

# Resultater – Træningsløb Frederikshåb

2025-11-01

<b>Maxi 1</b>	<b>(9 / 9)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Kristian Blok	OK Snab	39:40		0:00
2. Thomas Blok	OK Snab	42:52	+3:12	1:49
3. Flemming Jørgensen	OK Snab	44:14	+4:34	0:00
4. Jens Liengård	OK Snab	50:51	+11:11	5:25
5. Bjørn Thune Lindorf Lund	OK Snab	51:23	+11:43	6:38
6. Henrik Uhleman	KOK	52:57	+13:17	6:53
7. Jesper	OK Melfar	1:02:32	+22:52	9:29
8. Jakob Bang	OK Gorm	1:12:57	+33:17	8:09
9. Henning Skou	OK Snab	1:26:43	+47:03	13:20

<b>Maxi 2</b>	<b>(18 / 18)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Jonas Lindorf	OK Snab	36:26		1:37
2. Ulrikka Ørnhagen	OK Snab	42:17	+5:51	1:20
3. Uffe Villumsen	OK Snab	43:48	+7:22	0:00
4. Naja Knudsen	OK Snab	44:09	+7:43	1:30
5. Esben Blicher	OK Melfar	45:31	+9:05	1:19
6. Uffe	OK Melfar	46:58	+10:32	4:29
7. Cecilia	KOK	47:14	+10:48	8:58
8. Valter Kamp	OK Melfar	49:31	+13:05	6:46
9. Erik Krogh	KOK	52:29	+16:03	2:00
10. Brian Knudsen	OK Snab	53:06	+16:40	5:22
11. Karsten Blok	OK Snab	55:12	+18:46	6:20
12. Peter Føns Knudsen	OK Gorm	57:52	+21:26	3:55
13. Dorte Rosenvænge	OK Snab	58:22	+21:56	5:01
14. Niels Møller Petersen	OK FROS	1:08:41	+32:15	5:07
15. Torben Hansen	OK FROS	1:15:48	+39:22	15:47
16. Peter Skov Nielsen	OK Snab	1:16:19	+39:53	3:06
17. Gunnar Hansen	KOK	1:19:00	+42:34	17:49
Ole Hoffman	OK FROS	Fejlklip		

<b>Maxi 3</b>	<b>(12 / 12)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Tina Blach	Kolding OK	40:57		3:31
2. Frederik Buch Dixen	OK Gorm	42:35	+1:38	4:12
3. Poul Christensen	OK Snab	43:14	+2:17	4:36
4. Lone Knudsen	OK Snab	43:22	+2:25	6:31
5. Lars Jensen	OK Melfar	43:48	+2:51	6:31
6. Christian	KOK	46:03	+5:06	6:18
7. Poul Erik Buch	OK Gorm	47:18	+6:21	10:24
8. Anne Mette Abplanalp	Kolding OK	49:15	+8:18	3:35
9. Kate Nielsen	OK Snab	57:31	+16:34	18:25
10. Lise Nielsen	OK Melfar	58:01	+17:04	8:06
11. Gunnar Odgård	OK Gorm	1:01:09	+20:12	14:04
Flemming Roel Jensen	Kolding OK	Udgået		

<b>Midi</b>	<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Arn Franck	OK Snab	37:33		2:42
2. Alberte Lindorf	OK Snab	43:34	+6:01	5:54
3. lilli G Hansen	OK Gorm	1:07:04	+29:31	7:53
4. Anett Lassen	OK Gorm	1:35:55	+58:22	11:38
4. Jan Jensen	OK Gorm	1:35:55	+58:22	12:31
Bodil Grøn	OK FROS	Fejklip		
Pia Grønbjerg Hansen	OK Gorm	Fejklip		

<b>Mini</b>	<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Tidstab</b>
1. Sofie Buch	OK Gorm	39:11		3:34
2. Ejgil	OK Snab	46:37	+7:26	4:40
3. Albet	OK Snab	46:48	+7:37	5:25
4. Henry	OK Snab	46:56	+7:45	4:30
5. Karl/Ulla	OK Gorm	57:53	+18:42	9:50