

Lag	Sträcka	Löpare	Telefon	Ut	In	06 - 07	07 - 08	08 - 09	09 - 10	10 - 11	11 - 12	12 - 13	13 - 14	14 - 15	15 - 16	16 - 17	17 - 18
TOK1	1	Johan Herbert	46704332215	09:00	09:46				L L L L		A A A A						
TOK1	2	Eva Hallsten	46730271911	09:46	10:27					L L		A A A A					
TOK1	3 a	Johan Hofstedt	46701900188	10:27	10:55					L L L					B B B B	B B B B	B B B B
TOK1	3 b	Anton Hänström		10:27	10:55					L L L		A A A A					
TOK1	3 c	Axel Målargård	46760166433	10:27	10:55					L L L		A A A A					
TOK1	3 d	Otto Balck	46705130304	10:27	10:55					L L L					B B B B	B B B B	B B B B
TOK1	4 a	Ida Hänström	070-9861374	10:55	11:12					L	L		A A A A				
TOK1	4 b	Noa Berglund		10:55	11:12					L	L						
TOK1	4 c	Filip Lindqvist		10:55	11:12					L	L				B B B B	B B B B	B B B B
TOK1	4 d	Erik Nederheim	070 343 21 81	10:55	11:12					L	L						
TOK1	5 a	Edvin Nordström	08-510 252 65	11:12	11:58				A A A A		L L L L						
TOK1	5 b	Robert Söderberg	073-4326866	11:12	11:58				A A A A		L L L L						
TOK1	5 c	Martin Olsson	08-7925052	11:12	11:58				A A A A		L L L L						
TOK1	5 d	Robert Johansson	070-7940603	11:12	11:58				A A A A		L L L L						
TOK1	6 a	Carolina Jonsell		11:58	12:33						L L L L		A A A A				
TOK1	6 b	Ida Hofstedt	46725183924	11:58	12:33						L L L L		A A A A				
TOK1	6 c	Andrea Westerdahl	46739411442	11:58	12:33						L L L L			A A A A			
TOK1	6 d	Katrin Söderberg	070-268 13 27	11:58	12:33						L L L L			A A A A			
TOK1	7 a	Vidar Persson		12:33	13:07							L L	L		A A A A		
TOK1	7 b	Eric Jaremalm	0707-764749	12:33	13:07							L L	L		A A A A		
TOK1	7 c	Johan Lindqvist	704269252	12:33	13:07							L L	L		B B B B	B B B B	B B B B
TOK1	7 d	Johan Näsman	765184052	12:33	13:07							L L	L		A A A A		
TOK1	23	Peter Nordström	08-51025265	13:07	13:32						A A A A		L L L				
TOK1	24	Henrik Olsson	08-7925052	13:32	14:30								L L	L L		A A A A	
TOK1	25	Johanna Olsson		14:30	15:13									L L	L		
TOK2	1	Ola Bengtsson	08-768 84 28	09:00	10:10				L L L L	L							
TOK2	2	Åsa Pleiner	073-5250398	10:10	11:11					L L L L	L		A A A A				
TOK2	3 a	Mikael Nordquist		11:11	11:52				A A A A		L L L L						
TOK2	3 b	Katja Kinnunen	705369054	11:11	11:52				A A A A		L L L L						
TOK2	3 c	Ulf Carnby	723310506	11:11	11:52				A A A A		L L L L						
TOK2	3 d	Karin Hofstedt	46706423354	11:11	11:52						L L L L				B B B B	B B B B	B B B B
TOK2	4 a	Emelie Röken	0703-010101	11:52	12:18						L L L		A A A A				
TOK2	4 b	Villehart Frölid		11:52	12:18						L L L						
TOK2	4 c	Alice Röken	0703-010101	11:52	12:18						L L L						
TOK2	4 d	Ella Lindqvist		11:52	12:18						L L L						
TOK2	5 a	Per Göthsson	46737462699	12:18	13:28					A A A A		L L L L	L L				
TOK2	5 b	Fredrik Hansson	0708-67 75 40	12:18	13:28					A A A A		L L L L	L L				
TOK2	5 c	Björn Ljungqvist	073-621 44 88	12:18	13:28					A A A A		L L L L	L L				
TOK2	5 d	Mats Javehed	076-023 68 16	12:18	13:28					A A A A		L L L L	L L				
TOK2	6 a	Doris Iko	072-5487621	13:28	14:20						A A A A		L L L L	L L			
TOK2	6 b	Malin Hansson	46706323086	13:28	14:20						A A A A		L L L L	L L			
TOK2	6 c	Nickolina Hedenlund		13:28	14:20						A A A A		L L L L	L L			
TOK2	6 d	Anna Röken	0703-010101	13:28	14:20						A A A A		L L L L	L L			
TOK2	7 a	Anna Holmström	070-7967339	14:20	15:10							A A A A		L L L L	L		
TOK2	7 b	Kia Nordström	08-51025265	14:20	15:10							A A A A		L L L L	L		
TOK2	7 c	Birgitta Olsson	076-1151509	14:20	15:10	B B	B B B B	B B B B						L L L L	L		
TOK2	7 d	Mats Ajling	070 535 96 64	14:20	15:10	B B	B B B B	B B B B						L L L L	L		
TOK2	23	Göran Hansson	46731569570	15:10	15:48								A A A A		L L L L		
TOK2	24	Mats Ekman	707702621	15:48	17:15								A A A A		L	L L L L	L L
TOK2	25	Petra Ljungdell	08-7683998	16:10	17:14									A A A A		L L L L	L

Lag	Sträcka	Löpare	Telefon	Ut	In	06 - 07	07 - 08	08 - 09	09 - 10	10 - 11	11 - 12	12 - 13	13 - 14	14 - 15	15 - 16	16 - 17	17 - 18
TOK3	1	Mats Herbert	0733-503366	09:00	10:10				L L L L	L L L L							
TOK3	2	Lena Ljungqvist	070-145 54 79	10:10	11:11					L L L L	L		A A A A				
TOK3	3 a	Tomas Pleiner	46706361421	11:11	11:52				A A A A		L L L L						
TOK3	3 b	Marcus Ekman	851175642	11:11	11:52						L L L L				B B B B	B B B B	B B B B
TOK3	3 c	Hugo Sjölander		11:11	11:52						L L L L						
TOK3	3 d	Axel Balck	072 - 744 99 82	11:11	11:52						L L L L						
TOK3	4 a	Alma Barkstedt	070-9824849	11:52	12:18							L L L					
TOK3	4 b	Matilda Ekman	760764616	11:52	12:18							L L L					
TOK3	4 c	Hugo Jaremalm	707764749	11:52	12:18							L L L					
TOK3	4 d	Emelie Holmström		11:52	12:18							L L L					
TOK3	5 a	Anders Edquist	070-755 01 15	12:18	13:28					A A A A		L L L	L L				
TOK3	5 b	Johan Palmgren	0722-33 09 03	12:18	13:28	B B	B B B B	B B B B				L L L	L L				
TOK3	5 c	Oskar Nederheim	070-3432181	12:18	13:28					A A A A		L L L	L L				
TOK3	5 d	Martin Trossing	734472311	12:18	13:28					A A A A		L L L	L L				
TOK3	6 a	Petronella Hedenlund	705592581	13:28	14:20						A A A A		L L L	L L			
TOK3	6 b	Fredrika Nordquist	08-732 6979	13:28	14:20								L L L	L L		A A A A	
TOK3	6 c	My Rönnols	46708207567	13:28	14:20	B B	B B B B	B B B B					L L L	L L			
TOK3	6 d	Anna Herbert	076-0511313	13:28	14:20								L L L	L L		A A A A	
TOK3	7 a	Peter Löfgren	46709691531	14:20	15:10							A A A A		L L L	L		
TOK3	7 b	Johan Balck	46705130304	14:20	15:10							A A A A		L L L	L		
TOK3	7 c	Lars Grankvist	070-668 06 33	14:20	15:10							A A A A		L L L	L		
TOK3	7 d	Anne Cecilie Lövald	46761189322	14:20	15:10	B B	B B B B	B B B B					L L L	L			
TOK3	23	Elias Ljungdell	08-6685899	15:10	15:48										L L L L		
TOK3	24	Joakim Backlund	725098131	15:48	17:15								A A A A		L	L L L L	L L
TOK3	25	Alexandra Svanström	46703796601	16:10	17:14									A A A A		L L L L	L
TOK4	1	Anders Hänström				B B	B B B B	B B B B									
TOK4	2	Johan Lundvall	46707681231			B B	B B B B	B B B B									
TOK4	3	Lars Forngren	070-2680226			B B	B B B B	B B B B									
TOK4	4	Lars Rönnols	708569787			B B	B B B B	B B B B									
TOK4	5	Per Ove Wallén	070-371 3887			B B	B B B B	B B B B									
TOK4	6	Pär Olsson				B B	B B B B	B B B B									
TOK4	7	Åsa Bergström	08-7586138			B B	B B B B	B B B B									
TOK4	8	Anders Forsgren	070-2404535						B B B B	B B B B	B B B B						
TOK4	9	Anna Forsgren	070-8453630						B B B B	B B B B	B B B B						
TOK4	10	Magnus Embretsen	070-22 44 506									B B B B	B B B B	B B B B	B		
TOK4	11	Per Iko	0705-491076									B B B B	B B B B	B B B B	B		
TOK4	12	Niclas Röken	652 7007												B B B B	B B B B	B B B B
TOK4	13	Per Schölin	070-616 42 78												B B B B	B B B B	B B B B
TOK4	14	Teodor Lidberg													B B B B	B B B B	B B B B
TOK4	15	Tim Dalheimer													B B B B	B B B B	B B B B
TOK4	16	Anna Söderberg Amlert													B B B B	B B B B	B B B B
TOK4	17	Mikael Amlert													B B B B	B B B B	B B B B
TOK4	18	Alma Embretsen								A A A A	A A A A						
TOK4	19	Helena Falk	46707849027											A A A A			
TOK4	20	Arvid Hedenlund															
TOK4	21	Axel Schölin	072-7154111														
TOK4	22	Ellen Skuncke	070-6432041														
TOK4	23	Erik Balck	072 - 229 63 32														
TOK4	24	Eva Hagrot	073-660 66 21														
TOK4	25	Göran Andersson	08-7681668														
TOK4	26	Harald Hedenlund															
TOK4	27	Irma Lidberg															
TOK4	28	Jessica Persin-Olsén															
TOK4	29	Josefine Andersson															
TOK4	30	Julia Holmström															
TOK4	31	Jörgen Ekman	070-7242129														
TOK4	32	Karin Hansson	46706323086														

Johan Hofstedt, 08-5800 9142

Lag	Sträcka	Löpare	Telefon	Ut	In	06 - 07	07 - 08	08 - 09	09 - 10	10 - 11	11 - 12	12 - 13	13 - 14	14 - 15	15 - 16	16 - 17	17 - 18
TOK4	33	Love Lidberg															
TOK4	34	Matilda Skuncke	070-643 20 41														
TOK4	35	Mats Freding															
TOK4	36	Annica Hänström	+46-70-5557027														
TOK4	37	Norman Thulin	46707609446														
TOK4	38	Signe Freding															
TOK4	39	Sven Johansson	08-51015115														
TOK4	40	Viktoria Hedenlund	070-728 17 27														
TOK4	41	Willy Ljungdell	+46709-522731														
TOK4	42	Alma Hallsten															