

Challenge Copehagen 2010

Results: Categories

Individual: Women 18-24 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	189	Katia Hiersemenzel	FRA - Edinburgh University Triathlon Club	1:13:52	2	19:26	4:07	1	5:51:02	3	30.77	3:24	1	4:09:05	1	5:54	11:21:27	
2	280	Sofie Struve Løgstrup	DEN	1:07:09	1	17:40	7:13	3	5:44:32	2	31.35	7:29	3	4:28:13	2	6:21	11:34:35	0:13:08
3	177	Jeanne Hautop Enevoldsen	DEN - Kvik Tri Team	1:14:40	3	19:38	7:01	2	6:10:42	4	29.13	4:18	2	4:39:08	3	6:36	12:15:48	0:54:21

Individual: Women 25-29 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	165	Helene Pallesen	DEN - SMT	1:07:25	4	17:44	3:24	3	5:30:27	1	32.68	1:32	1	3:08:00	1	4:27	9:50:46	
2	146	Dianne Emery	RSA	1:00:14	2	15:50	2:48	1	5:39:49	3	31.78	2:33	5	3:36:42	2	5:08	10:22:04	0:31:18
3	273	Sanne Otte	DEN - Tri-athleten	0:52:39	1	13:51	3:14	2	5:36:52	2	32.06	1:56	2	4:14:30	8	6:01	10:49:09	0:58:23

Individual: Women 30-34 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	287	Thea Storm Henriksen	DEN - Vejle tri	1:11:42	8	18:51	5:17	10	5:29:21	1	32.79	2:21	4	4:02:29	4	5:44	10:51:08	
2	247	Nina Eng	DEN	1:20:42	21	21:14	7:11	18	5:32:09	2	32.52	5:11	16	3:46:05	1	5:21	10:51:15	0:00:07
3	162	Helen Williams	NZL	0:59:31	2	15:39	3:33	3	5:53:58	11	30.51	2:16	3	3:57:13	2	5:37	10:56:28	0:05:20

Individual: Women 35-39 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	270	Ruth Gomez Alvarez	ESP - triatlón A6	1:06:41	2	17:32	2:54	1	5:34:04	2	32.33	3:26	8	3:26:12	1	4:53	10:13:15	
2	180	Jo Hayman	GBR - Ful-On Tri	1:16:27	12	20:07	5:01	7	5:36:43	3	32.08	2:39	4	3:38:15	2	5:10	10:39:04	0:25:49
3	296	Vanessa Colless	AUS	1:13:10	10	19:15	5:50	10	5:40:22	5	31.73	2:06	3	3:45:47	3	5:21	10:47:13	0:33:58

Individual: Women 40-44 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	211	Lone Bundgaard	DEN - TRI4	1:03:02	1	16:35	5:48	3	5:56:14	5	30.32	4:27	7	3:48:11	2	5:24	10:57:41	
2	134	Catherine Roch	SUI - CAPA	1:10:25	3	18:31	6:00	4	5:29:36	1	32.77	2:30	1	4:27:12	10	6:19	11:15:41	0:18:00
3	149	Dominika Schuler	GER	1:13:25	7	19:19	6:12	5	5:51:40	4	30.71	3:14	3	4:22:17	7	6:12	11:36:46	0:39:05

Individual: Women 45-49 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	167	Helle Søgaard	DEN - Brøndby Triathlon Club	0:59:55	1	15:45	4:18	1	5:41:37	1	31.61	2:21	4	3:45:18	2	5:20	10:33:27	
2	224	Maria Stenderup Korch	DEN - Sigma Tri	1:18:22	8	20:37	5:27	3	5:43:46	2	31.42	1:41	1	3:44:51	1	5:19	10:54:05	0:20:38
3	186	Karina Søgaard	DEN	1:05:04	2	17:07	5:07	2	6:07:56	6	29.35	2:02	2	4:16:49	6	6:05	11:36:56	1:03:29

Individual: Women 50-54 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	154	Gabi Colette	GER	1:08:49	3	18:06	3:16	1	6:07:14	5	29.41	2:35	2	3:22:54	1	4:48	10:44:45	
2	190	Kim Kildegaard Isherwood	DEN - TRI4	1:07:56	1	17:52	4:57	2	6:07:49	6	29.36	3:09	4	3:32:38	2	5:02	10:56:27	0:11:42
3	208	Lisbeth Crafack	DEN - Århus 1900 triathlon	1:20:40	10	21:13	4:58	3	5:41:23	1	31.64	2:24	1	4:00:36	4	5:42	11:09:59	0:25:14

Individual: Women 55-59 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	298	Vibeke Hansen	DEN - TRI4	1:08:55	1	18:07	5:56	1	5:52:04	1	30.68	4:02	2	3:25:09	1	4:51	10:36:04	
2	159	Hanne Fransson	DEN - Svendborg triathlonklub	1:28:43	3	23:20	6:57	2	6:20:19	2	28.40	3:24	1	4:25:12	2	6:17	12:24:32	1:48:28
3	204	Lena Malmberg	SWE - Heleneholms Triteam	1:15:59	2	19:59	11:28	3	6:34:14	3	27.40	6:58	3	5:30:24	4	7:49	13:39:01	3:02:57

Individual: Women 60-64 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	121	Bente Lauritsen	DEN - hs-tri	1:18:08	1	20:33	6:56	1	6:34:43	1	27.36	2:40	1	4:13:36	1	6:00	12:16:02	

Individual: Elite Women

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	52	Rebekah Keat	AUS - Team TBB	0:50:21	2	13:14	2:05	2	4:48:04	1	37.49	0:59	1	3:13:09	2	4:34	8:54:36	
2	2	Belinda Granger	AUS	0:50:26	3	13:16	2:33	8	5:03:42	2	35.56	1:18	4	3:17:27	3	4:40	9:15:25	0:20:49
3	59	Camilla Lindholm	SWE - Heleneholms Triteam	1:05:52	8	17:19	2:25	5	5:05:42	3	35.33	1:17	3	3:11:41	1	4:32	9:26:55	0:32:19

Individual: Men 18-24 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	478	Gregers Christensen	DEN	0:58:11	5	15:18	4:10	12	4:59:36	3	36.05	1:20	4	3:07:26	2	4:26	9:10:40	
2	414	Anders Wagner	DEN - Eventyrsport Roskilde	1:10:40	24	18:35	5:57	20	5:07:55	4	35.08	3:03	18	3:06:03	1	4:24	9:33:36	0:22:56

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Individual: Men 18-24 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
3	523	Kasper Ougaard	DEN - 7-Technologies A/S	1:00:28	7	15:54	3:56	7	5:19:26	9	33.81	0:53	2	3:11:55	3	4:32	9:36:37	0:25:57

Individual: Men 25-29 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	434	Carsten Nørregaard	DEN - Esbjerg Tri & Multisport	0:54:43	5	14:23	3:01	2	4:54:12	3	36.71	1:34	12	3:14:30	8	4:36	9:07:59	
2	447	Daniel-Philip Grundmann	AUT - Top Team Tri Horschinegg	0:56:35	8	14:53	3:49	20	4:57:26	6	36.31	1:43	16	3:13:38	7	4:35	9:13:10	0:05:11
3	413	Anders Nyberg	DEN - Marathonsport	1:07:20	57	17:42	3:42	17	4:59:31	9	36.06	1:06	2	3:07:04	3	4:25	9:18:41	0:10:42

Individual: Men 30-34 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	506	Jesper Madsen	DEN - Aalborg TRI klub	0:56:36	13	14:53	3:16	15	4:53:12	3	36.84	1:31	12	2:56:50	1	4:11	8:51:22	
2	666	Anatoliy Nesterov	UKR	0:52:32	3	13:49	2:25	5	4:55:43	4	36.52	1:18	7	3:06:05	4	4:24	8:58:02	0:06:40
3	548	Marcel Obersteller	GER - Triathlon Verein Berlin 09	0:49:50	2	13:06	2:07	2	5:00:27	16	35.95	1:14	4	3:08:14	6	4:27	9:01:51	0:10:29

Individual: Men 35-39 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	636	Thomas Mortensen	DEN	0:49:17	1	12:57	2:16	1	4:45:59	1	37.76	1:48	22	3:02:21	1	4:19	8:41:39	
2	541	Lasse Taagaard Jensen	DEN - Aalborg Triathlon Klub	1:05:44	72	17:17	3:51	29	4:59:42	17	36.04	1:11	7	3:02:54	2	4:20	9:13:20	0:31:41
3	569	Morten Christiansen	DEN	0:54:16	5	14:16	3:32	22	4:58:29	13	36.18	1:46	20	3:15:26	8	4:37	9:13:27	0:31:48

Individual: Men 40-44 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	579	Niels-Otto Silkjær	DEN - Silkeborg Triatlon	0:55:53	7	14:42	2:34	2	4:46:26	2	37.71	1:47	9	3:06:05	4	4:24	8:52:43	
2	641	Thorstein Gystad	DEN - SMT Silkeborg	0:57:22	11	15:05	2:43	3	4:51:54	5	37.00	1:21	1	3:00:36	3	4:16	8:53:55	0:01:12
3	521	Jørn Madsen	DEN - Odense Triathlon Klub	1:02:08	30	16:20	3:37	13	5:06:32	24	35.23	1:57	18	2:48:30	2	3:59	9:02:42	0:09:59

Individual: Men 45-49 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	647	Torsten Endres	GER - TSV Barsinghausen	1:01:46	11	16:15	3:37	6	4:48:51	1	37.39	1:48	4	3:11:30	2	4:32	9:07:29	
2	604	Robert Geier	GER - Tri Team Berlin	1:05:26	26	17:12	3:58	11	5:12:56	10	34.51	1:31	2	3:10:55	1	4:31	9:34:45	0:27:16
3	500	Jens Schönbohm	GER - RC Endspurt Herford	1:03:02	15	16:35	3:47	9	4:56:54	2	36.38	2:42	17	3:41:21	13	5:14	9:47:44	0:40:15

Individual: Men 50-54 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	566	Michael Roe	DEN	1:04:16	7	16:54	3:21	2	5:03:14	2	35.62	1:26	2	3:25:59	2	4:52	9:38:14	
2	930	Arne Kiis	DEN - Aalborg Triathlon Klub	0:59:55	3	15:46	4:43	9	5:00:07	1	35.99	1:23	1	3:38:58	5	5:11	9:45:05	0:06:51
3	505	Jesper Grønbek	DEN - Frederikssund Triklub	1:04:58	9	17:05	7:18	27	5:18:59	10	33.86	3:33	27	3:10:22	1	4:30	9:45:08	0:06:54

Individual: Men 55-59 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	582	Ole Hansen	DEN - Sigma Nordsjælland Triathlon	1:10:00	6	18:25	5:22	3	5:14:35	2	34.33	4:07	9	3:50:47	4	5:28	10:24:49	
2	739	Miroslav Vrstil	CZE	1:13:14	12	19:16	3:24	1	5:27:13	4	33.01	3:26	5	3:49:03	3	5:25	10:36:18	0:11:29
3	753	Sigmundur Stefansson	ISL	1:00:22	1	15:53	5:49	4	5:51:25	9	30.73	2:42	1	3:37:20	1	5:09	10:37:37	0:12:48

Individual: Men 60-64 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	1619	Bernard Sergé	FRA - Lannion Triathlon	1:19:19	1	20:52	13:34	3	6:21:20	1	28.32	11:08	3	5:24:42	1	7:41	13:30:00	
DNF	1880	Øyvind Rieck	NOR - OKBIL	1:50:13	3	29:00	12:21	2	6:29:51	2	27.70	7:12	2		0			
DNF	1724	John Dideriksen	DEN - kvik.tri	1:39:22	2	26:08	11:35	1	6:53:59	3	26.09	4:39	1		0			

Individual: Men 65-69 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
DNF	1831	Reinhard Bachmann	GER - Norges Triathlonforbund	1:39:33	1	26:11	8:41	1	6:36:58	1	27.21	3:52	1		0			
DNF	1584	Verner Rasmussen	DEN	1:39:37	2	26:12	16:42	2	6:48:50	2	26.42	4:52	2		0			
DNF	1621	Bjarne Outzen	DEN - OTK		0			0		0			0		0			

Individual: Men 75-79 years

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	155	Garth Barfoot	NZL - North Harbour Tri Club	1:40:39	1	26:29	12:48	1	6:55:58	1	25.96	4:31	1	6:52:21	1	9:46	15:46:15	
DNF	147	Dieter Hoffmann	GER - Sportjongleure Dreilingen		0			0		0			0		0			

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Individual: Elite Men

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	7	Tim Berkel	AUS - Aeromax team	0:49:28	6	13:00	2:10	17	4:28:01	1	40.30	1:08	6	2:46:54	5	3:57	8:07:39	
2	15	Keegan Williams	NZL - Smugglers Triathlon and Multisports Clu	0:50:35	16	13:18	2:03	11	4:32:19	4	39.66	1:26	16	2:46:32	4	3:56	8:12:52	0:05:13
3	24	Jens Grønbek	DEN	0:50:24	10	13:15	1:47	1	4:30:25	2	39.94	1:13	10	2:53:47	8	4:07	8:17:34	0:09:55

Relay: Relay

Rank	RaceNo	Name	Nation+Club	Swim	#	min/km	T1	#	Bike	#	km/h	T2	#	Run	#	min/km	Time	Diff
1	2022	Trine gudnitz & Kenneth Carlsen & Kenneth R	DEN - BioMekanikeren Tri Racing	0:47:24	2	12:28	1:42	4	4:36:54	2	39.00	0:34	1	2:35:10	1	3:40	8:01:43	
2	2002	Rasmus henning & Ulrik Schaarup & Andreas	DEN - Team SigmaTri Relay Stars - Maxim & K	0:44:46	1	11:46	1:33	1	4:31:25	1	39.79	0:47	17	3:08:23	13	4:27	8:26:52	0:25:09
3	2032	Peter hytten & Lars Vølund & Anders Scheel	DEN - Rebernik & Scheel	0:49:04	3	12:54	1:48	7	5:08:50	10	34.97	0:36	3	2:56:23	5	4:10	8:56:40	0:54:57