



Langgarverne
Hillerød løbe- og triatlonklub



Esrum sø rundt 2013

1,5 km børneløb

| Plc | Startnr. | <u>Nettotid</u> | <u>Bruttotid</u> | Deltager | Klub | Land | Tempo |
|-----|----------|-----------------|------------------|------------------------------------|--------------|------|-------------|
| 1 | 9104 | 9:41 | 9:51 | Martha Ejby Hansen | Langgarverne | DEN | 6:27 min/km |
| 2 | 9103 | 9:46 | 9:56 | Hannah Ejby Hansen | Langgarverne | DEN | 6:31 min/km |

5 km

| Plc | Startnr. | <u>Nettotid</u> | <u>Bruttotid</u> | Deltager | Klub | Land | Tempo |
|-----|----------|-----------------|------------------|------------------------------------|--------------|------|-------------|
| 1 | 5136 | 21:43 | 22:19 | Palle Andersen | Langgarverne | DEN | 4:20 min/km |
| 2 | 5132 | 24:03 | 24:10 | Katrine Omø | Langgarverne | DEN | 4:48 min/km |
| 3 | 5133 | 30:25 | 31:20 | Lise Stentoft | Langgarverne | DEN | 6:05 min/km |
| 4 | 5137 | 30:53 | 31:45 | Tine Resting | Langgarverne | DEN | 6:10 min/km |
| 5 | 5128 | 30:55 | 31:48 | Alice Friis Hansen | Langgarverne | DEN | 6:11 min/km |
| 6 | 5129 | 31:06 | 32:06 | Bjørn Lindstrøm | Langgarverne | DEN | 6:13 min/km |
| 7 | 5529 | 31:06 | 32:04 | Britt Johansen | Langgarverne | DEN | 6:13 min/km |
| 8 | 5130 | 31:15 | 32:14 | Ida Hyrup | Langgarverne | DEN | 6:15 min/km |

10 km

| Plc | Startnr. | <u>Nettotid</u> | <u>Bruttotid</u> | Deltager | Klub | Land | Point til DDK | Tempo |
|-----|----------|-----------------|------------------|-----------------------------------|--------------|------|---------------|-------------|
| 1 | 823 | 42:49 | 42:54 | Helene Lykkegaard | Langgarverne | DEN | 94 | 4:16 min/km |
| 2 | 2180 | 44:42 | 44:46 | Jonas Nielsen | Langgarverne | DEN | 75 | 4:28 min/km |



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|---|------|---------|---------|------------------------------------|--------------|-----|----|-------------|
| 3 | 838 | 48:50 | 49:19 | Poul Erik Tobiasen | Langgarverne | DEN | 69 | 4:53 min/km |
| 4 | 2179 | 51:57 | 52:53 | Finn Thomsen | Langgarverne | DEN | 65 | 5:11 min/km |
| 5 | 2181 | 57:54 | 58:51 | Mathilde Lunøe | Langgarverne | DEN | 69 | 5:47 min/km |
| 6 | 826 | 1:00:29 | 1:01:38 | Anne Nielsen | Langgarverne | DEN | 66 | 6:02 min/km |
| 7 | 2178 | 1:04:51 | 1:05:47 | Anne Jespersen | Langgarverne | DEN | 62 | 6:29 min/km |

27 km

| Plc | Startnr. | <u>Nettotid</u> | <u>Bruttotid</u> | Deltager | Klub | Land | Halvm. | Point DDK | Tempo |
|-----|----------|-----------------|------------------|---|--------------|------|---------|-----------|-------------|
| 1 | 827 | 1:52:11 | 1:52:19 | Lars Håkansson | Langgarverne | DEN | 1:27:35 | 80 | 4:09 min/km |
| 2 | 822 | 1:56:41 | 1:56:46 | Guillermo Luis Salinas Ortega | Langgarverne | DEN | 1:27:41 | 77 | 4:19 min/km |
| 3 | 464 | 2:08:04 | 2:09:33 | Henning Coff Andersen | Langgarverne | DEN | 1:40:48 | 70 | 4:44 min/km |
| 4 | 818 | 2:10:04 | 2:11:14 | Claus Risum Korsgaard | Langgarverne | DEN | 1:41:39 | 69 | 4:49 min/km |
| 5 | 835 | 2:11:25 | 2:12:06 | Nicolai Jee | Langgarverne | DEN | 1:40:43 | 68 | 4:52 min/km |
| 6 | 839 | 2:14:17 | 2:15:36 | Rasmus Friis Olsen | Langgarverne | DEN | 1:45:58 | 67 | 4:58 min/km |
| 7 | 828 | 2:16:27 | 2:16:40 | Leif Jensen | Langgarverne | DEN | 1:43:48 | 66 | 5:03 min/km |
| 8 | 834 | 2:17:33 | 2:19:43 | Monique Frederikke Lundh | Langgarverne | DEN | 1:47:08 | 78 | 5:05 min/km |
| 9 | 825 | 2:19:41 | 2:21:02 | Karin Louise Swiegers | Langgarverne | DEN | 1:46:46 | 77 | 5:10 min/km |
| 10 | 833 | 2:20:44 | 2:22:05 | Michael Sørensen | Langgarverne | DEN | 1:49:52 | 64 | 5:12 min/km |
| 11 | 842 | 2:22:28 | 2:23:40 | Tanja Susan Jørgensen | Langgarverne | DEN | 1:49:59 | 76 | 5:16 min/km |
| 12 | 820 | 2:24:15 | 2:25:44 | Erik Gudmand Pedersen | Langgarverne | DEN | 1:52:10 | 62 | 5:20 min/km |
| 13 | 843 | 2:25:03 | 2:26:17 | Thomas Raarup | Langgarverne | DEN | 1:50:16 | 62 | 5:22 min/km |
| 14 | 832 | 2:25:23 | 2:26:53 | Michael Nielsen | Langgarverne | DEN | 1:51:58 | 62 | 5:23 min/km |
| 15 | 819 | 2:26:37 | 2:28:34 | Dorit Jensen | Langgarverne | DEN | 1:52:59 | 73 | 5:25 min/km |
| 16 | 836 | 2:27:06 | 2:28:43 | Nicolai Raarup | Langgarverne | DEN | 1:56:23 | 61 | 5:26 min/km |
| 17 | 675 | 2:29:16 | 2:30:26 | Flemming G. Jensen | Langgarverne | DEN | 1:57:24 | 60 | 5:31 min/km |
| 18 | 824 | 2:29:22 | 2:31:48 | Jette Gudmandsen | Langgarverne | DEN | 1:56:02 | 72 | 5:31 min/km |



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|----|-----|---------|---------|----------------------------------|------------------|---------|----|-------------|
| 19 | 821 | 2:34:31 | 2:36:49 | Erik Hansen | Langgarverne DEN | 1:59:09 | 58 | 5:43 min/km |
| 20 | 840 | 2:34:33 | 2:36:03 | Reinout Laanstra | Langgarverne DEN | 2:02:14 | 58 | 5:43 min/km |
| 22 | 829 | 2:35:49 | 2:37:59 | Lise Øien | Langgarverne DEN | 2:01:32 | 69 | 5:46 min/km |
| 23 | 837 | 2:36:38 | 2:39:04 | Pernille Olesen | Langgarverne DEN | 2:01:42 | 69 | 5:48 min/km |