

# Resultat lördag Hissmoforsspelen

**Datum:** 2012-01-28/29  
**Plats:** Jämtkraftshallen, Ås  
**Arrangör:** Trångsvikens IF  
**Tävlingsledare:** Johan Norberg

**Tfn:** 0640-16513  
**E-mail:** kansli@trangsvikensif.se

## M60-65 60m

### Final

|                 |    |                 |      |
|-----------------|----|-----------------|------|
| 1 Uno Niklasson | 44 | Trångsvikens IF | 9.14 |
|-----------------|----|-----------------|------|

## M 60m

### Final

|                     |    |                 |      |
|---------------------|----|-----------------|------|
| 1 Johan Lilja       | 95 | Sundsvalls FI   | 7.31 |
| 2 Lowe Litzell      | 94 | Östersunds GIF  | 7.47 |
| 3 Samuel Wiktorsson | 92 | Trångsvikens IF | 7.48 |
| 4 Niklas Alsing     | 95 | Östersunds GIF  | 7.52 |
| 5 Erik Mårtensson   | 94 | Sundsvalls FI   | 7.55 |
| 6 Jakob Lindström   | 96 | IF Castor       | 7.61 |

## M 3000m

### Final

|                   |    |                 |          |
|-------------------|----|-----------------|----------|
| 1 Jon M Steging   | 81 | Rörösjöns IK    | 10:14.38 |
| 2 Samuel Lindgren | 89 | Trångsvikens IF | 11:16.46 |

## M Stav

|                     |    |                 |     |
|---------------------|----|-----------------|-----|
| 1 Samuel Wiktorsson | 92 | Trångsvikens IF | 400 |
|---------------------|----|-----------------|-----|

## P19 Häck 60m

100 cm

### Final

|                 |    |               |      |
|-----------------|----|---------------|------|
| Erik Mårtensson | 94 | Sundsvalls FI | 9.27 |
|-----------------|----|---------------|------|

## P17 60m

### Final

|                           |    |                 |      |
|---------------------------|----|-----------------|------|
| 1 Johan Lilja             | 95 | Sundsvalls FI   | 7.32 |
| 2 Niklas Alsing           | 95 | Östersunds GIF  | 7.46 |
| 3 Jakob Lindström         | 96 | IF Castor       | 7.64 |
| 4 Håvard Sommer Rosenlund | 95 | Frol IL         | 7.72 |
| 5 Simon Lundstedt         | 96 | Trångsvikens IF | 8.56 |

## P17 Häck 60m

91 cm

### Final

|                           |    |               |      |
|---------------------------|----|---------------|------|
| 1 Johan Lilja             | 95 | Sundsvalls FI | 8.43 |
| 2 Håvard Sommer Rosenlund | 95 | Frol IL       | 8.90 |

## P17 Stav

|               |    |               |     |
|---------------|----|---------------|-----|
| 1 Johan Lilja | 95 | Sundsvalls FI | 335 |
|---------------|----|---------------|-----|

## P15 60m

### Final

|                         |    |               |      |
|-------------------------|----|---------------|------|
| 1 Oskar Mårtensson      | 97 | Sundsvalls FI | 8.05 |
| 2 Ådne Galguften        | 99 | Overhalla IL  | 8.31 |
| 3 Mathias Wester        | 98 | Overhalla IL  | 8.54 |
| 4 Fabian Klingen Langås | 98 | Namsen FIF    | 8.96 |
| 5 Rasmus Bolkan         | 98 | Namsen FIF    | 9.52 |

## P15 200m

### Heat: 1

|                  |    |              |       |
|------------------|----|--------------|-------|
| 1 Mathias Wester | 98 | Overhalla IL | 27.49 |
| - Rasmus Bolkan  | 98 | Namsen FIF   | DQ    |

### Heat: 2

|                         |    |              |       |
|-------------------------|----|--------------|-------|
| 1 Ådne Galguften        | 99 | Overhalla IL | 26.21 |
| 2 Fabian Klingen Langås | 98 | Namsen FIF   | 29.84 |

## Sammanställning

|   |                      |    |              |       |
|---|----------------------|----|--------------|-------|
| 1 | Ådne Galgøyen        | 99 | Overhalla IL | 26.21 |
| 2 | Mathias Wester       | 98 | Overhalla IL | 27.49 |
| 3 | Fabian Klinge Langås | 98 | Namsen FIF   | 29.84 |
| - | Rasmus Bolkan        | 98 | Namsen FIF   | DQ    |

## P15 Häck 60m

84 cm

### Final

|   |                |    |               |       |
|---|----------------|----|---------------|-------|
| 1 | Elias Högström | 97 | Sundsvalls FI | 9.50  |
| 2 | Rasmus Bolkan  | 98 | Namsen FIF    | 11.53 |

## P15 Stav

|   |                |    |               |     |
|---|----------------|----|---------------|-----|
| 1 | Elias Högström | 97 | Sundsvalls FI | 260 |
|---|----------------|----|---------------|-----|

## P13 60m

### Försök heat: 1

|   |                 |    |                 |       |   |
|---|-----------------|----|-----------------|-------|---|
| 1 | Fredrik Övereng | 99 | Overhalla IL    | 8.79  | Q |
| 2 | Elias Westin    | 00 | Trångsvikens IF | 9.16  | q |
| 3 | Robin Forsberg  | 99 | Östersunds GIF  | 9.41  | q |
| 4 | Albin Ekqvist   | 00 | Hammerdals IF   | 9.87  |   |
| 5 | Simon Alsing    | 99 | Östersunds GIF  | 10.03 |   |
| 6 | August Hopen    | 00 | Namsen FIF      | 10.09 |   |

### Försök heat: 2

|   |                     |    |                 |      |    |
|---|---------------------|----|-----------------|------|----|
| 1 | Ola Brauten         | 00 | Overhalla IL    | 9.13 | Q  |
| 2 | Albert Sjölund      | 00 | Sundsvalls FI   | 9.25 | q  |
| 3 | Marcus Johansson    | 00 | Hammerdals IF   | 9.49 | q  |
| 4 | Kiran Karlström     | 01 | Trångsvikens IF | 9.49 | FF |
| 5 | Kristian Himo       | 00 | Overhalla IL    | 9.83 | FF |
| 6 | Trygve Totsås Weglo | 00 | Namsen FIF      | 9.93 |    |

### Final

|   |                  |    |                 |      |
|---|------------------|----|-----------------|------|
| 1 | Fredrik Övereng  | 99 | Overhalla IL    | 8.77 |
| 2 | Ola Brauten      | 00 | Overhalla IL    | 8.96 |
| 3 | Albert Sjölund   | 00 | Sundsvalls FI   | 9.20 |
| 4 | Elias Westin     | 00 | Trångsvikens IF | 9.22 |
| 5 | Robin Forsberg   | 99 | Östersunds GIF  | 9.43 |
| 6 | Marcus Johansson | 00 | Hammerdals IF   | 9.56 |

## P13 200m

### Heat 1

|   |                |    |                 |       |
|---|----------------|----|-----------------|-------|
| 1 | Erik Dahlèn    | 00 | Trångsvikens IF | 31.73 |
| 2 | Emil Johansson | 02 | Hammerdals IF   | 34.09 |
| 3 | August Hopen   | 00 | Namsen FIF      | 34.47 |

### Heat 2

|   |                     |    |               |          |
|---|---------------------|----|---------------|----------|
| 1 | Albert Sjölund      | 00 | Sundsvalls FI | 31.73    |
| 2 | Trygve Totsås Weglo | 00 | Namsen FIF    | 35.22    |
| - | Marcus Johansson    | 00 | Hammerdals IF | ej start |

### Heat 3

|   |              |    |                 |       |
|---|--------------|----|-----------------|-------|
| 1 | Johan Alsing | 99 | Östersunds GIF  | 30.33 |
| 2 | Ola Brauten  | 00 | Overhalla IL    | 30.41 |
| 3 | Elias Westin | 00 | Trångsvikens IF | 32.50 |

### Heat 4

|   |                 |    |                |       |
|---|-----------------|----|----------------|-------|
| 1 | Fredrik Övereng | 99 | Overhalla IL   | 28.66 |
| 2 | Robin Forsberg  | 99 | Östersunds GIF | 31.48 |
| 3 | Kristian Himo   | 00 | Overhalla IL   | 32.35 |

## Sammanställning

|    |                     |    |                 |          |
|----|---------------------|----|-----------------|----------|
| 1  | Fredrik Övereng     | 99 | Overhalla IL    | 28.66    |
| 2  | Johan Alsing        | 99 | Östersunds GIF  | 30.33    |
| 3  | Ola Brauten         | 00 | Overhalla IL    | 30.41    |
| 4  | Robin Forsberg      | 99 | Östersunds GIF  | 31.48    |
| 5  | Albert Sjölund      | 00 | Sundsvalls FI   | 31.73    |
| 5  | Erik Dahlèn         | 00 | Trångsvikens IF | 31.73    |
| 7  | Kristian Himo       | 00 | Overhalla IL    | 32.35    |
| 8  | Elias Westin        | 00 | Trångsvikens IF | 32.50    |
| 9  | Emil Johansson      | 02 | Hammerdals IF   | 34.09    |
| 10 | August Hopen        | 00 | Namsen FIF      | 34.47    |
| 11 | Trygve Totsås Weglo | 00 | Namsen FIF      | 35.22    |
| -  | Marcus Johansson    | 00 | Hammerdals IF   | ej start |

**P13 Häck 60m**

76 cm

**Final**

|   |                     |    |               |       |
|---|---------------------|----|---------------|-------|
| 1 | Fredrik Övereng     | 99 | Overhalla IL  | 10.45 |
| 2 | Albert Sjölund      | 00 | Sundsvalls FI | 11.96 |
| 3 | Marcus Johansson    | 00 | Hammerdals IF | 12.49 |
| 4 | Trygve Totsås Weglo | 00 | Namsen FIF    | 13.02 |
| 5 | August Hopen        | 00 | Namsen FIF    | 13.50 |

**P13 Kula**

3.0 kg

|   |                     |    |               |      |
|---|---------------------|----|---------------|------|
| 1 | Fredrik Övereng     | 99 | Overhalla IL  | 8,78 |
| 2 | Ola Brauten         | 00 | Overhalla IL  | 7,76 |
| 3 | Albert Sjölund      | 00 | Sundsvalls FI | 7,69 |
| 4 | Kristian Himo       | 00 | Overhalla IL  | 7,28 |
| 5 | Marcus Johansson    | 00 | Hammerdals IF | 6,75 |
| 6 | Trygve Totsås Weglo | 00 | Namsen FIF    | 4,90 |

**P11 60m****Försök heat: 1**

|   |                   |    |                 |       |   |
|---|-------------------|----|-----------------|-------|---|
| 1 | Oliwer Danielsson | 01 | Östersunds GIF  | 9.19  | Q |
| 2 | Emil Johansson    | 02 | Hammerdals IF   | 9.75  | q |
| 3 | Anton Ekqvist     | 01 | Hammerdals IF   | 9.78  |   |
| 4 | Gustav Dahlén     | 02 | Trångsvikens IF | 9.79  |   |
| 5 | Markus Rönnerberg | 01 | Östersunds GIF  | 10.42 |   |
| 6 | Liam Andersson    | 02 | Trångsvikens IF | 10.45 |   |

**Försök heat: 2**

|   |                      |    |                 |       |   |
|---|----------------------|----|-----------------|-------|---|
| 1 | Jörgen Homstad       | 02 | Overhalla IL    | 9.14  | Q |
| 2 | Sondre Kligen Langås | 01 | Namsen FIF      | 9.27  | q |
| 3 | Lukas Jonsson        | 02 | Trångsvikens IF | 9.65  | q |
| 4 | Olle Forss           | 01 | Marieby GIF     | 10.12 |   |
| 5 | Alvin Westin         | 02 | Trångsvikens IF | 10.71 |   |
| 6 | Anton Ängesgård      | 02 | Östersunds GIF  | 13.46 |   |

**Försök heat: 3**

|   |                    |    |                |          |   |
|---|--------------------|----|----------------|----------|---|
| 1 | Ludvig Svanberg    | 01 | Sundsvalls FI  | 9.60     | Q |
| 2 | Eirik Haagsen Rygg | 01 | Namsen FIF     | 10.05    |   |
| 3 | Jörund Hansen      | 01 | Namsen FIF     | 10.47    |   |
| 4 | Jörgen Vannebo     | 02 | Overhalla IL   | 10.70    |   |
| 5 | Victor Eriksson    | 01 | Östersunds GIF | 10.80    |   |
| - | Gard Roll Steen    | 02 | Namsen FIF     | ej start |   |

**Final**

|   |                      |    |                 |      |    |
|---|----------------------|----|-----------------|------|----|
| 1 | Jörgen Homstad       | 02 | Overhalla IL    | 8.98 |    |
| 2 | Oliwer Danielsson    | 01 | Östersunds GIF  | 9.03 |    |
| 3 | Sondre Kligen Langås | 01 | Namsen FIF      | 9.11 |    |
| 4 | Ludvig Svanberg      | 01 | Sundsvalls FI   | 9.49 | FF |
| 5 | Lukas Jonsson        | 02 | Trångsvikens IF | 9.49 | FF |
| 6 | Emil Johansson       | 02 | Hammerdals IF   | 9.64 |    |

**P11 Höjd**

|    |                      |    |                 |     |
|----|----------------------|----|-----------------|-----|
| 1  | Ludvig Svanberg      | 01 | Sundsvalls FI   | 121 |
| 2  | Sondre Kligen Langås | 01 | Namsen FIF      | 121 |
| 3  | Oliwer Danielsson    | 01 | Östersunds GIF  | 118 |
| 4  | Eirik Haagsen Rygg   | 01 | Namsen FIF      | 115 |
| 5  | Emil Johansson       | 02 | Hammerdals IF   | 110 |
| 6  | Olle Forss           | 01 | Marieby GIF     | 110 |
| 7  | Alvin Westin         | 02 | Trångsvikens IF | 105 |
| 8  | Anton Ängesgård      | 02 | Östersunds GIF  | 100 |
| 9  | Markus Rönnerberg    | 01 | Östersunds GIF  | 100 |
| 10 | Jörund Hansen        | 01 | Namsen FIF      | 95  |

**P11 Längd**

|    | zon                  |    |                      |
|----|----------------------|----|----------------------|
| 1  | Sondre Kligen Langås | 01 | Namsen FIF 4,04      |
| 2  | Oliwer Danielsson    | 01 | Östersunds GIF 4,03  |
| 3  | Kiran Karlström      | 01 | Trångsvikens IF 3,88 |
| 4  | Ludvig Svanberg      | 01 | Sundsvalls FI 3,74   |
| 5  | Jörgen Homstad       | 02 | Overhalla IL 3,73    |
| 6  | Eirik Haagsen Rygg   | 01 | Namsen FIF 3,68      |
| 7  | Lukas Jonsson        | 02 | Trångsvikens IF 3,63 |
| 8  | Emil Johansson       | 02 | Hammerdals IF 3,58   |
| 9  | Liam Andersson       | 02 | Trångsvikens IF 3,49 |
| 10 | Gustav Dahlén        | 02 | Trångsvikens IF 3,42 |
| 11 | Anton Ekqvist        | 01 | Hammerdals IF 3,34   |
| 12 | Victor Eriksson      | 01 | Östersunds GIF 3,21  |
| 13 | Jörund Hansen        | 01 | Namsen FIF 2,81      |
| 14 | Jörgen Vannebo       | 02 | Overhalla IL 2,73    |
| 15 | Edvin Nordvall       | 02 | Östersunds GIF 2,71  |
| 16 | Jakob Flykt          | 02 | Östersunds GIF 2,17  |

**P9 60m****Final**

|   |                 |    |                 |       |   |
|---|-----------------|----|-----------------|-------|---|
| 1 | Adam Kraft      | 03 | Östersunds GIF  | 10.41 | Q |
| 2 | Wani Noel Peter | 03 | Trångsvikens IF | 10.96 | q |
| 3 | Theo Westberg   | 04 | Trångsvikens IF | 11.68 | q |
| 4 | Elias Hopen     | 03 | Namsen FIF      | 11.92 | q |
| 5 | Petter Himo     | 04 | Overhalla IL    | 12.41 |   |
| 6 | Carl Jacobsson  | 06 | Trångsvikens IF | 14.58 |   |

**Final**

|   |                  |    |                 |       |   |
|---|------------------|----|-----------------|-------|---|
| 1 | Andreas Kjören   | 03 | Namsen FIF      | 11.80 | Q |
| 2 | Filip Israelsson | 03 | Östersunds GIF  | 11.82 | q |
| 3 | Aron Swartz      | 04 | Östersunds GIF  | 11.95 |   |
| 4 | Noah Lysberg     | 03 | Namsen FIF      | 12.27 |   |
| 5 | Arvid Söderlundh | 04 | Trångsvikens IF | 12.32 |   |
| 6 | Aron Westin      | 05 | Trångsvikens IF | 14.27 |   |

**Final**

|   |                  |    |                 |       |    |
|---|------------------|----|-----------------|-------|----|
| 1 | Adam Kraft       | 03 | Östersunds GIF  | 10.33 |    |
| 2 | Wani Noel Peter  | 03 | Trångsvikens IF | 10.75 |    |
| 3 | Andreas Kjören   | 03 | Namsen FIF      | 11.18 |    |
| 4 | Elias Hopen      | 03 | Namsen FIF      | 11.87 |    |
| 5 | Theo Westberg    | 04 | Trångsvikens IF | 11.89 | FF |
| 6 | Filip Israelsson | 03 | Östersunds GIF  | 11.89 | FF |

**P9 200m****Heat 1**

|   |             |    |                |       |
|---|-------------|----|----------------|-------|
| 1 | Elias Hopen | 03 | Namsen FIF     | 41.37 |
| 2 | Aron Swartz | 04 | Östersunds GIF | 41.84 |
| 3 | Petter Himo | 04 | Overhalla IL   | 46.84 |

**Heat 2**

|   |                 |    |                 |       |
|---|-----------------|----|-----------------|-------|
| 1 | Adam Kraft      | 03 | Östersunds GIF  | 37.79 |
| 2 | Wani Noel Peter | 03 | Trångsvikens IF | 38.88 |
| 3 | Theo Westberg   | 04 | Trångsvikens IF | 41.28 |

**Heat 3**

|   |                |    |                 |       |
|---|----------------|----|-----------------|-------|
| 1 | Andreas Kjören | 03 | Namsen FIF      | 42.08 |
| 2 | Aron Westin    | 05 | Trångsvikens IF | 52.55 |

**Heat 4**

|   |                  |    |                 |       |
|---|------------------|----|-----------------|-------|
| 1 | Noah Lysberg     | 03 | Namsen FIF      | 44.27 |
| 2 | Arvid Söderlundh | 04 | Trångsvikens IF | 48.27 |

**Sammanställning**

|    |                  |    |                 |       |
|----|------------------|----|-----------------|-------|
| 1  | Adam Kraft       | 03 | Östersunds GIF  | 37.79 |
| 2  | Wani Noel Peter  | 03 | Trångsvikens IF | 38.88 |
| 3  | Theo Westberg    | 04 | Trångsvikens IF | 41.28 |
| 4  | Elias Hopen      | 03 | Namsen FIF      | 41.37 |
| 5  | Aron Swartz      | 04 | Östersunds GIF  | 41.84 |
| 6  | Andreas Kjören   | 03 | Namsen FIF      | 42.08 |
| 7  | Noah Lysberg     | 03 | Namsen FIF      | 44.27 |
| 8  | Petter Himo      | 04 | Overhalla IL    | 46.84 |
| 9  | Arvid Söderlundh | 04 | Trångsvikens IF | 48.27 |
| 10 | Aron Westin      | 05 | Trångsvikens IF | 52.55 |

## P9 Längd

|                    |    |                 |      |
|--------------------|----|-----------------|------|
| 1 Sander Skarland  | 03 | Overhalla IL    | 3,16 |
| 2 Adam Kraft       | 03 | Östersunds GIF  | 3,12 |
| 3 Andreas Kjören   | 03 | Namsen FIF      | 2,58 |
| 4 Aron Swartz      | 04 | Östersunds GIF  | 2,52 |
| 5 Filip Israelsson | 03 | Östersunds GIF  | 2,52 |
| 6 Elias Hopen      | 03 | Namsen FIF      | 2,46 |
| 7 Arvid Söderlundh | 04 | Trångsvikens IF | 2,30 |
| 8 Petter Himo      | 04 | Overhalla IL    | 2,17 |
| 9 Noah Lysberg     | 03 | Namsen FIF      | 2,08 |
| 10 Aron Westin     | 05 | Trångsvikens IF | 1,34 |

## K 60m

### Final

|                     |    |                 |       |
|---------------------|----|-----------------|-------|
| 1 Emilia Granqvist  | 90 | Östersunds GIF  | 7.94  |
| 2 Karin Hedström    | 93 | Trångsvikens IF | 8.82  |
| 3 Josefin Andersson | 94 | Östersunds GIF  | 8.90  |
| 4 Anna Söderberg    | 93 | Trångsvikens IF | 10.03 |

## K Höjd

|                    |    |                |     |
|--------------------|----|----------------|-----|
| 1 Emilia Granqvist | 90 | Östersunds GIF | 154 |
| 2 Lovisa Sundberg  | 93 | Sundsvalls FI  | 154 |

## K Längd

|                     |    |                |      |
|---------------------|----|----------------|------|
| 1 Josefin Andersson | 94 | Östersunds GIF | 4,23 |
|---------------------|----|----------------|------|

## K Kula

4.0 kg

|                         |    |                 |      |
|-------------------------|----|-----------------|------|
| 1 Anna Söderberg        | 93 | Trångsvikens IF | 9,79 |
| 2 Kristine Granrud Aune | 93 | Marieby GIF     | 8,89 |

## F17 Häck 60m

76 cm

### Final

|                      |    |               |          |
|----------------------|----|---------------|----------|
| 1 Julia Strömberg    | 96 | Sundsvalls FI | 9.49     |
| 2 Moa Fanqvist       | 96 | Sundsvalls FI | 10.25    |
| - Ebba Fors Westlund | 96 | Sundsvalls FI | ej start |

## F17 Höjd

|                   |    |               |     |
|-------------------|----|---------------|-----|
| 1 Julia Strömberg | 96 | Sundsvalls FI | 157 |
| 2 Moa Fanqvist    | 96 | Sundsvalls FI | 146 |
| Ida Westfält      | 95 | Vemhåns IK    | 146 |
| 4 Lotta Stenmark  | 96 | Sundsvalls FI | 137 |

## F17 Längd

|                       |    |                 |      |
|-----------------------|----|-----------------|------|
| 1 Julia Strömberg     | 96 | Sundsvalls FI   | 5,46 |
| 2 Moa Fanqvist        | 96 | Sundsvalls FI   | 4,91 |
| 3 Lina Westerberg     | 96 | Trångsvikens IF | 4,67 |
| 4 Ebba Fors Westlund  | 96 | Sundsvalls FI   | 4,65 |
| 5 Ingeborg T Isaksen  | 96 | Overhalla IL    | 4,56 |
| 6 Ida Westfält        | 95 | Vemhåns IK      | 4,54 |
| 7 Sanna Sandin        | 96 | Sundsvalls FI   | 4,36 |
| 8 Josefine Jirhed     | 95 | Trångsvikens IF | 4,29 |
| 9 Emilia Byström      | 96 | Sundsvalls FI   | 4,26 |
| 10 Alexandra Thunfors | 95 | Sundsvalls FI   | 4,23 |
| 11 Lotta Stenmark     | 96 | Sundsvalls FI   | 4,21 |

## F15 200m

### Heat 1

|                        |    |                |       |
|------------------------|----|----------------|-------|
| 1 Emelie Nyman Wänseth | 98 | Östersunds GIF | 26.82 |
| 2 Kajsa Östman         | 97 | Sundsvalls FI  | 28.37 |
| 3 Oda Aakervik         | 97 | Namsen FIF     | 28.99 |

### Heat 2

|                    |    |                |       |
|--------------------|----|----------------|-------|
| 1 Linnea Carpenter | 98 | Östersunds GIF | 29.69 |
| 2 Anna Engelin     | 98 | Östersunds GIF | 29.97 |

### Heat 3

|                   |    |                |       |
|-------------------|----|----------------|-------|
| 1 Julia Söderberg | 98 | Sundsvalls FI  | 28.44 |
| 2 Clara Wågan     | 97 | Namsen FIF     | 30.36 |
| 3 Lydia Håkansson | 98 | Östersunds GIF | 30.48 |

#### Heat 4

|   |                      |    |                |       |
|---|----------------------|----|----------------|-------|
| 1 | Stina Westin         | 98 | Östersunds GIF | 31.22 |
| 2 | Fanny Israelsson     | 97 | Östersunds GIF | 32.78 |
| 3 | Andrea Berg Skarland | 98 | Namsen FIF     | 33.71 |

#### Heat 5

|   |                   |    |              |       |
|---|-------------------|----|--------------|-------|
| 1 | Lise Vannebo      | 97 | Overhalla IL | 31.81 |
| 2 | Patricia Vildhede | 98 | Vemhåns IK   | 35.05 |

#### Sammanställning

|    |                      |    |                |       |
|----|----------------------|----|----------------|-------|
| 1  | Emelie Nyman Wänseth | 98 | Östersunds GIF | 26.82 |
| 2  | Kajsa Östman         | 97 | Sundsvalls FI  | 28.37 |
| 3  | Julia Söderberg      | 98 | Sundsvalls FI  | 28.44 |
| 4  | Oda Aakervik         | 97 | Namsen FIF     | 28.99 |
| 5  | Linnea Carpenter     | 98 | Östersunds GIF | 29.69 |
| 6  | Anna Engelin         | 98 | Östersunds GIF | 29.97 |
| 7  | Clara Wågan          | 97 | Namsen FIF     | 30.36 |
| 8  | Lydia Håkansson      | 98 | Östersunds GIF | 30.48 |
| 9  | Stina Westin         | 98 | Östersunds GIF | 31.22 |
| 10 | Lise Vannebo         | 97 | Overhalla IL   | 31.81 |
| 11 | Fanny Israelsson     | 97 | Östersunds GIF | 32.78 |
| 12 | Andrea Berg Skarland | 98 | Namsen FIF     | 33.71 |
| 13 | Patricia Vildhede    | 98 | Vemhåns IK     | 35.05 |

#### F15 Häck 60m

76 cm

##### Försök heat: 1

|   |                        |    |                |       |   |
|---|------------------------|----|----------------|-------|---|
| 1 | Kajsa Östman           | 97 | Sundsvalls FI  | 9.83  | Q |
| 2 | Nora Holstad Nordmelan | 98 | Namsen FIF     | 10.61 | q |
| 3 | Hanna Hoflin           | 97 | Östersunds GIF | 11.33 | q |
| 4 | Lydia Håkansson        | 98 | Östersunds GIF | 11.66 |   |
| 5 | Stina Westin           | 98 | Östersunds GIF | 12.04 |   |
| 6 | Patricia Vildhede      | 98 | Vemhåns IK     | 12.60 |   |

##### Försök heat: 2

|   |                      |    |                 |       |   |
|---|----------------------|----|-----------------|-------|---|
| 1 | Emelie Nyman Wänseth | 98 | Östersunds GIF  | 9.41  | Q |
| 2 | Julia Söderberg      | 98 | Sundsvalls FI   | 9.63  | q |
| 3 | Anna Engelin         | 98 | Östersunds GIF  | 11.21 | q |
| 4 | Frida Jonsson        | 98 | Trångsvikens IF | 11.41 |   |
| 5 | Oda Aakervik         | 97 | Namsen FIF      | 11.43 |   |

##### Final

|   |                        |    |                |       |    |
|---|------------------------|----|----------------|-------|----|
| 1 | Emelie Nyman Wänseth   | 98 | Östersunds GIF | 9.56  | FF |
| 2 | Julia Söderberg        | 98 | Sundsvalls FI  | 9.56  | FF |
| 3 | Kajsa Östman           | 97 | Sundsvalls FI  | 9.70  |    |
| 4 | Nora Holstad Nordmelan | 98 | Namsen FIF     | 10.58 |    |
| 5 | Anna Engelin           | 98 | Östersunds GIF | 11.37 |    |
| 6 | Hanna Hoflin           | 97 | Östersunds GIF | 11.47 |    |

#### F15 Höjd

|   |                        |    |                 |     |
|---|------------------------|----|-----------------|-----|
| 1 | Kajsa Östman           | 97 | Sundsvalls FI   | 146 |
|   | Nora Holstad Nordmelan | 98 | Namsen FIF      | 146 |
| 3 | Mariell Bodin          | 98 | Vemhåns IK      | 137 |
| 4 | Stina Westin           | 98 | Östersunds GIF  | 132 |
| 5 | Isa Dûbbel             | 97 | Vemhåns IK      | 132 |
| 6 | Hanna Hoflin           | 97 | Östersunds GIF  | 132 |
| 7 | Fanny Israelsson       | 97 | Östersunds GIF  | 127 |
|   | Frida Jonsson          | 98 | Trångsvikens IF | 127 |
|   | Lina Näslund           | 98 | Trångsvikens IF | 127 |

#### F15 Stav

|   |                  |    |                 |     |
|---|------------------|----|-----------------|-----|
| 1 | Frida Jonsson    | 98 | Trångsvikens IF | 190 |
| 2 | Anna Engelin     | 98 | Östersunds GIF  | 190 |
| 3 | Linnea Carpenter | 98 | Östersunds GIF  | 180 |
| 4 | Ebba Breil       | 99 | Östersunds GIF  | 170 |
| 5 | Hanna Hoflin     | 97 | Östersunds GIF  | 170 |

#### F15 Viktkastning

7,2 kg

|   |                  |    |           |       |
|---|------------------|----|-----------|-------|
| 1 | Lovisa Sjöstrand | 97 | IF Castor | 15,86 |
|---|------------------|----|-----------|-------|

#### F13 200m

##### Heat 1

|   |                     |    |             |          |
|---|---------------------|----|-------------|----------|
| 1 | Emma Haagensen Rygg | 00 | Namsen FIF  | 31.19    |
| 2 | Silje Havik         | 99 | Namsen FIF  | 31.83    |
| - | Canu Mahmuod        | 99 | Marieby GIF | ej start |

## Heat 2

|   |                      |    |                |       |
|---|----------------------|----|----------------|-------|
| 1 | Rebecka Jansson      | 99 | Östersunds GIF | 31.06 |
| 2 | Lovise Nordfjellmark | 00 | Namsen FIF     | 32.37 |
| 3 | Cecilie Sörvig       | 00 | Namsen FIF     | 35.25 |

## Heat 3

|   |               |    |              |       |
|---|---------------|----|--------------|-------|
| 1 | Elin Backlund | 99 | Marieby GIF  | 30.72 |
| 2 | Ellen Homstad | 99 | Overhalla IL | 31.65 |
| 3 | Ida Forss     | 99 | Marieby GIF  | 32.17 |

## Heat 4

|   |                   |    |              |       |
|---|-------------------|----|--------------|-------|
| 1 | Elin Rekstad Lein | 99 | Namsen FIF   | 30.80 |
| 2 | Nora Gartland     | 00 | Overhalla IL | 32.88 |
| 3 | Emma Galguften    | 00 | Overhalla IL | 38.53 |

## Heat 5

|   |                |    |                |       |
|---|----------------|----|----------------|-------|
| 1 | Alma Nilsson   | 99 | Östersunds GIF | 33.80 |
| 2 | Emilie Gaupset | 00 | Namsen FIF     | 34.12 |
| 3 | Fanny Engström | 00 | Östersunds GIF | 37.07 |

## Heat 6

|   |                   |    |              |          |
|---|-------------------|----|--------------|----------|
| 1 | Karolina Svensson | 99 | Marieby GIF  | 31.57    |
| 2 | Julie Vannebo     | 00 | Overhalla IL | 32.48    |
| - | Leah Lysberg      | 00 | Namsen FIF   | ej start |

## Heat 7

|   |               |    |              |       |
|---|---------------|----|--------------|-------|
| 1 | Stine Lysberg | 00 | Overhalla IL | 31.00 |
| 2 | Vera Aakervik | 00 | Namsen FIF   | 35.40 |

## Sammanställning

|    |                      |    |                |          |
|----|----------------------|----|----------------|----------|
| 1  | Elin Backlund        | 99 | Marieby GIF    | 30.72    |
| 2  | Elin Rekstad Lein    | 99 | Namsen FIF     | 30.80    |
| 3  | Stine Lysberg        | 00 | Overhalla IL   | 31.00    |
| 4  | Rebecka Jansson      | 99 | Östersunds GIF | 31.06    |
| 5  | Emma Haagensen Rygg  | 00 | Namsen FIF     | 31.19    |
| 6  | Karolina Svensson    | 99 | Marieby GIF    | 31.57    |
| 7  | Ellen Homstad        | 99 | Overhalla IL   | 31.65    |
| 8  | Silje Havik          | 99 | Namsen FIF     | 31.83    |
| 9  | Ida Forss            | 99 | Marieby GIF    | 32.17    |
| 10 | Lovise Nordfjellmark | 00 | Namsen FIF     | 32.37    |
| 11 | Julie Vannebo        | 00 | Overhalla IL   | 32.48    |
| 12 | Nora Gartland        | 00 | Overhalla IL   | 32.88    |
| 13 | Alma Nilsson         | 99 | Östersunds GIF | 33.80    |
| 14 | Emilie Gaupset       | 00 | Namsen FIF     | 34.12    |
| 15 | Cecilie Sörvig       | 00 | Namsen FIF     | 35.25    |
| 16 | Vera Aakervik        | 00 | Namsen FIF     | 35.40    |
| 17 | Fanny Engström       | 00 | Östersunds GIF | 37.07    |
| 18 | Emma Galguften       | 00 | Overhalla IL   | 38.53    |
| -  | Cani Mahmuod         | 99 | Marieby GIF    | ej start |
| -  | Leah Lysberg         | 00 | Namsen FIF     | ej start |

## F13 Häck 60m

76 cm

### Försök heat: 1

|   |                      |    |              |       |   |
|---|----------------------|----|--------------|-------|---|
| 1 | Cani Mahmuod         | 99 | Marieby GIF  | 11.20 | Q |
| 2 | Karolina Svensson    | 99 | Marieby GIF  | 11.47 | q |
| 3 | Silje Havik          | 99 | Namsen FIF   | 12.20 | q |
| 4 | Nora Gartland        | 00 | Overhalla IL | 13.84 |   |
| 5 | Lovise Nordfjellmark | 00 | Namsen FIF   | 13.98 |   |
| 6 | Cecilie Sörvig       | 00 | Namsen FIF   | 14.04 |   |

### Försök heat: 2

|   |                     |    |                |       |   |
|---|---------------------|----|----------------|-------|---|
| 1 | Kaj Skarland        | 99 | Overhalla IL   | 10.58 | Q |
| 2 | Elin Backlund       | 99 | Marieby GIF    | 10.81 | q |
| 3 | Rebecka Jansson     | 99 | Östersunds GIF | 12.60 | q |
| 4 | Emilie Gaupset      | 00 | Namsen FIF     | 12.84 |   |
| 5 | Emma Haagensen Rygg | 00 | Namsen FIF     | 13.04 |   |
| 6 | Fanny Engström      | 00 | Östersunds GIF | 13.83 |   |

## Final

|   |                   |    |                |       |
|---|-------------------|----|----------------|-------|
| 1 | Kaj Skarland      | 99 | Overhalla IL   | 10.68 |
| 2 | Elin Backlund     | 99 | Marieby GIF    | 11.06 |
| 3 | Cani Mahmuod      | 99 | Marieby GIF    | 11.45 |
| 4 | Karolina Svensson | 99 | Marieby GIF    | 11.55 |
| 5 | Silje Havik       | 99 | Namsen FIF     | 11.68 |
| 6 | Rebecka Jansson   | 99 | Östersunds GIF | 12.30 |

### F13 Höjd

|    |                     |    |                 |     |
|----|---------------------|----|-----------------|-----|
| 1  | Sanna Pettersson    | 99 | Östersunds GIF  | 142 |
| 2  | Cani Mahmuod        | 99 | Marieby GIF     | 137 |
| 3  | Ebba Breil          | 99 | Östersunds GIF  | 137 |
| 4  | Elin Backlund       | 99 | Marieby GIF     | 132 |
| 5  | Karolina Svensson   | 99 | Marieby GIF     | 127 |
| 6  | Silje Havik         | 99 | Namsen FIF      | 127 |
| 7  | Emma Haagensen Rygg | 00 | Namsen FIF      | 122 |
| 8  | Ida Forss           | 99 | Marieby GIF     | 122 |
| 9  | Elin Rekstad Lein   | 99 | Namsen FIF      | 117 |
|    | Julie Vannebo       | 00 | Overhalla IL    | 117 |
| 11 | Fanny Jonsson       | 99 | Trångsvikens IF | 117 |
| 12 | Vera Aakervik       | 00 | Namsen FIF      | 110 |
| 13 | Emilie Gaupset      | 00 | Namsen FIF      | 100 |
|    | Tora Kristoffersen  | 00 | Namsen FIF      | 100 |
|    | Natalie Roll Steen  | 00 | Namsen FIF      | 100 |
|    | Fanny Engström      | 00 | Östersunds GIF  | 100 |
| -  | Cecilie Sörvig      | 00 | Namsen FIF      | X   |

### F13 Kula

2.0 kg

|    |                      |    |                 |       |
|----|----------------------|----|-----------------|-------|
| 1  | Kaj Skarland         | 99 | Overhalla IL    | 10,41 |
| 2  | Elin Rekstad Lein    | 99 | Namsen FIF      | 10,02 |
| 3  | Cani Mahmuod         | 99 | Marieby GIF     | 10,01 |
| 4  | Moa Jonsson          | 99 | Östersunds GIF  | 9,97  |
| 5  | Anette Sagmo         | 99 | Overhalla IL    | 9,54  |
| 6  | Maria Granrud Aune   | 99 | Marieby GIF     | 9,53  |
| 7  | Fanny Jonsson        | 99 | Trångsvikens IF | 8,89  |
| 8  | Silje Havik          | 99 | Namsen FIF      | 8,41  |
| 9  | Lovise Nordfjellmark | 00 | Namsen FIF      | 8,16  |
| 10 | Ellen Homstad        | 99 | Overhalla IL    | 7,90  |
| 11 | Natalie Roll Steen   | 00 | Namsen FIF      | 7,50  |
| 12 | Emma Haagensen Rygg  | 00 | Namsen FIF      | 7,49  |
| 13 | Emilie Gaupset       | 00 | Namsen FIF      | 7,45  |
| 14 | Ebba Breil           | 99 | Östersunds GIF  | 7,39  |
| 15 | Stine Lysberg        | 00 | Overhalla IL    | 7,14  |
| 16 | Fanny Engström       | 00 | Östersunds GIF  | 7,11  |
| 17 | Ida Forss            | 99 | Marieby GIF     | 6,83  |
| 18 | Nora Gartland        | 00 | Overhalla IL    | 6,72  |
| 19 | Cecilie Sörvig       | 00 | Namsen FIF      | 6,28  |
| 20 | Julie Vannebo        | 00 | Overhalla IL    | 6,02  |
| 21 | Tora Kristoffersen   | 00 | Namsen FIF      | 5,98  |
| 22 | Leah Lysberg         | 00 | Namsen FIF      | 5,80  |
| 23 | Vera Aakervik        | 00 | Namsen FIF      | 5,46  |
| 24 | Emma Galguften       | 00 | Overhalla IL    | 5,46  |
| 25 | Mari Brøndbo         | 00 | Namsen FIF      | 5,45  |

### F11 Höjd

|    |                     |    |                 |     |
|----|---------------------|----|-----------------|-----|
| 1  | Tilda Lassfolk      | 01 | Sundsvalls FI   | 117 |
| 2  | Emilia Ahlberg      | 01 | Trångsvikens IF | 114 |
| 3  | Bente Skåle         | 01 | Östersunds GIF  | 111 |
| 4  | Amanda Saleh Mosa   | 01 | Östersunds GIF  | 108 |
| 5  | Johanna Grelsson    | 01 | Östersunds GIF  | 108 |
| 6  | Alice Hjort         | 01 | Hammerdals IF   | 105 |
| 7  | Vilde Mailen Asböll | 01 | Namsen FIF      | 100 |
| 8  | Nora Westberg       | 01 | Trångsvikens IF | 100 |
| 9  | Nora Swartz         | 01 | Östersunds GIF  | 95  |
| 10 | Julia Owen          | 02 | Östersunds GIF  | 95  |
| 11 | Alva Åsslin         | 01 | Östersunds GIF  | 95  |
| 12 | Emmy Brikemo        | 02 | Östersunds GIF  | 95  |
| 13 | Alicia Boman        | 02 | Östersunds GIF  | 90  |
|    | Cornelia Löfgren    | 02 | Östersunds GIF  | 90  |
| 15 | Linn Wallin         | 02 | Östersunds GIF  | 90  |
| 16 | Amelia Sahlin       | 02 | Östersunds GIF  | 90  |
|    | Klara Grönlund      | 01 | Östersunds GIF  | 90  |
|    | Moa Backlund        | 01 | Marieby GIF     | 90  |
| 19 | Isa Zetterström     | 02 | Östersunds GIF  | 90  |
| -  | Mikaela Ljungqvist  | 02 | Östersunds GIF  | X   |

**F11 Längd**

|                              | zon |                 |      |
|------------------------------|-----|-----------------|------|
| 1 Tilda Lassfolk             | 01  | Sundsvalls FI   | 3,79 |
| 2 Johanna Grelsson           | 01  | Östersunds GIF  | 3,75 |
| 3 Elise Karlsson Torstensson | 01  | Sundsvalls FI   | 3,66 |
| 4 My Almèr                   | 01  | Marieby GIF     | 3,57 |
| 5 Emilia Ahlberg             | 01  | Trångsvikens IF | 3,47 |
| 6 Alice Hjort                | 01  | Hammerdals IF   | 3,38 |
| 7 Vilde Mailen Asböll        | 01  | Namsen FIF      | 3,36 |
| 8 Amanda Saleh Mosa          | 01  | Östersunds GIF  | 3,31 |
| 9 Nora Swartz                | 01  | Östersunds GIF  | 3,26 |
| 10 Nora Westberg             | 01  | Trångsvikens IF | 3,14 |
| 11 Maja Finn                 | 02  | Östersunds GIF  | 3,10 |
| 12 Maja Bergvall             | 01  | Trångsvikens IF | 3,09 |
| 13 Amelia Sahlin             | 02  | Östersunds GIF  | 3,05 |
| 14 Bente Skåle               | 02  | Östersunds GIF  | 2,98 |
| 15 Erica Nordell             | 02  | Östersunds GIF  | 2,96 |
| 16 Alva Åsslin               | 01  | Östersunds GIF  | 2,69 |
| 17 Moa Backlund              | 01  | Marieby GIF     | 2,64 |
| 18 Klara Roos                | 02  | Trångsvikens IF | 2,61 |
| 19 Cornelia Löfgren          | 02  | Östersunds GIF  | 2,57 |
| 20 Emmy Brikemo              | 02  | Östersunds GIF  | 2,50 |
| 21 Klara Grönlund            | 01  | Östersunds GIF  | 2,47 |
| 22 Linn Wallin               | 02  | Östersunds GIF  | 2,47 |
| 23 Alicia Boman              | 02  | Östersunds GIF  | 2,12 |
| 24 Isa Zetterström           | 02  | Östersunds GIF  | 2,07 |

**F11 Kula**

|                              |    | 2.0 kg         |      |
|------------------------------|----|----------------|------|
| 1 Bente Skåle                | 01 | Östersunds GIF | 6,81 |
| 2 Vilde Mailen Asböll        | 01 | Namsen FIF     | 6,75 |
| 3 Tilda Lassfolk             | 01 | Sundsvalls FI  | 6,75 |
| 4 Amanda Saleh Mosa          | 01 | Östersunds GIF | 6,47 |
| 5 Elise Karlsson Torstensson | 01 | Sundsvalls FI  | 5,81 |
| 6 Nora Swartz                | 01 | Östersunds GIF | 5,57 |
| 7 Johanna Grelsson           | 01 | Östersunds GIF | 5,49 |
| 8 Moa Backlund               | 01 | Marieby GIF    | 5,45 |
| 9 Cornelia Löfgren           | 02 | Östersunds GIF | 5,00 |
| 10 Emmy Brikemo              | 02 | Östersunds GIF | 4,58 |
| 11 Alicia Boman              | 02 | Östersunds GIF | 4,33 |
| 12 Klara Grönlund            | 01 | Östersunds GIF | 4,18 |
| 13 Linn Wallin               | 02 | Östersunds GIF | 3,67 |
| 14 Amelia Sahlin             | 02 | Östersunds GIF | 3,34 |
| 15 Isa Zetterström           | 02 | Östersunds GIF | 2,89 |

**F9 200m****Heat 1**

|                             |    |                 |       |
|-----------------------------|----|-----------------|-------|
| 1 Engla Grafström Andersson | 03 | Sundsvalls FI   | 36.02 |
| 2 Frida Havik               | 03 | Namsen FIF      | 38.67 |
| 3 Olivia Dahlèn             | 05 | Trångsvikens IF | 44.80 |

**Heat 2**

|                 |    |             |       |
|-----------------|----|-------------|-------|
| 1 Olivia Bodin  | 03 | Vemhåns IK  | 38.54 |
| 2 Navin Mahmuod | 04 | Marieby GIF | 41.52 |

**Heat 3**

|                       |    |                 |       |
|-----------------------|----|-----------------|-------|
| 1 Frida Bergvall      | 03 | Trångsvikens IF | 37.55 |
| 2 Sigrid Totsås Weglo | 03 | Namsen FIF      | 40.61 |
| 3 Alva Eriksson       | 04 | Trångsvikens IF | 41.45 |

**Heat 4**

|                 |    |                 |       |
|-----------------|----|-----------------|-------|
| 1 Emilia Werner | 03 | Östersunds GIF  | 38.57 |
| 2 Ingri Lysberg | 04 | Overhalla IL    | 39.84 |
| 3 Mekal Fsaha   | 04 | Trångsvikens IF | 40.56 |

**Heat 5**

|                   |    |                 |       |
|-------------------|----|-----------------|-------|
| 1 Agnes Lundberg  | 03 | Trångsvikens IF | 40.79 |
| 2 Malin Raftheim  | 04 | Trångsvikens IF | 43.69 |
| 3 Emelie Wikström | 04 | Marieby GIF     | 46.69 |

**Heat 6**

|                    |    |               |       |
|--------------------|----|---------------|-------|
| 1 Annie Hjort      | 03 | Hammerdals IF | 40.30 |
| 2 Benedicte Sörvig | 03 | Namsen FIF    | 45.28 |
| 3 Eirin Flasnes    | 04 | Overhalla IL  | 47.91 |

**Heat 7**

|                  |    |                |       |
|------------------|----|----------------|-------|
| 1 Emma Sandström | 03 | Östersunds GIF | 38.13 |
| 2 Sofia Nilsson  | 03 | Östersunds GIF | 40.60 |

### Sammanställning

|    |                           |    |                 |       |
|----|---------------------------|----|-----------------|-------|
| 1  | Engla Grafström Andersson | 03 | Sundsvalls FI   | 36.02 |
| 2  | Frida Bergvall            | 03 | Trångsvikens IF | 37.55 |
| 3  | Emma Sandström            | 03 | Östersunds GIF  | 38.13 |
| 4  | Olivia Bodin              | 03 | Vemhåns IK      | 38.54 |
| 5  | Emilia Werner             | 03 | Östersunds GIF  | 38.57 |
| 6  | Frida Havik               | 03 | Namsen FIF      | 38.67 |
| 7  | Ingri Lysberg             | 04 | Overhalla IL    | 39.84 |
| 8  | Annie Hjort               | 03 | Hammerdals IF   | 40.30 |
| 9  | Mekal Fsaha               | 04 | Trångsvikens IF | 40.56 |
| 10 | Sofia Nilsson             | 03 | Östersunds GIF  | 40.60 |
| 11 | Sigrid Totsås Weglo       | 03 | Namsen FIF      | 40.61 |
| 12 | Agnes Lundberg            | 03 | Trångsvikens IF | 40.79 |
| 13 | Alva Eriksson             | 04 | Trångsvikens IF | 41.45 |
| 14 | Navin Mahmud              | 04 | Marieby GIF     | 41.52 |
| 15 | Malin Raftheim            | 04 | Trångsvikens IF | 43.69 |
| 16 | Olivia Dahlèn             | 05 | Trångsvikens IF | 44.80 |
| 17 | Benedicte Sörvig          | 03 | Namsen FIF      | 45.28 |
| 18 | Emelie Wikström           | 04 | Marieby GIF     | 46.69 |
| 19 | Eirin Flasnes             | 04 | Overhalla IL    | 47.91 |

### F9 Längd

|    |                           |    |                 |      |
|----|---------------------------|----|-----------------|------|
| 1  | Emma Sandström            | 03 | Östersunds GIF  | 3,34 |
| 2  | Engla Grafström Andersson | 03 | Sundsvalls FI   | 3,25 |
| 3  | Ingri Lysberg             | 04 | Overhalla IL    | 3,14 |
| 4  | Emilia Werner             | 03 | Östersunds GIF  | 3,08 |
| 5  | Sofia Nilsson             | 03 | Östersunds GIF  | 3,02 |
| 6  | Olivia Bodin              | 03 | Vemhåns IK      | 2,91 |
| 7  | Ida Westin                | 03 | Östersunds GIF  | 2,80 |
| 8  | Frida Bergvall            | 03 | Trångsvikens IF | 2,79 |
| 9  | Olivia Kålen              | 04 | Marieby GIF     | 2,68 |
| 10 | Navin Mahmud              | 04 | Marieby GIF     | 2,66 |
| 11 | Annie Hjort               | 03 | Hammerdals IF   | 2,56 |
| 12 | Malin Raftheim            | 04 | Trångsvikens IF | 2,49 |
| 13 | Engla Aliris              | 04 | Trångsvikens IF | 2,39 |
| 14 | Linnèa Jacobsson          | 04 | Trångsvikens IF | 2,37 |
| 15 | Alva Eriksson             | 04 | Trångsvikens IF | 2,36 |
| 16 | Nora Bröndbo              | 03 | Namsen FIF      | 2,31 |
| 17 | Agnes Lundberg            | 03 | Trångsvikens IF | 2,31 |
| 18 | Junia Ahlberg             | 04 | Trångsvikens IF | 2,30 |
| 19 | Sigrid Totsås Weglo       | 03 | Namsen FIF      | 2,25 |
| 20 | Emelie Wikström           | 04 | Marieby GIF     | 2,16 |
| 21 | Jonna Persson             | 04 | Vemhåns IK      | 2,14 |
| 22 | Frida Havik               | 03 | Namsen FIF      | 2,11 |
| 23 | Olivia Dahlèn             | 05 | Trångsvikens IF | 2,10 |
| 24 | Benedicte Sörvig          | 03 | Namsen FIF      | 1,99 |
| 25 | Eirin Flasnes             | 04 | Overhalla IL    | 1,97 |

### F9 Kula

2.0 kg

|    |                           |    |                 |      |
|----|---------------------------|----|-----------------|------|
| 1  | Emma Sandström            | 03 | Östersunds GIF  | 5,30 |
| 2  | Ingri Lysberg             | 04 | Overhalla IL    | 5,08 |
| 3  | Frida Havik               | 03 | Namsen FIF      | 4,90 |
| 4  | Engla Grafström Andersson | 03 | Sundsvalls FI   | 4,61 |
| 5  | Ida Westin                | 03 | Östersunds GIF  | 4,38 |
| 6  | Engla Aliris              | 04 | Trångsvikens IF | 4,14 |
| 7  | Junia Ahlberg             | 04 | Trångsvikens IF | 3,82 |
| 8  | Alva Eriksson             | 04 | Trångsvikens IF | 3,77 |
| 9  | Nora Bröndbo              | 03 | Namsen FIF      | 3,73 |
| 10 | Navin Mahmud              | 04 | Marieby GIF     | 3,11 |
| 11 | Benedicte Sörvig          | 03 | Namsen FIF      | 2,89 |