

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

½ Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cyklng	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	546	Jacob Frandsen	TRI4	0:31:21	21	16:29	1:33	8	2:24:32	2	37.36	1:06	2	1:23:09	3	3:56	4:21:40	
2	468	Michael De Bruijn	Thy Triathlon Team	0:26:41	1	14:02	1:25	5	2:27:51	4	36.52	1:40	29	1:26:45	5	4:06	4:24:21	0:02:41
3	459	Bo Ballegaard	Team Fusion/århus 1900	0:26:46	2	14:05	1:30	6	2:28:32	6	36.36	1:16	8	1:35:32	22	4:31	4:33:35	0:11:55
4	465	Frantz Andersen	Atletica Tri Horsens	0:32:02	31	16:51	1:44	16	2:38:33	21	34.06	1:35	25	1:22:06	2	3:53	4:35:58	0:14:18
5	445	Per Nilsson	Bagsværd tri - Craft Ultrate	0:27:55	4	14:41	1:58	24	2:37:10	18	34.36	1:19	11	1:29:09	8	4:13	4:37:29	0:15:49
6	542	Allan Fønss Kristensen	Århus 1900	0:31:13	15	16:25	2:29	45	2:32:28	10	35.42	2:23	67	1:29:05	7	4:13	4:37:36	0:15:56
7	412	Christian Kittler	Lafit - Sport	0:30:34	10	16:05	1:22	3	2:34:52	14	34.87	1:31	20	1:30:03	9	4:16	4:38:20	0:16:40
8	499	Jesper Madsen	Aalborg TRI klub	0:32:04	32	16:52	1:37	10	2:36:48	17	34.44	1:34	23	1:26:21	4	4:05	4:38:22	0:16:42
9	543	Peter Norby	Craft Danmark	0:33:42	42	17:44	1:43	15	2:34:44	13	34.90	1:51	44	1:28:00	6	4:10	4:39:59	0:18:19
10	467	Niels-otto Silkjær	SMT	0:29:15	8	15:23	1:46	19	2:31:25	9	35.67	2:16	61	1:38:08	30	4:39	4:42:48	0:21:08
11	487	Thomas Ringsted		0:31:17	17	16:27	1:42	13	2:30:37	8	35.85	1:55	50	1:39:19	34	4:42	4:44:48	0:23:08
12	399	Morten Christiansen		0:29:59	9	15:46	2:34	47	2:41:41	34	33.40	1:21	13	1:32:46	16	4:23	4:48:19	0:26:39
13	510	Andreas Schönrock	Aarhus 1900 Triathlon	0:27:48	3	14:37	1:45	18	2:34:07	12	35.04	1:51	43	1:45:55	62	5:01	4:51:23	0:29:43
14	497	Michael Da Silva Hamme	STK - NFS	0:33:27	39	17:36	3:08	81	2:37:19	19	34.33	1:35	24	1:36:43	24	4:35	4:52:11	0:30:31
15	375	Poul Erik Bramsen	århus 1900	0:37:43	92	19:51	1:37	11	2:40:45	28	33.59	1:59	51	1:30:09	10	4:16	4:52:12	0:30:32
16	523	Brian Christiansen	Triathleten	0:34:27	53	18:07	2:04	28	2:42:10	37	33.30	1:46	36	1:31:49	13	4:21	4:52:14	0:30:34
17	480	Peter Svensson	Århus 1900 tri	0:31:58	30	16:49	1:58	25	2:35:42	15	34.68	1:46	38	1:41:44	45	4:49	4:53:07	0:31:27
18	484	Rasmus Porsgaard	Pors	0:36:45	74	19:20	3:32	92	2:41:22	32	33.47	1:25	16	1:30:13	11	4:16	4:53:16	0:31:36
19	507	Simon Krohn	Århus 1900 tri	0:31:21	22	16:29	1:59	26	2:42:09	36	33.30	1:17	9	1:36:59	25	4:35	4:53:43	0:32:03
20	517	Frank Jensen	Århus 1900 Triathlon	0:30:55	12	16:16	1:56	23	2:47:45	53	32.19	2:08	57	1:34:21	19	4:28	4:57:04	0:35:24
21	472	Søren Kongsted	Tri4	0:34:41	56	18:15	1:16	2	2:45:07	46	32.71	1:59	52	1:34:23	20	4:28	4:57:24	0:35:44
22	500	Troels Ravn Pedersen	NIH Power Team	0:33:40	41	17:43	2:04	29	2:42:23	39	33.26	1:53	46	1:37:28	28	4:37	4:57:27	0:35:47
23	436	Michael Lorentsen		0:38:01	97	20:00	4:54	13	2:31:19	13	27.79	4:43	137	1:55:42	1	2:38	4:57:38	0:35:58
24	538	Adam Weeks	Aarhus 1900 tri	0:33:15	38	17:29	2:52	65	2:45:28	48	32.64	3:57	115	1:32:28	15	4:22	4:57:57	0:36:17
25	466	Lars Mark Christensen	Aarhus 1900 Triathlon	0:33:44	43	17:44	3:24	91	2:45:43	49	32.59	1:59	53	1:34:20	18	4:28	4:59:08	0:37:28
26	498	Kenneth Thonsgaard	Atletica Tri Horsens	0:31:00	13	16:18	1:46	20	2:47:39	52	32.21	1:14	4	1:39:11	32	4:42	5:00:48	0:39:08
27	529	Arne Hviid	Esbjerg Tri & Multisport	0:38:09	99	20:04	2:29	46	2:37:35	20	34.27	2:18	62	1:41:29	43	4:48	5:01:57	0:40:17
28	531	Søren Ruben Nielsen	Ninjas/PI	0:36:48	75	19:22	2:10	32	2:39:22	24	33.89	1:20	12	1:42:25	46	4:51	5:02:03	0:40:23
29	384	Thomas Nybo	Rask Mølle Tri	0:34:45	58	18:17	2:59	74	2:42:14	38	33.29	2:42	87	1:39:34	35	4:43	5:02:13	0:40:33
30	406	Mads Jakob Herring Jens	TRI4	0:31:22	23	16:30	2:42	53	2:40:56	29	33.56	1:38	28	1:45:41	60	5:00	5:02:17	0:40:37
31	437	Martin Maagaard		0:37:32	90	19:44	4:24	11	2:42:40	40	33.20	2:50	90	1:36:03	23	4:33	5:03:28	0:41:48
32	534	Søren Raunholt	HG ATM	0:34:26	51	18:07	2:40	51	2:49:29	58	31.86	3:30	11	1:33:29	17	4:25	5:03:33	0:41:53
33	405	Nils Weinhold		0:32:11	33	16:55	1:56	22	2:53:09	68	31.19	1:15	6	1:35:17	21	4:30	5:03:46	0:42:06
34	520	John Klindt	Otk	0:34:51	59	18:20	2:10	33	2:33:52	11	35.10	1:53	47	1:52:24	82	5:19	5:05:08	0:43:28
35	448	Torben Lykke Thomsen	SMT	0:29:11	6	15:21	1:45	17	2:55:55	77	30.70	2:11	59	1:37:09	26	4:36	5:06:08	0:44:28
36	373	Mads Bentofte Larsen	KTRIK	0:31:32	25	16:35	3:04	78	2:41:19	31	33.48	1:43	31	1:49:01	71	5:10	5:06:37	0:44:57
37	495	Antonio Hernandez	TRI4	0:37:59	95	19:59	4:07	105	2:38:53	22	33.99	1:45	35	1:44:10	53	4:56	5:06:51	0:45:11
38	402	Tune Pers		0:34:27	52	18:07	2:10	31	2:39:43	25	33.81	1:27	17	1:49:10	73	5:10	5:06:54	0:45:14
39	501	Rene Ulrich Olsen	Vejle IF Triathlon	0:33:14	37	17:29	1:41	12	2:48:52	55	31.98	1:54	48	1:41:26	42	4:48	5:07:05	0:45:25
40	525	Bo Hansen	Atletica Tri Horsens	0:31:18	19	16:28	1:34	9	2:52:40	66	31.28	1:19	10	1:40:54	40	4:46	5:07:44	0:46:04
41	489	Per Andersen	Atletica tri Horsens	0:37:20	88	19:38	2:21	39	2:40:08	27	33.72	2:23	65	1:46:08	63	5:01	5:08:18	0:46:38
42	537	Henrik Heering	Spirit of Scandinavia	0:37:05	83	19:31	2:23	43	2:41:25	33	33.45	1:43	33	1:46:18	65	5:02	5:08:54	0:47:14
43	395	Richard Donovan		0:36:22	67	19:08	4:44	12	2:47:04	50	32.32	3:21	10	1:37:27	27	4:37	5:08:57	0:47:17
44	496	Peter Falck Christens	Bagsværd atletik, tri afd	0:31:58	29	16:49	2:01	27	2:45:02	45	32.72	1:40	30	1:49:20	75	5:10	5:10:00	0:48:20
45	552	Steen Østergaard	Fredericia Tri Team	0:37:09	85	19:32	2:57	71	2:49:40	60	31.83	3:37	27	1:38:53	31	4:41	5:10:15	0:48:35
46	550	Ole Storm Christensen		0:36:49	76	19:22	2:21	40	2:45:01	44	32.73	2:25	68	1:44:44	56	4:57	5:11:19	0:49:39
47	391	Jens Myrup Pedersen	Århus 1900 Triathlon	0:31:16	16	16:26	3:12	86	2:44:40	42	32.79	2:34	77	1:50:30	78	5:14	5:12:10	0:50:30
48	505	Søren Schmidt		0:37:41	91	19:49	2:52	68	2:49:37	59	31.84	1:09	3	1:42:27	47	4:51	5:13:44	0:52:04
49	536	Per Krohn Jensen	CIF	0:41:20	129	21:44	3:04	79	2:42:51	41	33.16	2:57	95	1:43:44	51	4:55	5:13:55	0:52:15
50	360	Jens Gelbek	Brøndby Triathlon Club	0:44:05	142	23:12	3:33	93	2:39:19	23	33.90	2:01	54	1:45:37	59	5:00	5:14:34	0:52:54
51	383	Karsten Bruhn Kristiansen	AC Panzerdivision	0:39:18	116	20:40	4:04	10	2:54:15	73	30.99	4:55	13	1:32:22	14	4:22	5:14:52	0:53:12
52	396	Marc Stefan Jauner		0:34:33	55	18:10	3:10	82	2:49:02	56	31.95	2:40	84	1:45:54	61	5:01	5:15:17	0:53:37
53	456	Jonas Tofte		0:44:59	146	23:40	4:31	12	2:39:54	26	33.77	1:35	26	1:44:45	57	4:57	5:15:42	0:54:02
54	429	Morten Brammer Olesen	Club La Santa	0:34:08	46	17:57	2:39	50	2:54:20	74	30.98	2:54	92	1:42:27	48	4:51	5:16:27	0:54:47
55	423	Bjarne Pedersen		0:41:50	132	22:00	2:49	61	2:48:49	54	31.99	3:26	106	1:41:19	41	4:48	5:18:11	0:56:31
56	453	Jesper Klausen	SMT	0:31:20	20	16:29	2:08	30	2:56:03	78	30.67	2:28	71	1:47:12	67	5:04	5:19:09	0:57:29
57	358	Thomas Hermann		0:35:03	61	18:26	2:44	56	3:01:16	94	29.79	1:14	5	1:39:17	33	4:42	5:19:32	0:57:52
58	400	Jesper Møller	OTK	0:31:28	24	16:33	2:57	70	3:03:53	105	29.37	1:49	39	1:40:35	37	4:46	5:20:39	0:58:59
59	403	Jonas Stig Kämpf Hansel		0:31:48	27	16:44	2:49	63	2:53:51	70	31.06	2:46	88	1:50:23	76	5:13	5:21:36	0:59:56
60	361	Henrik Lager	KTK86	0:34:16	47	18:01	5:08	136	3:01:50	97	29.70	3:31	112	1:37:48	29	4:38	5:22:31	1:00:51
61	528	Claus Poulsen	SMT	0:34:25	50	18:06	3:21	89	3:00:05	91	29.99	1:23	14	1:44:32	55	4:57	5:23:44	1:02:04
62	491	Byrial Stagsted	Farsø tri&trim	0:38:02	98	20:00	2:49	62	2:49:05	57	31.94	3:34	114	1:50:27	77	5:14	5:23:55	1:02:15
63	539	Martin Pilgaard	Farsø Tri/Trim	0:38:49	108	20:25	3:57	10	2:58:48	89	30.20	3:38	111	1:40:39	38	4:46	5:25:49	1:04:09
64	434	Peter Nedergaard	Team Exerzice	0:36:29	68	19:11	4:13	11	3:13:43	121	27.88	2:31	75	1:30:26	12	4:17	5:27:19	1:05:39
65	351	Lars Brix	Smt-Silkeborg	0:46:35	150	24:30	3:44	99	2:52:52	67	31.24	1:53	45	1:42:35	49	4:51	5:27:36	1:05:56
66	359	Steen Møller Sørensen	FAGI	0:42:12	134	22:12	3:12	87	2:54:01	71	31.03	2:30	74	1:47:24	68	5:05	5:29:17	1:07:37
67	364	Jesper Westfall Jensen		0:34:17	48	18:02	3:08	80	2:55:08	76	30.83	2:11	58	1:55:02	90	5:27	5:29:45	1:08:05
68	512	Thomas Filyo	Odder Triathlon Klub	0:31:12	14	16:25	2:12	36	3:02									

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

½ Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cyklng	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
100	371	Stefan Mikkelsen	Aalborg Triathlon klub	0:37:23	89	19:40	5:01	13	3:15:22	13	27.64	5:45	14	1:47:10	66	5:04	5:50:39	1:28:59
101	388	Troels Dehli	IFO	0:41:28	130	21:49	5:41	14	3:10:59	12	28.28	3:32	11	1:50:32	79	5:14	5:52:10	1:30:30
102	494	Claus Winther Nymand	Guldborgsund Triathlonklub	0:39:28	118	20:46	3:47	10	3:10:56	12	28.28	3:26	10	1:54:50	89	5:26	5:52:26	1:30:46
103	370	Henrik Hougaard Jensen	Sixpack	0:54:39	166	28:45	2:44	57	2:52:37	65	31.29	1:49	41	2:01:06	10	5:44	5:52:53	1:31:13
104	410	Ole T Nielsen	OTConsult	0:36:51	77	19:23	4:27	12	3:01:50	96	29.70	5:16	14	2:04:50	11	5:55	5:53:12	1:31:32
105	354	Kim Damgaard	OTK	0:35:41	64	18:46	3:23	90	3:03:51	10	29.37	3:14	10	2:07:06	11	6:01	5:53:13	1:31:33
106	433	Jess Langkjær	Jyske Bank	0:34:28	54	18:08	5:14	13	2:56:36	79	30.58	2:38	79	2:15:15	12	6:24	5:54:10	1:32:30
107	461	Birger Sørensen	Skitech	0:38:24	104	20:12	6:33	15	3:05:34	10	29.10	4:37	13	2:00:18	10	5:42	5:55:25	1:33:45
108	514	Frederik Lyrsholt		0:49:34	158	26:05	6:44	15	2:56:59	80	30.51	2:38	80	2:00:26	10	5:42	5:56:20	1:34:40
109	376	Jan Høgh Hansen	KTRIK	0:37:04	82	19:30	5:07	13	2:57:22	81	30.45	3:26	10	2:14:32	12	6:22	5:57:30	1:35:50
110	435	Steen N. Jensen	SMT	0:36:40	72	19:17	5:58	14	3:15:28	13	27.63	6:50	14	1:53:16	86	5:22	5:58:10	1:36:30
111	416	Karsten Højbjerg	EMT	0:39:17	115	20:40	4:18	11	2:57:24	82	30.44	2:57	96	2:15:43	12	6:25	5:59:37	1:37:57
112	447	Asger Jørgensen	OTK	0:36:58	79	19:27	3:16	88	3:07:15	11	28.84	4:19	12	2:11:00	11	6:12	6:02:46	1:41:06
113	380	Lars S. Henning	Sønderhald IF	0:39:20	117	20:41	8:16	16	3:01:13	93	29.80	7:08	14	2:07:02	11	6:01	6:02:58	1:41:18
114	374	Carsten Spliid	PI	0:39:11	114	20:37	6:05	14	3:15:30	13	27.62	3:02	98	2:01:08	10	5:44	6:04:55	1:43:15
115	426	Steffen Hansen		0:42:58	139	22:36	4:08	11	3:12:58	12	27.98	4:06	12	2:01:21	10	5:45	6:05:29	1:43:49
116	532	Martin Hedam Hansen	Atletica	0:38:30	105	20:15	3:57	10	3:07:20	11	28.83	4:06	12	2:14:18	12	6:21	6:08:09	1:46:29
117	485	Stephan Kristensen	TRI4	0:44:58	145	23:39	7:48	15	3:14:15	12	27.80	4:39	13	2:15:37	9	5:34	6:09:15	1:47:35
118	428	Jens Peter Christensen		0:46:15	149	24:20	4:42	12	3:08:15	11	28.69	4:42	13	2:05:35	11	5:57	6:09:27	1:47:47
119	545	Uffe Sonne Pedersen	TRI4	0:47:36	154	25:02	4:09	11	3:21:53	13	26.75	4:25	13	1:52:57	85	5:21	6:10:57	1:49:17
120	408	Svend Thygesen	Alectia	0:38:30	106	20:15	8:28	16	3:23:01	13	26.60	4:07	12	1:59:13	10	5:39	6:13:16	1:51:36
121	511	Steen Aakjær	Rødokro-IF Tri	0:36:44	73	19:19	2:56	69	3:09:59	11	28.42	3:45	11	2:21:49	13	6:43	6:15:12	1:53:32
122	393	Lars Hansen	HGAM	0:38:54	109	20:28	3:11	84	3:03:31	10	29.43	2:29	73	2:29:26	13	7:04	6:17:30	1:55:50
123	381	Claus Agø Hansen	Sixpack/Tri4	0:47:49	155	25:09	2:58	72	3:09:36	11	28.48	3:08	10	2:14:54	12	6:23	6:18:24	1:56:44
124	397	Jon Shortland		0:37:47	93	19:53	3:40	97	3:39:23	14	24.61	1:49	40	1:57:11	95	5:33	6:19:49	1:58:09
125	518	Leif Hartman	Haderslev Tri 2000	0:42:51	137	22:32	4:57	13	3:29:58	14	25.72	2:41	85	2:01:25	10	5:45	6:21:49	2:00:09
126	439	Thomas Efsen		0:40:37	125	21:22	4:45	12	3:35:46	14	25.03	3:58	12	1:57:12	96	5:33	6:22:16	2:00:36
127	394	Thomas Hübertz Bredahl		0:45:01	147	23:41	7:00	15	3:26:22	14	26.17	5:03	14	2:00:18	10	5:42	6:23:41	2:02:01
128	463	Mariano Nieto Garcia		0:37:06	84	19:31	8:24	16	3:44:36	15	24.04	2:21	64	1:56:25	93	5:31	6:28:49	2:07:09
129	502	Anders Lindgaard Nielsen	Svendborg Triklub	0:47:25	153	24:56	6:27	14	3:11:18	12	28.23	7:05	14	2:17:19	12	6:30	6:29:32	2:07:52
130	386	Kim Sletskov Andersen	Byens Fitness - Randers	0:43:03	140	22:39	6:12	14	3:33:48	14	25.26	3:37	11	2:07:29	11	6:02	6:34:08	2:12:28
131	535	Jes Trosborg	SAM/Team Trosborg	0:46:47	151	24:37	6:18	14	3:12:06	12	28.11	5:51	14	2:24:52	13	6:51	6:35:51	2:14:11
132	471	Karl Andersen	SMT	0:48:39	156	25:36	6:33	15	3:22:51	13	26.62	4:22	13	2:15:40	12	6:25	6:38:03	2:16:23
133	449	Terrence Hines	triathlon australia	0:39:49	119	20:57	4:18	11	3:21:15	13	26.83	2:59	97	2:36:14	13	7:24	6:44:35	2:22:55
134	365	Royston Thompson		0:41:56	133	22:03	4:00	10	3:19:40	13	27.05	2:28	70	2:38:39	14	7:31	6:46:41	2:25:01
135	379	Mikkel Runøe Hansen		0:38:10	100	20:04	4:29	12	3:36:00	14	25.00	4:02	12	2:26:10	13	6:55	6:48:48	2:27:08
136	385	Martin Tejl Nielsen		0:38:11	101	20:05	4:24	12	3:36:05	14	24.99	4:01	12	2:26:09	13	6:55	6:48:49	2:27:09
137	387	Tommy Nevers	køge tri team 2000	0:47:20	152	24:54	3:38	96	3:37:12	14	24.86	2:28	69	2:20:38	13	6:39	6:51:14	2:29:34
138	419	Nicolai Thrane	Team Thrane	0:54:15	165	28:32	6:51	15	3:10:52	12	28.29	5:34	14	2:41:20	14	7:38	6:58:49	2:37:09
139	541	Thomas Bjerre		0:49:56	159	26:16	4:38	12	3:45:25	15	23.96	4:25	13	2:25:14	13	6:52	7:09:35	2:47:55
140	418	Jesper Hvid		1:02:32	167	32:54	9:29	16	3:45:39	15	23.93	7:20	14	2:13:50	12	6:20	7:18:49	2:57:09
141	464	Jens Lauridsen	ingen	0:52:16	163	27:30	6:35	15	3:58:47	15	22.62	4:13	12	2:27:04	13	6:58	7:28:54	3:07:14
DNF	431	Kim Mejnert Henriksen	KTK86	0:30:52	11	16:14	1:32	7	2:30:05	7	35.98	1:32	22		0			
DNF	478	Jesper Jensen	Fredericia Triathlon Team	0:33:59	45	17:52	1:48	21	2:36:34	16	34.49	1:25	15		0			
DNF	524	Tom Ryom Jensen	Atletica Tri Horsens	0:33:58	44	17:52	2:23	42	2:42:03	35	33.32	1:28	18		0			
DNF	401	Martin Hansen	MH Freelance Gardinmont	0:50:04	160	26:20	4:55	13	2:28:03	5	36.48	2:48	89		0			
DNF	452	Rasmus Jersild Jensen	Svendborg triathlon klub / k	0:35:47	65	18:49	2:22	41	2:47:15	51	32.29	1:50	42		0			
DNF	521	Lasse "stoneyard" Jensen	Århus1900 tri	0:40:43	126	21:25	2:38	49	2:45:22	47	32.66	2:55	93		0			
DNF	551	Michael Nilsson	ninja.dk	0:53:44	164	28:16	8:25	16	3:10:48	11	28.30	0:11	1		0			
DNF	368	Peter Porsing		0:50:42	162	26:40	3:46	10	3:56:52	15	22.80	3:04	10		0			
DNF	432	Martin Gehling		0:50:29	161	26:33	5:35	14	2:23:08	1	37.73		0		0			
DNF	424	René Thomsen Mühlbrar		0:49:28	157	26:01	7:54	15	2:25:53	3	37.02		0		0			
DNF	450	Jacob Meincke	Ninja Wupass	0:39:06	112	20:34	3:42	98	3:21:26	13	26.81		0		0			
DNF	458	Johnny Christiansen	HS Tri	0:36:39	71	19:16	3:10	83	3:34:06	14	25.22		0		0			
DNF	540	Jens Flo		0:34:58	60	18:24	2:52	67	3:41:45	14	24.35		0		0			
DNF	509	Niels Erik Hansen	SMT - Silkeborg	0:40:15	123	21:10	9:13	16	4:09:35	15	21.64		0		0			
DNF	415	Gunnar Fischer-kjellman		0:41:42	131	21:56	6:56	15	4:31:09	15	19.92		0		0			
DNF	462	Anders Steffensen	Atletica Tri Horsens	0:29:09	5	15:20	1:01	1		0			0		0			
DNF	526	Michael Roe	Bagsværd Atletik club TRI	0:31:38	26	16:38	1:22	4		0			0		0			
DNF	544	Lars Dyrholm Hansen	MB Automation	0:31:18	18	16:27	2:38	48		0			0		0			
DNF	479	Palle Peter Skov	Kolding Triathlon Klub	0:32:17	34	16:59	1:43	14		0			0		0			
DNF	547	Henrik Johansen	Aarhus 1900	0:32:46	35	17:14	2:48	59		0			0		0			
DNF	504	Kim Jensen	Aalborg Triathlon	0:37:14	87	19:35	2:16	38		0			0		0			
DNF	519	Thomas Nortvig	atletica-tri	0:37:54	94	19:56	2:43	55		0			0		0			
DNF	488	Steen Jespersen	Roskilde Triathlon Klub	0:38:58	110	20:30	2:10	34		0			0		0			
DNF	503	Jan Bisgaard	Kolding Triathlon Klub	0:42:24	135	22:18	4:10	11		0			0		0			
DNF	475	Lars Bo Christiansen	Holstebro Triathlon Klub	0:36:39	70	19:16	22:33	16		0			0		0			
DNF	533	Jacob Clausen	Århus 1900 Triathlon	0:42:36	136	22:24		0		0			0		0			
DNS	522	Henrik Nielsen	OTK		0			0		0			0		0			
DNS	527	Michael Eide	KTK86 - Team Endurance		0			0		0			0		0			
DNS	492	Kenneth Falkenberg	Quarterboys		0			0		0			0		0			
DNS	477	Jan Ø Nielsen	Aalborg triathlon klub		0			0		0			0		0			
DNS	469	Keld Hansen	Multi Motion Assens		0			0		0			0		0			
DNS	549	Kristian Schmidt			0			0		0			0		0			
DNS	454	Lasse Steen Ravn			0			0		0			0		0			
DNS	444	Henrik Christian Rasmus	KTK86		0			0		0			0		0			
DNS	398	Rasmus Boysen			0			0</										

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

½ Ironman: Kvinder

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cyklng	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	481	Birgitte Christensen	Team Fusion/Århus 1900 T	0:33:13	3	17:28	1:38	1	2:43:34	1	33.01	2:13	8	1:39:31	1	4:42	5:00:07	
2	460	Betina Schmidt	Århus 1900 tri/Nordea/Dan	0:32:48	1	17:15	2:20	4	2:58:18	3	30.29	1:41	3	1:40:49	3	4:46	5:15:54	0:15:47
3	508	Annette Corydon	SMT	0:36:21	6	19:07	2:30	5	3:00:26	5	29.93	1:29	1	1:40:09	2	4:44	5:20:53	0:20:46
4	486	Christel May Lovejoy	Aarhus1900triathlon	0:34:24	4	18:06	1:59	2	2:59:44	4	30.05	1:44	6	1:45:06	4	4:58	5:22:56	0:22:49
5	414	Annelie Petersen	Haderslev Tri 2000	0:46:11	12	24:17	4:23	13	2:58:02	2	30.33	4:27	16	1:52:00	6	5:18	5:45:00	0:44:53
6	366	Michelle Guiliano		0:36:01	5	18:57	3:05	7	3:03:30	6	29.43	1:43	4	2:06:00	11	5:58	5:50:17	0:50:10
7	530	Lene Pedersen	Kolding Triathlon Klub	0:32:59	2	17:21	2:40	6	3:15:36	8	27.61	2:14	9	1:57:33	8	5:34	5:50:59	0:50:52
8	441	Merete Overby	SMT	0:39:02	7	20:32	3:46	8	3:31:49	13	25.49	3:04	13	1:51:18	5	5:16	6:08:58	1:08:51
9	377	Kristin Stengård	Team Fit 4 Run	0:40:42	9	21:24	2:09	3	3:14:25	7	27.78	1:39	2	2:13:17	14	6:19	6:12:10	1:12:03
10	482	Conni Einfeldt	Kolding Triathlon klub	0:43:29	10	22:52	4:01	10	3:28:36	11	25.89	3:14	14	1:57:06	7	5:32	6:16:22	1:16:15
11	382	Harriet Knudsen	TTH	0:40:22	8	21:14	4:23	12	3:32:31	14	25.41	1:44	5	2:03:20	9	5:50	6:22:18	1:22:11
12	422	Malene R. B. Larsen	Team M&M	0:52:41	16	27:43	6:00	16	3:31:39	12	25.52	2:46	12	2:08:12	13	6:04	6:41:17	1:41:10
13	443	Hanne Elkjær	SMT-Talenttøserne	0:49:58	14	26:17	4:07	11	3:19:30	9	27.07	2:36	11	2:25:37	16	6:54	6:41:46	1:41:39
14	490	Brit Kongstad	TRI4	0:49:29	13	26:02	4:01	9	3:34:12	15	25.21	2:02	7	2:14:10	15	6:21	6:43:52	1:43:45
15	515	Mona Slyngborg	Odder Atletik & Motion	0:54:10	17	28:30	4:45	14	3:46:37	16	23.83	4:17	15	2:03:42	10	5:51	6:53:29	1:53:22
16	473	Hanne Rasmussen	Odder atletik og motion	0:50:10	15	26:24	5:07	15	3:58:25	17	22.65	2:23	10	2:07:41	12	6:03	7:03:44	2:03:37
DNF	362	Heidi Larsen Abildgaard		0:44:35	11	23:27	8:19	17	3:28:24	10	25.91	4:47	17					
DNF	353	Mona Wichmann		1:10:35	18	37:08	11:26	18		0			0					
DNS	372	Natascha Thane Pfeil Sø			0			0		0			0					
DNS	474	Tulle Sølyst Jeberg	Køge Tri Team 2000		0			0		0			0					

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

1/4 Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cyklng	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	79	Thomas Mortensen	Team Purepower	0:12:47	7	13:26	1:06	10	1:11:49	1	37.60	0:49	9	0:39:50	5	3:47	2:06:18	
2	193	Aleksandar Sørensen-mø	Team Endurancesport	0:13:18	13	13:59	1:05	9	1:13:13	3	36.88	0:55	28	0:39:28	4	3:45	2:07:57	0:01:39
3	245	Emil Dalgård	OTK	0:11:24	2	11:59	0:56	2	1:12:33	2	37.22	0:48	8	0:42:46	12	4:04	2:08:25	0:02:07
4	162	Thomas Strange	SMT	0:12:42	5	13:21	0:50	1	1:14:22	5	36.31	0:51	13	0:41:30	9	3:57	2:10:12	0:03:54
5	206	Guðmundur Joensen	Føroya Triathlonfelag	0:13:16	12	13:57	1:15	18	1:14:17	4	36.35	1:03	39	0:40:53	8	3:53	2:10:43	0:04:25
6	229	Mads Vittrup	Atlética Tri	0:14:58	17	15:44	1:13	16	1:17:03	9	35.05	0:55	27	0:38:57	1	3:42	2:13:04	0:06:46
7	219	Andreas Helbo Beck	Aarhus 1900 Triathlon	0:12:49	8	13:28	0:59	5	1:19:28	19	33.98	0:50	12	0:40:00	6	3:48	2:14:03	0:07:45
8	156	Jesper Hansen	SMT	0:13:14	10	13:55	1:12	14	1:14:25	6	36.28	0:49	10	0:45:04	27	4:17	2:14:42	0:08:24
9	205	Frank Byskov	TRI4	0:12:04	3	12:41	0:58	4	1:19:27	18	33.99	1:12	52	0:42:50	14	4:04	2:16:28	0:10:10
10	216	Mads Henrik Laursen	KTK86	0:16:39	35	17:30	1:27	24	1:15:12	7	35.91	0:51	15	0:42:24	11	4:02	2:16:31	0:10:13
11	274	Jonas Rasmussen	Randers Freja Triathlon	0:13:11	9	13:52	1:00	6	1:20:47	28	33.43	0:52	17	0:41:38	10	3:57	2:17:26	0:11:08
12	262	Leif Lundstrøm	Holstebro Triathlon Klub	0:16:22	32	17:13	1:22	21	1:15:28	8	35.78	1:31	81	0:43:10	19	4:06	2:17:53	0:11:35
13	302	Stefan Bank Olesen		0:16:16	28	17:06	1:42	35	1:18:52	15	34.24	1:52	127	0:39:23	2	3:45	2:18:04	0:11:46
14	243	Frank Hjøllund Jensen	TTH - Team Triathlon Hern	0:15:19	20	16:06	1:31	25	1:20:23	24	33.59	1:42	103	0:40:38	7	3:52	2:19:31	0:13:13
15	273	Kristian Trier Nipper	Holstebro Triathlon Klub	0:12:44	6	13:23	1:03	8	1:18:07	12	34.57	1:04	43	0:46:50	41	4:27	2:19:47	0:13:29
16	241	Thomas Hedenskog	Aalborg Triathlon Klub	0:15:20	21	16:07	1:54	39	1:19:53	21	33.80	1:16	59	0:42:49	13	4:04	2:21:10	0:14:52
17	268	Anders Jess Madsen	TR4	0:16:42	38	17:33	2:06	48	1:17:15	10	34.96	1:22	67	0:45:54	33	4:22	2:23:16	0:16:58
18	239	Mikkel Agger	Odense triathlon klub	0:14:46	16	15:32	1:02	7	1:23:58	46	32.16	1:04	42	0:43:25	22	4:08	2:24:14	0:17:56
19	116	Simon Andersen	Århus 1900 tri	0:15:45	25	16:33	1:56	41	1:23:29	41	32.34	1:03	40	0:43:09	18	4:06	2:25:19	0:19:01
20	174	Per Møller Hansen	SMT	0:19:19	82	20:19	2:02	47	1:19:54	22	33.80	1:10	48	0:43:05	17	4:06	2:25:27	0:19:09
21	236	Mads Bang Jensen	Randers Freja Triathlon	0:15:48	26	16:37	1:24	23	1:24:43	55	31.87	0:42	3	0:42:56	15	4:05	2:25:32	0:19:14
22	113	Nicolai Rauhe Kristensen		0:18:14	63	19:11	1:31	26	1:21:01	29	33.33	0:53	22	0:44:39	26	4:15	2:26:17	0:19:59
23	266	Jesper Petersen	Kolding Triathlon Klub	0:18:06	59	19:03	2:06	49	1:21:16	30	33.23	1:19	63	0:44:02	24	4:11	2:26:48	0:20:30
24	246	Thomas Madsen	Atlética tri Horsens	0:16:42	39	17:34	1:41	32	1:18:40	14	34.33	0:59	32	0:49:45	68	4:44	2:27:45	0:21:27
25	288	Stephan Schönrock	ETOM	0:15:10	18	15:57	1:16	19	1:22:05	33	32.89	0:43	4	0:48:43	54	4:38	2:27:55	0:21:37
26	163	Peter Drejer	SMT	0:16:40	36	17:31	1:57	42	1:24:16	49	32.04	0:59	36	0:44:11	25	4:12	2:28:02	0:21:44
27	303	Anders Oil	AWOKE	0:16:56	42	17:49	2:12	52	1:21:36	31	33.09	1:27	76	0:46:23	36	4:25	2:28:32	0:22:14
28	263	Per Krøyer Alsbæk	KTK 86	0:19:24	86	20:24	2:24	64	1:22:08	34	32.88	0:49	11	0:44:00	23	4:11	2:28:43	0:22:25
29	289	Jesper Andersen Jøberg	KTK86	0:17:54	55	18:49	1:40	31	1:19:10	16	34.11	1:07	45	0:49:04	56	4:40	2:28:52	0:22:34
30	152	Paw Dybdahl	Århus 1900 Triatlon	0:17:01	43	17:54	1:55	40	1:24:20	51	32.02	2:37	18	0:43:21	21	4:07	2:29:13	0:22:55
31	247	Jens Heller Frederiksen	Køge Tri Team 2000	0:16:41	37	17:32	2:55	99	1:20:35	26	33.51	1:18	60	0:48:15	50	4:35	2:29:42	0:23:24
32	119	Fraser Arnot	Edinburgh Triathletes	0:16:52	41	17:44	1:18	20	1:24:22	52	32.01	0:52	19	0:46:43	39	4:26	2:30:05	0:23:47
33	179	Anders Frederiksen	SMT	0:17:49	51	18:44	2:21	61	1:22:56	38	32.56	1:10	47	0:46:25	38	4:25	2:30:39	0:24:21
34	123	Thomas Rex Olsen		0:18:48	73	19:46	1:58	44	1:19:35	20	33.93	0:51	14	0:49:59	70	4:45	2:31:11	0:24:53
35	221	Thomas Busk Helle	PI Århus	0:16:33	34	17:24	2:02	46	1:24:03	47	32.13	0:54	24	0:48:11	49	4:35	2:31:41	0:25:23
36	201	Kewin Friis Kamelarczyk	Svendborg Triathlonklub	0:17:03	44	17:56	2:37	77	1:24:32	53	31.94	0:58	29	0:46:49	40	4:27	2:31:57	0:25:39
37	111	Jesper Kjærgaard Morter	Team Triathlon Herning	0:18:09	60	19:05	2:18	57	1:20:27	25	33.56	1:38	96	0:49:33	65	4:43	2:32:03	0:25:45
38	253	Thomas Dybdahl	Århus 1900 Triathlon	0:11:12	1	11:46	1:14	17	1:33:35	127	28.86	0:53	21	0:45:19	30	4:18	2:32:10	0:25:52
39	225	Michael Kragh	Randers Freja Triathlon	0:15:30	24	16:18	1:45	37	1:25:12	58	31.69	0:46	6	0:49:08	58	4:40	2:32:19	0:26:01
40	145	Søren Damsgaard Ander	SMT-Silkeborg	0:19:00	75	19:59	2:12	53	1:24:46	56	31.85	1:35	89	0:46:12	34	4:23	2:33:44	0:27:26
41	149	Jens Berg	Rødskro IF - tri	0:21:31	130	22:38	2:32	73	1:19:13	17	34.08	0:59	33	0:49:55	69	4:45	2:34:09	0:27:51
42	271	Martin Skjøtt Linneberg	Aalborg Triathlon Klub	0:15:22	22	16:10	1:38	28	1:26:10	68	31.34	1:36	91	0:49:38	66	4:43	2:34:22	0:28:04
43	254	Kristian Nissen	AGF Svømning Masters	0:15:25	23	16:12	3:00	105	1:23:36	43	32.30	1:25	73	0:51:26	81	4:53	2:34:49	0:28:31
44	115	Kim Hoerslev	n/a	0:22:37	154	23:47	1:42	34	1:20:47	27	33.43	1:22	68	0:48:41	53	4:38	2:35:05	0:28:47
45	154	Jesper Hansen	KTK86	0:17:52	53	18:47	2:23	63	1:26:01	62	31.40	1:40	99	0:47:17	43	4:30	2:35:10	0:28:52
46	203	Michael Schütz	Esbjerg tri & multisport	0:18:18	65	19:15	2:41	78	1:20:20	23	33.61	2:59	19	0:51:45	83	4:55	2:36:02	0:29:44
47	309	Lars Østergaard	Århus 1900 tri	0:19:01	76	20:00	3:04	111	1:29:12	84	30.27	1:44	105	0:43:03	16	4:05	2:36:02	0:29:44
48	181	Bo Dybbro	Svendborg Triathlon Klub	0:19:32	89	20:32	3:25	145	1:23:32	42	32.33	1:39	98	0:48:03	48	4:34	2:36:09	0:29:51
49	8	Søren Jermiin Olesen		0:19:24	85	20:24	2:45	88	1:23:44	45	32.25	2:15	15	0:48:35	52	4:37	2:36:41	0:30:23
50	31	Tim Christian Jensen	BJ Bogføringservice	0:19:16	80	20:16	2:55	101	1:28:10	79	30.62	1:10	49	0:46:23	37	4:25	2:37:53	0:31:35
51	297	Dariusz Konczak	TKKF Start Polkowice	0:16:19	30	17:09	1:39	30	1:29:17	88	30.24	1:32	82	0:49:15	60	4:41	2:37:59	0:31:41
52	176	Kenneth Andersen	Farsø tri&trim	0:18:45	72	19:43	2:23	62	1:22:56	37	32.56	1:37	94	0:52:37	91	5:00	2:38:15	0:31:57
53	295	Jesper Meincke		0:18:58	74	19:57	3:32	141	1:25:52	61	31.45	2:50	191	0:47:21	44	4:30	2:38:30	0:32:12
54	258	Erik Jensen	Rødning Tri og Motion	0:20:57	123	22:02	2:08	51	1:22:41	36	32.66	1:04	41	0:51:47	84	4:55	2:38:36	0:32:18
55	282	Hans Jørn Østerby		0:19:32	90	20:33	2:47	91	1:23:40	44	32.27	1:33	86	0:51:14	78	4:52	2:38:45	0:32:27
56	47	Frej Studstrup	Rødskro IF - Tri	0:21:08	126	22:14	2:20	58	1:26:39	72	31.16	1:06	44	0:47:39	46	4:32	2:38:51	0:32:33
57	212	Nicolai Nissen		0:17:34	49	18:29	3:01	101	1:27:43	75	30.78	1:34	87	0:49:10	59	4:40	2:39:00	0:32:42
58	177	Franz Müller		0:22:51	163	24:02	2:24	65	1:22:37	35	32.68	1:36	90	0:50:22	74	4:47	2:39:49	0:33:31
59	251	Svend Erik Andersen	TTH HERNING	0:20:26	107	21:29	2:44	86	1:26:02	63	31.39	1:33	85	0:49:30	63	4:42	2:40:13	0:33:55
60	108	Lars Larsen	HG	0:18:19	66	19:15	2:25	67	1:23:21	40	32.40	1:56	134	0:54:34	115	5:11	2:40:33	0:34:15
61	68	Jørn Eriksen	aalborg triathlon	0:24:32	182	25:48	3:08	122	1:25:26	60	31.61	1:53	125	0:45:39	31	4:20	2:40:37	0:34:19
62	51	Bent Olsen	Aarhus 1900 Triathlon	0:20:03	101	21:06	2:30	70	1:28:44	82	30.43	0:40	2	0:48:53	55	4:39	2:40:50	0:34:32
63	280	Torben Pedersen		0:19:21	84	20:21	3:35	141	1:22:58	39	32.55	2:47	118	0:52:35	90	5:00	2:41:13	0:34:55
64	275	Michael Kildal Frederikse	Haderslev TRI 2000	0:22:43	156	23:54	2:41	79	1:28:42	81	30.44	1:48	111	0:45:45	32	4:21	2:41:38	0:35:20
65	170	Bo Freudendahl Hansen	Sønderborg Triathlon Klub	0:16:15	27	17:05	2:33	74	1:29:11	83	30.28	1:49	115	0:51:55	86	4:56	2:41:41	0:35:23
66	310	Jørgen Broch	Esbjerg Tri & Multisport	0:19:48	95	20:50	1:38	29	1:30:00	96	30.00	0:59	35	0:49:22	62	4:42	2:41:45	0:35:27
67	184	Niels Gotthardsen	Haderslevtri 2000	0:18:16	64	19:13	2:31	71	1:24:58	57	31.78	1:20	64	0:54:44	111	5:12	2:41:47	0:35:29
68	44	Martin God																

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

1/4 Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cyklng	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
100	92	Rasmus Trangbæk		0:20:51	119	21:56	2:13	54	1:34:40	13	28.52	1:16	58	0:49:44	67	4:44	2:48:42	0:42:24
101	178	Lars Kloppenborg	Marselisborg Motion	0:17:57	58	18:53	1:44	36	1:32:13	11	29.28	1:21	65	0:55:59	12	5:19	2:49:13	0:42:55
102	97	Martin Buus	SMT-Wannabee	0:17:42	50	18:37	4:12	18	1:32:18	11	29.25	2:07	145	0:53:11	94	5:03	2:49:29	0:43:11
103	48	Michael Godballe	Odense Allstars	0:22:30	152	23:40	4:34	19	1:31:52	11	29.39	0:38	1	0:50:10	72	4:46	2:49:42	0:43:24
104	220	Mogens Slyngborg	Odder Triathlon Klub	0:22:01	143	23:10	4:00	17	1:34:32	13	28.56	1:52	12	0:47:24	45	4:30	2:49:47	0:43:29
105	281	Frank Jørgensen	Svendborg triathlon klub	0:21:59	142	23:07	3:03	11	1:26:09	67	31.34	1:27	75	0:57:22	13	5:27	2:49:57	0:43:39
106	88	Troels Kjærskov		0:22:22	150	23:32	3:20	13	1:26:31	71	31.21	1:40	100	0:56:19	12	5:21	2:50:10	0:43:52
107	299	John Vestergaard	SMT- Silkeborg	0:21:56	138	23:04	2:44	85	1:29:29	90	30.17	1:15	57	0:55:13	11	5:15	2:50:35	0:44:17
108	117	Per Munch Jakobsen	OTK	0:18:20	67	19:16	3:46	16	1:33:25	12	28.91	2:17	163	0:52:57	92	5:02	2:50:43	0:44:25
109	73	Mikkel Lund Nielsen	GIG - Gråsten løb & Motior	0:20:42	113	21:47	2:32	72	1:36:13	14	28.06	0:58	30	0:50:22	73	4:47	2:50:45	0:44:27
110	25	Brian Møller Hansen		0:20:45	114	21:49	6:50	22	1:31:40	11	29.45	1:48	11	0:50:04	71	4:46	2:51:06	0:44:48
111	76	Niels Ellehage		0:22:15	147	23:24	2:59	10	1:30:44	10	29.76	1:44	10	0:54:03	10	5:08	2:51:43	0:45:25
112	209	Morten Sandlykke	TARGIT A/S	0:24:55	186	26:13	5:13	21	1:24:17	50	32.04	2:42	18	0:54:39	11	5:12	2:51:44	0:45:26
113	235	Thomas Vogn	OTK	0:18:34	71	19:32	3:43	15	1:21:53	32	32.98	1:41	10	1:06:31	19	6:20	2:52:21	0:46:03
114	284	Finn Ellegaard Nielsen	PI	0:21:30	129	22:37	2:46	90	1:37:01	15	27.83	1:42	10	0:49:30	64	4:42	2:52:28	0:46:10
115	277	Thomas Østertoft	Svendborg triathlon klub	0:17:30	47	18:24	1:58	43	1:33:32	12	28.87	1:22	66	0:58:28	14	5:34	2:52:47	0:46:29
116	158	Heine Gloggenicher	SMT	0:21:57	141	23:06	2:42	80	1:33:10	12	28.98	1:11	50	0:53:52	10	5:07	2:52:51	0:46:33
117	293	Lars Skafte Andersen	Royalgreenland	0:18:11	61	19:07	3:00	10	1:32:50	11	29.09	2:13	15	0:56:50	12	5:24	2:53:02	0:46:44
118	285	Carsten Brems		0:17:51	52	18:46	3:46	16	1:33:49	12	28.78	1:48	11	0:55:59	12	5:19	2:53:10	0:46:52
119	38	Jens Jakob Porsmose	Ålen	0:20:01	100	21:03	2:59	10	1:30:40	10	29.78	2:31	17	0:57:17	13	5:27	2:53:26	0:47:08
120	24	Henrik Gade		0:20:14	105	21:17	5:41	22	1:33:07	12	29.00	2:32	17	0:52:25	89	4:59	2:53:58	0:47:40
121	211	Mikael Kristensen		0:22:08	145	23:17	3:04	11	1:33:57	13	28.74	1:51	12	0:53:13	95	5:04	2:54:10	0:47:52
122	98	Simon Buus	SMT-Wannabee	0:20:45	115	21:50	3:20	13	1:35:11	14	28.37	2:23	16	0:53:29	99	5:05	2:55:06	0:48:48
123	52	Jacob Adriansen	Odense Allstars	0:26:33	205	27:56	1:36	27	1:32:57	11	29.05	1:31	80	0:53:39	10	5:06	2:56:14	0:49:56
124	147	Christian Porsgaard		0:20:46	116	21:50	3:06	11	1:37:27	16	27.71	2:01	14	0:53:20	97	5:04	2:56:38	0:50:20
125	142	Leander Dreyer	Jyske Bank	0:22:52	164	24:03	3:25	14	1:29:12	85	30.27	2:36	17	0:58:52	14	5:36	2:56:55	0:50:37
126	135	Kjeld Fogtmann Kristians	SMT	0:22:09	146	23:18	2:36	76	1:31:50	11	29.41	1:49	12	0:58:58	14	5:36	2:57:20	0:51:02
127	124	Morten Bilde Simonsen	Holstebro triathlon klub	0:21:54	136	23:02	3:18	13	1:37:51	16	27.59	2:11	15	0:52:12	88	4:58	2:57:25	0:51:07
128	67	Stefan Kowalski	Aalborg Triatlon	0:22:19	148	23:28	3:01	10	1:33:38	12	28.84	1:43	10	0:56:48	12	5:24	2:57:27	0:51:09
129	10	Torsten Rosendal		0:19:53	97	20:55	2:45	87	1:31:06	10	29.64	1:59	14	1:02:15	17	5:55	2:57:56	0:51:38
130	210	Brian Fogtmann		0:18:32	70	19:29	3:09	12	1:37:18	15	27.75	1:48	11	0:58:20	14	5:33	2:59:06	0:52:48
131	234	Emil Bojer Kanstrup	Svendborg Triathlon Klub	0:19:11	78	20:10	4:49	20	1:34:55	13	28.45	2:28	17	0:57:50	13	5:30	2:59:11	0:52:53
132	109	Peter Nielsen		0:26:46	206	28:10	3:17	12	1:27:54	77	30.72	1:58	13	0:59:31	15	5:40	2:59:24	0:53:06
133	70	Lasse Christiansen		0:20:24	106	21:28	3:31	14	1:31:12	10	29.61	2:01	14	1:02:47	17	5:58	2:59:52	0:53:34
134	2	Jarne Elleholm	Team Inventure Capital	0:21:11	127	22:17	3:35	15	1:35:20	14	28.32	1:54	13	0:58:15	13	5:32	3:00:14	0:53:56
135	23	Lars Stahr	Aalborg Triathlon Klub	0:21:39	131	22:47	3:09	12	1:34:16	13	28.64	1:32	83	0:59:49	15	5:41	3:00:23	0:54:05
136	83	Jesper Nielsen	Rødskro-IF Tri	0:22:47	159	23:58	2:49	94	1:29:42	91	30.10	1:28	77	1:03:46	18	6:04	3:00:30	0:54:12
137	30	Leif Kristoffersen		0:21:00	124	22:06	3:08	12	1:36:56	15	27.86	1:58	13	0:57:58	13	5:31	3:00:58	0:54:40
138	106	Brian Møller	NIH Power Team	0:19:35	91	20:36	4:10	18	1:33:55	13	28.75	2:28	17	1:01:04	16	5:48	3:01:10	0:54:52
139	194	Hamid Saldic	KTT 2000	0:23:56	178	25:10	4:42	20	1:36:05	14	28.10	2:56	19	0:54:16	10	5:10	3:01:53	0:55:35
140	59	Lasse Østerlund Gram		0:21:44	132	22:52	5:18	22	1:39:23	17	27.17	2:17	16	0:53:19	96	5:04	3:01:59	0:55:41
141	301	Jan Pedersen		0:23:53	177	25:08	3:42	15	1:31:18	10	29.57	3:55	21	1:00:02	15	5:43	3:02:49	0:56:31
142	84	Jesper Østergaard		0:19:42	93	20:43	3:21	13	1:39:06	16	27.25	1:45	11	0:59:11	14	5:38	3:03:03	0:56:45
143	13	Andreas Bøgedal Flint	Firsttime	0:23:01	170	24:13	5:04	21	1:33:16	12	28.95	3:05	20	0:58:41	14	5:35	3:03:05	0:56:47
144	63	Jeff Møller		0:24:57	189	26:15	2:26	68	1:36:16	15	28.05	0:48	7	0:59:16	15	5:38	3:03:41	0:57:23
145	1	John Dascher	Team Inventure Capital	0:22:37	155	23:48	3:00	10	1:35:26	14	28.30	1:15	56	1:01:34	16	5:51	3:03:51	0:57:33
146	15	Lars Hå g	Horsens Kajakklub	0:24:39	185	25:56	3:07	11	1:36:02	14	28.12	3:00	20	0:57:34	13	5:28	3:04:21	0:58:03
147	3	Robert Carnot	Brødstrup Svømmeklub		0			0		0			0	14:35:00	0	23:20	3:04:22	0:58:04
148	105	Thomas Albertsen	Incent ApS	0:17:56	56	18:52	3:41	15	1:38:50	16	27.32	2:36	17	1:01:32	16	5:51	3:04:34	0:58:16
149	168	Henrik Kølbe	SMT	0:22:07	144	23:15	2:56	10	1:30:26	99	29.86	1:01	37	1:08:21	19	6:30	3:04:50	0:58:32
150	21	Jens Dyrholm Remontius		0:25:04	193	26:22	5:10	21	1:36:45	15	27.91	2:52	19	0:55:05	11	5:14	3:04:54	0:58:36
151	198	Jan Thygesen		0:22:54	166	24:05	3:52	17	1:36:44	15	27.91	2:07	14	0:59:37	15	5:40	3:05:12	0:58:54
152	294	Michael Pram Nielsen	Aasigold	0:19:48	94	20:49	3:11	12	1:37:29	16	27.70	1:12	51	1:03:44	18	6:04	3:05:21	0:59:03
153	215	Kim Klarskov Jeppesen	Hareskovens Triathlonklub	0:23:20	174	24:33	2:21	60	1:38:59	16	27.28	2:15	16	0:58:50	14	5:36	3:05:43	0:59:25
154	107	Ole Christiansen		0:21:56	139	23:05	4:44	20	1:39:19	17	27.19	3:04	20	0:56:46	12	5:24	3:05:47	0:59:29
155	143	Jesper Borg		0:22:53	165	24:04	3:22	13	1:41:50	18	26.52	0:54	23	0:57:08	13	5:26	3:06:04	0:59:46
156	137	Jørn Stelmach Sørensen	Jyske Bank	0:26:04	202	27:25	4:22	19	1:35:03	13	28.41	1:38	95	0:59:25	15	5:39	3:06:30	1:00:12
157	110	Rune Rubæk		0:22:47	158	23:58	4:57	21	1:37:01	15	27.83	1:59	14	0:59:51	15	5:41	3:06:33	1:00:15
158	286	Morten Søndergaard	Beierholm	0:20:32	109	21:36	2:50	95	1:35:18	14	28.33	2:57	19	1:05:10	18	6:12	3:06:46	1:00:28
159	250	Hans Jørgen Eriksen	Randers Freja Atletik & Tri	0:19:07	77	20:06	2:54	98	1:44:34	18	25.82	1:39	97	0:59:19	15	5:38	3:07:30	1:01:12
160	244	Sven Thomsen	Aalborg Triathlon Klub	0:16:50	40	17:42	3:03	11	1:35:53	14	28.16	2:24	16	1:09:23	19	6:36	3:07:31	1:01:13
161	189	Bent Grønvald Svendsen	SMT	0:21:47	134	22:55	4:23	19	1:32:02	11	29.34	3:17	20	1:06:35	19	6:20	3:08:03	1:01:45
162	53	Tom Madsen	Nosmoke	0:29:44	222	31:16	2:00	45	1:37:11	15	27.79	1:47	11	0:58:22	14	5:33	3:09:02	1:02:44
163	187	Ole Trøst Nissen		0:23:40	176	24:54	5:09	21	1:34:08	13	28.68	2:53	19	1:03:20	17	6:01	3:09:09	1:02:51
164	150	Christian Schou Jensen	Silkeborg Motion-Tri-Klub	0:22:20	149	23:29	4:24	19	1:29:50	93	30.06	2:15	15	1:10:36	20	6:43	3:09:23	1:03:05
165	134	Sigurd Leth		0:20:40	112	21:45	3:03	11	1:41:08	18	26.70	1:56	13	1:03:03	17	6:00	3:09:48	1:03:30
166	87	Knud Erik Kjærsgaard	SMT Silkeborg	0:24:09	180	25:25	3:47	16	1:39:41	17	27.09	1:56	13	1:00:18	16	5:44	3:09:48	1:03:30
167	197	Palle Markussen		0:25:14	198													

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

1/4 Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
199	240	Jørgen Krause	Fredericia Triathlon Team	0:26:59	209	28:24	4:37	20	1:46:55	19	25.26	3:58	21	1:02:38	17	5:57	3:25:06	1:18:48
200	64	Torkild Kildsgaard Larsen		0:25:03	192	26:21	4:14	18	1:42:16	18	26.41	4:07	21	1:11:00	20	6:45	3:26:38	1:20:20
201	55	Allan Kristiansen	SeerupIT	0:24:33	183	25:50	2:43	83	1:46:04	19	25.46	1:14	54	1:12:10	20	6:52	3:26:43	1:20:25
202	161	Bent Tougaard	SMT	0:24:56	188	26:14	3:44	16	1:41:49	18	26.52	3:07	20	1:13:20	20	6:58	3:26:53	1:20:35
203	279	Lau Rosborg		0:29:04	218	30:35	6:37	22	1:36:52	15	27.87	4:43	21	1:10:23	20	6:42	3:27:37	1:21:19
204	33	Johnni Langthjem Erikse		0:25:59	201	27:20	3:51	16	1:51:16	21	24.27	3:04	20	1:04:38	18	6:09	3:28:46	1:22:28
205	200	Jeppe Vind	SMT-Wannabee	0:28:40	215	30:09	4:00	17	1:39:57	17	27.01	1:49	12	1:15:11	21	7:09	3:29:36	1:23:18
206	54	Jan Seerup	SeerupIT	0:24:59	191	26:17	4:38	20	1:48:41	20	24.85	3:19	20	1:11:08	20	6:46	3:32:43	1:26:25
207	283	Peter Van Zeeland	ingen	0:21:44	133	22:52	3:44	15	1:37:34	16	27.67	1:58	13	1:27:58	22	8:22	3:32:56	1:26:38
208	103	Bjarne Petersen	Mercedes-Benz P.Christer	0:22:50	162	24:01	5:04	21	1:47:35	20	25.10	4:15	21	1:14:17	21	7:04	3:33:59	1:27:41
209	78	Søren Fabricius Hessel		0:23:58	179	25:13	2:43	84	1:48:44	20	24.83	0:58	31	1:17:49	21	7:24	3:34:11	1:27:53
210	118	Simon Sneevang		0:24:11	181	25:26	3:37	15	2:02:00	21	22.13	3:17	20	1:01:50	16	5:53	3:34:52	1:28:34
211	208	Eskild Landgrebe		0:29:08	219	30:39	4:14	18	2:02:53	22	21.97	3:08	20	0:56:43	12	5:24	3:36:04	1:29:46
212	312	Zach Brown	Fredensborg Atletik Klub	0:23:11	171	24:23	7:57	22	1:54:31	21	23.58	6:23	22	1:05:07	18	6:12	3:37:08	1:30:50
213	291	Lars Jyde Nielsen	Svendborg Triatlonklub	0:20:49	118	21:54	4:54	21	1:48:31	20	24.88	1:42	10	1:22:04	21	7:48	3:37:58	1:31:40
214	267	Gregers Hendrik Hansen	Holstebro Triathlon	0:30:41	225	32:17	5:22	22	1:47:52	20	25.03	5:55	22	1:12:01	20	6:51	3:41:47	1:35:29
215	249	Sven Erik Kristoffersen		0:31:40	230	33:19	4:08	18	1:44:56	19	25.73	2:17	16	1:19:30	21	7:34	3:42:29	1:36:11
216	75	Thomas Bau	AASI Gold	0:26:57	208	28:21	4:22	19	1:58:30	21	22.79	0:53	20	1:13:40	20	7:00	3:44:19	1:38:01
217	18	John Jäger	TV 2 SPORTEM	0:28:02	212	29:29	6:00	22	2:01:04	21	22.30	4:56	21	1:04:31	18	6:08	3:44:32	1:38:14
218	19	Jan Andersen	tth	0:22:58	169	24:10	3:24	14	2:02:35	22	22.03	1:33	84	1:18:45	21	7:29	3:49:14	1:42:56
219	298	Thorbjørn Nilsson		0:28:32	213	30:01	8:36	23	2:14:22	22	20.10	1:23	69	1:05:03	18	6:11	3:57:54	1:51:36
220	224	Martin Corydon	Ninjas.dk	0:30:44	226	32:20	4:08	18	2:01:20	21	22.25	2:54	19	1:19:00	21	7:31	3:58:04	1:51:46
221	121	Olav Aasted		0:36:51	232	38:47	8:27	23	2:02:32	22	22.03	4:59	22	1:09:33	19	6:37	4:02:21	1:56:03
222	32	Jørgen Schütter		0:31:33	229	33:12	4:55	21	2:07:36	22	21.16	2:31	17	1:23:56	21	7:59	4:10:29	2:04:11
223	40	Dennis Eriksen		0:34:51	231	36:40	3:45	16	2:04:48	22	21.64	2:40	18	1:26:52	22	8:16	4:12:54	2:06:36
224	93	Morten Paag		0:25:23	199	26:42	7:41	22	1:50:29	21	24.44	0:54	25	1:48:40	22	10:20	4:13:05	2:06:47
DNF	350	Ruben Kornum Nielsen	Holstebro Triathlonklub	0:17:32	48	18:27	3:41	15	1:36:32	15	27.97	0	0	0	0	0	0	0
DNF	27	Glenn Kramme	AASI Gold	0:22:57	168	24:08	4:21	18	1:31:16	10	29.58	0	0	0	0	0	0	0
DNF	182	Bjørn Frank	Runners Corner Herning	0:22:49	160	24:00	3:20	13	1:34:37	13	28.54	0	0	0	0	0	0	0
DNF	238	Asger Ågård Jensen	Aalborg Triathlon Klub	0:12:15	4	12:53	1:08	12	0	0	0	0	0	0	0	0	0	0
DNF	230	Peter Madsen	Team Endurance Sport/ År	0:13:16	11	13:57	1:11	13	0	0	0	0	0	0	0	0	0	0
DNF	264	Søren Hyldal Sørensen	Aalborg Triathlon Klub	0:13:40	14	14:22	0:56	3	0	0	0	0	0	0	0	0	0	0
DNF	233	Rune Rasmussen	Esbjerg Tri & Multisport	0:20:38	110	21:42	1:12	15	0	0	0	0	0	0	0	0	0	0
DNF	296	Morgan Andersen		0:19:39	92	20:40	2:46	89	0	0	0	0	0	0	0	0	0	0
DNF	290	Mikael Smedegaard		0:20:28	108	21:32	4:05	17	0	0	0	0	0	0	0	0	0	0
DNF	11	Flemming Andry Christer		0	0	0	23:06	0	0	0	0	0	0	0	0	0	0	0
DNF	307	Brian Nielsen		0:31:31	228	33:09	0	0	0	0	0	0	0	0	0	0	0	0
DNS	305	Morten Hjorth Nielsen		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	12	Toni Andry Sørensen		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	34	Karsten Laudal		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	22	Robert Nordenhof		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	42	Allan Bak	Holstebro Triathlon Klub	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	49	Tommy Hald	ISK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	58	Lars Kjeldsen	Sønderborg Triathlon Klub	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	61	Morten Østerby Andreas	Århus Studenternes Svøm	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	66	René Mønster		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	94	Frank Paag		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	114	Ole Rye	odder atletik	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	128	Henrik Albertsen	nordic.com	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	129	Jens-christian Hedegaard		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	227	Simon Persson	Dulk	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	237	Jonas Lyngholm	UreTilAlt.dk - Køge Tri Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	214	Steen Ludvigsen	Sønderborg Tri Klub 90	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	218	Keld Hejlskov	Aalborg Triathlon Klub	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	223	Finn Andersen	SMT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	265	Søren Digebjerg	OTK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	278	Casper Remmer Jeppese		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	255	Thorstein Gystad	SMT-Silkeborg FUSION Te	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	259	Peter Striboldt	Køge Tri Team 2000	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	160	Morten Bakkedal		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	167	Steen Klercke	SMT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DNS	157	Henrik Langbak Hansen	SMT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

1/4 Ironman: Kvinder

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	164	Tina Thomsen	SMT-Talenttøserne	0:19:08	12	20:08	1:52	4	1:30:29	2	29.84	1:33	24	0:46:09	2	4:23	2:39:09	
2	272	Nadia Andersen	KTK86	0:18:15	7	19:12	1:43	2	1:31:04	5	29.65	1:53	32	0:48:17	3	4:35	2:41:11	0:02:02
3	207	Lisbeth Sejersbøl	SMT-Silkeborg	0:16:25	4	17:16	2:17	9	1:32:24	8	29.22	1:23	17	0:49:21	6	4:41	2:41:48	0:02:39
4	95	Charlotte Schmidt		0:24:07	34	25:22	2:40	20	1:36:14	17	28.06	2:37	40	0:38:24	1	3:39	2:44:00	0:04:51
5	192	Birgitte Holst	KTK86	0:15:29	3	16:17	1:47	3	1:31:49	6	29.41	1:09	8	0:54:19	13	5:10	2:44:31	0:05:22
6	166	Lise Julskjær Pedersen	SMT	0:19:47	17	20:49	2:28	14	1:32:39	9	29.14	1:16	14	0:48:33	4	4:37	2:44:41	0:05:32
7	151	Bettina Nielsen	SMT	0:16:59	5	17:52	1:27	1	1:33:14	12	28.96	1:06	6	0:54:51	14	5:13	2:47:36	0:08:27
8	231	Sandra Hertz Thomsen	Atletica tri	0:18:23	8	19:20	2:19	11	1:36:04	15	28.11	1:47	28	0:49:28	7	4:42	2:47:58	0:08:49
9	516	Marianne Schøler Nielsen	Rødekro IF-Tri	0:22:41	29	23:52	2:26	12	1:33:09	11	28.99	1:24	18	0:48:48	5	4:38	2:48:27	0:09:18
10	165	Jette Olsen	SMT	0:20:08	18	21:11	2:39	19	1:30:29	3	29.84	1:31	21	0:55:06	16	5:14	2:49:52	0:10:43
11	104	Louise Albertsen	Incent ApS	0:22:26	25	23:36	3:28	33	1:28:29	1	30.52	2:23	36	0:54:54	15	5:13	2:51:38	0:12:29
12	270	Berit V. Melgaard	Team Triathlon Herning	0:22:35	27	23:46	2:56	25	1:30:38	4	29.80	1:52	30	0:54:04	11	5:08	2:52:03	0:12:54
13	308	Grethe Nielsen	Århus 1900	0:19:39	15	20:40	2:35	17	1:38:09	19	27.51	1:12	9	0:51:23	8	4:53	2:52:56	0:13:47
14	37	Lise Stengaard	Aalborg Triathlon Klub	0:18:44	10	19:43	1:53	5	1:36:10	16	28.08	0:56	3	0:56:03	19	5:20	2:53:45	0:14:36
15	57	Lisbeth Bay Smidt	Rødekro IF-Tri	0:23:42	32	24:56	2:08	7	1:31:51	7	29.40	0:53	1	0:55:55	18	5:19	2:54:26	0:15:17
16	125	Lisbeth Laugesen	Team Triathlon Herning	0:21:12	20	22:18	2:36	18	1:38:07	18	27.52	1:26	20	0:54:18	12	5:10	2:57:38	0:18:29
17	217	Mette Sørensen	Holstebro Triathlon Klub	0:18:42	9	19:40	3:30	35	1:39:58	22	27.01	1:08	7	0:55:53	17	5:19	2:59:09	0:20:00
18	45	Mona Lindved	Aalborg Triathlon Klub	0:14:47	2	15:33	2:08	6	1:32:58	10	29.04	1:04	5	1:09:16	39	6:35	3:00:12	0:21:03
19	222	Kirsten Mørch	SMT-Talenttøserne	0:28:16	45	29:45	3:37	37	1:34:40	14	28.52	2:32	37	0:53:02	10	5:03	3:02:06	0:22:57
20	39	Heidi Thranum	Odder atletik og motion	0:13:29	1	14:10	2:09	8	1:47:20	31	25.16	1:42	27	0:58:38	23	5:34	3:03:16	0:24:07
21	148	Michelle Nørgaard Krister	Running26	0:19:10	13	20:09	2:42	21	1:44:15	29	25.90	1:33	26	0:56:57	21	5:25	3:04:35	0:25:26
22	261	Kirstine Svenningsen	Kolding motion	0:21:52	21	23:00	2:46	23	1:49:24	34	24.68	1:18	15	0:52:27	9	4:59	3:07:45	0:28:36
23	60	Karen Lykke Nielsen	Viborg Atletik og Motion	0:25:40	37	27:00	2:27	13	1:38:21	20	27.46	1:19	16	1:00:11	26	5:43	3:07:55	0:28:46
24	138	Kirsten Johansen	Jyske Bank - Talenttøserne	0:19:36	14	20:37	3:01	27	1:42:56	27	26.23	1:33	23	1:01:26	28	5:51	3:08:30	0:29:21
25	72	Mette Nybo	Rask Mølle Tri	0:22:17	23	23:26	3:28	34	1:39:02	21	27.27	2:11	35	1:02:11	30	5:55	3:09:07	0:29:58
26	5	Marianne Møller		0:22:36	28	23:46	2:57	26	1:40:30	23	26.87	1:16	13	1:02:02	29	5:54	3:09:18	0:30:09
27	36	Stinne Gry Glerup	Odense politi/OTK	0:18:59	11	19:58	2:43	22	1:41:11	26	26.69	2:37	39	1:05:57	37	6:16	3:11:25	0:32:16
28	180	Charlotte Andersen	SMT-Talenttøserne	0:26:15	40	27:37	3:06	28	1:44:03	28	25.95	1:57	34	0:58:38	22	5:34	3:13:57	0:34:48
29	17	Lisbeth Zacho	Skanderborg Cykleklub	0:20:50	19	21:54	2:32	16	1:41:03	25	26.72	1:33	25	1:08:28	38	6:31	3:14:24	0:35:15
30	7	Tina Haugstrup		0:27:15	43	28:40	3:18	29	1:40:40	24	26.82	4:32	46	1:01:22	27	5:50	3:17:05	0:37:56
31	43	Bente Lindeberg Borup		0:29:46	46	31:19	3:59	39	1:48:27	32	24.90	0:58	4	0:56:51	20	5:24	3:19:58	0:40:49
32	276	Jette Eriksen	Randers Freja Atletik & Tri	0:22:00	22	23:09	2:19	10	1:51:11	37	24.29	1:52	31	1:05:47	36	6:15	3:23:07	0:43:58
33	175	Ulla Bagger	Odder Atletik & Motion	0:26:21	41	27:44	6:18	43	1:48:53	33	24.80	3:06	42	0:59:09	25	5:37	3:23:46	0:44:37
34	14	Karin Hansen	Horsens Kajakklub	0:27:38	44	29:04	3:33	36	1:51:37	38	24.19	2:42	41	0:58:41	24	5:35	3:24:09	0:45:00
35	91	Lisbeth Holmberg Jensen		0:19:46	16	20:48	3:21	30	1:49:51	36	24.58	1:14	12	1:13:39	42	7:00	3:27:49	0:48:40
36	16	Kristine Schroll		0:23:47	33	25:02	3:27	32	1:49:40	35	24.62	3:08	43	1:12:03	41	6:51	3:32:04	0:52:55
37	28	Kathrine Nygaard Stanno	Kolding Triathlon Klub	0:23:10	30	24:22	4:11	40	1:52:56	39	23.91	1:54	33	1:10:46	40	6:44	3:32:54	0:53:45
38	85	Merete Amtoft	BTC	0:23:15	31	24:27	5:55	42	1:46:13	30	25.42	3:51	44	1:14:40	43	7:06	3:33:51	0:54:42
39	35	Una Filyo	Odder Atletik	0:26:12	39	27:34	3:50	38	1:59:14	41	22.65	1:47	29	1:02:59	31	5:59	3:34:00	0:54:51
40	252	Kirsten Aakjær	Rødekro-IF Tri	0:35:08	48	36:58	2:32	15	1:55:22	40	23.41	2:33	38	1:03:49	34	6:04	3:39:22	1:00:13
41	41	Hanne Pedersen	Pegasus	0:24:41	35	25:58	7:01	45	2:10:17	44	20.73	1:14	11	1:04:07	35	6:06	3:47:18	1:08:09
42	141	Susan Benn Hansen	Jyske Bank	0:24:51	36	26:09	6:18	44	2:07:54	43	21.11	0:54	2	1:16:40	44	7:18	3:56:36	1:17:27
43	74	Gita Michela Niss		0:33:01	47	34:44	7:41	47	2:13:30	45	20.23	1:24	19	1:03:16	32	6:01	3:58:50	1:19:41
44	173	Helle Tindahl Madsen		0:26:06	38	27:27	5:49	41	2:01:28	42	22.23	4:24	45	1:30:02	45	8:34	4:07:48	1:28:39
45	101	Lilian Bech		0:26:49	42	28:13	7:17	46	2:32:27	46	17.71	1:13	10	1:03:38	33	6:03	4:11:23	1:32:14
DNF	132	Ninna Dyrby Henneberg	Kolding Motion	0:22:32	26	23:42	3:25	31	1:33:52	13	28.76	1:33	22		0			
DNF	228	Kamilla Lohde Tordrup S	Randers Freja Atletik og Tr	0:17:07	6	18:00	2:55	24		0			0		0			
DNF	226	Emma Laudrup	TRI4	0:22:24	24	23:34		0		0			0		0			
DNS	260	Line Ternov	Vejle IF Triathlon		0			0		0			0		0			
DNS	86	Sanne Baden			0			0		0			0		0			
DNS	80	Pia Ladefoged			0			0		0			0		0			
DNS	50	Anne-mette Mømsen	Aarhus 1900 Triathlon		0			0		0			0		0			
DNS	26	Inger Marie Kirketerp			0			0		0			0		0			

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

Stafet - 1/4 Ironman: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	906	Jan Olesen	Team Triathlon Herning	0:15:32	2	16:20	0:56	3	1:17:02	1	35.05	0:29	2	0:36:54	1	3:30	2:10:52	
2	903	Kim B Jensen	SMT	0:18:04	4	19:00	1:06	4	1:17:42	2	34.75	0:20	1	0:47:05	3	4:29	2:24:15	0:13:23
3	907	Michael Seindal	SAK 77 Veteraner	0:15:57	3	16:47	0:46	2	1:28:29	3	30.51	0:39	3	0:45:52	2	4:22	2:31:42	0:20:50
DNF	905	Rasmus Dalby	Team Taget På Kondien	0:13:45	1	14:27	0:44	1	1:28:55	4	30.37		0		0			

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

Stafet - 1/4 Ironman: Kvinder

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	901	Maria Slyngborg	Morfar og Barnebarn	0:20:36	1	21:40	0:58	2	1:28:09	1	30.63	0:34	2	0:52:55	2	5:02	2:43:11	
2	904	Rie Gade	Den virtuelle løbeklub	0:25:57	2	27:18	0:51	1	1:33:49	2	28.78	0:29	1	0:49:03	1	4:40	2:50:07	0:06:56
DNF	902	Mette Ns Poulsen	Agf Masters Svømning		0		51:03	0	1:38:44	3	27.35	1:53	3		0			

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

Ironkid: Mænd

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1018	Anders Buus	SMT-Wannabee	0:01:32	3	10:11	0:15	4	0:06:20	5	47.43	0:44	5	0:03:28	2	2:09	0:12:17	
2	1016	Frederik Nevers	Køge Tri Team 2000	0:01:37	8	10:41	0:16	11	0:06:09	1	48.79	0:43	2	0:04:10	10	2:36	0:12:53	0:00:36
3	1026	Emil Skovgaard Kristensen	Silkeborg Kajakklub	0:01:30	2	9:59	0:16	13	0:06:19	4	47.59	0:47	9	0:04:03	8	2:31	0:12:54	0:00:37
4	1024	Andreas Brix	SMT-Wannabee	0:01:35	6	10:28	0:13	2	0:06:18	2	47.69	0:46	8	0:04:06	9	2:33	0:12:57	0:00:40
5	1023	Anders Laursen		0:01:29	1	9:52	0:15	5	0:06:19	3	47.60	0:49	11	0:04:26	12	2:45	0:13:16	0:00:59
6	1002	Phillip Hansen	Rødebro IF-Tri	0:01:33	4	10:15	0:15	7	0:07:16	9	41.37	0:49	10	0:03:32	3	2:12	0:13:22	0:01:05
7	1033	Bjørn Ax		0:01:41	9	11:10	0:15	6	0:07:05	7	42.39	0:52	13	0:03:34	4	2:13	0:13:25	0:01:08
8	1021	Oskar Langkjær		0:01:46	13	11:42	0:17	19	0:07:06	8	42.30	0:58	21	0:04:36	14	2:52	0:14:42	0:02:25
9	1034	Gustav Nevers	Køge Tri Team 2000	0:01:44	10	11:29	0:17	17	0:06:59	6	43.01	0:56	19	0:05:00	15	3:06	0:14:53	0:02:36
10	1028	Jonas Torp Kjærskov		0:01:45	11	11:35	0:17	20	0:08:11	13	36.67	0:55	16	0:03:47	5	2:21	0:14:53	0:02:36
11	1011	Anders Ellegaard Nicola		0:01:45	12	11:38	0:16	15	0:07:52	12	38.17		0	12:29:10	0	48:13	0:14:55	0:02:38
12	1010	Dino Saldic	KTT2000	0:01:55	16	12:45	0:18	22	0:08:12	14	36.60	0:52	14	0:03:57	6	2:27	0:15:13	0:02:56
13	1022	Marcus Bak Laursen		0:01:36	7	10:35	0:15	8	0:09:11	17	32.69	0:56	20	0:03:25	1	2:07	0:15:21	0:03:04
14	1027	Mathias Høj Jensen		0:01:48	14	11:53	0:17	16	0:07:46	11	38.63	1:05	22	0:04:27	13	2:46	0:15:21	0:03:04
15	1036	August Vilstrup Roien		0:01:35	5	10:27	0:15	10	0:07:44	10	38.85	0:56	18	0:05:11	16	3:13	0:15:38	0:03:21
16	1037	Jan Jarkob Roetink		0:01:59	18	13:10	0:20	24	0:08:34	15	35.08	0:52	15	0:04:03	7	2:31	0:15:46	0:03:29
17	1030	Mathias Fenger-eriksen		0:02:00	19	13:18	0:18	21	0:08:40	16	34.66	0:50	12	0:04:23	11	2:44	0:16:09	0:03:52
18	1017	Emil Laursen		0:02:30	21	16:39	0:14	3	0:10:23	19	28.89	0:44	4	0:07:06	19	4:26	0:20:57	0:08:40
19	1045	Mathias Kløstrup Mikkels		0:02:43	23	18:03	0:16	12	0:09:49	18	30.56	0:46	7	0:07:51	22	4:54	0:21:23	0:09:06
20	1007	Simon Underlien	Ødder atletik	0:02:17	20	15:12	0:12	1	0:11:37	22	25.84	0:38	1	0:07:03	17	4:24	0:21:45	0:09:28
21	1001	Rasmus Bjerg Terkelsen	SAK 77	0:02:59	24	19:51	0:15	9	0:11:18	20	26.56	0:45	6	0:07:06	18	4:25	0:22:22	0:10:05
22	1048	Valdemar Riis Rasmusse		0:02:42	22	17:55	0:17	18	0:11:24	21	26.32	0:44	3	0:07:33	20	4:42	0:22:38	0:10:21
23	1006	Sander Gloggengichser	Fam. Gloggengichser	0:03:00	25	19:57	0:16	14	0:13:18	23	22.56	0:55	17	0:07:45	21	4:50	0:25:12	0:12:55
24	1029	Johannes Trosborg	Team Trosborg	0:01:56	17	12:51	1:59	25	0:18:40	24	16.07	1:11	23	0:11:47	23	7:21	0:35:32	0:23:15
25	1039	Nicklas Hassel Harbøll		0:01:51	15	12:15	0:19	23	0:26:00	25	11.55		0	12:49:54	0	1:11	0:35:39	0:23:22
DNS	1019	Steffen Taagaard Hanser			0			0		0			0		0			
DNS	1012	Maks Kjeldsen			0			0		0			0		0			

Silkeborg Triathlon 2009

Resultater i arrangement - Køn

Ironkid: Kvinder

Plc	StartNr	Navn	Klub	Svømning	#	min/km	1. skifte	#	Cykling	#	km/t	2. skifte	#	Løb	#	min/km	Sluttid	Diff
1	1004	Louise Høj Jensen	SMT-Wannabee	0:01:44	6	11:29	0:15	2	0:06:05	2	49.34	0:43	1	0:03:49	1	2:22	0:12:34	
2	1042	Kirstine Bøgh Tørne	SMT	0:01:38	2	10:48	0:15	4	0:06:07	3	49.15		0	12:26:59	0	46:51	0:12:44	0:00:10
3	1040	Emilie Thomsen	SMT-Silkeborg	0:01:40	3	11:01	0:16	5	0:07:06	4	42.32	0:48	6	0:04:33	4	2:50	0:14:20	0:01:46
4	1043	Louise Holse	EIF	0:01:48	8	11:57	0:17	8	0:07:54	7	37.99	0:57	15	0:03:59	2	2:28	0:14:53	0:02:19
5	1003	Ida Langkjær		0:01:38	1	10:47	0:16	6	0:07:32	5	39.88	0:47	5	0:04:44	8	2:57	0:14:56	0:02:22
6	1031	Christine Porsbo	Køge Tri Team 2000	0:01:47	7	11:47	0:17	7	0:08:08	8	36.92	0:55	14	0:04:09	3	2:35	0:15:14	0:02:40
7	1046	Esther Frieda Søndergaa	AWOKE	0:01:43	5	11:24	1:23	18	0:06:00	1	50.05	0:50	8	0:05:25	13	3:23	0:15:20	0:02:46
8	1015	Ida Hegelund	SMT-Wannabee	0:01:53	13	12:27	0:21	17	0:08:12	9	36.63	0:51	9	0:04:36	5	2:51	0:15:50	0:03:16
9	1020	Rikke Nielsen	SMT-Wannabee	0:01:42	4	11:17	0:15	3	0:07:49	6	38.39	1:08	17	0:04:58	9	3:06	0:15:51	0:03:17
10	1035	Selma Kuypers	Kolding tri	0:01:52	12	12:25	0:20	15	0:08:15	11	36.36	0:50	7	0:04:44	7	2:57	0:15:59	0:03:25
11	1009	Julie Andersen	Kolding tri	0:01:58	17	13:03	0:18	10	0:08:13	10	36.52	0:54	13	0:04:38	6	2:53	0:16:00	0:03:26
12	1013	Line Damsgaard Andersen	SMT-Wannabee	0:01:52	11	12:23	0:19	12	0:08:34	13	35.06	0:46	3	0:05:09	11	3:12	0:16:38	0:04:04
13	1005	Marie Lagoni	Kolding tri	0:01:53	14	12:32	0:19	14	0:08:18	12	36.20	0:54	11	0:05:25	12	3:22	0:16:47	0:04:13
14	1014	Signe Nørtoft	Kolding tri	0:01:56	15	12:48	0:19	11	0:08:46	14	34.24	0:54	12	0:05:45	14	3:35	0:17:38	0:05:04
15	1032	Anne-cathrine Mortensen	Team Purepower	0:01:59	18	13:07	0:20	16	0:10:07	15	29.69	0:54	10	0:05:06	10	3:11	0:18:24	0:05:50
16	1041	Louise Bøgh Tørne	SMT	0:02:54	20	19:20	0:14	1	0:10:27	16	28.73	0:44	2	0:09:26	16	5:53	0:23:44	0:11:10
17	1025	Regitze Vilstrup Roien		0:02:52	19	19:06	0:17	9	0:12:14	17	24.54	0:47	4	0:09:03	15	5:38	0:25:12	0:12:38
18	1008	Freja Hegelund	SMT-Wannabee	0:01:50	9	12:09	2:00	19	0:12:56	18	23.20	0:57	16	0:10:34	17	6:36	0:28:16	0:15:42
19	1044	Laura Højen		0:01:50	10	12:12	2:07	20	0:13:48	19	21.76	1:11	18	0:11:11	18	6:58	0:30:06	0:17:32
20	1038	Stephanie Hassel Harbøl		0:01:58	16	13:02	0:19	13	0:25:56	20	11.57		0	12:49:59	0	1:13	0:35:44	0:23:10