

RESULTAT

Hjortensbergsrundan 5 km
Petterbergsrundan 2,5 km

Start och mål: Ekensberg, NOK-stugan
Datum: **2020-10-14**
Väder: + 6 grader, blåsig
Underlag: asfalt

Män 5 km

| | | | |
|----|--------------------|-----------------------|-------|
| 1 | Andreas Jansson | Hässelby SK | 15,00 |
| 2 | Linus Jansson | Hässelby SK | 17,04 |
| 3 | Oskar Ervning | LK Nyköpings Runners | 17,27 |
| 4 | Tommy Söderberg | OK Hällen | 18,03 |
| 5 | Alexander Öström | Skellefteå Kanotklubb | 18,32 |
| 6 | Jan Johansson | LK Nyköpings Runners | 18,33 |
| 7 | Tobias Brohlin | LK Nyköpings Runners | 18,37 |
| 8 | Per Nilsson | LK Nyköpings Runners | 18,41 |
| 9 | Jimmy Karlsson | Terrible Tuesdays | 19,00 |
| 10 | Mikael Sandberg | LK Nyköpings Runners | 22,44 |
| 11 | Björn Lindqvist | LK Nyköpings Runners | 23,00 |
| 12 | Tommy Ericsson | LK Nyköpings Runners | 23,08 |
| 13 | Tobias Hasselvärn | LK Nyköpings Runners | 25,27 |
| 14 | Ronnie Eriksson | LK Nyköpings Runners | 25,42 |
| 15 | Jan-Olov Andersson | LK Nyköpings Runners | 26,39 |
| 16 | Leif Franzén | LK Nyköpings Runners | 39,56 |

Kvinnor 5 km

| | | | |
|---|-------------------|----------------------|-------|
| 1 | Emmeli Liljeblad | | 21,19 |
| 2 | Katarina Eriksson | LK Nyköpings Runners | 24,41 |

Män 2,5 km

| | | | |
|---|---------------|----------------------|-------|
| 1 | Lasse Dennevi | LK Nyköpings Runners | 20,20 |
|---|---------------|----------------------|-------|

Kvinnor 2,5 km

| | | | |
|---|-----------------|----------------------|-------|
| 1 | Sirpa Munne | LK Nyköpings Runners | 22,56 |
| 2 | Gunilla Franzén | LK Nyköpings Runners | 24,10 |

RESULTAT

Hjortensbergsrundan 5 km
Petterbergsrundan 2,5 km

Start och mål: Ekensberg, NOK-stugan
Datum: **2020-10-21**
Väder: + 10 grader
Underlag: asfalt

Män 5 km

| | | | |
|----|-------------------|----------------------|-------|
| 1 | Oskar Ervning | LK Nyköpings Runners | 17,28 |
| 2 | Jan Johansson | LK Nyköpings Runners | 18,15 |
| 3 | Per Nilsson | LK Nyköpings Runners | 18,48 |
| 4 | Tobias Brohlin | LK Nyköpings Runners | 21,08 |
| 5 | Björn Lindqvist | LK Nyköpings Runners | 22,24 |
| 6 | Tommy Ericsson | LK Nyköpings Runners | 22,57 |
| 7 | Mikael Sandberg | LK Nyköpings Runners | 23,06 |
| 8 | Ronnie Eriksson | LK Nyköpings Runners | 24,18 |
| 9 | Tobias Hasselvärn | | 25,04 |
| 10 | Johannes Hein | | 26,20 |

Kvinnor 5 km

| | | | |
|---|-------------------|----------------------|-------|
| 1 | Anna Ekholm | LK Nyköpings Runners | 22,33 |
| 2 | Katarina Eriksson | LK Nyköpings Runners | 25,08 |
| 3 | Jenny Andersson | LK Nyköpings Runners | 33,14 |

Män 2,5 km

| | | | |
|---|--------------------|----------------------|-------|
| 1 | Jan-Olov Andersson | LK Nyköpings Runners | 14,45 |
|---|--------------------|----------------------|-------|

Kvinnor 2,5 km

| | | | |
|---|-------------|----------------------|-------|
| 1 | Sirpa Munne | LK Nyköpings Runners | 22,23 |
|---|-------------|----------------------|-------|

RESULTAT

Hjortensbergsrundan 5 km
Petterbergsrundan 2,5 km

Start och mål: Ekensberg, NOK-stugan
Datum: **2020-10-28**
Väder: + 10 grader, blåsig
Underlag: asfalt

Män 5 km

| | | | |
|---|--------------------|----------------------|-------|
| 1 | Jan Johansson | LK Nyköpings Runners | 18,21 |
| 2 | Per Nilsson | LK Nyköpings Runners | 18,48 |
| 3 | Björn Lindqvist | LK Nyköpings Runners | 21,45 |
| 4 | Tommy Ericsson | LK Nyköpings Runners | 22,28 |
| 5 | Ronnie Eriksson | LK Nyköpings Runners | 24,45 |
| 6 | Jan-Olov Andersson | LK Nyköpings Runners | 44,30 |

Kvinnor 5 km

| | | | |
|---|-------------------|--------------------------|-------|
| 1 | Emmeli Liljeblad | | 20,56 |
| 2 | Helen Erving | OK Hällen/Hällen löpning | 21,43 |
| 3 | Anna Ekholm | LK Nyköpings Runners | 24,26 |
| 4 | Katarina Eriksson | LK Nyköpings Runners | 25,35 |
| 5 | Helen Pahverk | LK Nyköpings Runners | 29,40 |
| 6 | Jenny Andersson | LK Nyköpings Runners | 33,05 |
| 7 | Viveka Ruffel | LK Nyköpings Runners | 34,58 |

Kvinnor 2,5 km

| | | | |
|---|-------------|----------------------|-------|
| 1 | Sirpa Munne | LK Nyköpings Runners | 21,51 |
| 2 | Seija Lilja | Oxelösund kanot | 25,31 |

RESULTAT

PARSTAFETT 2 x 2,5 km
Petterbergsrundan 2,5 km

Start och mål: Ekensberg, NOK-stugan
Datum: **2020-11-04**
Väder: + 6 grader
Underlag: asfalt

PAR 2 x 2,5 km

| | | | |
|---|-----------------|-------------------|-------|
| 1 | Tommy Ericsson | Katarina Eriksson | 22,29 |
| 2 | Anna Ekholm | Ronnie Eriksson | 23,07 |
| 3 | Helen Pahverk | Per Nilsson | 23,52 |
| 4 | Jenny Andersson | Jan Andersson | 25,11 |

Män 2,5 km

| | | | |
|---|-----------------|----------------------|-------|
| 1 | Jan Johansson | LK Nyköpings Runners | 9,02 |
| 2 | Per Nilsson | LK Nyköpings Runners | 9,21 |
| 3 | Tommy Ericsson | LK Nyköpings Runners | 10,56 |
| 4 | Ronnie Eriksson | LK Nyköpings Runners | 12,14 |
| 5 | Jan Andersson | LK Nyköpings Runners | 18,01 |

Kvinnor 2,5 km

| | | | |
|---|-------------------|----------------------|-------|
| 1 | Anna Ekholm | LK Nyköpings Runners | 10,53 |
| 2 | Katarina Eriksson | LK Nyköpings Runners | 11,33 |
| 3 | Helen Pahverk | LK Nyköpings Runners | 14,31 |
| 4 | Jenny Andersson | LK Nyköpings Runners | 16,09 |
| 5 | Viveka Ruffel | LK Nyköpings Runners | 16,18 |