

# Powerman Denmark

## Results: European Championships

### Powerman Classic (10-60-10 km): Women 20-24 years

| Rank | RaceNo | Name                          | Club/Team                     | Run     | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff    |
|------|--------|-------------------------------|-------------------------------|---------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|---------|
| 1    | 70     | Ann-Kathrin Scholtyssek (DEN) | Sønderborg Triathlon Klub 199 | 42:52   | 4:17   | 1 | 1:09 | 1 | 1:44:47 | 34.36 | 206 | 1:12 | 1 | 47:14 | 4:43   | 1 | 3:17:12 | 29:11   |
| 2    | 71     | Tanya Karlsson (SWE)          |                               | 1:01:01 | 6:06   | 2 | 2:45 | 2 | 2:20:30 | 25.62 | 258 | 2:37 | 2 | 56:53 | 5:41   | 2 | 4:23:44 | 1:35:42 |

### Powerman Classic (10-60-10 km): Women 25-29 years

| Rank | RaceNo | Name                         | Club/Team                     | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff    |
|------|--------|------------------------------|-------------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|---------|
| 1    | 87     | Dionne Allen (GBR)           | Team Freespeed Skechers Pei   | 38:25 | 3:50   | 1 | 1:15 | 2 | 1:38:14 | 36.65 | 142 | 1:21 | 3 | 44:24 | 4:26   | 3 | 3:03:37 | 15:35   |
| 2    | 89     | Rosie Davies (GBR)           | Birmingham Running, Athletics | 40:59 | 4:05   | 2 | 55   | 1 | 1:41:23 | 35.51 | 175 | 1:04 | 1 | 43:00 | 4:17   | 1 | 3:07:20 | 19:18   |
| 3    | 90     | Elisabeth Nilssen (NOR)      | PwC / Heming IL               | 44:44 | 4:28   | 4 | 1:50 | 4 | 1:44:27 | 34.47 | 201 | 1:41 | 4 | 46:06 | 4:36   | 4 | 3:18:46 | 30:44   |
| 4    | 72     | Julia Ecker (AUT)            | ASKÖ Laufrad Steyr            | 42:39 | 4:15   | 3 | 1:21 | 3 | 1:51:16 | 32.36 | 235 | 1:08 | 2 | 43:14 | 4:19   | 2 | 3:19:36 | 31:34   |
| 5    | 76     | Louise Lemche Erichsen (DEN) | Team Triathlon Herning        | 49:04 | 4:54   | 5 | 2:06 | 5 | 2:07:08 | 28.32 | 255 | 1:57 | 5 | 52:03 | 5:12   | 5 | 3:52:15 | 1:04:13 |
| DNS  | 88     | Jessica Chamberlain (GBR)    |                               |       |        |   |      |   |         |       |     |      |   |       |        |   |         |         |

### Powerman Classic (10-60-10 km): Women 30-34 years

| Rank | RaceNo | Name                     | Club/Team                      | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|--------------------------|--------------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 115    | Eilidh Yates (GBR)       | Edinburgh Triathletes          | 40:04 | 4:00   | 2 | 1:29 | 7 | 1:42:18 | 35.19 | 183 | 1:13 | 3 | 39:39 | 3:57   | 1 | 3:04:41 | 16:39 |
| 2    | 92     | Soenen Virginie (BEL)    | TTR                            | 39:36 | 3:57   | 1 | 1:08 | 1 | 1:43:09 | 34.91 | 188 | 1:11 | 2 | 41:30 | 4:08   | 2 | 3:06:33 | 18:31 |
| 3    | 111    | Kirsty Anderson (GBR)    |                                | 42:24 | 4:14   | 4 | 1:09 | 2 | 1:38:18 | 36.63 | 143 | 1:23 | 6 | 51:32 | 5:09   | 8 | 3:14:43 | 26:41 |
| 4    | 93     | Cecilie Abildgaard (DEN) | /tri club denmark              | 45:35 | 4:33   | 8 | 1:41 | 9 | 1:38:07 | 36.69 | 140 | 1:37 | 7 | 48:10 | 4:48   | 5 | 3:15:08 | 27:06 |
| 5    | 113    | Hayley Lawrence (GBR)    | Leeds and Bradford Triathlon C | 43:36 | 4:21   | 5 | 1:14 | 3 | 1:44:54 | 34.32 | 208 | 1:21 | 5 | 47:59 | 4:47   | 4 | 3:19:01 | 30:59 |
| 6    | 95     | Camilla Cullum (DEN)     | Hareskovens Triathlon Klub     | 42:08 | 4:12   | 3 | 1:29 | 8 | 1:50:01 | 32.73 | 229 | 1:53 | 9 | 44:41 | 4:28   | 3 | 3:20:10 | 32:08 |
| 7    | 114    | Gemma Marshall (GBR)     | GBR                            | 44:36 | 4:27   | 7 | 1:14 | 4 | 1:44:40 | 34.40 | 205 | 1:05 | 1 | 49:47 | 4:58   | 6 | 3:21:21 | 33:19 |
| 8    | 112    | Louise Kelly (GBR)       |                                | 44:13 | 4:25   | 6 | 1:21 | 6 | 1:45:22 | 34.17 | 212 | 1:38 | 8 | 50:11 | 5:01   | 7 | 3:22:43 | 34:41 |
| 9    | 116    | Marie Burneleit (GER)    | EquipeRed                      | 47:55 | 4:47   | 9 | 1:16 | 5 | 1:41:57 | 35.31 | 179 | 1:19 | 4 | 54:55 | 5:29   | 9 | 3:27:19 | 39:17 |
| DNS  | 91     | Elisabeth Pözl (AUT)     | SIG HARREITHER                 |       |        |   |      |   |         |       |     |      |   |       |        |   |         |       |

### Powerman Classic (10-60-10 km): Women 35-39 years

| Rank | RaceNo | Name                     | Club/Team                  | Run   | min/km | #  | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff    |
|------|--------|--------------------------|----------------------------|-------|--------|----|------|---|---------|-------|-----|------|---|-------|--------|---|---------|---------|
| 1    | 131    | Signe Køngerskov (DEN)   | SIGMATRI                   | 39:02 | 3:54   | 1  | 1:19 | 5 | 1:39:57 | 36.02 | 157 | 1:16 | 3 | 41:40 | 4:09   | 1 | 3:03:12 | 15:10   |
| 2    | 144    | Louise Harris (GBR)      | Tanks Direct Cycling       | 41:18 | 4:07   | 4  | 1:04 | 1 | 1:40:08 | 35.95 | 160 | 1:06 | 1 | 44:06 | 4:24   | 4 | 3:07:40 | 19:38   |
| 3    | 141    | Chiin-Hooi Tan (DEN)     | Multiatleterne             | 41:01 | 4:06   | 3  | 1:05 | 2 | 1:41:26 | 35.50 | 177 | 1:06 | 2 | 43:41 | 4:22   | 2 | 3:08:16 | 20:14   |
| 4    | 119    | Marie Ejby Hansen (DEN)  | SIGMATRI                   | 43:29 | 4:20   | 6  | 1:27 | 6 | 1:37:18 | 37.00 | 131 | 1:25 | 6 | 47:23 | 4:44   | 6 | 3:11:00 | 22:58   |
| 5    | 148    | Sandra Morawitz (GER)    | ASK München Süd            | 44:35 | 4:27   | 7  | 1:11 | 3 | 1:41:04 | 35.62 | 172 | 1:16 | 4 | 48:54 | 4:53   | 7 | 3:16:59 | 28:57   |
| 6    | 143    | Tamsin Ede (GBR)         |                            | 42:09 | 4:12   | 5  | 1:31 | 8 | 1:50:20 | 32.63 | 230 | 1:33 | 7 | 44:33 | 4:27   | 5 | 3:20:04 | 32:02   |
| 7    | 117    | Mette Dalgaard (DEN)     | Hareskovens Triathlon Klub | 45:14 | 4:31   | 9  | 1:19 | 4 | 1:45:00 | 34.29 | 209 | 1:20 | 5 | 52:00 | 5:11   | 8 | 3:24:51 | 36:49   |
| 8    | 145    | Angela Murgurk (GBR)     | GB                         | 40:04 | 4:00   | 2  | 1:27 | 7 | 2:04:47 | 28.85 | 254 | 1:57 | 9 | 43:52 | 4:23   | 3 | 3:32:05 | 44:03   |
| 9    | 142    | Anne De Rover (GBR)      | Balanced Performance       | 52:11 | 5:13   | 10 | 1:56 | 9 | 2:02:42 | 29.34 | 251 | 1:37 | 8 | 59:55 | 5:59   | 9 | 3:58:19 | 1:10:17 |
| DNF  | 147    | Natalie Shaw (GBR)       | British Triathlon          | 44:46 | 4:28   | 8  |      |   |         |       |     |      |   |       |        |   |         |         |
| DNS  | 146    | Rekha Ravichandran (GBR) | Les Brutelles              |       |        |    |      |   |         |       |     |      |   |       |        |   |         |         |

### Powerman Classic (10-60-10 km): Women 40-44 years

| Rank | RaceNo | Name                           | Club/Team                         | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run     | min/km | #  | Time    | Diff    |
|------|--------|--------------------------------|-----------------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|---------|--------|----|---------|---------|
| 1    | 167    | Melina N. Olsen (DEN)          | Frederikssund Triathlon           | 40:08 | 4:00   | 1  | 1:09 | 3  | 1:35:57 | 37.53 | 124 | 1:09 | 1  | 43:36   | 4:21   | 1  | 3:01:57 | 13:55   |
| 2    | 182    | Jacqueline Uebelhart (SUI)     |                                   | 40:59 | 4:05   | 2  | 1:01 | 1  | 1:38:19 | 36.62 | 144 | 1:14 | 3  | 43:46   | 4:22   | 2  | 3:05:18 | 17:16   |
| 3    | 162    | Helene Lykkegaard (DEN)        | SIGMATRI                          | 43:35 | 4:21   | 3  | 1:40 | 9  | 1:43:22 | 34.83 | 190 | 1:28 | 7  | 44:39   | 4:27   | 3  | 3:14:41 | 26:39   |
| 4    | 178    | Kirsty Prior (GBR)             | A Quick Release                   | 44:43 | 4:28   | 4  | 1:02 | 2  | 1:42:12 | 35.23 | 181 | 1:32 | 8  | 48:44   | 4:52   | 8  | 3:18:12 | 30:10   |
| 5    | 153    | Maria Buchvoll (DEN)           | Aalborg Triathlon Klub            | 46:01 | 4:36   | 7  | 1:17 | 5  | 1:43:46 | 34.70 | 196 | 1:19 | 6  | 45:54   | 4:35   | 4  | 3:18:14 | 30:12   |
| 6    | 170    | Rikke Moerkeberg Poulsen (DEN) | Køge Tri Team 2000                | 45:29 | 4:32   | 6  | 1:09 | 4  | 1:43:07 | 34.91 | 187 | 1:17 | 5  | 48:32   | 4:51   | 7  | 3:19:33 | 31:31   |
| 7    | 179    | Lucy Saxelby (GBR)             | Triathlon England (Lincoln tri cl | 44:52 | 4:29   | 5  | 1:25 | 7  | 1:48:09 | 33.29 | 227 | 1:14 | 2  | 47:45   | 4:46   | 5  | 3:23:23 | 35:21   |
| 8    | 152    | Gitte Bjørlig (GBR)            | Islev Triathlon Klub              | 48:43 | 4:52   | 9  | 1:36 | 8  | 1:41:23 | 35.51 | 174 | 1:45 | 9  | 51:22   | 5:08   | 9  | 3:24:47 | 36:45   |
| 9    | 180    | Janet Fieker (GER)             | RadUnion Halle                    | 46:49 | 4:40   | 8  | 1:24 | 6  | 1:50:53 | 32.47 | 233 | 1:16 | 4  | 48:11   | 4:49   | 6  | 3:28:31 | 40:29   |
| 10   | 160    | Trine Lamers (DEN)             | Islev Triathlon Klub              | 54:01 | 5:24   | 10 | 2:31 | 10 | 1:53:38 | 31.68 | 243 | 2:39 | 10 | 1:00:59 | 6:05   | 10 | 3:53:46 | 1:05:44 |
| DNS  | 177    | Vicky Clarke (GBR)             | Stamford Tri Club                 |       |        |    |      |    |         |       |     |      |    |         |        |    |         |         |

### Powerman Classic (10-60-10 km): Women 45-49 years

| Rank | RaceNo | Name                    | Club/Team                 | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|-------------------------|---------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 186    | Annette Corydon (DEN)   | Silkeborg Motion/Tri-Klub | 40:30 | 4:03   | 1 | 1:15 | 3 | 1:35:26 | 37.73 | 118 | 1:19 | 4 | 41:56 | 4:11   | 1 | 3:00:24 | 12:22 |
| 2    | 196    | Deborah Comer (GBR)     | Ianark tri club           | 41:19 | 4:07   | 3 | 1:12 | 1 | 1:44:20 | 34.51 | 200 | 1:12 | 2 | 42:35 | 4:15   | 2 | 3:10:36 | 22:34 |
| 3    | 201    | Louella O'herlihy (GBR) | GBR                       | 41:16 | 4:07   | 2 | 1:12 | 2 | 1:42:55 | 34.98 | 186 | 1:07 | 1 | 44:50 | 4:28   | 3 | 3:11:18 | 23:16 |
| 4    | 205    | Marion Gollnick (GER)   | ASG Tria Hockenheim       | 42:57 | 4:17   | 4 | 1:18 | 4 | 1:42:35 | 35.09 | 185 | 1:15 | 3 | 45:20 | 4:31   | 4 | 3:13:23 | 25:21 |
| 5    | 202    | Samantha Roe (GBR)      |                           | 43:35 | 4:21   | 5 | 1:43 | 8 | 1:44:30 | 34.45 | 203 | 1:32 | 9 | 45:49 | 4:34   | 5 | 3:17:07 | 29:05 |
| 6    | 184    | Charlotte Bjørlig (DEN) | SIGMATRI                  | 47:03 | 4:42   | 8 | 1:36 | 6 | 1:43:23 | 34.83 | 191 | 1:32 | 8 | 49:26 | 4:56   | 9 | 3:22:58 | 34:56 |

# Powerman Denmark

## Results: European Championships

### Powerman Classic (10-60-10 km): Women 45-49 years

| Rank | RaceNo | Name                 | Club/Team                | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run     | min/km | #  | Time    | Diff    |
|------|--------|----------------------|--------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|---------|--------|----|---------|---------|
| 7    | 198    | Louise Goddard (GBR) | Triathlon England        | 43:45 | 4:22   | 6  | 1:23 | 5  | 1:52:07 | 32.11 | 238 | 1:26 | 5  | 46:34   | 4:39   | 6  | 3:25:13 | 37:11   |
| 8    | 203    | Steph Scott (GBR)    | GBR / One Life Racing    | 45:13 | 4:31   | 7  | 1:50 | 10 | 1:51:00 | 32.43 | 234 | 1:30 | 6  | 47:05   | 4:42   | 7  | 3:26:36 | 38:34   |
| 9    | 193    | Laila Nygaard (DEN)  | Aalborg Triathlon Klub   | 50:06 | 5:00   | 10 | 1:49 | 9  | 1:46:21 | 33.85 | 223 | 1:32 | 7  | 48:31   | 4:51   | 8  | 3:28:18 | 40:16   |
| 10   | 200    | Carol Murray (GBR)   | cleveland triathlon club | 48:46 | 4:52   | 9  | 2:04 | 12 | 1:52:27 | 32.01 | 239 | 1:43 | 10 | 51:43   | 5:10   | 10 | 3:36:41 | 48:40   |
| 11   | 199    | Steph Hulford (GBR)  | North Devon Triathletes  | 50:15 | 5:01   | 11 | 1:39 | 7  | 2:02:59 | 29.27 | 252 | 2:11 | 12 | 1:06:46 | 6:40   | 12 | 4:03:48 | 1:15:47 |
| 12   | 204    | Sara Stewart (GBR)   | GB                       | 53:15 | 5:19   | 12 | 1:57 | 11 | 2:07:53 | 28.15 | 256 | 2:02 | 11 | 59:22   | 5:56   | 11 | 4:04:26 | 1:16:24 |
| DNS  | 197    | Wendy Drake (GBR)    |                          |       |        |    |      |    |         |       |     |      |    |         |        |    |         |         |

### Powerman Classic (10-60-10 km): Women 50-54 years

| Rank | RaceNo | Name                   | Club/Team                 | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|------------------------|---------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 222    | Gill Fullen (GBR)      | Bedford Harriers          | 38:39 | 3:51   | 1 | 58   | 1 | 1:37:19 | 36.99 | 132 | 59   | 1 | 38:26 | 3:50   | 1 | 2:56:20 | 8:18  |
| 2    | 224    | Kate Morris (GBR)      | Les Brutelles             | 40:59 | 4:05   | 2 | 1:07 | 2 | 1:40:16 | 35.91 | 161 | 1:03 | 2 | 43:30 | 4:20   | 2 | 3:06:52 | 18:50 |
| 3    | 225    | Vikki Sivertsen (GBR)  | Malvern Triathlon club    | 41:29 | 4:08   | 3 | 1:20 | 5 | 1:44:15 | 34.54 | 199 | 1:10 | 4 | 43:50 | 4:22   | 3 | 3:12:03 | 24:01 |
| 4    | 219    | Tina Thomsen (DEN)     | Silkeborg Motion/Tri-Klub | 41:33 | 4:09   | 4 | 1:26 | 6 | 1:43:53 | 34.66 | 197 | 1:21 | 6 | 44:23 | 4:26   | 4 | 3:12:34 | 24:32 |
| 5    | 220    | Anita Thoning (DEN)    | Skovshoved Triathlon Klub | 47:01 | 4:42   | 6 | 1:29 | 7 | 1:42:14 | 35.22 | 182 | 1:19 | 5 | 46:29 | 4:38   | 5 | 3:18:29 | 30:27 |
| 6    | 221    | Helle Voss (DEN)       | Islev Triathlon Klub      | 47:28 | 4:44   | 7 | 1:47 | 8 | 1:39:20 | 36.24 | 156 | 2:00 | 8 | 50:50 | 5:04   | 7 | 3:21:23 | 33:21 |
| 7    | 226    | Birgit Schellöh (GER)  | ASV Duisburg              | 42:51 | 4:17   | 5 | 1:15 | 3 | 1:50:47 | 32.50 | 231 | 1:10 | 3 | 46:54 | 4:41   | 6 | 3:22:55 | 34:53 |
| 8    | 212    | Monica Neesgaard (DEN) | SIGMATRI                  | 50:02 | 5:00   | 8 | 1:20 | 4 | 1:51:54 | 32.17 | 237 | 1:21 | 7 | 52:16 | 5:13   | 8 | 3:36:51 | 48:49 |
| DNS  | 223    | Karen Haley (GBR)      | Triathlon England         |       |        |   |      |   |         |       |     |      |   |       |        |   |         |       |

### Powerman Classic (10-60-10 km): Women 55-59 years

| Rank | RaceNo | Name                     | Club/Team                 | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run     | min/km | # | Time    | Diff    |
|------|--------|--------------------------|---------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|---------|--------|---|---------|---------|
| 1    | 228    | Else Grønkjær (DEN)      | Esbjerg Tri og Multisport | 45:23 | 4:32   | 1 | 1:26 | 2 | 1:37:36 | 36.89 | 136 | 1:40 | 3 | 46:46   | 4:40   | 1 | 3:12:48 | 24:47   |
| 2    | 233    | Kirsten Mørch (DEN)      | Silkeborg Motion/Tri-Klub | 45:56 | 4:35   | 2 | 1:38 | 4 | 1:46:06 | 33.93 | 218 | 1:50 | 5 | 47:49   | 4:46   | 3 | 3:23:18 | 35:16   |
| 3    | 235    | Boo Smith (GBR)          | Hillingdon Triathletes    | 48:59 | 4:53   | 4 | 1:22 | 1 | 1:44:27 | 34.47 | 202 | 1:25 | 2 | 47:10   | 4:42   | 2 | 3:23:20 | 35:18   |
| 4    | 238    | Elly Visser (NED)        | AV Altis                  | 46:54 | 4:41   | 3 | 1:44 | 5 | 1:46:44 | 33.73 | 225 | 1:13 | 1 | 48:53   | 4:53   | 4 | 3:25:26 | 37:24   |
| 5    | 237    | Susanne Apfel (GER)      | TV 1885 Eggenfelden       | 49:56 | 4:59   | 5 | 1:38 | 3 | 1:55:08 | 31.27 | 244 | 1:48 | 4 | 56:25   | 5:38   | 5 | 3:44:53 | 56:51   |
| 6    | 236    | Rosemary Todhunter (GBR) | One Life Racing           | 55:42 | 5:34   | 6 | 2:06 | 6 | 2:09:01 | 27.91 | 257 | 1:55 | 6 | 1:05:40 | 6:33   | 6 | 4:14:22 | 1:26:20 |
| DNS  | 234    | Frances Hooper (GBR)     | Team Manvers              |       |        |   |      |   |         |       |     |      |   |         |        |   |         |         |
| DNS  | 231    | Kim Isherwood (DEN)      | Ninjas.dk                 |       |        |   |      |   |         |       |     |      |   |         |        |   |         |         |

### Powerman Classic (10-60-10 km): Women 60-64 years

| Rank | RaceNo | Name                | Club/Team | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|---------------------|-----------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 240    | Vibeke Hansen (DEN) | TRI4      | 43:32 | 4:21   | 1 | 1:28 | 1 | 1:44:50 | 34.34 | 207 | 1:42 | 1 | 46:35 | 4:39   | 1 | 3:18:06 | 30:04 |

### Powerman Classic (10-60-10 km): Women 65-69 years

| Rank | RaceNo | Name                   | Club/Team              | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff    |
|------|--------|------------------------|------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|---------|
| 1    | 243    | Eleanor Robinson (GBR) | Belper 10-20           | 50:10 | 5:00   | 1 | 2:00 | 1 | 1:57:16 | 30.70 | 246 | 2:12 | 1 | 52:24 | 5:14   | 1 | 3:43:59 | 55:57   |
| 2    | 241    | Gertie Jensen (DEN)    | Brøndby Triathlon Club | 58:13 | 5:49   | 2 | 2:10 | 2 | 2:00:57 | 29.77 | 250 | 2:28 | 2 | 59:05 | 5:54   | 2 | 4:02:49 | 1:14:47 |

### Powerman Classic (10-60-10 km): Women 70-74 years

| Rank | RaceNo | Name              | Club/Team            | Run     | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run     | min/km | # | Time    | Diff    |
|------|--------|-------------------|----------------------|---------|--------|---|------|---|---------|-------|-----|------|---|---------|--------|---|---------|---------|
| 1    | 244    | Peggy Crome (GBR) | NORTH DEVON TRI CLUB | 1:08:35 | 6:51   | 1 | 4:36 | 1 | 2:23:20 | 25.12 | 259 | 2:52 | 1 | 1:17:30 | 7:44   | 1 | 4:56:50 | 2:08:48 |

### Powerman Classic (10-60-10 km): Women Elite

| Rank | RaceNo | Name                      | Club/Team                      | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|---------------------------|--------------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 34     | Nina Brenn (SUI)          | Team Tempo-Sport bikespeed.    | 36:10 | 3:36   | 1 | 54   | 5 | 1:32:16 | 39.02 | 79  | 55   | 4 | 37:50 | 3:46   | 2 | 2:48:02 |       |
| 2    | 37     | Maja Stage Nielsen (DEN)  | Odense Triathlon Klub          | 36:37 | 3:39   | 4 | 48   | 2 | 1:32:16 | 39.02 | 78  | 53   | 2 | 38:24 | 3:50   | 3 | 2:48:55 | 53    |
| 3    | 31     | Susanne Svendsen (DEN)    | Århus 1900 Triathlon           | 36:20 | 3:37   | 2 | 47   | 1 | 1:32:32 | 38.91 | 81  | 49   | 1 | 39:35 | 3:57   | 5 | 2:50:00 | 1:58  |
| 4    | 36     | Victoria Gill (GBR)       |                                | 36:55 | 3:41   | 5 | 53   | 4 | 1:34:52 | 37.95 | 109 | 1:02 | 6 | 38:50 | 3:52   | 4 | 2:52:31 | 4:29  |
| 5    | 38     | Miriam Van Reijen (NED)   |                                | 36:20 | 3:37   | 3 | 1:00 | 6 | 1:38:48 | 36.44 | 150 | 1:00 | 5 | 37:09 | 3:42   | 1 | 2:54:15 | 6:13  |
| 6    | 33     | Petra Eggenschwiler (SUI) | Talent Förderung Triathlon TFI | 37:19 | 3:43   | 6 | 1:09 | 7 | 1:38:32 | 36.54 | 146 | 1:08 | 7 | 40:33 | 4:03   | 7 | 2:58:39 | 10:37 |
| 7    | 32     | Katrin Esefeld (GER)      | LG Mettenheim                  | 37:46 | 3:46   | 7 | 49   | 3 | 1:52:50 | 31.91 | 242 | 54   | 3 | 40:31 | 4:03   | 6 | 3:12:48 | 24:46 |
| DNF  | 35     | Marina Van Dijk (NED)     |                                | 42:33 | 4:15   | 8 |      |   |         |       |     |      |   |       |        |   |         |       |

### Powerman Classic (10-60-10 km): Men 18-19 years

| Rank | RaceNo | Name                     | Club/Team                 | Run   | min/km | # | T1   | # | Bike    | km/h  | #   | T2   | # | Run   | min/km | # | Time    | Diff  |
|------|--------|--------------------------|---------------------------|-------|--------|---|------|---|---------|-------|-----|------|---|-------|--------|---|---------|-------|
| 1    | 246    | Daniel Paulsen (DEN)     | Esbjerg Tri og Multisport | 37:56 | 3:47   | 1 | 1:00 | 1 | 1:31:07 | 39.51 | 60  | 1:04 | 1 | 39:22 | 3:56   | 1 | 2:50:27 | 21:10 |
| 2    | 247    | John Micklethwaite (GBR) | GBR                       | 39:47 | 3:58   | 2 | 1:20 | 2 | 1:42:06 | 35.26 | 180 | 1:26 | 2 | 49:10 | 4:54   | 2 | 3:13:47 | 44:30 |



**Powerman Denmark****Results: European Championships****Powerman Classic (10-60-10 km): Men 40-44 years**

| Rank | RaceNo | Name                            | Club/Team                      | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run   | min/km | #  | Time    | Diff    |
|------|--------|---------------------------------|--------------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|-------|--------|----|---------|---------|
| 1    | 594    | Hedley Fletcher (GBR)           | ryton tri                      | 35:48 | 3:34   | 2  | 1:10 | 10 | 1:26:33 | 41.60 | 22  | 1:04 | 2  | 39:59 | 3:59   | 7  | 2:44:33 | 15:16   |
| 2    | 514    | Eskild Ebbesen (DEN)            | Hareskovens Triathlon Klub     | 39:01 | 3:54   | 9  | 51   | 2  | 1:23:32 | 43.10 | 4   | 1:35 | 19 | 39:51 | 3:59   | 5  | 2:44:49 | 15:32   |
| 3    | 545    | Søren Kirkefotte (DEN)          | Odense Triathlon Klub          | 35:29 | 3:32   | 1  | 51   | 1  | 1:30:35 | 39.75 | 56  | 56   | 1  | 39:57 | 3:59   | 6  | 2:47:47 | 18:30   |
| 4    | 589    | Tomas Ibañez Mayo (ESP)         |                                | 36:47 | 3:40   | 5  | 1:03 | 7  | 1:33:22 | 38.56 | 91  | 1:05 | 3  | 37:04 | 3:42   | 1  | 2:49:19 | 20:02   |
| 5    | 523    | Rune Gandløse (DEN)             | Storebælt Triatlonklub ? SKS-T | 36:48 | 3:40   | 6  | 56   | 3  | 1:30:44 | 39.68 | 57  | 1:06 | 6  | 39:50 | 3:58   | 4  | 2:49:23 | 20:06   |
| 6    | 494    | Søren Andersen (DEN)            | KVIK Tri-Team                  | 37:04 | 3:42   | 7  | 1:21 | 15 | 1:30:00 | 40.00 | 47  | 1:21 | 14 | 40:11 | 4:01   | 8  | 2:49:55 | 20:38   |
| 7    | 600    | Dominic Masters (GBR)           | Ful-on-Tri & GBR               | 36:42 | 3:40   | 4  | 1:00 | 6  | 1:34:14 | 38.21 | 99  | 1:06 | 5  | 38:02 | 3:48   | 2  | 2:51:01 | 21:44   |
| 8    | 604    | Simon O'herlihy (GBR)           | GB Age Group                   | 36:40 | 3:39   | 3  | 1:05 | 8  | 1:35:08 | 37.84 | 115 | 1:08 | 7  | 39:44 | 3:58   | 3  | 2:53:43 | 24:26   |
| 9    | 593    | Dave Connor (GBR)               |                                | 39:44 | 3:58   | 12 | 57   | 4  | 1:30:27 | 39.80 | 53  | 1:11 | 11 | 43:46 | 4:22   | 16 | 2:56:03 | 26:46   |
| 10   | 591    | Jamie Best (GBR)                | Bynea CC                       | 39:18 | 3:55   | 10 | 1:11 | 11 | 1:32:13 | 39.04 | 77  | 1:05 | 4  | 43:06 | 4:18   | 15 | 2:56:51 | 27:34   |
| 11   | 597    | David Higgins (GBR)             |                                | 40:14 | 4:01   | 14 | 1:15 | 14 | 1:31:14 | 39.46 | 63  | 1:08 | 8  | 44:01 | 4:24   | 17 | 2:57:50 | 28:33   |
| 12   | 605    | Neil Price (GBR)                |                                | 40:49 | 4:04   | 15 | 1:14 | 13 | 1:33:35 | 38.47 | 93  | 1:10 | 10 | 41:28 | 4:08   | 11 | 2:58:13 | 28:56   |
| 13   | 596    | Adrian Fuller (GBR)             |                                | 38:46 | 3:52   | 8  | 1:09 | 9  | 1:37:25 | 36.96 | 133 | 1:09 | 9  | 40:38 | 4:03   | 9  | 2:59:05 | 29:48   |
| 14   | 602    | Jason McGillivray (GBR)         | Pentland Triathletes           | 39:35 | 3:57   | 11 | 2:13 | 21 | 1:35:05 | 37.87 | 114 | 1:23 | 15 | 41:31 | 4:09   | 12 | 2:59:44 | 30:27   |
| 15   | 601    | Kevan Mcartney (GBR)            | Great Britain                  | 41:50 | 4:10   | 19 | 58   | 5  | 1:33:21 | 38.57 | 90  | 1:19 | 12 | 44:32 | 4:27   | 18 | 3:01:59 | 32:42   |
| 16   | 606    | Andrea Taborelli (GBR)          | Berkshire Tri Squad            | 40:05 | 4:00   | 13 | 1:22 | 17 | 1:38:38 | 36.50 | 147 | 1:20 | 13 | 41:12 | 4:07   | 10 | 3:02:35 | 33:18   |
| 17   | 598    | Chris Horner (GBR)              | COLT / Great Britain           | 41:42 | 4:10   | 18 | 1:29 | 18 | 1:36:55 | 37.15 | 128 | 1:29 | 17 | 42:09 | 4:12   | 13 | 3:03:41 | 34:24   |
| 18   | 595    | Jamie Freeland (GBR)            | South London Harriers Tri Club | 41:37 | 4:09   | 17 | 1:39 | 19 | 1:37:00 | 37.11 | 129 | 1:38 | 20 | 42:57 | 4:17   | 14 | 3:04:49 | 35:32   |
| 19   | 607    | Paul Underwood (GBR)            |                                | 42:38 | 4:15   | 20 | 1:13 | 12 | 1:37:38 | 36.88 | 137 | 1:28 | 16 | 48:38 | 4:51   | 19 | 3:11:33 | 42:16   |
| 20   | 592    | Darren Chaplin (GBR)            | East Essex Tri Club            | 41:23 | 4:08   | 16 | 1:21 | 16 | 1:43:41 | 34.72 | 195 | 1:31 | 18 | 53:38 | 5:21   | 21 | 3:21:32 | 52:15   |
| 21   | 590    | Jose Antonio Morcillo Acedo (E) |                                | 44:03 | 4:24   | 21 | 1:50 | 20 | 1:51:51 | 32.19 | 236 | 2:14 | 21 | 53:22 | 5:20   | 20 | 3:33:17 | 1:04:00 |
| DNS  | 608    | Christian Vann (GBR)            | Northants Triathlon Club       |       |        |    |      |    |         |       |     |      |    |       |        |    |         |         |
| DNS  | 610    | Declan Brady (IRL)              | Belpark                        |       |        |    |      |    |         |       |     |      |    |       |        |    |         |         |
| DNS  | 556    | Aksel Nielsen (DEN)             | Aalborg Triathlon Klub         |       |        |    |      |    |         |       |     |      |    |       |        |    |         |         |
| DNS  | 519    | Adam Erritzøe (DEN)             | Skovshoved Triathlon Klub      |       |        |    |      |    |         |       |     |      |    |       |        |    |         |         |
| DNS  | 599    | Dan Mason (GBR)                 | Andover Triathlon Club         |       |        |    |      |    |         |       |     |      |    |       |        |    |         |         |

**Powerman Classic (10-60-10 km): Men 45-49 years**

| Rank | RaceNo | Name                           | Club/Team                      | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run   | min/km | #  | Time    | Diff  |
|------|--------|--------------------------------|--------------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|-------|--------|----|---------|-------|
| 1    | 612    | Jerome Claeys (BEL)            | RCBT                           | 38:22 | 3:50   | 13 | 53   | 1  | 1:24:52 | 42.42 | 14  | 57   | 3  | 33:24 | 3:20   | 1  | 2:38:25 | 9:08  |
| 2    | 725    | Carl Brummer (SWE)             | Triathlon Väst                 | 35:02 | 3:30   | 3  | 56   | 3  | 1:25:23 | 42.16 | 17  | 1:06 | 8  | 36:49 | 3:40   | 4  | 2:39:15 | 9:58  |
| 3    | 709    | Chris Nicoll (GBR)             | Derby Triathlon                | 35:02 | 3:30   | 2  | 1:02 | 8  | 1:28:07 | 40.86 | 33  | 56   | 1  | 34:54 | 3:29   | 2  | 2:39:59 | 10:42 |
| 4    | 614    | Michael Kirch (BEL)            | Triathlon Team Eupen           | 34:19 | 3:25   | 1  | 54   | 2  | 1:28:59 | 40.46 | 38  | 57   | 4  | 35:21 | 3:32   | 3  | 2:40:28 | 11:11 |
| 5    | 649    | Steen Jespersen (DEN)          | Roskilde Triathlon Klub        | 36:15 | 3:37   | 6  | 1:10 | 15 | 1:25:29 | 42.12 | 18  | 1:04 | 6  | 38:01 | 3:48   | 7  | 2:41:56 | 12:39 |
| 6    | 673    | Michael Nielsen (DEN)          | Brøndby Triathlon Klub         | 35:40 | 3:33   | 4  | 1:14 | 18 | 1:30:03 | 39.98 | 48  | 1:13 | 14 | 36:53 | 3:41   | 5  | 2:45:01 | 15:44 |
| 7    | 652    | Sune Steiniche Kjær (DEN)      | Silkeborg Motion/Tri-Klub      | 36:48 | 3:40   | 9  | 1:03 | 9  | 1:26:18 | 41.72 | 21  | 56   | 2  | 40:19 | 4:01   | 15 | 2:45:22 | 16:05 |
| 8    | 668    | Michael Mynster (DEN)          | Blovstrød Tri-athleten         | 37:43 | 3:46   | 12 | 1:02 | 7  | 1:28:03 | 40.89 | 32  | 1:05 | 7  | 37:38 | 3:45   | 6  | 2:45:29 | 16:12 |
| 9    | 698    | Vitard Jean-Luc (FRA)          | team val eure                  | 36:12 | 3:37   | 5  | 1:03 | 11 | 1:29:53 | 40.06 | 45  | 1:16 | 18 | 39:18 | 3:55   | 10 | 2:47:40 | 18:23 |
| 10   | 656    | Jacob Kildegaard Larsen (DEN)  | Skovshoved Triathlon Klub      | 39:08 | 3:54   | 18 | 1:16 | 20 | 1:26:49 | 41.47 | 25  | 1:19 | 23 | 39:30 | 3:56   | 11 | 2:47:59 | 18:42 |
| 11   | 632    | Brian Grønnegaard (DEN)        | KTK86                          | 36:18 | 3:37   | 7  | 1:03 | 10 | 1:31:41 | 39.27 | 71  | 1:11 | 12 | 40:18 | 4:01   | 14 | 2:50:30 | 21:13 |
| 12   | 719    | Andreas Flörchinger (GER)      | LSG Zeiskam                    | 36:36 | 3:39   | 8  | 1:09 | 14 | 1:32:46 | 38.81 | 83  | 1:13 | 15 | 38:54 | 3:53   | 8  | 2:50:36 | 21:19 |
| 13   | 613    | Jan Goddaer (BEL)              | DVB                            | 37:22 | 3:44   | 11 | 1:30 | 31 | 1:28:00 | 40.91 | 31  | 1:39 | 35 | 42:22 | 4:14   | 22 | 2:50:52 | 21:35 |
| 14   | 616    | Johnny Bay (DEN)               | SIGMATRI                       | 40:18 | 4:01   | 23 | 1:32 | 33 | 1:27:19 | 41.24 | 27  | 1:19 | 23 | 41:57 | 4:11   | 21 | 2:52:22 | 23:05 |
| 15   | 620    | Niels Christian Smed Christens | TRI4                           | 41:35 | 4:09   | 27 | 1:15 | 19 | 1:28:52 | 40.51 | 37  | 1:16 | 19 | 40:33 | 4:03   | 16 | 2:53:30 | 24:13 |
| 16   | 697    | Janne Österman (FIN)           | Heleneholms IF Tri Team        | 39:31 | 3:57   | 20 | 1:00 | 4  | 1:28:40 | 40.60 | 35  | 1:18 | 22 | 43:47 | 4:22   | 26 | 2:54:15 | 24:58 |
| 17   | 672    | Jan Nielsen (DEN)              | Silkeborg Motion/Tri-Klub      | 39:10 | 3:54   | 19 | 1:05 | 12 | 1:31:35 | 39.31 | 69  | 1:25 | 29 | 41:23 | 4:08   | 18 | 2:54:36 | 25:19 |
| 18   | 712    | Gerry Seanan (GBR)             | lanark tri club                | 37:15 | 3:43   | 10 | 1:25 | 30 | 1:36:29 | 37.32 | 126 | 1:01 | 5  | 39:05 | 3:54   | 9  | 2:55:13 | 25:56 |
| 19   | 618    | Lars Brix (DEN)                | Silkeborg Motion/Tri-Klub      | 38:38 | 3:51   | 15 | 1:13 | 17 | 1:34:46 | 37.99 | 108 | 1:17 | 20 | 40:59 | 4:05   | 17 | 2:56:51 | 27:34 |
| 20   | 705    | David Mantle (GBR)             | british triathlon              | 38:38 | 3:51   | 16 | 1:17 | 21 | 1:35:03 | 37.88 | 113 | 1:14 | 16 | 43:01 | 4:18   | 23 | 2:59:10 | 29:53 |
| 21   | 711    | Tim Savage (GBR)               | Team genesis                   | 38:54 | 3:53   | 17 | 1:17 | 22 | 1:37:50 | 36.80 | 138 | 1:18 | 21 | 39:57 | 3:59   | 12 | 2:59:14 | 29:57 |
| 22   | 726    | Jonas Ewing (SWE)              | Kalmar RC Triathlon            | 38:30 | 3:50   | 14 | 1:58 | 35 | 1:36:15 | 37.40 | 125 | 1:32 | 32 | 41:32 | 4:09   | 19 | 2:59:45 | 30:28 |
| 23   | 716    | David Vickers (GBR)            | Scunthorpe Triathlon Club      | 39:58 | 3:59   | 21 | 1:25 | 29 | 1:37:28 | 36.94 | 134 | 1:15 | 17 | 40:00 | 3:59   | 13 | 3:00:05 | 30:48 |
| 24   | 703    | Martyn Davies (GBR)            | Team GB                        | 40:02 | 4:00   | 22 | 1:00 | 4  | 1:28:00 | 40.91 | 30  | 1:27 | 30 | 52:02 | 5:12   | 36 | 3:02:29 | 33:12 |
| 25   | 701    | Mark Christie (GBR)            | suncitytri                     | 42:02 | 4:12   | 28 | 1:23 | 26 | 1:39:04 | 36.34 | 153 | 1:21 | 26 | 43:38 | 4:21   | 25 | 3:07:26 | 38:09 |
| 26   | 708    | Dave Murray (GBR)              | Cleveland Triathlon Club       | 42:04 | 4:12   | 29 | 1:06 | 13 | 1:38:45 | 36.46 | 149 | 1:12 | 13 | 44:47 | 4:28   | 29 | 3:07:53 | 38:36 |
| 27   | 707    | Ian Micklethwaite (GBR)        | West Yorkshire Police Tri Club | 42:22 | 4:14   | 31 | 1:01 | 6  | 1:38:59 | 36.37 | 152 | 1:09 | 10 | 44:28 | 4:26   | 27 | 3:07:56 | 38:39 |
| 28   | 710    | Simon Pearson (GBR)            |                                | 42:32 | 4:15   | 32 | 1:24 | 27 | 1:38:27 | 36.57 | 145 | 1:23 | 28 | 44:45 | 4:28   | 28 | 3:08:30 | 39:13 |
| 29   | 714    | Gary Simpson (GBR)             | Tonis Triathlon Team           | 41:09 | 4:06   | 25 | 2:11 | 36 | 1:40:29 | 35.83 | 165 | 1:39 | 34 | 43:33 | 4:21   | 24 | 3:08:59 | 39:42 |
| 30   | 715    | Matthew Tithcott (GBR)         | Ocean Lake Tri                 | 41:34 | 4:09   | 26 | 1:10 | 16 | 1:44:05 | 34.59 | 198 | 1:10 | 11 | 41:53 | 4:11   | 20 | 3:09:51 | 40:34 |
| 31   | 702    | Jason Davies (GBR)             |                                | 42:07 | 4:12   | 30 | 1:17 | 23 | 1:37:06 | 37.08 | 130 | 2:01 | 36 | 49:02 | 4:54   | 34 | 3:11:31 | 42:14 |
| 32   | 700    | Mark Cawood (GBR)              | South London Harriers          | 40:27 | 4:02   | 24 | 1:18 | 24 | 1:43:12 | 34.89 | 189 | 1:07 | 9  | 46:04 | 4:36   | 30 | 3:12:06 | 42:49 |
| 33   | 713    | Paul Sellars (GBR)             | Triathlon England              | 43:57 | 4:23   | 33 | 1:23 | 25 | 1:40:28 | 35.84 | 164 | 1:19 | 25 | 49:08 | 4:54   | 35 | 3:16:13 | 46:56 |

# Powerman Denmark

## Results: European Championships

### Powerman Classic (10-60-10 km): Men 45-49 years

| Rank | RaceNo | Name                      | Club/Team              | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run   | min/km | #  | Time    | Diff  |
|------|--------|---------------------------|------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|-------|--------|----|---------|-------|
| 34   | 704    | Ian Hacon (GBR)           | Tri-Anglia             | 44:55 | 4:29   | 35 | 1:41 | 34 | 1:41:28 | 35.48 | 178 | 1:22 | 27 | 47:57 | 4:47   | 32 | 3:17:21 | 48:04 |
| 35   | 717    | Brian Wallace (GBR)       | Edinburgh Triathletes  | 46:23 | 4:38   | 36 | 1:24 | 28 | 1:45:13 | 34.22 | 210 | 1:30 | 31 | 47:48 | 4:46   | 31 | 3:22:17 | 53:00 |
| 36   | 718    | Simon Ward (GBR)          | Newcastle Staffs Tri   | 44:45 | 4:28   | 34 | 1:30 | 32 | 1:49:50 | 32.78 | 228 | 1:35 | 33 | 47:58 | 4:47   | 33 | 3:25:36 | 56:19 |
| DNS  | 721    | Pierpaolo Costabile (ITA) | Genfofte               |       |        |    |      |    |         |       |     |      |    |       |        |    |         |       |
| DNS  | 706    | Haiggy Mchaig (GBR)       |                        |       |        |    |      |    |         |       |     |      |    |       |        |    |         |       |
| DNS  | 674    | Orla Nielsen (DEN)        | Aalborg Triathlon Klub |       |        |    |      |    |         |       |     |      |    |       |        |    |         |       |
| DNS  | 622    | Jesper Clausen (DEN)      | Ninjas.dk              |       |        |    |      |    |         |       |     |      |    |       |        |    |         |       |

### Powerman Classic (10-60-10 km): Men 50-54 years

| Rank | RaceNo | Name                        | Club/Team                    | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run     | min/km | #  | Time    | Diff    |
|------|--------|-----------------------------|------------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|---------|--------|----|---------|---------|
| 1    | 742    | Jens Oluf Eriksen (DEN)     | Roskilde Triathlon Klub      | 37:17 | 3:43   | 3  | 1:06 | 7  | 1:29:06 | 40.40 | 39  | 1:10 | 9  | 37:22   | 3:44   | 1  | 2:45:59 | 16:42   |
| 2    | 787    | Thomas Heider (GER)         | stimmel sports               | 37:15 | 3:43   | 2  | 58   | 1  | 1:29:21 | 40.30 | 42  | 1:04 | 3  | 40:23   | 4:02   | 7  | 2:48:59 | 19:42   |
| 3    | 783    | Paul Rogers (GBR)           | blackcountry triathletes     | 36:28 | 3:38   | 1  | 1:17 | 13 | 1:31:12 | 39.47 | 62  | 1:04 | 4  | 39:31   | 3:57   | 4  | 2:49:31 | 20:14   |
| 4    | 793    | David Fagan (IRL)           | Midland Triathlon Club (IRE) | 38:10 | 3:48   | 5  | 1:00 | 3  | 1:31:21 | 39.41 | 65  | 1:02 | 2  | 38:01   | 3:48   | 2  | 2:49:33 | 20:16   |
| 5    | 768    | Tommy Seeberg (DEN)         | Haderslev TRI 2000           | 37:49 | 3:46   | 4  | 1:10 | 9  | 1:30:52 | 39.62 | 58  | 1:29 | 18 | 40:09   | 4:00   | 6  | 2:51:27 | 22:10   |
| 6    | 766    | Jørgen Schnack (DEN)        | Ninjas.dk                    | 38:34 | 3:51   | 8  | 1:04 | 5  | 1:30:09 | 39.94 | 50  | 1:10 | 8  | 41:49   | 4:10   | 10 | 2:52:43 | 23:26   |
| 7    | 792    | Jens Wisner (GER)           |                              | 40:27 | 4:02   | 13 | 1:20 | 17 | 1:30:24 | 39.82 | 52  | 1:18 | 13 | 41:38   | 4:09   | 9  | 2:55:05 | 25:48   |
| 8    | 798    | Tomas Bengtsson (SWE)       | Club Active Island           | 38:17 | 3:49   | 6  | 1:19 | 14 | 1:34:58 | 37.91 | 111 | 1:28 | 16 | 41:35   | 4:09   | 8  | 2:57:34 | 28:17   |
| 9    | 761    | Henrik Nørsmølle (DEN)      | Thy Triathlon Team           | 40:39 | 4:03   | 16 | 1:22 | 21 | 1:29:19 | 40.31 | 40  | 1:29 | 17 | 45:01   | 4:30   | 18 | 2:57:48 | 28:31   |
| 10   | 751    | Henrik Larsen (DEN)         | Islev Triathlon Klub         | 39:27 | 3:56   | 10 | 1:28 | 24 | 1:32:48 | 38.80 | 84  | 1:15 | 11 | 43:00   | 4:17   | 14 | 2:57:55 | 28:38   |
| 11   | 746    | Morten Hastrup (DEN)        | Hareskovens Triathlon Klub   | 39:16 | 3:55   | 9  | 1:20 | 15 | 1:33:39 | 38.45 | 94  | 1:44 | 23 | 42:30   | 4:14   | 11 | 2:58:26 | 29:09   |
| 12   | 778    | Kevin McCloskey (GBR)       | Knutsford Triathlon Club     | 41:48 | 4:10   | 20 | 1:21 | 19 | 1:34:29 | 38.10 | 104 | 1:27 | 14 | 42:50   | 4:16   | 13 | 3:01:53 | 32:36   |
| 13   | 775    | Graham Johnston (GBR)       |                              | 40:20 | 4:01   | 11 | 1:20 | 18 | 1:40:27 | 35.84 | 163 | 1:14 | 10 | 39:40   | 3:57   | 5  | 3:03:00 | 33:43   |
| 14   | 777    | Nick Mansley (GBR)          | Cambridge                    | 41:02 | 4:06   | 17 | 1:17 | 12 | 1:36:39 | 37.25 | 127 | 1:16 | 12 | 44:15   | 4:25   | 17 | 3:04:26 | 35:09   |
| 15   | 744    | Robert Frandsen (DEN)       | /tri club denmark            | 38:31 | 3:51   | 7  | 1:20 | 16 | 1:43:34 | 34.76 | 194 | 1:48 | 25 | 39:20   | 3:55   | 3  | 3:04:30 | 35:13   |
| 16   | 776    | John Levick (GBR)           | Holmfirth Harriers           | 40:35 | 4:03   | 14 | 1:04 | 6  | 1:38:08 | 36.69 | 141 | 1:57 | 26 | 43:38   | 4:21   | 16 | 3:05:19 | 36:02   |
| 17   | 789    | Michael Krüger (GER)        | USC. Kiel                    | 43:42 | 4:22   | 25 | 1:27 | 23 | 1:31:30 | 39.34 | 68  | 1:33 | 21 | 47:19   | 4:43   | 23 | 3:05:30 | 36:13   |
| 18   | 773    | Jon Cowell (GBR)            | Leighton Buzzard Tri         | 41:31 | 4:09   | 18 | 1:00 | 2  | 1:39:17 | 36.26 | 154 | 1:01 | 1  | 42:46   | 4:16   | 12 | 3:05:34 | 36:17   |
| 19   | 782    | Nigel Powley (GBR)          |                              | 41:49 | 4:10   | 21 | 1:34 | 28 | 1:35:02 | 37.89 | 112 | 1:29 | 19 | 46:47   | 4:40   | 21 | 3:06:39 | 37:22   |
| 20   | 772    | Nick Cooper (GBR)           | ADWICK TRI CLUB              | 40:35 | 4:03   | 15 | 1:07 | 8  | 1:40:38 | 35.77 | 167 | 1:08 | 5  | 43:19   | 4:19   | 15 | 3:06:46 | 37:29   |
| 21   | 771    | Roy Brunning (GBR)          | RAF Tri                      | 45:16 | 4:31   | 27 | 1:01 | 4  | 1:35:17 | 37.78 | 117 | 1:09 | 7  | 47:01   | 4:42   | 22 | 3:09:44 | 40:27   |
| 22   | 785    | Mark Young (GBR)            |                              | 41:42 | 4:10   | 19 | 1:25 | 22 | 1:39:18 | 36.25 | 155 | 1:44 | 24 | 48:02   | 4:48   | 24 | 3:12:09 | 42:52   |
| 23   | 784    | Bryan Vaughan (GBR)         | Worcester Triathlon Club     | 42:09 | 4:12   | 22 | 1:10 | 10 | 1:40:59 | 35.65 | 171 | 1:09 | 6  | 50:50   | 5:04   | 25 | 3:16:16 | 46:59   |
| 24   | 779    | Christopher McCormick (GBR) |                              | 44:10 | 4:24   | 26 | 1:29 | 26 | 1:46:20 | 33.86 | 222 | 1:31 | 20 | 45:32   | 4:33   | 19 | 3:19:01 | 49:44   |
| 25   | 797    | Michael Graves (NED)        | Tröffelsvinene               | 47:00 | 4:41   | 29 | 2:32 | 31 | 1:40:52 | 35.70 | 170 | 2:20 | 28 | 54:52   | 5:29   | 27 | 3:27:35 | 58:18   |
| 26   | 727    | Johan Feuillet (BEL)        | Rainbow Multisport Team      | 50:08 | 5:00   | 31 | 1:12 | 11 | 1:43:23 | 34.82 | 192 | 1:38 | 22 | 57:54   | 5:47   | 29 | 3:34:14 | 1:04:57 |
| 27   | 796    | Andrea Libanore (ITA)       | RASCHIANI TRIATHLON PAV      | 43:00 | 4:17   | 24 | 1:29 | 25 | 2:03:56 | 29.05 | 253 | 1:28 | 15 | 46:11   | 4:37   | 20 | 3:36:02 | 1:06:45 |
| 28   | 800    | Mats Korner (SWE)           | 338 Småland                  | 42:54 | 4:17   | 23 | 1:33 | 27 | 1:41:13 | 35.57 | 173 | 3:41 | 30 | 1:07:27 | 6:44   | 30 | 3:36:46 | 1:07:29 |
| 29   | 781    | Jon Moorhouse (GBR)         | Mersey Tri                   | 46:40 | 4:39   | 28 | 1:56 | 30 | 1:57:41 | 30.59 | 248 | 2:05 | 27 | 53:55   | 5:23   | 26 | 3:42:15 | 1:12:58 |
| 30   | 791    | Thomas Thamm (GER)          | A3K Berlin                   | 49:57 | 4:59   | 30 | 1:47 | 29 | 1:52:38 | 31.96 | 240 | 2:57 | 29 | 55:53   | 5:35   | 28 | 3:43:10 | 1:13:53 |
| DNF  | 780    | Ian Mitchell (GBR)          | Ocean Lake Tri               | 40:25 | 4:02   | 12 | 1:22 | 20 |         |       |     |      |    |         |        |    |         |         |
| DNS  | 794    | Tiziano Favaron (ITA)       | Club Polisportiva Zola       |       |        |    |      |    |         |       |     |      |    |         |        |    |         |         |
| DNS  | 795    | Tiziano Favaron (ITA)       |                              |       |        |    |      |    |         |       |     |      |    |         |        |    |         |         |

### Powerman Classic (10-60-10 km): Men 55-59 years

| Rank | RaceNo | Name                    | Club/Team                     | Run   | min/km | #  | T1   | #  | Bike    | km/h  | #   | T2   | #  | Run     | min/km | #  | Time    | Diff    |
|------|--------|-------------------------|-------------------------------|-------|--------|----|------|----|---------|-------|-----|------|----|---------|--------|----|---------|---------|
| 1    | 833    | Henry Dullink (NED)     | NTB                           | 38:31 | 3:51   | 2  | 1:05 | 3  | 1:31:48 | 39.22 | 73  | 1:12 | 4  | 38:40   | 3:51   | 1  | 2:51:15 | 21:58   |
| 2    | 834    | Aeneas Appius (SUI)     | ProDuathlon / Swiss Triathlon | 38:14 | 3:49   | 1  | 56   | 1  | 1:34:10 | 38.23 | 98  | 1:08 | 2  | 39:10   | 3:54   | 2  | 2:53:38 | 24:21   |
| 3    | 826    | Peter Hollins (GBR)     | Chester                       | 40:29 | 4:02   | 4  | 1:25 | 8  | 1:31:00 | 39.56 | 59  | 1:10 | 3  | 42:40   | 4:15   | 4  | 2:56:43 | 27:26   |
| 4    | 830    | David Warner (GBR)      |                               | 40:57 | 4:05   | 6  | 1:13 | 6  | 1:33:09 | 38.65 | 89  | 1:19 | 6  | 43:31   | 4:21   | 7  | 3:00:08 | 30:51   |
| 5    | 824    | Dean Hardie (GBR)       | Great Britain                 | 40:26 | 4:02   | 3  | 1:00 | 2  | 1:35:51 | 37.56 | 122 | 59   | 1  | 42:14   | 4:13   | 3  | 3:00:28 | 31:11   |
| 6    | 808    | lb Erik Jensen (DEN)    | Odense Triathlon Klub         | 41:01 | 4:06   | 7  | 1:40 | 9  | 1:34:43 | 38.01 | 106 | 1:26 | 9  | 43:31   | 4:21   | 6  | 3:02:18 | 33:01   |
| 7    | 823    | Mike Hannay (GBR)       |                               | 42:16 | 4:13   | 10 | 1:09 | 5  | 1:34:22 | 38.15 | 102 | 1:20 | 7  | 44:06   | 4:24   | 8  | 3:03:12 | 33:55   |
| 8    | 813    | Bo Lindgren (DEN)       | /tri club denmark             | 42:01 | 4:12   | 8  | 1:44 | 10 | 1:34:55 | 37.93 | 110 | 1:42 | 12 | 46:57   | 4:41   | 10 | 3:07:18 | 38:01   |
| 9    | 818    | Morten Plougstrup (DEN) | Esbjerg Tri og Multisport     | 42:10 | 4:12   | 9  | 1:45 | 11 | 1:35:40 | 37.64 | 120 | 1:31 | 11 | 46:28   | 4:38   | 9  | 3:07:31 | 38:14   |
| 10   | 821    | Martin Davies (GBR)     | NEWT - Newport & East Wales   | 40:30 | 4:02   | 5  | 1:16 | 7  | 1:45:41 | 34.07 | 213 | 1:17 | 5  | 43:08   | 4:18   | 5  | 3:11:49 | 42:32   |
| 11   | 809    | Ralph Jensen (DEN)      | Brøndby Triathlon Club        | 46:56 | 4:41   | 12 | 1:55 | 14 | 1:33:34 | 38.48 | 92  | 1:26 | 10 | 49:10   | 4:54   | 12 | 3:12:59 | 43:42   |
| 12   | 827    | Steve Hunter (GBR)      | Ocean Lake Triathlon          | 48:42 | 4:52   | 14 | 1:08 | 4  | 1:40:41 | 35.76 | 169 | 1:24 | 8  | 47:25   | 4:44   | 11 | 3:19:18 | 50:01   |
| 13   | 822    | Peter Exton (GBR)       | GBR                           | 48:14 | 4:49   | 13 | 2:32 | 16 | 1:40:35 | 35.79 | 166 | 2:01 | 15 | 49:32   | 4:57   | 13 | 3:22:52 | 53:35   |
| 14   | 828    | Steve Rigby (GBR)       | South London Harriers         | 49:23 | 4:56   | 15 | 2:41 | 17 | 1:45:17 | 34.20 | 211 | 1:55 | 14 | 1:00:31 | 6:03   | 16 | 3:39:44 | 1:10:27 |
| 15   | 819    | Mike Buffham (GBR)      |                               | 46:40 | 4:39   | 11 | 1:50 | 13 | 1:55:59 | 31.04 | 245 | 2:08 | 16 | 59:54   | 5:59   | 15 | 3:46:29 | 1:17:12 |
| 16   | 829    | David Truman (GBR)      | 7OaksTri                      | 52:03 | 5:12   | 16 | 1:46 | 12 | 1:57:28 | 30.65 | 247 | 1:49 | 13 | 54:07   | 5:24   | 14 | 3:47:10 | 1:17:53 |



# Powerman Denmark

## Results: European Championships

### Powerman Classic (10-60-10 km): Men Elite

| Rank | RaceNo | Name                 | Club/Team | Run | min/km | # | T1 | # | Bike | km/h | # | T2 | # | Run | min/km | # | Time | Diff |
|------|--------|----------------------|-----------|-----|--------|---|----|---|------|------|---|----|---|-----|--------|---|------|------|
| DNS  | 11     | Daniel Formela (POL) |           |     |        |   |    |   |      |      |   |    |   |     |        |   |      |      |

### Para-Powerman Classic (10-60-10 km): PT3 - Men

| Rank | RaceNo | Name                   | Club/Team | Run   | min/km | # | T1   | # | Bike    | km/h  | # | T2   | # | Run   | min/km | # | Time    | Diff |
|------|--------|------------------------|-----------|-------|--------|---|------|---|---------|-------|---|------|---|-------|--------|---|---------|------|
| 1    | 49     | Joaquin Carrasco (ESP) |           | 46:34 | 4:39   | 1 | 1:56 | 1 | 1:48:10 | 33.28 | 2 | 2:25 | 1 | 45:38 | 4:33   | 1 | 3:24:41 | 2:44 |

### Para-Powerman Classic (10-60-10 km): PT4 - Women

| Rank | RaceNo | Name                 | Club/Team | Run   | min/km | # | T1   | # | Bike    | km/h  | # | T2   | # | Run   | min/km | # | Time    | Diff |
|------|--------|----------------------|-----------|-------|--------|---|------|---|---------|-------|---|------|---|-------|--------|---|---------|------|
| 1    | 860    | Andrea Thamm (GER)   |           | 52:08 | 5:12   | 1 | 2:01 | 1 | 2:03:25 | 29.17 | 3 | 4:37 | 1 | 54:51 | 5:29   | 1 | 3:57:00 |      |
| DNS  | 859    | Marianne Hüche (DEN) |           |       |        |   |      |   |         |       |   |      |   |       |        |   |         |      |

### Para-Powerman Classic (10-60-10 km): PT4 - Men

| Rank | RaceNo | Name             | Club/Team | Run   | min/km | # | T1   | # | Bike    | km/h  | # | T2   | # | Run   | min/km | # | Time    | Diff |
|------|--------|------------------|-----------|-------|--------|---|------|---|---------|-------|---|------|---|-------|--------|---|---------|------|
| 1    | 48     | Rafa Solis (ESP) |           | 46:46 | 4:40   | 1 | 1:32 | 1 | 1:44:11 | 34.56 | 1 | 1:58 | 1 | 47:33 | 4:45   | 1 | 3:21:58 |      |