

Resultater – AMOK Vinterlang

2015-01-25

Lang	(30 / 30)	Tid	Efter
1. Michael Sørensen	OK Øst Birkerød	1:53:30	
3:48 (3:48)	2:11 (5:59)	2:58 (8:57)	1:24 (10:21)
12:28 (32:08)	10:05 (42:13)	8:19 (50:32)	5:32 (56:04)
5:55 (1:43:16)	4:07 (1:47:23)	3:02 (1:50:25)	2:36 (1:53:01)
			3:16 (13:37)
			6:03 (19:40)
			8:18 (1:37:21)
2. Søren Skaarup Larsen	OK Øst Birkerød	1:53:41	+0:11
3:50 (3:50)	2:06 (5:56)	3:02 (8:58)	1:21 (10:19)
11:52 (31:33)	10:27 (42:00)	8:29 (50:29)	5:23 (55:52)
5:56 (1:43:19)	4:02 (1:47:21)	3:06 (1:50:27)	2:41 (1:53:08)
			3:10 (13:29)
			6:12 (19:41)
			8:09 (1:37:23)
3. Thomas Jensen	Tisvilde Hegn OK	1:56:42	+3:12
3:54 (3:54)	2:00 (5:54)	3:01 (8:55)	1:28 (10:23)
12:20 (32:18)	11:27 (43:45)	8:45 (52:30)	4:44 (57:14)
5:55 (1:45:22)	4:22 (1:49:44)	3:10 (1:52:54)	3:08 (1:56:02)
			3:16 (13:39)
			6:19 (19:58)
			8:14 (1:39:27)
4. Emil Øbro	Tisvilde Hegn OK	1:57:30	+4:00
3:50 (3:50)	2:08 (5:58)	2:46 (8:44)	1:27 (10:11)
11:57 (31:35)	10:35 (42:10)	8:31 (50:41)	5:17 (55:58)
6:24 (1:45:28)	4:27 (1:49:55)	3:40 (1:53:35)	3:18 (1:56:53)
			3:32 (13:43)
			5:55 (19:38)
			8:14 (1:39:04)
5. Emil Korsted	Uden klub	2:03:54	+10:24
3:52 (3:52)	2:10 (6:02)	2:50 (8:52)	1:27 (10:19)
13:14 (33:20)	11:31 (44:51)	9:15 (54:06)	4:53 (58:59)
6:34 (1:52:01)	4:21 (1:56:22)	3:36 (1:59:58)	3:21 (2:03:19)
			3:27 (13:46)
			6:20 (20:06)
			9:41 (1:45:27)
6. Stefan Frands Petersen	Allerød OK	2:03:57	+10:27
3:56 (3:56)	2:12 (6:08)	2:55 (9:03)	1:26 (10:29)
13:51 (33:55)	11:00 (44:55)	9:23 (54:18)	4:50 (59:08)
6:41 (1:52:06)	4:32 (1:56:38)	3:40 (2:00:18)	3:06 (2:03:24)
			3:23 (13:52)
			6:12 (20:04)
			9:43 (1:45:25)
7. Simon Holt	Vakant	2:22:31	+29:01
4:29 (4:29)	2:14 (6:43)	3:15 (9:58)	1:31 (11:29)
14:13 (39:47)	13:13 (53:00)	9:37 (1:02:37)	5:06 (1:07:43)
12:58 (2:09:03)	4:44 (2:13:47)	3:59 (2:17:46)	4:08 (2:21:54)
			7:05 (18:34)
			9:22 (1:56:05)
8. Henrik Skov Andersen	Farum OK	2:25:04	+31:34
4:20 (4:20)	2:40 (7:00)	3:20 (10:20)	2:08 (12:28)
15:10 (40:22)	– (–)	– (1:04:18)	6:32 (1:10:50)
9:39 (2:11:17)	5:25 (2:16:42)	4:03 (2:20:45)	3:46 (2:24:31)
			5:21 (17:49)
			7:23 (25:12)
			9:08 (2:01:38)
9. Jonas Falck Weber	Tisvilde Hegn OK	2:25:32	+32:02
3:55 (3:55)	2:05 (6:00)	3:08 (9:08)	1:25 (10:33)
15:01 (35:44)	13:23 (49:07)	10:38 (59:45)	7:04 (1:06:49)
6:46 (2:12:55)	4:19 (2:17:14)	3:57 (2:21:11)	3:38 (2:24:49)
			3:25 (13:58)
			6:45 (20:43)
			10:31 (2:06:09)
10. Jonas Nordstrøm Schwartz	Amager OK	2:27:17	+33:47
4:02 (4:02)	2:10 (6:12)	3:13 (9:25)	1:38 (11:03)
15:30 (39:58)	13:40 (53:38)	– (–)	– (1:11:22)
8:16 (2:13:12)	4:26 (2:17:38)	4:09 (2:21:47)	5:02 (2:26:49)
			6:03 (17:06)
			7:22 (24:28)
			10:19 (2:04:56)
11. Christoffer Vældgaard Grøn	Orienteering Runners Copenhagen	2:27:18	+33:48
4:52 (4:52)	2:39 (7:31)	3:24 (10:55)	1:47 (12:42)
16:02 (40:43)	14:18 (55:01)	10:39 (1:05:40)	6:04 (1:11:44)
8:34 (2:13:21)	4:42 (2:18:03)	4:28 (2:22:31)	4:19 (2:26:50)
			4:43 (17:25)
			7:16 (24:41)
			10:09 (2:04:47)
12. Rune Gundersen	Tisvilde Hegn OK	2:28:59	+35:29
4:47 (4:47)	2:31 (7:18)	3:35 (10:53)	1:48 (12:41)
15:55 (40:31)	15:13 (55:44)	10:22 (1:06:06)	6:58 (1:13:04)
7:10 (2:13:27)	5:20 (2:18:47)	4:32 (2:23:19)	4:54 (2:28:13)
			4:37 (17:18)
			7:18 (24:36)
			9:48 (2:06:17)
13. Andreas Willerslev-Olsen	OK Øst Birkerød	2:29:00	+35:30
4:07 (4:07)	2:15 (6:22)	3:16 (9:38)	1:43 (11:21)
15:56 (40:40)	14:31 (55:11)	10:22 (1:05:33)	6:00 (1:11:33)
7:23 (2:14:00)	4:55 (2:18:55)	4:39 (2:23:34)	– (–)
			6:08 (17:29)
			7:15 (24:44)
			10:33 (2:06:37)
14. Kim Hansen	FIF Hillerød Orientering	2:37:15	+43:45
4:45 (4:45)	2:29 (7:14)	3:34 (10:48)	1:49 (12:37)
15:16 (39:51)	13:32 (53:23)	12:38 (1:06:01)	5:30 (1:11:31)
9:44 (2:21:32)	5:48 (2:27:20)	4:28 (2:31:48)	4:45 (2:36:33)
			4:36 (17:13)
			7:22 (24:35)
			12:09 (2:11:48)
15. Rasmus Skovhede Hviid	Søllerød OK	2:38:49	+45:19
4:42 (4:42)	2:34 (7:16)	3:35 (10:51)	1:57 (12:48)
18:06 (43:38)	15:43 (59:21)	11:06 (1:10:27)	6:19 (1:16:46)
9:38 (2:23:51)	5:28 (2:29:19)	4:27 (2:33:46)	4:10 (2:37:56)
			4:26 (17:14)
			8:18 (25:32)
			11:35 (2:14:13)
16. Martin Christensen	Orienteering Runners Copenhagen	2:43:57	+50:27
4:53 (4:53)	2:34 (7:27)	3:35 (11:02)	1:42 (12:44)
15:59 (40:33)	15:08 (55:41)	10:16 (1:05:57)	6:51 (1:12:48)
9:56 (2:25:05)	7:05 (2:32:10)	5:34 (2:37:44)	5:38 (2:43:22)
			4:20 (17:04)
			7:30 (24:34)
			15:04 (2:15:09)
17. Jeppe Skajaa	Uden klub	2:45:37	+52:07
4:55 (4:55)	2:30 (7:25)	3:34 (10:59)	1:46 (12:45)
15:56 (40:36)	15:11 (55:47)	10:16 (1:06:03)	6:55 (1:12:58)
9:58 (2:25:18)	7:04 (2:32:22)	5:24 (2:37:46)	6:55 (2:44:41)
			4:26 (17:11)
			7:29 (24:40)
			15:06 (2:15:20)
18. Anders Knudsen	Herlufsholm OK	3:12:05	+78:35
5:56 (5:56)	4:00 (9:56)	4:19 (14:15)	2:12 (16:27)
16:23 (47:48)	25:49 (1:13:37)	12:57 (1:26:34)	8:03 (1:34:37)
11:40 (2:53:20)	7:08 (3:00:28)	5:56 (3:06:24)	4:53 (3:11:17)
			5:51 (22:18)
			9:07 (31:25)
			11:38 (2:41:40)
19. Peter Lundgaard Nielsen	Amager OK	3:18:21	+84:51
15:48 (15:48)	2:46 (18:34)	3:59 (22:33)	2:11 (24:44)
18:39 (58:24)	16:13 (1:14:37)	14:03 (1:28:40)	10:06 (1:38:46)
11:49 (3:00:41)	6:43 (3:07:24)	5:06 (3:12:30)	5:07 (3:17:37)
			5:46 (30:30)
			9:15 (39:45)
			14:13 (2:48:52)

20. Jesper Jørgensen	Ekstern	3:33:11	+99:41		
6:03 (6:03)	3:47 (9:50)	5:00 (14:50)	2:58 (17:48)	8:38 (26:26)	13:12 (39:38)
25:21 (1:04:59)	20:03 (1:25:02)	17:29 (1:42:31)	10:32 (1:53:03)	– (–)	– (3:02:41)
11:00 (3:13:41)	6:53 (3:20:34)	5:56 (3:26:30)	5:37 (3:32:07)	1:04 (3:33:11)	
21. Peter Mørup Jansen	OK Roskilde	3:49:24	+115:54		
5:52 (5:52)	4:37 (10:29)	5:29 (15:58)	3:25 (19:23)	7:39 (27:02)	12:31 (39:33)
25:37 (1:05:10)	18:38 (1:23:48)	18:34 (1:42:22)	8:14 (1:50:36)	55:59 (2:46:35)	16:09 (3:02:44)
24:15 (3:26:59)	7:00 (3:33:59)	5:10 (3:39:09)	9:26 (3:48:35)	0:49 (3:49:24)	
22. Svend Erik	Uden klub	3:49:25	+115:55		
6:01 (6:01)	3:46 (9:47)	5:15 (15:02)	2:54 (17:56)	6:21 (24:17)	13:18 (37:35)
21:28 (59:03)	18:39 (1:17:42)	17:05 (1:34:47)	9:28 (1:44:15)	1:12:31 (2:56:46)	16:54 (3:13:40)
11:36 (3:25:16)	8:34 (3:33:50)	7:16 (3:41:06)	7:21 (3:48:27)	0:58 (3:49:25)	
23. Anne-Mette Jansen	OK Roskilde	3:53:16	+119:46		
5:50 (5:50)	4:35 (10:25)	6:49 (17:14)	2:58 (20:12)	6:52 (27:04)	12:46 (39:50)
26:11 (1:06:01)	20:00 (1:26:01)	14:32 (1:40:33)	10:01 (1:50:34)	1:03:37 (2:54:11)	19:31 (3:13:42)
16:54 (3:30:36)	8:04 (3:38:40)	6:55 (3:45:35)	6:49 (3:52:24)	0:52 (3:53:16)	
Anna Hecht Nielsen	Orienteering Runners Copenhagen	Disk.			
6:33 (6:33)	5:50 (12:23)	5:24 (17:47)	3:03 (20:50)	8:56 (29:46)	12:26 (42:12)
47:35 (1:29:47)	22:09 (1:51:56)	28:41 (2:20:37)	9:14 (2:29:51)	1:00:29 (3:30:20)	17:25 (3:47:45)
– (–)	– (–)	– (–)	– (–)	– (4:04:46)	
Aski Jepsen	Søllerød OK	Disk.			
3:58 (3:58)	2:07 (6:05)	3:09 (9:14)	1:24 (10:38)	3:23 (14:01)	6:54 (20:55)
13:01 (33:56)	11:43 (45:39)	9:37 (55:16)	5:27 (1:00:43)	41:36 (1:42:19)	– (–)
– (–)	– (–)	– (–)	– (1:57:38)	0:43 (1:58:21)	
Carsten Skovbjerg	Nordsjælland Adventure Racers	Disk.			
15:53 (15:53)	1:26:48 (1:42:41)	– (–)	– (–)	– (2:05:20)	14:06 (2:19:26)
30:57 (2:50:23)	30:21 (3:20:44)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (3:48:18)	
Martin Juul	Nordsjælland Adventure Racers	Disk.			
Andreas Berggren	Amager OK	Ikke startet			
Asger Skytte Kirkegaard	Tisvilde Hegn OK	Ikke startet			
Lars Ryberg Vikkelsø	Ballerup OK	Ikke startet			

Mellem	(52 / 52)	Tid	Efter		
1. Rasmus Nielsen	Tisvilde Hegn OK	1:18:57			
4:37 (4:37)	2:47 (7:24)	4:25 (11:49)	10:00 (21:49)	13:45 (35:34)	16:36 (52:10)
8:17 (1:00:27)	6:08 (1:06:35)	3:51 (1:10:26)	3:30 (1:13:56)	4:25 (1:18:21)	0:36 (1:18:57)
2. Jacob Hansen	FIF Hillerød Orientering	1:19:55	+0:58		
4:54 (4:54)	2:36 (7:30)	4:38 (12:08)	9:45 (21:53)	14:15 (36:08)	15:29 (51:37)
8:40 (1:00:17)	7:00 (1:07:17)	3:40 (1:10:57)	3:48 (1:14:45)	4:42 (1:19:27)	0:28 (1:19:55)
3. Mads K. Larsen	FIF Hillerød Orientering	1:19:57	+1:00		
4:56 (4:56)	2:36 (7:32)	4:38 (12:10)	9:44 (21:54)	14:15 (36:09)	15:29 (51:38)
8:43 (1:00:21)	7:01 (1:07:22)	3:37 (1:10:59)	3:48 (1:14:47)	4:42 (1:19:29)	0:28 (1:19:57)
4. Tim Falck Weber	Tisvilde Hegn OK	1:22:01	+3:04		
9:12:38 (9:12:38)	– (7:26)	4:03 (11:29)	10:30 (21:59)	14:25 (36:24)	16:22 (52:46)
9:18 (1:02:04)	7:01 (1:09:05)	4:00 (1:13:05)	3:09 (1:16:14)	5:11 (1:21:25)	0:36 (1:22:01)
5. Mogens Hagedorn	Søllerød OK	1:22:41	+3:44		
4:49 (4:49)	2:39 (7:28)	4:34 (12:02)	10:01 (22:03)	14:19 (36:22)	16:03 (52:25)
9:45 (1:02:10)	6:57 (1:09:07)	3:51 (1:12:58)	4:34 (1:17:32)	4:36 (1:22:08)	0:33 (1:22:41)
6. Helge Tillingsøe	DSR's O-sektion	1:25:36	+6:39		
4:52 (4:52)	2:41 (7:33)	4:17 (11:50)	10:16 (22:06)	14:33 (36:39)	17:10 (53:49)
10:03 (1:03:52)	7:06 (1:10:58)	4:28 (1:15:26)	4:12 (1:19:38)	5:20 (1:24:58)	0:38 (1:25:36)
7. Ole Lind	Ballerup OK	1:26:31	+7:34		
4:59 (4:59)	2:38 (7:37)	4:01 (11:38)	10:24 (22:02)	14:35 (36:37)	17:32 (54:09)
10:26 (1:04:35)	7:55 (1:12:30)	4:08 (1:16:38)	4:12 (1:20:50)	5:04 (1:25:54)	0:37 (1:26:31)
8. Christian Olsen	Amager OK	1:26:34	+7:37		
5:01 (5:01)	2:39 (7:40)	4:03 (11:43)	10:26 (22:09)	14:17 (36:26)	19:05 (55:31)
10:17 (1:05:48)	6:59 (1:12:47)	4:00 (1:16:47)	4:16 (1:21:03)	4:57 (1:26:00)	0:34 (1:26:34)
9. Morten Sønderkov	Ekstern	1:28:44	+9:47		
5:05 (5:05)	2:40 (7:45)	4:12 (11:57)	9:54 (21:51)	13:13 (35:04)	20:28 (55:32)
12:07 (1:07:39)	7:24 (1:15:03)	4:11 (1:19:14)	3:56 (1:23:10)	4:59 (1:28:09)	0:35 (1:28:44)
10. Leif E. Larsen	Tisvilde Hegn OK	1:28:46	+9:49		
5:17 (5:17)	2:55 (8:12)	4:11 (12:23)	11:37 (24:00)	14:20 (38:20)	18:31 (56:51)
10:35 (1:07:26)	7:46 (1:15:12)	4:12 (1:19:24)	3:29 (1:22:53)	5:17 (1:28:10)	0:36 (1:28:46)
11. Thomas Brinck	Amager OK	1:28:51	+9:54		
5:07 (5:07)	2:46 (7:53)	3:54 (11:47)	10:43 (22:30)	15:49 (38:19)	18:46 (57:05)
11:08 (1:08:13)	6:53 (1:15:06)	4:05 (1:19:11)	3:54 (1:23:05)	5:15 (1:28:20)	0:31 (1:28:51)
12. Arne Kristensen	Herlufsholm OK	1:29:39	+10:42		
5:13 (5:13)	2:52 (8:05)	4:25 (12:30)	11:39 (24:09)	14:15 (38:24)	18:37 (57:01)
10:15 (1:07:16)	8:01 (1:15:17)	4:12 (1:19:29)	3:42 (1:23:11)	5:41 (1:28:52)	0:47 (1:29:39)
13. Sten Skytte Kirkegaard	Tisvilde Hegn OK	1:36:34	+17:37		
5:32 (5:32)	3:01 (8:33)	4:18 (12:51)	12:00 (24:51)	16:43 (41:34)	20:38 (1:02:12)
11:11 (1:13:23)	9:05 (1:22:28)	4:25 (1:26:53)	4:25 (1:31:18)	4:43 (1:36:01)	0:33 (1:36:34)
14. Keld Johnsen	Tisvilde Hegn OK	1:36:38	+17:41		
5:09 (5:09)	2:57 (8:06)	4:21 (12:27)	11:26 (23:53)	21:44 (45:37)	18:09 (1:03:46)
10:17 (1:14:03)	8:33 (1:22:36)	4:24 (1:27:00)	4:03 (1:31:03)	4:56 (1:35:59)	0:39 (1:36:38)
15. Jørgen Skaarup	Ballerup OK	1:37:03	+18:06		
5:06 (5:06)	2:56 (8:02)	4:36 (12:38)	11:28 (24:06)	17:24 (41:30)	20:40 (1:02:10)
12:01 (1:14:11)	8:34 (1:22:45)	4:25 (1:27:10)	4:10 (1:31:20)	5:01 (1:36:21)	0:42 (1:37:03)

16. Christian Gudme	OK73	1:37:19	+18:22		
5:37 (5:37)	3:07 (8:44)	4:05 (12:49)	11:41 (24:30)	14:16 (38:46)	21:18 (1:00:04)
12:07 (1:12:11)	10:21 (1:22:32)	4:44 (1:27:16)	4:07 (1:31:23)	5:07 (1:36:30)	0:49 (1:37:19)
17. Lars B. Jensen	Ballerup OK	1:37:40	+18:43		
5:00 (5:00)	2:50 (7:50)	4:02 (11:52)	16:00 (27:52)	15:32 (43:24)	20:17 (1:03:41)
10:34 (1:14:15)	9:34 (1:23:49)	4:22 (1:28:11)	3:46 (1:31:57)	5:02 (1:36:59)	0:41 (1:37:40)
18. Iben Valery	Tisvilde Hegn OK	1:39:41	+20:44		
5:34 (5:34)	3:04 (8:38)	4:28 (13:06)	12:23 (25:29)	15:48 (41:17)	23:35 (1:04:52)
11:13 (1:16:05)	7:46 (1:23:51)	4:44 (1:28:35)	4:08 (1:32:43)	5:55 (1:38:38)	1:03 (1:39:41)
19. Steen Stausholm	Farum OK	1:41:55	+22:58		
6:31 (6:31)	3:03 (9:34)	4:33 (14:07)	12:02 (26:09)	17:19 (43:28)	20:52 (1:04:20)
11:49 (1:16:09)	7:50 (1:23:59)	4:44 (1:28:43)	5:50 (1:34:33)	6:40 (1:41:13)	0:42 (1:41:55)
20. Roar Bang	Orienteering Runners Copenhagen	1:45:51	+26:54		
5:35 (5:35)	3:02 (8:37)	4:22 (12:59)	12:16 (25:15)	18:01 (43:16)	21:45 (1:05:01)
11:47 (1:16:48)	10:57 (1:27:45)	5:26 (1:33:11)	4:50 (1:38:01)	7:05 (1:45:06)	0:45 (1:45:51)
21. Naja Dan Møller	Allerød OK	1:48:50	+29:53		
6:14 (6:14)	3:31 (9:45)	5:07 (14:52)	13:20 (28:12)	16:41 (44:53)	22:29 (1:07:22)
13:17 (1:20:39)	10:43 (1:31:22)	4:56 (1:36:18)	5:06 (1:41:24)	6:35 (1:47:59)	0:51 (1:48:50)
22. Peter Nørgaard	Ballerup OK	1:48:52	+29:55		
7:14 (7:14)	3:23 (10:37)	4:58 (15:35)	12:10 (27:45)	16:38 (44:23)	22:14 (1:06:37)
11:38 (1:18:15)	11:12 (1:29:27)	5:39 (1:35:06)	5:57 (1:41:03)	7:13 (1:48:16)	0:36 (1:48:52)
23. Henrik Nielsen	Tisvilde Hegn OK	1:49:20	+30:23		
5:46 (5:46)	3:22 (9:08)	4:35 (13:43)	15:19 (29:02)	17:20 (46:22)	22:27 (1:08:49)
12:35 (1:21:24)	11:02 (1:32:26)	5:16 (1:37:42)	4:24 (1:42:06)	6:30 (1:48:36)	0:44 (1:49:20)
24. Anne Marie Thommesen	Ballerup OK	1:54:30	+35:33		
5:38 (5:38)	3:02 (8:40)	4:24 (13:04)	12:06 (25:10)	27:45 (52:55)	21:16 (1:14:11)
12:23 (1:26:34)	9:05 (1:35:39)	5:17 (1:40:56)	6:22 (1:47:18)	6:29 (1:53:47)	0:43 (1:54:30)
25. Uffe Just Pedersen	Søllerød OK	1:55:08	+36:11		
6:07 (6:07)	3:32 (9:39)	5:23 (15:02)	14:06 (29:08)	20:19 (49:27)	23:41 (1:13:08)
12:31 (1:25:39)	10:50 (1:36:29)	5:37 (1:42:06)	5:48 (1:47:54)	6:37 (1:54:31)	0:37 (1:55:08)
26. Tøger Gralle Nørgaard	Amager OK	1:55:20	+36:23		
6:19 (6:19)	3:22 (9:41)	4:59 (14:40)	13:25 (28:05)	21:27 (49:32)	25:56 (1:15:28)
12:17 (1:27:45)	10:29 (1:38:14)	5:08 (1:43:22)	4:54 (1:48:16)	6:19 (1:54:35)	0:45 (1:55:20)
27. Lars Hanghøj Petersen	Ballerup OK	1:57:12	+38:15		
5:27 (5:27)	3:02 (8:29)	4:28 (12:57)	12:03 (25:00)	30:37 (55:37)	23:48 (1:19:25)
12:41 (1:32:06)	8:38 (1:40:44)	4:55 (1:45:39)	5:00 (1:50:39)	5:50 (1:56:29)	0:43 (1:57:12)
28. Max Prang	Fredensborg OK	1:57:44	+38:47		
5:29 (5:29)	3:06 (8:35)	8:07 (16:42)	13:43 (30:25)	19:29 (49:54)	22:00 (1:11:54)
13:37 (1:25:31)	13:05 (1:38:36)	5:53 (1:44:29)	4:50 (1:49:19)	7:40 (1:56:59)	0:45 (1:57:44)
29. Jens Bentsen	OK Øst Birkerød	1:58:12	+39:15		
6:39 (6:39)	3:25 (10:04)	5:00 (15:04)	15:07 (30:11)	19:34 (49:45)	22:43 (1:12:28)
13:13 (1:25:41)	12:47 (1:38:28)	5:28 (1:43:56)	6:12 (1:50:08)	7:08 (1:57:16)	0:56 (1:58:12)
30. Erik Sørensen	Allerød OK	1:59:33	+40:36		
6:11 (6:11)	3:36 (9:47)	5:28 (15:15)	15:18 (30:33)	19:46 (50:19)	21:54 (1:12:13)
12:50 (1:25:03)	14:58 (1:40:01)	5:28 (1:45:29)	7:29 (1:52:58)	5:59 (1:58:57)	0:36 (1:59:33)
31. Alexander Hein Eriksen	Orienteering Runners Copenhagen	1:59:45	+40:48		
6:01 (6:01)	3:42 (9:43)	4:38 (14:21)	14:20 (28:41)	28:47 (57:28)	21:34 (1:19:02)
13:19 (1:32:21)	9:36 (1:41:57)	5:46 (1:47:43)	5:55 (1:53:38)	5:23 (1:59:01)	0:44 (1:59:45)
32. Jimmy Hoen	Ballerup OK	2:00:29	+41:32		
7:27 (7:27)	3:45 (11:12)	5:49 (17:01)	15:22 (32:23)	20:43 (53:06)	23:35 (1:16:41)
14:21 (1:31:02)	11:22 (1:42:24)	6:01 (1:48:25)	5:21 (1:53:46)	6:02 (1:59:48)	0:41 (2:00:29)
33. Mia Høholdt Hansen	Lyngby OK	2:00:51	+41:54		
6:24 (6:24)	3:31 (9:55)	5:12 (15:07)	13:31 (28:38)	25:06 (53:44)	23:19 (1:17:03)
14:01 (1:31:04)	11:24 (1:42:28)	6:00 (1:48:28)	5:25 (1:53:53)	6:10 (2:00:03)	0:48 (2:00:51)
34. Jens Karlsmose	Farum OK	2:13:16	+54:19		
6:22 (6:22)	3:30 (9:52)	5:26 (15:18)	14:57 (30:15)	27:26 (57:41)	26:05 (1:23:46)
14:40 (1:38:26)	11:09 (1:49:35)	6:52 (1:56:27)	6:11 (2:02:38)	9:37 (2:12:15)	1:01 (2:13:16)
35. Nina Siegenfeldt	Orienteering Runners Copenhagen	2:14:35	+55:38		
6:40 (6:40)	3:50 (10:30)	5:13 (15:43)	16:47 (32:30)	24:32 (57:02)	28:20 (1:25:22)
15:12 (1:40:34)	12:53 (1:53:27)	6:53 (2:00:20)	5:27 (2:05:47)	8:00 (2:13:47)	0:48 (2:14:35)
36. Kim Frandsen	Orienteering Runners Copenhagen	2:14:42	+55:45		
6:28 (6:28)	4:00 (10:28)	5:12 (15:40)	16:47 (32:27)	24:29 (56:56)	28:28 (1:25:24)
15:05 (1:40:29)	12:52 (1:53:21)	6:36 (1:59:57)	5:46 (2:05:43)	7:52 (2:13:35)	1:07 (2:14:42)
37. Mette Fiilskov	OK Sorø	2:17:51	+58:54		
8:07 (8:07)	4:19 (12:26)	6:44 (19:10)	19:32 (38:42)	22:33 (1:01:15)	27:11 (1:28:26)
15:55 (1:44:21)	12:28 (1:56:49)	5:57 (2:02:46)	6:07 (2:08:53)	7:48 (2:16:41)	1:10 (2:17:51)
38. Lone Karlsmose Gamble	Farum OK	2:17:52	+58:55		
8:03 (8:03)	4:19 (12:22)	6:44 (19:06)	19:31 (38:37)	23:17 (1:01:54)	26:34 (1:28:28)
16:04 (1:44:32)	12:20 (1:56:52)	6:00 (2:02:52)	7:00 (2:09:52)	6:53 (2:16:45)	1:07 (2:17:52)
39. Anette Holm	Farum OK	2:17:53	+58:56		
8:01 (8:01)	4:15 (12:16)	6:46 (19:02)	19:42 (38:44)	22:18 (1:01:02)	28:16 (1:29:18)
15:10 (1:44:28)	12:19 (1:56:47)	6:11 (2:02:58)	6:21 (2:09:19)	7:39 (2:16:58)	0:55 (2:17:53)
40. Anni Plauborg	Team Fit4run	2:18:50	+59:53		
7:05 (7:05)	4:30 (11:35)	6:06 (17:41)	20:14 (37:55)	24:11 (1:02:06)	28:21 (1:30:27)
14:07 (1:44:34)	12:49 (1:57:23)	6:15 (2:03:38)	6:15 (2:09:53)	8:15 (2:18:08)	0:42 (2:18:50)
41. Malene Telyakevych	OK Øst Birkerød	2:19:09	+60:12		
7:02 (7:02)	4:30 (11:32)	6:10 (17:42)	20:30 (38:12)	23:57 (1:02:09)	28:33 (1:30:42)
13:57 (1:44:39)	12:55 (1:57:34)	6:15 (2:03:49)	6:05 (2:09:54)	8:23 (2:18:17)	0:52 (2:19:09)

42. Stine Møller Jørgensen	Orienteering Runners Copenhagen	2:25:22	+66:25		
14:24 (14:24)	4:20 (18:44)	6:01 (24:45)	18:24 (43:09)	24:02 (1:07:11)	26:32 (1:33:43)
15:08 (1:48:51)	13:40 (2:02:31)	7:34 (2:10:05)	6:20 (2:16:25)	8:08 (2:24:33)	0:49 (2:25:22)
43. Jon Palle Hansen	Orienteering Runners Copenhagen	2:25:24	+66:27		
14:25 (14:25)	4:17 (18:42)	6:01 (24:43)	18:32 (43:15)	23:54 (1:07:09)	26:32 (1:33:41)
15:16 (1:48:57)	13:38 (2:02:35)	7:20 (2:09:55)	6:16 (2:16:11)	8:25 (2:24:36)	0:48 (2:25:24)
44. Kaj Munck	Herlufsholm OK	2:44:03	+85:06		
8:42 (8:42)	5:19 (14:01)	6:57 (20:58)	23:34 (44:32)	28:35 (1:13:07)	31:01 (1:44:08)
18:55 (2:03:03)	13:43 (2:16:46)	8:17 (2:25:03)	8:03 (2:33:06)	9:49 (2:42:55)	1:08 (2:44:03)
Rolf Valery	Tisvilde Hegn OK	Udg.			
5:03 (5:03)	2:45 (7:48)	4:19 (12:07)	11:58 (24:05)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (53:07)	0:52 (53:59)
Jakob Sueksdor	OK73	Disk.			
Peter Bäckér Hansen	OK Øst Birkerød	Disk.			
6:16 (6:16)	3:21 (9:37)	5:13 (14:50)	14:17 (29:07)	20:07 (49:14)	15:10 (1:04:24)
- (-)	- (-)	- (-)	- (1:19:48)	7:38 (1:27:26)	0:54 (1:28:20)
Viggo Hansen	Ballerup OK	Disk.			
6:26 (6:26)	3:43 (10:09)	5:02 (15:11)	14:28 (29:39)	- (-)	- (1:14:07)
- (-)	- (1:38:22)	5:37 (1:43:59)	6:55 (1:50:54)	7:53 (1:58:47)	0:47 (1:59:34)
Claus Cederberg	Ballerup OK	Ikke startet			
Hans Henrik Skøtt	Ekstern	Ikke startet			
Morten Ploug	Ballerup OK	Ikke startet			
Steen Olsen	Søllerød OK	Ikke startet			

Kort**(36 / 36)****Tid****Efter**

1. Gert Lillevang Nielsen	Allerød OK	55:43			
4:50 (4:50)	12:39 (17:29)	15:10 (32:39)	4:02 (36:41)	4:34 (41:15)	2:00 (43:15)
2:30 (45:45)	9:12 (54:57)	0:46 (55:43)			
2. Jesper Vestergaard	Søllerød OK	58:40	+2:57		
4:29 (4:29)	13:51 (18:20)	16:03 (34:23)	4:20 (38:43)	4:47 (43:30)	2:22 (45:52)
2:53 (48:45)	9:09 (57:54)	0:46 (58:40)			
3. Rikke Kofoed	OK Øst Birkerød	1:00:03	+4:20		
4:42 (4:42)	14:23 (19:05)	14:58 (34:03)	5:02 (39:05)	5:10 (44:15)	3:00 (47:15)
3:11 (50:26)	8:56 (59:22)	0:41 (1:00:03)			
4. Catalin Ionut Miclea	Lyngby OK	1:00:31	+4:48		
4:36 (4:36)	14:11 (18:47)	15:33 (34:20)	4:18 (38:38)	5:12 (43:50)	2:28 (46:18)
4:23 (50:41)	9:07 (59:48)	0:43 (1:00:31)			
5. Rune Hausner	OK S.G.	1:02:58	+7:15		
5:27 (5:27)	17:19 (22:46)	15:31 (38:17)	4:13 (42:30)	5:28 (47:58)	2:19 (50:17)
2:44 (53:01)	9:08 (1:02:09)	0:49 (1:02:58)			
6. Jan Kofoed Nielsen	PI-København	1:04:04	+8:21		
4:39 (4:39)	14:24 (19:03)	16:01 (35:04)	5:38 (40:42)	6:01 (46:43)	3:02 (49:45)
3:11 (52:56)	10:17 (1:03:13)	0:51 (1:04:04)			
7. Bent Johansen	OK73	1:05:19	+9:36		
4:59 (4:59)	13:44 (18:43)	17:00 (35:43)	5:15 (40:58)	6:46 (47:44)	2:26 (50:10)
3:11 (53:21)	11:11 (1:04:32)	0:47 (1:05:19)			
8. Viorel Miclea	Lyngby OK	1:06:37	+10:54		
4:31 (4:31)	16:06 (20:37)	17:21 (37:58)	4:36 (42:34)	5:59 (48:33)	3:07 (51:40)
3:25 (55:05)	10:47 (1:05:52)	0:45 (1:06:37)			
9. Mogens Hansen	OK Skærmén Værløse	1:07:25	+11:42		
9:19 (9:19)	14:48 (24:07)	16:13 (40:20)	4:18 (44:38)	5:40 (50:18)	3:21 (53:39)
2:58 (56:37)	10:01 (1:06:38)	0:47 (1:07:25)			
10. Jesper Skelbæk Berntsen	Orienteering Runners Copenhagen	1:10:01	+14:18		
5:16 (5:16)	25:10 (30:26)	15:28 (45:54)	6:38 (52:32)	5:11 (57:43)	1:53 (59:36)
2:00 (1:01:36)	7:53 (1:09:29)	0:32 (1:10:01)			
11. Kim Neubert Madsen	PI-København	1:10:37	+14:54		
7:42 (7:42)	14:21 (22:03)	18:44 (40:47)	4:55 (45:42)	6:31 (52:13)	3:51 (56:04)
2:55 (58:59)	11:04 (1:10:03)	0:34 (1:10:37)			
12. Leif Jensen	OK Skærmén Værløse	1:10:39	+14:56		
7:08 (7:08)	19:18 (26:26)	16:51 (43:17)	4:39 (47:56)	6:13 (54:09)	3:01 (57:10)
3:01 (1:00:11)	9:43 (1:09:54)	0:45 (1:10:39)			
13. Peter Nielsen	OK Skærmén Værløse	1:10:41	+14:58		
9:01 (9:01)	15:32 (24:33)	18:31 (43:04)	4:58 (48:02)	6:02 (54:04)	3:08 (57:12)
2:50 (1:00:02)	9:57 (1:09:59)	0:42 (1:10:41)			
14. Mikkel Iversen	Ekstern	1:12:22	+16:39		
5:43 (5:43)	17:23 (23:06)	19:24 (42:30)	6:13 (48:43)	7:47 (56:30)	2:37 (59:07)
2:45 (1:01:52)	9:45 (1:11:37)	0:45 (1:12:22)			
15. Ronald Clausen	DSR's O-sektion	1:12:53	+17:10		
6:16 (6:16)	17:16 (23:32)	19:13 (42:45)	5:06 (47:51)	6:07 (53:58)	3:28 (57:26)
3:14 (1:00:40)	11:20 (1:12:00)	0:53 (1:12:53)			
16. Lars Sørensen	OK Øst Birkerød	1:13:09	+17:26		
5:23 (5:23)	19:21 (24:44)	17:25 (42:09)	5:15 (47:24)	7:17 (54:41)	2:49 (57:30)
2:54 (1:00:24)	11:49 (1:12:13)	0:56 (1:13:09)			
17. Søren Bloch	PI-København	1:17:04	+21:21		
4:43 (4:43)	25:39 (30:22)	16:40 (47:02)	5:07 (52:09)	6:03 (58:12)	3:16 (1:01:28)
2:48 (1:04:16)	12:03 (1:16:19)	0:45 (1:17:04)			
18. Else Gudme	OK73	1:17:11	+21:28		
7:02 (7:02)	17:28 (24:30)	18:57 (43:27)	6:04 (49:31)	7:53 (57:24)	3:23 (1:00:47)
3:43 (1:04:30)	11:57 (1:16:27)	0:44 (1:17:11)			

19. Jesper Kirkeskov	Søllerød OK	1:19:39	+23:56		
7:16 (7:16)	20:32 (27:48)	19:13 (47:01)	6:34 (53:35)	6:17 (59:52)	3:46 (1:03:38)
3:25 (1:07:03)	11:52 (1:18:55)	0:44 (1:19:39)			
20. Nynne Parvang	Søllerød OK	1:21:48	+26:05		
5:19 (5:19)	25:10 (30:29)	18:33 (49:02)	8:22 (57:24)	7:09 (1:04:33)	2:45 (1:07:18)
2:57 (1:10:15)	10:50 (1:21:05)	0:43 (1:21:48)			
21. Michael Parvang	Søllerød OK	1:21:56	+26:13		
4:49 (4:49)	32:06 (36:55)	17:33 (54:28)	4:37 (59:05)	5:36 (1:04:41)	2:34 (1:07:15)
2:55 (1:10:10)	10:58 (1:21:08)	0:48 (1:21:56)			
22. Bent Mortensen	OK73	1:26:00	+30:17		
6:59 (6:59)	17:17 (24:16)	21:05 (45:21)	6:26 (51:47)	9:25 (1:01:12)	5:42 (1:06:54)
3:47 (1:10:41)	14:11 (1:24:52)	1:08 (1:26:00)			
23. Ulrik Danneskiold-Samsøe	Farum OK	1:26:09	+30:26		
6:11 (6:11)	23:58 (30:09)	17:06 (47:15)	6:10 (53:25)	6:23 (59:48)	2:50 (1:02:38)
7:42 (1:10:20)	15:10 (1:25:30)	0:39 (1:26:09)			
24. Niels Raagaard	Søllerød OK	1:26:40	+30:57		
9:33 (9:33)	18:23 (27:56)	21:37 (49:33)	7:49 (57:22)	7:25 (1:04:47)	2:45 (1:07:32)
5:09 (1:12:41)	13:01 (1:25:42)	0:58 (1:26:40)			
25. Johanne Lind	Ballerup OK	1:39:12	+43:29		
6:03 (6:03)	24:17 (30:20)	22:46 (53:06)	7:15 (1:00:21)	9:22 (1:09:43)	5:42 (1:15:25)
5:57 (1:21:22)	16:59 (1:38:21)	0:51 (1:39:12)			
26. Jørn Andreasen	OK73	1:39:13	+43:30		
6:47 (6:47)	23:31 (30:18)	25:59 (56:17)	6:49 (1:03:06)	9:23 (1:12:29)	3:58 (1:16:27)
5:14 (1:21:41)	16:23 (1:38:04)	1:09 (1:39:13)			
27. Ruth Hansen	OK Skærmens Værløse	1:43:49	+48:06		
9:40 (9:40)	21:06 (30:46)	21:49 (52:35)	7:56 (1:00:31)	8:21 (1:08:52)	8:53 (1:17:45)
8:19 (1:26:04)	16:49 (1:42:53)	0:56 (1:43:49)			
28. Hanne Frost	Farum OK	1:49:46	+54:03		
7:18 (7:18)	23:17 (30:35)	23:07 (53:42)	12:21 (1:06:03)	10:29 (1:16:32)	5:32 (1:22:04)
9:33 (1:31:37)	17:09 (1:48:46)	1:00 (1:49:46)			
29. Alice Brødsgaard	Ballerup OK	1:49:48	+54:05		
7:13 (7:13)	23:19 (30:32)	23:00 (53:32)	12:34 (1:06:06)	10:20 (1:16:26)	5:27 (1:21:53)
9:33 (1:31:26)	17:24 (1:48:50)	0:58 (1:49:48)			
Helle M. Frederiksen	Ballerup OK	Disk.	Disk.		
7:27 (7:27)	– (–)	– (1:05:19)	– (–)	– (–)	– (–)
– (–)	– (–)	– (1:26:56)			
Johan Frydendahl	DSR's O-sektion	Disk.	Disk.		
Siri Klausen	Ballerup OK	Disk.	Disk.		
6:08 (6:08)	– (–)	– (44:49)	5:46 (50:35)	7:45 (58:20)	5:53 (1:04:13)
– (–)	– (1:19:58)	1:03 (1:21:01)			
Bruno Stub	PI-København	Ikke startet	Ikke startet		
Gitte Grauert	Ballerup OK	Ikke startet	Ikke startet		
Lasse Falck Weber	Tisvilde Hegn OK	Ikke startet	Ikke startet		
Thomas Pickering	FSK Orientering	Ikke startet	Ikke startet		

Turist**(11 / 11)****Tid Efter**

1. Else Juul Hansen	Søllerød OK	1:02:46			
7:42 (7:42)	4:16 (11:58)	6:32 (18:30)	4:18 (22:48)	6:38 (29:26)	6:57 (36:23)
3:02 (39:25)	2:24 (41:49)	7:31 (49:20)	5:01 (54:21)	7:24 (1:01:45)	1:01 (1:02:46)
2. Ulla Petersen	Allerød OK	1:07:07	+4:21		
8:39 (8:39)	4:15 (12:54)	9:59 (22:53)	5:14 (28:07)	8:03 (36:10)	5:47 (41:57)
2:16 (44:13)	3:04 (47:17)	6:49 (54:06)	5:33 (59:39)	6:34 (1:06:13)	0:54 (1:07:07)
3. Katrine Neumann	Ekstern	1:09:49	+7:03		
15:51 (15:51)	4:05 (19:56)	5:33 (25:29)	3:51 (29:20)	5:56 (35:16)	6:16 (41:32)
3:10 (44:42)	5:43 (50:25)	7:49 (58:14)	4:54 (1:03:08)	5:57 (1:09:05)	0:44 (1:09:49)
4. Renata Amorim	Tisvilde Hegn OK	1:20:37	+17:51		
15:20 (15:20)	5:21 (20:41)	6:58 (27:39)	5:29 (33:08)	11:14 (44:22)	6:37 (50:59)
4:05 (55:04)	2:41 (57:45)	9:10 (1:06:55)	5:55 (1:12:50)	6:52 (1:19:42)	0:55 (1:20:37)
5. Flemming Rasmussen	FSK Orientering	1:26:34	+23:48		
11:14 (11:14)	5:08 (16:22)	7:03 (23:25)	6:09 (29:34)	9:19 (38:53)	8:25 (47:18)
4:09 (51:27)	4:51 (56:18)	15:31 (1:11:49)	5:51 (1:17:40)	7:59 (1:25:39)	0:55 (1:26:34)
6. Helle Christensen	FSK Orientering	1:26:40	+23:54		
11:26 (11:26)	4:58 (16:24)	7:14 (23:38)	6:06 (29:44)	9:22 (39:06)	8:11 (47:17)
4:11 (51:28)	4:56 (56:24)	15:25 (1:11:49)	5:53 (1:17:42)	7:59 (1:25:41)	0:59 (1:26:40)
7. Søren Gudme	OK73	1:40:29	+37:43		
12:06 (12:06)	6:40 (18:46)	12:19 (31:05)	6:31 (37:36)	10:31 (48:07)	9:24 (57:31)
5:18 (1:02:49)	7:41 (1:10:30)	11:42 (1:22:12)	7:00 (1:29:12)	9:46 (1:38:58)	1:31 (1:40:29)
8. Jannie Nielsen	Uden klub	1:42:57	+40:11		
12:51 (12:51)	5:52 (18:43)	10:32 (29:15)	7:59 (37:14)	12:23 (49:37)	7:35 (57:12)
5:28 (1:02:40)	5:01 (1:07:41)	18:04 (1:25:45)	6:04 (1:31:49)	10:14 (1:42:03)	0:54 (1:42:57)
Bente Dahl	Uden klub	Fejlst.	Fejlst.		
17:49 (17:49)	10:56 (28:45)	– (–)	– (–)	– (–)	– (–)
– (–)	– (49:02)	– (–)	– (–)	– (1:09:49)	2:08 (1:11:57)
Julie Keller	Amager OK	Fejlst.	Fejlst.		
28:20 (28:20)	10:13 (38:33)	– (–)	– (–)	– (–)	– (59:05)
– (–)	– (1:09:21)	– (–)	– (–)	– (1:30:23)	2:28 (1:32:51)
Mette Stub	PI-København	Ikke startet	Ikke startet		