

# Results – Danske mesterskaber Sprint Stafet

2021-06-06

D/H12	(9 / 9)	Time	Behind	Time lost
1.	Horsens OK 1	44:20		
	1. Kristine Skouboe	21:34	+8:51	06:14
	2. Astrid Lykke Nielsen	9:56	+2:39	00:21
	3. Eskild Stig Nielsen	12:50		00:33
2.	OK Pan 1	44:28	+0:08	
	1. Carla Brahe Bohnsen	15:16	+2:33	02:10
	2. Katharina Rokkjær	13:35		02:39
	3. Vilhelm Rokkjær Andreassen	15:37	+0:08	02:25
3.	Allerød OK 1	53:17	+8:57	
	1. Amalie Broman	14:45	+2:02	01:00
	2. Dagmar Marager	14:33	+0:27	01:58
	3. Henrik Kärner Grooss	23:59	+8:57	07:07
4.	OK Pan 2	1:04:49	+20:29	
	1. Olivia Olesen Hinge	15:25	+2:42	00:54
	2. Lucas Stenhøj Baun McGrail	32:01	+18:35	13:10
	3. Esben Johan Obel	17:23	+20:29	03:11
5.	OK Roskilde 1	*1:19:28	+35:08	
	1. Oscar Larsen	32:31	+19:48	07:03
	2. Ellen Dyrlynd Pedersen	26:04	+29:44	11:35
	3. Franka Søndergaard Pohl	20:53	*1:19:28	03:29
	Silkeborg OK 1	MP		
	1. Astrid Faber Fenger-Grøn	12:43		00:22
	2. Ragnhild Øhlenschlæger Nielsen	MP		
	3. Emil Borup Fredberg	12:15		00:27
	FIF Hillerød 1	MP		
	1. Anna K. Brigsted	MP		
	2. Niclas Cook Simonsen	MP		
	3. Emma Nygaard Monrad	22:20		03:53
	Holbæk OK 1	DISQ		
	1. Annika Lundegaard Straarup	59:16	+46:33	29:42
	2. Milo Kristiansen	DISQ		
	3. Marcus Kristiansen	31:02		12:28
	OK Pan 3	DNS		
	1. Oskar Rix Berthelsen	19:29	+6:46	02:52
	2. Victoria Olesen Hinge	27:49	+18:27	10:22
	3. N.N.	DNS		

D/H16	(22 / 22)	Time	Behind	Time lost
1.	OK Snab 1	44:23		
	1. Rasmus Edvardsen	14:57	+0:13	00:21
	2. Ella Kolstrup Hansen	13:55		00:33
	3. Axel Örnhagen Jørgensen	15:31		01:10
2.	FIF Hillerød 1	44:50	+0:27	
	1. Torbjørn Høyer Staugaard	15:17	+0:33	00:19
	2. Ebba Graff Frederiksen	13:36	+0:01	00:23
	3. Niels Elton Jokumsen	15:57	+0:27	00:42
3.	Silkeborg OK 1	55:11	+10:48	
	1. Sigrid Øhlenschlæger Nielsen	22:00	+7:16	04:12
	2. Mattias Klostergaard Rokkjær	18:05	+11:13	01:56
	3. Asbjørn Faber Fenger-Grøn	15:06	+10:48	00:00

4.	Søllerød OK 2		55:14	+10:51	
	1. Sebastian Røysland Maltby	16:10	16:10	+1:26	00:22
	2. Louisa Oscarsson	19:46	35:56	+7:04	01:01
	3. Ditlev Melbye	19:18	55:14	+10:51	01:14
5.	OK Sorø 1		55:17	+10:54	
	1. Clara Friis Scheby	20:03	20:03	+5:19	01:02
	2. Alma Okkels Jensen	15:54	35:57	+7:05	00:00
	3. Sofie Okkels Jensen	19:20	55:17	+10:54	01:46
6.	Allerød OK 2		56:13	+11:50	
	1. Erik Grønberg Nielsen	14:44	14:44		01:09
	2. Cecilie Broman	18:24	33:08	+4:16	02:37
	3. Rasmus Storm Lyngsø	23:05	56:13	+11:50	01:07
7.	OK Roskilde 1		58:41	+14:18	
	1. Teresa Søndergaard Pohl	19:19	19:19	+4:35	01:51
	2. Kjartan Stampe Hjorth	16:45	36:04	+7:12	00:35
	3. Katrine Krogh Madsen	22:37	58:41	+14:18	00:58
8.	Horsens OK 1		59:08	+14:45	
	1. Lukas Bergmann Verhelst	18:33	18:33	+3:49	01:52
	2. Esther Henriksen	17:06	35:39	+6:47	00:35
	3. Johanne Skouboe	23:29	59:08	+14:45	01:56
9.	OK Pan 3		59:54	+15:31	
	1. Gustav Rix Berthelsen	20:13	20:13	+5:29	01:03
	2. Anton Boye Ebbesen	15:45	35:58	+7:06	00:49
	3. Hannah Udklit Kristensen	23:56	59:54	+15:31	03:28
10.	OK Pan 4		1:04:46	+20:23	
	1. Siv Kusk Berglund	19:49	19:49	+5:05	00:52
	2. Inge Schou-Hansen	24:16	44:05	+15:13	03:11
	3. Sofie Halkjær Dupont	20:41	1:04:46	+20:23	01:42
11.	OK Pan 6		1:05:05	+20:42	
	1. Anna Kaldahl Hornbæk	23:34	23:34	+8:50	00:48
	2. Rakel Lausten	18:57	42:31	+13:39	02:24
	3. Iris Skammelsen Gilleladen	22:34	1:05:05	+20:42	02:28
12.	Søllerød OK 4		1:06:09	+21:46	
	1. Ella Reker Hadrup	20:38	20:38	+5:54	01:41
	2. Jens Werner Løhndorf	23:10	43:48	+14:56	05:32
	3. Ingrid Due Nygaard	22:21	1:06:09	+21:46	02:39
13.	Søllerød OK 3		*1:29:32	+45:09	
	1. Laura-Johanne David Koue	19:42	19:42	+4:58	00:50
	2. Norah Palsgaard	50:08	1:09:50	+40:58	24:15
	3. Oscar Bæk Christiansen	19:42	*1:29:32	+45:09	02:04
14.	OK Pan 5		*1:39:45	+55:22	
	1. Hjalmer Emil Obel	28:18	28:18	+13:34	06:59
	2. William Stenhøj Baun McGrail	45:43	1:14:01	+45:09	20:26
	3. Katrine Halkjær Dupont	25:44	*1:39:45	+55:22	02:02
	Allerød OK 1		MP		
	1. Mads Christian Maarup	MP	MP		
	2. Frida Kärner Grooss	14:03	MP		01:02
	3. Johannes Marager	MP	MP		
	OK Pan 2		MP		
	1. Emilie Skov Dalgaard	19:16	19:16	+4:32	01:07
	2. Alexander Kjærsgård	16:15	35:31	+6:39	00:00
	3. Klement Hjuler Hjerrild	MP	MP		
	OK Pan 1		MP		
	1. Severin Kilden	MP	MP		
	2. Laura Kaldahl Hornbæk	12:53	MP		00:00
	3. Casper Staehelin Blakskjær	13:04	MP		00:17

OK Melfar 1		MP		
1. August Gabs	MP	MP		
2. Johanna K. Madsen	17:50	MP		00:45
3. Magnus Fannar Madsen	15:36	MP		00:40
Søllerød OK 1		MP		
1. Nathan Philibert	17:11	17:11	+2:27	01:43
2. Frida Hagedorn	MP	MP		
3. Vincent Becker	16:33	MP		01:42
Holbæk OK 2		MP		
1. Jacob Lund Kolenda	28:45	28:45	+14:01	06:38
2. Astrid Rosa Husted Sigvardsen	42:39	1:11:24	+42:32	17:51
3. Elena Ingleby	MP	MP		
Rold Skov OK 1		DNF		
1. Andrea Ebert Svenningsen	18:27	18:27	+3:43	00:17
2. Ida Søe Christiansen	DNF	DNF		
3. Mathilde Bobach	9:17	DNF		01:47
Holbæk OK 1		DISQ		
1. Carla Petersen	20:51	20:51	+6:07	01:26
2. Lasse Kalle Pedersen	DISQ	DISQ		
3. Katrine Jentoft Fertin	25:30	DISQ		03:50

D/H21	(22 / 22)	Time	Behind	Time lost
1. OK Snab 1		1:10:45		
1. Eva Örnhagen Jørgensen	17:44	17:44	+0:04	00:22
2. Linus Agervig Kristiansson	17:31	35:15		00:17
3. Jeppe Edvardsen	17:48	53:03		00:33
4. Malin Agervig Kristiansson	17:42	1:10:45		00:42
2. OK Pan 1		1:12:13	+1:28	
1. Marie Møller Nielsen	19:02	19:02	+1:22	00:48
2. Jonas Damm Als	18:44	37:46	+2:31	00:15
3. Rasmus Djurhuus	17:59	55:45	+2:42	00:44
4. Andrine Benjaminsen	16:28	1:12:13	+1:28	00:24
3. Søllerød OK 1		1:12:39	+1:54	
1. Alberte Kaae-Nielsen	18:52	18:52	+1:12	00:47
2. Rasmus Thrane Hansen	17:26	36:18	+1:03	00:26
3. Mathias Buchgreitz	17:48	54:06	+1:03	00:00
4. Mathilde Smedegaard Madsen	18:33	1:12:39	+1:54	01:12
4. OK Pan 2		1:16:15	+5:30	
1. Camilla Bevensee	19:05	19:05	+1:25	00:39
2. Villads Skovbjerg	19:10	38:15	+3:00	00:51
3. Søren Schwartz	18:00	56:15	+3:12	00:00
4. Ida Schwartz Bobach	20:00	1:16:15	+5:30	00:47
5. Farum OK 1		1:18:35	+7:50	
1. Masha Semak	19:30	19:30	+1:50	00:49
2. Malthe Gaarsdal	19:00	38:30	+3:15	00:37
3. Mikkel Lyskjær	19:55	58:25	+5:22	00:00
4. Vera Mullerova	20:10	1:18:35	+7:50	01:15
6. FIF Hillerød 1		1:19:56	+9:11	
1. Siri Simonsen	23:08	23:08	+5:28	02:10
2. Malte Kjær Hemmingsen	17:04	40:12	+4:57	00:25
3. Rasmus Folino Nielsen	18:56	59:08	+6:05	00:46
4. Anne Konring Larsen	20:48	1:19:56	+9:11	01:16
7. Tisvilde Hegn OK 1		1:20:02	+9:17	
1. Erin Nielsen	20:49	20:49	+3:09	02:15
2. Lasse Falck Weber	20:46	41:35	+6:20	00:31
3. Jonas Falck Weber	19:11	1:00:46	+7:43	00:20
4. Mathilde Nørgård Kracht	19:16	1:20:02	+9:17	00:46

8.	Horsens OK 1		1:26:18	+15:33	
	1. Rebeka Vincze	19:54	19:54	+2:14	01:26
	2. Jonas Ellegaard Kokholm	22:37	42:31	+7:16	00:00
	3. Mátyás Péntek	21:04	1:03:35	+10:32	01:45
	4. Elanor Henriksen	22:43	1:26:18	+15:33	00:45
9.	Tisvilde Hegn OK 2		1:28:09	+17:24	
	1. Astrid Skytte Kirkegaard	22:01	22:01	+4:21	01:34
	2. Andreas Duc Jørgensen	21:39	43:40	+8:25	00:54
	3. Tobias Olloz	20:55	1:04:35	+11:32	01:50
	4. Tenna Nørgaard Landsperg	23:34	1:28:09	+17:24	00:18
10.	Søllerød OK 2		1:28:18	+17:33	
	1. Nanna Rye Nielsen	18:55	18:55	+1:15	00:39
	2. Lukas Becker	19:52	38:47	+3:32	00:25
	3. Anne Beukel Bak	25:12	1:03:59	+10:56	00:28
	4. Maja Mærkedahl Lilleør	24:19	1:28:18	+17:33	01:32
11.	OK Pan 3		1:29:38	+18:53	
	1. Sofie Ulrich	22:08	22:08	+4:28	02:18
	2. Anders Secher Thomsen	20:01	42:09	+6:54	02:08
	3. Mikkel Holm Nielsen	22:07	1:04:16	+11:13	00:38
	4. Kathrine Emilie Amby	25:22	1:29:38	+18:53	00:46
12.	KOK 1		1:32:20	+21:35	
	1. Tine Dalgaard	23:05	23:05	+5:25	01:13
	2. Niels Dalgaard	19:08	42:13	+6:58	00:25
	3. Jens Dalgaard	20:03	1:02:16	+9:13	00:00
	4. Marie Louise Henning	30:04	1:32:20	+21:35	01:11
13.	FIF Hillerød 2		*1:47:25	+36:40	
	1. Kathrine Dyrsting Sandvang	24:38	24:38	+6:58	01:09
	2. Lukas Kjær Hemmingsen	23:08	47:46	+12:31	00:31
	3. Marius Møller Nyborg	32:31	1:20:17	+27:14	04:34
	4. Sigrid Visti Hemmingsen	24:55	*1:47:25	+36:40	02:20
14.	Fyns stafet 2		*1:48:42	+37:57	
	1. Johanne Krabek	32:28	32:28	+14:48	03:03
	2. Anne Mølgaard Nielsen	31:52	1:04:20	+29:05	02:07
	3. Nicolai Krabek	23:37	1:27:57	+34:54	01:23
	4. Morten Mølgaard Nielsen	20:45	*1:48:42	+37:57	01:47
15.	Kildeholm OK 1		*2:00:36	+49:51	
	1. Casper Vindegaard Sørensen	20:40	20:40	+3:00	00:27
	2. Ulrik Hogrefe	39:47	1:00:27	+25:12	10:03
	3. Julie Hogrefe	35:59	1:36:26	+43:23	04:39
	4. Nina Steen Vindegaard Sørensen	24:10	*2:00:36	+49:51	00:59
	Allerød OK 1		MP		
	1. Amalie Ertmann	18:56	18:56	+1:16	00:19
	2. Oscar David Broman Jensen	17:27	36:23	+1:08	00:16
	3. Theis Munkved	18:06	54:29	+1:26	00:38
	4. Hedda Kärner Grooss	MP	MP		
	Allerød OK 2		MP		
	1. Jytte Olander Rasmussen	32:24	32:24	+14:44	03:09
	2. Hans Grønborg Nielsen	MP	MP		
	3. Valdemar Marager	24:00	MP		01:06
	4. Dorthe Munkved	27:57	MP		01:57
	Holbæk OK 1		MP		
	1. Pernille Buchwald	32:26	32:26	+14:46	05:11
	2. Martin Petersen	30:01	1:02:27	+27:12	03:34
	3. Christian Kalle Pedersen	MP	MP		
	4. Astrid Riis	25:29	MP		01:18

Herlufsholm OK 1		MP		
1. Helle Hansen	41:25	41:25	+23:45	02:19
2. Signe Lind Jørgensen	MP	MP		
3. Sebastian Hansen	27:21	MP		00:22
4. Katrine Hansen	39:05	MP		02:30
OK Roskilde 1		DISQ		
1. Tonje Pihl	23:18	23:18	+5:38	01:07
2. Simeon Bredgaard Hjorth Ratton	MP	MP		
3. Kent Pihl	28:53	MP		01:21
4. Line Sandholm Hermansen	DISQ	DISQ		
Rold Skov OK 2		DNS		
1. Laura Bobach	MP	MP		
2. Marius Storegaard Snedker	20:58	MP		00:46
3. N.N.	DNS	DNS		
4. N.N.	DNS	DNS		
Faaborg OK 1		DNS		
1. Emma Klingenberg	17:40	17:40		00:18
2. N.N.	DNS	DNS		
3. N.N.	DNS	DNS		
4. N.N.	DNS	DNS		

<b>D/H45</b>	<b>(27 / 27)</b>	<b>Time</b>	<b>Behind</b>	<b>Time lost</b>
1. FIF Hillerød 3		52:40		
1. Bo Simonsen	18:55	18:55	+3:23	02:26
2. Maria M. Høyer Staugaard	18:27	37:22	+2:43	01:51
3. Mads K. Larsen	15:18	52:40		00:00
2. Søllerød OK 1 (UFK)		54:57	+2:17	
1. Mogens Hagedorn	17:07	17:07	+1:35	01:14
2. Iben Maag	20:41	37:48	+3:09	00:15
3. Erik Melbye	17:09	54:57	+2:17	01:03
3. Allerød OK 2		55:41	+3:01	
1. Anders Marager	17:25	17:25	+1:53	00:41
2. Anne Maarup	20:04	37:29	+2:50	00:23
3. Lars Lyngsø	18:12	55:41	+3:01	00:39
4. Horsens OK 2		56:06	+3:26	
1. Thomas Herbert Kokholm	17:37	17:37	+2:05	01:09
2. Irene K. Mikkelsen	20:32	38:09	+3:30	01:07
3. Mads Mikkelsen	17:57	56:06	+3:26	01:30
5. OK Roskilde 1		56:47	+4:07	
1. Jakob Søndergaard Jensen	17:37	17:37	+2:05	00:46
2. Christine Svendsen	22:36	40:13	+5:34	01:31
3. Allan Søgaard	16:34	56:47	+4:07	00:55
6. Tisvilde Hegn OK 2		57:58	+5:18	
1. Jakob Albahn	18:59	18:59	+3:27	00:56
2. Lena Wraa	21:46	40:45	+6:06	00:59
3. Jesper David Jensen	17:13	57:58	+5:18	02:18
7. Allerød OK 3		59:35	+6:55	
1. Michael Ertmann	18:05	18:05	+2:33	02:00
2. Henriette Broman	22:45	40:50	+6:11	01:24
3. Peter Reibert Hansen	18:45	59:35	+6:55	02:03
8. FIF Hillerød 2		1:00:20	+7:40	
1. Ulrik Staugaard	18:19	18:19	+2:47	00:26
2. Maria Douglas	19:04	37:23	+2:44	00:47
3. Sandra Simonsen	22:57	1:00:20	+7:40	00:51

9.	Ballerup OK 1		1:03:03	+10:23	
	1. Joakim Ilsing Sørensen	22:55	22:55	+7:23	03:46
	2. Maria Krog Schulz	20:58	43:53	+9:14	00:43
	3. Morten Ploug	19:10	1:03:03	+10:23	00:41
10.	Fyns stafet 2		1:03:20	+10:40	
	1. Lone Fyhn Olesen	21:01	21:01	+5:29	01:18
	2. Allan Grundsøe	21:12	42:13	+7:34	01:58
	3. Gitte R. Christoffersen	21:07	1:03:20	+10:40	01:46
11.	Horsens OK 3		1:08:31	+15:51	
	1. Per Mønster Jørgensen	20:52	20:52	+5:20	03:12
	2. Mette Ellegaard Kokholm	24:03	44:55	+10:16	02:12
	3. Filip Bergmann Verhelst	23:36	1:08:31	+15:51	05:58
12.	Fyns stafet 1		1:10:34	+17:54	
	1. Carsten Djursaa	18:47	18:47	+3:15	00:34
	2. Lisbeth Skovbjerg	23:56	42:43	+8:04	01:35
	3. Bjørn R. Christoffersen	27:51	1:10:34	+17:54	03:16
13.	Holbæk OK 1		1:12:02	+19:22	
	1. Søren Fertin	20:49	20:49	+5:17	02:25
	2. Pierre Husted Sigvardsen	24:09	44:58	+10:19	03:19
	3. Anette Kalle Larsen	27:04	1:12:02	+19:22	02:24
14.	Herlufsholm OK 1		1:14:19	+21:39	
	1. Claus Børsting	19:14	19:14	+3:42	00:34
	2. Jesper Børsting	20:31	39:45	+5:06	01:18
	3. Lone Jørgensen	34:34	1:14:19	+21:39	02:44
15.	FIF Hillerød 1		1:14:41	+22:01	
	1. Peter Dyrsting	23:16	23:16	+7:44	01:31
	2. Ulrik Frederiksen	22:40	45:56	+11:17	01:17
	3. Bente Kjær Hemmingsen	28:45	1:14:41	+22:01	04:02
16.	Herlufsholm OK 2		*1:29:40	+37:00	
	1. Birgit Børsting	23:13	23:13	+7:41	01:38
	2. Lykke Berg Matheisen	27:42	50:55	+16:16	00:34
	3. Ilsabe Børsting	38:45	*1:29:40	+37:00	08:34
	Allerød OK 1		MP		
	1. Niels-Peter Vest Nielsen	15:32	15:32		00:00
	2. Angélique Grønborg Rasmussen	21:22	36:54	+2:15	00:34
	3. Lars Munktvad	MP	MP		
	OK H.T.F. 1		MP		
	1. Jette Klogborg	21:28	21:28	+5:56	01:47
	2. Lars Klogborg	20:49	42:17	+7:38	01:35
	3. Mona L. Rasmussen	MP	MP		
	OK Pan 1		MP		
	1. Henrik Bomm Hinge	17:19	17:19	+1:47	00:53
	2. Jeanette Finderup	25:27	42:46	+8:07	02:24
	3. Kim Rokkjær	MP	MP		
	OK Snab 1 (UFK)		MP		
	1. Björn Kristiansson	16:04	16:04	+0:32	00:26
	2. Ulrika Örnbaden Jørgensen	18:35	34:39		00:36
	3. Flemming Jørgensen	MP	MP		
	OK Sorø 45		MP		
	1. Tine Friis Scheby	18:39	18:39	+3:07	01:23
	2. Kasper Levring	18:11	36:50	+2:11	01:40
	3. Janus Storland Høhne	MP	MP		
	Ballerup OK 2		MP		
	1. Carsten Gemmer Hanghøj	MP	MP		
	2. Anne Marie Thommesen	19:16	MP		01:19
	3. Alex Ottesen	15:24	MP		00:55

Horsens OK 1		MP		
1. Kent Kragh	15:42	15:42	+0:10	00:00
2. Rikke Holm	MP	MP		
3. Troels Nielsen	15:19	MP		00:19
Tisvilde Hegn OK 1		MP		
1. Tim Falck Weber	16:52	16:52	+1:20	00:26
2. Christina H. Sørensen	MP	MP		
3. Thomas Greve Jensen	14:54	MP		00:34
OK Pan 2		MP		
1. René Rokkjær	MP	MP		
2. Trine Kristensen	27:02	MP		04:07
3. Ebbe Møller Nielsen	16:48	MP		00:59
OK Roskilde 2		MP		
1. Jørgen Krogh	20:08	20:08	+4:36	00:37
2. Runa Ulsøe	MP	MP		
3. Arne Heydorn	16:52	MP		00:25
KOK 1		MP		
1. Anders Dalgaard	15:45	15:45	+0:13	00:31
2. Hanne Birke	MP	MP		
3. Per Eg Pedersen	20:28	MP		00:19

<b>D/H60</b>	<b>(9 / 9)</b>	<b>Time</b>	<b>Behind</b>	<b>Time lost</b>
1. Silkeborg OK 1		46:44		
1. Erik Bobach	14:03	14:03	+0:03	00:17
2. Dorthe Hansen	16:53	30:56	+1:04	00:43
3. Morten Kjær	15:48	46:44		00:35
2. Tisvilde Hegn OK 1		48:11	+1:27	
1. Keld Johnsen	15:20	15:20	+1:20	01:41
2. Leif E. Larsen	15:01	30:21	+0:29	00:33
3. Bente Madsen	17:50	48:11	+1:27	01:31
3. Ballerup OK 3		50:58	+4:14	
1. Lars Hanghøj Petersen	14:05	14:05	+0:05	00:24
2. Charlotte Grauert	19:24	33:29	+3:37	01:15
3. Jørgen Pedersen	17:29	50:58	+4:14	01:48
4. Allerød OK 1		51:03	+4:19	
1. Bjarke Sucksdorff	16:56	16:56	+2:56	02:18
2. Birgitte Birck	18:12	35:08	+5:16	00:46
3. Troels Bent Hansen	15:55	51:03	+4:19	00:51
5. Aalborg Orienteringsklub 1		56:18	+9:34	
1. Michael Fischer	14:00	14:00		00:36
2. Søren Bak	15:52	29:52		00:52
3. Kirsten Bobach	26:26	56:18	+9:34	03:23
6. Herlufsholm OK 1		56:37	+9:53	
1. Arne Kristensen	16:16	16:16	+2:16	02:46
2. Merete Ravnshøj Andersen	20:47	37:03	+7:11	02:16
3. Svend-Erik Munck	19:34	56:37	+9:53	01:02
7. OK Roskilde 1		56:56	+10:12	
1. Finn Petersen	14:33	14:33	+0:33	00:18
2. Annette Petersen	22:54	37:27	+7:35	01:51
3. Morten Jensen	19:29	56:56	+10:12	02:01
Fyns stafet 1		MP		
1. Per Storm Hansen	14:46	14:46	+0:46	01:12
2. Bent Aakjær	MP	MP		
3. Annette Færing	28:41	MP		02:57

Farum OK 1		DISQ		
1. Jens Korsholm	17:40	17:40	+3:40	00:42
2. Annlou Husen	DISQ	DISQ		
3. Kai Beck-Andersen	24:50	DISQ		03:16

<b>D/H70</b>	<b>(5 / 5)</b>	<b>Time</b>	<b>Behind</b>	<b>Time lost</b>
1. OK GORM 1		48:14		
1. Hans Christian Strib	13:38	13:38		01:15
2. Asta Terkelsen	19:46	33:24	+0:19	01:07
3. Karl Kristian Terkelsen	14:50	48:14		01:40
2. Køge OK 1		50:16	+2:02	
1. Karsten Richardt	15:09	15:09	+1:31	01:53
2. Gerda Marie Christiansen	21:19	36:28	+3:23	02:08
3. Gunnar Grue-Sørensen	13:48	50:16	+2:02	00:39
3. OK H.T.F. 1		56:35	+8:21	
1. Per F. Henriksen	18:44	18:44	+5:06	01:06
2. Inger Marie Haahr	18:11	36:55	+3:50	02:23
3. Peter Sølling	19:40	56:35	+8:21	02:00
OK Roskilde 1		MP		
1. Ole Svendsen	14:21	14:21	+0:43	00:41
2. Inge Jørgensen	18:44	33:05		02:47
3. Janne Brunstedt	MP	MP		
Helsingør SOK 1		MP		
1. Flemming Larsen	31:42	31:42	+18:04	11:17
2. Kirsten Ellekilde	MP	MP		
3. Jørgen Jensen	16:39	MP		00:16