

Bane 1 4,33 km

Startet : 38 Udgået : 0 Disk.: 7

| | | | | |
|-----|------------------------|--------------|--------------|--------|
| 1. | Morten Ö. Jørgensen | OK Snab | 28:09 | |
| 2. | Jonas Gabs | OK Melfar | 29:07 | +58 |
| 3. | Jeppe Edvardsen | OK Snab | 29:42 | +01:33 |
| 4. | August Gabs | OK Melfar | 31:11 | +03:02 |
| 5. | Felix Isaksen | OK Snab | 33:31 | +05:22 |
| 6. | Esben Ö. Pedersen | OK Gorm | 34:42 | +06:33 |
| 7. | Peter Thomas Wihan | FPI | 34:47 | +06:38 |
| 8. | Niels Dalgård | KOK | 34:53 | +06:44 |
| 9. | Rasmus Ravn Pedersen | OK Gorm | 35:46 | +07:37 |
| 10. | Flemming Jørgensen | OK Snab | 35:49 | +07:40 |
| 11. | Vagn Sørensen | Faaborg OK | 36:17 | +08:08 |
| 12. | Kaj Isaksen | OK Snab | 36:47 | +08:38 |
| 13. | Alexander Welander | Odense OK | 37:13 | +09:04 |
| 14. | Jesper Madsen | OK Melfar | 37:16 | +09:07 |
| 15. | Lars Pagh | OK Snab | 37:29 | +09:20 |
| 16. | Magnus Fannar Madsen | OK Melfar | 37:59 | +09:50 |
| 17. | Per Storm Hansen | Svendborg OK | 38:00 | +09:51 |
| 18. | Mads Majlund Thomsen | OK Snab | 38:29 | +10:20 |
| 19. | Lone Fyhn | Odense OK | 39:37 | +11:28 |
| 20. | Tommy Iversen | Odense OK | 41:57 | +13:48 |
| 21. | Torben Kruse | Svendborg OK | 42:07 | +13:58 |
| 22. | Carsten Djursaa | Odense OK | 42:34 | +14:25 |
| 23. | Sebastian Burattini | Odense OK | 42:45 | +14:36 |
| 24. | Claus Falk Christensen | ok Fros | 42:56 | +14:47 |
| 25. | Helene Nissen | OK Snab | 42:58 | +14:49 |
| 26. | Soeren Klingenberg | Faaborg OK | 44:14 | +16:05 |
| 27. | Rikke Brandt Jespersen | Odense OK | 45:45 | +17:36 |
| 28. | Børge Pedersen | Odense OK | 49:41 | +21:32 |
| 29. | Niels N. Jensen | Ok Snab | 49:51 | +21:42 |
| 30. | Uffe Møller | Faaborg OK | 51:55 | +23:46 |
| 31. | Helle Klenum | MMA | 56:15 | +28:06 |
| | Amanda Hedemann | Faaborg OK | Disk. | |
| | Børge Jensen | MM//A | Disk. | |
| | Henrik Uhlemann | KOK | Disk. | |
| | Jakob Q | Odense OK | Disk. | |
| | Jonna Giesel | MM//A | Disk. | |
| | Karl Duus ""Nielsen | Ebberup | Disk. | |
| | Karsten Dittmann | MM//A | Disk. | |
| | Anders Dalgaard | KOK | Ikke startet | |
| | Gustav Jensen | KOK | Ikke startet | |
| | Jannick Rosenlund | Svendborg OK | Ikke startet | |
| | Jens Liengaard | OK Snab | Ikke startet | |
| | Jeppe Caspersen | OK Snab | Ikke startet | |
| | Rasmus Iversen | Odense OK | Ikke startet | |
| | Vakant | Fros | Ikke startet | |

Bane 2 3,23 km

Startet : 25 Udgået : 0 Disk.: 5

| | | | | |
|-----|------------------------|--------------|--------------|--------|
| 1. | Axel Ö. Jørgensen | OK Snab | 24:26 | |
| 2. | Eva Ö. Jørgensen | OK Snab | 25:10 | +44 |
| 3. | Jonas wihan | FPI | 27:06 | +02:40 |
| 4. | Rasmus Edvardsen | OK Snab | 28:52 | +04:26 |
| 5. | Ulrika Ö. Jørgensen | OK Snab | 29:17 | +04:51 |
| 6. | Thomas Edvardsen | OK Gorm | 30:48 | +06:22 |
| 7. | Bent Aakjær | Odense OK | 31:18 | +06:52 |
| 8. | Rikke Nygård Rasmussen | OK Snab | 31:43 | +07:17 |
| 9. | Tine Dalgaard | KOK | 32:43 | +08:17 |
| 10. | Camilla Spile | Odense OK | 33:22 | +08:56 |
| 11. | Hans Erik Larsen | Faaborg OK | 33:59 | +09:33 |
| 12. | Pernille Spangsberg | Odense OK | 34:03 | +09:37 |
| 13. | Niels Rabølle | Odense OK | 35:20 | +10:54 |
| 14. | Claes Ø. Larsen | Odense OK | 35:34 | +11:08 |
| 15. | Lone Rasmussen | Ok Snab | 37:19 | +12:53 |
| 16. | Mette Marie Lungholt | Odense OK | 37:34 | +13:08 |
| 17. | Ethna Cavanagh | Faaborg OK | 38:56 | +14:30 |
| 18. | Ove Splittorff | Svendborg OK | 43:27 | +19:01 |
| 19. | Anna Melin | MM//A | 1:02:44 | +38:18 |
| 20. | Kåte Barnkob | MM//A | 1:02:58 | +38:32 |
| | Anna Katrine Rehn | Eriksvej OK | Disk. | |
| | Brita Rehn | Eriksvej OK | Disk. | |
| | Irene Menzi | MM//A | Disk. | |
| | Margareta Reinhold | MM//A | Disk. | |
| | Olivia Fjordside Pagh | OK Snab | Disk. | |
| | Christa B. Madsen | KOK | Ikke startet | |
| | Elisabeth M. Bonde | MM//A | Ikke startet | |
| | Hedvig V. Gydesen | OK Melfar | Ikke startet | |
| | Helle Wihan | FPI | Ikke startet | |
| | Jette Bønløkke Post | Odense OK | Ikke startet | |
| | Lars Pedersen | MM//A | Ikke startet | |
| | Maria Nielsen | Odense OK | Ikke startet | |
| | Sven Rehn | Eriksvej OK | Ikke startet | |

Bane 3 2,75 km

Startet : 35 Udgået : 0 Disk.: 3

| | | | | |
|-----|--------------------------|--------------|---------|--------|
| 1. | Kim Kongstad | Odense OK | 25:31 | |
| 2. | Lisbeth Skovbjerg | Odense OK | 27:38 | +02:07 |
| 3. | Kurt Madsen | Odense OK | 28:23 | +02:52 |
| 4. | Katalin Bolko Kongstad | Odense OK | 28:36 | +03:05 |
| 5. | Johan Dalgaard | KOK | 30:00 | +04:29 |
| 6. | Emilie Beich-Frandsen Øe | Odense OK | 30:41 | +05:10 |
| 7. | Agnes Fjordside Pagh | OK Snab | 31:10 | +05:39 |
| 8. | Henning Hedemann | Faaborg OK | 31:24 | +05:53 |
| 9. | Hans Aage Hvalsøe Hansen | FPI | 31:33 | +06:02 |
| 10. | Kim Lykkegaard | Odense OK | 33:00 | +07:29 |
| 11. | Inge Price Jensen | Odense OK | 33:28 | +07:57 |
| 12. | Svend Johansen | Svendborg OK | 34:18 | +08:47 |
| 13. | Aske Hedemann | Faaborg OK | 34:53 | +09:22 |
| 14. | Olav Odgaard | Odense OK | 36:41 | +11:10 |
| 15. | Anja Hedemann | Faaborg OK | 37:00 | +11:29 |
| 16. | Randi Splittorff | Svendborg OK | 37:54 | +12:23 |
| 17. | Jørgen Bruntse | Odense OK | 38:14 | +12:43 |
| 18. | Lotte Hjort | Faaborg OK | 39:35 | +14:04 |
| 19. | Palle Møller Nielsen | Odense OK | 39:58 | +14:27 |
| 20. | Olav Christoffersen | Faaborg OK | 43:18 | +17:47 |
| 21. | H. V. Jensen | Odense OK | 43:31 | +18:00 |
| 22. | Anders Boysen | OK Snab | 44:39 | +19:08 |
| 23. | Leila Damkjær Pedersen | Svendborg OK | 45:29 | +19:58 |
| 24. | Herluf Jensen | Svendborg OK | 46:14 | +20:43 |
| 25. | Hans Larsen | Faaborg OK | 47:07 | +21:36 |
| 26. | Holger Mikkelsen | Odense OK | 48:15 | +22:44 |
| 27. | Leif kristensen | Odense OK | 50:20 | +24:49 |
| 28. | Flemming Wedell | Odense OK | 50:35 | +25:04 |
| 29. | Aksel Skovlyst | Faaborg OK | 53:34 | +28:03 |
| 30. | IngerAndersen | Faaborg OK | 58:00 | +32:29 |
| 31. | Anja Skaarup | KOK | 1:03:03 | +37:32 |
| 32. | Karen Lise Bøgh | Odense OK | 1:07:18 | +41:47 |
| | Christian Uhlemann | OK Snab | Disk. | |
| | Erik Damgaard | Faaborg OK | Disk. | |
| | Mogens Bøgh | Odense OK | Disk. | |

Bane 4 2,10 km

Startet : 12 Udgået : 0 Disk.: 0

| | | | | |
|-----|--------------------------------|------------|--------------|----------|
| 1. | Emil Dalgaard | KOK | 19:19 | |
| 2. | Rasmus Dalgaard | KOK | 24:56 | +05:37 |
| | Anders Sigvardt | Odense OK | 24:56 | +05:37 |
| 4. | Magnus M. Nielsen | Odense OK | 25:06 | +05:47 |
| 5. | Gitte Spangsberg | Odense OK | 27:28 | +08:09 |
| 6. | Torsten Boe Larsen | Odense OK | 30:29 | +11:10 |
| 7. | Thorbjørn Modin | Odense OK | 33:19 | +14:00 |
| 8. | Mikkel M. Nielsen | Odense OK | 40:35 | +21:16 |
| 9. | Nynne M. Nielsen | Odense OK | 47:53 | +28:34 |
| 10. | Johannes | - | 55:55 | +36:36 |
| 11. | Tove Skovlyst | Faaborg OK | 1:21:41 | +1:02:22 |
| 12. | Rita Christoffersen | Faaborg OK | 1:21:49 | +1:02:30 |
| | Oliver Lykkegaard Christiansen | Odense OK | Ikke startet | |