

# Sommar-Öset

Onsdagen den 19 juli 2000 på Stadion

Arrangör: FK Studenterna

*Mycket fint och soligt löparväder*

## 100m

### 100m KS (Vind: +0.9m/s)

|                          |               |       |
|--------------------------|---------------|-------|
| 1. Hanna Peterson -80    | Södertälje IF | 12.05 |
| 2. Jenny Ljungkvist -83  | Hammarby IF   | 12.84 |
| 3. Sophie Fitinghoff -82 | Hammarby IF   | 13.11 |

### 100m MS B-Heat (Vind: +0.5m/s)

|                         |             |       |
|-------------------------|-------------|-------|
| 1. Andrus Klaar -75     | Spårvägen   | 11.45 |
| 2. Johan Ndure -81      | Spårvägen   | 11.45 |
| 3. Tom Gatsinzi -82     | Spårvägen   | 11.68 |
| 4. Jan Kowalski -71     | Spårvägen   | 11.71 |
| 5. Mikael Väyrynen -76  | IFK Tumba   | 11.95 |
| 6. Sergej Nikolajev -73 | Hässelby SK | 12.31 |
| 7. Bo Frykman -51       | IFK Lidingö | 12.59 |

### 100m MS A-Heat (Vind: +0.5m/s)

|                            |              |       |
|----------------------------|--------------|-------|
| 1. Julian Benitez -69      | IFK Lidingö  | 11.10 |
| 2. Mathias Krih -75        | Spårvägen    | 11.19 |
| 3. Martin Theander -77     | IFK Lidingö  | 11.36 |
| 4. Michael Hoffer -72      | IFK Lidingö  | 11.46 |
| 5. Konstantin Koutalas -70 | Spårvägen    | 11.50 |
| 6. Manop Meechot -82       | Solna FK     | 11.62 |
| 7. Martin Mella -75        | Huddinge AIS | 12.00 |

## 400m

### 400m KS

|                       |               |          |         |
|-----------------------|---------------|----------|---------|
| 1. Hanna Peterson -80 | Södertälje IF | 56.62    | (40.2m) |
| 2. Miriam Odum -81    | Hammarby IF   | 58.52    | (40.9m) |
| 3. Marlin Brown -75   | Ärla IF       | 59.88    | (43.4m) |
| 4. Emilie Erhardt -83 | Turebergs FK  | 61.77    | (45.3m) |
| 5. Helena Sundh -80   | Hässelby SK   | 62.01    | (45.0m) |
| 6. Jasmina Glad -78   | Spårvägen     | 62.31    | (44.1m) |
| 7. Malin Sundén -84   | IFK Tumba     | Ej Start |         |

### 400m MS B-Heat

|                          |             |       |         |
|--------------------------|-------------|-------|---------|
| 1. Andreas Söderling -81 | Hammarby IF | 51.30 | (37.3m) |
| 2. Johan Lundin -69      | Hässelby SK | 51.60 | (37.7m) |
| 3. Tom Gatsinzi -82      | Spårvägen   | 52.29 | (38.3m) |
| 4. Axel Lönnqvist -81    | Hässelby    | 52.39 | (38.7m) |
| 5. Manop Meechot -82     | Solna FK    | 54.39 | (39.3m) |
| 6. Tobias Nordqvist -76  | IFK Lidingö | 55.48 | (41.0m) |
| 7. Jonas Persson -74     | Hässelby SK | 56.33 | (40.7m) |

### 400m MS A-Heat

|                              |             |       |         |
|------------------------------|-------------|-------|---------|
| 1. Martin Theander -77       | IFK Lidingö | 49.15 | (35.5m) |
| 2. Thomas Nikitin -82        | Spårvägen   | 49.21 | (35.9m) |
| 3. Jan Olszowy -82           | Spårvägen   | 49.46 | (35.8m) |
| 4. Carlos Aurado -60         | Hässelby SK | 49.47 | (35.6m) |
| 5. Andrus Klaar -75          | Spårvägen   | 50.24 | (36.7m) |
| 6. Linus Hagstedt -76        | SOIK Hellas | 51.43 | (36.5m) |
| 7. Fredrik Christiansson -82 | Spårvägen   | 52.18 | (38.4m) |

## 1500m

### 1500m KS

|                         |                 |         |
|-------------------------|-----------------|---------|
| 1. Cilla Pettersson -75 | Täby IS         | 4:38.70 |
| 2. Sara Kjellson -82    | Spårvägen       | 5:15.05 |
| 3. Pauline Hyttner -82  | Fredrikshof FIF | 5:26.07 |

*Sprang tillsammans med herrarna.*

|       |        |               |
|-------|--------|---------------|
| 400m  | 70.1   | C. Pettersson |
| 800m  | 2:25.3 | C. Pettersson |
| 1100m | 3:22.8 | C. Pettersson |
| 1200m | 3:41.6 | C. Pettersson |

### 1500m MS

|                        |               |         |
|------------------------|---------------|---------|
| 1. Martin Gidewall -76 | IFK Tumba     | 4:12.08 |
| 2. Dan Ocklind -82     | IFK Lidingö   | 4:16.70 |
| 3. Henrik Ruffel -66   | Nyköpings BIS | 4:17.31 |
| 4. Kim Kangas -82      | Spårvägen     | 4:18.70 |
| 5. Linus Nilsson -83   | Enhörna IF    | 4:19.92 |
| 6. Erik Julander -37   | Hässelby SK   | Bröt    |

*Sprang tillsammans med kvinnorna.*

|       |        |             |
|-------|--------|-------------|
| 400m  | 63.6   | M. Gidewall |
| 800m  | 2:11.5 | M. Gidewall |
| 1100m | 3:05.1 | M. Gidewall |
| 1200m | 3:22.3 | M. Gidewall |

## Spjut

### Spjut MS

|                         |              |       |
|-------------------------|--------------|-------|
| 1. Kenneth Bergén -69   | Huddinge     | 57.27 |
| 2. Tommy Sarenbrant -71 | IFK Mora     | 55.10 |
| 3. Michael Hoffer -72   | IFK Lidingö  | 53.63 |
| 4. Martin Mella -75     | Huddinge AIS | 42.24 |

|                  |       |       |       |       |   |       |
|------------------|-------|-------|-------|-------|---|-------|
| 1. K. Bergén     | 56.68 | 55.22 | X     | 57.27 | X | X     |
| 2. T. Sarenbrant | 50.37 | 52.99 | 52.92 | 55.10 | X | 52.89 |
| 3. M. Hoffer     | 52.51 | 50.08 | X     | 53.63 | - | -     |
| 4. M. Mella      | 42.24 | X     | X     | -     | - | -     |

### Spjut KS

|                       |           |       |
|-----------------------|-----------|-------|
| 1. Maria Richtnér -73 | Spårvägen | 47.87 |
|-----------------------|-----------|-------|

|                |       |       |       |       |       |       |
|----------------|-------|-------|-------|-------|-------|-------|
| 1. M. Richtnér | 43.99 | 45.78 | 45.81 | 45.89 | 45.43 | 47.87 |
|----------------|-------|-------|-------|-------|-------|-------|

## Längd

### Längd KS

|                       |              |                |
|-----------------------|--------------|----------------|
| 1. Sandra Bouveng -86 | Turebergs FK | 443 (-0.4 m/s) |
|-----------------------|--------------|----------------|

|               |   |           |   |        |        |        |
|---------------|---|-----------|---|--------|--------|--------|
| 1. S. Bouveng | X | 443       | X | 443    | 321    | 432    |
|               |   | (-0.4m/s) |   | (-0.2) | (-0.5) | (-0.4) |

# Tresteg

## Tresteg MS

1. Kruffe Gustavsson -75
2. Henrik Åttersand -84

Duvbo IK 1359 (+0.1m/s)  
Hammarby IF 1185 (-0.3m/s)

|                  |                |   |                |               |                |                |
|------------------|----------------|---|----------------|---------------|----------------|----------------|
| 1. K. Gustavsson | X              | X | 1359<br>(+0.1) | X             | 1349<br>(-0.3) | X              |
| 2. H. Åttersand  | 1176<br>(-0.7) | X | 1150<br>(-1.9) | 1079<br>(0.0) | 1043<br>(-1.2) | 1185<br>(-0.3) |