

Resultater – Træningsløb Hesselholt

2025-05-17

Kort svær		(11 / 11)	Tid		Efter	Tidstab
1.	Ida	RSOK	48:31		7:44	
	1:45 (1:45)	1:42 (3:27)	4:59 (8:26)	2:55 (11:21)	1:57 (13:18)	2:16 (15:34)
	2:49 (18:23)	8:55 (27:18)	5:02 (32:20)	1:50 (34:10)	2:26 (36:36)	3:05 (39:41)
	2:02 (41:43)	2:39 (44:22)	3:34 (47:56)	0:35 (48:31)		
2.	Trine Thy	RSOK	57:34		+9:03	5:09
	2:27 (2:27)	2:53 (5:20)	7:43 (13:03)	6:12 (19:15)	2:24 (21:39)	2:49 (24:28)
	3:07 (27:35)	8:50 (36:25)	1:41 (38:06)	2:34 (40:40)	4:00 (44:40)	3:50 (48:30)
	2:33 (51:03)	1:25 (52:28)	4:15 (56:43)	0:51 (57:34)		
3.	Orla	RSOK	1:03:18		+14:47	8:10
	2:35 (2:35)	3:03 (5:38)	7:15 (12:53)	4:27 (17:20)	2:26 (19:46)	2:57 (22:43)
	5:52 (28:35)	5:58 (34:33)	2:16 (36:49)	3:17 (40:06)	6:00 (46:06)	4:49 (50:55)
	3:19 (54:14)	2:09 (56:23)	5:27 (1:01:50)	1:28 (1:03:18)		
4.	Jan	RSOK	1:09:38		+21:07	18:26
	1:41 (1:41)	2:36 (4:17)	5:37 (9:54)	8:21 (18:15)	2:38 (20:53)	2:29 (23:22)
	4:10 (27:32)	18:53 (46:25)	1:19 (47:44)	2:53 (50:37)	4:08 (54:45)	3:39 (58:24)
	4:39 (1:03:03)	1:54 (1:04:57)	3:47 (1:08:44)	0:54 (1:09:38)		
5.	Carl Maling	Randers OK	1:17:05		+28:34	17:17
	3:03 (3:03)	2:28 (5:31)	6:07 (11:38)	4:41 (16:19)	2:28 (18:47)	3:10 (21:57)
	9:12 (31:09)	17:20 (48:29)	2:10 (50:39)	3:05 (53:44)	6:08 (59:52)	4:38 (1:04:30)
	3:25 (1:07:55)	2:13 (1:10:08)	5:19 (1:15:27)	1:38 (1:17:05)		
6.	Helmuth	RSOK	1:19:15		+30:44	17:20
	3:28 (3:28)	5:47 (9:15)	6:02 (15:17)	8:10 (23:27)	3:02 (26:29)	3:54 (30:23)
	6:22 (36:45)	7:27 (44:12)	2:09 (46:21)	5:09 (51:30)	4:43 (56:13)	5:55 (1:02:08)
	6:04 (1:08:12)	2:28 (1:10:40)	7:05 (1:17:45)	1:30 (1:19:15)		
7.	Ole Thy	RSOK	1:24:48		+36:17	17:21
	3:09 (3:09)	2:54 (6:03)	10:09 (16:12)	9:26 (25:38)	4:02 (29:40)	3:44 (33:24)
	7:02 (40:26)	6:45 (47:11)	3:48 (50:59)	4:11 (55:10)	5:17 (1:00:27)	6:01 (1:06:28)
	6:24 (1:12:52)	2:46 (1:15:38)	7:03 (1:22:41)	2:07 (1:24:48)		
8.	Bjarne Kristensen	SOK	1:40:15		+51:44	11:13
	3:38 (3:38)	4:09 (7:47)	11:31 (19:18)	8:26 (27:44)	4:38 (32:22)	7:49 (40:11)
	5:57 (46:08)	10:33 (56:41)	3:26 (1:00:07)	4:48 (1:04:55)	5:35 (1:10:30)	12:07 (1:22:37)
	4:34 (1:27:11)	3:43 (1:30:54)	7:23 (1:38:17)	1:58 (1:40:15)		
	Linea	Aalborg OK	Fejlklip			
	4:05 (4:05)	2:28 (6:33)	5:44 (12:17)	4:39 (16:56)	2:03 (18:59)	3:29 (22:28)
	– (–)	– (–)	– (–)	– (24:00)	4:04 (28:04)	– (–)
	– (32:25)	2:23 (34:48)	– (–)	– (40:40)		
	Ole Jensen	RSOK	Fejlklip			
	6:31 (6:31)	6:38 (13:09)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:01:09)		
Lang svær		(10 / 10)	Tid		Efter	Tidstab
1.	Jesper	RSOK	59:41		4:24	
	1:38 (1:38)	1:23 (3:01)	3:18 (6:19)	2:30 (8:49)	1:29 (10:18)	0:46 (11:04)
	2:59 (14:03)	1:52 (15:55)	2:18 (18:13)	1:29 (19:42)	4:48 (24:30)	1:19 (25:49)
	3:23 (29:12)	2:37 (31:49)	2:34 (34:23)	3:03 (37:26)	5:48 (43:14)	2:40 (45:54)
	2:12 (48:06)	1:47 (49:53)	2:45 (52:38)	2:17 (54:55)	1:13 (56:08)	2:48 (58:56)
	0:45 (59:41)					
2.	Johan MacLassen	RSOK	1:00:56		+1:15	6:56
	1:06 (1:06)	1:41 (2:47)	3:10 (5:57)	4:31 (10:28)	1:20 (11:48)	0:48 (12:36)
	2:54 (15:30)	1:42 (17:12)	2:09 (19:21)	1:39 (21:00)	4:52 (25:52)	1:12 (27:04)
	3:55 (30:59)	2:15 (33:14)	6:05 (39:19)	3:03 (42:22)	1:47 (44:09)	3:43 (47:52)
	1:32 (49:24)	2:01 (51:25)	2:45 (54:10)	2:08 (56:18)	1:01 (57:19)	2:57 (1:00:16)
	0:40 (1:00:56)					
3.	Andreas	RSOK	1:19:39		+19:58	13:37
	1:28 (1:28)	8:55 (10:23)	3:33 (13:56)	2:59 (16:55)	1:57 (18:52)	1:03 (19:55)
	3:29 (23:24)	1:57 (25:21)	2:58 (28:19)	4:07 (32:26)	6:30 (38:56)	1:28 (40:24)
	4:35 (44:59)	2:43 (47:42)	2:42 (50:24)	3:57 (54:21)	2:59 (57:20)	3:56 (1:01:16)
	1:42 (1:02:58)	2:59 (1:05:57)	3:31 (1:09:28)	4:44 (1:14:12)	1:22 (1:15:34)	3:20 (1:18:54)
	0:45 (1:19:39)					
4.	Søren	RSOK	1:21:09		+21:28	10:00
	1:49 (1:49)	1:57 (3:46)	4:09 (7:55)	3:17 (11:12)	2:09 (13:21)	0:56 (14:17)
	4:05 (18:22)	1:59 (20:21)	3:21 (23:42)	2:01 (25:43)	6:03 (31:46)	1:36 (33:22)
	5:11 (38:33)	3:51 (42:24)	3:03 (45:27)	3:47 (49:14)	8:23 (57:37)	4:28 (1:02:05)
	2:09 (1:04:14)	2:18 (1:06:32)	6:05 (1:12:37)	2:57 (1:15:34)	1:18 (1:16:52)	3:32 (1:20:24)
	0:45 (1:21:09)					
5.	Kasper	RSOK	1:23:00		+23:19	23:15
	1:41 (1:41)	1:42 (3:23)	4:43 (8:06)	2:52 (10:58)	1:43 (12:41)	0:55 (13:36)
	3:44 (17:20)	1:37 (18:57)	2:32 (21:29)	1:51 (23:20)	5:02 (28:22)	1:42 (30:04)
	3:08 (33:12)	22:48 (56:00)	2:41 (58:41)	2:42 (1:01:23)	2:17 (1:03:40)	3:12 (1:06:52)
	1:41 (1:08:33)	2:37 (1:11:10)	3:03 (1:14:13)	4:14 (1:18:27)	1:07 (1:19:34)	2:46 (1:22:20)
	0:40 (1:23:00)					
6.	Asger	RSOK	1:33:16		+33:35	23:47

	3:25 (3:25) 5:41 (23:29) 5:02 (1:00:53) 2:16 (1:20:25) 0:33 (1:33:16)	2:42 (6:07) 12:38 (36:07) 3:22 (1:04:15) 2:32 (1:22:57)	4:01 (10:08) 5:55 (42:02) 3:30 (1:07:45) 3:18 (1:26:15)	3:22 (13:30) 4:07 (46:09) 3:21 (1:11:06) 2:36 (1:28:51)	2:55 (16:25) 7:02 (53:11) 2:36 (1:13:42) 1:16 (1:30:07)	1:23 (17:48) 2:40 (55:51) 4:27 (1:18:09) 2:36 (1:32:43)
7.	Britt Hermanrud 2:12 (2:12) 5:28 (26:11) 4:45 (53:47) 2:55 (1:29:59) 1:23 (1:54:12) Karl Henrik 2:03 (2:03) 8:48 (41:01) – (–) – (–) – (1:04:37) Lene 2:01 (2:01) 5:22 (32:55) – (–) 3:40 (1:13:31) 0:56 (1:36:41) Viktor 2:03 (2:03) 8:53 (45:26) – (–) – (–) – (–)	SOK 3:03 (5:15) 3:02 (29:13) 5:05 (58:52) 6:02 (1:36:01) Mariagerfjord OK 2:20 (4:23) – (–) – (–) – (–) – (–) RSOK 3:50 (5:51) 2:33 (35:28) – (–) 3:37 (1:17:08) Ingen 15:49 (17:52) 2:38 (48:04) – (–) – (–) – (–)	1:54:12 5:17 (10:32) 3:52 (33:05) 5:32 (1:04:24) 3:58 (1:39:59) Fejlklip 10:25 (14:48) – (–) – (–) – (–) – (–) Fejlklip 9:06 (14:57) 6:37 (42:05) – (–) 4:27 (1:21:35) Udgået 5:06 (22:58) 11:29 (59:33) – (–) – (–) – (–)	+54:31 5:59 (16:31) 3:56 (37:01) 5:16 (1:09:40) 4:36 (1:44:35) Fejlklip 12:16 (27:04) – (–) – (–) – (–) – (–) Fejlklip 4:28 (19:25) 2:23 (44:28) – (–) 7:37 (1:29:12) Udgået 8:13 (31:11) – (–) – (–) – (–) – (–)	18:37 2:46 (19:17) 7:50 (44:51) 7:14 (1:16:54) 3:34 (1:48:09) 3:54 (30:58) – (–) – (–) – (–) – (–) 2:54 (34:05) – (–) – (–) – (–) – (–)	1:26 (20:43) 4:11 (49:02) 10:10 (1:27:04) 4:40 (1:52:49) 1:15 (32:13) – (–) – (–) – (–) – (–) – (27:33) 2:15 (57:47) 7:07 (1:09:51) 4:09 (1:35:45) 2:28 (36:33) – (–) – (–) – (–) – (–)
Let		(4 / 4)		Tid	Efter	Tidstab
1.	Otto 1:57 (1:57) 4:11 (28:27) 4:48 (1:10:49) Jacob2 – (–) – (–) – (–) Helle 1:11 (1:11) 1:40 (19:03) 2:52 (43:20) Jette 3:45 (3:45) 2:54 (52:24) – (1:38:23)	RSOK 2:38 (4:35) 11:27 (39:54) 3:16 (1:14:05) RSOK – (–) – (–) – (–) RSOK 1:07 (2:18) 10:00 (29:03) 2:26 (45:46) RSOK 2:26 (6:11) – (–) 5:12 (1:43:35)	4:54 (9:29) 5:10 (45:04) 2:00 (1:16:05) – – (–) – (–) – (–) – (–) 2:16 (31:19) 0:58 (46:44) 26:21 (32:32) – (–) 2:31 (1:46:06)	1:16:05 6:12 (15:41) 12:31 (57:35) – – (–) – (–) – (–) Fejlklip – (–) 2:48 (34:07) Fejlklip – (–) – (1:25:50)	23:26 6:07 (21:48) 5:36 (1:03:11) 0:00 – (–) – (–) – (–) – (16:13) 2:49 (36:56) – (45:57) 5:10 (1:31:00)	2:28 (24:16) 2:50 (1:06:01) – (–) – (–) 1:10 (17:23) 3:32 (40:28) 3:33 (49:30) – (–)
Mellemsvær		(10 / 10)		Tid	Efter	Tidstab
1.	Johan Niss 0:31 (0:31) 2:11 (13:20) 2:04 (38:40)	RSOK 1:44 (2:15) 6:16 (19:36) 2:24 (41:04)	2:01 (4:16) 1:48 (21:24) 2:43 (43:47)	43:47 2:22 (6:38) 3:01 (24:25)	8:55 1:59 (8:37) 8:14 (32:39)	2:32 (11:09) 3:57 (36:36)
2.	Joachim 1:44 (1:44) 2:36 (19:38) 3:14 (43:25)	RSOK 3:30 (5:14) 6:08 (25:46) 2:13 (45:38)	1:52 (7:06) 2:11 (27:57) 2:48 (48:26)	48:26 3:09 (10:15) 4:51 (32:48)	+4:39 3:09 (13:24) 3:03 (35:51)	6:45 3:38 (17:02) 4:20 (40:11)
3.	Astrid 1:05 (1:05) 2:40 (21:07) 2:01 (46:06)	RSOK 3:06 (4:11) 5:12 (26:19) 2:45 (48:51)	1:21 (5:32) 2:28 (28:47) 1:52 (50:43)	50:43 3:28 (9:00) 7:37 (36:24)	+6:56 2:33 (11:33) 4:36 (41:00)	11:23 6:54 (18:27) 3:05 (44:05)
4.	Trine Niss 0:58 (0:58) 2:23 (20:10) 3:20 (46:09)	RSOK 2:16 (3:14) 8:36 (28:46) 2:43 (48:52)	3:01 (6:15) 2:03 (30:49) 2:32 (51:24)	51:24 3:26 (9:41) 4:01 (34:50)	+7:37 3:24 (13:05) 3:28 (38:18)	8:14 4:42 (17:47) 4:31 (42:49)
5.	Thomas 1:59 (1:59) 2:33 (23:58) 3:24 (49:32)	RSOK 3:59 (5:58) 4:42 (28:40) 2:02 (51:34)	4:05 (10:03) 3:12 (31:52) 1:51 (53:25)	53:25 4:02 (14:05) 6:11 (38:03)	+9:38 3:53 (17:58) 3:51 (41:54)	14:32 3:27 (21:25) 4:14 (46:08)
6.	Louise 2:12 (2:12) 2:26 (22:27) 3:22 (48:22)	RSOK 3:14 (5:26) 8:36 (31:03) 2:44 (51:06)	2:49 (8:15) 1:59 (33:02) 2:36 (53:42)	53:42 4:31 (12:46) 3:58 (37:00)	+9:55 2:50 (15:36) 3:31 (40:31)	10:40 4:25 (20:01) 4:29 (45:00)
7.	Camilla 0:44 (0:44) 2:22 (21:31) 2:01 (49:59)	RSOK 3:49 (4:33) 5:11 (26:42) 2:05 (52:04)	1:30 (6:03) 2:22 (29:04) 2:49 (54:53)	54:53 7:01 (13:04) 10:40 (39:44)	+11:06 2:16 (15:20) 4:35 (44:19)	14:49 3:49 (19:09) 3:39 (47:58)
8.	Ansa MacLassen 2:00 (2:00) 4:05 (31:45) 8:02 (1:10:23)	RSOK 5:35 (7:35) 8:48 (40:33) 4:02 (1:14:25)	3:41 (11:16) 3:33 (44:06) 4:39 (1:19:04)	1:19:04 5:12 (16:28) 5:06 (49:12)	+35:17 4:48 (21:16) 6:46 (55:58)	13:49 6:24 (27:40) 6:23 (1:02:21)

9.	Bodil	RSOK	1:19:47	+36:00	25:09	
	4:16 (4:16)	8:45 (13:01)	3:50 (16:51)	4:21 (21:12)	2:42 (23:54)	9:08 (33:02)
	3:22 (36:24)	6:32 (42:56)	2:50 (45:46)	8:45 (54:31)	9:30 (1:04:01)	4:38 (1:08:39)
	3:23 (1:12:02)	4:04 (1:16:06)	3:41 (1:19:47)			
10.	Jacob	RSOK	7:02:19	+6:18:32	20:55	
	– (6:07:58)	1:32 (6:09:30)	1:09 (6:10:39)	1:58 (6:12:37)	2:20 (6:14:57)	2:36 (6:17:33)
	1:43 (6:19:16)	12:02 (6:31:18)	1:30 (6:32:48)	17:35 (6:50:23)	3:46 (6:54:09)	2:22 (6:56:31)
	2:02 (6:58:33)	1:48 (7:00:21)	1:58 (7:02:19)			