

Formhuset i Knivsta

Resultat Valloxen Runt 2009

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16 km l p Herrar

| | | | |
|----|--------------------|----------------|---------|
| 1 | Magnus Bergman | | 0.53.12 |
| 2 | Per  sberg | 40+ | 0.53.51 |
| 3 | Philip von Rosen | H sselby | 0.54.53 |
| 4 | Per Berg | 40+ | 0.57.48 |
| 5 | Marcus Nilsson | | 0.58.59 |
| 6 | Mats Andersson | | 1.01.32 |
| 7 | Erik Ljunggren | Alsike IF | 1.02.28 |
| 8 | Johan Edin | | 1.03.46 |
| 9 | Roger Sernemyr | 40+ | 1.04.23 |
| 10 | Sven Wigertz | L nghundra | 1.07.33 |
| 11 | Andreas Malmel v | Talludden | 1.08.47 |
| 12 | P r Jansson | Alsike IF | 1.10.52 |
| 13 | Joakim Wigertz | L nghundra | 1.11.33 |
| 14 | Mats Setre |  C-Bygg | 1.12.14 |
| 15 | Adam Englund | | 1.13.34 |
| 16 | Jens Lindquist | Asklunden | 1.14.51 |
| 17 | Bengt Lindgren | | 1.15.02 |
| 18 | Michael Eriksson | Sigtuna kommun | 1.15.44 |
| 19 | Digno Duarte | | 1.15.53 |
| 20 | Henrik Ollandt | Nord | 1.16.05 |
| 21 | Krister Bj rnsson | | 1.16.20 |
| 22 | Ulf Olsson | L nghundra | 1.17.11 |
| 23 | Daniel Hansen | | 1.17.15 |
| 24 | Lennart Lundberg | Knivsta.nu | 1.17.32 |
| 25 | Johan Hellsten | Sexy Boy | 1.17.48 |
| 26 | Per Westerlund | | 1.18.19 |
| 27 | Johan Andersson | | 1.19.00 |
| 28 | Filip Markhed | | 1.19.44 |
| 29 | Karl- ke Malmel v | Talludden | 1.20.57 |
| 30 | Robert Magnusson |  C-Bygg | 1.21.35 |
| 31 | Kent Rapp | Lag Rapp | 1.22.02 |
| 32 | Stefan Lundstr m | Alsike IF | 1.22.18 |
| 33 | Roland Hedlund | Sexy Boy | 1.23.46 |
| 34 | Anders Enockson | MIAB | 1.23.53 |
| 35 | Robert Wennberg |  C-Bygg | 1.24.10 |
| 36 | Niklas Fredriksson | Sexy Boy | 1.24.25 |
| 37 | Lars Kraft | | 1.24.32 |
| 38 | Rikard Reneland | Nord | 1.25.16 |
| 39 | Thomas Malmel v | Talludden | 1.25.29 |
| 40 | H kan Pedersen | | 1.25.49 |
| 41 | Thomas Elvander | | 1.26.52 |
| 42 | Tommy Ahlberg | MIAB | 1.28.41 |
| 43 | Tommy Nilsson | | 1.29.09 |
| 44 | Mikael Danielewicz | Nord | 1.30.21 |
| 45 | G ran Larsson | MIAB | 1.31.14 |
| 46 | Martin Ekstrand | Springarna | 1.31.37 |
| 47 | Jim Hallander | | 1.31.44 |
| 48 | Bj rn Nilsson | | 1.33.38 |

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|----|---------------|------------|---------|
| 49 | Jan Löfgren | Springarna | 1.39.08 |
| 50 | Björn Ekman | Team Jälla | 1.39.48 |
| 51 | Ted Rönnewall | Springarna | 1.43.12 |
| 52 | Olle Karlsson | Team Jälla | 1.45.53 |

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16 km löp Damer

| | | | |
|----|--------------------|------------|---------|
| 1 | Lotta Frenander | IF Start | 1.10.59 |
| 2 | Susanne Wahlqvist | Rånäs 2 | 1.13.22 |
| 3 | Marie Eriksson | FORM | 1.16.33 |
| 4 | Carolina Andersson | Rånäs 2 | 1.21.15 |
| 5 | Carina Rapp | Lag Rapp | 1.25.48 |
| 6 | Lena Hagnefur | Lag Rapp | 1.25.50 |
| 7 | Anna Lena Eriksson | | 1.28.03 |
| 8 | Monika Berglund | | 1.32.57 |
| 9 | Eina Roxström | | 1.34.20 |
| 10 | Cecilia Herrfelt | | 1.35.29 |
| 11 | Linn Gustavsson | Rånäs 2 | 1.36.30 |
| 12 | Birgitta Jonsson | Team Jälla | 1.36.54 |
| 13 | IngaLill Jansson | | 1.46.44 |

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8 km löp Herrar

| | | | |
|----|---------------------|----------------------------|---------|
| 1 | Anders Åberg | Rånäs 4H | 0.28.51 |
| 2 | Daniel Karlsson | | 0.31.13 |
| 3 | Fredrik Bäck | Rånäs 4H | 0.32.06 |
| 4 | Thomas Bäwerlid | | 0.32.38 |
| 5 | Martin Söderström | Turbogänget | 0.32.41 |
| 6 | Eric Svensson | Brandkåren Attunda Knivsta | 0.33.05 |
| 7 | Erik Nylander | | 0.33.14 |
| 8 | Erik Gustavsson | Östuna LK | 0.34.13 |
| 9 | Magnus Lundqvist | Ido-iterna | 0.37.39 |
| 10 | Bengt Appelkvist | | 0.37.53 |
| 11 | Pär-Arne Skinnrason | Brandkåren Attunda Knivsta | 0.37.53 |
| 12 | Magnus Kärn-Hampus | | 0.37.59 |
| 13 | Thomas Strålman | Team Gerhard | 0.38.13 |
| 14 | Jonas Brändström | Lag Lollo | 0.38.32 |
| 15 | Andreas Boman | Team Aronsson | 0.38.40 |
| 16 | Robbie Eriksson | UGGK | 0.39.31 |
| 17 | Rikard Shal | Segelhakarna | 0.39.33 |
| 18 | Lars-Olov Lönn | Lag Lollo | 0.39.34 |
| 19 | Håkan Kanebjörk | Lag Lollo | 0.39.36 |
| 20 | Kjell-Arne Nilsson | | 0.39.55 |
| 21 | Sivert Jansson | | 0.40.09 |
| 22 | Ove Aronsson | Team Aronsson | 0.40.32 |
| 23 | Gustav Törnqvist | Östuna LK | 0.40.35 |
| 24 | Lars Bergström | | 0.40.46 |
| 25 | Erik Jonsson | | 0.41.17 |
| 26 | Joakim Rosqvist | | 0.41.55 |
| 27 | Urban Löfqvist | Team Gerhard | 0.42.37 |
| 28 | Rune Carlsson | Turbogänget | 0.42.57 |
| 29 | Anders Ahlen | Ido-iterna | 0.43.44 |
| 30 | Arne Jaresved | | 0.44.01 |
| 31 | Samuel Sjölund | Formtopp IF | 0.44.14 |

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|----|-------------------|---------------|---------|
| 32 | James McKie | Ido-iterna | 0.44.26 |
| 33 | Per Söderström | UGGK | 0.44.57 |
| 34 | Börje Andersson | Team Aronsson | 0.45.38 |
| 35 | Lennart Tillborg | Rånäs 4H | 0.46.18 |
| 36 | Oskar Ahlen | Ido-iterna | 0.47.10 |
| 37 | Staffan Eriksson | | 0.47.43 |
| 38 | Dan Enrot | Team Gerhard | 0.47.50 |
| 39 | Gustaf Söderström | Turbogänget | 0.48.13 |
| 40 | Mats Hållström | Ido-iterna | 0.48.40 |
| 41 | Rolf Ericsson | UGGK | 0.50.41 |

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8 km löp Damer

| | | | |
|----|--------------------|----------------------------|---------|
| 1 | Ana Lagos | IF Linnea 2 | 0.36.38 |
| 2 | Åsa Mortenssen | | 0.37.48 |
| 3 | Gunilla Johansson | Brandkåren Attunda Knivsta | 0.37.54 |
| 4 | Maria Nylander | | 0.38.33 |
| 5 | Karin Meyer | Lag Qnivsta | 0.39.07 |
| 6 | Karin Cervenka | Segelhakarna | 0.39.32 |
| 7 | Siv Lidholm | Lag Qnivsta | 0.41.11 |
| 8 | Helena Waller | | 0.41.49 |
| 9 | Nina Davidsson | | 0.42.44 |
| 10 | Amanda Cervenka | Segelhakarna | 0.43.34 |
| 11 | Marie Ström | | 0.44.28 |
| 12 | Agnetha Malmer | Söderström/Malmer | 0.44.33 |
| 13 | Helene Pellvik | | 0.45.46 |
| 14 | Marianne Hedlund | Lag Qnivsta | 0.48.09 |
| 15 | Birgitta Hållström | Ido-iterna | 0.51.35 |

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5 km löp Herrar

| | | | |
|----|----------------------|------------|---------|
| 1 | Magnus Mårtenssen | | 0.19.23 |
| 2 | Adam Eldh | LAGET | 0.20.50 |
| 3 | Tomas Malmelöv | LAGET | 0.21.04 |
| 4 | Gustav Karlsson | LAGET | 0.21.42 |
| 5 | Dag Dacke | Dacke | 0.22.01 |
| 6 | Joakim Westman | Dacke | 0.22.37 |
| 7 | Dominick Cervenka | | 0.22.39 |
| 8 | Victor Svensson | | 0.22.43 |
| 9 | Waldemar Andersson | Rånäs 4H 3 | 0.26.55 |
| 10 | Henrik Sandqvist | | 0.27.29 |
| 11 | Bengt Sandberg | Dacke | 0.27.29 |
| 12 | Alexis Tchikladze | | 0.29.39 |
| 13 | Johan Brandberg | | 0.30.15 |
| 14 | Lorenzo Garcia Lopez | Team Jälla | 0.53.30 |
| 15 | Fred Raghall | Team Jälla | 0.54.38 |

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5 km löp Damer

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|---|----------------------|----------------|---------|
| 1 | Josefin Meyer | Kermit | 0.22.20 |
| 2 | Tone Knibestöl | IF Linnea 1 | 0.22.51 |
| 3 | Kajsa von Zweigbergk | Lollos Fanclub | 0.23.55 |
| 4 | Julia Lindberg | | 0.25.22 |
| 5 | Stina Elengård | | 0.25.23 |

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|----|-----------------------|----------------|---------|
| 6 | Moa Södergård | | 0.25.23 |
| 7 | Louise von Zweigbergk | Lollos Fanclub | 0.25.45 |
| 8 | Anna Bergström | | 0.25.57 |
| 9 | Elenor Jansson | | 0.26.01 |
| 10 | Julia Rönnewall | | 0.26.34 |
| 11 | Evelina Edfors | | 0.26.59 |
| 12 | Matilda Kjellgren | IF Linnea 1 | 0.27.07 |
| 13 | AnnaMaria Käck | Kermit | 0.27.15 |
| 14 | Jacobina Sillén | | 0.28.03 |
| 15 | Annika Wennberg | | 0.28.07 |
| 16 | Helene Rönnewall | | 0.28.09 |
| 17 | Yvonne Svensson | Kermit | 0.28.18 |
| 18 | Jenny Beckius | | 0.29.02 |
| 19 | Camilla Lindberg | | 0.30.02 |
| 20 | Frida Ollandt | IF Linnea 1 | 0.31.07 |
| 21 | Olivia Lönn | Lollos Fanclub | 0.32.15 |
| 22 | Kerstin Liffgård | Rånäs 4H 3 | 0.33.52 |
| 23 | Stina Enrot | Lag ICA-Kniven | 0.34.27 |
| 24 | Maria Markhed | | 0.34.44 |
| 25 | Lovisa Markhed | | 0.34.53 |
| 26 | Annika Modin | Selma | 0.35.07 |
| 27 | Linn Hållström | | 0.38.20 |
| 28 | Emely McKie | | 0.38.25 |
| 29 | Julia Åhlin | Tjejligan | 0.41.36 |
| 30 | Isa Evansson | Tjejligan | 0.41.43 |
| 31 | Annsophie Åhlander | Tjejligan | 0.41.43 |
| 32 | Carina Nordgren | Selma | 0.42.57 |
| 33 | Karin Almqvist | Team Jälla | 0.53.30 |
| 34 | Anna Carina Söderberg | Team Jälla | 0.53.31 |

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Valp-Oxen Knatterace Herrar

| | | | |
|----|-----------------------|--|---------|
| 1 | Alfred Enocsson | | 0.06.51 |
| 2 | Oskar Lövgren | | 0.06.52 |
| 3 | Kevin Woodward | | 0.06.57 |
| 4 | David Olofsson | | 0.07.02 |
| 5 | Liam From Rizo | | 0.08.15 |
| 6 | Linus Lindberg | | 0.08.28 |
| 7 | Vilgot Morenius | | 0.08.36 |
| 8 | Jakob Karimi | | 0.08.45 |
| 9 | Gustav Strömbäck | | 0.09.03 |
| 10 | Kalle Strömbäck | | 0.09.18 |
| 11 | Marcus Nordlund | | 0.09.41 |
| 12 | Gunnar Kollstedt | | 0.09.50 |
| 13 | Adam Rönnewall | | 0.09.54 |
| 14 | Pontus Lövgren | | 0.10.41 |
| 15 | Martin Wennberg | | 0.10.42 |
| 16 | Gustav Karimi | | 0.10.49 |
| 17 | Linus Söderberg | | 0.10.50 |
| 18 | Brandon Duarte | | 0.11.20 |
| 19 | Daniel Meyer | | 0.12.33 |
| 20 | Sam Nikkarinen | | 0.15.11 |
| 21 | Otto Torshäll Sjölund | | 0.16.14 |

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Valp-Oxen Knatterace Damer

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|----|---------------------------|---------|
| 1 | Julia Andersson | 0.07.08 |
| 2 | Sanna Waller | 0.08.15 |
| 3 | Emma Åsberg | 0.08.24 |
| 4 | Linnea Lövgren | 0.09.32 |
| 5 | Åsa Dachke | 0.10.00 |
| 6 | Tilia Nordendahl | 0.10.15 |
| 7 | Astrid Helgeson Tegberger | 0.10.18 |
| 8 | Wilma Eriksson | 0.10.26 |
| 9 | Emelie Rosqvist | 0.10.56 |
| 10 | Agnes Cedstedt | 0.10.59 |
| 11 | Embla Åhlen | 0.11.05 |
| 12 | Maria Dachke | 0.11.18 |
| 13 | Olivia Tramontana | 0.11.23 |
| 14 | Julia Sintring | 0.11.51 |
| 15 | Alva Jonsson | 0.11.52 |
| 16 | Edith Jonsson | 0.12.06 |
| 17 | Linnea Karimi | 0.12.23 |
| 18 | Ebba From Rizo | 0.12.54 |
| 19 | Maja Tramontana | 0.14.12 |
| 20 | Stina Rönnewall | 0.14.46 |
| 21 | Elsa Wennberg | 0.15.13 |
| 22 | Ella Busck | 0.15.51 |
| 23 | Ella Vikander | 0.16.31 |

5 km stavgång Herrar

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|---|----------------|---------|
| 1 | Tord Johansson | 0.51.49 |
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5 km stavgång Damer

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|---|-------------------|---------|
| 1 | Marianne Elvander | 0.45.27 |
| 2 | Bibbi Dickmark | 0.45.28 |
| 3 | Ulla Johansson | 0.51.50 |
| 4 | Aina Johansson | 0.51.53 |
| 5 | Anita Lundqvist | 0.55.45 |