

Almindsø-stafetten 2009

4 x 4 km Mænd

Nr	HoldNr	Holdnavn	1. løber	0 - 4 km	2. løber	4 - 8 km	3. løber	8 - 12 km	4. løber	12 - 16 km	Total
1	2	Adidas Løbeteam 1	Claus Bentsen	00:13:01	Ronni Hansen	00:13:38	Michael Pedersen	00:13:08	Emil Bruun	00:14:36	00:54:23
2	28	De Stiveste	Søren Hørmig	00:13:53	Marius Andersen	00:15:00	Lars Nielsen	00:14:43	Steen Nielsen	00:14:11	00:57:46
3	3	Adidas Løbeteam 2	Bjarne Dalh	00:15:00	Jens Baan	00:14:50	Jeppe Møllgaard	00:14:19	Morten Munkholm	00:14:02	00:58:09
4	102	Mænd 3 Herning Løbekl	Niels Hartvig Jensen	00:14:51	Finn Christensen	00:14:58	Klaus Wortmann	00:14:50	Simon Issing Nielsen	00:13:34	00:58:13
5	147	smt-silkeborg	Karl Ole Mikkelsen	00:14:43	Kaj Nielsen	00:14:54	Karl Ole Mikkelsen	00:15:21	Kaj Nielsen	00:15:03	01:00:00
6	115	Ry Løberne	Tommy Højstoft	00:15:06	Thomas Krejberg	00:14:38	Steen Svendsen	00:15:49	Stig Nørregård	00:15:16	01:00:48
7	9	APV Turbo	Kim T. Andersen	00:13:25	Rene S Andersen	00:15:08	Henrik Rossen	00:15:51	Steen N Jensen	00:16:36	01:00:59
8	101	Mænd 2 Herning Løbekl	Carsten Ottosen	00:15:52	Jens Henrik Jensen	00:13:28	Jørgen Pedersen	00:16:30	Mogens Jensen	00:15:34	01:01:23
9	159	Team Classic Poker	Henrik Kallestrup	00:15:28	Allan Leed	00:15:38	Jørn Erik Schou	00:15:28	Martin Husted	00:15:25	01:01:57
10	59	glimt-i-øjet-drengene	Martin Gintberg	00:15:14	Magnus Høst	00:17:10	Esben Hornum	00:15:02	Asger Skovshoved	00:15:44	01:03:08
11	56	Geopartners rugekasse	Thomas Fredberg	00:13:43	Asbjørn Hovgård Mathia	00:15:53	Thomas Skouenbr	00:15:32	Martin Hedegaard	00:18:29	01:03:35
12	174	Unknown Pleasures	Kjeld Christensen	00:14:49	Thomas Grønzbæk	00:16:29	Kim Kokholm	00:14:59	Hans Jensen	00:17:25	01:03:40
13	54	Galerie Moderne - Silkeb	Anders Munch	00:15:26	Jørn Rosenborg	00:17:09	Lars Bang	00:15:26	Anders Munch	00:16:12	01:04:13
14	185	Årstederne Arkitekter 2	Per Klitte	00:14:55	Michael Christensen	00:15:21	Steffen Jørgensen	00:17:31	Allan Christensen	00:16:38	01:04:23
15	58	Gl. Ryds drømmehold	Stig Matthiesen	00:14:53	Rasmus Matthiesen	00:15:32	Severin Kolind	00:18:25	Torsten Kolind	00:15:44	01:04:32
16	168	team ulsøe	Jens Ulsøe	00:17:45	Martin Ulsøe	00:16:46	Torben Ulsøe	00:15:41	Mads Ulsøe	00:14:35	01:04:46
17	100	Mænd 1 Herning Løbekl	Jørge Kristensen	00:15:44	James Nissen	00:18:00	Arne O. Vestergår	00:16:01	Anders Lund	00:15:02	01:04:46
18	399	Trangbæk	Rasmus Trangbæk	00:15:56	Søren Westergaard	00:16:48	Mads Karlson	00:16:21	Søren Trangbæk	00:16:18	01:05:21
19	84	kælderslagteren flæske	Gud Det' Jacob	00:17:52	Henrik Lyhn	00:16:07	Hurtigggggggggge	00:16:10	Little John	00:15:55	01:06:03
20	134	SK-olen i Bryrup3	Andreas Bueno	00:12:29	Martin Steenhøj	00:15:44	Poul Marcussen	00:19:23	Søren Lausdahl	00:18:36	01:06:11
21	77	JB-Roadrunners	Lars Brix	00:14:09	John Schmidt	00:16:15	Jesper Møller	00:18:25	Danny Holm	00:17:46	01:06:33
22	72	JB - Ledergruppen i IT-ut	Søren Damsgaard Anders	00:15:00	Carsten Laustsen	00:18:01	Thorbjørn Dahlgår	00:16:16	Jesper Berg	00:17:26	01:06:42
23	78	JM-Renter	Lars Christiansen	00:14:35	Palle Abildgaard	00:17:32	Kasper Agerskov	00:19:43	Peter Juhl	00:14:56	01:06:45
24	104	NIH all star	Søren Gambler Jørgense	00:14:43	Toke Boisen	00:17:51	Peter Banke	00:17:24	Jens Petersen	00:16:49	01:06:46
25	123	SilkeborgGym-Tværfaglig	Lasse Wikman	00:16:00	Phillip Jakobsen	00:16:30	Brian Randeris	00:16:47	Morten Hagen	00:17:57	01:07:13
26	4	Advodans Dream Team	Emil Dalgård	00:17:16	Søren G. Dalgård	00:17:22	Mathias Jensen	00:15:11	Niels Mathiasen	00:17:26	01:07:14
27	117	sam's turbo herrer	Thomas Liin	00:17:25	Peter Rødkjper	00:16:50	Per Knudsen	00:16:26	Preben Jakobsen	00:17:10	01:07:49
28	178	Vi løber efter mAAlet 1	Christian Andersen	00:17:33	Henrik Berker	00:18:26	Ulrik Albers Peder	00:17:23	Thorbjørn Jønsson	00:14:37	01:07:57
29	121	Silkeborg P&D 9	Morten Sørensen	00:17:29	Jesper Toht	00:16:50	Jeppe Skovhus	00:15:06	X	00:18:56	01:08:20
30	98	Mita-Teknik	Frank Nielsen	00:16:30	Jørgen Jakobsen	00:16:16	Peter Fosmark	00:17:18	Brian Andersen	00:18:34	01:08:37
31	181	Virkuld Sport Herrer	Morten Kristiansen	00:16:51	Michael Tvedergaard	00:18:29	Lars Poulsen	00:16:24	Martin Stampe	00:17:18	01:09:01
32	55	Gartnergården Mænd	Morten	00:17:18	Kasper	00:17:27	Michael	00:18:14	Steen	00:16:15	01:09:14
33	99	Money Talks - Finance r	Niels Erik Hansen	00:17:26	Casper Nørregaard Niel	00:15:11	Martin Føste Lars	00:17:15	Torben Østergaard He	00:19:23	01:09:14
34	179	Vi løber efter mAAlet 2	Ulrik Jørgensen	00:17:00	Torben Smith Petersen	00:17:36	Lars Delfs Nielsen	00:18:41	Ukendt	00:16:07	01:09:23
35	119	Siggaard Biler	Asmund Birkals	00:15:32	Simon	00:16:55	Christian	00:18:32	Rene Nielsen	00:18:25	01:09:23
36	41	Falck Silkeborg 1	Niels Witting	00:16:24	Christian Nissen	00:16:42	Anders Mark	00:17:02	Bo Christiansen	00:19:18	01:09:24
37	130	SK-Gødavdskolen 1	Torben Therkildsen	00:18:46	Pelle Rasmussen	00:16:31	Søren Fisker	00:16:55	Morten Nielsen	00:17:13	01:09:24
38	65	Højskolens livreddere	René Jensen	00:17:37	Finn Mikkelsen	00:17:33	Jeppe Hofni	00:16:53	Tommy Andersen	00:17:23	01:09:25
39	180	vinterbadeklubben " HVA	Heine (Turbo) Ilsøe	00:15:51	Poul (kuglelyn) Jacobsen	00:16:30	Erik (kuglelyn) Da	00:19:24	Henning (Stærke) Lai	00:17:57	01:09:41
40	132	skive A.M.Veteraner 1	Nils Erik	00:17:12	Henning Rasmussen	00:18:24	Kim Sørensen	00:17:06	Erling Holmgaard	00:17:17	01:09:57
41	53	Fredagsklubben	Martin Schougaard	00:20:00	Ole Rosenkvist	00:16:43	Tom Kisbye	00:17:32	Thomas Yndal	00:16:03	01:10:16
42	145	Sminge 2	Mikkel Sølvesten	00:16:34	Tommy Rasmussen	00:16:43	Allan Olesen	00:17:47	Morten Toff	00:19:14	01:10:17
43	160	Team DSS 1	Ib Christoffersen	00:18:57	Lothar Beck	00:20:02	Henrik Villumsen	00:15:34	Thomas Larsen	00:15:51	01:10:22
44	146	Sminge 3	Jørn Døssing	00:16:17	Jacob Løchte	00:20:22	Peter Sølvesten	00:17:21	Rasmus Døssing	00:16:25	01:10:24
45	82	Kongerne	Michael Kjærgaard	00:16:32	Thomas Lassen	00:17:24	Claus Strib	00:20:03	Viggo H Hansen	00:16:26	01:10:24
46	167	Team SPAR	Magnus Mygind Andersen	00:17:57	Mathias Brink Pedersen	00:17:26	Rasmus Kristense	00:17:40	Daniel	00:17:24	01:10:25
47	36	Elstock Dreamteam	Klaus Vammen Jensen	00:16:50	Kasper Thomsen	00:17:30	Claus Skallerup	00:16:45	Sten Højland	00:19:26	01:10:30
48	155	Sydbank 3	Michael Grønzbæk Nielsen	00:16:13	Frank Schou	00:17:35	Hans Erik Jessen	00:19:29	Brian Aarslev	00:17:21	01:10:36
49	38	EnergiMidt	Karsten Olsen	00:15:07	Peer Borup	00:19:08	Flemming Boye	00:16:48	Christian Rasmussen	00:19:45	01:10:47
50	157	Søren Jensen U40	Tonni	00:17:23	Jacob	00:17:25	Peder	00:18:49	Mikkel	00:17:24	01:11:00
51	171	TVILUM-SCANBIRK 2	Hans Christensen Blom	00:15:36	Rasmus Christiansen	00:20:09	Martin Lindgaard l	00:17:57	Torben A. Hansen	00:17:20	01:11:02
52	96	Midtjylland's Avis	Helmer Jakobsen	00:17:47	Rasmus Viuff	00:17:54	Bent Nørgaard	00:18:14	Bjarne Gregersen	00:17:18	01:11:11
53	172	TVILUM-SCANBIRK 4	Ivan Fog	00:17:30	Henning Sønderup	00:17:32	Kristian Nøreg	00:17:54	Kai Lindberg	00:18:20	01:11:14
54	398	Fr. Madsen A/S	Lasse Høeg	00:15:07	Tony Betzer	00:21:51	Allan Larsen	00:17:22	Martin Kristiansen	00:16:57	01:11:15
55	32	DGI - Divya Gas Ik	Peter Sig Kristensen	00:19:51	Johnny Nielsen	00:17:22	Frede Mikkelsen	00:18:03	Simon Roslyng	00:16:02	01:11:17
56	150	SPI boys	Stephan Weber	00:17:31	Jes Callø	00:15:41	Michael Rosenber	00:21:26	Ejvind Svejstrup	00:16:40	01:11:17
57	87	Laven Linå IF Herrer	Jan Marcussen	00:16:09	Finn Andersen	00:18:44	Peter Lambertsen	00:17:33	Peter Jensen	00:18:53	01:11:18
58	103	Mændene Coface	Claus Damholdt Lauersen	00:15:48	Leif Pedersen	00:18:38	H. C. Andersen	00:20:49	Claus Damholdt Lau	00:16:15	01:11:29
59	40	EXTENDED SQUASH B	Jens Strange	00:18:20	Tomas Michael Jensen	00:18:36	Jørgen Saaby	00:17:48	Carsten Balslev Søer	00:16:55	01:11:38
60	133	skive.A.M.Veteraner 2	Børge Færch	00:17:54	Uffe B.s.thomsen	00:16:48	Jens Knudsen	00:18:54	Verner Hansen	00:18:07	01:11:41
61	122	Silkeborg Ungdomsskole	Thue Fast Jensen	00:16:48	Rasmus Pagter	00:18:44	Jesper Bennetsen	00:16:32	Lars Tranaes	00:19:46	01:11:47
62	31	DGI - Dansk Gaffeltruck	Mads Elgaard	00:16:58	Karsten Vitting Pederse	00:19:18	Hans Eriksen	00:18:57	Thomas Andersen	00:16:48	01:11:59
63	85	KÆLDERSLAGTEREN S	Mads Skovtrold	00:18:24	Ulrik Pølsemand	00:17:46	N O Slagter En Kc	00:19:48	Cyklemyggen Lasse	00:16:07	01:12:04
64	116	Salami-Simon og Balled	Simon Vibe-pedersen	00:19:27	Simon Andersen	00:18:47	Andreas Jensen	00:17:47	Eskild Soldal Eriksen	00:16:09	01:12:08
65	110	Revisorerne Hostruphus	Jan Sejling Clausen	00:19:36	Daniel Karlsen	00:18:14	Martin Husted	00:17:12	Jacob Mikkelsen	00:17:09	01:12:09
66	34	EL-Experten 2	Kenneth Johansson	00:18:24	Steffen Jørgensen	00:17:36	Kim Gregersen	00:20:36	Troels Nymann Jense	00:15:38	01:12:13
67	62	Harbohøjvej	Brian Sørensen	00:17:00	Michael Futrup	00:18:54	Kim Bendtsen	00:18:56	Finn Nielsen	00:17:24	01:12:13
68	7	APV Blandende Bolsjer	Søren Restrup	00:16:38	Jørgen Mertz	00:19:00	Bent Pedersen	00:19:15	Svend Aen	00:17:23	01:12:13
69	127	SK-"Hvad får vi for det	Niels Magnus Søderlind J	00:15:07	Torben Holm	00:16:45	Gorm Øland	00:18:52	Kaj Grove	00:21:34	01:12:17
70	5	Advodans Sprinter	Peter Elling	00:19:31	Lars Vindfeld Skals	00:18:13	Morten Riemenscl	00:14:48	Max Stubkjær	00:19:49	01:12:20
71	64	Hold 1 OP/NA The Gla	Søren Juul	00:18:06	Arne Swendsen	00:17:55	Thomas Bender	00:19:40	Morten Søndergaard	00:16:47	01:12:26
72	183	WINTHERS DRENGE	Søren Mouridsen	00:16:23	Polle Sønderkov	00:20:20	Fætter Bo	00:16:54	Jan Elkjær	00:18:54	01:12:28
73	16	Byens Brød - Basserne	Rasmus Hansen	00:15:20	Niel Rasmussen	00:17:39	Tobias Faarup An	00:18:50	Anders Marcher	00:20:41	01:12:30
74	124	SilkeborgSkolen3	Lars	00:18:04	Mick	00:20:00	Mikkel	00:17:38	Anders M	00:17:03	01:12:43
75	73	JB - Let På Tå	Kaj Kaspersen	00:18:44	Carsten Sparsø	00:18:22	Carsten Borup Ha	00:18:30	Karsten Kristiansen	00:17:17	01:12:51
76	158	Tag på Tag	Lars P. Olesen	00:16:01	Henning Olesen	00:17:42	Kim Andersen	00:22:17	Kristian Ulsøe	00:16:54	01:12:52
77	397	Søhestene	Søren	00:15:35	Trygvi	00:22:32	Casper	00:16:26	Jacob	00:18:23	01:12:55
78	33	EL-Experten 1	Henrik Greve	00:17:24	Kent Vurring Sørensen	00:18:56	Kenneth Mogense	00:19:20	Bruno Nielsen	00:17:26	01:13:05
79	18	Byens brød 1	Michael Johansen	00:18:40	Varny Møller Nielsen	00:17:30	Kim Laursen Møll	00:20:19	Kenneth Kramer	00:16:42	01:13:08
80	113	Rouladerne	Carsten Balling Lund	00:16:13	Henrik Vinding Hansen	00:19:40	Christian Lyck Har	00:17:33	Lars Madsen	00:19:53	01:13:17
81	125	SilkeborgSkolen4	Davide	00:18:04	Frederik Bj	00:17:56	Aleksander E	00:18:04	Casper	00:19:17	01:13:19
82	166	Team Rask	Michel Seidelin	00:18:44	Mathias Rask-pedersen	00:19:56	Morten Værum	00:15:48	Fin Rask-pedersen	00:18:54	01:13:21
83	163	Team Hvidtved	Henrik Grimstrup	00:18:40	Dennis Ankersen	00:18:24	Klaus Møldrup	00:19:56	Nils Peder Sørensen	00:16:28	01:13:27
84	148	Sommerhår	Allan Gronert	00:17:28	Peder Madsen	00:18:29	Poul Sørensen	00:19:06	Carsten S Nielsen	00:18:29	01:13:31
85	89	LMK VEJ 1	Carl-ricard Lund	00:17:05	Carl-ricard Lund	00:17:05	Changiz Farrahi	00:20:02	Dan Marquard	00:19:21	01:13:33
86	6	AlkoHoldet	Ole M. Simonsen	00:16:15	Ole Simonsen	00:20:02	Mads Simonsen	00:16:32	Brian Kristensen	00:20:55	01:13:42
87	27	De håbefulde optimister :	Søren Lysholt Hansen	00:18:35	Peter Vestergaard Forsl	00:17:54	Mikael Kjerulf	00:17:56	Jakob Nørgaard	00:19:25	01:13:49
88	108	Novasoft	Niels Østergaard	00:22:01	Jørgen Peter Svendsen	00:17:39	Kim Grouleff	00:16:45	Jörg Jessen	00:17:41	01:14:04
89	126	sinus installation	Daniel Svejstrup	00:18:41	Paktrik Lohse	00:17:27	Simon H. Kristians	00:19:00	Morten Fisher	00:19:01	01:14:07
90	93	Lægerne Skolegade 23	Andreas Andersen	00:17:20	Bendt Kristensen	00:19:40	Kiropraktor Michar	00:18:11	Peder Andersen	00:18:59	01:14:09
91	170	Them Fys2	Jan Vinding	00:17:04	Peder Lambæk	00:19:53	Michael Larsen	00:19:05	Henrik Vinding	00:18:18	01:14:19
92	81	Kjellerup Brandvæsen	Frank Andersen	00:18:57	Jan Andersen	00:19:30	Benny Forsberg	00:19:02	John Sørensen	00:16:59	01:14:27
93	137	SK-Plan, Byg og Informa	Torsten Wagner Sand Ch	00:20:08	Jacob Kirkegaard	00:19:37</					

Almindsø-stafetten 2009

4 x 4 km Mænd

Nr	HoldNr	Holdnavn	1. løber	0 - 4 km	2. løber	4 - 8 km	3. løber	8 - 12 km	4. løber	12 - 16 km	Total
113	60	Greverne	Per Christensen	00:19:44	Valdemar Greve	00:18:57	Jeppe Greve	00:21:55	Kristoffer Greve	00:17:01	01:17:35
114	10	Atlet DK dream team	Uffe Porse	00:16:03	Jens Ottosen	00:22:17	Carsten Brønd	00:21:02	Jacob Døssing	00:18:18	01:17:38
115	139	SK-uden sejler stadi	Niels Olesen	00:18:42	Jacob Busk	00:19:54	Robert Skov Kjeld	00:19:52	Egon Marinus Mikkels	00:19:16	01:17:43
116	152	SWeD"erne	Jon Gitz-vejby	00:21:31	René R: Pedersen	00:20:42	Anders Kristensen	00:17:49	Jon Gitz-vejby	00:17:52	01:17:52
117	37	Elstock Dreamteam II	Ole Fjord	00:19:29	Marcin Marczak	00:20:41	Niels Thomsen	00:17:40	Kenneth Rønne Jense	00:20:14	01:18:03
118	61	Gymnastik for drenge - B	Henrik B	00:17:24	Bent J	00:17:52	John T	00:18:50	Ole S	00:23:59	01:18:05
119	164	TEAM Jakobsen	Kristian Jakobsen	00:20:29	Allan Jakobsen	00:20:22	Michael Jakobsen	00:18:08	Morten Jakobsen	00:19:20	01:18:16
120	114	Royal Scandinavian Bath	Flemming Vilhelmsen	00:18:11	Frants Sandberg	00:25:13	Thomas Bredvig J	00:17:09	Patrick Nilsson	00:17:50	01:18:21
121	83	Kornmod Realskole	Leon	00:20:00	Michael	00:20:58	Lars	00:18:44	Mikkel	00:18:52	01:18:33
122	129	SK-førerhundene	Flemming Christensen	00:16:19	Morten H. Jespersen	00:19:37	Søren Peter Sører	00:22:40	Gunvor Winther	00:20:06	01:18:41
123	79	Jyske Invest - Let""s MO	Thorben Velling	00:18:40	Jens Christian Thellese	00:15:29	Lars Elgaard	00:21:24	Kristian Flyvholm	00:23:11	01:18:43
124	97	Midtjyllands Avis	Bjarne Gregersen	00:17:11	Dan Frandsen	00:21:26	Mette Andersen	00:21:05	Peter A. Sørensen	00:19:03	01:18:43
125	95	Låsbymændene	Martin Mørk Marchl	00:16:33	Kurt Adelsten Olsen	00:24:20	Bent Karkov	00:20:43	Martin Mørk Marchl	00:17:10	01:18:45
126	52	Forsyningsspurterne	Jens Østergaard	00:17:01	Jesper Lisby Andersen	00:22:38	Per Christiansen	00:20:44	Anders Mosegaard	00:18:26	01:18:48
127	156	Søløberne	Svend Sørensen	00:22:05	Poul Henrik Landbo Ole	00:20:49	Henrik Toft	00:18:55	Lars Overgaard	00:17:03	01:18:51
128	14	Beck+Båtnakke	Kent Beck Nielsen	00:19:17	Stig Beck Nielsen	00:21:45	Mads Beck Enem	00:19:26	Bo Enemark	00:18:29	01:18:55
129	22	Danske Fragtmænd Silke	Christiane Blem	00:17:49	Uffe Thomsen	00:17:06	Frank Clausen	00:17:51	Svend Pedersen	00:26:11	01:18:55
130	51	Forsyningsslamflokken	Søren Roed	00:17:14	Peter Blichfeldt	00:22:39	Anders Olesen	00:21:21	Henrik Thomsen	00:17:42	01:18:56
131	118	Sanistål 1	Edward	00:18:00	Mads	00:20:03	Palle	00:21:41	Nicolai	00:19:14	01:18:56
132	1	82M	Frederik Frydenlund	00:15:09	Holger Kristiansen	00:20:52	Niels Frydenlund	00:21:13	Anders Nielsen	00:21:59	01:19:11
133	154	Sydbank 2	Søren Grønbaek Nielsen	00:21:37	Mike Ytting Pedersen	00:20:22	Jesper Lassen	00:18:48	Peter Øland	00:18:29	01:19:15
134	169	The Stack Tracers	Ole Adam Møller	00:17:42	Frank Sanggaard	00:17:52	Otto Bjerg Pderse	00:21:34	Peter Bugge Jakobse	00:22:13	01:19:19
135	70	IT-JYSKE2	Thomas Bahnsen	00:18:13	Mohammed Said	00:21:23	Jesper Hornskov	00:21:05	Jerrick Nielsen	00:18:57	01:19:37
136	8	APV Rustfri	Steffen Lillelund	00:21:22	Thomas Høeg	00:20:06	Ole Poulsen	00:18:30	Mads Fruelund	00:19:55	01:19:52
137	162	Team HairContrast 1	Peter Andersen	00:18:42	Tonny Aunbøl	00:24:01	Per Brask	00:18:54	Thomas Bro	00:18:17	01:19:52
138	153	Sydbank 1	Claus Brændstrup	00:19:21	Rene Rønnow Jakobse	00:17:34	Jan Bjerregaard	00:20:26	Jesper Storhøj Søren	00:22:39	01:19:58
139	66	In your dreams team	Anders Hessel	00:22:42	Kurt Højgaard	00:18:04	Thomas Sepstrup	00:20:37	Jesper M. Mortensen	00:18:52	01:20:14
140	45	fiskebanden	Fio	00:15:32	Kent Hamdahl	00:20:10	Thomas Rasmuss	00:19:55	Peter Jim	00:24:38	01:20:14
141	29	Deloitte Bosserne	Peter Mølkjær	00:19:09	Bo Odgaard	00:18:10	Troels Lovschall	00:24:59	Kurt Holm Hansen	00:18:02	01:20:18
142	111	Revisorerne Hostrophus	Lars Ole Barthel	00:22:39	Dennis Kristensen	00:17:33	Jens Hjøllund	00:19:56	Morten Thomsen	00:20:25	01:20:32
143	12	BDO Team FD	Tommy	00:19:50	Ulrik	00:19:27	Per	00:23:00	Uffe	00:18:27	01:20:44
144	141	SK-VEJløberne2	Hans Leth	00:24:08	Gitte Merstrand	00:19:57	Kristian Vestergaa	00:18:27	Carsten Møller	00:18:23	01:20:53
145	80	Jyske Invest - Tab ikke F	Torben Boots-nielsen	00:21:02	Anders Lykkebjerg Ruth	00:21:25	Preben Pedersen	00:21:01	Robert Branning	00:17:29	01:20:56
146	109	Post Danmark 2	Niels Ole De Hemmer Hai	00:23:51	Peter Thor	00:17:58	Sven Jørn Velbæk	00:22:10	Ole Møller	00:17:02	01:20:59
147	135	SK-olen i Lysbro 1	Hans Skjoldborg	00:16:03	Gitte Felsed	00:21:08	Hans Henrik Hans	00:26:56	Morten Christoffersen	00:16:59	01:21:05
148	48	Fiskebilen	Bent Poulsen	00:21:00	Poul Fisker	00:19:16	Jakob Fisker	00:19:25	Peter Fisker	00:21:28	01:21:07
149	173	TVLUM-SCANBIRK 8	Mogens Trads	00:23:40	Jon Boeskov	00:17:38	Poul Kristiansen	00:19:05	Gunner Sørensen	00:20:51	01:21:12
150	30	Det går nok....	Steen Bank Johnsen	00:17:41	Mikkel Fabech	00:18:40	Steffen Ulsø Knud	00:23:32	Thomas Nielsen	00:21:22	01:21:13
151	176	Vestergaard 2	Palle Laursen	00:21:30	Keneth Christoffersen	00:23:19	Kim Kristensen	00:19:00	Martin Rohde	00:17:29	01:21:16
152	44	Ferskvandscentret kursu	Thomas	00:16:52	Alex	00:21:22	Erik H	00:20:12	Anne	00:22:57	01:21:21
153	131	SK-Handicap	Henrik Storgård Madsen	00:21:20	Michael Pank	00:25:21	Jeppe Thøgersen	00:18:08	Carsten Andersen	00:16:39	01:21:26
154	184	Årstiderne Arkitekter 1	Morten Kusk	00:20:07	Anders Kærsgaard	00:23:12	Jens Holten	00:19:10	Anders Lyhne	00:19:03	01:21:31
155	47	fiskebanden 3	Lars Andersen	00:18:50	Leif Mikkelsen	00:21:06	Erik Videbæk	00:21:28	Henrik Svø	00:20:14	01:21:37
156	136	SK-olen i Lysbro 2	Birger Hansen	00:17:43	Rasmus Bøge Pedesen	00:19:34	Brian Holst Anders	00:23:07	Kim Egeskov Peterser	00:22:05	01:22:28
157	68	IntraNote a/s hold 3	Knud Ælmlholdt	00:19:37	Niels Bakkegaard	00:18:08	Henrik Karlshøj	00:22:05	Michael Alby	00:22:58	01:22:46
158	138	SK-team svampebob	Morten D. Franch	00:20:36	Thomas Kjems Lyngvad	00:18:56	John Lund Nielser	00:19:18	Carsten Dammi Ander	00:24:05	01:22:53
159	43	Falck Silkeborg 3	Jan Lilholt	00:18:41	Søren Damsgaard	00:26:59	Leif Udengaard	00:20:30	Ole Normann	00:17:45	01:23:54
160	120	Silkeborg Data	Michael Skov Olesen	00:24:25	Kim Larsen	00:20:29	Jan Mathiasen	00:18:58	Bjørn Bødskov	00:20:13	01:24:03
161	25	De 4 ESSER	Tage Riis Johansen	00:23:07	Karsten Larsen	00:20:40	Ejner D. Jensen	00:17:48	Kim Mortensen	00:22:37	01:24:10
162	140	SK-Ungescetret	Bo Lyngsø	00:25:56	Mark Glyholt	00:16:33	Robert Kelemen	00:16:06	Anders Ole Andersen	00:25:42	01:24:15
163	11	AVK GUMMI A/S 2	Aage Nicolaisen	00:18:39	Knud Flemming Madser	00:22:29	Sune Krøis	00:23:56	Christian Marette Nicol	00:19:16	01:24:19
164	24	De (t)unge Løver	Bjarke Thorsen	00:22:07	Tommy Schaiffel-nielse	00:23:05	Jan Søndergaard	00:20:52	Kasper Kjelby	00:18:24	01:24:25
165	106	NIRAS oldtime	Claus Hemmingsen	00:20:48	Christian Anker	00:20:44	Anders Munk Red	00:21:26	Henrik Rasmussen	00:21:52	01:24:49
166	21	Danfoss Silkeborg	Jan Jensen	00:22:35	Poul Madsen	00:22:43	Peter Søgård	00:19:50	Lone West	00:20:09	01:25:16
167	151	SVM Team 1	Ib S.	00:18:56	Kristian H.	00:22:45	Lars H.	00:19:15	Brian E.	00:24:23	01:25:17
168	26	De Fem	Per Nørmark Andersen	00:24:51	Kåre Klausen	00:20:12	Svend Nielsen	00:21:44	Henrik Heltboe	00:19:13	01:25:59
169	20	Bønderne	Michael Sørensen	00:21:41	Per Keller	00:21:54	Kjeld Thomassen	00:20:27	Thomas Brændstrup	00:21:59	01:26:00
170	161	TEAM ESCOBAR	Claus"el Chikas Clunkas"l	00:18:33	Henrik"el Toro Malo"otte	00:25:10	Helge"el Sanktus i	00:22:43	Kristian"el Magnifico"t	00:19:40	01:26:04
171	63	HEV-kardiologer	Ole Mat	00:18:31	Alvin De Vries	00:24:55	Willem Gielen	00:27:43	Jens Kristensen	00:15:01	01:26:08
172	57	Geopartners rutine	Dzenan Ekmesic	00:20:12	Niels Volshøj	00:21:33	Ole Nørgård	00:25:49	Dennis Lund	00:19:04	01:26:37
173	67	Intranote a/s hold 2	Arne Sostach	00:18:49	Per Kim Hardysø	00:22:01	Michael Møller Pe	00:28:17	Niels Møller Kristense	00:17:48	01:26:53
174	128	SK-bit	Erik Michael Sørensen	00:22:31	Find Larsen	00:20:29	Rene Hansen Har	00:21:24	Goran Vidovic	00:22:49	01:27:12
175	149	Spar Nord Silkeborg - Kn	Nj	00:24:17	Hr. Krog	00:20:31	Steen	00:24:19	Sejer	00:18:25	01:27:31
176	39	EXPERIAN RYKKER TE	Søren Lauritzen	00:22:23	Søren Riis	00:25:32	Thomas V Laurse	00:22:29	Jørgen Skov	00:17:35	01:27:57
177	35	Elstock Allstars II	Rene Madsen	00:27:37	Morten Bräuner	00:22:04	Erik Jakobsen	00:18:41	Piotr Krawczyk	00:20:03	01:28:24
178	177	Vestergaard 3	Asger Mørck	00:24:27	Kenneth Nielsen	00:19:33	Feyzullah Celebi	00:18:42	Erik Mortensen	00:26:27	01:29:08
179	19	Byens Brød 2	Lars Nørgaard Lauridsen	00:20:45	Jonas Glud Laversen	00:20:51	Lasse Stenhøj	00:18:50	Patrick Armose Johan	00:30:06	01:30:30
180	105	Nik og Play	Carsten Johansen	00:29:43	Allan Hvid	00:20:11	Henrik Alexanders	00:20:46	Nikolaj Buhl Jensen	00:20:38	01:31:16
181	88	Lemvig-H Müller Roadrun	Benjamin Vangede Jense	00:18:15	Thomas Thomsen	00:22:45	Keld Søndergaard	00:25:21	Jakob Wendelin Lauri	00:25:43	01:32:03
182	142	SK-word	Carsten Hjort Sørensen	00:24:30	Bertel Andreas Harboe-	00:20:17	Gitte Ernst	00:22:52	Erik Sørensen	00:25:01	01:32:39
183	107	Norriq	Rene Jensen	00:24:57	Poul Stokholm	00:29:02	Kai Gyldenløve Rc	00:21:47	Lars Vestager Madser	00:17:08	01:32:52
184	86	Langsøhus	Torben Marx	00:21:30	Jan Aas	00:27:00	Jørgen Biblo	00:21:19	Allan Larsen	00:23:28	01:33:15
185	94	Løb for sjov	Helge Harbøll	00:21:56	Christian Jonassen	00:20:15	Thomas R. Hanse	00:24:05	Morten Kirkegaard	00:27:41	01:33:55
186	175	Vestre kandidaterne	Steen Vindum	00:25:53	Gitte Willumsen	00:20:31	Søren Slott	00:23:15	Anders Kaysen	00:26:06	01:35:43
187	50	Forsyningens hjem hjem i	Jes Knudsen	00:19:04	Christian Farcinsen	00:25:29	Bente Kofoed	00:24:49	Hans Kjeldmand	00:36:15	01:45:35

Almindsø-stafetten 2009

4 x 4 km Mix

Nr	Hold	Nr	Holdnavn	1. løber	0 - 4 km	2. løber	4 - 8 km	3. løber	8 - 12 km	4. løber	12 - 16 km	Total
1	370		Team ChileVin	Martin Winding	00:15:12	Inge Søe	00:17:59	Trine Winding	00:17:49	Lars Nørskov	00:15:04	01:06:03
2	275	Hold 2	Fys ekspres	Jens Maae	00:17:16	Mette Farstad	00:18:34	Gitte Leed	00:16:47	Tania Mahnke	00:15:21	01:07:57
3	274	Hold 1	OP/NA mix hol	Per Møller Hansen	00:13:55	Hanne Arensbach	00:18:27	Helle Littau	00:19:56	Kasper Sj	00:15:46	01:08:03
4	265		Herning Gymnasium, hol	Christoffer Jul Jørgensen	00:15:08	Lene Outzen Vejlgård	00:18:49	Troels Lydiksén	00:16:13	Benedicte Broman	00:18:22	01:08:31
5	293		LINAK 1	Cecilie Nielsen	00:17:57	Sune Heyn Schroid	00:16:12	Thomas Skovbjerg	00:17:12	Niels Lauritzen	00:17:19	01:08:39
6	287		KaMaKiJo	Jonatan Krause-jensen	00:16:28	Matilde Krause-jensen	00:17:46	Kim Schultz	00:17:05	Karoline Krause-jense	00:17:49	01:09:07
7	353		Smoothie	Esben Hornum	00:13:57	Asbjørn Stenbæksgaard	00:16:56	Johanne Hornum	00:18:58	Dorte Hornum	00:20:24	01:10:13
8	365		Søholm Family	Jonas Søholm	00:13:21	Laila Søholm	00:17:06	Anita Søholm	00:19:37	Kristian Søholm	00:20:35	01:10:38
9	263		Herning Gymnasium, hol	Flemming Harritz Rasmus	00:15:30	Vibeke Harlund Christer	00:21:36	Thomas Kølbe	00:17:29	Christoffer Jul Jørgensen	00:16:12	01:10:46
10	284		JB Økonomi 2	Niels Hyldegaard Kristens	00:14:01	Susanne Gade Clausen	00:22:36	Bent Møller Rams	00:18:05	Morten Harde Clauser	00:16:15	01:10:56
11	361		Supertøserne	Ulla Christensen	00:18:50	Elin Frølund Jepsen	00:19:26	Jacob Laurits Jensen	00:16:29	Daniel Andreas Skov	00:16:23	01:11:06
12	237		ED1	Sophia	00:19:33	Allan	00:17:02	Jan G.	00:16:41	Tore	00:17:55	01:11:09
13	199		BRU-SIK	Villy Langgaard	00:13:49	Susanne C. Simonsen	00:19:16	Michael B. Daniels	00:18:42	Villy Langgaard	00:19:27	01:11:13
14	254		Funder Fræserne once a	Max Steinar	00:16:13	Rasmus Yeoman	00:13:51	Maja Tind	00:20:11	Mille Bugslag Jensen	00:21:17	01:11:31
15	277	Hold 3	OP/NA MIX h	Morten Søndergaard	00:13:50	Lene Rahr Wagner	00:19:40	Mikkel Saksø Mori	00:18:52	Louise Clemmensen	00:19:45	01:12:06
16	247		Eye Allstars	Karsten Høyer	00:16:53	Kirsten Madsen	00:20:29	Søren Eye	00:16:56	Merle Lorenzen	00:18:23	01:12:39
17	262		Herning Gymnasium, hol	Klaus Højbye Mortensen	00:18:44	Tanya Møller	00:19:55	Majbritt Overgaard	00:18:14	Flemming Harritz Ras	00:15:56	01:12:48
18	260		Gødvald Allstars	Hanne Kjøer Olsen	00:18:38	Karsten Borg Høj	00:17:30	Anders Husted Mø	00:18:32	Hanne Kjøer Olsen	00:18:47	01:13:26
19	269		HEV-elite	Jens Jørgen Jensen	00:16:42	Trine Mogensen	00:22:18	Jesper Bonde Mø	00:17:48	Nanna Houe	00:17:13	01:14:00
20	359		Storfamilien 2	Tjalfé	00:18:35	Jesper	00:14:38	Maria	00:22:17	Tue	00:18:45	01:14:14
21	331		sinus mix	Børge K. Pedersen	00:18:42	Vigga Pedersen	00:21:22	Flemming Gaur	00:17:11	Henrik Rohde	00:17:27	01:14:41
22	259		Guldfireren	Sofie Jepsen	00:21:33	Troels Andersen	00:18:35	Camilla Jepsen	00:19:29	Kasper Jepsen	00:15:14	01:14:50
23	272		HEV-yl	Lars Jakobsen	00:15:02	Sofie Sommer	00:18:12	Erik Mosegaard	00:20:05	Anne Søby Jensen	00:21:54	01:15:11
24	393		ZenHolm	Eva	00:19:40	Carsten	00:18:50	Lis	00:21:09	Flemming	00:15:58	01:15:36
25	245		Epidural Space Invaders	Lone Buus	00:22:47	Mona Tarpgaard	00:18:24	Thomas Pasgaard	00:15:02	Mads Rasmussen	00:19:30	01:15:41
26	286		Jyske Invest - Run Away	Hans Jørgen Larsen	00:19:59	Merete Overby	00:17:41	Poul Mørk	00:21:38	Michael Sero	00:16:26	01:15:42
27	363		Svane Service	Henrik	00:15:48	Henette	00:20:19	Paul-erik	00:19:31	Susanne	00:20:07	01:15:44
28	343		SK-team Hans	Hans Gammelgaard	00:19:25	Philip Johnsen	00:16:47	Nanna Sofie Bruh	00:19:56	Birthe Kranup Juhl	00:19:45	01:15:52
29	319		Silkeborg Data mix	Jan Farning	00:18:04	Lene Bolby	00:17:59	Hanne Nørregaard	00:20:35	Lis Lysdahl	00:19:17	01:15:54
30	354		Sorring-Skildpadderne	Mette Nørgaard	00:17:10	Mark Schou	00:19:22	Connie Schou	00:21:52	Søren Nørgaard	00:17:32	01:15:55
31	226		Desperados +40	Susanne Johannsen	00:17:05	Christina Sandell	00:20:09	Stefan Sandell	00:21:50	Carsten Johannsen	00:17:02	01:16:05
32	251		Formændens Hold	Hans Henrik Nørgaard	00:15:12	Kirstine Halchen	00:24:12	Susanne Brodersen	00:19:03	Bent Thorsted	00:18:15	01:16:40
33	221		Designa 4	Anders Hartvig	00:20:33	Tina Thule Bach	00:20:40	Jeppe Rosenkvist	00:17:47	Jørgen Jensen	00:17:43	01:16:42
34	285		Jyske Bank - Ska" i ha" r	Leif Stagis	00:16:04	Henrik Hansen	00:18:57	Helle Fredberg Ni	00:25:42	Lasse K. Hesselund	00:16:10	01:16:52
35	336		SK-de gode undslydning	Kirsten Høyer	00:21:52	Mikael Svendsen	00:17:52	Helle Kristiansen	00:19:07	Flemming Poulsen	00:18:23	01:17:12
36	253		Forsyningsmixet	Malene Caroli Juul	00:19:14	Claus Berg Mikkelsen	00:18:26	Mette Gam Peders	00:19:56	Kenn Lange	00:19:41	01:17:15
37	246		Epidural Space Invaders	Maren Tarpgaard	00:17:56	Holger Wemmelund	00:18:53	Søren Venø	00:20:46	Tobias Fog-møller	00:19:47	01:17:21
38	198		Bowlfun	Helene Lund Jørgensen	00:21:32	Brian Nielsen	00:17:55	Trine Mark Jørgen	00:21:48	Lasse Marvig Sørense	00:16:13	01:17:26
39	681		Post Danmark 1	Mille Dalgaard	00:19:54	Rasmus Thomsen	00:19:36	Karsten Frølund	00:20:34	Tinna Landgren	00:17:24	01:17:27
40	238		ED2	Camilla	00:21:13	Morten	00:16:38	Jens A.	00:22:21	Jens Jørgen	00:17:44	01:17:55
41	234		Eager Beavers	Claus Gran	00:15:52	Jennie Nielsen	00:21:34	Chris Thomas	00:17:56	Yvonne Larsen	00:22:38	01:17:58
42	304		Mix Herning Løbeklub	Thomas V. Stubkjær	00:21:13	Tove Ahler	00:18:32	Hardy Bak	00:20:16	Helle Møller Nielsen	00:18:06	01:18:05
43	325		SilkeborgGym-Humanior	Jakob Kappel	00:18:13	Merethe Buhl	00:22:10	Peter Povlsen	00:19:47	Jamie Cunningham	00:18:19	01:18:28
44	190		Anitas drenge	Thomas Sørensen	00:17:36	Anita Fried	00:24:04	Jonas Fried	00:18:20	Allan Gert	00:18:35	01:18:33
45	248		Falck Silkeborg 4	Torben Lauritsen	00:18:03	Mette Baastrup	00:23:57	Marianne Busk	00:17:13	Ernst Mayer	00:19:28	01:18:39
46	206		Danfoss SpeedUp 3	Lars Wildenhoff	00:25:07	Camilla Bjaabjerg Odga	00:20:56	Lars V. Christense	00:16:56	Gyda Maarup	00:15:41	01:18:40
47	229		DTU-Aqua	Anders Koed	00:17:11	Dorte Bekkevold	00:22:16	Dorte Meldrup	00:22:25	Jes Dolby	00:16:52	01:18:43
48	288		Kløjgård og Correll	Pia	00:18:41	Mathias	00:17:05	Henrik	00:16:50	Rikke	00:26:10	01:18:44
49	210		De kækké	Keld Vestergaard	00:17:34	Eva Theilgaard	00:19:39	Lars Konge	00:21:06	Klaus Dam	00:20:33	01:18:52
50	329		SilkeborgSkolen2	Søren	00:15:52	Laura	00:22:20	Lasse	00:18:31	Nicoline	00:22:11	01:18:53
51	330		SilkeborgSkolen5	Hans-karl	00:21:17	Lærer Lene	00:20:24	Lærer Mads	00:15:09	Lotte	00:22:05	01:18:55
52	367		Søren Jensen +40	Svend Erik	00:20:26	Michael	00:21:17	Søren	00:19:26	Martin	00:17:57	01:19:04
53	295		LINAK 3	Ida Bay Christensen	00:19:53	Claus Rode	00:19:20	Michael Bay Chris	00:22:41	Sune Heyn Schroid	00:17:23	01:19:16
54	239		ED3	Tina	00:20:47	Stefan	00:17:04	Jens O.	00:19:01	?	00:22:25	01:19:16
55	213		Deloitte medarbejdere	Ninna Høgholt Madsen	00:20:57	Carmen Fløjgaard	00:23:15	Troels Mikkelsen	00:15:47	Jan Peter Nielsen	00:19:21	01:19:17
56	380		TEAM MERTON	Lars Pedersen	00:23:22	Helle Gram	00:24:02	Maria Andersen	00:15:41	Kent Andersen	00:16:34	01:19:37
57	308		Nordea	Lone Bøjskov	00:19:49	Søren Peder Villadsen	00:18:16	Knud Erik Sønder	00:20:28	Vivi Norman	00:21:11	01:19:43
58	255		Funder på toppen 1	Pia Skyttergaard	00:22:02	Louise Kleener	00:22:40	Per Kjørgaard	00:19:20	Per Knorborg	00:15:53	01:19:54
59	311		PDM-Vestas, Hammel	Johannes Baye - 1	00:19:36	Henriette Farver Steffen	00:21:34	Brian Verner Pede	00:18:05	Johannes Bøye - 2	00:20:41	01:19:55
60	296		LM-junior	Mathias Kastbjerg	00:16:52	Kathrine Bruun	00:22:26	Sofie Mortensen	00:21:14	Peter Jensen	00:19:39	01:20:10
61	362		Svane apoteket	Charlotte Brendstrup	00:23:05	Annie Harder	00:22:47	Lars Andersen	00:19:21	Jens Skærbæk	00:15:03	01:20:14
62	216		Denne Klodes bedste sta	Martin	00:22:51	Jane	00:25:38	Knud Erik	00:16:19	Anne Mette	00:15:30	01:20:16
63	294		LINAK 2	Carsten Gammelvind	00:19:56	Jan Nygaard	00:17:49	Hanne Kjeldsen	00:23:52	Thomas Riis	00:18:55	01:20:30
64	346		SK-troldebusken 1	Christina Holmgård	00:20:11	Jan Trangbæk-gavnholt	00:20:27	Claus Løwe Klost	00:19:28	Anni Leicht Pedersen	00:20:29	01:20:34
65	385		Th. Langs Skole	Victor Amstrup	00:20:42	Karen Marie Nissen	00:20:41	Jakob Kleist	00:18:55	Hanne Kaa	00:20:27	01:20:43
66	321		Silkeborg Tekniske Skole	Preben Holt	00:17:43	Marcus Laycock	00:18:47	Anne Hansen	00:24:28	Anna Jensen	00:19:54	01:20:51
67	379		Team Kivky	Morten Conradsen	00:20:59	Anette Toft Møller	00:21:45	Karina Sørensen	00:20:55	Morten Iversen	00:17:19	01:20:57
68	249		familien	Ulla Nørgaard Nielsen	00:22:44	Nanna Nørgaard Nielse	00:21:28	William Bak Bøds	00:18:59	Jens Nørgaard Nielse	00:17:51	01:20:59
69	218		Designa 12	Martin Christensen	00:22:13	Morten Rosenkvist	00:16:14	Simone Christens	00:24:04	Mads Rosenkvist	00:18:31	01:21:01
70	278		Ikast-fysserne	Elisabeth Due Andersen	00:21:53	Kathrine Philippsen	00:23:17	Stine Due	00:18:53	Henrik Jensen	00:17:05	01:21:06
71	202		Byens brød MIX	Poul Kramer	00:24:49	Inga Eriksen	00:21:08	Leif Mørcher	00:17:37	Hanne Mørcher	00:17:34	01:21:06
72	205		Danfoss SpeedUp 2	Jacob Lundhom	00:19:42	Karina O Sørensen	00:27:14	Peter M . Hansen	00:17:21	Peter M . Hansen	00:16:52	01:21:08
73	200		Basketroldene 1	Per Brunse-ottosen	00:15:48	Helle Egdal	00:22:26	Anne Andersen	00:25:18	Jeppe Kristiansen	00:17:40	01:21:11
74	189		Advodans Mix	Erik Nørgaard	00:21:17	Peter Niebuhr	00:23:02	Kristin	00:17:40	Marie Mathiasen	00:19:16	01:21:14
75	227		DGI - Danser Glohed Isd	Bjarne Petersen	00:20:04	June Simonsen	00:17:54	Ingrid Johannsen	00:19:38	Lars Skafte	00:23:44	01:21:19
76	273	Hold 1	Fys tornadoen	Per Kolding	00:20:00	Thomas Jensen	00:19:34	Mette Garval	00:22:59	Karen Svift	00:18:50	01:21:21
77	264		Herning Gymnasium, hol	Bjarke Stagstrup	00:18:59	Tonie Svith Dideriksen	00:20:27	Kenneth Sønderb	00:19:29	Mal Philipson	00:22:33	01:21:28
78	390		Vestergaard 1	Lotte Nielsen	00:19:35	John Vestergaard	00:17:19	Kent Graff Anders	00:19:45	Kim Bergsang	00:24:51	01:21:28
79	191		AQUA mix	Lise	00:20:50	Flemming	00:22:06	Michael	00:22:07	Mette	00:16:30	01:21:32
80	211		De små blå	Jeanette Mikkelsen	00:23:23	Bitten Kjør	00:20:03	Flemming Brix	00:22:39	Karsten Jaquet	00:15:39	01:21:42
81	391		vestjyskBANK	Marie Keller	00:19:38	Malene Rønø	00:20:57	Jakob Bruhn	00:20:38	Dennis Jensen	00:20:40	01:21:52
82	281		iRunners	Randi Larsen	00:21:07	Tim Grewy Jensen	00:21:15	Jette Kjør Madsen	00:20:32	Holger Klausnitzer	00:19:01	01:21:54
83	372		Team DSS 2	Jesper Kjeldal Pedersen	00:17:44	Peter Plett	00:17:20	Tina Pedersen	00:25:09	Freddie Lauridsen	00:21:43	01:21:55
84	323		SilkeborgGym-Dansk/his	Heidi Skov Kristensen	00:23:14	Niels Toft	00:18:35	Puk Nielsen	00:19:52	Steen Bohn Christoffe	00:20:18	01:21:58
85	261		Handelsbanken	Charlotte Kiltholm	00:23:18	Lars Graugaard	00:21:02	Inge Nielsen	00:18:56	Per Lindholm	00:18:47	01:22:01
86	214		Den Kreative Skole 1	Hanne Højgaard Hede	00:21:40	Søren Kristian Frydenlu	00:18:41	Helle Bøjlesen	00:24:01	Erik Hagner	00:17:44	01:22:04
87	235		E-bank	Anne-louise Finseth	00:25:17	Artym Fefer	00:19:49	Michael Lægdsdal	00:20:54	Flemming Nielsen	00:16:06	01:22:05
88	355		sparoj.dk	Jannick Poulsen	00:21:37	Tina Busk Jensen	00:24:12	Line Pedersen	00:19:17	Henrik Kastbjerg	00:17:03	01:22:07
89	337		SK-Fumlerne	Jakob Kristensen	00:19:12	Agnete Klitte Ramhøj	00:22:42	Rasmus Vesterga	00:22:39	Kathrine Bie Gregerse	00:17:38	01:22:10
90	328		SilkeborgGym-Naturvidei	Niels Høgslund	00:18:24	Charlotte Hauulund	00:21:55	Daniel Janby	00:20:19	Hanne Gerwin	00:21:38	01:22:14
91	339		SK-Nellies deler	Lotte Wrisberg Krisensen</								

Almindsø-stafetten 2009

4 x 4 km Mix

Nr	HoldNr	Holdnavn	1. løber	0 - 4 km	2. løber	4 - 8 km	3. løber	8 - 12 km	4. løber	12 - 16 km	Total
113	282	IT-JYSKE3	Jens Ole Lunen	00:18:04	Lotte Lunen	00:20:18	Esben Terp Søren	00:20:12	Natassa Larsen	00:25:41	01:24:13
114	318	Schjødts Finércentral v/J	Jens Søndergård	00:17:04	Anita Graversgaard	00:20:23	Karina Graversga	00:24:19	Inge Okkels	00:22:37	01:24:22
115	267	HEV-blandede bolcher	Troels Niemann	00:16:41	Britta Mørk	00:24:33	Jerzy Malczinsky	00:18:41	Tina Nielsen	00:24:41	01:24:35
116	228	DGI - Dyrker Grill Idræt	Thomas Munk	00:19:27	Dorthe Mikkelsen	00:18:40	Ole Sørensen	00:19:18	Lisbeth Traberg	00:27:20	01:24:44
117	230	Dybkaer Specialskole 1	Allan	00:18:23	Rikke Laursen	00:19:50	Ninna Sidelmann	00:24:14	Uffe Lilholm	00:22:20	01:24:46
118	225	Designa 8	Rikke Møller Larsen	00:26:00	Rene Sørensen - Samle	00:22:31	Peter Grimm	00:15:22	Jan Hull	00:20:59	01:24:50
119	207	Danfoss SpeedUp 4	Jesper Vraa	00:18:48	Karina Poulsen	00:20:34	David Skov	00:25:16	Katja Sørensen	00:20:19	01:24:55
120	241	Elgen & Co	Berith Reinholt Høstrup	00:22:33	Elgen På Thorsøskrænt	00:17:09	Bjarne Høstrup	00:18:56	Winther	00:26:20	01:24:56
121	310	Partner Revision 2	Heidi Beck Rasmussen	00:25:06	René Kristensen	00:19:46	Maja Kjaerby Lass	00:20:45	Tom Østergaard	00:19:24	01:25:00
122	305	Mixen bixen	Nicklas Bådum	00:18:41	Sanne Bådum	00:22:56	Jette Poulsen Blitt	00:21:50	Dorte Møller	00:21:35	01:25:01
123	322	Silkeborg Ungdomsskole	Mie West	00:22:20	Jacob Hansen	00:17:20	Annette Henriksen	00:24:36	John Skovbo	00:20:47	01:25:03
124	306	Motetterne	Susanne Flindt Nielsen	00:20:28	Bent Stenstrup	00:23:53	Anette Freund	00:23:21	Peter Engholm	00:17:29	01:25:10
125	193	AVK GUMMI A/S 1	Knud Erik Bjørn	00:16:55	Anne Nielsen	00:22:57	Elena Rasmussen	00:28:10	Knud Erik Bjørn	00:17:12	01:25:12
126	188	Adidas Mixteam	Lars Brun	00:20:45	Trine Lyder	00:22:28	Helle Svarre	00:20:42	Lars Odgaard	00:21:20	01:25:14
127	314	Salling	Else Marie	00:23:52	Henrik	00:21:39	Lisbeth	00:20:15	Bent	00:19:39	01:25:24
128	289	Kornmod Realskole	Majken	00:19:21	Peter	00:22:05	Karen	00:25:48	Lars Christian	00:18:15	01:25:28
129	203	Danfoss KRAM	Tina Flensborg	00:21:17	Linda Refsgård	00:23:43	Kuno Nielsen	00:20:33	Henrik Skytte Nielsen	00:20:03	01:25:34
130	332	SK-al i se fodsåler	Marie Bornhøft	00:23:57	Rune Darling	00:16:58	Tina Bang	00:24:04	Jonas Andreasen	00:20:40	01:25:37
131	387	TVILUM-SCANBIRK 1	Dorthe Bang	00:20:26	Lene Lyngholm Sørensen	00:21:17	Bjarne Sams	00:23:37	Lars Bjerre Jakobsen	00:20:40	01:25:59
132	351	SK-ØKITADM	Jacob Haaber Pedersen	00:17:47	Nanna Sunbjørg Peders	00:28:40	Rikke Karlsen	00:23:03	Thomas Pelch	00:16:36	01:26:04
133	299	LMPR	Peter Rostgaard Jørgense	00:20:46	Marina Bech	00:20:54	Lene Rostgaard Jø	00:23:30	Rasmus Lindrup Ellits	00:20:57	01:26:06
134	388	TVILUM-SCANBIRK 3	Anette Trads	00:26:00	Lean L. Thomsen	00:20:23	Lisbeth Elmhøj Iv	00:19:47	Claus Bruun	00:20:06	01:26:14
135	266	SilkeborgGym-Kreativ	Esben Krosgaard	00:16:59	Anne-mette Alstrup	00:23:10	Hans Peter Søgar	00:17:22	Katinka Göttsche	00:28:48	01:26:18
136	244	Epidural Space Invaders	Inger Kirk	00:25:49	Anette Bjerager	00:20:36	Michael Rasmuss	00:18:17	Jan Mick Jensen	00:21:46	01:26:28
137	368	Team AL	Kim Thorsted	00:17:35	Karina Riberholt-johsen	00:23:55	Lone Sostack	00:22:50	Mariann Haahr	00:22:11	01:26:29
138	268	HEV-DKE	Lars Christensen	00:23:12	Anita Døfler	00:24:44	Niels Thorsgaard	00:18:53	Gitte Merrild	00:19:44	01:26:31
139	291	Kaalunds Go""e Ben	Steen Martinussen	00:18:09	Mia Grusen	00:24:34	Mathias Grud Sørr	00:18:13	Jytte Nielsen	00:25:49	01:26:44
140	303	Låsbj-mix	Lene Bisgaard White	00:23:38	Henrik Ortvad	00:20:08	Margrethe Knudse	00:23:52	Kim Skjærbæk	00:19:17	01:26:53
141	292	Laven Linå Mix	Lars Skafte	00:23:53	Hanne Bøgild	00:23:48	Louise Madsen	00:24:20	Pete Bak Sørensen	00:14:56	01:26:55
142	217	Designa 1	Jens Pape	00:18:40	Karl Erik Petersen	00:18:35	Malte Pedersen	00:25:13	Lars Kristiansen	00:24:43	01:27:10
143	224	Designa 7	John Madsen	00:19:58	Karin Jeppesen	00:26:04	Parin Kjeldsen	00:18:24	Leo Hansen	00:22:47	01:27:10
144	392	zEBra STRiberne	Ebbe Poulsen	00:22:01	Stine Nylve	00:22:47	Lone Rosen	00:22:27	Niels Bjerring Hansen	00:19:59	01:27:14
145	386	Them Fys	Maria Nielsen	00:23:35	Birgitte Nielsen	00:23:36	Lone Nielsen	00:19:38	Lotte Gilkrog	00:20:27	01:27:15
146	320	Silkeborg Tekniske Skole	Jørn Justesen	00:17:41	Niels Nygaard	00:21:17	Lissi Iversen	00:24:53	Jane Jensby	00:23:38	01:27:28
147	242	Elstock Allstars	Jes Madsen	00:21:13	Lone Jensen	00:24:36	Per Gregers Jens	00:21:20	Michal Fatlik	00:20:21	01:27:28
148	231	Dybkaer Specialskole 2	Tage Mortensen	00:18:37	Signe	00:24:51	Pernille Kaad	00:19:33	Dorthe Kristensen	00:24:40	01:27:40
149	364	SVM Team 2	Gitte C.	00:24:56	Brian E.	00:22:09	Jes O.	00:19:25	Jens N.	00:21:19	01:27:47
150	302	Lynene	Hans Appel	00:18:20	Mette Rask-pedersen	00:27:00	Pia Sørensen	00:25:55	Carsten Helbo	00:16:38	01:27:52
151	375	Team Fly-Beck	Lone Fly	00:23:51	Michèle Sand Beck	00:22:28	Stine Flye	00:23:42	Stinus Fly	00:17:55	01:27:55
152	276	Hold 2 OP/NA Mix hold	Jakob B.gjensen	00:22:19	Lene Bjerrgård	00:27:54	Arne Simonsen	00:18:53	Hanne Fjeldgaard	00:18:59	01:28:03
153	352	SLK-1	Hedvig B. Nielsen	00:24:51	Karl Andersen	00:19:06	Ea Møller	00:26:14	Mikael Agerbæk	00:17:54	01:28:03
154	316	Sanistål 2	Claudia	00:26:56	Lotte	00:26:40	Kasper	00:16:09	Paw	00:18:22	01:28:06
155	345	SK-team SYN	Leif Nielsen	00:21:35	Malene Bjørnholdt	00:22:26	Hanne Henriksen	00:22:39	Tore Nielsen	00:21:49	01:28:28
156	250	Ferskvandscentret konfe	Jon	00:21:16	Jonas	00:23:05	Trine	00:21:46	Nn	00:22:48	01:28:54
157	243	Elstock Allstars III	Simone Nørding	00:25:49	Sverrir Amason	00:20:53	Thomas Overgaard	00:21:38	Anders Nielsen	00:20:41	01:28:59
158	197	Blicher Revision & Rådg	Michael Pedersen	00:20:00	Dorthe Kaa	00:26:39	Annette Bækgård	00:19:18	Bent Thomsen	00:23:06	01:29:02
159	219	Designa 2	Birthe Hansen	00:23:13	Poul Lassen	00:20:04	Ann Nora Jakobse	00:26:46	Ole Nielsen	00:19:02	01:29:03
160	215	Den Kreative Skole 2	Jan Salling	00:19:57	Lene Rahbech	00:21:46	Laila Trier Hjørn	00:26:26	Thomas Engelhardt R	00:21:00	01:29:08
161	297	LMK VEJ 2	Leif Thomsen	00:23:10	Jette Helveg Berthel	00:22:28	Kristina Lund Lass	00:21:03	Thea Kemp	00:22:37	01:29:16
162	209	Danske Bank, Silkeborg	Michael Christiansen	00:24:40	Marie Louise Andersen	00:21:50	Henriette Kirkegæ	00:21:36	Bjarne Overvad	00:21:14	01:29:18
163	334	SK-ambasserne	Poul Hald	00:19:06	Rikke Bernt Fuks	00:27:44	Poul Erik Hystrup	00:20:30	Helene D. Clausen	00:22:00	01:29:19
164	240	Efterløjerne	Karen Miller	00:25:33	Ole Miller	00:19:37	Alice Schneider	00:24:50	Claus Schneider	00:19:20	01:29:19
165	373	Team Dybkaer	Cecilie Sandfelt	00:20:17	Julie Sandfelt	00:19:24	Simone	00:29:18	Mads Skytte Nielsen	00:20:28	01:29:26
166	389	V2	Ole Holm	00:20:28	Anne Marie Hørning	00:27:03	Carsten Jacobsen	00:21:23	Hans-jørgen Hørning	00:20:33	01:29:26
167	313	Ry Ræserne 1	Kim Eriksen	00:22:32	Iben Riis	00:22:41	John Gadeberg	00:17:32	Else Groth	00:26:52	01:29:36
168	327	SilkeborgGym-Mat/fys	Brian Krog Christensen	00:20:42	Karen Stenholt	00:25:35	Aage Andersen	00:26:51	Tina Bové	00:16:40	01:29:46
169	222	Designa 5	Anders Meyer	00:19:01	Jørgen Jensen	00:24:08	Gitte Biller	00:26:06	Jan Poulsen	00:20:37	01:29:50
170	280	IntraNote a/s hold 1	Marlene Thøgersen	00:18:43	Laura Johansen	00:24:35	Stefan Kristensen	00:27:09	Allan S Krag	00:19:28	01:29:53
171	236	EBST-løjerne	Malene Slotte Schacke	00:20:48	Lizzie Jensen	00:24:48	Anja Vindum	00:22:01	Jakob Hansen	00:22:20	01:29:55
172	396	Årstederne Arkitekter Mix	Jesper Torpe	00:22:37	Mette Jensen	00:24:38	Jane Tord	00:25:31	Johannes Schmidt	00:17:16	01:29:59
173	348	SK-VISADM	Jens Skovgaard	00:25:45	Estella Cecilia Fjeldmar	00:20:47	Nette Hugøvy Rasn	00:20:50	Sophie Jensen	00:22:43	01:30:04
174	258	Guldfireren	Jens Ørnhøj	00:29:09	Birgitte Haurum	00:21:41	Mads Riberholt-jø	00:20:03	Tine Kildemoes Taisb	00:19:14	01:30:05
175	192	AU Superfræser	Susanne Bruun Jensen	00:23:47	Lene Francis	00:24:36	Sanne Strunk Mikl	00:21:14	Tim Strandgaard	00:20:38	01:30:14
176	279	Intersport Silkeborg	Bettina Johansen	00:24:43	Mads Valentin	00:15:23	Sigrid Hansen	00:27:09	Flemming Korsgaard	00:23:10	01:30:22
177	196	Belden 2	Frank	00:20:25	Simon	00:21:55	Heidi	00:28:16	Gert	00:20:11	01:30:46
178	335	SK-byte	Anna Nørgaard Sørensen	00:22:33	Annette Knudsen	00:19:28	Cla Maria Leega	00:24:36	Claus Danielsen	00:24:14	01:30:50
179	349	SK-æg 2	Bente Binder	00:28:54	Lasse Lyngkær Peders	00:18:45	Lene Ottosen	00:24:21	Søren L. Pedersen	00:19:04	01:31:03
180	358	Storfamilien 1	Mogens	00:19:09	Kirsten	00:21:11	Lene	00:26:49	Jepp	00:23:58	01:31:05
181	307	NIRAS junior	Peder Strom	00:18:06	Christian Pfundheller	00:18:46	Tina Guldberg	00:22:39	Jan Grosmann	00:31:50	01:31:20
182	283	JB - Kreditunterne	Birgit Abildgaard	00:21:17	Annitaa Amstrup	00:24:28	Anita Nygaard	00:22:27	Jan Henrik De Linde	00:23:37	01:31:48
183	194	Banan og ÆBLE	Kia Jensen	00:22:10	Vibeke Bak Aavild	00:22:42	Anita Laursen	00:26:02	Rolf Jensen	00:21:03	01:31:56
184	266	Herning Gymnasium, hol	Anders Sigsgaard Skov	00:23:39	Anne Kathrine Rosenbe	00:21:59	Jakob Gottschalk	00:22:32	Lars Henriksen	00:23:54	01:32:03
185	366	Sølvfireren	Lærke Jepsen	00:22:59	Jørgen Jepsen	00:21:51	Dorthe Jepsen	00:20:04	Oliver Jepsen	00:27:20	01:32:14
186	270	HEV-overløber	Dorthe Dalsgaard	00:16:10	Peder Skjøth	00:31:56	Gitte Berg	00:25:22	Erling Würtz	00:19:19	01:32:47
187	298	LMK VEJ 3	Jane Nedergaard	00:22:08	Bo Lund Sørensen	00:22:16	Hanne Jonassen	00:25:30	Peter Snog	00:23:30	01:33:22
188	300	Logodan Quickstep	Jan Ravn	00:23:52	Kristina Skov	00:24:52	Brian Nielsen	00:21:15	Helle Kristensen	00:24:22	01:34:19
189	290	Kruse & Uhrenholt	Kathrine T. Uhrenholt	00:22:19	Thomas Uhrenholt	00:25:49	Bitten Kruse	00:26:05	Andreas Kruse	00:20:54	01:35:06
190	350	SK-øjteløjerne	Martin Andersen	00:17:06	Maria Karm	00:24:28	Leif R. Pedersen	00:31:27	Hanne Lise Koed	00:22:08	01:35:07
191	342	SK-reserverne	Louise Langbak	00:23:05	Tove Jakobsen	00:22:35	Iben Serup Bendix	00:27:42	Morten Madsen	00:21:48	01:35:09
192	344	SK-team hjælpemidler1	Anne Marie Jensen	00:26:29	Poul Richard Madsen	00:21:41	Dorte Hansen	00:25:07	Birthe Sønderskov Ha	00:22:27	01:35:42
193	338	SK-i løbetid	Helene Kreiberg	00:26:23	Ferudun Guldiken	00:22:50	Lone Iversen	00:26:46	Gunnar Clausen	00:19:47	01:35:44
194	195	Belden 1	Helene	00:22:53	Yvonne	00:29:39	Rikke	00:23:06	Jens	00:20:24	01:36:00
195	309	Partner Revision 1	Kathrine Rytter Asferg	00:25:57	Peder Stampe	00:20:32	Anne Segerstrøm	00:24:32	Peter Andersen	00:25:32	01:36:32
196	317	Sanistål 3	Maria	00:22:39	Louise	00:28:16	Sven Erik	00:24:06	Kim	00:21:33	01:36:33
197	220	Designa 3	Lena Christensen	00:27:43	Jes Bundgaard	00:25:40	Gitte Havsager	00:21:48	Helle Lausten	00:22:12	01:37:21
198	360	Sundhedstjek -konekt.	Glennie Grønne	00:26:43	Ronny Lillerøj	00:22:50	Gitte Schrader	00:26:32	Mickal Lillelund	00:21:28	01:37:33
199	204	Danfoss SpeedUp 1	Mia Thomassen	00:24:56	Helen Thomassen	00:35:26	Bjarne Sig Halkjæ	00:17:16	Jan Hesel	00:20:22	01:37:59
200	252	Forsyningsløjerne	Karl-ejner Dalsgaard Niels	00:21:46	Jane Jungersted Albre	00:24:17	Søren Junge Bak	00:22:49	Karsten Søndergaard	00:30:22	01:39:13
201	232	Dybkaer Specialskole 3	Eva Revsbæk	00:26:20	Jens Bruun	00:20:16	Signe Jensen	00:22:35	Anna Nissen	00:30:25	01:39:34
202	301	Logodan Runners	Carsten Jørgensen	00:22:14	Pia Olsen	00:28:24	Steen Nørby	00:25:43	Jette Olsen	00:23:43	01:40:02
203	333	SK-alaløn	Anne Skovgaard Pederse	00:24:52	Sisse Elkjær	00:28:47	Malene Spaabæk	00:27:29	Bent Haunstrup Christ	00:20:30	01:41:36
204	749	Laura's løbere	Lærke Andersen	00:35:06	Jannie Møldgaard	00:24:34	Troels Kronborg	00:24:11	Michael Holm	00:19:10	01:42:59
205	315	sam's snegle	Stinne Ammitzbøll								

Almindsø-stafetten 2009

4 x 4 km Kvinder

Nr	Hold	Nr	Holdnavn	1. løber	0 - 4 km	2. løber	4 - 8 km	3. løber	8 - 12 km	4. løber	12 - 16 km	Total
1	462		SAK 77 Elite	Ida Bobak	00:15:28	Stine Bagger Hagner	00:16:25	Dorethe Gamborg	00:14:43	Fanny Sørensen	00:15:43	01:02:19
2	404		4 stk. til 3	Dorte Mikkelsen	00:19:43	Anette Kjørby	00:19:39	Dorte Madsen	00:19:07	Louise	00:17:15	01:15:43
3	464		Silkeborg P&D 10	Thea Gintberg	00:19:44	Anna Kinoshita Vesterg	00:17:26	Rikke Sjelborg	00:20:53	Hanne Gintberg	00:20:20	01:18:22
4	403		4 stjerner	Martine Bjønness	00:16:39	Sofie Skov	00:26:38	Andrea Nicolaisen	00:20:05	Julie Wedel	00:17:35	01:20:56
5	508		Tennispigerne STK	Line Weis Andersen	00:20:31	Anna Risgaard	00:20:22	Lise Weis Andersen	00:22:26	Line Weis Andersen	00:18:04	01:21:21
6	418		Fastcats	Elisabeth Bernsten	00:18:03	Anette Pedersen	00:20:42	Christina Storey B	00:21:53	Grethe Tind	00:22:03	01:22:39
7	449		M1 hold 1	Henriette Bønnerup	00:19:19	Birthe Korsgaard Ande	00:20:02	Hanne Østergaard	00:22:58	Stine Malling Sønderg	00:20:23	01:22:41
8	410		BG runners	Camilla Jepsen	00:19:35	Anne Stougaard	00:21:37	Matilde Drejer	00:19:07	Trine Estrup	00:22:27	01:22:45
9	443		Kvinderne Coface	Jette Olsen	00:18:37	Elsebeth Berg	00:23:01	Hanne B. Knudser	00:22:13	Marianne Hosbjerg	00:19:05	01:22:55
10	444		Kaalunds Lamselår	Malene Lund	00:16:34	Karen Marie Jespersen	00:22:36	Stine Morild Iverse	00:20:35	Randi Søgaard	00:23:18	01:23:01
11	446		LEKK	Lisbeth Kristiansen	00:23:03	Ebba Bech	00:18:34	Kersti Brauner	00:20:57	Karen Olesen	00:20:51	01:23:23
12	503		Sydbanks piger	Maja Søbjerg Sørensen	00:23:09	Mia Larsen	00:20:33	Inge Rasmussen	00:18:02	Anita Røddik	00:21:42	01:23:25
13	415		Deloitte piger	Inger Andersen	00:21:13	Jette Sæderup Nielsen	00:19:45	Marianne Pederse	00:23:35	Anette Pedersen	00:19:04	01:23:36
14	478		Skovløberne	Anna Thora Sanggaard	00:20:40	Irene Skafte	00:20:51	Mette Svendsen	00:21:33	Lene Kjærgaard	00:20:36	01:23:37
15	506		Team taxheaven	Tanja Stocholm	00:20:24	Heidi Skovbjerg	00:22:21	Gitte Stocholm	00:20:46	Anett Skov Marcusser	00:20:08	01:23:37
16	442		Kvinder 1 Herning Løbek	Else Jørgensen	00:18:04	Lissy Bak	00:21:41	Conny Behrendtz	00:22:12	Conny Nyborg	00:21:46	01:23:42
17	426		Guf Løb	Betina Pedersen	00:20:40	Elin Jørgensen	00:20:28	Lotte Pedersen	00:22:04	Lotte Lundgaard	00:20:52	01:24:03
18	455		OP/NA Hold 1 , De su	Mona Muff	00:19:56	Kristen Andersen	00:21:24	Inger Knorborg	00:22:08	Lone Sørensen	00:20:38	01:24:05
19	466		Silkeborg Ungdomsskole	Merle Lorenzen	00:18:20	Mariette Balsby	00:16:22	Kirsa Hjortnæs	00:24:56	Lone Thorup	00:24:40	01:24:16
20	470		SK-Gørdvadskolen 2	Marianne Jacobsen	00:20:11	Lone Svejlstrup	00:21:07	Mathilde Schmidt	00:22:18	Camilla Graner	00:20:48	01:24:21
21	428		Himmelfjerg Apotek	Alma Heinesen	00:18:10	Jane Tollund	00:23:35	Ann Østergård	00:21:03	Helena Bach Thaysen	00:21:36	01:24:23
22	501		SPI girls	Line	00:18:41	Pia	00:19:46	Jeanette	00:24:27	Bolette	00:21:42	01:24:34
23	405		Go-go-girls	Hanne Pedersen	00:20:17	Tina Holmgard	00:21:34	Lene Rask	00:21:55	Hanne Pedersen	00:20:52	01:24:37
24	463		Silkeborg Data piger	Rikke Bech	00:19:42	Marianne Villadsen	00:21:09	Lisa Kjærgaard	00:22:48	Susan Benn Hansen	00:22:03	01:25:41
25	411		Busk	Monique Boots-nielsen	00:20:48	Maj Munk	00:24:10	Pia Gjølstrup Grav	00:19:28	Else Krosgaard	00:21:21	01:25:45
26	486		SK-The Drivers	Anne Marie Nielsen	00:22:31	Christel Bengersen	00:19:24	Malene Andersen	00:22:01	Vivi Nielsen	00:22:02	01:25:56
27	438		JN S. T. I. K.	Susanne Holtet Wølc	00:18:54	Tina Zacho Brogaard	00:20:48	Inge Schaldemose	00:26:16	Karina Andreassen	00:21:22	01:27:18
28	509		Virklund Sport Damer	Hanne Juul	00:23:34	Tanja Tvedergaard	00:19:57	Britta Olsen	00:19:11	Bente Nielsen	00:25:15	01:27:55
29	505		Team Bøgvad	Lise Fredelund Nielsen	00:23:03	Dorthe Kjersgaard	00:22:03	Charlotte Kjærgaa	00:20:35	Christina Niebuhr	00:22:24	01:28:03
30	472		SK-ildpadderne slow	Stina Lisager Pringle	00:19:18	Mette Olsson	00:26:07	Birgitte Sonnenboi	00:23:05	Pernille Suna Sønderg	00:19:52	01:28:19
31	452		M1 hold 4	Kisser Grønbech	00:23:01	Anne Randlov	00:23:38	Jette Storgaard	00:24:57	Anette Wegger Johnsr	00:16:44	01:28:20
32	485		SK-team hjælpemidler2	Anne-mete Niebur	00:20:24	Henniette Kirk Thomsen	00:23:58	Pernille Pløen Bæ	00:21:54	Karin Sehested	00:22:12	01:28:26
33	467		SilkeborgSkolen1	Alberte	00:22:08	Maria Ec	00:21:11	Sabina	00:23:11	Kylie	00:21:59	01:28:28
34	448		Lægerne Skolegade 23 *	Anette Mønster	00:19:01	Marianne Christensen	00:22:39	Maria Mattis Larse	00:27:24	Birthe Korsgaard	00:20:03	01:29:06
35	499		smuk	Karina Greis Andersen	00:17:48	Gitte Kærgaard Nielsen	00:22:22	Trine	00:23:10	Liza Knudsen	00:25:48	01:29:06
36	447		LM-kvinder	Anne Marie Rask	00:22:33	Ruth Mortensen	00:21:56	Hanne Kastbjerg	00:22:01	Anne Kronborg Jensen	00:23:06	01:29:35
37	480		SK-rappe Hvinningdal 3	Helene S. Binderup	00:20:53	Karen H. Jessen	00:24:45	Susanne H. Kriste	00:24:07	Tina Mærsk Søbte	00:20:18	01:30:01
38	437		JP pigerne	Lene Gammelgaard	00:22:19	Mariene Lauridsen	00:20:35	Karina Michaelser	00:20:36	Birthe Brams	00:26:40	01:30:08
39	376		Team HairContrast 2	Gina Gasbjerg	00:23:03	Vivi Andersen	00:21:33	Christina Brask	00:20:43	Lisa Andersen	00:25:46	01:31:03
40	465		Silkeborg Roklub	Lene Søby	00:23:25	Anne Søby	00:22:44	Jane Bech Thøger	00:21:51	Anette Pind	00:23:09	01:31:08
41	477		SK-ovferme	Majbritt Ribberholt	00:24:45	Birthe Møller	00:25:03	Sofie Martinussen	00:19:38	Else M. Sørensen	00:21:46	01:31:11
42	445		Kaalunds Sild	Hanne Rasch	00:22:28	Tina Klinkby	00:21:39	Joan Grud	00:21:00	Marianne Sørensen	00:26:27	01:31:33
43	490		SK-Vestre	Lone Fink	00:21:00	Lotte Sædal Rosenlind	00:25:24	Elsebeth Mørch Pi	00:20:40	Vivi Marie Vilhelmsen	00:24:33	01:31:37
44	429		Hold 1 Fys lynet	Alice Andersen	00:26:18	Rikke Dahl	00:19:54	Janne Grøn	00:21:00	Anne Grøndahl	00:24:28	01:31:38
45	493		SK-ytsenglene	Christina Jeppesen	00:23:48	Susanne Wass	00:20:24	Herdiss Nedergaard	00:21:45	Birgit Nielsen	00:25:55	01:31:51
46	409		BDOA	Merethe	00:24:17	Maiken	00:22:57	Anette	00:24:03	Linda	00:20:48	01:32:03
47	422		Galenie Moderne Silkebo	Tina Dyrehauge	00:21:57	Agnes Tougaard Munch	00:20:45	Karen-lise Nyenge	00:21:45	Marit Beck	00:27:38	01:32:05
48	459		Optimisterne	Hanna Mæng	00:23:15	Jette Ulsøe	00:24:09	Eva Damholdt	00:23:28	Ingemarie Skibsbys	00:21:40	01:32:31
49	441		Kvinder 2 Herning Løbe	Gretne Nølander	00:21:27	Jette Randers	00:20:23	Anne Hansen	00:25:16	Marie Jørgensen	00:25:36	01:32:41
50	413		C'arla Girl s	Yvonne Larsen	00:22:09	Majbritt Lauridsen	00:24:08	Lillian Dominicuss	00:25:42	Jeanette Petersen	00:20:50	01:32:48
51	487		SK-troldbusken 2	Birgitte Madsen	00:22:17	Heidi Larsen	00:21:41	Christina Holmgår	00:27:50	Lone Alsted Ditlev	00:21:02	01:32:49
52	504		Så du røgen....	Mette Bergstrøm	00:20:58	Astrid Kristensen	00:21:46	Mai-britt Soo Mort	00:18:35	Birgitte Schmidt Agerf	00:31:34	01:32:51
53	496		Skønne sild	Helle Laursen	00:27:30	Lone Gade Sørensen	00:23:16	Anne Grethe Kync	00:19:47	Lisbeth Riis	00:22:20	01:32:51
54	457		OP/NA Hold 2 , De uov	Lene Højgaard	00:23:25	Lone Krogstup	00:22:56	Anette W Gronert	00:22:59	Peter	00:23:36	01:32:54
55	405		4QUEENS	Anitta Mosegaard	00:25:15	Karina Tølderlund	00:21:11	Anne Sofie Fryder	00:21:03	Vinni Bak Kristiansen	00:25:27	01:32:55
56	507		Teko	Merete B. Madsen	00:21:37	Inge Bak	00:27:44	Gitte Isen	00:20:48	Maria Seidelin	00:22:50	01:32:57
57	431		Hold 2 Fys eksplosione	Marianne Fryd	00:23:37	Sofie Tholstrup	00:21:11	Lotte Nielsen	00:21:47	Louise Madsen	00:26:25	01:32:59
58	469		SK-Baktus	Birgit T. Hansen	00:21:43	Rikke Nordby	00:22:21	Bettina Falko	00:29:18	Pia Bolander	00:19:48	01:33:09
59	471		SK-hjerne 1	Anita Tandrup Sucksdorff	00:21:20	Linda Rostrup	00:26:58	Kirsten Møller	00:22:23	Kara Kristensen	00:22:30	01:33:10
60	497		SK-ønne tøser	Mette Bruhn	00:24:29	Annette Frederiksen	00:22:04	Karen Skaarup	00:22:42	Kirsten Berit Jensen	00:24:06	01:33:19
61	407		Advodans Slow Fox	Mette Nørgård	00:23:18	Kirsten Elling	00:23:26	Charlotte Mai	00:24:15	Nanna Nørgaard	00:22:30	01:33:27
62	475		SK-olen i Bryrup2	Kirsten Bjørnkjær	00:25:18	Louise Vespergaard	00:25:50	Christina Madsen	00:22:57	Berit Damholm	00:19:37	01:33:42
63	473		SK-LØBDALHAVEN	Ulla Eriksen	00:26:16	Maria Bonnevie	00:25:01	Jeanette Jochums	00:20:50	Trine Rødkjær	00:21:40	01:33:46
64	186		100 mbit	Miriam Gelman Wolff	00:23:41	Lone Jessen	00:26:01	Pernille Hørdum	00:24:07	Ulla Lenler-gelman Wolff	00:20:09	01:33:57
65	416		Erhvervs- og Byggestyre	Karen Hansen	00:28:35	Signe Krøigaard	00:23:12	Sandra Winther G	00:20:14	Malene Slot Schacke	00:22:02	01:34:01
66	408		APV's Hurtigste piger	Susanne Greve	00:19:15	Gitte Nielsen	00:23:35	Kirsten H Jakobsen	00:25:14	Karen Aen	00:26:04	01:34:07
67	424		Geopartners Ladies	Ann-marie Frydendal Sørr	00:20:19	Pernille Nørgård	00:24:40	Sanja Ekmesic	00:29:01	Hanne Fredberg	00:20:11	01:34:09
68	492		SK-Vi-skal-bare-med	Kristina Mayhof	00:23:30	Cathrine Helk	00:21:12	Majken Hougaard	00:27:56	Susanne Dam	00:22:14	01:34:52
69	491		SK-Vinderslev	Inger Thomsen	00:23:26	Kirsten Anneberg Jacob	00:25:07	Lene Lange	00:24:01	Margit Rygård	00:22:23	01:34:55
70	479		SK-Plan og Informatik	Solvej Jensen	00:23:13	Lene Sack-nielsen	00:27:06	Nina Toft	00:24:33	Dorte Ringgaard Jens	00:20:40	01:35:32
71	421		Forsyningssprinterne	Susanne Pedersen	00:23:12	Lene Byrgiel	00:25:43	Kirstine Vestergaa	00:23:45	Stine Silberbauer	00:23:11	01:35:48
72	419		FOA Silkeborg-Skanderb	Gitte Nørgaard	00:30:10	Susanne Fisker	00:23:15	Birthe Juul	00:21:56	Tina Andersen	00:20:43	01:36:02
73	482		SK-Solbo-2	Susne Falko	00:23:31	Lene Thomsen	00:18:26	Heidi Holgaard	00:33:23	Lotte Langkjær	00:20:45	01:36:03
74	488		SK-umfiduserne	Anne Trangbæk	00:22:58	Gitte Strøm	00:22:12	Lone Dam Peders	00:23:55	Ulla Lenler-petersen	00:27:12	01:36:15
75	498		Slank og Sund Silkeborg	Heidi Aagaard	00:27:37	Kristina Lauritzen	00:20:52	Nini Assenholm	00:21:36	Tina Nyggard	00:26:21	01:36:25
76	474		SK-olen i Bryrup1	Trine Falck	00:22:34	Joan Bak	00:30:22	Lisa Enevoldsen	00:21:05	Lisbeth Schmidt	00:23:38	01:37:38
77	489		SK-VEJløberne1	Lene Hoffmann	00:26:48	Carina Nørlund	00:22:44	Agnete Deibjerg	00:23:10	Karen Dalsgaard	00:25:49	01:38:29
78	484		SK-søpapegøjeløb	Annelise Jensen	00:23:25	Tina Koustrup Fuglsang	00:24:48	Anne-mette Suhr	00:26:44	Janne Larsen	00:23:39	01:38:34
79	439		K1-Kil Seje Tøser 1	Janni Thomsen	00:24:43	Heidi Bertelsen	00:26:37	Anne Wurtz	00:23:31	Majbritt	00:23:46	01:38:35
80	460		Pink Ladies feat. Special	Bitten Vilhelmsen	00:28:06	Jannie Olesen	00:22:20	Heidi Hansen	00:23:38	Ane Hønholt	00:24:33	01:38:36
81	406		Advodans Chicks	Sofie Jespersen	00:23:52	Cecilie	00:26:45	Emma	00:24:28	Nanna Mathiasen	00:23:35	01:38:39
82	400		The Survivors	Lene Leegaard	00:26:42	Gitte Askjær	00:23:52	Mette Stampe	00:25:03	Lene Christensen	00:23:16	01:38:51
83	502		Sydbank 4	Sarah L. Rasmussen	00:25:53	Tina Svith	00:25:51	Kristina Pedersen	00:26:10	Marie Porsbjerg	00:21:09	01:39:01
84	440		Konebåden	Mia Wæver	00:27:05	Charlotte Bonde	00:24:18	Helle Lorentsen	00:24:50	Dorte Eifer	00:23:04	01:39:15
85	436		JB-hyggerne	Camilla Daugaard	00:29:12	Tina Loldrup	00:25:33	Tine Bock	00:19:20	Helle Duemark	00:25:35	01:39:38
86	450		M1 hold 2	Malene Mortensen	00:30:22	Mette Fisker Østergaard	00:22:59	Anne Mette Odga	00:21:55	Kirsten Fogh	00:24:37	01:39:52
87	468		Sitarz og Mondrup	Agnes Mondrup Andersen	00:24:51	Mia Sitarz Davidsen	00:23:39	Christina Sitarz D	00:29:25	Mette Mondrup Ander	00:22:25	01:40:18
88	453		MF - energipigerne	Dorthe Aastrup Nielsen	00:24:26	Bente Skovgaard	00:23:03	Connie Rosenkvist	00:26:02	Malene Lovring Løvba	00:26:56	01:40:25
89	510		Ørne apoteket	Anette Ozol	00:28:19	Hanne Klein	00:24:24	Lene Ozol	00:24:15	Lone Vilner Nielsen	00:24:00	01:40:56
90	451		M1 hold									