

Resultat – X-Mila Sträcka 3: Intense middle

2020-05-02

| X-Mila L | (1 / 1) | Tid | Efter | Bomtid |
|------------------|----------------|------------|--------------|---------------|
| 1. Hanna Kjellin | Sundsvalls OK | 26:01 | | 00:00 |

| Iron X-Mila L | (14 / 14) | Tid | Efter | Bomtid |
|----------------------|------------------|------------|--------------|---------------|
| 1. Anders Axling | Sundsvalls OK | 15:06 | | 00:40 |
| 2. Olov Norin | Sundsvalls OK | 17:23 | +2:17 | 01:03 |
| 3. Mattias Larsson | Sundsvalls OK | 18:00 | +2:54 | 01:39 |
| 4. Simon Nordlander | Sundsvalls OK | 18:14 | +3:08 | 03:07 |
| 5. Frida Vikström | Sundsvalls OK | 19:04 | +3:58 | 01:22 |
| 6. Truls Lindholm | Sundsvalls OK | 20:12 | +5:06 | 02:49 |
| 7. Oskar Vikström | Sundsvalls OK | 20:43 | +5:37 | 04:57 |
| 8. Hugo Nordlander | Sundsvalls OK | 22:18 | +7:12 | 06:29 |
| 9. Erik Toomingas | Sundsvalls OK | 22:23 | +7:17 | 02:58 |
| 10. Hannes Lindahl | Sundsvalls OK | 24:48 | +9:42 | 06:37 |
| 11. Gustav Fraenell | Sundsvalls OK | 25:07 | +10:01 | 05:26 |
| Axel Lundgren | Sundsvalls OK | Felst. | | |
| Edvin Lake | Sundsvalls OK | Ej start | | |
| Lukas Johansson | Sundsvalls OK | Ej start | | |

| X-Mila M | (14 / 14) | Tid | Efter | Bomtid |
|---------------------|------------------|------------|--------------|---------------|
| 1. Alva Larsson | Sundsvalls OK | 17:25 | | 01:20 |
| 2. Emil Lundgren | Sundsvalls OK | 17:47 | +0:22 | 02:38 |
| 3. Lisa Jakobsson | Sundsvalls OK | 18:22 | +0:57 | 01:26 |
| 4. Linus Opel | Sundsvalls OK | 18:35 | +1:10 | 00:39 |
| 5. Elsa Granholm | Sundsvalls OK | 19:12 | +1:47 | 04:49 |
| 6. Valter Hoffman | Sundsvalls OK | 19:14 | +1:49 | 00:57 |
| 7. Ivar Granholm | Sundsvalls OK | 19:40 | +2:15 | 02:35 |
| 8. Ellinor Fransson | Sundsvalls OK | 22:28 | +5:03 | 05:44 |
| 9. Tyra Karlsson | Sundsvalls OK | 27:20 | +9:55 | 03:54 |
| 10. Emma Jakobsson | Sundsvalls OK | 33:42 | +16:17 | 10:01 |
| 11. Ella Ytterström | Sundsvalls OK | 33:46 | +16:21 | 09:47 |
| Andrei Kuzmin | Sundsvalls OK | Ej start | | |
| Ida Bergfors | Sundsvalls OK | Ej start | | |
| Maria Jonsson | Sundsvalls OK | Ej start | | |

| Iron X-Mila M | (18 / 18) | Tid | Efter | Bomtid |
|----------------------|------------------|------------|--------------|---------------|
| 1. Wilma Larsson | Sundsvalls OK | 14:48 | | 00:58 |
| 2. Ylva Sandström | Sundsvalls OK | 16:07 | +1:19 | 01:23 |
| 3. Ebba Andersson | Sundsvalls OK | 16:22 | +1:34 | 01:03 |
| 4. Wilmer Rex | Sundsvalls OK | 16:45 | +1:57 | 03:24 |
| 5. Lovisa Dufva | Sundsvalls OK | 16:56 | +2:08 | 02:25 |
| 6. Astrid Rex | Sundsvalls OK | 17:01 | +2:13 | 01:13 |
| 7. Alva Eliasson | Sundsvalls OK | 18:16 | +3:28 | 01:25 |
| 8. Stina Lindholm | Sundsvalls OK | 18:54 | +4:06 | 02:01 |
| 9. Tove Fraenell | Sundsvalls OK | 19:00 | +4:12 | 00:58 |

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|-----|------------------|---------------|----------|--------|-------|
| 10. | Emma Johansson | Sundsvalls OK | 19:32 | +4:44 | 02:54 |
| 11. | Ebba Lindholm | Sundsvalls OK | 20:29 | +5:41 | 03:46 |
| 12. | Signe Feil | Sundsvalls OK | 20:37 | +5:49 | 04:05 |
| 13. | Julia Nordlander | Sundsvalls OK | 20:51 | +6:03 | 05:02 |
| 14. | Kadri Kalvo | Sundsvalls OK | 21:10 | +6:22 | 06:09 |
| 15. | Alex Andersson | Sundsvalls OK | 21:11 | +6:23 | 06:21 |
| 16. | Wilma Lindström | Sundsvalls OK | 21:38 | +6:50 | 04:33 |
| 17. | Kasper Larsson | Sundsvalls OK | 24:56 | +10:08 | 08:08 |
| | Alice Larsson | Sundsvalls OK | Ej start | | |