

RAC-Milen 2023: Resultatet af serieløbet

| Piger 20-29 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|-----------------------|------------------------|-----------------|--|--|-------|-------|-------|--|-------|-----|----------|----------|
| 1 | Malene Ringgaard Mølle | Herlevløberne | 28:47 | | 28:02 | | | | | 2 | 99:99:99 | 99:99:99 |
| 2 | Emilie Holritz | Rødovre AC | | | 25:38 | | | | | 1 | 99:99:99 | 99:99:99 |
| 3 | Ida Hansen | Herlevløberne | | | | 29:27 | | | | 1 | 99:99:99 | 99:99:99 |
| 4 | Inger Sørensen | Rødovre AC | 32:23 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 5 | Yasmin Balkan | - | | | | | 27:53 | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Cecilie Porsdal | - | | | | | | | 20:29 | 1 | 99:99:99 | 99:99:99 |

| Kvinder 30-39 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|------------------|-----------------|--|-------|--|-------|--|-------|-------|-----|-----------|----------|
| 1 | Sandra Tranbjerg | Rødovre AC | 32:28 | 29:30 | | 29:58 | | 29:01 | 28:02 | 5 | 2:28:59,0 | 29:47,8 |
| 2 | Fie Tranbjerg | - | | | | | | | 28:07 | 1 | 99:99:99 | 99:99:99 |

| Kvinder 40-49 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|-----------------------|-----------------|--|-------|-------|-------|-------|--|-------|-----|----------|----------|
| 1 | Jennie Nielsen | Rødovre AC | | 29:21 | | 29:59 | 30:09 | | | 3 | 99:99:99 | 99:99:99 |
| 2 | Camilla Holm | Herlevløberne | | | 30:20 | 30:49 | | | | 2 | 99:99:99 | 99:99:99 |
| 3 | Anja Lau Schiöppfe | Rødovre AC | 22:16 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 4 | Lotte Kyhn Petersen | Herlevløberne | 23:07 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 5 | Margit Aagaard Jensen | Herlevløberne | | | | 37:52 | | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Gitte Winberg | Rødovre AC | | | | | | | 26:27 | 1 | 99:99:99 | 99:99:99 |

| Kvinder 50-59 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit | |
|-------------------------|----------------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|---------|-----------|----------|
| 1 | Merete Porsdal | Herlevløberne | 23:47 | 21:14 | | | 21:05 | 22:01 | 21:44 | 21:32 | 5 | 1:47:36,0 | 21:31,2 |
| 2 | Ann-Karina Holritz | Rødovre AC | 26:35 | 26:03 | 26:14 | 26:26 | | 26:52 | 28:49 | 25:46 | 5 | 2:11:04,0 | 26:12,8 |
| 3 | Maiken Hvilsø | Herlevløberne | | | 31:00 | 30:40 | 30:52 | 31:36 | 32:40 | 32:01 | 5 | 2:36:09,0 | 31:13,8 |
| 4 | Lene Ude Jørgensen | Herlevløberne | 22:51 | 22:03 | 22:06 | | | | 22:33 | | 4 | 99:99:99 | 99:99:99 |
| 5 | Pia Frisendahl | Herlevløberne | | 27:47 | 27:33 | 29:21 | 27:29 | | | | 4 | 99:99:99 | 99:99:99 |
| 6 | Majbritt Framke | Rødovre AC | | | | | 32:56 | 31:12 | 32:02 | 30:40 | 4 | 99:99:99 | 99:99:99 |
| 7 | Tina Gudmark | Rødovre AC | 25:44 | | | | 23:48 | | | | 2 | 99:99:99 | 99:99:99 |
| 8 | Naja Voss | Herlevløberne | | | | | | | 45:43 | 45:09 | 2 | 99:99:99 | 99:99:99 |
| 9 | Charlotte Neubert | Rødovre AC | | | | | | | 25:21 | | 1 | 99:99:99 | 99:99:99 |
| 10 | Lene Riising Bentsen | Herlevløberne | | | | | | | 32:04 | | 1 | 99:99:99 | 99:99:99 |

| Kvinder 60-69 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit | |
|-------------------------|-----------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|---------|-----------|----------|
| 1 | Marianne Flindt | Herlevløberne | 25:00 | 23:55 | 23:11 | 23:28 | 25:26 | 23:58 | 24:16 | 25:26 | 5 | 1:58:48,0 | 23:45,6 |
| 2 | Pia Kousholt | Herlevløberne | 29:39 | | 30:02 | | 28:58 | 32:27 | | | 4 | 99:99:99 | 99:99:99 |

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|----|-------------------|---------------|-------|-------|-------|-------|-------|-------|-------|----------|----------|----------|
| 3 | Karen-Lis Rygaard | Herlevløberne | | 26:48 | 26:46 | | | 26:57 | 3 | 99:99:99 | 99:99:99 | |
| 4 | Birthe Nielsen | Herlevløberne | | | | | | 31:24 | 31:00 | 2 | 99:99:99 | 99:99:99 |
| 5 | Eva Christiansen | Herlevløberne | | | | | | 33:43 | 35:00 | 2 | 99:99:99 | 99:99:99 |
| 6 | Lita Klingenberg | Vitus | | | | | 28:33 | | | 1 | 99:99:99 | 99:99:99 |
| 7 | Annette Klysner | Rødovre AC | 30:11 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 8 | Annette Holrits | Rødovre AC | | 30:34 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 9 | Käthe Jönsson | Herlevløberne | | 30:38 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 10 | Louise Terkildsen | Herlevløberne | | | | | 32:41 | | | 1 | 99:99:99 | 99:99:99 |
| 11 | Daisy Zeuner | Herlevløberne | | | | 35:15 | | | | 1 | 99:99:99 | 99:99:99 |
| 12 | Helle Nygaard | Herlevløberne | | 43:37 | | | | | | 1 | 99:99:99 | 99:99:99 |

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|---|-------------------------|-----------------|--|-------|-------|--|-------|-------|-------|-------|----------|-----------|----------|
| | Kvinder 70-79 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | Karin Pagaard | Rødovre AC | 38:15 | 35:59 | 37:26 | | 44:05 | 43:43 | 37:05 | 38:01 | 5 | 3:06:46,0 | 37:21,2 |
| 2 | Randi Klokrose | Herlevløberne | | | | | 34:50 | | | | 1 | 99:99:99 | 99:99:99 |

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|---|-------------------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|----------|-----------|---------|
| | Kvinder 80-89 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | Inge Stampe | Herlevløberne | 35:53 | 34:51 | 34:34 | 34:32 | 33:51 | 33:13 | 34:18 | 34:22 | 5 | 2:50:16,0 | 34:03,2 |

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|---|----------------------|-----------------|--|--|--|--|--|-----|-------|-----|----------|----------|----------|
| | Drenge -14 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | Mads Gelbek | - | | | | | | | 32:01 | | 1 | 99:99:99 | 99:99:99 |

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|---|------------------------|-----------------|--|-------|--|-------|--|-----|-----|-----|----------|----------|----------|
| | Mænd 20-29 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | David Romney Lauridser | Herlevløberne | 17:55 | 17:01 | | 17:46 | | | | | 3 | 99:99:99 | 99:99:99 |
| 2 | Carl Oehlenschläger | - | | | | 16:58 | | | | | 1 | 99:99:99 | 99:99:99 |

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|---|-----------------------|-----------------|--|-------|-------|-------|--|-------|-----|-----|----------|----------|----------|
| | Mænd 30-39 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | Casper Malmros Jensen | Rødovre AC | | 22:59 | 22:51 | 24:36 | | | | | 3 | 99:99:99 | 99:99:99 |
| 2 | Tobias Nag | - | | | | | | 23:43 | | | 1 | 99:99:99 | 99:99:99 |

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|---|-----------------------|-----------------|--|-------|--|--|-------|-------|-------|-----|----------|----------|----------|
| | Mænd 40-49 år | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" | Løb | Gnm.snit | | |
| 1 | Ravi Pilla | Herlevløberne | | | | | | 28:08 | 29:17 | | 2 | 99:99:99 | 99:99:99 |
| 2 | Jacob Arum | De løbende sko | | | | | 18:05 | | | | 1 | 99:99:99 | 99:99:99 |
| 3 | Jacob Dam | Herlevløberne | | 19:25 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 4 | Rasmus Bøje | Herlevløberne | | 20:12 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 5 | Morten Espenhain Bunc | Herlevløberne | | | | | | 19:42 | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Henrik Krogsgaard | - | | | | | | | 26:27 | | 1 | 99:99:99 | 99:99:99 |

| | Mænd 50-59 år | 4,706 km | 11-MAR | 19-APR | 24-MAJ | 21-JUN | 16-AUG | 13-SEP | 14-OKT | 04-NOV | Løb | "5" Løb | Gnm.snit | |
|----|-------------------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|-----------|-----------|---------|
| 1 | Roberto Schmidt | Herlevløberne | | | | 19:43 | 19:41 | 20:35 | 20:22 | 20:13 | 5 | 1:40:34,0 | 20:06,8 | |
| 2 | Bent Bindner | Rødovre AC | | 21:22 | 21:02 | | | | 22:03 | 22:07 | 22:36 | 5 | 1:49:10,0 | 21:50,0 |
| 3 | Allan Pedersen | Herlevløberne | 22:59 | | 21:59 | 22:13 | 22:15 | 22:43 | 22:58 | | 5 | 1:52:08,0 | 22:25,6 | |
| 4 | Lars Holritz | Rødovre AC | | 24:22 | 24:04 | 23:38 | | 23:07 | 23:13 | 23:11 | 5 | 1:57:13,0 | 23:26,6 | |
| 5 | Henrik Hobel | Herlevløberne | 23:47 | 23:40 | 23:20 | 23:57 | | 23:34 | 25:58 | 23:50 | 5 | 1:58:11,0 | 23:38,2 | |
| 6 | Claus Dragsbæk Raun | Herlevløberne | | | 29:50 | 34:31 | 33:49 | | 33:22 | 34:21 | 5 | 2:45:53,0 | 33:10,6 | |
| 7 | Thomas Bargholz | Furesø Løbeklub | 39:07 | 38:09 | 38:56 | 36:34 | 37:11 | | 37:08 | 37:12 | 5 | 3:06:14,0 | 37:14,8 | |
| 8 | Allan Ølgaard | Rødovre AC | 24:02 | 23:52 | | 23:20 | | 22:47 | | | 4 | 99:99:99 | 99:99:99 | |
| 9 | Danny Fischer | Herlevløberne | | | | | 32:39 | 31:13 | 33:35 | 34:50 | 4 | 99:99:99 | 99:99:99 | |
| 10 | René Mortensen | Herlevløberne | 22:48 | | 21:20 | | | 22:32 | | | 3 | 99:99:99 | 99:99:99 | |
| 11 | Claus Christensson | Herlevløberne | 23:36 | 23:21 | 22:48 | | | | | | 3 | 99:99:99 | 99:99:99 | |
| 12 | Find Panton | Herlevløberne | | | | 30:26 | 29:25 | 28:34 | | | 3 | 99:99:99 | 99:99:99 | |
| 13 | Franck Bjarup Voss | Herlevløberne | | | | | 32:40 | 30:43 | 32:06 | | 3 | 99:99:99 | 99:99:99 | |
| 14 | Thomas Ejner Olsen | Herlevløberne | | | | | 36:37 | 35:04 | 35:28 | | 3 | 99:99:99 | 99:99:99 | |
| 15 | Peter Rundle | Rødovre AC | | 21:21 | 21:29 | | | | | | 2 | 99:99:99 | 99:99:99 | |
| 16 | Ole Bertelsen | Herlevløberne | | | | | | 22:00 | 20:28 | | 2 | 99:99:99 | 99:99:99 | |
| 17 | Carsten Lauridsen | Herlevløberne | | | 22:58 | 23:17 | | | | | 2 | 99:99:99 | 99:99:99 | |
| 18 | Uwe Lorentzen | Herlevløberne | | | | | | | 19:59 | | 1 | 99:99:99 | 99:99:99 | |
| 19 | Claus Bøttcher Jørgense | Herlevløberne | | | | | | | 22:46 | | 1 | 99:99:99 | 99:99:99 | |
| 20 | Anders Viggo Hansen | - | | | | | | | | 26:26 | 1 | 99:99:99 | 99:99:99 | |
| 21 | Jens Gelbek | - | | | | | | | | 32:00 | 1 | 99:99:99 | 99:99:99 | |

| | Mænd 60-69 år | 4,706 km | 11-MAR | 19-APR | 24-MAJ | 21-JUN | 16-AUG | 13-SEP | 14-OKT | 04-NOV | Løb | "5" Løb | Gnm.snit |
|----|-----------------------|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-----|-----------|----------|
| 1 | Jesper Henrik Thomsen | Degnemoseløberen | 23:37 | 23:29 | 23:42 | | 25:17 | | 24:17 | 25:07 | 5 | 2:00:12,0 | 24:02,4 |
| 2 | René Brohammer | Herlevløberne | 26:31 | | 24:54 | 25:54 | | | 28:23 | 26:44 | 5 | 2:12:26,0 | 26:29,2 |
| 3 | Per Klokose | Herlevløberne | 35:48 | 32:14 | 34:40 | | 35:02 | 32:07 | | 31:16 | 5 | 2:45:19,0 | 33:03,8 |
| 4 | Lars Bertholdt | Herlevløberne | | 25:27 | 24:23 | | | 23:38 | | | 3 | 99:99:99 | 99:99:99 |
| 5 | Toni Glud | - | | | 29:35 | 30:26 | 31:26 | | | | 3 | 99:99:99 | 99:99:99 |
| 6 | Francis Gonzales | Herlevløberne | | | 22:33 | 25:22 | | | | | 2 | 99:99:99 | 99:99:99 |
| 7 | Francis Gonzales | Herlevløberne | | | 22:33 | 25:22 | | | | | 2 | 99:99:99 | 99:99:99 |
| 8 | Henning Juhl Jessen | Herlevløberne | | | | | | 29:01 | 27:58 | | 2 | 99:99:99 | 99:99:99 |
| 9 | Dennis Wernblad | Herlevløberne | | | | 30:43 | | | 30:37 | | 2 | 99:99:99 | 99:99:99 |
| 10 | Eli Henriksen | Herlevløberne | | | 22:35 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 11 | Ivar Laursen | Herlevløberne | | | 24:51 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 12 | John Visholm | Herlevløberne | | | | | 32:50 | | | | 1 | 99:99:99 | 99:99:99 |
| 13 | Kim Schmidt | Herlevløberne | | | | | | | 32:37 | | 1 | 99:99:99 | 99:99:99 |

| Mænd 70-79 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|----------------------|------------------------|-------------------|--|-------|-------|-------|-------|-------|-------|-------|-----|-----------|----------|
| 1 | Mogens Bertram-Nielsen | Herlevløberne | 28:08 | 28:15 | 28:44 | 29:13 | 28:49 | 28:21 | 30:18 | 29:31 | 5 | 2:22:17,0 | 28:27,4 |
| 2 | Jørgen Grann | IK Olympia Maribo | | 32:52 | | 33:31 | 33:03 | 33:09 | | 33:43 | 5 | 2:46:18,0 | 33:15,6 |
| 3 | Jens Rasmussen | Rødovre AC | 47:33 | 46:32 | 48:50 | 48:28 | 49:39 | 49:16 | 45:49 | 47:46 | 5 | 3:56:08,0 | 47:13,6 |
| 4 | Jens Jørgen Jensen | Herlevløberne | | 23:33 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 5 | Bent Nikolajsen | Herlevløberne | | | | | 28:42 | | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Erik Christensen | Rødovre AC | | | | | | | 27:12 | | 1 | 99:99:99 | 99:99:99 |

| Mænd 80-89 år | | 4,706 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|----------------------|--------------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|-----|-----------|----------|
| 1 | Helge Tolmark | BSF | 37:13 | 36:58 | 36:19 | 35:44 | 38:26 | 36:42 | 45:25 | 46:46 | 5 | 3:02:56,0 | 36:35,2 |
| 2 | Haig Yerzingatzian | Rødovre AC | | | | 36:08 | | | | | 1 | 99:99:99 | 99:99:99 |

| Kvinder 20-29 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|----------------|-----------------|--|--|--|--|-------|--|-------|--|-----|----------|----------|
| 1 | Signe Overskov | - | | | | | 39:36 | | 37:27 | | 2 | 99:99:99 | 99:99:99 |

| Kvinder 30-39 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|-----------------------|-----------------|--|-------|-------|--|--|--|--|--|-----|----------|----------|
| 1 | Vega Theil Carstensen | Herlevløberne | | 39:16 | 38:33 | | | | | | 2 | 99:99:99 | 99:99:99 |

| Kvinder 40-49 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|---------------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|-----|-----------|----------|
| 1 | Pemille Hauxner | Herlevløberne | 47:15 | 47:14 | 49:53 | 54:46 | 50:47 | | 49:35 | 49:04 | 5 | 4:03:01,0 | 48:36,2 |
| 2 | Mette Bendix Müller | Herlevløberne | 31:45 | 31:04 | | 31:16 | 31:13 | | | | 4 | 99:99:99 | 99:99:99 |
| 3 | Gitte Winberg | Rødovre AC | | | 44:40 | | | 44:51 | 44:45 | | 3 | 99:99:99 | 99:99:99 |
| 4 | Sanne Bruun | Herlevløberne | | 45:33 | 46:21 | | | | | | 2 | 99:99:99 | 99:99:99 |
| 5 | Anna Fenger-Grøn | Herlevløberne | | | 45:46 | | | | | | 1 | 99:99:99 | 99:99:99 |

| Kvinder 50-59 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|---------------------|-----------------|--|-------|-------|-------|-------|-------|-------|-------|-----|-----------|----------|
| 1 | Mona Bach | Herlevløberne | | 38:20 | 37:18 | | 37:54 | | 37:44 | 38:16 | 5 | 3:09:32,0 | 37:54,4 |
| 2 | Lone Rasmussen | Herlevløberne | 47:15 | 47:21 | 50:01 | 54:46 | 50:47 | | 49:38 | 49:04 | 5 | 4:03:19,0 | 48:39,8 |
| 3 | Lotte Holmen | Herlevløberne | 46:12 | | | 46:10 | 45:18 | | 44:49 | | 4 | 99:99:99 | 99:99:99 |
| 4 | Nathalie Jourdain | Herlevløberne | | | | 46:37 | | 47:01 | 46:35 | 47:18 | 4 | 99:99:99 | 99:99:99 |
| 5 | Gitte Elkjær | Herlevløberne | 42:38 | | | | | 48:13 | | | 2 | 99:99:99 | 99:99:99 |
| 6 | Gitte Elkjær | Herlevløberne | 42:38 | | | | | 48:13 | | | 2 | 99:99:99 | 99:99:99 |
| 7 | Henriette Norrbohm | Herlevløberne | | | | | | 47:10 | 44:51 | | 2 | 99:99:99 | 99:99:99 |
| 8 | Tina Skov | Rødovre AC | | | | | | | 42:15 | 41:56 | 2 | 99:99:99 | 99:99:99 |
| 9 | Susanne Værmskjold | - | | | | | 43:56 | | | | 1 | 99:99:99 | 99:99:99 |
| 10 | Christine Jørgensen | Herlevløberne | | | | | | 47:10 | | | 1 | 99:99:99 | 99:99:99 |

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|----|-----------------------|---------------------|-------|-------|--|--|--|--|--|--|-------|---|----------|----------|
| 11 | Lisa Häggqvist | Herlevløberne | | | | | | | | | 48:12 | 1 | 99:99:99 | 99:99:99 |
| 12 | Søs Stabell | Rødovre AC | 48:30 | | | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 13 | Heidi Parsberg Wagner | Herlev Tri & Motion | | 49:52 | | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 14 | Pia Frisendahl | Herlevløberne | | | | | | | | | 44:00 | 1 | 99:99:99 | 99:99:99 |
| 15 | Cathrine Mechlenburg | Rødovre AC | | | | | | | | | 36:43 | 1 | 99:99:99 | 99:99:99 |
| 16 | Charlotte Panteli | Rødovre AC | | | | | | | | | 37:10 | 1 | 99:99:99 | 99:99:99 |
| 17 | Lise Pedersen | - | | | | | | | | | 38:58 | 1 | 99:99:99 | 99:99:99 |

| Kvinder 60-69 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit | |
|-------------------------|------------------------|-----------------|--|-------|-------|-------|-------|-------|-------|------------|----------------|-----------------|----------|
| 1 | Birgit Rødgaard-Jessen | Herlevløberne | 40:17 | 38:50 | | 38:03 | | 37:44 | 37:57 | 5 | 3:12:51,0 | 38:34,2 | |
| 2 | Dorthe Tecza | Herlevløberne | 47:44 | 47:23 | 46:20 | 46:13 | 46:22 | 45:15 | 45:02 | 47:19 | 5 | 3:49:12,0 | 45:50,4 |
| 3 | Karen-Lis Rygaard | Herlevløberne | 43:13 | 43:43 | 43:33 | | | | 43:05 | | 4 | 99:99:99 | 99:99:99 |
| 4 | Hanne Jensen | Herlevløberne | | 40:01 | 39:06 | 40:14 | | | | | 3 | 99:99:99 | 99:99:99 |
| 5 | Annette Holrits | Rødovre AC | | 53:22 | 51:22 | | | | 50:02 | | 3 | 99:99:99 | 99:99:99 |
| 6 | Lene Mårtensson | Rødovre AC | 43:25 | | | | | | 42:55 | | 2 | 99:99:99 | 99:99:99 |
| 7 | Pia Kousholt | Herlevløberne | | | | 31:06 | | | | | 1 | 99:99:99 | 99:99:99 |
| 8 | Helle Nygaard | Herlevløberne | | | | | | 43:09 | | | 1 | 99:99:99 | 99:99:99 |
| 9 | Lita Klingenberg | Vitus | | | | | | 46:21 | | | 1 | 99:99:99 | 99:99:99 |
| 10 | Käthe Jönsson | Herlevløberne | | | | | | | 48:24 | | 1 | 99:99:99 | 99:99:99 |
| 11 | Birthe Nielsen | Herlevløberne | | 52:17 | | | | | | | 1 | 99:99:99 | 99:99:99 |
| 12 | Louise Terkildsen | Herlevløberne | | | | | | 59:50 | | | 1 | 99:99:99 | 99:99:99 |

| Kvinder 70-79 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|-------------------------|--------------------|-----------------|--|-------|-------|--|--|-------|-------|------------|----------------|-----------------|
| 1 | Randi Klokmose | Herlevløberne | 56:11 | 52:07 | 59:56 | | | 50:31 | 53:15 | 5 | 4:32:00,0 | 54:24,0 |
| 2 | Ulla Kofoed | Herlevløberne | | 41:39 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 3 | Karina Kristiansen | Herlevløberne | | 42:58 | | | | | | 1 | 99:99:99 | 99:99:99 |

| Drenge 15-19 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|------------------------|----------------------|-----------------|--|-------|-------|-------|-------|-------|-------|------------|----------------|-----------------|
| 1 | Kasper Friis Rygaard | - | 42:53 | 38:21 | 41:58 | 38:10 | 39:42 | 37:14 | 36:59 | 5 | 3:10:26,0 | 38:05,2 |

| Mænd 30-39 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|----------------------|-----------------|-----------------|--|-------|-------|--|-------|--|-------|------------|----------------|-----------------|
| 1 | Jonas Stoltze | Rødovre AC | | 28:59 | | | | | 29:27 | 2 | 99:99:99 | 99:99:99 |
| 2 | Kristian Wulff | Herlevløberne | | | | | 26:28 | | | 1 | 99:99:99 | 99:99:99 |
| 3 | Rasmus Egevang | Herlevløberne | | | | | 28:01 | | | 1 | 99:99:99 | 99:99:99 |
| 4 | Kasper Petersen | - | | | 36:41 | | | | | 1 | 99:99:99 | 99:99:99 |

| Mænd 40-49 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | | | Løb | "5" Løb | Gnm.snit |
|----------------------|--|-----------------|--|--|--|--|--|--|--|------------|----------------|-----------------|
|----------------------|--|-----------------|--|--|--|--|--|--|--|------------|----------------|-----------------|

| | | | | | | | | | | | | | |
|---|--------------------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|---|-----------|----------|
| 1 | Thomas E. Andersen | Herlevløberne | 37:55 | 36:07 | 39:18 | 37:05 | 37:06 | | 38:27 | 36:50 | 5 | 3:05:03,0 | 37:00,6 |
| 2 | Jacob Jensen | Herlevløberne | 32:48 | 31:00 | 30:44 | | | | | | 3 | 99:99:99 | 99:99:99 |
| 3 | Thomas Møller | Islev TRI | 33:05 | 32:54 | | | | | | | 2 | 99:99:99 | 99:99:99 |
| 4 | Lasse Møholt | Herlevløberne | | | | | | 45:26 | 44:30 | | 2 | 99:99:99 | 99:99:99 |
| 5 | Jens Lind | Herlevløberne | | | | | 31:07 | | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Marvin Radford | - | | | | | | | | 48:56 | 1 | 99:99:99 | 99:99:99 |

| | Mænd 50-59 år | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" Løb | Gnm.snit | | | |
|----|--------------------------|-------------------|--|-------|-------|-------|-------|------------|----------------|-----------------|----------|----------|----------|
| 1 | Kim Malmqvist | Herlevløberne | 29:22 | 28:25 | | 31:15 | 29:05 | | | 4 | 99:99:99 | 99:99:99 | |
| 2 | Per Hviid | Klub 100 Marathon | | 29:40 | 29:58 | 31:28 | 31:25 | | | 4 | 99:99:99 | 99:99:99 | |
| 3 | Kim Lilhammer | Herlevløberne | 31:30 | 30:41 | 31:43 | 32:56 | | | | 4 | 99:99:99 | 99:99:99 | |
| 4 | Rolf Traberg | Herlevløberne | 27:48 | | | 29:04 | 28:15 | | | 3 | 99:99:99 | 99:99:99 | |
| 5 | René Mortensen | Herlevløberne | | 36:24 | | 35:30 | | | 35:11 | 3 | 99:99:99 | 99:99:99 | |
| 6 | Rasmus Bøg | Herlevløberne | | 27:55 | 27:04 | | | | | 2 | 99:99:99 | 99:99:99 | |
| 7 | Dennis Madsen | Rødovre AC | | | 33:33 | | | 35:00 | | 2 | 99:99:99 | 99:99:99 | |
| 8 | Peter Rundle | Rødovre AC | | | | | | 36:11 | 40:39 | 2 | 99:99:99 | 99:99:99 | |
| 9 | Claus Dragsbæk Raun | Herlevløberne | | 43:36 | | | | 50:21 | | 2 | 99:99:99 | 99:99:99 | |
| 10 | Kristian Witt | Herlevløberne | | | | | | | 38:47 | 41:21 | 2 | 99:99:99 | 99:99:99 |
| 11 | Allan Ølgaard | Rødovre AC | | | | | | | 37:22 | 37:01 | 2 | 99:99:99 | 99:99:99 |
| 12 | Kristian Witt | Herlevløberne | | | | | | | 38:47 | 41:21 | 2 | 99:99:99 | 99:99:99 |
| 13 | Kem Overskov | Køge Vinhandel | | | | | 33:34 | | | 1 | 99:99:99 | 99:99:99 | |
| 14 | Carsten Lauridsen | Herlevløberne | | | | | | | 37:03 | | 1 | 99:99:99 | 99:99:99 |
| 15 | Robin Neumann | Herlevløberne | | | 37:20 | | | | | 1 | 99:99:99 | 99:99:99 | |
| 16 | Tom Rask Gerholt | Herlevløberne | | 38:02 | | | | | | 1 | 99:99:99 | 99:99:99 | |
| 17 | Uwe Lorentzen | Herlevløberne | 40:35 | | | | | | | 1 | 99:99:99 | 99:99:99 | |
| 18 | Jørk Kjøller | - | | | | | 40:48 | | | 1 | 99:99:99 | 99:99:99 | |
| 19 | Henrik Østergren | Herlevløberne | | | 44:11 | | | | | 1 | 99:99:99 | 99:99:99 | |
| 20 | Lars Bergenholtz Albrets | Herlevløberne | | | | | 44:46 | | | 1 | 99:99:99 | 99:99:99 | |
| 21 | Rune Steffensen | Herlevløberne | | | | | 45:56 | | | 1 | 99:99:99 | 99:99:99 | |
| 22 | Claus Cederberg | Ballerup OK | | | | | | | 31:20 | 1 | 99:99:99 | 99:99:99 | |

| | Mænd 60-69 år | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" Løb | Gnm.snit | | | |
|---|----------------------|-----------------|--|-------|-------|-------|-------|------------|----------------|-----------------|---|-----------|---------|
| 1 | Karsten Jensen | Herlevløberne | 40:37 | 40:47 | 39:52 | 40:53 | 41:26 | 42:19 | 39:09 | 39:07 | 5 | 3:19:32,0 | 39:54,4 |
| 2 | Jørn Jensen | Herlevløberne | | 41:52 | | | 55:33 | 40:11 | 39:27 | 43:29 | 5 | 3:40:32,0 | 44:06,4 |
| 3 | Steen Mogensen | Rødovre AC | 46:59 | 43:32 | 45:14 | 47:45 | 45:09 | 42:44 | 45:18 | 45:35 | 5 | 3:41:57,0 | 44:23,4 |
| 4 | Henrik Strassmann | Herlevløberne | 46:47 | | 43:05 | 44:05 | | 44:27 | 43:56 | | 5 | 3:42:20,0 | 44:28,0 |
| 5 | Ole Andersen | Herlevløberne | 46:42 | 51:51 | 55:35 | 49:44 | 47:28 | 46:47 | 49:34 | 51:32 | 5 | 4:00:15,0 | 48:03,0 |

| | | | | | | | | | | |
|----|------------------|---------------|-------|-------|-------|-------|-------|---|----------|----------|
| 6 | Claus Winberg | Rødovre AC | 44:03 | | 42:50 | 40:37 | 48:57 | 4 | 99:99:99 | 99:99:99 |
| 7 | Poul Lindberg | Herlevløberne | | 33:41 | | 33:28 | 34:29 | 3 | 99:99:99 | 99:99:99 |
| 8 | Dirk-André Pape | Herlevløberne | | 42:11 | | 40:18 | | 2 | 99:99:99 | 99:99:99 |
| 9 | Eli Henriksen | Herlevløberne | | 46:22 | 40:05 | | | 2 | 99:99:99 | 99:99:99 |
| 10 | Leif Jensen | - | | | | 37:33 | 37:15 | 2 | 99:99:99 | 99:99:99 |
| 11 | Birger Håggqvist | Herlevløberne | | | 48:21 | | | 1 | 99:99:99 | 99:99:99 |
| 12 | Kjeld-Ole Munk | - | | | | 45:06 | | 1 | 99:99:99 | 99:99:99 |

| Mænd 70-79 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" Løb | Gnm.snit | | |
|----------------------|------------------------|-------------------|--|-------|-------|-------|-------|-------|---------|----------|-----------|----------|
| 1 | Jens Jørgen Jensen | Herlevløberne | | 36:58 | 37:19 | 36:32 | 35:42 | | 37:20 | 5 | 3:03:51,0 | 36:46,2 |
| 2 | Erik Christensen | Rødovre AC | 39:06 | 37:43 | 38:57 | 38:36 | 39:07 | | | 5 | 3:13:29,0 | 38:41,8 |
| 3 | Rud Nielsen | Herlevløberne | | 42:40 | 42:12 | 42:44 | 44:26 | 43:13 | | 5 | 3:35:15,0 | 43:03,0 |
| 4 | Jørgen Andersen | Herlevløberne | | 42:06 | 39:45 | | | | | 2 | 99:99:99 | 99:99:99 |
| 5 | Johnny Kurt Kristensen | Rødovre AC | | 53:25 | | | | | | 1 | 99:99:99 | 99:99:99 |
| 6 | Jørgen Grann | IK Olympia Maribo | | 53:51 | | | | | | 1 | 99:99:99 | 99:99:99 |

| Mænd 80-89 år | | 7,532 km | 11-MAR 19-APR 24-MAJ 21-JUN 16-AUG 13-SEP 14-OKT 04-NOV | | | | | Løb | "5" Løb | Gnm.snit | | |
|----------------------|--------------------|-----------------|--|-------|-------|--|--|-----|---------|----------|----------|----------|
| 1 | Haig Yerzingatzian | Rødovre AC | | 55:09 | 52:01 | | | | | 2 | 99:99:99 | 99:99:99 |