Sträcktider

Sörmlands OL-veteraner Salem

2013-10-15

															Sista-
1	A	Kjell Holmberg	OK Södertörn	00:48:00	03:18	03:20	05:04	05:23	05:55	03:26	08:25	04:09	03:24	02:28	03:08
					03:18	06:38	11:42	17:05	23:00	26:26	34:51	39:00	42:24	44:52	48:00
2	A	Bo Norbäck	Tullinge SK	00:53:04	03:19	03:14	06:14	05:18	05:47	05:45	08:25	04:54	03:51	03:18	02:59
					03:19	06:33	12:47	18:05	23:52	29:37	38:02	42:56	46:47	50:05	53:04
3	A	Hans Holgersson	OK Måsen	00:53:55	03:23	02:35	04:50	04:41	06:56	05:45	07:42	04:00	07:15	02:35	04:13
					03:23	05:58	10:48	15:29	22:25	28:10	35:52	39:52	47:07	49:42	53:55
4	A	Gunnar Carlén	OK Måsen	00:53:57	03:52	03:14	06:59	04:41	06:51	05:49	07:53	04:00	04:11	03:13	03:14
					03:52	07:06	14:05	18:46	25:37	31:26	39:19	43:19	47:30	50:43	53:57
5	A	Sten Eriksson	Strängnäs-Malmby OL	00:54:11	03:05	02:37	07:17	07:27	06:45	03:25	09:32	03:52	03:22	03:01	03:48
					03:05	05:42	12:59	20:26	27:11	30:36	40:08	44:00	47:22	50:23	54:11
6	A	Börje Karlsson	OK Nalle	00:55:27	04:14	02:49	04:49	06:08	06:59	03:31	11:23	05:18	04:13	03:13	02:50
					04:14	07:03	11:52	18:00	24:59	28:30	39:53	45:11	49:24	52:37	55:27
7	A	Rolf Mathisen	Eskilstuna OL	1:00:05	03:08	03:16	04:36	04:33	06:12	07:19	10:02	09:05	04:11	02:30	05:13
					03:08	06:24	11:00	15:33	21:45	29:04	39:06	48:11	52:22	54:52	1:00:05
8	A	Bengt Jönsson	Åkers IF	1:00:44	03:50	03:37	04:38	04:54	07:25	06:02	09:34	09:18	04:16	03:30	03:40
					03:50	07:27	12:05	16:59	24:24	30:26	40:00	49:18	53:34	57:04	1:00:44
9	A	Sven-Arne Nilsson	OK Klemmingen	1:00:54	04:51	03:56	06:25	06:08	06:43	04:27	11:01	05:29	04:02	04:50	03:02
					04:51	08:47	15:12	21:20	28:03	32:30	43:31	49:00	53:02	57:52	1:00:54
10	A	Lars Cedérus	Snättringe SK	1:01:05	03:50	03:13	05:27	08:37	06:26	03:44	12:19	04:54	04:13	04:48	03:34
					03:50	07:03	12:30	21:07	27:33	31:17	43:36	48:30	52:43	57:31	1:01:05
11	A	Ulf Stridh	Snättringe SK	1:02:06	03:29	05:36	05:32	07:19	07:01	05:34	11:27	05:32	03:54	03:07	03:35
					03:29	09:05	14:37	21:56	28:57	34:31	45:58	51:30	55:24	58:31	1:02:06
12	A	Ingemar Gustafsson	OK Tjärnen	1:03:04	04:01	03:17	08:14	06:56	06:58	06:29	09:40	05:11	04:36	03:46	03:56
					04:01	07:18	15:32	22:28	29:26	35:55	45:35	50:46	55:22	59:08	1:03:04
13	A	Ulf Svedestam	Eskilstuna OL	1:05:15	04:11	04:52	06:30	15:28	06:16	03:34	09:18	05:55	03:51	02:41	02:39
					04:11	09:03	15:33	31:01	37:17	40:51	50:09	56:04	59:55	1:02:36	1:05:15
14	A	Håkan Alderud	Nyköpings OK	1:05:35	03:24	03:14	05:20	06:00	06:25	03:20	19:32	06:14	03:28	02:37	06:01
					03:24	06:38	11:58	17:58	24:23	27:43	47:15	53:29	56:57	59:34	1:05:35
15	A	Tomas Norlen	Södertälje-Nykvarn OF	1:06:19	04:19	04:52	06:52	07:11	07:08	04:11	15:01	06:32	03:41	03:27	03:05
					04:19	09:11	16:03	23:14	30:22	34:33	49:34	56:06	59:47	1:03:14	1:06:19
16	A	John Östlund	Sundbybergs IK	1:06:21	04:05	05:00	06:21	06:15	07:34	04:36	13:23	06:07	05:39	03:45	03:36
					04:05	09:05	15:26	21:41	29:15	33:51	47:14	53:21	59:00	1:02:45	1:06:21
17	A	Kerstin Frenckner	Södertälje-Nykvarn OF	1:07:50	04:10	03:34	06:49	06:14	07:20	04:40	12:00	11:20	04:27	03:32	03:44
					04:10	07:44	14:33	20:47	28:07	32:47	44:47	56:07	1:00:34	1:04:06	1:07:50
18	A	Hans Lindgren	Trosabygdens OK	1:09:09	05:03	03:58	06:31	07:16	08:41	04:39	13:01	08:21	03:57	03:53	03:49
					05:03	09:01	15:32	22:48	31:29	36:08	49:09	57:30	1:01:27	1:05:20	1:09:09
19	A	Billy Jakobsson	Åkers IF	1:09:11	05:54	04:00	08:01	06:42	08:40	05:21	09:59	09:16	04:15	03:24	03:39
					05:54	09:54	17:55	24:37	33:17	38:38	48:37	57:53	1:02:08	1:05:32	1:09:11
20	A	Tommy Wåhlin	OK Enen	1:09:39	03:51	03:12	05:57	07:07	06:54	06:10	20:03	05:38	03:48	03:18	03:41
					03:51	07:03	13:00	20:07	27:01	33:11	53:14	58:52	1:02:40	1:05:58	1:09:39
21	A	Frank Nordahl	Strängnäs-Malmby OL	1:25:52	06:15	04:37	06:57	08:38	07:46	07:34	25:42	06:11	05:46	03:41	02:45
					06:15	10:52	17:49	26:27	34:13	41:47	1:07:29	1:13:40	1:19:26	1:23:07	1:25:52
-	A	Staffan Holmberg	Södertälje-Nykvarn OF	1:04:50	04:01	03:15	06:24	19:36	05:07	08:37	04:16	06:25	03:39		03:30
					04:01	07:16	13:40	33:16	38:23	47:00	51:16	57:41	1:01:20		1:04:50
-	A	Anders Hasselbo	OK Måsen	1:18:52	03:24	03:29	10:06	06:43	07:00	05:47	09:21	19:03	04:34		09:25
					03:24	06:53	16:59	23:42	30:42	36:29	45:50	1:04:53	1:09:27		1:18:52
1	B	Stig Thorsson	Södertälje IF	00:38:40	01:50	03:14	06:22	05:20	02:27	05:18	03:21	08:33			02:15
					01:50	05:04	11:26	16:46	19:13	24:31	27:52	36:25			38:40
2	B	Curt Thorén	Nyköpings OK	00:41:00	02:10	03:50	06:59	05:04	02:58	05:57	03:54	07:50			02:18
					02:10	06:00	12:59	18:03	21:01	26:58	30:52	38:42			41:00
3	B	Björn Svereus	Södertälje-Nykvarn OF	00:42:41	02:15	04:27	05:30	04:49	02:45	05:33	05:41	07:48			03:53
					02:15	06:42	12:12	17:01	19:46	25:19	31:00	38:48			42:41
4	B	Leif Jansson	Eskilstuna OL	00:43:29	02:16	03:57	05:37	05:12	03:00	05:52	04:55	09:48			02:52
					02:16	06:13	11:50	17:02	20:02	25:54	30:49	40:37			43:29
5	B	Greger Wedin	Södertälje-Nykvarn OF	00:44:39	02:50	03:47	05:39	05:15	02:57	06:12	05:12	10:03			02:44
					02:50	06:37	12:16	17:31	20:28	26:40	31:52	41:55			44:39
6	B	Olof Rudin	Tumba-Mälarhöjden OK	00:45:44	02:26	04:24	06:07	04:48	03:05	06:39	05:26	10:10			02:39
					02:26	06:50	12:57	17:45	20:50	27:29	32:55	43:05			45:44
7	B	Kjell Nilsson	OK Klemmingen	00:46:04	02:44	05:04	06:35	05:04	03:22	06:13	04:33	09:17			03:12
					02:44	07:48	14:23	19:27	22:49	29:02	33:35	42:52			46:04
8	B	Stig Pederson	Södertälje IF	00:46:44	02:28	03:59	06:41	06:37	03:20	05:38	05:31	09:59			02:31
					02:28	06:27	13:08	19:45	23:05	28:43	34:14	44:13			46:44
9	B	Lars Nord	Södertälje IF	00:48:03	02:22	03:58	06:30	04:37	01:50	03:39	06:31	04:16	11:38		02:42
					02:22	06:20	12:50	17:27	19:17	22:56	29:27	33:43	45:21		48:03
10	B	Göran Larsson	Södertälje IF	00:49:37	02:28	04:42	06:30	05:35	03:56	07:30	06:10	09:53			02:53
					02:28	07:10	13:40	19:15	23:11	30:41	36:51	46:44			49:37
11	B	Kenneth Ljungberg	Nyköpings OK	00:50:07	03:15	03:53	06:18	05:43	03:19	06:19	08:58	08:51			03:31
					03:15	07:08	13:26	19:09	22:28	28:47	37:45	46:36			50:07
12	B	Åke Schylander	Strängnäs-Malmby OL	00:51:15	03:46	04:23	06:54	05:32	03:29	07:54	06:22	10:08			02:47
					03:46	08:09	15:03	20:35	24:04	31:58	38:20	48:28			51:15
13	B	Claes Hedlund	Trosabygdens OK	00:51:32	02:29	04:32	07:30	05:27	03:37	06:50	05:59	11:29			03:39
					02:29	07:01	14:31	19:58	23:35	30:25	36:24	47:53			51:32
14	B	Karl-Robert Moqvist	OK Tor	00:51:36	02:44	05:42	10:11	05:10	03:23	06:55	04:31	09:45			03:15
					02:44	08:26	18:37	23:47	27:10	34:05	38:36	48:21			51:36
15	B	Leif Thorsson	OK Grip	00:52:17	02:27	04:21	08:22	04:48	03:32	06:45	07:29	09:53			04:40
					02:27	06:48	15:10	19:58	23:30	30:15	37:44	47:37			52:17
16	B	Arne Åhman	OK Klemmingen	00:52:19	03:45	04:02	07:34	05:37	03:24	07:05	05:46	12:00			03:06
					03:45	07:47	15:21	20:58	24:22	31:27	37:13	49:13			52:19
17	B	Jan Enesved	Södertälje IF	00:52:36	03:14	07:35	07:55	05:48	03:38	06:41	04:23	10:00			03:22
					03:14	10:49	18:44	24:32	28:10	34:51	39:14	49:14			52:36
18	B	Sture Nilsson	Stockholmspolisens IF OF	00:52:40	02:53	04:46	07:39	06:10	04:00	06:53	07:33	09:54			02:52
					02:53	07:39	15:18	21:28	25:28	32:21	39:54	49:48			52:40
19	B	Kjell Johansson	Nyköpings OK	00:53:02	02:35	05:32	07:22	06:20	03:40	07:24	05:46	11:08			03:15
					02:35	08:07	15:29	21:49	25:29	32:53	38:39	49:47			53:02
20	B	Lennart Karlsson	OK Grip	00:53:07	02:47	06:42	08:36	05:29	03:39	07:09	05:06	10:08			03:31

					02:47	09:29	18:05	23:34	27:13	34:22	39:28	49:36			53:07
21	B	Richard Welander	OK Älvsjö-Örby	00:53:09	02:43	06:28	06:50	05:53	04:06	06:55	05:36	11:03			03:35
					02:43	09:11	16:01	21:54	26:00	32:55	38:31	49:34			53:09
22	B	Ingvar Jansson	Sundbybergs IK	00:54:29	05:06	04:32	07:57	06:10	04:00	06:39	07:26	09:45			02:54
					05:06	09:38	17:35	23:45	27:45	34:24	41:50	51:35			54:29
23	B	Inge Sundström	Nyköpings OK	00:55:57	02:51	05:43	08:30	06:48	03:46	07:45	07:08	10:16			03:10
					02:51	08:34	17:04	23:52	27:38	35:23	42:31	52:47			55:57
24	B	Ingemar Greis	OK Måsen	00:56:02	03:23	04:10	07:03	06:28	03:34	07:46	06:12	14:22			03:04
					03:23	07:33	14:36	21:04	24:38	32:24	38:36	52:58			56:02
25	B	Ove Johansson	Strängnäs-Malmby OL	00:57:35	03:17	04:41	07:49	06:54	07:40	07:20	05:33	11:31			02:50
					03:17	07:58	15:47	22:41	30:21	37:41	43:14	54:45			57:35
26	B	Gunnar Bramsten	Sundbybergs IK	00:58:26	03:21	05:22	07:41	07:28	04:58	07:27	09:42	09:48			02:39
					03:21	08:43	16:24	23:52	28:50	36:17	45:59	55:47			58:26
27	B	Stig Gustavsson	Södertälje IF	00:59:44	03:07	05:53	11:28	10:54	03:56	07:00	04:23	09:57			03:06
					03:07	09:00	20:28	31:22	35:18	42:18	46:41	56:38			59:44
28	B	Vivianne Holgersson	OK Måsen	1:01:39	09:04	04:42	06:36	06:45	07:31	07:44	04:42	11:41			02:54
					09:04	13:46	20:22	27:07	34:38	42:22	47:04	58:45			1:01:39
29	B	Weine Johansson	Södertälje-Nykvarn OF	1:01:55	03:14	05:01	08:21	06:10	04:57	06:57	09:42	11:35			05:58
					03:14	08:15	16:36	22:46	27:43	34:40	44:22	55:57			1:01:55
30	B	Torleif Carlsson	Stjärnhof OK65	1:02:42	05:03	04:35	08:38	05:39	03:57	06:56	05:53	18:29			03:32
					05:03	09:38	18:16	23:55	27:52	34:48	40:41	59:10			1:02:42
31	B	Bengt Holm	IFK Mora	1:03:04	03:34	06:21	07:26	07:19	06:13	08:13	08:04	12:22			03:32
					03:34	09:55	17:21	24:40	30:53	39:06	47:10	59:32			1:03:04
32	B	Kurt Zander	Västerås SK OK	1:03:22	03:22	07:31	08:12	06:46	01:35	04:06	07:10	09:40	11:35	00:02	03:23
					03:22	10:53	19:05	25:51	27:26	31:32	38:42	48:22	59:57	59:59	1:03:22
33	B	Margareta Jönsson	Åkers IF	1:03:26	03:39	06:02	10:04	06:27	05:00	08:14	06:37	14:10			03:13
					03:39	09:41	19:45	26:12	31:12	39:26	46:03	1:00:13			1:03:26
34	B	Berit Gustavsson	Södertälje IF	1:04:34	04:53	04:47	10:59	06:03	04:16	08:53	09:58	11:18			03:27
					04:53	09:40	20:39	26:42	30:58	39:51	49:49	1:01:07			1:04:34
35	B	Birgitta Eriksson	Strängnäs-Malmby OL	1:05:39	04:18	06:27	09:34	07:22	04:30	09:58	06:15	13:43			03:32
					04:18	10:45	20:19	27:41	32:11	42:09	48:24	1:02:07			1:05:39
36	B	Sven-Erik Stenberg	Stjärnhovs OK	1:06:14	04:29	05:54	08:47	07:37	06:10	08:13	06:13	15:05			03:46
					04:29	10:23	19:10	26:47	32:57	41:10	47:23	1:02:28			1:06:14
37	B	Berit Edengren	Nyköpings OK	1:06:33	03:44	07:01	08:47	06:38	04:54	10:44	09:45	11:18			03:42
					03:44	10:45	19:32	26:10	31:04	41:48	51:33	1:02:51			1:06:33
38	B	Ann-Marie Johansson	Strängnäs-Malmby OL	1:06:42	03:11	09:53	09:17	07:06	04:59	08:20	06:07	14:34			03:15
					03:11	13:04	22:21	29:27	34:26	42:46	48:53	1:03:27			1:06:42
39	B	Nils Stenberg	Stjärnhovs OK 65	1:07:07	05:25	05:46	09:10	06:35	03:58	07:26	10:27	14:28			03:52
					05:25	11:11	20:21	26:56	30:54	38:20	48:47	1:03:15			1:07:07
40	B	Lennart Stenberg	Stigfinnarna	1:09:01	03:28	08:12	10:28	07:42	04:58	08:47	08:17	13:02			04:07
					03:28	11:40	22:08	29:50	34:48	43:35	51:52	1:04:54			1:09:01
41	B	Leif Hermundstad	Snättringe SK	1:11:36	03:00	05:34	09:00	06:50	04:39	17:11	09:34	12:10			03:38
					03:00	08:34	17:34	24:24	29:03	46:14	55:48	1:07:58			1:11:36
42	B	Sten Svensson	Ärla IF	1:16:26	03:50	05:41	20:48	07:04	04:31	08:14	05:11	13:03			08:04
					03:50	09:31	30:19	37:23	41:54	50:08	55:19	1:08:22			1:16:26
43	B	Bo Elmgren	Sundbybergs IK	6:52:43	05:34	09:47	13:48	08:48	05:42	10:31	14:15	13:54			5:30:24
					05:34	15:21	29:09	37:57	43:39	54:10	1:08:25	1:22:19			6:52:43
-	B	Evy Nord	Södertälje IF	00:50:26	02:56	04:52	07:48	04:29	04:23	06:50	04:41	11:49			02:38
					02:56	07:48	15:36	20:05	24:28	31:18	35:59	47:48			50:26
-	B	Solveig Dillman	Hammarby IF OF	1:01:03	04:21	05:09	07:41	13:56	04:16	07:16	07:05	11:19			######
					04:21	09:30	17:11	31:07	35:23	42:39	49:44	1:01:03			1:01:03
1	C	Martin Gustafsson	Strängnäs-Malmby OL	00:38:06	04:57	03:45	07:37	05:35	06:06	01:42	04:42				03:42
					04:57	08:42	16:19	21:54	28:00	29:42	34:24				38:06
2	C	Anders Johansson	Nyköpings OK	00:41:50	04:35	04:38	08:59	04:57	06:27	02:25	04:38				05:11
					04:35	09:13	18:12	23:09	29:36	32:01	36:39				41:50
3	C	Stig Lundin	Eskilstuna OL	00:50:55	05:41	07:04	09:53	07:17	07:24	04:12	04:14				05:10
					05:41	12:45	22:38	29:55	37:19	41:31	45:45				50:55
4	C	Barbro Cedérus	Snättringe SK	00:52:06	04:57	03:41	09:06	04:53	08:07	02:26	14:46				04:10
					04:57	08:38	17:44	22:37	30:44	33:10	47:56				52:06
5	C	Edda Nilsson	Stockholmspolisens IF OF	00:52:23	06:26	09:54	08:27	07:19	06:50	02:09	06:11				05:07
					06:26	16:20	24:47	32:06	38:56	41:05	47:16				52:23
6	C	Jan Burell	Vandrarringen	00:54:46	05:53	05:43	11:53	11:06	07:00	03:04	05:22				04:45
					05:53	11:36	23:29	34:35	41:35	44:39	50:01				54:46
7	C	Bertil Hall	Strängnäs-Malmby OL	00:55:48	05:40	06:08	09:06	07:55	14:00	02:25	05:27				05:07
					05:40	11:48	20:54	28:49	42:49	45:14	50:41				55:48
8	C	Lars Olander	Södertälje IF	00:56:52	05:34	06:26	10:19	08:07	08:13	03:11	10:14				04:48
					05:34	12:00	22:19	30:26	38:39	41:50	52:04				56:52
9	C	Solveig Tjernberg	Södertälje IF	1:01:02	05:30	03:52	09:03	05:52	07:18	02:21	22:40				04:26
					05:30	09:22	18:25	24:17	31:35	33:56	56:36				1:01:02
10	C	Lars Nilsson	Strängnäs-Malmby OL	1:04:02	05:08	05:22	07:26	09:20	21:54	05:56	04:41				04:15
					05:08	10:30	17:56	27:16	49:10	55:06	59:47				1:04:02
11	C	Lars Gustafsson	Strängnäs-Malmby OL	1:04:39	05:58	05:25	08:24	06:25	07:45	02:36	23:59				04:07
					05:58	11:23	19:47	26:12	33:57	36:33	1:00:32				1:04:39
12	C	Elisabeth Eriksson	Nyköpings OK	1:07:04	06:46	11:00	11:45	07:21	13:10	06:21	04:53				05:48
					06:46	17:46	29:31	36:52	50:02	56:23	1:01:16				1:07:04
13	C	Rolf Johansson	Södertälje IF	1:09:02	07:57	05:58	12:08	10:29	10:58	04:50	08:50				07:52
					07:57	13:55	26:03	36:32	47:30	52:20	1:01:10				1:09:02
14	C	Rolf Jansson	IF Rune	1:09:53	07:26	07:01	09:58	06:47	07:57	02:49	23:51				04:04
					07:26	14:27	24:25	31:12	39:09	41:58	1:05:49				1:09:53
15	C	Robert Bohman	Södertälje-Nykvarn OF	1:13:08	07:19	13:34	14:29	13:36	08:34	03:37	06:03				05:56
					07:19	20:53	35:22	48:58	57:32	1:01:09	1:07:12				1:13:08
16	C	Lars-Åke Serander	Strängnäs-Malmby OL	1:23:20	07:11	05:48	12:11	07:54	13:35	04:17	25:10				07:14
					07:11	12:59	25:10	33:04	46:39	50:56	1:16:06				1:23:20
17	C	Enn Kivisäkk	Tullinge SK	6:30:26	5:23:06	05:51	16:40	17:57	08:11	03:25	09:03				06:13
					5:23:06	5:28:57	5:45:37	6:03:34	6:11:45	6:15:10	6:24:13				6:30:26
-	C	Bengt Lindkvist	Åkers IF	1:06:58	05:43	03:53	07:51	06:59	07:45	02:49	23:13				08:45
					05:43	09:36	17:27	24:26	32:11	35:00	58:13				1:06:58
-	C	UllaKarin Holmberg	OK Norden	1:13:20	10:57	06:11	08:51	06:48	14:01	12:11					14:21
					10:57	17:08	25:59	32:47	46:48	58:59					1:13:20

-	C	Doris Nilsson	OK Klemmingen	1:41:38	08:58	16:59	23:54	11:05	10:35	05:04	25:03
					08:58	25:57	49:51	1:00:56	1:11:31	1:16:35	1:41:38
-	C	Christer Arewång	OK Måsen	6:44:49	10:37						6:34:12
					10:37						6:44:49
-	C	Ingrid Lundin	Eskilstuna OL	7:48:31	08:44	06:13	12:07	08:17			7:13:10
					08:44	14:57	27:04	35:21			7:48:31