

# Bergslagsträffen, Sträcktidresultatlista

## 2017-09-23

<b>D21</b>		<b>3980 8</b>											
		<b>m</b>	<b>anmälda</b>										
1	Karin Stenback Kvarnsvedens GOIF OK	33:24	<b>2:33</b>	2:18	4:46	<b>4:16</b>	<b>0:49</b>	3:49	1:55	6:47	3:43	2:06	<b>0:22</b>
			<b>2:33</b>	4:51	<b>9:37</b>	<b>13:53</b>	<b>14:42</b>	<b>18:31</b>	<b>20:26</b>	<b>27:13</b>	<b>30:56</b>	<b>33:02</b>	<b>33:24</b>
2	Annika Östman Domnarvets GOIF	33:37	2:53	2:08	5:06	4:40	0:55	3:34	2:23	<b>5:54</b>	3:27	2:12	0:25
			2:53	5:01	10:07	14:47	15:42	19:16	21:39	27:33	31:00	33:12	33:37
3	Cecilia Einarsson Västerås SOK	34:20	2:40	3:47	<b>4:45</b>	4:39	1:04	<b>3:14</b>	<b>1:50</b>	5:57	3:58	<b>2:03</b>	0:23
			2:40	6:27	11:12	15:51	16:55	20:09	21:59	27:56	31:54	33:57	34:20
4	Hanna Brus Snättringe SK	34:40	<b>2:33</b>	<b>1:45</b>	5:30	4:45	1:37	3:40	1:59	6:47	<b>3:20</b>	2:17	0:27
			<b>2:33</b>	<b>4:18</b>	9:48	14:33	16:10	19:50	21:49	28:36	31:56	34:13	34:40
5	Aino Leijon Avesta OK	70:00	4:12	3:05	20:02	7:11	1:09	5:46	10:49	9:23	5:12	2:44	0:27
			4:12	7:17	27:19	34:30	35:39	41:25	52:14	61:37	66:49	69:33	70:00
6	Malin Ekman Sala OK	71:15	4:34	3:37	18:02	9:24	1:35	6:31	3:28	13:17	6:58	3:21	0:28
			4:34	8:11	26:13	35:37	37:12	43:43	47:11	60:28	67:26	70:47	71:15
	Hanna Klar Säterbygdens OK	Ej	3:40	3:55	7:20	42:19	1:20						0:35
			3:40	7:35	14:55	57:14	58:34					88:03	88:38

<b>H21</b>		<b>4900 5</b>												
		<b>m</b>	<b>anmälda</b>											
1	Kasper Westman Västerås SOK	34:11	<b>3:33</b>	4:39	<b>3:42</b>	<b>0:37</b>	<b>2:51</b>	<b>1:26</b>	<b>0:48</b>	<b>2:14</b>	3:25	<b>2:55</b>	<b>2:27</b>	3:25
			<b>3:33</b>	<b>8:12</b>	<b>11:54</b>	<b>12:31</b>	<b>15:22</b>	<b>16:48</b>	<b>17:36</b>	<b>19:50</b>	<b>23:15</b>	<b>26:10</b>	<b>28:37</b>	<b>32:02</b>
			<b>1:53</b>	<b>0:16</b>										
			<b>33:55</b>	<b>34:11</b>										
2	Henrik Wickström Arboga OK	38:28	3:41	<b>4:35</b>	4:10	0:45	3:41	1:53	<b>0:48</b>	2:57	<b>2:30</b>	3:19	4:33	<b>3:18</b>
			3:41	8:16	12:26	13:11	16:52	18:45	19:33	22:30	25:00	28:19	32:52	36:10
			1:56	0:22										
			38:06	38:28										
3	Martin Oldaeus Västerås SOK	43:23	6:22	4:36	4:01	0:58	3:24	1:54	1:06	2:42	3:06	5:32	3:14	3:59
			6:22	10:58	14:59	15:57	19:21	21:15	22:21	25:03	28:09	33:41	36:55	40:54
			2:05	0:24										
			42:59	43:23										
4	Henrik Brus Sävedalens AIK	44:41	4:24	5:19	3:53	0:50	3:29	1:56	3:06	2:37	3:15	4:00	3:11	6:01
			4:24	9:43	13:36	14:26	17:55	19:51	22:57	25:34	28:49	32:49	36:00	42:01
			2:17	0:23										
			44:18	44:41										
5	Andreas Sundström Västerås SOK	53:10	5:01	6:21	5:59	1:08	5:10	3:46	1:12	4:19	3:55	4:28	4:13	4:19
			5:01	11:22	17:21	18:29	23:39	27:25	28:37	32:56	36:51	41:19	45:32	49:51
			2:54	0:25										
			52:45	53:10										

<b>D18</b>		<b>3630 2</b>												
		<b>m</b>	<b>anmälda</b>											
1	Hanna Sundström Västerås SOK	47:53	<b>3:19</b>	<b>1:18</b>	<b>2:56</b>	<b>4:19</b>	<b>4:36</b>	<b>2:40</b>	<b>2:23</b>	<b>4:11</b>	<b>6:09</b>	<b>2:03</b>	<b>3:26</b>	<b>2:11</b>
			<b>3:19</b>	<b>4:37</b>	<b>7:33</b>	<b>11:52</b>	<b>16:28</b>	<b>19:08</b>	<b>21:31</b>	<b>25:42</b>	<b>31:51</b>	<b>33:54</b>	<b>37:20</b>	<b>39:31</b>
			<b>5:16</b>	<b>2:45</b>	<b>0:21</b>									
			<b>44:47</b>	<b>47:32</b>	<b>47:53</b>									

<b>D16</b>		<b>3530 7</b>												
		<b>m</b>	<b>anmälda</b>											
1	Emilia Brangefält Västerås SOK	40:54	3:41	<b>1:40</b>	<b>3:59</b>	8:11	4:38	2:30	7:52	1:47	1:30	2:15	<b>2:26</b>	0:25
			3:41	5:21	<b>9:20</b>	<b>17:31</b>	<b>22:09</b>	<b>24:39</b>	<b>32:31</b>	<b>34:18</b>	<b>35:48</b>	<b>38:03</b>	<b>40:29</b>	<b>40:54</b>

2	Sofia Djerf Västerbergslagens OL	43:13	3:20	2:00	7:33	<b>6:34</b>	<b>2:52</b>	2:30	8:43	2:35	1:38	2:08	2:56	0:24
			3:20	5:20	12:53	19:27	22:19	24:49	33:32	36:07	37:45	39:53	42:49	43:13
3	Maja Holmgren Västerås SOK	46:07	4:32	2:23	6:25	9:31	4:15	2:23	<b>7:37</b>	2:03	1:41	2:10	2:43	0:24
			4:32	6:55	13:20	22:51	27:06	29:29	37:06	39:09	40:50	43:00	45:43	46:07
4	Karin Wedman Västerbergslagens OL	46:27	<b>2:58</b>	1:42	11:24	9:52	3:01	2:22	<b>7:37</b>	<b>1:41</b>	<b>1:19</b>	<b>1:33</b>	2:35	<b>0:23</b>
			<b>2:58</b>	<b>4:40</b>	16:04	25:56	28:57	31:19	38:56	40:37	41:56	43:29	46:04	46:27
5	My Blixt Avesta OK	86:17	4:30	3:17	10:04	10:09	14:44	<b>1:43</b>	21:14	5:05	1:45	9:04	4:18	0:24
			4:30	7:47	17:51	28:00	42:44	44:27	65:41	70:46	72:31	81:35	85:53	86:17
	Hanna Eriksson Norbergs OK	Ej godk.	3:54	2:17	8:41	18:32								<b>0:23</b>
			3:54	6:11	14:52	33:24						73:00	73:23	

### H16 3530 5 m anmälda

1	Casper Hedar OK Tor	31:39	2:20	<b>1:44</b>	4:53	<b>4:03</b>	3:24	<b>1:14</b>	6:16	<b>1:38</b>	<b>1:16</b>	<b>1:51</b>	2:38	0:22
			2:20	<b>4:04</b>	8:57	<b>13:00</b>	<b>16:24</b>	<b>17:38</b>	<b>23:54</b>	<b>25:32</b>	<b>26:48</b>	<b>28:39</b>	<b>31:17</b>	<b>31:39</b>
2	Emil Sone Attunda OK	36:13	2:56	1:48	<b>3:59</b>	5:55	2:52	2:48	6:41	1:43	1:52	2:30	2:42	0:27
			2:56	4:44	<b>8:43</b>	14:38	17:30	20:18	26:59	28:42	30:34	33:04	35:46	36:13
3	Filip Bäck Arboga OK	37:59	3:10	2:01	4:10	7:05	<b>2:39</b>	1:36	<b>6:01</b>	2:04	1:58	4:29	<b>2:27</b>	<b>0:19</b>
			3:10	5:11	9:21	16:26	19:05	20:41	26:42	28:46	30:44	35:13	37:40	37:59
4	Samuel Stålnäbb Domnarvets GOIF	44:37	<b>2:17</b>	2:05	6:14	8:52	2:50	1:35	7:02	2:19	3:49	2:34	4:37	0:23
			<b>2:17</b>	4:22	10:36	19:28	22:18	23:53	30:55	33:14	37:03	39:37	44:14	44:37

### D16 Kort 2950 2 m anmälda

1	Sigrid Fröberg OK Roxen	45:18	<b>1:45</b>	<b>7:12</b>	<b>2:49</b>	<b>4:30</b>	<b>3:07</b>	<b>2:49</b>	<b>9:45</b>	<b>7:25</b>	<b>3:26</b>	<b>2:09</b>	<b>0:21</b>
			<b>1:45</b>	<b>8:57</b>	<b>11:46</b>	<b>16:16</b>	<b>19:23</b>	<b>22:12</b>	<b>31:57</b>	<b>39:22</b>	<b>42:48</b>	<b>44:57</b>	<b>45:18</b>
	Ida Paananen OK Hedströmmen	Ej godk.			12:58				19:53		26:19	26:41	0:22

### D14 2950 9 m anmälda

1	Jonna Sandberg Köping-Kolsva OK	29:29	1:58	2:15	1:59	3:47	2:14	2:14	5:34	4:42	1:54	2:27	0:25
			1:58	4:13	6:12	<b>9:59</b>	<b>12:13</b>	14:27	20:01	<b>24:43</b>	<b>26:37</b>	<b>29:04</b>	<b>29:29</b>
2	Alma Wallman Västerbergslagens OL	31:06	1:34	<b>1:51</b>	<b>1:35</b>	5:41	1:49	<b>1:38</b>	<b>3:59</b>	9:00	<b>1:32</b>	2:04	0:23
			1:34	3:25	<b>5:00</b>	10:41	12:30	<b>14:08</b>	<b>18:07</b>	27:07	28:39	30:43	31:06
3	Tilda Borgström Avesta OK	31:14	3:02	3:18	2:00	3:41	2:18	2:11	5:25	4:53	1:52	2:11	0:23
			3:02	6:20	8:20	12:01	14:19	16:30	21:55	26:48	28:40	30:51	31:14
4	Wilma Thornell Surahammars SOK	31:39	<b>1:23</b>	1:57	4:45	4:08	<b>1:44</b>	1:55	6:34	5:12	1:49	<b>1:50</b>	0:22
			<b>1:23</b>	<b>3:20</b>	8:05	12:13	13:57	15:52	22:26	27:38	29:27	31:17	31:39
5	Agnes Wallin Korsnäs IF OK	36:23	1:55	2:48	2:55	4:27	5:27	2:11	6:43	5:19	1:57	2:16	0:25
			1:55	4:43	7:38	12:05	17:32	19:43	26:26	31:45	33:42	35:58	36:23
6	Olga Rindeskog Västerbergslagens OL	36:30	1:50	1:53	5:49	<b>3:30</b>	2:18	6:19	6:29	<b>3:57</b>	1:43	2:18	0:24
			1:50	3:43	9:32	13:02	15:20	21:39	28:08	32:05	33:48	36:06	36:30
7	Saga Mattsson Dalaportens OL	38:36	2:39	2:33	3:02	8:24	2:31	2:26	6:48	5:27	1:54	2:23	0:29
			2:39	5:12	8:14	16:38	19:09	21:35	28:23	33:50	35:44	38:07	38:36
8	Fanny Andersson Västerås SOK	46:41	3:01	3:38	2:45	6:19	3:29	7:25	8:49	5:37	2:20	2:54	0:24
			3:01	6:39	9:24	15:43	19:12	26:37	35:26	41:03	43:23	46:17	46:41
9	Tilde Blixt Avesta OK	65:19	2:21	7:39	2:30	6:18	7:22	2:51	16:40	6:59	8:59	3:19	<b>0:21</b>
			2:21	10:00	12:30	18:48	26:10	29:01	45:41	52:40	61:39	64:58	65:19

<b>H14</b>		<b>2950 9</b>											
		<b>m</b>	<b>anmälda</b>										
1	Ludvig Bylund Fagersta OK	27:19	2:05	2:18	2:24	<b>3:20</b>	<b>1:57</b>	<b>1:58</b>	<b>5:12</b>	4:01	1:39	<b>2:04</b>	<b>0:21</b>
			2:05	4:23	6:47	<b>10:07</b>	<b>12:04</b>	<b>14:02</b>	<b>19:14</b>	<b>23:15</b>	<b>24:54</b>	<b>26:58</b>	<b>27:19</b>
2	Arvid Eriksson Norbergs OK	29:10	<b>1:50</b>	2:40	<b>1:59</b>	4:36	2:00	2:16	5:35	4:04	1:35	2:13	0:22
			<b>1:50</b>	4:30	6:29	11:05	13:05	15:21	20:56	25:00	26:35	28:48	29:10
3	Elmer Öhgren Karlsbyhedens OK	32:42	3:30	<b>2:08</b>	2:54	3:40	2:43	2:19	7:25	<b>3:19</b>	1:41	2:38	0:25
			3:30	5:38	8:32	12:12	14:55	17:14	24:39	27:58	29:39	32:17	32:42
4	Elias Jeb Bergroth Västerås SOK	33:26	1:51	2:24	2:10	4:24	5:30	2:48	6:02	3:57	<b>1:30</b>	2:26	0:24
			1:51	<b>4:15</b>	<b>6:25</b>	10:49	16:19	19:07	25:09	29:06	30:36	33:02	33:26
5	Linus Folkjern Dalaportens OL	36:52	4:07	2:29	2:12	4:12	3:45	2:27	6:19	6:07	2:18	2:35	<b>0:21</b>
			4:07	6:36	8:48	13:00	16:45	19:12	25:31	31:38	33:56	36:31	36:52
6	Eric Bäck Arboga OK	47:48	2:12	10:27	2:24	4:18	3:21	3:10	7:39	8:46	2:27	2:43	<b>0:21</b>
			2:12	12:39	15:03	19:21	22:42	25:52	33:31	42:17	44:44	47:27	47:48
7	Daniel Lind Dalaportens OL	79:34	4:30	26:44	3:20	4:30	5:02	9:14	8:43	5:48	8:09	3:07	0:27
			4:30	31:14	34:34	39:04	44:06	53:20	62:03	67:51	76:00	79:07	79:34
	Ossian Kihlström Dalaportens OL	Ej godk.	2:19								12:29	4:21	0:24
			2:19							23:42	36:11	40:32	40:56

<b>D14</b>		<b>2020 1</b>											
<b>Kort</b>		<b>m</b>	<b>anmälda</b>										
1	Clara Svensson Surahammars SOK	24:02	<b>4:32</b>	<b>2:28</b>	<b>3:08</b>	<b>2:20</b>	<b>2:55</b>	<b>1:14</b>	<b>1:52</b>	<b>1:47</b>	<b>1:30</b>	<b>1:53</b>	<b>0:23</b>
			<b>4:32</b>	<b>7:00</b>	<b>10:08</b>	<b>12:28</b>	<b>15:23</b>	<b>16:37</b>	<b>18:29</b>	<b>20:16</b>	<b>21:46</b>	<b>23:39</b>	<b>24:02</b>

<b>H14</b>		<b>2020 1</b>											
<b>Kort</b>		<b>m</b>	<b>anmälda</b>										
1	Edvin Berggren OK Hedströmmen	26:36	<b>4:16</b>	<b>2:56</b>	<b>3:00</b>	<b>3:06</b>	<b>2:35</b>	<b>1:36</b>	<b>2:58</b>	<b>1:59</b>	<b>1:37</b>	<b>2:11</b>	<b>0:22</b>
			<b>4:16</b>	<b>7:12</b>	<b>10:12</b>	<b>13:18</b>	<b>15:53</b>	<b>17:29</b>	<b>20:27</b>	<b>22:26</b>	<b>24:03</b>	<b>26:14</b>	<b>26:36</b>

<b>D12</b>		<b>2020 9</b>											
		<b>m</b>	<b>anmälda</b>										
1	Amanda Bäck Arboga OK	19:57	2:35	1:40	1:47	2:03	<b>1:39</b>	1:27	<b>1:39</b>	2:01	1:58	2:31	0:37
			2:35	4:15	6:02	<b>8:05</b>	<b>9:44</b>	<b>11:11</b>	<b>12:50</b>	<b>14:51</b>	<b>16:49</b>	<b>19:20</b>	<b>19:57</b>
2	Emily Kruys IF Thor	20:13	2:43	2:26	<b>1:38</b>	<b>1:58</b>	1:43	1:59	2:02	1:34	1:45	2:07	<b>0:18</b>
			2:43	5:09	6:47	8:45	10:28	12:27	14:29	16:03	17:48	19:55	20:13
3	Elvira Björnberg Västerås SOK	21:36	<b>2:16</b>	<b>1:32</b>	2:03	4:11	2:46	1:10	1:45	1:41	<b>1:13</b>	2:41	<b>0:18</b>
			<b>2:16</b>	<b>3:48</b>	<b>5:51</b>	10:02	12:48	13:58	15:43	17:24	18:37	21:18	21:36
4	Tova Grönberg Arboga OK	25:26	2:50	2:11	4:07	2:29	2:24	2:16	2:52	2:02	1:28	2:22	0:25
			2:50	5:01	9:08	11:37	14:01	16:17	19:09	21:11	22:39	25:01	25:26
5	Signe Öhgren Karlsbyhedens OK	25:49	2:41	1:38	2:41	3:14	2:00	<b>1:07</b>	5:55	<b>1:29</b>	3:00	<b>1:39</b>	0:25
			2:41	4:19	7:00	10:14	12:14	13:21	19:16	20:45	23:45	25:24	25:49
6	Lovisa Djerf Västerbergslagens OL	27:07	4:49	2:06	4:10	2:31	2:20	2:26	2:41	2:07	1:25	2:07	0:25
			4:49	6:55	11:05	13:36	15:56	18:22	21:03	23:10	24:35	26:42	27:07
7	Nelly Rindeskog Västerbergslagens OL	41:26	3:43	3:02	4:19	3:02	4:30	4:17	3:15	9:23	2:58	2:23	0:34
			3:43	6:45	11:04	14:06	18:36	22:53	26:08	35:31	38:29	40:52	41:26

<b>H12</b>		<b>2020 13</b>											
		<b>m</b>	<b>anmälda</b>										
1	Arvid Jonforsen Hallstahammars OK	14:54	<b>1:59</b>	<b>1:36</b>	<b>1:16</b>	<b>1:21</b>	<b>1:26</b>	1:15	1:36	<b>1:31</b>	<b>1:07</b>	<b>1:27</b>	<b>0:20</b>
			<b>1:59</b>	<b>3:35</b>	<b>4:51</b>	<b>6:12</b>	<b>7:38</b>	<b>8:53</b>	<b>10:29</b>	<b>12:00</b>	<b>13:07</b>	<b>14:34</b>	<b>14:54</b>
2	Vidar Nettelmark Surahammars SOK	16:47	2:25	2:03	1:40	1:26	1:51	1:05	<b>1:30</b>	1:36	1:14	1:35	0:22
			2:25	4:28	6:08	7:34	9:25	10:30	12:00	13:36	14:50	16:25	16:47
3	Malte Söderlund Karlsbyhedens OK	17:44	2:20	1:46	1:39	2:20	1:39	<b>1:00</b>	1:38	1:32	1:43	1:45	0:22
			2:20	4:06	5:45	8:05	9:44	10:44	12:22	13:54	15:37	17:22	17:44
4	Rasmus Hedar OK Tor	18:03	2:12	1:54	2:04	1:43	1:50	1:09	1:36	1:46	1:25	2:00	0:24
			2:12	4:06	6:10	7:53	9:43	10:52	12:28	14:14	15:39	17:39	18:03
5	Josiah Bergroth Västerås SOK	18:23	2:18	1:46	3:25	1:35	1:42	1:06	1:38	1:35	1:08	1:43	0:27
			2:18	4:04	7:29	9:04	10:46	11:52	13:30	15:05	16:13	17:56	18:23
6	Rasmus Viberg OK Roxen	19:48	2:38	1:59	1:57	2:44	2:10	1:08	1:35	1:49	1:17	2:05	0:26
			2:38	4:37	6:34	9:18	11:28	12:36	14:11	16:00	17:17	19:22	19:48
7	Dennis Bjurstedt Surahammars SOK	19:50	2:33	1:56	1:41	2:24	2:28	1:22	2:12	1:57	1:10	1:45	0:22
			2:33	4:29	6:10	8:34	11:02	12:24	14:36	16:33	17:43	19:28	19:50
8	Nils Arvid Wedman Västerbergslagens OL	21:45	2:12	1:57	1:52	4:06	2:05	1:11	2:38	2:08	1:18	1:53	0:25
			2:12	4:09	6:01	10:07	12:12	13:23	16:01	18:09	19:27	21:20	21:45
9	Kalle Andersson OK Hedströmmen	23:43	3:24	2:42	3:26	1:59	2:04	1:21	2:01	2:25	1:57	1:59	0:25
			3:24	6:06	9:32	11:31	13:35	14:56	16:57	19:22	21:19	23:18	23:43
10	Oskar Engström Dalaportens OL	40:22	4:24	4:10	6:49	3:58	6:27	2:23	3:25	2:25	3:02	2:54	0:25
			4:24	8:34	15:23	19:21	25:48	28:11	31:36	34:01	37:03	39:57	40:22
11	Robin Bergroth Västerås SOK	57:00	4:33	18:38	8:23	5:27	5:42	3:06	3:05	2:34	2:17	2:50	0:25
			4:33	23:11	31:34	37:01	42:43	45:49	48:54	51:28	53:45	56:35	57:00

<b>D10</b>		<b>1900 8</b>											
		<b>m</b>	<b>anmälda</b>										
1	Signe Folkjern Dalaportens OL	17:35	2:23	2:58	<b>1:35</b>	1:07	<b>1:46</b>	1:14	2:03	<b>1:28</b>	2:37	<b>0:24</b>	
			2:23	5:21	<b>6:56</b>	8:03	<b>9:49</b>	11:03	13:06	<b>14:34</b>	17:11	<b>17:35</b>	
2	Freja Mattila Hallstahammars OK	17:41	2:34	<b>2:31</b>	2:03	<b>0:51</b>	1:50	<b>1:09</b>	<b>1:48</b>	2:02	2:02	0:51	
			2:34	<b>5:05</b>	7:08	<b>7:59</b>	<b>9:49</b>	<b>10:58</b>	<b>12:46</b>	14:48	<b>16:50</b>	17:41	
3	Frida Herbst Västerås SOK	19:02	4:03	3:16	1:47	0:56	1:52	1:10	<b>1:48</b>	1:47	<b>1:58</b>	0:25	
			4:03	7:19	9:06	10:02	11:54	13:04	14:52	16:39	18:37	19:02	
4	Kajsa Bergroth Västerås SOK	24:42	<b>2:19</b>	6:16	1:36	1:00	2:05	1:17	1:58	5:13	2:31	0:27	
			<b>2:19</b>	8:35	10:11	11:11	13:16	14:33	16:31	21:44	24:15	24:42	
5	Lovisa Björnberg Västerås SOK	28:44	3:50	2:47	2:28	1:59	2:35	2:40	3:31	5:40	2:44	0:30	
			3:50	6:37	9:05	11:04	13:39	16:19	19:50	25:30	28:14	28:44	
	Meja Kihlström Dalaportens OL	Ej godk.	4:55		1:52	2:47	2:35	4:00	2:51	2:59	0:44		
			4:55		17:53	19:45	22:32	25:07	29:07	31:58	34:57	35:41	

<b>H10</b>		<b>1900 7</b>											
		<b>m</b>	<b>anmälda</b>										
1	Gustav Juhlin Västerås SOK	20:01	2:18	2:44	<b>1:23</b>	<b>0:49</b>	1:50	1:32	<b>1:48</b>	5:01	2:11	0:25	
			2:18	<b>5:02</b>	<b>6:25</b>	<b>7:14</b>	<b>9:04</b>	<b>10:36</b>	<b>12:24</b>	17:25	<b>19:36</b>	<b>20:01</b>	
2	Albin Svensson Surahammars SOK	20:10	3:19	<b>2:17</b>	2:16	1:10	2:52	1:31	1:52	1:55	2:30	0:28	
			3:19	5:36	7:52	9:02	11:54	13:25	15:17	<b>17:12</b>	19:42	20:10	
3	Olle Oldaeus Västerås SOK	24:00	3:39	5:21	1:24	0:56	2:00	1:16	1:49	4:52	2:23	<b>0:20</b>	
			3:39	9:00	10:24	11:20	13:20	14:36	16:25	21:17	23:40	24:00	
4	Ludvig Juhlin Västerås SOK	24:37	<b>1:55</b>	11:25	1:49	0:55	<b>1:42</b>	<b>1:03</b>	1:52	<b>1:53</b>	<b>1:37</b>	0:26	
			<b>1:55</b>	13:20	15:09	16:04	17:46	18:49	20:41	22:34	24:11	24:37	
5	Per Gustav Wedman Västerbergslagens OL	26:11	3:02	2:42	2:48	1:31	2:57	2:20	3:07	4:56	2:20	0:28	
			3:02	5:44	8:32	10:03	13:00	15:20	18:27	23:23	25:43	26:11	

6	Isak Stinessen	29:25	3:13	2:22	2:48	1:00	1:55	1:34	2:20	11:15	2:29	0:29
	Dalaportens OL		3:13	5:35	8:23	9:23	11:18	12:52	15:12	26:27	28:56	29:25
7	Hampus Enarsson	29:59	3:33	13:49	1:50	1:03	1:43	1:04	1:54	1:58	2:33	0:32
	Köping-Kolsva OK		3:33	17:22	19:12	20:15	21:58	23:02	24:56	26:54	29:27	29:59

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**H35** **4310 2**  
m anmälda

1	Johan Herbst	41:03	2:49	<b>1:08</b>	3:49	<b>4:11</b>	4:57	3:47	<b>1:35</b>	<b>9:26</b>	<b>4:21</b>	2:14	<b>2:20</b>	0:26
	Västerås SOK		2:49	3:57	7:46	11:57	16:54	20:41	22:16	<b>31:42</b>	<b>36:03</b>	<b>38:17</b>	<b>40:37</b>	<b>41:03</b>
2	Henrik	44:05	<b>2:29</b>	1:22	<b>3:42</b>	4:15	<b>4:00</b>	<b>3:26</b>	1:39	11:51	6:52	<b>1:39</b>	2:25	<b>0:25</b>
	Nettelmark Surahammars SOK		<b>2:29</b>	<b>3:51</b>	<b>7:33</b>	<b>11:48</b>	<b>15:48</b>	<b>19:14</b>	<b>20:53</b>	32:44	39:36	41:15	43:40	44:05

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**D40** **3400 1**  
m anmälda

1	Jenny	37:55	<b>5:25</b>	<b>2:30</b>	<b>2:33</b>	<b>2:25</b>	<b>4:09</b>	<b>2:00</b>	<b>2:43</b>	<b>6:36</b>	<b>2:11</b>	<b>1:52</b>	<b>1:59</b>	<b>3:07</b>
	Sigurdsson Västerås SOK		<b>5:25</b>	<b>7:55</b>	<b>10:28</b>	<b>12:53</b>	<b>17:02</b>	<b>19:02</b>	<b>21:45</b>	<b>28:21</b>	<b>30:32</b>	<b>32:24</b>	<b>34:23</b>	<b>37:30</b>
			<b>0:25</b>											
			<b>37:55</b>											

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**H40** **3980 11**  
m anmälda

1	Jonas Lindegren	31:05	2:21	2:36	<b>4:11</b>	<b>3:53</b>	<b>0:52</b>	4:25	<b>1:38</b>	<b>5:33</b>	3:23	<b>1:53</b>	0:20
	Västerås SOK		2:21	4:57	9:08	<b>13:01</b>	<b>13:53</b>	18:18	19:56	<b>25:29</b>	<b>28:52</b>	<b>30:45</b>	<b>31:05</b>
2	Mattias Löfqvist	31:17	2:22	<b>1:52</b>	4:50	4:39	0:53	<b>3:11</b>	1:46	6:14	3:15	1:55	0:20
	Västerås SOK		2:22	<b>4:14</b>	<b>9:04</b>	13:43	14:36	<b>17:47</b>	<b>19:33</b>	25:47	29:02	30:57	31:17
3	Martin Juhlin	34:54	2:15	2:36	4:37	4:41	0:57	3:36	3:41	6:03	3:48	2:12	0:28
	Västerås SOK		2:15	4:51	9:28	14:09	15:06	18:42	22:23	28:26	32:14	34:26	34:54
4	Thomas Törnkvist	35:38	2:57	2:04	5:14	5:17	1:15	3:45	1:54	6:31	3:46	2:27	0:28
	Köping-Kolsva OK		2:57	5:01	10:15	15:32	16:47	20:32	22:26	28:57	32:43	35:10	35:38
5	Peter Östman	44:55	<b>2:11</b>	12:58	4:29	4:12	0:54	3:17	1:44	10:17	<b>2:35</b>	1:57	0:21
	Västerbergslagens OL		<b>2:11</b>	15:09	19:38	23:50	24:44	28:01	29:45	40:02	42:37	44:34	44:55
6	Daniel Björnberg	45:02	5:00	2:08	8:34	5:35	0:55	4:21	1:46	10:24	3:23	2:37	<b>0:19</b>
	Västerås SOK		5:00	7:08	15:42	21:17	22:12	26:33	28:19	38:43	42:06	44:43	45:02
7	Niklas Nilsson	51:07	3:33	4:06	8:45	6:32	1:37	6:05	3:52	8:24	4:40	3:09	0:24
	Dalaportens OL		3:33	7:39	16:24	22:56	24:33	30:38	34:30	42:54	47:34	50:43	51:07
8	Per Stinessen	60:41	4:21	4:53	8:13	12:09	1:56	7:13	3:23	8:40	5:30	3:55	0:28
	Dalaportens OL		4:21	9:14	17:27	29:36	31:32	38:45	42:08	50:48	56:18	60:13	60:41
9	Kjell Holm	60:44	3:43	6:35	7:08	8:25	1:58	4:30	3:37	15:45	6:01	2:32	0:30
	Dalaportens OL		3:43	10:18	17:26	25:51	27:49	32:19	35:56	51:41	57:42	60:14	60:44
10	Jakob Wedman	75:00	4:12	4:13	10:10	10:50	2:10	8:04	4:31	14:30	10:02	5:39	0:39
	Västerbergslagens OL		4:12	8:25	18:35	29:25	31:35	39:39	44:10	58:40	68:42	74:21	75:00
	Mikael Backlund	Ej	4:46	2:14	5:24	5:16	1:12	3:36	1:52	6:25			0:24
	Dalaportens OL	godk.	4:46	7:00	12:24	17:40	18:52	22:28	24:20	30:45		37:22	37:46

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**D45** **3190 6**  
m anmälda

1	Annika	31:59	<b>1:42</b>	<b>2:00</b>	<b>1:30</b>	4:24	<b>2:00</b>	4:00	<b>1:45</b>	<b>3:44</b>	<b>3:05</b>	<b>2:52</b>	<b>1:54</b>	<b>2:36</b>
	Sundström		<b>1:42</b>	<b>3:42</b>	<b>5:12</b>	<b>9:36</b>	<b>11:36</b>	15:36	<b>17:21</b>	<b>21:05</b>	<b>24:10</b>	<b>27:02</b>	<b>28:56</b>	<b>31:32</b>
	Västerås SOK		0:27											
			<b>31:59</b>											
2	Jenny Lind	40:19	2:07	2:21	1:48	4:28	2:18	<b>2:22</b>	5:46	4:48	5:04	3:32	2:29	2:47
	Öhgren		2:07	4:28	6:16	10:44	13:02	<b>15:24</b>	21:10	25:58	31:02	34:34	37:03	39:50





<b>H55</b>		<b>3400 5</b>													
		<b>m</b>	<b>anmälda</b>												
1	Kjell Klar Säterbygdens OK	29:09	4:59 4:59 0:27 <b>29:09</b>	<b>1:41</b>	2:01	2:02	3:15	1:51	<b>1:30</b>	4:36	<b>1:28</b>	1:23	<b>1:41</b>	<b>2:15</b>	
2	Anders Lund Järfälla OK	30:21	<b>4:17</b> <b>4:17</b> <b>0:23</b> 30:21	1:46	<b>1:37</b>	1:52	4:24	<b>1:28</b>	2:09	<b>4:22</b>	1:39	1:19	2:31	2:34	
3	Bengt Haglund Leksands OK	31:16	5:11 5:11 0:27 31:16	1:44	1:57	<b>1:27</b>	<b>3:00</b>	1:34	1:51	7:09	1:41	<b>1:16</b>	1:44	<b>2:15</b>	
4	Anders S Nyberg Säterbygdens OK	38:12	5:13 5:13 0:24 38:12	2:18	3:14	2:18	5:33	1:52	2:15	6:17	1:48	1:46	2:09	3:05	
5	Bo Wallin Korsnäs IF OK	55:50	7:05 7:05 0:28 55:50	5:05	3:22	4:26	6:47	3:30	3:42	8:05	2:48	3:46	2:52	3:54	

<b>H60</b>		<b>3400 7</b>													
		<b>m</b>	<b>anmälda</b>												
1	Lars Lönnkvist Tullinge SK	28:36	<b>3:46</b> <b>3:46</b> 0:23 <b>28:36</b>	<b>1:51</b>	<b>1:30</b>	2:51	<b>2:39</b>	3:16	<b>1:25</b>	4:43	<b>1:25</b>	<b>1:13</b>	<b>1:46</b>	<b>1:48</b>	
2	Thom Sandvik Avesta OK	31:21	4:35 4:35 0:27 31:21	2:01	1:53	2:24	3:41	2:17	2:08	<b>4:36</b>	1:48	1:17	2:01	2:13	
3	Svante Lindgren Korsnäs IF OK	31:30	4:22 4:22 0:29 31:30	3:03	2:17	<b>1:42</b>	2:51	1:43	1:44	5:09	1:57	1:30	2:18	2:25	
4	Johnny Nilsson Stora Skedvi IK SOFF	32:40	5:02 5:02 <b>0:21</b> 32:40	1:54	2:12	1:48	2:57	<b>1:38</b>	2:36	5:00	1:45	1:45	3:26	2:16	
5	Jan-Olof Björklund Bjursås OK	33:28	8:14 8:14 0:32 33:28	1:52	1:34	1:46	2:44	1:51	1:56	5:14	1:43	1:30	2:09	2:23	
6	Bengt Hansson Säterbygdens OK	49:02	7:02 7:02 0:32 49:02	2:46	2:34	3:38	4:42	3:09	2:48	6:42	2:35	2:59	6:21	3:14	
	Hans-Erik Lang Västerbergslagens OL	Ej godk.	4:45 4:45 0:24 31:20	1:55	1:41	1:51	2:53	2:05	1:48	4:39	1:51	2:14		30:56	

<b>D65</b>		<b>2610 5</b>													
		<b>m</b>	<b>anmälda</b>												
1	Annica Lindell Lang Västerbergslagens OL	34:51	5:11 5:11	4:38	3:26	2:48	<b>2:32</b>	7:10	2:07	<b>2:56</b>	3:31	0:32			
2	Margareta Löfqvist Västerås SOK	35:35	5:14 5:14	4:08	3:21	2:48	2:47	6:58	2:50	3:16	3:38	0:35			
3	Lena Hedman	36:48	4:57	5:21	3:07	3:15	2:59	7:05	2:36	3:03	3:52	0:33			





6	Karl-Gustav Klemets Köping-Kolsva OK	57:36	2:28 2:28 0:40 57:36	2:35	<b>1:52</b>	<b>4:26</b>	2:29	<b>2:15</b>	2:33	13:14	10:38	6:27	4:08	3:51
7	Rune Vikman Västerås SOK	57:48	7:27 7:27 0:39 57:48	2:51	2:27	4:53	3:29	3:13	3:39	5:51	7:28	9:05	2:58	3:48
8	Östen Andersson Västerbergslagens OL	67:17	2:59 2:59 0:36 67:17	3:12	11:57	6:35	4:27	3:55	5:08	6:36	6:05	7:51	3:33	4:23
9	Sten Blomkvist Västerbergslagens OL	71:51	2:25 2:25 0:37 71:51	4:53	2:11	10:32	3:06	3:24	3:07	19:11	6:26	5:22	6:30	4:07
	Jan Olof Dahlström Bjursås OK	Ej godk.	<b>2:03</b> <b>2:03</b>	4:44 6:47	2:00 8:47									
	Sven-Olof Asp Leksands OK	Ej godk.	2:09 2:09 <b>0:32</b> 38:17						<b>2:16</b>	5:39	<b>3:25</b>	<b>3:20</b>	<b>2:15</b>	<b>3:08</b>
	Bo Danmo Domnarvets GOIF	Ej godk.	3:15 3:15	7:51 11:06	6:14 17:20				17:42	19:58	25:37	29:02	32:22	34:37 37:45

**D75** **2110 3**  
**m anmälda**

1	Gunborg Westin Leksands OK	36:24	<b>2:35</b>	<b>3:24</b>	4:04	<b>2:25</b>	<b>2:38</b>	8:29	<b>5:57</b>	<b>3:18</b>	<b>3:04</b>	<b>0:30</b>
2	Inger Olsson Sala OK	43:10	3:11	4:09	<b>3:08</b>	3:16	4:35	<b>3:51</b>	8:34	5:20	6:17	0:49
3	Irma Bjärud Västerbergslagens OL	51:58	3:49	4:40	3:27	3:58	5:27	5:41	13:58	4:31	5:35	0:52

**H75** **2980 6**  
**m anmälda**

1	Kjell Mjöberg Hallstahammars OK	34:57	<b>5:58</b>	<b>2:25</b>	2:56	<b>2:22</b>	<b>2:14</b>	7:39	2:26	<b>1:54</b>	3:21	<b>3:11</b>	0:31
2	Ingemar Jonsson Hallstahammars OK	39:09	7:02	3:47	3:15	3:00	3:32	<b>7:13</b>	<b>2:12</b>	2:25	<b>2:57</b>	3:16	<b>0:30</b>
3	Rolf Bjärud Västerbergslagens OL	40:06	6:44	3:00	3:07	2:46	2:37	7:18	4:57	2:00	3:34	3:27	0:36
4	Tryggve Ottosson Korsnäs IF OK	56:26	6:15	22:51	<b>2:36</b>	2:43	2:23	7:54	2:25	2:05	3:21	3:18	0:35
5	Bore Nyberg Säterbygdens OK	59:54	9:12	5:31	4:45	4:17	4:28	9:01	3:37	3:25	9:53	4:56	0:49

**D80** **2110 2**  
**m anmälda**

1	Ulla Nykvist Rembo IK	65:54	<b>4:41</b>	6:44	<b>5:21</b>	8:15	<b>9:28</b>	<b>5:40</b>	<b>14:05</b>	<b>4:21</b>	<b>6:27</b>	<b>0:52</b>
2	Birgit Haglund OK Hedströmmen	67:38	<b>4:41</b>	11:25	16:46	25:01	34:29	40:09	54:14	<b>58:35</b>	<b>65:02</b>	<b>65:54</b>

<b>H80</b>		<b>2610 6</b>											
		<b>m</b>	<b>anmälda</b>										
1	Janne Månsson Leksands OK	36:24	5:18	<b>3:47</b>	2:54	3:03	2:49	7:39	<b>2:35</b>	<b>3:35</b>	<b>4:04</b>	0:40	
			5:18	9:05	11:59	15:02	17:51	25:30	<b>28:05</b>	<b>31:40</b>	<b>35:44</b>	<b>36:24</b>	
2	Karl Henrik Lovang Västerbergslagens OL	40:52	5:41	5:16	3:10	<b>2:57</b>	3:01	8:28	2:49	4:04	4:41	0:45	
			5:41	10:57	14:07	17:04	20:05	28:33	31:22	35:26	40:07	40:52	
3	Lennart Eriksson OK Enen	59:17	5:31	4:15	3:44	4:16	3:10	9:50	19:14	4:32	4:06	0:39	
			5:31	9:46	13:30	17:46	20:56	30:46	50:00	54:32	58:38	59:17	
4	Ingmar Nykvist Rembo IK	62:10	7:41	5:58	5:05	5:27	4:05	9:25	6:44	12:45	4:15	0:45	
			7:41	13:39	18:44	24:11	28:16	37:41	44:25	57:10	61:25	62:10	
5	Signar Palm Hallstahammars OK	67:49	5:56	5:32	4:23	3:24	14:55	9:40	7:47	11:09	4:19	0:44	
			5:56	11:28	15:51	19:15	34:10	43:50	51:37	62:46	67:05	67:49	
	Rune Sandberg Hallstahammars OK	Ej godk.	<b>4:13</b>	3:57	<b>2:36</b>	3:16	<b>2:24</b>	<b>7:32</b>	7:25			<b>0:29</b>	
			<b>4:13</b>	<b>8:10</b>	<b>10:46</b>	<b>14:02</b>	<b>16:26</b>	<b>23:58</b>	31:23		37:56	38:25	

<b>Inskolning</b>		<b>1200 m 4</b>										
		<b>anmälda</b>										
	Felix Herbst Västerås SOK	Godkänd	<b>3:23</b>	2:21	<b>2:31</b>	<b>1:21</b>	<b>3:17</b>	<b>0:30</b>				
			<b>3:23</b>	<b>5:44</b>	<b>8:15</b>	<b>9:36</b>	<b>12:53</b>	<b>13:23</b>				
	Olle Stinesen Dalaportens OL	Godkänd	3:52	<b>2:17</b>	4:25	1:38	4:57	0:40				
			3:52	6:09	10:34	12:12	17:09	17:49				
	Ylva Engström Dalaportens OL	Godkänd	3:46	3:24	8:07	2:23	6:05	0:40				
			3:46	7:10	15:17	17:40	23:45	24:25				

<b>U1</b>		<b>1200 m 7 anmälda</b>										
1	Fredrik Ericson Fagersta OK	8:01	<b>1:50</b>	<b>1:08</b>	<b>1:50</b>	<b>0:43</b>	2:07	<b>0:23</b>				
			<b>1:50</b>	<b>2:58</b>	<b>4:48</b>	<b>5:31</b>	<b>7:38</b>	<b>8:01</b>				
2	Selma Löfqvist Västerås SOK	8:47	2:08	1:22	1:55	1:01	<b>1:56</b>	0:25				
			2:08	3:30	5:25	6:26	8:22	8:47				
3	Klara Juhlin Västerås SOK	13:49	3:23	1:59	3:02	1:07	3:48	0:30				
			3:23	5:22	8:24	9:31	13:19	13:49				
4	Teo Kihlström Dalaportens OL	16:06	4:25	1:33	2:46	2:12	4:43	0:27				
			4:25	5:58	8:44	10:56	15:39	16:06				
5	Klara Gustafsson Norbergs OK	22:08	5:53	4:13	4:07	1:31	5:12	1:12				
			5:53	10:06	14:13	15:44	20:56	22:08				
6	Anna Gustafsson Norbergs OK	23:39	6:57	3:21	5:48	1:11	5:27	0:55				
			6:57	10:18	16:06	17:17	22:44	23:39				

<b>U2</b>		<b>1900 3</b>										
		<b>m</b>	<b>anmälda</b>									
1	Vilgot Engström Dalaportens OL	19:25	2:47	2:39	<b>2:10</b>	1:22	2:17	1:22	<b>2:01</b>	<b>1:51</b>	2:28	<b>0:28</b>
			2:47	5:26	7:36	8:58	11:15	12:37	14:38	<b>16:29</b>	<b>18:57</b>	<b>19:25</b>
2	Noel Östman Västerbergslagens OL	19:47	<b>2:21</b>	<b>2:12</b>	2:14	<b>1:21</b>	<b>2:15</b>	<b>1:20</b>	2:31	2:36	<b>2:24</b>	0:33
			<b>2:21</b>	<b>4:33</b>	<b>6:47</b>	<b>8:08</b>	<b>10:23</b>	<b>11:43</b>	<b>14:14</b>	16:50	19:14	19:47

**Öppen  
motion  
1****1900 2  
m anmälda**

1	Gabriella Hasler Surahammars SOK	28:41	<b>3:01</b>	<b>3:07</b>	<b>2:32</b>	5:23	<b>2:42</b>	<b>1:35</b>	<b>3:00</b>	<b>3:02</b>	<b>3:46</b>	<b>0:33</b>
			<b>3:01</b>	<b>6:08</b>	<b>8:40</b>	<b>14:03</b>	<b>16:45</b>	<b>18:20</b>	<b>21:20</b>	<b>24:22</b>	<b>28:08</b>	<b>28:41</b>
2	Per Åke Persson Västerbergslagens OL	52:24	6:37	7:04	6:18	<b>3:12</b>	7:12	4:24	5:29	4:52	6:06	1:10
			6:37	13:41	19:59	23:11	30:23	34:47	40:16	45:08	51:14	52:24

**Öppen  
motion  
3****2020 20  
m anmälda**

1	Jimmy Lövgren Avesta OK	22:03	<b>2:45</b>	2:02	2:56	2:51	2:39	1:23	2:20	1:46	<b>1:22</b>	<b>1:28</b>	0:31
			<b>2:45</b>	<b>4:47</b>	7:43	10:34	13:13	14:36	16:56	18:42	20:04	<b>21:32</b>	<b>22:03</b>
2	Cecilia Eriksson Norbergs OK	22:32	3:29	2:12	2:43	2:31	2:43	<b>1:16</b>	<b>2:08</b>	1:52	<b>1:22</b>	1:45	0:31
			3:29	5:41	8:24	10:55	13:38	14:54	17:02	18:54	20:16	22:01	22:32
3	Leif Björkman Dalaportens OL	22:58	3:05	2:09	<b>2:08</b>	<b>1:53</b>	2:36	1:40	2:13	2:04	1:48	2:51	0:31
			3:05	5:14	<b>7:22</b>	<b>9:15</b>	<b>11:51</b>	<b>13:31</b>	<b>15:44</b>	<b>17:48</b>	<b>19:36</b>	22:27	22:58
4	Sara Svensson Surahammars SOK	24:31	3:12	3:03	2:12	2:22	3:11	1:32	2:13	2:39	1:34	2:04	0:29
			3:12	6:15	8:27	10:49	14:00	15:32	17:45	20:24	21:58	24:02	24:31
5	Anders Andersson OK Hedströmmen	25:20	3:06	2:20	2:49	2:40	3:12	1:31	3:27	2:00	1:33	2:09	0:33
			3:06	5:26	8:15	10:55	14:07	15:38	19:05	21:05	22:38	24:47	25:20
6	Jonna Siljebäck Vandraringen	26:06	2:56	<b>1:59</b>	4:44	3:09	<b>2:29</b>	1:29	4:03	<b>1:28</b>	1:36	1:49	<b>0:24</b>
			2:56	4:55	9:39	12:48	15:17	16:46	20:49	22:17	23:53	25:42	26:06
7	Linn Ryden OK Hedströmmen	28:00	3:57	2:06	4:09	3:22	3:32	1:59	2:24	1:51	1:39	2:25	0:36
			3:57	6:03	10:12	13:34	17:06	19:05	21:29	23:20	24:59	27:24	28:00
8	Pia Andersson Västerås SOK	29:42	4:25	2:44	5:27	3:12	2:35	1:54	2:38	2:11	1:59	2:07	0:30
			4:25	7:09	12:36	15:48	18:23	20:17	22:55	25:06	27:05	29:12	29:42
9	Henny-linnea Wallden Norbergs OK	29:46	3:35	2:41	3:04	2:58	2:37	1:54	3:10	2:37	3:41	2:49	0:40
			3:35	6:16	9:20	12:18	14:55	16:49	19:59	22:36	26:17	29:06	29:46
10	Maria Jaxner OK Hedströmmen	30:04	3:48	2:56	3:15	4:11	2:38	1:49	3:45	2:28	1:54	2:48	0:32
			3:48	6:44	9:59	14:10	16:48	18:37	22:22	24:50	26:44	29:32	30:04
11	Anita Arnefors OK Södertörn	30:34	4:42	3:01	3:06	2:54	2:54	2:00	3:21	2:27	2:41	2:51	0:37
			4:42	7:43	10:49	13:43	16:37	18:37	21:58	24:25	27:06	29:57	30:34
12	Berith Larsson Norbergs OK	31:34	4:14	2:49	4:08	2:57	3:20	2:00	2:48	2:55	2:12	3:24	0:47
			4:14	7:03	11:11	14:08	17:28	19:28	22:16	25:11	27:23	30:47	31:34
13	Gunilla Maria Brus Västerbergslagens OL	33:16	4:53	2:42	4:08	3:32	3:43	1:59	2:45	3:06	2:17	3:22	0:49
			4:53	7:35	11:43	15:15	18:58	20:57	23:42	26:48	29:05	32:27	33:16
14	Ann-Marie Arkåsen Falköpings AIK OK	33:56	4:46	3:15	3:15	3:05	4:05	2:05	3:05	4:02	2:13	3:22	0:43
			4:46	8:01	11:16	14:21	18:26	20:31	23:36	27:38	29:51	33:13	33:56
15	Mikael Blixt Avesta OK	39:22	5:12	3:42	3:17	4:43	3:41	2:51	7:33	2:43	2:11	2:58	0:31
			5:12	8:54	12:11	16:54	20:35	23:26	30:59	33:42	35:53	38:51	39:22
16	Emil Törnqvist Fagersta OK	39:51	4:22	3:15	4:08	3:17	2:46	1:39	12:09	3:29	1:41	2:39	0:26
			4:22	7:37	11:45	15:02	17:48	19:27	31:36	35:05	36:46	39:25	39:51
17	thomas wiklund Klubblös	43:09	4:17	2:27	3:39	3:19	2:32	2:02	11:52	2:36	7:41	2:10	0:34
			4:17	6:44	10:23	13:42	16:14	18:16	30:08	32:44	40:25	42:35	43:09
18	Melwin Löwdahl Norbergs OK	46:49	22:24	2:42	4:19	2:36	3:11	1:53	2:31	2:24	1:59	2:26	<b>0:24</b>
			22:24	25:06	29:25	32:01	35:12	37:05	39:36	42:00	43:59	46:25	46:49
19	Anders Ejevall Snättringe SK	49:11	4:40	2:52	3:41	9:05	16:24	2:19	3:00	2:34	1:31	2:37	0:28
			4:40	7:32	11:13	20:18	36:42	39:01	42:01	44:35	46:06	48:43	49:11

**Öppen  
motion  
5****3400 6  
m anmälda**

1	Ludvig Hasler Surahammars SOK	49:14	7:57	<b>4:00</b>	<b>3:03</b>	<b>2:49</b>	<b>5:47</b>	<b>3:24</b>	3:42	<b>7:30</b>	<b>2:00</b>	<b>2:04</b>	3:48	<b>2:49</b>
			7:57	<b>11:57</b>	<b>15:00</b>	<b>17:49</b>	<b>23:36</b>	<b>27:00</b>	<b>30:42</b>	<b>38:12</b>	<b>40:12</b>	<b>42:16</b>	<b>46:04</b>	<b>48:53</b>

			<b>0:21</b>												
			<b>49:14</b>												
2	Ellinor Hellrup Avesta OK	59:48	10:22	4:02	3:19	3:04	7:59	5:08	2:50	8:26	4:04	3:45	<b>3:34</b>	2:50	
			10:22	14:24	17:43	20:47	28:46	33:54	36:44	45:10	49:14	52:59	56:33	59:23	
			0:25												
			59:48												
3	Stina Björnberg Västerås SOK	65:27	<b>7:26</b>	5:56	3:38	4:14	9:25	5:37	<b>2:49</b>	8:53	3:17	2:45	6:48	4:06	
			<b>7:26</b>	13:22	17:00	21:14	30:39	36:16	39:05	47:58	51:15	54:00	60:48	64:54	
			0:33												
			65:27												
4	Kristina Bäck Arboga OK	73:04	7:28	9:29	3:33	4:14	11:10	7:48	4:27	9:45	2:49	3:17	3:59	4:37	
			7:28	16:57	20:30	24:44	35:54	43:42	48:09	57:54	60:43	64:00	67:59	72:36	
			0:28												
			73:04												
5	Andrea Knutar Magnusson Norbergs OK	94:23	13:14	11:30	5:04	6:51	20:50	8:24	<b>2:49</b>	10:02	3:22	2:47	5:37	3:29	
			13:14	24:44	29:48	36:39	57:29	65:53	68:42	78:44	82:06	84:53	90:30	93:59	
			0:24												
			94:23												
6	David Rindeskog Västerbergslagens OL	115:27	22:18	5:00	11:59	4:17	12:09	4:19	3:32	31:04	2:56	5:12	8:35	3:37	
			22:18	27:18	39:17	43:34	55:43	60:02	63:34	94:38	97:34	102:46	111:21	114:58	
			0:29												
			115:27												

**Öppen  
motion  
7**

**3190 17  
m anmälda**

1	Sören Lindgren Vandraringen	26:04	<b>1:28</b>	<b>1:45</b>	<b>1:27</b>	<b>2:56</b>	<b>1:47</b>	<b>1:33</b>	<b>1:38</b>	<b>3:32</b>	<b>2:41</b>	<b>2:53</b>	<b>1:41</b>	<b>2:21</b>
			<b>1:28</b>	<b>3:13</b>	<b>4:40</b>	<b>7:36</b>	<b>9:23</b>	<b>10:56</b>	<b>12:34</b>	<b>16:06</b>	<b>18:47</b>	<b>21:40</b>	<b>23:21</b>	<b>25:42</b>
			0:22											
			<b>26:04</b>											
2	Joakim Sandberg Köping-Kolsva OK	35:53	2:29	2:08	1:50	4:15	2:27	1:56	2:07	4:59	3:48	3:35	2:21	3:32
			2:29	4:37	6:27	10:42	13:09	15:05	17:12	22:11	25:59	29:34	31:55	35:27
			0:26											
			35:53											
3	Michael Andersson Dalaportens OL	38:10	1:52	2:08	1:52	3:23	2:19	2:19	2:17	5:24	8:36	3:11	1:58	2:27
			1:52	4:00	5:52	9:15	11:34	13:53	16:10	21:34	30:10	33:21	35:19	37:46
			0:24											
			38:10											
4	Henrik Svedberg Norbergs OK	41:23	1:46	2:26	2:04	3:21	3:50	2:24	2:07	4:40	4:03	9:09	2:24	2:44
			1:46	4:12	6:16	9:37	13:27	15:51	17:58	22:38	26:41	35:50	38:14	40:58
			0:25											
			41:23											
5	Sussie Björklund Kvarnsvedens GOIF OK	41:32	2:23	2:56	2:14	4:53	2:41	2:52	2:50	5:26	5:06	3:29	2:41	3:27
			2:23	5:19	7:33	12:26	15:07	17:59	20:49	26:15	31:21	34:50	37:31	40:58
			0:34											
			41:32											
6	Åsa Kruys IF Thor	42:37	2:30	3:53	2:05	4:20	2:20	2:03	2:21	8:31	3:57	4:06	3:22	2:45
			2:30	6:23	8:28	12:48	15:08	17:11	19:32	28:03	32:00	36:06	39:28	42:13
			0:24											
			42:37											
7	Lisa Mattila Hallstahammars OK	42:54	2:22	6:14	2:03	4:15	2:48	2:42	2:34	5:28	4:24	4:00	2:30	3:04
			2:22	8:36	10:39	14:54	17:42	20:24	22:58	28:26	32:50	36:50	39:20	42:24
			0:30											
			42:54											
8	Mikael Söderlund Karlsbyhedens OK	44:19	2:09	3:10	1:53	8:59	2:14	2:21	2:51	5:57	4:46	3:38	2:24	3:17
			2:09	5:19	7:12	16:11	18:25	20:46	23:37	29:34	34:20	37:58	40:22	43:39
			0:40											
			44:19											
9	Johan Blixt Avesta OK	44:39	2:40	2:39	2:23	4:48	3:05	2:57	3:35	5:53	4:51	4:29	3:16	3:38
			2:40	5:19	7:42	12:30	15:35	18:32	22:07	28:00	32:51	37:20	40:36	44:14
			0:25											
			44:39											
10	Kersti Grundberg Dalaportens OL	49:26	4:11	2:33	1:57	4:28	3:01	2:39	2:52	5:46	4:29	9:13	4:28	3:19
			4:11	6:44	8:41	13:09	16:10	18:49	21:41	27:27	31:56	41:09	45:37	48:56
			0:30											
			49:26											
11	Lars Djerf Västerbergslagens OL	49:56	2:50	4:15	3:05	6:11	2:49	3:23	2:57	6:05	4:52	4:26	5:03	3:34
			2:50	7:05	10:10	16:21	19:10	22:33	25:30	31:35	36:27	40:53	45:56	49:30

			0:26											
			49:56											
12	Lotta Wedman Västerbergslagens OL	61:18	2:33 2:33 0:29 61:18	4:22 6:55	3:27 10:22	6:31 16:53	4:05 20:58	5:26 26:24	4:12 30:36	8:34 39:10	6:17 45:27	7:20 52:47	3:51 56:38	4:11 60:49
13	Anders Kihlström Dalaportens OL	62:46	4:10 4:10 0:35 62:46	2:48 6:58	3:33 10:31	3:51 14:22	2:58 17:20	2:54 20:14	11:38 31:52	8:34 40:26	4:25 44:51	5:05 49:56	8:48 58:44	3:27 62:11
14	Ragnar Mellbin Avesta OK	74:47	2:50 2:50 <b>0:17</b> 74:47	3:04 5:54	3:50 9:44	4:43 14:27	3:27 17:54	3:04 20:58	4:21 25:19	13:23 38:42	22:31 61:13	4:50 66:03	4:37 70:40	3:50 74:30
	Erica Löfqvist Västerås SOK	Ej godk.	3:14 3:14 0:31 59:43	5:02 8:16	3:09 11:25	5:25 16:50	2:52 19:42	3:14 22:56	2:59 25:55	13:48 39:43	3:54 43:37			59:12
	Karin Stål Avesta OK	Ej godk.	1:38 1:38 0:28 34:00	3:08 4:46	2:02 6:48	3:27 10:15			1:54 14:29	4:19 16:23	3:48 20:42	3:09 24:30	2:42 27:39	3:11 30:21 33:32

**Öppen  
motion  
17**

**3190 20  
m anmälda**

1	Lennart Tägtström Domnarvets GOIF	42:27	2:05 2:05 0:34 <b>42:27</b>	2:32 4:37	2:05 6:42	4:21 11:03	2:46 13:49	2:27 16:16	2:47 <b>19:03</b>	<b>5:04</b> <b>24:07</b>	4:31 <b>28:38</b>	6:37 <b>35:15</b>	3:05 <b>38:20</b>	3:33 <b>41:53</b>
2	Bo-Göran Karlsson Avesta OK	43:44	2:21 2:21 0:33 43:44	2:50 5:11	1:56 7:07	4:29 11:36	3:00 14:36	3:35 18:11	2:52 21:03	5:20 26:23	4:04 30:27	6:57 37:24	2:42 40:06	3:05 43:11
3	Jörgen Skoog Västerbergslagens OL	44:42	<b>1:52</b> <b>1:52</b> <b>0:26</b> 44:42	2:28 <b>4:20</b>	2:02 <b>6:22</b>	<b>3:32</b> <b>9:54</b>	2:32 <b>12:26</b>	2:25 <b>14:51</b>	8:55 23:46	8:13 31:59	4:06 36:05	<b>3:10</b> 39:15	<b>2:16</b> 41:31	<b>2:45</b> 44:16
4	Kristina Holmgren Västerås SOK	44:47	2:25 2:25 0:29 44:47	3:18 5:43	2:29 8:12	4:15 12:27	3:51 16:18	2:58 19:16	2:52 22:08	7:01 29:09	4:23 33:32	4:31 38:03	2:51 40:54	3:24 44:18
5	Erik Johansson Avesta OK	45:37	2:48 2:48 0:37 45:37	2:37 5:25	2:19 7:44	5:15 12:59	3:19 16:18	3:09 19:27	3:03 22:30	5:52 28:22	4:41 33:03	4:21 37:24	3:44 41:08	3:52 45:00
6	Pelle Höök Köping-Kolsva OK	47:25	4:01 4:01 0:36 47:25	<b>2:26</b> 6:27	<b>1:51</b> 8:18	4:06 12:24	2:35 14:59	<b>2:16</b> 17:15	<b>2:18</b> 19:33	5:06 24:39	5:56 30:35	5:02 35:37	7:34 43:11	3:38 46:49
7	Nils-Erik Hjelm Vandraringen	52:01	5:03 5:03 0:32 52:01	3:05 8:08	2:49 10:57	5:02 15:59	3:13 19:12	2:49 22:01	5:00 27:01	5:53 32:54	4:33 37:27	6:35 44:02	4:11 48:13	3:16 51:29
8	Marita Stadig SK Trim/Virsbo	53:39	3:11 3:11 0:32 53:39	3:21 6:32	3:04 9:36	5:31 15:07	4:17 19:24	3:10 22:34	2:47 25:21	8:39 34:00	5:03 39:03	5:38 44:41	3:20 48:01	5:06 53:07
9	Ann-Sofi Sandvik Avesta OK	53:53	2:18 2:18 0:35 53:53	3:02 5:20	2:35 7:55	4:19 12:14	3:19 15:33	2:51 18:24	2:57 21:21	14:28 35:49	<b>4:03</b> 39:52	5:07 44:59	3:59 48:58	4:20 53:18
10	Anna Söderlund Karlsbyhedens OK	56:25	3:39 3:39 0:29 56:25	4:03 7:42	2:04 9:46	9:03 18:49	2:50 21:39	2:30 24:09	3:02 27:11	6:59 34:10	7:28 41:38	5:32 47:10	4:44 51:54	4:02 55:56
11	Tord Åhlgren Arboga OK	59:13	2:31 2:31	3:05 5:36	3:10 8:46	4:32 13:18	3:15 16:33	2:52 19:25	3:10 22:35	17:38 40:13	5:44 45:57	5:17 51:14	2:39 53:53	4:46 58:39

			0:34											
			59:13											
12	Torbjörn Haldammen SOK Joar Viking Enköping	62:52	2:37 2:37 0:40 62:52	2:48 5:25	2:57 8:22	5:01 13:23	3:05 16:28	5:48 22:16	2:51 25:07	5:48 30:55	5:26 36:21	5:31 41:52	7:31 49:23	12:49 62:12
13	Karin Johansson Hallstahammars OK	63:20	3:59 3:59 0:59 63:20	4:40 8:39	3:46 12:25	7:07 19:32	3:51 23:23	5:11 28:34	3:51 32:25	8:01 40:26	5:39 46:05	6:39 52:44	4:03 56:47	5:34 62:21
14	Gun Millinger Västerås SOK	63:44	2:51 2:51 0:44 63:44	10:07 12:58	2:44 15:42	6:41 22:23	4:06 26:29	3:16 29:45	3:21 33:06	7:10 40:16	7:44 48:00	6:01 54:01	4:12 58:13	4:47 63:00
15	Lotta Larsson Västerbergslagens OL	66:35	4:17 4:17 0:35 66:35	5:45 10:02	3:11 13:13	8:11 21:24	3:47 25:11	3:59 29:10	4:08 33:18	6:54 40:12	9:20 49:32	7:29 57:01	3:48 60:49	5:11 66:00
16	Kurt Eriksson Vandraringen	67:28	5:18 5:18 0:43 67:28	2:48 8:06	2:22 10:28	5:43 16:11	<b>2:27</b> 18:38	3:55 22:33	13:49 36:22	6:38 43:00	5:34 48:34	9:45 58:19	3:43 62:02	4:43 66:45
17	Anders Millinger Västerås SOK	68:25	3:57 3:57 0:31 68:25	13:27 17:24	3:40 21:04	5:45 26:49	4:24 31:13	3:41 34:54	3:56 38:50	8:53 47:43	4:56 52:39	6:41 59:20	5:08 64:28	3:26 67:54
18	Sonia Johansson Kvarnsvedens GOIF OK	68:49	5:26 5:26 0:43 68:49	3:45 9:11	3:18 12:29	7:26 19:55	5:17 25:12	5:46 30:58	4:53 35:51	8:44 44:35	6:06 50:41	7:43 58:24	4:31 62:55	5:11 68:06
	Maj Lis Knutsson Kvarnsvedens GOIF OK	Ej godk.	4:25 4:25	11:09 15:34	4:02 19:36	9:06 28:42	4:56 33:38	5:04 38:42	5:58 44:40	13:20 58:00				
	Hans Gretas Segersta OK	Ej godk.	4:49 4:49	4:45 9:34	5:19 14:53	16:37 31:30	4:47 36:17	13:36 49:53	5:03 54:56	7:31 62:27				

## Öppen motion 8

**4310** **24**  
**m** **anmälda**

1	Hampus Westman Västerås SOK	36:12	2:56 2:56	0:56 3:52	3:15 7:07	4:12 11:19	<b>3:28</b> 14:47	3:21 18:08	1:25 19:33	<b>7:33</b> 27:06	4:50 <b>31:56</b>	1:51 <b>33:47</b>	2:11 <b>35:58</b>	<b>0:14</b> <b>36:12</b>
2	Niklas Eriksson Smedjebackens OK	36:53	<b>2:22</b> <b>2:22</b>	1:04 3:26	3:39 7:05	4:01 <b>11:06</b>	4:18 15:24	3:52 19:16	0:58 20:14	8:10 28:24	<b>3:33</b> 31:57	2:18 34:15	2:11 36:26	0:27 36:53
3	Oskar Karlsson Avesta OK	38:39	2:45 2:45	<b>0:53</b> 3:38	<b>2:55</b> <b>6:33</b>	4:39 11:12	3:29 <b>14:41</b>	<b>3:05</b> <b>17:46</b>	1:02 <b>18:48</b>	7:40 <b>26:28</b>	7:40 34:08	<b>1:32</b> 35:40	2:39 38:19	0:20 38:39
4	Robert Broström OK Hedströmmen	43:29	3:01 3:01	1:10 4:11	3:44 7:55	4:19 12:14	5:26 17:40	3:31 21:11	1:02 22:13	7:57 30:10	3:35 33:45	6:56 40:41	2:26 43:07	0:22 43:29
5	Stefan Söderholm OK Kåre	43:33	3:20 3:20	1:20 4:40	3:44 8:24	<b>4:00</b> 12:24	5:58 18:22	3:42 22:04	1:02 23:06	9:18 32:24	6:37 39:01	1:50 40:51	2:17 43:08	0:25 43:33
6	Jan-Olov Bergman Västerås SOK	45:48	4:04 4:04	1:07 5:11	3:58 9:09	6:04 15:13	4:21 19:34	5:57 25:31	1:02 26:33	10:21 36:54	4:30 41:24	1:46 43:10	2:16 45:26	0:22 45:48
7	David Stadig SK Trim/Virsbo	46:24	3:02 3:02	1:10 4:12	3:32 7:44	9:46 17:30	4:34 22:04	3:19 25:23	1:02 26:25	9:17 35:42	5:45 41:27	2:06 43:33	2:26 45:59	0:25 46:24
8	Niclas Arkåsen OK Kåre	46:30	3:45 3:45	1:04 4:49	3:24 8:13	4:29 12:42	4:52 17:34	3:26 21:00	<b>0:56</b> 21:56	13:36 35:32	5:30 41:02	2:13 43:15	2:49 46:04	0:26 46:30
9	Jonny Birgersson Grycksbo IF OK	47:38	3:34 3:34	1:19 4:53	4:37 9:30	7:35 17:05	5:38 22:43	3:40 26:23	1:03 27:26	9:22 36:48	5:17 42:05	2:32 44:37	2:32 47:09	0:29 47:38
10	Fredrik Borgström Avesta OK	47:43	3:06 3:06	1:17 4:23	3:54 8:17	5:19 13:36	4:59 18:35	3:34 22:09	1:30 23:39	10:43 34:22	9:04 43:26	1:49 45:15	2:06 47:21	0:22 47:43
11	Christofer Näsholm Årla IF	48:09	2:24 2:24	0:59 <b>3:23</b>	3:24 6:47	5:16 12:03	4:48 16:51	5:53 22:44	1:31 24:15	10:04 34:19	9:53 44:12	1:36 45:48	<b>1:59</b> 47:47	0:22 48:09
12	Hans Westman Västerås SOK	51:26	3:11 3:11	1:19 4:30	5:02 9:32	6:18 15:50	6:00 21:50	5:16 27:06	1:35 28:41	11:51 40:32	5:42 46:14	2:05 48:19	2:46 51:05	0:21 51:26
13	Mats Thunwall Fagersta OK	51:44	2:59 2:59	1:10 4:09	4:37 8:46	6:44 15:30	6:01 21:31	4:27 25:58	1:29 27:27	12:23 39:50	4:58 44:48	3:57 48:45	2:36 51:21	0:23 51:44

14	Mikko Rankinen Västerbergslagens OL	57:14	3:37 3:37	1:38 5:15	6:07 11:22	6:31 17:53	6:11 24:04	7:43 31:47	1:28 33:15	12:31 45:46	5:07 50:53	2:35 53:28	3:11 56:39	0:35 57:14
15	Karin Andersson Västerås SOK	62:06	4:16 4:16	7:10 11:26	4:24 15:50	5:06 20:56	4:12 25:08	4:34 29:42	1:02 30:44	15:58 46:42	8:24 55:06	3:41 58:47	2:51 61:38	0:28 62:06
16	Sofia Hasler Surahammars SOK	63:26	4:17 4:17	1:55 6:12	5:51 12:03	12:36 24:39	6:28 31:07	4:48 35:55	1:37 37:32	10:59 48:31	8:12 56:43	2:52 59:35	3:23 62:58	0:28 63:26
17	Christer Rognell Vallentuna- Össeby OL	68:53	4:00 4:00	1:46 5:46	5:43 11:29	10:12 21:41	9:07 30:48	5:43 36:31	1:35 38:06	12:10 50:16	11:00 61:16	3:21 64:37	3:43 68:20	0:33 68:53
18	Ida Stödeman Surahammars SOK	74:19	4:35 4:35	2:28 7:03	6:19 13:22	17:29 30:51	7:08 37:59	5:44 43:43	1:49 45:32	15:18 60:50	6:37 67:27	3:00 70:27	3:26 73:53	0:26 74:19
19	Felix Swartling Bromma-Vällingby SOK	80:10	5:05 5:05	1:38 6:43	6:50 13:33	9:06 22:39	10:01 32:40	5:01 37:41	3:58 41:39	15:25 57:04	15:10 72:14	3:00 75:14	4:20 79:34	0:36 80:10
20	Henrik Eriksson Bromma-Vällingby SOK	80:15	4:56 4:56	1:52 6:48	6:41 13:29	8:53 22:22	10:13 32:35	5:12 37:47	3:27 41:14	15:53 57:07	14:51 71:58	3:10 75:08	4:27 79:35	0:40 80:15
21	Patrik Gustafsson Smedjebackens OK	80:26	6:17 6:17	2:16 8:33	6:58 15:31	12:29 28:00	9:42 37:42	7:32 45:14	1:57 47:11	16:30 63:41	9:27 73:08	3:09 76:17	3:32 79:49	0:37 80:26
22	Lars-Åke Sand Västerbergslagens OL	88:48	4:57 4:57	3:33 8:30	6:31 15:01	22:51 37:52	11:16 49:08	8:05 57:13	2:18 59:31	14:18 73:49	7:18 81:07	3:13 84:20	3:49 88:09	0:39 88:48
23	Kristian Fell Västerås SOK	105:48	8:45 8:45	1:49 10:34	7:00 17:34	11:49 29:23	15:21 44:44	7:06 51:50	7:50 59:40	19:27 79:07	15:50 94:57	7:00 101:57	3:23 105:20	0:28 105:48
	Elisabeth Westman Västerås SOK	Ej godk.	3:11 3:11	2:05 5:16	5:26 10:42	15:08 25:50	6:15 32:05	12:58 45:03	1:32 46:35					69:43

Skapad 2017-09-23 20:05:44 med OLA version 5.4.1-2