

IFK-Aunsbjerg**Mellem- og Bakkeskoven 04-08-2026**

plads	Navn	Klub	Tid	Efter	Km tid	Points
	Bane 1	5,975 KM				
1	Søren Mikkelsen	IFK	59:41		09:59	100
2	Jess Rasmussen	IFK-C	1:01:21	01:40	10:16	98
3	Jan Nielsen	IFK	1:09:43	10:02	11:40	90
4	Lennart Bo Kristiansen	IFK-C	1:11:37	11:56	11:59	88
5	Per Baune	IFK	1:12:41	13:00	12:09	87
6	Kai Hesselberg	IFK-C	1:14:36	14:55	12:29	85
7	Steen Christoffersen	IFK-C	1:30:56	31:15	15:13	69
8	Mads Rabek	IFK-C	1:31:01	31:20	15:13	68
9	Flemming J. Adamsson	IFK	1:38:45	39:04	16:31	61
10	Flemming Ro Jensen	IFK-C	1:42:01	42:20	17:04	57
11	Gunnar Hansen	IFK-C	1:51:45	52:04	18:42	48
12	Thomas Brokside	IFK				1

Bane 2**4,375 KM**

1	Chr. L. Rasmussen	IFK	45:22		10:22	80
2	Britta Ank Pedersen	IFK-C	56:39	11:17	12:56	69
3	Erik Damgaard	IFK-C	1:00:36	15:14	13:51	65
4	Keld Gade	IFK-C	1:01:04	15:42	13:57	64
5	Rikke Agerskov	IFK-C	1:03:19	17:57	14:28	62
6	Hans Aage Hvalsøe	IFK-C	1:03:48	18:26	14:34	62
7	Erik Jungdal	IFK-C	1:05:12	19:50	14:54	60
8	Jacob Gibskov	IFK	1:05:24	20:02	14:56	60
9	Lars Hoffmann	IFK-C	1:14:12	28:50	16:57	51
10	Lise Adamsson	IFK	1:02:35			1
11	Hans Jørgen Vad	IFK-C	1:14:41			1
12	Carl Malling	IFK-C				1

Bane 3**3,2 KM**

1	Gert Bertel	IFK-C	42:26		13:15	60
2	Arne Moe Jensen	IFK-C	43:14	00:48	13:30	59
3	Jørgen Münster-Swends	IFK-C	44:15	01:49	13:49	58
4	Ivan Pagh	IFK-C	50:00	07:34	15:37	52
5	Christian Biering	IFK	50:28	08:02	15:46	52
6	Michael Dixkensson	IFK-C	55:14	12:48	17:15	47
7	Jan Lauge	IFK-C	56:17	13:51	17:35	46
8	Flemming Just	IFK-C	57:30	15:04	17:58	45
9	Birthe Helms	IFK-C	1:02:43	20:17	19:35	40
10	Clive Allan	IFK-C	1:03:11	20:45	19:44	39
11	Lisbeth Sortkjær	IFK-C	1:05:06	22:40	20:20	37
12	Gunnar Germansen	IFK-C	1:11:47	29:21	22:25	31
13	John Krarup	IFK-C	1:12:52	30:26	22:46	30

14	Poul Erik Møller	IFK-C	1:16:40	34:14	23:57	26
15	Kjeld Tidemand	IFK-C	1:18:24	35:58	24:30	24
16	Carsten Helligsø	IFK-C	50:10			1
17	Claus Faber	IFK-C				1
18	Benny Johansen	IFK-C				1

Bane 4

2 KM

1	Christian Als	IFK-C	40:59		20:29	40
2	Palle Kyed	IFK-C	56:17	15:18	28:08	24
3	Erik Libak	IFK-C	1:05:19	24:20	32:39	15
4	Dion Holm	IFK	1:09:35	28:36	34:47	11