

# ÅEC 2010 Resultat



## SOLO HERR

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cyklning
1	Martin Flinta Thule Adventureteam	4:46:23		1:07:26	0:30:45	0:56:24	0:41:06	0:38:22	0:52:20	1:38:11	1:37:30	1:30:42
2	Per Vestling Team Explore	4:55:15	+ 0:08:52	1:08:03	0:30:52	0:57:39	0:41:46	0:40:47	0:56:08	1:38:55	1:39:25	1:36:55
3	Scott Cole IKSU Multisport	5:02:46	+ 0:16:23	1:07:40	0:31:23	0:55:27	0:40:14	0:39:25	1:08:37	1:39:03	1:35:41	1:48:02
4	Johan Skärskog Team Explore	5:05:22	+ 0:18:59	1:07:36	0:30:43	1:05:03	0:45:42	0:41:10	0:55:08	1:38:19	1:50:45	1:36:18
5	John Andén -	5:06:34	+ 0:20:11	1:18:37	0:32:40	0:57:33	0:42:51	0:39:32	0:55:21	1:51:17	1:40:24	1:34:53
6	Rikard Tynell Haglöfs vän	5:16:06	+ 0:29:43	1:07:50	0:31:45	1:07:47	0:46:19	0:44:32	0:57:53	1:39:35	1:54:06	1:42:25
7	Jari Palonen MONTRAIL-POWERBAR	5:16:35	+ 0:30:12	1:14:18	0:33:43	1:02:12	0:41:42	0:42:35	1:02:05	1:48:01	1:43:54	1:44:40
8	Peter Bringby Specialdelivery.sew	5:20:41	+ 0:34:18	1:13:08	0:34:54	1:05:35	0:43:24	0:45:48	0:57:52	1:48:02	1:48:59	1:43:40
9	Andreas Mathisen CITY WOLFS	5:28:21	+ 0:41:58	1:11:36	0:33:26	1:07:24	0:53:52	0:42:17	0:59:46	1:45:02	2:01:16	1:42:03
10	+Ola Olsson Rejlers-Kolmården Adventures	5:29:52	+ 0:43:29	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
11	Olof Sundström -	5:38:31	+ 0:52:08	1:11:40	0:33:16	1:09:24	0:45:54	0:50:28	1:07:49	1:44:56	1:55:18	1:58:17
12	Aaron Scott -	5:40:48	+ 0:54:25	1:15:59	0:35:02	1:07:16	0:45:41	0:48:59	1:07:51	1:51:01	1:52:57	1:56:50
13	+Kari Rauhanen Team Tuplapukki	5:43:22	+ 0:56:59	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
14	Jens Thorild FK Herkules	5:44:28	+ 0:58:05	1:21:54	0:31:30	1:07:34	0:46:01	0:48:43	1:08:46	1:53:24	1:53:35	1:57:29
15	Lars Nilsson FK Herkules	5:47:38	+ 1:01:15	1:18:47	0:36:37	1:05:21	0:53:57	0:47:14	1:05:42	1:55:24	1:59:18	1:52:56
16	Fredrik Eneroth -	5:48:39	+ 1:02:16	1:30:27	0:37:12	1:02:20	0:48:39	0:46:23	1:03:38	2:07:39	1:50:59	1:50:01
17	Peter Röök	5:49:36	+ 1:03:13	1:13:00	0:34:38	1:05:44	0:51:17	0:50:14	1:14:43	1:47:38	1:57:01	2:04:57

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling	
	Stockholms Kajakklubb			1:13:00	1:47:38	2:53:22	3:44:39	4:34:53	5:49:36				
18	Björn Johnsson	5:50:06	+	1:03:43	1:29:09	0:34:59	1:06:22	0:50:06	0:45:32	1:03:58	2:04:08	1:56:28	1:49:30
	Lövkullen			1:29:09	2:04:08	3:10:30	4:00:36	4:46:08	5:50:06				
19	Olof Solberg	5:54:32	+	1:08:09	1:31:39	0:35:24	1:07:02	0:47:15	0:46:59	1:06:13	2:07:03	1:54:17	1:53:12
	Karlstad Multisport			1:31:39	2:07:03	3:14:05	4:01:20	4:48:19	5:54:32				
20	Simon Larsson	5:54:51	+	1:08:28	1:20:03	0:36:30	1:09:21	0:48:46	0:50:07	1:10:04	1:56:33	1:58:07	2:00:11
	Rejlers-Kolmården Adventures			1:20:03	1:56:33	3:05:54	3:54:40	4:44:47	5:54:51				
21	+Mikael Ström	6:00:30	+	1:14:07	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
	FK Herkules			1:32:34	2:08:45	3:14:25	4:06:02	4:53:43	6:00:30				
22	Jörgen Kard	6:02:01	+	1:15:38	1:29:27	0:37:08	1:06:59	0:44:30	0:50:40	1:13:17	2:06:35	1:51:29	2:03:57
	Polar			1:29:27	2:06:35	3:13:34	3:58:04	4:48:44	6:02:01				
23	Kristoffer Kvarnlöf	6:02:55	+	1:16:32	1:40:29		3:24:07	0:45:54	0:44:43	1:08:11		4:10:01	1:52:54
	IKSU Multisport			1:40:29			4:10:01	4:54:44	6:02:55				
24	Carl Hagström	6:05:00	+	1:18:37	1:29:51	0:37:29	1:08:13	0:53:56	0:48:44	1:06:47	2:07:20	2:02:09	1:55:31
	adventureteam.se			1:29:51	2:07:20	3:15:33	4:09:29	4:58:13	6:05:00				
25	+Staffan Ahltin	6:05:18	+	1:18:55	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
	Team Craft			1:33:11	2:09:24	3:17:55	4:17:36	5:01:02	6:05:18				
26	Magnus Olofsson	6:05:25	+	1:19:02	1:34:06	0:42:35	1:03:52	0:51:19	0:48:20	1:05:13	2:16:41	1:55:11	1:53:33
	-			1:34:06	2:16:41	3:20:33	4:11:52	5:00:12	6:05:25				
27	Michael Sageryd	6:06:27	+	1:20:04	1:30:30	0:34:56	1:10:56	0:50:07	0:50:05	1:09:53	2:05:26	2:01:03	1:59:58
	Stockholm Multisport			1:30:30	2:05:26	3:16:22	4:06:29	4:56:34	6:06:27				
28	Jonas Lindkvist	6:08:13	+	1:21:50	1:44:30	0:41:35	1:05:13	0:49:35	0:43:37	1:03:43	2:26:05	1:54:48	1:47:20
	FK Herkules			1:44:30	2:26:05	3:31:18	4:20:53	5:04:30	6:08:13				
29	Per Jonsson	6:09:32	+	1:23:09	1:34:53	0:41:00	1:01:45	0:48:42	0:53:06	1:10:06	2:15:53	1:50:27	2:03:12
	Haglöfs vän			1:34:53	2:15:53	3:17:38	4:06:20	4:59:26	6:09:32				
30	Robert Eriksson	6:15:22	+	1:28:59	1:46:09	0:43:03	1:01:12	0:47:55	0:48:06	1:08:57	2:29:12	1:49:07	1:57:03
	Kisa SK			1:46:09	2:29:12	3:30:24	4:18:19	5:06:25	6:15:22				
31	Olof Selander	6:17:28	+	1:31:05	1:34:28	0:40:40	1:06:09	0:51:51	0:48:54	1:15:26	2:15:08	1:58:00	2:04:20
	Breivikingan			1:34:28	2:15:08	3:21:17	4:13:08	5:02:02	6:17:28				
32	Magnus Åkerblad	6:18:20	+	1:31:57	1:40:19	0:42:10	1:04:41	0:47:15	0:51:42	1:12:13	2:22:29	1:51:56	2:03:55
	Haglöfs vän			1:40:19	2:22:29	3:27:10	4:14:25	5:06:07	6:18:20				
33	Patrik Svensson	6:19:07	+	1:32:44	1:08:09	0:33:52	1:18:40	1:03:44	0:55:45	1:18:57	1:42:01	2:22:24	2:14:42
	Team Kajaktiv			1:08:09	1:42:01	3:00:41	4:04:25	5:00:10	6:19:07				
34	Marcus Andersson	6:19:17	+	1:32:54	1:31:56	0:40:08	1:05:15	0:49:07	0:56:16	1:16:35	2:12:04	1:54:22	2:12:51
	BIRKA			1:31:56	2:12:04	3:17:19	4:06:26	5:02:42	6:19:17				
35	Jussi Haikka	6:20:02	+	1:33:39	1:30:41	0:37:20	1:05:59	0:51:56	0:56:04	1:18:02	2:08:01	1:57:55	2:14:06
	Team Finland			1:30:41	2:08:01	3:14:00	4:05:56	5:02:00	6:20:02				
36	Jens Olsson	6:22:04	+	1:35:41	1:40:34	0:43:40	1:08:44	0:47:27	0:53:22	1:08:17	2:24:14	1:56:11	2:01:39
	SCA Östrand			1:40:34	2:24:14	3:32:58	4:20:25	5:13:47	6:22:04				
37	Andreas Phersson	6:22:23	+	1:36:00	1:57:03	0:40:11	0:59:32	0:42:54	0:48:44	1:13:59	2:37:14	1:42:26	2:02:43

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
	Hållands skidspårörening			1:57:03	2:37:14	3:36:46	4:19:40	5:08:24	6:22:23			
38	Magnus Svensson	6:24:29	+ 1:38:06	1:30:38	0:39:13	1:07:41	0:53:28	0:56:12	1:17:17	2:09:51	2:01:09	2:13:29
	Rejlers Kolmården Adventures			1:30:38	2:09:51	3:17:32	4:11:00	5:07:12	6:24:29			
39	Peter Rejler	6:26:27	+ 1:40:04	1:24:42	0:39:08	1:08:30	0:53:50	0:58:05	1:22:12	2:03:50	2:02:20	2:20:17
	Rejlers IF			1:24:42	2:03:50	3:12:20	4:06:10	5:04:15	6:26:27			
40	Björn Andersson	6:26:38	+ 1:40:15	1:34:35	0:47:31	1:08:28	0:53:26	0:50:57	1:11:41	2:22:06	2:01:54	2:02:38
	-			1:34:35	2:22:06	3:30:34	4:24:00	5:14:57	6:26:38			
41	Joel Karlsson	6:27:41	+ 1:41:18	1:37:41	0:40:38	1:07:33	0:49:57	0:54:39	1:17:13	2:18:19	1:57:30	2:11:52
	Årebyggarna			1:37:41	2:18:19	3:25:52	4:15:49	5:10:28	6:27:41			
42	+Micke Hanell	6:29:03	+ 1:42:40	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
	Stockholm Multisport			1:32:29	2:11:55	3:21:25	4:26:59	5:16:49	6:29:03			
43	Martin Hedbäck	6:29:06	+ 1:42:43	1:36:40	0:39:00	1:11:01	0:51:34	0:55:07	1:15:44	2:15:40	2:02:35	2:10:51
	Team Bocksjön			1:36:40	2:15:40	3:26:41	4:18:15	5:13:22	6:29:06			
44	Niklas Jalkner	6:30:30	+ 1:44:07	1:31:52	0:39:38	1:16:09	0:52:03	0:55:18	1:15:30	2:11:30	2:08:12	2:10:48
	Stockholm Multisport			1:31:52	2:11:30	3:27:39	4:19:42	5:15:00	6:30:30			
45	Anders Schnell	6:30:54	+ 1:44:31	1:24:28	0:34:07	1:09:48	0:53:50	0:52:55	1:35:46	1:58:35	2:03:38	2:28:41
	Karlstad Multisport			1:24:28	1:58:35	3:08:23	4:02:13	4:55:08	6:30:54			
46	Simon Östling	6:31:48	+ 1:45:25	1:48:16	0:44:49	1:03:30	0:47:59	0:54:43	1:12:31	2:33:05	1:51:29	2:07:14
	-			1:48:16	2:33:05	3:36:35	4:24:34	5:19:17	6:31:48			
47	Tore Lewander	6:33:32	+ 1:47:09	1:32:38	0:40:11	1:11:38	0:55:27	0:55:05	1:18:33	2:12:49	2:07:05	2:13:38
	-			1:32:38	2:12:49	3:24:27	4:19:54	5:14:59	6:33:32			
48	Jonas Westling	6:33:45	+ 1:47:22	1:36:37	0:40:28	1:11:26	0:52:43	0:55:17	1:17:14	2:17:05	2:04:09	2:12:31
	IKSU Multisport			1:36:37	2:17:05	3:28:31	4:21:14	5:16:31	6:33:45			
49	Mattias Björklund	6:36:09	+ 1:49:46	1:40:26	0:42:27	1:10:38	1:01:04	0:51:46	1:09:48	2:22:53	2:11:42	2:01:34
	-			1:40:26	2:22:53	3:33:31	4:34:35	5:26:21	6:36:09			
50	Johan Runnedahl	6:40:10	+ 1:53:47	1:35:03	0:40:53	1:12:16	0:55:24	0:53:15	1:23:19	2:15:56	2:07:40	2:16:34
	Stockholms Kajakklubb			1:35:03	2:15:56	3:28:12	4:23:36	5:16:51	6:40:10			
51	+Bo Andersson	6:40:13	+ 1:53:50	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
	Uddevalla Roddklubb			1:38:04	2:18:50	3:32:54	4:33:38	5:26:46	6:40:13			
52	Simon Meurling	6:41:32	+ 1:55:09	1:37:36	0:41:08	1:11:31	0:56:22	1:00:04	1:14:51	2:18:44	2:07:53	2:14:55
	-			1:37:36	2:18:44	3:30:15	4:26:37	5:26:41	6:41:32			
53	Magnus Karlsson	6:42:16	+ 1:55:53	1:35:14	0:41:08	1:17:36	0:55:21	0:54:49	1:18:08	2:16:22	2:12:57	2:12:57
	-			1:35:14	2:16:22	3:33:58	4:29:19	5:24:08	6:42:16			
54	Johannes Stötzel	6:42:56	+ 1:56:33	1:36:29	0:42:11	1:08:53	0:58:48	0:57:31	1:19:04	2:18:40	2:07:41	2:16:35
	TSG			1:36:29	2:18:40	3:27:33	4:26:21	5:23:52	6:42:56			
55	Nicklas Wetterström	6:43:04	+ 1:56:41	1:14:34	0:36:33	1:21:57	1:01:14	1:00:12	1:28:34	1:51:07	2:23:11	2:28:46
	-			1:14:34	1:51:07	3:13:04	4:14:18	5:14:30	6:43:04			
56	Jesper Kärrbrink	6:43:18	+ 1:56:55	1:21:06	0:44:11	1:18:52	1:04:40	0:57:07	1:17:22	2:05:17	2:23:32	2:14:29
	Eniro			1:21:06	2:05:17	3:24:09	4:28:49	5:25:56	6:43:18			
57	Michael Lemmel	6:43:53	+ 1:57:30	1:34:49	0:41:19	1:13:17	0:58:45	0:58:38	1:17:05	2:16:08	2:12:02	2:15:43

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling	
	Haglöfs vän			1:34:49	2:16:08	3:29:25	4:28:10	5:26:48	6:43:53				
58	Geir Arne Duna Team Defender	6:44:57	+	1:58:34	1:39:56	0:40:25	1:12:27	0:47:44	0:59:11	1:25:14	2:20:21	2:00:11	2:24:25
59	Martin Håkansson -	6:46:49	+	2:00:26	1:52:14	0:42:09	1:10:39	0:53:03	0:51:45	1:16:59	2:34:23	2:03:42	2:08:44
60	Johan Olofsson -	6:47:33	+	2:01:10	1:40:24	0:41:01	1:13:28	0:58:46	0:54:50	1:19:04	2:21:25	2:12:14	2:13:54
61	Bård Smestad Multitude	6:47:44	+	2:01:21	1:52:04	0:47:22	1:02:50	0:50:05	0:58:22	1:17:01	2:39:26	1:52:55	2:15:23
62	Anders Leire FK Herkules	6:48:42	+	2:02:19	1:49:50	0:46:36	1:09:23	0:55:59	0:53:51	1:13:03	2:36:26	2:05:22	2:06:54
63	Mikael Anttila SEB IF	6:48:45	+	2:02:22	1:39:52	0:47:05	1:13:37	1:00:25	0:54:40	1:13:06	2:26:57	2:14:02	2:07:46
64	Trent Victor FK Herkules	6:50:04	+	2:03:41	1:34:01	0:40:35	1:19:10	1:03:04	0:57:15	1:15:59	2:14:36	2:22:14	2:13:14
65	Jörgen Tigerstrand Team Drivex	6:50:50	+	2:04:27	1:40:08	0:43:35	1:05:13	0:57:23	1:00:52	1:23:39	2:23:43	2:02:36	2:24:31
66	Stefan Rodheim MenMedia	6:54:32	+	2:08:09	1:33:51	0:41:09	1:19:04	1:02:34	1:01:31	1:16:23	2:15:00	2:21:38	2:17:54
67	Patrik Ring Goblins	6:55:13	+	2:08:50	1:36:17	0:38:27	1:16:11	1:02:49	0:57:41	1:23:48	2:14:44	2:19:00	2:21:29
68	Fredrik Månsson Team MestUte	6:55:20	+	2:08:57	2:02:18	0:40:59	1:11:54	0:53:53	0:53:06	1:13:10	2:43:17	2:05:47	2:06:16
69	Dan Malm Eniro	6:56:21	+	2:09:58	1:34:57	0:45:18	1:13:43	0:58:23	1:09:37	1:14:23	2:20:15	2:12:06	2:24:00
70	+Fredrik Söderström Team XR Logistik	6:56:53	+	2:10:30	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
71	Stefan Silfver Stockholm Multisport	6:58:08	+	2:11:45	1:40:41	0:39:24	1:20:00	0:57:37	0:57:07	1:23:19	2:20:05	2:17:37	2:20:26
72	Richard Widén -	6:58:40	+	2:12:17	1:33:54	0:41:18	1:18:48	1:04:25	0:59:43	1:20:32	2:15:12	2:23:13	2:20:15
73	Anders Johansson Korsnäs IF Skidor	6:58:44	+	2:12:21	1:37:57	0:45:21	1:18:49	1:06:11	0:56:30	1:13:56	2:23:18	2:25:00	2:10:26
74	Kaare Beck-Fisher Eniro	6:59:07	+	2:12:44	1:57:03	0:49:36	1:08:53	0:59:37	0:50:51	1:13:07	2:46:39	2:08:30	2:03:58
75	Anders Andersson FK Herkules	6:59:50	+	2:13:27	1:41:50	0:41:24	1:19:11	1:01:03	0:53:53	1:22:29	2:23:14	2:20:14	2:16:22
76	Mika Okkonen karsu.fi	7:01:23	+	2:15:00	1:54:36	0:48:00	1:12:42	0:59:02	0:54:26	1:12:37	2:42:36	2:11:44	2:07:03
77	Heikki Hamunen	7:01:25	+	2:15:02	1:46:37	0:44:15	1:14:50	0:57:27	0:57:48	1:20:28	2:30:52	2:12:17	2:18:16

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
	karsu.fi			1:46:37	2:30:52	3:45:42	4:43:09	5:40:57	7:01:25			
78	Björn Ahlepil Eniro	7:01:42 +	2:15:19	1:52:01	0:51:22	1:10:25	0:50:37	0:55:32	1:21:45	2:43:23	2:01:02	2:17:17
79	Markus Henriksson Silverfiskarna	7:02:17 +	2:15:54	1:51:11	0:49:01	1:08:17	0:54:45	0:58:49	1:20:14	2:40:12	2:03:02	2:19:03
80	Mats Åkerlund Sundsvallspolisens IF	7:09:23 +	2:23:00	1:44:38	0:43:54	1:20:17	1:02:59	0:57:57	1:19:38	2:28:32	2:23:16	2:17:35
81	Thomas Christensson Heleneholms triathlon	7:10:06 +	2:23:43	1:51:42	0:39:39	1:13:04	0:56:29	1:01:09	1:28:03	2:31:21	2:09:33	2:29:12
82	+Torgny Lindbäck Brunnsviken Kanotklubb	7:13:55 +	2:27:32	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
83	+ Johan Carlsson Trollhättan	7:16:10 +	2:29:47	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
84	Jaako Leppänen karsu.fi	7:19:40 +	2:33:17	2:13:20	0:48:12	1:11:25	0:50:52	0:50:14	1:25:37	3:01:32	2:02:17	2:15:51
85	Philip Schröderheim Eniro	7:20:11 +	2:33:48	1:48:20	0:50:07	1:23:27	1:06:25	0:55:40	1:16:12	2:38:27	2:29:52	2:11:52
86	Göran Sander NoTeam	7:22:06 +	2:35:43	1:48:11	0:42:48	1:16:59	0:59:03	1:10:24	1:24:41	2:30:59	2:16:02	2:35:05
87	Luis Nunez Stockholms Kajakklubb	7:22:11 +	2:35:48	1:34:28	0:37:48	1:17:19	1:09:48	1:17:03	1:25:45	2:12:16	2:27:07	2:42:48
88	Anders Hållberg -	7:23:40 +	2:37:17	2:04:36	0:51:04	1:13:30	0:56:39	1:00:18	1:17:33	2:55:40	2:10:09	2:17:51
89	Peter Johnsson Målilla-Mörlunda Ski	7:24:33 +	2:38:10	1:50:35	0:46:17	1:12:56	0:56:12	1:11:31	1:27:02	2:36:52	2:09:08	2:38:33
90	Erik Ringqvist -	7:25:07 +	2:38:44	1:37:22	0:45:13	1:24:21	1:08:19	1:03:50	1:26:02	2:22:35	2:32:40	2:29:52
91	Robert Grenmark Estrella	7:25:28 +	2:39:05	1:39:54	0:47:05	1:29:06	1:05:09	1:00:44	1:23:30	2:26:59	2:34:15	2:24:14
92	Jens Karlsson Två Hjul	7:27:59 +	2:41:36	1:29:35	0:41:17	1:19:18	1:03:18	1:02:23	1:52:08	2:10:52	2:22:36	2:54:31
93	Dennis Stenberg Eniro	7:30:34 +	2:44:11	1:47:01	0:53:14	1:12:43	1:08:59	1:03:25	1:25:12	2:40:15	2:21:42	2:28:37
94	Matias Londen -	7:31:11 +	2:44:48	1:46:22	0:45:04	1:17:16	1:03:53	1:09:56	1:28:40	2:31:26	2:21:09	2:38:36
95	Johan Lundell Blå Dragoner	7:33:19 +	2:46:56	1:59:39	0:46:07	1:17:27	0:57:44	1:03:21	1:29:01	2:45:46	2:15:11	2:32:22
96	+Svante Lundberg Kanotisterna Södertälje	7:34:07 +	2:47:44	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
97	+ Anders Hall	7:34:09 +	2:47:46	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

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
	Stockholm Multisport			1:43:48	2:28:23	3:49:34	4:49:51	5:50:42	7:34:09			
98	Rickard Högström	7:34:58 +	2:48:35	1:36:14	0:44:57	1:19:39	1:10:24	1:10:22	1:33:22	2:21:11	2:30:03	2:43:44
	Små och Stora Äventyr			1:36:14	2:21:11	3:40:50	4:51:14	6:01:36	7:34:58			
99	Calle Bjerneku	7:36:09 +	2:49:46	1:47:31	0:49:36	1:12:32	1:06:48	1:13:17	1:26:25	2:37:07	2:19:20	2:39:42
	Åre Bergscyklister			1:47:31	2:37:07	3:49:39	4:56:27	6:09:44	7:36:09			
100	Daniel Lundberg	7:36:18 +	2:49:55	1:58:29	0:48:52	1:20:50	0:59:56	1:03:46	1:24:25	2:47:21	2:20:46	2:28:11
	Eniro			1:58:29	2:47:21	4:08:11	5:08:07	6:11:53	7:36:18			
101	+Philip Long	7:38:25 +	2:52:02	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
	-			1:57:46	2:48:43	4:02:17	5:08:13	6:12:07	7:38:25			
102	Jimmy Fornander	7:39:23 +	2:53:00	1:39:08	0:44:13	1:28:55	1:07:42	1:03:00	1:36:25	2:23:21	2:36:37	2:39:25
	-			1:39:08	2:23:21	3:52:16	4:59:58	6:02:58	7:39:23			
103	Markus Wassdahl	7:39:30 +	2:53:07	1:36:09	0:45:08	1:22:51	1:03:29	1:12:39	1:39:14	2:21:17	2:26:20	2:51:53
	-			1:36:09	2:21:17	3:44:08	4:47:37	6:00:16	7:39:30			
104	Thomas Eriksson	7:40:45 +	2:54:22	1:46:11	0:52:10	1:27:17	1:09:12	1:00:31	1:25:24	2:38:21	2:36:29	2:25:55
	Haglöfs vän			1:46:11	2:38:21	4:05:38	5:14:50	6:15:21	7:40:45			
105	Bart Van Linden	7:42:19 +	2:55:56	2:00:57	0:48:10	1:18:44	1:08:16	1:00:53	1:25:19	2:49:07	2:27:00	2:26:12
	Axehandle Mountain			2:00:57	2:49:07	4:07:51	5:16:07	6:17:00	7:42:19			
106	Roland Asztalos	7:46:52 +	3:00:29	1:49:50	0:48:26	1:22:27	1:04:56	1:12:00	1:29:13	2:38:16	2:27:23	2:41:13
	Herkules			1:49:50	2:38:16	4:00:43	5:05:39	6:17:39	7:46:52			
107	Christian Adenås	7:47:33 +	3:01:10	2:04:30	0:50:59	1:13:36	0:59:34	1:10:25	1:28:29	2:55:29	2:13:10	2:38:54
	Eniro			2:04:30	2:55:29	4:09:05	5:08:39	6:19:04	7:47:33			
108	Daniel Klasson	7:47:43 +	3:01:20	1:46:14	0:46:54	1:23:42	1:18:55	1:01:55	1:30:03	2:33:08	2:42:37	2:31:58
	la-la-loka			1:46:14	2:33:08	3:56:50	5:15:45	6:17:40	7:47:43			
109	Mikael Ahlfors	7:52:43 +	3:06:20	1:54:51	0:49:53	1:20:05	1:14:04	1:05:09	1:28:41	2:44:44	2:34:09	2:33:50
	Sverige			1:54:51	2:44:44	4:04:49	5:18:53	6:24:02	7:52:43			
110	Martin Norling	7:57:45 +	3:11:22	1:51:43	0:46:51	1:23:18	1:08:50	1:09:35	1:37:28	2:38:34	2:32:08	2:47:03
	-			1:51:43	2:38:34	4:01:52	5:10:42	6:20:17	7:57:45			
111	Johan Davidsson	8:04:48 +	3:18:25	1:50:35	0:48:43	1:25:41	1:19:03	1:11:42	1:29:04	2:39:18	2:44:44	2:40:46
	-			1:50:35	2:39:18	4:04:59	5:24:02	6:35:44	8:04:48			
112	Torbjörn Nord	8:09:21 +	3:22:58	1:56:31	0:51:35	1:25:33	1:09:46	1:12:26	1:33:30	2:48:06	2:35:19	2:45:56
	-			1:56:31	2:48:06	4:13:39	5:23:25	6:35:51	8:09:21			
113	Johan Christensson	8:10:41 +	3:24:18	1:56:46	0:45:48	1:24:53	1:06:56	1:12:06	1:44:12	2:42:34	2:31:49	2:56:18
	Johans enmannaklubb			1:56:46	2:42:34	4:07:27	5:14:23	6:26:29	8:10:41			
114	+Magnus Granholm	8:11:06 +	3:24:43	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
	Team Tallgården			1:52:41	2:41:36	4:08:06	5:33:24	6:44:09	8:11:06			
115	Jakob Tegeström	8:13:45 +	3:27:22	2:08:22	1:02:12	1:24:04	1:00:34	1:14:22	1:24:11	3:10:34	2:24:38	2:38:33
	Eniro			2:08:22	3:10:34	4:34:38	5:35:12	6:49:34	8:13:45			
116	Nicolson Mats	8:16:45 +	3:30:22	1:42:46	0:49:21	1:31:44	1:17:19	1:16:52	1:38:43	2:32:07	2:49:03	2:55:35
	Slå Wassadahl			1:42:46	2:32:07	4:03:51	5:21:10	6:38:02	8:16:45			
117	Stefan Häll	8:17:13 +	3:30:50	2:02:33	0:56:11	1:21:55	0:56:08	1:14:37	1:45:49	2:58:44	2:18:03	3:00:26

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
-	-			2:02:33	2:58:44	4:20:39	5:16:47	6:31:24	8:17:13			
118	Jimmy Lundberg / Anders Holmkvist Team Brandkåren Hofors	8:19:33 +	3:33:10	2:36:47	0:47:52	1:15:18	1:00:32	1:06:15	1:32:49	3:24:39	2:15:50	2:39:04
119	Stefan Berglund Svensk Elcomfort	8:20:20 +	3:33:57	2:36:47	3:24:39	4:39:57	5:40:29	6:46:44	8:19:33	2:47:16	2:33:59	2:59:05
120	Per Stööp Grisen	8:20:22 +	3:33:59	1:57:06	0:50:10	1:26:07	1:07:52	1:12:25	1:46:40	2:47:18	2:34:11	2:58:53
121	Fredric Kaijser Eniro	8:23:32 +	3:37:09	1:57:07	2:47:16	4:13:23	5:21:15	6:33:40	8:20:20	2:50:06	2:43:21	2:50:05
122	+Sven-Åke Östman Järna Naprapatklirik	8:25:07 +	3:38:44	1:57:07	2:47:18	4:13:20	5:21:29	6:33:40	8:20:22	2:50:06	2:43:21	2:50:05
123	Niklas Lagesson Klubb Sisu	8:26:09 +	3:39:46	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
124	Victor Henriksson Silverfiskarna	8:26:25 +	3:40:02	1:46:35	2:33:48	4:14:07	5:36:51	6:45:53	8:25:07	2:37:58	2:55:24	2:52:47
125	Figge Heurlin Kanoiföreningen Öresund	8:28:10 +	3:41:47	1:50:11	0:47:47	1:35:20	1:20:04	1:08:39	1:44:08	2:37:58	2:55:24	2:52:47
126	Per-Erik Larsson SEB IF	8:33:53 +	3:47:30	1:50:11	2:37:58	4:13:18	5:33:22	6:42:01	8:26:09	2:56:52	2:37:48	2:51:45
127	+Svante Hertz -	8:56:41 +	4:10:18	2:05:27	0:51:25	1:24:14	1:13:34	1:07:54	1:43:51	3:26:26	2:33:21	2:28:23
128	Morten Svendsen -	8:56:47 +	4:10:24	2:05:27	2:56:52	4:21:06	5:34:40	6:42:34	8:26:25	3:16:50	2:42:22	2:34:41
129	Patric Lindström Eniro	9:02:52 +	4:16:29	2:38:25	0:48:01	1:20:41	1:12:40	1:01:49	1:26:34	3:10:58	2:48:10	2:57:33
130	Henrik Jarheden Eniro	10:07:15 +	5:20:52	2:38:25	3:26:26	4:47:07	5:59:47	7:01:36	8:28:10	3:16:50	2:42:22	2:34:41
131	Christopher Holland -	10:20:23 +	5:34:00	2:22:28	0:54:22	1:30:22	1:12:00	1:02:25	1:32:16	3:16:50	2:42:22	2:34:41
132	Ulf Gustavsson -	10:20:32 +	5:34:09	2:22:28	3:16:50	4:47:12	5:59:12	7:01:37	8:33:53	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			
				1:54:12	2:42:29	4:22:45	6:01:32	7:16:15	8:56:47			
				2:13:18	0:55:27	1:41:50	1:15:09	1:18:27	1:38:41	3:08:45	2:56:59	2:57:08
				2:13:18	3:08:45	4:50:35	6:05:44	7:24:11	9:02:52			
				2:08:17	1:08:30	1:52:10	1:36:17	1:26:53	1:55:08	3:16:47	3:28:27	3:22:01
				2:08:17	3:16:47	5:08:57	6:45:14	8:12:07	10:07:15			
				2:05:28	0:58:20	2:13:24	1:42:48	1:28:12	1:52:11	3:03:48	3:56:12	3:20:23
				2:05:28	3:03:48	5:17:12	7:00:00	8:28:12	10:20:23			
				2:42:11	0:57:58	1:58:41	1:38:20	1:26:09	1:37:13	3:40:09	3:37:01	3:03:22
				2:42:11	3:40:09	5:38:50	7:17:10	8:43:19	10:20:32			

# 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 Kantisterna 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			



# ÅEC 2010 Resultat



## SOLO DAM

Placering	Namn	Tid	Diff	Sträcktider						Etapptider		
				Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Josefina Wikberg Silva Gerber Adventure	5:40:47		1:20:27	0:37:07	1:03:56	0:46:36	0:47:51	1:04:50	1:57:34	1:50:32	1:52:41
2	Anette Andersson Duveds IF	6:47:03	+ 1:06:16	1:20:27	1:57:34	3:01:30	3:48:06	4:35:57	5:40:47	2:05:59	2:25:01	2:16:03
3	Emma Frank FK Herkules	6:47:15	+ 1:06:28	1:25:36	2:05:59	3:28:47	4:31:00	5:27:43	6:47:03	1:55:08	2:25:34	2:26:33
4	Anna-Sofie Bark Linköpings OK	6:49:24	+ 1:08:37	1:17:44	1:55:08	3:20:32	4:20:42	5:22:02	6:47:15	2:27:31	2:12:04	2:09:49
5	Maria Ehlin-Kolk Team Craft	6:55:21	+ 1:14:34	1:46:04	0:41:27	1:16:10	0:55:54	0:55:29	1:14:20	2:29:58	2:17:30	2:07:53
6	Florence Berg Stela ben MTB	7:42:06	+ 2:01:19	1:43:08	0:46:50	1:19:58	0:57:32	0:52:19	1:15:34	2:26:46	2:52:40	2:22:40
7	Elin Fredriksson Iksu-multisport	7:46:15	+ 2:05:28	1:37:37	0:49:09	1:33:45	1:18:55	1:00:00	1:22:40	2:25:15	2:39:00	2:42:00
8	Babs Lindman Eniro babs	8:01:09	+ 2:20:22	1:39:28	0:45:47	1:30:15	1:08:45	1:04:36	1:37:24	2:10:05	2:59:29	2:51:35
9	+Gunn Nyberg -	8:08:27	+ 2:27:40	1:25:52	0:44:13	1:36:07	1:23:22	1:09:09	1:42:26	2:28:19	2:43:01	2:57:07
10	Hilda Forsgren Team Åva	8:31:08	+ 2:50:21	1:35:42	0:52:37	1:24:33	1:18:28	1:15:27	1:41:40	3:00:45	2:31:26	2:58:57
11	+Kristina Hammarfalk Extra av allt	8:39:56	+ 2:59:09	1:58:38	1:02:07	1:26:03	1:05:23	1:19:43	1:39:14	3:05:11	2:36:10	2:58:35
12	Jo Wilkinson Twins Restaurant	9:29:05	+ 3:48:18	2:03:51	1:01:20	1:26:10	1:10:00	1:15:35	1:43:00	3:10:04	2:55:55	3:23:06
13	Carina Blad Sverige	9:46:55	+ 4:06:08	2:08:07	1:01:57	1:32:10	1:23:45	1:26:00	1:57:06	3:18:02	2:57:26	3:31:27
14	Eva Gabriëlsson Club Riverside/Uddevalla	10:14:56	+ 4:34:09	2:08:07	3:10:04	4:42:14	6:05:59	7:31:59	9:29:05	3:06:33	3:50:35	3:17:48
				2:18:05	0:59:57	1:36:33	1:20:53	1:31:43	1:59:44			
				2:18:05	3:18:02	4:54:35	6:15:28	7:47:11	9:46:55			
				2:12:48	0:53:45	1:54:53	1:55:42	1:22:10	1:55:38			
				2:12:48	3:06:33	5:01:26	6:57:08	8:19:18	10:14:56			

# ÅEC 2010 Resultat



## SOLO DAM (45+)

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	+Gunn Nyberg	8:08:27		1:35:42	0:52:37	1:24:33	1:18:28	1:15:27	1:41:40	2:28:19	2:43:01	2:57:07
	-			1:35:42	2:28:19	3:52:52	5:11:20	6:26:47	8:08:27			
2	+Kristina Hammarfalk	8:39:56	+ 0:31:29	2:03:51	1:01:20	1:26:10	1:10:00	1:15:35	1:43:00	3:05:11	2:36:10	2:58:35
	Extra av allt			2:03:51	3:05:11	4:31:21	5:41:21	6:56:56	8:39:56			

# ÅEC 2010 Resultat



## DUO HERR

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Target	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Bjarne Valås / Bjarne Lien Team BjarneBjarne@Sportsbua	6:00:13		1:42:26	0:44:10	1:00:11	0:48:48	0:43:18	1:01:20	2:26:36	1:48:59	1:44:38
2	Carl Norinder / Jonas von Heidenstam Skut Crackers	6:26:39	+ 0:26:26	1:23:46	0:39:59	1:12:13	0:56:31	0:53:00	1:21:10	2:03:45	2:08:44	2:14:10
3	Lennart Paulson / Magnus Dahlbom Katarinagården	6:29:56	+ 0:29:43	1:26:29	0:42:35	1:14:17	0:55:31	0:56:01	1:15:03	2:09:04	2:09:48	2:11:04
4	Anton Lidblad / Carl Lidblad Team Lidblad	6:33:29	+ 0:33:16	1:36:19	0:47:19	1:10:55	0:56:23	0:54:28	1:08:05	2:23:38	2:07:18	2:02:33
5	Magnus Wembrand / Magnus Björk Hofors adventure group	6:36:54	+ 0:36:41	1:39:34	0:39:32	1:14:15	0:56:14	0:53:42	1:13:37	2:19:06	2:10:29	2:07:19
6	Roger Friberg / Tommy Wedberg Danilo Di Luca	6:47:46	+ 0:47:33	1:22:12	0:40:46	1:20:26	1:10:03	0:55:37	1:18:42	2:02:58	2:30:29	2:14:19
7	Jörgen Johansson / Mathias Mellgren Kristinehamn Multisport	6:54:36	+ 0:54:23	1:51:49	0:51:21	1:05:22	0:53:38	0:57:33	1:14:53	2:43:10	1:59:00	2:12:26
8	Andreas Norén / Roger Ek ÅRE FYSIOCENTER	7:11:14	+ 1:11:01	1:39:38	0:42:14	1:15:40	1:07:21	0:59:43	1:26:38	2:21:52	2:23:01	2:26:21
9	Karl Arne Melbye / Kurt Ove Melbye Vömmöl Langturlag	7:13:48	+ 1:13:35	1:32:15	0:46:20	1:20:41	1:03:03	1:05:58	1:25:31	2:18:35	2:23:44	2:31:29
10	Richard Richardsen / Hendrik Larsson VHRH Multisport	7:21:48	+ 1:21:35	2:14:56	0:45:59	1:16:39	0:59:29	0:54:35	1:10:10	3:00:55	2:16:08	2:04:45
11	Markus Lejon / Petter Oskarsson OskarssonLejon	7:24:22	+ 1:24:09	1:59:06	0:56:00	1:12:18	0:52:55	1:00:30	1:23:33	2:55:06	2:05:13	2:24:03
12	Andreas Holmgren / David Kwart Team ANDAs!	7:42:10	+ 1:41:57	1:45:01	0:48:51	1:26:48	1:06:37	1:05:47	1:29:06	2:33:52	2:33:25	2:34:53
13	Mats Nilsson / Mattias Karlsson Team Skobes	7:54:40	+ 1:54:27	1:47:49	0:52:09	1:20:56	1:07:10	1:12:23	1:34:13	2:39:58	2:28:06	2:46:36
14	Michael Johansson / Göran Strömstedt Team NBC	8:08:14	+ 2:08:01	2:03:22	0:53:02	1:25:00	1:09:33	1:05:10	1:32:07	2:56:24	2:34:33	2:37:17
15	Erik Albano / Tomas Berglund Smärtgränsen?	8:15:01	+ 2:14:48	2:28:26	0:49:54	1:25:33	1:08:59	1:02:25	1:19:44	3:18:20	2:34:32	2:22:09
16	Espen Lindvåg / Øystein Hermstad Blink Print	8:17:17	+ 2:17:04	2:10:30	0:56:05	1:24:22	1:16:33	1:04:07	1:25:40	3:06:35	2:40:55	2:29:47
17	Ronnie Pettersson / Andreas Bohlin Team Fujitsu	8:18:15	+ 2:18:02	2:13:42	0:56:03	1:20:19	1:08:17	1:12:58	1:26:56	3:09:45	2:28:36	2:39:54

Placering	Namn	Tid	Diff	Lyft 2	Target	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling	
18	Mikael Färjsjö / Johan Hyensjö Team Grappa	8:23:03	+	2:22:50	1:45:59	0:53:24	1:34:37	1:22:54	1:11:31	1:34:38	2:39:23	2:57:31	2:46:09
19	Anders Stenvall / Thomas Zinsli Idioterna	8:24:41	+	2:24:28	1:46:14	0:51:58	1:28:50	1:14:39	1:15:30	1:47:30	2:38:12	2:43:29	3:03:00
20	Richard Svanegård / Lars Olsson -	8:28:30	+	2:28:17	1:46:14	2:38:12	4:07:02	5:21:41	6:37:11	8:24:41	2:49:12	2:35:32	3:03:46
21	Klas Karis / Johan Östman Team 118	8:30:48	+	2:30:35	1:55:32	2:49:12	4:17:28	5:24:44	6:42:55	8:28:30	3:09:26	2:35:25	2:45:57
22	Andreas Persson / Andreas Sjöberg Team Jekyll and Hyde	8:30:58	+	2:30:45	2:02:58	1:06:28	1:20:49	1:14:36	1:10:22	1:35:35	3:06:02	2:34:10	2:50:46
23	Björn Brundin / Martin Brundin Il primo Brundino	8:33:59	+	2:33:46	2:05:51	1:00:11	1:23:01	1:11:09	1:07:23	1:43:23	2:59:21	2:53:34	2:41:04
24	Henrik Moquist / Henrik Moström Team HM	8:41:26	+	2:41:13	2:04:12	0:55:09	1:33:02	1:20:32	1:09:28	1:31:36	3:10:19	2:38:36	2:52:31
25	Peter Laurin / Fredrik Strandberg Smygarna	9:26:01	+	3:25:48	2:14:32	0:55:47	1:28:24	1:10:12	1:15:14	1:37:17	3:05:37	2:44:19	3:36:05
26	Henrik Widlund / Christoffer Kednert Helvete 31	9:31:22	+	3:31:09	2:13:48	0:51:49	1:30:41	1:13:38	1:24:38	2:11:27	3:24:44	2:37:31	3:29:07
					2:13:48	3:05:37	4:36:18	5:49:56	7:14:34	9:26:01			
					2:14:32	3:10:19	4:38:43	5:48:55	7:04:09	8:41:26			
					2:25:11	0:59:33	1:30:07	1:07:24	1:31:06	1:58:01			
					2:25:11	3:24:44	4:54:51	6:02:15	7:33:21	9:31:22			

# ÅEC 2010 Resultat



## DUO DAM

Placering	Namn	Tid	Diff	Sträcktider					Etapptider			
				Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Lotta Ekberg / Maria Malmin Skeriol IF	7:01:26		1:32:52	0:44:53	1:20:13	1:09:04	0:55:47	1:18:37	2:17:45	2:29:17	2:14:24
2	Kerstin Holmberg / Sofie Ekberg Rullstensgatan	8:34:28	+ 1:33:02	2:13:51	1:01:05	1:17:45	1:05:55	1:10:54	1:44:58	3:14:56	2:23:40	2:55:52
3	Annika Åström / Camilla Slunge Dowling Wolfmothers92	9:04:53	+ 2:03:27	2:15:57	0:58:54	1:24:47	1:23:50	1:20:37	1:40:48	3:14:51	2:48:37	3:01:25
4	Anniken Vorpenes / Sunniva Evjen Evjen Vorpenes	10:07:00	+ 3:05:34	1:58:20	1:01:46	1:59:24	1:37:03	1:34:06	1:56:21	3:00:06	3:36:27	3:30:27

# ÅEC 2010 Resultat



## DUO MIX

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Anna Hammarberg / Mattias Strömberg Holiday Club	7:42:28		1:53:01	0:45:19	1:23:57	1:03:03	1:06:10	1:30:58	2:38:20	2:27:00	2:37:08
2	Sophie Lundgren / Andreas Hägglund ÅreNapraterna	7:54:46	+ 0:12:18	1:47:44	0:50:41	1:23:38	1:11:54	1:09:46	1:31:03	2:38:25	2:35:32	2:40:49
3	Frida Marklund / Jonas Stenlund Team Wiki	7:56:06	+ 0:13:38	1:49:03	0:49:45	1:23:51	1:15:11	1:07:49	1:30:27	2:38:48	2:39:02	2:38:16
4	Carl Hård af Segerstad / Patricia Odhult Haglöfs Mix	8:15:24	+ 0:32:56	2:04:00	0:57:24	1:17:02	1:06:45	1:20:41	1:29:32	3:01:24	2:23:47	2:50:13
5	Cilla Eriksson / Johannes Hansson Yrvädret och tidsoptimisten	8:18:29	+ 0:36:01	2:00:40	0:55:51	1:25:37	1:19:11	1:03:41	1:33:29	2:56:31	2:44:48	2:37:10
6	Göran Jansson / Marie Jansson Team Polly	8:51:39	+ 1:09:11	1:50:04	0:50:26	1:25:41	1:21:53	1:11:33	2:12:02	2:40:30	2:47:34	3:23:35
7	Andreas Hjertzell / Linda Hjertzell Team Hjertzell	9:39:57	+ 1:57:29	2:24:37	1:08:32	1:27:20	1:26:31	1:23:44	1:49:13	3:33:09	2:53:51	3:12:57

# ÅEC 2010 Resultat



## LAG HERR

Placering	Namn	Tid	Diff	Sträcktider					Etapptider			
				Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cyklning
1	Eriksson / Eriksson / Löfgren Runners Store	4:47:47		1:10:52	0:31:50	0:50:40	0:38:02	0:41:53	0:54:30	1:42:42	1:28:42	1:36:23
2	Lundström / Idivuoma / Olsson KBIF (Kiruna Brandkårsidrottsförening)	5:27:37	+ 0:39:50	1:18:14	0:34:05	0:59:16	0:44:31	0:43:28	1:08:03	1:52:19	1:43:47	1:51:31
3	Gerhardsson / Andersson / Ahlström Puls Gym Adventure	5:33:07	+ 0:45:20	1:26:15	0:40:12	1:00:24	0:51:56	0:39:12	0:55:08	2:06:27	1:52:20	1:34:20
4	Slettom / Sneisen / Waldal Villa Vika	5:43:10	+ 0:55:23	1:30:06	0:41:20	1:00:27	0:42:52	0:46:09	1:02:16	2:11:26	1:43:19	1:48:25
5	Jari / Heikkt / Tusmo Team Triplapukki	5:51:13	+ 1:03:26	1:15:43	0:34:52	1:15:43	0:57:09	0:43:34	1:04:12	1:50:35	2:12:52	1:47:46
6	Moldin / Nyström / Wästlund Team Grissfoot 3	5:56:29	+ 1:08:42	1:23:09	0:36:48	1:12:11	0:53:22	0:43:54	1:07:05	1:59:57	2:05:33	1:50:59
7	Hansson / Abrahamsson / Håård Storsjötandläkarna	5:56:54	+ 1:09:07	1:24:29	0:38:49	1:09:48	0:48:28	0:44:52	1:10:28	2:03:18	1:58:16	1:55:20
8	Lassheikki / Lassheikki / Aspegren Elläimen Kinthaat	6:02:07	+ 1:14:20	1:22:49	0:38:15	1:07:37	0:44:56	0:52:15	1:16:15	2:01:04	1:52:33	2:08:30
9	Eriksson / Myhrman / Mild Team Stora Enso	6:03:04	+ 1:15:17	1:43:46	0:40:35	1:07:45	0:46:45	0:42:36	1:01:37	2:24:21	1:54:30	1:44:13
10	Venimor / Axberg / Van Marten Team Haglöfs Junior	6:07:37	+ 1:19:50	1:12:51	0:34:47	1:15:13	0:59:42	0:49:00	1:16:04	1:47:38	2:14:55	2:05:04
11	Oest / Markström / Cronskär 6h?	6:09:09	+ 1:21:22	1:30:07	0:43:56	1:09:14	0:49:42	0:46:22	1:09:48	2:14:03	1:58:56	1:56:10
12	Djerf / Fond / Nygren Team Usel	6:13:46	+ 1:25:59	1:28:37	0:36:58	1:12:38	0:56:12	0:49:32	1:09:49	2:05:35	2:08:50	1:59:21
13	Joelsson / Bergstedt / Åkerman Haglöfs Alewalds	6:13:47	+ 1:26:00	1:40:21	0:41:16	0:55:43	0:41:02	0:50:43	1:24:42	2:21:37	1:36:45	2:15:25
14	Christensson / Englin / Andersson Tripp tripp trull	6:29:08	+ 1:41:21	1:28:02	0:40:10	1:19:51	1:09:43	0:43:57	1:07:25	2:08:12	2:29:34	1:51:22
15	Olsson / Neth / Håkansson Happy Feet	6:33:19	+ 1:45:32	1:33:49	0:41:23	1:16:00	0:53:05	0:48:10	1:20:52	2:15:12	2:09:05	2:09:02
16	Hedblom / Karlsson / Karlsson Team Haglöfs	6:34:29	+ 1:46:42	1:59:20	0:44:32	1:12:36	0:56:54	0:40:47	1:00:20	2:43:52	2:09:30	1:41:07
17	Ekberg / Gunnars / Jacobsson Anders Ski Shoap	6:36:46	+ 1:48:59	1:35:49	0:45:26	1:29:00	1:03:43	0:40:12	1:02:36	2:21:15	2:32:43	1:42:48

Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling	
18	Lindén / Mårtensson / Nygren Timrå	6:56:41	+	2:08:54	1:58:42	0:44:25	1:01:56	0:47:09	1:06:26	1:18:03	2:43:07	1:49:05	2:24:29
19	Kärrbrink / Freudenthal / Strindlund Eniro 180	7:12:19	+	2:24:32	1:21:09	0:40:05	1:41:39	1:21:59	0:48:59	1:18:28	2:01:14	3:03:38	2:07:27
20	Wessberg / Siitonen / Lundström Nu j-a väntar ni !	7:14:40	+	2:26:53	1:54:35	0:45:14	1:15:36	0:51:08	0:57:50	1:30:17	2:39:49	2:06:44	2:28:07
21	Hesel / Bolander / Schmutz SpiralTrans AB 1	7:17:29	+	2:29:42	1:43:51	0:45:49	1:13:20	0:58:34	1:01:11	1:34:44	2:29:40	2:11:54	2:35:55
22	Lindvåg / Selmer / Otterlei The LastMinuters	7:23:23	+	2:35:36	2:16:02	0:55:16	1:22:19	0:53:20	0:43:32	1:12:54	3:11:18	2:15:39	1:56:26
23	Eriksson / Queckfeldt / Jacobsen Daymakers	7:32:13	+	2:44:26	2:09:24	0:48:07	1:17:35	1:15:29	0:49:06	1:12:32	2:57:31	2:33:04	2:01:38
24	Bergfeldt / Lagerberg / Karlström Crossfit STHLM	7:47:15	+	2:59:28	2:10:36	1:05:41	1:17:05	1:00:34	0:51:36	1:21:43	3:16:17	2:17:39	2:13:19



# ÅEC 2010 Resultat



## LAG DAM

		Sträcktider							Etapptider			
Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Holmqvist / Bergkvist / Nygard Kajaksidan.se	5:47:14		1:18:00	0:34:56	1:01:34	0:52:50	0:47:50	1:12:04	1:52:56	1:54:24	1:59:54
2	Karvonen / Ivarsson / Bjerneku Hemmalaget	7:15:01	+ 1:27:47	1:34:45	0:43:48	1:27:50	1:03:32	0:56:33	1:28:33	2:18:33	2:31:22	2:25:06
3	Moldin / Nyström / Wästlund Team Tre Viljor	7:27:09	+ 1:39:55	1:40:58	0:43:40	1:21:50	1:01:09	0:53:47	1:45:45	2:24:38	2:22:59	2:39:32
4	Lindman / Gergi / Johansson Eniro One	8:01:04	+ 2:13:50	1:25:45	0:40:45	1:31:08	1:19:41	1:10:50	1:52:55	2:06:30	2:50:49	3:03:45

# ÅEC 2010 Resultat



## LAG MIX

Sträcktider	Etapptider
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Placering	Namn	Tid	Diff	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	Larsson / Nevin / Nevin Team RoAnEr	4:56:40		1:14:10	0:34:26	0:54:29	0:45:00	0:35:57	0:52:38	1:48:36	1:39:29	1:28:35
2	Cedrenius / Johansson / Forslund Blod, svett och LERA	5:51:47	+ 0:55:07	1:14:10	1:48:36	2:43:05	3:28:05	4:04:02	4:56:40	1:55:37	2:04:51	1:51:19
3	Holmer / Holmer / Maeland Vänta på MEJ	5:56:56	+ 1:00:16	1:19:03	0:36:34	1:08:33	0:56:18	0:44:06	1:07:13	1:36:12	2:22:24	1:58:20
4	Steding / Hägglund / Troeng Team Haglöfs Future	6:02:17	+ 1:05:37	1:06:10	0:30:02	1:19:25	1:02:59	0:47:15	1:11:05	2:03:41	1:52:21	2:06:15
5	Sundman / Glumoff / Nordfelt-Zundgren Träbocken, Stenbocken & Hjulbocken	6:20:45	+ 1:24:05	1:25:57	0:37:44	1:08:10	0:44:11	0:49:03	1:17:12	1:59:40	2:22:35	1:58:30
6	Andersson / Wike / Stjerna Spår och leder i Åre	6:30:46	+ 1:34:06	1:22:24	0:37:16	1:16:34	1:06:01	0:46:20	1:12:10	2:14:29	2:07:15	2:09:02
7	Schmutz / Strand / Thunström SpiralTrans AB 2	6:36:17	+ 1:39:37	1:32:06	0:42:23	1:11:57	0:55:18	0:50:30	1:18:32	2:24:21	2:05:19	2:06:37
8	Norén / Norén / Norén ÅRE FYSIOCENTER II	6:55:21	+ 1:58:41	1:41:29	0:42:52	1:12:35	0:52:44	0:47:29	1:19:08	2:19:44	2:21:02	2:14:35
9	Björk / Bergström / Wembrand KaMi-kaze-Hellan	7:23:11	+ 2:26:31	1:39:40	0:40:04	1:17:18	1:03:44	0:54:29	1:20:06	2:05:58	2:23:25	2:53:48
10	Jendeby / Sörö / Sörö TSOK-Multisport	7:34:03	+ 2:37:23	1:25:55	0:40:03	1:18:12	1:05:13	1:08:36	1:45:12	3:04:31	2:40:18	1:49:14
11	Fladvad / Brewer / Smistad The Pata Negras	8:20:52	+ 3:24:12	2:08:06	0:56:25	1:28:58	1:11:20	0:44:15	1:04:59	2:43:52	2:51:16	2:45:44
12	Malm / Kimland-Grusell / Forsbom Ericsson Eniro transformer 1	8:24:47	+ 3:28:07	2:08:06	0:43:06	1:46:07	1:31:41	1:06:59	1:41:50	2:18:10	3:17:48	2:48:49