

## Resultatliste, Søstafettræning d 24. juni 2021

HOLD	MSR											
NAVN	Malthe	Mathias	Thomas	Malthe	Mathias	Thomas	Malthe	Mathias	Thomas	Malthe	Mathias	Thomas
Totaltid	00:05:20	00:10:32	00:15:55	00:21:18	00:26:40	00:31:47	00:37:15	00:42:34	00:47:45	00:53:11	00:58:30	01:03:45
Turtid	<b>5:20</b>	<b>5:12</b>	5:23	5:23	5:22	<b>5:07</b>	5:28	5:19	5:11	5:26	5:19	5:15
Tempo	3:01	2:56	3:02	3:02	3:02	2:53	3:05	3:00	2:56	3:04	3:00	2:58

HOLD	LaMa										
NAVN	Mads	Lasse	Mads	Lasse	Mads	Lasse	Mads	Lasse	Mads	Lasse	Mads
Totaltid	00:05:58	00:11:57	00:17:52	00:23:47	00:29:50	00:35:44	00:41:53	00:47:58	00:53:59	01:00:02	
Turtid	5:58	5:59	<b>5:55</b>	5:55	6:03	<b>5:54</b>	6:09	6:05	6:01	6:03	
Tempo	3:22	3:23	3:21	3:21	3:25	3:20	3:28	3:26	3:24	3:25	

HOLD	H&P									
NAVN	Palle	Hannah	Palle	Hannah	Palle	Hannah	Palle	Hannah	Palle	Hannah
Totaltid	00:06:13	00:13:07	00:19:12	00:26:13	00:32:36	00:39:42	00:46:05	00:53:23	00:59:35	01:07:40
Turtid	6:13	<b>6:54</b>	<b>6:05</b>	7:01	6:23	7:06	6:23	7:18	6:12	8:05
Tempo	3:31	3:54	3:26	3:58	3:36	4:01	3:36	4:07	3:30	4:34

HOLD	Tempo Tigers									
NAVN	Hilmar	Jesper	Hilmar	Jesper	Jimmi	Hilmar	Jesper	Hilmar	Jesper	
Totaltid	00:07:14	00:13:57	00:20:53	00:27:29	00:33:33	00:40:39	00:47:10	00:54:29	01:01:21	
Turtid	7:14	6:43	<b>6:56</b>	6:36	<b>6:04</b>	7:06	<b>6:31</b>	7:19	6:52	
Tempo	4:05	3:48	3:55	3:44	3:26	4:01	3:41	4:08	3:53	

HOLD	De Smukke Unge Mennesker									
NAVN	Anders	Louise	Per P	Anders	Louise	Per P	Anders	Louise	Per P	
Totaltid	00:07:47	00:15:17	00:22:06	00:29:52	00:37:15	00:44:32	00:52:04	00:59:26	01:06:35	
Turtid	7:47	7:30	<b>6:49</b>	7:46	7:23	7:17	<b>7:32</b>	<b>7:22</b>	7:09	
Tempo	4:24	4:14	3:51	4:23	4:10	4:07	4:15	4:10	4:02	

HOLD	Torsten Langergaard									
NAVN	Torsten	Torsten	Torsten	Torsten	Torsten	Torsten	Torsten	Torsten	Torsten	
Totaltid	00:06:38								<b>00:58:42</b>	
Turtid	<b>6:38</b>									
Tempo										

HOLD	BLANKT								
NAVN	Jan	Mic	NT	Jan	Mic	NT	Jan	Mic	
Totaltid	00:07:32	00:14:59	00:22:29	00:30:15	00:37:51	00:45:18	00:53:13	01:00:54	
Turtid	<b>7:32</b>	<b>7:27</b>	7:30	7:46	7:36	<b>7:27</b>	7:55	7:41	
Tempo	4:15	4:13	4:14	4:23	4:18	4:13	4:28	4:20	

HOLD	Løwerne							
NAVN	Ole	Kim	Ole	Kim	Ole	Kim	Ole	Kim
Totaltid	00:08:03	00:15:52	00:24:03	00:31:59	00:40:17	00:48:15	00:56:36	01:04:33
Turtid	<b>8:03</b>	<b>7:49</b>	8:11	7:56	8:18	7:58	8:21	7:57
Tempo	4:33	4:25	4:37	4:29	4:41	4:30	4:43	4:29

HOLD	Salattøserne						
NAVN	Grete	Anja	Grete	Anja	Grete	Anja	Grete
Totaltid	00:09:29	00:18:13	00:27:23	00:36:24	00:45:50	00:54:45	01:04:37
Turtid	9:29	<b>8:44</b>	<b>9:10</b>	9:01	9:26	8:55	9:52
Tempo	5:21	4:56	5:11	5:06	5:20	5:02	5:34

HOLD	Erik og Co					
NAVN	Erik	Tove	Kirsten	Kim	Erik	Tove
Totaltid	00:11:13	00:22:37	00:33:00	00:42:58	00:53:58	01:04:48
Turtid	11:13	11:24	<b>10:23</b>	<b>9:58</b>	<b>11:00</b>	<b>10:50</b>
Tempo	6:20	6:26	5:52	5:38	6:13	6:07

HOLD	The Runners					
NAVN	Hanne	Vibeke	Hanne	Vibeke	Hanne	Vibeke
Totaltid	00:10:35	00:22:37	00:33:17	00:45:03	00:55:32	01:07:07
Turtid	10:35	12:02	10:40	11:46	<b>10:29</b>	<b>11:35</b>
Tempo	5:59	6:48	6:02	6:39	5:55	6:33

HOLD	Dream Team					
NAVN	Lars	Lis J	Lis L	Lars	Lis J	Lis L
Totaltid	00:11:13	00:22:37	00:33:33	00:45:00	00:56:18	01:07:24
Turtid	<b>11:13</b>	11:24	<b>10:56</b>	11:27	<b>11:18</b>	11:06
Tempo	6:20	6:26	6:11	6:28	6:23	6:16

HOLD	Hold IB					
NAVN	Britta	Iben	Britta	Iben	Britta	Iben
Totaltid	00:12:12	00:23:30	00:35:24	00:47:00	00:59:10	01:10:53
Turtid	12:12	<b>11:18</b>	<b>11:54</b>	11:36	12:10	11:43
Tempo	6:54	6:23	6:43	6:33	6:52	6:37

## Hurtigste tider

Navn	Hold	Tid
Thomas	MSR	5:07
Mathias	MSR	5:12
Malthe	MSR	5:20
Jimmi	Independent	5:50
Lasse	LaMa	5:54
Mads	LaMa	5:55
Palle	H&P	6:05
Jesper	Tempo Tigers	6:31
Torsten	Independent	6:38
Per P	De Smukke Unge Mennesker	6:49
Hannah	H&P	6:54
Hilmar	Tempo Tigers	6:56
Louise	De Smukke Unge Mennesker	7:22
Mic	BLANKT	7:27
NT	BLANKT	7:27
Anders	De Smukke Unge Mennesker	7:32
Jan	BLANKT	7:32
Kim	Løwerne	7:49
Ole	Løwerne	8:03
Anja	Salattøserne	8:44
Grete	Salattøserne	9:10
Kim	Erik & Co	9:58
Kirsten	Erik & Co	10:23
Hanne	The Runners	10:29
Tove	Erik & Co	10:50
Lis L	Dream Team	10:56
Erik	Erik & Co	11:00
Lars	Dream Team	11:13
Lis J	Dream Team	11:18
Iben	Hold IB	11:18
Vibeke	The Runners	11:35
Britta	Hold IB	11:54