

Råda ProvaPå -triathlon, 20160822

nummer	efternamn	förnamn	bana	totaltid	cykel ut (simning +T1)	cykel in	tid cykling	tid löpning
803	Wahlberg	Sara	Long	01:34:25	00:22:20	01:02:30	00:40:09	00:31:55
804	Lavaine	Pierre	Long	01:22:10	00:22:47	00:55:30	00:32:43	00:26:39
805	Nilsson	Thomas	Long	01:23:59	00:21:44	00:57:24	00:35:39	00:26:35
806	Carlsson	Björn	Long	01:20:47	00:22:05	00:54:22	00:32:17	00:26:25
808	Åkerman	Fredrik	Long	01:23:57	00:23:29	00:55:17	00:31:48	00:28:40
809	Luhr	Magnus	Long	01:24:42	00:21:54	00:55:25	00:33:31	00:29:16
810	Hansson	Lena	Long	01:38:04	00:26:13	01:05:37	00:39:23	00:32:27
811	Wiklund	Torbjörn	Long	01:29:22	00:21:28	00:54:04	00:32:36	00:35:18
812	Holmgren	Paul	Long	01:27:36	00:24:07	00:57:05	00:32:58	00:30:30
814	Larsson	Rickard	Long	01:25:55	00:27:06	01:02:27	00:35:20	00:23:28
815	Stensöta	Immanuel	Long	01:20:28	00:23:13	00:56:42	00:33:28	00:23:46
817	Krasniqi	Luftar	Long	01:19:11	00:21:26	00:54:08	00:32:41	00:25:03
818	Svensson	David	Long	01:00:23	00:24:29	01:00:23	00:35:53	-
819	Fröjdlund	Calle	Long	01:30:16	00:27:22	01:03:49	00:36:27	00:26:27
901	Ericsson	Andreas	Long	01:15:27	00:19:38	00:49:19	00:29:41	00:26:07
902	Thyr	Åsa	Long	01:27:01	00:18:03	00:55:33	00:37:29	00:31:28
903	BRANKELL	RICHARD	Long	01:10:32	00:18:43	00:48:23	00:29:39	00:22:08
904	Onsbacke	Anders	Long	01:09:35	00:17:17	00:47:32	00:30:15	00:22:02
908	Särka	Karin	Long	01:23:29	00:14:58	00:50:06	00:35:07	00:33:22
913	Brandén	Erik	Long	01:21:51	00:23:12	00:55:22	00:32:10	00:26:29
914	Berg	Eva	Long	01:24:14	00:22:08	00:56:01	00:33:52	00:28:13
916	Burrows	Martin	Long	01:10:14	00:18:51	00:48:15	00:29:23	00:21:59
917	Andreasson	Fredrik	Long	01:04:59	00:15:21	00:43:55	00:28:34	00:21:03
918	Eng	Jakob	Long	01:09:33	00:19:40	00:49:22	00:29:42	00:20:10
919	Wessing	Lars	Long	01:18:43	00:19:48	00:50:31	00:30:42	00:28:11
920	Lindgren	Erik	Long	01:20:15	00:23:16	00:56:10	00:32:53	00:24:05
921	Da Silva	Melina	Long	01:17:36	00:20:37	00:53:19	00:32:41	00:24:17
924	Stjärnvy	Fredrik	Long	01:13:10	00:18:54	00:49:43	00:30:48	00:23:27
927	Jonsson	Torbjörn	Long	01:17:17	00:19:57	00:50:51	00:30:54	00:26:25
928	Bäckson	Fredrik	Long	00:57:15	-	00:38:34	00:21:16	00:18:41
929	Gårdstam	Andreas	Long	01:18:24	00:23:48	00:53:49	00:30:01	00:24:35
930	Göök	Ola	Long	01:31:05	00:24:39	01:00:37	00:35:57	00:30:28
933	Engstrand	Kristina	Long	01:07:46	-	00:45:26	00:58:56	00:22:20
934	Möller	Emilia	Long	01:11:36	00:18:08	00:47:07	00:28:58	00:24:29
936	Wehrnlund	Jonny	Long	01:21:56	00:22:18	00:55:35	00:33:17	00:26:20
937	Lunde	Annette	Long	01:19:55	00:19:02	00:53:23	00:34:21	00:26:32
938	Andersson Från	Magnus	Long	01:13:02	-	00:49:32	00:29:36	00:23:29
939	Linde	Martin	Long	01:21:05	00:22:06	00:54:26	00:32:19	00:26:38
941	Sjölander	Anna	Long	01:33:07	00:22:43	00:58:21	00:35:38	00:34:45
942	Sjölander	Sara	Long	01:40:33	00:26:22	01:06:56	00:40:34	00:33:37
943	Sjölander	Karin	Long	01:21:48	00:18:39	00:52:39	00:33:59	00:29:09
945	Andersson	Ingela	Long	00:44:30	00:11:36	00:28:33	00:16:57	00:15:57
950	Karlsson	Johanna	Long	01:28:04	00:22:36	00:59:08	00:36:32	00:28:55
951	Boucher	Jeremie	Long	01:16:51	00:19:43	00:50:11	00:30:28	00:26:39
952	Wallenius	Kristina	Long	00:58:08	00:22:39	00:58:08	00:35:29	-
953	Nordqvist	Olle	Long	01:05:07	-	00:42:47	00:44:38	00:22:20
954	Engerberg	Johan	Long	01:07:37	00:15:19	-	-	00:52:18
955	Engerberg	Katarina	Long	01:16:19	00:17:37	00:48:57	00:31:20	00:27:21
956	Kossenjans	Michael	Long	01:14:03	00:19:18	00:49:35	00:30:16	00:24:28
957	Krumkühler	Kornelia	Long	01:23:01	00:14:53	00:53:44	00:38:51	00:29:16
959	Lillhage	Christoffer	Long	01:12:55	00:17:58	00:50:26	00:32:28	00:22:29
960	Jildefjord	Daniel	Long	01:18:09	00:21:19	00:53:04	00:31:45	00:25:05
961	Kalmner	Johan	Long	01:10:38	00:17:54	00:46:33	00:28:38	00:24:04
965	Wahlsten	Göran	Long	01:27:55	00:24:38	00:57:42	00:33:04	00:30:12
966	Sohl	Josefin	Long	01:22:27	00:21:56	00:55:10	00:33:14	00:27:16
968	Koitränd	Bjarne	Long	01:29:29	00:25:34	01:00:58	00:35:24	00:28:31
973	Gerlam	Mats	Long	01:21:08	00:21:13	00:53:30	00:32:16	00:27:38
974	Andrén	Joakim	Long	01:28:16	00:24:25	00:54:58	00:30:33	00:33:18
975	Andersson	Mikaela	Long	01:28:13	00:24:20	01:02:34	00:38:13	00:25:39
977	Blomqvist	Maria	Long	01:14:07	00:15:54	-	-	00:58:13
980	Hedebäck	Jonas	Long	01:08:29	00:17:32	00:45:39	00:28:06	00:22:50
981	Olsson	Mathias	Long	01:07:24	00:16:34	00:45:51	00:29:17	00:21:32
982	Lundström	James	Long	01:23:21	00:25:30	00:56:56	00:31:26	00:26:24
983	Ericson	Ann-Catherine	Long	01:25:20	00:19:55	00:56:04	00:36:09	00:29:15
984	Axenborg	Therese	Long	01:18:12	00:15:38	00:50:36	00:34:58	00:27:35
985	Jacobsson	David	Long	01:25:57	00:21:22	00:57:20	00:35:57	00:28:37
986	Bengtsson	Anton	Long	00:59:11	00:13:45	00:39:49	00:26:04	00:19:21
987	Rosen	Anders	Long	01:19:04	00:21:21	00:53:17	00:31:56	00:25:47
988	Fredriksson+	Mikael	Long	01:32:19	00:24:32	01:00:51	00:36:19	00:31:28
989	Andren	Johan	Long	01:20:41	00:17:11	00:51:15	00:34:03	00:29:26
990	Fällman	Henrik	Long	01:21:53	00:20:09	00:53:36	00:33:26	00:28:16
992	Andersson	Per	Long	01:26:50	00:25:58	00:58:02	00:32:03	00:28:47
993	Andersson	Magnus	Long	01:25:27	00:24:49	00:57:10	00:32:20	00:28:17
994	Blomqvist	Mikael	Long	01:13:42	00:18:01	00:49:02	00:31:01	00:24:40
995	Tuveson	Jonas	Long	01:27:39	00:25:14	00:57:48	00:32:33	00:29:51
996	Pesonen	Henri	Long	01:06:06	00:15:15	00:44:52	00:29:36	00:21:14
999	Sillberg	Peter	Long	01:13:54	17:38:03	23:38:04	00:30:01	00:25:13
998	Rådberg	Daniel	Long	01:25:59	00:23:56	00:57:52	00:33:55	00:28:07
1070	Söderlind	Emma	Long	01:39:25	00:26:19	01:01:45	00:35:25	00:37:40
1071	Arvidsson	Anders	Long	00:21:17	00:21:17	-	-	-
1073	Ekstrand	Magnus	Long	01:12:36	00:18:30	00:49:00	00:30:29	00:23:36
1076	Lamm	Anders	Long	00:44:33	00:12:58	00:29:31	00:16:32	00:15:01
1077	Aziz	Rami	Long	01:17:27	00:19:21	00:53:12	00:33:51	00:24:15

1078	Eriksson	Björn	Long	01:20:57	00:19:37	00:54:20	00:34:43	00:26:36
1079	Diana	Frasse	Long	01:24:09	00:25:04	00:59:16	00:34:12	00:24:52
1081	Thisell	Ola	Long	00:58:18	00:20:24	00:58:18	00:37:54	00:29:15
1082	Nilsson	Johan	Long	01:18:35	00:24:22	00:54:47	00:30:24	00:23:48
1086	Aspgård	Jerker	Long	01:06:36	00:16:45	00:46:19	00:29:33	00:20:17
1087	Nelsén	Tomas	Long					
1088	Fivrin	Ashkan	Long	01:06:29	00:15:50	00:46:17	00:30:27	00:20:12
1089	Lamm	Malin	Long	01:30:52	00:27:33	01:04:54	00:37:21	00:25:57
1090	Bäckström	Richard	Long	01:02:17	00:15:55	00:43:16	00:27:20	00:19:01
1091	ANDERSSON	FREDRIK	Long	01:16:26	00:21:07	00:51:57	00:30:50	00:24:29
1092	Arnason	Elfar Hrafn	Long	01:31:00	00:22:57	01:00:27	00:37:29	00:30:33
1095	Flod	Jonathan	Long	01:04:25	00:16:24	00:44:02	00:27:37	00:20:23
1096	Södling	Josefine	Long	01:19:36	00:18:34	00:50:20	00:31:46	00:29:15
1100	Magnusson	Carl Johan	Long	01:11:14	00:18:56	00:48:37	00:29:40	00:22:37
801	Prenta	Anneli	Short	00:46:40	00:09:39	00:29:49	00:20:09	00:16:51
802	Folkesson	Susanne	Short	00:52:12	00:09:52	00:33:40	00:23:48	00:18:31
807	Hartford	Sofia	Short	00:45:17	00:10:41	00:28:34	00:17:53	00:16:42
813	Danielsson	Anette	Short	00:48:01	00:09:21	00:28:16	00:18:55	00:19:45
816	Stensöta	Helena	Short	00:54:29	00:10:13	00:34:41	00:24:28	00:19:47
820	Arvidsson	Sofia	Short	00:38:42	00:07:54	00:24:02	00:16:08	00:14:39
821	Nilsson	Julia	Short	00:53:01	00:12:23	00:34:54	00:22:30	00:18:07
822	Schneider	Karl	Short	00:42:50	-	00:27:45	00:34:43	00:15:05
905	BERG	JENNY	Short	00:45:46	00:10:17	00:27:35	00:17:18	00:18:10
906	Beckman	Rikard	Short	00:43:32	00:09:41	00:27:30	00:17:48	00:16:02
907	Beckman	Niklas	Short	00:39:33	00:07:47	00:26:14	00:18:27	00:13:19
909	Aivaz	Medhi	Short	00:47:27	00:10:38	00:32:04	00:21:26	00:15:22
910	Valen	Kent	Short	00:54:58	00:12:04	00:33:05	00:21:00	00:21:53
911	Ljungqvist	Helén	Short	00:49:11	00:13:14	00:31:25	00:18:10	00:17:45
912	Ljungqvist	Mattias	Short	00:44:01	00:12:47	00:29:31	00:16:44	00:14:29
915	Larsson	Matilda	Short	00:51:53	00:11:10	00:32:20	00:21:09	00:19:33
922	Bäckström	Johan	Short	00:38:53	00:07:11	00:24:27	00:17:16	00:14:25
923	Ghodrati	Ashkan	Short	00:47:35	00:11:42	00:31:13	00:19:31	00:16:22
925	Olsson	Annie	Short	00:43:40	00:09:14	00:28:46	00:19:31	00:14:54
926	Persson	Tove	Short	00:45:56	-	00:31:39	00:47:58	00:14:16
931	Bylerius	Jenny	Short	00:41:57	00:08:23	00:26:12	00:17:49	00:15:44
932	Schaden	Simon	Short	00:46:30	00:10:27	00:30:00	00:19:32	00:16:29
935	Lindblad	Hanna	Short	00:43:25	00:10:53	00:28:49	00:17:55	00:14:36
940	Tidare	Clara	Short	00:42:40	00:09:37	00:27:39	00:18:01	00:15:01
944	Samuelsson	Monica	Short	00:55:21	00:12:42	00:34:13	00:21:31	00:21:07
946	Svensson	Christian	Short	00:42:43	-	00:28:20	00:43:49	00:14:22
947	Lundkvist	Lina	Short	00:44:59	-	00:29:08	00:46:24	00:15:51
948	Persson	Sandra	Short	00:48:17	00:10:50	00:31:27	00:20:36	00:16:50
949	Wendel	Jessica	Short	00:44:07	00:10:35	00:28:51	00:18:16	00:15:15
958	Rorby	Philippa	Short	00:43:13	00:09:36	00:27:41	00:18:05	00:15:32
962	Kalmner	Johanna	Short	00:53:05	00:12:30	00:33:12	00:20:41	00:19:52
967	Bengtsson	Jenny	Short	00:41:12	00:09:43	00:28:04	00:18:21	00:13:08
969	Andrup	Mattias	Short	00:43:47	00:11:18	00:27:18	00:15:59	00:16:29
970	Andrup	Monica	Short	00:48:14	00:10:55	00:28:37	00:17:41	00:19:37
971	Asp	Agnes	Short	00:50:20	00:11:21	00:33:20	00:21:58	00:17:00
972	Svernhage	Elisabeth	Short	00:49:46	00:11:08	00:32:38	00:21:29	00:17:08
979	Johansson	Malin	Short	00:41:23	00:08:01	00:26:56	00:18:54	00:14:26
991	Kratz	Lisa	Short	00:39:40	00:06:58	00:23:59	00:17:00	00:15:40
997	Rådberg	Jeanette	Short	00:45:31	00:10:01	00:29:24	00:19:23	00:16:06
1000	Haraldsson	Marina	Short	00:50:22	00:12:44	00:34:12	00:21:27	00:16:10
1072	Larsson	Daniel	Short	00:41:28	00:08:44	00:27:23	00:18:38	00:14:05
1074	Svanström	Hanna	Short	00:38:30	00:08:07	00:24:11	00:16:03	00:14:18
1075	Åstrand	Annika	Short	00:39:13	00:09:08	00:24:52	00:15:43	00:14:21
1080	Eklund	Helen	Short	00:46:18	00:11:56	00:29:26	00:17:29	00:16:51
1083	Hedelin	Pamie	Short	00:46:21	00:12:02	-		00:34:19
1084	Dicander	Emma	Short	01:06:37	00:15:41	00:43:08	00:27:26	00:23:28
1085	Lingsten	Sanna	Short	01:04:03	00:15:45	00:43:01	00:27:16	00:21:02
1093	Åsplund	Peter	Short	01:03:21	00:14:30	00:44:23	00:29:53	00:18:57
1094	Johannesson	Petra	Short	00:45:26	00:10:25	00:28:24	00:17:58	00:17:02
1097	Nilsson	Isabelle	Short	00:44:36	-	00:29:22	00:09:46	00:15:13
1098	NORDBLOM	MARTIN	Short	00:41:46	00:09:32	00:37:58	00:26:45	00:15:00
1099	NORDBLOM	LENA	Short	00:42:46	00:08:41	00:27:05	00:18:23	00:15:40