

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|------|-----|------|-----------|----------|--------|--------------|
|-----------|----------|------|-----|------|-----------|----------|--------|--------------|

Marathon

Kvinder

| | | | | | | | | |
|----|-------|--------------|---|--------------|----------|----------|------|--------------|
| 1. | 42035 | Lene Broberg | k | FAK 66 | 03:57:03 | 03:56:56 | 5:36 | Female 35-39 |
| 2. | 42037 | Kirsten | k | Team Bette Ø | 04:02:49 | 04:02:48 | 5:45 | Female 40-44 |
| 3. | 42025 | Helle Søgård | k | | 04:14:59 | 04:14:50 | 6:02 | Female 40-44 |
| 4. | 42026 | Anja | k | Vinderup løb | 05:11:42 | 05:11:34 | 7:23 | Female 35-39 |
| 5. | 42032 | Randi | k | Vinderup løb | 05:11:43 | 05:11:35 | 7:23 | Female 35-39 |
| 6. | 42005 | Marisella | k | Finn Thomsen | 05:29:44 | 05:29:33 | 7:48 | Female 40-44 |

Mand

| | | | | | | | | |
|-----|-------|-----------------|---|-----------------|----------|----------|------|------------|
| 1. | 42040 | Bo Georgo | m | Montane | 03:30:45 | 03:30:44 | 4:59 | Male 55-59 |
| 3. | 42014 | Michael | m | | 03:39:33 | 03:39:21 | 5:11 | Male 30-34 |
| 5. | 42018 | Martin Hostrup | m | Lindalgazzeller | 03:42:46 | 03:42:41 | 5:16 | Male 40-44 |
| 6. | 42044 | Michael | m | | 03:42:58 | 03:42:46 | 5:16 | Male 35-39 |
| 7. | 42004 | Morten | m | Godthåb trim | 03:48:59 | 03:48:54 | 5:25 | Male 35-39 |
| 8. | 42041 | Flemming | m | Fjendsfræsern | 03:56:47 | 03:56:45 | 5:36 | Male 50-54 |
| 9. | 42039 | Kim Jeppesen | m | Fjendsfræsern | 03:57:05 | 03:57:02 | 5:37 | Male 55-59 |
| 10. | 42043 | Egon Laursen | m | SAN Skive | 04:04:28 | 04:04:26 | 5:47 | Male 65-69 |
| 11. | 42021 | Jes Østergård | m | Hjelm hede | 04:04:28 | 04:04:25 | 5:47 | Male 45-49 |
| 12. | 42017 | Benny Bull | m | Pinen og | 04:09:46 | 04:09:33 | 5:54 | Male 55-59 |
| 13. | 42019 | Anders Løvig | m | Runners dk, | 04:10:29 | 04:10:29 | 5:56 | Male 40-44 |
| 14. | 42042 | Michael | m | | 04:12:32 | 04:12:25 | 5:58 | Male 40-44 |
| 15. | 42034 | Jan Ooppelstrup | m | Skive AM | 04:12:32 | 04:12:24 | 5:58 | Male 45-49 |
| 16. | 42022 | Karsten | m | Skand-X | 04:14:42 | 04:14:34 | 6:01 | Male 45-49 |
| 17. | 42038 | Stefan Larsen | m | Team Dupond | 04:16:36 | 04:16:31 | 6:04 | Male 35-39 |
| 18. | 42002 | Søren Sohn | m | Skive | 04:17:31 | 04:17:22 | 6:05 | Male 35-39 |
| 19. | 42036 | Kim Hansen | m | | 04:19:44 | 04:19:37 | 6:09 | Male 45-49 |
| 20. | 42033 | Marco | m | Athletic Club | 04:22:55 | 04:22:48 | 6:13 | Male 45-49 |
| 21. | 42024 | Bent Søgård | m | Skive | 04:24:33 | 04:24:23 | 6:15 | Male 45-49 |
| 22. | 42011 | Bo Møller | m | Thyholm | 04:25:18 | 04:25:06 | 6:16 | Male 50-54 |
| 23. | 42045 | Verner | m | Hvingel | 04:25:25 | 04:25:20 | 6:17 | Male 50-54 |
| 24. | 42001 | Kasper | m | Skive | 04:29:01 | 04:28:51 | 6:22 | Male 40-44 |
| 25. | 42015 | Steen Bovbjerg | m | | 04:32:23 | 04:32:17 | 6:27 | Male 50-54 |
| 26. | 42020 | Johnny | m | Herning | 04:33:53 | 04:33:53 | 6:29 | Male 35-39 |
| 27. | 42009 | Kim Sjøgren | m | | 04:34:56 | 04:34:51 | 6:30 | Male 40-44 |
| 28. | 42028 | Kim Pedersen | m | thyholm | 04:37:08 | 04:36:58 | 6:33 | Male 55-59 |
| 29. | 42030 | Steen | m | Klub100 | 04:50:23 | 04:50:19 | 6:52 | Male 50-54 |
| 30. | 42008 | Jon Nygaard | m | Thorning | 05:07:25 | 05:07:14 | 7:16 | Male 40-44 |
| 31. | 42027 | Thorkil | m | Klub100 | 05:10:51 | 05:10:38 | 7:21 | Male 55-59 |
| 32. | 42031 | Allan Peter | m | Vinderup løb | 05:11:42 | 05:11:36 | 7:23 | Male 35-39 |
| 33. | 42003 | Per Hastrup | m | | 05:16:15 | 05:16:13 | 7:29 | Male 40-44 |
| 34. | 42029 | Søren | m | Taulov motion | 05:27:19 | 05:27:12 | 7:45 | Male 65-69 |
| 35. | 42006 | Finn Thomsen | m | Finn Thomsen | 05:29:44 | 05:29:34 | 7:48 | Male 45-49 |
| 36. | 42007 | Villy Jensen | m | Thyholm | 05:39:11 | 05:39:00 | 8:02 | Male 60-64 |
| 37. | 42023 | Per Klausen | m | Løgstrup | 05:50:18 | 05:50:09 | 8:17 | Male 40-44 |
| 38. | 42013 | Bjarne | m | | 06:00:40 | 06:00:34 | 8:32 | Male 55-59 |

Halvmarathon Gåtur

Kvinder

| | | | | | | | | |
|----|-------|----------------|---|--|----------|----------|------|--------------|
| 1. | 21116 | Charlotte Thal | k | | 02:39:33 | 02:39:05 | 7:32 | Female 35-39 |
| 2. | 21088 | Margit Trærup | k | | 02:47:51 | 02:47:29 | 7:56 | Female 45-49 |

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|-----------|----------|----------------|-----|--------------|-----------|----------|--------|--------------|
| 3. | 21119 | Majbritt | k | Avis Maraton | 03:06:37 | 03:06:14 | 8:49 | Female 45-49 |
| 4. | 21114 | Kirsten Nørby | k | Dagbladet | 03:06:40 | 03:06:14 | 8:49 | Female 55-59 |
| 5. | 21118 | Betina Nielsen | k | Dagbladet | 03:06:44 | 03:06:20 | 8:49 | Female 45-49 |
| 6. | 21124 | Malene | k | | 03:29:02 | 03:28:42 | 9:53 | Female 35-39 |
| 7. | 21123 | Nanna Stens | k | | 03:50:01 | 03:49:35 | 10:52 | Female 20-24 |
| 8. | 21122 | Lene Stens | k | | 03:50:02 | 03:49:36 | 10:52 | Female 45-49 |

Mand

| | | | | | | | | |
|----|-------|----------------|---|---------------|----------|----------|-------|------------|
| 1. | 21030 | Frederik | m | Tops løbeklub | 01:43:46 | 01:43:26 | 4:54 | Male 20-24 |
| 2. | 21039 | Jonas | m | | 01:49:57 | 01:49:39 | 5:11 | Male 20-24 |
| 3. | 21025 | Daniel Top | m | | 01:59:51 | 01:59:31 | 5:39 | Male 20-24 |
| 4. | 21066 | Troels Lysdal | m | Hinnerup | 02:20:57 | 02:20:40 | 6:39 | Male 40-44 |
| 5. | 21120 | Mogens | m | Sam | 02:23:28 | 02:23:07 | 6:46 | Male 60-64 |
| 6. | 21115 | Martin Bentzen | m | | 02:27:57 | 02:27:32 | 6:59 | Male 50-54 |
| 7. | 21121 | Henrik Svane | m | SKIVEAM | 02:33:05 | 02:32:43 | 7:14 | Male 55-59 |
| 8. | 21117 | Uwe Hansen | m | Avismaraton | 03:06:39 | 03:06:15 | 8:49 | Male 70+ |
| 9. | 21010 | Gravers | m | | 03:52:13 | 03:51:48 | 10:59 | Male 70+ |

Halvmarathon

Kvinder

| | | | | | | | | |
|-----|-------|----------------|---|-----------------|----------|----------|------|--------------|
| 1. | 21089 | Lone Balling | k | Hansen | 01:38:56 | 01:38:52 | 4:41 | Female 40-44 |
| 2. | 21054 | Ninna | k | Århus 1900 | 01:41:54 | 01:41:48 | 4:49 | Female 20-24 |
| 3. | 21113 | Helene Møller | k | | 01:43:29 | 01:43:23 | 4:54 | Female 35-39 |
| 4. | 21014 | Stine Juul | k | #Isktri | 01:52:21 | 01:52:18 | 5:19 | Female 35-39 |
| 5. | 21001 | Ninna Toxvig | k | Skovløberne | 01:52:24 | 01:52:16 | 5:19 | Female 45-49 |
| 6. | 21090 | Rita | k | | 01:53:13 | 01:53:07 | 5:21 | Female 40-44 |
| 7. | 21041 | Camilla | k | | 01:53:53 | 01:53:48 | 5:23 | Female 40-44 |
| 8. | 21043 | Julie Kristine | k | | 01:54:43 | 01:54:35 | 5:25 | Female 30-34 |
| 9. | 21129 | Sabine | k | Aarhus 1900 | 02:03:42 | 02:03:37 | 5:51 | Female 20-24 |
| 10. | 21073 | Pia | k | Team | 02:03:47 | 02:03:40 | 5:51 | Female 35-39 |
| 11. | 21061 | Karen Holm | k | | 02:04:21 | 02:04:06 | 5:52 | Female 45-49 |
| 12. | 21093 | Merete Dalby | k | Dalbybanden | 02:04:26 | 02:04:05 | 5:52 | Female 45-49 |
| 13. | 21076 | Pia Riber | k | BIK løb | 02:05:16 | 02:05:06 | 5:55 | Female 45-49 |
| 14. | 21002 | Anne-Mette | k | Team Nielsen | 02:08:34 | 02:08:18 | 6:04 | Female 20-24 |
| 15. | 21046 | Jette Nielsen | k | Bik | 02:10:48 | 02:10:37 | 6:11 | Female 50-54 |
| 16. | 21094 | Cecilie Damm | k | Thyholm | 02:13:42 | 02:13:28 | 6:19 | Female 35-39 |
| 17. | 21063 | Jane | k | | 02:13:55 | 02:13:45 | 6:20 | Female 30-34 |
| 18. | 21070 | Mette | k | Herning atletik | 02:16:05 | 02:15:44 | 6:25 | Female 45-49 |
| 19. | 21074 | Elisa | k | Team | 02:16:40 | 02:16:33 | 6:28 | Female 60-64 |
| 20. | 21038 | Vibeke | k | | 02:17:29 | 02:17:15 | 6:30 | Female 40-44 |
| 21. | 21064 | Sara Strøbeck | k | | 02:19:35 | 02:19:25 | 6:36 | Female 30-34 |
| 22. | 21081 | Lisbeth Bach | k | Pinen og | 02:30:11 | 02:29:53 | 7:06 | Female 55-59 |
| 23. | 21015 | Christina Birk | k | Team Birk | 02:31:33 | 02:31:24 | 7:10 | Female 35-39 |
| 24. | 21026 | Bente Lapirtis | k | Farsø Tri & | 02:32:35 | 02:32:18 | 7:13 | Female 55-59 |
| 25. | 21009 | Lotte | k | PGI Motion | 02:32:43 | 02:32:26 | 7:13 | Female 55-59 |
| 26. | 21091 | Helle Pedersen | k | Hvalsø | 02:39:39 | 02:39:16 | 7:32 | Female 55-59 |
| 27. | 21032 | Anja Møller | k | | 02:44:36 | 02:44:19 | 7:47 | Female 40-44 |
| 28. | 21033 | Cecilie Møøler | k | | 02:44:36 | 02:44:17 | 7:47 | Female 15-19 |
| 29. | 21008 | Lone Dansbo | k | Kolding Motion | 03:11:46 | 03:11:15 | 9:03 | Female 50-54 |

Mand

| | | | | | | | | |
|----|-------|-------|---|-----------|----------|----------|------|------------|
| 2. | 21110 | Søren | m | Viborg AM | 01:29:19 | 01:29:16 | 4:13 | Male 50-54 |
|----|-------|-------|---|-----------|----------|----------|------|------------|

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|-----------|----------|-----------------|-----|-----------------|-----------|----------|--------|--------------|
| 3. | 21067 | Søren | m | SOK trail | 01:30:05 | 01:30:01 | 4:15 | Male 40-44 |
| 4. | 21112 | Egon | m | Fjendsfræsern | 01:30:52 | 01:30:49 | 4:18 | Male 50-54 |
| 5. | 21133 | Christian Wulff | m | | 01:33:26 | 01:33:23 | 4:25 | Female 40-44 |
| 6. | 21003 | Aske Landgren | m | Team Nielsen | 01:33:28 | 01:33:24 | 4:25 | Male 20-24 |
| 7. | 21058 | Henrik | m | | 01:33:39 | 01:33:32 | 4:25 | Male 45-49 |
| 8. | 21134 | Leif Balle | m | SKIVE AM | 01:37:58 | 01:37:53 | 4:38 | Male 55-59 |
| 9. | 21077 | Frederik | m | Mwape Mitis | 01:38:21 | 01:38:17 | 4:39 | Male 20-24 |
| 10. | 21084 | Rasmus | m | | 01:38:56 | 01:38:48 | 4:40 | Male 35-39 |
| 11. | 21057 | Palle Sundby | m | Malerfirmaet | 01:39:03 | 01:38:45 | 4:40 | Male 45-49 |
| 12. | 21130 | Rasmus | m | Team Triathlon | 01:40:45 | 01:40:38 | 4:46 | Male 35-39 |
| 13. | 21020 | Thomas | m | | 01:44:04 | 01:43:53 | 4:55 | Male 35-39 |
| 14. | 21135 | Ole Jørgensen | m | Brøndby IF | 01:44:36 | 01:44:21 | 4:56 | Male 50-54 |
| 15. | 21128 | Anders Lund | m | Orbicon | 01:47:05 | 01:46:05 | 5:01 | Male 30-34 |
| 16. | 21075 | Torben | m | Avis Marathon | 01:47:31 | 01:47:22 | 5:05 | Male 35-39 |
| 17. | 21068 | Søren Hansen | m | NAM løb | 01:47:48 | 01:47:34 | 5:05 | Male 35-39 |
| 18. | 21111 | Torben Houni | m | Haderup | 01:47:55 | 01:47:50 | 5:06 | Male 40-44 |
| 19. | 21106 | Christian | m | Hammel GF | 01:47:59 | 01:47:56 | 5:06 | Male 40-44 |
| 20. | 21048 | Lars Bo | m | Holstebro mtb | 01:48:09 | 01:48:05 | 5:07 | Male 50-54 |
| 21. | 21125 | Michal Færch | m | Fjendsfræsern | 01:48:45 | 01:48:40 | 5:09 | Male 40-44 |
| 22. | 21005 | Troels Nielsen | m | Team Nielsen | 01:48:47 | 01:48:40 | 5:09 | Male 20-24 |
| 23. | 21004 | Alex Nielsen | m | Team Nielsen | 01:48:47 | 01:48:39 | 5:08 | Male 20-24 |
| 24. | 21095 | Jess | m | Team Awsome | 01:50:15 | 01:50:09 | 5:13 | Male 40-44 |
| 25. | 21053 | Niels Mose | m | flodsvin | 01:51:21 | 01:51:08 | 5:16 | Male 30-34 |
| 26. | 21056 | Niels Hansen | m | Nordkraft Løb | 01:52:41 | 01:52:23 | 5:19 | Male 35-39 |
| 27. | 21079 | Per Henrik | m | Skive Kaserne | 01:52:43 | 01:52:28 | 5:19 | Male 50-54 |
| 28. | 21136 | Sten Vium | m | Avis Marathon | 01:52:44 | 01:52:35 | 5:20 | Male 45-49 |
| 29. | 21137 | Arnth | m | Avis Marathon | 01:52:45 | 01:52:36 | 5:20 | Male 45-49 |
| 30. | 21085 | Ole Hedevang | m | Skive AM | 01:53:13 | 01:53:07 | 5:21 | Male 40-44 |
| 31. | 21022 | Bjarne Torben | m | SAM | 01:53:55 | 01:53:42 | 5:23 | Male 50-54 |
| 32. | 21047 | Helge Madsen | m | Bik Løb | 01:53:58 | 01:53:49 | 5:23 | Male 50-54 |
| 33. | 21101 | Bo Sørensen | m | Hammel GF | 01:53:59 | 01:53:45 | 5:23 | Male 45-49 |
| 34. | 21127 | Jesper | m | | 01:54:13 | 01:53:48 | 5:23 | Male 45-49 |
| 35. | 21071 | Leif Hesselvig | m | Herning atletik | 01:54:29 | 01:54:15 | 5:24 | Male 50-54 |
| 36. | 21060 | Hans Jørn | m | Skovløberne | 01:54:56 | 01:54:50 | 5:26 | Male 55-59 |
| 37. | 21102 | Thomas | m | | 01:55:15 | 01:55:03 | 5:27 | Male 35-39 |
| 38. | 21126 | Lars Nygaard | m | Team nygaard | 01:55:37 | 01:54:36 | 5:25 | Male 45-49 |
| 39. | 21065 | Flemming | m | Thyholm | 01:56:11 | 01:56:00 | 5:29 | Male 45-49 |
| 40. | 21036 | Morten Terp | m | Silkeborg OK | 01:56:20 | 01:56:05 | 5:30 | Male 40-44 |
| 41. | 21109 | Kurt Andersen | m | Pinen og | 01:56:30 | 01:56:22 | 5:30 | Male 45-49 |
| 42. | 21012 | Peter Riis | m | Team Riis | 01:56:37 | 01:56:28 | 5:31 | Male 45-49 |
| 43. | 21100 | Torben Møller | m | Hammel GF | 01:56:52 | 01:56:41 | 5:31 | Male 45-49 |
| 44. | 21082 | Frank Döring | m | | 01:57:08 | 01:56:48 | 5:32 | Male 50-54 |
| 45. | 21049 | Albert Kamp | m | | 01:57:18 | 01:57:06 | 5:33 | Male 15-19 |
| 46. | 21062 | Flemming | m | Tryg | 01:58:48 | 01:58:35 | 5:37 | Male 45-49 |
| 47. | 21103 | Jørgen Dalum | m | MGU Løb for | 01:58:51 | 01:58:35 | 5:37 | Male 50-54 |
| 48. | 21069 | Alf Klærke | m | Skanderborg | 01:59:33 | 01:59:26 | 5:39 | Male 65-69 |
| 49. | 21080 | Brian Julius | m | Team | 02:00:21 | 02:00:11 | 5:41 | Male 40-44 |
| 50. | 21040 | Morten Greve | m | RunnersDK | 02:00:43 | 02:00:39 | 5:43 | Male 35-39 |
| 51. | 21131 | John Knudsen | m | Viborg AM | 02:01:36 | 02:01:23 | 5:45 | Male 45-49 |
| 52. | 21029 | Steen Dahl | m | Motionsløberne | 02:01:36 | 02:01:22 | 5:45 | Male 50-54 |
| 53. | 21098 | Carsten | m | Hammel GF | 02:03:01 | 02:02:50 | 5:49 | Male 55-59 |
| 54. | 21108 | Peter Bach | m | Pinen og | 02:03:22 | 02:03:10 | 5:50 | Male 55-59 |

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| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|-----------------|-----|------------------|-----------|----------|--------|--------------|
| 55. | 21050 | Lars | m | | 02:03:46 | 02:03:39 | 5:51 | Male 25-29 |
| 56. | 21011 | Rolf Szimnau | m | | 02:03:59 | 02:03:50 | 5:52 | Male 45-49 |
| 57. | 21078 | René | m | FRIKTION.EU | 02:04:21 | 02:04:08 | 5:52 | Male 50-54 |
| 58. | 21018 | Morten | m | | 02:04:48 | 02:04:27 | 5:53 | Male 30-34 |
| 59. | 21087 | Jan Madsen | m | Run4fun | 02:04:52 | 02:04:20 | 5:53 | Male 40-44 |
| 60. | 21052 | Jacob | m | BIK-LØB | 02:05:15 | 02:05:06 | 5:55 | Male 35-39 |
| 61. | 21017 | Anders Bilstrup | m | | 02:05:31 | 02:05:12 | 5:56 | Male 40-44 |
| 62. | 21021 | Marco | m | | 02:05:58 | 02:05:54 | 5:58 | Male 20-24 |
| 63. | 21107 | Jørgen | m | Pinen og | 02:07:08 | 02:06:56 | 6:00 | Male 60-64 |
| 64. | 21042 | Kaj Christian | m | | 02:07:35 | 02:07:16 | 6:01 | Male 55-59 |
| 65. | 21006 | Jørgen Nielsen | m | Team Nielsen | 02:08:34 | 02:08:18 | 6:04 | Male 55-59 |
| 66. | 21092 | Godtfred | m | Spjald løbe- og | 02:08:46 | 02:08:20 | 6:04 | Male 55-59 |
| 67. | 21086 | Brian | m | Skive AM | 02:09:27 | 02:08:57 | 6:06 | Male 45-49 |
| 68. | 21051 | Alexander | m | BIK løb | 02:10:48 | 02:10:37 | 6:11 | Male 25-29 |
| 69. | 21028 | Michael | m | Motionsløbern | 02:13:59 | 02:13:43 | 6:20 | Male 50-54 |
| 70. | 21097 | Knud Erik | m | Ikast Atletik og | 02:16:05 | 02:15:44 | 6:25 | Male 65-69 |
| 71. | 21019 | Michael Peters | m | Hügel-Helden | 02:17:13 | 02:16:48 | 6:29 | Male 45-49 |
| 72. | 21037 | Anders | m | Motionsløbern | 02:18:09 | 02:17:53 | 6:32 | Male 60-64 |
| 73. | 21104 | Johnny Jensen | m | | 02:20:23 | 02:20:00 | 6:38 | Male 40-44 |
| 74. | 21138 | Svend Skov | m | Håsum GL. | 02:20:53 | 02:20:32 | 6:39 | Male 60-64 |
| 75. | 21132 | Ole Nielsen | m | | 02:30:11 | 02:29:56 | 7:06 | Male 50-54 |
| 76. | 21096 | Esper Birk | m | Team Birk | 02:31:33 | 02:31:23 | 7:10 | Male 35-39 |
| 77. | 21044 | Erik Nielsen | m | | 02:35:54 | 02:35:27 | 7:22 | Male 55-59 |
| 78. | 21099 | Flemming | m | Hammel GF | 02:40:18 | 02:39:56 | 7:34 | Male 50-54 |
| 79. | 21059 | Michael | m | | 02:42:56 | 02:42:35 | 7:42 | Male 40-44 |
| 80. | 21045 | Kurt | m | | 02:52:01 | 02:51:33 | 8:07 | Male 50-54 |
| 81. | 21007 | Jens Rye | m | Kolding Motion | 03:11:46 | 03:11:13 | 9:03 | Male 50-54 |

11,5 km Gåtur

Kvinder

| | | | | | | | | |
|-----|-------|---------------|---|--------------|----------|----------|-------|--------------|
| 1. | 11132 | Sara Jensen | k | Team | 01:21:27 | 01:21:17 | 7:04 | Female 25-29 |
| 2. | 11058 | Kate Sørensen | k | VG-løb&motio | 01:33:06 | 01:32:51 | 8:04 | Female 20-24 |
| 3. | 11130 | Rikke | k | | 01:33:06 | 01:32:52 | 8:04 | Female 20-24 |
| 4. | 11059 | Marie | k | VG-løb&motio | 01:33:06 | 01:32:50 | 8:04 | Female 20-24 |
| 5. | 11031 | Helle Aagesen | k | Holstebro | 01:33:46 | 01:33:41 | 8:08 | Female 50-54 |
| 6. | 11134 | Anni Sørensen | k | | 01:36:24 | 01:36:16 | 8:22 | Female 40-44 |
| 7. | 11136 | Liselotte | k | | 02:12:15 | 02:12:05 | 11:29 | Female 50-54 |
| 8. | 11141 | Inga Larsen | k | De seje fra | 02:36:05 | 02:35:50 | 13:33 | Female 65-69 |
| 9. | 11140 | Lene Øland | k | De seje fra | 02:36:05 | 02:35:49 | 13:32 | Female 70+ |
| 10. | 11139 | Rita Mark | k | De seje fra | 02:36:06 | 02:35:52 | 13:33 | Female 60-64 |

Mand

| | | | | | | | | |
|----|-------|----------------|---|-------------|----------|----------|-------|------------|
| 1. | 11135 | Magnus Max | m | | 01:01:23 | 01:01:17 | 5:19 | Male 15-19 |
| 2. | 11133 | Lau Sørensen | m | | 01:19:48 | 01:19:44 | 6:55 | Male 35-39 |
| 3. | 11137 | Erik Jørgensen | m | | 02:12:15 | 02:12:04 | 11:29 | Male 55-59 |
| 4. | 11142 | Finn | m | TEAM FINN | 02:15:01 | 02:14:43 | 11:42 | Male 70+ |
| 5. | 11138 | Carl Erik | m | De seje fra | 02:36:07 | 02:35:52 | 13:33 | Male 65-69 |

11,5 km

Kvinder

| | | | | | | | | |
|----|-------|-------------|---|--|----------|----------|------|--------------|
| 1. | 11083 | Henriette | k | | 00:55:41 | 00:55:37 | 4:50 | Female 30-34 |
| 2. | 21072 | Julie Vogel | k | | 00:56:08 | 00:56:06 | 4:52 | Female 20-24 |

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Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|-----------------|-----|----------------|-----------|----------|--------|--------------|
| 3. | 11043 | Emilie Johannek | | | 00:58:30 | 00:58:28 | 5:05 | Female 20-24 |
| 4. | 11072 | Jane Bisgaard | k | Fam. Bisgaard | 00:59:55 | 00:59:50 | 5:12 | Female 40-44 |
| 5. | 11054 | Pia Vogel | k | | 01:02:15 | 01:02:05 | 5:23 | Female 50-54 |
| 6. | 11077 | Astrid Bøgh | k | Holstebro | 01:04:18 | 01:04:07 | 5:34 | Female 50-54 |
| 7. | 11146 | Sanne | k | | 01:05:18 | 01:05:11 | 5:40 | Female 20-24 |
| 8. | 11034 | Helene | k | | 01:05:29 | 01:05:20 | 5:40 | Female 40-44 |
| 9. | 11118 | Inge Kamstrup | k | AK Kilen | 01:06:27 | 01:06:12 | 5:45 | Female 55-59 |
| 10. | 11028 | Lone Johansen | k | Motionsløberne | 01:06:30 | 01:06:24 | 5:46 | Female 45-49 |
| 11. | 11051 | Julie Marie | k | | 01:06:43 | 01:06:37 | 5:47 | Female 25-29 |
| 12. | 11048 | Marlene | k | | 01:07:04 | 01:06:42 | 5:47 | Female 40-44 |
| 13. | 11075 | Lotte Wagner | k | | 01:07:11 | 01:06:59 | 5:49 | Female 50-54 |
| 14. | 11110 | Helle Stilling | k | Hammel GF | 01:07:15 | 01:06:58 | 5:49 | Female 45-49 |
| 15. | 11007 | Vibeke Quist | k | | 01:08:12 | 01:08:05 | 5:55 | Female 40-44 |
| 16. | 11106 | Sussi Tschanz | k | Team Schweiz | 01:08:14 | 01:08:05 | 5:55 | Female 40-44 |
| 17. | 11002 | Sanne | k | Solskin | 01:08:44 | 01:08:35 | 5:57 | Female 35-39 |
| 18. | 11109 | Charlotte | k | Hammel GF | 01:08:47 | 01:08:30 | 5:57 | Female 50-54 |
| 19. | 11102 | Lisbet | k | Avismara | 01:09:33 | 01:09:27 | 6:02 | Female 60-64 |
| 20. | 11103 | Lena Olesen | k | Avismaraton | 01:09:33 | 01:09:27 | 6:02 | Female 55-59 |
| 21. | 11064 | Helle Glassau | k | Avis Marathon | 01:09:33 | 01:09:27 | 6:02 | Female 50-54 |
| 22. | 11097 | Vinni | k | | 01:09:43 | 01:09:21 | 6:01 | Female 40-44 |
| 23. | 11057 | Heidi Futtrup | k | | 01:10:35 | 01:10:15 | 6:06 | Female 40-44 |
| 24. | 11100 | Ann | k | Ak kilen | 01:11:03 | 01:10:45 | 6:09 | Female 50-54 |
| 25. | 11115 | Hanne Vibeke | k | | 01:12:04 | 01:11:54 | 6:15 | Female 50-54 |
| 26. | 11018 | Winnie Tøttrup | k | Motionsløberne | 01:12:33 | 01:12:16 | 6:17 | Female 50-54 |
| 27. | 11080 | Ellen | k | Thorager | 01:13:20 | 01:13:12 | 6:21 | Female 50-54 |
| 28. | 11021 | Kirsten Boye | k | | 01:13:23 | 01:13:21 | 6:22 | Female 45-49 |
| 29. | 11084 | Mona Bech | k | Avis Marathon | 01:14:05 | 01:13:51 | 6:25 | Female 55-59 |
| 30. | 11047 | Tina Godsk | k | | 01:14:10 | 01:13:46 | 6:24 | Female 40-44 |
| 31. | 11023 | Birthe | k | AK Kilen | 01:15:06 | 01:14:50 | 6:30 | Female 50-54 |
| 32. | 11017 | Anna Marie | k | Motionsløberne | 01:16:43 | 01:16:27 | 6:38 | Female 50-54 |
| 33. | 11079 | Trine | k | Thorager | 01:17:17 | 01:17:09 | 6:42 | Female 25-29 |
| 34. | 11035 | Nanna Maria | k | Vornæs Skov | 01:18:09 | 01:17:57 | 6:46 | Female 60-64 |
| 35. | 11010 | Gitte Bak | k | Avismaraton | 01:18:17 | 01:18:05 | 6:47 | Female 50-54 |
| 36. | 11005 | Gitte Isaksen | k | Avismaraton | 01:18:17 | 01:18:06 | 6:47 | Female 55-59 |
| 37. | 11040 | Jane | k | Lemming if | 01:18:26 | 01:18:04 | 6:47 | Female 40-44 |
| 38. | 11101 | Tina Bau | k | | 01:18:52 | 01:18:40 | 6:50 | Female 55-59 |
| 39. | 11012 | Mia Rendix | k | | 01:19:28 | 01:19:00 | 6:52 | Female 40-44 |
| 40. | 11081 | Lis Futtrup | k | VIF Mors | 01:19:37 | 01:19:32 | 6:54 | Female 55-59 |
| 41. | 11096 | Charlotte | k | | 01:21:09 | 01:20:49 | 7:01 | Female 45-49 |
| 42. | 11022 | Hanne Lillie | k | Team Vivild | 01:21:17 | 01:20:53 | 7:01 | Female 60-64 |
| 43. | 11105 | Rie Møller | k | | 01:21:17 | 01:20:54 | 7:02 | Female 55-59 |
| 44. | 11019 | Britta Holst | k | Motionsløberne | 01:22:07 | 01:21:49 | 7:06 | Female 60-64 |
| 45. | 11074 | Lotte Bruun | k | Pinen og | 01:22:28 | 01:22:14 | 7:08 | Female 55-59 |
| 46. | 11099 | Tenna | k | | 01:23:33 | 01:23:20 | 7:14 | Female 50-54 |
| 47. | 11016 | Jutta Jepsen | k | | 01:25:08 | 01:24:42 | 7:21 | Female 40-44 |
| 48. | 11055 | Dorthe | k | kjellerup | 01:27:52 | 01:27:33 | 7:36 | Female 55-59 |
| 49. | 11024 | Jeanette | k | Avismarathon | 01:27:52 | 01:27:32 | 7:36 | Female 55-59 |
| 50. | 11042 | Laura Thea | k | | 01:31:55 | 01:31:35 | 7:57 | Female 25-29 |
| 51. | 11026 | Olivia | k | Skand-X | 01:32:23 | 01:32:07 | 8:00 | Female 10-14 |
| 52. | 11025 | Lene | k | Skand-X | 01:32:24 | 01:32:04 | 8:00 | Female 40-44 |
| 53. | 11014 | Anne-Mette | k | | 01:39:47 | 01:39:20 | 8:38 | Female 40-44 |
| 54. | 11013 | Helen | k | | 01:47:14 | 01:46:44 | 9:16 | Female 40-44 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|----------------|-----|----------------|-----------|----------|--------|--------------|
| Mand | | | | | | | | |
| 1. | 11086 | Stephan Alex | m | Boligselskabet | 00:45:47 | 00:45:45 | 3:58 | Male 35-39 |
| 2. | 11060 | Martin | m | VG-løb&motio | 00:48:40 | 00:48:37 | 4:13 | Male 25-29 |
| 3. | 11068 | Jonas Riis | m | Team Riis | 00:48:55 | 00:48:53 | 4:14 | Male 20-24 |
| 4. | 11116 | Benny Poulsen | m | Ryde Runners | 00:50:00 | 00:49:57 | 4:20 | Male 40-44 |
| 5. | 11036 | Rasmus Bo | m | | 00:51:28 | 00:51:25 | 4:28 | Male 35-39 |
| 6. | 11053 | Nikolaj Kolte | m | | 00:52:39 | 00:52:37 | 4:34 | Male 50-54 |
| 7. | 11108 | Jimmi | m | Løbebutikken/ | 00:53:27 | 00:53:26 | 4:38 | Male 30-34 |
| 8. | 11145 | Niels Olsen | m | SKIVE AM | 00:55:14 | 00:55:07 | 4:47 | Male 50-54 |
| 9. | 11073 | Thomas | m | Fam. Bisgaard | 00:55:36 | 00:55:31 | 4:49 | Male 40-44 |
| 10. | 11120 | Hans Jørn | m | | 00:55:54 | 00:55:50 | 4:51 | Male 55-59 |
| 11. | 11037 | Fergus | m | | 00:56:24 | 00:55:40 | 4:50 | Male 40-44 |
| 12. | 11104 | Johannes | m | | 00:56:28 | 00:56:04 | 4:52 | Male 65-69 |
| 13. | 11119 | Lars Koch | m | | 00:56:55 | 00:56:52 | 4:56 | Male 55-59 |
| 14. | 11056 | Ole Lilleør | m | | 00:57:39 | 00:57:31 | 5:00 | Male 50-54 |
| 15. | 11039 | Lynge | m | Regnvej | 00:59:32 | 00:59:28 | 5:10 | Male 15-19 |
| 16. | 11067 | Søren Søgaard | m | | 01:00:07 | 00:59:54 | 5:12 | Male 45-49 |
| 17. | 11085 | Jesper | m | | 01:01:58 | 01:01:35 | 5:21 | Male 40-44 |
| 18. | 11076 | Ole Eriksen | m | | 01:02:13 | 01:02:08 | 5:24 | Male 45-49 |
| 19. | 11117 | Per Hjorth | m | Hammel GF | 01:03:24 | 01:03:11 | 5:29 | Male 60-64 |
| 20. | 11082 | Kjeld Krog | m | VIF Mors | 01:04:09 | 01:04:07 | 5:34 | Male 50-54 |
| 21. | 11078 | Ulrik | m | Holstebro | 01:04:19 | 01:04:15 | 5:35 | Male 45-49 |
| 22. | 11062 | Magnus | m | SKIVE AM | 01:04:28 | 01:04:16 | 5:35 | Male 50-54 |
| 23. | 11000 | Brian Nielsen | m | | 01:05:43 | 01:05:29 | 5:41 | Male 40-44 |
| 24. | 11020 | Jørn Nissen | m | | 01:06:17 | 01:06:14 | 5:45 | Male 50-54 |
| 25. | 11061 | Knud | m | AK Kilen | 01:06:26 | 01:06:05 | 5:44 | Male 65-69 |
| 26. | 11029 | Ole Johansen | m | Motionsløbern | 01:06:26 | 01:06:19 | 5:45 | Male 50-54 |
| 27. | 11001 | Johnni | m | Solskin | 01:06:35 | 01:06:26 | 5:46 | Male 35-39 |
| 28. | 11065 | Claus Bruun | m | | 01:06:59 | 01:06:40 | 5:47 | Male 45-49 |
| 29. | 11011 | Jens | m | | 01:07:03 | 01:06:49 | 5:48 | Male 60-64 |
| 30. | 11111 | Kim Duelund | m | Hammel GF | 01:07:29 | 01:07:12 | 5:50 | Male 60-64 |
| 31. | 11123 | Karsten | m | Thyholm | 01:08:02 | 01:07:50 | 5:53 | Male 50-54 |
| 32. | 11107 | Harald Düring | m | Team Schweiz | 01:08:14 | 01:08:05 | 5:55 | Male 50-54 |
| 33. | 11063 | Stig Olesen | m | Lemvig | 01:08:46 | 01:08:37 | 5:57 | Male 25-29 |
| 34. | 11027 | Tom Viskum | m | Run4Fun | 01:09:40 | 01:09:31 | 6:02 | Male 45-49 |
| 35. | 11121 | Nicklas | m | | 01:11:23 | 01:11:01 | 6:10 | Male 20-24 |
| 36. | 11070 | Harry | m | Holstebro | 01:11:54 | 01:11:43 | 6:14 | Male 70+ |
| 37. | 11069 | Benny Nielsen | m | Holstebro | 01:13:34 | 01:13:24 | 6:22 | Male 70+ |
| 38. | 11066 | Knud Erik | m | VFF | 01:13:38 | 01:13:33 | 6:23 | Male 70+ |
| 39. | 11046 | Torben Godsk | m | | 01:14:12 | 01:13:47 | 6:24 | Male 45-49 |
| 40. | 11122 | Jørgen Møller | m | Holstebro | 01:14:12 | 01:13:54 | 6:25 | Male 60-64 |
| 41. | 11008 | Kennet | m | | 01:14:13 | 01:14:06 | 6:26 | Male 35-39 |
| 42. | 11113 | Henrik | m | | 01:14:40 | 01:14:33 | 6:28 | Male 50-54 |
| 43. | 11052 | Bjarne | m | | 01:16:41 | 01:16:34 | 6:39 | Male 70+ |
| 44. | 11112 | Gert Egelund | m | Hammel GF | 01:17:16 | 01:16:58 | 6:41 | Male 50-54 |
| 45. | 11030 | Lars | m | Motionsløbern | 01:18:56 | 01:18:44 | 6:50 | Male 60-64 |
| 46. | 11015 | Michael Kjær | m | Viborg AM | 01:25:08 | 01:24:43 | 7:21 | Male 30-34 |
| 47. | 11098 | Aage Fjordside | m | Holstebro | 01:28:05 | 01:27:48 | 7:38 | Male 70+ |
| 48. | 11114 | John B | m | Holstebro | 01:30:16 | 01:30:02 | 7:49 | Male 60-64 |
| 49. | 11032 | Kasper | m | Lægård/Brunbj | 01:42:50 | 01:42:32 | 8:54 | Male 40-44 |
| 50. | 11033 | Mattis | m | Lægård/Brunbj | 01:42:50 | 01:42:29 | 8:54 | Male 10-14 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|------------------|-----|----------------|-----------|----------|--------|------------------|
| 5,4 km | | | | | | | | |
| Kvinder | | | | | | | | |
| 1. | 5068 | Jytte Borre | k | Holstebro | 00:28:05 | 00:28:00 | 5:11 | Female 60-64 |
| 2. | 5134 | Bolette Haals | k | | 00:28:24 | 00:28:16 | 5:14 | Female 40-44 |
| 3. | 5089 | Helena Riis | k | | 00:29:18 | 00:29:12 | 5:24 | Female 20-24 |
| 4. | 5049 | Mia Maria | k | | 00:31:20 | 00:31:01 | 5:44 | Female 10-14 |
| 5. | 5056 | Lea Kristine | k | | 00:31:25 | 00:31:14 | 5:47 | Female 15-19 |
| 6. | 5036 | Malene | k | Motionsløberne | 00:31:48 | 00:31:40 | 5:51 | Female 15-19 |
| 7. | 5126 | Tanja | k | | 00:32:04 | 00:31:41 | 5:51 | Female 40-44 |
| 8. | 5074 | Pernille | k | Team Riis | 00:32:23 | 00:32:16 | 5:58 | Female 20-24 |
| 9. | 5046 | Ingrid Kjeldsen | k | kIBÆK | 00:32:31 | 00:32:17 | 5:58 | Female 60-64 |
| 10. | 5060 | Marie Vogel | k | | 00:33:26 | 00:33:07 | 6:07 | Female 20-24 |
| 11. | 5000 | Grethe Anæus | k | Brøndums | 00:33:48 | 00:33:43 | 6:14 | Female 60-64 |
| 12. | 5070 | Laura Katrine | k | Thyholm | 00:33:55 | 00:33:42 | 6:14 | Female 15-19 |
| 13. | 5093 | Maria | k | SAM | 00:34:04 | 00:33:55 | 6:16 | Female 40-44 |
| 14. | 5022 | Emilie Stensig | k | Familien | 00:34:08 | 00:34:02 | 6:18 | Female 10-14 |
| 15. | 5072 | Pia Højen | k | | 00:34:20 | 00:33:57 | 6:17 | Female 25-29 |
| 16. | 5055 | Susanne Balle | k | Avis Maraton | 00:34:26 | 00:34:16 | 6:20 | Female 55-59 |
| 17. | 11044 | Jane Sandra | k | Thyholm | 00:34:26 | 00:34:16 | 6:20 | Female 45-49 |
| 18. | 5018 | Julie Mikkelsen | k | | 00:34:31 | 00:34:14 | 6:20 | Female 25-29 |
| 19. | 5130 | Nikoline | k | | 00:35:49 | 00:35:33 | 6:34 | Female 15-19 |
| 20. | 5132 | Tina | k | | 00:35:50 | 00:35:33 | 6:34 | Female 40-44 |
| 21. | 5041 | Sabina N | k | | 00:35:51 | 00:35:42 | 6:36 | Female 25-29 |
| 22. | 5017 | Ulla Jensen | k | Videbæk | 00:35:57 | 00:35:35 | 6:35 | Female 70+ |
| 23. | 5043 | Louise Nielsen | k | | 00:36:18 | 00:36:09 | 6:41 | Female 35-39 |
| 24. | 5104 | Lena Pedersen | k | | 00:36:38 | 00:36:19 | 6:43 | Female 50-54 |
| 25. | 5128 | Karina Isaksen | k | | 00:36:40 | 00:36:19 | 6:43 | Female 30-34 |
| 26. | 5101 | Anna Marie | k | | 00:36:48 | 00:36:37 | 6:46 | Female 45-49 |
| 27. | 5035 | Annebente | k | | 00:36:55 | 00:36:25 | 6:44 | Female 55-59 |
| 28. | 5038 | Jeanette Orholtk | k | | 00:37:19 | 00:36:48 | 6:48 | Female 50-54 |
| 29. | 5054 | Thea Sofie | k | | 00:37:25 | 00:37:05 | 6:51 | Female 10-14 |
| 30. | 5064 | Birgitte | k | | 00:37:31 | 00:37:14 | 6:53 | Female 55-59 |
| 31. | 5053 | Line Bruun | k | | 00:37:45 | 00:37:29 | 6:56 | Female 10-14 |
| 32. | 5081 | Erla Tróndheimk | k | | 00:37:59 | 00:37:35 | 6:57 | Female 50-54 |
| 33. | 5051 | Lea Bruun | k | | 00:38:00 | 00:37:44 | 6:59 | Female 40-44 |
| 34. | 5004 | Freja Jensen | k | Solskin | 00:38:29 | 00:38:18 | 7:05 | Female 9 & Under |
| 35. | 5005 | Bitten Jensen | k | Solskin | 00:38:34 | 00:38:23 | 7:06 | Female 40-44 |
| 36. | 2011 | Marianne Dein | k | | 00:39:02 | 00:38:43 | 7:10 | Female 35-39 |
| 37. | 5003 | Inge | k | Solskin | 00:39:06 | 00:38:56 | 7:12 | Female 60-64 |
| 38. | 5083 | Lene Hvid | k | Thyholm | 00:39:18 | 00:39:04 | 7:14 | Female 40-44 |
| 39. | 5096 | Helene | k | Team Riis | 00:39:21 | 00:39:13 | 7:15 | Female 15-19 |
| 40. | 5012 | Caroline Riis | k | Team Riis | 00:39:22 | 00:39:14 | 7:15 | Female 10-14 |
| 41. | 5033 | Maybritt | k | | 00:39:23 | 00:38:54 | 7:12 | Female 55-59 |
| 42. | 5091 | Ninett Nielsen | k | | 00:39:26 | 00:39:06 | 7:14 | Female 30-34 |
| 43. | 5120 | Christina | k | | 00:39:59 | 00:39:54 | 7:23 | Female 25-29 |
| 44. | 5039 | Inge Svane | k | SKIVE AM | 00:40:27 | 00:40:11 | 7:26 | Female 55-59 |
| 45. | 5117 | Katja Otkjær | k | | 00:40:54 | 00:40:34 | 7:30 | Female 40-44 |
| 46. | 5008 | Olivia | k | Solskin | 00:41:21 | 00:41:12 | 7:37 | Female 9 & Under |
| 47. | 5006 | Jeanette | k | Solskin | 00:41:22 | 00:41:06 | 7:36 | Female 30-34 |
| 48. | 5098 | Emma Kirk | k | | 00:42:21 | 00:41:43 | 7:43 | Female 15-19 |
| 49. | 5115 | Caroline | k | Skildpadderne | 00:42:23 | 00:42:12 | 7:48 | Female 10-14 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|-----------------|-----|---------------|-----------|----------|--------|--------------|
| 50. | 5016 | Heidi | k | | 00:42:47 | 00:42:25 | 7:51 | Female 40-44 |
| 51. | 5069 | Lone Cramer | k | Skive am | 00:42:57 | 00:42:28 | 7:51 | Female 45-49 |
| 52. | 5061 | Marianne Lyng | k | VG-løb&motio | 00:43:03 | 00:42:39 | 7:53 | Female 55-59 |
| 53. | 5047 | Line Henriksen | k | | 00:43:07 | 00:42:48 | 7:55 | Female 50-54 |
| 54. | 5116 | Ellen | k | Skildpadderne | 00:43:24 | 00:43:12 | 7:59 | Female 55-59 |
| 55. | 5112 | Iben Nygaard | k | Silkeborg OK | 00:45:21 | 00:45:02 | 8:20 | Female 10-14 |
| 56. | 5021 | Charlotte | k | Familien | 00:45:49 | 00:45:41 | 8:27 | Female 55-59 |
| 57. | 5040 | Helle Nielsen | k | | 00:45:52 | 00:45:37 | 8:26 | Female 55-59 |
| 58. | 5099 | Tine Jensen | k | | 00:46:15 | 00:45:44 | 8:28 | Female 30-34 |
| 59. | 5079 | Betina Sejbjerg | k | Dagbladet | 00:46:16 | 00:45:55 | 8:30 | Female 35-39 |
| 60. | 5124 | Laura Dahl | k | | 00:46:22 | 00:46:10 | 8:32 | Female 15-19 |
| 61. | 5014 | Hanne | k | MGU Løb for | 00:47:33 | 00:47:23 | 8:46 | Female 70+ |
| 62. | 5078 | Elisabeth | k | Holstebro | 00:48:35 | 00:48:07 | 8:54 | Female 70+ |
| 63. | 5136 | Susanne | k | | 00:48:43 | 00:48:16 | 8:56 | Female 45-49 |
| 64. | 5114 | Lone Kjeldsen | k | | 00:48:43 | 00:48:17 | 8:56 | Female 50-54 |
| 65. | 5111 | Mette Nygaard | k | Silkeborg OK | 00:49:49 | 00:49:29 | 9:09 | Female 40-44 |
| 66. | 5027 | Sannie Skals | k | | 00:54:20 | 00:53:54 | 9:58 | Female 55-59 |
| 67. | 5108 | Bente | k | Thyholm | 00:56:38 | 00:56:13 | 10:24 | Female 65-69 |
| 68. | 5113 | Karen Holm | k | Thyholm | 00:56:38 | 00:56:14 | 10:24 | Female 60-64 |
| 69. | 5118 | Dorthe Nielsen | k | | 00:58:26 | 00:57:55 | 10:43 | Female 55-59 |
| 70. | 5009 | Bente | k | Solskin | 00:59:48 | 00:59:34 | 11:01 | Female 60-64 |
| 71. | 5087 | Marie | k | Holstebro | 01:01:01 | 01:00:33 | 11:12 | Female 70+ |
| 72. | 5084 | Nina | k | Thyholm | 01:02:17 | 01:01:51 | 11:27 | Female 50-54 |
| 73. | 5085 | Gurli Vester | k | Thyholm | 01:02:18 | 01:01:53 | 11:27 | Female 60-64 |
| 74. | 5011 | Helle Jacobsen | k | Team Riis | 01:02:48 | 01:02:22 | 11:32 | Female 45-49 |
| 75. | 5077 | Bodil Nielsen | k | Holstebro | 01:08:27 | 01:08:00 | 12:35 | Female 70+ |
| 76. | 5044 | Tove | k | | 01:21:58 | 01:21:25 | 15:04 | Female 65-69 |
| 77. | 5067 | Edith | k | | 01:22:01 | 01:21:29 | 15:05 | Female 70+ |

Mand

| | | | | | | | | |
|-----|-------|----------------|---|---------------|----------|----------|------|----------------|
| 1. | 5129 | Noan | m | Alligators | 00:21:41 | 00:21:39 | 4:00 | Male 10-14 |
| 2. | 5066 | Amir | m | Skive AM | 00:21:50 | 00:21:47 | 4:01 | Male 50-54 |
| 3. | 5122 | Rene Vinther | m | | 00:22:00 | 00:21:58 | 4:03 | Male 40-44 |
| 4. | 5082 | Noah Bisgaard | m | Fam. Bisgaard | 00:22:12 | 00:22:09 | 4:06 | Male 10-14 |
| 5. | 5075 | Erik Risum | m | Thyholm | 00:25:22 | 00:25:11 | 4:39 | Male 35-39 |
| 6. | 5133 | Jesper | m | | 00:25:52 | 00:25:46 | 4:46 | Male 40-44 |
| 7. | 5025 | Jens Malmkvist | m | | 00:26:28 | 00:26:22 | 4:52 | Male 50-54 |
| 8. | 11009 | Mads | m | | 00:26:31 | 00:26:27 | 4:53 | Male 25-29 |
| 9. | 5019 | Kåre Overgård | m | | 00:26:34 | 00:26:29 | 4:54 | Male 45-49 |
| 10. | 5094 | Søren | m | | 00:27:43 | 00:27:39 | 5:07 | Male 50-54 |
| 11. | 5109 | Emil Brøgger | m | Thyholm | 00:28:16 | 00:28:03 | 5:11 | Male 15-19 |
| 12. | 5050 | Henrik Boye | m | Thyholm | 00:28:20 | 00:28:11 | 5:13 | Male 45-49 |
| 13. | 5121 | Jonas | m | | 00:29:14 | 00:29:11 | 5:24 | Male 10-14 |
| 14. | 5090 | Martin Krarup | m | | 00:29:25 | 00:29:18 | 5:25 | Male 20-24 |
| 15. | 5002 | Jørgen | m | Sevel if | 00:30:59 | 00:30:53 | 5:43 | Male 50-54 |
| 16. | 5092 | Jeppe | m | SAM | 00:32:01 | 00:31:55 | 5:54 | Male 10-14 |
| 17. | 5125 | Silas | m | | 00:32:03 | 00:31:40 | 5:51 | Male 9 & Under |
| 18. | 5095 | Alexander | m | | 00:32:24 | 00:32:21 | 5:59 | Male 20-24 |
| 19. | 5127 | Jesper Nielsen | m | | 00:32:35 | 00:32:13 | 5:57 | Male 30-34 |
| 20. | 5048 | Per Holst- | m | | 00:32:59 | 00:32:41 | 6:02 | Male 50-54 |
| 21. | 5015 | Alex Jacobsen | m | MGU Løb for | 00:33:11 | 00:33:02 | 6:07 | Male 70+ |
| 22. | 5059 | Birk Vogel | m | | 00:34:10 | 00:33:58 | 6:17 | Male 10-14 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|-----------------|-----|--------------|-----------|----------|--------|----------------|
| 23. | 5020 | Torkil Stensig | m | Familien | 00:34:18 | 00:34:11 | 6:19 | Male 50-54 |
| 24. | 5042 | Nicklas Nielsen | m | | 00:34:43 | 00:34:38 | 6:24 | Male 9 & Under |
| 25. | 5076 | Thomas | m | | 00:35:05 | 00:34:58 | 6:28 | Male 25-29 |
| 26. | 5032 | Niklas | m | Skand-X | 00:35:28 | 00:35:25 | 6:33 | Male 10-14 |
| 27. | 5080 | Bjarne | m | | 00:36:01 | 00:35:39 | 6:35 | Male 45-49 |
| 28. | 5119 | Morten Kjær | m | | 00:36:09 | 00:36:04 | 6:40 | Male 25-29 |
| 29. | 5105 | Finn Olesen | m | | 00:36:38 | 00:36:19 | 6:43 | Male 50-54 |
| 30. | 5037 | Johnny Würtz | m | | 00:37:19 | 00:36:48 | 6:48 | Male 40-44 |
| 31. | 5102 | Mathias | m | | 00:38:32 | 00:38:26 | 7:06 | Male 10-14 |
| 32. | 5107 | Laurids | m | | 00:38:35 | 00:38:24 | 7:06 | Male 10-14 |
| 33. | 5135 | Sven Hyldal | m | | 00:38:42 | 00:38:24 | 7:06 | Male 70+ |
| 34. | 5052 | Casper Bruun | m | | 00:38:51 | 00:38:34 | 7:08 | Male 10-14 |
| 35. | 5088 | Keld | m | | 00:40:52 | 00:40:34 | 7:30 | Male 40-44 |
| 36. | 5007 | Villum | m | Solskin | 00:41:22 | 00:41:06 | 7:36 | Male 9 & Under |
| 37. | 5010 | Svend | m | Solskin | 00:41:27 | 00:41:15 | 7:38 | Male 65-69 |
| 38. | 5106 | Marius Carlsen | m | | 00:42:19 | 00:42:07 | 7:47 | Male 10-14 |
| 39. | 5097 | Rasmus Kirk | m | | 00:42:20 | 00:41:42 | 7:43 | Male 15-19 |
| 40. | 5026 | Tommy Skals | m | | 00:43:18 | 00:42:55 | 7:56 | Male 50-54 |
| 41. | 5110 | Just Nygaard | m | Silkeborg OK | 00:45:21 | 00:45:03 | 8:20 | Male 10-14 |
| 42. | 5100 | Jimmy Jensen | m | | 00:46:16 | 00:45:39 | 8:27 | Male 40-44 |
| 43. | 5123 | Lucas Dahl | m | | 00:46:21 | 00:46:09 | 8:32 | Male 10-14 |
| 44. | 5131 | Jakob Kjeldsen | m | | 00:48:40 | 00:48:12 | 8:55 | Male 10-14 |
| 45. | 5071 | Jan Kristiansen | m | | 01:01:38 | 01:01:07 | 11:19 | Male 45-49 |
| 46. | 5086 | Daniel Jae | m | | 01:01:38 | 01:01:08 | 11:19 | Male 10-14 |
| 47. | 5013 | Magnus Riis | m | Team Riis | 01:02:48 | 01:02:23 | 11:33 | Male 15-19 |
| 48. | 5062 | Anders | m | Team | 01:04:00 | 01:03:45 | 11:48 | Male 10-14 |
| 49. | 5063 | Asger Ernst | m | Team | 01:04:48 | 01:04:33 | 11:57 | Male 9 & Under |
| 50. | 5045 | Alfred | m | | 01:21:57 | 01:21:21 | 15:03 | Male 70+ |

2 km

Kvinder

| | | | | | | | | |
|-----|------|----------------|---|-----------------|----------|----------|------|------------------|
| 1. | 2064 | Anna Jensen | k | | 00:10:34 | 00:10:32 | 5:16 | Female 10-14 |
| 2. | 2083 | Naya | k | SKIVE | 00:10:46 | 00:10:44 | 5:22 | Female 9 & Under |
| 3. | 2033 | Emilie Sundby | k | Malerfirmaet | 00:11:52 | 00:11:43 | 5:51 | Female 9 & Under |
| 4. | 2080 | Isabella A | k | Robur et Virtus | 00:12:23 | 00:12:18 | 6:09 | Female 10-14 |
| 5. | 2089 | Anna Haahr | k | | 00:12:35 | 00:12:30 | 6:15 | Female 9 & Under |
| 6. | 2087 | Sidsel Kragh | k | | 00:12:42 | 00:12:38 | 6:19 | Female 9 & Under |
| 7. | 2088 | Asta Lilleøre | k | | 00:12:43 | 00:12:39 | 6:19 | Female 10-14 |
| 8. | 2042 | Sonja Kramer | k | | 00:12:54 | 00:12:50 | 6:25 | Female 40-44 |
| 9. | 2071 | Anne Nørgaard | k | SAM | 00:13:20 | 00:13:16 | 6:38 | Female 9 & Under |
| 10. | 2030 | Mette Berg | k | | 00:13:54 | | 0:00 | Female 40-44 |
| 11. | 2010 | Sofia Rindom | k | | 00:14:23 | 00:14:21 | 7:10 | Female 10-14 |
| 12. | 2009 | Diana Rindom | k | | 00:14:23 | 00:14:16 | 7:08 | Female 10-14 |
| 13. | 2045 | Marie | k | | 00:14:30 | 00:14:28 | 7:14 | Female 9 & Under |
| 14. | 2079 | Karen Nørholt | k | Sevel skole | 00:14:36 | 00:14:33 | 7:16 | Female 9 & Under |
| 15. | 2015 | Ruth Alma | k | TEAM FINN | 00:14:40 | | 0:00 | Female 70+ |
| 16. | 2034 | Edith Sundby | k | Malerfirmaet | 00:14:47 | 00:14:37 | 7:18 | Female 70+ |
| 17. | 2062 | Julie Vinther | k | Team | 00:15:34 | 00:15:26 | 7:43 | Female 10-14 |
| 18. | 2039 | Alberte Sigrid | k | | 00:15:47 | 00:15:41 | 7:50 | Female 9 & Under |
| 19. | 5065 | Nanna Latika | k | | 00:16:09 | 00:16:04 | 8:02 | Female 15-19 |
| 20. | 2069 | Lene | k | Team Awsome | 00:16:16 | 00:16:13 | 8:06 | Female 35-39 |
| 21. | 2008 | Nadja Rindom | k | | 00:16:27 | 00:16:19 | 8:09 | Female 10-14 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|-----------------|-----|-----------------|-----------|----------|--------|------------------|
| 22. | 2078 | Maja Nørholt | k | Sevel skole | 00:16:30 | 00:16:26 | 8:13 | Female 9 & Under |
| 23. | 2006 | Jasmin | k | Solskin | 00:16:50 | 00:16:42 | 8:21 | Female 9 & Under |
| 24. | 2000 | Nanna Jensen | k | Solskin | 00:16:53 | 00:16:42 | 8:21 | Female 9 & Under |
| 25. | 2043 | Anni Sørensen | k | | 00:17:17 | 00:17:06 | 8:33 | Female 40-44 |
| 26. | 2035 | Heidi Byø | k | Team Byø | 00:18:01 | 00:17:46 | 8:53 | Female 35-39 |
| 27. | 2036 | Emilie Byø | k | Team Byø | 00:18:01 | 00:17:46 | 8:53 | Female 9 & Under |
| 28. | 2059 | Kirsten Skou | k | Team | 00:18:13 | 00:18:06 | 9:03 | Female 55-59 |
| 29. | 2024 | Isabella | k | | 00:19:41 | 00:19:26 | 9:43 | Female 9 & Under |
| 30. | 2020 | Tina Lundberg | k | | 00:19:57 | 00:19:39 | 9:49 | Female 50-54 |
| 31. | 2026 | Anika | k | | 00:19:58 | 00:19:38 | 9:49 | Female 20-24 |
| 32. | 2032 | Lene Jensen | k | Klub 20 | 00:21:15 | 00:20:45 | 10:22 | Female 60-64 |
| 33. | 2014 | Dorte | k | Klub 20 | 00:21:15 | 00:20:45 | 10:22 | Female 55-59 |
| 34. | 2070 | Merri | k | | 00:21:19 | 00:21:10 | 10:35 | Female 25-29 |
| 35. | 2018 | Elsebeth | k | | 00:21:39 | 00:21:24 | 10:42 | Female 60-64 |
| 36. | 2007 | Signe Rindom | k | | 00:22:01 | 00:21:55 | 10:57 | Female 40-44 |
| 37. | 2005 | Lucca | k | Solskin | 00:25:44 | 00:25:32 | 12:46 | Female 9 & Under |
| 38. | 2048 | Lissi Mikkelsen | k | | 00:26:35 | 00:26:19 | 13:09 | Female 60-64 |
| 39. | 2074 | Jette Sørensen | k | | 00:26:36 | 00:26:18 | 13:09 | Female 60-64 |
| 40. | 2054 | Maria Bæk | k | Vi løber for os | 00:26:58 | 00:26:30 | 13:15 | Female 10-14 |
| 41. | 2057 | Josefine | k | | 00:26:58 | 00:26:30 | 13:15 | Female 10-14 |
| 42. | 2023 | Karina | k | | 00:27:07 | 00:26:48 | 13:24 | Female 25-29 |
| 43. | 2037 | Nanna Byø | k | Team Byø | 00:27:15 | 00:27:00 | 13:30 | Female 9 & Under |
| 44. | 2058 | Heidi | k | | 00:27:44 | 00:27:15 | 13:37 | Female 40-44 |
| 45. | 2050 | Bettina Trans | k | Vi løber for os | 00:27:44 | 00:27:16 | 13:38 | Female 45-49 |
| 46. | 2055 | Margit Larsen | k | Vi løber for os | 00:27:47 | 00:27:20 | 13:40 | Female 65-69 |
| 47. | 2072 | Karen | k | | 00:28:30 | 00:28:08 | 14:04 | Female 60-64 |
| 48. | 2077 | Benedikte | k | | 00:28:32 | 00:28:09 | 14:04 | Female 25-29 |
| 49. | 2016 | Mette Eline | k | Lægård/Brunbj | 00:30:39 | 00:30:20 | 15:10 | Female 35-39 |
| 50. | 2017 | Molly | k | Lægård/Brunbj | 00:30:39 | 00:30:19 | 15:09 | Female 9 & Under |
| 51. | 2046 | Nikoline Lata | k | | 00:31:20 | 00:30:47 | 15:23 | Female 15-19 |
| 52. | 2076 | Anne-Sofie | k | | 00:31:22 | 00:30:50 | 15:25 | Female 20-24 |
| 53. | 2075 | Maibritt | k | | 00:31:23 | 00:30:49 | 15:24 | Female 50-54 |
| 54. | 2091 | Meda | k | | 00:44:22 | 00:43:58 | 21:59 | Female 9 & Under |

Mand

| | | | | | | | | |
|-----|------|-----------------|---|-------------|----------|----------|------|----------------|
| 3. | 2084 | Noah | m | Alligators | 00:09:05 | 00:09:03 | 4:31 | Male 10-14 |
| 4. | 2040 | Mathias | m | | 00:09:41 | 00:09:39 | 4:49 | Male 10-14 |
| 5. | 2028 | Falke Berg | m | | 00:09:49 | 00:09:46 | 4:53 | Male 10-14 |
| 6. | 2065 | Emil Jensen | m | | 00:10:14 | 00:10:12 | 5:06 | Male 9 & Under |
| 7. | 2041 | Magnus | m | | 00:10:41 | 00:10:39 | 5:19 | Male 9 & Under |
| 8. | 2085 | Torben | m | SKIVE | 00:10:47 | 00:10:44 | 5:22 | Male 40-44 |
| 9. | 2081 | Hector | m | | 00:12:11 | 00:11:58 | 5:59 | Male 9 & Under |
| 10. | 2086 | Matti Langberg | m | | 00:12:25 | 00:12:22 | 6:11 | Male 9 & Under |
| 11. | 2066 | Niels Christian | m | | 00:12:39 | 00:12:34 | 6:17 | Male 20-24 |
| 12. | 2090 | Isak Haahr | m | | 00:13:03 | 00:12:58 | 6:29 | Male 9 & Under |
| 13. | 2044 | Lau Sørensen | m | | 00:14:36 | 00:14:33 | 7:16 | Male 35-39 |
| 14. | 2029 | Pelle Berg | m | | 00:15:50 | 00:15:44 | 7:52 | Male 9 & Under |
| 15. | 2027 | Dennis Berg | m | | 00:15:50 | 00:15:45 | 7:52 | Male 40-44 |
| 16. | 2068 | Mads | m | Team Awsome | 00:16:16 | 00:16:12 | 8:06 | Male 9 & Under |
| 17. | 2002 | Henrik Jensen | m | Solskin | 00:16:37 | 00:16:27 | 8:13 | Male 40-44 |
| 18. | 2004 | Pelle | m | Solskin | 00:16:57 | 00:16:47 | 8:23 | Male 9 & Under |
| 19. | 2063 | Sebastian | m | Team | 00:18:14 | 00:18:06 | 9:03 | Male 10-14 |

Hjerl Hede Naturløb

Resultatliste MK

| Placering | Startnr. | Navn | Køn | Klub | Bruttotid | Nettotid | Min/km | Aldersgruppe |
|-----------|----------|----------------|-----|-----------------|-----------|----------|--------|----------------|
| 20. | 2060 | Ernst Nielsen | m | Team | 00:18:15 | 00:18:04 | 9:02 | Male 60-64 |
| 21. | 2019 | Mathias | m | | 00:18:37 | 00:18:23 | 9:11 | Male 9 & Under |
| 22. | 2092 | Jonas | m | | 00:19:35 | 00:19:11 | 9:35 | Male 35-39 |
| 23. | 2052 | Adnan Hassan | m | Vi løber for os | 00:19:54 | 00:19:30 | 9:45 | Male 9 & Under |
| 24. | 2021 | Steen | m | | 00:19:57 | 00:19:40 | 9:50 | Male 50-54 |
| 25. | 2053 | Abdinasir | m | Vi løber for os | 00:19:59 | 00:19:34 | 9:47 | Male 9 & Under |
| 26. | 2049 | Kenni Larsen | m | Vi løber for os | 00:20:17 | 00:19:53 | 9:56 | Male 45-49 |
| 27. | 2082 | Emil Wulff | m | | 00:23:54 | 00:23:44 | 11:52 | Male 9 & Under |
| 28. | 2061 | Cenneth | m | Team | 00:24:21 | 00:24:11 | 12:05 | Male 15-19 |
| 29. | 2013 | Kim Friis | m | Klub 20 | 00:24:29 | 00:23:51 | 11:55 | Male 55-59 |
| 30. | 2031 | Kaj Rostock | m | klub 20 | 00:24:30 | 00:23:54 | 11:57 | Male 60-64 |
| 31. | 2003 | Rene | m | Solskin | 00:25:43 | 00:25:32 | 12:46 | Male 35-39 |
| 32. | 2001 | Leif Mortensen | m | Solskin | 00:25:48 | 00:25:33 | 12:46 | Male 60-64 |
| 33. | 2022 | Kristian | m | | 00:27:04 | 00:26:43 | 13:21 | Male 30-34 |
| 34. | 2025 | Kasper | m | | 00:27:06 | 00:26:44 | 13:22 | Male 25-29 |
| 35. | 2038 | Søren Byø | m | Team Byø | 00:27:16 | 00:26:48 | 13:24 | Male 40-44 |
| 36. | 2051 | Lucas Poulsen | m | Vi løber for os | 00:27:42 | 00:27:17 | 13:38 | Male 9 & Under |
| 37. | 2056 | Laurits Larsen | m | Vi løber for os | 00:27:47 | 00:27:20 | 13:40 | Male 65-69 |
| 38. | 2073 | Jens Brunbjerg | m | | 00:30:22 | 00:30:00 | 15:00 | Male 60-64 |

Antal registreringer: 504