



## 3000 meter test

Navn	Dato: 13-01-11		Dato: 17-01-11			Dato: 28-04-11		
	Tid	Km. tid	Tid	Km. tid	Forbedring	Tid	Km. tid	Forbedring
Thomas Knudsen	10:31	03:30						
Peter Knudsen	11:09	03:43						
Helge Pedersen	11:33	03:51				11:11	03:44	00:22
Karlo	12:06	04:02				11:28	03:49	00:38
John Højmark	12:15	04:05						
Børge Bruhn	12:54	04:18						
Steen Løffler	13:18	04:26	12:53	04:18	00:25	12:42	04:14	00:11
Jesper Gram	15:41	05:14						
Mogens Pedersen	15:50	05:17						
Peter Glans			09:18	03:06				
Peter Sørensen			10:51	03:37		10:21	03:27	00:30
Carsten Friis			11:21	03:47		10:44	03:35	00:37
Jan Puchow			11:30	03:50				
Kim Konradsen			11:55	03:58				
Steen L. Suhr			13:43	04:34				
Daniel Flach			14:14	04:45				
Lars Glans			14:17	04:46				
Gulli Blæsbjerg			15:06	05:02				
Hanne Eis			16:52	05:37		16:27	05:29	00:25
Mette			17:32	05:51		15:25	05:08	02:07
Peter Skott Carlsen						15:57	05:19	
Dorthe Glans						13:18	04:26	
Knud Erik Vork						13:37	04:32	
Lasse Nielsen						12:46	04:15	
Stevan Jensen						11:45	03:55	
Jesper Rasmussen						11:48	03:56	
Henrik Pedersen						10:29	03:30	
Martin Jensen						10:16	03:25	
Peder Kær						11:51	03:57	
Saussanne Nissen						15:15	05:05	