



RESULTAT Västra Mälardals Cupen 2019, deltävling 3

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

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



RESULTAT Västra Mälardals Cupen 2019, efter deltävling 3

KVINNOR						
Plac	Namn	Klubb	BjörnLunken	Medåker	Midsommar	Snittid VMCup
1	Emma Eriksson	Ik Westmannia	00:48:18	00:47:58	00:47:58	00:48:05
2	Marie Tommila		<i>Funktionär</i>	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	Lena Malmberg	Köping	00:56:09		00:58:53	00:57:31
6	Ingela Wall Eriksson		00:58:27	00:58:18	00:56:40	00:57:49
7	Marlene Millberg	Kungsör	01:02:45	00:55:49	00:58:06	00:58:53
8	Liselotte Aleslöv	Arboga	01:03:14	00:55:28		00:59:21
9	Anna Nilsson	Sparbanken västra mälardalen	00:56:51	01:01:33	01:00:06	00:59:30
10	Emma Sköld			00:59:50	01:01:25	01:00:37
11	Karina Larsson	Kungsör	00:57:27	01:00:48	01:04:23	01:00:53
12	Tanja Kohut	Kolsva	01:02:55	01:00:06	01:00:08	01:01:03
13	Johanna Larsson		01:06:21	01:05:48	00:52:00	01:01:23
14	Nina Gustafsson	Virsta	00:59:56	01:05:08	01:00:02	01:01:42
15	Eva Edström	Fellingsbro	01:05:56	01:01:21	01:00:55	01:02:44
16	Cecilia Jaros	No worries	01:02:21	01:02:08	01:06:55	01:03:48
17	Rebecca Ljungman		01:02:25	01:07:26		01:04:55
18	Gunilla Andersson			01:04:13	01:07:28	01:05:50
30	Jenny Schelin	Sparbanken	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
31	Helena Björemman	Kimstad Golf	01:44:24	01:40:06		01:42:15
32						
33						
34						
35						