

# Official results for Träningsorientering

Name: Träningsorientering

Organiser: IFK Mora OK

Date: Thursday 3 July 2025

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## Lätt 1.5 km

7 starting competitors

[Split times](#)

[LiveloX](#)

Plac	Name	Organisation	Time	Diff
1	Martin Ryapolov	IFK Mora OK	12:33	
2	Karl-Erik Andersson	IFK Mora OK	25:14	+12:41
3	Sofie Wuopio Kvarnström	IFK Mora OK	31:03	+18:30
4	Amelie Hamelius	OK Linné	37:20	+24:47
5	Ebba Hamelius	OK Linné	1:11:13	+58:40
6	Lowe Hamelius	OK Linné	1:14:29	+1:01:56
	Eric Wuopio Kvarnström	IFK Mora OK	mispunched	

## Medelsvår 3 km

17 starting competitors

[Split times](#)

[LiveloX](#)

Plac	Name	Organisation	Time	Diff
1	Gustav Elmgren	IFK Mora OK	24:21	
2	Assar Rosén Thelin	Jönköpings OK	30:18	+5:57
3	Heinz-Eric Develius	IFK Mora OK	34:42	+10:21
4	Lars Ambrosiusson	IFK Mora OK	36:05	+11:44
5	Lars-erik Larsson	IFK Mora OK	37:56	+13:35
6	Kane Andersson	IFK Mora OK	38:44	+14:23
7	Annlouise Almqvist	IFK Mora OK	40:34	+16:13
8	Ulf K. Rask	IFK Mora OK	41:21	+17:00
9	Berit Gummus	IFK Mora OK	42:21	+18:00
10	Sixten Buud	IFK Mora OK	42:27	+18:06
11	Tommy Eriksson	IFK Mora OK	42:53	+18:32
12	Karl Lund	IFK Mora OK	44:32	+20:11
13	Yngve Karlsson	IFK Mora OK	51:24	+27:03
14	Henrik Göthberg	IFK Mora OK	1:02:25	+38:04
15	Lena Henriksson	IFK Mora OK	1:04:33	+40:12
16	Maria Eriksson	IFK Mora OK	1:06:22	+42:01
	Siv Svahn	IFK Mora OK	mispunched	
	Conny Eriksson	IFK Mora OK	did not start	
	Kristina Eriksson	IFK Mora OK	did not start	
	Anders Thomée	IFK Mora OK	did not start	

## Svår 4.5 km

7 starting competitors

[Split times](#)

[LiveloX](#)

Plac	Name	Organisation	Time	Diff
1	Anders Sandberg	IFK Mora OK	48:50	
2	Johan Hamelius	OK Linné	51:03	+2:13
3	Maria Rosén Thelin	Jönköpings OK	57:59	+9:09
4	Elvira Buud	IFK Mora OK	1:04:06	+15:16
5	Sofie Karlsson Holmer	IFK Mora OK	1:09:35	+20:45
6	Lars Eriksson	IFK Mora OK	1:11:12	+22:22
	Edward Larsson	IFK Mora OK	mispunched	
	Elisa Hamelius	OK Linné	did not start	

## Svår 6 km

6 starting competitors

[Split times](#)

[LiveloX](#)

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Plac	Name	Organisation	Time	Diff
1	Fredrik Rosén	<a href="#">Jönköpings OK</a>	54:34	
2	Simon Karlsson Holmer	<a href="#">IFK Mora OK</a>	55:45	+1:11
3	Jonas Buud	<a href="#">IFK Mora OK</a>	56:46	+2:12
4	Simon Hodler	<a href="#">IFK Mora OK</a>	58:41	+4:07
5	Björn Kajs	<a href="#">IFK Mora OK</a>	1:04:52	+10:18
6	Anders Ohlin	<a href="#">IFK Mora OK</a>	1:19:39	+25:05
	Emelie Brudin	<a href="#">IFK Mora OK</a>	did not start	

Please report errors in the result list to the organiser.