



# ETAPE BORNHOLM

2013  
22-26  
july

RESULTATER



PÅ GENSYN TIL ETAPEBORNHOLM DEN 21.-25. JULI 2014

**TAK FOR I ÅR** For 20. gang var Viking Atletik vært for Etape Bornholm, og for 20. gang var løbet en folkefest for løbere, tilskuere og de mange, mange frivillige hjælpere, der får arrangementet til at glide. Tak for i år - og på gensyn i uge 30 2014.

Af Tommy Kaas, Bornholms Tidende

Han bliver kaldt et af dansk atletiks allerstørste håb for fremtiden. Han løber hurtigere end nogen anden dansker lige nu. Han er 22 år og på vej mod stjernerne.

Men selv om han er født og har boet de første 11 år af sit liv i Somalia, så har Abdi Hakim Ulad fødderne solidt plantet på dansk jord. Fredag aften i uge 30 kunne han føje en af løbekarrierens største sejre til sit cv - den samlede sejr i Etape Bornholm.

Abdi Hakim Ulad kom til Danmark og Sandholmløjren i Nordsjælland som 11-årig på flugt fra krigen i hjemlandet. Med sig havde han sin moster og fætter.

Han havde mistet sin mor, da han var tre år, og hans far var ikke kommet med til Danmark. Han gennemlevede nogle hårde år og havde svært ved at finde fodfæste. Han startede i dansk skole i 7. klasse, da han for-

lod asylcentret, men han havde svært ved at følge med sine jævnaldrende.

Han fik dog kæmpet sig gennem folkeskolen, men følte sig langt bagefter. Da han startede på htx, holdt han kun i et halvt år.

- Det var alt for hårdt. Selv om jeg øvede mig meget, var jeg alt for langt bagefter, fortæller Abdi Hakim Ulad, som i stedet måtte finde noget andet at tage sig til.

Det var i 2008, og valget faldt på atletik. Det kom til at ændre hans liv. For her fandt han ud af, at han kunne noget bedre end de fleste andre. Han var skabt til at løbe langt, og han blev hurtigt opdaget som en ny åbenbaring på den danske løbescene.

Abdi Hakim Ulad begyndte at vinde løb - men endnu vigtigere vandt han troen på sig selv.

- Det gjorde jo, at jeg begyndte at se, at jeg rent faktisk kunne noget. I dag har jeg lige gennemført min gymnasiale uddannelse i en alder af 22 år. Så ja, det har været en lang vej, siger han.

Han er taknemmelig for den chance, han har fået i sit liv. Taknemmelig for opbakningen fra familien og taknemmelig for i dag at være dansk statsborger - noget, han opnåede i 2010.

- Det er et fantastisk land, jeg er kommet



til. Jeg har ingen intentioner om nogensinde at flytte herfra, siger Abdi Hakim Ulad.

- Vi skal huske på, hvor godt vi har det. Vi klager nogle gange over, at vi har det hårdt, men der må vi altså lære at sætte tingene i et større perspektiv. Vi har det jo alt for godt.

Så griner han, for han ved, hvor langt det er fra det, han kommer fra.

Han har svage minder fra en somalisk barndom præget af krig. Familien flyttede fra sted til sted, og der var sjældent ro.

- Lige siden jeg var lille, har livet været en kamp. Min far har altid sagt, at hvis jeg skulle nå noget, så skulle jeg selv kæmpe for det. Det har jeg taget med mig.

Så han kæmper - med uddannelsen og med løbekarrieren. Og når det hele nogle gange er hårdt - som det også var under Etape Bornholm, hvor Abdi Hakim Ulad blandt andet måtte se sin nærmeste konkurrent Morten Munkholm snuppe tre ud af fem etapesejre - så kommer der altid et vendepunkt, pointerer han.

- Sådan er det. Bare se på mit liv, hvordan det har ændret sig. I dag står jeg her og er privilegeret over at kunne inspirere andre folk. Det er blevet mit mål.

Og Abdi Hakim Ulad har taget Etape Bornholm med storm. Mens Bornholms Tidende taler med ham, kommer således adskillige drenge og mænd forbi og lykønsker den 22-årige, smilende superløber med en fornem sejr.

- Det er fantastisk, siger Abdi Hakim Ulad med ydmyghed i stemmen.

- At være et forbillede. Det er utroligt. Jeg har en fætter, som jeg opfatter som min lillebror. Ham er jeg nødt til at være et forbillede for. Hvis jeg kan være det for andre, er det bare endnu en sejr. ■

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| 2   | K24-39 | Louise Laursen                | FIT 4 RUN.dk                       | 00:35:12 2       | 00:23:42 2       | 00:28:20 2       | 00:33:03 2       | 00:35:39 3       | 02:35:56 |
| 3   | K24-39 | Zenia Mogensen                | LØBEREN - AGF                      | 00:36:47 3       | 00:24:03 3       | 00:29:42 3       | 00:34:26 4       | 00:37:31 5       | 02:42:29 |
| 4   | K24-39 | Hanna Lindholm                | FK Studenterna                     | 00:37:01 4       | 00:24:38 5       | 00:30:04 4       | 00:34:51 5       | 00:37:48 6       | 02:44:22 |
| 5   | K24-39 | Sabine Pedersen               | Hvidovre Atletik og Motion, Klinik | 00:37:57 7       | 00:24:20 4       | 00:30:35 6       | 00:34:23 3       | 00:38:20 9       | 02:45:35 |
| 6   | K24-39 | Vibeke Houlborg               | Houkær Løb & Motion/VEXA           | 00:37:49 6       | 00:24:51 6       | 00:30:38 7       | 00:35:09 7       | 00:37:56 7       | 02:46:23 |
| 7   | K24-39 | Lone Balling Hansen           | Hansen Gardiner                    | 00:38:03 8       | 00:25:06 7       | 00:31:02 8       | 00:35:07 6       | 00:38:20 8       | 02:47:38 |
| 8   | K24-39 | Karina Sørensen               | Blovstrød Løverne/De unge løver    | 00:39:19 11      | 00:25:37 11      | 00:31:40 13      | 00:35:58 9       | 00:39:17 10      | 02:51:51 |
| 9   | K24-39 | Sanni Pedersen                | RUNNERS CORNER/ MIZUNO             | 00:39:11 10      | 00:25:30 9       | 00:31:30 11      | 00:36:20 12      | 00:39:26 11      | 02:51:57 |
| 10  | K24-39 | Julie Marie Haabeth           | Tjalve                             | 00:39:22 12      | 00:25:34 10      | 00:31:25 9       | 00:36:17 11      | 00:39:41 12      | 02:52:19 |
| 11  | K24-39 | Line Søderlund                | Running 26                         | 00:39:31 15      | 00:25:53 13      | 00:31:47 15      | 00:35:43 8       | 00:40:19 15      | 02:53:13 |
| 12  | K40-44 | Melina N. Olsen               | Bagsværd Atletik 1                 | 00:39:34 16      | 00:25:45 12      | 00:31:26 10      | 00:36:02 10      | 00:40:38 16      | 02:53:25 |
| 13  | K24-39 | Tasja Stenum                  | Brøndby Triathlon Club             | 00:39:29 13      | 00:26:21 15      | 00:31:32 12      | 00:36:25 13      | 00:40:01 14      | 02:53:48 |
| 14  | K45-49 | Ulla Binderup Jacobsen        | Viborg AM                          | 00:39:29 14      | 00:26:37 16      | 00:31:45 14      | 00:36:55 14      | 00:39:52 13      | 02:54:38 |
| 15  | K24-39 | Rie Kjær                      | Viking Atletik 1                   | 00:39:56 18      | 00:25:25 8       | 00:32:10 16      | 00:37:17 15      | 00:41:30 21      | 02:56:18 |
| 16  | K45-49 | Margrethe Frydenborg          | FIT 4 RUN.dk                       | 00:39:34 17      | 00:26:38 17      | 00:32:12 17      | 00:37:45 18      | 00:40:40 18      | 02:56:49 |
| 17  | K40-44 | Inger Merete Madsen           | IK Hellas                          | 00:41:13 20      | 00:27:23 23      | 00:33:21 20      | 00:37:34 17      | 00:41:28 20      | 03:00:59 |
| 18  | K24-39 | Laura Marie Jørgensen Hulgård | Viking Atletik 1                   | 00:41:43 23      | 00:26:57 18      | 00:33:23 21      | 00:38:06 19      | 00:42:07 24      | 03:02:16 |
| 19  | K55-59 | Vibeke Hansen                 | Snik                               | 00:41:13 21      | 00:27:28 27      | 00:33:17 19      | 00:38:35 23      | 00:41:51 22      | 03:02:24 |
| 20  | K24-39 | Pernille Munch Tychsen        | Politi                             | 00:42:12 27      | 00:26:18 14      | 00:33:27 22      | 00:38:16 20      | 00:43:44 34      | 03:03:57 |
| 21  | K24-39 | Mia Daugbjerg                 |                                    | 00:41:49 24      | 00:27:20 22      | 00:34:14 28      | 00:38:32 22      | 00:42:05 23      | 03:04:00 |
| 22  | K24-39 | Mia Lichtenstein              | OA/OGF                             | 00:41:57 25      | 00:27:20 21      | 00:33:40 25      | 00:38:22 21      | 00:42:45 26      | 03:04:04 |
| 23  | K40-44 | Tine Broksø                   | Blovstrød Løverne                  | 00:40:11 19      | 00:27:03 20      | 00:33:08 18      | 00:40:40 42      | 00:44:06 39      | 03:05:08 |
| 24  | K24-39 | Ane Linde                     | OK Pan Århus                       | 00:42:43 32      | 00:27:31 28      | 00:33:36 24      | 00:38:42 25      | 00:42:49 27      | 03:05:21 |
| 25  | K40-44 | Belinda Bech Ditlevsen        | RUNNERS CORNER/ MIZUNO             | 00:42:00 26      | 00:27:27 26      | 00:33:32 23      | 00:41:05 50      | 00:42:10 25      | 03:06:14 |
| 26  | K24-39 | Rikke Larsen                  | Marathon Sport                     | 00:43:23 37      | 00:27:38 29      | 00:34:16 29      | 00:38:40 24      | 00:42:57 29      | 03:06:54 |
| 27  | K24-39 | Natasja Munch                 | Løberen/Trongårdens IF             | 00:42:59 33      | 00:27:23 24      | 00:34:36 35      | 00:39:08 26      | 00:42:56 28      | 03:07:02 |
| 28  | K24-39 | Mette Høirup                  | FIT 4 RUN.dk                       | 00:42:25 29      | 00:28:11 31      | 00:34:12 27      | 00:39:17 27      | 00:44:16 41      | 03:08:21 |
| 29  | K00-23 | Celine Jensen                 |                                    | 00:43:07 34      | 00:28:12 32      | 00:34:25 32      | 00:39:39 29      | 00:43:08 30      | 03:08:31 |
| 30  | K40-44 | Annette Bisgaard              | Viborg AM                          | 00:42:35 30      | 00:28:19 35      | 00:34:24 31      | 00:39:23 28      | 00:43:53 36      | 03:08:34 |
| 31  | K60-64 | Kirsti Mathilde Johnsen       | Tønsberg friidrettsklubb           | 00:42:18 28      | 00:28:34 41      | 00:34:53 40      | 00:40:00 34      | 00:43:22 31      | 03:09:07 |
| 32  | K45-49 | Anni Vedel                    | IK Hellas                          | 00:43:15 36      | 00:28:23 37      | 00:34:26 33      | 00:39:47 31      | 00:43:53 37      | 03:09:44 |
| 33  | K24-39 | Kirstine Futterup Mogensen    | RUNNERS CORNER/ MIZUNO             | 00:43:52 41      | 00:27:25 25      | 00:34:46 38      | 00:39:56 33      | 00:44:00 38      | 03:09:59 |
| 34  | K24-39 | Julie Carl                    | Syd-Øst for Paradis                | 00:43:13 35      | 00:28:31 39      | 00:34:44 37      | 00:39:41 30      | 00:44:36 50      | 03:10:45 |
| 35  | K40-44 | Gitte With                    |                                    | 00:43:30 39      | 00:28:58 45      | 00:34:40 36      | 00:40:01 35      | 00:43:44 33      | 03:10:53 |
| 36  | K24-39 | Lea Blom                      |                                    | 00:44:18 48      | 00:28:15 33      | 00:34:33 34      | 00:39:50 32      | 00:44:07 40      | 03:11:03 |
| 37  | K45-49 | Ditte Toudal                  | Bornholms Hospital 1               | 00:43:29 38      | 00:28:53 44      | 00:35:26 42      | 00:40:27 39      | 00:44:42 53      | 03:12:57 |
| 38  | K24-39 | Marianne Pedersen             |                                    | 00:44:26 51      | 00:28:29 38      | 00:35:36 46      | 00:40:08 36      | 00:44:19 42      | 03:12:58 |
| 39  | K24-39 | Gitte Holmsberg               | TIF                                | 00:43:56 42      | 00:28:32 40      | 00:34:52 39      | 00:41:04 49      | 00:45:11 58      | 03:13:35 |
| 40  | K24-39 | Monica Berglund               | Ringerike o-lag                    | 00:44:16 47      | 00:29:05 49      | 00:35:40 49      | 00:40:10 37      | 00:44:34 47      | 03:13:45 |
| 41  | K40-44 | Bettina Honore                |                                    | 00:44:34 53      | 00:28:59 46      | 00:35:30 43      | 00:40:12 38      | 00:44:51 55      | 03:14:06 |
| 42  | K24-39 | Mette Ørningreen              | PowerTraining                      | 00:43:43 40      | 00:29:42 57      | 00:35:45 50      | 00:41:01 48      | 00:44:35 49      | 03:14:46 |
| 43  | K50-54 | Anette Bidstrup               | Viking Atletik 6                   | 00:44:49 55      | 00:29:28 52      | 00:35:32 45      | 00:40:59 46      | 00:44:26 46      | 03:15:14 |
| 44  | K24-39 | Agneth Wedum Storihle         | Team Elixia Hønefoss               | 00:44:09 45      | 00:28:21 36      | 00:36:04 55      | 00:42:11 69      | 00:44:34 48      | 03:15:19 |
| 45  | K55-59 | Connie Vinkel                 | TIF                                | 00:43:59 43      | 00:30:19 70      | 00:35:39 48      | 00:41:27 57      | 00:44:20 44      | 03:15:44 |
| 46  | K24-39 | Marlene Kotoed-Dam            | Syd-Øst for Paradis                | 00:44:18 49      | 00:28:17 34      | 00:35:55 52      | 00:40:47 43      | 00:46:32 75      | 03:15:49 |
| 47  | K24-39 | Marlene Kirial Hylleberg      | Stutteri Kirial                    | 00:44:12 46      | 00:29:21 50      | 00:35:59 53      | 00:41:47 62      | 00:45:20 61      | 03:16:39 |
| 48  | K24-39 | Margot Bolstad Lynum          | Byåsen IL                          | 00:45:15 60      | 00:29:03 48      | 00:35:39 47      | 00:41:16 54      | 00:45:27 62      | 03:16:40 |
| 49  | K24-39 | Anne Hviid                    | NBRO Running                       | 00:44:56 56      | 00:29:34 56      | 00:36:12 58      | 00:40:57 45      | 00:45:18 60      | 03:16:57 |
| 50  | K24-39 | Marie Cordt                   | Sparta 5                           | 00:44:23 50      | 00:30:03 62      | 00:35:54 51      | 00:40:54 44      | 00:45:47 66      | 03:17:01 |
| 51  | K24-39 | Karina Madsen                 | Proof Of Life                      | 00:45:53 71      | 00:30:11 64      | 00:37:03 73      | 00:40:30 40      | 00:43:43 32      | 03:17:20 |
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| 53  | K24-39 | Katrine Jørgensen             |                                    | 00:45:58 72      | 00:29:30 54      | 00:35:31 44      | 00:41:01 47      | 00:45:41 65      | 03:17:41 |
| 54  | K24-39 | Karen Gjendal                 |                                    | 00:46:01 73      | 00:28:50 43      | 00:36:57 69      | 00:41:08 51      | 00:45:14 59      | 03:18:10 |
| 55  | K24-39 | Julie Føns                    |                                    | 00:44:30 52      | 00:28:47 42      | 00:36:03 54      | 00:42:04 67      | 00:47:14 88      | 03:18:38 |
| 56  | K45-49 | Annette Ries Petersen         |                                    | 00:44:40 54      | 00:30:51 86      | 00:36:42 65      | 00:41:44 60      | 00:44:42 52      | 03:18:39 |
| 57  | K40-44 | Rikke Gawinski                | Vejle IF Tri                       | 00:44:59 57      | 00:29:58 59      | 00:36:19 60      | 00:42:51 85      | 00:44:39 51      | 03:18:46 |
| 58  | K40-44 | Lene Nissen Jensen            | Bornholms Hospital 1               | 00:45:05 58      | 00:30:20 73      | 00:36:28 62      | 00:41:44 61      | 00:45:10 57      | 03:18:47 |
| 59  | K24-39 | Jannie Andersen               | Hyggeløberne                       | 00:46:01 76      | 00:30:11 65      | 00:36:39 63      | 00:41:35 59      | 00:45:31 64      | 03:19:57 |
| 60  | K24-39 | Laura Vang                    |                                    | 00:45:39 66      | 00:30:12 66      | 00:36:15 59      | 00:41:24 56      | 00:46:30 74      | 03:20:00 |
| 61  | K40-44 | Lina Junefelt                 | Lidingö                            | 00:46:04 77      | 00:30:27 75      | 00:36:51 66      | 00:41:51 64      | 00:44:53 56      | 03:20:06 |
| 62  | K45-49 | Anni Møller                   | ØB-Atletik                         | 00:45:49 70      | 00:29:28 51      | 00:37:01 71      | 00:41:24 55      | 00:47:09 87      | 03:20:51 |
| 63  | K55-59 | Lene Nybo Jakobsen            | IK Hellas                          | 00:45:47 69      | 00:30:52 87      | 00:36:05 56      | 00:41:50 63      | 00:46:25 72      | 03:20:59 |
| 64  | K24-39 | Julie Pio Trampe              |                                    | 00:46:01 75      | 00:29:32 55      | 00:37:00 70      | 00:42:18 72      | 00:46:12 71      | 03:21:03 |
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| 66  | K00-23 | Tilde Hellis Jacobsen         |                                    | 00:46:10 79      | 00:30:29 76      | 00:37:05 75      | 00:41:13 52      | 00:46:55 83      | 03:21:52 |
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| 69  | K24-39 | Cecilie Clausen               |                                    | 00:49:05 145     | 00:29:28 53      | 00:37:11 78      | 00:41:16 53      | 00:45:30 63      | 03:22:30 |
| 70  | K40-44 | Karina Juul                   |                                    | 00:46:35 87      | 00:29:52 58      | 00:36:52 67      | 00:42:31 77      | 00:46:47 82      | 03:22:37 |
| 71  | K45-49 | Helene Bothilde Rønne         |                                    | 00:46:33 86      | 00:30:15 67      | 00:37:11 77      | 00:42:19 73      | 00:46:36 77      | 03:22:54 |
| 72  | K40-44 | Miriam Delphin Gulbrandsen    | Fåberg IL                          | 00:45:36 64      | 00:30:31 78      | 00:37:09 76      | 00:42:51 84      | 00:47:01 84      | 03:23:08 |
| 73  | K24-39 | Julie Faurholt Pedersen       | FIT 4 RUN.dk                       | 00:48:04 118     | 00:30:02 60      | 00:36:54 68      | 00:41:57 65      | 00:46:34 76      | 03:23:31 |
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| 76  | K45-49 | Sonja Kjær                    |                                    | 00:45:33 61      | 00:30:36 80      | 00:37:39 88      | 00:42:45 81      | 00:47:38 99      | 03:24:11 |
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**BERIT FRIIS** løber 1. etape i Hasle lige under de 60 minutter.

## BRONZESPONSOR

Radisson Blu Fredensborg Hotel og Den

Bornholmske

Diamant Spa,

Hotel Griffen



| NR. | KLASSE | NAVN                         | KLUB                              | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
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| 81  | K40-44 | Lotte Helms                  | Café Værftet, Sandvig             | 00:46:01 74      | 00:31:01 95      | 00:37:57 99      | 00:43:36 95      | 00:46:40 80      | 03:25:15 |
| 82  | K40-44 | Henriette Vejby Grønnegaard  | Den faste balle                   | 00:46:46 88      | 00:30:46 83      | 00:37:53 94      | 00:42:38 78      | 00:47:17 89      | 03:25:20 |
| 83  | K45-49 | Sandra Miran                 | Herlevløberne                     | 00:46:20 84      | 00:30:49 85      | 00:37:23 82      | 00:42:55 86      | 00:47:56 103     | 03:25:23 |
| 84  | K00-23 | Cille Poulsen                |                                   | 00:46:53 92      | 00:30:53 91      | 00:38:11 101     | 00:43:28 93      | 00:46:11 69      | 03:25:36 |
| 85  | K40-44 | Kirstine Færch               |                                   | 00:47:09 93      | 00:31:30 107     | 00:37:34 87      | 00:42:39 79      | 00:47:25 91      | 03:26:17 |
| 86  | K40-44 | Malene Hedlund               |                                   | 00:53:30 289     | 00:27:56 30      | 00:43:28 289     | 00:37:28 16      | 00:44:22 45      | 03:26:44 |
| 87  | K40-44 | Anne Birgitte Krüger         | Running Rhino                     | 00:47:27 98      | 00:30:29 77      | 00:37:48 93      | 00:43:02 88      | 00:48:04 107     | 03:26:50 |
| 88  | K24-39 | Trine Pauck                  |                                   | 00:48:01 115     | 00:30:52 88      | 00:37:33 86      | 00:42:57 87      | 00:47:28 92      | 03:26:51 |
| 89  | K00-23 | Isabella Hertz Romain        |                                   | 00:47:16 94      | 00:30:35 79      | 00:37:28 83      | 00:43:48 100     | 00:47:56 104     | 03:27:03 |
| 90  | K00-23 | Kamilla Schou-Jensen         |                                   | 00:47:37 101     | 00:31:01 94      | 00:38:41 111     | 00:43:10 89      | 00:47:04 85      | 03:27:33 |
| 91  | K24-39 | Tine Rahr Lauritsen          |                                   | 00:48:14 121     | 00:30:52 89      | 00:37:47 92      | 00:43:43 98      | 00:48:07 110     | 03:28:43 |
| 92  | K24-39 | Nikoline Juul Nielsen        |                                   | 00:47:20 96      | 00:31:11 99      | 00:37:56 98      | 00:44:13 107     | 00:48:13 113     | 03:28:53 |
| 93  | K24-39 | Tanja Susan Jørgensen        | Langgarverne                      | 00:46:51 90      | 00:31:17 100     | 00:38:19 102     | 00:44:11 106     | 00:48:17 115     | 03:28:55 |
| 94  | K50-54 | Kirsten Ejlskov Jensen       |                                   | 00:47:38 103     | 00:31:50 116     | 00:38:53 119     | 00:43:54 102     | 00:47:32 95      | 03:29:47 |
| 95  | K40-44 | Annika Winther               |                                   | 00:47:40 105     | 00:31:31 108     | 00:38:37 110     | 00:43:40 96      | 00:48:26 118     | 03:29:54 |
| 96  | K24-39 | Ragnhild E. Nyhus Røsbjergen | Cerg                              | 00:47:29 99      | 00:31:21 103     | 00:39:11 128     | 00:43:30 94      | 00:48:29 119     | 03:30:00 |
| 97  | K40-44 | Janni Bjerre Ciemen          | SAS Løbeklub                      | 00:48:01 114     | 00:32:11 126     | 00:38:46 115     | 00:44:00 103     | 00:47:07 86      | 03:30:05 |
| 98  | K24-39 | Bella Borup                  | Bornholms Hospital 1              | 00:47:38 102     | 00:31:06 98      | 00:38:10 100     | 00:44:23 110     | 00:48:48 129     | 03:30:05 |
| 99  | K24-39 | Gitte Hagelskjær             | Tilst løberne                     | 00:47:34 100     | 00:33:21 167     | 00:37:55 96      | 00:43:53 101     | 00:47:29 94      | 03:30:12 |
| 100 | K24-39 | Christina Nielsen            | Munke Mose Motion                 | 00:47:17 95      | 00:32:09 124     | 00:38:33 105     | 00:44:06 105     | 00:48:17 114     | 03:30:22 |
| 101 | K50-54 | Bibi Christensen             | SNIK Atletik                      | 00:47:52 110     | 00:31:05 97      | 00:38:23 103     | 00:43:17 91      | 00:49:56 159     | 03:30:33 |
| 102 | K24-39 | Helle Blak Petersen          | Viborg AM/Marathongruppen         | 00:47:50 109     | 00:31:51 117     | 00:38:34 107     | 00:44:32 117     | 00:47:50 101     | 03:30:37 |
| 103 | K00-23 | Camilla Grønning             |                                   | 00:48:40 137     | 00:31:43 114     | 00:39:00 121     | 00:43:45 99      | 00:47:39 100     | 03:30:47 |
| 104 | K45-49 | Tone Berit Mohagen           | Drammens Ballklubb                | 00:47:22 97      | 00:31:43 113     | 00:39:04 123     | 00:44:26 116     | 00:48:29 120     | 03:31:04 |
| 105 | K55-59 | Hanne Gladhey                | Viborg AM                         | 00:47:49 108     | 00:31:24 105     | 00:38:43 114     | 00:44:54 126     | 00:48:37 125     | 03:31:27 |
| 106 | K60-64 | Miriam Asvarisch             | Viking Atletik 5                  | 00:47:54 111     | 00:31:20 102     | 00:38:49 117     | 00:44:23 109     | 00:49:03 133     | 03:31:29 |
| 107 | K50-54 | Lene Tegllund Thomsen        |                                   | 00:48:07 119     | 00:32:24 136     | 00:38:42 112     | 00:44:25 113     | 00:48:11 112     | 03:31:49 |
| 108 | K50-54 | Christine Fadinger           | LC MKW Hausruck                   | 00:47:40 106     | 00:32:37 140     | 00:38:34 108     | 00:44:36 120     | 00:48:45 127     | 03:32:12 |
| 109 | K24-39 | Tina Pauck Schou             | Ramløse                           | 00:48:29 127     | 00:31:38 110     | 00:38:33 104     | 00:44:34 119     | 00:48:58 131     | 03:32:12 |
| 110 | K24-39 | Rebecca Asmussen             |                                   | 00:48:38 135     | 00:32:58 155     | 00:39:01 122     | 00:43:41 97      | 00:48:03 106     | 03:32:21 |
| 111 | K00-23 | Julie Larsen                 | Den udødelige hest                | 00:47:55 112     | 00:31:59 119     | 00:39:24 136     | 00:44:57 127     | 00:48:06 108     | 03:32:21 |
| 112 | K40-44 | Stine Hansen                 | power by nature                   | 00:48:20 123     | 00:32:11 125     | 00:38:50 118     | 00:44:36 121     | 00:48:32 122     | 03:32:29 |
| 113 | K00-23 | Sofie Buch Hoyer             |                                   | 00:47:49 107     | 00:31:38 111     | 00:38:42 113     | 00:45:31 136     | 00:48:57 130     | 03:32:37 |
| 114 | K00-23 | Sofie Møller                 |                                   | 00:48:32 129     | 00:31:22 104     | 00:39:42 141     | 00:44:01 104     | 00:49:02 132     | 03:32:39 |
| 115 | K24-39 | Luna Ellegaard               |                                   | 00:47:57 113     | 00:32:14 131     | 00:38:48 116     | 00:44:24 111     | 00:49:21 141     | 03:32:44 |
| 116 | K40-44 | Linda Nyboe                  | Novo Gruppens Løbeklub            | 00:48:43 138     | 00:31:34 109     | 00:39:12 129     | 00:44:21 108     | 00:49:11 137     | 03:33:01 |
| 117 | K50-54 | Ann-Merete Norderhaug        |                                   | 00:48:21 124     | 00:30:59 93      | 00:39:12 130     | 00:44:58 128     | 00:49:32 146     | 03:33:02 |
| 118 | K60-64 | Else Jørgensen               | Campus Bornholm 2                 | 00:48:31 128     | 00:31:48 115     | 00:39:08 125     | 00:44:45 123     | 00:49:06 134     | 03:33:18 |
| 119 | K24-39 | Masja Juel                   |                                   | 00:48:33 131     | 00:31:42 112     | 00:39:09 127     | 00:45:08 131     | 00:48:47 128     | 03:33:19 |
| 120 | K45-49 | Ulla Nielsen                 | Viking Atletik 11                 | 00:48:14 122     | 00:32:20 132     | 00:39:15 132     | 00:45:29 133     | 00:48:22 116     | 03:33:40 |
| 121 | K45-49 | Hanne Baltzersen             | Ronnhill                          | 00:49:14 148     | 00:30:45 82      | 00:39:13 131     | 00:46:39 170     | 00:47:56 105     | 03:33:47 |
| 122 | K24-39 | Mette Physant Jørgensen      | Tri4                              | 00:51:53 221     | 00:31:59 120     | 00:37:41 89      | 00:44:25 114     | 00:47:54 102     | 03:33:52 |
| 123 | K24-39 | Mille Juul Jensen            |                                   | 00:49:36 157     | 00:31:05 96      | 00:38:58 120     | 00:44:51 125     | 00:50:15 168     | 03:34:45 |
| 124 | K55-59 | Helle Nygaard                | Herlevløberne                     | 00:48:50 140     | 00:32:39 142     | 00:39:43 142     | 00:45:14 132     | 00:48:35 124     | 03:35:01 |
| 125 | K24-39 | Karine Kragh                 |                                   | 00:49:05 144     | 00:32:38 141     | 00:39:07 124     | 00:45:06 130     | 00:49:15 138     | 03:35:11 |
| 126 | K40-44 | Charlotte Nedergaard         | Sparta 5                          | 00:50:58 195     | 00:32:56 153     | 00:38:36 109     | 00:44:24 112     | 00:48:23 117     | 03:35:17 |
| 127 | K40-44 | Ulla Andersen Mogensen       | Intelligent Bygningsautomatik A/S | 00:48:08 120     | 00:32:14 130     | 00:39:36 139     | 00:46:06 151     | 00:49:30 143     | 03:35:34 |
| 128 | K45-49 | Merete Garbrecht             | HSOK                              | 00:49:06 146     | 00:31:26 106     | 00:39:41 140     | 00:45:31 134     | 00:50:04 161     | 03:35:48 |
| 129 | K00-23 | Johanne Jager Jensen         | FG                                | 00:48:36 134     | 00:32:12 128     | 00:39:43 143     | 00:45:58 146     | 00:49:46 150     | 03:36:15 |
| 130 | K24-39 | Rebecca Heimdahl             |                                   | 00:48:01 116     | 00:33:44 183     | 00:39:44 144     | 00:45:03 129     | 00:49:52 157     | 03:36:24 |
| 131 | K00-23 | Louise Holm Hansen           |                                   | 00:48:04 117     | 00:32:58 154     | 00:39:28 137     | 00:46:05 150     | 00:49:50 155     | 03:36:25 |
| 132 | K55-59 | Helle Vibeke Buus            | ØB-Atletik                        | 00:49:15 150     | 00:32:24 135     | 00:39:59 152     | 00:45:42 138     | 00:49:54 158     | 03:37:14 |
| 133 | K50-54 | Tina Grau Arvidsen           | Sparta 4                          | 00:49:10 147     | 00:34:03 203     | 00:39:09 126     | 00:46:24 159     | 00:48:32 121     | 03:37:18 |
| 134 | K24-39 | Mette Skov Jensen            |                                   | 00:48:59 141     | 00:32:45 146     | 00:40:11 156     | 00:45:46 140     | 00:49:50 154     | 03:37:31 |
| 135 | K24-39 | Caroline Sonesson            | Pinnapå LK                        | 00:48:21 125     | 00:32:55 152     | 00:40:02 153     | 00:46:56 186     | 00:49:21 142     | 03:37:35 |
| 136 | K00-23 | Marie Baden Staffensen       | Den udødelige hest                | 00:49:31 154     | 00:33:53 195     | 00:39:46 145     | 00:45:44 139     | 00:49:20 140     | 03:38:14 |
| 137 | K24-39 | Kirsten Sode Højland         |                                   | 00:49:00 143     | 00:33:50 189     | 00:39:49 146     | 00:46:20 156     | 00:49:33 147     | 03:38:32 |
| 138 | K50-54 | Anne Marie Lund Kofoed       | Rønne Revision                    | 00:49:19 152     | 00:32:23 134     | 00:39:51 148     | 00:46:05 149     | 00:50:58 184     | 03:38:36 |
| 139 | K24-39 | Dorte Enggaard Kristensen    |                                   | 00:50:21 175     | 00:33:22 168     | 00:41:03 185     | 00:44:44 122     | 00:49:07 135     | 03:38:37 |
| 140 | K24-39 | Camilla Hoberg               |                                   | 00:50:24 178     | 00:31:51 118     | 00:39:22 134     | 00:44:33 118     | 00:52:30 231     | 03:38:40 |



**MARINA FLØJGAARD ANDERSEN** løb 46:35 i Almindingen.



**REGITZE WOMB-OLSEN** ser ud til at smile sig gennem sand-strabadserne på anden dagen.

## KVINDER, DER HAR FULDFØRT ALLE 19 ÅR / WOMEN COMPLETED ALL 20 YEARS

| NAVN                               | 1994    | 1995    | 1996    | 1997    | 1998    | 1999    | 2000    | 2001    | 2002    | 2003    | 2004    | 2005    | 2006    |
|------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 Annette R. Petersen, Rønne       | 3:33:16 | 3:21:43 | 3:10:28 | 3:12:35 | 3:07:53 | 3:05:02 | 3:02:10 | 3:04:37 | 3:09:09 | 3:05:50 | 3:07:14 | 3:07:44 | 3:12:38 |
| 2 Helle Vibeke Buus, ØB            | 3:26:24 | 3:13:35 | 3:06:14 | 3:11:35 | 3:09:47 | 3:14:04 | 3:12:25 | 3:22:44 | 3:14:24 | 3:29:45 | 3:20:05 | 3:25:45 | 3:32:33 |
| 3 Lisbeth Lind, ASG                | 3:26:27 | 3:24:52 | 3:30:54 | 3:41:41 | 3:32:45 | 3:40:04 | 3:49:50 | 3:53:03 | 3:48:03 | 3:56:40 | 4:19:12 | 4:07:53 | 4:18:31 |
| 4 Lotte Kraeutler, IK Olympia      | 3:53:46 | 4:04:29 | 3:45:39 | 3:35:26 | 3:33:36 | 3:43:47 | 3:40:18 | 3:52:14 | 3:46:13 | 3:59:39 | 3:48:18 | 3:50:03 | 4:01:01 |
| 5 Irene Knudsen, Viking Atletik    | 3:38:26 | 3:34:01 | 3:32:17 | 3:35:27 | 3:33:59 | 3:44:19 | 3:49:34 | 3:45:01 | 3:51:01 | 3:59:24 | 4:02:16 | 4:01:12 | 4:24:16 |
| 6 Ingefred Svensson, Nyvest        | 3:44:49 | 3:49:45 | 3:35:29 | 3:41:28 | 3:42:43 | 3:57:02 | 3:53:28 | 4:07:01 | 3:58:55 | 4:03:09 | 4:08:00 | 4:08:04 | 4:20:18 |
| 7 Kirsten Grønbech, Viking Atletik | 3:33:06 | 3:26:04 | 3:23:47 | 4:05:07 | 3:51:12 | 4:20:29 | 4:05:48 | 4:32:00 | 4:35:20 | 4:55:48 | 4:56:19 | 4:57:20 | 4:57:57 |

| NR. | KLASSE | NAVN                         | KLUB                        | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|------------------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 141 | K55-59 | Gitte Forsberg               |                             | 00:49:32 155     | 00:32:49 148     | 00:40:06 155     | 00:46:00 147     | 00:50:20 170     | 03:38:47 |
| 142 | K40-44 | Heidi Bröcher                | Viborg AM/Marathongruppen   | 00:50:10 168     | 00:33:08 161     | 00:39:35 138     | 00:46:26 161     | 00:49:32 145     | 03:38:51 |
| 143 | K24-39 | Elena Zabrodskaja            |                             | 00:49:00 142     | 00:34:07 206     | 00:41:03 184     | 00:44:26 115     | 00:50:21 171     | 03:38:57 |
| 144 | K55-59 | Elisabeth Linde Nielsen      | Sparta 6                    | 00:48:47 139     | 00:33:23 170     | 00:40:57 178     | 00:46:08 152     | 00:49:58 160     | 03:39:13 |
| 145 | K40-44 | Ann Christine Bodilsen       | New Balance                 | 00:49:15 149     | 00:33:40 181     | 00:39:52 150     | 00:46:53 180     | 00:49:47 151     | 03:39:27 |
| 146 | K24-39 | Signe Frederiksen            |                             | 00:49:42 159     | 00:32:54 151     | 00:40:15 157     | 00:47:53 210     | 00:49:07 136     | 03:39:51 |
| 147 | K00-23 | Mai Kjeller Hjorth           |                             | 00:49:49 161     | 00:33:32 174     | 00:40:32 164     | 00:45:46 141     | 00:50:15 167     | 03:39:54 |
| 148 | K00-23 | Katrine Jensen               | Campus Bornholm 2           | 00:51:10 199     | 00:33:40 180     | 00:39:52 151     | 00:45:31 135     | 00:49:49 153     | 03:40:02 |
| 149 | K45-49 | Maj-Britt Eriksson           | Snik                        | 00:49:16 151     | 00:33:52 194     | 00:40:44 171     | 00:46:40 171     | 00:49:31 144     | 03:40:03 |
| 150 | K00-23 | Katrine Elise Riis           |                             | 00:48:33 130     | 00:32:42 144     | 00:39:22 133     | 00:46:18 155     | 00:53:18 253     | 03:40:13 |
| 151 | K45-49 | Hanne Wibe                   | Langhus / Sportsmanden      | 00:49:46 160     | 00:32:59 157     | 00:40:41 170     | 00:47:39 203     | 00:49:19 139     | 03:40:24 |
| 152 | K45-49 | Helen Sørensen               | IK Hellas                   | 00:49:57 164     | 00:33:26 173     | 00:40:20 159     | 00:45:58 145     | 00:50:47 180     | 03:40:28 |
| 153 | K55-59 | Pernille Kofod               | Viking Atletik 10           | 00:50:10 169     | 00:33:55 196     | 00:39:50 147     | 00:46:43 172     | 00:49:51 156     | 03:40:29 |
| 154 | K24-39 | Anne Sofie Baden Staffensen  |                             | 00:50:47 191     | 00:34:11 211     | 00:39:51 149     | 00:45:42 137     | 00:50:07 164     | 03:40:38 |
| 155 | K50-54 | Christina Munch Risgaard     | Køge atletik                | 00:50:00 166     | 00:32:58 156     | 00:40:33 165     | 00:45:48 142     | 00:51:20 195     | 03:40:39 |
| 156 | K40-44 | Kristina Scotwin             | Novo gruppens løbeklub      | 00:49:24 153     | 00:32:53 150     | 00:41:18 195     | 00:46:34 166     | 00:50:41 179     | 03:40:50 |
| 157 | K45-49 | Gitte Sloth                  | Bakkegård v/Anders Pedersen | 00:49:41 158     | 00:33:22 169     | 00:40:34 166     | 00:46:49 175     | 00:50:25 173     | 03:40:51 |
| 158 | K40-44 | Heidi Köhlert Karlisen       | Færgen 1                    | 00:49:51 162     | 00:33:25 172     | 00:40:29 160     | 00:46:56 185     | 00:50:14 166     | 03:40:55 |
| 159 | K50-54 | Else Marie Friis Gydesen     |                             | 00:48:38 136     | 00:32:36 138     | 00:40:38 167     | 00:47:09 191     | 00:52:01 211     | 03:41:02 |
| 160 | K24-39 | Camilla Lundberg             |                             | 00:50:21 174     | 00:33:07 160     | 00:40:32 163     | 00:46:34 168     | 00:51:14 191     | 03:41:48 |
| 161 | K55-59 | Vivi Marker Møller-Jensen    | SÅN-Løberne Kvinder         | 00:51:18 204     | 00:32:30 137     | 00:40:58 181     | 00:46:34 165     | 00:50:52 182     | 03:42:12 |
| 162 | K45-49 | Helle Charlote Pedersen      |                             | 00:49:59 165     | 00:33:50 190     | 00:40:18 158     | 00:46:47 173     | 00:51:24 198     | 03:42:18 |
| 163 | K24-39 | Kamilla Kofod                |                             | 00:50:11 170     | 00:33:36 175     | 00:40:45 172     | 00:46:52 176     | 00:51:06 188     | 03:42:30 |
| 164 | K24-39 | Louise Arndtsen              |                             | 00:50:11 171     | 00:33:16 164     | 00:41:45 213     | 00:46:31 164     | 00:50:49 181     | 03:42:32 |
| 165 | K24-39 | Malene Vendelbo Johansen     |                             | 00:50:43 187     | 00:33:37 178     | 00:40:30 161     | 00:47:37 202     | 00:50:12 165     | 03:42:39 |
| 166 | K45-49 | Trine Juhler-Nøttrup         | FIF 3                       | 00:51:07 197     | 00:32:13 129     | 00:41:28 203     | 00:46:53 179     | 00:51:14 192     | 03:42:55 |
| 167 | K24-39 | Christina Neergaard          |                             | 00:50:16 173     | 00:33:09 162     | 00:41:10 190     | 00:47:24 198     | 00:51:16 193     | 03:43:15 |
| 168 | K24-39 | Mie Møller Rasmussen         | Humledal station            | 00:50:52 193     | 00:32:21 133     | 00:41:14 191     | 00:46:47 174     | 00:52:05 214     | 03:43:19 |
| 169 | K24-39 | Katja Kromann Nielsen        |                             | 00:50:06 167     | 00:32:50 149     | 00:40:52 175     | 00:46:55 183     | 00:52:46 241     | 03:43:29 |
| 170 | K50-54 | Winnie Hedegaard             | Team Gekko / Viborg AM      | 00:50:53 194     | 00:33:43 182     | 00:40:46 173     | 00:46:56 184     | 00:51:17 194     | 03:43:35 |
| 171 | K24-39 | Anja Nylandsted Andersen     | Farum BK                    | 00:50:50 192     | 00:33:46 184     | 00:41:09 189     | 00:46:34 167     | 00:51:20 196     | 03:43:39 |
| 172 | K00-23 | Trine Holst Jensen           |                             | 00:48:27 126     | 00:33:12 163     | 00:45:44 410     | 00:47:58 212     | 00:48:35 123     | 03:43:56 |
| 173 | K24-39 | Eri Tomi-Gottschau           | Team Tomi-Gottschau         | 00:51:52 219     | 00:33:39 179     | 00:41:50 216     | 00:45:55 144     | 00:50:54 183     | 03:44:10 |
| 174 | K45-49 | Dorte Woss Clemmensen        | Herlevtoget                 | 00:50:27 181     | 00:34:10 209     | 00:41:07 188     | 00:48:17 226     | 00:50:27 175     | 03:44:28 |
| 175 | K00-23 | Simone Holmgaard Christensen |                             | 00:51:14 202     | 00:33:18 165     | 00:41:18 194     | 00:46:55 182     | 00:51:52 207     | 03:44:37 |
| 176 | K40-44 | Anette Edvardsen             |                             | 00:50:29 182     | 00:33:24 171     | 00:41:05 187     | 00:47:59 213     | 00:51:47 204     | 03:44:44 |
| 177 | K24-39 | Kamilla Vang                 |                             | 00:51:10 200     | 00:33:46 185     | 00:41:38 208     | 00:47:05 189     | 00:51:07 190     | 03:44:46 |
| 178 | K24-39 | Mette Marie Åbom             | FIF 2                       | 00:50:38 185     | 00:33:56 200     | 00:41:48 215     | 00:47:43 204     | 00:51:07 189     | 03:45:12 |
| 179 | K40-44 | Connie Olsen                 |                             | 00:50:46 189     | 00:33:37 176     | 00:41:24 200     | 00:47:21 196     | 00:52:06 218     | 03:45:14 |
| 180 | K45-49 | Henriette Andersen           | Viking Atletik 8            | 00:52:18 234     | 00:33:06 159     | 00:41:23 199     | 00:46:22 158     | 00:52:13 222     | 03:45:22 |
| 181 | K24-39 | Kristina Mathiesen           |                             | 00:51:17 203     | 00:34:29 224     | 00:41:02 183     | 00:47:02 188     | 00:51:40 202     | 03:45:30 |
| 182 | K45-49 | Ingrid Funch Jørgensen       |                             | 00:50:32 184     | 00:34:34 228     | 00:41:25 201     | 00:47:35 201     | 00:51:37 200     | 03:45:43 |
| 183 | K50-54 | Annette Klint Kofod          | Degnemøseløberen            | 00:50:26 180     | 00:34:55 243     | 00:41:36 207     | 00:47:51 208     | 00:51:04 186     | 03:45:52 |
| 184 | K24-39 | Nanna Wermelin               | Campus Bornholm 2           | 00:53:50 300     | 00:33:20 166     | 00:41:15 193     | 00:46:29 163     | 00:51:04 185     | 03:45:58 |
| 185 | K50-54 | Inger Christensen            | SÅN-Løberne Kvinder         | 00:51:20 205     | 00:34:19 218     | 00:41:19 196     | 00:46:56 187     | 00:52:09 220     | 03:46:03 |
| 186 | K24-39 | Maria Eide Jensen            | Team Noam                   | 00:54:20 321     | 00:34:45 235     | 00:40:38 168     | 00:46:10 153     | 00:50:24 172     | 03:46:17 |
| 187 | K45-49 | Berit Jørgensen              |                             | 00:50:22 176     | 00:33:37 177     | 00:41:39 209     | 00:48:03 215     | 00:52:38 235     | 03:46:19 |
| 188 | K24-39 | Julie Koch                   | Livsstils Compagniet        | 00:49:33 156     | 00:32:41 143     | 00:42:18 236     | 00:46:21 157     | 00:55:33 334     | 03:46:26 |
| 189 | K24-39 | Louise Munkholm              |                             | 00:52:34 248     | 00:34:32 226     | 00:40:41 169     | 00:47:48 207     | 00:51:06 187     | 03:46:41 |
| 190 | K24-39 | Louise Houbak                |                             | 00:51:42 213     | 00:34:47 237     | 00:41:26 202     | 00:47:11 192     | 00:51:50 205     | 03:46:56 |
| 191 | K00-23 | Naja Kirstine Andersen       |                             | 00:53:46 297     | 00:32:45 147     | 00:42:07 222     | 00:46:26 160     | 00:51:55 208     | 03:46:59 |
| 192 | K00-23 | Josephine Mortensen          | Coop Bornholm 2             | 00:51:50 218     | 00:34:11 212     | 00:42:26 242     | 00:47:16 193     | 00:51:22 197     | 03:47:05 |
| 193 | K50-54 | Henriette Riparbelli-Joensen |                             | 00:51:08 198     | 00:33:56 199     | 00:43:06 271     | 00:47:23 197     | 00:51:41 203     | 03:47:14 |
| 194 | K24-39 | Charlotte Astrid Gehrt       |                             | 00:54:26 326     | 00:34:06 205     | 00:41:05 186     | 00:47:08 190     | 00:50:38 177     | 03:47:23 |
| 195 | K24-39 | Ruth Morthorst               | AK 73                       | 00:52:08 227     | 00:34:42 233     | 00:41:15 192     | 00:47:27 199     | 00:51:55 209     | 03:47:27 |
| 196 | K50-54 | Rie Lyed Steinicke           | New Balance                 | 00:50:46 190     | 00:35:05 249     | 00:41:22 198     | 00:48:38 242     | 00:51:39 201     | 03:47:30 |
| 197 | K55-59 | Berit Gammelgaard Husted     | Præstøløberne               | 00:50:39 186     | 00:34:25 221     | 00:41:43 210     | 00:47:57 211     | 00:52:50 247     | 03:47:34 |
| 198 | K45-49 | Birgitte Wahlfelt            |                             | 00:55:32 381     | 00:34:21 219     | 00:41:02 182     | 00:46:29 162     | 00:50:38 178     | 03:48:02 |
| 199 | K24-39 | Katrine Friis Hjerrild       |                             | 00:52:44 261     | 00:34:08 207     | 00:40:31 162     | 00:48:15 225     | 00:52:28 229     | 03:48:06 |
| 200 | K24-39 | Barbara Askham               | Team Lerche                 | 00:53:24 285     | 00:34:53 242     | 00:41:33 206     | 00:46:14 154     | 00:52:03 213     | 03:48:07 |
| 201 | K50-54 | Lene Bloch                   | Bornholms Hospital 2        | 00:52:50 267     | 00:33:05 158     | 00:42:57 267     | 00:49:36 281     | 00:49:42 149     | 03:48:10 |
| 202 | K40-44 | Inge Holm Kruse              |                             | 00:50:12 172     | 00:33:48 188     | 00:42:36 251     | 00:48:47 249     | 00:52:50 249     | 03:48:13 |



**BERIT JØRGENSEN** i sidste sving på den sidste etape.



## KVINDELØB 2014

TORS DAG DEN 29. MAJ 2014 KL. 12:30

Løbet afvikles i forbindelse med Fritidsudstillingen på Gålløkken Campingplads. Ruten er 5 km. Underlaget er skovstier og lidt asfalt. Ruten er flad, men spændende og en stor naturoplevelse. Der løbes på Gålløkken.

Læs mere: [www.viking-atletik.dk/site/kvindeloeb/](http://www.viking-atletik.dk/site/kvindeloeb/)

2007

2008

2009

2010

2011

2012

2013

TOTAL

3:04:49

3:12:08

3:09:23

3:18:16

3:15:15

3:14:09

3:18:39

63:52:58

3:27:07

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68:07:48

4:14:11

4:11:25

4:17:38

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4:49:19

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80:28:25

4:08:11

4:13:53

4:19:33

4:18:45

4:15:39

5:27:23

4:31:21

80:49:14

4:06:47

4:17:13

6:46:57

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4:25:10

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4:35:23

82:37:35

4:10:48

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4:41:33

4:47:25

4:55:53

83:01:58

4:33:14

4:45:17

4:53:29

4:55:36

5:11:33

5:16:39

5:52:04

91:08:09

## GULDSPONSOR

Bornholms Brand



| NR. | KLASSE | NAVN                          | KLUB                          | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|-------------------------------|-------------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 203 | K24-39 | Line Johansen                 | Superbrugsen Klemensker       | 00:52:34 245     | 00:34:23 220     | 00:40:58 179     | 00:46:36 169     | 00:53:46 273     | 03:48:17 |
| 204 | K24-39 | Ulla Nedergård Pedersen       | Team Krøllebølles Bentøj      | 00:51:47 217     | 00:34:01 201     | 00:42:09 226     | 00:47:45 206     | 00:52:35 232     | 03:48:17 |
| 205 | K24-39 | Mette Brix                    | Team BB                       | 00:51:02 196     | 00:34:03 202     | 00:42:38 253     | 00:48:37 239     | 00:52:05 215     | 03:48:25 |
| 206 | K40-44 | Annette Munch-Jensen          | Bo42                          | 00:50:31 183     | 00:34:46 236     | 00:42:25 239     | 00:48:37 240     | 00:52:13 223     | 03:48:32 |
| 207 | K45-49 | Anne-Mette Lindgaard          | TIF                           | 00:52:33 243     | 00:33:47 186     | 00:42:12 231     | 00:48:12 223     | 00:51:52 206     | 03:48:36 |
| 208 | K40-44 | Helle Gammelgaard             |                               | 00:52:43 259     | 00:34:09 208     | 00:41:19 197     | 00:48:09 220     | 00:52:21 226     | 03:48:41 |
| 209 | K40-44 | Helle Rasmussen               | FIF 2                         | 00:51:45 216     | 00:35:12 256     | 00:41:29 204     | 00:48:23 231     | 00:51:59 210     | 03:48:48 |
| 210 | K24-39 | Kirsten Tønnesen              | VELUX Løbeklub                | 00:50:44 188     | 00:33:50 191     | 00:41:43 212     | 00:49:58 293     | 00:52:54 250     | 03:49:09 |
| 211 | K45-49 | Charlotte Kjær                |                               | 00:53:00 271     | 00:33:55 197     | 00:41:29 205     | 00:47:44 205     | 00:53:09 252     | 03:49:17 |
| 212 | K24-39 | Anja L. Vilsholm              |                               | 00:52:39 255     | 00:34:14 214     | 00:42:29 244     | 00:47:32 200     | 00:52:29 230     | 03:49:23 |
| 213 | K24-39 | Nanna-Freja Riis Larsen       |                               | 00:51:44 214     | 00:36:47 340     | 00:41:52 218     | 00:46:53 178     | 00:52:10 221     | 03:49:26 |
| 214 | K24-39 | Mette Moffett                 | Novo Gruppens Løbeklub        | 00:50:25 179     | 00:36:07 305     | 00:42:21 238     | 00:49:09 260     | 00:51:27 199     | 03:49:29 |
| 215 | K40-44 | Jeanett Kiel Rasmussen        |                               | 00:51:32 211     | 00:33:52 193     | 00:42:09 227     | 00:48:34 237     | 00:53:24 255     | 03:49:31 |
| 216 | K40-44 | Maria Howardsen               |                               | 00:51:30 209     | 00:34:31 225     | 00:42:09 225     | 00:48:49 250     | 00:52:49 246     | 03:49:48 |
| 217 | K50-54 | Conny Hansen                  | Viking Atletik 10             | 00:52:09 228     | 00:34:17 215     | 00:42:34 248     | 00:48:32 233     | 00:52:16 224     | 03:49:48 |
| 218 | K24-39 | Dinah Lerdahl Holm            |                               | 00:52:29 241     | 00:35:08 251     | 00:41:46 214     | 00:48:21 228     | 00:52:07 219     | 03:49:51 |
| 219 | K40-44 | Dorte Holm Poulmann           | tdc                           | 00:51:26 206     | 00:34:33 227     | 00:42:03 220     | 00:48:23 230     | 00:53:27 257     | 03:49:52 |
| 220 | K24-39 | Helle Korsled                 | Team Bjæverskov               | 00:51:56 222     | 00:33:56 198     | 00:42:26 240     | 00:48:55 253     | 00:52:41 237     | 03:49:54 |
| 221 | K45-49 | Marianne Beisner              | SÅN-Løberne Kvinder           | 00:51:13 201     | 00:34:06 204     | 00:42:46 259     | 00:48:40 244     | 00:53:20 254     | 03:50:05 |
| 222 | K40-44 | Lisbeth Schmidt Andersen      |                               | 00:52:47 264     | 00:35:23 268     | 00:41:43 211     | 00:47:52 209     | 00:52:42 238     | 03:50:27 |
| 223 | K00-23 | Solveig Elisabeth Reichert    |                               | 00:51:57 223     | 00:34:26 223     | 00:42:06 221     | 00:49:24 272     | 00:52:37 234     | 03:50:30 |
| 224 | K24-39 | Annemette Phil                | Snapeklubben                  | 00:52:38 253     | 00:34:13 213     | 00:42:14 233     | 00:48:23 229     | 00:53:36 265     | 03:51:04 |
| 225 | K45-49 | Bodil Kuhlmann                | FIF 3                         | 00:52:02 224     | 00:35:12 258     | 00:42:33 247     | 00:48:36 238     | 00:52:47 242     | 03:51:10 |
| 226 | K24-39 | Lise Lotte Lyck               |                               | 00:52:49 265     | 00:35:00 246     | 00:42:26 243     | 00:48:15 224     | 00:52:43 239     | 03:51:13 |
| 227 | K50-54 | Liv Kooyman                   | Romerike Runners Team         | 00:52:31 242     | 00:34:17 216     | 00:41:53 219     | 00:49:21 269     | 00:53:25 256     | 03:51:27 |
| 228 | K40-44 | Helle Mogensen                | Familieferie bornholm         | 00:51:27 207     | 00:35:20 263     | 00:42:08 224     | 00:48:52 251     | 00:53:54 277     | 03:51:41 |
| 229 | K45-49 | Rikke Dehnbostel              | HGATM                         | 00:52:33 244     | 00:33:48 187     | 00:41:51 217     | 00:47:18 194     | 00:56:18 367     | 03:51:48 |
| 230 | K40-44 | Louise Drews                  |                               | 00:52:26 239     | 00:34:40 231     | 00:42:35 250     | 00:48:03 216     | 00:54:07 285     | 03:51:51 |
| 231 | K00-23 | Camilla Orloff                |                               | 00:51:36 212     | 00:35:36 276     | 00:42:47 260     | 00:49:17 266     | 00:52:50 248     | 03:52:06 |
| 232 | K40-44 | Helle Fredensborg             | Bornholms Hospital            | 00:52:44 260     | 00:35:18 261     | 00:42:35 249     | 00:48:47 248     | 00:52:46 240     | 03:52:10 |
| 233 | K24-39 | Ditte Dalsgaard Hansen        | Superbrugsen Klemensker       | 00:52:34 247     | 00:34:51 241     | 00:42:18 234     | 00:48:06 219     | 00:54:24 291     | 03:52:13 |
| 234 | K45-49 | Ulla Engell                   |                               | 00:52:18 235     | 00:35:45 286     | 00:42:52 263     | 00:48:39 243     | 00:52:47 244     | 03:52:21 |
| 235 | K65-69 | Bente Lauritsen               | Haslev Løbeklub               | 00:51:44 215     | 00:35:44 285     | 00:42:42 258     | 00:48:47 247     | 00:53:30 259     | 03:52:27 |
| 236 | K24-39 | Sidse Nikoline Stavad         |                               | 00:53:15 280     | 00:35:14 259     | 00:43:09 274     | 00:48:38 241     | 00:52:20 225     | 03:52:36 |
| 237 | K24-39 | Viki Koføed                   |                               | 00:53:14 279     | 00:34:47 238     | 00:42:10 228     | 00:49:29 276     | 00:52:58 251     | 03:52:38 |
| 238 | K45-49 | Ellen Hagen Christiansen      | Greve Trim                    | 00:52:38 254     | 00:35:21 265     | 00:42:20 237     | 00:49:41 283     | 00:52:47 245     | 03:52:47 |
| 239 | K24-39 | Stine Ruberg Pedersen         | Haslev løbeklub               | 00:54:24 324     | 00:34:59 245     | 00:42:30 245     | 00:48:21 227     | 00:52:36 233     | 03:52:50 |
| 240 | K24-39 | Maria Buchmann                |                               | 00:52:40 257     | 00:35:12 257     | 00:43:47 308     | 00:48:33 235     | 00:52:39 236     | 03:52:51 |
| 241 | K24-39 | Mette Kuhre                   |                               | 00:53:07 276     | 00:34:19 217     | 00:43:18 278     | 00:48:03 217     | 00:54:20 289     | 03:53:07 |
| 242 | K40-44 | Heidi Muxoll Engvej           |                               | 00:53:09 278     | 00:35:08 250     | 00:42:59 268     | 00:49:51 287     | 00:52:02 212     | 03:53:09 |
| 243 | K24-39 | Siri Kerta Møller             | Tingsted Pilefarm             | 00:52:16 232     | 00:32:45 145     | 00:44:13 325     | 00:48:01 214     | 00:56:04 356     | 03:53:19 |
| 244 | K00-23 | Sofie Føns                    | OK Gorm                       | 00:53:23 284     | 00:35:03 248     | 00:43:25 284     | 00:48:10 222     | 00:53:39 267     | 03:53:40 |
| 245 | K40-44 | Sanna Elisabeth Nielsen       | Campus Bornholm 2             | 00:52:53 268     | 00:33:50 192     | 00:43:15 277     | 00:50:19 304     | 00:53:40 269     | 03:53:57 |
| 246 | K24-39 | Edit Lulu Nielsen             |                               | 00:54:26 325     | 00:34:49 239     | 00:42:40 255     | 00:48:33 236     | 00:53:44 272     | 03:54:12 |
| 247 | K24-39 | Marie Nikolajsen              | Os fra Wong                   | 00:52:41 258     | 00:34:10 210     | 00:42:18 235     | 00:49:33 279     | 00:55:32 333     | 03:54:14 |
| 248 | K24-39 | Sofie Clausen                 |                               | 00:52:39 256     | 00:35:36 277     | 00:42:26 241     | 00:49:14 264     | 00:54:27 293     | 03:54:22 |
| 249 | K00-23 | Kathrine Elelby               |                               | 00:55:00 358     | 00:32:11 127     | 00:44:24 335     | 00:47:19 195     | 00:55:31 330     | 03:54:25 |
| 250 | K65-69 | Irmtraut Windisch             | VfL Dresden-Bühlau            | 00:52:36 251     | 00:36:33 327     | 00:42:55 265     | 00:50:40 317     | 00:52:06 217     | 03:54:50 |
| 251 | K24-39 | Rikke Holm Larsen             |                               | 00:52:17 233     | 00:34:50 240     | 00:43:38 300     | 00:50:16 302     | 00:53:52 275     | 03:54:53 |
| 252 | K45-49 | Hanne Milling                 | Fredensborg AK                | 00:53:52 301     | 00:34:40 232     | 00:42:39 254     | 00:49:08 259     | 00:54:36 298     | 03:54:55 |
| 253 | K45-49 | Birgit Jørgensen              | UngePorten/Jobcenter Bornholm | 00:53:22 283     | 00:35:11 255     | 00:43:19 279     | 00:49:17 265     | 00:53:49 274     | 03:54:58 |
| 254 | K40-44 | Majbritt Olesen               | Rønne                         | 00:52:06 226     | 00:36:30 324     | 00:43:08 273     | 00:49:43 284     | 00:53:31 261     | 03:54:58 |
| 255 | K24-39 | Helga Grønegaard              |                               | 00:53:07 277     | 00:35:28 271     | 00:43:26 285     | 00:49:30 277     | 00:53:32 263     | 03:55:03 |
| 256 | K24-39 | Emilie Møller Kudahl          |                               | 00:55:09 365     | 00:35:19 262     | 00:42:41 257     | 00:48:24 232     | 00:53:39 266     | 03:55:12 |
| 257 | K24-39 | Jeanette Nielsen              |                               | 00:52:14 230     | 00:34:38 230     | 00:43:14 275     | 00:49:54 289     | 00:55:13 322     | 03:55:13 |
| 258 | K50-54 | Karen Hjorth Hansen           | Bornholms Regionskommune      | 00:53:34 292     | 00:35:23 267     | 00:42:12 230     | 00:49:05 256     | 00:55:02 316     | 03:55:16 |
| 259 | K40-44 | Jennifer Harvey               |                               | 00:52:34 250     | 00:35:36 278     | 00:43:40 301     | 00:50:01 294     | 00:53:35 264     | 03:55:26 |
| 260 | K60-64 | Anette Lem                    |                               | 00:54:02 306     | 00:35:02 247     | 00:43:29 290     | 00:49:07 257     | 00:53:59 281     | 03:55:39 |
| 261 | K50-54 | Elsebeth Jensen               |                               | 00:52:28 240     | 00:35:48 289     | 00:43:30 291     | 00:49:22 271     | 00:54:34 297     | 03:55:42 |
| 262 | K24-39 | Mie Kofod Hansen              | Bornholms Forsyning A/S       | 00:53:05 275     | 00:35:27 270     | 00:46:09 436     | 00:48:41 246     | 00:52:27 228     | 03:55:49 |
| 263 | K24-39 | Marie Wolsing                 | Præstøløberne                 | 00:54:12 311     | 00:36:36 328     | 00:42:48 261     | 00:48:10 221     | 00:54:10 286     | 03:55:56 |
| 264 | K45-49 | Jeanet Bjerregaard            | Strandløberne Snøgebæk        | 00:53:41 296     | 00:35:10 254     | 00:43:42 304     | 00:49:17 267     | 00:54:17 288     | 03:56:07 |
| 265 | K50-54 | Joan Schmidt                  |                               | 00:53:53 303     | 00:37:14 372     | 00:43:34 296     | 00:48:41 245     | 00:52:47 243     | 03:56:09 |
| 266 | K00-23 | Katrine Thingholm Norup       |                               | 00:54:16 317     | 00:35:58 299     | 00:42:56 266     | 00:48:55 252     | 00:54:16 287     | 03:56:21 |
| 267 | K24-39 | Verena Gulstad                | Bornholms Hospital 3          | 00:53:05 274     | 00:37:13 370     | 00:43:23 282     | 00:49:14 262     | 00:53:30 260     | 03:56:25 |
| 268 | K00-23 | Rie Just Jespersgaard         |                               | 00:54:42 338     | 00:35:33 273     | 00:43:14 276     | 00:49:28 274     | 00:53:40 268     | 03:56:37 |
| 269 | K55-59 | Lene Holm                     |                               | 00:52:16 231     | 00:35:55 297     | 00:43:05 270     | 00:50:10 299     | 00:55:17 323     | 03:56:43 |
| 270 | K50-54 | Hanne Nisbeth                 | Fugato 1                      | 00:53:53 304     | 00:35:09 252     | 00:43:44 306     | 00:49:25 273     | 00:54:40 302     | 03:56:51 |
| 271 | K45-49 | Anne Krebs                    |                               | 00:53:27 288     | 00:36:38 332     | 00:43:07 272     | 00:49:50 286     | 00:54:00 282     | 03:57:02 |
| 272 | K45-49 | Pernille Folkmann             | Fredensborg AK                | 00:52:34 246     | 00:35:09 253     | 00:43:43 305     | 00:52:08 380     | 00:53:31 262     | 03:57:05 |
| 273 | K24-39 | Christina Louise Funch Koføed | Sparta 2                      | 00:53:31 290     | 00:36:13 310     | 00:44:04 318     | 00:49:47 285     | 00:53:43 271     | 03:57:18 |
| 274 | K24-39 | Ann-Camilla Kjærpe            |                               | 00:52:38 252     | 00:36:20 316     | 00:43:51 310     | 00:50:08 296     | 00:54:31 294     | 03:57:28 |
| 275 | K24-39 | Pernille Dahl Andersen        |                               | 00:52:21 237     | 00:35:55 296     | 00:43:30 292     | 00:50:26 307     | 00:55:22 324     | 03:57:34 |
| 276 | K55-59 | Helle Møller Olsen            | SÅN-Løberne Kvinder           | 00:53:39 295     | 00:35:41 282     | 00:43:35 297     | 00:50:14 301     | 00:54:38 299     | 03:57:47 |
| 277 | K45-49 | Jorunn Olsen                  |                               | 00:52:19 236     | 00:36:46 338     | 00:42:32 246     | 00:50:18 303     | 00:56:04 355     | 03:57:59 |
| 278 | K24-39 | Caroline Poulsen              |                               | 00:55:10 367     | 00:35:53 294     | 00:42:52 264     | 00:50:11 300     | 00:53:59 280     | 03:58:05 |
| 279 | K00-23 | Signe Løvgreen                |                               | 00:52:49 266     | 00:35:37 279     | 00:44:27 337     | 00:50:27 308     | 00:54:49 306     | 03:58:09 |
| 280 | K45-49 | Cecilia Lundholm              | Psykoterapeutisk Institut     | 00:56:29 431     | 00:34:44 234     | 00:42:36 252     | 00:49:00 255     | 00:55:28 328     | 03:58:17 |



LAILA SPRING EHLERS brugte 1:03:29 på den sidste etapes 10 km gennem og rundt omkring i Rønne.



Etapevinder **ISABELLA ANDERSSON** fra Hässelby SK svæver i mål på tredje etape i tiden 27:29. Det giver en gennemsnitlig km-tid på 3:31 minut.

| NR. | KLASSE | NAVN                        | KLUB                     | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|-----------------------------|--------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 281 | K24-39 | Katrine Andersen            |                          | 00:50:24 177     | 00:35:37 280     | 00:45:24 390     | 00:52:52 406     | 00:54:03 283     | 03:58:20 |
| 282 | K24-39 | Anne Vang                   |                          | 00:54:45 339     | 00:35:38 281     | 00:43:22 280     | 00:49:34 280     | 00:55:31 329     | 03:58:50 |
| 283 | K50-54 | Tina Nielsen                | RBK                      | 00:52:34 249     | 00:35:46 287     | 00:43:34 295     | 00:50:34 314     | 00:56:26 371     | 03:58:54 |
| 284 | K00-23 | Julie Jørgensen             |                          | 00:53:55 305     | 00:36:18 315     | 00:43:26 286     | 00:48:58 254     | 00:56:48 390     | 03:59:25 |
| 285 | K40-44 | Lone Vinhard                | Running26                | 00:54:20 320     | 00:36:51 347     | 00:43:26 287     | 00:49:54 291     | 00:54:54 311     | 03:59:25 |
| 286 | K24-39 | Christina Fussing           | Hyggeløberne             | 00:55:42 391     | 00:34:25 222     | 00:44:42 345     | 00:49:56 292     | 00:54:49 304     | 03:59:34 |
| 287 | K45-49 | Lise Schandorff Christensen |                          | 00:53:34 293     | 00:35:16 260     | 00:44:56 364     | 00:51:05 334     | 00:54:53 310     | 03:59:44 |
| 288 | K50-54 | Annette Gertsen             | Præstøløberne            | 00:54:10 309     | 00:36:29 322     | 00:43:33 294     | 00:50:35 315     | 00:55:03 317     | 03:59:50 |
| 289 | K24-39 | Susie Jørgensen             | Færgen 1                 | 00:52:54 269     | 00:36:27 321     | 00:43:42 303     | 00:51:13 340     | 00:55:38 337     | 03:59:54 |
| 290 | K45-49 | Maria Kold Ehlers           | Coop Bornholm 1          | 00:56:22 425     | 00:36:03 304     | 00:42:51 262     | 00:49:14 263     | 00:55:26 326     | 03:59:56 |
| 291 | K50-54 | Marianne Dyrbye             | Roskilde Motion          | 00:53:27 287     | 00:35:42 283     | 00:44:17 328     | 00:50:49 326     | 00:55:44 342     | 03:59:59 |
| 292 | K60-64 | Helga Pedersen              | IK Hellas                | 00:53:32 291     | 00:36:50 346     | 00:43:27 288     | 00:50:30 309     | 00:55:42 341     | 04:00:01 |
| 293 | K00-23 | Fie Moore-Kofod             |                          | 00:55:07 362     | 00:36:40 334     | 00:43:38 299     | 00:50:08 297     | 00:54:47 303     | 04:00:20 |
| 294 | K24-39 | Mia Nordow                  |                          | 00:54:53 348     | 00:36:39 333     | 00:43:24 283     | 00:50:47 324     | 00:54:39 300     | 04:00:22 |
| 295 | K50-54 | Bente Dam Gornitzka         |                          | 00:53:53 302     | 00:35:21 266     | 00:44:49 353     | 00:50:48 325     | 00:55:34 336     | 04:00:25 |
| 296 | K45-49 | Lillian Munk-Christensen    | Viking Atletik 9         | 00:53:04 273     | 00:35:29 272     | 00:43:53 312     | 00:51:04 332     | 00:56:59 400     | 04:00:29 |
| 297 | K50-54 | Malene Rying                |                          | 00:53:49 299     | 00:36:38 331     | 00:44:31 339     | 00:51:13 339     | 00:54:31 296     | 04:00:42 |
| 298 | K50-54 | Marianne Thingholm          |                          | 00:54:47 344     | 00:36:23 318     | 00:44:45 349     | 00:49:18 268     | 00:55:32 332     | 04:00:45 |
| 299 | K55-59 | Lis Grønqvist               |                          | 00:52:59 270     | 00:36:18 313     | 00:44:33 341     | 00:50:45 321     | 00:56:18 368     | 04:00:53 |
| 300 | K55-59 | Birthe Ruberg Pedersen      | Haslev løbeklub          | 00:54:16 315     | 00:35:50 291     | 00:43:56 315     | 00:50:43 319     | 00:56:08 362     | 04:00:53 |
| 301 | K50-54 | Hanne Kjær                  | IK Hellas                | 00:54:15 314     | 00:35:52 292     | 00:45:02 369     | 00:49:52 288     | 00:55:59 351     | 04:01:00 |
| 302 | K45-49 | Inge-Lise Holmslykke        |                          | 00:53:47 298     | 00:37:32 394     | 00:44:54 361     | 00:50:53 327     | 00:53:58 278     | 04:01:04 |
| 303 | K24-39 | Mette Rygaard               |                          | 00:55:27 378     | 00:35:44 284     | 00:44:08 322     | 00:49:54 290     | 00:56:05 357     | 04:01:18 |
| 304 | K45-49 | Rita Neergaard              | GREVE TRIM               | 00:54:22 322     | 00:36:26 319     | 00:45:06 375     | 00:50:35 316     | 00:54:52 309     | 04:01:21 |
| 305 | K24-39 | Sophie Strange              |                          | 00:44:00 44      | 00:38:21 445     | 00:47:22 488     | 00:53:33 442     | 00:58:20 449     | 04:01:36 |
| 306 | K40-44 | Karin Kofoed                | Bornholms Regionskommune | 00:55:08 364     | 00:36:29 323     | 00:43:56 316     | 00:50:46 323     | 00:55:40 338     | 04:01:59 |
| 307 | K24-39 | Maja Nederlund Hansen       |                          | 00:57:16 464     | 00:36:49 344     | 00:44:50 354     | 00:49:12 261     | 00:53:54 276     | 04:02:01 |
| 308 | K55-59 | Ane Nordow                  |                          | 00:54:58 355     | 00:35:56 298     | 00:44:45 348     | 00:50:46 322     | 00:55:40 339     | 04:02:05 |
| 309 | K40-44 | Helle Andersson             |                          | 00:54:41 337     | 00:37:25 385     | 00:43:38 298     | 00:51:20 343     | 00:55:08 320     | 04:02:12 |
| 310 | K50-54 | Lotte Tranberg              | Bornholms Forsyning      | 00:54:48 345     | 00:36:49 342     | 00:44:05 320     | 00:51:35 355     | 00:54:56 314     | 04:02:13 |
| 311 | K60-64 | Merete Mortensen            | ØB-Atletik               | 00:54:12 310     | 00:35:53 295     | 00:44:10 323     | 00:52:20 392     | 00:55:51 346     | 04:02:26 |
| 312 | K24-39 | Kristine Frederiksen        | FIF 3                    | 00:55:46 393     | 00:40:20 547     | 00:47:28 495     | 00:42:11 68      | 00:56:43 385     | 04:02:28 |



### AKTIV EFTERÅRSFERIE 2013

Kom og løb 12-20. oktober 2013

Tre motionsløb på 3 dage for børn, unge og ældre - alle kan deltage. Mandag den 14. oktober kl. 14:00 i Gudhjem. 2 km. Tirsdag den 15. oktober kl. 14:00 i Hasle. 10 km / 3,4 km. Onsdag den 16. oktober kl. 19:00 i Rønne. Nat- og Haloweenløb. 5 km / 2,5 km. Andre løb i efterårsferien: Søndag den 13. oktober er der maraton og ½ maraton. Lørdag den 19. oktober kl. 13:15 i Nyker. 2 km / 4 km.  
Læs mere: [www.viking-atletik.dk/site/303/](http://www.viking-atletik.dk/site/303/)

## KLASSEVINDERE/CLASSWINNERS KVINDER/WOMEN

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| K00-23 | Celine Jensen           |                                    | 00:43:07 | 34   | 00:28:12 | 32    | 00:34:25 | 32    | 00:39:39 | 29    | 00:43:08 | 30    | 03:08:31   |
| K40-44 | Melina N. Olsen         | Bagsværd Atletik 1                 | 00:39:34 | 16   | 00:25:45 | 12    | 00:31:26 | 10    | 00:36:02 | 10    | 00:40:38 | 16    | 02:53:25   |
| K45-49 | Ulla Binderup Jacobsen  | Viborg AM                          | 00:39:29 | 14   | 00:26:37 | 16    | 00:31:45 | 14    | 00:36:55 | 14    | 00:39:52 | 13    | 02:54:38   |
| K50-54 | Anette Bidstrup         | Viking Atletik 6                   | 00:44:49 | 55   | 00:29:28 | 52    | 00:35:32 | 45    | 00:40:59 | 46    | 00:44:26 | 46    | 03:15:14   |
| K55-59 | Vibeke Hansen           | Snik                               | 00:41:13 | 21   | 00:27:28 | 27    | 00:33:17 | 19    | 00:38:35 | 23    | 00:41:51 | 22    | 03:02:24   |
| K60-64 | Kirsti Mathilde Johnsen | Tønsberg friidrettsklubb           | 00:42:18 | 28   | 00:28:34 | 41    | 00:34:53 | 40    | 00:40:00 | 34    | 00:43:22 | 31    | 03:09:07   |
| K65-69 | Bente Lauritsen         | Haslev Løbeklub                    | 00:51:44 | 215  | 00:35:44 | 285   | 00:42:42 | 258   | 00:48:47 | 247   | 00:53:30 | 259   | 03:52:27   |
| K70-99 | Alice Broksø            | Blovstrød Løverne - De gamle løver | 01:00:46 | 588  | 00:39:07 | 499   | 00:49:17 | 571   | 00:57:36 | 581   | 01:01:38 | 574   | 04:28:24   |

|     |        |                            |                             |              |              |              |              |              |          |
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| 313 | K24-39 | Annemarie Arnvig Hansen    | Protreatment                | 00:54:19 319 | 00:37:30 391 | 00:44:08 321 | 00:51:02 331 | 00:55:34 335 | 04:02:33 |
| 314 | K45-49 | Tina Elleby                |                             | 00:55:34 382 | 00:36:57 351 | 00:43:56 314 | 00:50:43 318 | 00:55:53 347 | 04:03:03 |
| 315 | K24-39 | Heidi Larsen               | ØIF                         | 00:55:15 371 | 00:36:18 314 | 00:45:05 373 | 00:50:55 328 | 00:55:31 331 | 04:03:04 |
| 316 | K24-39 | Line Berglund Petersen     |                             | 00:55:18 373 | 00:37:33 395 | 00:44:25 336 | 00:50:45 320 | 00:55:04 318 | 04:03:05 |
| 317 | K00-23 | Ditte Ørsted Johansen      |                             | 00:53:20 282 | 00:36:00 301 | 00:43:55 313 | 00:50:08 298 | 00:59:43 505 | 04:03:06 |
| 318 | K40-44 | Helle Vinther Kristensen   |                             | 00:55:38 388 | 00:36:54 349 | 00:44:23 332 | 00:49:39 282 | 00:56:34 378 | 04:03:08 |
| 319 | K24-39 | Mie Andreassen             |                             | 00:54:55 352 | 00:36:13 309 | 00:44:36 343 | 00:51:34 353 | 00:55:51 345 | 04:03:09 |
| 320 | K24-39 | Sara Løngreen              |                             | 00:54:06 308 | 00:37:12 369 | 00:44:32 340 | 00:51:54 369 | 00:55:26 327 | 04:03:10 |
| 321 | K55-59 | Birthe Hedegård            | Aarhus 1900                 | 00:54:40 335 | 00:36:59 356 | 00:45:13 385 | 00:51:29 348 | 00:54:52 308 | 04:03:13 |
| 322 | K24-39 | Maria Marstrand            |                             | 00:57:05 453 | 00:35:35 274 | 00:43:52 311 | 00:50:26 306 | 00:56:27 373 | 04:03:25 |
| 323 | K00-23 | Bernadette Mortensen       | Goodwood                    | 00:55:13 369 | 00:35:35 275 | 00:45:06 376 | 00:50:59 330 | 00:56:43 383 | 04:03:36 |
| 324 | K40-44 | Camilla Lætgaard           | Himmelev Tandlægehus        | 00:54:37 332 | 00:37:22 380 | 00:45:15 386 | 00:51:32 351 | 00:55:00 315 | 04:03:46 |
| 325 | K00-23 | Maria Ladegaard            |                             | 00:52:25 238 | 00:38:03 418 | 00:43:42 302 | 00:52:54 408 | 00:56:59 398 | 04:04:03 |
| 326 | K55-59 | Katie Alice Sørensen       | IK Hellas                   | 00:54:46 341 | 00:36:42 335 | 00:45:42 408 | 00:51:47 362 | 00:55:08 321 | 04:04:05 |
| 327 | K24-39 | Inna Andersen              |                             | 00:55:26 376 | 00:38:05 420 | 00:45:01 368 | 00:51:04 333 | 00:54:31 295 | 04:04:07 |
| 328 | K65-69 | Aase Holm                  | SÅN-Løberne Kvinder         | 00:55:01 359 | 00:35:46 288 | 00:43:46 307 | 00:50:55 329 | 00:58:41 457 | 04:04:09 |
| 329 | K50-54 | Lisbet Dose                | SAS Løbeklub                | 00:56:22 424 | 00:37:12 368 | 00:44:44 347 | 00:50:03 295 | 00:55:48 344 | 04:04:09 |
| 330 | K55-59 | Ida Kjems                  | SAS Løbeklub                | 00:54:45 340 | 00:37:15 373 | 00:44:43 346 | 00:52:57 412 | 00:54:49 305 | 04:04:29 |
| 331 | K45-49 | Anne-Marie Salby           | AAIG-Tri og Motion Aabenraa | 00:54:16 316 | 00:37:18 376 | 00:44:21 330 | 00:51:13 341 | 00:57:21 411 | 04:04:29 |
| 332 | K45-49 | Dorthe M. Wiuf Nielsen     | Sparta 2                    | 00:55:21 374 | 00:37:50 408 | 00:45:39 404 | 00:49:22 270 | 00:56:21 369 | 04:04:33 |
| 333 | K50-54 | Charlotte Grauert          |                             | 00:54:27 327 | 00:35:21 264 | 00:44:45 350 | 00:53:27 433 | 00:56:35 379 | 04:04:35 |
| 334 | K00-23 | Sonja Pagab                |                             | 00:54:22 323 | 00:35:58 300 | 00:44:13 324 | 00:52:20 393 | 00:57:54 431 | 04:04:47 |
| 335 | K45-49 | Lone Steen Bech            | Team Råhygge                | 00:55:47 394 | 00:35:49 290 | 00:44:55 362 | 00:51:39 359 | 00:57:03 403 | 04:05:13 |
| 336 | K24-39 | Christina Werge            |                             | 00:56:06 411 | 00:36:33 326 | 00:44:24 334 | 00:51:21 344 | 00:56:57 397 | 04:05:21 |
| 337 | K24-39 | Dorte Drechsler Sigvardsen | Houlkær Løb & Motion/VEXA   | 00:55:51 398 | 00:37:39 400 | 00:44:16 326 | 00:51:32 352 | 00:56:05 358 | 04:05:23 |
| 338 | K50-54 | Karin Bech                 | Nyvest Badminton            | 00:56:53 446 | 00:37:37 397 | 00:44:20 329 | 00:51:57 370 | 00:54:40 301 | 04:05:27 |
| 339 | K24-39 | Mette Thomsen              |                             | 00:55:39 389 | 00:36:00 302 | 00:44:59 366 | 00:51:59 373 | 00:56:56 395 | 04:05:33 |
| 340 | K45-49 | Lone Pedersen              | HGATM                       | 00:54:31 329 | 00:38:52 480 | 00:43:22 281 | 00:51:08 336 | 00:57:51 429 | 04:05:44 |

## BRONZESPONSOR

Beck



| NR. | KLASSE | NAVN                           | KLUB                           | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
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| 341 | K45-49 | Susanne Svensson               | Guldborgsundløberne            | 00:54:16 318     | 00:38:20 444     | 00:45:19 388     | 00:52:13 386     | 00:55:41 340     | 04:05:49 |
| 342 | K24-39 | Anna-Lena Lazardzig            | Triabolos Hamburg e.V.         | 00:56:04 409     | 00:37:27 388     | 00:44:46 351     | 00:51:22 345     | 00:56:17 366     | 04:05:56 |
| 343 | K65-69 | Karin Nielsen                  |                                | 00:54:46 342     | 00:43:21 655     | 00:43:31 293     | 00:49:29 275     | 00:54:51 307     | 04:05:58 |
| 344 | K24-39 | Randi Jøllse                   | Viking Atletik 7               | 00:54:59 357     | 00:36:26 320     | 00:44:22 331     | 00:52:01 374     | 00:58:17 448     | 04:06:05 |
| 345 | K24-39 | Kristina Olsen                 |                                | 00:58:48 525     | 00:32:06 123     | 00:49:56 596     | 00:44:48 124     | 01:00:34 546     | 04:06:12 |
| 346 | K50-54 | Christina Hedlund              |                                | 00:54:29 328     | 00:36:46 339     | 00:45:39 403     | 00:52:35 397     | 00:56:45 386     | 04:06:14 |
| 347 | K40-44 | Gitte Abild                    | Team VLS                       | 00:55:36 385     | 00:37:51 410     | 00:45:01 367     | 00:52:03 377     | 00:55:45 343     | 04:06:16 |
| 348 | K24-39 | Rikke Kure Enghild             |                                | 00:56:17 421     | 00:37:49 407     | 00:44:55 363     | 00:52:13 387     | 00:55:04 319     | 04:06:18 |
| 349 | K45-49 | Nina Johansen                  | Hurricane Dream Team of Norway | 00:54:55 353     | 00:36:36 329     | 00:45:57 422     | 00:52:11 384     | 00:56:41 381     | 04:06:20 |
| 350 | K24-39 | Kristine Grønvall Bentsen      | SÅN-Løberne Kvinder            | 00:54:41 336     | 00:36:01 303     | 00:45:13 384     | 00:52:25 394     | 00:58:01 436     | 04:06:21 |
| 351 | K40-44 | Mette Jensen                   | Middelfart Motions Klub        | 00:55:10 366     | 00:37:11 366     | 00:45:44 411     | 00:51:50 364     | 00:56:29 374     | 04:06:24 |
| 352 | K45-49 | Helle Westergaard              | Strandløberne                  | 00:55:35 384     | 00:36:57 353     | 00:45:11 382     | 00:51:46 361     | 00:56:59 399     | 04:06:28 |
| 353 | K40-44 | Camilla Munch                  |                                | 00:55:58 404     | 00:36:48 341     | 00:45:42 409     | 00:51:53 368     | 00:56:08 361     | 04:06:29 |
| 354 | K40-44 | Mette Sejbjerg Andersen        | Skive                          | 00:54:14 313     | 00:37:21 379     | 00:45:10 381     | 00:51:15 342     | 00:58:35 455     | 04:06:35 |
| 355 | K40-44 | Rie Christiansen               | BPI                            | 00:55:38 387     | 00:36:21 317     | 00:46:00 427     | 00:51:09 338     | 00:57:34 417     | 04:06:42 |
| 356 | K40-44 | Arnheiður Huld Hafsteinsdóttir | Haukar                         | 00:55:37 386     | 00:38:16 435     | 00:43:56 317     | 00:55:04 501     | 00:53:59 279     | 04:06:52 |
| 357 | K50-54 | Annette Jakobsen               | Sparta 8                       | 00:54:54 349     | 00:37:18 375     | 00:45:35 398     | 00:52:56 411     | 00:56:15 364     | 04:06:58 |
| 358 | K55-59 | Lisbet Sonne Hansen            |                                | 00:55:13 370     | 00:36:07 307     | 00:45:47 414     | 00:52:16 388     | 00:57:38 420     | 04:07:01 |
| 359 | K65-69 | Tove Pallesen                  |                                | 00:55:10 368     | 00:37:00 358     | 00:45:26 392     | 00:52:05 379     | 00:57:22 412     | 04:07:03 |
| 360 | K24-39 | Anne Reimer                    |                                | 00:54:05 307     | 00:37:09 363     | 00:43:48 309     | 00:53:33 440     | 00:58:32 454     | 04:07:07 |
| 361 | K65-69 | Elisabeth Drewes               | IK Hellas Roskilde             | 00:55:48 396     | 00:37:26 387     | 00:45:42 407     | 00:51:52 367     | 00:56:26 370     | 04:07:14 |
| 362 | K24-39 | Pernille Andersen              | Katastrofe-/risikomanagerudd.  | 00:56:20 422     | 00:37:25 383     | 00:45:33 396     | 00:51:51 366     | 00:56:08 360     | 04:07:17 |
| 363 | K40-44 | Dorte Sørensen                 | GuldBageren Brøndby            | 00:54:50 346     | 00:37:38 399     | 00:45:23 389     | 00:53:05 420     | 00:56:32 376     | 04:07:28 |
| 364 | K45-49 | Ulla Jagd                      |                                | 00:54:39 334     | 00:38:03 419     | 00:45:36 399     | 00:53:03 418     | 00:56:27 372     | 04:07:48 |
| 365 | K45-49 | Susanne Garbrecht              | AAIG                           | 00:54:34 330     | 00:38:33 457     | 00:44:51 356     | 00:52:48 402     | 00:57:04 405     | 04:07:50 |
| 366 | K24-39 | Bine Palmberg                  | Tri4                           | 00:54:38 333     | 00:38:08 424     | 00:45:15 387     | 00:53:01 415     | 00:56:48 389     | 04:07:50 |
| 367 | K40-44 | Marianne Sørensen              |                                | 00:56:09 416     | 00:38:35 460     | 00:44:58 365     | 00:51:08 337     | 00:57:13 408     | 04:08:03 |
| 368 | K40-44 | Bodil Jørgensen                | Guldborgsundløberne            | 00:55:03 360     | 00:38:19 443     | 00:45:37 401     | 00:52:50 405     | 00:56:15 365     | 04:08:04 |
| 369 | K45-49 | Monica Svensson                | Ørkelljunga                    | 00:57:14 463     | 00:37:19 377     | 00:45:09 379     | 00:52:18 391     | 00:56:06 359     | 04:08:06 |
| 370 | K55-59 | Else Poulsen                   | Campus Bornholm 2              | 00:55:56 403     | 00:36:44 337     | 00:45:04 371     | 00:53:35 444     | 00:56:49 392     | 04:08:08 |
| 371 | K40-44 | Betina Frønell                 |                                | 00:59:04 537     | 00:36:49 343     | 00:44:49 352     | 00:50:31 311     | 00:56:56 396     | 04:08:09 |
| 372 | K45-49 | Christiane Crety               | Cobham SATCOM                  | 00:55:07 361     | 00:38:06 423     | 00:45:09 380     | 00:52:08 381     | 00:57:44 425     | 04:08:14 |
| 373 | K40-44 | Britt Ekelund                  |                                | 00:56:49 444     | 00:35:26 269     | 00:45:13 383     | 00:52:27 395     | 00:58:22 450     | 04:08:17 |
| 374 | K55-59 | Gitte Watson                   | SNIK Atletik                   | 00:54:36 331     | 00:36:33 325     | 00:44:17 327     | 00:52:44 401     | 01:00:07 525     | 04:08:17 |
| 375 | K24-39 | Jill Nothlev                   |                                | 00:56:01 407     | 00:36:52 348     | 00:45:40 405     | 00:52:03 378     | 00:57:45 427     | 04:08:21 |
| 376 | K24-39 | Daisy Kyed                     |                                | 00:55:47 395     | 00:36:49 345     | 00:44:37 344     | 00:50:31 310     | 01:00:47 552     | 04:08:31 |
| 377 | K24-39 | Camilla Hertz Romain           |                                | 00:56:27 429     | 00:37:20 378     | 00:44:54 360     | 00:52:01 376     | 00:57:52 430     | 04:08:34 |
| 378 | K24-39 | Eva Helene Bøgemark Jansson    | Min mand Peter                 | 00:55:28 380     | 00:38:08 425     | 00:47:26 492     | 00:51:27 347     | 00:56:14 363     | 04:08:43 |
| 379 | K60-64 | Ann-Mari Kofoed                |                                | 00:56:16 420     | 00:39:37 522     | 00:45:52 418     | 00:51:34 354     | 00:55:25 325     | 04:08:44 |
| 380 | K50-54 | Anette Holmstrøm               | FIF 2                          | 00:57:59 493     | 00:37:22 382     | 00:44:36 342     | 00:51:31 350     | 00:57:23 413     | 04:08:51 |
| 381 | K50-54 | Anette Schnipper               | Jyllinge Løbeklub              | 00:57:24 471     | 00:36:15 311     | 00:45:48 417     | 00:51:45 360     | 00:57:41 422     | 04:08:53 |
| 382 | K60-64 | Irene Marie Lerche             | Præstøløberne                  | 00:55:15 372     | 00:36:55 350     | 00:46:28 444     | 00:53:13 424     | 00:57:03 404     | 04:08:54 |
| 383 | K45-49 | Henriette Frank Barslund       |                                | 00:54:56 354     | 00:36:57 352     | 00:46:12 438     | 00:53:12 423     | 00:57:41 424     | 04:08:58 |
| 384 | K45-49 | Susanne Midskard               |                                | 00:57:11 460     | 00:36:59 355     | 00:45:32 395     | 00:51:38 357     | 00:57:40 421     | 04:09:00 |
| 385 | K00-23 | Julie Wieslander               | Kvik Tri Team                  | 00:55:24 375     | 00:39:55 535     | 00:45:59 425     | 00:51:30 349     | 00:56:33 377     | 04:09:21 |
| 386 | K45-49 | Helle Moore-Kofod              |                                | 00:56:13 417     | 00:38:33 458     | 00:46:01 431     | 00:53:01 416     | 00:55:59 352     | 04:09:47 |
| 387 | K40-44 | Cathie Westh                   |                                | 00:56:07 413     | 00:37:07 361     | 00:45:08 378     | 00:54:40 486     | 00:56:48 391     | 04:09:50 |
| 388 | K45-49 | Laila Niebe                    | Klinik for fodterapi           | 00:56:47 442     | 00:37:26 386     | 00:45:54 420     | 00:53:08 421     | 00:56:36 380     | 04:09:51 |
| 389 | K60-64 | Lone Glud                      |                                | 00:56:08 415     | 00:38:17 436     | 00:45:34 397     | 00:52:38 399     | 00:57:16 409     | 04:09:53 |
| 390 | K45-49 | Else Færge                     | Viking Atletik 5               | 00:58:49 527     | 00:37:11 367     | 00:44:28 338     | 00:52:57 413     | 00:56:30 375     | 04:09:55 |
| 391 | K55-59 | Ingrid Gillesberg              |                                | 00:55:08 363     | 00:37:08 362     | 00:44:52 359     | 00:53:56 457     | 00:58:58 473     | 04:10:02 |
| 392 | K24-39 | Maja Olsen                     | Antwerp Athletics              | 00:57:38 477     | 00:37:22 381     | 00:45:48 416     | 00:51:59 371     | 00:57:26 414     | 04:10:13 |
| 393 | K45-49 | Judith Stabell                 | SAS løbeklub                   | 00:57:00 451     | 00:39:05 496     | 00:45:27 393     | 00:52:48 403     | 00:55:58 350     | 04:10:18 |
| 394 | K45-49 | Heidi Holm Olsen               | Bornholms Hospital 3           | 00:57:00 450     | 00:36:59 354     | 00:46:02 432     | 00:51:35 356     | 00:58:44 460     | 04:10:20 |
| 395 | K24-39 | Christel Jørgensen             |                                | 00:56:38 435     | 00:38:12 431     | 00:46:36 449     | 00:51:59 372     | 00:57:00 402     | 04:10:25 |
| 396 | K24-39 | Majken Jensen                  |                                | 00:56:24 427     | 00:38:22 447     | 00:46:01 430     | 00:52:17 389     | 00:57:34 418     | 04:10:38 |
| 397 | K45-49 | Vivian Bjærnskov               | Team Mariager                  | 00:56:41 437     | 00:37:06 360     | 00:45:06 377     | 00:53:30 436     | 00:58:26 453     | 04:10:49 |
| 398 | K24-39 | Sarah-Lena Anderson            | Triabolos Hamburg e.V.         | 00:56:05 410     | 00:37:27 389     | 00:46:35 448     | 00:54:03 461     | 00:56:43 382     | 04:10:53 |
| 399 | K24-39 | Rikke Albæk                    | Bornholms Hospital 2           | 00:56:24 428     | 00:38:45 469     | 00:45:47 413     | 00:52:01 375     | 00:58:04 444     | 04:11:01 |
| 400 | K45-49 | Steffi Lathan                  | Campus Bornholm 4              | 00:56:46 441     | 00:37:33 396     | 00:46:00 429     | 00:53:25 430     | 00:57:27 415     | 04:11:11 |
| 401 | K55-59 | Merete Binderup                | Geus                           | 00:55:53 400     | 00:37:40 402     | 00:45:29 394     | 00:52:12 385     | 01:00:00 521     | 04:11:14 |
| 402 | K24-39 | Camilla Frost                  |                                | 00:57:19 468     | 00:36:16 312     | 00:44:51 357     | 00:51:39 358     | 01:01:10 561     | 04:11:15 |
| 403 | K45-49 | Dorte Mydtskov                 |                                | 00:55:59 405     | 00:37:10 365     | 00:46:04 433     | 00:53:10 422     | 00:58:59 475     | 04:11:22 |
| 404 | K24-39 | Maria Jørgensen                |                                | 01:00:53 591     | 00:38:12 429     | 00:46:43 459     | 00:52:11 382     | 00:53:42 270     | 04:11:41 |
| 405 | K00-23 | Amalie Teglund                 |                                | 00:56:06 412     | 00:38:05 421     | 00:46:38 452     | 00:54:52 492     | 00:56:01 353     | 04:11:42 |
| 406 | K00-23 | Maria Bovbjerg                 |                                | 00:56:40 436     | 00:39:33 520     | 00:45:56 421     | 00:52:27 396     | 00:57:10 407     | 04:11:46 |
| 407 | K65-69 | Gretha Andersen                | IF- Kalundborg Atletik/Motion  | 00:55:40 390     | 00:37:13 371     | 00:46:31 445     | 00:53:41 446     | 00:58:45 461     | 04:11:50 |
| 408 | K24-39 | Amalie Jensen                  |                                | 00:56:59 449     | 00:38:19 442     | 00:46:25 441     | 00:52:38 400     | 00:57:30 416     | 04:11:51 |
| 409 | K00-23 | Regitze Womb-Olsen             |                                | 00:58:42 519     | 00:37:32 392     | 00:45:05 372     | 00:53:51 455     | 00:56:43 384     | 04:11:53 |
| 410 | K24-39 | Tina Thorsen                   | Team Saxtrup                   | 00:57:05 455     | 00:38:18 438     | 00:45:53 419     | 00:52:36 398     | 00:58:12 447     | 04:12:04 |
| 411 | K55-59 | Hanne Brent                    | Team Brent                     | 00:57:17 465     | 00:39:07 498     | 00:45:24 391     | 00:53:18 426     | 00:57:07 406     | 04:12:13 |
| 412 | K24-39 | Louise Thorsen                 |                                | 00:56:56 448     | 00:38:56 485     | 00:46:24 440     | 00:52:11 383     | 00:58:02 439     | 04:12:29 |
| 413 | K45-49 | Christine Beck                 |                                | 00:55:54 401     | 00:38:47 471     | 00:46:32 447     | 00:53:58 458     | 00:57:35 419     | 04:12:46 |
| 414 | K50-54 | Lone Folkmann Juhl             | Campus Bornholm 2              | 00:57:14 462     | 00:38:09 428     | 00:46:27 443     | 00:53:13 425     | 00:58:10 445     | 04:13:13 |
| 415 | K00-23 | Emilie Holt                    |                                | 01:01:09 600     | 00:38:28 453     | 00:44:50 355     | 00:53:55 456     | 00:54:54 313     | 04:13:16 |
| 416 | K45-49 | Dorthe Sørensen                | Bornholms Brand                | 00:58:01 495     | 00:38:30 455     | 00:45:59 426     | 00:53:01 414     | 00:57:48 428     | 04:13:19 |
| 417 | K24-39 | Mille Mari Hansen              |                                | 00:57:20 470     | 00:37:29 390     | 00:45:37 400     | 00:51:49 363     | 01:01:04 555     | 04:13:19 |
| 418 | K50-54 | Tine Nielsen                   |                                | 00:56:29 430     | 00:38:15 433     | 00:46:06 434     | 00:53:40 445     | 00:59:03 477     | 04:13:33 |



**HANNE REFSGAARD** gennemførte samtlige fem etaper i fin stil i klassen 65-69.

**BRONZESPONSOR**

Fridolf



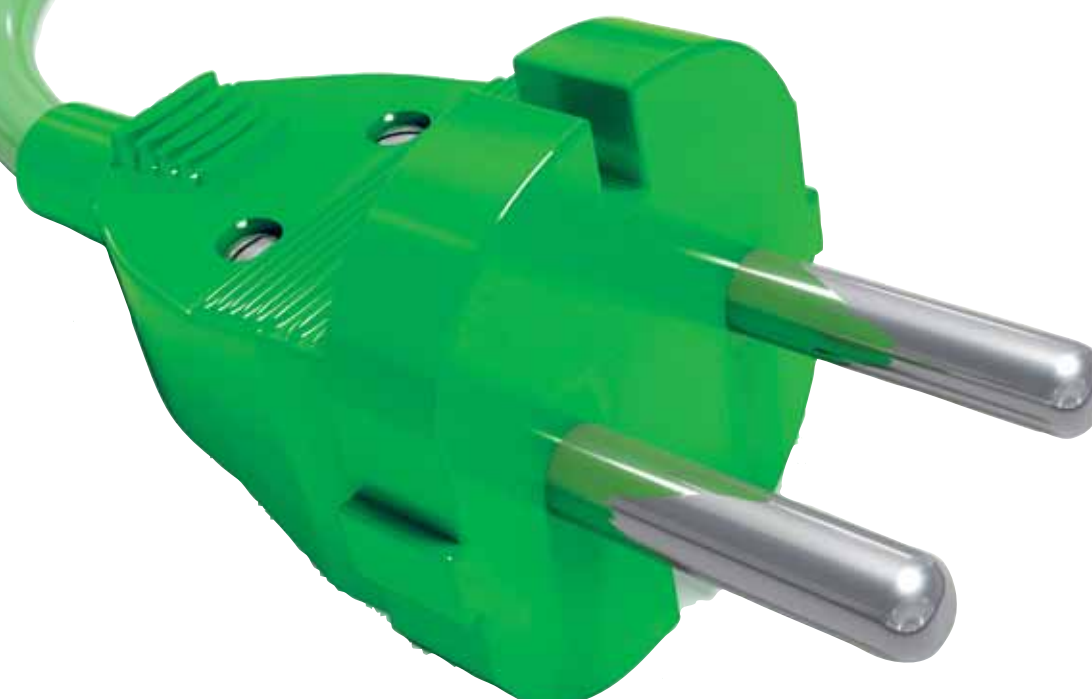


# JA, HVORFOR IKKE !

Mere end 45 procent af vores strøm kommer fra vind, træflis og biogas. 84 procent af vores kunder er tilfredse eller meget tilfredse. Og vi er generelt blandt de billigste el-selskaber i Danmark.

**Østkraft er bornholmernes eget og foretrukne energiselskab.** Men

vi har også kunder i København V, Frederiksberg C, København Ø, København N, København S, København NV, København SV, Glostrup, Brøndby, Rødovre, Albertslund, Taastrup, Ishøj, Hedehusene, Hvidovre, Brøndby Strand, Vallensbæk, Greve, Solrød Strand, Karlslunde, Brønshøj, Vanløse, Herlev, Skovlunde, Ballerup, Kastrup, Dragør, Lyngby, Gentofte, Virum, Holte, Nærum, Søborg, Rødovre, B Bagsværd, Hellerup, Charlottenlund, Skodsborg, Rungsted Kyst, Hørsholm, Kokkedal, Helsingør, Humlebæk, Espergærde, Dragør, Dronningmølle, Ålgårde, Helsingør, Vejby, Tisvildeleje, Græsted, Gilleleje, Frederiksværk, Ølsted, Skævinge, Gørløse, Melby, Hillerød, Hillerød, Allerød, Birkerød, Fredensborg, Værløse, Farum, Lyngby, Slangerup, Frederikssund, Jægerspris, Ølstykke, Stenløse, Fredensborg, Roskilde, Tune, Jyllinge, Skibby, Kirke Hyllinge, Ringsted, Viby Sj., Slagelse, Korsør, Vemmelev, Haldens Vedby, Dianalund, Tim, Fredericia, Børkop, Vandel, Jelling, Herning, Sunds, Aulum, Vestervig, Hvidbjerg, Skive, Spøttrup, Århus C, Åbyhøj, Odder, Samsø, Hasselager, Hadsten, Ebeltoft, Grenå, Mørke, Silkeborg, Them, Horsens, Vanløse, Østbirk, Viborg, Thorsø, Randers NV, Auning, Aalborg, Nr. Kongerslev, Dronninglund, Gandrup, Vestbjerg, Aabybro, Brovst, Løkken, Pandrup, Arden, Nørager, Farsø, Løgstør, Sindal, Vestersåby...



**Du får naturligvis også personlig og kvalificeret betjening, mulighed for KlimaValg og konkurrencedygtige priser. Østkraft benchmarker dagligt sine priser og er generelt blandt de billigste el-selskaber i Danmark - målt på sammenlignelige el-produkter.**

**ØSTKRAFT**  
*energi til gode oplevelser*

TELEFON 56 93 09 30











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**2014**

**21.-24. JULI**

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| 79  | M40-44 | Jens Cordt               | Sparta 7                       | 00:38:37 95      | 00:24:44 86      | 00:30:23 76      | 00:34:28 72      | 00:38:28 85      | 02:46:40 |
| 80  | M40-44 | Per Thomas Thomassen     | Bøler IF friidrett             | 00:39:13 106     | 00:24:16 73      | 00:30:38 81      | 00:34:31 74      | 00:38:15 79      | 02:46:53 |
| 81  | M50-54 | Gorm Strange Nielsen     | Bornholms Hospital 1           | 00:38:13 86      | 00:24:47 90      | 00:30:38 82      | 00:34:57 86      | 00:38:47 90      | 02:47:22 |
| 82  | M40-44 | Knut Kongshaug           | Kårvåg IL                      | 00:38:20 89      | 00:24:51 92      | 00:30:45 85      | 00:34:50 82      | 00:38:53 93      | 02:47:39 |
| 83  | M45-49 | Michael Scheid           | LC Scharfes Eck                | 00:38:33 94      | 00:24:45 88      | 00:30:51 87      | 00:34:56 85      | 00:38:55 97      | 02:48:00 |
| 84  | M24-39 | Jesper Lehmann           |                                | 00:38:29 92      | 00:25:10 102     | 00:30:52 88      | 00:34:46 81      | 00:38:45 89      | 02:48:02 |
| 85  | M45-49 | Jan-Eirik Berntsen       | Bøler Friidrett IF             | 00:38:10 82      | 00:24:58 95      | 00:31:04 94      | 00:35:42 102     | 00:38:49 91      | 02:48:43 |
| 86  | M24-39 | Rune Nortoft             | Albatros Maraton               | 00:38:22 91      | 00:24:43 84      | 00:31:26 102     | 00:35:52 110     | 00:38:26 84      | 02:48:49 |
| 87  | M40-44 | Christian Juhl Lemche    | Syd-Øst for Paradis            | 00:38:59 99      | 00:25:02 97      | 00:30:40 84      | 00:35:08 92      | 00:39:08 104     | 02:48:57 |
| 88  | M40-44 | Jan Thomsen              |                                | 00:38:11 83      | 00:24:45 87      | 00:31:20 99      | 00:35:36 101     | 00:39:06 103     | 02:48:58 |
| 89  | M45-49 | Lars Pantmann            | Sparta 8                       | 00:38:38 96      | 00:25:15 103     | 00:31:03 92      | 00:35:32 98      | 00:39:00 101     | 02:49:28 |
| 90  | M55-59 | Jens Jørgen Munch        | Jensen Denmark A/S             | 00:39:33 112     | 00:24:26 80      | 00:30:48 86      | 00:35:49 107     | 00:38:56 99      | 02:49:32 |
| 91  | M24-39 | Jesper Werge             |                                | 00:38:54 98      | 00:25:29 110     | 00:31:14 96      | 00:35:17 94      | 00:38:52 92      | 02:49:46 |
| 92  | M24-39 | Brian Hildskov Hansen    | Køge Atletik                   | 00:39:31 111     | 00:25:00 96      | 00:31:08 95      | 00:35:16 93      | 00:38:56 98      | 02:49:51 |
| 93  | M50-54 | Tore Bjerkheim           | Hurricane Dream Team of Norway | 00:43:26 290     | 00:23:39 57      | 00:30:12 74      | 00:34:15 65      | 00:38:22 82      | 02:49:54 |
| 94  | M00-23 | Ruben Johansen Strand    | Hurricane Dream Team of Norway | 00:40:43 165     | 00:25:08 101     | 00:30:56 89      | 00:34:15 64      | 00:39:39 113     | 02:50:41 |
| 95  | M40-44 | Bjørnar Lynum            | Spk Freidig                    | 00:39:19 107     | 00:24:58 94      | 00:31:28 104     | 00:35:47 104     | 00:39:12 105     | 02:50:44 |
| 96  | M00-23 | Andreas Baltzersen       | Ronhill                        | 00:39:05 103     | 00:25:08 100     | 00:31:15 98      | 00:36:22 120     | 00:38:55 96      | 02:50:45 |
| 97  | M24-39 | Lars Bjerregaard         | Houkær Løb & Motion/VEXA       | 00:39:08 105     | 00:25:59 140     | 00:31:03 93      | 00:35:52 108     | 00:38:57 100     | 02:50:59 |
| 98  | M65-69 | Svein Arne Sølvberg      | Oppegård IL                    | 00:38:32 93      | 00:25:53 133     | 00:31:20 100     | 00:35:53 111     | 00:39:24 110     | 02:51:02 |
| 99  | M24-39 | Morten Hansen            |                                | 00:39:01 100     | 00:25:08 99      | 00:31:14 97      | 00:35:46 103     | 00:39:55 117     | 02:51:04 |
| 100 | M24-39 | Alvin Kristoffer Theibel |                                | 00:39:21 109     | 00:24:57 93      | 00:30:58 90      | 00:35:28 97      | 00:40:46 148     | 02:51:30 |
| 101 | M45-49 | Dan Jensen               | SØAM                           | 00:39:03 102     | 00:26:00 142     | 00:31:26 103     | 00:36:26 121     | 00:39:02 102     | 02:51:57 |
| 102 | M00-23 | Mads Windahl Kofoed      | Rønne                          | 00:40:13 133     | 00:26:20 161     | 00:31:39 109     | 00:34:44 80      | 00:39:21 108     | 02:52:17 |
| 103 | M50-54 | Torben Striboldt         | IK Hellas                      | 00:38:21 90      | 00:24:36 82      | 00:35:30 336     | 00:35:36 99      | 00:38:31 86      | 02:52:34 |
| 104 | M24-39 | Casper Tjørnevig         | Team Holbek Tjørnevig          | 00:40:16 137     | 00:25:27 109     | 00:31:57 124     | 00:35:25 95      | 00:39:46 116     | 02:52:51 |
| 105 | M24-39 | Mickey Haakansson        | FIF 1                          | 00:40:24 150     | 00:26:50 188     | 00:30:58 91      | 00:35:36 100     | 00:39:18 106     | 02:53:06 |
| 106 | M50-54 | Frode Monsen             | Oppegård IL / Sportsmanden     | 00:39:08 104     | 00:25:32 114     | 00:31:58 125     | 00:36:50 130     | 00:39:56 118     | 02:53:24 |
| 107 | M24-39 | Mads B. H. Nielsen       |                                | 00:39:42 115     | 00:26:15 153     | 00:31:47 117     | 00:35:49 106     | 00:39:58 119     | 02:53:31 |
| 108 | M24-39 | Stefan Kristensen        | PI                             | 00:39:47 119     | 00:25:45 125     | 00:31:42 114     | 00:36:02 114     | 00:40:15 130     | 02:53:31 |
| 109 | M45-49 | Claus Munch Jørgensen    | Campus Bornholm 1              | 00:40:00 126     | 00:25:27 108     | 00:31:50 121     | 00:36:19 118     | 00:40:07 122     | 02:53:43 |
| 110 | M50-54 | Jørn Sørensen            | Amager Atletik Club            | 00:39:48 120     | 00:25:27 107     | 00:31:36 106     | 00:36:37 125     | 00:40:18 135     | 02:53:46 |
| 111 | M40-44 | Simon Morthorst          | INFO-REVISION                  | 00:39:46 117     | 00:25:35 115     | 00:31:52 122     | 00:36:18 117     | 00:40:17 134     | 02:53:48 |
| 112 | M24-39 | Thomas Andersen          |                                | 00:40:22 145     | 00:25:59 139     | 00:31:33 105     | 00:36:21 119     | 00:39:43 114     | 02:53:58 |
| 113 | M40-44 | Kenn Nygaard Bodilsen    | New Balance                    | 00:42:41 251     | 00:25:40 120     | 00:31:36 108     | 00:34:43 79      | 00:39:21 109     | 02:54:01 |
| 114 | M24-39 | Philip Helmer            | Fremad Holbæk                  | 00:40:48 169     | 00:25:41 121     | 00:31:46 116     | 00:35:52 109     | 00:40:06 121     | 02:54:13 |
| 115 | M24-39 | Kasper Kofoed-Dam        | J. Lauritzen A/S               | 00:38:13 88      | 00:24:36 83      | 00:39:06 558     | 00:34:40 78      | 00:37:39 65      | 02:54:14 |
| 116 | M00-23 | August Nygaard Bodilsen  | New Balance                    | 00:42:41 250     | 00:25:40 119     | 00:31:36 107     | 00:34:59 87      | 00:39:20 107     | 02:54:16 |
| 117 | M24-39 | Jonas Nielsen            |                                | 00:40:38 162     | 00:26:05 146     | 00:32:02 128     | 00:36:09 116     | 00:40:03 120     | 02:54:57 |
| 118 | M45-49 | Thoralf Nestler          | SC DHfK Leipzig e.V.           | 00:40:09 130     | 00:26:03 145     | 00:31:53 123     | 00:36:41 127     | 00:40:15 128     | 02:55:01 |
| 119 | M45-49 | Jens Mundeli-Jensen      | SÅN-Løberne Mænd               | 00:40:40 164     | 00:25:06 98      | 00:31:49 118     | 00:37:16 154     | 00:40:15 131     | 02:55:06 |
| 120 | M50-54 | Christian Fadinger       | LC MKW Hausruck                | 00:39:44 116     | 00:25:20 104     | 00:32:05 130     | 00:37:21 163     | 00:40:45 147     | 02:55:15 |
| 121 | M50-54 | Eirik Sandsten           | Green Sox Old Stars            | 00:39:47 118     | 00:25:57 137     | 00:32:11 133     | 00:37:09 146     | 00:40:11 125     | 02:55:15 |
| 122 | M40-44 | Jon Olav Resbjørgen      | Klæbu løpeklubb                | 00:41:00 177     | 00:25:32 113     | 00:32:30 148     | 00:35:59 113     | 00:40:15 129     | 02:55:16 |
| 123 | M40-44 | Johnny Darling           | Amager Atletik Club            | 00:39:39 113     | 00:25:50 128     | 00:31:50 120     | 00:36:48 128     | 00:41:15 167     | 02:55:22 |
| 124 | M40-44 | Michael Hartmann         | BCK Løb                        | 00:40:20 141     | 00:25:57 138     | 00:32:17 138     | 00:36:32 122     | 00:40:16 132     | 02:55:22 |
| 125 | M50-54 | Jan Frydenborg           | FIT 4 RUN.dk                   | 00:39:56 124     | 00:25:39 118     | 00:32:46 162     | 00:37:00 137     | 00:40:10 124     | 02:55:31 |
| 126 | M40-44 | Morten Thellefsen        |                                | 00:39:59 125     | 00:26:27 168     | 00:32:27 147     | 00:37:07 144     | 00:39:45 115     | 02:55:45 |
| 127 | M40-44 | Lutz Meizer              | Team Dresdner Laufsportladen   | 00:40:11 132     | 00:26:01 143     | 00:32:23 143     | 00:37:05 141     | 00:40:11 126     | 02:55:51 |
| 128 | M24-39 | Jesper Gønge Rasmussen   | DK3650Cycling                  | 00:40:26 153     | 00:26:19 159     | 00:32:22 141     | 00:37:03 139     | 00:40:10 123     | 02:56:20 |
| 129 | M00-23 | Rasmus Stagsted          | FG                             | 00:40:13 134     | 00:25:51 130     | 00:32:02 127     | 00:37:11 148     | 00:41:03 159     | 02:56:20 |
| 130 | M40-44 | Fredrik Junefelt         | Lidingö                        | 00:40:29 155     | 00:25:35 117     | 00:32:33 149     | 00:36:56 135     | 00:40:54 154     | 02:56:27 |
| 131 | M45-49 | Jens Nielsen             | sas                            | 00:40:07 129     | 00:26:13 152     | 00:31:59 126     | 00:37:07 145     | 00:41:15 165     | 02:56:41 |
| 132 | M45-49 | Peter Herskind           | PRO Erhvervsadvokater          | 00:40:16 136     | 00:25:56 136     | 00:32:03 129     | 00:37:01 138     | 00:41:29 183     | 02:56:45 |
| 133 | M40-44 | Martin Psilander         | IFK Lidingö Friidrott          | 00:40:14 135     | 00:25:26 106     | 00:32:26 145     | 00:37:20 162     | 00:41:21 175     | 02:56:47 |
| 134 | M00-23 | Erik Jessen              |                                | 00:40:52 171     | 00:26:37 177     | 00:32:21 140     | 00:36:35 124     | 00:40:30 138     | 02:56:55 |
| 135 | M24-39 | Morten Holm              | Sparta 8                       | 00:39:55 123     | 00:26:18 158     | 00:32:25 144     | 00:37:18 156     | 00:40:59 156     | 02:56:55 |
| 136 | M50-54 | John Nielsen             | Bagsværd Atletik Club          | 00:40:03 128     | 00:26:16 155     | 00:32:38 154     | 00:37:31 171     | 00:40:28 137     | 02:56:56 |
| 137 | M24-39 | Steen Kristian Rahbek    | Lærernes Football Club af 2007 | 00:41:06 183     | 00:25:44 124     | 00:32:08 131     | 00:36:34 123     | 00:41:25 181     | 02:56:57 |
| 138 | M24-39 | Eivind Hansen            | Sparta 8                       | 00:39:39 114     | 00:26:54 195     | 00:32:08 132     | 00:36:52 133     | 00:41:31 184     | 02:57:04 |
| 139 | M24-39 | Simon Skov-Hansen        |                                | 00:40:23 148     | 00:25:55 134     | 00:32:27 146     | 00:37:20 161     | 00:41:23 177     | 02:57:28 |
| 140 | M24-39 | Stig Nielsen             |                                | 00:40:01 127     | 00:26:59 200     | 00:32:19 139     | 00:37:18 157     | 00:40:54 153     | 02:57:31 |
| 141 | M45-49 | René Ciraklar            | IK Hellas                      | 00:40:21 144     | 00:26:39 178     | 00:32:53 173     | 00:37:24 166     | 00:40:19 136     | 02:57:36 |
| 142 | M45-49 | Michael W. Andersen      | Espersen A/S                   | 00:40:54 172     | 00:25:56 135     | 00:32:53 169     | 00:36:54 134     | 00:41:18 170     | 02:57:55 |
| 143 | M45-49 | Thomas Jørgensen         |                                | 00:40:25 152     | 00:26:53 192     | 00:32:39 155     | 00:37:23 165     | 00:40:42 144     | 02:58:02 |
| 144 | M50-54 | John Sørensen            | Korsør Atletik&motion          | 00:40:17 138     | 00:26:54 194     | 00:32:17 137     | 00:36:50 129     | 00:41:45 196     | 02:58:03 |
| 145 | M40-44 | Fredrik Björkstедt       |                                | 00:40:23 146     | 00:27:05 209     | 00:32:55 174     | 00:37:26 168     | 00:40:16 133     | 02:58:05 |
| 146 | M00-23 | Per Brandt Rasmussen     | Nyker IF                       | 00:40:54 173     | 00:26:44 183     | 00:31:40 111     | 00:37:35 173     | 00:41:16 168     | 02:58:09 |
| 147 | M24-39 | Kasper Kjær              |                                | 00:40:27 154     | 00:26:47 185     | 00:32:53 170     | 00:37:21 164     | 00:40:44 145     | 02:58:12 |
| 148 | M24-39 | Anders Nielsen           | Team Hattrick                  | 00:39:21 108     | 00:26:01 144     | 00:31:41 112     | 00:36:38 126     | 00:44:32 336     | 02:58:13 |
| 149 | M24-39 | Mikkel Jenne Mortensen   | Jensen Denmark A/S             | 00:40:30 156     | 00:26:41 180     | 00:32:52 167     | 00:37:30 169     | 00:40:44 146     | 02:58:17 |
| 150 | M40-44 | Lars Skov Hansen         | Ak 73                          | 00:41:23 193     | 00:25:46 126     | 00:32:59 177     | 00:37:07 143     | 00:41:03 158     | 02:58:18 |
| 151 | M24-39 | Jesper Christensen       | Haslev løbeklub                | 00:40:56 175     | 00:26:22 162     | 00:32:36 152     | 00:37:20 160     | 00:41:04 160     | 02:58:18 |
| 152 | M00-23 | Mads Marker              | Viking Atletik 5               | 00:40:20 142     | 00:25:35 116     | 00:32:39 156     | 00:37:19 159     | 00:42:31 224     | 02:58:24 |
| 153 | M24-39 | Andreas Holt             | Skovshoved Roklub              | 00:40:36 160     | 00:26:16 157     | 00:32:57 175     | 00:37:50 183     | 00:40:47 149     | 02:58:26 |
| 154 | M40-44 | Jacob Vejby Grønnegaard  | FIF 3                          | 00:40:32 158     | 00:27:10 215     | 00:32:22 142     | 00:37:16 152     | 00:41:09 162     | 02:58:29 |
| 155 | M00-23 | Simon Nielsen            |                                | 00:41:12 188     | 00:25:31 111     | 00:32:34 150     | 00:37:38 175     | 00:41:35 190     | 02:58:30 |
| 156 | M24-39 | Mads Elleby              |                                | 00:40:50 170     | 00:25:50 129     | 00:32:38 153     | 00:37:58 192     | 00:41:25 180     | 02:58:41 |



SPIDERMAN på Rønne Stadion.



ABDI-HAKIN ULAD fra Korsør AM/New Balance/Kaiser Sport vandt løbet samlet, men måtte 'nøjes' med 2. pladsen i Almindingen.

| NR. | KLASSE | NAVN                       | KLUB                             | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
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**BENT HANSEN** på vej mod Hammerfyr i fin stil trods et mindre styrt undervejs.



**JAKOB VIBILD** fra Sparta i fuld sol på Dueodde.

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| 271 | M40-44 | Anders Frøhlike         |                            | 00:43:37 298     | 00:28:06 282     | 00:34:08 238     | 00:40:06 296     | 00:44:28 332     | 03:10:25 |
| 272 | M45-49 | Tim Kjær Hansen         | Beck Pack Systems A/S      | 00:44:28 344     | 00:30:57 492     | 00:33:22 194     | 00:39:44 271     | 00:42:01 206     | 03:10:32 |
| 273 | M40-44 | Hans Mørk               |                            | 00:44:06 319     | 00:28:41 331     | 00:34:35 270     | 00:40:23 315     | 00:42:51 242     | 03:10:36 |
| 274 | M50-54 | Niels Kofoed            |                            | 00:43:27 291     | 00:28:38 326     | 00:35:04 305     | 00:40:15 305     | 00:43:15 260     | 03:10:39 |
| 275 | M24-39 | Andres Ipsen            | SAS                        | 00:44:00 314     | 00:28:26 305     | 00:34:42 277     | 00:39:24 254     | 00:44:07 310     | 03:10:39 |
| 276 | M45-49 | Bjarne Hansen           | Club Running26             | 00:43:04 278     | 00:28:25 300     | 00:34:30 263     | 00:39:32 264     | 00:45:10 368     | 03:10:41 |
| 277 | M40-44 | Thomas Jensen           |                            | 00:43:55 309     | 00:28:24 297     | 00:34:23 250     | 00:39:13 249     | 00:44:50 348     | 03:10:45 |



**JONAS JENSEN** har fundet 2. gear på vej ind til mål på Dueodde-etappen.

**KLASSEVINDERE/CLASSWINNERS MÆND/MEN**

| KLASSE | NAVN                | KLUB                               | 1. ETAPE | PLAC. | 2. ETAPE | PLAC. | 3. ETAPE | PLAC. | 4. ETAPE | PLAC. | 5. ETAPE | PLAC. | SAMLET TID |
|--------|---------------------|------------------------------------|----------|-------|----------|-------|----------|-------|----------|-------|----------|-------|------------|
| M00-23 | Abdi-Hakin Ulad     | Korsør AM/New Balance/Kaiser Sport | 00:29:49 | 1     | 00:19:33 | 2     | 00:23:57 | 2     | 00:26:59 | 1     | 00:31:16 | 2     | 02:11:34   |
| M40-44 | Pär-Johan Lif       | Blovstrød Løverne - De unge løver  | 00:32:44 | 13    | 00:22:09 | 25    | 00:26:22 | 10    | 00:30:17 | 11    | 00:34:40 | 22    | 02:26:12   |
| M45-49 | Torben Juul Nielsen | Viking Atletik 1                   | 00:33:45 | 17    | 00:21:20 | 15    | 00:27:09 | 17    | 00:30:41 | 15    | 00:34:05 | 13    | 02:27:00   |
| M50-54 | Carsten Vinkel      | Bo42                               | 00:38:04 | 80    | 00:24:13 | 72    | 00:30:06 | 67    | 00:34:23 | 68    | 00:38:55 | 95    | 02:45:41   |
| M55-59 | Jens Jørgen Munch   | Jensen Denmark A/S                 | 00:39:33 | 112   | 00:24:26 | 80    | 00:30:48 | 86    | 00:35:49 | 107   | 00:38:56 | 99    | 02:49:32   |
| M60-64 | Erling Ammentorp    | IK Hellas                          | 00:44:03 | 315   | 00:28:09 | 287   | 00:32:51 | 166   | 00:36:50 | 132   | 00:40:40 | 142   | 03:02:33   |
| M65-69 | Svein Arne Sølvberg | Oppegård IL                        | 00:38:32 | 93    | 00:25:53 | 133   | 00:31:20 | 100   | 00:35:53 | 111   | 00:39:24 | 110   | 02:51:02   |
| M70-99 | Søren Traberg       | Herlevløberne                      | 00:51:04 | 693   | 00:30:34 | 463   | 00:39:29 | 576   | 00:43:47 | 483   | 00:48:12 | 511   | 03:33:06   |

|     |        |                               |                       |              |              |              |              |              |          |
|-----|--------|-------------------------------|-----------------------|--------------|--------------|--------------|--------------|--------------|----------|
| 278 | M45-49 | Kurt Rønne                    | Campus Bornholm 1     | 00:44:08 320 | 00:27:42 251 | 00:35:00 302 | 00:39:27 257 | 00:44:35 338 | 03:10:52 |
| 279 | M40-44 | Morten Flotin Jensen          |                       | 00:44:45 356 | 00:27:39 249 | 00:34:57 299 | 00:39:54 288 | 00:43:39 278 | 03:10:54 |
| 280 | M24-39 | Steffen Hvidberg Larsen       |                       | 00:44:54 367 | 00:27:51 259 | 00:35:24 330 | 00:39:06 247 | 00:43:41 282 | 03:10:56 |
| 281 | M24-39 | Esben Heltoft                 |                       | 00:44:11 327 | 00:28:18 293 | 00:35:01 303 | 00:39:31 262 | 00:43:55 298 | 03:10:56 |
| 282 | M00-23 | Ulrich Baskerud               | Team Elixia Hønefoss  | 00:44:16 332 | 00:28:09 285 | 00:34:50 287 | 00:40:13 304 | 00:43:33 273 | 03:11:01 |
| 283 | M24-39 | Bo Nyholm Sørensen            | ALK                   | 00:43:11 281 | 00:28:55 349 | 00:34:21 249 | 00:39:47 278 | 00:44:50 350 | 03:11:04 |
| 284 | M24-39 | Thomas Filt                   |                       | 00:44:21 340 | 00:28:37 322 | 00:34:57 297 | 00:39:29 260 | 00:43:50 290 | 03:11:14 |
| 285 | M50-54 | Per Mejdahl                   |                       | 00:43:26 289 | 00:28:31 312 | 00:35:14 318 | 00:40:16 306 | 00:43:52 294 | 03:11:19 |
| 286 | M24-39 | Michael Lundberg Christiansen | Snapseklubben         | 00:43:54 308 | 00:28:16 292 | 00:35:05 307 | 00:39:55 289 | 00:44:12 316 | 03:11:22 |
| 287 | M65-69 | Kaj Dewens                    | Viking Atletik 6      | 00:43:16 283 | 00:28:36 320 | 00:35:08 309 | 00:40:20 310 | 00:44:13 317 | 03:11:33 |
| 288 | M45-49 | Michael Pilegaard Hansen      | Dong Energy           | 00:44:21 339 | 00:28:29 310 | 00:35:04 306 | 00:41:03 347 | 00:42:47 239 | 03:11:44 |
| 289 | M24-39 | Christoffer Appel             | Campus Bornholm 1     | 00:45:37 404 | 00:27:40 250 | 00:34:55 294 | 00:39:21 252 | 00:44:23 329 | 03:11:56 |
| 290 | M24-39 | Jan Aagaard                   |                       | 00:41:46 207 | 00:28:39 328 | 00:37:08 433 | 00:39:37 267 | 00:44:59 357 | 03:12:09 |
| 291 | M24-39 | Andreas Hein                  | Hermann-Billung Celle | 00:44:11 326 | 00:27:59 273 | 00:35:17 322 | 00:40:34 327 | 00:44:08 311 | 03:12:09 |
| 292 | M55-59 | Steffen Anker                 | Galleri Anker         | 00:40:10 131 | 00:28:26 304 | 00:35:37 340 | 00:41:30 366 | 00:46:27 418 | 03:12:10 |
| 293 | M24-39 | Bjarke Kristensen             |                       | 00:44:20 336 | 00:28:32 313 | 00:34:54 291 | 00:39:46 277 | 00:44:43 344 | 03:12:15 |

**BRONZESPONSOR**  
Fugato Bornholm

| NR. | KLASSE | NAVN                      | KLUB                           | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|---------------------------|--------------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 294 | M24-39 | Nicolai Kofoed            | FC Borgen                      | 00:46:22 435     | 00:28:33 316     | 00:34:09 239     | 00:40:09 301     | 00:43:09 251     | 03:12:22 |
| 295 | M45-49 | Jesper Høvelskov          | AH Metal Solutions A/S         | 00:44:42 354     | 00:28:23 296     | 00:35:25 333     | 00:39:50 282     | 00:44:07 309     | 03:12:27 |
| 296 | M45-49 | Peter Karstenberg         | Dalby løbeklub ved Haslev      | 00:44:03 317     | 00:28:47 339     | 00:35:19 324     | 00:40:13 303     | 00:44:09 312     | 03:12:31 |
| 297 | M00-23 | Josias Lindahl            | Bornholmermarked.dk            | 00:45:34 400     | 00:28:06 281     | 00:34:44 281     | 00:41:13 358     | 00:43:00 246     | 03:12:37 |
| 298 | M24-39 | Mikael Neergaard          |                                | 00:44:38 352     | 00:28:38 325     | 00:34:55 293     | 00:40:37 329     | 00:43:51 292     | 03:12:39 |
| 299 | M40-44 | Ole Hedegaard Petersen    | Viborg AM/Marathongruppen      | 00:44:26 343     | 00:28:11 288     | 00:35:40 345     | 00:40:27 321     | 00:43:55 296     | 03:12:39 |
| 300 | M24-39 | Kimmi Glasben Thorsen     | Forstrækningibaglåret.dk       | 00:43:34 296     | 00:28:35 318     | 00:35:30 337     | 00:40:30 323     | 00:44:32 335     | 03:12:41 |
| 301 | M24-39 | Jacob Evald Hansen        |                                | 00:46:25 437     | 00:27:58 271     | 00:34:55 296     | 00:38:19 210     | 00:45:07 363     | 03:12:44 |
| 302 | M50-54 | Stefan Lind-Holm          |                                | 00:43:56 311     | 00:28:25 299     | 00:35:20 325     | 00:40:53 339     | 00:44:21 324     | 03:12:55 |
| 303 | M50-54 | Michael Andersen          |                                | 00:43:45 304     | 00:27:52 262     | 00:34:46 283     | 00:41:26 365     | 00:45:09 367     | 03:12:58 |
| 304 | M40-44 | Johnny Larsen             | HGATM                          | 00:44:51 364     | 00:29:21 383     | 00:35:12 315     | 00:39:38 268     | 00:43:57 301     | 03:12:59 |
| 305 | M24-39 | Per Rathmann              |                                | 00:44:17 333     | 00:28:26 306     | 00:35:08 311     | 00:40:26 317     | 00:44:45 345     | 03:13:02 |
| 306 | M24-39 | Rasmus Keinicke           | New Balance                    | 00:43:27 292     | 00:28:25 301     | 00:35:42 347     | 00:40:32 325     | 00:45:00 358     | 03:13:06 |
| 307 | M60-64 | Alfred Schramm            | Tritops Preetz                 | 00:43:50 306     | 00:28:47 338     | 00:35:37 341     | 00:40:22 312     | 00:44:31 334     | 03:13:07 |
| 308 | M24-39 | Jens Øllgaard Rasmussen   |                                | 00:44:20 338     | 00:29:48 420     | 00:34:40 276     | 00:40:27 319     | 00:43:57 302     | 03:13:12 |
| 309 | M24-39 | Simeon Østerlund Nielsen  | Tange-Banden                   | 00:44:05 318     | 00:29:13 374     | 00:35:08 310     | 00:40:48 337     | 00:44:02 305     | 03:13:16 |
| 310 | M24-39 | Thomas Søndergaard        | Gamle Dam                      | 00:44:50 363     | 00:28:44 334     | 00:35:16 321     | 00:40:25 316     | 00:44:12 315     | 03:13:27 |
| 311 | M45-49 | Mogens Madsen             | Coop Bornholm 1                | 00:43:58 312     | 00:28:26 307     | 00:35:17 323     | 00:40:59 342     | 00:45:08 365     | 03:13:48 |
| 312 | M24-39 | Søren Krak Hansen         | Færgen 1                       | 00:45:00 375     | 00:28:51 344     | 00:35:09 313     | 00:40:18 308     | 00:44:38 341     | 03:13:56 |
| 313 | M24-39 | Tom Bech Jensen           |                                | 00:45:25 397     | 00:28:42 332     | 00:34:52 290     | 00:41:07 352     | 00:43:50 291     | 03:13:56 |
| 314 | M00-23 | Janus Højmark Andersen    |                                | 00:44:08 321     | 00:29:05 363     | 00:35:20 326     | 00:40:36 328     | 00:44:57 353     | 03:14:06 |
| 315 | M24-39 | Peter Emmike Rasmussen    |                                | 00:45:21 392     | 00:28:25 302     | 00:35:42 349     | 00:40:52 338     | 00:43:47 288     | 03:14:07 |
| 316 | M24-39 | Tue Lassen                | Løberen/Asics                  | 00:42:43 252     | 00:21:47 19      | 00:45:21 889     | 00:30:09 10      | 00:54:08 793     | 03:14:08 |
| 317 | M24-39 | Jon Bryntesson            | Polar Elektro Danmark          | 00:43:42 301     | 00:28:46 336     | 00:36:09 374     | 00:40:55 340     | 00:44:36 339     | 03:14:08 |
| 318 | M45-49 | Allan Andersen            | Fladså Grafisk                 | 00:45:18 386     | 00:28:19 294     | 00:35:21 327     | 00:40:32 326     | 00:44:47 347     | 03:14:17 |
| 319 | M24-39 | Rasmus Lind Jensen        | NBRO                           | 00:44:15 331     | 00:29:06 364     | 00:35:39 343     | 00:40:40 330     | 00:44:40 342     | 03:14:20 |
| 320 | M45-49 | Christian Christensen     |                                | 00:44:46 358     | 00:28:34 317     | 00:35:16 320     | 00:40:02 291     | 00:45:47 393     | 03:14:25 |
| 321 | M24-39 | Søren Pauck Schou         | Ramløse                        | 00:45:18 385     | 00:28:49 342     | 00:35:14 319     | 00:39:45 275     | 00:45:20 375     | 03:14:26 |
| 322 | M24-39 | Rasmus Misfeldt           |                                | 00:44:14 330     | 00:29:05 362     | 00:35:39 342     | 00:40:47 336     | 00:44:42 343     | 03:14:27 |
| 323 | M00-23 | Jacob Jensen              | Coop Bornholm 1                | 00:45:59 424     | 00:28:39 329     | 00:35:07 308     | 00:40:01 290     | 00:45:05 360     | 03:14:51 |
| 324 | M24-39 | Allan Eriksen             | Tri4                           | 00:43:35 297     | 00:27:49 257     | 00:35:12 314     | 00:41:02 345     | 00:47:14 447     | 03:14:52 |
| 325 | M24-39 | Thorbjørn Roslund         |                                | 00:44:41 353     | 00:28:38 324     | 00:35:45 350     | 00:41:07 354     | 00:44:50 349     | 03:15:01 |
| 326 | M40-44 | Bjørn Truelsen            |                                | 00:44:08 322     | 00:29:19 381     | 00:35:50 353     | 00:40:17 307     | 00:45:28 377     | 03:15:02 |
| 327 | M45-49 | Bent Bindner              | Rødovre AC                     | 00:43:50 305     | 00:29:09 367     | 00:35:23 329     | 00:42:16 400     | 00:44:27 331     | 03:15:05 |
| 328 | M45-49 | Uwe Hansen                | Aarhus1900                     | 00:45:03 376     | 00:28:54 347     | 00:35:35 339     | 00:40:03 294     | 00:45:35 385     | 03:15:10 |
| 329 | M24-39 | Rasmus Nørgaard Pedersen  |                                | 00:45:21 393     | 00:29:38 410     | 00:35:23 328     | 00:41:05 349     | 00:43:43 283     | 03:15:10 |
| 330 | M24-39 | Klaus Christoffersen      | SÅN-Løberne Mænd               | 00:43:59 313     | 00:28:08 284     | 00:36:00 365     | 00:41:02 346     | 00:46:02 405     | 03:15:11 |
| 331 | M45-49 | Flemming Skaarup          |                                | 00:44:22 341     | 00:28:33 315     | 00:35:40 344     | 00:41:31 369     | 00:45:07 364     | 03:15:13 |
| 332 | M24-39 | Christian Ank Jensen      | Team BB                        | 00:44:19 334     | 00:28:36 321     | 00:36:20 386     | 00:40:26 318     | 00:45:33 383     | 03:15:14 |
| 333 | M24-39 | Jakob Krarup Bjerregaard  | FC Borgen                      | 00:47:11 481     | 00:29:12 373     | 00:34:28 258     | 00:41:19 360     | 00:43:11 253     | 03:15:21 |
| 334 | M24-39 | Allan Jensen              | Den Udødelige Hest             | 00:44:55 368     | 00:29:20 382     | 00:35:41 346     | 00:40:11 302     | 00:45:14 370     | 03:15:21 |
| 335 | M24-39 | Kristian Hermind Johansen |                                | 00:44:56 370     | 00:28:55 350     | 00:35:52 355     | 00:41:30 367     | 00:44:27 330     | 03:15:40 |
| 336 | M00-23 | Simon Lessel              | Atletikklubben Brøndby         | 00:45:21 390     | 00:29:01 356     | 00:35:25 334     | 00:41:14 359     | 00:44:52 351     | 03:15:53 |
| 337 | M24-39 | Martin Kofoed Andersen    |                                | 00:45:11 383     | 00:29:46 418     | 00:35:59 364     | 00:41:33 370     | 00:43:26 266     | 03:15:55 |
| 338 | M45-49 | Gorm Andersen             |                                | 00:45:47 412     | 00:27:53 264     | 00:35:29 335     | 00:40:59 341     | 00:45:54 398     | 03:16:02 |
| 339 | M24-39 | Jannik Nørgård            | Færgen 2                       | 00:45:38 406     | 00:28:32 314     | 00:35:50 352     | 00:41:01 343     | 00:45:24 376     | 03:16:25 |
| 340 | M24-39 | Nicolai Weber             | FIF 1                          | 00:44:31 345     | 00:28:37 323     | 00:35:56 358     | 00:41:26 364     | 00:46:07 411     | 03:16:37 |
| 341 | M40-44 | Thomas Nielsen            | Hattrick                       | 00:44:19 335     | 00:28:43 333     | 00:36:01 366     | 00:42:23 409     | 00:45:13 369     | 03:16:39 |
| 342 | M45-49 | Carsten Niberg-Zehngarff  | Karamel Kompagniet             | 00:45:18 384     | 00:29:09 368     | 00:35:58 361     | 00:41:11 357     | 00:45:08 366     | 03:16:44 |
| 343 | M40-44 | Niels Behr                | Lejre Tømreren                 | 00:45:08 379     | 00:29:30 398     | 00:36:05 369     | 00:41:50 383     | 00:44:22 327     | 03:16:55 |
| 344 | M40-44 | Christian Hansen          |                                | 00:44:32 347     | 00:28:56 351     | 00:36:04 367     | 00:41:47 381     | 00:45:42 389     | 03:17:01 |
| 345 | M40-44 | Søren Stingsted           | Munke Mose Motion              | 00:46:35 445     | 00:28:46 335     | 00:36:59 424     | 00:40:19 309     | 00:44:22 326     | 03:17:01 |
| 346 | M55-59 | Kent Wieslander           | Sas                            | 00:44:33 349     | 00:29:31 400     | 00:35:53 356     | 00:41:05 350     | 00:46:01 404     | 03:17:03 |
| 347 | M24-39 | Stefan Rupnik             |                                | 00:44:43 355     | 00:28:55 348     | 00:36:20 385     | 00:41:35 371     | 00:45:44 392     | 03:17:17 |
| 348 | M55-59 | Henning Steffan Jensen    | Sparta 6                       | 00:43:18 284     | 00:29:23 387     | 00:35:59 363     | 00:40:20 311     | 00:48:23 521     | 03:17:23 |
| 349 | M24-39 | Mikkel Huus               |                                | 00:46:35 443     | 00:29:03 361     | 00:36:07 370     | 00:40:46 334     | 00:44:58 355     | 03:17:29 |
| 350 | M50-54 | Bjarke Jakobsen           | Sparta 5                       | 00:45:10 381     | 00:29:34 405     | 00:35:59 362     | 00:41:10 356     | 00:45:37 386     | 03:17:30 |
| 351 | M00-23 | Kaspian Jensen            |                                | 00:45:08 378     | 00:29:38 409     | 00:36:22 387     | 00:41:31 368     | 00:44:57 354     | 03:17:36 |
| 352 | M60-64 | Carsten Christensen       |                                | 00:44:25 342     | 00:28:48 340     | 00:35:52 354     | 00:42:28 413     | 00:46:03 407     | 03:17:36 |
| 353 | M65-69 | Inge Vinje                | Tønsberg Friidrettsklubb       | 00:43:41 300     | 00:30:28 455     | 00:36:17 380     | 00:43:08 448     | 00:44:06 308     | 03:17:40 |
| 354 | M45-49 | Niels-Jørn Munch          | UngePorten, Jobcenter Bornholm | 00:44:10 325     | 00:28:46 337     | 00:36:27 392     | 00:41:55 385     | 00:46:29 420     | 03:17:47 |
| 355 | M60-64 | Poul Rasmussen            | OA/OGF                         | 00:44:50 362     | 00:29:17 379     | 00:35:57 360     | 00:40:31 324     | 00:47:17 452     | 03:17:52 |



**MORTEN MUNKHOLM** fra Århus 1900 blev 2'er på Hasle-etapen trods en superhurtig tid.



51 årige **HENRIK JØRGENSEN** - dansk rekordholder på marathon - nøjedes med en enkelt etape. Og løb 27:14 for de 7,8 km i Almindingen.

**MÆND, DER HAR FULDFØRT ALLE 19 ÅR / MEN COMPLETED ALL 20 YEARS**

| NAVN                           | 1994    | 1995    | 1996    | 1997    | 1998    | 1999    | 2000    | 2001    | 2002    | 2003    | 2004    | 2005    | 2006    |
|--------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 Keld Christensen, Amager AC  | 2:20:11 | 2:20:50 | 2:21:15 | 2:22:28 | 2:22:20 | 2:21:23 | 2:22:27 | 2:26:42 | 2:22:59 | 2:28:07 | 2:25:31 | 2:28:36 | 2:31:21 |
| 2 Allan Arndal, Sparta         | 2:46:32 | 2:43:45 | 2:34:40 | 2:41:38 | 2:36:50 | 2:40:01 | 2:49:31 | 3:00:56 | 2:56:56 | 2:53:21 | 2:54:13 | 2:59:40 | 3:02:36 |
| 3 Kim Bentsen, SÅN             | 3:12:26 | 3:13:10 | 3:08:08 | 3:38:23 | 3:18:12 | 3:18:41 | 3:18:47 | 3:19:10 | 3:31:30 | 3:21:11 | 3:19:33 | 3:26:04 | 3:23:25 |
| 4 Egon Erlandsen, KIK          | 3:19:56 | 3:10:31 | 3:07:38 | 3:11:57 | 3:16:03 | 3:22:13 | 3:27:20 | 3:31:56 | 3:25:40 | 3:44:45 | 3:36:09 | 3:39:16 | 3:58:29 |
| 5 Erwin Hansen, Viking Atletik | 3:13:26 | 3:21:38 | 3:10:54 | 3:18:46 | 3:39:40 | 3:53:23 | 4:38:37 | 3:55:11 | 3:22:44 | 3:29:54 | 3:26:52 | 3:36:32 | 3:50:32 |

| NR. | KLASSE | NAVN                        | KLUB                    | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|-----------------------------|-------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 356 | M50-54 | Jorn Peter Kofoed           | Vej og Park Bornholm 1  | 00:44:48 359     | 00:29:34 404     | 00:36:14 376     | 00:41:45 379     | 00:45:33 382     | 03:17:54 |
| 357 | M24-39 | Nicki Glasso                |                         | 00:45:34 399     | 00:29:29 394     | 00:36:22 388     | 00:42:02 393     | 00:44:35 337     | 03:18:02 |
| 358 | M45-49 | Frank Schäfer               |                         | 00:45:41 409     | 00:29:00 355     | 00:36:07 372     | 00:41:21 361     | 00:45:56 401     | 03:18:05 |
| 359 | M24-39 | Søren Lundgren Nielsen      | Københavns Politi       | 00:45:10 380     | 00:29:10 369     | 00:36:17 379     | 00:41:56 388     | 00:45:42 390     | 03:18:15 |
| 360 | M45-49 | Louis Philipsen             | Roskilde Motion         | 00:45:59 423     | 00:29:02 359     | 00:35:54 357     | 00:41:36 374     | 00:46:03 406     | 03:18:34 |
| 361 | M45-49 | Kristoffer Lund Madsen      |                         | 00:40:23 147     | 00:39:47 952     | 00:36:31 398     | 00:42:22 408     | 00:39:32 111     | 03:18:35 |
| 362 | M24-39 | Jakob Boman                 | Sparta 7                | 00:42:45 256     | 00:28:05 279     | 00:40:13 629     | 00:44:02 495     | 00:43:40 281     | 03:18:45 |
| 363 | M00-23 | Mads Jensen                 | Superbrugsen Klemensker | 00:46:17 432     | 00:28:57 354     | 00:36:17 381     | 00:41:36 372     | 00:45:52 397     | 03:18:59 |
| 364 | M50-54 | Claus Wigen                 |                         | 00:46:26 438     | 00:29:08 366     | 00:37:13 441     | 00:41:05 351     | 00:45:20 374     | 03:19:12 |
| 365 | M24-39 | Martin Hansen               |                         | 00:44:50 361     | 00:29:30 396     | 00:36:57 420     | 00:42:26 411     | 00:45:32 381     | 03:19:15 |
| 366 | M24-39 | Kim Schnedler Clausen       |                         | 00:45:37 403     | 00:29:44 415     | 00:36:58 422     | 00:41:44 377     | 00:45:29 378     | 03:19:32 |
| 367 | M40-44 | Morten Laursen              | Bagsværd atletik club   | 00:44:31 346     | 00:29:24 388     | 00:36:17 382     | 00:42:05 395     | 00:47:18 453     | 03:19:35 |
| 368 | M45-49 | Frank Krogh Hansen          | Rønne Privatskole       | 00:45:58 421     | 00:29:03 360     | 00:36:55 416     | 00:41:42 376     | 00:45:57 402     | 03:19:35 |
| 369 | M45-49 | Anders Aakerlund            |                         | 00:45:36 402     | 00:29:45 417     | 00:37:49 481     | 00:42:18 403     | 00:44:11 313     | 03:19:39 |
| 370 | M40-44 | Thomas Frønell              |                         | 00:45:21 391     | 00:29:30 399     | 00:37:09 435     | 00:41:21 362     | 00:46:20 417     | 03:19:41 |
| 371 | M40-44 | Michael Hansen Bager        |                         | 00:45:48 413     | 00:29:22 386     | 00:36:37 402     | 00:41:39 375     | 00:46:16 416     | 03:19:42 |
| 372 | M24-39 | Lars Kurt Nielsen           |                         | 00:44:57 371     | 00:29:24 389     | 00:36:40 405     | 00:42:07 396     | 00:46:39 423     | 03:19:47 |
| 373 | M24-39 | Kristoffer Nothlev          |                         | 00:45:56 420     | 00:28:27 308     | 00:36:33 399     | 00:41:56 386     | 00:46:55 437     | 03:19:47 |
| 374 | M24-39 | Klaus Jensen                |                         | 00:45:49 414     | 00:29:07 365     | 00:36:51 414     | 00:42:31 416     | 00:45:32 380     | 03:19:50 |
| 375 | M50-54 | Mikael Krøier Henriksen     | Guldborgsundløberne     | 00:43:56 310     | 00:29:55 428     | 00:36:11 375     | 00:45:01 554     | 00:44:47 346     | 03:19:50 |
| 376 | M50-54 | Karsten Rossing Mogensen    | Fugato 1                | 00:52:03 736     | 00:28:31 311     | 00:35:09 312     | 00:39:53 286     | 00:44:18 320     | 03:19:54 |
| 377 | M24-39 | Jacob Bassøe                |                         | 00:44:55 369     | 00:29:22 385     | 00:36:20 384     | 00:43:20 460     | 00:45:59 403     | 03:19:56 |
| 378 | M00-23 | Mads Søegaard Nielsen       | Rbk                     | 00:46:54 467     | 00:29:42 413     | 00:37:06 431     | 00:41:02 344     | 00:45:15 371     | 03:19:59 |
| 379 | M00-23 | Mathias Lausen              |                         | 00:46:52 463     | 00:28:28 309     | 00:36:04 368     | 00:41:26 363     | 00:47:20 456     | 03:20:10 |
| 380 | M40-44 | Torsten Blumreiter          |                         | 00:45:26 398     | 00:29:46 419     | 00:36:43 407     | 00:42:29 414     | 00:45:49 396     | 03:20:13 |
| 381 | M00-23 | Jannik Due                  | Fugato 1                | 00:50:03 629     | 00:29:15 375     | 00:36:16 377     | 00:40:23 313     | 00:44:22 328     | 03:20:19 |
| 382 | M24-39 | Morten K. S. Tarp           | Axel Sørensen EI og VVS | 00:44:58 372     | 00:29:32 401     | 00:36:39 404     | 00:42:51 433     | 00:46:27 419     | 03:20:27 |
| 383 | M45-49 | Lars Eibeholm               |                         | 00:45:47 411     | 00:29:19 380     | 00:36:36 401     | 00:42:02 394     | 00:46:51 433     | 03:20:35 |
| 384 | M40-44 | Michael Dahl Pedersen       |                         | 00:45:24 395     | 00:29:12 372     | 00:36:38 403     | 00:42:44 430     | 00:46:38 421     | 03:20:36 |
| 385 | M40-44 | Peter Lindholm              | Vejle IF Tri            | 00:45:38 407     | 00:30:14 438     | 00:36:26 391     | 00:42:24 410     | 00:46:09 412     | 03:20:51 |
| 386 | M24-39 | Dennis Egelund Christensen  |                         | 00:45:52 417     | 00:29:36 407     | 00:36:50 413     | 00:43:04 442     | 00:45:56 400     | 03:21:18 |
| 387 | M24-39 | Bo Sonne                    |                         | 00:46:13 431     | 00:30:05 431     | 00:37:02 426     | 00:41:56 387     | 00:46:06 409     | 03:21:22 |
| 388 | M60-64 | Karsten Lau-Jensen          | Sparta 6                | 00:45:52 416     | 00:29:58 430     | 00:36:56 419     | 00:42:55 438     | 00:45:41 388     | 03:21:22 |
| 389 | M45-49 | Mikkel Toudahl              | Campus Bornholm 1       | 00:46:48 458     | 00:29:29 395     | 00:36:30 395     | 00:41:59 391     | 00:46:42 424     | 03:21:28 |
| 390 | M50-54 | Kurt Svendsen               |                         | 00:46:57 469     | 00:28:50 343     | 00:36:44 409     | 00:41:45 380     | 00:47:29 471     | 03:21:45 |
| 391 | M24-39 | Michael Andreas Jensen      | Bo42                    | 00:46:30 440     | 00:29:12 371     | 00:36:54 415     | 00:41:58 390     | 00:47:15 449     | 03:21:49 |
| 392 | M40-44 | Henrik Debel                |                         | 00:46:24 436     | 00:29:25 390     | 00:37:12 440     | 00:42:18 402     | 00:46:50 432     | 03:22:09 |
| 393 | M50-54 | Finn-Erik Bak               | Bornholms Hospital 1    | 00:45:39 408     | 00:29:33 402     | 00:37:21 451     | 00:42:11 398     | 00:47:26 468     | 03:22:10 |
| 394 | M50-54 | Jørgen Kirkeby              |                         | 00:46:03 425     | 00:30:11 434     | 00:36:56 418     | 00:42:17 401     | 00:46:53 435     | 03:22:20 |
| 395 | M24-39 | Peter, Kofod Bentsen        | TEAM PERLAN             | 00:48:45 545     | 00:29:35 406     | 00:36:47 412     | 00:41:36 373     | 00:45:38 387     | 03:22:21 |
| 396 | M45-49 | Kasper Mydtskov             |                         | 00:44:09 324     | 00:28:48 341     | 00:35:48 351     | 00:46:21 610     | 00:47:20 455     | 03:22:26 |
| 397 | M24-39 | Rune Ibsen                  | Klub Verdensklasse      | 00:45:20 388     | 00:29:02 358     | 00:35:56 359     | 00:43:22 464     | 00:48:46 534     | 03:22:26 |
| 398 | M24-39 | Kenneth Neergaard           |                         | 00:46:41 450     | 00:29:15 376     | 00:36:16 378     | 00:43:24 466     | 00:46:59 439     | 03:22:35 |
| 399 | M40-44 | Lars Nissen                 | Sparta 4                | 00:46:19 433     | 00:30:47 475     | 00:37:25 455     | 00:41:57 389     | 00:46:07 410     | 03:22:35 |
| 400 | M40-44 | Tomas Kudsk                 | AB-ELCO                 | 00:45:54 418     | 00:30:38 466     | 00:37:09 436     | 00:42:15 399     | 00:46:52 434     | 03:22:48 |
| 401 | M40-44 | Mads Ramsing Lerche         | Team Lerche             | 00:46:35 444     | 00:30:17 442     | 00:37:10 438     | 00:41:51 384     | 00:47:08 445     | 03:23:01 |
| 402 | M24-39 | Sebastian Mortensen         | Streetboyz              | 00:44:59 374     | 00:29:11 370     | 00:35:25 332     | 00:41:44 378     | 00:51:45 691     | 03:23:04 |
| 403 | M60-64 | Jan Holm                    |                         | 00:45:54 419     | 00:29:15 377     | 00:37:00 425     | 00:43:06 446     | 00:47:57 496     | 03:23:12 |
| 404 | M24-39 | Kasper Gram                 | NBRO Running            | 00:44:54 366     | 00:27:28 233     | 00:33:33 209     | 00:49:05 729     | 00:48:14 513     | 03:23:14 |
| 405 | M24-39 | Rune Søegaard Nielsen       |                         | 00:46:33 442     | 00:31:09 505     | 00:36:43 406     | 00:42:41 427     | 00:46:10 414     | 03:23:16 |
| 406 | M50-54 | Bo Lauridsen                |                         | 00:47:33 499     | 00:31:56 560     | 00:39:32 578     | 00:40:28 322     | 00:43:56 300     | 03:23:25 |
| 407 | M45-49 | Flemming Johansen           | TIF                     | 00:47:09 479     | 00:31:36 542     | 00:36:30 397     | 00:42:19 405     | 00:45:55 399     | 03:23:29 |
| 408 | M24-39 | Mike Lilhammer              | Herlevløberne           | 00:46:59 470     | 00:30:12 436     | 00:37:05 429     | 00:42:20 407     | 00:46:59 438     | 03:23:35 |
| 409 | M45-49 | Brian Hansen                |                         | 00:45:20 389     | 00:29:26 391     | 00:36:30 396     | 00:43:00 441     | 00:49:37 584     | 03:23:53 |
| 410 | M45-49 | Leo Rasmussen               | Nykredit                | 00:46:09 430     | 00:29:40 411     | 00:37:31 460     | 00:43:05 444     | 00:47:31 472     | 03:23:56 |
| 411 | M24-39 | Christian Lauenborg Johnsen |                         | 00:46:04 426     | 00:29:51 423     | 00:37:15 442     | 00:43:23 465     | 00:47:26 467     | 03:23:59 |
| 412 | M40-44 | Kasper Buchardt             | Syd-Øst for Paradis     | 00:47:16 485     | 00:29:52 425     | 00:36:45 410     | 00:42:47 432     | 00:47:21 461     | 03:24:01 |
| 413 | M40-44 | Allan Kofoed                | Herlevtoget             | 00:55:11 854     | 00:37:59 903     | 00:32:14 134     | 00:35:48 105     | 00:42:59 245     | 03:24:11 |
| 414 | M40-44 | Robert Jakobsen             |                         | 00:45:19 387     | 00:30:25 452     | 00:37:32 462     | 00:43:24 468     | 00:47:34 474     | 03:24:14 |
| 415 | M24-39 | Hans Ulrik Fassel           | Strandløverne           | 00:46:53 466     | 00:29:51 424     | 00:37:06 430     | 00:42:35 421     | 00:47:54 492     | 03:24:19 |
| 416 | M40-44 | Michael Thanner             | Gamle Dam               | 00:46:20 434     | 00:29:28 392     | 00:37:26 456     | 00:43:14 454     | 00:48:01 502     | 03:24:29 |
| 417 | M45-49 | Frank Kirkegaard Hansen     | Bornholmermarked.dk     | 00:47:20 489     | 00:30:11 433     | 00:37:36 467     | 00:42:37 422     | 00:46:49 431     | 03:24:33 |



**GLENN CHRISTENSEN** - [www.ekstremt.fed.dk](http://www.ekstremt.fed.dk) - kommer i mål i Hasle i tiden 1.00:16. Se interview med Glenn på TV2 Bornholm: [www.kortlink.dk/ct4s](http://www.kortlink.dk/ct4s)



### ALMINDINGSLØBET 2013

LØRDAG DEN 21. SEPTEMBER 2013 KL. 14:00

Bornholms traditionsbundne motionsarrangement med over 1000 motionsløbere. Løbet afvikles på skovstier i Almindingen - og alle kan være med. Ruten er 8 km. Underlaget er skovstier og lidt asfalt. Ruten er bakket, spændende og en meget stor naturoplevelse. Børne- og ungdomsløb 2,0 km, start klokken 13:00.

Læs mere: [www.viking-atletik.dk/site/332/](http://www.viking-atletik.dk/site/332/)

| 2007    | 2008    | 2009    | 2010    | 2011    | 2012    | 2013    | TOTAL    |
|---------|---------|---------|---------|---------|---------|---------|----------|
| 2:26:41 | 2:27:14 | 2:27:11 | 2:22:27 | 2:23:46 | 2:29:00 | 2:27:22 | 48:17:51 |
| 3:35:28 | 3:02:32 | 3:13:50 | 3:03:17 | 3:04:38 | 3:04:30 | 3:06:18 | 58:51:12 |
| 3:23:56 | 3:26:52 | 3:36:21 | 3:34:52 | 4:21:44 | 3:46:57 | 4:06:22 | 69:45:44 |
| 3:48:52 | 3:55:23 | 4:57:26 | 4:05:40 | 4:23:57 | 4:18:43 | 4:26:42 | 74:48:36 |
| 3:39:40 | 3:37:33 | 3:49:15 | 5:16:21 | 4:12:49 | 4:13:36 | 4:12:10 | 75:59:33 |

## BRONZESPONSOR

Polar-ure



| NR. | KLASSE | NAVN                       | KLUB                            | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|----------------------------|---------------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 418 | M00-23 | Frederik Nicolai Nielsen   |                                 | 00:47:31 498     | 00:30:11 435     | 00:38:01 498     | 00:42:55 437     | 00:46:03 408     | 03:24:41 |
| 419 | M50-54 | Hans Stubberup             | Viborg AM                       | 00:47:21 490     | 00:29:50 422     | 00:37:39 471     | 00:43:11 450     | 00:46:43 426     | 03:24:44 |
| 420 | M40-44 | Brian Olsen                |                                 | 00:46:53 465     | 00:30:29 456     | 00:37:34 464     | 00:42:38 423     | 00:47:15 451     | 03:24:49 |
| 421 | M24-39 | Hans Christian Munch       |                                 | 00:46:06 428     | 00:31:11 508     | 00:37:31 461     | 00:42:43 428     | 00:47:19 454     | 03:24:50 |
| 422 | M60-64 | Erik Christensen           | Rødovre AC                      | 00:46:48 459     | 00:30:34 460     | 00:37:09 434     | 00:42:47 431     | 00:47:34 473     | 03:24:52 |
| 423 | M00-23 | Emil Hur Laursen           | Hvidovre Atletik & Motion       | 00:48:41 543     | 00:30:18 444     | 00:36:58 423     | 00:40:40 331     | 00:48:23 522     | 03:25:00 |
| 424 | M00-23 | Emil Lausen                |                                 | 00:47:54 513     | 00:30:23 451     | 00:36:25 389     | 00:42:20 406     | 00:48:01 504     | 03:25:03 |
| 425 | M40-44 | Brian Tang Andersen        |                                 | 00:46:52 461     | 00:30:10 432     | 00:37:40 473     | 00:43:16 455     | 00:47:06 442     | 03:25:04 |
| 426 | M24-39 | Emil Mads Møller           |                                 | 00:46:06 427     | 00:29:54 427     | 00:38:28 519     | 00:42:54 436     | 00:47:46 485     | 03:25:08 |
| 427 | M45-49 | Richard Van Logtestijn     |                                 | 00:47:16 486     | 00:29:21 384     | 00:36:07 371     | 00:41:09 355     | 00:51:22 675     | 03:25:15 |
| 428 | M24-39 | Jesper Johansen            |                                 | 00:45:59 422     | 00:31:00 496     | 00:37:42 474     | 00:43:00 440     | 00:47:43 482     | 03:25:24 |
| 429 | M24-39 | Martin Bornholmeren Jensen | FIF 2                           | 00:48:14 522     | 00:29:56 429     | 00:37:47 479     | 00:43:44 479     | 00:45:48 394     | 03:25:29 |
| 430 | M24-39 | Michael Frederiksen        |                                 | 00:47:07 477     | 00:30:48 477     | 00:37:55 491     | 00:42:35 420     | 00:47:06 441     | 03:25:31 |
| 431 | M45-49 | Tommy Truelsen             |                                 | 00:46:42 452     | 00:31:16 514     | 00:37:15 443     | 00:43:00 439     | 00:47:20 458     | 03:25:33 |
| 432 | M65-69 | Jørn Ole Hansen            | Viking Atletik 9                | 00:46:43 453     | 00:30:44 471     | 00:37:43 477     | 00:43:30 472     | 00:46:54 436     | 03:25:34 |
| 433 | M24-39 | Benny Eis Petersen         | KropsterapeutenFyn              | 00:46:40 449     | 00:30:20 447     | 00:38:06 501     | 00:43:14 453     | 00:47:28 469     | 03:25:48 |
| 434 | M60-64 | Ralf Wustmann              | VfL Dresden-Bühlau              | 00:44:59 373     | 00:29:41 412     | 00:37:59 494     | 00:45:37 579     | 00:47:52 489     | 03:26:08 |
| 435 | M24-39 | Rasmus Sonne Juulsen       |                                 | 00:47:28 497     | 00:31:18 518     | 00:37:16 444     | 00:43:19 459     | 00:46:48 429     | 03:26:09 |
| 436 | M24-39 | Jimmi Hansen               |                                 | 00:47:28 496     | 00:31:18 517     | 00:37:16 446     | 00:43:19 458     | 00:46:49 430     | 03:26:10 |
| 437 | M00-23 | Andreas Pedersen           | Viking Atletik 10               | 00:47:25 493     | 00:30:55 488     | 00:36:34 400     | 00:42:28 412     | 00:48:57 546     | 03:26:19 |
| 438 | M24-39 | Kasper Larsen              |                                 | 00:47:10 480     | 00:31:32 536     | 00:37:35 466     | 00:42:38 424     | 00:47:25 465     | 03:26:20 |
| 439 | M50-54 | Jens Mølsted Pedersen      | Grundejerforeningen Nørrevang   | 00:47:24 492     | 00:30:34 462     | 00:37:43 475     | 00:43:24 467     | 00:47:38 477     | 03:26:43 |
| 440 | M60-64 | Christian Helms Jørgensen  |                                 | 00:46:45 455     | 00:31:15 511     | 00:37:34 465     | 00:43:21 463     | 00:47:56 494     | 03:26:51 |
| 441 | M55-59 | Per Nygaard Jensen         | Sparta 3                        | 00:47:19 488     | 00:30:52 481     | 00:37:59 495     | 00:42:31 415     | 00:48:15 515     | 03:26:56 |
| 442 | M50-54 | Søren Møller Nielsen       | FIF 1                           | 00:41:47 208     | 00:29:16 378     | 00:44:22 848     | 00:45:43 583     | 00:45:49 395     | 03:26:57 |
| 443 | M40-44 | Martin Jørgensen           |                                 | 00:47:53 512     | 00:30:53 482     | 00:37:43 476     | 00:42:52 434     | 00:47:42 481     | 03:27:03 |
| 444 | M40-44 | Mogens Jessen              |                                 | 00:47:36 502     | 00:30:18 443     | 00:37:50 482     | 00:43:59 491     | 00:47:26 466     | 03:27:09 |
| 445 | M45-49 | Peter Juul Schachtebeck    | rønne                           | 00:46:47 457     | 00:31:29 532     | 00:37:29 459     | 00:43:26 469     | 00:48:01 499     | 03:27:12 |
| 446 | M24-39 | Peter Holm                 |                                 | 00:48:24 530     | 00:29:48 421     | 00:37:44 478     | 00:44:07 500     | 00:47:24 463     | 03:27:27 |
| 447 | M40-44 | Claus Rylander Christensen | Idrætsforeningen Segen Bornholm | 00:46:55 468     | 00:30:54 484     | 00:38:11 504     | 00:43:21 462     | 00:48:06 506     | 03:27:27 |
| 448 | M50-54 | Søren Dam                  |                                 | 00:46:52 462     | 00:30:53 483     | 00:38:31 523     | 00:43:17 457     | 00:48:04 505     | 03:27:37 |
| 449 | M00-23 | Patrick Malmberg           | Kvik Tri Team                   | 00:51:38 723     | 00:27:32 239     | 00:40:02 614     | 00:43:26 470     | 00:44:59 356     | 03:27:37 |
| 450 | M65-69 | Ole Kofod                  | Blivstrød Løverne - Hanløverne  | 00:46:30 429     | 00:31:19 519     | 00:37:38 470     | 00:44:06 499     | 00:48:07 507     | 03:27:40 |
| 451 | M24-39 | Mikael Petersen            |                                 | 00:49:58 625     | 00:31:00 497     | 00:38:13 507     | 00:41:48 382     | 00:46:47 428     | 03:27:46 |
| 452 | M24-39 | Allan Bak Jensen           |                                 | 00:47:38 503     | 00:30:33 459     | 00:38:04 500     | 00:43:41 477     | 00:48:00 498     | 03:27:56 |
| 453 | M45-49 | Ole Keilberg               | Beck Pack Systems A/S           | 00:45:23 394     | 00:31:06 503     | 00:38:22 515     | 00:44:25 520     | 00:48:40 528     | 03:27:56 |
| 454 | M24-39 | Søren Klejnstrup           | Houkær Løb & Motion/VEXA        | 00:47:53 511     | 00:29:53 426     | 00:37:19 447     | 00:44:04 498     | 00:48:49 537     | 03:27:58 |
| 455 | M40-44 | Ulrik Schledermand         | Hørsholm Svømmeforening         | 00:42:40 248     | 00:28:35 319     | 00:48:23 978     | 00:44:42 536     | 00:43:39 279     | 03:27:59 |
| 456 | M24-39 | Pelle Munch-Petersen       | Team Krøllebølles Bentøj        | 00:49:10 572     | 00:31:17 515     | 00:38:19 514     | 00:42:39 425     | 00:47:00 440     | 03:28:25 |
| 457 | M40-44 | Thomas Andersen            | Skive B83                       | 00:47:24 491     | 00:30:17 441     | 00:37:54 488     | 00:43:30 471     | 00:49:31 575     | 03:28:36 |
| 458 | M40-44 | Anton Wamsler              |                                 | 00:47:03 475     | 00:30:37 464     | 00:39:05 557     | 00:44:30 526     | 00:47:29 470     | 03:28:44 |
| 459 | M24-39 | Martin Kristensen          | AK 73                           | 00:47:01 474     | 00:32:12 579     | 00:37:29 458     | 00:44:04 497     | 00:48:01 500     | 03:28:47 |
| 460 | M24-39 | Rasmus Boysen              |                                 | 00:46:51 460     | 00:31:34 540     | 00:38:18 511     | 00:44:17 509     | 00:47:50 487     | 03:28:50 |
| 461 | M60-64 | Kurt Ejner Pedersen        | Veje SG & IF FYN                | 00:46:43 454     | 00:31:19 520     | 00:38:55 543     | 00:44:01 494     | 00:48:13 512     | 03:29:11 |
| 462 | M24-39 | Martin Halkier Nilsson     |                                 | 00:49:48 613     | 00:31:45 550     | 00:37:23 454     | 00:43:05 445     | 00:47:11 446     | 03:29:12 |
| 463 | M45-49 | Søren Nielsen              | Køge Atletik                    | 00:49:34 598     | 00:30:37 465     | 00:37:07 432     | 00:43:16 456     | 00:48:43 531     | 03:29:17 |
| 464 | M24-39 | Simon Dalsgaard Hansen     | Superbrugens Klemensker         | 00:48:51 555     | 00:30:49 478     | 00:37:39 472     | 00:43:12 451     | 00:48:51 539     | 03:29:22 |
| 465 | M24-39 | Jesper Sørensen            | MASK                            | 00:48:46 547     | 00:30:41 469     | 00:37:51 484     | 00:42:39 426     | 00:49:28 570     | 03:29:25 |
| 466 | M50-54 | Andreas Markl              | IK Westmannia                   | 00:47:08 478     | 00:30:33 458     | 00:38:29 521     | 00:44:53 548     | 00:48:23 523     | 03:29:26 |
| 467 | M24-39 | Andy Dybdahl               |                                 | 00:49:37 604     | 00:30:45 473     | 00:38:14 508     | 00:42:53 435     | 00:47:57 497     | 03:29:26 |
| 468 | M55-59 | Lars-Erik Rytter           | N.L.Byg den rappe               | 00:48:54 556     | 00:30:48 476     | 00:37:58 493     | 00:43:13 452     | 00:48:34 525     | 03:29:27 |
| 469 | M50-54 | Per Møller                 | Klinik for fodterapi            | 00:48:49 552     | 00:30:54 486     | 00:38:13 506     | 00:43:44 480     | 00:48:08 508     | 03:29:48 |
| 470 | M50-54 | John Hansen                | Viking Atletik 4                | 00:47:25 494     | 00:30:26 453     | 00:38:37 527     | 00:45:39 580     | 00:47:41 480     | 03:29:48 |
| 471 | M24-39 | Mads Christoffersen        | Team Holbek Tjørnevig           | 00:50:08 635     | 00:31:23 525     | 00:38:33 526     | 00:42:32 417     | 00:47:15 450     | 03:29:51 |
| 472 | M50-54 | Carsten Drejer             |                                 | 00:46:47 456     | 00:30:27 454     | 00:37:51 483     | 00:44:25 519     | 00:50:29 627     | 03:29:59 |
| 473 | M50-54 | Tonny Dissing              | Blivstrød Løverne - Hanløverne  | 00:48:37 536     | 00:31:19 521     | 00:37:27 457     | 00:43:55 488     | 00:48:49 536     | 03:30:07 |
| 474 | M55-59 | Klaus Bøegh Larsen         | IK Hellas                       | 00:46:06 429     | 00:30:15 439     | 00:37:53 487     | 00:44:50 544     | 00:51:04 655     | 03:30:08 |
| 475 | M50-54 | Anders Kofoed              | Rønne Revision                  | 00:47:18 487     | 00:30:59 495     | 00:38:08 503     | 00:44:28 524     | 00:49:16 558     | 03:30:09 |
| 476 | M24-39 | Flemming Munch Hansen      | Campus Bornholm 3               | 00:48:27 532     | 00:30:43 470     | 00:38:42 532     | 00:44:07 501     | 00:48:16 517     | 03:30:15 |
| 477 | M55-59 | Torben Schaltz             | Sparta 7                        | 00:46:32 441     | 00:32:03 567     | 00:38:13 505     | 00:44:20 513     | 00:49:18 561     | 03:30:26 |
| 478 | M24-39 | Kristian Kjærgaard Lange   | Team Hat trick                  | 00:48:39 538     | 00:31:16 513     | 00:37:57 492     | 00:44:44 537     | 00:48:01 501     | 03:30:37 |
| 479 | M24-39 | Anders Stender             |                                 | 00:48:17 527     | 00:30:51 480     | 00:38:24 517     | 00:44:26 522     | 00:48:52 540     | 03:30:50 |
| 480 | M50-54 | Claus Gjerrild             | UngePorten, Jobcenter Bornholm  | 00:47:51 508     | 00:31:10 506     | 00:38:56 545     | 00:44:09 503     | 00:48:47 535     | 03:30:53 |
| 481 | M24-39 | Christian Kromann Nielsen  |                                 | 00:48:48 550     | 00:31:59 563     | 00:37:03 427     | 00:45:19 565     | 00:47:44 483     | 03:30:53 |
| 482 | M55-59 | Niels Kirkegaard           | Blivstrød Løverne - Hanløverne  | 00:48:04 516     | 00:31:03 500     | 00:38:40 530     | 00:43:46 482     | 00:49:25 569     | 03:30:58 |
| 483 | M60-64 | Jens Westh                 | B R K                           | 00:46:38 448     | 00:32:06 572     | 00:38:39 529     | 00:45:16 563     | 00:48:19 519     | 03:30:58 |
| 484 | M45-49 | Peder Andreasen            | Færgen 3                        | 00:47:00 473     | 00:30:49 479     | 00:38:31 524     | 00:45:24 570     | 00:49:17 559     | 03:31:01 |
| 485 | M24-39 | Kasper Westh               |                                 | 00:47:33 500     | 00:31:34 539     | 00:38:23 516     | 00:44:13 505     | 00:49:23 566     | 03:31:06 |
| 486 | M00-23 | Philip Nielsen             |                                 | 00:50:11 641     | 00:31:39 546     | 00:38:01 499     | 00:43:56 489     | 00:47:22 462     | 03:31:09 |
| 487 | M50-54 | Kjeld Norup                |                                 | 00:48:05 517     | 00:31:15 510     | 00:38:25 518     | 00:43:51 485     | 00:49:35 581     | 03:31:11 |
| 488 | M24-39 | Martin Mikkelsen           |                                 | 00:50:23 659     | 00:29:44 414     | 00:38:57 548     | 00:43:05 443     | 00:49:06 553     | 03:31:15 |
| 489 | M00-23 | Stefan Andersen            |                                 | 00:49:06 570     | 00:31:15 512     | 00:37:54 489     | 00:44:11 504     | 00:48:59 547     | 03:31:25 |
| 490 | M40-44 | Bo Torp Sørensen           |                                 | 00:47:35 501     | 00:31:06 502     | 00:39:48 592     | 00:44:16 508     | 00:48:40 529     | 03:31:25 |
| 491 | M40-44 | Troels Markussen           | Bornholms Værns Idrætsforening  | 00:47:53 510     | 00:31:17 516     | 00:39:11 561     | 00:44:24 518     | 00:48:54 541     | 03:31:39 |
| 492 | M65-69 | Preben Vørs                | Sparta 7                        | 00:46:59 471     | 00:30:54 485     | 00:38:32 525     | 00:45:31 576     | 00:49:44 588     | 03:31:40 |
| 493 | M50-54 | Karsten Grooss             | SÅN-Løberne Mænd                | 00:48:40 541     | 00:32:19 589     | 00:38:49 538     | 00:44:16 507     | 00:47:39 478     | 03:31:43 |
| 494 | M40-44 | Pau Refsgaard              | Houkær Løb & Motion/VEXA        | 00:43:44 302     | 00:30:44 472     | 00:44:02 837     | 00:40:08 300     | 00:53:19 759     | 03:31:57 |
| 495 | M45-49 | Hans Henrik Gosvig         | AP revision                     | 00:48:36 534     | 00:31:34 538     | 00:39:11 560     | 00:44:31 527     | 00:48:15 514     | 03:32:07 |



**ULTRAATLETEN** Allan Lyngholm tester formen på det fine sand i Dueodde.



### SOFT ICE LØBET 2014

ONSDAG DEN 2. JULI 2014 KL. 19:00

Løbet afvikles i og omkring Gudhjem - et af Danmarks smukkeste områder. 6,9 km hvor alle kan deltage. 1,3 km. børneløb, hvor alle der endnu ikke er fyldt 15 år, kan deltage. Underlaget er varieret, men mest asfalt. Ruterne er bakket.

Læs mere: [www.viking-atletik.dk/site/softicelob/](http://www.viking-atletik.dk/site/softicelob/)

## GULDSPONSOR

Sportmaster i Rønne



| NR. | KLASSE | NAVN                            | KLUB                        | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|---------------------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 496 | M45-49 | Claus Henriksen                 | Netcompany A/S              | 00:48:18 528     | 00:31:38 544     | 00:39:13 564     | 00:44:29 525     | 00:48:34 526     | 03:32:12 |
| 497 | M24-39 | Kevin Nielsen                   |                             | 00:50:22 658     | 00:31:35 541     | 00:38:37 528     | 00:44:35 529     | 00:47:06 443     | 03:32:15 |
| 498 | M40-44 | Mikkel Kofoed Jensen            |                             | 00:49:14 580     | 00:32:03 568     | 00:38:19 512     | 00:43:40 476     | 00:49:05 551     | 03:32:21 |
| 499 | M24-39 | Anders Andersen                 | SATS Trithlon               | 00:49:02 568     | 00:31:51 556     | 00:38:19 513     | 00:44:53 547     | 00:48:18 518     | 03:32:23 |
| 500 | M24-39 | Lasse Jørgensen                 |                             | 00:49:00 565     | 00:32:00 564     | 00:38:43 534     | 00:44:36 532     | 00:48:09 509     | 03:32:28 |
| 501 | M00-23 | Jannich Mejnert Olsen           |                             | 00:47:47 505     | 00:30:47 474     | 00:37:52 485     | 00:44:13 506     | 00:51:52 697     | 03:32:31 |
| 502 | M40-44 | Michael Hjorth Nielsen          | Nyvest                      | 00:48:02 515     | 00:30:55 489     | 00:39:12 562     | 00:44:58 550     | 00:49:25 568     | 03:32:32 |
| 503 | M55-59 | Ole Anker Holm                  | Tejn Sejlklub               | 00:49:10 573     | 00:31:33 537     | 00:38:56 546     | 00:44:00 492     | 00:48:56 544     | 03:32:35 |
| 504 | M24-39 | Sune Schønning                  | Toms søn                    | 00:47:47 506     | 00:31:21 523     | 00:39:32 577     | 00:44:47 540     | 00:49:09 555     | 03:32:36 |
| 505 | M45-49 | Søren Lau                       |                             | 00:49:43 610     | 00:30:34 461     | 00:38:48 536     | 00:44:26 521     | 00:49:19 563     | 03:32:50 |
| 506 | M24-39 | Karsten Helligsø Christoffersen | BK Ydun                     | 00:49:30 594     | 00:30:14 437     | 00:40:33 648     | 00:43:53 487     | 00:48:41 530     | 03:32:51 |
| 507 | M45-49 | Anders Krabbe Gadegaard         | tejn                        | 00:48:38 537     | 00:30:40 468     | 00:39:14 566     | 00:44:03 496     | 00:50:20 622     | 03:32:55 |
| 508 | M70-99 | Søren Traberg                   | Herlevløberne               | 00:51:04 693     | 00:30:34 463     | 00:39:29 576     | 00:43:47 483     | 00:48:12 511     | 03:33:06 |
| 509 | M40-44 | B. Risum                        | A&B                         | 00:48:46 549     | 00:32:10 575     | 00:39:05 553     | 00:44:52 545     | 00:48:21 520     | 03:33:14 |
| 510 | M24-39 | Jonas Rye Nielsen               |                             | 00:47:49 507     | 00:33:12 648     | 00:39:00 550     | 00:44:17 510     | 00:48:56 543     | 03:33:14 |
| 511 | M24-39 | Johannes Nilsson                | Bornholms Regionskommune    | 00:50:53 684     | 00:31:29 531     | 00:39:03 552     | 00:43:57 490     | 00:47:54 493     | 03:33:16 |
| 512 | M40-44 | Jakob Huusom                    | Rigshospitalet              | 00:49:26 586     | 00:32:09 574     | 00:38:42 533     | 00:44:22 516     | 00:48:37 527     | 03:33:16 |
| 513 | M55-59 | Jørn Bo Jensen                  |                             | 00:48:48 551     | 00:32:12 578     | 00:38:50 539     | 00:43:50 484     | 00:49:37 585     | 03:33:17 |
| 514 | M24-39 | Claus Lund Pedersen             |                             | 00:47:12 482     | 00:30:22 449     | 00:39:14 567     | 00:46:47 626     | 00:49:57 604     | 03:33:32 |
| 515 | M24-39 | Claus Peter Christiansen        | Coop Bornholm 2             | 00:51:29 714     | 00:30:56 491     | 00:38:51 540     | 00:43:31 474     | 00:49:05 550     | 03:33:52 |
| 516 | M40-44 | Peter Kofoed-Dam                | Svanegård                   | 00:49:18 581     | 00:30:20 448     | 00:38:40 531     | 00:44:00 493     | 00:51:36 684     | 03:33:54 |
| 517 | M40-44 | Peter Christiansen              | Hasle                       | 00:48:46 548     | 00:31:06 504     | 00:38:55 544     | 00:45:44 584     | 00:49:33 579     | 03:34:04 |
| 518 | M24-39 | Martin Kragh                    |                             | 00:48:55 559     | 00:31:14 509     | 00:38:49 537     | 00:45:54 590     | 00:49:14 557     | 03:34:06 |
| 519 | M24-39 | Daniel Bech Justesen            |                             | 00:48:50 554     | 00:31:48 553     | 00:38:28 520     | 00:45:12 562     | 00:49:54 601     | 03:34:12 |
| 520 | M00-23 | Martin Henriksen                |                             | 00:49:53 619     | 00:29:44 416     | 00:37:49 480     | 00:47:16 650     | 00:49:35 582     | 03:34:17 |
| 521 | M45-49 | Jens Frei Christensen           |                             | 00:48:14 523     | 00:31:32 535     | 00:39:26 574     | 00:45:11 560     | 00:50:02 610     | 03:34:25 |
| 522 | M40-44 | Ulrik Bækgaard Larsen           | Campus Bornholm 3           | 00:48:01 514     | 00:32:48 616     | 00:38:46 535     | 00:45:19 564     | 00:49:32 577     | 03:34:26 |
| 523 | M24-39 | Anders Madsen                   | www.trafikskolerne.dk       | 00:48:40 542     | 00:31:50 555     | 00:38:54 542     | 00:44:48 541     | 00:50:16 620     | 03:34:28 |
| 524 | M40-44 | Bo Ørbjerg                      |                             | 00:49:01 567     | 00:30:58 493     | 00:39:44 585     | 00:45:12 561     | 00:49:33 578     | 03:34:28 |
| 525 | M24-39 | Magnus Kjøller                  |                             | 00:46:38 446     | 00:30:16 440     | 00:40:40 658     | 00:45:35 577     | 00:51:21 671     | 03:34:30 |
| 526 | M24-39 | Anders Clemmensen               |                             | 00:49:26 588     | 00:32:05 570     | 00:39:00 549     | 00:44:18 511     | 00:49:48 594     | 03:34:37 |
| 527 | M40-44 | Ulf Simper Skovgaard            | Team Simper                 | 00:49:40 607     | 00:31:38 545     | 00:38:53 541     | 00:44:27 523     | 00:50:03 611     | 03:34:41 |
| 528 | M45-49 | Lars Andie Pedersen             | Den Udødelige Hest          | 00:51:17 705     | 00:32:41 607     | 00:39:46 589     | 00:43:10 449     | 00:47:48 486     | 03:34:42 |
| 529 | M24-39 | Sune Frederiksen                | Espersen A/S                | 00:50:02 626     | 00:31:43 549     | 00:39:33 579     | 00:44:39 534     | 00:48:45 532     | 03:34:42 |
| 530 | M40-44 | Michael Schemionek              | Republik Freies Wendland    | 00:50:24 660     | 00:31:30 533     | 00:39:05 556     | 00:44:20 515     | 00:49:28 571     | 03:34:47 |
| 531 | M24-39 | Martin Barslund Juel Jensen     |                             | 00:48:40 540     | 00:32:45 614     | 00:39:47 591     | 00:44:47 539     | 00:49:11 556     | 03:35:10 |
| 532 | M50-54 | Henning Birk Nielsen            | Toemrerepressen.dk          | 00:49:12 575     | 00:32:14 580     | 00:39:37 581     | 00:45:22 567     | 00:48:46 533     | 03:35:11 |
| 533 | M50-54 | Søren Søborg-Madsen             | Jensen Denmark A/S          | 00:48:58 564     | 00:31:26 527     | 00:39:12 563     | 00:45:10 558     | 00:50:26 625     | 03:35:12 |
| 534 | M50-54 | Carsten Jensen                  |                             | 00:48:07 518     | 00:31:22 524     | 00:39:28 575     | 00:45:08 557     | 00:51:09 658     | 03:35:14 |
| 535 | M50-54 | Henrik Rosentlund               | Fredensborg AK              | 00:48:50 553     | 00:32:22 592     | 00:39:45 587     | 00:45:49 587     | 00:48:32 524     | 03:35:18 |
| 536 | M40-44 | Denis Andersen                  |                             | 00:48:15 524     | 00:32:05 571     | 00:39:21 572     | 00:44:58 549     | 00:50:42 639     | 03:35:21 |
| 537 | M40-44 | Ole Ib Boskov                   |                             | 00:49:12 576     | 00:32:32 601     | 00:40:06 620     | 00:44:23 517     | 00:49:18 560     | 03:35:31 |
| 538 | M24-39 | Michael Folkmann Poulsen        |                             | 00:51:02 691     | 00:31:10 507     | 00:39:22 573     | 00:43:32 475     | 00:50:29 628     | 03:35:35 |
| 539 | M60-64 | Roger Pellegrini                | SNIK                        | 00:48:36 533     | 00:31:37 543     | 00:39:44 586     | 00:45:28 572     | 00:50:42 638     | 03:36:07 |
| 540 | M24-39 | Brian Andersen                  |                             | 00:52:58 769     | 00:32:56 633     | 00:38:56 547     | 00:43:44 478     | 00:47:45 484     | 03:36:19 |
| 541 | M60-64 | Flemming Pihl                   | Viborg AM / marathongruppen | 00:48:09 520     | 00:31:46 551     | 00:39:53 600     | 00:47:00 632     | 00:49:32 576     | 03:36:20 |
| 542 | M40-44 | Eirik Knutsen                   | SSB IL                      | 00:45:45 410     | 00:32:21 590     | 00:45:21 888     | 00:46:37 619     | 00:46:16 415     | 03:36:20 |
| 543 | M24-39 | Jakob Sassersen                 | Eksil Bornholm              | 00:48:26 531     | 00:31:26 530     | 00:39:59 609     | 00:47:26 659     | 00:49:04 549     | 03:36:21 |
| 544 | M40-44 | Simon Reusch                    |                             | 00:49:28 591     | 00:32:21 591     | 00:39:35 580     | 00:45:24 569     | 00:49:46 590     | 03:36:34 |
| 545 | M24-39 | Christian Rosengren             |                             | 00:48:17 526     | 00:32:35 603     | 00:40:31 646     | 00:45:54 591     | 00:49:19 562     | 03:36:36 |
| 546 | M50-54 | Torben Aagaard                  | Hesselager                  | 00:49:13 577     | 00:32:10 576     | 00:40:00 611     | 00:45:41 582     | 00:49:41 587     | 03:36:45 |
| 547 | M45-49 | Jesper Lundberg                 |                             | 00:47:52 509     | 00:32:19 587     | 00:40:07 623     | 00:46:41 622     | 00:49:47 593     | 03:36:46 |
| 548 | M40-44 | Christian Sandberg              | Køge Atletik Klub           | 00:49:11 574     | 00:30:59 494     | 00:40:27 639     | 00:45:37 578     | 00:50:34 633     | 03:36:48 |
| 549 | M40-44 | Jakob Storm                     | Bornholms Brand             | 00:49:30 593     | 00:32:18 586     | 00:39:05 554     | 00:44:36 531     | 00:51:20 669     | 03:36:49 |
| 550 | M24-39 | Morten Hjorth Hansen            |                             | 00:51:10 698     | 00:31:26 528     | 00:38:00 497     | 00:44:20 514     | 00:51:55 702     | 03:36:51 |
| 551 | M45-49 | Paul Anker Hansen               |                             | 00:49:36 602     | 00:32:19 588     | 00:39:05 555     | 00:44:35 530     | 00:51:21 670     | 03:36:56 |
| 552 | M45-49 | William Koch                    | Fugato 1                    | 00:53:40 795     | 00:30:32 457     | 00:36:57 421     | 00:48:08 689     | 00:47:53 490     | 03:37:10 |
| 553 | M24-39 | Thomas Frøsig Larsen            | Hold 1                      | 00:48:09 519     | 00:37:45 888     | 00:36:56 417     | 00:47:53 680     | 00:46:39 422     | 03:37:22 |
| 554 | M24-39 | Jesper Sommergaard              | Suunto                      | 00:51:35 721     | 00:32:24 594     | 00:39:49 593     | 00:44:38 533     | 00:48:57 545     | 03:37:23 |
| 555 | M24-39 | Henrik Hansen                   |                             | 00:50:03 628     | 00:32:04 569     | 00:39:52 599     | 00:44:58 552     | 00:50:31 630     | 03:37:28 |
| 556 | M24-39 | Morten Tønning                  |                             | 00:48:56 562     | 00:31:25 526     | 00:40:22 634     | 00:46:06 596     | 00:50:44 641     | 03:37:33 |
| 557 | M24-39 | Jonas Seider                    |                             | 00:55:18 861     | 00:28:57 353     | 00:36:20 383     | 00:42:01 392     | 00:55:03 827     | 03:37:39 |
| 558 | M24-39 | Christian Lalupu                |                             | 00:50:13 644     | 00:30:54 487     | 00:41:27 711     | 00:45:07 556     | 00:50:01 609     | 03:37:42 |
| 559 | M50-54 | Paul Themann                    | 96                          | 00:48:43 544     | 00:32:51 625     | 00:40:08 624     | 00:46:43 623     | 00:49:30 574     | 03:37:55 |
| 560 | M24-39 | Frank Granlyst                  | Østkraft                    | 00:49:55 621     | 00:32:43 612     | 00:39:43 584     | 00:44:46 538     | 00:50:48 645     | 03:37:55 |
| 561 | M24-39 | Lars Breum                      | Sparta 7                    | 00:50:30 666     | 00:32:28 598     | 00:40:02 613     | 00:45:00 553     | 00:49:58 605     | 03:37:58 |
| 562 | M24-39 | Rene Mini Danielsson            |                             | 00:52:06 740     | 00:31:00 498     | 00:39:20 568     | 00:44:33 528     | 00:51:03 653     | 03:38:02 |
| 563 | M24-39 | Anders Ebdahl                   |                             | 00:47:06 476     | 00:29:33 403     | 00:40:11 627     | 00:46:06 597     | 00:55:07 828     | 03:38:03 |
| 564 | M45-49 | Carsten Engmann                 |                             | 00:48:57 563     | 00:32:12 577     | 00:40:04 617     | 00:46:17 606     | 00:50:41 635     | 03:38:11 |
| 565 | M24-39 | Rune Fauerskov Jensen           |                             | 00:50:15 649     | 00:32:17 583     | 00:40:25 637     | 00:44:49 543     | 00:50:27 626     | 03:38:13 |
| 566 | M50-54 | Axel Lauridsen                  | Herlevtoget                 | 00:48:55 557     | 00:32:55 631     | 00:40:04 616     | 00:46:31 615     | 00:49:49 597     | 03:38:14 |
| 567 | M24-39 | Ulrik Larsen                    |                             | 00:51:04 692     | 00:31:48 554     | 00:39:53 602     | 00:44:41 535     | 00:50:49 646     | 03:38:15 |
| 568 | M24-39 | Thomas Støvring                 | Jensen Danmark A/S          | 00:50:47 678     | 00:31:58 562     | 00:40:03 615     | 00:45:31 574     | 00:49:59 606     | 03:38:18 |
| 569 | M50-54 | Erling Krogh Hansen             | HJB Byggeforretning         | 00:49:37 603     | 00:33:12 650     | 00:40:08 625     | 00:45:40 581     | 00:49:41 586     | 03:38:18 |
| 570 | M45-49 | Per Ulrik Nielsen               | Viborg AM/Marathongruppen   | 00:51:06 694     | 00:32:18 585     | 00:39:20 570     | 00:45:52 589     | 00:49:48 595     | 03:38:24 |
| 571 | M00-23 | Mathias Bach                    |                             | 00:50:22 657     | 00:31:52 557     | 00:39:20 569     | 00:46:07 599     | 00:50:46 643     | 03:38:27 |
| 572 | M24-39 | Christian Bruun Jensen          |                             | 00:49:55 620     | 00:33:36 673     | 00:40:59 677     | 00:48:15 698     | 00:45:43 391     | 03:38:28 |
| 573 | M50-54 | Jan Nielsen                     | Team VLS                    | 00:49:22 583     | 00:33:13 651     | 00:39:50 595     | 00:46:06 595     | 00:50:04 612     | 03:38:35 |



**ANDERS STENDER** klarede Hammer-etapen i 44:26.



**BJARNE SCHOU HANSEN** fra Ribe Motion (65-69) tog den 7,6 km lange tur i Almindingen med 5:31 i gennemsnit pr. kilometer.

| NR. | KLASSE | NAVN                        | KLUB                           | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|-----------------------------|--------------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 574 | M24-39 | Alexander Forsberg          |                                | 00:49:39 605     | 00:32:49 617     | 00:39:03 551     | 00:46:20 609     | 00:50:45 642     | 03:38:36 |
| 575 | M00-23 | Jacob Madsen                | Færgen                         | 00:46:38 447     | 00:30:22 450     | 00:43:43 813     | 00:43:20 461     | 00:54:34 808     | 03:38:37 |
| 576 | M50-54 | Bjarne Møller 1             | SÅN-Løberne Mænd               | 00:49:31 595     | 00:32:17 584     | 00:39:54 603     | 00:46:12 603     | 00:50:46 644     | 03:38:40 |
| 577 | M70-99 | Flemming Høeg Nilsson       | Kokkedal I. K.                 | 00:48:56 561     | 00:32:32 602     | 00:40:51 666     | 00:47:20 653     | 00:49:09 554     | 03:38:48 |
| 578 | M40-44 | René Nielsen                | Espersen A/S                   | 00:49:01 566     | 00:32:45 615     | 00:39:56 605     | 00:46:48 627     | 00:50:24 624     | 03:38:54 |
| 579 | M24-39 | Per Olsen                   |                                | 00:50:48 679     | 00:33:03 641     | 00:40:07 622     | 00:45:25 571     | 00:49:50 598     | 03:39:13 |
| 580 | M60-64 | Mogens Johansen             |                                | 00:48:17 525     | 00:31:56 561     | 00:39:57 608     | 00:47:15 649     | 00:51:52 696     | 03:39:17 |
| 581 | M24-39 | Ramin Bukan                 |                                | 00:50:07 633     | 00:32:16 582     | 00:40:06 618     | 00:45:44 585     | 00:51:13 665     | 03:39:26 |
| 582 | M24-39 | Nicklas Bech                |                                | 00:50:11 639     | 00:32:43 611     | 00:40:32 647     | 00:44:58 551     | 00:51:12 663     | 03:39:36 |
| 583 | M55-59 | Steen Hansen                | GAM                            | 00:49:52 618     | 00:33:29 663     | 00:40:00 612     | 00:46:10 600     | 00:50:09 614     | 03:39:40 |
| 584 | M24-39 | Lars Daugaard               |                                | 00:49:50 617     | 00:32:54 628     | 00:39:59 610     | 00:46:06 598     | 00:50:55 648     | 03:39:44 |
| 585 | M24-39 | Henrik Hedberg              |                                | 00:49:49 614     | 00:33:30 666     | 00:40:29 643     | 00:46:45 625     | 00:49:22 565     | 03:39:55 |
| 586 | M55-59 | Johnny Saaby                | Jyske Bank                     | 00:48:45 546     | 00:34:32 746     | 00:39:51 596     | 00:47:02 633     | 00:49:47 591     | 03:39:57 |
| 587 | M50-54 | Søren Hjorth Hansen         | Jensen Denmark A/S             | 00:49:35 600     | 00:32:00 565     | 00:40:29 642     | 00:46:52 628     | 00:51:01 651     | 03:39:57 |
| 588 | M24-39 | Jørgen Ole Trasborg         | Viking Atletik 4               | 00:51:08 696     | 00:30:56 490     | 00:41:29 715     | 00:44:52 546     | 00:51:35 683     | 03:40:00 |
| 589 | M24-39 | Claus Stamer                | HJB Byggeforretning            | 00:50:20 654     | 00:32:51 626     | 00:39:57 607     | 00:46:39 620     | 00:50:14 617     | 03:40:01 |
| 590 | M00-23 | Jack Johansen               |                                | 00:51:10 700     | 00:33:40 680     | 00:39:52 598     | 00:45:31 575     | 00:49:49 596     | 03:40:02 |
| 591 | M60-64 | Mohamed Elkabier            | Aarhus 1900 - Teampuls         | 00:47:42 504     | 00:33:03 639     | 00:39:53 601     | 00:47:11 644     | 00:52:20 726     | 03:40:09 |
| 592 | M45-49 | Tony Andersson              |                                | 00:49:13 578     | 00:33:42 681     | 00:39:45 588     | 00:48:07 688     | 00:49:34 580     | 03:40:21 |
| 593 | M24-39 | Søren Brøndum Nilsson       |                                | 00:53:40 796     | 00:34:40 755     | 00:40:06 619     | 00:44:19 512     | 00:47:36 476     | 03:40:21 |
| 594 | M55-59 | Ketil Stølen                | SINTEF                         | 00:49:03 569     | 00:34:57 767     | 00:40:44 660     | 00:46:20 608     | 00:49:30 573     | 03:40:34 |
| 595 | M50-54 | Lars Lundberg               |                                | 00:50:20 653     | 00:33:06 643     | 00:40:31 645     | 00:45:28 573     | 00:51:11 662     | 03:40:36 |
| 596 | M40-44 | Thomas Thomasen             | combatfreak.dk                 | 00:50:44 676     | 00:34:12 717     | 00:39:55 604     | 00:46:11 602     | 00:49:47 592     | 03:40:49 |
| 597 | M40-44 | Thomas Jensen               | HGAM                           | 00:50:15 648     | 00:31:26 529     | 00:40:37 653     | 00:47:03 634     | 00:51:30 677     | 03:40:51 |
| 598 | M45-49 | Kim Hansen                  |                                | 00:50:29 665     | 00:32:42 608     | 00:40:12 628     | 00:46:28 612     | 00:51:10 660     | 03:41:01 |
| 599 | M45-49 | Peter Godiksen              |                                | 00:50:42 675     | 00:33:02 638     | 00:41:00 682     | 00:46:29 613     | 00:49:51 600     | 03:41:04 |
| 600 | M24-39 | Kenneth Ekman               | LAB                            | 00:52:37 756     | 00:33:32 669     | 00:40:35 651     | 00:45:20 566     | 00:49:06 552     | 03:41:10 |
| 601 | M65-69 | Ib Peter Rasmussen          |                                | 00:50:53 685     | 00:33:02 637     | 00:40:25 638     | 00:46:14 604     | 00:50:41 637     | 03:41:15 |
| 602 | M24-39 | Nichlas Steenberg           |                                | 00:50:40 673     | 00:33:30 665     | 00:40:22 635     | 00:45:05 555     | 00:51:50 695     | 03:41:27 |
| 603 | M24-39 | Konstantin Nagel            | USC Kiel                       | 00:49:21 582     | 00:31:55 558     | 00:32:47 163     | 00:48:13 694     | 00:59:22 943     | 03:41:38 |
| 604 | M45-49 | Jan Rasmussen               | UngePorten, Jobcenter Bornholm | 00:50:10 636     | 00:32:43 609     | 00:40:57 669     | 00:46:24 611     | 00:51:34 682     | 03:41:48 |
| 605 | M45-49 | Nikolaj Løbner              |                                | 00:49:41 608     | 00:32:54 627     | 00:40:16 630     | 00:48:20 702     | 00:50:40 634     | 03:41:51 |
| 606 | M55-59 | Uwe Bocher                  |                                | 00:50:22 656     | 00:33:53 697     | 00:39:42 583     | 00:46:33 616     | 00:51:21 674     | 03:41:51 |
| 607 | M24-39 | Nikolaj Langreen            |                                | 00:53:00 771     | 00:34:17 724     | 00:40:59 679     | 00:44:08 502     | 00:49:29 572     | 03:41:53 |
| 608 | M00-23 | Micki Olsson                |                                | 00:50:34 668     | 00:33:51 691     | 00:41:14 696     | 00:45:48 586     | 00:50:31 631     | 03:41:58 |
| 609 | M60-64 | Ivar Gundhus                |                                | 00:48:10 521     | 00:34:11 714     | 00:39:38 582     | 00:47:50 676     | 00:52:17 721     | 03:42:06 |
| 610 | M50-54 | Volker Prinz                | BMT Beethovenpark Koeln        | 00:49:34 599     | 00:33:44 685     | 00:41:17 701     | 00:47:59 683     | 00:49:36 583     | 03:42:10 |
| 611 | M45-49 | Steffen Mauritsen           |                                | 00:49:58 624     | 00:32:40 604     | 00:40:31 644     | 00:47:05 637     | 00:51:56 704     | 03:42:10 |
| 612 | M50-54 | Kurt Henning Buus           | Brande Motion                  | 00:50:25 661     | 00:33:52 693     | 00:40:54 667     | 00:47:15 648     | 00:49:55 603     | 03:42:21 |
| 613 | M55-59 | Knud Vad                    |                                | 00:50:10 638     | 00:33:25 661     | 00:40:18 631     | 00:47:17 651     | 00:51:19 668     | 03:42:29 |
| 614 | M50-54 | Gunner Nielsen              |                                | 00:50:36 669     | 00:32:41 605     | 00:40:59 678     | 00:46:58 631     | 00:51:17 666     | 03:42:31 |
| 615 | M55-59 | Jesper Michael Møller       | Tingsted Pilefarm              | 00:51:16 704     | 00:31:55 559     | 00:41:16 700     | 00:46:19 607     | 00:51:47 693     | 03:42:33 |
| 616 | M40-44 | Thomas Andersen             |                                | 00:49:43 609     | 00:33:05 642     | 00:41:00 684     | 00:47:45 670     | 00:51:01 650     | 03:42:34 |
| 617 | M40-44 | Ole Nørlund Christensen     |                                | 00:49:13 579     | 00:33:10 646     | 00:41:27 712     | 00:47:10 643     | 00:51:40 688     | 03:42:40 |
| 618 | M60-64 | Kaj Erik Mortensen          | Espersen A/S                   | 00:50:03 627     | 00:33:29 662     | 00:40:39 656     | 00:48:07 687     | 00:50:33 632     | 03:42:51 |
| 619 | M50-54 | Keld Lundgaard Christensen  | ØB-Atletik                     | 00:50:51 682     | 00:32:44 613     | 00:40:35 650     | 00:47:50 677     | 00:50:57 649     | 03:42:57 |
| 620 | M40-44 | Lasse Andersson             |                                | 00:50:05 632     | 00:33:46 688     | 00:40:46 661     | 00:47:13 646     | 00:51:07 657     | 03:42:57 |
| 621 | M24-39 | Kim Boldt                   | De syge onkler                 | 00:50:58 688     | 00:32:27 596     | 00:42:12 736     | 00:45:23 568     | 00:52:09 717     | 03:43:09 |
| 622 | M45-49 | Nils Hammeken               | Hammeken                       | 00:49:46 611     | 00:32:30 600     | 00:41:15 697     | 00:48:35 713     | 00:51:03 654     | 03:43:09 |
| 623 | M50-54 | Peter Neergaard             | GREVE TRIM                     | 00:50:15 650     | 00:33:12 649     | 00:41:10 693     | 00:47:24 656     | 00:51:12 664     | 03:43:13 |
| 624 | M00-23 | Anders Skødt Hammeken       | Hammeken                       | 00:51:17 706     | 00:31:47 552     | 00:40:39 655     | 00:46:43 624     | 00:52:49 742     | 03:43:15 |
| 625 | M50-54 | Jens Enevoldsen             | Rimo                           | 00:49:46 612     | 00:32:59 634     | 00:41:19 705     | 00:47:32 665     | 00:51:45 690     | 03:43:21 |
| 626 | M50-54 | Stig Jarle Pettersen        | Motionsklubben Amager          | 00:51:41 725     | 00:32:08 573     | 00:40:39 657     | 00:46:53 629     | 00:52:00 708     | 03:43:21 |
| 627 | M00-23 | Jeppé Krog                  |                                | 00:52:52 767     | 00:33:00 635     | 00:40:58 674     | 00:46:36 618     | 00:50:00 608     | 03:43:26 |
| 628 | M40-44 | Lars Peter Jensen           | ØB-Atletik                     | 00:51:01 689     | 00:33:16 656     | 00:40:54 668     | 00:47:06 639     | 00:51:09 659     | 03:43:26 |
| 629 | M50-54 | Erling Johansen             | SLK Silkeborg Løbeklub         | 00:49:50 616     | 00:32:50 620     | 00:40:34 649     | 00:48:10 692     | 00:52:08 716     | 03:43:32 |
| 630 | M55-59 | Jan Doritz-Meusing          |                                | 00:50:28 663     | 00:34:30 741     | 00:41:07 690     | 00:48:08 690     | 00:49:50 599     | 03:44:03 |
| 631 | M55-59 | John Munch Nielsen          | HJB Byggeforretning            | 00:50:15 651     | 00:33:37 676     | 00:40:57 670     | 00:47:47 674     | 00:51:32 679     | 03:44:08 |
| 632 | M24-39 | Kasper Holm                 | MASK                           | 00:50:19 652     | 00:31:41 547     | 00:40:28 640     | 00:46:10 601     | 00:55:31 841     | 03:44:09 |
| 633 | M24-39 | Christian Sonne             |                                | 00:50:48 680     | 00:31:20 522     | 00:40:38 654     | 00:47:41 669     | 00:53:44 780     | 03:44:11 |
| 634 | M45-49 | Tommy Skov Jensen           | Bornholms Forsyning A/S        | 00:50:07 634     | 00:33:51 692     | 00:41:18 703     | 00:47:21 654     | 00:51:39 686     | 03:44:16 |
| 635 | M45-49 | Poul Erik Sørensen          | AAIG Aabenraa                  | 00:50:04 630     | 00:34:23 728     | 00:42:14 740     | 00:47:14 647     | 00:50:22 623     | 03:44:17 |
| 636 | M50-54 | Ole Rønø Clausen            |                                | 00:48:55 558     | 00:33:45 687     | 00:40:20 633     | 00:48:31 710     | 00:52:49 743     | 03:44:20 |
| 637 | M55-59 | Carsten Dalsgaard           | Aarhus 1900                    | 00:49:57 622     | 00:35:26 792     | 00:41:19 704     | 00:47:11 645     | 00:50:30 629     | 03:44:23 |
| 638 | M00-23 | Hans Frederik Greve Lehmann |                                | 00:49:26 589     | 00:32:49 618     | 00:41:10 692     | 00:47:49 675     | 00:53:13 756     | 03:44:27 |
| 639 | M24-39 | Jesper Hømegård Jensen      | Rønne Revision                 | 00:51:13 702     | 00:33:06 644     | 00:40:49 662     | 00:47:22 655     | 00:52:00 707     | 03:44:30 |
| 640 | M40-44 | Brian Holm                  |                                | 00:51:19 708     | 00:33:13 653     | 00:41:42 726     | 00:46:35 617     | 00:51:54 700     | 03:44:43 |
| 641 | M60-64 | Keld Blom                   | Bornholms Hospital 2           | 00:48:36 535     | 00:32:27 597     | 00:41:07 689     | 00:49:12 732     | 00:53:26 766     | 03:44:48 |
| 642 | M50-54 | Hans Lehmann                | Rødovre AC                     | 00:50:04 631     | 00:34:34 749     | 00:41:39 724     | 00:47:36 666     | 00:51:10 661     | 03:45:03 |
| 643 | M45-49 | Jan Wind                    | Rødning Løbeklub               | 00:53:07 776     | 00:33:55 700     | 00:40:57 672     | 00:46:56 630     | 00:50:14 619     | 03:45:09 |
| 644 | M65-69 | Viggo Andersen              | Campus Bornholm 3              | 00:52:02 735     | 00:33:32 670     | 00:40:11 626     | 00:47:47 673     | 00:51:39 687     | 03:45:11 |
| 645 | M24-39 | Peter Rasmussen             | Sparta 3                       | 00:50:50 681     | 00:34:30 742     | 00:41:25 710     | 00:47:08 641     | 00:51:19 667     | 03:45:12 |
| 646 | M70-99 | Allan Hansen                | Herlevtoget                    | 00:53:56 805     | 00:36:33 847     | 00:39:21 571     | 00:46:31 614     | 00:48:54 542     | 03:45:15 |
| 647 | M24-39 | Rasmus Jakobsen             | Amager Atletik Club            | 00:51:44 728     | 00:33:53 698     | 00:41:11 694     | 00:47:10 642     | 00:51:21 673     | 03:45:19 |
| 648 | M45-49 | Peter Klansø                |                                | 00:51:31 716     | 00:33:34 671     | 00:41:15 698     | 00:47:30 664     | 00:51:30 676     | 03:45:20 |
| 649 | M45-49 | Florent Romain              |                                | 00:56:27 903     | 00:30:19 446     | 00:37:21 450     | 00:43:30 473     | 00:57:50 901     | 03:45:27 |
| 650 | M24-39 | Troels Lykkegaard           |                                | 00:51:40 724     | 00:32:51 622     | 00:40:58 673     | 00:47:07 640     | 00:52:52 746     | 03:45:28 |
| 651 | M00-23 | Jonas Madsen                | Team Skærup                    | 00:50:42 674     | 00:32:23 593     | 00:42:31 757     | 00:46:39 621     | 00:53:21 761     | 03:45:36 |



**NILS HAMMEKEN** er 'all smiles' umiddelbart efter 'gedestien' på vej op mod Hammerfyr.

**BRONZESPONSOR**

Novasol













| NR. | KLASSE | NAVN                    | KLUB                       | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | 4. ETAPE / PLAC. | 5. ETAPE / PLAC. | SAMLET   |
|-----|--------|-------------------------|----------------------------|------------------|------------------|------------------|------------------|------------------|----------|
| 964 | M60-64 | Bjarne Rasmussen        | Running Rhino              | 01:04:26 1041    | 00:43:05 1006    | 00:54:23 1071    | 01:01:09 991     | 01:07:33 1058    | 04:50:36 |
| 965 | M55-59 | Thomas Wex              |                            | 01:07:06 1068    | 00:43:32 1009    | 00:53:12 1058    | 01:01:23 992     | 01:07:25 1055    | 04:52:38 |
| 966 | M24-39 | Jeppe Møbjerg           |                            | 01:06:15 1061    | 00:41:56 995     | 00:52:53 1053    | 01:01:51 995     | 01:10:02 1071    | 04:52:57 |
| 967 | M60-64 | Tom Nielsen             | Sparta 7                   | 01:04:36 1046    | 00:42:40 1000    | 00:53:01 1055    | 01:02:50 1009    | 01:10:19 1074    | 04:53:26 |
| 968 | M60-64 | Steen Enemark           |                            | 01:06:16 1062    | 00:42:49 1002    | 00:53:56 1066    | 01:02:11 997     | 01:08:21 1063    | 04:53:33 |
| 969 | M45-49 | Brian Sonne Ingildsen   |                            | 01:07:47 1072    | 00:43:38 1010    | 00:54:18 1069    | 01:02:00 996     | 01:08:15 1061    | 04:55:58 |
| 970 | M70-99 | Gunnar Rasmussen        | ELM Vest                   | 01:05:29 1051    | 00:44:24 1014    | 00:55:28 1083    | 01:03:21 1012    | 01:07:57 1059    | 04:56:39 |
| 971 | M40-44 | Dirk Helweg             |                            | 01:06:00 1063    | 00:45:04 1020    | 00:55:00 1075    | 01:02:22 1002    | 01:08:38 1066    | 04:57:04 |
| 972 | M65-69 | Bjarne Hegnsgaard Olsen | IK Hellas                  | 01:06:25 1065    | 00:44:27 1015    | 00:54:39 1072    | 01:02:16 998     | 01:09:37 1069    | 04:57:24 |
| 973 | M55-59 | Jan Aas Christensen     |                            | 01:06:05 1057    | 00:44:06 1012    | 00:53:31 1063    | 01:02:20 1001    | 01:11:30 1079    | 04:57:32 |
| 974 | M45-49 | Henrik Bjærnskov        | Team Mariager              | 01:06:06 1059    | 00:45:52 1022    | 00:53:14 1059    | 01:02:18 999     | 01:10:08 1073    | 04:57:38 |
| 975 | M65-69 | Per Lindgård            |                            | 01:06:38 1066    | 00:43:46 1011    | 00:56:26 1084    | 01:03:14 1010    | 01:08:18 1062    | 04:58:22 |
| 976 | M45-49 | Kim Pedersen            |                            | 01:06:04 1055    | 00:47:52 1031    | 00:54:10 1068    | 01:02:18 1000    | 01:09:32 1068    | 04:59:56 |
| 977 | M55-59 | Birger Agerup Jensen    | Sparta 4                   | 01:08:07 1073    | 00:43:06 1007    | 00:55:23 1081    | 01:02:39 1007    | 01:11:00 1077    | 05:00:15 |
| 978 | M60-64 | Bjarne Panse            |                            | 01:06:23 1063    | 00:44:14 1013    | 00:54:41 1073    | 01:02:32 1004    | 01:12:31 1082    | 05:00:21 |
| 979 | M24-39 | Brian Nielsen           |                            | 01:09:48 1078    | 00:44:45 1017    | 00:55:19 1079    | 01:02:37 1006    | 01:09:21 1067    | 05:01:50 |
| 980 | M65-69 | Svend Mølgaard          | Løb med P - Fire           | 01:08:56 1075    | 00:46:45 1028    | 00:55:07 1076    | 01:06:11 1016    | 01:11:05 1078    | 05:08:04 |
| 981 | M70-99 | Ole Banner-Voigt        | Blovstrød Løverne          | 01:12:11 1083    | 00:46:22 1025    | 00:54:59 1074    | 01:05:13 1015    | 01:13:51 1084    | 05:12:36 |
| 982 | M55-59 | John Mejdahl Jeppesen   |                            | 01:11:45 1081    | 00:47:48 1030    | 00:59:15 1089    | 01:07:02 1018    | 01:13:41 1083    | 05:19:31 |
| 983 | M70-99 | Ole Gudmund Sørstad     | Den løpende vaktmester A/S | 01:14:14 1085    | 00:46:33 1026    | 00:58:36 1088    | 01:06:39 1017    | 01:15:55 1087    | 05:21:57 |
| 984 | M65-69 | Torben Sønnichsen       | Bagsværd sø                | 01:09:45 1077    | 00:45:56 1024    | 00:58:14 1087    | 01:12:51 1026    | 01:19:39 1092    | 05:26:25 |
| 985 | M50-54 | Orla Olsen              |                            | 01:08:55 1074    | 00:47:44 1029    | 00:59:52 1090    | 01:10:48 1022    | 01:19:44 1093    | 05:27:03 |
| 986 | M55-59 | Flemming Jensen         |                            | 01:15:35 1087    | 00:50:48 1036    | 01:00:10 1091    | 01:08:18 1019    | 01:16:17 1088    | 05:31:08 |
| 987 | M55-59 | Poul Klejs Ipsen        | Nyvest                     | 01:16:46 1088    | 00:48:54 1032    | 01:00:49 1094    | 01:10:47 1021    | 01:14:55 1086    | 05:32:11 |
| 988 | M60-64 | Gert Brøcher Petersen   |                            | 01:15:21 1086    | 00:49:20 1033    | 01:02:02 1096    | 01:10:56 1023    | 01:17:55 1090    | 05:35:34 |
| 989 | M24-39 | Mark Borby              |                            | 01:18:56 1090    | 00:50:17 1035    | 01:01:38 1095    | 01:09:55 1020    | 01:16:38 1089    | 05:37:24 |
| 990 | M65-69 | Poul Sørensen           | Viking Atletik 3           | 01:03:32 1033    | 00:53:33 1038    | 01:05:12 1100    | 01:12:32 1025    | 01:23:06 1096    | 05:37:55 |
| 991 | M65-69 | Hans Jørgen Jensen      | Den udødelige hest         | 01:20:48 1091    | 00:51:27 1037    | 01:04:10 1098    | 01:11:14 1024    | 01:19:33 1091    | 05:47:12 |

## GULDSPONSOR

Bornholmerfærgen

Færgen 

**ANDERS KLEIST**, IK Akele, løb de 7,8 km i Almindingen med 3,06 minut pr. km i gennemsnit.





| NR. | NAVN                       | KLUB                              | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | SAMLET   |
|-----|----------------------------|-----------------------------------|------------------|------------------|------------------|----------|
| 43  | Lukas Behr                 | Lejre Tømreren                    | 00:17:13 45      | 00:13:47 42      | 00:21:20 49      | 00:52:20 |
| 44  | Oscar Kristensen           | TIF                               | 00:16:56 38      | 00:13:57 45      | 00:21:33 50      | 00:52:26 |
| 45  | Jeppe Bertram Mikkelsen    | TRIF                              | 00:17:36 50      | 00:14:27 53      | 00:20:48 46      | 00:52:51 |
| 46  | Mads Hansen Bager          |                                   | 00:16:59 40      | 00:13:54 44      | 00:22:35 55      | 00:53:28 |
| 47  | Malthe Enevoldsen          | Rimo                              | 00:18:04 52      | 00:14:02 47      | 00:21:43 51      | 00:53:49 |
| 48  | Ian Tamis                  |                                   | 00:17:17 48      | 00:16:29 65      | 00:20:46 45      | 00:54:32 |
| 49  | Emil Stubberup Jacobsen    | Viborg AM                         | 00:18:30 55      | 00:14:23 52      | 00:22:01 53      | 00:54:54 |
| 50  | Sebastian Beck Hansen      | Valbyløberne                      | 00:16:46 34      | 00:14:34 54      | 00:23:37 61      | 00:54:57 |
| 51  | Alfred Lyster Thonke       | ISK Cross Country                 | 00:16:48 36      | 00:13:07 30      | 00:25:46 65      | 00:55:41 |
| 52  | Mads Bertram Mikkelsen     | TRIF                              | 00:18:26 54      | 00:14:50 57      | 00:22:30 54      | 00:55:46 |
| 53  | Joachim C. Dahl Pedersen   |                                   | 00:18:44 57      | 00:14:18 50      | 00:23:02 58      | 00:56:04 |
| 54  | Andreas Schultz            |                                   | 00:19:19 59      | 00:15:01 58      | 00:21:46 52      | 00:56:06 |
| 55  | Kristoffer Helms Kjær      | Viking Atletik                    | 00:18:17 53      | 00:15:15 62      | 00:22:54 57      | 00:56:26 |
| 56  | Frederik Højstrand         |                                   | 00:19:28 64      | 00:15:03 59      | 00:22:41 56      | 00:57:12 |
| 57  | Tobias Boss                | Brolægger & entreprenør Lars Boss | 00:18:38 56      | 00:16:36 67      | 00:23:30 59      | 00:58:44 |
| 58  | Marcus Kjølter Petersen    |                                   | 00:19:22 60      | 00:15:14 60      | 00:24:25 62      | 00:59:01 |
| 59  | Nikolaj Koefoed Olsen      |                                   | 00:19:23 61      | 00:15:14 61      | 00:24:26 63      | 00:59:03 |
| 60  | Johannes Folkmann Lind     |                                   | 00:20:14 67      | 00:15:30 63      | 00:23:37 60      | 00:59:21 |
| 61  | Lucas Stubberup Jacobsen   |                                   | 00:19:26 62      | 00:14:45 56      | 00:25:24 64      | 00:59:35 |
| 62  | Nick Nørlund               |                                   | 00:19:33 65      | 00:16:30 66      | 00:25:48 66      | 01:01:51 |
| 63  | Lucas Lynge Abildgaard     |                                   | 00:19:53 66      | 00:16:20 64      | 00:26:25 67      | 01:02:38 |
| 64  | Sebastian Kure Nielsen     |                                   | 00:20:28 68      | 00:16:53 68      | 00:27:05 70      | 01:04:26 |
| 65  | Oliver Salby               | AAIG-Tri og Motion Aabenraa       | 00:19:28 63      | 00:19:09 74      | 00:26:57 69      | 01:05:34 |
| 66  | Daniel Orina               |                                   | 00:22:59 71      | 00:17:23 69      | 00:27:14 71      | 01:07:36 |
| 67  | Johannes Bocher            |                                   | 00:22:25 70      | 00:17:31 70      | 00:28:13 73      | 01:08:09 |
| 68  | Anders Holmgaard Rasmussen |                                   | 00:23:12 72      | 00:17:38 71      | 00:27:53 72      | 01:08:43 |

## DRENGE/BOYS 15-17

| NR. | NAVN                       | KLUB                        | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | SAMLET   |
|-----|----------------------------|-----------------------------|------------------|------------------|------------------|----------|
| 1   | Joachim Weel Rosbo         | Bagsværd Atletik Club       | 00:21:22 1       | 00:20:53 1       | 00:33:05 1       | 01:15:20 |
| 2   | Rasmus Kristensen          | Korsør Atletik&Motion       | 00:22:18 2       | 00:21:38 2       | 00:36:00 3       | 01:19:56 |
| 3   | Erlend Andreas Knutsen     | Opstad IL                   | 00:22:31 3       | 00:22:19 4       | 00:35:52 2       | 01:20:42 |
| 4   | Jens A. Knuhtsen           | Korsør Atletik&Motion       | 00:23:20 5       | 00:22:01 3       | 00:37:34 5       | 01:22:55 |
| 5   | Bertram Gitz-Johansen      | Vejle IF                    | 00:23:14 4       | 00:22:39 5       | 00:37:24 4       | 01:23:17 |
| 6   | Alexander Salby            | AAIG-Tri og Motion Aabenraa | 00:24:46 7       | 00:22:54 6       | 00:38:45 6       | 01:26:25 |
| 7   | Eldar Thomassen Fagerbakke | Bøler IF friidrett          | 00:23:55 6       | 00:23:36 8       | 00:41:19 8       | 01:28:50 |
| 8   | Johannes Hammer            | Kvaløysletta Skilag         | 00:25:05 8       | 00:23:15 7       | 00:42:42 9       | 01:31:02 |
| 9   | Niels Frederiksen          | Fiberby                     | 00:26:37 9       | 00:25:34 10      | 00:43:01 10      | 01:35:12 |
| 10  | Rasmus Rønne Debel         |                             | 00:27:50 15      | 00:24:57 9       | 00:44:17 14      | 01:37:04 |
| 11  | Kevin F. Sørensen          | Korsør Atletik&Motion       | 00:27:32 13      | 00:26:14 12      | 00:43:44 12      | 01:37:30 |
| 12  | Malta Wahlfelt             |                             | 00:26:57 11      | 00:26:03 11      | 00:44:58 17      | 01:37:58 |
| 13  | Nikolaj Mortensen          |                             | 00:27:26 12      | 00:27:38 21      | 00:43:07 11      | 01:38:11 |
| 14  | Andreas Leth Simonsen      | Bløvstrød Løverne           | 00:28:06 17      | 00:26:29 13      | 00:44:32 16      | 01:39:07 |
| 15  | Rumle Vedel                |                             | 00:28:50 18      | 00:28:31 24      | 00:44:19 15      | 01:41:40 |
| 16  | Jonas Jensen               | Viking Atletik              | 00:29:05 21      | 00:27:15 19      | 00:45:58 18      | 01:42:18 |
| 17  | Gustav Lundholm            | Sparta                      | 00:27:53 16      | 00:26:48 14      | 00:47:45 23      | 01:42:26 |
| 18  | Max-Emil Wigen             |                             | 00:32:04 28      | 00:26:52 16      | 00:44:05 13      | 01:43:01 |
| 19  | Magnus Nilsson             |                             | 00:28:56 19      | 00:28:23 23      | 00:46:02 19      | 01:43:21 |
| 20  | Mikkel Persson             |                             | 00:29:09 22      | 00:28:16 22      | 00:46:05 20      | 01:43:30 |
| 21  | Victor Eibeholm            |                             | 00:29:50 23      | 00:27:37 20      | 00:46:13 21      | 01:43:40 |
| 22  | Emil Juhler-Nøttrup        |                             | 00:30:53 24      | 00:26:53 17      | 00:46:39 22      | 01:44:25 |
| 23  | Birk Stian Bjærkheim       | Hurricane Dream Team        | 00:28:57 20      | 00:26:52 15      | 00:50:02 24      | 01:45:51 |
| 24  | Thomas Barslund Madsen     |                             | 00:31:47 25      | 00:29:22 26      | 00:50:58 26      | 01:52:07 |
| 25  | Mathias Lindbæk            |                             | 00:31:59 27      | 00:29:48 28      | 00:51:46 27      | 01:53:33 |
| 26  | David Steiner              |                             | 00:33:16 30      | 00:29:48 27      | 00:50:35 25      | 01:53:39 |
| 27  | Jonas Dose Sørensen        | SAS Løbeklub                | 00:33:14 29      | 00:31:18 30      | 00:54:41 28      | 01:59:13 |
| 28  | Sebastian Folkmann         | Team Bøjyus                 | 00:34:22 33      | 00:32:41 31      | 00:55:59 29      | 02:03:02 |
| 29  | Emil Madsen                | Team Skærup                 | 00:33:40 31      | 00:29:48 29      | 01:00:56 33      | 02:04:24 |
| 30  | Anton Lund                 |                             | 00:34:40 34      | 00:33:47 32      | 00:57:45 31      | 02:06:12 |
| 31  | Daniel Düring Tychsen      |                             | 00:39:00 36      | 00:29:19 25      | 00:58:19 32      | 02:06:38 |
| 32  | Laurids Bjærnskov          | team mariager               | 00:38:21 35      | 00:34:52 33      | 01:06:45 34      | 02:19:58 |
| 33  | Alexander Skov             |                             | 00:46:42 38      | 00:38:21 34      | 01:11:52 35      | 02:36:55 |
| 34  | Jonatan Steiner            |                             | 00:44:01 37      | 00:40:01 35      | 01:14:58 36      | 02:39:00 |
| 35  | Nikolaj Pedersen           |                             | 00:47:52 39      | 00:43:09 36      | 01:16:00 37      | 02:47:01 |



**FREDERIK JUUL CHRISTENSEN** på første etape i Hasle. Frederik vandt etaper i aldersgruppen 12-14 år.



**BENJAMIN HOLM LARSEN** fører an langs kysten syd for Hasle.



## SPORTMASTER MINI OG MICRO MARATON 2014

LØRDAG DEN 31. MAJ 2014

Et løb kun for børn og unge. Alle indtil og med 18 år kan deltage. Løbet afvikles på Galløkken Campingplads og Galløkken. Underlaget er skovbund og ganske lidt asfalt i starten. Micro Maraton er 0,9 km. Start klokken 11.00. Mini Maraton er 2,6 km. Start klokken 11.30. Maxi Maraton er 2,6 km. Start klokken 11.30

Læs mere: [www.viking-atletik.dk/site/Minimaraton/](http://www.viking-atletik.dk/site/Minimaraton/)





| NR. | NAVN                 | KLUB             | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | SAMLET   |
|-----|----------------------|------------------|------------------|------------------|------------------|----------|
| 52  | Amalie Rønn-Andersen |                  | 00:18:47 28      | 00:17:22 57      | 00:27:05 57      | 01:03:14 |
| 53  | Amalie Kuhre Korsled | Team Bjæverskov  | 00:20:49 49      | 00:17:20 55      | 00:25:10 49      | 01:03:19 |
| 54  | Mie Kuhre Gram       |                  | 00:20:49 50      | 00:17:20 56      | 00:25:11 50      | 01:03:20 |
| 55  | Thit Godiksen        |                  | 00:21:12 58      | 00:17:50 62      | 00:28:41 60      | 01:07:43 |
| 56  | Benedicte Højslev    | Højslev          | 00:22:56 63      | 00:17:38 60      | 00:28:21 59      | 01:08:55 |
| 57  | Maja Juel Jørgensen  |                  | 00:22:05 60      | 00:18:22 63      | 00:28:47 61      | 01:09:14 |
| 58  | Sofie Koefoed        |                  | 00:22:10 61      | 00:18:29 64      | 00:29:23 65      | 01:10:02 |
| 59  | Emma Victoria Gaard  | Team Divine      | 00:23:33 64      | 00:20:00 68      | 00:29:36 66      | 01:13:09 |
| 60  | Marika Reuss         | p fire københavn | 00:25:39 65      | 00:18:45 65      | 00:29:05 62      | 01:13:29 |
| 61  | Andrea Gøtge         | Sparta           | 00:25:54 68      | 00:18:57 66      | 00:29:16 63      | 01:14:07 |
| 62  | Emma Højstrand       |                  | 00:22:52 62      | 00:21:11 71      | 00:30:12 67      | 01:14:15 |
| 63  | Maria Elmann Hansen  |                  | 00:25:45 67      | 00:19:45 67      | 00:29:17 64      | 01:14:47 |
| 64  | Emma Froslev         |                  | 00:27:30 69      | 00:24:36 72      | 00:33:31 69      | 01:25:37 |



**ELINA LINDHOLM** fra Österhaninge IF (2967) blæser i mål på Almindigs-etapen.

## PIGER/GIRLS 15-17

| NR. | NAVN                     | KLUB                       | 1. ETAPE / PLAC. | 2. ETAPE / PLAC. | 3. ETAPE / PLAC. | SAMLET   |
|-----|--------------------------|----------------------------|------------------|------------------|------------------|----------|
| 1   | Dorthea Jørgensen        | FIT 4 RUN.dk               | 00:25:30 1       | 00:24:00 1       | 00:39:41 1       | 01:29:11 |
| 2   | Sara Schou Kristensen    | BAC Bagsværd Atletik Club  | 00:25:39 2       | 00:25:18 2       | 00:40:13 2       | 01:31:10 |
| 3   | Maj Howardsen            |                            | 00:29:29 4       | 00:26:31 3       | 00:45:06 3       | 01:41:06 |
| 4   | Wiebke Schumacher        | SV Brackwede               | 00:29:12 3       | 00:27:08 4       | 00:46:17 4       | 01:42:37 |
| 5   | Karina Gosvig            | AP revision                | 00:31:02 7       | 00:29:13 5       | 00:47:26 5       | 01:47:41 |
| 6   | Anna Kristine Fredriksen | Team Elixia Hønefoss       | 00:30:34 5       | 00:29:54 8       | 00:48:01 6       | 01:48:29 |
| 7   | Louise Gosvig            | AP revision                | 00:31:06 8       | 00:29:27 6       | 00:48:19 7       | 01:48:52 |
| 8   | Marie Fobian Jensen      | Viking Atletik             | 00:32:06 9       | 00:29:47 7       | 00:51:28 9       | 01:53:21 |
| 9   | Mie Munch Jensen         | Nyvest                     | 00:33:11 10      | 00:31:56 11      | 00:51:08 8       | 01:56:15 |
| 10  | Mathilde Helms Kjær      | Viking Atletik             | 00:30:59 6       | 00:31:34 10      | 00:54:02 11      | 01:56:35 |
| 11  | Andrea Thisen            | Gretha's Pension           | 00:34:57 12      | 00:33:17 13      | 00:52:02 10      | 02:00:16 |
| 12  | Ida Kok Madsen           | Nyvest                     | 00:34:41 11      | 00:31:16 9       | 00:54:47 12      | 02:00:44 |
| 13  | Monica Johansen Strand   | Hurricane Dream Team       | 00:35:53 13      | 00:34:23 16      | 00:55:44 13      | 02:06:00 |
| 14  | Cecilie Hansen           |                            | 00:38:44 16      | 00:34:08 15      | 00:58:21 14      | 02:11:13 |
| 15  | Signe Ladegaard          | Hørsholm Rungsted Løbeklub | 00:38:48 18      | 00:32:10 12      | 01:01:46 18      | 02:12:44 |
| 16  | Louise Karstenberg       |                            | 00:36:57 14      | 00:34:34 17      | 01:02:01 20      | 02:13:32 |
| 17  | Cecilie Kofoed           |                            | 00:38:14 15      | 00:36:14 18      | 00:59:35 15      | 02:14:03 |
| 18  | Stine Bue                |                            | 00:38:45 17      | 00:37:12 20      | 01:01:58 19      | 02:17:55 |
| 19  | Caroline Lundgren        |                            | 00:41:24 21      | 00:36:15 19      | 01:01:39 17      | 02:19:18 |
| 20  | Anna Ladegaard           | Hørsholm Rungsted Løbeklub | 00:40:50 19      | 00:33:58 14      | 01:11:17 22      | 02:26:05 |
| 21  | Rigmor Gavrani Gadegaard | tejn                       | 00:40:56 20      | 00:41:53 21      | 01:07:42 21      | 02:30:31 |
| 22  | Ditte Hansen             |                            | 00:41:47 22      | 00:51:03 23      | 01:00:17 16      | 02:33:07 |
| 23  | Juliane Lundgren         |                            | 00:45:42 23      | 00:45:47 22      | 01:16:20 23      | 02:47:49 |



# Med BornholmerFærgen til Etape-løb på klippeøen

Færgen 

[www.faergen.dk](http://www.faergen.dk)

Færgen sejler til solskin, motion, løbesko, klipper og strand, til is, kiosk og badebold, til festival og koncert, til tusmørke, cykelkurv, madpakke, tid, badebukser og sodavand. Færgen sejler til dejlige danske øer – i dag er det Bornholm.

## 1 RUNNERS CORNER/ MIZUNO 11:03:53

|      |                            |          |
|------|----------------------------|----------|
| 22   | Jonas Brandsbjerg          | 02:28:09 |
| 21   | Torben Kjælde              | 02:37:33 |
| 1340 | Sanni Pedersen             | 02:51:57 |
| 1341 | Belinda Bech Ditlevsen     | 03:06:14 |
| 1339 | Kirstine Futterup Mogensen | 03:09:59 |
| 1338 | Christina Brandsbjerg      | 03:24:42 |

## 2 Bo42 11:14:10

|      |                        |          |
|------|------------------------|----------|
| 3    | Keld Christensen       | 02:27:22 |
| 1064 | Peter Mikkelsen Jensen | 02:39:18 |
| 2    | Carsten Vinkel         | 02:45:41 |
| 801  | Michael Andreas Jensen | 03:21:49 |
| 802  | Flemming Thorsen       | 03:46:09 |
| 1717 | Annette Munch-Jensen   | 03:48:32 |

## 3 FIT 4 RUN.dk 11:29:42

|      |                         |          |
|------|-------------------------|----------|
| 1313 | Louise Laursen          | 02:35:56 |
| 341  | Jan Fryborg             | 02:55:31 |
| 1325 | Margrethe Fryborg       | 02:56:49 |
| 319  | Brian Conradsen         | 03:01:26 |
| 1332 | Mette Høirup            | 03:08:21 |
| 446  | Julie Faurholt Pedersen | 03:23:31 |

## 4 Bornholms Hospital 1 11:44:13

|      |                      |          |
|------|----------------------|----------|
| 84   | Asbjørn Madsen       | 02:39:22 |
| 217  | Gorm Strange Nielsen | 02:47:22 |
| 504  | Morten Bertelsen     | 03:04:32 |
| 1930 | Ditte Toudal         | 03:12:57 |
| 1000 | Lene Nissen Jensen   | 03:18:47 |
| 3516 | Finn-Erik Bak        | 03:22:10 |

## 5 Syd-Øst for Paradis 11:56:53

|      |                        |          |
|------|------------------------|----------|
| 141  | Michael Lambæk Nielsen | 02:41:22 |
| 365  | Christian Juhl Lemche  | 02:48:57 |
| 1386 | Julie Carl             | 03:10:45 |
| 1416 | Marlene Kofoed-Dam     | 03:15:49 |
| 745  | Kasper Buchardt        | 03:24:01 |

## 6 Campus Bornholm 1 12:16:56

|     |                       |          |
|-----|-----------------------|----------|
| 322 | Claus Munch Jørgensen | 02:53:43 |
| 85  | René Marker Jensen    | 03:00:25 |
| 220 | Kurt Rønne            | 03:10:52 |
| 218 | Christoffer Appel     | 03:11:56 |
| 219 | Mikkel Toudahl        | 03:21:28 |

## 7 Superbrugsen Klemensker 12:31:45

|      |                        |          |
|------|------------------------|----------|
| 64   | Christian Jensen       | 02:44:08 |
| 362  | Kristoffer Johansen    | 02:59:16 |
| 563  | Mads Jensen            | 03:18:59 |
| 562  | Simon Dalsgaard Hansen | 03:29:22 |
| 1603 | Line Johansen          | 03:48:17 |
| 1604 | Ditte Dalsgaard Hansen | 03:52:13 |

## 8 Vej og Park Bornholm 1 12:32:14

|     |                   |          |
|-----|-------------------|----------|
| 150 | Torben S. Nielsen | 03:03:45 |
| 387 | Michael Sorth     | 03:09:16 |
| 385 | Knud Kofoed       | 03:09:23 |
| 386 | Flemming Mogensen | 03:09:50 |
| 579 | Jørn Peter Kofoed | 03:17:54 |

## 9 Færgen 2 12:38:00

|      |                    |          |
|------|--------------------|----------|
| 1224 | Vitus Kofoed       | 03:03:21 |
| 1226 | Anders Christensen | 03:08:21 |
| 1223 | Martin Porsgaard   | 03:09:53 |
| 1222 | Jannik Nørgård     | 03:16:25 |
| 1225 | Helle Dahl         | 04:16:20 |
| 1221 | Ralph Kofoed       | 04:34:41 |

## 10 New Balance 12:40:50

|      |                         |          |
|------|-------------------------|----------|
| 1158 | Kenn Nygaard Bodilsen   | 02:54:01 |
| 1239 | August Nygaard Bodilsen | 02:54:16 |
| 1254 | Rasmus Keinicke         | 03:13:06 |
| 2170 | Ann Christine Bodilsen  | 03:39:27 |
| 2180 | Rie Lyed Steinicke      | 03:47:30 |

## 11 Jensen A/S 13:02:58

|      |                        |          |
|------|------------------------|----------|
| 299  | Jens Jørgen Munch      | 02:49:32 |
| 300  | Mikkel Jenne Mortensen | 02:58:17 |
| 716  | Søren Søborg-Madsen    | 03:35:12 |
| 657  | Søren Hjorth Hansen    | 03:39:57 |
| 1952 | Kathrine Holm Nilsson  | 04:13:51 |
| 1154 | Bent Jørgensen         | 04:16:36 |

## 12 Espersen A/S 13:18:55

|     |                     |          |
|-----|---------------------|----------|
| 261 | Michael W. Andersen | 02:57:55 |
| 260 | Andreas Blom        | 03:07:24 |
| 808 | Sune Frederiksen    | 03:34:42 |
| 809 | René Nielsen        | 03:38:54 |
| 807 | Kaj Erik Mortensen  | 03:42:51 |

## 13 Rønne Revision 14:01:57

|      |                         |          |
|------|-------------------------|----------|
| 336  | Mads Jensen             | 03:08:42 |
| 549  | Anders Kofoed           | 03:30:09 |
| 1527 | Anne Marie Lund Kofoed  | 03:38:36 |
| 738  | Jesper Holmegård Jensen | 03:44:30 |
| 737  | Dan Andersen            | 03:59:15 |
| 821  | Knud Erik Hansen        | 04:09:25 |

## 14 Fugato 1 14:14:14

|      |                          |          |
|------|--------------------------|----------|
| 1197 | Karsten Rossing Mogensen | 03:19:54 |
| 1202 | Jannik Due               | 03:20:19 |
| 1199 | William Koch             | 03:37:10 |
| 1200 | Hanne Nisbeth            | 03:56:51 |

## 15 UngePorten, Jobcenter Bornh. 14:25:26

|      |                   |          |
|------|-------------------|----------|
| 495  | Niels-Jørn Munch  | 03:17:47 |
| 444  | Claus Gjerrild    | 03:30:53 |
| 99   | Jan Rasmussen     | 03:41:48 |
| 1461 | Birgit Jørgensen  | 03:54:58 |
| 2010 | Elisabeth Nielsen | 04:21:02 |
| 1634 | Marie Mikkelsen   | 04:22:03 |

## 16 HJB Byggeforretning 14:51:22

|     |                     |          |
|-----|---------------------|----------|
| 814 | Erling Krogh Hansen | 03:38:18 |
| 815 | Claus Stamer        | 03:40:01 |
| 816 | John Munch Nielsen  | 03:44:08 |
| 288 | Reno Larsen         | 03:48:55 |

## 17 Campus Bornholm 4 14:52:15

|      |                        |          |
|------|------------------------|----------|
| 32   | Johannes Eske Andersen | 02:41:07 |
| 695  | Bo Steen Jensen        | 03:49:56 |
| 468  | Niklas Olsen           | 04:10:01 |
| 1640 | Steffi Lathan          | 04:11:11 |

## 18 Beck Pack Systems A/S 15:01:24

|      |                  |          |
|------|------------------|----------|
| 103  | Tim Kjær Hansen  | 03:10:32 |
| 498  | Ole Keilberg     | 03:27:56 |
| 799  | Verner Nielsen   | 03:56:17 |
| 1144 | Bent Krak Hansen | 04:26:39 |

## 19 Færgen 1 15:02:18

|      |                       |          |
|------|-----------------------|----------|
| 1217 | Søren Krak Hansen     | 03:13:56 |
| 1218 | Heidi Køhlert Karlson | 03:40:55 |
| 1219 | Susie Jørgensen       | 03:59:54 |
| 1215 | Brian Hermansen       | 04:07:33 |
| 1220 | Finn Grønnegaard      | 04:17:40 |

## 20 Campus Bornholm 2 15:07:26

|      |                    |          |
|------|--------------------|----------|
| 1379 | Eise Jørgensen     | 03:33:18 |
| 1696 | Katrine Jensen     | 03:40:02 |
| 1380 | Nanna Wermelin     | 03:45:58 |
| 1491 | Eise Poulsen       | 04:08:08 |
| 1695 | Lone Folkmann Juhl | 04:13:13 |

## 21 Bornholms Hospital 2 15:27:24

|      |              |          |
|------|--------------|----------|
| 251  | Keld Blom    | 03:44:48 |
| 1876 | Lene Bloch   | 03:48:10 |
| 805  | Lars Nielsen | 03:56:04 |
| 904  | Ole Nisbeth  | 03:58:22 |
| 1905 | Rikke Albæk  | 04:11:01 |
| 1931 | Rie Lykke    | 04:24:15 |

## 22 Bornholms Brand 16:03:19

|      |                 |          |
|------|-----------------|----------|
| 804  | Jakob Storm     | 03:36:49 |
| 803  | Keld Andersen   | 03:55:47 |
| 1719 | Dorthe Sørensen | 04:13:19 |
| 1718 | Lene Storm      | 04:17:24 |
| 2116 | Pia Lysegaard   | 04:59:14 |

## 23 Coop Bornholm 2 16:05:59

|      |                          |          |
|------|--------------------------|----------|
| 108  | Claus Peter Christiansen | 03:33:52 |
| 1725 | Josephine Mortensen      | 03:47:05 |
| 806  | Kenneth Myler Hansen     | 04:02:27 |
| 2119 | Annette Marcher          | 04:42:35 |

## 24 Coop Bornholm 1 16:08:58

|      |                   |          |
|------|-------------------|----------|
| 507  | Mogens Madsen     | 03:13:48 |
| 3513 | Jacob Jensen      | 03:14:51 |
| 2120 | Maria Kold Ehlers | 03:59:56 |
| 2121 | Jeanet Mortensen  | 05:40:23 |

## 25 Bornholms Hospital 3 16:33:56

|      |                     |          |
|------|---------------------|----------|
| 1662 | Verena Gulstad      | 03:56:25 |
| 881  | Lars Albæk          | 04:09:40 |
| 1722 | Heidi Holm Olsen    | 04:10:20 |
| 1657 | Anne Bertelsen      | 04:17:31 |
| 1721 | Charlotte Højegaard | 04:37:55 |
| 2117 | Anne Munch Holm     | 04:42:39 |



## FIRMASTAFETTEN 2014

Torsdag den 4. juni 2014 kl. 19:00

Løbet afvikles på veje og stier omkring og inde på Rønne Stadion Nord. Løbet gennemføres med chip og samler over 200 firma hold. Ruten er præcis 3 km. og der er tre deltagere på hvert hold. Ruten er hvet flad og meget hurtig. Skiftezonene er inde på Rønne Stadion, hvor mange hundrede tilskuere følger slagets gang.

Læs mere: [www.viking-atletik.dk/site/Firmastafet/](http://www.viking-atletik.dk/site/Firmastafet/)



**OLE NISBETH** fra Bornholms Hospital 2, der endte på en 21. plads i firmaholdskonkurrencen.



# BORNHOLMHOTELS



Den Bornholmske Diamant Spa sponsorerer hovedpræmien i firmakonkurrencen. 6 stk. gavekort til weekend-ophold for to personer i dobbeltværelse på Radisson Blu Fredensborg Hotel / Hotel Griffen med fri adgang til Den Bornholmske Diamant Spa.



## Den Store Fiskebuffet

Hver torsdag i perioden 9/5 - 17/10 18.00 - 20.30

Hver fredag i perioden 12/7 - 16/8 18.00 - 20.30

Pris pr. person kr. 395,- / børn u12 kr. 125,-

## Restaurant Di 5 Ståuerna

Åbent fra 17.00 - 22.00

Sammensæt selv din unikke gourmetmenu.

Vælg mellem 12 forskellige retter.

## Diner Transportable

Dagens ret til kr. 110,-

Leveres i varmekasse, så maden kan holde sig varm

til efter dagens etape. Brød og salat er altid inkl.

Strandvejen 116, 3700 Rønne  
Tlf.: 56 90 44 44  
sales@bornholmhotels.dk  
www.bornholmhotels.dk



## Den Bornholmske Diamant Spa

1000 m<sup>2</sup> wellness for voksne (min. 16 år).

Afslapning, velvære og fordybelse.

Gratis adgang for vores overnattende hotelgæster.

Tirsdag - fredag kl. 16.00 - 20.00

Lørdag kl. 10.00 - 19.00

Søndag kl. 10.00 - 18.00

Entré kr. 225,-

## Spa & Spis

Entré til Diamant Spaen, 1 glas champagne samt en

2-retters middag i Restaurant Victoria

Kun kr. 450,- pr. person. (Spar 125,-)

Ndr. Kystvej 34, 3700 Rønne  
Tlf.: 56 90 43 44  
diamantspa@bornholmhotels.dk  
www.diamantspa.dk



## Restaurant Victoria

A LA CARTE - Bornholms Regionale Madkultur

Restaurant Victoria er åben fra kl. 17.00 - 21.30.

## Solnedgangsmenu

Nydes i Restaurant Victoria med udsigt til

solnedgangen over Østersøen.

Inspireret af Bornholm og fremstillet med lokale

bornholmske råvarer.

3 retter kr. 365,- / 4 retter kr. 405,-

## Dagens ret

Kr. 125,-

Ndr. Kystvej 34, 3700 Rønne  
Tlf.: 56 90 42 44  
griffen@bornholmhotels.dk  
www.bornholmhotels.dk



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### Træningsudbytte

Motiverende feedback lige efter din træning.



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