IFK træningsløb **Resultatliste** **16-04-2019**

Aunsbjerg/Vesterskov

Placering	Navn	Klub	Tid	Efter	Km tid	Points
	Bane 1 sværm 5,825km					
1	Jimmi Olsen	IFK.	46:21		07:57	100
2	Jan Nielsen	IFK.	49:41	03:20	08:31	97
3	Chr.l. Rasmussen	IFK.	54:57	08:36	09:26	92
4	Lennart Kristiansen	IFK-C	58:37	12:16	10:03	88
5	Mikkel Hagestrøm	IFK.	1:04:16	17:55	11:01	82
6	Kasper Hedegaard	Isg	1:05:25	19:04	11:13	81
7	Keld Rasmussen	IFK.	1:06:11	19:50	11:21	80
8	Kai Hesselberg	IFK-C	1:06:24	20:03	11:23	80
9	Keld E. Jørgensen	Sgi	1:07:31	21:10	11:35	79
10	Flemming Just	IFK-C	1:11:21	25:00	12:14	75
11	Gert Bertel	IFK-C	1:13:41	27:20	12:38	73
12	Carsten Helligsø	IFK.	1:13:49	27:28	12:40	73
13	Niels Stadel	IFK-C	1:16:58	30:37	13:12	70
14	Torben Hansen	IFK-C	1:38:20	51:59	16:52	48
15	Palle Maagaard	Isg	1:40:46	54:25	17:17	46
DSQ	Kristian Eriksen	Isg	1:23:58	DSQ Missed 050		1
	Bane 2 svær 4,1km		tid	efter	km tid	
1	Frede Truelsen	Holstebro	43:22		10:34	80
2	Ivan Pagh	IFK-C	45:06	01:44	11:00	78
3	Frederik Mariegaard	IFK.	45:41	02:19	11:08	78
4	Lene Bejer	IFK-C	45:50	02:28	11:10	78
5	Michel Dickenson	IFK-C	46:25	03:03	11:19	77
6	Knud Christensen	IFK-C	46:47	03:25	11:24	77
7	Jan Lauge	IFK-C	53:24	10:02	13:01	70
8	Lars Hoffmann	IFK-C	54:39	11:17	13:19	69
9	Kristian Buch	IFK.	54:59	11:37	13:24	69
10	Kirsten Andersen	IFK-C	55:02	11:40	13:25	68
11	Torben Pedersen	IFK-C	55:30	12:08	13:32	68
12	Anders Ingvardsen	Holstebro	56:42	13:20	13:49	67
13	Ole Frandsen	Holstebro	56:43	13:21	13:50	67
14	Kim Lund	IFK.	59:16	15:54	14:27	64
15	Lars Mikkelsen	IFK.	1:01:10	17:48	14:55	62
16	Henrik Hansen	IFK.	1:01:35	18:13	15:01	62
17	Erik Libak	IFK-C	1:03:07	19:45	15:23	60
18	Jørgen Kej	IFK-C	1:05:00	21:38	15:51	58
19	Oliver Holm	NOTEAM	1:07:21	23:59	16:25	56
20	Dion Holm	IFK.	1:07:23	24:01	16:26	56
21	Thomas Jørgensen	IFK-C	1:08:17	24:55	16:39	55
22	Erik Dag Nielsen	IFK-C	1:11:54	28:32	17:32	52
23	Tage Arent	IFK-C	1:14:52	31:30	18:15	49
DSQ	Anton	Isg	55:47			1
DSQ	Grethe Anæus	Viborg Ok	59:40	DSQ250 for 047		1

	Bane 3 m/svær 2,3km		tid	efter	km tid	
1	Karen Lisbeth Fredberg	IFK-C	37:41		16:23	60
2	Niclas Vestergaard	NOTEAM	46:22	08:41	20:09	51
3	Hartvig Mathiasen	IFK-C	52:27	14:46	22:48	45
4	Preben Munk	IFK-C	54:53	17:12	23:51	43
5	P.m. Kristensen	IFK-C	1:00:25	22:44	26:16	37
6	O.f.s. Nielsen	IFK-C	1:06:05	28:24	28:43	31
7	Jette Bay	NOTEAM	1:16:14	38:33	33:08	21
8	Jens Eskeldsen	IFK-C	1:18:52	41:11	34:17	19
DSQ	Magnus Asbjørn Bay	NOTEAM	32:05	DSQ Missed 175		1