

12-7 2023

| ID 1 | Navn 1 | ID 2 | Navn 2 | Starttid | Tid I Mål | Tid | Bedste Tid | Forbedret Tid | Placering | Målrækkefølge | Tid I Mål | Point |
|------|------------------|------|--------|----------|-----------|----------|------------|---------------|-----------|------------------|-----------|-------|
| 31 | Pernille | | | 00:00:37 | | | 00:44:23 | | 1 | Steen | 00:44:51 | 46 |
| 35 | Michael K | | | 00:01:22 | | | 00:43:38 | | 2 | Robert | 00:45:15 | 44 |
| 34 | Tung | | | 00:02:04 | | | 00:42:56 | | 3 | Kaj | 00:45:23 | 42 |
| 41 | Marianne | | | 00:02:30 | | | 00:42:30 | | 4 | Berit | 00:45:24 | 40 |
| 33 | Sabina | | | 00:06:19 | | | 00:38:41 | | 5 | Flemming Lamse | 00:45:31 | 39 |
| 18 | Glenny | | | 00:08:14 | | | 00:36:46 | | 6 | Max | 00:45:45 | 38 |
| 28 | Dennis | | | 00:08:36 | | | 00:36:24 | | 7 | Kit | 00:45:52 | 37 |
| 11 | Randi | | | 00:09:14 | | | 00:35:46 | | 8 | Egon | 00:46:14 | 36 |
| 24 | Johannes | | | 00:09:20 | | | 00:35:40 | | 9 | Thomas Christian | 00:46:22 | 35 |
| 23 | Bente | | | 00:09:35 | | | 00:35:25 | | 10 | Anders | 00:46:24 | 20 |
| 27 | Kaare | | | 00:09:51 | 00:48:12 | 00:38:21 | 00:35:09 | | 11 | Kaare | 00:48:12 | 34 |
| 19 | Steen | | | 00:10:06 | 00:44:51 | 00:34:45 | 00:34:45 | 00:00:09 | 12 | Martin Degn | 00:49:24 | 33 |
| 29 | Nils M | | | 00:10:11 | | | 00:34:49 | | 13 | Carsten | T | 46 |
| 39 | Hans | | | 00:10:14 | | | 00:34:46 | | | | | |
| 16 | Kit | | | 00:10:57 | 00:45:52 | 00:34:55 | 00:34:03 | | | | | |
| 13 | Kim | | | 00:11:41 | | | 00:33:19 | | | | | |
| 38 | Simon | | | 00:12:13 | | | 00:32:47 | | | | | |
| 17 | Else | | | 00:12:16 | | | 00:32:44 | | | | | |
| 21 | Trine | | | 00:12:49 | | | 00:32:11 | | | | | |
| 30 | Niels C | | | 00:12:52 | | | 00:32:08 | | | | | |
| 40 | Ulrik | | | 00:12:54 | | | 00:32:06 | | | | | |
| 37 | Flemming C | | | 00:13:40 | | | 00:31:20 | | | | | |
| 14 | Flemming Lamse | | | 00:13:58 | 00:45:31 | 00:31:33 | 00:31:02 | | | | | |
| 15 | Egon | | | 00:13:59 | 00:46:14 | 00:32:15 | 00:31:01 | | | | | |
| 12 | Martin Degn | | | 00:14:09 | 00:49:24 | 00:35:15 | 00:30:51 | | | | | |
| 9 | Claus E | | | 00:14:19 | | | 00:30:41 | | | | | |
| 8 | Berit | | | 00:14:55 | 00:45:24 | 00:30:29 | 00:30:05 | | | | | |
| 10 | Kaj | | | 00:15:38 | 00:45:23 | 00:29:45 | 00:29:22 | | | | | |
| 32 | Thomas H | | | 00:15:39 | | | 00:29:21 | | | | | |
| 25 | Brian | | | 00:16:25 | | | 00:28:35 | | | | | |
| 6 | Lise | | | 00:17:03 | | | 00:27:57 | | | | | |
| 8 | Berit | 6 | Lise | 00:17:43 | | | 00:27:17 | | | | | |
| 26 | Max | | | 00:17:43 | 00:45:45 | 00:28:02 | 00:27:17 | | | | | |
| 21 | Trine | 22 | Tonny | 00:17:44 | | | 00:27:16 | | | | | |
| 5 | Jakob | | | 00:17:46 | | | 00:27:14 | | | | | |
| 22 | Tonny | | | 00:18:01 | | | 00:26:59 | | | | | |
| 7 | Christian T | | | 00:18:07 | | | 00:26:53 | | | | | |
| 20 | Thomas Christian | | | 00:18:36 | 00:46:22 | 00:27:46 | 00:26:24 | | | | | |
| 36 | Ole Rysse | | | 00:18:45 | | | 00:26:15 | | | | | |
| 4 | Rasmus Blach | | | 00:19:10 | | | 00:25:50 | | | | | |
| 2 | Robert | | | 00:19:14 | 00:45:15 | 00:26:01 | 00:25:46 | | | | | |
| 3 | Frederik A | | | 00:19:15 | | | 00:25:45 | | | | | |
| 1 | Carsten | | | 00:19:53 | T | T | 00:25:07 | | | | | |
| 42 | Anders | | | 00:19:14 | 00:46:24 | 00:27:10 | 00:27:10 | | | | | |