

Resultat – Träning 3 mars 2020

2020-03-03

Långa		(12 / 12)	Tid	Efter	Bomtid		
1.	Martin Lindström	SOK Viljan	46:08		04:35		
	1:58 (1:58)	8:20 (10:18)	3:17 (13:35)	7:52 (21:27)		5:59 (27:26)	4:26 (31:52)
	2:16 (34:08)	2:04 (36:12)	1:42 (37:54)	4:55 (42:49)		2:16 (45:05)	1:03 (46:08)
	– (46:08)						
2.	Vendela Sturek	SOK Viljan	48:12	+2:04	04:56		
	2:53 (2:53)	5:54 (8:47)	5:39 (14:26)	9:51 (24:17)		5:13 (29:30)	5:34 (35:04)
	1:45 (36:49)	1:50 (38:39)	1:32 (40:11)	4:40 (44:51)		2:29 (47:20)	0:52 (48:12)
	– (48:12)						
3.	Emma Rindstig	SOK Viljan	49:12	+3:04	03:38		
	2:43 (2:43)	6:06 (8:49)	3:40 (12:29)	9:32 (22:01)		4:56 (26:57)	5:53 (32:50)
	2:57 (35:47)	2:36 (38:23)	2:08 (40:31)	5:04 (45:35)		2:42 (48:17)	0:55 (49:12)
	– (49:12)						
4.	Tuva Lövdal	SOK Viljan	50:16	+4:08	07:20		
	2:02 (2:02)	5:02 (7:04)	4:14 (11:18)	6:52 (18:10)		4:50 (23:00)	6:37 (29:37)
	2:15 (31:52)	5:38 (37:30)	3:38 (41:08)	4:59 (46:07)		3:00 (49:07)	1:09 (50:16)
	– (50:16)						
5.	Johan Hansson	SOK Viljan	1:00:51	+14:43	18:17		
	1:45 (1:45)	5:07 (6:52)	16:48 (23:40)	9:37 (33:17)		4:38 (37:55)	4:36 (42:31)
	3:39 (46:10)	2:44 (48:54)	1:33 (50:27)	7:08 (57:35)		2:30 (1:00:05)	0:46 (1:00:51)
	– (1:00:51)						
6.	Elin Rindstig	SOK Viljan	1:01:20	+15:12	20:40		
	2:14 (2:14)	4:56 (7:10)	5:17 (12:27)	7:05 (19:32)		4:28 (24:00)	5:11 (29:11)
	1:44 (30:55)	1:35 (32:30)	1:22 (33:52)	4:43 (38:35)		2:39 (41:14)	20:06 (1:01:20)
	– (1:01:20)						
	Arne Erlandsson	SOK Viljan	Felst.				
	5:08 (5:08)	5:17 (10:25)	8:06 (18:31)	12:09 (30:40)		14:35 (45:15)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (1:03:19)
	– (1:03:19)						
	Emil Kreutner	SOK Viljan	Felst.				
	3:35 (3:35)	7:09 (10:44)	6:49 (17:33)	17:24 (34:57)		– (–)	– (43:30)
	17:14 (1:00:44)	– (–)	– (1:06:06)	– (–)		– (1:13:49)	1:23 (1:15:12)
	– (1:15:12)						
	Gustav Everborn	SOK Viljan	Felst.				
	2:31 (2:31)	5:24 (7:55)	3:46 (11:41)	15:29 (27:10)		– (–)	– (–)
	– (–)	– (37:31)	– (–)	– (44:33)		3:01 (47:34)	1:06 (48:40)
	– (48:40)						
	Isak Hultberg	SOK Viljan	Felst.				
	2:31 (2:31)	11:29 (14:00)	8:15 (22:15)	12:11 (34:26)		– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (42:23)
	– (42:23)						
	Johan Everborn	SOK Viljan	Felst.				
	2:22 (2:22)	5:25 (7:47)	8:12 (15:59)	11:25 (27:24)		15:19 (42:43)	– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)	– (1:00:43)
	– (1:00:43)						
	Våge Rindstig	SOK Viljan	Felst.				
	2:01 (2:01)	5:30 (7:31)	– (–)	– (21:01)		3:34 (24:35)	8:15 (32:50)
	1:45 (34:35)	3:07 (37:42)	1:24 (39:06)	4:50 (43:56)		2:33 (46:29)	0:55 (47:24)
	– (47:24)						
Mellan		(4 / 4)	Tid	Efter	Bomtid		
1.	Klara Hultberg	SOK Viljan	44:50		03:51		
	4:04 (4:04)	7:53 (11:57)	4:29 (16:26)	3:08 (19:34)		6:23 (25:57)	7:14 (33:11)
	7:06 (40:17)	3:27 (43:44)	1:06 (44:50)	– (44:50)			
2.	Magnus Tyrberg	SOK Viljan	1:03:02	+18:12	16:57		
	9:54 (9:54)	6:26 (16:20)	5:36 (21:56)	12:16 (34:12)		9:36 (43:48)	9:32 (53:20)
	5:52 (59:12)	3:04 (1:02:16)	0:46 (1:03:02)	– (1:03:02)			
3.	Göran Jonsson	SOK Viljan	1:19:25	+34:35	20:20		
	6:40 (6:40)	6:28 (13:08)	5:28 (18:36)	12:02 (30:38)		10:35 (41:13)	11:59 (53:12)
	17:19 (1:10:31)	7:35 (1:18:06)	1:19 (1:19:25)	– (1:19:25)			
	Alfred Tyrberg	SOK Viljan	Felst.				
	3:10 (3:10)	5:32 (8:42)	5:17 (13:59)	3:24 (17:23)		8:54 (26:17)	– (–)
	– (–)	– (–)	– (54:32)	– (54:32)			
Korta		(1 / 1)	Tid	Efter	Bomtid		
	Emilie Tyrberg	SOK Viljan	Utg.				
	4:19 (4:19)	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)					
KortaGula		(8 / 8)	Tid	Efter	Bomtid		
1.	Vilgot Tyrberg	SOK Viljan	22:19		02:23		
	3:22 (3:22)	4:02 (7:24)	7:18 (14:42)	3:29 (18:11)		3:21 (21:32)	0:47 (22:19)
	– (22:19)						
2.	Anna Hansson	SOK Viljan	28:54	+6:35	00:52		
	4:29 (4:29)	6:02 (10:31)	7:23 (17:54)	5:13 (23:07)		4:26 (27:33)	1:21 (28:54)
	– (28:54)						
3.	Marlene Oskarsson	SOK Viljan	32:42	+10:23	02:19		
	5:41 (5:41)	5:32 (11:13)	8:27 (19:40)	5:22 (25:02)		6:08 (31:10)	1:32 (32:42)
	– (32:42)						
4.	Emrik Everborn	SOK Viljan	37:31	+15:12	10:41		
	11:07 (11:07)	9:23 (20:30)	5:51 (26:21)	6:03 (32:24)		4:06 (36:30)	1:01 (37:31)
	– (37:31)						
5.	Tina Everborn	SOK Viljan	38:14	+15:55	10:08		
	11:04 (11:04)	9:23 (20:27)	5:47 (26:14)	6:08 (32:22)		4:34 (36:56)	1:18 (38:14)
	– (38:14)						
6.	Sofia Maass	SOK Viljan	39:26	+17:07	11:02		
	12:23 (12:23)	9:14 (21:37)	6:10 (27:47)	5:55 (33:42)		4:35 (38:17)	1:09 (39:26)
	– (39:26)						

7.	Amalia Erlandsson 13:50 (13:50) – (43:56)	SOK Viljan 9:09 (22:59)	5:54 (28:53)	43:56	+21:37 6:17 (35:10)	13:22	6:47 (41:57)	1:59 (43:56)
	Ida Axelsson 4:39 (4:39) – (31:08)	SOK Viljan 4:32 (9:11)	38:59 (48:10)	Felst.	– (–)		– (–)	– (–)

Superlång

	(2 / 2)		Tid	Efter	Bomtid		
1.	Teo Lövdal	SOK Viljan	1:02:29		01:21		
	2:22 (2:22)	3:38 (6:00)	3:16 (9:16)	5:25 (14:41)	3:43 (18:24)	3:35 (21:59)	
	1:31 (23:30)	3:05 (26:35)	1:06 (27:41)	4:34 (32:15)	2:14 (34:29)	1:09 (35:38)	
	2:42 (38:20)	3:36 (41:56)	2:21 (44:17)	2:03 (46:20)	3:31 (49:51)	6:04 (55:55)	
	3:30 (59:25)	2:20 (1:01:45)	0:44 (1:02:29)	– (1:02:29)			
2.	Stefan Lövvqvist	SOK Viljan	1:17:15	+14:46	09:58		
	1:47 (1:47)	4:19 (6:06)	7:47 (13:53)	9:57 (23:50)	6:05 (29:55)	3:49 (33:44)	
	2:10 (35:54)	2:42 (38:36)	1:42 (40:18)	5:00 (45:18)	2:29 (47:47)	1:11 (48:58)	
	2:16 (51:14)	4:04 (55:18)	2:27 (57:45)	2:10 (59:55)	4:12 (1:04:07)	4:41 (1:08:48)	
	4:23 (1:13:11)	3:11 (1:16:22)	0:53 (1:17:15)	– (1:17:15)			