



LANZAROTE

De Kanariske Øer

- når det drejer sig om aktiv ferie.
Mere end 20 sportsfaciliteter
frit til disposition.

Cykel-, Løbe- & Tri-arrangementer 95/96

4. juni '95	IV Opel Ironman Lanzarote Triathlon. (3,8 k svøm. + 180 k cykl. + 42,195 k løb) Kvalifikation til Hawaii Ironman.
30. sep. '95	III Club La Santa Efterårs Triathlon. (1,5 k svøm. + 40 k cykl. + 10 k løb)
30. sep. '95	III Club La Santa Efterårs Stafet Triathlon. (1 k svøm. + 20 k cykl. + 5 k løb)
6. okt. - 13. okt. '95	III Lanzarote Mountain Bike Week.
8. okt. '95	I Lanzaman - 120 K Marathon Mountain Bike.
26. okt. - 29. nov. '95	Club La Santa Intl. Running Week (10 k Roadrace + 8,9 k Hillrace + 5 k Beachrace + 23 k Trans-Island race)
3. dec. '95	Lanzarote 1/2 & 1/1 Marathon.
8. jan. - 19. jan. '96	Triathlon Training Camp with Wolfgang Dietrich.
20. jan. - 27. jan. '96	Saucony Cross Training Week with Paula Newby-Fraser and Dave Scott.
27. jan. '96	Lanzarote Powerman Duathlon. (10 k løb + 60 k cykl. + 10 k løb) Kvalifikation til Powerman i Zofingen, Schweiz.
4. feb. - 11. feb. '96	Biking Week with Bjarne Riis & Jan Bo Pedersen.
16. feb. - 1. mar. '96	Biking Week with Tony Doyle.
7. mar. - 14. mar. '96	Mick Ives Mountain Bike Training Camp.
5. maj '96	XII International Volcano Triathlon. (1,5 k svøm. + 40 k cykl. + 10 k løb)
8. juni '96	V Ironman Lanzarote Triathlon. (3,8 k svøm. + 180 k cykl. + 42,195 k løb) Kvalifikation til Hawaii Ironman.
5. okt. '96	IV Annual Club La Santa October Triathlon. (1,5 k svøm. + 40 k cykl. + 10 k løb)
5. okt. '96	IV Annual Club La Santa Relay Triathlon. (1 k svøm. + 20 k cykl. + 5 k løb)
okt. '96	II Lanzaman - 120 K Marathon Mountain Bike.
24. nov. - 27. nov. '96	Club La Santa Intl. Running Week. (10 k Roadrace + 8,9 k Hillrace + 5 k Beachrace + 23 k Trans-Island race)
30. nov. '96	Intl. Lanzarote 1/2 & 1/1 Marathon.

Med forbehold for ændringer

JYLLAND: 75 17 18 00 • KØBENHAVN: 33 32 00 33

Man.- Fre. 9-17, Søn. 10-13



IK VIKING RØNNE ATLETIK

Resultatliste

BORNHOLMS 2. INTERNATIONALE LØBEUGE

17.-21. JULI 1995



Shell Center
Bornholm

HELE VEJEN



SØHOLM KERAMIK



Tlf. 56 49 60 76
DK-3740 Svaneke



BAT tilbyder timetrafik mellem alle større byer på Bornholm

Brug BAT Bornholm rundt



din **SPORTMASTER** BUTIK

SPECIALISTEN I DIT FRITIDSUDSTYR

ST. TORV 10 . TLF. 56 95 19 04 - 56 95 45 00

UDGÅEDE LØBERE

ETAPE BORNHOLM 17.- 21. JULI 1995

STARTNR. NAVN	1. ETAPE TID PLACER	2. ETAPE TID PLACER	3. ETAPE TID PLACER	4. ETAPE TID PLACER	5. ETAPE TID PLACER	TOTAL TID/PLACERING
41 Lise Lykke Nielsen, Århus 1900	00:55:59 119	00:38:01 124	00:52:34 115		00:55:28 108	UDGÅET
87 Peter Raahauge, Haslev	00:45:51 229	00:30:11 222	00:41:32 206			UDGÅET
109 Kaj Erik Mortensen, Shell Klubben	00:44:44 31					UDGÅET
135 Anne Fjeldborg, København Ø		00:58:21 175	00:42:07 224			UDGÅET
140 Bent-Ole Lind, Viking	00:43:16 174	00:29:20 195			00:36:11 38	UDGÅET
150 Jacob Schiølt, Viking	00:36:13 41	00:24:48 65				UDGÅET
200 Carsten Filippson, Aakirkeby	00:42:06 149	00:27:46 147		00:32:34 127		UDGÅET
210 Jan Egeblund Nielsen, Aakirkeby	00:36:37 50	00:23:44 39	00:33:33 47		00:35:42 34	UDGÅET
229 Pia Christensen, FIF	00:56:12 121	00:41:33 143		00:44:47 123	01:01:46 134	UDGÅET
244 Martin Møhler, Albertslund	00:56:03 321	00:35:35 307				UDGÅET
260 Lars Herforth, I.F. Sparta	00:38:51 88	00:26:07 102	00:35:56 84		00:38:58 79	UDGÅET
282 Carsten Skov Nielsen, I.F. Sparta		00:38:44 324		00:31:34 99		UDGÅET
283 Kresten Goderum, I.F. Sparta	00:56:47 327	00:39:55 331	00:55:38 338			UDGÅET
285 Lehnart Pasborg, I.F. Sparta	00:48:22 278					UDGÅET
295 Helle Mørch, I.F. Sparta	00:46:42 49	00:30:54 40	00:45:47 63		00:45:57 35	UDGÅET
299 Susan Engelsen, I.F. Sparta		00:32:40 68	00:44:42 56	00:36:23 38	00:42:46 103	UDGÅET
314 Bentle Pedersen, I.F. Sparta		00:36:10 103	00:49:28 92	00:42:46 103	00:54:30 100	UDGÅET
318 Michael Boysen, I.F. Sparta				00:37:49 257	00:44:57 200	UDGÅET
322 Sørenia Skovlund, I.F. Sparta	00:53:52 103					UDGÅET
345 Tommy Kaas, Viking		00:22:27 20	00:31:07 18			UDGÅET
373 Kasper Petersen, SAS Alléik & Motion	00:34:38 23	00:30:37 227	00:42:09 227	00:37:24 245	00:53:51 95	UDGÅET
395 Doris Hasnussen, Svaneke	00:45:52 230	00:36:09 100		00:42:04 99		UDGÅET
396 Ditle Holm, Rønne	00:54:21 106					UDGÅET
417 Bjarne Kruse, Unibank	00:43:19 176					UDGÅET
428 Ole K. Andersen, Unibank			00:39:04 156	00:33:20 148	00:42:19 145	UDGÅET
431 Aksel Andersen, Hjertereforeningen Odense	00:56:07 322	00:24:03 47	00:56:41 341	00:48:05 336		UDGÅET
471 Simon Kjær, Viking	00:44:21 200	00:27:35 143	00:38:58 154			UDGÅET
486 John Christensen, Haslev	00:41:58 146			00:33:00 139		UDGÅET
487 Jette Lyngsøe, Haslev	00:59:57 136	00:39:34 135		00:46:48 134	01:02:05 136	UDGÅET

374 Jern Eskildsen, SAS Atletik & motion	00:50:45	298	00:33:32	291	00:47:02	298	00:39:21	286	00:51:33	284	03:42:13	266
252 Per Kolof, Rønne	00:53:08	310	00:31:29	255	00:46:45	295	00:38:39	275	00:52:26	290	03:42:27	267
360 Søren Juul Jensen, Holsiebro Orientering	00:48:11	274	00:33:24	289	00:47:51	301	00:39:52	288	00:55:38	306	03:44:56	268
111 Niels Christensen, Rønne	00:50:14	296	00:34:07	294	00:47:51	302	00:39:57	289	00:53:31	297	03:45:40	269
134 Erling Klüsner, Skovlunde	00:51:29	303	00:33:31	290	00:49:54	317	00:40:41	295	00:50:35	274	03:46:10	270
411 Jørn-Ole Schou Pedersen, Rønne	00:51:21	301	00:34:38	299	00:48:12	307	00:40:59	296	00:52:07	288	03:47:17	271
418 Bjarne Christensen, Tikeb	00:51:09	300	00:31:54	265	00:49:46	316	00:39:06	283	00:55:36	305	03:47:31	272
121 Ole Arundsen, Næstved	00:51:22	302	00:33:20	288	00:49:34	314	00:40:05	291	00:53:22	296	03:47:43	273
393 Kaj Nielsen, Svaneke	00:51:58	307	00:34:54	301	00:48:30	309	00:41:35	300	00:51:28	283	03:48:25	274
391 Henrik Thorsen, Svaneke	00:54:32	315	00:35:19	304	00:48:16	308	00:41:05	297	00:52:40	292	03:51:52	275
95 Kaj Jensen, Frederiksværk	00:55:07	319	00:35:34	306	00:48:03	306	00:40:39	294	00:52:29	291	03:51:52	276
343 Steen Kristensen, Hjerlforeningens Motion	00:51:57	306	00:35:15	303	00:50:05	318	00:41:32	299	00:53:15	293	03:52:01	277
33 John Rasmussen, Kolding KFUM	00:53:07	309	00:36:33	311	00:47:58	304	00:43:02	307	00:53:23	290	03:52:03	278
378 Kristian Lund, Søborg	00:51:08	299	00:35:30	305	00:48:39	310	00:41:32	299	00:55:25	293	03:54:06	279
124 John Yardy, Nørrebro	00:49:54	295	00:36:42	310	00:47:58	304	00:43:02	307	00:53:15	293	03:54:06	280
23 Lars Klog, Næstved	00:56:31	325	00:36:21	310	00:49:35	315	00:41:56	301	00:51:41	286	03:56:40	281
415 Torben Sennichsen, Nexø	00:53:45	312	00:36:04	308	00:51:51	324	00:42:13	304	00:55:21	300	03:58:14	282
459 Jesper Gulev, Hørsholm	00:57:53	335	00:38:42	323	00:42:15	229	00:43:56	315	00:56:57	312	03:59:43	283
469 Peter Raffalt, Køge	00:58:42	336	00:35:06	302	00:49:15	313	00:41:24	298	00:56:57	304	03:59:58	284
173 Tore Andersen, Romsås Idrætsslag	00:53:53	313	00:38:45	325	00:51:05	321	00:42:11	303	00:54:30	299	04:00:24	285
280 Lars Hejfeldt, I.F. Sparta	00:54:38	316	00:34:09	295	00:58:22	343	00:43:21	310	00:53:21	295	04:03:51	286
287 Marlin Jørgensen, I.F. Sparta	00:54:11	314	00:36:34	312	00:53:36	332	00:42:52	306	00:56:59	313	04:04:12	287
493 Aage Svanholm, Vordingborg	00:57:09	331	00:37:39	318	00:50:56	320	00:43:24	312	00:55:27	303	04:04:35	288
177 Erik Foss, Romsås Idrætsslag	00:51:31	304	00:48:54	339	00:47:56	303	00:43:22	311	00:53:20	294	04:05:03	289
330 Mogens Rømer, Rønne	00:55:00	317	00:39:11	328	00:50:43	319	00:44:00	316	00:56:52	311	04:05:46	290
15 Kurt Madsen, Hundested	00:56:32	326	00:36:52	314	00:52:06	326	00:44:11	319	00:56:40	310	04:06:21	291
412 Søren Bach-Petersen, Rønne	00:57:31	333	00:37:32	317	00:52:01	325	00:44:03	317	00:56:01	308	04:07:08	292
242 Ole Kolofod, Herlev	00:57:06	330	00:38:24	322	00:52:40	328	00:44:51	324	00:56:30	309	04:09:31	293
390 Niels Rømer Jensen, Rønne	00:59:37	339	00:36:35	313	00:53:09	330	00:44:29	321	00:57:34	314	04:11:24	294
498 Kurt Jessen, Karlslunde	00:56:11	323	00:41:33	335	00:47:07	299	00:44:48	323	01:01:46	323	04:11:25	295
187 Eirik Ulvik, Romsås Idrætsslag	00:59:04	338	00:37:53	320	00:53:28	331	00:45:06	326	00:59:02	318	04:14:33	296
240 Per Christensen, Kokkedal	01:00:12	340	00:37:00	315	00:55:15	335	00:43:15	309	00:59:44	319	04:15:26	297
104 Erik Olsen, I.K. Olympia	00:57:26	332	00:39:34	329	00:54:07	333	00:45:41	327	00:58:43	316	04:15:31	298
440 Uffe Nyrup, Espergærde	00:57:05	329	00:38:54	326	00:55:28	336	00:46:03	328	00:58:57	317	04:16:27	299
185 Knut Ulvik, Romsås Idrætsslag	00:56:57	328	00:34:37	298	00:56:05	340	00:48:35	337	01:02:09	324	04:18:23	300
154 Niels Lindberg, Holsiebro	00:59:02	337	00:38:10	321	00:54:30	334	00:47:22	332	00:59:59	320	04:19:03	301
446 Dirk Tønnesen, Stenløse	00:56:28	324	00:39:02	327	00:55:35	337	00:46:58	330	01:01:05	322	04:19:08	302
183 Freddy Norstrøm, Romsås Idrætsslag	00:57:47	334	00:40:36	333	00:57:14	342	00:48:57	338	01:04:53	327	04:29:27	303
29 Henrik Thomsen, FIF	01:02:37	342	00:40:18	332	00:58:23	344	00:49:35	339	01:04:52	326	04:35:45	304
3 Mads Kiholm, Haslev	01:12:02	344	00:45:56	337	01:05:32	345	00:46:39	329	01:04:13	325	04:54:22	305
800 Claus Haakonsson, Viking (SIDSTE LØBER)	01:11:45	343	00:46:02	338	01:10:20	346	00:47:14	331	01:07:05	328	05:02:26	306
	01:18:14	345	00:58:23	340	01:14:41	347	01:03:29	342	01:24:53	329	05:59:40	307

ETAPE BORNHOLM 1995 er vel overstået.

At følge successen fra 1994 op har været et stort og spændende arbejde. Resultatet har været helt forrygende. Selvom Bornholm - der også i år med rette fortjener betegnelsen "SOLSKINSØEN I ØSTERSØEN" - ligger langt fra det øvrige Danmark, viser deltagerantallet, at afstande bliver mindre væsentlige, blot produktet er godt.

Erfaringerne fra 1994 er blev grundigt gennemarbejdet bl.a. for at gøre løberuterne så sikre som muligt, uden at naturoplevelser, spænding og variation ville gå tabt.

Afviklingen af etape-løbet kræver bistand fra en lang række mennesker. Først og fremmest alle vore frivillige hjælpere, der har været i sving i dagene fra den 17. til den 21. juli. I de fem dage var godt og vel 85 mennesker daglig travlt beskæftiget med alt lige fra tilmelding, væskeudlevering, børnepasning, vejvisning m.m.

Vore økonomiske "bagmænd" har også en stor del af æren for ETAPE BORNHOLM. Den store og velvillige støtte fra det bornholmske erhvervsliv er i høj grad med til at gøre ETAPE BORNHOLM attraktivt.

Men prikken over I-et er selvfølgelig alle Jer løbere, der valgte at deltage i 1995-udgaven af ETAPE BORNHOLM. 458 af de 500 deltagere, der havde tilmeldt sig samtlige etaper, gennemførte den samlede strækning, der svarer til et marathonløb 42,195 KM. - **TAK TIL JER ALLE**

På de efterfølgende sider kan løbsresultaterne på de enkelte etaper aflæses tillige med placeringen i det samlede klassement.

Indbydelse til ETAPE BORNHOLM 1996 i dagene 15. til 19. juli vil blive tilsendt samtlige deltagere.

Tak for i år og for de mange kreative forslag, der naturligvis vil blive taget op med henblik på en videreudvikling af ETAPE BORNHOLM.

PÅ GENSYN I 1996
ETAPE BORNHOLM

RESULTATLISTE

ETAPE BORNHOLM 17.- 21. JULI 1995

DAMER

STARTNR. NAVN	1. ETAPE		2. ETAPE		3. ETAPE		4. ETAPE		5. ETAPE		TOTAL	
	TID	PLACER	TID	PLACER	TID	PLACER	TID	PLACER	TID	PLACER	TID/PLACERING	
477 Charlotte Sass, Randers	00:35:31	1	00:23:23	1	00:33:05	1	00:28:20	1	00:35:05	1	02:35:24	1
206 Charlotte Kaagh, Viking	00:36:17	2	00:24:06	4	00:33:23	2	00:28:56	2	00:36:03	2	02:38:45	2
79 Christina Hjalilund, Skovbakken	00:36:35	3	00:24:02	2	00:33:40	3	00:29:02	3	00:36:54	4	02:40:13	3
462 Katrižyna Piłska, Gryl	00:37:05	5	00:24:03	3	00:34:26	5	00:29:16	4	00:36:15	3	02:41:05	4
305 Gerd Hjorth, I.F. Sparta	00:36:41	4	00:24:41	5	00:34:20	4	00:30:01	7	00:37:00	5	02:42:43	5
356 Anlia Lynn Stewring, Aarhus 1900	00:37:40	6	00:25:11	6	00:34:51	6	00:29:53	5	00:37:30	6	02:45:05	6
32 Christina Pontopidan, FIF	00:38:29	8	00:25:16	7	00:34:56	7	00:29:57	6	00:37:56	7	02:46:34	7
19 Sarah Holm, I.F. Sparta	00:38:23	7	00:25:39	8	00:36:03	8	00:30:51	8	00:38:12	8	02:49:08	8
63 Annette Schrøder, EAF	00:39:05	9	00:25:47	9	00:36:06	9	00:31:07	9	00:38:58	9	02:51:03	9
326 Connie Vinkel, FIF	00:40:27	12	00:26:49	12	00:36:42	10	00:31:45	11	00:39:48	12	02:55:31	10
426 Nini Sola, Skovsboerg	00:40:13	10	00:26:39	11	00:38:26	15	00:31:50	12	00:39:12	12	02:56:20	11
74 Hanna Rasmussen, FIF	00:40:27	11	00:27:54	18	00:37:44	12	00:32:38	16	00:39:41	16	02:58:24	12
304 Helene Thopsholm, I.F. Sparta	00:41:06	13	00:27:49	17	00:37:48	13	00:31:55	13	00:40:33	13	02:59:11	13
84 Birgit Hauger, København Ø	00:41:36	17	00:27:18	14	00:37:42	11	00:32:13	15	00:41:30	14	03:00:19	14
351 Bente Christensen, AAK	00:41:19	14	00:27:12	13	00:38:19	14	00:33:07	18	00:41:33	15	03:01:30	15
91 Susanne Laursen, København S	00:41:19	15	00:27:22	15	00:38:40	16	00:32:44	17	00:41:40	16	03:01:45	16
312 Christina Kracht, I.F. Sparta	00:41:35	16	00:27:48	16	00:39:10	17	00:33:28	20	00:41:50	17	03:03:51	17
387 Anne Grethe Hansen, Slangerup	00:43:37	20	00:28:59	22	00:39:46	19	00:33:24	19	00:43:33	20	03:09:19	18
296 Jonna Nielsen, I.F. Sparta	00:43:06	19	00:28:49	20	00:40:55	22	00:35:27	30	00:43:51	23	03:12:08	19
334 Jette Jensen, Herlufsholm	00:43:37	21	00:29:22	27	00:40:01	20	00:35:56	36	00:43:48	22	03:12:46	20
78 Lone Kjar, AK 73	00:44:25	29	00:28:57	21	00:41:00	23	00:35:05	27	00:43:48	21	03:13:15	21
142 Helle Vibeke Buus, Gudhjem	00:44:25	23	00:29:04	24	00:41:48	30	00:34:42	23	00:44:08	25	03:13:35	22
93 Pia Folsing, NIF	00:45:02	33	00:29:08	25	00:41:05	24	00:34:54	25	00:44:09	26	03:14:18	23
414 Marit Paldan, Viking	00:44:19	26	00:29:31	28	00:41:13	25	00:35:03	26	00:44:44	29	03:14:50	24
222 Charlotte Hansen, FIF	00:43:44	22	00:30:28	34	00:41:33	27	00:35:23	29	00:43:53	24	03:15:01	25
317 Lone Duval, I.F. Sparta	00:44:22	28	00:31:08	44	00:40:30	21	00:35:33	31	00:44:22	28	03:15:07	26
365 Rita Nedergaard, Høistebro Orientering	00:44:13	25	00:29:37	29	00:41:17	26	00:35:33	31	00:45:23	32	03:16:03	27
298 Mette Jørgensen, I.F. Sparta	00:44:30	30	00:29:47	30	00:42:24	33	00:35:12	28	00:46:05	38	03:17:58	28
323 Lene Willumsen, I.F. Sparta	00:44:52	32	00:30:37	36	00:42:43	35	00:35:33	32	00:46:15	27	03:18:00	29
57 Mette Nielsen, Grindsted	00:45:36	36	00:29:59	31	00:42:14	32	00:35:49	34	00:45:08	31	03:18:46	30
202 Eva Bak, Aakirkeby	00:45:36	36	00:29:59	31	00:42:14	32	00:35:49	34	00:45:08	31	03:18:46	30
309 Irene Hedelund Poulsen, I.F. Sparta	00:45:13	34	00:30:05	32	00:41:40	28	00:35:46	33	00:47:13	50	03:19:08	31
398 Annette Petersen, Viking	00:45:53	37	00:30:47	38	00:43:04	37	00:35:57	35	00:46:07	39	03:20:52	32
94 Bente Folsing, NIF	00:46:07	40	00:30:35	35	00:43:10	39	00:36:42	42	00:46:03	36	03:22:37	34
26 Anne Mette Rasmussen, Viking	00:46:36	47	00:32:03	54	00:42:02	31	00:36:46	43	00:45:35	33	03:23:02	35
433 Helle Kingsholm, Espergårde	00:46:14	43	00:30:49	39	00:42:46	36	00:37:20	50	00:45:54	34	03:23:03	36
196 Lene Blom Dahl, Rønne	00:45:29	35	00:31:03	42	00:43:12	40	00:37:43	55	00:46:10	40	03:23:37	37
344 Mette Holm Hansen, Viking	00:46:46	50	00:29:19	26	00:43:30	45	00:36:41	41	00:47:33	55	03:23:49	38
97 Lisbeth Lind, Allinge	00:46:12	42	00:31:01	41	00:43:14	41	00:37:31	53	00:46:54	46	03:24:52	39
297 Charlotte R. Christensen, I.F. Sparta	00:45:53	38	00:30:46	37	00:44:46	57	00:36:53	45	00:46:34	41	03:24:52	40

432	Frank Johannessen, Hvidovre	00:45:34	221	00:29:12	192	00:42:28	232	00:40:12	292	00:48:02	255	03:25:28	221
7	Karl Aage Rasmussen, Viking	00:49:28	286	00:30:33	226	00:43:40	252	00:36:32	225	00:45:28	205	03:25:41	222
359	Erik Juul Jensen, Høistebro Orientering	00:47:44	262	00:28:39	182	00:44:34	270	00:36:23	221	00:48:35	261	03:25:55	223
89	Tøben Nielsen, Albertslund	00:46:19	239	00:31:29	257	00:44:29	268	00:38:16	269	00:45:27	204	03:26:00	224
227	Preben Nielsen, Køge	00:47:04	252	00:31:27	253	00:43:36	251	00:37:22	242	00:46:31	227	03:26:00	225
447	Preben Andersen, Rødovre	00:46:48	248	00:31:15	247	00:43:51	254	00:36:59	235	00:47:08	242	03:26:01	226
275	Erik Hansen, I.F. Sparta	00:45:49	228	00:32:08	273	00:44:10	258	00:37:39	235	00:47:00	241	03:26:46	227
114	Ole Karpl, Rønne	00:47:48	266	00:31:01	237	00:44:19	263	00:37:03	237	00:46:57	239	03:27:06	228
262	Palle Ljungberg, I.F. Sparta	00:47:11	257	00:32:25	275	00:44:14	259	00:37:04	238	00:46:16	221	03:27:10	229
278	Holger Ørsted, I.F. Sparta	00:46:28	242	00:31:05	241	00:44:16	261	00:38:01	261	00:47:32	246	03:27:22	230
288	Jørgen Frandsen, I.F. Sparta	00:46:41	245	00:31:48	263	00:43:24	247	00:36:56	233	00:49:01	266	03:27:50	231
24	Hans Kristensen, Birkørød	00:47:05	253	00:31:17	248	00:44:36	271	00:37:34	251	00:47:36	247	03:28:08	232
101	Daniel Paluszewski, I.K.Olympia	00:47:50	267	00:31:07	242	00:43:01	241	00:37:30	249	00:48:44	263	03:28:12	233
197	Tøben Jørgensen, Rønne	00:46:56	250	00:31:15	246	00:44:06	257	00:37:01	236	00:49:16	270	03:28:34	234
427	Per Leitholm Nielsen, Unibank	00:47:24	259	00:32:03	270	00:45:04	279	00:37:25	246	00:46:45	234	03:28:41	235
67	Aksel Slot Nørgaard, Espergårde	00:49:35	291	00:31:35	261	00:44:29	269	00:36:43	229	00:46:25	226	03:28:47	236
435	Knud Lauritsen, Haslev	00:48:01	270	00:31:53	264	00:44:57	277	00:37:06	239	00:46:52	237	03:28:49	237
342	Bjørn Larsen, Hørløsefjengens Motion	00:47:15	258	00:31:29	256	00:44:20	264	00:37:27	247	00:48:20	257	03:28:51	238
291	Ivan Gudkov, I.F. Sparta	00:47:25	260	00:31:28	254	00:45:00	278	00:36:28	223	00:49:04	268	03:29:25	239
489	Thomas Rømer, Wieså	00:48:51	281	00:31:11	243	00:44:18	262	00:37:36	252	00:47:38	248	03:29:34	240
49	Michael Larsen, Viking	00:48:51	281	00:31:11	243	00:44:18	262	00:37:36	252	00:47:38	248	03:29:34	240
381	Svend Toft, Aarhus V	00:48:07	273	00:31:33	260	00:44:39	274	00:37:18	241	00:48:27	259	03:29:52	241
238	Ib Lange, Korsør	00:47:53	269	00:31:56	268	00:44:40	275	00:38:02	262	00:47:46	250	03:30:17	243
405	Anders Nørquist Hansen, Ballerup	00:48:40	279	00:31:48	262	00:46:16	292	00:37:45	256	00:46:17	222	03:30:46	244
20	Anne Skovboe, Skovlunde	00:48:42	280	00:31:22	251	00:44:21	265	00:38:20	270	00:48:12	258	03:31:07	245
259	Erling Olsen, I.F. Sparta *	00:47:52	268	00:32:04	271	00:43:33	250	00:37:51	258	00:50:12	273	03:31:32	246
379	Martin Lund, Søborg	00:49:15	284	00:33:02	285	00:44:51	276	00:36:58	234	00:47:44	249	03:31:50	247
328	Eilif S. Bendtsen, Hørløsefjengens Motion	00:50:22	297	00:31:54	266	00:44:21	266	00:37:34	250	00:48:30	260	03:32:41	248
476	Thor Bisbjerg, Nivå	00:49:30	287	00:32:00	269	00:44:38	273	00:38:15	268	00:48:19	256	03:32:42	249
108	Mads Holm, Shell Klubben	00:49:50	293	00:32:44	283	00:45:29	283	00:37:29	248	00:47:52	251	03:33:24	250
117	Svend Pedersen, Rønne	00:48:13	275	00:31:02	238	00:45:21	282	00:36:40	276	00:50:36	275	03:33:52	251
165	Bobby Andersen, Valby	00:48:14	276	00:33:06	286	00:45:41	286	00:38:06	264	00:48:53	264	03:34:08	252
105	Norman Jørgensen, I.K.Olympia	00:46:36	243	00:31:12	244	00:45:54	289	00:36:07	284	00:51:19	282	03:34:08	253
107	Jesper Holm, Shell Klubben	00:49:33	288	00:33:47	293	00:46:50	296	00:38:53	280	00:49:14	269	03:38:17	261
22	Gert Jensen, Rønne	00:47:45	263	00:32:30	276	00:44:15	260	00:36:50	278	00:51:08	281	03:34:28	254
65	Louis Kolod, Viking	00:49:35	290	00:32:39	279	00:46:30	293	00:37:51	259	00:48:00	254	03:34:35	255
257	Svend Ole Jørgensen, Blovstrød Laverne	00:49:34	289	00:32:41	281	00:46:01	290	00:38:29	271	00:48:36	262	03:35:21	257
47	Jørn Vallum, S&S Atletik & Motion	00:48:51	282	00:33:16	287	00:45:33	285	00:38:56	282	00:49:03	267	03:35:39	258
71	Søren Nielsen, Viking	00:49:21	285	00:31:18	249	00:45:43	287	00:38:54	281	00:50:58	280	03:36:14	259
162	Søren Blørg Andersen, Varde	00:48:03	271	00:33:43	292	00:45:48	288	00:38:51	279	00:50:56	279	03:37:21	260
451	Erik Jacobsen, Karlebaksholmde	00:49:33	288	00:33:47	293	00:46:50	296	00:38:53	280	00:49:14	269	03:38:17	261
151	Ole Petersen, Allerød	00:55:02	318	00:32:31	277	00:45:15	281	00:38:12	265	00:48:59	265	03:39:59	262
112	Carsten Christensen, Rønne	00:49:11	283	00:32:05	272	00:47:59	305	00:39:09	285	00:51:52	287	03:40:16	263
174	Kristian Andersen, Romsså Idrettslag	00:53:30	311	00:32:40	280	00:46:41	294	00:39:04	263	00:50:46	278	03:41:51	264
42	Hans Kolod, Vjrum	00:51:42	305	00:32:42	282	00:47:27	300	00:39:31	287	00:50:58	276	03:42:10	265

61	Finn Pedersen, Nyvest	00:44:17	196	00:28:18	168	00:40:31	189	00:34:36	184	00:45:54	215	03:13:36	176
159	Christen Leth, Hammel	00:44:08	193	00:29:43	207	00:41:40	211	00:34:21	170	00:43:44	176	03:13:36	177
34	Michael Almeborg, Viking	00:44:21	201	00:28:32	201	00:41:02	199	00:34:48	189	00:43:55	183	03:13:38	178
25	Mogens Waidlaw, Ålgårde	00:44:26	203	00:30:48	205	00:40:02	176	00:35:29	204	00:43:00	161	03:13:45	179
276	Henrik Søby, I.F. Sparta	00:44:10	195	00:27:53	152	00:41:45	215	00:35:19	201	00:44:59	201	03:14:06	180
14	Freda Larsen, Nørre Åby	00:44:20	199	00:30:02	218	00:41:10	202	00:34:54	192	00:43:50	180	03:14:16	181
331	Bjørn Pedersen, Rønne	00:44:40	208	00:29:57	215	00:41:54	219	00:34:28	173	00:43:47	179	03:14:46	182
103	Bent Nyerup, I.K.Olympia	00:45:44	227	00:29:40	205	00:40:28	187	00:35:48	212	00:43:16	170	03:14:56	183
267	Ole Andersen, I.F. Sparta	00:44:10	194	00:29:02	188	00:41:53	218	00:34:08	161	00:45:52	214	03:15:05	184
110	Kenn Smidt, Svaneke	00:44:41	209	00:29:35	202	00:42:11	228	00:35:26	202	00:43:58	184	03:15:51	185
21	Carsten Lausen, Skovlunde	00:43:58	190	00:28:28	175	00:41:08	200	00:35:40	208	00:46:46	235	03:16:00	186
146	Uffe Eriksen, Rønne	00:44:32	204	00:30:39	230	00:41:29	205	00:34:45	188	00:44:37	197	03:16:02	187
460	Nick Thomsen, Lyngø	00:45:06	212	00:29:31	200	00:42:33	234	00:34:53	190	00:44:20	193	03:16:23	188
491	Fritz Schulz, Berlin	00:44:36	206	00:29:49	211	00:41:09	201	00:35:31	206	00:44:20	193	03:16:23	188
164	Anders Jørgensen, Åbenrå	00:45:22	214	00:28:32	178	00:41:41	212	00:35:16	199	00:45:52	213	03:16:43	189
457	Graham Cain, Aakirkeby	00:45:23	215	00:29:28	198	00:41:51	217	00:35:27	203	00:45:11	202	03:17:20	191
377	Allan Lund, Søborg	00:44:43	210	00:29:25	197	00:41:59	221	00:34:41	187	00:46:33	229	03:17:21	192
102	Bent Clausen, I.K. Olympia	00:44:18	197	00:29:51	212	00:42:38	237	00:36:30	224	00:44:27	195	03:17:44	193
161	Erik Kolmos, Broby	00:46:26	241	00:29:04	190	00:41:44	214	00:35:17	203	00:45:17	203	03:17:48	194
199	Hans Jørn Kaas, NIF	00:45:40	223	00:30:06	220	00:42:06	223	00:36:09	217	00:44:29	196	03:18:30	195
226	Michael Karpf, Hershølm	00:45:23	265	00:30:04	219	00:42:23	231	00:34:39	186	00:43:47	178	03:18:41	196
397	Kenn Pedersen, SuperBrugsen, Rønne Syd	00:45:43	226	00:29:44	209	00:42:18	230	00:35:45	211	00:45:56	216	03:19:06	197
214	Claus Øllgaard Pedersen, Rønne	00:45:43	226	00:29:43	206	00:43:14	245	00:34:55	194	00:46:51	213	03:19:21	198
220	Bernt Mortensen, Hasle	00:45:24	217	00:29:43	208	00:41:39	210	00:35:51	236	00:45:46	211	03:19:28	199
48	Jannik Møller, Rønne	00:46:12	235	00:29:39	204	00:41:38	209	00:36:36	227	00:45:32	206	03:19:37	200
364	Poul Erik Mortensen, Holstebro Orientering	00:47:01	251	00:29:56	214	00:43:04	243	00:35:02	198	00:45:42	210	03:20:45	201
237	Søren Hjorth Hansen, Nexø	00:46:39	244	00:29:39	203	00:41:47	216	00:36:25	222	00:46:38	232	03:21:08	202
27	Erwin Hansen, FIF	00:45:32	220	00:31:12	245	00:43:43	253	00:36:45	230	00:46:19	223	03:21:38	203
50	Jesper Møller, Kokkedal	00:46:12	236	00:30:40	231	00:43:17	246	00:35:32	207	00:46:44	233	03:21:49	204
248	Karsten Krog, Roskilde	00:46:54	249	00:30:40	231	00:43:58	256	00:36:12	218	00:46:34	231	03:23:16	208
506	Peter Jensen, Rønne	00:45:42	225	00:29:09	191	00:42:31	233	00:35:55	207	00:46:45	205	03:21:49	205
406	Bljarne Zeitersrøm, Bløvsrød Løverne	00:46:08	234	00:30:43	232	00:43:02	242	00:36:37	228	00:46:15	220	03:22:28	206
45	Jens Anker Hansen, SAS Atletik & Motion	00:45:41	224	00:30:51	236	00:43:56	255	00:36:35	226	00:46:02	219	03:23:26	209
293	Peter Brønnum, I.F. Sparta	00:46:15	237	00:30:38	228	00:42:57	240	00:36:54	232	00:46:25	225	03:23:41	210
52	Rolf Bergmeier, Köln	00:46:41	246	00:30:44	233	00:41:58	220	00:35:42	209	00:47:55	253	03:24:03	211
455	Johnny Thestrup, Lyngø	00:47:08	256	00:31:20	250	00:45:08	280	00:37:11	240	00:45:41	209	03:24:09	212
98	Erik Hansen, I.K.Olympia *	00:45:24	218	00:30:45	234	00:45:08	280	00:36:18	220	00:47:00	240	03:24:29	213
221	Erling Nørgaard, Allerød	00:47:06	254	00:31:31	258	00:42:34	235	00:36:18	220	00:47:00	240	03:24:34	214
290	Bernt Grosen, I.F. Sparta	00:47:07	255	00:30:38	229	00:43:29	249	00:36:47	231	00:46:33	230	03:24:34	214
467	Thomas Thomsen, Tjålkur	00:47:45	264	00:31:03	240	00:42:57	239	00:35:30	205	00:47:22	244	03:24:37	215
497	Knud Falandysz, Viking	00:46:22	240	00:30:07	221	00:43:27	248	00:37:23	244	00:47:28	245	03:24:47	216
366	Bljarne Nielsen, Holstebro Orientering	00:45:39	222	00:31:31	259	00:46:04	291	00:35:44	210	00:45:50	212	03:24:48	217
211	Helge Eriksen, Rønne	00:46:16	238	00:30:19	223	00:43:11	244	00:35:57	215	00:49:25	272	03:25:08	218
466	Stefan Nielsen, Rønne	00:47:34	261	00:31:02	239	00:42:56	238	00:36:18	219	00:47:21	243	03:25:11	219
332	Carsten Skaarup, Valby	00:46:47	247	00:30:00	216	00:44:27	267	00:37:53	260	00:46:21	224	03:25:28	220

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355	Conni Nissen, AAK	00:46:28	45	00:31:26	47	00:42:39	34	00:37:26	51	00:47:20	52	03:25:19	41
316	Bente Frekjær, I.F. Sparta	00:47:26	54	00:32:25	60	00:43:09	38	00:36:21	37	00:46:04	37	03:25:25	42
58	Esther Jørgensen, Fredensborg Atletik	00:46:35	46	00:31:06	43	00:43:27	44	00:36:48	44	00:47:29	54	03:25:25	43
434	Bente Lauritsen, Haslev	00:46:54	51	00:31:37	49	00:43:16	42	00:37:07	48	00:47:06	49	03:26:00	44
53	Kirsten Grønbech, Viking	00:46:06	39	00:32:38	66	00:43:16	43	00:37:05	47	00:46:59	47	03:26:04	45
126	Annett Pedersen, Ishøj	00:46:09	41	00:32:01	53	00:43:58	47	00:37:20	49	00:46:52	45	03:26:20	46
324	Ulla Jacobsen, I.F. Sparta	00:47:21	53	00:31:45	51	00:44:31	52	00:36:39	40	00:46:41	42	03:26:57	47
11	Mai-Britt Dale Nielsen, Hundested	00:47:28	55	00:32:20	59	00:44:07	50	00:36:35	39	00:47:33	56	03:28:03	48
38	Lone Holm Hansen, Viking	00:47:33	56	00:31:44	50	00:44:04	49	00:37:33	54	00:47:16	51	03:28:10	49
339	Maja Christensen, Hjerteforeningens Motion	00:47:19	52	00:32:04	55	00:44:41	55	00:37:52	56	00:46:42	43	03:28:38	50
99	Marianne Adamsson, I.K.Olympia	00:46:38	48	00:32:39	67	00:44:39	54	00:38:03	57	00:46:47	44	03:28:46	51
102	Maj-Britt Jensen, Herning	00:46:17	44	00:31:26	46	00:46:00	64	00:37:29	52	00:47:36	57	03:28:48	52
100	Bente Nielsen, I.K.Olympia	00:47:57	60	00:31:09	45	00:44:19	51	00:38:43	63	00:47:21	53	03:29:29	53
308	Annette Søby, I.F. Sparta	00:48:06	62	00:31:31	48	00:44:51	58	00:38:25	59	00:47:40	58	03:30:33	54
367	Margit Nielsen, Holstebro Orientering	00:47:52	58	00:32:14	58	00:46:10	65	00:38:41	62	00:47:05	48	03:32:02	55
233	Annelise Koløed, Unibank	00:48:58	68	00:32:05	56	00:44:36	53	00:38:38	61	00:48:03	60	03:32:20	56
349	Inge-Lis Jensen, AAK	00:47:42	57	00:32:46	70	00:44:00	48	00:39:11	68	00:49:35	70	03:33:14	57
219	Lisbeth Vorbeck, Næstved	00:48:10	63	00:32:35	63	00:45:01	60	00:39:08	67	00:48:46	62	03:33:40	58
4	Marianne Kiholm, Haslev	00:48:24	64	00:33:14	52	00:45:42	61	00:39:02	66	00:48:50	63	03:33:57	59
00:50:01			76	00:32:07	57	00:44:58	59	00:38:52	64	00:48:03	61	03:34:01	60
473	Lene Kjær, Viking	00:47:55	59	00:33:14	76	00:45:46	62	00:39:20	70	00:49:10	68	03:35:25	61
319	Ann Louise Larsen, FIF	00:48:04	61	00:33:03	73	00:46:16	68	00:40:33	85	00:48:00	59	03:35:56	62
76	Eina Dam, Kokkedal	00:49:04	69	00:32:34	62	00:46:13	66	00:38:17	69	00:48:55	64	03:36:03	63
461	Birgit Pedersen, Lyngø	00:50:09	78	00:32:55	72	00:46:14	67	00:38:04	58	00:49:00	65	03:36:22	64
386	Gunnli Nielsen, Alléica	00:49:13	71	00:32:41	69	00:46:49	69	00:39:00	65	00:49:41	71	03:37:24	65
188	Marianne Søth, Bløvsrød Løverne	00:48:38	65	00:33:53	79	00:46:53	70	00:39:29	72	00:49:05	66	03:37:58	66
80	Marianne Greve Kristensen, Roskilde	00:49:08	70	00:32:38	65	00:49:10	90	00:38:31	60	00:49:05	67	03:38:32	67
301	Linda Jensen, I.F. Sparta	00:48:57	67	00:32:38	64	00:47:05	73	00:39:36	73	00:50:34	75	03:38:50	68
149	Annette Dreyer, Viking	00:48:56	66	00:32:28	61	00:47:20	75	00:39:44	74	00:51:26	81	03:39:54	69
118	Dorthe Fannikke, Rønne	00:50:27	82	00:32:47	71	00:47:03	72	00:40:00	77	00:49:56	72	03:40:13	70
350	Benedikte Holt, AAK	00:50:05	77	00:33:44	78	00:46:58	71	00:39:44	75	00:50:57	78	03:41:28	71
88	Eva Bergsten, Haslev	00:49:42	73	00:33:57	80	00:47:44	78	00:40:52	89	00:50:34	76	03:42:49	72
128	Kirsten Madvig, Viking	00:50:32	84	00:34:22	82	00:47:40	77	00:40:16	80	00:50:02	74	03:42:52	73
144	Gunnar Pedersen, Allerød	00:51:23	88	00:34:34	85	00:47:33	76	00:40:11	78	00:49:57	73	03:43:38	74
437	Sussie Eriksen, Espergårde	00:50:23	81	00:34:27	84	00:47:47	79	00:40:23	83	00:50:55	77	03:43:55	75
00:50:36			86	00:34:59	88	00:48:00	81	00:40:20	82	00:51:12	80	03:45:07	76
449	Tove Rulzou, SAS Atletik & Motion	00:49:52	74	00:35:59	99	00:50:05	96	00:39:55	76	00:49:18	69	03:45:09	77
44	Bente E. Pedersen, SAS Atletik & Motion	00:50:22	80	00:33:32	77	00:49:53	94	00:40:36	86	00:51:10	79	03:45:33	78
333	Pia Petersen, Herfølsholm	00:49:24	72	00:33:07	74	00:48:50	88	00:39:26	71	00:54:57	103	03:45:44	79
116	Hanne Nielsen, Rønne	00:50:29	83	00:33:11	75	00:47:50	80	00:43:19	106	00:51:33	82	03:46:22	80
16	Hanne Persson, Hundested	00:51:18	87	00:35:27	94	00:48:17	84	00:40:38	87	00:51:41	83	03:47:21	81
191	Jette Holm Pedersen, SÅN	00:50:11	79	00:35:02	90	00:48:04	85	00:41:16	92	00:53:06	91	03:47:39	82
302	Anne-Mette Christensen, I.F. Sparta	00:51:25	89	00:35:29	96	00:48:29	83	00:41:20	93	00:51:49	84	03:48:32	83
243	Majken Rømer, Albertslund	00:51:42	90	00:36:22	105	00:48:52	89	00:40:31	84	00:51:53	85	03:49:20	84
152	Ingelred Svensson, Rønne	00:51:58	91	00:35:13	91	00:48:34	86	00:41:28	96	00:52:32	88	03:49:45	85

209	Kristen Borg Hansen, Amager	00:50:35	85	00:35:16	92	00:50:00	95	00:41:22	95	00:53:14	92	03:50:27	86
429	Jette Jensen, Nexø	00:52:37	95	00:34:47	86	00:49:11	91	00:41:21	94	00:52:49	89	03:50:45	87
12	Linda Lauridsen, Frederiksværk	00:55:06	110	00:35:33	97	00:48:03	82	00:40:39	88	00:52:29	86	03:51:50	88
315	Marianne Kassten, I.F. Sparta	00:52:07	92	00:34:59	87	00:50:18	97	00:41:00	90	00:53:45	93	03:52:09	89
399	Helle Lundberg, Rønne	00:52:13	93	00:35:18	93	00:48:41	87	00:41:46	98	00:54:16	97	03:52:14	90
66	Hanne Gæbel, Espergærde	00:52:30	94	00:35:28	95	00:50:36	99	00:42:37	101	00:52:31	87	03:53:42	91
392	Anne Lise Thorsen, Swanke	00:52:41	97	00:35:39	98	00:49:31	93	00:42:20	100	00:55:12	105	03:55:23	92
310	Jette Klarp, I.F. Sparta	00:53:52	104	00:36:09	102	00:50:18	97	00:42:46	102	00:54:29	98	03:57:34	93
133	Marie-Louise Jaug, Odense M	00:52:40	96	00:36:20	104	00:50:47	101	00:43:57	115	00:54:03	96	03:57:47	94
311	Anni Nielsen, I.F. Sparta	00:53:50	101	00:36:09	106	00:51:08	105	00:42:50	104	00:54:30	99	03:58:21	96
448	Mette Vandborg, Hørlusholm	00:52:50	98	00:36:33	101	00:50:53	102	00:43:14	107	00:55:51	109	03:59:34	97
258	Inge Lise Bisgaard-Frantzen, Bløvsfjord Løvevne	00:54:27	107	00:36:53	109	00:50:59	104	00:43:25	105	00:53:50	94	04:00:32	98
307	Anette Nielsen, I.F. Sparta	00:53:51	102	00:36:44	107	00:50:58	103	00:44:29	119	00:54:30	101	04:00:32	98
380	Doris Tøll, Aarhus V	00:54:04	105	00:37:10	112	00:50:47	100	00:43:49	111	00:56:07	113	04:01:57	99
445	Christin Andersen, Hørløv	00:55:21	114	00:36:47	108	00:51:12	106	00:44:36	108	00:55:02	113	04:01:58	100
313	Hanne Nielsen, I.F. Sparta	00:52:53	99	00:37:15	114	00:52:34	114	00:44:30	120	00:55:52	110	04:03:04	101
353	Grethe Skou, AAK	00:53:45	100	00:37:49	121	00:51:24	107	00:43:57	114	00:56:38	117	04:03:33	102
68	Lotie Krautler, Maribo	00:54:58	109	00:37:14	113	00:53:28	120	00:43:55	113	00:54:54	102	04:04:29	103
40	Lena Andersen, Bløvsfjord Løvevne	00:55:49	118	00:38:26	126	00:55:54	126	00:41:43	97	00:52:56	90	04:04:48	104
195	Majbritt Jensen, NIF	00:55:19	113	00:37:17	115	00:53:14	119	00:43:39	109	00:56:01	112	04:05:30	105
208	Merete Friis, Hjerlervang Motion	00:55:47	117	00:37:06	110	00:52:08	112	00:44:11	116	00:56:22	115	04:05:34	106
51	Karin Møller, Kokkedal	00:55:11	111	00:37:07	111	00:53:06	118	00:44:24	117	00:56:57	119	04:06:10	107
163	Heiga Jørgensen, Åbenrå	00:56:10	120	00:37:33	129	00:52:10	113	00:43:47	110	00:56:18	114	04:06:13	108
212	Tina Hammer Kaas, Rønne	00:55:25	115	00:37:20	117	00:53:48	121	00:44:27	118	00:56:22	116	04:06:28	109
371	Sys Vad Steffensen, Højstebro Orientering	00:58:02	130	00:37:47	119	00:51:46	110	00:45:33	128	00:55:28	107	04:08:36	111
361	Mette Koitze, Højstebro Orientering	00:58:01	129	00:37:47	120	00:51:47	111	00:45:33	122	00:55:28	106	04:08:36	112
303	Calthea Dunker, I.F. Sparta	00:57:32	127	00:38:10	125	00:52:54	117	00:44:45	129	00:55:58	111	04:09:13	113
207	Lisbeth West, Frederikssund	00:56:33	122	00:38:53	130	00:51:43	109	00:44:58	124	00:55:58	123	04:10:05	114
130	Astrid Eljensen, Højstebro	00:56:54	124	00:38:28	127	00:52:44	116	00:45:18	127	00:57:29	121	04:12:13	115
458	Helle Nielsen, Lyngby	00:57:49	128	00:39:02	133	00:54:29	124	00:43:54	112	00:56:59	120	04:12:13	116
160	Birthe Nielsen, Roskilde	00:55:27	116	00:37:55	123	00:56:16	129	00:46:22	132	01:00:46	131	04:16:46	117
388	Inge Stampø, Farum	00:57:29	126	00:38:55	131	00:56:09	127	00:46:21	131	00:55:18	125	04:18:12	118
490	Ursula Schulz, Berlin	00:57:27	125	00:39:37	136	00:54:26	123	00:46:08	130	01:00:41	129	04:18:19	119
13	Margreth Larsen, Nørre Åby	00:58:31	131	00:39:24	134	00:54:20	122	00:46:54	135	00:58:38	127	04:18:47	120
6	Connie Frederiksen, Viking	00:58:59	132	00:40:16	137	00:56:34	130	00:47:09	137	00:58:13	124	04:22:11	121
178	Anne-Lise Berg, Romsås Idrettslag	00:59:02	133	00:41:44	144	00:56:15	128	00:47:01	136	00:59:21	126	04:23:23	122
216	Grethe Lis Svendsen, Aakirkeby	00:59:15	134	00:38:55	145	00:57:19	132	00:47:28	141	01:01:31	133	04:24:20	123
494	Mette Juhl, Nykøbing F	00:59:33	135	00:42:05	145	00:55:27	125	00:48:10	144	01:00:59	132	04:26:14	124
341	Anette Larsen, Hjerlervangens Motion	01:01:47	139	00:40:35	139	00:57:09	134	00:47:37	143	01:00:44	130	04:27:48	125
106	Birgit Clausen, I.K. Olympia	01:01:30	140	00:40:38	141	00:57:19	134	00:47:19	138	01:01:50	135	04:28:18	127
352	Karin Møller, AAK	01:01:53	140	00:40:26	138	00:56:50	131	00:47:37	147	01:02:45	137	04:31:02	128
357	Eise Nielsen, Højstebro Orientering *	00:56:46	123	00:42:37	146	00:58:17	135	00:49:37	147	01:03:38	152	04:37:44	129
186	Ingerd Ulvik, Romsås Idrettslag	01:01:32	138	00:40:38	140	01:00:18	136	00:51:38	152	01:03:14	141	04:43:43	130
372	Jette Børlum, Højstebro Orientering	01:03:43	143	00:44:12	152	01:01:02	138	00:50:32	149				

329	Erik Pedersen, Hillerød	00:41:17	131	00:28:22	171	00:38:44	148	00:32:55	137	00:41:24	129	03:02:42	131
368	Anders Juul Jensen, Højstebro Orientering	00:42:39	160	00:28:15	163	00:37:37	128	00:32:37	129	00:41:39	135	03:02:47	132
496	Tommy Ipsen, Odense M	00:42:21	153	00:27:28	140	00:40:33	190	00:32:25	122	00:40:44	113	03:03:31	133
335	Niels Jørn Munch, Allinge	00:41:42	138	00:28:03	157	00:38:05	138	00:32:51	135	00:42:59	160	03:03:40	134
251	Jesper Kolod, Albertslund	00:42:38	159	00:26:51	120	00:38:13	140	00:34:36	183	00:41:50	139	03:04:08	135
215	Jesper M. Svendsen, Rønne	00:43:38	182	00:26:45	116	00:39:12	159	00:32:45	131	00:41:53	140	03:04:13	136
129	Peder Mortensen, Viking	00:41:56	144	00:27:59	155	00:39:27	165	00:33:12	144	00:41:46	137	03:04:20	137
422	Mike Grønbech-Dam, Østermarie	00:42:09	150	00:27:11	134	00:39:21	163	00:33:18	147	00:42:46	153	03:04:45	138
408	Jacob Ibing, København S	00:43:53	188	00:27:31	141	00:38:56	152	00:32:58	138	00:41:31	132	03:04:49	139
73	Anders Cort Jensen, Rønne	00:41:51	141	00:27:52	150	00:39:32	167	00:33:49	158	00:41:49	138	03:04:53	140
96	Kurt Andreasen, Helsingør	00:41:52	142	00:27:40	144	00:39:18	162	00:33:45	157	00:42:42	152	03:05:17	141
86	Lars Mogensen, Aakirkeby	00:42:30	156	00:28:16	164	00:39:07	158	00:33:53	159	00:42:16	144	03:06:02	142
327	Blarne Hageden Nielsen, Frederiksværk	00:42:47	179	00:27:40	145	00:39:37	168	00:33:21	149	00:42:54	157	03:06:19	143
189	Per Christensen, Solbjerg	00:43:25	179	00:28:16	165	00:39:14	160	00:33:23	150	00:42:05	143	03:06:23	144
369	Hemming Pedersen, Højstebro Orientering	00:43:03	169	00:27:24	139	00:38:49	149	00:33:26	151	00:44:20	192	03:07:02	145
410	Egge Hornliss, Søborg	00:43:13	172	00:27:12	135	00:41:13	204	00:33:04	141	00:42:26	146	03:07:06	146
433	Bo Sten Hansen, Hørsholm	00:42:58	168	00:27:57	154	00:39:04	157	00:33:44	155	00:43:33	175	03:07:16	147
147	Henrik Espersen, Rønne	00:42:42	162	00:27:52	151	00:40:08	181	00:33:45	156	00:42:57	159	03:07:24	148
436	Jimmy Lauritsen, Haslev	00:42:29	154	00:28:12	162	00:40:13	184	00:33:10	143	00:43:24	172	03:07:28	149
480	Blarne Munk Hansen, Rønne	00:42:16	152	00:28:30	176	00:40:38	192	00:34:10	163	00:42:01	142	03:07:35	150
478	Jesper Schjøtt, Hasle	00:43:13	173	00:28:17	167	00:39:31	166	00:33:59	160	00:42:40	151	03:07:40	151
168	Torben Heilm, København K	00:42:41	161	00:28:17	166	00:39:50	171	00:34:29	179	00:42:48	155	03:08:05	152
90	Lars Jakling, Taastub	00:41:53	143	00:28:05	158	00:40:35	191	00:34:12	182	00:43:10	166	03:08:15	153
272	Niels Jørgen Holt, I.F. Sparta	00:42:56	167	00:28:26	172	00:40:10	182	00:34:12	164	00:42:35	149	03:08:19	154
61	Ole Due, Aakirkeby	00:43:04	170	00:27:53	153	00:40:49	196	00:33:30	153	00:43:04	163	03:08:20	155
132	Leif Jørg, Odense M	00:43:22	177	00:28:27	174	00:40:00	175	00:34:19	169	00:42:35	147	03:08:43	156
339	Jens Rasmussen, Hjerlervangens Motion	00:43:24	178	00:28:08	160	00:39:54	173	00:34:18	168	00:43:15	169	03:08:59	157
5	Jan Kiholm, Haslev	00:42:46	163	00:28:21	169	00:39:15	161	00:34:24	173	00:44:21	194	03:09:07	158
492	Søren Eriksen, Rønne, Nexø	00:42:33	158	00:28:11	161	00:40:04	178	00:33:42	154	00:44:52	199	03:09:22	159
362	Jens Korgaard, Højstebro Orientering	00:42:53	187	00:28:58	186	00:40:29	188	00:34:18	167	00:43:04	164	03:10:22	161
43	Carl C. Hansen, Hørsløge	00:43:34	151	00:28:35	180	00:40:40	193	00:34:29	181	00:43:27	174	03:09:43	160
64	Egon Eriksen, Kokkedal	00:43:28	180	00:28:31	177	00:39:50	172	00:34:28	177	00:44:14	190	03:10:31	162
234	Hans Jørgen Simonsen, Rønne	00:43:59	191	00:28:34	179	00:38:53	151	00:33:13	145	00:45:57	217	03:11:10	164
423	Jesper Vej, Fredensborg	00:43:44	183	00:28:56	185	00:40:22	185	00:34:22	171	00:43:46	177	03:11:36	163
279	Toni Christensen, I.F. Sparta	00:42:53	166	00:29:21	196	00:41:12	203	00:34:55	193	00:43:12	167	03:11:33	165
10	Ole Nielsen, Hundested	00:43:52	187	00:29:03	189	00:40:02	177	00:34:29	180	00:44:11	188	03:11:37	166
115	Ulrich Karpi, Rønne	00:45:54	231	00:28:02	156	00:40:08	180	00:34:26	175	00:43:13	168	03:11:43	167
179	Toni Christensen, Romså Idrettslag	00:43:56	189	00:28:48	184	00:40:27	186	00:34:54	191	00:44:12	189	03:12:17	168
55	Jørgen Busch Christensen, IFV	00:43:11	171	00:28:27	173	00:40:56	198	00:36:04	216	00:43:55	181	03:12:33	169
250	Flem Thisen, Allinge	00:44:23	202	00:30:01	217	00:39:56	174	00:34:28	216	00:43:55	182	03:12:43	170
441	John Meyland, Kæst	00:43:17	175	00:29:15	193	00:41:34	207	00:34:38	185	00:44:07	187	03:12:51	171
35	Kim Bentzen, Nexø	00:44:37	207	00:28:46	183	00:40:46	194	00:34:57	196	00:44:04	186	03:13:10	172
194	Klaus Blomquist, Rønne	00:44:01	192	00:28:35	181	00:39:48	170	00:34:14	162	00:46:53	238	03:13:27	173
228	Anders Røttloff, Køge	00:45:28	219	00:29:54	213	00:40:48	195	00:34:10	165	00:43:03	162	03:13:27	174
438	Flamming Eriksen, Espergærde	00:45:20	213	00:28:22	170	00:40:49	197	00:34:56	195	00:44:02	185	03:13:29	175

347	Jan Michael Andersen, AAK	00:39:29	99	00:26:09	103	00:36:56	107	00:31:37	101	00:38:18	87	02:53:29	86
213	Dennis Kaas, NIF	00:34:21	20	00:22:17	17	00:38:25	143	00:44:44	322	00:33:56	16	02:53:43	87
346	Max Jensen, Allinge	00:40:20	118	00:26:00	94	00:36:19	91	00:31:33	98	00:39:42	95	02:53:54	88
474	Marius Upernavik Thomassen, Rønne	00:39:46	106	00:25:46	90	00:36:37	98	00:31:13	88	00:40:38	111	02:54:00	89
82	Chresten Grøn Sørensen, Billund	00:39:37	104	00:26:52	123	00:37:01	110	00:31:27	93	00:39:11	84	02:54:08	90
421	Povl Holm, Rønne	00:39:04	92	00:26:04	98	00:37:02	112	00:32:10	117	00:40:20	105	02:54:40	91
203	Preben Bay Jensen, Rønne	00:40:20	117	00:26:11	105	00:37:00	109	00:31:34	100	00:39:38	93	02:54:43	92
407	Lasse Zetterström, Blovstrød Løverne	00:41:57	145	00:25:26	79	00:36:54	106	00:30:26	70	00:40:09	100	02:54:52	93
72	Ole Schnor, Rønne	00:38:48	86	00:27:00	130	00:36:53	105	00:32:01	114	00:40:14	102	02:54:56	94
17	Leif Sandager, Taastrup	00:39:48	107	00:26:22	109	00:36:49	103	00:31:48	105	00:40:11	101	02:54:58	95
442	Hans Egon Møller, Hillerød	00:39:30	101	00:26:27	110	00:37:15	118	00:31:33	97	00:40:24	106	02:55:09	96
131	Gert Ejlersen, Holstebro	00:41:03	128	00:26:16	106	00:36:17	90	00:31:21	91	00:40:19	104	02:55:16	97
62	René Ciraklar, FIF	00:40:27	120	00:26:49	118	00:36:58	108	00:31:47	104	00:39:49	97	02:55:50	98
46	Henrik Madsen, SAS Alleik & Motion	00:38:43	81	00:24:23	56	00:34:50	65	00:31:54	109	00:41:12	123	02:56:30	99
143	Hans Aage Mortensen, Rønne	00:39:28	98	00:26:30	112	00:37:28	123	00:31:57	111	00:39:45	96	02:56:32	100
205	Georg Jensen, NIF	00:41:09	129	00:26:47	117	00:37:01	111	00:31:57	111	00:39:45	96	02:56:39	101
472	Mogens Kjær, Viking	00:40:19	116	00:26:06	99	00:37:13	116	00:32:36	128	00:40:43	112	02:56:57	102
145	Anders Jørgensen, Rønne	00:41:26	133	00:25:56	92	00:37:40	129	00:31:30	95	00:40:31	109	02:57:03	103
450	Jens Kalløft, Rønne	00:40:28	121	00:26:06	100	00:37:04	114	00:32:46	132	00:40:46	114	02:57:10	104
488	John Sørensen, Hundested	00:40:10	113	00:26:59	128	00:37:33	126	00:32:18	119	00:40:19	103	02:57:10	105
289	Preben Nissen, I.F. Sparta	00:41:09	130	00:26:18	107	00:37:03	113	00:31:29	94	00:41:21	126	02:57:20	106
56	Tonny Rasmussen, Grindsted	00:40:54	126	00:26:52	122	00:37:16	119	00:32:21	120	00:40:06	99	02:57:29	107
468	Jan Hein, Valby	00:39:27	96	00:26:04	97	00:37:26	122	00:31:40	102	00:42:56	158	02:57:33	108
384	Preben Nielsen, Allética *	00:40:06	112	00:26:20	108	00:37:53	134	00:32:14	118	00:41:28	131	02:58:01	109
266	Bo Pierre Lundgren, I.F. Sparta	00:42:03	148	00:26:37	114	00:38:15	141	00:31:56	110	00:40:46	115	02:58:18	111
483	Karl Buhl, Suderh	00:40:44	124	00:26:59	129	00:37:19	120	00:32:32	126	00:41:18	124	02:58:52	112
277	Bjørn Poulsen, I.F. Sparta	00:41:33	136	00:26:50	119	00:37:32	125	00:32:25	121	00:40:36	110	02:58:56	113
401	Peter Bang, Herning	00:40:17	115	00:26:51	121	00:37:14	117	00:32:09	116	00:42:40	150	02:59:11	115
389	Preben Nielsen, Frederiksberg	00:40:49	125	00:26:54	124	00:38:29	146	00:32:02	115	00:41:05	120	02:59:19	116
201	Ole Holm Larsen, Svaneke	00:40:01	110	00:27:20	137	00:37:55	135	00:32:29	124	00:41:37	134	02:59:22	117
139	Karsten Low, Aakirkeby	00:42:30	155	00:27:52	149	00:37:35	127	00:32:47	133	00:41:01	118	02:59:53	118
39	Kim Heinze Andersen, I.F. Sparta	00:41:29	135	00:27:01	131	00:37:35	127	00:32:47	133	00:41:01	118	03:00:09	119
294	Nicolai Jensen, I.F. Sparta	00:40:00	127	00:27:47	148	00:38:25	144	00:31:49	106	00:39:33	91	03:00:17	120
413	Peter Paldan, Rønne	00:41:28	134	00:27:07	132	00:38:16	142	00:32:28	123	00:40:50	116	03:00:26	121
192	Heinz Holm, Rønne	00:39:50	109	00:26:55	125	00:38:52	150	00:33:28	152	00:41:27	130	03:00:32	122
92	Blarne Petersen, Nivå	00:42:01	147	00:26:28	111	00:38:59	155	00:31:53	108	00:41:20	125	03:00:41	123
495	Per Thue Sørensen, Odense M	00:41:45	139	00:27:22	138	00:37:44	130	00:32:39	130	00:41:23	128	03:00:53	124
394	Claus Kowsky, Nexø	00:42:11	151	00:26:32	113	00:37:29	124	00:31:59	113	00:42:50	156	03:01:01	125
499	Claus E.F. Bentzen, Rønne	00:40:24	119	00:28:06	159	00:37:58	136	00:33:01	140	00:41:36	133	03:01:05	126
363	Jørn Lauridsen, Holstebro Orientering	00:40:37	122	00:26:58	127	00:38:57	153	00:32:49	134	00:41:44	136	03:01:05	127
383	Finn Sonne Hansen, Rønne	00:40:21	132	00:27:10	133	00:37:46	132	00:32:30	125	00:42:35	148	03:01:22	128
424	Rudi Christensen, Holte	00:41:34	137	00:27:32	142	00:38:10	139	00:33:17	146	00:41:03	119	03:01:36	129
470	Lars V. Nielsen, Albertslund	00:41:47	140	00:26:44	115	00:37:46	131	00:32:54	136	00:43:27	173	03:02:38	130

60	Regitze Meyer, PULS 3060	01:05:26	146	00:43:08	148	01:02:45	145	00:49:44	148	01:03:24	138	04:44:27	131
337	Mona Rasmussen, Hjørtelørensens Motion	01:05:46	147	00:44:04	151	01:01:36	141	00:51:00	151	01:06:40	143	04:49:06	132
306	Lisbeth Martensen, I.F. Sparta	01:03:44	144	00:43:57	150	01:01:49	142	00:52:38	156	01:07:15	144	04:49:23	133
175	Reidun Skjelhaug, Romsås Idrettslag	01:02:38	142	00:43:52	149	01:00:27	137	00:51:42	153	01:12:22	154	04:51:01	134
30	Ann-Michelle Sueli Thomsen, FIF	01:12:02	155	00:45:56	160	01:05:32	148	00:46:39	133	01:03:38	140	04:53:47	135
170	Berit Holm Olsen, Romsås Idrettslag	01:08:06	152	00:45:07	156	01:01:11	139	00:53:24	159	01:07:30	145	04:55:18	136
479	Pia Emborg, Klippinge	01:07:00	149	00:46:46	163	01:01:15	140	00:52:02	154	01:09:24	146	04:56:27	137
239	Mona Otte, Kokkedal	01:04:23	145	00:44:55	154	01:02:41	144	00:55:18	162	01:10:46	151	04:58:03	138
171	Eva Hilding, Romsås Idrettslag	01:08:09	153	00:45:06	155	01:02:07	143	00:53:16	158	01:10:00	147	04:58:38	139
340	Solvej Hansen, Hjørtelørensens Motion	01:07:30	151	00:44:48	153	01:03:38	146	00:54:26	160	01:10:00	148	05:00:22	140
28	Sanne Josefine Hansen, FIF	01:06:59	148	00:45:34	158	01:05:14	147	00:54:50	161	01:10:46	150	05:03:23	141
153	Anna Lindberg, Holstebro	01:11:57	154	00:48:09	164	01:07:44	153	00:58:24	166	01:12:08	153	05:18:22	142
176	Karin Foss, Romsås Idrettslag	01:12:45	157	00:48:53	165	01:06:29	150	00:56:37	164	01:16:16	155	05:21:00	143
2	Marie Kiholm, Haslev	01:12:07	156	00:46:02	162	01:06:58	151	00:59:58	168	01:16:39	156	05:21:44	144
231	Maud Søderholm, Høllas	01:14:07	158	00:52:47	171	01:07:36	152	00:57:51	165	01:11:09	152	05:23:30	145
180	Sidsel Olsen, Romsås Idrettslag	01:16:55	162	00:50:48	167	01:09:18	154	01:02:33	173	01:17:29	157	05:37:03	146
164	Torill Lien Ulvik, Romsås Idrettslag	01:15:40	160	00:51:25	169	01:11:54	155	01:00:53	170	01:18:45	158	05:38:37	147
172	Mai-Britt Andersen, Romsås Idrettslag	01:14:24	159	00:49:09	166	01:11:54	156	01:00:57	171	01:23:32	159	05:39:56	148
169	Bjerg Placht, Romsås Idrettslag	01:16:55	163	00:50:54	168	01:13:50	158	01:03:04	174	01:24:52	161	05:49:35	149
182	Toril Norstrøm, Romsås Idrettslag	01:18:11	164	00:52:22	170	01:13:22	157	01:02:32	172	01:25:32	160	05:49:59	150
336	Grethe Kristensen, Hjørtelørensens Motion *	01:16:06	161	00:54:05	172	01:14:34	159	01:03:28	175	01:24:53	162	05:53:06	151

RESULTATLISTE

ETAPE BORNHOLM 17.-21. JULI 1995

HERRER

STARTNR.	NAVN	1. ETAPE TID	PLACER	2. ETAPE TID	PLACER	3. ETAPE TID	PLACER	4. ETAPE TID	PLACER	5. ETAPE TID	PLACER	TOTAL TID/PLACERING
404	Asger Norquist Hansen, FIF	00:31:25	1	00:20:21	1	00:28:17	1	00:24:42	1	00:31:40	1	02:16:25 1
465	Mariusz Mach, Gryf	00:31:29	2	00:20:22	2	00:28:20	2	00:24:51	2	00:31:45	2	02:16:47 2
370	Kjeld Dissing, I.F. Sparta	00:32:12	4	00:20:58	4	00:29:15	4	00:25:26	4	00:31:54	4	02:19:31 3
475	Ulf Ragn Andersen, Bagsværd	00:32:06	3	00:21:02	3	00:29:12	5	00:25:29	5	00:32:04	7	02:19:53 4
475	Henrik Albahn, FIF	00:32:33	7	00:21:02	5	00:29:15	6	00:25:36	7	00:32:01	6	02:20:27 5
166	Keld Christensen, Kastруп	00:32:52	5	00:21:12	7	00:29:22	7	00:25:31	6	00:32:26	9	02:20:50 6
249	Jacob K. Jørgensen, Glostrup	00:32:30	9	00:21:07	6	00:29:26	8	00:25:42	8	00:32:16	8	02:21:23 7
292	John Stubmann, I.F. Sparta	00:32:30	6	00:21:31	12	00:29:57	10	00:25:58	9	00:31:56	5	02:21:52 8
8	Michael Rasmussen, Viking	00:32:35	8	00:21:26	9	00:30:10	13	00:26:14	11	00:33:12	13	02:23:37 9
253	Flemming Barnewitz, AK-Brøndby	00:33:23	12	00:21:28	11	00:29:53	9	00:26:23	14	00:32:47	11	02:24:09 10
463	Waldemar Hinc, Gryf	00:33:56	18	00:21:27	10	00:30:03	11	00:26:02	17	00:32:41	10	02:24:09 11
485	Kristian Keller, Viking	00:33:28	13	00:21:45	13	00:30:18	15	00:26:34	17	00:32:52	12	02:24:57 12
254	Erik G. Olsen, Bælstrup	00:33:36	15	00:21:52	14	00:30:32	16	00:26:28	15	00:33:22	15	02:25:52 13
274	Kim Birk, I.F. Sparta	00:33:33	14	00:22:15	16	00:31:18	21	00:26:16	12	00:33:17	14	02:26:39 14
54	Kjeld Olsen, Valby	00:33:19	11	00:21:24	8	00:30:32	17	00:26:19	13	00:35:37	32	02:27:11 15
482	Kim Jensen, Randers	00:34:49	25	00:22:20	18	00:31:11	19	00:26:50	18	00:33:35	16	02:28:45 16
269	Flemming Olesen, I.F. Sparta	00:34:15	19	00:22:22	19	00:31:15	20	00:27:10	19	00:34:33	24	02:29:34 17
225	Carsten Borgen, FIF	00:33:42	16	00:22:11	15	00:32:57	41	00:27:10	20	00:34:32	23	02:30:32 18
284	Michael Jaque, I.F. Sparta	00:34:45	24	00:22:44	21	00:31:59	24	00:27:12	22	00:34:00	19	02:30:40 19
481	Carsten Vinkel, FIF	00:34:36	22	00:22:59	26	00:31:32	23	00:27:13	23	00:34:28	20	02:30:48 20
31	Ole Juhl Dalmir, FIF	00:35:29	35	00:22:58	25	00:31:29	22	00:27:11	21	00:34:28	21	02:31:35 21
141	Frank Pedersen, Viking	00:34:27	21	00:22:53	22	00:32:14	28	00:27:17	24	00:35:03	27	02:31:54 22
241	Anders Jespersen, Herlev	00:35:01	29	00:23:56	23	00:32:25	29	00:27:36	27	00:34:44	25	02:32:42 23
137	Carsten C. Rasmussen,	00:35:10	28	00:23:26	37	00:32:19	31	00:27:38	28	00:34:52	26	02:33:25 24
217	Per Schwartzboch, Næstved	00:35:20	34	00:23:00	27	00:32:33	34	00:27:38	29	00:35:34	31	02:34:34 25
416	Rune Jensen, Viking	00:35:15	30	00:23:21	34	00:32:41	38	00:28:17	32	00:35:04	28	02:34:38 26
281	Jesper Kallehauge, I.F. Sparta	00:35:17	31	00:23:24	35	00:32:04	26	00:28:37	36	00:35:29	30	02:34:51 27
321	Jan Ole Petersen, I.F. Sparta	00:35:19	33	00:23:10	30	00:32:37	36	00:28:16	31	00:36:10	37	02:35:32 28
247	Mikkel Heuer, Aarhus 1900	00:36:14	42	00:23:12	31	00:32:50	39	00:28:39	37	00:36:05	36	02:37:00 29
368	Michael Jensen, Holstebro Orientering	00:36:30	47	00:23:55	43	00:32:35	35	00:28:21	34	00:35:40	33	02:37:01 30
156	Michael Andersen, Kolding KFUM	00:36:06	38	00:23:25	36	00:32:24	30	00:28:45	40	00:36:49	48	02:37:29 31
127	Henrik Nielsen, Vig	00:36:07	39	00:22:57	24	00:32:38	37	00:28:14	30	00:37:35	61	02:37:31 32
273	Jørn Andersen, I.F. Sparta	00:36:23	43	00:23:14	38	00:33:50	51	00:28:18	33	00:35:49	35	02:38:06 34
420	Preben T. Andersen, Østermarie	00:36:34	49	00:23:29	38	00:32:53	137	00:28:43	39	00:36:27	42	02:38:06 34
223	Jack Cassina, FIF	00:34:59	27	00:23:01	28	00:34:08	56	00:28:58	44	00:36:26	41	02:38:09 35
284	Lars Christensen, I.F. Sparta	00:36:00	37	00:23:17	33	00:34:08	56	00:27:36	26	00:34:29	22	02:38:09 35
167	Jens Lykke Mikkelsen, Herusholm	00:36:59	36	00:23:08	29	00:33:04	42	00:28:52	43	00:37:52	66	02:38:49 36
235	Lars Bø Sørensen, Herlev	00:36:25	44	00:24:05	49	00:33:25	43	00:28:42	38	00:36:21	40	02:38:55 37
400	Kenneth Sylvester Hansen, SAS Atletik & Motion	00:36:09	40	00:23:59	46	00:33:31	46	00:29:39	59	00:36:35	44	02:39:53 39
271	Ole Kern Hansen, I.F. Sparta	00:38:06	69	00:23:57	45	00:33:37	48	00:28:29	35	00:36:14	39	02:40:23 40

113	Jan Jensen, Viking	00:36:37	51	00:23:48	40	00:34:18	59	00:28:46	41	00:36:56	50	02:40:25 41
148	Thomas Strange, Renne	00:37:18	58	00:24:05	50	00:33:47	50	00:29:00	45	00:36:36	45	02:40:46 42
123	Finn Bjerre Pedersen, Skanderborg	00:37:43	64	00:24:28	52	00:33:27	44	00:28:49	42	00:36:28	43	02:40:55 43
18	Lars Eghol, København V	00:36:50	55	00:23:54	48	00:34:01	52	00:29:18	49	00:36:54	49	02:40:57 44
464	Jerzy Lipa, Gryf	00:36:57	56	00:24:04	48	00:33:30	45	00:29:13	46	00:37:19	57	02:41:03 45
320	Jørgen Thor Rasmussen, I.F. Sparta	00:36:44	53	00:23:53	41	00:34:12	55	00:29:30	56	00:37:18	55	02:41:37 46
348	Bent Baisgaard, AAK	00:36:38	52	00:24:46	63	00:34:07	55	00:29:21	51	00:37:09	52	02:42:01 47
224	Lars Munkvad, FIF	00:37:15	57	00:24:47	64	00:34:03	53	00:29:22	52	00:36:39	46	02:42:06 48
456	Poul Vilhelmsen, Allerød	00:36:27	45	00:24:37	61	00:34:53	67	00:29:23	53	00:37:26	59	02:42:46 49
375	Filip Aalekjaer, Århus Fremad Atletik	00:37:38	62	00:24:32	59	00:34:30	60	00:29:17	48	00:37:11	53	02:43:08 50
286	Børge Pedersen, I.F. Sparta	00:37:25	61	00:24:49	67	00:34:04	54	00:29:38	58	00:37:22	58	02:43:18 51
138	Jens Gregersen, Renne	00:37:21	60	00:24:16	54	00:34:58	70	00:29:36	57	00:37:17	54	02:43:28 52
430	Thomas Andersen, Herning GF	00:36:28	46	00:25:24	77	00:34:52	69	00:29:27	55	00:37:19	56	02:43:30 53
263	Allan Arndahl, I.F. Sparta	00:38:03	68	00:24:27	57	00:34:55	69	00:29:19	50	00:37:01	51	02:43:45 54
443	Jørgen Larsen, Hillerød	00:36:34	48	00:24:05	51	00:36:37	99	00:29:47	62	00:36:47	47	02:43:50 55
382	Per Møller, Renne	00:37:56	67	00:24:35	60	00:34:10	57	00:29:42	60	00:37:36	62	02:44:01 56
245	Anders Sylvest, Aarhus 1900	00:37:45	65	00:24:49	68	00:34:53	61	00:29:54	64	00:37:28	60	02:44:49 57
83	Tim Raagaard, København Ø	00:36:48	54	00:24:21	55	00:35:11	74	00:29:44	61	00:38:16	69	02:45:00 58
204	Jesper Almeborg, Viking	00:38:19	74	00:24:11	53	00:35:11	74	00:29:44	61	00:38:16	69	02:45:41 59
181	Tore Olsen, Romås Idrettslag	00:37:19	59	00:24:52	69	00:35:46	82	00:30:09	66	00:37:48	65	02:45:54 60
120	Max Pedersen, SAN	00:38:08	70	00:24:42	62	00:34:49	63	00:30:34	73	00:37:46	64	02:45:59 61
9	Michael Petersen, Næstved	00:38:46	85	00:25:16	75	00:35:09	72	00:29:56	65	00:37:59	67	02:47:06 62
419	Niels Pedersen, Gudhjem	00:38:20	75	00:25:21	76	00:35:15	76	00:30:25	82	00:38:22	70	02:48:13 63
268	Kurt Olsen, I.F. Sparta	00:38:14	72	00:26:02	96	00:36:05	88	00:30:55	68	00:37:42	63	02:48:28 64
157	Ole Johansen, Kolding KFUM	00:38:16	73	00:25:36	86	00:35:39	80	00:30:43	77	00:38:25	72	02:48:39 65
261	Per Søndergaard, I.F. Sparta	00:39:49	108	00:24:54	71	00:35:07	71	00:30:25	69	00:39:03	81	02:49:18 66
409	Jan Sylvest Jensen, Strøbeile	00:38:22	77	00:25:32	84	00:35:25	77	00:31:26	92	00:38:23	71	02:49:24 67
158	Poul Friemmelov, Kolding KFUM	00:39:29	100	00:25:09	73	00:35:25	78	00:30:39	71	00:39:07	82	02:49:34 68
119	Vilner Boldmann, SAN	00:39:11	94	00:25:13	74	00:35:28	78	00:30:39	76	00:39:20	108	02:49:51 69
444	Poul Garner, Skanderborg	00:38:49	87	00:24:58	72	00:35:13	75	00:30:24	67	00:40:29	88	02:49:51 69
425	Bent Andersen, Skodsborg	00:38:31	80	00:24:52	70	00:36:00	87	00:31:31	96	00:38:59	70	02:49:53 70
85	Edvard Amundsen, Mjølndalen	00:40:15	114	00:23:56	44	00:34:49	64	00:31:50	107	00:39:13	85	02:50:03 72
1	Søren Danilisen, Næstved	00:38:44	83	00:25:45	89	00:36:22	94	00:30:48	80	00:38:25	73	02:50:04 73
77	Kasper Sørensen, Frederikssund	00:38:45	84	00:25:25	78	00:36:21	93	00:30:30	72	00:39:09	83	02:50:10 74
354	Flemming Estrup, AAK	00:39:00	90	00:25:28	82	00:35:33	79	00:30:54	81	00:39:16	86	02:50:39 75
218	Kaj Vorbeck, Næstved	00:39:31	103	00:25:52	91	00:35:58	85	00:30:46	78	00:38:57	78	02:51:04 76
385	Flemming Juhl, Alética	00:39:08	93	00:26:06	101	00:36:12	89	00:30:55	84	00:39:40	94	02:51:20 77
403	Anker Fakenslem, Danpak	00:39:00	96	00:25:27	81	00:36:19	92	00:31:18	90	00:38:35	74	02:51:34 78
265	Preben Klarstov, I.F. Sparta	00:38:21	76	00:24:49	66	00:36:28	145	00:30:35	87	00:38:55	76	02:51:41 79
125	Ole V. Pedersen, I.F. Sparta	00:38:09	71	00:25:43	87	00:36:33	97	00:30:35	74	00:40:52	117	02:51:52 80
370	Niels Poulsen, Holstebro Orientering	00:38:24	78	00:27:19	136	00:36:24	95	00:30:57	83	00:38:50	75	02:51:54 81
136	Morten Lasse Møller, Hasle	00:39:30	102	00:25:43	88	00:36:52	104	00:30:36	75	00:39:24	90	02:52:05 83
484	Torben Klæsling, Spønge	00:55:28	320	00:24:08	52	00:32:05	27	00:27:17	25	00:33:49	17	02:52:47 84
		00:40:05	111	00:26:01	95	00:35:52	83	00:31:05	86	00:40:04	98	02:53:07 85