

Bane 1 8,40 km

1. Daniel Purup-Niels	Svendborg OK	Bane1	1:07:49	
2. Sebastian Robsah	Svendborg OK	Bane1	1:24:53	+17:04

Bane 2 6,03 km

1. Finn Henriksen	Svendborg OK	Bane2	59:35	
2. Thomas Esmark	Svendborg OK	Bane2	1:07:27	+07:52

Bane 3 4,83 km

1. Torben Kruse	Svendborg OK	Bane3	44:24	
2. Anita Lunding	Svendborg OK	Bane3	50:23	+05:59

Bane 4 3,28 km

1. Svend Johansen	Svendborg OK	Bane4	31:32	
2. Ove Splittorff	Svendborg OK	Bane4	36:51	+05:19
3. Bent Poulsen	Svendborg OK	Bane4	43:46	+12:14
4. Herluf Jensen	Svendborg OK	Bane4	1:01:10	+29:38
5. Ole Axelsen	Svendborg OK	Bane4	1:03:47	+32:15
Jens Ibsen	Svendborg OK	Bane4	Disk.	

Let 3,23 km

1. Bjørn Kemp	Svendborg OK	Bane6	43:41	
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Mellemsvær 4,33 km

1. Leila Damkjær Pe	Svendborg OK	Bane5	1:36:24	
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