Träningstävling Triathlon

Jogersö 9/7 -14, . vatten 19,5 soligt 25grader

Sprint 750m sim, 20km cykel, 5km löp

 SIM CYKEL LÖP SLUTTID

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tobias Brolin | SLK | 11,15 | 31,25 | 19,35 | 1,02,15 |
| Robert Berg | SLK | 9,50 | 30,30 | 23,15 | 1,03,35 |
| Johan Keeres | Tri öst | 10,30 | 31,35 | 21,40 | 1,03,55 |
| Per Ljung | SLK | 14,05 | 32,50 | 25,40 | 1,12,35 |
| S-O Kumlin | LK Runners | 12,55 | 35,45 | 27,05 | 1,15,45 |
| Jonas Eriksson | Fredrikshof | 14,40 | 37,50 | 26,20 | 1,18,50 |
| Linda Mathisen | SLK | 17,55 | 37,35 | 28,40 | 1,24,10 |
| Marcus Carlsson | SLK | 15,05 | 37,20 | Bröt | --- |
| Emil Haglind | SLK | 13,30 | 38,20 | Bröt | ----- |
| Ludwig Fleetwood | SLK | 9,25 | Körde eget race | - | - |

Motion (1/2 Sprint)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fredrik Fleetwod | SLK | 9,15 | 21,25 | 15,40 | 46,20 |
| Håkan Scröder | SLK | 10,10 | 27,30 | 19,45 | 57,25 |

Ungdom

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Kajsa Sten | SLK | 2,55 | 14,15 | 3,30 | 20,40 |
| Emil Andersson | SLK | 3,05 | 14,45 | 4,00 | 21,45 |

Utom Tävlan deltog:

Patrik Andersson, Frank Haglund och Harriet Ljung