

**Resultat – 25-manna -träning 24-08-15 {återställd}**

2024-08-15

<b>Lätt 2,3km A</b>		<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Martin Ryapolov	IFK Mora OK	19:16		03:13
2.	Elin Wrahme	IFK Mora OK	27:17	+8:01	05:33
3.	Mollie Sandberg	IFK Mora OK	27:29	+8:13	04:11
4.	Sofie Wuopio Kvarnström	IFK Mora OK	28:56	+9:40	03:45
5.	Vera Argårds	IFK Mora OK	40:21	+21:05	07:02

<b>Lätt 2,3km B</b>		<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Alice Eggöy Markhester	IFK Mora OK	17:44		02:19
2.	Minna Wrahme	IFK Mora OK	27:15	+9:31	05:01
3.	Birk Hodler	IFK Mora OK	32:12	+14:28	06:19
4.	Wilma Argårds	IFK Mora OK	35:14	+17:30	06:49

<b>Svår 2,6km A</b>		<b>(5 / 5)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Kane Andersson	IFK Mora OK	22:46		01:42
2.	Anders Thomée	IFK Mora OK	24:16	+1:30	01:16
3.	Jonas Ålund	IFK Mora OK	25:00	+2:14	06:10
4.	Kent Berggren	IFK Mora OK	26:51	+4:05	01:48
5.	Karl-Erik Andersson	IFK Mora OK	47:40	+24:54	02:19

<b>Svår 2,6km B</b>		<b>(3 / 3)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Anki Pousette	IFK Mora OK	28:55		00:18
2.	Siv Svahn	IFK Mora OK	29:04	+0:09	00:37
3.	Hans Johansson	IFK Mora OK	41:44	+12:49	09:27

<b>Svår 5,3km A</b>		<b>(9 / 9)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Anders Sandberg	IFK Mora OK	36:14		00:26
2.	Edward Larsson	IFK Mora OK	37:35	+1:21	00:00
3.	Björn Kajs	IFK Mora OK	37:53	+1:39	02:00
4.	Leo Ryapolov	IFK Mora OK	38:35	+2:21	00:00
5.	Evgeniya Ryapolova	IFK Mora OK	38:39	+2:25	00:00
6.	Lina Berggren	IFK Mora OK	43:49	+7:35	02:13
7.	Anders Ohlin	IFK Mora OK	44:24	+8:10	02:08
8.	Olof Eriksson	IFK Mora OK	46:11	+9:57	04:54
9.	Roine Andersson	IFK Mora OK	59:46	+23:32	04:13

<b>Svår 5,3km B</b>		<b>(9 / 9)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>
1.	Maja Falk	IFK Mora OK	34:47		00:00
2.	Björn Wrahme	IFK Mora OK	35:26	+0:39	00:00
3.	Karl Lund	IFK Mora OK	43:30	+8:43	03:06
4.	Emelie Brudin	IFK Mora OK	43:55	+9:08	03:00
5.	Hans-Åke Skött	IFK Mora OK	44:01	+9:14	01:23
6.	Ulf K. Rask	IFK Mora OK	52:55	+18:08	02:53
	Erik Klockar	IFK Mora OK	Felst.		
	Marie Rapp	IFK Mora OK	Felst.		
	Mats Bergh	IFK Mora OK	Felst.		

**Svår 7,3km A**

1. Martin Nilsson

**(1 / 1)**

IFK Mora OK

**Tid**

41:14

**Efter****Bomtid**

00:00