



K - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	ÖRN Lena	SWE	#897	8	00:50:56	4'03	Spårvägens FK
2	SÖDERGREN Sandra	SWE	#481	15	00:52:48	4'11	FIF Gnistan
3	JENSEN Tilde	SWE	#880	18	00:53:22	4'14	Ryssbergets IK
4	PERSSON Anna	SWE	#883	28	00:56:45	4'30	Team Blekinge
5	SVENSSON Engla	SWE	#917	72	01:07:25	5'21	Karlshamn OCR

K 35 - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	OTTOSSON Jannike	SWE	#488	22	00:54:48	4'21	Team Blekinge
2	WIDERBERG Linnea	SWE	#487	52	01:02:16	4'56	Bara Friidrottsklubb

K 40 - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	ELMKVIST Karin	SWE	#491	45	00:59:55	4'45	Ryssbergets IK
2	BERGGREN Susanne	SWE	#490	70	01:07:11	5'20	Ryssbergets IK
3	SVENSSON Linda	SWE	#916	73	01:07:25	5'21	Karlshamn OCR
4	FRIDLUND Paulina	SWE	#492	74	01:07:44	5'22	Härlövs IF

K 45 - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	FRANSSON Linda	SWE	#888	56	01:03:24	5'02	Ryssbergets IK
2	ELFVING Sara	SWE	#496	67	01:06:04	5'15	Karlshamns SK
3	CHRISTENSSON Beatrice	SWE	#495	75	01:07:54	5'23	Heleneholms IF
4	ANDERSEN Elisabeth	SWE	#494	77	01:08:29	5'26	FK Snapphanarna
5	SILANDER Charlotte	SWE	#493	89	01:22:18	6'32	Team Blekinge

K 50 - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	MÖLLER Marie	SWE	#499	82	01:12:14	5'44	IK Pallas



K 60 - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	CARLESKÄR Bodil	SWE	#572	86	01:16:48	6'06	Ryssbergets IK

K Öppen - FEMALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	THÖRNBERG Rebecca	SWE	#484	44	00:59:35	4'44	Runacademy if
2	AXELSSON Hanna	SWE	#875	58	01:03:31	5'02	Ok Skogshjortarna
3	BERGHRYDIANDER Sandra	SWE	#482	60	01:04:06	5'05	.
4	JOHANSSON Susanne	SWE	#887	83	01:13:25	5'50	.
5	OLOFSSON Susanne	SWE	#486	88	01:21:48	6'30	.
6	KJELLÉN Malin	SWE	#483	90	01:23:57	6'40	.
7	MÖLLER Julie	SWE	#497	91	01:24:40	6'43	.
8	TUOVINEN Hannele	SWE	#485	92	01:28:49	7'03	.

M - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	NILSSON Martin	SWE	#578	1	00:42:20	3'22	IFK Umeå
2	TILDERKVIST Kristofer	SWE	#573	2	00:45:45	3'38	Apladalens LK
3	LINDSTRÖM Martin	SWE	#879	6	00:49:38	3'56	Ryssbergets IK
4	MALMÖRN Krisdtoffer	SWE	#885	10	00:51:05	4'03	Team Blekinge
5	FAGIUS Erik	SWE	#886	26	00:56:09	4'27	Björnstorps IF
6	GUSTAVSSON Viktor	SWE	#877	31	00:57:30	4'34	Glasriket RC Nybro
7	IVARSSON Joachim	SWE	#896	37	00:58:33	4'39	Spårvägens FK
8	OLSSON Erik	SWE	#912	49	01:01:51	4'54	FK Åsen
9	OLSSON Jesper	SWE	#918	80	01:11:06	5'39	Karlshamn OCR
10	EKSTRÖM Bosse	SWE	#577	93	01:35:03	7'33	Team Blekinge

M 35 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	JOHANSSON Tobias	SWE	#909	12	00:51:35	4'06	Glasriket RC Nybro
2	ANDERSSON Rasmus	SWE	#894	16	00:53:15	4'14	Vegan Runners IK
3	WIDERBERG Marcus	SWE	#594	33	00:57:50	4'35	Bara Friidrottsklubb
4	SUNDGREN Martin	SWE	#597	40	00:59:02	4'41	Ryssbergets IK
5	IVARSSON Jonas	SWE	#596	47	01:00:50	4'50	Härlövs IF



M 40 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	ANDRÉASON Marcus	SWE	#881	5	00:49:06	3'54	Team Blekinge
2	EDVARDSSON Martin	SWE	#914	11	00:51:20	4'04	Ystads IF Friidrott
3	PALMER Johan	SWE	#598	21	00:54:26	4'19	Team Runners High

M 45 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	NORD Henrik	SWE	#913	3	00:47:13	3'45	Ystads IF Friidrott
2	NILSSON Mats	SWE	#744	30	00:56:58	4'31	Heleneholms IF
3	HELGESSON Patrik	SWE	#600	34	00:58:01	4'36	Åhus FIK
4	HOLMBERG Jonas	SWE	#753	35	00:58:15	4'37	IK Ymer Friidrott
5	SZYMASKO Roger	SWE	#729	42	00:59:13	4'42	Åhus FIK
6	OHLIN Daniel	SWE	#599	43	00:59:32	4'43	IS Göta
7	NILSSON Pontus	SWE	#861	53	01:02:22	4'57	Åhus FIK

M 50 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	JÖNSSON Lars	SWE	#865	17	00:53:19	4'14	Ryssbergets IK
2	BENGTSSON Anders	SWE	#864	25	00:55:52	4'26	Ryssbergets IK
3	MALMROS Håkan	SWE	#878	46	01:00:21	4'47	IF Udd
4	SKANS Lars-Erik	SWE	#863	54	01:03:05	5'00	Heleneholms IF
5	MAGNUSSON Stefan	SWE	#889	63	01:05:24	5'11	Heleneholms IF
6	HANSSON Niklas	SWE	#884	78	01:09:07	5'29	OK Pan Kristiansta
7	SJÖLANDER Jesper	SWE	#895	85	01:15:31	6'00	Björnstorps IF

M 55 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	BERGLUND Mats	SWE	#919	19	00:53:31	4'15	Andrarums IF
2	JÖRGENSEN Christian	SWE	#920	24	00:55:35	4'25	Friskis o Svettis Ma
3	PEDERSEN Bengt	SWE	#869	32	00:57:35	4'34	IK Pallas
4	ANDERSEN Kurt Roger	SWE	#867	64	01:05:38	5'13	FK Snapphanarna
5	HARALDSSON Christer	SWE	#892	79	01:10:38	5'36	Ryssbergets IK



M 60 - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	OLSSON Jerry	SWE	#872	23	00:54:57	4'22	Björnstorps IF
2	BERGH Sven-Inge	SWE	#870	39	00:58:59	4'41	Lönsboda SK

M Öppen - MALE

Rnk	Lastname - firstname	Nat	Bib	Gal	Time	Aver.	Club
1	MALLO Mikko	SWE	#882	4	00:48:43	3'52	BOSS
2	HEDVALL Martin	SWE	#890	7	00:49:42	3'57	Löpsteget Åhus
3	ENGBLOM Andreas	SWE	#590	9	00:51:01	4'03	.
4	ENGBLOM Daniel	SWE	#874	13	00:51:49	4'07	.
5	NILSSON Hogo	SWE	#589	14	00:52:44	4'11	Härlövs IF
6	RONVALL Fredrik	SWE	#585	20	00:53:36	4'15	.
7	OLSSON Oscar	SWE	#574	27	00:56:29	4'29	Team Merrell
8	VILÉÅHOLM Tomas	SWE	#584	29	00:56:47	4'30	Löparklubben Snok
9	OLOFSSON Henrik	SWE	#586	36	00:58:15	4'37	.
10	HELL Ingvar	SWE	#583	38	00:58:40	4'39	.
11	SVENSSON Patrik	SWE	#911	41	00:59:08	4'42	Ryssbergets IK
12	JERRELIND Erik	SWE	#591	48	01:00:56	4'50	Svarta Geten
13	AXELSSON Mikael	SWE	#582	50	01:02:02	4'55	Ok Skogshjortarna
14	JÖNSSON Alf	SWE	#915	51	01:02:14	4'56	.
15	MÖLLER Per	SWE	#593	55	01:03:09	5'01	.
16	BLOHM Daniel	SWE	#891	57	01:03:30	5'02	.
17	PORUTIS Richard	SWE	#899	59	01:03:56	5'04	Ryssbergets IK
18	HANSSON Andreas	SWE	#923	61	01:04:41	5'08	Structor
19	LINDSTRÖM Paul J	SWE	#907	62	01:04:46	5'08	.
20	OLSSON Johan	SWE	#893	65	01:05:52	5'14	TitanX
21	OLANDER Robert	SWE	#587	66	01:06:00	5'14	.
22	NILSSON Tomas	SWE	#876	68	01:06:10	5'15	BroSö OK
23	MÖLLER Kaj	SWE	#868	69	01:06:44	5'18	.
24	TOIVANEN Jani	SWE	#579	71	01:07:17	5'20	Ryssbergets IK
25	AXELSSON Martin	SWE	#581	76	01:08:01	5'24	Ok Skogshjortarna
26	NILSSON Jonas	SWE	#580	81	01:11:11	5'39	Glidarna
27	APELROS Ola	SWE	#910	84	01:14:38	5'55	TitanX
28	IVARSSON Melwin	SWE	#588	87	01:20:26	6'23	Härlövs IF