

ÅM-stafett 22.8.2020. Lumparby, Lumparland. Arrangör: LUIA

Resultat Herrar 3,7 +3,7 + 3,7 km

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|---------------------|---------|----------|
| 1) IFK Mariehamn I | 1:34:00 | |
| Lars-Johan Ahlqvist | 31:55 | |
| Niklas Böling | 35:20 | |
| Matti Janlöv | 26:45 | |
| 2) IFFK/JIK/FUIA | 2:01:52 | +0:27:52 |
| Jan Sjuls | 29:08 | |
| Marcus Söderström | 48:33 | |
| Henry Helin | 44:11 | |
| 3) IFK Mariehamn II | 2:33:30 | +0:59:30 |
| Fredrik Erlandsson | 45:48 | |
| Lars Janlöv | 47:53 | |
| Markus Sjöström | 59:49 | |
| 4) LUIA II | 2:38:44 | +1:04:44 |
| Sture Andersson | 48:03 | |
| Bjarne Blomster | 52:06 | |
| Torolf Sjöwall | 58:35 | |
| 5) IFK/LUIA/IFK | 3:32:23 | +1:58:23 |
| Daniel Blomster | 0:29:05 | |
| Louise Alm | 1:26:36 | |
| Sixten Söderström | 1:36:42 | |

LUIA I, Diskvalificerade

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| Göran Johansson | 31:57 |
| Joakim Åkerlund, (Disk.) | 32:45 |
| Henrik Söderström | 32:42 |

Resultat Damer 2,9 + 2,9 km

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|----------------------|---------|----------|
| 1) IFK/IFFK | 1:21:03 | |
| Heidi Lindberg | 0:44:31 | |
| Maria Sjöström | 0:36:32 | |
| 2) IFK Mariehamn | 1:28:32 | +0:07:29 |
| Johanna von Frenkell | 0:27:12 | |
| Emma Harald | 1:01:20 | |

Resultat HD 14-16 1,1 + 1,1 km

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| 1) IFK | 25:09 | |
| Frans Erlandsson | 12:04 | |
| Albin Lindberg | 13:05 | |

Resultat HD 10-12 1,0 + 1,0 km

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| 1) LUIA | 17:00 | |
| Matilda Söderström | 8:43 | |
| Julia Söderström | 8:17 | |
| 2) IFK | 17:04 | +0:04 |
| Bror Erlandsson | 8:24 | |
| Viktor Lindberg | 8:40 | |
| 3) JIK | 17:07 | +0:07 |
| Aron Karlsson | 8:32 | |
| Jon Karlsson | 8:35 | |