

Bane1 7,18 km

Startet : 4 Udgået : 0 Disk.: 0

| | | | | |
|----|----------------------|------------|---------|--------|
| 1. | Daugaard Jacob A. | Kolding OK | 48:55 | |
| 2. | Meier Rolf | Odense OK | 49:24 | +29 |
| 3. | Uhlemann Thomas | Kolding OK | 1:00:01 | +11:06 |
| 4. | Lorenzen Nicoline O. | Odense OK | 1:05:49 | +16:54 |

Bane2 6,35 km

Startet : 12 Udgået : 0 Disk.: 1

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|-----|--------------------------|--------------|---------|----------|
| 1. | Nielsen Morten Mølgaard | Odense OK | 48:17 | |
| 2. | Olesen Lone Fyhn | Odense OK | 54:38 | +06:21 |
| 3. | Christoffersen Gitte R. | Svendborg OK | 54:39 | +06:22 |
| 4. | Rasmussen Torben | Odense OK | 56:24 | +08:07 |
| 5. | Vestergaard Steen | Odense OK | 56:54 | +08:37 |
| 6. | Pedersen Børge | | 1:02:34 | +14:17 |
| 7. | Rabølle Niels | Odense OK | 1:04:42 | +16:25 |
| 8. | Hedemann Henning | Faaborg OK | 1:08:47 | +20:30 |
| 9. | Djursaa Carsten | Odense OK | 1:11:49 | +23:32 |
| 10. | Hansen Hans Aage Hvalsøe | FPI | 1:12:27 | +24:10 |
| 11. | Mikkelsen Andreas | Faaborg OK | 1:49:28 | +1:01:11 |
| | Strib Hans Chr. | Ballerup OK | Disk. | |

Bane3 5,10 km

Startet : 12 Udgået : 0 Disk.: 0

| | | | | |
|-----|----------------------|------------|---------|--------|
| 1. | Mortensen Anne-Mette | Odense OK | 52:29 | |
| 2. | Jørgensen Finn | Odense OK | 53:00 | +31 |
| 3. | Møller Uffe | Faaborg OK | 53:11 | +42 |
| 4. | Jensen Lone | Odense OK | 53:26 | +57 |
| 5. | Skovbjerg Lisbeth | Odense OK | 53:53 | +01:24 |
| 6. | Søgaard Per | Odense OK | 54:03 | +01:34 |
| 7. | Madsen Kurt | Odense OK | 54:07 | +01:38 |
| 8. | Ljungdahl Erik | Faaborg OK | 55:52 | +03:23 |
| 9. | Haastrup Lars | Odense OK | 1:00:55 | +08:26 |
| 10. | Fynboe Erik | Odense OK | 1:02:08 | +09:39 |
| 11. | Aakjær Bent | Odense OK | 1:05:23 | +12:54 |
| 12. | Djursaa Freja | Odense OK | 1:06:15 | +13:46 |

Bane4 3,33 km

Startet : 15 Udgået : 0 Disk.: 4

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|-----|-------------------------|--------------|---------|--------|
| 1. | Larsen Claes | Odense OK | 34:45 | |
| 2. | Blichfeld Sandra | Svendborg OK | 41:39 | +06:54 |
| 3. | Møller Nielsen Palle | Odense OK | 42:48 | +08:03 |
| 4. | Christoffersen Bjørn R. | Svendborg OK | 43:19 | +08:34 |
| 5. | Jensby Kaj Ole | Faaborg OK | 45:49 | +11:04 |
| 6. | Thomsen Knud Erik | Svendborg OK | 46:00 | +11:15 |
| 7. | Poulsen Bent | Svendborg OK | 46:53 | +12:08 |
| 8. | Aplittorff Randi | Svendborg OK | 48:32 | +13:47 |
| 9. | Jensen Herluf | Svendborg OK | 55:55 | +21:10 |
| 10. | Axelsen Ole | Svendborg OK | 58:10 | +23:25 |
| 11. | Pedersen Leila Damkjær | Svendborg OK | 1:18:23 | +43:38 |
| | Ibsen Jens | Svendborg OK | Disk. | |
| | Mikkelsen Holger | Odense OK | Disk. | |
| | Splittorff Ove | Svendborg OK | Disk. | |
| | Sørensen Bent | Svendborg OK | Disk. | |

Bane5 4,10 km

Startet : 1 Udgået : 0 Disk.: 0

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|----|-----------------|-----------|-------|--|
| 1. | Pedersen Anders | Odense OK | 40:39 | |
|----|-----------------|-----------|-------|--|

Bane6 2,15 km

Startet : 2 Udgået : 0 Disk.: 1

| | | | | |
|----|--------------|-----------|-------|--|
| 1. | Fabrin Lotte | Odense OK | 25:59 | |
| | Borg Lone | Odense OK | Disk. | |