

Härnö Trail 17,8 km damer

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Smitingen	Tid	Diff
1	Zara	Lundgren	1987	nordanstigs friidrott	00:57:08 (3)	02:00:14	
2	Sigrid	Lagerfelt	1983	Sorsele	00:56:37 (1)	02:03:35	00:03:30
3	Tilde	Engberg	2001	Härnösands OK	00:56:44 (2)	02:03:44	00:12:27
4	Jessica	Moverare	1974	IKJ Haninge	01:02:32 (7)	02:12:41	00:12:53
5	Felicity	Brown	1984	Lidingö IFK	01:01:00 (4)	02:13:07	00:12:55
6	Veronica	Bergman	1977		01:01:00 (4)	02:13:09	00:15:02
7	Agnes	Fälldin	1992	Härnösand	01:02:32 (8)	02:15:16	00:15:14
8	Angelica	Saur	1901	Ljustorp	01:02:12 (6)	02:15:28	00:15:29
9	Eva	Tiselius	1986		01:02:33 (9)	02:15:43	00:18:08
10	Jenny	Wallner	1977	Sollentuna	01:05:20 (11)	02:18:22	00:21:07
11	Sara	Kindlund	1997	IFK Mora OK	01:05:00 (10)	02:21:21	00:22:18
12	Pornchita	Mattsson	1977	HÄRNÖSAND	01:06:18 (12)	02:22:32	00:24:16
13	Emma	Nilsing	1973		01:08:45 (15)	02:24:30	00:24:38
14	Maja	Wressel	1988	Härnösand	01:07:16 (13)	02:24:52	00:27:28
15	Ewa	Hellström	1984	Velo Performance Racing Team	01:09:58 (17)	02:27:42	00:29:16
16	Moa	Forsberg	1991	IFK Mora	01:09:02 (16)	02:29:30	00:33:15
17	Josefin	Strand	1996	Kuliskings	01:15:08 (21)	02:33:29	00:33:19
18	Johanna	Nyberg	1995	Track Bonanza	01:10:00 (18)	02:33:33	00:35:12
19	Kristina	Frank	1979	Frösön	01:08:16 (14)	02:35:26	00:37:47
20	Malin	Liljehammar	1975		01:13:58 (19)	02:38:01	00:44:03
21	Moa	Wuotila	1988	Umeå	01:15:26 (22)	02:44:17	00:44:18
22	Marie-Louise	Engberg	1976	Härnösands OK	01:17:00 (23)	02:44:32	00:44:32
23	Sofia	Forell	1986	Team Nordic Trail	01:19:36 (29)	02:44:46	00:45:07
24	Katrine	Andersson	1965	Åkersberga Spring	01:17:40 (25)	02:45:21	00:46:14
25	Karin	Håkansson	1979		01:18:00 (26)	02:46:28	00:46:36
26	Melinda	Urbansdotter	1993	Track bohnanza	01:18:00 (26)	02:46:50	00:47:30
27	Anna	Thomson	1976		01:18:00 (26)	02:47:44	00:48:22
28	Alexandra	Svanström	1972	Åkersberga Spring	01:17:38 (24)	02:48:36	00:48:52
29	Marielle	Olofsson	1988	RågängenElit	01:20:28 (32)	02:49:06	00:49:00
30	Kristine	Åkerlund	1977	OK Branten	01:14:29 (20)	02:49:14	00:53:34
31	Emma	H Eneström	1979	Kälvesta Knicks	01:20:02 (30)	02:53:48	00:54:03
32	Kristina	Althoff	1974	Torkstenen Runners	01:23:31 (34)	02:54:17	00:58:44
33	Tove	Österud	1990		01:27:07 (38)	02:58:58	00:58:46
34	Anna	Singer	1975	Team Nordic Trail	01:25:00 (35)	02:59:00	00:59:00
35	Anette	Andersson	1970	Åre OK	01:20:04 (31)	02:59:14	01:00:44
36	Anna	Åberg	1969	IKJ Haninge	01:26:34 (37)	03:00:58	01:01:23
37	Saga	Nilsson	1996		01:26:00 (36)	03:01:37	01:03:18
38	Annika	Hollsten	1967		01:21:53 (33)	03:03:32	01:08:51
39	Ulrika	Ekebro	1971		01:34:42 (48)	03:09:05	01:11:29
40	Elisabeth	Lidén	1979		01:30:00 (39)	03:11:43	01:11:30
41	Gunilla	Strinnholm	1974		01:34:00 (41)	03:11:44	01:16:03
42	Patrycja	Nikin	1976		01:34:37 (47)	03:16:17	01:16:05
43	Emma	Nordangård	1973	Skälloms skogslöpare	01:33:15 (40)	03:16:19	01:16:15
44	Susanne	Sahlin	1973		01:34:45 (49)	03:16:29	01:17:21
45	Lotta	Persson	1968	FP Kakel	01:34:00 (41)	03:17:35	01:17:22
46	Göta	Sörqvist	1977	Bohuslänska Bisonoxar	01:34:00 (41)	03:17:36	01:17:22
47	Clare	Russell	1973	Bohuslänska bisonoxar	01:34:00 (41)	03:17:36	01:18:03
48	Ellen	Stenhede	1997		01:35:43 (50)	03:18:17	01:20:34
49	Anki	Dellnas	1965		01:34:17 (45)	03:20:48	01:24:01
50	Åsa	Nyberg	1973		01:34:27 (46)	03:24:15	01:27:24
51	Pia	Sundkvist de Beau	1969	Ms. Lyckad IT AB	01:37:08 (51)	03:27:38	01:35:25



## HÄRNÖ TRAIL

52	Eva	Bohm	1901	Umara Sports Club	01:42:20 (52)	03:35:39	01:40:24
53	Elisabeth	Forssén	1969	Team Nordic Trail	01:48:11 (55)	03:40:38	01:40:24
54	Sofie	Hellsing	1986	Team Nordic Trail	01:48:11 (56)	03:40:38	01:47:31
55	Lenita	Hellman	1901	Team Umara Girls	01:44:37 (53)	03:47:45	01:47:31
56	Emelie	Borg	1901	Team Umara Girls	01:44:38 (54)	03:47:45	01:53:56
57	Tove	Hydén	1985	Blodsmak IK	()	03:54:10	02:04:28
58	Erica	Söderström	1977	Bjästa	02:02:11 (57)	04:04:42	02:41:06
59	Eva	Olsson	1965	UPPLANDS VÄSBY	02:08:30 (58)	04:41:20	#####

### Härnö Trail 17,8 km herrar

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Smitingen	Tid	Diff
1	Tomas	Nordlöf	1985	Umeå	00:42:19 (1)	01:32:22	
2	Emanuel	Ahlgren	1994	IFK Umeå	00:43:34 (2)	01:35:09	00:02:47
3	Erik	Viklund	1988	BIK	00:43:39 (3)	01:36:11	00:03:49
4	Daniel	Granberg	1980	Mellansel IF	00:45:48 (4)	01:38:46	00:06:24
5	Erik	Olofsson	1977	Trångsvikens IF	00:49:25 (7)	01:44:08	00:11:46
6	Dan	Engberg	1984		00:47:21 (5)	01:46:13	00:13:51
7	Tomas	Nordlander	1968	Sweco Adventure	00:48:30 (6)	01:48:37	00:16:15
8	Thommy Larss	Larsson	1965	Team B3	00:50:00 (8)	01:49:01	00:16:39
9	Jan	Karlsson	1969	IFK Umeå	00:53:33 (20)	01:51:19	00:18:57
10	Martin	Forhaug	1901	Spånga/Bromstens Bandyklubb	00:51:15 (9)	01:51:27	00:19:05
11	Johan	Cajdert	1983	Merrell	00:51:27 (12)	01:52:19	00:19:57
12	Daniel	Holmberg	1979		00:51:25 (11)	01:53:13	00:20:51
13	Adam	Bitén	1977	Skellefteå	00:51:24 (10)	01:54:44	00:22:22
14	Jesper	Söderbäck	1987	LB Joggers	00:52:00 (15)	01:54:50	00:22:28
15	Niklas	Eriksson	1988	LB Joggers	00:52:00 (15)	01:54:51	00:22:29
16	Magnus	Selling	1984	Härnösands OK	00:51:47 (14)	01:55:30	00:23:08
17	Tommie	Sjödén	1978	Hemsö IF	00:53:58 (22)	01:55:48	00:23:26
18	Benjamin	Ahlgren	1992		00:52:01 (17)	01:56:08	00:23:46
19	Björn	Lundman	1985	Kvissleby	00:53:19 (19)	01:56:18	00:23:56
20	Markus	Juntikka	2004	Bondsjöhöjdens IK	00:53:36 (21)	01:57:15	00:24:53
21	Mats	Forssell	1981		00:53:00 (18)	01:57:52	00:25:30
22	Martin	Windling	1979	Svartsö idrottskamrater	00:51:44 (13)	01:58:53	00:26:31
23	Henrik	westling	1972	Marieby GIF	00:56:18 (30)	01:59:08	00:26:46
24	Håkan	Nygren	1979	Ljustorp IF	00:55:18 (27)	01:59:26	00:27:04
25	Lars	Jakobsson	1979	Fredrikshofs FIF	00:55:00 (25)	02:00:12	00:27:50
26	Jesper	Johansson	1992		00:57:38 (42)	02:00:24	00:28:02
27	Per	Furberg	1985		00:57:37 (41)	02:00:24	00:28:02
28	Henrik	Forssmark	1973	Permobil FF	00:57:30 (39)	02:00:40	00:28:18
29	Daniel	Eurenius	1982	Nolby löparna	00:57:00 (35)	02:01:24	00:29:02
30	Johan	Börjesson	1974	Örnsköldsvik	00:57:30 (37)	02:01:42	00:29:20
31	Anders	Wallenius	1979		00:57:30 (38)	02:01:43	00:29:21
32	Peter	Sundelin	1977	Sundelits	00:58:18 (46)	02:02:09	00:29:47
33	Ewan	McCarthy	1982	Clan McCarthy	00:55:23 (28)	02:02:20	00:29:58
34	Björn	Mårtensson	1987	Alnö race team	00:54:29 (23)	02:02:31	00:30:09
35	Nicklas	Berneklint	1974	Waxholms Ok	00:56:44 (32)	02:04:25	00:32:03
36	Rickard	Lundin	1966	Törnskogen Off Trail	00:56:49 (33)	02:04:54	00:32:32
37	Mikael	Dahl	1976	#löranörän		02:05:10	00:32:48
38	Joel	Karlsson	1969	Åre OK	00:56:26 (31)	02:05:11	00:32:49
39	David	Sjöstrand	1988	Wifstavarfs Båtklubb	00:55:16 (26)	02:05:38	00:33:16
40	David	Mäki	1990		00:57:58 (44)	02:05:41	00:33:19
41	Fredrik	Sjölander	1975	Härnösands brottarklubb	00:58:10 (45)	02:05:58	00:33:36
42	Marcus	Nilsson	1994	Track Bonanza	00:57:00 (35)	02:06:00	00:33:38



## HÄRNÖ TRAIL

43 Åke	Wressel	1993	Rättvik	01:00:23 (60)	02:06:07	00:33:45
44 Henrik	Söderqvist	1979		00:57:32 (40)	02:06:38	00:34:16
45 Jonas	Henning	1972	Sundsvall	01:00:00 (54)	02:07:23	00:35:01
46 Tomas	Lindblom	1977	Nordingrå	00:57:50 (43)	02:07:39	00:35:17
47 Peter	Düberg Banke	1901	Umara Sports Club	01:01:23 (65)	02:08:14	00:35:52
48 Niclas	Gregoriusson	1980		01:00:04 (57)	02:08:23	00:36:01
49 Nils	Engberg	2005	Härnösands OK	00:59:00 (49)	02:08:41	00:36:19
50 Tommy	Höglund	1986	LUNDE	00:59:47 (53)	02:08:50	00:36:28
51 Magnus	Norlund	1973	Sorsele	00:58:47 (47)	02:09:08	00:36:46
52 Tobias	Nordin	1983	Blodsmak	00:59:33 (52)	02:09:53	00:37:31
53 Jonas	Johansson	1985		01:00:19 (59)	02:10:02	00:37:40
54 Patrik	Öberg	1975	Oernskoeldsvik	00:57:00 (34)	02:10:04	00:37:42
55 Henrik	Lundbäck	1978	Permobil FF	01:01:00 (62)	02:10:15	00:37:53
56 Nils	Hjelte	1982	Bruv Runners Club	00:58:48 (48)	02:10:58	00:38:36
57 fredrik	göransson	1986	Kvarnsjö Camp	01:01:23 (66)	02:11:09	00:38:47
58 Johan	Berglund	1985	Bears	00:54:39 (24)	02:11:10	00:38:48
59 Rune	Lindström	1967	OK Nolaskogsarna	00:55:53 (29)	02:12:25	00:40:03
60 Fredrik	Nilsson	1969	Sundsvalls stigar		02:12:47	00:40:25
61 Philip	Xu Cederhill	1991		01:03:23 (74)	02:12:56	00:40:34
62 Tobias	Petrén	1991		01:02:22 (73)	02:13:00	00:40:38
63 Fabian	Sund	2004	OK Hammaren	01:00:05 (58)	02:13:36	00:41:14
64 Mattias	Sörqvist	1901	Uddevalla	01:01:00 (62)	02:13:46	00:41:24
65 Lars	Beckman	1967	Internationella löpargruppen	01:02:20 (72)	02:13:59	00:41:37
66 Jimmy	Hanslin	1988	LB Joggers	01:00:00 (55)	02:14:17	00:41:55
67 Christian	Nordin	1990	Örnsköldsvik	01:00:50 (61)	02:14:22	00:42:00
68 Anders	Gyll	1976	På väg till bastun	01:01:00 (62)	02:14:25	00:42:03
69 Linus	Nordin	1982	TNT Sundsvall	01:02:00 (70)	02:14:30	00:42:08
70 Krister	Nordlund	1981	Älandsbro	01:00:03 (56)	02:14:40	00:42:18
71 Willy	Gahlin	1977	Härnösands ok	00:59:28 (51)	02:15:23	00:43:01
72 Fredrik	Estman	1978	Hemsö IF	00:59:26 (50)	02:15:23	00:43:01
73 Pontus	Charleville	1971	Edsåsdalen SK	01:01:40 (68)	02:15:40	00:43:18
74 Håkan	Brovell	1984	Velo Performance racing team	01:07:38 (96)	02:15:42	00:43:20
75 Lars	Blomberg	1969	Team nordic trail	01:01:27 (67)	02:16:13	00:43:51
76 Conny	Ahlenius	1978	Bulten AB	01:06:48 (89)	02:17:16	00:44:54
77 Fredrik	Pettersson	1971	FP Kakel	01:02:00 (70)	02:18:42	00:46:20
78 Fabian	Erici	1992	Stockholm	01:03:26 (75)	02:19:23	00:47:01
79 Viktor	Sjödin	1996		01:03:29 (76)	02:19:37	00:47:15
80 Lars	Nilsing	1977	Mondi	01:06:07 (86)	02:20:02	00:47:40
81 Lars	Frank	1980	Frösön	01:04:19 (79)	02:21:17	00:48:55
82 Staffan	Gilliusson	1965	Härnösand	01:06:33 (88)	02:21:53	00:49:31
83 Johan	Uebel	1967	Stigsjö IK	01:07:26 (94)	02:22:19	00:49:57
84 Martin	Böhlenius	1975	Nordingrå SK	01:06:31 (87)	02:22:59	00:50:37
85 Pelle	Wahlberg	1987	Piteå	01:05:02 (81)	02:23:00	00:50:38
86 Gustav	Wallerius	1987	Svartsö idrottskamrater	01:08:59 (103)	02:23:17	00:50:55
87 Bert-Olof	Jonsson	1985	Sorsele SK	01:05:47 (85)	02:23:25	00:51:03
88 Johan	Skogvik	1971	Lunsenlöparna	01:07:44 (98)	02:23:44	00:51:22
89 Christian	Stiernman	1983	AXA Sc	01:04:02 (77)	02:25:04	00:52:42
90 Fredrik	Nordlund	1989	Bulten AB	01:06:56 (91)	02:25:10	00:52:48
91 Olof	Selin	1962	Veganrunners	01:05:45 (84)	02:25:22	00:53:00
92 Oskar	Lundblad	1978	Härnösand	01:07:02 (92)	02:25:36	00:53:14
93 Dan	Elfvendal	1980	Härnösand	01:07:03 (93)	02:25:37	00:53:15
94 Elias	Åsberg	1997	Dårarna	01:05:27 (83)	02:26:35	00:54:13
95 Krister	Hedfors	1981		01:10:44 (106)	02:26:54	00:54:32



## HÄRNÖ TRAIL

96	Jonas	Staaf	1981	Nolby snailrunners	01:16:00 (128)	02:28:46	00:56:24
97	Jonas	Nordquist	1971	TÄBY	01:11:30 (107)	02:29:28	00:57:06
98	Niklas	Rova	1986	Bulten AB	01:06:49 (90)	02:29:39	00:57:17
99	Henrik	Hammarberg	1977	Umedalen SK	01:07:43 (97)	02:30:00	00:57:38
100	Emil	Åkermark	1977	Åsele IK	01:07:46 (99)	02:30:01	00:57:39
101	Jan	Frycklund	1963		01:08:14 (100)	02:30:02	00:57:40
102	Mattias	Hansson	1977	Sundsvalls Segelsällskap	01:08:14 (101)	02:30:09	00:57:47
103	Ola	Nordin	1970	Sundsvall	01:05:26 (82)	02:30:30	00:58:08
104	Ola	Nilsson	1978	Härnösand Pride	01:01:43 (69)	02:31:27	00:59:05
105	Mattias	Jaktlund	1975	Frösön	01:04:19 (78)	02:32:30	01:00:08
106	Fredrik	Lilja	1992	Kuliskings	01:15:07 (125)	02:33:29	01:01:07
107	Daniel	Sund	1973	OK Hammaren	01:08:46 (102)	02:34:04	01:01:42
108	Denny	Calvo	1971	Östersunds SK	01:07:27 (95)	02:34:44	01:02:22
109	Per	Nyberg	1987		01:04:22 (80)	02:34:52	01:02:30
110	Patrik	Thelin	1965		01:09:28 (104)	02:35:05	01:02:43
111	Niclas	Andersson	1979	På väg till bastun	01:12:00 (109)	02:36:28	01:04:06
112	Anders	Sundin	1975	Lunsenlöparna	01:10:22 (105)	02:37:14	01:04:52
113	Kent	Dahlin	1901	Team Umara Boys	01:13:38 (114)	02:37:20	01:04:58
114	Valter	Lindmark	1992	-		02:38:02	01:05:40
115	Patrik	Klingberg	1980	Svanö SK	01:16:30 (130)	02:38:27	01:06:05
116	Johan	Mast	1978	Svanö SK	01:16:23 (129)	02:38:28	01:06:06
117	Anders	Nerpin	1984	#Nerpinrunners/Highcoast.sc	01:13:26 (113)	02:38:33	01:06:11
118	Mikael	Vik	1966	Forza Rivalis	01:16:41 (132)	02:39:07	01:06:45
119	Kenneth	Andersson	1967	Täby	01:16:42 (133)	02:39:07	01:06:45
120	Peter	Blomquist	1978	På väg till bastun	01:14:00 (118)	02:41:14	01:08:52
121	Magnus	Callavik	1901		01:14:24 (120)	02:41:25	01:09:03
122	Andreas	Ulriksson	1972	Danderyd	01:14:00 (118)	02:41:49	01:09:27
123	Johan	Thylin	1987	Team W	01:13:11 (110)	02:42:08	01:09:46
124	Jonas	Bredin	1969	TNT Sollentuna	01:15:06 (124)	02:42:27	01:10:05
125	Emanuel	Bygdell	1980	Bräcke SK	01:16:33 (131)	02:42:42	01:10:20
126	Björn	Karlsson	1976	Teamclubsoda	01:13:47 (117)	02:43:05	01:10:43
127	Lelle	Nordlöf	1965	#clubsoda	01:13:46 (116)	02:43:06	01:10:44
128	Johan	Zackrisson	1974	Ranta Runt Grebo	01:15:00 (121)	02:43:54	01:11:32
129	Eskil	Engberg	2007	Härnösands OK	01:15:00 (121)	02:44:30	01:12:08
130	Oscar	Segemark Viström	1994	Track Bonanza	01:15:00 (121)	02:46:51	01:14:29
131	Kristoffer	Ånäs	1994		01:15:58 (127)	02:47:24	01:15:02
132	Gustaf	Hällgren	1990	SENDIFY	01:13:14 (112)	02:48:46	01:16:24
133	Adam	Jägerstedt	1991	Gävle kommun	01:13:14 (111)	02:48:47	01:16:25
134	Daniel	Jonsson	1983	RågängenElit	01:20:31 (139)	02:49:08	01:16:46
135	Tobias	Ericson	1983	Östersund	01:20:30 (138)	02:49:10	01:16:48
136	Thomas	Asp	1901	Team Umara Boys	01:13:42 (115)	02:49:25	01:17:03
137	Rolf	Johansson	1966	Sundsvalls Ok	01:20:00 (135)	02:52:41	01:20:19
138	Mathias	Althoff	1972	Torkstenen Runners	01:23:26 (146)	02:52:49	01:20:27
139	Peter	Finell	1968	Team Nordic Trail	01:22:07 (142)	02:53:07	01:20:45
140	Linus	Hellerstedt	1977	Kälvesta Knicks	01:20:04 (136)	02:53:48	01:21:26
141	Jörgen	Nilsson	1975	sundsvall	01:15:52 (126)	02:54:12	01:21:50
142	Krstofer	Bohlin	1975	Vegan Runners IK	01:23:48 (147)	02:54:20	01:21:58
143	Martin	Myhrberg	1965	Ockelbo SK	01:17:22 (134)	02:55:42	01:23:20
144	Ismo	Rossi	1962	Mondi	01:22:28 (145)	02:56:45	01:24:23
145	Josef	Andersson	1972	Sundsvalls OK	01:11:32 (108)	02:57:08	01:24:46
146	Mathias	Falebrand	1973	Ranta Runt Grebo	01:24:00 (148)	02:57:52	01:25:30
146	Niklas	Zackrisson	1970	Ranta runt Grebo	01:24:00 (148)	02:57:52	01:25:30
148	Andreas	Fällström	1980		01:25:54 (150)	02:58:55	01:26:33



## HÄRNÖ TRAIL

149	Raphaël	Berger	1975		01:20:23 (137)	03:00:58	01:28:36
150	Jonatan	Sjöman	1983	Åsäng Runners	01:33:16 (152)	03:02:09	01:29:47
151	Filip	Häggström	1992	CoreIT	01:21:04 (140)	03:02:28	01:30:06
152	Jim	Rönnlund	1974	CoreIT	01:21:16 (141)	03:02:31	01:30:09
153	Ola	Enebro	1974	På väg till bastun	01:30:00 (151)	03:05:54	01:33:32
154	Niclas	Larsson	1969	Alnö	01:22:12 (144)	03:06:23	01:34:01
154	Hannes	Larsson	1998	Alnö	01:22:07 (143)	03:06:23	01:34:01
156	Tobias	Nykvist	1973	Avesta	01:33:19 (154)	03:13:15	01:40:53
157	Håkan	Edlund	1966	NMT/TNT Sundsvall	01:34:44 (155)	03:16:30	01:44:08
158	Rejhan	Fejzovic	1982	Avesta	01:33:19 (153)	03:21:33	01:49:11
159	Emil	Söderström	2003	Bjästa	01:54:50 (158)	03:36:23	02:04:01
160	Hans-Åke	Oxelhöjd	1970	Alnö Race Team	01:35:18 (156)	03:40:51	02:08:29
161	Douglas	Helsing	1991		01:35:19 (157)	03:40:51	02:08:29
162	Mikael	Larsson	1963	Team Nordic trail	02:08:34 (159)	04:41:20	03:08:58

### Härnö Trail Mellan 12,8 km damer

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Tid	Diff
1	Johanna	Bygdell		Öbacka Löparklubb	01:18:57	
2	Linnea	McCarthy	1986	Clan McCarthy	01:29:28	00:10:31
3	Kristina	Russell	1977	Triss	01:36:38	00:17:41
4	Sanna	Näslund	1995	Härnösands Draghundsklubb	01:39:11	00:20:14
4	Emmy	Näslund	1998	Härnösands Draghundsklubb	01:39:11	00:20:14
6	Elin	Claesson	1985	Härnösands OK	01:39:35	00:20:38
7	Linn	Westermarck	1984	TTGUif	01:39:42	00:20:45
8	Kristina	Grandin	1988		01:44:16	00:25:19
9	Pia	Liedholm	1992	Iksu	01:45:23	00:26:26
10	Maria	Krogh	1993	Sundsvall	01:49:01	00:30:04
11	Victoria	Brandberg	1991		01:49:35	00:30:38
12	Anna	Ljungström	1995		01:50:01	00:31:04
13	Elna	Lundgren	2001	HÄRNÖSAND	01:50:43	00:31:46
14	Veronika	Jansson	1991	Team Soc	01:50:46	00:31:49
15	Lina	Sundberg	1985		01:54:06	00:35:09
16	Stina	Forslund	1980	Team Avengers	01:54:54	00:35:57
17	Tina	Juntikka	1969	Bondsjöhöjdens IK	01:55:03	00:36:06
18	Elin	Svelander	1989	Team Soc	01:55:47	00:36:50
19	Sara	Tjellander	1996		01:55:53	00:36:56
20	Emilia	Pettersson	1999		01:56:32	00:37:35
21	Eva	Tjäder	1959	Skellefteå AIK Friidrott	01:56:42	00:37:45
22	Ulrika	Olsson	1964	Öbacka Löparklubb	01:57:17	00:38:20
23	Anna	Totland Grip	1984		02:00:01	00:41:04
24	Hannah	Doherty	1996		02:03:21	00:44:24
25	Olivia	Doherty	1993		02:03:30	00:44:33
26	Malin	Tu vesson	1978	Sundsvalls OK	02:03:58	00:45:01
27	Johanna	Ahlgren	1992	Nanting så oschlögt!	02:04:08	00:45:11
28	Hannah	Strömquist	1993		02:05:02	00:46:05
29	Susanne	Wegar	1979	Team Avengers	02:05:56	00:46:59
30	Tina	Hjerne	1971	Härnösand	02:07:36	00:48:39
31	Pernilla	Eriksson	1985	Team Nordic Trail	02:07:44	00:48:47
32	Anna	Thelenius	1979	Sundsvall	02:09:02	00:50:05
33	Jenny	Sander	1963	Öbacka lk	02:09:23	00:50:26
34	Christina	Hedlund	1981	Umeå	02:09:44	00:50:47
35	Sophia	Fagerholdt	1975		02:09:45	00:50:48
36	Frida	Åberg Persson	1983	Kb65	02:09:46	00:50:49



## HÄRNÖ TRAIL

37	Lisa	Söderberg	1979		02:10:48	00:51:51
38	Louise	Dahlin	2002		02:12:55	00:53:58
39	Adrienne	Edblad	1986	KB65 Fotboll	02:12:59	00:54:02
40	Anna-Sara	Fagerholm	1978		02:15:13	00:56:16
41	Ida	Stålnacke	1978		02:17:43	00:58:46
42	Malin	Sjöstrand	1977	BIK	02:18:38	00:59:41
43	Anna	Israelsson	1979	#medriskförattbliövertränad	02:20:25	01:01:28
43	Anna	Wästhed Lindwall	1980	#medriskförattbliövertränad	02:20:25	01:01:28
45	Madelene	Gustafsson	1994	Runacademy if	02:21:56	01:02:59
46	Josefin	Johansson	1988	Sundsvall	02:22:11	01:03:14
47	My	Karlsson	2003		02:24:37	01:05:40
48	Emelie	Värja	1985	Brännan Roadrunners	02:28:05	01:09:08
49	Emma	Kolar	1993		02:28:48	01:09:51
50	Sandra	Kolar	1990		02:28:48	01:09:51
51	Moa	Norberg	2003		02:29:16	01:10:19
52	Emma	Strömberg	1981		02:30:09	01:11:12
53	Nova	Stattin	2006	BIK Skidor	02:31:13	01:12:16
53	Hanny	Edström	2004	Härnösands OK	02:31:13	01:12:16
55	Alma	Horneij Sohlin	2006	Bondsjöhöjdens IK	02:31:14	01:12:17
56	Carina	Svensson	1970		02:31:26	01:12:29
56	Jenny	Norberg	1977		02:31:26	01:12:29
58	Karin	Wäringstam	1974		02:35:24	01:16:27
59	Anna	Wallgren	1969		02:35:24	01:16:27
60	Thea	Ekman	2005		02:39:48	01:20:51
61	Karin	Bäckman	1988	Team Avengers	02:40:03	01:21:06
62	Anna	García Haggren	2008		02:43:47	01:24:50
63	Annette	Ekman	1975		02:43:50	01:24:53
64	Camilla	Bengtsson	1975		02:44:46	01:25:49
65	Anna	Andersson	1977	Team Nordic Trail	02:46:56	01:27:59
66	Jenny	Rahm	1972	Knivsta	02:46:56	01:27:59
67	Ida	Olofsson	2008	BIK skidor	02:57:04	01:38:07
68	Tyra	Stattin	2008	BIK Skidor	02:57:05	01:38:08
69	Anna	Stattin	1980	BIK Skidor	02:57:38	01:38:41
70	Kristin	Lindström	1977	BIK skidor	02:57:52	01:38:55
71	Tilia	Moderatho	2007	Härnösands orienteringsklubb	03:00:26	01:41:29
72	Helena	Hagnäs Moderatho	1974	Härnösand orienteringsklubb	03:00:31	01:41:34

### Härnö Trail Mellan 12,8 km herrar

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Tid	Diff
1	Rickard	Sjödin	2004	Matfors SK Skidor	01:12:34	
2	Joakim	Persson	1986	High coast sports club	01:20:10	00:07:36
3	Marcus	Strömsten	1992	Bondsjöhöjdens IK Skidor	01:20:17	00:07:43
4	Thomas	Söderlind	1985	High coast sports club	01:24:47	00:12:13
5	Jonas	Andersson	1971	Röbäck	01:27:41	00:15:07
6	Jakob	Andersson	2004	Röbäck	01:27:42	00:15:08
7	Linus	Bringsaas	1986	High coast sports club	01:27:57	00:15:23
8	Jörgen	Roos	1979	Brunflo	01:28:35	00:16:01
9	Johan	Hägglund	1977	Friskis&Svettis	01:29:26	00:16:52
10	Josef	Ahlgren	1996	Umeå	01:29:34	00:17:00
11	Erik	Windolf	1995		01:30:09	00:17:35
12	Erik	Asp	1977	LUTE	01:35:40	00:23:06
13	Alexander	Persson	1993		01:36:27	00:23:53
14	Peter	Forssell	1970	Domsjö	01:37:05	00:24:31



## HÄRNÖ TRAIL

15	Tommy	Eriksson	1980	Umeå	01:38:06	00:25:32
16	Niklas	Sjölund	1995	Härnösands Draghundsklubb	01:39:11	00:26:37
17	Johan	Sjölund	1992	Härnösands Draghundsklubb	01:39:13	00:26:39
18	Daniel	Johansson	1976	Hemab	01:39:54	00:27:20
19	Andreas	Skoglund	1978	-	01:41:34	00:29:00
20	Per	Markström	1975	Ik Virtus	01:43:06	00:30:32
21	Emil	Oxelhöjd	1995		01:43:25	00:30:51
22	Rikard	Fürst	1974	Nolby Alpina SK	01:43:27	00:30:53
23	Mattias	Nordin	1974	Hemmanshöjden	01:43:27	00:30:53
24	Kristofer	Lönnå	1970	Hemmanshöjden	01:43:28	00:30:54
25	Kim	Fastesson	1986	IF Söderkamraterna	01:44:16	00:31:42
26	Alexander	Jenås	1993		01:44:53	00:32:19
27	Magnus	Widmark	1962		01:46:38	00:34:04
28	Stefan	Nordenström	1970	-	01:47:17	00:34:43
29	Fabian	Rönnlund	1995		01:50:44	00:38:10
30	Jakob	Engström	2007	Härnösands OK	01:51:50	00:39:16
31	Johan	Ström	1986	Matfors	01:51:56	00:39:22
32	Henrik	Ström	1988	Matfors	01:51:57	00:39:23
33	fredrik	zetterberg	1973	öbacka löparklubb	01:53:08	00:40:34
34	Peter	Häggström	1965	Tynderö ik	01:54:15	00:41:41
35	Henrik	Pettersson	1987	MVK	01:55:15	00:42:41
36	Tomas	Bäcklund	1958	IFK Umeå	01:55:58	00:43:24
37	Nils	Bodin	1985		01:56:16	00:43:42
38	Gabriel	Hjelm	1985		01:57:02	00:44:28
39	Johan	Paldanius	1975	Selånger Bandy	01:59:07	00:46:33
40	Karl	Asp	1987	MVK	01:59:26	00:46:52
41	Andreas	Ljungström	1978	Selånger Bandy	01:59:50	00:47:16
42	Larsjohan	Rönnlund	1976		02:02:57	00:50:23
43	Albin	Tuvelsson	2008	Sundsvalls OK	02:03:50	00:51:16
44	Joakim	Carlbom	1992	Brännan Roadrunners	02:04:38	00:52:04
45	Mikael	Nitsche	1990	Brännan Roadrunners	02:04:40	00:52:06
46	Daniel	Larsson	1969		02:06:08	00:53:34
47	Per-Erik	Nåslén	1967	Ingen	02:06:35	00:54:01
48	Ulf	Boström	1961	Brännan Roadrunners	02:08:32	00:55:58
48	Lars	Carlbom	1961	Brännan Roadrunners	02:08:32	00:55:58
50	Richard	Persson	1980	Kb65	02:09:46	00:57:12
51	Christer	Edblad	1979	Mondi Dynäs AB	02:12:59	01:00:25
52	Risto	Eriksson	1968	Sundsvall	02:13:10	01:00:36
53	Jonas	Nilsson	1964	Dårarna	02:16:08	01:03:34
54	Mikael	Ahrtzing	1974	Team Avengers	02:16:10	01:03:36
55	Erik	Pallin	1985	Kustjägarnas idrottsförening	02:19:11	01:06:37
56	Christoffer	Rindeström	1984	Tyresö	02:19:13	01:06:39
57	Jan	Karlsson	1975		02:24:38	01:12:04
58	Andreas	Värja	1984	Brännan Roadrunners	02:28:06	01:15:32
59	Christian	Krekula	1981	Uppsala	02:30:09	01:17:35
60	Charlie	Frank Saltin	1977	Brännan Roadrunners	02:31:46	01:19:12
61	Isak	Ekman	2007		02:36:25	01:23:51

### Härnö Trail Kort 6,3 km damer

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Tid	Diff
1	Emma	Arenlid	2006	Härnösands alpina	00:35:19	
2	Amanda	Norberg	1993	Göteborg	00:38:50	00:03:31
3	Moa	Nyberg	1997		00:39:46	00:04:27



## HÄRNÖ TRAIL

4	Irma	Jensen	2007	Öbacka lk	00:42:12	00:06:53
5	Camilla	Markström	1977	Höga kusten motorklubb	00:42:14	00:06:55
6	Ida	Åkerlind	2006	Härnösand	00:42:47	00:07:28
7	Cecilia	Lanerud Weinacht	1982		00:42:58	00:07:39
8	Anne-Marie	Strömsten	1965	Bondsjöhöjdens IK Skidor	00:42:58	00:07:39
9	Anna	Hoffman	1981	Sundsvalls OK	00:44:29	00:09:10
10	Emelie	Mehl	1993	Mehl	00:45:27	00:10:08
11	Petra	Sundsten	1971	Järfälla OK	00:45:38	00:10:19
12	Sanna	Andersson Hamrén	1989		00:46:11	00:10:52
13	Isabelle	Bäckman	1985		00:46:15	00:10:56
14	Åsa	Forssell	1970		00:46:44	00:11:25
15	Gunilla	Hjorth	1969	Intersport	00:46:44	00:11:25
16	Anna	Skoglund	1901	Härnösand	00:46:58	00:11:39
17	Amanda	Granberg	2010	Mellansel IF	00:47:26	00:12:07
18	Angelica	Wallin	1972	Kramfors	00:47:47	00:12:28
19	Anne	Opel	1978	Team Opel	00:47:47	00:12:28
20	Ingrid	Molin	2006	Härnösands OK	00:47:48	00:12:29
21	Isabelle	Köhn	1999		00:47:57	00:12:38
22	Linnea	Arnlöf	2007	Häggglunds Ski Team	00:48:08	00:12:49
23	Magdalena	Lantz	1993	Stockholm	00:48:16	00:12:57
24	Pernilla	Carlström	1981	Mellansel IF	00:48:47	00:13:28
25	Sara	Hamrin	1989		00:49:51	00:14:32
26	Linda	Borg	1976	Hernörunners	00:50:03	00:14:44
27	Jannike	Wijkmark	1988		00:50:32	00:15:13
28	Josefin	Nordness	1991	HBIK	00:50:54	00:15:35
29	Linnéa	Pettersson	1991		00:50:54	00:15:35
30	Emma	Wik	1979	Härnösands brottarklubb	00:51:01	00:15:42
31	Angelica	Sjölander	1974	Härnösand brottarklubb	00:51:05	00:15:46
32	Josephine	Mickelsson	1987	Svartsö idrottskamrater	00:51:05	00:15:46
33	Karin	Hamren	1980	brunflo if	00:51:40	00:16:21
34	Camilla	Rönnerberg Karlsson	1990		00:51:47	00:16:28
35	Karin	Jansson	1983		00:51:51	00:16:32
36	Elisabet	Spangenberg	1976	Härnösand	00:52:06	00:16:47
37	Helen	Könberg	1974	Lonesome Runners	00:52:08	00:16:49
38	Anna	Ulriksson	1972	Tibble Karateklubb	00:52:28	00:17:09
39	Catrin	Sundsten	1967	Bålsta	00:53:46	00:18:27
40	Jennifer	Pallin	1988		00:53:50	00:18:31
41	Elin	Molin	1986		00:53:50	00:18:31
42	Elin	Rydevik	1990	Anni och Peppe	00:54:05	00:18:46
43	Ditte	Molin	2008	Härnösands OK	00:54:17	00:18:58
44	Barbro	Pettersson	1967		00:54:41	00:19:22
45	Jenny	Lindgren	1987	LC 30 Härnösand	00:55:08	00:19:49
46	Linnea	Palmroth	1989		00:55:08	00:19:49
47	Liv	Backman	1991		00:55:11	00:19:52
48	Madelen	Rytterstam	1980	Härnösand	00:55:14	00:19:55
49	Susanna	Nylen	1968		00:55:19	00:20:00
50	Alexandra	Jenås	1992		00:55:35	00:20:16
51	Annelie	Lindfeldt	1990	Anni och Peppe	00:55:59	00:20:40
52	Petra	Hultin	1998		00:57:06	00:21:47
53	Eva	Roth	1988	Team Taz	00:57:08	00:21:49
54	Sara	Vedin	1988	Team Taz	00:57:08	00:21:49
55	Åsa	Malmborg	1978		00:57:13	00:21:54
56	Maria	Norberg	1979		00:57:32	00:22:13





## HÄRNÖ TRAIL

57	Therese	Öhlen	1986		00:57:46	00:22:27
58	Susanne	Boström	1965		00:58:04	00:22:45
59	Anna	Öman	1972		00:58:12	00:22:53
60	Lena	Pettersson	1981	Drakarna	00:58:40	00:23:21
61	Karin	Selin	1979	Drakarna	00:58:40	00:23:21
62	Eva	Åkerman	1971	team mjölksyra	00:59:27	00:24:08
63	Birgitta	Koivusalo	1979		00:59:36	00:24:17
64	Jenny	Sundqvist	1979	Härnösand	00:59:36	00:24:17
65	Kajsa	Holmqvist	2001		00:59:54	00:24:35
66	Lina	Holmqvist	2001		00:59:56	00:24:37
67	Alva	Dahl Styf	2009	#löranröran	00:59:59	00:24:40
68	Josefine	Styf	1985	#löranröran	01:00:00	00:24:41
69	Linda	Karlström	1981	—	01:00:13	00:24:54
70	Milly	Lundstedt	1971	Härnösand	01:00:31	00:25:12
71	Karolina	Enström	1977		01:00:41	00:25:22
72	Hannah	Styf	1983	#löranröran	01:02:13	00:26:54
73	Anna	Aili	1973		01:03:06	00:27:47
74	Maria	Jonsson	1984		01:03:37	00:28:18
75	Frida	Sjögren	1985		01:03:42	00:28:23
76	Nicole	Rådström	1993		01:03:44	00:28:25
77	Hanna	Saar	1979	Hanna & Lars löparklubb	01:04:48	00:29:29
78	Ana	Alcantara	1973	Hoppsan	01:04:56	00:29:37
79	Irene	Edebert	1961	Hoppsan	01:04:58	00:29:39
80	lisette	Karlsson	1984		01:06:07	00:30:48
81	Ann-Sofie	Karlsson	1977		01:06:11	00:30:52
82	Catrin	Johansson	1967	Sundsvalls ok	01:07:42	00:32:23
83	Kim	Engström	1990		01:08:34	00:33:15
84	Jessica	Hörnberg	1977	Gasellene	01:09:56	00:34:37
85	Monika	Windling	1980	Stämningsgården	01:23:00	00:47:41
86	Josefine	Nilsson	1992	Dårarna	01:28:55	00:53:36
87	Elin	Nilsson	1998	Dårarna	01:29:39	00:54:20
88	Kristina	Nilsson	1967	Dårarna	01:29:39	00:54:20
89	Anna	Lind	1984	Tyresö	02:19:10	01:43:51

### Härnö Trail Kort 6,3 km herrar

Plac.	Förnamn	Efternamn	YOB	Klubb/lag/ort	Tid	Diff
1	Maximus	Stom	2008	Lucksta IF	00:31:32	
2	Elmer	Nordlander	2008	Härnösands ok	00:31:38	00:00:06
3	Peter	Arenlid	1977	Härnösand	00:35:20	00:03:48
4	Erik	Wällberg	1996	Härnösand	00:35:40	00:04:08
5	Jonathan	Engström	2009	Härnösands OK	00:35:55	00:04:23
6	Hampus	Hansson	1993	TBG love squad	00:38:22	00:06:50
7	Robin	Gräll	1988		00:40:34	00:09:02
8	Rasmus	Björlin	2006	Härnösand	00:41:26	00:09:54
9	Mathias	Björlin	1974	Härnösand	00:41:26	00:09:54
10	Björn	Sundsten	1978	-	00:41:56	00:10:24
11	Valter	Hoffman	2007	Sundsvalls OK	00:42:10	00:10:38
12	Magnus	Jensen	1980	Öbacka lk	00:42:12	00:10:40
13	Magnus	Åkerlind	1975	Härnösand	00:42:48	00:11:16
14	Kalle	Brunn	1984	Glarthir Runners	00:43:06	00:11:34
15	Ali	Binisi	1980		00:43:17	00:11:45
16	Daniel	Klemming	1986	Härnösand	00:43:28	00:11:56
17	Peter	Schibbye	1982	Sundsvall	00:44:11	00:12:39



## HÄRNÖ TRAIL

18	Linus	Opel	2007	Team Opel	00:44:26	00:12:54
19	Christer	Andersson	1987	Nasdaq	00:44:29	00:12:57
20	Markus	Nordenberg	1969		00:45:45	00:14:13
21	Björn	Hoffman	1980		00:45:47	00:14:15
22	Nils-Erik	Borg	1971	Hernörunners	00:46:40	00:15:08
23	Joakim	Ödmark	1973	Härnösands brandkårs ik	00:47:19	00:15:47
24	Roger	Lindholm	1964	Härnösand	00:50:50	00:19:18
25	Per	Linder	1957	Falun	00:50:55	00:19:23
26	Mikael	Gjersvold	1980		00:51:08	00:19:36
27	Albin	Windling	2008	Skellefteå AIK friidrott	00:52:17	00:20:45
28	Marcus	Törnqvist	1978	Lantmäteriet	00:52:37	00:21:05
29	Ulf	Engström	1954	-	00:52:38	00:21:06
30	Fredric	Strömquist	1996		00:54:12	00:22:40
31	Björn	Räfsbäck	1952	Härnösand	00:55:04	00:23:32
32	Peter	Sundström	1975	STC Härnösand	00:55:43	00:24:11
33	Kurt	Enström	1950	Pingstkyrkan	00:56:10	00:24:38
34	Tony	Öman	1967		00:58:14	00:26:42
35	Jens	Eriksson	1974	team mjölksyra	00:59:27	00:27:55
36	Ruben	Rahm	2008	Härnösands OK	00:59:29	00:27:57
37	Line	Björlin	2003	Härnösand	01:00:24	00:28:52
38	Patrik	Wällberg	1966	Hemsö IF	01:01:21	00:29:49
39	Olov	Jensen	2010	Öbacka lk	01:01:48	00:30:16
40	Magnus	Jensen	1980	Öbacka lk	01:01:49	00:30:17
41	Vincent	Dahl Styf	2011	#löranöröran	01:02:13	00:30:41
42	Jörgen	Lindström	1973		01:03:44	00:32:12
43	Jonathan	Löfquist	1901		01:05:05	00:33:33
44	Håkan	Häggdén	1966	By if	01:13:41	00:42:09
45	Alfred	Johansson	1992	Dårarna	01:28:55	00:57:23
46	erik	Nordin	2007	Lucksta IF skidor	01:39:35	01:08:03