

**Resultat – Munkastigen Trailrun 2022**

2022-04-30

**Män 44 km**

|   | <b>(47 / 47)</b>                                       | <b>Tid</b> | <b>Efter</b> |  |
|---|--|------------|--------------|--|
| 1. Jonathan Kandelin<br><i>10 km: 45:28 (45:28)</i>       | Örebro AIK<br><i>20 km: 42:19 (1:27:47)</i>            | 3:14:48    |              | 30 km: 46:42 (2:14:29)<br>40 km: 43:50 (2:58:19)     |
| 2. John Lundström<br><i>10 km: 45:44 (45:44)</i>          | Tisdagsklubben Örebro<br><i>20 km: 43:02 (1:28:46)</i> | 3:20:03    | +5:15        | 30 km: 49:57 (2:18:43)<br>40 km: 45:53 (3:04:36)     |
| 3. Matias Viktorsson<br><i>10 km: 46:51 (46:51)</i>       | LK Gränslöst<br><i>20 km: 43:37 (1:30:28)</i>          | 3:22:16    | +7:28        | 30 km: 49:15 (2:19:43)<br>40 km: 45:10 (3:04:53)     |
| 4. Erik Drotz<br><i>10 km: 49:01 (49:01)</i>              | IK NocOut.se<br><i>20 km: 43:49 (1:32:50)</i>          | 3:23:12    | +8:24        | 30 km: 50:15 (2:23:05)<br>40 km: 43:39 (3:06:44)     |
| 5. Björn Eriksson<br><i>10 km: 48:25 (48:25)</i>          | Tisdagsklubben Örebro<br><i>20 km: 43:58 (1:32:23)</i> | 3:24:05    | +9:17        | 30 km: 48:19 (2:20:42)<br>40 km: 44:30 (3:05:12)     |
| 6. Sten Sjögren<br><i>10 km: 48:13 (48:13)</i>            | Team Lewasport<br><i>20 km: 44:59 (1:33:12)</i>        | 3:32:14    | +17:26       | 30 km: 51:51 (2:25:03)<br>40 km: 48:45 (3:13:48)     |
| 7. Mattias Krysander<br><i>10 km: 49:49 (49:49)</i>       | Vreta SoMK<br><i>20 km: 46:31 (1:36:20)</i>            | 3:34:15    | +19:27       | 30 km: 51:55 (2:28:15)<br>40 km: 48:22 (3:16:37)     |
| 8. Martin Widlund<br><i>10 km: 50:54 (50:54)</i>          | Örebro AIK<br><i>20 km: 47:23 (1:38:17)</i>            | 3:34:33    | +19:45       | 30 km: 52:12 (2:30:29)<br>40 km: 46:09 (3:16:38)     |
| 9. Jonas Brännmyr<br><i>10 km: 50:46 (50:46)</i>          | NatureRunning<br><i>20 km: 47:26 (1:38:12)</i>         | 3:38:02    | +23:14       | 30 km: 53:02 (2:31:14)<br>40 km: 48:48 (3:20:02)     |
| 10. Janne Werner<br><i>10 km: 49:47 (49:47)</i>           | Almby IK<br><i>20 km: 48:23 (1:38:10)</i>              | 3:47:43    | +32:55       | 30 km: 54:50 (2:33:00)<br>40 km: 54:27 (3:27:27)     |
| 11. Mikael Windahl<br><i>10 km: 51:42 (51:42)</i>         | Zinkgruvans IF<br><i>20 km: 49:03 (1:40:45)</i>        | 3:49:02    | +34:14       | 30 km: 55:50 (2:36:35)<br>40 km: 52:09 (3:28:44)     |
| 12. Peter Klingvall<br><i>10 km: 57:36 (57:36)</i>        | Team Nordic Trail<br><i>20 km: 52:44 (1:50:20)</i>     | 3:59:01    | +44:13       | 30 km: 58:02 (2:48:22)<br>40 km: 51:19 (3:39:41)     |
| 13. Karl Forslin<br><i>10 km: 56:23 (56:23)</i>           | Västra Aros<br><i>20 km: 53:13 (1:49:36)</i>           | 4:07:02    | +52:14       | 30 km: 58:22 (2:47:58)<br>40 km: 58:03 (3:46:01)     |
| 14. David Jutterström<br><i>10 km: 56:18 (56:18)</i>      | Västra Aros<br><i>20 km: 53:16 (1:49:34)</i>           | 4:07:03    | +52:15       | 30 km: 58:25 (2:47:59)<br>40 km: 58:00 (3:45:59)     |
| 15. Tomas Karlsson<br><i>10 km: 1:00:10 (1:00:10)</i>     | Vretstorps IF<br><i>20 km: 55:31 (1:55:41)</i>         | 4:10:52    | +56:04       | 30 km: 1:00:58 (2:56:39)<br>40 km: 54:04 (3:50:43)   |
| 16. Andreas Pantzar<br><i>10 km: 1:01:25 (1:01:25)</i>    | Örebro<br><i>20 km: 57:59 (1:59:24)</i>                | 4:11:54    | +57:06       | 30 km: 59:05 (2:58:29)<br>40 km: 53:26 (3:51:55)     |
| 17. Magnus Liljerås<br><i>10 km: 1:00:13 (1:00:13)</i>    | Östansjö SK<br><i>20 km: 55:18 (1:55:31)</i>           | 4:13:41    | +58:53       | 30 km: 1:01:38 (2:57:09)<br>40 km: – (–)             |
| 18. Johan Svanholm<br><i>10 km: 58:51 (58:51)</i>         | Örebro AIK<br><i>20 km: 55:45 (1:54:36)</i>            | 4:14:28    | +59:40       | 30 km: 1:03:56 (2:58:32)<br>40 km: 54:46 (3:53:18)   |
| 19. Joakim Jansson<br><i>10 km: 56:17 (56:17)</i>         | Sydvärkepolisens IF<br><i>20 km: 53:01 (1:49:18)</i>   | 4:14:45    | +59:57       | 30 km: 58:36 (2:47:54)<br>40 km: 58:15 (3:46:09)     |
| 20. Peter Törnqvist<br><i>10 km: 1:01:39 (1:01:39)</i>    | Östansjö SK<br><i>20 km: 55:51 (1:57:30)</i>           | 4:18:51    | +64:03       | 30 km: 1:01:10 (2:58:40)<br>40 km: 57:33 (3:56:13)   |
| 21. Stefan Sager<br><i>10 km: 1:03:09 (1:03:09)</i>       | Örebro AIK<br><i>20 km: 57:57 (2:01:06)</i>            | 4:25:26    | +70:38       | 30 km: 1:07:36 (3:08:42)<br>40 km: 57:42 (4:06:24)   |
| 22. Torbjörn Sjölander<br><i>10 km: 1:00:55 (1:00:55)</i> | Örebro AIK<br><i>20 km: 1:00:18 (2:01:13)</i>          | 4:28:15    | +73:27       | 30 km: 1:06:10 (3:07:23)<br>40 km: 1:00:42 (4:08:05) |
| 23. Carl-Johan Dömstedt<br><i>10 km: 58:52 (58:52)</i>    | klubblös<br><i>20 km: 55:45 (1:54:37)</i>              | 4:30:23    | +75:35       | 30 km: 1:03:57 (2:58:34)<br>40 km: 1:09:33 (4:08:07) |
| 24. Björn Axell<br><i>10 km: 58:33 (58:33)</i>            | klubblös<br><i>20 km: 55:31 (1:54:04)</i>              | 4:37:04    | +82:16       | 30 km: 1:05:25 (2:59:29)<br>40 km: 1:13:44 (4:13:13) |
| 25. Niclas Östman<br><i>10 km: 58:36 (58:36)</i>          | Löpargänget i Motala<br><i>20 km: 55:26 (1:54:02)</i>  | 4:37:07    | +82:19       | 30 km: 1:05:31 (2:59:33)<br>40 km: 1:13:43 (4:13:16) |
| 26. Jonas Färnstrand<br><i>10 km: 1:03:11 (1:03:11)</i>   | Örebro AIK<br><i>20 km: 59:42 (2:02:53)</i>            | 4:45:13    | +90:25       | 30 km: 1:08:49 (3:11:42)<br>40 km: 1:08:17 (4:19:59) |
| 27. Johan Fransson<br><i>10 km: 1:01:27 (1:01:27)</i>     | Brohyttans IF<br><i>20 km: 58:00 (1:59:27)</i>         | 4:46:36    | +91:48       | 30 km: 1:12:06 (3:11:33)<br>40 km: 1:09:50 (4:21:23) |
| 28. Jonas Fritzon<br><i>10 km: 1:08:11 (1:08:11)</i>      | Karlskoga friidrott<br><i>20 km: 1:04:57 (2:13:08)</i> | 4:48:34    | +93:46       | 30 km: 1:15:03 (3:28:11)<br>40 km: 1:00:31 (4:28:42) |
| 29. Magnus Lindström<br><i>10 km: 1:04:09 (1:04:09)</i>   | Västerhaninge<br><i>20 km: 58:33 (2:02:42)</i>         | 4:48:44    | +93:56       | 30 km: 1:08:21 (3:11:03)<br>40 km: 1:11:20 (4:22:23) |
| 30. Johan Edvall<br><i>10 km: 1:08:13 (1:08:13)</i>       | Sya SK<br><i>20 km: 1:04:53 (2:13:06)</i>              | 4:48:52    | +94:04       | 30 km: 1:15:08 (3:28:14)<br>40 km: 1:00:30 (4:28:44) |
| 31. Linus Dahlberg<br><i>10 km: 1:05:06 (1:05:06)</i>     | klubblös<br><i>20 km: 59:58 (2:05:04)</i>              | 4:56:54    | +102:06      | 30 km: 1:09:37 (3:14:41)<br>40 km: 1:14:08 (4:28:49) |
| 32. Håkan Adolffsson<br><i>10 km: 1:09:52 (1:09:52)</i>   | Sisu Forshaga SK<br><i>20 km: 1:06:25 (2:16:17)</i>    | 4:59:58    | +105:10      | 30 km: 1:15:25 (3:31:42)<br>40 km: 1:05:28 (4:37:10) |
| 33. Jan Kläre<br><i>10 km: 1:13:44 (1:13:44)</i>          | Zinkgruvan IF<br><i>20 km: 1:08:20 (2:22:04)</i>       | 5:04:33    | +109:45      | 30 km: 1:10:45 (3:32:49)<br>40 km: 1:08:12 (4:41:01) |
| 34. Stefan Sjögren<br><i>10 km: 1:13:52 (1:13:52)</i>     | Örebro AIK<br><i>20 km: 1:10:07 (2:23:59)</i>          | 5:08:00    | +113:12      | 30 km: 1:17:09 (3:41:08)<br>40 km: 1:04:10 (4:45:18) |
| 35. Eric Sjöman<br><i>10 km: 1:08:54 (1:08:54)</i>        | Lerum Friidrott<br><i>20 km: 1:05:01 (2:13:55)</i>     | 5:10:31    | +115:43      | 30 km: 1:17:36 (3:31:31)<br>40 km: 1:14:28 (4:45:59) |

|                           |                          |                          |                          |  |
|---------------------------|--------------------------|--------------------------|--------------------------|--|
| 36. Christoffer Markusson | klubblös                 | 5:24:40                  | +129:52                  |  |
| 10 km: 1:13:47 (1:13:47)  | 20 km: 1:11:39 (2:25:26) | 30 km: 1:24:28 (3:49:54) | 40 km: 1:10:56 (5:00:50) |  |
| 37. Ulf Carlsson          | IFK Nora                 | 5:25:37                  | +130:49                  |  |
| 10 km: 1:10:27 (1:10:27)  | 20 km: 1:07:30 (2:17:57) | 30 km: 1:24:49 (3:42:46) | 40 km: 1:18:32 (5:01:18) |  |
| 38. Lars Mattson          | Krogsereds IK            | 5:31:32                  | +136:44                  |  |
| 10 km: 1:14:59 (1:14:59)  | 20 km: 1:10:31 (2:25:30) | 30 km: 1:20:46 (3:46:16) | 40 km: 1:18:12 (5:04:28) |  |
| 39. Tord Blucher          | Storådalens SK           | 5:31:37                  | +136:49                  |  |
| 10 km: 1:13:57 (1:13:57)  | 20 km: 1:11:41 (2:25:38) | 30 km: – (–)             | 40 km: – (5:01:34)       |  |
| 40. Peter Andersson       | Nora                     | 5:31:39                  | +136:51                  |  |
| 10 km: 1:10:29 (1:10:29)  | 20 km: 1:07:29 (2:17:58) | 30 km: 1:24:45 (3:42:43) | 40 km: 1:18:48 (5:01:31) |  |
| 41. Simon Kjellin         | Karlsunds IF             | 5:40:38                  | +145:50                  |  |
| 10 km: 1:13:22 (1:13:22)  | 20 km: 1:16:04 (2:29:26) | 30 km: 1:22:49 (3:52:15) | 40 km: 1:21:03 (5:13:18) |  |
| Fredrik Carlstedt         | klubblös                 | Utg.                     |                          |  |
| 10 km: 1:23:29 (1:23:29)  | 20 km: 1:20:26 (2:43:55) | 30 km: 1:43:01 (4:26:56) | 40 km: – (–)             |  |
| Daniel Berglund           | klubblös                 | Ej start                 |                          |  |
| 10 km: – (–)              | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |
| Daniel Sandberg           | klubblös                 | Ej start                 |                          |  |
| 10 km: – (–)              | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |
| Niklas Tyni               | klubblös                 | Ej start                 |                          |  |
| 10 km: – (–)              | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |
| Patrik Andersson          | klubblös                 | Ej start                 |                          |  |
| 10 km: – (–)              | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |
| Uffe E Pettersson         | Team Kroppslabbet        | Ej start                 |                          |  |
| 10 km: – (–)              | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |

**Kvinnor 44 km**

|                          | (17 / 17)                | Tid                      | Efter                    |  |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| 1. Linda Harradine       | 4FV IK                   | 3:58:56                  |                          |  |
| 10 km: 57:38 (57:38)     | 20 km: 52:37 (1:50:15)   | 30 km: 58:09 (2:48:24)   | 40 km: 51:19 (3:39:43)   |  |
| 2. Carina Gustavsson     | LK Gränslöst             | 4:35:50                  | +36:54                   |  |
| 10 km: 1:03:06 (1:03:06) | 20 km: 58:02 (2:01:08)   | 30 km: 1:07:31 (3:08:39) | 40 km: 1:03:49 (4:12:28) |  |
| 3. Natalia Ossipova      | Team Nordic Trail        | 4:48:36                  | +49:40                   |  |
| 10 km: 1:03:03 (1:03:03) | 20 km: 1:03:05 (2:06:08) | 30 km: 1:12:28 (3:18:36) | 40 km: 1:10:09 (4:28:45) |  |
| 4. Jessica Landström     | Sundbybergs IK           | 4:51:05                  | +52:09                   |  |
| 10 km: 1:04:06 (1:04:06) | 20 km: 58:40 (2:02:46)   | 30 km: 1:08:40 (3:11:26) | 40 km: 1:12:28 (4:23:54) |  |
| 5. Karin Holgersson      | klubblös                 | 4:58:33                  | +59:37                   |  |
| 10 km: 1:01:40 (1:01:40) | 20 km: 59:39 (2:01:19)   | 30 km: 1:07:45 (3:09:04) | 40 km: 1:24:43 (4:33:47) |  |
| 6. Camilla Kindvall      | Fjugesta IF              | 4:59:39                  | +60:43                   |  |
| 10 km: 1:10:03 (1:10:03) | 20 km: 1:08:00 (2:18:03) | 30 km: 1:13:42 (3:31:45) | 40 km: 1:05:08 (4:36:53) |  |
| 7. Amanda Brunosson      | Kumla                    | 5:02:15                  | +63:19                   |  |
| 10 km: 1:05:53 (1:05:53) | 20 km: 1:03:14 (2:09:07) | 30 km: 1:18:38 (3:27:45) | 40 km: 1:10:10 (4:37:55) |  |
| 8. Patricia Badh         | klubblös                 | 5:04:07                  | +65:11                   |  |
| 10 km: 1:04:01 (1:04:01) | 20 km: 1:02:56 (2:06:57) | 30 km: 1:21:13 (3:28:10) | 40 km: 1:10:17 (4:38:27) |  |
| 9. Hanna Richter         | Örebro AIK               | 5:08:12                  | +69:16                   |  |
| 10 km: 1:13:51 (1:13:51) | 20 km: 1:10:11 (2:24:02) | 30 km: 1:17:08 (3:41:10) | 40 km: 1:04:10 (4:45:20) |  |
| 10. Evelinn Sten         | Gunnernrunners           | 5:10:50                  | +71:54                   |  |
| 10 km: 1:05:56 (1:05:56) | 20 km: 1:03:08 (2:09:04) | 30 km: 1:19:15 (3:28:19) | 40 km: – (–)             |  |
| 11. Jennie Grahn         | Karlskoga                | 5:31:34                  | +92:38                   |  |
| 10 km: 1:10:57 (1:10:57) | 20 km: 1:11:10 (2:22:07) | 30 km: 1:24:12 (3:46:19) | 40 km: 1:18:12 (5:04:31) |  |
| 12. Agneta Dahm          | Bålsta IK                | 5:36:25                  | +97:29                   |  |
| 10 km: 1:13:41 (1:13:41) | 20 km: 1:12:33 (2:26:14) | 30 km: 1:25:56 (3:52:10) | 40 km: 1:19:47 (5:11:57) |  |
| 13. Christina Larsson    | Karlsunds IF             | 5:40:35                  | +101:39                  |  |
| 10 km: 1:13:10 (1:13:10) | 20 km: 1:16:11 (2:29:21) | 30 km: 1:22:51 (3:52:12) | 40 km: 1:21:03 (5:13:15) |  |
| 14. Rebecka Nylén        | Degerfors OK             | 6:03:27                  | +124:31                  |  |
| 10 km: 1:21:07 (1:21:07) | 20 km: 1:15:11 (2:36:18) | 30 km: 1:29:55 (4:06:13) | 40 km: 1:33:49 (5:40:02) |  |
| 15. Celine Pace-Soler    | OK Letstigen             | 6:45:26                  | +166:30                  |  |
| 10 km: 1:27:52 (1:27:52) | 20 km: 1:23:19 (2:51:11) | 30 km: 1:40:28 (4:31:39) | 40 km: 1:42:56 (6:14:35) |  |
| 16. Katrin Gummesson     | klubblös                 | 6:56:41                  | +177:45                  |  |
| 10 km: 1:27:59 (1:27:59) | 20 km: 1:23:16 (2:51:15) | 30 km: 1:40:42 (4:31:57) | 40 km: 1:42:49 (6:14:46) |  |
| Soile Ohvo               | Karlskoga                | Ej start                 |                          |  |
| 10 km: – (–)             | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)             |  |

**Lagtävling 44 km**

|                               | (9 / 9)                  | Tid                      | Efter                  |  |
|-------------------------------|--------------------------|--------------------------|------------------------|--|
| 1. Tisdagsklubben Örebro Lag2 | EM, DL, SG, SK, PL       | 3:14:52                  |                        |  |
| 10 km: 42:37 (42:37)          | 20 km: 41:27 (1:24:04)   | 30 km: 50:40 (2:14:44)   | 40 km: 43:37 (2:58:21) |  |
| 2. Saablar AT-fritid Arboga   | JW, DA, P-ES, HT, DO     | 3:28:35                  | +13:43                 |  |
| 10 km: 45:41 (45:41)          | 20 km: 48:24 (1:34:05)   | 30 km: 55:30 (2:29:35)   | 40 km: 42:38 (3:12:13) |  |
| 3. 3 Små Humlor               | JR, MK, TB               | 3:58:05                  | +43:13                 |  |
| 10 km: 58:48 (58:48)          | 20 km: 52:28 (1:51:16)   | 30 km: 57:31 (2:48:47)   | 40 km: 51:05 (3:39:52) |  |
| 4. LOKett                     | SD, SJ, AJ, TJ, JL       | 3:58:10                  | +43:18                 |  |
| 10 km: 1:00:52 (1:00:52)      | 20 km: 55:54 (1:56:46)   | 30 km: 53:26 (2:50:12)   | 40 km: 50:56 (3:41:08) |  |
| 5. Tisdagsklubben Örebro Lag1 | LB, KR, ES, EL, WH       | 4:00:30                  | +45:38                 |  |
| 10 km: 1:04:03 (1:04:03)      | 20 km: – (–)             | 30 km: – (2:58:42)       | 40 km: 44:56 (3:43:38) |  |
| 6. Ulricehamns OK             | KS, DP, SP, CR           | 4:20:27                  | +65:35                 |  |
| 10 km: 1:01:01 (1:01:01)      | 20 km: 59:17 (2:00:18)   | 30 km: – (–)             | 40 km: – (4:00:25)     |  |
| 7. Kalles Mix                 | KK, HdK, TK, AR, YJ      | 4:28:11                  | +73:19                 |  |
| 10 km: 1:01:17 (1:01:17)      | 20 km: 1:12:14 (2:13:31) | 30 km: 1:05:01 (3:18:32) | 40 km: 51:39 (4:10:11) |  |
| 8. Team Sela                  | DW, PS, ST, MT AB        | 4:36:52                  | +82:00                 |  |
| 10 km: 1:01:41 (1:01:41)      | 20 km: 1:11:02 (2:12:43) | 30 km: 1:12:26 (3:25:09) | 40 km: 52:19 (4:17:28) |  |
| Stigfinnarna                  | FH, MD                   | Utg.                     |                        |  |
| 10 km: – (–)                  | 20 km: – (–)             | 30 km: – (–)             | 40 km: – (–)           |  |