

# 4-Kampen 3, Sträcktidresultatlista

2009-08-29

D10		1690 m	8 anmälda										
1	Sofia Westin Vittjärvs IK	13:59	<b>1:29</b>	<b>2:04</b>	0:43	<b>1:38</b>	1:17	<b>1:09</b>	<b>1:00</b>	1:58	<b>1:04</b>	1:01	<b>0:36</b>
			<b>1:29</b>	<b>3:33</b>	<b>4:16</b>	<b>5:54</b>	<b>7:11</b>	<b>8:20</b>	<b>9:20</b>	<b>11:18</b>	<b>12:22</b>	<b>13:23</b>	<b>13:59</b>
2	Anna Andersson Piteå IF	15:57	2:03	3:25	<b>0:36</b>	1:48	<b>1:16</b>	1:14	1:03	<b>1:55</b>	1:07	<b>0:54</b>	<b>0:36</b>
			2:03	5:28	6:04	7:52	9:08	10:22	11:25	13:20	14:27	15:21	15:57
3	Elvira Öberg Piteå IF	16:51	1:37	2:45	0:46	1:48	1:46	1:26	1:34	2:03	1:22	1:01	0:43
			1:37	4:22	5:08	6:56	8:42	10:08	11:42	13:45	15:07	16:08	16:51
4	Anna Wiklund Gammelstads IF	25:17	2:41	4:08	1:05	3:29	2:12	2:14	1:37	3:08	2:03	1:45	0:55
			2:41	6:49	7:54	11:23	13:35	15:49	17:26	20:34	22:37	24:22	25:17
5	Hanna Svanberg Bergnäsets AIK	40:53	3:35	6:52	2:16	4:13	3:11	3:03	7:34	3:38	2:27	2:43	1:21
			3:35	10:27	12:43	16:56	20:07	23:10	30:44	34:22	36:49	39:32	40:53
	Jenny Södersten Gammelstads IF	Ej godk.			0:50	2:06	1:31	1:48	1:48	2:37	1:59	1:56	0:41
			4:41	5:31	7:37	9:08	10:56	12:44	15:21	17:20	19:16	19:57	

D12		2660 m	6 anmälda											
1	Elin Nordlund Piteå IF	26:48	<b>2:53</b>	1:37	<b>1:34</b>	<b>2:14</b>	<b>2:48</b>	<b>1:46</b>	<b>2:31</b>	<b>1:00</b>	<b>2:25</b>	1:00	<b>2:47</b>	1:11
			<b>2:53</b>	4:30	<b>6:04</b>	<b>8:18</b>	<b>11:06</b>	<b>12:52</b>	<b>15:23</b>	<b>16:23</b>	<b>18:48</b>	<b>19:48</b>	<b>22:35</b>	<b>23:46</b>
			<b>2:22</b>	0:40										
			<b>26:08</b>	<b>26:48</b>										
2	Signe Leffler- Rosendahl OK Renen	33:14	3:40	1:11	1:45	2:47	2:54	2:39	3:16	1:45	3:50	1:20	3:07	1:23
			3:40	4:51	6:36	9:23	12:17	14:56	18:12	19:57	23:47	25:07	28:14	29:37
			3:02	0:35										
			32:39	33:14										
3	Ida Gustafsson Arvidsjaur OK	40:04	5:30	1:31	3:06	3:04	3:17	5:27	4:03	1:07	3:42	1:15	3:53	0:58
			5:30	7:01	10:07	13:11	16:28	21:55	25:58	27:05	30:47	32:02	35:55	36:53
			2:31	0:40										
			39:24	40:04										
4	Johanna Lundkvist OK Vargen	41:57	4:15	1:29	1:42	3:50	3:32	2:26	3:17	1:24	4:29	1:36	7:35	1:03
			4:15	5:44	7:26	11:16	14:48	17:14	20:31	21:55	26:24	28:00	35:35	36:38
			4:38	0:41										
			41:16	41:57										
5	Anna Södersten Gammelstads IF	45:40	3:13	1:16	2:17	8:29	3:32	2:20	2:59	1:27	5:45	<b>0:57</b>	6:54	1:04
			3:13	<b>4:29</b>	6:46	15:15	18:47	21:07	24:06	25:33	31:18	32:15	39:09	40:13
			4:53	<b>0:34</b>										
			45:06	45:40										
6	Elin Bergström OK Vargen	46:50	5:18	<b>1:07</b>	2:19	8:25	3:14	1:47	5:20	1:03	2:36	1:31	8:44	<b>0:57</b>
			5:18	6:25	8:44	17:09	20:23	22:10	27:30	28:33	31:09	32:40	41:24	42:21
			3:54	0:35										
			46:15	46:50										

D14		3530 m	11 anmälda											
1	Hanna Öberg Piteå IF	30:40	<b>1:22</b>	<b>2:40</b>	<b>3:22</b>	2:42	1:34	2:08	2:14	2:31	<b>1:34</b>	<b>5:02</b>	0:40	<b>2:21</b>
			<b>1:22</b>	<b>4:02</b>	<b>7:24</b>	<b>10:06</b>	<b>11:40</b>	<b>13:48</b>	<b>16:02</b>	<b>18:33</b>	<b>20:07</b>	<b>25:09</b>	<b>25:49</b>	<b>28:10</b>
			1:01	<b>1:01</b>	<b>0:28</b>									

			<b>29:11</b>	<b>30:12</b>	<b>30:40</b>									
2	Lisa Sundström OK Renen	34:02	1:33	3:15	4:06	2:49	1:34	2:34	2:37	1:30	1:36	6:01	0:48	2:44
			1:33	4:48	8:54	11:43	13:17	15:51	18:28	19:58	21:34	27:35	28:23	31:07
			1:09	1:13	0:33									
			32:16	33:29	34:02									
3	Ida Sundström OK Renen	35:21	2:01	4:18	3:24	<b>2:06</b>	<b>1:22</b>	<b>2:06</b>	<b>2:12</b>	<b>1:18</b>	3:41	6:27	<b>0:37</b>	2:41
			2:01	6:19	9:43	11:49	13:11	15:17	17:29	18:47	22:28	28:55	29:32	32:13
			1:26	1:11	0:31									
			33:39	34:50	35:21									
4	Sigrid Holmgren Bergnäsets AIK	39:56	1:34	3:19	4:52	2:58	1:48	3:20	2:55	1:21	4:24	5:47	0:42	2:56
			1:34	4:53	9:45	12:43	14:31	17:51	20:46	22:07	26:31	32:18	33:00	35:56
			1:54	1:30	0:36									
			37:50	39:20	39:56									
5	Linnéa Emlén Vittjärvs IK	42:07	2:40	3:06	3:48	2:43	2:43	3:44	3:01	1:55	2:35	7:56	1:53	3:08
			2:40	5:46	9:34	12:17	15:00	18:44	21:45	23:40	26:15	34:11	36:04	39:12
			1:01	1:22	0:32									
			40:13	41:35	42:07									
6	Viktoria Eriksson Piteå IF	44:22	2:11	2:48	3:47	6:16	2:04	5:19	3:59	1:34	4:36	5:33	0:41	2:45
			2:11	4:59	8:46	15:02	17:06	22:25	26:24	27:58	32:34	38:07	38:48	41:33
			<b>0:54</b>	1:18	0:37									
			42:27	43:45	44:22									
7	Emelie Granberg Piteå IF	52:34	2:33	3:42	5:45	3:52	2:53	4:14	5:16	2:12	5:43	7:44	1:37	3:36
			2:33	6:15	12:00	15:52	18:45	22:59	28:15	30:27	36:10	43:54	45:31	49:07
			1:16	1:28	0:43									
			50:23	51:51	52:34									
8	Sofia Pekkari Ericsson OK Renen	53:23	2:11	4:52	5:29	3:57	2:45	4:40	6:46	2:00	2:09	9:00	1:11	3:57
			2:11	7:03	12:32	16:29	19:14	23:54	30:40	32:40	34:49	43:49	45:00	48:57
			1:46	1:55	0:45									
			50:43	52:38	53:23									
9	Linnéa Nordberg Bergnäsets AIK	71:27	2:31	3:44	7:16	5:32	4:24	9:23	7:29	3:14	4:15	12:15	1:07	6:00
			2:31	6:15	13:31	19:03	23:27	32:50	40:19	43:33	47:48	60:03	61:10	67:10
			1:48	1:51	0:38									
			68:58	70:49	71:27									
10	Susanne Nilsson OK Renen	77:24	2:03	9:54	7:31	5:42	4:21	9:25	7:40	2:54	4:23	12:14	1:15	5:45
			2:03	11:57	19:28	25:10	29:31	38:56	46:36	49:30	53:53	66:07	67:22	73:07
			1:46	1:52	0:39									
			74:53	76:45	77:24									

**D16****4210 6  
m anmälda**

1	Evelina Wickbom Vittjärvs IK	36:37	<b>1:17</b>	2:03	1:32	<b>1:14</b>	<b>3:58</b>	2:51	<b>0:58</b>	<b>2:12</b>	<b>1:35</b>	0:49	<b>3:05</b>	<b>2:03</b>
			<b>1:17</b>	<b>3:20</b>	<b>4:52</b>	<b>6:06</b>	<b>10:04</b>	<b>12:55</b>	<b>13:53</b>	<b>16:05</b>	<b>17:40</b>	<b>18:29</b>	<b>21:34</b>	<b>23:37</b>
			<b>1:00</b>	<b>2:18</b>	3:16	<b>0:57</b>	<b>2:12</b>	<b>2:01</b>	<b>0:49</b>	<b>0:27</b>				
			<b>24:37</b>	<b>26:55</b>	<b>30:11</b>	<b>31:08</b>	<b>33:20</b>	<b>35:21</b>	<b>36:10</b>	<b>36:37</b>				
2	Josefine Tuoremaa Vittjärvs IK	41:08	3:27	<b>2:01</b>	1:24	1:15	4:07	2:42	1:06	2:17	1:42	<b>0:47</b>	<b>3:05</b>	2:45
			3:27	5:28	6:52	8:07	12:14	14:56	16:02	18:19	20:01	20:48	23:53	26:38
			1:10	3:02	<b>3:04</b>	1:05	2:32	2:11	0:50	0:36				
			27:48	30:50	33:54	34:59	37:31	39:42	40:32	41:08				
3	Julia Sipola Vittjärvs IK	43:33	4:45	3:06	<b>1:17</b>	1:26	4:33	<b>2:14</b>	1:18	2:15	1:52	1:06	3:10	2:10
			4:45	7:51	9:08	10:34	15:07	17:21	18:39	20:54	22:46	23:52	27:02	29:12
			1:20	2:35	3:20	1:04	2:32	2:07	0:54	0:29				
			30:32	33:07	36:27	37:31	40:03	42:10	43:04	43:33				
4	Helena Lundkvist OK Vargen	50:04	4:22	3:33	1:22	2:30	4:29	3:04	1:13	2:36	2:22	1:06	3:20	3:06
			4:22	7:55	9:17	11:47	16:16	19:20	20:33	23:09	25:31	26:37	29:57	33:03
			1:23	4:18	3:08	1:26	3:02	2:14	0:55	0:35				

			34:26	38:44	41:52	43:18	46:20	48:34	49:29	50:04				
5	Agnes Leffler- Rosendahl OK Renen	60:29	1:38	9:47	1:37	<b>1:14</b>	5:03	2:48	1:31	2:13	2:26	1:09	4:43	4:14
			1:38	11:25	13:02	14:16	19:19	22:07	23:38	25:51	28:17	29:26	34:09	38:23
			1:59	6:44	4:09	1:22	3:51	2:22	1:02	0:37				
			40:22	47:06	51:15	52:37	56:28	58:50	59:52	60:29				

**H10 1690 m 6 anmälda**

1	Andreas Karlsson Piteå IF	13:30	1:33	<b>2:18</b>	<b>0:37</b>	<b>1:28</b>	1:14	<b>1:12</b>	1:11	<b>1:35</b>	<b>0:59</b>	<b>0:52</b>	<b>0:31</b>
			1:33	3:51	<b>4:28</b>	<b>5:56</b>	<b>7:10</b>	<b>8:22</b>	<b>9:33</b>	<b>11:08</b>	<b>12:07</b>	<b>12:59</b>	<b>13:30</b>
2	Martin Granberg Piteå IF	13:52	<b>1:20</b>	2:23	0:45	1:39	<b>1:11</b>	<b>1:12</b>	1:14	1:40	1:04	<b>0:52</b>	0:32
			<b>1:20</b>	<b>3:43</b>	<b>4:28</b>	6:07	7:18	8:30	9:44	11:24	12:28	13:20	13:52
3	Gabriel Larsson Gammelstads IF	15:00	1:33	2:35	0:39	1:46	1:20	1:16	1:26	1:41	1:10	1:01	0:33
			1:33	4:08	4:47	6:33	7:53	9:09	10:35	12:16	13:26	14:27	15:00
4	Albin Emlén Vittjärvs IK	15:12	1:23	3:15	0:44	1:42	<b>1:11</b>	1:19	<b>1:01</b>	<b>1:35</b>	1:07	1:19	0:36
			1:23	4:38	5:22	7:04	8:15	9:34	10:35	12:10	13:17	14:36	15:12
5	Jakob Lindehag Piteå IF	16:58	3:39	2:37	0:43	1:48	1:20	1:14	1:17	1:37	1:12	0:58	0:33
			3:39	6:16	6:59	8:47	10:07	11:21	12:38	14:15	15:27	16:25	16:58

**H12 2660 m 8 anmälda**

1	Nils Henriksson Seskarö IF	26:18	3:07	<b>0:56</b>	<b>1:16</b>	<b>2:02</b>	<b>2:28</b>	2:29	<b>2:15</b>	0:57	<b>2:41</b>	<b>0:56</b>	3:35	0:53
			3:07	4:03	<b>5:19</b>	<b>7:21</b>	<b>9:49</b>	<b>12:18</b>	<b>14:33</b>	<b>15:30</b>	<b>18:11</b>	<b>19:07</b>	<b>22:42</b>	<b>23:35</b>
			<b>2:11</b>	0:32										
			<b>25:46</b>	<b>26:18</b>										
2	Elias Andersson Gammelstads IF	27:39	<b>2:41</b>	1:19	1:28	3:07	3:34	<b>1:39</b>	3:34	<b>0:56</b>	<b>2:41</b>	<b>0:56</b>	<b>2:17</b>	<b>0:43</b>
			<b>2:41</b>	<b>4:00</b>	5:28	8:35	12:09	13:48	17:22	18:18	20:59	21:55	24:12	24:55
			2:16	<b>0:28</b>										
			27:11	27:39										
3	Marcus Karlsson Piteå IF	31:00	3:01	1:03	1:35	2:23	3:45	1:47	2:24	1:04	3:20	1:24	3:36	1:48
			3:01	4:04	5:39	8:02	11:47	13:34	15:58	17:02	20:22	21:46	25:22	27:10
			3:16	0:34										
			30:26	31:00										
4	Oscar Öqvist Bergnäsets AIK	41:19	5:50	1:39	3:53	3:10	3:18	1:48	3:04	1:32	3:53	1:17	7:29	0:53
			5:50	7:29	11:22	14:32	17:50	19:38	22:42	24:14	28:07	29:24	36:53	37:46
			2:55	0:38										
			40:41	41:19										
5	Oscar Sundbaum Vittjärvs IK	41:44	5:18	1:27	1:32	4:23	2:59	2:27	3:07	1:27	5:34	0:57	7:07	0:49
			5:18	6:45	8:17	12:40	15:39	18:06	21:13	22:40	28:14	29:11	36:18	37:07
			4:02	0:35										
			41:09	41:44										
6	Erik Hammarberg Bergnäsets AIK	48:36	10:54	2:40	2:12	3:07	3:07	2:39	5:19	1:38	3:28	2:47	3:40	1:24
			10:54	13:34	15:46	18:53	22:00	24:39	29:58	31:36	35:04	37:51	41:31	42:55
			4:55	0:46										
			47:50	48:36										
7	Markus Möller Arvidsjaur OK	66:13	5:20	1:54	1:22	2:45	4:07	9:10	4:35	1:15	6:00	1:13	6:25	15:14
			5:20	7:14	8:36	11:21	15:28	24:38	29:13	30:28	36:28	37:41	44:06	59:20
			6:18	0:35										
			65:38	66:13										

<b>H14</b>		<b>4200 m</b>	<b>5 anmälda</b>												
1	Oscar Westin Vittjärvs IK	37:40	<b>1:56</b>	<b>1:43</b>	<b>1:23</b>	<b>1:14</b>	<b>6:09</b>	<b>2:19</b>	<b>2:28</b>	<b>1:53</b>	3:38	<b>0:51</b>	<b>4:52</b>	<b>2:42</b>	
			<b>1:56</b>	<b>3:39</b>	<b>5:02</b>	<b>6:16</b>	<b>12:25</b>	<b>14:44</b>	<b>17:12</b>	<b>19:05</b>	<b>22:43</b>	<b>23:34</b>	<b>28:26</b>	<b>31:08</b>	
			<b>0:49</b>	<b>3:28</b>	<b>1:22</b>	<b>0:27</b>	<b>0:26</b>								
			<b>31:57</b>	<b>35:25</b>	<b>36:47</b>	<b>37:14</b>	<b>37:40</b>								
2	Anton Andersson Gammelstads IF	54:02	2:33	2:37	2:12	2:01	9:09	3:17	4:12	4:40	3:28	1:48	6:08	3:35	
			2:33	5:10	7:22	9:23	18:32	21:49	26:01	30:41	34:09	35:57	42:05	45:40	
			0:59	4:00	2:05	0:45	0:33								
			46:39	50:39	52:44	53:29	54:02								
3	Anton Möller Arvidsjaur OK	58:06	2:10	2:36	1:29	7:57	8:08	6:06	3:27	2:36	<b>3:23</b>	1:51	6:35	2:54	
			2:10	4:46	6:15	14:12	22:20	28:26	31:53	34:29	37:52	39:43	46:18	49:12	
			1:01	5:14	1:33	0:38	0:28								
			50:13	55:27	57:00	57:38	58:06								

<b>H16</b>		<b>4970 m</b>	<b>9 anmälda</b>												
1	Joar Svartholm Gammelstads IF	36:33	<b>2:03</b>	2:45	2:28	<b>4:14</b>	<b>0:45</b>	<b>1:35</b>	<b>1:42</b>	<b>1:55</b>	0:58	<b>2:26</b>	<b>1:32</b>	0:54	
			<b>2:03</b>	4:48	7:16	<b>11:30</b>	<b>12:15</b>	<b>13:50</b>	<b>15:32</b>	<b>17:27</b>	<b>18:25</b>	<b>20:51</b>	<b>22:23</b>	<b>23:17</b>	
			1:02	3:28	1:56	2:13	<b>1:18</b>	<b>1:11</b>	<b>0:44</b>	<b>0:56</b>	0:28				
			<b>24:19</b>	<b>27:47</b>	<b>29:43</b>	<b>31:56</b>	<b>33:14</b>	<b>34:25</b>	<b>35:09</b>	<b>36:05</b>	<b>36:33</b>				
2	Gunnar Holmgren Bergnäsets AIK	47:20	2:06	<b>2:21</b>	4:37	4:58	1:40	2:15	1:43	3:22	<b>0:57</b>	6:09	1:51	0:54	
			2:06	<b>4:27</b>	9:04	14:02	15:42	17:57	19:40	23:02	23:59	30:08	31:59	32:53	
			<b>0:52</b>	<b>3:15</b>	<b>1:50</b>	2:18	2:37	1:28	0:45	0:58	<b>0:24</b>				
			33:45	37:00	38:50	41:08	43:45	45:13	45:58	46:56	47:20				
3	Viktor von Heijne Bergnäsets AIK	47:39	<b>2:03</b>	3:23	2:00	6:37	0:57	2:20	1:50	2:20	1:10	3:08	2:32	4:01	
			<b>2:03</b>	5:26	7:26	14:03	15:00	17:20	19:10	21:30	22:40	25:48	28:20	32:21	
			1:22	4:16	2:34	1:07	2:08	1:25	0:57	1:04	0:25				
			33:43	37:59	40:33	41:40	43:48	45:13	46:10	47:14	47:39				
4	Axel Christoffersson OK Renen	50:43	2:16	3:09	<b>1:26</b>	11:37	0:51	2:07	1:56	2:01	1:01	6:16	1:54	<b>0:53</b>	
			2:16	5:25	<b>6:51</b>	18:28	19:19	21:26	23:22	25:23	26:24	32:40	34:34	35:27	
			1:01	5:25	1:57	<b>1:03</b>	1:54	1:20	1:02	1:02	0:32				
			36:28	41:53	43:50	44:53	46:47	48:07	49:09	50:11	50:43				
5	Victor Henriksson Seskarö IF	54:17	3:24	3:33	5:16	5:37	1:09	2:00	2:15	3:08	1:28	3:14	2:09	1:33	
			3:24	6:57	12:13	17:50	18:59	20:59	23:14	26:22	27:50	31:04	33:13	34:46	
			1:17	5:28	2:34	1:09	2:19	3:56	1:01	1:21	0:26				
			36:03	41:31	44:05	45:14	47:33	51:29	52:30	53:51	54:17				
6	Olov Byberg Vittjärvs IK	71:45	5:00	7:18	2:10	7:28	2:05	2:37	2:41	2:49	2:11	4:18	3:31	2:16	
			5:00	12:18	14:28	21:56	24:01	26:38	29:19	32:08	34:19	38:37	42:08	44:24	
			3:32	5:22	3:27	1:45	3:26	2:09	5:39	1:25	0:36				
			47:56	53:18	56:45	58:30	61:56	64:05	69:44	71:09	71:45				
7	Ante Renström Piteå IF	78:02	2:44	7:15	3:31	12:14	2:20	2:33	4:07	3:24	3:47	5:20	3:12	3:36	
			2:44	9:59	13:30	25:44	28:04	30:37	34:44	38:08	41:55	47:15	50:27	54:03	
			1:52	6:26	4:10	1:38	3:18	2:57	1:28	1:29	0:41				
			55:55	62:21	66:31	68:09	71:27	74:24	75:52	77:21	78:02				

<b>INSKOLNING</b>		<b>1600 m</b>	<b>5 anmälda</b>												
	Amanda Lundberg Piteå IF	Godkänd	3:43	1:14	<b>2:54</b>	3:09	<b>2:20</b>	3:35	2:26	<b>1:59</b>	<b>1:55</b>	<b>1:45</b>	0:51		
			3:43	<b>4:57</b>	<b>7:51</b>	<b>11:00</b>	<b>13:20</b>	<b>16:55</b>	19:21	<b>21:20</b>	<b>23:15</b>	<b>25:00</b>	25:51		

Erik Johansson Vittjärvs IK	Godkänd	3:34	1:47	4:23	4:50	3:00	3:27	<b>2:04</b>	3:15	2:51	2:19	0:44
		3:34	5:21	9:44	14:34	17:34	21:01	23:05	26:20	29:11	31:30	32:14
Linnea Sandström Piteå IF	Godkänd	3:57	<b>1:04</b>	2:58	<b>3:05</b>	2:26	<b>3:26</b>	2:15	2:13	<b>1:55</b>	1:46	<b>0:38</b>
		3:57	5:01	7:59	11:04	13:30	16:56	<b>19:11</b>	21:24	23:19	25:05	<b>25:43</b>
Oscar Svanberg Bergnäsets AIK	Godkänd	<b>2:54</b>	2:50	3:52	5:38	3:35	3:44	3:16	2:24	3:40	1:57	0:51
		<b>2:54</b>	5:44	9:36	15:14	18:49	22:33	25:49	28:13	31:53	33:50	34:41

**U1 1600 m 1 anmälda**

1	Sofia Lundkvist	27:08	<b>3:13</b>	<b>1:18</b>	<b>3:05</b>	<b>3:24</b>	<b>2:34</b>	<b>2:23</b>	<b>3:36</b>	<b>2:03</b>	<b>2:45</b>	<b>2:03</b>	<b>0:44</b>
	OK Vargen		<b>3:13</b>	<b>4:31</b>	<b>7:36</b>	<b>11:00</b>	<b>13:34</b>	<b>15:57</b>	<b>19:33</b>	<b>21:36</b>	<b>24:21</b>	<b>26:24</b>	<b>27:08</b>

**U2 1690 m 6 anmälda**

1	Albin Norén	20:56	1:53	5:01	<b>0:59</b>	2:14	<b>1:30</b>	1:57	<b>2:09</b>	<b>2:05</b>	<b>1:14</b>	1:21	<b>0:33</b>
	Piteå IF		1:53	6:54	7:53	10:07	11:37	13:34	15:43	<b>17:48</b>	<b>19:02</b>	<b>20:23</b>	<b>20:56</b>
2	Oskar Lundgren	22:44	2:12	<b>3:48</b>	1:17	<b>1:55</b>	1:33	1:41	2:19	3:19	2:07	1:51	0:42
	Vittjärvs IK		2:12	<b>6:00</b>	<b>7:17</b>	<b>9:12</b>	<b>10:45</b>	<b>12:26</b>	<b>14:45</b>	18:04	20:11	22:02	22:44
3	Sabina Larnefeldt	24:10	<b>1:48</b>	4:28	1:09	4:45	1:58	<b>1:38</b>	2:25	<b>2:05</b>	1:33	1:43	0:38
	OK Vargen		<b>1:48</b>	6:16	7:25	12:10	14:08	15:46	18:11	20:16	21:49	23:32	24:10
4	Gustav Johansson-Manlig	26:57	2:20	4:52	2:03	2:26	2:02	2:18	2:15	3:38	2:05	2:17	0:41
	Vittjärvs IK		2:20	7:12	9:15	11:41	13:43	16:01	18:16	21:54	23:59	26:16	26:57
5	Ludvig Nordkvist	44:22	3:42	8:20	1:44	4:41	3:06	2:54	4:33	9:01	4:18	<b>1:17</b>	0:46
	Piteå IF		3:42	12:02	13:46	18:27	21:33	24:27	29:00	38:01	42:19	43:36	44:22
	Moa Johansson	Ej			1:39	3:15	2:28	1:58	2:30	2:49	2:03	2:04	0:55
	Piteå IF	godk.		11:16	12:55	16:10	18:38	20:36	23:06	25:55	27:58	30:02	30:57

**U3 2660 m 2 anmälda**

1	Stina von Heijne	37:18	<b>3:11</b>	1:33	<b>1:37</b>	3:15	<b>3:54</b>	2:50	<b>3:46</b>	1:27	<b>3:18</b>	<b>1:42</b>	3:50	<b>3:16</b>
	Bergnäsets AIK		<b>3:11</b>	4:44	<b>6:21</b>	<b>9:36</b>	<b>13:30</b>	<b>16:20</b>	<b>20:06</b>	<b>21:33</b>	<b>24:51</b>	<b>26:33</b>	<b>30:23</b>	<b>33:39</b>
			3:03	<b>0:36</b>	<b>36:42</b>	<b>37:18</b>								
2	Hanna Larsson	37:21	3:15	<b>1:28</b>	1:43	<b>3:11</b>	4:00	<b>2:43</b>	3:52	<b>1:22</b>	<b>3:18</b>	1:47	<b>3:45</b>	3:24
	Bergnäsets AIK		3:15	<b>4:43</b>	6:26	9:37	13:37	<b>16:20</b>	20:12	21:34	24:52	26:39	30:24	33:48
			<b>2:55</b>	0:38	<b>36:43</b>	<b>37:21</b>								

**ÖPPEN 1 1690 m 1 anmälda**

1	Maria Öquist	33:00	<b>3:50</b>	<b>5:12</b>	<b>1:47</b>	<b>3:09</b>	<b>2:27</b>	<b>2:52</b>	<b>3:10</b>	<b>4:12</b>	<b>1:53</b>	<b>3:06</b>	<b>1:22</b>
	Bergnäsets AIK		<b>3:50</b>	<b>9:02</b>	<b>10:49</b>	<b>13:58</b>	<b>16:25</b>	<b>19:17</b>	<b>22:27</b>	<b>26:39</b>	<b>28:32</b>	<b>31:38</b>	<b>33:00</b>

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<b>ÖPPEN</b>		<b>4970</b>	<b>2</b>												
<b>10</b>		<b>m</b>	<b>anmälda</b>												
1	Lasse Lundkvist Seskarö IF	40:56	<b>1:58</b>	<b>3:01</b>	<b>1:21</b>	<b>4:35</b>	<b>0:49</b>	<b>1:40</b>	3:02	2:59	<b>1:14</b>	<b>2:48</b>	<b>1:57</b>	<b>1:07</b>	
			<b>1:58</b>	<b>4:59</b>	<b>6:20</b>	<b>10:55</b>	<b>11:44</b>	<b>13:24</b>	<b>16:26</b>	<b>19:25</b>	<b>20:39</b>	<b>23:27</b>	<b>25:24</b>	<b>26:31</b>	
			<b>1:26</b>	<b>3:46</b>	<b>2:12</b>	<b>1:10</b>	<b>1:33</b>	<b>1:37</b>	<b>0:51</b>	<b>1:10</b>	<b>0:40</b>				
			<b>27:57</b>	<b>31:43</b>	<b>33:55</b>	<b>35:05</b>	<b>36:38</b>	<b>38:15</b>	<b>39:06</b>	<b>40:16</b>	<b>40:56</b>				
2	Patrik von Heijne Bergnäsets AIK	62:00	2:34	7:35	7:02	7:16	1:00	2:10	<b>2:46</b>	<b>2:46</b>	1:26	3:48	3:04	2:02	
			2:34	10:09	17:11	24:27	25:27	27:37	30:23	33:09	34:35	38:23	41:27	43:29	
			1:42	4:35	3:02	1:24	2:32	2:00	1:13	1:23	<b>0:40</b>				
			45:11	49:46	52:48	54:12	56:44	58:44	59:57	61:20	62:00				

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<b>ÖPPEN</b>		<b>2550</b>	<b>6</b>												
<b>3</b>		<b>m</b>	<b>anmälda</b>												
1	Helena Lindström Vittjärvs IK	33:40	<b>3:21</b>	<b>2:25</b>	<b>1:27</b>	1:27	<b>1:59</b>	4:10	<b>3:13</b>	<b>1:29</b>	1:44	2:13	5:20	<b>0:53</b>	
			<b>3:21</b>	<b>5:46</b>	<b>7:13</b>	<b>8:40</b>	<b>10:39</b>	<b>14:49</b>	<b>18:02</b>	<b>19:31</b>	<b>21:15</b>	<b>23:28</b>	<b>28:48</b>	<b>29:41</b>	
			<b>3:20</b>	<b>0:39</b>											
			<b>33:01</b>	<b>33:40</b>											
2	Marcus Boman Strömnäs GIF	41:34	8:23	2:29	1:29	<b>1:22</b>	3:07	<b>2:16</b>	4:19	1:35	<b>1:03</b>	5:39	<b>4:24</b>	1:25	
			8:23	10:52	12:21	13:43	16:50	19:06	23:25	25:00	26:03	31:42	36:06	37:31	
			3:22	0:41											
			40:53	41:34											
3	Tore Öqvist Bergnäsets AIK	50:23	3:30	2:59	5:45	1:54	3:44	4:28	4:21	2:28	2:34	2:00	9:18	2:23	
			3:30	6:29	12:14	14:08	17:52	22:20	26:41	29:09	31:43	33:43	43:01	45:24	
			3:53	1:06											
			49:17	50:23											
4	Mona Johansson Bergnäsets AIK	51:36	3:30	4:14	2:13	2:01	2:49	3:18	12:45	1:41	2:03	1:48	6:19	1:15	
			3:30	7:44	9:57	11:58	14:47	18:05	30:50	32:31	34:34	36:22	42:41	43:56	
			6:57	0:43											
			50:53	51:36											
5	Ellen Johansson Strömnäs GIF	78:07	23:23	4:37	2:44	2:09	2:49	3:37	5:50	1:30	3:57	<b>1:41</b>	13:52	6:38	
			23:23	28:00	30:44	32:53	35:42	39:19	45:09	46:39	50:36	52:17	66:09	72:47	
			4:33	0:47											
			77:20	78:07											
6	Jennifer Sjölund Strömnäs GIF	78:08	23:28	4:37	2:41	2:13	2:56	3:25	5:37	1:46	3:54	1:49	13:34	6:39	
			23:28	28:05	30:46	32:59	35:55	39:20	44:57	46:43	50:37	52:26	66:00	72:39	
			4:45	0:44											
			77:24	78:08											

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<b>ÖPPEN</b>		<b>4200</b>	<b>6</b>												
<b>5</b>		<b>m</b>	<b>anmälda</b>												
1	Mattias Lundgren Vittjärvs IK	43:24	<b>2:21</b>	2:11	1:20	3:28	<b>6:12</b>	<b>2:56</b>	<b>2:41</b>	<b>1:46</b>	3:38	<b>1:20</b>	5:52	<b>2:50</b>	
			<b>2:21</b>	<b>4:32</b>	5:52	9:20	<b>15:32</b>	<b>18:28</b>	<b>21:09</b>	<b>22:55</b>	<b>26:33</b>	<b>27:53</b>	<b>33:45</b>	<b>36:35</b>	
			0:58	<b>3:06</b>	<b>1:30</b>	0:37	<b>0:38</b>								
			<b>37:33</b>	<b>40:39</b>	<b>42:09</b>	<b>42:46</b>	<b>43:24</b>								
2	Katarina Lysell- Bergström Strömnäs GIF	46:26	2:44	<b>1:52</b>	<b>1:13</b>	<b>2:10</b>	8:11	2:58	3:12	2:33	<b>3:20</b>	1:41	<b>5:51</b>	3:24	
			2:44	4:36	<b>5:49</b>	<b>7:59</b>	16:10	19:08	22:20	24:53	28:13	29:54	35:45	39:09	
			<b>0:49</b>	3:33	1:42	<b>0:32</b>	0:41								
			39:58	43:31	45:13	45:45	46:26								



10	Jonas Pettersson Strömnäs GIF	58:32	4:54	2:20	1:14	2:57	3:28	2:20	1:10	1:04	4:29	0:55	2:28	1:23
			4:54	7:14	8:28	11:25	14:53	17:13	18:23	19:27	23:56	24:51	27:19	28:42
			2:40	3:39	1:36	1:10	1:45	6:17	1:04	2:37	3:44	1:52	2:41	0:45
			31:22	35:01	36:37	37:47	39:32	45:49	46:53	49:30	53:14	55:06	57:47	58:32
11	Karin Nordberg Bergnäsets AIK	61:25	3:38	5:21	1:26	2:12	3:56	2:31	1:18	0:59	4:52	1:21	2:45	1:32
			3:38	8:59	10:25	12:37	16:33	19:04	20:22	21:21	26:13	27:34	30:19	31:51
			2:56	2:28	2:43	0:56	1:13	5:49	0:40	3:25	3:28	1:52	3:17	0:47
			34:47	37:15	39:58	40:54	42:07	47:56	48:36	52:01	55:29	57:21	60:38	61:25
12	Kjell Henriksson Seskarö IF	63:50	3:00	4:44	1:34	2:29	3:49	3:35	1:09	1:05	4:49	1:02	3:03	1:43
			3:00	7:44	9:18	11:47	15:36	19:11	20:20	21:25	26:14	27:16	30:19	32:02
			2:52	3:15	1:52	0:49	1:15	6:32	0:45	4:10	3:49	1:59	3:48	0:42
			34:54	38:09	40:01	40:50	42:05	48:37	49:22	53:32	57:21	59:20	63:08	63:50
13	Jesper Boman Strömnäs GIF	68:06	2:51	2:07	1:47	2:53	5:07	4:09	1:05	0:49	3:33	1:28	3:12	1:18
			2:51	4:58	6:45	9:38	14:45	18:54	19:59	20:48	24:21	25:49	29:01	30:19
			3:06	4:31	3:30	1:31	3:20	5:31	0:39	4:48	6:01	1:41	2:41	0:28
			33:25	37:56	41:26	42:57	46:17	51:48	52:27	57:15	63:16	64:57	67:38	68:06
	Camilla Södersten Gammelstads IF	Ej godk.	2:24	2:25	1:55			2:57						
2:24			4:49	6:44		36:07	39:04			27:34		33:05		
						17:59							41:15	

Skapad 2009-08-29 14:24:44 med OLA version 4.1.4