

**Umemilen****Date: 09-01-2019****Ranking****Overall male - Running | 10 km****Running | 10 km**

#	First name	Last name	Bib	Team name	Final Result	Pace
1	Karsten	Meier	105	IFK Umeå	00:30:23.70	03:02 /km
2	Tesfaldet	Negash	195	Brännans FF	00:31:01.36	03:06 /km
3	Jonatan	Björnberg	243	Skellefteå aik friidrott	00:32:34.20	03:15 /km
4	Jacob	Joh	229	UMEÅ TFC	00:33:07.00	03:18 /km
5	Ludvig	Werkmäster	112	IFK Umeå	00:33:20.80	03:19 /km
6	Tony	Berglund	260	IFK Umeå	00:34:11.22	03:25 /km
7	Aklilu	Habtom	237	Brännans FF	00:34:12.88	03:25 /km
8	Stefan	Olars	173	LK Gränslöst	00:34:23.90	03:26 /km
9	Rikki	Frederiksen	87	IFK Umeå	00:34:26.93	03:26 /km
10	Anton	Bergbom	88		00:34:33.58	03:27 /km
11	Göran	Jonsson	37	IFK Umeå	00:34:49.08	03:28 /km
12	Anton	Näslund	159	LK Gränslöst	00:35:22.73	03:32 /km
13	Anders	Pettersson	254	IFK Umeå	00:35:51.71	03:35 /km
14	Stefan	Åberg	14	IFK Umeå	00:35:51.84	03:35 /km
15	Mikael	Engman	146	Öbacka LK	00:36:03.11	03:36 /km
16	Sylvain	Glos	48	Jalles TC	00:36:10.16	03:37 /km
17	Rasmus	Nilsson	142	IFK Umeå	00:36:38.65	03:39 /km
18	Björn	Yttergren	207	IFK Umeå	00:36:42.93	03:40 /km
19	Hamza	Fathi Hassan	187	boden fi	00:36:54.38	03:41 /km
20	Johan	Sandberg	127	IFK Umeå	00:37:09.70	03:43 /km
21	Eric	Degerman	264	IFK Umeå	00:37:36.96	03:45 /km

22	Andre	Kröger	39	IFK Umeå	00:37:41.90	03:46 /km
23	Michael	Gilmore	107	IFK Umeå	00:37:44.39	03:46 /km
24	Lars	Johansson	154	Lycksele Löparklubb	00:37:54.86	03:47 /km
25	Jonny	Hjertström	202	Skellefteå aik friidrott	00:38:00.85	03:48 /km
26	Andreas	Widmark	114		00:38:13.21	03:49 /km
27	Erik	Lindgren	189	IFK Umeå	00:38:25.39	03:50 /km
28	Stefan	Lindgren	286	Spöland	00:38:31.08	03:51 /km
29	Michael	Westin	201	Öbacka LK	00:38:42.09	03:52 /km
30	Johan	Asplund	216	Stöcke ts järnet	00:38:48.78	03:52 /km
31	Stefan	Björck	283	Stöcke ts järnet	00:38:59.13	03:54 /km
32	Emil	Öhman	113	IFK Umeå	00:39:04.41	03:54 /km
33	Johan	Sandström	175	IFK Umeå	00:39:15.86	03:55 /km
34	Tomas	Strömsten	272	IFK Umeå	00:39:43.22	03:58 /km
35	Stefan	Sjöström	139		00:39:50.82	03:58 /km
36	Joel	Fredriksson	280	Yrttivaara IS	00:39:50.99	03:58 /km
37	Christoffer	Renberg	143	Umeå BTK	00:39:52.63	03:59 /km
38	Jani	Nousiainen	153	IFK Umeå	00:40:05.07	04:00 /km
39	Mattias	Karlsson	262	IFK Umeå	00:40:12.69	04:01 /km
40	Lars	Persson	261	IFK Umeå	00:40:17.81	04:01 /km
41	Christoffer	Larsson	136	Teresedotter LK	00:40:38.64	04:03 /km
42	Emil	Brännström	268	Skellefteå	00:40:48.81	04:04 /km
43	Erik	djusberg	217		00:40:53.46	04:05 /km
44	Mattias	Lindstrom	149	Nyåkers IK	00:40:58.57	04:06 /km
45	Alexander	Karlsson	213	Storuman IK	00:41:05.65	04:06 /km
46	Lauri	Salonen	219		00:41:19.73	04:07 /km
47	Elias	Olofsson	145		00:41:31.03	04:09 /km
48	Alfred	Östermark	277		00:41:45.42	04:10 /km

49	Johan	Henriksson	285	Röbäcks IF	00:41:47.09	04:10 /km
50	Andreas	Lind	4		00:41:51.38	04:11 /km
51	Kenneth	Edlund	241	Lightforce Sweden	00:41:59.58	04:12 /km
52	Bengt	Näsholm	274	Jalles TC	00:42:00.85	04:12 /km
53	Lars	Lundberg	221	TTGU IF	00:42:09.47	04:13 /km
54	Joel	Öhlén	205	Nordingrå SK	00:42:20.59	04:13 /km
55	Nicklas	Eriksson	182	Lycksele Löparklubb	00:42:32.02	04:15 /km
56	Erik	Jonsson	62		00:42:33.89	04:15 /km
57	Ulf	Wiklund	179	Jalles TC	00:42:38.32	04:15 /km
58	Christoffer	Lenestål	228		00:43:00.52	04:18 /km
59	Andre	Jeglertz	265		00:43:04.25	04:18 /km
60	Gustav	Friedrich	223		00:43:10.02	04:19 /km
61	Petter	Morén	218	Nola road runners	00:43:18.26	04:19 /km
62	Nicklas	Eriksson	191		00:43:22.42	04:20 /km
63	Erik	Sandström	29	Iksu kendo	00:43:32.11	04:21 /km
64	Alexander	Henze	215	Uss	00:43:33.57	04:21 /km
65	Joakim	Bergbom	180		00:43:35.56	04:21 /km
66	Rickard	Jokela	198		00:43:40.11	04:22 /km
67	John	Valinger	192	Omegapoint IF	00:43:42.72	04:22 /km
68	Fredrik	Nyström	251	IK Fart	00:43:44.69	04:22 /km
69	Cristian	Bortes	134		00:43:49.43	04:22 /km
70	Roland	Grundstöm	185	Umeå	00:43:58.41	04:24 /km
71	Frithjof	Theens	172	Stöcke ts järnet	00:44:07.33	04:24 /km
72	Mikael	Björklund	130	Nyåkers IK	00:44:11.32	04:25 /km
73	Tobias	Sjögren	253		00:44:15.88	04:25 /km
74	Robert	Jonsson	209	Norrvågerunners	00:44:23.41	04:26 /km

75	David	Mäki	275		00:44:27.70	04:27 /km
76	Rasmus	Karlsson	60		00:44:27.80	04:27 /km
77	Kenny	Jakobsson	279		00:44:28.31	04:27 /km
78	Magnus	Karlsson	124		00:44:29.87	04:27 /km
79	Hans	Schultz	266	Umeå	00:44:40.21	04:28 /km
80	Johannes	Wiberg	194		00:44:45.00	04:28 /km
81	Ahmed	Kashwan	162		00:44:50.78	04:28 /km
82	Markus	Nlander	284	IFK Umeå	00:44:56.08	04:29 /km
83	Martin	Erlanson	278	Jalles TC	00:45:18.41	04:31 /km
84	Mikael	Back	97	IFK Umeå	00:45:20.95	04:31 /km
85	Mats	Landström	69		00:45:32.97	04:33 /km
86	Henrik	Sundström	82		00:45:41.23	04:34 /km
87	Mikael	Östberg	226	IKSU	00:45:45.33	04:34 /km
88	Erik	Fugelstad	184	IFK Umeå	00:45:53.96	04:35 /km
89	Simon	Lundberg	206	Nordingrå SK	00:46:00.33	04:36 /km
90	Martin	Sedin	111		00:46:09.50	04:37 /km
91	Rolf	Hugoson	147	IFK Umeå	00:46:14.51	04:37 /km
92	Mikael	Holmberg	2	Klubblös	00:46:17.22	04:37 /km
93	Anton	Viklund	211	-	00:46:30.22	04:39 /km
94	Markus	Uhlin	66	Sundsvalls OK	00:46:46.04	04:40 /km
95	Karl Johan	Krekula	116	IFK Tärendö	00:46:49.39	04:40 /km
96	Fredrik	Hedlund	176		00:47:00.91	04:42 /km
97	Dan	Vinblad	267	Team Esplanad	00:47:13.82	04:43 /km
98	Magnus	Sundström	117	Stöcke ts järnet	00:47:13.86	04:43 /km
99	Axel	Danielsson	63		00:47:14.73	04:43 /km
100	Patrik	Backlund	255		00:47:21.77	04:44 /km

101	Mattias	Johansson	157		00:47:25.15	04:44 /km
102	Jonas	Spolander	51		00:47:29.69	04:45 /km
103	Andreas	Hedman	52		00:47:31.55	04:45 /km
104	Björn	Eriksson	120	IFK Umeå	00:47:50.10	04:46 /km
105	Anders	Berggren	125		00:47:55.37	04:47 /km
106	Erik	Moberg	208		00:48:09.23	04:49 /km
107	Daniel	Wikström	109		00:48:17.82	04:49 /km
108	Karsten	Höjgård-Olsen	252	Sandviks IK Friidrott	00:48:47.99	04:52 /km
109	Amadeus	Andersson	204		00:48:57.43	04:54 /km
110	Jan-Erik	Jonsson	273	Musikanten	00:49:19.37	04:55 /km
111	Mathias	Ljungberg	128		00:49:21.55	04:56 /km
112	Mats	Svensson	138	Lonesome Runners	00:49:44.79	04:58 /km
113	Jonas	Karlberg	163	Iksu kendo	00:49:52.15	04:59 /km
114	Kang-cheng	Liu	135		00:50:01.96	05:00 /km
115	Gustaf	Haker	21	Morkullens IK	00:50:19.55	05:01 /km
116	sadri	Behzadmehr	93		00:50:29.11	05:03 /km
117	Niklas	Kröger	40	Team Kröger	00:50:35.86	05:03 /km
118	Urban	Bengtson	178	Jalles TC	00:50:37.69	05:03 /km
119	jonathan	Lindberg	167		00:50:47.45	05:04 /km
120	Dimitris	Athanassiadis	25		00:50:54.52	05:05 /km
121	Jacob	Brömster	110		00:51:06.39	05:06 /km
122	Johan	Eriksson	101		00:51:10.48	05:07 /km
123	Jonas	Westin	230	ULLK	00:51:24.23	05:08 /km
124	Nils	Forsell	53	Milslukarna XC	00:51:53.48	05:11 /km
125	Elias	Andersson	150	Tärnaby Snökoterklubb	00:51:54.50	05:11 /km
126	Jakob	Nyström	249	Umeå simsällskap	00:51:56.62	05:11 /km

127	Patrik	Nyström	248	Umeå simsällskap	00:51:56.96	05:11 /km
128	Sune	Lindahl	271		00:51:59.90	05:12 /km
129	Anton	Lindqvist	119		00:52:25.51	05:14 /km
130	Freddy	Paulsson	250		00:52:47.18	05:16 /km
131	Mats	Valdemarsson	166	IFK Umeå	00:52:49.04	05:16 /km
132	Jonas	Johansson	61	Grundfors	00:52:51.35	05:17 /km
133	Abhay	Bhat	141		00:54:06.69	05:24 /km
134	Urban	Edlund	238	Hägglunds Ski Team SK	00:54:12.12	05:25 /km
135	Adam	Wallgren	56		00:54:52.57	05:29 /km
136	Isak	Wallgren	55		00:54:56.58	05:29 /km
137	Alexander	Stillesjö	98		00:55:03.72	05:30 /km
138	Johannes	Burström	232	ULLK	00:55:27.34	05:33 /km
139	Reino	Olervo	126		00:55:30.98	05:33 /km
140	Göran	Turborn	197		00:56:23.42	05:38 /km
141	Robb	Cayford	75		00:57:21.03	05:44 /km
142	Andreas	Brändström	49		00:58:01.44	05:48 /km
143	Simon	Tehyrell	177		00:58:08.27	05:48 /km
144	Erland	Andersson	276	Lycksele Löparklubb	00:58:30.51	05:51 /km
145	Pontus	Fahlman	90		00:58:56.28	05:53 /km
146	Simon	Kolsrud	79		00:58:57.37	05:54 /km
147	Anders	Sandström	28		00:59:26.06	05:56 /km
148	Dan	KRÖGER	41	Team Kröger	01:00:43.75	06:04 /km
149	Hans	Nilsson	200		01:02:57.62	06:18 /km
150	Johannes	Axelsson	245		01:03:20.47	06:19 /km
151	Börje	Sandström	6		01:04:04.96	06:24 /km
152	Patrik	Jansson	45		01:09:35.31	06:57 /km

153	Gabriel	Wallin	71		01:10:37.82	07:03 /km
154	Andreas	Hed	80	OT92 Umeå Björkstaden	01:10:54.96	07:05 /km
155	Axel	Palm	152	Aika Hyvä	01:11:39.70	07:10 /km
156	Lars-Erik	Lindström	3		01:12:04.36	07:12 /km

**Overall female - Running | 10 km**
**Running | 10 km**

#	First name	Last name	Bib	Team name	Final Result	Pace
1	Evelina	Henriksson	100	IFK Umeå	00:36:55.67	03:41 /km
2	Anna	Rahm	99	IFK Umeå	00:37:18.93	03:43 /km
3	Jenny	Wikedal	64	IFK Umeå	00:38:39.15	03:52 /km
4	Kesamet	Merese	196	Brännans FF	00:40:22.11	04:02 /km
5	Linnea	Henriksson	148		00:40:22.43	04:02 /km
6	Eveline	Tjärnlund	129		00:40:33.26	04:03 /km
7	Amalia	Sangfelt	156	IFK Umeå	00:41:29.03	04:09 /km
8	Mica	Stare	203	Skellefteå AIK	00:44:29.08	04:27 /km
9	Carmen	Henze	214	Uss	00:44:56.45	04:29 /km
10	Fiona	Marklund	44	BSK	00:45:48.97	04:34 /km
11	FARAHNAZ	RANJBARIAN	9		00:45:58.52	04:36 /km
12	Andrea	Brodén	239	IFK Umeå	00:46:00.09	04:36 /km
13	Anna-Karin	Hammar	183	IFK Umeå	00:46:06.98	04:36 /km
14	Sara	Johansson	242	Umeå	00:46:16.01	04:37 /km
15	Mathilda	Forss	104	.	00:46:28.56	04:39 /km
16	Elin	Söderlind	59	PAM by Petra	00:46:31.13	04:39 /km
17	Sandra	Bjersing	137	IFK Umeå	00:46:48.62	04:40 /km
18	Elin	Larsson	233		00:47:03.05	04:42 /km
19	Linnea	Ahlinder	43		00:47:36.38	04:45 /km

20	Maria	Granåsen	20	IFK Umeå	00:47:52.53	04:47 /km
21	Klara	Hedström	269	Skellefteå	00:48:06.72	04:48 /km
22	Theres	Olsson	123		00:48:14.32	04:49 /km
23	Linn	Norberg	222	Önska	00:48:20.10	04:49 /km
24	Tove	Mattsson-Frost	83		00:48:25.18	04:50 /km
25	Erika	Nilsson	67	Stöcke ts järnet	00:49:10.27	04:55 /km
26	Emma	Anderbom	115	TTGU IF	00:49:12.31	04:55 /km
27	Anna	Morén	140	Skellefteå aik friidrott	00:49:42.44	04:58 /km
28	Beatrice	Pettersson	186		00:49:43.73	04:58 /km
29	Frida	Eriksson	168		00:50:42.24	05:04 /km
30	Emma	Oscarsson	95		00:50:55.12	05:05 /km
31	Cecilia	Wackerberg	210	Norrvågerunners	00:51:44.53	05:10 /km
32	Eva	Henriksson	133	IFK Umeå	00:51:54.45	05:11 /km
33	Åsa	Lindqvist	72		00:52:36.81	05:15 /km
34	Emma	Johansson	212		00:52:47.95	05:16 /km
35	My	Hollsten	122		00:52:50.38	05:16 /km
36	Gunilla	Strinnholm Karlsson	281	Umeå	00:53:40.27	05:22 /km
37	Åsa	Westermark	270	Skellefteå	00:53:44.72	05:22 /km
38	Kerstin	Granlund	240		00:53:58.91	05:24 /km
39	Jessica	Wiktelius	282	Umeå	00:54:08.96	05:24 /km
40	Åsa	Zackrisson	121	IFKUmeå	00:54:11.92	05:25 /km
41	Sara	Östman	118		00:54:38.14	05:27 /km
42	Elin	Andersson	231	ULLK	00:54:47.88	05:28 /km
43	Rebecca	Söderlund	169	IFK Umeå	00:55:04.81	05:30 /km
44	Lisa	Selberg	24		00:55:08.54	05:30 /km
45	Lotta	Berg	94	AXA Sport	00:55:52.19	05:35 /km



46	Anna-Lena	Perdahl	7		00:56:18.60	05:37 /km
47	Camilla	Sundström	8		00:56:20.85	05:37 /km
48	Elin	Norlin Wingfors	81	740813-7128	00:56:43.49	05:40 /km
49	Elin	Edin	76		00:57:21.00	05:44 /km
50	Sandra	Skoglund	165	Öbacka LK	00:57:35.42	05:45 /km
51	Evelina	Lindgren	193	Stugihävarna	00:57:55.96	05:47 /km
52	Jenny	Wilhelmsson	181		00:58:00.47	05:48 /km
53	Frida	Sandström	35		00:58:25.59	05:50 /km
54	Pernilla	Sandborg	199		00:58:34.41	05:51 /km
55	Frida	Vestman	190		00:58:35.63	05:51 /km
56	Caroline	Abrams	171	Team Nordic Trail	00:59:05.09	05:54 /km
57	Charlotte	McNulty	236		00:59:19.98	05:55 /km
58	rachele	giorni	65		01:00:38.24	06:03 /km
59	Susanna	Johansson	235	Ingen	01:01:08.52	06:06 /km
60	Emma	Karlsson	103		01:01:12.65	06:07 /km
61	Sanna	Fjällström	68		01:01:12.66	06:07 /km
62	Sofia	Eriksson	84		01:01:28.28	06:09 /km
63	Marie-Louise	Johansson	256	IFK Umeå	01:01:36.62	06:09 /km
64	Beatrice	Sjödin	86	Umedalensif	01:02:45.84	06:16 /km
65	Kristina	Axelsson	244		01:03:19.92	06:19 /km
66	Lisa	Nareus	36		01:03:34.61	06:21 /km
67	Sofia	Eriksson	102		01:03:46.15	06:22 /km
68	Linda	Wilhelmsson	50		01:03:59.21	06:24 /km
69	Viola	Martinsson	46		01:04:36.94	06:27 /km
70	Louise	Lindén	47		01:04:37.20	06:27 /km
71	Helena	Jensen	164		01:05:29.88	06:33 /km

72	Christina	Åström	92		01:07:23.70	06:44 /km
73	Karin	Linder	91		01:07:24.17	06:44 /km
74	Lisa	Säfssten	234		01:07:44.29	06:46 /km
75	Fanny	Lindgren	132		01:07:45.10	06:46 /km
76	Gabriel	Wallin	70		01:10:37.55	07:03 /km
77	Viktoria	Palm	151	Aika Hyvä	01:11:47.93	07:10 /km
78	Maja	Wallén Kemi	42		01:15:08.29	07:30 /km
79	Olivia	Lindqvist	73		01:15:08.32	07:30 /km

**Umemilen**

Date: 09-01-2019

1 km 11 år

**Flickor**

	#	First name	Last name	Bib	Distance	Team name	Final Result
	1	Izabelle	Mikaelsson	320	1 km	Dalasjö IK Framåt	00:03:56.95
	2	Emmylou	Berlin	362	1 km		00:04:55.82
<b>Pojkar</b>							
	1	Arvid	Lindgren	323	1 km	Ifk umeå skidor	00:03:56.10
	2	Mio	Strinnholm Karlsson	318	1 km	Umeå	00:04:14.11
	3	Sam	Engdahl	363	1 km		00:04:21.12
	4	Erik	Persson	315	1 km		00:04:21.18
	5	Thule	Made	322	1 km		00:04:27.00
	6	Hjalmar	Rydberg	361	1 km	GUIF	00:05:14.46

Umemilen  
 Date: 09-01-2019  
 Ranking

Overall boys- Running | 1 km

Running | 1 km

#	First name	Last name	Bib	Wave	Team name	Final Result	Pace
1	Oscar	Hemmyr	354	Flickor och pojkar 9 år	IFK Umeå	00:04:07.45	04:07 /km
2	Ola	Granåsen	352	Flickor och pojkar 9 år	IFK Umeå	00:04:23.21	04:23 /km
3	Axel	Såfström	310	Flickor och pojkar 9 år	IFK Umeå	00:04:25.32	04:25 /km
4	Oliver	Sundquist	355	Flickor och pojkar 9 år	IFK Umeå	00:04:25.86	04:25 /km
5	Eskil	Bengtson	316	Flickor och pojkar 9 år		00:04:47.53	04:47 /km
6	Hjalmar	Bengtson Kemppe	317	Flickor och pojkar 9 år	Umeå SS	00:04:48.05	04:48 /km
7	Valter	Berlin	364	Flickor och pojkar 9 år		00:05:04.31	05:04 /km
8	Sixten	Westenlindh	360	Flickor och pojkar 9 år		00:05:14.37	05:14 /km

Overall girls- Running | 1 km

Running | 1 km

#	First name	Last name	Bib	Wave	Team name	Final Result	Pace
1	Evelin	Magnusson	312	Flickor och pojkar 9 år	lfk umeå skidor	00:04:28.95	04:28 /km
2	Greta	Karlsson	353	Flickor och pojkar 9 år	IFK Umeå	00:04:45.06	04:45 /km
3	Olivia	Mikaelsson	319	Flickor och pojkar 9 år	Dalasjö IK Framåt	00:04:49.18	04:49 /km
4	Nike	Made	321	Flickor och pojkar 9 år		00:05:11.87	05:12 /km
5	June	Hammarström	350	Flickor och pojkar 9 år		00:05:23.93	05:24 /km
6	Hanna	Johansson	359	Flickor och pojkar 9 år	IFK Umeå	00:05:26.75	05:27 /km
7	Ida	Forsman	314	Flickor och pojkar 9 år	IFK Umeå	00:05:38.54	05:38 /km