

Prisvinnare Lätsasloppet. Vi springer för Emilia. 6 januari 2024

Trail kit från Craft (jacka, tights, skor)	Joakim Ragnarsson
Presentkort från Outnorth 2000 kr	Ingela Visuri
Boende + startplats Craft Idre Fjällmaraton	Ingvar Lundkvist
1 paket gels från Enervit	Maja Lindvall
1 paket gels från Enervit	Aziel Palmaeus
Energipaket från Moonvalley	Karin Hübinette
1 par trailskor från Asics	Veronica Allström
1 par trailskor från Asics	Carina Lindblad
Startplats Isaberg Trail	Kjell Östberg
Startplats Isaberg Trail	Erika Forsman
Startplats Kolmårdstrailen	Anna Schneider
Startplats Kolmårdstrailen	Gabriel Bengtsson
Startplats Blue Mountain Trailrun	Annika Wigren
Startplats Blue Mountain Trailrun	Boris Nordholm
Startplats Alea Trail Övik	Jimmy Berlin
Startplats Alea Trail Övik	David Elebring
Startplats Mora Trail	Anna Liljenberg
Startplats Mora Trail	Johanna Bäcklund
Startplats Craft Idre Fjällmaraton	Linus Nordin
Startplats Craft Idre Fjällmaraton	Aramis Sasinka
Startplats SM/VSM Hälle IF	Marie Dasler
Startplats SM/VSM Hälle IF	Joans Ny
Startplats USWE Paradiset STHLM	Patrik Jonasson
Startplats USWE Paradiset STHLM	Joseph Mukama
Startplats Rya Asar Trail Run	Jenny Stridsman
Startplats Rya Asar Trail Run	Lotta Enberg
Startplats Bohusläns Bästa	Sofia Strömberg
Startplats Bohusläns Bästa	Nathalie Rubin
Startplats Tjust Trail Run	Marie Zackrisson
Startplats Tjust Trail Run	Marcus Jansson

Samtliga prisvinnare markeras med denna färg i nedan lista på alla deltagare

Alla deltagare som rapporterat in tid

Förnamn	Efternamn	Klubb/Lag	Distans (km)	Träningsstid	Verifiering
Maria	Örnvall	Tjust Bike & Running Club	47	07:29:07	https://www.strava.com/athletes/105617805
Daniel	Hallgren	Tjust BRC	47	07:48:25	https://connect.garmin.com/modern/activity/13386453868?share_unique_id=3
Marcus	Källgren		47	07:53:00	https://strava.app.link/G5wUz1xX8Fb
Joakim	Ragnarsson	Enköpings ultra	45	05:57:41	https://strava.app.link/f1Qw8sT8Fb
David	Kasselstrand	Gamleby OK	43,7	06:27:42	https://connect.garmin.com/modern/activity/13390152070?share_unique_id=5
Du	Duncan McConnachie		42,4	03:30:32	https://strava.app.link/qQd8imE8Fb
Jesper	Olsson	Lillsvedspringerförbundet	42,2	05:08:00	https://strava.app.link/YBNxAkk8Fb
Katrin	Sundmark		40,43	04:44:35	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Marcus	Kjellberg	Ultra Trail Queens	36,88	04:05:07	https://strava.app.link/xE41ptYR8Fb
Arvid	Norberg		35,07	03:37:00	
Simon	Hallström		35	02:11:44	https://connect.garmin.com/modern/activity/13384568605
Manne	Holgerson		35	03:37:33	https://www.strava.com/activities/10505161967
Louise	Kronlund		35	01:37:00	Löparnkä så blev cykel ist. https://strava.app.link/UY31TfyF8Fb
Patric	Starborg		34	03:38:48	
Johan	Bergfors	Lottas födelsedagslöpning	32,01	4:09.17	https://maps.suunto.com/move/johan670331/65995eac5a88734159ef72
Niklas	Lundgren	Lost Goats	32	04:09:54	https://www.strava.com/activities/10504603853
Linda	Wiese	Sports Club OCR	32	03:25:00	https://strava.app.link/iBm3TK318Fb
Linda	Pilerud		32	02:40:50	
Therese	Persson	Örebro AIK	32	03:06:13	https://strava.app.link/DqWkV15D8Fb
Patrik	Karlsson	Örebro AIK	32	03:05:57	https://strava.app.link/2j4NxJ8Fb
Gustav	Henriksson	TrailRun4Fun	31,79	03:16:08	https://strava.app.link/uJHRBvfo9Fb
Adam	Jägersström		31,3	02:41:21	
Viktor	Törneke		31,01	03:06:28	
Axel	Randmael		31	02:44:28	https://strava.app.link/6uFLeYnZ8Fb
Madeleine	Waernö	Oskarshamn RC	30,6	03:28:06	
Johannes	Engberg	Oskarshamn running club	30,32	03:33:35	https://www.strava.com/activities/10504720883
Robin	Ahlström		30,2	02:43:34	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Camilla	Ahlström	Förlösa GoIF	30,2	02:43:34	
Johan	Palm		30,1	02:55:22	https://strava.app.link/jHUT1j1C8Fb
Andreas	Wernyrd	Västerås	30,07	02:45:02	
Helén	Lagerblad	Mora cykelklubb	30,07	03:01:12	https://strava.app.link/OzzUVHvD8Fb
Charlene	Irwin	Team Blekinge	30	03:28:45	https://strava.app.link/TsHAqUDJ8Fb
Malin	Brege		30	02:58:34	https://connect.garmin.com/modern/activity/13386357937
Jessica	Ahlborg		30	04:44:38	
Sigrid	Persson		30	03:30:00	
Anna	Schneider	Helth Awaits Runners Club	30	03:47:18	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Thomas	Snabb	BIM Body In Motion	30	02:57:03	https://strava.app.link/z05D6iM8Fb
Lukas	Segeström	Enköpings AIF	30	02:03:00	https://strava.app.link/xxdNkzKJ8Fb
Emelil	Grafström		30	02:41:43	
Anna	Uller	Sveaskog IF	30	02:29:47	https://www.instagram.com/stories/annautler_maskinforare/3274250721091031098?igsh=
Mikael	Strand	Team cykklamera	29	02:40:24	👉 Visa det här inlägget på Facebook https://www.facebook.com/photo.php?fbid=1023298
Lina	Karlsson		28,26	02:28:45	
Kent	Sjögren		28	02:45:43	
Anna	Liljenberg	LK Corpo Rigido	28	02:55:05	https://strava.app.link/cih1YHhE8Fb
Lovis	Dahl	CRC	28	02:50:03	https://strava.app.link/vvNITdMA8Fb
Jonas	Andersson	Iggesund	27,57	02:59:04	https://connect.garmin.com/modern/activity/13390245805?share_unique_id=2
Tobias	Eckerberg		27,42	03:57:19	Kolla in min ultralöpning aktivitet på Garmin Connect. #beatyesterday
Simon	Holm	Trail and Errors	27,38	03:03:36	https://strava.app.link/K5AQnqx08Fb
Tobias	Thorsson	Tjalve FIF	27,3	02:05:14	
Marcus	Rodre	Duved	27	03:23:00	https://strava.app.link/lo3xNCU8Fb
Niclas P.	Andersson	Lonesome Runners	27	03:00:00	
Erik	Anfält		27	02:06:38	
Emma	Larsson	Team Nordic Trail	27	04:08:00	https://strava.app.link/rR34NV0v8Fb
Emma	Larsson	Team Nordic Trail	27	04:08:00	https://strava.app.link/rR34NV0v8Fb
Alexandra	Laul	Hälle IF	27	02:45:39	
Marcus	Åberg	Tjalve FIF	27	01:57:14	
Lotta	Weberg	NocOut	26,84	03:20:24	https://strava.app.link/kUDSR1N8Fb
Lotta	Weberg	NocOut	26,84	03:20:24	https://strava.app.link/kUDSR1N8Fb
Karin	Nilsson	Team Bergspring	26,7	02:29:35	https://www.strava.com/activities/10504538527
Ola	Karlsson	Oka3 Running Club	26,2	02:39:39	https://connect.garmin.com/modern/activity/13383131684
Patrik	Lindegårdh	Hälle IF/Hoka	26	02:00:00	
Patrik	Lindegårdh	Hälle IF/Hoka	26	02:00:00	
Ida	Nilsson	Högy IF/Craft	26	02:19:22	https://strava.app.link/x3CJxblG8Fb
Mikael	Kallhed		26	02:01:54	
Robert	Berntsson		26	02:02:00	https://strava.app.link/pHbqYyh88Fb
Linus	Hultegård		26	02:11:18	https://strava.app.link/hn2xO6V38Fb
Tina	Magnusson		26	02:25:22	https://connect.garmin.com/modern/activity/13383642585
Patrik	Lindegårdh	Hälle IF/Hoka	26	02:03:00	https://www.strava.com/activities/10505016968
Peter	Rinman		26	02:25:02	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Felicia	Andreasson		26	02:02:17	
Henrik	Huhta	Ljustorp	25,81	02:18:15	https://strava.app.link/a603XvAE8Fb
Hans	Lekedal		25,46	02:23:48	
Felix	Karlsson	Gbg Trail Team	25,43	02:11:25	
Frej	Ersa Engberg		25,24	01:53:09	https://strava.app.link/4P103YsA8Fb
Cecilia	Andersson	RV	25,16	02:39:21	https://strava.app.link/coM1XyGL8Fb
John	Cargill		25	02:24:14	https://strava.app.link/aRAR0LIF8Fb

Peter	Antevik	Team Antevik	25	01:55:22	https://strava.app.link/5mOlguEcaGb
Lisa	Abrahamsson	Team Gröndal	25	02:58:40	https://strava.app.link/nDVHlnP18Fb
Katarina	Persso		25	02:33	
Katarina	Persso		25	02:33	
Stina	Svensson		24,62	03:12:12	https://strava.app.link/Z8RbKz3L8Fb
Andreas	Westerberg		24,08	02:26:23	https://strava.app.link/p0qNj5un8Fb
Frida	Bylinder		24	02:11:02	https://www.strava.com/activities/10506051045
Christian	Ellström		24	02:05	
Gunnar	Elveljung		24	01:40:37	
Niklas	Bruseby	Linköping ocr	24	02:38:52	https://strava.app.link/NIDZSypQ8Fb
Andreas	Hartman	Majornas IK	24	03:05:24	
Robert	Aronica	Majornas IK	24	03:05:14	https://strava.app.link/rrROhPKH8Fb
Magnus	Johansson		24	02:16:42	https://strava.app.link/XDqW3UEs8Fb
Isac	Lagerstedt	Mikkeller Running Club	23,8	03:17:50	https://strava.app.link/8N2PineN8Fb
Daniel	Rönkvist	CRC	23,74	02:36:36	https://strava.app.link/UX5zneIF8Fb
Johanna	Aström	Arcteryx	23,49	02:00:00	https://maps.suunto.com/move/johannastim22065994fdc13008960c7b011aa
Stina	Thim		23,38	02:55:43	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Sandra	Lindqvist		23,29	02:58:38	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday https://connect.garmin.com/connectgarmin.com/modern/activity/13385714487?share_unique_id=2
Love	Lidberg	CRC	23	02:13:13	https://strava.app.link/2hWRP3j8Fb
Klara	Yngvesson		22,7	02:18:09	https://strava.app.link/o2ITKEK98Fb
Daniel	Andersson		22,65	02:00:45	https://strava.app.link/CLdFVpY8Fb
Herzog	Lætitia Mueiel	Semmegubbarna	22,61	02:00:22	https://strava.app.link/9g1XIKDN8Fb
Maria	Hendar	Semmegubbarna	22,6	02:00:22	https://www.strava.com/activities/10503652864
Joakim	Thomsson		22,59	01:45:04	https://www.strava.com/activities/10505853359
Tobias	Wulff		22,5	02:12:10	
Niklas	Henningsson	Team Anypace Sweden	22,5	01:57:00	
Erik	Berglund	Team AnyPace Sweden	22,5	01:57:00	https://strava.app.link/va6721d88Fb
Kristoffer	Georgsson	Lönashult Golf	22,42	01:38:06	https://strava.app.link/x86wNBjR8Fb
Magnus	Bosson	Bålsta IK	22,32	01:54:56	https://connect.garmin.com/modern/activity/13380358537?share_unique_id=2
Max	Olsson		22,22	02:15:52	
Per	Lindberg		22,17	01:42:56	
Marcus	Brandt	Team AnyPace Sweden	22,1	01:54:30	https://strava.app.link/eva68QK8Fb
Dominik	Tischer		22	02:53:00	https://strava.app.link/IO3aciUR8Fb
Frippe	Bruun	Team Bruun	22	02:13:49	FrippeBruun74
Lin	Mandelberg		22	01:59:09	https://connect.garmin.com/modern/activity/13381565739
Kjell	Erlisson	VH Runners	22	02:06:19	https://connect.garmin.com/modern/activity/13382188702?share_unique_id=61
Emy	Thorén	Hälle IF	22	01:42:28	https://strava.app.link/KMYwa53B8Fb
Annika	Wigren	Lunds OK	21,84	02:55:04	
Niclas	Gällentoft		21,76	02:21:40	https://strava.app.link/DhBj7Bok9Fb
Emelie	Eklöf	Lunds OK	21,72	02:55:21	https://www.strava.com/athletes/74318513
Mats	Hedlund		21,6	02:00:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Daniel	Bååth		21,59	02:51:55	https://strava.app.link/aOapHuhR8Fb
Gustaf	Backman		21,55	02:20:45	
Tobias	Davidsson		21,51	02:03:41	
Raymond	Ong-A-Kwie		21,5	02:48:31	https://strava.app.link/j5HMBZ8Fb
Johanna	Näyhä	Team Nordic Trail Norrtälje	21,44	02:34:29	https://strava.app.link/JKK1YDqx8Fb
Simon	Svedin	Svedin Running	21,42	01:54:31	https://strava.app.link/QW9T7Am8Fb
Emm	Ahlstrand	IFK Växjö	21,4	01:52:26	
Mattias	Arvidsson	BIK	21,31	02:04:49	
Jonas	Bergström	Team Nordic Trail SC	21,24	01:51:47	https://www.strava.com/activities/10505248544
Linda	Lindberg		21,2	01:47:26	https://strava.app.link/GzsiJEQ8Fb
Heleena	Olmás		21,2	02:33:04	https://www.instagram.com/p/C1y3iQnAuj/?igsh=MW1JM2xvdW81bTN3bA==
Engberg	Sofia	Team Nordic Trail	21,16	01:41:24	https://strava.app.link/Qe6k3HZ8Fb
Jennifer	Widell Genborg	Hemlingby LK	21,12	01:40:19	
Olle	Främberg	Lidköpings VSK	21,11	02:07:50	
Tord	Lindblom		21,1	02:01:32	
Per	Lindborg	Runacademy	21,1	02:05:41	https://connect.garmin.com/modern/activity/13382954833?share_unique_id=3
Martin	Rosell		21,1	02:07:44	
Ola	Åkesson	S13_gym	21,1	02:06:19	
Christofer	Olsson		21,1	02:20:55	https://strava.app.link/FONTLaLQ8Fb
Frida	Liljefors		21	02:02:47	https://strava.app.link/IZStowaT9Fb
Lova	Kallhed	Nässjö ski	21	02:11:23	https://strava.app.link/El2pZX4m9Fb
Sofia	Ekehult	EAI	21	01:53:25	https://strava.app.link/aiTpD8668Fb
Simon	Jonasson	Bnbc	21	02:00:00	
Kenneth	Iversen		21	02:06:32	
Sofie	Hernqvist		21	02:03:39	https://strava.app.link/r3ZIEB8Fb
Mats	Eriksson		21	02:25:36	https://strava.app.link/BTCObOqC8Fb
Fredrik	Lång	Bålsta IK	21	02:02:26	
Filippa	Widén	Gotland Trail Run	21	01:45:00	
Hampus	Andersson		21	02:32:48	https://strava.app.link/a0VxJwc8Fb
Christoffer	Karlberg	Öjaby runners	21	02:01:48	
Hugo	Magnusson		20,99	02:01:48	https://strava.app.link/3380728839?title=Spring
Mikael	Dahlberg	Team Fika/Spektrumsports	20,98	02:01:48	
Eric	Fridehem		20,9	02:11:47	https://strava.app.link/XSUbogcZ8Fb
Hans	Jensen	Falkenberg	20,7	02:23:46	https://strava.app.link/xe3Yq1MQ8Fb
Emma	Lindberg		20,5	02:23:46	https://connect.garmin.com/modern/activity/13383450277?share/1?lang=sv&t=170454241
Emma	Lindberg		20,5	02:23:46	https://strava.app.link/xe3Yq1MQ8Fb
Annika	Callered	Team Gröndal	20,4	02:23:12	https://strava.app.link/hNnRP5jA8Fb
Mauritz	Segersvärd	Jakkal AB	20,24	02:08:09	https://strava.app.link/Hsel7gTz8Fb
Matilda	Gend		20,2	02:05:48	
Christoffer	Backman	Tyresöjoggarna	20,2	02:25:36	
Tomas	Andersson	Saras Hälsökälla	20,2	02:01:40	https://strava.app.link/rajzxOBDA8Fb
Daniel	Granström	Västerås löparklubb	20,06	02:01:40	https://connect.garmin.com/modern/activity/13386001480?share_unique_id=6
Daniel	Granström	Västerås löparklubb	20,06	01:46:52	https://maps.suunto.com/move/lovejohansson840/65996cca844c07288c5e45c8
Lars	Eklund	Friskis & Svettis Vänersborg	20,03	02:17:25	https://f1map.com/adventureid/100564405/lunch-run
Karin	Rönblom Hermelin		20	01:54:34	
Emilie	Dawrin		20	01:38:00	
Vendela	Rundström	OK Ravinen	20	02:41:56	https://strava.app.link/CxypeBde9Fb
Tove	Johansson		20	02:13:00	
Jacqueline	Da Silva Broberg		20	02:13:00	
Annika	Skarin	Runacademy IF	20	02:13:00	
Karin	HübINETTE	LK Rostlagen	20	01:30:00	
David	Sparf		20	01:40:50	https://strava.app.link/Bjyx35KT8Fb
Paula	Wallmon	Svillinge IF	20	02:23:23	Hur bifogar jag bilden?
Paula	Wallmon	Svillinge IF	20	02:29:38	https://strava.app.link/ihITklvH8Fb
Martin	Nilsson	Team Norrfand	20	01:33:35	Strava: Josefín Abrahamson ; Gramin Connect: Josefín Abrahamson
Catrine	Gunnarsson		20	01:47:34	https://connect.garmin.com/modern/activity/13381588201
Anna	Carlsson	Asics	20	01:47:34	https://connect.garmin.com/modern/activity/13381588201
Anna	Carlsson	Asics	20	02:00:40	https://flow.polar.com/shared/7e8132ca02d070652fb0c811837eb5fe
Axel	Eriksson		20	02:50:31	https://connect.garmin.com/modern/course/243900864
Caroline	Jakobsson	Strängnäs löparklubb	20	01:58:20	https://strava.app.link/DHvxpMDJ8Fb
Martina	Gustafsson	Växjö löparklubb	20	01:51:14	https://strava.app.link/XjAYLz8Fb
Per	Bodin Hansen	USWE	20	01:51:14	
Anna	Pallas	UltraUppsala	20	02:59:46	https://www.strava.com/dashboard?feed_type=my_activity
Kenny	Karisson	Team Bilbrodd	20	02:59:46	https://www.strava.com/dashboard?feed_type=my_activity
Josefin	Abrahamson		20	01:59:01	https://strava.app.link/DaJuzCIC8Fb
Sofie	Nelson Rask	If Göta	20	01:47:01	https://strava.app.link/kpVIEjxe9Fb
Sofie	Nelson Rask	If Göta	20	01:47:01	
Håkan	Sjölin	BeAktiv Östersund	19,78	02:08:59	
Johanna	Berglind	Stockholm Gerillalöpare	19,57		
Mats	Olsson		19,51		
Patrik	Lindblom	Med TNT Eskilstuna	19,5		
Pär	Muhr	Västerås Löparklubb	19,35		
Malin	Nordin		19,3		
Matti	Piittinen	Skydive Skåne Trailrunners	19,27		
Matti	Piittinen	Skydive Skåne Trailrunners	19,27		
Johanna	Gustafsson	Billingen X-trail Sportsclub	19,05		
Magnus	Höjer		19		
Madeleine	Lindkvist		19		

Anton	Claesson		19	01:59:15	https://strava.app.link/50FCVQQE8Fb
Karl	Normelli	Keep Up RC	19	01:30:00	
Karl	Normelli	Keep Up RC	19	01:30:00	
Camilla	Jonsson		19	01:45:00	
Jenny	fransson	Skydive Skåne Trailrunners	18,97	03:00:01	https://connect.garmin.com/modern/activity/13383514505
Daniel	Cefalk		18,95	02:42:08	
Edwin	van Asseldonk	Oskarshamn RC	18,84	02:01:00	https://strava.app.link/NZKiOb4y8Fb
Jeanette	Wiberg	Grönahögs draghundsclubb	18,64	01:44:17	
Sofie	Alzén	Skydive Skåne trailrunners	18,63	02:59:48	https://strava.app.link/62SI5DF68Fb
Markus	Lindsjö		18,59	02:02:22	https://strava.app.link/7Lxu97AD8Fb
Sandra	Lundqvist	Hälle IF	18,53	01:45:37	https://strava.app.link/dTOhYvxy8Fb
Gabriel	Bengtsson	Stigmännen Karlshamns OK	18,5	02:01:35	https://strava.app.link/31pexzRB8Fb
Fredrik	Hartman	Örebro AIK	18,5	01:31:10	https://connect.garmin.com/modern/activity/13383052611?share_unique_id=70
Josefin	Liljeqvist		18,49	1:55:04	https://connect.garmin.com/modern/activity/13384904858?share_unique_id=3
Jenny	Sunding		18,08	01:44:18	
Jenny	Sunding		18,08	01:44:18	
Jonas	Davidsson		18	02:17:12	
Martin	Wahren		18	03:00:00	
Eliika	Svenungsson		18	01:53:59	
María	Hed	Kristinehamn Multisport	18	1:42:47	
Johan	V-C	Malmö Gerillaöpare	18	01:48:00	
Lina	Bjelke		18	01:54:55	https://connect.garmin.com/modern/activity/13385069308?share_unique_id=4
Per-Magnus	Hedén	Team Skåglav	18	02:20:48	https://strava.app.link/ZzSs68uF8Fb
Alexander	Knutas	Wisby Ultraöparförening	18	01:39:52	Alexander.knutas på instagram
Alvin	Gustavsson		18	01:35:00	
Jens	Sandahl	Hälle IF	17,8	01:59:22	https://www.strava.com/activities/10505696725
Kristina	Bär	Frozen Feet Fleet / Arctic Council Secretariat	17,73	02:03:22	https://strava.app.link/zxYLSQsD8Fb
Ryan	Ashton		17,64	01:45:31	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="1050">
Lars	Ilis	Bjären	17,63	01:48:52	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="1050">
Jenny	Wallner		17,5	01:53:14	https://strava.app.link/SIG0Cetf9Fb
Maja	Sörensen		17,44	01:44:21	https://connect.garmin.com/modern/activity/13382998234
Åsa	Bergman	RunCool	17,35	02:07:22	https://www.instagram.com/p/C1wk_zDNVcY/?igsh=NGJZ283Z1vbjY=
Jörgen	Hejde	Genarps IF	17,3	01:30:05	
Pontus	Savolainen	Trail and Errors	17,3	02:08:13	https://strava.app.link/y6NcTWw8Fb
Gabriel	Sandör	IK Akele	17,28	01:09:10	https://connect.garmin.com/modern/activity/13387946089
Alva	Lövgren		17,21	01:42:12	https://strava.app.link/N7RKKPMk9Fb
Andreas	Ahlin	Kristinehamn Multisport	17,2	01:37:08	https://strava.app.link/QuQNFISD8Fb
Aramis	Sasinka		17,03	1:40:00	https://strava.app.link/4v3pBJ5X8Fb
Peter	Schröder	Långholmen Swimrun Klubb	17,02	02:33:00	
Ella	Höglund	Öbacka LK	17	01:37:18	gick tyvärr inte att klistra in
Martin	Sjöstrand	Ikh Huskvarna	17	1:25:39	https://strava.app.link/F84Rqily8Fb
Misha	Sedini	Dark Trail Runners	17	01:52:34	https://connect.garmin.com/modern/activity/13385717715
Claes	af Schmidt		17	01:37	https://connect.garmin.com/modern/activity/13384927937?share_unique_id=74
Alexander	Wingård	Åre Fjällöpare	17	01:15:32	https://strava.app.link/g3Rjek2F8Fb
Mikael	Eriksson		17	01:24:53	https://strava.app.link/nAJvJvx8Fb
Jens	Andersson	Run cool	17	02:05	https://strava.app.link/RH2RchZy8Fb
Per	Ahlin	IK NocOut.se	16,85	01:38:56	https://strava.app.link/xHvEz9XY9Fb
axel	sarin	caface	16,7	02:19:38	https://strava.app.link/0G4ua5JC8Fb
Natalie	Sarin		16,61	02:13:02	https://strava.app.link/3bt7GL0B8Fb
Kjell	Ostberg	Sweden Runners	16,6	01:44:23	
Simon	Kvarmsund		16,6	01:44:56	https://strava.app.link/sAOq5Uoz8Fb
Patric	Grönqvist		16,54	02:22:58	https://strava.app.link/gPLvPmvN8Fb
Svante	Lundgren	Solvikingsarna	16,5	1:24:50	
Tord	Blucher	Storadalems SK	16,5	02:14:03	Garmin Connect
Andreas	Fredriksson	Eskilstuna Trailklubb/TNT	16,5	02:03:49	https://strava.app.link/u5Soa1KN8Fb
Marcus	Cederlöf		16,5	01:53:56	
Thomas	Johansson	Terrible Tuesdays Athletic Club	16,45	01:22:49	https://strava.app.link/wPDIwTiG8Fb
Peter	Hellén	Team Gustav Sand	16,41	01:34:48	https://connect.garmin.com/modern/activity/13382185004
Örjan	Edström		16,3	02:00:00	
Oscar	Svensson		16,3	01:28:17	
Mia	Andersson		16,25	01:33:24	https://strava.app.link/AA9BpccE8Fb
Mia	Andersson		16,25	01:33:24	https://strava.app.link/AA9BpccE8Fb
Magnus	Carnwall	Västerås löparklubb	16,2	01:20:21	https://strava.app.link/ZvBGDgVt8Fb
Håkan	Karlsson	Höllsvattnets sportklubb	16,2	01:40:01	https://strava.app.link/3K5OqyT8Fb
Susanna	Riman		16,2	01:53:00	https://strava.app.link/DIFd2IA8Fb
Lina	Pålsson	Genarps IF	16,17	02:36:56	https://connect.garmin.com/modern/activity/13383128043?share_unique_id=2
Marie	Edvardsson		16,16	02:05:40	
Jens	Johansson		16,07	01:48:18	https://strava.app.link/UZ1XLMcf9Fb
Karin	Stenberg		16,05	02:01:33	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Karin	Stenberg		16,05	02:01:33	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Robin	Stenberg		16,02	02:01:43	https://strava.app.link/N3CJQFoF8Fb
Robin	Stenberg		16,02	02:01:43	https://strava.app.link/N3CJQFoF8Fb
Anes	Mravac	IFK Huskvarna	16	1:30:00	
Hanna	Apelqvist		16	01:48:58	
Jennie	Karlsson		16	01:37:30	
Johan	Ek Weis	Trailrunning Sweden	16	02:37:34	https://strava.app.link/lBia0dg79Fb
Marta	Costa	Clube triatlo do Fundão	16	03:05:24	https://strava.app.link/e5qlqKr69Fb
Maria	Vinell	Boo Runners	16	02:02:18	
Hanna	Bjerke	Boo Runners	16	02:00:27	
Johan	Modig		16	01:26:00	https://strava.app.link/YCGqO6Xi9Fb
Joakim	Westerberg		16	01:37:42	https://connect.garmin.com/modern/activity/13388072764
Christopher	Zell		16	01:44:17	https://strava.app.link/p8idwuNU8Fb
Tove	Sandström		16	01:49:20	
Christopher	Zell		16	01:44:17	https://strava.app.link/p8idwuNU8Fb
Annica	Schölund Storm	Boorunners	16	01:57:00	
Jonny	Eriksson	Järfälla Triathlon	16	01:46:00	
Johanna	Bäcklund	Runacademy IF	16	1:01:43	
Sebastian	Jonson	Sigtuna Sports Club	16	01:50:52	https://strava.app.link/qVSYOhvA8Fb
Christoffer	Collander	Team Nordic Trail Sundsvall	15,83	01:36:15	https://strava.app.link/77cdZ1Qz8Fb
Evelina	Folkesson	Solvikingsarna	15,8	01:30:37	
Anders	Löthgren	Friwi IK	15,76	01:24:05	https://drive.google.com/file/d/1vXQwXXMLyEzrSScE6fcz6VB5ujN_Jzo/view?usp=drivesvc
Sara	Costa	Trailrunning Sweden	15,7	02:26:04	https://strava.app.link/4q0lfjw39Fb
Eva	Lövén	Wisby Ultraöparförening	15,69	02:13:15	
John	Bergman	EAI	15,66	01:29:48	https://strava.app.link/SG5s6AbH8Fb
Sophia	Larsson		15,66	01:50:05	https://flow.polar.com/shared/7e813538e2b466a6253914ce5648f8db
Linus	Nordin	Team Nordic Trail	15,65	01:38:55	https://strava.app.link/6gUdpfLB8Fb
Josefin	Samuelsson		15,63	01:49	
Lotta	Mörck	Hässleholms AIS	15,5	01:51:33	https://connect.garmin.com/modern/activity/13382580723?share_unique_id=5
Jan	Waemö	Oskarshamn Running Club	15,5	01:40:56	https://strava.app.link/gfHUC89y8Fb
Marie	Arnesson Galler	IK Dran	15,47	01:21:26	https://strava.app.link/GgBag8VT8Fb
Rasmus	Pergéus		15,4	1:41	Kolla in min löpnings aktivitet på Garmin Connect. #beatyesterday
Gustaf	Hansson		15,31	01:28:34	
Anders	Quarfordt	FFSS Uppsjö	15,28	01:26:23	https://strava.app.link/iGaMxQLS8Fb
Rebecca	Karlsson		15,27	01:59:48	https://strava.app.link/nb8xtD7R8Fb
Sara	Rydh		15,21	01:44:11	https://strava.app.link/DaB403U58Fb
Emil	Persson		15,2	01:51:12	https://strava.app.link/P2XN5IK79Fb
Joel	Johansson	Kristinehamns multisport	15,2	01:25:03	https://strava.app.link/C6a4OIAy8Fb
Lovisa	Hammarlund	BNBRC	15,19	01:43:43	https://connect.garmin.com/modern/activity/13385310097
Johnny	Gustafsson	Salnecka roadrunners	15,18	01:27:16	https://connect.garmin.com/modern/activity/13383644558
Daniel	Romell		15,15	01:41:42	https://strava.app.link/jAsYOPDD8Fb
Ida	Wolf	IK Granit	15,14	01:30:42	
John	Lönnmyr		15,11	01:29:23	https://strava.app.link/8l6vfhWJ8Fb
John	Lönnmyr		15,11	01:29:23	https://strava.app.link/8l6vfhWJ8Fb
Per	Jemth		15,1	01:11:10	https://www.strava.com/activities/10503378950
Christian	Nyström		15,09	01:38:00	https://connect.garmin.com/modern/activity/13382169308?share_unique_id=15
Tobbe	Stenbom	Wisby Ultraöparförening	15,08	01:33:43	https://maps.suunto.com/move/tobbestenbom/65993b93c810bc52fbdaf924
Cedrik	Wreme	IK Finish/Mikkeller Running Club	15,08	01:15:05	https://strava.app.link/GGCzeoRC8Fb
Claes	Hermansson		15,07	01:53:26	file:///var/mobile/Library/SMS/Attachments/e2/02/3FA34FB7-2290-4101-95A9-26F903200;
Måns	Deckner		15,02	01:30:01	

Isabel	Fogelström	Lets Run	15	01:44:24	
Monica	Magnusson	Möndals AIK	15	01:11	
Simon	Arenhammar	Luleå	15	01:31:22	
Lisa	Karlsson	IK Granit	15	01:30:46	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Linda	Eklund	Wisby ultralöparförening	15	01:34:57	https://strava.app.link/SbJEb85y8Fb
Linnea	Lundgren		15	01:24:57	
Maria	Kvickström	Enquist	15	01:45:00	
Thomas	Karlsson		15	01:17:28	https://strava.app.link/pGr5Efdt9Fb
Christian	Aspås		15	01:31:20	https://strava.app.link/zeKkKdUd9Fb
Lina	Nyman		15	01:30:09	https://flow.polar.com/shared/7e8134eb4412af807d452232712105d4
Annie	Svensson	Örgryte IS	15	01:27:35	
Ronja	Norrbrink	Sundsvall runners	15	01:23:06	
Niklas	Lindell	KGK IF	15	01:25:00	https://connect.garmin.com/modern/activity/13381760450
Jessica	Osterberg		15	01:46:38	https://maps.suunto.com/move/elinorinslund/6599351ca31ab977b77cb6de
Hans	Turtola	Nilivaara IS	15	01:46:55	https://strava.app.link/IDM4TML8Fb
Jacob	Nilsson		15	01:37:51	
Sara	Fröjd		15	01:38:01	
Anton	Gustafsson	Hälle IF	15	01:02:05	https://strava.app.link/qQ0Gix1G8Fb
Patrick	Jonasson	Trailrunning Sweden Linköping/Vreta Kloster	15	01:24:27	https://strava.app.link/c9fmnyQF8Fb
Patrick	Werner	Vargöns trailrun	15	02:12:46	https://strava.app.link/xpSPRYf8Fb
Caroline	Egnerfors	Runacademy	15	01:50:00	Vet inte hur man gör för att bifoga bild.
Johan	Ehrin	Wisby ultralöparförening	15	01:35:47	https://strava.app.link/Xmnyj73A8Fb
Mattias	Karlsson		15	01:42:40	https://strava.app.link/rMldHpA8Fb
Ida	Wretling		15	75:00:00	
Linnea	Torssell		15	02:04:43	
Johanna	Oskarsson		15	01:23:07	https://www.strava.com/activities/10503703369?utm_source=android_share&utm_medium=
Jonna	Petersson		15	01:37:22	#beatyesterday #garmin
Jonna	Petersson		15	01:37:22	#beatyesterday #garmin
Henrik	Van den berg		15	01:30:00	https://strava.app.link/BnWuvR4r8Fb
Boris	Nordholm	IFK Sävsjö	15	01:27:15	
Johannes	Schrevelius		14,83	1.33.00	https://connect.garmin.com/modern/activity/13384179959?share_unique_id=13
Marie	Dellby	Bålsta IK	14,75	01:20:07	https://connect.garmin.com/modern/activity/13385300488
Lina	Dahlkvist		14,71	01:27	https://strava.app.link/g4faORQP8Fb
Anna	Jørgensen	Genarps IF	14,7	01:21:57	
Caroline	Norin	STIG gbg	14,7	01:58:57	https://www.strava.com/activities/10503719456
Lovisa	Hård	Sweden Runners Älvdalen	14,67	01:44:54	
Maria	Wängqvist	STIG gbg	14,67	02:07:38	https://strava.app.link/jUANUGOD8Fb
Lars-Erik	Hasler	Surahammars SOK	14,67	01:26:03	https://www.strava.com/activities/10507362119
Ellinor	Andreasson		14,66	01:15:00	
Maria	Ågren	STIG GBG	14,64	02:02:04	https://strava.app.link/xGcwK9FD8Fb
Christofer	Blad		14,5	1.44.14	
Sophia	Sundberg		14,5	01:01:06	
Andreas	Lundblad	Slow Enough To Win	14,5	03:20:00	https://strava.app.link/4STL8yJY8Fb
Hanna	Birkenud	STIG GBG	14,5	02:07:51	https://strava.app.link/7j9DvnFF8Fb
Hanna	Nilsson	STIG GBG	14,46	02:07:32	
Sara	Axblom	Ultratrailqueens med Moonvalley	14,43	01:57:53	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Elinor	Näslund		14,42	01:45:49	https://maps.suunto.com/move/elinorinslund/6599351ca31ab977b77cb6de
Daniel	Wiklund	Bergsprings	14,4	01:32:00	https://www.instagram.com/p/C1wY0froCv0/?igsh=ZDE1MWVjZGVmZmZQ==
Wilma	Frankenberg		14,38	01:37:54	
Jonas	Wickstrand	VarjeSteg Alingsås	14,37	01:54:59	https://strava.app.link/X6bKmAOK8Fb
Fredrik	Nilsson		14,34	01:45:25	https://strava.app.link/I2xCwpz8Fb
Elin	Brattström	STIG Gbg	14,3	01:28:10	https://connect.garmin.com/modern/activity/13387263445
Ronald	Meuwissen	Team Runald	14,25	01:26:36	https://connect.garmin.com/modern/activity/13382009348
Jessica	Petersson	Falkenbergs RR	14,21	01:23:12	https://strava.app.link/fms5pK3TU8Fb
Jaana	Mikaëlsson	Vika if	14,2	01:28:59	https://share.icloud.com/photos/0dfyPLTWwmaR5HhOxciNEK3g
Ingemar	Sandberg	Vargöns Trailrun	14,2	02:06:04	https://strava.app.link/8ldz8gKH8Fb
Helen	Qvillberg		14,18	01:53:34	https://strava.app.link/2PhZ2yEO8Fb
Nicklas	Larsson	Hjorthagen Ultra	14,11	01:23:36	https://www.strava.com/athletes/24722197
Malin	Ramne		14,1	01:38:00	https://strava.app.link/LU80SL7Q8Fb
John	Engsvik		14,06	01:10:37	https://strava.app.link/I3M7RH6O8Fb
Fredric	Dahlgren	Wisby Ultralöparförening	14,01	01:31:00	https://strava.app.link/VFGZ3eNF8Fb
Annie	Idofsson		14,01	01:14:43	https://connect.garmin.com/modern/activity/13381618773
Ulrica	Bergsvind	Team Bergsvind	14	1.26.00	
Liselotte	Hellsten		14	01:05:04	
Rolf E	Johansson	Västerviks OK	14	01:28:05	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Elin	Klasson		14	01:41:05	
Ida	Hårdne		14	01:36:02	https://strava.app.link/uBufRyYa9Fb
Lotti	Harrieson	Högyby if	14	1.4	
Camilla	Bruman	Bräcke SK Motion	14	01:25:45	https://connect.garmin.com/modern/activity/13384184673
Helena	Kerekes	OK Skogsvargarna	14	01:38:43	https://strava.app.link/K1UbXyf08Fb
Alexander	Claesson		14	01:01:23	
Emelie	Nilsson	STIG gbg	14	02:06:00	https://strava.app.link/90lu3qJS8Fb
Philip	Bendiksen	Falkenberg Allstars	14	01:18:21	https://strava.app.link/JKsdLzXP8Fb
Christine	Kling		14	01:57:26	
Malin	Gustafsson		14	01:19:50	blob:https://connect.garmin.com/6e7810b0-e2a1-473b-b95a-c5e618cad6a6
Hans	Persson	Bräcke SK Motion	14	01:21:27	https://connect.garmin.com/modern/activity/13384095950
Tomas	Staf	Vargöns trailrun	14	02:06:17	https://strava.app.link/hofcfaRE8Fb
Catharina	Norén	Runacademy IF	14	01:46:43	□□□□JExiMM*8'1&□ipAndroid UP1A.231005.007.G991BXXS9FWKB□□□□ 85% □ 8□
Johan	Ljung	TrailGeneralerna	14	01:14:22	https://strava.app.link/6k9dRcCD8Fb
Fredrik	Davidsson		14	01:20:15	https://www.strava.com/activities/10504031411
Mikael	Bergsvind	Team Bergsvind	14	1.26.00	
Sara	From	STIG	14	02:00:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Morgan	Wahlberg		14	01:02:54	https://strava.app.link/j71RzMiz8Fb
Mia	Berg	Trailmammorna	14	01.32.08	
Jenny	Stridsman	Stig Gbg	14	02:05:00	
Martina	Severinsson		13,96	01:55:44	https://strava.app.link/8McmCwpX8Fb
Lisa	Kron Sabel		13,96	01:26:27	
Håkan	Dahlbäck	OK Österåker	13,95	01:10:24	https://www.strava.com/activities/10503608260
Olof	Svedström		13,9	01:20:04	https://strava.app.link/n4eDvFCL8Fb
Andreas	Höyde		13,88	00:58:48	
Anvid	Johansson	Örnunga IF	13,83	01:08:00	https://strava.app.link/AkiDn3ZQ8Fb
Håkon	Langmo	Team6847	13,81	01:42:31	
Göran	Nilsson		13,8	01:45:00	
Susanne	Eriksson	OK Skogsvargarna	13,8	01:52:51	
Fanny	Ahlfors	Team Lost	13,8	01:21:00	https://strava.app.link/UICNUX2w8Fb
Maria	Timander		13,74	01:20:17	https://strava.app.link/i6OJ06pM8Fb
Niklas	Andersson	TrailrunningSweden Trollhättan	13,7	02:28:43	
Emma	Södergren		13,7	01:24:37	
Torbjörn	van den Berg	Trollhättan FIK	13,61	01:41:33	https://strava.app.link/5sN38l6i8Fb
Björn	Sennerfors	Tyresöjoggarna	13,56	01:26:19	https://www.strava.com/activities/10503493408/shareable_images/image?token=eyJhbGciOi
Julia	Kvarnström		13,53	01:39:13	https://connect.garmin.com/modern/activity/13382557864?share_unique_id=25
Charlott	Sandberg	Vargön trailrun	13,52	02:01:13	https://strava.app.link/g8uCIzQH8Fb
Mathilda	Kleinfeld		13,5	01:38:36	
Jesper	Sjögren	OK Kullingshof	13,5	01:45:22	https://strava.app.link/bWcdhxD09Fb
Dan	Svensson		13,5	01:30:41	Check out this route on Strava: https://strava.app.link/rX3hovNi9Fb — Lätsasloppet
Ulrika	Lilliebjelke	Lysekils SLF	13,5	02:04:09	https://maps.suunto.com/move/ulrikalilliebjelke/659942a2338d123c72cb8e0a
Anita	Silva Skoog	Västerås friidrottsklubb	13,5	01.15.35	
Helena	Gautam		13,5	02:00:52	https://strava.app.link/FImMKDeR8Fb
Jackie	Rodre		13,5	01:33:00	https://strava.app.link/6hKbZzoR8Fb
Johan	Jonsson		13,5	04:2361111	Hur lägger jag en bild 🤔
Malin	Beijer		13,49	02:00:02	https://share.icloud.com/photos/040k8iLkYJvZQczYtebXp-g
Rebecca	Strömberg Fors		13,45	01:16:33	1 dag, 6 jan. Löpband 5,04 km Löpband 4,43 km Löpband 3,62 km 00:28:48 14:12 00:2
Sophie	Dock Wirsén	IF Malmö Löp	13,4	00:56:13	
Elsa	Wallenius	Västerås friidrott	13,37	01:01:00	
Evelina	Beramand	Öis Friidrott	13,36	01:02:28	https://www.strava.com/activities/10503552592
Cajsa	Gullström		13,35	01:32:37	https://connect.garmin.com/modern/activity/13380533502
Anna	Ånges	Noc out	13,32	01:28:35	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Alice	Aroneng	Hestra IF	13,3	01:43:37	https://connect.garmin.com/modern/activity/13394607657
Patrick	Pettersson		13,3	01:25:58	https://strava.app.link/E5Y1tgm28Fb

Linda	Lundback		13,3	01:20:11	
Boris	Vergara		13,25	01:25:09	https://strava.app.link/ijhD5tVW8Fb
Fredrik	Hägglkvist	Köpingskamraterna	13,24	1:10.53	Kolla in min löpband aktivitet på Garmin Connect. #beatyesterday
Ingela	Arenander	Skarpnäs OL	13,24	01:26:03	
Malin	Hahn	Ok Nocout.se	13,24	01:28:00	
Fredrik	Nordfeldth		13,22	01:29:43	https://connect.garmin.com/modern/activity/13387513246
Karin	Andersson	Sweden Runners	13,1	01:21:16	https://strava.app.link/Rf0muNB8Fb
Dan	Väitalo	Västerås LK	13,09	01:00:00	Löpband
Pontus	Westlin	Gävle RLK	13,07	01:01:47	https://www.strava.com/activities/10506968898
Ronny	Norrström		13,06	01:22:43	https://strava.app.link/cipKu6G8Fb
Rikard	Petersson	A3 träningscenter	13	01:36:57	
Tomas	Önnemar		13	01:12:17	
Simon	Gräsberg	WTRS	13	01:20:00	
Petronella	Rolfödter		13	01:25:15	
YVONNE	THORÉN		13	01:20:10	
Sofie	Johnsson	Stig Sthlm	13	01:40:50	
Lukas	Andersson	IKHP	13	01:28:28	https://strava.app.link/U4oj1HWL8Fb
Lukas	Andersson	IKHP	13	01:28:28	https://strava.app.link/U4oj1HWL8Fb
Karolina	Thid	A3 träningscenter	13	01:27:14	https://flow.polar.com/shared/7e813342d99cbb9b23d3005e547a72eb
Karolina	Thid	A3 träningscenter	13	01:27:14	https://flow.polar.com/shared/7e813342d99cbb9b23d3005e547a72eb
Jan	Fager	Tyresöjoggarna	13	01:15	
Jan	Fager	Tyresöjoggarna	13	01:15	
Per-Åke	Bligård		13	01:07:00	https://connect.garmin.com/modern/activity/13382827425
Emma	Lindström	A3 Träningscenter	13	01:35:14	
Anders	Lindell	A3 träningscenter	13	01:29:46	
Sofia	McKie	Järlåsa IF	13	01:07:07	
Johan	Hellman		13	01:16:18	https://strava.app.link/0OjsHesx8Fb
Lukas	Ingvarsson		13	01:27:49	https://strava.app.link/Yu8XcKx8Fb
Elisabeth	Hansson	Trailrunning Sweden	13	01:13:21	
Martin	Karlsson		12,92	01:58:20	
Göran	Davidsson	Göteborg Running Club	12,92	01:15:18	https://strava.app.link/GNqnTsx88Fb
Mikael	Löfstedt	Ok Pan Kristianstad	12,91	01:05:31	https://connect.garmin.com/modern/activity/13381263564?share_unique_id=112
Tomas	Selvander	Halby	12,9	01:09:28	https://strava.app.link/A50pMaSM8Fb
Tomas	Selvander	Halby	12,9	01:09:28	https://strava.app.link/A50pMaSM8Fb
Alexander	Strandh	Enköpings AIF	12,89	01:16:39	https://strava.app.link/G5t7tstz8Fb
Charlotta	Malmgren	Lidköpings VSK	12,89	01:37:53	
Thomas	Estrin	Wisby Ultraöparförening	12,85	01:00:23	https://strava.app.link/iIKraOsX8Fb
Tove	Pettersson	Grönahögs IK draghundsport	12,85	01:14:55	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Linnea	Zackrisson	Linnéa och Judit (hund)	12,85	01:42:00	
Marika	Wagner		12,84	01:44:54	https://strava.app.link/zeVhKpnt8Fb
Björn	Törnblom	A3 Träningscenter	12,81	01:38:40	
Pee	Fagerström	Nybro Draghundsklubb	12,74	01:01:20	https://maps.suunto.com/move/perfagerstrm/659929b6a31ab977b77c78a1
Inger	Magnusson	Billingen X-trail Sportsclub	12,72	01:40:10	
Michaela	Bostrom Fransson		12,7	01:06:06	Löpband
Jonathan	Wallmon	Öbacka löparklubb	12,69	01:18:58	
Maria	Svensson	IS Göta	12,68	01:15:27	https://strava.app.link/KMF6pDgy8Fb
Jonas	Håkansson		12,66	01:25:37	https://strava.app.link/zy1RUlra8Fb
Marie-Louise	Johansson		12,64	02:07	https://strava.app.link/oPFeh5B8Fb
Agnes	Josefsson	Salomon Sverige/ Vallentuna friidrott	12,63	01:00:00	
Anton	Larsson		12,61	01:06:28	https://strava.app.link/KK4Xlm38Fb
Kenneth	Petersson	A3 träningscenter	12,6	01:37:34	
Jonas	Boberg	A3 Träningscenter	12,6	01:21:14	https://strava.app.link/6sZHBShn29Fb
Stefan	Sager	Örebro AIK	12,6	01:08:53	https://strava.app.link/syFDJFYM8Fb
Charlotta	Göthe	Lidköpings VSK	12,66	01:20:26	
Charlotta	Göthe	Lidköpings VSK	12,66	01:20:26	
Patricia	Langenheim		12,55	01:09:09	
Mikael	Larsson	MMM Trail Runners	12,5	02:10:00	https://strava.app.link/lwRuMsU8Fb
Mikael	Wisstrand	Wisby Ultraöparförening	12,5	01:21:15	
Oskar	de Vahl	Team Norrland Fueled by Umara	12,5	01:00:00	
Anna	Svedling		12,5	01:18:00	
Henrik	Alwen	Mikkeller running club	12,5	01:15:21	Henrikalwen på Strava. Uppdelad på två turer i köpenhamn
Henrik	Alwen	Mikkeller running club	12,5	01:15:21	Henrikalwen på Strava. Uppdelad på två turer i köpenhamn
Petter	Nordholm	Team Blekinge	12,49	01:36:26	https://strava.app.link/JeJwORPU8Fb
Kajsa	Kolmskog	Sweden Runners Falun	12,48	01:17:03	https://strava.app.link/6sNMDgRS8Fb
Henrik	Dahlström	Söderåsens FK	12,47	01:22:07	https://strava.app.link/oY3bNohG8Fb
Christine	Björk	Uppsala Löparklubb	12,44	01:45:25	https://strava.app.link/daSRtjGH8Fb
Stephen	Hall		12,41	01:08:46	https://strava.app.link/ekOW3Wf8Fb
Nicolina	Skoglund		12,34	01:17:43	
Fredrik	Larsson	Dark Trail Runners	12,33	01:17:00	https://strava.app.link/ujhXJR8Fb
Josefin	Hylander		12,3	01:20:55	https://strava.app.link/nXW8SRcb9Fb
Line	Scheiströen		12,3	01:40:00	https://strava.app.link/zu35tOc29Fb
Marie	Dasler	IF Start	12,2	01:08:52	
Erik	Rågberger	Slow motion	12,17	01:14:47	https://connect.garmin.com/modern/activity/13385359228?share_unique_id=3
Kim	Agelborn	ASICSFrontRunner	12,13	01:14:47	https://connect.garmin.com/modern/activity/13386274773
Brian	Thorsen		12,12	01:01:55	https://strava.app.link/ta18AppS8Fb
Mikael	Harmander Salleke	Kung Cg's	12,1	01:06:50	https://connect.garmin.com/modern/activity/13381375104
Robert	Rönnqvist		12,1	01:14	https://strava.app.link/P4E13CbM8Fb
Michaela	Rehn		12,06	01:15:52	https://www.strava.com/activities/10505090347
Charlotta	Rahr	Let's Run	12,04	01:15:17	
Måns	Bergenzaun	Midnight Warriors Triathlon Club	12,02	00:57:41	https://connect.garmin.com/modern/activity/13377633017
Ola	Persson	Karlshamn SK swimrun	12,01	01:21:05	https://strava.app.link/6fb6AW3J8Fb
Henrik	Gassne		12,01	01:13:35	
Johan	Valinder		12	00:58:19	https://strava.app.link/0iS8QbM8Fb
Pernilla	Irewährn	PT Irewährn	12	01:15:03	https://strava.app.link/5AFR0U38Fb
Rebecca	Söderqvist		12	01:22:33	https://strava.app.link/ouPiUAc08Fb
Anna-Fina	Dimberg	Friskis Stenungsund	12	57:00.00	file:///var/mobile/Library/SMS/Attachments/54/04/027D9D4A-E686-4B87-AD0F-48C58288
Sofia	Asplund	OK Norrvirdarna	12	5	
Sofia	Asplund	OK Norrvirdarna	12	5	
Moa	Frank		12	01:06:52	https://strava.app.link/rJbLhHraGb
Therese	Hageborn	Polisen Motala	12	56:23.00	
Marcus	Areleg	IK Falun Alpin	12	01:07:37	https://photos.app.goo.gl/XzftURKvHHeyf3r5
Karl	Lindmark		12	01:00:00	
Melinda	Bergstrand		12	01:16:43	https://drive.google.com/file/d/1h59EHFStSpzBUki0Ve4aVGhLAzeZ3N/view?usp=drives
Sara	Schumacher		12	01:01:46	https://strava.app.link/K06S4Je48Fb
Maggie	Virtanen	Sportsclub OCR	12	01:23:25	Strava: Maggie Virtanen
Maggie	Virtanen	Sportsclub OCR	12	01:23:25	Strava: Maggie Virtanen
Maggie	Virtanen	Sportsclub OCR	12	01:23:25	Strava: Maggie Virtanen
Birgitta	Nilsson		12	01:25:54	https://connect.garmin.com/modern/activity/13387631988?share_unique_id=11
Ingvar	Lundkvist	Söderåsens FK	12	01:26:00	
Henrik	Göhl	Mikkeller Running Club Finspång	12	01:10:00	https://strava.app.link/DnHjaCrZ8Fb
Alicia	Thersthol		12	01:01:04	
Jenny	Lundin		12	01:14:58	
Örjan	Bolin	Västerås Löparklubb	12	01:00:00	
Anton	Lindberg		12	01:15:18	
Christian	Zachrisson		12	01:07:00	https://strava.app.link/UuHR9MgS8Fb
Per-Erik	Mörk	HAIS	12	01:00:00	
Maria	Olofsson		12	01:20	
Niklas	Karvonen		12	01:25:24	https://strava.app.link/ShmxyMXI8Fb
Malin	Wernblom		12	01:09:52	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Håkon	Breistrand		12	01:00:00	
Annelie	Thögensen		12	01:24:33	https://strava.app.link/PCBhf7D8Fb
Anna-Maria	Larsson	Run Cool	12	01:15:25	
Mathias	Gunnarsson		12	59:00.00	
Evelina	Prytz	GTT	12	01:29:23	
Evelina	Prytz	GTT	12	01:29:23	
Anton	Lindholm	Elmhults Sport Club	12	01:01:51	https://www.strava.com/activities/10504185753
Carolina	Granfors	KP-Tri	12	01:01:00	
Anders	Salégård	Lidköpings VSK	12	01:19	https://strava.app.link/oGnQrwPA8Fb
Anders	Salégård	Lidköpings VSK	12	01:19	https://strava.app.link/oGnQrwPA8Fb

Mattias	Willén	Västerås CK	12	01:11:22	https://strava.app.link/O6nsrHBA8Fb
Linda	Bengtsson	Söderåsens FK	12	01:23:59	
Kristian	Dähne		12	01:17:39	https://connect.garmin.com/modern/activity/13382661340
Niklas	Granath (Lampan)		12	01:24:16	
Erik	Tideström	Tuggetrail	11,93	01:04:54	https://strava.app.link/hkQY4j1u8Fb
Ludwig	Bengtsson Sonesson		11,8	01:08:20	https://strava.app.link/DmVcd3T68Fb
Arild	Bendiksen	Falkenberg Allstars	11,78	01:08:01	https://strava.app.link/LkJZMAX8Fb
Nils	Holmström	Järfälla Triathlon	11,71	01:14:09	https://connect.garmin.com/modern/activity/13382676087
Anders	Vestergård	Söderåsens FK	11,7	01:16:07	
Fredrik	Zeileberg	Örebro AIK	11,67	01:00:00	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="1050:
Enk	Froste	Strängnäs Löparklubb	11,67	01:01:46	https://strava.app.link/ONZFJGpe9Fb
Louise	Wetterlundh		11,64	01:47,3	
Anders	Bergstedt		11,63	01:08:16	https://strava.app.link/HAR1yI49Fb
Pär	Hansson		11,63	01:03:34	https://www.strava.com/activities/10503578178
Emma	Palin		11,62	01:31:49	
Bara	Ritova		11,61	01:20:04	https://www.strava.com/activities/10503605435
Marcus	Arnoldsson		11,6	01:16:54	https://strava.app.link/hEnx8ps79Fb
Charlotte	Widell		11,57	01:18:10	https://strava.app.link/a8vO1EN8Fb
Martin	Wanegårdh		11,54	01:17:23	https://connect.garmin.com/modern/activity/13387378941?share_unique_id=3
Sebastian	Kronlund		11,5	01:25:17	https://connect.garmin.com/modern/activity/13382543708?share_unique_id=45
Erik	Kocken	När If	11,5	00:54:46	
Jonas	Udehn		11,5	01:28:00	https://strava.app.link/le9Z3Qv28Fb
Jonathan	Lind	Gnosjö	11,47	01:02:18	https://strava.app.link/kG8RoXyA8Fb
Fredrik	Widell		11,44	01:19:00	https://strava.app.link/ycSNFzPN8Fb
Peter	Liljedahl		11,4	01:13:15	https://strava.app.link/PhJeJgK98Fb
Mathias	Häglund		11,35	01:19	https://www.relive.cc/view/vMv8GQw9Pp
Robin	Persson	Team Beavers	11,34	01:07:35	https://strava.app.link/1gZlbNw8Fb
Jonas	Ny	Runcool	11,3	01:17:37	
Stefano	Dell'Orto	Sundbybergs IK Orientering	11,3	01:50:00	
Fredrik	Hellqvist	Degerfors IF	11,3	01:10:21	
Sara	Morales Gustavsson		11,3	01:16:47	
Wilma	Tidqvist		11,29	01:00:44	https://strava.app.link/4IVHJnKD8Fb
Lars	Olsson	IF Hagen	11,28	01:13:54	
Ulrika	Lindkvist	Runcool Fagersta	11,26	01:19:16	
Mats	Nilsson	Team Fika Running Club	11,26	01:10:27	https://www.strava.com/activities/10503684113
Johan	Sturk	Force Runners	11,25	01:18:25	https://strava.app.link/cFjxMhr99Fb
Nicklas	Rangne	Team Havrefralla	11,25	01:10:49	
Emelie	Eriksson		11,2	01:15:00	
Stefan	Wiberg	IFK Lidöing friidrott	11,19	01:00:44	https://share.icloud.com/photos/0d04GiD6k_mwAPzSyT1k2m-2A_h
Josefin	Nyman Järhult		11,18	01:35:06	https://connect.garmin.com/modern/activity/13381888004
Ronny	Norrström		11,17	01:10:00	https://strava.app.link/iCDy0Umc9Fb
Anna	Prats Nielsen	Team havrefralla	11,16	01:10:44	
Ulf	Lindquist	Umaras SC	11,15	01:04:40	https://www.strava.com/activities/10503488804
Moa	Sundquist	Sportcity Skellefteå	11,14	00:51:25	https://connect.garmin.com/modern/activity/13384592751?share_unique_id=3
Cecilia	Osterman	Gesunda motionsklubb	11,14	01:19:18	https://strava.app.link/sXOL0hOQ8Fb
Stefan	Sundmark	Umeå	11,13	01:01:02	
Viktor	Erbring	Näbbmusens vänner	11,11	01:05:14	https://www.strava.com/activities/10504231351
Jessica	Hohensee	DRT	11,1	06:52:00	https://strava.app.link/tZuHOoZ29Fb
Zara	Lundgren	Sundsvalls Friidrott	11,09	01:03:28	https://strava.app.link/3ip2Ei0b9Fb
Maja	Lindvall	Hägenäs SK	11,08	01:08:36	https://www.strava.com/activities/10504077983
Viktor	Henriksson	Hägenäs SK	11,06	01:09:22	https://www.strava.com/activities/10505012177
Corinne	Salomonsson	Jullöparna, Tyresö	11,03	01:33:10	
Helena	Arelög		11,01	01:01:38	
Linn	Skarda		11	55,23	
Anette	Dell'Orto	Sundbybergs IK Orientering	11	01:50:00	https://strava.app.link/DFDxiG539Fb
Martin	Hohensee	DRT Kungsbacka	11	01:13:45	https://strava.app.link/iQH4JR629Fb
Cajsa	Weinemo	A3 Träningscenter	11	01:19:55	
Henrik	Warmerup		11	01:11:20	
Susanna	Furland		11	01:03	
Ida	Freijd		11	01:05:26	https://strava.app.link/K7caZeI9Fb
Sara	Kündig		11	01:30:14	https://connect.garmin.com/modern/activity/13386599369
Sara	Kündig		11	01:30:14	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Pau	Bismo	Östh01:ammars friidrott	11	01:03:44	
Iréne	Burman		11	01:15:54	
Iréne	Burman		11	01:15:54	
Oskar	Henriksson	Pace on earth	11	01:19:00	https://connect.garmin.com/modern/activity/13381973207
Viktor	Andersson		11	01:06:00	
Sandra	Szepesi	Jullöparna	11	01:33:23	
Sandra	Szepesi	Jullöparna	11	01:33:23	
Sandra	Szepesi	Jullöparna	11	01:33:23	
Martin	Backström	Tyresöjoggarna	11	01:01:44	https://www.strava.com/activities/10503342982
Henrik	Eldholm	Svenjunga IK Trail	11	01:06:10	https://www.strava.com/activities/10505260726
Fia	Blackman		11	01:00:52	
Henrik	Eldholm	Svenjunga IK Trail	11	01:06:10	https://www.strava.com/activities/10505260726
Emil	Lilja		11	00:59:16	https://strava.app.link/wi0rCb9O8Fb
Johanna	Larsson		11	00:55:10	https://strava.app.link/RMqRxaD08Fb
Lotta	Lehmann		11	01:03:27	
carin	hammerin		11	01:34:00	
Evelina	Elmersson	Kulltorp GOIF	11	1.04.33	
Fanny	Schenk	Jullöparna	11	01:20:23	
Karin	Sjömar		11	01:15:03	https://connect.garmin.com/modern/activity/13383829722
Maria	Furö	Team nordic trail	11	01:23:59	https://strava.app.link/LaBcueMD8Fb
Maria	Furö	Team nordic trail	11	01:23:59	https://strava.app.link/LaBcueMD8Fb
Staffan	Dahlgren	Enhörna IF	11	49:52:00	https://www.jogg.se/Training/Pass.aspx?id=24000262
Karl J	Keily		11	1.00.04	https://connect.garmin.com/modern/activity/13383499919
Jocim	Wejdin	Team Nordic Trail	11	01:37:32	https://www.strava.com/activities/10504161726
Marcus	Ähln		11	01:14:03	https://strava.app.link/JuOSeGhy8Fb
Fanny	Ohman	Tisdagsklubben Örebro	11	01:04:30	https://strava.app.link/vcJyWdJv8Fb
Hans	Sjöstrand		11	01:02:56	Check out my activity on Strava: https://strava.app.link/5wLsIQw8Fb
Erica	Spillberg		11	01:28:54	
Erica	Spillberg		11	01:28:54	
Ann	Braneby	Team Beavers	11	01:05:35	
Fanny	Ohman	Tisdagsklubben Örebro	11	01:04:30	https://strava.app.link/vcJyWdJv8Fb
Jan	Glos		11	1hour	https://strava.app.link/TvMWxfv8Fb
Anna Carin	Delborg	Team Solkurvan	11	01:11:20	https://flow.polar.com/training/analysis/7792882127
Mikael	Hysen		11	01:07:20	Hur skickar jag bild ? Har bild på löpbandet
Anders	Johansson Eickhoff	Borås Löparklubb	10,97	01:16:56	https://strava.app.link/g9lOid3zaGb
David	Lindgren		10,97	01:18:18	https://connect.garmin.com/modern/activity/13399382896
Daniel	Weglin		10,96	59:34:00	
Emelie	Engberg Blåder		10,96	01:20:03	https://connect.garmin.com/modern/activity/13385634420
Peder	Blomgren		10,95	56:59:00	https://strava.app.link/3Q3l7luy8Fb
Nicklas	Jander	Almy IK	10,91	01:06:31	https://strava.app.link/a20n1rgU8Fb
Torbjörn	Wikman		10,9	01:00:32	https://strava.app.link/A8mHLcV08Fb
Helena	Sjöberg		10,86	00:56:48	
Patrik	Svensson	Aston Villa Supportersclub Sweden	10,85	58:39:08	https://api.sports-tracker.com/apiserver/v1/workout/exportFI/6599242c810bc52fbaafd07
Carina	Olsson		10,85	00:54:40	
Hampus	Luthman		10,84	00:56:05	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Håkan	Rahlgård		10,84	01:00:51	
Sofia	Dell'Orto	Sundbybergs IK Orientering	10,84	01:19:07	
Madeleine	Bengtsson		10,84	01:17:55	https://strava.app.link/FGzAoFH29Fb
Sara	Albertsson		10,83	01:17:52	https://strava.app.link/yieahpVM8Fb
Ivan	Marcela		10,77	01:02:02	https://strava.app.link/ZC4LNUl8Fb
Emilia	Levin		10,76	01:16:04	https://strava.app.link/olVhUZ88Fb
Joseph	Mukama	Malmö Gerillalöpare	10,75	01:08:28	https://www.strava.com/activities/10502738196
Magnus	Svensson	Mörarp	10,72	01:03:52	
Hillevi	Jenslin Sund		10,71	01:42:10	
Anette	Larsson	Borås löparklubb	10,71	01:16:36	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Anette	Larsson	Borås löparklubb	10,71	01:16:36	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Linus	Björketun		10,69	01:00:00	https://strava.app.link/mMggYxxN8Fb

Hampus	Elmteg		10,67	01:00:59	https://strava.app.link/ijKs4Jz8Fb
Sigrid	Wirdheim		10,67	01:05:25	https://www.strava.com/activities/10503616549
Per	Ostergren		10,66	00:51:33	https://www.strava.com/activities/10504477803
Elvira	Bengtsson Moström		10,65	01:00:53	
Petter	Henriksson	Vemdalens IF	10,63	01:30:36	https://strava.app.link/Ke3rA0mC8Fb
Stefan	Airoldi		10,62	01:00:10	https://strava.app.link/FyV1qUkb9Fb
Markus	Agebjörn		10,6	01:03:19	https://strava.app.link/9SnST35w8Fb
Agnes	Malm	Älmö Löparklubb	10,58	01:23:10	
Irma	Jensen	Öbacka LK	10,56	01:02:54	
Signe	Blixt		10,56	01:03:10	https://strava.app.link/6AWuIKCn8Fb
Signe	Blixt		10,56	01:03:10	https://strava.app.link/6AWuIKCn8Fb
Pernilla	Olofsson		10,55	01:05:37	https://strava.app.link/e0Yy653N8Fb
Maria	Emretsson		10,55	01:08:38	
Louise	Kolben	Runacademy IF	10,55	01:07:09	https://connect.garmin.com/modern/activity/13382500331?share_unique_id=47
Adrian	Cederholm	Skydive Skåne Trailrunners	10,55	01:09:48	https://drive.google.com/file/d/1F0UMbQIQF1WJD5AQIYhJlb58IhncSeD/view?usp=drive
Björn	Sund	Skrotebo IF	10,51	01:08:56	https://strava.app.link/o1fCBH8Fb
Pierre	Svahn	Genarps IF	10,5	00:44:50	https://strava.app.link/Ew507GQb9Fb
Daniel	Lewandowski	Frösö IF	10,5	01:10:50	
Eva	Johnsson		10,5	01:00:21	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Eva	Johnsson		10,5	01:00:21	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Elsa	Lejderud		10,5	01:04:03	
Tord	Lundin	Tandsbyns IF	10,47	01:02:03	https://www.strava.com/activities/10503346191
Martin	Hammarlund	Winged Hussars	10,46	00:47:48	
Johanna	Häggkvist	Vemdalen	10,44	01:30:36	https://strava.app.link/5PJeakYD8Fb
Carolina	Gustafsson		10,44	01:14:38	https://strava.app.link/qTMF8c6C8Fb
Lisa	Sund	Skrotebo IF	10,44	01:10:29	Förstår inte hur jag ska kunna lägga till bild på klockan. Sorry.
Jonny	Andersson		10,42	01:00:19	
Saga	Smedberg	Majorna	10,4	01:05:20	
Robin	Wallén	IF Linnéa	10,4	00:58:28	https://connect.garmin.com/modern/activity/13386622986
Daniel	Dahlgren	Älmö löparklubb	10,4	01:24:24	
Mia	Abrahamsson	Sjönevads bastu- och friluftsförening	10,37	01:25	
Monica	Bystedt	Öbacka LK	10,37	01:01:45	
Monica	Bystedt	Öbacka LK	10,37	01:01:45	
Amie	Johnson	STIG GBG	10,36	01:22:03	https://www.strava.com/activities/10503731086
Tomas	Björkman	Lidköpings VSK	10,36	01:07:40	
Therese	Omme	Genarps IF	10,35	01:00:21	https://strava.app.link/pjrojnX8Fb
Ella	Ferm	Kulltorp GOIF	10,35	01:05:40	
Jennie	Ferm	Kulltorps GOIF	10,35	01:05:40	
Sofia	Eithun Rönning	Älmö Löparklubb	10,35	01:23:14	https://photos.app.goo.gl/6qq2aYekac/KWrpw6
Alice	Ferm	Kulltorps GOIF	10,34	01:05:40	
Thomas	Englund	MAIK	10,34	01:10:01	
Daniel	Elmersson	Kulltorps GIF	10,33	01:05:12	https://connect.garmin.com/modern/activity/13382174899?share_unique_id=2
Lotta	Enberg	Halmstad OK	10,33	59:56	https://connect.garmin.com/modern/activity/13386540740?share_unique_id=2
rebecca	baylis		10,33	57:58	
Evelina	Lundgren	Lidköpings VSK	10,32	01:17:48	https://www.strava.com/activities/10503624311
Zakarias	Lundgren	Lidköpings VSK	10,32	01:17:22	https://www.strava.com/activities/10503677761
Anette	Granstedt		10,32	01:10:48	https://strava.app.link/2aB72npN8Fb
Emma	Gustafsson		10,3	00:53:00	
Sara	Granstedt	IKHP Huskvarna	10,3	01:10:23	https://strava.app.link/gH1bb6DM8Fb
Nataniel	Lundgren	Lidköping VSK	10,29	01:17:34	https://www.strava.com/activities/10503719232
Emilia	Lundgren	Lidköpings VSK	10,28	01:17:23	https://www.strava.com/activities/10503655944
Agnetä	Björkman	Lidköpings VSK	10,28	01:07:37	
Beat	Årå		10,28	01:13:36	https://www.strava.com/activities/10506708419
Richard	Gynslam	Rometrail	10,27	57:44:00	
Linnéa	Eng	Team Nordic Trail	10,26	00:57:51	https://strava.app.link/mbP5mzAR8Fb
Johnny	Chiem		10,23	01:05:14	https://strava.app.link/vckVvADJ8Fb
Linda	Carlsson	ÅrstavikenFrostbite	10,23	00:53:28	
Linus	Törnqvist	Springpojkmarna (the quitters)	10,22	01:05:24	https://strava.app.link/VYL0j3jv8Fb
Emma	Johansson		10,2	58:35:10	
Erik	Torstenon		10,2	00:55:59	
Lisa	Petersson	Lövgatetrif	10,2	01:05:20	https://strava.app.link/dPMUQHJ8Fb
Aziel	Palmaeus	Genarps if	10,2	01:38:44	https://connect.garmin.com/modern/activity/13382218435?share_unique_id=2
Mikael	Collin	TR4F	10,2	01:08:43	https://www.strava.com/activities/10503555381/overview
Jenny	Nelson	Rålla Rebel Runners	10,2	01:18:12	https://strava.app.link/PSZePn3p8Fb
Frida	Ström	Borås Löparklubb	10,19	01:06:34	
Frida	Ström	Borås Löparklubb	10,19	01:06:34	
Nina	Ellmark	Hällén Löpning	10,18	01:09:24	https://www.strava.com/activities/10510374944
Sven	Engström	IK Akele	10,17	01:02:22	https://strava.app.link/Y8iQkb9Fb
Jonas	Cederlund		10,17	01:30:09	https://connect.garmin.com/modern/activity/13389281238?share_unique_id=3
Fredrik	Lövgren		10,17	01:01:17	https://strava.app.link/5YxoMYkU8Fb
Jennifer	Widén		10,15	55:49:00	https://connect.garmin.com/modern/activity/13389851801?share_unique_id=3
Susanne	Svedberg		10,15	01:06	
Michael	Ober	HLK-92	10,14	00:56:09	Heute 10.14 ZEIT 56:09.3 PACE 5:32 WÖCHENTLICH 19.97 GARMIN
Elin	Melinder		10,14	01:13:09	
Ulrike	Remke Meyer		10,13	01:25:47	
Emma	Nannestad		10,13	01:01:42	https://strava.app.link/NrR3CuMe9Fb
Malin	Andersson		10,13	01:18:04	https://connect.garmin.com/modern/activity/13381918419?share_unique_id=2
Leah	Geldeard		10,1	05:40:45	https://strava.app.link/qXQaqP6x8Fb
Jennifer	Lundell		10,1	minuter 47 sekunc	https://www.strava.com/activities/10507942911
Jeanette	Sparthan		10,1	01:24	
Robert	Lindquist		10,1	00:55:42	https://strava.app.link/mQbJuuJG8Fb
Marie	Hedlund	Benen på ryggen	10,1	01:20:15	
Johanna	Ulvagården		10,1	59:00:00	
Kate	Morrison	OK Linné	10,1	00:57:17	https://strava.app.link/JbqYFRyy8Fb
Andreas	Löfstrand	Trailrun4fun	10,1	00:54:45	https://strava.app.link/BEHnbDv8Fb
Emma	Nannestad		10,1	01:01	https://strava.app.link/NrR3CuMe9Fb
Ida	Pontén	Öbacka löparklubb	10,09	01:10:12	https://connect.garmin.com/modern/activity/13381772131
Jenny	Hall		10,08	01:00:20	https://connect.garmin.com/modern/activity/13381534050?share_unique_id=2
Åsa	Ehnholm		10,07	01:10:45	https://www.strava.com/activities/10503635107
Daniel	Nahlbom		10,07	00:55:46	https://strava.app.link/yoSovp8Fb
Elsa	Lejderud		10,07	51:13:00	
Emelie	Löfvander		10,07	01:05:19	https://connect.garmin.com/modern/activity/13381825062?share_unique_id=7
Wilma	Henriksson	Tisdagsklubben Örebro	10,07	01:05:59	https://strava.app.link/zyPVPOzv8Fb
Lina	Sjöblom		10,06	01:02:00	
Dan	Dalemalm	Öbacka LK	10,06	01:05:29	https://connect.garmin.com/modern/activity/13383484859
Sara	Andersson	Järfälla OK	10,06	01:08:16	https://strava.app.link/OEjcbreB8Fb
Sara	Andersson	Järfälla OK	10,06	01:08:16	https://strava.app.link/OEjcbreB8Fb
Helene	Lindelav		10,06	01:10:42	https://flow.polar.com/shared/7e813288f72d9019cf973aa5f5b891f
Martin	Gund		10,05	01:13:19	https://connect.garmin.com/modern/activity/13385006413?share_unique_id=19
Ulrika	Blomqvist		10,05	01:07:00	https://strava.app.link/Qk2JncK8Fb
Tobias	Hall	Gräftavallens SK	10,05	01:00:13	https://connect.garmin.com/modern/activity/13381514190?share_unique_id=3
Magnus	Öhling		10,05	01:26:02	https://strava.app.link/PanTQ4US8Fb
Nina	Lindén		10,05	01:04:18	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Viktoria	Thureson	Team Snigel	10,05	01:47:55	https://strava.app.link/NXZxQcN8Fb
Lisa	Amundsson		10,05	01:05:32	
Helena	Nordh	Västerås Löparklubb	10,05	59:10:00	Helena Nordh (Strava)
Claudia	Ottosson	Benen på ryggen	10,05	01:17:12	
Mats	Nilsson	Malmö Gerillalöpare	10,05	00:51:56	https://connect.garmin.com/modern/activity/13381452166?share_unique_id=132
Mikael	Olsson	Källered	10,04	01:07:46	https://strava.app.link/wmEypuB8Fb
Susanne	Öhling		10,04	01:32:51	https://strava.app.link/CixAXdCS8Fb
Annika	Lilja		10,03	48:24.1	https://api.sports-tracker.com/apiserver/v1/workouts/export/ANMQsi-VmDk5Rv19GzJZPKF
Jerry	Svedlund		10,03	01:06:51	
Jerry	Svedlund		10,03	01:06:51	
Marcus	Jakobsson	Runacademy	10,02	00:47:58	
Eva	Moström		10,01	00:51:30	
Jessica	Hamilton		10,01	01:17	
Nora	Johansson		10,01	49:32:03	https://connect.garmin.com/modern/activity/13384597351
Sara	Thyselius Dexner	Team Nordic Trail Eskilstuna	10,01	01:17:43	https://strava.app.link/QnOTQXh68Fb
Åsa	Cedervall		10,01	01:06:58	https://connect.garmin.com/modern/activity/13389229111?share_unique_id=4

Ulrika	Kallenberg	10,01	01:01:26	https://strava.app.link/sNjoTrOy8Fb
Sara	Farhadi	10	57:46:00	https://strava.app.link/BGavsagiaGb
Maya	Nilsson	10	01:04	
Nina	Söder	10	0:04:86:11:11:11	
Nina	Söder	10	0:04:86:11:11:11	
permilla	anvemyr	Workin out	01:06:03	
Hannah	Room		54:58:00	https://connect.garmin.com/modern/activity/13380231236?share_unique_id=2
Petet	Trobäck	MTB JIF	01:18:13	https://strava.app.link/nQ96Befl8Fb
Sarah	Andersson		01:02:35	
Henrietta	Bergh		00:50:21	
Elinor	Blomqvist		01:18:24	
Ove	Säaf	Bålsta IK	00:59:05	https://strava.app.link/EW15ce2T8Fb
Jenny	Nilsson		01:03	
Elinor	Persson	Team nordic trail	01:14:03	https://connect.garmin.com/modern/activity/13383432473?share_unique_id=2
Elinor	Persson	Team nordic trail	01:14:03	https://connect.garmin.com/modern/activity/13383432473?share_unique_id=2
Marita	Björk	Borås Löparklubb	1:20:17	
Marita	Björk	Borås Löparklubb	1:20:17	
Veronica	Westerlund		00:47:46	https://strava.app.link/TuJ0Eunz8Fb
Amir	Kadic		00:49:21	https://strava.app.link/rb1oSQYx8Fb
Sara	Pettersson		01:00:25	https://strava.app.link/sUQFuN3w8Fb
Teija	Harnesk		01:05:56	
Lena	Lagerjung	Team Nordic Trail	01:02:44	https://share.icloud.com/photos/021m3xYxFNjZbFB_c502c_1A
Maria	Gradin		01:01:43	
Britt-Marie	Källroos	Rällä rebel runners	01:20:00	
Anders	Agren		0:04:27:08:33:33	https://strava.app.link/cBpcPEMj8Fb
Anders	Agren		0:04:27:08:33:33	https://strava.app.link/cBpcPEMj8Fb
Ann-Sofie	Marksved		01:13:45	https://flow.polar.com/shared/7e8131b9cadd7064cf5e3b3feb10dae
Marcus	Danielsson	Ultra Uppsala	00:50:00	
Niclas	Westerberg	IF Hagen FIK	00:56:42	
Lisa	Åhman		00:55:00	
Fredrik	Nyström		01:03:13	https://connect.garmin.com/modern/activity/13383801888?share_unique_id=39
Fredrik	Setterberg		01:02:02	https://strava.app.link/shkDox9c9Fb
Daniel	Cronblad	Vargöns Trailrun	01:01:01	
Steve	Bethér	Mikkeller running club Finspång	01:05:11	https://strava.app.link/3SuLpAV98Fb
Björn	Tikkanen		55	https://strava.app.link/8mckbT898Fb
Per	Gustafsson	Kinnströms Sportklubb	01:08:22	https://connect.garmin.com/modern/activity/13385790271?share_unique_id=2
Sandra	Persson	Idre SK	01:04:23	https://strava.app.link/LqOsYQ78Fb
Helene	Vestberg		01:35:44	https://strava.app.link/TUyjTyl78Fb
Sara	Turloia	FjellLiv	59:44:00	
Niklas	Häggström	Dark Trail Runners	01:01:12	https://strava.app.link/NiC0Sq258Fb
Maja	Karlsson	Team M&C	01:14:46	
Håkan	Björkman	GUÐÓ SK	00:48:15	
Anna	Veitch		53:09:04	
Örjan	Sjöström		01:02:22	
Sara	Battistella		00:52:52	https://strava.app.link/iwKu6K108Fb
Emma	Fahman		55:26:60	https://strava.app.link/ERHsa6328Fb
Linn	Alexandersson		00:50:00	
Sofia	Frostelid		01:02:34	https://strava.app.link/R3QYxGRZ8Fb
Susanne	Alenljung		01:18:54	https://www.strava.com/activities/10506606080
Liselott	Kedback		01:11:39	
Miranda	Kedback		01:11:39	
Carl	Hasst		00:59:45	
Markus	Sundström	Greenbay Development	44:23:00	https://strava.app.link/rNvDZy0Y8Fb
Rickard	Johansson		01:09:50	
Anna	Bylund		00:49:52	https://api.sports-tracker.com/apiserver/v1/workouts/export/AG3bFRsi2i00xfo_s7UVki9VU;
Peter	Ehrlin	Ok Ravinen	56:11:00	
Malin	Johansson		54	Förstår inte hur jag kopierar in bilder här..
Ove	Säaf	Bålsta IK	00:59:05	
Anna	Hård af Segerstad	Team Nordic Trail SC	01:10:54	https://maps.suunto.com/move/annahardafsegerstad/6599749a3f65284fc646c566
Victoria	Björklund	Ik dran varberg	01:31	https://strava.app.link/cbQlnq4R8Fb
Andreas	Gronvall Mikkelsen	Malmö Gerillaöpare	00:56:28	https://connect.garmin.com/modern/activity/13381922197
Anders	Björklund	Ik dran varberg	1:31	https://strava.app.link/v5NeW5UR8Fb
Andreas	Tunemar	TNT Norrköping	01:04:00	https://strava.app.link/E4f031Q8Fb
Pernilla	Sjöholm	Varje Steg	01:08:59	
Anna-Maria	Sjöström	Funäsdalens if	01:04:40	https://strava.app.link/MZ1ceHdP8Fb
Eva	Uhländer		00:51:55	https://strava.app.link/QJEEJ08Fb
Sami	Vaihoja	Duveds IF	01:13:53	https://connect.garmin.com/modern/activity/13385941850?share_unique_id=74
Moa	Aurell		00:45:36	
Emma	Toftgård		01:25:29	https://connect.garmin.com/modern/activity/13385061963
Annika	Fjellner		01:04:54	
Stina	Källbäck		01:00	https://strava.app.link/kUwizL0M8Fb
Charlotte	Billgren		01:04:54	
Viktor	Medén		00:44:21	https://strava.app.link/WFNp6LJM8Fb
Elsa	Hedin	OK Linné	01:02:31	https://strava.app.link/ZzUv3TL8Fb
Emma	Blomsterberg		00:56:14	https://strava.app.link/RMQi87lL8Fb
Jenny Svensson	Jenny	Överum	00:49:07	
Lukas	Czarnowski	ORC Oskarshamn	00:59:56	https://strava.app.link/ZRnTGzJ8Fb
Jennifer	Svanström		01:14:01	https://connect.garmin.com/modern/activity/13384656037?share_unique_id=2
Maria	Sarberg	Linköpings OK	01:08:34	https://strava.app.link/CG9JZwgJ8Fb
Jonny	Egerstad		00:51:11	https://connect.garmin.com/modern/activity/13384228009?share_unique_id=3
Hanna	Gisslén		01:15:00	https://strava.app.link/9LH5KKQ8Fb
Karin	Smedh	Åre fjällöpare	01:02:05	Klockhaveri idag, sprang på löpband pga kylan och halkan.
Thomas	Jonsson	Perstorp AB IF	01:07:47	https://maps.suunto.com/move/thomasjonsson410/65992b06021c260cb5f5d730
Hillevi	Fransson		00:59:18	https://connect.garmin.com/modern/activity/13382654874?share_unique_id=3
Jennie	Eriksson		01:00:00	
Henrik	Ljung	TrailGeneralerna	57:34:00	https://strava.app.link/nVPBHRAD8Fb
Marcus	Jansson	Möndals AIK /Team Bergspring	01:01:09	
Christian	Scott	Sundbyholm Trailrunners	01:05:15	https://strava.app.link/HGTAXiUC8Fb
Hans	Scheffler	Genarps IF	01:37:00	
Mattias	Ahl-Lejderud		00:53:12	https://strava.app.link/K9soTcLB8Fb
Anna	Nilsson	Freeflow running Hässleholm	01:11:15	
Evelina	Ödling	Öbacka LK	01:07:22	
Sarah	Wirsen		00:50:23	Jag har bara Fitbit och det gick inte att bifoga en bild.
Thomas	Nilsson-Glans		01:06:10	
Joakim	Nordfeldt	Team Nordic Trail SC	00:57:02	https://strava.app.link/YkL4NRy8Fb
Robert	Wallerblad	Tyresö joggarna	00:58:09	
Julia	Eriksson		00:59:28	
Sofie	Strömberg	Matteus SI Orientering	01:18:20	https://connect.garmin.com/modern/activity/13382287245
Andreas	Malmgren	Runacademy IF	01:04:54	https://strava.app.link/Q1k6uf0x8Fb
Andreas	Malmgren	Runacademy IF	01:04:54	https://strava.app.link/Q1k6uf0x8Fb
Simon	Zmrzlk	Västerås swimrun	01:01:00	https://strava.app.link/1SE8rAvx8Fb
Anna-Karin	Larsson		01:09:54	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Patrik	Herbinger		01:07:00	https://www.strava.com/activities/10503586975?utm_source=android_share&utm_medium
Jonas	Emanuelsson		01:00:00	
Agneta	Prammefors	Let's Run	01:22:02	https://strava.app.link/c4GhbOhw8Fb
Johanna	Widarsson Norbeck	Örgryte IS/ GBG Trail	52:52:00	https://strava.app.link/ZIVvTIDv8Fb
Michael	Ober	HLK-92	56:09	19:97 WOCHENTLICH 5:32 56:09.3 PALE ZEIT 10.14 Heute
Niklas	Nordquist	Toklyckan	00:52:45	
Carina	Lindblad	Rällä Rebell Runners	01:17:01	
Robert	Andersson		00:48:33	
Jenny	Swartz		01:03:30	
Vivian	Hendriksen	Söderhamn OK	00:58:01	
Vivian	Hendriksen	Söderhamn OK	00:58:01	
Tim	Hofmeester		00:53:27	https://strava.app.link/jpKGwYwQ8Fb
Vivian	Hendriksen	Söderhamn OK	58:01:25	
Pär	Haglund	Sundsvall Runners	00:46:30	
Desiree	Lundell		00:52:05	https://www.strava.com/athletes/desiree_lundell
Danielle	Bernstlig		01:16:03	
Anna-Sara	Carlsson		01:16:26	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday

Timo	Minders		9,95	01:14:19	
Hugo	Evebring	IFK Halmstad	9,95	00:36:08	https://connect.garmin.com/modern/activity/13300132579
Hugo	Evebring	IFK Halmstad	9,95	00:35:08	https://connect.garmin.com/modern/activity/13300132579
Annika	Collin	Runacademy	9,9	01:11	
Camilla	Rosell	Stockholm Gerillalöpare	9,89	01:41:41	https://connect.garmin.com/modern/activity/13382695780?share_unique_id=3
Lisa	Olsson		9,83	01:07:53	https://strava.app.link/XsGAXM5S8Fb
Pontus	Palmborg	Strängnäs löparklubb	9,83	00:47:24	https://www.strava.com/activities/10505480540
Per	Olofsson	Stockholm Gerillalöpare	9,81	01:31:38	https://www.strava.com/activities/10503754608
Linda	Vennerlund		9,77	00:52:51	https://connect.garmin.com/modern/activity/13384226925
Alexandre	Antonelli		9,68	01:02:32	
Vojin	Bozovic		9,67	01:04:13	https://www.strava.com/activities/10504373150
Patric	Sjöblom		9,66	01:20:00	https://flow.polar.com/shared/7e81397bc7a621b39ae442a6d475196
Linnéa	Holmén		9,64	01:00:20	https://www.strava.com/activities/10497426065
Malin	Jensen	Öbacka LK	9,6	01:37:30	
Kristian	Poromaa	TTGu IF	9,6	01:13:38	https://strava.app.link/ODwZiGFN8Fb
Alexandra	Nilsson	Äre Fjällöpare	9,6	01:10:00	
Tommie	Sjodin	Öbacka löparklubb	9,6	01:37:30	
Jessica	Ogren	Öbacka LK	9,59	01:37:30	
Jessica	Ogren	Öbacka LK	9,59	01:37:30	
Linda	Zetterström		9,58	01:11:58	
Robin	Lindkvist	ANROLI Revision AB	9,57	00:48:33	https://www.strava.com/activities/10507347817
Git	Sverrisson		9,54	01:03:47	
Karin	Karlsson		9,5	01:25:00	https://strava.app.link/BE21gn598Fb
Peter	Schalin		9,5	02:04:00	https://strava.app.link/nsibsVTrab
Helena	Soderquist		9,5	01:12	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Helena	Soderquist		9,5	01:12	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Helena	Soderquist		9,5	01:12	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Helena	Soderquist		9,5	01:12	Kolla in min terränglöpnings aktivitet på Garmin Connect. #beatyesterday
Peter	Lindqvist		9,5	01:13:03	https://www.strava.com/activities/10503572972
Henrik	Elsberg		9,5	01:11:18	https://strava.app.link/dhSn1fPD8Fb
Magnus	Lövgren	Oskarshamn RC	9,48	01:00:52	
Annelie	Hero	TNT Nyköping	9,48	01:12	Se inlägg på Facebook TNT Nyköping den 6 jan 2024
Katya	Cozjnsen	Västerviks OK	9,44	01:00:25	https://www.strava.com/activities/10505938479
Mikael	Lilje	Gävle OK	9,4	00:48:53	https://strava.app.link/Tl2gwLHO8Fb
Mikael	Lilje	Gävle OK	9,4	00:48:53	https://strava.app.link/Tl2gwLHO8Fb
Viktor	Högberg	Katrineholm SK Friidrott	9,37	00:46:22	https://www.jogg.se/Traning/Pass.aspx?id=24001509
Simon	Gabrielsson	Bredareds IF	9,33	56:35:00	https://strava.app.link/B2qLelN8Fb
David	Han		9,3	56:15:00	https://www.strava.com/activities/10505319240
Hanna	Sahlin		9,3	01:13:34	https://strava.app.link/ykC3f8A8Fb
Hanna	Sahlin		9,3	1	
Lisa	Havell	Spårvägen friidrott	9,25	00:44:32	https://strava.app.link/BTQY5gDM8Fb
Linda	Lindstedt	Fjällgatans LK	9,24	01:01:26	https://www.dropbox.com/scl/fi/fuh8hw0n496e6jvkndeh/Foto-2024-01-06-11-06-28.jpg?rl
Anton	Sjögren		9,23	01:00:32	https://connect.garmin.com/modern/activity/13381708467?share_unique_id=2
Sofia	Lindgren		9,2	55:37:00	
Johan	Engström	Äre Fjällöpare	9,2	01:04:15	
Johan	Engström	Äre Fjällöpare	9,2	01:04:15	
Linn	Nylander	Tigu if	9,19	0:52:59	
Anders	Dahlgren		9,18	00:48:15	https://connect.garmin.com/modern/activity/13387876923
Fredrik	Cervin		9,17	00:51:39	https://www.strava.com/activities/10505938479
Fredrik	Enberg	Halmstad OK	9,1	00:54:20	https://www.strava.com/activities/10505626402
Y	T		9,09	00:46:55	
Kim	Roth		9,08	00:55:40	https://strava.app.link/pvuEFVc58Fb
Magnus	Bergqvist	Enköping ai	9,04	00:54:51	https://strava.app.link/SAuNZrv8Fb
Louise	Tedenkvist		9,02	01:07:45	
Yohanna	Andersson	Äre fjällöpare	9	00:52:07	
Anders	Snis		9	00:49:35	
Karolina	Karner	FOTF	9	56:37:00	
Karin	Nilsson		9	00:57:40	
Anna	Millberg		9	02:13:00	
Jona	Tarkkainen		9	00:54:50	
Anna	Akegård	Lidköpings VSK	9	00:50:43	
Rasmus	Persson	Äre Fjällöpare	9	01:05:20	https://strava.app.link/nugwFujG8Fb
Lovisa	Thuresson	Wisby ultralöparförening	9	01:50:10	
Rasmus	Andersson	Handöls IF	9	01:09:27	
Bill	Öster		9	00:40:58	
Frida	Nyberg	Lödöse Runners	9	01:01:18	
Carina	Gustavsson	LK Gränslöst	9	02:47:55	
Anna	Olsson	-	9	01:04:00	https://strava.app.link/xYIT6b708Fb
Lotta	Nilsson		9	01:14:35	
Ulrika	Johansson		9	54:10:05	
Zandra	Buud		9	01:00:00	https://strava.app.link/mTub2v5F8Fb
Maksim	Nikitjuk	Oskarshamn RC	9	00:53:04	https://www.strava.com/activities/10503745686
Magnus	Olofsson		8,98	00:51:41	https://flow.polar.com/shared/7e8132f84420f04820204592d02ac35
Amy	Berg		8,96	00:50:36	https://connect.garmin.com/modern/activity/13382109034
Amy	Berg		8,96	00:50:36	https://connect.garmin.com/modern/activity/13382109034
Ellinor	Ericsson		8,96	00:48:22	
Björn	Berg		8,94	00:50:27	https://connect.garmin.com/modern/activity/13382117599
Daniela	Mirbt		8,9	01:36:00	
Bjorne	Ambertsson	Billingen X-Trail	8,85	01:01:16	https://www.strava.com/activities/10504116085
Albin	Carlsson	IK Akele	8,85	00:45:00	https://strava.app.link/sDZDUXW9Fb
Hugo	Ahrenbeck	Skövde Billingen x-trail	8,85	01:01:16	https://strava.app.link/3bUEHV0x8Fb
Hugo	Ahrenbeck	Skövde Billingen x-trail	8,85	01:01:16	https://strava.app.link/3bUEHV0x8Fb
Jakob	Boman		8,81	00:56:40	https://www.strava.com/activities/10503441748
Ronya	Eklund	Runacademy IF	8,8	01:00:00	
Johanna	Engström		8,8	00:48:10	https://connect.garmin.com/modern/activity/13382487283
Andreas	Svärdhagen		8,8	01:00:15	
Magnus	Lindberg		8,8	00:49:32	
Johan	Johansson	Billingen X-trail	8,8	01:01:00	https://strava.app.link/b9GPxH8O8Fb
Gabriella	Backman		8,8	00:52:43	https://strava.app.link/CDyKJoCB8Fb
Elin	Rubensson		8,76	00:56:42	
Johanna	Ekdahl		8,73	00:49:35	https://www.strava.com/activities/10503360306
Maria	Strömquist		8,72	00:57:05	https://strava.app.link/JDUKPsT8Fb
Kasper	Bergvall		8,7	00:50:06	https://strava.app.link/LAICE1ek8Fb
Thomas	Knutsson		8,7	00:59:20	
Åse	Trondsen		8,7	01:00:20	
Jonas	Henriksson		8,68	51:38:00	https://strava.app.link/fGAY4z6U8Fb
Per	Kristensen	Löparnas vänner	8,67	00:51:10	https://connect.garmin.com/modern/activity/13385035258
Josefin	Forsell	Bergslöparna	8,67	00:53:28	https://strava.app.link/53ags3438Fb
Josefin	Forsell	Bergslöparna	8,67	00:53:28	https://strava.app.link/53ags3438Fb
Daniel	Andersson	Lonesome Runners	8,6	01:07:19	https://strava.app.link/rBYeWbQ8Fb
Niclas	Bergqvist		8,6	01:05:55	https://www.strava.com/activities/10503360306
Helen	Eriksson	Moonvalley Ultra Trail Queens	8,6	01:01:00	https://strava.app.link/1wssambI8Fb
Linnéa	Ahrenbeck	Billingen X-trail sportsclub	8,6	01:01:00	https://strava.app.link/mSDerfJ8Fb
Linnéa	Ahrenbeck	Billingen X-trail sportsclub	8,6	01:01:00	https://strava.app.link/mSDerfJ8Fb
Kristoffer	Nilsson	Sk Stimmot	8,59	01:08:00	
Hanna	Kihlberg	Bohuslän Endurance Club	8,55	1.00.21	https://strava.app.link/QdoXBL0B8Fb
Sofia	Dannert		8,52	01:00:09	https://connect.garmin.com/modern/activity/13384056343?share_unique_id=2
Sofia	Dannert		8,52	01:00:09	https://connect.garmin.com/modern/activity/13384056343?share_unique_id=2
Ted	Forsblad		8,52	56:10:00	https://strava.app.link/mRblwNy8Fb
Susanne	Viktor		8,51	01:02:25	
Gunilla	Axelsson	Uppsala LK	8,51	00:56:01	https://maps.suunto.com/move/gunillaaxelsson/65992552d105a019d236605a
Lisa	Jansson		8,5	01:00:04	https://connect.garmin.com/modern/activity/13386184066?share_unique_id=8
Tina	Täck	Moonvalley Ultratrailqueens	8,5	01:08:08	https://strava.app.link/8RGYwMOE8Fb
Anngelica	Andrén	Uilvi sk	8,5	54:06:00	https://strava.app.link/aC1mDmmT9Fb
Ola	Nilsson		8,5	01:00:16	
Stefan	Olsson	Löparakademien IF	8,5	01:00:01	https://www.strava.com/activities/10507073977
Johan	Lindberg		8,5	00:45:30	Runkeeper kunde ej länka
Helena	Södergren		8,5	01:08:50	https://strava.app.link/UIAOnJkO8Fb
Ulf	Ekman	LK DRT Kungsbacka	8,5	00:47:04	

Ulf	Ekman	LK DRT Kungsbacka	8,5	00:47:04	
Ida	Pihl Skog	Uppsala li	8,5	56:01:02	
Martin	Clemensson		8,5	01:02:03	
Jörgen	Reppling	Sweden Runners	8,5	01:03:00	https://strava.app.link/Tvr2friz8Fb
Charlotte	Forssblad		8,49	56:33:00	https://strava.app.link/b2dsKmfA8Fb
Cecilia	Lindbäck	Gnosjö FK	8,48	01:01:21	
Lisa	Hammarling	Moonvalley Ultra Trail Queens	8,47	01:03:46	https://strava.app.link/N4Xsf5Uz8Fb
Pernilla	Sennevald	DPONLY Ski Club	8,45	48:17:00	https://strava.app.link/TD4UcRa68Fb
Mikaela	Wikberg	Team Nordic Trail	8,45	00:50:31	https://strava.app.link/s4LQIK4g9Fb
Johan	Björkman	Moonvalley	8,42	01:03:05	https://strava.app.link/pIH2Dsn8Fb
Anders	Fogelberg	Birdmountain Invest	8,42	00:48:27	https://connect.garmin.com/modern/activity/13387738395
Hanna	Hjelm		8,41	00:45:35	https://connect.garmin.com/modern/activity/13154721436
Lukas	Högberg		8,4	00:41:48	https://connect.garmin.com/modern/activity/13389407405
Frida	Axelsson		8,4	01:04:00	https://strava.app.link/7HJLpRBj9Fb
Anna	Ahrén	Löpargänget i Motala	8,4	00:50:02	
Lina	Lindh	STIG Sthlm	8,4	1:04:00	Se STIG Sthlm på Facebook
Jennifer	Slahi		8,4	01:30	https://fb.co.gy/7NbXM
Lisette	Reuterwall	Runacademy	8,39	01:02:28	https://strava.app.link/PicTDsTB8Fb
Helena	Nyström		8,37	00:44:56	https://connect.garmin.com/modern/activity/13381056177?share_unique_id=5
Helena	Nyström		8,37	00:44:56	https://connect.garmin.com/modern/activity/13381056177?share_unique_id=5
Lena	Hedquist	Ljusdal	8,36	00:51:47	https://flow.polar.com/shared/7e8132a1df567e158cae0b8184e3163c
Magnus	Akesson	Järfälla Triathlon	8,36	00:39:45	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="10501
Andreas	Hansson	Dark Trail Runners	8,35	00:49:53	https://www.strava.com/activities/10504749016
Nathalie	Månsson	Romeletrail	8,34	01:13:26	https://strava.app.link/qHjK0Bw8Fb
Linda	Torell		8,33	00:57:47	https://strava.app.link/O3q2IVvK8Fb
Magnus	Larsson	Team Nordic trail	8,3	00:57:31	
Jennie	Höye		8,3	00:59:15	
Annika	Ringström		8,3	01:01:08	
Matilda	Engström		8,3	01:11:48	https://connect.garmin.com/modern/activity/13386350840?fbclid=IwAR0PmUPuU4jqCKr
Daniel	Theander	Dark Trail Runners	8,29	01:02:55	https://strava.app.link/Ym8W7Y0y8Fb
Elin	Rosenberg Elebring	Jernbrukets ultra	8,29	01:02:16	https://strava.app.link/7EXmVqB8Fb
Oscar	Gründer	Årå IF	8,27	00:55:40	https://strava.app.link/Hb2z3arx8Fb
Karina	Alvarez	Stig Stockholm	8,26	01:13:16	
Sofie	Nilsson		8,25	01:13:04	https://strava.app.link/6ucmRUv8Fb
Ulrika	Engström		8,24	01:10:10	Sprang med mina döttrar o en av dom hade klocka!
Sofia	Sundqvist	Bergspring Sportsclub	8,23	47:17:08	https://strava.app.link/FUx2m4u18Fb
Susanne	Nilsson	Team Blekinge	8,22	00:55:02	https://connect.garmin.com/modern/activity/13384124540?share_unique_id=3
Linnéa	Rosander		8,2	00:50:02	
Susanne	Karjalainen		8,2	55:38	https://strava.app.link/CqHbWehT8Fb
Anne	Pakisjärvi		8,2	48:18:05	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="10501
Niklas	Lanzén		8,2	00:59:35	https://www.strava.com/activities/10504492999
Lina	Olofsson		8,2	00:55:42	https://strava.app.link/XFyANLcG8Fb
Simon	Thellsson		8,15	00:43:08	https://www.strava.com/activities/10505135422
Jessica	Moro		8,15	00:49:27	
Joakim	Alexandersson		8,14	01:14:20	https://connect.garmin.com/modern/activity/13384607307
Anders	Kihl	Bergspring Sportsclub	8,14	00:45:37	https://strava.app.link/g5JDQowH8Fb
Smilla	Kihl	Bergspring Sportsclub	8,14	00:46:07	Går inte att lägga in bild.
Nina	Mäki		8,13	00:56:47	https://connect.garmin.com/modern/activity/13382001431?share_unique_id=2
Emelie	Forss		8,12	00:55:06	
Sara	Hidendahl		8,1	01:01:16	
Christian	Palm		8,1	00:51:12	
Tomas	Jensen	Team blekinge	8,1	01:13:11	
Viktor	Stenberg	Triathlon Väst	8,1	00:44:42	https://strava.app.link/xeQDOOcJ8Fb
Ida	Burman		8,09	01:12:25	
Matilda	Lindberg	Vallentuna FK	8,09	00:42:30	https://strava.app.link/QSGUWxIG8Fb
Fredrik	Jonsson		8,09	00:36:40	
Rebecca	Slenberg Linné		8,05	00:47:08	https://strava.app.link/UWmhUrfy8Fb
Martin	Länje Temmes	Aktiv Öresjö	8,05	00:42:39	https://strava.app.link/6ny8IPN9Fb
Liselott	Johansen		8,03	00:54:21	https://strava.app.link/Zcz3Zua28Fb
Maria	Loinder		8,03	00:44:44	https://strava.app.link/8cqrU6yR8Fb
Jimmy	Forsman		8,02	00:34:40	
Mikael	Spjut		8,02	42:11:00	
Mattias	Frick	I 2 IF triathlon	8,02	45:10:00	https://strava.app.link/N3QyIWz8Fb
Anna-Karin	Andersson	Billinge X trail sports club	8,01	40:01	
Linda	Svedensten	Borås löparklubb	8	00:46:17	
Mia	Lindkvist		8	00:31:24	
Mia	Lindkvist		8	00:31:24	
Charlotte	Haglund		8	00:35:09	https://connect.garmin.com/modern/activity/13380514944
Caroline	Östlund		8	01:04:10	https://connect.garmin.com/modern/activity/13382430952
Frida	Brandt		8	00:47:16	
Ida	Damsjö		8	01:06:45	
Mattsson	Malin		8	60	Försökte länka farmen men går ej
Marie	Tarkiainen		8	00:51:21	
Sofia	Persson		8	01:06:00	
Jenifer	Ruz		8	00:47:18	https://strava.app.link/v9ImkUwz8Fb
Martin	Ahqvist	Uthållighetsprojektet	8	00:51:12	
Jonas	Plogner		8	00:40:00	
Jonas	Ludvigsson		8	49:44:00	
Linnéa	Nilsson		8	01:01:17	
Kristina	Fridman	Spöland Vännäs IF	8	40:41	https://connect.garmin.com/modern/activity/13386521496
Sabina	Hagström		8	1:09	
Johan	Nordin		8	00:53:47	https://connect.garmin.com/modern/activity/13381749554
Wilgot	Hultberg		8	00:35:31	
Ingmarie	Nilsson		8	60	
Jonas	Sandin	Dunö	8	00:48:00	
Johannes	Winger-Lang	Vegan Runners IK	8	44:03:00	https://strava.app.link/4VL16ZBR8Fb
Johanna	Engström		8	01:10	https://strava.app.link/h11BxkQ8Fb
Malin	Cederth Wahlström	Runacademy IF	8	01:19:43	https://strava.app.link/KRQWVCBQ8Fb
Linda	Jonsson	Jar-Ka IF	8	01:01:07	Kolla in min löpband aktivitet på Garmin Connect. #beatyesterday
Johanna	Hillgren		8	00:52:55	
Johanna	Hillgren		8	00:52:55	
Tina	Svensson		8	00:48:12	https://strava.app.link/MQkTndI08Fb
Camilla	Harström	Runacademy	8	56 m 03 s	
Lena	Lanzén		8	00:59:03	
Jonas	Jakobsson		8	00:42:25	https://www.strava.com/activities/10504587739
Eva	Ode	Västerås SOK	8	00:46:52	
Eva	Ode	Västerås SOK	8	00:46:52	
Linda	Emanuelsson	Stig gbg	8	01:04:10	https://strava.app.link/M508L1ZD8Fb
Lina	Park	Apladalens LK	8	40:38	
Richard	Celius	Sweden Runners IF	8	01:01:45	https://strava.app.link/UV5mw8TD8Fb
Martin	Ahlenius	Västerås LK	8	00:50:18	https://www.strava.com/activities/10503378594
Johan	Lundgren	H.L.K-92	8	00:39:30	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Johan	Lundgren	H.L.K-92	8	00:39:30	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Susanne	Hakola	IFK Umeå	8	40:30:12	
Ingela	Nolte		8	01:10:51	https://strava.app.link/odaGM3MB8Fb
Ingela	Nolte		8	01:10:51	https://strava.app.link/odaGM3MB8Fb
Natalie	Persson	Äre Fjällöpare	8	00:56:07	https://strava.app.link/6hecQh9A8Fb
Kristin	Olander	STIG GBG	8	01:04:00	
Johan	Mjörstrand		8	1,07	https://strava.app.link/Kk79eLVA8Fb
Hanna	Öhrn	STIG gbg	8	01:04:00	
David	Johansson	Eskilstuna Trailklubb	8	00:58:44	https://www.strava.com/activities/10503850344?utm_source=ios_share&utm_medium=so
Kerstin	Östberg	TTGU IF	8	01:12:22	-17 och snötäckta stigar
Maria	Hagenblad		8	55:19:00	
Jennie	Helmersson		8	51,36	https://flow.polar.com/shared/7e8132b8a4e7c33bacc72f8202b79818
Gabrielle	Widell	Let's run	8	50:00:00	https://share.icloud.com/photos/017d5yeF059sFN16RHd8j9lQ
Gabrielle	Widell	Let's run	8	50:00:00	https://share.icloud.com/photos/017d5yeF059sFN16RHd8j9lQ
Gabrielle	Widell	Let's run	8	50:00:00	https://share.icloud.com/photos/017d5yeF059sFN16RHd8j9lQ
Anna	Wallén	STIG STHLM	8	1:09:03	
Anna	Wallén	STIG STHLM	8	1:09:03	

Jonas	Plogner		8	00:40:00	
Ulf	Evanson	Swedenrunners	8	00:50:00	
Eva-Marie	Frösemo	RällaRebellRunners	8	01:04:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Anna	Hidendahl		8	00:54:59	https://www.strava.com/activities/10503439833
My	Rönblad		8	56:25:00	
Alexander	Ekeström		8	00:52:59	https://strava.app.link/FESVKoZu8Fb
Frida	Herman		8	00:50:03	
Anneli	Nordenvall		7,92	01:00:00	https://strava.app.link/4IH58srx8Fb
Anna	Kullberg	STIG gbg	7,86	00:52:10	https://strava.app.link/9sHTQ88Fb
Joakim	Wallin	Team Nordic Trail	7,85	00:55:39	https://strava.app.link/fm5tqOx8Fb
Jan	Thorman	Team Runners High	7,84	00:41:43	https://www.jogg.se/Training/Pass.aspx?id=24000930
Jonas	Mentz		7,81	00:47:20	https://strava.app.link/Rywyz6pSX9Fb
Hannes	Lindström	Heisingborgs orienteringsklubb	7,8	01:45	
Caroline	Lindström	Heisingborgs orienteringsklubb	7,8	01:45	
Anvid	Olofsson	Tjalve FIF	7,79	00:45:36	
Linnea	Colbjörnsen		7,77	00:50:44	
Morgan	Karlsson		7,77	55:48:00	
Solveig	Barmé	Lets Run digital löpklubb	7,77	01:00:15	Vet tyvärr inte hur jag ska göra det
Moa	Nyberg	IS Göta	7,76	40:33:00	
Anna	Gillerfors		7,76	00:43:32	
Sofi	Thorsell	Västerås SOK	7,75	00:42:23	https://strava.app.link/FfSYCMw8Fb
Charlotte	Rørdam	Åkersberga Triathlonförening	7,72	56:35:00	https://strava.app.link/cA6kMPIO8Fb
Lisa	Rehnstedt	Morgonmys runners i djup snö och berg	7,7	01:30:38	
Katrine	Andersson	Åkersberga Spring	7,7	00:58:01	https://connect.garmin.com/modern/activity/13385462372?share_unique_id=25
Charlotte	Willen	Ljustorp	7,7	1:14:00	
Hanna	Lundqvist	Ik sisu nässjö	7,7	00:44:24	
Karin	Engström	IFK Kiruna	7,7	51:23:08	https://strava.app.link/YzLcjsUN8Fb
Malin	Gibrand	FK Studenterna	7,7	00:46:43	
Peggy	Lindö		7,66	00:43:33	https://connect.garmin.com/modern/activity/13222622017?share_unique_id=4
Annika	Elwin		7,66	00:45:03	
Uffe	Ekdahl Pettersson	Team Kroppslabbet	7,65	00:43:06	https://strava.app.link/j4S9YWzE8Fb
Christina	Eskilstorp	Team Nordic trail	7,64	00:57:54	
Christina	Eskilstorp	Team Nordic trail	7,64	00:57:54	
Jonas	Nylander		7,64	00:51:17	https://strava.app.link/oQjYGdO8Fb
Conny	Holmqvist	Västerås	7,64	42:20:00	
Martin	Lindahl	Jernbrukets Ultra	7,63	00:45:19	https://connect.garmin.com/modern/activity/13383207880
Sara	Hammarhagen	Wif	7,63	01:00:23	
Lina	Alm	Team sittupp	7,6	01:03:00	https://connect.garmin.com/modern/activity/13381788996
Isabelle	Schander		7,6	00:48:27	
Ulrika	von Sivers	Team Nordic Trail Växjö	7,6	1:18:56	https://maps.suunto.com/move/ulrikavonsivers640/659929f0c810bc52fba824b
Magdalena	Roslund	Freeflow Hässleholm	7,6	00:51:26	Jag vet inte hur man gör.
Linda	Hagehed		7,6	01:18:00	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Markus	Lindqvist		7,58	00:49:31	https://strava.app.link/NXfnKP6i8Fb
Markus	Lindqvist		7,58	00:49:31	https://strava.app.link/NXfnKP6i8Fb
Petter	Adolphson		7,56	00:40:35	https://connect.garmin.com/modern/activity/13381276326
Urban	Modig		7,56	01:10:28	
Terese	Waljhjalt		7,56	00:51:33	
Karin	Södermyr		7,56	00:51:33	
Lisa	Andersson	Ärla IF	7,52	00:56:10	https://strava.app.link/CQ8F84kx8Fb
Margaretha	Persson		7,5	55:35	
Rosmarie	Segerqvist		7,5	00:45:30	
Carina	Sundén	Runacademy	7,5	00:46:56	https://share.icloud.com/photos/0f4nUjAsrwsRLJfJC5yu2e2Q
Tom	Höggren	Team Nordic Trail Norrköping	7,5	01:06:57	https://strava.app.link/zoE4JID88Fb
Solveig	Pusa		7,5	01:18:46	
Solveig	Pusa		7,5	01:18:46	
Johan	Lövdal	Team Nordic Trail Norrköping	7,5	01:05:03	https://strava.app.link/zghtqPM78Fb
Ella	Franvin	Stimmet SK	7,5	01:00:39	
Karolina	Oscarsson Sjöqvist		7,5	00:45:36	
Angelica	Leander Harjula	Gefle pickleball	7,5	01:21:36	
Maria	Blomqvist		7,5	55:00:00	
Michael	Franvin	Stimmet SK	7,5	01:00:39	
Susanne	Johansson	Växjö löparklubb	7,5	01:09:09	
Evelina	Hagehed		7,5	01:13:49	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Robert	Jonsson	Team nordic trail Uppsala	7,5	00:42:56	https://api.sports-tracker.com/apiserver/v1/workouts/export/AF0_exYJYtwZWTewOwYJ9011
Ingrid	Oredsson	Sweden Runners	7,5	01:11:01	
Elias	Lundberg		7,5	00:44:00	
Caroline	Johansson	Friskis&Svettis Västerås	7,49	58:14:00	
Moa	Wranne		7,47	47:14:50	
Karl	Håkansson		7,46	58:35:00	https://connect.garmin.com/modern/activity/13385373464?share_unique_id=5
Mats	Johansson	Friskis & Svettis Västerås	7,45	00:54:37	https://www.strava.com/activities/10503683761
Hanna	Hedberg	Sandviken Trail Running	7,43	00:42:10	https://strava.app.link/mkSIt8F08Fb
Jonas	Henning		7,43	00:41:29	https://strava.app.link/C3jzcHaz8Fb
Andreas	Hedberg	Sandvikens trail runners	7,42	00:42:04	https://strava.app.link/Gn8vQ5nF8Fb
Samuel	Österberg		7,4	00:47:20	https://strava.app.link/Y8WB5BLW8Fb
Andreas	Jonsson	Perbellum SS	7,37	00:41:36	https://strava.app.link/xVYvzVch8Fb
Jonas	Hermansson	Enköpings AIF	7,34	00:51:39	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Lukas	Kantarp		7,34	00:56:00	
Marie	Zackrisson	STIG	7,33	00:47:33	https://connect.garmin.com/modern/activity/13388611570?share_unique_id=14
Tony	Elggren		7,33	00:41:23	
Maria	Lindell	Sweden Runners	7,3	01:16:51	https://strava.app.link/88VoJFr8Fb
Emma	Forsbacka	Söderåsens FK	7,3	01:04:00	
Kristina	Svinhufvud	Team Mio	7,3	01:30:00	
Jenny	Josefsson	Salomon Sverige/ VFK	7,3	00:38:27	
Jörgen	Forsbacka	Söderåsens FK	7,3	01:00:00	
Ola	Ömberg	Sweden Runners	7,3	01:16:38	https://strava.app.link/bdlbVPJD8Fb
Nina	Jacobsson		7,3	01:00:16	https://strava.app.link/JDY2tocC8Fb
Hannes	Holmström		7,3	00:40:00	https://connect.garmin.com/modern/activity/13369938978
Marie	Larsson		7,29	00:50:31	
Maria	Wester	Ärla IF	7,25	00:57:37	https://strava.app.link/K5IbCMgx8Fb
Maria	Wester	Ärla IF	7,25	00:57:37	https://strava.app.link/K5IbCMgx8Fb
Fredrik	Dahlbom	Möndals AIK	7,24	00:39:05	https://strava.app.link/DIDcKVNv8Fb
Ann-Charlotte	Borg	Bresse runners	7,23	50:19	Garmin vivoactive 4S
Peter	Carlsson		7,2	00:48:14	
Jenny	Eliasson		7,2	00:48:00	https://strava.app.link/xX77gDud9Fb
Pål	Abrahamsson	TrailrunningSweden	7,16	01:00:52	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Maria	Lilja		7,16	01:09:03	
Nathalie	Onnerth	Let's run	7,14	00:47:02	https://strava.app.link/henBYNTK8Fb
Camilla	Johansson		7,14	56:44:00	Misslyckades att länka till runkeeper, tyvärr!
Tove	Larsson		7,11	00:47:16	
Julia	Hjerpe		7,11	00:47:04	
Ida	Alaintalo	Team Nordic Trail	7,1	52:15:00	
Henrik	Värendh	Örebro kanotförening	7,1	00:35:53	https://strava.app.link/Tz3Wa9qL8Fb
Erik	Serrano	Team Sweden Runners Lund	7,1	00:54:07	https://strava.app.link/oJDNjAc8Fb
Erik	Serrano	Team Sweden Runners Lund	7,1	00:54:07	https://strava.app.link/L9aW1vTB8Fb
Daniel	Pärlsköld		7,1	00:52:26	https://strava.app.link/PUZ8C9VB8Fb
Annichen	Larsson		7,08	00:46:44	
Susanne	Strömbäck		7,08	51:55:00	
Daniel	Sommerfeld		7,07	00:43:51	https://strava.app.link/e38fYH828Fb
Malin	Strömberg		7,07	44:45:00	https://maps.suunto.com/move/malinstrmberg80/659935d2b7466554566db122
Oscar	West	Halmstad OK	7,05	00:43:32	
Ida	Hördegårdh	IFK Göteborg Orientering	7,04	01:05:00	https://strava.app.link/eWsxv2S28Fb
Karin	Artursson	Uppsala LK	7,03	00:36:30	Lyckas inte länka min Garmin Connect tyvär
Tobias	Fahlén	Westeros Trail Running Society	7,01	00:37:45	https://strava.app.link/gN64CoYw8Fb
terese	höjer	farfarz	7,01	00:47:01	
Charlotta	Dagnell		7	01:00	
madeleine	Karlsson	Vais vedum	7	00:39:25	
Arlett	Ballnus		7	00:44:30	
Anette	Wessman		7	45:15:00	
Freddy	Karlsson	Strängnäs Löparklubb	7	47:35:00	https://strava.app.link/HX6dNGy8Fb

Veronica	Fransson		7	45:00:00	
Jenny	Brodin		7	01:02:08	
Sanna	Engthag		7	00:48:18	
Sanna	Engthag		7	00:48:18	
Anette	Wessman		7	45:14:00	
Tina	Johansson	Lonesome Runners	7	01:06:25	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Wiktorja	G		7	40:54:00	https://connect.garmin.com/modern/activity/13389384248?share_unique_id=2
Nathalie	Rubin		7	00:37:59	
Elin	Sund		7	34	
Erika	Kjellin		7	48:27:00	https://connect.garmin.com/modern/activity/13389004295
Sara	Lundberg		7	00:53:46	https://strava.app.link/ruVbVgSW8Fb
Sara	Elfridsson		7	00:37:20	
Hanna	Kasanen Martinsson		7	00:45:23	
Esther	Jonsson	Väsby SK	7	00:46:31	https://connect.garmin.com/modern/activity/13385144867
Olof	Friman	Mörrarp	7	00:42:00	
Eva	Svantesson	Outdoor fitness	7	00:42:22	
Ivan	Kuslera		7	00:39:30	
Katti	Skoglund	Örebro AIK	7	00:40:35	https://strava.app.link/BywXciCH8Fb
Jenny	Dollerup	IFK Nora	7	00:38:52	https://strava.app.link/Wc3ks1VF8Fb
Lina	Mallon		7	00:51:16	https://strava.app.link/p44EoCEv8Fb
Astrid	Elander Fröberg		7	00:53:48	Finns på Strava att jag sprang på inne på löpbandet, kan inte bifoga bild.
Joakim	Jonasson		7	00:46:99074	
Jennie	Kallhed		7	40:44:40	❤️
Catarina	Helamb		7	51	
Fanny	Lampert		7	39:47:29	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Fanny	Lampert		7	39:47:29	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Jenny	Sigurdsson		7	00:51:30	Manuellt löpband
Lina	Mallon		7	00:51:16	https://strava.app.link/p44EoCEv8Fb
Janna	Wennerholm Borell		7	0:56.44	Jag vet inte hur jag skickar bild på klockan, men jag har en 😊
Karolina	Viktorsson		7	00:40:00	Löp på löpband
Olof	Krantz	Corpo Ridigo	7	00:38:21	https://www.strava.com/activities/10502895742
Sandra	Lund °	Runacademy IF	7	45	https://strava.app.link/WZne94zq8Fb
Kajsa	Mohammar	Hippos RC	6:98	43:01:00	https://strava.app.link/AV4pXtk58Fb
Bjöm	Petersson	Dark Trail Runners	6:95	00:43:52	https://strava.app.link/2nXFkobR8Fb
Joakim	Bengtsson		6:95	00:52:15	
Anders	Widmark	Heja Sport	6:94	00:43:26	https://maps.suunto.com/move/anderswidmark/65996c23129a755c7a5112c
Charlotta	T Svedlund		6:87	00:44:06	
Peter	Nygren		6:85	00:47:10	https://strava.app.link/SliBNzOY8Fb
Mattias	Esbjörnsson		6:85	00:41:04	https://strava.app.link/7mBOBHDe9Fb
Pernille	Lundahl Scharff	Runacademy IF	6:84	51:30:00	
Annika	Unger	IK Nocout	6:8	00:57:10	
Jari	Orava		6:8	00:43:47	
Mikael	Gottberg	IF Kville	6:8	00:47:49	https://strava.app.link/G4df4Z808Fb
Charlie	Nilsson	Hässleholms Freeflow	6:8	00:43:26	
Aura	Alarcon	Knivsta CK Triathlon	6:77	00:46:03	
Mia	Eklöv		6:77	00:55:35	https://strava.app.link/PrEIdAE8Fb
Maria	Granath	Berber IS	6:76	00:38:28	https://strava.app.link/NPzGkLh8Fb
Viktorja	Lindell	A3 Träningscenter	6:76	01:31:40	
Daniel	Artfors		6:75	53:43:00	https://connect.garmin.com/modern/activity/13383473634?share_unique_id=4
Catrin	Jansson		6:75	00:43:59	
Roger	Hansson	Nynäs IK	6:71	00:42:34	
Daniel	Forsmark		6:706	00:42:31	https://strava.app.link/zPEHTQRU8Fb
Carl	Miemois	Knivsta Triathlon	6:7	00:40:00	
Maléne	Frisk Claesson		6:68	00:51:25	https://strava.app.link/WT4RSLU8Fb
Julian	stålbrandt		6:67	01:09:03	
Sofia	Eriksson	Strängnäs Löparklubb	6:64	44:33:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Frida	Bjerminge		6:62	00:36:42	https://strava.app.link/Hn799au8Fb
Maria	Ehrensvarld		6:61	50:34:00	Kolla in min terränglöpning aktivitet på Garmin Connect. #beatyesterday
Annika	Emander	Stigmännan	6:6	55:10:00	
Anna	Hall		6:6	46:09:00	https://strava.app.link/7Z8lciS8Fb
Ulrika	Westman		6:6	00:47:17	
Patrik	Bjerminge		6:6	00:36:26	https://strava.app.link/oZAEcXqu8Fb
Elin	Kindlundh	Alfta-Ösa OK	6:59	00:43:42	
Katarina	Widell		6:58	00:59:18	
Marianne	Söderlund		6:56	00:36:20	
Maria	Svantesson	OK Skogsvargarna	6:55	01:36:27	
Karolina	Andersson	Dalaporrens OL	6:55	01:12:29	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Karolina	Andersson	Dalaporrens OL	6:55	01:12:29	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Angelica	Ahlén		6:52	00:47:46	
Petri	Rydhammar	Mikkeller running club finspång	6:5	37:41:03	https://strava.app.link/F9qNTEZO8Fb
Gunilla	Kidmark	Trailrunning Sweden	6:5	00:55:04	
Jennie	Sjöström		6:5	00:41:06	
Louise	Karlsson		6:5	00:58:00	
Malin	Engström		6:5	00:53:30	
Susanne	Kvick	Bälsta IK	6:5	1h	
Signe	Nilsson	Sk Stimmet	6:5	01:10:00	
Annica	Nordfeldt	Team Nordic Trail	6:5	00:53:29	https://strava.app.link/Gbo1btVz8Fb
Hannes	Fagerman		6:5	00:54:56	
Hannes	Fagerman		6:5	00:54:56	
Ulrica	Bergkvist		6:5	47:10:00	
Cecilia	Hjalmarsson		6:5	00:51:07	https://strava.app.link/Gz4C0av8Fb
Therese	Molander	IK Granit	6:46	00:42:32	https://strava.app.link/ihuh1Nt8Fb
Jimmy	Siltamäki	Sundsvall Runners	6:46	00:36:40	https://strava.app.link/jwkHqFNj9Fb
Hans	Broomé	HLK-92	6:46	00:33:08	https://strava.app.link/WstwG9Gu8Fb
Sara	Lord		6:45	00:48:12	
Pär	Jonsson		6:45	00:45:00	
Henrik	Karlsson	IK Granit	6:43	00:42:39	https://strava.app.link/NEOLowtb9Fb
Aleksandra	Jensen		6:42	43:18:06	
Otto	Norin	Vikarbyn IK	6:4	00:55:58	https://strava.app.link/Ch1ryfMT8Fb
Joakim	Rundkvist	Lidköpings vsk	6:4	01:14	https://strava.app.link/KLn323N8Fb
Edgars	Sirna		6:4	00:48:00	Check out my running activity on Garmin Connect. #beatyesterday
Frida	Winbom		6:39	00:46:59	https://www.strava.com/activities/10505593665/shareable_images/image?token=eyJhbGciOiJIUzI1NiIsInR5cGU6IjwiZW50aW50IiwiaWF0Ijoi
Mathias	Ahlqvist	Mikkeller running club Finspång	6:38	00:33:46	Strava
Wanja	Strid		6:36	01:28:19	Kolla in min gång aktivitet på Garmin Connect. #beatyesterday
Eva	Bäck		6:35	00:38:36	
Fanny	Rydh		6:34	01:06:43	
Janette	Persson	Falkenberg Allstars/Team Bergspring	6:33	00:31:18	https://strava.app.link/5vYwNjTv8Fb
Sofia	Persson Björk	Stockholms Klätterklubb	6:33	00:45:51	https://strava.app.link/uGm8551N8Fb
Peter	Eide-Jensen	Hammarby friidrott	6:31	00:36:49	https://strava.app.link/SejSTN6s8Fb
Fredrik	Akerstranf		6:3	00:43:02	https://strava.app.link/W4z1P1Uw8Fb
Magnus	Blomquist		6:3	00:46:44	https://connect.garmin.com/modern/activity/13385365549?share_unique_id=3
Christian	Greven		6:28	00:53:32	Check out my trail running activity on Garmin Connect. #beatyesterday https://connect.garmin.com/modern/activity/13385365549?share_unique_id=3
mathilde	jansson	Vagnhallen CrossFit	6:28	42:35:00	https://strava.app.link/oAuL4oRi8Fb
mathilde	jansson	Vagnhallen CrossFit	6:28	42:35:00	https://strava.app.link/oAuL4oRi8Fb
Lukas	Borgemo	IFK Umeå	6:28	00:32:30	https://strava.app.link/ISxzYLU8Fb
Thomas	Johansson		6:25	45:52:00	
Kaj	Karegren		6:25	00:46:46	https://strava.app.link/poGFgsj18Fb
Johan	Rundgren		6:24	00:35:48	https://strava.app.link/ZSNjxhw48Fb
Lars	Gustafsson		6:21	00:35:52	https://strava.app.link/QKTYOC1z8Fb
Johanna	Hedin	Söderåsens FK	6:2	00:44:23	
Annica	Karegren		6:2	00:36	
Carin	Frånberg		6:2	00:58:35	
Carin	Frånberg		6:2	00:58:35	
Carin	Frånberg		6:2	00:58:35	
Carin	Frånberg		6:2	00:58:35	
Sara	Persson		6:2	00:43:10	
Maria	Nilsson	Vegan Runners ik	6:2	00:43:08	
Ann-Sofie	Johansson		6:2	01:04:00	
Felix	Sigurdsson		6:2	00:51:30	Manuellt löpband

Magnus	Kjellin	Wulf	6,19	00:40:11	
Malin	Öberg		6,18	00:46:44	https://strava.app.link/PLWWW0B8Fb
Johan	Olofsson	Runacademy	6,18	00:45:26	https://strava.app.link/qY2DMvu8Fb
Sandra	Mether		6,17	42,14	https://strava.app.link/iZnVwsbD8Fb
Susanne	Edwardsdson		6,16	00:48:06	
Saga	Litzén		6,13	00:50:27	https://www.instagram.com/p/C1xp-vYopMI/?igsh=bzN1c2d2d2ZpYjBq
Lena	Lorentzon		6,12	00:40:06	https://strava.app.link/n9AqRu5U8Fb
Martin	Ripskog	Mikkeller Runningclub Finspång	6,12	00:33:16	
Martin	Ripskog	Mikkeller Runningclub Finspång	6,12	00:33:16	
Johan	Söderqvist		6,11	00:33:37	https://strava.app.link/k8PaLKov8Fb
Ylva	Falheim	Sweden runners - Lund	6,11	00:38:42	
Hiide	Jordan		6,1	39:31.00	
Leif	Andersson	Borlänge LK	6,1	35:00.00	https://strava.app.link/AxO7JQCM8Fb
Jörgen	Lindh	Främmostad IK	6,1	53:23.00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Christer	Rudin	Kivvh	6,1	00:33:52	
Torbjörn	Westman	Oskarshamn RC	6,1	00:37:53	https://strava.app.link/cpRUVQ2z8Fb
Susanne	Wall	Runacademy IF	6,09	34:44.00	
Anna	Westerlind		6,06	00:55:01	
Johan	Sundgren	CRC	6,05	00:31:12	https://connect.garmin.com/modern/activity/13382260929?share_unique_id=3
Anja	Zimmermann	Grönahögs IK	6,04	00:25:52	
Cecilia	Haglund		6,03	00:42:42	https://strava.app.link/cAbb43FV8Fb
Therese	Olofsson	Docksta	6,02	00:38:23	https://connect.garmin.com/modern/activity/13382426974?share_unique_id=3
Sofia	Holm		6,02	00:36:53	https://strava.app.link/4LJfMqS8Fb
Rebecca	Averdal		6,02	00:37:03	https://strava.app.link/FYqeWXQy8Fb
Camilla	Bohman		6,01	00:41:03	https://strava.app.link/qjlnr4l8Fb
Anna	Hellström		6,01	00:30:04	
Frida	Mittjas		6	00:38:33	6km
Lars	Svensson	IKHP Huskvarna	6	00:45:00	
Torkild	Lidén		6	29:36.00	https://strava.app.link/1MJGT2Wl8Fb
Mathilda	Blumenthal		6	50:18.00	https://maps.suunto.com/move/mathildablumenthal/659938f385e25a7f35c7fb5
Håkan	Andersson	KFUM Örebro Fridrott	6	00:29:20	
Marianne	Ullerud		6	36,12	
Elma	Durakovic	TTGU	6	54:35.00	https://strava.app.link/HBmaR20z8Fb
Anna-Karin	Larsson	Örebro aik	6	00:35:28	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Annika	Lantto	Pello IF	6	31:55.00	https://strava.app.link/dx6AGq1l8Fb
Linda	Persson		6	00:45:01	
Linda	Kärreby	Västerås	6	00:45:00	
Ann-Kristin	Lindquist	Söderhamns OK	6	00:35:23	
Maria	Skarve	Norra Stockholm Endurance	6	00:36:43	https://strava.app.link/mS3foyeB8Fb
Elin	Ahlin		6	00:51:00	https://strava.app.link/GLxj1q2w8Fb
Emilia	Andrae		6	00:41:30	https://strava.app.link/KT7uCKFu8Fb
Teres	Moeschlin	Högentråningen	6	30 min	
anders	krok	Team Bergspring	6	36,20	
Lina	Lindström		6	35	
Mikael	Take	OK Tyr	6	00:33:10	
Pontus	Lejderud		6	00:31:23	
Carl-Philip	Wahlberg	Västerås LK	6	00:30:32	https://strava.app.link/eLxD0mk9Fb
Per	Andersson		6	00:35:24	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Sofia	Wackling	Bergspring Sportsclub	6	00:38:24	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday https://connect.garmin.com/modern/activity/13390101639
Kajsa-Stina	Bekken	Stig Gbg	6	00:37:09	
Josefine	Svensson	IFK Göteborg orientering	6	00:43:25	
Emma	Blomqvist		6	39:08.00	
Magnus	Franzen Westerberg		6	00:43:22	
Andreas	Braneby		6	00:33:24	https://strava.app.link/ZYyXwF238Fb
Sandra	Verngren		6	33:44.21	
Eva	Marlínsson	Runacademy IF	6	37:35.00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Maria	Engqvist		6	00:42:26	https://maps.suunto.com/move/mariaengqvist/659988e23f65284fc647563b
Ellen	Sepp	Borås Löparklubb	6	00:32:22	https://strava.app.link/Ql5qYaL8Fb
Lena	Tuerflinck		6	00:42:16	https://connect.garmin.com/modern/activity/13388097878/share!/?lang=nl&t=170456018
Annette	Haglund		6	00:44:26	https://strava.app.link/ZkWzuhyW8Fb
Madelene	Holmblad		6	00:31:13	
Johan	Jarling		6	00:50:11	
Maja	Falk		6	00:33:54	
Jessica	Franzén	Runacademy	6	00:43:57	
Werps-van Ruiten	Marijke		6	39:22.00	
Louise	Hjalmarsson		6	00:40:40	
Jennifer	Östby	Vikersvik	6	00:34:26	https://connect.garmin.com/modern/activity/13386646084?share_unique_id=2
Marie	Kasselskog		6	00:38:59	
Cecilia	Lindkvist		6	59:53.00	
Anne-Gwendolin	Geismar		6	00:30:21	https://strava.app.link/mnl1UMJO8Fb
Anne-Gwendolin	Geismar		6	00:30:21	https://strava.app.link/mnl1UMJO8Fb
Michael	Meyer		6	00:45:30	
Marit	Larsson		6	00:30:00	
Ann-Charlotte	Johansson	Lidköpings IS	6	54:28.00	https://connect.garmin.com/modern/activity/13384229089?share_unique_id=2
Outi	Lahtinen		6	36:27.10	
Isabelle	Lundqvist		6	00:55:37	https://strava.app.link/uN3i0hL8Fb
Petra	Sollén		6	00:31:40	
Ida	Andersson		6	00:31:17	Sprang på gymmet!
Elsa	Karlsson	Örebro AIK	6	00:34:12	https://flow.polar.com/shared/7e81335a9872d9bfd79788bb66d2e4be
Patrik	Hillerström	Gudö Sk	6	29:34.00	
Patrik	Hillerström	Gudö Sk	6	29:34.00	
Anna	Hinton	Sweden Runners	6	36:12.00	
Karin	Sundberg		6	00:36:47	
Christer	Blomster	OK Skogsvargarna	6	00:58:45	
Hedvig	Westman		6	00:38:21	
Susanne	Pulls		6	00:35:00	
Susanne	Pulls		6	00:35:00	
Per	Grödevik		6	00:48:10	
Per	Grödevik		6	00:48:10	
Anna	Johansson	STIG STHLM	6	01:00.00	
Tobias	Fredriksson		6	00:33:43	https://strava.app.link/J1VqJUx8Fb
Monica	Alvén		6	00:45:52	https://www.strava.com/activities/10503304543
Marianne	Ahlgren	Another View Idrottssektionen	6	00:43:07	
Christopher	Linden		6	00:40:37	https://strava.app.link/idqYvku8Fb
Christopher	Linden		6	00:40:37	https://strava.app.link/idqYvku8Fb
Elin	Lingvall	Team Linggille	6	00:38:08	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Sofie	Bjurhammar		6	00:33:23	
Sofie	Bjurhammar		6	00:33:23	
Malin	Gille	Power Woman Athletic Club/Team LingGille	6	00:36:01	https://strava.app.link/10X2lTdt8Fb
Erik	Orbring Svensson		6	00:31:50	https://strava.app.link/biHhrQvs8Fb
Christina	Lundin		6	00:39:00	
Jessica	Björck		5,96	01:12.00	
Gottfrid	Wendin		5,91	00:33:09	https://strava.app.link/8GxUP8PJ8Fb
Ebba	Berggren		5,91	00:33:09	https://strava.app.link/8GxUP8PJ8Fb
Anna	Wärmländer	Trailrun4fun	5,91	00:42:39	https://strava.app.link/VKHuYOX8Fb
Cecilia	Blom	Norrdals löppgrupp	5,89	45:08.10	
Mattias	Persson	Slig STHLM	5,89	50:12.00	https://strava.app.link/CJZTXdXv8Fb
Annelie	Jönsson		5,88	01:06.36	https://connect.garmin.com/modern/activity/13383286736
Annelie	Jönsson		5,88	01:06.36	https://connect.garmin.com/modern/activity/13383286736
Camilla	Ekström		5,87	00:40:01	https://strava.app.link/eyF1rka9Fb
Ellen	Adriansson	Vfnt	5,86	00:36:02	
Ellen	Adriansson	Vfnt	5,86	00:36:02	
Timmy	Adriansson	Vfnt	5,86	00:36:02	
Malin	Fransson	STIG STHLM	5,85	55 min	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Hanna	Åstrand	STIG STHLM	5,8	55 min	https://strava.app.link/qRHB6Hu8Fb
Carina	Cametom		5,8	36 min	
Alice	Tollbring		5,78	00:33:40	https://strava.app.link/Idl08GIY8Fb
Joel	Bergudden		5,78	34:44.00	https://api.sports-tracker.com/apiserver/v1/workouts/export/AFWYNejJCruhQdGjSdSPfQm
Fredrik	Johansson	Linköping OK	5,76	34:44.00	https://strava.app.link/fNG38V98Fb

Åsa	Törngren		5,76	00:39:15	
Erika	Millestad	Sol Tranås	5,75	00:40:30	https://strava.app.link/sOrMx1P8Fb
Mårta	Björk		5,7	39:37:00	
Annika	Repo Wallman	OK Skogsvargarna	5,7	01:07:30	https://strava.app.link/tSgukmJ8Fb
Thomas	Asplund	OK Skogsvargarna	5,7	01:14:39	
Malin	Ohman	IK NocOut	5,69	00:29:17	<iframe src="https://connect.garmin.com/modern/activity/embed/13386618455" title="Låtsa:
Stina	Eriksson	IK Akele	5,68	00:34:36	https://strava.app.link/A1fla08Fb
Thomas	Abrahamsson		5,66	00:24:48	https://strava.app.link/hCymQLXK8Fb
Maria	Liabäck	Let's run	5,66	00:36:28	https://strava.app.link/njKAs81w8Fb
Emma Maria	Kånåhols		5,64	01:07:28	
Emma Maria	Kånåhols		5,64	01:07:28	
Enka	Billing		5,64	1:00:06	
Christofer	Pettersson		5,63	00:55:05	
Linda	Verhagen		5,61	55:10:00	
Herman	Ramstedt		5,6	00:34:00	
Jenny	Ramstedt		5,6	00:34:00	
Lena	Hafju		5,6	00:40:36	
Anja	Ljungberg	Sjönevad bastu- och friluftsförening	5,6	35:44:00	https://strava.app.link/GYFDpBN8Fb
Ingemar	Ahlberg	OK Skogsvargarna	5,6	48:42	<div class="strava-embed-placeholder" data-embed-type="activity" data-embed-id="1050:
Fredrik	Dahlqvist		5,59	00:33:58	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Fredrik	Ekström		5,58	00:40:05	https://strava.app.link/kgwcCaza9Fb
L-Å	Heidengård	En Av Tre Running Club	5,57	00:39:57	Bild finns på Instagram @en_av_tre_runningclub
Jessica	Dahlqvist		5,57	00:33:42	https://connect.garmin.com/modern/activity/13381784351
William	Ramstedt		5,56	00:28:29	
Jimmy	Ramstedt	NBP	5,56	00:28:3	
Ingela	Wulf		5,56	01:15:48	Pga en isfläck och stukad fot blev det lugn gång. https://connect.garmin.com/modern/activi
Caroline	Jeppsson		5,55	00:32:32	
Niklas	Jansson		5,55	34:06:00	
Jessica	Nygren		5,54	00:30:00	
Åsa	Lidman		5,54	00:38:00	https://strava.app.link/YLbnyZ3i8Fb
Emelie	Bjurka	Bolmsö	5,5	00:32:08	https://connect.garmin.com/modern/activity/13385331839?share_unique_id=2
Maria	Låbom		5,5	00:31:03	
Johanna	Kron		5,5	41:43:00	https://connect.garmin.com/modern/activity/13384543132
Lukasz	Szychliński		5,5	00:35:40	
Patrik	Bjurka	Bolmsö	5,5	00:32:08	https://connect.garmin.com/modern/activity/13385331839?share_unique_id=2
Rene	Ballnus		5,5	35:00:00	
P-O	Rasmussen		5,5	00:40:34	https://connect.garmin.com/modern/activity/13384308883?share_unique_id=2
Olivia	Jadefrid		5,5	01:15:00	
Erica	From		5,5	00:53:35	
Caroline	Andersson		5,5	00:36:05	https://strava.app.link/rfatDVt8Fb
Annica	Ekestubbe		5,5	37:26:00	
Kajsa	Warg		5,49	41:57:00	https://connect.garmin.com/modern/activity/13384326344?share_unique_id=5
Maria	Norlander		5,48	1:00	
Malin	Leanderson		5,48	07:40	https://strava.app.link/tGUefQBP8Fb
Jimmy	Johansson	MRC Finspång	5,48	00:33:27	https://www.instagram.com/p/C1w1PBconil/?igsh=MWM4eGEXY29iOWZnbQ==
Andreas	Kron	Hunneberg sport och motion	5,47	40:33:00	
Malin	Nygren		5,46	01:00:24	
Rasmus	Borgudd		5,46	00:33:06	https://strava.app.link/6daleAQ8Fb
Karin	Knauer	Hälte IF	5,44	00:30:43	https://strava.app.link/aslmmB2v8Fb
Anna	Akesson		5,44	00:37:07	https://www.strava.com/activities/10503510168
Linnéa	Nylander		5,43	01:08:00	https://strava.app.link/M9dM1TVy8Fb
Linnéa	Gustafsson	OK Hällén	5,42	00:32:42	
Lise-Lotte	Strandberg		5,42	00:38:55	https://strava.app.link/DbsOuWuE8Fb
Agnes	Niemi		5,42	00:32:21	
Erika	Forsman		5,41	00:37:05	
Helena	Mas	-	5,4	00:37:00	-
Eva	Mann	Friskis Vänersborg	5,4	00:30:25	
Lasse	Julemar	Borås Löparklubb	5,4	00:39:06	https://connect.garmin.com/modern/activity/13386687887
Hans	Brolin	Runacademy IF	5,4	00:37:31	https://www.strava.com/activities/10504114311
Sara	Johansson	Uppsala	5,4	01:00:29	https://strava.app.link/vPQPDvmx8Fb
Maja	Sylvin		5,39	00:41:05	https://www.google.com/maps/@?api=1&map_action=map&center=58.9136257171631%
Lisa	Mendoza Petrelius		5,38	00:39:57	https://strava.app.link/ovclUaO58Fb
Karin	Strid	Kristinehamn Multisport	5,37	00:42:57	https://connect.garmin.com/modern/activity/13381726035?share_unique_id=2
Helena	Gustavsson	Borås Löparklubb	5,36	00:32:02	
Jessica	Nilsson	Lindome outdoors	5,36	29:32:07	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Alva	Svårdhagen		5,35	00:36:56	
Evelinn	Sten	Örebro Aik	5,35	00:31:38	https://strava.app.link/GCdZjRnZ8Fb
Malin	Hellström		5,35	40:00:00	https://strava.app.link/ieA0LcmJ8Fb
Susanna	Synnergård		5,35	00:44:31	https://strava.app.link/amsuoXXw8Fb
Rebecka	Nylén	Degerfors OK	5,34	00:40:09	
Malin	Svensson		5,34	00:35:15	https://connect.garmin.com/modern/activity/13382678615
Markus	Kantarp		5,34	00:59:26	https://strava.app.link/Uw61IK4D8Fb
Monique	Stalås Hörnsten	Trailrunning Sweden	5,33	00:40:44	Österåker Löpning Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Erik	Herne	OK Ravinen	5,32	00:28:55	https://strava.app.link/58plyh8Fb
Malin	Lukema Ljungberg		5,3	00:54:19	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Pehr	Ahlberg		5,3	00:44:43	
Stina	Hultberg		5,3	00:29:06	
Michael	Stenberg		5,3	00:30:38	https://strava.app.link/b9bhpbSy8Fb
Michael	Stenberg		5,3	00:30:38	https://strava.app.link/b9bhpbSy8Fb
Johanna	Bergman Lodin	Lindbacken Runners	5,3	01:12:45	https://strava.app.link/brKRXklx8Fb
Emma	Kantarp		5,3	00:59:26	https://strava.app.link/Uw61IK4D8Fb
Lisa	Svensson		5,29	00:31:16	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Markus	Spångberg	Roslagsbro IF	5,27	32:25:00	
Katarina	Karlsson		5,27	00:49:04	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Rebecca	Stewart		5,26	00:49:12	
Eva	Bohm	Ragunda IF	5,26	00:55:41	
Linda	Liw	Vallentuna FK	5,25	00:33:35	https://strava.app.link/E0TsL6748Fb
Mikael	Andersson		5,25	36:34:00	https://www.strava.com/activities/10503957319
Annika	Lundeborg		5,24	00:36:42	UL x L Öpning 5,24 km 00:36:41 10:00
Ida	Larsen	Team Språng Merrell	5,24	00:28:21	https://strava.app.link/4gtqEw8Fb
Stefan	Quarfoth		5,23	00:37:01	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Lasto	Hodik		5,23	27:47:12	https://connect.garmin.com/modern/activity/13381210768
Lasto	Hodik		5,23	27:47:12	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Cecilia	Sandén		5,22	00:37:57	
Elin	Kjellin		5,22	00:30:10	
Hanna	Bensch	Team BenSin	5,22	00:28:43	
Fredrik	Strandin	Team BenSin	5,22	00:28:43	https://www.strava.com/activities/10503197433
Annika	Walter		5,22	00:29:55	
Malin	Lyngsie		5,21	31:56	https://connect.garmin.com/modern/activity/13379824881
Emma	Axdorph		5,21	00:34:12	https://connect.garmin.com/modern/activity/13383544164
Maria	Jansson		5,2	00:36:34	
Casper	Hädell		5,2	00:32:22	
Ninnie	Gustafsson		5,2	00:30:06	
Ingela	Brodin		5,2	00:46:14	https://connect.garmin.com/modern/activity/13381782816
Siri	Jansson		5,2	00:32:22	
Charlotte	Lindberg		5,2	50:01:23	Pga krämpor och is som underlag promenerade vi 98% av sträckan men gav ändå ett bidr
Rickard	Eriksson	Deuter Adventure Team	5,2	00:30:05	https://strava.app.link/LvQ2RqgV8Fb
Sandra	Rönnbom Vonasek	Särökomaternas HK	5,2	00:30:05	https://strava.app.link/4uiqoql8Fb
Christina	Nyman Wänseth	Östersunds GIF	5,2	00:30:00	
Fanny	Karlsson		5,19	00:33:15	https://strava.app.link/1Bj0Uw58Fb
Veronica	Sjölander		5,17	34:29:04	
Ida	Söderlund		5,15	36:43:00	
Lupita	Svensson	Scania Road Runners	5,15	35:28:00	https://strava.app.link/HyhrfTN9Fb%0A
Katarina	Nordquist	Toklyckan	5,15	00:35:00	
Stina	Axelsson		5,14	00:31:54	Strava Stina Axelsson https://www.strava.com/athletes/83052178
Julia	Mervasto		5,14	00:30:19	https://www.sports-tracker.com/workout/julia330141/65996826c810bc52fbbfbfb0
Anders	Lindvall		5,14	28:13:00	
Emma	Hermansson		5,14	00:35:10	
Tony	Wennersten -Gradert	Wulf	5,14	00:33:05	

Ida	Bäck		5,14	33:06:00	
Maria	Wallström		5,13	32:00:00	
Kazue	Ålund	Runstreak Sverige	5,13	36:36:00	https://strava.app.link/aiSjKtX8Fb
Carl	Laurell	RunStrong HC	5,12	01:12:19	https://connect.garmin.com/modern/activity/13387986301?share_unique_id=14
Susan	Hellgren		5,11	34:04:00	
Åsa	Lundberg		5,11	00:46:00	https://photos.app.goo.gl/8XnMrFtqGVU3iB156
Joakim	Berlin	Sundsvall Runners	5,11	00:29:28	https://strava.app.link/P3bu9DzD8Fb
Joakim	Berlin	Sundsvall Runners	5,11	00:29:28	https://strava.app.link/P3bu9DzD8Fb
Martin	Abrahamsson		5,11	00:28:52	https://strava.app.link/6y6DNDGk8Fb
Beorn	Vennergrund		5,1	00:32:16	
Magnus	Lingåker		5,1	35:18	
Kristina	Hedberg	Runacademy IF	5,1	00:35:15	https://www.strava.com/activities/10503550544
Alve	Wermert	Bara Friidrottsklubb	5,1	00:29:20	
Linda	Wermert	Bara Friidrottsklubb	5,1	00:29:20	
Isak	Arvidsson		5,1	00:28:06	
Johanna Louise	Berg		5,1	00:28:06	
Frida	Friström	Run strong HC	5,1	01:06:24	https://strava.app.link/EGGa8iZ29Fb
Malin	Hällström		5,09	00:30:41	https://connect.garmin.com/modern/activity/13381637157?share_unique_id=6
Cecilia	Dahlgren		5,08	00:31:30	https://connect.garmin.com/modern/activity/13386275278?share/1?lang=sv&t=170456367
Klara	Johansson	Jukkasjärvi IF	5,07	00:35:25	
Johanna	Nordh	Runacademy	5,05	00:32:17	
Maria	Larsson	Hällefors LK	5,05	00:41:02	https://maps.suunto.com/move/marialarsson330/6599302b844c07288c5c8a2c
Helena	Wessman	Billingsfors LK	5,05	00:30:42	https://strava.app.link/SnovyTdw8Fb
Jessica	Häggqvist	Härnösands draghundsklubb	5,03	26:54:00	https://maps.suunto.com/move/jessicahaggqvist65990eadfd33cc279ecd4f54
Therese	Rydgren		5,03	00:32:39	https://strava.app.link/kKb17L8G8Fb
Hanna	Fridhamre	IFK Nora	5,03	32:50:00	https://strava.app.link/Mi3P7d8C8Fb
Karin	Rejnö		5,03	00:25:47	https://connect.garmin.com/modern/activity/13381322035?share_unique_id=2
Madeleine	Andersson		5,02	01:10:43	https://strava.app.link/qPOT7QpE8Fb
Rebecka	Galle	Ridklubben i Grästorp	5,01	36:51.2	https://linksharing.samsungcloud.com/to3JlQKlrSZ
Anna	Rise		5,01	00:32:52	https://connect.garmin.com/modern/activity/13383060769?share_unique_id=39
Daniel	Åström		5,01	00:34:13	https://connect.garmin.com/modern/activity/13381179981
Petra	Wüllrich		5	Ca 00:50:00	
Sarah	Glendinning	Sweden Runners	5	00:42:20	
Therese	von Bergen		5	00:45:00	
Anders	Kanning		5	00:28:37	
Ann-Sofie	Kranse'n	Luleå	5	00:45:00	
Patricia	Ankarstrand		5	00:41:39	
Gabriella	Gradin		5	00:40:05	
P-A	Jacobsson	Falkenbergs OK	5	00:35:24	
Rickard	Enström		5	00:34:34	
Eva	Lindström	Västerås sok	5	36.02	Garmin
Johan	Pettersson		5	00:32:58	https://www.strava.com/activities/10503315093
Anna	Palmberg		5	60 min	
Mats	Thulin		5	00:24:12	
Cecilia	Bildt Sandgren		5	00:33:22	https://connect.garmin.com/modern/activity/13387367270
Cecilia	Bildt Sandgren		5	00:33:22	https://connect.garmin.com/modern/activity/13387367270
José	Kristofersson		5	45.02	https://connect.garmin.com/modern/activity/13387520712?share_unique_id=5
Johanna	Gruftan		5	00:32:52	https://strava.app.link/qQawFjJ38Fb
Cecilia	Bildt Sandgren		5	00:33:22	https://connect.garmin.com/modern/activity/13387367270
Cecilia	Bildt Sandgren		5	00:33:22	https://connect.garmin.com/modern/activity/13387367270
Malin	Celander		5	00:42:00	
Olivia	Adman		5	00:40:00	
Karolina	Andersson		5	00:31:54	
Ulrica	Nordqvist		5	00:27:57	
Ulrika	Brolinson		5	00:39:46	https://strava.app.link/kM6J71Fz8Fb
Sebastian	johnsson		5	00:21:31	https://share.icloud.com/photos/074NH5yBFU_Pfu1yEm6Lqikw
Lotta	Ottosson	Uppsala LK	5	00:26:28	https://strava.app.link/BGGkuG1y8Fb
Katarina	Aminder	IFK Sala	5	00:51:04	
Sirpa	Magnusson	OK Kullingshof	5	37:04:00	https://strava.app.link/57bqgw5t8Fb
Ludvig	Nordquist		5	00:29:23	
Johan	Axellie		5	00:28:33	https://strava.app.link/rkWXcPfyG8Fb
Sebastian	Larsson		5	00:42:57	https://strava.app.link/451zDzkaGb
Hanna	Björk	Gym@410	5	00:29:13	https://flow.polar.com/shared/7e813a42702d7b76b891480f137b3c3b
Eleonora	Dell'Orto	Sundbybergs IK Orientering	5	00:27:00	
Stina	Hansson		5	31:37:00	https://www.strava.com/activities/10504957539
Cecilia	Lindskog	Lindbacken Runners	5	00:26:17	https://strava.app.link/lwt2iGJn9Fb
Linda	Skogfält		5	00:32:15	
Lena	Lyrstrand	Bauer endures club	5	00:33:12	https://strava.app.link/5OMs0Q3i9Fb
Jennie	Larsson		5	00:32:13	
Agnes	Eriksson		5	00:36:38	
Thomas	Kustvik		5	00:38:17	
Anna	Aronsson		5	45:15:00	
Tommy	Berglind	Norra Stockholm Endurance	5	30:24:00	https://strava.app.link/YtiiDL78Fb
Louise	Dalman		5	00:34:31	https://strava.app.link/5UkbMKG78Fb
Mattias	Hummeljut		5	00:23:23	Gick inte på telefonen
Felicia	Nolåker	OkK Skogsvargarna	5	00:31:10	https://strava.app.link/FsPSExh78Fb
Mina	Anger		5	44.12	
Robin	Lundgren	Crossfit Landskrona	5	00:27:44	https://connect.garmin.com/modern/activity/13389407693?share_unique_id=17
Magnus	Rosenquist Hamvall	PoE	5	00:28:32	
Lena	Andersson		5	01:00:00	
Moa	Hägglund		5	00:35:00	
Sofia	Hagman		5	00:28:37	
Lisa	Nilsson	IFK Sala	5	00:32:23	https://strava.app.link/6SapBeQZ8Fb
Jens	Anderloft	Västerås SOK	5	00:31:00	
Lisa	Nilsson	IFK Sala	5	00:32:23	
Anna	Jönsson	OK Kontinent	5	00:29:09	https://strava.app.link/eYxgbjgX8Fb
Anna	Jönsson	OK Kontinent	5	00:29:09	https://strava.app.link/eYxgbjgX8Fb
Anna	Jönsson	OK Kontinent	5	00:29:09	https://strava.app.link/eYxgbjgX8Fb
Gustav	Knutsson		5	00:30:00	
Sofia	Johansson	Jukkasjärvi IF	5	00:35:43	
Martin	Johansson		5	00:36:44	https://strava.app.link/TS9wybW8Fb
Samantha	Saeger		5	00:31:24	https://strava.app.link/9tkKO1TV8Fb
Frida	Karlsson	Ifk Kiruna	5	00:35:00	
Carin	Jakobson	Tnt	5	00:45:00	
Cecilia	Allard	Runacademy IF	5	00:28:17	
Liselotte	Vigström	Wisby Ultraöparförening	5	00:40:00	
Erik	Gahne		5	28:16:00	https://strava.app.link/9VEjbjwT8Fb
Ingela	Gahne		5	28:16:00	https://strava.app.link/9VEjbjwT8Fb
Jonathan	Andersson		5	00:32:23	
Christian	Huld	MRC Finspång	5	27	
Li	Olsson	Albackens IF	5	00:32:44	https://connect.garmin.com/modern/activity/13386691676?share_unique_id=2
Anna	Lundgren		5	00:49:31	
Emilie	Orsen		5	00:32:12	
Sara	Lövemark		5	50:00:00	
Sara	Lövemark		5	50:00:00	
Daniel	Östrand	MRC Finspång	5	00:26:00	https://strava.app.link/IB40wwwP8Fb
Daniel	Östrand	MRC Finspång	5	00:26:00	https://strava.app.link/IB40wwwP8Fb
Daniel	Östrand	MRC Finspång	5	00:26:00	https://strava.app.link/IB40wwwP8Fb
Elin	Andersson	Friskis Nyk	5	00:26:00	
Julia	Forsberg		5	00:33:58	https://www.strava.com/activities/10502816596
Lisa	Möller Guled		5	00:28:41	
Leif	Lindqvist		5	00:25:38	https://connect.garmin.com/modern/activity/13384946552
Henrik	Jensen	Unleashing The Fury LK	5	00:27:23	https://strava.app.link/Hv1n7MvN8Fb
Marie	Söderman	Team nordic trail	5	01:08:28	
Mattias	Hummeljut		5	00:23:23	Gick inte på telefonen
Helena	Eriksson		5	00:36:34	https://flow.polar.com/shared/7e8133821d8d02b075d6363e5f4b7447
Helena	Jonsson	Halmstad Triathlon&Multisport	5	00:23:41	
Alexandra	Svanström		5	43	
Johan	Pettersson		5	00:26:28	

Lina	Eriksson		5	00:33:48	
Hanna, Elis och Ida	Fjordebring		5	30	
Gunnar	Forssell		5	31:53:00	
Cia	Grönborg		5	00:50:20	https://strava.app.link/iQvqbmk8Fb
Erika	Köhlin	IK Dran	5	00:34:32	
Oskar	Åstrand	Borås Löparklubb	5	00:18:50	
Katarina	Tuoremaa		5	00:33:20	
Erik	Rejñö		5	00:26:06	https://connect.garmin.com/modern/activity/13382866719?share_unique_id=6
Andreas	Nordqvist		5	00:25:00	
Karolina	Andersson		5	31:54:00	
Christina	Larsdotter		5	00:30:00	
Anna	Pojen		5	00:35:00	
Anna	Pojen		5	00:35:00	
Anna	Pojen		5	00:35:00	
Johanna	Bygdell	Öbacka LK/Craft run team	5	00:41:31	https://strava.app.link/rHns48KD8Fb
Eva	Jallow		5	00:31:00	
Sebastian	Bergman	Öbacka LK	5	00:41:31	
Viktoria	Hård	Springer Springer Spaniel	5	00:27:44	https://connect.garmin.com/modern/activity/13383109596
Jacob	Gumpert	Glädjeknuff	5	00:50:38	https://strava.app.link/BMk8BpdzC8Fb
Staffan	Gilliusson	Bondsjöhöjdens IK	5	33:03:12	Garmin Connect
Malin	Larsson		5	41:47:90	https://strava.app.link/qwztskAB8Fb
Amanda	Ost		5	00:24:17	https://strava.app.link/Pt5BS6uB8Fb
Jimmy	Norgren	Sweden Runners IF	5	00:50:14	
Harriet	Wennersten	The Real Gotland Slow Runners	5	00:37:16	
Anna	Hedlund Wallström	Runacademy Skellefteå	5	00:31:53	
Sol	Lannebjer		5	00:31:00	
Märta	Johansson		5	00:39:22	
Sebastian	Johansson		5	00:25:31	https://share.icloud.com/photos/077aXB9J9LIRqISS4R6vDg_g
Katarina	Anderberg	Mora	5	40	
Linda	Karlsson	Hovsjorden	5	00:33:03	Registrerat i Strava/applewatch
Åsa	Zazzi		5	00:39:53	https://maps.suunto.com/move/idabenari/659921bdc810bc52fbd3797
Frida	Jarding	Lillsveds IF	5	00:30:30	
Karl-Johan	Thuesson	Kilsmo IK	5	00:29:59	
Lina	Wennersten-Gradert	Wisby Ultraöparförening – Wulf	5	00:37:16	
Lina	Wennersten-Gradert	Wisby Ultraöparförening – Wulf	5	00:37:16	
Julia	Nilsen		5	00:29:42	
Nathalie	Hagberg		5	00:39:09	https://strava.app.link/umiSyuQu8Fb
Joakim	Jönsson	OK Kontinent	5	00:28:50	https://strava.app.link/yae98Cy8Fb
Veronica	Carlsson	Åstad runners	5	00:30:18	
Angelica	Cato	Let's run	5	00:30:03	Finns att skicka in om behov finns.
Elin	Sidhage	Södra Dalarnas Draghundklubb	5	00:35:43	
Angelica	Cato	Let's run	5	00:30:03	Finns att skicka in om behov finns.
Ida	Benari	WalkwithMe	5	00:34:48	https://maps.suunto.com/move/idabenari/659921bdc810bc52fbd3797
Caroline	Ahman	Isbjörnarnas undervattensrugby klubb	5	00:29:56	
Anba	Hägerstrand		5	00:33:49	https://connect.garmin.com/modern/activity/13380847584
Göran	Eklund	Skarpnåcks OL	5	37:34:00	https://strava.app.link/wBToropn8Fb
Martin	Streling		5	00:42:27	
Janne	Svärdhagen	Team Svärdhagen	4,99	00:26:43	https://strava.app.link/whoHNSKY8Fb
Sophie	Bender		4,97	00:30:08	
Linnéa	Westring		4,92	53:16:00	https://connect.garmin.com/modern/activity/13395664089
Ida	Grybäck	KSK Swimrun	4,92	31:15:00	https://strava.app.link/IsT80HUu8Fb
Emilia	Envik		4,9	00:33:31	
Anna	Nilsson		4,9	00:38:11	
Charlotte	Kinell		4,89	39:48:00	
Pernilla	Persson		4,89	29:56	
Nina	Heldring		4,87	00:32:17	
Johan	Schön	Täby	4,8	36:38:00	
Linda	Poutlainen		4,8	00:32:50	Eskilstuna springer för Emilia. Vi springer tillsammans mot psykisk ohälsa och för Suicide .
Gunilla	Schön	Täby	4,8	34:31:00	
Susanna	Thörn	Eskilstuna trailklubb	4,8	35:00:00	
Jenny	Berglund		4,79	00:29:50	https://strava.app.link/B8LTy2EJ8Fb
Ingela	Visuri	Enköping AI	4,75	0:31.11	
Christopher	Bodelsson	Trailrunning Sweden	4,71	00:24:02	
Mathias	Malmgren	Team Blekinge	4,7	01:15:24	
Lina	Karlsson		4,7	00:33:24	
Elsa	Rosén	Boiling Pandas	4,7	39:59:00	https://strava.app.link/17f6eG7N8Fb
Martina	Nyrén	Burseryds IF	4,7	00:32:17	
Malin	Lindskog	Sweden Runners	4,7	00:48:33	
Sofie	Lantto		4,7	00:35:07	
Sofia	Hasler	Surahammars SOK	4,69	00:59:47	
Catharina	Huss		4,67	01:21:37	Promenad med grannens hund istället för en löprunda
Sara	Seyffart	Sportklubben Lundia	4,65	01:12:0	Ni hittar mig på Strava och Garmin Connect.
Daniel	Eriksson		4,64	00:33:23	Lyckas inte bifoga någon bild
Harry	Quarfordt	Barn 7 år	4,64	00:40:34	https://connect.garmin.com/modern/activity/13385936289
Lisa	Malén		4,64	00:34:46	https://strava.app.link/TLTJ3yTF8Fb
Anton	Hallor	OK Renen	4,64	00:31:54	https://strava.app.link/NuT5YAkE8Fb
Daniel	af Ekenstam	Fnf	4,62	00:36:10	https://strava.app.link/td6EEJ6gaCb
Carina	Lindbäck		4,62	00:43:32	https://connect.garmin.com/modern/activity/13381229969?share_unique_id=19
Johan	Saarelainen		4,6	00:42:25	https://strava.app.link/ePU2LmP8Fb
Anne	Lidholm		4,6	29:58:00	https://strava.app.link/QiXawxWC8Fb
Sophie	Améen		4,56	01:06:00	
Evelina	Svensson Finndahl	IKHP Huskvarna	4,55	29:18:00	Hittade inte på strava hur man länkar och kunde inte lägga in en bild här.
Viktoria	Dahl	Life in a happy way	4,54	00:30:40	
Cecilia	Baggesen Fraser		4,5	00:30:00	
Anna	Engelbrektsson	Halmstad OK	4,5	00:33:41	
Martin	Hermvik	Genarp IF	4,5	00:30:27	https://strava.app.link/5ZpaXYen8Fb
Jessica	karlsson		4,5	00:24:15	
Cecilia	Jonkvist		4,5	00:27:39	
Camilla	Lundahl Skedevik		4,5	00:34:27	
Lena	Frismsson	Växjö löparklubb	4,45	36:44:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Susanne	Witberg	Rälla Rebel Runners	4,4	34:03:09	
Elisabeth	Lindberg		4,4	00:42:28	
Yvonne	Sandin	Dunö	4,4	00:27:10	
Anna-Lena	Karlsson		4,38	00:34:36	34,36 min
Johanna	Ramstedt		4,31	47:54:03	
Evelina	Gunillaström Påve	Jukkasjärvi if	4,3	00:22:10	
Matilda	Jung	IFK Lund	4,3	00:49:19	
Ebba	Eriksson	Umeå	4,3	00:21:11	
Ebba	Eriksson	Umeå	4,3	00:21:11	
Magnus	Thunberg		4,3	00:23:48	https://strava.app.link/aFP64PNG8Fb
Magnus	Thunberg		4,3	00:23:48	https://strava.app.link/aFP64PNG8Fb
Monika	Danielsson		4,3	00:33:22	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Mikael	Ugglå		4,29	00:28:55	Vet inte hur man gör, är väl för gammal.
Henrik	Berg	Granit IF	4,28	00:26:27	
Tindra	Fröberg		4,27	00:32:15	https://strava.app.link/k5Rkwp8I8Fb
Mats	Peterson		4,25	45:15:00	
Jörgen	Andersson		4,25	00:29:00	
Anna	Berg		4,23	00:32:42	
Michaela	Westerberg		4,23	00:32:37	
Steen	Chen Yang		4,22	00:27:08	https://strava.app.link/F09tbkN98Fb
Steen	Chen Yang		4,22	00:27:08	https://strava.app.link/F09tbkN98Fb
Ulrika	Eriksson		4,22	00:31:00	
Hilde	Ljung		4,2	25:29:00	
Andreas	Karlsson		4,2	24:58:00	https://strava.app.link/EVEtUuJu8Fb
Fanny	Arvendal	Runacademy IF	4,2	00:33:44	https://connect.garmin.com/modern/activity/embed/13389603166
Lena	Ingvarsson		4,2	00:26:30	
Jung	Cathrin	Sweden Runners	4,2	00:48:39	https://connect.garmin.com/modern/activity/13381431310?share_unique_id=4
Daniel	Säll	Dark Trail Runners	4,2	00:24:00	
Suzan	Karlsson	Dark Trail Runners	4,2	27:49:00	

Suzan	Karlsson	Dark Trail Runners	4,2	27:49:00	
Peder	Hallberg	Bergspring Sports Vlub	4,2	00:35:20	https://strava.app.link/s8eHLYv8Fb
Marita	Avrén		4,19	00:25:17	
Daniel	von Bergen		4,13	25:48:00	
Anna-Karin	Alm Hjort		4,1	01:01:07	
Elin	Berg	KFUM Örebro Orientering	4,1	00:27:09	https://strava.app.link/lnW8ZDkH8Fb
Eva	Carliden	Halmstad OK	4,05	00:27:11	
Daviz	Mörck		4,02	00:22:02	https://strava.app.link/B2MJIS828Fb
Veronica	Andersson		4,01	00:31:18	
Magnus	Bilock		4,01	00:26:43	https://strava.app.link/3AklXNKA8Fb
Pia	Karlsson		4	30 min	
Fia	Eriksson		4	00:29:48	https://strava.app.link/TxHKD4hQ8Fb
Joakim	Karlsson		4	00:24:29	
Maria	Connedal	HSJD	4	00:38:15	
Caroline	Johnson grönländ		4	30 min	
Caroline	Johnson grönländ		4	30 min	
Magnus	Lindskog		4	00:38:02	
Desirée	Kiskéri		4	00:22:27	https://strava.app.link/DkxyKuA9Fb
Fredrik	Kiskéri		4	00:21:26	https://www.strava.com/activities/10504629428
Anna	Fulke	Strängnäs löparklubb	4	24:59:00	https://strava.app.link/UuHM8ae9Fb
Susanne	Carlsson		4	00:28:32	
Susanne	Carlsson		4	00:28:32	
Caroline	Karlsson	Team M&C	4	00:31:38	
Sabine	Ferneborg		4	00:34:03	
Ida	Gabrielsson		4	32:10:00	
Klas	Alenljung		4	00:31:12	https://www.strava.com/activities/10506295523
Linnéa	Alenljung		4	00:31:12	https://www.strava.com/activities/10506295523
Sofia	Lycke		4	00:32:14	
Mia	Lachmann		4	00:39:00	
Johanna	Kildén Berg	Mörarp	4	00:24:00	
Theo och Matilda	Thörn		4	00:26:48	https://strava.app.link/OiwYIzK8Fb
Marcus	Ingvarsson	Ik Dran	4	00:26:15	
Liva	Stirna		4	00:36:25	
Lisa	Lidén		4	00:29:17	Check out my activity on Strava: https://strava.app.link/nBIVJwI8Fb
Monica	Bergström		4	00:27:14	
Monica	Bergström		4	00:27:14	
Teresia	Holmberg		4	00:30:25	
Therese	Gustafsson		4	00:28:14	
Anna	Ericson	Västerås	4	00:46:08	https://strava.app.link/7qHYQmLz8Fb
Erika	Bilock	-	4	00:35:35	https://share.icloud.com/photos/006H7vTo_-Tlb90HT4VgG-MXg
Daniel	Ericson	Västerås	4	00:46:51	https://strava.app.link/7qHYQmLz8Fb
Linda	Johansson		4	00:40:14	https://connect.garmin.com/modern/activity/13382409652?share_unique_id=7
Anna	Grödevik	VarjeSteg	4	00:30:00	
Åsa	Dahlström	HSJD	4	00:39:42	
Tanja	Grach		4	00:24:29	00:24:29
Tanja	Grach		4	00:24:29	00:24:29
Tanja	Grach		4	00:24:29	00:24:29
Tanja	Grach		4	00:24:29	00:24:29
Carina	Persson	HSJD	4	00:40:30	
Carina	Persson	HSJD	4	00:40:30	
Kristin	Persson		3,97	00:28:21	
Helena	Wilhelmsson	Östansjö SK	3,96	31:38	Träningsdetaljer Träningstid 00:31:38 Medeltempo 07:58"/km
Emmy	Gumpert		3,92	51:45	https://strava.app.link/NknYqHOC8Fb
Maria	Holmström		3,89	00:27:51	https://connect.garmin.com/modern/activity/13387309111?share_unique_id=5
Fredrik	Sunnermark	G35	3,89	00:23:58	https://strava.app.link/iI5YRIMQ8Fb
Annika	Collander	IFK Halmstad	3,82	00:30:35	https://strava.app.link/ik3y0bwX8Fb
Jan	Funcke	Kungälv SK	3,78	43:22:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Linda	Nilsson		3,72	25:48:09	https://connect.garmin.com/modern/activity/13380039753?share_unique_id=148
Martin	Eriksson	Mölnåls AIK	3,71	00:21:34	https://strava.app.link/qa2uPhJ8Fb
Gutzen	Till	Bålsta IK	3,69	15:10	Hur gör jag det här. Ni hittar mig på Strava Till Gutzen.
Ulrik	Karlsson	Enhörna IF	3,67	45:45	
Anna	Svensson		3,66	00:33:17	https://flow.polar.com/shared/7e8132855491216f2b868aa054826f3c
Pia	Kind	Team Nordic Trail	3,65	00:24	
Isak	Nilsson	Ski Team Göhlins Gnosjö	3,6	00:20:36	
Robert	Ehrin	Runacademy IF	3,6	00:21:10	https://strava.app.link/2ROXU7888Fb
Maria	Pohjonen		3,6	00:30:04	
Maria	Pohjonen		3,6	00:30:04	
Maria	Fröberg		3,6	00:33:33	https://strava.app.link/NQ1SuqfJ8Fb
Per	Gunnarsson		3,6	00:24:44	
Lisa	Holmström Gustafsson		3,57	22:55	https://strava.app.link/sdCPful08Fb
Clara	Eneqvist		3,56	01:37:12	
Birgitta	Isaksson	Västerås SOK	3,52	00:24:30	
Linda	Bergstrand		3,52	00:33:19	
Linda	Bergstrand		3,52	00:33:19	
Ulrika	Dyrenius Eklund		3,51	00:23:07	
Valborg	Forss		3,5	00:23:24	
Maria	Grange		3,5	48:32:00	https://strava.app.link/4rpS9VH19Fb
Mathilda	Karlsson		3,5	00:17:10	
Jenny	Unander	Team Jennie och Jenny	3,5	01:02:00	
Malin	Klittvall	#runforbrain	3,5	00:35:03	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Malin	Klittvall	#runforbrain	3,5	00:35:03	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Fredrik	Roos		3,5	33:18:00	https://strava.app.link/ik3y0bwX8Fb
Jennie	Olmerud	Team Jennie&Jenny	3,5	60 min	Norra Berget i Sundsvall
Jane	Ahrling		3,5	00:25:19	
Marina och Theo	Johansson		3,5	00:35:23	
Linn	Wiksell		3,5	00:40:52	https://connect.garmin.com/modern/activity/13384624461
Theresia	Höglund	Lonesome Runners	3,48	00:24:59	
Mauritza	Jadefrid		3,45	00:26:37	Kunde inte lägga upp min bild från Runkeeper!
Mauritza	Jadefrid		3,45	00:26:37	Kunde inte lägga upp min bild från Runkeeper!
Jennifer	Jangert		3,43	00:33:38	https://connect.garmin.com/modern/activity/13380429687
Anna	Sahlgren		3,42	24:39:12	
Annika	Kruuna	Skellefteå OK	3,36	00:40:25	https://strava.app.link/XHwN4WT8Fb
Josefine	Bové	Utbymango	3,33	01:37:13	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Stefan	Lodestad		3,29	00:22:42	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Malin	Olsson		3,21	00:17:39	
Anki	Waltgård		3,2	00:24:37	
Lisa	Nelson	Bergspring Sportsclub	3,2	23 min	https://strava.app.link/BuPYvR8s8Fb
bodil	rolén	Spradaflickorna Västerås	3,2	00:23:58	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Anna	Tufvesson		3,2	00:21:22	
Anna	Nyström		3,2	00:24:39	
Sofia	Mållberg		3,18	19:43	https://strava.app.link/0JP39Rbz8Fb
Erica	Calissendorff		3,18	00:20:14	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Isabelle	Staub		3,17	21:33	https://www.strava.com/activities/10505589145
Jimmy	Drufva		3,16	00:24:22	https://strava.app.link/GphbNWri9Fb
sofia	hidendahl		3,15	00:39:35	https://www.strava.com/dashboard?num_entries=20
Tomas	Stöt		3,15	00:17:46	https://strava.app.link/T7d3hRbx8Fb
Christoffer	Strömgård	Uddevalle Orienteringsklubb	3,15	00:23:55	https://strava.app.link/aJawDJTi9Fb
Claes	Jotorp		3,14	00:16:23	https://strava.app.link/EyHLh8Yi9Fb
Margareta	Marjeta	Gagnef IF	3,13	00:16:29	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Anna	Åhlund	Heja sport!	3,1	00:21:55	https://maps.suunto.com/move/annahlund440/65996800b0d6db0d66c8a847
Ingela	Weién		3,1	28:33	
Erika	Pettersson		3,1	00:30:04	
Jussi	Svensson		3,1	00:15:03	https://connect.garmin.com/modern/activity/13389759109?share_unique_id=3
Carolina	Karlsson		3,1	35:00:00	
Anna	Östblom		3,1	00:18:59	
Lisa	Dunbäck		3,1	20	
Thomas	Rydström	Gerillöparna Malmö	3,1	00:19:22	https://connect.garmin.com/modern/activity/13380904699
Simon	Jonsson		3,09	00:19:18	https://strava.app.link/FdeFYXmg9Fb
Therese	Jonsson		3,09	19:50:1	Hur tar jag bilden på klockan...och lägger till?

Sandra	Forsberg		3,05	00:24:20	https://strava.app.link/t3WWWKtqj9Fb
Henrik	Segersten	Enköpings AIF	3,05	00:32:30	https://strava.app.link/0nS391Dx8Fb
Maria	Hassel		3,01	00:19:27	
Sofia	Wedin	Ämotfors IF Skidor	3	00:21:23	https://connect.garmin.com/modern/activity/13383283517
Julia	Berg	KFUM Örebro Orientering	3	00:19:18	https://strava.app.link/EovVx3cg9Fb
Anja	Rauch	Team Snigel	3	00:35:00	
Jennie	Westerberg		3	0:29:01	https://strava.app.link/c2Op1q268Fb
Marie	Eng	Pannben JK	3	20 min	
Jaana	Magnusson		3	00:25:00	
Matilda	Sondell	Kiruna	3	00:16:30	
Sara	Svensson		3	00:21:25	https://www.strava.com/activities/10506514587
Åsa	Sund		3	00:30:00	
Vera	Andersson		3	00:22:40	https://strava.app.link/Qn74sMNV8Fb
Ida	Sandström	Running.by.sandatrpm	3	00:30:45	
Fredrik	Jagelorp		3	00:20:07	https://strava.app.link/gIAAOGBO8Fb
Robert	Frykstedt	Bålsta IK	3	00:17:13	https://share.icloud.com/photos/042vpzybb-S8l7xHJC4RJR3zw
Helga	Oslad		3	00:25:03	
Anders	Moldin		3	00:21:55	https://strava.app.link/HUaZLkL8Fb
Sofia	Vallström		3	00:20:00	
Martina	Lewitz		3	25.15	
Martina	Lewitz		3	25.15	
Veronica	Näslander		3	00:21:11	
Timmy	Nilegård	Heleneholms IF	3	00:14:18	https://strava.app.link/Y01wtJOB8Fb
Ronja	Mella		3	00:21:05	
Sigrid	Hallberg	Bredareds IF	3	00:29:57	https://strava.app.link/6zGC0KM8Fb
Nils	Hallberg	Bergspring sports club	3	00:20:00	https://www.instagram.com/p/C1wUb6qNjNq/?igsh=YzZhZTZNWl3Nw==
Linda	Hallberg	Bergspring sportsclub	3	00:29:57	https://strava.app.link/6zGC0KM8Fb
Tommy	Ax		3	00:16:53	https://strava.app.link/3MMWLDys8Fb
Eva	Lindberg		3	00:20:12	
Guerra	ADRIANA		2,91	00:30:33	
Pernilla	Blom		2,9	22:47	
Agneta	Gustafsson		2,88	00:33:10	
Ebba	Gustafsson		2,88	00:33:10	
David	Andersson	TRS	2,8	00:32:26	
Sara	Winsa	Falkenbergs RR	2,79	44,16	
Marianne	Nöjd	Team Snigel	2,74	00:27:15	
Erica	Imeson	Särna SK	2,74	01:19:45	https://connect.garmin.com/modern/activity/13384826051?share_unique_id=3
Christian	Sandberg	Kvambyns Löparsällskap	2,7	00:28:31	https://www.strava.com/activities/10504465751
Jessica	Holländare		2,66	00:43:00	
Adrian	Fager		2,62	00:20:48	https://strava.app.link/ILPXbwu8Fb
Marie	Omberg		2,62	00:22:31	
Jeanette	Persson	Boden Draghund IF	2,59	19:29:00	
Maria	Cutova		2,5	00:25:25	
Hanna	Stöt	Sweden Runners	2,5	00:17:20	
Lena	Nilsson	Polisen Idre	2,5	00:25:00	PW pga. kyla, ålder och en påbörjad förkyllning
David	Andersson	TRS	2,5	00:32:00	
Maria	Vadi	Team Fika running club	2,44	00:39:44	
Maria	Vadi	Team Fika running club	2,44	00:39:44	
Ulrica	Sigvardson		2,42	00:21:35	https://strava.app.link/HzxSV4ay8Fb
Sofia	Gällerdal		2,39	00:20:00	https://connect.garmin.com/modern/activity/13381009223
Sofia	Gällerdal		2,39	00:20:00	https://connect.garmin.com/modern/activity/13381009223
Cecilia	Birath		2,37	00:15:57	
Kristina	Lund	Sweden Runners	2,37	00:14:03	
Niklas	Löfstrand	IFK sala	2,35	13,44	
Eva	Segerstedt		2,29	00:14:31	
Marie	Wigg	Runacademy	2,28	00:18:57	
Anna-Karin	Rytter		2,26	16:30	
Johan	Sundqvist		2,26	00:12:06	https://www.strava.com/activities/10503207359
Mony	Härnesund Bodin	Borås löparklubb	2,24	00:15:03	https://strava.app.link/ga4Tscap8Fb
Ann-Sofie	Anderloft	Västerås SOK	2,22	32:00:00	
Malin	Jidéus	Let's run	2,16	13:32	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Linda	Findell		2,13	00:29:57	
Karin	Persson	Team RoT	2,1	00:14:00	
Nathalie	Harlin		2,09	00:15:29	https://strava.app.link/bVPDQjil8Fb
Göran	Johanson	Bålsta IK	2,08	06:42	Kolla in min löpband aktivitet på Garmin Connect. #beatyesterday
Göran	Johanson	Bålsta IK	2,08	06:42	Kolla in min löpband aktivitet på Garmin Connect. #beatyesterday
Pernilla	Johansson		2,06	00:15:02	
Elin	Löfstrand		2,05	15,03	
Veronica	Allström		2,01	00:13:11	
Anton	Johansson	Billingen x-trail	2	01:00:00	
Anton	Johansson	Billingen x-trail	2	01:00:00	
Mikaela	Leetma		2	00:15:00	
Sara	Torp		2	00:25:45	
Ola	Bäckström	Run cool	2	0:12:00	
Anita	Larsson	Ready to fly	2	00:18:50	https://connect.garmin.com/modern/activity/13388195911?share_unique_id=17
Zach	Bryant		2	00:15:03	
Hanna	Gund	Djungelvrål	2	00:12:05	Kuriosa; det var -29
Magdalena	Aspengren		2	00:36:03	
Ida	Sandström		2	00:15:12	
Gustav	Nilsson		2	00:18:23	
Jessica	Mattsson		2	00:14:50	https://drive.google.com/file/d/1LAoMPme0pPQ32TUuAi-Tz8gXtcCRalZ/view?usp=sharin
Anneli	Okerman		2	00:15:28	Hur bifogar jag bild ?
Hanna	Hedenström	Sandviken	2	00:13:43	https://flow.polar.com/shared/7e8133c3d3aebf96ab136d9e5b507f
My	Svensson	Billingen X-trail sportsclub	2	01:10:00	
David	Elebring	Jernbrukets ultra	2	00:18:36	
Therése	Andersson		2	00:13:56	
Sven	Isaksson		2	00:15:30	
Linda	Hermansson		1,7	00:12:23	
Kjell	Collin	Team Smestan	1,65	00:08:31	
Maria	Zika		1,62	00:12:08	Jag har låst Instagram, kör tyvärr inte Strava eller Garmin!
Gloria	Smedbäck		1,57	11:06	https://strava.app.link/mSBbGn8R8Fb
Jennifer	Asp	Skavhugget IF	1,2	3 min 14 sekunder.	
Kajsa	Frankenberg	Ulriksdals SK Ringette	1,1	1h 20 min	
Jimmy	Berlin		1	00:07:39	https://connect.garmin.com/modern/activity/13389967700
Joakim	Akerö	Stockholm Frontrunners IF	1	00:05:30	https://strava.app.link/Efd3lkrX8Fb
Håkan	Nyman		1	00:05:50	
Karin, Alvar och Helge	Bäckström Jensen		0,9	00:45:00	
Ulf	Nilsson		0,8	00:09:12	https://strava.app.link/BEfXcFku8Fb
Anna	Lovéus		0,78	01:07:04	Crossfit-pass
Linda	Risén	Med Vänlig Hälsa	0,491666667	01:24:46	
Karin	Apelqvist	Borås Löparklubb	0,460416667	01:20:00	Kolla in min löpning aktivitet på Garmin Connect. #beatyesterday
Sofie	Rönnqvist		0,45625	01:10:00	https://www.strava.com/activities/10504266363
Tilde	Axelsson Fröjdenlund		0,422222222	00:50:04	
Maria	Asklund	100 m då krasslig. Sprang för Emilia 🍀	0,1	00:00:40	