

Results – AOW training Berģi

2024-03-26

MEN A		(19 / 19)	Time	Behind		
1.	Yannick Michiels	TuMe	29:46			
	3:07 (3:07)	1:06 (4:13)	1:02 (5:15)	1:20 (6:35)	1:33 (8:08)	2:38 (10:46)
	0:38 (11:24)	1:24 (12:48)	0:34 (13:22)	0:36 (13:58)	1:16 (15:14)	3:31 (18:45)
	1:15 (20:00)	1:05 (21:05)	0:37 (21:42)	0:51 (22:33)	1:58 (24:31)	2:02 (26:33)
	2:37 (29:10)	0:36 (29:46)				
2.	Jēkabs Janovs	Siguldas Takas	30:45	+0:59		
	1:43 (1:43)	1:12 (2:55)	1:14 (4:09)	1:39 (5:48)	1:28 (7:16)	2:36 (9:52)
	0:40 (10:32)	1:26 (11:58)	0:35 (12:33)	0:36 (13:09)	1:17 (14:26)	3:49 (18:15)
	1:32 (19:47)	1:21 (21:08)	0:32 (21:40)	0:51 (22:31)	2:24 (24:55)	2:09 (27:04)
	3:04 (30:08)	0:37 (30:45)				
3.	Oystein Kvaal Osterbo	Baekkelagets SK	31:11	+1:25		
	1:52 (1:52)	1:17 (3:09)	1:09 (4:18)	1:26 (5:44)	1:25 (7:09)	2:52 (10:01)
	0:43 (10:44)	1:26 (12:10)	0:33 (12:43)	1:03 (13:46)	1:50 (15:36)	3:56 (19:32)
	1:30 (21:02)	1:10 (22:12)	0:39 (22:51)	0:55 (23:46)	2:11 (25:57)	2:09 (28:06)
	2:30 (30:36)	0:35 (31:11)				
4.	Eemeli Suominen	Hiidenkiertajat	31:49	+2:03		
	1:50 (1:50)	1:17 (3:07)	1:17 (4:24)	1:30 (5:54)	1:30 (7:24)	2:56 (10:20)
	0:44 (11:04)	1:44 (12:48)	0:37 (13:25)	0:39 (14:04)	1:33 (15:37)	4:12 (19:49)
	1:28 (21:17)	1:11 (22:28)	0:37 (23:05)	0:56 (24:01)	2:15 (26:16)	2:22 (28:38)
	2:31 (31:09)	0:40 (31:49)				
5.	Rokas Koveckis	Horizontas, Palanga	33:15	+3:29		
	2:07 (2:07)	1:26 (3:33)	1:26 (4:59)	1:56 (6:55)	1:36 (8:31)	3:09 (11:40)
	0:47 (12:27)	1:38 (14:05)	0:38 (14:43)	0:44 (15:27)	1:33 (17:00)	4:11 (21:11)
	1:30 (22:41)	1:15 (23:56)	0:35 (24:31)	0:51 (25:22)	2:14 (27:36)	2:05 (29:41)
	2:53 (32:34)	0:41 (33:15)				
6.	Tomas Kuzminskis	Lithuania deaf sport committee	33:51	+4:05		
	2:17 (2:17)	1:50 (4:07)	1:24 (5:31)	2:19 (7:50)	1:38 (9:28)	3:10 (12:38)
	0:50 (13:28)	1:45 (15:13)	0:36 (15:49)	0:44 (16:33)	1:31 (18:04)	3:59 (22:03)
	1:24 (23:27)	1:09 (24:36)	0:35 (25:11)	0:55 (26:06)	2:14 (28:20)	2:03 (30:23)
	2:51 (33:14)	0:37 (33:51)				
7.	Paulis Pēteris Janovs	Siguldas takas	36:42	+6:56		
	2:03 (2:03)	1:28 (3:31)	1:31 (5:02)	1:29 (6:31)	2:00 (8:31)	2:54 (11:25)
	0:45 (12:10)	1:44 (13:54)	0:37 (14:31)	0:49 (15:20)	1:25 (16:45)	5:09 (21:54)
	2:28 (24:22)	1:30 (25:52)	0:40 (26:32)	1:05 (27:37)	2:35 (30:12)	2:11 (32:23)
	3:40 (36:03)	0:39 (36:42)				
8.	Ernestis Koleda	OK Ikšķile	38:56	+9:10		
	2:48 (2:48)	1:30 (4:18)	1:30 (5:48)	2:21 (8:09)	1:42 (9:51)	3:44 (13:35)
	0:50 (14:25)	1:44 (16:09)	0:42 (16:51)	0:50 (17:41)	2:05 (19:46)	4:48 (24:34)
	2:00 (26:34)	1:52 (28:26)	0:41 (29:07)	1:05 (30:12)	2:36 (32:48)	2:33 (35:21)
	2:52 (38:13)	0:43 (38:56)				
9.	Mantas Volungevicius	Lithuania deaf sport committee	39:08	+9:22		
	3:01 (3:01)	2:53 (5:54)	1:27 (7:21)	2:07 (9:28)	1:59 (11:27)	3:31 (14:58)
	0:53 (15:51)	1:55 (17:46)	0:39 (18:25)	0:48 (19:13)	1:36 (20:49)	4:17 (25:06)
	1:32 (26:38)	1:26 (28:04)	0:39 (28:43)	1:02 (29:45)	2:48 (32:33)	2:39 (35:12)
	3:09 (38:21)	0:47 (39:08)				
10.	Valtteri Rantala	Valkeakosken Haka	39:20	+9:34		
	2:21 (2:21)	1:26 (3:47)	2:09 (5:56)	2:00 (7:56)	1:46 (9:42)	3:25 (13:07)
	0:50 (13:57)	1:43 (15:40)	0:41 (16:21)	0:55 (17:16)	1:52 (19:08)	6:00 (25:08)
	1:43 (26:51)	1:23 (28:14)	0:38 (28:52)	1:02 (29:54)	2:46 (32:40)	2:42 (35:22)
	3:08 (38:30)	0:50 (39:20)				
11.	Atis Kalniņš	Rumpučiems Pa Pēdām	40:10	+10:24		
	2:09 (2:09)	1:33 (3:42)	1:29 (5:11)	1:49 (7:00)	1:38 (8:38)	3:21 (11:59)
	0:51 (12:50)	1:42 (14:32)	1:02 (15:34)	0:48 (16:22)	1:32 (17:54)	4:56 (22:50)
	2:03 (24:53)	1:32 (26:25)	0:48 (27:13)	1:10 (28:23)	2:35 (30:58)	2:27 (33:25)
	6:05 (39:30)	0:40 (40:10)				
12.	Kalvis Kaļva	Ērgļi	40:46	+11:00		
	2:47 (2:47)	1:39 (4:26)	1:45 (6:11)	2:05 (8:16)	1:58 (10:14)	3:42 (13:56)

	0:58 (14:54)	3:00 (17:54)	0:39 (18:33)	0:46 (19:19)	1:48 (21:07)	4:58 (26:05)
	1:42 (27:47)	1:27 (29:14)	0:46 (30:00)	1:08 (31:08)	2:53 (34:01)	2:52 (36:53)
	3:12 (40:05)	0:41 (40:46)				
13. Aleksei Morozov			41:57	+12:11		
	2:13 (2:13)	3:07 (5:20)	1:33 (6:53)	1:48 (8:41)	2:07 (10:48)	3:24 (14:12)
	0:50 (15:02)	1:41 (16:43)	0:39 (17:22)	0:50 (18:12)	1:37 (19:49)	4:15 (24:04)
	1:31 (25:35)	2:53 (28:28)	0:38 (29:06)	1:10 (30:16)	2:51 (33:07)	3:06 (36:13)
	4:54 (41:07)	0:50 (41:57)				
14. Knut Edvard Helland		ostmarka OK	42:32	+12:46		
	3:07 (3:07)	1:29 (4:36)	2:01 (6:37)	1:38 (8:15)	1:41 (9:56)	3:24 (13:20)
	1:00 (14:20)	3:40 (18:00)	0:35 (18:35)	1:15 (19:50)	1:40 (21:30)	4:32 (26:02)
	3:32 (29:34)	1:31 (31:05)	0:48 (31:53)	1:04 (32:57)	2:33 (35:30)	3:00 (38:30)
	3:12 (41:42)	0:50 (42:32)				
15. Laimis Drazdauskas		ok Levuo	46:25	+16:39		
	2:47 (2:47)	1:57 (4:44)	1:50 (6:34)	2:05 (8:39)	2:26 (11:05)	4:31 (15:36)
	1:04 (16:40)	2:06 (18:46)	0:53 (19:39)	0:55 (20:34)	1:52 (22:26)	6:29 (28:55)
	1:56 (30:51)	1:49 (32:40)	0:56 (33:36)	1:11 (34:47)	3:07 (37:54)	3:10 (41:04)
	4:16 (45:20)	1:05 (46:25)				
16. mikalojus makutenasd		Lithuania deaf sport committee	47:26	+17:40		
	2:05 (2:05)	1:35 (3:40)	1:36 (5:16)	2:01 (7:17)	2:01 (9:18)	5:22 (14:40)
	0:55 (15:35)	2:38 (18:13)	0:47 (19:00)	0:56 (19:56)	1:58 (21:54)	6:31 (28:25)
	2:25 (30:50)	1:38 (32:28)	0:41 (33:09)	1:25 (34:34)	3:16 (37:50)	4:04 (41:54)
	4:39 (46:33)	0:53 (47:26)				
17. Rune Teigland		ostmarka OK	48:08	+18:22		
	2:21 (2:21)	1:52 (4:13)	1:50 (6:03)	3:50 (9:53)	2:09 (12:02)	4:02 (16:04)
	1:02 (17:06)	2:08 (19:14)	2:16 (21:30)	1:26 (22:56)	2:51 (25:47)	4:59 (30:46)
	2:08 (32:54)	1:47 (34:41)	0:59 (35:40)	1:17 (36:57)	3:58 (40:55)	3:14 (44:09)
	3:15 (47:24)	0:44 (48:08)				
18. Dmitrijs Jemeljanovs			57:23	+27:37		
	4:59 (4:59)	1:55 (6:54)	1:58 (8:52)	3:05 (11:57)	2:01 (13:58)	4:48 (18:46)
	1:31 (20:17)	2:29 (22:46)	1:17 (24:03)	1:06 (25:09)	1:58 (27:07)	6:00 (33:07)
	3:08 (36:15)	2:42 (38:57)	1:01 (39:58)	2:19 (42:17)	3:45 (46:02)	3:57 (49:59)
	6:42 (56:41)	0:42 (57:23)				
Hannes Nikkinen		Hiidenkiertajat	MP			
	4:09 (4:09)	1:35 (5:44)	2:08 (7:52)	2:07 (9:59)	– (–)	– (18:13)
	0:46 (18:59)	1:50 (20:49)	– (–)	– (22:59)	– (–)	– (30:48)
	1:53 (32:41)	1:34 (34:15)	0:45 (35:00)	1:01 (36:01)	2:45 (38:46)	3:00 (41:46)
	3:02 (44:48)	1:42 (46:30)				

MEN B

(9 / 9)

Time

Behind

1. Pekka Kiljunen	AnttU	29:32				
	2:44 (2:44)	2:13 (4:57)	3:01 (7:58)	0:44 (8:42)	0:47 (9:29)	2:15 (11:44)
	3:59 (15:43)	2:27 (18:10)	1:39 (19:49)	5:00 (24:49)	1:19 (26:08)	1:40 (27:48)
	0:52 (28:40)	0:52 (29:32)				
2. Valdis Janovs	Siguldas Takas	34:50	+5:18			
	4:11 (4:11)	2:27 (6:38)	4:07 (10:45)	1:05 (11:50)	0:52 (12:42)	3:04 (15:46)
	3:51 (19:37)	3:29 (23:06)	1:43 (24:49)	5:06 (29:55)	1:16 (31:11)	2:18 (33:29)
	0:36 (34:05)	0:45 (34:50)				
3. Atte Kavonius	Hiidenkiertajat	39:03	+9:31			
	5:47 (5:47)	3:00 (8:47)	3:51 (12:38)	0:57 (13:35)	1:01 (14:36)	3:31 (18:07)
	4:04 (22:11)	3:35 (25:46)	2:11 (27:57)	5:33 (33:30)	1:25 (34:55)	2:32 (37:27)
	0:44 (38:11)	0:52 (39:03)				
4. jamo lehto	No club	43:03	+13:31			
	3:49 (3:49)	2:50 (6:39)	3:39 (10:18)	3:18 (13:36)	0:41 (14:17)	3:02 (17:19)
	4:29 (21:48)	5:17 (27:05)	1:50 (28:55)	5:09 (34:04)	1:29 (35:33)	2:14 (37:47)
	4:09 (41:56)	1:07 (43:03)				
5. Heikki Hillo	same	55:18	+25:46			
	4:03 (4:03)	4:32 (8:35)	5:22 (13:57)	1:52 (15:49)	1:26 (17:15)	4:14 (21:29)
	5:53 (27:22)	5:52 (33:14)	2:38 (35:52)	9:19 (45:11)	2:51 (48:02)	4:48 (52:50)
	1:05 (53:55)	1:23 (55:18)				
6. Matti Railimo	SOC Asikkala	58:37	+29:05			
	4:59 (4:59)	4:14 (9:13)	7:04 (16:17)	1:31 (17:48)	1:37 (19:25)	5:03 (24:28)
	5:38 (30:06)	5:25 (35:31)	3:24 (38:55)	9:18 (48:13)	2:58 (51:11)	3:34 (54:45)
	2:29 (57:14)	1:23 (58:37)				

7.	Juris Zvirgzds	Fonons	1:05:49	+36:17		
	6:13 (6:13)	6:25 (12:38)	6:34 (19:12)	1:31 (20:43)	2:03 (22:46)	5:22 (28:08)
	10:11 (38:19)	5:54 (44:13)	3:10 (47:23)	9:20 (56:43)	2:24 (59:07)	4:09 (1:03:16)
	1:14 (1:04:30)	1:19 (1:05:49)				
	Mikko Sani	HU-46	MP			
	4:12 (4:12)	3:06 (7:18)	4:11 (11:29)	1:03 (12:32)	1:02 (13:34)	4:04 (17:38)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (46:26)				
	Pekka Toppari	Puolangan Ryhti	MP			
	4:07 (4:07)	2:59 (7:06)	4:11 (11:17)	1:07 (12:24)	1:01 (13:25)	3:51 (17:16)
	4:20 (21:36)	5:19 (26:55)	2:39 (29:34)	6:49 (36:23)	1:40 (38:03)	3:04 (41:07)
	– (–)	– (44:17)				

WOMEN A

	(6 / 6)	Time	Behind			
1.	Pihla Hakkinen	Suunta Jyvaskyla	40:46			
	3:07 (3:07)	1:29 (4:36)	1:27 (6:03)	2:15 (8:18)	1:50 (10:08)	3:41 (13:49)
	0:52 (14:41)	1:53 (16:34)	0:52 (17:26)	0:55 (18:21)	1:51 (20:12)	4:47 (24:59)
	1:37 (26:36)	1:27 (28:03)	0:40 (28:43)	1:05 (29:48)	4:37 (34:25)	2:46 (37:11)
	2:52 (40:03)	0:43 (40:46)				
2.	Gedvile Dirziute	OK Levuo Deaf team Lithuania	45:21	+4:35		
	2:46 (2:46)	1:47 (4:33)	2:16 (6:49)	1:55 (8:44)	1:56 (10:40)	3:44 (14:24)
	0:52 (15:16)	1:49 (17:05)	0:52 (17:57)	0:52 (18:49)	2:03 (20:52)	6:01 (26:53)
	2:56 (29:49)	1:47 (31:36)	0:42 (32:18)	1:14 (33:32)	3:48 (37:20)	2:46 (40:06)
	4:28 (44:34)	0:47 (45:21)				
3.	Maria Eller	Hiidenkiertajat	46:34	+5:48		
	2:48 (2:48)	1:42 (4:30)	1:43 (6:13)	2:04 (8:17)	2:04 (10:21)	4:44 (15:05)
	1:06 (16:11)	2:13 (18:24)	0:52 (19:16)	1:31 (20:47)	2:01 (22:48)	6:02 (28:50)
	2:30 (31:20)	2:06 (33:26)	0:50 (34:16)	1:24 (35:40)	3:17 (38:57)	3:05 (42:02)
	3:38 (45:40)	0:54 (46:34)				
4.	Vilte Kanapinskaite	OK Levuo Deaf team Lithuania	48:32	+7:46		
	3:23 (3:23)	2:03 (5:26)	2:28 (7:54)	2:30 (10:24)	2:09 (12:33)	3:59 (16:32)
	1:01 (17:33)	2:23 (19:56)	1:05 (21:01)	1:14 (22:15)	2:08 (24:23)	6:48 (31:11)
	2:10 (33:21)	1:47 (35:08)	0:50 (35:58)	1:18 (37:16)	3:16 (40:32)	2:53 (43:25)
	4:16 (47:41)	0:51 (48:32)				
5.	Judita Volungeviciene	OK Levuo Deaf team Lithuania	51:18	+10:32		
	5:11 (5:11)	1:53 (7:04)	1:55 (8:59)	3:25 (12:24)	2:15 (14:39)	4:41 (19:20)
	1:08 (20:28)	2:16 (22:44)	0:56 (23:40)	0:56 (24:36)	2:46 (27:22)	5:57 (33:19)
	2:59 (36:18)	1:40 (37:58)	0:50 (38:48)	1:20 (40:08)	3:16 (43:24)	3:07 (46:31)
	3:54 (50:25)	0:53 (51:18)				
6.	Adrija Atgalaine	OK Levuo Deaf team Lithuania	53:12	+12:26		
	3:41 (3:41)	1:40 (5:21)	2:02 (7:23)	2:42 (10:05)	2:23 (12:28)	4:10 (16:38)
	1:05 (17:43)	2:26 (20:09)	1:07 (21:16)	1:04 (22:20)	1:58 (24:18)	8:00 (32:18)
	3:02 (35:20)	2:27 (37:47)	0:43 (38:30)	1:14 (39:44)	6:17 (46:01)	2:38 (48:39)
	3:46 (52:25)	0:47 (53:12)				

WOMEN B

	(6 / 6)	Time	Behind			
1.	Tiina Vare	SomEsa	37:38			
	3:31 (3:31)	2:10 (5:41)	4:06 (9:47)	1:43 (11:30)	1:31 (13:01)	2:32 (15:33)
	5:09 (20:42)	2:44 (23:26)	2:12 (25:38)	4:32 (30:10)	1:26 (31:36)	2:15 (33:51)
	2:59 (36:50)	0:48 (37:38)				
2.	Maija Kakela	Puolangan Ryhti	44:07	+6:29		
	5:34 (5:34)	2:39 (8:13)	4:18 (12:31)	1:00 (13:31)	1:04 (14:35)	3:06 (17:41)
	3:54 (21:35)	6:26 (28:01)	2:40 (30:41)	6:02 (36:43)	2:29 (39:12)	2:48 (42:00)
	0:53 (42:53)	1:14 (44:07)				
3.	Tuula Sani	HU-46	46:49	+9:11		
	4:22 (4:22)	3:31 (7:53)	4:06 (11:59)	2:09 (14:08)	0:51 (14:59)	3:36 (18:35)
	4:51 (23:26)	4:32 (27:58)	2:31 (30:29)	6:30 (36:59)	4:10 (41:09)	3:16 (44:25)
	1:07 (45:32)	1:17 (46:49)				
4.	Maaret Marsynaho	Puolangan Ryhti	49:55	+12:17		
	4:31 (4:31)	3:23 (7:54)	5:02 (12:56)	1:12 (14:08)	1:37 (15:45)	4:33 (20:18)
	5:19 (25:37)	5:14 (30:51)	3:06 (33:57)	8:10 (42:07)	2:14 (44:21)	3:01 (47:22)
	1:23 (48:45)	1:10 (49:55)				
5.	Elīza Luksa	Madona	1:09:46	+32:08		
	10:09 (10:09)	5:58 (16:07)	7:11 (23:18)	1:43 (25:01)	1:50 (26:51)	6:24 (33:15)

6:50 (40:05)	5:32 (45:37)	3:05 (48:42)	9:35 (58:17)	2:34 (1:00:51)	6:24 (1:07:15)
1:13 (1:08:28)	1:18 (1:09:46)				
leva Pūce	Madona				
– (–)	– (14:01)	MP			
4:25 (30:12)	4:04 (34:16)	4:33 (18:34)	1:23 (19:57)	1:22 (21:19)	4:28 (25:47)
0:54 (50:25)	1:01 (51:26)	2:34 (36:50)	7:22 (44:12)	1:41 (45:53)	3:38 (49:31)

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