

# Resultatlista

## Svenska SkidO Cupen Sprint

Official lista

2009-01-03

| Plats      | Namn                      | Klubb                | Startnr       | Tid              | Efter | Km tid |
|------------|---------------------------|----------------------|---------------|------------------|-------|--------|
| <b>D12</b> |                           |                      |               |                  |       |        |
|            |                           | <b>1,31 KM</b>       |               |                  |       |        |
| 1          | Caroline Johansson        | Sundsvalls OK        | 150           | <b>17:32</b>     |       | 13:23  |
| 2          | Elin Häll                 | HJS Vansbro OK       | 151           | <b>25:19</b>     | 07:47 | 19:19  |
| Summa      | 2                         | Anmälda: 2           | Startande: 2  | Ant kontroller 4 |       |        |
| <b>D16</b> |                           |                      |               |                  |       |        |
|            |                           | <b>1,85 KM</b>       |               |                  |       |        |
| 1          | Frida Sandberg            | Säterbygdens OK      | 148           | <b>14:31</b>     |       | 07:50  |
| 2          | Alice Hugosson            | Sundsvalls OK        | 145           | <b>17:22</b>     | 02:51 | 09:23  |
| 3          | Ida Norén                 | Älvsby IF            | 146           | <b>18:51</b>     | 04:20 | 10:11  |
| 4          | Malin Sanderyd            | Sundsvalls OK        | 149           | <b>33:37</b>     | 19:06 | 18:10  |
| DNS        | Katarina Johansson        | Sundsvalls OK        | 147           |                  |       |        |
| Summa      | 5                         | Anmälda: 5           | Startande: 4  | Ant kontroller 6 |       |        |
| <b>D18</b> |                           |                      |               |                  |       |        |
|            |                           | <b>1,85 KM</b>       |               |                  |       |        |
| 1          | Tove Alexandersson        | Stora Tuna IK SK     | 100           | <b>11:46</b>     |       | 06:21  |
| 2          | Maria Nordström           | Gävle OK             | 97            | <b>12:18</b>     | 00:32 | 06:38  |
| 3          | Christina Lövald Hellberg | Täby OK              | 91            | <b>12:22</b>     | 00:36 | 06:41  |
| 4          | Bente Rost                | Alfta-ÖSA OK         | 92            | <b>12:38</b>     | 00:52 | 06:49  |
| 5          | Maria Bois                | Malungs OK           | 84            | <b>13:08</b>     | 01:22 | 07:05  |
| 6          | Sara Rensgard             | OK Renen             | 101           | <b>13:18</b>     | 01:32 | 07:11  |
| 7          | Frida Erkers              | SK Leksand           | 96            | <b>13:24</b>     | 01:38 | 07:14  |
| 8          | Lisa Nilsson-Lindgren     | Domnarvets Golf      | 86            | <b>13:44</b>     | 01:58 | 07:25  |
| 9          | Emma Nöjd                 | IF Hallby SOK        | 90            | <b>13:47</b>     | 02:01 | 07:27  |
| 10         | Linda Lindkvist           | OK Denseln           | 93            | <b>15:28</b>     | 03:42 | 08:21  |
| 11         | Frida Emanuelsson         | Domnarvets Golf      | 98            | <b>15:30</b>     | 03:44 | 08:22  |
| 12         | Marie Spångmyr            | IK Jarl Rättvik      | 83            | <b>15:54</b>     | 04:08 | 08:35  |
| 13         | Reike Bruns               | Älvsby IF            | 99            | <b>16:22</b>     | 04:36 | 08:50  |
| 14         | Linnea Ekskog             | Kvarnsvedens Golf OK | 87            | <b>16:46</b>     | 05:00 | 09:03  |
| 15         | Ida Willén                | Östersunds OK        | 89            | <b>24:22</b>     | 12:36 | 13:10  |
| 16         | Sara Hansson              | Sundsvalls OK        | 94            | <b>25:02</b>     | 13:16 | 13:31  |
| DNS        | Cajsa Grape               | IFK Moras OK         | 95            |                  |       |        |
| DNS        | Johanna Sarenmark         | SK Leksand           | 88            |                  |       |        |
| DNS        | Malin Johansson           | Sundsvalls OK        | 85            |                  |       |        |
| Summa      | 19                        | Anmälda: 19          | Startande: 16 | Ant kontroller 6 |       |        |
| <b>D20</b> |                           |                      |               |                  |       |        |
|            |                           | <b>1,85 KM</b>       |               |                  |       |        |
| 1          | Magdalena Olsson          | IFK Moras OK         | 58            | <b>12:42</b>     |       | 06:51  |
| 2          | Johanna Tholerud          | Övertorneå IF        | 60            | <b>13:23</b>     | 00:41 | 07:14  |
| DNS        | Sofia Johnsson            | Selånger SOK         | 59            |                  |       |        |
| Summa      | 3                         | Anmälda: 3           | Startande: 2  | Ant kontroller 6 |       |        |
| <b>D21</b> |                           |                      |               |                  |       |        |
|            |                           | <b>2,03 KM</b>       |               |                  |       |        |
| 1          | Marie Ohlsson             | Fältjägarnas IF      | 27            | <b>10:56</b>     |       | 05:23  |
| 2          | Josefine Engström         | Alfta-ÖSA OK         | 40            | <b>11:03</b>     | 00:07 | 05:26  |
| 3          | Marte Renaas              | Wing OK, NOR         | 34            | <b>11:05</b>     | 00:09 | 05:27  |
| 4          | Åsa Zetterberg Eriksson   | ÖSeT SkidO           | 33            | <b>11:11</b>     | 00:15 | 05:30  |
| 5          | Helene Söderlund          | IFK Moras OK         | 37            | <b>11:20</b>     | 00:24 | 05:34  |
| 6          | Johanna Edin              | Kovlands IF          | 36            | <b>11:43</b>     | 00:47 | 05:46  |
| 7          | Stina Grenholm            | Fältjägarnas IF      | 32            | <b>11:58</b>     | 01:02 | 05:53  |
| 8          | Kajsa Rickardsson         | Domnarvets Golf      | 26            | <b>12:06</b>     | 01:10 | 05:57  |
| 9          | Erica Johansson           | Fältjägarnas IF      | 38            | <b>12:10</b>     | 01:14 | 05:59  |
| 9          | Therese Sahlén            | Kovlands IF          | 25            | <b>12:10</b>     | 01:14 | 05:59  |
| 11         | Johanna Lindberg          | Domnarvets Golf      | 30            | <b>12:55</b>     | 01:59 | 06:21  |

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| <b>D21</b> |                           |                      | <b>2,03 KM</b> |              |                  |        |
| 12         | Anna Holmgren             | Bergnäsets AIK       | 39             | <b>12:59</b> | 02:03            | 06:23  |
| 13         | Elin Vedin                | Selånger SOK         | 35             | <b>13:00</b> | 02:04            | 06:24  |
| 14         | Karin Malmberg            | Kvarnsvedens Golf OK | 28             | <b>14:14</b> | 03:18            | 07:00  |
| 15         | Elisabeth Halvarsson      | Östersunds OK        | 31             | <b>15:38</b> | 04:42            | 07:42  |
| DNS        | Monika Lund               | Fältjägarernas IF    | 29             |              |                  |        |
| Summa      | 16                        | Anmälda: 16          | Startande: 15  |              | Ant kontroller 5 |        |
| <b>D40</b> |                           |                      | <b>2,03 KM</b> |              |                  |        |
| 1          | Ingrid Alexandersson      | Stora Tuna IK SK     | 143            | <b>14:49</b> |                  | 07:17  |
| 2          | Carina Sandberg           | Säterbygdens OK      | 141            | <b>16:20</b> | 01:31            | 08:02  |
| 3          | Charlotte Lindkvist       | OK Denseln           | 142            | <b>18:34</b> | 03:45            | 09:08  |
| 4          | Ulrika Willén             | Östersunds OK        | 144            | <b>23:47</b> | 08:58            | 11:42  |
| Summa      | 4                         | Anmälda: 4           | Startande: 4   |              | Ant kontroller 5 |        |
| <b>D55</b> |                           |                      | <b>1,85 KM</b> |              |                  |        |
| 1          | Ingrid Wiklander Nylander | Sundsvalls OK        | 139            | <b>21:56</b> |                  | 11:51  |
| 2          | Margareta Wemdal          | Östersunds OK        | 138            | <b>24:43</b> | 02:47            | 13:21  |
| DNS        | Eivor Lindgren            | Brunflo IF           | 137            |              |                  |        |
| Summa      | 3                         | Anmälda: 3           | Startande: 2   |              | Ant kontroller 6 |        |
| <b>H10</b> |                           |                      | <b>1,31 KM</b> |              |                  |        |
| 1          | Björn Johansson           | Sundsvalls OK        | 135            | <b>33:24</b> |                  | 25:29  |
| Summa      | 1                         | Anmälda: 1           | Startande: 1   |              | Ant kontroller 4 |        |
| <b>H12</b> |                           |                      | <b>1,52 KM</b> |              |                  |        |
| 1          | Henning Sjökvist          | Stora Tuna IK SK     | 133            | <b>13:18</b> |                  | 08:45  |
| 2          | Nils Alexandersson        | Stora Tuna IK SK     | 132            | <b>13:50</b> | 00:32            | 09:06  |
| Summa      | 2                         | Anmälda: 2           | Startande: 2   |              | Ant kontroller 5 |        |
| <b>H14</b> |                           |                      | <b>1,85 KM</b> |              |                  |        |
| 1          | Oskar Sandberg            | Säterbygdens OK      | 130            | <b>14:46</b> |                  | 07:58  |
| 2          | Lars Sjöbom               | Njurunda OK          | 128            | <b>17:07</b> | 02:21            | 09:15  |
| 3          | Fredrik Wallin            | Stora Tuna IK SK     | 129            | <b>19:21</b> | 04:35            | 10:27  |
| 4          | David Stigsmark           | Kvarnsvedens Golf OK | 127            | <b>21:33</b> | 06:47            | 11:38  |
| Summa      | 4                         | Anmälda: 4           | Startande: 4   |              | Ant kontroller 6 |        |
| <b>H16</b> |                           |                      | <b>2,03 KM</b> |              |                  |        |
| 1          | Marcus Wallin             | Stora Tuna IK SK     | 123            | <b>13:43</b> |                  | 06:45  |
| 2          | Anders Sjöbom             | Njurunda OK          | 122            | <b>14:03</b> | 00:20            | 06:55  |
| 3          | Fredrik Ögren             | Bergnäsets AIK       | 121            | <b>14:52</b> | 01:09            | 07:19  |
| 4          | Martin Lövald Hellberg    | Täby OK              | 124            | <b>15:44</b> | 02:01            | 07:45  |
| 5          | Rasmus Willén             | Östersunds OK        | 125            | <b>29:06</b> | 15:23            | 14:20  |
| Summa      | 5                         | Anmälda: 5           | Startande: 5   |              | Ant kontroller 5 |        |
| <b>H18</b> |                           |                      | <b>2,22 KM</b> |              |                  |        |
| 1          | Anton Sjökvist            | Stora Tuna IK SK     | 68             | <b>11:49</b> |                  | 05:19  |
| 2          | Linus Rapp                | IFK Moras OK         | 69             | <b>12:08</b> | 00:19            | 05:27  |
| 3          | Daniel Svensson           | IFK Moras OK         | 64             | <b>12:18</b> | 00:29            | 05:32  |
| 4          | Adam Karlsson             | Garphyttans IF       | 79             | <b>12:20</b> | 00:31            | 05:33  |

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| <b>H18</b>     |                   |                      |               |                  |       |             |
| <b>2,22 KM</b> |                   |                      |               |                  |       |             |
| 5              | Linus Karlsson    | IFK Moras OK         | 73            | <b>12:23</b>     | 00:34 | 05:34       |
| 6              | Martin Blomgren   | Stora Tuna IK SK     | 74            | <b>12:32</b>     | 00:43 | 05:38       |
| 7              | Andreas Holmberg  | IFK Moras OK         | 66            | <b>12:38</b>     | 00:49 | 05:41       |
| 8              | Niklas Henriksson | OK Renen             | 77            | <b>12:54</b>     | 01:05 | 05:48       |
| 9              | Niklas Olsson     | IFK Moras OK         | 71            | <b>13:38</b>     | 01:49 | 06:08       |
| 10             | Erik Jansson      | Garphyttans IF       | 65            | <b>13:39</b>     | 01:50 | 06:08       |
| 11             | Erik Malmberg     | Kvarnsvedens Golf OK | 72            | <b>13:50</b>     | 02:01 | 06:13       |
| 12             | Marcus Allerhed   | IFK Moras OK         | 80            | <b>13:58</b>     | 02:09 | 06:17       |
| 13             | Herman Häll       | HJS Vansbro OK       | 61            | <b>14:24</b>     | 02:35 | 06:29       |
| 14             | Carl Holmgren     | Bergnäsets AIK       | 75            | <b>14:35</b>     | 02:46 | 06:34       |
| 15             | Fredrik Carlsson  | Täby OK              | 70            | <b>14:58</b>     | 03:09 | 06:44       |
| 16             | Martin Hederskog  | HJS Vansbro OK       | 62            | <b>18:43</b>     | 06:54 | 08:25       |
| 17             | Erik Frost        | IFK Moras OK         | 78            | <b>24:49</b>     | 13:00 | 11:10       |
| DSQ            | Joakim Carlsson   | Täby OK              | 67            | <b>25:34</b>     |       | DSQ Miss 40 |
| DNS            | Erik Toomingas    | Sundsvalls OK        | 63            |                  |       |             |
| DNS            | Ola Svahn         | IFK Moras OK         | 76            |                  |       |             |
| Summa          | 20                | Anmälda: 20          | Startande: 18 | Ant kontroller 5 |       |             |

|                |                    |                      |               |                  |       |       |
|----------------|--------------------|----------------------|---------------|------------------|-------|-------|
| <b>H20</b>     |                    |                      |               |                  |       |       |
| <b>2,22 KM</b> |                    |                      |               |                  |       |       |
| 1              | Gustav Nordström   | Gävle OK             | 50            | <b>10:37</b>     |       | 04:46 |
| 2              | David Beijmer      | Bromma-Vällingby SOK | 48            | <b>11:19</b>     | 00:42 | 05:05 |
| 3              | Carl Magnusson     | IFK Moras OK         | 53            | <b>11:31</b>     | 00:54 | 05:11 |
| 4              | Erik Blomgren      | Stora Tuna IK SK     | 46            | <b>11:35</b>     | 00:58 | 05:13 |
| 5              | Andreas Allerhed   | IFK Moras OK         | 49            | <b>11:43</b>     | 01:06 | 05:16 |
| 6              | Fredrik Lind       | IFK Moras OK         | 51            | <b>12:14</b>     | 01:37 | 05:30 |
| 7              | Johan Sonesson     | IFK Moras OK         | 55            | <b>12:29</b>     | 01:52 | 05:37 |
| 8              | Simon Waller       | OK Vargen            | 54            | <b>12:37</b>     | 02:00 | 05:40 |
| 9              | Per Frost          | IFK Moras OK         | 45            | <b>13:42</b>     | 03:05 | 06:10 |
| 10             | Jostein Kvakland   | Wing OK, NOR         | 52            | <b>13:48</b>     | 03:11 | 06:12 |
| DNS            | Kristian Dahlström | IFK Moras OK         | 47            |                  |       |       |
| Summa          | 11                 | Anmälda: 11          | Startande: 10 | Ant kontroller 5 |       |       |

|                |                   |                      |               |                  |       |       |
|----------------|-------------------|----------------------|---------------|------------------|-------|-------|
| <b>H21</b>     |                   |                      |               |                  |       |       |
| <b>2,54 KM</b> |                   |                      |               |                  |       |       |
| 1              | Christian Spoerry | IFK Moras OK         | 20            | <b>11:48</b>     |       | 04:38 |
| 2              | Peter Arnesson    | IF Hallby SOK        | 14            | <b>11:53</b>     | 00:05 | 04:40 |
| 2              | Lars Hol Moholdt  | Wing OK, NOR         | 6             | <b>11:53</b>     | 00:05 | 04:40 |
| 4              | Daniel Nordebo    | Älvsby IF            | 19            | <b>11:58</b>     | 00:10 | 04:42 |
| 5              | Joel Sjölander    | Alfta-ÖSA OK         | 18            | <b>12:02</b>     | 00:14 | 04:44 |
| 6              | Sergei Osipov     | Solk Hellas          | 13            | <b>12:12</b>     | 00:24 | 04:48 |
| 7              | Johan Granath     | IF Hallby SOK        | 17            | <b>12:22</b>     | 00:34 | 04:52 |
| 8              | Christian Hohl    | Wing OK, NOR         | 11            | <b>12:49</b>     | 01:01 | 05:02 |
| 9              | Tobias Åslund     | Domnarvets Golf      | 12            | <b>13:02</b>     | 01:14 | 05:07 |
| 10             | David Lingfors    | IF Hallby SOK        | 9             | <b>14:23</b>     | 02:35 | 05:39 |
| 10             | Marcus Andersson  | Göteborgs SK         | 4             | <b>14:23</b>     | 02:35 | 05:39 |
| 12             | Daniel Grahn      | Göteborgs SK         | 10            | <b>14:38</b>     | 02:50 | 05:45 |
| 13             | Martin Ohlsson    | OK Storsjön          | 16            | <b>15:11</b>     | 03:23 | 05:58 |
| 14             | Fredrik Norman    | Göteborgs SK         | 7             | <b>15:16</b>     | 03:28 | 06:00 |
| 15             | Marcus Amrén      | Östersunds OK        | 5             | <b>15:48</b>     | 04:00 | 06:13 |
| DSQ            | Martin Hammarberg | Kvarnsvedens Golf OK | 15            |                  |       |       |
| DNS            | Erik Nilsson      | Domnarvets Golf      | 8             |                  |       |       |
| Summa          | 17                | Anmälda: 17          | Startande: 16 | Ant kontroller 6 |       |       |

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| <b>H35</b>    |                     | <b>2,54 KM</b>       |              |                |                  |        |         |
| 1             | Christer Ekskog     | Kvarnsvedens Golf OK | 118          | <b>21:00</b>   |                  | 08:16  |         |
| 2             | Rolf Johansson      | Sundsvalls OK        | 119          | <b>21:10</b>   | 00:10            | 08:20  |         |
| 3             | Henrik Trofast      | Tullinge SK          | 120          | <b>21:39</b>   | 00:39            | 08:31  |         |
| Summa         | 3                   | Anmälda: 3           | Startande: 3 |                | Ant kontroller 6 |        |         |
| <b>H45</b>    |                     | <b>2,54 KM</b>       |              |                |                  |        |         |
| 1             | Mats Wallin         | Stora Tuna IK SK     | 113          | <b>15:44</b>   |                  | 06:11  |         |
| 2             | Thomas Jansson      | Garphyttans IF       | 111          | <b>17:00</b>   | 01:16            | 06:41  |         |
| 3             | Sture Norén         | Älvsby IF            | 110          | <b>17:06</b>   | 01:22            | 06:43  |         |
| 4             | Per Sandberg        | Säterbygdens OK      | 114          | <b>19:11</b>   | 03:27            | 07:33  |         |
| 5             | Roland Hellberg     | Täby OK              | 115          | <b>24:40</b>   | 08:56            | 09:42  |         |
| 6             | Peter Sjöbom        | Njurunda OK          | 112          | <b>29:53</b>   | 14:09            | 11:45  |         |
| Summa         | 6                   | Anmälda: 6           | Startande: 6 |                | Ant kontroller 6 |        |         |
| <b>H55</b>    |                     | <b>2,22 KM</b>       |              |                |                  |        |         |
| 1             | Lars-Peter Johnsson | Selånger SOK         | 108          | <b>19:31</b>   |                  | 08:47  |         |
| 2             | Tom Brantheim       | Östersunds OK        | 107          | <b>22:56</b>   | 03:25            | 10:19  |         |
| Summa         | 2                   | Anmälda: 2           | Startande: 2 |                | Ant kontroller 5 |        |         |
| <b>H75</b>    |                     | <b>1,85 KM</b>       |              |                |                  |        |         |
| 1             | Gösta Nilsson       | Östersunds OK        | 105          | <b>37:02</b>   |                  | 20:01  |         |
| 2             | Gösta Hoväng        | Östersunds OK        | 104          | <b>1:05:49</b> | 28:47            | 35:34  |         |
| DSQ           | Ulf Hovsgård        | Östersunds OK        | 103          | <b>40:59</b>   |                  |        | OK      |
| Summa         | 3                   | Anmälda: 3           | Startande: 3 |                | Ant kontroller 6 |        |         |
| <b>NOCLAS</b> |                     | <b>2,54 KM</b>       |              |                |                  |        |         |
| 1             | 177 A2 Okänd löpare | NOTEAM               | 0            | <b>47:22</b>   |                  | 18:38  |         |
| Summa         | 1                   | Anmälda: 1           | Startande: 1 |                | Ant kontroller 6 |        |         |
| <b>Ö2</b>     |                     | <b>2,54 KM</b>       |              |                |                  |        |         |
| 1             | Maria Rost          | Alfta-ÖSA OK         | 161          | <b>21:06</b>   |                  | 08:18  |         |
| DSQ           | Laila Spångmyr      | IK Jarl Rättvik      | 162          | <b>32:08</b>   |                  |        | Miss 31 |
| DSQ           | Kerstin Sunnerheim  | Selånger SOK         | 163          | <b>32:43</b>   |                  |        | Miss 32 |
| Summa         | 3                   | Anmälda: 3           | Startande: 3 |                | Ant kontroller 6 |        |         |
| <b>Ö3</b>     |                     | <b>2,54 KM</b>       |              |                |                  |        |         |
| 1             | Magnus Oredsson     | Östersunds OK        | 174          | <b>19:20</b>   |                  | 07:36  |         |
| 2             | Egn Marc            | Frösö IF             | 178          | <b>21:53</b>   | 02:33            | 08:36  |         |
| 3             | Kjell Erik Salin    | Kovlands IF          | 177          | <b>22:22</b>   | 03:02            | 08:48  |         |
| 4             | Lars Spångmyr       | IK Jarl Rättvik      | 173          | <b>22:51</b>   | 03:31            | 08:59  |         |
| 5             | Elisabeth Rost      | Alfta-ÖSA OK         | 172          | <b>25:24</b>   | 06:04            | 10:00  |         |
| 6             | Malin Wedin         | Selånger SOK         | 176          | <b>27:40</b>   | 08:20            | 10:53  |         |
| 7             | Mårten Lundkvist    | sundbybergs IK       | 175          | <b>32:50</b>   | 13:30            | 12:55  |         |
| 8             | Brigitta Hammarberg | Sundsvalls OK        | 171          | <b>41:38</b>   | 22:18            | 16:23  |         |
| DSQ           | Erik Olofsson       | Frösö IF             | 179          | <b>24:32</b>   |                  |        | Miss 42 |
| Summa         | 9                   | Anmälda: 9           | Startande: 9 |                | Ant kontroller 6 |        |         |