



Langgarverne
Hillerød løbe- og triatlonklub



BaneLøb November 2012

Tider		Distance				
Køn	Class	Navn	400	800	1500	5000
F	20	Monique Frederikke Lundh		00:03:18	00:06:16	00:20:54
	30	Signe Køngerskov	00:01:21	00:02:59	00:06:02	00:20:42
	40	Carina Møller San-Pedro	00:01:36	00:03:28	00:06:34	
	60	Ella Grimm				00:23:27
M	30	Jonas Brandsbjerg	00:01:03	00:02:28	00:04:51	00:17:37
		Nickolai Thoms	00:01:08	00:02:31	00:04:56	00:17:41
		Nicolai Mathiesen	00:01:18	00:02:48	00:05:29	00:18:42
	40	Dan Bodal	00:01:09	00:02:37	00:05:06	00:18:25
		Emmanuel Widmer	00:01:16	00:02:45	00:05:37	00:22:47
		Matthew Mason	00:01:16	00:02:54	00:05:38	00:19:58
		Kim Lunding		00:03:00		00:21:29
		Guillermo Luis Salinas Ortega				00:18:52
		Heino Wohlert				00:22:46
	50	Leif Jensen				00:22:14
Finn Olsen				00:06:59		