

Resultat DM 30/10 samt fristående ungdomstävling

Klassisk stil med intervallstart

Sigvalde 7/2 - 2010

Damer 10 km

D21

| | | |
|----------------------|-----------------|-------|
| Maria Jansson | Svaide Roma SOK | 44:53 |
| Gabriella Samuelsson | Gute | 46:04 |
| Alice Olsson | Visborgs OK | 48:30 |
| Agnes Carlsson | Visborgs OK | 56:50 |

D35

| | | |
|--------------------|-----------------|-------|
| Ulrika Nikolausson | Svaide Roma SOK | 46:05 |
| Matilda Hoffstedt | Svaide Roma SOK | 52:10 |
| Karolina Sundblad | Östergarn IK | 52:24 |

D45

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|--------------------|-----------------|-------|
| Sofia Carlsson | Visborgs OK | 46:05 |
| Anita Carlsson | Visborgs OK | 51:22 |
| Gunilla Falkenhaus | Svaide Roma SOK | 55:15 |

Herrar 30 km

H21

| | | |
|-----------------|-----------------|---------|
| Jerker Loré | Östergarn IK | 1:45:57 |
| Tobias Widén | Svaide Roma SOK | 2:17:50 |
| Mattias Vejlens | Visborgs OK | 2:23:35 |

H35

| | | |
|---------------------|--------------|---------|
| Andreas Nikolausson | Visborgs OK | 1:58:44 |
| Stefan Buskas | Stenkyrka IF | 2:05:28 |
| Stefan Wahlgren | Visborgs OK | 2:09:46 |

H45

| | | |
|-------------------|-----------------|---------|
| Göran Neldemo | Visborgs OK | 1:57:25 |
| Håkan Lundberg | Svaide Roma SOK | 2:00:55 |
| Frode Falkenhaug | Svaide Roma SOK | 2:07:40 |
| Janne Utterberg | Svaide Roma SOK | 2:09:03 |
| Lars Thomsson | Svaide Roma SOK | 2:14:48 |
| Anders Carlsson | Visborgs OK | 2:15:49 |
| Lars-Olof Larsson | Visborgs OK | 2:19:28 |
| Jacques Ramsay | Visborgs OK | 2:52:20 |

Ungdomstävling

D14-16 6 km

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|-----------------|-------------|-------|
| Elinor Vej Jens | Visborgs OK | 36:03 |
|-----------------|-------------|-------|

H14-16 6 km

| | | |
|----------------------|-------------|-------|
| Paul Ramsay Vej Jens | Visborgs OK | 36:35 |
|----------------------|-------------|-------|

H11-13 3,6 km

| | | |
|------------------------|-------------|-------|
| David Dahl | Visborgs OK | 18:30 |
| Albin Järlsäter | Visborgs OK | 20:18 |
| Simon Buskas | Visborgs OK | 21:03 |
| Nathan Ramsay Vej Jens | Visborgs OK | 21:04 |
| Assar Holst | Visborgs OK | 24:31 |

Öppen klass 3,6 km

| | | |
|----------------|-------------|-------|
| Markus Bergman | Etelhems IF | 22:10 |
|----------------|-------------|-------|