

Bane 1 9,10 km

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|-----|-----------------------|--------------|--------|-------------|--------|
| 1. | Rasmu iversen | Odense OK | H21 | 59:24 | |
| 2. | Lars-Peter Ellekilde | Odense OK | H21 | 1:03:33 | +04:09 |
| 3. | Sebastian Robsahm | Svendborg OK | Herrer | 1:07:25 | +08:01 |
| 4. | Anders Lunding Henrik | Svendborg OK | Herrer | 1:12:29 | +13:05 |
| 5. | Per Storm Hansen | Svendborg OK | Herrer | 1:13:38 | +14:14 |
| 6. | Jakob Q | Odense OK | H35 | 1:17:16 | +17:52 |
| 7. | Simon Pallesen | Odense OK | H21 | 1:19:19 | +19:55 |
| 8. | Jens Visti Madsen | Odense OK | H17-20 | 1:20:44 | +21:20 |
| 9. | Nicolai I. Taisbak | Odense OK | H35 | 1:21:57 | +22:33 |
| 10. | Morten Ratzer Pederse | Odense OK | H21 | 1:22:50 | +23:26 |
| 11. | jeppe christensen | Odense OK | H35 | 1:31:04 | +31:40 |
| 12. | Mikkel Højlund | Odense OK | H21 | 1:31:27 | +32:03 |
| 13. | Lars Haastrup | Odense OK | H21 | 1:41:27 | +42:03 |
| 14. | Kasper Tofte | Odense OK | H21 | 1:43:37 | +44:13 |
| 15. | Steen Jeppesen | Odense OK | H21 | 1:48:40 | +49:16 |
| | Jonas iversen | Odense OK | H17-20 | Disk. | |
| | Maja | Odense OK | H21 | Disk. | |
| | Rune Rasmussen | Odense OK | H21 | Disk. | |
| | Mathias Aagren Madse | Odense OK | H17-20 | Ikke starte | |

Bane 2 6,35 km

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|-----|--------------------|--------------|---------|-------------|--------|
| 1. | Ib Clausen | Odense OK | H45 | 49:43 | |
| 2. | Per Filskov | Odense OK | H55 | 50:12 | +29 |
| 3. | Torben Rasmussen | Odense OK | H55 | 52:32 | +02:49 |
| 4. | Carsten Djursaa | Odense OK | H45 | 53:18 | +03:35 |
| 5. | Lone Fyhn Olesen | Odense OK | D35 | 58:59 | +09:16 |
| 6. | Dennis Nielsen | Odense OK | H45 | 1:00:46 | +11:03 |
| 7. | Lone Jensen | Odense OK | D35 | 1:02:23 | +12:40 |
| | Thomas Esmark | Svendborg OK | Oldboys | 1:02:23 | +12:40 |
| 9. | Finn Jørgensen | Odense OK | H55 | 1:03:14 | +13:31 |
| 10. | Gunner Aaskov | Odense OK | H55 | 1:10:48 | +21:05 |
| 11. | Bent Aakjær | Odense OK | H55 | 1:11:27 | +21:44 |
| 12. | Uffe Nielsen | Svendborg OK | Oldboys | 1:20:39 | +30:56 |
| 13. | Mette Riis jensen | Odense OK | D21 | 1:26:23 | +36:40 |
| | Tommy iversen | Odense OK | H45 | Disk. | |
| | Torsten Boe Larsen | Odense OK | H55 | Disk. | |
| | Gerhard Jensen | Odense OK | H55 | Ikke starte | |
| | Jane Ejby | Odense OK | D21 | Ikke starte | |

Bane 3 4,65 km

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|-----|-------------------------|--------------|----------|-------|--------|
| 1. | Torben Kruse | Svendborg OK | Gubber | 37:13 | |
| 2. | Finn Henriksen | Svendborg OK | Gubber | 38:34 | +01:21 |
| 3. | Lisbeth Skovbjerg | Odense OK | D45 | 39:58 | +02:45 |
| 4. | Jørgen Stamp | Odense OK | H65 | 41:40 | +04:27 |
| 5. | Mie Filskov | Odense OK | D15-16 | 42:53 | +05:40 |
| 6. | Anita Lunding | Svendborg OK | Oldgirls | 43:57 | +06:44 |
| 7. | jette Bønløkke Post | Odense OK | D55 | 44:36 | +07:23 |
| 8. | Erik Fynboe | Odense OK | H65 | 44:51 | +07:38 |
| 9. | Bjørn R. Christoffersen | Svendborg OK | Gubber | 47:51 | +10:38 |
| 10. | Sandra Guscherowski | Svendborg OK | Oldgirls | 48:09 | +10:56 |

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|-----|----------------------|--------------|--------|-------------|--------|
| 11. | Hans Larsen | Faaborg OK | H65 | 50:24 | +13:11 |
| 12. | Hanne Kampmann Mad | Odense OK | D45 | 52:33 | +15:20 |
| 13. | Emilie Kampmann Oles | Odense OK | D15-16 | 53:15 | +16:02 |
| 14. | Ole Axelsen | Svendborg OK | Gubber | 59:19 | +22:06 |
| 15. | Inge P. Jensen | Odense OK | D55 | 1:03:39 | +26:26 |
| | Børge Pedersen | Odense OK | H65 | Ikke starte | |

Bane 4 3,00 km

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|-----|-------------------------|--------------|--------|-------------|--------|
| 1. | Gitte R. Christoffersen | Svendborg OK | Knager | 25:28 | |
| 2. | Svend Johansen | Svendborg OK | Knager | 26:41 | +01:13 |
| 3. | Bent Sørensen | Svendborg OK | Knager | 28:39 | +03:11 |
| 4. | Jørgen Olesen | Odense OK | H70 | 29:18 | +03:50 |
| 5. | Ove Splittorff | Svendborg OK | Knager | 29:32 | +04:04 |
| 6. | Lene Banke | Svendborg OK | Knager | 32:29 | +07:01 |
| 7. | Randi Splittorff | Svendborg OK | Knager | 37:27 | +11:59 |
| 8. | Inge Thorsen | Odense OK | D65 | 37:32 | +12:04 |
| 9. | Herluf Jensen | Svendborg OK | Knager | 41:05 | +15:37 |
| 10. | Annette Færing | Svendborg OK | Knager | 42:34 | +17:06 |
| 11. | Jens Ibsen | Svendborg OK | Knager | 44:43 | +19:15 |
| 12. | Inger Andersen | Faaborg OK | D65 | 54:51 | +29:23 |
| 13. | Preben Chris | Odense OK | H70 | 58:15 | +32:47 |
| | Jørgen Voigt Arnsted | Odense OK | H70 | Disk. | |
| | Olav Odgaard | Odense OK | H70 | Ikke starte | |

Bane 5 4,18 km

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|----|-----------------------|--------------|----------|-------|--|
| 1. | Leila Damkjær Pederse | Svendborg OK | Junior 1 | 54:18 | |
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Bane 6 3,08 km

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|----|---------------------|-----------|--------|-------------|--------|
| 1. | Julius Jensen | Odense OK | H11-12 | 31:04 | |
| 2. | Christina Palm Toft | Odense OK | D11-12 | 45:58 | +14:54 |
| | Nikoline Jørgensen | Odense OK | D11-12 | Ikke starte | |

Bane 7 2,53 km

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|----|----------------|-----------|-----|-------|--|
| 1. | lucas giolitti | Odense OK | H10 | 32:04 | |
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