

Resultat – Träningsorientering 4 Juli

2019-07-04

Korta		(8 / 8)	Tid	Efter	Bomtid		
1.	Göran Engström	IFK Mora OK	32:31		04:26		
	1:10 (1:10)	2:18 (3:28)	1:15 (4:43)	1:35 (6:18)	9:04 (15:22)	2:55 (18:17)	
	2:34 (20:51)	0:56 (21:47)	1:52 (23:39)	1:56 (25:35)	2:45 (28:20)	2:31 (30:51)	
	1:40 (32:31)						
2.	Ingemar Lind	IFK Mora OK	34:37	+2:06	04:23		
	– (–)	– (4:14)	1:03 (5:17)	2:36 (7:53)	10:09 (18:02)	2:57 (20:59)	
	2:25 (23:24)	1:00 (24:24)	2:04 (26:28)	2:02 (28:30)	2:22 (30:52)	2:08 (33:00)	
	1:37 (34:37)						
3.	Conny Eriksson	IFK Mora OK	36:38	+4:07	04:18		
	2:18 (2:18)	3:03 (5:21)	1:27 (6:48)	3:29 (10:17)	5:17 (15:34)	3:35 (19:09)	
	2:52 (22:01)	1:16 (23:17)	3:49 (27:06)	2:15 (29:21)	3:37 (32:58)	2:11 (35:09)	
	1:29 (36:38)						
4.	Bengt Holm	IFK Mora OK	39:38	+7:07	03:32		
	1:24 (1:24)	3:03 (4:27)	1:43 (6:10)	2:57 (9:07)	5:38 (14:45)	4:04 (18:49)	
	3:44 (22:33)	1:11 (23:44)	2:45 (26:29)	2:34 (29:03)	4:51 (33:54)	3:42 (37:36)	
	2:02 (39:38)						
5.	Stanley Holmer	IFK Mora OK	44:30	+11:59	07:26		
	1:20 (1:20)	3:27 (4:47)	1:27 (6:14)	5:50 (12:04)	5:58 (18:02)	6:58 (25:00)	
	3:30 (28:30)	1:03 (29:33)	3:41 (33:14)	2:40 (35:54)	3:41 (39:35)	2:52 (42:27)	
	2:03 (44:30)						
6.	Lovisa Kajs	IFK Mora OK	49:14	+16:43	12:53		
	2:17 (2:17)	9:54 (12:11)	4:01 (16:12)	3:07 (19:19)	4:49 (24:08)	3:37 (27:45)	
	3:52 (31:37)	1:14 (32:51)	2:52 (35:43)	2:56 (38:39)	3:43 (42:22)	5:26 (47:48)	
	1:26 (49:14)						
7.	Tilde Broman	IFK Mora OK	56:31	+24:00	16:06		
	7:14 (7:14)	3:59 (11:13)	1:38 (12:51)	2:37 (15:28)	6:25 (21:53)	9:07 (31:00)	
	4:12 (35:12)	1:01 (36:13)	2:55 (39:08)	3:10 (42:18)	5:06 (47:24)	7:33 (54:57)	
	1:34 (56:31)						
8.	Anastasija Broman	IFK Mora OK	57:00	+24:29	12:25		
	7:20 (7:20)	3:58 (11:18)	1:43 (13:01)	2:25 (15:26)	6:46 (22:12)	8:02 (30:14)	
	5:06 (35:20)	– (–)	– (39:17)	3:37 (42:54)	4:59 (47:53)	7:13 (55:06)	
	1:54 (57:00)						

Långa		(12 / 12)	Tid	Efter	Bomtid		
1.	Per Holm	IFK Mora OK	38:15		00:00		
	1:20 (1:20)	1:01 (2:21)	2:20 (4:41)	2:20 (7:01)	1:33 (8:34)	2:06 (10:40)	
	3:04 (13:44)	1:06 (14:50)	1:49 (16:39)	3:14 (19:53)	1:35 (21:28)	1:09 (22:37)	
	1:23 (24:00)	2:16 (26:16)	1:20 (27:36)	3:38 (31:14)	3:55 (35:09)	1:03 (36:12)	
	2:03 (38:15)						
2.	Ola Svahn	IFK Mora OK	41:22	+3:07	00:00		
	1:30 (1:30)	1:06 (2:36)	2:50 (5:26)	2:26 (7:52)	1:39 (9:31)	2:05 (11:36)	
	3:17 (14:53)	1:15 (16:08)	2:03 (18:11)	3:21 (21:32)	1:32 (23:04)	1:16 (24:20)	
	1:55 (26:15)	2:25 (28:40)	1:32 (30:12)	3:56 (34:08)	4:19 (38:27)	0:58 (39:25)	
	1:57 (41:22)						
3.	Rikard Tynell	Grycksbo IF OK	41:47	+3:32	02:37		
	1:30 (1:30)	1:10 (2:40)	2:36 (5:16)	2:13 (7:29)	1:27 (8:56)	2:05 (11:01)	
	3:11 (14:12)	1:12 (15:24)	3:00 (18:24)	3:26 (21:50)	1:31 (23:21)	1:12 (24:33)	
	1:41 (26:14)	2:47 (29:01)	1:36 (30:37)	4:06 (34:43)	4:18 (39:01)	1:04 (40:05)	
	1:42 (41:47)						
4.	Albin Gezelius	IFK Mora OK	42:43	+4:28	03:09		
	1:25 (1:25)	1:42 (3:07)	2:33 (5:40)	2:11 (7:51)	1:45 (9:36)	3:58 (13:34)	
	3:20 (16:54)	1:25 (18:19)	1:56 (20:15)	3:09 (23:24)	1:27 (24:51)	1:21 (26:12)	
	1:55 (28:07)	2:59 (31:06)	1:12 (32:18)	3:32 (35:50)	3:41 (39:31)	1:02 (40:33)	
	2:10 (42:43)						
5.	Sofie Karlsson Holme	IFK Mora OK	43:45	+5:30	01:17		
	1:49 (1:49)	1:30 (3:19)	3:13 (6:32)	2:25 (8:57)	1:47 (10:44)	2:22 (13:06)	
	3:21 (16:27)	1:21 (17:48)	2:21 (20:09)	3:14 (23:23)	1:42 (25:05)	1:26 (26:31)	
	1:44 (28:15)	2:14 (30:29)	1:28 (31:57)	4:37 (36:34)	4:04 (40:38)	1:15 (41:53)	
	1:52 (43:45)						
6.	Björn Kajs	IFK Mora OK	48:43	+10:28	04:36		
	1:33 (1:33)	1:19 (2:52)	3:02 (5:54)	2:28 (8:22)	1:49 (10:11)	2:01 (12:12)	
	3:20 (15:32)	1:21 (16:53)	2:20 (19:13)	3:29 (22:42)	1:45 (24:27)	1:26 (25:53)	
	2:32 (28:25)	4:09 (32:34)	1:47 (34:21)	5:34 (39:55)	4:49 (44:44)	1:19 (46:03)	
	2:40 (48:43)						
7.	Fredrik Mäkinen	OK Hammaren	50:31	+12:16	02:19		
	1:51 (1:51)	1:19 (3:10)	3:00 (6:10)	2:37 (8:47)	1:57 (10:44)	2:21 (13:05)	
	4:03 (17:08)	1:39 (18:47)	2:32 (21:19)	4:06 (25:25)	1:40 (27:05)	1:28 (28:33)	
	2:43 (31:16)	2:48 (34:04)	1:25 (35:29)	5:34 (41:03)	5:09 (46:12)	1:32 (47:44)	
	2:47 (50:31)						
8.	Mäkinen. Anton	IFK Mora OK	50:43	+12:28	02:55		
	1:51 (1:51)	1:19 (3:10)	3:00 (6:10)	2:36 (8:46)	1:53 (10:39)	2:35 (13:14)	
	3:56 (17:10)	1:31 (18:41)	2:42 (21:23)	3:54 (25:17)	1:50 (27:07)	1:28 (28:35)	
	2:41 (31:16)	2:38 (33:54)	1:35 (35:29)	5:40 (41:09)	5:12 (46:21)	1:33 (47:54)	
	2:49 (50:43)						

9. Peter Hermansson	IFK Mora OK	52:55	+14:40	01:47		
1:45 (1:45)	1:19 (3:04)	3:25 (6:29)	2:59 (9:28)	2:03 (11:31)	2:32 (14:03)	
4:04 (18:07)	1:30 (19:37)	2:32 (22:09)	4:12 (26:21)	1:55 (28:16)	1:39 (29:55)	
2:41 (32:36)	4:08 (36:44)	1:42 (38:26)	5:12 (43:38)	4:58 (48:36)	1:24 (50:00)	
2:55 (52:55)						
10. Mats Lagerblad	IFK Mora OK	52:57	+14:42	02:54		
1:38 (1:38)	2:34 (4:12)	3:24 (7:36)	2:40 (10:16)	2:38 (12:54)	2:24 (15:18)	
4:37 (19:55)	1:33 (21:28)	2:28 (23:56)	4:10 (28:06)	1:51 (29:57)	1:39 (31:36)	
1:58 (33:34)	3:15 (36:49)	1:36 (38:25)	5:00 (43:25)	4:59 (48:24)	1:58 (50:22)	
2:35 (52:57)						
11. Henrik Göthberg	IFK Mora OK	1:09:38	+31:23	03:56		
2:24 (2:24)	3:15 (5:39)	4:43 (10:22)	4:06 (14:28)	2:51 (17:19)	3:13 (20:32)	
6:11 (26:43)	1:47 (28:30)	3:26 (31:56)	5:15 (37:11)	2:14 (39:25)	2:02 (41:27)	
2:53 (44:20)	4:23 (48:43)	1:44 (50:27)	7:01 (57:28)	7:02 (1:04:30)	2:07 (1:06:37)	
3:01 (1:09:38)						
Markus Tollsten	Åre OK	Felst.				
1:29 (1:29)	3:16 (4:45)	3:45 (8:30)	2:56 (11:26)	1:41 (13:07)	2:17 (15:24)	
3:46 (19:10)	1:18 (20:28)	- (-)	- (35:53)	2:45 (38:38)	1:58 (40:36)	
2:11 (42:47)	2:10 (44:57)	2:52 (47:49)	- (-)	- (1:00:40)	1:33 (1:02:13)	
2:26 (1:04:39)						

Mellan	(10 / 10)	Tid	Efter	Bomtid		
1. Axel Jutterström	IFK Mora OK	37:24		01:33		
1:22 (1:22)	1:12 (2:34)	2:12 (4:46)	3:19 (8:05)	4:00 (12:05)	2:00 (14:05)	
2:13 (16:18)	2:51 (19:09)	2:57 (22:06)	0:58 (23:04)	3:21 (26:25)	2:05 (28:30)	
3:03 (31:33)	1:45 (33:18)	2:07 (35:25)	0:51 (36:16)	1:08 (37:24)		
2. Sara Hodler	IFK Mora OK	42:59	+5:35	02:09		
2:01 (2:01)	1:52 (3:53)	2:42 (6:35)	4:10 (10:45)	4:25 (15:10)	2:33 (17:43)	
3:11 (20:54)	3:21 (24:15)	2:37 (26:52)	1:22 (28:14)	3:02 (31:16)	2:32 (33:48)	
3:16 (37:04)	2:00 (39:04)	1:26 (40:30)	1:10 (41:40)	1:19 (42:59)		
3. Olov Öström	OK Tyr	43:53	+6:29	00:26		
1:40 (1:40)	1:27 (3:07)	2:39 (5:46)	4:11 (9:57)	4:49 (14:46)	2:24 (17:10)	
2:39 (19:49)	3:31 (23:20)	3:19 (26:39)	1:03 (27:42)	2:27 (30:09)	2:42 (32:51)	
3:46 (36:37)	2:15 (38:52)	1:59 (40:51)	1:34 (42:25)	1:28 (43:53)		
4. Arne Holmer	IFK Mora OK	49:50	+12:26	05:21		
3:50 (3:50)	1:31 (5:21)	2:37 (7:58)	3:50 (11:48)	4:51 (16:39)	2:54 (19:33)	
3:00 (22:33)	3:47 (26:20)	3:16 (29:36)	1:05 (30:41)	2:28 (33:09)	3:12 (36:21)	
4:42 (41:03)	2:10 (43:13)	3:35 (46:48)	1:35 (48:23)	1:27 (49:50)		
5. Karin Ersson	IFK Mora OK	50:43	+13:19	05:31		
2:04 (2:04)	1:47 (3:51)	2:44 (6:35)	3:42 (10:17)	8:43 (19:00)	2:19 (21:19)	
2:41 (24:00)	3:19 (27:19)	3:13 (30:32)	1:16 (31:48)	3:28 (35:16)	3:15 (38:31)	
3:52 (42:23)	2:34 (44:57)	2:24 (47:21)	1:59 (49:20)	1:23 (50:43)		
6. Tobias Brodin	IFK Mora OK	52:28	+15:04	05:43		
1:26 (1:26)	1:14 (2:40)	2:42 (5:22)	4:06 (9:28)	5:30 (14:58)	2:18 (17:16)	
4:58 (22:14)	4:13 (26:27)	6:05 (32:32)	1:17 (33:49)	4:13 (38:02)	3:12 (41:14)	
4:11 (45:25)	2:21 (47:46)	1:52 (49:38)	1:40 (51:18)	1:10 (52:28)		
7. Kersti Larson	Orsa IF OK	56:12	+18:48	12:20		
2:14 (2:14)	2:24 (4:38)	3:13 (7:51)	3:26 (11:17)	4:17 (15:34)	2:26 (18:00)	
4:03 (22:03)	4:34 (26:37)	4:47 (31:24)	1:12 (32:36)	8:02 (40:38)	4:29 (45:07)	
3:00 (48:07)	3:18 (51:25)	1:50 (53:15)	1:50 (55:05)	1:07 (56:12)		
8. Frida Peterson	Älvdalens IF OK	56:51	+19:27	05:26		
1:54 (1:54)	1:33 (3:27)	2:56 (6:23)	4:28 (10:51)	5:36 (16:27)	2:47 (19:14)	
3:38 (22:52)	5:57 (28:49)	5:19 (34:08)	1:37 (35:45)	3:04 (38:49)	3:46 (42:35)	
5:52 (48:27)	2:34 (51:01)	2:35 (53:36)	1:45 (55:21)	1:30 (56:51)		
9. Marie Rapp	IFK Mora OK	57:21	+19:57	04:10		
1:50 (1:50)	1:55 (3:45)	5:10 (8:55)	5:32 (14:27)	7:33 (22:00)	3:11 (25:11)	
3:17 (28:28)	3:56 (32:24)	3:52 (36:16)	1:30 (37:46)	3:29 (41:15)	3:39 (44:54)	
4:32 (49:26)	2:32 (51:58)	2:20 (54:18)	1:26 (55:44)	1:37 (57:21)		
10. Annelie Hermansson	IFK Mora OK	1:00:43	+23:19	09:40		
2:24 (2:24)	1:42 (4:06)	2:49 (6:55)	3:54 (10:49)	4:41 (15:30)	3:07 (18:37)	
5:46 (24:23)	4:34 (28:57)	4:13 (33:10)	1:22 (34:32)	4:42 (39:14)	2:58 (42:12)	
4:37 (46:49)	4:20 (51:09)	2:54 (54:03)	5:08 (59:11)	1:32 (1:00:43)		

Lätt kort	(1 / 1)	Tid	Efter	Bomtid		
1. Madeleine Sticksö	IFK Mora OK	47:27		00:00		
11:35 (11:35)	2:21 (13:56)	3:14 (17:10)	7:39 (24:49)	12:43 (37:32)	5:49 (43:21)	
4:06 (47:27)						