

19-6 2019

| Næste Starttid | ID | Navn 1 | Navn 2 | Starttid | Tid i mål | Tid | Bedste Tid | Forbedret Tid | Placering | Målrækkefølge | Tid i mål | Point |
|----------------|------|-------------------|-----------------|----------|-----------|----------|------------|---------------|-----------|-----------------------------------|-----------|-------|
| 00:10:20 | 39 | Kim Blak | | 00:03:32 | 00:38:12 | 00:34:40 | 00:34:40 | 00:06:48 | 1 | Dennis Lottrup | 00:36:16 | 20 |
| 00:04:47 | 35 | Andrea Grawe | | 00:04:47 | | | 00:40:13 | | 2 | Kim Blak | 00:38:12 | 46 |
| 00:06:32 | 27 | Kis Neumann | | 00:06:32 | | | 00:38:28 | | 3 | Flemming Larsen | 00:44:21 | 44 |
| 00:06:45 | 37 | Jørgen Thorup | | 00:06:45 | | | 00:38:15 | | 4 | Rasmus Blach | 00:44:46 | 42 |
| 00:07:16 | 38 | Lene Rafn | | 00:07:16 | | | 00:37:44 | | 5 | Magnus Rasmussen | 00:44:47 | 40 |
| 00:08:26 | 9 | Kaare Michelsen | | 00:08:26 | | | 00:36:34 | | 6 | Kaj Harbo | 00:44:49 | 39 |
| 00:08:46 | 32 | Svend Aldenryd | | 00:08:46 | | | 00:36:14 | | 7 | Christian Thirup + Berit Andersen | 00:44:55 | 20 |
| 00:09:53 | 29 | Bente Jakobsen | | 00:09:53 | | | 00:35:07 | | 8 | Trine Rasmussen | 00:44:57 | 38 |
| 00:10:28 | 7 | Kit Sørensen | | 00:10:28 | 00:46:22 | 00:35:54 | 00:34:32 | | 9 | Tonny Rasmussen | 00:45:00 | 20 |
| 00:11:12 | 25 | Glenny Jacobsen | | 00:11:12 | | | 00:33:48 | | 10 | John Jensen | 00:45:01 | 37 |
| 00:11:39 | 22 | Max Madsen | | 00:11:39 | | | 00:33:21 | | 11 | Signe Rasmussen | 00:45:02 | 20 |
| 00:12:23 | 3 | Erik Bindzus | | 00:12:23 | T | T | 00:32:37 | | 12 | Thomas Christian | 00:45:03 | 36 |
| 00:13:26 | 23 | Flemming Larsen | | 00:12:47 | 00:44:21 | 00:31:34 | 00:31:34 | 00:00:39 | 13 | Egon Petersen | 00:45:06 | 35 |
| 00:12:57 | 36 | Michael Kiær | | 00:12:57 | | | 00:32:03 | | 14 | Martin Degn | 00:45:08 | 34 |
| 00:13:08 | 24 | Morten Leth | | 00:13:08 | | | 00:31:52 | | 15 | Else Krog | 00:45:17 | 33 |
| 00:13:36 | 30 | Kim Riisberg | | 00:13:36 | | | 00:31:24 | | 16 | Brian Christensen | 00:45:20 | 32 |
| 00:13:39 | 20 | Jakob Bisgård | | 00:13:39 | | | 00:31:21 | | 17 | Claus Eifer | 00:45:25 | 31 |
| 00:13:48 | 1728 | Rasmus Blach | Anders Blach | 00:13:48 | | | 00:31:12 | | 18 | Lars Skovgård | 00:45:31 | 30 |
| 00:13:49 | 2 | Hanne Bindzus | | 00:13:49 | T | T | 00:31:11 | | 19 | Ulrik Madsen | 00:45:35 | 20 |
| 00:13:52 | 34 | Rasmus Friis | | 00:13:52 | | | 00:31:08 | | 20 | Thomas Henning | 00:45:57 | 29 |
| 00:13:57 | 15 | Else Krog | | 00:13:57 | 00:45:17 | 00:31:20 | 00:31:03 | | 21 | Kit Sørensen | 00:46:22 | 28 |
| 00:14:06 | 14 | Martin Degn | | 00:14:06 | 00:45:08 | 00:31:02 | 00:30:54 | | 22 | Erik Bindzus | T | 20 |
| 00:14:18 | 731 | Kit Sørensen | Mette Hauberg | 00:14:18 | | | 00:30:42 | | 23 | Hanne Bindzus | T | 46 |
| 00:14:23 | 4 | Trine Rasmussen | | 00:14:20 | 00:44:57 | 00:30:37 | 00:30:37 | 00:00:03 | | | | |
| 00:14:44 | 10 | Berit Andersen | | 00:14:44 | | | 00:30:16 | | | | | |
| 00:15:16 | 13 | Kaj Harbo | | 00:15:05 | 00:44:49 | 00:29:44 | 00:29:44 | 00:00:11 | | | | |
| 00:15:19 | 16 | Claus Eifer | | 00:15:19 | 00:45:25 | 00:30:06 | 00:29:41 | | | | | |
| 00:15:33 | 1 | Egon Petersen | | 00:15:33 | 00:45:06 | 00:29:33 | 00:29:27 | | | | | |
| 00:15:57 | 12 | Thomas Henning | | 00:15:57 | 00:45:57 | 00:30:00 | 00:29:03 | | | | | |
| 00:16:12 | 8 | John Jensen | | 00:16:12 | 00:45:01 | 00:28:49 | 00:28:48 | | | | | |
| 00:16:22 | 19 | Brian Christensen | | 00:16:22 | 00:45:20 | 00:28:58 | 00:28:38 | | | | | |
| 00:16:46 | 11 | Lars Skovgård | | 00:16:46 | 00:45:31 | 00:28:45 | 00:28:14 | | | | | |
| 00:17:14 | 17 | Rasmus Blach | | 00:17:00 | 00:44:46 | 00:27:46 | 00:27:46 | 00:00:14 | | | | |
| 00:18:20 | 18 | Christian Thirup | | 00:18:20 | | | 00:26:40 | | | | | |
| 00:18:24 | 21 | Ole Ryssel | | 00:18:24 | | | 00:26:36 | | | | | |
| 00:18:30 | 26 | Thomas Christian | | 00:18:30 | 00:45:03 | 00:26:33 | 00:26:30 | | | | | |
| 00:18:32 | 1021 | Berit Andersen | Ole Ryssel | 00:18:32 | | | 00:26:28 | | | | | |
| 00:19:03 | 405 | Trine Rasmussen | Tonny Rasmussen | 00:19:03 | | | 00:25:57 | | | | | |
| 00:20:10 | 6 | Magnus Rasmussen | | 00:19:57 | 00:44:47 | 00:24:50 | 00:24:50 | 00:00:13 | | | | |
| 00:09:04 | 40 | Dennis Lottrup | | 00:00:20 | 00:36:16 | 00:35:56 | 00:35:56 | | | | | |
| 00:18:25 | 1810 | Christian Thirup | Berit Andersen | 00:18:20 | 00:44:55 | 00:26:35 | 00:26:35 | | | | | |
| 00:12:47 | 5 | Tonny Rasmussen | | 00:12:47 | 00:45:00 | 00:32:13 | 00:32:13 | | | | | |
| 00:12:45 | 42 | Signe Rasmussen | | 00:12:47 | 00:45:02 | 00:32:15 | 00:32:15 | | | | | |
| 00:13:31 | 41 | Ulrik Madsen | | 00:14:06 | 00:45:35 | 00:31:29 | 00:31:29 | | | | | |