

5-5 2021

| Næste Starttid | Navn 1 | Navn 2 | Starttid | Tid i Mål | Tid | Bedste Tid | Forbedret Tid | Placering | Målrækkefølge | Tid i Mål | Point |
|----------------|-------------------|----------------|----------|-----------|----------|------------|---------------|-----------|----------------------------------|-----------|-------|
| 00:04:55 | Kaare Michelsen | | 00:04:55 | T | T | 00:40:05 | | 1 | Rasmus Blach | 00:42:19 | 46 |
| 00:07:52 | Mette Hauberg | | 00:07:52 | | | 00:37:08 | | 2 | Claus Eifer | 00:42:36 | 44 |
| 00:09:03 | Lars Skovgaard | | 00:09:03 | | | 00:35:57 | | 3 | Egon Pedersen | 00:42:59 | 42 |
| 00:09:34 | Amalie Petersen | | 00:09:34 | | | 00:35:26 | | 4 | Frederik Andersen | 00:43:35 | 40 |
| 00:12:03 | Claus Eifer | | 00:09:39 | 00:42:36 | 00:32:57 | 00:32:57 | 00:02:24 | 5 | Trine Rasmussen + Berit Andersen | 00:43:36 | 39 |
| 00:09:52 | Else Krog | | 00:09:52 | | | 00:35:08 | | 6 | Christian Tirup | 00:43:37 | 38 |
| 00:10:02 | Kit Sørensen | | 00:10:02 | | | 00:34:58 | | 7 | Brian Christensen | 00:43:45 | 37 |
| 00:10:07 | Kim Riisberg | | 00:10:07 | | | 00:34:53 | | 8 | Martin Degn | 00:43:51 | 36 |
| 00:12:14 | Egon Pedersen | | 00:10:13 | 00:42:59 | 00:32:46 | 00:32:46 | 00:02:01 | 9 | Kaj Harbo | 00:44:23 | 35 |
| 00:10:51 | Else Krog | Mette Hauberg | 00:10:51 | | | 00:34:09 | | 10 | Thomas Henning | 00:44:31 | 34 |
| 00:12:21 | Martin Degn | | 00:11:12 | 00:43:51 | 00:32:39 | 00:32:39 | 00:01:09 | 11 | Thomas Christian | 00:45:00 | 33 |
| 00:11:24 | Trine Rasmussen | | 00:11:24 | | | 00:33:36 | | 12 | Kaare Michelsen | T | 46 |
| 00:14:54 | Rasmus Blach | | 00:12:13 | 00:42:19 | 00:30:06 | 00:30:06 | 00:02:41 | | | | |
| 00:12:17 | Flemming Larsen | | 00:12:17 | | | 00:32:43 | | | | | |
| 00:12:24 | Simon Eifer | Claus Eifer | 00:12:24 | | | 00:32:36 | | | | | |
| 00:13:31 | Thomas Henning | | 00:13:02 | 00:44:31 | 00:31:29 | 00:31:29 | 00:00:29 | | | | |
| 00:13:20 | Jakob Bisgaard | | 00:13:20 | | | 00:31:40 | | | | | |
| 00:13:21 | Berit Andersen | | 00:13:21 | | | 00:31:39 | | | | | |
| 00:14:02 | Kaj Harbo | | 00:13:25 | 00:44:23 | 00:30:58 | 00:30:58 | 00:00:37 | | | | |
| 00:14:43 | Brian Christensen | | 00:13:28 | 00:43:45 | 00:30:17 | 00:30:17 | 00:01:15 | | | | |
| 00:15:37 | Christian Tirup | | 00:14:14 | 00:43:37 | 00:29:23 | 00:29:23 | 00:01:23 | | | | |
| 00:16:23 | Trine Rasmussen | Berit Andersen | 00:14:59 | 00:43:36 | 00:28:37 | 00:28:37 | 00:01:24 | | | | |
| 00:17:03 | Frederik Andersen | | 00:15:38 | 00:43:35 | 00:27:57 | 00:27:57 | 00:01:25 | | | | |
| 00:15:53 | Thomas Christian | | 00:15:53 | 00:45:00 | 00:29:07 | 00:29:07 | | | | | |
| 00:15:54 | Ole Ryssel | | 00:15:54 | | | 00:29:06 | | | | | |
| 00:16:19 | Tonny Rasmussen | | 00:16:19 | | | 00:28:41 | | | | | |