

# Resultater – Tirsdagstræning Karlslunde\_Karlstrup

2021-04-27

| Grøn                       | (4 / 4)          | Tid          | Efter          |
|----------------------------|------------------|--------------|----------------|
| 1. Laura Staun             | Stevns           | 36:43        |                |
| 1:28 (1:28)                | 2:24 (3:52)      | 5:54 (9:46)  | 2:17 (12:03)   |
| 4:09 (21:42)               | 1:32 (23:14)     | 3:05 (26:19) | 1:43 (13:46)   |
| 1:24 (36:43)               |                  |              | 2:58 (30:21)   |
|                            |                  |              | 3:47 (17:33)   |
|                            |                  |              | 4:58 (35:19)   |
| 2. Anna Staun              | Køge OK          | 57:09        | +20:26         |
| 2:02 (2:02)                | 2:36 (4:38)      | 6:06 (10:44) | 2:39 (13:23)   |
| 6:38 (30:11)               | 3:14 (33:25)     | 6:29 (39:54) | 2:31 (42:25)   |
| 2:15 (57:09)               |                  |              | 2:55 (16:18)   |
|                            |                  |              | 5:14 (47:39)   |
|                            |                  |              | 7:15 (23:33)   |
|                            |                  |              | 7:15 (54:54)   |
| Freja Hirsborg Pedersen    | Køge OK          | Fejlkli      |                |
| 1:42 (1:42)                | 4:06 (5:48)      | 5:28 (11:16) | 2:04 (13:20)   |
| 7:52 (30:45)               | – (–)            | – (35:02)    | 2:18 (15:38)   |
| 2:38 (49:29)               |                  |              | 1:57 (36:59)   |
|                            |                  |              | 3:13 (40:12)   |
|                            |                  |              | 7:15 (22:53)   |
|                            |                  |              | 6:39 (46:51)   |
| Jens og Janus              | Køge OK          | Fejlkli      |                |
| 0:59 (0:59)                | 0:53 (1:52)      | 3:28 (5:20)  | 1:20 (6:40)    |
| 3:30 (15:41)               | – (–)            | – (17:28)    | 7:34 (25:02)   |
| 1:03 (29:55)               |                  |              | 1:58 (8:38)    |
|                            |                  |              | – (–)          |
|                            |                  |              | 3:33 (12:11)   |
|                            |                  |              | – (28:52)      |
| <b>Mini</b>                | <b>(8 / 8)</b>   | <b>Tid</b>   | <b>Efter</b>   |
| 1. Mohammad Ajine          | Køge OK          | 39:07        |                |
| 2:05 (2:05)                | 1:03 (3:08)      | 3:14 (6:22)  | 1:23 (7:45)    |
| 3:40 (15:58)               | 5:41 (21:39)     | 1:44 (23:23) | 2:57 (26:20)   |
| 6:10 (37:17)               | 1:50 (39:07)     |              | 2:06 (9:51)    |
|                            |                  |              | 3:33 (29:53)   |
|                            |                  |              | 2:27 (12:18)   |
|                            |                  |              | 1:14 (31:07)   |
| 2. Bo Brinkmann            | Køge OK          | 41:16        | +2:09          |
| 1:43 (1:43)                | 0:56 (2:39)      | 3:06 (5:45)  | 1:26 (7:11)    |
| 5:34 (17:02)               | 5:25 (22:27)     | 1:51 (24:18) | 3:43 (28:01)   |
| 6:03 (39:19)               | 1:57 (41:16)     |              | 2:06 (9:17)    |
|                            |                  |              | 2:11 (11:28)   |
|                            |                  |              | 1:05 (33:16)   |
| 3. Susan Hansen            | Køge OK          | 44:56        | +5:49          |
| 3:21 (3:21)                | 1:10 (4:31)      | 4:02 (8:33)  | 1:30 (10:03)   |
| 4:24 (20:15)               | 5:18 (25:33)     | 1:48 (27:21) | 4:03 (31:24)   |
| 7:19 (42:54)               | 2:02 (44:56)     |              | 2:26 (12:29)   |
|                            |                  |              | 2:55 (34:19)   |
|                            |                  |              | 3:22 (15:51)   |
|                            |                  |              | 1:16 (35:35)   |
| 4. Birgit Berner           | Køge OK          | 46:17        | +7:10          |
| 2:37 (2:37)                | 1:00 (3:37)      | 3:59 (7:36)  | 1:32 (9:08)    |
| 5:09 (22:38)               | 6:05 (28:43)     | 1:50 (30:33) | 3:28 (34:01)   |
| 6:17 (44:33)               | 1:44 (46:17)     |              | 2:47 (11:55)   |
|                            |                  |              | 3:04 (37:05)   |
|                            |                  |              | 5:34 (17:29)   |
|                            |                  |              | 1:11 (38:16)   |
| 5. Grethe Larsen           | Køge OK          | 48:07        | +9:00          |
| 2:28 (2:28)                | 1:09 (3:37)      | 4:17 (7:54)  | 1:44 (9:38)    |
| 5:29 (21:23)               | 6:46 (28:09)     | 1:58 (30:07) | 3:50 (33:57)   |
| 7:01 (45:35)               | 2:32 (48:07)     |              | 2:50 (12:28)   |
|                            |                  |              | 3:06 (37:03)   |
|                            |                  |              | 3:26 (15:54)   |
|                            |                  |              | 1:31 (38:34)   |
| 6. Svend Fladberg          | Køge OK          | 1:04:49      | +25:42         |
| 3:32 (3:32)                | 2:29 (6:01)      | – (–)        | – (15:53)      |
| 6:04 (32:09)               | 10:57 (43:06)    | 2:12 (45:18) | 4:13 (49:31)   |
| 7:33 (1:01:55)             | 2:54 (1:04:49)   |              | 4:58 (20:51)   |
|                            |                  |              | 5:14 (26:05)   |
|                            |                  |              | 3:16 (52:47)   |
|                            |                  |              | 1:35 (54:22)   |
| 7. Finn Frogne             | Køge OK          | 1:14:16      | +35:09         |
| 6:09 (6:09)                | 2:22 (8:31)      | 5:37 (14:08) | 2:14 (16:22)   |
| 6:46 (32:44)               | 11:39 (44:23)    | 3:22 (47:45) | 6:54 (54:39)   |
| 10:49 (1:11:12)            | 3:04 (1:14:16)   |              | 4:54 (21:16)   |
|                            |                  |              | 4:17 (58:56)   |
|                            |                  |              | 4:42 (25:58)   |
|                            |                  |              | 1:27 (1:00:23) |
| Gitte Rasmussen            | Køge OK          | Fejlkli      |                |
| 3:26 (3:26)                | 1:46 (5:12)      | 6:29 (11:41) | 2:31 (14:12)   |
| 8:11 (43:40)               | 11:37 (55:17)    | 2:44 (58:01) | – (–)          |
| 10:44 (1:21:39)            | 3:01 (1:24:40)   |              | 4:04 (1:09:13) |
|                            |                  |              | – (35:29)      |
|                            |                  |              | 1:42 (1:10:55) |
| <b>Sort kort</b>           | <b>(7 / 7)</b>   | <b>Tid</b>   | <b>Efter</b>   |
| 1. Per Steen               | Køge OK          | 41:19        |                |
| 4:47 (4:47)                | 1:19 (6:06)      | 2:01 (8:07)  | 4:46 (12:53)   |
| 2:15 (21:24)               | 3:01 (24:25)     | 1:20 (25:45) | 2:59 (28:44)   |
| 2:52 (39:00)               | 0:51 (39:51)     | 1:28 (41:19) | 2:48 (31:32)   |
|                            |                  |              | 4:46 (17:39)   |
|                            |                  |              | 4:36 (36:08)   |
| 2. Søren Staun             | Køge OK          | 42:00        | +0:41          |
| 4:45 (4:45)                | 1:10 (5:55)      | 2:09 (8:04)  | 4:41 (12:45)   |
| 3:06 (21:31)               | 3:14 (24:45)     | 1:12 (25:57) | 2:34 (28:31)   |
| 2:46 (39:46)               | 0:50 (40:36)     | 1:24 (42:00) | 4:10 (16:55)   |
|                            |                  |              | 2:41 (31:12)   |
|                            |                  |              | 1:30 (18:25)   |
|                            |                  |              | 5:48 (37:00)   |
| 3. Jesper Carlsson         | Køge OK          | 43:47        | +2:28          |
| 4:45 (4:45)                | 1:15 (6:00)      | 1:56 (7:56)  | 5:26 (13:22)   |
| 3:53 (23:19)               | 3:06 (26:25)     | 1:15 (27:40) | 2:14 (29:54)   |
| 2:35 (41:45)               | 0:50 (42:35)     | 1:12 (43:47) | 4:31 (17:53)   |
|                            |                  |              | 2:29 (32:23)   |
|                            |                  |              | 1:33 (19:26)   |
|                            |                  |              | 6:47 (39:10)   |
| 4. Jørgen Larsen           | Køge OK          | 51:09        | +9:50          |
| 4:50 (4:50)                | 1:19 (6:09)      | 2:10 (8:19)  | 6:09 (14:28)   |
| 2:43 (23:22)               | 3:15 (26:37)     | 1:28 (28:05) | 3:03 (31:08)   |
| 6:05 (47:42)               | 1:39 (49:21)     | 1:48 (51:09) | 4:28 (18:56)   |
|                            |                  |              | 3:42 (34:50)   |
|                            |                  |              | 1:43 (20:39)   |
|                            |                  |              | 6:47 (41:37)   |
| 5. Erik Løvgren            | Køge OK          | 51:53        | +10:34         |
| 5:20 (5:20)                | 1:29 (6:49)      | 2:07 (8:56)  | 8:02 (16:58)   |
| 2:22 (25:49)               | 3:05 (28:54)     | 1:43 (30:37) | 3:08 (33:45)   |
| 3:55 (48:50)               | 1:03 (49:53)     | 2:00 (51:53) | 4:49 (21:47)   |
|                            |                  |              | 5:01 (38:46)   |
|                            |                  |              | 1:40 (23:27)   |
|                            |                  |              | 6:09 (44:55)   |
| 6. Flemming Svendsen       | Køge OK          | 56:21        | +15:02         |
| 7:04 (7:04)                | 1:58 (9:02)      | 2:19 (11:21) | 6:55 (18:16)   |
| 4:30 (28:31)               | 4:43 (33:14)     | 1:35 (34:49) | 2:37 (37:26)   |
| 6:54 (53:38)               | 0:56 (54:34)     | 1:47 (56:21) | 4:09 (22:25)   |
|                            |                  |              | 3:14 (40:40)   |
|                            |                  |              | 1:36 (24:01)   |
|                            |                  |              | 6:04 (46:44)   |
| 7. Henrik Johansen         | Køge OK          | 56:36        | +15:17         |
| 4:54 (4:54)                | 1:25 (6:19)      | 2:55 (9:14)  | 10:27 (19:41)  |
| 5:31 (31:24)               | 3:16 (34:40)     | 1:26 (36:06) | 4:29 (24:10)   |
| 3:16 (53:35)               | 1:07 (54:42)     | 1:54 (56:36) | 3:07 (39:13)   |
|                            |                  |              | 4:45 (43:58)   |
|                            |                  |              | 1:43 (25:53)   |
|                            |                  |              | 6:21 (50:19)   |
| <b>Sort lang</b>           | <b>(10 / 10)</b> | <b>Tid</b>   | <b>Efter</b>   |
| 1. Karsten Brandt Andersen | Køge OK          | 40:14        |                |
| 1:13 (1:13)                | 3:42 (4:55)      | 8:05 (13:00) | 1:43 (14:43)   |
| 2:08 (20:43)               | 1:53 (22:36)     | 1:42 (24:18) | 1:51 (26:09)   |
| 1:44 (33:44)               | 1:32 (35:16)     | 0:56 (36:12) | 2:23 (38:35)   |
|                            |                  |              | 3:11 (17:54)   |
|                            |                  |              | 4:11 (30:20)   |
|                            |                  |              | 1:40 (32:00)   |

|     |                  |                |                |                |                |              |
|-----|------------------|----------------|----------------|----------------|----------------|--------------|
| 2.  | Malene Løkke     | Køge OK        | 48:48          | +8:34          |                |              |
|     | 1:24 (1:24)      | 4:01 (5:25)    | 9:10 (14:35)   | 1:53 (16:28)   | 3:54 (20:22)   | 0:56 (21:18) |
|     | 1:46 (23:04)     | 2:09 (25:13)   | 1:53 (27:06)   | 2:17 (29:23)   | 5:16 (34:39)   | 2:39 (37:18) |
|     | 1:56 (39:14)     | 4:22 (43:36)   | 0:57 (44:33)   | 2:28 (47:01)   | 1:47 (48:48)   |              |
| 3.  | Carsten Mogensen | Køge OK        | 49:11          | +8:57          |                |              |
|     | 1:18 (1:18)      | 5:19 (6:37)    | 8:33 (15:10)   | 1:38 (16:48)   | 4:18 (21:06)   | 1:01 (22:07) |
|     | 2:28 (24:35)     | 2:22 (26:57)   | 1:53 (28:50)   | 2:06 (30:56)   | 7:27 (38:23)   | 2:17 (40:40) |
|     | 1:40 (42:20)     | 1:37 (43:57)   | 0:59 (44:56)   | 2:36 (47:32)   | 1:39 (49:11)   |              |
| 4.  | Bo Pedersen      | Køge OK        | 50:14          | +10:00         |                |              |
|     | 1:33 (1:33)      | 4:07 (5:40)    | 8:33 (14:13)   | 1:40 (15:53)   | 3:26 (19:19)   | 0:53 (20:12) |
|     | 5:21 (25:33)     | 2:54 (28:27)   | 2:29 (30:56)   | 2:03 (32:59)   | 5:48 (38:47)   | 1:55 (40:42) |
|     | 1:44 (42:26)     | 2:31 (44:57)   | 1:01 (45:58)   | 2:38 (48:36)   | 1:38 (50:14)   |              |
| 5.  | Niels Torm       | Køge OK        | 52:18          | +12:04         |                |              |
|     | 1:31 (1:31)      | 4:42 (6:13)    | 10:29 (16:42)  | 2:04 (18:46)   | 3:47 (22:33)   | 0:59 (23:32) |
|     | 4:00 (27:32)     | 2:16 (29:48)   | 2:13 (32:01)   | 2:10 (34:11)   | 6:16 (40:27)   | 2:04 (42:31) |
|     | 1:55 (44:26)     | 2:18 (46:44)   | 1:10 (47:54)   | 2:32 (50:26)   | 1:52 (52:18)   |              |
| 6.  | Lars Carstensen  | Køge OK        | 55:19          | +15:05         |                |              |
|     | 2:39 (2:39)      | 4:16 (6:55)    | 11:17 (18:12)  | 1:49 (20:01)   | 4:22 (24:23)   | 1:31 (25:54) |
|     | 3:06 (29:00)     | 2:08 (31:08)   | 2:32 (33:40)   | 2:32 (36:12)   | 6:07 (42:19)   | 2:23 (44:42) |
|     | 2:05 (46:47)     | 2:48 (49:35)   | 1:04 (50:39)   | 2:49 (53:28)   | 1:51 (55:19)   |              |
| 7.  | Tom Hansen       | Køge OK        | 56:04          | +15:50         |                |              |
|     | 1:51 (1:51)      | 4:16 (6:07)    | 11:48 (17:55)  | 3:21 (21:16)   | 4:38 (25:54)   | 0:55 (26:49) |
|     | 2:41 (29:30)     | 1:57 (31:27)   | 2:37 (34:04)   | 3:14 (37:18)   | 6:14 (43:32)   | 2:02 (45:34) |
|     | 2:05 (47:39)     | 2:23 (50:02)   | 1:12 (51:14)   | 3:02 (54:16)   | 1:48 (56:04)   |              |
| 8.  | John Barnewitz   | Køge OK        | 56:33          | +16:19         |                |              |
|     | 1:33 (1:33)      | 4:14 (5:47)    | 11:11 (16:58)  | 1:52 (18:50)   | 4:12 (23:02)   | 0:51 (23:53) |
|     | 5:43 (29:36)     | 2:21 (31:57)   | 2:51 (34:48)   | 2:34 (37:22)   | 6:23 (43:45)   | 2:16 (46:01) |
|     | 2:06 (48:07)     | 2:24 (50:31)   | 1:11 (51:42)   | 2:44 (54:26)   | 2:07 (56:33)   |              |
| 9.  | Karsten Richardt | Køge OK        | 1:05:50        | +25:36         |                |              |
|     | 2:15 (2:15)      | 5:45 (8:00)    | 12:37 (20:37)  | 2:27 (23:04)   | 6:41 (29:45)   | 1:44 (31:29) |
|     | 2:19 (33:48)     | 3:00 (36:48)   | 3:01 (39:49)   | 2:51 (42:40)   | 7:32 (50:12)   | 2:39 (52:51) |
|     | 2:34 (55:25)     | 2:38 (58:03)   | 1:24 (59:27)   | 4:02 (1:03:29) | 2:21 (1:05:50) |              |
| 10. | Otto Kristensen  | Køge OK        | 1:09:12        | +28:58         |                |              |
|     | 2:32 (2:32)      | 5:34 (8:06)    | 13:49 (21:55)  | 2:37 (24:32)   | 5:17 (29:49)   | 1:22 (31:11) |
|     | 3:44 (34:55)     | 3:09 (38:04)   | 2:38 (40:42)   | 2:55 (43:37)   | 7:26 (51:03)   | 3:58 (55:01) |
|     | 2:57 (57:58)     | 3:08 (1:01:06) | 1:29 (1:02:35) | 3:32 (1:06:07) | 3:05 (1:09:12) |              |