

D12

(2,6 + 2,9 + 2,6)

| | | | | | |
|----|---------------------------------|--------------|----|--------------|--------|
| 1. | 1203 Fyns stafet 1 | | | 58:27 | |
| | 1 Ida Marie Sigvardt | 18:20 | 1. | 18:20 | 1. |
| | 2 Katrine Lykkegaard-Madsen | 21:47 | 3. | 40:07 | 1. |
| | 3 Nynne Mølgaard Nielsen | 18:20 | 2. | 58:27 | 1. |
| 2. | 1207 Silkeborg OK 1 | | | 1:06:08 | +07:41 |
| | 1 Clara R. Christensen | 23:30 | 5. | 23:30 | 5. |
| | 2 Merle Lund-Filtensborg | 23:05 | 4. | 46:35 | 3. |
| | 3 Matilde Lund-Filtensborg | 19:33 | 3. | 1:06:08 | 2. |
| 3. | 1204 Horsens Orienteringsklub 1 | | | 1:07:38 | +09:11 |
| | 1 Freja Toft Møller Mikkelsen | 30:47 | 7. | 30:47 | 7. |
| | 2 Thora Toft Møller Mikkelsen | 20:14 | 2. | 51:01 | 6. |
| | 3 Astrid Lykke Nielsen | 16:37 | 1. | 1:07:38 | 3. |
| 4. | 1206 OK Pan 1 | | | 1:11:28 | +13:01 |
| | 1 Frida Palmfeldt | 22:00 | 2. | 22:00 | 2. |
| | 2 Lærke Skammelsen Gilleladen | 26:01 | 6. | 48:01 | 4. |
| | 3 Victoria Olesen Hinge | 23:27 | 4. | 1:11:28 | 4. |
| 5. | 1202 FIF Hillerød Orientering 1 | | | 1:12:04 | +13:37 |
| | 1 Ida Nygaard Monrad | 22:23 | 3. | 22:23 | 3. |
| | 2 Vega Deiborg | 25:46 | 5. | 48:09 | 5. |
| | 3 Silke Konring Larsen | 23:55 | 6. | 1:12:04 | 5. |
| 6. | 1205 OK GORM 1 | | | 1:19:56 | +21:29 |
| | 1 Alberte Lynggaard Seir | 23:11 | 4. | 23:11 | 4. |
| | 2 Karla Lynggaard Seir | 33:11 | 7. | 56:22 | 7. |
| | 3 Sara Terkelsen Garcia | 23:34 | 5. | 1:19:56 | 6. |
| - | 1201 Farum Orienteringsklub 1 | | | Ikke startet | |
| | 1 Emma Bredahl Telyakevych | 29:39 | 6. | 29:39 | 6. |
| | 2 Dasha Kapanadze | 14:11 | 1. | 43:50 | 2. |
| | 3 Løber mangler | Ikke startet | | | |

D16

(4,5 + 3,8 + 4,6)

| | | | | | |
|----|-------------------------------|-------|----|---------|--------|
| 1. | 1601 Allerød OK 1 | | | 1:44:34 | |
| | 1 Kamma Aglund Andersen | 38:28 | 1. | 38:28 | 1. |
| | 2 Amalie Broman | 35:03 | 2. | 1:13:31 | 1. |
| | 3 Frida Kärner Grooss | 31:03 | 1. | 1:44:34 | 1. |
| 2. | 1604 Søllerød OK 1 | | | 1:53:00 | +08:26 |
| | 1 Laura-Johanne David Koue | 41:55 | 4. | 41:55 | 4. |
| | 2 Hanna Bæk Christiansen | 34:05 | 1. | 1:16:00 | 2. |
| | 3 Ingrid Due Nygaard | 37:00 | 2. | 1:53:00 | 2. |
| 3. | 1602 OK Pan 1 | | | 1:57:05 | +12:31 |
| | 1 Anna Kaldahl Hornbæk | 41:27 | 2. | 41:27 | 2. |
| | 2 Siv Kusk Berglund | 37:13 | 3. | 1:18:40 | 3. |
| | 3 Signe Møller Skaug | 38:25 | 3. | 1:57:05 | 3. |
| 4. | 1603 OK Pan 2 | | | 2:23:03 | +38:29 |
| | 1 Katrine Halkjær Dupont | 41:29 | 3. | 41:29 | 3. |
| | 2 Olivia Olesen Hinge | 51:06 | 4. | 1:32:35 | 4. |
| | 3 Katharina Rokkjær Andreasen | 50:28 | 4. | 2:23:03 | 4. |

D20

(6,5 + 6,6 + 6,5)

| | | | | | |
|----|----------------------------------|--------------|----|--------------|--------|
| 1. | 2004 OK Pan 1 | | | 2:25:57 | |
| | 1 Laura Kaldahl Hornbæk | 44:39 | 2. | 44:39 | 2. |
| | 2 Augusta Thorsen | 53:30 | 2. | 1:38:09 | 2. |
| | 3 Laura Bobach | 47:48 | 1. | 2:25:57 | 1. |
| 2. | 2001 Allerød OK 1 | | | 2:56:01 | +30:04 |
| | 1 Amalie Ertmann | 42:10 | 1. | 42:10 | 1. |
| | 2 Hedda Kärner Grooss | 53:00 | 1. | 1:35:10 | 1. |
| | 3 Cecilie Broman | 1:20:51 | 4. | 2:56:01 | 2. |
| 3. | 2007 Søllerød OK 1 | | | 2:59:14 | +33:17 |
| | 1 Ellen K. Larsen | 1:06:01 | 5. | 1:06:01 | 5. |
| | 2 Frida Hagedorn | 58:18 | 3. | 2:04:19 | 3. |
| | 3 Emilie Bæk Christiansen | 54:55 | 2. | 2:59:14 | 3. |
| 4. | 2006 Silkeborg OK 1 | | | 3:01:41 | +35:44 |
| | 1 Astrid Faber Fenger-Grøn | 1:00:41 | 4. | 1:00:41 | 4. |
| | 2 Ragnhild Øhlenschlæger Nielsen | 1:05:55 | 5. | 2:06:36 | 4. |
| | 3 Sigrid Øhlenschlæger Nielsen | 55:05 | 3. | 3:01:41 | 4. |
| - | 2003 Horsens Orienteringsklub 1 | | | Disk. | |
| | 1 Theresa Skouboe | 1:00:13 | 3. | 1:00:13 | 3. |
| | 2 Laura Holm Nielsen | 1:30:25 | 6. | 2:30:38 | 5. |
| | 3 Ella Klærke Mikkelsen | Disk. | | | |
| - | 2005 OK Pan 2 | | | Ikke startet | |
| | 1 Sofie Ulrich | 54:57 | 6. | 54:57 | 6. |
| | 2 Sofie Halkjær Dupont | 1:00:35 | 4. | 1:55:32 | 6. |
| | 3 Løber mangler | Ikke startet | | | |

D21

(6,5 + 6,6 + 6,5)

| | | | | | |
|----|--------------------------------|--------------|----|--------------|----------|
| 1. | 101 FIF Hillerød Orientering 1 | | | 1:55:20 | |
| | 1 Nicoline F. Klysner | 38:28 | 1. | 38:28 | 1. |
| | 2 Annika Simonsen | 39:58 | 1. | 1:18:26 | 1. |
| | 3 Cecilie F. Klysner | 36:54 | 2. | 1:55:20 | 1. |
| 2. | 107 Tisvilde Hegn OK 1 | | | 2:01:09 | +05:49 |
| | 1 Amanda Falck Weber | 41:58 | 3. | 41:58 | 3. |
| | 2 Ida Øbro | 42:58 | 4. | 1:24:56 | 3. |
| | 3 Agnes Nørgård Kracht | 36:13 | 1. | 2:01:09 | 2. |
| 3. | 104 OK Snab 1 | | | 2:01:59 | +06:39 |
| | 1 Malin Agervig Kristiansson | 38:30 | 2. | 38:30 | 2. |
| | 2 Eva Örnhausen Jørgensen | 41:53 | 3. | 1:20:23 | 2. |
| | 3 Ida Agervig Kristiansson | 41:36 | 4. | 2:01:59 | 3. |
| 4. | 103 OK Pan 1 | | | 2:13:54 | +18:34 |
| | 1 Marie Møller Nielsen | 51:20 | 7. | 51:20 | 7. |
| | 2 Ida Schwartz Bobach | 41:36 | 2. | 1:32:56 | 4. |
| | 3 Andrine Benjaminsen | 40:58 | 3. | 2:13:54 | 4. |
| 5. | 105 Silkeborg OK 1 | | | 2:28:07 | +32:47 |
| | 1 Ane Linde | 47:31 | 6. | 47:31 | 6. |
| | 2 Stine Bagger Hagner | 52:03 | 5. | 1:39:34 | 5. |
| | 3 Signe Søes | 48:33 | 5. | 2:28:07 | 5. |
| 6. | 109 FIF Hillerød Orientering 2 | | | 2:57:06 | +1:01:46 |
| | 1 Sigrid Høyer Staugaard | 44:05 | 5. | 44:05 | 5. |
| | 2 Siri Simonsen | 56:47 | 6. | 1:40:52 | 6. |
| | 3 Karina Isaksen | 1:16:14 | 6. | 2:57:06 | 6. |
| 7. | 102 Horsens Orienteringsklub 1 | | | 3:33:14 | +1:37:54 |
| | 1 Rebeka Vincze | 56:46 | 8. | 56:46 | 8. |
| | 2 Alberte Karoline Thyssen | 1:06:13 | 7. | 2:02:59 | 7. |
| | 3 Mette Kokholm | 1:30:15 | 7. | 3:33:14 | 7. |
| - | 108 Tisvilde Hegn OK 2 | | | Udg. | |
| | 1 Elin Carlsson | 42:10 | 4. | 42:10 | 4. |
| | 2 Line Cederberg | 42:04 | 8. | 1:24:14 | 8. |
| | 3 Natalie Veselkova | Udg. | | | |
| - | 106 Søllerød OK 1 | | | Ikke startet | |
| | 1 Løber mangler | Ikke startet | | | |
| | 2 Løber mangler | Ikke startet | | | |
| | 3 Løber mangler | Ikke startet | | | |

D35

(5,1 + 5,1 + 5,0)

| | | | | | | | |
|----|------|-----------------------------|---------|----|---------|---------|----------|
| 1. | 3501 | Farum Orienteringsklub 1 | | | | 1:49:04 | |
| | | 1 Line Frese Søderlund | 34:51 | 1. | 34:51 | | 1. |
| | | 2 Masha Semak | 38:08 | 1. | 1:12:59 | | 1. |
| | | 3 Irina Kupriyanova | 36:05 | 2. | 1:49:04 | | 1. |
| 2. | 3505 | OK Snab 1 | | | | 2:11:08 | +22:04 |
| | | 1 Ulrika Örnhagen Jørgensen | 41:27 | 2. | 41:27 | | 2. |
| | | 2 Karina Boen Skouenborg | 41:23 | 2. | 1:22:50 | | 2. |
| | | 3 Louise Bierkampf Gjørup | 48:18 | 3. | 2:11:08 | | 2. |
| 3. | 3504 | OK H.T.F. 1 | | | | 2:27:30 | +38:26 |
| | | 1 Jette Klogborg | 48:38 | 3. | 48:38 | | 3. |
| | | 2 Merethe Haahr Francis | 1:10:02 | 3. | 1:58:40 | | 3. |
| | | 3 Maja Alm | 28:50 | 1. | 2:27:30 | | 3. |
| 4. | 3503 | Herlufsholm OK 1 | | | | 3:13:35 | +1:24:31 |
| | | 1 Henriette Hansen | 1:03:36 | 4. | 1:03:36 | | 4. |
| | | 2 Sandra Mundus | 1:10:07 | 4. | 2:13:43 | | 4. |
| | | 3 Lise Ravnshøj Andersen | 59:52 | 4. | 3:13:35 | | 4. |
| 5. | 3502 | Fyns stafet 1 | | | | 3:54:46 | +2:05:42 |
| | | 1 Johanne Krabek | 1:12:41 | 5. | 1:12:41 | | 5. |
| | | 2 Nanna Hvidbjerg Tofte | 1:15:41 | 5. | 2:28:22 | | 5. |
| | | 3 Tina Gotfred-Iversen | 1:26:24 | 5. | 3:54:46 | | 5. |

D40

(5,1 + 5,1 + 5,0)

| | | | | | | | |
|----|------|---------------------------------|---------|----|---------|---------|--------|
| 1. | 4003 | Silkeborg OK 1 | | | | 2:06:12 | |
| | | 1 Rie Stenhøj Baun McGrail | 43:43 | 2. | 43:43 | | 2. |
| | | 2 Marie Filtenborg | 41:26 | 2. | 1:25:09 | | 2. |
| | | 3 Gry R Christensen | 41:03 | 1. | 2:06:12 | | 1. |
| 2. | 4004 | Tisvilde Hegn OK 1 | | | | 2:11:45 | +05:33 |
| | | 1 Erin Nielsen | 36:44 | 1. | 36:44 | | 1. |
| | | 2 Tenna Nørgaard Landsperg | 40:10 | 1. | 1:16:54 | | 1. |
| | | 3 Lena Wraa | 54:51 | 3. | 2:11:45 | | 2. |
| 3. | 4002 | OK Pan 1 | | | | 2:23:18 | +17:06 |
| | | 1 Randi Scheel | 46:54 | 3. | 46:54 | | 3. |
| | | 2 Anne Møller Skaug | 46:50 | 4. | 1:33:44 | | 3. |
| | | 3 Stinne Skammelsen | 49:34 | 2. | 2:23:18 | | 3. |
| - | 4001 | Holbæk OK 1 | | | | Disk. | |
| | | 1 Anette Kalle Larsen | Disk. | | | | |
| | | 2 Astrid Riis | 46:34 | 3. | | | |
| | | 3 Anette Lindegaard Christensen | 1:19:27 | 4. | | | |

D45

(5,1 + 5,1 + 5,0)

| | | | | | |
|----|----------------------------------|---------|----|---------|--------|
| 1. | 4503 FIF Hillerød Orientering 1 | | | 2:04:59 | |
| | 1 Maria M. Høyer Staugaard | 42:14 | 1. | 42:14 | 1. |
| | 2 Dorthe Skovlyst | 45:51 | 1. | 1:28:05 | 1. |
| | 3 Anne Konring Larsen | 36:54 | 1. | 2:04:59 | 1. |
| 2. | 4502 Ballerup OK 1 | | | 2:39:24 | +34:25 |
| | 1 Anne Marie Thommesen | 47:58 | 2. | 47:58 | 2. |
| | 2 Maria Krog Schulz | 58:06 | 3. | 1:46:04 | 2. |
| | 3 Diana Cederberg | 53:20 | 3. | 2:39:24 | 2. |
| 3. | 4501 Allerød OK 1 | | | 2:47:17 | +42:18 |
| | 1 Kersti Kärner | 50:56 | 4. | 50:56 | 4. |
| | 2 Angélique Grønborg Rasmussen | 58:20 | 4. | 1:49:16 | 4. |
| | 3 Henriette Broman | 58:01 | 4. | 2:47:17 | 3. |
| 4. | 4504 Fyns stafet 1 | | | 2:49:27 | +44:28 |
| | 1 Lone Fyhn Olesen | 49:22 | 3. | 49:22 | 3. |
| | 2 Gitte R. Christoffersen | 1:09:28 | 5. | 1:58:50 | 5. |
| | 3 Anne Mølgaard Nielsen | 50:37 | 2. | 2:49:27 | 4. |
| 5. | 4505 Silkeborg OK 1 | | | 2:52:42 | +47:43 |
| | 1 Heidi Hinge Krogsgaard | 53:27 | 5. | 53:27 | 5. |
| | 2 Henriette Klostergaard Rokkjær | 55:07 | 2. | 1:48:34 | 3. |
| | 3 Signe Faber | 1:04:08 | 5. | 2:52:42 | 5. |

D50

(3,3 + 3,3 + 3,3)

| | | | | | |
|----|---------------------------------|-------|----|---------|--------|
| 1. | 5002 Horsens Orienteringsklub 1 | | | 1:37:01 | |
| | 1 Irene K. Mikkelsen | 31:23 | 1. | 31:23 | 1. |
| | 2 Susanne Loft Thyssen | 36:37 | 1. | 1:08:00 | 1. |
| | 3 Rikke Holm | 29:01 | 1. | 1:37:01 | 1. |
| 2. | 5001 FIF Hillerød Orientering 1 | | | 2:08:23 | +31:22 |
| | 1 Sandra Simonsen | 37:07 | 2. | 37:07 | 2. |
| | 2 Heidi L. Holmberg | 40:46 | 2. | 1:17:53 | 2. |
| | 3 Tine Alkjær | 50:30 | 2. | 2:08:23 | 2. |

D55

(3,3 + 3,4 + 3,3)

| | | | | | | | |
|----|------|--------------------------|---------|----|---------|---------|----------|
| 1. | 5501 | Allerød OK 1 | | | | 1:42:49 | |
| | | 1 Charlotte Bergmann | 34:33 | 1. | 34:33 | | 1. |
| | | 2 Anne Maarup | 29:44 | 1. | 1:04:17 | | 1. |
| | | 3 Karen Wibe Enevoldsen | 38:32 | 2. | 1:42:49 | | 1. |
| 2. | 5502 | Farum Orienteringsklub 1 | | | | 1:44:40 | +01:51 |
| | | 1 Dorte Torpe Hansen | 34:39 | 2. | 34:39 | | 2. |
| | | 2 Lise Djurhuus Ipsen | 37:12 | 2. | 1:11:51 | | 2. |
| | | 3 Bodil Karlsmose Kliem | 32:49 | 1. | 1:44:40 | | 2. |
| 3. | 5503 | Herlufsholm OK 1 | | | | 2:50:55 | +1:08:06 |
| | | 1 Susanne Tanderup | 1:08:27 | 3. | 1:08:27 | | 3. |
| | | 2 Lykke Berg Mathiesen | 48:09 | 3. | 1:56:36 | | 3. |
| | | 3 Tine Meyhoff Petersen | 54:19 | 4. | 2:50:55 | | 3. |
| - | 5504 | Søllerød OK 1 | | | | Disk. | |
| | | 1 Iben Maag | Disk. | | | | |
| | | 2 Anne Skovbæk | 46:20 | 4. | | | |
| | | 3 Fiona Becker | 42:46 | 3. | | | |

D60

(3,3 + 3,3 + 3,3)

| | | | | | | | |
|----|------|--------------------------|-------|----|---------|---------|--------|
| 1. | 6004 | OK Sorø 1 | | | | 1:47:20 | |
| | | 1 Mette Filskov | 31:23 | 1. | 31:23 | | 1. |
| | | 2 Tine Demandt | 40:04 | 1. | 1:11:27 | | 1. |
| | | 3 Søs Munch Hansen | 35:53 | 5. | 1:47:20 | | 1. |
| 2. | 6005 | Silkeborg OK 1 | | | | 1:54:57 | +07:37 |
| | | 1 Inga Jager | 39:26 | 3. | 39:26 | | 3. |
| | | 2 Tove Jakobsen | 41:30 | 2. | 1:20:56 | | 2. |
| | | 3 Dorte Hansen | 34:01 | 4. | 1:54:57 | | 2. |
| 3. | 6002 | Farum Orienteringsklub 1 | | | | 1:55:29 | +08:09 |
| | | 1 Anette Holm | 34:20 | 2. | 34:20 | | 2. |
| | | 2 Lone Karlsmose Gamble | 48:22 | 5. | 1:22:42 | | 3. |
| | | 3 Lene Skielboe | 32:47 | 2. | 1:55:29 | | 3. |
| 4. | 6001 | Ballerup OK 1 | | | | 2:01:40 | +14:20 |
| | | 1 Charlotte Grauert | 45:22 | 4. | 45:22 | | 4. |
| | | 2 Siri Klausen | 42:52 | 3. | 1:28:14 | | 4. |
| | | 3 Annette Bonde | 33:26 | 3. | 2:01:40 | | 4. |
| 5. | 6003 | Kolding OK 1 | | | | 2:06:08 | +18:48 |
| | | 1 Anne Mette Abplanalp | 50:01 | 5. | 50:01 | | 5. |
| | | 2 Vivi Andreassen | 46:44 | 4. | 1:36:45 | | 5. |
| | | 3 Hanne Birke | 29:23 | 1. | 2:06:08 | | 5. |

D65

(3,2 + 3,2 + 3,2)

| | | | | | |
|----|---------------------------------|---------|----|---------|--------|
| 1. | 6501 Helsingør SOK 1 | | | 2:10:01 | |
| | 1 Birgitte Krüger | 45:06 | 1. | 45:06 | 1. |
| | 2 Mette Seir Hansen | 53:07 | 3. | 1:38:13 | 1. |
| | 3 Lene Jensen | 31:48 | 1. | 2:10:01 | 1. |
| 2. | 6502 OK ØST Birkerød 1 | | | 2:12:14 | +02:13 |
| | 1 Kirsten Nymann Petersen | 47:03 | 2. | 47:03 | 2. |
| | 2 Janet Bentzen | 45:04 | 1. | 1:32:07 | 2. |
| | 3 Ulla Hooge | 40:07 | 2. | 2:12:14 | 2. |
| 3. | 6503 Horsens Orienteringsklub 1 | | | 3:00:17 | +50:16 |
| | 1 Susanne Baun | 51:47 | 3. | 51:47 | 3. |
| | 2 Tove Straarup | 46:13 | 2. | 1:38:00 | 3. |
| | 3 Aase Thyssen | 1:22:17 | 3. | 3:00:17 | 3. |

D70

(2,7 + 2,7)

| | | | | | |
|----|---------------------------------|---------|----|---------|----------|
| 1. | 7003 OK Pan 1 | | | 1:28:26 | |
| | 1 Else Hass | 53:15 | 2. | 53:15 | 2. |
| | 2 Mona Nørgaard | 35:11 | 1. | 1:28:26 | 1. |
| 2. | 7002 Horsens Orienteringsklub 1 | | | 1:33:47 | +05:21 |
| | 1 Elin Holm Jensen | 47:00 | 1. | 47:00 | 1. |
| | 2 Trille Ditlevsen | 46:47 | 2. | 1:33:47 | 2. |
| 3. | 7001 Helsingør SOK 1 | | | 1:49:49 | +21:23 |
| | 1 Kirsten Ellekilde | 1:00:53 | 3. | 1:00:53 | 3. |
| | 2 Inge Olsen | 48:56 | 3. | 1:49:49 | 3. |
| 4. | 7004 OK ØST Birkerød 1 | | | 3:12:58 | +1:44:32 |
| | 1 Kirsten Brunstedt | 1:18:20 | 4. | 1:18:20 | 4. |
| | 2 Ellis Byrgiel Sommer | 1:54:38 | 4. | 3:12:58 | 4. |

H12

(2,6 + 2,9 + 2,6)

| | | | | | | | |
|----|------|------------------------------|-------|----|---------|---------|--------|
| 1. | 1305 | Silkeborg OK 1 | | | | 56:15 | |
| | | 1 Magnus Oscar Søes | 19:03 | 1. | 19:03 | | 1. |
| | | 2 Esben Christensen | 14:45 | 1. | 33:48 | | 1. |
| | | 3 Lucas Stenhøj Baun McGrail | 22:27 | 1. | 56:15 | | 1. |
| 2. | 1304 | OK Snab 1 | | | | 1:08:20 | +12:05 |
| | | 1 Emil Skouenborg | 26:33 | 5. | 26:33 | | 5. |
| | | 2 Arn Franck | 18:07 | 2. | 44:40 | | 2. |
| | | 3 Oskar Gjørup Larsen | 23:40 | 2. | 1:08:20 | | 2. |
| 3. | 1302 | FIF Hillerød Orientering 1 | | | | 1:24:47 | +28:32 |
| | | 1 Leo Hallenberg Hartelius | 22:42 | 3. | 22:42 | | 3. |
| | | 2 Marie K. Brigsted | 25:36 | 4. | 48:18 | | 4. |
| | | 3 Augusta Orry Bachhausen | 36:29 | 3. | 1:24:47 | | 3. |
| 4. | 1303 | OK Pan 1 | | | | 1:30:09 | +33:54 |
| | | 1 Kirk Beuchert Jensen | 22:47 | 4. | 22:47 | | 4. |
| | | 2 Malte Leander Palmfeldt | 29:08 | 5. | 51:55 | | 5. |
| | | 3 Magne Halvor Obel | 38:14 | 4. | 1:30:09 | | 4. |
| 5. | 1301 | Farum Orienteringsklub 1 | | | | 1:43:09 | +46:54 |
| | | 1 Max-Emil Kupriyanov Hviid | 22:31 | 2. | 22:31 | | 2. |
| | | 2 Ilijah Ahmt Telyakevych | 23:12 | 3. | 45:43 | | 3. |
| | | 3 Lauge Vogelius | 57:26 | 5. | 1:43:09 | | 5. |

H16

(5,9 + 3,8 + 5,9)

| | | | | | | | |
|----|------|----------------------------------|-------|----|---------|---------|--------|
| 1. | 1703 | OK Snab 1 | | | | 1:43:19 | |
| | | 1 Rasmus Edwardsen | 35:34 | 1. | 35:34 | | 1. |
| | | 2 Malthe Malik Svinth Kongsgaard | 33:03 | 4. | 1:08:37 | | 2. |
| | | 3 Axel Örnhagen Jørgensen | 34:42 | 2. | 1:43:19 | | 1. |
| 2. | 1704 | Silkeborg OK 1 | | | | 1:43:51 | +00:32 |
| | | 1 Emil Borup Fredberg | 43:18 | 4. | 43:18 | | 4. |
| | | 2 Mattias Klostergaard Rokkjær | 26:25 | 1. | 1:09:43 | | 3. |
| | | 3 Asbjørn Faber Fenger-Grøn | 34:08 | 1. | 1:43:51 | | 2. |
| 3. | 1702 | Fyns stafet 1 | | | | 1:57:11 | +13:52 |
| | | 1 Anders Sigvardt | 43:12 | 3. | 43:12 | | 3. |
| | | 2 Sebastian Gotfred-Iversen | 30:23 | 3. | 1:13:35 | | 4. |
| | | 3 Magnus Mølgaard Nielsen | 43:36 | 3. | 1:57:11 | | 3. |
| - | 1701 | FIF Hillerød Orientering 1 | | | | Disk. | |
| | | 1 Torbjørn Høyer Staugaard | 39:39 | 2. | 39:39 | | 2. |
| | | 2 Magne Funder Skovlyst | 27:44 | 2. | 1:07:23 | | 1. |
| | | 3 Niels Elton Jokumsen | Disk. | | | | |

H20

(7,6 + 7,6 + 7,7)

| | | | | | | | |
|----|------|------------------------------|--------------|----|---------|--------------|--------|
| 1. | 2101 | Allerød OK 1 | | | | 2:08:33 | |
| | | 1 Erik Grønborg Nielsen | 43:15 | 3. | 43:15 | | 3. |
| | | 2 Johannes Marager | 45:26 | 2. | 1:28:41 | | 1. |
| | | 3 Mads Christian Maarup | 39:52 | 1. | 2:08:33 | | 1. |
| 2. | 2104 | OK Pan 1 | | | | 2:10:50 | +02:17 |
| | | 1 Casper Staehelin Blakskjær | 39:29 | 1. | 39:29 | | 1. |
| | | 2 Anders Secher Thomsen | 49:45 | 3. | 1:29:14 | | 2. |
| | | 3 Jonas Damm Als | 41:36 | 2. | 2:10:50 | | 2. |
| 3. | 2106 | Søllerød OK 1 | | | | 2:26:06 | +17:33 |
| | | 1 Vincent Becker | 55:28 | 5. | 55:28 | | 5. |
| | | 2 Sebastian Røysland Maltby | 44:44 | 1. | 1:40:12 | | 4. |
| | | 3 Nathan Philibert | 45:54 | 4. | 2:26:06 | | 3. |
| - | 2102 | Allerød OK 2 | | | | Disk. | |
| | | 1 Tore Emil Maarup | Udg. | | | | |
| | | 2 Hans Grønborg Nielsen | 51:09 | 5. | | | |
| | | 3 | Ikke startet | | | | |
| - | 2103 | FROS/Melfar 1 | | | | Disk. | |
| | | 1 Viktor Bro Fejring | 51:14 | 4. | 51:14 | | 4. |
| | | 2 Magnus Fannar Madsen | Disk. | | | | |
| | | 3 August Gabs | 44:06 | 3. | | | |
| - | 2105 | BeArrows 1 | | | | Ikke startet | |
| | | 1 Jorn Kennis | 43:12 | 2. | 43:12 | | 2. |
| | | 2 Rune De Clercq | 50:24 | 4. | 1:33:36 | | 3. |
| | | 3 Tur 3 | Ikke startet | | | | |

H21

(7,6 + 7,6 + 7,7)

| | | | | | | |
|-----|-----------------------------------|-------|-----|---------|---------|--------|
| 1. | 14 OK Snab 1 | | | | 1:52:06 | |
| | 1 Jeppe Edvardsen | 37:29 | 3. | 37:29 | | 3. |
| | 2 Linus Agervig Kristiansson | 37:40 | 3. | 1:15:09 | | 1. |
| | 3 Magnus Dewett | 36:57 | 3. | 1:52:06 | | 1. |
| 2. | 10 OK Pan 1 | | | | 1:52:54 | +00:48 |
| | 1 Mads Møller Skaug | 37:27 | 2. | 37:27 | | 2. |
| | 2 Søren Schwartz | 38:56 | 5. | 1:16:23 | | 2. |
| | 3 Andreas Bock Bjørnsen | 36:31 | 2. | 1:52:54 | | 2. |
| 3. | 23 Tisvilde Hegn OK 1 | | | | 1:54:19 | +02:13 |
| | 1 George Mavchun | 39:31 | 5. | 39:31 | | 5. |
| | 2 Björn Cederberg | 38:37 | 4. | 1:18:08 | | 4. |
| | 3 Emil Øbro | 36:11 | 1. | 1:54:19 | | 3. |
| 4. | 11 OK Pan 2 | | | | 2:03:38 | +11:32 |
| | 1 Eskil Schøning | 40:45 | 6. | 40:45 | | 6. |
| | 2 Oscar Sig Tranberg | 40:43 | 8. | 1:21:28 | | 8. |
| | 3 Rasmus Djurhuus | 42:10 | 5. | 2:03:38 | | 4. |
| 5. | 12 OK Pan 3 | | | | 2:06:42 | +14:36 |
| | 1 Jeppe Ruud | 37:48 | 4. | 37:48 | | 4. |
| | 2 Tobias Karlsmose Svarer | 41:35 | 10. | 1:19:23 | | 6. |
| | 3 Stefan Frands Petersen | 47:19 | 11. | 2:06:42 | | 5. |
| 6. | 18 Silkeborg OK 1 | | | | 2:07:37 | +15:31 |
| | 1 Elias Hinge Krogsgaard | 41:15 | 7. | 41:15 | | 7. |
| | 2 Laurits Bidstrup Møller | 36:58 | 2. | 1:18:13 | | 5. |
| | 3 Giacomo Schmidt Frattari | 49:24 | 13. | 2:07:37 | | 6. |
| 7. | 7 Kolding OK 1 | | | | 2:08:41 | +16:35 |
| | 1 Gustav Vinther Østermark Jensen | 46:45 | 14. | 46:45 | | 14. |
| | 2 Søren Eg Staugaard | 42:46 | 12. | 1:29:31 | | 13. |
| | 3 Niels Dalgaard | 39:10 | 4. | 2:08:41 | | 7. |
| 8. | 21 Søllerød OK 1 | | | | 2:08:55 | +16:49 |
| | 1 Simon Thrane Hansen | 42:48 | 9. | 42:48 | | 9. |
| | 2 Lukas Becker | 42:21 | 11. | 1:25:09 | | 10. |
| | 3 Magnus Maag | 43:46 | 6. | 2:08:55 | | 8. |
| 9. | 3 FROS/Melfar 1 | | | | 2:10:17 | +18:11 |
| | 1 Jonas Gabs | 42:06 | 8. | 42:06 | | 8. |
| | 2 Henrik Rindom Knudsen | 42:56 | 13. | 1:25:02 | | 9. |
| | 3 Mikkel Sørensen | 45:15 | 8. | 2:10:17 | | 9. |
| 10. | 1 Allerød OK 1 | | | | 2:10:33 | +18:27 |
| | 1 Oscar David Broman Jensen | 37:25 | 1. | 37:25 | | 1. |
| | 2 Theis Munktved | 38:59 | 6. | 1:16:24 | | 3. |
| | 3 Valdemar Marager | 54:09 | 15. | 2:10:33 | | 10. |
| 11. | 24 Tisvilde Hegn OK 2 | | | | 2:11:21 | +19:15 |
| | 1 Tobias Olloz | 44:53 | 11. | 44:53 | | 11. |
| | 2 Lasse Falck Weber | 41:00 | 9. | 1:25:53 | | 11. |
| | 3 Jonas Falck Weber | 45:28 | 9. | 2:11:21 | | 11. |
| 12. | 15 OK Snab 2 | | | | 2:17:13 | +25:07 |
| | 1 Felix Isaksen | 43:13 | 10. | 43:13 | | 10. |
| | 2 Kristian Blok | 43:12 | 14. | 1:26:25 | | 12. |
| | 3 Thomas Blok | 50:48 | 14. | 2:17:13 | | 12. |
| 13. | 16 OK ØST Birkerød 1 | | | | 2:17:56 | +25:50 |
| | 1 Michael Sørensen | 45:33 | 13. | 45:33 | | 13. |

| | | | | | | |
|-----|----|---------------------------------|--------------|-----|--------------|----------|
| | | 2 Søren Thrane Ødum | 34:18 | 1. | 1:19:51 | 7. |
| | | 3 Rune Aagaard Lohfert Boas | 58:05 | 18. | 2:17:56 | 13. |
| 14. | 5 | Horsens Orienteringsklub 1 | | | 2:19:03 | +26:57 |
| | | 1 Mátyás Péntek | 45:32 | 12. | 45:32 | 12. |
| | | 2 Niklas Ingwersen | 49:13 | 16. | 1:34:45 | 14. |
| | | 3 Jacob Klærke Mikkelsen | 44:18 | 7. | 2:19:03 | 14. |
| 15. | 19 | Silkeborg OK 2 | | | 2:27:53 | +35:47 |
| | | 1 Tjalfe Egholm Rude | 54:23 | 18. | 54:23 | 18. |
| | | 2 Andreas Bagger Hagner | 46:43 | 15. | 1:41:06 | 15. |
| | | 3 Bjarke Egholm Rude | 46:47 | 10. | 2:27:53 | 15. |
| 16. | 20 | Silkeborg OK 3 | | | 2:40:36 | +48:30 |
| | | 1 Per Hjerrild | 52:43 | 17. | 52:43 | 17. |
| | | 2 Lars Hjerrild | 53:38 | 18. | 1:46:21 | 16. |
| | | 3 Rasmus Holm Andersen | 54:15 | 16. | 2:40:36 | 16. |
| 17. | 4 | Herning Orienteringsklub 1 | | | 2:44:49 | +52:43 |
| | | 1 Mads Kruse Juhl | 47:11 | 15. | 47:11 | 15. |
| | | 2 Karl Gammelvind | 1:01:48 | 22. | 1:48:59 | 18. |
| | | 3 Alex Heldgaard Kristensen | 55:50 | 17. | 2:44:49 | 17. |
| 18. | 9 | OK GORM 2 | | | 2:53:31 | +1:01:25 |
| | | 1 Rasmus Ravn Pedersen | 47:26 | 16. | 47:26 | 16. |
| | | 2 Hans V. Petersen | 1:00:49 | 21. | 1:48:15 | 17. |
| | | 3 Oscar Terkelsen Garcia | 1:05:16 | 20. | 2:53:31 | 18. |
| 19. | 6 | Horsens Orienteringsklub 2 | | | 2:58:38 | +1:06:32 |
| | | 1 Jonas Ellegård Kokholm | 54:32 | 19. | 54:32 | 19. |
| | | 2 William Laursen | 59:42 | 20. | 1:54:14 | 19. |
| | | 3 Thomas Emil Jensen | 1:04:24 | 19. | 2:58:38 | 19. |
| 20. | 26 | Aarhus 1900 Orientering 2 | | | 3:34:42 | +1:42:36 |
| | | 1 Mads Alexander Krogh Simonsen | 1:05:20 | 20. | 1:05:20 | 20. |
| | | 2 Anton Rasmussen | 52:35 | 17. | 1:57:55 | 20. |
| | | 3 Siff Haagen Salsø | 1:36:47 | 22. | 3:34:42 | 20. |
| 21. | 22 | Søllerød OK 2 | | | 3:06:09 | +1:14:03 |
| | | 1 Jacob Seerup Kirkeby | 44:44 | 23. | 44:44 | 23. |
| | | 2 Mads Lassen | 56:26 | 19. | 1:41:10 | 23. |
| | | 3 Mathilde Smedegaard Madsen | 1:24:59 | 21. | 3:06:09 | 21. |
| 22. | 25 | Aarhus 1900 Orientering 1 | | | 3:40:18 | +1:48:12 |
| | | 1 Simon Gregersen | 54:27 | 25. | 54:27 | 25. |
| | | 2 Jonas Søby Pedersen | 1:08:28 | 23. | 2:02:55 | 24. |
| | | 3 Kristian Skjødt | 1:37:23 | 23. | 3:40:18 | 22. |
| - | 2 | FIF Hillerød Orientering 1 | | | Disk. | |
| | | 1 Malte Kjær Hemmingsen | 37:44 | 22. | 37:44 | 22. |
| | | 2 Emil Folino | 40:26 | 7. | 1:18:10 | 22. |
| | | 3 Jacob Steinthal | Disk. | | | |
| - | 8 | OK GORM 1 | | | Disk. | |
| | | 1 Chris Terkelsen | 45:48 | 24. | 45:48 | 24. |
| | | 2 Toke Seir | Disk. | | | |
| | | 3 Holger V Petersen | 48:39 | 12. | | |
| - | 13 | OK Pan 4 | | | Ikke startet | |
| | | 1 Søren Møller Skaug | Ikke startet | | | |
| | | 2 Johan Halkjær Dupont | Ikke startet | | | |
| | | 3 Asbjørn Kaltoft | Ikke startet | | | |
| - | 17 | OK ØST Birkerød 2 | | | Ikke startet | |
| | | 1 Frederik Erskov Krogh | 1:11:28 | 21. | 1:11:28 | 21. |
| | | 2 Johan Holkmann Jacobsen | 1:13:22 | 24. | 2:24:50 | 21. |
| | | 3 Løber mangler | Ikke startet | | | |

H35

(7,3 + 7,4 + 7,4)

| | | | | | |
|----|-------------------------------|---------|----|---------|----------|
| 1. | 3604 Silkeborg OK 1 | | | 2:24:56 | |
| | 1 Tue Lassen | 40:54 | 1. | 40:54 | 1. |
| | 2 Esben Dalgaard | 49:12 | 1. | 1:30:06 | 1. |
| | 3 Christian Christensen | 54:50 | 2. | 2:24:56 | 1. |
| 2. | 3603 OK Snab 1 | | | 2:38:30 | +13:34 |
| | 1 Bjørn Thune Lindorf Lund | 49:35 | 3. | 49:35 | 3. |
| | 2 Jonas Lindorf | 57:49 | 2. | 1:47:24 | 2. |
| | 3 Thomas Skouenborg | 51:06 | 1. | 2:38:30 | 2. |
| 3. | 3601 Farum Orienteringsklub 1 | | | 2:48:52 | +23:56 |
| | 1 Yevhen Kandybey | 47:07 | 2. | 47:07 | 2. |
| | 2 Mikkel Frese Søderlund | 1:06:35 | 3. | 1:53:42 | 3. |
| | 3 Paul Couldridge | 55:10 | 3. | 2:48:52 | 3. |
| 4. | 3602 Fyns stafet 1 | | | 5:11:36 | +2:46:40 |
| | 1 Kasper Tofte | 1:14:24 | 4. | 1:14:24 | 4. |
| | 2 Kim Gotfred-Iversen | 2:33:08 | 4. | 3:47:32 | 4. |
| | 3 Kristian Traberg Larsen | 1:24:04 | 4. | 5:11:36 | 4. |

H40

(7,3 + 7,4 + 7,4)

| | | | | | |
|----|---------------------------------|---------|----|---------|----------|
| 1. | 4105 Silkeborg OK 1 | | | 2:21:07 | |
| | 1 Rasmus Oscar | 47:10 | 1. | 47:10 | 1. |
| | 2 Erik Skovgaard Knudsen | 48:43 | 1. | 1:35:53 | 1. |
| | 3 Mikkel Lund | 45:14 | 2. | 2:21:07 | 1. |
| 2. | 4101 FIF Hillerød Orientering 1 | | | 2:32:21 | +11:14 |
| | 1 Mads K. Larsen | 53:13 | 3. | 53:13 | 3. |
| | 2 Kristian Deiborg | 55:41 | 2. | 1:48:54 | 2. |
| | 3 Rune Nygaard Monrad | 43:27 | 1. | 2:32:21 | 2. |
| 3. | 4104 OK Pan 1 | | | 2:41:36 | +20:29 |
| | 1 Bjarke Refslund | 51:29 | 2. | 51:29 | 2. |
| | 2 Martin Bruhn Pedersen | 58:55 | 3. | 1:50:24 | 3. |
| | 3 Jonathan Borup Jacobsen | 51:12 | 3. | 2:41:36 | 3. |
| 4. | 4102 Fyns stafet 1 | | | 3:11:30 | +50:23 |
| | 1 Jakob Q Christensen | 1:09:07 | 4. | 1:09:07 | 4. |
| | 2 Morten Mølgaard Nielsen | 1:01:31 | 4. | 2:10:38 | 4. |
| | 3 Gintas Bloze | 1:00:52 | 4. | 3:11:30 | 4. |
| 5. | 4103 Horsens Orienteringsklub 1 | | | 4:01:46 | +1:40:39 |
| | 1 Brian Aagaard Nielsen | 1:19:18 | 5. | 1:19:18 | 5. |
| | 2 Filip Bergmann Verhelst | 1:10:47 | 5. | 2:30:05 | 5. |
| | 3 Martin Lervad Lundø | 1:31:41 | 5. | 4:01:46 | 5. |

H45

(6,7 + 6,8 + 6,8)

| | | | | | | | |
|----|------|----------------------------|---------|----|---------|---------|----------|
| 1. | 4601 | Allerød OK 1 | | | | 2:10:46 | |
| | | 1 Asger Habekost Nielsen | 43:56 | 1. | 43:56 | | 1. |
| | | 2 Torben Nørgaard | 45:25 | 1. | 1:29:21 | | 1. |
| | | 3 Jens Knud Maarup | 41:25 | 1. | 2:10:46 | | 1. |
| 2. | 4604 | Horsens Orienteringsklub 1 | | | | 2:32:03 | +21:17 |
| | | 1 Nicolaj Nielsen | 54:35 | 3. | 54:35 | | 3. |
| | | 2 Martin Hastrup Dyrland | 52:17 | 2. | 1:46:52 | | 2. |
| | | 3 Troels Nielsen | 45:11 | 2. | 2:32:03 | | 2. |
| 3. | 4602 | FIF Hillerød Orientering 1 | | | | 2:42:27 | +31:41 |
| | | 1 Thomas Eriksen | 50:28 | 2. | 50:28 | | 2. |
| | | 2 Ulrik Staugaard | 57:57 | 3. | 1:48:25 | | 3. |
| | | 3 Rune Funder | 54:02 | 4. | 2:42:27 | | 3. |
| 4. | 4605 | OK Pan 1 | | | | 2:53:08 | +42:22 |
| | | 1 Henrik Bomm Hinge | 56:18 | 4. | 56:18 | | 4. |
| | | 2 Anders Gilleladen | 1:03:36 | 5. | 1:59:54 | | 4. |
| | | 3 Gert Johansson | 53:14 | 3. | 2:53:08 | | 4. |
| 5. | 4603 | FROS/Melfar 1 | | | | 3:45:16 | +1:34:30 |
| | | 1 Mikkel Laust Broe | 1:41:42 | 5. | 1:41:42 | | 5. |
| | | 2 Esben Blicher | 1:00:00 | 4. | 2:41:42 | | 5. |
| | | 3 Jesper Madsen | 1:03:34 | 5. | 3:45:16 | | 5. |

H50

(6,5 + 6,6 + 6,5)

| | | | | | | | |
|----|------|----------------------------|---------|----|--------------|--------------|----------|
| 1. | 5109 | Tisvilde Hegn OK 1 | | | | 2:03:03 | |
| | | 1 Preben Jørgensen | 43:33 | 1. | 43:33 | | 1. |
| | | 2 Thomas Greve Jensen | 40:15 | 1. | 1:23:48 | | 1. |
| | | 3 Jesper David Jensen | 39:15 | 2. | 2:03:03 | | 1. |
| 2. | 5106 | Silkeborg OK 1 | | | | 2:13:08 | +10:05 |
| | | 1 Keld Hinge Krogsgaard | 46:52 | 3. | 46:52 | | 3. |
| | | 2 Thomas Fredberg | 49:05 | 2. | 1:35:57 | | 2. |
| | | 3 Morten Fenger-Grøn | 37:11 | 1. | 2:13:08 | | 2. |
| 3. | 5102 | Ballerup OK 1 | | | | 2:41:23 | +38:20 |
| | | 1 Carsten Gemmer Hanghøj | 46:50 | 2. | 46:50 | | 2. |
| | | 2 Morten Ploug | 1:02:20 | 4. | 1:49:10 | | 4. |
| | | 3 Ole Lind | 52:13 | 4. | 2:41:23 | | 3. |
| 4. | 5101 | Allerød OK 1 | | | | 2:54:41 | +51:38 |
| | | 1 Anders Marager | 52:41 | 5. | 52:41 | | 5. |
| | | 2 Michael Ertmann | 1:11:00 | 6. | 2:03:41 | | 5. |
| | | 3 Lars Munktvad | 51:00 | 3. | 2:54:41 | | 4. |
| 5. | 5107 | Silkeborg OK 2 | | | | 3:06:21 | +1:03:18 |
| | | 1 Poul Mouritsen | 50:57 | 4. | 50:57 | | 4. |
| | | 2 Thomas Nielsen | 1:21:41 | 8. | 2:12:38 | | 6. |
| | | 3 Bo Lindholm | 53:43 | 5. | 3:06:21 | | 5. |
| 6. | 5104 | Horsens Orienteringsklub 1 | | | | 3:08:48 | +1:05:45 |
| | | 1 Mads Mikkelsen | 53:02 | 6. | 53:02 | | 6. |
| | | 2 Allan Thesbjerg | 51:12 | 3. | 1:44:14 | | 3. |
| | | 3 Thomas Herbert Kokholm | 1:24:34 | 8. | 3:08:48 | | 6. |
| 7. | 5108 | Søllerød OK 1 | | | | 3:16:07 | +1:13:04 |
| | | 1 Steen Knuhtsen | 1:09:28 | 7. | 1:09:28 | | 7. |
| | | 2 Peter Becker | 1:04:50 | 5. | 2:14:18 | | 7. |
| | | 3 David Palsgaard | 1:01:49 | 6. | 3:16:07 | | 7. |
| 8. | 5103 | FROS/Melfar 1 | | | | 3:23:50 | +1:20:47 |
| | | 1 Carsten Lind | 55:11 | 8. | 55:11 | | 8. |
| | | 2 Bo Mønster Jørgensen | 1:19:34 | 7. | 2:14:45 | | 8. |
| | | 3 Thomas Sørensen | 1:09:05 | 7. | 3:23:50 | | 8. |
| - | 5105 | OK Pan 1 | | | | Ikke startet | |
| | | 1 Kent Kragh | | | Ikke startet | | |
| | | 2 Ebbe Møller Nielsen | | | Ikke startet | | |
| | | 3 Thomas Hjerrild | | | Ikke startet | | |

H55

(6,5 + 6,6 + 6,5)

| | | | | | |
|----|---------------------------------|--------------|----|--------------|--------|
| 1. | 5604 OK ØST Birkerød 1 | | | 2:16:17 | |
| | 1 Jakob Ødum | 43:39 | 1. | 43:39 | 1. |
| | 2 Rasmus Ødum | 48:45 | 2. | 1:32:24 | 1. |
| | 3 Jan Eg Pedersen | 43:53 | 1. | 2:16:17 | 1. |
| 2. | 5606 Tisvilde Hegn OK 1 | | | 2:16:33 | +00:16 |
| | 1 Rolf Valery | 47:24 | 2. | 47:24 | 2. |
| | 2 Tim Falck Weber | 45:16 | 1. | 1:32:40 | 2. |
| | 3 Henrik Markvardsen | 43:53 | 1. | 2:16:33 | 2. |
| 3. | 5601 FIF Hillerød Orientering 1 | | | 2:51:15 | +34:58 |
| | 1 Lars Simonsen | 47:59 | 3. | 47:59 | 3. |
| | 2 Kaj Isaksen | 1:14:23 | 6. | 2:02:22 | 4. |
| | 3 Bo Simonsen | 48:53 | 3. | 2:51:15 | 3. |
| 4. | 5602 Herlufsholm OK 1 | | | 3:15:53 | +59:36 |
| | 1 Arne Kristensen | 57:56 | 5. | 57:56 | 5. |
| | 2 Jesper Børsting | 1:12:13 | 5. | 2:10:09 | 6. |
| | 3 Peter Karberg | 1:05:44 | 4. | 3:15:53 | 4. |
| - | 5603 OK Pan 1 | | | Disk. | |
| | 1 Kim Rokkjær | 52:31 | 4. | 52:31 | 4. |
| | 2 Kell Sønnichsen | 56:46 | 4. | 1:49:17 | 3. |
| | 3 Thomas Hjerrild | Disk. | | | |
| - | 5605 Søllerød OK 1 | | | Ikke startet | |
| | 1 Steen Olsen | 58:19 | 6. | 58:19 | 6. |
| | 2 Michael Graae | 53:55 | 3. | 1:52:14 | 5. |
| | 3 Erik Melbye | Ikke startet | | | |

H60

(5,4 + 5,4 + 5,3)

| | | | | | | | |
|----|------|----------------------------|---------|----|---------|---------|----------|
| 1. | 6102 | Farum Orienteringsklub 1 | | | | 2:07:35 | |
| | | 1 Pablo Jensen | 42:23 | 1. | 42:23 | | 1. |
| | | 2 Helge Lang Pedersen | 45:33 | 3. | 1:27:56 | | 1. |
| | | 3 Jens Jørgen Hansen | 39:39 | 1. | 2:07:35 | | 1. |
| 2. | 6107 | Aalborg Orienteringsklub 1 | | | | 2:10:42 | +03:07 |
| | | 1 Michael Fischer | 44:14 | 3. | 44:14 | | 3. |
| | | 2 Walther Rahbek | 45:51 | 4. | 1:30:05 | | 2. |
| | | 3 Jan Møller | 40:37 | 2. | 2:10:42 | | 2. |
| 3. | 6103 | OK ØST Birkerød 1 | | | | 2:18:53 | +11:18 |
| | | 1 Stephen Hall Reusch | 48:52 | 4. | 48:52 | | 4. |
| | | 2 Morten Ebbensgaard | 41:29 | 2. | 1:30:21 | | 3. |
| | | 3 Bjarne Topp | 48:32 | 4. | 2:18:53 | | 3. |
| 4. | 6106 | Søllerød OK 1 | | | | 2:27:14 | +19:39 |
| | | 1 Svend-Erik Jepsen | 57:04 | 6. | 57:04 | | 6. |
| | | 2 Peter Østergaard | 40:46 | 1. | 1:37:50 | | 4. |
| | | 3 Frede Lillelund | 49:24 | 5. | 2:27:14 | | 4. |
| 5. | 6101 | Ballerup OK 1 | | | | 2:45:56 | +38:21 |
| | | 1 Troels Christensen | 44:08 | 2. | 44:08 | | 2. |
| | | 2 Gregers Jørgensen | 1:04:03 | 5. | 1:48:11 | | 5. |
| | | 3 Lars Hanghøj Petersen | 57:45 | 6. | 2:45:56 | | 5. |
| 6. | 6105 | Silkeborg OK 1 | | | | 2:51:44 | +44:09 |
| | | 1 Jens Børsting | 49:29 | 5. | 49:29 | | 5. |
| | | 2 Anker Møller | 1:14:29 | 7. | 2:03:58 | | 6. |
| | | 3 Erik Bobach | 47:46 | 3. | 2:51:44 | | 6. |
| 7. | 6104 | OK ØST Birkerød 2 | | | | 3:24:47 | +1:17:12 |
| | | 1 Jens Bentsen | 1:04:36 | 7. | 1:04:36 | | 7. |
| | | 2 Birgitte Erskov Halland | 1:04:45 | 6. | 2:09:21 | | 7. |
| | | 3 Jan Jakobsen | 1:15:26 | 7. | 3:24:47 | | 7. |

H65

(5,1 + 5,0 + 4,9)

| | | | | | | | |
|----|------|--------------------------|---------|----|---------|---------|--------|
| 1. | 6602 | Helsingør SOK 1 | | | | 2:26:44 | |
| | | 1 Laus Seir Hansen | 50:49 | 1. | 50:49 | | 1. |
| | | 2 Flemming Wendelboe | 59:53 | 1. | 1:50:42 | | 1. |
| | | 3 Rolf Lund | 36:02 | 1. | 2:26:44 | | 1. |
| 2. | 6601 | Farum Orienteringsklub 1 | | | | 3:26:34 | +59:50 |
| | | 1 Kai Beck-Andersen | 1:10:09 | 2. | 1:10:09 | | 2. |
| | | 2 Ole Gold | 1:18:23 | 2. | 2:28:32 | | 2. |
| | | 3 Jens Korsholm | 58:02 | 2. | 3:26:34 | | 2. |

H70

(3,2 + 3,2 + 3,2)

| | | | | | |
|----|---------------------------------|---------|----|---------|--------|
| 1. | 7105 Viborg OK 1 | | | 1:28:33 | |
| | 1 Arne Møe-Jensen | 31:11 | 2. | 31:11 | 2. |
| | 2 Søren Elkjær | 30:33 | 2. | 1:01:44 | 2. |
| | 3 Keld Gade | 26:49 | 2. | 1:28:33 | 1. |
| 2. | 7104 Tisvilde Hegn OK 1 | | | 1:28:36 | +00:03 |
| | 1 Keld Johnsen | 27:43 | 1. | 27:43 | 1. |
| | 2 Ole Galle | 37:11 | 4. | 1:04:54 | 3. |
| | 3 Leif E. Larsen | 23:42 | 1. | 1:28:36 | 2. |
| 3. | 7103 Silkeborg OK 1 | | | 1:38:22 | +09:49 |
| | 1 Jørgen Münster-Swendsen | 31:14 | 3. | 31:14 | 3. |
| | 2 Erik Nysom | 30:29 | 1. | 1:01:43 | 1. |
| | 3 Knud Fjordvald | 36:39 | 4. | 1:38:22 | 3. |
| 4. | 7101 FROS/Melfar 1 | | | 1:47:35 | +19:02 |
| | 1 Sven Madsen | 32:45 | 5. | 32:45 | 5. |
| | 2 Niels Møller Petersen | 40:38 | 5. | 1:13:23 | 5. |
| | 3 Gert Pedersen | 34:12 | 3. | 1:47:35 | 4. |
| 5. | 7102 Horsens Orienteringsklub 1 | | | 2:14:28 | +45:55 |
| | 1 Eigil Nielsen | 32:43 | 4. | 32:43 | 4. |
| | 2 Peer Straarup | 35:30 | 3. | 1:08:13 | 4. |
| | 3 Jørgen Thyssen | 1:06:15 | 5. | 2:14:28 | 5. |

H75

(3,2 + 3,2)

| | | | | | |
|----|-----------------------------------|----------|----|----------|--------|
| 1. | 7602 Fyns Politi Idrætsforening 1 | | | 1:15:08 | |
| | 1 Erik Damgaard | 35:07 | 2. | 35:07 | 2. |
| | 2 Hans Aage Hvalsøe Hansen | 40:01 | 3. | 1:15:08 | 1. |
| 2. | 7605 OK GORM 1 | | | 1:15:40 | +00:32 |
| | 1 Hans Christian Strib | 34:58 | 1. | 34:58 | 1. |
| | 2 Karl Kristian Terkelsen | 40:42 | 4. | 1:15:40 | 2. |
| 3. | 7607 OK Roskilde 1 | | | 1:22:30 | +07:22 |
| | 1 Ole Svendsen | 44:58 | 5. | 44:58 | 5. |
| | 2 Inge Jørgensen | 37:32 | 2. | 1:22:30 | 3. |
| 4. | 7601 FIF Hillerød Orientering 2 | | | 1:27:19 | +12:11 |
| | 1 Thorkild Sørensen | 40:02 | 3. | 40:02 | 3. |
| | 2 Jørgen Chr. Nielsen | 47:17 | 5. | 1:27:19 | 4. |
| 5. | 7604 Horsens Orienteringsklub 1 | | | 1:34:05 | +18:57 |
| | 1 Troels Jensen | 44:14 | 4. | 44:14 | 4. |
| | 2 Tage Baun | 49:51 | 6. | 1:34:05 | 5. |
| 6. | 7603 Fyns stafet 2 | | | 1:43:07 | +27:59 |
| | 1 Ove Splittorff | 47:56 | 6. | 47:56 | 6. |
| | 2 Randi Splittorff | 55:11 | 7. | 1:43:07 | 6. |
| 7. | 7608 Aalborg Orienteringsklub 1 | | | 1:53:34 | +38:26 |
| | 1 Kai Ø. Laursen | 12:56:30 | 7. | 12:56:30 | 7. |
| | 2 Edith Sørensen | 12:57:04 | 8. | 1:53:34 | 7. |
| - | 7606 OK Pan 1 | | | Disk. | |
| | 1 Knud Sørensen | Udg. | | | |
| | 2 Flemming Nørgaard | 35:09 | 1. | | |

H80

(2,8 + 2,8)

| | | | | | | |
|----|------|----------------------------|---------|----|---------|--------|
| 1. | 8105 | Helsingør SOK 1 | | | 1:39:19 | |
| | | 1 Marie Krogsgaard | 59:28 | 4. | 59:28 | 4. |
| | | 2 Jørgen Jensen | 39:51 | 1. | 1:39:19 | 1. |
| 2. | 8106 | Søllerød OK 1 | | | 1:42:16 | +02:57 |
| | | 1 Kaj Rostvad | 42:26 | 1. | 42:26 | 1. |
| | | 2 Jørn Wigh | 59:50 | 4. | 1:42:16 | 2. |
| 3. | 8103 | Fyns stafet 1 | | | 1:46:40 | +07:21 |
| | | 1 Olav Odgaard | 54:16 | 2. | 54:16 | 2. |
| | | 2 Holger Mikkelsen | 52:24 | 3. | 1:46:40 | 3. |
| 4. | 8104 | Fyns stafet 2 | | | 1:51:02 | +11:43 |
| | | 1 Aksel Skovlyst | 1:04:28 | 5. | 1:04:28 | 5. |
| | | 2 Hans Larsen | 46:34 | 2. | 1:51:02 | 4. |
| 5. | 8102 | FIF Hillerød Orientering 1 | | | 2:04:18 | +24:59 |
| | | 1 Henning Løwenstein | 55:11 | 3. | 55:11 | 3. |
| | | 2 Jens Høyer Olsen | 1:09:07 | 5. | 2:04:18 | 5. |
| 6. | 8101 | Farum Orienteringsklub 1 | | | 2:27:07 | +47:48 |
| | | 1 Bendt Frandsen | 1:17:50 | 6. | 1:17:50 | 6. |
| | | 2 Holger Karlsmose | 1:09:17 | 6. | 2:27:07 | 6. |

D/H-43

(3,6 + 2,6 + 3,6)

| | | | | | | | |
|-----|------|------------------------------------|---------|-----|---------|---------|----------|
| 1. | 1006 | Horsens Orienteringsklub 1 | | | | 1:07:24 | |
| | | 1 Eskild Stig Nielsen | 26:16 | 2. | 26:16 | | 2. |
| | | 2 Krista Lervad Lundø | 15:39 | 1. | 41:55 | | 1. |
| | | 3 Lukas Bergmann Verhelst | 25:29 | 3. | 1:07:24 | | 1. |
| 2. | 1015 | Søllerød OK 1 | | | | 1:28:22 | +20:58 |
| | | 1 Oscar Bæk Christiansen | 21:51 | 1. | 21:51 | | 1. |
| | | 2 Norah Leivsgard Christensen | 21:50 | 7. | 43:41 | | 2. |
| | | 3 Samuel Næstoft Tabanera | 44:41 | 10. | 1:28:22 | | 2. |
| 3. | 1001 | Farum Orienteringsklub 1 | | | | 1:28:30 | +21:06 |
| | | 1 Denys Kandybei | 34:24 | 5. | 34:24 | | 5. |
| | | 2 Nalini Kapanadze | 30:11 | 11. | 1:04:35 | | 8. |
| | | 3 Anton Kupriyanov Hviid | 23:55 | 1. | 1:28:30 | | 3. |
| 4. | 1010 | OK Pan 1 | | | | 1:31:00 | +23:36 |
| | | 1 Kille Beuchert Jensen | 34:56 | 6. | 34:56 | | 6. |
| | | 2 Thor Skammelsen Gilleladen | 25:00 | 9. | 59:56 | | 7. |
| | | 3 Vilhelm Rokkjær Andreasen | 31:04 | 5. | 1:31:00 | | 4. |
| 5. | 1012 | OK Vendelboerne 1 | | | | 1:32:16 | +24:52 |
| | | 1 Noah Aarnio | 38:07 | 8. | 38:07 | | 8. |
| | | 2 Philip Aarnio | 16:13 | 2. | 54:20 | | 4. |
| | | 3 Mathias Reiche Sørensen | 37:56 | 8. | 1:32:16 | | 5. |
| 6. | 1004 | FROS/Melfar 1 | | | | 1:34:26 | +27:02 |
| | | 1 Emil Lindahl | 44:07 | 12. | 44:07 | | 12. |
| | | 2 Storm Schmidt Tofterup | 26:13 | 10. | 1:10:20 | | 9. |
| | | 3 Magnus Lindahl | 24:06 | 2. | 1:34:26 | | 6. |
| 7. | 1013 | OK ØST Birkerød 1 | | | | 1:37:59 | +30:35 |
| | | 1 Alexander Johannes Mosbech Smith | 33:53 | 4. | 33:53 | | 4. |
| | | 2 Lasse Brunstedt Jacobsen | 20:58 | 6. | 54:51 | | 5. |
| | | 3 Samuel Yderstræde Hildebrandt | 43:08 | 9. | 1:37:59 | | 7. |
| 8. | 1011 | OK Sorø 1 | | | | 1:49:13 | +41:49 |
| | | 1 Camille Friis Scheby | 40:30 | 9. | 40:30 | | 9. |
| | | 2 Viktoria Sharpe á Argjahøvda | 36:26 | 14. | 1:16:56 | | 12. |
| | | 3 Clara Friis Scheby | 32:17 | 6. | 1:49:13 | | 8. |
| 9. | 1008 | Kolding OK 1 | | | | 1:49:30 | +42:06 |
| | | 1 Rasmus Dalgaard | 44:06 | 11. | 44:06 | | 11. |
| | | 2 Sally Winther Nielsen | 37:45 | 15. | 1:21:51 | | 14. |
| | | 3 Johan Dalgaard | 27:39 | 4. | 1:49:30 | | 9. |
| 10. | 1002 | FIF Hillerød Orientering 1 | | | | 1:54:34 | +47:10 |
| | | 1 Noah Hallenberg Hartelius | 58:01 | 14. | 58:01 | | 14. |
| | | 2 Kaya Funder Skovlyst | 19:31 | 3. | 1:17:32 | | 13. |
| | | 3 Lærke Konring Larsen | 37:02 | 7. | 1:54:34 | | 10. |
| 11. | 1003 | FIF Hillerød Orientering 2 | | | | 2:12:09 | +1:04:45 |
| | | 1 Emma Nygaard Monrad | 59:31 | 15. | 59:31 | | 15. |
| | | 2 Dagmar Marage | 23:29 | 8. | 1:23:00 | | 15. |
| | | 3 Anna K. Brigsted | 49:09 | 11. | 2:12:09 | | 11. |
| 12. | 1014 | Silkeborg OK 1 | | | | 2:41:36 | +1:34:12 |
| | | 1 Birk Bonde Langelund | 43:01 | 10. | 43:01 | | 10. |
| | | 2 Ellen Andersen | 33:25 | 13. | 1:16:26 | | 10. |
| | | 3 William Stenhøj Baun McGrail | 1:25:10 | 12. | 2:41:36 | | 12. |
| - | 1005 | Fyns stafet 1 | | | | Disk. | |
| | | 1 Benjamin Krabek | 35:17 | 7. | 35:17 | | 7. |

| | | | | | |
|--------|----------------------------|--------------|-----|--------------|-----|
| 2 | Isabella Gotfred-Iversen | 20:49 | 5. | 56:06 | 6. |
| 3 | Vera Elberg Godskesen | Disk. | | | |
| - 1009 | OK H.T.F. 1 | | | Disk. | |
| 1 | Sebastian Muff Kristensen | 33:44 | 3. | 33:44 | 3. |
| 2 | Kristoffer Muff Kristensen | 19:43 | 4. | 53:27 | 3. |
| 3 | Noah Klogborg | Disk. | | | |
| - 1007 | Horsens Orienteringsklub 2 | | | Ikke startet | |
| 1 | Kristine Skouboe | 44:56 | 13. | 44:56 | 13. |
| 2 | Robert Lervad Lundø | 31:51 | 12. | 1:16:47 | 11. |
| 3 | Jonas Klærke Mikkelsen | Ikke startet | | | |

D/H185

(3,2 + 3,2 + 3,2)

| | | | | | |
|-----|----------------------------------|---------|-----|---------|--------|
| 1. | 8004 FSK Orientering 1 | | | 1:26:44 | |
| | 1 Claus Wigen | 27:49 | 6. | 27:49 | 6. |
| | 2 Kurt Thuesen | 34:48 | 3. | 1:02:37 | 3. |
| | 3 Hanne Fogh | 24:07 | 2. | 1:26:44 | 1. |
| 2. | 8006 OK GORM 1 | | | 1:27:19 | +00:35 |
| | 1 Ole Binder | 27:24 | 3. | 27:24 | 3. |
| | 2 Poul Erik Buch | 32:47 | 2. | 1:00:11 | 2. |
| | 3 Pernille Buch | 27:08 | 3. | 1:27:19 | 2. |
| 3. | 8005 Kolding OK 1 | | | 1:29:55 | +03:11 |
| | 1 Marianne Lynge Krogh | 27:32 | 5. | 27:32 | 5. |
| | 2 Jack Skrydstrup | 41:09 | 8. | 1:08:41 | 7. |
| | 3 Anders Dalgaard | 21:14 | 1. | 1:29:55 | 3. |
| 4. | 8007 OK H.T.F. 1 | | | 1:33:14 | +06:30 |
| | 1 Mona L. Rasmussen | 29:08 | 7. | 29:08 | 7. |
| | 2 Søren Dall | 34:58 | 4. | 1:04:06 | 4. |
| | 3 Lars Klogborg | 29:08 | 4. | 1:33:14 | 4. |
| 5. | 8001 Allerød OK 1 | | | 1:37:50 | +11:06 |
| | 1 Troels Bent Hansen | 27:06 | 2. | 27:06 | 2. |
| | 2 Birgitte Birck | 31:13 | 1. | 58:19 | 1. |
| | 3 Erik Sørensen | 39:31 | 9. | 1:37:50 | 5. |
| 6. | 8011 Vestjysk Orienteringsklub 1 | | | 1:38:39 | +11:55 |
| | 1 Varny Vestergaard | 27:29 | 4. | 27:29 | 4. |
| | 2 Ann-Vibeke Mose | 40:26 | 7. | 1:07:55 | 6. |
| | 3 Mogens Vennevold | 30:44 | 5. | 1:38:39 | 6. |
| 7. | 8003 FIF Hillerød Orientering 2 | | | 1:49:11 | +22:27 |
| | 1 Jens Viktor Nørgaard | 26:22 | 1. | 26:22 | 1. |
| | 2 Bente Kjær Hemmingsen | 38:25 | 6. | 1:04:47 | 5. |
| | 3 Jens Høgsfeldt | 44:24 | 12. | 1:49:11 | 7. |
| 8. | 8008 OK H.T.F. 2 | | | 1:51:15 | +24:31 |
| | 1 Mandus Andresen | 39:40 | 10. | 39:40 | 10. |
| | 2 Guri Alm | 37:10 | 5. | 1:16:50 | 8. |
| | 3 Peter H Juhl | 34:25 | 6. | 1:51:15 | 8. |
| 9. | 8002 FIF Hillerød Orientering 1 | | | 2:05:42 | +38:58 |
| | 1 Peter Dyrsting | 32:11 | 8. | 32:11 | 8. |
| | 2 Eva Konring Olesen | 51:27 | 9. | 1:23:38 | 9. |
| | 3 Emil Olesen | 42:04 | 11. | 2:05:42 | 9. |
| 10. | 8010 Søllerød OK 1 | | | 2:09:20 | +42:36 |
| | 1 Gunner Sie | 32:18 | 9. | 32:18 | 9. |
| | 2 Kirsten Olsen | 57:55 | 11. | 1:30:13 | 10. |
| | 3 Bo Konring | 39:07 | 8. | 2:09:20 | 10. |
| 11. | 8012 Fyns stafet 1 | | | 2:21:24 | +54:40 |
| | 1 Allan Vilhelm Grundsøe | 40:47 | 11. | 40:47 | 11. |
| | 2 Gitte Spangsberg | 1:04:32 | 12. | 1:45:19 | 12. |
| | 3 Erik Ljungdahl | 36:05 | 7. | 2:21:24 | 11. |
| 12. | 8009 OK Roskilde 1 | | | 2:22:58 | +56:14 |
| | 1 John Tripax | 45:38 | 12. | 45:38 | 12. |
| | 2 Jette Kreiberg | 57:05 | 10. | 1:42:43 | 11. |
| | 3 Jesper Allan Jensen | 40:15 | 10. | 2:22:58 | 12. |

D/H210

(2,9 + 2,9 + 2,9)

| | | | | | | | |
|----|------|----------------------------|--------------|----|--|--------------|--------|
| 1. | 9008 | Silkeborg OK 1 | | | | 1:49:43 | |
| | | 1 Ingrid Johannsen | 32:25 | 2. | | 32:25 | 2. |
| | | 2 Poul Nøhr | 37:08 | 2. | | 1:09:33 | 1. |
| | | 3 Flemming Johannsen | 40:10 | 4. | | 1:49:43 | 1. |
| 2. | 9005 | OK Roskilde 1 | | | | 1:51:15 | +01:32 |
| | | 1 Janne Brunstedt | 27:16 | 1. | | 27:16 | 1. |
| | | 2 Ane Veierskov | 51:36 | 5. | | 1:18:52 | 2. |
| | | 3 Finn Petersen | 32:23 | 2. | | 1:51:15 | 2. |
| 3. | 9003 | Køge OK 1 | | | | 2:08:02 | +18:19 |
| | | 1 Karsten Richardt | 40:12 | 4. | | 40:12 | 4. |
| | | 2 Gerda Marie Christiansen | 1:00:02 | 7. | | 1:40:14 | 4. |
| | | 3 Gunnar Grue-Sørensen | 27:48 | 1. | | 2:08:02 | 3. |
| 4. | 9006 | OK Syd 1 | | | | 2:09:35 | +19:52 |
| | | 1 Hanne Ljungberg | 38:25 | 3. | | 38:25 | 3. |
| | | 2 Birger Jønsson | 56:16 | 6. | | 1:34:41 | 3. |
| | | 3 Jørn H. Klausen | 34:54 | 3. | | 2:09:35 | 4. |
| 5. | 9002 | Herlufsholm OK 1 | | | | 2:24:41 | +34:58 |
| | | 1 Stig Andersen | 1:07:03 | 6. | | 1:07:03 | 6. |
| | | 2 Merete Ravnshøj Andersen | 35:38 | 1. | | 1:42:41 | 5. |
| | | 3 Helmuth Hansen | 42:00 | 5. | | 2:24:41 | 5. |
| 6. | 9004 | OK H.T.F. 1 | | | | 2:37:06 | +47:23 |
| | | 1 Per F. Henriksen | 1:09:31 | 7. | | 1:09:31 | 7. |
| | | 2 Inger Marie Haahr | 37:23 | 3. | | 1:46:54 | 6. |
| | | 3 Peter Sølling | 50:12 | 6. | | 2:37:06 | 6. |
| 7. | 9001 | FIF Hillerød Orientering 1 | | | | 2:48:10 | +58:27 |
| | | 1 Karsten Funder | 1:04:22 | 5. | | 1:04:22 | 5. |
| | | 2 Leif Sig | 43:51 | 4. | | 1:48:13 | 7. |
| | | 3 Betty Folino | 59:57 | 7. | | 2:48:10 | 7. |
| - | 9007 | Randers/Djurs OK 1 | | | | Ikke startet | |
| | | 1 Ann Dorrit Hansen | Ikke startet | | | | |
| | | 2 Carl Malling | Ikke startet | | | | |
| | | 3 Max Hansen | Ikke startet | | | | |

Åben

(4,5 + 3,6 + 3,4)

| | | | | | | | |
|----|------|-----------------------------|---------|----|--|---------|--------|
| 1. | 9991 | Ballerup OK 1 | | | | 2:03:18 | |
| | | 1 Claus Cederberg | 37:56 | 2. | | 37:56 | 2. |
| | | 2 Rune Cederberg | 32:54 | 1. | | 1:10:50 | 1. |
| | | 3 Jan Kristoffersen | 52:28 | 4. | | 2:03:18 | 1. |
| 2. | 9993 | OK Sorø 1 | | | | 2:11:25 | +08:07 |
| | | 1 Kristian Kærsgaard Hansen | 44:36 | 4. | | 44:36 | 4. |
| | | 2 Liam Sharpe á Argjahøvda | 43:18 | 2. | | 1:27:54 | 3. |
| | | 3 Mikael Scheby | 43:31 | 2. | | 2:11:25 | 2. |
| 3. | 9992 | FIF Hillerød Orientering 1 | | | | 2:13:58 | +10:40 |
| | | 1 Jonas Isaksen | 36:13 | 1. | | 36:13 | 1. |
| | | 2 Mette Kirkeby | 48:49 | 3. | | 1:25:02 | 2. |
| | | 3 Alde Skovlyst | 48:56 | 3. | | 2:13:58 | 3. |
| 4. | 9994 | OK Vendelboerne 1 | | | | 2:37:01 | +33:43 |
| | | 1 Allan Reiche | 41:28 | 3. | | 41:28 | 3. |
| | | 2 Rikke Petersen | 1:17:12 | 4. | | 1:58:40 | 4. |
| | | 3 Sami Aarnio | 38:21 | 1. | | 2:37:01 | 4. |