

# IFK O-løb 170919

# Stræktider

# Hodsager Plantage-17-09-2019

Plads Navn

Klasse

Tid

## Bane 1 svær

### 1 Jimmi Olsen

IFK

1:02:51

01:25= 02:05= 03:39= 05:23= 07:16= 10:47= 12:48= 13:54= 20:39= 23:33= 27:44= 32:52= 36:25= 38:59= 40:28= 41:34= 46:13= 47:37= 48:47= 51:20= 56:12= 58:23= 60:18= 61:55= 62:51=  
 01:25= 00:40= 01:34= 01:44= 01:53= 03:31= 02:01= 01:06= 06:45= 02:54= 04:11= 05:08= 03:33= 02:34= 01:29= 01:06= 04:39= 01:24= 01:10= 02:33= 04:52= 02:11= 01:55= 01:37= 00:56=  
 00:00=

### 2 Søren Mikkelsen

IFK

1:06:38

01:42+ 02:23+ 04:11+ 06:02+ 09:11+ 12:07+ 14:14+ 15:20+ 21:07+ 23:54+ 28:19+ 33:11+ 37:47+ 40:25+ 42:05+ 43:16+ 48:21+ 50:01+ 51:05+ 54:25+ 59:37+ 61:58+ 63:53+ 65:40+ 66:38+  
 01:42+ 00:41+ 01:48+ 01:51+ 03:09+ 02:56- 02:07+ 01:06= 05:47- 02:47- 04:25+ 04:52- 04:36+ 02:38+ 01:40+ 01:11+ 05:05+ 01:40+ 01:04- 03:20+ 05:12+ 02:21+ 01:55= 01:47+ 00:58+  
 00:17# 00:01+ 00:14# 00:07+ 01:16& 00:35- 00:06+ 00:00= 00:58- 00:07- 00:14+ 00:16- 01:03& 00:04+ 00:11# 00:05+ 00:26+ 00:16# 00:06- 00:47& 00:20+ 00:10+ 00:00= 00:10# 00:02+

### 3 Jess Rasmussen

IFKC

1:09:03

01:55+ 02:38+ 04:18+ 06:04+ 07:39+ 10:20- 12:20- 13:34- 20:00- 23:05- 28:44+ 34:20+ 38:29+ 41:09+ 42:56+ 44:14+ 49:46+ 52:07+ 53:20+ 56:01+ 61:15+ 64:05+ 66:15+ 67:54+ 69:03+  
 01:55+ 00:43+ 01:40+ 01:46+ 01:35- 02:41- 02:00- 01:14+ 06:26- 03:05+ 05:39+ 05:36+ 04:09+ 02:40+ 01:47+ 01:18+ 05:32+ 02:21+ 01:13+ 02:41+ 05:14+ 02:50+ 02:10+ 01:39+ 01:09+  
 00:30& 00:03+ 00:06+ 00:02+ 00:18- 00:50- 00:01- 00:08# 00:19- 00:11+ 01:28& 00:28+ 00:36# 00:06+ 00:18# 00:12# 00:53# 00:57& 00:03+ 00:08+ 00:22+ 00:39& 00:15# 00:02+ 00:13#

### 4 Chr.I. Rasmussen

IFK

1:14:06

02:14+ 02:56+ 04:45+ 06:35+ 08:39+ 11:37+ 13:42+ 15:02+ 21:36+ 24:18+ 29:56+ 35:39+ 40:33+ 43:42+ 45:44+ 48:13+ 53:58+ 55:52+ 57:04+ 59:47+ 65:31+ 68:32+ 70:48+ 73:06+ 74:06+  
 02:14+ 00:42+ 01:49+ 01:50+ 02:04+ 02:58- 02:05+ 01:20+ 06:34- 02:42- 05:38+ 05:43+ 04:54+ 03:09+ 02:02+ 02:29+ 05:45+ 01:54+ 01:12+ 02:43+ 05:44+ 03:01+ 02:16+ 02:18+ 01:00+  
 00:49& 00:02+ 00:15# 00:06+ 00:11+ 00:33- 00:04+ 00:14# 00:11- 00:12- 01:27& 00:35# 01:21& 00:35# 00:33& 01:23@ 01:06# 00:30& 00:02+ 00:10+ 00:52# 00:50& 00:21# 00:41& 00:04+

### 5 Jan Nielsen

IFK

1:28:03

02:30+ 03:15+ 04:58+ 06:47+ 09:08+ 14:25+ 16:40+ 17:59+ 24:20+ 27:40+ 33:20+ 39:46+ 45:17+ 49:33+ 52:04+ 54:25+ 62:54+ 65:17+ 67:30+ 68:35+ 71:57+ 78:53+ 82:05+ 84:39+ 86:58+ 88:03+  
 02:30+ 00:45+ 01:43+ 01:49+ 02:21+ 05:17+ 02:15+ 01:19+ 06:21- 03:20+ 05:40+ 06:26+ 05:31+ 04:16+ 02:31+ 02:21+ 08:29+ 02:23+ 02:13+ 01:05- 03:22- 06:56+ 03:12+ 02:34+ 02:19+ 01:05+  
 01:05& 00:05# 00:09+ 00:05+ 00:28# 01:46& 00:14# 00:13# 00:24- 00:26# 01:29& 01:18& 01:58& 01:42& 01:02& 01:15@ 03:50& 00:59& 01:03& 01:28- 01:30- 04:45@ 01:17& 00:57& 01:23@ 01:05+

### 6 Niels Stadel

IFKC

1:28:03

02:20+ 03:03+ 05:00+ 07:19+ 10:46+ 14:02+ 16:35+ 17:58+ 26:01+ 29:59+ 38:49+ 44:28+ 50:39+ 54:36+ 56:46+ 58:40+ 64:52+ 67:10+ 68:32+ 72:14+ 78:30+ 81:19+ 83:43+ 86:55+ 88:03+  
 02:20+ 00:43+ 01:57+ 02:19+ 03:27+ 03:16- 02:33+ 01:23+ 08:03+ 03:58+ 08:50+ 05:39+ 06:11+ 03:57+ 02:10+ 01:54+ 06:12+ 02:18+ 01:22+ 03:42+ 06:16+ 02:49+ 02:24+ 03:12+ 01:08+  
 00:55& 00:03+ 00:23# 00:35& 01:34& 00:15- 00:32& 00:17& 01:18# 01:04& 04:39@ 00:31# 02:38& 01:23& 00:41& 00:48& 01:33& 00:54& 00:12# 01:09& 01:24& 00:38& 00:29& 01:35& 00:12#

### 7 Mikkel Hagstrøm

IFK

1:28:46

02:14+ 02:55+ 04:46+ 08:34+ 10:50+ 14:28+ 18:12+ 21:12+ 28:29+ 32:28+ 37:36+ 43:29+ 47:45+ 52:24+ 54:39+ 56:03+ 61:52+ 63:35+ 65:05+ 67:51+ 74:27+ 80:07+ 82:29+ 85:43+ 87:47+ 88:46+  
 02:14+ 00:41+ 01:51+ 03:48+ 02:16+ 03:38+ 03:44+ 03:00+ 07:17+ 03:59+ 05:08+ 05:53+ 04:16+ 04:39+ 02:15+ 01:24+ 05:49+ 01:43+ 01:30+ 02:46+ 06:36+ 05:40+ 02:22+ 03:14+ 02:04+ 00:59+  
 00:49& 00:01+ 00:17# 02:04@ 00:23# 00:07+ 01:43& 01:54@ 00:32+ 01:05& 00:57# 00:45# 00:43# 02:05& 00:46& 00:18& 01:10& 00:19# 00:20& 00:13+ 01:44& 03:29@ 00:27# 01:37& 01:08@ 00:59+

### 8 Kai Hesselberg

IFKC

1:29:51

02:01+ 02:58+ 06:29+ 08:48+ 11:49+ 15:33+ 18:15+ 19:52+ 26:24+ 30:40+ 37:00+ 44:24+ 49:34+ 53:57+ 56:27+ 57:46+ 64:04+ 66:08+ 67:38+ 71:47+ 79:23+ 83:42+ 86:18+ 88:43+ 89:51+  
 02:01+ 00:57+ 03:31+ 02:19+ 03:01+ 03:44+ 02:42+ 01:37+ 06:32- 04:16+ 06:20+ 07:24+ 05:10+ 04:23+ 02:30+ 01:19+ 06:18+ 02:04+ 01:30+ 04:09+ 07:36+ 04:19+ 02:36+ 02:25+ 01:08+  
 00:36& 00:17& 01:57@ 00:35& 01:08& 00:13+ 00:41& 00:31& 00:13- 01:22& 02:09& 02:16& 01:37& 01:49& 01:01& 00:13# 01:39& 00:40& 00:20& 01:36& 02:44& 02:08& 00:41& 00:48& 00:12#

### 9 Lennart Bo Christiansen

IFKC

1:40:12

01:48+ 02:35+ 04:36+ 08:15+ 10:39+ 14:34+ 18:35+ 20:50+ 27:45+ 31:05+ 37:29+ 45:30+ 57:34+ 63:12+ 65:21+ 66:58+ 74:03+ 76:16+ 79:42+ 83:37+ 90:28+ 93:43+ 96:43+ 98:57+ 100:12+  
 01:48+ 00:47+ 02:01+ 03:39+ 02:24+ 03:55+ 04:01+ 02:15+ 06:55+ 03:20+ 06:24+ 08:01+ 12:04+ 05:38+ 02:09+ 01:37+ 07:05+ 02:13+ 03:26+ 03:55+ 06:51+ 03:15+ 03:00+ 02:14+ 01:15+  
 00:23& 00:07# 00:27& 01:55@ 00:31& 00:24# 02:00& 01:09@ 00:10+ 00:26# 02:13& 02:53& 08:31@ 03:04@ 00:40& 00:31& 02:26& 00:49& 02:16@ 01:22& 01:59& 01:04& 01:05& 00:37& 00:19&

## Beste stræktid for klassen

01:25 00:40 01:34 01:44 01:35 02:41 02:00 01:06 05:47 02:42 04:11 04:52 03:33 02:34 01:29 01:06 04:39 01:24 01:04 01:05 03:22 02:11 01:55 01:37 00:56

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Bane 2 svær

### 1 Varny Vestergaard

IFKC

55:21

01:15= 02:48= 04:11= 05:00= 08:34= 12:53= 16:11= 20:58= 22:52= 24:36= 30:17= 32:28= 37:00= 42:31= 50:21= 52:11= 54:00= 55:21=  
 01:15= 01:33= 01:23= 01:49= 03:34= 04:19= 03:18= 04:47= 01:54= 01:44= 05:41= 02:11= 04:32= 05:31= 07:50= 01:50= 01:49= 01:21=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

## Bane 2 svær

<b>2</b>	<b>Søren Elkjær</b>	<b>IFKC</b>	<b>1:00:23</b>															
01:08-	03:52+	05:03+	05:38+	06:28-	10:07-	14:23-	17:24-	21:43-	23:15-	24:55-	32:13-	33:31-	41:13-	47:11-	55:14+	57:17+	59:05+	60:23+
01:08-	02:44+	01:11-	00:35-	00:50-	03:39-	04:16+	03:01-	04:19+	01:32-	01:40-	07:18+	01:18-	07:42+	05:58-	08:03+	02:03+	01:48+	01:18+
00:07-	01:11&	00:12-	00:14-	02:44-	00:40-	00:58&	01:46-	02:25@	00:12-	04:01-	05:07@	03:14-	02:11&	01:52-	06:13@	00:14#	00:27&	01:18+

<b>3</b>	<b>Lene Bejer</b>	<b>IFKC</b>	<b>1:05:13</b>														
01:24+	02:42+	03:21+	04:07+	08:05+	12:23+	17:39+	22:48+	24:22+	26:35+	33:15+	35:44+	41:59+	50:38+	59:30+	61:29+	63:44+	65:13+
01:24+	01:18+	00:39+	00:46+	03:58+	04:18+	05:16+	05:09+	01:34+	02:13+	06:40+	02:29+	06:15+	08:39+	08:52+	01:59+	02:15+	01:29+
01:24+	01:18+	00:39+	00:46+	03:58+	04:18+	05:16+	05:09+	01:34+	02:13+	06:40+	02:29+	06:15+	08:39+	08:52+	01:59+	02:15+	01:29+

<b>4</b>	<b>Ivan Pagh</b>	<b>IFKC</b>	<b>1:06:34</b>														
01:13+	02:38+	03:25+	04:14+	08:03+	12:43+	17:18+	25:42+	27:08+	28:58+	36:23+	38:47+	44:17+	51:34+	60:37+	62:35+	65:03+	66:34+
01:13+	01:25+	00:47+	00:49+	03:49+	04:40+	04:35+	08:24+	01:26+	01:50+	07:25+	02:24+	05:30+	07:17+	09:03+	01:58+	02:28+	01:31+
01:13+	01:25+	00:47+	00:49+	03:49+	04:40+	04:35+	08:24+	01:26+	01:50+	07:25+	02:24+	05:30+	07:17+	09:03+	01:58+	02:28+	01:31+

<b>5</b>	<b>K.E Christensen</b>	<b>IFKC</b>	<b>1:08:25</b>														
02:40+	04:45+	07:20+	08:18+	12:12+	16:22+	22:29+	27:09+	28:45+	30:46+	38:13+	39:54+	45:43+	52:42+	62:18+	64:43+	66:45+	68:25+
02:40+	02:05+	02:35+	00:58+	03:54+	04:10+	06:07+	04:40+	01:36+	02:01+	07:27+	01:41+	05:49+	06:59+	09:36+	02:25+	02:02+	01:40+
02:40+	02:05+	02:35+	00:58+	03:54+	04:10+	06:07+	04:40+	01:36+	02:01+	07:27+	01:41+	05:49+	06:59+	09:36+	02:25+	02:02+	01:40+

<b>6</b>	<b>Jens Christensen</b>	<b>IFKC</b>	<b>1:09:53</b>														
01:39+	03:35+	04:48+	05:48+	11:22+	16:30+	20:08+	26:00+	27:43+	30:07+	37:08+	39:53+	46:08+	53:49+	63:06+	65:42+	68:18+	69:53+
01:39+	01:56+	01:13+	01:00+	05:34+	05:08+	03:38+	05:52+	01:43+	02:24+	07:01+	02:45+	06:15+	07:41+	09:17+	02:36+	02:36+	01:35+
01:39+	01:56+	01:13+	01:00+	05:34+	05:08+	03:38+	05:52+	01:43+	02:24+	07:01+	02:45+	06:15+	07:41+	09:17+	02:36+	02:36+	01:35+

<b>7</b>	<b>Britt Hermanrud</b>	<b>IFKC</b>	<b>1:10:11</b>														
01:18+	02:35+	04:02+	04:55+	08:55+	14:31+	18:09+	22:48+	25:08+	27:36+	34:25+	36:30+	42:05+	54:23+	63:39+	66:07+	68:45+	70:11+
01:18+	01:17+	01:27+	00:53+	04:00+	05:36+	03:38+	04:39+	02:20+	02:28+	06:49+	02:05+	05:35+	12:18+	09:16+	02:28+	02:38+	01:26+
01:18+	01:17+	01:27+	00:53+	04:00+	05:36+	03:38+	04:39+	02:20+	02:28+	06:49+	02:05+	05:35+	12:18+	09:16+	02:28+	02:38+	01:26+

<b>8</b>	<b>Keld Gade</b>	<b>IFKC</b>	<b>1:10:24</b>														
02:22+	05:59+	06:56+	07:53+	12:44+	17:33+	21:38+	25:47+	27:05+	29:18+	36:51+	38:59+	45:26+	53:33+	63:47+	66:32+	68:44+	70:24+
02:22+	03:37+	00:57+	00:57+	04:51+	04:49+	04:05+	04:09+	01:18+	02:13+	07:33+	02:08+	06:27+	08:07+	10:14+	02:45+	02:12+	01:40+
02:22+	03:37+	00:57+	00:57+	04:51+	04:49+	04:05+	04:09+	01:18+	02:13+	07:33+	02:08+	06:27+	08:07+	10:14+	02:45+	02:12+	01:40+

<b>9</b>	<b>Bjarne Christensen</b>	<b>IFKC</b>	<b>1:11:12</b>														
02:04+	03:23+	04:25+	05:11+	10:42+	15:49+	19:00+	23:46+	25:05+	27:24+	33:35+	35:23+	42:23+	56:48+	66:00+	67:57+	69:48+	71:12+
02:04+	01:19+	01:02+	00:46+	05:31+	05:07+	03:11+	04:46+	01:19+	02:19+	06:11+	01:48+	07:00+	14:25+	09:12+	01:57+	01:51+	01:24+
02:04+	01:19+	01:02+	00:46+	05:31+	05:07+	03:11+	04:46+	01:19+	02:19+	06:11+	01:48+	07:00+	14:25+	09:12+	01:57+	01:51+	01:24+

<b>10</b>	<b>Carsten Helligsø</b>	<b>IFK</b>	<b>1:13:26</b>															
01:12+	03:47+	04:23+	05:09+	07:19+	09:53+	15:47+	19:46+	27:21+	31:24+	33:45+	40:27+	42:44+	50:01+	57:49+	67:18+	70:04+	72:06+	73:26+
01:12+	02:35+	00:36+	00:46+	02:10+	02:34+	05:54+	03:59+	07:35+	04:03+	02:21+	06:42+	02:17+	07:17+	07:48+	09:29+	02:46+	02:02+	01:20+
01:12+	02:35+	00:36+	00:46+	02:10+	02:34+	05:54+	03:59+	07:35+	04:03+	02:21+	06:42+	02:17+	07:17+	07:48+	09:29+	02:46+	02:02+	01:20+

<b>11</b>	<b>Frede Truelsen</b>	<b>IFKC</b>	<b>1:15:32</b>														
01:59+	04:47+	05:27+	06:32+	10:34+	14:51+	20:51+	28:48+	30:22+	32:55+	40:11+	42:20+	48:12+	56:56+	68:01+	70:56+	73:46+	75:32+
01:59+	02:48+	00:40+	01:05+	04:02+	04:17+	06:00+	07:57+	01:34+	02:33+	07:16+	02:09+	05:52+	08:44+	11:05+	02:55+	02:50+	01:46+
01:59+	02:48+	00:40+	01:05+	04:02+	04:17+	06:00+	07:57+	01:34+	02:33+	07:16+	02:09+	05:52+	08:44+	11:05+	02:55+	02:50+	01:46+

<b>12</b>	<b>Frede Rasmussen</b>	<b>IFKC</b>	<b>1:16:32</b>														
01:15+	03:50+	04:39+	05:29+	09:44+	15:02+	18:34+	34:29+	36:44+	38:57+	46:01+	47:33+	53:29+	60:21+	70:45+	73:03+	75:00+	76:32+
01:15+	02:35+	00:49+	00:50+	04:15+	05:18+	03:32+	15:55+	02:15+	02:13+	07:04+	01:32+	05:56+	06:52+	10:24+	02:18+	01:57+	01:32+
01:15+	02:35+	00:49+	00:50+	04:15+	05:18+	03:32+	15:55+	02:15+	02:13+	07:04+	01:32+	05:56+	06:52+	10:24+	02:18+	01:57+	01:32+

<b>13</b>	<b>Torben Pedersen</b>	<b>IFKC</b>	<b>1:16:53</b>														
03:13+	05:08+	05:50+	06:50+	11:15+	16:19+	21:18+	27:23+	28:56+	30:55+	40:22+	43:14+	49:31+	57:49+	69:58+	72:33+	74:56+	76:53+
03:13+	01:55+	00:42+	01:00+	04:25+	05:04+	04:59+	06:05+	01:33+	01:59+	09:27+	02:52+	06:17+	08:18+	12:09+	02:35+	02:23+	01:57+
03:13+	01:55+	00:42+	01:00+	04:25+	05:04+	04:59+	06:05+	01:33+	01:59+	09:27+	02:52+	06:17+	08:18+	12:09+	02:35+	02:23+	01:57+

### Bane 2 svær

<b>14</b>	<b>Leif B. Nielsen</b>	<b>IFKC</b>																<b>1:20:52</b>
01:30+	04:07+	05:59+	09:07+	14:22+	19:26+	25:07+	30:46+	32:47+	36:21+	44:59+	47:18+	53:20+	62:11+	73:05+	76:08+	79:06+	80:52+	
01:30+	02:37+	01:52+	03:08+	05:15+	05:04+	05:41+	05:39+	02:01+	03:34+	08:38+	02:19+	06:02+	08:51+	10:54+	03:03+	02:58+	01:46+	
01:30+	02:37+	01:52+	03:08+	05:15+	05:04+	05:41+	05:39+	02:01+	03:34+	08:38+	02:19+	06:02+	08:51+	10:54+	03:03+	02:58+	01:46+	
<b>15</b>	<b>Flemming Sasser</b>	<b>IFKC</b>																<b>1:21:13</b>
02:51+	04:21+	05:23+	06:20+	11:41+	16:47+	21:31+	31:25+	33:21+	35:55+	44:46+	46:42+	54:16+	62:20+	73:44+	76:28+	79:14+	81:13+	
02:51+	01:30+	01:02+	00:57+	05:21+	05:06+	04:44+	09:54+	01:56+	02:34+	08:51+	01:56+	07:34+	08:04+	11:24+	02:44+	02:46+	01:59+	
02:51+	01:30+	01:02+	00:57+	05:21+	05:06+	04:44+	09:54+	01:56+	02:34+	08:51+	01:56+	07:34+	08:04+	11:24+	02:44+	02:46+	01:59+	
<b>16</b>	<b>Torben Hansen</b>	<b>IFKC</b>																<b>1:22:23</b>
01:46+	04:30+	05:27+	06:52+	11:28+	16:33+	21:08+	27:10+	29:05+	31:18+	39:31+	42:32+	49:56+	63:20+	75:25+	78:18+	80:34+	82:23+	
01:46+	02:44+	00:57+	01:25+	04:36+	05:05+	04:35+	06:02+	01:55+	02:13+	08:13+	03:01+	07:24+	13:24+	12:05+	02:53+	02:16+	01:49+	
01:46+	02:44+	00:57+	01:25+	04:36+	05:05+	04:35+	06:02+	01:55+	02:13+	08:13+	03:01+	07:24+	13:24+	12:05+	02:53+	02:16+	01:49+	
<b>17</b>	<b>Ole Frandsen</b>	<b>IFKC</b>																<b>1:23:25</b>
01:57+	05:08+	06:40+	07:54+	13:10+	20:38+	27:10+	33:04+	34:55+	37:48+	46:32+	49:39+	55:32+	64:19+	75:15+	78:10+	81:41+	83:25+	
01:57+	03:11+	01:32+	01:14+	05:16+	07:28+	06:32+	05:54+	01:51+	02:53+	08:44+	03:07+	05:53+	08:47+	10:56+	02:55+	03:31+	01:44+	
01:57+	03:11+	01:32+	01:14+	05:16+	07:28+	06:32+	05:54+	01:51+	02:53+	08:44+	03:07+	05:53+	08:47+	10:56+	02:55+	03:31+	01:44+	
<b>18</b>	<b>Wilbert Lyngsø</b>	<b>IFKC</b>																<b>1:24:23</b>
01:42+	03:07+	05:17+	06:16+	11:05+	16:14+	21:39+	27:39+	29:50+	32:33+	41:45+	44:34+	54:05+	62:50+	76:32+	79:45+	82:19+	84:23+	
01:42+	01:25+	02:10+	00:59+	04:49+	05:09+	05:25+	06:00+	02:11+	02:43+	09:12+	02:49+	09:31+	08:45+	13:42+	03:13+	02:34+	02:04+	
01:42+	01:25+	02:10+	00:59+	04:49+	05:09+	05:25+	06:00+	02:11+	02:43+	09:12+	02:49+	09:31+	08:45+	13:42+	03:13+	02:34+	02:04+	
<b>19</b>	<b>Torben Isen</b>	<b>IFKC</b>																<b>1:29:12</b>
01:30+	03:17+	07:46+	08:38+	12:57+	22:50+	29:36+	35:13+	37:43+	40:00+	47:27+	53:13+	60:14+	68:57+	79:20+	85:01+	87:37+	89:12+	
01:30+	01:47+	04:29+	00:52+	04:19+	09:53+	06:46+	05:37+	02:30+	02:17+	07:27+	05:46+	07:01+	08:43+	10:23+	05:41+	02:36+	01:35+	
01:30+	01:47+	04:29+	00:52+	04:19+	09:53+	06:46+	05:37+	02:30+	02:17+	07:27+	05:46+	07:01+	08:43+	10:23+	05:41+	02:36+	01:35+	
<b>20</b>	<b>Pia Gade</b>	<b>IFKC</b>																<b>1:38:28</b>
02:00+	04:16+	05:49+	07:09+	13:19+	21:03+	26:21+	33:19+	35:23+	38:43+	49:07+	52:22+	69:39+	78:22+	89:18+	93:02+	96:47+	98:28+	
02:00+	02:16+	01:33+	01:20+	06:10+	07:44+	05:18+	06:58+	02:04+	03:20+	10:24+	03:15+	17:17+	08:43+	10:56+	03:44+	03:45+	01:41+	
02:00+	02:16+	01:33+	01:20+	06:10+	07:44+	05:18+	06:58+	02:04+	03:20+	10:24+	03:15+	17:17+	08:43+	10:56+	03:44+	03:45+	01:41+	
<b>21</b>	<b>Erik Dag Nielsen</b>	<b>IFKC</b>																<b>1:41:20</b>
02:04+	05:20+	06:11+	07:18+	12:53+	19:18+	26:32+	34:04+	37:46+	40:21+	51:43+	54:25+	62:27+	77:35+	92:18+	95:16+	99:14+	101:20+	
02:04+	03:16+	00:51+	01:07+	05:35+	06:25+	07:14+	07:32+	03:42+	02:35+	11:22+	02:42+	08:02+	15:08+	14:43+	02:58+	03:58+	02:06+	
02:04+	03:16+	00:51+	01:07+	05:35+	06:25+	07:14+	07:32+	03:42+	02:35+	11:22+	02:42+	08:02+	15:08+	14:43+	02:58+	03:58+	02:06+	
<b>22</b>	<b>Frants Nielsen</b>	<b>IFKC</b>																<b>1:54:31</b>
01:36+	06:13+	07:07+	08:16+	09:13+	14:40+	20:20+	29:16+	37:03+	39:15+	56:38+	68:24+	71:15+	78:55+	90:05+	107:26+	111:03+	114:31+	117:29+
01:36+	04:37+	00:54+	01:09+	00:57+	05:27+	05:40+	08:56+	07:47+	02:12+	17:23+	11:46+	02:51+	07:40+	11:10+	17:21+	03:37+	03:28+	02:58+
01:36+	04:37+	00:54+	01:09+	00:57+	05:27+	05:40+	08:56+	07:47+	02:12+	17:23+	11:46+	02:51+	07:40+	11:10+	17:21+	03:37+	03:28+	02:58+

### Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### Bane 3 m.svær

<b>1</b>	<b>Erik Mogensen</b>	<b>IFK</b>																<b>29:21</b>
01:39=	02:26=	03:16=	06:19=	11:17=	13:45=	16:34=	17:25=	19:18=	21:25=	23:22=	26:00=	28:16=	29:21=					
01:39=	00:47=	00:50=	03:03=	04:58=	02:28=	02:49=	00:51=	01:53=	02:07=	01:57=	02:38=	02:16=	01:05=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

Class	Navn	Klasse											Tid	
<b>Bane 3 m.svær</b>														
<b>2</b>	<b>Inger Johansen</b>	<b>IFKC</b>											<b>33:23</b>	
	01:41+	02:48+	03:44+	07:23+	13:00+	15:56+	18:41+	19:57+	21:32+	24:11+	26:20+	29:00+	31:49+	33:23+
	01:41+	01:07+	00:56+	03:39+	05:37+	02:56+	02:45-	01:16+	01:35-	02:39+	02:09+	02:40+	02:49+	01:34+
	00:02+	00:20&	00:06#	00:36#	00:39#	00:28#	00:04-	00:25&	00:18-	00:32&	00:12#	00:02+	00:33#	00:29&
<b>3</b>	<b>Thomas Jørgensen</b>	<b>IFKC</b>											<b>36:03</b>	
	02:07+	03:06+	04:19+	08:29+	15:27+	17:38+	20:29+	21:51+	23:43+	26:14+	28:45+	31:27+	34:19+	36:03+
	02:07+	00:59+	01:13+	04:10+	06:58+	02:11+	02:51+	01:22+	01:52+	02:31+	02:31+	02:42+	02:52+	01:44+
	02:07+	00:59+	01:13+	04:10+	06:58+	02:11+	02:51+	01:22+	01:52+	02:31+	02:31+	02:42+	02:52+	01:44+
<b>4</b>	<b>Lars Hoffmann</b>	<b>IFKC</b>											<b>37:47</b>	
	01:43+	02:33+	03:29+	07:09+	12:44+	15:46+	18:41+	19:48+	24:43+	27:11+	29:32+	33:28+	36:14+	37:47+
	01:43+	00:50+	00:56+	03:40+	05:35+	03:02+	02:55+	01:07+	04:55+	02:28+	02:21+	03:56+	02:46+	01:33+
	01:43+	00:50+	00:56+	03:40+	05:35+	03:02+	02:55+	01:07+	04:55+	02:28+	02:21+	03:56+	02:46+	01:33+
<b>5</b>	<b>Dion Holm</b>	<b>IFK</b>											<b>39:21</b>	
	02:17+	04:01+	05:16+	09:25+	17:35+	21:35+	22:55+	24:53+	27:56+	30:29+	33:51+	37:22+	39:21+	
	02:17+	01:44+	01:15+	04:09+	08:10+	04:00+	01:20+	01:58+	03:03+	02:33+	03:22+	03:31+	01:59+	
	02:17+	01:44+	01:15+	04:09+	08:10+	04:00+	01:20+	01:58+	03:03+	02:33+	03:22+	03:31+	01:59+	
<b>6</b>	<b>Mathias Dyrholm</b>	<b>IFK</b>											<b>40:50</b>	
	01:53+	02:57+	03:55+	08:49+	14:59+	17:56+	21:13+	22:37+	25:01+	29:41+	32:44+	35:31+	39:01+	40:50+
	01:53+	01:04+	00:58+	04:54+	06:10+	02:57+	03:17+	01:24+	02:24+	04:40+	03:03+	02:47+	03:30+	01:49+
	01:53+	01:04+	00:58+	04:54+	06:10+	02:57+	03:17+	01:24+	02:24+	04:40+	03:03+	02:47+	03:30+	01:49+
<b>7</b>	<b>Mark Nielsen</b>	<b>IFK</b>											<b>40:53</b>	
	01:55+	02:59+	03:57+	08:52+	15:07+	18:00+	21:21+	22:47+	25:11+	29:54+	32:59+	39:10+	40:53+	
	01:55+	01:04+	00:58+	04:55+	06:15+	02:53+	03:21+	01:26+	02:24+	04:43+	03:05+	06:11+	01:43+	
	01:55+	01:04+	00:58+	04:55+	06:15+	02:53+	03:21+	01:26+	02:24+	04:43+	03:05+	06:11+	01:43+	
<b>8</b>	<b>Jens Sørensen</b>	<b>IFK</b>											<b>41:29</b>	
	02:29+	03:33+	04:34+	09:26+	15:44+	18:35+	21:48+	23:22+	25:49+	30:29+	33:27+	39:46+	41:29+	
	02:29+	01:04+	01:01+	04:52+	06:18+	02:51+	03:13+	01:34+	02:27+	04:40+	02:58+	06:19+	01:43+	
	02:29+	01:04+	01:01+	04:52+	06:18+	02:51+	03:13+	01:34+	02:27+	04:40+	02:58+	06:19+	01:43+	
<b>9</b>	<b>Bo Jørgensen</b>	<b>IFK</b>											<b>41:35</b>	
	02:34+	03:38+	04:42+	09:30+	15:39+	18:41+	22:01+	23:27+	25:48+	30:34+	33:28+	36:23+	39:50+	41:35+
	02:34+	01:04+	01:04+	04:48+	06:09+	03:02+	03:20+	01:26+	02:21+	04:46+	02:54+	02:55+	03:27+	01:45+
	02:34+	01:04+	01:04+	04:48+	06:09+	03:02+	03:20+	01:26+	02:21+	04:46+	02:54+	02:55+	03:27+	01:45+
<b>10</b>	<b>Asger Kristensen</b>	<b>IFKC</b>											<b>43:58</b>	
	02:15+	03:30+	12:16+	16:51+	22:04+	24:25+	27:29+	28:54+	31:04+	33:56+	36:28+	39:17+	42:22+	43:58+
	02:15+	01:15+	08:46+	04:35+	05:13+	02:21+	03:04+	01:25+	02:10+	02:52+	02:32+	02:49+	03:05+	01:36+
	02:15+	01:15+	08:46+	04:35+	05:13+	02:21+	03:04+	01:25+	02:10+	02:52+	02:32+	02:49+	03:05+	01:36+
<b>11</b>	<b>Bo Paarup-Laursen</b>	<b>IFKC</b>											<b>45:07</b>	
	01:52+	03:36+	04:53+	10:06+	16:27+	19:44+	23:13+	24:33+	26:50+	33:08+	36:13+	39:47+	43:08+	45:07+
	01:52+	01:44+	01:17+	05:13+	06:21+	03:17+	03:29+	01:20+	02:17+	06:18+	03:05+	03:34+	03:21+	01:59+
	01:52+	01:44+	01:17+	05:13+	06:21+	03:17+	03:29+	01:20+	02:17+	06:18+	03:05+	03:34+	03:21+	01:59+
<b>12</b>	<b>Erik Thomsen</b>	<b>IFKC</b>											<b>47:00</b>	
	02:18+	04:28+	06:22+	10:43+	17:54+	20:40+	23:57+	25:28+	28:43+	32:24+	35:53+	40:09+	45:26+	47:00+
	02:18+	02:10+	01:54+	04:21+	07:11+	02:46+	03:17+	01:31+	03:15+	03:41+	03:29+	04:16+	05:17+	01:34+
	02:18+	02:10+	01:54+	04:21+	07:11+	02:46+	03:17+	01:31+	03:15+	03:41+	03:29+	04:16+	05:17+	01:34+
<b>13</b>	<b>Bitten Nielsen</b>	<b>IFKC</b>											<b>49:09</b>	
	02:04+	04:42+	05:57+	10:32+	16:10+	18:30+	22:08+	23:31+	26:10+	35:59+	40:14+	43:22+	47:22+	49:09+
	02:04+	02:38+	01:15+	04:35+	05:38+	02:20+	03:38+	01:23+	02:39+	09:49+	04:15+	03:08+	04:00+	01:47+
	02:04+	02:38+	01:15+	04:35+	05:38+	02:20+	03:38+	01:23+	02:39+	09:49+	04:15+	03:08+	04:00+	01:47+

### Bane 3 m.svær

**14 o.F.S Nielsen IFKC 51:33**

02:29+	03:58+	06:23+	12:39+	20:15+	22:57+	26:57+	28:39+	31:31+	35:04+	40:56+	45:32+	49:37+	51:33+
02:29+	01:29+	02:25+	06:16+	07:36+	02:42+	04:00+	01:42+	02:52+	03:33+	05:52+	04:36+	04:05+	01:56+
02:29+	01:29+	02:25+	06:16+	07:36+	02:42+	04:00+	01:42+	02:52+	03:33+	05:52+	04:36+	04:05+	01:56+

**15 Preben Munk IFKC 51:43**

02:33+	05:40+	07:11+	12:47+	20:53+	24:11+	28:24+	30:32+	33:16+	37:10+	40:47+	45:44+	49:34+	51:43+
02:33+	03:07+	01:31+	05:36+	08:06+	03:18+	04:13+	02:08+	02:44+	03:54+	03:37+	04:57+	03:50+	02:09+
02:33+	03:07+	01:31+	05:36+	08:06+	03:18+	04:13+	02:08+	02:44+	03:54+	03:37+	04:57+	03:50+	02:09+

**16 Bjarne Nyberg IFKC 58:07**

03:56+	12:22+	13:27+	15:01+	20:21+	28:09+	31:16+	35:07+	36:39+	39:12+	44:21+	47:48+	51:30+	55:48+	58:07+
03:56+	08:26+	01:05+	01:34+	05:20+	07:48+	03:07+	03:51+	01:32+	02:33+	05:09+	03:27+	03:42+	04:18+	02:19+
03:56+	08:26+	01:05+	01:34+	05:20+	07:48+	03:07+	03:51+	01:32+	02:33+	05:09+	03:27+	03:42+	04:18+	02:19+

**17 P.m. Kristensen IFKC 1:00:30**

03:47+	05:34+	07:09+	14:47+	23:45+	30:41+	35:35+	37:37+	40:56+	46:32+	51:12+	55:32+	60:30+
03:47+	01:47+	01:35+	07:38+	08:58+	06:56+	04:54+	02:02+	03:19+	05:36+	04:40+	04:20+	04:58+
03:47+	01:47+	01:35+	07:38+	08:58+	06:56+	04:54+	02:02+	03:19+	05:36+	04:40+	04:20+	04:58+

**18 P.e. Møller IFKC 1:03:25**

03:41+	05:20+	07:07+	14:38+	23:27+	30:49+	35:08+	37:33+	40:42+	47:04+	50:54+	55:26+	60:20+	63:25+
03:41+	01:39+	01:47+	07:31+	08:49+	07:22+	04:19+	02:25+	03:09+	06:22+	03:50+	04:32+	04:54+	03:05+
03:41+	01:39+	01:47+	07:31+	08:49+	07:22+	04:19+	02:25+	03:09+	06:22+	03:50+	04:32+	04:54+	03:05+

### Beste stræktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.