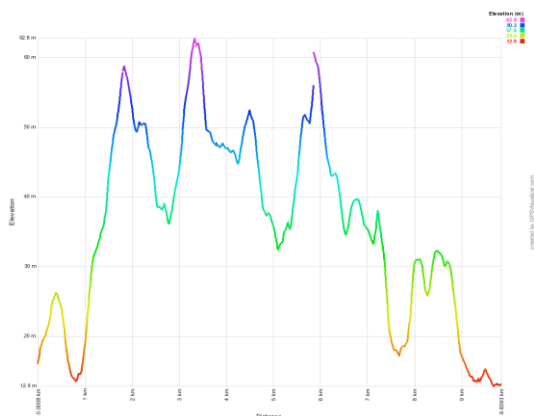


# Helvede i nord 2012

## 10 km:

Leif Jensen	Langgarverne	H50-59K	<b>00:54:17</b>
Kåre Schneekloth	Langgarverne	H35-49K	<b>01:04:39</b>
Maria Thoms	Langgarverne	D20-34K	<b>01:07:36</b>
Karin Rasmussen	Langgarverne	D50-59K	<b>01:10:46</b>



## Den onde 1/2 maraton distance:

Dan Bodal	Langgarverne	H35-49L	<b>01:34:26</b>
Nickolai Thoms	Langgarverne/Karma Police	H20-34L	<b>01:35:45</b>
Jens Christian Milo	Langgarverne/Marathon Runners	H35-49L	<b>01:41:10</b>
Emmanuel Widmer	Langgarverne	H35-49L	<b>01:43:08</b>
Helle Lykkegaard	Langgarverne	D35-49L	<b>01:46:24</b>
Matthew Mason	Langgarverne	H35-49L	<b>01:47:27</b>
Bjarne Rasmussen	Langgarverne	H50-59L	<b>01:51:13</b>

