

## IFK træningsløb 221116 Resultatliste

Sten-Ulvedal plantage 22-11-2016

Banelægger: LOK

Offisiell liste

Plac.	Navn	Klub	Tid	Efter	Km tid	Points
<b>Bane1</b>		6,2 KM				
1	Christian Hedelund	IFK	41:31		06:41	100
2	Jimmi Olsen	IFK	43:59	02:28	07:05	98
3	Michael Filyo	IFK C	48:34	07:03	07:50	93
4	jan Nielsen	IFK	50:36	09:05	08:09	91
5	Lennart Christiansen	IFK C	53:36	12:05	08:38	88
6	Kai Hesselberg	IFK C	57:33	16:02	09:16	84
7	Andreas Mathiasen	IFK	1:03:04	21:33	10:10	78
8	Kim Magnussen	IFK	1:03:48	22:17	10:17	78
9	Per Skibsted Kristensen	IFK	1:09:02	27:31	11:08	72
10	Flemming Sasser	IFK C	1:09:41	28:10	11:14	72
11	Bjarne Egtved	NOTEAM	1:10:07	28:36	11:18	71
12	Frede Rasmussen	IFK C	1:11:29	29:58	11:31	70
13	Torben Isen	IFK C	1:11:34	30:03	11:32	70
14	Anders Friis	IFK	1:12:27	30:56	11:41	69
15	John Krarup	IFK C	1:22:46	41:15	13:20	59
DSQ	Torben Hansen	IFK C	1:10:00			1
<b>Bane 2</b>		4,175 KM				
1	K.e. Christensen	IFK C	37:31		08:59	80
2	Søren Elkjær	IFK C	40:31	03:00	09:42	77
3	Ivan Pagh	IFK C	44:58	07:27	10:46	73
4	Inger Johansen	IFK C	49:24	11:53	11:49	68
5	Kristian Buch	IFK	51:09	13:38	12:15	66
6	Wilbert Lyngsø	IFK C	51:18	13:47	12:17	66
7	Michael Holm	IFK C	51:34	14:03	12:21	66
8	Thomas Jørgensen	IFK C	52:21	14:50	12:32	65
9	Flemming Just	IFK C	54:32	17:01	13:03	63
10	Thomas Schrøder	IFK C	55:18	17:47	13:14	62
11	Erik Libak	IFK C	56:10	18:39	13:27	61
12	K.e. Simonsen	IFK C	58:00	20:29	13:53	59
13	Anita Mogensen	IFK C	58:51	21:20	14:05	59
14	Asger Kristensen	IFK C	59:48	22:17	14:19	58
15	Tom Hjortsø	IFK	1:10:49	33:18	16:57	47
16	Bo Paarup-Lauritsen	IFK	1:12:24	34:53	17:20	45
17	Palle Kyed	IFK	1:15:30	37:59	18:05	42
18	O.f.s Nielsen	IFK C	1:17:00	39:29	18:26	40
19	P-E. Møller	IFK C	1:18:42	41:11	18:51	39
20	Stine Nielsen	IFK	1:24:31	47:00	20:14	33
21	Bitten Nielsen	IFK C	1:30:17	52:46	21:37	27
22	Per Bødskov	IFK C	1:36:07	58:36	23:01	21
DSQ	erik Dag Nielsen	IFK	1:13:04			1
DSQ	P.m. Kristensen	IFK C	1:18:18			1

<b>Bane 3</b>		2,8 KM				
1	Frants Nielsen	IFK C	33:30		11:57	60
2	Preben Betzer	IFK	34:16	00:46	12:14	59
3	Dion Hoilm	IFK	37:35	04:05	13:25	56
4	Ejgil Pedersen	IFK C	39:20	05:50	14:02	54
5	Aage Knudsen	IFK C	42:32	09:02	15:11	51
6	Preben Munk	IFK C	43:26	09:56	15:30	50
7	Inger Knudsen	IFK C	43:58	10:28	15:42	50
8	Hans Chr. Sønderris	IFK C	44:36	11:06	15:55	49
9	Michael Aagaard	IFK	46:27	12:57	16:35	47
10	Ellen Brydsø	IFK C	58:21	24:51	20:50	45
	DSQ L.s. Jensen	IFK	49:36			1

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