

IFK Tirsdagsløb 1. november 2016 Aunsbjerg/Liselund

Der var 43 i skoven for at løbe! Tak for de fine spor I fik lavet i krattet - det var meget nemmere at sa

Bane 1 - lang 7,0 km

| | | | Tid | Point | Tid efter |
|-----|-----------------------|-----|----------|-------|-----------|
| PL | Christian Hedelund | HW | 00:55:20 | 100 | 00:00:00 |
| | Jimmi Olsen | HW | 00:58:03 | 97 | 00:02:43 |
| SSG | Jan Nielsen | IFK | 01:01:01 | 94 | 00:05:41 |
| | Andreas Mathiasen | HW | 01:14:40 | 80 | 00:19:20 |
| PL | A.C. Friis | IFK | 01:17:43 | 77 | 00:22:23 |
| SG | Lennart Bo Kristensen | IFK | 01:18:13 | 77 | 00:22:53 |
| MJ | Kai Hesselberg | IFK | 01:27:18 | 68 | 00:31:58 |
| CIV | Jacob Søderberg | IFK | 01:32:34 | 62 | 00:37:14 |
| | Kristian Buch | HW | 01:48:11 | 47 | 00:52:51 |

Bane 2 - mellem 5,7 km

| | | | Tid | Point | Tid efter |
|--------|---------------------|---------|----------|-------|-----------|
| CIV | Leif Olsen | Herning | 00:57:13 | 80 | 00:00:00 |
| SSG | Knud E. Christensen | IFK | 01:03:04 | 80 | 00:00:00 |
| | Frede Rasmussen | | 01:08:54 | 74 | 00:05:50 |
| CIV | Lene Beier | IFK | 01:09:32 | 73 | 00:06:28 |
| SSG | Flemming Just | IFK | 01:11:04 | 72 | 00:08:00 |
| CIV | Torben Isen | Herning | 01:15:16 | 67 | 00:12:12 |
| FSPC | Ivan Pagh | IFK | 01:18:16 | 64 | 00:15:12 |
| | Emil Balle | HW | 01:21:28 | 61 | 00:18:24 |
| MATFOV | Thomas Jørgensen | IFK | 01:22:04 | 61 | 00:19:00 |
| CIV | Lars-Ole Kopp | IFK | 01:22:28 | 60 | 00:19:24 |
| CIV | Flemming Sasser | IFK | 01:23:06 | 60 | 00:20:02 |
| SSG | Flemming Just | IFK | 01:34:09 | 48 | 00:31:05 |
| CIV | Torben Hansen | IFK | 01:37:34 | 45 | 00:34:30 |
| CIV | Erik Dag Nielsen | IFK | | 1 | DNF |
| SSG | Erik Mogensen | IFK | | 1 | DNF |

Bane 3 - kort 3,5 km

| | | | Tid | Point | Tid efter |
|--------|-------------------|----------|----------|-------|-----------|
| CIV | Frantz Nielsen | Herning | 00:48:10 | 60 | 00:00:00 |
| SG | Michael Aagaard | IFK | 00:51:51 | 56 | 00:03:41 |
| MATFOV | Villy Jensen | IFK | 00:52:16 | 55 | 00:04:06 |
| CIV | Inger Johansen | IFK | 00:52:39 | 55 | 00:04:29 |
| CIV | Erik Libak | Karup | 00:53:40 | 54 | 00:05:30 |
| CIV | Inger Knudsen | IFK | 00:54:51 | 53 | 00:06:41 |
| CIV | Dion Holm | FBE | 00:55:53 | 52 | 00:07:43 |
| SSG | K.E. Simonsen | IFK | 00:57:10 | 51 | 00:09:00 |
| CIV | H.C. Sønderris | Viborg | 00:57:52 | 50 | 00:09:42 |
| CIV | Bitten Nielsen | Herning | 01:00:19 | 47 | 00:12:09 |
| CIV | Preben M. Eriksen | IFK | 01:00:37 | 47 | 00:12:27 |
| MJ | Thomas Schrøder | IFK | 01:00:42 | 47 | 00:12:32 |
| CIV | Anita Mogensen | Skive OK | 01:00:44 | 47 | 00:12:34 |

| | | | | | |
|-----|-----------------|----------|----------|----|----------|
| CIV | Susanne Märcher | IFK | 01:04:32 | 43 | 00:16:22 |
| CIV | Aage Knudsen | IFK | 01:08:48 | 39 | 00:20:38 |
| CIV | Palle Kyed | Viborg | 01:10:32 | 37 | 00:22:22 |
| SSG | P.E. Møller | IFK | 01:12:54 | 35 | 00:24:44 |
| SSG | P.M. Kristensen | IFK | 01:14:01 | 34 | 00:25:51 |
| SSG | O.F.S. Nielsen | IFK | 01:50:19 | 1 | 01:02:09 |
| CIV | Ellen Brydsø | Skive OK | | 1 | DNF |

Banelægger

| | | | | | |
|-----|------------------------|-----|--|-----|--|
| CIV | Christian L. Rasmussen | IFK | | 100 | |
|-----|------------------------|-----|--|-----|--|

mle posterne ind end at sætte dem ud :-)