

Resultatliste

op-og nedrykningsmatch 2019

Offisiell liste

Rold Skov-Vælderskov 29-09-2019

| Placering | Navn | Klub | Tid | Efter | Km | tid |
|----------------------|------------------------------|--------------------------|---------------|---------------|----|----------------|
| Beg 2,575 KM | | | | | | |
| 1 | Freya Friis Gade | Viborg OK | 20:11 | | | 07:50 |
| 2 | Sara Byskov Scheel | Rold Skov OK | 21:45 | 01:34 | | 08:26 |
| 3 | Emil Zaar Nielsen | Mariager Fjord OK | 25:32 | 05:21 | | 09:54 |
| 4 | Birgitte Østergaard | Mariager Fjord OK | 26:55 | 06:44 | | 10:27 |
| 5 | Liv Gammelmark | Rold Skov OK | 27:46 | 07:35 | | 10:46 |
| 6 | Trine Niss | Rold Skov OK | 30:30 | 10:19 | | 11:50 |
| 7 | Sander Popp Bobach | Aalborg | 43:45 | 23:34 | | 16:59 |
| 8 | Anne Mette Rasmussen | Viborg OK | 47:53 | 27:42 | | 18:35 |
| 9 | Sylvester Arvad Kristensen | Herning Orienteringsklub | 1:01:43 | 41:32 | | 23:58 |
| 10 | Maya Arvad Kristensen | Herning Orienteringsklub | 1:02:01 | 41:50 | | 24:05 |
| 11 | Dennis Heldgaard Kristensen | Herning Orienteringsklub | 1:02:09 | 41:58 | | 24:08 |
| DNS | Dorthe Christensen | OK Vendelboerne | | | | |
| Sum | 12 | Tilmeldte 12 | Startende: 11 | Ant poster 10 | | |
| D10 2,575 KM | | | | | | |
| 1 | Victoria Hauge Nielsen | Herning Orienteringsklub | 16:05 | | | 06:14 |
| 2 | Gry Gammelmark | Rold Skov OK | 17:58 | 01:53 | | 06:58 |
| 2 | Matilde Riis Madsen | Rold Skov OK | 17:58 | 01:53 | | 06:58 |
| 4 | Selma Gammelmark | Rold Skov OK | 19:15 | 03:10 | | 07:28 |
| 5 | Sofie Gade Hansen | Aalborg | 25:02 | 08:57 | | 09:43 |
| 6 | Olivia Gade Hansen | Aalborg | 29:29 | 13:24 | | 11:26 |
| Sum | 6 | Tilmeldte 6 | Startende: 6 | Ant poster 10 | | |
| D12 3,4 KM | | | | | | |
| 1 | Andrea Ebert Svenningsen | Rold Skov OK | 20:45 | | | 06:06 |
| 2 | Ragnhild Øhlenschläger | Silkeborg OK | 24:02 | 03:17 | | 07:04 |
| 3 | Mathilde Bobach | Rold Skov OK | 26:01 | 05:16 | | 07:39 |
| 4 | Astrid Faber Fenger-Grøn | Silkeborg OK | 28:30 | 07:45 | | 08:22 |
| 5 | Ida Søe Christiansen | Rold Skov OK | 29:55 | 09:10 | | 08:47 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 15 | | |
| D12B 2,575 KM | | | | | | |
| 1 | Asta Kappel Jensen | Rold Skov OK | 22:00 | | | 08:32 |
| 2 | Sofie Tornby Stender | Rold Skov OK | 30:31 | 08:31 | | 11:51 |
| Sum | 2 | Tilmeldte 2 | Startende: 2 | Ant poster 10 | | |
| D14 3,575 KM | | | | | | |
| 1 | Ella Klærke Mikkelsen | Horsens OK | 36:33 | | | 10:13 |
| 2 | Sigrid Øhlenschläger Nielsen | Silkeborg OK | 46:00 | 09:27 | | 12:52 |
| 3 | Anna Bo Kølhbæk | Aarhus 1900 | 47:12 | 10:39 | | 13:12 |
| 4 | Ida Tornby Stender | Rold Skov OK | 51:36 | 15:03 | | 14:26 |
| DSQ | Ida Byskov Scheel | Rold Skov OK | 1:15:16 | | | DSQ Missed 136 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 11 | | |
| D14B 3,4 KM | | | | | | |
| 1 | Nana Jensen | Silkeborg OK | 36:11 | | | 10:38 |
| 2 | Oline Libak Damsgaard | Viborg OK | 39:44 | 03:33 | | 11:41 |
| 3 | Klara Zaar Nielsen | Mariager Fjord OK | 40:39 | 04:28 | | 11:57 |
| 4 | Anna Elmholdt Kofoed Nielsen | Herning Orienteringsklub | 42:10 | 05:59 | | 12:24 |
| 5 | Katrine Lyhne Kristiansen | OK Vendelboerne | 49:12 | 13:01 | | 14:28 |
| 6 | Josephine Friis Gade | Viborg OK | 51:34 | 15:23 | | 15:10 |
| Sum | 6 | Tilmeldte 6 | Startende: 6 | Ant poster 15 | | |

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|----------------------|-----------------------------|--------------------------|---------------|---------------|----|-------|
| D16 4,225 KM | | | | | | |
| 1 | Silja Ebert Svenningsen | Rold Skov OK | 48:36 | | | 11:30 |
| 2 | Anna Harbo Flyvbjerg | Rold Skov OK | 49:25 | 00:49 | | 11:41 |
| 3 | Marie Byskov Scheel | Rold Skov OK | 1:09:01 | 20:25 | | 16:20 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 12 | | |
| D18 6,575 KM | | | | | | |
| 1 | Nanna Lysemose Poulsen | Silkeborg OK | 1:11:35 | | | 10:53 |
| 2 | Signe Veggerby Jensen | Rold Skov OK | 1:11:53 | 00:18 | | 10:55 |
| 3 | Johanne Biering | Silkeborg OK | 1:14:36 | 03:01 | | 11:20 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 18 | | |
| D20 6,575 KM | | | | | | |
| 1 | Laura Bobach | Rold Skov OK | 1:11:30 | | | 10:52 |
| 2 | Celine Hinge Krogsgaard | Silkeborg OK | 1:14:53 | 03:23 | | 11:23 |
| 3 | Charlotte Nygaard Skjørbæk | Herning Orienteringsklub | 1:25:01 | 13:31 | | 12:55 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 18 | | |
| D20B 3,575 KM | | | | | | |
| 1 | Marie Drotner Sørensen | Aarhus 1900 | 50:45 | | | 14:11 |
| 2 | Maja Tølløse | Mariager Fjord OK | 1:12:27 | 21:42 | | 20:15 |
| 3 | Emilie Greve | Herning Orienteringsklub | 1:27:26 | 36:41 | | 24:27 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 11 | | |
| D21 6,575 KM | | | | | | |
| 1 | Sara Lysemose Poulsen | Silkeborg OK | 52:48 | | | 08:01 |
| 2 | Rie Stenhøj Baun Mcgrail | OK Pan | 55:55 | 03:07 | | 08:30 |
| 3 | Birka Øhlenschläger Nielsen | Silkeborg OK | 58:11 | 05:23 | | 08:50 |
| 4 | Helle Bobach | Aalborg | 59:27 | 06:39 | | 09:02 |
| 5 | Heidi Hinge Krogsgaard | Silkeborg OK | 1:00:54 | 08:06 | | 09:15 |
| 6 | Anne Beukel Bak | Aalborg | 1:00:57 | 08:09 | | 09:16 |
| 7 | Henriette Nygaard Skjørbæk | Herning Orienteringsklub | 1:01:14 | 08:26 | | 09:18 |
| 8 | Rebeka Vincze | Horsens OK | 1:07:02 | 14:14 | | 10:11 |
| 9 | Astrid Gylling Hougaard | Aarhus 1900 | 1:07:12 | 14:24 | | 10:13 |
| 10 | Linnea S. Udholm | Aalborg | 1:11:17 | 18:29 | | 10:50 |
| 11 | Camilla Bertel Andersen | Karup OK | 1:13:04 | 20:16 | | 11:06 |
| 12 | Hanne Borup Fredberg | Silkeborg OK | 1:16:09 | 23:21 | | 11:34 |
| 13 | Susanne Kristensen | Herning Orienteringsklub | 1:16:55 | 24:07 | | 11:41 |
| 14 | Trine Møller Esmark | Rold Skov OK | 1:20:25 | 27:37 | | 12:13 |
| 15 | Maria Bo Kølbæk | Aarhus 1900 | 1:22:54 | 30:06 | | 12:36 |
| 16 | Ea Lykke Otte | Aalborg | 1:28:50 | 36:02 | | 13:30 |
| 17 | Mette Harbo Flyvbjerg | Rold Skov OK | 1:30:13 | 37:25 | | 13:43 |
| 18 | Gitte Kiilerich Pedersen | Silkeborg OK | 2:02:10 | 1:09:22 | | 18:34 |
| 19 | Mette Reiche Sørensen | OK Vendelboerne | 2:11:44 | 1:18:56 | | 20:02 |
| DNS | Marie-Louise Møller | Aalborg | | | | |
| Sum | 20 | Tilmeldte 20 | Startende: 19 | Ant poster 18 | | |
| D21B 3,575 KM | | | | | | |
| 1 | Karen Piil Kristensen | Randers OK | 40:35 | | | 11:21 |
| 2 | Tine Gade Hansen | Aalborg | 40:36 | 00:01 | | 11:21 |
| 3 | Marie Beukel Bak | Aalborg | 41:23 | 00:48 | | 11:34 |
| 4 | Maria Louise Mikkelsen | Rold Skov OK | 43:09 | 02:34 | | 12:04 |

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| D21B | | | 3,575 KM | | |
| 5 | Betina Rebsdorf | Mariager Fjord OK | 43:10 | 02:35 | 12:04 |
| 6 | Johanne Winther | Aalborg | 43:18 | 02:43 | 12:06 |
| 7 | Mette Kappel Jensen | Rold Skov OK | 45:50 | 05:15 | 12:49 |
| 8 | Signe Arvad Kristensen | Herning Orienteringsklub | 46:39 | 06:04 | 13:02 |
| 9 | Rikke Gade | Aalborg | 46:47 | 06:12 | 13:05 |
| 10 | Hanne Skovrider | Mariager Fjord OK | 51:28 | 10:53 | 14:23 |
| 11 | Sanne Andersen | Aalborg | 54:39 | 14:04 | 15:17 |
| 12 | Stine Flint | Silkeborg OK | 57:48 | 17:13 | 16:10 |
| 13 | Stine Taudahl Søndergaard | Herning Orienteringsklub | 1:03:31 | 22:56 | 17:46 |
| 14 | Rikke Petersen | OK Vendelboerne | 1:08:06 | 27:31 | 19:02 |
| DSQ | Dea Larsen | Viborg OK | | | |
| Sum | 15 | Tilmeldte 15 | Startende: 15 | Ant poster 11 | |
| D40 | | | 5,7 KM | | |
| 1 | Signe Faber | Silkeborg OK | 53:10 | | 09:19 |
| 2 | Rikke Lysemose Poulsen | Silkeborg OK | 58:46 | 05:36 | 10:18 |
| 3 | Helene Nissen | OK Snab | 1:01:20 | 08:10 | 10:45 |
| 4 | Anna Vang Bobach | Aalborg | 1:04:06 | 10:56 | 11:14 |
| 5 | Hanne Veggerby | Rold Skov OK | 1:11:54 | 18:44 | 12:36 |
| 6 | Nina Jacobsen | Silkeborg OK | 1:13:40 | 20:30 | 12:55 |
| 7 | Lene Stick Nielsen | Viborg OK | 1:13:46 | 20:36 | 12:56 |
| 8 | Inge Kølbæk Bonne | Aarhus 1900 | 1:15:23 | 22:13 | 13:13 |
| 9 | Lene Nygaard | Herning Orienteringsklub | 1:20:00 | 26:50 | 14:02 |
| 10 | Elin Jørgensen | Herning Orienteringsklub | 1:22:33 | 29:23 | 14:28 |
| 11 | Sannie Ebert Jacobsen | Rold Skov OK | 1:28:47 | 35:37 | 15:34 |
| DNS | Christine Øhlenschläger | Silkeborg OK | | | |
| DNS | Anne Riis | Rold Skov OK | | | |
| Sum | 13 | Tilmeldte 13 | Startende: 11 | Ant poster 15 | |
| D45B | | | 3,575 KM | | |
| 1 | Kirsten Kjær Andersen | Rold Skov OK | 49:23 | | 13:48 |
| 2 | Dorte Bruun | Aalborg | 52:39 | 03:16 | 14:43 |
| 3 | Birgitte Bach | Viborg OK | 58:42 | 09:19 | 16:25 |
| 4 | Karin Biering | Silkeborg OK | 1:03:29 | 14:06 | 17:45 |
| 5 | Jonna Jørgensen | Herning Orienteringsklub | 1:04:11 | 14:48 | 17:57 |
| 6 | Ulla Hvid Steffensen | OK Vendelboerne | 1:07:26 | 18:03 | 18:51 |
| 7 | Tove Jessen | Herning Orienteringsklub | 1:07:36 | 18:13 | 18:54 |
| 8 | Birgit Dalgaard | Mariager Fjord OK | 1:09:33 | 20:10 | 19:27 |
| 9 | Lise Nørgaard | OK Roskilde | 1:09:51 | 20:28 | 19:32 |
| 10 | Pia Bo Kølbæk | Aarhus 1900 | 1:11:50 | 22:27 | 20:05 |
| 11 | Tina Kyed | Viborg OK | 1:12:14 | 22:51 | 20:12 |
| 12 | Helle Bach | OK Djurs | 2:09:58 | 1:20:35 | 36:21 |
| Sum | 12 | Tilmeldte 12 | Startende: 12 | Ant poster 11 | |
| D50 | | | 4,225 KM | | |
| 1 | Lucia Aagaard | Herning Orienteringsklub | 42:05 | | 09:57 |
| 2 | Dorte Filskov | Aalborg | 43:00 | 00:55 | 10:10 |
| 3 | Lene Bejer Damgaard | Viborg OK | 45:53 | 03:48 | 10:51 |
| 4 | Claudia Greiner | OK Pan | 47:52 | 05:47 | 11:19 |
| 5 | Mette Edsen | Nordvest OK | 48:08 | 06:03 | 11:23 |
| 6 | Bettina Gjedde | Mariager Fjord OK | 48:49 | 06:44 | 11:33 |
| 7 | Inga Jager | Silkeborg OK | 48:53 | 06:48 | 11:34 |
| 8 | Siri Klausen | Ballerup OK | 52:55 | 10:50 | 12:31 |

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|------------|---------------------------|--------------------------|-----------------|---------------|----------------|
| D50 | | | 4,225 KM | | |
| 9 | Vibeke Ekhard Edsen | Aarhus 1900 | 53:44 | 11:39 | 12:43 |
| 10 | Helle Nikkel | Viborg OK | 54:35 | 12:30 | 12:55 |
| 10 | Helle Petersen | Herning Orienteringsklub | 54:35 | 12:30 | 12:55 |
| 12 | Kirsten Hald Holdensen | OK Vendelboerne | 56:09 | 14:04 | 13:17 |
| 13 | Ann Dissing | OK Vendelboerne | 56:30 | 14:25 | 13:22 |
| 14 | Anette Pind | Silkeborg OK | 57:04 | 14:59 | 13:30 |
| 15 | Dorte Jenny Bak | Aalborg | 58:40 | 16:35 | 13:53 |
| 16 | Lajla Præstgaard | Mariager Fjord OK | 1:03:40 | 21:35 | 15:04 |
| 17 | Anne Ellekrog | Aarhus 1900 | 1:06:02 | 23:57 | 15:37 |
| 18 | Susanne Høiberg | Silkeborg OK | 1:09:34 | 27:29 | 16:27 |
| 19 | Mette Voldum Jørgensen | Silkeborg OK | 1:11:11 | 29:06 | 16:50 |
| 20 | Anette Ozol | Silkeborg OK | 1:13:27 | 31:22 | 17:23 |
| 21 | Tina Samsø Udholm | Aalborg | 1:13:29 | 31:24 | 17:23 |
| 22 | Annette Møller | Nordvest OK | 1:18:15 | 36:10 | 18:31 |
| 23 | Gitte Grauert | Ballerup OK | 1:22:50 | 40:45 | 19:36 |
| 24 | Solveig Topp | Randers OK | 1:24:15 | 42:10 | 19:56 |
| 25 | Ida Eller Skaarup | OK Vendelboerne | 1:51:30 | 1:09:25 | 26:23 |
| Sum | 25 | Tilmeldte 25 | Startende: 25 | Ant poster 12 | |
| D60 | | | 3,325 KM | | |
| 1 | Dorthe Hansen | Silkeborg OK | 34:41 | | 10:25 |
| 2 | Tove Jakobsen | Silkeborg OK | 38:17 | 03:36 | 11:30 |
| 3 | Anni Jensen | Herning Orienteringsklub | 42:29 | 07:48 | 12:46 |
| 4 | Gitte Isen | Herning Orienteringsklub | 43:46 | 09:05 | 13:09 |
| 5 | Charlotte Grauert | Ballerup OK | 44:46 | 10:05 | 13:27 |
| 6 | Pia Gade | Viborg OK | 45:50 | 11:09 | 13:47 |
| 7 | Birgitte Jørgensen | Viborg OK | 46:55 | 12:14 | 14:06 |
| 8 | Vibeke Jørgensen | OK Pan | 48:31 | 13:50 | 14:35 |
| 9 | Elizabeth Borchorst | Rold Skov OK | 48:43 | 14:02 | 14:39 |
| 10 | Kirsten Elisabet Andersen | Karup OK | 49:01 | 14:20 | 14:44 |
| 11 | Karin Wæhrens | OK Vendelboerne | 52:27 | 17:46 | 15:46 |
| 12 | Kirsten Bobach | Aalborg | 52:36 | 17:55 | 15:49 |
| 13 | Lone Marianne Jensen | Nordvest OK | 57:37 | 22:56 | 17:19 |
| 14 | Randi Jensen | Aarhus 1900 | 1:00:22 | 25:41 | 18:09 |
| 15 | Lone Christensen | Aarhus 1900 | 1:02:01 | 27:20 | 18:39 |
| 16 | Bente Østergaard | Mariager Fjord OK | 1:03:41 | 29:00 | 19:09 |
| 17 | Hanne H. Poulsen | Mariager Fjord OK | 1:06:11 | 31:30 | 19:54 |
| 18 | Birthe Møller | Nordvest OK | 1:06:45 | 32:04 | 20:04 |
| 19 | Gerda Henriksen | Aarhus 1900 | 1:08:13 | 33:32 | 20:30 |
| 20 | Britta Bobach | Aalborg | 1:24:19 | 49:38 | 25:21 |
| 21 | Inge Iversen | Mariager Fjord OK | 1:28:30 | 53:49 | 26:36 |
| DSQ | Susanne Karlshøj | Nordvest OK | 35:51 | | DSQ Missed 100 |
| DNS | Anne-Mette Kirkegaard | Silkeborg OK | | | |
| Sum | 23 | Tilmeldte 23 | Startende: 22 | Ant poster 13 | |
| D70 | | | 2,4 KM | | |
| 1 | Rigmor Schou | Mariager Fjord OK | 34:35 | | 14:24 |
| 2 | Else Hass | OK Pan | 39:05 | 04:30 | 16:17 |
| 3 | Jane Thode Jensen | Nordvest OK | 39:59 | 05:24 | 16:39 |
| 4 | Lisbet Nielsen | OK Vendelboerne | 40:37 | 06:02 | 16:55 |
| 5 | Bitten Nielsen | Herning Orienteringsklub | 42:14 | 07:39 | 17:35 |
| 6 | Edith Sørensen | Aalborg | 42:21 | 07:46 | 17:38 |
| 7 | Lisbet Sortkjær | Silkeborg OK | 42:25 | 07:50 | 17:40 |
| 8 | Ansa Maclassen | Rold Skov OK | 46:40 | 12:05 | 19:26 |
| 9 | Else Sølling | OK H.t.f. | 47:14 | 12:39 | 19:40 |

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|-----------------|------------------------------|--------------------------|----------------|---------------|----------------|
| D70 | | | | | |
| 2,4 KM | | | | | |
| 10 | Ellen Thomsen | OK Vendelboerne | 48:19 | 13:44 | 20:07 |
| 11 | Ann Dorrit Hansen | OK Djurs | 51:35 | 17:00 | 21:29 |
| 12 | Vibeke Vogelius | Silkeborg OK | 51:57 | 17:22 | 21:38 |
| 13 | Lene Bank Hansen | OK Vendelboerne | 1:19:38 | 45:03 | 33:10 |
| DSQ | Dagmar Tange | Nordvest OK | 53:20 | | DSQ100 for 125 |
| DNS | Inger Knudsen | Herning Orienteringsklub | | | |
| Sum | 15 | Tilmeldte 15 | Startende: 14 | Ant poster 10 | |
| D-Let | | | | | |
| 3,4 KM | | | | | |
| 1 | Carina Gammelmark | Rold Skov OK | 31:54 | | 09:22 |
| 2 | Maria Giltoft | Rold Skov OK | 37:05 | 05:11 | 10:54 |
| 3 | Monika Kousgaard | Herning Orienteringsklub | 38:49 | 06:55 | 11:25 |
| 4 | Mildred Hansen | Herning Orienteringsklub | 39:43 | 07:49 | 11:40 |
| 5 | Louise Tølløse | Mariager Fjord OK | 41:18 | 09:24 | 12:08 |
| 6 | Charlotte Aarup | Mariager Fjord OK | 41:55 | 10:01 | 12:19 |
| 7 | Vibeke Gottlieb | Herning Orienteringsklub | 45:13 | 13:19 | 13:17 |
| 8 | Bodil Thy | Rold Skov OK | 53:24 | 21:30 | 15:42 |
| 9 | Birgit Rasmussen | Aarhus 1900 | 55:49 | 23:55 | 16:25 |
| 10 | Anni Christensen | Mariager Fjord OK | 1:00:24 | 28:30 | 17:45 |
| DNS | Karla B. Flint | Silkeborg OK | | | |
| Sum | 11 | Tilmeldte 11 | Startende: 10 | Ant poster 15 | |
| H10 | | | | | |
| 2,575 KM | | | | | |
| 1 | Sebastian Friis | Silkeborg OK | 14:57 | | 05:48 |
| 2 | Emil Klostergaard Rokkjær | OK Pan | 16:37 | 01:40 | 06:27 |
| 3 | Mathias Reiche Sørensen | OK Vendelboerne | 17:46 | 02:49 | 06:53 |
| 4 | Noah Aarnio | OK Vendelboerne | 17:56 | 02:59 | 06:57 |
| 5 | Valdemar Kousgaard | Herning Orienteringsklub | 19:32 | 04:35 | 07:35 |
| 6 | Rasmus Bobach | Rold Skov OK | 19:52 | 04:55 | 07:42 |
| 7 | Jonas With Erichsen | Silkeborg OK | 20:56 | 05:59 | 08:07 |
| 8 | Jonatan Ebert Svenningsen | Rold Skov OK | 22:32 | 07:35 | 08:45 |
| 9 | Lucas Stenhøj Baun Mcgrail | OK Pan | 23:44 | 08:47 | 09:13 |
| 10 | Johan Niss | Rold Skov OK | 24:04 | 09:07 | 09:20 |
| 11 | Aksel Kappel Jensen | Rold Skov OK | 28:18 | 13:21 | 10:59 |
| 12 | Frederik Dupont | Viborg OK | 47:56 | 32:59 | 18:36 |
| 13 | Jonas Klærke Mikkelsen | Horsens OK | 53:06 | 38:09 | 20:37 |
| DSQ | Mikkel Popp Bobach | Aalborg | 47:33 | | DSQ Missed 227 |
| Sum | 14 | Tilmeldte 14 | Startende: 14 | Ant poster 10 | |
| H12 | | | | | |
| 3,4 KM | | | | | |
| 1 | Emil Borup Fredberg | Silkeborg OK | 20:55 | | 06:09 |
| 2 | Mattias Klostergaard Rokkjær | OK Pan | 23:10 | 02:15 | 06:48 |
| 3 | William Ove Kousgaard | Herning Orienteringsklub | 25:52 | 04:57 | 07:36 |
| 4 | Sejer Bloch Rosenvinge | OK Snab | 28:44 | 07:49 | 08:27 |
| 5 | William Stenhøj Baun Mcgrail | OK Pan | 31:10 | 10:15 | 09:10 |
| 6 | Philip Aanio | OK Vendelboerne | 32:54 | 11:59 | 09:40 |
| 7 | Kristian Veggerby Jensen | Rold Skov OK | 36:57 | 16:02 | 10:52 |
| 8 | Marius Vang Bobach | Aalborg | 47:34 | 26:39 | 13:59 |
| Sum | 8 | Tilmeldte 8 | Startende: 8 | Ant poster 15 | |
| H12B | | | | | |
| 2,575 KM | | | | | |
| 1 | Mads Holt Fjorback | Herning Orienteringsklub | 14:23 | | 05:35 |

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| H12B 2,575 KM | | | | | | |
| 2 | Andreas Wingreen | Aalborg | 23:19 | 08:56 | | 09:03 |
| Sum | 2 | Tilmeldte 2 | Startende: 2 | Ant poster 10 | | |
| H14 4,525 KM | | | | | | |
| 1 | Asbjørn Faber Fenger-Grøn | Silkeborg OK | 31:14 | | | 06:54 |
| 2 | Nichlas Dag Vestergård | Herning Orienteringsklub | 36:17 | 05:03 | | 08:01 |
| 3 | Christoffer Vang Bobach | Aalborg | 36:32 | 05:18 | | 08:04 |
| 4 | Anders Brændgaard Hansen | Rold Skov OK | 52:06 | 20:52 | | 11:30 |
| DSQ | Valdemar Hyttel Agerholm | Rold Skov OK | 1:23:06 | | | DSQ Missed 135 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 14 | | |
| H14B 3,4 KM | | | | | | |
| 1 | Mikkel Møller Esmark | Rold Skov OK | 26:13 | | | 07:42 |
| DSQ | Kristian Mølgaard Primdahl | Rold Skov OK | 1:10:48 | | | DSQ Missed 226 |
| Sum | 2 | Tilmeldte 2 | Startende: 2 | Ant poster 15 | | |
| H16 5,7 KM | | | | | | |
| 1 | Benjamin Friis Hansen | Silkeborg OK | 1:01:36 | | | 10:48 |
| 2 | Anton Giltoft Frederiksen | Rold Skov OK | 1:31:35 | 29:59 | | 16:04 |
| Sum | 2 | Tilmeldte 2 | Startende: 2 | Ant poster 15 | | |
| H18 7,85 KM | | | | | | |
| 1 | Andreas Tange | Rold Skov OK | 1:12:20 | | | 09:12 |
| Sum | 1 | Tilmeldte 1 | Startende: 1 | Ant poster 19 | | |
| H21 7,85 KM | | | | | | |
| 1 | Rico Hejlskov Mogensen | St. Binderup OK | 44:41 | | | 05:41 |
| 2 | Elias Hinge Krogsgaard | Silkeborg OK | 50:30 | 05:49 | | 06:25 |
| 3 | Nicolai Zaar Nielsen | Mariager Fjord OK | 50:38 | 05:57 | | 06:27 |
| 4 | Mads Kruse Juhl | Herning Orienteringsklub | 51:55 | 07:14 | | 06:36 |
| 5 | Johan Maclassen | Rold Skov OK | 56:04 | 11:23 | | 07:08 |
| 6 | Tue Strøm | Aalborg | 59:13 | 14:32 | | 07:32 |
| 7 | Søren Vestergaard | OK Fros | 59:39 | 14:58 | | 07:35 |
| 8 | Jesper Thy | Rold Skov OK | 1:00:30 | 15:49 | | 07:42 |
| 9 | Mátyás Péntek | Horsens OK | 1:01:17 | 16:36 | | 07:48 |
| 10 | Jess Rasmussen | Viborg OK | 1:02:02 | 17:21 | | 07:54 |
| 11 | Sune Dupont | Aarhus 1900 | 1:03:23 | 18:42 | | 08:04 |
| 12 | Anders Byrdal | Viborg OK | 1:06:26 | 21:45 | | 08:27 |
| 13 | Allan Reiche | OK Vendelboerne | 1:08:52 | 24:11 | | 08:46 |
| 14 | Frederik Mariegaard | Viborg OK | 1:14:07 | 29:26 | | 09:26 |
| 15 | Kenn Heldgaard Kristensen | Herning Orienteringsklub | 1:14:56 | 30:15 | | 09:32 |
| 16 | Christian Bertel Andersen | Karup OK | 1:15:30 | 30:49 | | 09:37 |
| 17 | Jens Peder Jørgensen | Herning Orienteringsklub | 1:15:46 | 31:05 | | 09:39 |
| 18 | Andreas Popp | Aalborg | 1:17:06 | 32:25 | | 09:49 |
| 19 | Jacob Andersen | Aalborg | 1:17:17 | 32:36 | | 09:50 |
| 20 | Lennart Rebsdorf | Mariager Fjord OK | 1:17:43 | 33:02 | | 09:54 |
| 21 | Nicolai Bloch | Rold Skov OK | 1:22:24 | 37:43 | | 10:29 |
| 22 | Flemming Schønning | OK Snab | 1:22:45 | 38:04 | | 10:32 |
| 23 | Søren Andersen | Herning Orienteringsklub | 1:25:04 | 40:23 | | 10:50 |
| 24 | Martin Christensen | Mariager Fjord OK | 1:25:10 | 40:29 | | 10:50 |
| 25 | Christoffer Lange | Herning Orienteringsklub | 1:27:23 | 42:42 | | 11:07 |

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Offisiell liste

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| Placering | Navn | Klub | Tid | Efter | Km | tid |
|----------------------|--------------------------|--------------------------|---------------|---------------|-------|----------------|
| H21 7,85 KM | | | | | | |
| 26 | Kent René Simonsen | Viborg OK | 1:29:48 | 45:07 | 11:26 | |
| 27 | Niels Moeslund | Aarhus 1900 | 1:31:03 | 46:22 | 11:35 | |
| 28 | Simon Bisgaard Olsen | OK Vendelboerne | 1:34:23 | 49:42 | 12:01 | |
| 29 | Michael Niss | Rold Skov OK | 1:36:37 | 51:56 | 12:18 | |
| DNS | Patrick Mcgrail | OK Pan | | | | |
| Sum | 30 | Tilmeldte 30 | Startende: 29 | Ant poster 19 | | |
| H21B 4,525 KM | | | | | | |
| 1 | Anders Gammelmark | Rold Skov OK | 32:29 | | 07:10 | |
| 2 | Andreas Flint | Silkeborg OK | 37:16 | 04:47 | 08:14 | |
| 3 | Rasmus Mølgaard Andersen | Herning Orienteringsklub | 37:17 | 04:48 | 08:14 | |
| 4 | Sami Aarnio | OK Vendelboerne | 40:45 | 08:16 | 09:00 | |
| 5 | Jørgen Smit | Mariager Fjord OK | 42:56 | 10:27 | 09:29 | |
| 6 | Jens Buhl Christensen | Viborg OK | 44:52 | 12:23 | 09:54 | |
| 7 | Jes Lindholm Jensen | Silkeborg OK | 46:11 | 13:42 | 10:12 | |
| 8 | Jan Søre Christiansen | Rold Skov OK | 46:24 | 13:55 | 10:15 | |
| 9 | Dan Rune Engedal Ravn | Randers OK | 47:49 | 15:20 | 10:34 | |
| 10 | Flemming Futtrup | Viborg OK | 48:02 | 15:33 | 10:36 | |
| 11 | Søren Søgaard Nielsen | Herning Orienteringsklub | 50:47 | 18:18 | 11:13 | |
| 12 | Kjeld Tidemand | Viborg OK | 57:50 | 25:21 | 12:46 | |
| DNS | Martin Hav | Rold Skov OK | | | | |
| DNS | Brian Nielsen | Herning Orienteringsklub | | | | |
| DNS | Peter Fallesen | Viborg OK | | | | |
| Sum | 15 | Tilmeldte 15 | Startende: 12 | Ant poster 14 | | |
| H40 6,575 KM | | | | | | |
| 1 | Claus Bobach | Aalborg | 47:28 | | 07:13 | |
| 2 | Claus S. Pedersen | Aalborg | 49:34 | 02:06 | 07:32 | |
| 3 | Jimmi Olsen | Viborg OK | 51:50 | 04:22 | 07:53 | |
| 4 | Keld Hinge Krogsgaard | Silkeborg OK | 53:38 | 06:10 | 08:09 | |
| 5 | Jakob Gade | Viborg OK | 54:55 | 07:27 | 08:21 | |
| 6 | Thomas Fredberg | Silkeborg OK | 56:03 | 08:35 | 08:31 | |
| 7 | Søren Skovrider | Mariager Fjord OK | 57:11 | 09:43 | 08:41 | |
| 8 | Mads Mikkelsen | Horsens OK | 58:10 | 10:42 | 08:50 | |
| 9 | Per O. Espegren | Aarhus 1900 | 58:37 | 11:09 | 08:54 | |
| 10 | Mads Kappel Jensen | Rold Skov OK | 1:00:18 | 12:50 | 09:10 | |
| 11 | Zijad Cosic | Aalborg | 1:00:49 | 13:21 | 09:14 | |
| 12 | Kaj Isaksen | OK Snab | 1:01:12 | 13:44 | 09:18 | |
| 13 | Allan Hougaard | Aarhus 1900 | 1:03:23 | 15:55 | 09:38 | |
| 14 | Kim Gottlieb | Herning Orienteringsklub | 1:03:59 | 16:31 | 09:43 | |
| 15 | Peter Bobach | Rold Skov OK | 1:04:38 | 17:10 | 09:49 | |
| 16 | Morten Kappel Jensen | Rold Skov OK | 1:12:21 | 24:53 | 11:00 | |
| 17 | Jan Kølbæk | Aarhus 1900 | 1:12:28 | 25:00 | 11:01 | |
| 18 | Jørgen Østergaard | Mariager Fjord OK | 1:13:28 | 26:00 | 11:10 | |
| 19 | Steen Bech-Møller | Viborg OK | 1:13:38 | 26:10 | 11:11 | |
| 20 | Leif Rønn Olsen | Herning Orienteringsklub | 1:16:06 | 28:38 | 11:34 | |
| 21 | Thomas Ullner | OK Djurs | 1:17:33 | 30:05 | 11:47 | |
| 22 | Carl Henrik Pedersen | Mariager Fjord OK | 1:17:45 | 30:17 | 11:49 | |
| DSQ | Rasmus Vørs Carlsen | OK Vendelboerne | 1:06:52 | | | DSQ Missed 211 |
| DSQ | Jens Lyhne Kristiansen | OK Vendelboerne | 1:12:40 | | | DSQ Missed 239 |
| DSQ | Jørgen Pedersen | Herning Orienteringsklub | 1:19:22 | | | DSQ Missed 210 |
| Sum | 25 | Tilmeldte 25 | Startende: 25 | Ant poster 18 | | |

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| Placering | Navn | Klub | Tid | Efter | Km tid |
|-------------|-------------------------|--------------------------|---------------|---------------|----------------|
| H45B | | 4,525 KM | | | |
| 1 | Thomas Nielsen | Silkeborg OK | 35:31 | | 07:50 |
| 2 | Søren Meldgaard Jensen | Viborg OK | 38:03 | 02:32 | 08:24 |
| 3 | Søren Theilgaard | Aalborg | 40:13 | 04:42 | 08:53 |
| 4 | Jakob Madsen | Rold Skov OK | 40:27 | 04:56 | 08:56 |
| 5 | Henrik Fjorback | Herning Orienteringsklub | 41:10 | 05:39 | 09:05 |
| 6 | Mogens Tornby Stender | Rold Skov OK | 42:10 | 06:39 | 09:19 |
| 7 | Christian Biering | Silkeborg OK | 47:21 | 11:50 | 10:27 |
| 8 | Mogens Henriksen | Silkeborg OK | 48:08 | 12:37 | 10:38 |
| 9 | Bo Kirk Damsgaard | Viborg OK | 51:07 | 15:36 | 11:17 |
| 10 | Keld Østergaard | Mariager Fjord OK | 55:14 | 19:43 | 12:12 |
| 11 | Jens Christian Dalgaard | Mariager Fjord OK | 55:16 | 19:45 | 12:12 |
| 12 | Gert Lundorff | Mariager Fjord OK | 1:00:48 | 25:17 | 13:26 |
| 13 | Erik Brixen | Herning Orienteringsklub | 1:03:22 | 27:51 | 14:00 |
| 14 | Vagn Pedersen | Aarhus 1900 | 1:04:56 | 29:25 | 14:20 |
| 15 | Thomas A. E. Andersen | Viborg OK | 1:07:50 | 32:19 | 14:59 |
| 16 | Jens Rasmussen | OK Vendelboerne | 1:21:13 | 45:42 | 17:56 |
| 17 | Svend Erik Skovsgaard | Viborg OK | 1:25:14 | 49:43 | 18:50 |
| DSQ | Bjørn Hansen | Herning Orienteringsklub | 1:01:24 | | DSQ Missed 100 |
| Sum | 18 | Tilmeldte 18 | Startende: 18 | Ant poster 14 | |

| | | | | | |
|------------|------------------------|--------------------------|---------------|---------------|----------------|
| H50 | | 5,7 KM | | | |
| 1 | Kent Kragh | Horsens OK | 44:14 | | 07:45 |
| 2 | Ole Jensen | Mariager Fjord OK | 51:48 | 07:34 | 09:05 |
| 3 | Walther Rahbek | Rold Skov OK | 55:04 | 10:50 | 09:39 |
| 4 | Henrik Bach | Mariager Fjord OK | 55:47 | 11:33 | 09:47 |
| 5 | Bo L. Andersen | Aalborg | 56:01 | 11:47 | 09:49 |
| 6 | Jonas Persson | Silkeborg OK | 57:22 | 13:08 | 10:03 |
| 7 | Lennart Bo Kristiansen | Viborg OK | 58:34 | 14:20 | 10:16 |
| 8 | Tommy Damsgaard | Viborg OK | 58:43 | 14:29 | 10:18 |
| 9 | Thorkild Jensen | Randers OK | 59:09 | 14:55 | 10:22 |
| 10 | Frank Dabelstein | Aarhus 1900 | 1:00:18 | 16:04 | 10:34 |
| 11 | Jens Ozol | Silkeborg OK | 1:01:35 | 17:21 | 10:48 |
| 12 | Martin Greiner | OK Pan | 1:02:27 | 18:13 | 10:57 |
| 13 | Kjeld Arildsen | OK Vendelboerne | 1:03:03 | 18:49 | 11:03 |
| 14 | Klaus Wolsing | Mariager Fjord OK | 1:03:41 | 19:27 | 11:10 |
| 15 | Stig Barrett | Viborg OK | 1:05:08 | 20:54 | 11:25 |
| 16 | Thomas Lindschouw | Aalborg | 1:06:05 | 21:51 | 11:35 |
| 17 | Kim B. Schmidt | Herning Orienteringsklub | 1:07:36 | 23:22 | 11:51 |
| 18 | Kaj Kaspersen | Herning Orienteringsklub | 1:10:30 | 26:16 | 12:22 |
| 19 | Ole Præstgaard | Mariager Fjord OK | 1:10:37 | 26:23 | 12:23 |
| 20 | Ricki Laursen | Viborg OK | 1:10:57 | 26:43 | 12:26 |
| 21 | Kent Uhre Knudsen | Silkeborg OK | 1:22:44 | 38:30 | 14:30 |
| 22 | Lars Ozol | Silkeborg OK | 1:27:36 | 43:22 | 15:22 |
| 23 | Erik Dag Nielsen | Herning Orienteringsklub | 1:37:04 | 52:50 | 17:01 |
| 24 | Karl Gustavsen | OK Vendelboerne | 1:39:57 | 55:43 | 17:32 |
| DSQ | Jørgen Schnack | Aalborg | 51:51 | | DSQ Missed 211 |
| DSQ | Henrik Andersen | Aarhus 1900 | 59:43 | | |
| DSQ | Kristian Edsen | Nordvest OK | 1:24:51 | | DSQ Missed 124 |
| DNS | Anders Edsen | Aarhus 1900 | | | |
| DNS | Jakob Holm | OK Pan | | | |
| DNS | Carsten Elhøj | NOTEAM | | | |
| DNS | Preben Elhøj | NOTEAM | | | |
| Sum | 31 | Tilmeldte 31 | Startende: 27 | Ant poster 15 | |

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| Placering | Navn | Klub | Tid | Efter | Km tid |
|---------------------|---------------------|--------------------------|---------------|---------------|----------------|
| H60 4,225 KM | | | | | |
| 1 | Jørgen Skaarup | Ballerup OK | 35:48 | | 08:28 |
| 2 | Erik Bobach | Silkeborg OK | 36:25 | 00:37 | 08:37 |
| 3 | Keld Gade | Viborg OK | 37:23 | 01:35 | 08:50 |
| 4 | Jens Jørgen Jensen | Herning Orienteringsklub | 38:18 | 02:30 | 09:03 |
| 5 | Steffen Alm | Nordvest OK | 41:24 | 05:36 | 09:47 |
| 6 | Knud Fjordvald | Silkeborg OK | 41:33 | 05:45 | 09:50 |
| 7 | Arne Moe-Jensen | Viborg OK | 45:24 | 09:36 | 10:44 |
| 8 | Michael Dickenson | Viborg OK | 45:54 | 10:06 | 10:51 |
| 9 | Kai Hesselberg | Karup OK | 46:18 | 10:30 | 10:57 |
| 10 | Gert Bertel | Karup OK | 48:48 | 13:00 | 11:33 |
| 11 | Jørgen Jørgensen | Silkeborg OK | 49:10 | 13:22 | 11:38 |
| 12 | Søren Munthe | Mariager Fjord OK | 49:27 | 13:39 | 11:42 |
| 13 | Helge Poulsen | Mariager Fjord OK | 50:14 | 14:26 | 11:53 |
| 14 | Per Jørgensen | Aalborg | 51:05 | 15:17 | 12:05 |
| 15 | Torben Karlshøj | Nordvest OK | 51:40 | 15:52 | 12:13 |
| 16 | Finn Boserup | Aalborg | 53:33 | 17:45 | 12:40 |
| 17 | Torben Pedersen | Viborg OK | 53:37 | 17:49 | 12:41 |
| 18 | Torben Isen | Herning Orienteringsklub | 53:49 | 18:01 | 12:44 |
| 19 | Ole Bernth Jensen | Nordvest OK | 54:14 | 18:26 | 12:50 |
| 20 | Frede Rasmussen | Herning Orienteringsklub | 54:39 | 18:51 | 12:56 |
| 21 | Jens Christensen | Mariager Fjord OK | 56:29 | 20:41 | 13:22 |
| 22 | Gert Rebsdorf | Mariager Fjord OK | 56:43 | 20:55 | 13:25 |
| 23 | Uffe Bach | OK Djurs | 57:22 | 21:34 | 13:34 |
| 24 | Åge Lillethorup | Randers OK | 58:27 | 22:39 | 13:50 |
| 25 | Helmut Hilden | Rold Skov OK | 58:28 | 22:40 | 13:50 |
| 26 | Frank Linde | OK Pan | 58:44 | 22:56 | 13:54 |
| 27 | Lars Hoffmann | Karup OK | 58:55 | 23:07 | 13:56 |
| 28 | Kim Topp | Randers OK | 1:00:37 | 24:49 | 14:20 |
| 29 | Ole Nielsen | Aalborg | 1:02:44 | 26:56 | 14:50 |
| 30 | Mogens Christensen | OK Vendelboerne | 1:02:51 | 27:03 | 14:52 |
| 31 | Poul Grøn | OK Pan | 1:03:07 | 27:19 | 14:56 |
| 32 | Hans Ole Steffensen | OK Vendelboerne | 1:03:11 | 27:23 | 14:57 |
| 33 | Flemming Sasser | Herning Orienteringsklub | 1:04:42 | 28:54 | 15:18 |
| 34 | Keld Abrahamsen | Aarhus 1900 | 1:08:22 | 32:34 | 16:10 |
| 35 | Hans Møller | Nordvest OK | 1:12:47 | 36:59 | 17:13 |
| 36 | Olaf Christensen | Aarhus 1900 | 1:30:02 | 54:14 | 21:18 |
| 37 | Arne Mortensen | Rold Skov OK | 1:33:15 | 57:27 | 22:04 |
| 38 | Benny Johansen | Karup OK | 1:57:18 | 1:21:30 | 27:45 |
| DSQ | Erik Odgaard | Silkeborg OK | 1:10:26 | | DSQ Missed 126 |
| DSQ | Jørn Bachmann | OK Vendelboerne | 1:18:58 | | DSQ Missed 124 |
| DSQ | Bjarne Krogh | Nordvest OK | 1:24:38 | | DSQ Missed 124 |
| DNS | Niels Stadel | Silkeborg OK | | | |
| Sum | 42 | Tilmeldte 42 | Startende: 41 | Ant poster 12 | |

| | | | | | |
|---------------------|---------------------|--------------------------|-------|-------|-------|
| H70 3,325 KM | | | | | |
| 1 | Søren Elkjær | Viborg OK | 31:30 | | 09:28 |
| 2 | Poul Bobach | Aalborg | 36:21 | 04:51 | 10:55 |
| 3 | Steen Frandsen | Viborg OK | 37:45 | 06:15 | 11:21 |
| 4 | Claus Faber | Silkeborg OK | 38:01 | 06:31 | 11:26 |
| 5 | Max Hansen | OK Djurs | 39:23 | 07:53 | 11:50 |
| 6 | Frants Nielsen | Herning Orienteringsklub | 42:17 | 10:47 | 12:43 |
| 7 | Leif B. Nielsen | Herning Orienteringsklub | 43:24 | 11:54 | 13:03 |
| 8 | Per Jessen-Klixbüll | OK Pan | 44:17 | 12:47 | 13:19 |
| 9 | Niels Bobach | Aalborg | 45:05 | 13:35 | 13:33 |
| 10 | Finn Hørup Nielsen | OK Vendelboerne | 47:56 | 16:26 | 14:24 |
| 11 | Sven Ove Thimm | OK Vendelboerne | 51:52 | 20:22 | 15:35 |

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| Placering | Navn | Klub | Tid | Efter | Km | tid |
|-----------------------|---------------------------|--------------------------|---------------|-------|---------------|-----------------|
| H70 3,325 KM | | | | | | |
| 12 | Ulf Mogensen | Aalborg | 52:10 | 20:40 | | 15:41 |
| 13 | Niels Jørgen Iversen | Mariager Fjord OK | 55:44 | 24:14 | | 16:45 |
| 14 | Palle Kyed | Viborg OK | 56:10 | 24:40 | | 16:53 |
| 15 | Ole Christiansen | Akif | 58:46 | 27:16 | | 17:40 |
| 16 | Knud Vogelius | Silkeborg OK | 59:30 | 28:00 | | 17:53 |
| 17 | Ole Thy | Rold Skov OK | 1:02:28 | 30:58 | | 18:47 |
| 18 | Asmus Wonsyld | Silkeborg OK | 1:02:43 | 31:13 | | 18:51 |
| 19 | Arne Pedersen | Mariager Fjord OK | 1:03:16 | 31:46 | | 19:01 |
| 20 | Troels Munthe | Mariager Fjord OK | 1:04:07 | 32:37 | | 19:16 |
| 21 | Lars Ole Larsen | Silkeborg OK | 1:05:09 | 33:39 | | 19:35 |
| 22 | Villy Sørensen | Randers OK | 1:05:59 | 34:29 | | 19:50 |
| 23 | Erling G. Jensen | Aalborg | 1:06:41 | 35:11 | | 20:03 |
| 24 | Ole Jensen | Rold Skov OK | 1:15:09 | 43:39 | | 22:36 |
| 25 | Bo Rosbjerg | Rold Skov OK | 1:17:15 | 45:45 | | 23:13 |
| DSQ | Hermann P. Jensen | Nordvest OK | 52:53 | | | DSQ Missed 206 |
| DSQ | Peter Sølling | OK H.t.f. | 1:19:19 | | | DSQ Tidlig star |
| DNS | Hans Ingemann Petersen | OK Vendelboerne | | | | |
| DNS | Erik Anders Jensen | Silkeborg OK | | | | |
| DNS | Hans Jørgen Simonsen | OK Pan | | | | |
| Sum | 30 | Tilmeldte 30 | Startende: 27 | | Ant poster 13 | |
| H80 2,4 KM | | | | | | |
| 1 | Kai Ø. Laursen | Aalborg | 34:05 | | | 14:12 |
| 2 | Vagn Lidegaard | Mariager Fjord OK | 46:08 | 12:03 | | 19:13 |
| 3 | Palle Bay | Køge OK | | 18:22 | 10:21 | 21:51 |
| 4 | Åge Knudsen | Herning Orienteringsklub | 51:54 | 17:49 | | 21:37 |
| 5 | Asger Kristensen | Herning Orienteringsklub | 58:04 | 23:59 | | 24:11 |
| 6 | Preben Eriksen | Viborg OK | 59:46 | 25:41 | | 24:54 |
| 7 | Per Rønnau | Aarhus 1900 | 1:03:54 | 29:49 | | 26:37 |
| 8 | Herluf Jensen | Svendborg OK | 1:04:08 | 30:03 | | 26:43 |
| Sum | 8 | Tilmeldte 8 | Startende: 8 | | Ant poster 10 | |
| H-Let 3,4 KM | | | | | | |
| 1 | Jannik Friis | Silkeborg OK | 26:20 | | | 07:44 |
| 2 | Thomas Kofoed Nielsen | Herning Orienteringsklub | 30:55 | 04:35 | | 09:05 |
| 3 | Jimmi Greve | Herning Orienteringsklub | 35:28 | 09:08 | | 10:25 |
| 4 | Karsten Christiansen | Viborg OK | 35:44 | 09:24 | | 10:30 |
| 5 | Jørn Blom | Mariager Fjord OK | 44:38 | 18:18 | | 13:07 |
| 6 | Jesper Larsen | Silkeborg OK | 51:00 | 24:40 | | 15:00 |
| 7 | Niels Overgaard Abildskov | Mariager Fjord OK | 51:47 | 25:27 | | 15:13 |
| 8 | Arne Lock | Herning Orienteringsklub | 1:01:22 | 35:02 | | 18:02 |
| DNS | Hans Chr. Sønderriis | Viborg OK | | | | |
| DNS | Jens Blæsbjerg | Viborg OK | | | | |
| Sum | 10 | Tilmeldte 10 | Startende: 8 | | Ant poster 15 | |
| Åben 1 6,65 KM | | | | | | |
| 1 | Laust Sørensen | Göteborg | 53:05 | | | 07:58 |
| 2 | Asbjørn Mathiasen | Søllerød Ok | 54:29 | 01:24 | | 08:11 |
| DSQ | Anders Helledi | NOTEAM | 1:26:14 | | | DSQ Missed 123 |
| DNS | Martin Svcharff | NOTEAM | | | | |
| DNS | Christian Blom | NOTEAM | | | | |
| Sum | 5 | Tilmeldte 5 | Startende: 3 | | Ant poster 19 | |

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| Placering | Navn | Klub | Tid | Efter | Km tid |
|---------------|--------------------|-----------------|----------------|---------------|----------------|
| Åben 2 | | 5,75 KM | | | |
| 1 | Kristina Lorentzon | Göteborg | 1:00:18 | | 10:29 |
| 2 | Anneli Sandbæk | Silkeborg OK | 1:07:44 | 07:26 | 11:46 |
| DSQ | Søren Klingenberg | Faabrg Ok | 1:15:23 | | DSQ Missed 231 |
| DSQ | Anna Klingenberg | Faabrg Ok | 1:17:53 | | DSQ Missed 124 |
| Sum | 4 | Tilmeldte 4 | Startende: 4 | Ant poster 16 | |
| Åben 3 | | 3,4 KM | | | |
| 1 | Gert Kristensen | Randers OK | 43:34 | | 12:48 |
| 2 | Ninna Hansen | NOTEAM | 1:01:41 | 18:07 | 18:08 |
| DNS | Nanna Lihn | NOTEAM | | | |
| DNS | Eva Lenchler | NOTEAM | | | |
| Sum | 4 | Tilmeldte 4 | Startende: 3 | Ant poster 13 | |
| Åben 5 | | 3,4 KM | | | |
| 1 | Nikolaj Damsgaard | NOTEAM | 38:13 | | 11:14 |
| DNS | Jonas Klitte | NOTEAM | | | |
| Sum | 2 | Tilmeldte 2 | Startende: 2 | Ant poster 15 | |
| Åben4 | | 4,625 KM | | | |
| DSQ | Laura Sandbæk | Silkeborg OK | | | DSQ Missed 242 |
| Sum | 1 | Tilmeldte 1 | Startende: 1 | Ant poster 14 | |