



DGI Trailseries Silkeborg  
Vesterskoven / 18.08.2023-18.08.2023

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Holm, Ida Helle

□□□: 12:55.34

□□: 13

Silkeborg 2023 - Sport

□□□□□: 101 (of 104)

□□□□□□: 8:32.23

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Stage 1	3:30.65	11	0:57.55	99	1:17.36					
Stage 2	0:56.01	11	0:13.39	100	0:19.97					
Stage 3	2:47.19	11	0:41.14	101	0:57.19					
Stage 4	1:39.65	11	0:24.05	100	0:35.41					
Stage 5	2:13.70	11	0:29.00	100	0:39.16					
Stage 7	1:04.99	11	0:19.16	98	0:25.09					
Stage 8	0:43.15	11	0:10.40	99	0:15.65					