

# Resultat – Hammarby Alpin Marathon 2019

2019-12-01

Helmaraton Herr	(82 / 82)	Tid	Efter			
1. Simon Karlsson	Ärla IF	3:20:48				
8:53 (8:53)	8:47 (17:40)	9:00 (26:40)	9:09 (35:49)	9:06 (44:55)	8:55 (53:50)	
9:01 (1:02:51)	9:10 (1:12:01)	9:17 (1:21:18)	9:14 (1:30:32)	9:06 (1:39:38)	9:07 (1:48:45)	
9:19 (1:58:04)	9:05 (2:07:09)	9:08 (2:16:17)	9:11 (2:25:28)	9:05 (2:34:33)	9:12 (2:43:45)	
9:11 (2:52:56)	9:15 (3:02:11)	9:17 (3:11:28)	9:20 (3:20:48)			
2. Oscar Andersson	-	3:23:30	+2:42			
8:52 (8:52)	8:47 (17:39)	9:01 (26:40)	9:08 (35:48)	9:03 (44:51)	9:00 (53:51)	
9:00 (1:02:51)	9:10 (1:12:01)	9:15 (1:21:16)	9:14 (1:30:30)	9:09 (1:39:39)	9:07 (1:48:46)	
9:19 (1:58:05)	9:03 (2:07:08)	9:10 (2:16:18)	9:19 (2:25:37)	9:41 (2:35:18)	9:33 (2:44:51)	
9:21 (2:54:12)	9:31 (3:03:43)	9:40 (3:13:23)	10:07 (3:23:30)			
3. Kasper Westman	Västerås SOK	3:40:18	+19:30			
8:49 (8:49)	8:32 (17:21)	8:50 (26:11)	9:17 (35:28)	9:13 (44:41)	9:08 (53:49)	
9:32 (1:03:21)	9:56 (1:13:17)	9:25 (1:22:42)	9:42 (1:32:24)	10:15 (1:42:39)	9:50 (1:52:29)	
10:32 (2:03:01)	10:19 (2:13:20)	11:07 (2:24:27)	11:15 (2:35:42)	10:26 (2:46:08)	11:01 (2:57:09)	
10:42 (3:07:51)	11:03 (3:18:54)	10:46 (3:29:40)	10:38 (3:40:18)			
4. Joel Engström	Team Hind	3:44:05	+23:17			
8:58 (8:58)	9:04 (18:02)	9:37 (27:39)	10:02 (37:41)	9:53 (47:34)	9:51 (57:25)	
9:54 (1:07:19)	10:18 (1:17:37)	9:51 (1:27:28)	12:57 (1:40:25)	9:51 (1:50:16)	9:45 (2:00:01)	
10:18 (2:10:19)	10:11 (2:20:30)	10:18 (2:30:48)	10:27 (2:41:15)	10:20 (2:51:35)	10:22 (3:01:57)	
10:30 (3:12:27)	10:32 (3:22:59)	10:44 (3:33:43)	10:22 (3:44:05)			
5. Michal Frankowski	-	3:54:46	+33:58			
9:31 (9:31)	9:33 (19:04)	9:49 (28:53)	9:55 (38:48)	9:51 (48:39)	10:00 (58:39)	
10:18 (1:08:57)	10:08 (1:19:05)	10:04 (1:29:09)	10:00 (1:39:09)	10:16 (1:49:25)	10:30 (1:59:55)	
10:47 (2:10:42)	10:35 (2:21:17)	12:32 (2:33:49)	11:04 (2:44:53)	11:21 (2:56:14)	11:29 (3:07:43)	
11:46 (3:19:29)	11:50 (3:31:19)	11:53 (3:43:12)	11:34 (3:54:46)			
6. Olle Ax	#EttSthlm	3:57:21	+36:33			
10:02 (10:02)	9:48 (19:50)	10:06 (29:56)	10:06 (40:02)	9:50 (49:52)	10:19 (1:00:11)	
10:20 (1:10:31)	10:13 (1:20:44)	10:00 (1:30:44)	10:01 (1:40:45)	10:12 (1:50:57)	10:07 (2:01:04)	
10:21 (2:11:25)	10:16 (2:21:41)	10:41 (2:32:22)	10:47 (2:43:09)	10:43 (2:53:52)	13:21 (3:07:13)	
11:50 (3:19:03)	12:56 (3:31:59)	12:11 (3:44:10)	13:11 (3:57:21)			
7. Fredrik Sträng	-	4:06:06	+45:18			
10:05 (10:05)	10:14 (20:19)	10:22 (30:41)	10:22 (41:03)	10:45 (51:48)	10:19 (1:02:07)	
10:13 (1:12:20)	10:21 (1:22:41)	10:50 (1:33:31)	11:01 (1:44:32)	10:30 (1:55:02)	10:47 (2:05:49)	
10:28 (2:16:17)	11:31 (2:27:48)	11:02 (2:38:50)	11:33 (2:50:23)	12:02 (3:02:25)	12:50 (3:15:15)	
13:04 (3:28:19)	12:49 (3:41:08)	12:45 (3:53:53)	12:13 (4:06:06)			
8. Magnus Lövgren	Team Lövgren	4:06:34	+45:46			
9:48 (9:48)	10:35 (20:23)	10:43 (31:06)	11:05 (42:11)	10:42 (52:53)	10:54 (1:03:47)	
10:53 (1:14:40)	10:57 (1:25:37)	11:02 (1:36:39)	10:59 (1:47:38)	11:17 (1:58:55)	11:30 (2:10:25)	
11:27 (2:21:52)	11:36 (2:33:28)	11:31 (2:44:59)	11:32 (2:56:31)	12:00 (3:08:31)	11:40 (3:20:11)	
12:05 (3:32:16)	11:48 (3:44:04)	11:14 (3:55:18)	11:16 (4:06:34)			
9. Johan Gustafsson	-	4:07:38	+46:50			
9:43 (9:43)	9:44 (19:27)	10:23 (29:50)	9:57 (39:47)	10:11 (49:58)	10:15 (1:00:13)	
10:30 (1:10:43)	10:36 (1:21:19)	10:29 (1:31:48)	10:24 (1:42:12)	11:46 (1:53:58)	10:28 (2:04:26)	
12:01 (2:16:27)	11:14 (2:27:41)	12:02 (2:39:43)	11:47 (2:51:30)	12:55 (3:04:25)	12:28 (3:16:53)	
12:53 (3:29:46)	13:17 (3:43:03)	12:43 (3:55:46)	11:52 (4:07:38)			
10. Ingemar Wikman	SpringaVilse	4:11:40	+50:52			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
- (1:15:31)	10:52 (1:26:23)	11:17 (1:37:40)	11:27 (1:49:07)	11:24 (2:00:31)	12:24 (2:12:55)	
11:00 (2:23:55)	11:59 (2:35:54)	11:37 (2:47:31)	11:55 (2:59:26)	12:03 (3:11:29)	12:23 (3:23:52)	
12:36 (3:36:28)	12:18 (3:48:46)	11:57 (4:00:43)	10:57 (4:11:40)			
11. Stefan Kindgren	-	4:11:58	+51:10			
9:18 (9:18)	9:25 (18:43)	9:42 (28:25)	10:05 (38:30)	10:14 (48:44)	10:19 (59:03)	
10:41 (1:09:44)	10:34 (1:20:18)	10:26 (1:30:44)	10:33 (1:41:17)	10:53 (1:52:10)	11:19 (2:03:29)	
11:56 (2:15:25)	12:45 (2:28:10)	12:39 (2:40:49)	12:32 (2:53:21)	13:25 (3:06:46)	13:08 (3:19:54)	
13:11 (3:33:05)	13:33 (3:46:38)	13:17 (3:59:55)	12:03 (4:11:58)			
12. Henrik Hult	Puppy TS	4:12:45	+51:57			
9:25 (9:25)	9:20 (18:45)	9:36 (28:21)	9:35 (37:56)	9:41 (47:37)	9:39 (57:16)	
9:40 (1:06:56)	9:44 (1:16:40)	10:01 (1:26:41)	9:59 (1:36:40)	10:09 (1:46:49)	10:21 (1:57:10)	
10:39 (2:07:49)	10:59 (2:18:48)	11:32 (2:30:20)	11:55 (2:42:15)	12:01 (2:54:16)	12:52 (3:07:08)	
13:53 (3:21:01)	16:09 (3:37:10)	19:54 (3:57:04)	15:41 (4:12:45)			
13. Daniel Zetterqvist	IF Linnéa	4:12:49	+52:01			
11:04 (11:04)	10:15 (21:19)	10:36 (31:55)	11:26 (43:21)	10:38 (53:59)	10:59 (1:04:58)	
10:31 (1:15:29)	10:32 (1:26:01)	10:27 (1:36:28)	11:17 (1:47:45)	11:43 (1:59:28)	10:57 (2:10:25)	
13:27 (2:23:52)	11:18 (2:35:10)	12:00 (2:47:10)	12:14 (2:59:24)	12:14 (3:11:38)	13:25 (3:25:03)	
11:49 (3:36:52)	11:48 (3:48:40)	11:40 (4:00:20)	12:29 (4:12:49)			
14. David Lunde	Nyköpings Runners	4:15:23	+54:35			
10:44 (10:44)	11:30 (22:14)	10:46 (33:00)	11:35 (44:35)	11:22 (55:57)	11:36 (1:07:33)	
11:45 (1:19:18)	11:58 (1:31:16)	11:32 (1:42:48)	12:05 (1:54:53)	11:45 (2:06:38)	11:45 (2:18:23)	
12:00 (2:30:23)	12:00 (2:42:23)	11:29 (2:53:52)	11:41 (3:05:33)	11:41 (3:17:14)	12:07 (3:29:21)	
12:01 (3:41:22)	11:57 (3:53:19)	11:27 (4:04:46)	10:37 (4:15:23)			
15. Jonas Brantvall	OK Kolmården	4:16:15	+55:27			
10:12 (10:12)	10:21 (20:33)	10:11 (30:44)	10:31 (41:15)	11:02 (52:17)	10:30 (1:02:47)	
11:01 (1:13:48)	11:38 (1:25:26)	11:07 (1:36:33)	11:31 (1:48:04)	11:32 (1:59:36)	11:29 (2:11:05)	
12:11 (2:23:16)	11:37 (2:34:53)	14:59 (2:49:52)	12:11 (3:02:03)	12:23 (3:14:26)	12:41 (3:27:07)	
12:25 (3:39:32)	12:25 (3:51:57)	12:45 (4:04:42)	11:33 (4:16:15)			
16. Hampus Westman	Västerås SOK	4:16:25	+55:37			
9:24 (9:24)	9:26 (18:50)	9:31 (28:21)	9:37 (37:58)	9:33 (47:31)	10:16 (57:47)	
9:47 (1:07:34)	10:10 (1:17:44)	10:37 (1:28:21)	10:54 (1:39:15)	10:50 (1:50:05)	11:28 (2:01:33)	
11:43 (2:13:16)	12:28 (2:25:44)	12:48 (2:38:32)	15:03 (2:53:35)	13:36 (3:07:11)	14:26 (3:21:37)	
14:05 (3:35:42)	15:02 (3:50:44)	13:53 (4:04:37)	11:48 (4:16:25)			
17. Per Sjödin	Swedbank IT	4:17:55	+57:07			
12:22 (12:22)	11:20 (23:42)	11:45 (35:27)	11:57 (47:24)	12:01 (59:25)	11:34 (1:10:59)	
11:54 (1:22:53)	12:01 (1:34:54)	11:40 (1:46:34)	11:34 (1:58:08)	12:04 (2:10:12)	11:45 (2:21:57)	
11:50 (2:33:47)	11:49 (2:45:36)	11:41 (2:57:17)	11:41 (3:08:58)	11:42 (3:20:40)	11:46 (3:32:26)	
11:40 (3:44:06)	11:21 (3:55:27)	11:24 (4:06:51)	11:04 (4:17:55)			
18. Jesper Kettu	-	4:23:32	+62:44			

	12:11 (12:11)	11:42 (23:53)	10:59 (34:52)	11:04 (45:56)	11:17 (57:13)	11:17 (1:08:30)
	12:29 (1:20:59)	14:17 (1:35:16)	10:52 (1:46:08)	11:10 (1:57:18)	11:33 (2:08:51)	12:03 (2:20:54)
	11:25 (2:32:19)	12:24 (2:44:43)	13:12 (2:57:55)	13:14 (3:11:09)	12:15 (3:23:24)	11:58 (3:35:22)
	12:31 (3:47:53)	12:11 (4:00:04)	12:20 (4:12:24)	11:08 (4:23:32)		
19.	Mikael Hedman	-	4:24:39	+63:51		
	10:42 (10:42)	11:08 (21:50)	11:14 (33:04)	11:23 (44:27)	11:41 (56:08)	11:46 (1:07:54)
	11:28 (1:19:22)	11:25 (1:30:47)	11:57 (1:42:44)	12:10 (1:54:54)	11:22 (2:06:16)	12:16 (2:18:32)
	12:05 (2:30:37)	12:14 (2:42:51)	12:03 (2:54:54)	12:29 (3:07:23)	12:46 (3:20:09)	13:25 (3:33:34)
	13:11 (3:46:45)	13:09 (3:59:54)	12:24 (4:12:18)	12:21 (4:24:39)		
20.	Gunnar Gradmark	Team Nordic Trail	4:26:34	+65:46		
	10:00 (10:00)	10:32 (20:32)	10:29 (31:01)	10:46 (41:47)	11:26 (53:13)	10:54 (1:04:07)
	11:09 (1:15:16)	11:14 (1:26:30)	11:22 (1:37:52)	12:21 (1:50:13)	11:23 (2:01:36)	11:39 (2:13:15)
	11:51 (2:25:06)	12:00 (2:37:06)	13:37 (2:50:43)	12:33 (3:03:16)	12:53 (3:16:09)	13:17 (3:29:26)
	14:37 (3:44:03)	14:36 (3:58:39)	14:17 (4:12:56)	13:38 (4:26:34)		
21.	Zakarias Matton	Breakbeat runners	4:26:55	+66:07		
	9:58 (9:58)	10:46 (20:44)	10:34 (31:18)	11:05 (42:23)	11:01 (53:24)	11:26 (1:04:50)
	11:22 (1:16:12)	11:17 (1:27:29)	11:24 (1:38:53)	11:51 (1:50:44)	12:53 (2:03:37)	14:56 (2:18:33)
	11:54 (2:30:27)	12:17 (2:42:44)	12:32 (2:55:16)	12:25 (3:07:41)	12:24 (3:20:05)	13:32 (3:33:37)
	14:32 (3:48:09)	13:11 (4:01:20)	13:28 (4:14:48)	12:07 (4:26:55)		
22.	Sam Nylander	ekspono	4:27:50	+67:02		
	10:58 (10:58)	11:19 (22:17)	11:36 (33:53)	11:31 (45:24)	11:44 (57:08)	11:50 (1:08:58)
	12:21 (1:21:19)	11:47 (1:33:06)	11:55 (1:45:01)	12:34 (1:57:35)	12:25 (2:10:00)	12:22 (2:22:22)
	13:28 (2:35:50)	12:28 (2:48:18)	12:32 (3:00:50)	13:07 (3:13:57)	12:43 (3:26:40)	12:27 (3:39:07)
	11:55 (3:51:02)	12:11 (4:03:13)	12:18 (4:15:31)	12:19 (4:27:50)		
23.	Carl Lidblad	Uppsala multisport	4:30:04	+69:16		
	11:01 (11:01)	11:00 (22:01)	11:14 (33:15)	11:30 (44:45)	11:42 (56:27)	11:24 (1:07:51)
	11:36 (1:19:27)	11:33 (1:31:00)	11:29 (1:42:29)	11:55 (1:54:24)	12:46 (2:07:10)	12:20 (2:19:30)
	12:34 (2:32:04)	13:08 (2:45:12)	12:59 (2:58:11)	12:45 (3:10:56)	13:01 (3:23:57)	13:15 (3:37:12)
	13:37 (3:50:49)	13:06 (4:03:55)	13:33 (4:17:28)	12:36 (4:30:04)		
24.	Tobias Brohlin	Nyköpings Runners	4:35:35	+74:47		
	11:06 (11:06)	11:01 (22:07)	11:13 (33:20)	11:42 (45:02)	11:35 (56:37)	11:50 (1:08:27)
	11:33 (1:20:00)	11:59 (1:31:59)	11:40 (1:43:39)	12:15 (1:55:54)	12:07 (2:08:01)	12:35 (2:20:36)
	12:23 (2:32:59)	12:59 (2:45:58)	13:03 (2:59:01)	13:42 (3:12:43)	13:24 (3:26:07)	14:12 (3:40:19)
	13:26 (3:53:45)	13:58 (4:07:43)	13:58 (4:21:41)	13:54 (4:35:35)		
25.	Jonas Hedlund	Umara SC	4:36:05	+75:17		
	11:12 (11:12)	11:20 (22:32)	11:52 (34:24)	11:25 (45:49)	11:54 (57:43)	11:43 (1:09:26)
	12:07 (1:21:33)	11:54 (1:33:27)	11:54 (1:45:21)	12:09 (1:57:30)	12:23 (2:09:53)	12:16 (2:22:09)
	12:57 (2:35:06)	12:29 (2:47:35)	12:39 (3:00:14)	13:26 (3:13:40)	13:08 (3:26:48)	13:25 (3:40:13)
	13:29 (3:53:42)	13:55 (4:07:37)	13:52 (4:21:29)	14:36 (4:36:05)		
26.	Johan Persson	Skärkdalens LK	4:37:45	+76:57		
	11:45 (11:45)	11:28 (23:13)	11:34 (34:47)	12:16 (47:03)	11:23 (58:26)	11:33 (1:09:59)
	12:32 (1:22:31)	12:21 (1:34:52)	11:52 (1:46:44)	12:15 (1:58:59)	12:38 (2:11:37)	12:27 (2:24:04)
	12:28 (2:36:32)	13:03 (2:49:35)	13:16 (3:02:51)	13:07 (3:15:58)	12:41 (3:28:39)	14:48 (3:43:27)
	13:10 (3:56:37)	13:26 (4:10:03)	14:19 (4:24:22)	13:23 (4:37:45)		
27.	Thomas Groth	-	4:40:34	+79:46		
	11:43 (11:43)	11:05 (22:48)	11:27 (34:15)	15:10 (49:25)	11:34 (1:00:59)	11:27 (1:12:26)
	12:21 (1:24:47)	11:28 (1:36:15)	12:12 (1:48:27)	12:06 (2:00:33)	12:28 (2:13:01)	11:46 (2:24:47)
	13:05 (2:37:52)	12:28 (2:50:20)	12:49 (3:03:09)	13:10 (3:16:19)	13:15 (3:29:34)	14:00 (3:43:34)
	15:39 (3:59:13)	13:58 (4:13:11)	13:33 (4:26:44)	13:50 (4:40:34)		
28.	Anders Stolth	WARRIOR OC	4:41:04	+80:16		
	12:06 (12:06)	11:10 (23:16)	12:11 (35:27)	11:22 (46:49)	11:02 (57:51)	10:49 (1:08:40)
	11:22 (1:20:02)	11:47 (1:31:49)	11:50 (1:43:39)	12:18 (1:55:57)	12:00 (2:07:57)	12:21 (2:20:18)
	12:29 (2:32:47)	12:45 (2:45:32)	13:50 (2:59:22)	13:40 (3:13:02)	14:24 (3:27:26)	14:26 (3:41:52)
	15:22 (3:57:14)	14:58 (4:12:12)	14:41 (4:26:53)	14:11 (4:41:04)		
29.	Johan Rappu	Eskilstuna OL	4:43:45	+82:57		
	13:21 (13:21)	11:49 (25:10)	12:10 (37:20)	12:10 (49:30)	12:43 (1:02:13)	12:28 (1:14:41)
	12:40 (1:27:21)	13:05 (1:40:26)	12:45 (1:53:11)	12:22 (2:05:33)	12:53 (2:18:26)	12:55 (2:31:21)
	13:11 (2:44:32)	14:04 (2:58:36)	13:36 (3:12:12)	12:54 (3:25:06)	13:43 (3:38:49)	13:37 (3:52:26)
	13:53 (4:06:19)	12:45 (4:19:04)	12:20 (4:31:24)	12:21 (4:43:45)		
30.	Eric Tisell	Sverige	4:45:34	+84:46		
	12:19 (12:19)	12:29 (24:48)	12:40 (37:28)	12:57 (50:25)	13:18 (1:03:43)	12:23 (1:16:06)
	12:14 (1:28:20)	13:53 (1:42:13)	13:11 (1:55:24)	13:18 (2:08:42)	13:01 (2:21:43)	13:54 (2:35:37)
	13:06 (2:48:43)	13:41 (3:02:24)	12:59 (3:15:23)	12:44 (3:28:07)	12:41 (3:40:48)	12:36 (3:53:24)
	13:39 (4:07:03)	12:49 (4:19:52)	13:14 (4:33:06)	12:28 (4:45:34)		
31.	Johan Lundkvist	Mälare SOK	4:49:02	+88:14		
	11:40 (11:40)	11:49 (23:29)	11:57 (35:26)	12:15 (47:41)	11:56 (59:37)	12:08 (1:11:45)
	12:08 (1:23:53)	12:11 (1:36:04)	12:39 (1:48:43)	12:42 (2:01:25)	13:10 (2:14:35)	13:11 (2:27:46)
	13:34 (2:41:20)	13:19 (2:54:39)	13:50 (3:08:29)	15:00 (3:23:29)	14:21 (3:37:50)	14:10 (3:52:00)
	14:44 (4:06:44)	14:05 (4:20:49)	14:24 (4:35:13)	13:49 (4:49:02)		
32.	Martin Blohm	SubUrbanTrailTribe	4:51:14	+90:26		
	11:24 (11:24)	11:38 (23:02)	12:24 (35:26)	11:57 (47:23)	12:04 (59:27)	13:06 (1:12:33)
	11:43 (1:24:16)	11:49 (1:36:05)	12:58 (1:49:03)	13:37 (2:02:40)	12:47 (2:15:27)	13:06 (2:28:33)
	13:47 (2:42:20)	13:57 (2:56:17)	13:20 (3:09:37)	14:19 (3:23:56)	14:28 (3:38:24)	14:11 (3:52:35)
	14:40 (4:07:15)	14:07 (4:21:22)	15:38 (4:37:00)	14:14 (4:51:14)		
33.	Karl Åsbrink	Söderlöparna	4:51:15	+90:27		
	11:58 (11:58)	12:26 (24:24)	13:48 (38:12)	12:50 (51:02)	13:50 (1:04:52)	12:38 (1:17:30)
	12:49 (1:30:19)	12:47 (1:43:06)	12:56 (1:56:02)	12:47 (2:08:49)	13:24 (2:22:13)	14:04 (2:36:17)
	13:01 (2:49:18)	13:58 (3:03:16)	13:20 (3:16:36)	13:21 (3:29:57)	13:32 (3:43:29)	13:58 (3:57:27)
	13:43 (4:11:10)	13:29 (4:24:39)	13:14 (4:37:53)	13:22 (4:51:15)		
34.	Sami Saarinen	-	4:52:48	+92:00		
	12:26 (12:26)	11:24 (23:50)	11:49 (35:39)	11:59 (47:38)	12:11 (59:49)	13:21 (1:13:10)
	12:19 (1:25:29)	12:29 (1:37:58)	13:04 (1:51:02)	12:59 (2:04:01)	13:01 (2:17:02)	14:22 (2:31:24)
	13:38 (2:45:02)	14:13 (2:59:15)	13:11 (3:12:26)	14:29 (3:26:55)	13:59 (3:40:54)	15:06 (3:56:00)
	13:49 (4:09:49)	14:27 (4:24:16)	15:32 (4:39:48)	13:00 (4:52:48)		
35.	Alexis Wärmländer	-	4:54:01	+93:13		
	15:02 (15:02)	12:47 (27:49)	13:04 (40:53)	13:07 (54:00)	12:57 (1:06:57)	13:33 (1:20:30)
	13:21 (1:33:51)	13:40 (1:47:31)	9:00 (1:56:31)	9:19 (2:05:50)	13:49 (2:19:39)	14:09 (2:33:48)
	13:32 (2:47:20)	14:24 (3:01:44)	13:02 (3:14:46)	13:09 (3:27:55)	16:23 (3:44:18)	14:15 (3:58:33)
	13:54 (4:12:27)	14:16 (4:26:43)	13:38 (4:40:21)	13:40 (4:54:01)		
36.	Tobias Palmér	Hemnet	4:55:11	+94:23		
	12:25 (12:25)	12:11 (24:36)	12:22 (36:58)	12:56 (49:54)	14:47 (1:04:41)	11:56 (1:16:37)
	12:03 (1:28:40)	12:35 (1:41:15)	12:49 (1:54:04)	12:43 (2:06:47)	13:14 (2:20:01)	13:11 (2:33:12)
	13:28 (2:46:40)	14:19 (3:00:59)	16:03 (3:17:02)	13:33 (3:30:35)	14:37 (3:45:12)	14:41 (3:59:53)
	14:33 (4:14:26)	14:47 (4:29:13)	13:15 (4:42:28)	12:43 (4:55:11)		



- (-)	- (-)	- (-)	- (29:09)		
Johnny Hällneby	Pace on Earth	Felst.			
3:32:25 (3:32:25)	- (-)	- (-)	- (-)	- (-)	- (-)
- (3:55:29)	19:06 (4:14:35)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (4:20:12)		
Ludvig Wolf	-	Felst.			
12:21 (12:21)	12:27 (24:48)	12:34 (37:22)	13:03 (50:25)	12:37 (1:03:02)	13:09 (1:16:11)
12:17 (1:28:28)	13:42 (1:42:10)	12:18 (1:54:28)	13:15 (2:07:43)	12:25 (2:20:08)	15:28 (2:35:36)
13:00 (2:48:36)	13:41 (3:02:17)	13:40 (3:15:57)	16:06 (3:32:03)	13:57 (3:46:00)	- (-)
- (-)	- (-)	- (-)	- (3:51:01)		
Martin Wahlström	-	Felst.			
1:10:11 (1:10:11)	14:02 (1:24:13)	14:31 (1:38:44)	15:14 (1:53:58)	15:09 (2:09:07)	16:46 (2:25:53)
16:29 (2:42:22)	16:48 (2:59:10)	17:16 (3:16:26)	18:36 (3:35:02)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (3:59:12)		
Per Ljung	SLK Oxelösund	Felst.			
12:50 (12:50)	11:53 (24:43)	12:43 (37:26)	12:46 (50:12)	12:59 (1:03:11)	12:27 (1:15:38)
13:09 (1:28:47)	12:58 (1:41:45)	13:33 (1:55:18)	13:19 (2:08:37)	13:57 (2:22:34)	13:56 (2:36:30)
14:18 (2:50:48)	14:11 (3:04:59)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (3:19:11)		
Peter Schröder	-	Felst.			
11:18 (11:18)	11:00 (22:18)	11:09 (33:27)	10:59 (44:26)	11:03 (55:29)	11:23 (1:06:52)
11:40 (1:18:32)	11:55 (1:30:27)	11:29 (1:41:56)	11:59 (1:53:55)	11:57 (2:05:52)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (2:06:28)		
Niklas Arvidsson	Team VVP	Utg.			
10:21 (10:21)	10:31 (20:52)	10:41 (31:33)	10:49 (42:22)	11:06 (53:28)	11:16 (1:04:44)
11:31 (1:16:15)	11:29 (1:27:44)	11:45 (1:39:29)	12:30 (1:51:59)	12:52 (2:04:51)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Oscar Ström	IFK Enskede	Utg.			
13:28 (13:28)	14:17 (27:45)	14:25 (42:10)	15:15 (57:25)	14:59 (1:12:24)	14:36 (1:27:00)
14:05 (1:41:05)	14:27 (1:55:32)	14:07 (2:09:39)	14:33 (2:24:12)	14:40 (2:38:52)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
William White	-	Utg.			
1:02:24 (1:02:24)	10:50 (1:13:14)	10:31 (1:23:45)	11:11 (1:34:56)	10:58 (1:45:54)	11:28 (1:57:22)
12:06 (2:09:28)	12:36 (2:22:04)	14:15 (2:36:19)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Alexander Persson	-	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Andreas Flodin	-	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
David Pamsjö	Enebybergs IF	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Emil Söderlund	Cursoros Åland	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Jimmi Svahn	SK Gruvspårets vänner	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Krister Hällgren	Team UltraSweden LK	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Linus Wirén	Hälle IF	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Luigi Belcastro	Bergskamelerna	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Martin Creydt	-	Ej start			
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Mattias Håkansson	-	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)		
Niklas Tyni	-	Ej start			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Otto Norin	-		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Per Jämtelid	Gotham Track Club		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Peter Andersson	Hemnet		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
René Koller	Swedbank		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Robin Glad	-		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
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Robin Johansson	Team Nordic Trail		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Sebastian Pokorny	Uptown Runners		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Torbjörn edgren	-		Ej start		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

Halvmaraton Herr	(29 / 29)	Tid	Efter			
1. Anton Pollak	Puppy TS	2:01:58				
9:30 (9:30)	9:37 (19:07)	9:54 (29:01)	10:00 (39:01)	10:17 (49:18)	10:29 (59:47)	
10:12 (1:09:59)	10:20 (1:20:19)	10:28 (1:30:47)	10:32 (1:41:19)	10:29 (1:51:48)	10:10 (2:01:58)	
2. Nils Korsgren	Team Durus	2:02:06	+0:08			
9:24 (9:24)	9:41 (19:05)	10:12 (29:17)	10:02 (39:19)	10:12 (49:31)	10:22 (59:53)	
10:13 (1:10:06)	10:34 (1:20:40)	10:23 (1:31:03)	10:41 (1:41:44)	10:19 (1:52:03)	10:03 (2:02:06)	
3. Jesper Åkesson	Degermossen Trail Team	2:02:13	+0:15			
10:31 (10:31)	10:42 (21:13)	10:09 (31:22)	10:38 (42:00)	10:10 (52:10)	10:40 (1:02:50)	
9:58 (1:12:48)	10:18 (1:23:06)	9:52 (1:32:58)	10:02 (1:43:00)	9:47 (1:52:47)	9:26 (2:02:13)	
3. Oskar Edvardsson	Degermossen Trail Team	2:02:13	+0:15			
10:31 (10:31)	10:40 (21:11)	10:12 (31:23)	10:38 (42:01)	10:10 (52:11)	10:39 (1:02:50)	
9:59 (1:12:49)	10:18 (1:23:07)	9:53 (1:33:00)	10:05 (1:43:05)	9:47 (1:52:52)	9:21 (2:02:13)	
5. Mats Lilja	-	2:05:40	+3:42			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
- (1:10:55)	10:23 (1:21:18)	10:48 (1:32:06)	10:53 (1:42:59)	11:16 (1:54:15)	11:25 (2:05:40)	
6. Erik Calmfors	-	2:06:43	+4:45			
9:22 (9:22)	9:55 (19:17)	10:42 (29:59)	10:35 (40:34)	10:13 (50:47)	10:55 (1:01:42)	
10:34 (1:12:16)	10:39 (1:22:55)	10:33 (1:33:28)	10:54 (1:44:22)	11:21 (1:55:43)	11:00 (2:06:43)	
7. Jonas Hatzenbuehler	-	2:08:14	+6:16			
9:58 (9:58)	9:54 (19:52)	10:04 (29:56)	10:09 (40:05)	10:05 (50:10)	10:27 (1:00:37)	
10:32 (1:11:09)	10:57 (1:22:06)	10:47 (1:32:53)	11:15 (1:44:08)	12:00 (1:56:08)	12:06 (2:08:14)	
8. Svante Midander	-	2:08:37	+6:39			
10:19 (10:19)	10:03 (20:22)	10:42 (31:04)	10:32 (41:36)	10:29 (52:05)	10:30 (1:02:35)	
10:44 (1:13:19)	10:44 (1:24:03)	11:25 (1:35:28)	11:05 (1:46:33)	11:11 (1:57:44)	10:53 (2:08:37)	
9. Nils Edvardsson	Degermossen Trail Team	2:08:42	+6:44			
10:30 (10:30)	10:42 (21:12)	10:11 (31:23)	10:39 (42:02)	10:17 (52:19)	10:52 (1:03:11)	
10:43 (1:13:54)	10:57 (1:24:51)	10:50 (1:35:41)	11:17 (1:46:58)	11:01 (1:57:59)	10:43 (2:08:42)	
10. Olof Plan	-	2:10:02	+8:04			
11:00 (11:00)	10:13 (21:13)	10:36 (31:49)	10:25 (42:14)	11:08 (53:22)	10:40 (1:04:02)	
10:59 (1:15:01)	10:50 (1:25:51)	11:03 (1:36:54)	11:08 (1:48:02)	11:29 (1:59:31)	10:31 (2:10:02)	
11. Johan Söderblom	Hägersten	2:10:58	+9:00			
10:19 (10:19)	10:37 (20:56)	10:54 (31:50)	10:58 (42:48)	11:11 (53:59)	11:12 (1:05:11)	
11:23 (1:16:34)	11:15 (1:27:49)	11:17 (1:39:06)	10:57 (1:50:03)	10:34 (2:00:37)	10:21 (2:10:58)	
12. Ola Klackenber	-	2:16:22	+14:24			
10:48 (10:48)	10:45 (21:33)	10:46 (32:19)	11:31 (43:50)	10:59 (54:49)	11:10 (1:05:59)	
11:13 (1:17:12)	11:43 (1:28:55)	11:48 (1:40:43)	11:35 (1:52:18)	12:19 (2:04:37)	11:45 (2:16:22)	
13. Andreas Hedersedt	Gotlands Bro OK	2:21:24	+19:26			
10:38 (10:38)	10:30 (21:08)	10:38 (31:46)	11:29 (43:15)	11:01 (54:16)	11:31 (1:05:47)	
12:32 (1:18:19)	12:21 (1:30:40)	12:00 (1:42:40)	13:02 (1:55:42)	12:54 (2:08:36)	12:48 (2:21:24)	
14. Emil Erkki	-	2:22:40	+20:42			
11:55 (11:55)	11:08 (23:03)	11:35 (34:38)	11:01 (45:39)	11:14 (56:53)	11:20 (1:08:13)	
11:45 (1:19:58)	12:27 (1:32:25)	12:07 (1:44:32)	12:54 (1:57:26)	13:05 (2:10:31)	12:09 (2:22:40)	
15. Fredrik Andersson	Stockholm Multisport Klubb	2:29:10	+27:12			
12:05 (12:05)	11:36 (23:41)	12:06 (35:47)	11:52 (47:39)	12:34 (1:00:13)	12:17 (1:12:30)	
13:10 (1:25:40)	12:36 (1:38:16)	12:57 (1:51:13)	12:38 (2:03:51)	12:17 (2:16:08)	13:02 (2:29:10)	
16. Niklas Johansson	Stockholm Multisport Klubb	2:30:23	+28:25			
12:18 (12:18)	11:46 (24:04)	11:48 (35:52)	12:08 (48:00)	12:47 (1:00:47)	12:25 (1:13:12)	
12:39 (1:25:51)	12:59 (1:38:50)	12:36 (1:51:26)	12:52 (2:04:18)	13:01 (2:17:19)	13:04 (2:30:23)	
17. Mikael Mellhorn	Ericsson Stockholm IK	2:30:37	+28:39			
12:25 (12:25)	11:24 (23:49)	12:10 (35:59)	- (-)	- (-)	- (-)	

	- (-)	- (-)	- (-)	- (-)	- (-)	- (2:30:37)
18.	Per Böhlmark	Södermanland	2:32:13	+30:15		
	11:10 (11:10)	11:28 (22:38)	11:56 (34:34)	11:52 (46:26)	11:46 (58:12)	12:09 (1:10:21)
	12:48 (1:23:09)	13:41 (1:36:50)	13:43 (1:50:33)	14:15 (2:04:48)	14:01 (2:18:49)	13:24 (2:32:13)
19.	Örjan Pettersson	SK Gruvspårets vänner	2:34:44	+32:46		
	12:22 (12:22)	11:10 (23:32)	12:00 (35:32)	11:55 (47:27)	13:50 (1:01:17)	12:22 (1:13:39)
	13:07 (1:26:46)	12:35 (1:39:21)	13:08 (1:52:29)	13:48 (2:06:17)	14:31 (2:20:48)	13:56 (2:34:44)
20.	Lukas Lovén	-	2:44:52	+42:54		
	14:52 (14:52)	13:26 (28:18)	13:51 (42:09)	15:59 (58:08)	13:59 (1:12:07)	13:06 (1:25:13)
	13:04 (1:38:17)	13:36 (1:51:53)	15:19 (2:07:12)	13:39 (2:20:51)	12:25 (2:33:16)	11:36 (2:44:52)
21.	Niclas Frisk	-	2:45:35	+43:37		
	12:49 (12:49)	12:23 (25:12)	13:36 (38:48)	13:01 (51:49)	14:20 (1:06:09)	13:36 (1:19:45)
	13:12 (1:32:57)	14:36 (1:47:33)	14:54 (2:02:27)	14:07 (2:16:34)	15:13 (2:31:47)	13:48 (2:45:35)
22.	Ludvig Persson	-	2:58:56	+56:58		
	13:52 (13:52)	14:04 (27:56)	15:29 (43:25)	14:22 (57:47)	14:53 (1:12:40)	14:57 (1:27:37)
	14:30 (1:42:07)	14:59 (1:57:06)	15:21 (2:12:27)	15:37 (2:28:04)	15:21 (2:43:25)	15:31 (2:58:56)
	Aron Lavesson	IOGT ATLET	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Eddie Ljunggren	-	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Johan Kellokumpu	-	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Martin Seth	-	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Mattias Bern	-	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Ola Brandt	Halland	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Thomas Lummi	Stockholm Långdistansklubb	Ej start			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

#### Helmaraton Dam

(19 / 19)

Tid

Efter

1.	Malin Hjalmarsson	Försvarsmakten	4:08:13			
	10:15 (10:15)	10:11 (20:26)	10:23 (30:49)	10:25 (41:14)	10:34 (51:48)	10:45 (1:02:33)
	10:48 (1:13:21)	10:51 (1:24:12)	11:05 (1:35:17)	11:03 (1:46:20)	11:19 (1:57:39)	11:16 (2:08:55)
	11:14 (2:20:09)	11:29 (2:31:38)	11:27 (2:43:05)	11:41 (2:54:46)	11:51 (3:06:37)	12:09 (3:18:46)
	12:24 (3:31:10)	12:14 (3:43:24)	12:01 (3:55:25)	12:48 (4:08:13)		
2.	Jenny Ramstedt	XC STHLM	4:12:30	+4:17		
	10:44 (10:44)	10:48 (21:32)	10:51 (32:23)	11:07 (43:30)	11:09 (54:39)	11:21 (1:06:00)
	11:11 (1:17:11)	11:18 (1:28:29)	11:24 (1:39:53)	11:29 (1:51:22)	11:25 (2:02:47)	11:11 (2:13:58)
	11:42 (2:25:40)	11:45 (2:37:25)	11:42 (2:49:07)	11:49 (3:00:56)	11:54 (3:12:50)	11:57 (3:24:47)
	11:59 (3:36:46)	12:04 (3:48:50)	11:49 (4:00:39)	11:51 (4:12:30)		
3.	Elin Tengbert	-	4:17:46	+9:33		
	10:16 (10:16)	10:21 (20:37)	10:39 (31:16)	10:47 (42:03)	10:59 (53:02)	12:19 (1:05:21)
	11:11 (1:16:32)	11:49 (1:28:21)	11:15 (1:39:36)	11:58 (1:51:34)	11:20 (2:02:54)	11:35 (2:14:29)
	12:01 (2:26:30)	11:48 (2:38:18)	11:57 (2:50:15)	13:16 (3:03:31)	11:57 (3:15:28)	12:57 (3:28:25)
	12:10 (3:40:35)	12:34 (3:53:09)	12:13 (4:05:22)	12:24 (4:17:46)		
4.	Jo Stevenson	Team Nordic Trail	4:29:02	+20:49		
	10:34 (10:34)	11:06 (21:40)	11:22 (33:02)	11:36 (44:38)	11:39 (56:17)	11:32 (1:07:49)
	11:54 (1:19:43)	11:45 (1:31:28)	13:08 (1:44:36)	12:11 (1:56:47)	12:19 (2:09:06)	12:14 (2:21:20)
	12:27 (2:33:47)	13:09 (2:46:56)	12:50 (2:59:46)	12:55 (3:12:41)	12:23 (3:25:04)	13:18 (3:38:22)
	12:33 (3:50:55)	12:46 (4:03:41)	12:56 (4:16:37)	12:25 (4:29:02)		
5.	Linda Forsström	-	4:43:08	+34:55		
	10:46 (10:46)	11:38 (22:24)	12:09 (34:33)	11:57 (46:30)	11:54 (58:24)	13:19 (1:11:43)
	12:00 (1:23:43)	12:03 (1:35:46)	13:22 (1:49:08)	12:46 (2:01:54)	12:26 (2:14:20)	12:45 (2:27:05)
	13:26 (2:40:31)	13:43 (2:54:14)	13:34 (3:07:48)	13:02 (3:20:50)	13:42 (3:34:32)	14:02 (3:48:34)
	13:04 (4:01:38)	14:37 (4:16:15)	13:12 (4:29:27)	13:41 (4:43:08)		
6.	Anna Ingemarsdotter	-	4:52:20	+44:07		
	12:35 (12:35)	11:12 (23:47)	11:47 (35:34)	12:15 (47:49)	11:56 (59:45)	12:13 (1:11:58)
	12:06 (1:24:04)	12:39 (1:36:43)	12:51 (1:49:34)	12:39 (2:02:13)	12:51 (2:15:04)	13:07 (2:28:11)
	13:55 (2:42:06)	13:26 (2:55:32)	14:34 (3:10:06)	13:42 (3:23:48)	15:42 (3:39:30)	15:22 (3:54:52)
	14:31 (4:09:23)	15:00 (4:24:23)	14:35 (4:38:58)	13:22 (4:52:20)		
7.	Ida Johansson	Team Nordic Trail	5:05:06	+56:53		
	12:42 (12:42)	12:32 (25:14)	13:00 (38:14)	13:00 (51:14)	12:45 (1:03:59)	12:56 (1:16:55)
	13:15 (1:30:10)	13:09 (1:43:19)	13:38 (1:56:57)	13:17 (2:10:14)	13:22 (2:23:36)	15:22 (2:38:58)
	13:34 (2:52:32)	14:01 (3:06:33)	14:28 (3:21:01)	14:20 (3:35:21)	14:11 (3:49:32)	14:30 (4:04:02)
	15:23 (4:19:25)	15:54 (4:35:19)	15:19 (4:50:38)	14:28 (5:05:06)		
8.	Kristin Holmberg	-	5:15:20	+67:07		
	13:10 (13:10)	13:17 (26:27)	14:06 (40:33)	13:09 (53:42)	14:03 (1:07:45)	13:36 (1:21:21)
	14:16 (1:35:37)	13:36 (1:49:13)	14:26 (2:03:39)	14:13 (2:17:52)	14:32 (2:32:24)	15:17 (2:47:41)
	14:21 (3:02:02)	13:46 (3:15:48)	14:02 (3:29:50)	14:38 (3:44:28)	14:10 (3:58:38)	14:29 (4:13:07)
	14:31 (4:27:38)	15:00 (4:42:38)	15:00 (4:57:38)	17:42 (5:15:20)		
9.	Anna Wärmländer	-	5:29:18	+81:05		
	14:21 (14:21)	13:30 (27:51)	13:55 (41:46)	13:20 (55:06)	14:00 (1:09:06)	15:20 (1:24:26)
	14:15 (1:38:41)	14:09 (1:52:50)	15:00 (2:07:50)	14:57 (2:22:47)	15:00 (2:37:47)	14:37 (2:52:24)
	16:20 (3:08:44)	15:17 (3:24:01)	15:43 (3:39:44)	15:36 (3:55:20)	15:50 (4:11:10)	15:55 (4:27:05)
	15:28 (4:42:33)	15:42 (4:58:15)	15:51 (5:14:06)	15:12 (5:29:18)		
10.	Hanna Richter	Örebro AIK	5:42:05	+93:52		
	- (-)	- (-)	- (-)	- (-)	- (-)	- (1:29:26)
	15:11 (1:44:37)	15:02 (1:59:39)	14:42 (2:14:21)	15:16 (2:29:37)	15:35 (2:45:12)	15:16 (3:00:28)
	17:57 (3:18:25)	15:26 (3:33:51)	15:31 (3:49:22)	19:24 (4:08:46)	16:05 (4:24:51)	15:55 (4:40:46)
	16:34 (4:57:20)	15:34 (5:12:54)	15:01 (5:27:55)	14:10 (5:42:05)		
11.	Susanne Korsvoll	Stockholm Multisport Klubb	5:54:16	+106:03		
	13:57 (13:57)	14:29 (28:26)	15:33 (43:59)	14:38 (58:37)	14:34 (1:13:11)	14:52 (1:28:03)
	15:17 (1:43:20)	14:47 (1:58:07)	15:49 (2:13:56)	15:36 (2:29:32)	15:38 (2:45:10)	15:16 (3:00:26)
	16:53 (3:17:19)	18:42 (3:36:01)	18:59 (3:55:00)	16:25 (4:11:25)	17:32 (4:28:57)	18:01 (4:46:58)
	17:21 (5:04:19)	17:10 (5:21:29)	17:10 (5:38:39)	15:37 (5:54:16)		



Karina Danielsson	IF Åland		Ej start			
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
Marie-Louise Wigén	TSM Running		Ej start			
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
Mary Juusela	-		Ej start			
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
- (-)	- (-)	- (-)		- (-)	- (-)	- (-)

Skapad av [MeOS 3.6.1109 \(Update 3\)](#): 2019-12-05 11:27:21