**RESULTATER – VINTERLØBENE – BMI LØB & MOTION – 2024**

**2. RUNDE – HERMANS – 4. FEBRUAR 2024**

| Distance | Navn | Tid | Pace, min./km | Placering samlet | Deltagere samlet | Placering i m/k-gruppe | I alt i m/k-gruppe | Placering i alders-gruppe | I alt i alders-gruppe | %-vis samlet | %-vis i m/k-gruppe | %-vis i alders-gruppe |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **10 km** | Simon Andreas Arnbjerg | 0:41:39 | 04:10 | 44 | 563 | 40 | 385 | 4 | 36 | 7,82 | 10,39 | 11,11 |
| | Bo Vangsø Iversen | 0:42:47 | 04:17 | 53 | 563 | 48 | 385 | 1 | 43 | 9,41 | 12,47 | 2,33 |
| | Michael Lee | 0:46:01 | 04:36 | 93 | 563 | 84 | 385 | 5 | 40 | 16,52 | 21,82 | 12,50 |
| | Thomas Grummesgaard | 0:48:29 | 04:51 | 134 | 563 | 121 | 385 | 10 | 40 | 23,80 | 31,43 | 25,00 |
| | Thomas Wollesen Rambusch | 0:48:29 | 04:51 | 135 | 563 | 122 | 385 | 5 | 43 | 23,98 | 31,69 | 11,63 |
| | Casper Lund | 0:49:28 | 04:57 | 156 | 563 | 139 | 385 | 7 | 43 | 27,71 | 36,10 | 16,28 |
| | Kim Christensen | 0:50:18 | 05:02 | 179 | 563 | 159 | 385 | 16 | 40 | 31,79 | 41,30 | 40,00 |
| | Erling Brødbæk | 0:51:43 | 05:10 | 208 | 563 | 184 | 385 | 6 | 29 | 36,94 | 47,79 | 20,69 |
| | Alex Laursen | 0:52:40 | 05:16 | 241 | 563 | 206 | 385 | 8 | 29 | 42,81 | 53,51 | 27,59 |
| | Morten Gammelgaard | 0:57:20 | 05:44 | 371 | 563 | 295 | 385 | 30 | 36 | 65,90 | 76,62 | 83,33 |
| | Jesper Sønderby Klitgaard | 0:58:23 | 05:50 | 398 | 563 | 309 | 385 | 35 | 44 | 70,69 | 80,26 | 79,55 |
| | **Snit for BMI:** | **0:49:45** | **04:59** | | | | | | | | | |
| **5 km** | Jonas Skajem (AGF Atletik) | 0:17:49 | 03:34 | 8 | 444 | 8 | 240 | 1 | 2 | 1,80 | 3,33 | 50,00 |
| | Rikke Kristiansen | 0:27:17 | 05:27 | 165 | 444 | 27 | 204 | 3 | 20 | 37,16 | 13,24 | 15,00 |
| | Hanne Andersen | 0:28:39 | 05:44 | 204 | 444 | 46 | 204 | 2 | 18 | 45,95 | 22,55 | 11,11 |
| | Dagmar Grummesgaard | 0:28:41 | 05:44 | 211 | 444 | 52 | 204 | 3 | 18 | 47,52 | 25,49 | 16,67 |
| | Betina Graversgaard Johansen | 0:28:49 | 05:46 | 219 | 444 | 55 | 204 | 9 | 20 | 49,32 | 26,96 | 45,00 |
| | Lis Christensen | 0:29:33 | 05:55 | 244 | 444 | 72 | 204 | 4 | 18 | 54,95 | 35,29 | 22,22 |
| | Maren Petersen | 0:30:27 | 06:05 | 272 | 444 | 90 | 204 | 13 | 20 | 61,26 | 44,12 | 65,00 |
| | Ernst Jæger Frederiksen (Aarbus) | 0:31:02 | 06:12 | 288 | 444 | 189 | 240 | 8 | 15 | 64,86 | 78,75 | 53,33 |
| | Birgitte Berg | 0:31:46 | 06:21 | 307 | 444 | 116 | 204 | 9 | 18 | 69,14 | 56,86 | 50,00 |
| | Flemming Rasmussen | 0:32:01 | 06:24 | 316 | 444 | 196 | 240 | 6 | 14 | 71,17 | 81,67 | 42,86 |
| | Knud Hansen | 0:33:26 | 06:41 | 352 | 444 | 210 | 240 | 1 | 1 | 79,28 | 87,50 | 100,00 |
| | Geert Andersen | 0:33:33 | 06:43 | 355 | 444 | 213 | 240 | 8 | 14 | 79,95 | 88,75 | 57,14 |
| | Mikael Eggert | 0:33:56 | 06:47 | 362 | 444 | 217 | 240 | 9 | 14 | 81,53 | 90,42 | 64,29 |
| | Lars Christensen | 0:40:17 | 08:03 | 427 | 444 | 236 | 240 | 14 | 14 | 96,17 | 98,33 | 100,00 |
| | **Snit for BMI:** | **0:30:31** | **06:06** | | | | | | | | | |