

LÅNGLÖPARNAS KVÄLL

Enskede IP Tisdag 25 juni 2019

Tävlingsledare: Pontus Östlund

Eltid: Roger Karlsson

Starter: Tom Börjesson

Mellantider: A Lennart Julin

Väder: Milt och halvklart, svag vind. Under A-heatet drog ett lätt duggregn in.

| A-heat | | kl 21.05 | | RESULTAT | | |
|---------------|----------------|------------------|-----------|-----------------------------------|-------------|-----------------|
| Plac. | | | | | | |
| 1 | Jonas | Leandersson | 90 | IF Göta | 29:46.91 | SB |
| 2 | Ebba | Tulu Chala | 96 | Huddinge AIS | 29:50.11 | SB |
| 3 | Merih | Hagos | 98 | Eskilstuna FI | 30:18.89 | PB |
| 4 | Lars | Lunde | 97 | Stord IL, NOR | 30:20.78 | PB |
| 5 | Kristofer | Låås | 92 | Fredrikshofs FIF | 30:31.90 | PB |
| 6 | Nils | Spetz | 91 | Spårvägens FK | 30:39.01 | PB |
| 7 | Henning | Mæhle | 91 | SK Vidar, NOR | 30:49.97 | PB |
| 8 | Marcus | Åberg | 88 | Hässelby SK | 30:57.58 | SB |
| 9 | Isak | Hellström | 91 | FK Studenterna | 30:58.44 | PB |
| 10 | Daniel | Antonsson | 93 | IFK Lidingö | 30:59.53 | PB |
| 11 | Daniel | Gleimar | 92 | Spårvägens FK | 31:15.88 | PB |
| 12 | Andreas | McConville | 81 | FK Studenterna | 31:19.17 | SB |
| 13 | Hugo | Lindell | 95 | IF Mantra Sport | 31:30.96 | PB |
| 14 | Johan | Falk | 87 | FK Studenterna | 31:45.12 | PB |
| 15 | Victor | Dahl | 92 | Stockholm City Triathlon | 31:51.40 | PB |
| 16 | Anders | Bergman | 88 | Hälle IF | 31:58.87 | PB |
| 17 | Martin | Lundqvist | 90 | IK Sisu Nässjö | 32:00.55 | SB |
| 18 | Heshlu | Andemariam | 97 | IFK Lidingö | 32:14.80 | PB |
| 19 | Albert | Didriksen | 96 | Oslostudentenes IK Friidrett, NOR | 32:24.72 | PB |
| 20 | Martin | Kjäll-Ohlsson | 78 | Hälle IF | 32:49.85 | |
| 21 | Simon | Gudmundsson | 92 | Fredrikshofs FIF | 33:05.30 | SB |
| 22 | Ossi | Peltoniemi | 86 | Rovaniemen Roadrunners, FIN | 33:34.51 | SB |
| | <i>Fredrik</i> | <i>Uhrbom</i> | <i>77</i> | <i>Spårvägens FK</i> | <i>Bröt</i> | <i>hare 5km</i> |
| | Gabriel | Steffensen | 96 | Möndals AIK | Bröt | |
| | Martin | Öhman | 81 | Hässelby SK | Bröt | |
| | Thomas | Asgautsen | 89 | Stavanger Friidrett, NOR | Bröt | |
| | <i>Patrik</i> | <i>Engström</i> | <i>77</i> | <i>FK Studenterna</i> | <i>Bröt</i> | <i>hare 5km</i> |
| | <i>Ludvig</i> | <i>Johansson</i> | <i>98</i> | <i>IFK Lidingö</i> | <i>Bröt</i> | <i>hare 5km</i> |
| | Marcus | Hallbäck | 92 | BNBRC | Bröt | |

3000m: F Uhrbom 9:03.8m, G Steffensen 9:04.1m, E T Chala 9:04.4m, J Leandersson 9:04.6m, M Hagos 9:04.9m, K Låås 9:05.2m, M Åberg 9:05.4m, N Spetz 9:10.9m, M Öhman 9:11.2m, L Lunde 9:11.5m, P Engström 9:19.9m, D Gleimar 9:20.2, ... M Lundqvist 9:38.4m.

5000m: G Steffensen 15:06.8m, E T Chala 15:07.1m, J Leandersson 15:07.3m, M Hagos 15:07.6m, K Låås 15:08.1m, M Åberg 15:14.7m, N Spetz 15:16.6m, L Lunde 15:16.9m, M Öhman 15:23.2m, I Hellström 15:32.1m, P Engström 15:32.3m, M Lundqvist 15:43.6m.

km-passeringar tåten (F Uhrbom om ej annat anges): 2:59.5m – 6:01.6m – 9:03.8m – 12:06.1m – 15:06.8m (G Steffensen) – 18:07.3m (M Hagos) – 21:07.7m (J Leandersson) – 24:06.9m (E T Chala) – 26:59.8m (J Leandersson).

Avslutningen av J Leandersson: 14:39.6m – 8:39.2m – 5:39.7m – 2:47.1m – 2:12.4m – 63.7m – 31.7m.

| B-Heat | | kl 20.15 | | RESULTAT | | |
|---------------|-------------|-----------------|----|-------------------|----------|------------|
| Plac. | | | | | | |
| 1 | Martin | Holm | 84 | FK Studenterna | 32:38.05 | hare 32:30 |
| 2 | David | Valas | 80 | Huddinge AIS | 33:07.21 | PB |
| 3 | Andreas | Lundegård | 86 | FK Studenterna | 33:17.69 | SB |
| 4 | Niklas | Henningsson | 83 | Sundbybergs IK | 33:19.98 | PB |
| 5 | Mattias | Westerlund | 87 | Junsele IF | 33:22.14 | PB |
| 6 | Erik | Framme | 73 | Hälle IF | 33:32.11 | SB |
| 7 | Maximilian | Lohm Isberg | 91 | Fk Studenterna | 33:34.39 | PB |
| 8 | Samrawit | Mengsteab | 90 | Hälle IF | 33:38.75 | PB |
| 9 | Andreas | Åkesson | 87 | Saltsjöbadens IF | 33:47.34 | SB |
| 10 | Sami | Saku | 95 | IF Åland | 33:50.31 | PB |
| 11 | Joel | Kronborg | 92 | Hässelby SK | 33:50.35 | PB |
| 12 | Jens | Jonsson | 85 | FK Studenterna | 33:59.83 | PB |
| 13 | Joakim | Thelin | 87 | Upsala IF | 34:02.34 | PB |
| 14 | Anastasia | Denisova | 93 | Sävedalens AIK | 34:03.73 | PB |
| 15 | Fredrik | Westerdahl | 79 | Fredrikshof fif | 34:13.38 | SB |
| 16 | Martin | Gidewall | 76 | IFK Tumba | 34:21.70 | SB |
| 17 | Christoffer | Hiding | 85 | Fredrikshofs FIF | 34:27.22 | SB |
| 18 | Erik | Bowallius | 82 | Enhörna IF | 34:30.41 | PB |
| 19 | Johannes | Fahlström | 85 | FK Studenterna | 34:33.89 | SB |
| 20 | Joakim | Brunzell | 81 | Ösmo Nynäs FK | 34:34.84 | PB |
| 21 | Cecilia | Norrbom | 88 | Spårvägens FK | 34:36.24 | SB |
| 22 | Andreas | Hardeström | 80 | IF Linnéa | 34:38.11 | PB |
| 23 | Robert | Lundberg | 88 | Beastmode | 34:38.96 | PB |
| 24 | Marcus | Engström | 86 | FK Studenterna | 34:59.95 | SB |
| 25 | Daniel | Elinder | 77 | Fredrikshof fif | 35:04.93 | PB |
| 26 | Anders | Hellner | 80 | Bromma IF | 35:14.35 | PB |
| 27 | Thomas | Bergman | 84 | IF Linnéa | 35:24.66 | PB |
| 28 | Joakim | Röstlund | 81 | FK Studenterna | 36:06.33 | SB |
| 29 | Oskar | Lundahl | 81 | Fredrikshofs FIF | 36:24.20 | PB |
| | Christopher | Salmén | 81 | Terrible Tuesdays | Bröt | |
| | Johan | Söderlund | 86 | IF Linnéa | Bröt | |
| | Daniel | Alemu | 97 | Spårvägens FK | Bröt | |
| | Elias | Rapp | 99 | Västerås FK | Bröt | |

1000m: M Holm 3:14.3m, ... S Mengsteab 3:22.7m, C Norrbom 3:23.0m, A Denisova 3:23.2m.

2000m: M Holm 6:29.6m, ... S Mengsteab 6:44.0m, A Denisova 6:44.3m, C Norrbom c6:45

3000m: M Holm 9:45.7m, ... D Alemu 9:57.1m, ... S Mengsteab 10:05.4m, A Denisova 10:08.4m, C Norrbom 10:08.7m.

4000m: M Holm 12:59.8m, ... S Mengsteab 13:25.5m, C Norrbom 13:32.8m, A Denisova 13:33.1m.

5000m: M Holm c16:16, ... S Mengsteab 16:50.8m, A Denisova 16:55.8m, C Norrbom 16:59.5m.

6000m: M Holm 19:32.9m, ... S Mengsteab 20:14.3m, A Denisova 20:21.3m, C Norrbom 20:32.1m.

7000m: M Holm ?, ... S Mengsteab 23:38.0m, A Denisova 23:46.0m, C Norrbom 24:07.1m.

8000m: M Holm 26:07.3m, ... S Mengsteab 27:02.1m, A Denisova 27:14.2m, C Norrbom 27:43.0m.

9000m: M Holm 29:25.0m, D Valas 29:47.1m, ... S Mengsteab 30:24.0m, A Denisova 30:41.6m, C Norrbom 31:11.4m

kilometrar för S Mengsteab: 3:22.7m – 3:21.3m – 3:21.4m – 3:20.1m – 3:25.3m – 3:23.5m – 3:23.7m – 3:24.1m – 3:21.9m – 3:14.8m.

Anm: Här prioriterade jag (ALJ) de kvinnliga deltagarna och hade därför inte alltid full koll på absoluta täten!

| | C-Heat | KL 19.15 | | | RESULTAT | |
|--------------|-----------------|--------------------|-----------|------------------------|-----------------|----------------|
| Plac. | | | | | | |
| 1 | Karl | Lundin | 88 | Johanneshov | 34:31.41 | PB |
| 2 | Martin | Jarbeck | 87 | Åkersberga SK | 34:36.57 | PB |
| 3 | Tomas | Jennerstål | 74 | Löparklubben Roslagen | 35:05.75 | SB |
| 4 | Thaddäus | Tiedje | 91 | | 35:12.76 | PB |
| 5 | <i>Björn</i> | <i>Sax Kaijser</i> | | <i>FK Studenterna</i> | <i>35:13.57</i> | SB, Hare 35:30 |
| 6 | Fred | Johansson | 82 | Simlångsdalens IF | 35:16.48 | PB |
| 7 | Claes | Winterfeldt | 71 | Spårvägens FK | 35:29.64 | PB |
| 8 | Kevin | McCloy | 86 | Stockholm frontrunners | 35:32.10 | PB |
| 9 | Fredrik | Sohlberg | 72 | Fredrikshofs FIF | 35:45.84 | SB |
| 10 | Timmy | Karlsson | 86 | | 35:46.62 | SB |
| 11 | Staffan | Westerdahl | 70 | Fredrikshofs FIF | 35:47.54 | SB |
| 12 | Christian | Lindström | 74 | Hammarby IF | 35:48.54 | PB |
| 13 | Johanna | Salminen | 78 | FK Studenterna | 35:49.97 | PB |
| 14 | <i>Jensa</i> | <i>Wicksén</i> | | <i>FK Studenterna</i> | <i>35:52.63</i> | SB, Hare 36:00 |
| 15 | Herman | Degselius | 73 | FK Studenterna | 36:06.74 | SB |
| 16 | Martin | Appelqvist | 90 | FK Studenterna | 36:15.67 | PB |
| 17 | Ulf | Yngvesson | 64 | FK Studenterna | 36:19.86 | PB |
| 18 | Pierre | Lourdais | 90 | FK Studenterna | 36:25.86 | PB |
| 19 | Mark | Conrad | 92 | FK Studenterna | 36:34.71 | PB |
| 20 | Jonas | Lembke | 80 | Fredrikshofs FIF | 36:41.76 | PB |
| 21 | Jennifer | Acklund | 95 | Örgryte IS | 36:47.02 | PB |
| 22 | Fredrik | Jonsson | 83 | Fredrikshofs FIF | 36:49.22 | PB |
| 23 | Jesper | Fuhr | 88 | AC Salt Lake | 36:57.57 | SB |
| 24 | Andreas | Huss | 74 | FK Studenterna | 37:07.87 | PB |
| 25 | Sven | Petersson | 83 | Huddinge AIS | 37:08.12 | PB? |
| | Louise | Ringström | 89 | Spårvägens FK | Bröt | |
| | Anna | Jonsson | 86 | FK Studenterna | Bröt | |
| | Malin | Gibrand | 81 | FK Studenterna | Bröt | |
| | Stefan | Wahlström | 83 | FK Studenterna | Bröt | |
| | Jimmie | Espling | 75 | FK Studenterna | Bröt | |
| | Fanny | Schulstad | 88 | Runacademy | Bröt | |

1000m: Täten 3:30.4m, ... L Ringström c3:33

2000m: -

3000m: K Lundin 10:28.3m, ... J Salminen 10:50.8m, J Acklund 10:55.9m, A Jonsson 10:56.2m, M Gibrand 10:56.7m, F Schulstad 11:15.9m.

4000m: -

5000m: K Lundin 17:24.9m, M Jarbeck 17:25.2m, C Winterfeldt 17:31.8m, Sax Kaijser 17:38.5m, ... J Salminen 18:05.9m, A Jonsson 18:13.0m, J Acklund 18:13.5m, F Schulstad 19:04.8m, M Gibrand 19:05.5m.

6000m, 7000m: -

8000m: K Lundin 27:50.0m, M Jarbeck 27:50.3m, B Sax Kaijser 28:20.2m, ... J Salminen 28:50.0m, J Acklund 29:22.7m.

9000m: K Lundin 31:18.5m, M Jarbeck 31:18.8m, ... J Salminen 32:23.0m, J Acklund 33:07.5m.

Anm: Här prioriterade jag (ALJ) de kvinnliga deltagarna och hade därför inte alltid full koll på absoluta täten!

| D-Heat | | KL 18.15 | | RESULTAT | | |
|--------|-------------|-------------|----|-------------------|----------|------------|
| Plac. | | | | | | |
| 1 | Jens | Karlsson | 78 | FK Studenterna | 37:09.90 | |
| 2 | Christian | Pettersson | 85 | FK Studenterna | 37:11.18 | Hare 37:30 |
| 3 | Jonathan | Koljef | 90 | FK Studenterna | 37:47.34 | |
| 4 | jonas | hellström | 61 | danderyds sk | 38:01.72 | |
| 5 | Ulf | Eriksson | 74 | Huddinge AIS | 38:06.72 | |
| 6 | Magnus | Rydén | 76 | IF Linnea | 38:19.74 | |
| 7 | Anders | Nyström | 76 | Team CRS | 38:43.39 | |
| 8 | Joakim | Eriksson | 87 | Fredrikshofs FIF | 38:51.88 | |
| 9 | Elin | Balck | 92 | IF Linnéa | 38:56.80 | PB |
| 10 | Jakob | Lagerdahl | 77 | | 39:06.88 | |
| 11 | Weronika | Brzuchalska | 93 | FK Studenterna | 39:14.81 | PB |
| 12 | Lina | Nyman | 83 | Hässelby SK | 39:26.76 | PB |
| 13 | Christian | Bengtzelius | 74 | FK Studenterna | 39:26.78 | |
| 14 | Vilhelm | Öström | 74 | FK Studenterna | 39:34.43 | |
| 15 | Javier | Cabello | 67 | Tureberg FK | 39:40.43 | |
| 16 | Ola | Söderblom | 85 | FK Studenterna | 39:42.27 | Hare 40:00 |
| 17 | Christoffer | Olsson | 88 | FK Studenterna | 39:52.07 | |
| 18 | Jakob | Forssmed | 74 | Turebergs FK | 40:31.12 | |
| 19 | Alice | Hugosson | 94 | FK Studenterna | 40:35.73 | PB |
| 20 | Mathilda | Edmark | 92 | IF Linnéa | 40:55.57 | PB |
| 21 | Åsa | Nylander | 67 | FK Studenterna | 41:12.31 | SB |
| 22 | Hanna | Edmark | 89 | Team Nordic Trail | 41:33.47 | PB |
| 23 | Viktor | Ahlqvist | 87 | IK Stern | 41:40.40 | |
| 24 | Catarina | Gärtner | 88 | FK Studenterna | 42:11.53 | PB |
| 25 | Jordi | Viana | 64 | FK Studenterna | 42:16.23 | Hare 43:00 |
| 26 | Louise | Berlin | 87 | FK Studenterna | 42:32.06 | PB |
| 27 | Per | Gysing | 60 | FK Studenterna | 44:31.75 | |
| 28 | Leif | Ohlsson | 60 | FK Studenterna | 45:33.66 | |
| | Rickard | Andersson | 72 | IF Linnéa | Bröt | |
| | Kristina | Flintull | 87 | FK Studenterna | Bröt | |
| | Camilla | Dexius | 80 | FK Studenterna | Bröt | |
| | Daniel | Förberg | 74 | Fredrikshofs FIF | Bröt | |
| | Camilla | Rosen | 88 | FK Studenterna | Bröt | |

1000m: Täten 3:43.3m, ... W Brzuchalska 3:44.3m, E Balck 3:46.5m, K Flintull 3:55.9m, L Nyman 3:59.4m, C Dexius 4:00.9m, M Edmark 4:02.1, Å Nylander 4:03.9m, L Berlin 4:13.4m.

3000m: Täten 11:16.8m, ... W Brzuchalska 11:17.6m, E Balck 11:21.6m, K Flintull 11:44.9m, L Nyman 11:54.9m, M Edmark 12:06.4m, C Dexius 12:08.4m, Å Nylander 12:13.0m, H Edmark 12:13.6m, A Hugosson 12:15.9m, L Berlin 12:39.1m, C Gärtner 12:50.6m, C Rosén 13:11.6m.

5000m: Täten 18:43.5m, ... W Brzuchalska 19:09.7m, E Balck 19:10.6m, L Nyman 19:51.1m, M Edmark 20:20.3m, Å Nylander 20:26.0m, A Hugosson 20:29.1m, C Dexius 20:30.6m, H Edmark 20:31.1m, L Berlin 21:13.1m, C Gärtner 21:27.1m, C Rosén 22:22.2m .

Anm: Här prioriterade jag (ALJ) de kvinnliga deltagarna och hade därför inte alltid full koll på absoluta täten!