

Pl	Startnr	Namn	Tid															
<b>H75 (1)</b>			<b>2680 m</b>															
			1(49)	2(50)	3(31)	4(32)	5(33)	6(45)	7(46)	8(47)	9(100)	M						
1		<b>Karlsson, Bengt A</b> Åmåls OK	<b>1:01:34</b>	<b>4:31</b>	<b>8:12</b>	<b>17:34</b>	<b>27:48</b>	<b>33:47</b>	<b>37:16</b>	<b>51:20</b>	<b>57:50</b>	<b>1:00:37</b>	<b>1:01:34</b>					
			<b>4:31</b>	<b>3:41</b>	<b>9:22</b>	<b>10:14</b>	<b>5:59</b>	<b>3:29</b>	<b>14:04</b>	<b>6:30</b>	<b>2:47</b>	<b>0:57</b>						
<b>H60 (2)</b>			<b>3590 m</b>															
			1(31)	2(32)	3(33)	4(43)	5(42)	6(44)	7(45)	8(46)	9(47)	10(100)	M					
1		<b>Duus-Otterström, O</b> Åmåls OK	<b>1:17:25</b>	7:28	28:07	34:03	43:50	46:30	50:30	<b>58:31</b>	<b>1:10:21</b>	<b>1:14:49</b>	<b>1:16:41</b>	<b>1:17:25</b>				
			7:28	<b>20:39</b>	5:56	<b>9:47</b>	2:40	4:00	<b>8:01</b>	<b>11:50</b>	4:28	<b>1:52</b>	0:44					
2		<b>Hägg, Lars-Rune</b> Åmåls OK	<b>1:19:27</b>	<b>6:12</b>	<b>27:43</b>	<b>32:00</b>	<b>42:36</b>	<b>44:37</b>	<b>48:23</b>	58:40	1:12:32	1:16:53	1:18:45	1:19:27				
			<b>6:12</b>	21:31	<b>4:17</b>	10:36	<b>2:01</b>	<b>3:46</b>	10:17	13:52	<b>4:21</b>	<b>1:52</b>	<b>0:42</b>					
<b>H55 (2)</b>			<b>4180 m</b>															
			1(31)	2(32)	3(33)	4(36)	5(40)	6(41)	7(43)	8(42)	9(34)	10(45)	11(46)	12(47)	13(100)	M		
1		<b>Johansson, Sten-Ol</b> Åmåls OK	<b>51:03</b>	<b>4:40</b>	<b>10:14</b>	<b>13:51</b>	<b>24:27</b>	<b>25:22</b>	<b>26:29</b>	<b>28:35</b>	<b>29:49</b>	<b>35:25</b>	<b>37:44</b>	<b>45:16</b>	<b>49:08</b>	<b>50:30</b>	<b>51:03</b>	
			<b>4:40</b>	<b>5:34</b>	3:37	<b>10:36</b>	<b>0:55</b>	<b>1:07</b>	<b>2:06</b>	<b>1:14</b>	<b>5:36</b>	<b>2:19</b>	<b>7:32</b>	3:52	<b>1:22</b>	<b>0:33</b>		
2		<b>Andersson, Kjell</b> Åmåls OK	<b>1:02:41</b>	5:22	11:07	14:37	26:21	27:20	28:38	30:50	32:06	42:33	45:55	56:39	1:00:11	1:01:51	1:02:41	
			5:22	5:45	<b>3:30</b>	11:44	0:59	1:18	2:12	1:16	10:27	3:22	10:44	<b>3:32</b>	1:40	0:50		
<b>H40 (4)</b>			<b>4180 m</b>															
			1(31)	2(32)	3(33)	4(36)	5(40)	6(41)	7(43)	8(42)	9(34)	10(45)	11(46)	12(47)	13(100)	M		
1		<b>Larsson, Leif</b> Åmåls OK	<b>51:52</b>	<b>3:54</b>	<b>11:07</b>	<b>14:13</b>	<b>23:36</b>	<b>24:37</b>	<b>25:44</b>	<b>29:51</b>	<b>31:09</b>	<b>35:52</b>	<b>40:52</b>	<b>47:35</b>	<b>50:15</b>	<b>51:28</b>	<b>51:52</b>	
			<b>3:54</b>	7:13	3:06	<b>9:23</b>	1:01	1:07	4:07	<b>1:18</b>	<b>4:43</b>	5:00	<b>6:43</b>	<b>2:40</b>	1:13	<b>0:24</b>		
2		<b>Ågren, Anders</b> Åmåls OK	<b>54:13</b>	6:17	13:11	16:00	25:51	26:40	27:36	31:49	33:07	37:57	42:57	49:41	52:35	53:44	54:13	
			6:17	<b>6:54</b>	<b>2:49</b>	9:51	<b>0:49</b>	<b>0:56</b>	4:13	<b>7:18</b>	4:50	5:00	6:44	2:54	<b>1:09</b>	0:29		
3		<b>Bengtsson, Ola</b> Åmåls OK	<b>1:08:21</b>	5:34	14:02	17:47	30:37	32:07	33:37	41:42	44:15	49:50	53:13	1:02:54	1:06:23	1:07:51	1:08:21	
			5:34	8:28	3:45	12:50	1:30	1:30	8:05	2:33	5:35	3:23	9:41	3:29	1:28	0:30		
4		<b>Lätt, Tord</b> Åmåls OK	<b>1:18:54</b>	6:57	16:46	24:46	37:26	47:04	48:33	51:46	53:47	59:58	1:03:11	1:13:00	1:16:33	1:18:17	1:18:54	
			6:57	9:49	8:00	12:40	9:38	1:29	<b>3:13</b>	2:01	6:11	<b>3:13</b>	9:49	3:33	1:44	0:37		
<b>H21 (4)</b>			<b>5770 m</b>															
			1(31)	2(32)	3(33)	4(36)	5(40)	6(41)	7(63)	8(62)	9(61)	10(60)	11(43)	12(34)	13(45)	14(46)		
			15(47)	16(100)	M													
1		<b>Källvik, Per</b> Åmåls OK	<b>50:12</b>	<b>3:19</b>	7:49	<b>10:03</b>	<b>16:42</b>	<b>17:22</b>	<b>18:05</b>	<b>21:20</b>	<b>23:10</b>	<b>24:14</b>	29:54	34:03	<b>37:44</b>	<b>39:31</b>	<b>46:00</b>	
			<b>3:19</b>	4:30	2:14	6:39	0:40	<b>0:43</b>	3:15	1:50	1:04	5:40	4:09	<b>3:41</b>	<b>1:47</b>	6:29		
			<b>48:32</b>	<b>49:45</b>	<b>50:12</b>													
			2:32	<b>1:13</b>	<b>0:27</b>													
2		<b>Åhl, Jörgen</b> Åmåls OK	<b>52:32</b>	3:41	9:35	11:23	17:23	18:07	18:51	21:34	23:19	24:52	<b>29:44</b>	<b>32:51</b>	40:20	42:38	47:52	
			3:41	5:54	<b>1:48</b>	<b>6:00</b>	0:44	0:44	<b>2:43</b>	<b>1:45</b>	1:33	<b>4:52</b>	<b>3:07</b>	7:29	2:18	<b>5:14</b>		
			50:35	51:54	52:32													
			2:43	1:19	0:38													
3		<b>Eriksson, Christer</b> Åmåls OK	<b>56:32</b>	3:36	8:11	10:55	19:06	19:58	21:13	25:00	27:21	28:29	35:38	39:44	44:25	46:21	52:07	
			3:36	4:35	2:44	8:11	0:52	1:15	3:47	2:21	1:08	7:09	4:06	4:41	1:56	5:46		
			54:35	55:57	56:32													
			2:28	1:22	0:35													
4		<b>Hedlund, Thomas</b> Åmåls OK	<b>58:55</b>	3:22	<b>7:31</b>	11:41	18:24	19:03	20:08	23:19	25:31	26:25	32:55	36:48	46:35	48:26	54:56	
			3:22	<b>4:09</b>	4:10	6:43	<b>0:39</b>	1:05	3:11	2:12	<b>0:54</b>	6:30	3:53	9:47	1:51	6:30		
			57:12	58:27	58:55													
			<b>2:16</b>	1:15	0:28													
<b>H11 (1)</b>			<b>1800 m</b>															
			1(64)	2(49)	3(50)	4(51)	5(52)	6(53)	7(50)	8(54)	9(56)	10(57)	11(100)	M				
1		<b>Fjellman-Lätt, Emil</b> Åmåls OK	<b>23:36</b>	<b>3:40</b>	<b>5:25</b>	<b>7:54</b>	<b>10:51</b>	<b>11:54</b>	<b>13:11</b>	<b>14:25</b>	<b>15:40</b>	<b>19:38</b>	<b>21:58</b>	<b>22:49</b>	<b>23:36</b>			
			<b>3:40</b>	<b>1:45</b>	<b>2:29</b>	<b>2:57</b>	<b>1:03</b>	<b>1:17</b>	<b>1:14</b>	<b>1:15</b>	<b>3:58</b>	<b>2:20</b>	<b>0:51</b>	<b>0:47</b>				
<b>H16 (1)</b>			<b>3590 m</b>															
			1(31)	2(32)	3(33)	4(43)	5(42)	6(44)	7(45)	8(46)	9(47)	10(100)	M					
1		<b>Dahlström, Sebastia</b> Åmåls OK	<b>51:09</b>	<b>4:20</b>	<b>16:44</b>	<b>19:50</b>	<b>26:53</b>	<b>28:09</b>	<b>31:00</b>	<b>36:51</b>	<b>46:12</b>	<b>49:27</b>	<b>50:43</b>	<b>51:09</b>				
			<b>4:20</b>	<b>12:24</b>	<b>3:06</b>	<b>7:03</b>	<b>1:16</b>	<b>2:51</b>	<b>5:51</b>	<b>9:21</b>	<b>3:15</b>	<b>1:16</b>	<b>0:26</b>					
<b>H14 (3)</b>			<b>1840 m</b>															
			1(49)	2(50)	3(51)	4(52)	5(53)	6(31)	7(46)	8(47)	9(100)	M						
1		<b>Sanderberg, Noak</b> Åmåls OK	<b>24:09</b>	2:20	<b>3:50</b>	5:56	6:28	<b>6:56</b>	<b>13:36</b>	19:21	<b>22:24</b>	<b>23:41</b>	<b>24:09</b>					
			2:20	<b>1:30</b>	2:06	<b>0:32</b>	<b>0:28</b>	6:40	5:45	<b>3:03</b>	<b>1:17</b>	<b>0:28</b>						
2		<b>Dahlström, Adrian</b> Åmåls OK	<b>25:11</b>	<b>2:06</b>	4:00	<b>5:47</b>	<b>6:27</b>	7:55	13:39	<b>18:39</b>	23:21	24:43	25:11					
			<b>2:06</b>	1:54	<b>1:47</b>	0:40	1:28	<b>5:44</b>	5:00	4:42	1:22	<b>0:28</b>						
3		<b>Sanderberg, Isak</b> Åmåls OK	<b>44:45</b>	3:22	6:32	10:24	11:12	13:11	22:36	26:50	41:50	44:08	44:45					
			3:22	3:10	3:52	0:48	1:59	9:25	<b>4:14</b>	15:00	2:18	0:37						
<b>H10 (3)</b>			<b>1800 m</b>															
			1(64)	2(49)	3(50)	4(51)	5(52)	6(53)	7(50)	8(54)	9(56)	10(57)	11(100)	M				
1		<b>Larsson, Erik</b> Åmåls OK	<b>21:20</b>	<b>1:39</b>	<b>3:34</b>	<b>6:03</b>	<b>8:42</b>	<b>9:47</b>	<b>11:13</b>	<b>12:19</b>	<b>13:43</b>	<b>17:21</b>	<b>19:41</b>	<b>20:34</b>	<b>21:20</b>			
			<b>1:39</b>	<b>1:55</b>	<b>2:29</b>	2:39	<b>1:05</b>	<b>1:26</b>	<b>1:06</b>	<b>1:24</b>	<b>3:38</b>	<b>2:20</b>	<b>0:53</b>	<b>0:46</b>				
2		<b>Fjellman-Lätt, Davic</b> Åmåls OK	<b>27:25</b>	2:23	4:30	7:49	10:23	13:11	14:42	16:21	18:20	21:58	25:12	26:39	27:25			
			2:23	2:07	3:19	<b>2:34</b>	2:48	1:31	1:39	1:59	<b>3:38</b>	3:14	1:27	<b>0:46</b>				
3		<b>Åhl, Eric</b> Åmåls OK	<b>46:54</b>	4:38	7:07	12:02	17:06	18:41	21:18	24:36	27:19	34:43	39:30	44:49	46:54			
			4:38	2:29	4:55	5:04	1:35	2:37	3:18	2:43	7:24	4:47	5:19	2:05				
<b>D65 (1)</b>			<b>2680 m</b>															
			1(49)	2(50)	3(31)	4(32)	5(33)	6(45)	7(46)	8(47)	9(100)	M						
1		<b>Karlsson, Gunnel</b> Åmåls OK	<b>1:37:06</b>	<b>4:56</b>	<b>7:58</b>	<b>23:22</b>	<b>39:04</b>	<b>48:54</b>	<b>55:04</b>	<b>1:22:43</b>	<b>1:31:21</b>	<b>1:36:06</b>	<b>1:37:06</b>					
			<b>4:56</b>	<b>3:02</b>	<b>15:24</b>	<b>15:42</b>	<b>9:50</b>	<b>6:10</b>	<b>27:39</b>	<b>8:38</b>	<b>4:45</b>	<b>1:00</b>						

Pl	Startnr	Namn	Tid														
<b>D45 (1) 4180 m</b>																	
				1(31)	2(32)	3(33)	4(36)	5(40)	6(41)	7(43)	8(42)	9(34)	10(45)	11(46)	12(47)	13(100)	M
1		<b>Ericson, Maria</b> Åmåls OK	<b>54:05</b>	<b>5:07</b> <i>5:07</i>	<b>11:32</b> <i>6:25</i>	<b>14:41</b> <i>3:09</i>	<b>24:22</b> <i>9:41</i>	<b>25:31</b> <i>1:09</i>	<b>26:49</b> <i>1:18</i>	<b>28:50</b> <i>2:01</i>	<b>30:11</b> <i>1:21</i>	<b>37:59</b> <i>7:48</i>	<b>40:09</b> <i>2:10</i>	<b>48:29</b> <i>8:20</i>	<b>52:04</b> <i>3:35</i>	<b>53:30</b> <i>1:26</i>	<b>54:05</b> <i>0:35</i>
<b>D14 (1) 1840 m</b>																	
				1(49)	2(50)	3(51)	4(52)	5(53)	6(31)	7(46)	8(47)	9(100)	M				
1		<b>Larsson, Carolina</b> Åmåls OK	<b>27:30</b>	<b>2:48</b> <i>2:48</i>	<b>4:42</b> <i>1:54</i>	<b>6:27</b> <i>1:45</i>	<b>6:58</b> <i>0:31</i>	<b>9:58</b> <i>3:00</i>	<b>18:30</b> <i>8:32</i>	<b>22:22</b> <i>3:52</i>	<b>25:29</b> <i>3:07</i>	<b>27:01</b> <i>1:32</i>	<b>27:30</b> <i>0:29</i>				
<b>D12 (1) 1800 m</b>																	
				1(64)	2(49)	3(50)	4(51)	5(52)	6(53)	7(50)	8(54)	9(56)	10(57)	11(100)	M		
1		<b>Larsson, Isabell</b> Åmåls OK	<b>22:42</b>	<b>1:49</b> <i>1:49</i>	<b>4:37</b> <i>2:48</i>	<b>6:56</b> <i>2:19</i>	<b>9:30</b> <i>2:34</i>	<b>10:55</b> <i>1:25</i>	<b>12:02</b> <i>1:07</i>	<b>12:59</b> <i>0:57</i>	<b>14:08</b> <i>1:09</i>	<b>17:29</b> <i>3:21</i>	<b>19:18</b> <i>1:49</i>	<b>22:06</b> <i>2:48</i>	<b>22:42</b> <i>0:36</i>		
<b>D10 (3) 1800 m</b>																	
				1(64)	2(49)	3(50)	4(51)	5(52)	6(53)	7(50)	8(54)	9(56)	10(57)	11(100)	M		
1		<b>Källvik-Leufvén, Eri</b> Åmåls OK	<b>19:38</b>	<b>1:20</b> <i>1:20</i>	<b>3:11</b> <i>1:51</i>	<b>4:48</b> <i>1:37</i>	<b>6:25</b> <i>1:37</i>	<b>8:43</b> <i>2:18</i>	<b>9:47</b> <i>1:04</i>	<b>10:41</b> <i>0:54</i>	<b>11:36</b> <i>0:55</i>	<b>15:58</b> <i>4:22</i>	<b>17:44</b> <i>1:46</i>	<b>19:05</b> <i>1:21</i>	<b>19:38</b> <i>0:33</i>		
2		<b>Källvik-Leufvén, Jol</b> Åmåls OK	<b>19:40</b>	4:08	5:10	7:18	8:56	10:38	12:17	13:07	14:09	16:38	18:14	<b>19:05</b>	19:40		
3		<b>Ågren, Kajsa</b> Åmåls OK	<b>22:28</b>	4:08	<b>1:02</b>	2:08	1:38	<b>1:42</b>	1:39	<b>0:50</b>	1:02	<b>2:29</b>	<b>1:36</b>	0:51	0:35		
				1:43	3:23	6:22	8:10	10:44	12:28	13:23	16:09	19:04	21:04	21:51	22:28		
				1:43	1:40	2:59	1:48	2:34	1:44	0:55	2:46	2:55	2:00	<b>0:47</b>	0:37		