

Resultat – Ledstångsträning

2019-10-01

Kort vit		(20 / 20)	Tid	Efter		
1.	Tim Ahlström	Emmaboda Verda OK	22:37			
	1:57 (1:57)	1:17 (5:24)	2:52 (8:16)		5:19 (13:35)	3:23 (16:58)
	3:29 (20:27)	0:54 (22:37)				
2.	Jesper Cornelseon	Emmaboda Verda OK	24:41	+2:04		
	1:51 (1:51)	1:07 (4:11)	2:45 (6:56)		4:21 (11:17)	5:00 (16:17)
	2:42 (18:59)	0:36 (24:41)				
3.	Isak Franzén	Emmaboda Verda OK	24:44	+2:07		
	1:38 (1:38)	1:06 (4:11)	2:47 (6:58)		4:22 (11:20)	4:53 (16:13)
	2:40 (18:53)	0:31 (24:44)				
4.	Thilde Fyhr	Emmaboda Verda OK	31:19	+8:42		
	2:11 (2:11)	3:41 (7:40)	2:48 (10:28)		4:32 (15:00)	6:18 (21:18)
	6:43 (28:01)	1:38 (31:19)				
5.	Vera Medin	Emmaboda Verda OK	31:20	+8:43		
	2:14 (2:14)	1:58 (5:47)	4:25 (10:12)		6:32 (16:44)	5:50 (22:34)
	5:34 (28:08)	1:15 (31:20)				
6.	Adam Gustafsson	Emmaboda Verda OK	31:22	+8:45		
	2:12 (2:12)	3:34 (7:37)	2:54 (10:31)		4:24 (14:55)	6:24 (21:19)
	6:42 (28:01)	1:40 (31:22)				
7.	Tilda Franzén	Emmaboda Verda OK	32:05	+9:28		
	2:21 (2:21)	2:33 (6:43)	3:35 (10:18)		7:16 (17:34)	5:21 (22:55)
	5:30 (28:25)	1:35 (32:05)				
8.	Meia Cornelsen	Emmaboda Verda OK	32:15	+9:38		
	4:12 (4:12)	1:46 (7:58)	3:06 (11:04)		7:42 (18:46)	5:54 (24:40)
	4:30 (29:10)	1:46 (32:15)				
9.	Ebba Magnusson	Emmaboda Verda OK	32:38	+10:01		
	2:32 (2:32)	1:31 (5:19)	2:56 (8:15)		6:41 (14:56)	3:05 (18:01)
	11:59 (30:00)	1:06 (32:38)				
10.	Maya Eidert	Emmaboda Verda OK	32:48	+10:11		
	3:55 (3:55)	2:23 (9:19)	2:30 (11:49)		6:23 (18:12)	5:49 (24:01)
	5:29 (29:30)	1:08 (32:48)				
11.	Doris Olsén Simson	Emmaboda Verda OK	33:19	+10:42		
	2:46 (2:46)	5:52 (10:47)	2:33 (13:20)		8:10 (21:30)	4:35 (26:05)
	4:44 (30:49)	1:08 (33:19)				
12.	Mille Mogren	Emmaboda Verda OK	34:25	+11:48		
	2:02 (2:02)	1:37 (6:16)	2:34 (8:50)		15:41 (24:31)	2:16 (26:47)
	5:04 (31:51)	0:55 (34:25)				
13.	Cornelia Westlund	Emmaboda Verda OK	35:57	+13:20		
	2:39 (2:39)	1:28 (6:08)	3:08 (9:16)		8:04 (17:20)	3:27 (20:47)
	11:34 (32:21)	1:49 (35:57)				
14.	Saga Zobal Medin	Emmaboda Verda OK	36:53	+14:16		
	4:01 (4:01)	2:44 (10:45)	3:19 (14:04)		7:44 (21:48)	4:17 (26:05)
	6:42 (32:47)	1:46 (36:53)				
15.	Anna Zobal	Emmaboda Verda OK	36:55	+14:18		
	4:01 (4:01)	2:31 (10:37)	3:30 (14:07)		7:41 (21:48)	4:19 (26:07)
	6:39 (32:46)	1:49 (36:55)				
16.	Malene Westlund	Emmaboda Verda OK	37:45	+15:08		
	4:45 (4:45)	3:39 (11:08)	– (–)		– (21:54)	4:22 (26:16)
	6:59 (33:15)	2:37 (37:45)				
17.	Kevin Westlund	Emmaboda Verda OK	37:46	+15:09		
	4:49 (4:49)	3:43 (11:12)	3:33 (14:45)		7:16 (22:01)	4:15 (26:16)
	7:04 (33:20)	2:35 (37:46)				
18.	Ludvig Karlsson	Emmaboda Verda OK	44:42	+22:05		
	3:23 (3:23)	2:27 (10:42)	3:41 (14:23)		9:34 (23:57)	7:19 (31:16)
	9:18 (40:34)	1:42 (44:42)				
19.	Melvin Lennartsson	Emmaboda Verda OK	44:53	+22:16		
	4:02 (4:02)	2:24 (10:57)	3:31 (14:28)		9:41 (24:09)	7:07 (31:16)
	9:26 (40:42)	1:40 (44:53)				
20.	Melker Eriksson	Emmaboda Verda OK	48:29	+25:52		
	10:19 (10:19)	2:42 (16:57)	4:57 (21:54)		10:09 (32:03)	5:43 (37:46)
	7:50 (45:36)	0:52 (48:29)				
Mellan		(8 / 8)	Tid	Efter		
1.	Gun-Britt Fransson	Emmaboda Verda OK	34:23			
	2:55 (2:55)	2:50 (7:45)	1:46 (9:31)		2:48 (12:19)	3:08 (15:27)
	4:42 (20:09)	1:48 (27:09)	1:28 (28:37)		4:19 (32:56)	1:27 (34:23)
2.	Jörgen Fransson	Emmaboda Verda OK	35:08	+0:45		
	2:13 (2:13)	3:08 (7:12)	1:57 (9:09)		3:17 (12:26)	2:11 (14:37)
	5:31 (20:08)	2:12 (27:11)	1:36 (28:47)		4:17 (33:04)	2:04 (35:08)
3.	Lars-Christer Karlsson	Emmaboda Verda OK	35:36	+1:13		
	2:18 (2:18)	3:20 (8:02)	2:02 (10:04)		3:14 (13:18)	2:06 (15:24)
	5:46 (21:10)	2:14 (28:11)	1:40 (29:51)		4:08 (33:59)	1:37 (35:36)
4.	Anders Medin	Emmaboda Verda OK	36:00	+1:37		
	10:29 (10:29)	2:12 (14:46)	2:18 (17:04)		2:03 (19:07)	1:28 (20:35)
	3:20 (23:55)	1:46 (29:32)	1:25 (30:57)		4:01 (34:58)	1:02 (36:00)
5.	Madelene Engström	Emmaboda Verda OK	38:08	+3:45		
	2:58 (2:58)	3:21 (8:31)	1:50 (10:21)		4:16 (14:37)	2:26 (17:03)
	6:42 (23:45)	2:39 (31:08)	1:32 (32:40)		3:52 (36:32)	1:36 (38:08)
6.	Kent Ekdahl	Emmaboda Verda OK	38:32	+4:09		
	2:51 (2:51)	3:21 (8:48)	2:31 (11:19)		4:29 (15:48)	2:09 (17:57)
	5:55 (23:52)	2:13 (30:39)	1:47 (32:26)		4:28 (36:54)	1:38 (38:32)
7.	Gerda Medin	Emmaboda Verda OK	40:26	+6:03		
	8:22 (8:22)	3:36 (14:24)	2:20 (16:44)		2:39 (19:23)	1:44 (21:07)
	5:22 (26:29)	1:48 (33:16)	2:21 (35:37)		3:56 (39:33)	0:53 (40:26)
8.	Per-Erik Svensson	Emmaboda Verda OK	41:39	+7:16		
	4:29 (4:29)	2:55 (10:36)	3:04 (13:40)		2:59 (16:39)	1:55 (18:34)
	6:04 (24:38)	1:55 (32:19)	1:34 (33:53)		6:39 (40:32)	1:07 (41:39)
Lång gul		(2 / 2)	Tid	Efter		
1.	Engla Zobal Medin	Emmaboda Verda OK	41:35			
	3:06 (3:06)	5:38 (12:48)	– (8:53)		9:34 (18:27)	6:57 (25:24)
	5:20 (30:44)	2:01 (34:51)	2:42 (37:33)		2:39 (40:12)	1:23 (41:35)

2.	Nicklas Medin		Emmaboda Verda OK	41:39	+0:04		
	3:08 (3:08)	3:44 (6:52)	5:56 (12:48)	– (8:51)		9:37 (18:28)	6:34 (25:02)
	5:39 (30:41)	2:06 (32:47)	2:10 (34:57)	2:37 (37:34)		2:36 (40:10)	1:29 (41:39)
Lång blå			(5 / 5)	Tid	Efter		
1.	Daniel Magnusson		Emmaboda Verda OK	41:51			
	1:19 (1:19)	2:29 (3:48)	4:08 (7:56)	1:44 (9:40)		3:09 (12:49)	1:01 (13:50)
	3:17 (17:07)	4:11 (21:18)	5:08 (26:26)	2:56 (29:22)		2:21 (31:43)	5:18 (37:01)
	2:32 (39:33)	2:18 (41:51)					
2.	Peter Franzén		Emmaboda Verda OK	43:21	+1:30		
	1:29 (1:29)	3:05 (4:34)	3:20 (7:54)	1:23 (9:17)		4:02 (13:19)	1:00 (14:19)
	4:07 (18:26)	3:54 (22:20)	7:08 (29:28)	3:39 (33:07)		1:49 (34:56)	4:52 (39:48)
	1:35 (41:23)	1:58 (43:21)					
3.	Jonas Bremer		Emmaboda Verda OK	49:22	+7:31		
	1:19 (1:19)	2:10 (3:29)	3:53 (7:22)	2:52 (10:14)		3:39 (13:53)	1:00 (14:53)
	3:05 (17:58)	2:51 (20:49)	4:59 (25:48)	13:30 (39:18)		1:57 (41:15)	4:44 (45:59)
	1:45 (47:44)	1:38 (49:22)					
4.	Patrik Fransson		Emmaboda Verda OK	1:01:19	+19:28		
	1:34 (1:34)	2:49 (4:23)	8:38 (13:01)	2:53 (15:54)		3:06 (19:00)	1:00 (20:00)
	6:23 (26:23)	5:04 (31:27)	8:16 (39:43)	3:21 (43:04)		4:09 (47:13)	8:27 (55:40)
	2:51 (58:31)	2:48 (1:01:19)					
5.	Tobias Petersson Johansson		Emmaboda Verda OK	1:11:49	+29:58		
	1:26 (1:26)	9:51 (11:17)	4:07 (15:24)	1:32 (16:56)		3:32 (20:28)	1:00 (21:28)
	15:04 (36:32)	4:50 (41:22)	5:53 (47:15)	9:09 (56:24)		3:23 (59:47)	8:33 (1:08:20)
	1:31 (1:09:51)	1:58 (1:11:49)					