

Resultatliste MK 11,55 KM

Placering M/K	Startnr	Navn	Klub	Brutto	Netto	MIN/KM
11,55 KM						
Kvinder						
1	1	2248	Natalie	LG Flensburg	0:43:50,1	0:43:49,4 00:22 min/km
2	2	2189	Anne-Mette	Bov IF	0:49:58,0	0:49:55,9 00:25 min/km
3	3	2208	Sellner Kirsten	Lg Flensburg	0:53:39,5	0:53:38,8 00:27 min/km
4	4	2237	Katrin Hammon	STV Sörup	0:54:50,1	0:54:44,8 00:28 min/km
5	5	2267	Dorthe	Fredericia	0:55:28,8	0:55:19,3 00:28 min/km
6	6	2207	Helle Højland	Bov IF	0:56:29,1	0:56:15,4 00:29 min/km
7	7	2036	Monika Job	(Kruså)	0:56:32,0	0:56:30,4 00:29 min/km
8	8	2195	Monika Bellas	(Flensborg)	0:57:05,3	0:57:00,3 00:29 min/km
9	9	2144	Henriette	Rødekro Tri &	0:57:28,8	0:57:20,9 00:29 min/km
10	10	2146	Stefanie	SG Athletico	0:57:43,3	0:57:37,1 00:29 min/km
11	11	2074	Bodil Nielsen	AAIG	0:58:27,9	0:58:22,9 00:30 min/km
12	12	2013	Gitte Meine	(Vamdrup)	0:59:27,4	0:59:13,0 00:30 min/km
13	13	2211	Ines Wünsche	(Satrup)	0:59:41,8	0:59:22,4 00:30 min/km
14	14	2212	Merethe	HSG Jörl-Viöl	0:59:41,8	0:59:22,3 00:30 min/km
15	15	2183	Gyde Jessen	(Aabenraa)	1:00:44,8	1:00:26,5 00:31 min/km
16	16	2172	Anne Boutrup	Hejnsvig	1:01:57,6	1:01:49,5 00:32 min/km
17	17	2158	Wiebke	TSV Goldebek	1:01:58,4	1:01:38,0 00:32 min/km
18	18	2008	Delia	(Gråsten)	1:02:03,8	1:01:59,5 00:32 min/km
19	19	2245	Minna Juhl	(Gråsten)	1:02:44,4	1:02:32,9 00:32 min/km
20	20	2061	Yvonne	(Hadsten)	1:02:59,0	1:02:51,4 00:32 min/km
21	21	2174	Laila Irene	Lyreskovskolen	1:03:13,8	1:03:02,0 00:32 min/km
22	22	2242	Bianca	TSV Lindewitt	1:03:27,3	1:03:05,9 00:32 min/km
23	23	2266	Julia Harder	(Westerholz)	1:03:48,5	1:02:50,3 00:32 min/km
24	24	2082	Hong Nguyen	AAIG Aabenraa	1:04:30,0	1:03:41,9 00:33 min/km
25	25	2162	Brigitte Stelzer	TSV Lindewitt	1:04:39,6	1:04:17,7 00:33 min/km
26	26	2049	Stine Louise	(Frederiksberg)	1:04:58,0	1:04:16,6 00:33 min/km
27	27	2235	Katja Böttge	Eckernförder	1:05:03,3	1:04:22,3 00:33 min/km
28	28	2078	Hanne Pia	AAIG aabenraa	1:05:06,3	1:04:33,3 00:33 min/km
29	29	2165	Cathrine	Vidar Motion	1:05:13,2	1:05:09,2 00:33 min/km
30	30	2063	Annelise	AAIG	1:05:17,9	1:05:08,9 00:33 min/km
31	31	2020	Jane Kraak	(Holbøl)	1:05:25,6	1:05:22,5 00:33 min/km
32	32	2084	Ingelise Juhl	AAIG Aabenraa	1:05:28,9	1:05:17,4 00:33 min/km
33	33	2075	Conny	AaIG Aabenraa	1:05:39,6	1:05:27,2 00:34 min/km
34	34	2099	Lene Falk	Bov if	1:05:53,7	1:05:36,4 00:34 min/km
35	35	2083	Ida Elisabeth	AAIG Aabenraa	1:06:16,9	1:06:10,2 00:34 min/km
36	36	2175	Erin Cordsen	(Brebøl)	1:06:18,0	1:05:55,9 00:34 min/km
37	37	2005	Carina Morsø	(Middelfart)	1:06:34,6	1:06:16,4 00:34 min/km
38	38	2163	Renate	TSV Lindewitt	1:07:14,3	1:06:52,2 00:34 min/km
39	39	2034	Marianne	(Risskov)	1:07:30,8	1:06:48,6 00:34 min/km
40	40	2133	Irid Stephani	LG Norderbrarup	1:08:00,9	1:07:49,8 00:35 min/km

Grænseløbet

Resultatliste MK 11,55 KM

Placering	M/K	Startnr	Navn	Klub	Brutto	Netto	MIN/KM
41		41 2047	Sarah	(Rødekro)	1:08:42,0	1:08:19,3	00:35 min/km
42		42 2131	Tina Jensen	Kerteminde	1:09:07,9	1:08:12,1	00:35 min/km
43		43 2114	Jagoda Klüver	Emsige	1:09:36,9	1:08:37,8	00:35 min/km
44		44 2137	Anja Thiesen	LTV Kiel-Ost	1:09:41,3	1:09:35,5	00:36 min/km
45		45 2050	Susanne	(Åbenrå)	1:09:44,9	1:09:28,1	00:36 min/km
46		46 2202	Solveig	AAIG	1:09:54,4	1:09:05,5	00:35 min/km
47		47 2059	Verena	(Handewitt)	1:10:14,1	1:09:12,2	00:35 min/km
48		48 2076	Dorrit	AAIG Aabenraa	1:10:50,4	1:10:39,4	00:36 min/km
49		49 2213	Inger	(Bylderup Bov)	1:10:53,8	1:10:22,7	00:36 min/km
50		50 2051	Susanne	(Aabenra)	1:10:59,8	1:09:59,9	00:36 min/km
51		51 2003	Birte Nissen	(Flensburg)	1:11:03,6	1:10:23,7	00:36 min/km
52		52 2046	Sara Kjær	(Rødekro)	1:11:04,6	1:10:05,1	00:36 min/km
53	1	2177	Lara Meyer	Lyreskovskolen	1:11:21,8	1:10:44,8	00:36 min/km
54		53 2192	Kathrin	(Gråsten)	1:11:38,5	1:10:38,1	00:36 min/km
55		54 2250	Cecilie	Søgaard Friskole	1:11:55,3	1:11:45,5	00:37 min/km
56		55 2115	Maren Rohgalf	Emsige	1:12:21,1	1:11:22,0	00:37 min/km
57		56 2058	Ulla Davidsen	(Nordborg)	1:12:49,0	1:12:04,2	00:37 min/km
58		57 2001	Annesofie	(Århus)	1:13:20,4	1:12:58,4	00:37 min/km
59		58 2142	Mona Hansen	Lyreskovskolen	1:13:47,9	1:13:15,5	00:38 min/km
60		59 2105	Mimmi	Bov IF	1:15:00,0	1:14:29,3	00:38 min/km
61		60 2216	Rikke	GIG Løb og	1:15:38,4	1:14:43,1	00:38 min/km
62		61 2122	Julia Warnke	Harreslev-Kobbe	1:17:27,7	1:16:29,5	00:39 min/km
63		62 2071	Anne Grete	AAIG Aabenraa	1:17:37,5	1:16:47,3	00:39 min/km
64		63 2204	Inge Hoffmann	AAIG Aabenraa	1:17:51,6	1:17:08,9	00:40 min/km
65		64 2052	Tanja Cordes	(Nordborg)	1:18:17,6	1:17:35,7	00:40 min/km
66		65 2045	Rita Jacob	(Guderup)	1:18:17,9	1:17:36,5	00:40 min/km
67		66 2088	Lone Beeck	AAIG Aabenraa	1:19:11,5	1:18:24,8	00:40 min/km
68		67 2167	Lillian Callsen	Vidar Motion	1:19:17,3	1:18:35,1	00:40 min/km
69	2	2251	Amalie Ida	Søgaard Friskole	1:19:38,1	1:19:26,9	00:41 min/km
70		68 2027	Karen Geiger	(Schwerte)	1:21:37,0	1:20:35,2	00:41 min/km
71		69 2233	Angela	(Kolding)	1:21:37,0	1:21:14,4	00:42 min/km
72		70 2009	Dorte Petersen	(Tinglev)	1:22:21,7	1:21:50,7	00:42 min/km
73		71 2022	Johanne	(Tinglev)	1:22:32,3	1:22:02,0	00:42 min/km
74		72 2037	Nevin Mende	(Kiel)	1:24:59,3	1:24:47,8	00:44 min/km
75		73 2093	Ester Kathrine	Aaig/Bjergladies	1:27:02,0	1:26:14,1	00:44 min/km
76		74 2129	Lone	Kerteminde	1:27:57,1	1:27:00,5	00:45 min/km
77		75 2130	Pia Kruse	Kerteminde	1:27:57,1	1:26:58,8	00:45 min/km
78		76 2126	Jette Dirksen	Kerteminde	1:27:57,3	1:26:59,7	00:45 min/km
79		77 2153	Tina	Team	1:29:35,1	1:29:06,1	00:46 min/km
80		78 2155	Anni-Leila	TeamTorso	1:31:09,9	1:30:35,5	00:47 min/km
81		79 2253	Maria	(Aabenraa)	1:42:44,0	1:42:15,8	00:53 min/km

Mænd

1	1	2262	Pascal Dethlefs	Soth's Bioland	0:37:41,7	0:37:41,7	00:19 min/km
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Placering M/K	Startnr	Navn	Klub	Brutto	Netto	MIN/KM
2	2	2179	Henrik Aalling	Honda	0:40:46,0	0:40:45,8 00:21 min/km
3	3	2221	Karsten Schütt	ITD/FDE	0:42:47,2	0:42:46,1 00:22 min/km
4	4	2209	Miguel	LAV Husum	0:43:03,7	0:43:02,8 00:22 min/km
5	5	2095	Søren	(Kollund)	0:43:58,4	0:43:57,7 00:22 min/km
6	6	2108	Jan Aalling	Brørup Løbeklub	0:45:06,6	0:45:06,2 00:23 min/km
7	7	2068	René Lorenzen	AAIG	0:46:16,2	0:46:14,8 00:24 min/km
8	8	2164	Ron	TSV Oeversee	0:46:43,7	0:46:41,9 00:24 min/km
9	9	2026	Jostein Jorde	(Harrislee)	0:46:47,7	0:46:43,2 00:24 min/km
10	10	2265	Hauke Beck	TSV Lindewitt	0:48:01,7	0:47:52,1 00:24 min/km
11	11	2236	Adrian Jensen	AAIG	0:48:08,6	0:48:05,0 00:24 min/km
12	12	2188	Steffen	Bov IF	0:48:20,2	0:48:17,3 00:25 min/km
13	13	2019	Jan Østermark	(Fredericia)	0:48:39,8	0:48:39,8 00:25 min/km
14	14	2062	Anders Barsøe	AAIG	0:48:42,5	0:48:38,8 00:25 min/km
15	15	2197	Bjarne Albers	Aaig	0:49:09,4	0:49:01,6 00:25 min/km
16	16	2025	Jonas Iversen	(Kollund)	0:49:36,9	0:49:32,4 00:25 min/km
17	17	2040	Nikolaj Meier	(Krusaa)	0:49:36,9	0:49:32,7 00:25 min/km
18	18	2055	Thomas	(Brenderup)	0:49:52,9	0:49:46,9 00:25 min/km
19	1	2170	Kresten Duus	Grænseegnens	0:50:36,5	0:50:33,6 00:26 min/km
20	19	2067	Palle Rosen	AAIG	0:50:51,6	0:50:50,4 00:26 min/km
21	20	2119	Flo Bleifuss	Go with the Flo	0:51:08,5	0:51:06,1 00:26 min/km
22	21	2111	Daniel Schlüter	BUI-Motion	0:51:36,7	0:51:11,6 00:26 min/km
23	22	2002	Anton Nielsen	(Sønderborg)	0:51:46,7	0:51:36,2 00:26 min/km
24	23	2193	Brian List	(Sønderborg)	0:52:03,1	0:52:02,2 00:27 min/km
25	24	2206	Frits Detlefsen	Rødekro Tri &	0:52:05,4	0:51:57,4 00:26 min/km
26	25	2127	Jørn Nielsen	kerteminde	0:52:10,4	0:51:57,9 00:26 min/km
27	26	2028	Kenneth Hoeg	(Visby)	0:52:19,5	0:51:38,6 00:26 min/km
28	27	2113	Torben Karges	Deutscher	0:52:21,0	0:52:16,1 00:27 min/km
29	28	2150	Stefan Riedel	SV Freie	0:52:21,6	0:52:19,6 00:27 min/km
30	29	2191	Thomas	Rejseholdet	0:52:22,4	0:52:17,3 00:27 min/km
31	30	2271	Stephan	Team	0:52:27,6	0:52:10,6 00:27 min/km
32	31	2149	Andreas	SV Enge-Sande	0:52:30,6	0:52:28,6 00:27 min/km
33	32	2238	Arendt Brühe	STV Sörup	0:52:38,2	0:52:32,7 00:27 min/km
34	33	2100	Aksel Skibsted	Bov IF	0:53:09,4	0:53:04,2 00:27 min/km
35	34	2120	Mads Timm	HAGI	0:53:43,7	0:53:41,4 00:27 min/km
36	35	2010	Ejner Sørensen	(Padborg)	0:53:45,2	0:53:38,2 00:27 min/km
37	36	2171	Rene	Lyreskovskolen	0:54:07,1	0:54:01,3 00:28 min/km
38	37	2112	Henry Møller	Danfoss	0:54:16,8	0:54:12,3 00:28 min/km
39	38	2228	Dennis Kruse	AAIG	0:54:31,3	0:54:04,8 00:28 min/km
40	39	2057	Torge Reusch	(Schuby)	0:54:45,9	0:54:26,9 00:28 min/km
41	40	2121	Udo Babon	Handewitt	0:54:47,6	0:54:38,0 00:28 min/km
42	41	2147	Nico Reusch	Spiridon	0:54:50,7	0:54:31,3 00:28 min/km
43	42	2103	Kai Bethge	Bov IF	0:54:52,1	0:54:44,4 00:28 min/km
44	43	2261	Poul-Erik	(Horsens)	0:55:12,8	0:55:08,0 00:28 min/km

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Placering	M/K	Startnr	Navn	Klub	Brutto	Netto	MIN/KM
45		44 2041	Oliver Neuffer	(Store Vi)	0:55:21,0	0:55:14,0	00:28 min/km
46		45 2182	Christian	(Aabenraa)	0:55:22,8	0:55:04,7	00:28 min/km
47		46 2187	Klaus	AAIG	0:55:38,5	0:55:33,7	00:28 min/km
48		47 2185	Thomas	AAIG	0:55:44,6	0:55:40,2	00:28 min/km
49		48 2200	Timo Fuchs	Trivelos	0:55:52,9	0:55:29,6	00:28 min/km
50		49 2140	Finn Koch	Lyreskovskolen	0:55:58,4	0:55:53,7	00:29 min/km
51	2	2255	Casper Dahle	Grænseegnens	0:56:00,4	0:56:00,4	00:29 min/km
52		50 2258	Ulf Meyer	Kær Herred UF	0:56:20,0	0:56:13,0	00:29 min/km
53		51 2246	Mogens	Bov IF	0:56:37,3	0:56:29,7	00:29 min/km
54		52 2118	Rasmus	Forsvaret	0:56:58,8	0:56:44,8	00:29 min/km
55		53 2190	Marc Holm	Rejseholdet	0:57:13,2	0:57:08,6	00:29 min/km
56		54 2080	Holger Hansen	AAIG Aabenraa	0:57:15,2	0:57:04,6	00:29 min/km
57		55 2229	Jakob	(Kruså)	0:57:17,5	0:56:34,8	00:29 min/km
58		56 2079	Henrik	AAIG Aabenraa	0:57:18,4	0:57:10,7	00:29 min/km
59		57 2106	Morten Allerelli	Bov IF	0:57:30,6	0:57:17,4	00:29 min/km
60		58 2222	Ryan Fogt	ITD/FDE	0:57:30,9	0:57:17,2	00:29 min/km
61		59 2230	Matze Zedler	LG Kfz-Service	0:58:07,7	0:57:40,6	00:29 min/km
62		60 2181	Brian Jensen	Schmitz	0:58:08,8	0:58:01,7	00:30 min/km
63		61 2015	Heinz Hauser	(Give)	0:58:12,5	0:57:29,6	00:29 min/km
64		62 2186	Michael	die Neimöckels	0:58:28,6	0:58:15,3	00:30 min/km
65		63 2023	John Hansen	(Bolderslev)	0:58:45,0	0:58:16,2	00:30 min/km
66		64 2227	Kim Paulsen	High Speed	0:58:57,7	0:58:44,6	00:30 min/km
67		65 2249	Brian	Søgaard Friskole	0:59:16,4	0:59:07,6	00:30 min/km
68		66 2198	Tonny Drejer	Team	0:59:21,1	0:59:13,8	00:30 min/km
69		67 2232	Tommy Kudsk	(Kolding)	0:59:26,4	0:59:17,7	00:30 min/km
70		68 2042	Per Meine	(Vamdrup)	0:59:27,7	0:59:13,9	00:30 min/km
71		69 2024	John	(Hørning)	0:59:35,3	0:59:10,8	00:30 min/km
72		70 2039	Nikolai	(Padborg)	0:59:51,3	0:59:43,8	00:31 min/km
73		71 2168	Thorkild Dau	Kfz-Service Dau	1:00:21,9	1:00:12,7	00:31 min/km
74		72 2097	Michael	Augustenborg	1:00:26,8	1:00:18,6	00:31 min/km
75		73 2270	Uffe Iwersen	Team	1:00:29,9	1:00:12,9	00:31 min/km
76		74 2173	Jesper Mærsk	Lyreskovskolen	1:00:37,0	0:59:37,4	00:30 min/km
77		75 2254	Rene Klein	(Flensburg)	1:00:39,9	1:00:29,6	00:31 min/km
78		76 2252	Claus Hissel	(Tumbøl)	1:01:21,1	1:00:59,7	00:31 min/km
79		77 2000	Andreas Pahle	(Flensburg)	1:01:32,9	1:00:51,8	00:31 min/km
80		78 2077	Flemming	AAIG Aabenraa	1:01:35,4	1:01:24,3	00:31 min/km
81		79 2180	Henning Olsen	AAIG Aabenraa	1:01:39,1	1:01:26,6	00:31 min/km
82		80 2098	Andreas	Bolderslev Løb &	1:01:42,8	1:01:33,9	00:31 min/km
83		81 2030	Lars	(Flensburg)	1:01:52,4	1:01:04,1	00:31 min/km
84		82 2017	Henrik Birk	(Knebel)	1:01:54,8	1:01:14,2	00:31 min/km
85		83 2085	Jesper	AaIG Aabenraa	1:02:02,8	1:01:52,7	00:32 min/km
86		84 2225	Juancarlos	(Tørsbøl)	1:02:08,4	1:01:25,7	00:31 min/km
87		85 2152	Kevin	Team	1:02:20,4	1:01:52,4	00:32 min/km

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88	86 2072	Bent Thomsen	AAIG Aabenraa	1:02:23,4	1:02:12,0	00:32 min/km
89	87 2018	Henrik Jessen	(Flensburg)	1:02:56,9	1:02:45,5	00:32 min/km
90	88 2224	Per Møller	URTERIMA	1:03:09,7	1:02:57,2	00:32 min/km
91	89 2210	Kai Vermehren	Deutscher	1:03:35,2	1:03:29,1	00:32 min/km
92	90 2107	Per Pelle	Bov IF	1:03:37,2	1:03:11,7	00:32 min/km
93	91 2141	Kevin Kock	Lyreskovskolen	1:03:47,1	1:02:53,2	00:32 min/km
94	92 2056	Thomas		1:03:49,6	1:03:28,0	00:32 min/km
95	93 2277	Michael Hald	Bov IF	1:03:51,9	1:03:35,3	00:33 min/km
96	94 2139	Carsten Max	Lyreskovskolen	1:03:52,3	1:03:41,2	00:33 min/km
97	95 2241	Kaare Nielsen	(Rinkenæs)	1:04:01,3	1:03:17,0	00:32 min/km
98	96 2169	Erik	Vidar Motion	1:04:07,5	1:04:00,6	00:33 min/km
99	97 2215	Jørn Torp	(Dyrhus)	1:04:16,1	1:03:34,8	00:33 min/km
100	98 2021	Jannick Borum	(Tønder)	1:04:16,4	1:03:34,1	00:33 min/km
101	99 2094	Mogens	AAIGAabenraa/	1:04:22,8	1:04:14,6	00:33 min/km
102	100 2065	Kent Vendelbo	Aaig	1:04:24,2	1:04:21,5	00:33 min/km
103	101 2128	Leif Jensen	Kerteminde	1:04:34,4	1:03:48,8	00:33 min/km
104	102 2199	Kenneth	Aaig Aabenraa	1:04:40,3	1:04:25,9	00:33 min/km
105	103 2234	Gunter Möller	Eckernförder	1:04:50,8	1:04:09,8	00:33 min/km
106	104 2044	Rasmus von	(Frederiksberg)	1:04:57,7	1:04:16,4	00:33 min/km
107	105 2006	Dan Andresen	(Kollund)	1:04:59,9	1:04:36,0	00:33 min/km
108	106 2014	Harald	(Bredstedt)	1:05:24,2	1:05:18,0	00:33 min/km
109	107 2268	Lasse Falk	Lyreskovskolen	1:05:53,5	1:05:37,5	00:34 min/km
110	108 2240	Keller Nielsen	(Rinkenæs)	1:05:55,0	1:05:42,9	00:34 min/km
111	109 2104	Laurids	Bov IF	1:06:19,0	1:05:39,1	00:34 min/km
112	110 2239	Poul Erik	(8723 løsning)	1:06:30,5	1:06:04,1	00:34 min/km
113	111 2143	Frank	Region	1:06:31,0	1:06:15,9	00:34 min/km
114	112 2220	Christoffer	ITD/FDE	1:06:42,3	1:05:48,4	00:34 min/km
115	113 2231	Morten Nielsen	Bov if	1:06:46,3	1:06:30,2	00:34 min/km
116	114 2116	Michael	Emsige	1:06:53,6	1:05:52,2	00:34 min/km
117	115 2263	David Carter	Hjemmeværnet	1:07:07,1	1:06:07,7	00:34 min/km
118	116 2032	Mads Bjørnsen	(Haderslev)	1:07:27,9	1:07:10,6	00:34 min/km
119	117 2194	Ole Pedersen	RecordBeater	1:07:29,3	1:07:11,9	00:34 min/km
120	118 2259	Jan Perlewitz	Lyreskovskolen	1:07:30,3	1:06:59,0	00:34 min/km
121	119 2134	Winfried	LG Norderbrarup	1:08:01,0	1:07:50,0	00:35 min/km
122	120 2012	Frederik	(Sønderborg)	1:08:18,2	1:07:35,0	00:35 min/km
123	121 2060	Werner Nissen	(Rødekro)	1:08:24,5	1:08:14,9	00:35 min/km
124	122 2054	Thomas	(Rødekro)	1:08:27,7	1:08:17,9	00:35 min/km
125	123 2092	Torben Lykke	AAIG Aabenraa	1:08:32,6	1:08:19,7	00:35 min/km
126	124 2184	Asger	Aaig	1:08:43,1	1:07:52,4	00:35 min/km
127	125 2256	Anders Nielsen	Tulip	1:08:43,3	1:08:19,2	00:35 min/km
128	126 2219	Carsten	ITD/FDE	1:08:58,8	1:08:26,7	00:35 min/km
129	127 2102	Asbjørn	Bov IF	1:09:07,9	1:08:27,9	00:35 min/km
130	128 2033	Manfred	(24943	1:09:47,6	1:09:13,4	00:35 min/km

Grænseløbet

Resultatliste MK 11,55 KM

Placering M/K	Startnr	Navn	Klub	Brutto	Netto	MIN/KM
131	129 2226	Claus Reusch	Spiridon	1:10:02,7	1:09:03,9	00:35 min/km
132	130 2048	Sebastian	(Handewitt)	1:10:14,2	1:09:11,2	00:35 min/km
133	131 2066	Mathias	Aaig	1:10:23,7	1:10:01,5	00:36 min/km
134	132 2159	Lambert	TSV Husby	1:10:25,0	1:10:14,1	00:36 min/km
135	133 2132	Niels Peder	Kolding Motion	1:10:29,8	1:09:51,6	00:36 min/km
136	134 2136	Kenn Nielsen	Løjt løbeklub	1:11:01,5	1:10:55,9	00:36 min/km
137	135 2157	Mario Gottburg	Trivelos	1:11:03,2	1:10:30,1	00:36 min/km
138	136 2124	Robert Gnap	Holøgska	1:11:24,3	1:10:38,8	00:36 min/km
139	137 2269	Jes Hansen	Hellevad MTB	1:12:24,2	1:11:47,6	00:37 min/km
140	138 2264	Ernst	(Flensburg)	1:12:46,0	1:12:44,5	00:37 min/km
141	139 2035	Michael	(Vejle)	1:13:23,0	1:13:00,8	00:37 min/km
142	140 2260	Karsten Meyer	Aabenraa	1:13:45,3	1:13:07,3	00:37 min/km
143	3 2178	Patrick Hape	Lyreskovskolen	1:13:47,1	1:13:15,5	00:38 min/km
144	141 2166	Johnny	Vidar Motion	1:14:03,4	1:13:45,0	00:38 min/km
145	142 2154	Lars Brandi	Team Kæstrup	1:14:10,2	1:13:41,4	00:38 min/km
146	143 2043	Ralf Deerberg	(Minden)	1:14:34,4	1:14:31,1	00:38 min/km
147	144 2257	Lasse Bo	(Løgumkloster)	1:14:46,4	1:13:47,4	00:38 min/km
148	145 2070	Andreas Møller	AAIG Aabenraa	1:15:19,4	1:14:24,5	00:38 min/km
149	146 2214	Orla Støvring	GIG Løb og	1:15:38,2	1:14:43,2	00:38 min/km
150	147 2203	Detlef Heyck	SV Adelby	1:15:38,8	1:15:00,0	00:38 min/km
151	148 2004	Bruno Stenbæk	(4070 Kirke	1:15:42,2	1:14:51,6	00:38 min/km
152	149 2081	Holger	AAIG Aabenraa	1:15:50,3	1:14:59,6	00:38 min/km
153	150 2117	Stephan Joost	Emsige	1:16:21,4	1:15:20,3	00:39 min/km
154	151 2145	Keld	sall	1:17:04,3	1:16:55,6	00:39 min/km
155	152 2135	René Lange	Løb med SdU	1:17:27,6	1:16:29,4	00:39 min/km
156	153 2205	Keld Asmussen	AAIG Aabenraa	1:17:51,6	1:17:09,5	00:40 min/km
157	154 2064	Jens	AAIG	1:17:55,5	1:16:59,2	00:39 min/km
158	155 2109	Jan Wiese	BSG	1:18:03,2	1:17:08,7	00:40 min/km
159	156 2123	Christen	Holøgska	1:19:43,4	1:18:58,7	00:41 min/km
160	157 2196	Bent Petersen	Aaig	1:20:04,4	1:19:41,4	00:41 min/km
161	158 2218	Bent Sørensen	Kerteminde	1:27:57,1	1:27:00,0	00:45 min/km
162	159 2138	Manfred Uhl	Lufthansa SV	1:31:05,2	1:30:28,5	00:47 min/km
163	160 2038	Niels Iversen	(Løgumkloster)	1:33:53,2	1:33:14,1	00:48 min/km
164	161 2110	Klaus Klaffki	BSG	1:33:53,9	1:32:54,8	00:48 min/km

Antal deltagere: 245