

# Trappesprint 5km

2023-10-08

## 5km Herre

			<b>Tid</b>	<b>Efter</b>
1.	Bjørn Oppermann	Trail	3:11	
2.	Danny Jakobsen	Trail	4:05	+0:54
3.	Brian Lupnaav	Trail	4:13	+1:02
4.	Jan Sørensen	Trail	5:24	+2:13
5.	Jacob Juel	Trail	5:45	+2:34
6.	Henrik Laursen	Trail	5:50	+2:39
7.	Jens Worm Andersen	Trail	6:00	+2:49
8.	Daniel Sundberg	Trail	9:03	+5:52

## 5km Dame

			<b>Tid</b>	<b>Efter</b>
1.	Elena Efremova	Trail	3:42	
2.	Bodil Brødreskift	Trail	4:37	+0:55
3.	Line Gry Hansen	Trail	5:14	+1:32
4.	Pia Rikke Dankelev	Trail	5:23	+1:41
5.	Maj-Britt Jensen	Trail	5:55	+2:13
6.	Lene Christensen	Trail	6:10	+2:28
7.	Birgit Petersen	Trail	6:14	+2:32
8.	Anette Fog	Trail	6:28	+2:46
8.	Signe Lupnaav	Trail	6:28	+2:46
10.	Karen Lupnaav	Trail	6:44	+3:02
11.	Gitte Søby-Jensen	Trail	6:57	+3:15
12.	Benedicte Hejgaard	Trail	7:45	+4:03
13.	Victoria Nissen	Trail	7:47	+4:05
14.	Marianne Nielsen	Trail	9:05	+5:23