

Resultater – 06-03-2022 Troiden

2022-03-06

| Kort 4-6 km | | | (14 / 14) | Tid | Efter | Tidstab | | |
|-------------|---------------------|-----------------|----------------|------------|---------------|---------|--------------|-----------------|
| 1. | Flemming Vejen | Ballerup OK | | 49:02 | | 06:53 | | |
| | 1:18 (1:18) | 1:58 (3:16) | 4:24 (7:40) | | 1:58 (9:38) | | 2:44 (12:22) | 4:03 (16:25) |
| | 2:01 (18:26) | 4:55 (23:21) | 7:19 (30:40) | | 4:20 (35:00) | | 2:33 (37:33) | 3:47 (41:20) |
| | 3:53 (45:13) | 3:06 (48:19) | 0:43 (49:02) | | | | | |
| 2. | Stig Andersen | Herlufsholm OK | | 57:12 | +8:10 | 01:45 | | |
| | 1:42 (1:42) | 2:29 (4:11) | 2:38 (6:49) | | 2:20 (9:09) | | 3:45 (12:54) | 5:23 (18:17) |
| | 2:20 (20:37) | 4:27 (25:04) | 5:25 (30:29) | | 6:40 (37:09) | | 3:27 (40:36) | 6:22 (46:58) |
| | 5:09 (52:07) | 4:06 (56:13) | 0:59 (57:12) | | | | | |
| 3. | Jesper Allan Jensen | OK Roskilde | | 57:16 | +8:14 | 07:18 | | |
| | 1:23 (1:23) | 2:08 (3:31) | 7:45 (11:16) | | 2:05 (13:21) | | 3:16 (16:37) | 5:18 (21:55) |
| | 2:01 (23:56) | 3:05 (27:01) | 4:44 (31:45) | | 5:20 (37:05) | | 3:07 (40:12) | 6:40 (46:52) |
| | 5:18 (52:10) | 4:06 (56:16) | 1:00 (57:16) | | | | | |
| 4. | Ulla Hooge | OK ØST Birkerød | | 57:34 | +8:32 | 05:10 | | |
| | 1:31 (1:31) | 2:02 (3:33) | 3:01 (6:34) | | 2:00 (8:34) | | 3:29 (12:03) | 5:57 (18:00) |
| | 2:09 (20:09) | 4:24 (24:33) | 4:52 (29:25) | | 5:37 (35:02) | | 3:02 (38:04) | 9:22 (47:26) |
| | 5:14 (52:40) | 4:17 (56:57) | 0:37 (57:34) | | | | | |
| 5. | Mogens Jensen | Holbæk OK | | 1:03:35 | +14:33 | 07:30 | | |
| | 1:45 (1:45) | 2:16 (4:01) | 2:29 (6:30) | | 2:22 (8:52) | | 3:46 (12:38) | 5:53 (18:31) |
| | 2:29 (21:00) | 3:42 (24:42) | 6:16 (30:58) | | 5:44 (36:42) | | 4:28 (41:10) | 11:30 (52:40) |
| | 6:08 (58:48) | 4:06 (1:02:54) | 0:41 (1:03:35) | | | | | |
| 6. | Ole Bøggild | OK Roskilde | | 1:03:46 | +14:44 | 03:22 | | |
| | 1:56 (1:56) | 2:27 (4:23) | 2:37 (7:00) | | 2:44 (9:44) | | 4:52 (14:36) | 6:00 (20:36) |
| | 3:02 (23:38) | 4:02 (27:40) | 6:14 (33:54) | | 7:53 (41:47) | | 4:01 (45:48) | 6:49 (52:37) |
| | 5:53 (58:30) | 4:21 (1:02:51) | 0:55 (1:03:46) | | | | | |
| 7. | Jens Thorup | FSK Orientering | | 1:04:02 | +15:00 | 07:33 | | |
| | 1:39 (1:39) | 2:39 (4:18) | 2:23 (6:41) | | 2:15 (8:56) | | 3:49 (12:45) | 5:24 (18:09) |
| | 2:20 (20:29) | 4:18 (24:47) | 5:36 (30:23) | | 11:40 (42:03) | | 4:31 (46:34) | 6:31 (53:05) |
| | 5:20 (58:25) | 4:39 (1:03:04) | 0:58 (1:04:02) | | | | | |
| 8. | Birte Langkilde | Ballerup OK | | 1:04:43 | +15:41 | 05:21 | | |
| | 1:35 (1:35) | 2:05 (3:40) | 3:16 (6:56) | | 2:28 (9:24) | | 3:51 (13:15) | 6:34 (19:49) |
| | 2:24 (22:13) | 3:34 (25:47) | 6:24 (32:11) | | 9:03 (41:14) | | 4:30 (45:44) | 5:41 (51:25) |
| | 6:05 (57:30) | 6:11 (1:03:41) | 1:02 (1:04:43) | | | | | |
| 9. | Lars Olsen | OK Roskilde | | 1:05:32 | +16:30 | 00:50 | | |
| | 1:53 (1:53) | 2:44 (4:37) | 2:29 (7:06) | | 2:48 (9:54) | | 4:22 (14:16) | 6:30 (20:46) |
| | 2:58 (23:44) | 4:22 (28:06) | 6:12 (34:18) | | 6:52 (41:10) | | 4:24 (45:34) | 7:16 (52:50) |
| | 6:02 (58:52) | 5:24 (1:04:16) | 1:16 (1:05:32) | | | | | |
| 10. | Jannie Nielsen | Holbæk OK | | 1:09:25 | +20:23 | 05:28 | | |
| | 1:48 (1:48) | 2:53 (4:41) | 2:28 (7:09) | | 2:40 (9:49) | | 4:01 (13:50) | 6:22 (20:12) |
| | 2:59 (23:11) | 4:17 (27:28) | 8:34 (36:02) | | 6:57 (42:59) | | 4:50 (47:49) | 6:27 (54:16) |
| | 8:37 (1:02:53) | 5:33 (1:08:26) | 0:59 (1:09:25) | | | | | |
| 11. | Jytte Sørensen | FSK Orientering | | 1:13:34 | +24:32 | 15:09 | | |
| | 1:28 (1:28) | 2:34 (4:02) | 2:42 (6:44) | | 2:21 (9:05) | | 3:51 (12:56) | 5:58 (18:54) |
| | 2:40 (21:34) | 3:45 (25:19) | 6:37 (31:56) | | 15:58 (47:54) | | 4:02 (51:56) | 11:32 (1:03:28) |
| | 4:52 (1:08:20) | 4:11 (1:12:31) | 1:03 (1:13:34) | | | | | |
| | Jan Kristoffersen | Ballerup OK | | Ej startet | | | | |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | | | | |
| | Johanne Lind | Ballerup OK | | Ej startet | | | | |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | | | | |
| | Morten Jensen | OK Roskilde | | Ej startet | | | | |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | | | | |

| Lang 12-14 km | | | (18 / 18) | Tid | Efter | Tidstab | | |
|---------------|-----------------|----------------|----------------|---------|----------------|---------|----------------|----------------|
| 1. | Christian Olsen | AMOK | | 1:50:26 | | 04:32 | | |
| | 3:12 (3:12) | 1:20 (4:32) | 6:11 (10:43) | | 0:53 (11:36) | | 4:46 (16:22) | 2:27 (18:49) |
| | 3:11 (22:00) | 1:14 (23:14) | 2:04 (25:18) | | 4:19 (29:37) | | 3:02 (32:39) | 6:10 (38:49) |
| | 2:07 (40:56) | 1:34 (42:30) | 1:25 (43:55) | | 2:40 (46:35) | | 4:16 (50:51) | 2:37 (53:28) |
| | 2:24 (55:52) | 2:12 (58:04) | 1:28 (59:32) | | 2:55 (1:02:27) | | 4:35 (1:07:02) | 7:42 (1:14:44) |
| | 2:54 (1:17:38) | 1:47 (1:19:25) | 3:14 (1:22:39) | | 1:56 (1:24:35) | | 2:37 (1:27:12) | 1:34 (1:28:46) |
| | 2:32 (1:31:18) | 1:09 (1:32:27) | 1:17 (1:33:44) | | 0:50 (1:34:34) | | 1:40 (1:36:14) | 8:05 (1:44:19) |
| | 3:01 (1:47:20) | 2:33 (1:49:53) | 0:33 (1:50:26) | | | | | |
| 2. | Peter Wihaan | Fyns PI | | 1:50:32 | +0:06 | 02:42 | | |
| | 3:11 (3:11) | 1:33 (4:44) | 6:03 (10:47) | | 0:53 (11:40) | | 4:43 (16:23) | 2:34 (18:57) |
| | 3:13 (22:10) | 1:10 (23:20) | 2:03 (25:23) | | 2:39 (28:02) | | 3:00 (31:02) | 6:10 (37:12) |
| | 2:15 (39:27) | 1:12 (40:39) | 1:20 (41:59) | | 3:00 (44:59) | | 4:14 (49:13) | 3:19 (52:32) |
| | 3:10 (55:42) | 2:02 (57:44) | 1:29 (59:13) | | 3:03 (1:02:16) | | 4:59 (1:07:15) | 7:52 (1:15:07) |
| | 2:48 (1:17:55) | 1:33 (1:19:28) | 3:03 (1:22:31) | | 1:52 (1:24:23) | | 2:46 (1:27:09) | 1:45 (1:28:54) |
| | 2:30 (1:31:24) | 1:07 (1:32:31) | 1:18 (1:33:49) | | 0:49 (1:34:38) | | 1:45 (1:36:23) | 7:54 (1:44:17) |
| | 3:01 (1:47:18) | 2:40 (1:49:58) | 0:34 (1:50:32) | | | | | |

| | | | | | | | |
|-----|-----------------------|------------------|----------------|----------------|----------------|-----------------|--|
| 3. | Leif E. Larsen | Tisvilde Hegn OK | 1:50:38 | +0:12 | 02:56 | | |
| | 3:21 (3:21) | 1:18 (4:39) | 6:27 (11:06) | 0:54 (12:00) | 4:52 (16:52) | 2:34 (19:26) | |
| | 3:25 (22:51) | 1:14 (24:05) | 2:07 (26:12) | 3:09 (29:21) | 3:17 (32:38) | 6:18 (38:56) | |
| | 2:05 (41:01) | 1:34 (42:35) | 1:25 (44:00) | 2:44 (46:44) | 4:03 (50:47) | 2:44 (53:31) | |
| | 2:20 (55:51) | 2:05 (57:56) | 1:29 (59:25) | 3:06 (1:02:31) | 4:27 (1:06:58) | 7:26 (1:14:24) | |
| | 3:08 (1:17:32) | 1:50 (1:19:22) | 3:26 (1:22:48) | 1:40 (1:24:28) | 2:47 (1:27:15) | 1:35 (1:28:50) | |
| | 2:29 (1:31:19) | 1:06 (1:32:25) | 1:26 (1:33:51) | 0:42 (1:34:33) | 1:37 (1:36:10) | 8:12 (1:44:22) | |
| | 3:00 (1:47:22) | 2:40 (1:50:02) | 0:36 (1:50:38) | | | | |
| 4. | Camilla Rath Nielsen | PI-København | 1:56:24 | +5:58 | 04:46 | | |
| | 3:08 (3:08) | 1:22 (4:30) | 6:06 (10:36) | 0:57 (11:33) | 4:45 (16:18) | 2:25 (18:43) | |
| | 3:44 (22:27) | 1:13 (23:40) | 1:56 (25:36) | 3:49 (29:25) | 3:09 (32:34) | 6:05 (38:39) | |
| | 2:33 (41:12) | 1:34 (42:46) | 1:16 (44:02) | 2:38 (46:40) | 3:57 (50:37) | 2:44 (53:21) | |
| | 2:34 (55:55) | 2:19 (58:14) | 1:23 (59:37) | 3:12 (1:02:49) | 5:45 (1:08:34) | 7:43 (1:16:17) | |
| | 3:28 (1:19:45) | 2:08 (1:21:53) | 3:20 (1:25:13) | 1:54 (1:27:07) | 2:44 (1:29:51) | 1:28 (1:31:19) | |
| | 3:13 (1:34:32) | 1:17 (1:35:49) | 1:34 (1:37:23) | 0:46 (1:38:09) | 1:43 (1:39:52) | 10:07 (1:49:59) | |
| | 3:22 (1:53:21) | 2:29 (1:55:50) | 0:34 (1:56:24) | | | | |
| 5. | Søren Fertin | Holbæk OK | 1:56:35 | +6:09 | 03:10 | | |
| | 3:02 (3:02) | 1:24 (4:26) | 6:15 (10:41) | 0:58 (11:39) | 4:30 (16:09) | 2:29 (18:38) | |
| | 3:20 (21:58) | 2:34 (24:32) | 2:05 (26:37) | 2:52 (29:29) | 2:57 (32:26) | 6:48 (39:14) | |
| | 1:56 (41:10) | 1:18 (42:28) | 1:24 (43:52) | 2:45 (46:37) | 4:26 (51:03) | 2:34 (53:37) | |
| | 2:58 (56:35) | 2:11 (58:46) | 1:07 (59:53) | 3:11 (1:03:04) | 4:58 (1:08:02) | 8:22 (1:16:24) | |
| | 3:19 (1:19:43) | 1:48 (1:21:31) | 3:31 (1:25:02) | 2:38 (1:27:40) | 2:59 (1:30:39) | 1:55 (1:32:34) | |
| | 2:52 (1:35:26) | 1:04 (1:36:30) | 1:28 (1:37:58) | 2:35 (1:40:33) | 2:33 (1:43:06) | 6:24 (1:49:30) | |
| | 3:30 (1:53:00) | 3:00 (1:56:00) | 0:35 (1:56:35) | | | | |
| 6. | Anne Marie Thommesen | Ballerup OK | 1:56:43 | +6:17 | 02:16 | | |
| | 3:16 (3:16) | 1:19 (4:35) | 6:22 (10:57) | 0:52 (11:49) | 4:58 (16:47) | 2:35 (19:22) | |
| | 3:25 (22:47) | 1:20 (24:07) | 2:08 (26:15) | 2:50 (29:05) | 3:22 (32:27) | 6:38 (39:05) | |
| | 2:03 (41:08) | 1:37 (42:45) | 1:20 (44:05) | 2:51 (46:56) | 4:11 (51:07) | 2:44 (53:51) | |
| | 2:51 (56:42) | 2:27 (59:09) | 1:16 (1:00:25) | 2:56 (1:03:21) | 5:38 (1:08:59) | 8:29 (1:17:28) | |
| | 3:28 (1:20:56) | 1:51 (1:22:47) | 4:04 (1:26:51) | 1:44 (1:28:35) | 2:58 (1:31:33) | 1:47 (1:33:20) | |
| | 3:48 (1:37:08) | 1:04 (1:38:12) | 1:29 (1:39:41) | 0:50 (1:40:31) | 1:53 (1:42:24) | 7:47 (1:50:11) | |
| | 3:08 (1:53:19) | 2:45 (1:56:04) | 0:39 (1:56:43) | | | | |
| 7. | Morten Ploug | Ballerup OK | 1:57:12 | +6:46 | 02:23 | | |
| | 3:22 (3:22) | 1:19 (4:41) | 6:19 (11:00) | 0:53 (11:53) | 4:42 (16:35) | 2:30 (19:05) | |
| | 3:30 (22:35) | 1:17 (23:52) | 2:53 (26:45) | 2:39 (29:24) | 3:19 (32:43) | 6:27 (39:10) | |
| | 2:08 (41:18) | 1:39 (42:57) | 1:20 (44:17) | 2:51 (47:08) | 4:06 (51:14) | 2:42 (53:56) | |
| | 2:52 (56:48) | 2:27 (59:15) | 1:17 (1:00:32) | 2:58 (1:03:30) | 5:21 (1:08:51) | 8:33 (1:17:24) | |
| | 3:38 (1:21:02) | 1:44 (1:22:46) | 4:11 (1:26:57) | 1:50 (1:28:47) | 3:06 (1:31:53) | 1:37 (1:33:30) | |
| | 3:36 (1:37:06) | 1:12 (1:38:18) | 1:31 (1:39:49) | 0:47 (1:40:36) | 1:52 (1:42:28) | 7:53 (1:50:21) | |
| | 3:12 (1:53:33) | 2:59 (1:56:32) | 0:40 (1:57:12) | | | | |
| 8. | Arne Kristensen | Herlufsholm OK | 1:57:33 | +7:07 | 02:07 | | |
| | 3:26 (3:26) | 1:20 (4:46) | 6:27 (11:13) | 0:51 (12:04) | 4:50 (16:54) | 2:41 (19:35) | |
| | 3:19 (22:54) | 1:15 (24:09) | 2:09 (26:18) | 3:27 (29:45) | 3:12 (32:57) | 6:24 (39:21) | |
| | 2:05 (41:26) | 1:33 (42:59) | 1:22 (44:21) | 2:38 (46:59) | 4:21 (51:20) | 2:39 (53:59) | |
| | 2:55 (56:54) | 2:26 (59:20) | 1:15 (1:00:35) | 2:52 (1:03:27) | 5:27 (1:08:54) | 8:40 (1:17:34) | |
| | 3:34 (1:21:08) | 1:49 (1:22:57) | 4:10 (1:27:07) | 1:43 (1:28:50) | 3:08 (1:31:58) | 1:50 (1:33:48) | |
| | 3:13 (1:37:01) | 1:09 (1:38:10) | 1:35 (1:39:45) | 0:44 (1:40:29) | 2:10 (1:42:39) | 7:38 (1:50:17) | |
| | 3:21 (1:53:38) | 3:08 (1:56:46) | 0:47 (1:57:33) | | | | |
| 9. | Helene Nissen | OK Snab | 2:12:36 | +22:10 | 11:19 | | |
| | 3:19 (3:19) | 1:48 (5:07) | 6:10 (11:17) | 0:51 (12:08) | 4:54 (17:02) | 2:57 (19:59) | |
| | 3:13 (23:12) | 1:19 (24:31) | 2:17 (26:48) | 2:39 (29:27) | 3:21 (32:48) | 7:41 (40:29) | |
| | 2:49 (43:18) | 2:28 (45:46) | 3:29 (49:15) | 2:54 (52:09) | 5:15 (57:24) | 3:07 (1:00:31) | |
| | 3:13 (1:03:44) | 4:25 (1:08:09) | 1:57 (1:10:06) | 3:20 (1:13:26) | 6:54 (1:20:20) | 9:39 (1:29:59) | |
| | 4:57 (1:34:56) | 2:31 (1:37:27) | 4:21 (1:41:48) | 2:05 (1:43:53) | 2:24 (1:46:17) | 1:45 (1:48:02) | |
| | 3:42 (1:51:44) | 2:53 (1:54:37) | 1:27 (1:56:04) | 0:40 (1:56:44) | 1:58 (1:58:42) | 3:51 (2:02:33) | |
| | 5:58 (2:08:31) | 3:22 (2:11:53) | 0:43 (2:12:36) | | | | |
| 10. | Elin Nørgård Kracht | PI-København | 2:12:37 | +22:11 | 11:43 | | |
| | 3:18 (3:18) | 1:47 (5:05) | 6:06 (11:11) | 0:56 (12:07) | 4:54 (17:01) | 3:02 (20:03) | |
| | 3:10 (23:13) | 1:17 (24:30) | 2:19 (26:49) | 2:43 (29:32) | 3:23 (32:55) | 7:43 (40:38) | |
| | 2:45 (43:23) | 2:29 (45:52) | 3:21 (49:13) | 2:58 (52:11) | 5:18 (57:29) | 3:05 (1:00:34) | |
| | 3:11 (1:03:45) | 4:20 (1:08:05) | 1:52 (1:09:57) | 3:31 (1:13:28) | 6:50 (1:20:18) | 10:02 (1:30:20) | |
| | 4:42 (1:35:02) | 2:29 (1:37:31) | 4:16 (1:41:47) | 2:05 (1:43:52) | 2:27 (1:46:19) | 1:45 (1:48:04) | |
| | 3:41 (1:51:45) | 2:53 (1:54:38) | 1:27 (1:56:05) | 0:40 (1:56:45) | 1:55 (1:58:40) | 3:56 (2:02:36) | |
| | 5:42 (2:08:18) | 3:36 (2:11:54) | 0:43 (2:12:37) | | | | |
| 11. | Lars Hanghøj Petersen | Ballerup OK | 2:17:30 | +27:04 | 10:20 | | |
| | 3:24 (3:24) | 1:19 (4:43) | 6:36 (11:19) | 0:53 (12:12) | 4:44 (16:56) | 2:43 (19:39) | |
| | 3:19 (22:58) | 1:14 (24:12) | 2:10 (26:22) | 3:26 (29:48) | 3:20 (33:08) | 6:51 (39:59) | |
| | 2:26 (42:25) | 1:37 (44:02) | 2:15 (46:17) | 3:41 (49:58) | 6:55 (56:53) | 3:36 (1:00:29) | |
| | 5:23 (1:05:52) | 3:55 (1:09:47) | 2:01 (1:11:48) | 4:47 (1:16:35) | 6:31 (1:23:06) | 9:04 (1:32:10) | |
| | 4:53 (1:37:03) | 2:59 (1:40:02) | 5:23 (1:45:25) | 2:30 (1:47:55) | 3:26 (1:51:21) | 2:36 (1:53:57) | |
| | 3:29 (1:57:26) | 1:34 (1:59:00) | 1:32 (2:00:32) | 0:57 (2:01:29) | 2:04 (2:03:33) | 6:39 (2:10:12) | |
| | 3:40 (2:13:52) | 2:55 (2:16:47) | 0:43 (2:17:30) | | | | |
| 12. | Henrik Nielsen | Holbæk OK | 2:40:54 | +50:28 | 05:48 | | |
| | 3:34 (3:34) | 1:39 (5:13) | 9:22 (14:35) | 0:59 (15:34) | 7:02 (22:36) | 3:32 (26:08) | |
| | 6:10 (32:18) | 2:25 (34:43) | 3:00 (37:43) | 3:30 (41:13) | 4:39 (45:52) | 8:31 (54:23) | |
| | 3:00 (57:23) | 1:56 (59:19) | 2:10 (1:01:29) | 3:48 (1:05:17) | 6:43 (1:12:00) | 3:48 (1:15:48) | |
| | 3:56 (1:19:44) | 4:27 (1:24:11) | 1:44 (1:25:55) | 4:36 (1:30:31) | 6:42 (1:37:13) | 11:04 (1:48:17) | |
| | 5:27 (1:53:44) | 2:23 (1:56:07) | 6:14 (2:02:21) | 3:09 (2:05:30) | 3:43 (2:09:13) | 2:10 (2:11:23) | |
| | 3:29 (2:14:52) | 1:33 (2:16:25) | 1:59 (2:18:24) | 1:11 (2:19:35) | 2:36 (2:22:11) | 6:28 (2:28:39) | |
| | 7:00 (2:35:39) | 4:25 (2:40:04) | 0:50 (2:40:54) | | | | |

Anette Lindegaard Christensen Holbæk OK

5:05 (5:05) 2:40 (7:45) 9:34 (17:19)
 7:21 (41:48) 3:02 (44:50) 4:49 (49:39)
 3:51 (1:17:16) 2:29 (1:19:45) 2:47 (1:22:32)
 6:47 (1:53:12) 5:43 (1:58:55) 2:08 (2:01:03)
 6:48 (2:35:19) 3:31 (2:38:50) 7:07 (2:45:57)
 – (–) – (–) – (–)
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Anne Willerup

Holbæk OK

5:02 (5:02) 2:42 (7:44) 9:37 (17:21)
 6:20 (41:58) 2:43 (44:41) 4:37 (49:18)
 3:33 (1:17:19) 2:42 (1:20:01) 2:27 (1:22:28)
 7:15 (1:52:40) 6:12 (1:58:52) 1:50 (2:00:42)
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 – (–) – (–) – (–)
 – (–) – (3:18:39) 1:05 (3:19:44)

Sanne Lund Kolenda

Holbæk OK

4:59 (4:59) 3:11 (8:10) 9:07 (17:17)
 6:25 (42:01) 2:26 (44:27) 4:53 (49:20)
 3:36 (1:17:15) 2:32 (1:19:47) 2:24 (1:22:11)
 6:07 (1:52:55) 5:54 (1:58:49) 2:01 (2:00:50)
 6:44 (2:35:21) 3:20 (2:38:41) 7:07 (2:45:48)
 – (–) – (–) – (–)
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Lenette Schunck Svendsen Holbæk OK

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Lise Ravnshøj Andersen

Herlufsholm OK

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Søren Magnusson

Holbæk OK

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Fejlklip

1:29 (18:48) 9:35 (28:23) 6:04 (34:27)
 5:08 (54:47) 6:29 (1:01:16) 12:09 (1:13:25)
 4:30 (1:27:02) 10:33 (1:37:35) 8:50 (1:46:25)
 6:05 (2:07:08) 8:23 (2:15:31) 13:00 (2:28:31)
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Fejlklip

1:29 (18:50) 9:18 (28:08) 7:30 (35:38)
 5:22 (54:40) 6:39 (1:01:19) 12:27 (1:13:46)
 4:24 (1:26:52) 11:26 (1:38:18) 7:07 (1:45:25)
 6:22 (2:07:04) 8:08 (2:15:12) 13:06 (2:28:18)
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Fejlklip

1:27 (18:44) 9:18 (28:02) 7:34 (35:36)
 4:58 (54:18) 6:45 (1:01:03) 12:36 (1:13:39)
 4:29 (1:26:40) 11:47 (1:38:27) 8:21 (1:46:48)
 6:08 (2:06:58) 7:58 (2:14:56) 13:41 (2:28:37)
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Mellem 6-8 km**(19 / 19)**

| | | | Tid | Efter | Tidstab | | |
|-----------|-------------------------------|------------------------|----------------|----------------|----------------|--------------|--|
| 1. | Thomas Grabauskas | Holbæk OK | 57:36 | | 01:25 | | |
| | 3:35 (3:35) | 2:34 (6:09) | 6:16 (12:25) | 3:32 (15:57) | 3:49 (19:46) | 3:35 (23:21) | |
| | 6:55 (30:16) | 1:58 (32:14) | 3:05 (35:19) | 1:45 (37:04) | 5:04 (42:08) | 1:14 (43:22) | |
| | 2:06 (45:28) | 5:03 (50:31) | 3:49 (54:20) | 2:39 (56:59) | 0:37 (57:36) | | |
| 2. | Peter Sørensen | PI-København | 57:45 | +0:09 | 01:50 | | |
| | 3:38 (3:38) | 2:41 (6:19) | 7:51 (14:10) | 2:16 (16:26) | 3:35 (20:01) | 3:07 (23:08) | |
| | 7:05 (30:13) | 1:49 (32:02) | 3:11 (35:13) | 1:46 (36:59) | 5:16 (42:15) | 1:12 (43:27) | |
| | 2:05 (45:32) | 5:21 (50:53) | 3:23 (54:16) | 2:49 (57:05) | 0:40 (57:45) | | |
| 3. | Kurt Thuesen | FSK Orientering | 58:07 | +0:31 | 00:48 | | |
| | 3:34 (3:34) | 2:43 (6:17) | 6:10 (12:27) | 3:33 (16:00) | 3:49 (19:49) | 3:24 (23:13) | |
| | 7:38 (30:51) | 1:51 (32:42) | 3:01 (35:43) | 1:36 (37:19) | 5:06 (42:25) | 1:11 (43:36) | |
| | 1:53 (45:29) | 5:55 (51:24) | 3:14 (54:38) | 2:51 (57:29) | 0:38 (58:07) | | |
| 4. | Claus Wigen | FSK Orientering | 1:07:47 | +10:11 | 08:31 | | |
| | 3:30 (3:30) | 2:44 (6:14) | 6:05 (12:19) | 3:48 (16:07) | 3:48 (19:55) | 3:35 (23:30) | |
| | 7:49 (31:19) | 1:43 (33:02) | 3:01 (36:03) | 3:51 (39:54) | 7:35 (47:29) | 1:20 (48:49) | |
| | 1:56 (50:45) | 9:04 (59:49) | 3:18 (1:03:07) | 4:00 (1:07:07) | 0:40 (1:07:47) | | |
| 5. | Thomas Uhlemann | Kolding OK | 1:08:54 | +11:18 | 11:31 | | |
| | 3:21 (3:21) | 2:46 (6:07) | 8:02 (14:09) | 2:15 (16:24) | 3:19 (19:43) | 3:22 (23:05) | |
| | 6:36 (29:41) | 2:20 (32:01) | 10:12 (42:13) | 2:07 (44:20) | 6:25 (50:45) | 1:01 (51:46) | |
| | 1:48 (53:34) | 7:49 (1:01:23) | 3:45 (1:05:08) | 3:01 (1:08:09) | 0:45 (1:08:54) | | |
| 6. | Mogens Hald Kristensen | OK Roskilde | 1:09:59 | +12:23 | 04:07 | | |
| | 3:57 (3:57) | 2:45 (6:42) | 8:55 (15:37) | 3:29 (19:06) | 5:54 (25:00) | 4:18 (29:18) | |
| | 8:14 (37:32) | 2:04 (39:36) | 4:28 (44:04) | 2:08 (46:12) | 6:04 (52:16) | – (–) | |
| | – (55:52) | 6:16 (1:02:08) | 3:48 (1:05:56) | 3:23 (1:09:19) | 0:40 (1:09:59) | | |
| 7. | Asger Jensen | OK Roskilde | 1:10:01 | +12:25 | 04:13 | | |
| | 3:54 (3:54) | 2:54 (6:48) | 8:52 (15:40) | 3:25 (19:05) | 5:53 (24:58) | 4:34 (29:32) | |
| | 7:57 (37:29) | 2:17 (39:46) | 4:16 (44:02) | 2:19 (46:21) | 6:03 (52:24) | 1:31 (53:55) | |
| | 2:11 (56:06) | 6:06 (1:02:12) | 3:51 (1:06:03) | 3:13 (1:09:16) | 0:45 (1:10:01) | | |
| 8. | Jan Johansen | PI-København | 1:10:11 | +12:35 | 02:18 | | |

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|-------------------------------------|------------------------|----------------|-----------------------------|-----------------|----------------|
| 3:51 (3:51) | 2:44 (6:35) | 9:25 (16:00) | 3:09 (19:09) | 4:47 (23:56) | 4:32 (28:28) |
| 8:26 (36:54) | 2:17 (39:11) | 3:57 (43:08) | 2:25 (45:33) | 6:53 (52:26) | 1:34 (54:00) |
| 2:14 (56:14) | 6:00 (1:02:14) | 3:44 (1:05:58) | 3:25 (1:09:23) | 0:48 (1:10:11) | |
| 9. Ronnie Hjorth | Ballerup OK | | 1:13:39 +16:03 04:05 | | |
| 4:01 (4:01) | 2:53 (6:54) | 7:49 (14:43) | 3:50 (18:33) | 5:15 (23:48) | 4:12 (28:00) |
| 8:32 (36:32) | 3:18 (39:50) | 3:57 (43:47) | 2:20 (46:07) | 6:34 (52:41) | 1:31 (54:12) |
| 2:20 (56:32) | 6:38 (1:03:10) | 6:20 (1:09:30) | 3:22 (1:12:52) | 0:47 (1:13:39) | |
| 10. Michael Hjorth | Ballerup OK | | 1:13:42 +16:06 04:36 | | |
| 3:52 (3:52) | 3:10 (7:02) | 7:23 (14:25) | 4:12 (18:37) | 5:23 (24:00) | 4:13 (28:13) |
| 8:28 (36:41) | 3:11 (39:52) | 4:02 (43:54) | 2:09 (46:03) | 6:49 (52:52) | 1:24 (54:16) |
| 2:21 (56:37) | 6:45 (1:03:22) | 5:58 (1:09:20) | 3:35 (1:12:55) | 0:47 (1:13:42) | |
| 11. Trine Hershøj | Ballerup OK | | 1:13:47 +16:11 02:07 | | |
| 3:59 (3:59) | 3:08 (7:07) | 7:51 (14:58) | 3:46 (18:44) | 5:14 (23:58) | 4:27 (28:25) |
| 9:09 (37:34) | 2:25 (39:59) | 3:53 (43:52) | 2:23 (46:15) | 6:34 (52:49) | 1:32 (54:21) |
| 2:20 (56:41) | 6:35 (1:03:16) | 6:12 (1:09:28) | 3:31 (1:12:59) | 0:48 (1:13:47) | |
| 12. Erik Ljungdahl | Faaborg OK | | 1:14:13 +16:37 05:50 | | |
| 4:03 (4:03) | 2:56 (6:59) | 10:25 (17:24) | 3:01 (20:25) | 7:04 (27:29) | 4:32 (32:01) |
| 8:09 (40:10) | 2:32 (42:42) | 4:03 (46:45) | 2:37 (49:22) | 6:25 (55:47) | 1:30 (57:17) |
| 2:41 (59:58) | 6:26 (1:06:24) | 3:46 (1:10:10) | 3:23 (1:13:33) | 0:40 (1:14:13) | |
| 13. Jonathan Skovsø Andersen | Hvalsø OK | | 1:20:45 +23:09 08:48 | | |
| 3:46 (3:46) | 2:39 (6:25) | 11:39 (18:04) | 3:41 (21:45) | 5:56 (27:41) | 5:00 (32:41) |
| 9:11 (41:52) | 2:06 (43:58) | 5:02 (49:00) | 2:13 (51:13) | 7:43 (58:56) | 1:28 (1:00:24) |
| 2:39 (1:03:03) | 9:17 (1:12:20) | 4:10 (1:16:30) | 3:28 (1:19:58) | 0:47 (1:20:45) | |
| 14. Jens Peter Gundorf | OK ØST Birkerød | | 1:29:54 +32:18 16:42 | | |
| 3:49 (3:49) | 3:02 (6:51) | 8:41 (15:32) | 3:17 (18:49) | 7:07 (25:56) | 4:42 (30:38) |
| 8:04 (38:42) | 2:45 (41:27) | 8:55 (50:22) | 3:41 (54:03) | 13:30 (1:07:33) | 1:34 (1:09:07) |
| 3:50 (1:12:57) | 8:23 (1:21:20) | 4:11 (1:25:31) | 3:30 (1:29:01) | 0:53 (1:29:54) | |
| 15. Lykke Berg Mathiesen | Herlufsholm OK | | 1:41:39 +44:03 13:34 | | |
| 4:49 (4:49) | 4:40 (9:29) | 14:24 (23:53) | 4:28 (28:21) | 5:14 (33:35) | 8:08 (41:43) |
| 11:09 (52:52) | 3:50 (56:42) | 5:22 (1:02:04) | 4:02 (1:06:06) | 7:46 (1:13:52) | 2:09 (1:16:01) |
| 3:05 (1:19:06) | 8:16 (1:27:22) | 9:17 (1:36:39) | 4:15 (1:40:54) | 0:45 (1:41:39) | |
| 16. Merete Ravnshøj Andersen | Herlufsholm OK | | 1:41:41 +44:05 19:26 | | |
| 4:39 (4:39) | 5:01 (9:40) | 14:19 (23:59) | 3:58 (27:57) | 6:02 (33:59) | 7:55 (41:54) |
| 9:23 (51:17) | 2:42 (53:59) | 5:38 (59:37) | 5:06 (1:04:43) | 8:14 (1:12:57) | 2:02 (1:14:59) |
| 3:05 (1:18:04) | 16:05 (1:34:09) | 3:16 (1:37:25) | 3:31 (1:40:56) | 0:45 (1:41:41) | |
| 17. Claus Skovsø Petersen | Hvalsø OK | | 1:41:43 +44:07 09:09 | | |
| 4:16 (4:16) | 3:13 (7:29) | 12:00 (19:29) | 4:02 (23:31) | 5:15 (28:46) | 6:09 (34:55) |
| 12:23 (47:18) | 3:24 (50:42) | 5:49 (56:31) | 4:36 (1:01:07) | 9:28 (1:10:35) | 2:09 (1:12:44) |
| 3:51 (1:16:35) | 13:51 (1:30:26) | 6:21 (1:36:47) | 4:10 (1:40:57) | 0:46 (1:41:43) | |
| Ebbe Kajberg | OK Sorø | | Fejlklip | | |
| – (–) | – (–) | – (46:45) | 6:23 (53:08) | 6:02 (59:10) | 7:03 (1:06:13) |
| 9:32 (1:15:45) | 4:00 (1:19:45) | 5:44 (1:25:29) | 2:39 (1:28:08) | 10:14 (1:38:22) | 1:43 (1:40:05) |
| 3:56 (1:44:01) | 11:10 (1:55:11) | 4:40 (1:59:51) | 6:04 (2:05:55) | 1:11 (2:07:06) | |
| Karsten Richardt | Køge OK | | Ej startet | | |
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| Ultra 16-18 km | | (11 / 11) | Tid | Efter | Tidstab | | |
|-----------------------------------|--------------------|------------------|----------------|----------------|----------------|--|--|
| 1. Janus Storland Høhne | OK Sorø | | 2:08:23 | | 03:55 | | |
| 2:50 (2:50) | 2:31 (5:21) | 5:21 (10:42) | 0:48 (11:30) | 6:56 (18:26) | 2:03 (20:29) | | |
| 3:05 (23:34) | 1:09 (24:43) | 2:17 (27:00) | 2:18 (29:18) | 3:36 (32:54) | 5:42 (38:36) | | |
| 2:04 (40:40) | 2:09 (42:49) | 1:02 (43:51) | 2:24 (46:15) | 3:35 (49:50) | 2:25 (52:15) | | |
| 2:23 (54:38) | 1:38 (56:16) | 1:54 (58:10) | 1:57 (1:00:07) | 3:36 (1:03:43) | 3:45 (1:07:28) | | |
| 5:28 (1:12:56) | 2:02 (1:14:58) | 2:54 (1:17:52) | 5:09 (1:23:01) | 3:21 (1:26:22) | 3:22 (1:29:44) | | |
| 6:49 (1:36:33) | 3:43 (1:40:16) | 1:45 (1:42:01) | 5:34 (1:47:35) | 2:37 (1:50:12) | 1:59 (1:52:11) | | |
| 2:32 (1:54:43) | 0:56 (1:55:39) | 1:15 (1:56:54) | 0:38 (1:57:32) | 1:31 (1:59:03) | 3:41 (2:02:44) | | |
| 2:50 (2:05:34) | 2:19 (2:07:53) | 0:30 (2:08:23) | | | | | |
| 2. Karsten Brandt Andersen | Køge OK | | 2:22:25 | +14:02 | 00:00 | | |
| 3:09 (3:09) | 1:38 (4:47) | 6:04 (10:51) | 0:49 (11:40) | 6:22 (18:02) | 2:32 (20:34) | | |
| 3:23 (23:57) | 1:25 (25:22) | 2:01 (27:23) | 2:10 (29:33) | 3:19 (32:52) | 6:03 (38:55) | | |
| 2:01 (40:56) | 2:00 (42:56) | 1:12 (44:08) | 2:32 (46:40) | 3:51 (50:31) | 3:02 (53:33) | | |
| 2:18 (55:51) | 3:02 (58:53) | 2:43 (1:01:36) | 2:40 (1:04:16) | 4:32 (1:08:48) | 4:14 (1:13:02) | | |
| 6:07 (1:19:09) | 2:36 (1:21:45) | 3:51 (1:25:36) | 5:45 (1:31:21) | 4:41 (1:36:02) | 3:49 (1:39:51) | | |
| 7:36 (1:47:27) | 3:17 (1:50:44) | 2:02 (1:52:46) | 3:28 (1:56:14) | 3:12 (1:59:26) | 1:40 (2:01:06) | | |
| 3:39 (2:04:45) | 1:12 (2:05:57) | 1:17 (2:07:14) | 0:46 (2:08:00) | 1:59 (2:09:59) | 5:10 (2:15:09) | | |
| 3:39 (2:18:48) | 2:55 (2:21:43) | 0:42 (2:22:25) | | | | | |
| 3. Claus Cederberg | Ballerup OK | | 2:25:24 | +17:01 | 02:41 | | |
| 2:56 (2:56) | 2:14 (5:10) | 6:16 (11:26) | 0:52 (12:18) | 5:41 (17:59) | 2:39 (20:38) | | |
| 3:21 (23:59) | 1:02 (25:01) | 2:15 (27:16) | 2:09 (29:25) | 3:35 (33:00) | 6:56 (39:56) | | |
| 1:56 (41:52) | 1:19 (43:11) | 1:13 (44:24) | 2:28 (46:52) | 4:50 (51:42) | 3:25 (55:07) | | |
| 3:54 (59:01) | 2:32 (1:01:33) | 3:00 (1:04:33) | 2:22 (1:06:55) | 4:42 (1:11:37) | 3:58 (1:15:35) | | |
| 5:47 (1:21:22) | 2:34 (1:23:56) | 3:32 (1:27:28) | 6:44 (1:34:12) | 3:54 (1:38:06) | 3:28 (1:41:34) | | |
| 8:18 (1:49:52) | 3:13 (1:53:05) | 2:38 (1:55:43) | 3:09 (1:58:52) | 3:28 (2:02:20) | 1:47 (2:04:07) | | |
| 2:51 (2:06:58) | 3:50 (2:10:48) | 1:28 (2:12:16) | 0:42 (2:12:58) | 2:05 (2:15:03) | 3:41 (2:18:44) | | |
| 3:27 (2:22:11) | 2:36 (2:24:47) | 0:37 (2:25:24) | | | | | |
| 4. Jonas Lassen | OK Roskilde | | 2:27:30 | +19:07 | 07:38 | | |
| 2:53 (2:53) | 2:15 (5:08) | 5:53 (11:01) | 0:52 (11:53) | 6:08 (18:01) | 2:35 (20:36) | | |
| 3:17 (23:53) | 1:31 (25:24) | 2:07 (27:31) | 2:06 (29:37) | 3:26 (33:03) | 6:55 (39:58) | | |
| 2:08 (42:06) | 1:12 (43:18) | 1:14 (44:32) | 2:30 (47:02) | 4:53 (51:55) | 3:13 (55:08) | | |
| 4:05 (59:13) | 2:24 (1:01:37) | 2:53 (1:04:30) | 2:28 (1:06:58) | 4:46 (1:11:44) | 4:12 (1:15:56) | | |
| 5:30 (1:21:26) | 2:27 (1:23:53) | 3:41 (1:27:34) | 6:33 (1:34:07) | 4:03 (1:38:10) | 3:42 (1:41:52) | | |

