

Mellemdistance o-løb**Stræktider****Rold Skov Mosskov-15-09-2018**Plads Navn
kort svær

Klasse

Tid

1	Jonathan Birk Nielsen	19	42:25														
01:48=	04:12=	06:17=	07:44=	10:45=	15:29=	17:19=	19:08=	23:02=	27:04=	29:11=	30:05=	31:26=	35:40=	38:45=	40:00=	42:15=	42:25=
01:48=	02:24=	02:05=	01:27=	03:01=	04:44=	01:50=	01:49=	03:54=	04:02=	02:07=	00:54=	01:21=	04:14=	03:05=	01:15=	02:15=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jess Rasmussen	18	44:49														
01:55+	05:07+	07:18+	08:59+	11:59+	15:44+	17:36+	22:39+	26:58+	30:05+	34:35+	35:42+	37:16+	39:27+	42:42+	44:36+	44:49+	
01:55+	03:12+	02:11+	01:41+	03:00-	03:45-	01:52+	05:03+	04:19+	03:07-	04:30+	01:07+	01:34+	02:11-	03:15+	01:54+	00:13-	
00:07+	00:48&	00:06+	00:14#	00:01-	00:59-	00:02+	03:14@	00:25#	00:55-	02:23@	00:13#	00:13#	02:03-	00:10+	00:39&	02:02-	
3	Kjeld Arildsen	12	54:58														
08:37+	21:31+	26:22+	33:07+	36:36+	41:14+	44:35+	48:44+	54:41+	54:58+								
08:37+	12:54+	04:51+	06:45+	03:29+	04:38-	03:21+	04:09+	05:57+	00:17-								
06:49@	10:30@	02:46@	05:18@	00:28#	00:06-	01:31&	02:20@	02:03&	03:45-								
4	Erik Ljungdahl	2	55:20														
02:40+	06:54+	09:53+	11:54+	14:25+	18:45+	22:18+	25:05+	30:25+	35:59+	40:11+	41:34+	43:29+	48:20+	50:00+	51:55+	55:08+	55:20+
02:40+	04:14+	02:59+	02:01+	02:31-	04:20-	03:33+	02:47+	05:20+	05:34+	04:12+	01:23+	01:55+	04:51+	01:40-	01:55+	03:13+	00:12+
00:52&	01:50&	00:54&	00:34&	00:30-	00:24-	01:43&	00:58&	01:26&	01:32&	02:05&	00:29&	00:34&	00:37#	01:25-	00:40&	00:58&	00:02#
5	Susanne Gjed sig Thomsen	17	56:14														
02:26+	05:59+	09:14+	11:17+	15:10+	19:21+	22:28+	24:50+	29:08+	36:31+	42:13+	43:51+	45:43+	49:21+	51:06+	53:11+	56:00+	56:14+
02:26+	03:33+	03:15+	02:03+	03:53+	04:11-	03:07+	02:22+	04:18+	07:23+	05:42+	01:38+	01:52+	03:38-	01:45-	02:05+	02:49+	00:14+
00:38&	01:09&	01:10&	00:36&	00:52&	00:33-	01:17&	00:33&	00:24#	03:21&	03:35@	00:44&	00:31&	00:36-	01:20-	00:50&	00:34&	00:04&
6	Jørgen Jørgensen	14	58:51														
02:43+	07:07+	11:51+	14:15+	17:39+	22:21+	25:07+	28:25+	34:08+	39:23+	43:10+	45:04+	46:54+	50:46+	55:27+	58:32+	58:51+	
02:43+	04:24+	04:44+	02:24+	03:24+	04:42-	02:46+	03:18+	05:43+	05:15+	03:47+	01:54+	01:50+	03:52-	04:41+	03:05+	00:19-	
00:55&	02:00&	02:39@	00:57&	00:23#	00:02-	00:56&	01:29&	01:49&	01:13&	01:40&	01:00@	00:29&	00:22-	01:36&	01:50@	01:56-	
7	Runa Iversen	4	1:17:23														
04:05+	09:50+	13:38+	18:15+	22:51+	30:07+	34:24+	38:28+	44:36+	50:59+	57:17+	59:25+	61:50+	66:19+	68:52+	72:09+	76:12+	77:23+
04:05+	05:45+	03:48+	04:37+	04:36+	07:16+	04:17+	04:04+	06:08+	06:23+	06:18+	02:08+	02:25+	04:29+	02:33-	03:17+	04:03+	01:11+
02:17@	03:21@	01:43&	03:10@	01:35&	02:32&	02:27@	02:15@	02:14&	02:21&	04:11@	01:14@	01:04&	00:15+	00:32-	02:02@	01:48&	01:01@
8	Poul Grøn	Ok Pan	1:29:20														
03:53+	08:19+	11:02+	13:15+	15:49+	20:02+	23:06+	25:52+	54:10+	60:34+	68:10+	69:53+	71:55+	77:50+	79:56+	85:20+	89:06+	89:20+
03:53+	04:26+	02:43+	02:13+	02:34-	04:13-	03:04+	02:46+	28:18+	06:24+	07:36+	01:43+	02:02+	05:55+	02:06-	05:24+	03:46+	00:14+
02:05@	02:02&	00:38&	00:46&	00:27-	00:31-	01:14&	00:57&	24:24@	02:22&	05:29@	00:49&	00:41&	01:41&	00:59-	04:09@	01:31&	00:04&
9	Matilde Andersen-Otte	13	1:29:41														
02:54+	08:09+	11:49+	19:37+	23:40+	29:02+	32:52+	39:38+	45:29+	51:08+	68:52+	70:28+	73:13+	77:07+	79:27+	86:19+	89:28+	89:41+
02:54+	05:15+	03:40+	07:48+	04:03+	05:22+	03:50+	06:46+	05:51+	05:39+	17:44+	01:36+	02:45+	03:54-	02:20-	06:52+	03:09+	00:13+
01:06&	02:51@	01:35&	06:21@	01:02&	00:38#	02:00@	04:57@	01:57&	01:37&	15:37@	00:42&	01:24@	00:20-	00:45-	05:37@	00:54&	00:03&
11	Palle Møller Nielsen	8	1:41:57														
03:53+	14:53+	19:01+	26:32+	31:23+	38:16+	42:13+	45:57+	56:59+	64:36+	77:32+	80:24+	85:00+	89:08+	94:15+	97:25+	101:39+	101:57+
03:53+	11:00+	04:08+	07:31+	04:51+	06:53+	03:57+	03:44+	11:02+	07:37+	12:56+	02:52+	04:36+	04:08-	05:07+	03:10+	04:14+	00:18+
02:05@	08:36@	02:03&	06:04@	01:50&	02:09&	02:07@	01:55@	07:08@	03:35&	10:49@	01:58@	03:15@	00:06-	02:02&	01:55@	01:59&	00:08&
12	Bent Jacobsen	5	1:45:28														
05:05+	13:53+	19:43+	23:48+	29:26+	38:51+	44:19+	50:37+	61:27+	69:57+	78:40+	82:01+	85:56+	92:19+	95:52+	99:35+	104:57+	105:28+
05:05+	08:48+	05:50+	04:05+	05:38+	09:25+	05:28+	06:18+	10:50+	08:30+	08:43+	03:21+	03:55+	06:23+	03:33+	03:43+	05:22+	00:31+
03:17@	06:24@	03:45@	02:38@	02:37&	04:41&	03:38@	04:29@	06:56@	04:28@	06:36@	02:27@	02:34@	02:09&	00:28#	02:28@	03:07@	00:21@

Beste stræktid for klassen

01:48 02:24 02:05 01:27 02:31 03:45 01:50 01:49 03:54 00:17 02:07 00:54 01:21 02:11 01:40 01:15 00:13 00:10

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

lang svær

1	Marko Birk Nielsen	19	38:35																	
01:39=	04:06=	06:06=	07:50=	10:38=	12:47=	15:46=	16:53=	18:40=	21:54=	24:28=	26:31=	28:14=	30:15=	31:43=	33:33=	34:40=	35:41=	36:49=	38:25=	38:35=
01:39=	02:27=	02:00=	01:44=	02:48=	02:09=	02:59=	01:07=	01:47=	03:14=	02:34=	02:03=	01:43=	02:01=	01:28=	01:50=	01:07=	01:01=	01:08=	01:36=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid										
1	Andrea Ebert Svenningsen	13	09:26										
00:27=	00:47=	01:18=	02:10=	03:14=	03:50=	04:20=	04:49=	06:08=	07:15=	08:19=	08:41=	09:15=	09:26=
00:27=	00:20=	00:31=	00:52=	01:04=	00:36=	00:30=	00:29=	01:19=	01:07=	01:04=	00:22=	00:34=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Emil Lindahl	10	10:34										
00:38+	01:06+	01:44+	04:00+	04:42+	05:14+	05:42+	07:05+	08:14+	09:18+	09:44+	10:20+	10:34+	
00:38+	00:28+	00:38+	02:16+	00:42-	00:32-	00:28-	01:23+	01:09-	01:04-	00:26-	00:36+	00:14-	
00:11&	00:08&	00:07#	01:24@	00:22-	00:04-	00:02-	00:54@	00:10-	00:03-	00:38-	00:14&	00:20-	
3	Morten Ziethen	13	11:56										
00:34+	00:54+	01:29+	02:31+	03:49+	04:45+	05:22+	05:54+	07:25+	08:38+	09:44+	10:22+	11:41+	11:56+
00:34+	00:20=	00:35+	01:02+	01:18+	00:56+	00:37+	00:32+	01:31+	01:13+	01:06+	00:38+	01:19+	00:15+
00:07&	00:00=	00:04#	00:10#	00:14#	00:20&	00:07#	00:03#	00:12#	00:06+	00:02+	00:16&	00:45@	00:04&
4	Gry Gammelmark	13	14:11										
00:43+	01:12+	01:52+	04:27+	05:21+	06:20+	07:06+	09:00+	10:30+	12:15+	13:00+	13:56+	14:11+	
00:43+	00:29+	00:40+	02:35+	00:54-	00:59+	00:46+	01:54+	01:30+	01:45+	00:45-	00:56+	00:15-	
00:16&	00:09&	00:09&	01:43@	00:10-	00:23&	00:16&	01:25@	00:11#	00:38&	00:19-	00:34@	00:19-	
5	Gustav Ziethen	13	16:01										
01:05+	01:38+	02:26+	05:21+	06:35+	07:41+	08:42+	10:37+	12:14+	14:00+	14:37+	15:44+	16:01+	
01:05+	00:33+	00:48+	02:55+	01:14+	01:06+	01:01+	01:55+	01:37+	01:46+	00:37-	01:07+	00:17-	
00:38@	00:13&	00:17&	02:03@	00:10#	00:30&	00:31@	01:26@	00:18#	00:39&	00:27-	00:45@	00:17-	
6	Ninna Pedersen	7	16:48										
01:12+	02:00+	02:43+	03:48+	05:18+	08:18+	09:00+	09:35+	11:13+	12:33+	13:55+	14:25+	16:27+	16:48+
01:12+	00:48+	00:43+	01:05+	01:30+	03:00+	00:42+	00:35+	01:38+	01:20+	01:22+	00:30+	02:02+	00:21+
00:45@	00:28@	00:12&	00:13#	00:26&	02:24@	00:12&	00:06#	00:19#	00:13#	00:18&	00:08&	01:28@	00:10&
7	Matilde Riis Madsen	13	19:07										
00:36+	01:05+	02:11+	03:29+	05:20+	06:12+	06:56+	07:46+	09:29+	11:30+	13:01+	13:35+	18:51+	19:07+
00:36+	00:29+	01:06+	01:18+	01:51+	00:52+	00:44+	00:50+	01:43+	02:01+	01:31+	00:34+	05:16+	00:16+
00:09&	00:09&	00:35@	00:26&	00:47&	00:16&	00:14&	00:21&	00:24&	00:54&	00:27&	00:12&	04:42@	00:05&
8	Selma Gammelmark	13	19:29										
01:06+	03:01+	04:10+	07:25+	08:51+	10:03+	11:03+	13:05+	14:58+	17:10+	18:01+	19:13+	19:29+	
01:06+	01:55+	01:09+	03:15+	01:26+	01:12+	01:00+	02:02+	01:53+	02:12+	00:51-	01:12+	00:16-	
00:39@	01:35@	00:38@	02:23@	00:22&	00:36&	00:30&	01:33@	00:34&	01:05&	00:13-	00:50@	00:18-	
9	Vilfred Kronholt	13	23:22										
01:05+	02:48+	03:24+	04:58+	07:14+	08:14+	09:08+	10:25+	12:54+	15:53+	20:08+	21:08+	22:44+	23:22+
01:05+	01:43+	00:36+	01:34+	02:16+	01:00+	00:54+	01:17+	02:29+	02:59+	04:15+	01:00+	01:36+	00:38+
00:38@	01:23@	00:05#	00:42&	01:12@	00:24&	00:24&	00:48@	01:10&	01:52@	03:11@	00:38@	01:02@	00:27@
10	Johan Niss	13	24:50										
01:46+	02:47+	04:15+	08:45+	11:03+	12:37+	14:09+	17:06+	19:31+	21:41+	22:39+	24:26+	24:50+	
01:46+	01:01+	01:28+	04:30+	02:18+	01:34+	01:32+	02:57+	02:25+	02:10+	00:58-	01:47+	00:24-	
01:19@	00:41@	00:57@	03:38@	01:14@	00:58@	01:02@	02:28@	01:06&	01:03&	00:06-	01:25@	00:10-	
11	Jonathan Svenningsen	13	24:53										
01:07+	02:33+	03:27+	05:08+	07:06+	08:38+	09:48+	10:46+	12:49+	16:11+	20:43+	22:09+	24:32+	24:53+
01:07+	01:26+	00:54+	01:41+	01:58+	01:32+	01:10+	00:58+	02:03+	03:22+	04:32+	01:26+	02:23+	00:21+
00:40@	01:06@	00:23&	00:49&	00:54&	00:56@	00:40@	00:29&	00:44&	02:15@	03:28@	01:04@	01:49@	00:10&
12	Trine Niss	13	35:01										
01:53+	03:17+	04:38+	06:52+	11:38+	13:59+	16:20+	18:10+	22:04+	26:31+	30:04+	31:47+	34:25+	35:01+
01:53+	01:24+	01:21+	02:14+	04:46+	02:21+	02:21+	01:50+	03:54+	04:27+	03:33+	01:43+	02:38+	00:36+
01:26@	01:04@	00:50@	03:42@	01:45@	01:51@	01:21@	02:35@	03:20@	02:29@	01:21@	02:04@	00:25@	
Beste stræktid for klassen													
00:27	00:20	00:31	00:52	00:42	00:32	00:28	00:29	01:09	01:04	00:26	00:22	00:14	00:11

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

mellem-svær

2	Niels Pedersen	7	51:23												
01:56+	03:21+	09:57+	12:07+	19:33+	24:48+	26:44+	29:14+	32:49+	38:58+	42:40+	46:24+	47:59+	49:33+	51:02+	51:23+
01:56+	01:25+	06:36+	02:10+	07:26+	05:15+	01:56+	02:30+	03:35+	06:09+	03:42+	03:44+	01:35+	01:34+	01:29+	00:21+
01:56+	01:25+	06:36+	02:10+	07:26+	05:15+	01:56+	02:30+	03:35+	06:09+	03:42+	03:44+	01:35+	01:34+	01:29+	00:21+

Class	Navn	Klasse										Tid				
3	Ellen Thomsen	12										54:34				
02:15+	03:57+	09:31+	12:02+	20:46+	27:26+	30:05+	33:32+	36:40+	40:21+	43:41+	46:46+	49:59+	52:14+	54:14+	54:34+	
02:15+	01:42+	05:34+	02:31+	08:44+	06:40+	02:39+	03:27+	03:08+	03:41+	03:20+	03:05+	03:13+	02:15+	02:00+	00:20+	
02:15+	01:42+	05:34+	02:31+	08:44+	06:40+	02:39+	03:27+	03:08+	03:41+	03:20+	03:05+	03:13+	02:15+	02:00+	00:20+	
4	Carina Gammelmark	13										59:26				
01:16+	04:55+	19:54+	40:54+	45:52+	50:31+	52:51+	54:58+	57:03+	59:11+	59:26+						
01:16+	03:39+	14:59+	21:00+	04:58+	04:39+	02:20+	02:07+	02:05+	02:08+	00:15+						
01:16+	03:39+	14:59+	21:00+	04:58+	04:39+	02:20+	02:07+	02:05+	02:08+	00:15+						

Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.