



## SILKEBORG

RESULTATLISTE IIII

LØRDAG DEN 19. AUGUST 1989

**1/4 IRONMAN KL. 12.00**

950 M. SVØMNING - 45 KM. CYKLING - 10,5 KM. LØB

**1/2 IRONMAN KL. 12.30**

1.900 M. SVØMNING - 90 KM. CYKLING - 21 KM. LØB

ARRANGERES AF:

SILKEBORG SVØMMEKLUBS STØTTEFORENING

SILKEBORG CYKELRING

SILKEBORG ATLETIK KLUB 1977



FORKLARING TIL RESULTATLISTE

Da resultatlisten for Silkeborg Triathlon 1989 er meget detaljeret, følger her en forklaring til de mange tal:

Resultatlisten er opdelt efter aldersklasser (gående på fødselsår) og køn. Resultatlisten viser foruden den samlede tid og placering, også tiden for hver af de 3 deldiscipliner og placeringen på disse (både inden for gruppen og totalt).

Ex :

plac inden for aldersgruppen	placering totalt	startnr		sluttid
14, 17		177	Erik Madsen 0.19.07 (17,26)	København S 1.22.26 (31,39)
				2.22.40 0.41.07 (16,18)
				løbetid
				cykelplac. totalt
				cykelplac. i gruppen
				cykeltid
				svømmeplac. totalt
				svømmeplac. i gruppen
				svømmetid

Af ovenstående eksempel kan altså ses, at deltager 177 (Erik Madsen) fx har cyklet på 1.22.26, hvilket var den 31. hurtigste cykeltid i gruppen, og den 39. hurtigste cykeltid blandt alle mænd der gennemførte den kvarte distance.

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 4	48	Jens Grydesen	Haderslev	2.12.41
		0.16.52 ( 3, 7)	1.16.36 ( 1, 5)	0.39.12 ( 2, 7)
2, 8	52	Claus Mengel Jørgensen	Silkeborg	2.16.47
		0.17.38 ( 5, 12)	1.20.37 ( 2, 17)	0.38.31 ( 1, 4)
3, 28	8	Per Nielsen	Aarhus C	2.26.49
		0.22.08 ( 12, 61)	1.22.21 ( 3, 36)	0.42.19 ( 3, 29)
4, 43	53	Martin Godsk Hansen	Them	2.30.08
		0.15.46 ( 1, 3)	1.24.07 ( 7, 57)	0.50.14 ( 8, 107)
5, 46	45	Ulrik Larsen	Vejle	2.31.15
		0.20.11 ( 10, 38)	1.27.33 ( 10, 94)	0.43.30 ( 4, 41)
6, 56	49	Poul Dengsøe	Thisted	2.33.23
		0.22.40 ( 13, 69)	1.23.47 ( 6, 53)	0.46.55 ( 5, 66)
7, 61	47	Jesper Klausen	Silkeborg	2.33.51
		0.20.46 ( 11, 46)	1.23.43 ( 5, 51)	0.49.21 ( 6, 94)
8, 87	125	Nenad Michael Elkjær	Silkeborg	2.40.22
		0.23.32 ( 15, 87)	1.26.44 ( 8, 85)	0.50.05 ( 7, 106)
9, 90	83	Morten Stokholm	Silkeborg	2.40.36
		0.15.50 ( 2, 4)	1.27.25 ( 9, 93)	0.57.20 ( 16, 167)
10, 96	129	Carsten Sørensen	Bording	2.42.02
		0.17.17 ( 4, 9)	0.00.00 ( 0, 0)	0.00.00 ( 0, 0)
11, 103	2	Casper Jørgensen	Aalborg SØ	2.43.19
		0.19.56 ( 9, 36)	1.32.20 ( 14, 136)	0.51.02 ( 9, 114)
12, 118	224	Søren Grønborg	Vodskov	2.46.42
		0.24.01 ( 18, 97)	1.27.33 ( 11, 95)	0.55.08 ( 13, 150)
13, 119	56	Bo Mengel Jørgensen	Silkeborg	2.46.52
		0.24.55 ( 19, 110)	1.27.35 ( 12, 96)	0.54.22 ( 12, 145)
14, 136	50	Michael Kristiansen	Herning	2.49.19
		0.23.02 ( 14, 76)	1.33.47 ( 16, 153)	0.52.29 ( 11, 125)
15, 143	5	Jesper Sørensen	Silkeborg	2.51.14
		0.23.36 ( 16, 90)	1.31.48 ( 13, 132)	0.55.49 ( 15, 160)
16, 152	223	Peter Errboe	Silkeborg	2.53.08
		0.00.00 ( 0, 0)	1.55.39 ( 24, 205)	0.57.29 ( 17, 168)
17, 163	46	Peter Dam	Hjørring	2.55.35
		0.19.00 ( 8, 23)	1.36.42 ( 18, 166)	0.59.52 ( 20, 185)
18, 173	58	Jesper Frølund	Silkeborg	2.58.02
		0.27.27 ( 20, 167)	1.33.04 ( 15, 145)	0.57.31 ( 18, 169)
19, 176	162	Thomas Flarup	Stoholm	2.58.47
		0.28.20 ( 21, 176)	1.38.16 ( 20, 172)	0.52.10 ( 10, 122)
20, 178	208	Niels Hesselholt	Sindal	3.00.13
		0.18.26 ( 6, 18)	1.42.38 ( 22, 189)	0.59.08 ( 19, 178)

21,179	55	Anders Strango	Silkeborg	3.00.33
		0.28.43 ( 22,180)	1.36.36 ( 17,165)	0.55.13 ( 14,152)
22,185	222	Martin Bjørnvig	Silkeborg	3.05.26
		0.29.29 ( 23,191)	1.23.39 ( 4, 50)	1.12.17 ( 23,209)
23,187	57	Jens Friis Sørensen	Tranbjerg	3.06.30
		0.18.44 ( 7, 20)	1.37.38 ( 19,169)	1.10.07 ( 22,206)
24,199	51	Allan Christoffersen	Herning	3.13.37
		0.23.43 ( 17, 93)	1.41.37 ( 21,183)	1.08.16 ( 21,203)
25,211	176	Lars Kirk	Silkeborg	3.30.43
		0.30.50 ( 24,200)	1.46.38 ( 23,199)	1.13.14 ( 24,210)

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 1	173	John Albin Hansen	Højbjerg	2.03.02
		0.15.35 ( 2, 2)	1.09.15 ( 1, 1) 0.38.11 ( 2, 2)	
2, 2	3	Ronny Hansen	Aarhus C	2.07.03
		0.13.47 ( 1, 1)	1.13.31 ( 2, 2) 0.39.45 ( 7, 9)	
3, 3	202	Flemming Hebsgård	Århus C	2.09.52
		0.15.52 ( 3, 5)	1.15.30 ( 4, 4) 0.38.30 ( 3, 3)	
4, 5	100	Finn Rasmussen	Holstebro	2.16.00
		0.18.19 ( 11, 17)	1.18.55 ( 6, 7) 0.38.44 ( 5, 6)	
5, 6	138	Hans Peder Kobbegaard	Aalborg	2.16.27
		0.16.00 ( 4, 6)	1.19.06 ( 8, 9) 0.41.20 ( 18, 20)	
6, 7	10	Per Clausen	Holstebro	2.16.40
		0.19.19 ( 21, 30)	1.19.11 ( 9, 10) 0.38.08 ( 1, 1)	
7, 9	204	René Lund Petersen	Århus C	2.19.30
		0.21.37 ( 40, 54)	1.14.53 ( 3, 3) 0.42.58 ( 31, 35)	
8, 10	229	Karl Brannum	Aalborg	2.19.49
		0.20.29 ( 29, 41)	1.18.47 ( 5, 6) 0.40.32 ( 12, 14)	
9, 11	218	Kenneth Pedersen	Herning	2.20.43
		0.17.10 ( 5, 8)	1.24.51 ( 47, 61) 0.38.41 ( 4, 5)	
10, 12	19	Lars Kloppenborg	Aarhus C	2.21.05
		0.17.35 ( 6, 11)	1.20.43 ( 15, 20) 0.42.47 ( 29, 33)	
11, 13	133	Rene Wiellersen	Aarhus C	2.21.14
		0.19.36 ( 25, 34)	1.22.12 ( 27, 34) 0.39.24 ( 6, 8)	
12, 15	175	Henrik Kølle	Silkeborg	2.21.59
		0.19.32 ( 24, 33)	1.20.49 ( 17, 22) 0.41.37 ( 22, 24)	
13, 16	77	Jan Bo Hansen	Mårslet	2.22.14
		0.19.12 ( 19, 28)	1.18.57 ( 7, 8) 0.44.04 ( 44, 50)	
14, 17	177	Erik Madsen	København S	2.22.40
		0.19.07 ( 17, 26)	1.22.26 ( 31, 39) 0.41.07 ( 16, 18)	
15, 18	128	Jan Bach Larsen	Aalborg	2.23.06
		0.19.30 ( 23, 32)	1.23.04 ( 38, 46) 0.40.32 ( 13, 15)	
16, 19	69	Per Skaaning	Vinderup	2.23.53
		0.17.46 ( 8, 14)	1.21.26 ( 22, 27) 0.44.41 ( 45, 54)	
17, 20	181	Karsten Jørgensen	Aarhus V	2.24.55
		0.19.28 ( 22, 31)	1.24.57 ( 49, 63) 0.40.29 ( 11, 13)	
18, 21	108	Per Frederiksen	Horsens	2.25.03
		0.21.55 ( 43, 57)	1.19.54 ( 10, 12) 0.43.12 ( 32, 36)	
19, 22	7	Søren Restrup	Silkeborg	2.25.06
		0.22.38 ( 50, 68)	1.21.59 ( 25, 31) 0.40.28 ( 10, 12)	
20, 23	150	J.C.G. Svolgaard	Aalborg	2.25.48
		0.17.54 ( 9, 15)	1.24.06 ( 44, 58) 0.43.45 ( 39, 45)	

21, 24	149	Morten Baden Jørgensen	Aalborg	0.20.42 ( 33, 45)	1.22.15 ( 28, 35)	0.42.52 ( 30, 34)	2.25.51
22, 25	92	Jan Heinrich	Vodskov	0.19.01 ( 15, 24)	2.11.44 (150,213)	0.43.23 ( 35, 39)	2.26.17
23, 26	141	Vagn Engelbreth Nielson	Silkeborg	0.21.44 ( 41, 55)	1.20.48 ( 16, 21)	0.43.47 ( 40, 46)	2.26.20
24, 28	116	Jan Mattsson	Holstebro	0.22.47 ( 53, 72)	1.21.23 ( 21, 26)	0.42.47 ( 28, 32)	2.26.57
25, 29	183	Klaus Jørgensen	Brabrand	0.18.57 ( 14, 22)	1.22.43 ( 34, 42)	0.45.32 ( 47, 58)	2.27.13
26, 30	11	Ole Jansen	Herning	0.25.38 ( 87,123)	1.22.25 ( 30, 38)	0.39.51 ( 8, 10)	2.27.55
27, 31	191	Frans Christensen	Storvorde	0.25.34 ( 85,121)	1.21.05 ( 18, 23)	0.41.31 ( 20, 22)	2.28.10
28, 32	82	Ejner Jensen	Silkeborg	0.25.16 ( 82,116)	1.21.12 ( 19, 24)	0.42.13 ( 25, 28)	2.28.41
29, 33	86	Kai Lodahl	Herning	0.20.19 ( 28, 40)	1.25.04 ( 51, 65)	0.43.22 ( 33, 37)	2.28.45
30, 34	168	Søren Nystrup	Silkeborg	0.20.55 ( 35, 49)	1.20.29 ( 13, 16)	0.47.29 ( 62, 74)	2.28.55
31, 35	104	Niels Jørn Jensen	Assens	0.24.28 ( 73,103)	1.22.54 ( 36, 44)	0.41.35 ( 21, 23)	2.28.57
32, 36	119	Peter Boch Pedersen	Aarhus C	0.18.28 ( 12, 19)	1.23.47 ( 42, 53)	0.46.48 ( 53, 64)	2.29.03
33, 39	115	Thomas Henten	Silkeborg	0.25.29 ( 84,120)	1.20.42 ( 14, 19)	0.43.36 ( 38, 44)	2.29.48
34, 40	135	Klaus W. Dalager	Svenstrup J	0.23.25 ( 63, 85)	1.25.29 ( 55, 69)	0.40.55 ( 15, 17)	2.29.49
35, 41	68	Dan Haunstrup	Silkeborg	0.22.41 ( 51, 70)	1.25.41 ( 56, 70)	0.41.29 ( 19, 21)	2.29.52
36, 43	127	Rene Thomsen	Silkeborg	0.18.07 ( 10, 16)	1.24.55 ( 48, 62)	0.47.49 ( 67, 80)	2.30.51
37, 44	89	Corn Laurzen	Aarhus C	0.28.53 (131,183)	1.20.07 ( 11, 13)	0.42.09 ( 24, 27)	2.31.10
38, 46	70	Preben Stentoft	Odense	0.22.03 ( 45, 60)	1.20.16 ( 12, 14)	0.49.06 ( 77, 92)	2.31.26
39, 49	75	Ole Bech-Hansen	Esbjerg	0.20.48 ( 34, 47)	1.23.44 ( 41, 52)	0.47.01 ( 56, 68)	2.31.35
40, 50	131	Jan Kim Hansen	Silkeborg	0.25.25 ( 83,114)	1.24.24 ( 45, 59)	0.41.51 ( 23, 26)	2.31.41

41, 51	154	Bo Kristensen	Aarhus C	2.32.45
		0.23.34 ( 65, 88)	1.21.44 ( 23, 28)	0.47.26 ( 61, 73)
42, 52	172	Jesper Petersen	Aarhus N	2.33.10
		0.23.06 ( 57, 77)	1.23.02 ( 37, 45)	0.47.01 ( 55, 67)
43, 53	217	Carsten Hyldebrandt	Herning	2.33.13
		0.23.14 ( 62, 82)	1.22.25 ( 29, 37)	0.47.33 ( 64, 76)
44, 54	200	Bernd Schlacht	Berlin 36	2.33.16
		0.21.06 ( 37, 51)	1.25.57 ( 61, 75)	0.46.13 ( 49, 60)
45, 56	66	Hartvig Mølgaard Nielsen	Silkeborg	2.33.31
		0.22.33 ( 49, 67)	1.21.17 ( 20, 25)	0.49.40 ( 82,100)
46, 57	220	Lars Foged	Randers	2.33.38
		0.22.30 ( 47, 65)	1.27.09 ( 71, 88)	0.43.58 ( 42, 48)
47, 58	81	Torben Bjerre	Silkeborg	2.33.40
		0.20.33 ( 31, 43)	1.22.43 ( 35, 43)	0.50.23 ( 88,108)
48, 61	120	Tage Lundgård	Ry	2.33.54
		0.22.12 ( 46, 62)	1.30.24 ( 91,116)	0.41.16 ( 17, 19)
49, 62	13	Henrik Kristensen	Aalborg	2.34.06
		0.19.17 ( 20, 29)	1.25.26 ( 53, 67)	0.49.22 ( 79, 96)
50, 63	160	Bruno M. Sørensen	Aarhus N	2.34.12
		0.20.39 ( 32, 44)	1.27.44 ( 78, 99)	0.45.48 ( 48, 59)
51, 64	76	Kenn E. Jørgensen	Silkeborg	2.34.25
		0.27.45 (124,171)	1.24.05 ( 43, 56)	0.42.33 ( 26, 30)
52, 65	142	John Hove	Ikast	2.34.31
		0.17.42 ( 7, 13)	1.29.42 ( 88,113)	0.47.06 ( 57, 69)
53, 67	157	Lars Helstrup Jensen	Esbjerg	2.34.57
		0.25.54 ( 92,131)	1.25.01 ( 50, 64)	0.44.01 ( 43, 49)
54, 68	233	Uffe R. Jørgensen	Charlottenlund	2.35.08
		0.19.52 ( 26, 35)	1.31.46 (103,131)	0.43.29 ( 36, 40)
55, 69	197	Kaj Døssing	Silkeborg	2.35.16
		0.26.58 (113,158)	1.24.41 ( 46, 60)	0.43.36 ( 37, 42)
56, 70	235	Rene Gårdsvig	Silkeborg	2.35.47
		0.25.52 ( 91,130)	1.27.10 ( 72, 89)	0.42.44 ( 27, 31)
57, 71	62	Henrik H. Klausen	Silkeborg	2.36.23
		0.21.00 ( 36, 50)	1.26.00 ( 62, 76)	0.49.21 ( 78, 95)
58, 72	97	Kim Larsen	Silkeborg	2.37.19
		0.22.02 ( 44, 59)	1.22.30 ( 33, 41)	0.52.47 (101,128)
59, 73	103	Flemming Schmidt	Silkeborg	2.37.35
		0.22.45 ( 52, 71)	1.26.33 ( 66, 81)	0.48.16 ( 72, 87)
60, 74	225	Thomas Kunc Christensen	Silkeborg	2.37.40
		0.24.58 ( 78,111)	1.22.01 ( 26, 32)	0.50.41 ( 89,109)

61, 75	113	Bo Nielsen 0.25.42 ( 88,126)	Silkeborg 1.25.42 ( 57, 71)	0.46.30 ( 51, 62)	2.37.55
62, 77	158	Leo Høeg 0.27.09 (118,163)	Silkeborg 1.27.16 ( 75, 92)	0.43.52 ( 41, 47)	2.38.18
63, 79	152	Thomas Mulvad 0.25.01 ( 79,112)	Aalborg 1.21.51 ( 24, 29)	0.51.52 ( 95,119)	2.38.45
64, 80	121	Morten Skriver 0.18.48 ( 13, 21)	Silkeborg 1.23.25 ( 40, 49)	0.56.56 (128,165)	2.39.10
65, 81	207	Carl Wadmore 0.24.08 ( 70, 99)	Viborg 1.34.14 (119,156)	0.40.48 ( 14, 16)	2.39.11
66, 82	26	Morten Andersen 0.26.02 ( 95,134)	Silkeborg 1.25.12 ( 52, 66)	0.48.06 ( 69, 82)	2.39.21
67, 83	65	Henrik Brændgård 0.20.31 ( 30, 42)	Silkeborg 1.28.54 ( 82,106)	0.50.02 ( 86,104)	2.39.28
68, 84	99	John Hvass Møller 0.27.04 (114,159)	Silkeborg 1.25.27 ( 54, 68)	0.47.23 ( 60, 72)	2.39.55
69, 85	227	Jens Pape 0.23.26 ( 64, 86)	Brabrand 1.26.36 ( 67, 83)	0.50.04 ( 87,105)	2.40.07
70, 88	165	Karl Ole Mikkelsen 0.30.00 (140,195)	Silkeborg 1.30.28 ( 92,117)	0.40.06 ( 9, 11)	2.40.35
71, 90	190	Peter Thun 0.24.06 ( 69, 98)	Kiel, BRD 1.28.36 ( 80,103)	0.48.11 ( 71, 85)	2.40.54
72, 91	188	Jesper Tychsen 0.23.02 ( 56, 75)	Varde 1.22.28 ( 32, 40)	0.55.32 (123,158)	2.41.03
73, 97	95	Peter Nyegård 0.23.10 ( 59, 79)	Farum 1.25.46 ( 59, 73)	0.52.12 ( 99,124)	2.41.09
74, 93	42	Tom Larsen 0.23.13 ( 61, 81)	Horsens 1.30.36 ( 95,120)	0.47.31 ( 63, 75)	2.41.21
75, 94	67	Steen A. Jøger 0.24.41 ( 75,105)	Brødstrup 1.27.10 ( 73, 90)	0.49.53 ( 85,103)	2.41.45
76, 96	151	Christian Hansen 0.23.35 ( 66, 89)	Aalborg 1.25.52 ( 60, 74)	0.52.51 (103,130)	2.42.19
77, 98	146	Hans Henrik H. Spring 0.26.46 (111,156)	Silkeborg 1.29.03 ( 85,109)	0.47.10 ( 58, 70)	2.42.59
78, 99	198	Jens Erik Kudsk 0.27.07 (117,162)	Silkeborg 1.27.15 ( 74, 91)	0.48.40 ( 74, 89)	2.43.02
79, 100	164	Peter Kaarup 0.27.23 (119,164)	Højbjerg 1.30.29 ( 93,118)	0.45.20 ( 46, 57)	2.43.14
80, 101	132	Per Hjørth Poulsen 0.27.05 (115,160)	Risskov 1.26.18 ( 65, 79)	0.49.53 ( 84,102)	2.43.16



81,103	94	Steve Harrison	Odense C	2.43.32
		0.25.05 ( 80,113)	1.28.39 ( 81,105)	0.49.47 ( 83,101)
82,105	6	Henning Nielsen	Silkeborg	2.44.10
		0.25.44 ( 89,127)	1.26.13 ( 64, 78)	0.52.12 ( 98,123)
83,107	236	Jens Runge Sørensen	Bramming	2.44.52
		0.28.45 (129,181)	1.26.39 ( 68, 84)	0.49.28 ( 81, 98)
84,109	4	Kent Pedersen	Herning	2.45.13
		0.29.15 (135,188)	1.29.03 ( 84,108)	0.46.55 ( 54, 65)
85,110	171	Martin Jensen	Herning	2.45.48
		0.23.39 ( 67, 91)	1.34.00 (117,154)	0.48.08 ( 70, 84)
86,111	209	Svenne Bech	Knebel	2.45.55
		0.24.23 ( 72,101)	1.26.50 ( 70, 87)	0.54.41 (116,148)
87,112	159	Jan Nielsen	Holstebro	2.46.05
		0.26.14 (100,140)	1.26.49 ( 69, 86)	0.53.01 (105,133)
88,113	105	Jesper Roed	Aalborg SV	2.46.24
		0.24.20 ( 71,100)	1.34.42 (121,158)	0.47.20 ( 59, 71)
89,114	195	Karsten Dyhrberg	Aalborg SØ	2.46.26
		0.00.00 ( 0, 0)	1.59.45 (147,210)	0.46.41 ( 52, 63)
90,116	79	Peter Søgård	Ikast	2.46.40
		0.20.15 ( 27, 39)	1.33.14 (113,146)	0.53.11 (106,134)
91,119	232	Flemming Quist	Silkeborg	2.46.55
		0.25.36 ( 86,122)	1.28.27 ( 79,102)	0.52.52 (104,131)
92,120	147	Carsten Madsen	Aabybro	2.47.15
		0.27.34 (123,170)	1.23.24 ( 39, 48)	0.56.16 (125,161)
93,121	194	Morten Brix	Vestbjerg	2.47.17
		0.26.24 (104,147)	1.32.57 (111,143)	0.47.55 ( 68, 81)
94,123	25	Michael Seindal	Silkeborg	2.48.05
		0.19.11 ( 18, 27)	1.33.27 (115,150)	0.55.26 (121,156)
95,124	9	Jean Møller	Holsted	2.48.09
		0.26.38 (106,151)	1.26.06 ( 63, 77)	0.55.24 (120,155)
96,125	90	Ivan Betzer	Silkeborg	2.48.14
		0.26.43 (109,154)	1.30.32 ( 94,119)	0.50.59 ( 92,113)
97,126	102	Jan Elkjær	Silkeborg	2.48.23
		0.27.30 (122,166)	1.27.41 ( 76, 97)	0.53.11 (107,135)
98,127	16	Bjarne Hansen	Skanderborg	2.48.24
		0.28.02 (126,174)	1.32.34 (108,138)	0.47.48 ( 66, 79)
99,128	85	Allan Krogh	Skanderborg	2.48.33
		0.22.55 ( 55, 74)	1.27.42 ( 77, 98)	0.57.55 (130,170)
100,129	91	Mark Wareing	Viborg	2.48.38
		0.23.08 ( 58, 78)	1.34.17 (120,157)	0.51.12 ( 93,115)

101,130	123	Niels Henrik Ilvig	Silkeborg	2.48.53
		0.26.19 (103,144)	1.25.42 ( 58, 72)	0.56.50 (127,164)
102,131	117	Jan Normann	Silkeborg	2.48.55
		0.22.32 ( 48, 66)	1.29.51 ( 89,114)	0.56.31 (126,163)
103,132	44	Bo Jepsen	Ikast	2.48.57
		0.21.32 ( 39, 53)	1.32.14 (106,135)	0.55.10 (118,151)
104,133	215	Jan Sejling Clausen	Silkeborg	2.49.07
		0.26.00 ( 94,133)	1.28.59 ( 83,107)	0.54.07 (113,142)
105,136	74	Allan Gjerulff	Silkeborg	2.49.22
		0.24.36 ( 74,104)	1.32.36 (109,139)	0.52.09 ( 97,121)
106,138	22	Fritz Albrechtsen	Aarhus C	2.49.29
		0.26.41 (108,153)	1.34.01 (118,155)	0.48.46 ( 76, 91)
107,139	193	Peter Skovsted	Holstebro	2.49.42
		0.24.52 ( 77,108)	1.31.09 (102,129)	0.53.41 (110,139)
108,140	109	Ove Hansen	Silkeborg	2.50.55
		0.27.06 (116,161)	1.35.09 (122,160)	0.48.39 ( 73, 88)
109,141	199	Ole Normann Hansen	Silkeborg	2.51.09
		0.25.47 ( 90,128)	1.32.45 (110,142)	0.52.35 (100,126)
110,143	112	Bent Svendsen	Silkeborg	2.51.30
		0.26.40 (107,152)	1.29.28 ( 87,111)	0.55.21 (119,154)
111,144	192	Niels Chr. Poulsen	Holstebro	2.51.45
		0.28.41 (128,179)	1.32.11 (105,134)	0.50.52 ( 90,111)
112,145	20	Leo Pedersen	Silkeborg	2.51.59
		0.28.55 (132,184)	1.30.14 ( 90,115)	0.52.49 (102,129)
113,146	196	Allan Vejvad	Silkeborg	2.52.03
		0.27.25 (120,165)	1.33.41 (116,152)	0.50.56 ( 91,112)
114,149	130	Villy Jensen	Viborg	2.53.02
		0.25.55 ( 93,132)	1.32.30 (107,137)	0.54.36 (115,147)
115,150	111	Stig Skovbo	Them	2.53.05
		0.26.11 ( 99,138)	1.33.01 (112,144)	0.53.52 (111,140)
116,152	205	Gert Jensen	Horsens	2.53.24
		0.28.51 (130,182)	1.38.19 (130,173)	0.46.13 ( 50, 61)
117,153	216	Per Krogh Pedersen	Silkeborg	2.53.37
		0.26.07 ( 97,136)	1.33.21 (114,149)	0.54.07 (114,143)
118,154	170	Bodolf Hansen	Odense C	2.53.46
		0.23.40 ( 68, 92)	1.30.59 ( 99,125)	0.59.06 (134,177)
119,155	143	Lars Rasmussen	Silkeborg	2.54.08
		0.26.16 (101,142)	1.32.03 (104,133)	0.55.47 (124,159)
120,157	118	Erik Jensen	Grenå	2.54.41
		0.28.37 (127,178)	1.42.41 (138,190)	0.43.22 ( 34, 38)

121,158	140	Jack Borregaard 0.24.46 ( 76,106)	Aalborg 1.42.35 (137,188)	0.47.39 ( 65, 78)	2.55.01
122,159	88	Henrik Møller 0.26.08 ( 98,137)	Silkeborg 1.30.38 ( 96,121)	0.58.37 (132,174)	2.55.24
123,160	145	Paul Kjær 0.26.51 (112,157)	Brødstrup 1.36.35 (125,164)	0.52.00 ( 96,120)	2.55.27
124,161	153	Arne Hosbond 0.26.18 (102,143)	Videbæk 1.31.03 (100,127)	0.58.09 (131,171)	2.55.31
125,163	24	Jarl Larsen 0.32.58 (146,205)	Esbjerg 1.29.19 ( 86,110)	0.53.26 (109,137)	2.55.44
126,165	73	Henning Carlsen 0.25.13 ( 81,115)	Brødstrup 1.36.27 (124,163)	0.54.45 (117,149)	2.56.25
127,167	184	Arne Wraae 0.29.26 (136,190)	Holstebro 1.37.53 (128,170)	0.49.27 ( 80, 97)	2.56.47
128,168	84	Leon Stokholm 0.21.46 ( 42, 56)	Silkeborg 1.31.04 (101,128)	1.03.57 (141,196)	2.56.49
129,169	213	Jørn Hansen 0.30.16 (142,197)	Holstebro 1.38.05 (129,171)	0.48.44 ( 75, 90)	2.57.06
130,170	71	Keld Baskjær 0.19.04 ( 16, 25)	Viby J 1.30.48 ( 98,123)	1.07.53 (145,201)	2.57.46
131,174	186	Klaus Kongsted 0.21.24 ( 38, 52)	Thisted 1.35.59 (123,162)	1.01.15 (136,188)	2.58.40
132,179	122	Bent Aage Madsen 0.29.12 (134,187)	Ikast 1.30.47 ( 97,122)	1.02.00 (139,193)	3.02.00
133,180	169	Eigil Jensen 0.22.53 ( 54, 73)	Silkeborg 1.43.19 (139,192)	0.57.12 (129,166)	3.03.24
134,182	167	Troels B Mikkelsen 0.26.45 (110,155)	Ans 1.42.12 (136,186)	0.55.27 (122,157)	3.04.24
135,188	144	Axel V. Christensen 0.34.29 (147,209)	Silkeborg 1.38.21 (131,174)	0.53.57 (112,141)	3.06.48
136,189	64	Henning Bæk Jensen 0.36.30 (148,210)	Ikast 1.39.04 (133,177)	0.51.42 ( 94,118)	3.07.18
137,190	219	Ejnar Kølle 0.23.12 ( 60, 80)	Silkeborg 1.37.02 (126,167)	1.08.02 (146,202)	3.08.16
138,191	106	Stig Blicher Hansen 0.29.08 (133,186)	Billund 1.46.47 (143,201)	0.53.19 (108,136)	3.09.15
139,192	137	Jens Ole Klausen 0.26.31 (105,148)	Hobro 1.43.56 (140,194)	0.59.17 (135,182)	3.09.45
140,193	15	Freddy Andersen 0.27.26 (121,166)	Ry 1.40.47 (135,181)	1.01.49 (138,191)	3.10.03

141,196	234	Jens Slaholt 0.30.03 (141,196)	Silkeborg 1.38.30 (132,176)	3.11.02 1.02.28 (140,195)
142,199	101	Frede Jensen 0.26.03 ( 96,135)	Højbjerg 1.37.20 (127,168)	3.14.22 1.10.58 (147,207)
143,200	221	L. Kruckow 0.29.30 (137,192)	Silkeborg 1.39.05 (134,178)	3.15.19 1.06.43 (142,198)
144,205	114	Brian Olsen 0.32.15 (145,203)	Silkeborg 1.51.08 (144,203)	3.22.14 0.58.50 (133,176)
145,207	27	Thomas Michael Tauris 0.30.49 (143,199)	Silkeborg 1.46.41 (142,200)	3.25.06 1.07.36 (144,200)
146,208	107	Kim Brøbech 0.00.00 ( 0, 0)	Silkeborg 2.14.05 (151,214)	3.25.11 1.11.05 (148,208)
147,209	182	Ole Skjærbæk 0.29.57 (139,194)	Silkeborg 1.51.43 (145,204)	3.28.31 1.06.50 (143,199)
148,211	14	Michael Christensen 0.29.31 (138,193)	Ry 2.04.39 (149,212)	3.35.47 1.01.36 (137,190)
149,213	228	Jesper Andersen 0.36.43 (149,211)	Silkeborg 1.46.05 (141,196)	3.42.40 1.19.52 (151,213)
150,214	78	Kim Klode 0.31.31 (144,202)	Silkeborg 1.56.47 (146,208)	3.46.45 1.18.26 (150,212)
151,215	166	Flemming Niebuhr 0.27.54 (125,172)	Silkeborg 2.02.03 (148,211)	3.46.50 1.16.52 (149,211)

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 15	72	Freddy Kjær	Herning	2.21.15
		0.17.30 ( 1, 10)	1.19.17 ( 1, 11)	0.44.31 ( 5, 53)
2, 38	231	Wolfgang Kuhn	Hastbergen BRD	2.29.36
		0.23.59 ( 8, 96)	1.22.01 ( 5, 33)	0.43.36 ( 2, 43)
3, 39	39	Arne Madsen	Bjerringbro	2.29.40
		0.25.08 ( 12, 114)	1.20.18 ( 2, 15)	0.44.14 ( 3, 51)
4, 48	206	Søren Højbjerg	Horsens	2.31.31
		0.25.19 ( 13, 117)	1.21.53 ( 4, 30)	0.44.18 ( 4, 52)
5, 49	17	Svend Erik Andersen	Ikast	2.31.32
		0.23.21 ( 6, 84)	1.26.26 ( 7, 80)	0.41.43 ( 1, 25)
6, 60	110	Hardy Sørensen	Silkeborg	2.33.45
		0.24.54 ( 11, 109)	1.20.42 ( 3, 18)	0.48.12 ( 9, 86)
7, 77	34	Iver Kallestrup	Viborg	2.38.08
		0.26.21 ( 19, 145)	0.00.00 ( 0, 0)	0.00.00 ( 0, 0)
8, 79	38	Ole Berg	Viborg	2.38.38
		0.25.50 ( 16, 129)	1.23.19 ( 6, 47)	0.49.28 ( 11, 98)
9, 88	124	Preben Elkjær	Silkeborg	2.40.26
		0.25.42 ( 15, 125)	1.26.36 ( 8, 82)	0.48.07 ( 8, 83)
10, 98	36	Lars Durr	Silkeborg	2.42.21
		0.21.59 ( 3, 58)	1.28.38 ( 11, 104)	0.51.42 ( 14, 117)
11, 105	180	Troels Jensen	Horsens	2.43.49
		0.26.36 ( 22, 150)	1.29.38 ( 12, 112)	0.47.34 ( 7, 77)
12, 107	12	Flemming Kjær	Svenstrup	2.44.13
		0.22.20 ( 4, 63)	1.32.45 ( 16, 140)	0.49.08 ( 10, 93)
13, 109	30	Chr. Møller	Billund	2.44.59
		0.26.15 ( 18, 141)	1.33.39 ( 19, 151)	0.45.04 ( 6, 55)
14, 116	21	Flemming M. Christensen	Bjerringbro	2.46.36
		0.24.49 ( 10, 107)	1.30.57 ( 13, 124)	0.50.49 ( 12, 110)
15, 123	156	Flemming Melgaard	Bjerringbro	2.47.55
		0.20.53 ( 2, 48)	1.28.26 ( 10, 101)	0.58.35 ( 21, 173)
16, 138	148	Bent Kahr Sørensen	Silkeborg	2.49.28
		0.23.53 ( 7, 95)	1.31.00 ( 14, 126)	0.54.34 ( 19, 146)
17, 148	134	Jørgen Schumacher	Svenstrup J	2.52.14
		0.00.00 ( 0, 0)	1.59.34 ( 33, 209)	0.52.39 ( 15, 127)
18, 149	37	Ole F. Sørensen	Silkeborg	2.52.46
		0.26.35 ( 21, 149)	1.33.18 ( 17, 147)	0.52.53 ( 16, 132)
19, 157	23	Jens Chr. Holm	Silkeborg	2.54.22
		0.27.31 ( 23, 169)	1.33.21 ( 18, 148)	0.53.29 ( 17, 138)
20, 165	33	Erik Kudsk	Silkeborg	2.56.17
		0.28.58 ( 27, 165)	1.28.04 ( 9, 100)	0.59.14 ( 25, 181)

21,167	43	Benny Kastrup Hansen	Bjerringbro	2.56.27
		0.25.39 ( 14,124)	1.31.22 ( 15,130)	0.59.25 ( 26,183)
22,172	40	Jan Andersen	Brandø	2.57.54
		0.22.23 ( 5, 64)	1.41.18 ( 25,182)	0.54.12 ( 18,144)
23,174	201	Leif Fischer	Egå	2.58.35
		0.24.25 ( 9,102)	1.35.00 ( 20,159)	0.59.09 ( 23,179)
24,177	155	Frank Johansen	Silkeborg	2.59.43
		0.28.35 ( 26,177)	1.35.50 ( 21,161)	0.55.17 ( 20,153)
25,182	161	Poul Axbom	Risskov	3.04.20
		0.33.22 ( 32,207)	1.39.26 ( 23,179)	0.51.30 ( 13,116)
26,184	185	Finn Johansen	Holstebro	3.04.41
		0.26.22 ( 20,146)	1.38.28 ( 22,175)	0.59.49 ( 27,184)
27,188	18	Søren Aksel Sørensen	Silkeborg	3.06.38
		0.27.58 ( 24,173)	1.39.52 ( 24,180)	0.58.46 ( 22,175)
28,195	41	Niels Chr. Andersen	Billund	3.10.19
		0.29.18 ( 28,189)	1.41.48 ( 26,184)	0.59.12 ( 24,180)
29,196	178	Jørgen Andersen	Silkeborg	3.10.20
		0.26.13 ( 17,139)	1.42.14 ( 28,187)	1.01.51 ( 31,192)
30,198	1	Svend-Aage Christensen	Hobro	3.12.15
		0.28.03 ( 25,175)	1.44.09 ( 29,195)	1.00.02 ( 28,186)
31,202	32	Ib Flarup	Stoholm	3.16.00
		0.32.26 ( 30,204)	1.42.03 ( 27,185)	1.01.30 ( 30,189)
32,204	35	Knud Erik Klode	Herning	3.19.31
		0.30.42 ( 29,198)	1.46.26 ( 31,198)	1.02.22 ( 32,194)
33,205	211	Niels Vilhelmsen	Fårvang	3.20.30
		0.33.04 ( 31,206)	1.46.18 ( 30,197)	1.01.07 ( 29,187)
34,217	136	Ove Nøratt	Årslev	3.57.48
		0.38.27 ( 33,212)	1.56.39 ( 32,207)	1.22.42 ( 33,214)

RESULTATLISTE kvart Mænd født : 30 - 39

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 67	174	Jørgen Larsen	Frederikshavn	2.34.38
		0.25.24 ( 3,118)	1.23.59 ( 1, 55)	0.45.14 ( 1, 56)
2,135	28	Flemming Krogstrup	Silkeborg	2.49.16
		0.20.09 ( 1, 37)	1.32.45 ( 2,141)	0.56.21 ( 2,162)
3,186	29	Chr. Schou Jensen	Silkeborg	3.05.39
		0.23.45 ( 2, 94)	1.43.26 ( 3,193)	0.58.27 ( 3,172)

RESULTATLISTE kvart Mænd født : 0 - 29

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1,203	59	Holger Riise	Allingåbro	3.17.14
		0.23.17 ( 1, 83)	1.49.46 ( 1,202)	1.04.11 ( 1,197)
2,213	60	Oluf Eriksen	Silkeborg	3.36.36
		0.31.03 ( 2,201)	1.56.08 ( 2,206)	1.09.24 ( 2,205)

RESULTATLISTE kvart Kvinder født : 69 - 74

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 8	308	Kirsten Garsdal	Ikast	2.45.10
		0.19.02 ( 2, 6)	1.32.44 ( 1, 7)	0.53.23 ( 1, 13)
2, 11	316	Hanne Mortensen	Aalborg	3.00.32
		0.22.18 ( 3, 9)	1.40.27 ( 2, 11)	0.57.47 ( 2, 17)
3, 18	309	Rikke Hedegård	Bording	3.11.53
		0.18.13 ( 1, 4)	1.43.21 ( 3, 16)	1.10.18 ( 3, 21)
4, 21	315	Kirsten Poulsen	Ikast	3.32.28
		0.30.06 ( 4, 19)	1.44.20 ( 4, 19)	1.18.02 ( 4, 22)

RESULTATLISTE kvart Kvinder født : 50 - 68

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 1	321	Pernille Svarre	Allerød	2.20.39
		0.16.36 ( 2, 2)	1.23.37 ( 2, 2) 0.40.25 ( 1, 1)	
2, 2	307	Mai Britt Wisholm	Aarhus C	2.21.28
		0.18.38 ( 4, 5)	1.20.23 ( 1, 1) 0.42.26 ( 3, 3)	
3, 3	314	Lone Larsen	Holstebro	2.27.51
		0.15.37 ( 1, 1)	1.24.46 ( 3, 3) 0.47.27 ( 7, 7)	
4, 4	310	Lisa Pedersen	Silkeborg	2.29.24
		0.17.20 ( 3, 3)	1.25.58 ( 4, 4) 0.46.05 ( 5, 5)	
5, 5	311	Anette Hansen	Aabenraa	2.34.29
		0.23.18 ( 7, 10)	1.29.02 ( 6, 6) 0.42.08 ( 2, 2)	
6, 6	320	Lotte Bak	Lyngby	2.36.09
		0.20.41 ( 5, 7)	1.26.19 ( 5, 5) 0.49.09 ( 8, 8)	
7, 7	318	Jeanette Obel	Holstebro	2.42.54
		0.21.23 ( 6, 8)	1.35.41 ( 8, 9) 0.45.48 ( 4, 4)	
8, 9	300	Ebba Bech	Silkeborg	2.47.01
		0.25.55 ( 8, 12)	1.33.55 ( 7, 8) 0.47.10 ( 6, 6)	
9, 12	303	Karen Laursen	Silkeborg	3.01.41
		0.29.36 ( 12, 18)	1.40.00 ( 9, 10) 0.52.04 ( 11, 12)	
10, 13	312	Judith Andersen	Roslev	3.01.52
		0.27.44 ( 9, 14)	1.44.56 ( 12, 20) 0.49.11 ( 9, 9)	
11, 14	304	Lis Grønlund	Silkeborg	3.05.11
		0.30.44 ( 13, 20)	1.42.38 ( 10, 15) 0.51.48 ( 10, 11)	
12, 19	302	Kersti Brauer	Silkeborg	3.12.19
		0.32.00 ( 14, 21)	1.44.12 ( 11, 18) 0.56.06 ( 13, 16)	
13, 20	313	Mette Søndergård	Vodskov	3.19.22
		0.29.22 ( 11, 17)	1.53.59 ( 13, 21) 0.56.00 ( 12, 15)	
14, 22	322	Annette Lund	Silkeborg	3.36.29
		0.28.36 ( 10, 15)	1.58.20 ( 14, 22) 1.09.33 ( 14, 20)	

RESULTATLISTE kvart Kvinder født : 40 - 49

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 10	301	Anette Grenka:	Silkeborg	2.59.01
		0.24.48 ( 1, 11)	1.43.57 ( 4, 17) 0.50.14 ( 1, 10)	
2, 15	319	Jytte Andersen:	Silkeborg	3.07.08
		0.26.06 ( 2, 13)	1.42.20 ( 3, 14) 0.58.41 ( 3, 18)	
3, 16	317	Inger L. Niebuhr	Ikast	3.09.24
		0.33.34 ( 4, 22)	1.41.45 ( 2, 13) 0.54.05 ( 2, 14)	
4, 17	226	Vibeke Stern:	Randers	3.10.50
		0.28.59 ( 3, 16)	1.41.26 ( 1, 12) 1.00.24 ( 4, 19)	



placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 6	435	Allan Keller	Silkeborg	5.06.00
		0.42.38 ( 3, 17)	2.53.43 ( 1, 9)	1.29.38 ( 1, 6)
2, 9	415	Mikael Jacobsen	Løgstrup	5.13.48
		0.36.51 ( 2, 6)	2.57.13 ( 2, 11)	1.39.43 ( 2, 10)
3, 23	430	Christian Rask	Randers	6.01.51
		0.44.48 ( 4, 20)	3.17.48 ( 4, 27)	1.59.13 ( 3, 22)
4, 27	421	Michael Hansen	Ikast	6.11.52
		0.35.16 ( 1, 4)	3.15.22 ( 3, 25)	2.21.13 ( 5, 30)
5, 30	525	Kasper Elmstrøm	Mariager	6.23.51
		1.05.16 ( 5, 31)	3.18.03 ( 5, 28)	2.00.31 ( 4, 24)

placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 1	418	Michael Holm	Ikast	4.20.04
		0.31.19 ( 1, 1)	2.29.03 ( 1, 1)	1.19.41 ( 1, 1)
2, 2	416	Lars Christensen	Aalborg C	4.30.56
		0.37.27 ( 5, 8)	2.32.19 ( 2, 2)	1.21.08 ( 2, 2)
3, 3	438	Michael Bay Sørensen	Viby J	4.35.55
		0.34.03 ( 3, 3)	2.33.52 ( 3, 3)	1.27.58 ( 3, 3)
4, 4	417	Hans-Ulrik Jernert	Silkeborg	4.43.54
		0.38.14 ( 7, 10)	2.37.13 ( 4, 4)	1.28.27 ( 4, 4)
5, 5	425	Per K. Hansen	Silkeborg	4.53.35
		0.40.02 ( 8, 11)	2.37.52 ( 5, 5)	1.35.40 ( 6, 7)
6, 7	439	Carsten Paasch	Silkeborg	5.09.28
		0.37.18 ( 4, 7)	3.03.11 ( 14, 17)	1.28.58 ( 5, 5)
7, 8	413	Morten Klein	Silkeborg	5.10.18
		0.40.09 ( 9, 12)	2.51.06 ( 8, 8)	1.39.02 ( 7, 8)
8, 10	414	Peter Søby	Assens	5.16.35
		0.37.30 ( 6, 9)	2.46.01 ( 6, 6)	1.53.04 ( 13, 16)
9, 11	405	Steen Betzer	Silkeborg	5.18.02
		0.40.54 ( 10, 13)	2.47.23 ( 7, 7)	1.49.44 ( 11, 13)
10, 12	407	Magnus Jensen	Silkeborg	5.20.22
		0.44.40 ( 14, 19)	2.55.41 ( 9, 10)	1.40.00 ( 9, 11)
11, 13	419	Frank Jensen	Bjert	5.29.08
		0.33.13 ( 2, 2)	3.00.12 ( 11, 14)	1.55.42 ( 15, 18)
12, 14	427	Kim Eriksen	Viborg	5.34.15
		0.41.28 ( 11, 14)	3.01.14 ( 12, 15)	1.51.32 ( 12, 14)
13, 15	429	Per Boel-Jensen	Bramming	5.36.20
		0.49.53 ( 20, 28)	3.06.51 ( 17, 20)	1.39.35 ( 8, 9)
14, 17	426	Tore Quist	Silkeborg	5.44.06
		0.42.42 ( 13, 18)	3.04.38 ( 15, 18)	1.56.45 ( 17, 21)
15, 18	410	Foul Lund Pedersen	Aalborg	5.45.43
		0.48.44 ( 18, 26)	3.02.49 ( 13, 16)	1.54.10 ( 14, 17)
16, 19	408	Lars Parsberg Laursen	Solbjerg	5.45.45
		0.44.59 ( 15, 21)	3.04.56 ( 16, 19)	1.55.49 ( 16, 19)
17, 20	411	Viggo K. Christensen	Hjørring	5.53.04
		0.49.01 ( 18, 27)	3.00.04 ( 10, 13)	2.03.58 ( 20, 26)
18, 21	409	Bo Nedergaard Gerdsen	Silkeborg	5.53.47
		0.48.38 ( 17, 25)	3.16.06 ( 20, 26)	1.49.01 ( 10, 12)
19, 24	404	Jens Hansen	Hobro	6.04.40
		0.50.11 ( 21, 29)	3.10.34 ( 18, 22)	2.03.54 ( 19, 25)
20, 26	412	Carsten Vad	Ikast	6.07.19
		0.47.07 ( 16, 24)	3.19.51 ( 21, 29)	2.00.20 ( 18, 23)

21, 29	406	Jørn Kim Hansen	Silkeborg	6.20.47
		0.55.57 ( 22, 30)	3.10.58 ( 19, 23)	2.13.51 ( 21, 27)
22, 31	420	Anders Kronborg	Taastrup	6.55.18
		0.41.32 ( 12, 15)	3.20.58 ( 22, 30)	2.52.46 ( 22, 32)

RESULTATLISTE halv Mænd født : 40 - 49

Placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 16	403	Jens Chr. Sørensen	Silkeborg	5.17.04
		0.41.56 ( 2, 16)	2.59.00 ( 1, 12)	1.56.08 ( 2, 20)
2, 22	402	Knud Jensen	Silkeborg	6.00.01
		0.46.56 ( 4, 23)	3.20.59 ( 4, 31)	1.52.04 ( 1, 15)
3, 25	433	Leif Kristensen	Silkeborg	6.06.49
		0.36.27 ( 1, 5)	3.13.19 ( 3, 24)	2.17.02 ( 3, 28)
4, 28	400	Kurt Løvdal	Herning	6.18.23
		0.45.18 ( 3, 22)	3.09.53 ( 2, 21)	2.23.11 ( 5, 31)
5, 32	401	Bendt Thulstrup Hansen	Hobro	6.56.56
		1.09.34 ( 5, 32)	3.26.24 ( 5, 32)	2.20.57 ( 4, 29)

1/4 IRONMAN KL. 12.00

950 M. SVØMNING - 45 KM. CYKLING - 10.5 KM. LØB

1/2 IRONMAN KL. 12.30

1.900 M. SVØMNING - 90 KM. CYKLING - 21 KM. LØB

RESULTATLISTE halv Kvinder født : 50 - 68

Placering angives dels for aldersgruppen, dels samlet (ditto for enkeltturene)

1, 1	502	Bente Andersen	Silkeborg	5.27.00
		0.43.46 ( 2, 2)	2.59.06 ( 1, 1)	1.44.08 ( 1, 1)
2, 2	500	Dorte Kristiansen	Hobro	7.25.30
		0.41.08 ( 1, 1)	4.00.29 ( 2, 2)	2.43.52 ( 2, 2)

SPORTS

SPORTS