

# ÅEC 2010 Resultat



## SOLO HERR (45+)

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	+Ola Olsson Rejlers-Kolmården Adventures	5:29:52		1:12:13	0:33:43	1:04:28	0:48:39	0:45:23	1:05:26	1:45:56	1:53:07	1:50:49
2	+Kari Rauhanen Team Tuplapukki	5:43:22 +	0:13:30	1:14:38	0:35:36	1:04:03	0:53:19	0:48:08	1:07:38	1:50:14	1:57:22	1:55:46
3	+Mikael Ström FK Herkules	6:00:30 +	0:30:38	1:32:34	0:36:11	1:05:40	0:51:37	0:47:41	1:06:47	2:08:45	1:57:17	1:54:28
4	+Staffan Ahltin Team Craft	6:05:18 +	0:35:26	1:33:11	0:36:13	1:08:31	0:59:41	0:43:26	1:04:16	2:09:24	2:08:12	1:47:42
5	+Micke Hanell Stockholm Multisport	6:29:03 +	0:59:11	1:32:29	0:39:26	1:09:30	1:05:34	0:49:50	1:12:14	2:11:55	2:15:04	2:02:04
6	+Bo Andersson Uddevalla Roddklubb	6:40:13 +	1:10:21	1:38:04	0:40:46	1:14:04	1:00:44	0:53:08	1:13:27	2:18:50	2:14:48	2:06:35
7	+Fredrik Söderström Team XR Logistik	6:56:53 +	1:27:01	1:48:00	0:42:41	1:13:55	0:59:55	0:59:31	1:12:51	2:30:41	2:13:50	2:12:22
8	+Torgny Lindbäck Brunnsviken Kanotklubb	7:13:55 +	1:44:03	1:26:57	0:45:03	1:18:31	1:08:49	1:07:11	1:27:24	2:12:00	2:27:20	2:34:35
9	+Johan Carlsson Trollhättan	7:16:10 +	1:46:18	1:42:50	0:44:10	1:22:44	1:01:24	1:01:55	1:23:07	2:27:00	2:24:08	2:25:02
10	+Svante Lundberg Kantotisterna Södertälje	7:34:07 +	2:04:15	1:42:57	0:41:41	1:23:34	1:09:39	1:06:02	1:30:14	2:24:38	2:33:13	2:36:16
11	+Anders Hall Stockholm Multisport	7:34:09 +	2:04:17	1:43:48	0:44:35	1:21:11	1:00:17	1:00:51	1:43:27	2:28:23	2:21:28	2:44:18
12	+Philip Long -	7:38:25 +	2:08:33	1:57:46	0:50:57	1:13:34	1:05:56	1:03:54	1:26:18	2:48:43	2:19:30	2:30:12
13	+Magnus Granholm Team Tallgården	8:11:06 +	2:41:14	1:52:41	0:48:55	1:26:30	1:25:18	1:10:45	1:26:57	2:41:36	2:51:48	2:37:42
14	+Sven-Åke Östman Järna Naprapatklubb	8:25:07 +	2:55:15	1:46:35	0:47:13	1:40:19	1:22:44	1:09:02	1:39:14	2:33:48	3:03:03	2:48:16
15	+Svante Hertz -	8:56:41 +	3:26:49	2:15:04	0:55:54	1:31:15	1:16:55	1:09:50	1:47:43	3:10:58	2:48:10	2:57:33
				2:15:04	3:10:58	4:42:13	5:59:08	7:08:58	8:56:41			