handiKAProning 2011

	Uge 17	Uge 18	Uge 19	Uge 20	Uge 21	Uge 22	Uge 23	Uge 24	Uge 25	Uge 26	Uge 27	Uge 28	Uge 29	Uge 30	Uge 31	Uge 32	Uge 33	Uge 34	Uge 35	Uge 36	Samlet minus 5 løb	Samlet placering
	26-apr	03-maj	10-maj	17-maj	24-maj	31-maj	07-jun	14-jun	21-jun	28-jun	05-jul	12-jul	19-jul	26-jul	02-aug	09-aug	16-aug	23-aug	30-aug	06-sep		
Per Hallum	19:49	19:11	18:39				18:20			19:03	01:32:13		18:14				18:35	18:41			172	11
	20	23	17				19			18	15		23				20	17				
Tonny Jensen				Tid	21:52	01:32:56	19:56	00:59,05		19:54	01:27:33	00:58,62		19:22	01:25:06	20:08	19:08	19:05	01:32:00	Aflyst	350	1
				20	20	25	25	25		25	25	25		25	22	22	24	23	21	23		
Frank H Hansen	19:07	18:30		00:59,08	22:39	01:25:23	18:33	00:55,48	18:21	18:34				18:54	01:24:20		18:45		01:27:50	Aflyst	294	5
	20	22		24	19	22	15	24	21	24				18	21		18		23	23		
Casper Rud	16:56		16:42	00:56,46	19:01	01:17:55	16:29		16:47	17:00		00:51,36	Tid	16:21			Tid		01:19:25		256	7
	20		15	21	23	20	16		15	21		22	20	23			20		20			
Ryan Sangil	19:08	18:44					17:56		18:24	18:49	01:22:32		17:58	Tid							156	14
	20	20					22		15	17	20		22	20								
Anne-Mette Jensen	Tid	23:13	21:26	01:17,25	24:32		Tid	01:13,16	21:41	Tid	Redning		21:39	22:26			21:49	21:40		Aflyst	296	4
	20	20	24	16	21		20	20	16	20	20		21	16			19	20		23		
Sjef / Else	18:11	19:05	Tid		19:37	01:22:45	18:07	Tid	18:17						01:19:15				01:25:00		205	10
	20	17	20		25	23	15	20	17						24				24			
Karsten Munk-Petersen	20:32	20:41	20:00		23:45					21:37			20:55				21:09	21:22			142	16
	20	18	18		20					16			20				15	15				
Mogens Leth	Tid	21:59	20:29	01:10,15	22:28	01:37:00	19:34		19:14		01:26:30			18:47				19:08			236	8
	20	20	23	20	24	18	23		24		22			24				18				
Grane Maaløe			20:29						19:43												45	21
			20						25													
Jan Bisbo	19:24	Tid		01:04,09		01:28:00	18:37	01:03,46	18:57									19:27			159	12
	20	20		23		24	21	21	15									15				
Flemming Brix	21:46		20:29		23:02	01:34:45	19:54	01:01,12	19:35	20:02	01:27:00	00:59,47		19:28	01:25:06	20:03	19:27	19:40	01:31:00		340	2
	20		22		22	21	20	23	23	22	24	24		22	25	23	23	21	25			
Per Andersen	21:22	20:05	19:45	01:08,24	34:45	01:33:00	19:34	01:13,10	19:56	Tid	01:28:45	01:03,92			01:43:10		20:01	Tid	01:34:15		288	6
	20	24	15	19	18	19	15	19	15	20	21	21			18		17	20	22			
Lisa Skouboe	23:19	23:09	22:19	01:15,43	Tid	01:55:00	22:03	01:10,87	21:51	22:23	Redning	01:11,94			01:58:00			21:57	01:49:15	Aflyst	303	3
	20	19	21	22	20	15	17	22	22	20	20	20			17			22	18	23		
Lisbet Bjerregaard		25:27	24:16	01:30,27		01:56:38	23:03	Tid	24:00		01:50:50			23:49	01:48:16		23:08	23:33			222	9
		20	20	15		17	24	20	15		17			17	19		22	16				
Poul Lervad	23:21	22:03	20:14	01:10,71					20:11	20:31	01:29:42	01:07,56		20:19	01:28:30	20:42	20:43	20:30	01:39:00		294	5
	20	25	25	18					20	23	23	19		20	23	24	16	19	19			
Christina Dam-Tholstrup	20:33		20:03	01:10,22			19:45		19:50	20:17	01:32:13					Tid				Aflyst	170	12
	20		16	17			18		18	19	19					20				23		
Allan Drescher			18:36	00:56,35												19:03	18:20	18:13			119	18
			20	25												25	25	24				
Kasper Poulsen	22:59	22:31	21:57				22:03		21:56					21:53			22:15	22:24			151	15
	20	21	19				15		19					21			21	15				
Susanne Dixen			23:05			01:55:00					01:50:50							22:33			79	19
			20			16					18							25				
Sjef Schlappi				01:01,19						18:33		00:57,23	28:26			19:58	18:59				123	17
				20						20		23	24			21	15					
Karen Maria Dixen								01:12,73	Tid												40	22
								20	20													
Judi Pedersen										28:02											20	24
										20												
Erik Eibye										22:23			21:17		01:39:00						65	20
										20			25		20							
Kiss Jensen													22:47	23:06							39	23
													20	19								
Deltagere	16	14	18	14	10	11	15	10	16	15+22u	12	7	8	11	9	6	12	14	8	5	Gennemsnit	10,55

Samlet bedste tid | Personlig bedste tid | Flest point | Dagens vinder | Fratrunke løb

Alm. HandiKAP

Sprint

Lilleø Marathon