



DGI Trailseries Silkeborg
Vesterskoven / 18.08.2023-18.08.2023

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Quist, Jan

□□□: 9:41.60

□□: 517

Silkeborg 2023 - Sport

□□□□□: 37 (of 104)

□□□□□□: 8:32.23

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□□□□□: 11(of 25)

H40 - S

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Stage 1	2:33.15	8	0:16.55	33	0:19.86					
Stage 2	0:41.88	9	0:05.39	31	0:05.84					
Stage 3	2:06.25	12	0:11.69	41	0:16.25					
Stage 4	1:15.36	12	0:06.31	45	0:11.12					
Stage 5	1:46.59	15	0:10.59	44	0:12.05					
Stage 7	0:45.77	9	0:04.32	33	0:05.87					
Stage 8	0:32.60	11	0:04.14	43	0:05.10					