ifk træn 04092018 **Resultatliste**

Stendal Plantage

plads	Navn	Klub	Tid	Points
	Bane 1 svær	5,9 km		
1	Søren Mikkelsen	IFK	00:45:25	100
2	Chr.l. Rasmussen	IFK	00:48:13	97
3	Brian V. Brøgger	IFK	00:49:10	96
4	Lennart Bo Kristiansen	IFK-C	00:53:07	92
5	Kai Hesselberg	IFK-C	00:55:15	90
6	Søren Elkær	IFK-C	00:55:57	89
7	**Lene Bejer**	IFK-C	00:58:59	86
8	Kim Hansen	IFK	01:00:19	85
9	Mikkel Hagstrøm	IFK	01:00:59	84
10	Kim Magnussen	IFK	1:04:14	81
11	Flemming Just	IFK	01:09:25	76
12	Kasper Hedegaard	ISG	01:09:25	76
	Bane 2 svær	**4,9 km**		
1	**Kristine Baagø**	IFK	00:43:09	80
2	Ivan Pagh	IFK-C	00:49:54	73
3	Jakob Gibskov		00:53:59	69
4	Michael Dickenson	IFK-C	00:55:32	67
5	Dennis Højmose	IFK	00:59:48	63
6	Sune Bendtsen	IFK	00:59:59	63
7	Kim Emborg	IFK	01:00:17	63
8	Erik Mogensen	IFK	01:03:10	60
9	Wilbert Lyngsø	IFK-C	01:07:08	56
10	Erik Libak	IFK-C	01:08:02	55
11	Torben Hansen	IFK-C	01:11:32	51
12	Thomas Schrøder	IFK-C	01:11:41	51
13	Otto F.S. Nielsen	IFK	01:28:01	35
	Bane 3 svær	**4,1 km**		
1	Jess Rasmussen	IFK	00:30:53	60
2	Varny Vestergaard	IFK	00:36:10	55
3	Kjeld Rasmussen	IFK	00:44:04	47
4	Lars Hofmann	IFK	00:45:04	46
5	Carsten Helligsø	IFK	00:46:15	45
6	**Kirsten Andersen**	IFK	00:46:27	45
7	**Tina O. Haarup**	IFK	00:48:39	42
8	Flemming Sasser	IFK	00:50:48	40
9	Leif B. Nielsen	IFK	00:53:49	37
10	Erik Dag Nielsen	IFK	00:56:54	34
11	**Susanne Marcher**	IFK	01:01:04	30
12	Villy K. Jensen	IFK-C	01:04:00	27
13	K.e. Simonsen	IFK	01:05:46	25
14	Henning Hansen	IFK-C	01:07:29	24
15	Søren Jørgensen	IFK	01:07:37	23

Har deltage
deres tid er
punkto-løb

16	Steffen Skov	IFK	01:08:03	23
17	**Charlotte Olesen**	IFK-C	01:08:39	22
18	Palle Kyed	IFK-C	01:17:02	14
19	P.e. Møller	IFK-C	01:17:44	13
20	P.m. Kristensen	IFK-C	01:17:55	13
21	Preben Munk	IFK-C	01:25:05	6
22	**Ellen Brydsø**	IFK-C	01:31:58	1

et i FSM 2018
fratrukket
og håndgranatkast.