

**IFK-Træningsløb 30082016****Resultatliste pr Bane  
Havredal Plantage, nord****Banelægger: Kirsten Andersen**

Placering	Navn	Klasse	Klub	Tid	Points
<b>Bane 1</b>		<b>8,0 KM</b>			
1	Jan Nielsen	SSG	IFK	01:10:42	100
2	Christian Rasmussen	CIV	IFK	01:15:22	96
3	Henrik Gammelgaard	OS	IFK	01:19:17	92
4	Kai Hesselberg	MJ	IFK	01:26:49	84
5	Søren Bak	KN	722/IFK	01:39:14	72
6	Kim Magnussen	CIV	IFK	01:56:00	55
<b>Bane 2</b>		<b>6,1 KM</b>			
1	Lennart Kristiansen	OS	HJV/IFK	0:55:54	80
2	Michael Holm	CIV	IFK	0:56:49	79
3	Allan Pedersen	CIV	IFK	01:00:09	76
4	Flemming Just	SSG	IFK	01:03:58	72
5	Kristine Baagø	KN	IFK	01:08:50	67
6	Leif B. Nielsen	CIV	IFK	01:09:10	67
7	Lene Bejer	CIV	IFK	01:10:06	66
8	Lars-Ole Kopp	CIV	IFK	01:10:35	65
9	Thomas Jørgensen	CIV	IFK	01:14:30	61
10	K.E. Simonsen	SSG	IFK	01:21:03	55
11	Erik Mogensen	SSG	IFK	01:27:03	49
12	Per Skibsted	FSPC	ACW	01:27:39	48
13	P.E. Møller	CIV	IFK	01:33:28	43
14	P.M. Kristensen	CIV	IFK	01:34:28	42
15	Anita Mogensen	CIV	IFK	01:34:47	41
16	Bjarne Nyberg	CIV	IFK	01:42:11	34
<b>Bane 3</b>		<b>3,7 KM</b>			
1	Lars S. Jensen	OL	ACW	0:47:31	60
2	Inger Johansen	CIV	IFK	0:50:33	57
3	Dion Holm	CIV	IFK	0:51:20	57
4	Michael Aagaard	FSPC	IFK	0:54:38	53
5	Thomas Schrøder	MJ	IFK	0:58:23	50
6	Erik Libak	CIV	IFK	00:58:57	49
7	Palle Kyed	CIV	IFK	01:02:09	46
8	P.M. Eriksen	CIV	IFK	01:06:48	41
9	Ellen Brydsø	CIV	IFK	01:07:41	40
10	Hartvig Mathiasen	MJ	IFK	01:23:30	24