

Tabell1

Datum: 29 december 2009 -14, nö och bitvis isigt  
Arrangör: Hargs BK Runners  
Plats: Krikonbacken, Nyköping

Män 5 km

1	Pontus Forsberg	Hargs BK Runners	22,06
2	Lasse Dennevi	Hargs BK Runners	22,18
3	Sven-Olof Kumlin	Hargs BK Runners	23,14
4	Kaj Adelborg	SLK Oxelösund	25,27
5	Kjell Damstedt	Hargs BK Runners	40,56

Kvinnor 5 km

1	Helen Pahverk	Hargs BK Runners	27,43
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Tabell1

Datum: 22 december 2009 -3, plogat.  
Arrangör: Hargs BK Runners  
Plats: Krikonbacken, Nyköping

Män 5 km

1	Tobias Brohlin	SLK Oxelösund	19,53
2	Ronnie Eriksson	Hargs BK Runners	21,44
3	Lars Dennevi	Hargs BK Runners	22,43
4	Sven-Olov Kumlin	Hargs BK Runners	23,05
5	Jan-Olov Andersson	Hargs BK Runners	25.42

Kvinnor 5 km

1	Anna Ekholm	Hargs BK Runners	24,03
2	Katarina Eriksson	Hargs BK Runners	24,17

Tabell1

Datum: 15 december 2009 snöfall  
 Arrangör: Hargs BK Runners  
 Plats: Krikonbacken, Nyköping

Män 5 km

1	Per Nilsson	Hargs BK Runners	19,49
2	Ronnie Ericsson	Hargs BK Runners	21,32
3	Markus Dahlin		22,20
4	Lars Dennevi	Hargs BK Runners	22,36
5	Sven-Olov Kumlin	Hargs BK Runners	22,47
6	Björn Lindqvist	Nyköpings BIS	24,28
7	Jimmy Lindqvist	Nyköpings BIS	24,29
8	Jan-Olov Andersson	Hargs BK Runners	25,25
9	Mikael Bönnemark	OK Hällen	26,36
10	Hans-Inge Lindeskov	Hargs BK Runners	27,46
11	Stefan Halén	Hargs BK Runners	32,58
12	Kjell Damstedt	Hargs BK Runners	44,50
13	Håkan Asplund	Hargs BK Runners	46,50

Kvinnor 5 km

1	Anne Martikainen	SLK Oxelösund	19,54
2	Katarina Eriksson	Hargs BK Runners	25,52
3	Lise Pripp	Hargs BK Runners	25,57
4	Helen Pahverk	Hargs BK Runners	27,08

Tabell1

Datum: 8 december 2009  
 Arrangör: Hargs BK Runners  
 Plats: Krikonbacken, Nyköping

Män 5 km

1	Tobias Brohlin	SLK Oxelösund	18,38
2	Jonas Ahlgren	SLK Oxelösund	18,39
3	Olof Larsson	CK Dainon	19,19
4	Björn Lindqvist	Nyköpings BIS	19,44
5	Pontus Forsberg	Hargs BK Runners	19,46
6	Per Hedmark	CK Dainon	20,22
7	Kent Eriksson Pripp	Hargs BK Runners	20,23
8	Tommy Ericsson	Hargs BK Runners	20,32
9	Lars Dennevi	Hargs BK Runners	20,51
10	Ronnie Eriksson	Hargs BK Runners	21,51
11	Jimmy Lindqvist	Nyköpings BIS	22,06
12	Sven-Olov Kumlin	Hargs BK Runners	22,21
13	Kaj Adelborg	SLK Oxelösund	22,56
14	Jan-Olov Andersson	Hargs BK Runners	23,53
15	Håkan Asplund	Hargs BK Runners	25,30
16	Hans-Inge Lindeskov	Hargs BK Runners	26,11
17	Mikael Bönnemark	OK Hällen	26,21
18	Kent Larsson	Tiathlon Öst	29,01
19	Erik Andersson	Hargs BK Runners	29,10

Kvinnor 5 km

1	Anne Martikainen	SLK Oxelösund	19,06
2	Katarina Eriksson	Hargs BK Runners	22,35
3	Anna Ekholm	Hargs BK Runners	22,47
4	Helen Pahverk	Hargs BK Runners	24,08

Tabell1

Datum: 1 december 2009  
 Arrangör: Hargs BK Runners  
 Plats: Krikonbacken, Nyköping

Män 5 km

1	Per Nilsson	Hargs BK Runners	18,31
2	Tobias Brohlin	SLK Oxelösund	18,54
3	Jonas Ahlgren	SLK Oxelösund	18,55
4	Tommy Ericsson	Hargs BK Runners	20,34
5	Ronnie Eriksson	Hargs BK Runners	20,42
6	Lars Dennevi	Hargs BK Runners	20,49
7	Björn Lindqvist	Nyköpings BIS	21,04
8	Per Hedmark	CK Dainon	21,34
9	Sven-Olov Kumlin	Hargs BK Runners	22,14
10	Jan-Olov Andersson	Hargs BK Runners	23,01
11	Kaj Adelborg	SLK Oxelösund	23,02
12	Hans-Inge Lindeskov	Hargs BK Runners	25,31
13	Håkan Asplund	Hargs BK Runners	25,37
14	Alejandro Firpo	Hargs BK Runners	26,54
15	Erik Andersson	Hargs BK Runners	27,42
16	Stefan Halén	Hargs BK Runners	28,30
17	Kent Larsson	Tiathlon Öst	30,12
18	Kjell Damstedt	Hargs BK Runners	31,39

Kvinnor 5 km

1	Anne Martikainen	SLK Oxelösund	19,38
2	Katarina Eriksson	Hargs BK Runners	22,58
3	Anna Ekholm	Hargs BK Runners	23,10
4	Helen Pahverk	Hargs BK Runners	23,57

## Tabell1

Datum: 24 november 2009  
Arrangör: Hargs BK Runners  
Plats: Krikonbacken, Nyköping

### Män 5 km

1	Per Nilsson	Hargs BK Runners	19,27
2	Tobias Brohlin	SLK Oxelösund	20,06
3	Micke Gibson	Hargs BK Runners	20,16
4	Ronnie Eriksson	Hargs BK Runners	20,28
5	Kent Eriksson-Pripp	Hargs BK Runners	20,45
6	Björn Lindqvist	Nyköpings BIS	20,55
7	Lars Dennevi	Hargs BK Runners	21,12
8	Tommy Ericsson	Hargs BK Runners	21,31
9	Sven-Olov Kumlin	Hargs BK Runners	22,21
10	Pontus Forsberg	Hargs BK Runners	22,25
11	Kaj Adelborg	SLK Oxelösund	23,09
12	Jan-Olov Andersson	Hargs BK Runners	23,44
13	Håkan Asplund	Hargs BK Runners	26,08
14	Hans-Inge Lindeskov	Hargs BK Runners	26,20
15	Stefan Halén	Hargs BK Runners	28,12
16	Erik Andersson	Hargs BK Runners	29,58

### Kvinnor 5 km

1	Anne Martikainen	SLK Oxelösund	19,34
2	Anna Ekholm	Hargs BK Runners	23,29
3	Katarina Eriksson	Hargs BK Runners	24,01
4	Helen Pahverk	Hargs BK Runners	24,44
5	Viveka Rüffel	Hargs BK Runners	28,16

Tabell1

Datum: 17 november 2009  
 Arrangör: Hargs BK Runners  
 Plats: Krikonbacken, Nyköping

Män 5 km

1	Per Nilsson	Hargs BK Runners	18,48
2	Tobias Brohlin	SLK Oxelösund	19,00
3	Micke Gibson	Nyköping	20,06
4	Ronnie Eriksson	Hargs BK Runners	20,24
5	Lars Dennevi	Hargs BK Runners	21,15
6	Jesper Larsson	Hargs BK Runners	21,34
7	Jimmy Lindqvist	Nyköpings BIS	21,46
8	Marcus Dahlin	Hemvärnet	21,49
9	Sven-Olov Kumlin	Hargs BK Runners	22,46
10	Kaj Adelborg	SLK Oxelösund	23,01
11	Jan-Olov Andersson	Hargs BK Runners	23,39
12	Leif Franzén	IFK Strängnäs	24,01
13	Håkan Asplund	Hargs BK Runners	25,30
14	Hans-Inge Lindeskov	Hargs BK Runners	25,54
15	Nicklas Ringberger	NBK	27,05
16	Mikael Bönnemark	OK Hällen	28,11
17	Erik Andersson	Hargs BK Runners	29,01
18	Jan Andersson	Hargs BK Runners	29,02
19	Kent Larsson	Triathlon Öst	30,46
20	Kjell Damstedt	Hargs BK Runners	34,53

Kvinnor 5 km

1	Anne Markikainen	SLK Oxelösund	19,25
2	Katarina Eriksson	Hargs BK Runners	24,03
3	Helen Pahverk	Hargs BK Runners	24,26
4	Lise Pripp	Hargs BK Runners	26,43
5	Gunilla Franzén	IFK Strängnäs	34,52

Tabell1

Plats: Datum: 10 november 2009  
 Arrangör: Hargs BK Runners  
 Väder: Uppehåll + 2 grader.

Män	5km		
1	Per Nilsson	Hargs BK Runners	18,38
2	Tobias Brohlin	SLK Oxelösund	19,07
3	Björn Lindqvist	Nyköpings BIS	19,44
4	Pontus Forsberg	Hargs BK Runners	19,46
5	Micke Eriksson		20,32
6	Ronnie Eriksson	Hargs BK Runners	20,43
7	Jesper Larsson	Hargs BK Runners	21,37
8	Marcus Dahlin	Hemvärnet	21,57
9	Sven-Olov Kumlin	Hargs BK Runners	21,59
10	John Thunberg	Hemvärnet	22,07
11	Jimmy Lindqvist	Nyköpings BIS	22,38
12	Lars Dennevi	Hargs BK Runners	22,53
13	Kaj Adelborg	SLK Oxelösund	22,59
14	Jan-Olov Andersson	Hargs BK Runners	23,33
15	Håkan Asplund	Hargs BK Runners	25,30
16	Mikael Bönnemark	OK Hällen	29,02
17	Stefan Halén	Hargs BK Runners	29,08
18	Hans-Inge Lindeskov	Hargs BK Runners	39,12 gång
Kvinnor	5km		
1	Anna Ekholm	Hargs BK Runners	22,49
2	Helen Pahverk	Hargs BK Runners	24,11



Tabell1

Datum: 3 november 2009 Jaktstart  
 Arrangör: Hargs BK Runners  
 Plats: Krikonbacken, Nyköping

Män 5 km

1	Per Nilsson	Hargs BK Runners	18,53
2	Per Hedmark	CK Dainon	19,57
3	Kent Eriksson-Pripp	Hargs BK Runners	20,19
4	Ronnie Eriksson	Hargs BK Runners	20,56
5	Jesper Larsson	Hargs BK Runners	20,59
6	Lars Dennevi	Hargs BK Runners	21,07
7	Jimmy Lindqvist	Nyköping BIS	21,11
8	Marcus Dahlin		21,18
9	Kaj Adelborg	SLK Oxelösund	23,01
10	Björn Lindqvist	Nyköping BIS	23,29
11	Jan-Olov Andersson	Hargs BK Runners	23,32
12	Nicklas Ringberger	NBK	24,46
13	Håkan Asplund	Hargs BK Runners	25,26
14	Erik Andersson	Hargs BK Runners	28,30
15	Jan Andersson	Hargs BK Runners	28,52

Kvinnor 5 km

1	Anna Ekholm	Hargs BK Runners	23,18
2	Helen Pahverk	Hargs BK Runners	24,42

## Tabell1

Datum: 27 oktober 2009  
Arrangör: Hargs BK Runners  
Plats: Krikonbacken, Nyköping

### Män 5 km

1 Per Nilsson	Hargs BK Runners	18,56
2 Tobias Brohlin	SLK Oxelösund	19,01
3 Kent Eriksson-Pripp	Hargs BK Runners	20,25
4 Micke Gibson	Nyköping	20,34
5 Björn Lindqvist	Nyköping BIS	20,43
6 Lars Dennevi	Hargs BK Runners	21,00
7 Ronnie Eriksson	Hargs BK Runners	21,14
8 Sven-Olov Kumlin	Hargs BK Runners	22,07
9 Jan-Olov Andersson	Hargs BK Runners	26,34
10 Hans-Inge Lindeskov	Hargs BK Runners	27,27
11 Stefan Halén	Hargs BK Runners	27,40
12 Erik Andersson	Hargs BK Runners	28,59
13 Kjell Damstedt	Hargs BK Runners	33,08
14 Håkan Asplund	Hargs BK Runners	44,43

### Kvinnor 5 km

1 Anna Ekholm	Hargs BK Runners	22,13
2 Helen Pahverk	Hargs BK Runners	24,31
3 Viveka Rüffel	Hargs BK Runners	27,16

Tabell1

Datum: 20 oktober 2009  
Arrangör: Hargs BK Runners +7 grader  
Plats: Krikonbacken, Nyköping

Män 5 km

1 Jonas Ahlgren	SLK Oxelösund	18,30
2 Per Nilsson	Hargs BK Runners	18,33
3 Tobias Brohlin	SLK Oxelösund	19,22
4 Micke Gibson	Nyköping	20,45
5 Lars Dennevi	Hargs BK Runners	21,08
6 Pontus Forsberg	Hargs BK Runners	21,08
7 Hans Sjökvist		21,55
8 Sven-Olov Kumlin	Hargs BK Runners	22,29
9 Kaj Adelborg	SLK Oxelösund	23,17
10 Jan-Olov Andersson	Hargs BK Runners	23,55
11 Håkan Asplund	Hargs BK Runners	25,33
12 Erik Andersson	Hargs BK Runners	29,51
13 Kjell Damstedt	Hargs BK Runners	34,38

Kvinnor 5 km

1 Anna Ekholm	Hargs BK Runners	22,48
2 Helen Pahverk	Hargs BK Runners	26,34
3 Viveka Rüffel	Hargs BK Runners	27,04

Tabell1

Datum: 13 oktober 2009  
Arrangör: Hargs BK Runners +2 grader, blåst.  
Plats: Krikonbacken, Nyköping

Män 5 km

1. Jonas Ahlgren	SLK Oxelösund	18.50
2. Per Nilsson	Hargs BK Runners	18.55
3. Björn Lindqvist	NBIS	19.46
4. Per Hedmark	CK Dainon	20.13
5. Kent Eriksson Pripp	Hargs BK Runners	20.20
6. Ronnie Eriksson	Hargs BK Runners	20.34
7. Lars Dennevi	Hargs BK Runners	21.06
8. Pontus Forsberg	Hargs BK Runners	21.39
9. Sven-Olof Kumlin	Hargs BK Runners	22.31
10. Kaj Adelborg	SLK Oxelösund	23.15
11. Jan-Olov Andersson	Hargs BK Runners	23.49
12. Håkan Asplund	Hargs BK Runners	25.33
13. Tobias Brohlin		25.48
14. Nicklas Ringberger		25.59
15. Alesandjo Firpo	Hargs BK Runners	26.42
16. Stefan Halén	Hargs BK Runners	29.45
17. Jan Andersson	Hargs BK Runners	31.25

Kvinnor 5 km

1. Anne Martikainen	SLK Oxelösund	19.07
2. Anna Ekholm	Hargs BK Runners	23.14
3. Stina Livamäe	CK Dainon	24.11
4. Helene Pahverk	Hargs BK Runners	25.20