

Results – SM Lang 2021

2021-08-15

D10	(3 / 3)	Time	Behind	Time lost
1. Ida Nygaard Monrad	FIF Hillerød	17:50		00:18
2. Dagmar Marager	Allerød OK	19:50	+2:00	01:46
3. Marie K. Brigsted	FIF Hillerød	21:51	+4:01	03:30
D12	(6 / 6)	Time	Behind	Time lost
1. Hanna Bæk Christiansen	Søllerød OK	24:50		00:18
2. Amalie Broman	Allerød OK	25:54	+1:04	00:00
3. Anna K. Brigsted	FIF Hillerød	27:22	+2:32	02:10
4. Camille Friis Scheby	OK Sorø	29:00	+4:10	04:31
5. Emma Nygaard Monrad	FIF Hillerød	29:30	+4:40	01:08
6. Emma Lundsgaard	AMOK	30:14	+5:24	04:13
D12B	(2 / 2)	Time	Behind	Time lost
1. Anna Kjær Ingvarsdén	FIF Hillerød	22:30		00:35
2. Silje Olivia Bøgevig Løkkeholt	Søllerød OK	27:31	+5:01	03:14
D14	(5 / 5)	Time	Behind	Time lost
1. Kamma Aglund Andersen	OK Øst Birkerød	28:14		01:07
2. Laura-Johanne David Koue	Søllerød OK	30:22	+2:08	02:25
3. Ingrid Due Nygaard	Søllerød OK	31:25	+3:11	03:32
4. Ella Reker Hadrup	Søllerød OK	33:16	+5:02	04:06
5. Liv Lundsgaard	AMOK	35:26	+7:12	05:44
D16	(7 / 7)	Time	Behind	Time lost
1. Frida Kärner Grooss	Allerød OK	51:02		02:09
2. Augusta Thorsen	Farum OK	1:01:17	+10:15	08:29
3. Clara Friis Scheby	OK Sorø	1:04:51	+13:49	06:48
4. Cecilie Broman	Allerød OK	1:30:25	+39:23	21:13
5. Frida Hagedorn	Søllerød OK	1:30:37	+39:35	05:28
6. Louisa Oscarsson	Søllerød OK	2:09:36	+78:34	40:03
Lucia Holck	Tisvilde Hegn OK	DNS		
D18	(1 / 1)	Time	Behind	Time lost
1. Emilie Bæk Christiansen	Søllerød OK	1:34:34		00:00
D20	(6 / 6)	Time	Behind	Time lost
1. Sigrid Høyer Staugaard	FIF Hillerød	1:02:07		01:47
2. Amalie Ertmann	Allerød OK	1:03:39	+1:32	01:34
3. Dicte Højbjerg Andersen	Helsingør SOK	1:07:59	+5:52	03:17
4. Hedda Kärner Grooss	Allerød OK	1:13:41	+11:34	00:00
5. Xenia Bregensøe	Tisvilde Hegn OK	1:13:53	+11:46	11:50
Siri Simonsen	FIF Hillerød	DNS		
D20B	(1 / 1)	Time	Behind	Time lost
1. Sigrid Visti Hemmingsen	FIF Hillerød	1:43:40		00:00
D21AK	(1 / 1)	Time	Behind	Time lost
1. Vera Mullerova	Farum OK	46:16		00:00

D21B		(1 / 1)	Time	Behind	Time lost
	Trine Hershøj	Ballerup OK	DNS		
D35		(1 / 1)	Time	Behind	Time lost
1.	Karina Mejnborg	PI-København	2:28:00		00:00
D40		(4 / 4)	Time	Behind	Time lost
1.	Irina Kupriyanova	Farum OK	57:41		03:50
2.	Merete Nørgaard	Allerød OK	1:01:56	+4:15	06:23
3.	Aline Harmand	Søllerød OK	1:27:07	+29:26	07:59
	Rikke Nygaard Monrad	FIF Hillerød	MP		
D45		(8 / 8)	Time	Behind	Time lost
1.	Anne Marie Thommesen	Ballerup OK	53:17		00:58
2.	Maria M. Høyer Staugaard	FIF Hillerød	57:10	+3:53	08:10
3.	Maria Krog Schulz	Ballerup OK	1:04:27	+11:10	02:07
4.	Nina Hoffmann	OK Sorø	1:05:06	+11:49	01:32
5.	Henriette Broman	Allerød OK	1:10:14	+16:57	06:44
6.	Angélique Grønberg Rasmussen	Allerød OK	1:20:24	+27:07	07:43
7.	Tine Friis Scheby	OK Sorø	1:31:12	+37:55	26:36
8.	Silvia Beltrán-Herrera	OK73	3:05:41	+132:24	01:22:47
D45B		(1 / 1)	Time	Behind	Time lost
	Majken Maarup	Allerød OK	MP		
D50		(7 / 7)	Time	Behind	Time lost
1.	Hanne Fogh	FSK Orientering	58:26		05:14
2.	Bodil Karlsmose Kliem	Farum OK	1:00:21	+1:55	00:47
3.	Sandra Simonsen	FIF Hillerød	1:05:42	+7:16	02:55
4.	Heidi L. Holmberg	FIF Hillerød	1:10:34	+12:08	05:51
5.	Janni Fischer	Ballerup OK	1:21:39	+23:13	08:14
6.	Sanne Ifversen Hansen	OK Sorø	1:24:52	+26:26	11:36
	Maiken Andersen	Ballerup OK	DNS		
D55		(11 / 11)	Time	Behind	Time lost
1.	Lena Wraa	Tisvilde Hegn OK	56:37		03:13
2.	Maria Douglas	FIF Hillerød	56:42	+0:05	02:11
3.	Anne Maarup	Allerød OK	57:08	+0:31	03:40
4.	Annette Bonde	Ballerup OK	1:01:57	+5:20	00:45
5.	Runa Ulsøe	OK Roskilde	1:04:06	+7:29	03:53
6.	Susanne Gjedsig Thomsen	Tisvilde Hegn OK	1:07:10	+10:33	04:28
7.	Anette Holm	Farum OK	1:07:50	+11:13	06:48
8.	Tine Meyhoff Petersen	Herlufsholm OK	1:21:48	+25:11	11:39
9.	Merete Kleist	OK Sorø	1:22:51	+26:14	11:19
10.	Dorthe Munktvad	Allerød OK	1:23:27	+26:50	21:16
	Mette Kirstine Agger	Helsingør SOK	DNS		
D60		(12 / 12)	Time	Behind	Time lost
1.	Mette Filskov	OK Sorø	36:00		01:30
2.	Birgitte Birck	Allerød OK	37:10	+1:10	00:00
3.	Pia Kadziola	Maribo OK	38:55	+2:55	01:21
4.	Birgitte Erskov Halland	OK Øst Birkerød	38:57	+2:57	02:03
5.	Siri Klausen	Ballerup OK	45:17	+9:17	03:04
6.	Eva Emanuelsson	Helsingborgs SOK	47:04	+11:04	02:32
7.	Ellen Kühn Jensen	Ballerup OK	53:31	+17:31	04:58
8.	Jytte Hougaard	OK Roskilde	53:36	+17:36	09:04

9.	Annette Færing	Svendborg OK	1:03:40	+27:40	02:41
10.	Helle M. Frederiksen	Ballerup OK	1:05:48	+29:48	18:11
11.	Susanne Christiansen	Farum OK	1:13:02	+37:02	14:18
12.	Eva Konring Olesen	FIF Hillerød	1:17:37	+41:37	19:28

D65	(4 / 4)		Time	Behind	Time lost
1.	Lene Jensen	Helsingør SOK	41:54		02:40
2.	Annlou Husen	Farum OK	50:13	+8:19	07:21
3.	Kit Lang Jørgensen	Farum OK	51:19	+9:25	08:07
4.	Betty Folino	FIF Hillerød	1:02:20	+20:26	05:36

D70	(11 / 11)		Time	Behind	Time lost
1.	Ulla Hooge	OK Øst Birkerød	38:33		02:59
2.	Inger Kirkegaard	Tisvilde Hegn OK	39:09	+0:36	02:31
3.	Kirsten Nymann Petersen	OK Øst Birkerød	41:16	+2:43	01:22
4.	Lisbet Nielsen	OK Vendelboerne	43:33	+5:00	04:13
5.	Gerda Marie Christiansen	Køge OK	44:13	+5:40	03:44
6.	Janet Bentzen	OK Øst Birkerød	47:33	+9:00	03:34
7.	Birgit Hausner	OK S.G.	57:13	+18:40	12:27
8.	Kirsten Ellekilde	Helsingør SOK	57:23	+18:50	10:43
9.	Anne Bülow-Olsen	Lyngby OK	58:50	+20:17	04:38
10.	Jette Bachhausen	FIF Hillerød	1:05:29	+26:56	07:29
11.	Birgit Berner	Køge OK	1:06:33	+28:00	20:41

D75	(10 / 10)		Time	Behind	Time lost
1.	Annelise Hansen	FIF Hillerød	49:34		03:11
2.	Else Gudme	OK73	50:06	+0:32	06:32
3.	Marianne Lykking	OK73	50:19	+0:45	01:36
4.	Else Juul Hansen	Søllerød OK	51:28	+1:54	03:12
5.	Lisbeth Jensen	Ballerup OK	56:01	+6:27	06:29
6.	Lise Kolte	FSK Orientering	59:44	+10:10	01:43
7.	Ellis Byrgiel Sommer	OK Øst Birkerød	1:02:14	+12:40	09:19
8.	Ulla Valnert	OK73	1:04:35	+15:01	02:23
9.	Inge Olsen	Helsingør SOK	1:08:20	+18:46	14:31
10.	Lisbeth G. Larsen	FIF Hillerød	1:28:24	+38:50	16:32

D80	(1 / 1)		Time	Behind	Time lost
	Susan Tamberg	Ballerup OK	MP		

D-Let	(2 / 2)		Time	Behind	Time lost
1.	Inge K. Kristoffersen	Ballerup OK	50:14		05:53
	Ruth Marie Mosbæk	Holbæk OK	MP		

H10	(3 / 3)		Time	Behind	Time lost
1.	Liam Sharpe á Argjahøvda	OK Sorø	17:41		00:17
2.	Victor Nielsen	Tisvilde Hegn OK	37:06	+19:25	20:05
3.	Wilfred Nohr Bøgevig-Løkkeholt	Søllerød OK	57:07	+39:26	30:59

H12	(6 / 6)		Time	Behind	Time lost
1.	Anton Kupriyanov Hviid	Farum OK	20:39		00:00
2.	Niclas Cook Simonsen	FIF Hillerød	23:01	+2:22	00:37
3.	Henrik Kärner Grooss	Allerød OK	27:09	+6:30	00:38
4.	Sofus Schou Christensen	OK Sorø	29:59	+9:20	02:41
5.	Alexander Johannes Mosbech Smith	OK Øst Birkerød	35:08	+14:29	07:40
	Adam Holst Friborg	OK Sorø	MP		

H14	(11 / 11)	Time	Behind	Time lost
1. Oscar Bæk Christiansen	Søllerød OK	37:20		00:38
2. Torbjørn Høyer Staugaard	FIF Hillerød	39:35	+2:15	03:27
3. Rasmus Storm Lyngsø	Allerød OK	43:54	+6:34	03:09
4. Jannik Cornelius Lendal Nielsen	FIF Hillerød	44:25	+7:05	04:37
5. Gustav Holst Friborg	OK Sorø	45:51	+8:31	05:06
6. Tore Emil Maarup	Allerød OK	47:23	+10:03	05:11
7. Mads Ottar Jespersen	OK Sorø	50:30	+13:10	07:02
8. William Nielsen	Tisvilde Hegn OK	53:30	+16:10	10:51
9. Tobias Jacobsen	OK Sorø	1:00:15	+22:55	05:24
10. Marin Philibert	Søllerød OK	1:02:43	+25:23	10:40
11. Sofus Emil Løkkeholt Bøgevig	Søllerød OK	1:07:41	+30:21	13:50
H16	(8 / 8)	Time	Behind	Time lost
1. Mads Christian Maarup	Allerød OK	46:49		03:03
2. Erik Grønborg Nielsen	Allerød OK	49:31	+2:42	02:35
3. Johannes Marager	Allerød OK	53:27	+6:38	06:25
4. Nathan Philibert	Søllerød OK	53:42	+6:53	05:45
5. Niels Elton Jokumsen	FIF Hillerød	56:44	+9:55	03:14
6. Vincent Becker	Søllerød OK	58:31	+11:42	06:09
7. Sebastian Røysland Maltby Ditlev Melbye	Søllerød OK Søllerød OK	1:16:40 DNS	+29:51	11:32
H18	(6 / 6)	Time	Behind	Time lost
1. Tobias Olloz	Tisvilde Hegn OK	56:08		00:38
2. Hans Grønborg Nielsen	Allerød OK	58:33	+2:25	01:20
3. Gustav L. Holmberg	FIF Hillerød	1:01:34	+5:26	01:37
4. Malte Kliem	Farum OK	1:15:55	+19:47	05:37
5. Jens Tange Hasholt Magnus Andersen	Allerød OK Ballerup OK	1:52:05 DNS	+55:57	15:13
H20	(2 / 2)	Time	Behind	Time lost
Mathias Buchgreitz	Søllerød OK	DNS		
Theis Munktvad	Allerød OK	DNS		
H21	(10 / 10)	Time	Behind	Time lost
1. Jesper David Jensen	Tisvilde Hegn OK	1:39:43		01:10
2. Lukas Høghøj	Lyngby OK	1:48:27	+8:44	05:18
3. Mikkel Skaarup	Ballerup OK	1:50:24	+10:41	01:06
4. Kasper Ingerslev	Ballerup OK	1:59:46	+20:03	11:12
5. Andreas Duc Jørgensen	Tisvilde Hegn OK	2:04:25	+24:42	06:21
6. Rasmus Skovhede Hviid	Lyngby OK	2:18:07	+38:24	09:20
7. Svend Christiansen	OK Sorø	2:34:36	+54:53	09:30
8. Frederik Erskov Krogh Bo Simmendefeldt Schmidt Julius Molsen	OK Øst Birkerød Holbæk OK Søllerød OK	2:54:33 MP DNS	+74:50	28:02
H35	(3 / 3)	Time	Behind	Time lost
1. Robert Kovacs	Farum OK	1:30:15		05:30
2. Jakub Jirasek	AMOK	1:36:16	+6:01	05:16
3. Christian Olsen	AMOK	1:55:32	+25:17	17:46
H40	(6 / 6)	Time	Behind	Time lost
1. Rune Nygaard Monrad	FIF Hillerød	58:22		00:00
2. Michael Sørensen	OK Øst Birkerød	1:00:15	+1:53	00:43
3. Asger Habekost Nielsen	Allerød OK	1:10:15	+11:53	01:31

4.	Søren Jensen	Farum OK	1:20:53	+22:31	04:45
5.	Peter Steen Landsperg	Tisvilde Hegn OK	1:21:47	+23:25	03:19
6.	Simon Philibert	Søllerød OK	1:33:19	+34:57	05:55

H45	(9 / 9)		Time	Behind	Time lost
1.	Rasmus Nielsen	Tisvilde Hegn OK	1:08:14		01:48
2.	Søren Bøgevig	Søllerød OK	1:11:03	+2:49	01:31
3.	Torben Nørgaard	Allerød OK	1:20:23	+12:09	08:41
4.	Morten Ploug	Ballerup OK	1:30:08	+21:54	02:42
5.	Niels-Peter Vest Nielsen	Allerød OK	1:34:38	+26:24	11:50
6.	Joakim Ilising Sørensen	Ballerup OK	1:50:41	+42:27	14:00
7.	Kenn Basse	Ballerup OK	2:12:15	+64:01	25:58
	Jesper Grooss	Allerød OK	MP		
	Ulrik Frederiksen	FIF Hillerød	MP		

H50	(13 / 13)		Time	Behind	Time lost
1.	Jens Knud Maarup	Allerød OK	56:48		01:32
2.	Alex Ottesen	Ballerup OK	1:04:19	+7:31	00:00
3.	Kåre Sørensen	OK Sorø	1:08:16	+11:28	00:52
4.	Lars Lyngsø	Allerød OK	1:10:25	+13:37	04:30
5.	Claus Cederberg	Ballerup OK	1:11:17	+14:29	03:30
6.	Lars Munkved	Allerød OK	1:11:18	+14:30	00:49
7.	Michael Ertmann	Allerød OK	1:14:49	+18:01	05:43
8.	Anders Marager	Allerød OK	1:15:03	+18:15	05:02
9.	Steen T. Hasholt	Allerød OK	1:18:49	+22:01	05:01
10.	Michael Nygaard Møller	Ballerup OK	1:35:54	+39:06	17:35
	Carsten Gemmer Hanghøj	Ballerup OK	DNS		
	Jesper Jensen	Farum OK	DNS		
	Ulrik Staugaard	FIF Hillerød	DNS		

H55	(15 / 15)		Time	Behind	Time lost
1.	Jan Eg Pedersen	OK Øst Birkerød	57:51		01:37
2.	Tim Falck Weber	Tisvilde Hegn OK	58:08	+0:17	00:00
3.	Pablo Jensen	Farum OK	1:04:53	+7:02	01:42
4.	Rolf Valery	Tisvilde Hegn OK	1:06:02	+8:11	00:00
5.	Jens Hansen	Farum OK	1:09:35	+11:44	00:00
6.	Claus Odgaard	OK73	1:12:15	+14:24	04:35
7.	Morten Ebbensgaard	OK Øst Birkerød	1:12:38	+14:47	05:20
8.	Helge Lang Pedersen	Farum OK	1:14:13	+16:22	05:52
9.	Stephen Hall Reusch	OK Øst Birkerød	1:16:04	+18:13	02:37
10.	Kristian Kærsgaard Hansen	OK Sorø	1:16:17	+18:26	02:08
11.	Sten Skytte Kirkegaard	Tisvilde Hegn OK	1:19:59	+22:08	03:55
12.	Jesper Børsting	Herlufsholm OK	1:22:42	+24:51	10:13
13.	Jan Thiesen	Holbæk OK	1:26:12	+28:21	06:44
14.	Leif Pedersen	FSK Orientering	1:42:47	+44:56	09:01
15.	Ole Hansen	Helsingør SOK	2:15:02	+77:11	20:18

H60	(21 / 21)		Time	Behind	Time lost
1.	Henrik Steen Andersen	OK Øst Birkerød	46:28		01:12
2.	Henrik Albahn	Lyngby OK	46:44	+0:16	00:59
3.	Jens Viktor Nørgaard	FIF Hillerød	48:17	+1:49	01:05
4.	Søren Sloth	FIF Hillerød	52:33	+6:05	01:10
5.	Jørgen Pedersen	Ballerup OK	53:25	+6:57	03:31
6.	Carsten Stenberg	FIF Hillerød	53:55	+7:27	00:38
7.	Henrik Nielsen	Holbæk OK	56:05	+9:37	03:19
8.	Gregers Jørgensen	Ballerup OK	58:12	+11:44	02:59

9.	Claus Wigen	FSK Orientering	59:00	+12:32	02:55
10.	Kurt Thuesen	FSK Orientering	59:49	+13:21	05:59
11.	Per Windfeld-Hansen	OK Øst Birkerød	1:00:56	+14:28	04:57
12.	Carsten Thye Agger	Helsingør SOK	1:00:59	+14:31	03:57
13.	Per Rasmussen	AMOK	1:05:19	+18:51	08:34
14.	Jens Bentsen	OK Øst Birkerød	1:06:57	+20:29	03:19
15.	Torben Schorlemmer	Ballerup OK	1:07:22	+20:54	08:15
16.	Jan Johansen	PI-København	1:13:15	+26:47	07:22
17.	Sven-Åke Emanuelsson	Helsingborgs SOK	1:15:45	+29:17	02:02
18.	Jan Jakobsen	OK Øst Birkerød	1:27:34	+41:06	01:56
19.	Henrik Snedker Pedersen	Holbæk OK	1:37:50	+51:22	16:25
20.	Bent Aakjær	Odense OK	1:41:41	+55:13	20:41
	Jesper Cornelius Nielsen	FIF Hillerød	DNS		

H65	(12 / 12)	Time	Behind	Time lost
1.	Leif E. Larsen	Tisvilde Hegn OK		01:33
2.	Per Storm Hansen	Svendborg OK	+6:40	06:57
3.	Lars Vedel Jørgensen	Farum OK	+7:58	02:05
4.	Søren Peter Larsen	FIF Hillerød	+13:06	04:29
5.	Jørgen Skaarup	Ballerup OK	+15:41	12:02
6.	Hakon Mosbech	OK Skærmen Værløse	+17:18	04:43
7.	Jens Peter Gundorf	OK Øst Birkerød	+17:21	02:29
8.	Max Prang	Fredensborg OK	+23:31	07:25
9.	Mogens Hald Kristensen	OK Roskilde	+26:56	05:34
10.	Peter Nørgaard	Ballerup OK	+34:38	22:40
11.	Kai Beck-Andersen	Farum OK	+35:05	06:42
	Rolf Lund	Helsingør SOK	DNS	

H70	(16 / 16)	Time	Behind	Time lost
1.	Gunnar Grue-Sørensen	Køge OK		00:51
2.	Søren A. Nielsen	Helsingør SOK	+5:55	02:00
3.	Søren Christensen	OK Skærmen Værløse	+7:40	01:41
4.	Jimmy Hoen	Ballerup OK	+7:41	03:53
5.	Finn Jørgensen Aaris	OK H.T.F.	+8:15	04:27
6.	Erik Sørensen	Allerød OK	+8:50	05:16
7.	Tage Ebbensgaard	Køge OK	+9:12	01:35
8.	Niels Hamborg Jensen	OK Skærmen Værløse	+11:09	01:10
9.	Jens Høgsfeldt	FIF Hillerød	+12:01	07:34
10.	Kim Folander	FSK Orientering	+12:05	01:26
11.	John Pihl	Helsingør SOK	+13:46	03:17
12.	Emil Olesen	FIF Hillerød	+17:24	09:46
13.	Kuno Rasmussen	Ballerup OK	+18:15	01:57
14.	Henrik Weirauch Kristensen	OK73	+32:22	07:13
15.	Jan Kristoffersen	Ballerup OK	+33:53	23:45
	Karsten Richardt	Køge OK	DNS	

H75	(16 / 16)	Time	Behind	Time lost
1.	Finn Hørup Nielsen	OK Vendelboerne		01:34
2.	Gunner Jørgensen	OK73	+1:15	02:00
3.	Erik Løvgren Jensen	Køge OK	+3:25	01:37
4.	Karl Aage Hald	FSK Orientering	+4:15	02:58
5.	Allan Christiansen	Fredensborg OK	+6:09	05:40
6.	Knud Lykking	OK73	+8:19	05:56
7.	Jan Hausner	OK S.G.	+10:24	02:21
8.	Steen Sørensen	OK Skærmen Værløse	+10:34	06:28

9.	Gert Bøgevig	Søllerød OK	54:54	+10:45	04:08
10.	Mogens Jensen	Holbæk OK	1:01:47	+17:38	05:05
11.	Knud Torm	OK Skærmø Værløse	1:04:51	+20:42	08:23
12.	Niels-Henrik Holscher	O-63	1:05:18	+21:09	10:36
13.	Jim Chalmers	Lyngby OK	1:06:00	+21:51	11:42
14.	Ole Christiansen	Farum OK	1:22:33	+38:24	24:48
15.	Svend Erik Jensen	OK Skærmø Værløse	1:34:48	+50:39	14:08
	Jørgen Chr. Nielsen	FIF Hillerød	MP		

H80	(8 / 8)	Time	Behind	Time lost	
1.	Jack Skrydstrup	Kolding OK	37:04		01:40
2.	Bendt Frandsen	Farum OK	46:21	+9:17	02:31
3.	Kurt Valery	Tisvilde Hegn OK	48:41	+11:37	02:49
4.	Søren Thoustrup Jørgensen	OK73	50:38	+13:34	04:43
5.	Herluf Jensen	Svendborg OK	52:12	+15:08	04:47
6.	Jørn Andreasen	OK73	54:52	+17:48	03:11
7.	Henning Løwenstein	FIF Hillerød	57:56	+20:52	08:52
8.	Leo Mathiesen	FIF Hillerød	1:01:56	+24:52	06:16

H85	(2 / 2)	Time	Behind	Time lost	
1.	Bent Mortensen	OK73	58:16		00:00
2.	Gunnar Tamberg	Ballerup OK	1:24:42	+26:26	12:56

Åben 1	(1 / 1)	Time	Behind	Time lost	
1.	Emil Illemann Andreasen	Viking Atletik	1:24:55		00:00

Åben 2	(5 / 5)	Time	Behind	Time lost	
1.	Niels Hadrup	Søllerød OK	57:04		00:50
2.	Bente Kjær	FIF Hillerød	1:00:57	+3:53	06:45
3.	Mikael Scheby	OK Sorø	1:22:32	+25:28	24:42
4.	Jesper Allan Jensen	OK Roskilde	1:25:43	+28:39	14:12
5.	Svend Tantholdt	OK Øst Birkerød	2:17:20	+80:16	40:14

Åben 3	(9 / 9)	Time	Behind	Time lost	
1.	Eva Sebk	Farum OK	43:33		04:33
2.	Rolf Andersen	AMOK	53:47	+10:14	03:33
3.	Willie Ohlsson	Rävetofta OK	54:37	+11:04	10:51
4.	Marlene Marager	Allerød OK	1:00:12	+16:39	07:25
5.	Anne Andersen	AMOK	1:03:53	+20:20	11:58
6.	Holger Mikkelsen	Odense OK	1:06:58	+23:25	07:10
7.	Henrik Boesen	OK Roskilde	1:12:48	+29:15	14:38
8.	Bernt O. Myrvold	Sarpsborg OL	1:15:04	+31:31	06:06
9.	Lisa Tantholdt	OK Øst Birkerød	1:23:48	+40:15	26:58

Åben 4	(7 / 7)	Time	Behind	Time lost	
1.	Ronnie Hjorth	Ballerup OK	56:24		01:07
2.	Sine Reker Hadrup	Søllerød OK	1:18:16	+21:52	09:06
3.	Martin Hjorth	Ballerup OK	1:20:53	+24:29	10:23
4.	Michael Hjorth	Ballerup OK	1:24:10	+27:46	10:11
5.	Rasmus Schou Christensen	OK Sorø	1:34:38	+38:14	19:23
6.	Lars Sharpe	OK Sorø	2:09:54	+73:30	50:28
	Stian Hoffmann	OK Sorø	MP		

Åben 5	(2 / 2)	Time	Behind	Time lost	
	Nønne Schou Christensen	OK Sorø	DNS		
	Trine Løkkeholt	Søllerød OK	DNS		

Åben 6**(2 / 2)**

1. Silas Hoffmann
2. Carla Schou Christensen

OK Sorø
OK Sorø

Time	Behind	Time lost
30:28		00:54
42:31	+12:03	07:01