

# Resultat – Klubbträning Bokskogen 210328

2021-03-28

Lång		(14 / 14)	Tid	Efter	Bomtid		
1.	Jonathan Gunnarsson	Malmö OK	30:28		00:00		
	0:58 (0:58)	0:50 (1:48)	1:23 (3:11)	2:33 (5:44)	1:36 (7:20)	2:12 (9:32)	
	1:29 (11:01)	1:51 (12:52)	1:11 (14:03)	2:14 (16:17)	2:05 (18:22)	3:24 (21:46)	
	3:07 (24:53)	1:20 (26:13)	2:18 (28:31)	1:35 (30:06)	0:22 (30:28)		
2.	Love Persson	Malmö OK	36:05	+5:37	01:40		
	0:56 (0:56)	1:02 (1:58)	1:22 (3:20)	2:50 (6:10)	1:38 (7:48)	2:25 (10:13)	
	1:43 (11:56)	2:39 (14:35)	1:21 (15:56)	2:56 (18:52)	2:42 (21:34)	3:49 (25:23)	
	3:51 (29:14)	1:12 (30:26)	2:55 (33:21)	1:38 (34:59)	1:06 (36:05)		
3.	Adam Lindblom	Malmö OK	37:08	+6:40	00:58		
	1:11 (1:11)	0:55 (2:06)	1:31 (3:37)	2:53 (6:30)	2:10 (8:40)	3:30 (12:10)	
	1:49 (13:59)	2:06 (16:05)	1:27 (17:32)	2:57 (20:29)	2:36 (23:05)	3:57 (27:02)	
	4:00 (31:02)	1:22 (32:24)	2:31 (34:55)	1:50 (36:45)	0:23 (37:08)		
4.	Staffan Ahlén	Malmö OK	37:11	+6:43	01:08		
	1:07 (1:07)	0:55 (2:02)	1:33 (3:35)	2:54 (6:29)	2:00 (8:29)	2:34 (11:03)	
	1:51 (12:54)	2:04 (14:58)	1:23 (16:21)	3:23 (19:44)	2:34 (22:18)	3:47 (26:05)	
	4:47 (30:52)	1:18 (32:10)	2:41 (34:51)	1:51 (36:42)	0:29 (37:11)		
5.	Emanuel Strid	Malmö OK	39:46	+9:18	00:00		
	1:03 (1:03)	1:01 (2:04)	1:57 (4:01)	3:09 (7:10)	2:22 (9:32)	2:50 (12:22)	
	1:49 (14:11)	2:18 (16:29)	1:31 (18:00)	3:09 (21:09)	2:52 (24:01)	4:27 (28:28)	
	4:25 (32:53)	1:24 (34:17)	3:00 (37:17)	2:03 (39:20)	0:26 (39:46)		
6.	Henrik Lindblom	Malmö OK	41:54	+11:26	02:06		
	1:08 (1:08)	0:53 (2:01)	1:43 (3:44)	3:12 (6:56)	2:05 (9:01)	3:16 (12:17)	
	3:00 (15:17)	2:15 (17:32)	1:24 (18:56)	3:08 (22:04)	2:56 (25:00)	4:29 (29:29)	
	5:05 (34:34)	1:43 (36:17)	3:06 (39:23)	2:04 (41:27)	0:27 (41:54)		
7.	Benjamin Viebke	Malmö OK	47:00	+16:32	03:04		
	1:24 (1:24)	1:38 (3:02)	3:05 (6:07)	4:02 (10:09)	2:35 (12:44)	3:06 (15:50)	
	2:12 (18:02)	2:27 (20:29)	1:41 (22:10)	3:27 (25:37)	3:02 (28:39)	4:43 (33:22)	
	5:05 (38:27)	1:46 (40:13)	3:18 (43:31)	3:00 (46:31)	0:29 (47:00)		
8.	Mikael Söderström	Malmö OK	50:47	+20:19	00:40		
	1:13 (1:13)	1:16 (2:29)	2:00 (4:29)	4:17 (8:46)	2:45 (11:31)	3:51 (15:22)	
	2:29 (17:51)	3:12 (21:03)	2:02 (23:05)	3:41 (26:46)	3:41 (30:27)	5:44 (36:11)	
	5:20 (41:31)	1:54 (43:25)	3:50 (47:15)	3:05 (50:20)	0:27 (50:47)		
9.	Sara Bengtsson	Malmö OK	52:59	+22:31	04:59		
	1:50 (1:50)	1:46 (3:36)	2:43 (6:19)	3:50 (10:09)	4:01 (14:10)	4:26 (18:36)	
	3:05 (21:41)	3:07 (24:48)	1:58 (26:46)	4:00 (30:46)	3:23 (34:09)	4:44 (38:53)	
	5:51 (44:44)	1:45 (46:29)	3:52 (50:21)	2:11 (52:32)	0:27 (52:59)		
10.	Håkan Nilsson	Malmö OK	55:11	+24:43	02:36		
	1:46 (1:46)	1:33 (3:19)	3:14 (6:33)	4:30 (11:03)	2:59 (14:02)	4:27 (18:29)	
	3:01 (21:30)	3:46 (25:16)	2:01 (27:17)	4:11 (31:28)	3:23 (34:51)	5:26 (40:17)	
	5:58 (46:15)	1:44 (47:59)	4:07 (52:06)	2:37 (54:43)	0:28 (55:11)		
11.	Anna Söderström	Malmö OK	56:53	+26:25	01:39		
	1:50 (1:50)	1:14 (3:04)	2:55 (5:59)	4:39 (10:38)	3:01 (13:39)	3:42 (17:21)	
	2:47 (20:08)	3:41 (23:49)	2:27 (26:16)	4:06 (30:22)	3:26 (33:48)	6:11 (39:59)	
	6:57 (46:56)	2:23 (49:19)	4:10 (53:29)	2:51 (56:20)	0:33 (56:53)		
12.	Svante Hermansson	Malmö OK	59:13	+28:45	04:03		
	1:43 (1:43)	1:06 (2:49)	2:27 (5:16)	6:00 (11:16)	2:36 (13:52)	4:19 (18:11)	
	2:36 (20:47)	2:55 (23:42)	2:05 (25:47)	7:04 (32:51)	3:57 (36:48)	6:25 (43:13)	
	6:37 (49:50)	2:02 (51:52)	3:52 (55:44)	2:55 (58:39)	0:34 (59:13)		
13.	Jörgen Andersson	Malmö OK	1:03:06	+32:38	02:05		
	1:46 (1:46)	1:37 (3:23)	2:54 (6:17)	5:35 (11:52)	3:24 (15:16)	4:44 (20:00)	
	3:07 (23:07)	3:51 (26:58)	2:19 (29:17)	4:49 (34:06)	3:56 (38:02)	5:58 (44:00)	
	8:04 (52:04)	2:48 (54:52)	4:41 (59:33)	2:56 (1:02:29)	0:37 (1:03:06)		
14.	Fredrik Kryh Öberg	Malmö OK	1:05:11	+34:43	18:31		
	1:21 (1:21)	1:43 (3:04)	2:23 (5:27)	3:30 (8:57)	3:35 (12:32)	19:19 (31:51)	
	2:18 (34:09)	4:28 (38:37)	1:55 (40:32)	4:18 (44:50)	3:33 (48:23)	4:38 (53:01)	
	5:03 (58:04)	1:48 (59:52)	2:44 (1:02:36)	2:05 (1:04:41)	0:30 (1:05:11)		
Mellan		(8 / 9)	Tid	Efter	Bomtid		
1.	Agnes Lindblom	Malmö OK	37:42		00:00		
	1:13 (1:13)	0:57 (2:10)	1:58 (4:08)	3:47 (7:55)	2:44 (10:39)	1:15 (11:54)	
	1:40 (13:34)	3:37 (17:11)	2:55 (20:06)	4:57 (25:03)	4:46 (29:49)	1:39 (31:28)	
	3:25 (34:53)	2:19 (37:12)	0:30 (37:42)				
2.	Jonas Wahlström	Malmö OK	42:39	+4:57	02:26		
	1:52 (1:52)	1:22 (3:14)	4:10 (7:24)	4:22 (11:46)	2:35 (14:21)	1:31 (15:52)	
	1:37 (17:29)	3:52 (21:21)	3:11 (24:32)	4:52 (29:24)	5:26 (34:50)	1:46 (36:36)	
	3:27 (40:03)	2:13 (42:16)	0:23 (42:39)				
3.	Andreas Jentsch	Malmö OK	49:48	+12:06	04:59		
	1:38 (1:38)	1:30 (3:08)	2:32 (5:40)	4:36 (10:16)	5:46 (16:02)	2:26 (18:28)	
	1:57 (20:25)	4:18 (24:43)	4:17 (29:00)	6:24 (35:24)	5:44 (41:08)	2:07 (43:15)	
	3:40 (46:55)	2:25 (49:20)	0:28 (49:48)				
4.	Jenny Lindblom	Malmö OK	50:03	+12:21	03:10		
	1:42 (1:42)	1:26 (3:08)	2:29 (5:37)	4:13 (9:50)	2:55 (12:45)	1:28 (14:13)	
	2:21 (16:34)	4:45 (21:19)	3:54 (25:13)	5:41 (30:54)	8:05 (38:59)	2:35 (41:34)	
	4:46 (46:20)	3:08 (49:28)	0:35 (50:03)				

5.	Stein Østby	Malmö OK	55:03	+17:21	03:15		
	1:56 (1:56)	1:30 (3:26)	3:00 (6:26)	5:02 (11:28)	3:47 (15:15)	1:36 (16:51)	
	2:19 (19:10)	4:20 (23:30)	4:34 (28:04)	6:24 (34:28)	7:20 (41:48)	3:14 (45:02)	
	6:20 (51:22)	3:02 (54:24)	0:39 (55:03)				
6.	Kjell Vestlund	Malmö OK	56:33	+18:51	02:42		
	1:24 (1:24)	1:27 (2:51)	3:02 (5:53)	5:01 (10:54)	3:44 (14:38)	2:06 (16:44)	
	2:33 (19:17)	4:53 (24:10)	4:24 (28:34)	7:00 (35:34)	8:52 (44:26)	3:11 (47:37)	
	4:46 (52:23)	3:26 (55:49)	0:44 (56:33)				
7.	Lars Johansson	Malmö OK	1:04:14	+26:32	06:10		
	1:37 (1:37)	1:40 (3:17)	2:47 (6:04)	6:54 (12:58)	5:01 (17:59)	2:40 (20:39)	
	2:33 (23:12)	9:21 (32:33)	4:24 (36:57)	7:17 (44:14)	7:49 (52:03)	3:00 (55:03)	
	4:54 (59:57)	3:28 (1:03:25)	0:49 (1:04:14)				
8.	Kaare Hansson	Malmö OK	1:25:14	+47:32	19:35		
	1:46 (1:46)	2:02 (3:48)	3:17 (7:05)	6:17 (13:22)	4:32 (17:54)	16:36 (34:30)	
	2:48 (37:18)	6:32 (43:50)	6:05 (49:55)	12:52 (1:02:47)	8:41 (1:11:28)	3:09 (1:14:37)	
	6:06 (1:20:43)	3:46 (1:24:29)	0:45 (1:25:14)				

	<b>Kort</b>	<b>(15 / 15)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Linn Lindblom	Malmö OK	34:28		00:47		
	1:30 (1:30)	1:17 (2:47)	2:49 (5:36)	4:24 (10:00)	2:04 (12:04)	3:02 (15:06)	
	5:08 (20:14)	5:38 (25:52)	1:53 (27:45)	3:49 (31:34)	2:27 (34:01)	0:27 (34:28)	
2.	Peter Ekström	Malmö OK	36:48	+2:20	00:22		
	1:36 (1:36)	1:17 (2:53)	3:01 (5:54)	4:15 (10:09)	1:59 (12:08)	3:21 (15:29)	
	5:26 (20:55)	6:36 (27:31)	1:51 (29:22)	4:00 (33:22)	2:48 (36:10)	0:38 (36:48)	
3.	Lennart Hävrén	Tullinge SK	37:25	+2:57	01:33		
	1:42 (1:42)	1:26 (3:08)	2:22 (5:30)	4:12 (9:42)	2:01 (11:43)	3:53 (15:36)	
	6:08 (21:44)	6:04 (27:48)	1:49 (29:37)	4:08 (33:45)	3:03 (36:48)	0:37 (37:25)	
4.	Lotta Magnusson	Malmö OK	37:27	+2:59	00:27		
	1:35 (1:35)	1:14 (2:49)	2:37 (5:26)	4:17 (9:43)	1:47 (11:30)	3:47 (15:17)	
	5:46 (21:03)	6:36 (27:39)	1:53 (29:32)	4:33 (34:05)	2:49 (36:54)	0:33 (37:27)	
5.	Hanna Kryh Öberg	Malmö OK	38:40	+4:12	00:53		
	1:54 (1:54)	1:27 (3:21)	2:39 (6:00)	4:55 (10:55)	1:47 (12:42)	3:54 (16:36)	
	5:37 (22:13)	6:52 (29:05)	1:59 (31:04)	4:06 (35:10)	3:02 (38:12)	0:28 (38:40)	
6.	Filip Persson	Malmö OK	39:40	+5:12	02:37		
	1:34 (1:34)	2:21 (3:55)	2:46 (6:41)	4:23 (11:04)	1:42 (12:46)	4:31 (17:17)	
	5:37 (22:54)	6:44 (29:38)	2:01 (31:39)	4:50 (36:29)	2:34 (39:03)	0:37 (39:40)	
7.	Jesper Persson	Malmö OK	40:12	+5:44	03:05		
	2:05 (2:05)	1:27 (3:32)	2:55 (6:27)	4:09 (10:36)	1:45 (12:21)	3:31 (15:52)	
	6:35 (22:27)	8:02 (30:29)	2:38 (33:07)	4:06 (37:13)	2:31 (39:44)	0:28 (40:12)	
8.	Arne Gustafsson	Malmö OK	43:58	+9:30	01:23		
	1:58 (1:58)	1:39 (3:37)	2:54 (6:31)	5:27 (11:58)	2:37 (14:35)	4:10 (18:45)	
	6:54 (25:39)	6:58 (32:37)	2:38 (35:15)	4:43 (39:58)	3:13 (43:11)	0:47 (43:58)	
9.	Margareta Kristensson	Malmö OK	53:10	+18:42	03:15		
	2:38 (2:38)	1:57 (4:35)	5:09 (9:44)	6:16 (16:00)	3:01 (19:01)	5:03 (24:04)	
	7:50 (31:54)	9:24 (41:18)	3:18 (44:36)	4:42 (49:18)	3:16 (52:34)	0:36 (53:10)	
10.	Clara Eriksson	Malmö OK	53:42	+19:14	09:09		
	2:10 (2:10)	1:57 (4:07)	3:22 (7:29)	4:28 (11:57)	2:31 (14:28)	3:49 (18:17)	
	9:03 (27:20)	14:43 (42:03)	2:33 (44:36)	3:59 (48:35)	4:09 (52:44)	0:58 (53:42)	
11.	Alexander Strid	Malmö OK	56:54	+22:26	10:21		
	2:55 (2:55)	2:29 (5:24)	3:50 (9:14)	4:52 (14:06)	2:31 (16:37)	4:22 (20:59)	
	6:50 (27:49)	9:40 (37:29)	10:18 (47:47)	5:00 (52:47)	3:09 (55:56)	0:58 (56:54)	
12.	Lars-Göran Nilsson	Malmö OK	57:09	+22:41	04:27		
	2:40 (2:40)	2:17 (4:57)	4:16 (9:13)	6:02 (15:15)	2:54 (18:09)	7:32 (25:41)	
	7:41 (33:22)	10:49 (44:11)	3:20 (47:31)	5:19 (52:50)	3:26 (56:16)	0:53 (57:09)	
13.	Sofie Haväng	Malmö OK	1:01:25	+26:57	04:52		
	2:43 (2:43)	2:08 (4:51)	4:16 (9:07)	7:59 (17:06)	4:40 (21:46)	5:54 (27:40)	
	10:35 (38:15)	9:33 (47:48)	2:46 (50:34)	5:31 (56:05)	4:21 (1:00:26)	0:59 (1:01:25)	
14.	Håkan Brost	Malmö OK	1:04:42	+30:14	02:10		
	2:15 (2:15)	2:20 (4:35)	4:27 (9:02)	7:11 (16:13)	3:23 (19:36)	6:21 (25:57)	
	9:37 (35:34)	13:08 (48:42)	3:42 (52:24)	6:26 (58:50)	4:50 (1:03:40)	1:02 (1:04:42)	
15.	Ingemar Turesson	Malmö OK	5:16:13	+281:45	03:26		
	– (4:02:22)	2:43 (4:05:05)	5:24 (4:10:29)	10:06 (4:20:35)	4:18 (4:24:53)	8:03 (4:32:56)	
	12:31 (4:45:27)	13:31 (4:58:58)	4:11 (5:03:09)	6:50 (5:09:59)	4:57 (5:14:56)	1:17 (5:16:13)	

	<b>X kort</b>	<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Bertil Kollén	Malmö OK	1:09:00		00:00		
	<b>Lätt</b>	<b>(12 / 15)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Minna Hatti	Malmö OK	40:09		03:23		
	2:26 (2:26)	3:56 (6:22)	7:09 (13:31)	6:49 (20:20)	7:03 (27:23)	4:42 (32:05)	
	3:03 (35:08)	4:23 (39:31)	0:38 (40:09)				
2.	isak wahl	Malmö OK	47:35	+7:26	04:06		
	2:35 (2:35)	5:40 (8:15)	4:22 (12:37)	8:08 (20:45)	7:59 (28:44)	6:26 (35:10)	
	5:35 (40:45)	5:09 (45:54)	1:41 (47:35)				
3.	Hannah Strid	Malmö OK	47:51	+7:42	06:01		
	3:21 (3:21)	6:08 (9:29)	4:22 (13:51)	7:30 (21:21)	7:24 (28:45)	5:39 (34:24)	
	5:19 (39:43)	5:03 (44:46)	3:05 (47:51)				
4.	Rex Rööös Hatti	Malmö OK	50:20	+10:11	04:53		
	2:42 (2:42)	3:42 (6:24)	4:22 (10:46)	8:35 (19:21)	8:56 (28:17)	8:12 (36:29)	
	5:22 (41:51)	6:12 (48:03)	2:17 (50:20)				

5.	Åsa Jentsch 2:36 (2:36) 5:56 (46:13)	Malmö OK 4:45 (7:21) 7:08 (53:21)	8:17 (15:38) 0:57 (54:18)	54:18	+14:09 09:55 7:00 (22:38)	7:41 (30:19)	9:58 (40:17)
6.	Carl Isgren 2:39 (2:39) 13:11 (48:47)	Malmö OK 3:46 (6:25) 5:29 (54:16)	4:59 (11:24) 1:19 (55:35)	55:35	+15:26 10:06 7:12 (18:36)	10:17 (28:53)	6:43 (35:36)
7.	Elsie Isgren 2:52 (2:52) 4:58 (43:15)	Malmö OK 3:54 (6:46) 12:09 (55:24)	5:01 (11:47) 1:26 (56:50)	56:50	+16:41 11:40 7:54 (19:41)	7:41 (27:22)	10:55 (38:17)
8.	Vincent nydal 2:54 (2:54) 6:45 (49:20)	Malmö OK 5:13 (8:07) 7:29 (56:49)	5:19 (13:26) 1:15 (58:04)	58:04	+17:55 04:43 9:41 (23:07)	10:05 (33:12)	9:23 (42:35)
9.	Annika Johansson 4:01 (4:01) 4:37 (48:40)	Malmö OK 12:14 (16:15) 8:46 (57:26)	5:41 (21:56) 0:58 (58:24)	58:24	+18:15 11:56 7:22 (29:18)	7:50 (37:08)	6:55 (44:03)
	Arvid Kryh Öberg – (–) 11:41 (48:14)	Malmö OK – (16:56) 11:20 (59:34)	– (–) 1:46 (1:01:20)	Felst.	– (–)	– (–)	– (36:33)
	Axel Kryh Öberg 4:19 (4:19) 11:34 (48:10)	Malmö OK 12:38 (16:57) 11:48 (59:58)	– (–) 1:18 (1:01:16)	Felst.	– (–)	– (–)	– (36:36)
	Majken Jentsch 3:05 (3:05) – (–)	Malmö OK 5:24 (8:29) – (–)	5:57 (14:26) – (53:49)	Felst.	11:45 (26:11)	9:44 (35:55)	7:50 (43:45)