

Hur blev jag Europamästare?!

- Jan-Ola "Janne" Nord
- Lidköpings FK





Segelflyg 1982

Flygvapnet 1987

Pensionär maj -22

1 år gammal!

>9000 tim flygtid

En gång för länge länge sedan!!



Tant Agda!

Discus2T



18 säsonger
3000h

JETPHOTOS

Segelflyg har gjort mig rik...



tal insats 30 Kr
LIKOMMER INLÄNNINGSÄVG. 3 Kr

2007.07.10

Plötsligt händer det
Många tror att det händer och de har rätt.
500- Miljonlotteriet 500- TV-lotter

NYHET!
Vinn upp till
50.000 kr
~~25.000 kr~~
per månad i 25 år

X
CANCER
VINSTEN

75:-	75:-	10 000:- Tio tusen
1000:- Ett tusen	100:- Hundra	25:- Tjugofem
100:- Hundra	1000:- Ett tusen	75:-

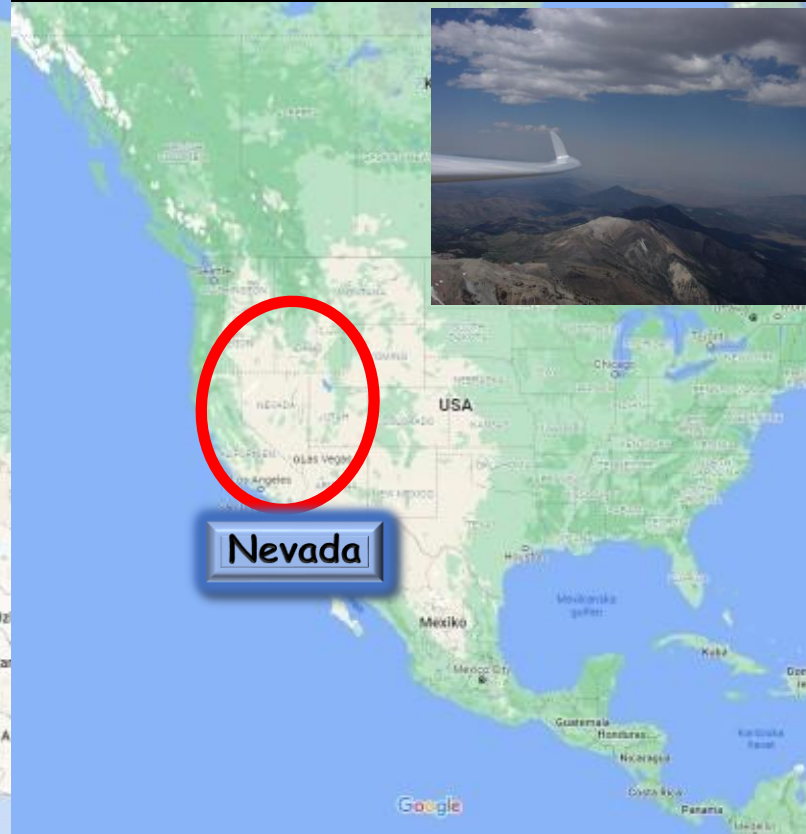
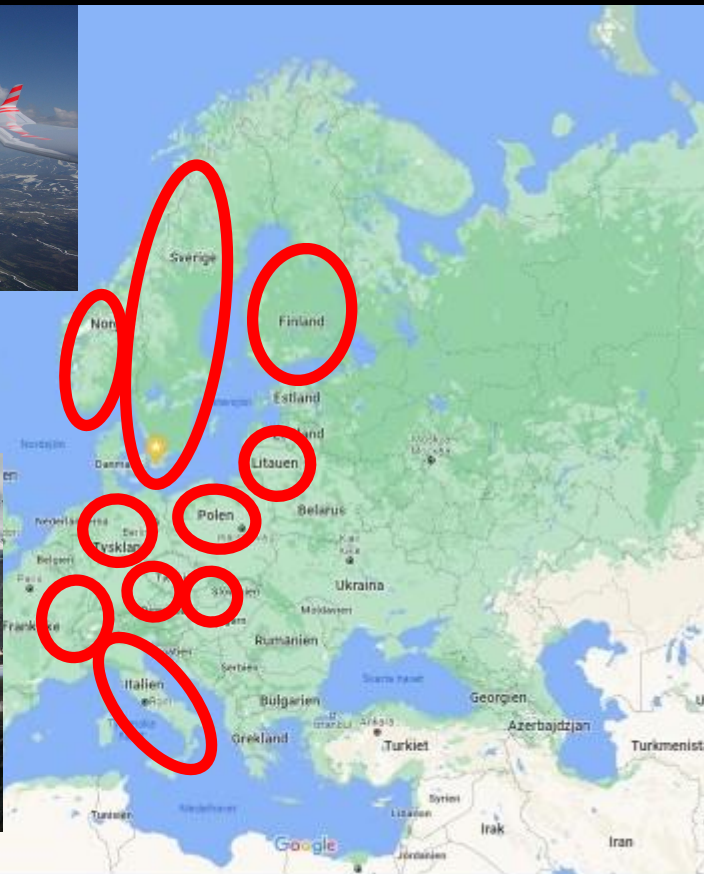


... rik på upplevelser!!

The collage includes the following images:

- Top left: A glider in flight against a blue sky.
- Top center: A wide shot of a glider field with many aircraft parked on a grassy airfield under a blue sky with clouds.
- Top right: A landscape view of a lake and mountains.
- Middle left: A glider on display at an indoor exhibition.
- Middle center: A glider flying over a landscape with a rainbow in the background.
- Middle right: A portrait of a man, Jan-Ola Nordh, next to a glider. Below him is the Swedish flag.
- Bottom left: A sign for 'Visit OMARAMA WAITAKI VALLEY 83' with a glider in the background.
- Bottom center: A glider flying over a large, ornate castle.
- Bottom right: A large group of people gathered on a field, with many gliders parked in the background. Text below reads '31st FAI WGC 2010 PRIEVIDZA, Slovakia'.
- Bottom far right: A glider on a road next to a building.

Några länder som jag flugit i





Mina tävlingar:

- >25 SM
- 7 EM
- 6 VM
- Plus andra tävlingar



Mina (tidigare) framgångar

- **16 SM-medaljer**
- **8 SM-Guld** (varav 3 junior)
- **6:a bästa VM**
- **9:a bästa EM**
- **15 Sv rekord**





VM-silver 2018 Team Cup



Szwecja



EM 2022 Litauen

Förberedelser



Planering efter VM 2018

- **Träning i Europa** **2019**
- **För-VM frankrike** **2020**
- **VM Frankrike** **2021**
- **EM i Litauen** **2022**

Allting rasar !!



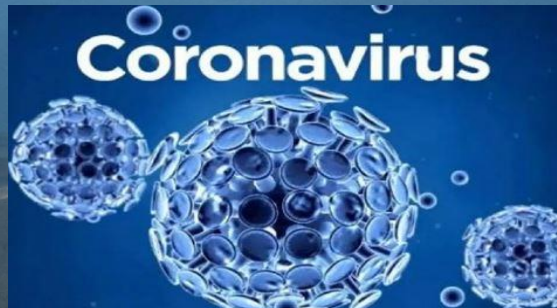
2019 fick jag Cancer !

Ingen tävling!

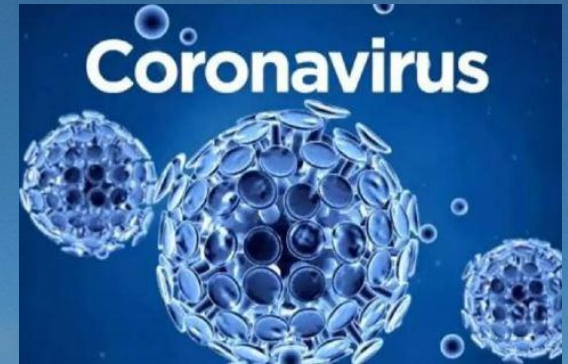


**2020 drabbades
världen av Covid !**

Ingen tävling!



2021.. Begränsningar Covid



Ingen tävling!



**April.. min pappa/lag
fick cancer !**



**Maj..
hoppade Richard av.
Teampartner sen 2015**



Team Sweden 2022!



Páll Einarsson

- **Team Captain**
- **Crew**

Litauen

	2004
	2009
	2016
	2022

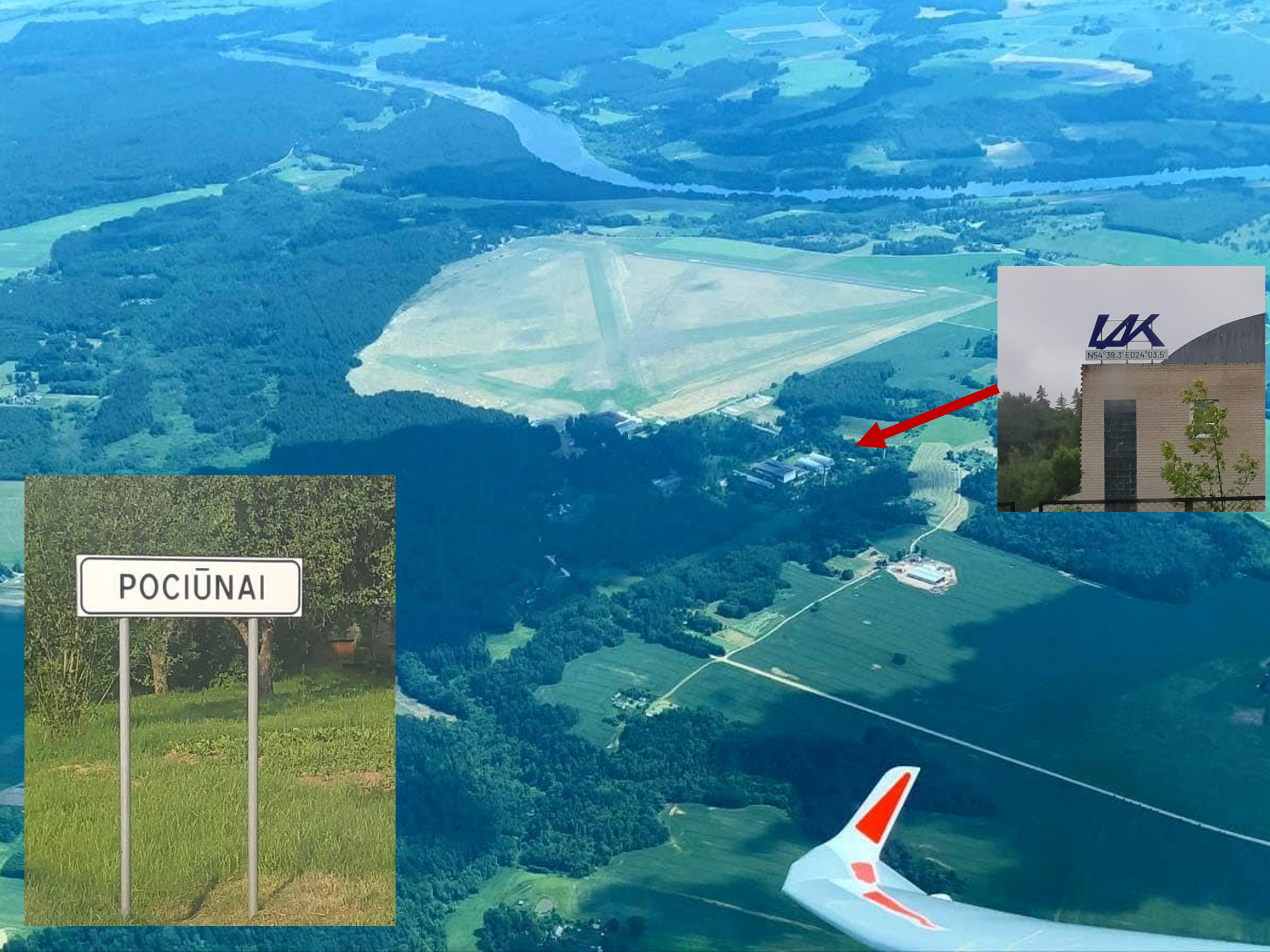
Pociūnai

VITRYSSLAND



Boende





Invigning!

EM: Club, STD, 15M 82 deltagare

VM: 13.5m 11 deltagare





Vädret



Terrängen



Konkurrenterna

Standard

**IGC-
ranking**

#	CN	Contestant	
1	TA	 Jan-Ola Nordh	122
2	I	 Lukasz Blaszczyk	21
3	CM	 Dennis Huybreckx	30
4	ES	 Sami Rissanen	+500
5	LT	 Jeroen Jennen	45
5	H8	 Gvidas Sabeckis	67
7	J3	 Miloslav Cink	42
8	JW	 Jan Pavlik	88
9	FL	 Enrique Levin	75
10	Y1	 Norbert-Alin Scarlat	62
11	XN	 Mario Kiessling	7

Taktik

motor

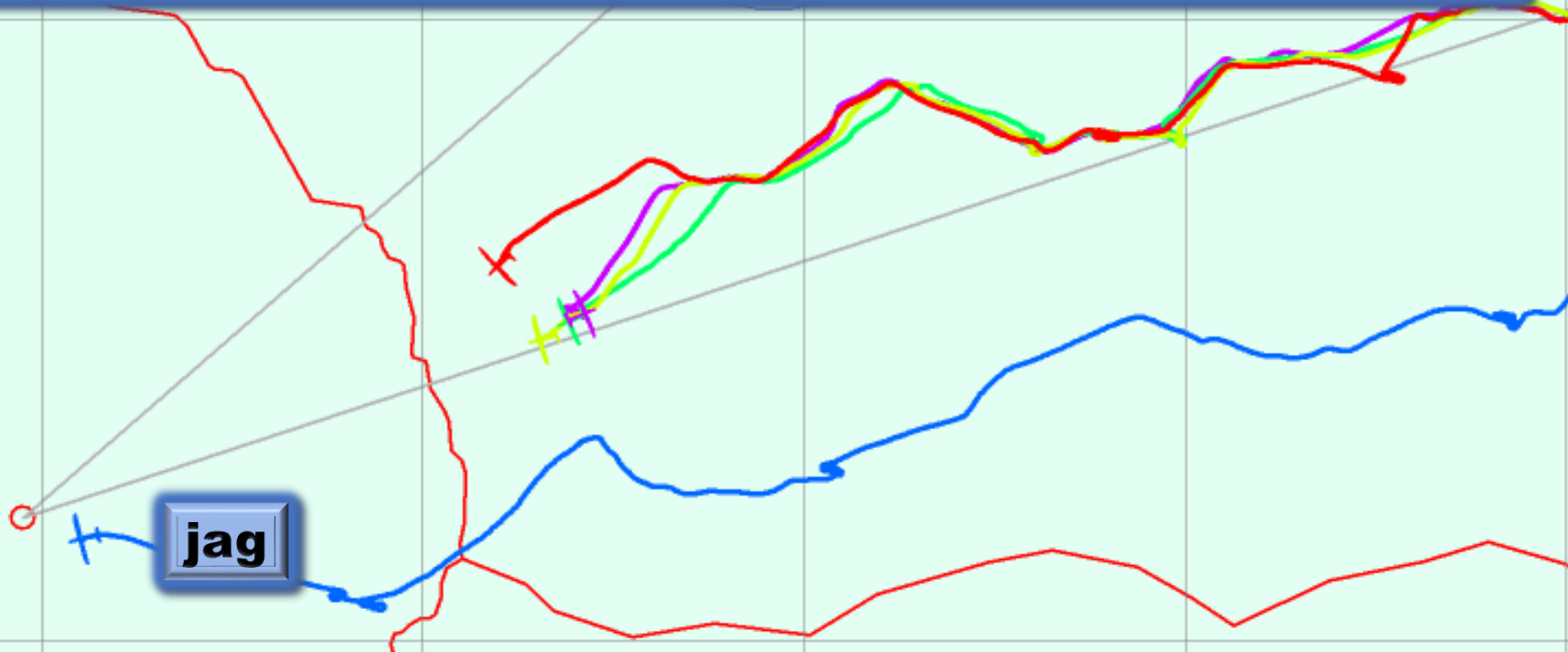
”starttid”

vingbelastning





Gaggles eller flyga själv?



Dags att tävla !!



Dag 1

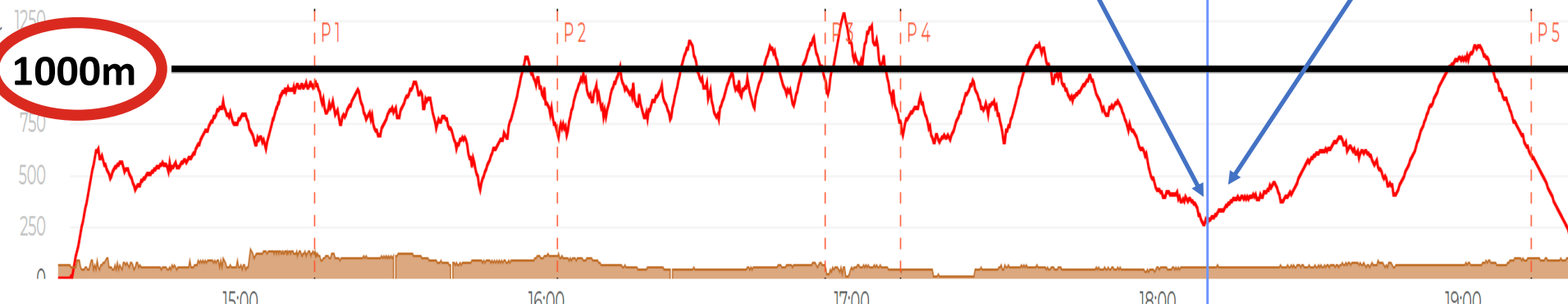
279 km

Alla landade ute

#	OP	CN	Contestant	Distance	Points
1.		FX	Pavel Louzecky	253.05 km	483
2.		TA	Jan-Ola Nordh	252.61 km	482
3.		SI	Ringaudas Kikalas	250.35 km	477
3.		XN	Mario Kiessling	249.86 km	477
5.		J3	Miloslav Cink	249.77 km	476
5.		CM	Dennis Huybreckx	249.41 km	476
5.		LT	Jeroen Jennen	249.40 km	476
8.		ZT	Valentin Leleu-Lambour	249.31 km	475



JAN-OLA NORDH TA



Dag 2

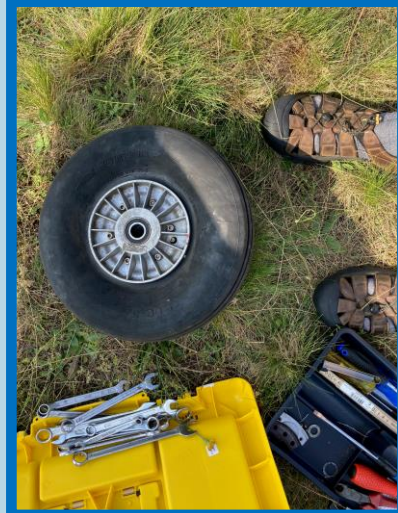
2 tim AAT Alla kom hem

#	OP	CN	Contestant	Team	Glider	Start	Finish	Time	Speed	Distance	Points
1.	^ 2	XN	 Mario Kiessling	Germany	Discus 2a	13:49:06	16:00:53	2:11:47	92.77 km/h	203.76 km	599
2.	^ 6	FL	 Enrique Levin	Germany	Discus 2a	13:49:09	15:55:47	2:06:38	91.44 km/h	192.99 km	582
3.	^ 2	CM	 Dennis Huybreckx	Belgium	LS 8	13:52:49	15:59:39	2:06:50	89.07 km/h	188.29 km	553
4.	^ 1	LT	 Jeroen Jennen	Belgium	LS 8	13:52:48	16:00:20	2:07:32	88.59 km/h	188.31 km	547
5.	^ 3	H8	 Gvidas Sabeckis	Lithuania	LS 8	13:55:34	16:01:14	2:05:40	87.77 km/h	183.83 km	537
6.	^ 9	Y1	 Norbert-Alin Scarlat	Romania	Discus 2a	13:46:22	15:56:27	2:10:05	87.56 km/h	189.85 km	534
7.	^ 7	YB	 Victor-Alex Pop	Romania	Discus 2a	13:45:33	15:57:08	2:11:35	86.74 km/h	190.23 km	524
7.	v 5	TA	 Jan-Ola Nordh	Sweden	Discus 2 T	13:47:25	15:57:27	2:10:02	86.73 km/h	187.96 km	524
9.	v 1	I	 Lukasz Blaszczyk	Poland	Discus 2a	15:12:55	17:20:23	2:07:28	86.05 km/h	182.81 km	515
9.	v 1	ES	 Sami Rissanen	Finland	LS 8	13:39:25	15:42:51	2:03:26	86.00 km/h	176.92 km	515
11.	v 10	FX	 Pavel Louzecky	Czech Republic	LS 8 b	13:34:45	15:48:18	2:13:33	84.02 km/h	187.02 km	490
12.	^ 12	TS	 Davide Giovanelli	Switzerland	Discus 2b	13:48:06	16:03:10	2:15:04	83.86 km/h	188.79 km	488
13.	^ 1	L4	 Paul Fritche	United Kingdom	LS 8	13:46:50	16:02:12	2:15:22	83.57 km/h	188.55 km	484

Dag 3

306 km Alla landade ute

#	OP	CN	Contestant	Team	Glider	Start	Finish	Time	Speed	Distance	Points
1.	^ 4	ZT	 Valentin Leleu-Lambour	France	LS 8	14:48:35				258.42 km	496
2.	^ 1	AB	 Remy Hirt	Switzerland	LS 8	14:40:02				254.65 km	489
3.	^ 1	YB	 Victor-Alex Pop	Romania	Discus 2a	14:51:47				249.98 km	480
4.		I	 Lukasz Blaszczyk	Poland	Discus 2a	14:47:33				249.76 km	479
5.	^ 1	JW	 Jan Pavlik	Czech Republic	LS 8	14:46:14				248.68 km	477
5.	^ 2	J3	 Miloslav Cink	Czech Republic	LS 8 b	14:46:29				248.61 km	477
7.		H8	 Gvidas Sabeckis	Lithuania	LS 8	14:51:43				247.69 km	475
8.	^ 1	TA	 Jan-Ola Nordh	Sweden	Discus 2 T	14:40:46				246.25 km	473
9.	^ 3	XK	 Stephan Grunder	Netherlands	LS 8 a	14:46:20				245.44 km	471
10.		XN	 Mario Kiessling	Germany	Discus 2a	14:44:30				245.04 km	470
10.		LT	 Jeroen Jennen	Belgium	LS 8	14:39:18				244.98 km	470
12.	^ 2	Y1	 Norbert-Alin Scarlat	Romania	Discus 2a	14:45:40				244.54 km	469
13.		CM	 Dennis Huybreckx	Belgium	LS 8	14:39:09				243.79 km	468



Dag 4: Punktering!



Dag 4. 1,5 tim AAT

#	OP	CN	Contestant	Speed	Distance	Points
1.	^ 5	TA	 Jan-Ola Nordh	80.78 km/h	147.12 km	358
2.		HUN	 Péter Bánki	76.14 km/h	152.47 km	339
3.		HAL	 Tamas Vamosi	74.95 km/h		334
4.	^ 1	CM	 Dennis Huybreckx	74.75 km/h		333
5.	^ 5	ES	 Sami Rissanen		151.92 km	330
6.	^ 1	H8	 Gvid		143.28 km	329
7.	^ 1	LT		72.47 km/h	142.86 km	324
8.	^ 8			71.87 km/h	166.89 km	321
9.	^ 7		 Miloslav Cink	71.14 km/h	163.47 km	318
10.	^ 4	Y	 Wiktor Lacinski	69.82 km/h	148.47 km	313
11.	^ 3	FX	 Pavel Louzecky	70.94 km/h	162.78 km	312 
12.	^ 5	JB	 Jan Brandt Jorgense	68.13 km/h	133.97 km	306

Resten landade ute

Dag 5

2 tim AAT Alla kom hem

#	OP	CN	Contestant	Team	Glider	Start	Finish	Time	Speed	Distance	Points
1.	^ 4	I	 Lukasz Blaszczyk	Poland	Discus 2a	14:49:52	16:54:42	2:04:50	110.00 km/h	228.86 km	632
2.		TA	 Jan-Ola Nordh	Sweden	Discus 2 T	14:37:30	16:49:03	2:11:33	108.37 km/h	237.59 km	613
3.	^ 3	JS	 Antti Koskiniemi	Finland	Discus 2b	14:48:36	16:52:05	2:03:29	107.79 km/h	221.83 km	607
4.	^ 3	FL	 Enrique Levin	Germany	Discus 2a	14:52:09	17:00:07	2:07:58	107.33 km/h	228.92 km	602
5.	^ 2	FX	 Pavel Louzecky	Czech Republic	LS 8 b	14:37:30	16:44:36	2:07:06	106.77 km/h	226.18 km	595
5.		CM	 Dennis Huybreckx	Belgium	LS 8	14:49:20	16:49:33	2:00:13	106.74 km/h	213.87 km	595
7.	^ 1	XN	 Mario Kiessling	Germany	Discus 2a	14:52:01	17:01:30	2:09:29	106.40 km/h	229.62 km	591
8.		TS	 Davide Giovanelli	Switzerland	Discus 2b	14:37:44	16:43:44	2:06:00	106.24 km/h	223.10 km	589
8.		LT	 Jeroen Jennen	Belgium	LS 8	14:49:25	16:50:07	2:00:42	106.26 km/h	213.77 km	589
10.	^ 1	ZT	 Valentin Leleu-Lambour	France	LS 8	14:43:26	16:47:30	2:04:04	105.05 km/h	217.22 km	575
11.	^ 1	YB	 Victor-Alex Pop	Romania	Discus 2a	14:37:34	17:00:45	2:23:11	104.67 km/h	249.77 km	571
12.	^ 1	YI	 Norbert-Alin Scarlat	Romania	Discus 2a	14:36:29	16:45:06	2:08:37	104.28 km/h	223.54 km	566

Dag 6

Katastrof !!!

Motorstart efter 47 km



Dag 6

2 tim AAT Alla kom hem

#	OP	CN	Contestant	Team	Glider	Start	Finish	Time	Speed	Distance	Points
1.	2	I	 Lukasz Blaszczyk	Poland	Discus 2a	13:13:18	15:25:27	2:12:09	88.46 km/h	194.83 km	562
2.	3	Y1	 Norbert-Alin Scarlat	Romania	Discus 2a	13:13:20	15:08:58	1:55:38	87.07 km/h	174.14 km	545
3.	3	JW	 Jan Pavlik	Czech Republic	LS 8	13:52:24	15:54:25	2:02:01	86.18 km/h	175.26 km	535
4.	3	HUN	 Péter Bánki	Hungary	Discus 2a	13:15:00	15:23:24	2:08:24	85.72 km/h	183.44 km	530
5.		TA	 Jan-Ola Nordh	Sweden	Discus 2 T	13:27:47	15:40:28	2:12:41	85.72 km/h	189.55 km	529
6.		XN	 Mario Kiessling	Germany	Discus 2a	13:13:08	15:23:57	2:10:49	85.51 km/h	186.44 km	527
7.	1	J3	 Miloslav Cink	Czech Republic	LS 8 b	13:53:08	15:58:30	2:05:22	85.26 km/h	178.15 km	524
8.	5	HAL	 Tamas Vamosi	Hungary	Discus 2a	13:14:53	15:23:28	2:08:35	85.14 km/h	182.45 km	523
9.		ES	 Sami Rissanen	Finland	LS 8	13:27:50	15:42:26	2:14:36	84.71 km/h	190.04 km	518
10.		CM	 Dennis Huybreckx	Belgium	LS 8	13:15:20	15:33:42	2:18:22	83.39 km/h	192.31 km	502
11.		LT	 Jeroen Jennen	Belgium	LS 8	13:15:48	15:34:04	2:18:16	82.31 km/h	189.68 km	489
12.	2	JPA	 Aude Untersee	France	Discus 2a	13:49:43	16:01:58	2:12:15	81.91 km/h	180.54 km	485
13.	2	ZT	 Valentin Leleu-Lambour	France	LS 8	13:50:05	16:04:42	2:14:37	81.37 km/h	182.56 km	478
14.	3	PU	 Peter Marius Jensen	Denmark	Discus 2c	13:53:22	16:02:56	2:09:34	80.60 km/h	174.04 km	469

Eastern Cyclone

Pociūnai

12.07.22 16:23



27.3 mm

Rain last 24 hours

0.0mm

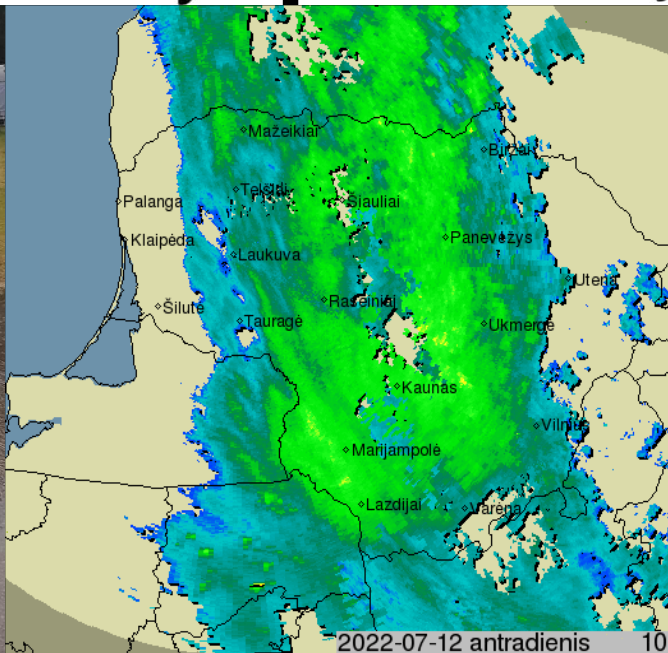
Last 60 min.

54.7mm

Last 7 days

128.0mm

Last 30 days



2022-07-12 antradienis 10:

Dagsplaceringar efter 6 dagar

2:a

7:a

8:a

1:a

2:a

5:a

Leder tävlingen

Sista 2 dagarna !!

Är jag nervös?!



Sista 2 dagarna !!

➤ Leder med 52 poäng



Dag 7

250km racing
Alla kom hem

76.1km 047°

57.5km 126°

102.2km 252°

- Flög på "säkerhet"
- 12:a för dagen
- Tappade 83p på dagsvinnaren
- Men "rätt" piloter bakom mig
- Leder fortfarande (33p)



Sista dagen:

Normal briefing

- Day cancelled!

Dags att fira!!



Men.....





**Först
dopingkontroll**



**DOPING
CONTROL**

REN VINNARE

JAN-OLA NORD

HAR SLUTFÖRT GRUNDLÄGGANDE
ANTIDOPINGUTBILDNING

SLUTFÖRDA MODULER

- Kosttillskott
- Hälsokonsekvenser
- Dopinglistan
- Vistelserapportering
- Medicinsk dispens
- Dopingförseelser
- Dopingkontroller

SVENSK
ANTI-
DOPING

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD

**PROHIBITED
LIST**

Resultat:

13,5M Nick Hanenburg NL



Club Tomas Suchanek Tje



15M Sebastian Kawa Pol





- Startade tidigt (7)
- Flög oftast min egen väg
- Höll mig högt
- Låg vingbelastning
- Omkastningar 1 → 11, 10 → 2
- Jag hade det rätta flytet
- Inga allvarliga skador/tillbud

EM Guld !

SLUT



