

# Resultatliste

## Hareskovens 4 Årstiders Trailløb

### Lørdag den 2. februar 2019

Arrangør: Hareskovens Triathlon Klub

#### Kvinder 5 km

Place	Bib	Name	Gender	Time
1	1100	Karen Rasmussen	Female	29:12.3
2	1096	Mette Noll Nielsen Nadia Kirkegaard	Female	29:59.9
3	1063	Nathan	Female	31:40.2
4	1046	Katrine Becker-Larsen	Female	32:53.1
5	1073	Rie Christensen	Female	37:17.3
6	1008	Anja Liss Petersen	Female	37:19.9
7	1035	Inger Poulsen	Female	38:17.7
8	1077	Sanne Cowland	Female	38:26.4
9	1057	Marianne Merling	Female	38:47.9
10	1076	Sabine Hansen	Female	39:06.2
11	1052	Louise Jagd Rosendal	Female	39:10.0
12	1085	Tenna Nielsen	Female	41:10.6
13	1049	Lise Emmersen Christina Fobian	Female	41:12.3
14	1020	Nielsen	Female	49:15.6
15	1025	Eva-Maria Norking	Female	49:19.3
16	1070	Pia Meyer	Female	49:24.1
17	1024	Ditte Kivsmose Kaldor	Female	49:29.2

#### Mænd 5 km

Place	Bib	Name	Gender	Time
1	1093	Kasper Rebensdorf	Male	22:33.2
2	1098	Steffen Fjellander	Male	25:34.4
3	1075	Rune Isholm Saarup	Male	28:05.2
4	1090	Brian Feldmann	Male	29:40.7
5	1092	Kenneth Laursen	Male	30:18.1
6	1080	Simon Becker-Larsen	Male	31:26.5
7	1027	Gerard Hilgeman	Male	32:58.3
8	1001	Anders Verdier	Male	34:04.7
9	1071	Poul-Erik Verdier	Male	34:06.3
10	1048	Kristian Bach	Male	34:10.2
11	1053	Mads Larsen	Male	36:29.5
12	1041	Jan Mørup	Male	37:08.6
13	1091	Christian Dehoux	Male	37:24.5

14	1101	Steen Vesterli	Male	37:36.8
15	1058	Martin Østergaard	Male	37:50.2
16	1014	Bjørn Petersen	Male	37:52.8
17	1087	Tom Sørensen	Male	38:05.8
18	1021	Claus Pilgård	Male	38:37.6
19	1043	Jesper Becker-Larsen	Male	39:17.3
20	1072	Rasmus Just Nielsen	Male	47:40.8

### Kvinder 10 km

Place	Bib	Name	Gender	Time	Lap 1	Lap 2
1	1067	Pernille Svane	Female	1:18:21.7	38:11.6	40:10.1

### Mænd 10 km

Place	Bib	Name	Gender	Time	Lap 1	Lap 2
1	1033	Henrik Poulsen	Male	0:49:34.8	24:26.0	25:08.8
2	1095	Karsten Jørn	Male	0:56:42.5	28:02.8	28:39.7
3	1097	Karl Poulsen	Male	0:58:23.2	28:15.2	30:08.0
4	1003	Anders Harthøj	Male	1:00:54.0	29:15.8	31:28.2
5	1039	Jakob Weldingh Michael	Male	1:02:08.5	29:34.5	32:34.0
6	1060	Bengtsson	Male	1:02:55.1	30:03.1	32:52.0
7	1044	Jesper Clausen	Male	1:06:08.0	32:13.9	33:54.9
8	1036	Jacob Eiland	Male	1:08:22.9	34:08.5	34:14.3
9	1041	Jan Mørup	Male	1:14:09.2		1:14:09.2
10	1062	Morten Drost	Male	1:18:11.0	38:02.8	40:08.2

### Kvinder 15 km

Place	Bib	Name	Gender	Time	Lap 1	Lap 2	Lap 3
1	1009	Anna Zoe	Female	1:35:04.7	29:40.9	32:00.8	33:23.0
2	1006	Ane Jensen Majken	Female	1:39:22.5	32:51.7	33:59.8	32:31.0
3	1102	Petersen Rie	Female	1:54:01.6	37:14.2	37:42.0	39:05.4
4	1074	Rosenstand	Female	2:04:39.0	39:00.9	42:27.7	43:10.5

### Mænd 15 km

Place	Bib	Name	Gender	Time	Lap 1	Lap 2	Lap 3
1	1099	Christoffer Hagemann	Male	1:12:56.3	24:44.7	24:25.0	23:46.6
2	1040	Jan Ludvigsen	Male	1:13:41.1	32:53.6	34:29.5	6:18.0
3	1094	Sune Sporning	Male	1:23:31.1	27:00.4	28:02.6	28:28.0
4	1103	Peter Magill	Male	1:32:33.0	30:43.2	30:36.1	31:13.7
5	1034	Henrik Steglich-Arnholm	Male	1:34:04.9	29:37.6	31:57.2	32:30.1
6	1031	Henrik Nielsen	Male	1:36:02.6	31:05.6	32:56.2	32:00.8
7	1028	Gholam Dayani	Male	1:40:34.1	29:30.7	34:28.9	36:34.5