

Säsöng 2005/2006

2006-04-04

Herrar.

| | | | |
|----|-----------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 19.57 |
| 2. | Tommy Ericsson | Hargs BK Runners | 20.14 |
| 3. | Klasse Karlsson | Hargs BK Runners | 21.03 |
| 4. | Kaj Adelborg | SLK Oxelösund | 23.22 |
| 5. | H-I Lindeskow | Hargs BK Runners | 24.10 |
| 6. | Kent Larsson | Triathlon Öst | 25.50 |
| 7. | Stefan Halén | Hargs BK Runners | 25.51 |
| 8. | Erik Andersson | Hargs BK Runners | 27.12 |
| 9. | Lars Dennevi | Hargs BK Runners | 29.59 |

2006-03-28

Jaktstart.

Herrar.

| | | | |
|-----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs bK Runners | 19.34 |
| 2. | Jimmy Lindqvist | SLK Oxelösund | 20.10 |
| 3. | Tommy Ericsson | Hargs BK Runners | 20.16 |
| 4. | Björn Lindqvist | SLK Oxelösund | 21.17 |
| 5. | Klasse Karlsson | Hargs BK Runners | 21.43 |
| 6. | Lars Dennevi | Hargs BK Runners | 21.57 |
| 7. | Jan-Olov Andersson | Hargs BK Runners | 22.25 |
| 8. | Kaj Adelborg | SLK Oxelösund | 23.31 |
| 9. | H-I Lindeskow | Hargs BK Runners | 24.08 |
| 10. | Thomas Karlsson | Löthens GoIF | 26.39 |
| 11. | Stefan Halén | Hargs BK Runners | 26.54 |
| 12. | Kent Larsson | Triathlon Öst | 27.45 |
| 13. | Kjell Damstedt | Hargs BK Runners | 30.57 |
| 14. | Gert Thoren | SLK Oxelösund | 31.28 |

2006-03-21

Herrar.

| | | | |
|-----|-----------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 20.03 |
| 2. | Björn Lindqvist | SLK Oxelösund | 20.19 |
| 3. | Jimmy Lindqvist | SLK Oxelösund | 20.48 |
| 4. | Tommy Ericsson | Hargs BK Runners | 20.52 |
| 5. | Klasse Karlsson | Hargs BK Runners | 21.38 |
| 6. | Lars Dennevi | Hargs BK Runners | 22.33 |
| 7. | Kaj Adelborg | SLK Oxelösund | 24.06 |
| 8. | H-I Lindeskow | Hargs BK Runners | 25.25 |
| 9. | Kent Larsson | Triathlon Öst | 25.57 |
| 10. | Gert Thoren | SLK Oxelösund | 33.12 |
| 11. | Kjell Damstedt | Hargs BK Runners | 33.12 |

Damer.

| | | | |
|----|-------------------|------------------|-------|
| 1. | Katarina Eriksson | Hargs BK Runners | 24.31 |
|----|-------------------|------------------|-------|

2006-03-14

Herrar.

| | | | |
|-----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 20.37 |
| 2. | Jimmy Lindqvist | SLK Oxelösund | 20.50 |
| 3. | Björn Lindqvist | SLK Oxelösund | 21.39 |
| 4. | Klasse Karlsson | Hargs BK Runners | 22.03 |
| 5. | Jan-Olov Andersson | Hargs BK Runners | 24.00 |
| 6. | Kaj Adelborg | SLK Oxelösund | 25.05 |
| 7. | H-I Lindeskow | Hargs BK Runners | 25.21 |
| 8. | Kent Larsson | Triathlon Öst | 26.25 |
| 9. | Stefan Halén | Hargs BK Runners | 29.24 |
| 10. | Lars Dennevi | Hargs BK Runners | 34.37 |
| 11. | Gert Thoren | SLK Oxelösund | 36.58 |

12. Kjell Damstedt Hargs BK Runners 36.58

2006-03-07

-12 grad. Herrar.

| | | |
|-----------------------|------------------|-------|
| 1. Per Nilsson | Hargs BK Runners | 20.09 |
| 2. Björn Lindqvist | SLK Oxelösund | 20.12 |
| 3. Jimmy Lindqvist | SLK Oxelösund | 20.36 |
| 4. Tommy Ericsson | Hargs BK Runners | 20.57 |
| 5. Klasse Karlsson | Hargs BK Runners | 21.49 |
| 6. Lars Dennevi | Hargs BK Runners | 22.51 |
| 7. Kaj Adelborg | SLK Oxelösund | 23.26 |
| 8. Ronnie Eriksson | Hargs BK Runners | 23.34 |
| 9. Jan-Olov Andersson | Hargs BK Runners | 23.56 |
| 10. H-I Lindeskow | Hargs BK Runners | 25.06 |
| 11. Kent Larsson | Triathlon Öst | 25.51 |
| 12. Stefan Halén | Hargs BK Runners | 30.14 |

Damer.

1. Katarina Eriksson Hargs BK Runners 23.34

2006-02-28

-3 grad. Jaktstart.

Herrar.

| | | |
|-----------------------|------------------|-------|
| 1. Björn Lindqvist | SLK Oxelösund | 20.12 |
| 2. Otho Kulppi | SLK Oxelösund | 20.22 |
| 3. Jimmy Lindqvist | SLK Oxelösund | 20.34 |
| 4. Tommy Ericsson | Hargs BK Runners | 21.10 |
| 5. Klasse Karlsson | Hargs BK Runners | 22.10 |
| 6. Jan-Olov Andersson | Hargs BK Runners | 22.25 |
| 7. Kaj Adelborg | SLK Oxelösund | 23.37 |
| 8. H-I Lindeskow | Hargs BK Runners | 24.58 |
| 9. Kent Larsson | Triathlon Öst | 25.33 |
| 10. Lasse Dennevi | Hargs BK Runners | 28.46 |

Damer.

1. Katarina Eriksson Hargs BK Runners 24.26

2006-02-21

-3 grad.

Herrar.

| | | |
|-----------------------|------------------|-------|
| 1. Jimmy Lindqvist | SLK Oxelösund | 20.35 |
| 2. Björn Lindqvist | SLK Oxelösund | 20.52 |
| 3. Klasse Karlsson | Hargs BK Runners | 20.57 |
| 4. Tommy Ericsson | Hargs BK Runners | 21.08 |
| 5. Jan-Olov Andersson | Hargs BK Runners | 23.06 |
| 6. Kaj Adelborg | SLK Oxelösund | 23.52 |
| 7. Kent Larsson | Triathlon Öst | 25.14 |
| 8. Lasse Dennevi | Hargs BK Runners | 25.39 |

Damer.

1. Katarina Eriksson Hargs BK Runners 25.35

2006-02-14

-5 grad, snömodd.

Herrar.

| | | |
|-----------------------|------------------|-------|
| 1. Klasse Karlsson | Hargs BK Runners | 20.50 |
| 2. Tommy Ericsson | Hargs BK Runners | 21.25 |
| 3. Kaj Adelborg | SLK Oxelösund | 23.39 |
| 4. Lasse Dennevi | Hargs BK Runners | 23.52 |
| 5. H-I Lindeskow | Hargs BK Runners | 25.55 |
| 6. Jan-Olov Andersson | Hargs BK Runners | 26.09 |

2006-02-07

-1 grad, snömodd.

Herrar.

| | | | |
|----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 21.14 |
| 2. | Klasse Karlsson | Hargs BK Runners | 21.25 |
| 3. | Tommy Ericsson | Hargs bK Runners | 21.38 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 23.38 |
| 5. | Kaj Adelborg | SLK Oxelösund | 25.03 |
| 6. | H-I Lindeskow | Hargs BK Runners | 26.48 |
| 7. | Kjell Damstedt | Hargs BK Runners | 32.53 |

Damer.

| | | | |
|----|-------------------|------------------|-------|
| 1. | Katarina Eriksson | Hargs BK Runners | 26.50 |
|----|-------------------|------------------|-------|

2006-01-31

+5 grader.

Herrar.

| | | | |
|-----|--------------------|------------------|-------|
| 1. | Tommy Ericsson | Hargs BK Runners | 21.02 |
| 2. | Klasse Karlsson | Hargs BK Runners | 21.43 |
| 3. | Jimmy Lindqvist | SLK Oxelösund | 22.09 |
| 4. | Björn Lindqvist | SLK Oxelösund | 22.13 |
| 5. | Ronnie Eriksson | Hargs BK Runners | 22.32 |
| 6. | Kaj Adelborg | SLK Oxelösund | 23.31 |
| 7. | Jan-Olov Andersson | Hargs BK Runners | 23.52 |
| 8. | Kent Larsson | Triathlon Öst | 25.55 |
| 9. | H-I Lindeskow | Hargs BK Runners | 26.04 |
| 10. | Lasse Dennevi | Hargs BK Runners | 34.13 |
| 11. | Kjell Damstedt | Hargs BK Runners | 34.13 |

Damer.

| | | | |
|----|-------------------|------------------|-------|
| 1. | Katarina Eriksson | Hargs BK Runners | 25.03 |
|----|-------------------|------------------|-------|

2006-01-24

-2 grader, moddigt.

Herrar.

| | | | |
|----|--------------------|------------------|-------|
| 1. | Klasse Karlsson | Hargs BK Runners | 21.43 |
| 2. | Tommy Ericsson | Hargs bK Runners | 21.45 |
| 3. | Jan-Olov Andersson | Hargs BK Runners | 23.20 |
| 4. | Jimmy Lindqvist | SLK Oxelösund | 23.46 |
| 5. | Kaj Adelborg | SLK Oxelösund | 24.50 |
| 6. | Björn Lindqvist | SLK Oxelösund | 25.13 |
| 7. | Kent Larsson | Triathlon Öst | 27.16 |
| 8. | H-I Lindeskow | Hargs BK Runners | 27.43 |

2006-01-17

0 gradigt.

Herrar.

| | | | |
|----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 20.15 |
| 2. | Tommy Ericsson | Hargs bK Runners | 21.16 |
| 3. | Klasse Karlsson | Hargs BK Runners | 22.32 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 23.04 |
| 5. | Kaj Adelborg | SLK Oxelösund | 24.16 |
| 6. | Kent Larsson | Triathlon Öst | 25.38 |
| 7. | H-I Lindeskow | Hargs BK Runners | 27.32 |
| 8. | Erik Andersson | Hargs BK Runners | 27.46 |
| 9. | Kjell Damstedt | Hargs BK Runners | 33.24 |

2006-01-10

0 gradigt.

Herrar.

| | | | |
|----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 20.38 |
| 2. | Klasse Karlsson | Hargs BK Runners | 22.05 |
| 3. | Kaj Adelborg | SLK Oxelösund | 23.58 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 24.16 |
| 5. | Kent Larsson | Triathlon Öst | 26.53 |

6. Erik Andersson Hargs BK Runners 27.01

2006-01-03

6 grader kallt, ingen vind, snöunderlag.

Herrar.

| | | |
|--------------------|------------------|-------|
| 1. Klasse Karlsson | Hargs BK Runners | 21.04 |
| 2. Ronnie Eriksson | Hargs BK Runners | 21.45 |
| 3. Kaj Adelborg | SLK Oxelösund | 24.17 |
| 4. H-I Lindeskow | Hargs BK Runners | 25.31 |
| 5. Kent Larsson | Triathlon Öst | 27.00 |

Damer.

| | | |
|----------------------|------------------|-------|
| 1. Katarina Eriksson | Hargs BK Runners | 23.37 |
|----------------------|------------------|-------|

2005-12-27.

Halt underlag.

Män 5 km.

| | | |
|------------------------|------------------|-------|
| 1. Per Nilsson | Hargs BK Runners | 21.17 |
| 2. Ronnie Eriksson | Hargs BK Runners | 23.53 |
| 3. Hans-Inge Lindeskow | Hargs BK Runners | 27.12 |
| 4. Kent Larsson | Triathlon Öst | 28.54 |
| 5. Hans Jonsson | Hargs BK Runners | 30.29 |

Damer.

| | | |
|----------------------|------------------|-------|
| 1. Katarina Eriksson | Hargs BK Runners | 23.51 |
|----------------------|------------------|-------|

2005-12-20.

Lite isigt och tillpackad snö, runt 0 grader eller några tiondelar under.

Män 5 km.

| | | |
|--------------------|------------------|-------|
| 1. Per Nilsson | Hargs BK Runners | 20.10 |
| 2. Klasse Karlsson | Hargs BK Runners | 20.42 |
| 3. Tommy Ericsson | Hargs BK Runners | 21.10 |
| 4. Ronnie Eriksson | Hargs BK Runners | 23.37 |
| 5. Kaj Adelborg | SLK Oxelösund | 25.01 |
| 6. Erik Andersson | Hargs BK Runners | 26.38 |
| 7. Kent Larsson | Triathlon Öst | 27.08 |
| 8. Stefan Halén | Hargs BK Runners | 27.10 |
| 9. Janne Andersson | Hargs BK Runners | 29.55 |

Damer.

| | | |
|----------------------|------------------|-------|
| 1. Katarina Eriksson | Hargs bK Runners | 23.37 |
|----------------------|------------------|-------|

2005-12-13.

Män 5 km.

| | | |
|------------------------|------------------|-------|
| 1. Per Nilsson | Hargs BK Runners | 20.05 |
| 2. Klasse Karlsson | Hargs BK Runners | 20.26 |
| 3. Tommy Ericsson | Hargs BK Runners | 21.10 |
| 4. Jan-Olov Andersson | Hargs BK Runners | 22.28 |
| 5. Kaj Adelborg | SLK Oxelösund | 22.47 |
| 6. Hans-Inge Lindeskow | Hargs BK Runners | 24.06 |
| 7. Erik Andersson | Hargs BK Runners | 26.14 |
| 8. Kent Larsson | Triathlon Öst | 27.47 |

Damer.

| | | |
|----------------------|------------------|-------|
| 1. Katarina Eriksson | Hargs bK Runners | 22.51 |
|----------------------|------------------|-------|

2005-12-06.

Lätt regn, ca 3 grader varmt.

Män 5 km.

| | | |
|-----------------------|------------------|-------|
| 1. Per Nilsson | Hargs BK Runners | 19.44 |
| 2. Tommy Ericsson | Hargs BK Runners | 20.49 |
| 3. Jan-Olov Andersson | Hargs BK Runners | 22.35 |

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|----|---------------------|------------------|-------|
| 4. | Kaj Adelborg | SLK Oxelösund | 22.56 |
| 5. | Hand-Inge Lindeskow | Hargs BK Runners | 23.52 |
| 6. | Jan Andersson | Hargs BK Runners | 25.10 |
| 7. | Erik Andersson | Hargs BK Runners | 25.52 |
| 8. | Kent Larsson | Triathlon Öst | 26.31 |

Damer.

| | | | |
|----|-------------------|------------------|-------|
| 1. | Katarina Eriksson | Hargs bK Runners | 24.51 |
|----|-------------------|------------------|-------|

2005-11-29, jaktstart.

Ett snötäcke på ett par cm hela löpslingan.

Män 5 km.

| | | | |
|-----|--------------------|------------------|-------|
| 1. | Klasse Karlsson | Hargs BK Runners | 19.59 |
| 2. | Per Nilsson | Hargs BK Runners | 20.29 |
| 3. | Tommy Ericsson | Hargs BK Runners | 20.39 |
| 4. | Auvo Kulppi | SLK Oxelösund | 20.40 |
| 5. | Jan-Olov Andersson | Hargs BK Runners | 22.26 |
| 6. | Kaj Adelborg | SLK Oxelösund | 24.15 |
| 7. | Stefan Halén | Hargs BK Runners | 26.54 |
| 8. | Erik Andersson | Hargs BK Runners | 27.45 |
| 9. | Hans Jonsson | Hargs BK Runners | 27.51 |
| 10. | Kent Larsson | Triathlon Öst | 28.13 |

2005-11-22

Lite halt bitvis, särskilt i tvåra kurvor.

Män 5 km.

| | | | |
|-----|---------------------|------------------|-------|
| 1. | Klasse Karlsson | Hargs BK Runners | 19.58 |
| 2. | Per Nilsson | Hargs BK Runners | 20.20 |
| 3. | Tommy Ericsson | Hargs BK Runners | 20.34 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 22.19 |
| 5. | Ronnie Eriksson | Hargs BK Runners | 22.32 |
| 6. | Kaj Adelborg | SLK Oxelösund | 23.24 |
| 7. | Hans-Inge Lindeskow | Hargs BK Runners | 23.46 |
| 8. | Jan Andersson | Hargs BK Runners | 27.01 |
| 9. | Hans Jonsson | Hargs BK Runners | 27.31 |
| 10. | Erik Andersson | Hargs BK Runners | 27.37 |
| 11. | Lasse Dennevi | Hargs BK Runners | 44.20 |

2005-11-14

Klart och bra väder, ca 2 grader varmt.

Män 5 km.

| | | | |
|----|---------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 19.40 |
| 2. | Klasse Karlsson | Hargs BK Runners | 20.53 |
| 3. | Kaj Adelborg | SLK Oxelösund | 22.57 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 23.23 |
| 5. | Hans-Inge Lindeskow | Hargs BK Runners | 24.00 |
| 6. | Erik Andersson | Hargs BK Runners | 27.19 |
| 7. | Stefan Halén | Hargs BK Runners | 27.54 |

2005-11-08

Bra väder, ca 5 grader varmt.

Män 5 km.

| | | | |
|----|--------------------|------------------|-------|
| 1. | Per Nilsson | Hargs BK Runners | 19.54 |
| 2. | Tommy Ericsson | Hargs BK Runners | 20.04 |
| 3. | Klasse Karlsson | Hargs BK Runners | 20.15 |
| 4. | Ronnie Eriksson | Hargs BK Runners | 20.46 |
| 5. | Jan-Olov Andersson | Hargs BK Runners | 25.14 |
| 6. | Kent Larsson | Triathlon Öst | 25.46 |
| 7. | Jan Andersson | Hargs BK Runners | 25.49 |
| 8. | Erik Andersson | Hargs BK Runners | 27.25 |
| 9. | Hasse Jonsson | Hargs BK Runners | 28.09 |

Damer.

1. Katarina Eriksson Hargs BK Runners 22.30

2005-11-01

Bra väder för löpning ca 6 grader varmt, torr vägbanan.
Omvänd jaktstart

Män 5 km.

1. Per Nilsson Hargs BK Runners 19.59
2. Tommy Ericsson Hargs BK Runners 20.14
3. Klasse Karlsson Hargs BK Runners 20.18
4. Jimmy Lindqvist SLK Oxelösund 20.36
5. Ronnie Eriksson Hargs BK Runners 21.11
6. Jan-Olov Andersson Hargs BK Runners 22.46
7. Hans-Inge Lindeskow Hargs BK Runners 23.16
8. Kaj Adelborg SLK Oxelösund 23.25
9. Jan Andersson Hargs BK Runners 25.57
10. Stefan Halén Hargs BK Runners 28.25
11. Kjell Damstedt Hargs BK Runners 29.23

Damer 5 km.

1. Katarina Eriksson Hargs BK Runners 24.28

2005-10-25

Regn, blåst ca 6 grader varmt. Mycket vatten i tunneln under eskilstunavägen vid Oppebykyrkan.

Män 5 km.

1. Per Nilsson Nyköping 20.47
2. Tommy Ericsson Hargs BK Runners 21.13
3. Klasse Karlsson Hargs BK Runners 21.41
4. Jan-Olov Andersson Hargs BK Runners 23.42
5. Hans-Inge Lindeskow Hargs BK Runners 25.13
6. Jan Andersson Hargs BK Runners 27.01
7. Hans Jonsson Hargs BK Runners 30.24
8. Stefan Halén Hargs BK Runners 32.03

Kvinnor 5 km.

1. Katarina Eriksson Hargs BK Runners 24.34

2005-10-18

Klart och lungt väder, ca 3 grader varmt.

Män 5 km.

1. Björn Lindqvist SLK Oxelösund 19.34
2. Jimmy Lindqvist SLK Oxelösund 20.13
3. Tommy Ericsson Hargs BK Runners 20.16
4. Per Nilsson Nyköping 20.40
5. Klasse Karlsson Hargs BK Runners 21.47
6. Jan-Olov Andersson Hargs BK Runners 22.31
7. Kaj Adelborg SLK Oxelösund 24.13
8. Kent Larsson Triathlon Öst 26.03
9. Jan Andersson Hargs BK Runners 27.27
10. Kjell Damstedt Hargs BK Runners 29.46
11. Peter Haglund Hargs BK Runners 30.01

Kvinnor 5 km.

1. Katarina Eriksson Hargs BK Runners 22.15

2005-10-11.

Män 5 km.

1. Tommy Ericsson Hargs BK Runners 20.29
2. Ronnie Eriksson Hargs BK Runners 20.31

| | | | |
|----|---------------------|------------------|-------|
| 3. | Lars Dennevi | Hargs BK Runners | 21.12 |
| 4. | Jan-Olov Andersson | Hargs BK Runners | 22.19 |
| 5. | Klasse Karlsson | Hargs BK Runners | 22.20 |
| 6. | Hans-Inge Lindeskov | Hargs BK Runners | 24.32 |
| 7. | Kent Larsson | Triathlon Öst | 26.36 |
| 8. | Jan Andersson | Hargs BK Runners | 27.55 |
| 9. | Kjell Damstedt | Hargs BK Runners | 30.48 |

Kvinnor 5 km.

| | | | |
|----|-------------------|------------------|-------|
| 1. | Katarina Eriksson | Hargs BK Runners | 25.10 |
|----|-------------------|------------------|-------|