

Damer 21,2 km

Start-		Namn	D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:min:s)	Varv 4 (h:min:s)	Totaltid (h:min:s)
Plac.	nr.											
1	76	Eva-Maj Erneby	D	Västerås LK	4	21,2	00:04:59	00:26:03	00:26:29	00:26:23	00:26:39	01:45:33
2	33	Kristin Eklöf	D	Salbohed	4	21,2	00:05:28	00:26:53	00:28:34	00:29:25	00:31:07	01:55:57
3	27	Ann-Kristin Lundin	D	IFK Sala	4	21,2	00:05:48	00:29:04	00:30:55	00:32:17	00:30:35	02:02:50
4	61	Anna Arnmark	D	SkTrim	4	21,2	00:06:02	00:34:17	00:36:29	00:38:24	00:40:39	02:07:48
5	1	Jenny Brusling	D	Norbergs CK	4	21,2	00:06:29	00:32:44	00:34:13	00:34:49	00:35:45	02:17:30
6	17	Klara Eriksson	D		4	21,2	00:08:14	00:39:22	00:41:57	00:45:47	00:47:19	02:54:23

Herrar 21,2 km

Start-		Namn	D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:min:s)	Varv 4 (h:min:s)	Totaltid (h:min:s)
Plac.	nr.											
1	63	Roger Carlsson	H	Västerås LK	4	21,2	00:04:38	00:22:59	00:25:45	00:24:40	00:25:03	01:38:21
2	82	Daniel Palonto	H		4	21,2	00:04:54	00:22:05	00:26:21	00:27:08	00:28:12	01:43:45
3	42	Mats Peterson	H		4	21,2	00:04:56	00:24:40	00:25:49	00:27:00	00:27:10	01:44:43
4	36	Tobias Alm	H	Bälinge IF	4	21,2	00:05:31	00:26:45	00:28:59	00:31:16	00:30:09	01:57:07
5	34	Johan Eklöf	H	Salbohed	4	21,2	00:05:40	00:27:43	00:30:03	00:30:27	00:31:52	02:00:04
6	55	Joakim Lejdström	H		4	21,2	00:06:00	00:29:25	00:31:49	00:32:26	00:33:27	02:07:05
7	74	Per Lenngren Hysing	H	Västerås	4	21,2	00:06:00	00:29:19	00:30:59	00:32:35	00:34:18	02:07:10
8	70	Mikael Björkbacka	H	Strömholm	4	21,2	00:06:03	00:29:08	00:31:22	00:33:27	00:34:24	02:08:20
9	24	Stefan Thyni	H	Västerås FK	4	21,2	00:06:45	00:36:12	00:34:03	00:36:10	00:36:37	02:23:01
10	71	Hans Strålman	H		4	21,2	00:07:02	00:33:50	00:35:06	00:36:41	00:43:27	02:29:01
11	51	Fredrik Stål	H		4	21,2	00:07:14	00:34:48	00:37:06	00:40:10	00:41:19	02:33:22
12	10	Martin Frentz	H		4	21,2	00:07:21	00:30:20	00:38:25	00:32:39	00:54:18	02:35:39

Damer 15,9 km

Start-		Namn	D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:min:s)	Varv 4 (h:min:s)	Totaltid (h:min:s)
Plac.	nr.											
1	81	Susanne Haglind	D		3	15,9	00:06:54	00:34:22	00:37:38	00:37:38		01:49:37

Herrar 15,9 km

Plac.	Start-		D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:mins)	Varv 4 (h:min:s)	Totaltid (h:min:s)
	nr.	Namn										
1	62	Per Lundström	H	VÄSTERÅS LK	3	15,9	00:04:52	00:24:16	00:25:17	00:27:48		01:17:20
2	38	Henrik Haugland	H	Karlsborg	3	15,9	00:05:37	00:28:52	00:30:48	00:29:46		01:29:26
3	79	Daniel Björkbacka	H	Sk Trim	3	15,9	00:05:38	00:29:11	00:30:25	00:30:04		01:29:40
4	39	Erik Vindelstam	H		3	15,9	00:05:53	00:30:06	00:30:44	00:32:44		01:33:33
5	46	Carl Bexell	H	Bälinge IF	3	15,9	00:06:01	00:30:32	00:31:22	00:33:50		01:35:33
6	22	Mikael Bjurbäck	H		3	15,9	00:06:49	00:32:30	00:35:53	00:39:53		01:48:18
7	40	Mathias Pantzar	H	Svärtinge	3	15,9	00:08:09	00:39:28	00:44:13	00:45:58		02:09:39

Damer 10,6 km

Plac.	Start-		D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:mins)	Varv 4 (h:min:s)	Totaltid (h:min:s)
	nr.	Namn										
1	47	Ida Ragnarsson	D		2	10,6	00:05:46	00:30:02	00:31:09			01:01:11
2	80	Agnes Johansson	D	Surahammars SOK	2	10,6	00:06:09	00:31:14	00:33:55			01:05:09
3	31	Erika Nykvist	D		2	10,6	00:06:38	00:33:53	00:36:28			01:10:21
4	12	Amanda Lund	D	Köping Kolsva OK	2	10,6	00:06:44	00:42:27	00:35:39			01:11:26
5	78	Linda Nilsson	D	Örebro AIK	2	10,6	00:07:08	00:34:56	00:40:38			01:15:34
6	52	Susan Johansson	D		2	10,6	00:07:36	00:38:37	00:41:57			01:20:34
7	2	Monica Mandt Pettersson	D	Crossfit Walleye	2	10,6	00:07:59	00:40:51	00:43:44			01:24:35
8	3	Anna Hård af Segerstad	D	Team Nordic Trail	2	10,6	00:08:12	00:48:31	00:38:21			01:26:52
9	26	Ylva Andersson	D	Bergslagen Sportcenter	2	10,6	00:08:26	00:40:38	00:48:50			01:29:28
10	16	Maria Hennig	D		2	10,6	00:08:39	00:42:30	00:49:11			01:31:41
11	54	Pernilla Kaijser	D		2	10,6	00:08:39	00:42:43	00:49:02			01:31:44
12	50	Malin Westman	D		2	10,6	00:09:00	00:44:21	00:51:02			01:35:23
13	4	Ulrika Säfström Sunnerfelt	D		2	10,6	00:09:25	00:48:32	00:51:18			01:39:49

Herrar 10,6 km

Plac.	Start-		D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:mins)	Varv 4 (h:min:s)	Totaltid (h:min:s)
	nr.	Namn										
1	64	Olov Gohde	H	VÄSTERÅS	2	10,6	00:05:21	00:26:36	00:30:04			00:56:40
2	48	Joakim Törnberg	H		2	10,6	00:06:06	00:30:40	00:34:04			01:04:44
3	20	Stig Carnbrand	H		2	10,6	00:06:47	00:35:03	00:36:54			01:11:57
4	65	Johan Silfvast	H	Västerås FK	2	10,6	00:08:32	00:40:08	00:50:24			01:30:32

Damer 5,3 km

Plac.	Start-		D/H	Klubb	Antal varv	Distans (km)	km-tid (h:min:s)	Varv 1 (h:min:s)	Varv 2 (h:min:s)	Varv 3 (h:mins)	Varv 4 (h:min:s)	Totaltid (h:min:s)
	nr.	Namn										
1	11	Lisa Nyholm	D		1	5,3	00:05:50	00:30:53				00:30:53
2	58	Emma Svensson	D		1	5,3	00:06:26	00:34:07				00:34:07
3	57	Barbro Andersson	D		1	5,3	00:06:30	00:34:25				00:34:25
4	68	Magdalena Wilander	D		1	5,3	00:06:40	00:35:20				00:35:20
5	13	Anna Lund	D	Köping Kolsva OK	1	5,3	00:06:45	00:35:47				00:35:47
6	73	Margaretha Nygårdh	D		1	5,3	00:06:47	00:35:57				00:35:57
7	43	Nathalie Peterson	D		1	5,3	00:06:48	00:36:01				00:36:01
8	9	Josefine Nord	D		1	5,3	00:07:00	00:37:06				00:37:06
9	84	Nina Wallander	D	Stockholm	1	5,3	00:07:24	00:39:14				00:39:14
10	56	Winge Maria	D	Axa sports	1	5,3	00:07:42	00:40:50				00:40:50
11	32	Susanne Persson	D	Västerås FK	1	5,3	00:07:50	00:41:30				00:41:30
12	66	Emma Wiesner	D		1	5,3	00:08:08	00:43:04				00:43:04
13	59	Malin Sundqvist	D	CrossFit WallEye	1	5,3	00:08:16	00:43:47				00:43:47
14	25	Jeanette Thyni	D	Västerås FK	1	5,3	00:08:27	00:44:48				00:44:48
15	41	Johanna Fridsén	D		1	5,3	00:08:40	00:45:55				00:45:55
16	29	Anna Svanbom	D	Västerås	1	5,3	00:08:46	00:46:28				00:46:28
17	44	Anna Hjulström	D		1	5,3	00:08:56	00:47:21				00:47:21
18	14	Klara Wretlund	D		1	5,3	00:11:06	00:58:48				00:58:48
19	49	Katarina Törnberg	D		1	5,3	00:11:26	01:00:35				01:00:35
20	21	Anna Carnbrand	D		1	5,3	00:11:43	01:02:06				01:02:06
21	53	Inga Magnusson	D	Friskis&Svettis Västerås	1	5,3	00:13:06	01:09:26				01:09:26

Herrar 5,3 km

Start-					Antal	Distans	km-tid	Varv 1	Varv 2	Varv 3	Varv 4	Totaltid
Plac.	nr.	Namn	D/H	Klubb	varv	(km)	(h:min:s)	(h:min:s)	(h:min:s)	(h:mins)	(h:min:s)	(h:min:s)
1	67	Håkan Andersson	H	KFUM Örebro Friidrott	1	5,3	00:04:51	00:25:42				00:25:42
2	72	Fredrik Bruce	H		1	5,3	00:07:05	00:37:31				00:37:31
3	83	Philip Persson	H	DMVAC	1	5,3	00:07:05	00:37:33				00:37:33
4	30	Anders Svanbom	H		1	5,3	00:07:45	00:41:04				00:41:04
5	69	Sebastian Persson	H	Västerås FK	1	5,3	00:07:49	00:41:26				00:41:26
6	77	Martin Ringborg	H		1	5,3	00:08:40	00:45:57				00:45:57
7	75	Elliot Hjulström	H		1	5,3	00:08:56	00:47:22				00:47:22
8	60	Patrik Palm	H	Crossfit WallEye	1	5,3	00:09:28	00:50:09				00:50:09