

## Resultat – Zonträning Emmaboda Verda OK

2018-01-06

### Bana 1

			(5 / 5)		Tid	Efter
1.	Molly Wirefeldt		Nybro OK		30:58	
	1:59 (1:59)	2:49 (4:48)	4:05 (8:53)	4:11 (13:04)		1:59 (15:03)
	1:47 (16:50)	3:31 (20:21)	6:29 (26:50)	1:28 (28:18)		2:40 (30:58)
2.	Lovisa Torstensson		Emmaboda Verda OK		37:37	+6:39
	3:33 (3:33)	4:00 (7:33)	6:03 (13:36)	5:12 (18:48)		2:36 (21:24)
	2:17 (23:41)	3:31 (27:12)	6:03 (33:15)	1:56 (35:11)		2:26 (37:37)
3.	Tim Ahlström		Emmaboda Verda OK		42:58	+12:00
	2:25 (2:25)	3:19 (5:44)	7:10 (12:54)	6:20 (19:14)		2:40 (21:54)
	2:53 (24:47)	6:17 (31:04)	6:24 (37:28)	2:54 (40:22)		2:36 (42:58)
4.	Jörgen Fransson		Emmaboda Verda OK		43:07	+12:09
	2:31 (2:31)	3:19 (5:50)	7:11 (13:01)	6:19 (19:20)		2:41 (22:01)
	2:43 (24:44)	6:22 (31:06)	6:28 (37:34)	2:54 (40:28)		2:39 (43:07)
	Rasmus Karlsson Ekengren		Torsås OK		Ej start	

### Bana 2

			(12 / 12)		Tid	Efter
1.	Caroline Liljebjörn		Nybro OK		40:24	
	4:59 (4:59)	5:36 (10:35)	4:26 (15:01)	7:24 (22:25)		3:34 (25:59)
	6:03 (32:02)	3:05 (35:07)	3:39 (38:46)	1:38 (40:24)		
2.	Gerth Sällström		Lessebo OK		41:43	+1:19
	3:58 (3:58)	6:40 (10:38)	5:11 (15:49)	7:56 (23:45)		3:44 (27:29)
	6:53 (34:22)	3:01 (37:23)	2:44 (40:07)	1:36 (41:43)		
3.	Gun-Britt Fransson		Emmaboda Verda OK		41:58	+1:34
	3:50 (3:50)	6:40 (10:30)	6:00 (16:30)	8:38 (25:08)		3:30 (28:38)
	6:40 (35:18)	2:43 (38:01)	2:39 (40:40)	1:18 (41:58)		
4.	Kerstin Hjalmarsson		Emmaboda Verda OK		46:05	+5:41
	4:22 (4:22)	6:57 (11:19)	5:25 (16:44)	9:52 (26:36)		4:11 (30:47)
	8:13 (39:00)	3:02 (42:02)	2:31 (44:33)	1:32 (46:05)		
5.	Gustav Fransson		Emmaboda Verda OK		47:48	+7:24
	3:47 (3:47)	7:40 (11:27)	5:25 (16:52)	8:48 (25:40)		7:34 (33:14)
	7:36 (40:50)	3:15 (44:05)	2:22 (46:27)	1:21 (47:48)		
6.	Ola Fransson		Emmaboda Verda OK		47:52	+7:28
	3:49 (3:49)	7:42 (11:31)	5:24 (16:55)	8:44 (25:39)		7:35 (33:14)
	7:40 (40:54)	3:12 (44:06)	2:15 (46:21)	1:31 (47:52)		
7.	Monica Pählstorp		Emmaboda Verda OK		48:24	+8:00
	5:40 (5:40)	6:44 (12:24)	5:39 (18:03)	13:36 (31:39)		3:10 (34:49)
	6:48 (41:37)	2:48 (44:25)	2:23 (46:48)	1:36 (48:24)		
8.	Ros-Mari Karlsson		Nybro OK		55:31	+15:07
	6:44 (6:44)	9:40 (16:24)	6:24 (22:48)	12:26 (35:14)		4:24 (39:38)
	7:33 (47:11)	2:55 (50:06)	3:40 (53:46)	1:45 (55:31)		
9.	Folke Ringberg		Lessebo OK		56:35	+16:11
	3:43 (3:43)	6:35 (10:18)	6:05 (16:23)	18:05 (34:28)		5:35 (40:03)
	7:22 (47:25)	3:36 (51:01)	2:56 (53:57)	2:38 (56:35)		
10.	Matilda Ekengren Karlsson		Torsås OK		1:06:02	+25:38
	5:11 (5:11)	8:46 (13:57)	10:29 (24:26)	10:47 (35:13)		12:56 (48:09)
	6:38 (54:47)	6:02 (1:00:49)	3:36 (1:04:25)	1:37 (1:06:02)		
	Göran Thour		Värend GN OL		Felst.	
	9:21 (9:21)	11:15 (20:36)	9:48 (30:24)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (1:14:12)		
	Simon Waxegård		Torsås OK		Utg.	
	6:05 (6:05)	12:12 (18:17)	19:25 (37:42)	20:51 (58:33)		28:53 (1:27:26)
	– (–)	– (–)	– (–)	– (–)		

### Bana 3

			(14 / 14)		Tid	Efter
1.	Peter Ekdahl		Emmaboda Verda OK		34:43	
	2:10 (2:10)	6:05 (8:15)	2:33 (10:48)	1:56 (12:44)		3:52 (16:36)
	2:15 (18:51)	2:23 (21:14)	3:31 (24:45)	3:29 (28:14)		3:10 (31:24)
	2:27 (33:51)	0:52 (34:43)				
2.	Ronny Hjalmarsson		Emmaboda Verda OK		36:45	+2:02
	2:25 (2:25)	6:39 (9:04)	2:36 (11:40)	2:00 (13:40)		3:50 (17:30)
	2:02 (19:32)	2:30 (22:02)	4:19 (26:21)	3:36 (29:57)		3:24 (33:21)
	2:18 (35:39)	1:06 (36:45)				
3.	Viktoria Ahlström		Emmaboda Verda OK		45:09	+10:26
	3:06 (3:06)	7:13 (10:19)	3:06 (13:25)	2:17 (15:42)		4:01 (19:43)
	3:00 (22:43)	3:03 (25:46)	4:17 (30:03)	4:51 (34:54)		4:00 (38:54)
	4:58 (43:52)	1:17 (45:09)				
4.	Henrik Petersson		Nybro OK		48:27	+13:44
	3:53 (3:53)	7:05 (10:58)	2:50 (13:48)	2:35 (16:23)		4:48 (21:11)
	3:14 (24:25)	4:03 (28:28)	5:00 (33:28)	4:28 (37:56)		5:22 (43:18)
	4:07 (47:25)	1:02 (48:27)				
5.	Anna Nyqvist		Kalmar OK		52:17	+17:34
	3:22 (3:22)	8:19 (11:41)	3:55 (15:36)	3:24 (19:00)		5:25 (24:25)
	2:22 (26:47)	3:32 (30:19)	5:09 (35:28)	4:52 (40:20)		6:25 (46:45)
	3:56 (50:41)	1:36 (52:17)				

6.	Leif Lindström		Nybro OK		52:47	+18:04	
	3:17 (3:17)	8:56 (12:13)	3:58 (16:11)	2:38 (18:49)			5:51 (24:40)
	2:39 (27:19)	2:57 (30:16)	5:27 (35:43)	4:45 (40:28)			6:21 (46:49)
	4:17 (51:06)	1:41 (52:47)					
7.	Catrine Olsson		Torsås OK		53:26	+18:43	
	3:19 (3:19)	8:47 (12:06)	3:19 (15:25)	2:35 (18:00)			8:12 (26:12)
	5:50 (32:02)	3:38 (35:40)	4:03 (39:43)	3:51 (43:34)			3:54 (47:28)
	4:51 (52:19)	1:07 (53:26)					
8.	Magdalena Jonsson		Nybro OK		54:52	+20:09	
	3:54 (3:54)	9:27 (13:21)	3:39 (17:00)	3:13 (20:13)			5:23 (25:36)
	3:24 (29:00)	3:32 (32:32)	4:32 (37:04)	4:38 (41:42)			4:55 (46:37)
	6:47 (53:24)	1:28 (54:52)					
9.	Magnus Nilsson		Torsås OK		1:00:17	+25:34	
	4:14 (4:14)	10:01 (14:15)	3:26 (17:41)	2:43 (20:24)			7:18 (27:42)
	4:50 (32:32)	7:29 (40:01)	6:15 (46:16)	5:01 (51:17)			3:53 (55:10)
	3:31 (58:41)	1:36 (1:00:17)					
10.	Lars-Christer Karlsson		Emmaboda Verda OK		1:01:58	+27:15	
	4:05 (4:05)	10:05 (14:10)	4:49 (18:59)	4:56 (23:55)			8:40 (32:35)
	2:45 (35:20)	3:52 (39:12)	7:02 (46:14)	4:59 (51:13)			5:22 (56:35)
	3:47 (1:00:22)	1:36 (1:01:58)					
11.	Hans Gotfridsson		Torsås OK		1:04:59	+30:16	
	2:59 (2:59)	8:36 (11:35)	3:06 (14:41)	3:46 (18:27)			4:39 (23:06)
	16:56 (40:02)	3:11 (43:13)	5:03 (48:16)	5:25 (53:41)			4:12 (57:53)
	5:39 (1:03:32)	1:27 (1:04:59)					
12.	Peter Franzén		Emmaboda Verda OK		1:06:47	+32:04	
	5:13 (5:13)	7:58 (13:11)	3:52 (17:03)	3:07 (20:10)			5:45 (25:55)
	17:03 (42:58)	3:19 (46:17)	5:14 (51:31)	4:59 (56:30)			4:18 (1:00:48)
	4:43 (1:05:31)	1:16 (1:06:47)					
13.	Gustaf Torenstam		Emmaboda Verda OK		1:10:56	+36:13	
	4:46 (4:46)	11:39 (16:25)	6:19 (22:44)	4:54 (27:38)			7:43 (35:21)
	3:38 (38:59)	4:57 (43:56)	7:05 (51:01)	5:46 (56:47)			6:42 (1:03:29)
	5:42 (1:09:11)	1:45 (1:10:56)					
	Karina Karlsson		Nybro OK		Felst.		
	4:19 (4:19)	10:23 (14:42)	– (–)	– (–)			– (19:18)
	3:32 (22:50)	3:41 (26:31)	5:41 (32:12)	4:39 (36:51)			4:49 (41:40)
	4:38 (46:18)	1:30 (47:48)					
<b>Bana 4</b>			<b>(17 / 17)</b>		<b>Tid</b>	<b>Efter</b>	
1.	Nils Hammaräng Grip		OK Orion		38:33		
	1:56 (1:56)	4:35 (6:31)	3:04 (9:35)	3:02 (12:37)			1:38 (14:15)
	1:49 (16:04)	2:34 (18:38)	1:40 (20:18)	1:39 (21:57)			2:56 (24:53)
	1:25 (26:18)	1:51 (28:09)	2:35 (30:44)	2:35 (33:19)			2:25 (35:44)
	2:01 (37:45)	0:48 (38:33)					
2.	Gustav Olsson		Torsås OK		42:09	+3:36	
	2:22 (2:22)	5:38 (8:00)	3:35 (11:35)	4:05 (15:40)			1:45 (17:25)
	1:37 (19:02)	1:58 (21:00)	2:01 (23:01)	1:32 (24:33)			2:51 (27:24)
	1:24 (28:48)	1:59 (30:47)	3:33 (34:20)	2:22 (36:42)			2:26 (39:08)
	1:57 (41:05)	1:04 (42:09)					
3.	Mats Söderberg		Kalmar OK		46:37	+8:04	
	2:17 (2:17)	6:06 (8:23)	3:32 (11:55)	3:40 (15:35)			1:55 (17:30)
	1:50 (19:20)	2:15 (21:35)	2:16 (23:51)	2:09 (26:00)			3:33 (29:33)
	1:43 (31:16)	2:23 (33:39)	3:26 (37:05)	2:43 (39:48)			3:26 (43:14)
	2:09 (45:23)	1:14 (46:37)					
4.	Jonas Hammarskiöld		OK Skogsfalken		47:40	+9:07	
	2:15 (2:15)	5:14 (7:29)	4:06 (11:35)	5:56 (17:31)			1:39 (19:10)
	1:32 (20:42)	2:24 (23:06)	1:56 (25:02)	2:14 (27:16)			3:12 (30:28)
	1:40 (32:08)	2:12 (34:20)	3:26 (37:46)	2:52 (40:38)			2:38 (43:16)
	3:28 (46:44)	0:56 (47:40)					
5.	Olle Björnell		Kalmar OK		48:43	+10:10	
	2:13 (2:13)	5:43 (7:56)	3:49 (11:45)	3:54 (15:39)			1:45 (17:24)
	1:40 (19:04)	2:58 (22:02)	2:06 (24:08)	2:00 (26:08)			4:38 (30:46)
	1:51 (32:37)	2:26 (35:03)	4:07 (39:10)	3:00 (42:10)			3:12 (45:22)
	2:18 (47:40)	1:03 (48:43)					
6.	Viktor Skobe		Kalmar OK		51:42	+13:09	
	2:11 (2:11)	5:44 (7:55)	4:13 (12:08)	5:49 (17:57)			2:20 (20:17)
	1:49 (22:06)	2:38 (24:44)	2:50 (27:34)	2:20 (29:54)			3:48 (33:42)
	2:18 (36:00)	2:28 (38:28)	3:20 (41:48)	2:44 (44:32)			2:59 (47:31)
	3:06 (50:37)	1:05 (51:42)					
7.	Tobias Borger		Kalmar OK		54:04	+15:31	
	2:56 (2:56)	6:49 (9:45)	4:20 (14:05)	4:22 (18:27)			2:21 (20:48)
	1:50 (22:38)	2:45 (25:23)	2:09 (27:32)	2:02 (29:34)			3:47 (33:21)
	1:55 (35:16)	2:47 (38:03)	3:35 (41:38)	3:22 (45:00)			3:16 (48:16)
	4:17 (52:33)	1:31 (54:04)					
8.	Simon Fogelström		Torsås OK		54:16	+15:43	
	2:56 (2:56)	6:42 (9:38)	4:25 (14:03)	4:11 (18:14)			2:06 (20:20)
	1:55 (22:15)	3:07 (25:22)	2:25 (27:47)	1:58 (29:45)			4:39 (34:24)
	2:01 (36:25)	2:41 (39:06)	5:03 (44:09)	3:17 (47:26)			3:00 (50:26)
	2:37 (53:03)	1:13 (54:16)					
9.	Magnus Olsson		Torsås OK		56:24	+17:51	

	2:19 (2:19)	6:53 (9:12)	4:40 (13:52)	4:46 (18:38)	2:08 (20:46)
	1:54 (22:40)	2:51 (25:31)	2:28 (27:59)	2:49 (30:48)	5:01 (35:49)
	2:23 (38:12)	2:40 (40:52)	3:45 (44:37)	3:24 (48:01)	3:30 (51:31)
	3:47 (55:18)	1:06 (56:24)			
10.	Maria Johansson		Torsås OK	56:45	+18:12
	2:55 (2:55)	6:48 (9:43)	7:15 (16:58)	5:22 (22:20)	2:57 (25:17)
	1:52 (27:09)	2:38 (29:47)	2:18 (32:05)	2:05 (34:10)	3:49 (37:59)
	1:46 (39:45)	2:20 (42:05)	3:31 (45:36)	3:04 (48:40)	3:34 (52:14)
	3:28 (55:42)	1:03 (56:45)			
11.	Lisa Olsson		Torsås OK	1:00:12	+21:39
	3:11 (3:11)	7:06 (10:17)	6:21 (16:38)	5:33 (22:11)	2:40 (24:51)
	2:04 (26:55)	2:39 (29:34)	3:06 (32:40)	2:24 (35:04)	4:43 (39:47)
	2:12 (41:59)	2:48 (44:47)	3:52 (48:39)	3:33 (52:12)	3:23 (55:35)
	3:32 (59:07)	1:05 (1:00:12)			
12.	Karin Rahm Björneld		Kalmar OK	1:13:08	+34:35
	3:11 (3:11)	10:01 (13:12)	5:17 (18:29)	4:56 (23:25)	2:42 (26:07)
	2:15 (28:22)	3:17 (31:39)	3:04 (34:43)	2:41 (37:24)	5:13 (42:37)
	2:27 (45:04)	3:28 (48:32)	5:15 (53:47)	4:11 (57:58)	6:01 (1:03:59)
	7:08 (1:11:07)	2:01 (1:13:08)			
13.	Carl Torstensson		Emmaboda Verda OK	1:16:40	+38:07
	3:05 (3:05)	9:14 (12:19)	6:51 (19:10)	7:23 (26:33)	3:37 (30:10)
	2:32 (32:42)	5:27 (38:09)	3:21 (41:30)	3:23 (44:53)	5:40 (50:33)
	4:23 (54:56)	3:02 (57:58)	4:59 (1:02:57)	3:51 (1:06:48)	4:32 (1:11:20)
	3:48 (1:15:08)	1:32 (1:16:40)			
14.	Elias Torstensson		Emmaboda Verda OK	1:19:48	+41:15
	3:02 (3:02)	12:02 (15:04)	6:37 (21:41)	6:49 (28:30)	3:43 (32:13)
	2:26 (34:39)	4:16 (38:55)	3:37 (42:32)	2:54 (45:26)	5:34 (51:00)
	3:40 (54:40)	3:14 (57:54)	6:00 (1:03:54)	5:00 (1:08:54)	5:35 (1:14:29)
	4:00 (1:18:29)	1:19 (1:19:48)			
15.	Stina Persson		Emmaboda Verda OK	1:21:53	+43:20
	2:52 (2:52)	7:41 (10:33)	6:15 (16:48)	8:43 (25:31)	4:47 (30:18)
	2:28 (32:46)	3:57 (36:43)	2:55 (39:38)	3:08 (42:46)	6:54 (49:40)
	4:25 (54:05)	5:47 (59:52)	5:17 (1:05:09)	4:05 (1:09:14)	6:35 (1:15:49)
	4:53 (1:20:42)	1:11 (1:21:53)			
16.	Henrik Andersson		Emmaboda Verda OK	1:24:36	+46:03
	4:00 (4:00)	9:11 (13:11)	6:13 (19:24)	8:56 (28:20)	4:30 (32:50)
	2:23 (35:13)	3:20 (38:33)	3:26 (41:59)	3:22 (45:21)	6:55 (52:16)
	4:21 (56:37)	5:54 (1:02:31)	5:15 (1:07:46)	4:06 (1:11:52)	6:34 (1:18:26)
	4:56 (1:23:22)	1:14 (1:24:36)			
	Jonas Persson		Torsås OK	Utg.	
	3:02 (3:02)	7:40 (10:42)	4:14 (14:56)	- (-)	- (-)
	- (-)	- (-)	- (20:58)	4:04 (25:02)	- (-)
	- (-)	- (-)	- (38:42)	- (-)	- (-)
	- (-)	- (-)			