



**Langgarverne**  
Hillerød løbe- og triathlonklub



### Telenor Copenhagen maraton 2019

Bib nr.	Navn	Klasse	Distance	Sluttid	1. ½ del	2. ½ del	Positiv split	Negativ split	PlaceringS amlet	Placering Køn	Placering Klasse
12315	Troels Hjort	M35-39	Marathon	04:02:37	01:43:52	02:18:45	00:34:53		4718	3893	540
7933	Thomas Anton Lindqvist	M45-49	Marathon	03:12:04	01:32:06	01:39:58	00:07:52		622	588	74
12055	Christian Hjersing	M45-49	Marathon	04:46:29	02:09:10	02:37:19	00:28:09		8563	6496	1030
7112	Guillermo Luis Salinas Ortega	M50-54	Marathon	02:34:52	01:16:34	01:18:18	00:01:44		27	23	1
8426	Tonny Myhle Petersen	M50-54	Marathon	03:16:35	01:32:02	01:44:33	00:12:31		760	715	59
11346	Dan Bodal	M50-54	Marathon	03:19:10	01:39:49	01:39:21		00:00:28	884	826	72
10500	Heino Wohler	M50-54	Marathon	03:46:49	01:50:18	01:56:31	00:06:13		2817	2441	251
8990	Jens Vinding Johnsen	M50-54	Marathon	04:20:25	01:58:38	02:21:47	00:23:09		6428	5095	586
10065	Michael Nielsen	M50-54	Marathon	04:30:50	01:54:41	02:36:09	00:41:28		7425	5751	672
8903	John Englund	M50-54	Marathon	05:59:13	02:42:02	03:17:11	00:35:09		10686	7799	946
3654	Henrik Søtoft	M55-59	Marathon	03:42:12	01:50:14	01:51:58	00:01:44		2414	2120	102
12086	Matthew Mason	M55-59	Marathon	03:43:26	01:48:29	01:54:57	00:06:28		2525	2205	106
11323	Hans Henrik Skovsbo	M55-59	Marathon	04:17:10	02:01:14	02:15:56	00:14:42		6117	4871	294
12334	Lars Ole Roed	M55-59	Marathon	04:26:36	02:01:10	02:25:26	00:24:16		7019	5509	336
11398	Leif Jensen	M60-64	Marathon	03:51:19	01:46:13	02:05:06	00:18:53		3324	2839	45
6784	Mads Andreas Simonsen	M60-64	Marathon	04:17:02	01:55:44	02:21:18	00:25:34		6105	4863	96
6406	Jan Wibroe Iwersen	M60-64	Marathon	04:50:33	02:17:20	02:33:13	00:15:53		8841	6671	182
11241	Hans-Kristian Kragesteen	M65-69	Marathon	04:32:05	02:02:26	02:29:39	00:27:13		7532	5819	54
11371	Sarah Hjersing Rasmussen	F15-19	Marathon	04:31:01	02:09:10	02:21:51	00:12:41		7440	1679	10
9895	Ea Petersen	F40-44	Marathon	03:47:25	01:50:41	01:56:44	00:06:03		2869	387	56
3655	Anja Søtoft	F45-49	Marathon	04:24:00	02:04:25	02:19:35	00:15:10		6788	1435	198
8398	Maria Mose	F45-49	Marathon	04:36:32	02:14:31	02:22:01	00:07:30		7849	1809	256
7481	Donna Lindqvist	F45-49	Marathon	05:52:10	02:44:49	03:07:21	00:22:32		10633	2854	401
11206	Britt Hollier	F50-54	Marathon	04:47:34	02:19:30	02:28:04	00:08:34		8641	2095	199
7499	Christina Christens	F50-54	Marathon	05:15:42	02:19:23	02:56:19	00:36:56		9938	2571	256
835	Annette Augustine Schmidt	F50-54	Marathon	05:20:51	02:27:07	02:53:44	00:26:37		1057	2624	269
8371	Pia Blaabjerg	F55-59	Marathon	05:15:29	02:28:45	02:46:44	00:17:59		9931	2568	120
8437	Alice Friis Hansen	F55-59	Marathon	05:15:30	02:29:16	02:46:14	00:16:58		9933	2569	121
8384	Birthe Hansen	F60-64	Marathon	05:27:55	02:29:23	02:58:32	00:29:09		10240	2696	48
11240	Carola Rosenström	F65-69	Marathon	05:05:28	02:12:43	02:52:45	00:40:02		9608	2442	15

Langgarverne i KØBENHAVNS MARATHON 2019 - ALDERSGRADUERET ! Eller ... Marathonløb nu med "handicap" næsten som i golf !! :-). Fra [https://loebesiden.dk/beregninger/beregn\\_aldersgraduering/](https://loebesiden.dk/beregninger/beregn_aldersgraduering/) Den såkaldte "age-grade-calculator" sammenligner tider på tværs af alder og køn. Således kan man lave en anden slags resultatliste end den vi normalt ser.

Udregnet af Heino

Placering	Navn	Age-graded %	Sluttid
1	Guillermo Luis Salinas Ortega	89,25%	02:34:52
2	Tonny Myhle Petersen	73,57%	03:16:35
3	Thomas Anton Lindqvist	71,96%	03:12:04
4	Dan Bodal	71,30%	03:19:10
5	Leif Jensen	66,88%	03:51:19
6	Carola Rosenström	66,45%	05:05:28
7	Henrik Søtoft	65,71%	03:42:12
8	Matthew Mason	65,34%	03:43:26
9	Ea Petersen	64,50%	03:47:25
10	Heino Wohler	63,18%	03:46:49
11	Mads Andreas Simonsen	61,40%	04:17:02
12	Hans-Kristian Kragesteen	60,46%	04:32:05
13	Anja Søtoft	59,05%	04:24:00
14	Alice Friis Hansen	57,32%	05:15:30
15	Birthe Hansen	56,84%	05:27:55
16	Hans Henrik Skovsbo	56,77%	04:17:10
17	Maria Mose	55,67%	04:36:32
18	Britt Hollier	55,60%	04:47:34
19	Jens Vinding Johnsen	55,54%	04:20:25
20	Lars Ole Roed	54,25%	04:26:36
21	Pia Blaabjerg	54,17%	05:15:29
22	Jan Wibroe Iwersen	52,73%	04:50:33
23	Michael Nielsen	52,43%	04:30:50
24	Troels Hjort	51,95%	04:02:37
25	Sarah Hjersing Rasmussen	51,78%	04:31:01
26	Christina Christens	51,31%	05:15:42
27	Christian Hjersing	47,82%	04:46:29
28	Donna Lindqvist	42,66%	05:52:10
29	Annette Augustine Schmidt	40,49%	05:20:51
30	John Englund	39,89%	05:59:13

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