

## Køge forårsduathlon 2009

### Kvinder - Kort

Startnr	Navn	Klub	starttid	1.Løb	Cykling	2.Løb	Sluttid
33	Lotte Stenderup	GTC	10:00:00	00:08:07	00:31:10	00:11:40	00:50:57
82	Heidi Falk Jakobsen	Danske Bank	10:00:00	00:09:35	00:33:19	00:10:39	00:53:33
79	Kirstine Klok Christensen		10:00:00	00:10:58	00:39:15	00:13:38	01:03:51
89	Lene Dedenroth	Danske Bank	10:00:00	00:52:10	00:12:44 ?		?
90	Heléne Nilsson	Danske Bank	10:00:00	00:47:19	00:11:12 ?		?

### Mænd - Kort

Startnr	Navn	Klub	starttid	1.Løb	Cykling	2.Løb	Sluttid
61	Mads Pedersen	Team Jessen	10:00:00	00:06:43	00:24:30	00:07:24	00:38:37
50	Kai Hansen	Hare Tri	10:00:00	00:08:19	00:25:24	00:08:30	00:42:13
32	Jeppe Stenderup	GTC	10:00:00	00:08:06	00:31:08	00:11:43	00:50:57
78	Lars Mosberg		10:00:00	00:10:58	00:39:15	00:13:39	01:03:52

### Kvinder - Lang

Startnr	Navn	Klub	starttid	1.Løb	Cykling	2.Løb	Sluttid
62	Karina Ottesen	KTK86	10:00:00	00:15:26	00:43:52	00:15:17	01:14:35
43	Kim Kildegaard Isherwood	TRI4	10:00:00	00:15:57	00:46:27	00:16:37	01:19:01
11	Sidsel Kristensen	TRI4	10:00:00	00:16:15	00:45:52	00:16:59	01:19:06
77	Maria Stenderup Korch	Ganløse Tri-Center	10:00:00	00:15:37	00:48:49	00:16:19	01:20:45
70	Hanne Jørgensen	Hareskovens Triathlonklub	10:00:00	00:16:12	00:52:58	00:16:38	01:25:48
71	Charlotte Weiss		10:00:00	00:17:42	00:54:19	00:19:17	01:31:18
22	Annemette Heller	Greve Trim	10:00:00	00:17:03	00:59:27	00:17:14	01:33:44
28	Bente Folsing	Roskilde Tri	10:00:00	00:20:21	00:56:38	00:20:49	01:37:48
60	Inger Jessen	Team Jessen	10:00:00	00:21:37	01:05:39	00:23:51	01:51:07
23	Stine K. Kristensen	Greve Trim	10:00:00	00:15:59	00:49:51 ?		?

### Mænd - Lang

Startnr	Navn	Klub	starttid	1.Løb	Cykling	2.Løb	Sluttid
42	Michael Krüger	TRI4	10:00:00	00:12:28	00:36:58	00:12:38	01:02:04
36	Morten Bo Kær	TRI4	10:00:00	00:12:22	00:39:07	00:12:51	01:04:20
65	Jens Grønbæk	Ninjas	10:00:00	00:13:37	00:38:34	00:12:53	01:05:04
37	Jacob Frandsen	Tri4	10:00:00	00:12:32	00:39:03	00:13:48	01:05:23
13	Rune Skov	TRI4	10:00:00	00:12:44	00:39:46	00:13:24	01:05:54
45	Tommy Nielsen	Ninjas	10:00:00	00:13:26	00:37:42	00:15:12	01:06:20
40	Casper Skovgaard	Tri4 Triathlon	10:00:00	00:12:30	00:41:01	00:13:03	01:06:34
51	Morten Baden Jørgensen	ganløse tri	10:00:00	00:13:23	00:39:14	00:14:14	01:06:51
52	Mads Unger Mikkelsen	Tri Athleten	10:00:00	00:13:03	00:40:17	00:13:49	01:07:09
88	Andreas Lindahl	Danske Bank	10:00:00	00:22:57	00:27:52	00:16:54	01:07:43
72	Peter weiss	Triathleten	10:00:00	00:13:08	00:40:41	00:13:56	01:07:45
31	Allan Jakobsen	Tri4	10:00:00	00:13:23	00:40:30	00:14:11	01:08:04
20	Antonio Guerra Hernandez	Brøndby Triathlon Club	10:00:00	00:13:37	00:40:17	00:14:34	01:08:28
48	Søren Ruben Nielsen	Ninjas	10:00:00	00:14:21	00:40:05	00:14:35	01:09:01
34	Peter Rasmussen	Brøndby Triathlonklub	10:00:00	00:14:20	00:39:35	00:15:10	01:09:05
25	Erik Hansen	KVIK tri team	10:00:00	00:13:58	00:40:16	00:14:58	01:09:12
41	Hjalte Reuss Schmidt	Aalborg Tri	10:00:00	00:14:03	00:39:40	00:15:36	01:09:19
56	Henrik Small Karlsen	Hareskovens triathlon klub	10:00:00	00:13:58	00:41:23	00:14:11	01:09:32
39	Søren Kongsted	TRI4	10:00:00	00:13:28	00:42:10	00:14:19	01:09:57
21	Kristian Pedersen	Hareskovens Triathlonklub	10:00:00	00:14:06	00:41:22	00:15:35	01:11:03
17	Lars Kroman	TRI4	10:00:00	00:13:10	00:44:12	00:14:11	01:11:33
54	Hans-Christian Lund	Ninjas.dk	10:00:00	00:16:07	00:40:09	00:15:23	01:11:39
10	Tom Hansen	TRI4	10:00:00	00:14:50	00:42:13	00:15:31	01:12:34
6	Jonny Carlsen	TRI4	10:00:00	00:13:26	00:45:59	00:14:26	01:13:51
76	Michael Stenderup Korch	Ganløse Tri-Center	10:00:00	00:15:37	00:43:42	00:14:36	01:13:55
15	Martin Blok	TRI4	10:00:00	00:14:03	00:45:28	00:14:25	01:13:56
44	Henrik Sørensen	Hareskovens Triathlonklub	10:00:00	00:14:19	00:43:50	00:15:50	01:13:59

16	Lars Hansen		10:00:00	00:15:37	00:42:26	00:16:23	01:14:26
75	Casper Stenderup Korch	Ganløse Tri-Center	10:00:00	00:13:17	00:47:18	00:13:56	01:14:31
14	Morten Vinther	TRI4	10:00:00	00:15:37	00:43:27	00:16:05	01:15:09
2	Lars Mølgaard	Blovstrød Triathleten	10:00:00	00:15:35	00:43:02	00:16:33	01:15:10
58	Søren Jessen	Team Jessen	10:00:00	00:13:29	00:46:05	00:16:04	01:15:38
57	Jan Petersen	Tri4	10:00:00	00:14:52	00:45:12	00:15:49	01:15:53
68	Marco Paoli	COWI-TRI	10:00:00	00:15:37	00:45:49	00:15:10	01:16:36
26	Jonas N. Schwartz	Lundby Efterskole	10:00:00	00:14:15	00:47:20	00:15:32	01:17:07
18	Erik Schak Madsen	TRI4	10:00:00	00:13:02	00:48:57	00:15:11	01:17:10
74	Bo Lajos	Hareskovens Triathlon Klub	10:00:00	00:15:29	00:45:35	00:16:23	01:17:27
80	Frank Papsø	Blovstrød Tri-athleten	10:00:00	00:14:48	00:46:48	00:16:05	01:17:41
63	Rune Jensen		10:00:00	00:17:37	00:44:03	00:16:23	01:18:03
9	Svend Madsen	TRI4	10:00:00	00:15:37	00:47:23	00:15:07	01:18:07
5	Rene Andreassen		10:00:00	00:15:37	00:46:42	00:16:00	01:18:19
55	Henrik Damslund	Hareskovens Triathlonklub	10:00:00	00:15:37	00:47:18	00:15:26	01:18:21
8	Mikael Stær	TRI4	10:00:00	00:15:37	00:47:29	00:15:24	01:18:30
66	Klaus Preisler	Ninjas.dk	10:00:00	00:12:21	00:48:10	00:18:15	01:18:46
69	Mads Helios		10:00:00	00:15:37	00:46:20	00:16:50	01:18:47
67	Tina Preisler	Ninjas.dk	10:00:00	00:16:14	00:45:57	00:17:17	01:19:28
49	Brian Grønnegaard	Teknikkompagniet	10:00:00	00:13:01	00:51:32	00:16:03	01:20:36
87	Henning Krudt	Danske Bank	10:00:00	00:16:33	00:48:09	00:16:21	01:21:03
84	Frederik Møller Folsø Nielsen	Køge Tri Team	10:00:00	00:15:42	00:48:57	00:16:48	01:21:27
4	Lars Petersen		10:00:00	00:15:37	00:49:33	00:16:36	01:21:46
46	Carsten Jansen	Køge Atletik	10:00:00	00:15:38	00:50:07	00:16:09	01:21:54
64	Jesper Bornak		10:00:00	00:17:16	00:49:21	00:15:50	01:22:27
12	Uffe Pedersen	TRI4	10:00:00	00:15:37	00:51:07	00:15:47	01:22:31
19	Mikio Karmann	Brøndby Triathlon Club	10:00:00	00:17:00	00:49:03	00:17:15	01:23:18
38	Sandra Miran	TRI4	10:00:00	00:16:53	00:49:48	00:17:36	01:24:17
53	Klaus Grand	Alot	10:00:00	00:20:20	00:48:02	00:16:25	01:24:47
1	Claus Mølgaard	Cowi-<tri	10:00:00	00:17:03	00:49:46	00:19:19	01:26:08
24	Kristian Karlsen	Blovstrød Triathleten	10:00:00	00:17:21	00:49:50	00:19:08	01:26:19
83	Jeppe Deigaard		10:00:00	00:18:05	00:50:51	00:17:44	01:26:40
7	Stephan Kristensen	Tri4	10:00:00	00:17:36	00:50:48	00:18:20	01:26:44
27	Michael Jørgensen	Lundby Efterskole	10:00:00	00:16:25	00:53:25	00:17:20	01:27:10
29	Anders Richter Nielsen		10:00:00	00:18:04	00:49:57	00:19:12	01:27:13
59	Hans Jessen	Team Jessen	10:00:00	00:14:07	00:57:30	00:17:27	01:29:04
73	Karsten Pflug Jakobsen	Danske Bank	10:00:00	00:15:46	00:57:34	00:16:24	01:29:44
3	Rune Folmer Hansen	skovløberne	10:00:00	00:16:10	00:54:56	00:19:03	01:30:09
35	Gertie Jensen	Brøndby Triathlonklub	10:00:00	00:18:34	00:53:20	00:19:03	01:30:57
81	Jørgen Rasmussen	Ganløse Tri-Center	10:00:00	00:18:39	00:53:48	00:19:48	01:32:15
47	Michael Holst	KIF	10:00:00	00:18:02	00:54:49	00:20:38	01:33:29
30	Hans Richter		10:00:00	00:21:42	00:57:17	00:23:55	01:42:54