## IFK træningsløb 020517 — 02-05-2017 — Sdr.Resen Naturpark

**Banelægger Lars Ole Kopp**

**Offisiell liste** Resultatliste

| plads | Navn | Klub | Tid | Efter | Km tid | Points |
|---|---|---|---|---|---|---|
| | **Bane 1 svær 6,7km** | | | | | |
| 1 | Chr.l. Rasmussen | Ifk | 1:11:14 | | 10:37 | 100 |
| 2 | Michael Filyo | SOK | 1:13:58 | 02:44 | 11:02 | 98 |
| 3 | Henrik Gammelgaard | Ifk | 1:14:28 | 03:14 | 11:06 | 97 |
| 4 | Jan Nielsen | Ifk | 1:14:58 | 03:44 | 11:11 | 97 |
| 5 | Lennart Kristiansen | Ifk C | 1:15:07 | 03:53 | 11:12 | 96 |
| 6 | Jacob Berg | Ifk | 1:36:18 | 25:04 | 14:22 | 75 |
| 7 | Pir | Ifk | 1:36:24 | 25:10 | 14:23 | 75 |
| | **Bane 2 svær 5,05km** | | tid | efter | km tid | point |
| 1 | Pelle Sonne | Isg | 1:01:01 | | 12:04 | 80 |
| 2 | K.e. Kristensen | Ifk C | 1:01:54 | 00:53 | 12:15 | 80 |
| 3 | Kaj Hesselberg | Ifk C | 1:13:42 | 12:41 | 14:35 | 68 |
| 4 | N. Brandstrup | Isg | 1:14:03 | 13:02 | 14:39 | x |
| 5 | Daniel Blengsli | Igr | 1:15:06 | 14:05 | 14:52 | x |
| 5 | Rasmus Karlshøj | Igr | 1:15:06 | 14:05 | 14:52 | x |
| 7 | Marko Grogvic | Igr | 1:15:07 | 14:06 | 14:52 | x |
| 8 | **Lene Bejer** | Ifk C | 1:16:51 | 15:50 | 15:13 | 65 |
| 9 | Frede Rasmussen | Ifk C | 1:18:29 | 17:28 | 15:32 | 63 |
| 10 | Lars Hoffmann | Ifk | 1:18:50 | 17:49 | 15:36 | 63 |
| 11 | Poul Nørh | Ifk C | 1:22:10 | 21:09 | 16:16 | 59 |
| 12 | Christian Jansen | Ifk | 1:25:52 | 24:51 | 17:00 | 56 |
| 13 | Flemming Just | Ifk C | 1:27:37 | 26:36 | 17:20 | 54 |
| 14 | Thomas Schrøder | Ifk C | 1:28:38 | 27:37 | 17:33 | 53 |
| 15 | **Anita Mogensen** | Ifk C | 1:30:19 | 29:18 | 17:53 | 51 |
| 16 | Poul Rasmussen | Igr | 1:33:48 | 32:47 | 18:34 | x |
| 17 | Josofsen | Igr | 1:36:51 | 35:50 | 19:10 | x |
| 18 | Kudsk | Igr | 1:37:05 | 36:04 | 19:13 | x |
| 19 | Morten Børre | Ifk | 1:40:18 | 39:17 | 19:51 | 41 |
| 20 | Charlotte Olesen | Ifk C | 1:47:09 | 46:08 | 21:13 | 34 |
| 21 | Peter Dokcor | Igr | 2:17:01 | 1:16:00 | 27:07 | 4 |
| DSQ | Jan Voss | Ifk | 1:09:01 | DSQ Missed 061 | | 1 |
| DSQ | Jonas Friis | Ifk | 1:09:03 | DSQ Missed 061 | | 1 |
| DSQ | Brian Holmgaard Mortensen | Ifk | 1:09:03 | DSQ Missed 061 | | 1 |
| DSQ | Morten Sørensen | Ifk | 1:13:24 | DSQ Missed 061 | | 1 |
| DSQ | chris Madsen | Ifk | 1:13:25 | DSQ Missed 061 | | 1 |
| DSQ | Nicolai Salomsen | Ifk | 1:13:30 | DSQ Missed 061 | | 1 |
| DSQ | Chan | Isg | 1:14:02 | DSQ Missed 175 | | 1 |
| DSQ | casper Larsen | Ifk | 1:14:36 | DSQ Missed 061 | | 1 |
| DSQ | Simon Kjeldgaard | Ifk | 1:14:44 | DSQ Missed 061 | | 1 |
| DSQ | Allan Pedersen | Ifk C | 1:15:54 | DSQ250 for 032 | | 1 |
| DSQ | Hedegaard | Igr | 1:29:53 | DSQ Missed 041 | | 1 |

| | **Bane 3 m.svær 3,35km** | | tid | efter | km tid | point |
|---|---|---|---|---|---|---|
| 1 | Rasmus Larsen | Igr | 35:24 | | 10:34 | 60 |
| 2 | Morten Misser | Igr | 35:41 | 00:17 | 10:39 | 60 |
| 3 | Søren Ottosen | Igr | 35:47 | 00:23 | 10:40 | x |
| 4 | Søren Elkjær | Viborg Ok | 37:03 | 01:39 | 11:03 | x |
| 5 | Ian B.hansen | Igr | 37:09 | 01:45 | 11:05 | x |
| 6 | Martin Lunddorf | Igr | 41:32 | 06:08 | 12:23 | x |
| 7 | Mads Dirksen | Igr | 44:04 | 08:40 | 13:09 | x |
| 8 | Andreas Frederiksen | Igr | 44:11 | 08:47 | 13:11 | x |
| 8 | Joakim Juul-Nyholm | Igr | 44:11 | 08:47 | 13:11 | x |
| 10 | Pelle Sonne | Isg | 46:29 | 11:05 | 13:52 | x |
| 11 | **Tina Haagard** | Ifk | 48:17 | 12:53 | 14:24 | 60 |
| 12 | Dian Holm | Ifk | 52:02 | 16:38 | 15:31 | 56 |
| 13 | Jørgensen | Isg | 53:42 | 18:18 | 16:01 | 55 |
| 14 | Thomas Jørgensen | Ifk C | 54:04 | 18:40 | 16:08 | 54 |
| 15 | M. Dogan | Isg | 54:55 | 19:31 | 16:23 | x |
| 16 | Rene Guldager | Isg | 56:02 | 20:38 | 16:43 | x |
| 17 | Jens Jakobsen | Igr | 56:55 | 21:31 | 16:59 | x |
| 18 | C.h. Rasmussen | Ifk | 58:20 | 22:56 | 17:24 | 50 |
| 19 | **Susanne Marcher** | Ifk | 1:00:46 | 25:22 | 18:08 | 48 |
| 20 | John Krarup | Ifk C | 1:03:01 | 27:37 | 18:48 | 47 |
| 21 | Henrik Sørensen | Igr | 1:03:53 | 28:29 | 19:04 | 46 |
| 22 | P.E. Møller | Ifk C | 1:04:56 | 29:32 | 19:22 | 45 |
| 23 | Erik Libak | Ifk C | 1:05:38 | 30:14 | 19:35 | 43 |
| 24 | P.M. Kristensen | Ifk C | 1:06:33 | 31:09 | 19:51 | 42 |
| 25 | Palle Kyed | Ifk | 1:07:07 | 31:43 | 20:02 | 41 |
| 26 | **Ellen Brydsø** | Ifk C | 1:09:04 | 33:40 | 20:37 | 39 |
| 27 | Bjarne Nyberg | Ifk C | 1:13:30 | 38:06 | 21:56 | 35 |
| 28 | Hartvig Mathiasen | Ifk C | 1:14:03 | 38:39 | 22:06 | 34 |
| 29 | Martin Bjørn | Igr | 1:15:22 | 39:58 | 22:29 | 33 |
| 30 | Anne, Poul, Henrik, Jakob., J | Ifk | 1:15:36 | 40:12 | 22:34 | 33 |
| 31 | Mike Moslund | Igr | 1:15:38 | 40:14 | 22:34 | 33 |
| 32 | Emil Nielsen | Igr | 1:15:46 | 40:22 | 22:37 | 33 |
| 33 | Otto F.S. Nielsen | Ifk C | 1:16:40 | 41:16 | 22:53 | 32 |
| 34 | Munk | Ifk C | 1:25:35 | 50:11 | 25:32 | 23 |
| 35 | martin, troels, mikkel Holmb | Ifk | 1:34:06 | 58:42 | 28:05 | 14 |
| 36 | Kristoffer Madsen | Igr | 1:34:32 | 59:08 | 28:13 | 14 |
| 37 | Benny Dalsgaard | Ifk | 1:45:41 | 1:10:17 | 31:32 | 3 |
| 38 | Steen D. Jensen | Ifk | 1:48:37 | 1:13:13 | 32:25 | 1 |
| DSQ | Rasmus Karlshøj | Igr | 44:28 | DSQ Missed 175 | | |
| DSQ | Marco Greko | Igr | 44:36 | DSQ Missed 175 | | |
| DSQ | Wilbert Lyngsø | Ifk C | 55:05 | DSQ Missed 034 | | |
| DSQ | Tonny Laursen | Ifk | 1:36:18 | DSQ Missed 175 | | |
| DSQ | Frederiks Steffensen | Igr | 1:38:00 | DSQ Missed 034 | | |

90 deltager i alt ...

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