

## Resultat Triatlon 2019

	Namn	Simning	Cykel	Löpning
1	Michael Lind	08:35,0	28:23,0 19:48,0	<b>49:44,0</b> 21:21,0
2	Paul Nyberg	11:11,0	26:11 15:00	<b>42:22,0</b> 16:11,0
3	Michael Ledenius	12:08,0	33:47,0 21:39,0	<b>55:10,0</b> 21:23,0
4	Johan Myhrman	10:05,0	25:15,0 15:10,0	<b>39:19,0</b> 14:04,0
5	Thomas Ljungqvist	10:12,0	26:45,0 16:33,0	<b>45:03,0</b> 18:18,0
6	Helene Fredriksson	09:53,0	29:36,0 19:43,0	<b>49:31,0</b> 19:55,0
7	Anders Hedman	11:20,0	32:29,0 21:09,0	<b>51:48,0</b> 19:19,0
8	Mikael Karlsson	11:17,0	31:38,0 20:21,0	<b>50:04,0</b> 18:26,0
9	Mattias Fries	10:43,0	28:07,0 17:24,0	<b>44:53,0</b> 16:46,0
10	Kent Gustavsson	12:12,0	32:00,0 19:48,0	<b>53:30,0</b> 21:30,0
11	Niila Klingvall	10:00,0	30:24,0 20:24,0	<b>47:08,0</b> 16:44,0
12	Jonas Larsson	11:49,0	28:33,0 16:44,0	<b>47:08,0</b> 18:35,0
13	P-O Stenberg	0:11:12	30:05,0 18:53,0	<b>47:35,0</b> 17:30,0
14	Markus Lindberg (Securitas)	10:14,0	26:45,0 16:31,0	<b>44:17,0</b> 17:32,0
15	Fredrik Bergman	08:59,0	26:02,0 17:03,0	<b>43:42,0</b> 17:40,0
16	Ulrika Jonsson	12:30,0	42:06,0 29:36,0	<b>01:07:44</b> 00:25:38
17	Samanta Sonnergren			01:07:54

## Lagtävling

	Namn	Simning	Cykel	Löpning
L4	Niila Klingvall	10:00,0		
	Torben Gustavsson		25:00,0	
	Odd Sundqvist			<b>40:55,0</b>
	Deltider		15:00,0	15:55,0
L2	Ronnie Å	10:25,0		
	Daniel F.		26:17,0	
	Mattias A.			<b>43:08,0</b>
	Deltider		15:52,0	16:51,0
L1	Torleif	11:28,0		
	Jesper		28:35,0	
	Anders Hermansson			<b>43:14,0</b>
	Deltider		17:07,0	14:39,0
L3	Mattias Fies	10:43,0		
	Andreas Källberg		28:11,0	
	Fredrik Heder			<b>43:58,0</b>
	Deltider		00:17:28	15:47,0