HAIS-spelen

Göingevallen
Hässleholm 26.7

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| **MS 3 000m Final** | **26/7  17:10** |

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| 1 | Tomas Karlsson | 1983 | Anderstorps OK | 9,18,96 |  |  |
| 2 | Viktor Helander | 1990 | Eksjö Södra IK | 9,22,23 |  |  |
| 3 | Jens Persson | 1970 | Ystads IF | 9,57,99 |  |  |
| 4 | Simon Strand | 1994 | Heleneholms IF | 10,30,24 |  |  |
| **5** | **Knut Nordahl** | **1981** | **Trondheim Triatlonklubb** | **10,44,59** |  |  |
| **6** | **Marcus Nordahl** | **1982** | **Trondheim Triatlonklubb** | **10,45,96** |  |  |
| 7 | Marcus Ottosson | 1975 | Hässleholms AIS | 11,08,70 |  |  |
| 8 | Torgny Dahlberg | 1963 | Hässleholms AIS | 11,22,31 |  |  |