

RådaProvaPå -triathlon, 20160530

Nummer	Efternamn	Förnamn	Bana	Totaltid	Cykel ut (simning +T1)	Cykel in	Tid cykling	Tid löpning
155	Evervall	Jesper	Long	01:09:58	00:19:48	00:48:01	00:28:13	00:21:57
158	Blomqvist	Johan	Long	01:13:07	00:18:48	00:49:17	00:30:28	00:23:50
187	Jacobsson	David	Long	01:26:42	-	00:59:36	00:46:29	00:27:06
188	Das	Joydeep	Long	01:08:47	-	-	-	00:36:16
189	Norberg	Sebastian	Long	00:57:56	-	-	-	00:49:08
190	Stark	Fredrik	Long	01:18:00	00:18:29	00:51:22	00:32:52	00:26:38
192	Svensson	Jonas	Long	00:44:52	00:15:46	00:44:52	00:29:05	-
193	Luhr	Magnus	Long	01:28:21	00:23:04	00:58:15	00:35:10	00:30:05
194	Ottosson	Tomas	Long	01:29:48	00:25:04	01:00:44	00:35:40	00:29:03
197	Olsen	Carl	Long	01:13:53	00:21:25	00:52:02	00:30:37	00:21:51
198	Lihnell	Markus	Long	01:06:03	00:16:22	00:44:36	00:28:14	00:21:27
199	Holtz	Andreas	Long	01:15:12	00:19:55	00:51:42	00:31:46	00:23:30
200	Ringdahl	Daniel	Long	01:24:59	00:22:39	00:58:01	00:35:21	00:26:58
494	Niemi	Staffan	Long	01:12:40	-	00:47:08	00:22:09	00:25:32
495	Sund	Carljohan	Long	01:17:14	00:17:47	00:51:07	00:33:20	00:26:07
496	Rådberg	Daniel	Long	01:26:59	00:21:42	00:57:52	00:36:09	00:29:07
497	Jansson	Per	Long	01:08:35	00:18:04	00:46:27	00:28:22	00:22:08
498	Wistrand	Fredrik	Long	01:23:05	-	00:53:35	00:45:00	00:29:29
499	Ekback	Johan	Long	01:17:37	00:19:41	00:51:04	00:31:23	00:26:32
500	Sörberg	Martin	Long	01:10:46	00:17:45	00:47:31	00:29:46	00:23:14
501	Kron	Arthur	Long	01:08:29	00:18:22	00:47:59	00:29:36	00:20:30
503	Oom	Peter	Long	01:03:39	00:14:56	00:43:09	00:28:13	00:20:30
504	Ekstrand	Magnus	Long	01:11:44	-	-	-	-
505	Ås	Ted	Long	01:01:55	00:13:54	00:41:26	00:27:31	00:20:29
506	Rutgersson	Catharina	Long	01:21:42	00:20:35	00:54:18	00:33:42	00:27:23
507	Silfors	Martin	Long	01:20:08	00:17:36	00:53:43	00:36:07	00:26:24
508	Blomqvist	Jens	Long	01:33:09	00:21:51	01:05:22	00:43:30	00:27:47
509	Aspgård	Jerker	Long	01:08:11	00:16:16	00:46:31	00:30:14	00:21:40
512	Bergqvist	Jonas	Long	01:26:25	00:20:24	00:57:14	00:36:50	00:29:11
513	Lundgren	Johan	Long	01:12:44	00:17:43	00:48:32	00:30:49	00:24:11
514	Rask	Jonatan	Long	01:23:17	00:23:16	00:57:43	00:34:27	00:25:33
515	Arvidsson	Anders	Long	01:17:53	00:20:46	00:54:01	00:33:15	00:23:51
516	Jansson	Anna	Long	01:20:05	-	00:53:29	00:35:36	00:26:35
521	Eng	Jakob	Long	01:11:35	00:20:10	00:50:42	00:30:32	00:20:52
522	Lundqvist	Henrik	Long	01:06:37	00:17:10	00:45:23	00:28:12	00:21:14
523	Arnström	Erik	Long	01:14:53	-	-	-	-
525	Andersson	Fredrik	Long	01:17:18	00:22:05	00:53:40	00:31:34	00:23:37
526	Bergqvist	Henning	Long	01:09:03	00:16:41	00:46:18	00:29:36	00:22:45
527	Johansson	Daniel	Long	01:29:45	00:24:10	01:02:53	00:38:42	00:26:51
528	Wikner	Henrik	Long	01:28:50	00:24:22	01:02:58	00:38:35	00:25:52
530	Sjöländer	Anna	Long	01:36:11	00:24:37	01:02:32	00:37:54	00:33:39
532	Björkroth	Magnus	Long	01:37:15	00:27:24	01:07:22	00:39:57	00:29:53
533	Brankell	Richard	Long	01:08:05	00:15:51	00:45:17	00:29:26	00:22:48
535	Welkenhuysen	Niek	Long	01:05:51	00:14:33	00:44:27	00:29:53	00:21:23
538	Bäckson	Fredrik	Long	00:57:40	-	00:38:44	00:57:24	00:18:55
539	Brattberg	Pelle	Long	01:16:51	00:20:33	00:52:55	00:32:22	00:23:55
540	Svärd	Pierre	Long	01:05:57	00:16:27	00:45:25	00:28:58	00:20:31
541	Flinta	Martin	Long	00:59:49	-	00:40:09	00:34:12	00:19:39
544	Åstrand	Magnus	Long	01:13:55	-	00:50:45	-	00:23:09
545	Wellsandt	Sven	Long	01:15:06	00:20:07	00:51:18	00:31:11	00:23:47
546	Gabriell	Inge	Long	01:22:31	00:23:50	00:57:31	00:33:40	00:25:00
547	Hansen	Ulf	Long	01:06:11	00:14:31	00:43:44	00:29:13	00:22:26
548	Liljenberg	Mattias	Long	01:10:13	00:18:15	-	-	00:51:58
549	Andersson	Marina	Long	01:11:54	00:16:50	00:48:04	00:31:14	00:23:50
550	Lindman	Gustaf	Long	01:22:12	00:20:54	00:55:41	00:34:46	00:26:31
551	Westerberg	Johan	Long	01:21:05	00:20:18	00:52:00	00:31:41	00:29:05
552	Whibley	Peter	Long	01:16:57	00:18:00	-	-	00:58:57
553	Jonson	Mattias	Long	01:09:06	00:20:00	00:48:15	00:28:15	00:20:51
554	Knu	Henrik	Long	01:23:01	-	00:54:23	00:45:16	00:28:38
555	Knutsson	Anna	Long	01:30:39	00:22:33	00:59:21	00:36:48	00:31:17
557	Sunde	Malin	Long	01:24:02	00:20:45	00:56:05	00:35:20	00:27:57
558	Da Silva	Melina	Long	01:20:15	00:20:56	00:55:35	00:34:39	00:24:39
559	Kossenjans	Michael	Long	01:13:11	00:19:10	00:49:09	00:29:58	00:24:01
560	Jonsson	Anna	Long	01:12:48	00:18:11	00:51:12	00:33:00	00:21:35
565	Thyr	Åsa	Long	01:29:28	-	00:57:10	-	00:32:18
566	Berg	Niklas	Long	01:14:11	00:17:57	00:48:55	00:30:58	00:25:16
567	Engstrand	Kristina	Long	01:09:44	00:16:43	00:46:11	00:29:27	00:23:32
568	Möller	Emilia	Long	01:13:15	00:18:36	00:48:05	00:29:29	00:25:09
569	Pesonen	Henri	Long	01:05:35	00:15:10	00:44:29	00:29:19	00:21:04
570	Moritz	Daniel	Long	01:23:13	00:20:14	00:53:25	00:33:10	00:29:48
571	Nordentjell	David	Long	01:13:51	00:19:45	00:50:29	00:30:44	00:23:21
572	Granelli	Anders	Long	01:33:39	00:28:41	01:03:33	00:34:51	00:30:05
573	Bäckström	Richard	Long	01:01:07	00:15:00	00:42:25	00:27:24	00:18:42
574	Nyström	Henrik	Long	01:19:20	00:23:08	00:55:31	00:32:22	00:23:48
575	Flod	Jonathan	Long	01:04:53	00:16:24	00:44:45	00:28:21	00:20:07
576	Holmberg	Per	Long	01:10:21	-	00:47:25	00:42:32	00:22:56
578	Nilsson	Oscar	Long	01:14:49	00:27:52	00:47:55	00:20:02	00:28:22
579	Mörtsell	Albin	Long	01:10:17	00:17:16	-	-	00:53:01
581	Svensson	Per	Long	01:06:51	00:15:48	00:44:11	00:28:22	00:22:40

582	Svensk	Sara	Long	01:03:09	-	00:42:36	00:35:45	00:20:33
583	Magnusson	Carl Johan	Long	00:50:15	00:19:15	00:50:15	00:31:00	-
584	Wehrnlund	Jonny	Long	01:19:51	00:21:20	00:53:17	00:31:57	00:26:33
587	Axenborg	Therese	Long	01:17:09	00:15:12	00:50:17	00:28:38	00:26:52
588	Axenborg	Jacob	Long	01:10:45	00:19:17	00:49:34	00:30:16	00:21:10
589	Kalmner	Johan	Long	01:12:27	00:18:40	00:48:13	00:29:32	00:24:14
590	Wissmar	Thony	Long	01:10:24	00:19:07	00:49:04	00:29:57	00:21:19
591	Stark	Stefan	Long	01:08:09	00:14:53	00:44:42	00:29:49	00:23:26
592	Örarbäck	Jonas	Long					
594	Lundh	Anders	Long	01:10:29	00:16:55	00:45:44	00:28:48	00:24:45
595	Ekelund	Krister	Long	01:08:44	00:18:08	00:46:37	00:28:28	00:22:06
596	Jönsson	Niclas	Long	01:14:28	00:21:55	00:50:58	00:29:02	00:23:30
597	Johansson	Robert	Long	01:19:08	00:20:27	00:52:59	00:32:31	00:26:09
599	Karlberg	Stefan	Long	01:02:57	00:15:33	00:41:48	00:26:15	00:21:09
600	Henry	Pernilla	Long	01:26:55	00:21:17	00:58:30	00:37:12	00:28:24
677	Onsbacke	Anders	Long	01:08:57	00:17:30	00:47:13	00:29:42	00:21:43
678	Ericsson	Andreas	Long	01:14:45	00:20:04	00:49:31	00:29:27	00:25:13
679	Brockmark	Mattias	Long	01:11:40	00:19:38	00:48:08	00:28:30	00:23:31
680	Wessing	Lars	Long	01:21:28	00:22:25	00:53:10	00:30:45	00:28:17
681	Ljung	Bobby	Long	01:06:16	00:15:15	00:44:48	00:29:32	00:21:28
682	Forsman	Fredrik	Long	01:15:00	-	00:48:40	00:42:23	00:26:20
685	Lindblad	Henrik	Long	01:22:16	-	-	-	00:35:21
686	Amberntsson	Sara	Long	00:49:49	00:13:36	00:35:03		
687	Höglund	Anders	Long	01:02:36	00:14:04	00:41:20	00:27:15	00:21:16
694	Wallenius	Kristina	Long	01:26:02	00:22:57	00:59:45	00:36:47	00:26:17
695	Wallenius	Ville	Long	01:11:09	00:16:39	00:47:23	00:30:44	00:23:46
696	Kimming	Stefan	Long	01:20:12	00:18:50	00:50:20	00:31:29	00:29:51
697	Arason	Elfar	Long	01:34:39	00:22:12	01:01:15	00:39:03	
699	Pettersson	Markus	Long	01:22:05	00:22:36	00:59:32	00:36:55	00:22:32
700	Olsson	Jesper	Long	01:32:31	00:25:10	01:02:12	00:37:02	00:30:19
191	Welin	Tobias	Short	00:42:54	00:09:21	00:28:39	00:19:17	00:14:15
195	Carlsson	Lisa	Short	00:41:31	00:07:44	00:25:35	00:17:50	00:15:56
196	Kratz	Daniel	Short	00:36:42	00:06:59	00:23:06	00:16:07	00:13:35
502	Oom	Gustaf	Short	00:43:51	00:10:16	00:30:10	00:19:53	00:13:41
510	Saxevall	Erika	Short	00:43:42	-	00:28:16	00:20:04	00:15:25
517	Sapnara	Heleni	Short	00:54:00	00:15:06	00:34:43	00:19:36	00:19:17
518	Larsson	Matilda	Short	00:53:26	00:12:20	00:35:32	00:23:12	00:17:54
519	Barkman	Tomas	Short	00:53:25	00:12:17	00:35:35	00:23:17	00:17:50
520	Eggertsen	Susanna	Short	00:47:15	00:10:26	00:31:13	00:20:46	00:16:02
524	Odmyr	Anders	Short	00:37:54	00:08:48	00:24:12	00:15:24	00:13:42
529	Aziz	Rami	Short	00:37:20	00:07:51	00:24:44	00:16:53	00:12:35
531	Sahlin	Linda	Short	00:44:42	00:09:28	00:29:04	00:19:36	00:15:10
534	Olsson	Annie	Short	00:41:57	00:08:53	00:27:36	00:18:43	00:14:20
536	Guldbrand	Sofia	Short	00:41:49	00:09:52	00:26:56	00:17:04	00:14:52
537	Belin Benninge	Victoria	Short	00:41:20	00:08:57	00:26:16	00:17:18	00:15:04
542	Lindfors	Anita	Short	00:48:34	00:11:11	00:29:02	00:17:51	00:19:31
543	Roussos	Costas	Short	00:42:43	00:10:29	00:26:49	00:16:20	00:15:53
556	Heiwall	Emma	Short	00:45:22	00:09:49	00:30:18	00:20:28	00:15:04
561	Asplund	Sofia	Short	00:48:00	00:10:08	00:30:01	00:19:53	00:17:58
562	Asplund	Marcus	Short	00:44:05	00:09:30	00:27:22	00:17:51	00:16:43
563	Tiger	Casper	Short	00:46:54	-	-	-	00:35:10
564	Johannesson	Petra	Short	00:47:26	00:11:21	00:29:31	00:18:09	00:17:55
577	Fagerlind	Johan	Short	00:41:54	-	00:27:33	00:17:12	00:14:21
580	Hjelm	Eleonor	Short	00:36:49	00:08:03	00:24:57	00:16:54	00:11:51
585	Green	Anna-karin	Short	00:45:08	00:09:01	00:27:24	00:18:23	00:17:44
586	Granelli	Therese	Short	00:42:16	-	00:28:06	00:42:57	00:14:10
593	Lindberg	Elin	Short	00:40:39	00:09:40	00:27:16	00:17:36	00:13:23
598	Sjöberg	Moa	Short	00:39:38	00:08:59	00:26:30	00:17:31	00:13:07
683	Forssmark	Dennis	Short	00:46:52	00:10:11	00:28:24	00:18:12	00:18:27
684	Thorén	Lars	Short	00:34:18	00:07:41	00:23:48	00:16:07	00:10:30
698	Kindberg	Peter	Short	00:46:45	00:11:28	00:31:47	00:20:19	00:14:58
5516	Sandberg	Krister	Short					