

## Höstfemman 19/9 -2023

							2,5 km	Finish	
Damer	First name	Last name	Team name	Startnr	Bib	Final Result	Pace	Time	Time
1	Malin	Skoog	IFK Umeå	229	229	17:28,9	03:30 /km	00:08:35	00:17:28
2	Linnéa	Isaksson	TTGU IF	213	213	18:46,6	03:45 /km	00:09:23	00:18:46
3	Sofia	Lindberg	TTGU IF	222	222	18:48,8	03:45 /km	00:09:14	00:18:48
4	Elin	Bäckström	Umeå	205	205	20:38,9	04:07 /km	00:09:33	00:20:38
5	Susanne	Hakola	IFK Umeå	225	225	21:13,7	04:15 /km	00:10:14	00:21:13
Herrar	First name	Last name	Team name	Startnr	Bib	Final Result	Pace	Time	Time
1	Benjamin	Näslund	IFK Umeå	202	202	14:53,2	02:58 /km	00:07:30	00:14:53
2	Karsten	Meier	IFK Umeå	211	211	14:54,1	02:58 /km	00:07:30	00:14:54
3	Rasmus	Hörnfeldt	Sockertoppen IF	220	220	16:00,5	03:12 /km	00:07:43	00:16:00
4	Lukas	Borgemo	IFK Umeå	215	215	16:10,4	03:13 /km	00:08:01	00:16:10
5	Hampus	Björck	IFK Umeå	207	207	16:35,6	03:19 /km	00:08:01	00:16:35
6	Ludvig	Renström	IFK Umeå	214	214	16:45,2	03:21 /km	00:08:16	00:16:45
7	Erik	Björkman	Täfteå IK	230	231	16:48,5	03:21 /km	00:08:31	00:16:48
8	Mikkel	Knif	IFK Umeå		1075	16:53,4	03:22 /km	00:08:09	00:16:53
9	André	Kröger	Oskarshamns RC	201	201	16:57,0	03:23 /km	00:08:18	00:16:56
10	Niklas	Berglund	IFK Umeå	218	218	17:13,6	03:27 /km	00:08:34	00:17:13
11	Erik	Lindgren	IFK Umeå	206	206	18:00,0	03:36 /km	00:08:38	00:17:59
12	Inge	Englund	Militär femkamp	208	208	18:08,9	03:37 /km	00:08:55	00:18:08
13	Christoffer	Larsson	IFK Umeå	203	203	18:10,5	03:38 /km	00:09:10	00:18:10
14	Tomas	Pekkari	IFK Umeå.	226	226	18:21,1	03:40 /km	00:09:03	00:18:21
15	Rickard	Jokela	Umeå	221	221	18:40,0	03:43 /km	00:09:21	00:18:39
16	Thomas	Strömsten	IFK Umeå	230	1051	19:35,6	03:55 /km	00:09:43	00:19:35
17	Espen	Wennberg	Röbäcks SK	228	228	20:47,1	04:09 /km	00:09:55	00:20:47
18	Magnus	Karlsson	Umeå	216	216	20:47,3	04:09 /km	00:10:05	00:20:47
19	Jonathan	Edlund	IFK Umeå	210	210	21:37,1	04:19 /km	00:11:08	00:21:37
20	Albin	Wedholm	Myggans OS	200	200	21:43,8	04:21 /km	00:10:28	00:21:43