

Resultat – Lång KM 2016

2016-06-12

H21	(14 / 16)	Tid	Efter
1. Jonas Kjäll	Centrum OK	1:17:04	
2:57 (2:57)	1:28 (4:25)	3:58 (8:23)	2:36 (10:59)
1:08 (25:39)	1:19 (26:58)	2:37 (29:35)	1:26 (31:01)
2:20 (48:23)	6:46 (55:09)	5:20 (1:00:29)	1:14 (1:01:43)
1:32 (1:16:14)	0:50 (1:17:04)		
10:07 (21:06)			3:25 (24:31)
10:56 (41:57)			4:06 (46:03)
8:25 (1:10:08)			4:34 (1:14:42)
2. Christian Rotvikar	Centrum OK	1:22:57	+5:53
4:12 (4:12)	1:31 (5:43)	4:36 (10:19)	2:35 (12:54)
6:04 (32:27)	1:14 (33:41)	2:57 (36:38)	1:23 (38:01)
1:32 (53:50)	6:04 (59:54)	4:49 (1:04:43)	2:02 (1:06:45)
1:26 (1:21:58)	0:59 (1:22:57)		
10:11 (23:05)			3:18 (26:23)
12:17 (50:18)			2:00 (52:18)
8:03 (1:14:48)			5:44 (1:20:32)
3. Tomas Holmberg	Centrum OK	1:23:33	+6:29
5:23 (5:23)	1:13 (6:36)	4:37 (11:13)	2:29 (13:42)
1:17 (28:47)	2:06 (30:53)	3:03 (33:56)	1:28 (35:24)
1:15 (49:49)	6:07 (55:56)	6:29 (1:02:25)	1:56 (1:04:21)
1:33 (1:21:48)	1:45 (1:23:33)		
10:22 (24:04)			3:26 (27:30)
11:04 (46:28)			2:06 (48:34)
8:09 (1:12:30)			7:45 (1:20:15)
4. Kristoffer Edshage	Centrum OK	1:26:49	+9:45
3:36 (3:36)	1:37 (5:13)	5:12 (10:25)	2:46 (13:11)
1:15 (28:49)	2:41 (31:30)	2:49 (34:19)	1:37 (35:56)
1:17 (54:03)	8:52 (1:02:55)	6:37 (1:09:32)	1:12 (1:10:44)
1:47 (1:25:57)	0:52 (1:26:49)		
11:34 (24:45)			2:49 (27:34)
14:49 (50:45)			2:01 (52:46)
8:26 (1:19:10)			5:00 (1:24:10)
5. Mattias Ågren	Centrum OK	1:32:23	+15:19
5:46 (5:46)	1:44 (7:30)	4:27 (11:57)	2:14 (14:11)
2:06 (34:26)	1:01 (35:27)	2:30 (37:57)	1:48 (39:45)
3:46 (58:58)	7:11 (1:06:09)	9:27 (1:15:36)	1:14 (1:16:50)
1:33 (1:31:35)	0:48 (1:32:23)		
12:15 (26:26)			5:54 (32:20)
11:49 (51:34)			3:38 (55:12)
8:19 (1:25:09)			4:53 (1:30:02)
6. Samuel Svensson	Centrum OK	1:34:21	+17:17
4:34 (4:34)	1:32 (6:06)	5:19 (11:25)	2:45 (14:10)
1:04 (31:44)	1:20 (33:04)	2:55 (35:59)	3:21 (39:20)
1:43 (56:30)	9:59 (1:06:29)	6:17 (1:12:46)	1:10 (1:13:56)
1:55 (1:33:09)	1:12 (1:34:21)		
10:27 (24:37)			6:03 (30:40)
13:28 (52:48)			1:59 (54:47)
10:42 (1:24:38)			6:36 (1:31:14)
7. Daniel Elenius	Centrum OK	1:35:47	+18:43
3:15 (3:15)	1:42 (4:57)	4:27 (9:24)	3:02 (12:26)
2:29 (31:21)	0:57 (32:18)	2:43 (35:01)	1:24 (36:25)
1:48 (55:59)	7:40 (1:03:39)	5:32 (1:09:11)	3:42 (1:12:53)
4:22 (1:35:13)	0:34 (1:35:47)		
11:53 (24:19)			4:33 (28:52)
12:08 (48:33)			5:38 (54:11)
8:42 (1:21:35)			9:16 (1:30:51)
8. Stuart Fell	Centrum OK	1:36:10	+19:06
4:06 (4:06)	1:31 (5:37)	5:30 (11:07)	3:20 (14:27)
1:27 (31:40)	1:22 (33:02)	2:36 (35:38)	1:46 (37:24)
5:23 (58:51)	6:52 (1:05:43)	6:35 (1:12:18)	1:23 (1:13:41)
1:48 (1:35:15)	0:55 (1:36:10)		
11:24 (25:51)			4:22 (30:13)
13:58 (51:22)			2:06 (53:28)
11:10 (1:24:51)			8:36 (1:33:27)
9. Joel Berring	Centrum OK	1:36:51	+19:47
3:30 (3:30)	2:03 (5:33)	5:55 (11:28)	3:42 (15:10)
1:08 (31:46)	1:31 (33:17)	3:10 (36:27)	1:49 (38:16)
3:30 (55:57)	10:10 (1:06:07)	10:01 (1:16:08)	1:17 (1:17:25)
2:08 (1:35:39)	1:12 (1:36:51)		
12:31 (27:41)			2:57 (30:38)
12:26 (50:42)			1:45 (52:27)
9:54 (1:27:19)			6:12 (1:33:31)
10. Holger Kohr	Centrum OK	1:40:18	+23:14
6:24 (6:24)	1:44 (8:08)	5:03 (13:11)	3:08 (16:19)
0:58 (31:45)	1:18 (33:03)	5:02 (38:05)	2:17 (40:22)
5:09 (1:00:40)	8:38 (1:09:18)	8:08 (1:17:26)	2:55 (1:20:21)
2:36 (1:39:20)	0:58 (1:40:18)		
11:50 (28:09)			2:38 (30:47)
12:39 (53:01)			2:30 (55:31)
9:21 (1:29:42)			7:02 (1:36:44)
11. Björn Bångtsson	Centrum OK	1:46:04	+29:00
3:22 (3:22)	1:53 (5:15)	4:41 (9:56)	3:40 (13:36)
1:21 (32:48)	3:51 (36:39)	3:19 (39:58)	2:28 (42:26)
3:25 (1:04:20)	9:30 (1:13:50)	7:34 (1:21:24)	1:49 (1:23:13)
2:14 (1:44:59)	1:05 (1:46:04)		
14:48 (28:24)			3:03 (31:27)
15:26 (57:52)			3:03 (1:00:55)
10:11 (1:33:24)			9:21 (1:42:45)
12. Magnus Karlsson	Centrum OK	1:46:23	+29:19
3:30 (3:30)	1:56 (5:26)	5:47 (11:13)	3:37 (14:50)
2:22 (35:46)	1:40 (37:26)	4:27 (41:53)	2:11 (44:04)
1:34 (1:05:14)	8:02 (1:13:16)	7:57 (1:21:13)	1:34 (1:22:47)
3:36 (1:45:32)	0:51 (1:46:23)		
14:59 (29:49)			3:35 (33:24)
14:33 (58:37)			5:03 (1:03:40)
11:08 (1:33:55)			8:01 (1:41:56)
13. Pontus Gustafsson	Centrum OK	2:01:58	+44:54
5:26 (5:26)	1:56 (7:22)	10:45 (18:07)	2:44 (20:51)
4:32 (44:57)	1:27 (46:24)	2:43 (49:07)	1:48 (50:55)
4:57 (1:14:44)	9:37 (1:24:21)	12:29 (1:36:50)	1:48 (1:38:38)
3:05 (2:01:02)	0:56 (2:01:58)		
11:49 (32:40)			7:45 (40:25)
16:48 (1:07:43)			2:04 (1:09:47)
11:00 (1:49:38)			8:19 (1:57:57)
Linus Rispling	Centrum OK	Felst.	
3:34 (3:34)	1:33 (5:07)	5:26 (10:33)	3:12 (13:45)
1:20 (30:25)	1:15 (31:40)	2:40 (34:20)	1:30 (35:50)
2:00 (52:36)	6:49 (59:25)	– (–)	– (–)
– (–)	– (1:20:38)		
10:46 (24:31)			4:34 (29:05)
13:03 (48:53)			1:43 (50:36)
– (–)			– (–)
D21	(5 / 7)	Tid	Efter
1. Lena Öhman	Centrum OK	1:19:09	
4:03 (4:03)	1:53 (5:56)	7:07 (13:03)	3:48 (16:51)
2:15 (36:25)	2:05 (38:30)	3:14 (41:44)	1:48 (50:55)
8:34 (1:16:25)	1:53 (1:18:18)	0:51 (1:19:09)	
12:27 (29:18)			4:52 (34:10)
4:13 (54:50)			13:01 (1:07:51)
2. Karin Fägerlind	Centrum OK	1:21:04	+1:55
4:07 (4:07)	2:13 (6:20)	6:03 (12:23)	3:43 (16:06)
1:24 (38:10)	1:50 (40:00)	3:42 (43:42)	1:48 (50:55)
7:27 (1:16:49)	3:01 (1:19:50)	1:14 (1:21:04)	
14:47 (30:53)			5:53 (36:46)
4:05 (57:25)			11:57 (1:09:22)
3. Gro Dahlbom	Centrum OK	1:21:46	+2:37
5:58 (5:58)	2:13 (8:11)	5:32 (13:43)	3:12 (16:55)
1:01 (37:10)	1:17 (38:27)	4:41 (43:08)	6:39 (49:47)
10:41 (1:19:05)	1:44 (1:20:49)	0:57 (1:21:46)	
16:17 (33:12)			2:57 (36:09)
3:32 (53:19)			15:05 (1:08:24)
4. Sara Jonasson	Centrum OK	1:28:37	+9:28
6:28 (6:28)	2:37 (9:05)	10:09 (19:14)	3:43 (22:57)
1:03 (43:26)	1:29 (44:55)	4:08 (49:03)	12:40 (1:01:43)
7:06 (1:24:49)	2:53 (1:27:42)	0:55 (1:28:37)	
15:52 (38:49)			3:34 (42:23)
4:11 (1:05:54)			11:49 (1:17:43)

5.	Helena Persson	Centrum OK	2:16:49	+57:40		
	5:56 (5:56)	3:00 (8:56)	13:13 (22:09)	4:39 (26:48)	24:30 (51:18)	15:54 (1:07:12)
	2:04 (1:09:16)	3:27 (1:12:43)	5:43 (1:18:26)	10:40 (1:29:06)	7:04 (1:36:10)	20:26 (1:56:36)
	10:22 (2:06:58)	8:46 (2:15:44)	1:05 (2:16:49)			
H40						
		(9 / 10)	Tid	Efter		
1.	Ove Oksvold	Centrum OK	59:35			
	3:23 (3:23)	1:28 (4:51)	4:53 (9:44)	4:16 (14:00)	10:22 (24:22)	2:54 (27:16)
	0:59 (28:15)	0:56 (29:11)	2:36 (31:47)	5:38 (37:25)	2:56 (40:21)	10:22 (50:43)
	6:01 (56:44)	2:04 (58:48)	0:47 (59:35)			
2.	Jonas Nylund	Centrum OK	1:05:02	+5:27		
	3:24 (3:24)	1:39 (5:03)	5:11 (10:14)	2:41 (12:55)	12:19 (25:14)	5:14 (30:28)
	2:05 (32:33)	1:37 (34:10)	2:59 (37:09)	6:03 (43:12)	3:10 (46:22)	10:07 (56:29)
	6:07 (1:02:36)	1:36 (1:04:12)	0:50 (1:05:02)			
3.	Magnus Grafström	Centrum OK	1:07:48	+8:13		
	3:19 (3:19)	1:50 (5:09)	7:05 (12:14)	2:57 (15:11)	12:17 (27:28)	3:05 (30:33)
	1:06 (31:39)	1:41 (33:20)	2:48 (36:08)	7:39 (43:47)	3:05 (46:52)	11:11 (58:03)
	5:58 (1:04:01)	2:56 (1:06:57)	0:51 (1:07:48)			
4.	Janne Nilsson	Centrum OK	1:13:32	+13:57		
	4:24 (4:24)	1:50 (6:14)	5:39 (11:53)	3:54 (15:47)	13:40 (29:27)	4:07 (33:34)
	1:13 (34:47)	1:28 (36:15)	3:07 (39:22)	7:55 (47:17)	3:16 (50:33)	12:29 (1:03:02)
	7:38 (1:10:40)	1:54 (1:12:34)	0:58 (1:13:32)			
5.	Per-Anders Lindgren	Centrum OK	1:13:48	+14:13		
	5:03 (5:03)	1:52 (6:55)	6:02 (12:57)	3:01 (15:58)	14:42 (30:40)	3:01 (33:41)
	1:17 (34:58)	1:41 (36:39)	3:15 (39:54)	6:50 (46:44)	4:07 (50:51)	11:35 (1:02:26)
	7:39 (1:10:05)	2:16 (1:12:21)	1:27 (1:13:48)			
6.	Anders Lavfors	Centrum OK	1:21:47	+22:12		
	4:11 (4:11)	2:25 (6:36)	9:18 (15:54)	3:18 (19:12)	15:09 (34:21)	3:43 (38:04)
	1:55 (39:59)	2:17 (42:16)	4:38 (46:54)	9:26 (56:20)	3:22 (59:42)	12:12 (1:11:54)
	6:46 (1:18:40)	2:02 (1:20:42)	1:05 (1:21:47)			
7.	Mattias Robertson	Centrum OK	1:31:15	+31:40		
	5:40 (5:40)	1:57 (7:37)	8:13 (15:50)	3:13 (19:03)	13:39 (32:42)	3:41 (36:23)
	1:23 (37:46)	2:01 (39:47)	3:17 (43:04)	13:51 (56:55)	3:37 (1:00:32)	15:17 (1:15:49)
	11:33 (1:27:22)	2:40 (1:30:02)	1:13 (1:31:15)			
8.	Henning Peinerud	Centrum OK	1:40:36	+41:01		
	3:38 (3:38)	1:56 (5:34)	7:33 (13:07)	4:16 (17:23)	16:02 (33:25)	4:47 (38:12)
	1:56 (40:08)	1:27 (41:35)	4:19 (45:54)	11:58 (57:52)	8:29 (1:06:21)	17:19 (1:23:40)
	14:06 (1:37:46)	1:50 (1:39:36)	1:00 (1:40:36)			
9.	Anders Ekström	Centrum OK	1:55:43	+56:08		
	5:52 (5:52)	6:06 (11:58)	9:09 (21:07)	6:47 (27:54)	19:07 (47:01)	5:55 (52:56)
	2:28 (55:24)	2:49 (58:13)	5:24 (1:03:37)	17:25 (1:21:02)	6:26 (1:27:28)	13:26 (1:40:54)
	9:34 (1:50:28)	3:31 (1:53:59)	1:44 (1:55:43)			
D40						
		(3 / 3)	Tid	Efter		
1.	Mette Brolinson	Centrum OK	1:07:07			
	20:26 (20:26)	7:06 (27:32)	3:16 (30:48)	14:25 (45:13)	9:30 (54:43)	4:48 (59:31)
	6:38 (1:06:09)	0:58 (1:07:07)				
2.	Ulrika Axelsson	Centrum OK	2:06:13	+59:06		
	41:15 (41:15)	17:28 (58:43)	5:48 (1:04:31)	20:56 (1:25:27)	15:43 (1:41:10)	9:45 (1:50:55)
	13:38 (2:04:33)	1:40 (2:06:13)				
3.	Camilla Jakobsson	Centrum OK	2:10:00	+62:53		
	33:25 (33:25)	11:15 (44:40)	20:13 (1:04:53)	27:42 (1:32:35)	17:21 (1:49:56)	5:26 (1:55:22)
	12:16 (2:07:38)	2:22 (2:10:00)				
Herrar Nybörjare						
		(2 / 3)	Tid	Efter		
1.	Harald Bauer	IFK Lidingö SOK	56:54			
	4:34 (4:34)	8:57 (13:31)	10:59 (24:30)	2:27 (26:57)	6:19 (33:16)	15:48 (49:04)
	5:30 (54:34)	2:20 (56:54)				
2.	Thang Tran	Centrum OK	1:45:21	+48:27		
	6:24 (6:24)	9:53 (16:17)	47:31 (1:03:48)	4:35 (1:08:23)	6:24 (1:14:47)	22:35 (1:37:22)
	5:29 (1:42:51)	2:30 (1:45:21)				
Damer Nybörjare						
		(3 / 3)	Tid	Efter		
1.	Emma Johnsson	Centrum OK	1:20:52			
	5:19 (5:19)	12:49 (18:08)	15:29 (33:37)	2:53 (36:30)	7:03 (43:33)	28:08 (1:11:41)
	7:06 (1:18:47)	2:05 (1:20:52)				
2.	Therese Bergstedt	Centrum OK	1:51:11	+30:19		
	15:48 (15:48)	18:46 (34:34)	22:35 (57:09)	3:09 (1:00:18)	7:11 (1:07:29)	33:31 (1:41:00)
	7:47 (1:48:47)	2:24 (1:51:11)				
	Karin Holmstrand	Centrum OK	Utg.			
	10:27 (10:27)	19:25 (29:52)	- (-)	- (-)	- (1:33:31)	- (-)
	- (-)	- (-)				