



DATO	DISTANCE	VAND	RUTE	NAVN
13.11.2022	10 KM		https://www.plotaroute.com/route/1588882?units=km	Lersøparken & Tuborg havn
20.11.2022	11 KM		https://www.plotaroute.com/route/850717?units=km	Gentofte
27.11.2022	12 KM		https://www.plotaroute.com/route/818263?units=km	Utterslev Mose
04.12.2022	13 KM		https://www.plotaroute.com/route/850739?units=km	Vangede
11.12.2022	14 KM		https://www.plotaroute.com/route/1128611?units=km	Bellahøj
18.12.2022	15 KM		https://www.plotaroute.com/route/1989159?units=km	Gentofte Rådhus
25.12.2022	SELVTRÆNING 15 KM		https://www.plotaroute.com/route/915673?units=km	Skovshoved
31.12.2023	5 - 10 - 21,1 KM		SPARTA NYTÅRSLØB	Fælledparken
08.01.2022	16 KM		https://www.plotaroute.com/route/1379574?units=km	Femvejen & Parkovsvej
15.01.2022	18 KM		https://www.plotaroute.com/route/1385296?units=km	Nymosen
22.01.2022	19 KM		https://www.plotaroute.com/route/1614155?units=km	Havnen & Carlsberg
29.01.2022	20 KM		https://www.plotaroute.com/route/1725579?units=km	Damhussøen & Den grønne sti
05.02.2022	21 KM		https://www.plotaroute.com/route/1877813?units=km	Amager Strandpark
12.02.2022	22 KM		https://www.plotaroute.com/route/1433333?units=km	Damhusengen & Utterselv Mose
19.02.2022	23 KM		https://www.plotaroute.com/route/1725608?units=km	Klampenborgvej & Renden
26.02.2022	24 KM		https://www.plotaroute.com/route/1369790?units=km	Damhusengen
05.03.2022	5 - 10 - 21,1 KM		NIKE SPRING RUN	
12.03.2022	26 KM		https://www.plotaroute.com/route/1369806?units=km	Kastrup Strandpark
19.03.2022	26 KM		https://www.plotaroute.com/route/1334403?units=km	Valbyparken & Havnen
26.03.2022	26 KM		https://www.plotaroute.com/route/1457163?units=km	Den grønne sti & Sydhavnen
02.04.2022	27 KM		https://www.plotaroute.com/route/2062088?units=km	Basecamp & Lyngby Sø
09.04.2022	30 KM		https://www.plotaroute.com/route/1719616?units=km	Kongeruten - Raadvad
16.04.2022	24 KM		https://www.plotaroute.com/route/1128615?units=km	Renden & Dyrehaven
23.04.2022	22 KM		https://www.plotaroute.com/route/1269430?units=km	Amager Strandpark
30.04.2022	15 KM		https://www.plotaroute.com/route/915673?units=km	Skovshoved
07.05.2022	12 KM		https://www.plotaroute.com/route/1576908?units=km	Hellerup
14.05.2022	42,195 KM		Rute Copenhagen Marathon 2023	København