

Børge Mogensen	OK73	37:15,1	38:49,0	39:42,6	46:09,9		39:24,3	38:31,0	39:05,0	7	0:39:51	3:13:04
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Kvinder 40-49 år	7,532 km											
Dorte Skovby	Rødovre AC		33:11,0	32:02,8		32:47,8	32:44,0		33:24,0	5	0:32:50	2:44:10
Joan M. Petersen	Rødovre AC	37:35,7	38:05,0	38:04,8	37:14,1	36:51,1	37:39,9			6	0:37:35	3:07:26
Anne Andersen			45:00,0	43:27,1	44:46,4	47:53,0	45:29,4			5	0:45:19	3:46:36
Tina Børme Hansen		44:58,6		43:28,5	45:00,5	47:56,3	45:35,1			5	0:45:24	3:46:59

Kvinder 50-59 år	7,532 km	4. marts	5. april	10. maj	7. juni	9. aug.	6. sept.	30. sept.	28. okt	Løb	Gnm.snit	5 hurtigste tider
Elisabeth Linde	Sparta				35:48,3	34:28,9	35:17,2	35:22,2	35:52,0	5	0:35:22	2:56:49
Marianne Eskildsen	Herlev Løberne			37:23,3	36:55,7	36:22,8	36:00,5		37:26,0	5	0:36:50	3:04:08
Kit Kofoed	SDCA	43:15,1	44:05,0	42:22,3		42:55,6	47:20,2		41:27,0	6	0:43:34	3:34:05

Kvinder 60-69 år	7,532 km											
Annelise Beck	Sparta				45:18,5	44:02,4	43:24,5	42:23,1	46:48,0	5	0:44:23	3:41:57

Mænd 15-19 år	7,532 km											
Thomas Buch Christensen					36:56,1	34:41,3	33:15,7	38:18,0	36:51,0	5	0:36:00	3:00:02

Mænd 30-39 år	7,532 km											
Torben Bille	AK73/ Sportsfyssen	27:10,1	28:08,0		27:08,3	26:17,5	26:24,0			5	0:27:02	2:15:08
Jens M. Jensen	Lynkineserne	29:50,9	29:32,0	28:48,3	28:44,8	29:45,6	28:51,5		29:26,0	7	0:29:17	2:25:23
Jesper Nielsen	Herlev Løberne			29:35,2	29:49,9	30:06,4		30:18,0	29:17,0	5	0:29:49	2:29:06
Peder Skov-Hansen	Rødovre AC			30:02,8	29:25,4	29:34,9	29:28,7		31:39,0	5	0:30:02	2:30:11
Martin Lund		40:05,7	34:42,0	43:59,6	39:49,3		41:04,3		41:12,0	6	0:40:09	3:16:53

Mænd 40-49 år	7,532 km											
Henrik Jacobsen	Rødovre AC	26:18,9	26:18,0	26:27,3		26:04,3	26:28,7	26:08,0		6	0:26:18	2:11:17
Carsten Vinkel	Rødovre AC	29:43,8		27:47,7	26:10,3	26:31,0	27:11,5			5	0:27:29	2:17:24
Jørgen Nielsen	FIF	29:12,2	28:41,0	29:33,9	29:32,4	28:17,3	28:47,2	29:24,8	29:12,0	8	0:29:05	2:24:10
Kuno Koch	Rødovre AC		30:03,0	30:04,0	30:54,5	29:37,4	29:22,8		28:31,0	6	0:29:45	2:27:38
Henning Ring	Rødovre AC	29:32,7		29:51,8		29:46,0	28:57,1		36:37,0	5	0:30:57	2:34:45
René Petersen	Rødovre AC	31:54,3	30:52,0	30:36,7		30:40,8		30:43,9		5	0:30:58	2:34:48
René E. Hansen	Rødovre AC	35:03,8	33:48,0	34:13,1	33:04,2	34:24,7	32:46,8			6	0:33:53	2:48:17
Jan Lauritzen	Rødovre AC	36:28,9	36:20,0	36:50,5	35:45,3	36:16,2			35:57,0	6	0:36:16	3:00:47
Stig Kongsborg	Rødovre AC	43:10,1	39:25,0		36:02,7	36:50,8	36:01,1			5	0:38:18	3:11:30

Mænd 50-59 år	7,532 km	4. marts	5. april	10. maj	7. juni	9. aug.	6. sept.	30. sept.	28. okt	Løb	Gnm.snit	5 hurtigste tider
Gert Kærllin	Herlev Løberne		26:22,0	26:06,6		25:39,9	26:22,2	28:31,8	29:03,0	6	0:27:01	2:13:02
Erik Christensen	Rødovre AC	32:44,1	31:48,0	31:47,9	31:14,0	31:45,1			33:11,0	6	0:32:05	2:39:19
Jørgen Grann	IK Olympia		33:15,0	31:51,1	31:27,1	32:12,9	32:25,6	32:10,9		6	0:32:14	2:40:08
Lamin Saidy		37:40,6	37:30,0	35:45,7	35:22,4	35:55,7	36:22,6			6	0:36:26	3:00:56

Leif Uldam		40:20,3	39:55,0	41:06,3	38:23,0	39:20,5	38:51,2		36:28,0	7	0:39:12	3:12:58
Søren Danielsen		40:38,8	41:15,0	40:23,4	39:30,9	41:16,1	40:12,0	41:12,1		7	0:40:38	3:21:57
Jens Rasmussen	Rødovre AC	42:11,3	41:41,0	41:58,2	40:28,0	40:09,9	40:12,3	42:46,6	42:38,0	8	0:41:31	3:24:29

Mænd 60-69 år	7,532 km											
Allan Hansen	Herlev Løberne			31:34,3		33:06,6	32:51,0	31:47,4	32:10,0	5	0:32:18	2:41:29
Haig Yerzingatzian	Rødovre AC			34:50,4		33:30,3	33:29,8	32:59,0	33:48,0	5	0:33:44	2:48:37
Carsten Jensen		37:08,3	37:35,0	37:46,1	38:07,4	38:09,4	39:03,2	37:20,2	37:18,0	8	0:37:48	3:07:08
John Christoffersen		41:18,0	41:01,0	41:09,2	40:15,5	41:28,3	42:00,4	40:43,0	40:30,0	8	0:41:03	3:23:39
Preben Buck	Rødovre AC	45:38,5	45:36,0	44:31,0	44:35,0				46:59,0	5	0:45:28	3:47:20
Preben Lang	Rødovre AC		47:01,0	46:51,8	47:22,2	47:17,9	46:35,4	45:53,4	45:33,0	7	0:46:39	3:51:55