



HSOK.DK

Helsingør Ski og Orienteringsklub

K - 19 år	Navn	Hold	Tid
	1 Maja L. Brinch	HSOK Turbotøserne	00:21:45
	2 Natascha Clausen	Helsingør IF Atletik	00:22:46
	3 Sara L. Brinch	HSOK Turbotøserne	00:25:14
	4 Alberte Hostrup		00:25:38
	5 Sofie Bohse Jørgensen		00:25:47
	6 Kaisa-Stina Gellin	Trinord Girl Power	00:26:02
	7 Emma-Sofie Gellin	Trinord Girl Power	00:26:09
	8 Laura Waldorf	HSOK Turbotøserne	00:26:21
	9 Sofie Markersen		00:26:48
	10 Anna Liv Mandrup Thomsen		00:28:55
	11 Liva Eline Petersen	Team Mjølnersvej	00:29:06
	12 Sarah Dinesen	Team Mjølnersvej	00:29:07
	13 Nathalia Eriksen	Tai Tai	00:30:57
	14 Emilie Hostrup		00:32:29
	15 Camilla Svendsen	Trinord Girl Power	00:32:43
	16 Olivia Bertram	Hornbæk Is	00:32:52
	17 Filippa Bertram	Hornbæk Is	00:32:53
	18 Freja Enemark Uhd Jepsen	Running26 Junior	00:38:32
	19 Thea Andersen	Trinord Girl Power	00:44:30

K 20-29 år	Navn	Hold	Tid
	1 Lærke Lilleøre	Trinord Girl Power	00:19:00
	2 Emilie Knudsen		00:23:05
	3 Ditte Køster		00:23:51
	4 Lina Neimann	Formel 76	00:24:19
	5 Louise Louise Bang-Berthelsen	Rigét Netværk	00:25:24
	6 Sara Lind Jepsen	Trinord Girl Power	00:26:53
	7 Sarah Boots	Team Dan	00:28:54
	8 Kathrine Jerichau Nissen	Team Dan	00:28:54
	9 Stine Pallesgaard Vithen	Trinord Girl Power	00:29:10
	10 Amela Nukic	Formel 76	00:30:53
	11 Christina Rasmussen	Running Rhino	00:31:47
	12 Mia Lind Jepsen	Trinord Girl Power	00:32:09
	13 Michelle Peterson	Mickat	00:32:17
	14 Emily Petersen		00:33:01
	15 Kathrine Kurek	Løbeklubben Lammelår	00:34:05
	16 Joan Berrales		00:35:54
	17 Xcel G. Tantiado		00:38:40





K 30-39 år	Navn	Hold	Tid
	1 Rikke Kofoed	HSOK Turbotøserne	00:21:35
	2 Pernille Nielsen		00:22:05
	3 Pernille Krogsrud	Trinord Girl Power	00:22:05
	4 Anna Dorte Frederiksen	HSOK Turbotøserne	00:22:38
	5 Katarina Rasmussen	HSOK Turbotøserne	00:23:31
	6 Micha Andersen	Power Training Helsingør	00:24:47
	7 Pernilla Strøe	Formel 76	00:26:02
	8 Sara Gellin	Trinord Girl Power	00:26:25
	9 Bente Maarup Pedersen	Trinord Girl Power	00:26:47
	10 Rie Hansen		00:27:05
	11 Lisbeth Borg		00:28:01
	12 Line Robdrup	Formel 76	00:31:52
	13 Nina Pavar	Trinord Girl Power	00:32:09
	14 Katja Eriksen	Mickat	00:32:16
	15 Lena Bryan-Lund		00:32:30
	16 Linn Bertram	Hornbæk Is	00:32:54
	17 Johanne Enemark	Running26 Junior	00:38:38

K 40-49 år	Navn	Hold	Tid
	1 Jorid Katrine Gjertsen	Trinord Girl Power	00:23:00
	2 Tina Vallin	Power Training Helsingør	00:23:37
	3 Ann Sylvander		00:23:46
	4 Lotte Fredsby	Trinord Girl Power	00:24:30
	5 Karina Møller	Puls 3060	00:24:44
	6 Lene Nilsson	Power Training Helsingør	00:24:54
	7 Ditte Holm	HSOK Turbotøserne	00:24:55
	8 Dorthe Beck	Puls 3060	00:25:18
	9 Pia Maasbüll	Formel 76	00:25:28
	10 Te Hvam	Trinord Girl Power	00:25:45
	11 Cathrina Bengtsson	Hoptimisterne	00:25:55
	12 Rikke Reiter	Løbeklubben Lammelår	00:25:57
	13 Solveig Hansen		00:26:18
	14 Christel Specht	Formel 76	00:26:20
	15 Maiken Stryhn	Puls 3060	00:26:34
	16 Mie Høholt	Formel 76	00:26:46
	17 Janne Berg	HSOK Turbotøserne	00:26:58
	18 Anna Tomczyk Aarup	Puls 3060	00:27:01
	19 Lene Nørholm Jakobsen		00:27:07



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20	Merete Vilhelmsen		00:27:08
21	Marianne Jul Andersen	Puls 3060	00:27:16
22	Fennella Røssel	Puls 3060	00:27:21
23	Jette Eriksen	Tai Tai	00:27:24
24	Anne Rønnebek	Puls 3060	00:27:45
25	Mette Schou-Hanssen	Rigét Netværk	00:27:50
26	Brit Glud		00:27:55
27	Lise-Lotte Skrubbeltrang	Formel 76	00:28:00
28	Marianne Bliesmann	Running Rhino	00:28:05
29	Iene Espersen		00:28:08
30	Anne Marie Lenings		00:28:19
31	Janni Rønholt	Noa Noa	00:28:40
32	Rikke Livbjerg	Pusterummet	00:28:48
33	Trine Simonsen	Formel 76	00:28:52
34	Lene Refsgaard	Team Mjølnersvej	00:29:08
35	Annette Stjer Skovshoved		00:29:18
36	Marianne Juncker	Formel 76	00:29:22
37	Tina Baarts	Formel 76	00:29:30
38	Marie Dam Jensen		00:29:51
39	Mette markersen	Formel 76	00:29:56
40	Anja Dinesen	Team Mjølnersvej	00:30:25
41	Annette Klinke	Rigét Netværk	00:30:35
42	Suzanne Grønfeldt	Rigét Netværk	00:31:01
43	Majken Korf	Formel 76	00:31:47
44	Annemarie Westh Jepsen	Løbeklubben Lammelår	00:31:51
45	Birgitte Jensen		00:31:53
46	Stine Hansen		00:32:13
47	Charlotte Hincheli		00:32:39
48	Mette Lorenzen	Løbeklubben Lammelår	00:33:06
49	Merethe Petersen	all stars	00:33:07
50	Elisabeth Arnstad		00:33:24
51	Mette Plum	Formel 76	00:34:08
52	Helle Kleven Lauritzen	Puls 3060	00:35:01
53	Rikke Nielsen		00:41:20

K 50-59 år	Navn	Hold	Tid
	1 Annette Hansen		00:21:49
	2 Mette Høi	Puls 3060	00:22:04
	3 Soon-Ae Cho	HSOK Turbotøserne	00:23:49
	4 Anne Marie Berthelsen	Power Training Helsingør	00:24:45





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5	Dorthe Andreasen	HSOK Turbotøserne	00:24:58
6	Susanne Baeh-Johansen	Puls 3060	00:25:40
7	Susanne Rohlin Madsen		00:25:50
8	Lisbeth Jørgensen	HSOK Turbotøserne	00:25:55
9	Anne Christine Helms	Puls 3060	00:25:57
10	Lone Rasmussen		00:25:58
11	Lene Tullberg	Formel 76	00:26:01
12	Katrin Christiansen	Puls 3060	00:26:27
13	Mette K. Stender		00:26:44
14	Helle Hytting Hansen	Puls 3060	00:26:44
15	Merete Skovgaard Andersen	Running Rhino	00:26:51
16	Lotte Waldorf	HSOK Turbotøserne	00:26:57
17	Mikala J. Nielsen	HSOK Turbotøserne	00:26:59
18	Gurli Mogensen	Running Rhino	00:27:35
19	Rikke Baltzar	Puls 3060	00:27:42
20	Jeanette Nilsson	Formel 76	00:27:59
21	Lotte W. Rahbek	Løbeklubben Lammelår	00:28:01
22	Dorte Jensen		00:28:01
23	Susanne Ipsen	Løbeklubben Lammelår	00:28:29
24	Maja Johnsen		00:28:36
25	Lene Mandrup Thomsen		00:28:55
26	Pernille Thrane	Pusterummet	00:29:05
27	Dorte Buur		00:29:52
28	Karen Marie Jakobsen	Puls 3060	00:30:17
29	Lilly Wulff		00:30:19
30	Dorte Augustenborg	Rigét Netværk	00:30:20
31	Jette Rasmussen	Running Rhino	00:30:52
32	Charlotte Wandrup	Puls 3060	00:31:07
33	Anja Jerow	Løbeklubben Lammelår	00:31:59
34	Annemarie Plun	Running Rhino	00:32:00
35	Dorthe Lykkegaard		00:32:15
36	Hanne Schlag Pedersen	Puls 3060	00:32:43
37	Lise Bertram	Hornbæk Is	00:32:54
38	Rise Andersen	Puls 3060	00:33:03
39	Mette Joanesarson	Puls 3060	00:33:03
40	Lena Petersen		00:33:14
41	Naja Busse		00:33:50
42	Jeanette Andresen	Running Rhino	00:34:03
43	Helle Danielsen	RR	00:34:05
44	Karina Kipp	Running Rhino	00:34:41



RIGÉT
NETVÆRK



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45 Bente Jacobsen	Running Rhino	00:34:53
46 Lotte Lindberg		00:35:17
47 Janet Lee Pedersen	Formel 76	00:35:47
48 Kirsten Hellmuth	Running Rhino	00:35:50
49 Jytte Burkal	Puls 3060	00:36:03
50 Karin Bredesen	Running Rhino	00:37:40
51 Karen Jensen	Running Rhino	00:37:52
52 Gitte Nymann	Formel 76	00:41:26

K 60-69 år	Navn	Hold	Tid
1	Inge Olsen	HSOK Turbotøserne	00:27:10
2	Winnie Andersen		00:28:02
3	Anette Lauritsen	Running Rhino	00:28:05
4	Anne-Marie Møldrup	Løbeklubben Lammelår	00:28:29
5	Neel Beuck	Formel 76	00:28:56
6	Annelise Hall	Løbeklubben Lammelår	00:29:53
7	Anne Sørensen	HSOK Turbotøserne	00:30:01
8	Helle Marianne Schmidt	Puls 3060	00:31:20
9	Edith Sylvander		00:31:50
10	Kate Rasmussen		00:32:21
11	Karin Sørensen		00:32:23
12	Agneta Sjöberg Hansen		00:32:54
13	Lilian Pedersen		00:33:22
14	Regitze Meyer	Puls 3060	00:35:59
15	Anni Bak Nielsen		00:37:14

