

**Resultat – Åre Extreme Race lördag**

2023-07-01

River Solo Herr		(37 / 37)	Tid	Efter	Bomtid		
1.	Lars Löfgren	18:49 (1:11:52) 53:03 (53:03) 9:41 (5:02:47) – (5:02:47)	30:55 (1:42:47)	5:02:47		3:55	57:13 (4:21:56) 31:10 (4:53:06)
2.	Nicolai Oien Nielsen	18:37 (1:13:15) 54:38 (54:38) 10:18 (5:13:21) – (5:13:21)	30:21 (1:43:36)	5:13:21	+10:34	3:54	1:01:23 (4:28:38) 34:25 (5:03:03)
2.	Simon Niemi	17:18 (1:08:49) 51:31 (51:31) 10:19 (5:13:21) – (5:13:21)	29:41 (1:38:30)	5:13:21	+10:34	0:00	1:49:47 (3:28:17) 1:01:09 (4:29:26) 33:36 (5:03:02)
4.	Sam Manson	17:47 (1:08:05) 50:18 (50:18) 11:44 (5:18:57) – (5:18:57)	29:05 (1:37:10)	5:18:57	+16:10	0:00	1:50:23 (3:27:33) 1:03:26 (4:30:59) 36:14 (5:07:13)
5.	Jonas Djurback	18:37 (1:13:20) 54:43 (54:43) 10:55 (5:35:55) – (5:35:55)	30:29 (1:43:49)	5:35:55	+33:08	0:00	2:00:20 (3:44:09) 1:05:35 (4:49:44) 35:16 (5:25:00)
6.	Peter Rööf	18:51 (1:12:35) 53:44 (53:44) 12:45 (6:01:48) – (6:01:48)	30:17 (1:42:52)	6:01:48	+59:01	14:21	2:06:20 (3:49:12) 1:16:13 (5:05:25) 43:38 (5:49:03)
7.	Pär Boquist	19:26 (1:14:43) 55:17 (55:17) 12:36 (6:07:13) – (6:07:13)	31:54 (1:46:37)	6:07:13	+1:04:26	11:52	2:13:30 (4:00:07) 1:13:36 (5:13:43) 40:54 (5:54:37)
8.	Peter Lundgren	21:03 (1:20:57) 59:54 (59:54) 11:23 (6:12:03) – (6:12:03)	34:03 (1:55:00)	6:12:03	+1:09:16	5:12	2:07:25 (4:02:25) 1:16:14 (5:18:39) 42:01 (6:00:40)
9.	Erik Andén	20:10 (1:21:08) 1:00:58 (1:00:58) 11:11 (6:18:36) – (6:18:36)	34:25 (1:55:33)	6:18:36	+1:15:49	8:56	2:19:52 (4:15:25) 1:12:55 (5:28:20) 39:05 (6:07:25)
10.	Nicke Nordgren	17:49 (1:08:55) 51:06 (51:06) 17:55 (6:28:34) – (6:28:34)	29:40 (1:38:35)	6:28:34	+1:25:47	44:19	2:10:40 (3:49:15) 1:29:28 (5:18:43) 51:56 (6:10:39)
11.	Peter Smedman	20:06 (1:15:06) 55:00 (55:00) 13:43 (6:34:47) – (6:34:47)	33:03 (1:48:09)	6:34:47	+1:32:00	26:07	2:22:25 (4:10:34) 1:23:38 (5:34:12) 46:52 (6:21:04)
12.	Staffan Ahltin	21:15 (1:20:51) 59:36 (59:36) 12:04 (6:35:47) – (6:35:47)	33:33 (1:54:24)	6:35:47	+1:33:00	8:17	2:22:19 (4:16:43) 1:22:51 (5:39:34) 44:09 (6:23:43)
13.	Håkan Lindgren	20:50 (1:20:12) 59:22 (59:22) 12:12 (6:42:00) – (6:42:00)	33:43 (1:53:55)	6:42:00	+1:39:13	24:58	2:35:36 (4:29:31) 1:19:20 (5:48:51) 40:57 (6:29:48)
14.	Martin Ahlbom	20:54 (1:20:18) 59:24 (59:24) 12:55 (6:43:21) – (6:43:21)	33:57 (1:54:15)	6:43:21	+1:40:34	18:42	2:27:24 (4:21:39) 1:23:48 (5:45:27) 44:59 (6:30:26)
15.	Ola Hallbrandt	21:37 (1:20:37) 59:00 (59:00) 12:12 (6:44:44) – (6:44:44)	34:55 (1:55:32)	6:44:44	+1:41:57	19:37	2:30:42 (4:26:14) 1:21:54 (5:48:08) 44:24 (6:32:32)
16.	Lars Larsson	21:10 (1:19:39) 58:29 (58:29) 12:19 (6:45:06) – (6:45:06)	34:41 (1:54:20)	6:45:06	+1:42:19	29:22	2:13:59 (4:08:19) 1:35:20 (5:43:39) 49:08 (6:32:47)
17.	John Andén	20:20 (1:18:15) 57:55 (57:55) 12:41 (6:45:34) – (6:45:34)	32:13 (1:50:28)	6:45:34	+1:42:47	27:52	2:42:36 (4:33:04) 1:16:45 (5:49:49) 43:04 (6:32:53)
17.	Ola Oppås	20:53 (1:19:35) 58:42 (58:42) 12:42 (6:45:34) – (6:45:34)	34:26 (1:54:01)	6:45:34	+1:42:47	22:49	2:35:17 (4:29:18) 1:19:39 (5:48:57) 43:55 (6:32:52)
19.	Jörgen Tigerstrand	19:47 (1:15:11) 55:24 (55:24) 12:24 (6:53:38) – (6:53:38)	32:58 (1:48:09)	6:53:38	+1:50:51	41:17	2:44:54 (4:33:03) 1:22:36 (5:55:39) 45:35 (6:41:14)
20.	Andreas Smedman	20:40 (1:18:05) 57:25 (57:25) 13:04 (6:54:40) – (6:54:40)	32:59 (1:51:04)	6:54:40	+1:51:53	31:43	2:41:13 (4:32:17) 1:23:44 (5:56:01) 45:35 (6:41:36)
21.	Ralf Jönsson	19:35 (1:15:40) 56:05 (56:05) 12:42 (6:59:25) – (6:59:25)	32:28 (1:48:08)	6:59:25	+1:56:38	42:53	2:38:50 (4:26:58) 1:30:28 (5:57:26) 49:17 (6:46:43)
22.	Rasmus Håkansson	21:44 (1:20:31) 58:47 (58:47) 12:33 (7:15:56) – (7:15:56)	34:53 (1:55:24)	7:15:56	+2:13:09	39:41	2:39:47 (4:35:11) 1:35:49 (6:11:00) 52:23 (7:03:23)
23.	Michael Sageryd	21:37 (1:22:37) 1:01:00 (1:01:00) 13:41 (7:17:22) – (7:17:22)	35:19 (1:57:56)	7:17:22	+2:14:35	33:56	2:39:43 (4:37:39) 1:30:45 (6:08:24) 55:17 (7:03:41)
24.	Lucas Byrlén	20:16 (1:19:21) 59:05 (59:05) 13:33 (7:39:03) – (7:39:03)	34:45 (1:54:06)	7:39:03	+2:36:16	55:21	2:57:45 (4:51:51) 1:38:45 (6:30:36) 54:54 (7:25:30)

25.	Patrik Svensson	55:43 (55:43) 14:17 (7:45:28)	19:42 (1:15:25) – (7:45:28)	32:29 (1:47:54)	7:45:28	+2:42:41	1:10:08	3:08:28 (4:56:22)	1:39:10 (6:35:32)	55:39 (7:31:11)
26.	Marcus Klang	1:05:08 (1:05:08) 12:14 (7:48:50)	23:18 (1:28:26) – (7:48:50)	36:19 (2:04:45)	7:48:50	+2:46:03	44:55	2:57:58 (5:02:43)	1:41:56 (6:44:39)	51:57 (7:36:36)
27.	Fredrik Söderström	1:02:45 (1:02:45) 12:40 (8:00:04)	22:46 (1:25:31) – (8:00:04)	36:29 (2:02:00)	8:00:04	+2:57:17	56:57	3:10:58 (5:12:58)	1:42:17 (6:55:15)	52:09 (7:47:24)
28.	Arne Jansson	1:07:51 (1:07:51) 15:17 (8:14:56)	24:54 (1:32:45) – (8:14:56)	39:36 (2:12:21)	8:14:56	+3:12:09	40:56	2:59:19 (5:11:40)	1:52:17 (7:03:57)	55:42 (7:59:39)
29.	Staffan Berglund	57:40 (57:40) 23:36 (8:30:15)	21:48 (1:19:28) – (8:30:15)	34:45 (1:54:13)	8:30:15	+3:27:28	1:21:16	3:10:11 (5:04:24)	1:59:19 (7:03:43)	1:02:56 (8:06:39)
	Anton Lidblad	55:58 (55:58) – (–)	19:32 (1:15:30) – (–)	32:28 (1:47:58)	Utg.	6:18:27 (8:06:25)			– (–)	– (–)
	Andre Rudolph	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Fredrik Klang	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Kristoffer Säfstöm	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Mark Ussher	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Max Lorentzi	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Oscar Söderström	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)
	Sebastian Petersson	– (–) – (–)	– (–) – (–)	– (–)	Ej start	– (–)			– (–)	– (–)

**River Solo Dam (4 / 4)**

					Tid	Efter	Bomtid			
1.	Malin Hjalmarsson	58:04 (58:04) 12:08 (6:08:27)	20:06 (1:18:10) 0:35 (6:09:02)	32:46 (1:50:56)	6:09:02		0:00	2:13:05 (4:04:01)	1:12:07 (5:16:08)	40:11 (5:56:19)
2.	Kristin Emilsson	1:05:42 (1:05:42) 12:20 (6:53:37)	23:06 (1:28:48) – (6:53:37)	36:19 (2:05:07)	6:53:37	+44:35	5:48	2:25:12 (4:30:19)	1:25:26 (5:55:45)	45:32 (6:41:17)
3.	Maria Ehlin Kolk	1:13:14 (1:13:14) 12:57 (7:04:06)	29:53 (1:43:07) – (7:04:06)	40:37 (2:23:44)	7:04:06	+55:04	21:18	2:25:21 (4:49:05)	1:19:09 (6:08:14)	42:55 (6:51:09)
4.	Kristin Utbult	1:04:21 (1:04:21) 22:12 (8:39:20)	24:19 (1:28:40) – (8:39:20)	36:21 (2:05:01)	8:39:20	+2:30:18	55:34	3:11:52 (5:16:53)	1:52:13 (7:09:06)	1:08:02 (8:17:08)

**River Relay (1 / 1)**

					Tid	Efter	Bomtid			
1.	Jörgen Kard	54:18 (54:18) 11:21 (7:14:05)	20:40 (1:14:58) – (7:14:05)	32:00 (1:46:58)	7:14:05		0:00	3:08:50 (4:55:48)	1:20:12 (6:16:00)	46:44 (7:02:44)

**Run N bike Herr (15 / 15)**

					Tid	Efter	Bomtid			
1.	Erik Nilsson	1:48:09 (1:48:09)	1:01:17 (2:49:26)	32:27 (3:21:53)	3:31:49		2:27	9:56 (3:31:49)		– (3:31:49)
2.	Tomas Karlberg	1:49:07 (1:49:07)	1:06:05 (2:55:12)	37:31 (3:32:43)	3:43:48	+11:59	7:34	11:05 (3:43:48)		– (3:43:48)
3.	Daniel Smedman	2:03:25 (2:03:25)	1:09:09 (3:12:34)	36:32 (3:49:06)	4:00:04	+28:15	0:00	10:58 (4:00:04)		– (4:00:04)
4.	Jakob Sundberg	2:01:33 (2:01:33)	1:15:03 (3:16:36)	39:44 (3:56:20)	4:24:47	+52:58	9:45	12:54 (4:09:14)		15:33 (4:24:47)
5.	Niklas Kedén	2:09:38 (2:09:38)	1:24:36 (3:34:14)	44:19 (4:18:33)	4:31:33	+59:44	13:44	13:00 (4:31:33)		– (4:31:33)
6.	Fredrik Sundh	2:38:02 (2:38:02)	1:40:42 (4:18:44)	44:51 (5:03:35)	5:18:52	+1:47:03	12:04	15:17 (5:18:52)		– (5:18:52)
7.	Alfred Ahltin	2:26:37 (2:26:37)	1:43:32 (4:10:09)	1:06:06 (5:16:15)	5:29:17	+1:57:28	33:53	13:02 (5:29:17)		– (5:29:17)
8.	Andreas Axell	2:59:58 (2:59:58)	1:37:32 (4:37:30)	53:18 (5:30:48)	5:45:04	+2:13:15	0:00	14:16 (5:45:04)		– (5:45:04)
9.	Göran Sander	2:50:30 (2:50:30)	1:47:38 (4:38:08)	55:31 (5:33:39)	5:49:06	+2:17:17	10:38	15:27 (5:49:06)		– (5:49:06)

10.	Tommy Mattsson 2:59:57 (2:59:57)	2:10:42 (5:10:39)	1:16:45 (6:27:24)	6:46:13 18:49 (6:46:13)	+3:14:24 40:02	– (6:46:13)
11.	Martin salomonsson 3:32:00 (3:32:00)	1:57:15 (5:29:15)	59:06 (6:28:21)	6:46:29 Utg.	+3:14:40 0:00	– (6:46:29)
	Simon Nilsson – (–)	– (–)	– (–)	Utg.	– (–)	– (–)
	Stefan Viska 3:57:11 (3:57:11)	– (–)	– (–)	Utg.	– (–)	– (–)
	Anders salomonsson – (–)	– (–)	– (–)	Ej start	– (–)	– (–)
	Simon Meurling – (–)	– (–)	– (–)	Ej start	– (–)	– (–)

**Run N Bike Dam (4 / 4)**

				Tid	Efter	Bomtid
1.	Maria Karlberg 2:03:24 (2:03:24)	1:14:06 (3:17:30)	39:25 (3:56:55)	4:08:44	11:49 (4:08:44)	0:00 – (4:08:44)
2.	Anette Jonsson 2:11:08 (2:11:08)	1:24:29 (3:35:37)	46:18 (4:21:55)	4:35:54	+27:10 13:59 (4:35:54)	3:35 – (4:35:54)
3.	Maria Lundberg 2:37:55 (2:37:55)	1:46:50 (4:24:45)	57:20 (5:22:05)	5:38:38	+1:29:54 16:33 (5:38:38)	14:53 – (5:38:38)
	Theresia Viska – (–)	– (–)	– (–)	Ej start	– (–)	– (–)

**Lake Solo Herr (24 / 24)**

				Tid	Efter	Bomtid
1.	Martin Kedén 1:42:58 (1:42:58)	2:05:26 (3:48:24)	1:14:51 (5:03:15)	5:53:43	39:12 (5:42:27)	14:40 11:16 (5:53:43) – (5:53:43)
2.	Claes Löfman 1:34:35 (1:34:35)	2:07:12 (3:41:47)	1:19:58 (5:01:45)	6:00:05	+6:22 45:28 (5:47:13)	0:00 12:52 (6:00:05) – (6:00:05)
3.	Rickard Ericsson 1:42:50 (1:42:50)	2:09:58 (3:52:48)	1:20:10 (5:12:58)	6:07:37	+13:54 41:36 (5:54:34)	7:08 13:03 (6:07:37) – (6:07:37)
4.	Alfred Larsson 1:41:43 (1:41:43)	2:06:42 (3:48:25)	1:16:05 (5:04:30)	6:17:58	+24:15 1:01:23 (6:05:53)	22:27 12:05 (6:17:58) – (6:17:58)
5.	Johan Falkenberg 1:34:43 (1:34:43)	2:22:12 (3:56:55)	1:22:15 (5:19:10)	6:19:55	+26:12 45:32 (6:04:42)	9:44 15:13 (6:19:55) – (6:19:55)
6.	Simon Lundberg 1:40:37 (1:40:37)	2:13:53 (3:54:30)	1:30:59 (5:25:29)	6:25:34	+31:51 45:45 (6:11:14)	7:54 14:20 (6:25:34) – (6:25:34)
7.	Jonas Hellström 1:35:57 (1:35:57)	2:25:15 (4:01:12)	1:25:14 (5:26:26)	6:27:43	+34:00 47:48 (6:14:14)	10:14 13:29 (6:27:43) – (6:27:43)
8.	Fredrik Rutström 1:42:36 (1:42:36)	2:53:44 (4:36:20)	1:28:01 (6:04:21)	7:02:47	+1:09:04 46:01 (6:50:22)	30:49 12:25 (7:02:47) – (7:02:47)
9.	Kim Viklund 1:48:06 (1:48:06)	2:38:15 (4:26:21)	1:41:58 (6:08:19)	7:14:34	+1:20:51 51:10 (6:59:29)	8:47 15:05 (7:14:34) – (7:14:34)
10.	Johannes Högbom 1:47:26 (1:47:26)	2:38:31 (4:25:57)	1:42:17 (6:08:14)	7:19:12	+1:25:29 54:59 (7:03:13)	8:06 15:59 (7:19:12) – (7:19:12)
11.	Markus Björklund 1:42:55 (1:42:55)	2:48:10 (4:31:05)	1:43:12 (6:14:17)	7:23:36	+1:29:53 56:07 (7:10:24)	27:31 13:12 (7:23:36) – (7:23:36)
12.	Niklas Johansson 2:06:25 (2:06:25)	2:35:11 (4:41:36)	1:33:10 (6:14:46)	7:23:42	+1:29:59 56:50 (7:11:36)	11:45 12:06 (7:23:42) – (7:23:42)
13.	Gustaf Yden 1:46:31 (1:46:31)	2:51:37 (4:38:08)	1:46:00 (6:24:08)	7:35:18	+1:41:35 55:17 (7:19:25)	25:50 15:53 (7:35:18) – (7:35:18)
14.	Anders Hedlund 1:56:48 (1:56:48)	3:01:16 (4:58:04)	1:39:54 (6:37:58)	7:41:28	+1:47:45 50:21 (7:28:19)	23:00 13:09 (7:41:28) – (7:41:28)
15.	Andreas Bozarth Fornell 1:43:21 (1:43:21)	2:42:10 (4:25:31)	1:58:27 (6:23:58)	7:42:34	+1:48:51 57:33 (7:21:31)	33:01 21:03 (7:42:34) – (7:42:34)
16.	Andreas Brännström 1:51:35 (1:51:35)	3:12:51 (5:04:26)	1:49:29 (6:53:55)	8:06:00	+2:12:17 54:07 (7:48:02)	38:16 17:58 (8:06:00) – (8:06:00)
17.	Gustav Klang 1:52:25 (1:52:25)	4:10:02 (6:02:27)	1:49:14 (7:51:41)	8:59:11	+3:05:28 51:47 (8:43:28)	1:24:02 15:43 (8:59:11) – (8:59:11)
18.	Lars Johansson 2:08:50 (2:08:50)	3:38:06 (5:46:56)	2:14:52 (8:01:48)	9:29:20	+3:35:37 1:07:38 (9:09:26)	41:41 19:54 (9:29:20) – (9:29:20)
19.	Jörgen Sjöstedt 2:05:10 (2:05:10)	4:01:41 (6:06:51)	2:41:45 (8:48:36)	10:31:11	+4:37:28 1:18:14 (10:06:50)	1:16:34 24:21 (10:31:11) – (10:31:11)
	Niklas Gavelfält 1:34:07 (1:34:07)	– (–)	– (–)	Utg.	– (–)	– (–)
	Johan Hedlund – (–)	– (–)	– (–)	Ej start	– (–)	– (–)
	Mathieu Bonnehon – (–)	– (–)	– (–)	Ej start	– (–)	– (–)
	Mats Viklund – (–)	– (–)	– (–)	Ej start	– (–)	– (–)
	Oscar Andersson – (–)	– (–)	– (–)	Ej start	– (–)	– (–)

**Lake Solo Dam (3 / 3)**

				Tid	Efter	Bomtid
1.	Josefin Englund 1:53:05 (1:53:05)	2:38:44 (4:31:49)	1:50:32 (6:22:21)	7:33:20	53:22 (7:15:43)	0:00 17:37 (7:33:20) – (7:33:20)
2.	Emma Dufbäck 1:54:27 (1:54:27)	2:54:07 (4:48:34)	1:50:06 (6:38:40)	7:45:53	+12:33 51:11 (7:29:51)	12:48 16:02 (7:45:53) – (7:45:53)

Karin Steen			Ej start			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>Lake Duo Herr</b>	<b>(4 / 4)</b>		<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>	
1. Gustav Blommesköld	Vrigstad MK		7:54:14		12:07	
2:04:25 (2:04:25)	2:53:10 (4:57:35)	1:48:31 (6:46:06)		54:13 (7:40:19)	13:55 (7:54:14)	– (7:54:14)
2. Henrik Söröd	Nord-Lock and Loaded		8:11:43	+17:29	28:56	
2:02:53 (2:02:53)	2:37:51 (4:40:44)	2:03:52 (6:44:36)		1:07:19 (7:51:55)	19:48 (8:11:43)	– (8:11:43)
3. Jörgen Svarvare	Dahl		9:11:10	+1:16:56	35:59	
2:08:09 (2:08:09)	3:28:15 (5:36:24)	2:05:47 (7:42:11)		1:11:32 (8:53:43)	17:27 (9:11:10)	– (9:11:10)
Andreas Ekström	3City Triathlon		Utg.			
2:01:30 (2:01:30)	2:47:23 (4:48:53)	– (–)		– (–)	– (–)	– (–)
<b>Lake Duo Mix</b>	<b>(1 / 1)</b>		<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>	
1. Ulf Gyllunger	SOK Knallen		9:11:07		0:00	
2:09:53 (2:09:53)	3:28:12 (5:38:05)	2:10:41 (7:48:46)		1:02:54 (8:51:40)	19:27 (9:11:07)	– (9:11:07)
<b>Lake Relay Herr</b>	<b>(3 / 3)</b>		<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>	
1. Ronny Larsson	Roinge AB		5:28:25		0:00	
1:34:25 (1:34:25)	2:04:03 (3:38:28)	1:04:55 (4:43:23)		34:28 (5:17:51)	10:34 (5:28:25)	– (5:28:25)
2. Nord-Lock Mighty Washers	Emil Eriksson		6:44:42	+1:16:17	0:00	
1:53:23 (1:53:23)	2:33:43 (4:27:06)	1:21:42 (5:48:48)		43:15 (6:32:03)	12:39 (6:44:42)	– (6:44:42)
3. Fred Persson	Nord-Lock Loose Nuts		7:42:02	+2:13:37	12:33	
2:10:06 (2:10:06)	2:51:57 (5:02:03)	1:25:36 (6:27:39)		53:34 (7:21:13)	20:49 (7:42:02)	– (7:42:02)
<b>Lake Relay Mix</b>	<b>(3 / 3)</b>		<b>Tid</b>	<b>Efter</b>	<b>Bomtid</b>	
1. Joakim Bäckström	WARRIOR OC		8:21:16		54:25	
2:58:34 (2:58:34)	2:35:53 (5:34:27)	1:35:11 (7:09:38)		54:09 (8:03:47)	17:29 (8:21:16)	– (8:21:16)
2. Oskar Nygren			8:26:46	+5:30	20:06	
2:12:20 (2:12:20)	3:19:59 (5:32:19)	1:35:17 (7:07:36)		1:00:08 (8:07:44)	16:06 (8:23:50)	2:56 (8:26:46)
3. Mats Hallström	Nord-Lock Fasteners		9:05:12	+43:56	1:46:04	
1:54:10 (1:54:10)	4:39:53 (6:34:03)	1:26:48 (8:00:51)		48:36 (8:49:27)	15:45 (9:05:12)	– (9:05:12)