

# Startliste – Op/ned 3-6 division

2023-10-01

|             |                                 |                          |              |
|-------------|---------------------------------|--------------------------|--------------|
| <b>Beg</b>  |                                 | <b>2750 meter</b>        | <b>Start</b> |
| –           | Anja Kanstrup                   | O-63/Maribo              | 347343       |
| –           | Anna Damstedt Glæsner           | AMOK                     | 1902008      |
| –           | Bente Dahl                      | PI-København             | 213950       |
| –           | Edith Lund                      | FSK Orientering          | 245039       |
| –           | Gry Tvilling Hasholt            | OK73                     | 429905       |
| –           | Gunnar Grimstrup                | Køge OK                  | 2074612      |
| –           | Jenny Tvilling Hasholt          | OK73                     | 429906       |
| –           | Julia Bjerre Svendsen           | AMOK                     | 439487       |
| –           | Julie Askholm Persson           | Herlufsholm OK           | 2086062      |
| –           | Kenneth Østergaard Bjerremand   | AMOK                     | 1303201      |
| –           | Sinnet Agerbeck Black           | AMOK                     | 1270547      |
| –           | Tage Ebbensgaard                | Køge OK                  | 344972       |
| –           | Theodor Bech-Husum              | OK73                     | 340618       |
| –           | Ulla Kiel Juncker               | AMOK                     | 1712008      |
| –           | Valdemar Plenge Kanstrup        | O-63/Maribo              | 347360       |
| <b>D10</b>  |                                 | <b>2750 meter</b>        | <b>Start</b> |
| –           | Chloe Zafir Zacho Frost         | Køge OK                  | 249307       |
| –           | Johanne Kjer                    | Lyngby OK                | 440191       |
| –           | Laura Witt                      | OK Skærmens Hareskov     | 421556       |
| –           | Lisa Maj Abild                  | AMOK                     | 1270540      |
| –           | Marie Liv Johansen              | OK Skærmens Hareskov     | 364982       |
| –           | Sofie Christiansen              | Kildeholm OK             | 2120901      |
| <b>D12</b>  |                                 | <b>2925 meter</b>        | <b>Start</b> |
| –           | Sara Forsberg Juhl Christiansen | Kildeholm OK             | 2120902      |
| –           | Victoria Stahl                  | Køge OK                  | 2213985      |
| <b>D14</b>  |                                 | <b>3175 meter</b>        | <b>Start</b> |
| 12:26       | Katrine Jacobsen                | OK Skærmens Hareskov     | 1985001      |
| 12:28       | Lærke Brøndum Porsborg Pedersen | Kildeholm OK             | 2120904      |
| <b>D14B</b> |                                 | <b>2925 meter</b>        | <b>Start</b> |
| –           | Sarah Staalgaard                | OK73                     | 340602       |
| <b>D16</b>  |                                 | <b>4300 meter</b>        | <b>Start</b> |
| 10:40       | Lisa Børsting                   | Herlufsholm OK           | 1421514      |
| 10:42       | Freja Gudme-Knudsen             | OK73                     | 8500995      |
| <b>D20</b>  |                                 | <b>5675 meter</b>        | <b>Start</b> |
| 09:59       | Caroline Øxenhavne              | Herlufsholm OK           | 2035220      |
| <b>D20B</b> |                                 | <b>3175 meter</b>        | <b>Start</b> |
| 10:53       | Freja Hirsborg Pedersen         | Køge OK                  | 2119074      |
| 12:30       | Isabel Hamborg Fabricius        | DSR/Fredensborg/Vinderød | 2117531      |
| <b>D21</b>  |                                 | <b>5675 meter</b>        | <b>Start</b> |
| 10:23       | Roser Marre Badallo             | AMOK                     | 1989425      |
| 10:25       | Sandra Mundus                   | Herlufsholm OK           | 1428676      |
| 10:27       | Noemi Ott                       | AMOK                     | 8050702      |

|       |                           |                      |         |
|-------|---------------------------|----------------------|---------|
| 10:29 | Jette Grimstrup           | Køge OK              | 2061681 |
| 10:31 | Signe Marie Abild         | AMOK                 | 2065752 |
| 10:33 | Camilla Hirsborg Pedersen | Køge OK              | 2128806 |
| 10:35 | Ylva Reiten               | AMOK                 | 443333  |
| 10:37 | Tine Meyhoff Petersen     | Herlufsholm OK       | 8631591 |
| 11:17 | Marie Sofie Møller        | Lyngby OK            | 1411269 |
| 11:19 | Nikita Bang               | PI-København         | 213945  |
| 11:21 | Sara Lykke Brinch         | Helsingør SOK        | 8646078 |
| 11:23 | Mette Stub                | PI-København         | 8033389 |
| 11:25 | Hanne Fogh                | FSK Orientering      | 7011222 |
| 12:23 | Julie Hogrefe             | Kildeholm OK         | 1421500 |
| 12:25 | Ida Jacobsen              | OK Skærmens Hareskov | 1428719 |

|             |                                    |                   |              |
|-------------|------------------------------------|-------------------|--------------|
| <b>D21B</b> |                                    | <b>3175 meter</b> | <b>Start</b> |
| 10:21       | Eva Elbo Petersen                  | AMOK              | 1270549      |
| 10:23       | Birgit Berner                      | Køge OK           | 2074614      |
| 10:25       | Anna Arnskov Grønnebæk             | AMOK              | 435358       |
| 10:27       | Louise WD Otzen                    | OK73              | 429904       |
| 10:29       | Danja Lykke Kristensen             | AMOK              | 435345       |
| 10:31       | Ida Bech                           | OK73              | 207555       |
| 10:33       | Marie Skov Sander                  | AMOK              | 1270544      |
| 10:35       | Henriette Terjesen Sloth Bundgaard | Herlufsholm OK    | 2086059      |
| 10:37       | Sissel Andersen                    | AMOK              | 1419941      |
| 11:28       | Mette Juul Roslyng                 | FSK Orientering   | 1985028      |
| 11:30       | Line Stub                          | PI-København      | 239731       |
| 11:32       | Paulina Nawrocka-Muszynska         | FSK Orientering   | 7211430      |
| 11:34       | Marie Kierstein Nielsen            | FSK Orientering   | 2493233      |
| 12:18       | Pia Cramer                         | Kildeholm OK      | 2120905      |
| 12:20       | Aviaaja Willesen                   | O-63/Maribo       | 435305       |
| 12:22       | Louise Belmonte                    | Kildeholm OK      | 2136660      |
| 12:24       | Sofie Svane                        | O-63/Maribo       | 347019       |

|            |                         |                      |              |
|------------|-------------------------|----------------------|--------------|
| <b>D40</b> |                         | <b>4900 meter</b>    | <b>Start</b> |
| 10:39      | Gitte Jensen            | AMOK                 | 1270546      |
| 10:41      | Karin Hulgaard          | OK73                 | 1985008      |
| 10:43      | Helle Piil Rosted       | AMOK                 | 344987       |
| 10:45      | Lise Ravnshøj Andersen  | Herlufsholm OK       | 8510347      |
| 11:29      | Helle Pitters           | Lyngby OK            | 8510337      |
| 11:31      | Karina Mejnborg         | PI-København         | 8033379      |
| 11:33      | Mette Skindersø         | Lyngby OK            | 2037671      |
| 12:15      | Charlotte Lykke Guldbæk | OK Skærmens Hareskov | 2136666      |
| 12:17      | Anja Christiansen       | Kildeholm OK         | 2128794      |
| 12:19      | Louise Munch Diemar     | OK Skærmens Hareskov | 2083207      |
| 12:21      | Lone Nielsen            | Kildeholm OK         | 2134115      |

|             |                         |                   |              |
|-------------|-------------------------|-------------------|--------------|
| <b>D45B</b> |                         | <b>3175 meter</b> | <b>Start</b> |
| 10:39       | Anne Weis Givskov       | AMOK              | 1152008      |
| 10:41       | Hanne Bech              | OK73              | 2117590      |
| 10:43       | Ilsabe Børsting         | Herlufsholm OK    | 8097145      |
| 10:45       | Lone Nørgaard           | OK73              | 1406258      |
| 10:47       | Susan Laugaard Hansen   | Køge OK           | 2119072      |
| 10:49       | Silvia Gabriela Burgos  | OK73              | 429901       |
| 10:51       | Jeanette Bjerborg       | Køge OK           | 889246       |
| 11:18       | Inger Lise Wolff-Jensen | Lyngby OK         | 1406260      |

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|-------|-----------------------|-----------------|---------|
| 11:20 | Hanne Jørgensen       | PI-København    | 2092979 |
| 11:22 | Berit Petersen        | Helsingør SOK   | 308155  |
| 11:24 | Joan Johansen         | PI-København    | 7205429 |
| 11:26 | Ana Magdalena Chirita | FSK Orientering | 2074607 |
| 12:32 | Lis Noes              | O-63/Maribo     | 2065740 |

**D50**

|       |                        |                          |         |
|-------|------------------------|--------------------------|---------|
| 10:24 | Else Gudme             | OK73                     | 351370  |
| 10:26 | Hanne Øxenhavne        | Herlufsholm OK           | 2086070 |
| 10:28 | Malene Løkke           | Køge OK                  | 302132  |
| 10:30 | Heidi Olander Petersen | AMOK                     | 2061660 |
| 10:32 | Anne Mette Oddsen      | OK73                     | 429902  |
| 10:34 | Susanne Tanderup       | Herlufsholm OK           | 8635802 |
| 10:36 | Camilla Bøgevig Larkai | OK73                     | 1402038 |
| 10:38 | Mette Uhre Lang        | AMOK                     | 1106033 |
| 11:20 | Lone Kierstein Nielsen | FSK Orientering          | 249303  |
| 11:22 | Pernille Hansen        | Helsingør SOK            | 343416  |
| 11:24 | Rita Breum             | PI-København             | 302186  |
| 11:26 | Lene Jensen            | Helsingør SOK            | 8033359 |
| 11:28 | Camilla Rath Nielsen   | PI-København             | 1428690 |
| 11:30 | Mette Kirstine Agger   | Helsingør SOK            | 427882  |
| 12:00 | Christina Bøje         | DSR/Fredensborg/Vinderød | 2213996 |
| 12:02 | Hanne N Waltenburg     | Kildeholm OK             | 1413384 |
| 12:04 | Ulla Jacobsen          | OK Skærmene Hareskov     | 1401497 |
| 12:06 | Lena Hamborg           | DSR/Fredensborg/Vinderød | 2112888 |
| 12:08 | Dorte Morell           | O-63/Maribo              | 347166  |
| 12:10 | Gitte Willumsen        | DSR/Fredensborg/Vinderød | 2090677 |
| 12:12 | Tine Rønn Østergaard   | Kildeholm OK             | 2089958 |

**4300 meter****Start****D60**

|       |                    |                      |         |
|-------|--------------------|----------------------|---------|
| 10:26 | Lidy Grange        | Køge OK              | 433468  |
| 10:28 | Rita Løjmand       | Herlufsholm OK       | 439330  |
| 10:30 | Inge Madsen        | OK73                 | 2074617 |
| 10:32 | Anne Andersen      | AMOK                 | 2108401 |
| 10:34 | Marianne Lykking   | OK73                 | 40508   |
| 10:36 | Inge Christiansen  | AMOK                 | 2061665 |
| 10:38 | Ulla Baden         | OK73                 | 2153444 |
| 10:40 | Lene Hansen        | Herlufsholm OK       | 1308010 |
| 11:19 | Jytte Sørensen     | FSK Orientering      | 355583  |
| 11:21 | Mette Seir Hansen  | Helsingør SOK        | 8645172 |
| 11:23 | Susan Houmark Stub | PI-København         | 1411290 |
| 11:25 | Lisbet Hansen      | FSK Orientering      | 8637587 |
| 11:27 | Birgitte Krüger    | Helsingør SOK        | 8631610 |
| 11:29 | Karin Troelsgård   | Lyngby OK            | 1421511 |
| 12:20 | Kirsten Witt       | OK Skærmene Hareskov | 348359  |
| 12:22 | Pia Kadziola       | O-63/Maribo          | 8500992 |
| 12:24 | Ruth Hansen        | OK Skærmene Hareskov | 355594  |

**3650 meter****Start****D70**

|       |                          |                |         |
|-------|--------------------------|----------------|---------|
| 10:23 | Gerda Marie Christiansen | Køge OK        | 8657110 |
| 10:25 | Lena Hansen              | Herlufsholm OK | 1410588 |
| 10:27 | Lis Hasholt              | OK73           | 213962  |
| 10:29 | Berit N. Pedersen        | Køge OK        | 239930  |
| 10:31 | Merete Ravnshøj Andersen | Herlufsholm OK | 1401182 |

**2975 meter****Start**

|       |                   |                      |         |
|-------|-------------------|----------------------|---------|
| 10:33 | Ulla Valnert      | OK73                 | 302193  |
| 10:35 | Grethe Larsen     | Køge OK              | 407174  |
| 10:37 | Elsa Bratholm     | OK73                 | 246404  |
| 11:01 | Anne-Marie Bech   | FSK Orientering      | 241936  |
| 11:03 | Anne Sørensen     | Helsingør SOK        | 308156  |
| 11:05 | Anne Bülow-Olsen  | Lyngby OK            | 2086042 |
| 11:07 | Kirsten Ellekilde | Helsingør SOK        | 8009116 |
| 11:09 | Lise Kolte        | FSK Orientering      | 407733  |
| 11:11 | Inge Olsen        | Helsingør SOK        | 308168  |
| 11:13 | Bente Keil        | Lyngby OK            | 308103  |
| 12:01 | Benthe Jensen     | OK Skærmens Hareskov | 2006494 |
| 12:03 | Bente Skov-Jensen | O-63/Maribo          | 213999  |
| 12:05 | Vivi Hansen       | OK Skærmens Hareskov | 420161  |
| 12:07 | Ina Blom          | Kildeholm OK         | 2089965 |
| 12:09 | Karen Juul        | OK Skærmens Hareskov | 2112878 |
| 12:11 | Dorte Dam         | Kildeholm OK         | 2006495 |

|              |                      |                   |              |
|--------------|----------------------|-------------------|--------------|
| <b>D-Let</b> |                      | <b>2925 meter</b> | <b>Start</b> |
| –            | Charlotte Stahl      | Køge OK           | 239938       |
| –            | Christina Staalgaard | OK73              | 207559       |
| –            | Else Marie Mikkelsen | O-63/Maribo       | 435306       |
| –            | Gitte Rasmussen      | Køge OK           | 2061687      |
| –            | Hanne Hansen         | Køge OK           | 308134       |
| –            | Helle Olesen         | PI-København      | 2117574      |
| –            | Jytte Eltang         | FSK Orientering   | 351369       |
| –            | Kamilla S. Kaarsholm | FSK Orientering   | 441818       |
| –            | Kristine Bihrmann    | OK73              | 1452127      |
| –            | Laura Staun          | Køge OK           | 343759       |
| –            | Lene Bruun Jørgensen | PI-København      | 417795       |
| –            | Line Bech Jensen     | Helsingør SOK     | 2077778      |
| –            | Lisbet Willesen      | O-63/Maribo       | 347417       |
| –            | Listbeth Haals       | PI-København      | 2100688      |
| –            | Luna Sofie Ottosen   | AMOK              | 1270543      |
| –            | Marianne Krowicki    | FSK Orientering   | 440267       |
| –            | Mette Lykke Hansen   | AMOK              | 1912008      |
| –            | Pernille Sørensen    | AMOK              | 1270541      |
| –            | Sarah Jeyaratram     | O-63/Maribo       | 347495       |
| –            | Susanne Larsen       | OK73              | 207589       |
| –            | Susanne Truelsen     | Herlufsholm OK    | 302183       |
| –            | Vibeke Miené         | Helsingør SOK     | 2077771      |

|            |                           |                   |              |
|------------|---------------------------|-------------------|--------------|
| <b>H10</b> |                           | <b>2750 meter</b> | <b>Start</b> |
| –          | Alfred Abild              | AMOK              | 1270545      |
| –          | Alfred Meyhoff-Ejlertsen  | Herlufsholm OK    | 347095       |
| –          | Gilbert Kurt Scott Mundus | Herlufsholm OK    | 2086068      |
| –          | Nohr Emil Svenstrup       | Herlufsholm OK    | 2086063      |

|            |                           |                      |              |
|------------|---------------------------|----------------------|--------------|
| <b>H12</b> |                           | <b>2925 meter</b>    | <b>Start</b> |
| –          | Alexander Schmidt         | Lyngby OK            | 2085982      |
| –          | Asbjørn Christiansen      | Kildeholm OK         | 2120910      |
| –          | August Kvist              | OK Skærmens Hareskov | 364986       |
| –          | Jacob Lassen              | O-63/Maribo          | 423293       |
| –          | Tobias Ju Sloth Bundgaard | Herlufsholm OK       | 2086060      |

|             |                         |                          |              |
|-------------|-------------------------|--------------------------|--------------|
| <b>H12B</b> |                         | <b>2750 meter</b>        | <b>Start</b> |
| –           | Kurt Askholm Persson    | Herlufsholm OK           | 2086065      |
| –           | Liam Nielsen-Nørregaard | Herlufsholm OK           | 2086067      |
| <b>H14</b>  |                         | <b>3425 meter</b>        | <b>Start</b> |
| 10:48       | Emil Kaiser             | Køge OK                  | 344955       |
| <b>H14B</b> |                         | <b>2925 meter</b>        | <b>Start</b> |
| –           | Ulf Tvilling Hasholt    | OK73                     | 429907       |
| <b>H21</b>  |                         | <b>6800 meter</b>        | <b>Start</b> |
| 10:01       | Peter Karberg           | Herlufsholm OK           | 8631622      |
| 10:03       | Jakub Jirasek           | AMOK                     | 2016470      |
| 10:05       | Jakob Lind Tolborg      | OK73                     | 8033392      |
| 10:07       | Lasse Lykke Grønnebæk   | AMOK                     | 1142008      |
| 10:09       | Sebastian Hansen        | Herlufsholm OK           | 8629595      |
| 10:11       | Emil Gutfelt Overgaard  | Køge OK                  | 1106027      |
| 10:13       | Johan Hydén             | AMOK                     | 7890306      |
| 10:15       | Jesper Lykking          | OK73                     | 8089694      |
| 10:17       | Jeppe Damsgaard         | AMOK                     | 8009292      |
| 10:19       | Kristian Juda Husgard   | Køge OK                  | 1410777      |
| 11:13       | Marek Muszynski         | FSK Orientering          | 8500994      |
| 11:15       | Frederik Brønd          | Lyngby OK                | 1408223      |
| 11:17       | Thomas R. Kyrsting      | PI-København             | 2037668      |
| 11:19       | Rolf Lund               | Helsingør SOK            | 8033371      |
| 11:21       | Niels Peder Møller      | Lyngby OK                | 8506821      |
| 11:23       | Søren Vestergaard       | PI-København             | 8089690      |
| 11:25       | Janus Helbo             | Lyngby OK                | 1450249      |
| 12:00       | Kim Clausen             | DSR/Fredensborg/Vinderød | 407153       |
| 12:02       | Micki Borgen            | O-63/Maribo              | 347097       |
| 12:04       | Søren Kvist             | OK Skærmens Hareskov     | 2136664      |
| 12:06       | Hjalte Hviid            | O-63/Maribo              | 2030234      |
| 12:08       | Ulrik Hogrefe           | Kildeholm OK             | 1452124      |
| 12:10       | Tajs Hviid Pedersen     | O-63/Maribo              | 448372       |
| 12:12       | Lars Johansen           | OK Skærmens Hareskov     | 8664223      |
| 12:14       | Asbjørn Hviid           | O-63/Maribo              | 423294       |
| 12:16       | Morten Rønn Østergaard  | Kildeholm OK             | 1452111      |
| <b>H21B</b> |                         | <b>3425 meter</b>        | <b>Start</b> |
| 10:26       | Poul R. Koziara         | Køge OK                  | 216779       |
| 10:28       | Henrik Bierbum          | AMOK                     | 1102008      |
| 10:30       | Stig Andersen           | Herlufsholm OK           | 1401185      |
| 10:32       | Mark Nielsen Outridge   | AMOK                     | 1852008      |
| 10:34       | Otto Kristensen         | Køge OK                  | 249385       |
| 10:36       | Henning Drejer Olsen    | OK73                     | 1106036      |
| 10:38       | Poul Stahlschmidt       | Herlufsholm OK           | 2035217      |
| 10:40       | Jørgen Larsen           | Køge OK                  | 407175       |
| 10:42       | Mads Lykking            | OK73                     | 2030239      |
| 10:44       | Lars Carstensen         | Køge OK                  | 2112882      |
| 10:46       | Algis Juska             | OK73                     | 340646       |
| 11:22       | William H. Andersen     | FSK Orientering          | 302140       |
| 11:24       | Niels Frederiksen       | Helsingør SOK            | 2061675      |
| 11:26       | Mads Kierstein Nielsen  | FSK Orientering          | 348361       |
| 11:28       | Mathias Jørgen Larsen   | PI-København             | 1421736      |

|       |                     |                          |        |
|-------|---------------------|--------------------------|--------|
| 11:30 | Michael Larsen      | FSK Orientering          | 249343 |
| 12:29 | Svend W. Frydendahl | DSR/Fredensborg/Vinderød | 981775 |
| 12:31 | Andreas Willesen    | O-63/Maribo              | 423295 |

**H40**

|       |                          |                          |         |
|-------|--------------------------|--------------------------|---------|
| 10:01 | Stefan Hansen            | OK73                     | 8005181 |
| 10:03 | Sergei Vorfolomeev       | AMOK                     | 8657014 |
| 10:05 | Simon Mundus             | Herlufsholm OK           | 1428695 |
| 10:07 | Brian Stahl              | Køge OK                  | 2213989 |
| 10:09 | Tim Abild                | AMOK                     | 7212129 |
| 10:11 | Tom Hansen               | Køge OK                  | 2119071 |
| 10:13 | Christian Gudme-Knudsen  | OK73                     | 1411282 |
| 10:15 | Peter Elkjaer Knudsen    | Herlufsholm OK           | 2086066 |
| 10:17 | Daniel Nørgaard Bachmann | AMOK                     | 2061666 |
| 10:19 | Michael Zacho Frost      | Køge OK                  | 239943  |
| 10:21 | Torben Kristensen        | Herlufsholm OK           | 2049220 |
| 11:01 | Jesper Lægsgaard         | Lyngby OK                | 8009300 |
| 11:03 | Lars Basballe            | FSK Orientering          | 501140  |
| 11:05 | Erik Olsen               | PI-København             | 213941  |
| 11:07 | Jan Frank Nielsen        | FSK Orientering          | 347482  |
| 11:09 | Vilnis Frishfelds        | Lyngby OK                | 8507632 |
| 11:11 | Niels Bohse              | Helsingør SOK            | 1411620 |
| 11:13 | Sebastian I.V. From      | Lyngby OK                | 8657106 |
| 11:15 | Preben Brinch            | Helsingør SOK            | 8662153 |
| 12:01 | Anders Christensen       | O-63/Maribo              | 1392078 |
| 12:03 | Bo Brøndum Pedersen      | Kildeholm OK             | 2120906 |
| 12:05 | Henrik Plenge Jensen     | O-63/Maribo              | 501273  |
| 12:07 | Jakob Sandgrav           | DSR/Fredensborg/Vinderød | 1452120 |
| 12:09 | Troels Lassen            | O-63/Maribo              | 1421518 |
| 12:11 | Lasse Hansen             | Kildeholm OK             | 505030  |

**5675 meter****Start****H45B**

|       |                            |                 |         |
|-------|----------------------------|-----------------|---------|
| 10:00 | John Barnewitz             | Køge OK         | 439760  |
| 10:02 | Frederik Møller Nielsden   | OK73            | 250183  |
| 10:04 | Torben Speldt              | AMOK            | 8667855 |
| 10:06 | Jan Truelsen               | Herlufsholm OK  | 417514  |
| 10:08 | Henrik Johansen            | Køge OK         | 439767  |
| 10:10 | Rune Larsen                | AMOK            | 7209258 |
| 10:12 | Hugo Frederiksen           | OK73            | 8323159 |
| 10:14 | Finn Stausgaard            | AMOK            | 1162008 |
| 10:16 | Anders Bang                | Køge OK         | 239787  |
| 10:18 | Kim O. Gissel              | Herlufsholm OK  | 308024  |
| 10:20 | Blassius Chin              | AMOK            | 2136669 |
| 10:22 | Søren Staun                | Køge OK         | 2061679 |
| 10:24 | Henrik Weirauch Kristensen | OK73            | 8512036 |
| 10:52 | Dennis Flood               | OK73            | 207593  |
| 11:00 | Dan Frederiksen            | PI-København    | 2049224 |
| 11:02 | Michael Bo Jensen          | Lyngby OK       | 2225023 |
| 11:04 | Jesper Fonager Christensen | FSK Orientering | 902921  |
| 11:06 | Bo Christoffersen          | Lyngby OK       | 2085954 |
| 11:08 | Per Jørgensen              | Helsingør SOK   | 2077773 |
| 11:10 | Michael Licht              | FSK Orientering | 2074620 |
| 11:12 | Rune Odin                  | Lyngby OK       | 7060577 |
| 11:14 | Jens Thorup                | FSK Orientering | 439321  |

**3425 meter****Start**

|       |                   |              |         |
|-------|-------------------|--------------|---------|
| 11:16 | Carsten Sønderup  | PI-København | 428895  |
| 12:21 | Henrik Waltenburg | Kildeholm OK | 2119078 |
| 12:23 | Kim Jensen        | O-63/Maribo  | 423292  |
| 12:25 | Niels Rønne       | Kildeholm OK | 2134120 |
| 12:27 | Carsten Borgen    | O-63/Maribo  | 347294  |

**H50**

|       |                       |                          |              |
|-------|-----------------------|--------------------------|--------------|
|       |                       | <b>4900 meter</b>        | <b>Start</b> |
| 10:01 | Anders Knudsen        | Herlufsholm OK           | 8653089      |
| 10:03 | Mikkel Merkelsen      | AMOK                     | 1052008      |
| 10:05 | Carsten Mogensen      | Køge OK                  | 8664242      |
| 10:07 | Søren Albæk Jensen    | AMOK                     | 439489       |
| 10:09 | Peter Lynge Kjær      | OK73                     | 250118       |
| 10:13 | Niels Torm            | Køge OK                  | 8033374      |
| 10:15 | Niels Thulin Johansen | Herlufsholm OK           | 2035218      |
| 10:17 | Morten Kisbæk         | AMOK                     | 1032008      |
| 10:19 | Bo Pedersen           | Køge OK                  | 8657109      |
| 10:21 | Kaj Munck             | Herlufsholm OK           | 9005164      |
| 10:23 | Christian Olsen       | AMOK                     | 8201972      |
| 11:00 | Bruno Stub            | PI-København             | 8626199      |
| 11:02 | Mogens Schmidt        | Lyngby OK                | 1402045      |
| 11:04 | Torsten Bjørn         | Helsingør SOK            | 234468       |
| 11:06 | Jesper Andersen       | FSK Orientering          | 8190764      |
| 11:08 | Jan Johansen          | PI-København             | 8620979      |
| 11:10 | Finn Lindstrøm        | Lyngby OK                | 8640543      |
| 11:12 | Flemming Wendelboe    | Helsingør SOK            | 500115       |
| 11:14 | Leif Pedersen         | FSK Orientering          | 2112887      |
| 11:16 | Svend Christiansen    | PI-København             | 501136       |
| 11:18 | Søren Rinder          | Lyngby OK                | 1112160      |
| 11:20 | Niels Thygesen        | FSK Orientering          | 2049943      |
| 12:01 | Lars Christoffersen   | OK Skærmens Hareskov     | 419741       |
| 12:03 | Morten Nissen         | O-63/Maribo              | 1406287      |
| 12:05 | Henrik Visborg Thune  | Kildeholm OK             | 2136663      |
| 12:07 | Henrik Jørgensen      | OK Skærmens Hareskov     | 1428689      |
| 12:09 | Christian Clausen     | DSR/Fredensborg/Vinderød | 1422379      |
| 12:11 | Jesper Sørensen       | OK Skærmens Hareskov     | 8009123      |
| 12:13 | Martin Schwartz       | DSR/Fredensborg/Vinderød | 343740       |

**H60**

|       |                        |                   |              |
|-------|------------------------|-------------------|--------------|
|       |                        | <b>4300 meter</b> | <b>Start</b> |
| 10:00 | Ernst Poulsen          | AMOK              | 8103014      |
| 10:02 | Claus Odgaard          | OK73              | 8500977      |
| 10:04 | Morten Løjmand         | Herlufsholm OK    | 440747       |
| 10:06 | Steen Fladberg         | Køge OK           | 239260       |
| 10:08 | Jan Kosut              | AMOK              | 406990       |
| 10:10 | Jens Erik Larsen       | OK73              | 308077       |
| 10:12 | Jesper Børsting        | Herlufsholm OK    | 8009134      |
| 10:14 | Henning Jeppesen       | Køge OK           | 2061683      |
| 10:16 | Jens Balslev           | OK73              | 1112144      |
| 10:18 | Gert Lillevang Nielsen | AMOK              | 1972008      |
| 10:20 | Svend-Erik Munck       | Herlufsholm OK    | 1013307      |
| 10:22 | Kim Møller             | Køge OK           | 444672       |
| 11:00 | Torkil Hansen          | PI-København      | 8033358      |
| 11:02 | Kurt Thuesen           | FSK Orientering   | 2049952      |
| 11:04 | Henrik Albahn          | Lyngby OK         | 888950       |
| 11:06 | Steffen Hoelstad       | Helsingør SOK     | 2112890      |

|       |                      |                          |         |
|-------|----------------------|--------------------------|---------|
| 11:08 | Bjarne Iversen       | FSK Orientering          | 239922  |
| 11:10 | Jan Kofoed Nielsen   | PI-København             | 213942  |
| 11:12 | Carsten Thye Agger   | Helsingør SOK            | 8510335 |
| 11:14 | Karsten Jørgensen    | PI-København             | 213943  |
| 11:16 | Claus Wigen          | FSK Orientering          | 355593  |
| 11:18 | Mogens Kirkeby       | Helsingør SOK            | 2077772 |
| 12:14 | Torben Hviid         | O-63/Maribo              | 435307  |
| 12:16 | Niels Hamborg Jensen | OK Skærmens Hareskov     | 2049230 |
| 12:18 | Leif Sudergaard      | Kildeholm OK             | 1401708 |
| 12:20 | Michael E. Laustsen  | OK Skærmens Hareskov     | 234897  |
| 12:22 | Ronald Clausen       | DSR/Fredensborg/Vinderød | 1502324 |
| 12:24 | Søren Christensen    | OK Skærmens Hareskov     | 8510330 |
| 12:26 | Max Prang            | DSR/Fredensborg/Vinderød | 8620730 |

**H70**

|       |                        |                          |         |
|-------|------------------------|--------------------------|---------|
| 10:00 | Torsten Grange         | Køge OK                  | 202024  |
| 10:02 | Bjarne Sørensen        | AMOK                     | 440265  |
| 10:04 | Gunner Jørgensen       | OK73                     | 40402   |
| 10:06 | Per Steen              | Køge OK                  | 241940  |
| 10:08 | Frede Scheye           | Herlufsholm OK           | 7508016 |
| 10:10 | Karsten Richardt       | Køge OK                  | 8657111 |
| 10:12 | Rolf Andersen          | AMOK                     | 1101952 |
| 10:14 | Bent Johansen          | OK73                     | 439759  |
| 10:16 | Gunnar Grue-Sørensen   | Køge OK                  | 8657101 |
| 10:18 | Helmuth Hansen         | Herlufsholm OK           | 202098  |
| 10:20 | Peter Hofman-Bang      | AMOK                     | 1992008 |
| 10:22 | Knud Lykking           | OK73                     | 8510348 |
| 10:24 | Jan Bigler             | Herlufsholm OK           | 417518  |
| 11:01 | Søren Jensen           | PI-København             | 302128  |
| 11:03 | Karl Aage Hald         | FSK Orientering          | 407734  |
| 11:05 | John Pihl              | Helsingør SOK            | 9005006 |
| 11:07 | Erik Roslyng           | FSK Orientering          | 330684  |
| 11:09 | Jim Chalmers           | Lyngby OK                | 1411611 |
| 11:11 | Jørn Steffensen        | Helsingør SOK            | 1406300 |
| 11:13 | Kurt Jespersen         | FSK Orientering          | 302097  |
| 11:15 | Jakob Vang             | Helsingør SOK            | 2089970 |
| 11:17 | Peter Sørensen         | PI-København             | 8635884 |
| 12:00 | Steen Sørensen         | OK Skærmens Hareskov     | 351326  |
| 12:02 | Ole Matzen             | O-63/Maribo              | 347415  |
| 12:04 | Jørn Mouritzen         | DSR/Fredensborg/Vinderød | 1402981 |
| 12:06 | John Knudsen           | O-63/Maribo              | 1406269 |
| 12:08 | Leif Jensen            | OK Skærmens Hareskov     | 234439  |
| 12:10 | Johan Frydendahl       | DSR/Fredensborg/Vinderød | 1410587 |
| 12:12 | Nils Sættem            | Kildeholm OK             | 249631  |
| 12:14 | Finn Gamél Christensen | DSR/Fredensborg/Vinderød | 355581  |
| 12:16 | Peter Nielsen          | OK Skærmens Hareskov     | 31384   |
| 12:18 | Erik Bach Sørensen     | Kildeholm OK             | 351358  |

**H80**

|       |                           |                |         |
|-------|---------------------------|----------------|---------|
| 10:39 | Niels Rørbech             | Herlufsholm OK | 2035224 |
| 10:41 | Bent Hasholt              | OK73           | 213963  |
| 10:43 | Ole Rasmussen             | Køge OK        | 2128809 |
| 10:45 | Søren Thoustrup Jørgensen | OK73           | 899032  |
| 10:47 | Svend Fladberg            | Køge OK        | 2128811 |



|       |                  |                          |         |
|-------|------------------|--------------------------|---------|
| 10:49 | Bent Mortensen   | OK73                     | 2221994 |
| 10:51 | Kurt Dose        | Køge OK                  | 302087  |
| 11:27 | Marie Krogsgaard | Helsingør SOK            | 308171  |
| 11:29 | Inger Jensen     | FSK Orientering          | 8009130 |
| 11:31 | John Miené       | Helsingør SOK            | 240000  |
| 11:33 | Frank Sandgreen  | FSK Orientering          | 348373  |
| 11:35 | Jørgen Jensen    | Helsingør SOK            | 8016657 |
| 12:13 | Carl Djurhuus    | Kildeholm OK             | 302143  |
| 12:15 | Mogens Hansen    | OK Skærmens Hareskov     | 504434  |
| 12:17 | Knud Dam         | Kildeholm OK             | 2119080 |
| 12:19 | Bjørn Helstrup   | DSR/Fredensborg/Vinderød | 302160  |
| 12:21 | Eskild Rønne     | Kildeholm OK             | 407149  |

|              |                         |                      |              |
|--------------|-------------------------|----------------------|--------------|
| <b>H-Let</b> |                         | <b>2925 meter</b>    | <b>Start</b> |
| –            | Aksel Duus              | AMOK                 | 437081       |
| –            | Arne Olsen              | Helsingør SOK        | 308172       |
| –            | Carsten Mortensen       | PI-København         | 1395523      |
| –            | Christian Mortensen     | O-63/Maribo          | 347083       |
| –            | Claus Børsting          | Herlufsholm OK       | 1112159      |
| –            | Erik Andersen           | OK73                 | 340693       |
| –            | Erik Løvgren Jensen     | Køge OK              | 442559       |
| –            | Erik Ornebjergus        | PI-København         | 2037674      |
| –            | Finn Frogne             | Køge OK              | 249379       |
| –            | Flemming Bantz Sørensen | Lyngby OK            | 250082       |
| –            | Hans-Ole Ketting        | FSK Orientering      | 202086       |
| –            | Helgard Olsen           | AMOK                 | 202066       |
| –            | Jimi Juncker            | AMOK                 | 1862008      |
| –            | Knud O Engelsholm       | Helsingør SOK        | 355580       |
| –            | Knud Torm               | OK Skærmens Hareskov | 351340       |
| –            | Leif Kajberg            | OK73                 | 331586       |
| –            | Morten Sahl Bang        | PI-København         | 2090656      |
| –            | Niels-Henrik Holscher   | O-63/Maribo          | 308074       |
| –            | Nils Lind Petersen      | FSK Orientering      | 407797       |
| –            | Peter Bjørn Jensen      | O-63/Maribo          | 407180       |
| –            | Robin Larsen            | OK73                 | 429903       |
| –            | Svend Erik Jensen       | OK Skærmens Hareskov | 308133       |
| –            | Torben Nielsen          | Køge OK              | 407115       |

|               |                        |                   |              |
|---------------|------------------------|-------------------|--------------|
| <b>Åben 1</b> |                        | <b>6350 meter</b> | <b>Start</b> |
| –             | Anders Jonsson         | Søllerød OK       | 7003435      |
| –             | Emil Mejlhede Kinslev  | OK ØST Birkerød   | 7500274      |
| –             | Jakob Døpping          | Søllerød OK       | 8050668      |
| –             | Joakim Ilsing Sørensen | Ballerup OK       | 8016659      |
| –             | Lars Hanghøj Petersen  | Ballerup OK       | 1290555      |
| –             | Michael Graae          | Søllerød OK       | 8002532      |

|               |                |                   |              |
|---------------|----------------|-------------------|--------------|
| <b>Åben 2</b> |                | <b>4900 meter</b> | <b>Start</b> |
| –             | Hans Granholm  | OK ØST Birkerød   | 427612       |
| –             | Henrik Kleffel | Søllerød OK       | 9111254      |
| –             | Niels Aabye    | Ballerup OK       | 8002523      |
| –             | Søren Sloth    | FIF Hillerød      | 8500981      |

|               |                   |                   |              |
|---------------|-------------------|-------------------|--------------|
| <b>Åben 3</b> |                   | <b>3775 meter</b> | <b>Start</b> |
| –             | Annette Bonde     | Ballerup OK       | 8667751      |
| –             | Charlotte Grauert | Ballerup OK       | 8009115      |

|   |                     |              |         |
|---|---------------------|--------------|---------|
| – | Dorte Munk-Petersen | Søllerød OK  | 2086054 |
| – | Emil Olesen         | FIF Hillerød | 8505430 |
| – | Eva Konring Olesen  | FIF Hillerød | 8505429 |
| – | Hanne Frost         | Ballerup OK  | 1428720 |
| – | Jan Kristoffersen   | Ballerup OK  | 8633623 |
| – | Jens Høgsfeldt      | FIF Hillerød | 8033388 |

**Åben 4**

|   |                  |                 |         |
|---|------------------|-----------------|---------|
| – | Annelise Hansen  | FIF Hillerød    | 9201766 |
| – | Kirsten Olsen    | Søllerød OK     | 250026  |
| – | Kirsten Truelsen | Ballerup OK     | 1406263 |
| – | Poul Gregersen   | Ballerup OK     | 1411619 |
| – | Signe Elin Gram  | OK ØST Birkerød | 2216183 |

**Åben 5**

|   |                 |              |        |
|---|-----------------|--------------|--------|
| – | Mads Vindegaard | FIF Hillerød | 202067 |
|---|-----------------|--------------|--------|

**Åben 6**

|   |                       |             |        |
|---|-----------------------|-------------|--------|
| – | Inge K. Kristoffersen | Ballerup OK | 440894 |
|---|-----------------------|-------------|--------|