



Damer 45-49 år.				SP.	1/8	1/6	1/10	1/4	OL	1/2	Ironman.		
Navn	Total	Dato	Sted	500/21/5	560/21/5		375/18/4,2	950/45/10,55	1500/40/10	1900/90/21	3800/180/42,195		
Kirsten Aakjær	1.29.15	06-06-09	Herrenkoog	17.28/43.43/25.05									
Kirsten Aakjær	1.38.42	22-06-09	Jels		19.07/51.15/28.20								
Kirsten Aakjær	3.39.22	30-08-09	Silkeborg					35.08/1.55/1.03					
Damer 50-54 år.				1/10	1/8	1/6	1/4	OL	1/2	Nice Distance	Ironman.		
Navn	Total	Dato	Sted	375/18/4,2	500/18/5		950/45/10,55	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195		
Lisbeth Smidt	1.04.58	24-05-09	Sønderborg	8.35/36.35/19.48									
Lisbeth Smidt	1.13.31	26-08-07	Vejen		9.07/43.50/20.34								
Lisbeth Smidt	2.44.54	14-06-09	Herning				22.59/1.31/50.09						
Lisbeth Smidt	2.52.34	16-08-09	Åbenrå					37.16/1.20/52.28					
Damer 55-59 år.				1/8	1/10	1/8	SP	1/6	1/4	OL	1/2	Nice Distance	Ironman.
Navn	Total	Dato	Sted	500/20/5			500/21/5	650/30/7					
Lisbeth Smidt	1.18.18	21-08-11	Åbenrå	14.36/38.24/25.17									
Lisbeth Smidt	1.50.14	13-06-11	Herning					14.54/59.26/35.54					
Lisbeth Smidt	3.00.22	28-08-11	Silkeborg						22.46/1.38/0.56				
Lisbeth Smidt	1.28.50.	18-06-11	Herrenkoog				12.05/48.57/24.46						



Herrer 40-44 år				1/8	1/10	1/8	1/6	1/4	OL	1/2 (70.3)	Nice Distance	Ironman.		
Navn	Total	Dato	Sted	500/20/5	375/18/4,2	500/18/5	650/30/7	950/45/10,55	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195		
Jens Berg	56.20	19-05-08	Sønderborg		7.50/30.30/18.00									
Henrik skov	1.19.16	21-08-11	Åbenrå	13.05/42.31/23.38										
Jens Berg	1.08.34	17-08-08	Åbenrå		12.14/33.18/23.02									
Jan Tygesen	1.48.09	13-06-11	Herning				15.33/1.00/32.15							
Jens Berg	2.35.14	31-05-09	Haderslev						36.40/1.08/50.27					
Jens Berg	2.22.47	14-06-09	Herning					22.13/1.13/47.27						
Jens Berg	5.08.20	22-06-09	Jels							41.58/2.30/1.56				
Alex M.Hansen	12.12.19	06-08-00	Fredericia									1.19/6.06/4.33		
Herrer 45-49 år				SP	1/8	1/10	SP	1/6	1/8	SP.	OL	1/2 (70.3)	Ironman.	
Navn	Total	Dato	Sted	400/15/4,2	500/20/5	375/18/4,2	500/25/5	650/30/7	500/18/5	950/45/10,55	1500/40/10	1900/90/21	3800/180/42,195	
Esben Lorenzen	1.00.10	02-06-10	Lanzarote	9.38/30.14/20.19										
Esben Lorenzen	2.39.40	14-06-09	Herning							25.37/1.22/52.07				
John Hansen	1.02.21	15-05-11	Sønderborg			7.45/37.27/17.09								
Bo Holm	1.10.10	21-08-11	Åbenrå		13.15/36.44/20.10									
Bo Holm	1.16.53	18-06-11	Herrenkoog				11.14/45.12/19.35							
Bo Holm	1.41.24	13-06-11	Herning					16.47/54.53/29.44						
Steen Aakjær	1.08.23	27-08-07	Vejen						7.25/40.20/20.37					
John Hansen	2.28.46	16-08-09	Åbenrå							27.52/1.15/45.14				
Esben Lorenzen	5.09.29	12-06-10	Herrenkoog									49.50/2.38/1.33		
Esben Lorenzen	10.45.54	15-08-10	København										1.27/5.21/3.47	
Herrer 50-54 år				1/10	1/10	1/8	DM	SP	1/6	½ swimm	OL	SP	Spec.	Ironman.
Navn	Total	Dato	Sted	400/18/4,2	375/18/4,2	500/20/5	750/23/5	650/30/7	950/44/10	750/40/10	1500/40/10	2000/86/19	1000/90/21,1	3800/180/42,195
Esben Lorenzen	1.00.55	11-09-11	Videbæk	9.35/30.59/18.30										
Esben Lorenzen	57.45	15-05-11	Sønderborg		8.46/32.09/16.50									
Esben Lorenzen	1.09.46	21-08-11	Åbenrå			13.14/34.47/21.46								
Esben Lorenzen	1.17.43	04-06-11	Ganløse				15.55/38.19/21.40							
Steen Aakjær	1.43.11	12-06-11	Herning					12.18/54.28/36.25						
Esben Lorenzen	2.32.39	29-05-11	Haderslev						22.45/1.21/48.34					
Esben Lorenzen	2.08.23	12-06-11	Fredericia							15.52/1.06/43.13				
Esben Lorenzen	4.46.44	03-07-11	Århus										20.32/2.40/21,1	
Esben Lorenzen	4.36.51	18-06-11	Herrenkoog									45.02/2.22/1.26		
Herrer 55-59 år				1/10	1/6	OL	1/2 (70.3)	Nice Distance	Ironman.					
Navn	Total	Dato	Sted	375/18/4,2	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195						
Reinhard Nowak	2.59.13	2000	Østrig		??/?.									
Reinhard Nowak	5.32.15	2003	Silkeborg		??/?.									
Reinhard Nowak	11.59.03	2003	Østrig		??/?.									
Herrer 60-64 år				1/10	1/6	OL	1/2 (70.3)	Nice Distance	Ironman.					
Navn	Total	Dato	Sted	375/18/4,2	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195						
Reinhard Nowak	1.09.56	20-05-07	Sønderborg	8.21/36.38/19.30										

70.3 Series
 1,2 miles 56 miles 13,1 miles
 1,9 km 90 km 21 km

1 mile: 1,609344