

Resultat – BMOL-träning 4/9 2018

2018-09-04

Lång	(4 / 4)	Tid	Efter
1. Albin Tengvall	BMOL	39:57	
1:55 (1:55)	1:32 (3:27) 3:46 (7:13)	1:53 (9:06) 6:16 (15:22)	3:08 (18:30)
3:03 (21:33)	4:10 (25:43) 2:06 (27:49)	1:53 (29:42) 2:57 (32:39)	3:36 (36:15)
2:10 (38:25)	1:32 (39:57)		
2. Oscar Molin	BMOL	45:16	+5:19
2:12 (2:12)	2:02 (4:14) 5:10 (9:24)	2:09 (11:33) 7:09 (18:42)	3:31 (22:13)
3:04 (25:17)	4:51 (30:08) 2:13 (32:21)	1:56 (34:17) 3:35 (37:52)	3:51 (41:43)
2:13 (43:56)	1:20 (45:16)		
3. Per-Åke Tengvall	BMOL	49:36	+9:39
2:22 (2:22)	2:00 (4:22) 4:54 (9:16)	2:30 (11:46) 8:07 (19:53)	3:47 (23:40)
3:24 (27:04)	5:43 (32:47) 2:39 (35:26)	2:18 (37:44) 3:40 (41:24)	4:10 (45:34)
3:00 (48:34)	1:02 (49:36)		
4. Conny Bruhn	BMOL	1:02:01	+22:04
2:44 (2:44)	2:22 (5:06) 5:31 (10:37)	3:11 (13:48) 10:18 (24:06)	4:34 (28:40)
4:32 (33:12)	6:37 (39:49) 3:41 (43:30)	3:07 (46:37) 4:33 (51:10)	5:35 (56:45)
3:49 (1:00:34)	1:27 (1:02:01)		

Mellan	(5 / 5)	Tid	Efter
1. Christer Karlsson	BMOL	44:01	
2:44 (2:44)	2:15 (4:59) 5:25 (10:24)	4:24 (14:48) 3:23 (18:11)	6:28 (24:39)
2:34 (27:13)	2:18 (29:31) 3:52 (33:23)	6:24 (39:47) 3:08 (42:55)	1:06 (44:01)
2. Patric Molin	BMOL	47:22	+3:21
3:43 (3:43)	2:06 (5:49) 4:34 (10:23)	4:18 (14:41) 3:22 (18:03)	6:05 (24:08)
3:05 (27:13)	4:43 (31:56) 4:49 (36:45)	5:43 (42:28) 3:40 (46:08)	1:14 (47:22)
3. Christina Perneby	IFK Lidingö SOK	51:56	+7:55
2:57 (2:57)	2:54 (5:51) 6:06 (11:57)	4:17 (16:14) 4:00 (20:14)	6:55 (27:09)
3:29 (30:38)	4:03 (34:41) 5:16 (39:57)	5:22 (45:19) 4:07 (49:26)	2:30 (51:56)
4. Peter Laudon	BMOL	52:48	+8:47
3:07 (3:07)	2:33 (5:40) 6:22 (12:02)	5:11 (17:13) 3:10 (20:23)	8:23 (28:46)
3:10 (31:56)	5:16 (37:12) 4:33 (41:45)	5:34 (47:19) 3:10 (50:29)	2:19 (52:48)
5. Karl-Johan Norén	BMOL	53:00	+8:59
6:38 (6:38)	2:30 (9:08) 5:40 (14:48)	5:26 (20:14) 4:33 (24:47)	7:36 (32:23)
2:56 (35:19)	2:49 (38:08) 4:47 (42:55)	5:19 (48:14) 3:35 (51:49)	1:11 (53:00)

Kort	(6 / 6)	Tid	Efter
1. Mia Lindberg	BMOL	35:51	
2:00 (2:00)	3:38 (5:38) 3:44 (9:22)	5:42 (15:04) 3:56 (19:00)	2:56 (21:56)
4:31 (26:27)	4:00 (30:27) 4:23 (34:50)	1:01 (35:51)	
2. Håkan Tengvall	BMOL	39:26	+3:35
1:54 (1:54)	3:27 (5:21) 4:01 (9:22)	6:17 (15:39) 2:54 (18:33)	2:43 (21:16)
5:15 (26:31)	5:09 (31:40) 5:51 (37:31)	1:55 (39:26)	
3. Mårten Lindqvist	BMOL	41:33	+5:42
2:15 (2:15)	3:59 (6:14) 3:38 (9:52)	8:07 (17:59) 3:49 (21:48)	3:08 (24:56)
5:20 (30:16)	4:31 (34:47) 5:15 (40:02)	1:31 (41:33)	
4. Mats Lönngrén	BMOL	52:43	+16:52
2:13 (2:13)	4:16 (6:29) 4:18 (10:47)	9:14 (20:01) 4:33 (24:34)	4:08 (28:42)
9:02 (37:44)	7:24 (45:08) 6:06 (51:14)	1:29 (52:43)	
5. Helen Andersson	BMOL	1:07:00	+31:09
2:47 (2:47)	5:34 (8:21) 5:26 (13:47)	9:59 (23:46) 5:34 (29:20)	5:37 (34:57)
7:01 (41:58)	7:12 (49:10) 16:29 (1:05:39)	1:21 (1:07:00)	
6. Helen Sköld	BMOL	1:07:02	+31:11
2:51 (2:51)	5:22 (8:13) 6:28 (14:41)	9:12 (23:53) 5:32 (29:25)	5:40 (35:05)

	6:59 (42:04)	7:09 (49:13) 16:25 (1:05:38)	1:24 (1:07:02)	
Gul	(6 / 6)		Tid	Efter
1. Jan Lindgren	BMOL		32:34	
5:01 (5:01)	2:31 (7:32)	2:37 (10:09)	3:44 (13:53)	3:53 (17:46) 3:33 (21:19)
2:25 (23:44)	2:45 (26:29)	3:01 (29:30)	2:11 (31:41)	0:53 (32:34)
2. Ulrika	BMOL		41:37	+9:03
5:22 (5:22)	3:01 (8:23)	3:23 (11:46)	6:47 (18:33)	5:11 (23:44) 5:16 (29:00)
2:13 (31:13)	2:26 (33:39)	2:41 (36:20)	4:14 (40:34)	1:03 (41:37)
3. Ingrid Norén	BMOL		42:40	+10:06
5:15 (5:15)	2:46 (8:01)	3:26 (11:27)	4:02 (15:29)	5:35 (21:04) 4:53 (25:57)
2:33 (28:30)	2:50 (31:20)	4:06 (35:26)	6:25 (41:51)	0:49 (42:40)
4. Josefin	BMOL		48:19	+15:45
6:26 (6:26)	3:01 (9:27)	2:52 (12:19)	7:01 (19:20)	5:48 (25:08) 5:53 (31:01)
2:55 (33:56)	5:43 (39:39)	4:39 (44:18)	3:04 (47:22)	0:57 (48:19)
5. Gunilla Tengvall	BMOL		48:53	+16:19
4:11 (4:11)	3:39 (7:50)	3:35 (11:25)	7:15 (18:40)	6:22 (25:02) 7:25 (32:27)
2:58 (35:25)	3:59 (39:24)	5:01 (44:25)	3:03 (47:28)	1:25 (48:53)
Anna	BMOL		Felst.	
- (-)	- (4:41)	8:50 (13:31)	6:46 (20:17)	6:17 (26:34) 4:37 (31:11)
2:16 (33:27)	3:50 (37:17)	9:14 (46:31)	2:18 (48:49)	1:07 (49:56)

Skapad av [MeOS 3.5.880 \(U1\)](#): 2018-09-04 19:48:27