

IFK træningsløb 08012019
Sdr.Resen naturpark 08-01-2019

Resultatliste
Offisiell liste

plads	Navn	Klub	Tid	Efter	Km tid	Points
	Bane 1 svær	5,3 KM				
1	Jess Rasmussen	Ifk C	1:04:43		12:12	100
2	Jan Nielsen	Ifk	1:13:18	08:35	13:49	91
3	Kim Gothlib	Ifk C	1:22:56	18:13	15:38	82
4	frederik Mariegaard	Esk 724	1:26:15	21:32	16:16	78
5	Jesper Simonsen	Esk 724	1:33:19	28:36	17:36	71
6	Leif Røn Olesen	Ifk C	1:41:20	36:37	19:07	63
7	Ole Johnsen	Ifk C	2:03:29	58:46	23:17	41

Bane 2 svær **3,85 KM**

1	Kai Hesselberg	Ifk C	1:03:52		16:35	80
2	Stig Barret	Ifk C	1:06:06	02:14	17:10	77
3	Lene Bejer	Ifk C	1:06:26	02:34	17:15	77
4	Frode Harritz	Ifk C	1:07:41	03:49	17:34	76
5	Frede Truelsen	Hok	1:09:58	06:06	18:10	74
6	Frederik Stage-Nielsen	Esk 724	1:11:03	07:11	18:27	72
7	Frede Rasmussen	Ifk C	1:12:04	08:12	18:43	71
8	Anders Ingvarlsen	Hok	1:18:31	14:39	20:23	65
9	Ole Frandsen	Hok	1:18:33	14:41	20:24	65
10	Jakob Søderberg	Isg	1:22:58	19:06	21:32	81
11	Torben Isen	Ifk C	1:25:36	21:44	22:14	58
12	Erik Dag Nielsen	Ifk C	1:39:04	35:12	25:43	44
13	Flemming Just	Ifk C	1:41:56	38:04	26:28	42
14	Ivan Pagh	Ifk C	1:43:01	39:09	26:45	40
15	P-E. Møller	Ifk C	1:43:03	39:11	26:45	40
16	Henrik Hansen	Ifk	1:43:04	39:12	26:46	40
17	Kim Lund	Ifk	1:45:17	41:25	27:20	38
18	Mathias Meng	Ifk	1:45:18	41:26	27:21	38
19	Rasmus Sejersen	Ifk	1:45:23	41:31	27:22	38
20	Christopher Paulsen	Ifk	1:46:00	42:08	27:31	37
21	Lars Mikkelsen	Ifk	1:46:16	42:24	27:36	37
22	Erik Libak	Ifk C	1:48:52	45:00	28:16	35
23	Palle Kyed	Ifk C	1:56:29	52:37	30:15	27
DSQ	Brian Brøgger	Ifk C	00:00			1
DSQ	P.m. Kristensen	Ifk C	44:55			1
DSQ	Torben Pedersen	Ifk C	57:02			1
DSQ	Jens Jørgen Jensen	Ifk C	1:00:07			1
DSQ	Anni Jensen	Ifk C	1:08:14			1
DSQ	Frants Nielsen	Ifk C	1:17:29			1
DSQ	Thomas Jørgensen	Ifk C	1:28:16			1

Bane 3 m-svær**2,075 KM**

1	Bitten Nielsen	lfk C	50:13		24:12	60
2	Thomas Schrøder	lfk C	54:27	04:14	26:14	56
3	Henning Hansen	lfk C	57:59	07:46	27:56	53
4	Bo Paarup-Laursen	lfk C	1:06:58	16:45	32:16	44
5	Christian Als	lfk C	1:11:41	21:28	34:32	39
6	Karen Lisbeth Fredberg	lfk C	1:13:50	23:37	35:34	37
7	Preben Munk	lfk C	1:23:26	33:13	40:12	27
8	O.f.s Nielsen	lfk C	1:29:47	39:34	43:16	21
DSQ	Dion Holm	lfk	54:21			1
DSQ	Hartvig Mathiasen	lfk C	1:17:08			1

Banelægger: Lars-Ole Kopp**eTiming - www.etiming.dk**