

Rødovre Atletik Club - Distanceløbernes 5-kamp - Forår 2018

| Plac. | Navn | | 5000 m | | | 3000 m | | | 2000 m | | | 1500 m | | | 800 m | | |
|-------|----------------------|------|---------|-------|---------|--------|-------|---------|--------|-------|---------|--------|-------|---------|-------|-------|-----|
| | | | Tid | Point | | Tid | Point | Sum | Tid | Point | Sum | Tid | Point | Sum | Tid | Point | Sum |
| 1 | Mohammed Idiris | | | | | | 0 | | | 0 | 04.35,6 | 486 | 486 | | | 486 | |
| 2 | Jens Skou | 1957 | 21.48,0 | 48 | 12.09,6 | 99 | 147 | 07.48,2 | 77 | 224 | 05.41,7 | 76 | 300 | 02.42,1 | 78 | 378 | |
| 3 | Bent Bindner | 1965 | 21.08,8 | 81 | 12.02,8 | 111 | 192 | 07.19,3 | 171 | 363 | 07.14,1 | 0 | 363 | 03.46,7 | 0 | 363 | |
| 4 | Michael Rasmussen | | | | 11.49,0 | 139 | 139 | 07.28,7 | 137 | 276 | | | 276 | | | 276 | |
| 5 | Casper Jensen | | 25.13,8 | 0 | 13.40,8 | 3 | 3 | 08.50,5 | 0 | 3 | 05.44,7 | 66 | 69 | 02.35,0 | 144 | 213 | |
| 6 | Henrik | | | | | | 0 | | | 0 | 05.24,2 | 150 | 150 | | | 150 | |
| 7 | Morten Bugge | | 22.09,3 | 34 | | | 34 | 08.02,9 | 44 | 78 | | | 78 | 02.44,8 | 58 | 136 | |
| 8 | René Petersen | | | | 13.03,2 | 26 | 26 | 08.33,2 | 4 | 30 | 06.41,0 | 0 | 30 | 03.12,2 | 0 | 30 | |
| 9 | Tonny H | | | 0 | | | 0 | 08.10,9 | 30 | 30 | | | 30 | | | 30 | |
| 10 | Erik Christensen | 1953 | 23.12,9 | 6 | 13.23,0 | 11 | 17 | 08.40,5 | 0 | 17 | 06.17,3 | 2 | 19 | 03.10,3 | 0 | 19 | |
| 11 | Mathias Bindner | | 25.24,2 | 0 | 14.28,0 | 0 | 0 | | | 0 | 07.00,3 | 0 | 0 | 03.15,3 | 0 | 0 | |
| 12 | Erik Paludan Nielsen | 1965 | 26.47,1 | 0 | 15.05,7 | 0 | 0 | 09.38,5 | 0 | 0 | | | 0 | 03.26,0 | 0 | 0 | |
| 13 | Stig Kongsborg | | | | 15.17,8 | 0 | 0 | | | 0 | | | 0 | | | 0 | |
| 14 | Bent Andreassen | 1953 | 26.50,4 | 0 | 15.24,4 | 0 | 0 | | | 0 | | | 0 | | | 0 | |
| | | | | | | | | | | | | | | | | | |
| 1 | Anja | | 23.37,9 | 375 | 13.13,7 | 419 | 794 | | | 794 | 06.06,4 | 403 | 1197 | | | 1197 | |
| 2 | Melissa Holmes | 1977 | 24.06,2 | 345 | | | 345 | 09.02,3 | 291 | 636 | | | 636 | | | 636 | |
| 3 | Majbritt Framke | | 28.56,5 | 106 | 16.06,9 | 137 | 243 | 10.19,1 | 115 | 358 | 07.35,7 | 95 | 453 | 03.46,4 | 38 | 491 | |
| 4 | Emilie Framke | | | | | | 0 | 11.10,9 | 42 | 42 | 07.07,5 | 169 | 211 | 03.33,1 | 93 | 304 | |
| 5 | Birgitte Pedersen | 1956 | 30.50,2 | 50 | 17.26,4 | 59 | 109 | | | 109 | | | 109 | | | 109 | |
| 6 | Sofie Svarre Agger | | | | | | 0 | | | 0 | | | 0 | 04.09,1 | 0 | 0 | |

Point baseret på "IAAF SCORING TABLES OF ATHLETICS - 2017 REVISED EDITION"

| Plac. | Navn | | 400 m | | 100 m | | |
|-------|--------------------|------|---------|-------|---------|-------|-----|
| | | | Tid | Point | Tid | Point | Sum |
| 1 | Casper Jensen | | 01.10,7 | 70 | 00.14,5 | 153 | 223 |
| 2 | Morten Bugge | 1965 | 01.15,2 | 14 | 00.14,9 | 108 | 122 |
| 3 | Jan | | 01.25,3 | 0 | 00.16,3 | 12 | 12 |
| 4 | Mathias Bindner | | 01.34,4 | 0 | | | 0 |
| 5 | Jens Skou | | 01.18,8 | 0 | | | 0 |
| 6 | Bent Bindner | | 01.54,0 | 0 | | | 0 |
| | | | | | | | |
| 1 | Emilie Framke | | 01.24,7 | 214 | 00.15,9 | 369 | 583 |
| 2 | Annette | | 01.41,0 | 27 | 00.16,9 | 258 | 285 |
| 3 | Sofie Svarre Agger | | 01.47,8 | 1 | 00.17,8 | 174 | 175 |
| 4 | Majbritt Framke | | 01.41,0 | 27 | | | 27 |