

| Plac | Navn | Klub | Tid |
|------------------------------|-----------------------|------------------|--------------|
| H-14 3920 m. 9 poster | | | |
| 4 | Tune Seidelin | Lyngby OK | 39.41 |
| 5 | Michael Aasoe | Søllerød OK | 43.45 |
| 6 | Lars Mogensen | Aalborg OK | 44.02 |
| 7 | Rasmus Sørensen | FIF Hillerød | 45.53 |
| 8 | Esben Linde | OK Pan | 47.18 |
| 9 | Tue Lassen | Faaborg OK | 49.09 |
| 10 | Tue H. Mogensen | St. Binderup OK | 52.51 |
| 11 | Christian Christensen | St. Binderup OK | 53.51 |
| | Morten Strange | OK HTF Haderslev | Fejlklip |
| | Toke Seir | OK Gorm | Udgået |
| | Mikkel Mørch | H.S.O.K | Mangler klip |

| Plac | Navn | Klub | Tid |
|-------------------------------|------------------------|----------------|--------------|
| H-16 6210 m. 15 poster | | | |
| 1 | Dennis Lisbygd | Herlufsholm OK | 54.20 |
| 2 | Tim Christoffersen | Horsens OK | 58.31 |
| 3 | Rasmus Oscar | Faaborg OK | 1.02.28 |
| 4 | Anders Vejgaard-Jensen | Ballerup OK | 1.09.23 |
| 5 | Les Ager | Faaborg OK | 1.09.33 |
| 6 | Kristian Sørensen | OK Øst | 1.14.52 |
| 7 | Erik Mygind | OK Pan | 1.36.01 |
| 8 | Lasse Staffensen | OK Pan | 1.42.02 |
| | Dennis Lisbygd | Herlufsholm OK | Ikke startet |
| | Lars Poulsen | Skive AMOK | Mangler klip |
| | Bjarne Refslund | Skive AMOK | Mangler klip |
| | Søren Jensen | H.S.O.K | Mangler klip |

| Plac | Navn | Klub | Tid |
|-------------------------------|------------------------|---------------|--------------|
| H-18 6750 m. 17 poster | | | |
| 1 | Mikkel Lund | Faaborg OK | 52.16 |
| 2 | Henrik Jørgensen | Viborg OK | 52.23 |
| 3 | Rune Monrad | Søllerød OK | 57.42 |
| 4 | Jacob Grønegaard | Farum OK | 57.44 |
| 5 | Steen Pål | Svendborg OK | 59.11 |
| 6 | Anders Søndergård | Søllerød OK | 59.34 |
| 7 | Nicolai Lyngaa | OK Uldjyderne | 1.03.22 |
| 8 | Ulrik Lassen | Faaborg OK | 1.04.43 |
| 9 | Thorbjørn Gasbjerg | Silkeborg OK | 1.08.36 |
| 10 | Kenneth Buch | OK Gorm | 1.12.05 |
| 11 | Kim Valeur Andersen | Farum OK | 1.16.00 |
| 12 | Kristian Flor Johansen | Svendborg OK | 1.16.24 |
| 13 | Peter Horstmann | Søllerød OK | 1.16.50 |
| | Esben Andersen | Farum OK | Ikke startet |
| | Gintas Bloze | Odense O-klub | Mangler klip |

| Plac | Navn | Klub | Tid |
|-------------------------------|------------------|--------------|---------|
| H-20 9010 m. 24 poster | | | |
| 1 | Martin Munck | Søllerød OK | 1.04.44 |
| 2 | Tore Linde | OK Pan | 1.06.49 |
| 3 | Mikkel Dreyer | H.S.O.K | 1.07.50 |
| 4 | Michael Sørensen | OK Øst | 1.08.47 |
| 5 | Martin Søvang | Horsens OK | 1.10.57 |
| 6 | Jakob D. Jensen | Skagen OK | 1.11.00 |
| 7 | Rune Olsen | Søllerød OK | 1.12.50 |
| 8 | Claus Bobach | Aalborg OK | 1.12.59 |
| 9 | Jacob Hansan | FIF Hillerød | 1.17.38 |
| | | | 100 7.2 |
| | | | 98 7.4 |
| | | | 97 7.5 |
| | | | 96 7.6 |
| | | | 94 7.9 |
| | | | 93 7.9 |
| | | | 92 8.1 |
| | | | 92 8.1 |
| | | | 87 8.6 |

| Plac | Navn | Klub | Tid |
|-------------------------------|-------------------|------------------|--------------|
| H-20 9010 m. 24 poster | | | |
| 10 | Christian Nielsen | Aalborg OK | 1.17.57 |
| 11 | Claus Bloch | OK Pan | 1.18.22 |
| 12 | Lars Lindstrøm | OK HTF Haderslev | 1.19.48 |
| 13 | Morten Pedersen | Silkeborg OK | 1.23.21 |
| | Kristian Ørnsholt | OK HTF Haderslev | Ikke startet |
| | Brian Lindgren | Skive AMOK | Mangler klip |
| | Asger Nielsen | OK Øst | Mangler klip |
| | Michael Madsen | Tisvilde Hegn OK | Mangler klip |
| | Jakob Physant | OK HTF Haderslev | Mangler klip |

H21 10950 m. 26 poster

| Plac | Navn | Klub | Tid |
|------|-------------------------|----------------------|--------------|
| 1 | Carsten Jørgensen | Tisvilde Hegn OK | 1.07.35 |
| 2 | Flemming Jørgensen | Farum OK | 1.10.12 |
| 3 | Thomas Jensen | Tisvilde Hegn OK | 1.10.41 |
| 4 | Jan Eg Pedersen | Tisvilde Hegn OK | 1.12.13 |
| 5 | René Rokkjær | OK Pan | 1.14.26 |
| 6 | Peter Hansen | FIF Hillerød | 1.15.21 |
| 7 | Keld K. Johansen | FIF Hillerød | 1.15.59 |
| 8 | Johan Feger | OK Pan | 1.20.19 |
| 9 | Ulrik Staugaard | Kolding OK | 1.20.46 |
| 10 | Lars Christensen | Farum OK | 1.21.30 |
| 11 | Julian Hollingbery | Farum OK | 1.22.51 |
| 12 | Thomas Meyer | FIF Hillerød | 1.24.12 |
| 13 | Michael Sommer | OK Øst | 1.24.27 |
| 14 | Søren Saxtorph | Ballerup OK | 1.24.38 |
| 15 | Ebbe Møller Nielsen | OK Pan | 1.24.48 |
| 16 | Thomas Hjerrild | OK Pan | 1.25.45 |
| 17 | Helge L. Pedersen | Farum OK | 1.27.01 |
| 18 | Henrik Markvardsen | Tisvilde Hegn OK | 1.28.21 |
| 19 | Preben Jørgensen | Tisvilde Hegn OK | 1.28.22 |
| 20 | Ole Lind | Ballerup OK | 1.28.30 |
| 21 | Troels Nielsen | Horsens OK | 1.30.13 |
| 22 | Martin Søgaard | Odense O-klub | 1.30.15 |
| 23 | Tim Falck Weber | Tisvilde Hegn OK | 1.30.39 |
| 24 | Jørgen Kirkeby | Farum OK | 1.30.51 |
| 25 | René E. Larsen | Farum OK | 1.31.01 |
| 26 | Lars Simonsen | Tisvilde Hegn OK | 1.31.17 |
| 27 | Torben Nørgård | Søllerød OK | 1.31.40 |
| 27 | Kim Rokkjær | OK Pan | 1.31.40 |
| 29 | Lasse Pedersen | Horsens OK | 1.35.03 |
| 30 | Lars Rasmussen | Ballerup OK | 1.35.12 |
| 31 | Claus Cederberg | Ballerup OK | 1.35.59 |
| 32 | Peter Bæcker Hansen | OK Øst | 1.39.05 |
| 33 | Niels Chr. Søxe Knudsen | ROK (Reserveofficer) | 1.40.21 |
| 34 | Claus R. Larsen | Farum OK | 1.44.52 |
| 35 | Lars T. Hansen | DRLR | 1.46.44 |
| 36 | Nicolaj Nielsen | OK Pan | 1.54.28 |
| 37 | Jes Mose Jensen | DRLR | 1.58.47 |
| | Jesper Jensen | Farum OK | Ikke startet |
| | Thomas Nielsen | Farum OK | Ikke startet |
| | Jesper Grooss | OK Øst | Ikke startet |
| | Claus Lyngby | OK Gorm | Ikke startet |
| | Torben Skovlyst | OK Gorm | Ikke startet |
| | Allan Mogensen | Farum OK | Ikke startet |
| | Chris Terkelsen | OK Gorm | Ikke startet |
| | Mads Pallisgaard | Søllerød OK | Ikke startet |
| | Jacob Ødum | OK Gorm | Ikke startet |

Tid

Klub

H21 10950 m. 26 poster

| | |
|--------------------|------------------|
| Jens Hansen | Farum OK |
| Morten Ebbensgaard | OK Øst |
| Anders Dahlgaard | Søllerød OK |
| Morten Ploug | Ballerup OK |
| Morten Metteberg | DRLR |
| Henrik Møller | Tisvilde Hegn OK |
| Henrik Iversen | Odense O-klub |

H35 7800 m. 20 poster

| | | | | |
|------------------------|----------------------|--------------|-----|------|
| 1 Pablo Jensen | Farum OK | 56.30 | 100 | 7.2 |
| 2 Jan Møller | Kolding OK | 59.59 | 97 | 7.7 |
| 3 Erik Bobach | Silkeborg OK | 1.04.44 | 92 | 8.3 |
| 4 Ulrik Trane | OK Vendelboerne | 1.05.27 | 91 | 8.4 |
| 5 Tore Huigaard | Farum OK | 1.07.32 | 89 | 8.7 |
| 6 Erik Øhlenschläger | Hvalsø OK | 1.08.41 | 88 | 8.8 |
| 7 Torben Utzon | OK Pan | 1.12.40 | 84 | 9.3 |
| 8 Kent Lodberg | OK Pan | 1.14.31 | 82 | 9.6 |
| 9 Klaus Staugeard | Kolding OK | 1.15.22 | 81 | 9.7 |
| 10 Lars Jensen | OK Øst | 1.20.56 | 76 | 10.4 |
| 11 Steen Stausholm | Farum OK | 1.24.00 | 72 | 10.8 |
| 12 Bjarke Stucksdorff | OK 73 | 1.25.09 | 71 | 10.9 |
| 13 Anders L. Krøgh | OK Roskilde | 1.30.40 | 66 | 11.6 |
| 14 Niels Agervold | Vinderød 92 | 1.32.33 | 64 | 11.9 |
| 15 Michael Wraa-Hansen | Tisvilde Hegn OK | 1.39.28 | 57 | 12.8 |
| Søren Maarup | Kolding OK | Ikke startet | | |
| René Dupont | Lynby OK | Ikke startet | | |
| Carsten Dahl | FIF Hillerød | Ikke startet | | |
| Kim Aage Nielsen | DRLR | Ikke startet | | |
| Claus Carlsen | OK Øst | Ikke startet | | |
| Jens Behrend | Farum OK | Ikke startet | | |
| Jørgen Houen | ROK (Reserveofficer) | Mangler klip | | |

H40 6870 m. 19 poster

| | | | | |
|-------------------------|------------------|--------------|-----|------|
| 1 Lars Konradsen | FIF Hillerød | 51.57 | 100 | 7.6 |
| 2 Rolf Lund | H.S.O.K | 54.30 | 97 | 7.9 |
| 3 Svend Erik Mathiassen | OK Pan | 54.34 | 97 | 7.9 |
| 4 Torben Seif Hansen | H.S.O.K | 54.42 | 97 | 8.0 |
| 5 Gert Nielsen | Lillerød IF | 58.58 | 93 | 8.6 |
| 6 Steffen Alm | OK HTF Haderslev | 59.23 | 92 | 8.6 |
| 7 Finn Johansen | Ballerup OK | 59.34 | 92 | 8.7 |
| 8 Ole B. Andersen | OK Uldjyderne | 1.01.21 | 90 | 8.9 |
| 9 Lars Sørensen | FIF Hillerød | 1.04.49 | 87 | 9.4 |
| 10 John Skovbjerg | OK Pan | 1.07.00 | 84 | 9.8 |
| 11 Per Seidelin | Lynby OK | 1.08.58 | 83 | 10.0 |
| 12 Søren Larsen | FIF Hillerød | 1.10.00 | 81 | 10.2 |
| 13 Torben Rasmussen | Odense O-klub | 1.10.37 | 81 | 10.3 |
| 14 Asger Jensen | OK Roskilde | 1.12.15 | 79 | 10.5 |
| 15 Karsten Jørgensen | FIF Hillerød | 1.15.54 | 76 | 11.0 |
| 16 Jan Jakobsen | OK Øst | 1.16.56 | 75 | 11.2 |
| 17 Ib Rasmussen | SG | 1.23.48 | 68 | 12.2 |
| 18 Michael Johansen | Lillerød IF | Ikke startet | | |
| 19 Bent Hansen | Skagen OK | Ikke startet | | |
| Martin Skielboe | Farum OK | Ikke startet | | |
| Kim Jørgensen | Svendborg OK | Udgået | | |
| Helge Søgård | Aalborg OK | | | |

Plac Navn

H45 6750 m. 17 poster

| | | | | |
|--------------------------|------------------|--------------|-----|------|
| 1 Niels Møller Petersen | OK FROS | 57.34 | 100 | 8.5 |
| 2 Gunnar Grue-Sørensen | Tisvilde Hegn OK | 58.35 | 99 | 8.7 |
| 3 Emil Olesen | FIF Hillerød | 1.00.37 | 97 | 9.0 |
| 4 Jens Jørgen Jensen | OK Uldjyderne | 1.01.54 | 96 | 9.2 |
| 5 Aksel Andersen | Køge OK | 1.03.33 | 94 | 9.4 |
| 6 Jens Ibsen | Svendborg OK | 1.05.28 | 92 | 9.7 |
| 7 Carl-Johan Rosenber | FIF Hillerød | 1.05.43 | 92 | 9.7 |
| 8 Flemmeing Wendelboe | H.S.O.K | 1.05.44 | 92 | 9.7 |
| 9 Jørgen Spetzler | OK FROS | 1.09.35 | 88 | 10.3 |
| 10 Ole Husen | Farum OK | 1.10.04 | 87 | 10.4 |
| 11 Frank Linde | OK Pan | 1.11.00 | 86 | 10.5 |
| 12 Carl Malling | Randers OK | 1.13.02 | 84 | 10.8 |
| 13 Niels Physant | OK HTF Haderslev | 1.13.52 | 84 | 10.9 |
| 14 John Tripax | Holbæk OK | 1.14.39 | 83 | 11.1 |
| 15 Ole Galle | Holbæk OK | 1.15.19 | 82 | 11.2 |
| 16 Ronnie MacGraill | Randers OK | 1.18.15 | 79 | 11.6 |
| 17 Jens Høllingård | FIF Hillerød | 1.20.34 | 77 | 11.9 |
| 18 Keld Abrahamson | Århus 1900 | 1.20.51 | 77 | 12.0 |
| 19 Frode Mogensen | St. Banderup OK | 1.22.28 | 75 | 12.2 |
| 20 Robert Simonsen | OK Roskilde | 1.23.16 | 74 | 12.3 |
| 21 Torsten Grange | Farum OK | 1.24.33 | 73 | 12.5 |
| 22 Bent Malinovsky | SG | 1.27.16 | 70 | 12.9 |
| 23 Niels F. Mortensen | Skive AMOK | 1.32.59 | 65 | 13.8 |
| 24 Poul Erik Buch | OK Gorw | 1.34.47 | 63 | 14.0 |
| 25 Jørgen Nielsen | Søllerød OK | 1.39.39 | 58 | 14.8 |
| 26 Niels Jørgen Pedersen | Køge OK | 1.58.17 | 39 | 17.5 |
| Carsten Schwartz | Tisvilde Hegn OK | Ikke startet | | |
| Tom Andersen | Odense O-klub | Ikke startet | | |
| Knud Fjordvald | Silkeborg OK | Ikke startet | | |
| Peter Wraa | Tisvilde Hegn OK | Mangler klip | | |

H50 6210 m. 15 poster

| | | | | |
|--------------------------|------------------|---------|-----|------|
| 1 Ove Gasbjerg | Silkeborg OK | 1.02.34 | 100 | 10.1 |
| 2 Ole Hoffmann | OK FROS | 1.03.42 | 99 | 10.3 |
| 3 Karsten Funder | FIF Hillerød | 1.04.03 | 98 | 10.3 |
| 4 Peter Vilstrup | Køge OK | 1.04.19 | 98 | 10.4 |
| 5 Jørn Andersen | OK HTF Haderslev | 1.04.22 | 98 | 10.4 |
| 6 Gert Bøgevig | Søllerød OK | 1.05.11 | 97 | 10.5 |
| 7 Peter Stendevad | Tisvilde Hegn OK | 1.06.46 | 96 | 10.8 |
| 8 K. K. Terkelsen | OK Gorm | 1.06.47 | 96 | 10.8 |
| 9 Jørgen Chr. Nielsen | FIF Hillerød | 1.06.54 | 96 | 10.8 |
| 10 Poul Bobach | Aalborg OK | 1.07.54 | 95 | 10.9 |
| 11 Jan Hausner | SG | 1.09.27 | 93 | 11.2 |
| 12 Niels Landtsberg | Tisvilde Hegn OK | 1.11.01 | 91 | 11.4 |
| 13 Ole Svendsen | Køge OK | 1.11.20 | 91 | 11.5 |
| 14 Kuno Rasmussen | Ballerup OK | 1.11.22 | 91 | 11.5 |
| 15 Børn Jørgensen | SG | 1.11.53 | 91 | 11.6 |
| 16 Bjørn Jørgensen | Holbæk OK | 1.11.54 | 91 | 11.6 |
| 17 Knud Dam | Kildeholm OK | 1.13.06 | 89 | 11.8 |
| 18 Kjeld Olsen | Farum OK | 1.14.21 | 88 | 12.0 |
| 19 Svend Erik Munksgaard | OK Uldjyderne | 1.15.04 | 87 | 12.1 |
| 20 Jørgen Nielsen | Aalborg OK | 1.17.13 | 85 | 12.4 |
| 21 Finn Blom Christensen | Ballerup OK | 1.18.02 | 84 | 12.6 |
| 22 Ole Sommer | Lynby OK | 1.18.40 | 84 | 12.7 |
| 23 Erik Kelvin Hansen | OK Øst | 1.22.39 | 80 | 13.3 |
| 24 Erik Kelvin Hansen | Horsens OK | 1.25.52 | 77 | 13.8 |
| 25 Erik Kelvin Hansen | Lillerød IF | 1.26.09 | 76 | 13.9 |

Glemte sager :

Natlampe, 0-sko, kompas, sveatryjje
 hos W. Kliem
 Plantagevej 1
 3480 Fredensborg
 48 48 05 52

| Plac | Navn | Klub | Tid |
|------------------------------|----------------------|----------------------|-----------------|
| H50 6210 m. 15 poster | | | |
| 26 | Jens Aaris Thisted | Søllerød OK | 1.33.05 69 15.0 |
| 27 | Ole Vexø | Tisvilde Hegn OK | 1.37.39 65 15.7 |
| 28 | Niels Keiding | FIF Hillerød | 1.56.59 46 18.8 |
| | Sven Bjerre | Tisvilde Hegn OK | Mangler klip |
| | Arne Grøndahl | Søllerød OK | Mangler klip |
| | Knud Lindstrøm | OK Esbjerg | Mangler klip |
| | John Pihl | ROK (Reserveofficer) | Mangler klip |
| H55 5720 m. 15 poster | | | |
| 1 | Henning Nielsen | Farum OK | 54.36 100 9.5 |
| 2 | Flemming Larsen | H.S.O.K | 1.07.22 87 11.8 |
| 3 | Hans Jørgen Simonsen | OK Pan | 1.12.17 82 12.6 |
| 4 | Erland Skot | Hviding IF | 1.12.31 82 12.7 |
| 5 | Kai Ø. Laursen | Aalborg OK | 1.12.37 82 12.7 |
| 6 | Vagn Gasbjerg | ROK (Reserveofficer) | 1.14.15 80 13.0 |
| 7 | Henning Löwenstein | FIF Hillerød | 1.14.56 80 13.1 |
| 8 | Jack Skrydstrup | Kolding OK | 1.15.54 79 13.3 |
| 9 | Erik Brühl | Søllerød OK | 1.18.54 76 13.8 |
| 10 | Jørgen Wigh | Søllerød OK | 1.21.34 73 14.3 |
| 11 | Henning Gudmandsen | FIF Hillerød | 1.22.05 72 14.4 |
| 11 | Kurt Valery | Tisvilde Hegn OK | 1.22.05 72 14.4 |
| 13 | Den Høgerup | Tisvilde Hegn OK | 1.23.06 71 14.5 |
| | Karsten Mogensen | Odense O-klub | Ikke startet |
| | Covert Heede | Ballerup OK | Udgået |
| | Roger Key | KFIU | Mangler klip |
| H60 5180 m. 11 poster | | | |
| 1 | Jørgen Raesen | Odense O-klub | 57.06 100 11.0 |
| 2 | Bent Mortensen | OK 73 | 1.00.28 97 11.7 |
| 3 | Holger Karlsmose | Farum OK | 1.04.15 93 12.4 |
| 4 | Torsten Boe | Odense O-klub | 1.05.10 92 12.6 |
| 5 | Paul Staugaard | Kolding OK | 1.11.40 86 13.8 |
| 6 | Ole Falck Hansen | Tisvilde Hegn OK | 1.13.05 84 14.1 |
| 7 | Gunnar Tamberg | Ballerup OK | 1.27.11 70 16.8 |
| | Dolfi Rotovnik | Tisvilde Hegn OK | Mangler klip |
| | Bendt Frandsen | Farum OK | Mangler klip |
| H65 4130 m. 10 poster | | | |
| 1 | Peter Larsen | H.S.O.K | 49.55 100 11.8 |
| 2 | Bent Christensen | H.S.O.K | 55.39 93 13.5 |
| 3 | Ramus Lykkegård | Silkeborg OK | 57.46 91 14.0 |
| 4 | Andreas Schelda | ROK (Reserveofficer) | 1.03.17 85 15.3 |
| 5 | Jørgen Poulsen | OK 73 | 1.03.33 85 15.4 |
| 6 | Kurt Dose | Kege OK | 1.15.07 73 18.2 |
| 7 | Ib Glud Konradsen | Søllerød OK | 1.17.07 71 18.7 |
| 8 | Finn Møgelvang | H.S.O.K | 1.18.54 70 19.1 |
| | Børge W. Mogensen | Farum OK | Ikke startet |

Antal løbere : 343
 Heraf åben bane : 0
 ej start : 35

