

Resultater – VTR Bøgeskoven

2025-02-23

Sort Lang Herre		(5 / 5)	Tid	Efter	Tidstab
1.	Emil Overgaard	Køge OK	1:08:09		3:29
	1:47 (1:47)	2:02 (5:37)	1:25 (7:02)	4:50 (11:52)	2:05 (13:57)
	2:32 (16:29)	1:25 (21:31)	4:56 (26:27)	2:12 (28:39)	5:24 (34:03)
	1:15 (35:18)	1:48 (42:07)	1:35 (43:42)	3:07 (46:49)	2:47 (49:36)
	4:01 (53:37)	3:12 (59:25)	5:16 (1:04:41)	1:19 (1:06:00)	0:56 (1:06:56)
	1:13 (1:08:09)				
2.	Janus Høhne	OK Sorø	1:14:52	+6:43	1:59
	1:48 (1:48)	1:57 (5:37)	1:47 (7:24)	5:04 (12:28)	2:14 (14:42)
	3:44 (18:26)	1:25 (24:29)	4:52 (29:21)	3:31 (32:52)	6:19 (39:11)
	1:18 (40:29)	1:55 (46:29)	2:00 (48:29)	3:57 (52:26)	3:34 (56:00)
	4:26 (1:00:26)	3:47 (1:07:23)	2:48 (1:10:11)	1:59 (1:12:10)	1:17 (1:13:27)
	1:25 (1:14:52)				
3.	Svend Christiansen	PI-København	1:30:51	+22:42	2:57
	2:31 (2:31)	2:44 (7:42)	2:42 (10:24)	6:00 (16:24)	2:53 (19:17)
	3:09 (22:26)	2:00 (30:13)	6:34 (36:47)	2:01 (38:48)	7:09 (45:57)
	1:54 (47:51)	2:14 (54:44)	2:01 (56:45)	4:41 (1:01:26)	4:28 (1:05:54)
	4:47 (1:10:41)	4:47 (1:19:35)	4:38 (1:24:13)	2:44 (1:26:57)	1:39 (1:28:36)
	2:15 (1:30:51)				
4.	Sebastian Hansen	Herlufsholm OK	1:43:59	+35:50	3:55
	3:12 (3:12)	3:06 (9:18)	3:12 (12:30)	7:40 (20:10)	3:36 (23:46)
	5:17 (29:03)	2:53 (38:00)	7:49 (45:49)	2:17 (48:06)	8:17 (56:23)
	2:11 (58:34)	2:57 (1:07:08)	2:14 (1:09:22)	5:51 (1:15:13)	4:19 (1:19:32)
	7:34 (1:27:06)	4:45 (1:35:18)	4:00 (1:39:18)	1:49 (1:41:07)	1:18 (1:42:25)
	1:34 (1:43:59)				
	Morten Hass	OK Sorø	Udgået		
	2:51 (2:51)	2:49 (8:42)	2:28 (11:10)	8:49 (19:59)	4:05 (24:04)
	3:41 (27:45)	2:08 (37:20)	7:57 (45:17)	2:51 (48:08)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)				

Sort Lang Dame		(2 / 2)	Tid	Efter	Tidstab
1.	Tine Demandt	OK Sorø	2:04:05		0:00
	3:18 (3:18)	3:53 (10:41)	3:49 (14:30)	10:58 (25:28)	5:07 (30:35)
	4:05 (34:40)	3:06 (43:59)	9:53 (53:52)	2:57 (56:49)	10:04 (1:06:53)
	3:18 (1:10:11)	3:10 (1:18:59)	3:19 (1:22:18)	5:39 (1:27:57)	5:35 (1:33:32)
	7:47 (1:41:19)	5:54 (1:50:55)	6:26 (1:57:21)	2:44 (2:00:05)	1:37 (2:01:42)
	2:23 (2:04:05)				
	Lise Ravnshøj Andersen	Herlufsholm OK	Fejlklip		
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (1:23:50)				

Sort Mellem Herre (7 km)		(12 / 12)	Tid	Efter	Tidstab
1.	Kasper Levring	OK Sorø	58:04		3:21
	1:58 (1:58)	4:54 (8:12)	2:43 (10:55)	3:29 (14:24)	2:05 (16:29)
	2:46 (19:15)	4:45 (27:07)	1:21 (28:28)	4:26 (32:54)	2:44 (35:38)
	2:26 (38:04)	7:02 (47:26)	3:25 (50:51)	2:10 (53:01)	2:34 (55:35)
	1:06 (56:41)	1:23 (58:04)			
2.	Arne Kristensen	Herlufsholm OK	58:53	+0:49	0:39
	2:13 (2:13)	5:16 (8:52)	3:51 (12:43)	3:58 (16:41)	2:29 (19:10)
	2:36 (21:46)	4:35 (27:59)	2:10 (30:09)	3:51 (34:00)	2:33 (36:33)
	2:14 (38:47)	7:37 (48:48)	3:24 (52:12)	2:29 (54:41)	1:35 (56:16)
	1:11 (57:27)	1:26 (58:53)			
3.	Søren Fertin	Holbæk OK	1:00:09	+2:05	0:43
	1:54 (1:54)	5:35 (9:43)	3:10 (12:53)	4:04 (16:57)	2:27 (19:24)
	2:36 (22:00)	4:52 (28:40)	1:57 (30:37)	3:17 (33:54)	2:38 (36:32)
	2:14 (38:46)	2:31 (41:17)	3:39 (53:20)	2:23 (55:43)	1:43 (57:26)
	0:55 (58:21)	1:48 (1:00:09)			
4.	Jakob Søndergaard	OKR	1:00:54	+2:50	0:42
	2:10 (2:10)	5:40 (9:32)	3:38 (13:10)	4:26 (17:36)	2:23 (19:59)
	2:39 (22:38)	4:12 (28:41)	1:53 (30:34)	3:45 (34:19)	2:39 (36:58)
	2:25 (39:23)	8:30 (50:21)	4:09 (54:30)	2:25 (56:55)	1:39 (58:34)
	0:55 (59:29)	1:25 (1:00:54)			
5.	Tom Hansen	Køge OK	1:05:54	+7:50	2:28
	2:45 (2:45)	7:13 (11:37)	3:38 (15:15)	4:04 (19:19)	2:31 (21:50)
	3:02 (24:52)	4:43 (31:47)	1:40 (33:27)	4:05 (37:32)	2:45 (40:17)
	2:16 (42:33)	8:57 (54:07)	4:43 (58:50)	2:43 (1:01:33)	1:42 (1:03:15)
	1:05 (1:04:20)	1:34 (1:05:54)			
6.	Jørgen Krogh	OK Roskilde	1:08:06	+10:02	2:39

	2:53 (2:53)	1:40 (4:33)	6:16 (10:49)	3:53 (14:42)	4:56 (19:38)	2:49 (22:27)
	3:14 (25:41)	1:49 (27:30)	5:24 (32:54)	2:53 (35:47)	5:51 (41:38)	3:09 (44:47)
	2:37 (47:24)	2:41 (50:05)	8:28 (58:33)	3:21 (1:01:54)	2:14 (1:04:08)	1:35 (1:05:43)
	1:05 (1:06:48)	1:18 (1:08:06)				
7.	Jan Thiesen		Holbæk OK	1:08:29 +10:25	0:42	
	2:32 (2:32)	1:47 (4:19)	6:10 (10:29)	3:41 (14:10)	4:53 (19:03)	3:26 (22:29)
	2:41 (25:10)	2:01 (27:11)	5:11 (32:22)	2:27 (34:49)	4:30 (39:19)	3:07 (42:26)
	2:21 (44:47)	3:23 (48:10)	8:52 (57:02)	3:39 (1:00:41)	2:58 (1:03:39)	1:58 (1:05:37)
	1:01 (1:06:38)	1:51 (1:08:29)				
8.	Niels Torm		Køge OK	1:10:31 +12:27	1:19	
	2:39 (2:39)	1:44 (4:23)	6:23 (10:46)	3:20 (14:06)	4:45 (18:51)	2:38 (21:29)
	3:22 (24:51)	2:15 (27:06)	6:44 (33:50)	2:07 (35:57)	4:37 (40:34)	3:03 (43:37)
	2:33 (46:10)	2:52 (49:02)	9:15 (58:17)	4:11 (1:02:28)	3:05 (1:05:33)	1:50 (1:07:23)
	1:15 (1:08:38)	1:53 (1:10:31)				
9.	Gregers Jørgensen		Holbæk OK	1:12:41 +14:37	0:00	
	2:39 (2:39)	2:14 (4:53)	6:22 (11:15)	3:54 (15:09)	5:28 (20:37)	3:17 (23:54)
	3:17 (27:11)	2:19 (29:30)	5:34 (35:04)	1:47 (36:51)	4:06 (40:57)	3:12 (44:09)
	2:37 (46:46)	3:10 (49:56)	10:15 (1:00:11)	4:24 (1:04:35)	3:20 (1:07:55)	1:55 (1:09:50)
	1:00 (1:10:50)	1:51 (1:12:41)				
10.	Robert Grønlund		OK Sorø	1:12:56 +14:52	3:25	
	2:42 (2:42)	1:47 (4:29)	7:08 (11:37)	3:30 (15:07)	4:32 (19:39)	2:36 (22:15)
	3:06 (25:21)	2:30 (27:51)	5:08 (32:59)	2:26 (35:25)	4:54 (40:19)	3:48 (44:07)
	2:24 (46:31)	3:00 (49:31)	9:14 (58:45)	5:58 (1:04:43)	3:04 (1:07:47)	1:54 (1:09:41)
	1:22 (1:11:03)	1:53 (1:12:56)				
11.	Jesper Børsting		Herlufsholm OK	1:18:14 +20:10	1:17	
	3:21 (3:21)	2:19 (5:40)	7:29 (13:09)	3:53 (17:02)	5:18 (22:20)	3:16 (25:36)
	3:55 (29:31)	2:04 (31:35)	5:12 (36:47)	2:16 (39:03)	4:54 (43:57)	3:28 (47:25)
	2:58 (50:23)	3:38 (54:01)	9:48 (1:03:49)	5:37 (1:09:26)	3:10 (1:12:36)	2:02 (1:14:38)
	1:28 (1:16:06)	2:08 (1:18:14)				
12.	Mads Thrane		Stevns	1:18:54 +20:50	6:47	
	4:40 (4:40)	1:59 (6:39)	6:50 (13:29)	4:30 (17:59)	4:14 (22:13)	2:31 (24:44)
	5:27 (30:11)	2:14 (32:25)	5:51 (38:16)	2:25 (40:41)	5:12 (45:53)	2:56 (48:49)
	2:38 (51:27)	3:20 (54:47)	8:57 (1:03:44)	5:35 (1:09:19)	3:45 (1:13:04)	2:13 (1:15:17)
	1:37 (1:16:54)	2:00 (1:18:54)				

Sort Mellem Dame (7 km)

		(2 / 2)	Tid	Efter	Tidstab	
1.	Jette Grimstrup	Køge OK	1:17:41		0:00	
	4:00 (4:00)	2:13 (6:13)	6:53 (13:06)	4:26 (17:32)	5:39 (23:11)	3:27 (26:38)
	3:11 (29:49)	2:26 (32:15)	5:35 (37:50)	3:02 (40:52)	4:26 (45:18)	3:23 (48:41)
	2:44 (51:25)	2:56 (54:21)	9:56 (1:04:17)	4:35 (1:08:52)	3:21 (1:12:13)	2:09 (1:14:22)
	1:21 (1:15:43)	1:58 (1:17:41)				
2.	Anette Kalle Larsen	Holbæk OK	1:28:50 +11:09		6:40	
	3:39 (3:39)	2:21 (6:00)	7:09 (13:09)	6:06 (19:15)	5:06 (24:21)	2:54 (27:15)
	6:42 (33:57)	2:54 (36:51)	6:29 (43:20)	3:21 (46:41)	5:48 (52:29)	3:19 (55:48)
	2:42 (58:30)	3:48 (1:02:18)	11:37 (1:13:55)	5:09 (1:19:04)	3:54 (1:22:58)	2:16 (1:25:14)
	1:41 (1:26:55)	1:55 (1:28:50)				

Sort Kort Herre -60 (5 km)

		(11 / 11)	Tid	Efter	Tidstab	
1.	Jakob Albahn	Tisvilde Hegn OK	44:55		0:26	
	2:42 (2:42)	2:21 (5:03)	3:55 (8:58)	2:04 (11:02)	2:26 (13:28)	7:17 (20:45)
	3:10 (23:55)	2:35 (26:30)	2:29 (28:59)	5:02 (34:01)	1:32 (35:33)	4:08 (39:41)
	2:18 (41:59)	1:17 (43:16)	1:39 (44:55)			
2.	Carsten Mogensen	Køge OK	46:33 +1:38		1:16	
	2:33 (2:33)	2:07 (4:40)	3:55 (8:35)	1:57 (10:32)	3:19 (13:51)	7:37 (21:28)
	3:37 (25:05)	2:45 (27:50)	2:28 (30:18)	5:18 (35:36)	1:19 (36:55)	4:21 (41:16)
	2:13 (43:29)	1:19 (44:48)	1:45 (46:33)			
3.	Liam Sharpe á Argjahøvda	OK Sorø	51:15 +6:20		2:17	
	2:34 (2:34)	2:38 (5:12)	4:52 (10:04)	1:47 (11:51)	2:20 (14:11)	9:46 (23:57)
	3:08 (27:05)	2:49 (29:54)	2:27 (32:21)	5:47 (38:08)	1:38 (39:46)	5:40 (45:26)
	2:23 (47:49)	1:37 (49:26)	1:49 (51:15)			
4.	Jesper Carlson	Køge OK	52:57 +8:02		4:22	
	3:13 (3:13)	2:23 (5:36)	4:57 (10:33)	2:17 (12:50)	2:35 (15:25)	10:55 (26:20)
	3:42 (30:02)	3:12 (33:14)	2:23 (35:37)	4:38 (40:15)	1:42 (41:57)	4:51 (46:48)
	1:53 (48:41)	2:19 (51:00)	1:57 (52:57)			
5.	Jesper Munch Jespersen	OK Sorø	54:32 +9:37		7:58	
	2:19 (2:19)	2:33 (4:52)	7:05 (11:57)	1:59 (13:56)	1:49 (15:45)	12:42 (28:27)
	4:12 (32:39)	3:04 (35:43)	2:21 (38:04)	5:36 (43:40)	1:16 (44:56)	4:23 (49:19)
	2:09 (51:28)	1:18 (52:46)	1:46 (54:32)			
6.	Kristian Kærsgaard	OK Sorø	55:32 +10:37		1:49	
	2:36 (2:36)	2:42 (5:18)	4:35 (9:53)	2:11 (12:04)	2:38 (14:42)	8:44 (23:26)
	4:16 (27:42)	3:30 (31:12)	3:00 (34:12)	6:51 (41:03)	1:49 (42:52)	6:05 (48:57)
	2:40 (51:37)	1:36 (53:13)	2:19 (55:32)			
7.	Stig Møller	OK Sorø	1:00:07 +15:12		9:38	
	3:24 (3:24)	2:32 (5:56)	4:13 (10:09)	3:01 (13:10)	3:15 (16:25)	8:21 (24:46)
	5:06 (29:52)	3:40 (33:32)	2:33 (36:05)	5:10 (41:15)	1:33 (42:48)	11:22 (54:10)
	2:21 (56:31)	1:34 (58:05)	2:02 (1:00:07)			
8.	Anders Juhl Thomsen	OK Roskilde	1:02:03 +17:08		7:27	
	4:01 (4:01)	3:14 (7:15)	4:22 (11:37)	2:03 (13:40)	2:31 (16:11)	9:09 (25:20)
	3:56 (29:16)	3:20 (32:36)	3:27 (36:03)	7:28 (43:31)	1:38 (45:09)	8:13 (53:22)
	3:12 (56:34)	3:39 (1:00:13)	1:50 (1:02:03)			

9.	Steen Donovan		Holbæk OK	1:06:05	+21:10	18:16	
	2:25 (2:25)	2:26 (4:51)	4:04 (8:55)	2:09 (11:04)		2:09 (13:13)	7:48 (21:01)
	4:00 (25:01)	2:55 (27:56)	2:25 (30:21)	5:44 (36:05)		1:24 (37:29)	22:25 (59:54)
	2:31 (1:02:25)	2:10 (1:04:35)	1:30 (1:06:05)				
10.	Jens Søgaard og Magnus Nielsen		Stevns	1:08:11	+23:16	8:13	
	8:01 (8:01)	3:23 (11:24)	5:10 (16:34)	2:05 (18:39)		2:25 (21:04)	12:07 (33:11)
	4:49 (38:00)	3:24 (41:24)	3:19 (44:43)	6:56 (51:39)		1:44 (53:23)	7:47 (1:01:10)
	3:00 (1:04:10)	1:46 (1:05:56)	2:15 (1:08:11)				
11.	Jørgen Luxhøj		Søllerød OK	1:11:15	+26:20	2:51	
	3:05 (3:05)	3:31 (6:36)	5:30 (12:06)	2:51 (14:57)		3:30 (18:27)	12:08 (30:35)
	5:09 (35:44)	3:59 (39:43)	3:46 (43:29)	8:35 (52:04)		2:20 (54:24)	8:30 (1:02:54)
	3:07 (1:06:01)	2:19 (1:08:20)	2:55 (1:11:15)				

Sort Kort Herre 60+ (5km)		(16 / 16)	Tid	Efter	Tidstab	
1.	Jan Koue Larsen	OK Sorø	44:41		0:35	
	2:34 (2:34)	4:02 (9:48)	2:04 (11:52)		1:51 (13:43)	7:12 (20:55)
	2:50 (23:45)	2:08 (28:29)	5:43 (34:12)		1:16 (35:28)	4:38 (40:06)
	1:56 (42:02)	1:14 (43:16)	1:25 (44:41)			
2.	Gunnar Grue-Sørensen	Køge OK	47:30	+2:49	0:00	
	2:37 (2:37)	4:03 (9:31)	1:53 (11:24)		2:07 (13:31)	7:33 (21:04)
	3:27 (24:31)	2:50 (27:21)	5:40 (35:49)		1:34 (37:23)	4:45 (42:08)
	2:11 (44:19)	1:21 (45:40)	1:50 (47:30)			
3.	Peter Sørensen	PI-København	48:23	+3:42	0:00	
	2:28 (2:28)	4:25 (10:01)	2:06 (12:07)		2:15 (14:22)	7:58 (22:20)
	3:03 (25:23)	2:49 (30:50)	5:47 (36:37)		1:28 (38:05)	4:17 (42:22)
	2:22 (44:44)	1:38 (46:22)	2:01 (48:23)			
4.	Henrik Nielsen	Holbæk OK	49:07	+4:26	2:11	
	2:24 (2:24)	3:59 (8:58)	1:37 (10:35)		2:06 (12:41)	9:14 (21:55)
	3:30 (25:25)	2:29 (30:41)	5:51 (36:32)		1:31 (38:03)	5:23 (43:26)
	2:11 (45:37)	1:52 (49:07)				
5.	Morten Jensen	OKR	53:09	+8:28	0:40	
	2:24 (2:24)	4:15 (9:27)	2:04 (11:31)		2:34 (14:05)	9:06 (23:11)
	4:00 (27:11)	3:06 (33:26)	6:11 (39:37)		1:53 (41:30)	5:22 (46:52)
	2:27 (49:19)	1:44 (51:03)	2:06 (53:09)			
6.	John Barnewitz	Køge OK	58:37	+13:56	4:34	
	2:51 (2:51)	5:18 (10:55)	2:21 (13:16)		2:23 (15:39)	9:36 (25:15)
	6:27 (31:42)	2:56 (38:08)	6:07 (44:15)		1:35 (45:50)	6:14 (52:04)
	2:33 (54:37)	2:02 (58:37)				
7.	Karsten Richardt	Køge OK	1:00:27	+15:46	1:24	
	3:09 (3:09)	5:10 (11:47)	2:36 (14:23)		2:40 (17:03)	11:03 (28:06)
	4:29 (32:35)	2:56 (39:00)	7:02 (46:02)		1:47 (47:49)	6:14 (54:03)
	2:34 (56:37)	2:13 (1:00:27)				
8.	Poul-Erik Iversen	Stevns	1:02:02	+17:21	4:13	
	3:21 (3:21)	6:24 (12:46)	3:25 (16:11)		2:37 (18:48)	8:42 (27:30)
	5:43 (33:13)	3:29 (40:14)	7:10 (47:24)		1:44 (49:08)	5:56 (55:04)
	3:00 (58:04)	2:13 (1:02:02)				
9.	Asger Jensen	OK Roskilde	1:04:43	+20:02	8:01	
	3:05 (3:05)	5:22 (11:42)	2:27 (14:09)		3:30 (17:39)	16:36 (34:15)
	4:07 (38:22)	2:45 (44:13)	6:56 (51:09)		1:51 (53:00)	5:06 (58:06)
	2:27 (1:00:33)	1:52 (1:04:43)				
10.	Steen Fladberg	Køge OK	1:05:05	+20:24	9:52	
	3:24 (3:24)	4:39 (10:54)	2:23 (13:17)		2:48 (16:05)	13:20 (29:25)
	3:40 (33:05)	3:01 (38:59)	6:07 (45:06)		1:41 (46:47)	11:00 (57:47)
	2:52 (1:00:39)	2:44 (1:05:05)				
11.	Frede Scheye	Herlufsholm OK	1:05:08	+20:27	7:00	
	3:14 (3:14)	6:06 (12:25)	2:31 (14:56)		2:57 (17:53)	10:36 (28:29)
	5:09 (33:38)	2:41 (41:26)	6:41 (48:07)		2:09 (50:16)	8:39 (58:55)
	2:45 (1:01:40)	1:39 (1:05:08)				
12.	Helmuth Hansen	Herlufsholm OK	1:07:35	+22:54	5:51	
	2:33 (2:33)	7:18 (12:47)	3:06 (15:53)		2:25 (18:18)	11:00 (29:18)
	5:19 (34:37)	3:39 (41:50)	8:33 (50:23)		2:06 (52:29)	6:46 (59:15)
	2:57 (1:02:12)	2:05 (1:07:35)				
13.	Kaj Munck	Herlufsholm OK	1:09:48	+25:07	3:56	
	3:00 (3:00)	5:32 (12:20)	2:51 (15:11)		2:56 (18:07)	11:15 (29:22)
	4:50 (34:12)	3:19 (42:22)	9:34 (51:56)		2:00 (53:56)	7:20 (1:01:16)
	3:01 (1:04:17)	2:39 (1:09:48)				
14.	Arne Olsen	Stevns	1:20:12	+35:31	9:21	
	4:49 (4:49)	5:58 (14:15)	4:59 (19:14)		4:53 (24:07)	13:58 (38:05)
	5:06 (43:11)	3:43 (51:18)	8:42 (1:00:00)		2:14 (1:02:14)	9:53 (1:12:07)
	3:06 (1:15:13)	2:15 (1:20:12)				
15.	Gunnar Grimstrup	Køge OK	1:38:23	+53:42	13:48	
	4:24 (4:24)	6:55 (15:32)	3:21 (18:53)		4:41 (23:34)	14:38 (38:12)
	6:26 (44:38)	17:36 (1:07:39)	8:36 (1:16:15)		2:47 (1:19:02)	8:47 (1:27:49)
	4:08 (1:31:57)	3:35 (1:38:23)				
	Henrik Johansen	Køge OK	Udgået			
	3:13 (3:13)	14:35 (20:53)	2:17 (23:10)		2:58 (26:08)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)				

Sort Kort Dame -60 (5 km)

		(6 / 6)	Tid	Efter	Tidstab	
1.	Eva Elisabeth Høhne	OK Sorø	45:38		0:50	
	2:38 (2:38)	3:51 (8:56)		1:36 (10:32)	2:07 (12:39)	7:50 (20:29)
	3:03 (23:32)	2:22 (25:54)		5:03 (33:21)	1:19 (34:40)	5:10 (39:50)
	3:03 (42:53)	1:17 (44:10)				
2.	Birgit Børsting	Herlufsholm OK	57:38	+12:00	3:18	
	2:42 (2:42)	5:59 (11:53)		2:11 (14:04)	2:51 (16:55)	10:51 (27:46)
	3:28 (31:14)	2:59 (34:13)		8:06 (44:44)	1:30 (46:14)	5:28 (51:42)
	2:30 (54:12)	1:34 (55:46)				
3.	Nina Okkels	OK Sorø	1:01:16	+15:38	4:38	
	3:03 (3:03)	5:37 (11:38)		2:53 (14:31)	4:21 (18:52)	12:21 (31:13)
	4:04 (35:17)	2:31 (41:23)		5:46 (47:09)	1:32 (48:41)	5:54 (54:35)
	2:35 (57:10)	2:13 (1:01:16)				
4.	Trine Berthing	Hvalsø OK	1:13:54	+28:16	9:39	
	3:40 (3:40)	5:10 (11:52)		2:29 (14:21)	5:27 (19:48)	12:06 (31:54)
	4:46 (36:40)	3:00 (48:32)		6:46 (55:18)	1:39 (56:57)	7:12 (1:04:09)
	5:01 (1:09:10)	2:21 (1:11:31)				
5.	Neel Muus Larsen	Stevns	1:22:25	+36:47	11:55	
	3:23 (3:23)	7:35 (14:45)		2:38 (17:23)	6:41 (24:04)	15:44 (39:48)
	5:32 (45:20)	5:44 (51:04)		6:39 (1:00:40)	2:20 (1:03:00)	10:11 (1:13:11)
	3:02 (1:16:13)	2:26 (1:22:25)				
	Maja Maria Zwolinska	OK Sorø	Fejlklip			
	5:02 (5:02)	4:50 (12:45)		2:10 (14:55)	2:27 (17:22)	11:29 (28:51)
	– (–)	3:25 (50:21)		6:46 (57:07)	1:42 (58:49)	5:55 (1:04:44)
	2:20 (1:07:04)	2:03 (1:09:07)				

Sort Kort Dame 60+

		(3 / 3)	Tid	Efter	Tidstab	
1.	Pia Kadziola	Maribo OK	57:15		0:37	
	3:07 (3:07)	5:05 (11:16)		2:32 (13:48)	3:10 (16:58)	9:00 (25:58)
	4:07 (30:05)	2:49 (36:31)		5:35 (42:06)	2:03 (44:09)	5:47 (49:56)
	3:16 (53:12)	2:11 (55:23)				
2.	Lotte Lei	Køge OK	1:06:20	+9:05	6:48	
	2:56 (2:56)	4:53 (11:02)		2:25 (13:27)	5:11 (18:38)	13:24 (32:02)
	4:42 (36:44)	3:49 (44:29)		6:40 (51:09)	1:51 (53:00)	6:47 (59:47)
	2:50 (1:02:37)	2:10 (1:06:20)				
3.	Merete Ravnshøj Andersen	Herlufsholm OK	1:14:39	+17:24	13:20	
	10:58 (10:58)	5:43 (20:03)		2:42 (22:45)	3:07 (25:52)	13:06 (38:58)
	5:31 (44:29)	2:54 (51:24)		5:34 (56:58)	1:57 (58:55)	7:35 (1:06:30)
	2:55 (1:09:25)	2:35 (1:14:39)				

Blå Mini Herre -70 (3 km)

		(4 / 4)	Tid	Efter	Tidstab	
1.	Henning Jeppesen	Køge OK	29:32		0:00	
	2:02 (2:02)	3:27 (7:17)		1:24 (8:41)	5:25 (14:06)	5:46 (19:52)
	1:30 (21:22)	2:46 (27:12)		2:20 (29:32)		
2.	Anton Lauritzen	Holbæk OK	59:49	+30:17	9:42	
	8:56 (8:56)	5:25 (17:12)		3:17 (20:29)	9:22 (29:51)	12:49 (42:40)
	3:14 (45:54)	4:38 (56:11)		3:38 (59:49)		
3.	Mogens Sommerlund	Stevns	1:02:53	+33:21	6:01	
	5:54 (5:54)	7:21 (17:26)		2:41 (20:07)	9:50 (29:57)	11:03 (41:00)
	3:13 (44:13)	5:00 (58:01)		4:52 (1:02:53)		
4.	Claus Mikkelsen	Herlufsholm OK	1:05:11	+35:39	4:04	
	4:40 (4:40)	7:25 (15:50)		3:06 (18:56)	12:57 (31:53)	10:45 (42:38)
	3:56 (46:34)	6:50 (1:00:27)		4:44 (1:05:11)		

Blå Mini Herre 70+ (3 km)

		(13 / 13)	Tid	Efter	Tidstab	
1.	Per Steen	Køge OK	44:31		1:38	
	3:52 (3:52)	5:22 (11:51)		2:33 (14:24)	7:45 (22:09)	7:17 (29:26)
	2:50 (32:16)	4:54 (41:23)		3:08 (44:31)		
2.	Jørgen Larsen	Køge OK	45:18	+0:47	1:14	
	3:44 (3:44)	5:55 (12:32)		1:56 (14:28)	8:21 (22:49)	7:52 (30:41)
	2:34 (33:15)	3:56 (41:50)		3:28 (45:18)		
3.	Jørgen Jørgensen	OK Sorø	47:11	+2:40	0:00	
	4:14 (4:14)	5:37 (12:53)		2:07 (15:00)	8:37 (23:37)	8:20 (31:57)
	2:48 (34:45)	4:24 (43:24)		3:47 (47:11)		
4.	Finn Petersen	OKR	47:56	+3:25	9:08	
	2:38 (2:38)	4:13 (9:13)		1:42 (10:55)	7:28 (18:23)	14:22 (32:45)
	4:20 (37:05)	3:22 (44:34)		3:22 (47:56)		
5.	John Tripax	OKR	48:33	+4:02	3:35	
	4:47 (4:47)	5:36 (13:49)		2:10 (15:59)	7:43 (23:42)	8:11 (31:53)
	2:40 (34:33)	4:49 (43:45)		4:48 (48:33)		
6.	Flemming Svendsen	Køge OK	49:40	+5:09	1:37	
	5:00 (5:00)	5:51 (14:10)		2:39 (16:49)	8:27 (25:16)	9:08 (34:24)
	3:10 (37:34)	4:04 (46:36)		3:04 (49:40)		
7.	Ole Svendsen	OKR	53:23	+8:52	4:34	
	3:46 (3:46)	6:54 (14:27)		2:06 (16:33)	9:32 (26:05)	8:49 (34:54)
	2:51 (37:45)	5:32 (48:49)		4:34 (53:23)		
8.	Peter Vilstrup	Køge OK	57:55	+13:24	11:41	
	3:43 (3:43)	5:07 (11:53)		1:55 (13:48)	8:35 (22:23)	8:25 (30:48)
	3:06 (33:54)	4:09 (53:41)		4:14 (57:55)		

9.	Johnny Boonserm		Holbæk OK	1:01:02 +16:31	11:44	
	4:48 (4:48)	2:48 (7:36)	5:09 (12:45)	2:08 (14:53)	15:44 (30:37)	13:20 (43:57)
	2:49 (46:46)	4:32 (51:18)	4:19 (55:37)	5:25 (1:01:02)		
10.	Ole Rasmussen		Køge OK	1:05:00 +20:29	12:43	
	3:30 (3:30)	4:05 (7:35)	11:53 (19:28)	2:46 (22:14)	9:08 (31:22)	12:30 (43:52)
	2:59 (46:51)	8:13 (55:04)	4:01 (59:05)	5:55 (1:05:00)		
11.	Torben Nielsen		Køge OK	1:07:08 +22:37	6:33	
	4:44 (4:44)	4:15 (8:59)	5:55 (14:54)	3:11 (18:05)	11:10 (29:15)	15:01 (44:16)
	3:09 (47:25)	8:50 (56:15)	5:43 (1:01:58)	5:10 (1:07:08)		
12.	Mogens Jensen		Holbæk OK	1:14:50 +30:19	11:04	
	7:31 (7:31)	4:24 (11:55)	7:15 (19:10)	2:59 (22:09)	16:08 (38:17)	10:57 (49:14)
	3:25 (52:39)	6:05 (58:44)	6:24 (1:05:08)	9:42 (1:14:50)		
13.	Jan Bigler		Herlufsholm OK	1:20:03 +35:32	11:35	
	6:42 (6:42)	4:39 (11:21)	7:36 (18:57)	3:10 (22:07)	12:42 (34:49)	13:04 (47:53)
	4:05 (51:58)	17:36 (1:09:34)	5:35 (1:15:09)	4:54 (1:20:03)		

Blå Mini Dame -70 (3 km)

1.	Amalie Mosbæk		Holbæk OK	54:12	4:01	
	5:49 (5:49)	3:00 (8:49)	5:51 (14:40)	2:51 (17:31)	9:51 (27:22)	9:28 (36:50)
	3:20 (40:10)	6:56 (47:06)	3:48 (50:54)	3:18 (54:12)		
2.	Jannie Sørensen		Køge OK	55:28 +1:16	4:32	
	3:43 (3:43)	2:47 (6:30)	6:19 (12:49)	2:46 (15:35)	9:04 (24:39)	10:46 (35:25)
	2:52 (38:17)	6:42 (44:59)	5:47 (50:46)	4:42 (55:28)		
3.	Berit Ahlmann		OK Sorø	56:45 +2:33	0:42	
	5:00 (5:00)	3:37 (8:37)	6:31 (15:08)	2:56 (18:04)	9:52 (27:56)	10:09 (38:05)
	3:16 (41:21)	5:42 (47:03)	5:38 (52:41)	4:04 (56:45)		
4.	Lidy Grange		Køge OK	1:07:52 +13:40	10:10	
	5:38 (5:38)	3:45 (9:23)	12:22 (21:45)	2:47 (24:32)	10:11 (34:43)	15:26 (50:09)
	3:18 (53:27)	4:46 (58:13)	5:36 (1:03:49)	4:03 (1:07:52)		
5.	Rita Løjmand		Herlufsholm OK	1:08:48 +14:36	8:21	
	11:08 (11:08)	3:51 (14:59)	7:53 (22:52)	3:12 (26:04)	10:27 (36:31)	10:59 (47:30)
	5:07 (52:37)	5:54 (58:31)	5:29 (1:04:00)	4:48 (1:08:48)		

Blå Mini Dame 70+ (3 km)

1.	Inge Jørgensen		OKR	40:04	0:55	
	2:57 (2:57)	2:35 (5:32)	4:25 (9:57)	2:04 (12:01)	7:12 (19:13)	6:58 (26:11)
	3:11 (29:22)	4:00 (33:22)	3:22 (36:44)	3:20 (40:04)		
2.	Gerda Marie Christiansen		Køge OK	55:08 +15:04	3:46	
	4:24 (4:24)	3:04 (7:28)	5:42 (13:10)	2:22 (15:32)	11:22 (26:54)	10:03 (36:57)
	2:31 (39:28)	7:08 (46:36)	4:28 (51:04)	4:04 (55:08)		
3.	Ane Veierskov		OK Roskilde	58:45 +18:41	2:40	
	4:07 (4:07)	3:44 (7:51)	6:43 (14:34)	3:06 (17:40)	10:35 (28:15)	11:00 (39:15)
	3:05 (42:20)	6:15 (48:35)	5:25 (54:00)	4:45 (58:45)		
4.	Susanne Tanderup		Herlufsholm OK	1:00:06 +20:02	12:28	
	9:32 (9:32)	3:00 (12:32)	5:16 (17:48)	1:43 (19:31)	16:51 (36:22)	8:48 (45:10)
	2:32 (47:42)	4:05 (51:47)	4:25 (56:12)	3:54 (1:00:06)		
5.	Annette Petersen		OK Roskilde	1:00:50 +20:46	5:13	
	4:29 (4:29)	3:25 (7:54)	5:44 (13:38)	2:26 (16:04)	11:13 (27:17)	10:37 (37:54)
	3:11 (41:05)	7:33 (48:38)	7:53 (56:31)	4:19 (1:00:50)		
6.	Birgit Berner		Køge OK	1:02:57 +22:53	10:23	
	10:49 (10:49)	4:36 (15:25)	7:28 (22:53)	2:53 (25:46)	10:15 (36:01)	9:19 (45:20)
	2:47 (48:07)	5:34 (53:41)	5:13 (58:54)	4:03 (1:02:57)		
7.	Berit N. Pedersen		Køge OK	1:09:09 +29:05	7:38	
	4:18 (4:18)	4:57 (9:15)	6:53 (16:08)	2:11 (18:19)	13:52 (32:11)	15:00 (47:11)
	5:00 (52:11)	6:06 (58:17)	6:26 (1:04:43)	4:26 (1:09:09)		

Gul Herre -16 (Ml.svær)

	Kasper Thrane		Stevns	Tid Udgået	Efter	Tidstab
	– (–)	– (–)	– (28:31)	3:54 (32:25)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)					

Gul Herre 16+ (Ml.svær)

1.	Simon Juul og Lars Norddal		Stevns	39:39	3:29	
	3:01 (3:01)	2:20 (5:21)	1:55 (7:16)	2:07 (9:23)	6:08 (15:31)	2:49 (18:20)
	2:31 (20:51)	2:47 (23:38)	1:43 (25:21)	5:50 (31:11)	5:42 (36:53)	1:13 (38:06)
	1:33 (39:39)					
2.	Christian Hansen		Holbæk OK	54:54 +15:15	9:25	
	2:57 (2:57)	2:27 (5:24)	2:22 (7:46)	1:41 (9:27)	7:16 (16:43)	4:33 (21:16)
	3:06 (24:22)	3:29 (27:51)	2:54 (30:45)	16:27 (47:12)	4:27 (51:39)	1:31 (53:10)
	1:44 (54:54)					
3.	Peter Hansen		Stevns	58:11 +18:32	8:40	
	3:25 (3:25)	1:51 (5:16)	3:27 (8:43)	1:49 (10:32)	7:37 (18:09)	4:35 (22:44)
	6:09 (28:53)	3:50 (32:43)	4:19 (37:02)	11:49 (48:51)	5:13 (54:04)	1:47 (55:51)
	2:20 (58:11)					
4.	Jens Riis		Køge OK	1:06:04 +26:25	11:11	
	3:00 (3:00)	2:15 (5:15)	2:47 (8:02)	2:53 (10:55)	15:16 (26:11)	5:31 (31:42)
	4:32 (36:14)	4:13 (40:27)	4:33 (45:00)	8:38 (53:38)	6:44 (1:00:22)	2:31 (1:02:53)
	3:11 (1:06:04)					

5.	Ivan Jensen	Stevns	1:14:13 +34:34	8:45	
	4:02 (4:02)	2:55 (6:57)	6:30 (13:27)	2:24 (15:51)	11:32 (27:23)
	4:43 (38:34)	4:42 (43:16)	3:41 (46:57)	15:18 (1:02:15)	6:03 (1:08:18)
	3:12 (1:14:13)				2:43 (1:11:01)
6.	Lars Yding og Carsten Fischer	Stevns	1:22:56 +43:17	12:29	
	3:36 (3:36)	3:27 (7:03)	3:11 (10:14)	3:16 (13:30)	11:27 (24:57)
	6:41 (37:07)	4:56 (42:03)	6:03 (48:06)	18:25 (1:06:31)	8:08 (1:14:39)
	4:15 (1:22:56)				5:29 (30:26)
					4:02 (1:18:41)
7.	Erik Molnit	Køge OK	1:32:37 +52:58	11:30	
	6:08 (6:08)	3:11 (9:19)	12:28 (21:47)	3:55 (25:42)	13:12 (38:54)
	5:29 (51:09)	6:34 (57:43)	4:50 (1:02:33)	14:45 (1:17:18)	7:58 (1:25:16)
	4:54 (1:32:37)				6:46 (45:40)
	Ken Kristensen	Uden klub	Fejlklip		2:27 (1:27:43)
	– (–)	– (–)	2:31 (19:59)	13:17 (33:16)	3:54 (37:10)
	3:54 (41:04)	2:20 (43:24)	8:28 (58:19)	4:44 (1:03:03)	2:06 (1:05:09)
	2:06 (1:07:15)				

Gul Dame -16 (Ml.svær)		(4 / 4)	Tid	Efter	Tidstab
1.	Annika Kalle Pedersen	Holbæk OK	44:54		1:16
	5:08 (5:08)	1:56 (7:04)	2:02 (10:37)	6:39 (17:16)	4:16 (21:32)
	2:29 (24:01)	3:24 (27:25)	8:35 (37:56)	4:10 (42:06)	1:15 (43:21)
	1:33 (44:54)				
2.	Carla Schou Christensen	OK Sorø	1:07:46 +22:52	10:33	
	4:21 (4:21)	4:10 (8:31)	2:30 (15:16)	9:52 (25:08)	4:01 (29:09)
	4:03 (33:12)	4:33 (37:45)	13:38 (55:53)	7:30 (1:03:23)	2:13 (1:05:36)
	2:10 (1:07:46)				
3.	Ingrid Baun Gautier	OK Sorø	1:12:02 +27:08	4:18	
	4:26 (4:26)	3:16 (7:42)	2:43 (13:15)	11:45 (25:00)	6:37 (31:37)
	4:26 (36:03)	4:37 (40:40)	13:50 (59:03)	6:57 (1:06:00)	2:21 (1:08:21)
	3:41 (1:12:02)				
4.	Astrid Buchwald	Holbæk OK	1:12:34 +27:40	14:04	
	3:50 (3:50)	2:44 (6:34)	2:00 (12:27)	10:26 (22:53)	6:09 (29:02)
	4:42 (33:44)	3:37 (37:21)	15:42 (58:57)	8:26 (1:07:23)	1:35 (1:08:58)
	3:36 (1:12:34)				

Gul Dame 16+ (Ml.svær)		(6 / 6)	Tid	Efter	Tidstab
1.	Christina Kuld	Stevns	48:28		2:04
	3:00 (3:00)	2:01 (5:01)	2:10 (9:21)	7:51 (17:12)	6:05 (23:17)
	3:05 (26:22)	3:18 (29:40)	8:06 (40:04)	4:23 (44:27)	1:40 (46:07)
	2:21 (48:28)				
2.	Susan Hansen	Køge OK	1:02:52 +14:24	1:55	
	3:47 (3:47)	2:46 (6:33)	2:23 (11:31)	10:24 (21:55)	4:32 (26:27)
	3:49 (30:16)	4:08 (34:24)	11:52 (51:47)	6:00 (57:47)	2:31 (1:00:18)
	2:34 (1:02:52)				
3.	Jette Bertelsen	OK Sorø	1:10:31 +22:03	11:42	
	2:52 (2:52)	2:25 (5:17)	2:30 (10:49)	10:02 (20:51)	4:27 (25:18)
	5:07 (30:25)	3:47 (34:12)	22:17 (1:00:28)	5:30 (1:05:58)	2:02 (1:08:00)
	2:31 (1:10:31)				
4.	Hanna Sommerlund	Stevns	1:21:14 +32:46	14:58	
	7:45 (7:45)	3:05 (10:50)	2:11 (15:48)	10:51 (26:39)	5:47 (32:26)
	12:37 (45:03)	4:09 (49:12)	12:37 (1:08:39)	6:44 (1:15:23)	2:31 (1:17:54)
	3:20 (1:21:14)				
5.	Tine Pedersen, Josephine Yding	Stevns	1:22:53 +34:25	12:45	
	3:23 (3:23)	3:28 (6:51)	3:23 (13:29)	11:29 (24:58)	5:20 (30:18)
	6:03 (36:21)	5:05 (41:26)	18:08 (1:05:56)	12:19 (1:18:15)	2:23 (1:20:38)
	2:15 (1:22:53)				
	Lise-Lotte Bouchara	Stevns	Fejlklip		
	7:23 (7:23)	3:44 (11:07)	3:12 (22:16)	15:16 (37:32)	7:39 (45:11)
	4:54 (50:05)	4:43 (54:48)	– (–)	– (–)	– (–)
	– (1:14:37)				

Hvid Herre 12+ (Let)		(6 / 6)	Tid	Efter	Tidstab
1.	Stig Andersen	Herlufsholm OK	32:37		1:33
	3:23 (3:23)	2:10 (5:33)	4:24 (13:02)	3:18 (16:20)	2:16 (18:36)
	4:50 (23:26)	5:23 (28:49)	1:06 (32:37)		
2.	Svend Fladberg	Køge OK	51:55 +19:18	4:07	
	5:44 (5:44)	3:35 (9:19)	3:46 (18:17)	5:14 (23:31)	3:30 (27:01)
	7:48 (34:49)	10:07 (44:56)	2:02 (51:55)		
3.	Erik Torm	Herlufsholm OK	52:41 +20:04	6:58	
	5:19 (5:19)	3:23 (8:42)	3:23 (18:10)	6:30 (24:40)	3:53 (28:33)
	8:37 (37:10)	8:12 (45:22)	2:09 (52:41)		
4.	Morten Løjmand	Herlufsholm OK	58:50 +26:13	7:05	
	5:23 (5:23)	4:05 (9:28)	4:05 (19:55)	5:58 (25:53)	4:45 (30:38)
	9:19 (39:57)	10:23 (50:20)	2:36 (58:50)		
5.	Christian Mortensen	O-63	1:05:44 +33:07	25:01	
	4:35 (4:35)	2:30 (7:05)	24:50 (35:19)	3:30 (38:49)	2:20 (41:09)
	9:41 (50:50)	10:59 (1:01:49)	1:09 (1:05:44)		
6.	Fabian Legh-Smith	Køge OK	1:33:55 +1:01:18	14:38	
	10:50 (10:50)	8:04 (18:54)	8:31 (39:44)	12:59 (52:43)	5:48 (58:31)
	13:25 (1:11:56)	12:23 (1:24:19)	3:04 (1:33:55)		

Hvid Dame -12 (Let)			(1 / 1)	Tid	Efter	Tidstab
1.	Viktoria Sharpe á Argjahøvda	OK Sorø		30:50		0:00
	4:41 (4:41)	1:49 (6:30)	2:39 (9:09)	1:46 (10:55)		2:50 (13:45)
	4:18 (20:19)	7:40 (27:59)	2:05 (30:04)	0:46 (30:50)		2:16 (16:01)

Hvid Dame 12+ (Let)			(9 / 9)	Tid	Efter	Tidstab
1.	Malene Haahr og Morten Kristiansen	Stevns		44:50		5:21
	4:38 (4:38)	2:56 (7:34)	4:56 (12:30)	3:54 (16:24)		7:03 (23:27)
	6:49 (33:37)	6:30 (40:07)	3:36 (43:43)	1:07 (44:50)		3:21 (26:48)
2.	Hanne Hansen	Køge OK		51:05	+6:15	7:59
	9:39 (9:39)	3:13 (12:52)	4:51 (17:43)	3:51 (21:34)		4:53 (26:27)
	6:42 (36:11)	8:16 (44:27)	4:47 (49:14)	1:51 (51:05)		3:02 (29:29)
3.	Grethe Larsen	Køge OK		53:17	+8:27	5:55
	5:09 (5:09)	3:26 (8:35)	4:59 (13:34)	3:03 (16:37)		7:38 (24:15)
	6:46 (36:10)	11:08 (47:18)	4:20 (51:38)	1:39 (53:17)		5:09 (29:24)
4.	Gitte Rasmussen	Køge OK		58:54	+14:04	4:42
	6:33 (6:33)	4:01 (10:34)	5:26 (16:00)	3:43 (19:43)		5:51 (25:34)
	9:23 (39:18)	12:28 (51:46)	4:58 (56:44)	2:10 (58:54)		4:21 (29:55)
4.	Lea Espensen	Køge OK		58:54	+14:04	5:01
	6:37 (6:37)	3:58 (10:35)	5:27 (16:02)	3:42 (19:44)		5:52 (25:36)
	9:11 (39:08)	12:34 (51:42)	4:58 (56:40)	2:14 (58:54)		4:21 (29:57)
6.	Lena Hansen	Herlufsholm OK		59:56	+15:06	9:23
	5:24 (5:24)	3:24 (8:48)	5:09 (13:57)	3:20 (17:17)		5:41 (22:58)
	8:05 (34:59)	18:09 (53:08)	4:47 (57:55)	2:01 (59:56)		3:56 (26:54)
7.	Anni Lauritzen	Holbæk OK		1:04:08	+19:18	6:26
	5:28 (5:28)	3:48 (9:16)	6:25 (15:41)	3:49 (19:30)		10:58 (30:28)
	9:48 (44:12)	12:58 (57:10)	4:53 (1:02:03)	2:05 (1:04:08)		3:56 (34:24)
8.	Ruth Mosbæk	Holbæk OK		1:09:39	+24:49	29:44
	3:58 (3:58)	2:26 (6:24)	3:34 (9:58)	32:14 (42:12)		4:21 (46:33)
	7:20 (56:23)	8:45 (1:05:08)	3:11 (1:08:19)	1:20 (1:09:39)		2:30 (49:03)
	Amaile Hansen	Køge OK		Fejlklip		
	3:36 (3:36)	2:36 (6:12)	3:55 (10:07)	2:51 (12:58)		7:01 (19:59)
	– (–)	– (56:44)	4:05 (1:00:49)	1:00 (1:01:49)		2:19 (22:18)

Grøn Herre -12			(1 / 1)	Tid	Efter	Tidstab
1.	Malte Bahn-Dienstrup	Holbæk OK		36:27		0:00
	6:36 (6:36)	2:51 (9:27)	4:13 (13:40)	4:12 (17:52)		5:25 (23:17)
	6:17 (33:01)	2:31 (35:32)	0:55 (36:27)			3:27 (26:44)

Grøn Dame -12			(4 / 4)	Tid	Efter	Tidstab
1.	Annabelle og Isabel	Køge OK		40:21		0:00
	2:46 (2:46)	4:06 (6:52)	5:26 (12:18)	6:11 (18:29)		6:48 (25:17)
	4:12 (36:04)	3:13 (39:17)	1:04 (40:21)			6:35 (31:52)
2.	Liv Sharpe á Argjahøvda	OK Sorø		56:13	+15:52	9:03
	6:57 (6:57)	6:35 (13:32)	9:30 (23:02)	7:20 (30:22)		7:56 (38:18)
	5:10 (50:35)	3:31 (54:06)	2:07 (56:13)			7:07 (45:25)
3.	Marie Snedker Lauritzen	Holbæk OK		1:00:15	+19:54	7:19
	5:11 (5:11)	5:08 (10:19)	7:43 (18:02)	8:58 (27:00)		9:29 (36:29)
	9:02 (52:32)	5:08 (57:40)	2:35 (1:00:15)			7:01 (43:30)
4.	Cody og Mira Amanda	Holbæk OK		1:22:33	+42:12	22:35
	9:59 (9:59)	17:02 (27:01)	9:40 (36:41)	12:03 (48:44)		12:03 (1:00:47)
	8:47 (1:16:49)	3:37 (1:20:26)	2:07 (1:22:33)			7:15 (1:08:02)