



Korta Terräng DM 2013

2013-04-29
Åbyvallen Valbo



Plac	Klass	Förnamn	Efternamn	Klubb	Födelse år	Åk tid	Diff
M Seniorer 4000m							
1	M seniorer	Johan	Lantz	Ockelbo sk	1989	14:00:00	00:00:00
2	M seniorer	Magnus	Lindberg	Ockelbo sk	1990	14:01:00	00:01:00
3	M seniorer	Anders	Hallberg	Hemlingby lk	1981	14:08:00	00:08:00
			Mohammud				
4	P -19	Hassan	hussen	Gefle if	1995	14:17:00	00:17:00
5	M seniorer	Victor	Kellner	Ockelbo sk	1989	14:27:00	00:27:00
6	M seniorer	Jocke	Lantz	Ockelbo sk	1991	14:36:00	00:36:00
7	M 40	Johan	Hedlund	Gefle if	1973	14:55:00	00:55:00
8	M seniorer	Per	Liv	Ifk umeå	1979	15:05:00	01:05:00
9	P -17	Filip	Ivarsson	Ok hammaren	1996	15:09:00	01:09:00
10	M 35	Magnus	Wallström	Valbo aif	1974	16:02:00	02:02:00
11	P -17	Erik	Hällström	Hemlingby lk	1996	16:22:00	02:22:00
12	M 55	Göran	Lindqvist	Hemlingby lk	1957	16:25:00	02:25:00
13	M 40	Mounir	Touzani	Hemlingby lk	1969	16:29:00	02:29:00
14	M 55	Bo	Sandström	Gävle boff	1957	16:31:00	02:31:00
15	M 50	Hans	Brolin	Hemlingby lk	1959	16:57:00	02:57:00
16	M seniorer	Mohammed yousuf	Haji	Gefle if	1982	17:03:00	03:03:00
17	M 50	Jari	Särkimäki	Hofors lk	1962	17:08:00	03:08:00
18	M 50	Ronnie	Steinwall	Hemlingby lk	1960	17:18:00	03:18:00
19	M 45	Janne	Johnsson	Ess lk	1964	17:24:00	03:24:00
20	M 50	Rolf	Wikman	Hemlingby lk	1962	18:27:00	04:27:00
21	M 45	Hans	Qvarnström	Ockelbo sk	1966	18:36:00	04:36:00
22	M 45	Martin	Myhrberg	Ockelbo sk	1965	18:55:00	04:55:00
23	M 55	Ragnar	Oscarsson	Hemlingby lk	1956	18:59:00	04:59:00
24	M 45	Micke	Rönnlund	Ockelbo sk	1994	19:02:00	05:02:00
25	M 50	Mats	Carlsson	Hemlingby lk	1959	19:03:00	05:03:00
26	M 50	Per	öberg	Hofors lk	1961	19:14:00	05:14:00
27	M 50	Roger	öberg	Hofors lk	1959	19:57:00	05:57:00
28	M 45	Mats	Rosquist	Ess lk	1965	20:13:00	06:13:00
29	M 45	Torsten	Svärd	Gävle sk	1964	20:37:00	06:37:00
30	M 70	Per	Wennberg	Hemlingby lk	1943	25:12:00	11:12:00
M 35 4000m							
1	Magnus	Wallström	Valbo aif		1974	16:02:00	0
M 40 4000m							
1	Johan	Hedlund	Gefle if		1973	14:55:00	0
2	Mounir	Touzani	Hemlingby lk		1969	16:29:00	01:34:00
M 45 4000m							
1	Janne	Johnsson	Ess lk		1964	17:24:00	0
2	Hans	Qvarnström	Ockelbo sk		1966	18:36:00	01:12:00
3	Martin	Myhrberg	Ockelbo sk		1965	18:55:00	01:31:00
4	Micke	Rönnlund	Ockelbo sk		1994	19:02:00	01:38:00
5	Mats	Rosquist	Ess lk		1965	20:13:00	02:49:00
6	Torsten	Svärd	Gävle sk		1964	20:37:00	03:13:00



Korta Terräng DM 2013

2013-04-29
Åbyvallen Valbo



M 50 4000m

1	Hans	Brolin	Hemlingby lk	1959	16:57:00	0
2	Jari	Särkimäki	Hofors lk	1962	17:08:00	00:11:00
3	Ronnie	Steinwall	Hemlingby lk	1960	17:18:00	00:21:00
4	Rolf	Wikman	Hemlingby lk	1962	18:27:00	01:30:00
5	Mats	Carlsson	Hemlingby lk	1959	19:03:00	02:06:00
6	Per	öberg	Hofors lk	1961	19:14:00	02:17:00
7	Roger	öberg	Hofors lk	1959	19:57:00	03:00:00

M 55 4000m

1	Göran	Lindqvist	Hemlingby lk	1957	16:25:00	0
2	Bo	Sandström	Gävle boff	1957	16:31:00	00:06:00
3	Ragnar	Oscarsson	Hemlingby lk	1956	18:59:00	02:34:00

M 70 4000m

1	Per	Wennberg	Hemlingby lk	1943	25:12:00	0
---	-----	----------	--------------	------	----------	---

P -17 4000m

1	Filip	Ivarsson	Ok hammaren	1996	15:09:00	0
2	Erik	Hällström	Hemlingby lk	1996	16:22:00	01:13:00

P -19 4000m

1	Hassan	Mohammud hussen	Gefle if	1995	14:17:00	0
---	--------	-----------------	----------	------	----------	---

K Seniorer 4000m

1	K 40	Annelie	Andersson	Ockelbo sk	1973	17:11:00	00:00:00
2	K seniorer	Caroline	Svärd	Hemlingby lk	1990	17:26:00	00:15:00
3	F -17	Klara	Skoog	Ok hammaren	1996	17:30:00	00:19:00
4	K 45	Viveka	Lindberg	Hemlingby lk	1965	18:41:00	01:30:00
5	K 35	Kristina	Lund	Hemlingby lk	1976	19:44:00	02:33:00
6	K 50	Ann britt	Nilseng	Hemlingby lk	1959	19:51:00	02:40:00
7	F -19	Cecilia	Knutsen	Gävle sk	1995	20:16:00	03:05:00
8	F -17	Linnea	Svärd	Gävle sk	1997	20:56:00	03:45:00
9	K 65	Gunilla	Juthback	Hemlingby lk	1946	22:27:00	05:16:00

K 35 4000m

1	Kristina	Lund	Hemlingby lk	1976	19:44:00	0
---	----------	------	--------------	------	----------	---

K 40 4000m

1	Annelie	Andersson	Ockelbo sk	1973	17:11:00	0
---	---------	-----------	------------	------	----------	---

K 45 4000m

1	Viveka	Lindberg	Hemlingby lk	1965	18:41:00	0
---	--------	----------	--------------	------	----------	---

K 50 4000m

1	Ann britt	Nilseng	Hemlingby lk	1959	19:51:00	0
---	-----------	---------	--------------	------	----------	---

K 65 4000m

1	Gunilla	Juthback	Hemlingby lk	1946	22:27:00	0
---	---------	----------	--------------	------	----------	---

F -17 4000m

1	Klara	Skoog	Ok hammaren	1996	17:30:00	0
2	Linnea	Svärd	Gävle sk	1997	20:56:00	03:26:00

F -19 4000m

1	Cecilia	Knutsen	Gävle sk	1995	20:16:00	0
---	---------	---------	----------	------	----------	---

F 12-13 2000m

1	Cornelia	Ivarsson	Högbo gif	2001	09:50:00	0
2	Lina	Magnusson	Gävle sk	2001	10:00:00	00:10:00
3	Ebba	Magnusson	Gävle sk	2001	10:01:00	00:11:00

F 14-15 2000m

1	Emma	Hällström	Hemlingby lk	1999	08:49:00	0
---	------	-----------	--------------	------	----------	---

P 12-13 2000m

1	Philip	Stömne	Valbo aif	2000	07:47:00	0
2	Axel	Åslund	Hedesunda if	2000	08:39:00	00:52:00



Korta Terräng DM 2013

2013-04-29
Åbyvallen Valbo



M Seniorer lag 4000m

1	Ockelbo sk Lag 1				
	162 Johan	Lantz	1989	00:14:00	
	161 Magnus	Lindberg	1990	00:14:01	
	165 Victor	Kellner	1989	00:14:27	
				00:42:28	00:00:00
2	Gefle if				
		Mohammud			
	159 Hassan	hussen	1995	00:14:17	
	177 Johan	Hedlund	1973	00:14:55	
	168 Mohammed yousuf	Haji	1982	00:17:03	
				00:46:15	03:47:00
3	Hemlingby lk Lag 1				
	167 Anders	Hallberg	1981	00:14:08	
	155 Erik	Hällström	1996	00:16:22	
	195 Göran	Lindqvist	1957	00:16:25	
				00:46:55	04:27:00
4	Hemlingby lk Lag 2				
	180 Mounir	Touzani	1969	00:16:29	
	187 Hans	Brolin	1959	00:16:57	
	189 Ronnie	Steinwall	1960	00:17:18	
				00:50:44	08:16:00
5	Ockelbo sk Lag 2				
	164 Jocke	Lantz	1991	00:14:36	
	176 Hans	Qvarnström	1966	00:18:36	
	181 Martin	Myhrberg	1965	00:18:55	
				00:52:07	09:39:00
6	Hofors lk				
	188 Jari	Särkimäki	1962	00:17:08	
	191 Per	öberg	1961	00:19:14	
	192 Roger	öberg	1959	00:19:57	
				00:56:19	13:51:00
7	Hemlingby lk Lag 3				
	190 Rolf	Wikman	1962	00:18:27	
	194 Ragnar	Oscarsson	1956	00:18:59	
	186 Mats	Carlsson	1959	00:19:03	
				00:56:29	14:01:00

K Seniorer Lag 4000m

1	Hemlingby lk				
	170 Caroline	Svärd	1990	00:17:26	
	174 Viveka	Lindberg	1965	00:18:41	
	172 Kristina	Lund	1976	00:19:44	
				00:55:51	00:00:00