

Resultatlista Helsingborgs Terränglopp 2015-10-18

Mulet, lite regn, +9 grader

F11 2km (2004-2005)

| | Namn | | | Förening | Tid |
|---|----------|------------|------|-------------------|-------|
| 1 | Johanna | Hofvendahl | 2004 | IS Göta | 07.47 |
| 2 | Hedda | Holm | 2005 | IS Göta | 08.58 |
| 3 | Ellen | Källberg | 2005 | IS Göta | 09.04 |
| 4 | Tess | Berntsson | 2004 | IS Göta | 09.08 |
| 5 | Hanna | Berner | 2005 | IS Göta | 09.10 |
| 6 | Malva | Östergren | 2005 | Höganäs Friidrott | 09.42 |
| 7 | Saga | Lundgren | 2005 | | 10.47 |
| 8 | Nicolina | Englund | 2004 | Björnstorps IF | 11.09 |

F13 2km (2002-2003)

| | Namn | | | Förening | Tid |
|---|----------|---------------|------|---------------|-------|
| 1 | Sofie | Olsson | 2002 | IS Göta | 08.07 |
| 2 | Linnea | Paulsson | 2003 | Ängelholms IF | 09.02 |
| 3 | Smilla | Gelberg | 2002 | | 09.18 |
| 4 | Hanna | Stenström | 2003 | IS Göta | 09.19 |
| 5 | Sara | Nilsson | 2002 | | 09.21 |
| 6 | Ida | Bogsjö Jensen | 2002 | Råå IF | 09.57 |
| 7 | Fredrika | Broomé | 2002 | | 10.44 |

F15 4km (2000-2001)

| | Namn | | | Förening | Tid |
|---|---------|--------|------|---------------|-------|
| 1 | Ellinor | Aurell | 2001 | Ängelholms IF | 15.46 |
| 2 | Amelie | Kinch | 2002 | IS Göta | 18.43 |

F17 4km (1998-1999)

| | Namn | | | Förening | Tid |
|---|--------|-------|------|-----------------|-------|
| 1 | Olivia | Kempi | 1998 | IFK Helsingborg | 17.25 |
| 2 | Agnes | Wijk | 1978 | IFK Helsingborg | 17.43 |

F7 2km (2008 eller senare)

| | Namn | | | Förening | Tid |
|---|-------------|------------|------|-----------------|------------|
| 1 | Felicia | Persson | 2008 | IS Göta | 09.30 |
| 2 | Lavinia | Winstedt | 2009 | IS Göta | 10.51 |
| 3 | Klara | Lindau | 2008 | | 12.09 |
| 4 | Elvira | Lindau | 2009 | | 12.13 |
| 5 | Annie | Lilienberg | 2010 | | 15.40 |

F9 2km (2006-2007)

| | Namn | | | Förening | Tid |
|---|-------------|------------|------|-----------------|------------|
| 1 | Lisa | Malmros | 2007 | IS Göta | 09.26 |
| 2 | Mika | Rönndahl | 2007 | IS Göta | 09.53 |
| 3 | Ebba | Lohav | 2007 | IS Göta | 10.28 |
| 4 | Rebecka | Hofvendahl | 2006 | IS Göta | 10.48 |
| 5 | Moa | Gunnarsson | 2007 | IS Göta | 11.46 |
| 6 | Saga | Palmertz | 2006 | IS Göta | 11.49 |
| 7 | Linnea | Steen | 2007 | IS Göta | 13.43 |

K35 4km (1976-1980)

| | Namn | | | Förening | Tid |
|---|-------------|---------|------|-----------------|------------|
| 1 | Marina | Stoltz | 1976 | Heleneholms IF | 14.55 |
| 2 | Anna | Malmros | 1977 | IS Göta | 17.36 |

K40 4km (1971-1975)

| | Namn | | | Förening | Tid |
|---|-------------|-------------|------|-----------------|------------|
| 1 | Florentina | Stojakovic | 1974 | IS Göta | 15.10 |
| 2 | Emma | Jönsson | 1975 | IS Göta | 17.36 |
| 3 | Rikke | Christensen | 1974 | Helsingør SOK | 18.00 |
| 4 | Malin | Olsson | 1975 | IS Skanne | 20.47 |

K45 4km (1966-1970)

| | Namn | | | Förening | Tid |
|---|----------|-------------------|------|----------------|-------|
| 1 | Mia | Havinder | 1969 | Björnstorps IF | 16.00 |
| 2 | Katarina | Hansson | 1966 | Björnstorps IF | 17.21 |
| 3 | Anna | Hull | 1967 | Ystad IF | 17.24 |
| 4 | Petra | Tschannen Hofvend | 1969 | IS Göta | 17.25 |
| 5 | Anna | Kinch | 1970 | IS Göta | 18.50 |
| 6 | Tina | Reimer | 1969 | IS Göta | 20.01 |
| 7 | Ulrika | Särvegård | 1968 | Heleneholms IF | 20.10 |

K50 4km (1961-1965)

| | Namn | | | Förening | Tid |
|---|--------|-----------|------|----------------|-------|
| 1 | Marie | Olsson | 1963 | Björnstorps IF | 15.26 |
| 2 | Annika | Rosenlund | 1961 | Björnstorps IF | 16.26 |
| 3 | Sussie | Bogut | 1965 | Helsingør SOK | 17.20 |

K55 4km (1956-1960)

| | Namn | | | Förening | Tid |
|---|----------|-----------|------|-----------------|-------|
| 1 | Catarina | Petersson | 1958 | IS Göta | 18.01 |
| 2 | Eva | Lönnqvist | 1956 | Ystad IF | 18.17 |
| 3 | Kajsa | Hansson | 1956 | FK Snapphanarna | 18.59 |

K60 4km (1951-1955)

| | Namn | | | Förening | Tid |
|---|------|---------|------|----------------|-------|
| 1 | Ylva | Jönsson | 1955 | Heleneholms IF | 21.12 |

K65 4km (1946-1950)

| | Namn | | | Förening | Tid |
|---|-------------|-----------|------|---------------|-------|
| 1 | Lisbeth | Espersen | 1950 | Helsingør SOK | 20.54 |
| 2 | Britt Marie | Andersson | 1949 | Genarps IF | 26.09 |

KS 4km (-1981)

| | Namn | | | Förening | Tid |
|---|--------|-----------|------|----------------|-------|
| 1 | Maria | Sandström | 1990 | MAI | 14.24 |
| 2 | Anna | Bjurman | 1988 | IS Göta | 14.46 |
| 3 | Linnéa | Skoogh | 1985 | Björnstorps IF | 15.53 |

KS 8km (-1981)

| | Namn | | | Förening | Tid |
|---|-------------|------------|------|-------------------|------------|
| 1 | Annelie | Blomquist | 1992 | IS göta | 32.39 |
| 2 | Hanna | Kronberg | 1974 | Söderåsens FK | 34.50 |
| 3 | Jennie | Lorentsson | 1982 | IS Göta | 35.54 |
| 4 | Anna | Hull | 1967 | Ystad IF | 36.44 |
| 5 | Jenny | Ziegler | 2000 | Höganäs Friidrott | 48.49 |

Kvinnor Motion 4km

| | Namn | | | Förening | Tid |
|---|-------------|----------------|------|------------------------|------------|
| 1 | Sandra | Lundgren | 1976 | Löparglädje Landskrona | 17.22 |
| 2 | Emmy | Wahlgren | 2004 | | 20.22 |
| 3 | Malin | Krite Schaarup | 1977 | | 22.49 |
| 4 | A | Ericsson | 1973 | | 23.03 |
| 5 | Therese | Zander | 1979 | | 24.20 |
| 6 | Inger | Gustafsson | 1952 | | 24.25 |
| 7 | Camilla | Lohav | 1973 | | 24.55 |
| 8 | Annette | Adler | 1975 | löparängest | 25.01 |

Kvinnor Motion 8km

| | Namn | | | Förening | Tid |
|----|-----------|------------------|------|--------------|-------|
| 1 | Emma | Blomsterberg | 1974 | LK Uven | 33.28 |
| 2 | Anna | Nystedt | 1973 | piggelina.se | 35.21 |
| 3 | Lisa | Asp | 1979 | | 36.36 |
| 4 | Emilie | Olsson | 1984 | Löparglädje | 36.59 |
| 5 | Kamila | Bergolc | 1969 | Helsingborg | 39.09 |
| 6 | Anna | Törnebrant | 1981 | | 39.58 |
| 7 | Viveca | Maxelius Rosdahl | 1974 | | 40.13 |
| 8 | Sanna | Vedin | 1978 | | 40.18 |
| 9 | Sanna | Lundh | 1982 | | 40.28 |
| 10 | Jenny | Axelsson | 1978 | | 41.19 |
| 11 | Elin | Nyström | 1990 | | 42.34 |
| 12 | Caroline | Olsson | 1976 | | 43.34 |
| 13 | Karin | Ander | 1959 | Runners Club | 43.46 |
| 14 | Erika | Gustavsson | 1964 | Löparängest | 45.13 |
| 15 | Fanny | Brunskog | 1993 | | 46.11 |
| 16 | Dana | Runge | 1965 | | 48.37 |
| 17 | Iqra | Javed | 1986 | | 49.19 |
| 18 | Eva-lotta | Hulkkonen | 1965 | | 53.23 |
| 19 | Ulrika | Lönn | 1974 | | 55.28 |

M35 8km (1976-1980)

| | Namn | | | Förening | Tid |
|---|---------|---------------|------|-----------------|-------|
| 1 | Henrik | Orre | 1976 | Björnstorps IF | 26.00 |
| 2 | Sune | Soelberg | 1977 | Andrarums IF | 30.05 |
| 3 | Martin | Åkerlöf Exler | 1978 | IS Göta | 30.15 |
| 4 | Andréas | Palmertz | 1978 | IS Göta | 33.17 |
| 5 | Jimmy | Dewens | 1978 | Fk Snapphanarna | 34.06 |

M40 8km (1971-1975)

| | Namn | | | Förening | Tid |
|---|-------------|------------------|------|-------------------|------------|
| 1 | Marc | Lövgren Karlsson | 1974 | Heleneholms IF | 27.18 |
| 2 | Andreas | Berner | 1973 | IS Göta | 27.40 |
| 3 | Mikael | Stagling | 1975 | IS Göta | 27.51 |
| 4 | Tobias | Jansson | 1974 | IS Göta | 28.16 |
| 5 | Linus | Eriksson | 1974 | IS Göta | 28.26 |
| 6 | Martin | Holm | 1973 | IS Göta | 29.09 |
| 7 | Rickard | Andersson | 1973 | Heleneholms IF | 29.40 |
| 8 | Kim | Berglund | 1972 | IS Göta Triathlon | 33.12 |
| 9 | Jimmy | Caldén | 1974 | Ystad IF | 36.34 |

M45 8km (1966-1970)

| | Namn | | | Förening | Tid |
|----|-------------|------------|------|-------------------------|------------|
| 1 | Tony | Lavesson | 1968 | IS Göta | 28.29 |
| 2 | Johan | Ewald | 1969 | Heleneholms IF | 29.18 |
| 3 | Henrik | Petersen | 1966 | Helsingør SOK | 29.21 |
| 4 | Toru | Shingai | 1969 | IS Göta | 29.27 |
| 5 | Stephen | Murray | 1966 | Friskis & Svettis Eslöv | 30.38 |
| 6 | Niklas | Stenström | 1968 | IS Göta | 31.08 |
| 7 | Fredrik | Engholm | 1968 | IS Göta | 31.18 |
| 8 | Carl | Hofvendahl | 1970 | IS Göta | 31.26 |
| 9 | Martin | Johansson | 1967 | Heleneholms IF | 32.10 |
| 10 | Thomas | Linderöth | 1969 | IS Göta | 32.48 |
| 11 | Gustav | Sande | 1969 | Genarps IF | 33.34 |
| 12 | Robert | Berntsson | 1968 | Björnstorps IF | 33.40 |
| 13 | Kristian | Wahlgren | 1968 | IS Göta | 33.44 |
| 14 | Lars-Erik | Skans | 1967 | Heleneholms IF | 33.58 |
| 15 | Niclas | Martell | 1967 | IS Göta | 34.16 |
| 16 | Magnus | Steen | 1968 | IS Göta | 34.24 |
| 17 | Jan | Forsberg | 1966 | LK Myran | 34.29 |

M50 8km (1961-1965)

| | Namn | | | Förening | Tid |
|---|-----------|-----------|------|-------------------------|-------|
| 1 | BG | Nilensjö | 1963 | IS Göta | 27.34 |
| 2 | Michael | Bentzen | 1965 | Helsingør SOK | 29.08 |
| 3 | Sven | Lindeberg | 1963 | IS Göta | 30.27 |
| 4 | Christian | Jørgensen | 1964 | Friskis & Svettis Malmö | 31.22 |
| 5 | Jørgen | Olsen | 1962 | Helsingør SOK | 31.53 |
| 6 | Marcus | Bällgren | 1964 | IS Göta | 32.13 |
| 7 | Rikard | Särvegård | 1965 | Heleneholms IF | 32.22 |
| 8 | Flemming | Olsen | 1964 | FK Snapphanarna | 33.02 |

M55 8km (1956-1960)

| | Namn | | | Förening | Tid |
|---|---------|-----------|------|----------------|-------|
| 1 | Chris | Daanen | 1959 | IS Göta | 31.25 |
| 2 | Jerry | Olsson | 1957 | Björnstorps IF | 31.31 |
| 3 | Lars | Lindqvist | 1956 | Björnstorps IF | 32.42 |
| 4 | Kenneth | Sørensen | 1960 | Helsingør SOK | 34.49 |
| 5 | Jan | Kopfinger | 1958 | IS Göta | 37.37 |

M60 4km (1951-1955)

| | Namn | | | Förening | Tid |
|---|---------|-----------|------|----------------|-------|
| 1 | Bo | Berglund | 1953 | IK Jogg | 16.04 |
| 2 | Bo | Andersson | 1952 | Genarps IF | 16.52 |
| 3 | Kenneth | Rosengren | 1952 | LK Myran | 17.24 |
| 4 | Bent | Solberg | 1953 | Helsingør SOK | 18.46 |
| 5 | Carl | Almström | 1951 | Björnstorps IF | 21.30 |

M65 4km (1946-1950)

| | Namn | | | Förening | Tid |
|---|----------|-------------|------|---------------------------|-------|
| 1 | Christer | Verneresson | 1950 | Fk snapphanarna, ängelhol | 16.22 |
| 2 | Magnus | Bergh | 1949 | Heleneholms IF | 19.12 |
| 3 | Kerry | Linell | 1950 | Björnstorps IF | 19.55 |

M70 4km (1941-1945)

| | Namn | | | Förening | Tid |
|---|---------|-----------|------|-----------------|-------|
| 1 | Lars | Rosenlind | 1942 | IFK Helsingborg | 19.34 |
| 2 | Lars | Rosenlund | 1944 | Björnstorps IF | 21.07 |
| 3 | Jan-Åke | Persson | 1941 | IFK Helsingborg | 23.20 |

M75 4km (1936-1940)

| | Namn | | | Förening | Tid |
|---|------|-----------|------|-----------------|-------|
| 1 | Karl | Nordström | 1936 | IFK Helsingborg | 24.15 |

M80 4km (1931-1935)

| | Namn | | | Förening | Tid |
|---|--------|---------|------|----------------|-------|
| 1 | Gunnar | Nilsson | 1933 | Heleneholms IF | 21.24 |
| 2 | Arne | Nilsson | 1935 | LK Myran | 30.06 |

MS 4km (-1981)

| | Namn | | | Förening | Tid |
|---|---------|----------|------|----------|-------|
| 1 | Fredrik | Jönsson | 1994 | IS Göta | 12.47 |
| 2 | Erik | Alnervik | 1985 | IS Göta | 13.18 |

MS 8km (-1981)

| | Namn | | | Förening | Tid |
|---|----------|-----------|------|----------------|-------|
| 1 | David | Hartman | 1981 | IS Göta | 26.09 |
| 2 | Daniel | Ekholm | 1981 | IS Göta | 26.43 |
| 3 | Anton | Landgren | 1989 | Strömstad LK | 27.29 |
| 4 | Johannes | Tegner | 1986 | Lerhamns LK | 27.38 |
| 5 | Simon | Strand | 1994 | Heleneholms IF | 29.38 |
| 6 | Simon | Wikstrand | 1986 | IS Göta | 30.48 |
| 7 | Mattias | Larsson | 1983 | IS Göta | 31.14 |
| 8 | Jim | Berglund | 1987 | IS Göta | 31.56 |
| 9 | Thomas | Rödin | 1981 | IS Göta | 32.14 |

Män Motion 4km

| | Namn | | | Förening | Tid |
|---|-------------|------------|------|--------------------------|-------|
| 1 | Johan | Lilienberg | 1976 | | 16.20 |
| 2 | Kjell | Möller | 1949 | FK Snapphanarna | 18.09 |
| 3 | Ulf | Bergenheim | 1950 | Viken | 19.33 |
| 4 | Jacob | Langell | 2005 | Helsingborgs simsällskap | 20.21 |
| 5 | Adam | | 2005 | | 20.56 |
| 6 | Lennart | Jönsson | | | 22.33 |
| 7 | Carl Gustaf | Ivarsson | 1947 | FK Snapphanarna | 23.43 |
| 8 | Björn | Hartsmar | 1973 | | 24.46 |
| 9 | Lennart | Nilsson | | Anderstorp | 26.16 |

Män Motion 8km

| | Namn | | | Förening | Tid |
|----|------------|---------------|------|---------------------|-------|
| 1 | Martin | Stigmar | 1975 | LK Uven | 30.43 |
| 2 | Jimmie | Lindfors | 1983 | Malmö | 32.57 |
| 3 | Ola | Stigmar | 1976 | LK Uven | 33.07 |
| 4 | Simon | Leeb-Lundberg | 1985 | Helsingborg | 34.09 |
| 5 | Andreas | Blomqvist | 1975 | | 34.11 |
| 6 | Göran | Lindfors | 1959 | Malmö | 34.22 |
| 7 | Rickard | Johnsson | 1974 | Löparglädje Rydeäck | 34.47 |
| 8 | Jimmy | Nilsson | 1977 | | 35.00 |
| 9 | Karl Oskar | Söderstjerna | 1975 | Runners Club | 35.18 |
| 10 | Anders | Lindh | 1973 | | 35.37 |
| 11 | Robert | Holley | 1973 | Malmö Gerillalöpare | 36.10 |
| 12 | Linus | Lindstedt | 1978 | Runners Club | 36.15 |
| 13 | Marcus | Langell | 1975 | Emigent | 36.21 |
| 14 | Christian | Sandberg | 1982 | | 36.35 |
| 15 | Anders | Hansson | 1970 | Lk Uven | 36.40 |
| 16 | Oskar | Nilsson | 1986 | | 37.49 |
| 17 | Jon | Jarnsäter | 1975 | | 37.51 |
| 18 | Johan | Bengtsson | 1977 | Stadium If | 37.51 |
| 19 | Björn | Andersson | 1974 | | 38.28 |
| 20 | Martin | Fock | 1970 | | 38.47 |
| 21 | Björn | Hedman | 1977 | Runners Club | 39.38 |
| 22 | Arvid | Grindheim | 1962 | Helsingborg | 39.55 |
| 23 | Henrik | Clesselius | 1981 | | 39.57 |
| 24 | Christian | Ranevi | 1986 | | 41.15 |
| 25 | Jonas | Sjögren | 1965 | Runners Club | 41.55 |
| 26 | Ulf | Radler | 1951 | Järfälla OK | 42.32 |
| 27 | Dzemaal | Joldic | 1963 | | 46.49 |
| 28 | Uno | Svahn | 1944 | Staffanstorps | 47.56 |

P11 2km (2004-2005)

| | Namn | | | Förening | Tid |
|----|---------|-----------------|------|----------------------------|-------|
| 1 | Vincent | Grahn | 2004 | Höganäs Friidrottsförening | 07.45 |
| 2 | Esben | Bogsjö Jensen | 2005 | Ramlösa södra | 08.03 |
| 3 | Jack | Ahnelöv | 2004 | Höganäs friidrott | 08.07 |
| 4 | Jakob | Bogsjö Jensen | 2005 | Ramlösa södra | 08.22 |
| 5 | Liam | Falk | 2004 | IS Göta | 08.31 |
| 6 | Ludvig | Palmer | 2005 | IS Göta | 08.32 |
| 7 | Gustav | Lohav | 2005 | IS Göta | 08.42 |
| 8 | Fredrik | Kinch | 2004 | IS Göta | 09.06 |
| 9 | Jesper | Therner | 2004 | | 09.16 |
| 10 | Hektor | Holm | 2005 | IS Göta | 09.24 |
| 11 | Noel | Lethin Ottosson | 2004 | IS Göta | 09.30 |
| 12 | Ture | Österlund | 2005 | IS Göta | 10.01 |
| 13 | Gustav | Eriksson | 2005 | IS Göta | 11.38 |
| 14 | William | Duong | 2005 | IS Göta | 11.45 |

P13 2km (2002-2003)

| | Namn | | | Förening | Tid |
|---|--------|------------|------|----------|-------|
| 1 | Oskar | Karlsson | 2002 | Sk Graal | 07.03 |
| 2 | Johan | Albin | 2003 | IS Göta | 07.10 |
| 3 | Didrik | Pettersson | 2002 | ÄIF | 08.35 |

P15 4km (2000-2001)

| | Namn | | | Förening | Tid |
|---|-------|----------|------|----------|-------|
| 1 | Erik | Albin | 2002 | IS Göta | 14.51 |
| 2 | Karl | Lindgren | 2001 | IS Göta | 16.49 |
| 3 | Felix | Åsard | 2001 | IS Göta | 17.16 |
| 4 | Axel | Petersen | 2001 | IS Göta | 18.51 |

P17 4km (1998-1999)

| | Namn | | | Förening | Tid |
|---|----------|-----------|------|-----------------|-------|
| 1 | Anton | Ljungnér | 1998 | IS Göta | 14.57 |
| 2 | Anton | Bengtsson | 1999 | IS Göta | 15.45 |
| 3 | Frederik | Nordstedt | 1999 | IFK Helsingborg | 17.00 |

P19 4km (1996-1997)

| | Namn | | | Förening | Tid |
|---|-------------|-----------|------|-----------------|------------|
| 1 | Oskar | Rosenlund | 1997 | Björnstorps IF | 13.05 |

P7 2km (2008 eller senare)

| | Namn | | | Förening | Tid |
|----|-------------|----------|------|-----------------|------------|
| 1 | Gustav | Albin | 2008 | IS Göta | 08.47 |
| 2 | Cesar | Orrling | 2008 | IS Göta | 09.21 |
| 3 | Måns | Berner | 2008 | IS Göta | 09.22 |
| 4 | Kalle | Berg | 2008 | IS Göta | 09.22 |
| 5 | Willhelm | Billing | 2008 | IS Göta | 09.32 |
| 6 | Erik | Wallin | 2008 | | 09.42 |
| 7 | Jack | Rönndahl | 2009 | IS Göta | 10.49 |
| 8 | Frans | Malmros | 2010 | IS Göta | 10.50 |
| 9 | Elias | Palmertz | 2008 | IS Göta | 12.32 |
| 10 | Oscar | Steen | 2008 | IS Göta | 12.52 |
| 11 | Oscar | Eriksson | 2009 | IS Göta | 13.45 |
| 12 | Sid | Heffler | 2010 | IS Göta | 14.02 |

P9 2km (2006-2007)

| | Namn | | | Förening | Tid |
|---|-------------|---------------|------|-----------------|------------|
| 1 | Ville | Sandgren-Niva | 2007 | IS Göta | 08.46 |
| 2 | God | Brüggmann | 2007 | IS Göta | 09.03 |
| 3 | Felix | Nilsson | 2006 | IS Göta | 09.31 |
| 4 | Elias | Persson | 2006 | Hsok | 10.30 |
| 5 | Erik | Gunnarsson | 2006 | IS Göta | 11.26 |
| 6 | Karl | Stenström | 2007 | IS Göta | 11.29 |