

| Januar 2020 | | Februar 2020 | | Marts 2020 | | April 2020 | | Maj 2020 | | Juni 2020 | |
|-------------|-----------|--------------|---|------------|---------|------------|----------------|----------|----------------|-----------|-------------------|
| O 1 | Nytårsdag | L 1 | | S 1 | | O 1 | | F 1 | | M 1 | Folkerace DM 3 23 |
| T 2 | | S 2 | | M 2 | 10 | T 2 | | L 2 | | T 2 | |
| F 3 | | M 3 | 6 | T 3 | | F 3 | | S 3 | | O 3 | |
| L 4 | | T 4 | | O 4 | | L 4 | KM 1 | M 4 | 19 | T 4 | |
| S 5 | | O 5 | | T 5 | | S 5 | | T 5 | Træning | F 5 | Race for livet |
| M 6 | 2 | T 6 | | F 6 | | M 6 | 15 | O 6 | | L 6 | |
| T 7 | | F 7 | | L 7 | | T 7 | Træning | T 7 | | S 7 | |
| O 8 | | L 8 | | S 8 | | O 8 | | F 8 | | M 8 | 24 |
| T 9 | | S 9 | | M 9 | 11 | T 9 | Skærtorsdag | L 9 | | T 9 | Træning |
| F 10 | | M 10 | 7 | T 10 | | F 10 | Langfredag | S 10 | | O 10 | |
| L 11 | | T 11 | | O 11 | | L 11 | | M 11 | 20 | T 11 | |
| S 12 | | O 12 | | T 12 | | S 12 | Påskedag | T 12 | | F 12 | |
| M 13 | 3 | T 13 | | F 13 | | M 13 | 2. påskedag 16 | O 13 | | L 13 | |
| T 14 | | F 14 | | L 14 | | T 14 | Træning | T 14 | | S 14 | |
| O 15 | | L 15 | | S 15 | | O 15 | | F 15 | | M 15 | 25 |
| T 16 | | S 16 | | M 16 | 12 | T 16 | | L 16 | | T 16 | |
| F 17 | | M 17 | 8 | T 17 | | F 17 | | S 17 | | O 17 | |
| L 18 | | T 18 | | O 18 | | L 18 | | M 18 | 21 | T 18 | |
| S 19 | | O 19 | | T 19 | | S 19 | | T 19 | | F 19 | |
| M 20 | 4 | T 20 | | F 20 | | M 20 | 17 | O 20 | | L 20 | |
| T 21 | | F 21 | | L 21 | | T 21 | | T 21 | | S 21 | |
| O 22 | | L 22 | | S 22 | | O 22 | | F 22 | | M 22 | 26 |
| T 23 | | S 23 | | M 23 | 13 | T 23 | | L 23 | | T 23 | Træning |
| F 24 | | M 24 | 9 | T 24 | | F 24 | | S 24 | | O 24 | |
| L 25 | | T 25 | | O 25 | | L 25 | DM 1 RC/CK | M 25 | 22 | T 25 | |
| S 26 | | O 26 | | T 26 | | S 26 | DM 1 RC/CK | T 26 | Træning | F 26 | |
| M 27 | 5 | T 27 | | F 27 | | M 27 | 18 | O 27 | | L 27 | |
| T 28 | | F 28 | | L 28 | Træning | T 28 | | T 28 | | S 28 | |
| O 29 | | L 29 | | S 29 | | O 29 | | F 29 | | M 29 | 27 |
| T 30 | | Ugenr.dk | | M 30 | 14 | T 30 | | L 30 | | T 30 | |
| F 31 | | | | T 31 | | | | S 31 | Folkerace DM 3 | | |

| Juli 2020 | | August 2020 | | September 2020 | | Oktober 2020 | | November 2020 | | December 2020 | |
|-----------|---------|-------------|---------|----------------|---------------------|--------------|-------------|---------------|----|---------------|-------------|
| O 1 | L 1 | T 1 | Træning | T 1 | | S 1 | | T 1 | | | |
| T 2 | S 2 | O 2 | | F 2 | | M 2 | 45 | O 2 | | | |
| F 3 | M 3 | T 3 | 32 | L 3 | KM 4 - Afslutning | T 3 | | T 3 | | | |
| L 4 | KM2 | T 4 | | F 4 | | S 4 | | O 4 | | F 4 | |
| S 5 | KM3 | O 5 | | L 5 | Landskamp Folkerace | M 5 | 41 | T 5 | | L 5 | |
| M 6 | 28 | T 6 | | S 6 | Landskamp Folkerace | T 6 | | F 6 | | S 6 | |
| T 7 | F 7 | M 7 | 37 | O 7 | | L 7 | | M 7 | 50 | | |
| O 8 | L 8 | DM 5 RC | | T 8 | | S 8 | | T 8 | | | |
| T 9 | S 9 | DM 5 RC | | O 9 | | F 9 | | M 9 | 46 | O 9 | |
| F 10 | M 10 | 33 | | T 10 | | L 10 | Træningsdag | T 10 | | T 10 | |
| L 11 | T 11 | | | F 11 | | S 11 | | O 11 | | F 11 | |
| S 12 | O 12 | | | L 12 | | M 12 | 42 | T 12 | | L 12 | |
| M 13 | 29 | T 13 | | S 13 | | T 13 | | F 13 | | S 13 | |
| T 14 | Træning | F 14 | | M 14 | 38 | O 14 | | L 14 | | M 14 | 51 |
| O 15 | L 15 | Træning | | T 15 | Træning | T 15 | | S 15 | | T 15 | |
| T 16 | S 16 | | | O 16 | | F 16 | | M 16 | 47 | O 16 | |
| F 17 | M 17 | 34 | | T 17 | | L 17 | | T 17 | | T 17 | |
| L 18 | T 18 | Træning | | F 18 | | S 18 | | O 18 | | F 18 | |
| S 19 | O 19 | | | L 19 | | M 19 | 43 | T 19 | | L 19 | |
| M 20 | 30 | T 20 | | S 20 | | T 20 | | F 20 | | S 20 | |
| T 21 | F 21 | | | M 21 | 39 | O 21 | | L 21 | | M 21 | 52 |
| O 22 | L 22 | | | T 22 | | T 22 | | S 22 | | T 22 | |
| T 23 | S 23 | | | O 23 | | F 23 | | M 23 | 48 | O 23 | |
| F 24 | M 24 | 35 | | T 24 | | L 24 | | T 24 | | T 24 | Juleaften |
| L 25 | T 25 | | | F 25 | | S 25 | | O 25 | | F 25 | Juledag |
| S 26 | O 26 | | | L 26 | | M 26 | 44 | T 26 | | L 26 | 2. juledag |
| M 27 | 31 | T 27 | | S 27 | | T 27 | | F 27 | | S 27 | |
| T 28 | Træning | F 28 | | M 28 | 40 | O 28 | | L 28 | | M 28 | 53 |
| O 29 | L 29 | | | T 29 | | T 29 | | S 29 | | T 29 | |
| T 30 | S 30 | | | O 30 | | F 30 | | M 30 | 49 | O 30 | |
| F 31 | M 31 | 36 | | | | L 31 | | Ugenr.dk | | T 31 | Nytårsaften |