B		**(10 / 10)**	**Tid**	**Efter**
1.	Mariager Fjord OK 1		*2:27:57	
	1. Nicolai Zaar Nielsen	47:00	47:00	
	2. Søren Skovrider	49:30	*1:36:30	
	3. Jørgen Østergaard	51:27	*2:27:57	
2.	Mariager Fjord OK 3		*2:51:10	+23:13
	1. Martin Christensen	55:29	55:29	+8:29
	2. Helge Poulsen	1:00:33	*1:56:02	+19:32
	3. Henrik Bach	55:08	*2:51:10	+23:13
3.	Aalborg OK 1		*3:04:50	+36:53
	1. Claus Bobach	59:11	59:11	+12:11
	2. Helle Pilgaard Langer	1:04:09	*2:03:20	+26:50
	3. Morten Frederiksen	1:01:30	*3:04:50	+36:53
4.	AKIF		*3:06:23	+38:26
	1. Niels Pedersen	1:00:23	1:00:23	+13:23
	2. Frederik Christoffersen	1:03:08	*2:03:31	+27:01
	3. Oliver Nielsen	1:02:52	*3:06:23	+38:26
5.	Aalborg PI/RSOK		*3:07:09	+39:12
	1. Egon Sloth	1:02:25	1:02:25	+15:25
	2. Jesper Thy	1:00:16	*2:02:41	+26:11
	3. Trine Møller Thy	1:04:28	*3:07:09	+39:12
6.	Viborg OK 2		*3:12:58	+45:01
	1. Keld Gade	1:02:36	1:02:36	+15:36
	2. Arne Moe-Jensen	1:05:45	*2:08:21	+31:51
	3. Johnnie Bøtker Laursen	1:04:37	*3:12:58	+45:01
7.	Mariager Fjord OK 2		*3:25:13	+57:16
	1. Per Korsbæk	1:07:30	1:07:30	+20:30
	2. Gert Rebsdorf	1:09:10	*2:16:40	+40:10
	3. Jens Christensen	1:08:33	*3:25:13	+57:16
8.	Randers OK 1		*3:31:40	+63:43
	1. Kristian Arnborg Nielsen	1:08:10	1:08:10	+21:10
	2. Rasmus Møller	1:06:41	*2:14:51	+38:21
	3. Carl Malling	1:16:49	*3:31:40	+63:43
	Viborg OK 1		Fejlklip	
	1. Stig Barrett	Fejlklip	Fejlklip	
	2. Lene Bejer Damgaard	59:22	Fejlklip	
	3. Lennart Bo Kristiansen	56:51	Fejlklip	
	Mariager Fjord OK 4		Fejlklip	
	1. Carl Henrik Pedersen	Fejlklip	Fejlklip	
	2. Klaus Wolsing	1:04:59	Fejlklip	
	3. Bettina Gjedde	1:03:30	Fejlklip	

C		**(4 / 4)**	**Tid**	**Efter**
1.	Aalborg OK 1		*2:12:50	
	1. Helle Popp Bobach	41:29	41:29	
	2. Mikkel Popp Bobach	44:27	*1:25:56	
	3. Sander Popp Bobach	46:54	*2:12:50	

2.	Mariager Fjord OK 1		*2:56:05	+43:15
	1. Dmitriy Artamonov	54:17	54:17	+12:48
	2. Troels Munthe	1:06:11	*2:00:28	+34:32
	3. Søren Munthe	55:37	*2:56:05	+43:15
3.	Viborg OK 2		*3:09:27	+56:37
	1. Birgitte Jørgensen	1:02:25	1:02:25	+20:56
	2. Michael Dickenson	1:02:27	*2:04:52	+38:56
	3. Pia Gade	1:04:35	*3:09:27	+56:37
4.	Viborg OK 1		*3:24:42	+71:52
	1. Svend Erik Skovsgaard	1:07:35	1:07:35	+26:06
	2. Birgitte Bach	1:09:30	*2:17:05	+51:09
	3. Helle Nikkel	1:07:37	*3:24:42	+71:52