

Karup Duathlon 2016

RESULTAT LISTE

Lørdag den 21 maj 2016

5km løb - 20km cykel - 2,5km løb

TAK FOR DELTAGELSE OG VI SES TIL NÆSTE ÅR

no	plads	Navn	Klub	Starttid	løb 1	løb 2	skift	cykel	skift	løb	totaltid
Hold kort											
302	1	Lars + Ole Lund + Kristensen	De Eneste 2	10:05.00	00:08:35	00:08:43	00:00:20	00:31:13	00:00:26	00:08:21	00:57:38
300	2	Camilla brink & Gitte Poulsen	Søndags Tur Med Cy	10:05.00	00:15:40	00:15:53	00:00:54	00:40:48	00:00:43	00:15:47	01:29:45
301	3	Katrine +signe Munch	The Sisters Team	10:05.00	00:18:31	00:20:17	00:00:52	00:52:51	00:00:41	00:20:19	01:53:31

Solo kort dame

320	1	Margrete Fusager Sørensen	NOTEAM	10:05.00	00:11:09	00:11:17	00:01:03	00:40:50	00:00:57	00:11:22	01:16:38
329	2	Janni Kaarup	NOTEAM	10:05.00	00:11:52	00:12:58	00:01:16	00:39:16	00:01:01	00:13:32	01:19:55
330	3	Line Andersen	NOTEAM	10:05.00	00:11:54	00:12:35	00:01:08	00:40:20	00:00:44	00:13:24	01:20:05
309	4	Marie Louise Holm Milo	NOTEAM	10:05.00	00:11:52	00:12:01	00:01:07	00:43:27	00:01:00	00:12:25	01:21:52
305	5	Stine Storgaard Nielsen	NOTEAM	10:05.00	00:11:34	00:12:36	00:01:06	00:43:12	00:01:05	00:12:57	01:22:30
307	6	Katrine Friis Jakobsen	NOTEAM	10:05.00	00:12:21	00:14:06	00:01:28	00:41:44	00:01:20	00:13:21	01:24:20
308	7	Charlotte Damborg	NOTEAM	10:05.00	00:12:38	00:13:07	00:01:23	00:44:54	00:01:20	00:14:25	01:27:47
317	8	Simone Rothe	NOTEAM	10:05.00	00:13:15	00:12:55	00:00:59	00:50:36	00:00:39	00:13:24	01:31:48
310	9	Salle Refslund Havtorn	NOTEAM	10:05.00	00:14:08	00:14:42	00:01:38	00:46:24	00:01:20	00:15:04	01:33:16
353	10	Rebekka Marx	NOTEAM	10:05.00	00:13:29	00:15:14	00:01:12	00:47:12	00:01:15	00:16:48	01:35:10
314	11	Suzy Bay-Smidt	NOTEAM	10:05.00	00:12:48	00:13:21	00:01:02	00:55:09	00:00:59	00:14:18	01:37:37
315	12	Lotte Bolding	NOTEAM	10:05.00	00:14:42	00:15:01	00:01:19	00:49:31	00:00:43	00:17:56	01:39:12
328	13	Linda Sørensen	NOTEAM	10:05.00	00:14:19	00:17:10	00:01:09	00:56:34	00:00:29	00:18:09	01:47:50
311	14	Marianne B. Bonde	NOTEAM	10:05.00	00:15:33	00:16:04	00:02:45	00:55:27	00:01:59	00:17:00	01:48:48
316	15	Lene Thaarup	NOTEAM	10:05.00	00:16:28	00:17:48	00:02:18	00:52:16	00:01:29	00:18:43	01:49:02
312	16	Kirsten Velling	NOTEAM	10:05.00	00:22:53	00:23:38	00:03:34	00:50:56	00:02:09	00:24:43	02:07:53
313	17	Lene Bonde	NOTEAM	10:05.00	00:22:52	00:23:38	00:03:20	00:56:46	00:02:29	00:21:46	02:10:51
332		Katrine Sund Christensen	NOTEAM	10:05.00							DNS

319

Solo Kort herrer

114	1	Andreas helbo		10:05.00	00:08:18	00:08:35	00:00:28	00:30:24	00:00:31	00:09:09	00:57:25
343	2	Christian Keller	NOTEAM	10:05.00	00:10:38	00:11:23	00:01:11	00:32:49	00:00:41	00:11:40	01:08:22
394	3	Frederik Dahlgård	NOTEAM	10:05.00	00:10:02	00:10:57	00:00:57	00:38:07	00:00:48	00:12:07	01:12:58
341	4	Kasper Fallesen	Team Falle	10:05.00	00:11:10	00:11:11	00:01:20	00:36:38	00:01:09	00:11:41	01:13:09
335	5	Henrik Skydt	Runners Corner Vibø	10:05.00	00:11:18	00:11:02	00:01:49	00:37:24	00:01:50	00:11:44	01:15:07
344	6	Mogens Jensen	Kkik	10:05.00	00:11:12	00:11:00	00:01:15	00:39:51	00:01:12	00:11:19	01:15:49

336	7	Peter Bagger Ekerts	NOTEAM	10:05.00	00:10:44	00:10:58	00:00:57	00:42:00	00:00:51	00:11:53	01:17:23
346	8	Christian Kaarup	NOTEAM	10:05.00	00:11:35	00:11:57	00:01:03	00:40:44	00:00:59	00:13:09	01:19:27
334	9	Morten Bæk	NOTEAM	10:05.00	00:11:22	00:11:01	00:02:00	00:40:50	00:02:03	00:12:42	01:19:58
396	10	Morten Sørensen	NOTEAM	10:05.00	00:11:51	00:12:15	00:01:34	00:41:14	00:01:27	00:13:23	01:21:44
347	11	Morten Poulsen	NOTEAM	10:05.00	00:12:53	00:13:18	00:01:33	00:42:20	00:02:14	00:14:33	01:26:51
340	12	Peter Fallesen	Team Falle	10:05.00	00:14:21	00:14:45	00:02:07	00:40:02	00:01:41	00:15:01	01:27:57
349	13	Henrik Bruun Axelsen	NOTEAM	10:05.00	00:14:19	00:14:03	00:03:20	00:46:48	00:02:31	00:14:47	01:35:48
339	14	Morten Thaarup	NOTEAM	10:05.00	00:15:19	00:16:07	00:02:14	00:56:38	00:02:15	00:16:30	01:49:03
333	15	Kim Hansen	NOTEAM	10:05.00	00:23:42	00:21:43	00:01:35	00:49:33	00:01:27	00:26:39	02:04:39
345	16	Rasmus Cramer	NOTEAM	10:05.00	00:23:42	00:21:43	00:02:03	00:48:57	00:00:38	00:27:37	02:04:40
337		Morten Mønsted	NOTEAM	10:05.00							DNS
338		Stefan Vedel	Team Rolsted Viborg	10:05.00							DNS
342		Thomas Fallesen	Team Falle	10:05.00							DNS
348		Finn Pedersen	NOTEAM	10:05.00							DNS

10km løb - 40km cykel-5km løb

start no	Navn	Klub	starttid	løb 1	løb 2	løb 3	løb 4	skift	cykel	skift	løb 1	løb 2	total tid	
Solo Lang dame		55 KM												
351	1	Betina Schmidt	Runnerscornerviborg	10:00.00	00:10:59	00:11:02	00:11:06	00:11:05	00:00:53	01:11:46	00:00:42	00:10:51	00:10:39	02:19:03
352	2	Karina Tinghøj	Extreme Cykling Team	10:00.00	00:11:13	00:11:13	00:11:36	00:11:44	00:01:38	01:18:48	00:01:12	00:11:48	00:12:03	02:31:15
350	3	Anne Damhus Kristensen	NOTEAM	10:00.00	00:11:02	00:11:55	00:12:14	00:12:14	00:01:38	01:20:48	00:01:18	00:12:14	00:12:17	02:35:40

Solo Lang herrer

358	1	Mathias Vangsoe	Aarhus 1900 Triathlo	10:00.00	00:08:24	00:08:40	00:08:54	00:08:55	00:00:28	01:01:29	00:00:33	00:09:14	00:09:15	01:55:52
354	2	Mads Møller	NOTEAM	10:00.00	00:08:31	00:08:39	00:08:50	00:08:53	00:00:29	01:05:33	00:00:28	00:09:02	00:08:54	01:59:19
357	3	Martin Brønning	Smt - Team Kona Spi	10:00.00	00:09:27	00:09:47	00:09:47	00:09:50	00:01:00	01:00:22	00:00:43	00:10:27	00:09:48	02:01:11
361	4	Mikkel Andersen	Viborg Am	10:00.00	00:09:15	00:09:05	00:09:20	00:09:32	00:00:55	01:06:37	00:00:54	00:09:20	00:09:31	02:04:29
372	5	Leif Lundstrø,	Tribikeruncoach.dk	10:00.00	00:09:45	00:09:41	00:10:03	00:10:06	00:00:47	01:05:33	00:00:54	00:10:00	00:09:48	02:06:37
398	6	Jan Nielsen	Smt-Silkeborg	10:00.00	00:09:45	00:09:36	00:09:40	00:09:50	00:00:38	01:07:02	00:01:11	00:09:46	00:09:43	02:07:11
397	7	Lars Brix	Smt-Silkeborg	10:00.00	00:09:26	00:09:43	00:09:44	00:09:47	00:00:48	01:08:04	00:00:45	00:09:55	00:09:46	02:07:58
355	8	Thomas Rosbjerg	Odder Triathlon Club	10:00.00	00:09:58	00:09:45	00:09:48	00:10:06	00:00:54	01:08:32	00:00:51	00:10:51	00:10:19	02:11:04
388	9	Søren Knudsen	Bam Tri	10:00.00	00:10:34	00:10:17	00:10:22	00:10:20	00:00:53	01:08:08	00:00:42	00:10:10	00:10:07	02:11:33
395	10	Mikael Schwartz	NOTEAM	10:00.00	00:10:35	00:10:30	00:10:38	00:10:46	00:00:41	01:08:00	00:00:36	00:11:03	00:10:51	02:13:40
380	11	Michael Pedersen	Bam	10:00.00	00:10:34	00:10:27	00:10:36	00:10:36	00:01:39	01:08:35	00:01:09	00:11:03	00:10:38	02:15:17
390	12	Michael Stück	Ole Winter Auto A/s	10:00.00	00:09:57	00:10:20	00:10:42	00:10:35	00:01:07	01:09:57	00:00:56	00:11:05	00:10:39	02:15:18

387	13	Michael Stick	Bam Tri	10:00.00	00:10:33	00:10:18	00:10:23	00:10:20	00:01:15	01:09:48	00:00:56	00:11:21	00:11:31	02:16:25
383	14	Jens Peter Tinghøj	Team Girafferne	10:00.00	00:10:11	00:10:33	00:10:45	00:10:56	00:01:20	01:08:46	00:01:12	00:11:32	00:11:29	02:16:44
385	15	Per Vagnby	Viborg Am Triathlon	10:00.00	00:10:03	00:10:05	00:10:10	00:10:23	00:01:58	01:12:00	00:01:14	00:10:49	00:10:32	02:17:14
118	16	Gert Møller	Nbillund Triathlon	10:00.00	00:10:48	00:10:51	00:10:59	00:11:12	00:00:45	01:11:30	00:00:25	00:11:51	00:11:24	02:19:45
356	17	Mads Krog	NOTEAM	10:00.00	00:10:56	00:11:03	00:11:05	00:11:06	00:00:52	01:11:00	00:00:40	00:11:59	00:11:44	02:20:25
371	18	Kasper Larsen	Team Ålbæk	10:00.00	00:11:05	00:11:00	00:11:00	00:10:55	00:00:57	01:11:59	00:01:32	00:11:10	00:10:52	02:20:30
369	19	Lasse Mikkelsen	NOTEAM	10:00.00	00:10:57	00:11:04	00:11:09	00:11:01	00:00:51	01:11:57	00:00:47	00:11:37	00:12:11	02:21:34
363	20	Jesper Tinghøj Birkebæk	Team Girafferne	10:00.00	00:10:52	00:10:55	00:11:21	00:11:07	00:01:23	01:13:45	00:00:54	00:12:19	00:11:29	02:24:05
377	21	Stig Ladefoged	NOTEAM	10:00.00	00:11:21	00:11:12	00:11:38	00:11:27	00:02:00	01:12:48	00:01:45	00:11:04	00:10:57	02:24:12
379	22	Keld Lorenzen	NOTEAM	10:00.00	00:10:29	00:10:37	00:11:41	00:10:54	00:01:29	01:14:18	00:00:46	00:12:53	00:12:45	02:25:52
381	23	Michael Nygaard Pedersen	NOTEAM	10:00.00	00:09:57	00:10:13	00:10:23	00:10:28	00:01:15	01:20:40	00:01:31	00:10:47	00:11:03	02:26:17
	24	Jeppe pedersen	Team Andersen	10:00.00	00:10:35	00:10:59	00:11:21	00:11:27	00:01:25	01:15:48	00:01:04	00:12:15	00:13:11	02:28:05
	25	Alan Kristensen	Smt-Silkeborg	10:00.00	00:10:59	00:10:55	00:10:57	00:10:41	00:02:04	01:18:04	00:02:29	00:11:00	00:11:15	02:28:24
	26	Christoffer Løvborg	smt-team kona spirit	10:00.00	00:11:09	00:11:17	00:11:49	00:11:47	00:01:03	01:15:54	00:01:22	00:13:32	00:12:48	02:30:41
378	27	Jesper Løkke	NOTEAM	10:00.00	00:10:49	00:11:06	00:11:22	00:11:28	00:01:19	01:20:09	00:00:47	00:11:45	00:12:02	02:30:47
373	28	Mads Overgaard	Smt-Silkeborg	10:00.00	00:12:03	00:12:08	00:12:20	00:12:08	00:02:27	01:16:05	00:01:39	00:12:16	00:12:17	02:33:23
359	29	Hans Henrik Lundgaard	Vestjysk Fugeteknik	10:00.00	00:12:04	00:11:51	00:12:00	00:11:52	00:01:38	01:19:37	00:01:10	00:11:59	00:12:19	02:34:30
376	30	Michael Futtrup	Them Løbeklub	10:00.00	00:11:28	00:11:38	00:11:51	00:12:05	00:02:04	01:22:59	00:01:17	00:11:29	00:11:41	02:36:32
389	31	John Vejland Nielsen	Ikast Løber/vestjysk	10:00.00	00:12:04	00:11:50	00:12:01	00:11:52	00:01:40	01:23:52	00:01:25	00:12:36	00:13:02	02:40:22
386	32	Johnny Nielsen	NOTEAM	10:00.00	00:11:28	00:11:36	00:11:52	00:12:05	00:01:38	01:22:48	00:01:37	00:14:05	00:13:51	02:41:00
368	33	Hugo Velling	NOTEAM	10:00.00	00:12:05	00:12:07	00:12:52	00:13:14	00:03:44	01:24:06	00:01:27	00:13:16	00:14:20	02:47:11
391	34	Nicklas Henriksen	Runners Corner/offli	10:00.00	00:08:51	00:09:16	00:09:45	00:10:10	00:00:51	01:03:39	00:00:36	00:11:58		DNF
362		Michael Knudsen	NOTEAM	10:00.00										DNS
364		Henrik Bjerregaard	NOTEAM	10:00.00										DNS
367		Jan Jensen	NOTEAM	10:00.00										DNS
370		Rasmus Houkjær	Team Aalbæk	10:00.00										DNS
382		Bo Brodersen	Team Remo	10:00.00										DNS
384		Søren Munk Holm	NOTEAM	10:00.00										DNS

hold lang

304	1	Benjamin Raaby+mads Olesen+b	Team Karup Murerfo	10:00.00	00:11:25	00:12:09	00:12:13	00:12:06	00:00:34	01:01:11	00:00:27	00:12:18	00:12:21	02:14:44
393	2	Carina +lene Køpke Og Hovmølle	Extreme Cykling Tear	10:00.00	00:11:23	00:11:09	00:11:08	00:11:03	00:00:44	01:16:02	00:00:34	00:11:30	00:11:07	02:24:40
303		Anders+ Egil Bech Laursen+mads	Laursen&madsen	10:00.00										DNS

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