

## SALOMON HAMMER TRAIL 2013

### 100 MILES KVINDER

12 Tracy Høeg	29:10:19	00:54:06	03:27:39	03:57:29	05:05:37	05:25:04	04:59:59	05:20:25
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### 100 miles mænd

Navn	Resultat	1. lap	2. lap	3. lap	4. lap	5. lap	6. lap	7. lap
1 Henrik Leth Jørgensen	22:14:29	00:42:16	02:45:38	03:02:02	03:20:57	03:50:10	04:08:45	04:24:41
2 Allan Lyngholm	23:29:17	00:40:10	02:44:38	03:44:24	03:20:35	04:04:19	04:48:00	04:07:11
3 Rasmus Westergren	23:47:06	00:51:47	03:14:38	03:21:43	03:51:18	04:22:01	04:24:26	03:41:13
4 Johnny Wulff Andersen	24:15:25	00:48:25	03:11:19	03:26:12	04:00:14	04:21:23	04:21:08	04:06:44
5 Markus Flick	25:19:11	00:51:10	03:22:55	03:33:29	04:08:22	04:36:01	03:59:53	04:47:21
6 Bo Bregenhof	25:43:20	00:50:16	03:17:40	03:30:51	04:07:50	04:38:32	04:32:03	04:46:08
7 Tonni Bager	25:55:54	00:47:23	03:05:06	03:34:02	03:47:20	04:35:22	04:34:04	05:32:37
8 Jimmy Arvidsen	26:04:55	00:49:27	02:58:37	03:32:43	04:21:24	04:47:59	04:45:56	04:48:49
9 Ravn Hamberg	27:46:14	00:52:28	03:18:19	03:39:36	04:05:34	05:07:04	05:12:41	05:30:32
10 Mikkel Hoejborg Olsen	28:22:31	00:51:44	03:15:14	03:49:49	04:05:47	05:35:05	05:06:17	05:38:35
11 Søren Boserup	28:54:23	00:52:37	03:20:05	03:59:08	05:09:57	05:27:54	04:49:22	05:14:20
12 Flemming Andersson	28:59:57	00:51:43	03:36:45	04:06:55	05:03:18	04:52:19	04:47:36	05:41:43
13 Pól Sundskarð	29:04:21	00:50:11	03:30:46	03:59:47	04:53:51	05:35:04	05:04:49	05:09:53
14 Tomas Pilsborg	29:11:59	00:52:30	03:30:14	04:32:44	05:05:57	04:54:29	05:20:34	04:55:31
Mathias Jørgensen	14:04:59	00:44:22	02:45:04	03:02:40	03:28:27	04:04:26	-	DNF
Sigurd Mathiesen	17:27:10	00:52:26	03:20:13	03:48:24	04:21:08	05:04:59	-	DNF
Jan Rohde	18:33:44	00:51:10	03:27:43	04:01:46	04:53:35	05:19:30	-	DNF
Jan Henriksen	18:55:55	00:52:30	03:30:13	04:32:30	05:06:08	04:54:34	-	DNF
Henning Brinkmann	11:46:34	00:53:03	03:13:37	03:34:34	04:05:20	-	-	DNF
Jonas Olsson	11:54:23	00:41:12	02:51:31	03:35:47	04:45:53	-	-	DNF
Mårten Nilsson	11:59:45	00:52:38	03:28:51	04:28:45	03:09:31	-	-	DNF
Henrik N.Henriksen	12:43:12	00:48:26	03:12:22	03:52:18	04:50:06	-	-	DNF
Dan Majgaard	13:26:50	00:52:30	03:27:04	04:04:53	05:02:23	-	-	DNF
Kenneth Møller Pedersen	13:38:43	00:51:44	03:36:42	04:06:55	05:03:22	-	-	DNF
Kåre Ravnskov	15:17:19	00:52:26	03:37:35	04:22:18	06:25:00	-	-	DNF
Bernd Rohmann	15:25:49	00:57:06	04:06:46	04:45:37	05:36:20	-	-	DNF

Mads Hartmann Frederiksen	15:50:58	00:57:04	03:52:43	04:30:00	06:31:11	-	-	DNF
Peder Jensen	15:51:00	00:50:07	03:59:39	04:38:32	06:22:42	-	-	DNF
Peter Leisted Bøgevig	09:28:27	00:52:00	03:55:28	04:40:59	-	-	-	DNF
Andreas Hedensted	09:29:41	00:52:29	03:35:57	05:01:15	-	-	-	DNF
Daniel Ditlev Pedersen	09:51:24	00:52:27	03:55:09	05:03:48	-	-	-	DNF
Jens Krieger Røyen	03:50:24	00:47:24	03:03:00	-	-	-	-	DNF
Ragnar Nygård	04:19:02	00:52:36	03:26:26	-	-	-	-	DNF
Christian Johansson	04:40:29	00:52:31	03:47:58	-	-	-	-	DNF
Søren Frank Hansen	05:05:24	00:57:08	04:08:16	-	-	-	-	DNF

#### 50 MILES KVINDER

Navn	Klub	Resultat	1. lap	2. lap	3. lap	4. lap
13 Maibritt Skovgaard	Sparta	11:12:05	00:33:06	03:10:05	03:39:24	03:49:30
16 Lene Nissen Jensen	TIF	11:37:39	00:31:37	03:21:02	03:37:30	04:07:30
Jeanette Raj Mortensen	Fitness dk TRI/ Udgået	DNF	00:37:48	04:17:54	-	-
Maria Sølvvertorp	TIF Udgået	DNF	00:51:12	-	-	-

#### 50 MILES MÆND

Navn	Klub	Resultat	1. lap	2. lap	3. lap	4. lap
1 Kenneth Kofod	Køge	09:06:21	00:24:31	02:48:31	02:46:43	02:56:36 +10 min straftid
2 Jonas Borsøe	Viborg	09:16:32		03:24:42	02:57:19	02:54:31
3 Kent Olesen Abrahamsen	Team Fusion	09:31:02		03:24:40	02:57:24	03:08:58
4 Christian Nørfelt		09:36:48	00:24:45	02:48:04	03:04:11	03:09:48 +10 min straftid
5 Mikkel Holm	TIF	10:06:22	00:29:42	03:06:31	03:12:55	03:17:14
6 Per Egon Rasmussen	Espergærde	10:21:54	00:24:32	02:48:31	03:06:52	03:51:59 +10 min straftid
7 Fabrício Biolo Bastian	Tri4	10:27:56		03:24:46	03:25:52	03:37:18
8 Steffen Lund Andersen	TIF	10:36:05	00:33:45	02:59:29	03:25:05	03:37:46
9 Knut Korczak	Team Inov-8	10:37:57	00:30:17	02:55:36	03:28:59	03:43:05
10 Stefan Stougaard	Marathon Sport	10:39:37	00:31:39	03:11:24	03:38:25	03:18:09
11 Jacob Frydenlund Larsen	Team 300	10:42:50	00:30:52	03:12:10	03:25:03	03:34:45
12 Allan Jensen	TIF	10:46:41	00:29:43	03:06:29	03:26:43	03:43:46
13 Kenneth Hanning	Frederiksberg	10:50:22	00:31:41	03:11:35	03:43:30	03:23:36
14 Jonas Birk Hansen	TIF	11:08:47	00:34:09	03:09:28	03:37:16	03:47:54

15	Simon Lindal	Hørsholm	11:11:41	00:30:53	03:12:19	03:39:22	03:49:07
16	Thomas Andersen	Odense C	11:15:05	00:30:48	03:12:10	03:38:56	03:53:11
17	Søren Christian Brahe	Danish Turtles	11:35:28	00:31:38	03:11:22	03:43:46	04:08:42
18	Morten Themborg		12:09:18	00:31:51	03:21:42	03:44:45	04:31:00
19	Thomas Dupont	Welovesports.dk	12:09:22	00:30:51	03:12:19	03:57:10	04:29:02
20	Jesper Bønnelykke	Ruds Vedby	12:17:03	00:35:23	03:25:45	03:50:50	04:25:05
21	Bjørn Jensen	RIMO	12:20:47	00:36:40	03:39:22	04:03:37	04:01:08
22	Thomas Juhl	Support sport LMK Asnæs	12:34:39	00:31:50	03:02:39	04:04:13	04:55:57
23	Christian Pedersen	Haretri	13:26:26	00:33:39	03:42:19	04:28:05	04:42:23
24	Søren Lund	OTK	13:26:32	00:33:41	03:42:23	04:22:09	04:48:19
25	Henrik Damslund		14:05:27	00:33:39	03:42:21	04:27:32	05:21:55
26	Martin Moisen	Norge	14:25:17	00:36:34	03:48:35	04:53:00	05:07:08
27	Martin Panduro Olesen		14:42:17	00:38:58	04:21:15	04:55:35	04:46:29
28	Christian Grevelund	Nr. Aaby	14:46:00	00:45:23	04:21:17	04:37:14	05:02:06
	Dannie Lindved Mortensen	HLLH	DNF	00:29:57	03:07:32	03:35:45	-
	Peter Toke Heden Ahlgren		DNF	00:31:50	03:19:13	03:51:45	-
	Brian Markussen	TIF	DNF	00:33:05	03:10:09	04:37:59	-
	Jakob Svendsen	Vallensbæk	DNF	00:37:47	04:17:51	04:55:06	-
	Morten Emil Rasmussen		DNF	00:45:24	04:21:39	05:04:06	-
	Anders	Bagsværd	DNF	00:33:36	02:29:36	-	-
	Martin Berthelsen	Holbæk	DNF	00:31:45	03:22:41	-	-
	Lasse Hende Nørgaard	KTK86	DNF	00:33:35	03:57:49	-	-
	Claus Kirstejn Jensen	Holte	DNF	00:39:16	04:16:29	-	-
	Lars Ryberg Vikkelsø	Døvania	DNF	00:45:28	04:54:01	-	-
	Bo Munch	Vesterbro	DNF	00:38:26	05:04:31	-	-
	Thomas Nielsen	TIF	DNF	00:31:48	-	-	-
	Rasmus Pedersen	Ry Trail Runners	DNF	00:35:27	-	-	-

#### 100 miles løberes tid ved 50 miles (2 point UTMB)

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Mathias Jørgensen	10:00:33	00:44:22	02:45:04	03:02:40	03:28:27
Sigurd Mathiesen	12:22:11	00:52:26	03:20:13	03:48:24	04:21:08
Jan Rohde	13:14:14	00:51:10	03:27:43	04:01:46	04:53:35
Jan Henriksen	14:01:21	00:52:30	03:30:13	04:32:30	05:06:08

Henning Brinkmann	11:46:34	00:53:03	03:13:37	03:34:34	04:05:20
Jonas Olsson	11:54:23	00:41:12	02:51:31	03:35:47	04:45:53
Mårten Nilsson	11:59:45	00:52:38	03:28:51	04:28:45	03:09:31
Henrik N.Henriksen	12:43:12	00:48:26	03:12:22	03:52:18	04:50:06
Dan Majgaard	13:26:50	00:52:30	03:27:04	04:04:53	05:02:23
Kenneth Møller Pedersen	13:38:43	00:51:44	03:36:42	04:06:55	05:03:22

### 50 KM KVINDER

Navn	Klub	Resultat	1. lap	2. lap	
1 Nina Erstling Kristiansen	TeamQuinnerne.dk	06:28:06	02:54:28	03:33:38	
2 Anne-Marie Lyngbye	Hvalsø Løbeklub	06:52:45	03:07:37	03:45:08	
3 Vibeke Wounlund		06:56:31	03:03:50	03:52:41	
4 Lærke Rau	Fordi Vi Kan ;-)	07:34:01	03:39:10	03:54:51	
5 Birthe Grooss	FREDERICIA LØBEKLUB	08:12:30	03:42:46	04:29:44	
6 Kira Høg Kampmann	Roadrunners Adventure Team	08:32:58	03:49:03	04:43:55	
7 Pia Wichmann Henriksen	Skovshoved Triathlon klub	08:35:44	04:00:16	04:35:28	
8 Sanne Frahm-Hansen	Skovshoved Triathlon Klub	08:35:45	04:00:17	04:35:28	
9 Helle Kowsky	TIF	08:38:04	03:57:19	04:40:45	
10 Louise Kowsky	TIF	08:38:04	03:57:16	04:40:48	
11 Lisbet Hansen		05:02:48	05:02:48 -		Gennemført udenfor tidsgrænsen
12 Gurli Hansen	TIF	05:04:47	05:04:47 -		Gennemført udenfor tidsgrænsen

### 50 KM MÆND

Navn	Klub	Resultat	1. lap	2. lap	
1 Jacquers Dehnbostel	Løberen	04:57:52	02:13:48	02:44:04	
2 Leon Skriver Hansen	TIF	05:27:09	02:21:48	03:05:21	
3 Stefan Kristoffersen	Fordi Vi Kan ;-)	05:33:31	02:25:33	03:07:58	
4 Simon Rosell Holt	Køge Orienteringsklub	05:33:32	02:25:33	03:07:59	
5 Thomas Sønderby	København NV	05:34:26	02:29:54	03:04:32	
6 Torben Dahl		05:45:34	02:29:47	03:15:47	
7 Mads Blume	Faxe ladeplads	05:49:30	02:40:14	03:09:16	
8 Anders Fredsgaard Nielsen	SP2 Triathlon	05:51:46	02:31:52	03:19:54	

9	Jannich Sylvester Olliver Knudse	suport sport løbeklub	06:01:44	02:54:31	03:07:13
10	Flemming Hansen	DiBa Moneto	06:04:23	02:50:54	03:13:29
11	Christian Mussegaard	SP2	06:07:22	02:34:53	03:32:29
12	Anders Lindblad Vendelboe		06:11:07	02:43:57	03:27:10
13	Thomas Krath		06:12:29	02:45:13	03:27:16
14	Clemens Niedenthal		06:12:30	02:43:13	03:29:17
15	Claus Geisler		06:13:28	02:48:00	03:25:28
16	Christian Weis Højfeldt	Virum	06:17:23	02:51:16	03:26:07
17	Rasmus Knudsen		06:18:53	02:51:09	03:27:44
18	Martin Hald	København	06:18:54	02:51:09	03:27:45
19	Jacob Bloch Andersen		06:19:17	02:42:24	03:36:53
20	Thomas Kingo	DIS/PLAY	06:29:07	02:54:27	03:34:40
21	AndersThorn Poulsen		06:32:36	02:53:24	03:39:12
22	Torben Riesgaard Petersen	Rødovre AC	06:33:56	03:02:51	03:31:05
23	Steen Rasmussen	Taarbæk	06:34:16	02:47:48	03:46:28
24	Warny Saurbrey		06:35:43	03:02:50	03:32:53
25	John Færgemann	København	06:37:19	02:56:33	03:40:46
26	Casper Jensen	København	06:40:03	02:57:15	03:42:48
27	Rene Rasmussen	FREDERICIA LØBEKLUB	06:40:26	02:58:20	03:42:06
28	Peter Jensen	Team Jensenjr's	06:43:06	03:08:25	03:34:41
29	Peter Gøtze	Trekroner	06:43:07	03:08:26	03:34:41
30	Tim Kauling	København	06:46:05	02:42:18	04:03:47
31	Mick Dyreholt	skovshoved triathlon klub	06:46:18	02:45:20	04:00:58
32	Jakob Lunøe	Bryggens Sportsklub	06:47:56	02:53:33	03:54:23
33	Lars Thielsen	Ringsted	06:49:01	03:15:11	03:33:50
34	Matthew Mason	Langgarverne	06:50:28	03:06:00	03:44:28
35	Bent Jensen	FAGI	06:52:46	03:07:37	03:45:09
36	Brian Olsen	frederiksberg	07:00:08	03:13:09	03:46:59
37	Christoffer Friman		07:02:05	03:10:11	03:51:54
38	Mikkel Holtov	Kalundborg Tri	07:05:56	02:55:57	04:09:59
39	Rene Viem	DIS/PLAY	07:08:58	03:07:28	04:01:30
40	Kim Kristensen	TIF	07:09:01	03:13:19	03:55:42
41	Lars Bergelius	Langgarverne	07:16:29	03:32:54	03:43:35

42	Rene Barington	SNIK	07:20:24	03:14:13	04:06:11
43	Dennis Eirup	Kalundborg Triathlon	07:26:05	02:59:57	04:26:08
44	Anders Erbs		07:27:41	03:41:30	03:46:11
45	Rune M. C. Lyngsie	Birkerød	07:27:59	03:15:10	04:12:49
46	Jesper Nielsen		07:28:51	03:19:01	04:09:50
47	Lars Sønderskov Kristensen	Odense PI	07:31:06	03:16:26	04:14:40
48	Jan Glifberg	Løbeklubben på Facebook	07:36:45	03:18:43	04:18:02
49	Dan Bodal	Langgarverne	07:43:26	03:18:44	04:24:42
50	Jesper Weng	HSOK	07:43:37	03:29:47	04:13:50
51	Andreas Bille Brahe	TIF	07:45:48	03:28:53	04:16:55
52	Allan Rusmann	HareTri Trail Runners	07:49:35	03:32:55	04:16:40
53	Per Henriksen	Team Rold Skov	07:49:41	03:27:34	04:22:07
54	Lars Michael Sørensen	Kagerup	07:50:04	03:23:03	04:27:01
55	Martin Krogh Andersen	Farum	07:57:22	03:39:08	04:18:14
56	Michael Appel		07:57:34	03:27:45	04:29:49
57	Preben Nielsen	FREDERICIA LØBEKLUB	08:05:47	03:22:16	04:43:31
58	Peter-Emil Iversen	SP2	08:08:24	03:16:29	04:51:55
59	Claus Arndt Nielsen	Bugger's Triforce	08:08:35	03:35:58	04:32:37
60	ERIK GROOSS	FREDERICIA LØBEKLUB	08:12:30	03:41:31	04:30:59
61	Kim Rosenberg	Herlev	08:31:59	03:35:34	04:56:25
62	Jason Walton	IT Zynergy ApS	08:32:29	03:27:28	05:05:01
63	Niels Torp Madsen	Roadrunners Adventure Team	08:32:59	03:48:57	04:44:02
64	Ulrich Guldahl Poulsen	Team Kolding motion	08:33:36	03:51:39	04:41:57
65	Jesper Damkjær Hansen	Team Kolding motion	08:33:36	03:51:22	04:42:14
66	Gert Jørgensen		08:41:48	03:45:48	04:56:00
67	Mikael Christensen	Nyvest Atletik	08:50:36	03:58:13	04:52:23
68	Palle Madsen	IK Hellas	08:51:57	02:48:13	06:03:44
69	Tonni Ryborg	Kolding Motion	09:12:59	03:56:30	05:16:29
70	Tonny Iversen Sato	Greve	09:37:07	04:04:58	05:32:09
	Dan Olesen	Team Fusion/udgået	DNF	02:28:40	-
	Jesper Platz	Løberen/udgået	DNF	03:35:35	-
	Mads Nielsen	Jægerspris/udgået	DNF	04:54:23	-
	Søren B. Andersson	Sengeløse	DNF		

**25 KM KVINDER**

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Navn	Klub	Resultat
1 Lotta Alvérus	IS Göta	02:46:20
1 Johanna Dahlquist	IS Göta	02:46:20
2 Karin Lousie Swiegers	Langgarverne	02:50:41
3 Sidsel Petersen	Løbeklubben på facebook	02:53:53
4 Angelica Bergman	Team Settlers	03:03:58
5 Grethe Leth Jørgensen	Glarbo	03:11:13
6 Gitte Holmsberg	TIF	03:14:25
7 Annemette Skov	Team Skov	03:19:14
8 Anja Klejst	TIF	03:26:20
9 Mette Kristensen	Tejn IF/Løb	03:26:56
10 Lone Rasmussen	FREDERICIA LØBEKLUB	03:39:00
11 Gunva Kristensen	SÅN	03:40:57
12 Annette Munch-Jensen	Viking Atletik	03:40:57
13 Anne-Mette Lindgaard	TIF	03:46:15
14 Maria Sønderskov Kristensen	Odense PI	03:47:38
15 Mette Hyldahl Zimmer	Skovshoved tri klub	03:47:49
16 Helena Dahl		03:55:32
17 Dorte Brinkmann		03:55:58
18 Elly Lindhard	Skovshovde Triathlon klub	03:56:29
19 Jane Lavlund		04:00:38
20 Vivi Kjærsgaard	Nyvest	04:02:12
21 Charlotte Bjørnhof	Nyvest Atletik	04:02:13
22 Berit Hende Nørgaard	København	04:02:15
23 Stine Pedersen	Brønshøj	04:11:55
24 Lena Alsted Jensen	Esbjerg Atletik og Motion	04:34:48
25 Charlotte Krogh	Holte	04:48:55

**25 KM MÆND**

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Navn	Klub	Resultat
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1	Thomas Stagaard Jensen		02:29:33
2	Ole Bjerg	Team Triathlon Herning	02:33:11
3	Rasmus Studsgaard	PI Roskilde	02:37:33
4	Henrik Hansen		02:39:23
5	Asmus Sand	BVI - Bornholms Værns Idrætsfore	02:42:25
6	René Blichfeldt Andersen	København	02:43:21
7	Henrik Sjølander		02:46:00
8	Heine Larsen	ØIF	02:47:50
9	Kim Sørensen	Salomon DK	02:52:27
10	Jakob Themberg		02:52:46
11	Anders Thomsen	langgarverne Hillerød	02:56:20
12	Steen Haurum	Hvidovre	02:56:22
13	Santi Manzano	Kalundborg	02:58:17
14	Carsten Pedersen	Langgarverne	02:59:00
15	Kim Ole Kowsky	Sån	02:59:23
16	Martin Knudsgaard	Ry	02:59:43
17	Tommy Skou	Fjerritslev	03:03:53
18	Jan Allan Sørensen	Esbjerg Atletik og Motion	03:05:33
19	Palle Andersen	langgarverne	03:06:52
20	Martin Greve	Greven & Baronerne	03:09:02
21	René Rasmussen	Greven & Baronerne	03:09:03
22	Bjørn Truelsen	Holbæk LMK	03:10:22
23	Kim Henning Hansen	PI Roskilde	03:12:02
24	Kristoffer Nothlev	BVI	03:14:23
25	Johnny Klærke	PI Roskilde	03:14:28
26	Thomas Skov	Team Skov	03:19:15
27	Carsten Laursen		03:19:45
28	Bo Engeltoft		03:21:31
29	Claus Holtov		03:27:23
30	Martin Nedergaard Jeppesen	Team Jeppesen	03:29:44
31	Nikolaj Lobner	frederiksberg	03:30:24
32	Jens Kammer	Holbæk LMK	03:32:12
33	Allan Warming	Kalundborg	03:44:55



34	Rune Bayer Rasmussen	PI Roskilde	03:46:59
35	Rune Lundbeck Andersen		03:46:59
36	Peter Hyldahl	Power couple	03:47:45
37	Andreas Prehn	PI Roskilde	03:51:31
38	Kasper Sjørsløv		03:51:52
39	Martin Christian Koch	Team ATS	03:52:56
40	Caspar Rieck Mikkelsen		03:53:25
41	Mogens Gisselbæk	Langgarverne	03:55:08
42	Ronny Dahl		03:55:34
43	Karsten Nilsson	Bornholms Hospital	03:56:29
44	Knud Lindhard	Skovshovde Triathlon klub	03:56:30
45	Hans-Erik Anderberg		04:00:38
46	Valdemar Balle	Famile Vestergaard	04:02:15