

# Motionsorientering i UV

## Sträcktider

2015-04-28

| Plac | Bana | Namn               | Klubb        | Sluttid  | S-1   | 1-2   | 2-3   | 3-4   | 4-5     | 5-6     | 6-7     | 7-8     | 8-9     | --10    | --11    | --12    | Sista-Mål |
|------|------|--------------------|--------------|----------|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|-----------|
| 1    | A    | Björn Rundlöf      | Väsby OK     | 00:47:56 | 02:25 | 02:49 | 05:05 | 04:29 | 12:17   | 02:08   | 05:09   | 02:29   | 03:08   | 03:04   | 03:07   |         | 01:46     |
|      |      |                    |              |          | 02:25 | 05:14 | 10:19 | 14:48 | 27:05   | 29:13   | 34:22   | 36:51   | 39:59   | 43:03   | 46:10   |         | 47:56     |
| 2    | A    | Robert Elverö      | Väsby OK     | 00:49:00 | 02:11 | 02:50 | 05:03 | 05:06 | 12:28   | 02:16   | 05:41   | 02:38   | 03:12   | 02:28   | 03:30   |         | 01:37     |
|      |      |                    |              |          | 02:11 | 05:01 | 10:04 | 15:10 | 27:38   | 29:54   | 35:35   | 38:13   | 41:25   | 43:53   | 47:23   |         | 49:00     |
| 3    | A    | Ulf Angelsiöö      | OK Linné     | 1:03:31  | 03:10 | 04:33 | 06:48 | 05:35 | 16:21   | 03:28   | 06:51   | 03:07   | 04:06   | 03:11   | 04:31   |         | 01:50     |
|      |      |                    |              |          | 03:10 | 07:43 | 14:31 | 20:06 | 36:27   | 39:55   | 46:46   | 49:53   | 53:59   | 57:10   | 1:01:41 |         | 1:03:31   |
| 4    | A    | Joakim Olsson      | Väsby OK     | 1:04:36  | 03:02 | 03:18 | 05:53 | 06:40 | 19:13   | 03:03   | 06:38   | 03:15   | 03:36   | 02:56   | 04:39   |         | 02:23     |
|      |      |                    |              |          | 03:02 | 06:20 | 12:13 | 18:53 | 38:06   | 41:09   | 47:47   | 51:02   | 54:38   | 57:34   | 1:02:13 |         | 1:04:36   |
|      |      |                    |              |          |       |       |       |       |         |         |         |         |         |         |         |         |           |
| 1    | B    | Adam Hallström     | Svaider Roma | 00:55:48 | 02:31 | 03:26 | 09:36 | 04:16 | 05:07   | 04:36   | 02:59   | 06:53   | 02:55   | 03:57   | 02:53   | 04:43   | 01:56     |
|      |      |                    |              |          | 02:31 | 05:57 | 15:33 | 19:49 | 24:56   | 29:32   | 32:31   | 39:24   | 42:19   | 46:16   | 49:09   | 53:52   | 55:48     |
| 2    | B    | Sten-Olof Mattsson | Leksands OK  | 00:57:03 | 03:11 | 03:36 | 06:02 | 05:36 | 05:25   | 05:00   | 03:07   | 07:12   | 03:19   | 04:23   | 02:56   | 04:55   | 02:21     |
|      |      |                    |              |          | 03:11 | 06:47 | 12:49 | 18:25 | 23:50   | 28:50   | 31:57   | 39:09   | 42:28   | 46:51   | 49:47   | 54:42   | 57:03     |
| 3    | B    | Fredrik Mattsson   | Leksands OK  | 1:02:48  | 02:32 | 05:53 | 06:49 | 05:10 | 05:42   | 04:38   | 04:08   | 08:06   | 02:36   | 04:06   | 05:51   | 04:32   | 02:45     |
|      |      |                    |              |          | 02:32 | 08:25 | 15:14 | 20:24 | 26:06   | 30:44   | 34:52   | 42:58   | 45:34   | 49:40   | 55:31   | 1:00:03 | 1:02:48   |
| 4    | B    | Henrik Rindlöv     | Järfälla OK  | 1:08:51  | 02:46 | 05:07 | 07:47 | 05:14 | 06:40   | 05:44   | 02:55   | 11:59   | 03:38   | 05:07   | 04:26   | 05:09   | 02:19     |
|      |      |                    |              |          | 02:46 | 07:53 | 15:40 | 20:54 | 27:34   | 33:18   | 36:13   | 48:12   | 51:50   | 56:57   | 1:01:23 | 1:06:32 | 1:08:51   |
| 5    | B    | Farhad Rouhani     | Solna OK     | 1:19:48  | 02:24 | 07:36 | 16:55 | 05:45 | 06:44   | 05:13   | 03:34   | 09:39   | 03:57   | 06:35   | 03:14   | 05:41   | 02:31     |
|      |      |                    |              |          | 02:24 | 10:00 | 26:55 | 32:40 | 39:24   | 44:37   | 48:11   | 57:50   | 1:01:47 | 1:08:22 | 1:11:36 | 1:17:17 | 1:19:48   |
| 6    | B    | Anders Jonsson     | Klubbblös    | 1:53:02  | 04:12 | 08:27 | 31:16 | 07:29 | 10:24   | 06:43   | 03:38   | 16:13   | 04:32   | 06:14   | 04:19   | 06:45   | 02:50     |
|      |      |                    |              |          | 04:12 | 12:39 | 43:55 | 51:24 | 1:01:48 | 1:08:31 | 1:12:09 | 1:28:22 | 1:32:54 | 1:39:08 | 1:43:27 | 1:50:12 | 1:53:02   |
| 7    | B    | Robert Johansson   | Järfälla OK  | 1:58:55  | 15:29 | 06:33 | 11:59 | 07:43 | 14:05   | 23:12   | 03:57   | 11:20   | 05:48   | 05:39   | 04:20   | 06:03   | 02:47     |
|      |      |                    |              |          | 15:29 | 22:02 | 34:01 | 41:44 | 55:49   | 1:19:01 | 1:22:58 | 1:34:18 | 1:40:06 | 1:45:45 | 1:50:05 | 1:56:08 | 1:58:55   |
| -    | B    | Filip Olsson       | Väsby OK     | 00:59:46 | 03:17 | 03:58 | 09:12 | 05:41 | 00:00   | 00:00   | 00:00   | 00:00   | 00:00   | 00:00   |         |         | 37:38     |
|      |      |                    |              |          | 03:17 | 07:15 | 16:27 | 22:08 | 22:08   | 22:08   | 22:08   | 22:08   | 22:08   | 22:08   |         |         | 59:46     |
| -    | B    | Annika Karlsson    | Väsby OK     | 1:09:19  | 04:35 | 08:49 | 07:42 | 07:06 | 04:14   | 03:35   | 10:57   | 08:10   | 05:20   | 06:42   |         |         | 02:09     |
|      |      |                    |              |          | 04:35 | 13:24 | 21:06 | 28:12 | 32:26   | 36:01   | 46:58   | 55:08   | 1:00:28 | 1:07:10 |         |         | 1:09:19   |

|   |   |                       |                 |          |       |       |       |       |       |       |       |         |  |  |  |  |         |
|---|---|-----------------------|-----------------|----------|-------|-------|-------|-------|-------|-------|-------|---------|--|--|--|--|---------|
|   |   |                       |                 |          |       |       |       |       |       |       |       |         |  |  |  |  |         |
| 1 | C | Henrik Ekelöf         | Värend GN OL    | 00:44:13 | 03:26 | 06:09 | 05:49 | 05:33 | 04:55 | 06:01 | 04:07 | 05:47   |  |  |  |  | 02:26   |
|   |   |                       |                 |          | 03:26 | 09:35 | 15:24 | 20:57 | 25:52 | 31:53 | 36:00 | 41:47   |  |  |  |  | 44:13   |
| 2 | C | Karl Gunnar Karnebäck | Attunda OK      | 00:45:21 | 03:20 | 10:13 | 05:37 | 04:26 | 04:00 | 05:12 | 04:00 | 05:53   |  |  |  |  | 02:40   |
|   |   |                       |                 |          | 03:20 | 13:33 | 19:10 | 23:36 | 27:36 | 32:48 | 36:48 | 42:41   |  |  |  |  | 45:21   |
| 3 | C | Lars Dyrhagen         | Järfälla OK     | 00:48:00 | 04:00 | 04:59 | 06:24 | 05:44 | 05:09 | 06:11 | 05:10 | 07:03   |  |  |  |  | 03:20   |
|   |   |                       |                 |          | 04:00 | 08:59 | 15:23 | 21:07 | 26:16 | 32:27 | 37:37 | 44:40   |  |  |  |  | 48:00   |
| 4 | C | Kurt Kisslig          | Waxholm OK      | 00:56:39 | 04:24 | 06:14 | 08:26 | 08:50 | 05:45 | 07:00 | 05:16 | 07:37   |  |  |  |  | 03:07   |
|   |   |                       |                 |          | 04:24 | 10:38 | 19:04 | 27:54 | 33:39 | 40:39 | 45:55 | 53:32   |  |  |  |  | 56:39   |
| 5 | C | Johanna Treiber       | Klubblös        | 1:03:14  | 04:59 | 06:42 | 08:25 | 09:48 | 06:53 | 09:50 | 05:23 | 08:01   |  |  |  |  | 03:13   |
|   |   |                       |                 |          | 04:59 | 11:41 | 20:06 | 29:54 | 36:47 | 46:37 | 52:00 | 1:00:01 |  |  |  |  | 1:03:14 |
| - | C | Maria Liljevret       | Väsby OK        | 00:19:05 | 03:07 | 05:02 | 02:49 | 05:32 |       |       |       |         |  |  |  |  | 02:35   |
|   |   |                       |                 |          | 03:07 | 08:09 | 10:58 | 16:30 |       |       |       |         |  |  |  |  | 19:05   |
| - | C | Herr o Fru Karls      | Väsby OK        | 00:47:54 | 11:00 | 11:33 | 08:07 | 11:53 |       |       |       |         |  |  |  |  | 05:21   |
|   |   |                       |                 |          | 11:00 | 22:33 | 30:40 | 42:33 |       |       |       |         |  |  |  |  | 47:54   |
|   |   |                       |                 |          |       |       |       |       |       |       |       |         |  |  |  |  |         |
| 1 | D | Roger Steen           | Väsby Skidklubb | 00:40:08 | 03:35 | 05:10 | 03:32 | 04:35 | 08:08 | 03:05 | 03:40 | 04:02   |  |  |  |  | 04:21   |
|   |   |                       |                 |          | 03:35 | 08:45 | 12:17 | 16:52 | 25:00 | 28:05 | 31:45 | 35:47   |  |  |  |  | 40:08   |
| 2 | D | Erika Kanhamn         | Klubblös        | 1:14:18  | 10:10 | 09:57 | 06:12 | 13:19 | 07:12 | 04:32 | 07:41 | 09:58   |  |  |  |  | 05:17   |
|   |   |                       |                 |          | 10:10 | 20:07 | 26:19 | 39:38 | 46:50 | 51:22 | 59:03 | 1:09:01 |  |  |  |  | 1:14:18 |
| 3 | D | Ove Janzén            | Klubblös        | 1:14:19  | 09:00 | 09:23 | 06:33 | 13:14 | 06:59 | 04:16 | 08:11 | 10:59   |  |  |  |  | 05:44   |
|   |   |                       |                 |          | 09:00 | 18:23 | 24:56 | 38:10 | 45:09 | 49:25 | 57:36 | 1:08:35 |  |  |  |  | 1:14:19 |