

Resultat – Klubbträning Hedensjö 2021-04-10

2021-04-10

Mellan		(13 / 13)		Tid	Efter	Bomtid		
1.	Lotta Magnusson	Malmö OK		58:03		03:04		
	4:52 (4:52)	3:44 (8:36)	8:58 (17:34)		6:35 (24:09)		8:52 (33:01)	5:28 (38:29)
	4:23 (42:52)	4:26 (47:18)	2:10 (49:28)		4:14 (53:42)		1:40 (55:22)	2:41 (58:03)
2.	Julia De Almeida	Malmö OK		1:03:48	+5:45	04:11		
	5:19 (5:19)	5:27 (10:46)	12:23 (23:09)		4:00 (27:09)		11:37 (38:46)	6:04 (44:50)
	4:15 (49:05)	4:55 (54:00)	2:20 (56:20)		4:05 (1:00:25)		1:01 (1:01:26)	2:22 (1:03:48)
3.	Lars Johansson	Malmö OK		1:11:11	+13:08	03:03		
	5:49 (5:49)	5:29 (11:18)	13:36 (24:54)		5:46 (30:40)		10:38 (41:18)	6:26 (47:44)
	5:01 (52:45)	5:17 (58:02)	3:02 (1:01:04)		4:48 (1:05:52)		1:59 (1:07:51)	3:20 (1:11:11)
4.	Kaare Hansson	Malmö OK		1:16:17	+18:14	04:43		
	5:59 (5:59)	4:46 (10:45)	11:40 (22:25)		4:51 (27:16)		15:52 (43:08)	7:35 (50:43)
	5:26 (56:09)	5:22 (1:01:31)	3:27 (1:04:58)		5:25 (1:10:23)		2:11 (1:12:34)	3:43 (1:16:17)
5.	Britt Forsell Pirozzi	Skåneslättens OL		1:23:06	+25:03	05:41		
	6:38 (6:38)	5:42 (12:20)	12:38 (24:58)		4:29 (29:27)		14:32 (43:59)	9:32 (53:31)
	7:11 (1:00:42)	6:13 (1:06:55)	3:41 (1:10:36)		5:41 (1:16:17)		2:45 (1:19:02)	4:04 (1:23:06)
6.	Arne Gustafsson	Malmö OK		1:23:31	+25:28	10:20		
	5:34 (5:34)	6:19 (11:53)	13:31 (25:24)		3:31 (28:55)		13:03 (41:58)	11:17 (53:15)
	8:34 (1:01:49)	5:40 (1:07:29)	2:58 (1:10:27)		6:17 (1:16:44)		2:39 (1:19:23)	4:08 (1:23:31)
7.	Margareta Kristensson	Malmö OK		1:30:53	+32:50	05:17		
	6:54 (6:54)	8:02 (14:56)	15:17 (30:13)		7:25 (37:38)		15:48 (53:26)	9:05 (1:02:31)
	6:19 (1:08:50)	6:30 (1:15:20)	3:48 (1:19:08)		6:05 (1:25:13)		2:40 (1:27:53)	3:00 (1:30:53)
8.	Lars-Göran Nilsson	Malmö OK		1:32:39	+34:36	05:33		
	6:41 (6:41)	8:33 (15:14)	15:19 (30:33)		7:35 (38:08)		15:38 (53:46)	8:59 (1:02:45)
	6:55 (1:09:40)	5:57 (1:15:37)	3:51 (1:19:28)		5:53 (1:25:21)		2:45 (1:28:06)	4:33 (1:32:39)
9.	Krister Lindeberg	Malmö OK		1:33:12	+35:09	04:14		
	7:56 (7:56)	6:33 (14:29)	16:14 (30:43)		4:10 (34:53)		14:54 (49:47)	8:16 (58:03)
	8:25 (1:06:28)	7:37 (1:14:05)	4:00 (1:18:05)		6:54 (1:24:59)		2:59 (1:27:58)	5:14 (1:33:12)
10.	Håkan Brost	Malmö OK		1:37:17	+39:14	05:45		
	7:51 (7:51)	7:19 (15:10)	16:51 (32:01)		4:22 (36:23)		14:26 (50:49)	12:36 (1:03:25)
	6:55 (1:10:20)	7:17 (1:17:37)	4:09 (1:21:46)		7:38 (1:29:24)		3:06 (1:32:30)	4:47 (1:37:17)
11.	Lisbeth Lindeberg	Malmö OK		1:50:14	+52:11	11:27		
	7:12 (7:12)	8:04 (15:16)	21:08 (36:24)		6:17 (42:41)		16:39 (59:20)	11:48 (1:11:08)
	7:09 (1:18:17)	7:26 (1:25:43)	6:30 (1:32:13)		8:53 (1:41:06)		3:43 (1:44:49)	5:25 (1:50:14)
	Jenny Lindblom	Malmö OK		Ej start				
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
	Linn Lindblom	Malmö OK		Ej start				
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)		– (–)	– (–)
Lång		(17 / 18)		Tid	Efter	Bomtid		
1.	Jonathan Gunnarsson	Malmö OK		35:26		02:40		
	3:23 (3:23)	2:18 (5:41)	4:26 (10:07)		1:09 (11:16)		3:11 (14:27)	1:32 (15:59)
	1:16 (17:15)	5:40 (22:55)	2:11 (25:06)		2:24 (27:30)		2:32 (30:02)	1:09 (31:11)
	2:21 (33:32)	0:33 (34:05)	1:21 (35:26)					
2.	Love Persson	Malmö OK		47:33	+12:07	01:03		
	3:32 (3:32)	2:55 (6:27)	6:36 (13:03)		2:35 (15:38)		4:03 (19:41)	1:46 (21:27)
	1:28 (22:55)	8:14 (31:09)	3:04 (34:13)		3:28 (37:41)		3:13 (40:54)	1:17 (42:11)
	2:42 (44:53)	0:59 (45:52)	1:41 (47:33)					
3.	Moltas Viebke	Malmö OK		48:32	+13:06	02:18		
	3:44 (3:44)	3:08 (6:52)	5:39 (12:31)		1:52 (14:23)		4:28 (18:51)	1:40 (20:31)
	1:35 (22:06)	10:13 (32:19)	3:01 (35:20)		3:15 (38:35)		3:01 (41:36)	1:19 (42:55)
	3:24 (46:19)	0:47 (47:06)	1:26 (48:32)					
4.	Adam Lindblom	Malmö OK		55:06	+19:40	00:00		
	5:13 (5:13)	6:47 (12:00)	14:12 (26:12)		9:39 (35:51)		7:09 (43:00)	3:00 (46:00)
	3:38 (49:38)	1:34 (51:12)	3:54 (55:06)					
5.	Henrik Lindblom	Malmö OK		55:10	+19:44	05:27		
	4:19 (4:19)	3:08 (7:27)	7:03 (14:30)		7:11 (21:41)		4:05 (25:46)	1:45 (27:31)
	1:43 (29:14)	8:41 (37:55)	3:08 (41:03)		3:10 (44:13)		3:07 (47:20)	1:26 (48:46)
	3:05 (51:51)	1:09 (53:00)	2:10 (55:10)					
6.	Benjamin Viebke	Malmö OK		55:11	+19:45	01:40		
	4:20 (4:20)	2:55 (7:15)	7:32 (14:47)		2:19 (17:06)		5:05 (22:11)	1:59 (24:10)
	2:07 (26:17)	8:56 (35:13)	3:40 (38:53)		4:02 (42:55)		3:43 (46:38)	1:33 (48:11)
	3:07 (51:18)	1:04 (52:22)	2:49 (55:11)					
7.	Bengt-Arne Claesson	Malmö OK		59:53	+24:27	03:21		
	4:19 (4:19)	4:01 (8:20)	8:01 (16:21)		2:42 (19:03)		5:40 (24:43)	1:48 (26:31)
	2:29 (29:00)	9:44 (38:44)	5:03 (43:47)		3:43 (47:30)		3:44 (51:14)	2:05 (53:19)
	3:10 (56:29)	1:26 (57:55)	1:58 (59:53)					
8.	Jonas Wahlström	Malmö OK		1:05:58	+30:32	04:52		
	7:35 (7:35)	3:53 (11:28)	8:45 (20:13)		2:47 (23:00)		5:15 (28:15)	3:22 (31:37)
	2:28 (34:05)	10:17 (44:22)	4:32 (48:54)		3:34 (52:28)		3:52 (56:20)	2:05 (58:25)
	3:55 (1:02:20)	1:20 (1:03:40)	2:18 (1:05:58)					

9.	Håkan Nilsson	Malmö OK	1:06:44	+31:18	02:21		
	4:57 (4:57)	4:25 (9:22)	8:48 (18:10)	3:04 (21:14)	6:09 (27:23)	1:54 (29:17)	
	2:02 (31:19)	10:20 (41:39)	5:11 (46:50)	4:20 (51:10)	4:12 (55:22)	1:51 (57:13)	
	4:31 (1:01:44)	1:35 (1:03:19)	3:25 (1:06:44)				
10.	Mikael Söderström	Malmö OK	1:06:55	+31:29	06:24		
	4:39 (4:39)	7:36 (12:15)	7:15 (19:30)	2:41 (22:11)	5:36 (27:47)	1:42 (29:29)	
	2:10 (31:39)	11:11 (42:50)	3:37 (46:27)	4:50 (51:17)	3:57 (55:14)	2:14 (57:28)	
	4:03 (1:01:31)	3:03 (1:04:34)	2:21 (1:06:55)				
11.	Jan Jönsson	Malmö OK	1:11:26	+36:00	05:36		
	5:19 (5:19)	4:59 (10:18)	10:24 (20:42)	3:01 (23:43)	6:35 (30:18)	2:12 (32:30)	
	2:31 (35:01)	10:27 (45:28)	4:56 (50:24)	4:33 (54:57)	5:45 (1:00:42)	2:13 (1:02:55)	
	3:52 (1:06:47)	1:29 (1:08:16)	3:10 (1:11:26)				
12.	Alfred Ahltn	Malmö OK	1:12:52	+37:26	12:29		
	4:31 (4:31)	6:55 (11:26)	12:07 (23:33)	2:45 (26:18)	7:49 (34:07)	2:17 (36:24)	
	2:26 (38:50)	9:37 (48:27)	6:09 (54:36)	3:44 (58:20)	4:26 (1:02:46)	2:18 (1:05:04)	
	3:19 (1:08:23)	1:27 (1:09:50)	3:02 (1:12:52)				
13.	Viktor Ahltn	Malmö OK	1:13:01	+37:35	14:10		
	4:31 (4:31)	5:30 (10:01)	13:38 (23:39)	2:26 (26:05)	8:11 (34:16)	2:04 (36:20)	
	2:41 (39:01)	9:19 (48:20)	6:24 (54:44)	3:58 (58:42)	4:26 (1:03:08)	1:53 (1:05:01)	
	3:31 (1:08:32)	1:15 (1:09:47)	3:14 (1:13:01)				
14.	Sara Bengtsson	Malmö OK	1:14:28	+39:02	11:52		
	5:05 (5:05)	3:46 (8:51)	10:53 (19:44)	5:06 (24:50)	6:40 (31:30)	1:54 (33:24)	
	2:00 (35:24)	9:30 (44:54)	8:00 (52:54)	5:31 (58:25)	4:59 (1:03:24)	1:55 (1:05:19)	
	4:27 (1:09:46)	2:07 (1:11:53)	2:35 (1:14:28)				
15.	Anna Söderström	Malmö OK	1:17:32	+42:06	09:25		
	5:13 (5:13)	6:22 (11:35)	8:54 (20:29)	2:30 (22:59)	6:39 (29:38)	5:41 (35:19)	
	2:12 (37:31)	11:06 (48:37)	4:55 (53:32)	5:06 (58:38)	5:39 (1:04:17)	1:50 (1:06:07)	
	4:29 (1:10:36)	4:25 (1:15:01)	2:31 (1:17:32)				
16.	Roland Dahlman	Malmö OK	1:26:29	+51:03	10:36		
	5:43 (5:43)	5:44 (11:27)	11:39 (23:06)	3:03 (26:09)	7:59 (34:08)	2:50 (36:58)	
	2:32 (39:30)	11:55 (51:25)	6:31 (57:56)	5:13 (1:03:09)	5:09 (1:08:18)	2:33 (1:10:51)	
	9:27 (1:20:18)	2:16 (1:22:34)	3:55 (1:26:29)				
	Staffan Ahltn	Malmö OK	Ej start				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)				

Kort	(4 / 4)	Tid	Efter	Bomtid		
1.	Agnes Lindblom	Malmö OK	55:12	05:30		
	5:07 (5:07)	6:56 (12:03)	14:11 (26:14)	9:47 (36:01)	6:58 (42:59)	3:00 (45:59)
	3:48 (49:47)	1:35 (51:22)	3:50 (55:12)			
2.	Aron De Almeida	Malmö OK	55:21	+0:09	07:20	
	5:27 (5:27)	5:35 (11:02)	12:53 (23:55)	5:31 (29:26)	5:40 (35:06)	5:35 (40:41)
	6:05 (46:46)	2:59 (49:45)	5:36 (55:21)			
3.	Ida Danielson De Almeida	Malmö OK	55:24	+0:12	07:43	
	5:32 (5:32)	5:36 (11:08)	12:24 (23:32)	5:29 (29:01)	5:49 (34:50)	5:46 (40:36)
	6:16 (46:52)	3:00 (49:52)	5:32 (55:24)			
4.	Margareta Edberg	Malmö OK	1:03:04	+7:52	07:59	
	6:16 (6:16)	6:52 (13:08)	18:05 (31:13)	5:20 (36:33)	6:27 (43:00)	4:40 (47:40)
	7:43 (55:23)	3:13 (58:36)	4:28 (1:03:04)			

Gul	(1 / 1)	Tid	Efter	Bomtid		
1.	Annika Johansson	Malmö OK	50:36	00:00		
	2:53 (2:53)	8:49 (11:42)	4:49 (16:31)	6:44 (23:15)	8:16 (31:31)	8:30 (40:01)
	2:54 (42:55)	4:50 (47:45)	2:51 (50:36)			

Vit	(7 / 7)	Tid	Efter	Bomtid		
1.	Carl Isgren	Malmö OK	35:09	02:14		
	2:56 (2:56)	4:55 (7:51)	4:30 (12:21)	2:37 (14:58)	2:19 (17:17)	5:24 (22:41)
	6:37 (29:18)	3:46 (33:04)	2:05 (35:09)			
2.	Elsie Isgren	Malmö OK	36:00	+0:51	02:20	
	3:33 (3:33)	4:26 (7:59)	4:35 (12:34)	2:18 (14:52)	2:30 (17:22)	5:41 (23:03)
	6:26 (29:29)	3:42 (33:11)	2:49 (36:00)			
3.	Aron Herbert Hermansson	Malmö OK	42:20	+7:11	06:06	
	2:59 (2:59)	5:32 (8:31)	4:18 (12:49)	2:20 (15:09)	3:25 (18:34)	6:08 (24:42)
	6:24 (31:06)	5:48 (36:54)	5:26 (42:20)			
4.	Svante Hermansson	Malmö OK	42:24	+7:15	06:09	
	3:00 (3:00)	5:34 (8:34)	4:15 (12:49)	2:21 (15:10)	3:26 (18:36)	6:11 (24:47)
	6:25 (31:12)	5:43 (36:55)	5:29 (42:24)			
5.	Abbe Winroth	Malmö OK	45:55	+10:46	07:22	
	3:31 (3:31)	4:40 (8:11)	3:59 (12:10)	3:22 (15:32)	3:18 (18:50)	4:31 (23:21)
	10:13 (33:34)	5:53 (39:27)	6:28 (45:55)			
6.	Billy Brissman	Malmö OK	45:56	+10:47	08:53	
	3:36 (3:36)	4:16 (7:52)	3:40 (11:32)	3:47 (15:19)	3:23 (18:42)	4:25 (23:07)
	9:39 (32:46)	7:39 (40:25)	5:31 (45:56)			
6.	Olle Winroth	OK Löftan	45:56	+10:47	08:53	
	3:36 (3:36)	4:16 (7:52)	3:40 (11:32)	3:47 (15:19)	3:23 (18:42)	4:25 (23:07)
	9:39 (32:46)	7:39 (40:25)	5:31 (45:56)			