

Results – SM Stafet

2021-08-14

D/H-43	(5 / 5)	Time	Behind	Time lost
1. Søllerød OK 1		1:01:47		
1. Oscar Bæk Christiansen	23:26	23:26		00:20
2. Laura-Johanne David Koue	17:43	41:09		00:40
3. Nathan Philibert	20:38	1:01:47		00:00
2. Allerød OK 1		1:26:36	+24:49	
1. Cecilie Broman	39:45	39:45	+16:19	09:09
2. Amalie Broman	19:01	58:46	+17:37	00:48
3. Rasmus Storm Lyngsø	27:50	1:26:36	+24:49	02:11
3. Tisvilde Hegn OK 1		1:29:10	+27:23	
1. Lucia Holck	32:29	32:29	+9:03	06:46
2. Victor Nielsen	26:11	58:40	+17:31	07:32
3. William Nielsen	30:30	1:29:10	+27:23	05:33
4. Allerød OK 2		1:56:49	+55:02	
1. Victor Niehues Birch	45:28	45:28	+22:02	10:32
2. Dagmar Marager	26:03	1:11:31	+30:22	04:03
3. Gry Løndorf Larsen	45:18	1:56:49	+55:02	10:45
OK Sorø 1		DISQ		
1. Mads Ottar Jespersen	DISQ	DISQ		
2. Tobias Jacobsen	20:19	DISQ		02:57
3. Gustav Holst Friborg	27:14	DISQ		02:54
D12	(2 / 2)	Time	Behind	Time lost
1. FIF Hillerød 1		48:07		
1. Anna K. Brigsted	17:25	17:25		00:19
2. Lærke Konring Larsen	12:00	29:25		00:00
3. Emma Nygaard Monrad	18:42	48:07		01:00
2. Søllerød OK 1		1:17:57	+29:50	
1. Carla Holm Eiberg	41:14	41:14	+23:49	13:03
2. Norah Leivsgard Christensen	15:17	56:31	+27:06	01:27
3. Hanna Bæk Christiansen	21:26	1:17:57	+29:50	01:59
D16	(2 / 2)	Time	Behind	Time lost
1. OK Sorø 1		1:53:56		
1. Clara Friis Scheby	33:34	33:34		01:06
2. Camille Friis Scheby	35:49	1:09:23	+0:02	03:32
3. Alma Okkels Jensen	44:33	1:53:56		08:17
2. Søllerød OK 1		2:12:59	+19:03	
1. Ingrid Due Nygaard	38:08	38:08	+4:34	03:17
2. Louisa Oscarsson	31:13	1:09:21		00:35
3. Ella Reker Hadrup	1:03:38	2:12:59	+19:03	25:49
D20	(1 / 1)	Time	Behind	Time lost
1. Allerød OK 1		2:18:50		
1. Hedda Kärner Grooss	54:12	54:12		03:48
2. Frida Kärner Grooss	46:13	1:40:25		01:02
3. Amalie Ertmann	38:25	2:18:50		01:10
D21	(1 / 1)	Time	Behind	Time lost

1.	FIF Hillerød 1		2:08:49		
1.	Sigrid Høyer Staugaard	36:30	36:30		00:00
2.	Siri Simonsen	44:41	1:21:11		02:58
3.	Maria M. Høyer Staugaard	47:38	2:08:49		04:13
D35		(1 / 1)	Time	Behind	Time lost
1.	OK ØST Birkerød 1		1:49:05		
1.	Anne Plenge Rønsov	38:01	38:01		00:43
2.	Pernille Brunstedt Jacobsen	38:24	1:16:25		02:14
3.	Pernille Sommer	32:40	1:49:05		00:00
D45		(6 / 6)	Time	Behind	Time lost
1.	Ballerup OK 1		1:42:25		
1.	Anne Marie Thommesen	27:13	27:13		00:00
2.	Maria Krog Schulz	37:04	1:04:17		05:14
3.	Diana Cederberg	38:08	1:42:25		01:59
2.	FIF Hillerød 1		1:50:05	+7:40	
1.	Sandra Simonsen	34:14	34:14	+7:01	01:18
2.	Maria Douglas	37:07	1:11:21	+7:04	03:37
3.	Heidi L. Holmberg	38:44	1:50:05	+7:40	03:19
3.	Farum OK 1		1:52:06	+9:41	
1.	Lene Skielboe	43:18	43:18	+16:05	09:02
2.	Anette Holm	36:42	1:20:00	+15:43	02:58
3.	Bodil Karlsmose Kliem	32:06	1:52:06	+9:41	00:41
4.	Allerød OK 1		2:11:06	+28:41	
1.	Henriette Broman	50:58	50:58	+23:45	13:20
2.	Angélique Grønborg Rasmussen	44:11	1:35:09	+30:52	06:59
3.	Kersti Kärner	35:57	2:11:06	+28:41	03:18
5.	OK Sorø 1		2:30:44	+48:19	
1.	Merete Kleist	50:44	50:44	+23:31	08:06
2.	Nina Okkels	44:21	1:35:05	+30:48	07:02
3.	Sanne Ifversen Hansen	55:39	2:30:44	+48:19	06:22
6.	Holbæk OK 1		*2:46:17	+63:52	
1.	Anette Lindegaard Christensen	51:00	51:00	+23:47	08:25
2.	Anette Kalle Larsen	1:17:17	2:08:17	+64:00	30:03
3.	Ditte Marie Olesen	38:00	*2:46:17	+63:52	06:11
D55		(4 / 4)	Time	Behind	Time lost
1.	OK Sorø 1		1:32:01		
1.	Mette Filskov	26:56	26:56		00:42
2.	Tine Demandt	34:11	1:01:07	+1:04	07:15
3.	Søs Munch Hansen	30:54	1:32:01		01:31
2.	Ballerup OK 1		1:36:46	+4:45	
1.	Charlotte Grauert	32:45	32:45	+5:49	02:08
2.	Siri Klausen	35:33	1:08:18	+8:15	02:19
3.	Annette Bonde	28:28	1:36:46	+4:45	01:02
3.	Allerød OK 1		1:40:13	+8:12	
1.	Charlotte Bergmann	32:37	32:37	+5:41	05:20
2.	Anne Maarup	27:26	1:00:03		02:04
3.	Dorthe Munktved	40:10	1:40:13	+8:12	10:51
4.	Herlufsholm OK 1		2:01:57	+29:56	
1.	Tine Meyhoff Petersen	34:05	34:05	+7:09	04:21
2.	Susanne Tanderup	46:36	1:20:41	+20:38	12:38
3.	Merete Ravnhøj Andersen	41:16	2:01:57	+29:56	08:38

D65		(1 / 1)	Time	Behind	Time lost
1.	OK ØST Birkerød 1		1:51:44		
1.	Kirsten Nymann Petersen	28:51	28:51		00:18
2.	Janet Bentzen	33:05	1:01:56		00:22
3.	Ulla Hooge	49:48	1:51:44		04:43
D70		(3 / 3)	Time	Behind	Time lost
1.	OK73 1		59:23		
1.	Marianne Lykking	28:24	28:24		01:21
2.	Else Gudme	30:59	59:23		05:10
2.	Helsingør SOK 1		1:12:06	+12:43	
1.	Kirsten Ellekilde	30:49	30:49	+2:25	03:34
2.	Inge Olsen	41:17	1:12:06	+12:43	10:18
3.	Helsingør SOK 2		1:13:52	+14:29	
1.	Lise Bertram	31:34	31:34	+3:10	03:30
2.	Marie Krogsgaard	42:18	1:13:52	+14:29	09:19
H12		(4 / 4)	Time	Behind	Time lost
1.	FIF Hillerød 1		49:17		
1.	Noah Hallenberg Hartelius	17:38	17:38		01:07
2.	Leo Hallenberg Hartelius	13:31	31:09		00:22
3.	Niclas Cook Simonsen	18:08	49:17		01:39
2.	Holbæk OK 1		1:06:51	+17:34	
1.	Lasse Kalle Pedersen	18:03	18:03	+0:25	00:43
2.	William Verjans	17:33	35:36	+4:27	02:05
3.	Silas Thomsen	31:15	1:06:51	+17:34	07:05
3.	OK Sorø 1		1:32:39	+43:22	
1.	Adam Holst Friborg	41:54	41:54	+24:16	09:14
2.	Sofus Schou Christensen	14:22	56:16	+25:07	01:05
3.	Liam Sharpe á Argjahøvda	36:23	1:32:39	+43:22	13:52
	Allerød OK 1		MP		
1.	Henrik Kärner Grooss	20:45	20:45	+3:07	04:05
2.	August Niehues Birch	14:04	34:49	+3:40	00:00
3.	Oscar Niehues Birch	MP	MP		
H16		(3 / 3)	Time	Behind	Time lost
1.	Allerød OK 1		1:21:59		
1.	Mads Christian Maarup	31:33	31:33		01:20
2.	Erik Grønborg Nielsen	18:59	50:32		00:00
3.	Johannes Marager	31:27	1:21:59		00:00
2.	FIF Hillerød 1		1:46:06	+24:07	
1.	Torbjørn Høyer Staugaard	37:59	37:59	+6:26	04:04
2.	Jannik Cornelius Lendal Nielsen	28:11	1:06:10	+15:38	02:52
3.	Niels Elton Jokumsen	39:56	1:46:06	+24:07	04:15
3.	Søllerød OK 1		1:46:14	+24:15	
1.	Sebastian Røysland Maltby	43:12	43:12	+11:39	04:51
2.	Vincent Becker	25:58	1:09:10	+18:38	05:07
3.	Ditlev Melbye	37:04	1:46:14	+24:15	02:23
H20		(1 / 1)	Time	Behind	Time lost
	Allerød OK 1		DNS		
1.	Hans Grønborg Nielsen	36:35	36:35		00:00
2.	Theis Munktvad	DNS	DNS		
3.	N. N.	DNS	DNS		

H21	(3 / 3)	Time	Behind	Time lost
1. Tisvilde Hegn OK 1		2:11:07		
1. Tobias Olloz	39:57	39:57	+4:05	02:38
2. Xenia Bregensøe	42:32	1:22:29	+4:55	00:38
3. Andreas Duc Jørgensen	48:38	2:11:07		04:28
2. PiSkAmOK 1		2:41:28	+30:21	
1. Asker Øhlenschlæger	45:48	45:48	+9:56	03:23
2. Christian Olsen	55:34	1:41:22	+23:48	07:17
3. Jakub Jirasek	1:00:06	2:41:28	+30:21	09:53
Søllerød OK 1		MP		
1. Mathias Buchgreitz	35:52	35:52		00:30
2. Aske Jepsen	41:42	1:17:34		02:14
3. Julius Molsen	MP	MP		
H35	(5 / 5)	Time	Behind	Time lost
1. Søllerød OK 1		1:40:22		
1. Peter Horstmann	34:46	34:46	+0:39	02:15
2. Troels Christiansen	29:20	1:04:06		00:45
3. Tore Linde	36:16	1:40:22		00:56
2. Allerød OK 1		1:42:22	+2:00	
1. Niels-Peter Vest Nielsen	34:07	34:07		00:00
2. Jesper Grooss	37:04	1:11:11	+7:05	02:37
3. Asger Habekost Nielsen	31:11	1:42:22	+2:00	00:37
3. FIF Hillerød 1		1:45:57	+5:35	
1. Thomas Eriksen	39:11	39:11	+5:04	05:17
2. Anne Konring	39:55	1:19:06	+15:00	04:53
3. Rune Monrad	26:51	1:45:57	+5:35	00:24
4. Ballerup OK 1		2:09:48	+29:26	
1. Joakim Ilsing Sørensen	52:30	52:30	+18:23	09:17
2. Morten Ploug	41:39	1:34:09	+30:03	01:09
3. Anders Vejgaard	35:39	2:09:48	+29:26	02:10
5. Herlufsholm OK 1		*3:25:14	+104:52	
1. Jesper Børsting	43:34	43:34	+9:27	01:43
2. Claus Børsting	1:31:39	2:15:13	+71:07	28:01
3. Peter Karberg	1:10:01	*3:25:14	+104:52	13:43
H45	(7 / 7)	Time	Behind	Time lost
1. Tisvilde Hegn OK 1		1:42:32		
1. Rasmus Nielsen	34:49	34:49		02:59
2. Peter Steen Landsperg	34:43	1:09:32		00:50
3. Jesper David Jensen	33:00	1:42:32		02:43
2. Allerød OK 1		2:11:19	+28:47	
1. Anders Marager	48:50	48:50	+14:01	08:12
2. Lars Munktved	41:26	1:30:16	+20:44	04:18
3. Lars Lyngsø	41:03	2:11:19	+28:47	04:19
3. Ballerup OK 1		2:23:07	+40:35	
1. Claus Cederberg	44:20	44:20	+9:31	08:40
2. Alex Ottesen	38:04	1:22:24	+12:52	02:34
3. Kenn Basse	1:00:43	2:23:07	+40:35	09:00
4. Tisvilde Hegn OK 2		2:46:33	+64:01	
1. Poul Henning Poulsen	53:35	53:35	+18:46	08:10
2. Sten Skytte Kirkegaard	45:34	1:39:09	+29:37	03:31
3. Jens Kovsted	1:07:24	2:46:33	+64:01	22:51

5.	FIF Hillerød 1		*2:27:48	+45:16	
1.	Ulrik Staugaard	37:51	37:51	+3:02	01:35
2.	Ulrik Frederiksen	1:13:13	1:51:04	+41:32	14:37
3.	Mads K. Larsen	36:44	*2:27:48	+45:16	02:00
	Holbæk OK 1		MP		
1.	Finn Skouenborg	44:21	44:21	+9:32	06:18
2.	Henrik Nielsen	47:27	1:31:48	+22:16	02:11
3.	Jan Thiesen	MP	MP		
	Allerød OK 2		MP		
1.	Michael Ertmann	49:40	49:40	+14:51	10:24
2.	René Niehues Birch	1:01:19	1:50:59	+41:27	11:41
3.	Erik Sørensen	MP	MP		

H55		(7 / 7)	Time	Behind	Time lost
1.	Farum OK 2		1:28:00		
1.	Thomas Thilo	29:44	29:44	+0:42	01:20
2.	Jens Hansen	30:14	59:58		02:35
3.	Pablo Jensen	28:02	1:28:00		00:00
2.	OK ØST Birkerød 1		1:32:04	+4:04	
1.	Jan Eg Pedersen	29:02	29:02		02:14
2.	Bjarne Topp	31:57	1:00:59	+1:01	00:38
3.	Stephen Hall Reusch	31:05	1:32:04	+4:04	00:56
3.	Tisvilde Hegn OK 1		1:44:09	+16:09	
1.	Jakob Albahn	49:28	49:28	+20:26	15:56
2.	Rolf Valery	28:15	1:17:43	+17:45	00:00
3.	Tim Falck Weber	26:26	1:44:09	+16:09	00:45
4.	Ballerup OK 1		1:48:41	+20:41	
1.	Jørgen Pedersen	33:13	33:13	+4:11	03:48
2.	Gregers Jørgensen	38:04	1:11:17	+11:19	02:10
3.	Jørgen Skaarup	37:24	1:48:41	+20:41	03:33
5.	Farum OK 1		1:54:56	+26:56	
1.	Lars Vedel Jørgensen	39:30	39:30	+10:28	03:49
2.	Tore Hulgaard	36:38	1:16:08	+16:10	04:16
3.	Steen Stausholm	38:48	1:54:56	+26:56	07:09
6.	OK ØST Birkerød 2		2:02:37	+34:37	
1.	Peter Baecker Hansen	39:41	39:41	+10:39	03:13
2.	Erik Øhlenschlæger	38:46	1:18:27	+18:29	01:10
3.	Jens Bentsen	44:10	2:02:37	+34:37	02:42
7.	Ballerup OK 2		*2:57:02	+89:02	
1.	Lars Bech Jensen	45:46	45:46	+16:44	06:46
2.	Niels Aabye	1:17:34	2:03:20	+63:22	25:15
3.	Peter Nørgaard	53:42	*2:57:02	+89:02	08:25

H65		(2 / 2)	Time	Behind	Time lost
1.	Tisvilde Hegn OK 1		1:54:06		
1.	Klaus Olsen	39:12	39:12		03:03
2.	Ole D. Jensen	46:51	1:26:03		04:52
3.	Leif E. Larsen	28:03	1:54:06		00:00
2.	PiSkAmOK 1		2:28:08	+34:02	
1.	Niels Hamborg Jensen	41:43	41:43	+2:31	03:42
2.	Søren Christensen	50:25	1:32:08	+6:05	07:43
3.	Leif Jensen	56:00	2:28:08	+34:02	12:06

H75	(3 / 3)	Time	Behind	Time lost
1. OK73 1		1:19:12		
1. Knud Lykking	44:05	44:05		09:57
2. Gunner Jørgensen	35:07	1:19:12		01:11
2. FIF Hillerød 1		1:21:08	+1:56	
1. Henning Løwenstein	47:25	47:25	+3:20	09:46
2. Jørgen Chr. Nielsen	33:43	1:21:08	+1:56	00:27
3. PiSkAmOK 1		1:38:18	+19:06	
1. Steen Sørensen	53:21	53:21	+9:16	13:18
2. Knud Torm	44:57	1:38:18	+19:06	03:22

H80	(2 / 2)	Time	Behind	Time lost
1. Farum OK 1		1:14:01		
1. Bendt Frandsen	31:46	31:46		02:09
2. Jørgen Lund-Hansen	42:15	1:14:01		07:09
2. Tisvilde Hegn OK 1		1:17:37	+3:36	
1. Kurt Valery	37:30	37:30	+5:44	02:20
2. Egon Neregaard	40:07	1:17:37	+3:36	04:57

D/H185	(4 / 4)	Time	Behind	Time lost
1. FSK Orientering 1		1:34:52		
1. Karl Aage Hald	42:43	42:43	+1:42	11:06
2. Kurt Thuesen	26:38	1:09:21		04:16
3. Hanne Fogh	25:31	1:34:52		01:05
2. Køge OK 1		1:50:39	+15:47	
1. Karsten Richardt	45:37	45:37	+4:36	13:57
2. Gerda Marie Christiansen	38:34	1:24:11	+14:50	05:26
3. Gunnar Grue-Sørensen	26:28	1:50:39	+15:47	01:27
3. Holbæk OK 1		*2:17:23	+42:31	
1. Mogens Jensen	51:54	51:54	+10:53	15:13
2. Anne Willerup	40:42	1:32:36	+23:15	06:05
3. Henrik Snedker Pedersen	41:23	*2:17:23	+42:31	10:52
4. Køge OK 2		*2:49:43	+74:51	
1. Tage Ebbensgaard	41:01	41:01		11:41
2. Birgit Berner	51:00	1:32:01	+22:40	10:07
3. Erik Løvgren Jensen	1:13:43	*2:49:43	+74:51	32:17

Åben	(3 / 3)	Time	Behind	Time lost
1. OK Sorø 1		2:05:54		
1. Kåre Sørensen	49:18	49:18		00:00
2. Nina Hoffmann	26:02	1:15:20		00:00
3. Mikael Scheby	50:34	2:05:54		07:34
2. FIF Hillerød 1		3:10:37	+64:43	
1. Jens Viktor Nørgaard	56:38	56:38	+7:20	03:28
2. Bente Kjær Hemmingsen	48:56	1:45:34	+30:14	14:53
3. Betty Folino	1:25:03	3:10:37	+64:43	15:52
3. Holbæk OK 1		*2:52:57	+47:03	
1. Bo Simmendefeldt Schmidt	1:29:15	1:29:15	+39:57	28:47
2. Christian Kalle Pedersen	45:35	2:14:50	+59:30	08:44
3. Astrid Riis	38:07	*2:52:57	+47:03	02:44