



Langgarverne
- Hillerød

"motion for alle"

Tider	Køn	Class	Navn	Dato					Gennemsnit af 3 bedste tider
				april 2012	maj 2012	juni 2012	august 2012	september 2012	
F	10	Amanda Widmer	00:37:22						
		Marie S	00:30:54						
	30	Catrine Hald					00:22:11		
		Karin Louise Swiegers		00:23:01					
		Kathrine Omø	00:24:18		00:22:29				
	40	Signe Køngerskov					00:21:56		
		Anne Jespersen	00:31:35						
		Carina Møller San-Pedro		00:23:37	00:22:06	00:24:46	00:24:05	00:23:16	
		Dorthe Dyregaard	00:29:38						
		Helene Lykkegård				00:21:02			
		Lene Olsen	00:28:22		00:26:05		00:27:53	00:27:27	
		Lisbeth Bech	00:27:01						
		Lisbeth Thomsen	00:31:16	00:31:19					
	50	Marianne Olsen	00:31:09						
		Tine Resting	00:29:42						
		Alice Friis Hansen	00:31:33	00:32:03	00:30:12	00:32:09		00:31:16	
		Ester Jørgensen		00:25:29	00:24:02				
		Carola Rosenstrøm			00:25:22		00:27:47		
		Karin Rasmussen			00:28:29				
		Magrethe Krebs			00:30:04				
60	Dorthe Thide Petersen	00:26:41		00:25:01		00:26:24	00:26:02		
	Randi Morsing	00:33:20							
M	30	Jonas Brandsbjerg	00:20:07		00:17:02	00:18:40	00:18:36		
		Nikolaj Mathiesen	00:19:32			00:19:33	00:19:29	00:19:31	
		Michael B. Christensen					00:22:27		
	40	Claus Tetens	00:26:44						
		Dan Bodal	00:19:45	00:21:00		00:19:41	00:18:59	00:19:53	
		Guillermo				00:20:26			
		Heino Wohlert	00:22:30						
		Kim Lunding	00:23:23	00:23:09		00:22:55		00:23:09	
		Kaare Schneekloth	00:19:35		00:18:29				
		Lars Bergelius		00:24:59					
		Lars Rex Olsen	00:23:51		00:21:47		00:23:28	00:23:02	
		Matthew Mason	00:21:50	00:21:25	00:20:02		00:21:38	00:21:02	
		Michael Nielsen	00:25:10						
		Tino Hansen	00:28:09						
		50	Allan Nielsen			00:22:03			
	Rasmus Friis Olsen				00:20:48				
	Emmanuel Widmer		00:37:22				00:21:09		
	Bjarne Rasmussen		00:22:54	00:23:05	00:21:26	00:23:53		00:22:28	
	Jan Nielsen		00:25:38						
	Leif Jensen			00:22:21	00:21:05	00:22:12	00:22:16	00:21:51	
Mads Andreas Simonsen	00:22:12		00:22:08		00:22:30		00:22:17		
60	Ole Andersen	00:29:54							
	Peter F Hansen	00:32:04							
	Poul Erik Tobiasen				00:22:43	00:24:09			
	Jørgen Hansen	00:29:04							
70	Ole Blok	00:31:14	00:30:43	00:27:14	00:29:52	00:28:35	00:28:51		
	Hans-Kristian Kragesteen			00:25:10		00:26:14			
20	John E. Hansen				00:29:13				
20	Lars Håkansson					00:19:45			

