

LOK & John

Resultatliste

Gedhus Nord 26-02-2019

IFK træningsløb 260219 Offisiell liste

plads	Navn	Klub	Tid	Efter	Km tid	Points
Bane 1 svær		8 KM				
1	Jess Rasmussen	Ifk C	56:58		07:07	100
2	Jimmy Olsen	Ifk	57:05	00:07	07:08	100
3	Christian Hedelund	Ifk	58:33	01:35	07:19	98
4	Søren Mikkelsen	Ifk	1:07:22	10:24	08:25	89
5	Jan Nielsen	Ifk	1:08:45	11:47	08:35	88
6	Kai Hesselberg	Ifk C	1:12:27	15:29	09:03	84
7	Varny Vestergaard	Ifk C	1:13:40	16:42	09:12	83
8	Chr.I. Rasmussen	Ifk	1:13:41	16:43	09:12	83
9	Kim Gottlib	Ifk C	1:14:20	17:22	09:17	82
10	Lennart Bo Kristiansen	Ifk C	1:14:58	18:00	09:22	82
11	Stig Barret	Ifk	1:19:17	22:19	09:54	77
12	Frederik Mariegaard	Ifk	1:26:07	29:09	10:45	70
13	Jacob Søderberg	Ifk	1:40:52	43:54	12:36	56
14	Henrik Hansen	Ifk	1:46:42	49:44	13:20	50
Bane 2 svær kort		5,9 KM				
1	Allan Pedersen	Ifk C	52:15		08:51	80
2	Jesper Simonsen	Ifk	55:27	03:12	09:23	77
3	Søren Elkjær	Ifk C	56:52	04:37	09:38	76
4	Torben Pedersen	Ifk C	57:34	05:19	09:45	75
5	K.E. Christensen	Ifk C	59:13	06:58	10:02	73
6	Michael Dickenson	Ifk C	59:15	07:00	10:02	73
6	Frode Harritz	Ifk C	59:15	07:00	10:02	73
8	Torben Isen	Ifk C	1:01:35	09:20	10:26	71
9	Mikkel Hagestrøm	Fsgs	1:01:37	09:22	10:26	71
9	Christian Blom	Fsgs	1:01:37	09:22	10:26	71
11	Lene Bejer	Ifk C	1:02:49	10:34	10:38	70
12	Jens Ekander	Fsgs	1:05:30	13:15	11:06	67
13	Simon Nielsen	Ifk	1:06:32	14:17	11:16	66
14	Michael Mejholm	Fsgs	1:06:46	14:31	11:18	66
15	Kim Lund	Ifk	1:07:37	15:22	11:27	65
16	Frants Nielsen	Ifk C	1:07:57	15:42	11:31	65
17	Flemming Just	Ifk C	1:08:28	16:13	11:36	64
18	Rasmus Weegner	Isg	1:11:15	19:00	12:04	61
19	Mette Marie Pedersen	Ifk	1:11:35	19:20	12:07	61
20	Flemming Sasser	Ifk C	1:11:39	19:24	12:08	61
21	Dion Holm	Ifk	1:16:47	24:32	13:00	56
22	Kjeld Rasmussen	Ifk	1:17:47	25:32	13:11	55
23	Erik Dag Nielsen	IFK	1:19:55	27:40	13:32	53
24	Kim Tang	Ifk	1:28:18	36:03	14:57	54
25	Torben Hansen	Ifk C	1:29:22	37:07	15:08	53
disk	Jørgen Kej	Ifk				1
disk	Michael Mikkelsen	Fsgs	55:25			1
disk	Lars Johansen	Ifk	1:19:43			1

Bane 3 m.svær		3,8 KM				
1	Tina Baarup	lfk	41:53		11:01	60
2	Per Christensen	lfk	43:57	02:04	11:33	58
3	Jan Voss	lfk	46:42	04:49	12:17	55
4	Anders Munk	lfk	46:43	04:50	12:17	55
5	Henning Hansen	lfk C	47:40	05:47	12:32	54
6	Morten Juhl	lfk	48:07	06:14	12:39	53
7	Inger Johansen	lfk C	51:59	10:06	13:40	50
8	Thomas Jørgensen	lfk C	54:56	13:03	14:27	47
9	Daniel Kokkenborg	lfk	56:06	14:13	14:45	45
10	Bitten Nielsen	lfk C	58:12	16:19	15:18	43
11	Søren Thomsen	Fsgs	59:26	17:33	15:38	42
12	Niels peter Nielsen	lsg	1:00:44	18:51	15:58	41
13	Asger Kristensen	lfk C	1:02:13	20:20	16:22	39
14	Mathias Meng	lfk	1:02:54	21:01	16:33	39
15	Christopher Paulsen	lfk	1:03:02	21:09	16:35	38
16	Kim Løkke Niesen	lfk	1:03:17	21:24	16:39	38
17	Mikkel Blicher	lfk	1:03:51	21:58	16:48	38
18	Thomas Lagerqvist	lfk	1:04:00	22:07	16:50	37
19	Villy Jensen	lfk C	1:08:42	26:49	18:04	33
20	Preben Munk	lfk C	1:09:53	28:00	18:23	32
21	Christian Als	lfk C	1:11:06	29:13	18:42	30
22	Nicolai Brøgger	Fsgs	1:11:15	29:22	18:45	30
23	Karen-Lisbeth Fredberg	lfk C	1:12:32	30:39	19:05	29
24	P.E. Møller	lfk C	1:15:02	33:09	19:44	26
25	P.M. Kristensen	lfk C	1:15:44	33:51	19:55	26
26	Palle Kyed	lfk C	1:22:52	40:59	21:48	19
27	Erik Libak	lfk C	1:26:09	44:16	22:40	15
28	Hartvig Mathiasen	lfk C	1:26:27	44:34	22:45	15
29	Bjarne Nyberg	lfk C	1:30:39	48:46	23:51	11
disk	Karsten Christiansen	lsg	58:24			1
disk	Emil Jensen	Fsgs	1:12:29			1

73 friske løbere som fik sig en lidt anderledes tur i Gedhus.

Her skulle tænkes og huskes når man kom i de valgfri post områder.
og sikke da et pragtfuld vejr...