

IFK Træningsløb Kompedal syd 13 august 2019

Banelægger: Otto F.S. Nielsen

Ialt 71 løbere i skoven (flere løbere på et navn)

Bane 1: 7,1 km

Nr	Navn	Enhed	Tid	Point	Bane
1	Jimmi Olsen	IFK	45:04	100	1
2	Niels Stadel	IFK	51:13	94	1
3	Jess Rasmussen	IFK	51:34	93	1
4	Jan Nielsen	IFK	52:28	93	1
5	Michael Mejlholm	IFK	54:04	92	1
6	Casper Thygesen	ISG	54:42	91	1
7	Morten Kjær	IFK	55:05	91	1
8	Mikkel Hagstrøm	IFK	55:09	91	1
9	Kasper Hedegård	ISG	58:27	88	1
10	Simon Kjeldgaard	IFK	59:24	87	1
11	Lennart Kristiansen	IFK	59:25	87	1
12	Kasper Rosenberg	IFK	1:04:03	82	1
13	Kim Tang	IFK	1:07:59	78	1
14	Casper Larsen	IFK	1:11:56	74	1
15	Martin Jørgensen	IFK	1:12:03	74	1
16	Flemming Just	IFK	1:16:26	70	1
17	Daniel Kronborg	IFK	1:18:36	67	1
18	Phillip Gorgin	IFK	1:35:35	50	1
19	Oliver Villumsen	IFK	1:41:53	44	1

Bane 2: 5,7 km

1	Søren Elkjær	IFK	47:12	80	2
2	Kent Gantriis	IFK	48:04	79	2
3	Nikolaj Krigslund	IFK	48:04	79	2
4	Stig Barret	IFK	48:22	79	2
5	K.E.Christensen	IFK	50:29	76	2

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6	Allan Pedersen	IFK	51:01	75	2
7	Lene Bejer	IFK	52:22	74	2
8	Leif B. Nielsen	IFK	54:52	71	2
9	Torben Pedersen	IFK	55:35	70	2
10	Peter Riis	IFK	59:01	67	2
11	Erik Ljungdal	Fåborg	1:03:30	66	2
12	Erik Damgaard	Fåborg	1:04:52	64	2
13	Mike Andersen	IFK	1:05:05	64	2
14	Flemming Sasser	IFK	1:05:09	64	2
15	Kim Lund	IFK	1:05:37	63	2
16	Erik Dag Nielsen	IFK	1:06:21	63	2
17	Lars Mikkelsen	IFK	1:06:30	63	2
18	David Bukhave	IFK	1:06:59	62	2
19	Tobias Campanella	ISG	1:09:42	59	2
20	Mette Marie Pedersen	IFK	1:10:27	59	2
21	Nina Toxvig	IFK	1:10:31	58	2
22	Adam Sørensen	IFK	1:14:36	54	2

Bane 3: 4,4 km

1	Ivan Pagh	IFK	39:34	60	3
2	Morten Sørensen	IFK	44:59	55	3
3	Michael Dickenson	IFK	47:14	53	3
4	Wilbert Lyngsø	IFK	48:57	51	3
5	Inger Johansen	IFK	51:54	49	3
6	Poul Nøhr	IFK	52:59	48	3
7	Villy Jensen	IFK	53:01	48	3
8	Dion Holm	IFK	55:35	45	3
9	Sune Bendtsen	IFK	56:26	45	3
10	Thomas Jørgensen	IFK	56:54	44	3
11	Erik Mogensen	IFK	58:08	43	3
12	Thomas Schrøder	IFK	59:59	41	3
13	Rasmus Skjernaa	IFK	1:00:31	40	3
14	Bjarne Nyborg	IFK	1:07:09	34	3
15	Kaj Ole Jensby	Fåborg	1:08:12	33	3
16	P.E.Møller	IFK	1:09:55	31	3

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17	Steffen Munk	IFK	1:14:25	27	3
18	Preben M. Eriksen	IFK	1:16:26	25	3
19	Erik Libak	IFK	1:19:32	21	3
20	Chr. Als	IFK	1:26:17	15	3
21	Hartvig Mathiasen	IFK	1:26:31	14	3
22	Michael Aagaard	IFK	1:30:46	10	3
23	Jens Eskildsen	IFK	1:37:45	3	3

Ark1