



# IFK Mora OK Träningsorientering 2020-09-17

Spjutmodammen / Hökberg

Banläggare: Kane Andersson

Total antal deltagare: 36



## Långa banan 5.8 km

|   |        |                |       |             |
|---|--------|----------------|-------|-------------|
| 1 | Klaus  | Csucs          | 44.13 |             |
| 2 | Tord   | Norell         | 48.29 |             |
| 3 | Björn  | Albinsson      | 48.48 |             |
| 4 | Thomas | Sparr          | 49.27 |             |
| 5 | Edward | Larsson        | 51.28 |             |
| 6 | Zeb    | Palm           | 51.39 | HJS Vansbro |
| 7 | Ampe   |                | 60.39 |             |
| 8 | Laura  | Csucs-Fenyvesi | 66.42 |             |

## Mellan banan 4.4 km

|   |        |                |          |                            |
|---|--------|----------------|----------|----------------------------|
| 1 | Arne   | Holmer         | 41.06    |                            |
| 2 | Anders | Öberg          | 42.19    |                            |
| 3 | Tommy  | Eriksson       | 42.59    | Tullinge                   |
| 4 | Björn  | Kajs           | 47.21    |                            |
| 5 | Ulf    | Rask           | 49.12    |                            |
| 6 | Pia    | Frost          | 50.15    |                            |
| 7 | Andras | Csucs          | 50.29    | VSK Csikszereda / Rumänien |
| 8 | Gunnel | Rask           | 51.17    |                            |
| 9 | Conny  | Blomberg-Dolff | 56.41    |                            |
|   | Olle   | Andersson      | Deltagit |                            |
|   | Lena   | Leandersson    | Deltagit | Älvdalens IF               |

## Korta banan 3.2 km

|   |         |            |        |          |
|---|---------|------------|--------|----------|
| 1 | Maffe   | Frost      | 35.34  |          |
| 2 | Yngve   | Karlsson   | 38.13  |          |
| 3 | KEA     |            | 38.42  |          |
| 4 | Jonny   | Birgersson | 39.05  | Grycksbo |
| 5 | Berit   | Gummus     | 43.47  |          |
| 6 | Anders  | Claesson   | 43.50  |          |
| 7 | Bosse   | Romson     | 47.33  |          |
| 9 | Lasse   | Back       | 66.25  |          |
|   | Ingemar | Lind       | Utgått |          |

## Orange bana 2.8 km

|   |         |           |       |  |
|---|---------|-----------|-------|--|
| 1 | Anders  | Thomée    | 38.50 |  |
| 2 | Marie   | Erkersson | 60.12 |  |
| 2 | Anna-Li |           | 60.12 |  |
| 2 | Björn   | Erkersson | 60.12 |  |

## Nybörjarbana 2.3 km

|  |          |       |          |  |
|--|----------|-------|----------|--|
|  | Kristian | Csucs | Deltagit |  |
|  | Erik     | Csucs | Deltagit |  |
|  | Monika   | Csucs | Deltagit |  |

## Egen bana

|  |        |        |          |  |
|--|--------|--------|----------|--|
|  | Anders | Romson | Deltagit |  |
|--|--------|--------|----------|--|