

IFK træningsløb**Resultatliste****Stenholt/Buckwaldt plantage**

banelægger: LOK/John

Offisiell liste

den 29.januar 2019

plac.	Navn	Klub	Tid	Efter	Km tid	Points
	Bane 1	6,875 KM				
1	Jess Rasmussen	Ifk	53:54		07:50	100
2	Jimmy Olsen	Ifk	58:49	04:55	08:33	95
3	Peter Jensen	Ifk	1:03:14	09:20	09:11	90
4	Chr.I Ramussen	Ifk	1:04:39	10:45	09:24	89
5	Jan Nielsen	Ifk	1:05:42	11:48	09:33	88
6	Leif Rønn Olsen	IFK C.	1:10:09	16:15	10:12	83
7	Kaj Hesselberg	IFK C.	1:10:40	16:46	10:16	83
8	Jacob Nielsen	Ifk	1:10:57	17:03	10:19	83
9	Stig Barret	IFK C.	1:13:20	19:26	10:40	80
10	ole Johnsen	IFK C.	1:36:48	42:54	14:04	57
11	Kim Gotlieb	IFK C.	1:40:19	46:25	14:35	53

	Bane 2	5 KM				
1	Lene Bejer	IFK C.	49:36		09:55	80
2	Søren Elkjær	IFK C.	51:03	01:27	10:12	78
3	Michael Dickenson	Viborg	52:33	02:57	10:30	77
4	Jakob Søderberg	IFK C.	58:24	08:48	11:40	71
5	Henrik Hansen	Ifk	58:36	09:00	11:43	71
6	Anders Invaridsen	IFK C.	58:39	09:03	11:43	71
7	Mikkel Blicher	Ifk	59:02	09:26	11:48	70
8	Kim Lund	Ifk	59:11	09:35	11:50	70
9	Chritopher Paulsen	Ifk	59:21	09:45	11:52	70
10	Frants Nielsen	IFK C.	1:01:53	12:17	12:22	68
11	Torben Pedersen	Ifk	1:02:28	12:52	12:29	67
12	Frede Rasmussen	IFK C.	1:02:48	13:12	12:33	67
13	Torben Isen	IFK C.	1:03:44	14:08	12:44	66
14	Flemming Just	IFK C.	1:04:27	14:51	12:53	65
15	henning Hansen	IFK C.	1:04:59	15:23	12:59	65
16	P.e. Møller	IFK C.	1:07:26	17:50	13:29	62
17	Ivan Pagh	IFK C.	1:07:37	18:01	13:31	62
18	Torben Hansen	IFK C.	1:08:18	18:42	13:39	61
19	O.f.s. Nielsen	IFK C.	1:27:40	38:04	17:32	42
20	dian Holm	Ifk	1:19:03	disk		1

	Bane 3	2,9 KM				
1	Lennart Kristiansen	IFK C.	26:43		09:12	60
2	Tina Haarup	Ifk	28:02	01:19	09:40	58
3	Villy Jensen	IFK C.	38:59	12:16	13:26	48
4	Asger Kristensen	IFK C.	40:24	13:41	13:55	46
5	Carsten Helligsø	Ifk	41:18	14:35	14:14	45
6	Thomas Jørgensen	IFK C.	42:54	16:11	14:47	44
7	Mathias Meng	Ifk	43:38	16:55	15:02	43
7	Rasmus Tolstrup Sejers	Ifk	43:38	16:55	15:02	43

9	Preben Munk	IFK C.	49:03	22:20	16:54	37
10	Karen-Lisbeth Fredberg	IFK C.	52:36	25:53	18:08	34
11	Hartvig Mathiasen	IFK C.	55:26	28:43	19:06	31
12	Bjarne Isen	IFK C.	58:04	31:21	20:01	28
13	P.m. Kristensen	IFK C.	1:00:17	33:34	20:47	26
13	Jeppe Bach Knudsen	lfk	1:00:17	33:34	20:47	26
15	Andreas Elbæk	lfk	1:03:14	36:31	21:48	23
16	Palle Kyed	IFK C.	1:04:29	37:46	22:14	22

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