

IFK-træningsløb
Banelægger: John&LOK
Bane 1 svær

Resultatliste
Offisiell liste
5,425 KM

Stenholt Skov 21-03-2023

plads	Navn	Klub	Tid	Efter	Km tid	Points
1	Jimmi Olsen	IFK-C	47:12		08:42	100
2	Morten Kjær	IFK-C	49:24	02:12	09:06	98
3	Jan Nielsen	IFK	50:37	03:25	09:19	97
4	Marianne Lynge Krog	Kolding OK	50:48	03:36	09:21	97
5	Jess Rasmussen	IFK-C	51:32	04:20	09:29	96
6	Keld Gade	IFK-C	53:59	06:47	09:57	94
7	Lennart Bo kristiansen	IFK-C	56:19	09:07	10:22	91
8	Arne Moe Jensen	IFK-C	57:50	10:38	10:39	90
9	Søren Klingenberg	IFK-C	57:58	10:46	10:41	90
10	Varny Vestergaard	IFK-C	58:22	11:10	10:45	89
11	Mogens Vennevold	IFK-C	58:32	11:20	10:47	89
12	Kai Hesselberg	IFK-C	1:01:12	14:00	11:16	86
13	Erik Jungdal	IFK-C	1:06:14	19:02	12:12	81
14	Torben Isen	IFK-C	1:10:30	23:18	12:59	77
15	Henrik Jægerfeldt	IFK	1:15:30	28:18	13:55	72
16	Kurt Petersen	IFK-C	1:17:06	29:54	14:12	70
17	Gitte Isen	IFK-C	1:17:34	30:22	14:17	70
18	Lars Hoffman	IFK-C	1:36:28	49:16	17:46	51
19	Erling Trankjær	IFK-C	1:43:12	56:00	19:01	44
DSQ	Kim Emborg	IFK-C	1:26:24			1
NC	Grethe Anæus	IFK-C				Ikke i konk.
NC	Carl Malling	IFK-C				Ikke i konk.
NC	Max Hansen	IFK-C				Ikke i konk.

Bane 2 svær

3,725 KM

plads	Navn	Klub	Tid	Efter	Km tid	Points
1	Jørgen Münster Svensen	IFK-C	37:53		10:10	80
2	Stig Barret	IFK-C	42:03	04:10	11:17	75
3	Peer Straarup	IFK-C	42:30	04:37	11:24	75
4	Jan Lauge	IFK-C	44:59	07:06	12:04	73
5	Michael Dickenson	IFK-C	46:55	09:02	12:35	71
6	Steen Frandsen	IFK-C	47:14	09:21	12:40	70
7	Annette Pind	IFK-C	47:32	09:39	12:45	70
8	Tove Straarup	IFK-C	48:38	10:45	13:03	68
9	Wilbert Lyngsø	IFK-C	51:19	13:26	13:46	66
10	Bent Aakjær	Ook	52:28	14:35	14:05	65
11	Susanne Baun	IFK-C	54:32	16:39	14:38	63
12	Flemming Sasser	IFK-C	54:52	16:59	14:43	63
13	Eigil Skammelsen	IFK-C	55:56	18:03	15:00	62
14	Flemming Just	IFK-C	56:09	18:16	15:04	61
15	Frede Truelsen	IFK-C	58:19	20:26	15:39	59
16	Jacob Søderberg	IFK-C	58:49	20:56	15:47	59
17	Ann Dorrit Hansen	IFK-C	1:01:14	23:21	16:26	56
18	Pia Gade	IFK-C	1:03:38	25:45	17:04	54

19	Frants Nielsen	IFK-C	1:05:51	27:58	17:40	52
20	N.p. Nielsen	IFK-C	1:10:39	32:46	18:57	47
21	Torben Hansen	IFK-C	1:14:57	37:04	20:07	43
DSQ	Poul Erik Buch	OK GORM	43:57			1
DSQ	Jørgen Jørgensen	IFK-C	52:51			1
DSQ	Nelly Skammelsen	IFK-C	1:14:22			1
DSQ	Bitten Nielsen	IFK-C	1:48:49			1

Bane 3 m.svær

2,725 KM

plads	Navn	Klub	Tid	Efter	Km tid	Points
1	Søren Elkjær	IFK-C	29:19		10:45	60
2	Villy Jensen	IFK-C	38:09	08:50	14:00	51
3	Inger Johansen	IFK-C	40:04	10:45	14:42	49
4	Preben Betzer	IFK-C	44:06	14:47	16:11	45
5	Thomas Jørgensen	IFK-C	48:21	19:02	17:44	41
6	Preben Munk	IFK-C	50:41	21:22	18:35	39
7	Palle Kyed	IFK-C	51:03	21:44	18:44	38
8	Jens Eskildsen	IFK-C	54:50	25:31	20:07	35
9	Benny Johansen	IFK-C	56:47	27:28	20:50	33
10	Poul E. Møller	IFK-C	59:33	30:14	21:51	30
11	Ivan Pagh	IFK-C	59:38	30:19	21:53	30
12	Palle M. Nielsen	IFK-C	59:54	30:35	21:58	30
13	Otto F.s. Nielsen	IFK-C	1:00:04	30:45	22:02	29
14	Asger Kristensen	IFK-C	1:13:32	44:13	26:59	26
DSQ	Dion Holm	IFK-C	1:01:34			1
DSQ	Kai Ove Jensby	IFK-C	1:13:04			1
NC	Jan Petersen	IFK-C				Ikke i konk.