

Tränings-OL 2015-05-21**Arrangörer:** Thomas E Eriksson och Kristin E Karlsson**Karta:** Gummusänget**Samling:** Vägen Bergkarlås-Daddbo**Stämpling:** Sportident**Deltagare:** 56**Bana 1 2,4 km**

| | | |
|----|---------------------------|---------|
| 1 | Simon Karlsson Holmer | 24.50 |
| 2 | Lena Karlsson Holmer | 28.00 |
| 3 | Erik Larsson | 28.14 |
| 4 | Sebastian Åkärbjär | 33.44 |
| 5 | Egil Lissmyr | 35.56 |
| 6 | Sara Lissmyr | 35.58 |
| 7 | Frida Brudin | 1.10.10 |
| 8 | Jakob Brudin | 1.10.41 |
| 9 | Annelie Hermansson | 1.15.33 |
| 10 | Tilde Karlsson | 1.15.35 |
| 11 | Linnea Hermansson | 1.15.41 |
| | Elisabeth Åkärbjär | |
| | Karl-Erik "KEA" Andersson | |
| | Elin Johansson | |
| | Thobias Eriksson Brodin | |
| | Håkan Hallberg | |
| | Hans Bohlin | |

Bana 3 5,9 km

| | | |
|----|------------------|---------|
| 1 | Peter Hermansson | 59.39 |
| 2 | Anders Kulin | 1.00.12 |
| 3 | Mats Lagerblad | 1.01.29 |
| 4 | Anders Johansson | 1.03.17 |
| 5 | Kane Andersson | 1.03.35 |
| 6 | Arne Holmer | 1.06.37 |
| 7 | Lars Gunnarsson | 1.09.32 |
| 8 | Maffe Frost | 1.13.31 |
| 9 | Anders Claesson | 1.13.35 |
| 10 | Marie Rapp | 1.14.25 |
| 11 | Pia Frost | 1.22.19 |
| | Stanley Holmer | |

Bana 2 4,2 km

| | | |
|----|--------------------------------|---------|
| 1 | Sune Sisell | 41.11 |
| 2 | Olle Rönnols, Säterbygdens OK | 41.55 |
| 3 | Stig Sisell | 45.21 |
| 4 | Mats Hillblom | 45.32 |
| 5 | Reine Karlsson | 46.33 |
| 6 | Gustav Björklund | 48.40 |
| 7 | Lars-Erik Cederlöf | 51.43 |
| 8 | Emelie Brudin | 51.57 |
| 9 | Albin Gezelius | 54.23 |
| 10 | Yngve Frost | 55.58 |
| 11 | Elisabeth Hjertqvist Johansson | 56.38 |
| 12 | Moa Sjösten | 57.28 |
| 13 | Thea Sjösten Andersson | 57.29 |
| 14 | Bengt Andersson | 57.31 |
| 15 | Yngve Karlsson | 59.43 |
| 16 | Monica Holm | 1.00.45 |
| 17 | Christer Hellström, Tuna | 1.04.13 |
| 18 | Bengt Holm | 1.04.22 |
| 19 | Stefan Andersson | 1.06.11 |
| 20 | Conny Eriksson | 1.43.03 |
| | Julia Gunnarsson | |
| | Berit Gummus | |
| | Annika Björklund | |

Bana 4 7,4 km

| | | |
|---|--------------------|---------|
| 1 | Per Holm | 47.54 |
| 2 | Kristian Dahlström | 53.08 |
| 3 | Erik Eriksson | 53.55 |
| 4 | Sara Rapp | 1.10.34 |

Bana 1

2015-05-21 17:05:11
SI-Card: 44608
Start 17:39:26
1 57 17:44:41 5:15 5:15
2 64 17:48:28 3:47 9:02
3 55 17:58:39 10:11 19:13
Finish 18:04:16 5:37 24:50

Namn:

Simon K

2015-05-21 17:04:53
Lena Karlsson Holmer
SI-Card: 530923
Start 17:36:23
1 57 17:44:09 7:46 7:46
2 64 17:48:24 4:15 12:01
3 55 17:58:33 10:09 22:10
Finish 18:04:23 5:50 28:00

Namn:

Lena Karlsson
Holmer

2015-05-21 17:37:21
895309 SPORTident Sweden
SI-Card: 895309
Start 18:08:42
1 57 18:14:47 6:05 6:05
2 64 18:19:35 4:48 10:53
3 55 18:31:53 12:18 23:11
Finish 18:36:56 5:03 28:14

Namn:

Erik Larsson

2015-05-21 16:56:33
2075476 SPORTident Swede
SI-Card: 2075476
Start 17:20:12
1 57 17:29:59 9:47 9:47
2 64 17:35:59 6:00 15:47
3 55 17:47:23 11:24 27:11
Finish 17:53:56 6:33 33:44

Namn:

Sebastian Åkarpjär

2015-05-21 17:26:51
Ivar Lissmyr
SI-Card: 1050904
Start 17:50:16
1 57 17:59:45 9:29 9:29
2 64 18:05:22 5:37 15:06
3 55 18:19:39 14:17 29:23
Finish 18:26:12 6:33 35:56

Namn:

Egil Lissmyr

2015-05-21 17:27:27
Sara Lissmyr
SI-Card: 1220975
Start 17:50:20
1 57 17:59:46 9:26 9:26
2 64 18:05:20 5:34 15:00
3 55 18:19:44 14:24 29:24
Finish 18:26:18 6:34 35:58

Namn:

Sara Lissmyr

2015-05-21 18:22:25
Olaf Eriksson
SI-Card: 9700106
Start 18:11:48
1 57 18:33:22 21:34 21:34
2 57 18:33:28 0:06 21:40
3 64 18:50:51 17:23 39:03
4 64 18:51:02 0:11 39:14
5 55 19:11:28 20:26 59:40
Finish 19:21:58 10:30 70:10

Namn:

FRIDA BRUDIN

2015-05-21 18:22:08
SI-Card: 208376
Start 18:11:21
1 57 18:33:41 22:20 22:20
2 64 18:51:29 17:48 40:08
3 55 19:10:46 19:17 59:25
Finish 19:22:02 11:16 70:41

Namn:

JAKOB BRUDIN

2015-05-21 18:42:29
Annelie Hermansson
SI-Card: 720306
Start 18:26:10
1 57 18:49:33 23:23 23:23
2 64 19:10:56 21:23 44:46
3 55 19:32:44 21:48 66:34
Finish 19:41:43 8:59 75:33

Namn:

Annelie Hermansson

2015-05-21 18:41:39
SI-Card: 450657
Start 18:26:06
1 57 18:49:23 23:17 23:17
2 64 19:10:43 21:20 44:37
3 55 19:32:24 21:41 66:18
Finish 19:41:41 9:17 75:35

Namn:

Tilde Karlsson

2015-05-21 18:41:58
Linnea Hermansson
SI-Card: 660203
Start 18:25:57
1 57 18:49:21 23:24 23:24
2 64 19:10:54 21:33 44:57
3 55 19:32:33 21:39 66:36
Finish 19:41:38 9:05 75:41

Namn:

Linnea Hermansson

Bana 2

2015-05-21 17:06:18
SI-Card: 259474
Start 17:24:23
1 51 17:30:09 5:46 5:46
2 63 17:39:21 9:12 14:58
3 65 17:43:59 4:38 19:36
4 62 17:59:41 15:42 35:18
Finish 18:05:34 5:53 41:11

Namn:

Sune Sissell

2015-05-21 17:19:02
Olle Rännöls
SI-Card: 541117
Start 17:37:20
1 51 17:43:03 5:43 5:43
2 63 17:53:38 10:35 16:18
3 65 17:58:13 4:35 20:53
4 62 18:13:48 15:35 36:28
Finish 18:19:15 5:27 41:55

Namn:

Olle Rännöls

2015-05-21 17:13:15
SI-Card: 200484
Start 17:27:56
1 51 17:35:02 7:06 7:06
2 63 17:44:43 9:41 16:47
3 65 17:50:48 6:05 22:52
4 62 18:07:43 16:55 39:47
Finish 18:13:17 5:34 45:21

Namn:

Stig Sissell

2015-05-21 17:37:55
 895316 SPORTident Sweden
 SI-Card: 895316
 Start 17:51:39

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:58:44 | 7:05 | 7:05 |
| 2 | 63 | 18:09:18 | 10:34 | 17:39 |
| 3 | 65 | 18:16:08 | 6:50 | 24:29 |
| 4 | 62 | 18:31:42 | 15:34 | 40:03 |

Finish 18:37:11 5:29 45:32

Namn: Mats Nilsson

2015-05-21 18:28:00
 SI-Card: 200484
 Start 18:41:23

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:47:13 | 5:50 | 5:50 |
| 2 | 63 | 18:58:31 | 11:18 | 17:08 |
| 3 | 65 | 19:04:49 | 6:18 | 23:26 |
| 4 | 62 | 19:22:02 | 17:13 | 40:39 |

Finish 19:27:56 5:54 46:33

Namn: KEWE KARLSSON

2015-05-21 17:38:38
 Lars Björklund
 SI-Card: 528001
 Start 17:49:24

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:58:41 | 9:17 | 9:17 |
| 2 | 63 | 18:08:51 | 10:10 | 19:27 |
| 3 | 65 | 18:15:17 | 6:26 | 25:53 |
| 4 | 62 | 18:32:27 | 17:10 | 43:03 |

Finish 18:38:04 5:37 48:40

Namn: Gustav Björklund

2015-05-21 17:28:24
 SI-Card: 44507
 Start 17:36:40

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:46:32 | 9:52 | 9:52 |
| 2 | 63 | 17:58:44 | 12:12 | 22:04 |
| 3 | 65 | 18:04:14 | 5:30 | 27:34 |
| 4 | 62 | 18:22:04 | 17:50 | 45:24 |

Finish 18:28:23 6:19 51:43

Namn: Lars-Erik Cederlöf

2015-05-21 18:03:54
 Emelie Brudin
 SI-Card: 9000513
 Start 18:11:56

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:18:28 | 6:32 | 6:32 |
| 2 | 63 | 18:28:45 | 10:17 | 16:49 |
| 3 | 65 | 18:35:31 | 6:46 | 23:35 |
| 4 | 62 | 18:55:22 | 19:51 | 43:26 |

Finish 19:03:53 8:31 51:57

Namn: Emelie Brudin

2015-05-21 18:03:09
 Albin Gezelius
 SI-Card: 1030619
 Start 18:08:20

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:16:21 | 8:01 | 8:01 |
| 2 | 63 | 18:27:22 | 11:01 | 19:02 |
| 3 | 65 | 18:34:39 | 7:17 | 26:19 |
| 4 | 62 | 18:56:27 | 21:48 | 48:07 |

Finish 19:02:43 6:16 54:23

Namn: Albin Gezelius

2015-05-21 17:31:16
 SI-Card: 259002
 Start 17:34:51

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:45:09 | 10:18 | 10:18 |
| 2 | 63 | 17:58:19 | 13:10 | 23:28 |
| 3 | 65 | 18:04:21 | 6:02 | 29:30 |
| 4 | 62 | 18:24:26 | 20:05 | 49:35 |

Finish 18:30:49 6:23 55:58

Namn: Yngve Frost

2015-05-21 18:21:24
 SI-Card: 38545
 Start 18:25:03

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:33:33 | 8:30 | 8:30 |
| 2 | 63 | 18:46:33 | 13:00 | 21:30 |
| 3 | 65 | 18:53:03 | 6:30 | 28:00 |
| 4 | 62 | 19:14:41 | 21:38 | 49:38 |

Finish 19:21:41 7:00 56:38

Namn: Bettan J

2015-05-21 17:39:16
 SI-Card: 440289
 Start 17:40:30

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:45:29 | 4:59 | 4:59 |
| 2 | 63 | 18:00:45 | 15:16 | 20:15 |
| 3 | 65 | 18:08:04 | 7:19 | 27:34 |
| 4 | 62 | 18:32:29 | 24:25 | 51:59 |

Finish 18:37:58 5:29 57:28

Namn: Moa Sjöstern

2015-05-21 17:40:03
 SI-Card: 440290
 Start 17:40:27

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:48:55 | 8:28 | 8:28 |
| 2 | 63 | 18:01:38 | 12:43 | 21:11 |
| 3 | 65 | 18:08:18 | 6:40 | 27:51 |
| 4 | 62 | 18:32:31 | 24:13 | 52:04 |

Finish 18:37:56 5:25 57:29

Namn: Thea Sjöstern Andersson

2015-05-21 17:41:29
 SI-Card: 440287
 Start 17:40:28

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:49:02 | 8:34 | 8:34 |
| 2 | 63 | 18:01:41 | 12:39 | 21:13 |
| 3 | 65 | 18:08:22 | 6:41 | 27:54 |
| 4 | 62 | 18:32:34 | 24:12 | 52:06 |

Finish 18:37:59 5:25 57:31

Namn: Bengt Andersson

2015-05-21 17:21:40
 2075305 SPORTident Swede
 SI-Card: 2075305
 Start 17:21:52

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:29:56 | 8:04 | 8:04 |
| 2 | 63 | 17:43:06 | 13:10 | 21:14 |
| 3 | 65 | 17:54:36 | 11:30 | 32:44 |
| 4 | 62 | 18:14:53 | 20:17 | 53:01 |

Finish 18:21:35 6:42 59:43

Namn: YNGVE KARLSSON

2015-05-21 17:24:42
 SI-Card: 239305
 Start 17:24:16

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:34:30 | 10:14 | 10:14 |
| 2 | 63 | 17:49:20 | 14:50 | 25:04 |
| 3 | 65 | 17:56:44 | 7:24 | 32:28 |
| 4 | 62 | 18:18:23 | 21:39 | 54:07 |

Finish 18:25:01 6:38 60:45

Namn: Monica Holm

2015-05-21 18:19:44
 895313 SPORTident Sweden
 SI-Card: 895313
 Start 18:15:33

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:25:43 | 10:10 | 10:10 |
| 2 | 63 | 18:37:50 | 12:07 | 22:17 |
| 3 | 65 | 18:43:56 | 6:06 | 28:23 |
| 4 | 62 | 19:11:57 | 28:01 | 56:24 |

Finish 19:19:46 7:49 64:13

Namn: Christa Hellström
 Torra

2015-05-21 17:28:44
 2063847 SPORTident Swede
 SI-Card: 2063847
 Start 17:23:31

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:34:04 | 10:33 | 10:33 |
| 2 | 63 | 17:48:30 | 14:26 | 24:59 |
| 3 | 65 | 17:56:03 | 7:33 | 32:32 |
| 4 | 62 | 18:20:29 | 24:26 | 56:58 |

Finish 18:27:53 7:24 64:22

Namn: Bengt Holm

2015-05-21 18:15:58
 SI-Card: 36592
 Start 18:10:01
 1 51 18:22:15 12:14 12:14
 2 63 18:37:43 15:28 27:42
 3 65 18:44:57 7:14 34:56
 4 62 19:07:44 22:47 57:43
 Finish 19:16:12 8:28 66:11

Namn: Stefan Andersson

2015-05-21 18:30:46
 1408114 SPORTident Swede
 SI-Card: 1408114
 Start 17:47:38
 1 51 18:01:48 14:10 14:10
 2 63 18:38:26 36:38 50:48
 3 65 18:51:12 12:46 63:34
 4 62 19:21:53 30:41 94:15
 Finish 19:30:41 8:48 103:03

Namn: Conny Eriksson

Bana 3

2015-05-21 18:43:28
 Annelie Hermansson
 SI-Card: 720215
 Start 18:43:18
 1 51 18:48:16 4:58 4:58
 2 54 19:01:00 12:44 17:42
 3 56 19:06:01 5:01 22:43
 4 65 19:18:07 12:06 34:49
 5 62 19:33:44 15:37 50:26
 Finish 19:42:57 9:13 59:39

Namn: Peter Hermansson

2015-05-21 17:58:27
 SI-Card: 405198
 Start 17:58:09
 1 51 18:02:47 4:38 4:38
 2 54 18:16:58 14:11 18:49
 3 56 18:25:47 8:49 27:38
 4 65 18:36:58 11:11 38:49
 5 62 18:52:01 15:03 53:52
 Finish 18:58:21 6:20 60:12

Namn: Anders Kullin

2015-05-21 18:02:40
 SI-Card: 351556
 Start 18:01:17
 1 51 18:07:46 6:29 6:29
 2 54 18:20:50 13:04 19:33
 3 56 18:28:47 7:57 27:30
 4 65 18:42:01 13:14 40:44
 5 62 18:57:10 15:09 55:53
 Finish 19:02:46 5:36 61:29

Namn: Mats Lagerblad

2015-05-21 18:28:32
 SI-Card: 38879
 Start 18:24:41
 1 51 18:31:59 7:18 7:18
 2 54 18:45:54 13:55 21:13
 3 56 18:50:44 4:50 26:03
 4 65 19:05:39 14:55 40:58
 5 62 19:21:31 15:52 56:50
 Finish 19:27:58 6:27 63:17

Namn: Anders Johansson

2015-05-21 18:44:49
 SI-Card: 262922
 Start 18:40:44
 1 51 18:48:19 7:35 7:35
 2 54 19:03:41 15:22 22:57
 3 56 19:08:39 4:58 27:55
 4 65 19:22:12 13:33 41:28
 5 62 19:38:30 16:18 57:46
 Finish 19:44:19 5:49 63:35

Namn: Kane

2015-05-21 17:44:40
 SPORTident
 SI-Card: 501891
 Start 17:38:06
 1 51 17:44:46 6:40 6:40
 2 54 18:01:11 16:25 23:05
 3 56 18:07:18 6:07 29:12
 4 65 18:21:57 14:39 43:51
 5 62 18:38:36 16:39 60:30
 Finish 18:44:43 6:07 66:37

Namn: ARNE HOLMER

2015-05-21 17:30:37
 Fedor Poleksharov
 SI-Card: 981998
 Start 17:20:08
 1 51 17:28:33 8:25 8:25
 2 54 17:45:36 17:03 25:28
 3 56 17:53:51 8:15 33:43
 4 65 18:08:35 14:44 48:27
 5 62 18:24:55 16:20 64:47
 Finish 18:29:40 4:45 69:32

Namn: Lars Gunnarsson

2015-05-21 18:09:04
 SI-Card: 38082
 Start 17:55:20
 1 51 18:03:34 8:14 8:14
 2 54 18:20:07 16:33 24:47
 3 56 18:27:53 7:46 32:33
 4 65 18:43:21 15:28 48:01
 5 62 19:01:55 18:34 66:35
 Finish 19:08:51 6:56 73:31

Namn: Malle Frost

2015-05-21 17:57:45
 SI-Card: 44611
 Start 17:44:03
 1 51 17:51:15 7:12 7:12
 2 54 18:10:42 19:27 26:39
 3 56 18:16:30 5:48 32:27
 4 65 18:33:07 16:37 49:04
 5 62 18:50:42 17:35 66:39
 Finish 18:57:38 6:56 73:35

Namn: Anders Claesson

2015-05-21 17:43:29
 Marie Rapp
 SI-Card: 590327
 Start 17:26:54
 1 51 17:33:29 6:35 6:35
 2 54 17:50:43 17:14 23:49
 3 56 17:59:37 8:54 32:43
 4 65 18:16:02 16:25 49:08
 5 62 18:35:12 19:10 68:18
 Finish 18:41:19 6:07 74:25

Namn: Marie R

2015-05-21 18:18:36
 SI-Card: 241866
 Start 17:56:19
 1 51 18:04:03 7:44 7:44
 2 54 18:21:07 17:04 24:48
 3 56 18:26:38 5:31 30:19
 4 65 18:43:15 16:37 46:56
 5 62 19:12:21 29:06 76:02
 Finish 19:18:38 6:17 82:19

Namn: Pia Frost

Bana 4

2015-05-21 17:13:58

Per Holm

SI-Card: 676788

Start 17:23:46

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:27:44 | 3:58 | 3:58 |
| 2 | 54 | 17:36:40 | 8:56 | 12:54 |
| 3 | 60 | 17:47:11 | 10:31 | 23:25 |
| 4 | 59 | 17:49:44 | 2:33 | 25:58 |
| 5 | 62 | 18:07:29 | 17:45 | 43:43 |

Finish 18:11:40 4:11 47:54

Namn: Per Holm

2015-05-21 18:08:39

Kristian Dahlström

SI-Card: 890297

Start 18:12:15

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 18:16:28 | 4:13 | 4:13 |
| 2 | 54 | 18:27:34 | 11:06 | 15:19 |
| 3 | 60 | 18:39:25 | 11:51 | 27:10 |
| 4 | 59 | 18:42:32 | 3:07 | 30:17 |
| 5 | 62 | 19:01:01 | 18:29 | 48:46 |

Finish 19:05:23 4:22 53:08

Namn: Dalle

2015-05-21 18:56:26

Erik Eriksson

SI-Card: 800504

Start 19:02:07

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 19:06:06 | 3:59 | 3:59 |
| 2 | 54 | 19:16:55 | 10:49 | 14:48 |
| 3 | 60 | 19:27:41 | 10:46 | 25:34 |
| 4 | 59 | 19:30:18 | 2:37 | 28:11 |
| 5 | 62 | 19:51:34 | 21:16 | 49:27 |

Finish 19:56:02 4:28 53:55

Namn: Erik Eriksson

2015-05-21 17:36:37

Sara Rapp

SI-Card: 870710

Start 17:26:03

| | | | | |
|---|----|----------|-------|-------|
| 1 | 51 | 17:31:55 | 5:52 | 5:52 |
| 2 | 54 | 17:47:45 | 15:50 | 21:42 |
| 3 | 60 | 18:02:05 | 14:20 | 36:02 |
| 4 | 59 | 18:05:54 | 3:49 | 39:51 |
| 5 | 62 | 18:31:34 | 25:40 | 65:31 |

Finish 18:36:37 5:03 70:34

Namn: Sara R