

Klass: Medeldistans Motion Herrar/Pojkar

Plac	Snr	Namn	Klubb/Ort	Sim	Vx1	Cykel	Vx2	Löpning	Tid	Löp Varv1	Löp Varv2	Löp Varv3
1	383	Strandell, Axel	OK linné Uppsala	30:54	1:25	2:20:47	1:09	1:39:44	4:33:57	0:31:36	0:33:17	0:34:52
2	368	Persson, Hannes	TEAM D.E. Hälsa	37:49	1:48	2:28:07	1:22	1:32:58	4:42:02	0:29:09	0:31:03	0:32:48
3	299	Felldin, Markus	Västerås Cykelklubb	35:04	2:31	2:24:03	1:19	1:39:16	4:42:11	0:31:11	0:33:01	0:35:05
4	345	Lindström, Johan	Gävle Triathlon Klubb	34:27	1:46	2:20:42	1:07	1:48:44	4:46:44	0:34:55	0:36:25	0:37:25
5	375	Samuelsson, Jon	Uppsala Löparklubb	27:05	2:12	2:35:15	1:24	1:41:27	4:47:21	0:37:55	0:31:42	0:31:51
6	361	Nordlund, Johan	Vasastan	36:53	1:47	2:30:52	1:27	1:38:19	4:49:17	0:31:26	0:33:04	0:33:50
7	272	Ask, Christoffer	ENSKILDA IF	37:44	3:03	2:27:53	2:34	1:39:17	4:50:31	0:34:03	0:33:41	0:31:35
8	378	Sanz, Miguel	cicloentreno.com	33:11	1:38	2:24:23	1:14	1:50:10	4:50:34	0:32:54	0:34:44	0:42:34
9	397	Wikström, David	Västerås Cykelklubb	35:57	1:56	2:27:19	1:18	1:45:01	4:51:29	0:33:43	0:35:25	0:35:54
10	279	Bygg, Joacim	IFK Sala	33:32	2:48	2:26:00	1:22	1:48:03	4:51:43	0:32:59	0:36:20	0:38:45
11	295	Eriksson, Patrik	Örebro AIK	36:51	3:04	2:31:56	1:41	1:40:01	4:53:31	0:33:17	0:33:29	0:33:16
12	411	Pavoola, Petri	Uppsala	36:24	4:39	2:34:24	2:46	1:35:56	4:54:07	0:31:17	0:31:16	0:33:24
13	317	Hentschke, Patrik	Stockholm City Triathlon	33:31	3:06	2:41:28	2:14	1:34:44	4:55:02	0:31:10	0:31:45	0:31:50
14	350	Löfstrand, Per	IFK Sala	39:58	4:09	2:33:57	2:30	1:34:34	4:55:07	0:29:03	0:31:56	0:33:35
15	316	hellenius, urban	IFK Sala	32:26	2:36	2:26:44	1:08	1:52:47	4:55:39	0:34:25	0:38:07	0:40:16
16	367	olsson, patrik	IFK Sala	40:18	2:05	2:22:33	1:13	1:49:49	4:55:56	0:36:00	0:36:52	0:36:57
17	379	Schön, Daniel	Formtopp IF	34:22	1:57	2:27:16	1:37	1:51:33	4:56:43	0:35:03	0:38:00	0:38:30
18	388	Swärd, Anders	Täby	41:11	2:55	2:36:58	1:54	1:34:00	4:56:57	0:30:32	0:31:23	0:32:06
19	296	Erikstam, Ulrik		35:58	2:17	2:34:51	1:32	1:43:00	4:57:36	0:33:32	0:34:18	0:35:10
20	384	Sunnerberg, Robert	Uppsala	32:34	1:27	2:37:36	1:22	1:45:36	4:58:35	0:33:52	0:35:40	0:36:06
21	303	Friberg, Staffan	NASDAQ OMX	34:43	2:25	2:34:25	2:53	1:44:25	4:58:50	0:34:39	0:35:21	0:34:26
22	359	Nilsson, Krister	Maquet IF	36:01	1:58	2:33:22	1:42	1:46:31	4:59:33	0:35:04	0:35:00	0:36:28
23	389	Swärd, Stefan	Nynäshamn	34:34	3:36	2:31:27	2:41	1:47:53	5:00:08	0:35:48	0:35:49	0:36:16
24	278	Bryan, Maurice	Trosabygdens Orienterings	39:25	3:02	2:30:16	1:23	1:46:33	5:00:37	0:35:28	0:34:24	0:36:42
25	382	Sjöberg, Christer	Tyresö SS	40:12	2:40	2:38:56	1:34	1:37:44	5:01:05	0:31:31	0:32:52	0:33:22
26	288	Dannestig, Johan	Lidingö Triathlon	38:58	2:43	2:34:15	1:30	1:44:22	5:01:47	0:34:04	0:35:19	0:34:59
27	352	Martti, Roger	Stöcke TS Järnet	30:47	1:39	2:30:49	2:26	1:56:19	5:01:59	0:36:20	0:39:00	0:41:00
28	315	Hedberg, Daniel	Stockholm	39:29	1:42	2:34:57	1:37	1:44:42	5:02:25	0:33:23	0:34:07	0:37:13
29	374	Roupé, Kristoffer		35:34	2:28	2:40:50	1:03	1:44:11	5:04:04	0:32:40	0:35:16	0:36:16
30	346	Litzell, Christer	Stockholm City Triathlon	37:29	2:42	2:32:55	1:49	1:49:30	5:04:23	0:34:37	0:37:09	0:37:45
31	313	Hallström, Björn	Triathlon Öst	36:37	1:49	2:37:28	2:35	1:47:06	5:05:32	0:33:50	0:35:31	0:37:46
32	399	Wincent, Jonas	IFK Sala	34:49	1:58	2:37:24	0:58	1:51:28	5:06:36	0:35:58	0:37:33	0:37:58
33	293	Eriksson, Daniel	TEAM D.E.HÅLSA	41:32	2:05	2:40:20	2:09	1:40:54	5:06:59	0:31:47	0:33:56	0:35:12
34	398	Wilhelmsson, Marcus	lfk Sala	34:44	1:52	2:31:23	1:30	1:57:50	5:07:17	0:36:47	0:39:50	0:41:13
35	292	Enquist, Lars-Erik	Högbo GIF	36:49	2:14	2:37:17	1:17	1:49:47	5:07:21	0:34:46	0:36:37	0:38:24
36	302	Fransson, Mikael	Stockholm	43:50	3:48	2:33:31	2:35	1:45:05	5:08:47	0:33:58	0:35:45	0:35:22

Klass: Medeldistans Motion Herrar/Pojkar

Plac	Snr	Namn	Klubb/Ort	Sim	Vx1	Cykel	Vx2	Löpning	Tid	Löp Varv1	Löp Varv2	Löp Varv3
37	339	Lanninge, Pär	Västerås Cykelklubb	40:41	2:53	2:32:26	2:34	1:51:52	5:10:24	0:35:39	0:37:10	0:39:05
38	370	Pettersson, Mischa	AXA Sports Club	38:11	4:23	2:38:56	1:18	1:48:32	5:11:18	0:32:37	0:37:43	0:38:13
39	275	Blom, Fredrik	Mora Cykelklubb	34:40	2:30	2:36:07	1:52	1:57:08	5:12:14	0:37:28	0:41:24	0:38:17
40	274	Bergqvist, Rune	Flir IF	39:55	2:03	2:25:41	1:58	2:02:56	5:12:31	0:37:08	0:41:04	0:44:44
41	344	Levin, Jonas	AXA Sports Club	36:25	2:28	2:37:20	1:47	1:54:35	5:12:34	0:36:46	0:38:15	0:39:35
42	385	Svedberg, Jonas	Västerås	34:54	2:24	2:39:32	1:42	1:54:22	5:12:53	0:35:38	0:38:28	0:40:18
43	276	Bohlin, Andreas	Viggen Runners	37:46	2:17	2:46:24	2:13	1:45:15	5:13:54	0:34:02	0:35:06	0:36:08
44	409	Lundberg, Tomas	IK Stöcke Triathlon	43:49	3:17	2:25:45	2:00	1:59:48	5:14:38	0:38:46	0:39:45	0:41:17
45	391	Thell, Christian	ERO United Täby	35:05	1:39	2:29:20	1:18	2:07:40	5:15:00	0:34:57	0:43:50	0:48:54
46	400	Zarebski, Sebastian	IK Fyris/Triathlon	32:09	4:52	2:48:17	1:52	1:48:23	5:15:31	0:36:57	0:34:52	0:36:35
47	336	Klintemar, Mattias	Tullinge SK	37:00	2:52	2:42:37	2:49	1:50:25	5:15:41	0:36:04	0:36:20	0:38:02
48	410	Engstad, Nils	Norrköping	39:51	1:51	2:38:26	1:49	1:56:54	5:18:50	0:37:11	0:39:38	0:40:07
49	326	Jansson, Stefan	Stockholmspolisens IF-Triat	35:44	2:19	2:44:36	2:13	1:56:29	5:21:19	0:35:18	0:36:42	0:44:30
50	267	Ambumsgård, Rikard	Stockholm City Triathlon	35:55	2:20	2:38:34	2:52	2:01:59	5:21:38	0:37:53	0:40:57	0:43:10
51	348	Lundh, Erik	Cambridge Triathlonclub	27:45	2:26	2:33:13	2:16	2:16:18	5:21:55	0:41:43	0:46:03	0:48:33
52	376	Sandblom, Joakim		34:29	2:54	2:46:31	2:20	1:57:15	5:23:28	0:36:09	0:41:50	0:39:17
53	270	Andersson, Mikael	Gävle Triathlon Klubb	34:46	1:52	2:50:33	2:25	1:54:47	5:24:22	0:35:55	0:38:05	0:40:47
54	365	Olsson, Arne	Norrälje	40:46	3:18	2:44:31	2:30	1:53:33	5:24:36	0:36:48	0:38:27	0:38:19
55	322	Hjerpe, Richard	FRÖVI	36:38	1:45	2:49:14	2:24	1:54:55	5:24:54	0:37:15	0:38:22	0:39:19
56	408	Wickström, Mikael	Bagarmossen	39:45	2:32	2:41:41	2:37	1:58:39	5:25:13	0:38:33	0:39:58	0:40:09
57	282	Collén, Jan		36:26	2:40	2:42:22	2:11	2:01:36	5:25:13	0:38:11	0:42:39	0:40:47
58	343	Lejon, Jonas	Västerås Cykelklubb	47:47	2:30	2:48:35	1:47	1:44:41	5:25:17	0:33:32	0:35:21	0:35:49
59	347	Lovidius, Kenneth		45:03	2:44	2:50:33	1:21	1:46:01	5:25:40	0:33:26	0:35:06	0:37:31
60	285	Dahlberg, Magnus	Strömsholm	37:01	2:38	2:43:51	2:20	2:00:05	5:25:54	0:38:13	0:39:56	0:41:57
61	271	Annervi, Patrik	Vinberg	40:06	3:42	2:38:12	3:16	2:00:46	5:26:01	0:35:18	0:39:28	0:46:01
62	273	Axelsson, Magnus	Triathlon Öst	29:16	3:39	2:52:37	2:16	1:58:32	5:26:19	0:36:46	0:39:50	0:41:58
63	355	Millertson, Fredrik	Örebrocyklisterna	47:06	2:43	2:28:03	2:29	2:08:18	5:28:37	0:39:37	0:43:29	0:45:13
64	305	Ganse, Fredrik	Stockholm	37:44	2:48	3:00:06	2:30	1:45:33	5:28:39	0:35:39	0:35:34	0:34:20
65	323	Hunhammar, Sven	BVSOK	37:08	2:37	2:43:59	4:23	2:01:15	5:29:20	0:39:11	0:40:04	0:42:00
66	330	Josefsson, Christian	Harbo	41:25	3:58	2:42:18	2:28	1:59:25	5:29:32	0:37:12	0:40:24	0:41:49
67	369	Persson, Klas	De Hälsa	42:12	1:18	2:43:51	1:26	2:01:29	5:30:13	0:34:31	0:40:37	0:46:22
68	394	Tornberg, Mats	Ingarö IF	36:20	4:32	2:57:45	1:57	1:49:59	5:30:30	0:35:41	0:36:28	0:37:51
69	334	kjellröier, fredrik	IK Fyris/Triathlon	34:27	2:36	2:46:47	1:57	2:05:02	5:30:47	0:40:55	0:42:19	0:41:48
70	381	Silversten, Mats	Hallstahammar	32:30	1:51	2:47:45	1:48	2:08:36	5:32:28	0:39:51	0:43:02	0:45:44
71	277	Boss, Per	Uppsala	44:45	1:52	2:46:52	2:20	1:56:53	5:32:40	0:35:58	0:39:01	0:41:55
72	309	Hagel, Stefan	Team Acctive Endurance Lu	37:59	3:31	2:48:22	2:20	2:01:21	5:33:31	0:38:43	0:40:57	0:41:41

Klass: Medeldistans Motion Herrar/Pojkar

Plac	Snr	Namn	Klubb/Ort	Sim	Vx1	Cykel	Vx2	Löpning	Tid	Löp Varv1	Löp Varv2	Löp Varv3
73	312	Hallencreutz, Johan	Fire	32:51	4:34	2:39:27	2:08	2:14:43	5:33:41	0:42:16	0:46:10	0:46:18
74	357	Myhrberg, Martin	Gävle Triathlon Klubb	36:18	2:28	2:53:45	1:32	1:59:52	5:33:52	0:40:07	0:38:34	0:41:11
75	304	Frogestam, Jim	AXA Sports Club	41:05	2:14	2:54:26	2:06	1:54:51	5:34:41	0:36:04	0:38:01	0:40:48
76	301	Forsberg, Erik	Djursholm	36:48	3:41	2:50:26	2:27	2:02:46	5:36:06	0:39:09	0:42:23	0:41:15
77	319	Hermansson, Jonas		36:42	2:52	3:01:11	2:27	1:53:09	5:36:20	0:35:42	0:37:00	0:40:29
78	342	Leamon, Howard	Sala	33:56	2:39	2:55:03	1:57	2:03:10	5:36:44	0:37:06	0:43:05	0:43:00
79	284	Dahlberg, Lars	IFK Sala	36:52	2:12	2:47:26	1:26	2:11:12	5:39:06	0:47:52	0:42:18	0:41:04
80	387	Svensson, Daniel	Västerås Cykelklubb	35:48	1:54	2:32:00	1:52	2:28:10	5:39:42	0:45:25	0:50:51	0:51:55
81	269	Andersson, Jörgen	Scania	37:24	3:36	2:45:37	3:10	2:10:23	5:40:07	0:39:18	0:44:30	0:46:35
82	392	Thor, Robert	Örebro AIK	39:24	3:29	2:53:59	3:02	2:01:06	5:40:58	0:39:36	0:40:17	0:41:14
83	363	Nyman, Mattias	Upplands-Bro SS / Triathlon	34:21	2:13	2:34:41	2:20	2:27:26	5:40:58	0:41:49	0:48:31	0:57:07
84	386	Svensson, Andreas	MBRIF	36:29	2:36	2:39:11	1:22	2:22:02	5:41:38	0:41:38	0:46:10	0:54:15
85	287	Dahlström, Christer	Stockholmspolisens IF-Triat	37:34	3:13	2:52:17	2:11	2:06:33	5:41:45	0:39:51	0:42:49	0:43:53
86	138	Altberg, Joacim	Gävle Triathlon Klubb	38:56	1:48	2:48:13	1:36	2:12:14	5:42:45	0:40:02	0:47:44	0:44:29
87	366	Olsson, Henrik	Täby	43:45	3:22	2:52:11	2:09	2:01:45	5:43:10	0:38:28	0:40:34	0:42:43
88	393	Tiensuu, Krister	Team Acctive Endurance Lu	37:56	4:32	2:56:49	2:59	2:04:37	5:46:52	0:39:30	0:41:09	0:43:59
89	281	Carlem, Johannes	Västerås	40:07	4:11	3:07:49	3:18	1:53:52	5:49:15	0:35:32	0:38:47	0:39:35
90	380	Segh, Rickard	Södertälje Cykelklubb	41:07	2:21	2:38:49	2:42	2:25:43	5:50:39	0:44:22	0:50:08	0:51:14
91	328	Johannesson, Mårten	Eskilstuna IK Triathlon	39:12	2:50	2:42:00	3:00	2:23:57	5:50:57	0:43:57	0:49:33	0:50:27
92	356	Moberger, Peter	Bälinge	35:35	7:40	3:01:04	0:34	1:57:28	5:52:19	0:38:29	0:41:23	0:37:37
93	340	Larsson, Göran	Sundbyberg	35:50	3:17	2:52:25	2:45	2:18:25	5:52:41	0:39:54	0:47:31	0:51:01
94	320	Herrera, Pepe	Stockholm City Triathlon	36:56	2:21	2:53:05	2:05	2:18:48	5:53:14	0:42:32	0:44:43	0:51:34
95	266	Almkvist, Jan-Erik	IFK Västerås skidklubb	46:17	3:00	3:02:23	2:19	2:00:41	5:54:39	0:40:09	0:40:30	0:40:03
96	297	Evang, Tore	Lidingö	44:50	2:23	3:02:49	2:21	2:03:51	5:56:13	0:36:14	0:42:11	0:45:27
97	395	Uddland, Christian	Stockholm	40:29	5:14	2:54:50	2:43	2:21:11	6:04:26	0:43:55	0:45:17	0:52:00
98	414	Edsparr, Henrik	Stockholms City Triathlon	35:45	5:28	2:52:17	2:30	2:28:35	6:04:33	0:44:54	0:52:29	0:51:13
99	331	Juselius, Jani	Vällingby	43:44	3:46	2:56:06	2:27	2:18:41	6:04:42	0:42:32	0:44:57	0:51:13
100	283	Corry, Don	Team Ireland	39:00	3:56	2:46:03	1:32	2:37:55	6:08:25	0:45:26	0:56:31	0:55:59
101	289	Drakenberg, Erik	Åkersberga Triathlonförening	44:56	3:29	2:55:29	2:07	2:28:53	6:14:53	0:44:51	0:49:00	0:55:03
102	396	Valjus, Mika	Glanshammars IF	01:40	6:25	3:01:38	4:12	2:02:37	6:16:31	0:37:57	0:40:55	0:43:47
103	377	Sandelin, Henrik	Fjärdhundra	50:54	3:15	2:51:51	4:00	2:27:54	6:17:52	0:47:34	0:52:55	0:47:26
104	300	Flinge, Magnus	ÅKERSBERGA	58:34	5:01	2:54:48	3:35	2:24:43	6:26:39	0:43:44	0:48:29	0:52:31
105	333	Kjellander, Mikael	Katrineholm	45:52	2:00	3:23:58	1:02	2:15:11	6:28:01	0:41:23	0:47:23	0:46:26
106	268	Andersson, Fredrik	Skara	40:11	6:17	2:57:28	4:22	2:43:26	6:31:43	0:45:38	0:56:56	1:00:53
107	311	Hagman, Per	AXA Sports Club	39:48	3:39	2:55:50	0:52	2:42:18	6:32:25	0:51:48	0:54:44	0:55:47
108	341	Larsson, Joakim	Mora Cykelklubb	52:13	8:27	2:55:08	6:24	2:35:33	6:37:44	0:49:39	0:52:15	0:53:41

Resultatlista

2013-08-24

Klass: Medeldistans Motion Herrar/Pojkar

Plac	Snr	Namn	Klubb/Ort	Sim	Vx1	Cykel	Vx2	Löpning	Tid	Löp Varv1	Löp Varv2	Löp Varv3
109	290	Ehnberg, Jan	IFK Sala	50:52	3:11	3:11:41	1:48	2:31:26	6:38:57	0:40:36	0:51:58	0:58:53
110	338	Lagström, Otto	Storvreta	49:44	7:46	3:27:16	8:13	2:46:11	7:19:08	0:49:39	0:56:41	0:59:53
111	294	Eriksson, Niklas	Åmmeberg	58:43	7:08	3:30:41	6:59	2:41:56	7:25:25	0:58:46	0:49:09	0:54:02
DSQ	321	Hilleskog, Axel		40:01	5:39	3:14:28	4:37	1:25:17	DSQ	-1varv Löp	0:40:34	
DSQ	413	Van Malorie, Samuel	IK Livsnerven	39:41	3:31	2:54:25	8:01	1:22:21	DSQ	-1varv Löp	0:41:01	

Klass: Medeldistans Motion Damer/Flickor

Plac	Snr	Namn	Klubb/Ort	Sim	Vx1	Cykel	Vx2	Löpning	Tid	Löp Varv1	Löp Varv2	Löp Varv3
1	412	Axfors, Cathrine	Uppsala	32:04	4:10	2:44:16	2:07	1:39:15	5:01:50	0:31:21	0:32:44	0:35:11
2	260	Tengstrand, Lena	Lidingö Triathlon	40:13	3:19	2:44:02	2:04	2:07:24	5:37:01	0:39:06	0:43:52	0:44:27
3	263	Åkerblom, Louise	Åkersberga	43:58	3:30	2:53:15	2:23	2:06:25	5:49:30	0:43:36	0:41:32	0:41:18
4	242	Blom, Linda	Göteborg	44:04	2:27	2:55:12	2:48	2:06:42	5:51:12	0:42:25	0:42:16	0:42:02
5	249	Lundström, Evelina	Stockholm City Triathlon	42:24	2:17	2:59:49	2:27	2:05:46	5:52:41	0:40:15	0:42:13	0:43:19
6	250	Molin, Sara	Floda	46:34	2:18	2:48:34	2:05	2:14:53	5:54:23	0:42:56	0:45:11	0:46:47
7	246	Göransson, Kristin		45:51	2:30	3:06:15	1:55	2:00:07	5:56:36	0:37:56	0:41:09	0:41:02
8	244	Engde, Lisa	IK NocOut.se	42:52	2:13	3:08:50	1:24	2:14:50	6:10:08	0:42:25	0:44:18	0:48:08
9	253	Persson, Emma	Uppsala	47:30	3:41	3:17:43	2:22	1:59:11	6:10:25	0:39:12	0:39:46	0:40:14
10	252	Peltari, Kajsa	Uppsala	48:25	3:01	3:03:13	2:00	2:14:34	6:11:11	0:43:02	0:45:15	0:46:18
11	255	Rettig, Camilla	Försvarets Sportklubb	47:54	5:02	3:12:40	3:50	2:12:59	6:22:22	0:41:10	0:44:32	0:47:17
12	258	Stach, Ylva	Konsultjänst Ylva I.T	40:02	3:22	3:22:08	3:27	2:21:51	6:30:48	0:44:30	0:47:27	0:49:54
13	247	Hagman, Anette	AXA Sports Club	39:49	2:41	3:05:14	2:25	2:42:18	6:32:25	0:51:48	0:54:44	0:55:47