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| EIK-CUPEN 3 Eskilstuna 18-12-2009 |
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|----------------|-----------|-------|-----|---------|-----|
| SENIORER | | 500m | | 1500m | |
| Freddy Leijon | IF Thor | 43.28 | (1) | 2.16.27 | (2) |
| Magnus Nilsson | Eskils IK | 44.00 | (2) | 2.15.93 | (1) |
| Jan Landelius | IF Thor | 47.39 | (3) | 2.26.61 | (3) |

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|-----------------|-----------|-------|-----|---------|-----|
| POJKAR 13-14 | | 500m | | 1000m | |
| Didrik Eriksson | SK Pollux | 55.75 | (1) | 1.55.34 | (1) |
| Björn Seifert | IF Thor | 58.86 | (2) | 2.01.19 | (2) |
| Anton Lindroth | EskilsIK | 64.34 | (3) | 2.12.76 | (3) |

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| POJKAR 11-12 | | 500m | | 1000m | |
| Sebastian Lindblom | EskilsIK | 78.58f | (1) | 2.38.39 | (1) |

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|---------------------|-----------|-------|-----|-------|-----|
| POJKAR 8-10 | | 500m | | 300m | |
| Mattias Ohlsson | Södermalm | 72.26 | (1) | 43.70 | (2) |
| Clemens Silfverling | Södermalm | 74.49 | (2) | 43.50 | (1) |
| Oskar Nilsson | SK Pollux | 76.98 | (3) | 47.82 | (3) |
| Dag Östlund | Södermalm | 79.86 | (4) | 48.94 | (4) |

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|------------------|----------|-------|-----|-------|--|
| FLICKOR 13-14 | | 500m | | 1000m | |
| Nikie Hallenberg | EskilsIK | 49.80 | (1) | dns | |
| Linda Pettersson | EskilsIK | 51.38 | (2) | dns | |

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|-----------------|-----------|-------|-----|-------|-----|
| FLICKOR 8-10 | | 500m | | 300m | |
| Erika Lindgren | Södermalm | 58.65 | (1) | 36.54 | (1) |
| Karin Seifert | IF Thor | 71.78 | (2) | 44.18 | (3) |
| Moa Kronborg | Södermalm | 74.96 | (3) | 44.01 | (2) |
| Tilda Löwenberg | EskilsIK | 87.12 | (4) | 53.46 | (4) |