

Startliste – Divisionsmatch ØST 1-3 op/ned

2021-09-29

Beg		3150 meter	Start
–	Anne Hultengren	Ballerup OK	308068
–	Annette A. Hansen	Tisvilde Hegn OK	407129
–	Dorte Aagaard	Tisvilde Hegn OK	2136647
–	Gry Günther Madsen	Holbæk OK	1393196
–	Johan Holkmann Jacobsen	OK ØST Birkerød	212214
–	Karoline Ellebæk Donovan	Holbæk OK	2127781
–	Lilje Frederiksen	Holbæk OK	2127794
–	Martin Madsen	Holbæk OK	8656788
–	Nina Valery	Tisvilde Hegn OK	2136658
–	Noah Andreas Holdensgaard Jørgensen	OK Sorø	2117589
–	Vitus Bo Søndergaard	Farum OK	1411140
D-Let		3925 meter	Start
10:00	Anne Grete Swainson	Tisvilde Hegn OK	2137254
10:02	Katja Reibert Hansen	Allerød OK	8662159
10:04	Annette Petersen	Ballerup OK	2083205
10:06	Ulla Place Petersen	Allerød OK	620803
10:08	Hanne Svensson	Tisvilde Hegn OK	2136652
10:10	Birgitte Agnes Tågholt	Ballerup OK	2134119
10:12	Jette Lønstrup Ammitzbøll	Farum OK	1411132
10:14	Lisa Kjer Andersen	Tisvilde Hegn OK	2137253
10:16	Inge K. Kristoffersen	Ballerup OK	440894
10:18	Cecilie Vitoft	Farum OK	1411138
12:02	Anni Lauritzen	Holbæk OK	778809
12:04	Alice Ørum Bertelsen	OK Roskilde	343399
12:06	Freja Frost	Holbæk OK	435348
12:08	Kirsten Brunstedt	OK ØST Birkerød	8130748
12:10	Ruth Marie Mosbæk	Holbæk OK	8641003
D10		3150 meter	Start
–	Agnes Dyrland Pedersen	OK Roskilde	1110910
–	Andrea Hershøj-Hjorth	Ballerup OK	302136
–	Annika Kalle Pedersen	Holbæk OK	1393182
–	Bjørk Ellebæk Donovan	Holbæk OK	239906
–	Dagmar Marager	Allerød OK	8033360
–	Ellen Dyrland Pedersen	OK Roskilde	1202009
–	Gabi Günther Madsen	Holbæk OK	1393189
–	Ingrid Baun Gautier	OK Sorø	415566
–	Kaya Justesen	Holbæk OK	1393183
–	Linea Vedel Lange	Farum OK	202012
D12		3925 meter	Start
10:44	Amalie Broman	Allerød OK	8009109
10:46	Anine Vogelius	Farum OK	1411141
12:12	Franka Søndergaard Pohl	OK Roskilde	2801467
12:14	Eva Kirkeskov Grue	OK ØST Birkerød	2119057

D12B		3150 meter	Start
–	Amanda Hershøj-Hjorth	Ballerup OK	302137
–	Helene Christiansen	OK Roskilde	355560
–	Kirstine Christiansen	OK Roskilde	355561
–	Liv Dahlia Kantsø Frost	Holbæk OK	1393184
–	Lærke Bellis Kantsø Frost	Holbæk OK	239901
–	Ronja Ellebæk Donovan	Holbæk OK	1393186
D14		3925 meter	Start
12:03	Iris Møller	OK Sorø	2061213
12:05	Astrid Rosa Husted Sigvardsen	Holbæk OK	202017
12:07	Eva Høhne	OK Sorø	2049209
D14B		3925 meter	Start
10:48	Freja Brunn Fugmann	Ballerup OK	2119068
10:50	Anna Habekost Nielsen	Allerød OK	504433
12:20	Andrea Søvang Ree	Holbæk OK	1393191
D16		5050 meter	Start
10:52	Lucia Holck	Tisvilde Hegn OK	1452113
10:54	Cecilie Broman	Allerød OK	8664238
10:56	Augusta Thorsen	Farum OK	8662161
10:58	Frida Kärner Grooss	Allerød OK	8668785
12:24	Miri Brunstedt Nørgaard	OK ØST Birkerød	8030406
12:26	Clara Friis Scheby	OK Sorø	8515237
D18		6350 meter	Start
10:48	Hedda Kärner Grooss	Allerød OK	8640524
D20B		3925 meter	Start
10:45	Gry Løndorf Larsen	Allerød OK	2000329
10:49	Cecilie Ertmann	Allerød OK	2049948
D21		6350 meter	Start
10:28	Sandra Damgaard Bodilsen	Farum OK	1401494
10:30	Angélique Grønborg Rasmussen	Allerød OK	8005182
10:32	Vera Mullerova	Farum OK	8016642
10:34	Dorthe Munktvad	Allerød OK	8033373
10:36	Randi Nielsen	Ballerup OK	7139115
10:38	Amalie Wraa	Tisvilde Hegn OK	1402964
10:40	Masha Semak	Farum OK	1410792
10:42	Elin Carlsson	Tisvilde Hegn OK	8260896
10:44	Freja Karlsmose Kliem	Farum OK	331255
10:46	Amalie Ertmann	Allerød OK	8645157
12:00	Mathilde Hougaard Boesen	OK Roskilde	421554
12:02	Lærke Vejsnæs	OK Sorø	8635835
12:04	Anette Kalle Larsen	Holbæk OK	1393187
12:06	Henriette Baun Gautier	OK Sorø	8210885
12:08	Tanja Fjelbro Klavsén	Holbæk OK	1393192
12:10	Tonje Pihl	OK Roskilde	1422372
12:12	Tine Demandt	OK Sorø	7160259
12:14	Laura Espenhain	Holbæk OK	2127783
12:16	Miri Thrane Ødum	OK ØST Birkerød	8667856
12:18	Alma Okkels Jensen	OK Sorø	2085945

12:20	Astrid Riis	Holbæk OK	8003750
12:22	Pernille Sommer	OK ØST Birkerød	8645165
D21B		3925 meter	Start
10:01	Lene Øbro	Tisvilde Hegn OK	2058312
10:03	Bjørn Karlsmose Kliem	Farum OK	426051
10:05	Maj Weise Christiansen	Ballerup OK	212248
10:07	Ida Vedel Lange	Farum OK	202015
10:09	Anja Niehues Birch	Allerød OK	1428672
10:11	Lea Reime	Farum OK	741213
10:13	Trine Hershøj	Ballerup OK	681773
10:15	Kirsten Lange	Allerød OK	1402990
10:17	Eva Sebok	Farum OK	45982
10:19	Mette Vejen Eriksen	Tisvilde Hegn OK	8667861
10:21	Susanne Vedel Hjuler	Farum OK	202014
10:23	Majken Maarup	Allerød OK	213967
11:31	Annamaria Carlsen	OK Roskilde	8090874
11:33	Pernille Lundegaard Straarup	Holbæk OK	1393200
11:35	Ellen Fosberg	OK Sorø	922016
11:37	Lene Justesen	Holbæk OK	1393193
11:39	Leni Møllsøe	OK Roskilde	202034
11:41	Charlotte Günther Madsen	Holbæk OK	8656835
11:43	Hanne Pedersen	OK Roskilde	202064
11:45	Pernille Buchwald	Holbæk OK	1393185
11:47	Susanne Vestergaard	OK ØST Birkerød	341046
D40		5950 meter	Start
10:38	Anette Holm	Farum OK	8657114
10:40	Ellen Kühn Jensen	Ballerup OK	202087
10:42	Henriette Broman	Allerød OK	8640537
10:44	Tenna Nørgaard Landsperg	Tisvilde Hegn OK	9200542
10:46	Karin Lomholt Finnemann	Farum OK	1421726
10:48	Merete Nørgaard	Allerød OK	552000
10:50	Erin Nielsen	Tisvilde Hegn OK	1013322
10:52	Kersti Kärner	Allerød OK	2065751
10:54	Irina Kupriyanova	Farum OK	202011
10:56	Diana Cederberg	Ballerup OK	750619
12:06	Pernille Brunstedt Jacobsen	OK ØST Birkerød	504400
12:08	Maja Maria Zwolinska	OK Sorø	2049208
12:10	Jytte Jørgensen	Holbæk OK	8657119
12:12	Rikke Kofoed	OK ØST Birkerød	887790
12:14	Christine Svendsen	OK Roskilde	2135531
12:16	Nina Hoffmann	OK Sorø	8250573
12:18	Katja Brunstedt	OK ØST Birkerød	8290174
12:20	Ditte Marie Olesen	Holbæk OK	8658644
12:22	Anja Rasmussen	OK Sorø	1110916
12:24	Anette Lindegaard Christensen	Holbæk OK	8519488
D45B		3925 meter	Start
10:25	Marie Kopp	Tisvilde Hegn OK	441865
10:27	Marlene Marager	Allerød OK	2086053
10:29	Susanne Christiansen	Farum OK	1401489
10:31	Gitte Grauert	Ballerup OK	1408226
10:33	Tina Hansen	Tisvilde Hegn OK	2137260

10:35	Helle Thyme	Allerød OK	620412
10:37	Johanne Lind	Ballerup OK	8631599
10:39	Maria Weber	Tisvilde Hegn OK	2136655
10:41	Mette Hørlyk Friis	Farum OK	1421712
10:43	Rikke Ertmann	Allerød OK	2049939
10:45	Tina Ottesen	Ballerup OK	344160
11:49	Lis Lyngby Petersen	Holbæk OK	1393181
11:51	Kirsten Lindemann	OK Roskilde	440195
11:53	Marianne Petersen	OK ØST Birkerød	341257
11:55	Birthe Nielsen	OK Roskilde	440742
11:57	Karin Ingleby	Holbæk OK	8217699
11:59	Anja Andersson	OK Roskilde	1221171
12:01	Malene Lysgaard-Hansen	Holbæk OK	8002541

D50

10:30	Maiken Andersen	Ballerup OK	8009114
10:32	Charlotte Højsgaard Thune	Farum OK	308066
10:34	Jytte Olander Rasmussen	Allerød OK	1406281
10:36	Bodil Karlsmose Kliem	Farum OK	348377
10:38	Annette Bonde	Ballerup OK	8667751
10:40	Naja Dan Møller	Allerød OK	682127
10:42	Lise Djurhuus Ipsen	Farum OK	8130868
10:44	Karen Wibe Enevoldsen	Allerød OK	8626187
10:46	Lena Wraa	Tisvilde Hegn OK	8143245
10:48	Charlotte Bergmann	Allerød OK	667777
10:50	Marianne Kirkegaard	Tisvilde Hegn OK	899045
12:04	Anne Bloch Frandsen	OK Sorø	9180268
12:06	Runa Ulsøe	OK Roskilde	421564
12:08	Jannie Nielsen	Holbæk OK	1402050
12:10	Merete Kleist	OK Sorø	2119728
12:12	Hanne Møller Jensen	OK Roskilde	445401
12:14	Nina Okkels	OK Sorø	1410795
12:16	Anne Willerup	Holbæk OK	1410776
12:18	Sanne Ifversen Hansen	OK Sorø	8001713
12:20	Lise Nørgaard	OK Roskilde	1210469
12:22	Sanne Lund Kolenda	Holbæk OK	1402968

5050 meter**Start****D60**

10:21	Bodil M. Mortensen	Ballerup OK	432496
10:23	Kit Lang Jørgensen	Farum OK	202013
10:25	Charlotte Grauert	Ballerup OK	8009115
10:27	Annlou Husen	Farum OK	216713
10:29	Hanne Frost	Ballerup OK	1428720
10:31	Bente Madsen	Tisvilde Hegn OK	8250259
11:53	Else Neergaard	OK Sorø	226397
11:55	Jytte Hougaard	OK Roskilde	421553
11:57	Annemette El-Azem	Holbæk OK	888491
11:59	Søs Munch Hansen	OK Sorø	2083201
12:01	Inger Jessen	OK Roskilde	302023
12:03	Marianne Dahl	OK Sorø	430048
12:05	Jette Kreiberg	OK Roskilde	8130457
12:07	Mette Filskov	OK Sorø	8658641
12:09	Lisa Tantholdt	OK ØST Birkerød	1402987
12:11	Annette Petersen	OK Roskilde	8130654

3950 meter**Start**

D70

10:15	Inger Kirkegaard
10:17	Kirsten Truelsen
10:19	Inger Landsperg
10:21	Aase Neregaard
11:31	Ellis Byrgiel Sommer
11:35	Inge Josiasen
11:37	Inge Jørgensen
11:39	Janet Bentzen
11:43	Kirsten Nymann Petersen

3025 meter

Tisvilde Hegn OK	8201928
Ballerup OK	1009727
Tisvilde Hegn OK	8023807
Tisvilde Hegn OK	202018
OK ØST Birkerød	8033386
OK ØST Birkerød	245032
OK Roskilde	362410
OK ØST Birkerød	500180
OK ØST Birkerød	8009139

Start**H-Let**

10:20	Valdemar Marager
10:22	Kenn Kaas Nielsen
10:24	Lars Hanghøj Petersen
10:26	Andreas Lønstrup Ammitzbøll
10:28	Steen Leisner Larsen
10:30	Dan Haagerup
10:32	Kristian Ipsen
11:30	Finn Olsen
11:32	Jan Sørensen
11:34	Christian Kalle Pedersen
11:36	Erik Rosbirk
11:38	Keld S. Mortensen
11:40	August Bo Christensen
11:42	Jan Mindegaard
11:44	Henrik Boesen
11:46	Søren Bjørnøen

3925 meter

Allerød OK	8621059
Tisvilde Hegn OK	2137255
Ballerup OK	550529
Farum OK	1411137
Allerød OK	8657157
Tisvilde Hegn OK	308069
Farum OK	431192
OK Roskilde	302041
OK Sorø	9102278
Holbæk OK	2127796
OK Sorø	430046
OK Roskilde	355564
Holbæk OK	2127782
OK Sorø	446260
OK Roskilde	421555
OK ØST Birkerød	8120444

Start**H10**

–	Anton Vejgaard Andersen
–	August Niehues Birch
–	Lasse Brunstedt Jacobsen
–	Lauge Buchwald
–	Lauge Vogelius
–	Liam Sharpe á Argjahøvda
–	Mads Storm Lyngsø
–	Malias Langhoff Rasmussen
–	Noah Hjorth
–	Sebastian Revsbech
–	Sigurd Nielsen
–	William Justesen

3150 meter

Ballerup OK	308108
Allerød OK	1428708
OK ØST Birkerød	500194
Holbæk OK	2127798
Farum OK	1411142
OK Sorø	1428589
Allerød OK	308107
Holbæk OK	1393190
Ballerup OK	302188
Allerød OK	1413395
Tisvilde Hegn OK	53568
Holbæk OK	1393195

Start**H12**

10:34	Rune Cederberg
10:36	Henrik Kärner Grooss
10:38	Villads Bach
10:40	Oscar Niehues Birch
10:42	Anton Kupriyanov Hviid
11:48	Samuel Yderstræde Hildebrandt
11:50	Silas Hoffmann
11:52	Oscar Larsen
11:54	Silas Thomsen
11:56	Adam Holst Friborg

3925 meter

Ballerup OK	202099
Allerød OK	2049221
Farum OK	1411144
Allerød OK	8008527
Farum OK	1411133
OK ØST Birkerød	1013316
OK Sorø	8170610
OK Roskilde	308030
Holbæk OK	1402952
OK Sorø	8237684

Start

11:58	Alexander Johannes Mosbech Smith	OK ØST Birkerød	2134103
12:00	Lasse Kalle Pedersen	Holbæk OK	1393188
H12B		3150 meter	Start
–	Thomas Gerardo Hansen Petersen	OK ØST Birkerød	500198
H14		4250 meter	Start
10:52	Rasmus Storm Lyngsø	Allerød OK	1426048
10:58	Tore Emil Maarup	Allerød OK	711267
12:14	Gustav Holst Friborg	OK Sorø	8666082
H14B		3925 meter	Start
12:16	Stian Hoffmann	OK Sorø	8280807
12:18	Caspian Bo Christensen	Holbæk OK	9101045
H16		5950 meter	Start
10:58	Erik Grønborg Nielsen	Allerød OK	8656158
11:00	Asbjørn Vejen Eriksen	Tisvilde Hegn OK	8667871
11:02	Johannes Marager	Allerød OK	8626191
12:26	Jacob Lund Kolenda	Holbæk OK	2085944
12:28	Mads Ottar Jespersen	OK Sorø	887599
H18		7550 meter	Start
10:34	Oscar Rytter Larsen	Farum OK	1406265
10:36	Magnus Andersen	Ballerup OK	8009104
10:38	Tobias Olloz	Tisvilde Hegn OK	8061104
10:40	Filip Nielsen	Farum OK	8657113
10:42	Oskar B. Fugmann	Ballerup OK	2119063
10:44	Mads Christian Maarup	Allerød OK	8664250
H20		7550 meter	Start
10:46	Malte Karlsmose Kliem	Farum OK	8662160
10:48	Oscar David Broman Jensen	Allerød OK	8221506
12:04	Hubert Schibsbye Møller	OK Sorø	8008533
H20B		4250 meter	Start
10:56	Asger Lønstrup Ammitzbøll	Farum OK	1411145
12:09	Gabriel Bo Christensen	Holbæk OK	1393198
12:13	Simon Klinkby	Holbæk OK	426964
H21		7550 meter	Start
10:00	Casper Wraa	Tisvilde Hegn OK	899997
10:02	Niels-Peter Vest Nielsen	Allerød OK	8619433
10:04	Anders Vejgaard	Ballerup OK	8640533
10:06	Jørgen Rolighed Thyme	Allerød OK	7640220
10:08	Robert Kovacs	Farum OK	8400098
10:10	Emil Olander Lorenz	Allerød OK	9005162
10:12	Mikkel Skaarup	Ballerup OK	522091
10:14	Emil Øbro	Tisvilde Hegn OK	8002538
10:16	Mikkel Lyskjær	Farum OK	681767
10:18	Michael Ertmann	Allerød OK	8667118
10:20	Andreas Duc Jørgensen	Tisvilde Hegn OK	8627649
10:22	Malthe Gaarsdal	Farum OK	8654958
10:24	Lasse Fugmann Thamdrup	Allerød OK	8050619
10:26	Bela Sebok	Ballerup OK	8008519
10:28	John Hørlyk	Farum OK	1421713

10:30	Nikolaj Bjørn	Tisvilde Hegn OK	2137256
10:32	Kasper Ingerslev	Ballerup OK	8626195
11:30	Pierre Husted Sigvardsen	Holbæk OK	239235
11:32	Simon Jespersen	OK Sorø	9200765
11:34	Henrik Steen Andersen	OK ØST Birkerød	1417058
11:36	Martin Laage Kragh	OK Roskilde	895442
11:38	Svend Christiansen	OK Sorø	501136
11:40	Andreas Hougaard Boesen	OK Roskilde	8621041
11:42	Marius Thrane Ødum	OK ØST Birkerød	1401488
11:44	Jacob Kristjansen	Holbæk OK	8009730
11:46	André Didier Gautier	OK Sorø	8100983
11:48	Jan Frederiksen	OK Roskilde	1401485
11:50	Jan Holdensgaard Jørgensen	OK Sorø	1410578
11:52	Bjark Bo Christensen	Holbæk OK	8003965
11:54	Søren Skaarup Larsen	OK ØST Birkerød	1201163
11:56	Thomas Vejsnæs	OK Sorø	804244
11:58	Jonas Lassen	OK Roskilde	8002536
12:00	Peter Hansen	OK Sorø	500644
12:02	Mathias Klinkby	Holbæk OK	426974

H21B		4250 meter	Start
10:00	Peter Hilbert	Allerød OK	9101041
10:02	Thomas Bjørn Hansen	Farum OK	1411149
10:04	Michael Hjorth	Ballerup OK	1170297
10:06	Christian Bo Christiansen	Farum OK	1411130
10:08	Martin Hjorth	Ballerup OK	1170281
10:10	Frederik Beck-Andersen	Farum OK	1411134
10:12	René Niehues Birch	Allerød OK	1428681
10:14	Bo Christiansen	Farum OK	407788
10:16	Dan Eriksen	Tisvilde Hegn OK	8667858
10:18	Mikkel Søren Frese	Farum OK	1012449
10:20	Jonathan Wraa	Tisvilde Hegn OK	249657
10:22	Sigurd Lønstrup Ammitzbøll	Farum OK	1411143
10:24	Lars Bech Jensen	Ballerup OK	440295
11:54	Claus Fischer	OK Sorø	446210
11:56	Michael Leth Jess	OK Roskilde	1241908
11:58	Anton Lauritzen	Holbæk OK	778808
12:00	Jens Frandsen	OK Sorø	7202756
12:02	Karsten Hjorth	OK Roskilde	2128805
12:04	Jesper Munch Jespersen	OK Sorø	8620952
12:06	Klaus Andersen	Holbæk OK	1210277
12:08	Mogens Hald Kristensen	OK Roskilde	302046

H40		6350 meter	Start
10:00	Ronnie Hjorth	Ballerup OK	7000607
10:02	Torben Nørgaard	Allerød OK	551000
10:04	Jesper David Jensen	Tisvilde Hegn OK	8482019
10:06	Jesper Damgaard	Farum OK	553381
10:08	Joakim Ilsing Sørensen	Ballerup OK	8016659
10:10	Anders Marager	Allerød OK	8033382
10:12	Anders Tranberg Andreasen	Tisvilde Hegn OK	417501
10:14	Søren Jensen	Farum OK	1411136
10:16	Kenn Basse	Ballerup OK	8657107
10:18	Lars Jensen	Allerød OK	981603

10:20	Peter Steen Landsperg	Tisvilde Hegn OK	8633612
10:22	Ivan Vogelius	Farum OK	1411147
10:24	Asger Habekost Nielsen	Allerød OK	8016663
10:26	René E. Viem	Farum OK	1411135
11:30	Michael Sørensen	OK ØST Birkerød	8180977
11:32	Kasper Levring	OK Sorø	2061673
11:34	Allan Søgaard	OK Roskilde	8180502
11:36	Roland Dumong	OK ØST Birkerød	501274
11:38	Kenneth Thomsen	OK Sorø	8640530
11:40	Casper Lindemann	OK Roskilde	434108
11:42	Christian Grue	OK ØST Birkerød	2119051
11:44	Finn Skouenborg	Holbæk OK	1416979
11:46	Kristian Kærsgaard Hansen	OK Sorø	7171066
11:48	Mads Pedersen	OK Roskilde	553549
11:50	Morten Bang Nørgaard	OK ØST Birkerød	8140772
11:52	Bjørn Slott Kantsø	Holbæk OK	435349
11:54	Janus Storland Høhne	OK Sorø	8625624
11:56	Arne Heydorn	OK Roskilde	1406289
11:58	Brian Steen Jørgensen	Holbæk OK	8670534

H45B		4250 meter	Start
10:26	John Høegh Petersen	Allerød OK	302177
10:28	Lasse Lybek Jensen	Ballerup OK	8667876
10:30	Erik Vedel Lange	Farum OK	1411148
10:32	Jan Steen Jensen	Ballerup OK	2083204
10:34	Henrik Jørgensen	Allerød OK	8626198
10:36	Holger Hansen	Tisvilde Hegn OK	2136653
10:38	Pierre Skipper	Ballerup OK	2134118
10:40	Jakob Landsperg	Tisvilde Hegn OK	9200543
10:42	Jørgen Finnemann	Farum OK	1421725
10:44	Jesper Andreas Tågholt	Ballerup OK	981772
10:46	Karsten Längerich	Allerød OK	211101
10:48	Michael Wraa	Tisvilde Hegn OK	249658
10:50	Benny Lønstrup Ammitzbøll	Farum OK	1411139
11:30	Thomas Kragh Christensen	OK ØST Birkerød	1402953
11:32	Jan Koue Larsen	OK Sorø	2061214
11:34	John Blaase	OK Roskilde	241906
11:36	Steen Gregers Ellebæk Donovan	Holbæk OK	2127787
11:38	Morten Jensen	OK Roskilde	7100260
11:40	Viorel Miclea	OK Sorø	211815
11:42	Olav M.J. Christiansen	OK Roskilde	355565
11:44	Christian Schiønning	Holbæk OK	2127795
11:46	Jan Lindemann	OK Roskilde	444570
11:48	Bo Christoffersen	OK Sorø	2085954
11:50	Preben Kristensen	OK Roskilde	241901
11:52	Søren Magnusson	Holbæk OK	8000285

H50		5950 meter	Start
10:00	Lars Lyngsø	Allerød OK	1406279
10:02	Jakob Albahn	Tisvilde Hegn OK	9005165
10:04	Klaus Nielsen	Farum OK	1408242
10:06	Alex Ottesen	Ballerup OK	702200
10:08	Helge Lang Pedersen	Farum OK	8033357
10:10	Sten Skytte Kirkegaard	Tisvilde Hegn OK	8635894

10:12	Jens Kristian Sørensen	Allerød OK	2086040
10:14	Claus Cederberg	Ballerup OK	7680504
10:16	Claus Rytter Larsen	Farum OK	1402032
10:18	Tim Falck Weber	Tisvilde Hegn OK	8635839
10:20	Peter Reibert Hansen	Allerød OK	8290171
10:22	Sverre Thune	Farum OK	888424
10:24	Henrik Petersen	Ballerup OK	239226
10:26	Nicolai Kliem	Farum OK	353244
10:28	Jens Knud Maarup	Allerød OK	8016664
10:30	Michael Nygaard Møller	Ballerup OK	435303
10:32	Jens Jørgen Hansen	Farum OK	8307006
10:34	Lars Munktvad	Allerød OK	8033363
10:36	Rolf Valery	Tisvilde Hegn OK	8033390
11:30	Jakob Søndergaard Jensen	OK Roskilde	8220476
11:32	Morten Ebbensgaard	OK ØST Birkerød	889250
11:34	Søren Madsen	OK Sorø	1421506
11:36	Erik Ellegaard Simonsen	OK ØST Birkerød	434105
11:38	Anders Laage Kragh	OK Roskilde	7620623
11:40	Peter Bæcker Hansen	OK ØST Birkerød	1419966
11:42	Stig Møller	OK Sorø	1410794
11:44	Jørgen Krogh	OK Roskilde	967703
11:46	Niels Rønnenkamp Kjølby	Holbæk OK	8621073
11:48	Martin Vaabengaard	OK Roskilde	7209259
11:50	Morten Hass	OK Sorø	504395
11:52	Søren Klinkby	Holbæk OK	896951
11:54	Martin Østberg	OK Roskilde	250078
11:56	Michael Lindholm	OK Sorø	8646096
11:58	Rasmus Ødum	OK ØST Birkerød	888411
12:00	Kent Pihl	OK Roskilde	1422371
12:02	Kåre Sørensen	OK Sorø	1406280
12:04	Jan Thiesen	Holbæk OK	8002537

H60

		5050 meter	Start
10:00	Kai Beck-Andersen	Farum OK	2119100
10:02	Gregers Jørgensen	Ballerup OK	8635885
10:04	Henrik Wibe	Allerød OK	1406290
10:06	Poul Henning Poulsen	Tisvilde Hegn OK	8633609
10:08	Flemming Vejen	Ballerup OK	420167
10:10	Jens Korsholm	Farum OK	8667872
10:12	Troels Bent Hansen	Allerød OK	581226
10:14	Jørgen Skaarup	Ballerup OK	500108
10:16	Lars Vedel Jørgensen	Farum OK	1450238
10:18	Kristen Bonnen	Ballerup OK	1210290
10:20	Ole Gold	Farum OK	308062
10:22	Troels Christensen	Ballerup OK	501268
10:24	Ole D. Jensen	Tisvilde Hegn OK	8719088
10:26	Niels Aabye	Ballerup OK	8002523
10:28	Leif E. Larsen	Tisvilde Hegn OK	8692019
11:30	Henrik Nielsen	Holbæk OK	8022398
11:32	Asger Jensen	OK Roskilde	302055
11:34	Thomas Henmyr	OK Sorø	600812
11:36	Finn Petersen	OK Roskilde	8021053
11:38	Bent Jensen	Holbæk OK	8631598
11:40	Svend Tantholdt	OK ØST Birkerød	1401724

11:42	Knud Madsen	OK Sorø	308188
11:44	Lars Olsen	OK Roskilde	202045
11:46	Henrik Snedker Pedersen	Holbæk OK	8621025
11:48	Flemming Vejsnæs	OK Sorø	529615
11:50	Jan Jakobsen	OK ØST Birkerød	202006
11:52	John Pedersen	OK Sorø	1210286
11:54	Jens Bentsen	OK ØST Birkerød	8009124
11:56	Hans-Ole Jensen	OK Sorø	308187
11:58	Henrik Skovmark Hansen	OK Roskilde	246470
12:00	Jørgen Jørgensen	OK Sorø	1407798
12:02	Thomas Østergaard	OK ØST Birkerød	8640545

H70

10:01	Keld Johnsen	Tisvilde Hegn OK	8201150
10:03	Ole Christiansen	Farum OK	8180700
10:05	Jan Kristoffersen	Ballerup OK	8633623
10:07	Klaus Olsen	Tisvilde Hegn OK	8638413
10:09	Peter Sidenius	Farum OK	362425
10:11	Viggo Hansen	Ballerup OK	1452116
10:13	Niels Landsperg	Tisvilde Hegn OK	8111644
10:15	Ole Husen	Farum OK	8111616
10:17	Erik Sørensen	Allerød OK	887865
10:19	Jimmy Hoen	Ballerup OK	2086036
11:31	Janne Brunstedt	OK Roskilde	8230548
11:33	Jens Saxtorph Kofod	OK ØST Birkerød	2128791
11:35	Mogens Jensen	Holbæk OK	8667790
11:37	Arne Steen Sørensen	OK ØST Birkerød	8180142
11:39	John Tripax	OK Roskilde	8016644
11:41	Lasse Schnack	OK ØST Birkerød	1410800
11:43	Ebbe Kajberg	OK Sorø	1407797
11:45	Mogens Bruun	OK Roskilde	2083202
11:47	Per Mogens Petersen	OK ØST Birkerød	682235
11:49	Ole Svendsen	OK Roskilde	501138
11:51	Steen Lund	OK Sorø	351380

3950 meter**Start****H80**

10:01	Kurt Valery	Tisvilde Hegn OK	8201926
10:03	Govert Heede	Ballerup OK	249318
10:05	Dolfi Rotovnik	Tisvilde Hegn OK	8243148
10:07	Finn Hultengren	Ballerup OK	308067
10:09	Poul Hansen	Tisvilde Hegn OK	202019
10:11	Holger Karlsmose	Farum OK	302064
10:13	Egon Neregaard	Tisvilde Hegn OK	551438
11:45	Henning Bussenius-Larsen	OK Sorø	241983
11:47	Erich Petersen	OK Roskilde	308082
11:49	Ole Ring	OK Sorø	501133

3025 meter**Start****Åben 1**

–	Carsten Thye Agger	Helsingør SOK	553375
–	Emil Illemann Andreassen	Viking Atletik	8008529

7075 meter**Start****Åben 2**

–	Anders Jonsson	Søllerød OK	888947
–	Christian Clausen	DSRs O-sektion	1422379
–	Claus Børsting	Herlufsholm OK	407166

6100 meter**Start**

–	Helge Tillingsøe	DSRs O-sektion	887200
–	Henrik Albahn	Lyngby OK	888950
–	Iben Maag	Søllerød OK	8719060
–	Jakob Sandgrav	DSRs O-sektion	1452120
–	Jan Frank Nielsen	FSK Orientering	347482
–	Johan Frydendahl	DSRs O-sektion	1410587
–	Kim Clausen	DSRs O-sektion	407153
–	Knud Lykking	OK73	9200942
–	Lars Basballe	FSK Orientering	501140
–	Marko Karkulehto	OK Vilse 87	660520
–	Martin Bjørner	DSRs O-sektion	434064
–	Max Prang	Fredensborg OK	8635877
–	Morten Hultberg Buchgreitz	Søllerød OK	1155001
–	Niels Torm	Køge OK	8033374
–	Ole Hansen	Helsingør SOK	1402967
–	Ronald Clausen	DSRs O-sektion	407155
–	Svend W. Frydendahl	DSRs O-sektion	981775
–	Torkil Hansen	PI-København	2030233

Åben 3

		3275 meter	Start
–	Anne Andersen	Amager OK	2108401
–	Birgit Berner	Køge OK	2074614
–	Birgitte Krüger	Helsingør SOK	8631610
–	Christian Olsen	Amager OK	8201972
–	Else Gudme	OK73	351370
–	Erik Løvgren Jensen	Køge OK	442559
–	Finn Gamél Christensen	DSRs O-sektion	355581
–	Flemming Wendelboe	Helsingør SOK	500115
–	Jette Stepputat	Søllerød OK	250039
–	Jørgen Luxhøj	Søllerød OK	1413400
–	Karl Aage Hald	FSK Orientering	407734
–	Knud Torm	OK Skærmens Værløse	351340
–	Lise Bertram	Helsingør SOK	239241
–	Lise Kolte	FSK Orientering	407733
–	Marianne Lykking	OK73	40508
–	Ole Berner	Søllerød OK	889253
–	Rolf Andersen	Amager OK	1101952
–	Søren A. Nielsen	Helsingør SOK	8143225

Åben 4

–	Lisa Børsting	4250 meter	Start
		Herlufsholm OK	1421514

Åben 5

–	Ilsabe Børsting	3925 meter	Start
		Herlufsholm OK	445589