

Sololöpare Män

70km

2019-06-15

Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
1	65	Lars Håkan Sandvik	46:51 1:17:21 1:47:58 52:50 1:32:20	Attunda Orientering	46:51 (4) 2:04:12 (2) 3:52:10 (1) 4:45:00 (2) 6:17:20 (2)	6:17:20	0:00
2	33	Johan Liljeqvist	52:17 1:25:38 1:49:15 50:50 1:25:10	Tjust Bike & Running Club	52:17 (10) 2:17:55 (6) 4:07:10 (2) 4:58:00 (1) 6:23:10 (1)	6:23:10	5:50
3	11	Deri Thomas	45:18 1:15:27 1:58:37 57:38 1:51:34	Club Running Sweden	45:18 (1) 2:00:45 (1) 3:59:22 (4) 4:57:00 (4) 6:48:34 (16)	6:48:34	31:14
4	67	Kent Melin	48:47 1:23:18 1:55:15 1:11:40 1:40:55	IF Linnéa	48:47 (5) 2:12:05 (4) 4:07:20 (3) 5:19:00 (14) 6:59:55 (4)	6:59:55	42:35
5	58	Michael Miracol	50:06 1:24:49 2:08:55 53:10 1:44:35	Live Slow Run Far	50:06 (6) 2:14:55 (5) 4:23:50 (9) 5:17:00 (3) 7:01:35 (10)	7:01:35	44:15
6	82	Fredrik Carpentier	46:30 1:19:14 2:05:40 1:12:36 1:42:06	PFC Ultra	46:30 (2) 2:05:44 (3) 4:11:24 (7) 5:24:00 (17) 7:06:06 (5)	7:06:06	48:46
7	21	Tomas Larsson	57:30 1:30:55 2:03:55 1:01:40 1:42:44	BIK Stockholm	57:30 (13) 2:28:25 (11) 4:32:20 (5) 5:34:00 (6) 7:16:44 (7)	7:16:44	59:24
8	81	Peter Fansjö	50:48 1:26:17 2:09:25 1:09:30 1:42:36	Stallvägen Running Club	50:48 (7) 2:17:05 (7) 4:26:30 (10) 5:36:00 (12) 7:18:36 (6)	7:18:36	1:01:16
9	37	Richard Lindström	1:01:16 1:35:54 2:04:15 1:01:35 1:36:45	Sundsvalls Friidrott	1:01:16 (27) 2:37:10 (17) 4:41:25 (6) 5:43:00 (5) 7:19:45 (3)	7:19:45	1:02:25
10	23	Magnus Färggren		Trångsvikens IF		7:20:57	1:03:37

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Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
			51:59		51:59 (9)		
			1:26:31		2:18:30 (8)		
			2:05:50		4:24:20 (8)		
			1:09:40		5:34:00 (13)		
			1:46:57		7:20:57 (12)		
11	19	Per-Magnus Hedén		Team Skägglav		7:41:30	1:24:10
			59:19		59:19 (18)		
			1:32:31		2:31:50 (12)		
			2:12:50		4:44:40 (11)		
			1:09:20		5:54:00 (10)		
			1:47:30		7:41:30 (13)		
	28	David Åhman		IF Linnéa		7:41:30	1:24:10
			59:14		59:14 (17)		
			1:32:36		2:31:50 (13)		
			2:12:50		4:44:40 (11)		
			1:09:20		5:54:00 (10)		
			1:47:30		7:41:30 (13)		
13	2	Mattias Bergström		Stallbacken Runners		7:50:02	1:32:42
			1:02:30		1:02:30 (30)		
			1:40:23		2:42:53 (22)		
			2:15:37		4:58:30 (13)		
			1:08:30		6:07:00 (7)		
			1:43:02		7:50:02 (8)		
	5	Tomas Albinsson		Täby		7:50:02	1:32:42
			1:02:45		1:02:45 (31)		
			1:39:50		2:42:35 (21)		
			2:15:55		4:58:30 (14)		
			1:08:30		6:07:00 (7)		
			1:43:02		7:50:02 (8)		
15	57	Per Svensson		BIK Stockholm		7:56:24	1:39:04
			51:51		51:51 (8)		
			1:28:02		2:19:53 (9)		
			2:21:47		4:41:40 (16)		
			1:21:20		6:03:00 (38)		
			1:53:24		7:56:24 (17)		
16	77	Georgij Efremov		Täby		7:59:55	1:42:35
			46:30		46:30 (2)		
			1:28:33		2:15:03 (10)		
			2:25:47		4:40:50 (19)		
			1:16:10		5:57:00 (24)		
			2:02:55		7:59:55 (24)		
17	31	Henning Holmström		Klublös		8:02:49	1:45:29
			59:28		59:28 (23)		
			1:36:22		2:35:50 (18)		
			2:27:05		5:02:55 (20)		
			1:09:05		6:12:00 (9)		
			1:50:49		8:02:49 (15)		
18	13	Krzysztof Michalski		Vege Runners		8:18:41	2:01:21
			54:11		54:11 (11)		
			1:32:59		2:27:10 (14)		
			2:42:50		5:10:00 (33)		
			1:24:00		6:34:00 (39)		
			1:44:41		8:18:41 (11)		
19	53	Mats Crona		Klublös		8:20:30	2:03:10

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Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
			1:02:16		1:02:16 (29)		
			1:41:59		2:44:15 (25)		
			2:25:45		5:10:00 (18)		
			1:13:00		6:23:00 (18)		
			1:57:30		8:20:30 (19)		
	70	Oscar Lundqvist		Lonesome runners		8:20:30	2:03:10
			59:25		59:25 (21)		
			1:41:55		2:41:20 (23)		
			2:28:40		5:10:00 (21)		
			1:13:00		6:23:00 (18)		
			1:57:30		8:20:30 (19)		
	74	Stefan Lundin		Umara Sport Club		8:20:30	2:03:10
			59:25		59:25 (21)		
			1:41:55		2:41:20 (23)		
			2:28:40		5:10:00 (21)		
			1:13:00		6:23:00 (18)		
			1:57:30		8:20:30 (19)		
22	39	Robert Pantzare		Knutby		8:21:40	2:04:20
			59:20		59:20 (19)		
			1:36:30		2:35:50 (19)		
			2:34:10		5:10:00 (26)		
			1:15:00		6:25:00 (23)		
			1:56:40		8:21:40 (18)		
23	16	Johan Svahn		IF Linnéa		8:27:40	2:10:20
			1:01:12		1:01:12 (26)		
			1:43:03		2:44:15 (26)		
			2:19:35		5:03:50 (15)		
			1:16:10		6:20:00 (24)		
			2:07:40		8:27:40 (29)		
24	3	Per Holmner		Jannes TC		8:31:53	2:14:33
			59:38		59:38 (24)		
			1:35:17		2:34:55 (15)		
			2:33:35		5:08:30 (24)		
			1:20:30		6:29:00 (35)		
			2:02:53		8:31:53 (23)		
25	51	Mattias Appel		Vendelsö		8:37:00	2:19:40
			1:08:28		1:08:28 (45)		
			1:50:02		2:58:30 (32)		
			3:39:30		6:38:00 (52)		
			1:59:00		8:37:00 (52)		
26	80	Fredrik Heyman		Enhörna IF		8:43:35	2:26:15
			54:47		54:47 (12)		
			1:35:53		2:30:40 (16)		
			2:30:10		5:00:50 (23)		
			1:21:10		6:22:00 (37)		
			2:21:35		8:43:35 (44)		
27	47	Oskar Brännfors		Löpklubben Haga		8:52:20	2:35:00
			1:06:25		1:06:25 (37)		
			1:49:20		2:55:45 (30)		
			2:39:25		5:35:10 (30)		
			1:11:50		6:47:00 (15)		
			2:05:20		8:52:20 (27)		
28	52	Ulf Gustafsson		Olmasbacken		8:57:00	2:39:40
			1:06:23		1:06:23 (36)		

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Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
			1:46:35		2:52:58 (29)		
			2:34:02		5:27:00 (25)		
			1:20:00		6:47:00 (33)		
			2:10:00		8:57:00 (35)		
29	61	Stephen Day		Farsta		9:04:35	2:47:15
			59:20		59:20 (19)		
			1:44:10		2:43:30 (27)		
			2:55:05		5:38:35 (42)		
			1:16:25		6:55:00 (30)		
			2:09:35		9:04:35 (34)		
30	42	Roger Tjernström		Skansen		9:11:19	2:53:59
			1:08:27		1:08:27 (44)		
			2:07:30		3:15:57 (48)		
			2:36:33		5:52:30 (29)		
			1:14:30		7:07:00 (21)		
			2:04:19		9:11:19 (25)		
	62	Tomas Hellman		Stockholm multisport		9:11:19	2:53:59
			59:48		59:48 (25)		
			1:55:57		2:55:45 (41)		
			2:56:45		5:52:30 (43)		
			1:14:30		7:07:00 (21)		
			2:04:19		9:11:19 (25)		
32	55	Pelle Wedin		Ljungbackens IF		9:11:20	2:54:00
			1:06:22		1:06:22 (35)		
			1:49:23		2:55:45 (31)		
			2:42:20		5:38:05 (32)		
			1:25:55		7:04:00 (41)		
			2:07:20		9:11:20 (28)		
33	40	Björn Stavre		Löparklubben Roslagen		9:13:20	2:56:00
			1:07:10		1:07:10 (41)		
			1:57:48		3:04:58 (42)		
			2:52:42		5:57:40 (39)		
			1:16:20		7:14:00 (26)		
			1:59:20		9:13:20 (22)		
34	36	Mika Johansson Linered		Eskilstuna		9:14:02	2:56:42
			1:09:00		1:09:00 (47)		
			1:54:20		3:03:20 (39)		
			2:35:40		5:39:00 (28)		
			1:20:00		6:59:00 (33)		
			2:15:02		9:14:02 (41)		
35	10	Juha Maanmies		Rånäs OK		9:14:52	2:57:32
			58:13		58:13 (14)		
			1:46:02		2:44:15 (28)		
			2:44:15		5:28:30 (34)		
			1:26:30		6:55:00 (42)		
			2:19:52		9:14:52 (43)		
36	38	Johan Jönsson		Försvarmakten		9:21:00	3:03:40
			1:09:08		1:09:08 (49)		
			1:52:22		3:01:30 (35)		
			2:46:45		5:48:15 (36)		
			1:20:45		7:09:00 (36)		
			2:12:00		9:21:00 (36)		
37	26	Stefan Bergsten		Swedish Ultra Trophy		9:23:02	3:05:42
			1:03:58		1:03:58 (32)		

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Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
			2:01:00		3:04:58 (43)		
			2:52:42		5:57:40 (39)		
			1:16:20		7:14:00 (26)		
			2:09:02		9:23:02 (32)		
	78	Roger Nimbratt		Täby		9:23:02	3:05:42
			1:03:58		1:03:58 (32)		
			2:01:00		3:04:58 (43)		
			2:52:42		5:57:40 (39)		
			1:16:20		7:14:00 (26)		
			2:09:02		9:23:02 (32)		
39	27	Stefan Herbst		Scania		9:24:04	3:06:44
			1:09:00		1:09:00 (47)		
			1:54:50		3:03:50 (40)		
			2:35:35		5:39:25 (27)		
			1:19:35		6:59:00 (32)		
			2:25:04		9:24:04 (46)		
40	73	Petter Pehrson		Tsm running		9:24:15	3:06:55
			1:06:13		1:06:13 (34)		
			1:51:27		2:57:40 (34)		
			2:46:40		5:44:20 (35)		
			1:25:40		7:10:00 (40)		
			2:14:15		9:24:15 (39)		
41	76	Peter Fredriksson		Nekard Runners		9:26:54	3:09:34
			1:06:27		1:06:27 (38)		
			2:05:43		3:12:10 (46)		
			2:49:20		6:01:30 (38)		
			1:12:30		7:14:00 (16)		
			2:12:54		9:26:54 (38)		
42	69	Jan Jensen		Rånäs OK		9:31:29	3:14:09
			1:01:50		1:01:50 (28)		
			1:53:25		2:55:15 (37)		
			2:49:05		5:44:20 (37)		
			1:17:40		7:02:00 (31)		
			2:29:29		9:31:29 (50)		
43	15	Markus Spångberg		Roslagsbro IF		9:34:39	3:17:19
			58:45		58:45 (16)		
			1:39:43		2:38:28 (20)		
			2:24:31		5:02:59 (17)		
			1:33:01		6:36:00 (49)		
			2:58:39		9:34:39 (51)		
44	9	Peter Peldan		Sthlm gerillalöpare		9:36:25	3:19:05
			1:08:18		1:08:18 (43)		
			1:53:52		3:02:10 (38)		
			2:39:55		5:42:05 (31)		
			1:26:55		7:09:00 (43)		
			2:27:25		9:36:25 (48)		
45	64	Tommy Svensson		Malstaklubben		9:45:12	3:27:52
			1:06:27		1:06:27 (38)		
			1:50:13		2:56:40 (33)		
			3:03:50		6:00:30 (45)		
			1:32:30		7:33:00 (48)		
			2:12:12		9:45:12 (37)		
46	60	Markus Sandh		Lonesome runners		9:56:19	3:38:59
			1:08:58		1:08:58 (46)		

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Placering	Startnr	Namn	Varvtid	Klubb	Resultat	Sluttid	Difftid
			2:09:32		3:18:30 (49)		
			3:13:10		6:31:40 (47)		
			1:16:20		7:48:00 (26)		
			2:08:19		9:56:19 (30)		
47	75	David Kappus		USA		10:03:53	3:46:33
			58:17		58:17 (15)		
			1:53:22		2:51:39 (36)		
			3:14:46		6:06:25 (49)		
			1:39:35		7:46:00 (51)		
			2:17:53		10:03:53 (42)		
48	17	Rickard Skiöld		Skiöldpadders		10:07:06	3:49:46
			1:07:02		1:07:02 (40)		
			2:05:08		3:12:10 (45)		
			3:01:40		6:13:50 (44)		
			1:31:10		7:45:00 (47)		
			2:22:06		10:07:06 (45)		
49	54	Lukas Bergliden		Stockholm Triathlon		10:11:34	3:54:14
			1:13:26		1:13:26 (50)		
			2:05:54		3:19:20 (47)		
			3:08:10		6:27:30 (46)		
			1:29:30		7:57:00 (46)		
			2:14:34		10:11:34 (40)		
50	41	Esa Rotinen		Sthlm långdistansklubb -20m		10:21:52	4:04:32
			1:13:50		1:13:50 (51)		
			2:12:25		3:26:15 (50)		
			3:17:55		6:44:10 (50)		
			1:28:50		8:13:00 (45)		
			2:08:52		10:21:52 (31)		
51	43	Erik Doverholm		Lonesome runners		10:30:00	4:12:40
			1:08:14		1:08:14 (42)		
			2:12:44		3:20:58 (51)		
			3:13:22		6:34:20 (48)		
			1:28:40		8:03:00 (44)		
			2:27:00		10:30:00 (47)		
52	35	Kennet Lundström		Sottunga		11:12:28	4:55:08
			1:23:05		1:23:05 (52)		
			2:17:30		3:40:35 (52)		
			3:27:30		7:08:05 (51)		
			1:34:55		8:43:00 (50)		
			2:29:28		11:12:28 (49)		