

FJORDLØBERNES KLUBMESTERSKAB 2023

| ALDERS GRP. | NAVN | ÅRG. | TESTLØB 400 m | TESTLØB 800 m | TESTLØB 3'000 m | 5 km | 10 km | EREMITAG ELØBET 13.3 km | HALV- MARATHO N 21.1 km | ESRUM SØ RUNDT 27.0 km | HEL- MARATHO N 42.2 km | POINTS |
|------------------|------|------------------------|------------------|------------------|--------------------|-------------|-------------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| PIGER 0-14 ÅR | | | | | | | | | | | | |
| DRENGE 0-14 ÅR | | | | | | | | | | | | |
| | 1 | Mattie Liebst Sørensen | 2014 | 00:01:23:18 | 00:03:03:31 | 00:12:53:73 | 00:22:22:82 | 00:47:51 | 01:02:55 | | | 60 |
| | 2 | Ole Winkler Kofoed | 2010 | 00:01:22:47 | 00:03:23:73 | 00:14:58:48 | 00:26:34 | 00:58:59 | 01:20:47 | | | 57 |
| | 3 | Karl Winkler Kofoed | 2012 | 00:01:48:26 | 00:03:53:68 | 00:17:22:62 | 00:29:56 | | | | | 54 |
| | | Benjamin Krag Nielsen | | 00:01:16:40 | | | | | | | | |
| PIGER 15-19 ÅR | | | | | | | | | | | | |
| DRENGE 15-19 ÅR | | | | | | | | | | | | |
| KVINDER 20-29 ÅR | | | | | | | | | | | | |
| | | Julie Holm Hansen | 2000 | 00:01:34:72 | 00:03:30:42 | | | | | | | |
| MÆND 20-29 ÅR | | | | | | | | | | | | |
| | 1 | Victor Heinecke | 2002 | 00:01:00:44 | | | 00:19:10:37 | 00:39:31 | 01:26:16 | 01:59:08 | 03:16:48 | 60 |
| | 2 | Tim Dannemand | 2000 | 00:01:14:33 | 00:03:19:42 | 00:14:05:35 | | | | | | 59 |
| | | Lasse Jørgensen | 1996 | 00:01:23:42 | | | | 00:49:20 | | | | |
| KVINDER 30-39 ÅR | | | | | | | | | | | | |
| | 1 | Stina Liebst Sørensen | 1987 | | | | 00:21:19 | 00:46:24 | 01:03:08 | 01:39:45 | | 60 |
| | | Stine Bech Schultz | | 00:01:40:33 | | | | | | | | |
| MÆND 30-39 ÅR | | | | | | | | | | | | |
| | 1 | Emil Dam Sommer | 1984 | | | 00:11:00:66 | 00:17:52 | 00:36:46 | 01:21:41 | 01:56:13 | 03:05:57 | 60 |
| | 2 | Lasse Gahrn | 1985 | 00:01:05:54 | 00:02:25:40 | | 00:19:37 | 00:39:16 | 01:30:47 | 01:58:44 | 03:24:34 | 59 |
| | 3 | Mikkel Egeberg | 1986 | 00:01:10:35 | 00:02:33:93 | 00:11:23:19 | 00:19:52 | 00:39:32 | 01:29:06 | | 03:11:58 | 57 |

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|------------------|----------------------------|------|------------------|------------------|--------------------|-------------|----------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| KVINDER 40-49 ÅR | | | | | | | | | | | | |
| 1 | Elin Løvendahl-Rasmussen | 1976 | 00:01:11:61 | 00:02:44:05 | 00:12:55:54 | 0:21:45 | 00:46:50 | 01:04:04 | 01:50:41 | | | 60 |
| 2 | Helle Duval Larsen | 1974 | 00:01:30:89 | 00:03:44:78 | 00:15:57:27 | 00:28:57 | 01:01:01 | 01:20:45 | 02:06:08 | 03:11:07 | 05:17:22 | 58 |
| 3 | Nora Winkler Kofoed | 1980 | 00:01:38:11 | 00:03:49:37 | 00:16:56:50 | 00:29:03 | 01:02:28 | 01:24:37 | | | | 54 |
| | Stine Wilken | 1979 | | | | | 01:03:34 | | | | | |
| | Stina Simone Larsen | 1980 | | | | | 00:52:53 | | | | | |
| | Miriam Simonsen | 1979 | | | | | 01:19:32 | | | | | |
| | Heidi Harvest | 1976 | 00:01:55:61 | | | | 01:05:50 | | | | | |
| | Christina Persson | 1977 | 00:01:41:39 | 00:03:48:92 | | | | | | | | |
| | Jette Kirk Jensen | 1975 | | | 00:16:27:83 | | 00:56:13 | | | | | |
| | Tanja Borsholm Kristiansen | 1979 | 00:01:48:66 | | | | 01:19:32 | | | | | |
| MÆND 40-49 ÅR | | | | | | | | | | | | |
| 1 | Carsten Poulsen | 1975 | 00:01:18:01 | 00:02:58:83 | 00:11:43:77 | 00:19:54:33 | 00:41:06 | 00:56:35 | 01:28:11 | 01:59:47 | 03:22:04 | 60 |
| 2 | Kasper Larsen | 1974 | 00:01:13:38 | 00:02:55:89 | 00:12:34:56 | 00:21:01:52 | 00:44:57 | 00:58:51 | 01:32:49 | 02:12:38 | 03:22:07 | 59 |
| 3 | Henrik Simonsen | 1977 | 00:01:22:88 | | 00:13:19:66 | | 00:49:40 | | 01:49:19 | 02:29:38 | | 54 |
| | Nils Harvest | 1976 | 00:01:26:60 | | 00:15:22:45 | 00:27:49:90 | 00:59:00 | | | | | 52 |
| | Paw Sejersten Jeppesen | 1976 | | | | | 00:50:00 | | 01:49:19 | | 04:20:17 | 52 |
| | Daniel Schütt | 1977 | | 00:03:41:37 | 00:17:15:66 | | 01:02:14 | | | | | 50 |
| | Henrik Roald Petersen | 1974 | | | | | | | 01:52:59 | | | |
| | Mikael Hansen | 1976 | | | | | | | 01:49:51 | | | |
| | Rolf Linnebjerg | 1979 | 00:01:23:04 | | | | | | 01:43:05 | | | |
| | Søren Tougaard | 1977 | | | | | | | 01:58:44 | | | |
| | Dan Smed Madsen | 1974 | | | | | 00:54:37 | | | | | |
| KVINDER 50-59 ÅR | | | | | | | | | | | | |
| 1 | Karina Heinecke | 1972 | 00:01:19:76 | | 00:13:08:58 | 00:23:55:62 | 00:46:42 | 01:04:25 | 01:41:00 | 02:12:22 | 03:47:17 | 60 |
| 2 | Nina W Madsen | 1964 | | | 00:13:07:17 | 00:22:32:22 | 00:46:00 | | 01:36:56 | | | 60 |
| 3 | Susanne Waltenburg | 1969 | 00:01:32:89 | 00:03:42:43 | | 00:28:31 | 00:57:54 | | | | | 56 |
| | Kia Hjorth Hansen | 1971 | 00:01:29:83 | | | 00:24:31:01 | | 01:13:18 | 01:55:57 | | | 56 |
| | Hanne Lise Christensen | 1967 | | | 00:14:07:28 | | 00:55:54 | | 02:00:59 | | | 52 |
| | Betina Spang | 1967 | | 00:04:05:60 | 00:18:10:13 | | 01:05:21 | | | | | 52 |
| | Susie Dannemand | 1970 | 00:02:02:23 | 00:04:21:69 | 00:18:48:27 | 00:32:02 | | | | | | 49 |
| | Lise Glad | 1964 | 00:01:58:39 | | 00:18:12:27 | 00:31:41:36 | | | | | | 49 |
| | Eva Holm Hansen | 1968 | 00:02:12:43 | 00:04:35:19 | 00:19:28:12 | | 01:11:02 | | | | | 47 |
| | Inger-Marie Gravengaard | 1967 | 00:02:12:63 | 00:05:07:50 | 00:21:17:85 | | 01:15:46 | | 02:56:48 | | | 46 |
| | Charlotte Spang | 1971 | 00:02:22:24 | 00:05:08:89 | 00:22:53:03 | | 01:22:02 | | | | | 41 |
| | Pernille Løvgreen | 1971 | | | | | 00:52:39 | | | | | |
| | Andorra Rejmers | 1966 | 00:01:58:75 | | 00:18:57:62 | | | | | | | |

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|-------------|----------------------|------|------------------|------------------|--------------------|------|----------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| | Anja Nissen | 1969 | | 00:03:58:76 | | | 00:59:19 | | | | | |
| | Maja Borup Jensen | 1972 | | 00:03:52:48 | | | | | | | | |
| | Missa Roed Eriksen | 1971 | | | | | 01:15:38 | | | | | |
| | Vibeke Larsen | 1965 | | | 00:18:42:04 | | 01:06:10 | | | | | |
| | Ulla Fischer Poulsen | 1966 | | | | | 01:08:58 | | | | | |
| | Anja Kure Hamburg | 1970 | | | | | 01:02:15 | | | | | |

FJORDLØBERNES KLUBMESTERSKAB 2023

| ALDERS GRP. | NAVN | ÅRG. | TESTLØB 400 m | TESTLØB 800 m | TESTLØB 3'000 m | 5 km | 10 km | EREMITAG ELØBET 13.3 km | HALV- MARATHO N 21.1 km | ESRUM SØ RUNDT 27.0 km | HEL- MARATHO N 42.2 km | POINTS |
|------------------|----------------------------|------|------------------|------------------|--------------------|-------------|----------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| MÆND 50-59 ÅR | | | | | | | | | | | | |
| 1 | Kim Fossum | 1966 | 00:01:08:36 | 00:02:33:38 | 00:11:46:01 | 00:19:51:66 | 00:41:17 | 00:56:09 | 01:32:35 | 02:02:56 | 03:23:07 | 60 |
| 2 | Thomas Kildeberg | 1970 | 00:01:19:36 | | 00:12:41:23 | 00:20:35:92 | 00:45:26 | | 01:33:07 | | 03:26:59 | 56 |
| 3 | Tony Elliot Christoffersen | 1965 | | | 00:12:24:53 | | | | 01:39:47 | | 03:25:55 | 56 |
| | Torben Hansen | 1973 | 00:01:13:38 | 00:02:48:47 | 00:13:47:59 | | | | 01:59:10 | | 04:28:04 | 54 |
| | Frank Avaldorff Jensen | 1970 | 00:01:20:90 | 00:03:03:41 | 00:13:34:49 | 00:23:12:27 | 00:50:06 | | | | | 54 |
| | Peter Nagel | 1967 | 00:01:17:34 | | | | | | 01:52:20 | | 03:55:26 | 52 |
| | Kim Nielsen | 1965 | 00:01:24:63 | 00:03:25:21 | | 00:27:11 | 00:55:24 | | | | | 51 |
| | Karsten Thorbjørn Hansen | 1971 | | | 00:16:41:44 | 00:28:54:92 | 00:58:31 | | | | | 47 |
| | Kenneth Spang | 1972 | 00:01:27:22 | 00:03:55:12 | | | 01:08:25 | | | | | 43 |
| | Peter Lund | 1965 | 00:01:48:40 | | | 00:32:07:06 | 01:06:57 | | | | | 43 |
| | Søren Nielsen | 1971 | | | | | 00:48:25 | | | | | |
| | Jesper Poulsen | 1967 | | | | | 01:08:59 | | | | | |
| | Carsten Nielsen | 1964 | | | | | | | 02:18:19 | | | |
| | Lars Strøbæk | 1970 | | | | | 00:59:19 | | | | | |
| | Ulf Dannemand | 1970 | 00:01:09:85 | | | | | | 01:38:25 | | | |
| | Christian Dalum | 1967 | | | | | | | 01:59:33 | | | |
| | Michael Sabat | 1969 | | | | | 00:48:30 | | | | | |
| | Peter Blæsbjerg | 1972 | | | | | 01:00:39 | | | | | |
| | Bjarne Hansen | 1970 | | | | | 01:01:49 | | | | | |
| | Henrik Juel Hansen | 1965 | | | 00:12:30:46 | | | | | | | |
| | Henrik Dalgaard | 1965 | | | | | | | 02:11:21 | | | |
| | Claus Christensen | 1967 | | | | | | | 02:22:17 | | | |
| | Kim Madsen | 1969 | | | | | 00:54:34 | | | | | |
| | Niels Friis Nielsen | 1968 | | | | | 00:54:43 | | | | | |
| KVINDER 60-69 ÅR | | | | | | | | | | | | |
| 1 | Birgitte Hybertz Jensen | 1962 | | | | | 00:54:42 | 01:14:06 | 01:55:40 | | | 60 |
| 2 | Tine Davidsen | 1961 | 00:01:46:66 | 00:03:58:86 | 00:16:46:06 | 00:28:35 | 00:59:15 | | 02:15:28 | | | 59 |
| 3 | Anne-Grethe Kristensen | 1957 | 00:01:41:31 | 00:03:50:85 | | 00:30:28 | 00:59:46 | | | | | 59 |
| | Pia Marturin Nielsen | 1963 | 00:02:02:26 | 00:04:34:39 | 00:19:23:27 | 00:32:34 | 01:08:08 | | | | | 55 |
| | Solvejg Rasmussen | 1959 | 00:01:59:99 | | 00:18:34:17 | 00:33:35 | 01:06:04 | | | | | 55 |
| | May Andersen | 1957 | 00:02:14:27 | | | 00:38:38 | 01:16:58 | | 02:31:06 | | | 52 |
| | Tine Laursen | 1962 | 00:02:27:78 | 00:05:14:28 | 00:22:01:67 | | 01:18:02 | | | | | 47 |
| | Anita Christiansen | 1957 | | | | | | | | | | |
| | Ulla Gertz Skarvig | 1963 | | | | | 01:15:37 | | | | | |
| | Liselotte Nielsen | 1962 | | | 00:19:25:85 | | 01:16:48 | | | | | |
| | Annie Aller | 1956 | | | | | 01:13:39 | | | | | |

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|-------------|--------------------|------|------------------|------------------|--------------------|------|----------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| | Katarina Herrström | 1958 | | | | | | | 01:47:39 | | | |
| | Lene Lykke Halberg | 1956 | | 00:05:43:92 | | | | | | | | |
| | Sanne Larsen | 1960 | | | | | 00:58:37 | | | | | |
| | Lene Lintrup | 1962 | 00:02:13:94 | | | | 01:15:41 | | | | | |
| | | | | | | | | | | | | |

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|--------------------|--------------------|------|------------------|------------------|--------------------|-------------|----------|-------------------------------|----------------------------------|------------------------------|---------------------------------|--------|
| MÆND 60-69 ÅR | | | | | | | | | | | | |
| 1 | Ulrich Grau | 1961 | 00:01:19:82 | | | 00:22:43 | 00:49:09 | 01:05:50 | | | | 60 |
| 2 | Lars Juul | 1962 | | 00:02:51:01 | 00:13:58:81 | 00:24:05:86 | | | 01:49:41 | | | 59 |
| 3 | Lars Ehlers-Jensen | 1963 | 00:01:19:27 | 00:02:54:90 | 00:13:45:81 | | | | | | | 59 |
| | John Linnebjerg | 1954 | 00:01:41:36 | | | | 01:00:34 | | | | | |
| | Lars Kjeldergaard | 1961 | | 00:03:45:23 | | 00:28:15 | | | | | | |
| | Bjarne Nielsen | 1962 | | | | | 01:19:23 | | | | | |
| | Ole Bech Jensen | 1959 | 00:01:43:30 | | | | 01:10:38 | | | | | |
| KVINDER 70+ ÅR | | | | | | | | | | | | |
| 1 | Anni Andersen | 1949 | 00:02:14:07 | | 00:19:30:16 | 00:35:04 | 01:07:50 | | | | | 60 |
| MÆND 70+ ÅR | | | | | | | | | | | | |
| 1 | Lasse Jensen | 1951 | 00:01:30:57 | 00:03:32:67 | 00:15:45:35 | 00:26:26 | 00:56:51 | 01:13:23 | 01:57:45 | | 04:43:11 | 60 |
| 2 | Peter Halberg | 1952 | 00:01:48:88 | 00:03:58:51 | 00:16:51:86 | | 01:02:33 | | | | | 58 |
| 3 | Steen Rummenhoff | 1946 | 00:01:54:96 | | 00:17:36:82 | 00:29:38:59 | | | | | | 55 |
| | Hans Gahrn | 1947 | 00:01:45:11 | | | | | | | | | |
| KVINDER Power Walk | | | | | | | | | | | | |
| MÆND Power Walk | | | | | | | | | | | | |

Noter:

- 1) Det er alderen, som du runder i kalenderåret 2023, der afgør hvilken aldersgruppe du er placeret i.
- 2) Alle, der er markeret med grønt i deres alders grp., har nu gennemført mindst 3 forskellige distancer, og deltager dermed i Klubmesterskabet 2023.
- 3) Tiderne på 400 m, 800 m, 3'000 m og 5 km er angivet i minutter:sekunder,hundrededele. Tiderne på de øvrige distancer er angivet i timer:minutter:sekunder.
- 4) Eventuelle tider i **brunt** betyder, at personen ikke har været tilmeldt løbet som Fjordløber, ikke har været medlem af Fjordløberne hele kalenderåret, er registreret som passivt medlem, eller tiden er noteret i et løb der ikke har en godkendt måling (jf. reglerne for ranglisten) Tider i **brunt** tæller ikke med i Klubmesterskabet!