

Resultat bantävling

Arrangör: **Hargs BK Runners**, Nyköping

Datum: 1 september 2009

Väder: +17 grader, blåsig

Plats: Rosvalla IP, Nyköping

Män 3 000 m

1	Jonas Ahlgren	-76 SLK Oxelösund	11.37.2
2	Per Nilsson	-79 Hargs BK Runners	11.37.6
3	Roger Sten	SLK Oxelösund	11.37.8
4	Ronnie Eriksson	-64 Hargs BK Runners	11.48.8
5	Tommy Ericsson	-47 Hargs BK Runners	12.07.0
6	Lars Dennevi	-42 Hargs BK Runners	12.08.8
7	Pontus Forsberg	-71 Hargs BK Runners	12.09.8
8	Sven-Olov Kumlin	-54 Hargs BK Runners	14.06.6
9	Jan-Olov Andersson	-51 Hargs BK Runners	14.08.8
10	Kaj Adelborg	-39 Hargs BK Runners	14.33.2
11	Hans-Inge Lindeskow	-49 Hargs BK Runners	15.16.0
12	Håkan Asplund	-49 Hargs BK Runners	15.30.0
13	Kjell Damstedt	-41 Hargs BK Runners	18.51.4

Kvinnor 3 000 m

1	Helene Pahverk	-58 Hargs BK Runners	14.24.2
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Män 5 000 m

1	Per Nilsson	-79 Hargs BK Runners	19.22.6
2	Jonas Ahlgren	-76 SLK Oxelösund	19.23.2
3	Roger Sten	SLK Oxelösund	19.23.8
4	Pontus Forsberg	-71 Hargs BK Runners	20.35.6
5	Tommy Ericsson	-47 Hargs BK Runners	20.41.4
6	Lars Dennevi	-42 Hargs BK Runners	20.53.0
7	Sven-Olov Kumlin	-54 Hargs BK Runners	23.38.0
8	Håkan Asplund	-49 Hargs BK Runners	25.25.4
9	Hans-Inge Lindeskow	-49 Hargs BK Runners	25.26.0
10	Kjell Damstedt	-41 Hargs BK Runners	31.04.6

Kvinnor 5 000 m

1	Helene Pahverk	-58 Hargs BK Runners	24.19.2
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Män 10 000 m

1	Jonas Ahlgren	-76 SLK Oxelösund	38.23.4
2	Roger Sten	SLK Oxelösund	38.29.2
3	Per Nilsson	-79 Hargs BK Runners	38.35.6
4	Tommy Ericsson	-47 Hargs BK Runners	41.46.0
5	Pontus Forsberg	-71 Hargs BK Runners	41.54.0
6	Lars Dennevi	-42 Hargs BK Runners	43.28.8
7	Sven-Olov Kumlin	-54 Hargs BK Runners	47.50.4
8	Hans-Inge Lindeskow	-49 Hargs BK Runners	50.50.2

Kvinnor 10 000 m

1	Helene Pahverk	-58 Hargs BK Runners	48.53.2
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