

# Resultat – Traditionella träningsdagen Medel E2

2025-03-24

| Lång svår |                         |                      | Tid      | Efter  | Bomtid |
|-----------|-------------------------|----------------------|----------|--------|--------|
| (31 / 31) |                         |                      |          |        |        |
| 1.        | David Dahlgren          | IF Thor              | 36:46    |        | 0:00   |
| 2.        | Oskar Lind              | IF Thor              | 39:31    | +2:45  | 0:43   |
| 3.        | Staffan Jacobsson Svärd | IF Thor              | 39:41    | +2:55  | 0:00   |
| 4.        | Rickard Jemth           | IF Thor              | 40:47    | +4:01  | 3:52   |
| 5.        | Bo Segerman             | IF Thor              | 40:50    | +4:04  | 1:01   |
| 6.        | Olle Widegren           | IF Thor              | 41:11    | +4:25  | 0:00   |
| 7.        | Petter Ranefall         | IF Thor              | 41:14    | +4:28  | 0:00   |
| 8.        | Lukas Lind              | IF Thor              | 41:23    | +4:37  | 5:09   |
| 9.        | Simon Segerman          | IF Thor              | 44:16    | +7:30  | 9:15   |
| 10.       | David Höglund           | IF Thor              | 44:22    | +7:36  | 7:48   |
| 11.       | Mats Jonsell            | IF Thor              | 44:28    | +7:42  | 0:39   |
| 12.       | Jesper Hedberg          | IF Thor              | 45:01    | +8:15  | 3:30   |
| 13.       | Ruben Grånäs            | IF Thor              | 45:27    | +8:41  | 8:51   |
| 14.       | Henrik Åberg            | IF Thor              | 46:57    | +10:11 | 9:49   |
| 15.       | Jörgen Hellgren         | IF Thor              | 47:30    | +10:44 | 1:53   |
| 16.       | Sofie Bergendahl        | IF Thor              | 52:36    | +15:50 | 5:44   |
| 17.       | Anton Redander          | IF Thor              | 53:44    | +16:58 | 7:09   |
| 18.       | Peter Jaxgård           | IF Thor              | 58:40    | +21:54 | 11:43  |
| 19.       | Johan Ohlström          | IF Thor              | 59:02    | +22:16 | 1:34   |
| 20.       | Oscar Grånäs            | IF Thor              | 1:00:36  | +23:50 | 17:50  |
| 21.       | Michelle Nordkvist      | IF Thor              | 1:01:00  | +24:14 | 7:57   |
| 22.       | Jakob Wåhlström         | IF Thor              | 1:02:51  | +26:05 | 18:29  |
| 23.       | Johanna Carlson         | IF Thor              | 1:04:52  | +28:06 | 12:41  |
| 24.       | Bo Andersson            | IF Thor              | 1:08:55  | +32:09 | 11:18  |
|           | Agnes Källström         | Sala OK              | Ej start |        |        |
|           | Aron Hellgren           | IF Thor              | Ej start |        |        |
|           | Carolina Jonsell        | Vallentuna-Össeby OL | Ej start |        |        |
|           | Emilia Grybäck          | IF Thor              | Ej start |        |        |
|           | Henrik Wåhlström        | IF Thor              | Ej start |        |        |
|           | Johanna Stropp Grybäck  | IF Thor              | Ej start |        |        |
|           | Mathias Abrahamsson     | IF Thor              | Ej start |        |        |
| Kort svår |                         |                      | Tid      | Efter  | Bomtid |
| (16 / 16) |                         |                      |          |        |        |
| 1.        | Dorothe Spillman        | IF Thor              | 43:45    |        | 1:36   |
| 2.        | Janne Bergman           | IF Thor              | 44:43    | +0:58  | 3:36   |
| 3.        | Svante Jonsell          | Vallentuna-Össeby OL | 1:02:34  | +18:49 | 10:06  |
| 4.        | Villiam Jaxgård         | IF Thor              | 1:11:26  | +27:41 | 28:37  |
| 5.        | Ann Sofie Jemth         | IF Thor              | 1:24:37  | +40:52 | 26:28  |
| 6.        | Karin Hannrup           | IF Thor              | 1:24:40  | +40:55 | 26:16  |
|           | Anna Karin Olm          | IF Thor              | Ej start |        |        |
|           | Caje Jacobsson          | IF Thor              | Ej start |        |        |
|           | Folke Selstam           | IF Thor              | Ej start |        |        |
|           | Hanna Wåhlström         | IF Thor              | Ej start |        |        |
|           | Ida Enberg              | IF Thor              | Ej start |        |        |

|                |         |          |
|----------------|---------|----------|
| Iris Blanck    | IF Thor | Ej start |
| Karin Blanck   | IF Thor | Ej start |
| Marie Enberg   | IF Thor | Ej start |
| Sara Lind      | IF Thor | Ej start |
| Sven Jacobsson | IF Thor | Ej start |

| Gul          | (2 / 2) | Tid      | Efter | Bomtid |
|--------------|---------|----------|-------|--------|
| Dag Selstam  | IF Thor | Ej start |       |        |
| Ellen Blanck | IF Thor | Ej start |       |        |