sorø 1		2:01:00		
1. Mette Filskov	37:19	37:19	+2:41	06:16
2. Tine Demandt	47:37	1:24:56	+5:37	07:15
3. Søs Munch Hansen	36:04	2:01:00		02:13
2. SOK 1		2:05:24	+4:24	
1. Inga Jager	41:59	41:59	+7:21	03:16
2. Inger Lise Simonsen	50:28	1:32:27	+13:08	06:11
3. Dorthe Hansen	32:57	2:05:24	+4:24	03:11
3. Ballerup OK 1		2:33:21	+32:21	
1. Annette Bonde	34:38	34:38		03:00
2. Siri Klausen	44:41	1:19:19		03:54
3. Ellen Kuhn Jensen	1:14:02	2:33:21	+32:21	14:50

D65	(1 / 1)	Time	Behind	Time lost
1. Helsingør SOK 1		2:22:05		
1. Birgitte Krüger	1:10:54	1:10:54		07:12
2. Mette Seir Hansen	48:09	1:59:03		05:58
3. Lene Jensen	23:02	2:22:05		00:00
D70	(6 / 6)	Time	Behind	Time lost
1. OK ØST Birkerød 1		44:49		
1. Kirsten Nymann Petersen	23:37	23:37		02:07
2. Ulla Hooge	21:12	44:49		01:30
2. OK Pan 1		49:58	+5:09	
1. Else Hass	26:48	26:48	+3:11	05:29
2. Mona Nørgaard	23:10	49:58	+5:09	01:19
3. Søllerød OK 1		1:01:55	+17:06	
1. Else Juul Hansen	34:16	34:16	+10:39	03:50
2. Jette Stepputat	27:39	1:01:55	+17:06	00:46
4. Horsens OK 1		1:03:18	+18:29	
1. Elin Holm Jensen	26:40	26:40	+3:03	02:56
2. Aase Thyssen	36:38	1:03:18	+18:29	06:11
5. OK73 1		1:08:45	+23:56	
1. Marianne Lykking	38:33	38:33	+14:56	11:11
2. Else Gudme	30:12	1:08:45	+23:56	03:44
Helsingør SOK 1		MP		
1. Kirsten Ellekilde	35:55	35:55	+12:18	10:58
2. Inge Olsen	MP	MP		
H12	(6 / 6)	Time	Behind	Time lost
1. OK Pan 1		1:12:44		
1. Esben Johan Obel	20:47	20:47		01:11
2. Kirk Beuchert Jensen	27:17	48:04		03:42
3. Vilhelm Rokkjær Andreasen	24:40	1:12:44		04:32
2. OK Sorø 1		1:41:34	+28:50	
1. Liam Sharpe á Argjahøvda	26:58	26:58	+6:11	02:52
2. Silas Hoffmann	29:54	56:52	+8:48	08:48
3. Sofus Schou Christensen	44:42	1:41:34	+28:50	10:30
3. Farum OK 1		1:52:19	+39:35	
1. Denis Kandybei	35:02	35:02	+14:15	11:11
2. Dasha Kapanadze	42:45	1:17:47	+29:43	18:52
3. Nalini Kapanadze	34:32	1:52:19	+39:35	07:42
4. FIF Hillerød 1		2:12:10	+59:26	
1. Noah Hallenberg Hartelius	53:42	53:42	+32:55	25:56
2. Leo Hallenberg Hartelius	30:02	1:23:44	+35:40	08:49
3. Niclas Cook Simonsen	48:26	2:12:10	+59:26	18:35
5. Horsens OK 1		*3:20:06	+127:22	
1. Jonas Klærke Mikkelsen	37:17	37:17	+16:30	08:13
2. Anna Andersen	1:57:24	2:34:41	+106:37	49:39
3. Thora Toft Møller Mikkelsen	45:25	*3:20:06	+127:22	14:20
Søllerød OK 1		MP		
1. Hanna Bæk Christiansen	35:09	35:09	+14:22	11:23
2. Anton David Koue	MP	MP		
3. Samuel Næstoft Tabanera	40:28	MP		04:29

H16	(6 / 6)	Time	Behind	Time lost
1. Allerød OK 1		1:28:38		
1. Erik Grønborg Nielsen	31:08	31:08		01:57
2. Johannes Marager	22:56	54:04		00:58
3. Mads Christian Maarup	34:34	1:28:38		02:38
2. Søllerød OK 1		1:38:53	+10:15	
1. Vincent Becker	33:52	33:52	+2:44	01:35
2. Oscar Bæk Christiansen	29:39	1:03:31	+9:27	04:02
3. Nathan Philibert	35:22	1:38:53	+10:15	05:28
3. OK Snab 1		1:50:09	+21:31	
1. Rasmus Edvardsen	36:39	36:39	+5:31	04:06
2. Sejer Bloch Rosenvinge	41:39	1:18:18	+24:14	07:31
3. Axel Örnhagen Jørgensen	31:51	1:50:09	+21:31	02:25
4. FIF Hillerød 1		1:51:22	+22:44	
1. Torbjørn Høyer Staugaard	37:35	37:35	+6:27	05:51
2. Magne Funder Skovlyst	41:26	1:19:01	+24:57	08:54
3. Niels Elton Jokumsen	32:21	1:51:22	+22:44	04:29
5. SOK 1		1:57:45	+29:07	
1. Emil Borup Fredberg	53:30	53:30	+22:22	08:05
2. Mattias Klostergaard Rokkjær	32:47	1:26:17	+32:13	03:32
3. Asbjørn Faber Fenger-Grøn	31:28	1:57:45	+29:07	01:01
6. OK Sorø 1		2:57:24	+88:46	
1. Mads Ottar Jespersen	52:27	52:27	+21:19	06:50
2. Tobias Jacobsen	1:00:43	1:53:10	+59:06	18:17
3. Gustav Holst Friborg	1:04:14	2:57:24	+88:46	11:52

H20	(4 / 4)	Time	Behind	Time lost
1. OK Pan 1		2:04:19		
1. Casper Stæhelin Blakskjær	44:08	44:08		04:32
2. Jonas Damm Als	40:35	1:24:43		00:30
3. Asbjørn Kaltoft	39:36	2:04:19		03:26
2. OK Melfar 1		2:54:46	+50:27	
1. August Gabs	51:15	51:15	+7:07	03:50
2. Magnus Fannar Madsen	1:17:38	2:08:53	+44:10	28:52
3. Jonas Gabs	45:53	2:54:46	+50:27	00:38
3. Horsens OK 1		2:59:35	+55:16	
1. Jonas Ellegård Kokholm	1:11:05	1:11:05	+26:57	16:06
2. Nikola Ivanov	59:28	2:10:33	+45:50	06:36
3. Jacob Klærke Mikkelsen	49:02	2:59:35	+55:16	04:51
Allerød OK 1		MP		
1. Hans Grønborg Nielsen	MP	MP		
2. Theis Munktvad	40:51	MP		01:08
3. Oscar David Broman Jensen	39:49	MP		00:40

H21	(20 / 20)	Time	Behind	Time lost
1. SOK 1		1:57:11		
1. Rico Hejlskov Mogensen	37:44	37:44		01:01
2. Tue Lassen	42:24	1:20:08		03:03
3. Laurits Bidstrup Møller	37:03	1:57:11		00:23
2. OK Pan 2		2:03:23	+6:12	
1. Tobias Karlsmose Svarer	41:16	41:16	+3:32	02:11
2. Mads Møller Skaug	40:29	1:21:45	+1:37	03:09
3. Rasmus Djurhuus	41:38	2:03:23	+6:12	03:31

3.	OK ØST Birkerød 1		2:04:38	+7:27	
	1. Miri Thrane Ødum	44:51	44:51	+7:07	04:20
	2. Marius Thrane Ødum	37:55	1:22:46	+2:38	00:53
	3. Søren Thrane Ødum	41:52	2:04:38	+7:27	06:29
4.	OK Pan 1		2:07:35	+10:24	
	1. Eskil Schøning	46:49	46:49	+9:05	06:29
	2. Søren Schwartz	38:49	1:25:38	+5:30	00:00
	3. Andreas Bock Bjørnsen	41:57	2:07:35	+10:24	04:54
5.	FIF Hillerød 1		2:16:26	+19:15	
	1. Emil Folino	44:46	44:46	+7:02	02:55
	2. Jacob Steinthal	50:56	1:35:42	+15:34	09:34
	3. Malte Kjær Hemmingsen	40:44	2:16:26	+19:15	01:48
6.	OK Melfar 1		2:24:24	+27:13	
	1. Mikkel Sørensen	49:32	49:32	+11:48	05:06
	2. Morten Rindom Knudsen	44:08	1:33:40	+13:32	01:32
	3. Henrik Rindom Knudsen	50:44	2:24:24	+27:13	06:49
7.	Kolding OK 1		2:26:08	+28:57	
	1. Niels Dalgaard	38:22	38:22	+0:38	00:45
	2. Gustav Vinther Østermark Jensen	44:51	1:23:13	+3:05	01:56
	3. Anders Dalgaard	1:02:55	2:26:08	+28:57	07:40
8.	SOK 3		2:31:52	+34:41	
	1. Giacomo Schmidt Frattari	45:24	45:24	+7:40	04:23
	2. Per Hjerrild	48:03	1:33:27	+13:19	01:13
	3. Rasmus Holm Andersen	58:25	2:31:52	+34:41	05:26
9.	OK Pan 4		2:35:26	+38:15	
	1. Mikkel Holm Nielsen	56:46	56:46	+19:02	00:00
	2. Søren Møller Skaug	52:57	1:49:43	+29:35	00:00
	3. Oscar Sig Tranberg	45:43	2:35:26	+38:15	01:30
10.	OK Pan 3		2:35:27	+38:16	
	1. Jeppe Ruud	48:46	48:46	+11:02	05:19
	2. Johan Halkjær Dupont	52:22	1:41:08	+21:00	10:52
	3. Stefan Frands Petersen	54:19	2:35:27	+38:16	07:56
11.	Søllerød OK 1		2:41:32	+44:21	
	1. Andreas Toft Mikkelsen	47:37	47:37	+9:53	05:35
	2. Sebastian Røysland Maltby	55:42	1:43:19	+23:11	02:46
	3. Steen Olsen	58:13	2:41:32	+44:21	02:05
12.	SOK 2		2:46:23	+49:12	
	1. Bjarke Egholm Rude	51:31	51:31	+13:47	03:48
	2. Tjalfe Egholm Rude	55:24	1:46:55	+26:47	04:49
	3. Rasmus Thrane Hansen	59:28	2:46:23	+49:12	02:15
13.	Horsens OK 1		2:49:54	+52:43	
	1. Niklas Ingwersen	48:17	48:17	+10:33	04:57
	2. Mátyás Péntek	52:56	1:41:13	+21:05	09:24
	3. Thomas Emil Jensen	1:08:41	2:49:54	+52:43	10:18
14.	Horsens OK 2		2:53:03	+55:52	
	1. Simon Mayer	51:35	51:35	+13:51	05:31
	2. Márton Péntek	58:40	1:50:15	+30:07	05:33
	3. William Laursen	1:02:48	2:53:03	+55:52	08:56
15.	OK Pan 5		3:12:02	+74:51	
	1. Bjarke Refslund	51:47	51:47	+14:03	00:00
	2. Ebbe Møller Nielsen	1:07:52	1:59:39	+39:31	00:00
	3. Kim Rokkjær	1:12:23	3:12:02	+74:51	13:47

OK Snab 1		MP		
1. Jeppe Edvardsen	MP	MP		
2. Linus Agervig Kristiansson	39:55	MP	02:01	
3. Magnus Dewett	41:07	MP	02:11	
THOK 1		MP		
1. RunO Olsen	MP	MP		
2. Lasse Falck Weber	46:37	MP	03:18	
3. Emil Øbro	43:12	MP	03:46	
Aarhus 1900 Orientering 1		MP		
1. Jonas Søby Pedersen	MP	MP		
2. Anton Rasmussen	1:12:46	MP	16:57	
3. Sune Dupont	1:05:21	MP	04:17	
OK Snab 2		DNS		
1. Felix Isaksen	46:25	46:25	+8:41	02:23
2. Björn Kristiansson	DNS	DNS		
3. Jeppe Liengård Caspersen	DNS	DNS		
THOK 2		DNS		
1. Nikolaj Bjørn	MP	MP		
2. Finn Bregensøe	MP	MP		
3. N.N.	DNS	DNS		
H35	(1 / 1)	Time	Behind	Time lost
1. OK Sorø 1		2:16:13		
1. Janus Storland Høhne	48:36	48:36		00:00
2. André Didier Gautier	41:36	1:30:12		00:52
3. Kenneth Thomsen	46:01	2:16:13		00:00
H40	(9 / 9)	Time	Behind	Time lost
1. Allerød OK 1		2:11:03		
1. Niels-Peter Vest Nielsen	48:13	48:13		08:12
2. Torben Nørgaard	42:31	1:30:44		05:28
3. Asger Habekost Nielsen	40:19	2:11:03		02:08
2. FIF Hillerød 1		2:16:30	+5:27	
1. Mads K. Larsen	51:33	51:33	+3:20	08:34
2. Rune Funder	52:09	1:43:42	+12:58	08:36
3. Rune Nygaard Monrad	32:48	2:16:30	+5:27	00:00
3. Viking Atletik 1		2:57:45	+46:42	
1. Flemming Munch Hansen	1:00:49	1:00:49	+12:36	14:37
2. Esben Heltoft	50:25	1:51:14	+20:30	05:59
3. Lars Wichmann	1:06:31	2:57:45	+46:42	10:03
4. Farum OK 1		3:01:33	+50:30	
1. Søren Jensen	50:08	50:08	+1:55	06:16
2. Paul Couldridge	45:43	1:35:51	+5:07	03:33
3. Mikkel Frese Søderlund	1:25:42	3:01:33	+50:30	20:45
Fyns stafet 2		MP		
1. Peter Sigvardt	1:01:18	1:01:18	+13:05	10:18
2. Tommy Iversen	1:22:37	2:23:55	+53:11	18:58
3. Steffen Elberg Godskesen	MP	MP		
Fyns stafet 1		MP		
1. Jakob Q Christensen	MP	MP		
2. Morten Mølgaard Nielsen	51:38	MP		07:42
3. Nicolai Krabek	1:01:00	MP		12:24
OK Roskilde 1		MP		
1. Casper Lindemann	57:01	57:01	+8:48	10:15
2. Mads Pedersen	MP	MP		
3. Kent Pihl	50:58	MP		01:44

Horsens OK 1		MP		
1.	Stefan Keller	1:11:02	+22:49	15:18
2.	Mikael Andersen	MP		
3.	Filip Bergmann Verhelst	1:42:34		22:24
Holbæk OK 1		DNF		
1.	Finn Skouenborg	1:01:13	+13:00	09:55
2.	Tomas Grabauskas	1:13:46	+44:15	10:45
3.	Henrik Snedker Pedersen	DNF		

H45		(5 / 5)	Time	Behind	Time lost
1.	SOK 1		1:56:46		
1.	Patrick McGrail	39:24	39:24		01:12
2.	Morten Fenger-Grøn	39:42	1:19:06		02:16
3.	René Rokkjær	37:40	1:56:46		00:58
2.	Horsens OK 1		2:44:55	+48:09	
1.	Martin Hastrup Dyrlynd	1:15:13	1:15:13	+35:49	25:08
2.	Nicolaj Nielsen	48:10	2:03:23	+44:17	06:56
3.	Troels Nielsen	41:32	2:44:55	+48:09	03:45
3.	THOK 1		2:48:06	+51:20	
1.	Peter Steen Landsperg	50:22	50:22	+10:58	07:20
2.	Jakob Landsperg	51:00	1:41:22	+22:16	06:46
3.	Rasmus Nielsen	1:06:44	2:48:06	+51:20	22:52
4.	OK Pan 1		3:22:32	+85:46	
1.	Henrik Bomm Hinge	59:09	59:09	+19:45	15:09
2.	Kell Sønnichsen	1:01:53	2:01:02	+41:56	10:34
3.	Thomas Hornbæk	1:21:30	3:22:32	+85:46	17:00
5.	Horsens OK 2		3:38:21	+101:35	
1.	Thomas Herbert Kokholm	1:12:20	1:12:20	+32:56	18:12
2.	Allan Skouboe	1:05:35	2:17:55	+58:49	10:22
3.	Per Mønster Jørgensen	1:20:26	3:38:21	+101:35	23:09

H50		(12 / 12)	Time	Behind	Time lost
1.	THOK 1		1:54:48		
1.	Preben Jørgensen	46:27	46:27	+8:07	07:50
2.	Thomas Greve Jensen	35:12	1:21:39	+0:57	01:25
3.	Jesper David Jensen	33:09	1:54:48		00:47
2.	OK ØST Birkerød 1		1:56:50	+2:02	
1.	Jakob Ødum	38:20	38:20		02:49
2.	Rasmus Ødum	42:22	1:20:42		03:11
3.	Jan Eg Pedersen	36:08	1:56:50	+2:02	01:37
3.	SOK 1		2:14:47	+19:59	
1.	Keld Hinge Krogsgaard	45:32	45:32	+7:12	03:54
2.	Poul Mouritsen	52:46	1:38:18	+17:36	10:28
3.	Thomas Fredberg	36:29	2:14:47	+19:59	01:57
4.	OK Snab 1		2:15:45	+20:57	
1.	Jens Liengård	49:52	49:52	+11:32	09:22
2.	Jesper Fenger-Grøn	49:15	1:39:07	+18:25	06:53
3.	Flemming Jørgensen	36:38	2:15:45	+20:57	00:42
5.	Ballerup OK 1		2:18:33	+23:45	
1.	Claus Cederberg	49:55	49:55	+11:35	06:24
2.	Morten Ploug	48:40	1:38:35	+17:53	03:48
3.	Carsten Gemmer Hanghøj	39:58	2:18:33	+23:45	04:09
6.	Horsens OK 1		2:26:38	+31:50	
1.	Kent Kragh	49:58	49:58	+11:38	09:34
2.	Mads Mikkelsen	50:20	1:40:18	+19:36	10:51
3.	Carsten Thyssen	46:20	2:26:38	+31:50	03:31

7.	Allerød OK 1		2:35:08	+40:20	
	1. Anders Marager	48:49	48:49	+10:29	06:20
	2. Lars Munktvad	49:39	1:38:28	+17:46	09:01
	3. Michael Ertmann	56:40	2:35:08	+40:20	10:59
8.	OK Snab 2		3:35:17	+100:29	
	1. Lars Pagh	49:43	49:43	+11:23	10:33
	2. Peter Gammeljord	1:14:19	2:04:02	+43:20	12:15
	3. Bo Gjesing Jepsen	1:31:15	3:35:17	+100:29	18:52
	FIF Hillerød 1		MP		
	1. Thomas Eriksen	46:12	46:12	+7:52	04:51
	2. Ulrik Staugaard	41:24	1:27:36	+6:54	02:53
	3. Lars Simonsen	MP	MP		
	Viking Atletik 5		MP		
	1. Tom Jørgensen	MP	MP		
	2. Peter Nørgaard	1:15:39	MP		11:24
	3. Gordon Johnson	1:43:00	MP		27:46
	OK Pan 1		DNS		
	1. N.N.	DNS	DNS		
	2. Jacob Ingerslev Overvad	DNS	DNS		
	3. Thomas Hjerrild	DNS	DNS		
	THOK 11		DNS		
	1. N.N.	DNS	DNS		
	2. N.N.	DNS	DNS		
	3. N.N.	DNS	DNS		

	H55	(9 / 9)	Time	Behind	Time lost
1.	THOK 1		2:08:56		
	1. Rolf Valery	41:27	41:27		00:36
	2. Jakob Albahn	48:02	1:29:29		04:56
	3. Tim Falck Weber	39:27	2:08:56		00:00
2.	Kolding OK 1		2:29:45	+20:49	
	1. Henrik Uhlemann	47:18	47:18	+5:51	02:19
	2. Thomas Uhlemann	47:29	1:34:47	+5:18	05:01
	3. Per Eg Pedersen	54:58	2:29:45	+20:49	05:12
3.	Ballerup OK 1		2:29:58	+21:02	
	1. Alex Ottesen	46:49	46:49	+5:22	05:51
	2. Ole Lind	45:52	1:32:41	+3:12	04:54
	3. Jørgen Pedersen	57:17	2:29:58	+21:02	09:27
4.	Herlufsholm OK 1		3:09:33	+60:37	
	1. Arne Kristensen	50:18	50:18	+8:51	05:41
	2. Jesper Børsting	1:07:51	1:58:09	+28:40	10:37
	3. Frede Scheye	1:11:24	3:09:33	+60:37	12:41
5.	OK Snab 1		3:30:49	+81:53	
	1. Kaj Isaksen	53:59	53:59	+12:32	05:13
	2. Henning Schou	55:52	1:49:51	+20:22	04:38
	3. Villy Kjeldsen	1:40:58	3:30:49	+81:53	18:57
6.	OK Sorø 1		3:32:29	+83:33	
	1. Kåre Sørensen	57:33	57:33	+16:06	12:54
	2. Kristian Kærsgaard Hansen	48:19	1:45:52	+16:23	01:59
	3. Jan Koue Larsen	1:46:37	3:32:29	+83:33	52:53
7.	Herlufsholm OK 2		3:52:49	+103:53	
	1. Peter Karberg	1:09:56	1:09:56	+28:29	15:31
	2. Henrik Mathiesen	1:24:16	2:34:12	+64:43	20:30
	3. Torben Kristensen	1:18:37	3:52:49	+103:53	08:40

Farum OK 1		MP		
1. Helge Lang Pedersen	47:42	47:42	+6:15	03:20
2. Jens Jørgen Hansen	MP	MP		
3. Pablo Jensen	MP	MP		
THOK 2		DNS		
1. Dennis Øbro	MP	MP		
2. Sten Skytte Kirkegaard	DNS	DNS		
3. N.N.	DNS	DNS		

H60	(7 / 7)	Time	Behind	Time lost
1. SOK 1		2:08:53		
1. Morten Kjær	47:02	47:02		04:54
2. Jens Børsting	43:05	1:30:07		01:07
3. Erik Bobach	38:46	2:08:53		00:26
2. OK H.T.F. 1		2:42:42	+33:49	
1. Peter H Juhl	55:25	55:25	+8:23	06:01
2. Søren Dall	50:23	1:45:48	+15:41	04:04
3. Arne Bertelsen	56:54	2:42:42	+33:49	10:09
3. Holbæk OK 1		3:07:12	+58:19	
1. Henrik Nielsen	58:47	58:47	+11:45	07:14
2. Jan Thiesen	1:04:38	2:03:25	+33:18	13:29
3. Per Bundgaard Larsen	1:03:47	3:07:12	+58:19	08:53
4. Horsens OK 1		3:13:24	+64:31	
1. Frank Krog Jensen	1:02:15	1:02:15	+15:13	08:53
2. Tommy Jakobsen	1:02:17	2:04:32	+34:25	03:45
3. Henning Hansen	1:08:52	3:13:24	+64:31	14:40
5. PiSkAmOK 1		3:18:27	+69:34	
1. Per Rasmussen	1:08:17	1:08:17	+21:15	13:46
2. Jørn Lind	49:21	1:57:38	+27:31	04:22
3. Jan Kofoed Nielsen	1:20:49	3:18:27	+69:34	17:49
6. OK Pan 1		3:27:05	+78:12	
1. Kent Lodberg	48:53	48:53	+1:51	05:04
2. Ivan Christensen	1:00:13	1:49:06	+18:59	15:32
3. John Holm	1:37:59	3:27:05	+78:12	32:17
7. OK ØST Birkerød 1		*4:11:11	+122:18	
1. Jens Bentsen	1:03:30	1:03:30	+16:28	07:04
2. Jens Saxtorph Kofod	1:40:18	2:43:48	+73:41	45:25
3. Jan Jakobsen	1:27:23	*4:11:11	+122:18	10:54

H65	(5 / 5)	Time	Behind	Time lost
1. Ballerup OK 1		2:17:59		
1. Lars Hanghøj Petersen	46:47	46:47	+4:52	06:12
2. Gregers Jørgensen	46:11	1:32:58	+0:38	07:34
3. Jørgen Skaarup	45:01	2:17:59		03:40
2. Helsingør SOK 1		2:19:26	+1:27	
1. Torben Seir	52:17	52:17	+10:22	07:48
2. Flemming Wendelboe	54:01	1:46:18	+13:58	07:40
3. Rolf Lund	33:08	2:19:26	+1:27	01:13
3. Viking Atletik 2		2:29:20	+11:21	
1. Erik Munch Hansen	48:28	48:28	+6:33	07:06
2. Hans-Åge Mortensen	43:52	1:32:20		02:37
3. Kaj Erik Mortensen	57:00	2:29:20	+11:21	08:57
4. FIF Hillerød 1		2:56:39	+38:40	
1. Jens Høgsfeldt	1:04:29	1:04:29	+22:34	05:52
2. Emil Olesen	57:35	2:02:04	+29:44	06:05
3. Søren Peter Larsen	54:35	2:56:39	+38:40	06:49

Fyns stafet 1			MP		
1.	Per Storm Hansen	41:55	41:55		01:12
2.	Bent Aakjær	1:07:14	1:49:09	+16:49	14:28
3.	Claes Ø. Larsen	MP	MP		
H70		(6 / 6)	Time	Behind	Time lost
1.	SOK 1		2:08:38		
1.	Jørgen Münster-Swendsen	40:01	40:01		04:47
2.	Bjarne Christensen	45:34	1:25:35	+0:30	10:49
3.	Knud Fjordvald	43:03	2:08:38		05:31
2.	THOK 1		2:09:33	+0:55	
1.	Keld Johnsen	44:39	44:39	+4:38	08:38
2.	Peter Wraa	40:26	1:25:05		03:00
3.	Leif E. Larsen	44:28	2:09:33	+0:55	14:51
3.	OK GORM 1		2:25:13	+16:35	
1.	Hans Christian Strib	50:09	50:09	+10:08	07:27
2.	Flemming D. Andersen	47:40	1:37:49	+12:44	04:29
3.	Poul Erik Buch	47:24	2:25:13	+16:35	10:29
4.	Fyns stafet 1		2:37:10	+28:32	
1.	Niels Rabølle	1:07:45	1:07:45	+27:44	27:05
2.	Erik Ljungdahl	43:21	1:51:06	+26:01	03:25
3.	Børge Pedersen	46:04	2:37:10	+28:32	06:08
5.	OK H.T.F. 1		2:55:36	+46:58	
1.	Ove B. Therkildsen	1:02:21	1:02:21	+22:20	20:06
2.	Keld Rasmussen	51:54	1:54:15	+29:10	09:15
3.	Finn Jørgensen Aaris	1:01:21	2:55:36	+46:58	17:24
	Farum OK 1		MP		
1.	Kai Beck-Andersen	53:29	53:29	+13:28	05:18
2.	Ulrik Danneskiold-Samsøe	MP	MP		
3.	Ole Husen	MP	MP		
H75		(10 / 10)	Time	Behind	Time lost
1.	THOK 1		1:22:14		
1.	Niels Landsperg	39:26	39:26	+1:06	03:16
2.	Klaus Olsen	42:48	1:22:14		04:58
2.	OK Roskilde 1		1:22:23	+0:09	
1.	Ole Svendsen	44:09	44:09	+5:49	05:29
2.	Inge Jørgensen	38:14	1:22:23	+0:09	03:34
3.	OK73 1		1:38:54	+16:40	
1.	Knud Lykking	45:41	45:41	+7:21	06:24
2.	Gunner Jørgensen	53:13	1:38:54	+16:40	09:36
4.	Fyns stafet 5		1:52:54	+30:40	
1.	Ove Splittorff	54:43	54:43	+16:23	12:43
2.	Randi Splittorff	58:11	1:52:54	+30:40	09:39
5.	Horsens OK 1		1:54:20	+32:06	
1.	Tage Baun	46:46	46:46	+8:26	07:05
2.	Jørgen Thyssen	1:07:34	1:54:20	+32:06	13:24
6.	FIF Hillerød 1		2:03:49	+41:35	
1.	Karsten Funder	1:09:50	1:09:50	+31:30	24:24
2.	Leif Sig	53:59	2:03:49	+41:35	09:39
7.	PiSkAmOK 1		2:48:50	+86:36	
1.	Steen Sørensen	1:52:23	1:52:23	+74:03	53:15
2.	Mogens Hansen	56:27	2:48:50	+86:36	09:33

Helsingør SOK 1		MP		
1. Søren A. Nielsen	38:20	38:20		04:13
2. John Pihl	MP	MP		
OK Pan 1		MP		
1. Knud Sørensen	46:26	46:26	+8:06	08:35
2. Flemming Nørgaard	MP	MP		
FIF Hillerød 2		DNF		
1. Thorkild Sørensen	DNF	DNF		
2. Jørgen Chr. Nielsen	–	DNF		03:18

H80	(6 / 6)	Time	Behind	Time lost
1. Fyns stafet 1		1:02:18		
1. Palle Møller Nielsen	28:47	28:47	+0:55	03:19
2. Olav Odgaard	33:31	1:02:18		05:35
2. Fyns stafet 2		1:15:33	+13:15	
1. Hans Larsen	28:09	28:09	+0:17	03:15
2. Aksel Skovlyst	47:24	1:15:33	+13:15	12:06
3. FIF Hillerød 1		1:24:18	+22:00	
1. Jens Høyer Olsen	50:40	50:40	+22:48	14:56
2. Henning Løwenstein	33:38	1:24:18	+22:00	04:34
4. Helsingør SOK 1		1:30:03	+27:45	
1. Jørgen Jensen	27:52	27:52		00:59
2. Marie Krogsgaard	1:02:11	1:30:03	+27:45	23:33
5. Søllerød OK 1		1:35:12	+32:54	
1. Kaj Rostvad	52:55	52:55	+25:03	18:34
2. Jørn Wigh	42:17	1:35:12	+32:54	14:36
Farum OK 1		MP		
1. Bendt Frandsen	MP	MP		
2. Jørgen Lund-Hansen	1:09:20	MP		34:54

Åben	(7 / 7)	Time	Behind	Time lost
1. PiSkAmOK 1		2:01:58		
1. Philip Knak	57:16	57:16		06:38
2. Bruno Stub	37:55	1:35:11	+9:01	05:10
3. Mette Stub	26:47	2:01:58		00:00
2. Viking Atletik 3		2:17:32	+15:34	
1. Jørgen Kirkeby	1:04:19	1:04:19	+7:03	04:51
2. Marianne Tang Seerup	36:34	1:40:53	+14:43	02:27
3. Anna Seerup Kirkeby	36:39	2:17:32	+15:34	04:43
3. Aalborg OK 1		2:20:43	+18:45	
1. Jan Møller	59:29	59:29	+2:13	06:58
2. Christoffer Vang Bobach	26:41	1:26:10		00:23
3. Anna Vang Bobach	54:33	2:20:43	+18:45	08:20
4. PiSkAmOK 2		2:44:33	+42:35	
1. Svend Christiansen	1:11:10	1:11:10	+13:54	15:53
2. Hakon Mosbech	44:39	1:55:49	+29:39	06:09
3. Torkil Hansen	48:44	2:44:33	+42:35	03:58
5. OK Vendelboerne 1		2:57:52	+55:54	
1. Allan Reiche	59:53	59:53	+2:37	04:07
2. Mette Reiche Sørensen	1:15:00	2:14:53	+48:43	15:34
3. Sami Aarnio	42:59	2:57:52	+55:54	08:36
6. Allerød OK 1		3:45:07	+103:09	
1. Lasse August Helweg	59:55	59:55	+2:39	07:05
2. Majken Maarup	1:04:09	2:04:04	+37:54	05:13
3. Kirsten Lange	1:41:03	3:45:07	+103:09	31:43

OK H.T.F. 1

1.	Mads Ellegaard Juhl	1:00:21	MP	1:00:21	+3:05	04:36
2.	Noah Klogborg	MP	MP			
3.	Jette Klogborg	36:26	MP			01:24