

Hareskovens 4 Årstiders Trailløb

Dato: 1. februar 2020

Arrangør: Hareskovens Triathlon Klub

5 km

Bib	Name	Team navn	Gender	Finish
14	Bettina Fog	Novo	Female	31:02.3
41	Jane Bay		Female	35:35.3
67	Amber Marie Quick	Trailmom	Female	37:38.0
104	Lotte Jørgensen		Female	38:11.5
106	Katrine Soegaard (Klub: Trailmom)		Female	38:33.7
90	Tina Engvang Hansen		Female	38:51.9
26	Anja Liss Petersen		Female	39:12.6
29	Benedikte Claudinger		Female	39:45.1
79	Louise Holst	Trailmom	Female	40:13.7
86	Signe Wulff Kelstrup		Female	40:16.1
59	Rie Christensen		Female	40:25.5
18	Birgitte Muff Poulsen	Novo	Female	40:34.5
49	Lone S. Dupont		Female	41:05.8
73	Lisette Hansen		Female	45:13.5
9	Charlotte Ryberg Simonsen	Novo	Female	45:36.3
105	Henriette Pagh		Female	46:17.9
92	Vinniie Jørgensen	GLLR	Female	46:22.9
5	Charlotte Mørkhøj Andersen	Novo	Female	49:20.8
6	Mitzie Bendesen	Novo	Female	49:22.1
69	Charlotte Fuglsang	Haretri	Female	55:21.2
89	Therese Fransson Bay		Female	57:40.8
78	Klara Lykkegaard		Female	57:41.9
94	Laura Maria Thomsen		Female	1:02:02.9
72	Gunver Justesen		Female	1:17:43.1
103	Laurits Gade Strøyer Andersen		Male	26:46.2
101	Jesper Strøyer Andersen		Male	27:02.7
99	Kristian Klug		Male	27:05.2
96	Carsten Bjørn	Haretri	Male	28:56.4
102	Emil Gade Strøyer Andersen		Male	30:29.2
63	Søren Vrist		Male	32:17.4
4	Mats Rasmussen	Novo	Male	32:57.0
45	Kristian Bach		Male	34:11.9
108	Michael Bonnen		Male	35:45.3
81	Martin Arildslund		Male	35:52.6
107	Steen Vesterli	Haretri	Male	38:37.9
87	Konrad Kubak		Male	40:11.7
46	Jens Dupont		Male	41:06.7
43	John Thune		Male	45:50.3
58	Rasmus Just Nielsen		Male	53:34.4

10 km

Bib	Name	Team navn	Gender	Sluttid	Lap 1	Lap 2	Start	Split 1	Split 2
94	Laura Maria Thomsen		Female	1:02:02.3	29:44.4	32:17.8	0:00.0	29:44.4	1:02:02.3
28	Anne-Kathrine Kjerulff		Female	1:09:41.2	34:42.0	34:59.2	0:00.0	34:42.0	1:09:41.2
82	Anne-Marie Blok Hellesøe		Female	1:12:40.9	36:08.0	36:32.9	0:00.0	36:08.0	1:12:40.9
56	Pernille Svane		Female	1:16:50.4	37:48.3	39:02.0	0:00.0	37:48.3	1:16:50.4
83	Johanne Rønnow		Female	1:20:10.3	38:22.7	41:47.5	0:00.0	38:22.7	1:20:10.3
22	Rie Rosenstand	Novo	Female	1:45:08.6	49:02.8	56:05.8	0:00.0	49:02.8	1:45:08.6
97	Troels Larsen	Haretri	Male	56:43.1	27:12.8	29:30.2	0:00.0	27:12.8	56:43.1
95	Jesper Thomsen		Male	59:58.8	28:31.8	31:27.0	0:00.0	28:31.8	59:58.8
1	Anders Harthøj		Male	1:03:02.4	30:48.9	32:13.6	0:00.0	30:48.9	1:03:02.4
36	Helge Voldsgaard		Male	1:10:04.9	35:42.2	34:22.8	0:00.0	35:42.2	1:10:04.9
54	Morten Drost		Male	1:16:51.3	37:49.3	39:02.0	0:00.0	37:49.3	1:16:51.3
85	Morten Hansen	Ninjas.dk	Male	1:16:57.5	39:00.1	37:57.4	0:00.0	39:00.1	1:16:57.5
97	Troels Larsen	Haretri	Male	56:43.1	27:12.8	29:30.2	0:00.0	27:12.8	56:43.1
95	Jesper Thomsen		Male	59:58.8	28:31.8	31:27.0	0:00.0	28:31.8	59:58.8

15 km

Bib	Name	Team navn	Gender	Sluttid	Lap 1	Lap 2	Lap 3	Split 1	Split 2	Split 3
68	Anna Zoé		Female	1:46:14.5	32:50.7	35:56.2	37:27.6	32:50.7	1:08:46.9	1:46:14.5
98	Rikke Østergaard	Haretri	Female	2:11:53.8	41:35.5	43:42.4	46:36.0	41:35.5	1:25:17.8	2:11:53.8
100	Lisbet Westergaard	Haretri	Female	2:11:55.2	41:40.1	43:41.2	46:33.8	41:40.1	1:25:21.3	2:11:55.2
7	Lars Falch	Novo	Male	1:32:11.5	29:38.8	30:47.8	31:44.8	29:38.8	1:00:26.6	1:32:11.5
35	Gholam Dayani		Male	1:41:02.0	30:45.2	35:18.8	34:58.0	30:45.2	1:06:04.0	1:41:02.0
84	Morten Blok Hellesøe		Male	1:41:31.6	33:07.0	33:50.7	34:33.8	33:07.0	1:06:57.8	1:41:31.6
74	Henrik Steglich-Arnholm		Male	1:46:07.1	32:41.4	35:54.4	37:31.4	32:41.4	1:08:35.7	1:46:07.1
80	Martin Egholm	Egholm Rt	Male	1:48:15.9	35:28.3	35:46.0	37:01.6	35:28.3	1:11:14.3	1:48:15.9
70	Claus Egholm Nielsen	Egholm Rt	Male	1:48:16.6	35:26.2	35:50.0	37:00.4	35:26.2	1:11:16.2	1:48:16.6
71	Dines Justesen	/tri club de	Male	2:01:11.0	35:30.4	40:34.1	45:06.5	35:30.4	1:16:04.5	2:01:11.0