

Resultat – NOK:s 3-dagars E3

2025-06-18

Lätt Fri

		Tid	Starttid	Mål
1.	Lena Wahss	Avesta OK	21:32	17:36:12 17:57:44
3.	Livéa Linder	Avesta OK	34:30	17:28:57 18:03:27
4.	Cleo Vedin	Norbergs OK	38:24	17:37:30 18:15:54
2.	Linda Gustafsson	OK Hedströmmen	27:14	17:55:12 18:22:26
	Anton Gräll	Surahammars SOK	Ej start	– –
	Bitá Farahani	Surahammars SOK	Ej start	– –
	Lennox Berglund	Surahammars SOK	Ej start	– –

Medel Fri

		Tid	Starttid	Mål
3.	Olle Johansson	IFK Hedemora OK	40:03	17:27:40 18:07:43
2.	Jan Johansson	IFK Hedemora OK	38:51	17:36:50 18:15:41
1.	Yvonne Toven	Köping-Kolsva OK	35:50	17:52:06 18:27:56
4.	Martin Skog	Norbergs OK	1:04:50	17:29:49 18:34:39
	Brittllis Wallgren	Sala OK	Ej start	– –
	Christopher Berglund	Surahammars SOK	Ej start	– –
	Hans Kruskopf	Korsnäs IF OK	Ej start	– –
	Pelle Höök	Köping-Kolsva OK	Ej start	– –

Svår Kort Fri

		Tid	Starttid	Mål
1.	Ola Toven	Köping-Kolsva OK	33:01	17:45:49 18:18:50
2.	Marianne Rupp	OLG Thun	48:35	17:38:09 18:26:44
	Annelie Backström	Norbergs OK	Ej start	– –
	Bengt Bennitz	OK Enen	Ej start	– –
	Raimo Nygård	Sala OK	Ej start	– –
	Sofia Fant	Avesta OK	Ej start	– –

Svår Lång Fri

		Tid	Starttid	Mål
1.	Patrik Strandberg	Avesta OK	36:33	17:48:10 18:24:43
6.	Per Svensson	Avesta OK	52:57	17:32:46 18:25:43
5.	Ola Jernström	Avesta OK	52:07	17:36:37 18:28:44
4.	Svante Persson	Avesta OK	44:04	17:45:05 18:29:09
2.	Johan Sundén	Västerås SOK	36:43	17:52:29 18:29:12
3.	Olle Zetterberg	Västerås SOK	39:37	17:55:35 18:35:12
	Frida Herbst	Västerås SOK	Ej start	– –
	Jan Åsberg	Häverödals SK	Ej start	– –
	Selma White	OK Kåre	Ej start	– –

Lätt

		Tid	Starttid	Mål
1.	Frida Ericson	Fagersta OK	15:03	18:00:00 18:15:03
2.	Ellie Taavo	Surahammars SOK	15:05	18:00:00 18:15:05
3.	Vide Almén	Avesta OK	19:50	18:00:00 18:19:50
4.	Jan Burell	OK Enen	32:09	18:00:00 18:32:09
	Kjell Lindberg	Västerås SOK	Felst.	18:00:00 18:27:07
	Shiva Behzadnia	Surahammars SOK	Felst.	18:00:00 18:26:53

Medel		Tid	Starttid	Mål
1. Christopher Taavo	Surahammars SOK	25:33	18:13:22	18:38:55
3. Clara Linder	Norbergs OK	30:00	18:14:26	18:44:26
2. Magnus Sohlberg	Norbergs OK	26:20	18:21:08	18:47:28
7. Ida Göthberg	Avesta OK	31:56	18:17:41	18:49:37
5. Ellinor Brors	Avesta OK	31:11	18:21:14	18:52:25
4. Magdalena Eriksson Olofsson	Avesta OK	30:17	18:22:11	18:52:28
6. Marie Åsberg	OK Hedströmmen	31:43	18:22:48	18:54:31
8. Ragnar Eriksson	OK Hedströmmen	33:49	18:21:04	18:54:53
12. Anna Linder	Norbergs OK	41:07	18:14:21	18:55:28
11. Ove Backström	Norbergs OK	40:29	18:15:32	18:56:01
10. Tanja-Birgit Söderström	Sala OK	37:55	18:18:23	18:56:18
9. Siv Frodin	Köping-Kolsva OK	36:43	18:19:51	18:56:34
14. Kurt Zander	Västerås SOK	51:44	18:05:03	18:56:47
13. Marianne Einarsson	Fagersta OK	45:19	18:12:33	18:57:52
15. Michael Blixt	Avesta OK	53:34	18:07:16	19:00:50
Gudrun Persson	Hallstahammars OK	Ej start	18:20:23	–
Sara Johansson	Norbergs OK	Ej start	18:19:08	–

Svår kort		Tid	Starttid	Mål
19. Elsa Schiölde	Norbergs OK	39:40	18:06:17	18:45:57
2. Pia Johansson	Norbergs OK	28:20	18:19:13	18:47:33
3. Johnny Nilsson	Stora Skedvi IK SOFF	29:44	18:19:02	18:48:46
8. Anna Norrbom	Sala OK	32:38	18:16:18	18:48:56
6. Lars Lundén	Avesta OK	31:54	18:17:06	18:49:00
6. Ann Edenheim	Fagersta OK	31:54	18:17:46	18:49:40
9. Jan-Eric Hellgren	Norbergs OK	32:44	18:17:12	18:49:56
1. Bjørn Idar Sætran	IF Trauma	25:44	18:24:13	18:49:57
5. Lena Larsson	Sala OK	31:47	18:18:25	18:50:12
18. Maria Strömberg	Avesta OK	38:16	18:12:45	18:51:01
23. Tommy Wählin	Västerås SOK	43:12	18:08:00	18:51:12
15. Anna-Karin Rytther	Västerbergslagens OL	35:04	18:16:14	18:51:18
16. Malin Ekman	Sala OK	35:08	18:16:42	18:51:50
22. Anna-Karin Lövgren	Avesta OK	43:00	18:09:19	18:52:19
12. Ingemar Månsson	Ronneby OK	34:31	18:17:50	18:52:21
11. Gunnar Munktelius	Surahammars SOK	33:31	18:18:59	18:52:30
4. Jan Gottfridsson	Norbergs OK	30:29	18:22:04	18:52:33
17. Anna-Karin Eriksson	Norbergs OK	37:28	18:15:08	18:52:36
10. Juha Untinen	SK Trim/Virsbo	32:51	18:20:09	18:53:00
14. Mats Back	Fagersta OK	34:50	18:18:37	18:53:27
13. Jonas Liljebrand	SK Trim/Virsbo	34:33	18:19:07	18:53:40
20. Lena Liljefors	Avesta OK	39:41	18:14:16	18:53:57
25. Claes Elvhammar	Sala OK	46:23	18:07:51	18:54:14
24. Erik Johansson	Avesta OK	44:07	18:12:09	18:56:16
21. David Söderström	Sala OK	41:20	18:17:58	18:59:18
26. Göran Larsson	Sala OK	50:27	18:18:42	19:09:09
Elisabet Elmertoft	Norbergs OK	Ej start	18:11:35	–
Pernilla Klemets	Köping-Kolsva OK	Ej start	18:17:12	–
Torbjörn Bergstrand	Surahammars SOK	Ej start	18:05:00	–

Svår lång

2.	Leif Markfjärd	Avesta OK	41:09	18:11:46	18:52:55
1.	Viktor Lundén	Avesta OK	36:14	18:19:27	18:55:41
5.	Arne Hägg	Arboga OK	48:57	18:08:02	18:56:59
3.	Cecilia Einarsson	Västerås SOK	45:23	18:13:01	18:58:24
7.	Jonny Lindén	Nässjö OK	1:00:39	18:05:02	19:05:41
6.	Christina Viklund White	OK Nolaskogsarna	53:10	18:13:20	19:06:30
4.	Astrid White	OK Linné	48:43	18:22:53	19:11:36
	Felix Herbst	Västerås SOK	Ej start	18:17:36	–
	Johan Herbst	Västerås SOK	Ej start	18:15:21	–
	Lars-Erik Hasler	Surahammars SOK	Ej start	18:19:18	–
	Ulf Fredriksson	Stora Tuna OK	Ej start	18:14:54	–