



## RESULTAT Västra Mälardals Cupen 2019, deltävling 3

MÄN						
Plac	Namn	Klubb	Björnlunken	Medåker	Midsommar VM Cup	Snittid
1	Joel Larsson	Hägersta GF	00:36:39	00:39:43	00:40:14	00:38:52
2	Dennis Holmstedt	IK Westmannia	00:40:31		00:37:36	00:39:03
3	Felix Larsson	KUngsör	00:41:36	00:41:40		00:41:38
4	Niclas Larsson			00:43:01	00:42:54	00:42:58
5	Mattias Södereng	Ifk Sala	00:42:04	00:43:11	00:46:19	00:43:51
6	Fredrik Häggkvist	Ullvigymnasiet	00:43:34		00:44:40	00:44:07
7	Tony Andersson	Kungsör	00:44:07	00:44:59		00:44:33
8	AliAsghar Mudrirsizada	Kungsör	00:44:43	00:45:10		00:44:56
9	Per-Olov Andersson			00:43:58	00:45:57	00:44:58
10	Thomas Carlberg	Västerås	00:43:38	00:43:32	00:47:49	00:45:00
11	Thomas Lundström	Köping	00:44:21	00:44:02	00:47:47	00:45:23
12	Johan Rappu	Eskilstuna	00:45:00	00:45:56		00:45:28
13	Tony Larsson	<i>Funktionär</i>		00:45:21	00:47:00	00:46:11
14	Robert Johansson	Köpingskamraterna	00:40:41	00:53:10	00:45:05	00:46:19
15	Carl Aura			00:45:50	00:47:20	00:46:35
16	Daniel Björkbacka	Running Pirates	00:45:27	00:46:54	00:48:00	00:46:47
17	Andreas Tano Bask	Arboga	00:46:05	00:47:06	00:47:25	00:46:52
18	Anton Lindén	Arboga	00:47:37		00:46:39	00:47:08
19	Carl-Johan Dömstedt			00:46:36	00:48:06	00:47:21
20	Peder Lundberg	Arboga	00:48:06	00:48:48	00:45:43	00:47:33
21	Michael Eriksson			00:45:21	00:50:17	00:47:49
22	carl ekholm	At fritid SAAB	00:49:47	00:47:36	00:47:05	00:48:09
23	Christian Dekreon	Eskilstuna Friidrott	00:50:06	00:48:27	00:47:11	00:48:35
24	Dennis Jansson	Åbågen MC	00:49:08	00:49:44	00:47:33	00:48:48
25	Thomas Riswall	Ik Westmannia	00:49:35	00:49:33	00:49:22	00:49:30
26	Per Pettersson			00:51:18	00:49:05	00:50:11
27	Richard Larsson	Munktorp	00:48:12	00:53:10	00:49:41	00:50:21
28	Bengt Holmström	Köping	00:49:13	00:51:41	00:51:38	00:50:51
29	Carl Björnberg	Team Nallekulle	00:48:46	00:53:12	00:52:28	00:51:29
30	Victor Olofsson	<i>Funktionär</i>		00:50:37	00:53:19	00:51:58
31	Tony Eklund			00:47:17	00:57:14	00:52:16
32	Michael Emanuelsson	RunForrestRun	00:49:45	00:50:53	00:56:37	00:52:25
33	David Tingström	Västerås	00:51:14	00:53:49		00:52:32
34	Tony Ahlgren			00:52:46	00:52:49	00:52:48
35	Peter Karlsson			00:53:30	00:52:55	00:53:12
36	Johan Johansson			00:52:42	00:54:03	00:53:23
37	Dan Tommila	<i>Funktionär</i>		00:55:09	00:51:41	00:53:25
38	Armas Tamminen		00:54:51	00:52:59	00:52:58	00:53:36
39	Jörgen Sivertsson	Arboga	00:53:42	00:53:36		00:53:39
40	Erik Swedlund	Köping	00:53:59		00:53:24	00:53:42
41	Andréas Johansson			00:53:27	00:54:01	00:53:44
42	Niklas Berglund			00:53:39	00:54:10	00:53:55
43	Lars Selin	lkw	00:52:04	00:52:02	00:58:31	00:54:12
44	Emil Lind			00:53:43	00:54:45	00:54:14
45	Robert Messing	Hallstahammar	00:53:51		00:54:51	00:54:21
46	Niklas Holmström	Kolsva	00:52:13	00:54:36	00:56:18	00:54:22
47	Fredrik Eklund			00:54:32	00:54:36	00:54:34
48	Håkan Fernström	Arboga	00:53:40	00:56:24	00:57:40	00:55:55
49	Richard Asp			00:54:43	00:58:36	00:56:40
50	Göran Karlsson	Oves Cross	00:53:01	01:02:30		00:57:45
51	Gunnar Edström	Medåkers if	00:54:49	00:57:38	01:01:49	00:58:05
52	Oscar Lennell			00:56:50	01:00:47	00:58:48

53	Patrik Viborg			00:59:46	00:58:06	<b>00:58:56</b>
54	Kewin Larsson	Kungsörs SK	00:57:33		01:00:34	<b>00:59:03</b>
55	Christer Lennell			00:57:54	01:00:48	<b>00:59:21</b>
56	Christer Eklund			01:01:18	00:59:08	<b>01:00:13</b>
57	Nicklas Gustafsson	Virsta	01:04:31		01:00:44	<b>01:02:38</b>
58	Teijo Granberg	Trailrunning Köping	00:58:00		01:08:18	<b>01:03:09</b>
59	Jonas Wendin		00:55:22	01:08:43	01:06:27	<b>01:03:30</b>
60	Gustav Millberg			01:15:03	00:54:41	<b>01:04:52</b>
61	Jan-Olov Andersson	Metech	00:57:10		01:12:37	<b>01:04:54</b>
62	Stefan Anderberg			01:06:05	01:05:03	<b>01:05:34</b>
63	Sven Björk	Ramnäs	01:14:02		01:11:46	<b>01:12:54</b>
64	andreas yrvenback	arboga	01:16:09		01:12:37	<b>01:14:23</b>
65	Matija Moskon	Arboga	01:13:10		01:17:30	<b>01:15:20</b>
66	Ove Johansson	Oves Cross	01:17:34		01:22:00	<b>01:19:47</b>
67	Mikael Skott			01:33:23	01:40:53	<b>01:37:08</b>
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## RESULTAT Västra Mälardals Cupen 2019, efter deltävling 3

KVINNOR						
Plac	Namn	Klubb	BjörnLunken	Medåker	Midsomme	Snittid VM Cup
1	Emma Eriksson	Ik Westmannia	00:48:18	00:47:58	00:47:58	00:48:05
2	Marie Tommila		Funktionär	00:51:34	00:51:46	00:51:40
3	Susanne Haglind	Vingåker	00:53:57	00:57:23		00:55:40
4	Lena Malmberg	Köping	00:53:50		00:58:53	00:56:22
5	Ingela Wall Eriksson		00:58:27	00:58:18	00:56:40	00:57:49
6	Marlene Millberg	Kungsör	01:02:45	00:55:49	00:58:06	00:58:53
7	Liselotte Aleslöv	Arboga	01:03:14	00:55:28		00:59:21
8	Anna Nilsson	Sparbanken västra mälardalen	00:56:51	01:01:33	01:00:06	00:59:30
9	Emma Sköld			00:59:50	01:01:25	01:00:37
10	Karina Larsson	Kungsör	00:57:27	01:00:48	01:04:23	01:00:53
11	Tanja Kohut	Kolsva	01:02:55	01:00:06	01:00:08	01:01:03
12	Johanna Larsson		01:06:21	01:05:48	00:52:00	01:01:23
13	Nina Gustafsson	Virsta	00:59:56	01:05:08	01:00:02	01:01:42
14	Eva Edström	Fellingsbro	01:05:56	01:01:21	01:00:55	01:02:44
15	Cecilia Jaros	No worries	01:02:21	01:02:08	01:06:55	01:03:48
16	Rebecca Ljungman		01:02:25	01:07:26		01:04:55
17	Gunilla Andersson			01:04:13	01:07:28	01:05:50
18	Jenny Schelin		01:08:57	01:07:19	01:06:57	01:07:44
19	Anna Ekholm	Kungsör	01:01:15	01:19:31		01:10:23
20	Eva Björk	Ramnäs	01:11:59	01:09:36	01:12:05	01:11:13
21	Erika Väinölä	Ik Westmannia	01:10:09		01:12:24	01:11:16
22	Gloria Olsson	Hällsta	01:12:47	01:13:03		01:12:55
23	Helene Lager			01:13:53	01:14:17	01:14:05
24	Ritva Danielsson	Västerås	01:18:28	01:13:38	01:13:16	01:15:07
25	Pernilla Boström			01:14:17	01:17:07	01:15:42
26	Eva Zakrisson	Kungsör	01:15:44	01:16:06		01:15:55
27	Erika Winbladh	No Worries	01:18:24	01:21:33		01:19:59
28	Michaela Österlund	Arboga	01:20:18	01:24:47	01:17:43	01:20:56
29	Cecilia Ketola	Eskilstuna	01:22:27	01:34:41		01:28:34
30	Helena Björemman	Kimstad Golf	01:44:24	01:40:06		01:42:15
32						
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