

# Bike & Run stafetten Sønderborg

## Resultatliste MK

Antal deltagere: 129

Placering	Startnr	Klub	Løber 1	Cyklist 1	Løber 2	Cyklist 2	Løber 3	Brutto	Netto
Mix									
-1	82	PSA 1	<b>57:51</b>	28:50	<b>31:14</b>	24:39			
-1	89	Lotek 1	<b>44:01</b>	37:21	<b>41:22</b>	52:43		DNF	
1	44	IA Sensors	<b>20:35</b>	27:40	<b>21:07</b>	22:40	<b>19:47</b>	1:51:51	<b>01:51:49</b>
2	100	Mojito team	<b>22:56</b>	23:03	<b>25:52</b>	21:31	<b>20:24</b>	1:53:49	<b>01:53:46</b>
3	101	Augustenbor	<b>21:05</b>	23:15	<b>21:01</b>	27:13	<b>22:06</b>	1:54:42	<b>01:54:38</b>
4	99	Air Alsie -	<b>21:05</b>	21:40	<b>23:39</b>	28:16	<b>20:25</b>	1:55:07	<b>01:55:04</b>
5	74	Fantastic	<b>21:10</b>	27:46	<b>20:55</b>	26:35	<b>20:30</b>	1:56:58	<b>01:56:57</b>
6	83	Mormor &	<b>21:43</b>	22:41	<b>28:00</b>	23:38	<b>22:56</b>	1:58:59	<b>01:58:55</b>
7	49	Techline	<b>21:58</b>	24:23	<b>27:22</b>	28:28	<b>21:51</b>	2:04:04	<b>02:03:58</b>
8	96	Crossfit	<b>22:07</b>	27:18	<b>23:20</b>	27:33	<b>23:57</b>	2:04:17	<b>02:04:15</b>
9	76	Kontor Syd -	<b>20:36</b>	28:21	<b>21:33</b>	29:34	<b>24:25</b>	2:04:31	<b>02:04:26</b>
10	121	Team VUK	<b>20:32</b>	28:14	<b>23:44</b>	30:27	<b>21:48</b>	2:04:46	<b>02:04:43</b>
11	105	Team	<b>23:31</b>	29:39	<b>24:33</b>	26:32	<b>20:52</b>	2:05:09	<b>02:05:06</b>
12	81	Crossfit	<b>25:33</b>	30:43	<b>21:34</b>	25:25	<b>22:05</b>	2:05:22	<b>02:05:19</b>
13	39	Pink	<b>23:06</b>	26:58	<b>23:36</b>	27:48	<b>23:57</b>	2:05:28	<b>02:05:22</b>
14	85	PSA 2	<b>24:14</b>	28:57	<b>27:37</b>	24:40	<b>21:13</b>	2:06:44	<b>02:06:26</b>
15	117	Speed	<b>22:02</b>	28:01	<b>20:35</b>	28:09	<b>28:14</b>	2:07:03	<b>02:06:51</b>
16	38	Crossfit	<b>28:03</b>	25:25	<b>22:13</b>	27:32	<b>23:48</b>	2:07:05	<b>02:07:01</b>
17	107	Team	<b>25:54</b>	29:29	<b>20:19</b>	26:19	<b>25:36</b>	2:07:39	<b>02:07:36</b>
18	98	Team	<b>28:59</b>	25:01	<b>25:30</b>	24:07	<b>24:48</b>	2:08:28	<b>02:08:21</b>
19	111	Team X-Ray	<b>25:47</b>	26:30	<b>25:17</b>	28:11	<b>23:15</b>	2:09:03	<b>02:08:44</b>
20	90	Helsam 1	<b>29:49</b>	27:06	<b>26:47</b>	26:33	<b>19:14</b>	2:09:30	<b>02:09:25</b>
21	66	LINAK R&D	<b>28:47</b>	25:44	<b>25:01</b>	26:08	<b>24:35</b>	2:10:18	<b>02:10:14</b>
22	43	Team	<b>22:59</b>	26:06	<b>25:42</b>	32:07	<b>23:23</b>	2:10:20	<b>02:10:13</b>
23	64	JydskeVestk	<b>29:15</b>	27:27	<b>24:37</b>	27:33	<b>22:06</b>	2:11:01	<b>02:10:48</b>
24	103	Hertuger af	<b>28:00</b>	28:05	<b>27:16</b>	28:46	<b>19:05</b>	2:11:14	<b>02:11:05</b>
25	46	Lodam Cool	<b>22:27</b>	27:50	<b>22:26</b>	28:56	<b>29:33</b>	2:11:14	<b>02:11:06</b>
26	109	Linak SW3	<b>20:51</b>	27:22	<b>29:09</b>	30:01	<b>24:18</b>	2:11:43	<b>02:11:40</b>
27	122	Stjernehold	<b>22:05</b>	25:26	<b>35:52</b>	27:14	<b>21:20</b>	2:11:59	<b>02:11:56</b>
28	48	Lodam Eco	<b>25:49</b>	31:53	<b>21:06</b>	30:06	<b>23:06</b>	2:12:01	<b>02:11:52</b>
29	57	Men in Black	<b>26:26</b>	27:23	<b>24:58</b>	30:52	<b>23:37</b>	2:13:19	<b>02:13:12</b>
30	114	Helsam 2	<b>29:02</b>	33:40	<b>24:36</b>	28:08	<b>18:28</b>	2:13:56	<b>02:13:52</b>
31	68	Lindvang, Sø	<b>23:24</b>	27:53	<b>27:51</b>	31:30	<b>23:53</b>	2:14:33	<b>02:14:19</b>
32	63	Lachenmeier	<b>24:01</b>	30:29	<b>26:37</b>	28:35	<b>26:08</b>	2:15:51	<b>02:15:43</b>
33	93	Sidste	<b>33:21</b>	23:12	<b>32:50</b>	23:22	<b>23:20</b>	2:16:07	<b>02:16:00</b>
34	115	Lachenmeier	<b>25:47</b>	28:45	<b>24:54</b>	27:21	<b>29:31</b>	2:16:19	<b>02:16:11</b>
35	69	Kontor Syd -	<b>20:38</b>	34:50	<b>21:25</b>	27:30	<b>31:59</b>	2:16:24	<b>02:16:18</b>
36	79	De glæde	<b>23:05</b>	33:31	<b>27:38</b>	31:02	<b>21:16</b>	2:16:35	<b>02:16:22</b>
37	106	4Danskere	<b>23:58</b>	33:13	<b>21:40</b>	31:29	<b>26:16</b>	2:16:38	<b>02:16:33</b>
38	47	Lodam	<b>24:08</b>	27:08	<b>26:23</b>	37:19	<b>21:51</b>	2:16:51	<b>02:16:43</b>
39	55	Danfoss	<b>26:20</b>	33:46	<b>28:26</b>	26:09	<b>23:27</b>	2:18:09	<b>02:18:02</b>
40	88	Air Alsie -	<b>28:45</b>	27:28	<b>27:14</b>	32:09	<b>22:54</b>	2:18:33	<b>02:18:23</b>
41	65	DANMEX	<b>30:09</b>	27:19	<b>23:32</b>	32:11	<b>25:40</b>	2:18:53	<b>02:18:35</b>
42	128	Die	<b>25:18</b>	30:27	<b>27:59</b>	31:20	<b>24:21</b>	2:19:27	<b>02:19:26</b>
43	53	Teamz.dk	<b>30:05</b>	30:14	<b>28:12</b>	27:02	<b>24:57</b>	2:20:31	<b>02:20:21</b>
44	104	saabu nord	<b>29:19</b>	29:04	<b>26:44</b>	30:12	<b>25:20</b>	2:20:41	<b>02:20:30</b>
45	75	Eegholm mix	<b>30:03</b>	40:10	<b>20:33</b>	29:19	<b>20:35</b>	2:20:42	<b>02:20:33</b>
46	92	En for alle	<b>23:31</b>	27:39	<b>28:41</b>	34:35	<b>26:30</b>	2:20:59	<b>02:20:52</b>
47	51	CFK 1	<b>21:51</b>	38:20	<b>23:40</b>	33:22	<b>23:49</b>	2:21:04	<b>02:21:01</b>

# Bike & Run stafetten Sønderborg

## Resultatliste MK

Placering	Startnr	Klub	Løber 1	Cyklist 1	Løber 2	Cyklist 2	Løber 3	Brutto	Netto
48	67	Air Alsie -	<b>34:38</b>	30:46	<b>27:07</b>	24:23	<b>24:30</b>	2:21:25	<b>02:21:17</b>
49	123	ITA Vibes	<b>29:49</b>	33:47	<b>25:23</b>	31:53	<b>21:03</b>	2:21:57	<b>02:21:50</b>
50	116	HPT Over	<b>34:48</b>	23:16	<b>24:05</b>	31:47	<b>28:40</b>	2:22:38	<b>02:22:30</b>
51	87	Hold om	<b>27:00</b>	31:52	<b>31:42</b>	31:31	<b>21:43</b>	2:23:50	<b>02:23:44</b>
52	60	Martin	<b>24:05</b>	35:15	<b>28:54</b>	30:14	<b>25:21</b>	2:23:51	<b>02:23:36</b>
53	45	Kondilovens	<b>24:51</b>	27:32	<b>30:48</b>	34:58	<b>25:42</b>	2:23:53	<b>02:23:46</b>
54	52	Optimisterne	<b>25:54</b>	31:55	<b>30:04</b>	30:28	<b>25:33</b>	2:23:57	<b>02:23:45</b>
55	58	Hold af	<b>21:10</b>	32:11	<b>32:43</b>	33:11	<b>24:45</b>	2:24:01	<b>02:23:57</b>
56	42	Stjernehold	<b>21:51</b>	32:37	<b>34:41</b>	30:58	<b>24:42</b>	2:24:50	<b>02:24:46</b>
57	97	Linak	<b>25:58</b>	35:04	<b>31:16</b>	25:08	<b>27:47</b>	2:25:15	<b>02:25:00</b>
58	80	Kontor Syd -	<b>33:33</b>	39:43	<b>18:14</b>	32:35	<b>21:47</b>	2:25:54	<b>02:25:48</b>
59	91	2 seje bøffer	<b>31:17</b>	30:00	<b>23:57</b>	29:41	<b>31:04</b>	2:26:01	<b>02:25:52</b>
60	84	Solarpower	<b>23:00</b>	30:44	<b>29:09</b>	39:53	<b>23:29</b>	2:26:18	<b>02:26:12</b>
61	54	Kina	<b>22:07</b>	26:23	<b>25:09</b>	35:10	<b>37:33</b>	2:26:25	<b>02:26:13</b>
62	113	Skrat 1	<b>21:51</b>	36:51	<b>26:54</b>	33:07	<b>27:50</b>	2:26:35	<b>02:26:22</b>
63	127	Bosager-Flin	<b>23:13</b>	32:58	<b>28:25</b>	39:45	<b>23:29</b>	2:27:51	<b>02:27:51</b>
64	73	Apostlenes	<b>29:21</b>	30:11	<b>33:20</b>	30:13	<b>25:13</b>	2:28:20	<b>02:28:15</b>
65	126	10 eren	<b>25:25</b>	33:10	<b>26:55</b>	36:30	<b>26:39</b>	2:28:41	<b>02:28:40</b>
66	118	Rådhusservi	<b>25:12</b>	35:41	<b>28:51</b>	33:12	<b>25:57</b>	2:28:56	<b>02:28:54</b>
67	70	Solarpower	<b>28:28</b>	30:17	<b>29:16</b>	34:32	<b>26:22</b>	2:28:57	<b>02:28:45</b>
68	56	Sismofyttern	<b>33:56</b>	35:40	<b>28:08</b>	27:27	<b>25:01</b>	2:30:13	<b>02:30:09</b>
69	108	Hertughaven	<b>26:10</b>	28:30	<b>34:37</b>	39:45	<b>21:33</b>	2:30:36	<b>02:30:28</b>
70	41	Air Alsie -	<b>33:46</b>	35:50	<b>26:34</b>	26:24	<b>28:35</b>	2:31:11	<b>02:31:03</b>
71	110	Slow	<b>29:51</b>	27:38	<b>29:26</b>	36:29	<b>27:51</b>	2:31:18	<b>02:31:05</b>
72	102	Broager	<b>27:08</b>	30:32	<b>34:42</b>	33:03	<b>26:15</b>	2:31:42	<b>02:31:21</b>
73	71	De glæde	<b>30:02</b>	37:30	<b>25:52</b>	30:30	<b>27:58</b>	2:31:54	<b>02:31:41</b>
74	62	Linak	<b>27:49</b>	35:53	<b>26:34</b>	34:28	<b>28:26</b>	2:33:12	<b>02:33:01</b>
75	95	Linak SW1	<b>19:17</b>	46:01	<b>22:14</b>	37:50	<b>28:21</b>	2:33:45	<b>02:33:44</b>
76	120	FUJI 2	<b>32:43</b>	28:29	<b>35:02</b>	30:43	<b>27:11</b>	2:34:10	<b>02:34:04</b>
77	50	Siemens	<b>28:47</b>	31:20	<b>36:04</b>	29:40	<b>31:28</b>	2:37:20	<b>02:37:07</b>
78	77	AHU 1	<b>31:01</b>	35:12	<b>34:37</b>	34:21	<b>23:00</b>	2:38:14	<b>02:38:08</b>
79	78	Lotek 2	<b>26:16</b>	39:22	<b>23:05</b>	36:12	<b>33:25</b>	2:38:22	<b>02:38:13</b>
80	59	Paragrafrytte	<b>28:59</b>	37:55	<b>39:14</b>	30:29	<b>22:04</b>	2:38:43	<b>02:38:36</b>
81	112	ITA Chicks	<b>23:17</b>	40:19	<b>29:35</b>	41:26	<b>24:31</b>	2:39:10	<b>02:39:03</b>
82	72	Rådhusservi	<b>28:52</b>	34:16	<b>29:18</b>	36:21	<b>31:37</b>	2:40:26	<b>02:40:16</b>
83	61	Matadormix	<b>30:23</b>	42:36	<b>32:33</b>	28:29	<b>34:06</b>	2:48:08	<b>02:47:53</b>
84	86	SPH	<b>46:41</b>	31:17	<b>35:32</b>	32:47	<b>23:27</b>	2:49:45	<b>02:49:32</b>
85	125	Return to	<b>33:40</b>	33:11	<b>35:18</b>	33:04	<b>36:55</b>	2:52:10	<b>02:52:08</b>
86	124	Still standing	<b>29:45</b>	30:20	<b>34:05</b>	48:37	<b>34:31</b>	2:57:21	<b>02:57:08</b>

### Herre

-1	18	DAMM 1	<b>46:00</b>	31:27	<b>31:07</b>	26:24			
1	131	Casolux	<b>21:32</b>	23:38	<b>20:32</b>	20:57	<b>18:26</b>	1:45:08	<b>01:44:57</b>
2	29	Air Alsie -	<b>19:20</b>	24:06	<b>21:19</b>	22:42	<b>20:41</b>	1:48:10	<b>01:48:07</b>
3	129	SYC	<b>20:10</b>	23:53	<b>22:15</b>	24:30	<b>21:48</b>	1:52:39	<b>01:52:33</b>
4	20	Solarpower	<b>22:38</b>	21:31	<b>23:03</b>	22:01	<b>23:28</b>	1:52:42	<b>01:52:41</b>
5	22	I need a	<b>20:03</b>	26:11	<b>24:31</b>	23:31	<b>19:30</b>	1:53:48	<b>01:53:44</b>
6	34	Vi stanser	<b>20:59</b>	24:40	<b>22:07</b>	24:06	<b>22:01</b>	1:53:55	<b>01:53:50</b>
7	31	Bil og Co	<b>18:14</b>	28:29	<b>21:13</b>	28:44	<b>18:26</b>	1:55:07	<b>01:55:04</b>
8	35	Batmænd	<b>21:05</b>	24:30	<b>23:41</b>	27:39	<b>23:37</b>	2:00:34	<b>02:00:26</b>
9	36	Ramme	<b>20:45</b>	24:43	<b>21:54</b>	32:49	<b>21:36</b>	2:01:50	<b>02:01:46</b>
10	25	The	<b>22:07</b>	22:27	<b>20:54</b>	36:16	<b>22:02</b>	2:03:48	<b>02:03:29</b>

# Bike & Run stafetten Sønderborg

## Resultatliste MK

Placering	Startnr	Klub	Løber 1	Cyklist 1	Løber 2	Cyklist 2	Løber 3	Brutto	Netto
11	24	æ knejte	<b>20:12</b>	25:19	<b>25:41</b>	22:08	<b>30:29</b>	2:03:50	<b>02:03:39</b>
12	37	Æ Slaude	<b>21:08</b>	30:25	<b>23:30</b>	28:36	<b>20:21</b>	2:04:01	<b>02:03:55</b>
13	26	Martin	<b>25:31</b>	26:05	<b>28:02</b>	24:46	<b>23:54</b>	2:08:19	<b>02:08:10</b>
14	132	Ag Boys	<b>19:29</b>	30:41	<b>25:19</b>	28:34	<b>24:20</b>	2:08:25	<b>02:08:21</b>
15	130	Slotsh	<b>23:52</b>	29:37	<b>22:18</b>	27:45	<b>25:57</b>	2:09:30	<b>02:09:25</b>
16	21	Linak SW2	<b>25:32</b>	31:44	<b>21:57</b>	29:02	<b>21:17</b>	2:09:34	<b>02:09:24</b>
17	30	Team - Here	<b>20:55</b>	27:13	<b>26:28</b>	30:29	<b>26:09</b>	2:11:15	<b>02:11:10</b>
18	33	DAMM 2	<b>23:33</b>	27:48	<b>29:03</b>	23:55	<b>28:17</b>	2:12:38	<b>02:12:33</b>
19	32	De unge fyre	<b>23:20</b>	31:47	<b>24:05</b>	29:18	<b>24:51</b>	2:13:23	<b>02:13:17</b>
20	19	FUJI 1	<b>24:12</b>	30:40	<b>23:23</b>	29:37	<b>26:02</b>	2:13:57	<b>02:13:50</b>
21	28	Lindvang,	<b>27:59</b>	29:35	<b>27:03</b>	28:16	<b>23:02</b>	2:15:57	<b>02:15:48</b>
22	23	Arkitekterne	<b>20:48</b>	33:47	<b>24:52</b>	34:32	<b>22:38</b>	2:16:40	<b>02:16:34</b>
23	17	Hyggehold 1	<b>28:41</b>	31:38	<b>27:36</b>	31:21	<b>23:17</b>	2:22:36	<b>02:22:22</b>
24	27	Hyggehold 2	<b>31:57</b>	32:48	<b>27:39</b>	29:14	<b>22:33</b>	2:24:13	<b>02:23:58</b>

### Dame

1	1	Crossfit	<b>25:20</b>	24:31	<b>25:13</b>	33:45	<b>24:34</b>	2:13:25	<b>02:13:21</b>
2	4	Fyldedåsern	<b>25:09</b>	31:57	<b>23:38</b>	28:33	<b>26:30</b>	2:15:48	<b>02:15:43</b>
3	10	Team	<b>29:21</b>	29:44	<b>25:06</b>	33:57	<b>19:10</b>	2:17:20	<b>02:17:17</b>
4	15	Pigerne fra	<b>23:55</b>	35:56	<b>25:14</b>	26:17	<b>27:12</b>	2:18:35	<b>02:18:31</b>
5	13	Flødebollern	<b>26:29</b>	29:05	<b>26:35</b>	33:26	<b>27:41</b>	2:23:19	<b>02:23:11</b>
6	8	Akutteamet	<b>25:39</b>	30:40	<b>27:03</b>	34:41	<b>26:11</b>	2:24:16	<b>02:24:13</b>
7	9	Team	<b>25:42</b>	40:09	<b>25:03</b>	32:25	<b>24:13</b>	2:27:34	<b>02:27:30</b>
8	16	Team 3	<b>29:16</b>	32:43	<b>28:22</b>	34:30	<b>25:17</b>	2:30:10	<b>02:30:02</b>
9	5	Team 2	<b>24:05</b>	37:23	<b>33:11</b>	37:00	<b>24:51</b>	2:36:32	<b>02:36:25</b>
10	14	Sygeplejen	<b>28:20</b>	36:58	<b>32:04</b>	37:31	<b>23:48</b>	2:38:43	<b>02:38:40</b>
11	2	Skrat 2	<b>25:41</b>	40:06	<b>26:06</b>	38:56	<b>28:35</b>	2:39:25	<b>02:39:14</b>
12	7	AHU 3	<b>22:42</b>	37:22	<b>31:55</b>	41:54	<b>25:53</b>	2:39:48	<b>02:39:46</b>
13	3	Hjemmeplej	<b>26:34</b>	36:15	<b>34:43</b>	35:49	<b>27:27</b>	2:40:51	<b>02:40:48</b>
14	11	CFK 2	<b>24:00</b>	36:04	<b>33:37</b>	41:47	<b>26:40</b>	2:42:10	<b>02:42:07</b>
15	6	Tam	<b>25:05</b>	37:03	<b>28:31</b>	47:40	<b>26:59</b>	2:45:21	<b>02:45:17</b>
16	12	Team 1	<b>32:56</b>	39:19	<b>37:24</b>	36:05	<b>27:31</b>	2:53:16	<b>02:53:16</b>

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