

# Egedal Familie Triathlon - 11. september 2011

## Overall

### Lang - 400m - 20km - 4km

Plc.	Plc.M	Plc.K	Navn	Klub/Firma/By	Klasse	Svømning	Cykling	Løb	Resultat
1	1		Jens Grønbek	Frederikssund Triathlon Klub	M2529	00:05:42	00:30:12	00:14:00	00:49:54
2	2		Peter Weiss	KTK 86 / a-solutions	M4044	00:06:32	00:31:59	00:14:18	00:52:49
3	3		Christian Keldsen	Nuuk Tri	M3539	00:05:45	00:32:23	00:14:57	00:53:05
4	4		Kasper Therkildsen	Ninjas	M3034	00:07:44	00:31:21	00:15:40	00:54:45
5	5		Klaus Hallø	Frederikssund Triathlon Klub	M4044	00:06:56	00:32:13	00:15:47	00:54:56
6	6		Jesper Grønbek	Frederikssund Triathlon Klub	M5054	00:07:49	00:32:05	00:15:35	00:55:30
7	7		Michael Skjoldan	2830 Virum	M4044	00:07:48	00:33:02	00:16:02	00:56:52
8	8		Nikolaj Grønbek	Frederikssund Triathlon Klub	M1819	00:06:57	00:32:46	00:17:40	00:57:23
9	9		Steen Hasselbalch	2970 Hørsholm	M4044	00:07:36	00:35:15	00:15:58	00:58:49
10	10		Kasper Stotz	TRI4	M3539	00:07:28	00:34:23	00:18:07	00:59:58
11		1	Pia Nielsen	HareTri	K3539	00:06:39	00:36:12	00:17:20	01:00:12
12	11		Gorm Alex Petersen	AP Sundhedscenter	M3539	00:08:14	00:35:33	00:16:25	01:00:12
13	12		Simon Lindal		M4044	00:09:40	00:36:06	00:17:27	01:03:14
14		2	Mette Jensen	1731 København V	K3034	00:06:36	00:38:22	00:18:54	01:03:53
15		3	Birgitte Holst	HareTri	K3539	00:06:37	00:38:25	00:18:58	01:04:00
16	13		kristian munk nielsen	3670 veksø sj.	M1617	00:09:31	00:39:27	00:16:25	01:05:24
17	14		Peter Steen Mortensen	Alectia	M4546	00:08:12	00:37:31	00:19:42	01:05:26
18	15		Jakob Alsted	7323 Give	M2024	00:09:14	00:39:04	00:17:17	01:05:35
19		4	Lotte Stenderup	Ganløse Tri-Center	K4549	00:08:15	00:38:42	00:19:04	01:06:01
20	16		Rasmus Monin	Løbetosserne	M3539	00:10:21	00:39:51	00:15:50	01:06:01
21	17		Søren Bollerup Hansen	Alectia/HareTri	M5054	00:08:13	00:39:14	00:19:27	01:06:54
22	18		Allan Mørck	Frederikssund Triathlon Klub	M4549	00:07:36	00:42:05	00:17:44	01:07:25
23	19		Kåre Nordahl Larsen	3520 Farum	M4549	00:09:51	00:39:02	00:18:43	01:07:36
24	20		Nicklas Østermann	Triton	M2024	00:06:08	00:41:35	00:21:21	01:09:04
25	21		Kenneth Barrett	2670 Greve	M4549	00:08:07	00:38:44	00:22:28	01:09:19
26	22		Martin Bärmann	Lotterburg	M4044	00:07:15	00:42:06	00:20:28	01:09:49
27	23		Klaus Hindsø	3400 Hillerød	M5054	00:10:45	00:38:54	00:20:34	01:10:13
28	24		Finn Bundgaard	Thrane & Thrane	M5054	00:09:54	00:38:20	00:22:14	01:10:28
29	25		Claus Mølgaard	COWI-TRI	M6064	00:10:49	00:39:53	00:19:49	01:10:31
30		5	Mette Neergaard	2830 Virum	K4044	00:09:29	00:40:45	00:20:26	01:10:39
31	26		Henrik Johannesen	2200 København N	M3539	00:09:12	00:40:28	00:21:07	01:10:47
32		6	Rikke Ulvedal	4440 Mørkøv	K3539	00:10:26	00:42:47	00:17:39	01:10:52
33	27		Jesper Ulvedal	4440 Mørkøv	M3539	00:09:59	00:41:56	00:19:07	01:11:02
34	28		Palle Kofoed	2600 Glostrup	M4549	00:07:10	00:41:33	00:22:25	01:11:08
35	29		Søren Jørgensen	4621 Gadstrup	M3034	00:08:06	00:41:59	00:21:19	01:11:24
36	30		Rene Vøgelius	3320 Skævinge	M4044	00:08:50	00:43:31	00:19:29	01:11:50
37	31		Dan Stærk	3540 lynge	M4044	00:11:32	00:42:31	00:18:02	01:12:05
38	32		Christian Formsgaard Jensen	Hvidovre Basket	M3034	00:09:55	00:43:00	00:19:30	01:12:25
39		7	Anna Brit Andersen	2730 Herlev	K2529	00:07:49	00:42:03	00:22:45	01:12:37
40	33		Mathias Kirkegaard	Attrigutterne	M2024	00:09:05	00:40:46	00:22:46	01:12:37
41	34		J M	1352 København K	M2024	00:06:21	00:46:52	00:19:40	01:12:53
42		8	cathrine hald	Hillerød Basket	K3539	00:09:25	00:43:31	00:20:07	01:13:03
43		9	Simone Holm	2100 København Ø	K3034	00:09:14	00:44:17	00:20:24	01:13:55
44	35		Leif Eriksen	3550 Slangerup	M4549	00:09:48	00:41:50	00:23:25	01:15:03
45	36		Scott Steenberg	3540 lynge	M1011	00:11:04	00:45:03	00:19:15	01:15:23
46		10	Sarah Høyer Poulsen	Team Turbo Tæer	K2529	00:09:35	00:45:29	00:20:37	01:15:41
47	37		Jon G. Jensen	2200 kbh N.	M2529	00:10:55	00:43:54	00:20:54	01:15:43
48	38		Martin Hansen	1652 København V	M4549	00:09:04	00:42:29	00:24:10	01:15:43
49	39		Martin Vestergaard	Ganløse Tri-Center	M2024	00:08:02	00:43:11	00:24:51	01:16:03
50	40		Johan Feld Sørensen	LSK	M1213	00:06:59	00:49:20	00:19:58	01:16:17
51	41		Marco Walter	LSK	M1213	00:06:46	00:47:04	00:22:27	01:16:18
52	42		lars andersen	2720 vanløse	M3539	00:11:33	00:41:44	00:23:00	01:16:18
53		11	Hanne Fahnøe	2730 Herlev	K3539	00:11:06	00:43:27	00:22:42	01:17:15
54	43		Flemming G. Jensen	ValueObjects	M5559	00:12:04	00:43:53	00:21:29	01:17:26
55	44		Kristoffer Langkilde	LSK	M1213	00:06:35	00:48:21	00:22:40	01:17:36
56		12	Klara Reeh	LSK	K1213	00:07:04	00:50:30	00:20:44	01:18:19
57		13	Irene Halck	LSK	K1213	00:07:13	00:50:30	00:20:37	01:18:19
58		14	Hannah Pilgaard	LSK	K1213	00:07:14	00:50:20	00:20:47	01:18:21
59	45		Martin Broberg	Hvidovre Svømme Klub	M2024	00:09:02	00:46:08	00:23:57	01:19:07
60	46		Michael Ploug Hansen	2100 København Ø	M2024	00:11:24	00:43:54	00:24:04	01:19:21
61		15	Line Hoff	Team Turbo Tæer	K2529	00:09:36	00:45:30	00:24:34	01:19:39
62		16	May-Britt Harring Christjansen	2800 Kgs Lyngby	K4044	00:08:30	00:52:00	00:19:56	01:20:26
63		17	Shila Hindsø	3400 Hillerød	K4044	00:11:49	00:46:27	00:22:15	01:20:31
64		18	Henriette Holst Hansen	København 2100	K2024	00:06:54	00:48:18	00:25:21	01:20:32
65	47		Ryan Raasch	Frederikssund Triathlon Klub	M3539	00:09:27	00:49:30	00:22:41	01:21:38
66	48		Claus Eskelund Nielsen	Ganløse Tri-Center	M4044	00:14:14	00:40:40	00:27:46	01:22:40
67	49		Carsten Rindalsholt	2860 Søborg	M4044	00:09:16	00:50:35	00:23:05	01:22:56
68	50		Arthur Dalén Ellegaard	LSK	M1011	00:07:21	00:52:36	00:23:26	01:23:24
69	51		Anders Blix Mogensen	LSK	M1011	00:07:26	00:52:33	00:23:41	01:23:40

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## Overall

### Lang - 400m - 20km - 4km

Plc.	Plc.M	Plc.K	Navn	Klub/Firma/By	Klasse	Svømning	Cykling	Løb	Resultat
70	52		Kristoffer Kortbæk	LSK	M1213	00:07:34	00:52:23	00:23:58	01:23:54
71		19	Ana Sabroe	2680 Solrød Strand	K3539	00:08:23	00:51:48	00:23:51	01:24:01
72		20	Charlotte Pedersen	2680 Solrød Strand	K3539	00:11:02	00:49:08	00:24:04	01:24:14
73	53		Michael Frid	Turcyklisterne	M5054	00:11:51	00:43:05	00:29:22	01:24:18
74	54		Erik Johan Madse	2760 Måløv	M4549	00:15:17	00:48:14	00:21:06	01:24:37
75		21	Kristine Petersen		K2529	00:08:23	00:51:52	00:24:49	01:25:04
76	55		William Textor Broch	LSK	M1011	00:07:00	00:55:27	00:23:57	01:26:23
77		22	Hanne Esmann	1924 Frederiksberg C	K5054	00:10:31	00:53:23	00:25:31	01:29:25
78		23	Linda Lloyd Hughes	Blovstrød Løverne	K2024	00:11:54	00:55:43	00:22:06	01:29:43
79		24	Dariana Kestenholz		K3034	00:10:53	00:49:29	00:30:24	01:30:45
80	56		Jepp Mathiasen	LSK	M1011	00:07:39	00:50:08	00:33:53	01:31:40
81	57		Frederik Ploug	3400 Hillerød	M2024	00:14:00	00:55:56	00:24:54	01:34:50
82	58		Jacob Rosenhoff	Hvidovre Basket	M4044	00:10:20	00:48:07	00:36:54	01:35:21
83	59		Elo Johansen	TRI4	M7074	00:19:54	00:49:04	00:28:10	01:37:08
84	60		Henrik Ringe	3550 Slangerup	M3539	00:17:01	00:56:15	00:25:19	01:38:35
85		25	Nettie Vindahl Nielsen	2200 København N	K2529	00:12:58	00:57:46	00:29:42	01:40:27
86		26	julie winter arildsen	2200 København N	K2529	00:12:59	00:57:46	00:29:42	01:40:28
87		27	Tessa Fleischer	Kosthjulet	K4549	00:14:42	00:59:34	00:26:41	01:40:57
88		28	Cassandra Brøndholt Thimmer	LSK	K1213	00:08:04	01:07:16	00:26:12	01:41:32
89		29	Mia Walter	LSK	K1011	00:07:37	01:07:44	00:26:11	01:41:32
90		30	Anette Prang	2670 Greve	K5054	00:14:02	01:02:25	00:26:06	01:42:33
91		31	Elise Fraser	LSK	K1213	00:07:08	01:02:04	00:33:45	01:42:57
92		32	Pernille Karlog	Kosthjulet	K5559	00:17:14	00:57:34	00:29:01	01:43:49
93		33	Nina Laursen	Kosthjulet	K4549	00:16:01	00:58:45	00:29:04	01:43:50
-	-	-	Magnus Christensen	Frederikssund Triathlon Klub	M1819	00:07:35	00:47:05		DNF
-	-	-	Line Fensten Jørgensen	LSK	K1011	00:07:27	01:01:37		DNF
-	-	-	Josefine Søgaard Andresen	LSK	K1011	00:07:32			DNF
-	-	-	Gustav Frydensberg	LSK	M1213	00:07:13			DNF
-	-	-	Louise Stotz	2100 Kbh Ø	K3034	00:09:22			DNF
-	-	-	michael jensen	Frederikssund Triathlon Klub	M4044				DNS
-	-	-	Christoffer Bonnevie Anglov	Ganløse Tri-Center	M1819				DNS
-	-	-	Bjarke Nielsen	2450 København SV	M3539				DNS
-	-	-	Niels Elsig	LSK	M1011				DNS
-	-	-	Mathilde Harring Christjansen	LSK	K1213				DNS
-	-	-	Mikkel Bruun	LSK	M2024				DNS
-	-	-	Tilde Jensen	2500 Valby	K2529				DNS
-	-	-	Lotte Rasmussen	2800 Lyngby	K3539				DNS
-	-	-	Anne Marie Espersen	Kosthjulet	K5054				DNS
-	-	-	Lise Nersting	3540 lynge	K5054				DNS
-	-	-	Jette Gudmandsen	Hillerød Basket	K3539				DNS
-	-	-	Daniel Eriksen	3550 Slangerup	M2024				DNS
-	-	-	Victor Valore	2100 København Ø	M4044				DNS