

IFK O træningsløb		Resultatliste		19-apr-16		
Sdr.Resen naturpark		Offisiell liste				
Placering	Navn	Klub	Tid	Efter	Km tid	Points
<b>Bane 1</b>		<b>5,95 KM</b>				
1	christian hedelund	IFK	56:28		09:29	100
2	chr.l rasmussen	IFK	57:43	01:15	09:42	99
3	kim magnussen	IFK	1:05:28	09:00	11:00	91
4	mikkel hagstrøm	IFK	1:06:51	10:23	11:14	90
5	henrik gammelgaard	IFK	1:07:01	10:33	11:15	89
6	jan nielsen	IFK	1:07:46	11:18	11:23	89
7	knud.e. christensen	IFK C	1:17:32	21:04	13:01	79
8	lennart christiansen	IFK C	1:20:20	23:52	13:30	76
9	michael filyo	IFK C	1:22:30	26:02	13:51	74
10	anders friis	IFK	1:26:25	29:57	14:31	70
11	k.e. jørgensen	ISG	1:28:55	32:27	14:56	68
12	rene rasmussen	IFK	1:40:24	43:56	16:52	56
<b>Bane 2</b>		<b>4,175 KM</b>				
1	jørn svensen	IFK	45:09		10:48	80
2	hans peter rosholm	IFK	1:00:41	15:32	14:32	65
3	michael dickenson	IFK C	1:00:57	15:48	14:35	65
4	<b>lene bejer</b>	IFK C	1:02:09	17:00	14:53	63
5	preben betzer	IFK	1:05:11	20:02	15:36	60
6	frede rasmussen	IFK C	1:05:55	20:46	15:47	60
7	erik mogensen	IFK	1:09:55	24:46	16:44	56
8	uffe dregaard jensen	IFK	1:10:49	25:40	16:57	55
9	flemming just	IFK C	1:12:50	27:41	17:26	53
10	michael holm	IFK C	1:14:09	29:00	17:45	51
11	<b>anita mogensen</b>	IFK C	1:14:14	29:05	17:46	51
12	p.s. kristensen	IFK	1:15:13	30:04	18:00	50
13	flemming sasser	IFK C	1:17:20	32:11	18:31	48
14	thomas jørgensen	IFK C	1:21:49	36:40	19:35	44
15	bjarne østergaard	IFK	1:28:28	43:19	21:11	37
16	thomas schrøder	IFK C	1:28:29	43:20	21:11	37
17	torben hansen	IFK C	1:30:12	45:03	21:36	35
18	p.e. møller + p.m.kris	IFK C	1:34:32	49:23	22:38	31
19	P.M.Kristensen	IFKC	1:34:33	49:24	22:39	31
20	o.f.s nielsen	IFK C	1:53:17	1:08:08	27:08	12
21	claus faber	IFK C	59:38			1
22	martin carlstedt	IFK	1:03:35			1
23	p.b. nielsen	IFK	1:39:55			1
<b>Bane 3</b>		<b>2,125 KM</b>				
1	<b>tina haarup</b>	IFK	36:26		17:08	60
2	k.e. simonsen	IFK	42:54	06:28	20:11	54
3	<b>inger knudsen</b>	IFK C	43:00	06:34	20:14	53
3	<b>pernille jensen</b>	ISG	43:00	06:34	20:14	53

5	åge knudsen	IFK C	49:32	13:06	23:18	47
6	michael aagaard	IFK	52:08	15:42	24:32	44
7	dian holm	IFK	54:37	18:11	25:42	42
8	preben munk	IFK C	56:23	19:57	26:32	40
9	erik liebak	IFK C	1:02:32	26:06	29:25	34
10	kim støvring	ISG	1:04:07	27:41	30:10	32
11	<b>inger johansen</b>	IFK C	1:12:32	36:06	34:08	24
12	hartvig mathiasen	IFK C	1:20:05	43:39	37:41	26

eTiming - [www.emit.no](http://www.emit.no)