

Råda ProvaPå -triathlon, 20160725

nummer	efternamn	förnamn	bana	totaltid	cykel ut (simning +T1)	cykel in	tid cykling	tid löpning
701	Åkerman	Fredrik	Long	01:25:09	00:23:27	00:55:59	00:32:32	00:29:09
702	Lillhage	Christoffer	Long	01:16:43	-	00:52:22	00:27:13	00:24:21
703	Hallberg	Fredrik	Long	01:21:24	00:26:10	00:56:24	00:30:14	00:24:59
704	Sörberg	Martin	Long	00:58:14	00:17:13	00:33:37	00:16:23	00:24:37
705	Sjöberg	MaGNUS	Long	01:20:53	00:21:06	00:56:13	00:35:07	00:24:40
706	Carlsson	Per	Long	01:31:25	00:26:08	01:01:18	00:35:10	00:30:07
707	Engman	Klabbe	Long	01:17:23	00:21:33	00:54:17	00:32:44	00:23:05
708	Ljung	Bobby	Long	01:05:33	00:15:45	00:44:22	00:28:37	00:21:10
709	Olsen	Carl	Long					
710	Garmin	Kristida	Long	01:26:38	00:23:29	01:01:07	00:37:37	00:25:30
711	Engerberg	Johan	Long	01:09:28	00:15:39	00:46:01	00:30:22	00:23:26
712	Hansen	Ulf	Long	01:07:02	00:15:25	00:44:14	00:28:48	00:22:47
713	Nyström	David	Long	01:35:41	00:26:36	01:02:40	00:36:03	00:33:01
714	Petersson	Mathias	Long	01:23:00	00:21:11	00:55:46	00:34:34	00:27:14
715	Månesjö	Rickard	Long	01:10:55	00:18:51	00:50:29	00:31:37	00:20:26
716	Blomqvist	Mikael	Long					
717	Rådberg	Daniel	Long	01:24:13	00:21:09	00:55:29	00:34:19	00:28:44
719	Kossenjans	Michael	Long	01:13:14	00:19:35	00:49:29	00:29:54	00:23:45
720	Carlberg	Yvonne	Long	01:15:55	00:19:11	00:52:09	00:32:57	00:23:46
721	Lindgren	Erik	Long	01:20:18	00:20:55	00:54:32	00:33:36	00:25:46
722	Söderström	Karin	Long	01:18:22	00:20:39	00:52:24	00:31:44	00:25:58
723	Särka	Karin	Long	00:46:30	00:12:02	00:28:54	00:16:51	00:17:36
823	Linger	Andreas	Long	01:16:22	00:26:29	01:02:53	00:36:23	00:13:28
826	Tönnäng	Lenny	Long	01:15:11	-	00:49:59	00:33:37	00:25:12
827	Ericsson	Andreas	Long	01:14:51	-	00:49:05	00:33:53	00:25:46
830	Da Silva	Melina	Long	01:17:15	00:20:07	00:52:42	00:32:35	00:24:33
831	CARLSSON	MIRELLA	Long	01:08:53	00:17:19	-	-	00:51:34
832	KRON	ARTHUR	Long	01:06:59	00:17:23	00:46:17	00:28:53	00:20:41
833	LEJON	PHILIP	Long	01:08:13	00:16:56	00:45:08	00:28:11	00:23:05
835	Smedman	Andreas	Long	01:19:54	00:22:10	00:53:12	00:31:02	00:26:41
836	Svensson	Johanna	Long	01:30:28	00:23:57	01:02:35	00:38:38	00:27:53
838	Rose	Oscar	Long	01:02:25	00:15:29	00:41:09	00:25:40	00:21:15
842	Thyr	Åsa	Long	01:24:07	00:18:11	00:54:03	00:35:52	00:30:04
843	Luhr	Magnus	Long	01:24:01	00:22:34	00:56:15	00:33:41	00:27:46
844	Nordebo	Daniel	Long	01:04:16	00:14:42	00:43:38	00:28:55	00:20:38
845	Andreasson	Fredrik	Long	01:05:29	00:15:36	00:44:11	00:28:35	00:21:18
848	Bylerius	Mattias	Long	01:08:29	00:17:58	00:46:42	00:28:44	00:21:46
850	Überbacher	Fredrik	Long	01:07:55	00:18:16	00:46:45	00:28:29	00:21:09
852	Waldejer	Alexander	Long	01:07:21	00:14:18	00:43:34	00:29:15	00:23:47
853	Bergsaker	Agnethe	Long	00:50:23	00:18:21	00:50:23	00:32:02	-
854	Bengtsson	Mattias	Long	01:27:27	00:25:24	00:59:46	00:34:21	00:27:41
855	Manceau	Jerome	Long	01:02:16	00:15:19	00:42:32	00:27:13	00:19:43
856	Mahult	Peder	Long	01:23:30	00:23:22	00:56:11	00:32:49	00:27:19
857	Davidsson	Peter	Long	01:15:14	00:20:02	00:51:35	00:31:32	00:23:39
859	Wessing	Lars	Long	01:22:25	00:20:57	00:52:03	00:31:05	00:30:22
860	Sapnara	Heleni	Long	01:40:39	00:25:49	01:04:04	00:38:14	00:36:35
862	Andersson	Andreas	Long	01:14:32	00:17:16	00:48:43	00:31:27	00:25:49
864	Gelotte	Torbjörn	Long	01:07:40	00:16:22	00:45:14	00:28:52	00:22:25
865	Bäckson	Fredrik	Long	01:00:20	00:13:46	00:40:45	00:26:58	00:19:35
866	Holm	Marcus	Long	01:14:39	00:18:55	00:49:15	00:30:20	00:25:23
867	Borglund	Anders	Long	00:51:54	00:11:16	00:51:54	00:28:52	-
868	Josefsson	Amanda	Long	01:24:28	00:22:22	00:57:41	00:35:19	00:26:46
869	Wättring	Oscar	Long	01:15:33	00:20:52	00:51:21	00:30:28	00:24:12
871	Jonsson	Torbjörn	Long	01:15:23	00:19:41	00:49:21	00:29:39	00:26:01
874	Hjelm	Eleonor	Long	01:14:18	00:18:58	00:52:46	00:33:48	00:21:31
875	Skog	Linda	Long	01:02:09	00:26:50	00:45:24	00:01:20	00:33:58
876	Thelin	Cecilia	Long	01:39:40	00:25:40	01:05:40	00:40:00	00:33:59
877	Engerberg	Katarina	Long	01:15:49	00:17:44	00:49:23	00:31:39	00:26:25
878	Hedfors	Markus	Long	01:03:53	00:15:41	00:43:53	00:28:11	00:20:00
880	Sjunnesson	Ulrica	Long	01:32:10	00:26:12	01:04:06	00:37:53	00:28:03
881	Ankarberg	Johan	Long	01:25:38	00:22:30	00:54:00	00:31:30	00:31:37
882	Andersson	Per	Long	01:22:55	00:22:36	00:54:29	00:31:52	00:28:26
883	Simonsen	Hans	Long	01:21:44	00:20:05	00:52:49	00:32:44	00:28:55
884	Swahn	Karin	Long	01:35:36	00:22:13	01:02:25	00:40:11	00:33:11
886	Knape	Nicklas	Long	01:29:19	00:21:21	00:56:42	00:35:20	00:32:37
887	Johansson	Lukas	Long	01:08:31	00:16:11	00:46:18	00:30:07	00:22:12
888	Svensson	Daniel	Long	01:10:14	00:17:02	00:46:43	00:29:40	00:23:31
889	Davidsson	Pierre	Long	01:14:36	00:18:43	00:49:53	00:31:10	00:24:42
890	Rask	Jonatan	Long	01:23:20	00:22:28	00:56:36	00:34:08	00:26:44
892	Berggren	Roger	Long					
893	Nyquist	David	Long	01:07:11	00:16:41	00:44:58	00:25:04	00:22:12
894	Kellgren	Kristoffer	Long	01:08:15	00:15:00	00:43:47	00:28:46	00:24:28
896	Lundgren	Joel	Long	00:44:13	00:11:36	00:29:20	00:17:43	00:14:53
898	Apelqvist	Christian	Long	01:14:45	00:18:46	00:51:49	00:33:03	00:22:55
899	Nyman	Magnus	Long	01:10:33	00:17:47	00:46:28	00:28:40	00:24:05
900	Lihnell	Markus	Long	01:06:33	00:16:29	00:43:44	00:27:15	00:22:49
718	Rådberg	Jeanette	Short	00:44:49	00:08:07	00:27:27	00:19:19	00:17:22
828	Eggertsen Lars	Susanna	Short	00:42:57	00:07:49	00:27:24	00:19:34	00:15:32
829	Kindberg	Peter	Short	00:42:49	00:08:29	00:27:49	00:19:19	00:15:00
834	STENSÖTA	HELENA	Short	00:55:27	00:10:49	00:36:26	00:25:37	00:19:01
837	Asplund	Peter	Short	00:36:14	00:05:27	00:20:38	00:15:08	00:15:36
839	Eklund	Helen	Short	00:43:51	-	00:26:13	00:23:48	00:17:37
840	Nilsson	Johan	Short	00:35:06	00:07:07	00:22:23	00:15:16	00:12:42

846	Andersson	Ingela	Short	00:24:57	00:07:12	00:24:57	00:17:45	-	
847	Smärgel	Elin	Short	00:42:54	00:08:25	00:27:05	00:18:40		00:15:48
849	Bylerius	Jenny	Short	00:39:59	00:07:41	00:24:53	00:17:11		00:15:06
851	Isaksson	Carl Magnus	Short	00:48:31	00:11:13	00:31:56	00:20:43		00:16:35
858	Skoog	Eleonor	Short	01:20:28	00:10:00	00:32:37	00:22:37		00:20:11
861	Uddh	Helena	Short	00:41:28	00:08:33	00:26:06	00:17:33		00:15:21
863	Andersson	Malin	Short	00:44:33	00:08:39	00:28:07	00:19:28		00:16:26
870	Karlsson	Susanna	Short	00:41:22	00:07:53	00:26:01	00:18:07		00:15:21
872	Carlen	Emil	Short	00:46:32	00:07:09	00:31:45	00:24:36		00:14:47
873	Skärbratt	Sebastian	Short	00:49:32	00:08:20	00:32:47	00:24:26		00:16:45
879	Johansson	Anna	Short	00:40:24	00:07:56	00:25:43	00:17:46		00:14:41
885	Malmkvist	Jörgen	Short	00:42:23	00:06:56	00:24:13	00:17:17		00:18:10
891	Johansson	Sandra	Short	00:39:41	00:07:44	00:26:51	00:19:06		00:12:49
895	Bohrarper	Pär	Short	00:41:10	-	00:26:15	00:17:59		00:14:55
897	Delin	Henrik	Short	00:39:45	00:07:35	00:24:04	00:16:29		00:15:40