

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### ½ Ironman: Damer 21 - 34 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	372	Ruth Pohlmann	TriAs Flensburg	0:29:50	1 15:41	1:12	1 2:53:36	1 31.11	1:02	1 1:39:33	2 4:43	5:05:11	
2	507	Line Brix Rønhard	Hareskovens triathlon klub	0:36:41	3 19:17	1:56	2 2:58:55	2 30.18	1:19	2 1:31:14	1 4:19	5:10:02	0:04:51
3	471	Mariya Krestyanska	Copenhagen Mermates Tri-Out	0:35:00	2 18:24	2:19	3 3:40:46	4 24.46	1:24	3 2:36:58	3 7:26	6:56:25	1:51:14
DNF	524	Annelie Petersen	Haderslev Tri 2000	0:48:47	4 25:40	4:00	4 3:13:30	3 27.91	6:05	4	0		

### ½ Ironman: Damer 40 - 44 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	465	Annette Corydon	SMT	0:36:40	1 19:17	2:46	1 2:48:03	1 32.14	1:14	1 1:37:56	1 4:38	5:06:37	
2	375	Susanne Lohmann	Tri4	0:42:05	2 22:08	3:51	2 3:08:00	2 28.72	2:43	2 2:15:52	2 5:18	5:48:30	0:41:53
3	393	Gertie Sandfeld	Fredensborg Tri	0:43:29	3 22:52	6:01	3 3:25:41	3 26.26	2:44	3 2:00:08	3 5:41	6:18:01	1:11:24

### ½ Ironman: Damer 45 - 49 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	401	Tina Thomsen	SMT	0:37:52	1 19:55	2:47	1 3:05:06	1 29.17	1:33	1 1:35:43	1 4:32	5:23:00	
2	424	Charlotte Andersen	SMT	0:49:40	3 26:08	3:02	2 3:29:00	2 25.84	1:59	2 1:58:44	2 5:37	6:22:23	0:59:23
3	526	Anette Malling	Aarhus 1900 Triathlon	0:44:37	2 23:28	8:58	4 3:51:35	4 23.32	5:25	4 2:07:51	3 6:03	6:58:24	1:35:24
4	361	Helle René Petersen	Fredensborg Tri	0:55:46	4 29:20	5:40	3 3:49:45	3 23.50	3:43	3 2:18:36	4 6:34	7:13:28	1:50:28

### ½ Ironman: Damer 50 - 54 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	521	Lise Weibel	Blovstrød Tri-athleten	0:39:19	1 20:41	2:35	1 3:03:22	1 29.45	2:10	1 1:56:48	1 5:32	5:44:13	

### ½ Ironman: Herrer 18 - 20 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	499	Jens Heller Frederiksen	Køge Tri Team 2000	0:33:42	1 17:43	3:56	1 2:38:03	1 34.17	1:10	1 1:45:20	1 4:59	5:02:08	

### ½ Ironman: Herrer 21 - 34 år

Plc	StartNr	Navn	Klub	Svømning	# min/km	1. skifte	# Cykling	# km/t	2. skifte	# Løb	# min/km	Sluttid	Diff
1	439	Søren Hyidal Sørensen	Aalborg Triathlon Klub	0:28:23	3 14:56	1:07	2 2:28:46	1 36.30	1:34	7 1:24:10	1 3:59	4:23:58	
2	420	Søren Raunholt	HC ATM	0:33:12	11 17:28	2:21	14 2:30:49	2 35.81	2:16	26 1:27:32	2 4:08	4:36:08	0:12:10
3	488	Poul Erik Bramsen	Århus 1900 tri	0:36:53	25 19:24	2:25	15 2:37:10	4 34.36	1:16	3 1:27:55	3 4:10	4:45:38	0:21:40
4	533	Allan Fans	Århus 1900 Triathlon	0:32:25	9 17:03	3:14	21 2:31:41	3 35.60	1:41	13 1:39:51	8 4:43	4:48:49	0:24:51
5	353	Søren Abel Kofoed	Aalborg Tri klub	0:36:41	22 19:18	1:46	5 2:40:34	10 33.63	2:10	22 1:28:31	4 4:11	4:49:39	0:25:41
6	491	Thomas Nortvig	Atletica-Tri	0:34:46	20 18:17	1:45	4 2:37:44	5 34.24	1:28	5 1:34:04	5 4:27	4:49:46	0:25:48
7	359	Alex Lindbjerg Iversen	Aalborg Triathlon Klub	0:34:42	19 18:15	2:04	9 2:39:32	9 33.85	1:11	2 1:35:19	6 4:31	4:52:46	0:28:48
8	457	Thomas Ringsted		0:32:29	10 17:05	2:47	18 2:37:59	6 34.18	1:26	4 1:38:16	7 4:39	4:52:55	0:28:57
9	384	Michael Outzen	OTK / Bosted - Daloon	0:36:43	23 19:19	2:19	13 2:38:09	7 34.15	2:16	25 1:44:47	12 4:57	5:04:12	0:40:14
10	472	Michael Iversen	Kæmp for livet	0:27:41	1 14:33	1:39	3 2:46:19	13 32.47	1:31	6 1:49:08	18 5:10	5:06:16	0:42:18
11	476	Christian Maretti Nicolaisen	SMT	0:28:27	4 14:58	3:47	26 2:51:12	22 31.54	2:04	21 1:42:13	9 4:50	5:07:40	0:43:42
12	485	Søren Lund Pedersen	Randers Freja Atletik & Triathlon	0:33:29	12 17:37	2:11	10 2:39:15	8 33.91	1:45	14 1:51:14	23 5:16	5:07:52	0:43:54
13	484	Nicolai Raue Kristensen		0:33:49	15 17:47	1:48	6 2:43:06	11 33.11	1:08	1 1:51:00	22 5:15	5:10:49	0:46:51
14	370	Mikael Kriegbaum Kristense	Ry Tri og Multisport	0:30:23	5 15:59	4:15	32 2:46:56	15 32.35	1:38	9 1:50:18	20 5:13	5:13:29	0:49:31
15	436	Stephen Boccioni	Tri-Out Copenhagen Mermates	0:37:02	27 19:29	2:19	12 2:45:10	12 32.70	1:52	16 1:48:08	16 5:07	5:14:29	0:50:31
16	373	Morten Mandrupsen	M-Heroes	0:40:07	34 21:06	2:31	17 2:50:38	21 31.65	2:40	33 1:50:26	21 5:14	5:26:22	1:02:24
17	397	Lasse Munck Rasmussen	Aalborg Tri	0:32:21	8 17:01	5:15	43 3:03:35	31 29.42	3:16	43 1:42:47	10 4:52	5:27:12	1:03:14
18	379	Kristoffer Primdahl Eriksen		0:44:44	47 23:32	6:35	51 2:50:00	19 31.77	3:20	44 1:43:02	11 4:52	5:27:38	1:03:40
19	430	Anders Primdahl Haubro	Fusion Aarhus	0:42:20	42 22:16	4:35	38 2:47:22	16 32.27	1:41	12 1:51:53	24 5:18	5:27:56	1:03:58
20	447	Thomas Dybro	Team Crossfit	0:39:46	33 20:55	3:04	19 2:56:58	25 30.52	2:50	38 1:45:40	14 5:00	5:28:16	1:04:18
21	381	Rasmus Studsgaard	VPI	0:42:08	40 22:10	5:15	42 2:57:15	26 30.47	2:49	37 1:45:08	13 4:58	5:32:33	1:08:35
22	355	Jens Ravn Alsig	SMT Silkeborg	0:33:45	13 17:45	3:49	27 2:52:57	23 31.22	2:14	24 2:00:21	35 5:42	5:33:05	1:09:07
23	378	Jakob Kriegbaum Kristense	Team Politiidræt Århus	0:31:24	7 16:31	3:34	23 2:59:42	27 30.05	2:31	29 1:57:44	31 5:34	5:34:53	1:10:55
24	405	Morten Laigaard	Skive AM	0:36:44	24 19:19	7:10	54 3:01:00	29 29.84	1:45	15 1:49:52	19 5:12	5:36:30	1:12:32
25	369	Kenneth Mortensen		0:41:07	37 21:38	5:58	46 3:03:41	33 29.40	3:06	41 1:48:11	17 5:07	5:42:01	1:18:03
26	462	Mikael Rathleff		0:35:03	21 18:26	4:08	28 2:49:05	17 31.94	2:35	31 2:13:16	49 6:18	5:44:04	1:20:06
27	404	Ignacio Floristan	Tri4	0:33:48	14 17:47	3:23	22 3:07:46	42 28.76	2:47	35 1:57:21	29 5:33	5:45:02	1:21:04
28	365	Martin Hofman Laursen		0:40:43	35 21:25	6:08	48 3:08:11	43 28.70	4:44	54 1:47:14	15 5:04	5:46:59	1:23:01
29	398	Rasmus Dyhr	Ckaarhus/Team Glenco	0:42:58	43 22:36	8:18	57 2:49:46	18 31.81	3:27	46 2:03:10	40 5:50	5:47:37	1:23:39
30	360	Nicklas Andersen	Team Andersen	0:44:14	46 23:16	5:11	40 3:02:51	30 29.53	1:55	18 1:53:45	26 5:23	5:47:53	1:23:55
31	356	Andreas Roving Timm	Aalborg Triathlon Klub	0:34:35	17 18:12	2:03	8 3:06:43	40 28.92	2:29	28 2:02:11	37 5:47	5:48:00	1:24:02
32	409	Jacob Adriansen	Enmandshæren	0:45:05	49 23:43	4:40	35 3:00:11	28 29.97	2:18	27 1:57:34	30 5:34	5:49:46	1:25:48
33	364	Frank Steen Mahler		0:38:50	30 20:25	4:40	36 3:10:04	45 28.41	3:55	49 1:55:16	28 5:27	5:52:42	1:28:44
34	534	Torben Pedersen	Aalborg Triathlon Club	0:39:45	32 20:54	7:37	56 2:50:18	20 31.71	5:19	57 2:11:10	46 6:13	5:54:08	1:30:10
35	474	Morten Søndergaard	Aalborg Tri	0:40:47	36 21:27	4:41	37 3:05:28	38 29.12	3:50	47 1:59:37	33 5:40	5:54:21	1:30:23
36	374	Casper Hørlück		0:39:38	31 20:51	3:40	25 3:16:27	49 27.49	2:48	36 1:52:26	25 5:19	5:54:57	1:30:59
37	432	Brian Møller	OTK / NIH Power Team	0:34:32	16 18:10	2:29	16 3:05:00	37 29.19	1:59	20 2:12:13	48 6:15	5:56:10	1:32:12
38	478	Thomas Madsen		0:43:50	44 23:03	4:55	39 3:04:46	35 29.23	2:38	32 2:00:15	34 5:41	5:56:22	1:32:24
39	438	Michael Lorentsen		0:37:34	28 19:45	4:10	29 3:11:40	46 28.18	2:33	30 2:02:50	39 5:49	5:58:45	1:34:47
40	525	Mads Hansen	Haderslev Tri 2000	0:47:36	52 25:03	6:23	49 3:04:52	36 29.21	3:06	42 2:01:41	36 5:46	6:03:37	1:39:39
41	452	Tonny Milan Pedersen	Svendborg Triathlon Klub	0:36:57	26 19:26	4:30	34 3:12:08	47 28.11	1:37	8 2:08:33	44 6:05	6:03:42	1:39:44
42	463	Jørgen Rokkedal Lausch		0:41:11	38 21:40	5:58	47 3:06:42	39 28.93	2:11	23 2:08:57	45 6:06	6:04:56	1:40:58
43	449	Jacob Meincke		0:42:13	41 22:13	4:16	33 3:09:35	44 28.48	2:55	40 2:07:54	43 6:03	6:06:51	1:42:53
44	433	Markus Schwelbke		0:45:32	50 23:57	6:37	24 3:04:22	34 29.29	2:44	34 2:11:14	47 6:13	6:07:28	1:43:30
45	461	Morten Vejlgård		0:54:55	57 28:54	6:59	53 3:07:27	41 28.81	4:17	50 1:53:58	27 5:24	6:07:34	1:43:36
46	427	Lasse Østerlund Gram		0:37:53	29 19:56	4:15	31 3:23:56	52 26.48	1:40	11 2:02:34	38 5:48	6:10:17	1:46:19
47	469	Steffen Boye Sørensen	Børkop hjerteforening/Børkopmoti	0:49:13	53 25:53	6:49	52 3:15:22	48 27.64	3:51	48 1:57:57	32 5:35	6:13:10	1:49:12
48	386	Mikkel Runøe Hansen		0:41:19	39 21:44	8:29	58 3:19:03	51 27.13	3:26	45 2:03:42	41 5:51	6:15:57	1:51:59
49	446	Mathis Huse Nørgaard	Ingen	0:43:55	45 23:06	4:12	30 3:24:26	53 26.42	1:53	17 2:04:49	42 5:54	6:19:13	1:55:15
50	376	Casper Frost Thorhauge	M-Heroes	0:50:52	54 26:45	3:10	20 3:03:37	32 29.41	1:57	19 2:23:12	54 6:47	6:22:46	1:58:48
51	367	Kim Hørbj Fredborg											

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### ½ Ironman: Herrer 35 - 39 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
11	492	Kim Larsen		0:38:54	25	20:27	4:17	23	2:50:59	12	31.58	1:37	10	1:40:02	10	4:44	5:15:47	0:54:56
12	413	Kewin Bach Friis Kamelarcz	Svendborg Triathlon Klub	0:33:57	11	17:52	3:54	20	2:54:01	16	31.03	1:54	16	1:43:12	11	4:53	5:16:57	0:56:06
13	508	Peter Strindbøll	Køge Tri Team 2000	0:35:13	16	18:31	3:34	17	2:48:46	11	32.00	2:07	18	1:52:52	18	5:20	5:22:29	1:01:38
14	392	Peter Mayrntzhusen	Håndelsbanken	0:36:59	20	19:27	3:20	15	2:51:54	13	31.41	1:33	7	1:49:14	15	5:10	5:22:59	1:02:08
15	523	Michael Rosenbergh Pedersen	Skanderborg Tri	0:35:18	17	18:34	2:49	12	2:48:40	10	32.02	1:47	14	1:55:32	19	5:28	5:24:04	1:03:13
16	479	Kaj Jessen	Ebeltoft Vandpolo	0:37:21	22	19:39	4:39	24	2:57:21	19	30.45	2:59	25	1:45:39	13	5:00	5:27:57	1:07:06
17	464	Mads Winkler Olsen		0:36:21	18	19:07	3:40	19	2:54:42	17	30.91	2:18	20	1:56:53	21	5:32	5:33:52	1:13:01
18	453	Steffen Hansen		0:39:06	27	20:34	2:42	10	3:04:01	27	29.35	1:44	12	1:47:33	14	5:05	5:35:05	1:14:14
19	377	Nikolaj Hansen	Team Politidret Århus	0:34:53	15	18:21	4:08	22	2:59:32	22	30.08	2:53	24	1:57:42	22	5:34	5:39:05	1:18:14
20	396	Jakob Pedersen		0:37:03	21	19:29	6:01	27	3:02:26	24	29.60	4:37	30	1:50:40	16	5:14	5:40:45	1:19:54
21	412	Rune Gandløse Jensen		0:40:08	29	21:07	3:02	14	2:58:10	20	30.31	2:10	19	2:02:44	24	5:49	5:46:13	1:25:22
22	517	Ole Mølgaard	Aalborg Triathlon Klub	0:37:38	23	19:47	5:58	26	3:07:38	28	28.78	3:35	28	1:52:37	17	5:20	5:47:23	1:26:32
23	473	Jens Kaarsberg Puggaard		0:38:32	24	20:16	6:01	28	2:57:15	18	30.47	3:16	26	2:02:40	23	5:48	5:47:43	1:26:52
24	529	Pierre Rindsig		0:33:37	9	17:41	3:39	18	3:03:47	25	29.38	2:47	23	2:07:09	26	6:01	5:50:58	1:30:07
25	455	Jens Peter Christensen		0:48:23	32	25:27	3:22	16	3:01:58	23	29.68	2:44	22	2:10:55	27	6:12	6:07:21	1:46:30
26	437	Jimmy Frederiksen	sportigan Bogense	0:39:49	28	20:57	8:24	32	3:03:51	26	29.37	3:34	27	2:18:03	28	6:32	6:13:39	1:52:48
27	351	Steffen Færgemann	Team Færgemann	0:36:30	19	19:12	6:08	29	3:30:43	31	25.63	3:38	29	2:06:32	25	5:59	6:23:30	2:02:39
28	387	Søren Olesen	Ergo Partner	0:42:44	30	22:29	12:31	33	3:34:27	32	25.18	5:41	32	1:55:40	20	5:28	6:31:02	2:10:11
29	428	John Dascher		0:43:53	31	23:05	7:05	31	3:20:10	30	26.98	5:30	31	2:22:14	29	6:44	6:38:51	2:18:00
DNF	371	Stephan Nadenau		0:33:30	8	17:37	2:05	6	2:47:55	9	32.16	1:16	2		0			
DNF	363	Bjørn Anker	1900 tri	0:33:25	7	17:35	5:32	25	2:52:21	15	31.33	1:56	17		0			
DNF	389	Thor Iversen	TNBVG	0:39:00	26	20:31	0:10	1	3:15:42	29	27.59	1:40	11		0			
DNF	429	Jens Gelbek	Brøndby Triathlon Club	0:51:25	33	27:03	4:01	21		0			0		0			
DNS	440	Peter Thorlund Haahr	Via Venture Partners		0			0		0			0		0			
DNS	509	Sune Zoffmann	OTK		0			0		0			0		0			
DNS	504	Finn Hjeltn	Århus 1900 triathlon		0			0		0			0		0			

### ½ Ironman: Herrer 40 - 44 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	502	Preben Jacobsen	Århus 1900 Triathlon	0:28:23	1	14:56	1:55	2	2:32:22	1	35.44	1:02	1	1:29:04	1	4:13	4:32:44	
2	442	Jesper Buus	SMT	0:34:16	5	18:01	2:53	7	2:39:22	3	33.89	1:42	5	1:39:16	5	4:42	4:57:26	0:24:42
3	512	Michael Kragelund	OTK	0:34:21	7	18:04	3:12	10	2:38:54	2	33.99	2:00	8	1:39:05	4	4:41	4:57:30	0:24:46
4	489	Peter Falck Christens	Bagsværd Atletik Klub, Tri afdeling	0:31:21	2	16:29	2:00	3	2:43:06	5	33.11	1:24	3	1:44:19	7	4:56	5:02:08	0:29:24
5	459	Kai Kruse	Tri Team Lüneburg	0:34:05	4	17:56	1:41	1	2:43:14	6	33.08	1:21	2	1:45:51	8	5:01	5:06:10	0:33:26
6	510	Allan Torne	SMT	0:38:16	15	20:08	2:42	6	2:46:32	7	32.43	1:58	7	1:44:12	6	4:56	5:13:38	0:40:54
7	522	Michael Schütz	Esbjerg Tri & multisport	0:34:52	10	18:21	2:25	4	2:41:34	4	33.43	2:17	9	1:54:13	16	5:24	5:15:18	0:42:34
8	497	Jan Ø. Jensen	Fredericia Triathlon Team	0:40:15	18	21:10	4:49	21	2:46:40	8	32.40	2:24	12	1:46:10	10	5:02	5:20:36	0:47:52
9	483	Anders Holmsberg	Odense Triathlon Klub	0:37:06	12	19:31	3:06	8	2:53:15	9	31.17	1:28	4	1:54:54	17	5:26	5:29:47	0:57:03
10	419	Johnny Christiansen	HG ATM	0:36:58	11	19:27	3:11	9	3:00:14	12	29.96	2:58	17	1:55:07	18	5:27	5:38:27	1:05:43
11	403	Jens Baand Larsen	SMT	0:42:00	20	22:06	5:11	23	3:03:37	15	29.41	2:54	15	1:45:58	9	5:01	5:39:38	1:06:54
12	441	Allan Gade		0:52:40	29	27:42	3:47	15	3:06:28	18	28.96	4:11	23	1:35:32	3	4:31	5:42:35	1:09:51
13	390	Michael Nyholm	tømrerfirmaet	0:42:45	21	22:29	7:58	30	3:05:01	17	29.19	3:36	22	1:51:46	13	5:17	5:51:04	1:18:20
14	418	Lars Prominczl	KVIK Tri Team	0:37:09	13	19:33	4:47	20	3:07:56	21	28.73	2:59	18	1:58:19	19	5:36	5:51:09	1:18:25
15	528	Mikkel Tang-Henriksen	SMT	0:34:37	9	18:12	4:02	18	2:59:26	11	30.10	3:17	19	2:10:50	25	6:12	5:52:10	1:19:26
16	431	Jess Langkjær	Jyske Bank	0:34:33	8	18:10	3:14	11	3:01:37	13	29.73	2:52	14	2:10:01	23	6:09	5:52:15	1:19:31
17	532	Morten Jegbjærg		0:43:21	24	22:48	10:32	32	3:24:01	29	26.47	2:46	13	1:34:48	2	4:29	5:55:27	1:22:43
18	395	Jeppe Hougaard		0:38:54	16	20:28	5:53	27	3:02:26	14	29.60	4:37	27	2:05:23	21	5:56	5:57:12	1:24:28
19	475	Brian Eriksen		0:55:55	32	29:25	6:00	28	3:03:49	16	29.38	4:12	11	1:59:26	11	5:11	5:59:26	1:26:42
20	493	Sti Løvgreen		0:39:38	17	20:51	5:08	22	3:08:05	22	28.71	2:18	10	2:05:12	20	5:56	6:00:19	1:27:35
21	470	Lars Rex Olsen		0:46:39	26	24:32	2:39	5	2:55:02	10	30.85	2:19	11	2:14:31	29	6:22	6:01:08	1:28:24
22	423	Sigurd Løth	Dragør Tri	0:40:34	19	21:20	3:57	17	3:06:37	19	28.94	1:57	6	2:08:13	22	6:04	6:01:17	1:28:33
23	357	Morten Olesen	Køge Tri Team 2000	0:45:40	25	24:01	4:30	19	3:16:15	26	27.52	3:32	21	1:53:02	14	5:21	6:02:58	1:30:14
24	445	Claus Hagen-Pedersen	Svendborg Triathlon Klub	0:34:16	6	18:01	3:33	13	3:12:50	24	28.00	5:21	28	2:11:45	27	6:14	6:07:43	1:34:59
25	421	Steen Kieffer	Kvik Tri Team	0:43:04	23	22:40	5:38	26	3:06:38	20	28.93	4:11	24	2:10:24	24	6:10	6:09:54	1:37:10
26	435	Erik Ingstrup	El IT Consulting	0:54:36	30	28:44	5:24	24	3:16:10	25	27.53	4:24	26	1:53:03	15	5:21	6:13:36	1:40:52
27	495	Sven Thomsen	Aalborg Triathlon Klub	0:32:29	3	17:05	3:42	14	3:11:14	23	28.24	3:31	20	2:23:22	31	6:47	6:14:16	1:41:32
28	417	Anders Braagaard		0:48:01	27	25:16	5:31	25	3:21:09	28	26.85	2:56	16	2:12:20	28	6:16	6:29:56	1:57:12
29	358	Lars Busk	Køge Tri Team 2000	0:42:46	22	22:30	3:48	16	3:17:21	27	27.36	6:05	29	2:21:41	30	6:42	6:31:39	1:58:55
30	422	Lars Christensen	Team Lartech	0:55:54	31	29:25	7:24	29	3:49:10	31	23.56	6:14	30	1:49:42	12	5:11	6:48:22	2:15:38
31	380	Jesper Richelsen Jensen		0:49:32	28	26:03	8:31	31	3:32:34	30	25.40	7:17	31	2:11:18	26	6:13	6:49:10	2:16:26
DNF	362	Lars Heine Andersen	Fredensborg Tri	0:37:33	14	19:45	3:21	12		0			0		0			
DNS	354	Steen Møller Sørensen	Fredericia Garnisons Idrætsforening		0			0		0			0		0			
DNS	410	Lars Klinge	KTK86		0			0		0			0		0			
DNS	500	Jesper Neimann Frederikse	Tri4		0			0		0			0		0			
DNS	511	Henrik Nielsen	OTK		0			0		0			0		0			
DNS	513	Jimmy Bredow	Tri4		0			0		0			0		0			

### ½ Ironman: Herrer 45 - 49 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	516	John Hvass Møller	SMT	0:33:44	3	17:45	2:05	1	2:37:40	1	34.25	1:27	2	1:30:53	1	4:18	4:45:47	
2	414	Claus Ago Hansen	Sicpack/Tri4	0:42:25	11	22:19	3:17	4	3:00:15	3	29.96	1:23	1	1:52:30	5	5:19	5:39:48	0:54:01
3	487	Søren Damsgaard Andersen	SMT	0:37:59	5	19:59	4:32	10	3:02:39	4	29.57	2:11	7	1:54:21	6	5:25	5:41:40	0:55:53
4	408	Scott Tind Simmons	Triathleten Blodstroed	0:33:35	2	17:40	3:56	6	3:11:28	8	28.21	2:05	5	1:51:19	4	5:16	5:42:21	0:56:34
5	444	Lars Stahr	Aalborg Triathlon Klub	0:40:04	8	21:04	4:35	11	3:16:03	10	27.55	2:23	8	1:44:44	3	4:57	5:47:47	1:02:00
6	415	Henrik Jensen	Sicpack	0:51:58	14	27:20	2:51	2	2:54:53	2	30.88	1:28	3	1:57:43	7	5:34	5:48:52	1:03:05
7	382	John																

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### ½ Ironman: Herrer 60+ år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	383	Knud Erik Kjærsgaard	SMT	0:52:54	1	27:50	4:34	1	3:22:25	1	26.68	3:23	1	2:02:12	1	5:47	6:25:26	

### 1/4 Ironman: Damer 18 - 20 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	170	Line Thams	Aarhus 1900 Triathlon	0:12:50	1	13:30	0:55	1	1:23:11	1	32.46	0:52	1	0:48:43	1	4:38	2:26:29	

### 1/4 Ironman: Damer 21 - 34 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	319	Camilla Pedersen	Esbjerg Tri og Multisport	0:13:05	1	13:45	0:50	1	1:19:27	1	33.98	1:00	5	0:44:00	2	4:11	2:18:21	
2	314	Kirsten Pettersson	Esbjerg Tri og Multisport	0:15:34	4	16:22	1:39	2	1:28:32	2	30.50	0:53	1	0:41:55	1	3:59	2:28:31	0:10:10
3	298	Chiin-Hooi Tan	Multiatleterne	0:18:30	7	19:27	2:11	6	1:30:18	4	29.90	1:06	6	0:46:09	3	4:23	2:38:11	0:19:50
4	272	Line Tørnov	Vejle IF Triathlon	0:17:53	6	18:49	2:36	7	1:28:59	3	30.34	0:56	2	0:55:26	8	5:16	2:45:48	0:27:27
5	208	Sanni Pedersen	Runners Corner/xtreme cycling tea	0:24:48	17	26:05	3:23	12	1:31:20	5	29.57	2:05	15	0:47:52	4	4:33	2:49:26	0:31:05
6	200	Stine Monberg Carlsen		0:20:58	9	22:03	1:55	4	1:36:11	8	28.07	1:40	13	0:55:54	9	5:19	2:56:36	0:38:15
7	251	Heidi Lundstrøm Thranum	Odder Atletik og Motion	0:14:51	2	15:37	2:56	9	1:41:19	11	26.65	1:40	12	0:58:56	10	5:36	2:59:40	0:41:19
8	11	Rikke Bradstrup Haladyn	Challenge Copenhagen	0:15:27	3	16:15	2:07	5	1:36:01	7	28.12	1:24	10	1:05:53	14	6:16	3:00:51	0:42:30
9	198	Sandie Thomsen	Atletica Tri	0:18:40	8	19:38	1:44	3	1:34:48	6	28.48	1:09	7	1:05:11	13	6:12	3:01:31	0:43:10
10	177	Jette Krog Petersen		0:24:34	15	25:50	3:13	11	1:41:18	10	26.66	1:38	11	0:54:25	7	5:10	3:05:06	0:46:45
11	83	Majken Roikjer		0:20:58	10	22:04	3:54	17	1:48:00	14	25.00	8:30	18	0:51:01	5	4:51	3:12:22	0:54:01
12	327	Charlotte Olsen		0:21:37	12	22:45	2:48	8	1:38:56	9	27.30	1:58	14	1:11:15	16	6:47	3:16:32	0:58:11
13	324	Pernille Pedersen		0:22:59	14	24:11	6:57	19	1:44:05	13	25.94	0:57	3	1:19:32	12	6:09	3:19:32	1:01:11
14	37	Elna Pedersen		0:28:30	19	29:59	3:25	14	1:44:01	12	25.96	2:22	17	1:04:02	11	6:05	3:22:17	1:03:56
15	102	Kathrine Nygaard Stannov	KTRIK - Kolding Triathlon Klub	0:21:29	11	22:36	3:00	10	1:49:07	15	24.75	1:24	9	1:13:50	17	7:01	3:28:48	1:10:27
16	222	Folke Janiesch		0:21:58	13	23:06	3:38	15	2:02:57	16	21.96	0:59	4	1:08:35	15	6:31	3:38:05	1:19:44
17	211	Bitten Bebdendorf Scheller		0:24:50	18	26:08	5:44	18	2:15:32	18	19.92	1:17	8	0:51:23	6	4:53	3:38:44	1:20:23
18	172	Lise Møland		0:24:44	16	26:01	3:40	16	2:04:16	17	21.73	2:19	16	1:15:01	18	7:08	3:49:58	1:31:37
DNF	137	Britt Jensen		0:17:36	5	18:31	3:23	13		0			0		0			
DNF	193	Christa Løth Myhre			0			0		0			0		0			
DNS	163	Mette Justesen	KTK86		0			0		0			0		0			
DNS	128	Tine Vesti Sehested			0			0		0			0		0			
DNS	39	Anne Søderlind Henriksen	SMT		0			0		0			0		0			

### 1/4 Ironman: Damer 35 - 39 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	59	Karina Thorup	Viborg Atletik og Motion	0:20:12	3	21:14	1:55	2	1:26:37	1	31.18	0:57	1	0:49:51	1	4:44	2:39:30	
2	64	Mette Nybo		0:20:33	4	21:36	2:37	3	1:32:37	2	29.15	1:21	3	0:56:49	3	5:24	2:53:54	0:14:24
3	236	Mette Sørensen	Holstebro Triathlon Klub	0:17:14	2	18:07	4:33	6	1:37:25	3	27.72	1:25	4	0:54:51	2	5:13	2:55:25	0:15:55
4	13	Christina Bradstrup Haladyn	Challenge Copenhagen	0:16:06	1	16:56	1:46	1	1:40:38	4	26.83	1:04	2	1:00:06	4	5:43	2:59:39	0:20:09
5	86	Lisbeth Zacho		0:21:15	5	22:22	3:07	5	1:43:15	5	26.15	1:37	5	1:11:34	7	6:48	3:20:46	0:41:16
6	220	Lani Marie Sørensen	Headoffice	0:26:31	6	27:54	3:07	4	1:50:13	7	24.50	2:19	6	1:05:50	5	6:16	3:27:59	0:48:29
7	32	Rikke Katrine Kristensen		0:29:36	8	31:08	5:24	7	1:46:44	6	25.30	3:15	7	1:12:35	8	6:54	3:37:32	0:58:02
8	97	Connie Lundegaard Sørensen		0:27:34	7	29:00	6:10	8	1:52:13	8	24.06	3:42	8	1:07:56	6	6:28	3:37:33	0:58:03

### 1/4 Ironman: Damer 40 - 44 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	281	Nadia Andersen	KTK86	0:18:59	2	19:58	1:27	1	1:32:08	2	29.31	1:21	2	0:48:24	1	4:36	2:42:17	
2	40	Marianne Knudsen	Herning triathlon team	0:18:35	1	19:33	2:33	2	1:29:53	1	30.04	1:19	1	0:50:23	2	4:47	2:42:42	0:00:25
3	249	Hanne Kampmann Madsen	multiatleterne	0:20:31	4	21:35	4:57	8	1:41:42	4	26.55	1:50	5	0:53:28	3	5:05	3:02:26	0:20:09
4	75	Kirsten Johansen	SMT	0:20:23	3	21:26	2:43	3	1:46:09	7	25.44	1:28	3	0:58:49	4	5:36	3:09:29	0:27:12
5	179	Kristine Schroll		0:21:53	6	23:02	3:36	4	1:39:07	3	27.24	1:39	4	1:05:32	6	6:14	3:11:45	0:29:28
6	114	Sookie Ingstrup	EI IT Consulting	0:26:21	9	27:43	4:23	7	1:46:01	6	25.47	2:19	8	0:59:06	5	5:37	3:18:07	0:35:50
7	121	Inger Madsen	Anneberg Transport	0:22:14	7	23:23	4:01	5	1:43:02	5	26.21	1:54	6	1:09:12	8	6:35	3:20:21	0:38:04
8	82	Vibeke Hinnerup Ahnfeldt-M		0:21:38	5	22:46	4:23	6	1:50:21	9	24.47	3:08	9	1:11:18	9	6:47	3:30:45	0:48:28
9	112	Lena Prominczl		0:24:47	8	26:05	5:00	9	1:50:15	8	24.49	2:03	7	1:08:48	7	6:33	3:30:51	0:48:34
DNS	55	Lise Stengaard	Aalborg Triathlon Klub		0			0		0			0		0			

### 1/4 Ironman: Damer 45 - 49 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	76	Bettina Nielsen	SMT	0:16:04	1	16:54	1:46	1	1:24:52	1	31.82	1:01	1	0:47:19	1	4:30	2:31:00	
2	95	Merete Overby	SMT	0:18:39	2	19:37	2:35	4	1:33:48	3	28.79	1:28	4	0:49:39	2	4:43	2:46:06	0:15:06
3	78	Jette Løhde Olsen	SMT	0:24:04	4	25:19	2:13	2	1:33:03	2	29.02	1:21	3	0:57:42	3	5:29	2:58:20	0:27:20
4	223	Jette Simonsen Eriksen		0:21:26	3	22:33	2:15	3	1:37:00	4	27.84	1:19	2	1:03:18	4	6:01	3:05:16	0:34:16
5	240	Hanne Elkjær	SMT	0:24:43	5	26:00	3:23	5	1:39:04	5	27.26	1:49	5	1:05:45	5	6:15	3:14:41	0:43:41
DNS	105	Iben Goffmann	HareTri/Out of Bubblegum		0			0		0			0		0			

### 1/4 Ironman: Damer 50 - 54 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	241	Kirsten Mørch	SMT	0:29:27	4	30:59	2:24	1	1:34:17	1	28.64	1:56	1	0:50:59	1	4:51	2:59:02	
2	214	Elise Grønkjær-Bloch	Multiatleterne	0:24:53	1	26:11	5:16	2	1:40:47	2	26.79	2:04	2	0:51:48	2	4:55	3:04:47	0:05:45
3	285	Pia Søe		0:27:47	2	29:14	8:15	4	1:53:02	3	23.89	3:45	4	0:57:22	4	5:27	3:30:09	0:31:07
4	325	Inge Stig		0:28:46	3	30:15	5:23	3	2:02:09	4	22.11	3:23	3	0:54:58	3	5:14	3:34:36	0:35:34

### 1/4 Ironman: Damer 55 - 59 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	70	Lisbeth Dissing	SMT	0:28:14	1	29:42	2:42	1	1:49:57	1	24.56	1:55	1	0:57:59	1	5:31	3:20:45	

### 1/4 Ironman: Damer 60+ år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte
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# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### 1/4 Ironman: Herrer 18 - 20 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
8	308	Simon Rasmussen		0:18:29	9	19:27	3:11	10	1:28:06	9	30.65	1:35	9	0:50:17	8	4:47	2:41:36	0:32:54
9	48	Frederik Petersen	Team PeTersen	0:17:06	8	17:59	1:00	4	1:35:57	10	28.14	1:11	7	0:55:26	9	5:16	2:50:38	0:41:56
10	4	Kristian Almerstrøm	Amager CR	0:21:56	11	23:05	6:11	12	1:39:00	12	27.27	2:07	11	1:16:19	11	7:16	3:25:32	1:16:50
11	92	Kristian Lindharth Nielsen		0:35:11	12	37:01	4:39	11	1:36:00	11	28.13	3:48	12	1:07:00	10	6:22	3:26:36	1:17:54
DNF	264	Thomas Dybdahl	Århus 1900 Triathlon	0:11:16	1	11:50	1:11	5	1:22:41	5	32.66	0:55	4		0			

### 1/4 Ironman: Herrer 21 - 34 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	164	Emil Dalgård	Odense Triathlon Klub - OTK	0:11:18	1	11:53	0:40	1	1:11:50	1	37.59	0:51	13	0:37:48	3	3:35	2:02:25	
2	313	Lars Mortensen	Esbjerg Tri & Multisport	0:12:43	3	13:22	0:49	3	1:14:25	3	36.29	0:44	7	0:39:24	5	3:45	2:08:04	0:05:39
3	237	Andreas Helbo Beck	Aarhus 1900 Triathlon	0:13:05	4	13:46	0:48	2	1:14:50	4	36.08	0:31	1	0:39:46	6	3:47	2:08:58	0:06:33
4	299	Frantz Andersen	Atletica Tri	0:14:57	8	15:43	1:18	8	1:16:12	7	35.44	0:52	15	0:37:30	2	3:34	2:10:47	0:08:22
5	248	Mads Vittrup	Atletica Tri Horsens	0:14:35	6	15:20	1:09	5	1:18:40	9	34.33	0:45	8	0:36:25	1	3:28	2:11:31	0:09:06
6	318	Stefan Bank Olesen	tth/runners corner	0:15:28	14	16:16	2:01	19	1:17:53	8	34.67	1:15	34	0:37:57	4	3:36	2:14:33	0:12:08
7	247	Simon Langvad	TRI4	0:14:58	9	15:44	1:11	7	1:15:27	6	35.79	1:06	26	0:42:13	12	4:01	2:14:54	0:12:29
8	311	Lars Kobbeltgaard	Atletica Tri Horsens	0:16:49	19	17:41	2:10	23	1:14:17	2	36.35	1:02	21	0:41:12	9	3:55	2:15:27	0:13:02
9	273	Leif Lundstrøm	Holstebro Triathlon Klub	0:16:34	16	17:25	1:33	11	1:15:13	5	35.90	1:01	20	0:43:52	16	4:10	2:18:11	0:15:46
10	288	Mikael Stær	Tri4	0:14:24	5	15:08	1:10	6	1:21:50	14	33.00	0:47	11	0:40:44	7	3:52	2:18:52	0:16:27
11	283	Mads Bang	Randers freja atletik og triathlon	0:14:52	7	15:38	1:30	10	1:19:52	11	33.81	0:42	4	0:42:08	11	4:00	2:19:01	0:16:36
12	250	Rasmus Danielsen	Århus 1900 Triathlon	0:15:15	12	16:03	2:42	34	1:19:08	10	34.13	0:44	6	0:41:46	10	3:58	2:19:34	0:17:09
13	169	Morten Brammer Olesen	Team Løberen	0:15:05	10	15:52	1:43	13	1:23:52	22	32.20	0:46	10	0:41:02	8	3:54	2:22:25	0:20:00
14	106	Simon Andersen	1900 tri	0:16:48	18	17:41	1:47	15	1:21:53	16	32.98	1:10	29	0:43:20	15	4:07	2:24:56	0:22:31
15	243	Klaus Jensen	Sora triathlonklub	0:17:47	24	18:42	2:11	24	1:22:00	18	32.93	0:58	18	0:42:48	14	4:04	2:25:41	0:23:16
16	320	Tommy Nowack	ETOM	0:15:25	13	16:12	1:48	16	1:20:43	12	33.46	0:51	12	0:46:59	19	4:28	2:25:44	0:23:19
17	158	Jason Sim	Tri4	0:16:46	17	17:38	2:09	21	1:21:59	17	32.94	1:54	58	0:47:14	21	4:29	2:30:00	0:27:35
18	217	Bjørn Frank	Runners Corner Herning	0:21:43	46	22:51	3:12	43	1:22:15	19	32.83	1:06	24	0:44:18	17	4:13	2:32:32	0:30:07
19	171	Rasmus Trangbæk	SMT	0:18:40	29	19:38	1:59	18	1:23:46	21	32.24	0:57	17	0:47:52	25	4:33	2:33:12	0:30:47
20	51	Sten Jespersen	Århus 1900 A/M	0:25:01	60	26:19	3:49	56	1:25:11	25	31.70	1:33	45	0:42:29	13	4:02	2:38:01	0:35:36
21	101	Rune Christophersen	Svendborg Triathlon Klub	0:17:45	23	18:40	2:29	31	1:26:46	31	31.12	0:57	16	0:50:22	34	4:47	2:38:16	0:35:51
22	130	Mikkel Petersen	SMT	0:19:48	37	20:50	2:37	33	1:29:14	38	30.26	0:37	3	0:46:06	18	4:23	2:38:21	0:35:56
23	316	Anders Hildebrand		0:18:40	28	19:38	3:51	58	1:25:12	26	31.70	1:39	49	0:49:13	29	4:41	2:38:32	0:36:07
24	201	Kristian Troelsen		0:17:18	21	18:12	4:08	65	1:23:43	20	32.26	1:49	53	0:52:08	40	4:57	2:39:04	0:36:39
25	21	Andreas Bøgedal Flint	Klub 06	0:21:12	42	22:18	2:07	20	1:25:35	28	31.55	1:21	36	0:49:10	28	4:40	2:39:22	0:36:57
26	93	Kristian Sønderstrup-Jensen		0:18:07	26	19:03	2:32	32	1:29:55	39	30.03	1:33	46	0:47:32	23	4:31	2:39:37	0:37:12
27	245	Mikkel Thygesen	OTK	0:17:16	20	18:09	3:09	42	1:25:25	27	31.61	1:28	38	0:52:53	45	5:02	2:40:09	0:37:44
28	227	Jose Quaresma	KTK86	0:15:34	15	16:23	1:22	9	1:33:07	45	29.00	0:51	14	0:49:18	30	4:41	2:40:10	0:37:45
29	266	Kim Andersen	SMT	0:17:37	22	18:32	3:15	45	1:31:36	43	29.48	1:37	47	0:47:09	20	4:29	2:41:12	0:38:47
30	12	Michael Bradstrup Haladyn	Challenge Copenhagen	0:20:59	41	22:04	2:27	29	1:27:17	33	30.94	1:32	43	0:49:36	33	4:43	2:41:48	0:39:23
31	176	Mads Stenhoj Andersen		0:22:22	48	23:32	2:29	30	1:28:11	36	30.62	0:45	9	0:48:14	26	4:35	2:41:59	0:39:34
32	25	Ciaran Kelly		0:21:45	47	22:52	1:56	17	1:21:43	13	33.04	1:01	19	0:55:39	51	5:17	2:42:01	0:39:36
33	203	Peter Schouw Andersen		0:25:25	62	26:44	2:55	37	1:24:02	23	32.13	1:08	27	0:49:20	31	4:41	2:42:47	0:40:22
34	197	Thomas Vestergaard	KTK86	0:18:57	31	19:56	2:23	27	1:26:12	30	31.32	1:11	32	0:54:26	47	5:11	2:43:08	0:40:43
35	80	Lasse Tollestrup	Murer-jan.dk	0:21:21	45	22:28	3:09	41	1:26:04	29	31.37	1:41	50	0:50:59	36	4:51	2:43:13	0:40:48
36	306	Thomas Vogn	OTK	0:18:10	27	19:06	2:22	26	1:24:06	24	32.11	1:30	41	0:58:37	57	5:34	2:44:43	0:42:18
37	57	Dennis Sørensen	Team LA BYG	0:27:09	67	28:33	3:45	54	1:21:51	15	32.99	1:14	33	0:51:27	38	4:53	2:45:23	0:42:58
38	127	Lasse Klejnstrup		0:19:49	38	20:51	3:07	39	1:27:37	34	30.82	2:31	71	0:52:32	44	5:00	2:45:34	0:43:09
39	140	Ivan Juhl Nielsen	Aarhus 1900 Triathlon	0:19:06	32	20:06	3:20	47	1:31:36	42	29.48	1:06	25	0:52:16	41	4:58	2:47:22	0:44:57
40	149	Stig Nielsen		0:15:11	11	15:58	2:24	28	1:41:07	65	26.71	1:54	59	0:47:37	24	4:32	2:48:10	0:45:45
41	6	Brian Hansen		0:17:58	25	18:54	5:25	77	1:34:12	50	28.66	2:40	76	0:48:41	27	4:38	2:48:54	0:46:29
42	258	John Overgaard		0:18:49	30	19:47	2:48	36	1:33:32	47	28.87	2:08	63	0:52:26	43	4:59	2:49:41	0:47:16
43	38	Nikolaj Sloth		0:23:00	49	24:11	4:01	63	1:27:02	32	31.02	1:42	51	0:55:02	49	5:14	2:50:46	0:48:21
44	168	Paw Madsen	GIV	0:19:19	35	20:19	6:30	79	1:33:43	48	28.81	2:38	74	0:49:27	32	4:42	2:51:34	0:49:09
45	210	Jeppé Koch-Olsen	C.J.T	0:19:41	36	20:42	1:36	12	1:30:46	40	29.75	1:05	22	0:58:39	58	5:35	2:51:45	0:49:20
46	160	Brian Bendtsen		0:24:47	59	26:04	2:30	22	1:34:01	49	28.72	1:08	28	0:51:42	39	4:55	2:53:45	0:51:20
47	35	Henrik Fenger	Fenger Team	0:24:32	55	25:48	3:09	51	1:37:38	56	27.66	2:25	69	0:47:29	22	4:31	2:55:32	0:53:07
48	120	Robert Madsen	Anneberg Transport	0:27:25	69	28:50	3:28	48	1:27:57	35	30.70	1:44	52	0:56:02	52	5:20	2:56:33	0:54:08
49	189	Kristian Kjelsbak		0:19:07	33	20:07	1:46	14	1:39:57	61	27.02	1:20	35	0:54:45	48	5:12	2:56:54	0:54:29
50	304	Peter Bossen		0:20:52	40	21:57	3:28	49	1:34:35	51	28.55	2:16	67	0:56:33	55	5:23	2:57:42	0:55:17
51	125	Lars Bjørn Pedersen	Sportmann Group	0:28:04	75	29:32	4:34	69	1:31:02	41	29.66	2:13	65	0:52:19	42	4:58	2:58:10	0:55:45
52	58	Torben Svenstrup		0:24:24	54	25:40	4:15	66	1:28:58	37	30.35	2:28	70	0:59:39	59	5:40	2:59:42	0:57:17
53	116	Niels Vesterbæk		0:25:24	61	26:43	3:56	59	1:38:06	57	27.53	1:29	39	0:51:25	37	4:53	3:00:19	0:57:54
54	315	Jacob Laursen	Murermester J. Laursen	0:23:02	50	24:14	3:28	50	1:36:45	52	27.91	1:51	56	0:56:06	53	5:20	3:01:11	0:58:46
55	226	Ronny Hjelm		0:23:45	53	24:59	3:30	38	1:32:40									

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### 1/4 Ironman: Herrer 35 - 39 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
8	275	Tom Rym Jensen	Atletica Tri Horsens	0:15:55	5	16:44	1:06	4	1:23:25	7	32.37	0:41	2	0:54:13	19	5:09	2:35:18	0:28:46
9	282	Mikkel Simmelsgaard	Aalborg Triathlon klub	0:17:51	8	18:47	2:40	15	1:27:15	13	30.95	0:53	5	0:48:14	6	4:35	2:36:51	0:30:19
10	124	Thomas Rabech	Viborg Atletik og Motion	0:21:10	21	22:16	1:26	5	1:26:01	10	31.39	1:11	9	0:49:44	9	4:44	2:39:30	0:32:58
11	195	Morten Stokholm		0:14:43	3	15:28	3:17	20	1:27:55	14	30.71	0:58	6	0:53:12	16	5:03	2:40:03	0:33:31
12	66	John Vestergaard	SMT	0:19:08	14	20:07	2:07	8	1:27:13	12	30.96	1:01	7	0:50:44	11	4:49	2:40:11	0:33:39
13	289	Martin Hedam Hansen	Atletica Tri	0:20:02	17	21:04	3:25	22	1:23:44	8	32:25	1:29	16	0:54:07	18	5:09	2:42:46	0:36:14
14	110	Thomas Jakobsen	SMT	0:17:13	6	18:06	2:19	9	1:29:37	17	30.13	1:11	8	0:54:53	21	5:13	2:45:10	0:38:38
15	302	Chano Porse Sakskjær	Team JC GROUP	0:19:33	16	20:34	4:50	32	1:30:11	18	29.94	2:31	28	0:50:50	12	4:50	2:47:53	0:41:21
16	190	Kasper Lykkegaard		0:20:23	18	21:27	2:06	7	1:36:39	28	27.94	1:13	10	0:48:04	5	4:34	2:48:23	0:41:51
17	77	Brian Sørensen	SMT	0:25:20	30	26:39	2:59	19	1:28:39	15	30.46	1:27	15	0:53:05	15	5:03	2:51:28	0:44:56
18	205	Morten Kjær		0:18:33	12	19:31	2:35	13	1:35:07	25	28.39	1:26	14	0:55:01	22	5:14	2:52:39	0:46:07
19	111	Peter Pedersen	Aalborg Triathlon Klub	0:21:41	22	22:48	2:32	11	1:28:56	16	30.36	2:06	23	0:57:55	27	5:30	2:53:09	0:46:37
20	303	Frank Tribler	Skanderborg	0:20:49	19	21:53	5:28	35	1:34:06	22	28.69	2:43	31	0:50:35	10	4:49	2:53:39	0:47:07
21	56	Morten Sørensen	Team LA BYG	0:25:17	29	26:36	4:36	31	1:26:31	11	31:21	1:30	17	0:56:15	24	5:21	2:54:08	0:47:36
22	22	Martin Nielsen	Klub 06	0:23:28	25	24:41	4:44	17	1:31:27	20	29.53	1:40	20	0:55:26	23	5:16	2:54:43	0:48:11
23	113	Laust Michelsen		0:21:50	23	22:58	2:42	25	1:33:30	21	28.88	3:10	33	0:53:20	17	5:04	2:55:31	0:48:59
24	213	Henrik Fyhn		0:26:25	32	27:47	2:39	14	1:36:31	27	27.98	2:17	25	0:52:08	14	4:57	2:59:58	0:53:26
25	307	Allan Damgaard Konradsen	Vejle Triathlon	0:21:51	24	22:59	3:50	27	1:34:45	24	28.50	2:30	27	0:57:36	26	5:29	3:00:30	0:53:58
26	52	Peter Aggerholm	Skive Massage	0:25:07	28	26:25	3:39	24	1:31:26	19	29.53	2:21	26	1:00:09	28	5:43	3:02:39	0:56:07
27	209	Johan Farstad	SLK	0:24:17	26	25:32	3:44	26	1:39:27	31	27.15	1:40	19	0:57:08	25	5:26	3:06:13	0:59:41
28	81	Søren P. V. Petersen		0:18:37	13	19:35	4:25	30	1:34:41	23	28.52	2:31	29	1:06:38	32	6:20	3:06:50	1:00:18
29	174	Allan Kristiansen	SeerupIT	0:26:26	33	27:48	3:38	23	1:38:28	29	27.42	3:51	35	0:54:52	20	5:13	3:07:13	1:00:41
30	62	Brian Larsen	Kolding Triathlon Klub	0:17:57	10	18:52	4:21	29	1:41:02	33	26.72	2:36	30	1:02:58	30	5:59	3:08:51	1:02:19
31	28	Mogens Larsen		0:27:33	35	28:59	2:45	18	1:38:49	30	27.32	1:38	18	1:03:01	31	6:00	3:13:45	1:07:13
32	69	Brian Voller		0:24:50	27	26:07	3:20	21	1:43:36	34	26.06	2:01	22	1:00:48	29	5:47	3:14:33	1:08:01
33	317	Niels Adolfsen		0:21:06	20	22:12	3:56	28	1:39:54	32	27.03	3:11	34	1:08:16	34	6:30	3:16:22	1:09:50
34	123	Tor Sandsmark	-	0:26:55	34	28:19	5:12	34	1:36:01	26	28.12	2:15	24	1:07:00	33	6:22	3:17:21	1:10:49
35	173	Jan Seerup	SeerupIT	0:26:25	31	27:47	5:09	33	1:55:48	35	23.32	2:47	32	1:20:44	35	7:41	3:50:50	1:44:18
DNS	115	Rune Rubak		0	0			0	0	0			0	0				
DNS	88	Morten Østerby Andreassen	TTH	0	0			0	0	0			0	0				
DNS	94	Steffen Sørensen		0	0			0	0	0			0	0				

### 1/4 Ironman: Herrer 40 - 44 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	322	Frank Jensen	Aalborg tri	0:14:43	2	15:29	1:24	1	1:15:08	1	35.94	1:06	15	0:40:20	2	3:50	2:12:40	
2	34	Ragnar Gudmundsson	Dromos	0:12:50	1	13:29	1:31	2	1:18:39	2	34.33	0:59	6	0:39:51	1	3:47	2:13:49	0:01:09
3	235	Hans Jespersen	Holstebro Triathlon	0:19:23	17	20:23	2:41	21	1:18:45	3	34.29	1:09	17	0:44:12	3	4:12	2:26:08	0:13:28
4	157	Peter Fosmark	SMT	0:16:54	4	17:47	2:08	11	1:21:36	6	33.09	2:15	40	0:47:01	8	4:28	2:29:52	0:17:12
5	184	Jan Nielsen	SMT	0:19:04	15	20:03	1:43	6	1:21:45	7	33.03	0:57	5	0:47:03	9	4:28	2:30:29	0:17:49
6	30	Thomas Rex Olsen	Tri-athleten	0:19:50	18	20:52	1:40	4	1:19:01	4	34.17	1:00	7	0:50:10	16	4:46	2:31:39	0:18:59
7	238	Lars Bo Christiansen	Holstebro Triathlon Klub	0:17:42	6	18:37	1:45	8	1:23:15	8	32.44	0:52	3	0:48:42	14	4:38	2:32:13	0:19:33
8	242	Finn Andersen	SMT	0:18:34	10	19:32	1:38	3	1:27:02	20	31.03	1:04	10	0:45:03	4	4:17	2:33:19	0:20:39
9	221	Jørn Broch	Esbjerg Tri- og Multisport	0:18:54	13	19:53	1:43	7	1:24:53	16	31.81	0:50	2	0:47:57	12	4:33	2:34:14	0:21:34
10	194	Jakob Knudsen		0:19:03	14	20:03	2:17	15	1:24:49	15	31.84	1:38	27	0:48:06	13	4:34	2:35:51	0:23:11
11	181	Lars Hansen	HG Tri	0:18:52	12	19:51	2:27	19	1:23:27	9	32.36	1:03	9	0:50:41	18	4:49	2:36:29	0:23:49
12	61	Kenneth Andersen	Farsø Tri & Trim	0:18:45	11	19:43	2:16	14	1:19:57	5	33.78	1:18	18	0:54:28	28	5:11	2:36:42	0:24:02
13	138	Jørn Eriksen	Sønderholm Motionsklub	0:21:54	29	23:02	2:42	23	1:24:28	13	31.97	1:31	23	0:46:27	7	4:25	2:37:00	0:24:20
14	7	Claus Dalsager		0:19:51	19	20:53	4:48	41	1:24:29	14	31.96	1:34	25	0:46:24	6	4:25	2:37:04	0:24:24
15	276	Frank Friis	Randers Freja Triathlon	0:25:56	41	27:17	2:42	22	1:23:43	11	32:25	1:04	12	0:46:17	5	4:24	2:39:41	0:27:01
16	239	Kenneth Damkjær	LF Autisme	0:18:20	8	19:17	2:09	13	1:27:16	22	30.95	1:07	16	0:51:46	20	4:55	2:40:37	0:27:57
17	204	Preben Stentoft		0:18:08	7	19:04	3:07	27	1:27:07	21	30.99	1:41	28	0:51:38	19	4:54	2:41:38	0:28:58
18	182	Franz Müller		0:24:52	37	26:09	2:31	20	1:23:42	10	32:26	1:04	11	0:49:37	15	4:43	2:41:44	0:29:04
19	270	Jess Lundquist	Århus 1900 Triathlon	0:19:06	16	20:05	2:20	16	1:28:20	24	30.57	1:43	30	0:50:25	17	4:48	2:41:52	0:29:12
20	118	Thomas Østertoft	svendborg tri klub	0:16:38	3	17:30	2:20	17	1:26:39	18	31.16	1:00	8	0:57:12	38	5:26	2:43:47	0:31:07
21	279	Jesper Bach Dall	Haderslev Tri 2000	0:22:41	34	23:51	1:41	5	1:26:16	17	31.30	1:05	13	0:53:47	25	5:07	2:45:28	0:32:48
22	295	Jes Troborg	Skive AM	0:20:51	22	21:56	3:50	31	1:24:24	12	31.99	1:23	20	0:55:09	31	5:15	2:45:35	0:32:55
23	18	Sveinn Þórarinnsson	Snillingur	0:21:13	24	22:19	2:24	18	1:28:20	23	30.57	1:26	22	0:53:47	26	5:07	2:47:08	0:34:28
24	261	Hans Jørgen Eriksen	DDTri.dk	0:18:28	9	19:25	2:01	9	1:26:54	19	31.07	1:06	14	0:52:27	39	5:39	2:47:53	0:35:13
25	73	Heine Gloggenchser	SMT	0:21:42	27	22:49	2:03	10	1:31:00	28	29.68	0:56	4	0:52:32	23	5:00	2:48:11	0:35:31
26	1	Morten Skovsted		0:20:37	21	21:41	3:57	32	1:30:22	27	29.88	1:42	29	0:52:21	22	4:59	2:48:58	0:36:18
27	228	Søren H. Hertel	Aalborg Triathlon Klub	0:21:56	31	23:05	3:20	28	1:29:37	25	30.13	2:32	42	0:56:29	35	5:22	2:53:53	0:41:13
28	41	Morten Stampe Møller		0:26:13	42	27:34	5:15	43	1:35:50	33	28.18	1:50	33	0:47:12	10	4:29	2:56:17	0:43:37
29	207	Thomas Kramshøj		0:21:20	25	22:27	4:03	35	1:37:41	34	27.64	0:36	1	0:54:22	27	5:10	2:58:00	0:45:20
30	162	Niels Ellehage		0:21:47	28	22:55	4:00	33	1:35:39	32	28.23	1:19	19	0:56:01	33	5:20	2:58:45	0:46:05
31	326	Steen N. Jensen	SMT	0:17:31	5	18:25	4:08	36	1:47:24	44	25.14	2:07	38	0:47:49	11	4:33	2:58:58	0:46:18
32	9	Henrik Gade		0:21:07	23	22:13	7:11	48	1:34:53	31	28.46	2:51	45	0:55:31	32	5:17	3:01:31	0:48:51
33	244	Ole De Groot	Esbjerg V.	0:22:40	33	23:51	5:48	46	1:39:18	35	27.19	1:52	35	0:53:38	24	5:06	3:03:15	0:50:35
34	47	Morten Vistesen		0:22:33	32	23:44	4:10	37	1:39:35	36	27.11	2:15	39	0:57:07	37	5:26	3:05:38	0:52:58
35	10	Niels Clausen	Vestass Machining	0:24:56	38	26:13	2:54	26	1:29:41	26	30.11	1:31	24	1:07:06	42	6:23	3:06:06	0:53:26
36	192	Ole Christiansen		0:21:56	30	23:04	4:43	39	1:42:35	41	26.32	2:33	43	0:54:39	29	5:12	3:06:23	0:53:43
37	148	Hans Peter Clausen	Fredriksberg Ju-jutsu	0:26:15	43	27:37	2:47	25	1:42:59	42	26.22	1:24	21	0:54:45	30			

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

### 1/4 Ironman: Herrer 45 - 49 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
13	109	Karsten Helbo	Aarhus 1900 Triathlon	0:21:43	16	22:50	2:17	9	1:27:53	11	30.72	0:52	4	0:53:52	17	5:07	2:46:35	0:25:21
14	301	Jens Isaksen	Odder Atletik og Motion Tri	0:24:41	24	25:58	1:48	5	1:28:00	12	30.69	1:30	15	0:50:51	13	4:50	2:46:49	0:25:35
15	199	Andreas Kjeldsen		0:17:31	8	18:25	2:32	13	1:31:53	18	29.39	1:32	17	0:54:04	18	5:08	2:47:30	0:26:16
16	134	Morten Andersen		0:22:12	20	23:21	3:01	20	1:30:17	15	29.91	1:46	22	0:51:39	15	4:55	2:48:53	0:27:39
17	133	Jens Christian Flyve		0:26:22	30	27:44	2:21	10	1:32:18	19	29.26	1:55	24	0:50:28	12	4:48	2:53:22	0:32:08
18	132	Niels Henrik Markvad		0:22:07	19	23:16	2:26	12	1:34:49	23	28.48	1:29	14	0:53:21	16	5:04	2:54:11	0:32:57
19	175	Mikki Bangtrup	Vestas Machining	0:26:49	32	28:12	3:03	21	1:26:57	10	31.06	1:34	18	0:56:09	21	5:20	2:54:30	0:33:16
20	165	Jens Dyrholm Remontiusse		0:24:49	25	26:06	4:19	27	1:30:37	16	29.80	2:55	32	0:55:33	19	5:17	2:58:10	0:36:56
21	122	Jørgen A. Nielsen	Aalborg Triathlon Klub	0:21:11	13	22:17	3:38	24	1:33:10	20	28.98	2:03	25	0:58:15	25	5:32	2:58:15	0:37:01
22	185	Henrik Kalle	SMT	0:22:01	18	23:10	1:35	3	1:34:42	22	28.51	0:52	3	1:01:00	27	5:48	3:00:08	0:38:54
23	14	Mikael Knudsen	Ålborg Øst Road Runners club	0:27:55	33	29:22	5:19	30	1:33:27	21	28.89	2:08	28	0:51:32	14	4:54	3:00:19	0:39:05
24	60	Klaus Winther	OTK/OGF	0:25:04	27	26:22	7:20	33	1:28:33	13	30.50	5:00	34	0:58:11	24	5:32	3:04:05	0:42:51
25	188	Hamid Saidic	Køge Tri Team	0:24:54	26	26:12	2:51	18	1:38:30	28	27.41	1:51	23	0:57:08	22	5:26	3:05:12	0:43:58
26	191	Palle Havskov		0:19:10	10	20:10	3:38	23	1:46:18	31	25.40	2:07	27	0:57:23	23	5:27	3:08:35	0:47:21
27	146	Palle Lund Hansen	Frederiksberg Ju-jutsu klub	0:26:13	29	27:35	2:23	11	1:38:49	29	27.32	1:21	12	1:00:40	26	5:46	3:09:25	0:48:11
28	147	Ole Trøst Nissen	Nykredit	0:24:31	23	25:47	5:07	29	1:35:48	26	28.18	2:18	30	1:05:23	29	6:13	3:13:05	0:51:51
29	44	Henrik Kaaber		0:26:13	28	27:35	7:58	34	1:37:19	27	27.75	1:27	13	1:01:28	28	5:51	3:14:23	0:53:09
30	98	Robert Nordenhof		0:26:45	31	28:09	5:27	32	1:40:28	30	26.88	2:50	31	1:08:07	30	6:29	3:23:35	1:02:21
31	103	Bent Tougaard	SMT	0:22:22	21	23:31	2:40	15	1:48:21	32	24.92	2:11	29	1:08:15	31	6:29	3:23:46	1:02:32
32	8	Robert Carnot	Brædstrup Svømmehal	0:21:39	14	22:47	5:21	31	1:53:36	33	23.77	1:31	16	1:28:32	33	8:14	3:48:37	1:27:23
33	46	Jørgen Schütter		0:32:16	34	33:57	4:41	28	1:55:49	34	23.32	3:19	33	1:22:51	32	7:53	3:58:54	1:37:40
DNF	119	Robert Pedersen	Anneberg Transport	0:22:29	22	23:39	2:54	19	1:35:09	24	28.38	2:03	26	0	0	0		
DNF	117	Lasse Lindegaard	Gladsaxe tag- og vvs Entreprise		0			0	0	0	0	0	0	0	0	0		
DNF	152	Frank Paag			0			0	0	0	0	0	0	0	0	0		
DNS	259	Jan Bisgaard	Kolding Triathlon Klub		0			0	0	0	0	0	0	0	0	0		
DNS	246	Torben Sørensen	SMT		0			0	0	0	0	0	0	0	0	0		
DNS	139	Karl Ole Mikkelsen	SMT		0			0	0	0	0	0	0	0	0	0		

### 1/4 Ironman: Herrer 50 - 54 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	312	Birger Frederiksen	Århus 1900 Triathlon	0:15:23	1	16:10	1:12	1	1:16:05	1	35.49	1:19	4	0:43:59	1	4:11	2:17:55	
2	309	Jørgen Troelsgaard	Multiatleterne Esbjerg	0:17:48	3	18:43	1:53	4	1:20:34	2	33.51	1:12	3	0:44:27	2	4:13	2:25:53	0:07:58
3	269	Erik Jensen	Rødding Tri Klub	0:20:33	7	21:37	1:32	2	1:22:41	3	32.66	0:58	1	0:55:46	7	5:18	2:41:28	0:23:33
4	278	Jesper Lysgaard	Team Triathlon Herning	0:17:11	2	18:05	1:53	3	1:25:37	4	31.54	1:31	7	0:55:27	5	5:16	2:41:39	0:23:44
5	231	Dierk Naumann		0:17:53	4	18:49	3:18	9	1:29:43	5	30.10	1:38	8	0:52:06	3	4:57	2:44:36	0:26:41
6	178	Steen Betzer		0:20:19	5	21:22	2:35	8	1:30:51	7	29.72	1:23	5	0:53:50	4	5:07	2:48:56	0:31:01
7	71	Kjeld Fogtmann	SMT	0:22:13	10	23:22	2:34	7	1:30:07	6	29.97	1:24	6	1:00:15	8	5:44	2:56:31	0:38:36
8	74	Bent Grønvald Svendsen	SMT	0:20:59	8	22:05	3:33	11	1:32:03	8	29.33	1:45	10	1:04:05	9	6:06	3:02:25	0:44:30
9	45	Vagn Nielsen		0:28:02	14	29:30	5:06	14	1:42:31	10	26.34	0:59	2	0:55:30	6	5:17	3:12:07	0:54:12
10	31	Peter Albertsen		0:23:23	11	24:36	3:41	12	1:39:34	9	27.12	2:13	11	1:09:06	10	6:34	3:17:54	0:59:59
11	49	Bjarne Petersen	Team PeTersen	0:20:22	6	21:26	2:25	6	1:44:21	11	25.87	1:42	9	1:14:23	12	7:05	3:23:12	1:05:17
12	53	Kent Brixtofte		0:29:41	15	31:14	3:24	10	1:48:08	12	24.97	2:46	12	1:11:23	11	6:47	3:35:20	1:17:25
13	305	Henning Jørgensen		0:25:27	13	26:46	4:54	13	2:09:27	14	20.86	3:25	13	1:21:33	13	7:45	4:04:45	1:46:50
DNF	212	Finn Thrandum	Odder Triathlon	0:21:23	9	22:29	6:18	15	1:59:44	13	22.55	3:37	14	0	0	0		
DNF	72	Jan Michelsen	SMT	0:24:43	12	26:00	2:22	5	0	0	0	0	0	0	0	0		
DNS	89	Per Hellerup	Løgstrup		0			0	0	0	0	0	0	0	0	0		

### 1/4 Ironman: Herrer 55 - 59 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	234	John Normann	SMT	0:22:51	3	24:02	1:55	1	1:20:20	1	33.62	1:03	1	0:53:30	1	5:05	2:39:36	
2	271	Leif Hartmann	Haderslev Tri 2000	0:20:57	1	22:02	2:51	3	1:35:28	5	28.29	1:24	2	0:53:50	2	5:07	2:54:27	0:14:51
3	85	Leif Kristoffersen		0:21:37	2	22:44	3:04	4	1:34:23	3	28.61	1:45	3	1:00:48	4	5:47	3:02:04	0:22:28
4	5	Per Almerstrøm	Amager CR	0:27:48	6	29:14	5:36	5	1:34:51	4	28.47	3:47	6	0:59:44	3	5:41	3:11:14	0:31:38
5	280	Flemming Givskud	OGF	0:25:35	4	26:55	8:32	6	1:32:49	2	29.09	3:06	5	1:13:53	5	7:02	3:23:53	0:44:17
DNF	230	Poul Erik Dahlsen	SMT Silkeborg	0:26:57	5	28:21	2:26	2	1:45:39	6	25.56	2:09	4	0	0	0		

### 1/4 Ironman: Herrer 60+ år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	262	Svend Erik Andersen	tth herning	0:21:11	4	22:17	2:20	1	1:21:33	1	33.11	1:18	2	0:51:55	1	4:56	2:38:16	
2	232	Vagn Engelbreth Nielsen	Silkeborg Motion/Tri-Klub	0:19:59	2	21:02	2:26	2	1:26:39	2	31.16	1:46	5	0:56:29	2	5:22	2:47:17	0:09:01
3	167	Flemming Meldgaard	Bjerringbro Svømmeklub	0:18:29	1	19:27	3:28	4	1:33:10	4	28.98	1:18	1	1:03:39	5	6:03	3:00:03	0:21:47
4	91	Henrik Felding	Silkeborg	0:26:16	6	27:38	2:54	3	1:40:02	5	26.99	1:39	4	1:00:32	3	5:45	3:11:21	0:33:05
5	183	Christian Schou Jensen	SMT	0:22:39	5	23:49	3:43	6	1:33:08	3	28.99	2:03	6	1:16:18	8	7:15	3:17:49	0:39:33
6	265	Mogens G. Jepsen	Rødding Tri Klub	0:20:53	3	21:58	3:38	5	1:46:57	6	25.25	3:13	7	1:07:50	6	6:27	3:22:29	0:44:13
7	229	Max Burhoj		0:29:39	7	31:11	8:35	8	1:49:01	7	24.77	3:38	8	1:03:37	4	6:03	3:34:28	0:56:12
8	150	Sven Erik Kristoffersen	Atletica	0:29:57	8	31:31	3:50	7	1:49:09	8	24.74	1:35	3	1:15:18	7	7:10	3:39:47	1:01:31

### Ironkid: Piger 10 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1024	Line Damsgaard Andersen	SMT Wannabee	0:01:10	1	7:40	2:11	2	0:05:51	1	51.33	0:49	1	0:05:21	2	3:20	0:15:19	
2	1007	Michelle Berg	Rødokro IF / Tri	0:01:15	3	8:14	2:23	3	0:06:39	3	45.11	1:02	4	0:05:03	1	3:09	0:16:21	0:01:02
3	1008	Emilie Kampmann Olesen	multiatleterne	0:01:12	2	7:55	2:39	4	0:05:59	2	50.21	0:58	2	0:05:55	3	3:41	0:16:40	0:01:21
4	1017	Rikke Nielsen	SMT Wannabee	0:01:17	4	8:30	1:50	1	0:09:18	4	32.26	1:02	3	0:06:47	4	4:14	0:20:13	0:04:54
DNS	1004	Signe Hansen Baattrup			0			0	0	0	0	0	0	0	0	0		

### Ironkid: Piger 11 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1006	Ida Langkjær		0:00:58	1	6:23	1:56	3	0:06:18	2	47.67	0:52	1	0:04:32	1	2:49	0:14:34	
2	1042	Marina Holst		0:01:11	2	7:51	2:12	4	0:06:08	1	48.93	0:56	2	0:04:44	2	2:57	0:15:09	0:00:35
3	1018	Line Seerup	SeerupIT	0:01:19	6	8:44	1:39	2	0:06:52	5								

# Silkeborg Triathlon 2010

## Resultater i arrangement - Aldersklasser

Ironkid: Dreng 11 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
2	1039	Marcus Haugaard		0:01:04	4	7:01	1:31	3	0:04:36	1	65.22	0:43	1	0:03:59	4	2:29	0:11:51	0:00:17
3	1043	Kristian Corvalan	Chilevin	0:00:53	2	5:52	1:22	1	0:04:49	3	62.32	1:10	6	0:03:55	3	2:26	0:12:08	0:00:34
4	1034	Mathias Larsen		0:01:13	7	8:04	2:35	7	0:05:21	4	56.09	0:54	5	0:04:25	7	2:45	0:14:27	0:02:53
5	1013	Daniel Støckel		0:01:18	8	8:35	2:43	8	0:05:36	5	53.68	0:49	3	0:05:01	8	3:07	0:15:25	0:03:51
6	1020	Kasper Kowalski	Sønderholm Motionsklub	0:01:13	6	8:04	1:38	4	0:08:45	8	34.32	1:10	7	0:03:35	1	2:14	0:16:20	0:04:46
7	1001	Mikkel Pedersen	Sønderholm Motionsklub	0:01:08	5	7:27	2:06	5	0:08:08	6	36.96	0:52	4	0:04:13	6	2:37	0:16:25	0:04:51
8	1028	Alexander Støckel		0:00:59	3	6:30	2:19	6	0:08:22	7	35.90	1:19	8	0:04:09	5	2:35	0:17:07	0:05:33

Ironkid: Dreng 12 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1031	Philip Hansen	Rødekro IF-Tri	0:02:04	2	13:41	2:43	6	0:09:15	2	32.48	0:54	3	0:07:59	1	4:59	0:22:53	
2	1015	Christoffer Neubert		0:02:21	6	15:35	2:14	5	0:09:51	4	30.47	0:57	4	0:09:31	5	5:56	0:24:53	0:02:00
3	1005	Simon Raunholt		0:01:56	1	12:51	2:03	3	0:10:38	6	28.26	1:04	6	0:09:18	3	5:48	0:24:57	0:02:04
4	1036	Miklos Lindgaard Johansen		0:02:15	5	14:58	2:10	4	0:10:12	5	29.43	1:10	7	0:09:12	2	5:44	0:24:58	0:02:05
5	1022	Daniel Kampmann Olesen	multiatleterne	0:02:14	4	14:51	2:48	7	0:09:43	3	30.90	1:01	5	0:11:03	6	6:54	0:26:48	0:03:55
6	1037	Christian Ellehage		0:02:21	7	15:39	3:19	8	0:10:45	7	27.92		0	12:41:39	0	56:01	0:27:23	0:04:30
7	1025	Andreas Brix	SMT Wannabee	0:02:10	3	14:21	1:29	1	0:14:28	9	20.76	0:44	1	0:09:20	4	5:50	0:28:09	0:05:16
8	1032	Nicolas Rindsig		0:02:27	8	16:13	3:19	9	0:11:40	8	25.74	1:35	8	0:11:08	7	6:57	0:30:08	0:07:15
DNF	1026	Frederik Rex Olsen		0:02:32	9	16:47	1:43	2	0:08:59	1	33.44	0:50	2		0			
DNS	1038	Kasper Jespersen	Team Pjok		0			0		0			0		0			

Ironkid: Dreng 13 år

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1040	Rasmus Froberg	SIF Cykling	0:02:11	3	14:30	1:44	2	0:10:52	2	27.65	1:19	4	0:08:45	1	5:27	0:24:48	
2	1023	Mathias Skovsted		0:02:01	2	13:22	1:11	1	0:14:40	4	20.46	0:59	3	0:08:52	2	5:32	0:27:42	0:02:54
3	1021	Johannes Trosborg	Team Pjok	0:02:38	4	17:33	3:45	4	0:14:39	3	20.48	0:59	2	0:14:23	3	8:59	0:36:23	0:11:35
DNF	1033	Mathias De Groot	Esbjerg	0:01:59	1	13:09	2:55	3	0:08:58	1	33.47	0:49	1		0			