Startliste – Metrocup 2026 etape 3

2026-05-19

Familie		**2325 meter**	**Start**
–	Adalsteinn Sæmundsson	Amager OK	
–	Birthe Clausen	DSRs O-sektion	2119085
–	Helgard Olsen	Amager OK	202066
–	Henrik Petersen	Ballerup OK	8524547
–	Jade Liu	Ukendt	
–	Mette Rye Andersen	Ballerup OK	249485
–	Morten Larsen	Ukendt	
–	Rikke Juel Madsen	Ukendt	
–	Sigurd Rye Olesen	Ballerup OK	249418
–	Vester Bressendorf Petersen	Ballerup OK	239226

Lang		**6825 meter**	**Start**
–	Alex Ottesen	Ballerup OK	8089685
–	Alice Jacobsen	OK 73	8310895
–	Anders Vejgaard	Ballerup OK	8640533
–	Andreas Schrøder	Amager OK	1112008
–	Anne Marie Thommesen	Ballerup OK	8524528
–	Benoit Rauturier	Amager OK	1780792
–	Bent Lishmann Nielsen	Ballerup OK	8529005
–	Bjørn Axelsen	Ukendt	8631609
–	Bo Christiansen	Farum OK	8534766
–	Bodil Vedel	Søllerød OK	2163435
–	Camilla Bevensee	OK Pan	8657104
–	Eoghan Wiles	OK 73	8121015
–	Filip Nielsen	Farum OK	8657113
–	Frede Lillelund	Søllerød OK	8664232
–	Frederik Grue-Sørensen	OK Roskilde	8130876
–	Gilli Fjallstein	Amager OK	
–	Gustaf Onsbring	Amager OK	930022
–	Helge Tillingsøe	DSRs O-sektion	8140397
–	Helle Piil Rosted	Amager OK	344987
–	Henriette Broman	Allerød OK	8009291
–	Henrik Bierbum Bacher	Amager OK	1102008
–	Henrik Nielsen	Holbæk OK	8022398
–	Jakob Thomsen	Lyngby OK	
–	Jens G. Jungersen	Amager OK	
–	Joakim Ilsing Sørensen	Ballerup OK	8016659
–	Johan Nikolaj Lausen	Amager OK	
–	Jonas Lassen	OK Roskilde	8002536
–	Jonas Mads Lunding	Amager OK	
–	Kasper Cramon Jørgensen	Allerød OK	886579
–	Kim Clausen	DSRs O-sektion	407153
–	Klaus Nielsen	Farum OK	1408242

–	Kristine Berg Hansen	Lyngby OK	8528627
–	Lars Sørensen	OK Øst Birkerød	1402998
–	Magnus Eriksen Brink	Søllerød OK	8526034
–	Malthe Poulsen	FIF Hillerød	8310915
–	Mark Lidegaard	OK Roskilde	7209263
–	Mathias Nyvang	Søllerød OK	8033366
–	Max Prang	Fredensborg OK	8528616
–	Mikkel Dam	Ukendt	8667866
–	Morten Foverskov	OK Skärmen	249399
–	Morten Ploug	Ballerup OK	8505714
–	Nina Henriksen	Amager OK	239950
–	Nina Weng	Lyngby OK	
–	Per Schifter Schou	Amager OK	239951
–	Peter Niemelä	Døvania	1409976
–	Rasmus Lüthje	Søllerød OK	8524561
–	Ross Bretherton	Amager OK	2151371
–	Rune Nielsen	Amager OK	
–	Ruslan Baldzhyyev	Amager OK	
–	Sagar Clemensen	Amager OK	8541448
–	Sander Wermuth	Ukendt	
–	Sofus Bøgevig	Søllerød OK	
–	Steen Olsen	Søllerød OK	8033362
–	Sylvester Bajda	Amager OK	
–	Søren Dyrlund Jessen	OK Roskilde	8501990
–	Søren Sommer	Ukendt	
–	Torben Speldt	Amager OK	8526038
–	Tue Gunst	Ukendt	

Mellem		**5150 meter**	**Start**
–	Amalie Severinsen	Amager OK	263573
–	Anders Döpping	Søllerød OK	8512044
–	Anita Vium Jørgensen	Amager OK	
–	Anne Skovbæk	Søllerød OK	8143213
–	Anne Solgaard	Ribe OK	
–	Arthur Madsen	Ukendt	
–	Asbjørn Gudbrand Bøgeby	Ukendt	
–	Britt Stenberg Nøhr	Amager OK	8533415
–	Caroline Kirketofte	Amager OK	
–	Carsten Gemmer Hanghøj	Ballerup OK	8490743
–	Carsten Jørgensen	Amager OK	
–	Cecilie Arnholm	Søllerød OK	8240279
–	Cecilie Rasmussen	Amager OK	
–	Christina Bøje	DSRs O-sektion	2213996
–	Christina Hausgaard	Amager OK	1822008
–	Claus Sihm	OK Roskilde	8662151
–	David Palsgaard	Søllerød OK	8506712
–	Dennis Ahlburg	Ukendt	
–	Dennis Flood	OK 73	2165222
–	Diana Cederberg	Ballerup OK	8009298

–	Dorte Grinderslev	Amager OK	8527208
–	Ellen Kühn Jensen	Ballerup OK	8533425
–	Ellen Winther Mortensen	Amager OK	8510342
–	Erik Simonsen	OK Øst Birkerød	8512017
–	Ernst Poulsen	Amager OK	8103014
–	Finn Stausgaard	Amager OK	1162008
–	Fiona Palsgaard	Søllerød OK	8033377
–	Flemming Vejen	Ballerup OK	8512003
–	Frank Kalman	Ukendt	
–	Freja Gudme-Knudsen	Allerød OK	8500995
–	Gitte Grauert	Ballerup OK	8500989
–	Gitte Jensen	Amager OK	1802008
–	Gregers Jørgensen	Ballerup OK	8620940
–	Gøther Mathisen	Ukendt	
–	Hanne Mathisen	Ukendt	
–	Hannibal Sander	Amager OK	439317
–	Henrik Henriksen	Amager OK	
–	Henrik Stig Jørgensen	Ukendt	
–	Henrik Torp Andersen	Amager OK	2085958
–	Henrik Weirauch Kristensen	OK 73	8512036
–	Howie Tan	Amager OK	
–	Ida Hansen	Amager OK	
–	Inge Christiansen	Amager OK	2061665
–	Irene Fredriksson	Amager OK	
–	Isabella Sihm	OK Roskilde	8524566
–	Jacob Deichmann	Amager OK	1504283
–	Jan Frank Nielsen	FSK Orientering	347482
–	Jan Kristoffersen	Ballerup OK	8533419
–	Jasmin Maglic	Amager OK	
–	Jens Bentsen	OK Øst Birkerød	8009124
–	Jimmy Hoen	Ballerup OK	2086036
–	Johannes Hansen	Ukendt	
–	Jytte Sørensen	Amager OK	8512050
–	Jørgen Pedersen	AS Feltsport	8160458
–	Jørn Lind	PI-København	8544795
–	Karen Sejrsgaard	Amager OK	7003113
–	Keld Johnsen	Tisvilde Hegn OK	8201150
–	Kristian Ørsted Pedersen	Ukendt	
–	Leif E. Larsen	Tisvilde Hegn OK	8262019
–	Leif Pedersen	FSK Orientering	2112887
–	Lena Hamborg	Amager OK	2112888
–	Line Lerchebo	Hearing Loss Runners	
–	Line Weichel	Ukendt	
–	Lone Kierstein Nielsen	FSK Orientering	249308
–	Lone Pereira Hansen	Amager OK	8524554
–	Mai Pedersen	Amager OK	1502436
–	Malene Lysgaard-Hansen	Holbæk OK	8002541
–	Malthe D. Kristensen	Ballerup OK	8543619
–	Maria Krog Schulz	Ballerup OK	8002525

–	Marianne Kirkegaard	Tisvilde Hegn OK	8524564
–	Marie Hjorth	Amager OK	7090896
–	Marius	Amager OK	
–	Martin Hjorth	OK 73	1170281
–	Mathias Bressendorf Petersen	Ballerup OK	8524526
–	Maya Bressendorf Petersen	Ballerup OK	1421721
–	Mette Uhre Lang	Amager OK	1106033
–	Michael Bruun	Amager OK	1502438
–	Michael Graae	Amager OK	8002532
–	Michael Leth Jess	OK Roskilde	8241908
–	Michael Remod	DSRs O-sektion	423261
–	Mikael Lüthje	Søllerød OK	8030677
–	Mike Danielsen	Amager OK	
–	Naja Dan Møller	Allerød OK	682127
–	Nickolas Falk Krusdorf	Amager OK	
–	Peter Weichel	OK Sorø	1502322
–	Peter Østergaard	Søllerød OK	8008515
–	Philip Knak	PI-København	8513699
–	Rasmus Blomqvist	Amager OK	8739709
–	Rebecca Scharff-Poulsen	Amager OK	
–	Roar Bang	Amager OK	1013320
–	Ronnie Hjorth	OK 73	7000607
–	Rune Larsen	Amager OK	7209258
–	Sebastian I V From	Lyngby OK	8657106
–	Sergei Vorfolomeev	Amager OK	8657014
–	Signe Hanghøj	Ballerup OK	662512
–	Sille Mundt	FSK Orientering	8270802
–	Sofie von Hessberg	OK Skärmen	1505248
–	Svend-Erik Jepsen	Søllerød OK	8012350
–	Synnøve Røysland	Søllerød OK	8512018
–	Søren Bøgevig	Søllerød OK	437076
–	Søren Grønvald	Søllerød OK	2006499
–	Søren Skovgaard Hansen	Lyngby OK	
–	Thomas Østergaard	OK Øst Birkerød	8635887
–	Tim Abild	Amager OK	7212129
–	Tina Ottesen	Ballerup OK	1420750
–	Tom Mathiasen	Ukendt	8058829
–	Trine Hershøj	OK 73	681773
–	Trine Løkkeholt	Søllerød OK	246005
–	William Andersen	FSK Orientering	8280599
–	Yvonne Hinrichsen	Amager OK	

Parasprint		**3450 meter**	**Start**
–	Camilla Madsen	Ukendt	
–	Cathrine Guldberg	LHIF - Lyngby Handicap Forening	
–	Claus Mejlby	Amager OK	2061669
–	Jesper Guldberg	LHIF - Lyngby Handicap Forening	
–	Søren Saxtorph	Ballerup OK	246247

Sprint		3425 meter	Start
–	Agathe Skovgaard Lausten	Lyngby OK	
–	Anita Joan Hansen	Ukendt	
–	Anne Maarup	Allerød OK	8201951
–	Anne Skov Nielsen	Amager OK	439316
–	Annelise Hansen	Døvania	8512008
–	Annette Bonde	Ballerup OK	8667751
–	August Kvist	OK Skärmen	8513692
–	Birgitte Birck Frederiksen	Allerød OK	8626197
–	Christian Olsen	Amager OK	8201972
–	Christina Andersen	Ukendt	
–	Claus Cederberg	Ballerup OK	8505432
–	David Lind	OK Skärmen	1046251
–	Else Gudme	OK 73	351370
–	Gerd Krause Jochumsen	Amager OK	
–	Gert Bøgevig	Søllerød OK	7120572
–	Gert Lillevang Nielsen	Amager OK	1972008
–	Hanne Frost	Ballerup OK	1428720
–	Helle Løvstø Severinsen	Amager OK	
–	Helle Pitters	Lyngby OK	8510337
–	Henrik Jørgensen	OK Skärmen	8512046
–	Inge Krogh Kristoffersen	Ballerup OK	440894
–	Inger Dyrlund Jessen	OK Roskilde	8501709
–	Jan Kofoed Nielsen	PI-København	8524557
–	Janet Bentzen	Amager OK	8535832
–	Jesper Andersen	FSK Orientering	8190764
–	Johanne Lind	Ballerup OK	8645166
–	Jørn Andreasen	OK 73	434070
–	Kaj Rostvad	Søllerød OK	8631595
–	Karsten Funder	FIF Hillerød	8656159
–	Katrine Jacobsen	OK Skärmen	8524565
–	Kent Pihl	OK Roskilde	1422371
–	Kia Reis	Amager OK	
–	Kirsten Olsen	Søllerød OK	8524524
–	Kirsten Truelsen	Ballerup OK	1406263
–	Lars Hanghøj Petersen	Ballerup OK	8510049
–	Lauge Dalgaard Kristensen	Ballerup OK	8528620
–	Line Bisgaard	Ballerup OK	8008513
–	Lisbeth Jensen	Ballerup OK	666407
–	Liva Kønig	Amager OK	
–	Louis Steinthal	FIF Hillerød	8300866
–	Mads Troelsgård	Lyngby OK	8633612
–	Maria Douglas	FIF Hillerød	8625632
–	Marie Evertsen	Amager OK	
–	Mette Bertelsen	Ballerup OK	8543614
–	Mette Filskov	OK Sorø	8658641
–	Mette Hvene Rasmussen	Ballerup OK	1408245
–	Mette Seir Hansen	Helsingør SOK	8645172

–	Mette Stub	PI-København	8033389
–	Morten Jensen	OK Roskilde	8506678
–	Nanna Jochumsen	Amager OK	
–	Niels Peder Møller	Lyngby OK	8506821
–	Niels Raagaard	Søllerød OK	1407799
–	Niels Aabye	Ballerup OK	8002523
–	Nikolaj Borum Olsen	Ukendt	
–	Noah Hjorth	OK 73	302188
–	Ole Christiansen	Farum OK	8180700
–	Ole Galle	Tisvilde Hegn OK	8509013
–	Per Rasmussen	Amager OK	8535840
–	Pernille Thieme	FSK Orientering	2006483
–	Peter Sørensen	PI-København	8635884
–	Philipp von Hessberg	Ukendt	2136664
–	Rikke Xiao Lindbjerg	Lyngby OK	1504176
–	Rolf Andersen	Amager OK	1101952
–	Ronald Clausen	DSRs O-sektion	1502324
–	Ruth Aagard Hansen	OK Skärmen	355594
–	Sirius Aabye	Ballerup OK	443121
–	Stine Mackenhauer	Amager OK	1072008
–	Susanne Christiansen	Farum OK	1401489
–	Svend Erik Jensen	Ballerup OK	308133
–	Søren Albæk Jensen	Amager OK	2037684
–	Søren Christensen	OK Skärmen	8524558
–	Søren Kvist	OK Skärmen	8523642
–	Tonje Pihl	OK Roskilde	8524562
–	Uffe Albæk Garny	Amager OK	439489
–	Ulla Jacobsen	OK Skärmen	8524573
–	Vibeke Bøgevig	Søllerød OK	259135