

Varvtidslista
Black River Run 2023
2023-09-16--2023-09-17

Plats: Västerås SOK's klubbstuga

Varvlängd: 13 411,2 meter

Startvarv för 20 miles: 5 300meter

20 miles

Startnr	Namn	Klubb	Resultat
303	Pernilla Fredell	Norrby SK	
		39:15	39:15
		2:05:52	2:45:07
308	Per Lenngren Hysing	Västerås	
		31:00	31:00
		1:16:51	1:47:51
		1:18:55	3:06:47
307	Anna-Karin Larsson	Örebro AIK	
		32:06	32:06
		1:17:11	1:49:17
		1:19:56	3:09:14
315	Lisa Öhman	Älvkarleby IK	
		30:58	30:58
		1:16:52	1:47:51
		1:24:12	3:12:04
302	Jonas Eriksson	Skogsmästarna RC	
		30:59	30:59
		1:16:52	1:47:52
		1:31:47	3:19:39
313	Johan Svahn	Klubblös	
		33:26	33:26
		1:23:57	1:57:24
		1:25:09	3:22:33
312	Lisette Reuterwall	Klubblös	
		31:38	31:38
		1:24:55	1:56:33
		1:28:31	3:25:05
314	Susanne Watkinson	Klubblös	
		32:52	32:52
		1:24:02	1:56:55
		1:30:05	3:27:00
311	Elias Mörnberg	Skogsmästarna RC	
		35:30	35:30
		1:29:57	2:05:27
		1:32:04	3:37:31
300	Henric Andersson	Westridge Athletes	
		37:23	37:23
		1:34:15	2:11:38
		1:41:37	3:53:16
305	Linnea Juto	Skogsmästarna RC	
		36:52	36:52
		1:38:45	2:15:38
		1:42:47	3:58:25
304	Martin Jonasson	Skogsmästarna RC	
		36:52	36:52
		1:46:52	2:23:45
		1:54:18	4:18:04
306	Lars Kamph	Klubblös	
		46:14	46:14
		2:00:24	2:46:38
		2:18:46	5:05:24

50 miles

Startnr Namn Klubb Resultat

236 Daniel Zetterqvist	Klubblös	1:03:39	1:03:39
		1:10:12	2:13:52
213 Malin Hjalmarsson	Försvarsmakten (SAFAT)	1:10:55	1:10:55
		1:13:34	2:24:30
		1:15:24	3:39:54
224 Joakim Nordfeldt	Team Nordic Trail SC	1:02:54	1:02:54
		1:04:28	2:07:23
		1:13:21	3:20:44
		1:25:50	4:46:34
		1:23:35	6:10:09
		1:21:09	7:31:18
206 Alexander Danson	Team Nordic Trail SC	1:14:33	1:14:33
		1:15:18	2:29:52
		1:16:25	3:46:17
		1:21:29	5:07:47
		1:29:46	6:37:33
		1:20:18	7:57:51
227 Filip Reusens	Klubblös	1:17:55	1:17:55
		1:16:48	2:34:43
		1:19:52	3:54:35
		1:23:05	5:17:41
		1:37:17	6:54:59
		1:33:36	8:28:35
201 Gunilla Axelsson	Uppsala LK	1:19:13	1:19:13
		1:22:05	2:41:18
		1:25:26	4:06:45
		1:28:38	5:35:24
		1:32:42	7:08:06
		1:30:08	8:38:15
207 Jonatan Elfqvist	Klubblös	1:20:16	1:20:16
		1:18:58	2:39:15
		1:23:39	4:02:54
		1:30:32	5:33:27
		1:37:25	7:10:52
		1:33:19	8:44:12
225 Henrik Nordin	Wisby Ultralöparförening	1:17:55	1:17:55
		1:20:48	2:38:43
		1:27:22	4:06:06
		1:34:48	5:40:54
		1:35:23	7:16:17
		1:29:50	8:46:08
237 Johan Ljung	Klubblös	1:24:16	1:24:16
		1:26:32	2:50:49
		1:22:46	4:13:36
		1:29:31	5:43:07
		1:34:28	7:17:36
		1:35:35	8:53:11
226 Dan Nykvist	Klubblös	1:28:54	1:28:54
		1:29:13	2:58:07
		1:31:33	4:29:41
		1:34:03	6:03:44
		1:37:16	7:41:01
		1:36:28	9:17:30
214 Carolina Höij	Kristinehamn Multisport	1:21:07	1:21:07

	1:26:25		2:47:33
	1:30:43		4:18:17
	1:35:22		5:53:39
	1:49:26		7:43:06
	1:51:55		9:35:01
229 Stefan Solender		Solenders	
	1:49:10		1:49:10
	2:03:25		3:52:35
	2:40:49		6:33:24
	3:32:43		10:06:08
228 Staffan Sjösvärd		Klubblös	
	1:24:16		1:24:16
	1:28:45		2:53:02
	1:38:30		4:31:32
	1:52:44		6:24:17
	1:54:17		8:18:34
	1:49:05		10:07:40
220 Mats Liljegren		Team Skavsåret IF	
	1:34:06		1:34:06
	1:39:39		3:13:46
	1:43:33		4:57:20
	1:50:35		6:47:55
	1:59:40		8:47:35
	2:06:20		10:53:56
215 Mathias Johansen		OK Motala	
	1:45:54		1:45:54
	1:46:16		3:32:11
	1:50:56		5:23:07
	1:54:02		7:17:10
	1:48:22		9:05:32
	1:50:05		10:55:38
202 Emma Axelsson		Klubblös	
	1:49:15		1:49:15
	1:49:51		3:39:07
	1:54:44		5:33:51
	1:56:29		7:30:21
	2:00:01		9:30:23
	2:01:33		11:31:56
219 Anna Larsson		Hjorthagen Ultra	
	1:42:15		1:42:15
	1:56:08		3:38:24
	2:09:16		5:47:40
	2:09:45		7:57:25
	2:09:19		10:06:45
	2:12:35		12:19:20
223 Knut Lövestaf		Klubblös	
	1:42:54		1:42:54
	1:52:27		3:35:21
	1:58:35		5:33:57
	2:07:29		7:41:27
	2:18:52		10:00:19
	2:45:28		12:45:48
231 Karin Strid		Kristinehamn Multisport	
	1:49:22		1:49:22
	2:07:46		3:57:08
	2:12:23		6:09:32
	2:19:17		8:28:50
	2:27:37		10:56:27
	2:35:43		13:32:10
216 Maj-Britt Johansson		Friskis och Svettis	
	2:09:41		2:09:41
	2:18:51		4:28:32
	2:18:45		6:47:17
	2:18:54		9:06:12
	2:24:48		11:31:00

203 Ida Benari	2:21:24	WalkwithMe	13:52:24
	1:42:16		1:42:16
	1:51:55		3:34:11
	2:00:46		5:34:58
	2:22:11		7:57:10
	2:56:25		10:53:35
	3:20:27		14:14:03
205 Elin Carrander		Klubblös	
	1:59:55		1:59:55
	2:13:46		4:13:41
	2:21:37		6:35:19
	2:13:50		8:49:10
	2:22:42		11:11:53
	3:05:08		14:17:01
209 Cecilia Eriksson		Norbergs OK	
	1:49:47		1:49:47
	2:06:20		3:56:07
	2:32:49		6:28:56
	2:42:39		9:11:36
	2:46:26		11:58:03
	2:33:59		14:32:03
232 Magnus Svensson		Team WalkwithME	
	2:27:03		2:27:03
	2:39:27		5:06:31
	2:50:40		7:57:11
	2:56:25		10:53:37
	3:46:08		14:39:46
211 Ida Green		Team WalkwithME	
	2:27:03		2:27:03
	2:39:27		5:06:31
	2:50:41		7:57:12
	2:56:25		10:53:37
	3:46:10		14:39:48
208 Petra Eriksson		Klubblös	
	2:05:47		2:05:47
	2:17:29		4:23:16
	2:15:07		6:38:24
	2:26:22		9:04:46
	2:45:13		11:50:00
	3:23:03		15:13:04
22 Mathias Johansson.		umara sportsclub	
	1:41:09		1:41:09
	1:45:56		3:27:06
	1:56:28		5:23:34
	2:04:39		7:28:14
	2:19:19		9:47:33
	12:50:06		22:37:40
212 Mattias Gustavsson		Växjö Skateboardförening	
	2:06:05		2:06:05
	3:35:47		5:41:52
	3:14:50		8:56:43
	3:24:47		12:21:30
	3:09:45		15:31:15
	8:10:37		23:41:53

100 miles

Startnr	Namn	Klubb	Resultat
44	Christopher Servadei	Turebergs FK	
			1:26:31
			1:34:01
			1:42:35
38	Marcus Norrman	Djungelsta Bad Boys	

	1:08:49	1:08:49
	1:14:09	2:22:59
	1:16:16	3:39:15
	1:34:17	5:13:32
41 Dag Einar Olsen	Klubblös	
	1:35:00	1:35:00
	1:38:51	3:13:51
	2:35:39	5:49:30
9 Örjan Bolin	Västerås Löparklubb	
	1:17:15	1:17:15
	1:23:32	2:40:47
	1:33:55	4:14:42
	2:02:55	6:17:38
43 Martin Scharp	IF Malmö Løp	
	1:06:23	1:06:23
	1:08:11	2:14:35
	1:10:09	3:24:44
	1:12:22	4:37:07
	1:14:10	5:51:17
	1:16:16	7:07:33
8 Mikael Bethmorad	Klubblös	
	1:56:01	1:56:01
	1:57:55	3:53:57
	2:07:43	6:01:40
	2:18:21	8:20:02
13 Jim Ekström	Klubblös	
	1:26:57	1:26:57
	1:28:43	2:55:40
	1:34:05	4:29:46
	1:56:10	6:25:57
	2:51:33	9:17:31
48 Rebecca Söderqvist	Klubblös	
	1:32:27	1:32:27
	1:46:31	3:18:58
	2:05:20	5:24:19
	2:15:47	7:40:07
	2:39:53	10:20:00
19 Mats Hedlund	Klubblös	
	1:30:49	1:30:49
	1:39:48	3:10:38
	1:44:44	4:55:23
	1:50:19	6:45:42
	1:53:10	8:38:52
	2:07:50	10:46:43
53 Johann Wahlström	Klubblös	
	1:24:39	1:24:39
	1:34:39	2:59:18
	1:42:05	4:41:24
	1:55:54	6:37:18
	2:02:08	8:39:27
	2:29:13	11:08:40
2 Joakim Ahlin	Klubblös	
	1:47:45	1:47:45
	1:46:10	3:33:56
	1:50:12	5:24:08
	1:56:55	7:21:03
	1:59:58	9:21:02
	2:56:47	12:17:49
39 Ylva Nygren	Lonesome Runners	
	1:47:53	1:47:53
	1:57:59	3:45:52
	2:04:46	5:50:38
	2:07:35	7:58:14
	2:13:54	10:12:09
	2:38:36	12:50:46

45 Gustaf Sjösvärd

Storvik

1:08:45	1:08:45
1:11:29	2:20:15
1:11:29	3:31:44
1:12:14	4:43:58
1:12:48	5:56:47
1:15:26	7:12:13
1:16:40	8:28:54
1:17:42	9:46:36
1:21:09	11:07:45
1:22:27	12:30:13
1:34:59	14:05:12
1:45:05	15:50:17

12 Stefan Edling

Klubblös

1:11:03	1:11:03
1:16:25	2:27:28
1:16:24	3:43:53
1:19:59	5:03:52
1:22:58	6:26:51
1:28:42	7:55:33
1:30:55	9:26:29
1:35:13	11:01:43
1:37:51	12:39:34
1:40:13	14:19:48
1:39:11	15:59:00
1:31:16	17:30:16

55 Linda Wiese

Sports Club OCR

1:14:52	1:14:52
1:16:15	2:31:07
1:20:28	3:51:36
1:26:16	5:17:52
1:28:23	6:46:16
1:32:19	8:18:35
1:31:58	9:50:33
1:38:35	11:29:09
1:38:33	13:07:43
1:37:37	14:45:21
1:40:50	16:26:11
1:31:31	17:57:43

30 Emil Lilja

Alla ska med

1:19:56	1:19:56
1:25:06	2:45:02
1:25:24	4:10:27
1:26:47	5:37:15
1:35:42	7:12:57
1:37:38	8:50:35
1:32:50	10:23:26
1:36:23	11:59:50
1:37:41	13:37:31
1:42:26	15:19:58
1:44:12	17:04:11
1:53:21	18:57:32

32 Sandra Lundqvist

Hälle IF

1:20:03	1:20:03
1:23:47	2:43:51
1:27:22	4:11:14
1:29:01	5:40:15
1:32:44	7:12:59
1:32:07	8:45:06
1:37:01	10:22:08
1:42:26	12:04:35
1:43:01	13:47:36
1:44:28	15:32:04
1:45:42	17:17:47
1:45:52	19:03:40

56 Felix Wännerdahl

Klubblös

1:28:48	1:28:48
1:32:28	3:01:16
1:33:01	4:34:17
1:31:22	6:05:40
1:31:52	7:37:32
1:32:10	9:09:43
1:35:44	10:45:27
1:40:56	12:26:23
1:42:42	14:09:06
1:44:45	15:53:51
1:50:04	17:43:56
1:38:18	19:22:15

10 Kolbjørn Botten

Tverlandet il

1:28:24	1:28:24
1:30:26	2:58:51
1:30:05	4:28:56
1:29:06	5:58:02
1:31:47	7:29:49
1:33:04	9:02:53
1:38:41	10:41:35
1:41:59	12:23:34
1:42:46	14:06:20
1:45:39	15:52:00
1:48:10	17:40:11
1:45:15	19:25:26

18 Martin Hedin

Runacademy IF

1:21:09	1:21:09
1:21:00	2:42:10
1:23:05	4:05:15
1:27:00	5:32:15
1:33:09	7:05:24
1:35:02	8:40:26
1:35:30	10:15:57
1:41:43	11:57:41
1:46:17	13:43:58
1:53:05	15:37:03
2:03:17	17:40:21
2:02:54	19:43:15

34 Morten Melå

Bodø Bauta Løpeklubb

1:28:26	1:28:26
1:30:22	2:58:48
1:29:23	4:28:11
1:29:51	5:58:03
1:30:55	7:28:59
1:26:41	8:55:40
1:33:25	10:29:06
1:39:16	12:08:22
1:52:39	14:01:02
1:54:04	15:55:06
2:05:03	18:00:09
2:05:29	20:05:39

33 Dashiell Maloney

Uddevalla SK

1:16:12	1:16:12
1:18:31	2:34:44
1:23:59	3:58:44
1:41:38	5:40:23
1:32:04	7:12:27
1:36:14	8:48:41
1:42:02	10:30:44
1:43:55	12:14:40
1:51:37	14:06:17
1:57:01	16:03:19
2:04:32	18:07:51
2:17:18	20:25:10

37 Anders Norén	Klubblös	
	1:25:03	1:25:03
	1:28:17	2:53:21
	1:32:57	4:26:18
	1:32:09	5:58:28
	1:34:25	7:32:54
	1:37:13	9:10:07
	1:46:04	10:56:12
	1:52:36	12:48:49
	1:53:27	14:42:17
	1:56:21	16:38:38
	1:55:49	18:34:27
	1:54:15	20:28:43
7 Jonas Bergström	Örnsberg All Stars	
	1:32:53	1:32:53
	1:37:32	3:10:26
	1:37:20	4:47:47
	1:38:24	6:26:11
	1:38:23	8:04:34
	1:46:53	9:51:28
	1:48:59	11:40:28
	1:48:39	13:29:07
	1:52:55	15:22:03
	1:50:46	17:12:49
	1:56:52	19:09:41
	1:53:36	21:03:18
16 Anders Hansson	Scania Road Runners	
	1:12:04	1:12:04
	1:19:37	2:31:41
	1:31:09	4:02:51
	1:35:23	5:38:14
	1:37:49	7:16:04
	1:41:30	8:57:34
	1:41:56	10:39:31
	1:55:55	12:35:26
	2:07:30	14:42:56
	2:20:48	17:03:45
	2:25:45	19:29:31
	2:14:15	21:43:46
42 Ole Marius Røsten	Bodø Bauta Løpeklubb	
	1:28:25	1:28:25
	1:30:08	2:58:33
	1:30:25	4:28:58
	1:29:38	5:58:36
	1:34:49	7:33:26
	1:38:35	9:12:02
	1:45:00	10:57:02
	1:45:52	12:42:54
	1:59:37	14:42:32
	2:12:55	16:55:27
	2:37:12	19:32:39
	2:48:11	22:20:51
24 Juha Kamppinen	Klubblös	
	1:42:18	1:42:18
	1:31:35	3:13:54
	1:32:51	4:46:46
	1:36:19	6:23:06
	1:42:19	8:05:25
	1:46:41	9:52:06
	2:02:48	11:54:54
	2:00:20	13:55:15
	2:10:11	16:05:26
	2:15:14	18:20:41
	2:09:22	20:30:03
	1:51:44	22:21:48

21 Liselott Johansen	Jernbruket Ultra	1:26:26	1:26:26	
		1:30:02	2:56:29	
		1:32:00	4:28:29	
		1:34:56	6:03:26	
		1:41:45	7:45:11	
		1:45:13	9:30:25	
		1:58:25	11:28:51	
		1:58:58	13:27:49	
		2:11:36	15:39:26	
		2:20:45	18:00:11	
		2:34:42	20:34:54	
		2:23:26	22:58:20	
	28 Nisse Larsson	Hjorthagen Ultra	1:35:21	1:35:21
		1:38:13	3:13:35	
		1:39:53	4:53:28	
		1:49:15	6:42:44	
		1:52:45	8:35:30	
		1:51:49	10:27:19	
		2:11:15	12:38:35	
		2:05:05	14:43:40	
		2:13:51	16:57:31	
		2:18:05	19:15:36	
		2:06:01	21:21:38	
		1:57:24	23:19:02	
49 Jarkko Tepponen		Klubblös	1:40:26	1:40:26
		1:48:21	3:28:48	
		1:55:07	5:23:55	
		2:02:24	7:26:20	
		2:07:37	9:33:57	
		2:17:43	11:51:41	
		2:32:02	14:23:44	
		2:41:29	17:05:14	
		3:04:27	20:09:42	
		3:12:48	23:22:30	
	46 Kiki Solender	Solenders	1:23:54	1:23:54
			1:30:13	2:54:08
			1:35:22	4:29:30
		1:51:19	6:20:50	
		1:58:32	8:19:22	
		1:56:30	10:15:52	
		2:07:06	12:22:58	
		2:02:17	14:25:16	
		2:13:33	16:38:49	
		2:22:23	19:01:13	
		2:20:52	21:22:06	
		2:04:25	23:26:31	
27 Daniel Larsson		Team Legolas	1:23:55	1:23:55
		1:30:14	2:54:09	
		1:35:23	4:29:33	
		1:51:18	6:20:52	
		1:58:32	8:19:24	
		1:56:29	10:15:54	
		2:07:03	12:22:58	
		2:02:17	14:25:15	
		2:13:36	16:38:51	
		2:22:24	19:01:16	
		2:20:52	21:22:08	
		2:04:23	23:26:32	
	52 Christofer Wahlman	Klubblös	1:24:12	1:24:12

	1:26:37		2:50:49
	1:35:34		4:26:24
	1:39:11		6:05:36
	1:45:28		7:51:04
	1:49:15		9:40:20
	1:59:38		11:39:59
	2:10:21		13:50:20
	2:22:32		16:12:52
	2:42:59		18:55:51
	2:33:41		21:29:33
	2:17:32		23:47:06
14 Oskar Funk		Team Funk	
	1:39:53		1:39:53
	1:49:17		3:29:10
	1:52:05		5:21:16
	1:56:23		7:17:39
	1:55:38		9:13:17
	2:02:43		11:16:01
	2:07:46		13:23:48
	2:09:59		15:33:47
	2:15:34		17:49:21
	2:18:49		20:08:10
	2:18:11		22:26:22
	2:16:00		24:42:22
47 Jessica Ståhl-Norris		Asicsfrontrunner sweden	
	1:18:56		1:18:56
	1:24:54		2:43:51
	1:37:02		4:20:54
	1:48:09		6:09:04
	1:56:03		8:05:07
	1:59:02		10:04:09
	2:00:46		12:04:56
	2:29:31		14:34:28
	2:46:49		17:21:17
	2:39:36		20:00:53
	2:36:45		22:37:39
	2:39:08		25:16:48
26 Niclas Kling		Klubblös	
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	1:39:34		3:14:38
	1:49:10		5:03:48
	1:58:53		7:02:42
	1:54:41		8:57:23
	2:04:50		11:02:14
	2:25:12		13:27:26
	2:26:38		15:54:04
	2:32:51		18:26:55
	2:36:01		21:02:57
	2:35:07		23:38:05
	2:25:07		26:03:12
1 Oscar Adielsson		Umara Sports Club	
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	1:34:45		3:02:09
	1:42:01		4:44:10
	1:54:32		6:38:43
	2:04:55		8:43:38
	2:16:39		11:00:18
	2:32:21		13:32:40
	2:23:17		15:55:58
	2:17:43		18:13:41
	2:41:04		20:54:45
	2:36:19		23:31:05
	3:00:24		26:31:30
4 Daniel Andersson		Lonesome Runners	
	1:27:22		1:27:22

	1:34:47	3:02:10
	1:41:58	4:44:08
	1:54:29	6:38:38
	2:04:57	8:43:36
	2:16:39	11:00:15
	2:32:24	13:32:39
	2:23:15	15:55:55
	2:17:45	18:13:40
	2:41:05	20:54:45
	2:36:17	23:31:03
	3:00:27	26:31:30
36 Johan Nilsson	Näset31	
	1:31:33	1:31:33
	1:37:15	3:08:48
	1:45:33	4:54:22
	1:55:07	6:49:30
	2:06:11	8:55:41
	2:19:07	11:14:48
	2:11:57	13:26:45
	2:29:13	15:55:59
	2:59:51	18:55:50
	2:40:50	21:36:41
	2:34:21	24:11:02
	2:28:34	26:39:36
15 Niklas Hallden	Varbergs Ultralöpare	
	1:39:53	1:49:17
	1:49:48	3:39:06
	1:54:43	5:33:50
	1:56:27	7:30:17
	1:59:46	9:30:03
	2:07:05	11:37:09
	2:09:15	13:46:24
	2:09:31	15:55:56
	2:29:55	18:25:51
	2:46:05	21:11:57
	2:43:18	23:55:16
	2:47:09	26:42:25
29 Daniel Larsson	RMIF	
	1:39:53	1:39:53
	1:40:14	3:20:08
	1:39:53	5:00:02
	1:44:46	6:44:48
	1:55:46	8:40:35
	2:07:31	10:48:07
	1:57:58	12:46:05
	2:12:04	14:58:09
	2:03:25	17:01:35
	2:45:35	19:47:11
	3:48:38	23:35:49
	3:37:04	27:12:53
51 Oskar Thundal	Young future	
	1:39:58	1:39:58
	1:50:12	3:30:10
	1:54:57	5:25:07
	2:05:13	7:30:20
	2:24:10	9:54:30
	3:38:23	13:32:54
	3:14:18	16:47:12
	5:00:55	21:48:07
	5:31:05	27:19:12
40 Henrik Nyström	Eds SK	
	1:38:36	1:38:36
	1:41:36	3:20:13
	1:52:12	5:12:25
	2:01:48	7:14:14

	2:05:59	9:20:14
	2:27:17	11:47:31
	3:01:22	14:48:54
	3:11:19	18:00:13
	2:55:12	20:55:26
	2:41:42	23:37:08
	2:08:33	25:45:42
	2:34:51	28:20:33
25 Erik Karlsson	ZYZZ IF	
	1:56:45	1:56:45
	2:00:12	3:56:58
	2:04:40	6:01:38
	2:18:20	8:19:59
	1:52:58	10:12:58
	2:40:08	12:53:06
	2:42:33	15:35:40
	2:42:33	18:18:13
	2:37:32	20:55:46
	2:20:18	23:16:04
	2:27:55	25:43:59
	2:40:56	28:24:56
20 Ola Häggström	Andrarums IF	
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	2:03:08	3:52:20
	2:01:11	5:53:31
	2:11:49	8:05:21
	2:07:35	10:12:56
	2:40:13	12:53:09
	2:42:35	15:35:45
	2:42:59	18:18:45
	2:37:33	20:56:18
	2:21:39	23:17:57
	2:52:30	26:10:28
	3:00:24	29:10:52