

Resultat Träningssonenkäng 2/5-19
Bana A 5,7km Aragog Arne Holmer A & B Albinsson

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|----|--------------------|-------|
| 1 | Jonas Buud | 38.55 |
| 2 | Kalle Björkman | 41.49 |
| 3. | Hans Alin | 42.10 |
| 4. | Evgeniya Ryapolova | 47.00 |
| 5. | Linus Rapp | 48.25 |
| 6. | Hanna Eriksson | 49.22 |
| 7. | Björn Kais | 49.23 |

Bana B 3,8km

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|----|-------------------|-------|
| 1. | Tony Karlsson | 27.55 |
| 2. | Tomas Sparr | 35.12 |
| 3. | Lena Holmer | 37.37 |
| 4. | Gunnel & Ulf Rask | 38.58 |
| 5. | Marie Rapp | 46.20 |
| 6. | Sara Lissmyr | 43.00 |
| 7. | Anders Claussen | 44.47 |
| 8. | Berit Gammus | 54.05 |
| 9. | Mats Hillblom | 59.00 |

Bana C 3,0km

Bana D 1,9km

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|-----|---------------------------------------|-------|
| 1. | Ivar Lissmyr | 30.55 |
| 2 | Yngve Karlsson | 35.00 |
| 3. | Sofie Holmer | 36.33 |
| 4. | Yngve Frost | 40.15 |
| 5. | Anne-Christine Carlsen | 45.28 |
| 6. | Anna Halvarsson | 45.42 |
| 7. | Standly Holmer | 46.30 |
| 8. | Camilla Mangs | 47.08 |
| 9. | Kea Andersson | 47.45 |
| 10. | Tilde, Anastasia, Sten-Alco Broman | 81.40 |

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|----|----------------------|-------|
| 1. | Elvira & Sixten Buud | 29.20 |
| 2. | Tekla Thelander | 44.15 |
| 3. | Leo Ryapolova | 61.04 |
| 4. | Martin Ryapolova | 63.30 |