

**Resultat – Träning20201001**

2020-10-01

<b>Korta</b>		<b>(6 / 6)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Axel Eveborn	SOK Viljan	23:30		01:06		
	1:53 (1:53)	1:42 (3:35)	1:24 (4:59)	0:58 (5:57)	3:06 (9:03)	2:10 (11:13)	
	2:01 (13:14)	2:53 (16:07)	3:55 (20:02)	2:59 (23:01)	– (22:50)	0:40 (23:30)	
2.	Vilgot Tyrberg	SOK Viljan	30:39	+7:09	01:32		
	1:48 (1:48)	2:18 (4:06)	1:33 (5:39)	1:07 (6:46)	4:39 (11:25)	2:59 (14:24)	
	3:06 (17:30)	4:55 (22:25)	4:45 (27:10)	2:57 (30:07)	– (30:01)	0:38 (30:39)	
3.	Johan Eveborn	SOK Viljan	33:41	+10:11	03:55		
	1:35 (1:35)	3:49 (5:24)	2:02 (7:26)	1:26 (8:52)	6:03 (14:55)	2:55 (17:50)	
	2:50 (20:40)	4:05 (24:45)	4:15 (29:00)	4:00 (33:00)	– (33:00)	0:41 (33:41)	
4.	Gustav Eveborn	SOK Viljan	33:52	+10:22	04:11		
	1:36 (1:36)	2:13 (3:49)	2:55 (6:44)	1:19 (8:03)	4:44 (12:47)	2:53 (15:40)	
	2:28 (18:08)	7:03 (25:11)	4:44 (29:55)	3:09 (33:04)	0:04 (33:08)	0:44 (33:52)	
5.	Anna Hansson	SOK Viljan	37:21	+13:51	02:49		
	2:44 (2:44)	2:31 (5:15)	2:23 (7:38)	1:49 (9:27)	4:55 (14:22)	3:33 (17:55)	
	3:37 (21:32)	5:30 (27:02)	5:17 (32:19)	3:58 (36:17)	0:11 (36:28)	0:53 (37:21)	
6.	Leif Carlsson	SOK Viljan	38:02	+14:32	03:31		
	1:49 (1:49)	2:13 (4:02)	2:19 (6:21)	1:16 (7:37)	5:02 (12:39)	3:29 (16:08)	
	3:52 (20:00)	4:37 (24:37)	5:55 (30:32)	5:36 (36:08)	0:45 (36:53)	1:09 (38:02)	
<b>Kortast</b>		<b>(4 / 4)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Elisabet Mikkelsen	SOK Viljan	24:17		01:50		
	2:58 (2:58)	3:00 (5:58)	2:53 (8:51)	2:03 (10:54)	1:59 (12:53)	1:54 (14:47)	
	2:14 (17:01)	5:45 (22:46)	0:53 (23:39)	0:38 (24:17)			
2.	Klara Hultberg	SOK Viljan	25:23	+1:06	02:22		
	2:28 (2:28)	3:10 (5:38)	3:22 (9:00)	2:33 (11:33)	3:00 (14:33)	1:41 (16:14)	
	3:14 (19:28)	4:56 (24:24)	0:04 (24:28)	0:55 (25:23)			
3.	Madelene Erlandsson	SOK Viljan	31:09	+6:52	03:33		
	2:52 (2:52)	4:40 (7:32)	3:09 (10:41)	2:52 (13:33)	2:55 (16:28)	2:14 (18:42)	
	4:58 (23:40)	6:05 (29:45)	0:23 (30:08)	1:01 (31:09)			
4.	Göran Jonsson	SOK Viljan	46:19	+22:02	08:28		
	4:03 (4:03)	6:50 (10:53)	7:29 (18:22)	4:55 (23:17)	3:23 (26:40)	2:10 (28:50)	
	3:44 (32:34)	9:07 (41:41)	2:16 (43:57)	2:22 (46:19)			
<b>Lätta</b>		<b>(1 / 1)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Marie Mikkelsen	SOK Viljan	18:48		00:00		
	1:11 (1:11)	0:15 (1:26)	1:45 (3:11)	2:02 (5:13)	1:49 (7:02)	2:06 (9:08)	
	2:01 (11:09)	0:26 (11:35)	3:49 (15:24)	2:30 (17:54)	0:54 (18:48)		
<b>Mellan</b>		<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Elin Rindstig	SOK Viljan	43:19		02:45		
	2:06 (2:06)	2:01 (4:07)	1:46 (5:53)	0:59 (6:52)	3:31 (10:23)	2:41 (13:04)	
	2:42 (15:46)	4:03 (19:49)	2:33 (22:22)	9:18 (31:40)	4:17 (35:57)	2:29 (38:26)	
	4:13 (42:39)	– (42:32)	0:47 (43:19)				
2.	Emma Rindstig	SOK Viljan	44:41	+1:22	01:05		
	2:02 (2:02)	2:11 (4:13)	2:36 (6:49)	1:18 (8:07)	4:40 (12:47)	2:31 (15:18)	
	3:04 (18:22)	4:05 (22:27)	3:15 (25:42)	7:24 (33:06)	4:06 (37:12)	2:19 (39:31)	
	4:33 (44:04)	– (44:04)	0:37 (44:41)				
3.	Lars Kreutner	SOK Viljan	54:02	+10:43	04:19		
	2:06 (2:06)	2:58 (5:04)	2:23 (7:27)	1:20 (8:47)	6:15 (15:02)	3:33 (18:35)	
	3:51 (22:26)	7:05 (29:31)	2:58 (32:29)	8:23 (40:52)	4:16 (45:08)	3:14 (48:22)	
	4:41 (53:03)	0:17 (53:20)	0:42 (54:02)				
4.	Tomas Petersson	SOK Viljan	1:09:13	+25:54	13:59		
	1:54 (1:54)	2:30 (4:24)	4:22 (8:46)	1:30 (10:16)	8:31 (18:47)	3:17 (22:04)	
	4:26 (26:30)	10:34 (37:04)	3:26 (40:30)	8:25 (48:55)	9:50 (58:45)	3:14 (1:01:59)	
	5:55 (1:07:54)	0:23 (1:08:17)	0:56 (1:09:13)				
	Magnus Tyrberg	SOK Viljan	Felst.				
	2:12 (2:12)	– (–)	– (6:12)	1:01 (7:13)	4:25 (11:38)	5:14 (16:52)	
	3:32 (20:24)	4:47 (25:11)	5:04 (30:15)	6:48 (37:03)	3:44 (40:47)	2:29 (43:16)	
	4:19 (47:35)	– (47:30)	0:45 (48:15)				
	Tuva Lövdal	SOK Viljan	Felst.				
	1:58 (1:58)	2:09 (4:07)	2:19 (6:26)	1:29 (7:55)	4:39 (12:34)	2:46 (15:20)	
	3:40 (19:00)	6:37 (25:37)	3:16 (28:53)	– (–)	– (43:22)	3:04 (46:26)	
	6:24 (52:50)	0:33 (53:23)	0:58 (54:21)				
	Vendela Sturek	SOK Viljan	Felst.				
	1:59 (1:59)	2:30 (4:29)	2:16 (6:45)	1:58 (8:43)	7:24 (16:07)	3:01 (19:08)	
	3:48 (22:56)	– (–)	– (36:00)	– (–)	– (44:39)	2:43 (47:22)	
	4:23 (51:45)	0:32 (52:17)	0:36 (52:53)				
<b>Långa</b>		<b>(12 / 12)</b>	<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>		
1.	Theo Lövdahl	SOK Viljan	42:44		02:58		
	1:27 (1:27)	1:31 (2:58)	1:23 (4:21)	0:46 (5:07)	2:37 (7:44)	1:53 (9:37)	
	2:21 (11:58)	3:26 (15:24)	1:49 (17:13)	4:34 (21:47)	1:23 (23:10)	2:58 (26:08)	
	1:52 (28:00)	6:06 (34:06)	2:40 (36:46)	1:51 (38:37)	3:35 (42:12)	0:02 (42:14)	
	0:30 (42:44)						

2.	Tord Hultberg	SOK Viljan	43:30	+0:46	02:21		
	1:36 (1:36)	1:27 (3:03)	1:54 (4:57)	0:54 (5:51)		3:14 (9:05)	2:01 (11:06)
	2:29 (13:35)	4:24 (17:59)	1:43 (19:42)	4:12 (23:54)		1:12 (25:06)	2:17 (27:23)
	2:47 (30:10)	4:15 (34:25)	2:56 (37:21)	1:49 (39:10)		3:44 (42:54)	– (42:50)
	0:40 (43:30)						
3.	Erik Lennartsson	SOK Viljan	45:05	+2:21	03:28		
	1:47 (1:47)	1:35 (3:22)	1:22 (4:44)	0:53 (5:37)		3:12 (8:49)	2:02 (10:51)
	2:26 (13:17)	2:56 (16:13)	1:34 (17:47)	4:53 (22:40)		1:24 (24:04)	2:45 (26:49)
	2:03 (28:52)	7:09 (36:01)	3:03 (39:04)	1:56 (41:00)		3:42 (44:42)	– (44:27)
	0:38 (45:05)						
4.	Göran Svenson	SOK Viljan	45:17	+2:33	01:42		
	1:50 (1:50)	1:45 (3:35)	1:56 (5:31)	0:57 (6:28)		3:19 (9:47)	2:12 (11:59)
	2:26 (14:25)	4:09 (18:34)	2:02 (20:36)	5:10 (25:46)		1:21 (27:07)	1:38 (28:45)
	2:14 (30:59)	4:14 (35:13)	3:20 (38:33)	2:05 (40:38)		3:59 (44:37)	– (44:37)
	0:40 (45:17)						
5.	Martin Lindsröm	SOK Viljan	45:31	+2:47	01:58		
	1:45 (1:45)	1:53 (3:38)	1:18 (4:56)	1:01 (5:57)		3:43 (9:40)	2:19 (11:59)
	2:03 (14:02)	3:13 (17:15)	1:36 (18:51)	4:55 (23:46)		1:14 (25:00)	2:53 (27:53)
	2:20 (30:13)	4:32 (34:45)	4:08 (38:53)	1:59 (40:52)		3:54 (44:46)	0:12 (44:58)
	0:33 (45:31)						
6.	Lennart Kalén	SOK Viljan	50:29	+7:45	00:39		
	1:55 (1:55)	2:03 (3:58)	1:42 (5:40)	0:56 (6:36)		3:51 (10:27)	2:23 (12:50)
	2:58 (15:48)	3:27 (19:15)	2:14 (21:29)	5:35 (27:04)		1:32 (28:36)	2:29 (31:05)
	2:32 (33:37)	5:15 (38:52)	3:52 (42:44)	2:51 (45:35)		4:15 (49:50)	– (49:39)
	0:50 (50:29)						
7.	Bo Söderström	SOK Viljan	53:16	+10:32	03:38		
	2:16 (2:16)	1:48 (4:04)	1:52 (5:56)	1:03 (6:59)		3:55 (10:54)	2:46 (13:40)
	2:58 (16:38)	4:18 (20:56)	1:56 (22:52)	4:27 (27:19)		1:13 (28:32)	2:57 (31:29)
	3:02 (34:31)	7:36 (42:07)	3:40 (45:47)	2:14 (48:01)		4:27 (52:28)	0:02 (52:30)
	0:46 (53:16)						
8.	Johan Hansson	SOK Viljan	54:48	+12:04	05:54		
	1:59 (1:59)	2:28 (4:27)	2:05 (6:32)	1:18 (7:50)		3:43 (11:33)	2:20 (13:53)
	2:23 (16:16)	5:16 (21:32)	3:01 (24:33)	5:30 (30:03)		1:45 (31:48)	2:51 (34:39)
	2:03 (36:42)	6:12 (42:54)	3:00 (45:54)	1:50 (47:44)		6:33 (54:17)	– (54:07)
	0:41 (54:48)						
9.	John Sjöäter	SOK Viljan	57:12	+14:28	08:13		
	1:37 (1:37)	1:51 (3:28)	1:43 (5:11)	1:03 (6:14)		4:24 (10:38)	2:33 (13:11)
	2:52 (16:03)	3:36 (19:39)	2:10 (21:49)	12:48 (34:37)		1:29 (36:06)	3:05 (39:11)
	2:34 (41:45)	4:22 (46:07)	3:41 (49:48)	2:19 (52:07)		4:46 (56:53)	– (56:39)
	0:33 (57:12)						
10.	Emil Kreutner	SOK Viljan	1:01:18	+18:34	05:29		
	2:00 (2:00)	2:34 (4:34)	1:43 (6:17)	1:39 (7:56)		4:06 (12:02)	2:28 (14:30)
	3:16 (17:46)	4:27 (22:13)	2:56 (25:09)	6:39 (31:48)		1:47 (33:35)	2:46 (36:21)
	2:59 (39:20)	8:23 (47:43)	3:35 (51:18)	3:07 (54:25)		6:13 (1:00:38)	0:01 (1:00:39)
	0:39 (1:01:18)						
11.	Arne Erlandsson	SOK Viljan	1:14:21	+31:37	13:20		
	1:52 (1:52)	2:29 (4:21)	2:55 (7:16)	1:15 (8:31)		6:43 (15:14)	3:10 (18:24)
	3:41 (22:05)	4:14 (26:19)	3:40 (29:59)	7:47 (37:46)		5:06 (42:52)	3:01 (45:53)
	2:58 (48:51)	12:19 (1:01:10)	4:04 (1:05:14)	3:16 (1:08:30)		4:40 (1:13:10)	0:23 (1:13:33)
	0:48 (1:14:21)						
	Stefan Lennartsson	SOK Viljan	Utg.				
	1:36 (1:36)	1:52 (3:28)	1:24 (4:52)	1:03 (5:55)		3:26 (9:21)	2:18 (11:39)
	2:23 (14:02)	4:02 (18:04)	2:13 (20:17)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)						