

**HNIE trail serie 3****Resultatliste****Knøsen 10-05-2017**

| Placering | Navn                   | Klub                 | Mellomtid         | Tid     | Efter | Km tid | Points |
|-----------|------------------------|----------------------|-------------------|---------|-------|--------|--------|
|           | <b>8km herrer</b>      | <b>8 KM</b>          |                   |         |       |        |        |
| 1         | René Rokkjær           | NOTEAM               | 00:53 20:19 20:21 | 41:33   |       | 05:11  | 100    |
| 2         | Jonas Kjelde           | Silkeborg ok trail   | 00:56 21:02 21:49 | 43:47   | 02:14 | 05:28  | 98     |
| 3         | Henrik Leth Jørgensen  | Ud Af Komfortzonen   | 00:53 21:07 21:51 | 43:51   | 02:18 | 05:28  | 98     |
| 4         | Steffen Kjeller        | NOTEAM               | 00:53 21:18 22:09 | 44:20   | 02:47 | 05:32  | 97     |
| 5         | Mike Bank              | NOTEAM               | 01:02 22:12 23:19 | 46:33   | 05:00 | 05:49  | 95     |
| 6         | Christian Valbak       | Silkeborg ok trail   | 00:58 22:32 23:53 | 47:43   | 06:10 | 05:57  | 94     |
| 7         | Jonatan Bergh Palmvig  | Gl. Rye Stimænd      | 00:59 23:25 23:54 | 48:08   | 06:35 | 06:01  | 93     |
| 8         | Torben Kjelde          | Silkeborg ok trail   | 01:09 23:31 23:46 | 48:26   | 06:53 | 06:03  | 93     |
| 9         | Kent Hebsgaard         | Gjessø Løbeklub      | 01:03 23:30 24:23 | 48:56   | 07:23 | 06:07  | 93     |
| 10        | Magnus Worm            | NOTEAM               | 00:58 23:24 25:09 | 49:31   | 07:58 | 06:11  | 92     |
| 11        | Aksel Schmidt          | NOTEAM               | 00:56 23:27 26:45 | 51:08   | 09:35 | 06:23  | 90     |
| 12        | Bo Visti Nielsen       | Silkeborg ok trail   | 01:04 24:38 25:43 | 51:25   | 09:52 | 06:25  | 90     |
| 13        | Flemming Johannes      | Silkeborg ok trail   | 01:09 24:55 26:13 | 52:17   | 10:44 | 06:32  | 89     |
| 14        | Frank Vibæk Jensen     | Ud Af                | 01:07 25:04 26:40 | 52:51   | 11:18 | 06:36  | 89     |
| 15        | Jens Visti Madsen      | Ook/team Superheroes | 00:58 25:49 32:29 | 59:16   | 17:43 | 07:24  | 82     |
| 16        | Flemming Meyer Thomsen | Ud Af                | 01:15 27:47 31:43 | 1:00:45 | 19:12 | 07:35  | 81     |
| 17        | René Østergaard Madsen | Silkeborg ok trail   | 01:17 29:06 30:44 | 1:01:07 | 19:34 | 07:38  | 80     |
| 18        | Kenn Kristensen        | Herning Ok           | 01:18 31:22 31:46 | 1:04:26 | 22:53 | 08:03  | 77     |
| 19        | Jens Thorsen           | Runnershifive        | 01:36 31:35 33:52 | 1:07:03 | 25:30 | 08:22  | 74     |
| 20        | Jacob Steen Jensen     | Ud Af                | 01:16 27:10 38:40 | 1:07:06 | 25:33 | 08:23  | 74     |
| 21        | Keld Kierkegaard       | Stafet For Livet     | 01:37 35:25 36:40 | 1:13:42 | 32:09 | 09:12  | 68     |
| 22        | Kristoffer Jakobsen    | NOTEAM               | 01:28 35:15 41:48 | 1:18:31 | 36:58 | 09:48  | 63     |
|           | <b>8km dreng</b>       | <b>8 KM</b>          |                   |         |       |        |        |
| 1         | Mikkel Lau             | HNIE                 | 00:55 20:25 20:23 | 41:43   |       | 05:12  | 100    |
| 2         | Mads Larsen            | HNIE                 | 00:56 21:35 23:22 | 45:43   | 04:00 | 05:42  | 96     |

|                   |      |       |       |       |       |       |       |    |
|-------------------|------|-------|-------|-------|-------|-------|-------|----|
| 3 Jakob Vastr     | HNIE | 00:56 | 23:57 | 25:19 | 50:12 | 08:29 | 06:16 | 91 |
| 4 Jeppe Edvardsen | HNIE | 00:56 | 24:45 | 28:52 | 54:33 | 12:50 | 06:49 | 87 |

### 8km piger

### 8 KM

|                |      |       |       |       |         |  |       |     |
|----------------|------|-------|-------|-------|---------|--|-------|-----|
| 1 Anna Schmidt | HNIE | 01:25 | 34:44 | 29:15 | 1:05:24 |  | 08:10 | 100 |
|----------------|------|-------|-------|-------|---------|--|-------|-----|

### 8km damer

### 8 KM

|                        |                    |       |       |       |         |       |       |     |
|------------------------|--------------------|-------|-------|-------|---------|-------|-------|-----|
| 1 Laura Lambæk         | Aarhus Adventure   | 01:01 | 23:00 | 24:16 | 48:17   |       | 06:02 | 100 |
| 2 Asta Møller          | NOTEAM             | 01:01 | 27:45 | 30:54 | 59:40   | 11:23 | 07:27 | 89  |
| 3 Kirsten Isak         | Ry Trail Runners   | 01:21 | 31:18 | 30:40 | 1:03:19 | 15:02 | 07:54 | 85  |
| 4 Jane Harrild Weiglin | Silkeborg ok trail | 01:22 | 31:45 | 33:04 | 1:06:11 | 17:54 | 08:16 | 82  |
| 5 Rikke Eirby          | Silkeborg ok trail | 01:22 | 32:50 | 34:29 | 1:08:41 | 20:24 | 08:35 | 80  |
| 6 Tina Tvedesø         | NOTEAM             | 01:24 | 33:06 | 34:17 | 1:08:47 | 20:30 | 08:35 | 80  |
| 7 Anne Lippert         | NOTEAM             | 01:37 | 34:15 | 35:24 | 1:11:16 | 22:59 | 08:54 | 77  |
| 8 Amalie Schwartz      | Runaar             | 01:29 | 35:14 | 41:46 | 1:18:29 | 30:12 | 09:48 | 70  |

### 4km herrer

### 4 KM

|                      |                    |       |       |  |       |       |       |     |
|----------------------|--------------------|-------|-------|--|-------|-------|-------|-----|
| 1 Søren Eg Staugaard | HNIE               | 01:08 | 22:49 |  | 23:57 |       | 05:59 | 100 |
| 2 Claus Fleron       | NOTEAM             | 01:05 | 28:54 |  | 29:59 | 06:02 | 07:29 | 94  |
| 3 Antonie            | NOTEAM             | 01:14 | 29:00 |  | 30:14 | 06:17 | 07:33 | 93  |
| 4 Mathias Herø       | NOTEAM             | 01:17 | 31:47 |  | 33:04 | 09:07 | 08:16 | 90  |
| 5 Jon Nygaard Rahr   | Silkeborg ok trail | 01:35 | 43:49 |  | 45:24 | 21:27 | 11:21 | 78  |

### 4km damer

### 4 KM

|                         |                    |       |       |  |       |       |       |     |
|-------------------------|--------------------|-------|-------|--|-------|-------|-------|-----|
| 1 Yvonne Glesner        | Gjessø Løbeklub    | 01:35 | 36:50 |  | 38:25 |       | 09:36 | 100 |
| 2 Stephanie De Fontenay | Runnershifive      | 01:38 | 40:52 |  | 42:30 | 04:05 | 10:37 | 96  |
| 3 Gitte Vistisen        | Gjessø Løbeklub/tr | 01:40 | 41:06 |  | 42:46 | 04:21 | 10:41 | 96  |
| 4 Verena Bernecker      | Gjessø Løbeklub    | 01:53 | 48:25 |  | 50:18 | 11:53 | 12:34 | 88  |

**4km dreng****4 KM**

|     |                         |                    |       |       |       |       |       |     |
|-----|-------------------------|--------------------|-------|-------|-------|-------|-------|-----|
|     | 1 Jens Edsen            | HNIE               | 00:55 | 22:11 | 23:06 |       | 05:46 | 100 |
|     | 2 Casper Thygesen       | HNIE               | 00:59 | 22:42 | 23:41 | 00:35 | 05:55 | 100 |
|     | 3 Sejer Wessel Larsen   | HNIE               | 01:11 | 23:53 | 25:04 | 01:58 | 06:16 | 98  |
|     | 4 Mikkel Torp           | HNIE               | 00:57 | 24:26 | 25:23 | 02:17 | 06:20 | 98  |
|     | 5 Christoffer Lundgaard | HNIE               | 01:08 | 25:20 | 26:28 | 03:22 | 06:37 | 97  |
|     | 6 Esben Roos Friis      | HNIE               | 01:03 | 25:26 | 26:29 | 03:23 | 06:37 | 97  |
|     | 6 Gustav Moll           | HNIE               | 01:03 | 25:26 | 26:29 | 03:23 | 06:37 | 97  |
|     | 8 Holger Skogøy         | Silkeborg ok trail | 01:12 | 26:05 | 27:17 | 04:11 | 06:49 | 96  |
|     | 9 Niels Uhlemann        | HNIE               | 01:13 | 31:12 | 32:25 | 09:19 | 08:06 | 91  |
|     | 10 Frederik Mikkelsen   | HNIE               | 01:16 | 31:35 | 32:51 | 09:45 | 08:12 | 91  |
| DNF | Kasper Lynge Krogh      | HNIE               | 01:15 | 16:23 | 17:38 |       |       | 0   |

**4km piger****4 KM**

|  |                               |                    |       |       |       |       |       |     |
|--|-------------------------------|--------------------|-------|-------|-------|-------|-------|-----|
|  | 1 Hedvig Valbjørn Gydesen     | HNIE               | 01:12 | 26:25 | 27:37 |       | 06:54 | 100 |
|  | 2 Kirstine Jensen             | HNIE               | 01:15 | 33:48 | 35:03 | 07:26 | 08:45 | 92  |
|  | 3 Emilie Lund                 | HNIE               | 01:25 | 37:38 | 39:03 | 11:26 | 09:45 | 88  |
|  | 4 Mathilde Sørensen           | HNIE               | 01:26 | 37:39 | 39:05 | 11:28 | 09:46 | 88  |
|  | 5 Maya Nygaard Rahr           | Silkeborg ok trail | 01:24 | 41:25 | 42:49 | 15:12 | 10:42 | 85  |
|  | 6 Iben Nygaard Rahr           | Silkeborg ok trail | 01:35 | 43:45 | 45:20 | 17:43 | 11:20 | 82  |
|  | 7 Alexandra Hylleberg Poulsen | HNIE               | 01:54 | 55:15 | 57:09 | 29:32 | 14:17 | 70  |