

ÅRE EXTREME RACE TOUR BJURSÅS 2023

| | Solo Herr | Paddling | Löpning (toppen) | Varning | Toppen | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |
|------------|--------------------|-----------------|-----------------------------|----------------|---------------|--------------------------|----------------------|-----------------------|--------------------|------------------|
| 1. | Lars Löfgren | 42:19 | 13:33 | 07:32 | 13:50 | 06:35 | 28:05 | 28:34 | 02:21:40 | |
| 2. | Jörgen Tigerstrand | 43:46 | 13:53 | 07:10 | 14:04 | 07:34 | 33:00 | 31:33 | 02:37:34 | +15:54 |
| 3. | Olle Axelsson | 45:43 | 14:21 | 07:26 | 14:30 | 07:27 | 35:10 | 34:12 | 02:40:09 | +18:29 |
| 4. | Martin Kedén | 51:25 | 14:27 | 07:24 | 14:52 | 07:45 | 43:19 | 36:40 | 02:51:25 | +29:45 |
| 5. | Peter Röök | 42:20 | 15:59 | 08:36 | 16:47 | 09:39 | 39:54 | 39:58 | 02:54:02 | +32:22 |
| 6. | Simon Lundberg | 47:48 | 15:33 | 07:39 | 15:11 | 08:28 | 42:53 | 40:45 | 03:01:17 | +39:37 |
| 7. | Jonas Hellström | 47:28 | 16:48 | 08:42 | 16:34 | 08:41 | 44:37 | 44:59 | 03:09:29 | +47:49 |
| 8. | Oscar Andersson | 53:09 | 16:15 | 08:15 | 16:59 | 08:53 | 43:42 | 45:51 | 03:16:28 | +54:48 |
| 9. | Mattias Vesterlund | 53:39 | 17:02 | 09:11 | 17:34 | 09:22 | 44:21 | 43:59 | 03:19:28 | +57:48 |
| 10. | Niclas Olsson | 1:13:53 | 16:06 | 08:22 | 16:45 | 08:11 | 38:48 | 39:14 | 03:22:50 | +1:01:10 |
| 11. | Markus Björklund | 49:34 | 20:43 | 10:21 | 20:16 | 10:28 | 45:07 | 44:48 | 03:24:53 | +1:03:13 |
| 12. | Jan Risinger | 47:50 | 19:29 | 10:34 | 19:42 | 11:38 | 56:48 | 55:39 | 03:43:25 | +1:21:45 |
| 13. | Martin Olsson | 59:27 | 16:58 | 09:00 | 17:45 | 09:28 | 53:48 | 58:16 | 03:46:13 | +1:24:33 |
| DNF | Luis Nunez | 46:55 | 21:08 | 11:55 | 20:51 | 11:26 | 50:18 | | (2:43:38) | |
| DNF | Niklas Gavelfält | 45:37 | 14:26 | 07:25 | 14:30 | 07:30 | 1:56 | | (1:31:39) | |
| DNF | Elis Weslien | | 56:15 | 8:21 | 15:51 | 8:41 | | | – (2:08:43) | |

| | Solo Dam | Paddling | Löpning (toppen) | Varning | Toppen | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |
|----|------------------|-----------------|-----------------------------|----------------|---------------|--------------------------|----------------------|-----------------------|-----------------|------------------|
| 1. | Hanna Höij | 42:42 | 17:36 | 09:06 | 17:21 | 09:21 | 42:25 | 39:55 | 03:01:22 | |
| 2. | Maria Ehlin Kolk | 51:28 | 16:56 | 09:15 | 16:52 | 09:15 | 39:30 | 38:34 | 03:03:29 | +2:07 |
| 3. | Malin Wandus | 53:01 | 17:13 | 09:01 | 17:22 | 09:17 | 40:25 | 38:13 | 03:06:16 | +4:54 |
| 4. | Sofia Dannert | 52:13 | 18:37 | 09:26 | 19:55 | 09:46 | 47:40 | 45:27 | 03:24:53 | +23:31 |
| 5. | Emma Dufbäck | 55:40 | 19:32 | 09:52 | 20:33 | 10:30 | 51:49 | 49:09 | 03:39:16 | +37:54 |
| | Duo Herr | Paddling | Löpning (toppen) | Varning | Toppen | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |

| | | | | | | | | | | |
|-----|-----------------|---------|-------------|-------|-------|-------|-------|-------------|-----------------|--------|
| | Team Bjursås Ik | | | | | | | | | |
| 1. | Multitalanger | 53:21 | 16:15 | 08:06 | 16:08 | 08:19 | 43:00 | 43:07 | 03:09:27 | |
| 2. | Team Kurr Kurr | 1:01:26 | 18:54 | 10:19 | 18:59 | 10:46 | 48:05 | 49:14 | 03:39:16 | +29:49 |
| DNF | Team D.A.R.E. | – (–) | – (1:17:33) | 10:54 | 23:42 | 12:47 | – (–) | – (3:01:37) | | |

| | Half Solo Dam | Paddling | Löpning (toppen) | | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |
|----|----------------------|-----------------|-------------------------|--|----------------------|------------------|-------------------|-----------------|------------------|
| 1. | Ingrid Djurback | 25:51 | 17:36 | | 09:48 | 49:01 | | 01:42:16 | |
| 2. | Camilla Ednell | 43:56 | 27:19 | | 14:12 | 1:33:29 | | 03:01:26 | +1:19:10 |

| | Halv Solo Herr | Paddling | Löpning (toppen) | | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |
|----|-----------------------|-----------------|-------------------------|--|----------------------|------------------|-------------------|-----------------|------------------|
| 1. | Jonas Djurback | 22:19 | 18:32 | | 08:14 | 33:15 | | 01:24:44 | |
| 2. | Jens Westergren | 25:49 | 14:48 | | 07:41 | 37:26 | | 01:25:44 | +1:00 |
| 3. | Per Wärnberg | 27:41 | 17:40 | | 08:14 | 39:38 | | 01:34:16 | +9:32 |
| 4. | Patrik Svensson | 23:03 | 19:54 | | 09:48 | 44:06 | | 01:36:51 | +12:07 |

| | Run & Bike Herr | | Löpning (toppen) | Varning | Toppen | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid | Tid efter |
|----|----------------------------|--|-------------------------|----------------|---------------|----------------------|------------------|-------------------|------------------|------------------|
| 1. | Fredrik Holmberg | | 21:27 | 09:15 | 18:16 | 09:45 | 58:04 | 9:48 | (2:09:28) | |

| | Run & Bike Dam | | Löpning (toppen) | Varning | Toppen | Löp (Växling) | MTB varv1 | MTB varv 2 | Sluttid |
|----|---------------------------|--|-------------------------|----------------|---------------|----------------------|------------------|-------------------|----------------|
| 1. | Anette Jonsson | | 15:41 | 8:37 | 16:43 | 08:32 | 46:46 | 44:01 | 2:22:50 |