



# HERRAR

Plats	Förnamn	Efternamn	Ålder	Ev team/förening	Postort / City	varv	varv 1	varv 2	varv 3	Total
1	Matti	Näslund	35-39	Scania	Älvsjö	3	00:43:17	00:45:26	00:48:20	02:17:03
2	Michael	Nabb	35-39	Åkersberga Triathlonförening	Åkersberga	3	00:43:30	00:45:46	00:50:37	02:19:53
3	Odd	Larson	45-49	Täby	Täby	3	00:46:03	00:47:52	00:48:33	02:22:28
4	Johan	Lundkvist	45-49	Team ormsalva	Ekerö	3	00:46:43	00:49:34	00:49:32	02:25:49
5	Anders	Olofsson	35-39		Nykvarn	3	00:47:48	00:48:17	00:49:47	02:25:52
6	Anders	Lindberg	45-49	Åkersberga Spring	Åkersberga	3	00:46:19	00:49:47	00:49:57	02:26:03
7	Andy	Kaminski	35-39		Åkersberga	3	00:51:37	00:45:54	00:48:47	02:26:18
8	Thomas	Jansson	30-34	Team Military Fitness Elite	Säffle	3	00:43:05	00:49:15	00:59:22	02:31:42
9	Fredrik	Lind	40-44	Lynx MST	Nacka	3	00:46:24	00:50:24	00:57:11	02:33:59
10	Daniel	Larsen	30-34	ASICS FrontRunner Sweden	HÄGERSTEN	3	00:50:36	00:54:04	00:49:21	02:34:01
11	Knut	Ander	40-44	Åkersberga Spring	Åkersberga	3	00:46:20	00:49:47	00:58:25	02:34:32
12	Kristofer	Spång	35-39	Team Extremfabriken	Huddinge	3	00:48:34	00:52:33	00:55:06	02:36:13
13	Fredrik	Eneroth	40-44		ÅKERSBERGA	3	00:50:19	00:50:18	00:56:02	02:36:39
14	Kenneth	Gustavsson	25-29	Södertälje	Södertälje	3	00:50:09	00:52:25	00:56:19	02:38:53
15	Till	Gutzen	45-49	Bålsta IK	Bålsta	3	00:51:53	00:53:22	00:53:49	02:39:04
16	Martin	Carell	50-54	Seb	Österskär	3	00:50:54	00:53:55	00:55:00	02:39:49
17	Robin	Hillerlöv	30-34	Team Nordic Trail	Tyresö	3	00:47:52	00:54:01	01:00:03	02:41:56
18	Daniel	Bodare	35-39	Ikarn	Falun	3	00:43:41	00:54:42	01:06:25	02:44:48
19	Ulf	Petersen	35-39	Team Extremfabriken	Järfälla	3	00:53:59	00:52:37	00:59:47	02:46:23
20	Magnus	Thorhede	30-34	Team Ultimate OCR	Tullinge	3	00:53:58	00:54:04	00:59:47	02:47:49
21	Daniel	Selarö	35-39	Surahammar	Surahammar	3	00:53:39	00:55:50	01:00:08	02:49:37
22	Christoph	Kind	50-54	Åkersberga Spring	Åkersberga	3	00:52:32	00:55:22	01:02:04	02:49:58
23	Sebastian	Myrberg	30-34		Falun	3	00:50:39	00:54:43	01:06:24	02:51:46
24	Piotr	Nadolny	40-44		Brandbergen	3	00:51:56	00:54:36	01:06:11	02:52:43
25	Simon	Justesen	25-29	Team Extremfabriken	Järfälla	3	00:53:58	00:54:58	01:06:06	02:55:02
26	Christopher	Carrington	40-44	Team Ultimate	Vallentuna	3	00:53:07	00:57:06	01:07:45	02:57:58
27	Klas	Näslund	45-49	Team Peka	Älta	3	00:55:07	00:58:25	01:04:35	02:58:07
28	Timmy	Stålnacke	35-39	Fulltvid racing	Tungelsta	3	00:54:31	00:58:21	01:05:19	02:58:11
29	Roger	Svensson	40-44		Täby	3	00:56:08	00:57:44	01:08:23	03:02:15
30	Markus	Delsö	30-34		Surahammar	3	00:53:39	00:56:26	01:13:18	03:03:23
31	Fredrik	Andersson	45-49	Stockholm multisport	Sollentuna	3	00:56:52	00:57:38	01:10:47	03:05:17

32	Christopher	Fransson	45-49	Team Helt Säkert	Vendelsö	3	00:50:58	00:57:31	01:17:26	<b>03:05:55</b>
33	Daniel	Jonsson	45-49	Team Ultimate OCR	Österskär	3	00:50:55	00:53:54	01:21:11	<b>03:06:00</b>
34	Krzysztof	Michalski	40-44	Vege Runners PL	Åkersberga	3	00:53:25	00:59:19	01:20:14	<b>03:12:58</b>
35	Kenth	Svensson	45-49		Hägersten	3	00:58:15	01:00:13	01:15:35	<b>03:14:03</b>
36	Jörgen	Axelsson	50-54	Tullinge SK	Stockholm	2	00:44:53	00:48:38	00:00:00	<b>01:33:31</b>
37	Fredrik	Stenbeck	16-19	Team Ultimate OCR	Åkersberga	2	00:42:03	00:51:44	00:00:00	<b>01:33:47</b>
38	Johan	Elfman	40-44		Huddinge	2	00:47:04	00:53:12	00:00:00	<b>01:40:16</b>
39	Mikael	Eriksson	45-49	Åkersberga Spring	Åkersberga	2	00:48:45	00:53:19	00:00:00	<b>01:42:04</b>
40	Henrik	Dafnäs	40-44		Stockholm	2	00:49:21	00:53:06	00:00:00	<b>01:42:27</b>
41	Magnus	Axelsson	55-59	Strängnäs Malmby OL	Strängnäs	2	00:50:33	00:56:05	00:00:00	<b>01:46:38</b>
42	Joakim	Lyder	40-44		Åkersberga	2	00:00:00	00:55:05	00:55:45	<b>01:50:50</b>
43	Johan	Fallman	45-49		Bromma	2	00:52:58	00:59:47	00:00:00	<b>01:52:45</b>
44	Tomas	Berg	40-44	BROTBY	Brottby	2	00:54:47	00:58:56	00:00:00	<b>01:53:43</b>
45	Ove	Eriksson	20-24		Enköping	2	00:56:55	00:00:00	00:57:05	<b>01:54:00</b>
46	Lars	Blanke	50-54	Lidingö Triathlon	Lidingö	2	00:54:37	00:59:48	00:00:00	<b>01:54:25</b>
47	Joakim	Malmerfelt	50-54	Åkersberga Triathlonförening	Åkersberga	2	00:56:14	00:59:07	00:00:00	<b>01:55:21</b>
48	Örjan	Östervall	45-49	Norra Stockholm Endurance	Åkersberga	2	00:53:38	01:02:31	00:00:00	<b>01:56:09</b>
49	Theodor	Ödlund	30-34		Stockholm	2	00:54:57	01:01:33	00:00:00	<b>01:56:30</b>
50	Markus	Bengtsson	25-29	MBLF	Årsta	2	00:55:03	01:02:23	00:00:00	<b>01:57:26</b>
51	Robert	Nolerstedt	40-44	TSM	Åkersberga	2	00:00:00	00:55:07	01:02:26	<b>01:57:33</b>
52	Anders	Örbom	40-44		Stocksund	2	00:55:29	01:02:25	00:00:00	<b>01:57:54</b>
53	Robert	Bergström	40-44	Sports Club Ocr	Vaxholm	2	00:55:54	01:02:11	00:00:00	<b>01:58:05</b>
54	Rune	Bergqvist	55-59	NSE	Vaxholm	2	00:56:24	01:02:30	00:00:00	<b>01:58:54</b>
55	Patrik	Svensson Gillstedt	35-39	Smashing BK	Stockholm	2	00:58:13	01:01:38	00:00:00	<b>01:59:51</b>
56	Mattias	Lundin	45-49	Norra Stockholm Endurance	Åkersberga	2	00:56:32	01:03:35	00:00:00	<b>02:00:07</b>
57	Fredrik	Severin	30-34	FEAR - Fuck Everything And	Åkersberga	2	00:00:00	00:59:41	01:00:52	<b>02:00:33</b>
58	Herman	Looström	50-54	Mörtnäs	VÄRMDÖ	2	00:00:00	00:57:41	01:06:13	<b>02:03:54</b>
59	Stefan	Wallin	35-39	Pro hackers	Åkersberga	2	00:57:05	01:12:49	00:00:00	<b>02:09:54</b>
60	Kenneth	Gustafsson	40-44	ÅKERSBERGA	ÅKERSBERGA	2	01:03:14	00:00:00	01:15:52	<b>02:19:06</b>
61	Pär	Nyström	30-34		Göteborg	2	00:58:17	00:00:00	01:21:11	<b>02:19:28</b>
62	Johan	Törnqvist	30-34	Team Ultimate OCR	Sollentuna	1	00:43:39	00:00:00	00:00:00	<b>00:43:39</b>
63	Kenny	Larsson	30-34		Tullinge	1	00:47:20	00:00:00	00:00:00	<b>00:47:20</b>
64	Fredrik	Stavfors	35-39	Vendelsö	Vendelsö	1	00:48:41	00:00:00	00:00:00	<b>00:48:41</b>
65	Andreas	Ån	35-39	MIT Tough Team	Hägersten	1	00:50:35	00:00:00	00:00:00	<b>00:50:35</b>
66	Mikael	Rönberg	40-44	Team Prowork	Vallentuna	1	00:50:37	00:00:00	00:00:00	<b>00:50:37</b>
67	Niclas	Conradsson	35-39	Åkersberga Spring	Åkersberga	1	00:51:02	00:00:00	00:00:00	<b>00:51:02</b>
68	Andreas	Arras	40-44	Älta Crossnature	Älta	1	00:51:25	00:00:00	00:00:00	<b>00:51:25</b>
69	Niclas	Greppi	40-44	Sports Club OCR	Vallentuna	1	00:00:00	00:00:00	00:52:52	<b>00:52:52</b>
70	Björn	Jansson	40-44	Väsby OK	Täby	1	00:53:12	00:00:00	00:00:00	<b>00:53:12</b>

71	Johan	Wiström	30-34		Solna	1	00:55:10	00:00:00	00:00:00	00:55:10
72	Markus	Vilval	35-39		Sundbyberg	1	00:55:59	00:00:00	00:00:00	00:55:59
73	Andreas	Bolin	35-39	Sollentuna	Sollentuna	1	00:00:00	00:00:00	00:56:13	00:56:13
74	Hans-Olov	Vesterlund	45-49	Sports Club OCR	Vallentuna	1	00:00:00	00:00:00	00:56:21	00:56:21
75	Daniel	Wallner	40-44		Sollentuna	1	00:00:00	00:00:00	00:57:56	00:57:56
76	Anders	Hermanson	45-49	Åkersberga Sportklubb	Åkersberga	1	00:58:18	00:00:00	00:00:00	00:58:18
77	Mikael	Sjösten	40-44	OCR i Salem och Rönninge	Rönninge	1	00:58:21	00:00:00	00:00:00	00:58:21
78	Claes	Miilus-Larsen	45-49	Åkersberga Sportklubb	Åkersberga	1	00:58:36	00:00:00	00:00:00	00:58:36
79	Jonas	Spångberg	40-44		Åkersberga	1	00:59:42	00:00:00	00:00:00	00:59:42
80	Daniel	Kritz	35-39		Solna	1	00:59:48	00:00:00	00:00:00	00:59:48
81	Patrik	Wester	30-34	Team Knutbjörn OK	Grödinge	1	00:00:00	00:00:00	01:00:35	01:00:35
82	Daniel	Lundqvist	40-44	OCR i Salem och Rönninge	Söderby	1	01:01:19	00:00:00	00:00:00	01:01:19
83	Jan	Eneroth	60+		Åkersberga	1	00:00:00	00:00:00	01:02:42	01:02:42
84	Thomas	Augustsson	50-54		Motala	1	01:03:13	00:00:00	00:00:00	01:03:13
85	Erik	Kilander	20-24		Bagarmossen	1	00:00:00	01:04:00	00:00:00	01:04:00
86	André	Isaksson	35-39		Tyresö	1	01:04:12	00:00:00	00:00:00	01:04:12
87	Daniel	Demorior	40-44	Åkersberga	Åkersberga	1	00:00:00	00:00:00	01:04:52	01:04:52
88	Zohaib	Aslam	30-34		Sundbyberg	1	01:06:22	00:00:00	00:00:00	01:06:22
89	Kevin	Moore	40-44		Åkersberga	1	01:09:31	00:00:00	00:00:00	01:09:31



## DAMER

Plats	Förnamn	Efternamn	Ålder	Ev team/förening	Postort / City	varv	TID VARV 1	TID VARV 2	TID VARV 3	TOTALT
1	Lina	El Kott Helander	20-24	Merrell	Östersund	3	00:45:05	00:48:53	00:50:46	02:24:44
2	Sanna	El Kott Helander	20-24	Merrell	Östersund	3	00:46:12	00:50:12	00:51:59	02:28:23
3	Janie	Nyström	25-29		Tyresö	3	00:49:42	00:52:37	01:00:27	02:42:46
4	Caroline	Egnerfors	35-39	Stockholm City Triathlon	Stockholm	3	00:53:38	00:55:50	00:55:09	02:44:37
5	Angelica	Wagneryd	35-39	Stockholm City Triathlon	Stockholm	3	00:49:16	00:56:30	01:01:57	02:47:43
6	Gabriella	Reiner	35-39	Club Running Sweden	Stockholm	3	00:56:26	00:58:14	01:02:16	02:56:56
7	Linda	Pilerud	35-39	T3ToughTeam	Skövde	3	00:53:59	00:57:38	01:06:47	02:58:24
8	Karin	Biwersi	40-44	Team Nordic Trail	Hölö	3	00:56:20	00:58:30	01:06:02	03:00:52
9	Sue	Paz Thunström	30-34	Stockholm Multisport	Stockholm	3	00:56:27	00:57:12	01:10:13	03:03:52
10	Caroline	Bengtsson	35-39	Stockholm Multisport	Solna	3	00:56:27	00:57:37	01:10:12	03:04:16
11	Katrin	Engelmark	35-39	Club Running Sweden	Johanneshov	3	00:58:15	01:00:13	01:15:35	03:14:03
12	Susanne	Hives	40-44		Bromma	2	00:54:27	00:58:38	00:00:00	01:53:05
13	Linda	Folkesson	25-29	MBLF	Årsta	2	00:55:03	01:02:31	00:00:00	01:57:34

14	Amanda	Gardelin	25-29	Väsby skidklubb	Järfälla	2	00:57:43	01:00:55	00:00:00	<b>01:58:38</b>
15	Charlotte	Rørdam	45-49	Åkersberga Spring	Åkersberga	2	00:58:41	00:00:00	01:12:28	<b>02:11:09</b>
16	Sofia	Appelberg	35-39	Team Ultimate OCR	Enskede	2	00:54:28	00:00:00	01:21:13	<b>02:15:41</b>
17	Pauline	Flodman	25-29		uppsala	2	01:07:34	00:00:00	01:11:32	<b>02:19:06</b>
18	Maria	Stubendorff	35-39		Bälinge	2	01:07:34	00:00:00	01:11:32	<b>02:19:06</b>
19	Katarina	Hilton	40-44	Norra Stockholm Endurance	Åkersberga	2	01:07:27	00:00:00	01:12:32	<b>02:19:59</b>
20	Karin	Handin	45-49		Österskär	2	01:11:51	00:00:00	01:21:01	<b>02:32:52</b>
21	Johanna	Eriksson	30-34	JÄRFÄLLA	JÄRFÄLLA	2	01:14:53	00:00:00	01:21:09	<b>02:36:02</b>
22	Madeleine	Larsson	35-39	Fredrikshofs IF	Stockholm	1	00:00:00	00:00:00	00:50:15	<b>00:50:15</b>
23	Victoria	Jansson	40-44		Bromma	1	00:00:00	00:00:00	00:54:02	<b>00:54:02</b>
24	Emma	Cajdert	25-29		Bromma	1	00:55:10	00:00:00	00:00:00	<b>00:55:10</b>
25	Jenny	Wallner	40-44		Sollentuna	1	00:00:00	00:00:00	00:55:19	<b>00:55:19</b>
26	Marit	Elfman	45-49		Huddinge	1	00:56:19	00:00:00	00:00:00	<b>00:56:19</b>
27	Nathalie	Flodman	25-29		uppsala	1	00:57:41	00:00:00	00:00:00	<b>00:57:41</b>
28	Sara	Johansson	12-15	Åkersberga Sportklubb	Åkersberga	1	00:57:42	00:00:00	00:00:00	<b>00:57:42</b>
29	Thea	Miilus-Larsen	12-15	Åkersberga Sportklubb	Åkersberga	1	00:57:46	00:00:00	00:00:00	<b>00:57:46</b>
30	Tina	Carell	50-54		Österskär	1	00:58:17	00:00:00	00:00:00	<b>00:58:17</b>
31	Lisa	Joulin	40-44	Sports Club OCR	Täby	1	00:00:00	00:00:00	01:00:48	<b>01:00:48</b>
32	Jessica	Johansson	40-44	Vendelsö	Vendelsö	1	01:01:05	00:00:00	00:00:00	<b>01:01:05</b>
33	Jenny	Berglund	45-49	Lidingö Triathlon	Lidingö	1	01:01:28	00:00:00	00:00:00	<b>01:01:28</b>
34	Jenny	Kanerva	35-39	OCR i Salem och Rönninge	Tumba	1	01:02:12	00:00:00	00:00:00	<b>01:02:12</b>
35	Linda	Skald	40-44	Stockholm	Stockholm	1	01:03:13	00:00:00	00:00:00	<b>01:03:13</b>
36	Elinor	Kilander	25-29		Hägersten	1	00:00:00	01:03:56	00:00:00	<b>01:03:56</b>
37	Monica	Manske	45-49	TSM	Solna	1	01:04:03	00:00:00	00:00:00	<b>01:04:03</b>
38	Therese	Haugen	35-39	FEAR - Fuck Everything And	Åkersberga	1	00:00:00	01:04:10	00:00:00	<b>01:04:10</b>
39	Monica	Demorior	40-44		Åkersberga	1	00:00:00	00:00:00	01:04:53	<b>01:04:53</b>
40	Erika	Rolin	25-29	Team Extremfabriken	Järfälla	1	01:06:02	00:00:00	00:00:00	<b>01:06:02</b>
41	Ylva	Bonde	35-39	Enskededalen	Enskededalen	1	00:00:00	01:06:51	00:00:00	<b>01:06:51</b>
42	Åsa	Karivainio	45-49		Åkersberga	1	01:06:59	00:00:00	00:00:00	<b>01:06:59</b>
43	Chatrine	Åkerberg	40-44	ÅKERSBERGA	Åkersberga	1	01:07:55	00:00:00	00:00:00	<b>01:07:55</b>
44	Klara	Bonde Hager	20-24	TYRESÖ	Tyresö	1	00:00:00	01:08:03	00:00:00	<b>01:08:03</b>
45	Caroline	Pettersson	30-34	FEAR - Fuck Everything And	Åkersberga	1	00:00:00	01:08:04	00:00:00	<b>01:08:04</b>
46	Sara	Jonsson	40-44	I	Österskär	1	01:08:06	00:00:00	00:00:00	<b>01:08:06</b>
47	Gudrun	Bonde	45-49	TYRESÖ	Tyresö	1	00:00:00	01:08:08	00:00:00	<b>01:08:08</b>
48	Sara	Wikman	35-39		Saltsjö-Boo	1	01:08:14	00:00:00	00:00:00	<b>01:08:14</b>
49	Mikaela	Lee	45-49	Sports Club OCR	Vallentuna	1	00:00:00	00:00:00	01:11:27	<b>01:11:27</b>
50	Jenny	Thörnberg	35-39	Norra Stockholm Endurance	Brottby	1	00:00:00	00:00:00	01:12:32	<b>01:12:32</b>
51	Emilia	Lasek	35-39		Brandbergen	1	00:00:00	01:18:28	00:00:00	<b>01:18:28</b>
52	Sofia	Lindecrantz	35-39	Sollentuna	Sollentuna	1	00:00:00	00:00:00	01:20:31	<b>01:20:31</b>

53	Åsa	Juhlin	35-39	Team Viverk	Åkersberga	1	01:22:13	00:00:00	00:00:00	<b>01:22:13</b>
54	Lina	Arras	35-39	Älta Crossnature	Älta	1	01:23:11	00:00:00	00:00:00	<b>01:23:11</b>