

IFK- Træningsløb

Offisiell liste

Banelægger; Rikke&LOK

Resultatliste

Søndre Felborg Plantage 07-02-2023

plads	Bane1 svær	7 KM	Tid	Efter	Km tid	Points
1	Jan Nielsen	IFK	59:02		08:26	100
2	Marianne Lynge Krogh	Ifk-C	1:00:53	01:51	08:41	99
3	Lennart Christiansen	Ifk-C	1:02:57	03:55	08:59	97
4	Kent Kristensen	Ifk-C	1:06:15	07:13	09:27	93
5	Kai Hesselberg	Ifk-C	1:12:20	13:18	10:20	87
6	Knud Søndergaard	IFK	1:15:11	16:09	10:44	84
7	Jakob Berg	Ifk-C	1:15:41	16:39	10:48	84
8	Nicki	Viborg Ok	1:15:46	16:44	10:49	84
9	Søren Klingenberg	IFK	1:36:23	37:21	13:46	63
10	Brian Grøngaard	Ifk-C	1:36:39	37:37	13:48	63

	Bane2 svær	5,25 KM	Tid	Efter	Km tid	Points
1	Mogens Vennevold	Ifk-C	45:31		08:40	80
2	Rolf Duedal	Ifk-C	48:52	03:21	09:18	77
3	Annette Lund	Ifk-C	50:02	04:31	09:31	75
4	Lene Bejer	Ifk-C	50:45	05:14	09:40	75
5	Kim Tang	IFK	52:33	07:02	10:00	73
6	Jan Bjerregaard	IFK	52:34	07:03	10:00	73
7	Tue Stausholm	Isg	52:52	07:21	10:04	73
8	Steen Frandsen	Ifk-C	53:50	08:19	10:15	72
9	Leif Rønn Olsen	Ifk-C	54:08	08:37	10:18	71
10	Flemming Just	Ifk-C	1:00:28	14:57	11:31	65
11	Max Hansen	Ifk-C	1:01:14	15:43	11:39	64
11	Erik Jungdal	Ifk-C	1:01:14	15:43	11:39	64
13	Jan Lauge	Ifk-C	1:01:40	16:09	11:44	64
14	Knud Kristensen	Ifk-C	1:02:20	16:49	11:52	63
15	Kurt Petersen	Faaborg Ok	1:02:29	16:58	11:54	63
16	Inger Johansen	Ifk-C	1:03:01	17:30	12:00	62
17	Frede Rasmussen	Ifk-C	1:03:13	17:42	12:02	62
18	Lars Hoffmann	Ifk-C	1:05:09	19:38	12:24	60
19	Gitte Isen	Ifk-C	1:05:21	19:50	12:26	60
20	Frants Nielsen	Ifk-C	1:06:56	21:25	12:44	59
21	Peer Straarup	Ifk-C	1:09:47	24:16	13:17	56
22	Ole Johnsen	Ifk-C	1:11:39	26:08	13:38	54
23	Kim Emborg	Karup Ok	1:15:58	30:27	14:28	50
24	Hans Christian Strib	Ifk-C	1:16:07	30:36	14:29	49
25	John Krarup	Ifk-C	1:25:01	39:30	16:11	40
DSQ	Jørgen Mynster-Svensen	Ifk-C	47:12			1
NC	Carl Malling	Ifk-C				UFK

	Bane 3 m.svær	3,075 KM	Tid	Efter	Km tid	Points
1	Søren Elkjær	Ifk-C	27:45		09:01	60
2	Ivan Pagh	Ifk-C	35:25	07:40	11:31	52
3	Inge Løvig	Ifk-C	35:38	07:53	11:35	52
4	Wilbert Lyngsø	Ifk-C	35:39	07:54	11:35	52
5	Kai Ole Jensby	Ifk-C	35:59	08:14	11:42	52
6	Bent Aakjær	OOK	36:00	08:15	11:42	51
7	Torben Isen	Ifk-C	37:00	09:15	12:01	50
8	Michael Dickenson	Ifk-C	37:58	10:13	12:20	50
9	Susanne Baun	Ifk-C	38:14	10:29	12:26	49
10	Anders Ingvarlsen	Ifk-C	38:16	10:31	12:26	49
11	Ole Frandsen	Ifk-C	38:38	10:53	12:33	49
12	Poul Nøhr	Ifk-C	39:50	12:05	12:57	48
13	Tage Baun	Ifk-C	40:17	12:32	13:06	47
14	Frede Truelsen	Ifk-C	40:23	12:38	13:07	47
15	Flemming Sasser	Ifk-C	41:57	14:12	13:38	46
16	Bo Paarup-Laursen	Ifk-C	45:25	17:40	14:46	42
17	Christian Als	Ifk-C	45:39	17:54	14:50	42
18	Thomas Schrøder	Ifk-C	46:47	19:02	15:12	41
19	Tove Straarup	Ifk-C	47:00	19:15	15:17	40
20	Thomas Jørgensen	Ifk-C	47:40	19:55	15:30	40
21	Asger Kristensen	Ifk-C	47:46	20:01	15:32	40
22	Lisbeth Sortkjær	Ifk-C	48:41	20:56	15:49	39
23	Erik Libak	Ifk-C	51:20	23:35	16:41	36
24	Jens, Claus Eskildsen,	Ifk-C	52:32	24:47	17:05	35
25	Palle Kyed	IFK	54:40	26:55	17:46	33
26	Palle Møller Nielsen	Ifk-C	55:33	27:48	18:03	32
27	Preben Munk	Ifk-C	58:33	30:48	19:02	29
28	Poul Erik Møller	Ifk-C	59:45	32:00	19:25	28
29	P.m. Kristensen	Ifk-C	59:58	32:13	19:30	28
30	Jan Pedersen	Ifk-C	1:00:00	32:15	19:30	27
31	Torben Hansen	Ifk-C	1:01:35	33:50	20:01	26
32	Ellen Brydsø	Ifk-C	1:02:33	34:48	20:20	25
33	Bitten Nielsen	Ifk-C	1:05:21	37:36	21:15	22
34	Peter Kjeldstrup	IFK	1:06:29	38:44	21:37	21
35	Dion Holm	Ifk-C	1:09:51	42:06	22:42	18