

IFK-Træningsløb
Banelægger: LOK

Resultatliste pr Bane
Offisiell liste

Engesvang/Bøllingsø 25-11-2025

plads	Navn	Klasse	Klub	Tid	Efter	Km tid	Points
Bane 3		7,025 KM					
1	Søren Mikkelsen	Bane 1	IFK	52:57		07:32	100
2	Morten Hygum	Bane 1	IFK	56:22	03:25	08:01	96
3	Chr.l. Ramussen	Bane 1	IFK	1:00:43	07:46	08:38	92
4	Jess Rasmussen	Bane 1	IFK-C	1:01:14	08:17	08:42	91
5	Per Baune	Bane 1	IFK	1:02:53	09:56	08:57	90
6	Marianne Lynge Krogh	Bane 1	IFK-C	1:03:02	10:05	08:58	89
7	Jan Nielsen	Bane 1	IFK	1:06:32	13:35	09:28	86
8	Jens Ozol	Bane 1	IFK-C	1:07:28	14:31	09:36	85
9	Kenn Kristensen	Bane 1	IFK-C	1:07:30	14:33	09:36	85
10	Kai Hesselberg	Bane 1	IFK-C	1:09:11	16:14	09:50	83
11	Lennart Bo Kristiansen	Bane 1	IFK-C	1:07:28		DSQ	1

Bane 2		5,55 KM	Klub	Tid	Efter	Km tid	Points
1	Mogens Vennevold	Bane 2	IFK-C	50:36		09:07	80
2	Keld Gade	Bane 2	IFK-C	54:57	04:21	09:54	76
3	Lene Bejer	Bane 2	IFK-C	57:02	06:26	10:16	73
4	Erik Ljungdahl	Bane 2	IFK-C	58:37	08:01	10:33	72
5	Arne Moe Jensen	Bane 2	IFK-C	58:47	08:11	10:35	72
6	Erik Krogh	Bane 2	IFK-C	59:07	08:31	10:39	71
7	Anette Pind	Bane 2	IFK-C	59:27	08:51	10:42	71
8	Torben Isen	Bane 2	IFK-C	1:03:37	13:01	11:27	67
9	Rikke Agerskov	Bane 2	IFK-C	1:04:41	14:05	11:39	66
10	Lars Hoffmann	Bane 2	IFK-C	1:12:53	22:17	13:07	58
11	Jørgen Jørgensen	Bane 2	IFK-C	1:13:40	23:04	13:16	57
12	Gitte Isen	Bane 2	IFK-C	1:15:48	25:12	13:39	55
13	Hans Jørgen Hvalsø	Bane 2	IFK-C	1:16:35	25:59	13:47	54
14	Erik Damgaard	Bane 2	IFK-C	55:06		DSQ	1
15	Jakob Gibskov	Bane 2	IFK-C	56:47		DSQ	1
16	Frede Rasmussen	Bane 2	IFK-C	1:11:41		DSQ	1

Bane 3		3,25 KM	Klub	Tid	Efter	Km tid	Points
1	Johnie Laursen	Bane 3	IFK-C	32:39		10:02	60
2	Jørgen Münster-Swends	Bane 3	IFK-C	32:45	00:06	10:04	60
3	Søren Elkjær	Bane 3	IFK-C	34:06	01:27	10:29	58
4	Birgitte Jørgensen	Bane 3	IFK-C	35:59	03:20	11:04	57
5	Gert Bertel	Bane 3	IFK-C	38:35	05:56	11:52	54
6	Susanne Baun	Bane 3	IFK-C	41:03	08:24	12:37	51
7	Steen Frandsen	Bane 3	IFK-C	45:38	12:59	14:02	47
8	Ivan Pagh	Bane 3	IFK-C	45:53	13:14	14:07	47
9	Jan Lauge	Bane 3	IFK-C	47:42	15:03	14:40	45
10	Flemming Sasser	Bane 3	IFK-C	49:25	16:46	15:12	43

11	Wilbert Lyngsø	Bane 3	IFK	50:07	17:28	15:25	42
12	Inger Johansen	Bane 3	IFK-C	50:47	18:08	15:37	42
13	Flemming Just	Bane 3	IFK-C	51:57	19:18	15:59	41
14	Christian Als	Bane 3	IFK-C	55:29	22:50	17:04	37
15	John Krarup	Bane 3	IFK-C	58:28	25:49	17:59	34
16	Pia Gade	Bane 3	IFK-C	58:33	25:54	18:00	34
17	P.e. Møller	Bane 3	IFK-C	59:06	26:27	18:11	33
18	Benny Johansen	Bane 3	IFK-C	1:00:11	27:32	18:31	32
19	Asger Kristensen	Bane 3	IFK-C	1:00:53	28:14	18:44	32
20	Gunnar Germandsen	Bane 3	IFK-C	1:04:31	31:52	19:51	28
21	Vibeke Vogelius	Bane 3	IFK-C	1:05:56	33:17	20:17	27
22	Zoe Vogelius	Bane 3	IFK-C	1:05:57	33:18	20:17	27
23	Palle Kyed	Bane 3	IFK-C	1:06:43	34:04	20:31	26
24	Hans Kristian Sønderriis	Bane 3	IFK-C	1:13:18	40:39	22:33	19
25	Erik Libak	Bane 3	IFK-C	1:17:13	44:34	23:45	15
26	Dion Holm	Bane 3	IFK-C	1:28:35	55:56	27:15	4
27	O.f.s Nilesen	Bane 3	IFK-C	1:28:55	56:16	27:21	4
28	Preben Munk Eriksen	Bane 3	IFK-C			DNF	1