

# STRÄCKTIDER PRO-SPF-mästerskap - Forserums SOK 2019-08-27

D 65 - 3100 m		1(31)	2(44)	3(34)	4(40)	5(45)	6(75)	7(42)	8(76)	9(77)	10(38)	M	
1	Gunvor Arnesson	103:38	5:39	5:17	7:43	24:08	8:42	5:04	5:59	21:44	12:23	5:50	1:09
	SPF Tabergsdalen		5:39	10:56	18:39	42:47	51:29	56:33	62:32	84:16	96:39	102:29	103:38

D 70 - 3100 m		1(31)	2(44)	3(34)	4(40)	5(45)	6(75)	7(42)	8(76)	9(77)	10(38)	M	
1	Ulla Ling	62:09	4:45	8:14	5:21	8:25	7:37	7:00	5:28	4:33	5:52	3:35	1:19
	PRO Taberg		4:45	12:59	18:20	26:45	34:22	41:22	46:50	51:23	57:15	60:50	62:09
2	Gerd Wallin	88:31	7:25	5:38	6:28	21:09	11:52	4:45	7:14	5:52	10:07	6:43	1:18
	PRO Norrahammar		7:25	13:03	19:31	40:40	52:32	57:17	64:31	70:23	80:30	87:13	88:31

D 75 - 2600 m		1(31)	2(33)	3(39)	4(35)	5(40)	6(41)	7(42)	8(43)	9(37)	10(38)	M	
1	Kerstin Gunnarsson SPF Nässjö	47:38	4:50	3:17	3:55	6:35	2:24	8:50	3:33	7:55	2:52	2:42	0:45
2	Anna-Kajsa Eriksson PRO Taberg	69:49	6:57	4:33	2:59	4:46	3:14	28:39	3:51	6:05	4:21	3:40	0:44
3	Gull-Britt Karlsson SPF Aneby	72:01	5:47	5:04	4:05	6:22	3:57	16:18	4:25	15:08	5:40	4:05	1:10
4	Karin Claesson PRO Norrahammar	73:27	6:38	5:32	4:34	6:52	3:51	22:06	5:49	7:47	4:32	4:21	1:25

H 65 - 4000 m		1(31)	2(78)	3(34)	4(79)	5(45)	6(80)	7(81)	8(42)	9(43)	10(77)	11(38)	M		
1	Lennart Gustavsson PRO Taberg	44:39	<b>3:08</b>	<b>2:23</b>	<b>3:25</b>	<b>5:25</b>	<b>3:52</b>	<b>4:48</b>	4:04	<b>6:21</b>	<b>3:44</b>	5:09	<b>1:47</b>	<b>0:33</b>	
			<b>3:08</b>	<b>5:31</b>	<b>8:56</b>	<b>14:21</b>	<b>18:13</b>	<b>23:01</b>	<b>27:05</b>	<b>33:26</b>	<b>37:10</b>	<b>42:19</b>	<b>44:06</b>	<b>44:39</b>	
2	Allan Arnesson SPF Tabergsdalen	51:25	3:22	2:58	3:44	6:38	4:40	5:41	5:14	7:16	3:49	5:12	2:13	0:38	
			3:22	6:20	10:04	16:42	21:22	27:03	32:17	39:33	43:22	48:34	50:47	51:25	
3	Ingwald Björklund PRO Holsbybrunn	53:54	3:55	2:58	4:28	6:44	4:07	6:10	<b>3:44</b>	10:59	4:08	<b>4:03</b>	1:59	0:39	
			3:55	6:53	11:21	18:05	22:12	28:22	32:06	43:05	47:13	51:16	53:15	53:54	
H 70 - 4000 m		1(31)	2(78)	3(34)	4(79)	5(45)	6(80)	7(81)	8(42)	9(43)	10(77)	11(38)	M		
1	Göran Karlsson SPF Aneby	56:06	<b>3:46</b>	<b>2:53</b>	<b>3:59</b>	8:20	<b>4:46</b>	5:57	4:29	8:59	<b>3:32</b>	5:37	3:06	0:42	
			<b>3:46</b>	<b>6:39</b>	<b>10:38</b>	18:58	23:44	<b>29:41</b>	<b>34:10</b>	<b>43:09</b>	<b>46:41</b>	<b>52:18</b>	<b>55:24</b>	<b>56:06</b>	
2	Per Granevik SPF Habo	56:48	3:49	4:15	4:22	6:56	6:29	5:59	<b>4:19</b>	<b>7:33</b>	4:20	<b>5:10</b>	2:52	0:44	
			3:49	8:04	12:26	19:22	25:51	31:50	36:09	43:42	48:02	53:12	56:04	56:48	
	Torbjörn Blomqvist SPF Tabergsdalen	Ej godkänd	4:23	3:06	4:08	<b>6:51</b>	5:08	8:14	5:01	8:16			<b>1:48</b>	<b>0:36</b>	76
			4:23	7:29	11:37	<b>18:28</b>	<b>23:36</b>	31:50	36:51	45:07		63:36	65:24	--	53:33
	Ola Borg SPF Eksjö	Ej godkänd	4:01	12:13	4:50	7:56	5:00	<b>5:39</b>			6:13	9:19	3:15	0:44	
			4:01	16:14	21:04	29:00	34:00	39:39		57:10	63:23	72:42	75:57	--	



H 80 - 2600 m		1(31)	2(33)	3(39)	4(35)	5(40)	6(41)	7(42)	8(43)	9(37)	10(38)	M		
1	Per Larsson	48:42	4:13	3:29	3:06	3:55	4:49	10:24	7:10	5:25	2:46	2:41	0:44	
	PRO Taberg		4:13	7:42	10:48	14:43	19:32	29:56	37:06	42:31	45:17	47:58	48:42	
2	Bernt Karlsson	57:16	5:46	3:38	3:57	5:17	3:23	17:03	4:05	5:36	4:39	2:53	0:59	
	PRO Ekenässjön		5:46	9:24	13:21	18:38	22:01	39:04	43:09	48:45	53:24	56:17	57:16	
3	Gunnar Grönqvist	59:50	6:34	5:21	5:26	6:54	3:46	10:21	4:42	8:26	3:57	3:24	0:59	76
	PRO Norra Mo		6:34	11:55	17:21	24:15	28:01	38:22	43:04	51:30	55:27	58:51	59:50	49:29
4	Karl-Gerhard Ramde	63:57	6:24	3:52	3:31	5:41	6:52	16:39	4:13	5:35	5:40	4:26	1:04	
	SPF Aneby		6:24	10:16	13:47	19:28	26:20	42:59	47:12	52:47	58:27	62:53	63:57	
5	Eskil Folkelid	94:12	5:52	28:59	3:15	5:03	3:24	28:12	4:08	6:11	4:22	3:48	0:58	
	SPF Tenhult		5:52	34:51	38:06	43:09	46:33	74:45	78:53	85:04	89:26	93:14	94:12	
	Lennart Kammenhed	Ej godkänd	5:29	3:47	3:12	4:43	2:44	5:54	12:03	7:32			0:59	
	PRO Hovslätt		5:29	9:16	12:28	17:11	19:55	25:49	37:52	45:24		51:27	--	

		1(32)	2(33)	3(34)	4(35)	5(36)	6(37)	7(38)	M	
1	H 85 - 2000 m									
	Sven-Erik Lund	41:19	3:05	18:18	4:32	3:52	4:02	3:36	3:02	0:52
	SPF Anderstorp		3:05	21:23	25:55	29:47	33:49	37:25	40:27	41:19

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