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| Gruppe | H1 | (H20, | H21, | H35) | | | | | | | | | |
| | Jeppe | Damsgaard | | Amager | OK | H21 | 01:06:03 | | | | | | 8 |
| | Bjørn | Westen | Rasmussen | FSK | Orientering | H35 | 01:08:37 | 8 | | 8 | | 7 | |
| | Arnau | Ormella | | Amager | OK | H21 | 01:12:06 | | | | | | 6 |
| | Tim | Abild | | Amager | OK | H35 | 01:12:46 | | | | | | 5 |
| | Jakub | Jirasek | | Amager | OK | H21 | 01:13:53 | | | | | | 4 |
| | Peter | Karberg | | Herlufsholm | OK | H35 | 01:16:54 | | | | 7 | | |
| | Benjamin | Trock | | Amager | OK | H21 | 01:18:42 | | | | | | |
| | Lasse | Grønnebæk | | Amager | OK | H21 | 01:19:40 | | | | | | |
| | Sebastian | Hansen | | Herlufsholm | OK | H20 | 01:10:46 | | | | 8 | | |
| | Andreas | Schrøder | | Amager | OK | H21 | Ej slut | | | | | | |
| | Jesper | Børsting | | Herlufsholm | OK | H21 | Fejlst | | | | | | |
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| Gruppe | H2 | (H40, | H45) | | | | | | | | | | |
| | Søren | Albæk | Jensen | Amager | OK | H45 | 00:47:45 | | | | | | 6 |
| | Christian | Olsen | | Amager | OK | H45 | 00:49:04 | | | | | | 5 |
| | Arne | Kristensen | | Herlufsholm | OK | H40 | 00:51:45 | | | | 6 | | |
| | Leif | Pedersen | | FSK | Orientering | H40 | 00:52:07 | 6 | | 5 | | 4 | |
| | Torsten | Bjørn | | Helsingør | SOK | H45 | 00:53:53 | | 5 | | | | |
| | Anders | Knudsen | | Herlufsholm | OK | H45 | 00:54:10 | | | | 4 | | |
| | Michael | Galthen | Ibsen | FSK | Orientering | H45 | 01:13:19 | 4 | | 3 | | 2 | |
| | Lars | Basballe | | FSK | Orientering | H45 | 01:17:30 | 3 | | 2 | | 1 | |
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| Gruppe | H3 | (H50, | H55) | | | | | | | | | | |
| | Ole | Hansen | | Helsingør | SOK | H50 | 00:33:40 | | 6 | | | | |
| | Claus | Børsting | | Herlufsholm | OK | H50 | 00:42:06 | | | | 6 | | |
| | Bjarne | B. | Jensen | Helsingør | SOK | H55 | 00:44:09 | | 5 | | | | |
| | Per | Rasmussen | | Amager | OK | H55 | 00:46:38 | | | | | | 6 |

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| | Bjarne | Iversen | | FSK | Orientering | H55 | 00:51:04 | 4 | | 5 | | 5 | |
| | Flemming | Sparre | Sørense | Amager | OK | H50 | 00:51:45 | | | | | | 4 |
| | Jan | Frank | Nielsen | FSK | Orientering | H55 | 00:53:20 | 3 | | 4 | | 3 | |
| | Ernst | Poulsen | | Amager | OK | H55 | 00:54:57 | | | | | | 2 |
| | Henrik | Mathiesen | | Herlufsholm | OK | H50 | 01:03:12 | | | | 3 | | |
| | Kaj | Munck | | Herlufsholm | OK | H55 | Ej start | | | | | | |
| | Jens | Thorup | | FSK | Orientering | H55 | Fejlst | | | | | | |
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| Gruppe | H4 | (H60, | H65) | | | | | | | | | | |
| | Kim | Folander | | FSK | Orientering | H65 | 00:41:41 | 4 | | 4 | | 4 | |
| | Frede | Scheye | | Herlufsholm | OK | H65 | 00:41:50 | | | | 3 | | |
| | Frans | Andersen | | Herlufsholm | OK | H60 | 00:43:55 | | | | 2 | | |
| | Torben | Kristensen | | Herlufsholm | OK | H60 | 00:45:06 | | | | | | |
| | Svend-Erik | Munck | | Herlufsholm | OK | H60 | 00:45:32 | | | | | | |
| | Rolf | Andersen | | Amager | OK | H65 | 00:53:50 | | | | | | 3 |
| | Erik | Roslyng | | FSK | Orientering | H65 | 01:02:34 | 3 | | 1 | | 2 | |
| | Jan | Bigler | | Herlufsholm | OK | H65 | 01:08:51 | | | | | | |
| | Stig | Andersen | | Herlufsholm | OK | H65 | 01:16:15 | | | | | | |
| | Bjarne | Sørensen | | Amager | OK | H65 | 01:27:29 | | | | | | 1 |
| | Erik | Arboe | | FSK | Orientering | H65 | 01:30:33 | | | | | | |
| | Peter | Hofman-Bang | | Amager | OK | H65 | Ej start | | | | | | |
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| Gruppe | H5 | (H70) | | | | | | | | | | | |
| | Jørgen | Jensen | | Helsingør | SOK | H70 | 00:34:25 | | 4 | | | | |
| | Karl | Aage | Hald | FSK | Orientering | H70 | 00:36:01 | 3 | | 4 | | 4 | |
| | Flemming | Larsen | | Helsingør | SOK | H70 | 00:38:14 | | 2 | | | | |
| | Jan | Bartnik | | Amager | OK | H70 | 00:38:48 | | | | | | 3 |
| | John | Miéné | | Helsingør | SOK | H70 | 00:43:10 | | | | | | |
| | Kurt | Jespersen | | FSK | Orientering | H70 | 00:47:56 | 1 | | 3 | | 2 | |
| | Ole | Brusch | | FSK | Orientering | H70 | 00:48:18 | | | | | | |
| | Erik | Nielsen | | Amager | OK | H70 | 00:50:57 | | | | | | 1 |
| | Tom | P. | Neesgaard | FSK | Orientering | H70 | 00:51:40 | | | | | | |
| | Hans-Ole | Ketting | | FSK | Orientering | H70 | 00:55:30 | | | | | | |

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| | Bent | Børsting | | Herlufsholm | OK | H70 | 01:00:01 | | | | 2 | | |
| | Flemming | Jørgensen | | FSK | Orientering | H70 | 01:04:44 | | | | | | |
| | Niels | Rørbech | | Herlufsholm | OK | H70 | 01:09:50 | | | | 1 | | |
| | Peter | Larsen | | Helsingør | SOK | H70 | 01:13:16 | | | | | | |
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| Gruppe | H6 | (H14, | H16B) | | | | | | | | | | |
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| Gruppe | H7 | (H20B, | H21B, | H35B) | | | | | | | | | |
| | Lars | Stegmann | | Herlufsholm | OK | H35B | 00:49:56 | | | | 2 | | |
| | Daniel | Nørgaard | Bachman | Amager | OK | H35B | 00:50:54 | | | | | | 2 |
| | Simon | Mundus | | Herlufsholm | OK | H35B | 01:09:40 | | | | 2 | | |
| | Michael | Licht | | FSK | Orientering | H35B | 01:12:11 | 2 | | 2 | | 2 | |
| | Michael | Larsen | | FSK | Orientering | H35B | 01:14:33 | 2 | | 1 | | 2 | |
| | Kim | Arendal | Andersen | Amager | OK | H35B | 02:03:18 | | | | | | 1 |
| | Poul | Stahlschmidt | | Herlufsholm | OK | H35B | 02:04:18 | | | | 1 | | |
| | Flemming | Marcussen | | Helsingør | SOK | H35B | Fejlst | | | | | | |
| | Morten | Løjmand | | Herlufsholm | OK | H35B | Fejlst | | | | | | |
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| Gruppe | H8 | (H14B, | H20C, | H21C) | | | | | | | | | |
| | 1 Andreas | Sparre | Højsted | Amager | OK | H20C | 00:27:45 | | | | | | 2 |
| | 3 Nils | Lind | Petersen | FSK | Orientering | H21C | 00:30:44 | 2 | | 2 | | | |
| | 2 Emil | Stegmann | | Herlufsholm | OK | H14B | 00:34:00 | | | | 2 | | |
| | 4 Benny | Clausen | | Herlufsholm | OK | H21C | 00:40:20 | | | | | | |
| | 6 Rune | Larsen | | Amager | OK | H21C | 00:52:38 | | | | | | |
| | 6 Morten | Kierstein | Nielse | FSK | Orientering | H20C | 01:00:08 | | | | | | |
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| Gruppe | D1 | (D21, | D35) | | | | | | | | | | |
| | Lise | Ravnshøj | Andersen | Herlufsholm | OK | D35 | 00:55:32 | | | | 6 | | |
| | Julie | Keller | | Amager | OK | D35 | 00:57:21 | | | | | | 6 |
| | Henriette | Hansen | | Herlufsholm | OK | D21 | 01:08:21 | | | | 5 | | |
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| Gruppe | D2 | (D40, | D45) | | | | | | | | | | |
| | Hanne | Fogh | | FSK | Orientering | D45 | 00:39:14 | 6 | | 6 | | 6 | |

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| Gruppe | D6 | (D14) | | | | | | | | | | | |
| | Nora | Marie | Poulsen Fugl | Amager | OK | D14 | 01:44:30 | | | | | | 6 |
| | Karoline | Resøe | Paulsen | Herlufsholm | OK | D14 | Fejlst | | | | | | |
| | Signe | Lind | Jørgensen | Herlufsholm | OK | D14 | Fejlst | | | | | | |
| Gruppe | D7 | (D20B, | D21B, | D35B) | | | | | | | | | |
| | Danja | Lykke | Kristensen | Amager | OK | D35B | 00:54:44 | | | | | | 2 |
| | Rita | Løjmand | | Herlufsholm | OK | D35B | 01:00:34 | | | | 2 | | |
| | Pia | Juul | Roslyng | FSK | Orientering | D35B | 01:10:54 | 2 | | 2 | | 2 | |
| | Julia | Bjerre | Svendson | Amager | OK | D35B | 01:16:32 | | | | | | 2 |
| | Marianne | Krowicki | | FSK | Orientering | D35B | 01:23:56 | 2 | | 2 | | 1 | |
| | Marie | Kierstein | Nielsen | FSK | Orientering | D20B | 01:42:24 | 2 | | | | 1 | |
| | Lena | Hansen | | Herlufsholm | OK | D35B | 01:45:39 | | | | 1 | | |
| | Ana | Magdalena | Chirita | FSK | Orientering | D35B | Ej start | | | | | | |
| | Sandra | Mundus | | Herlufsholm | OK | D21B | Ej start | | | | | | |
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| Gruppe | D8 | (D12, | D14B, | D21C) | | | | | | | | | |
| | Anna | Damstedt | Glæsner | Amager | OK | D21C | 00:30:16 | | | | | | 2 |
| | Signe | Torp-Lupnaav | | Herlufsholm | OK | D12 | 00:31:11 | | | | 4 | | |
| | Ilsabe | Børsting | | Herlufsholm | OK | D21C | 00:33:27 | | | | 2 | | |
| | Pernille | Sørensen | | Amager | OK | D21C | 01:15:47 | | | | | | |
| | Gitte | Rix | | Amager | OK | D20C | 01:31:01 | | | | | | |
| | Lillian | Jordan | Nielsen | Herlufsholm | OK | D21C | 01:45:01 | | | | | | |
| | Emma | Stegmann | | Herlufsholm | OK | D12 | Fejlst | | | | | | |
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| Gruppe | 9 | (H10, | D10, | H12B, | D12B, | Begynder) | | | | | | | |
| | Julie | Torp-Lupnaav | | Herlufsholm | OK | D10 | 00:18:39 | | | | 1 | | |
| | Frederikke | Kjær | Hansen | Helsingør | SOK | D12B | 00:18:55 | | 1 | | | | |
| | Claus | Mikkelsen | | Herlufsholm | OK | Beg | 00:27:00 | | | | 1 | | |
| | Sebastian | Sparre | Højste | Amager | OK | Beg | 00:28:30 | | | | | | 1 |
| | Ulla | Larsen | | Helsingør | SOK | Beg | 00:28:54 | | 1 | | | | |
| | Lisa | Børsting | | Herlufsholm | OK | Beg | 00:29:55 | | | | 1 | | |

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| | Edith | Lund | | FSK | Orientering | Beg | 00:34:15 | 1 | | 1 | | 1 | |
| | Arne | Olsen | | Helsingør | SOK | Beg | 00:41:14 | | 1 | | | | |
| | Ulla | Larsen | | Herlufsholm | OK | Beg | 00:42:57 | | | | | | |
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| | | | | | | | | 81 | 39 | 76 | 98 | 75 | 98 |