# handiKAProning 2010

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| | 20-apr | 27-apr | 04-maj | 11-maj | 18-maj | 25-maj | 01-jun | 08-jun | 15-jun | 22-jun | 29-jun | 06-jul | 13-jul | 20-jul | 27-jul | 03-aug | 10-aug | 17-aug | 24-aug | 31-aug | 07-sep | | |
| Per Hallum | | 20:48 | 19:27 | | | | | | | 19:11 | | 19:03 | | | | | 18:16 | 18:35 | | | | 132 | 21 |
| | | 20 | 24 | | | | | | | 21 | | 22 | | | | | 25 | 20 | | | | | |
| Tonny Jensen | 21:26 | 21:14 | 20:31 | **Tid** | | 20:48 | 01:28:23 | 19:27 | 00:53,96 | 19:49 | 01:31:22 | 21:59 | | | 19:28 | 01:28:30 | 19:02 | 19:08 | 20:19 | 01:26:23 | 00:55,63 | 348 | 1 |
| | 20 | 25 | 22 | 20 | | 24 | 25 | 24 | 24 | 18 | 22 | 17 | | | 24 | 19 | 23 | 24 | 24 | 22 | 25 | | |
| Frank H Hansen | 20:12 | 20:58 | | 19:42 | | **Tid** | 01:27:17 | 18:45 | 00:56,30 | | | 19:50 | 00:58,03 | | | Redning | 18:50 | | | | 01:03,72 | 253 | 7 |
| | 20 | 21 | | 22 | | 20 | 21 | 23 | 20 | | | 19 | 24 | | | 20 | 20 | | | | 23 | | |
| Casper Rud | 17:24 | 18:24 | 17:18 | 16:59 | 00:56,56 | | | | 00:50,39 | 17:08 | 01:17:52 | 17:05 | | | | | | 17:14 | | 01:21:12 | | 220 | 12 |
| | 20 | 20 | 16 | 19 | 20 | | | | 21 | 19 | 24 | 21 | | | | | | 21 | | 19 | | | |
| Ryan Sangil | 18:03 | 19:08 | | 17:45 | | | 01:20:32 | 17:22 | 00:58,28 | **Tid** | 01:19:40 | 18:27 | 00:58,94 | 17:28 | | 01:18:17 | | | | | | 239 | 10 |
| | 20 | 19 | | 18 | | | 19 | 21 | 17 | 20 | 23 | 18 | 21 | 23 | | 20 | | | | | | | |
| Anne-Mette Jensen | **Tid** | 26:40 | 25:00 | | 01:15,30 | 24:52 | | | 01:13,14 | 23:32 | | **Tid** | 01:16,26 | 22:37 | 23:00 | | | | | | | 248 | 8 |
| | 20 | 20 | 25 | | 24 | 25 | | | 22 | 25 | | 20 | 22 | 24 | 21 | | | | | | | | |
| Vibe Sandberg | 20:56 | | 20:31 | 20:09 | | 21:46 | 01:29:10 | 19:54 | 01:09,38 | 20:22 | | | | | | | | | | | | 152 | 20 |
| | 20 | | 19 | 20 | | 20 | 22 | 19 | 15 | 17 | | | | | | | | | | | | | |
| Grane Maaløe | 19:47 | | **Tid** | | | | | | | | | | | | | | | | | | | 40 | 25 |
| | 20 | | 20 | | | | | | | | | | | | | | | | | | | | |
| Sjef Schlappi | 19:43 | 19:45 | 19:24 | 19:01 | 00:58,20 | 19:51 | 01:27:16 | **Tid** | 00:54,11 | 18:43 | 01:31:17 | 19:43 | 00:57,59 | | 19:05 | 01:23:15 | 18:40 | 18:40 | 19:56 | 01:21:05 | 00:56,45 | 346 | 2 |
| | 20 | 24 | 18 | 21 | 22 | 23 | 18 | 20 | 23 | 22 | 20 | 20 | 25 | | 22 | 23 | 22 | 25 | 25 | 25 | 24 | | |
| Karsten Munk-Petersen | 21:00 | 21:03 | 19:58 | 21:10 | | 21:34 | 01:29:09 | 19:46 | | 20:18 | 01:33:22 | | | | 20:20 | 01:28:31 | | 19:59 | 21:14 | 01:29:40 | | 287 | 5 |
| | 20 | 23 | 23 | 15 | | 21 | 20 | 18 | | 16 | 21 | | | | 20 | 22 | | 22 | 23 | 23 | | | |
| Mogens Leth | 20:02 | | 19:43 | 19:06 | 01:01,61 | | | 18:46 | 00:57,34 | 19:40 | | Redning | | | 19:31 | 01:23:16 | 18:43 | 19:18 | | 01:26:22 | | 258 | 6 |
| | 20 | | 17 | 23 | 21 | | | 20 | 19 | 15 | | 20 | | | 19 | 24 | 21 | 19 | | 20 | | | |
| Michael Staghøj | 20:09 | | | 20:28 | 01:00,01 | | | 20:16 | 00:53,08 | | | | | | | | | | | | | 103 | 23 |
| | 20 | | | 16 | 25 | | | 17 | 25 | | | | | | | | | | | | | | |
| Jan Bisbo | 20:14 | | 19:34 | 19:24 | | | | | **Tid** | 19:25 | | | | | 20:14 | | | | | | | 116 | 22 |
| | 20 | | 21 | 17 | | | | | 20 | 20 | | | | | 18 | | | | | | | | |
| Flemming Brix | 21:21 | 21:30 | 21:23 | | | | | | | 20:55 | 01:33:35 | 20:36 | | | 20:23 | 01:28:30 | 19:48 | 20:27 | | | | 219 | 13 |
| | 20 | 22 | 15 | | | | | | | 23 | 25 | 23 | | | 25 | 25 | 24 | 17 | | | | | |
| Per Andersen | 21:38 | **Tid** | 21:02 | 20:21 | 01:15,30 | 21:50 | 01:29:49 | 25:21 | 01:09,27 | 19:33 | 01:37:24 | 22:26 | 01:13,08 | 20:01 | | 01:33:03 | | 20:11 | | 01:29:38 | 01:08,99 | 309 | 3 |
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| Christine Levring | **Tid** | | | | | | | | | | | | | | | | | | | | | 20 | 28 |
| | 20 | | | | | | | | | | | | | | | | | | | | | | |
| Lisbet Bjerregaard | | 26:41 | **Tid** | 24:08 | 01:24,69 | 26:03 | | 22:43 | 01:13,03 | 23:53 | 01:55:08 | | | | **Tid** | 01:46:25 | 23:28 | 23:33 | **Tid** | 01:50:32 | 01:23,14 | 296 | 4 |
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| Poul Lervad | | Udgået | 22:37 | | 01:09,19 | | | 22:13 | | 23:12 | 01:55:00 | 28:12 | 01:11,40 | 20:21 | | 01:31:25 | | 20:28 | | 01:32:05 | | 243 | 9 |
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| Maria Maaløe | | | 22:36 | | | | | | | | | | | | | | | | | | | 20 | 28 |
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| Christina Dam-Tholstrup | | | | 21:22 | | | 01:33:00 | | | | | | 01:14,97 | | | | | | | | | 64 | 24 |
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| Anders Mikkelsen | | | | | 00:53,49 | | 01:28:24 | | | | | | | | | | | | | | | 40 | 25 |
| | | | | | 20 | | 20 | | | | | | | | | | | | | | | | |
| Martin Andersen | | | | | | | 01:33:00 | | | 21:42 | | | | | | | | | | | | 40 | 25 |
| | | | | | | | 20 | | | 20 | | | | | | | | | | | | | |
| Rasmus Hansen | | | | | | | | | 01:07,89 | | | | | | | | | | | | | 20 | 28 |
| | | | | | | | | | 20 | | | | | | | | | | | | | | |
| Kasper Poulsen | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | 25:09 | | 24:03 | | | 24:06 | | | | 26:56 | | | 230 | 11 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | 20 | | 25 | | | 23 | | | | 22 | | | | |
| Mads V. Pedersen | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | 23:48 | | | | | | | | | | | | 160 | 15 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | 20 | | | | | | | | | | | | | |
| Trine Bengtson | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | 24:30 | | 23:31 | | | | | | | | | | 184 | 14 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | 20 | | 24 | | | | | | | | | | | |
| Tom B. Knutsen | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | 25:58 | | | | | | | | | | | | 160 | 15 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | 20 | | | | | | | | | | | | | |
| Birgit Jokumsen | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | 28:58 | | | | | | | | | | | | 160 | 15 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | 20 | | | | | | | | | | | | | |
| Andreas Lysdal | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | | | 22:03 | | | | | | | | | | 160 | 15 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | | | 20 | | | | | | | | | | | |
| Oliver Høj Jensen | Disp | Disp | Disp | Disp | Disp | Disp | Disp | | | | | 27:26 | | | | | | | | | | 160 | 15 |
| | 20 | 20 | 20 | 20 | 20 | 20 | 20 | | | | | 20 | | | | | | | | | | | |
| Allan Bramming | | | | | | | | | | | | | 01:06,78 | | | | | | | | | 20 | |
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| Laura Leth | | | | | | | | | | | | | | | 24:01 | | | | | | | 20 | |
| | | | | | | | | | | | | | | | 20 | | | | | | | | |
| Deltagere | 15 | 12 | 15 | 13 | 9 | 8 | 10 | 11 | 13 | 20 | 10 | 15 | 8 | 4 | 10 | 10 | 7 | 10 | 6 | 8 | 5 | Gennemsnit | 10,190476 |

Samlet bedste tid

Personlig bedste tid

Flest point

Dagens vinder

Fratrunke løb

Alm. HandiKAP

Sprint

Lilleø Marathon