

# Trappespurt 10km

2019-09-29

## Herre 10 km

|                                | <b>Tid</b> | <b>Efter</b> |
|--------------------------------|------------|--------------|
| 1. Mathias Holse Mygind        | 3:23       |              |
| 2. Kenney Pedersen             | 3:27       | +0:04        |
| 3. Simon Mundus                | 3:38       | +0:15        |
| 4. Kristian Malchau            | 4:00       | +0:37        |
| 5. Rasmus Skaftte Jørgensen    | 4:02       | +0:39        |
| 6. Rasmus Vogn Kjær            | 4:22       | +0:59        |
| 7. Alexander Langhede Andersen | 4:23       | +1:00        |
| 8. Michael Jensen              | 4:24       | +1:01        |
| 9. Stian Sloth Nielsen         | 4:47       | +1:24        |
| 10. Karsten Linding            | 4:50       | +1:27        |
| 11. Daniel Skaftte Jørgensen   | 4:55       | +1:32        |
| 12. Claus Madelung             | 5:05       | +1:42        |
| 13. Lasse Krusse               | 5:25       | +2:02        |
| 14. Poul Holm Christiansen     | 5:30       | +2:07        |
| 15. Preben Ejlertsen           | 5:31       | +2:08        |
| 16. Per Holse Mygind           | 5:34       | +2:11        |
| 17. Søren Mikkelsen            | 5:36       | +2:13        |
| 18. Thomas Jepsen              | 5:49       | +2:26        |
| 19. Michael Jørgensen          | 6:20       | +2:57        |
| 20. Arne Gunner Nielsen        | 8:17       | +4:54        |

## Dame 10km

|                                | <b>Tid</b> | <b>Efter</b> |
|--------------------------------|------------|--------------|
| 1. Caroline Mosbech            | 3:58       |              |
| 2. Henriette Lund Christiansen | 4:05       | +0:07        |
| 3. Amanda Lund Christiansen    | 4:14       | +0:16        |
| 4. Julie Staxen                | 4:19       | +0:21        |
| 5. Christine Vilmar            | 4:40       | +0:42        |
| 6. Amalie Snedker Mosbæk       | 4:42       | +0:44        |
| 7. Karoline Lund               | 4:51       | +0:53        |
| 8. Camilla Vogn Kjær           | 5:03       | +1:05        |
| 9. Annette Jepsen              | 5:10       | +1:12        |
| 10. Annette Olesen             | 5:15       | +1:17        |
| 11. Sandra Mundus              | 5:32       | +1:34        |
| 12. Charlotte Mathiasen        | 5:52       | +1:54        |
| 13. Helle Hansen               | 5:54       | +1:56        |
| 14. Ida Hansen                 | 5:55       | +1:57        |
| 14. Mette Grabow Westergaard   | 5:55       | +1:57        |
| 14. Sofia Jørgensen            | 5:55       | +1:57        |
| 14. Tina Madsen                | 5:55       | +1:57        |
| 18. Mille Feldborg             | 6:01       | +2:03        |
| 19. Lotte Tørholm Lamp         | 6:06       | +2:08        |
| 20. Maja Barnekov Primdahl     | 6:07       | +2:09        |
| 21. Camilla Juul Petersen      | 6:09       | +2:11        |
| 22. Karina Koning              | 6:10       | +2:12        |
| 23. Dorte Robanke Aabo         | 6:21       | +2:23        |
| 24. Ellen Lund Cunliffe        | 6:23       | +2:25        |
| 25. Louise LøbeSmølf Andersen  | 6:32       | +2:34        |
| 26. Ulla Nielsen               | 6:40       | +2:42        |