

Bane 1 6,33 km

Startet : 20 Udgået : 0 Disk.: 0

| | | | | |
|-----|--------------------------|--------------|---------|--------|
| 1. | Rasmus Iversen | Odense OK | 42:14 | |
| 2. | Morten Mølgaard Nielsen | Odense OK | 44:13 | +01:59 |
| 3. | Anton Spile | Odense OK | 44:48 | +02:34 |
| 4. | Magnus Mølgaard Nielse | Odense OK | 46:09 | +03:55 |
| 5. | PeterWihan | FPI | 47:06 | +04:52 |
| 6. | Per Storm Hansen | Svendborg OK | 48:01 | +05:47 |
| 7. | Sebastian Gotfred-Iverse | Odense OK | 48:13 | +05:59 |
| 8. | jannick | Svendborg OK | 50:06 | +07:52 |
| 9. | Torben Nielsen | Odense OK | 52:13 | +09:59 |
| 10. | Jakob Q | Odense OK | 52:33 | +10:19 |
| 11. | Brian Fyhn | Odense OK | 52:47 | +10:33 |
| 12. | Sebastian Burattini | Odense OK | 53:32 | +11:18 |
| | Tommy Iversen | Odense OK | 53:32 | +11:18 |
| 14. | Kim Kongstad | Odense OK | 53:50 | +11:36 |
| 15. | Phillip Fyhn | Odense OK | 59:27 | +17:13 |
| 16. | Lone Fyhn | Odense OK | 1:02:18 | +20:04 |
| 17. | Bjarke Andersen | Odense OK | 1:02:20 | +20:06 |
| 18. | Uffe Møller | Faaborg OK | 1:08:10 | +25:56 |
| 19. | Rikke Brandt Jespersen | Odense OK | 1:09:53 | +27:39 |
| 20. | Bent Mikkelsen | Faaborg OK | 1:09:58 | +27:44 |

Bane 2 4,93 km

Startet : 20 Udgået : 0 Disk.: 4

| | | | | |
|-----|-------------------------|--------------|---------|--------|
| 1. | Mads Holmgaard | Odense OK | 36:54 | |
| 2. | Anna Callesen | Odense OK | 45:22 | +08:28 |
| 3. | Oure Teo | Oure | 46:52 | +09:58 |
| 4. | Carsten Djursaa | Odense OK | 47:28 | +10:34 |
| 5. | Mette Marie Lungholt | Odense OK | 48:07 | +11:13 |
| 6. | Torben Kruse | Svendborg OK | 49:07 | +12:13 |
| 7. | Ethna Cavanagh | Faaborg OK | 49:12 | +12:18 |
| 8. | Katalin Kongstad | Odense OK | 49:47 | +12:53 |
| 9. | Gitte R. Christoffersen | Svendborg OK | 50:07 | +13:13 |
| 10. | Børge Pedersen | Odense OK | 50:45 | +13:51 |
| 11. | Finn Henriksen | Svendborg OK | 50:48 | +13:54 |
| 12. | Søren Klingenberg | Faaborg OK | 53:38 | +16:44 |
| 13. | Frede Callesen | Odense OK | 58:19 | +21:25 |
| 14. | Tina Gotfred-Iversen | Odense OK | 1:01:26 | +24:32 |
| 15. | Anita Lunding | Svendborg OK | 1:06:17 | +29:23 |
| 16. | Helga Christensen | Svendborg OK | 1:16:01 | +39:07 |
| | Jacob Jørgensen | FPI | Disk. | |
| | Morten Clement Frederik | Odense OK | Disk. | |
| | Oure Max | Oure | Disk. | |
| | Peter Mindegaard | Faaborg OK | Disk. | |

Bane 3 3,35 km

Startet : 12 Udgået : 0 Disk.: 0

| | | | | |
|-----|-------------------------|--------------|---------|--------|
| 1. | Levi Vincent Hansen | Svendborg OK | 34:16 | |
| 2. | Bent Aakjær | Odense OK | 37:56 | +03:40 |
| 3. | Hans Aage Hvalsøe Han | FPI | 38:47 | +04:31 |
| 4. | Lisbeth Skovbjerg | Odense OK | 40:09 | +05:53 |
| 5. | Jens Dam | Odense OK | 41:19 | +07:03 |
| 6. | Sofie Callesen | Odense OK | 43:29 | +09:13 |
| 7. | Torben Rasmussen | Odense OK | 48:07 | +13:51 |
| 8. | Bjørn R. Christoffersen | Svendborg OK | 48:55 | +14:39 |
| 9. | Lene Banke | Svendborg OK | 52:28 | +18:12 |
| 10. | Karen Lise Bøgh | Odense OK | 58:30 | +24:14 |
| 11. | Ole Axelsen | Svendborg OK | 1:01:57 | +27:41 |
| 12. | Leila Damkjær Pedersen | Svendborg OK | 1:10:04 | +35:48 |

Bane 4 3,25 km

Startet : 17 Udgået : 1 Disk.: 1

| | | | | |
|-----|----------------------|--------------|---------|--------|
| 1. | Bent Sørensen | Svendborg OK | 40:15 | |
| 2. | Erik Fynboe | Odense OK | 43:12 | +02:57 |
| 3. | Jan Viuf Hansen | Svendborg OK | 46:38 | +06:23 |
| 4. | Olav Odgaard | Odense OK | 46:55 | +06:40 |
| 5. | Skovlyst | Faaborg OK | 50:28 | +10:13 |
| 6. | Olav Christoffersen | Faaborg OK | 51:07 | +10:52 |
| 7. | H. V. Jensen | HPRD | 51:31 | +11:16 |
| 8. | Mogens Bøgh | Odense OK | 53:01 | +12:46 |
| 9. | Aage Thomsen | Svendborg OK | 56:14 | +15:59 |
| 10. | Torsten Boe Larsen | HPRD | 59:02 | +18:47 |
| 11. | Palle Møller Nielsen | Odense OK | 1:02:26 | +22:11 |
| 12. | Herluf Jensen | Svendborg OK | 1:07:15 | +27:00 |
| 13. | Knud Erik Thomsen | Svendborg OK | 1:09:58 | +29:43 |
| 14. | Helle Christensen | Svendborg OK | 1:12:58 | +32:43 |
| 15. | Bent Schou | FPI | 1:34:06 | +53:51 |
| | Jørgen Olesen | Odense OK | Udg. | |
| | Hans Larsen | Faaborg OK | Disk. | |

Bane 5 3,55 km

Startet : 8 Udgået : 0 Disk.: 1

| | | | | |
|----|--------------------------|-----------|---------|--------|
| 1. | Tina Fyhn Olesen | Odense OK | 35:28 | |
| 2. | Pernille Nielsen | Odense OK | 38:12 | +02:44 |
| 3. | Helle Wihan | FPI | 38:17 | +02:49 |
| 4. | Annelise Frederiksen | | 39:01 | +03:33 |
| 5. | Isabella Gotfred-Iversen | Odense OK | 39:08 | +03:40 |
| 6. | Jesper Østfeldt | HPRD | 1:08:10 | +32:42 |
| 7. | Frans Ørsted | Odense OK | 1:08:13 | +32:45 |
| | Niels Nielsen | FPI | Disk. | |

Bane 6 2,10 km

Startet : 2 Udgået : 0 Disk.: 0

| | | | | |
|----|------------------|-----------|-------|--------|
| 1. | Jonas | | 23:59 | |
| 2. | Holger Mikkelsen | Odense OK | 33:37 | +09:38 |

Bane 7 1,60 km

Startet : 8 Udgået : 0 Disk.: 2

| | | | |
|---------------------|--------------|-------|--------|
| 1. Maja | | 35:10 | |
| 2. Tobias | | 36:35 | +01:25 |
| 3. Inger Andersen | Faaborg OK | 49:02 | +13:52 |
| Tove Skovlyst | Faaborg OK | 49:02 | +13:52 |
| Rita Christoffersen | Faaborg OK | 49:02 | +13:52 |
| Margit Berthelsen | Faaborg OK | 49:02 | +13:52 |
| Kaj Ove Jensby | Faaborg OK | Disk. | |
| Lise Lykke Larsen | Svendborg OK | Disk. | |