

Bane 1 8,93 km

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|-----|-------------------------|--------------------------|------|--------------|----------|
| 1. | Martin Busch | OK Snab | H1 | 51:39 | |
| 2. | Emma Klingenberg | Faaborg OK | H21- | 52:00 | +21 |
| 3. | Kristian Blok | OK Snab | H1 | 52:48 | +01:09 |
| 4. | Conor Klingenberg | Faaborg OK | H21- | 53:04 | +01:25 |
| 5. | Jacob A. Daugaard | Kolding OK | H1 | 54:19 | +02:40 |
| 6. | Lars Nielsen | OK Esbjerg | H35- | 55:42 | +04:03 |
| 7. | Rasmus Iversen | Odense OK | H21- | 56:10 | +04:31 |
| 8. | Morten Knudsen | FROS/Melfar | H1 | 56:47 | +05:08 |
| 9. | Henrik Steen Andersen | Odense OK | H21- | 57:15 | +05:36 |
| 10. | Anders Winther Mortens | Odense OK | H21- | 57:45 | +06:06 |
| 11. | Peter Knudsen | FROS/Melfar | H35- | 59:22 | +07:43 |
| 12. | Bjarne Skovgaard Knuds | Faaborg OK | H21- | 59:43 | +08:04 |
| 13. | Malte Jensen | FROS/Melfar | H21- | 1:04:37 | +12:58 |
| 14. | Bjarne Johannsen | OK Syd | H35- | 1:05:26 | +13:47 |
| 15. | Thomas Gabs | FROS/Melfar | H35- | 1:06:03 | +14:24 |
| 16. | Claus Christensen | FROS/Melfar | H21- | 1:06:51 | +15:12 |
| 17. | Palle Lang Nielsen | OK Esbjerg | H21- | 1:07:23 | +15:44 |
| 18. | Jonas Gabs | FROS/Melfar | H21- | 1:07:37 | +15:58 |
| 19. | Gintas Bloze | Odense OK | H35- | 1:08:25 | +16:46 |
| 20. | Per Storm Hansen | Svendborg/OPI | H35- | 1:10:04 | +18:25 |
| 21. | Mathias Jensen | OK Esbjerg | H-20 | 1:11:31 | +19:52 |
| 22. | John Bargmeyer | OK Syd | H35- | 1:14:56 | +23:17 |
| 23. | Rasmus Ejlersen | OK Syd | H21- | 1:17:41 | +26:02 |
| 24. | Henrik Bo Andersen | Odense OK | H1 | 1:17:59 | +26:20 |
| 25. | Søren Andersen | Herning Orienteringsklub | H1 | 1:19:29 | +27:50 |
| 26. | Uffe Villumsen | OK Snab | H1 | 1:20:02 | +28:23 |
| 27. | Daniel Nissen Pedersen | Faaborg OK | H-20 | 1:20:12 | +28:33 |
| 28. | Mads Mollerup Benfeldt | Odense OK | H21- | 1:23:52 | +32:13 |
| 29. | Jens Jensen | OK H.T.F. | H1 | 1:24:47 | +33:08 |
| 30. | Jes Holme Barkler | Svendborg/OPI | H35- | 1:25:43 | +34:04 |
| 31. | Palle Cavan | West/Ribe | H35- | 1:36:46 | +45:07 |
| 32. | Hans V. Pedersen | OK GORM | H1 | 1:44:21 | +52:42 |
| 33. | Anders Rune Damkjær P | Odense OK | H21- | 2:18:29 | +1:26:50 |
| | Christian Volmar Skovsg | Odense OK | H35- | Disk. | |
| | Peter D. Frandsen | Kolding OK | H1 | Ikke startet | |

Bane 2 6,75 km

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|-----|-------------------------|-------------|------|-------|--------|
| 1. | Jens Liengård | OK Snab | H2 | 43:40 | |
| 2. | Jens Christian Gammeljo | OK Snab | H2 | 43:44 | +04 |
| 3. | Ita Klingenberg | Faaborg OK | D21- | 44:18 | +38 |
| 4. | Vagn Sørensen | Faaborg OK | H45- | 45:17 | +01:37 |
| 5. | Ulrika Örnhagen Jørgens | OK Snab | D1 | 46:06 | +02:26 |
| 6. | Per Mønster Jørgensen | Horsens OK | H2 | 46:28 | +02:48 |
| 7. | Christen K. Laursen | Kolding OK | H2 | 46:53 | +03:13 |
| 8. | Inge S. Knudsen | Faaborg OK | D21- | 46:57 | +03:17 |
| 9. | Niels Nygaard Jensen | OK Snab | H2 | 48:21 | +04:41 |
| 10. | Thomas Uhlemann | Kolding OK | H2 | 48:35 | +04:55 |
| 11. | Rudolf Sørensen | OK Esbjerg | H45- | 49:28 | +05:48 |
| 12. | Karsten Jøhnk | OK Syd | H45- | 50:14 | +06:34 |
| 13. | Arne Nygaard | West/Ribe | H40- | 51:00 | +07:20 |
| 14. | Sarah Kathrine Nissen P | Faaborg OK | D-20 | 52:09 | +08:29 |
| 15. | Per Eg Pedersen | Kolding OK | H2 | 52:17 | +08:37 |
| 16. | Karsten Blok | OK Snab | H2 | 52:50 | +09:10 |
| 17. | Hans Jørgen Vad | Horsens OK | H2 | 52:53 | +09:13 |
| 18. | Jonas Hekman | OK Syd | H40- | 54:19 | +10:39 |
| 19. | Esben Blicher | FROS/Melfar | H40- | 54:25 | +10:45 |
| 20. | Michael Thygesen | OK Snab | H2 | 54:46 | +11:06 |
| 21. | Tommy Iversen | Odense OK | H45- | 54:50 | +11:10 |

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|-----|-------------------------|---------------|------|--------------|--------|
| 22. | Bo Mønster Jørgensen | FROS/Melfar | H40- | 55:42 | +12:02 |
| 23. | Uffe Sudergaard | FROS/Melfar | H45- | 55:57 | +12:17 |
| 24. | Christina Damgaard Niel | Odense OK | D21- | 57:02 | +13:22 |
| 25. | Merete Spangsberg Niel | Odense OK | D21- | 57:26 | +13:46 |
| 26. | Morten Christensen | Faaborg OK | H45- | 59:11 | +15:31 |
| 27. | Britta Ank Pedersen | Horsens OK | D1 | 59:33 | +15:53 |
| 28. | Jakob Q Christensen | Odense OK | H40- | 59:46 | +16:06 |
| 29. | Henning Hedemann | Faaborg OK | H45- | 1:00:06 | +16:26 |
| 30. | Henning Schou | OK Snab | H2 | 1:00:12 | +16:32 |
| 31. | Søren Mikkelsen | FROS/Melfar | H40- | 1:00:56 | +17:16 |
| 32. | Peter Pallesen | OK Syd | H45- | 1:04:22 | +20:42 |
| 33. | Lars Strøm Hansen | FROS/Melfar | H40- | 1:04:34 | +20:54 |
| 34. | Johnny Rosenkjær | Faaborg OK | H45- | 1:04:54 | +21:14 |
| 35. | Kurt Thorøe | OK Esbjerg | H45- | 1:05:54 | +22:14 |
| 36. | Peter Gammeljord | OK Snab | H2 | 1:06:01 | +22:21 |
| 37. | Lars T. Munch | OK Snab | H2 | 1:06:34 | +22:54 |
| 38. | Jakob Dreisig | Odense OK | H40- | 1:06:36 | +22:56 |
| 39. | Carsten Djursaa | Odense OK | H45- | 1:09:12 | +25:32 |
| 40. | Jesper Madsen | FROS/Melfar | H40- | 1:09:32 | +25:52 |
| 41. | Flemming Christiansen | FROS/Melfar | H45- | 1:16:09 | +32:29 |
| 42. | Mette Riis Jensen | Odense OK | D21- | 1:16:14 | +32:34 |
| 43. | Erik Lindholdt | OK Esbjerg | H45- | 1:19:12 | +35:32 |
| 44. | Mette Lindahl | FROS/Melfar | D35- | 1:24:01 | +40:21 |
| 45. | Marianne Skousen | FROS/Melfar | D35- | 1:24:34 | +40:54 |
| 46. | Freja Kramers Sørensen | OK Esbjerg | D-20 | 1:38:48 | +55:08 |
| | Thomas Esmark | Svendborg/OPI | H45- | Disk. | |
| | Torben Kruse | Svendborg/OPI | H40- | Disk. | |
| | Freja Djursaa Fabrin | Odense OK | D-20 | Ikke startet | |
| | Kim Lindahl | FROS/Melfar | H40- | Ikke startet | |

Bane 3 6,03 km

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|-----|---------------------------|---------------|------|---------|--------|
| 1. | Flemming Jørgensen | OK Snab | H3 | 41:30 | |
| 2. | Felix Isaksen | OK Snab | H3 | 43:08 | +01:38 |
| 3. | Kaj Isaksen | OK Snab | H3 | 45:21 | +03:51 |
| 4. | Gustav Vinther Østermar | Kolding OK | H3 | 46:32 | +05:02 |
| 5. | Niels Jensen | OK Esbjerg | H50- | 47:43 | +06:13 |
| 6. | Henrik B. Thomsen | OK Esbjerg | H50- | 48:46 | +07:16 |
| 7. | Gert Pedersen | FROS/Melfar | H55- | 51:30 | +10:00 |
| 8. | Allan Grundsøe | Odense OK | H55- | 52:08 | +10:38 |
| 9. | Lars-Peter Ellekilde | Odense OK | H3 | 52:38 | +11:08 |
| 10. | Søren Klingenberg | Faaborg OK | H55- | 53:01 | +11:31 |
| 11. | Michael Termansen | OK Syd | H50- | 54:23 | +12:53 |
| 12. | Terkel Gydesen | FROS/Melfar | H55- | 54:40 | +13:10 |
| 13. | Thomas Sørensen | FROS/Melfar | H50- | 54:45 | +13:15 |
| 14. | Kristian M. Øllgaard | OK GORM | H3 | 55:18 | +13:48 |
| 15. | Lone Fyhn Olesen | Odense OK | D45- | 55:23 | +13:53 |
| 16. | Eric Lauridsen | West/Ribe | H50- | 55:28 | +13:58 |
| 17. | Esben Ø. Pedersen | OK GORM | H3 | 55:46 | +14:16 |
| 18. | Steen Sig Andersen | Kolding OK | H3 | 56:56 | +15:26 |
| 19. | Flemming D. Andersen | OK GORM | H3 | 58:13 | +16:43 |
| 20. | Lars Madsen | Odense OK | H55- | 59:13 | +17:43 |
| 21. | Ulrik Revsbech | OK Esbjerg | H50- | 59:52 | +18:22 |
| 22. | Kristian Kramers Sørensen | OK Esbjerg | H-16 | 1:00:59 | +19:29 |
| 23. | Oliver Thorsing Christen | Faaborg OK | H-16 | 1:01:20 | +19:50 |
| 24. | Hans Moos | OK Syd | H55- | 1:02:12 | +20:42 |
| 25. | Lars Nissen | OK Esbjerg | H50- | 1:02:14 | +20:44 |
| 26. | Bent Mikkelsen | Faaborg OK | H50- | 1:02:27 | +20:57 |
| 27. | Ove Petersen | OK Syd | H55- | 1:03:37 | +22:07 |
| 28. | Peter Modler Hedemann | Faaborg OK | H-16 | 1:03:51 | +22:21 |
| 29. | Finn Henriksen | Svendborg/OPI | H55- | 1:05:01 | +23:31 |

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|-----|-------------------------|--------------------------|------|--------------|--------|
| 30. | Hans Erik Larsen | Faaborg OK | H55- | 1:06:09 | +24:39 |
| 31. | Hans Christian Strib | OK GORM | H3 | 1:07:14 | +25:44 |
| 32. | Irene Gammeljord | OK Snab | D2 | 1:07:29 | +25:59 |
| 33. | Ulla Pallesen | OK Syd | D45- | 1:08:29 | +26:59 |
| 34. | Inger Andreassen | FROS/Melfar | D45- | 1:09:12 | +27:42 |
| 35. | Kurt Madsen | Odense OK | H55- | 1:09:17 | +27:47 |
| 36. | Helle Termansen | OK Syd | D45- | 1:09:55 | +28:25 |
| 37. | Karen Bülow-Olsen | Faaborg OK | D40- | 1:10:04 | +28:34 |
| 38. | Malene Kaysen Thomse | OK Snab | D2 | 1:16:38 | +35:08 |
| 39. | Lars Palle | West/Ribe | H55- | 1:17:40 | +36:10 |
| 40. | Anni Plauborg | Odense OK | D45- | 1:18:47 | +37:17 |
| 41. | Kim Lykkegård Christens | Odense OK | H50- | 1:20:25 | +38:55 |
| 42. | Heidi Granby | Faaborg OK | D40- | 1:21:01 | +39:31 |
| 43. | Rikke Brandt Jespersen | Odense OK | D40- | 1:22:17 | +40:47 |
| 44. | Anja Modler Hedemann | Faaborg OK | D45- | 1:24:58 | +43:28 |
| 45. | Lisette Christiansen | Odense OK | D45- | 1:25:10 | +43:40 |
| 46. | Susanne Knudsen | FROS/Melfar | D45- | 1:25:45 | +44:15 |
| | Jeppe Liengård Caspers | OK Snab | H3 | Disk. | |
| | Hans Aage Hvalsøe Han | Svendborg/OPI | H55- | Disk. | |
| | Verner Jensen | FROS/Melfar | H50- | Disk. | |
| | Ib Clausen | Odense OK | H55- | Ikke startet | |
| | Morten Örnhagen Jørgen | OK Snab | H3 | Ikke startet | |
| | Leif Rønn Olsen | Herning Orienteringsklub | H3 | Ikke startet | |
| | Christian Ramus | FROS/Melfar | H-16 | Ikke startet | |

Bane 4 4,85 km

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|-----|------------------------|---------------|------|-------|--------|
| 1. | Ole Gadsbølle | OK Esbjerg | H60- | 33:11 | |
| 2. | Arne Bertelsen | OK H.T.F. | H4 | 41:47 | +08:36 |
| 3. | Gerhard Jensen | Odense OK | H65- | 42:21 | +09:10 |
| 4. | Niels Rabølle | Odense OK | H65- | 42:32 | +09:21 |
| 5. | Marianne Damgaard | OK GORM | D3 | 43:29 | +10:18 |
| 6. | Niels Møller Petersen | FROS/Melfar | H65- | 44:01 | +10:50 |
| 7. | Leif Skovgaard Knudsen | Faaborg OK | H65- | 44:17 | +11:06 |
| 8. | Tonny Schwærter | OK Esbjerg | H65- | 45:06 | +11:55 |
| 9. | Torben Hansen | FROS/Melfar | H60- | 45:12 | +12:01 |
| 10. | Finn Jørgensen | Odense OK | H65- | 45:15 | +12:04 |
| 11. | Mette Lolk | OK Esbjerg | D50- | 46:07 | +12:56 |
| 12. | Kristian Toustrup | OK Syd | H65- | 46:11 | +13:00 |
| 13. | Jørn H. Klausen | OK Syd | H60- | 46:23 | +13:12 |
| 14. | Jack Skrydstrup | Kolding OK | H4 | 47:25 | +14:14 |
| 15. | Sven Spangsberg | Odense OK | H60- | 47:37 | +14:26 |
| 16. | Niels Erik Kofoed | OK H.T.F. | H4 | 47:48 | +14:37 |
| 17. | Vivi Andreassen | Kolding OK | D3 | 48:41 | +15:30 |
| 18. | Johanne Kaysen Thoms | OK Snab | D3 | 49:13 | +16:02 |
| 19. | Marie Louise Henning | Kolding OK | D3 | 49:50 | +16:39 |
| | Rikke Rasmussen | OK Snab | D3 | 49:50 | +16:39 |
| 21. | Knud Jespersen | OK Snab | H4 | 50:28 | +17:17 |
| 22. | Bjarne Andersen | Svendborg/OPI | H60- | 51:28 | +18:17 |
| 23. | Claes Ø. Larsen | Odense OK | H60- | 51:39 | +18:28 |
| 24. | Matilde Skousen | FROS/Melfar | D-16 | 52:28 | +19:17 |
| 25. | Hanne Ljungberg | OK Syd | D55- | 53:12 | +20:01 |
| 26. | Lasse Fenger Vad | Horsens OK | H4 | 54:34 | +21:23 |
| 27. | Ove Splittorff | Svendborg/OPI | H65- | 54:35 | +21:24 |
| 28. | Helle Schou | OK Snab | D3 | 54:48 | +21:37 |
| 29. | Lone Rasmussen | OK Snab | D3 | 54:57 | +21:46 |
| 30. | Kurt Petersen | Faaborg OK | H65- | 55:06 | +21:55 |
| 31. | Peter Skov Nielsen | OK Snab | H4 | 55:14 | +22:03 |
| 32. | Tina Blach | Kolding OK | D3 | 55:59 | +22:48 |
| 33. | Erik Ljungdahl | Faaborg OK | H65- | 56:02 | +22:51 |
| 34. | Henrik Dagsberg | OK Pan | H4 | 56:11 | +23:00 |

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|-----|------------------------|-----------------|------|--------------|----------|
| 35. | Lars Kvist Olesen | FROS/Melfar | H60- | 56:39 | +23:28 |
| 36. | Maya Jensen | FROS/Melfar | D-16 | 57:12 | +24:01 |
| 37. | Kurt Pedersen | West/Ribe | H65- | 57:13 | +24:02 |
| 38. | Claudia Schmidt Thomse | Horsens OK | D3 | 59:18 | +26:07 |
| 39. | Rie Moos Villumsen | OK Snab | D3 | 59:26 | +26:15 |
| 40. | Carl Bengt | West/Ribe | H65- | 59:29 | +26:18 |
| 41. | Ethna Cavanagh | Faaborg OK | D50- | 1:00:38 | +27:27 |
| 42. | Bente Pedersen | OK Esbjerg | D55- | 1:00:55 | +27:44 |
| 43. | Lisbeth Skovbjerg | Odense OK | D50- | 1:02:11 | +29:00 |
| 44. | Knud Christensen | OK Esbjerg | H60- | 1:05:02 | +31:51 |
| 45. | Lotte Jensen | FROS/Melfar | D50- | 1:05:11 | +32:00 |
| 46. | Maria Bargmeyer | OK Syd | D-16 | 1:05:45 | +32:34 |
| 47. | Birger Jønsson | OK Syd | H65- | 1:06:41 | +33:30 |
| 48. | Bent Skjoldborg | OK Vendelboerne | H4 | 1:06:45 | +33:34 |
| 49. | Jørgen Bang | OK Esbjerg | H65- | 1:06:46 | +33:35 |
| 50. | Anne-Marie Jensen | OK Syd | D50- | 1:07:03 | +33:52 |
| 51. | Sven Wodschow | West/Ribe | H65- | 1:07:36 | +34:25 |
| 52. | Gunner Gjermandsen | Horsens OK | H4 | 1:07:40 | +34:29 |
| 53. | Hanne Vest | Svendborg/OPI | D55- | 1:08:29 | +35:18 |
| 54. | Ingelise Baden | OK H.T.F. | D3 | 1:08:58 | +35:47 |
| 55. | Ellen Møller | Faaborg OK | D55- | 1:30:14 | +57:03 |
| 56. | Helle Sørensen | FROS/Melfar | D50- | 1:33:31 | +1:00:20 |
| 57. | Karen Lise Bøgh | Faaborg OK | D55- | 2:06:37 | +1:33:26 |
| | Sven Madsen | FROS/Melfar | H65- | Disk. | |
| | Torben Rasmussen | Odense OK | H60- | Disk. | |
| | Lise Termansen | OK H.T.F. | D3 | Disk. | |
| | Mogens Bøgh | Faaborg OK | H65- | Ikke startet | |
| | Lise Nielsen | OK H.T.F. | D3 | Ikke startet | |
| | Mogens Nielsen | West/Ribe | H65- | Ikke startet | |

Bane 5A 3,95 km

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|-----|----------------------|---------------|------|-------|--------|
| 1. | Inge Price Jensen | Odense OK | D60- | 36:24 | |
| 2. | Erling Nielsen | West/Ribe | H70- | 36:40 | +16 |
| 3. | Jens Sørensen | West/Ribe | H70- | 37:48 | +01:24 |
| 4. | Wolfgang Schulz | Odense OK | H70- | 38:59 | +02:35 |
| 5. | Erik Damgaard | Faaborg OK | H70- | 40:06 | +03:42 |
| 6. | Louis A. Sørensen | OK Esbjerg | H70- | 42:08 | +05:44 |
| 7. | Villy Møller Hansen | OK Esbjerg | H70- | 43:06 | +06:42 |
| 8. | H. V. Jensen | Odense OK | H70- | 43:12 | +06:48 |
| 9. | Ole Hoffmann | FROS/Melfar | H70- | 44:47 | +08:23 |
| 10. | Clive Allen | Silkeborg OK | H5 | 45:16 | +08:52 |
| 11. | Peter Sølling | OK H.T.F. | H5 | 45:52 | +09:28 |
| 12. | Torben Jørgensen | West/Ribe | H70- | 46:54 | +10:30 |
| 13. | Mogens E. Thomsen | OK Syd | H70- | 47:24 | +11:00 |
| 14. | Lis Knudsen | Faaborg OK | D65- | 48:25 | +12:01 |
| 15. | Jørn Thomsen | OK Snab | H5 | 48:32 | +12:08 |
| 16. | Arne Brage | FROS/Melfar | H5 | 48:52 | +12:28 |
| 17. | Aksel Skovlyst | Faaborg OK | H70- | 49:12 | +12:48 |
| 18. | Knud Erik Thomsen | Svendborg/OPI | H70- | 49:40 | +13:16 |
| 19. | Henrik Hansen | OK Esbjerg | H70- | 49:53 | +13:29 |
| 20. | Lotte Hjort | Faaborg OK | D65- | 50:06 | +13:42 |
| 21. | Jørgen Olesen | Odense OK | H70- | 50:45 | +14:21 |
| 22. | Annette Færing | Svendborg/OPI | D60- | 51:00 | +14:36 |
| 23. | Hans Larsen | Faaborg OK | H70- | 51:48 | +15:24 |
| 24. | Vagn Hansen | OK H.T.F. | H5 | 53:37 | +17:13 |
| 25. | Lissie Wolf | OK Esbjerg | D65- | 53:39 | +17:15 |
| 26. | Birthe Helms | Silkeborg OK | D4 | 54:04 | +17:40 |
| 27. | Erland Skøt | OK H.T.F. | H5 | 54:18 | +17:54 |
| 28. | Jørn F. Andersen | OK H.T.F. | H5 | 54:19 | +17:55 |
| 29. | Palle Møller Nielsen | Odense OK | H70- | 55:33 | +19:09 |

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|-----|------------------------|---------------|------|--------------|--------|
| 30. | Poul Larsen | OK Esbjerg | H70- | 56:28 | +20:04 |
| 31. | Frede Jacobsen | OK Syd | H70- | 58:00 | +21:36 |
| 32. | Søren Hviid | FROS/Melfar | H70- | 59:14 | +22:50 |
| 33. | Holger Mikkelsen | Odense OK | H70- | 1:00:51 | +24:27 |
| 34. | Niels C. Andersen | West/Ribe | H70- | 1:01:50 | +25:26 |
| 35. | Olav Christoffersen | Faaborg OK | H70- | 1:02:23 | +25:59 |
| 36. | Herluf Jensen | Svendborg/OPI | H70- | 1:02:48 | +26:24 |
| 37. | Gitte Spangsberg | Odense OK | D60- | 1:04:48 | +28:24 |
| 38. | Gunner Aaskov | Odense OK | H70- | 1:06:18 | +29:54 |
| 39. | Anette Hansen | OK Esbjerg | D65- | 1:09:45 | +33:21 |
| 40. | Birte Hove | OK Syd | D65- | 1:10:21 | +33:57 |
| 41. | Lene Thorsen | West/Ribe | D60- | 1:13:48 | +37:24 |
| 42. | Bent Jacobsen | Kolding OK | H5 | 1:17:07 | +40:43 |
| 43. | Finn Hove | OK Syd | H70- | 1:24:54 | +48:30 |
| 44. | Else Pedersen | West/Ribe | D65- | 1:30:18 | +53:54 |
| | Niels J. Møller Hansen | Kolding OK | H5 | Ikke startet | |
| | Sven Sørensen | West/Ribe | H70- | Ikke startet | |

Bane 6 5,28 km

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|-----|---------------------------|---------------|-------|---------|--------|
| 1. | Carl Christian Valbjørn G | FROS/Melfar | H-20B | 44:18 | |
| 2. | Jonathan Ramus | FROS/Melfar | H-20B | 47:26 | +03:08 |
| 3. | Kristian Traberg Larsen | Odense OK | H35-B | 48:21 | +04:03 |
| 4. | Jonas Bo Kirk Egdal | FROS/Melfar | H35-B | 48:55 | +04:37 |
| 5. | Kristian Baden | Odense OK | H21-B | 49:15 | +04:57 |
| 6. | Sebastian Burattini | Odense OK | H-14 | 50:06 | +05:48 |
| 7. | Rasmus Ravn Pedersen | OK GORM | H6 | 50:32 | +06:14 |
| 8. | Laurits Egdal Kortegård | FROS/Melfar | H-14 | 51:20 | +07:02 |
| 9. | Nicolai Krabek | Odense OK | H21-B | 51:39 | +07:21 |
| 10. | Sune Skousen | FROS/Melfar | H35-B | 51:57 | +07:39 |
| 11. | Lars Haastrup | Odense OK | H21-B | 53:50 | +09:32 |
| 12. | Lars Svarer | OK Esbjerg | H35-B | 55:22 | +11:04 |
| 13. | Harald Schultz | OK Syd | H35-B | 57:12 | +12:54 |
| 14. | Viktor Bro Fejring | FROS/Melfar | H-14 | 57:49 | +13:31 |
| 15. | Rasmus Mindegaard | Faaborg OK | H-14 | 59:09 | +14:51 |
| 16. | Hans-Henrik Hvelplund | OK Syd | H35-B | 1:02:01 | +17:43 |
| 17. | Peter Mindegaard | Faaborg OK | H35-B | 1:03:39 | +19:21 |
| 18. | Daniel K. Holm | OK GORM | H6 | 1:04:51 | +20:33 |
| 19. | Peter M. Sigvardt | Odense OK | H21-B | 1:06:40 | +22:22 |
| 20. | Ole Axelsen | Svendborg/OPI | H35-B | 1:10:57 | +26:39 |
| 21. | Christoffer Nørgaard Jen | FROS/Melfar | H21-B | 1:11:27 | +27:09 |
| 22. | Kaj Ole Jensby | Faaborg OK | H35-B | 1:12:59 | +28:41 |
| 23. | Kasper Dan Jensen | FROS/Melfar | H35-B | 1:13:11 | +28:53 |
| 24. | Jakobsen Lars | NOTEAM | H6 | 1:16:17 | +31:59 |
| 25. | Jonas Straarup Christen | FROS/Melfar | H21-B | 1:20:17 | +35:59 |
| 26. | Anton Johansen | Odense OK | H-14 | 1:21:58 | +37:40 |
| 27. | Uffe Nielsen | Svendborg/OPI | H35-B | 1:30:15 | +45:57 |
| 28. | Mathias Rimmer Anders | Faaborg OK | H-14 | 1:31:53 | +47:35 |
| 29. | Sten Olof Jansson | OK Syd | H35-B | 1:32:13 | +47:55 |
| | Palle Rimmer Pedersen | Faaborg OK | H35-B | Disk. | |

Bane 7 3,80 km

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|----|--------------------------|-------------|-------|-------|--------|
| 1. | Axel Örnhagen Jørgense | OK Snab | H8 | 24:20 | |
| 2. | August Gabs | FROS/Melfar | H-12 | 25:54 | +01:34 |
| 3. | Mathias Birch Christense | Odense OK | H-20C | 29:30 | +05:10 |
| 4. | Jesper Beck Tanderup | Faaborg OK | H21-C | 31:16 | +06:56 |
| 5. | Martin Thorwest | OK Syd | H21-C | 32:50 | +08:30 |
| 6. | Steffen Trog | Faaborg OK | H-20C | 33:36 | +09:16 |
| 7. | Tanja Johannsen | OK Syd | D21-C | 34:02 | +09:42 |
| 8. | Jenni Volmar Skovsgaar | Odense OK | D21-C | 34:30 | +10:10 |

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|-----|---------------------------|---------------|-------|---------|--------|
| 9. | Magnus Fannar Madsen | FROS/Melfar | H-12 | 39:10 | +14:50 |
| 10. | Daniel Mikkelsen | FROS/Melfar | H-12 | 39:25 | +15:05 |
| 11. | Karen Q Frederiksen | Odense OK | D-14B | 39:41 | +15:21 |
| 12. | Henriette Lunde Ellekilde | Odense OK | D21-C | 40:00 | +15:40 |
| 13. | Karina Bak Olesen | Faaborg OK | D21-C | 43:48 | +19:28 |
| 14. | Anna Schack Andersen | OK GORM | D8 | 47:05 | +22:45 |
| 15. | Peter Andersen Vest | Svendborg/OPI | H21-C | 48:46 | +24:26 |
| 16. | Lone Wolff Andersen | Faaborg OK | D21-C | 50:18 | +25:58 |
| 17. | Signe Jensen | OK Esbjerg | D21-C | 51:39 | +27:19 |
| 18. | Henning Pedersen | Faaborg OK | H21-C | 52:12 | +27:52 |
| 19. | Tobias Rohde Jørgensen | FROS/Melfar | H-12 | 54:41 | +30:21 |
| 20. | Anita Lunding | Svendborg/OPI | D21-C | 57:35 | +33:15 |
| 21. | Susanne Bargmeyer | OK Syd | D21-C | 1:02:58 | +38:38 |
| 22. | Kirsten Wolff Thomsen | Svendborg/OPI | D21-C | 1:15:54 | +51:34 |
| | Ellen Rounkvist Uhlema | Kolding OK | D8 | Disk. | |

Bane 5B 3,48 km

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|-----|---------------------|---------------|------|---------|--------|
| 1. | Randi Splittorff | Svendborg/OPI | D70- | 40:32 | |
| 2. | Grethe Larsen | OK Snab | D5 | 47:19 | +06:47 |
| 3. | Musse Brage | FROS/Melfar | D70- | 56:54 | +16:22 |
| 4. | Inger Andersen | Faaborg OK | D70- | 57:02 | +16:30 |
| 5. | Grethe Hviid | FROS/Melfar | D70- | 57:15 | +16:43 |
| 6. | Silke Bolbro | OK Syd | D70- | 58:17 | +17:45 |
| 7. | Edit Thomsen | OK Syd | D70- | 1:01:06 | +20:34 |
| 8. | Tove Skovlyst | Faaborg OK | D70- | 1:05:14 | +24:42 |
| 9. | Gretha Villadsen | OK H.T.F. | D5 | 1:06:53 | +26:21 |
| 10. | Tove Coops-Pedersen | OK Esbjerg | D70- | 1:09:42 | +29:10 |
| 11. | Rita Christoffersen | Faaborg OK | D70- | 1:11:13 | +30:41 |

Bane 9 4,53 km

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|-----|------------------------|---------------|-------|--------------|----------|
| 1. | Eva Örnhausen Jørgense | OK Snab | D6 | 31:46 | |
| 2. | Line Skousen | FROS/Melfar | D-14 | 42:11 | +10:25 |
| 3. | Amanda modler Hedema | Faaborg OK | D-14 | 43:08 | +11:22 |
| 4. | Katrine Rimmén Thomse | Odense OK | D-20B | 45:42 | +13:56 |
| 5. | Louise Bierkamp Gjæru | OK Snab | D7 | 49:06 | +17:20 |
| 6. | Anne Grethe Eriksen | FROS/Melfar | D35-B | 52:56 | +21:10 |
| 7. | Sandra Blichfeld | Svendborg/OPI | D35-B | 56:20 | +24:34 |
| 8. | Anna Klingenberg | Faaborg OK | D-20B | 1:01:40 | +29:54 |
| 9. | Lotte Vinther Andersen | Kolding OK | D6 | 1:02:47 | +31:01 |
| 10. | Lina Granby | Faaborg OK | D-16B | 1:05:17 | +33:31 |
| 11. | Claudia Nissen | OK Esbjerg | D35-B | 1:06:32 | +34:46 |
| 12. | Johanne Jensen | OK Esbjerg | D-20B | 1:08:17 | +36:31 |
| 13. | Pia Damkjær Pedersen | Odense OK | D21-B | 1:11:00 | +39:14 |
| 14. | Henriette Mikkelsen | FROS/Melfar | D35-B | 1:19:44 | +47:58 |
| 15. | Leila Damkjær Pedersen | Svendborg/OPI | D35-B | 1:30:53 | +59:07 |
| 16. | Jeanette Dreisig | Odense OK | D35-B | 1:42:39 | +1:10:53 |
| 17. | Marianne Schmidt | OK Esbjerg | D35-B | 1:47:44 | +1:15:58 |
| 18. | Vita Jørgensen | West/Ribe | D35-B | 1:51:52 | +1:20:06 |
| | Sarah Bargmeyer | OK Syd | D-20B | Ikke startet | |
| | Ditte Busch | OK Snab | D6 | Ikke startet | |
| | Louise Bøgh | Faaborg OK | D-20B | Ikke startet | |
| | Tina Nissen | OK Syd | D35-B | Ikke startet | |
| | Asta Pedersen | West/Ribe | D35-B | Ikke startet | |

Bane 10 2,90 km

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|----|------------------------|-------------|---------|-------|--------|
| 1. | Carsten Granby | Faaborg OK | Begynde | 16:21 | |
| 2. | Magnus Lindahl | FROS/Melfar | H-10 | 16:30 | +09 |
| 3. | Johannes Nørgaard Peul | Faaborg OK | H-10 | 20:18 | +03:57 |

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|-----|-------------------------|-------------|---------|-------|--------|
| 4. | Aske Hedemann | Faaborg OK | H-10 | 20:40 | +04:19 |
| 5. | Johanna K. Madsen | FROS/Melfar | D-10 | 24:02 | +07:41 |
| 6. | Laura Busch | OK Snab | DH9 | 24:15 | +07:54 |
| 7. | Augustas Bloze | Odense OK | H-10 | 24:29 | +08:08 |
| 8. | Jakob Skousen | FROS/Melfar | H-10 | 27:11 | +10:50 |
| 9. | Sebastian Kvols | OK GORM | DH9 | 27:55 | +11:34 |
| 10. | Sofie Rohde Jørgensen | FROS/Melfar | Begynde | 31:59 | +15:38 |
| 11. | Christian Rohde Jørgens | FROS/Melfar | Begynde | 32:02 | +15:41 |
| 12. | Mette Jensen | FROS/Melfar | D-10 | 34:10 | +17:49 |
| 13. | Benjamin Krabek | Odense OK | H-10 | 35:28 | +19:07 |
| 14. | Anna-Marie Kühl | OK Syd | Begynde | 35:55 | +19:34 |
| 15. | Bente Honnens | OK Syd | Begynde | 36:58 | +20:37 |
| 16. | Bettina Nissen Pedersen | Faaborg OK | Begynde | 37:43 | +21:22 |
| 17. | Sebastian Kramers Søre | OK Esbjerg | Begynde | 38:55 | +22:34 |
| 18. | Zelda Marie Damkjær Pe | Odense OK | D-10 | 40:57 | +24:36 |