

# FrederikssundAvisLøbet 2007

225 gennemførte.

Hvis der er rettelser til resultaterne bedes I maile til  
poul@fjordloberne.dk

**Vi takker vores sponsorer for støtte til løbet.**

Frederikssund Avis - Haldor Topsøe - Nordea Bank  
Prima/Superbest - Acacia Blomster - Sams - Brd. Hansen  
Regnbuen - Hydro Texaco - Thinghøj Boghandel  
Bovbjerg Sport - Louise - Bents Herremagasin - Regnbuen  
Torben Hansen Sport - Morten, Din tøjmand - Mac Donald  
Fri Cykler - Massage fra Lotus energi center



## 2 km. Dreng

	4-8 år	
1	Thomas Grønbek Witte	00:11.55
2	Emil Rensborg	00:12.20
3	Mike Jacobsen	00:12.27
4	Lucas Jacobsen	00:12.47
5	Valdemar Næblerød Andersen	00:13.17
6	Lukas B. Andersen	00:14.26
7	Tobias Holm	00:15.44
8	Harald Gåsdal	00:16.45
9	Jonas Christoffersen	00:17.49

10	Carl Næblerød Andersen	00:23.09
11	Valdemar Næblerød Andersen	00:23.10
<b>9-11 år</b>		
1	Frederik Bidstrup	00:13.19
2	Hjalmar Gåsdal	00:16.51
3	Jonas Frydenlund	00:16.52
4	Emil Hansen	00:16.53
5	Andreas Henriksen	00:17.59
6	Victor Skaaning	00:18.01
7	Mikkel Avnstrup	00:18.12
<b>12-14 år</b>		
1	Philip Thomas Runge	00:14.16
2	Mathias Jørgensen	00:16.42
3	Nicolai Hansen	00:20.02

**2 km piger**

<b>4-8 år</b>		
1	Laura G. Andersen	00:12.18
2	Emilie Overskov	00:12.32
3	Sofie Haunsgaard Vinther	00:12.38
4	Kristine Bidstrup	00:13.33
5	Emilie Svenson	00:14.37
6	Amanda Grønbek Witte	00:14.44
7	Julie N. S. Olsen	00:14.45
8	Hannah Lejbølle Sonnenborg	00:15.08
9	Emma Kaarsbo	00:15.26
10	Maria Kaarsbo	00:15.34
11	Katrine Jansen	00:15.37
12	Mathilde Gadegaard	00:15.43
13	Cecillia Qvotrup	00:17.18
14	Sarah Poulsen	00:17.24
15	Thea Christoffersen	00:17.32
16	Ida Marie REnsborg	00:17.36
17	Nikoline Børvig	00:17.38
18	Julie Holm Hansen	00:19.01
19	Sara Hels	00:19.15
20	Emma Børvig	00:20.13
21	Maria Holm Hansen	00:20.31
22	Sara N. S. Olsen	00:23.30
23	Selma Nystrøm	00:28.33
24	Kaisa Nystrøm	00:28.35
<b>9-11 år</b>		
1	Lotte Thomsen	00:11.53
2	Emilie Skovgaard Rasksen	00:13.48
3	Line Bruun	00:15.46
4	Stine Bue	00:15.50
5	Kristine S. Olsen	00:15.55
6	Emma G. Andersen	00:16.46
7	Louise Thomsen	00:17.58
8	Line Hels	00:19.04
<b>12-14 år</b>		
1	Laura Næblerød Andersen	00:11.48
2	Nikita Boisen Froest	00:13.57
3	Signe Hansen	00:17.05

4	Adie Kristine Sydney Jensen	00:20.03

### 5 km Mænd/drenge

	<b>4-8 år</b>	
1	Oscar Næblerød Andersen	00:29.03
2	Morten Hirsvang	00:34.38
3	Jakob Christiansen	00:37.34
	<b>9-11 år</b>	
1	Mads Skaaning	00:20.14
2	Phillip Hirsvang	00:22.18
3	Marcus Olsen	00:23.00
4	Mathias Kolby	00:25.10
5	Mikkel Wiegaard Hansen	00:25.27
6	Thomas Heshe	00:25.55
7	Christian Krogh	00:25.56
8	Rasmus Bech Christensen	00:27.54
9	Tobias Tofte Lindgreen	00:29.41
10	Thomas Pedersen	00:31.48
	<b>12-14 år</b>	
1	Kenny Emil Aunstrup	00:20.03
2	Oliver Ytte Andersen	00:30.00
3	William Friis Andersen	00:31.37
4	Gustav Næblerød Andersen	00:32.35
	<b>15-44 år</b>	
1	Jens Grønbek	00:17.22
2	Kasper Hartlev	00:17.53
3	Jan Skaaning	00:20.18
4	Andreas Dan Petersen	00:20.21
5	Thomas V. Larsen	00:21.20
6	Joans Røn Thorsgaard Pedersen	00:21.25
7	Kjeld Aunstrup	00:21.28
8	Lauge Dag Djuraas	00:23.36
9	Carsten Spiegelhauer	00:25.14
10	John Kolby	00:25.23
11	Martin Arnoldus	00:26.53
12	Lennart Christoffersen	00:27.45
13	Kim Jensen	00:28.34
14	Henrik Ringe	00:28.47
15	Mike Nielsen	00:30.06
	<b>45-99 år</b>	
1	Ivan Hansen	00:21.31
2	Andre Evesen	00:23.42
3	John Spenner	00:25.33
4	Keld Rohde	00:26.48
5	Per Nielsen	00:31.51

### 5 km kvinder/piger

	<b>9-11 år</b>	
1	Emilie Bruun Jensen	00:24.46
2	Kaja Aunstrup	00:25.52
3	Ditte Marcussen	00:25.53
	<b>12-14 år</b>	
1	Julie Grønbek	00:26.49

2	Line Christiansen	00:37.34
3	Kristine Fisker	00:37.46
	<b>15-44 år</b>	
1	Eva Louise Bendixen	00:20.55
2	Kinna Olsen	00:22.34
3	Julie Holt Pedersen	00:24.23
4	Julie Andersen	00:26.00
5	Karen Øberg	00:26.42
6	Tina Gyldholm	00:26.52
7	Tina Heller Jensen	00:27.21
8	Hanne Lise Christensen	00:27.54
9	Karen Hein	00:28.11
10	Jeanette Normann	00:28.29
11	Susanne Nielsen	00:29.12
12	Kari Poulsen	00:29.36
13	Susanne Næblerød Andersen	00:29.42
14	Lotte Kolby	00:29.49
15	Mette Hvid Monin	00:29.54
16	Marie Møller	00:30.04
17	Line Byssing	00:30.11
18	Anja Velling	00:30.25
19	Charlotte Poulsen	00:30.28
20	Birthe Heshe	00:30.37
21	Tine Tofte Lindgreen	00:30.39
22	Janne Lejbølle Sonnenborg	00:30.44
23	Susanne Krogh	00:30.46
24	Pernille Bisgaard	00:31.07
25	Pernille Schulz	00:31.50
26	Mette Thomsen	00:32.05
27	Kristina Jarlgren	00:34.37
28	Trine Zester	00:34.39
	<b>45-99 år</b>	
1	Anne Grethe Hansen	00:22.19
2	Lene Hedegård	00:23.47
3	Gitte Berg	00:28.33
4	Bennie Nielsen	00:29.07
5	Anni Larsen	00:32.10
6	Sanne Fisker	00:37.52
7	Elisabeth Jensen	00:39.09
	<b>5 km powerwalk Fælles klasse</b>	
1	Ruth Heinel	00:34.31
2	Per Jensen	00:38.58
3	Susan Mathiesen	00:44.22
4	Inger Byssing	00:44.23
5	Ove Mussmann	00:54.05
6	Bente Lejbølle	00:55.23
	<b>13,3 km Mænd</b>	
	<b>15-44 år</b>	
1	Claus Holm	00:48.28
2	Peter Bendixen	00:48.55
3	Ole Andersen	00:51.31

4	Mads Unger Mikkelsen	00:52.43
5	Jacob Kaarsbo	00:53.35
6	Jacob Nordholt Hansen	00:53.39
7	Brian Olsen	00:54.49
8	Rasmus Monin	00:55.10
9	Kim Rene Nørregaard	00:55.15
10	Claus Bruun	00:55.35
11	Mikkel Pedersen	00:56.48
12	Jonas Hilling	00:58.07
13	Sven Marcussen	00:59.26
14	Poul Thomsen	00:59.41
15	Hans Jørgen Flyger	00:59.56
16	Joen Rasmussen	01:00.48
17	Claus Bøhm	01:01.05
18	Thomas Lorentzen	01:02.08
19	Anders Tellefsen	01:04.18
20	Tobias Faxe	01:04.31
21	Thomas Olsen	01:04.49
22	Michael Bruun	01:04.54
23	Thomas Kristoffer Jensen	01:06.02
24	Henrik Nielsen	01:06.08
25	Thomas K. Nielsen	01:06.32
26	Tom Fisker	01:07.35
27	Claus Wiegaard	01:07.36
28	Karsten Vinkler Frederiksen	01:07.37
29	Allan Petersen	01:08.04
30	Allan B. Andersen	01:09.52
31	Morten Hummelshøj	01:10.04
32	Niels Hovgaard	01:12.40
33	Michael Orye	01:13.29
34	Thomas Gotthard	01:13.39
35	Morten Skovgaard	01:14.01
36	Jesper Illemann Bech	01:14.06
37	Jan Hirsvang	01:14.10
38	Christian Milan	01:14.21
39	Michael Thomsen	01:15.17
40	Henrik Juul Andersen	01:16.14
41	Thomas Heller Jensen	01:22.19
42	Per Ørnbo	01:27.53
	<b>45-99 år</b>	
1	Per Ulrik Hartby	00:55.47
2	Eli Henriksen	00:57.00
3	Jan Niels Juul Pedersen	00:58.11
4	Henrik Larsen	01:00.42
5	Lars Juul	01:02.47
6	John Kruse	01:03.04
7	Bo Pode Poulsen	01:03.57
8	Thorbjørn Djuraas	01:04.23
9	Zouhaier Krifa	01:04.52
10	Hans-Martin Friis Møller	01:05.04
11	Niels Erik Skanning	01:06.14
12	Ole Karlsbak	01:06.33
13	Henning Nielsen	01:06.47
14	Hans-Henrik Michelsen	01:10.02
15	Jens Myrup Noe	01:10.15

16	Steen Rummenhoff	01:12.04
17	Jørgen Larsen	01:13.03
18	Jens Frederiksen	01:14.02
19	Kurt Månsson	01:15.02
20	Michael Kirkedal	01:16.14
21	Jan Hansen	01:17.09
22	Freddy Jensen	01:21.16
	Lone Tange	01:27.31

**13,3 km kvinder**

	<b>15-44 år</b>	
1	Melina N. Olsen	00:59.08
2	Tina Møller Tellefsen	01:04.40
3	Anita Thoning	01:05.17
4	Lone Grønbek Witte	01:09.22
5	Michele Brandt	01:13.00
6	Lene Madsen	01:13.12
7	Tine Rasksen	01:13.46
8	Gitte Markvardsen	01:13.50
9	Dorthe Illemann Bech	01:21.42
10	Bente Schmidt-Sørensen	01:22.07
11	Pia Christiansen	01:22.18
12	Charlotte Dietz	01:28.47
13	Hanne Foldager	01:39.22
	<b>45-99 år</b>	
1	Minna Holm	01:12.42
2	Anita Hansen	01:13.34
3	Bente Linding Andersen	01:13.44
4	Lotte Nielsen	01:15.47
5	Gitte Skov	01:18.02
6	Helle Hansen	01:24.39
7	Bodil Søndergaard	01:24.41
8	Lone Tange	01:27.31
9	Anni Andersen	01:30.27
10	Majbrit Graves Christensen	01:37.29
11	Mette Jensen	01:50.54