

# Resultater – Vinter OL 7. afdeling - Store Hareskov

2025-03-01

Vis de 100 bedste

|                          |                               |                          |            |              |                |
|--------------------------|-------------------------------|--------------------------|------------|--------------|----------------|
| <b>H-Let 3 km</b>        |                               | <b>(2 / 2)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Nor                           | PI Orientering           | 53:23      |              | 0:44           |
| 2.                       | Svend Erik Jensen             | Ballerup OK              | 59:22      | +5:59        | 6:09           |
| <b>D-Let 3 km</b>        |                               | <b>(6 / 6)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Daria Wagner                  | Lyngby OK                | 30:08      |              | 2:33           |
| 2.                       | Maria Krog Schulz             | Ballerup OK              | 37:06      | +6:58        | 2:51           |
| 3.                       | Inge Christiansen             | AMOK                     | 40:38      | +10:30       | 2:03           |
| 4.                       | Mette Hvene Rasmussen         | Ballerup OK              | 46:58      | +16:50       | 2:33           |
| 5.                       | Inge K. Kristoffersen         | Ballerup OK              | 1:00:25    | +30:17       | 9:33           |
| 6.                       | Helgard Olsen                 | AMOK                     | 1:13:16    | +43:08       | 15:24          |
| <b>D-Mellemsvær 4 km</b> |                               | <b>(5 / 5)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Nanna Petersen                | No Klub                  | 46:33      |              | 5:48           |
| 2.                       | Alberthe Lindehøj Henriksen   | Kildeholm OK             | 54:57      | +8:24        | 13:38          |
| 3.                       | Trine Hersholt                | Ballerup OK              | 1:00:56    | +14:23       | 18:11          |
| 4.                       | Alice Troy                    | No Klub                  | 1:14:48    | +28:15       | 18:24          |
|                          | Ida Bech                      | OK73                     | Ej startet |              |                |
| <b>H-Mellemsvær 4 km</b> |                               | <b>(2 / 2)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Pierre Skipper                | Ballerup OK              | 37:57      |              | 0:00           |
| 2.                       | Viggo Hansen                  | Ballerup OK              | 1:07:01    | +29:04       | 15:35          |
| <b>D-Svær 3 km blå</b>   |                               | <b>(4 / 4)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Susan Stub                    | PI Orientering           | 37:34      |              | 0:00           |
| 2.                       | Lisbeth Jensen                | Ballerup OK              | 45:40      | +8:06        | 3:36           |
| 3.                       | Louise Belmonte               | Kildeholm OK             | 57:36      | +20:02       | 4:37           |
| 4.                       | Vivi Hansen                   | OK Skærmens Værløse      | 58:19      | +20:45       | 14:25          |
| <b>H-Svær 3 km blå</b>   |                               | <b>(7 / 7)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Henrik Petersen               | Ballerup OK              | 32:39      |              | 0:55           |
| 2.                       | Michael Eflund                | Ballerup OK              | 49:41      | +17:02       | 6:16           |
| 3.                       | Knud Torm                     | OK Skærmens Værløse      | 51:17      | +18:38       | 3:45           |
| 4.                       | Leo Mathiesen                 | FIF Hillerød Orientering | 1:03:32    | +30:53       | 8:46           |
| 5.                       | Vagn Jensen                   | PI Orientering           | 1:08:24    | +35:45       | 20:47          |
|                          | Jens Høgsfeldt                | FIF Hillerød Orientering | Ej startet |              |                |
|                          | Poul Gregersen                | Ballerup OK              | Ej startet |              |                |
| <b>D-Svær 4 km</b>       |                               | <b>(9 / 9)</b>           | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
| 1.                       | Birgitte Birck                | Allerød OK               | 40:31      |              | 1:24           |
| 2.                       | Tine Østergaard               | Kildeholm OK             | 41:30      | +0:59        | 6:16           |
| 3.                       | Karo Saxtorph Schulz          | Ballerup OK              | 42:25      | +1:54        | 2:33           |
| 4.                       | Louise Vagtborg Vang-Pedersen | Farum OK                 | 45:06      | +4:35        | 5:01           |
| 5.                       | Christina Bøje                | DSRs O-sektion           | 51:29      | +10:58       | 7:26           |
| 6.                       | Maria Iben Sell-Petersen      | Allerød OK               | 53:22      | +12:51       | 8:24           |
| 7.                       | Anja Christiansen             | Kildeholm OK             | 58:44      | +18:13       | 8:50           |
| 8.                       | Ellen Kuehn Jensen            | Ballerup OK              | 1:03:49    | +23:18       | 7:31           |
| 9.                       | Ea wannerberg                 | Ballerup OK              | 1:17:04    | +36:33       | 30:57          |

| <b>H-Svær 4 km</b> |                       | <b>(12 / 12)</b>    | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
|--------------------|-----------------------|---------------------|------------|--------------|----------------|
| 1.                 | Bruno Stub            | PI Orientering      | 29:41      |              | 0:00           |
| 2.                 | Rasmus Kristensen     | Ballerup OK         | 36:27      | +6:46        | 6:58           |
| 3.                 | Niels Hamborg Jensen  | OK Skærmøen Værløse | 37:47      | +8:06        | 1:42           |
| 4.                 | Jens Peter Gundorf    | OK ØST Birkerød     | 39:55      | +10:14       | 2:06           |
| 5.                 | Dan Frederiksen       | PI Orientering      | 42:02      | +12:21       | 1:21           |
| 6.                 | Lars Bech Jensen      | Ballerup OK         | 44:02      | +14:21       | 4:23           |
| 7.                 | Karsten Jørgensen     | PI Orientering      | 46:00      | +16:19       | 4:48           |
| 8.                 | Frederik              | OK73                | 53:09      | +23:28       | 9:52           |
| 9.                 | Jan Kristoffersen     | Ballerup OK         | 54:44      | +25:03       | 5:54           |
| 10.                | Carsten Sønderup      | PI Orientering      | 54:55      | +25:14       | 8:08           |
| 11.                | Bent Lishmann Nielsen | Ballerup OK         | 56:07      | +26:26       | 16:19          |
|                    | Jimmy Høen            | Ballerup OK         | Fejlklip   |              |                |

| <b>D-Svær 6 km</b> |               | <b>(1 / 1)</b> | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
|--------------------|---------------|----------------|------------|--------------|----------------|
|                    | Jane Sørensen | PI Orientering | Udgået     |              |                |

| <b>H-Svær 6 km</b> |                             | <b>(16 / 16)</b>         | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
|--------------------|-----------------------------|--------------------------|------------|--------------|----------------|
| 1.                 | Sune Vang-Pedersen          | Farum OK                 | 38:05      |              | 0:00           |
| 2.                 | Jesper Lægsgaard            | Lyngby OK                | 40:20      | +2:15        | 0:34           |
| 3.                 | Knud Vagtborg Vang-Pedersen | Farum OK                 | 45:00      | +6:55        | 5:46           |
| 4.                 | Henrik Albahn               | Lyngby OK                | 45:34      | +7:29        | 3:29           |
| 5.                 | Søren Albæk Jensen          | Amager OK                | 45:53      | +7:48        | 5:17           |
| 6.                 | Søren Sloth                 | FIF Hillerød Orientering | 46:44      | +8:39        | 1:03           |
| 7.                 | Leif E Larsen               | Tisvilde Hegn OK         | 48:32      | +10:27       | 1:34           |
| 8.                 | Michael Møller              | Ballerup OK              | 49:06      | +11:01       | 3:56           |
| 9.                 | Kurt Thuesen                | FSK                      | 49:53      | +11:48       | 4:21           |
| 10.                | Jørn Lind                   | PI Orientering           | 53:50      | +15:45       | 7:57           |
| 11.                | Ernst Poulsen               | Amager OK                | 57:30      | +19:25       | 4:25           |
| 12.                | Jens Balslev                | OK73                     | 1:03:35    | +25:30       | 6:10           |
| 13.                | Søren Rinder                | Lyngby OK                | 1:06:16    | +28:11       | 15:03          |
| 14.                | Rune Larsen                 | AMOK                     | 1:19:39    | +41:34       | 14:32          |
|                    | Michael Hjorth              | Ballerup OK              | Fejlklip   |              |                |
|                    | Benjamin Trock              | Ballerup OK              | Ej startet |              |                |

| <b>H-Svær 8 km</b> |                     | <b>(11 / 11)</b> | <b>Tid</b> | <b>Efter</b> | <b>Tidstab</b> |
|--------------------|---------------------|------------------|------------|--------------|----------------|
| 1.                 | Mads Troelsgård     | Lyngby OK        | 47:30      |              | 0:00           |
| 2.                 | Jesper David Jensen | Tisvilde Hegn OK | 51:50      | +4:20        | 2:17           |
| 3.                 | Lars Lyngsø         | Allerød OK       | 53:58      | +6:28        | 1:19           |
| 4.                 | Christian Olsen     | Amager OK        | 57:18      | +9:48        | 3:25           |
| 5.                 | Vilnis Frishfelds   | Lyngby OK        | 1:00:12    | +12:42       | 2:25           |
| 6.                 | Søren Vestergaard   | PI Orientering   | 1:03:55    | +16:25       | 2:31           |
| 7.                 | Morten Østergaard   | Kildeholm OK     | 1:06:38    | +19:08       | 9:36           |
| 8.                 | Morten Ploug        | Ballerup OK      | 1:09:19    | +21:49       | 3:01           |
| 9.                 | Frederik Brønd      | Lyngby OK        | 1:09:20    | +21:50       | 2:35           |
| 10.                | Brian Lauritzen     | Ballerup OK      | 1:36:24    | +48:54       | 17:11          |
|                    | Janus Helbo         | Lyngby OK        | Fejlklip   |              |                |