

## Sandviken 12 mars 2011

### 100 m

Tova Karlsson	F10	HSK	19.90
Ebba Melin	F10	HSK	22.10
Tova Åström	F10	HSK	22.32
Felicia Nilsson	F6	Pollux	35.15
Disa Arnell	F8	HSK	19.93
Alva Winroth	F8	HSK	22.73
Linnea Strand	F8	Pollux	23.96
Sara Lundell	F8	HSK	24.47
Clara Lönnberg	F8	Pollux	27.29
David Lönnberg	P10	Pollux	22.61
Nils Strand	P12	Pollux	30.89
Max Ahlstrand	P8	Pollux	19.52
Simon Jeppsson	P8	HSK	21.95
Erik Granstedt	P8	Pollux	27.38

### 494 m

Karin Seifert	F10	Thor	58.01
Ida Eriksson	F10	HSK	66.34
Tova Karlsson	F10	HSK	79.35
Ebba Melin	F10	HSK	90.56
Tova Åström	F10	HSK	95.48
Klara Reinhold König	F12	HSK	50.74
Ida Hallberg	F12	HSK	52.26
Moa Fundell	F12	HSK	53.98
Julia Lyxell Stålnacke	F12	HSK	60.18
Lina Ahlstrand	F12	Pollux	65.28
Amanda Björkman	F14	HSK	47.98
Malin Wickström	F16	HSK	46.11
Cornelia Karlsson	F16	HSK	49.00
Disa Arnell	F8	HSK	83.72
Joel Wisting	junior	HSK	40.56
Oskar Gudmundsson	junior	Thor	42.80
Eva Lagrange	Junior dam	Thor	52.44
Max Sjöstedt Eriksson	P10	Thor	51.62
Emil Jeppsson	P10	HSK	61.28

Emil König	P10	HSK	62.48	
Oskar Nilsson	P10	Pollux	64.53	
David Lönnberg	P10	Pollux	80.24	fall
Gustav Arnell	P12	HSK	54.31	
Johan Lundell	P12	HSK	56.34	
Didrik Eriksson	P14	Pollux	47.26	
Björn Seifert	P14	Thor	47.75	
Fredrik Lyxell Stålnacke	P14	HSK	52.64	
Johan Wallgren	P14	Hsk	55.79	
Ville Hattara	P14	Pollux	57.28	
Erik Wetterdal	P16	Thor	40.02	
Max Ahlstrand	P8	Pollux	95.54	fall
Anton Ekman	senior	Thor	41.49	
Bo König	senior	HSK	47.26	
Björn Larsson	senior	Dala active	47.45	
Anna Andersson	Senior	HSK	48.85	
Pelle Hallberg	senior	HSK	49.05	
Thomas Plahn	senior	Dala active	53.70	
Johanna Östlund	Senior dam	HSK	43.75	
Anna Lena Gudmundsson	veteran	Thor	47.59	
Sven Olsson	veteran	Dala active	50.68	
Stig Bohman	veteran	Dala active	51.13	
Olle Eriksson	veteran	Dala active	53.00	

### 295 m

Anna Hånell	Senior	HSK	30.14	
Håkan Karlsson	Senior	HSK	30.56	
Didrik Eriksson	P14	Pollux	30.34	
Ville Hattara	P14	Pollux	34.59	
Linnea Ahlstrand	F12	Pollux	38.95	
Emil König	P10	HSK	37.56	
Oskar Nilsson	P10	Pollux	39.80	
Linnea Strand	F8	Pollux	54.60	
David Lönnberg	P10	Pollux	41.46	
Tove Åström	F10	HSK	52.02	
Gustav Sjöstedt Eriksson	P8	Thor	41.49	
Erik Granstedt	P8	Pollux	54.88	

Simon Jeppsson	P8	HSK	56.68
Max Ahlstrand	P8	Pollux	46.88
Alva Winroth	F8	HSK	52.00
Clara Lönnberg	F8	Pollux	51.00
Sara Lundell	F8	HSK	55.81
Felicia Nilsson	F6	Pollux	1.42.74
Disa Arnell	F8	HSK	48.87

### 980 m

Ida Eriksson	F10	HSK	2.19.46	
Klara Reinhold König	F12	HSK	1.40.89	
Ida Hallberg	F12	HSK	1.45.01	
Moa Fundell	F12	HSK	1.50.86	
Karin Seifert	F12	Thor	2.00.35	
Julia Lyxell Stålnacke	F12	HSK	2.07.46	
Lina Ahlstrand	F12	Pollux	2.19.90	
Joel Wisting	junior	HSK	1.21.82	
Oskar Gudmundsson	junior	Thor	1.26.70	
Eva Lagrange	Junior dam	Thor	1.41.72	
Max Sjöstedt Eriksson	P10	Thor	1.49.31	
Emil Jeppsson	P10	HSK	2.08.16	
Oskar Nilsson	P10	Pollux	2.17.44	
Gustav Arnell	P12	HSK	1.50.86	
Johan Lundell	P12	HSK	2.14.81	fall
Björn Seifert	P14	Thor	1.36.55	
Didrik Eriksson	P14	Pollux	1.38.54	
Ville Hattara	P14	Pollux	1.51.14	
Johan Wallgren	P14	HSK	2.00.42	
Fredrik Lyxell Stålnacke	P14	HSK	2.02.43	fall
Bo König	senior	HSK	1.35.06	
Björn Larsson	senior	Dala active	1.36.51	
Pelle Hallberg	senior	HSK	1.38.77	
Anna Lena Gudmundsson	veteran	Thor	1.38.14	
Sven Olsson	veteran	Dala active	1.44.26	
Stig Bohman	veteran	Dala active	1.44.95	
Olle Eriksson	veteran	Dala active	1.47.43	

	<b>514 m</b>		
Anna Andersson	Senior	HSK	51.16

	<b>300 meter</b>		
Håkan Karlsson	Senior	HSK	30.30
Anna Hånell	Senior	HSK	30.53

	<b>1500 meter</b>		
Amanda Björkman	F14	HSK	2.28.82
Eva Lagrange	Junior dam	Thor	2.40.69
Erik Wetterdal	P16	Thor	2.07.48
Anton Ekman	senior	Thor	2.05.69
Björn Larsson	senior	Dala active	2.31.80
Thomas Plahn	senior	Dala active	2.51.89
Johanna Östlund	Senior dam	HSK	2.17.02
Anna Andersson	Senior	HSK	2.38.37
Sven Olsson	veteran	Dala active	2.46.41
Stig Bohman	veteran	Dala active	2.50.14

## Sandviken 13 mars 2011

<b>100 m</b>	Rundbana i mitten				
1 Tova Karlsson	F10	HSK	20.28	m	
2 Ebba Melin	F10	HSK	20.68	m	
1 Felicia Nilsson	F6	Pollux	31.77	m	
1 Disa Arnell	F8	HSK	19.27	m	
2 Alice Sundström	F8	HSK	21.42	m	
3 Clara Lönnberg	F8	Pollux	22.26	m	
4 Elsa Sundström	F8	HSK	22.58	m	
5 Alva Winroth	F8	HSK	24.80	Fm	
6 Moa Sundstrand	F8	HSK	26.75	fm	
7 Sara Lundell	F8	HSK	30.70	Fm	
1 Oskar Nilsson	P10	Pollux	16.48	m	
2 David Lönnberg	P10	Pollux	17.19	m	
3 Rasmus Eldebrandt	P10	HSK	19.08	m	
1 Simon Jeppsson	P8	HSK	20.94	m	
2 Max Ahlstrand	P8	Pollux	21.72	m	

3 Erik Granstedt	P8	Pollux	24.35	m
<b>500 m</b>				
Caroline Karlsson	DJ	HSK	46.22	
Louise Wisting	DJ	HSK	48.86	
Ida Eriksson	F10	HSK	67.29	
Karin Seifert	F10	Thor	69.78	f
Alice Sundström	F10	HSK	82.77	
Tova Karlsson	F10	HSK	87.86	
Ebba Melin	F10	HSK	90.10	
Ida Hallberg	F12	HSK	52.98	
Moa Fundell	F12	HSK	55.22	
Julia Lyxell Stålnacke	F12	HSK	60.67	
Lina Ahlstrand	F12	Pollux	69.27	f
Amanda Björkman	F14	HSK	48.42	
Cornelia Karlsson	F16	HSK	50.80	
Oskar Gudmundsson	junior	Thor	43.92	
Max Sjöstedt Eriksson	P10	Thor	53.64	
Emil König	P10	HSK	63.01	
Emil Jeppsson	P10	HSK	64.21	
Oskar Nilsson	P10	Pollux	68.34	
David Lönnberg	P10	Pollux	69.47	
Gustav Arnell	P12	HSK	56.74	
Johan Lundell	P12	HSK	67.90	F
Björn Seifert	P14	Thor	47.58	
Didrik Eriksson	P14	Pollux	49.64	
Fredrik Lyxell Stålnacke	P14	HSK	53.49	
Ville Hattara	P14	Pollux	57.20	
Gustav Sjöstedt Eriksson	P8	Thor	69.81	
Max Ahlstrand	P8	Pollux	84.27	m
Bo König	Senior	HSK	45.05	
Björn Larsson	senior	Dala active	48.29	
Anna Hånell	Senior	HSK	48.90	
Sven Olsson	veteran	Dala active	51.51	
<b>300 m</b>				
1 Ida Eriksson	F10	HSK	41.46	
2 Tova Karlsson	F10	HSK	50.01	
3 Ebba Melin	F10	HSK	50.63	

4	Alice Sundström	F10	HSK	51.59	f
1	Klara Reinhold König	F12	HSK	32.34	
2	Moa Fundell	F12	HSK	34.17	
3	Julia Lyxell Stålnacke	F12	HSK	36.74	
4	Lina Ahlstrand	F12	Pollux	49.65	f
1	Felicia Nilsson	F6	Pollux	118.46	f
1	Disa Arnell	F8	HSK	48.27	
2	Alva Winroth	F8	HSK	49.83	
3	Moa Sundstrand	F8	HSK	53.49	
4	Clara Lönnberg	F8	Pollux	53.54	
5	Elsa Sundström	F8	HSK	54.95	
6	Sara Lundell	F8	HSK	58.92	
1	Emil Jeppsson	P10	HSK	39.24	
2	Oskar Nilsson	P10	Pollux	41.15	
3	David Lönnberg	P10	Pollux	42.03	
4	Rasmus Eldebrandt	P10	HSK	48.03	
1	Didrik Eriksson	P14	Pollux	31.84	
2	Ville Hattara	P14	Pollux	35.73	
1	Gustav Sjöstedt Eriksson	P8	Thor	42.09	
2	Max Ahlstrand	P8	Pollux	43.80	
3	Simon Jeppsson	P8	HSK	54.23	
4	Erik Granstedt	P8	Pollux	56.27	
1	Bo König	senior	HSK	28.46	
2	Håkan Karlsson	Senior	HSK	30.71	
3	Pelle Hallberg	senior	HSK	31.28	
1	Anna Hånell	DS	HSK	30.92	
2	Anna Andersson	DS	HSK	31.41	
<b>300 m</b>					
1	Håkan Karlsson	Senior	HSK	30.46	
1	Anna Hånell	Senior	HSK	30.88	
<b>1000 m</b>					
1	Caroline Karlsson	DJ	HSK	1.34,61	
2	Louise Wisting	DJ	HSK	1.38,15	
1	Cornelia Karlsson	F16	HSK	1.43,80	
1	Oskar Gudmundsson	junior	Thor	1.31,53	
1	Max Sjöstedt Eriksson	P10	Thor	1.50,37	

2	Emil König	P10	HSK	2.08,91	
1	Gustav Arnell	P12	HSK	1.50,63	
2	Johan Lundell	P12	HSK	2.01,72	
3	Emil Jeppson	P12	HSK	2.12,51	
1	Fredrik Lyxell Stålnacke	P14	HSK	1.58,24	
1	Anton Ekman	senior	Thor	1.23,06	
2	Bo König	Senior	HSK	1.35,96	
3	Pelle Hallberg	Senior	HSK	1.40,77	
1	Johanna Östlund	Senior dam	HSK	1.29,15	
2	Anna Andersson	Senior	HSK	1.39,24	
1	Sven Olsson	veteran	Dala active	1.47,29	

### 1500 m

1	Karin Seifert	F10	Thor	3.17,72	man tid
1	Klara Reinhold König	F12	HSK	2.41,76	
2	Ida Hallberg	F12	HSK	2.45,18	
1	Björn Seifert	P14	Thor	2.33,04	
2	Didrik Eriksson	P14	Pollux	2.36,35	
3	Ville Hattara	P14	Pollux	3.02,95	man tid

### 3000 m

1	Anton Ekman	senior	Thor	4.41,59	
2	Björn Larsson	senior	Dala active	5.21.46	
1	Johanna Östlund	Senior dam	HSK	5.02.30	