

HÅEC 2009, Sträcktidsresultatlista

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	1	Richard Ussher	4:35:34	1:06:59	0:31:05	0:52:42	0:39:49	0:35:49	0:49:10	1:38:04	1:32:31	1:24:59
		-		1:06:59	1:38:04	2:30:46	3:10:35	3:46:24	4:35:34			
2	3	Andreas Svanebo Aclima.se	4:47:02	1:18:42	0:34:11	0:50:04	0:38:11	0:33:57	0:51:57	1:52:53	1:28:15	1:25:54
				1:18:42	1:52:53	2:42:57	3:21:08	3:55:05	4:47:02			
3	4	Daniel Hansson FJS	4:55:24	1:08:41	0:31:14	0:57:10	0:40:17	0:40:24	0:57:38	1:39:55	1:37:27	1:38:02
				1:08:41	1:39:55	2:37:05	3:17:22	3:57:46	4:55:24			
4	7	Scott Cole Wichardt IKSU Multisport/Team Nomad	5:02:42	1:07:58	0:32:05	0:59:52	0:44:08	0:40:28	0:58:11	1:40:03	1:44:00	1:38:39
				1:07:58	1:40:03	2:39:55	3:24:03	4:04:31	5:02:42			
5	10	Johan Skärskog Stockholm Multisport	5:06:32	1:07:52	0:30:10	1:05:03	0:44:37	0:40:46	0:58:04	1:38:02	1:49:40	1:38:50
				1:07:52	1:38:02	2:43:05	3:27:42	4:08:28	5:06:32			
6	82	Fredrik Ringström Team Starmaker	5:06:58	1:10:00	0:33:01	1:02:59	0:42:06	0:40:47	0:58:05	1:43:01	1:45:05	1:38:52
				1:10:00	1:43:01	2:46:00	3:28:06	4:08:53	5:06:58			
7	11	Rikard Tynell Haglöfs	5:09:15	1:14:54	0:35:47	1:00:11	0:43:59	0:42:03	0:52:21	1:50:41	1:44:10	1:34:24
				1:14:54	1:50:41	2:50:52	3:34:51	4:16:54	5:09:15			
8	5	Jens Thorild FK Herkules	5:09:23	1:07:45	0:30:45	1:04:59	0:45:56	0:41:53	0:58:05	1:38:30	1:50:55	1:39:58
				1:07:45	1:38:30	2:43:29	3:29:25	4:11:18	5:09:23			
9	89	Peter Bringby Special Delivery Service	5:17:11	1:14:06	0:35:15	1:04:09	0:42:09	0:41:16	1:00:16	1:49:21	1:46:18	1:41:32
				1:14:06	1:49:21	2:53:30	3:35:39	4:16:55	5:17:11			
10	8	Peter Hägglund IKSU Multisport	5:20:10	1:12:14	0:34:14	1:03:34	0:44:42	0:43:11	1:02:15	1:46:28	1:48:16	1:45:26
				1:12:14	1:46:28	2:50:02	3:34:44	4:17:55	5:20:10			
11	106	Andreas Elgesjö Stråtenbo	5:24:58	1:14:10	0:34:46	1:04:14	0:47:04	0:43:36	1:01:08	1:48:56	1:51:18	1:44:44
				1:14:10	1:48:56	2:53:10	3:40:14	4:23:50	5:24:58			
12	19	Richard Karlsson Herkules	5:26:43	1:11:03	0:32:44	1:15:55	0:44:58	0:43:04	0:58:59	1:43:47	2:00:53	1:42:03
				1:11:03	1:43:47	2:59:42	3:44:40	4:27:44	5:26:43			
13	57	Erik Widegren Sundsvall	5:27:08	1:19:15	0:36:35	1:03:42	0:46:55	0:40:19	1:00:22	1:55:50	1:50:37	1:40:41
				1:19:15	1:55:50	2:59:32	3:46:27	4:26:46	5:27:08			
14	115	Magnus Eriksson Danilo Di Luca	5:27:38	1:18:38	0:36:55	0:58:53	0:45:19	0:44:55	1:02:58	1:55:33	1:44:12	1:47:53
				1:18:38	1:55:33	2:54:26	3:39:45	4:24:40	5:27:38			
15	77	Pär Alenbrand Reljers-Kolmården Adventures	5:31:35	1:17:12	0:36:15	1:04:13	0:48:55	0:41:28	1:03:32	1:53:27	1:53:08	1:45:00
				1:17:12	1:53:27	2:57:40	3:46:35	4:28:03	5:31:35			
16	24	Staffan Ahltin Poin 65	5:32:53	1:20:24	0:36:55	1:04:05	0:48:45	0:40:46	1:01:58	1:57:19	1:52:50	1:42:44
				1:20:24	1:57:19	3:01:24	3:50:09	4:30:55	5:32:53			
17	13	Ola Olsson	5:34:52	1:13:38	0:33:40	1:03:09	0:49:45	0:45:50	1:08:50	1:47:18	1:52:54	1:54:40

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
		Rejlers-Kolmården Adventures		1:13:38	1:47:18	2:50:27	3:40:12	4:26:02	5:34:52			
18	110	Lars Nilsson	5:34:58	1:18:30	0:35:57	1:04:07	0:51:23	0:43:09	1:01:52	1:54:27	1:55:30	1:45:01
		-		1:18:30	1:54:27	2:58:34	3:49:57	4:33:06	5:34:58			
19	53	Erik Fernholm	5:41:45	1:12:58	0:34:44	1:08:50	0:52:50	0:46:32	1:05:51	1:47:42	2:01:40	1:52:23
		-		1:12:58	1:47:42	2:56:32	3:49:22	4:35:54	5:41:45			
20	66	Mikael Gard	5:44:51	1:24:23	0:40:26	1:03:36	0:49:47	0:41:17	1:05:22	2:04:49	1:53:23	1:46:39
		Heleneholms multisport		1:24:23	2:04:49	3:08:25	3:58:12	4:39:29	5:44:51			
21	116	Roger Friberg	5:49:23	1:22:52	0:39:02	1:05:59	0:55:46	0:43:18	1:02:26	2:01:54	2:01:45	1:45:44
		Danilo Di Luca		1:22:52	2:01:54	3:07:53	4:03:39	4:46:57	5:49:23			
22	17	Carl Hagström	5:52:20	1:24:01	0:38:35	1:10:20	0:53:26	0:44:13	1:01:45	2:02:36	2:03:46	1:45:58
		adventureteam.se		1:24:01	2:02:36	3:12:56	4:06:22	4:50:35	5:52:20			
23	18	Jari Kaaja	5:52:46	1:17:18	0:36:12	1:14:13	0:49:38	0:46:28	1:08:57	1:53:30	2:03:51	1:55:25
		ERC 2009		1:17:18	1:53:30	3:07:43	3:57:21	4:43:49	5:52:46			
24	27	Michael Sageryd	5:52:58	1:22:27	0:36:00	1:08:12	0:45:29	0:49:06	1:11:44	1:58:27	1:53:41	2:00:50
		Stockholm Multisport		1:22:27	1:58:27	3:06:39	3:52:08	4:41:14	5:52:58			
25	114	Christofer Fredriksson	5:54:09	1:23:49	0:38:52	1:02:44	0:51:02	0:48:50	1:08:52	2:02:41	1:53:46	1:57:42
		-		1:23:49	2:02:41	3:05:25	3:56:27	4:45:17	5:54:09			
26	126	Olof Sundström	5:54:42	1:13:04	0:33:49	1:15:37	0:48:49	0:50:29	1:12:54	1:46:53	2:04:26	2:03:23
		-		1:13:04	1:46:53	3:02:30	3:51:19	4:41:48	5:54:42			
27	88	Olof Solberg	5:55:24	1:24:40	0:37:52	1:13:42	0:52:20	0:44:21	1:02:29	2:02:32	2:06:02	1:46:50
		Karlstad Multisport		1:24:40	2:02:32	3:16:14	4:08:34	4:52:55	5:55:24			
28	42	Fredrik Schmidt	5:56:18	1:17:06	0:37:32	1:11:02	0:53:21	0:48:07	1:09:10	1:54:38	2:04:23	1:57:17
		Falkenberg IK		1:17:06	1:54:38	3:05:40	3:59:01	4:47:08	5:56:18			
29	75	Stefan Carlsson	5:56:34	1:32:57	0:43:59	1:02:31	0:53:13	0:41:41	1:02:13	2:16:56	1:55:44	1:43:54
		SM I livspussel feat Stevens, Kajaktiv, BilMetro		1:32:57	2:16:56	3:19:27	4:12:40	4:54:21	5:56:34			
30	16	Henrik Hägglund	5:57:00	1:22:37	0:35:57	1:08:05	0:52:50	0:46:59	1:10:32	1:58:34	2:00:55	1:57:31
		-		1:22:37	1:58:34	3:06:39	3:59:29	4:46:28	5:57:00			
31	12	Björn Johnsson	6:01:32	1:23:24	0:37:22	1:11:58	0:53:57	0:47:46	1:07:05	2:00:46	2:05:55	1:54:51
		naturguiden.se		1:23:24	2:00:46	3:12:44	4:06:41	4:54:27	6:01:32			
32	119	Anders Olofsson	6:07:07	1:24:05	0:38:12	1:10:56	0:50:49	0:49:13	1:13:52	2:02:17	2:01:45	2:03:05
		-		1:24:05	2:02:17	3:13:13	4:04:02	4:53:15	6:07:07			
33	122	Olli-Pekka Holttinen	6:08:30	1:28:20	0:41:59	1:08:50	0:51:37	0:46:46	1:10:58	2:10:19	2:00:27	1:57:44
		Karsu I		1:28:20	2:10:19	3:19:09	4:10:46	4:57:32	6:08:30			
34	26	Per Jonsson	6:10:15	1:30:26	0:43:14	1:03:04	0:52:06	0:46:04	1:15:21	2:13:40	1:55:10	2:01:25
		Haglöfs		1:30:26	2:13:40	3:16:44	4:08:50	4:54:54	6:10:15			

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
35	26	Mattias Thernström Konotisterna Södertälje	6:14:01	1:13:08 1:13:08	0:34:17 1:47:25	1:13:47 3:01:12	0:55:40 3:56:52	0:55:48 4:52:40	1:21:21 6:14:01	1:47:25	2:09:27	2:17:09
36	61	Simon Larsson -	6:17:23	1:20:21 1:20:21	0:37:54 1:58:15	1:20:22 3:18:37	1:02:06 4:20:43	0:48:11 5:08:54	1:08:29 6:17:23	1:58:15	2:22:28	1:56:40
37	70	Marcus Andersson BIRKA Adventure	6:17:25	1:33:28 1:33:28	0:43:46 2:17:14	1:03:55 3:21:09	0:52:08 4:13:17	0:50:13 5:03:30	1:13:55 6:17:25	2:17:14	1:56:03	2:04:08
38	127	Roger Markström -	6:17:30	1:26:57 1:26:57	0:42:37 2:09:34	1:14:10 3:23:44	0:51:09 4:14:53	0:51:16 5:06:09	1:11:21 6:17:30	2:09:34	2:05:19	2:02:37
39	25	Andreas Phersson Hålland	6:20:56	1:27:56 1:27:56	0:39:16 2:07:12	1:01:03 3:08:15	1:08:38 4:16:53	0:52:27 5:09:20	1:11:36 6:20:56	2:07:12	2:09:41	2:04:03
40	15	Jonas Westling IKSU Multisport	6:22:05	1:30:35 1:30:35	0:43:01 2:13:36	1:06:44 3:20:20	0:53:02 4:13:22	0:53:00 5:06:22	1:15:43 6:22:05	2:13:36	1:59:46	2:08:43
41	83	Patrik Attemark -	6:22:10	1:34:42 1:34:42	0:44:29 2:19:11	1:09:07 3:28:18	0:55:30 4:23:48	0:49:02 5:12:50	1:09:20 6:22:10	2:19:11	2:04:37	1:58:22
42	81	Tore Lewander -	6:24:23	1:24:33 1:24:33	0:41:17 2:05:50	1:13:45 3:19:35	0:58:40 4:18:15	0:51:06 5:09:21	1:15:02 6:24:23	2:05:50	2:12:25	2:06:08
43	22	Erik Ahlström Åre	6:25:19	1:26:29 1:26:29	0:40:59 2:07:28	1:16:22 3:23:50	0:54:13 4:18:03	0:51:31 5:09:34	1:15:45 6:25:19	2:07:28	2:10:35	2:07:16
44	62	Daniel Cronblad Baståbrons IF	6:25:38	1:23:56 1:23:56	0:38:55 2:02:51	1:18:44 3:21:35	0:58:28 4:20:03	0:53:04 5:13:07	1:12:31 6:25:38	2:02:51	2:17:12	2:05:35
45	14	Magnus Wembrand Didrikson Endurance Team	6:26:30	1:27:21 1:27:21	0:39:42 2:07:03	1:19:08 3:26:11	0:56:44 4:22:55	0:50:07 5:13:02	1:13:28 6:26:30	2:07:03	2:15:52	2:03:35
46	59	Bård Smestad Multitude	6:26:40	2:00:59 2:00:59	0:43:01 2:44:00	1:01:09 3:45:09	0:46:48 4:31:57	0:47:11 5:19:08	1:07:32 6:26:40	2:44:00	1:47:57	1:54:43
47	23	Michael Lemmel Haglöfs vänner	6:28:31	1:23:36 1:23:36	0:41:40 2:05:16	1:16:25 3:21:41	1:04:30 4:26:11	0:49:17 5:15:28	1:13:03 6:28:31	2:05:16	2:20:55	2:02:20
48	78	Kurt Ove Melbye Verdal OK	6:29:31	1:30:02 1:30:02	0:46:20 2:16:22	1:12:37 3:28:59	0:58:17 4:27:16	0:48:49 5:16:05	1:13:26 6:29:31	2:16:22	2:10:54	2:02:15
49	50	Thomas Ström Team Freesport	6:34:24	1:30:52 1:30:52	0:45:40 2:16:32	1:15:39 3:32:11	0:55:53 4:28:04	0:50:58 5:19:02	1:15:22 6:34:24	2:16:32	2:11:32	2:06:20
50	96	Patrik Ring -	6:35:45	1:21:31 1:21:31	0:39:11 2:00:42	1:16:31 3:17:13	1:02:00 4:19:13	0:53:10 5:12:23	1:23:22 6:35:45	2:00:42	2:18:31	2:16:32
51	120	Peter Rejler Rejlers	6:36:40	1:23:15 1:23:15	0:41:00 2:04:15	1:14:02 3:18:17	0:54:19 4:12:36	0:52:57 5:05:33	1:31:07 6:36:40	2:04:15	2:08:21	2:24:04
52	67	Niklas Jalkner Stockholm Multisport	6:37:28	1:26:17 1:26:17	0:42:00 2:08:17	1:21:47 3:30:04	1:00:33 4:30:37	0:49:39 5:20:16	1:17:12 6:37:28	2:08:17	2:22:20	2:06:51

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
53	112	Sebastian Friedrich Healthy Know How Sweden	6:39:33	1:35:41 1:35:41	0:46:57 2:22:38	1:15:12 3:37:50	1:00:32 4:38:22	0:47:23 5:25:45	1:13:48 6:39:33	2:22:38	2:15:44	2:01:11
54	103	Lars Svanström -	6:40:25	1:30:19 1:30:19	0:42:45 2:13:04	1:11:41 3:24:45	0:50:23 4:15:08	1:07:01 5:22:09	1:18:16 6:40:25	2:13:04	2:02:04	2:25:17
55	40	Thomas Christensson Heleneholms multisport	6:40:37	1:23:46 1:23:46	0:40:01 2:03:47	1:19:46 3:23:33	0:58:51 4:22:24	0:57:10 5:19:34	1:21:03 6:40:37	2:03:47	2:18:37	2:18:13
56	51	Mattias Mossfeldt Stockholm Multisport	6:41:50	1:24:55 1:24:55	0:41:06 2:06:01	1:21:26 3:27:27	0:57:41 4:25:08	0:56:15 5:21:23	1:20:27 6:41:50	2:06:01	2:19:07	2:16:42
57	90	Mikael Anttila SEB IF	6:43:50	1:37:15 1:37:15	0:50:53 2:28:08	1:13:31 3:41:39	1:00:15 4:41:54	0:49:39 5:31:33	1:12:17 6:43:50	2:28:08	2:13:46	2:01:56
58	79	James Roberts IKSU Multisport	6:45:41	1:35:31 1:35:31	0:45:41 2:21:12	1:13:12 3:34:24	0:57:59 4:32:23	0:54:07 5:26:30	1:19:11 6:45:41	2:21:12	2:11:11	2:13:18
59	49	Ivan Johansson Team Freesport	6:45:51	1:31:57 1:31:57	0:43:41 2:15:38	1:14:20 3:29:58	1:03:24 4:33:22	0:51:01 5:24:23	1:21:28 6:45:51	2:15:38	2:17:44	2:12:29
60	99	Björn Ahlepil Eniro	6:47:11	1:37:07 1:37:07	0:47:29 2:24:36	1:09:06 3:33:42	0:58:08 4:31:50	0:52:48 5:24:38	1:22:33 6:47:11	2:24:36	2:07:14	2:15:21
61	76	Mats Åkerlund -	6:50:11	1:33:36 1:33:36	0:44:57 2:18:33	1:21:04 3:39:37	1:07:43 4:47:20	0:53:13 5:40:33	1:09:38 6:50:11	2:18:33	2:28:47	2:02:51
62	54	Björn Kjellman Edsåsdalen	6:50:57	1:33:23 1:33:23	0:45:08 2:18:31	1:15:30 3:34:01	1:11:24 4:45:25	0:53:07 5:38:32	1:12:25 6:50:57	2:18:31	2:26:54	2:05:32
63	118	Leif Sundman -	6:51:01	1:24:50 1:24:50	0:41:51 2:06:41	1:16:27 3:23:08	1:04:40 4:27:48	0:56:35 5:24:23	1:26:38 6:51:01	2:06:41	2:21:07	2:23:13
64	86	Martin Fageus Barley Survivors	6:51:06	1:39:30 1:39:30	0:51:19 2:30:49	1:11:23 3:42:12	1:05:40 4:47:52	0:50:39 5:38:31	1:12:35 6:51:06	2:30:49	2:17:03	2:03:14
65	30	Jesper Kärrbrink Eniro	6:52:43	1:23:48 1:23:48	0:43:13 2:07:01	1:19:24 3:26:25	1:10:32 4:36:57	0:54:15 5:31:12	1:21:31 6:52:43	2:07:01	2:29:56	2:15:46
66	52	Anders Blomquist Team BalanZe	6:54:56	1:38:17 1:38:17	0:43:15 2:21:32	1:08:07 3:29:39	0:55:56 4:25:35	0:55:39 5:21:14	1:33:42 6:54:56	2:21:32	2:04:03	2:29:21
67	123	Mika Okkonen Karsu II	6:57:39	1:32:07 1:32:07	0:44:54 2:17:01	1:21:27 3:38:28	1:02:36 4:41:04	0:52:44 5:33:48	1:23:51 6:57:39	2:17:01	2:24:03	2:16:35
68	91	Johan Carlsson Trollhättans SOK	6:58:11	1:34:38 1:34:38	0:44:35 2:19:13	1:23:13 3:42:26	1:04:42 4:47:08	0:53:11 5:40:19	1:17:52 6:58:11	2:19:13	2:27:55	2:11:03
69	102	Jan Svensson Rejlers-Kolmården Adventures	7:02:32	1:39:48 1:39:48	0:43:19 2:23:07	1:29:30 3:52:37	0:54:24 4:47:01	0:53:43 5:40:44	1:21:48 7:02:32	2:23:07	2:23:54	2:15:31
70	80	Pavio Grzelewski Team-Sportia/Haglöfs	7:04:44	1:53:16 1:53:16	0:45:52 2:39:08	1:23:39 4:02:47	1:01:13 5:04:00	0:48:28 5:52:28	1:12:16 7:04:44	2:39:08	2:24:52	2:00:44

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
71	92	Per Edlund IKSU Multisport	7:04:52	1:53:23 1:53:23	0:49:50 2:43:13	1:12:26 3:55:39	1:02:15 4:57:54	0:52:51 5:50:45	1:14:07 7:04:52	2:43:13	2:14:41	2:06:58
72	28	Robert Grenmark Chipstrimmad	7:08:01	1:35:59 1:35:59	0:46:18 2:22:17	1:21:52 3:44:09	1:11:15 4:55:24	0:55:31 5:50:55	1:17:06 7:08:01	2:22:17	2:33:07	2:12:37
73	124	Heikki Hamunen Karsu III	7:09:25	1:37:11 1:37:11	0:45:33 2:22:44	1:18:58 3:41:42	1:10:42 4:52:24	0:53:23 5:45:47	1:23:38 7:09:25	2:22:44	2:29:40	2:17:01
74	93	Patrik Sivermalm -	7:09:49	1:38:52 1:38:52	0:49:56 2:28:48	1:15:31 3:44:19	1:00:48 4:45:07	0:59:22 5:44:29	1:25:20 7:09:49	2:28:48	2:16:19	2:24:42
75	109	Richard Widén Kolmården Adventure	7:10:29	1:29:53 1:29:53	0:43:05 2:12:58	1:18:57 3:31:55	1:17:11 4:49:06	0:52:40 5:41:46	1:28:43 7:10:29	2:12:58	2:36:08	2:21:23
76	113	Per-Johan Josefsson -	7:11:09	1:41:41 1:41:41	0:47:30 2:29:11	1:25:41 3:54:52	0:59:27 4:54:19	0:56:00 5:50:19	1:20:50 7:11:09	2:29:11	2:25:08	2:16:50
77	100	Christer Sumpen Sundberg -	7:11:30	1:33:41 1:33:41	0:47:42 2:21:23	1:24:17 3:45:40	1:11:04 4:56:44	0:52:27 5:49:11	1:22:19 7:11:30	2:21:23	2:35:21	2:14:46
78	105	Svante Lundberg Kantisterna Södertälje	7:14:14	1:29:49 1:29:49	0:44:43 2:14:32	1:23:46 3:38:18	1:07:21 4:45:39	0:58:25 5:44:04	1:30:10 7:14:14	2:14:32	2:31:07	2:28:35
79	85	Petter Olofsson Screen Interaction	7:18:39	1:30:45 1:30:45	0:45:39 2:16:24	1:25:11 3:41:35	1:18:16 4:59:51	0:51:50 5:51:41	1:26:58 7:18:39	2:16:24	2:43:27	2:18:48
80	121	Henrik Källén -	7:19:25	1:32:36 1:32:36	0:46:18 2:18:54	1:22:25 3:41:19	1:03:48 4:45:07	1:04:27 5:49:34	1:29:51 7:19:25	2:18:54	2:26:13	2:34:18
81	32	Karl Arne Melbye Verdal OK	7:22:10	1:34:27 1:34:27	0:45:58 2:20:25	1:23:51 3:44:16	1:11:21 4:55:37	0:58:05 5:53:42	1:28:28 7:22:10	2:20:25	2:35:12	2:26:33
82	129	John Norling Rejlers	7:22:56	1:29:16 1:29:16	0:41:12 2:10:28	1:23:10 3:33:38	1:21:39 4:55:17	0:55:34 5:50:51	1:32:05 7:22:56	2:10:28	2:44:49	2:27:39
83	69	Teemu Kaitanen Eniro	7:25:41	1:49:51 1:49:51	0:54:08 2:43:59	1:14:16 3:58:15	1:01:18 4:59:33	0:55:37 5:55:10	1:30:31 7:25:41	2:43:59	2:15:34	2:26:08
84	98	Daniel Lundberg Eniro	7:27:29	1:38:46 1:38:46	0:49:21 2:28:07	1:23:16 3:51:23	1:06:54 4:58:17	1:00:38 5:58:55	1:28:34 7:27:29	2:28:07	2:30:10	2:29:12
85	63	Tim Hodkinson -	7:28:31	1:36:23 1:36:23	0:48:34 2:24:57	1:30:42 3:55:39	1:17:02 5:12:41	0:56:18 6:08:59	1:19:32 7:28:31	2:24:57	2:47:44	2:15:50
86	111	Trent Victor Simply?	7:33:25	1:31:44 1:31:44	0:48:26 2:20:10	1:24:20 3:44:30	1:18:20 5:02:50	1:00:38 6:03:28	1:29:57 7:33:25	2:20:10	2:42:40	2:30:35
87	48	Ulf Forsberg Team Foppa	7:37:13	1:43:01 1:43:01	0:55:01 2:38:02	1:23:45 4:01:47	1:13:06 5:14:53	0:55:53 6:10:46	1:26:27 7:37:13	2:38:02	2:36:51	2:22:20
88	44	Matias Londen -	7:41:30	1:33:18 1:33:18	0:48:55 2:22:13	1:19:00 3:41:13	1:13:10 4:54:23	1:07:41 6:02:04	1:39:26 7:41:30	2:22:13	2:32:10	2:47:07

SOLO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
89	72	Van Linden Bart Axehandle Mountain	7:44:34	1:47:18 1:47:18	0:52:47 2:40:05	1:25:23 4:05:28	1:13:51 5:19:19	0:56:33 6:15:52	1:28:42 7:44:34	2:40:05	2:39:14	2:25:15
90	108	Per-Erik Larsson SEB IF	7:48:53	1:54:48 1:54:48	0:52:19 2:47:07	1:34:12 4:21:19	1:08:46 5:30:05	0:56:34 6:26:39	1:22:14 7:48:53	2:47:07	2:42:58	2:18:48
91	31	Per Stööp Team Åke	7:56:39	1:33:02 1:33:02	0:44:06 2:17:08	1:21:23 3:38:31	1:05:06 4:43:37	1:05:06 5:48:43	2:07:56 7:56:39	2:17:08	2:26:29	3:13:02
92	107	Owen Whittaker Mördarsniglarna	7:59:57	1:38:02 1:38:02	0:44:29 2:22:31	1:29:27 3:51:58	1:09:46 5:01:44	1:06:31 6:08:15	1:51:42 7:59:57	2:22:31	2:39:13	2:58:13
93	47	Erik Sandberg -	8:04:16	1:38:31 1:38:31	0:53:43 2:32:14	1:28:05 4:00:19	1:14:41 5:15:00	0:55:10 6:10:10	1:54:06 8:04:16	2:32:14	2:42:46	2:49:16
94	65	Per Arvidsson -	8:06:29	1:36:59 1:36:59	0:52:06 2:29:05	1:24:07 3:53:12	1:22:20 5:15:32	1:03:25 6:18:57	1:47:32 8:06:29	2:29:05	2:46:27	2:50:57
95	55	Peter Gabrielsson -	8:07:01	1:34:50 1:34:50	0:49:13 2:24:03	1:39:19 4:03:22	1:24:17 5:27:39	1:05:05 6:32:44	1:34:17 8:07:01	2:24:03	3:03:36	2:39:22
96	95	Mikael Sällström Sundsvallspolisens IF	8:13:47	1:44:16 1:44:16	0:46:26 2:30:42	1:25:48 3:56:30	1:18:05 5:14:35	1:07:06 6:21:41	1:52:06 8:13:47	2:30:42	2:43:53	2:59:12
97	38	Sven-Åke Östman Järna Naprapatklunik	8:16:42	1:40:05 1:40:05	0:46:20 2:26:25	1:43:30 4:09:55	1:29:43 5:39:38	1:01:42 6:41:20	1:35:22 8:16:42	2:26:25	3:13:13	2:37:04
98	33	Niklas Lagesson Klubb Sisu	8:39:06	1:39:14 1:39:14	0:44:16 2:23:30	1:47:29 4:10:59	1:26:15 5:37:14	1:03:37 6:40:51	1:58:15 8:39:06	2:23:30	3:13:44	3:01:52
99	60	Peter Eckerud -	9:30:17	1:47:11 1:47:11	0:54:20 2:41:31	1:44:14 4:25:45	1:43:11 6:08:56	1:21:22 7:30:18	1:59:59 9:30:17	2:41:31	3:27:25	3:21:21

Klassen 45+ under HÅEC 2009

Plac	Startnr	Förnamn	Efternamn	Klubb	Min	Sek
1	22	Erik	Ahlström	Åre	385	06.25 19
2	49	Ivan	Johansson	Team Freesport	405	06.45 51
3	30	Jesper	Kärbrink	Eniro	372	06.52 43
4	91	Johan	Carlsson	Trollhättans SOK	418	06.58 11
5	32	Karl Arne	Melbye	Verdal OK	442	07.22 10
6	65	Per	Arvidsson			08.26 29
Brutit	68	Jan	Johansson	Eniro		0
Brutit	97	Torgny	Lindbäck	Brunnsvikens Kanotklubb		0
Brutit	20	Anders	Burman			0

HÅEC 2009, Sträcktidsresultatlista

SOLO DAM

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	131	Elina Ussher	5:22:19	1:17:10	0:34:54	1:02:59	0:45:51	0:41:59	0:59:26	1:52:04	1:48:50	1:41:25
		-		1:17:10	1:52:04	2:55:03	3:40:54	4:22:53	5:22:19			
2	132	Kristin Lundgren FJS	5:31:39	1:16:54	0:35:42	1:02:30	0:48:36	0:44:47	1:03:10	1:52:36	1:51:06	1:47:57
				1:16:54	1:52:36	2:55:06	3:43:42	4:28:29	5:31:39			
3	130	Viktoria Wallin	5:39:23	1:15:11	0:34:14	1:08:57	0:51:01	0:45:19	1:04:41	1:49:25	1:59:58	1:50:00
		-		1:15:11	1:49:25	2:58:22	3:49:23	4:34:42	5:39:23			
4	141	Carolín Holmqvist Direct Finansiella Tjänster & Försäkringar	6:06:25	1:24:15	0:38:05	1:11:12	0:56:23	0:47:20	1:09:10	2:02:20	2:07:35	1:56:30
				1:24:15	2:02:20	3:13:32	4:09:55	4:57:15	6:06:25			
5	136	Emma Wichardt IKSU Multisport/Team Nomad	6:32:48	1:23:33	0:37:08	1:21:20	1:02:53	0:53:59	1:13:55	2:00:41	2:24:13	2:07:54
				1:23:33	2:00:41	3:22:01	4:24:54	5:18:53	6:32:48			
6	135	Elin Lundgren	6:43:40	1:31:15	0:41:27	1:17:30	1:01:10	0:52:57	1:19:21	2:12:42	2:18:40	2:12:18
		-		1:31:15	2:12:42	3:30:12	4:31:22	5:24:19	6:43:40			
7	140	Anette Andersson STF Svenska Turistföreningen	6:51:20	1:26:13	0:41:08	1:21:18	1:03:36	0:56:46	1:22:19	2:07:21	2:24:54	2:19:05
				1:26:13	2:07:21	3:28:39	4:32:15	5:29:01	6:51:20			
8	147	Maria Ehlin Kolk	6:57:10	1:42:31	0:48:37	1:20:03	0:58:08	0:51:14	1:16:37	2:31:08	2:18:11	2:07:51
		-		1:42:31	2:31:08	3:51:11	4:49:19	5:40:33	6:57:10			
9	138	Linda Johnsson naturguiden.se	7:05:44	1:41:19	0:44:24	1:23:27	1:01:58	0:54:24	1:20:12	2:25:43	2:25:25	2:14:36
				1:41:19	2:25:43	3:49:10	4:51:08	5:45:32	7:05:44			
10	149	Linnéa Kaiser	7:07:52	1:39:08	0:45:56	1:22:48	1:06:05	0:55:58	1:17:57	2:25:04	2:28:53	2:13:55
		-		1:39:08	2:25:04	3:47:52	4:53:57	5:49:55	7:07:52			
11	139	Tina Johnsson IKSU Multisport	7:29:17	1:45:47	0:54:44	1:26:01	1:07:11	0:54:34	1:21:00	2:40:31	2:33:12	2:15:34
				1:45:47	2:40:31	4:06:32	5:13:43	6:08:17	7:29:17			
12	148	Jenny Sander	7:42:26	1:41:07	0:51:11	1:26:13	1:16:07	0:57:01	1:30:47	2:32:18	2:42:20	2:27:48
		-		1:41:07	2:32:18	3:58:31	5:14:38	6:11:39	7:42:26			
13	143	Therese Hård	8:10:45	1:54:01	0:54:57	1:29:27	1:18:45	1:00:31	1:33:04	2:48:58	2:48:12	2:33:35
		-		1:54:01	2:48:58	4:18:25	5:37:10	6:37:41	8:10:45			
14	150	Cilla Eriksson Catch me if you can	8:20:00	2:15:35	0:52:30	1:26:27	1:12:28	-	-	-	-	-
				2:15:35	3:08:05	4:34:32	5:47:00	-	-			
15	137	Anna Wallin Stockholm Multisport	8:39:00	1:53:29	0:55:37	1:29:22	1:18:35	1:14:47	1:47:10	2:49:06	2:47:57	3:01:57
				1:53:29	2:49:06	4:18:28	5:37:03	6:51:50	8:39:00			
16	145	Åsa Björknert	9:07:09	1:55:25	0:51:12	1:38:03	1:32:34	1:28:05	1:41:50	2:46:37	3:10:37	3:09:55
		-		1:55:25	2:46:37	4:24:40	5:57:14	7:25:19	9:07:09			

HÅEC 2009, Sträcktidsresultatlista

DUO DAM

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	202	Ekberg / Malmin Skerial if	6:57:45	1:35:11	0:45:45	1:19:03	1:10:04	0:50:27	1:17:15	2:20:56	2:29:07	2:07:42
2	203	Kinander / Odhult Haglöfs	8:18:37	1:55:09	0:59:38	1:26:19	1:22:05	1:05:15	1:30:11	2:54:47	2:48:24	2:35:26
3	201	Andersson / Andersson Team Tränasmart.nu	10:20:18	2:33:06	1:03:43	1:56:00	1:51:23	1:11:34	1:44:32	3:36:49	3:47:23	2:56:06

HÅEC 2009, Sträcktidresultatlista

DUO HERR

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	215	Paulsson / Dahlbom Katarinagården	6:30:12	1:28:09	0:45:02	1:16:00	0:59:05	0:49:57	1:11:59	2:13:11	2:15:05	2:01:56
2	219	Gundberg / Elfving Team Elfvberg	6:36:38	1:43:20	0:47:32	1:08:44	0:58:15	0:49:03	1:09:44	2:30:52	2:06:59	1:58:47
3	220	Lagerlöf / Norinder Askö Trekkers	6:40:40	1:29:11	0:44:08	1:14:43	0:59:29	0:48:04	1:25:05	2:13:19	2:14:12	2:13:09
4	212	Hård af Segerstad / Neuberg Haglöfs	7:02:08	1:34:28	0:44:09	1:15:58	1:22:22	0:51:58	1:13:13	2:18:37	2:38:20	2:05:11
5	214	Bergbom / Hanell Stockholm Multisport	7:03:36	1:29:18	0:42:54	1:16:35	1:19:26	0:55:26	1:19:57	2:12:12	2:36:01	2:15:23
6	210	Söderström / Hedbäck Team Bocksjön	7:06:18	1:35:15	0:41:03	1:17:53	1:07:09	0:58:02	1:26:56	2:16:18	2:25:02	2:24:58
7	228	Andersson / Ek Östersund/Frösön	7:34:17	1:40:23	0:47:55	1:27:46	1:05:39	0:55:37	1:36:57	2:28:18	2:33:25	2:32:34
8	227	Andersson / Albano Citius, altus, fortius	7:45:14	2:04:17	0:52:14	1:21:41	0:57:23	1:01:22	1:28:17	2:56:31	2:19:04	2:29:39
9	222	Lundberg / Robertsson Team Qwerty	8:02:19	1:46:09	0:52:16	1:32:57	1:24:25	1:01:50	1:24:42	2:38:25	2:57:22	2:26:32
10	223	Nilsson / Berqvist Team Skåne	8:17:01	1:48:19	0:48:32	1:33:31	1:08:34	1:02:44	1:55:21	2:36:51	2:42:05	2:58:05
11	225	Abrahamsson / Jaurell A Automation Trosa	8:18:04	2:00:34	0:55:26	1:33:08	1:16:52	0:58:44	1:33:20	2:56:00	2:50:00	2:32:04
12	226	Nord / Siambalis Chirstos Simbalis	8:52:45	2:03:29	0:56:31	1:34:32	1:09:22	1:23:05	1:45:46	3:00:00	2:43:54	3:08:51
13	216	Holgersson / Lundberg Saplication/Direct	8:55:50	1:45:03	0:51:52	1:42:23	1:46:15	1:04:28	1:45:49	2:36:55	3:28:38	2:50:17
14	221	Marcusson / Sporre Team Ljungskile	9:13:54	1:59:40	0:55:34	1:40:19	1:47:57	1:06:40	1:43:44	2:55:14	3:28:16	2:50:24
15	224	Trouvé / Jensuéus Team Old	9:33:50	2:09:36	0:59:17	1:35:01	1:45:01	1:15:16	1:49:39	3:08:53	3:20:02	3:04:55

HÅEC 2009, Sträcktidresultatlista

LAG DAM

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	302	Engberg / Grahn / Johansson CAMPERI	5:39:39	1:17:03	0:35:37	1:10:07	0:55:04	0:40:53	1:00:55	1:52:40	2:05:11	1:41:48
2	301	Lembke / Eriksson / Lorentzi Team Totthummeln	7:51:42	1:56:42	0:43:40	1:32:35	1:16:31	0:54:48	1:27:26	2:40:22	2:49:06	2:22:14

HÅEC 2009, Sträcktidsresultatlista

LAG HERR

Placering	Startnr	Namn / Klubb		Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	314	Holmér / Archer / Flinta worldofmultisport.com	4:26:27	1:06:06 1:06:06	1:06:06 -	1:19:56 2:26:02	0:35:11 3:01:13	0:35:03 3:36:16	0:50:11 4:26:27	-	-	1:25:14
2	318	Lindström / Svanebo / Henriksson New Energy Windward	4:33:05	1:09:52 1:09:52	0:31:21 1:41:13	0:51:23 2:32:36	2:32:36 3:10:00	1:11:07 3:43:43	0:49:22 4:33:05	1:41:13	1:28:47	1:11:07
3	316	Kling / Johansson / Haritz Annonsbladet Dalarna	4:59:58	1:24:33 1:24:33	0:38:20 2:02:53	0:58:48 3:01:41	0:40:51 3:42:32	0:32:08 4:14:40	0:45:18 4:59:58	2:02:53	1:39:39	1:17:26
4	313	Nilsson / Zetterholm / Hedblom TröttNGlad	5:30:06	1:19:58 1:19:58	0:36:34 1:56:32	1:00:31 2:57:03	0:42:30 3:39:33	0:45:22 4:24:55	1:05:11 5:30:06	1:56:32	1:43:01	1:50:33
5	311	Kärrbrink / Norman / Kärrbrink Eniro Transformers 2	5:33:09	1:23:41 1:23:41	0:37:44 2:01:25	1:09:19 3:10:44	0:44:40 3:55:24	0:42:02 4:37:26	0:55:43 5:33:09	2:01:25	1:53:59	1:37:45
6	310	Muller / Andersson / Svensson Skidpatrullen Åre	5:34:36	1:19:42 1:19:42	0:36:44 1:56:26	1:02:29 2:58:55	0:47:03 3:45:58	0:42:04 4:28:02	1:06:34 5:34:36	1:56:26	1:49:32	1:48:38
7	312	Nilsson / Nilsson / Selin Sundsvalls PIF	5:36:12	1:27:04 1:27:04	0:40:05 2:07:09	1:10:08 3:17:17	0:49:36 4:06:53	0:35:58 4:42:51	0:53:21 5:36:12	2:07:09	1:59:44	1:29:19
8	317	Conradsson / Frisk / Nelson Team sportsupportcenter.se	5:44:58	1:42:01 1:42:01	0:37:37 2:19:38	1:00:19 3:19:57	0:42:29 4:02:26	0:40:25 4:42:51	1:02:07 5:44:58	2:19:38	1:42:48	1:42:32
9	319	Landbergsson / Karlsson / Lundhag Årebyggarna	5:47:40	1:21:49 1:21:49	0:36:51 1:58:40	1:15:24 3:14:04	0:50:48 4:04:52	0:40:37 4:45:29	1:02:11 5:47:40	1:58:40	2:06:12	1:42:48
10	304	Köhler / Andersson / Niklason Flytvästarna	5:58:00	1:27:31 1:27:31	0:39:33 2:07:04	1:07:15 3:14:19	0:50:15 4:04:34	0:44:25 4:48:59	1:39:01 5:58:00	2:07:04	1:57:30	1:53:26
11	309	Eriksson / Myhrman / Mild Stora Enso	6:08:06	1:41:53 1:41:53	0:41:50 2:23:43	1:10:46 3:34:29	0:46:09 4:20:38	0:43:51 5:04:29	1:03:37 6:08:06	2:23:43	1:56:55	1:47:28
12	329	Christensen / Olsson / Qvist HJL Multi	6:09:12	1:37:48 1:37:48	0:41:03 2:18:51	1:11:09 3:30:00	0:44:17 4:14:17	0:42:44 4:57:01	1:12:11 6:09:12	2:18:51	1:55:26	1:54:55
13	315	Hedblom / Darcy / Karlsson Haglöfs	6:12:48	1:52:27 1:52:27	0:43:35 2:36:02	1:06:52 3:42:54	0:47:05 4:29:59	0:41:32 5:11:31	1:01:17 6:12:48	2:36:02	1:53:57	1:42:49
14	305	Malmberg / Vatnaland / Askerfelt CK Vinet	6:31:33	1:40:44 1:40:44	0:45:39 2:26:23	1:12:25 3:38:48	0:53:40 4:32:28	0:47:15 5:19:43	1:11:50 6:31:33	2:26:23	2:06:05	1:59:05
15	306	Lembke / Lorenzi / Miller Team Totthummeln	6:37:12	1:37:35 1:37:35	0:47:17 2:24:52	1:09:58 3:34:50	0:50:20 4:25:10	0:57:44 5:22:54	1:14:18 6:37:12	2:24:52	2:00:18	2:12:02
16	307	Hansson / Abrahamsson / Hård Team Storsjötandläkarna	6:55:59	1:29:23 1:29:23	0:40:46 2:10:09	1:07:11 3:17:20	0:46:30 4:03:50	0:42:11 4:46:01	2:09:58 6:55:59	2:10:09	1:53:41	2:52:09
17	308	Högström / Holmgren / Jansson	6:56:20	1:40:59	0:43:45	1:18:20	0:57:10	0:47:04	1:29:02	2:24:44	2:15:30	2:16:06

LAG HERR

Placering	Startnr	Namn / Klubb	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
		Team Hajarna Extreme	1:40:59	2:24:44	3:43:04	4:40:14	5:27:18	6:56:20			

HÅEC 2009, Sträcktidresultatlista

LAG MIX

Placering	Startnr	Namn / Klubb	Tid	Lyft 2	Torget	Skutan	Huså	Fäviken	Mål	Paddling	Löpning	Cykling
1	320	Larsson / Nevin / Nevin Team RoAnEr	4:57:25	1:14:41	0:34:39	1:49:20	1:42:21	0:34:58	0:50:46	1:49:20	1:42:21	1:25:44
2	328	Bohman / Rosenberg / Palonen Just for fun	5:41:59	1:29:48	0:38:14	1:11:59	0:50:00	0:37:14	0:54:44	2:08:02	2:01:59	1:31:58
3	325	Öberg / Vickholm / Eriksson The Rokies	5:47:05	1:34:40	0:37:53	1:07:38	0:44:16	0:41:21	1:01:17	2:12:33	1:51:54	1:42:38
4	322	Wetterström / Jonsson / Alvarsson naturguiden.se	6:00:19	1:16:44	0:34:42	1:06:59	0:46:23	1:01:41	1:13:50	1:51:26	1:53:22	2:15:31
5	321	Lidblad / Lidblad / Lidblad Team Lidblad	6:22:38	1:54:49	0:46:45	1:08:13	0:49:15	0:42:05	1:01:31	2:41:34	1:57:28	1:43:36
6	327	Hägglund / Maripuu / Westman Haglöfs	6:31:54	1:36:30	0:41:11	1:11:42	0:50:18	0:52:11	1:20:02	2:17:41	2:02:00	2:12:13
7	324	Andersson / Jonsson / Crawthorn Åre Duved XC Support	6:35:50	1:32:45	0:42:37	1:10:27	0:48:28	0:51:59	1:29:34	2:15:22	1:58:55	2:21:33
8	326	Johansson / Wallenberg / Lilliehöök Eniro Transformers	7:02:53	2:00:10	0:51:06	1:23:19	1:04:39	0:47:42	1:10:57	2:36:16	2:27:58	1:58:39
		OBS!! -15min (hundräddning)										
9	323	Colleen / Colleen / Alfvén Team Oxygen	7:37:57	1:41:27	0:46:35	1:34:28	1:07:40	0:50:56	1:36:51	2:28:02	2:42:08	2:27:47