

Plads Navn

Klasse

Tid

D16

1	Sara Lykke Brinch	FIF Hillerød Orientering	22:27											
01:11=	02:16=	04:16=	05:28=	07:05=	08:21=	10:24=	11:37=	13:38=	15:30=	18:06=	20:14=	21:07=	21:59=	22:27=
01:11=	01:05=	02:00=	01:12=	01:37=	01:16=	02:03=	01:13=	02:01=	01:52=	02:36=	02:08=	00:53=	00:52=	00:28=
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=

Beste stræktid for klassen

01:11 01:05 02:00 01:12 01:37 01:16 02:03 01:13 02:01 01:52 02:36 02:08 00:53 00:52 00:28

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

D20

1	Maja Lykke Brinch	FIF Hillerød Orientering	23:53													
01:05=	02:41=	04:00=	06:31=	07:56=	09:36=	11:03=	12:02=	13:11=	15:40=	17:48=	18:46=	19:54=	21:11=	22:21=	23:27=	23:53=
01:05=	01:36=	01:19=	02:31=	01:25=	01:40=	01:27=	00:59=	01:09=	02:29=	02:08=	00:58=	01:08=	01:17=	01:10=	01:06=	00:26=
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=

Beste stræktid for klassen

01:05 01:36 01:19 02:31 01:25 01:40 01:27 00:59 01:09 02:29 02:08 00:58 01:08 01:17 01:10 01:06 00:26

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

D21

1	Nina Hoffmann	OK FROS	17:05																	
00:42=	01:44=	02:27=	03:58=	04:37=	05:18=	05:52=	06:13=	07:02=	08:23=	09:33=	09:52=	10:51=	11:20=	12:17=	13:34=	14:20=	14:59=	16:25=	16:47=	17:05=
00:42=	01:02=	00:43=	01:31=	00:39=	00:41=	00:34=	00:21=	00:49=	01:21=	01:10=	00:19=	00:59=	00:29=	00:57=	01:17=	00:46=	00:39=	01:26=	00:22=	00:18=
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	Anke Dannowski	OK Øst Birkerød	18:12																	
00:50+	01:59+	02:39+	04:17+	04:58+	05:35+	06:08+	06:27+	07:11+	08:33+	09:45+	10:05+	11:30+	12:19+	13:11+	14:23+	15:09+	15:49+	17:17+	17:52+	18:12+
00:50+	01:09+	00:40-	01:38+	00:41+	00:37-	00:33-	00:19-	00:44-	01:22+	01:12+	00:20+	01:25+	00:49+	00:52-	01:12-	00:46=	00:40+	01:28+	00:35+	00:20+
00:08#	00:07#	00:03-	00:07+	00:02+	00:04-	00:01-	00:02-	00:05-	00:01+	00:02+	00:01+	00:26&	00:20&	00:05-	00:05-	00:00=	00:01+	00:02+	00:13&	00:02#

3	Caroline Konring	Søllerød OK	18:22																	
00:43+	01:53+	02:36+	04:09+	04:47+	05:30+	06:01+	06:20+	07:12+	08:33+	09:48+	10:08+	11:28+	12:06+	13:13+	14:31+	15:25+	16:06+	17:34+	18:04+	18:22+
00:43+	01:10+	00:43=	01:33+	00:38-	00:43+	00:31-	00:19-	00:52+	01:21=	01:15+	00:20+	01:20+	00:38+	01:07+	01:18+	00:54+	00:41+	01:28+	00:30+	00:18=
00:01+	00:08#	00:00=	00:02+	00:01-	00:02+	00:03-	00:02-	00:03+	00:00=	00:05+	00:01+	00:21&	00:09&	00:10#	00:01+	00:08#	00:02+	00:02+	00:08&	00:00=

4	Camilla Søgaard	Horsens OK	18:42																	
00:35-	02:01+	02:35+	04:09+	05:22+	06:07+	06:39+	07:00+	07:52+	09:10+	10:26+	10:46+	11:55+	12:22+	13:15+	14:54+	15:40+	16:20+	17:48+	18:22+	18:42+
00:35-	01:26+	00:34-	01:34+	01:13+	00:45+	00:32-	00:21=	00:52+	01:18-	01:16+	00:20+	01:09+	00:27-	00:53-	01:39+	00:46=	00:40+	01:28+	00:34+	00:20+
00:07-	00:24&	00:09-	00:03+	00:34&	00:04+	00:02-	00:00=	00:03+	00:03-	00:06+	00:01+	00:10#	00:02-	00:04-	00:22&	00:00=	00:01+	00:02+	00:12&	00:02#

5	Cæcilie Christoffersen	Søllerød OK	19:08																	
00:50+	02:00+	02:52+	04:28+	05:17+	06:07+	06:39+	07:01+	07:54+	09:13+	10:31+	10:55+	12:20+	12:51+	13:53+	15:11+	16:00+	16:40+	18:25+	18:48+	19:08+
00:50+	01:10+	00:52+	01:36+	00:49+	00:50+	00:32-	00:22+	00:53+	01:19-	01:18+	00:24+	01:25+	00:31+	01:02+	01:18+	00:49+	00:40+	01:45+	00:23+	00:20+
00:08#	00:08#	00:09#	00:05+	00:10&	00:09#	00:02-	00:01+	00:04+	00:02-	00:08#	00:05&	00:26&	00:02+	00:05+	00:01+	00:03+	00:01+	00:19#	00:01+	00:02#

6	Pernille Brunstedt Jacobsen	OK Øst Birkerød	19:26																	
00:44+	01:54+	02:33+	04:15+	05:00+	05:47+	06:25+	06:47+	07:42+	09:07+	10:37+	10:58+	12:05+	12:33+	13:38+	14:58+	15:47+	16:37+	18:38+	19:05+	19:26+
00:44+	01:10+	00:39-	01:42+	00:45+	00:47+	00:38+	00:22+	00:55+	01:25+	01:30+	00:21+	01:27+	00:28-	01:07+	00:49+	00:50+	00:42+	02:01+	00:27+	00:21+
00:02+	00:08#	00:04-	00:11#	00:06#	00:06#	00:04#	00:01+	00:06#	00:04+	00:20&	00:02#	00:08#	00:01-	00:08#	00:03+	00:03+	00:11&	00:35&	00:05#	00:03#

7	Ann-Dorthe Lisbygd	Farum OK	20:14																	
00:46+	02:15+	03:15+	04:48+	05:32+	06:25+	06:58+	07:19+	08:55+	10:21+	11:37+	11:58+	13:25+	13:56+	14:52+	16:17+	17:00+	17:42+	19:12+	19:56+	20:14+
00:46+	01:29+	01:00+	01:33+	00:44+	00:53+	00:38+	00:22+	00:55+	01:26+	01:16+	00:21+	01:27+	00:31+	01:05+	01:25+	00:43-	00:42+	01:30+	00:44+	00:18=
00:04+	00:27&	00:17&	00:02+	00:05#	00:12&	00:01-	00:00=	00:47&	00:05+	00:06+	00:02#	00:28&	00:02+	00:01-	00:08#	00:03-	00:03+	00:04+	00:22&	00:00=

8	Katrine Wisgaard Høj	Silkeborg OK	22:37																	
01:06+	02:34+	03:18+	05:10+	05:58+	06:52+	07:31+	07:54+	08:52+	10:24+	11:56+	12:18+	13:50+	14:20+	15:29+	17:32+	18:31+	19:20+	21:36+	22:16+	22:37+
01:06+	01:28+	00:44+	01:52+	00:48+	00:54+	00:39+	00:23+	00:58+	01:32+	01:32+	00:22+	01:32+	00:30+	01:09+	02:03+	00:59+	00:49+	02:16+	00:40+	00:21+
00:24&	00:26&	00:01+	00:21#	00:09#	00:13&	00:05#	00:02+	00:09#	00:11#	00:22&	00:03#	00:33&	00:01+	00:12#	00:46&	00:13&	00:10&	00:50&	00:18&	00:03#

Class	Navn	Klasse	Tid																	
9	Caroline Ryge Carlsen	OK Øst Birkerød	23:31																	
00:50+	02:01+	04:08+	05:56+	07:05+	07:56+	08:30+	08:52+	09:48+	11:39+	13:41+	14:02+	15:21+	15:52+	17:02+	18:29+	19:21+	20:06+	22:44+	23:10+	23:31+
00:50+	01:11+	02:07+	01:48+	01:09+	00:51+	00:34+	00:22+	00:56+	01:51+	02:02+	00:21+	01:19+	00:31+	01:10+	01:27+	00:52+	00:45+	02:38+	00:26+	00:21+
00:08#	00:09#	01:24@	00:17#	00:30&	00:10#	00:00=	00:01+	00:07#	00:30&	00:52&	00:02#	00:20&	00:02+	00:13#	00:10#	00:06#	00:06#	01:12&	00:04#	00:03#

Beste stræktid for klassen

00:35 01:02 00:34 01:31 00:38 00:37 00:31 00:19 00:44 01:18 01:10 00:19 00:59 00:27 00:52 01:12 00:43 00:39 01:26 00:22 00:18

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

D40

1	Anne-Mette Mortensen	Odense OK	20:42													
01:17=	02:22=	03:23=	06:51=	07:49=	08:55=	10:05=	10:56=	11:46=	13:56=	15:29=	16:12=	17:07=	18:01=	19:31=	20:22=	20:42=
01:17=	01:05=	01:01=	03:28=	00:58=	01:06=	01:10=	00:51=	00:50=	02:10=	01:33=	00:43=	00:55=	00:54=	01:30=	00:51=	00:20=
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	Dorthe Munktvad	Allerød OK	22:18													
00:56-	03:14+	04:17+	08:08+	09:04+	10:29+	11:38+	12:28+	13:40+	15:59+	17:34+	18:20+	19:08+	19:56+	21:10+	21:59+	22:18+
00:56-	02:18+	01:03+	03:51+	00:56-	01:25+	01:09-	00:50-	01:12+	02:19+	01:35+	00:46+	00:48-	00:48-	01:14-	00:49-	00:19-
00:21-	01:13@	00:02+	00:23#	00:02-	00:19&	00:01-	00:01-	00:22&	00:09+	00:02+	00:03+	00:07-	00:06-	00:16-	00:02-	00:01-

3	Charlotte Bergmann	Allerød OK	23:59													
00:53-	02:23+	04:03+	06:52+	08:00+	09:18+	10:43+	11:37+	12:39+	15:01+	17:06+	18:03+	20:02+	21:05+	22:39+	23:36+	23:59+
00:53-	01:30+	01:40+	02:49-	01:08+	01:18+	01:25+	00:54+	01:02+	02:22+	02:05+	00:57+	01:59+	01:03+	01:34+	00:57+	00:23+
00:24-	00:25&	00:39&	00:39-	00:10#	00:12#	00:15#	00:03+	00:12#	00:12+	00:32&	00:14&	01:04@	00:09#	00:04+	00:06#	00:03#

Beste stræktid for klassen

00:53 01:05 01:01 02:49 00:56 01:06 01:09 00:50 00:50 02:10 01:33 00:43 00:48 00:48 01:14 00:49 00:19

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

D50

1	Tove Sonne Andersen	OK Øst Birkerød	21:09													
00:45=	01:54=	03:26=	05:10=	06:27=	08:13=	09:37=	10:29=	11:20=	13:04=	15:15=	16:03=	17:03=	18:55=	19:57=	20:48=	21:09=
00:45=	01:09=	01:32=	01:44=	01:17=	01:46=	01:24=	00:52=	00:51=	01:44=	02:11=	00:48=	01:00=	01:52=	01:02=	00:51=	00:21=
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	Anette Leisner	Odense Politis Idrætsforening	22:53													
01:16+	03:06+	04:41+	07:25+	08:30+	09:52+	11:20+	12:15+	13:12+	15:50+	17:51+	18:36+	19:40+	20:30+	21:42+	22:32+	22:53+
01:16+	01:50+	01:35+	02:44+	01:05-	01:22-	01:28+	00:55+	00:57+	02:38+	02:01-	00:45-	01:04+	00:50-	01:12+	00:50-	00:21=
00:31&	00:41&	00:03+	01:00&	00:12-	00:24-	00:04+	00:03+	00:06#	00:54&	00:10-	00:03-	00:04+	01:02-	00:10#	00:01-	00:00=

3	Pernille Bayer	Allerød OK	27:09													
04:49+	07:02+	08:28+	11:43+	12:56+	14:40+	15:59+	16:49+	17:50+	20:19+	22:18+	23:02+	24:02+	24:39+	25:46+	26:44+	27:09+
04:49+	02:13+	01:26-	03:15+	01:13-	01:44-	01:19-	00:50-	01:01+	02:29+	01:59-	00:44-	01:00=	00:37-	01:07+	00:58+	00:25+
04:04@	01:04&	00:06-	01:31&	00:04-	00:02-	00:05-	00:02-	00:10#	00:45&	00:12-	00:04-	00:00=	01:15-	00:05+	00:07#	00:04#

Beste stræktid for klassen

00:45 01:09 01:26 01:44 01:05 01:22 01:19 00:50 00:51 01:44 01:59 00:44 01:00 00:37 01:02 00:50 00:21

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

D60

1	Ansa MacLassen	AKIF	17:43											
00:45=	01:30=	02:33=	03:16=	05:13=	06:27=	08:09=	09:14=	11:06=	12:37=	14:11=	15:53=	16:38=	17:19=	17:43=
00:45=	00:45=	01:03=	00:43=	01:57=	01:14=	01:42=	01:05=	01:52=	01:31=	01:34=	01:42=	00:45=	00:41=	00:24=
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	Anne-Mette Kirkegaard	Silkeborg OK	20:04											
01:09+	02:05+	03:12+	04:11+	05:22+	06:17-	08:39+	09:55+	11:50+	13:34+	15:52+	18:10+	18:52+	19:34+	20:04+
01:09+	00:56+	01:07+	00:59+	01:11-	00:55-	02:22+	01:16+	01:55+	01:44+	02:18+	02:18+	00:42-	00:42+	00:30+
00:24&	00:11#	00:04+	00:16&	00:46-	00:19-	00:40&	00:11#	00:03+	00:13#	00:44&	00:36&	00:03-	00:01+	00:06#

Class Navn Klasse Tid

3 Kirsten Brunstedt OK Øst Birkerød 21:01
00:57+ 01:45+ 02:52+ 03:42+ 04:49- 05:48- 09:06+ 10:23+ 12:04+ 16:18+ 17:40+ 19:14+ 19:55+ 20:36+ 21:01+
00:57+ 01:48+ 01:07+ 00:50+ 01:07- 00:59- 03:18+ 01:17+ 01:41- 04:14+ 01:22- 01:34- 00:41- 00:41= 00:25+
00:12& 00:03+ 00:04+ 00:07# 00:50- 00:15- 01:36& 00:12# 00:11- 02:43@ 00:12- 00:08- 00:04- 00:00= 00:01+

Beste stræktid for klassen
00:45 00:45 01:03 00:43 01:07 00:55 01:42 01:05 01:41 01:31 01:22 01:34 00:41 00:41 00:24

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

H12

1 Theis Munktvad Allerød OK 14:53
02:00= 03:13= 07:15= 08:15= 09:11= 10:24= 11:38= 13:13= 14:30= 14:53=
02:00= 01:13= 04:02= 01:00= 00:56= 01:13= 01:14= 01:35= 01:17= 00:23=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen
02:00 01:13 04:02 01:00 00:56 01:13 01:14 01:35 01:17 00:23

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

H16

1 Christoffer Gjøtterup Faaborg OK 18:57
00:53= 02:00= 03:13= 05:02= 05:53= 06:57= 08:00= 08:43= 09:35= 11:39= 13:54= 14:33= 16:07= 16:52= 17:47= 18:36= 18:57=
00:53= 01:07= 01:13= 01:49= 00:51= 01:04= 01:03= 00:43= 00:52= 02:04= 02:15= 00:39= 01:34= 00:45= 00:55= 00:49= 00:21=
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 Nygaard Rasmussen OK Snab 21:52
00:51- 02:12+ 03:27+ 05:29+ 06:30+ 08:06+ 09:22+ 10:14+ 11:14+ 14:03+ 16:54+ 17:43+ 18:56+ 19:29+ 20:32+ 21:31+ 21:52+
00:51- 01:21+ 01:15+ 02:02+ 01:01+ 01:36+ 01:16+ 00:52+ 01:00+ 02:49+ 02:51+ 00:49+ 01:13- 00:33- 01:03+ 00:59+ 00:21=
00:02- 00:14# 00:02+ 00:13# 00:10# 00:32& 00:13# 00:09# 00:08# 00:45& 00:36& 00:10& 00:21- 00:12- 00:08# 00:10# 00:00=

3 Calle Ryge Carlsen OK Øst Birkerød 29:46
01:30+ 05:51+ 07:37+ 10:06+ 11:37+ 13:19+ 15:13+ 16:46+ 18:10+ 20:38+ 22:41+ 23:51+ 25:53+ 26:33+ 28:06+ 29:15+ 29:46+
01:30+ 04:21+ 01:46+ 02:29+ 01:31+ 01:42+ 01:54+ 01:33+ 01:24+ 02:28+ 02:03- 01:10+ 02:02+ 00:40- 01:33+ 01:09+ 00:31+
00:37& 03:14@ 00:33& 00:40& 00:40& 00:38& 00:51& 00:50@ 00:32& 00:24# 00:12- 00:31& 00:28& 00:05- 00:38& 00:20& 00:10&

Beste stræktid for klassen
00:51 01:07 01:13 01:49 00:51 01:04 01:03 00:43 00:52 02:04 02:03 00:39 01:13 00:33 00:55 00:49 00:21

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

H20

1 Silas Frederik Thomsen OK Pan Århus 16:27
00:48= 01:49= 02:22= 03:45= 04:21= 05:00= 05:28= 05:47= 06:32= 07:47= 09:05= 09:23= 10:32= 10:58= 11:45= 12:58= 13:40= 14:18= 15:39= 16:10= 16:27=
00:48= 01:01= 00:33= 01:23= 00:36= 00:39= 00:28= 00:19= 00:45= 01:15= 01:18= 00:18= 01:09= 00:26= 00:47= 01:13= 00:42= 00:38= 01:21= 00:31= 00:17=
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 Rasmus Sørensen OK Melfar 16:32
00:40- 01:41- 02:32+ 03:55+ 04:32+ 05:13+ 05:42+ 06:01+ 06:50+ 08:09+ 09:05= 09:25+ 10:25- 10:46- 11:40- 12:53- 13:37- 14:17- 15:44+ 16:15+ 16:32+
00:40- 01:01= 00:51+ 01:23= 00:37+ 00:41+ 00:29+ 00:19= 00:49+ 01:19+ 00:56- 00:20+ 01:00- 00:21- 00:54+ 01:13= 00:44+ 00:40+ 01:27+ 00:31= 00:17=
00:08- 00:00= 00:18& 00:00= 00:01+ 00:02+ 00:01+ 00:00= 00:04+ 00:04+ 00:22- 00:02# 00:09- 00:05- 00:07# 00:00= 00:02+ 00:02+ 00:06+ 00:00= 00:00=

3 Tobias Svarer OK Esbjerg 17:20
00:53+ 01:54+ 02:36+ 04:03+ 04:46+ 05:26+ 05:58+ 06:19+ 07:06+ 08:21+ 09:41+ 10:00+ 11:05+ 11:35+ 12:29+ 13:45+ 14:27+ 15:08+ 16:38+ 17:03+ 17:20+
00:53+ 01:01= 00:42+ 01:27+ 00:43+ 00:40+ 00:32+ 00:21+ 00:47+ 01:15= 01:20+ 00:19+ 01:05- 00:30+ 00:54+ 01:16+ 00:42= 00:41+ 01:30+ 00:25- 00:17=
00:05# 00:00= 00:09& 00:04+ 00:07# 00:01+ 00:04# 00:02# 00:02+ 00:00= 00:02+ 00:01+ 00:04- 00:04# 00:07# 00:03+ 00:00= 00:03+ 00:09# 00:06- 00:00=

Beste stræktid for klassen
00:40 01:01 00:33 01:23 00:36 00:39 00:28 00:19 00:45 01:15 00:56 00:18 01:00 00:21 00:47 01:13 00:42 00:38 01:21 00:25 00:17

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

Beste stræktid for klassen

01:04 01:07 03:05 00:45 02:56 01:57 01:39 01:09 01:48 01:51 02:50 01:48 00:49 01:02 00:28

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