

| | | | | | | | |
|---------------|---------------------------|----------------------|-----------------|----------------|----------------|----------------|--|
| 4. | Leila Damkjær Pedersen | Svendborg OK | 1:05:37 | +28:35 | 10:27 | | |
| | 8:18 (8:18) | 2:51 (11:09) | 6:48 (17:57) | 3:23 (21:20) | 1:57 (23:17) | 3:54 (27:11) | |
| | 2:32 (29:43) | 5:24 (35:07) | 11:34 (46:41) | 3:25 (50:06) | 3:31 (53:37) | 3:48 (57:25) | |
| | 3:44 (1:01:09) | 2:19 (1:03:28) | 2:09 (1:05:37) | | | | |
| 5. | Helle Christensen | Svendborg OK | 1:13:24 | +36:22 | 15:59 | | |
| | 7:43 (7:43) | 2:13 (9:56) | 7:12 (17:08) | 3:16 (20:24) | 2:07 (22:31) | 4:13 (26:44) | |
| | 9:50 (36:34) | 5:07 (41:41) | 8:48 (50:29) | 3:25 (53:54) | 3:12 (57:06) | 3:50 (1:00:56) | |
| | 7:03 (1:07:59) | 2:35 (1:10:34) | 2:50 (1:13:24) | | | | |
| | Lene Banke | Svendborg OK | Fejlklip | | | | |
| | 6:26 (6:26) | 2:36 (9:02) | 6:48 (15:50) | 19:10 (35:00) | 1:27 (36:27) | – (–) | |
| | – (45:29) | 14:19 (59:48) | 4:39 (1:04:27) | 2:31 (1:06:58) | 3:10 (1:10:08) | 3:09 (1:13:17) | |
| | 3:23 (1:16:40) | 2:14 (1:18:54) | 2:22 (1:21:16) | | | | |
| D80 | | (1 / 1) | Tid | Efter | Tidstab | | |
| 1. | Randi Splittorff | Svendborg OK | 1:12:40 | | 0:00 | | |
| | 8:46 (8:46) | 1:44 (10:30) | 5:50 (16:20) | 3:11 (19:31) | 1:40 (21:11) | 3:42 (24:53) | |
| | 3:02 (27:55) | 5:07 (33:02) | 6:18 (39:20) | 2:57 (42:17) | 4:00 (46:17) | 4:20 (50:37) | |
| | 17:00 (1:07:37) | 2:03 (1:09:40) | 3:00 (1:12:40) | | | | |
| H11-12 | | (2 / 2) | Tid | Efter | Tidstab | | |
| 1. | Mikkel Kops | OK Melfar | 31:21 | | 0:00 | | |
| | 0:26 (0:26) | 2:07 (2:33) | 2:49 (5:22) | 1:36 (6:58) | 2:20 (9:18) | 1:12 (10:30) | |
| | 3:11 (13:41) | 1:42 (15:23) | 2:25 (17:48) | 1:41 (19:29) | 4:14 (23:43) | 4:57 (28:40) | |
| | 1:43 (30:23) | 0:58 (31:21) | | | | | |
| | Skipper Skov Kristensen | Svendborg OK | Fejlklip | | | | |
| | 2:11 (2:11) | 7:23 (9:34) | 14:49 (24:23) | 29:26 (53:49) | 8:17 (1:02:06) | 3:59 (1:06:05) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (1:23:49) | | | | | |
| H17-20 | | (1 / 1) | Tid | Efter | Tidstab | | |
| | Tobias Bonnevie Dufour | Faaborg OK | Fejlklip | | | | |
| | 8:26 (8:26) | 9:33 (17:59) | 2:30 (20:29) | 10:40 (31:09) | 4:09 (35:18) | 2:13 (37:31) | |
| | 2:43 (40:14) | 0:57 (41:11) | 4:20 (45:31) | 8:53 (54:24) | 5:45 (1:00:09) | 3:20 (1:03:29) | |
| | 2:33 (1:06:02) | 1:41 (1:07:43) | 12:34 (1:20:17) | 5:20 (1:25:37) | 1:04 (1:26:41) | 3:56 (1:30:37) | |
| | 13:45 (1:44:22) | 2:44 (1:47:06) | 4:36 (1:51:42) | 5:37 (1:57:19) | 2:10 (1:59:29) | – (–) | |
| | – (–) | – (–) | – (2:01:50) | | | | |
| H21 | | (8 / 8) | Tid | Efter | Tidstab | | |
| 1. | Gintas Bloze | Odense OK | 1:00:23 | | 0:38 | | |
| | 2:11 (2:11) | 5:50 (8:01) | 1:39 (9:40) | 2:06 (11:46) | 2:15 (14:01) | 1:33 (15:34) | |
| | 1:37 (17:11) | 0:26 (17:37) | 1:45 (19:22) | 3:45 (23:07) | 1:30 (24:37) | 2:14 (26:51) | |
| | 1:21 (28:12) | 1:13 (29:25) | 5:05 (34:30) | 1:21 (35:51) | 0:43 (36:34) | 3:10 (39:44) | |
| | 4:12 (43:56) | 1:33 (45:29) | 1:38 (47:07) | 3:08 (50:15) | 1:32 (51:47) | 4:00 (55:47) | |
| | 1:06 (56:53) | 1:41 (58:34) | 1:49 (1:00:23) | | | | |
| 2. | Jonas Wihan | Fyns Politi Idrætsf. | 1:03:23 | +3:00 | 2:24 | | |
| | 3:07 (3:07) | 6:04 (9:11) | 1:43 (10:54) | 2:07 (13:01) | 2:04 (15:05) | 1:26 (16:31) | |
| | 1:28 (17:59) | 0:27 (18:26) | 1:44 (20:10) | 4:07 (24:17) | 1:50 (26:07) | 1:52 (27:59) | |
| | 1:18 (29:17) | 1:12 (30:29) | 5:32 (36:01) | 1:26 (37:27) | 0:40 (38:07) | 2:28 (40:35) | |
| | 4:47 (45:22) | 1:18 (46:40) | 1:57 (48:37) | 3:13 (51:50) | 2:49 (54:39) | 4:09 (58:48) | |
| | 1:12 (1:00:00) | 1:37 (1:01:37) | 1:46 (1:03:23) | | | | |
| 3. | Nicolai Kjærsgaard Krabek | Odense OK | 1:03:49 | +3:26 | 1:25 | | |
| | 2:06 (2:06) | 6:19 (8:25) | 1:42 (10:07) | 2:11 (12:18) | 2:22 (14:40) | 1:30 (16:10) | |
| | 1:38 (17:48) | 0:29 (18:17) | 1:52 (20:09) | 4:15 (24:24) | 2:28 (26:52) | 1:44 (28:36) | |
| | 1:22 (29:58) | 1:14 (31:12) | 6:06 (37:18) | 1:30 (38:48) | 0:46 (39:34) | 2:46 (42:20) | |
| | 4:44 (47:04) | 1:21 (48:25) | 1:54 (50:19) | 3:43 (54:02) | 1:14 (55:16) | 3:34 (58:50) | |
| | 1:10 (1:00:00) | 1:44 (1:01:44) | 2:05 (1:03:49) | | | | |
| 4. | Astrid Ishøi | Odense OK | 1:10:15 | +9:52 | 1:54 | | |
| | 2:30 (2:30) | 6:37 (9:07) | 1:48 (10:55) | 2:34 (13:29) | 2:45 (16:14) | 2:22 (18:36) | |
| | 1:41 (20:17) | 0:32 (20:49) | 2:13 (23:02) | 4:37 (27:39) | 2:03 (29:42) | 2:05 (31:47) | |
| | 1:25 (33:12) | 1:17 (34:29) | 5:38 (40:07) | 1:23 (41:30) | 0:52 (42:22) | 2:41 (45:03) | |
| | 5:23 (50:26) | 1:56 (52:22) | 2:12 (54:34) | 3:57 (58:31) | 1:29 (1:00:00) | 5:21 (1:05:21) | |
| | 1:09 (1:06:30) | 1:51 (1:08:21) | 1:54 (1:10:15) | | | | |
| 5. | Simon Ruff | Odense OK | 1:25:10 | +24:47 | 16:06 | | |
| | 4:35 (4:35) | 6:30 (11:05) | 2:38 (13:43) | 3:05 (16:48) | 3:47 (20:35) | 1:33 (22:08) | |
| | 1:34 (23:42) | 0:27 (24:09) | 2:16 (26:25) | 4:21 (30:46) | 2:05 (32:51) | 2:20 (35:11) | |
| | 2:18 (37:29) | 1:11 (38:40) | 7:17 (45:57) | 1:33 (47:30) | 0:49 (48:19) | 3:11 (51:30) | |
| | 4:42 (56:12) | 1:42 (57:54) | 6:49 (1:04:43) | 4:20 (1:09:03) | 1:40 (1:10:43) | 9:47 (1:20:30) | |
| | 0:52 (1:21:22) | 1:57 (1:23:19) | 1:51 (1:25:10) | | | | |
| 6. | Peter Vest | Svendborg OK | 1:50:19 | +49:56 | 11:21 | | |
| | 3:39 (3:39) | 8:56 (12:35) | 4:00 (16:35) | 4:06 (20:41) | 4:58 (25:39) | 2:23 (28:02) | |
| | 3:06 (31:08) | 1:02 (32:10) | 3:39 (35:49) | 6:11 (42:00) | 2:57 (44:57) | 5:08 (50:05) | |
| | 2:46 (52:51) | 2:12 (55:03) | 10:42 (1:05:45) | 2:20 (1:08:05) | 1:33 (1:09:38) | 5:56 (1:15:34) | |
| | 8:33 (1:24:07) | 2:11 (1:26:18) | 2:43 (1:29:01) | 4:37 (1:33:38) | 2:39 (1:36:17) | 7:20 (1:43:37) | |
| | 1:37 (1:45:14) | 2:24 (1:47:38) | 2:41 (1:50:19) | | | | |
| | Jes Barkler | Svendborg OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | Klavs Madsen | Odense OK | Ej startet | | | | |

| | | | | | |
|-------|-------|-------|-------|-------|-------|
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

H35**(2 / 2)**

| | | | Tid | Efter | Tidstab | |
|-------------------------|----------------|----------------|------------|----------------|----------------|----------------|
| 1. Jens Svalgaard Kohrt | Odense OK | | 1:46:43 | | 18:19 | |
| 4:28 (4:28) | 7:43 (12:11) | 2:53 (15:04) | | 3:21 (18:25) | 3:47 (22:12) | 2:47 (24:59) |
| 2:12 (27:11) | 0:44 (27:55) | 5:02 (32:57) | | 6:10 (39:07) | 4:17 (43:24) | 5:09 (48:33) |
| 1:40 (50:13) | 2:38 (52:51) | 8:43 (1:01:34) | | 2:38 (1:04:12) | 1:13 (1:05:25) | 4:19 (1:09:44) |
| 8:11 (1:17:55) | 2:00 (1:19:55) | 3:42 (1:23:37) | | 5:29 (1:29:06) | 3:56 (1:33:02) | 5:57 (1:38:59) |
| 2:05 (1:41:04) | 2:54 (1:43:58) | 2:45 (1:46:43) | | | | |
| Bo SKov Kristensen | Svendborg OK | | Fejlklip | | | |
| 2:59 (2:59) | 5:49 (8:48) | 2:04 (10:52) | | 2:43 (13:35) | 2:41 (16:16) | 1:36 (17:52) |
| 1:59 (19:51) | 0:40 (20:31) | 2:26 (22:57) | | 3:39 (26:36) | 1:46 (28:22) | 1:59 (30:21) |
| 1:28 (31:49) | 1:15 (33:04) | 7:46 (40:50) | | 1:31 (42:21) | 1:00 (43:21) | 3:02 (46:23) |
| 5:04 (51:27) | 1:36 (53:03) | 5:34 (58:37) | | 3:36 (1:02:13) | 3:14 (1:05:27) | - (-) |
| - (-) | - (-) | - (1:06:15) | | | | |

H45**(4 / 4)**

| | | | Tid | Efter | Tidstab | |
|------------------------|----------------------|--------------|------------|--------------|----------------|--------------|
| 1. Peter Wihan | Fyns Politi Idrætsf. | | 47:16 | | 1:22 | |
| 1:10 (1:10) | 1:48 (2:58) | 4:36 (7:34) | | 2:33 (10:07) | 1:10 (11:17) | 1:03 (12:20) |
| 2:27 (14:47) | 1:29 (16:16) | 1:48 (18:04) | | 0:29 (18:33) | 1:45 (20:18) | 4:03 (24:21) |
| 1:41 (26:02) | 2:02 (28:04) | 1:32 (29:36) | | 1:14 (30:50) | 4:37 (35:27) | 2:54 (38:21) |
| 2:10 (40:31) | 2:11 (42:42) | 2:44 (45:26) | | 0:52 (46:18) | 0:58 (47:16) | |
| 2. Frederik Christiani | Odense OK | | 56:21 | +9:05 | 2:16 | |
| 1:58 (1:58) | 1:45 (3:43) | 5:41 (9:24) | | 2:12 (11:36) | 1:23 (12:59) | 1:23 (14:22) |
| 2:48 (17:10) | 2:08 (19:18) | 1:55 (21:13) | | 0:41 (21:54) | 2:16 (24:10) | 4:59 (29:09) |
| 1:55 (31:04) | 2:05 (33:09) | 1:49 (34:58) | | 1:26 (36:24) | 6:08 (42:32) | 4:01 (46:33) |
| 1:31 (48:04) | 2:54 (50:58) | 3:23 (54:21) | | 0:59 (55:20) | 1:01 (56:21) | |
| 3. Jesper Madsen | OK Melfar | | 57:05 | +9:49 | 3:48 | |
| 1:14 (1:14) | 2:48 (4:02) | 6:06 (10:08) | | 1:50 (11:58) | 1:53 (13:51) | 1:37 (15:28) |
| 2:48 (18:16) | 1:41 (19:57) | 2:07 (22:04) | | 0:32 (22:36) | 2:01 (24:37) | 5:32 (30:09) |
| 2:40 (32:49) | 2:18 (35:07) | 1:57 (37:04) | | 1:29 (38:33) | 5:23 (43:56) | 3:09 (47:05) |
| 1:51 (48:56) | 2:38 (51:34) | 3:13 (54:47) | | 1:03 (55:50) | 1:15 (57:05) | |
| Thomas Esmark | Svendborg OK | | Ej startet | | | |
| - (-) | - (-) | - (-) | | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | | - (-) | - (-) | - (-) |

H55**(9 / 9)**

| | | | Tid | Efter | Tidstab | |
|---------------------|----------------|----------------|------------|----------------|----------------|----------------|
| 1. Mads Holmggaard | Odense OK | | 53:19 | | 1:46 | |
| 1:24 (1:24) | 2:48 (4:12) | 5:08 (9:20) | | 1:56 (11:16) | 1:33 (12:49) | 1:30 (14:19) |
| 2:43 (17:02) | 1:29 (18:31) | 1:42 (20:13) | | 0:36 (20:49) | 2:43 (23:32) | 4:29 (28:01) |
| 1:44 (29:45) | 1:57 (31:42) | 1:36 (33:18) | | 1:32 (34:50) | 6:35 (41:25) | 3:16 (44:41) |
| 1:29 (46:10) | 1:56 (48:06) | 2:57 (51:03) | | 1:05 (52:08) | 1:11 (53:19) | |
| 2. Thomas Uhlemann | Odense OK | | 54:09 | +0:50 | 3:06 | |
| 1:23 (1:23) | 2:38 (4:01) | 5:17 (9:18) | | 1:44 (11:02) | 1:25 (12:27) | 2:02 (14:29) |
| 2:30 (16:59) | 2:08 (19:07) | 2:02 (21:09) | | 0:36 (21:45) | 2:26 (24:11) | 4:05 (28:16) |
| 2:29 (30:45) | 2:33 (33:18) | 1:38 (34:56) | | 1:30 (36:26) | 5:24 (41:50) | 3:07 (44:57) |
| 1:53 (46:50) | 1:54 (48:44) | 3:09 (51:53) | | 1:06 (52:59) | 1:10 (54:09) | |
| 3. Tommy Iversen | Odense OK | | 55:49 | +2:30 | 2:43 | |
| 1:14 (1:14) | 2:10 (3:24) | 6:16 (9:40) | | 2:06 (11:46) | 1:21 (13:07) | 1:32 (14:39) |
| 2:50 (17:29) | 1:50 (19:19) | 1:53 (21:12) | | 0:38 (21:50) | 2:12 (24:02) | 5:37 (29:39) |
| 2:38 (32:17) | 1:53 (34:10) | 1:45 (35:55) | | 1:26 (37:21) | 6:05 (43:26) | 2:57 (46:23) |
| 1:39 (48:02) | 2:01 (50:03) | 3:21 (53:24) | | 1:22 (54:46) | 1:03 (55:49) | |
| 4. Bent Mikkelsen | Faaborg OK | | 1:00:14 | +6:55 | 0:41 | |
| 1:19 (1:19) | 2:06 (3:25) | 6:12 (9:37) | | 2:14 (11:51) | 1:42 (13:33) | 1:20 (14:53) |
| 3:13 (18:06) | 1:56 (20:02) | 2:33 (22:35) | | 0:36 (23:11) | 2:19 (25:30) | 4:59 (30:29) |
| 2:50 (33:19) | 2:18 (35:37) | 1:57 (37:34) | | 2:00 (39:34) | 6:35 (46:09) | 3:41 (49:50) |
| 1:59 (51:49) | 2:28 (54:17) | 3:26 (57:43) | | 1:06 (58:49) | 1:25 (1:00:14) | |
| 5. Lars Jensen | Svendborg OK | | 1:01:13 | +7:54 | 2:45 | |
| 1:48 (1:48) | 1:55 (3:43) | 6:22 (10:05) | | 2:33 (12:38) | 1:42 (14:20) | 1:37 (15:57) |
| 3:12 (19:09) | 1:44 (20:53) | 2:35 (23:28) | | 0:45 (24:13) | 2:34 (26:47) | 5:21 (32:08) |
| 2:29 (34:37) | 2:22 (36:59) | 3:23 (40:22) | | 1:25 (41:47) | 5:53 (47:40) | 3:48 (51:28) |
| 1:31 (52:59) | 2:11 (55:10) | 3:26 (58:36) | | 1:16 (59:52) | 1:21 (1:01:13) | |
| 6. Carsten Djursaa | Odense OK | | 1:04:28 | +11:09 | 4:59 | |
| 1:32 (1:32) | 2:21 (3:53) | 7:12 (11:05) | | 2:16 (13:21) | 2:02 (15:23) | 1:24 (16:47) |
| 3:20 (20:07) | 1:48 (21:55) | 2:27 (24:22) | | 0:33 (24:55) | 2:40 (27:35) | 6:08 (33:43) |
| 2:04 (35:47) | 2:36 (38:23) | 4:27 (42:50) | | 1:27 (44:17) | 6:32 (50:49) | 3:12 (54:01) |
| 1:59 (56:00) | 2:25 (58:25) | 3:36 (1:02:01) | | 0:59 (1:03:00) | 1:28 (1:04:28) | |
| 7. Thomas Sørensen | OK Melfar | | 1:11:42 | +18:23 | 3:00 | |
| 1:49 (1:49) | 3:15 (5:04) | 7:26 (12:30) | | 2:16 (14:46) | 1:40 (16:26) | 2:12 (18:38) |
| 3:39 (22:17) | 2:00 (24:17) | 2:32 (26:49) | | 0:48 (27:37) | 2:52 (30:29) | 7:51 (38:20) |
| 2:48 (41:08) | 3:18 (44:26) | 2:09 (46:35) | | 1:50 (48:25) | 7:09 (55:34) | 4:26 (1:00:00) |
| 2:15 (1:02:15) | 2:46 (1:05:01) | 3:56 (1:08:57) | | 1:12 (1:10:09) | 1:33 (1:11:42) | |
| 8. Henning Hedemann | Faaborg OK | | 1:12:29 | +19:10 | 11:22 | |
| 1:37 (1:37) | 5:55 (7:32) | 7:48 (15:20) | | 2:31 (17:51) | 2:00 (19:51) | 1:28 (21:19) |
| 3:26 (24:45) | 2:04 (26:49) | 2:11 (29:00) | | 2:09 (31:09) | 2:26 (33:35) | 7:33 (41:08) |
| 2:43 (43:51) | 2:40 (46:31) | 4:18 (50:49) | | 1:23 (52:12) | 6:46 (58:58) | 3:12 (1:02:10) |
| 1:42 (1:03:52) | 2:37 (1:06:29) | 3:27 (1:09:56) | | 1:04 (1:11:00) | 1:29 (1:12:29) | |

| | | | | | | | | |
|------------------------------------|-----------------------------|-------------------|----------------|-----------------|----------------|--|--|--|
| Peter Mindegaard | | Faaborg OK | | Fejlklip | | | | |
| 2:58 (2:58) | 3:49 (6:47) | 11:31 (18:18) | 3:14 (21:32) | 3:06 (24:38) | 12:52 (37:30) | | | |
| 5:35 (43:05) | 2:15 (45:20) | 2:25 (47:45) | 1:05 (48:50) | 4:32 (53:22) | 6:59 (1:00:21) | | | |
| 4:37 (1:04:58) | 3:35 (1:08:33) | 2:37 (1:11:10) | 2:01 (1:13:11) | – (–) | – (1:30:44) | | | |
| 2:23 (1:33:07) | 3:48 (1:36:55) | 5:39 (1:42:34) | 1:22 (1:43:56) | 1:52 (1:45:48) | | | | |
| H65 | (3 / 3) | | Tid | Efter | Tidstab | | | |
| 1. Hans Erik Larsen | Faaborg OK | | 49:10 | | 2:00 | | | |
| 2:34 (2:34) | 5:38 (8:12) | 2:22 (10:34) | 3:38 (14:12) | 3:29 (17:41) | 2:03 (19:44) | | | |
| 0:42 (20:26) | 3:30 (23:56) | 1:34 (25:30) | 4:54 (30:24) | 1:18 (31:42) | 4:10 (35:52) | | | |
| 4:53 (40:45) | 1:54 (42:39) | 1:33 (44:12) | 1:18 (45:30) | 2:21 (47:51) | 1:19 (49:10) | | | |
| 2. Bent Aakjær | Odense OK | | 59:00 | +9:50 | 4:04 | | | |
| 4:12 (4:12) | 7:07 (11:19) | 2:54 (14:13) | 4:58 (19:11) | 4:07 (23:18) | 2:26 (25:44) | | | |
| 1:06 (26:50) | 2:52 (29:42) | 1:56 (31:38) | 6:36 (38:14) | 1:55 (40:09) | 5:45 (45:54) | | | |
| 3:30 (49:24) | 2:12 (51:36) | 2:00 (53:36) | 1:36 (55:12) | 2:01 (57:13) | 1:47 (59:00) | | | |
| 3. Søren Klíngenberg | Faaborg OK | | 1:01:22 | +12:12 | 4:56 | | | |
| 5:15 (5:15) | 7:59 (13:14) | 2:46 (16:00) | 4:59 (20:59) | 4:07 (25:06) | 2:35 (27:41) | | | |
| 0:52 (28:33) | 3:05 (31:38) | 2:23 (34:01) | 6:03 (40:04) | 2:16 (42:20) | 5:22 (47:42) | | | |
| 4:08 (51:50) | 2:10 (54:00) | 1:52 (55:52) | 1:32 (57:24) | 2:08 (59:32) | 1:50 (1:01:22) | | | |
| H70 | (10 / 10) | | Tid | Efter | Tidstab | | | |
| 1. Torben Kruse | Svendborg OK | | 29:45 | | 0:54 | | | |
| 3:01 (3:01) | 0:54 (3:55) | 2:55 (6:50) | 1:47 (8:37) | 1:03 (9:40) | 2:10 (11:50) | | | |
| 1:25 (13:15) | 2:49 (16:04) | 3:04 (19:08) | 1:46 (20:54) | 1:43 (22:37) | 1:59 (24:36) | | | |
| 2:53 (27:29) | 1:07 (28:36) | 1:09 (29:45) | | | | | | |
| 2. Niels Rabølle | Odense OK | | 30:37 | +0:52 | 0:00 | | | |
| 3:11 (3:11) | 0:59 (4:10) | 3:40 (7:50) | 1:59 (9:49) | 1:01 (10:50) | 2:07 (12:57) | | | |
| 1:32 (14:29) | 3:07 (17:36) | 3:10 (20:46) | 1:41 (22:27) | 1:55 (24:22) | 1:39 (26:01) | | | |
| 2:05 (28:06) | 1:16 (29:22) | 1:15 (30:37) | | | | | | |
| 3. gerhard jensen | Odense OK | | 33:49 | +4:04 | 4:27 | | | |
| 2:55 (2:55) | 1:56 (4:51) | 4:15 (9:06) | 1:58 (11:04) | 1:02 (12:06) | 2:11 (14:17) | | | |
| 1:20 (15:37) | 3:43 (19:20) | 2:46 (22:06) | 2:12 (24:18) | 1:52 (26:10) | 2:23 (28:33) | | | |
| 2:31 (31:04) | 1:11 (32:15) | 1:34 (33:49) | | | | | | |
| 4. torben rasmussen | Odense OK | | 37:24 | +7:39 | 2:34 | | | |
| 4:27 (4:27) | 1:09 (5:36) | 3:39 (9:15) | 2:40 (11:55) | 1:10 (13:05) | 2:25 (15:30) | | | |
| 1:27 (16:57) | 3:48 (20:45) | 3:50 (24:35) | 2:53 (27:28) | 2:11 (29:39) | 2:22 (32:01) | | | |
| 2:35 (34:36) | 1:23 (35:59) | 1:25 (37:24) | | | | | | |
| 5. Steen Vestergaard | Odense OK | | 40:04 | +10:19 | 8:41 | | | |
| 4:55 (4:55) | 0:54 (5:49) | 3:46 (9:35) | 2:09 (11:44) | 2:19 (14:03) | 2:20 (16:23) | | | |
| 1:33 (17:56) | 4:52 (22:48) | 7:28 (30:16) | 1:45 (32:01) | 1:45 (33:46) | 1:45 (35:31) | | | |
| 1:57 (37:28) | 1:28 (38:56) | 1:08 (40:04) | | | | | | |
| 6. Claes Ø. Larsen | Odense OK | | 41:19 | +11:34 | 5:46 | | | |
| 4:13 (4:13) | 1:05 (5:18) | 3:50 (9:08) | 2:21 (11:29) | 1:15 (12:44) | 2:38 (15:22) | | | |
| 1:37 (16:59) | 3:53 (20:52) | 8:25 (29:17) | 2:06 (31:23) | 2:02 (33:25) | 2:18 (35:43) | | | |
| 2:33 (38:16) | 1:16 (39:32) | 1:47 (41:19) | | | | | | |
| 7. Børge Pedersen | Odense OK | | 41:58 | +12:13 | 2:37 | | | |
| 4:28 (4:28) | 1:31 (5:59) | 4:36 (10:35) | 2:58 (13:33) | 1:14 (14:47) | 2:34 (17:21) | | | |
| 1:42 (19:03) | 4:00 (23:03) | 5:33 (28:36) | 2:28 (31:04) | 2:31 (33:35) | 2:37 (36:12) | | | |
| 2:41 (38:53) | 1:34 (40:27) | 1:31 (41:58) | | | | | | |
| 8. Bjarne Andersen | Svendborg OK | | 1:12:20 | +42:35 | 19:18 | | | |
| 4:45 (4:45) | 1:19 (6:04) | 14:53 (20:57) | 12:37 (33:34) | 1:40 (35:14) | 4:03 (39:17) | | | |
| 2:19 (41:36) | 5:33 (47:09) | 5:53 (53:02) | 3:20 (56:22) | 2:58 (59:20) | 4:23 (1:03:43) | | | |
| 3:47 (1:07:30) | 2:21 (1:09:51) | 2:29 (1:12:20) | | | | | | |
| Kurt Finn Petersen | Fyns Politi Idrætsf. | | Ej startet | | | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | | | |
| – (–) | – (–) | – (–) | | | | | | |
| Sven Spangsberg Nielsen | Odense OK | | Ej startet | | | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | | | |
| – (–) | – (–) | – (–) | | | | | | |
| H75 | (4 / 4) | | Tid | Efter | Tidstab | | | |
| 1. Erik Damgaard | Fyns Politi Idrætsf. | | 30:44 | | 0:00 | | | |
| 3:25 (3:25) | 0:47 (4:12) | 3:16 (7:28) | 1:55 (9:23) | 1:06 (10:29) | 2:10 (12:39) | | | |
| 1:23 (14:02) | 3:07 (17:09) | 2:48 (19:57) | 2:12 (22:09) | 2:05 (24:14) | 1:42 (25:56) | | | |
| 2:12 (28:08) | 1:26 (29:34) | 1:10 (30:44) | | | | | | |
| 2. Hans Aage Hvalsøe Hansen | Fyns Politi Idrætsf. | | 36:04 | +5:20 | 2:45 | | | |
| 4:00 (4:00) | 1:01 (5:01) | 4:10 (9:11) | 2:07 (11:18) | 1:08 (12:26) | 2:30 (14:56) | | | |
| 1:26 (16:22) | 3:36 (19:58) | 4:31 (24:29) | 2:12 (26:41) | 2:01 (28:42) | 2:29 (31:11) | | | |
| 2:09 (33:20) | 1:16 (34:36) | 1:28 (36:04) | | | | | | |
| 3. Hans Christian Strib | Odense OK | | 36:18 | +5:34 | 1:16 | | | |
| 4:02 (4:02) | 0:58 (5:00) | 3:49 (8:49) | 2:13 (11:02) | 1:13 (12:15) | 2:18 (14:33) | | | |
| 1:33 (16:06) | 3:53 (19:59) | 3:33 (23:32) | 2:04 (25:36) | 2:21 (27:57) | 2:47 (30:44) | | | |
| 2:22 (33:06) | 1:36 (34:42) | 1:36 (36:18) | | | | | | |
| 4. Erik Fynboe | Odense OK | | 42:42 | +11:58 | 3:46 | | | |
| 3:41 (3:41) | 1:06 (4:47) | 4:41 (9:28) | 3:48 (13:16) | 1:23 (14:39) | 2:48 (17:27) | | | |
| 1:45 (19:12) | 4:21 (23:33) | 4:57 (28:30) | 2:34 (31:04) | 2:44 (33:48) | 2:37 (36:25) | | | |
| 3:01 (39:26) | 1:34 (41:00) | 1:42 (42:42) | | | | | | |

| H80 | | (6 / 6) | | Tid | Efter | Tidstab | |
|------------|-------------------|----------------|--------------|------------|--------------|----------------|--------------|
| 1. | Bent Sørensen | Svendborg OK | | 46:33 | | 8:45 | |
| | 2:59 (2:59) | 5:30 (8:29) | 3:54 (12:23) | | 1:51 (14:14) | 1:04 (15:18) | 2:47 (18:05) |
| | 7:20 (25:25) | 3:24 (28:49) | 5:10 (33:59) | | 3:10 (37:09) | 1:49 (38:58) | 2:45 (41:43) |
| | 2:10 (43:53) | 1:20 (45:13) | 1:20 (46:33) | | | | |
| 2. | Jørgen Olesen | Odense OK | | 53:39 | +7:06 | 9:33 | |
| | 5:51 (5:51) | 1:38 (7:29) | 5:57 (13:26) | | 2:50 (16:16) | 1:53 (18:09) | 3:42 (21:51) |
| | 3:07 (24:58) | 6:00 (30:58) | 4:37 (35:35) | | 3:10 (38:45) | 3:18 (42:03) | 4:00 (46:03) |
| | 3:38 (49:41) | 2:06 (51:47) | 1:52 (53:39) | | | | |
| 3. | Aksel Skovlyst | Faaborg OK | | 55:37 | +9:04 | 13:30 | |
| | 10:13 (10:13) | 1:46 (11:59) | 5:36 (17:35) | | 3:12 (20:47) | 1:51 (22:38) | 3:48 (26:26) |
| | 2:24 (28:50) | 5:07 (33:57) | 4:56 (38:53) | | 2:50 (41:43) | 2:55 (44:38) | 4:30 (49:08) |
| | 3:00 (52:08) | 1:49 (53:57) | 1:40 (55:37) | | | | |
| 4. | H. V. Jensen | Odense OK | | 56:36 | +10:03 | 9:31 | |
| | 6:58 (6:58) | 3:26 (10:24) | 5:48 (16:12) | | 3:18 (19:30) | 1:49 (21:19) | 3:58 (25:17) |
| | 2:32 (27:49) | 5:22 (33:11) | 5:23 (38:34) | | 3:12 (41:46) | 3:32 (45:18) | 3:38 (48:56) |
| | 3:52 (52:48) | 1:58 (54:46) | 1:50 (56:36) | | | | |
| | Knud Erik Thomsen | Svendborg OK | | Ej startet | | | |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |
| | Ove Splittorff | Svendborg OK | | Ej startet | | | |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | – (–) | – (–) |

| H85 | | (3 / 3) | | Tid | Efter | Tidstab | |
|------------|------------------|-----------------|----------------|------------|--------------|----------------|-----------------|
| 1. | Olav Odgaard | Odense OK | | 1:05:11 | | 12:26 | |
| | 5:29 (5:29) | 1:26 (6:55) | 6:34 (13:29) | | 2:48 (16:17) | 1:48 (18:05) | 3:17 (21:22) |
| | 2:45 (24:07) | 5:06 (29:13) | 6:24 (35:37) | | 2:47 (38:24) | 4:40 (43:04) | 3:16 (46:20) |
| | 3:20 (49:40) | 13:36 (1:03:16) | 1:55 (1:05:11) | | | | |
| 2. | Holger Mikkelsen | Odense OK | | 1:09:30 | +4:19 | 11:50 | |
| | 15:11 (15:11) | 2:46 (17:57) | 7:05 (25:02) | | 3:36 (28:38) | 1:55 (30:33) | 4:16 (34:49) |
| | 2:34 (37:23) | 5:44 (43:07) | 7:16 (50:23) | | 3:03 (53:26) | 3:09 (56:35) | 3:29 (1:00:04) |
| | 4:21 (1:04:25) | 2:39 (1:07:04) | 2:26 (1:09:30) | | | | |
| 3. | Herluf Jensen | Svendborg OK | | 1:23:02 | +17:51 | 16:31 | |
| | 8:32 (8:32) | 2:26 (10:58) | 7:36 (18:34) | | 3:41 (22:15) | 2:05 (24:20) | 4:14 (28:34) |
| | 3:02 (31:36) | 6:06 (37:42) | 8:31 (46:13) | | 5:04 (51:17) | 3:49 (55:06) | 17:30 (1:12:36) |
| | 4:14 (1:16:50) | 3:25 (1:20:15) | 2:47 (1:23:02) | | | | |

| Bane 1 | | (2 / 2) | | Tid | Efter | Tidstab | |
|---------------|----------------|----------------|-----------------|------------|----------------|----------------|----------------|
| 1. | Pernille Buch | OK Gorm | | 1:11:08 | | 1:09 | |
| | 2:19 (2:19) | 6:21 (8:40) | 1:49 (10:29) | | 2:32 (13:01) | 2:48 (15:49) | 2:01 (17:50) |
| | 1:46 (19:36) | 0:28 (20:04) | 2:05 (22:09) | | 5:59 (28:08) | 1:59 (30:07) | 1:52 (31:59) |
| | 1:40 (33:39) | 1:51 (35:30) | 5:53 (41:23) | | 1:39 (43:02) | 0:43 (43:45) | 3:11 (46:56) |
| | 4:44 (51:40) | 1:34 (53:14) | 2:22 (55:36) | | 3:24 (59:00) | 1:48 (1:00:48) | 5:28 (1:06:16) |
| | 1:18 (1:07:34) | 1:36 (1:09:10) | 1:58 (1:11:08) | | | | |
| 2. | Uffe Møller | Faaborg OK | | 1:49:32 | +38:24 | 14:29 | |
| | 3:28 (3:28) | 9:04 (12:32) | 2:29 (15:01) | | 9:48 (24:49) | 3:39 (28:28) | 2:13 (30:41) |
| | 2:27 (33:08) | 0:49 (33:57) | 2:45 (36:42) | | 4:50 (41:32) | 3:02 (44:34) | 3:28 (48:02) |
| | 2:21 (50:23) | 1:53 (52:16) | 11:43 (1:03:59) | | 2:26 (1:06:25) | 0:51 (1:07:16) | 4:56 (1:12:12) |
| | 6:25 (1:18:37) | 2:42 (1:21:19) | 3:59 (1:25:18) | | 7:21 (1:32:39) | 2:30 (1:35:09) | 7:23 (1:42:32) |
| | 1:26 (1:43:58) | 2:45 (1:46:43) | 2:49 (1:49:32) | | | | |

| Bane 2 | | (3 / 3) | | Tid | Efter | Tidstab | |
|---------------|-------------------|----------------|----------------|------------|----------------|----------------|----------------|
| 1. | Niels Uhlemann | Kolding OK | | 56:27 | | 4:04 | |
| | 1:11 (1:11) | 2:44 (3:55) | 5:22 (9:17) | | 2:12 (11:29) | 1:19 (12:48) | 1:15 (14:03) |
| | 2:31 (16:34) | 1:36 (18:10) | 1:32 (19:42) | | 0:35 (20:17) | 2:19 (22:36) | 4:23 (26:59) |
| | 2:32 (29:31) | 2:27 (31:58) | 1:44 (33:42) | | 1:15 (34:57) | 4:56 (39:53) | 3:52 (43:45) |
| | 2:34 (46:19) | 1:59 (48:18) | 3:03 (51:21) | | 4:13 (55:34) | 0:53 (56:27) | |
| 2. | Per Eg Pedersen | Kolding OK | | 1:04:24 | +7:57 | 6:20 | |
| | 1:19 (1:19) | 2:34 (3:53) | 6:47 (10:40) | | 2:23 (13:03) | 1:43 (14:46) | 1:24 (16:10) |
| | 4:08 (20:18) | 2:30 (22:48) | 2:31 (25:19) | | 0:36 (25:55) | 2:35 (28:30) | 5:14 (33:44) |
| | 2:45 (36:29) | 2:23 (38:52) | 2:22 (41:14) | | 1:51 (43:05) | 7:27 (50:32) | 3:24 (53:56) |
| | 1:41 (55:37) | 2:47 (58:24) | 3:31 (1:01:55) | | 1:10 (1:03:05) | 1:19 (1:04:24) | |
| 3. | Kenneth Griffiths | Odense OK | | 1:41:13 | +44:46 | 25:40 | |
| | 1:57 (1:57) | 5:42 (7:39) | 10:01 (17:40) | | 2:19 (19:59) | 2:08 (22:07) | 10:00 (32:07) |
| | 4:57 (37:04) | 2:02 (39:06) | 2:46 (41:52) | | 0:42 (42:34) | 3:06 (45:40) | 6:18 (51:58) |
| | 7:00 (58:58) | 3:23 (1:02:21) | 5:57 (1:08:18) | | 1:26 (1:09:44) | 9:47 (1:19:31) | 5:46 (1:25:17) |
| | 2:13 (1:27:30) | 5:05 (1:32:35) | 5:56 (1:38:31) | | 1:01 (1:39:32) | 1:41 (1:41:13) | |

| Bane 3 | | (5 / 5) | | Tid | Efter | Tidstab | |
|---------------|----------------|----------------|--------------|------------|--------------|----------------|----------------|
| 1. | Poul Erik Buch | OK Gorm | | 50:27 | | 0:49 | |
| | 3:27 (3:27) | 6:04 (9:31) | 2:11 (11:42) | | 3:43 (15:25) | 3:30 (18:55) | 2:03 (20:58) |
| | 0:53 (21:51) | 2:15 (24:06) | 2:47 (26:53) | | 5:43 (32:36) | 1:40 (34:16) | 4:35 (38:51) |
| | 3:10 (42:01) | 1:44 (43:45) | 1:24 (45:09) | | 1:29 (46:38) | 1:53 (48:31) | 1:56 (50:27) |
| 2. | Magnus Madsen | OK Melfar | | 1:01:11 | +10:44 | 9:00 | |
| | 3:58 (3:58) | 12:34 (16:32) | 2:24 (18:56) | | 4:39 (23:35) | 4:28 (28:03) | 3:00 (31:03) |
| | 0:39 (31:42) | 2:50 (34:32) | 1:57 (36:29) | | 5:23 (41:52) | 1:54 (43:46) | 4:53 (48:39) |
| | 4:04 (52:43) | 1:43 (54:26) | 1:46 (56:12) | | 1:27 (57:39) | 1:50 (59:29) | 1:42 (1:01:11) |

| | | | | | | | |
|----|----------------|--------------|----------------|----------------|----------------|----------------|--|
| 3. | Jakob Q | Odense OK | 1:04:14 | +13:47 | 2:35 | | |
| | 4:19 (4:19) | 8:40 (12:59) | 2:59 (15:58) | 5:09 (21:07) | 4:35 (25:42) | 2:51 (28:33) | |
| | 0:49 (29:22) | 3:08 (32:30) | 2:51 (35:21) | 6:22 (41:43) | 2:04 (43:47) | 6:08 (49:55) | |
| | 3:10 (53:05) | 2:18 (55:23) | 2:24 (57:47) | 1:45 (59:32) | 2:04 (1:01:36) | 2:38 (1:04:14) | |
| 4. | Finn Henriksen | Svendborg OK | 1:07:54 | +17:27 | 6:24 | | |
| | 3:54 (3:54) | 7:51 (11:45) | 2:59 (14:44) | 4:53 (19:37) | 4:49 (24:26) | 2:33 (26:59) | |
| | 0:55 (27:54) | 3:05 (30:59) | 5:11 (36:10) | 8:38 (44:48) | 3:46 (48:34) | 5:47 (54:21) | |
| | 3:23 (57:44) | 1:57 (59:41) | 1:57 (1:01:38) | 1:43 (1:03:21) | 2:24 (1:05:45) | 2:09 (1:07:54) | |
| | Levi Hansen | Svendborg OK | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |

| Bane 4 | | (3 / 3) | Tid | Efter | Tidstab | | |
|--------|-----------------|----------------|----------------|--------------|--------------|---------------|--|
| 1. | Kurt Madsen | Odense OK | 38:39 | | 0:00 | | |
| | 4:41 (4:41) | 1:13 (5:54) | 4:13 (10:07) | 2:41 (12:48) | 1:19 (14:07) | 2:44 (16:51) | |
| | 1:46 (18:37) | 4:17 (22:54) | 3:08 (26:02) | 2:04 (28:06) | 2:34 (30:40) | 2:06 (32:46) | |
| | 2:38 (35:24) | 1:42 (37:06) | 1:33 (38:39) | | | | |
| 2. | Jan Viuf Hansen | Svendborg OK | 41:04 | +2:25 | 1:47 | | |
| | 4:24 (4:24) | 1:14 (5:38) | 4:30 (10:08) | 2:49 (12:57) | 1:23 (14:20) | 3:01 (17:21) | |
| | 1:47 (19:08) | 4:06 (23:14) | 3:59 (27:13) | 2:28 (29:41) | 2:29 (32:10) | 2:39 (34:49) | |
| | 2:26 (37:15) | 1:44 (38:59) | 2:05 (41:04) | | | | |
| 3. | Anja Hedemann | Faaborg OK | 1:07:08 | +28:29 | 12:45 | | |
| | 6:19 (6:19) | 1:17 (7:36) | 6:28 (14:04) | 3:24 (17:28) | 2:36 (20:04) | 4:08 (24:12) | |
| | 2:50 (27:02) | 5:26 (32:28) | 4:26 (36:54) | 4:21 (41:15) | 3:37 (44:52) | 12:06 (56:58) | |
| | 4:58 (1:01:56) | 2:41 (1:04:37) | 2:31 (1:07:08) | | | | |

| Bane 5 | | (1 / 1) | Tid | Efter | Tidstab | | |
|--------|-----------|-----------|-----------|-------|-----------|-------|--|
| | Lars Kops | OK Melfar | Fejlklip | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (13:30) | – (–) | – (–) | – (–) | – (38:01) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (41:42) | | | | |

| Bane 6 | | (2 / 2) | Tid | Efter | Tidstab | | |
|--------|----------------|----------------|--------------|--------------|----------------|----------------|--|
| | Yvonne Koch | Faaborg OK | Fejlklip | | | | |
| | 1:53 (1:53) | 5:30 (7:23) | – (–) | – (22:46) | 5:25 (28:11) | 4:30 (32:41) | |
| | – (–) | – (47:57) | 6:00 (53:57) | 3:54 (57:51) | 5:34 (1:03:25) | 5:42 (1:09:07) | |
| | 5:54 (1:15:01) | 2:50 (1:17:51) | | | | | |
| | Ole Axelsen | Svendborg OK | Udgået | | | | |
| | 1:34 (1:34) | 4:21 (5:55) | 6:38 (12:33) | 6:44 (19:17) | 5:48 (25:05) | 2:32 (27:37) | |
| | 6:30 (34:07) | 3:14 (37:21) | 5:51 (43:12) | 3:55 (47:07) | 4:21 (51:28) | 4:54 (56:22) | |
| | 4:00 (1:00:22) | – (–) | | | | | |

| Bane 7 | | (2 / 2) | Tid | Efter | Tidstab | | |
|--------|----------------|--------------|--------------|--------------|--------------|--------------|--|
| 1. | Channie Ruff | Odense OK | 45:48 | | 0:00 | | |
| | 3:46 (3:46) | 2:10 (5:56) | 1:54 (7:50) | 2:02 (9:52) | 2:14 (12:06) | 3:15 (15:21) | |
| | 9:52 (25:13) | 3:02 (28:15) | 5:28 (33:43) | 3:22 (37:05) | 2:43 (39:48) | 3:10 (42:58) | |
| | 2:50 (45:48) | | | | | | |
| | Helle Sørensen | OK Melfar | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | | | | | | |