

Resultat – Träning IFK Mora 20160421

2016-04-21

Nybörjare		(7 / 7)		Tid	Efter		
1. Max Wiklund	IFK Mora OK			20:15			
4:15 (4:15)	1:29 (5:44)	3:23 (9:07)	2:04 (11:11)	1:24 (12:35)	2:02 (14:37)		
4:50 (19:27)	0:48 (20:15)						
2. Tilde Karlsson	IFK Mora OK			24:40	+4:25		
1:37 (1:37)	2:44 (4:21)	4:19 (8:40)	4:36 (13:16)	3:06 (16:22)	3:55 (20:17)		
3:46 (24:03)	0:37 (24:40)						
3. Stefan Ahron	IFK Mora OK			26:01	+5:46		
1:56 (1:56)	3:15 (5:11)	5:42 (10:53)	4:06 (14:59)	2:46 (17:45)	3:57 (21:42)		
3:28 (25:10)	0:51 (26:01)						
4. Dante Meijer	IFK Mora OK			26:10	+5:55		
1:57 (1:57)	3:14 (5:11)	5:41 (10:52)	4:08 (15:00)	2:44 (17:44)	3:56 (21:40)		
3:31 (25:11)	0:59 (26:10)						
5. Klara Olsson	IFK Mora OK			31:33	+11:18		
2:29 (2:29)	3:38 (6:07)	9:45 (15:52)	4:46 (20:38)	3:07 (23:45)	3:28 (27:13)		
3:32 (30:45)	0:48 (31:33)						
Gunilla Olsson	IFK Mora OK			–			
Reine Karlsson	IFK Mora OK			–			

Korta		(12 / 12)		Tid	Efter		
1. Moa Sjösten Andersson	IFK Mora OK			23:10			
1:41 (1:41)	2:51 (4:32)	5:33 (10:05)	1:10 (11:15)	3:32 (14:47)	4:30 (19:17)		
2:53 (22:10)	0:36 (22:46)	0:24 (23:10)					
2. Monica Holm	IFK Mora OK			25:29	+2:19		
2:13 (2:13)	3:44 (5:57)	6:04 (12:01)	1:15 (13:16)	3:32 (16:48)	5:28 (22:16)		
1:56 (24:12)	0:47 (24:59)	0:30 (25:29)					
3. KEA Andersson	IFK Mora OK			26:37	+3:27		
2:04 (2:04)	3:13 (5:17)	6:01 (11:18)	1:16 (12:34)	3:59 (16:33)	5:57 (22:30)		
2:35 (25:05)	0:51 (25:56)	0:41 (26:37)					
4. Olof Ors	Orsa IF OK			27:37	+4:27		
1:53 (1:53)	3:14 (5:07)	6:09 (11:16)	1:39 (12:55)	5:03 (17:58)	6:05 (24:03)		
2:12 (26:15)	0:44 (26:59)	0:38 (27:37)					
5. Britt Claesson	IFK Mora OK			31:14	+8:04		
2:12 (2:12)	3:11 (5:23)	6:48 (12:11)	1:23 (13:34)	5:02 (18:36)	6:51 (25:27)		
3:10 (28:37)	1:51 (30:28)	0:46 (31:14)					
6. Torsten Löfgren	Karlsbyhedens IK			32:13	+9:03		
1:55 (1:55)	2:53 (4:48)	12:06 (16:54)	1:57 (18:51)	3:44 (22:35)	5:29 (28:04)		
2:54 (30:58)	0:42 (31:40)	0:33 (32:13)					
7. Bengt Holm	IFK Mora OK			33:29	+10:19		
2:44 (2:44)	4:15 (6:59)	7:14 (14:13)	1:35 (15:48)	4:44 (20:32)	7:15 (27:47)		
3:40 (31:27)	1:12 (32:39)	0:50 (33:29)					
8. Lars Södersten	IFK Mora OK			34:05	+10:55		
2:54 (2:54)	4:03 (6:57)	7:20 (14:17)	2:17 (16:34)	5:20 (21:54)	7:07 (29:01)		
3:22 (32:23)	0:56 (33:19)	0:46 (34:05)					
9. Max Wiklund	IFK Mora OK			44:52	+21:42		
1:44 (1:44)	4:37 (6:21)	5:35 (11:56)	1:19 (13:15)	22:20 (35:35)	5:23 (40:58)		
2:40 (43:38)	0:46 (44:24)	0:28 (44:52)					
10. Göran Fors	IFK Mora OK			47:00	+23:50		
3:49 (3:49)	4:59 (8:48)	9:58 (18:46)	2:02 (20:48)	6:27 (27:15)	12:11 (39:26)		
4:51 (44:17)	1:31 (45:48)	1:12 (47:00)					
11. Elisabeth Nord	IFK Mora OK			56:41	+33:31		
3:27 (3:27)	13:11 (16:38)	10:48 (27:26)	2:30 (29:56)	8:03 (37:59)	11:59 (49:58)		
4:23 (54:21)	1:24 (55:45)	0:56 (56:41)					
Julia Meijer	IFK Mora OK			Felst.			
2:08 (2:08)	6:11 (8:19)	6:27 (14:46)	1:40 (16:26)	15:38 (32:04)	– (–)		
– (–)	– (–)	– (47:41)					

Mellan		(15 / 15)		Tid	Efter		
1. Reine Karlsson	IFK Mora OK			32:02			
1:03 (1:03)	2:17 (3:20)	1:10 (4:30)	2:08 (6:38)	4:10 (10:48)	0:58 (11:46)		
2:25 (14:11)	5:27 (19:38)	4:08 (23:46)	1:11 (24:57)	3:04 (28:01)	2:47 (30:48)		
0:51 (31:39)	0:23 (32:02)						
2. Jan Svensson	IFK Mora OK			38:52	+6:50		
1:17 (1:17)	2:46 (4:03)	1:31 (5:34)	2:19 (7:53)	5:53 (13:46)	1:18 (15:04)		
3:01 (18:05)	5:57 (24:02)	5:39 (29:41)	1:11 (30:52)	3:40 (34:32)	2:39 (37:11)		
1:15 (38:26)	0:26 (38:52)						
3. Maffe Frost	IFK Mora OK			40:13	+8:11		
1:20 (1:20)	3:01 (4:21)	1:44 (6:05)	2:44 (8:49)	5:09 (13:58)	1:31 (15:29)		
3:31 (19:00)	6:50 (25:50)	4:29 (30:19)	1:18 (31:37)	3:57 (35:34)	3:02 (38:36)		
1:07 (39:43)	0:30 (40:13)						
4. Pia Frost	IFK Mora OK			41:12	+9:10		
1:33 (1:33)	3:26 (4:59)	1:49 (6:48)	2:42 (9:30)	5:11 (14:41)	1:35 (16:16)		
3:08 (19:24)	6:41 (26:05)	5:10 (31:15)	1:25 (32:40)	4:01 (36:41)	2:56 (39:37)		
1:02 (40:39)	0:33 (41:12)						

5.	Johanna Larsson	IFK Mora OK	41:15	+9:13		
	1:16 (1:16)	3:10 (4:26)	2:17 (6:43)	4:13 (10:56)	5:29 (16:25)	1:08 (17:33)
	2:56 (20:29)	6:18 (26:47)	5:23 (32:10)	1:21 (33:31)	3:51 (37:22)	2:23 (39:45)
	0:58 (40:43)	0:32 (41:15)				
6.	Ingemar Lindh	IFK Mora OK	42:19	+10:17		
	1:17 (1:17)	3:05 (4:22)	1:58 (6:20)	2:47 (9:07)	5:58 (15:05)	1:35 (16:40)
	3:45 (20:25)	7:36 (28:01)	4:21 (32:22)	1:16 (33:38)	3:35 (37:13)	3:35 (40:48)
	1:00 (41:48)	0:31 (42:19)				
7.	Inge Hultman	Kovlands IF	42:24	+10:22		
	1:30 (1:30)	3:48 (5:18)	1:38 (6:56)	2:32 (9:28)	4:50 (14:18)	1:43 (16:01)
	3:39 (19:40)	7:25 (27:05)	4:35 (31:40)	1:32 (33:12)	4:15 (37:27)	3:00 (40:27)
	1:24 (41:51)	0:33 (42:24)				
8.	Erik Larsson	IFK Mora OK	43:52	+11:50		
	1:07 (1:07)	3:15 (4:22)	2:33 (6:55)	3:48 (10:43)	5:24 (16:07)	1:40 (17:47)
	3:46 (21:33)	7:43 (29:16)	5:26 (34:42)	1:22 (36:04)	3:48 (39:52)	2:37 (42:29)
	0:56 (43:25)	0:27 (43:52)				
9.	Stefan Andersson	IFK Mora OK	44:41	+12:39		
	1:22 (1:22)	3:25 (4:47)	1:45 (6:32)	2:59 (9:31)	5:42 (15:13)	1:16 (16:29)
	3:42 (20:11)	7:04 (27:15)	5:59 (33:14)	1:46 (35:00)	5:08 (40:08)	3:16 (43:24)
	0:50 (44:14)	0:27 (44:41)				
10.	Alva Ersson	IFK Mora OK	45:56	+13:54		
	1:16 (1:16)	3:20 (4:36)	2:14 (6:50)	2:30 (9:20)	5:20 (14:40)	1:56 (16:36)
	3:51 (20:27)	5:23 (25:50)	6:11 (32:01)	2:29 (34:30)	3:36 (38:06)	5:55 (44:01)
	1:29 (45:30)	0:26 (45:56)				
11.	Stanley Holmer	IFK Mora OK	48:39	+16:37		
	1:29 (1:29)	3:47 (5:16)	1:54 (7:10)	2:51 (10:01)	5:58 (15:59)	1:48 (17:47)
	3:50 (21:37)	6:51 (28:28)	5:45 (34:13)	4:31 (38:44)	4:33 (43:17)	3:29 (46:46)
	1:22 (48:08)	0:31 (48:39)				
12.	Åsa Sparr	IFK Mora OK	1:03:33	+31:31		
	1:21 (1:21)	3:22 (4:43)	4:13 (8:56)	2:26 (11:22)	10:33 (21:55)	3:17 (25:12)
	13:31 (38:43)	8:44 (47:27)	5:33 (53:00)	1:46 (54:46)	4:13 (58:59)	3:12 (1:02:11)
	0:58 (1:03:09)	0:24 (1:03:33)				
13.	Elsa Hermansson	IFK Mora OK	1:12:02	+40:00		
	2:22 (2:22)	6:49 (9:11)	2:23 (11:34)	3:59 (15:33)	12:32 (28:05)	3:23 (31:28)
	6:25 (37:53)	10:01 (47:54)	6:50 (54:44)	2:41 (57:25)	6:58 (1:04:23)	4:07 (1:08:30)
	2:43 (1:11:13)	0:49 (1:12:02)				
	Erik Ersson	IFK Mora OK	Felst.			
	1:38 (1:38)	3:13 (4:51)	– (–)	– (9:33)	5:19 (14:52)	1:54 (16:46)
	3:52 (20:38)	5:22 (26:00)	6:10 (32:10)	2:20 (34:30)	3:45 (38:15)	5:55 (44:10)
	1:29 (45:39)	0:29 (46:08)				
	Markus Almgren	IFK Mora OK	Utg.			
Långa		(10 / 10)	Tid	Efter		
1.	Bengt Andersson	IFK Mora OK	41:44			
	1:32 (1:32)	2:23 (3:55)	1:23 (5:18)	2:03 (7:21)	4:22 (11:43)	3:41 (15:24)
	2:54 (18:18)	4:51 (23:09)	0:48 (23:57)	3:20 (27:17)	2:50 (30:07)	1:17 (31:24)
	2:54 (34:18)	3:51 (38:09)	2:06 (40:15)	0:57 (41:12)	0:32 (41:44)	
2.	Thomas Sparr	IFK Mora OK	41:48	+0:04		
	1:26 (1:26)	2:20 (3:46)	2:11 (5:57)	1:59 (7:56)	4:41 (12:37)	4:23 (17:00)
	2:33 (19:33)	5:13 (24:46)	0:54 (25:40)	2:46 (28:26)	2:47 (31:13)	1:06 (32:19)
	2:45 (35:04)	3:19 (38:23)	2:24 (40:47)	0:41 (41:28)	0:20 (41:48)	
3.	Sara Hodler	IFK Mora OK	42:41	+0:57		
	1:41 (1:41)	2:10 (3:51)	1:09 (5:00)	2:11 (7:11)	4:10 (11:21)	4:13 (15:34)
	3:01 (18:35)	5:16 (23:51)	0:53 (24:44)	2:59 (27:43)	3:08 (30:51)	1:00 (31:51)
	2:54 (34:45)	3:54 (38:39)	2:44 (41:23)	0:49 (42:12)	0:29 (42:41)	
4.	Tobias Nilsson	IFK Mora OK	45:45	+4:01		
	1:19 (1:19)	1:55 (3:14)	1:05 (4:19)	2:16 (6:35)	3:37 (10:12)	3:02 (13:14)
	2:57 (16:11)	4:18 (20:29)	0:47 (21:16)	2:59 (24:15)	2:38 (26:53)	0:57 (27:50)
	11:18 (39:08)	3:11 (42:19)	2:19 (44:38)	0:48 (45:26)	0:19 (45:45)	
5.	Kane Andersson	IFK Mora OK	46:49	+5:05		
	1:50 (1:50)	2:26 (4:16)	1:52 (6:08)	2:25 (8:33)	4:58 (13:31)	3:36 (17:07)
	3:03 (20:10)	7:49 (27:59)	0:56 (28:55)	3:05 (32:00)	3:09 (35:09)	1:06 (36:15)
	3:03 (39:18)	3:56 (43:14)	2:15 (45:29)	0:55 (46:24)	0:25 (46:49)	
6.	Arne Holmer	IFK Mora OK	46:54	+5:10		
	1:51 (1:51)	2:21 (4:12)	1:21 (5:33)	2:02 (7:35)	4:32 (12:07)	3:56 (16:03)
	5:27 (21:30)	5:33 (27:03)	0:53 (27:56)	3:10 (31:06)	2:59 (34:05)	2:34 (36:39)
	2:48 (39:27)	3:56 (43:23)	2:10 (45:33)	0:56 (46:29)	0:25 (46:54)	
7.	Hasse Develius	"Pilsnerpojkmarnas OK"	47:21	+5:37		
	1:49 (1:49)	2:32 (4:21)	1:31 (5:52)	2:53 (8:45)	4:22 (13:07)	4:12 (17:19)
	2:52 (20:11)	5:21 (25:32)	1:16 (26:48)	4:08 (30:56)	2:57 (33:53)	1:40 (35:33)
	3:19 (38:52)	4:08 (43:00)	2:53 (45:53)	0:59 (46:52)	0:29 (47:21)	
8.	Anders Öberg	IFK Mora OK	47:58	+6:14		
	1:33 (1:33)	2:22 (3:55)	2:07 (6:02)	2:52 (8:54)	4:08 (13:02)	4:02 (17:04)
	4:19 (21:23)	5:28 (26:51)	1:29 (28:20)	2:51 (31:11)	2:58 (34:09)	2:09 (36:18)
	3:00 (39:18)	4:28 (43:46)	2:25 (46:11)	1:19 (47:30)	0:28 (47:58)	
9.	Anders Claesson	IFK Mora OK	48:27	+6:43		
	1:58 (1:58)	2:47 (4:45)	1:37 (6:22)	2:41 (9:03)	4:46 (13:49)	3:57 (17:46)
	2:47 (20:33)	6:21 (26:54)	1:19 (28:13)	3:13 (31:26)	3:20 (34:46)	1:44 (36:30)
	4:26 (40:56)	4:04 (45:00)	2:14 (47:14)	0:49 (48:03)	0:24 (48:27)	

10. Annelie Hermansson	IFK Mora OK	1:00:07	+18:23		
1:40 (1:40)	2:38 (4:18)	1:52 (6:10)	5:44 (11:54)	5:30 (17:24)	4:48 (22:12)
3:02 (25:14)	6:54 (32:08)	1:37 (33:45)	6:51 (40:36)	3:46 (44:22)	1:28 (45:50)
3:34 (49:24)	6:04 (55:28)	2:47 (58:15)	1:20 (59:35)	0:32 (1:00:07)	