

Tisdagsträning Bastu-open 25-05-2021, Bastuhamn, IF Brahe

[A](#) [B](#)

A 4,97 km

		1. (245 m) [45]	2. (361 m) [46]	3. (255 m) [47]	4. (224 m) [48]	5. (323 m) [59]	6. (235 m) [45]	7. (322 m) [58]	8. (191 m) [57]	9. (182 m) [55]	10. (375 m) [54]	11. (378 m) [50]	12. (331 m) [51]	13. (212 m) [52]	14. (207 m) [53]	15. (563 m) [54]	16. (218 m) [59]	17. (291 m) [M1]	Resultat (min/km)	
1. Otto Gripenberg	Brahe	2-01:31 2-01:31	1-03:46 1-02:15	1-05:51 2-02:05	1-07:25 1-01:34	1-09:42 2-02:17	1-11:32 2-01:50	2-14:40 4-03:08	2-16:07 1-01:27	1-17:32 1-01:25	1-19:56 1-02:24	1-23:03 1-03:07	1-25:14 1-02:11	1-26:54 1-01:40	1-28:44 1-01:50	1-32:38 1-03:54	1-34:08 1-01:30	1-36:18 2-02:10	36:18	7:18
2. Emil Jansson	Brahe	1-01:30 1-01:30	2-04:16 3-02:46	2-06:13 1-01:57	2-08:05 2-01:52	2-10:13 1-02:08	2-12:01 1-01:48	1-14:23 1-02:22	1-16:00 2-01:37	2-17:49 4-01:49	2-20:40 2-02:51	2-24:22 2-03:42	2-26:40 2-02:18	2-31:32 10-04:52	2-33:25 2-01:53	2-37:42 2-04:17	2-39:40 2-01:58	2-41:37 1-01:57	41:37	8:22
3. Valter Joensuu	Brahe																	3-45:00	45:00	9:03
4. Fredrik Hagström	Brahe	3-01:52 3-01:52	3-04:35 2-02:43	3-06:53 4-02:18	3-08:51 4-01:58	4-11:53 4-03:02	3-14:24 4-02:31	3-17:02 2-02:38	3-19:19 9-02:17	3-21:00 2-01:41	3-24:02 3-03:02	3-28:27 7-04:25	3-31:13 4-02:46	3-33:30 2-02:17	3-35:46 5-02:16	3-41:12 7-05:26	3-43:38 4-02:26	4-45:50 3-02:12	45:50	9:13
5. Tom Stenlund	Brahe	10-02:21 10-02:21	10-05:45 8-03:24	9-08:16 6-02:31	7-10:19 5-02:03	7-13:52 9-03:33	7-16:18 3-02:26	7-19:58 6-03:40	7-22:06 6-02:08	5-23:54 3-01:48	5-27:11 4-03:17	5-31:04 3-03:53	4-33:48 3-02:44	4-36:20 3-02:32	4-38:30 4-02:10	4-43:42 4-05:12	4-46:18 6-02:36	5-49:37 9-03:19	49:37	9:58
6. Patrik Nyman	Brahe	6-02:03 6-02:03	5-05:04 4-03:01	5-07:33 5-02:29	5-09:50 7-02:17	5-13:14 7-03:24	6-16:00 6-02:46	5-19:08 4-03:08	5-21:20 8-02:12	5-23:54 10-02:34	6-27:18 5-03:24	6-31:56 10-04:38	5-34:56 5-03:00	5-38:08 8-03:12	5-40:38 7-02:30	6-45:57 6-05:19	5-48:37 8-02:40	6-51:37 8-03:00	51:37	10:23
7. Niklas Lindell	Brahe	5-01:54 5-01:54	4-04:57 5-03:03	4-07:14 3-02:17	4-09:11 3-01:57	3-11:39 3-02:28	4-14:51 8-03:12	4-17:57 3-03:06	4-20:08 7-02:11	4-22:12 8-02:04	4-26:28 8-04:16	4-30:27 4-03:59	7-36:03 10-05:36	7-38:37 5-02:34	6-40:41 3-02:04	5-45:32 3-04:51	6-48:41 9-03:09	7-52:05 10-03:24	52:05	10:28
8. Peter Kronholm	Brahe	3-01:52 3-01:52	6-05:28 9-03:36	6-08:03 8-02:35	6-10:10 6-02:07	6-13:24 5-03:14	5-15:57 5-02:33	6-19:53 7-03:56	6-21:57 5-02:04	7-24:00 7-02:03	7-28:00 7-04:00	7-32:27 8-04:27	6-35:55 7-03:28	6-38:36 6-02:41	7-41:10 8-02:34	7-47:41 10-06:31	7-51:35 10-03:54	8-54:26 7-02:51	54:26	10:57
9. Andreas Ingerström	Brahe	9-02:15 9-02:15	7-05:33 6-03:18	7-08:12 9-02:39	9-11:03 10-02:51	8-14:22 6-03:19	8-17:21 7-02:59	8-21:29 8-04:08	8-23:14 4-01:45	8-25:15 6-02:01	8-30:13 10-04:58	8-34:34 6-04:21	8-38:02 7-03:28	9-40:54 7-02:52	9-43:55 9-03:01	8-50:00 8-06:05	8-52:25 3-02:25	9-54:58 5-02:33	54:58	11:03
10. Kaj Grön	Brahe	6-02:03 6-02:03	9-05:40 10-03:37	8-08:13 7-02:33	8-10:41 8-02:28	9-14:36 10-03:55	9-17:56 10-03:20	9-22:26 10-04:30	9-24:45 10-02:19	9-26:53 9-02:08	9-30:22 6-03:29	9-34:51 9-04:29	9-38:15 6-03:24	8-40:48 4-02:33	8-43:49 9-03:01	9-50:12 9-06:23	9-52:50 7-02:38	10-55:31 6-02:41	55:31	11:10
11. Martti Hassila	Brahe	8-02:13 8-02:13	8-05:35 7-03:22	10-09:11 10-03:36	10-12:21 11-03:10	10-15:48 8-03:27	10-19:06 9-03:18	10-23:31 9-04:25	10-25:13 3-01:42	10-27:13 5-02:00	10-32:19 11-05:06	10-36:32 5-04:13	10-40:43 9-04:11	10-44:09 9-03:26	10-46:26 6-02:17	10-51:41 5-05:15	10-54:14 5-02:33	11-56:43 4-02:29	56:43	11:24
12. Tommy Björklund	Brahe	12-02:40 12-02:40	12-07:11 12-04:31	11-10:54 11-03:43	11-13:29 9-02:35	11-17:29 11-04:00	11-21:20 12-03:51	11-26:11 11-04:51	11-28:33 11-02:22	11-31:28 11-02:55	11-36:24 9-04:56	11-41:57 11-05:33	11-48:40 11-06:43	11-57:00 11-08:20	11-1:03:56 11-06:56	11-1:11:47 11-07:51	11-1:16:07 11-04:20	12-1:20:24 11-04:17	1:20:24	16:10
Ester Gripenberg	Brahe	11-02:34 11-02:34	11-06:45 11-04:11	12-10:58 12-04:13	12-14:15 12-03:17	12-18:48 12-04:33	12-22:14 11-03:26	12-28:49 12-06:35	12-32:41 12-03:52									0-36:54	Avbr.	

B 2,16 km

		1. (245 m) [45]	2. (319 m) [47]	3. (224 m) [48]	4. (316 m) [49]	5. (135 m) [54]	6. (375 m) [55]	7. (182 m) [57]	8. (191 m) [58]	9. (176 m) [M1]	Resultat (min/km)	
1. Vilhelm Nyman	Brahe	1-02:50 1-02:50	1-06:37 1-03:47	1-09:45 1-03:08	1-18:11 2-08:26	1-20:51 1-02:40	1-26:37 1-05:46	1-29:17 1-02:40	1-36:28 2-07:11	1-38:05 1-01:37	38:05	17:37 Vilhelm Nyman
2. Samuel Ingerström	Brahe	2-03:12 2-03:12	2-09:32 2-06:20	2-12:48 2-03:16	2-20:28 1-07:40	2-23:26 2-02:58	2-29:56 2-06:30	2-33:31 2-03:35	2-38:07 1-04:36	2-39:53 2-01:46	39:53	18:27 Samuel Ingerström