

Resultatliste

Offisiell liste

Uhreskoven 25-08-2020

IFK Trænningsløb 25082020

plads	Navn	Klub	Tid	Efter	Km tid	Points
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Bane 1 svær**7,125 KM**

1	Lennart Bo Kristiansen	Ifk C	1:07:47		09:30	100
2	jan Nielsen	Ifk	1:10:22	02:35	09:52	97
3	Niels Stadel	Ifk C	1:12:47	05:00	10:12	95
4	Flemming Just	Ifk C	1:24:53	17:06	11:54	83

Bane 2 svær**5,35 KM**

1	Søren Elkjær	Ifk C	47:39		08:54	80
2	Kai Hesselberg	Ifk C	48:22	00:43	09:02	79
3	Christian Blom	Ifk	54:05	06:26	10:06	73
4	Frede Truelsen	Ifk C	54:06	06:27	10:06	73
5	Lasse Ssommer	Ifk	55:11	07:32	10:18	72
6	Lene Bejer	Ifk C	55:15	07:36	10:19	72
7	Anders Ingvarlsen	Ifk C	55:41	08:02	10:24	72
8	Ole Frandsen	Ifk C	55:45	08:06	10:25	72
9	Knud E. Christensen	Ifk C	57:29	09:50	10:44	70
10	Michael Dickenson	Ifk C	57:59	10:20	10:50	70
11	Torben Pedersen	ifk c	1:00:39	13:00	11:20	67
12	Inger Johansen	Ifk C	1:16:49	29:10	14:21	51
13	Ole Johnsen	Ifk C	1:20:02	32:23	14:57	47
14	Thomas Jørgensen	Ifk C	1:23:48	36:09	15:39	44
15	Andreas Elbæk	Ifk	1:28:51	41:12	16:36	39

Bane 3 m/svær**3,2 KM**

1	Ivan Pagh	Ifk C	36:09		11:17	60
2	Jacob Søderberg	Ifk	38:36	02:27	12:03	58
3	Lars Hoffmann	Ifk C	42:05	05:56	13:09	54
4	Villy Jensen	Ifk C	46:45	10:36	14:36	50
5	Erik Libak	Ifk C	49:20	13:11	15:25	47
6	Mikkel Blicher	Ifk	50:53	14:44	15:54	46
7	Bjarne Nyberg	Ifk C	51:17	15:08	16:01	45
8	Bo Pårup-Laursen	Ifk C	57:51	21:42	18:04	39
9	O.f.s. Nielsen	Ifk C	1:03:30	27:21	19:50	33
10	Preben Munk	Ifk C	1:05:50	29:41	20:34	31
11	Palle Kyed	Ifk C	1:06:50	30:41	20:53	30
12	Jens Eskildsen	Ifk C	1:30:00	53:51	28:07	6