

"En triathlon i veckan" 2024-07-15

| Nr. | Namn | Totaltid | Simning | Cykel | Löpning | Löp ut |
|-----|------------------------------|----------|---------------------------------|-------|---------|---------|
| 1 | Jamie Windisch K 4km 1km | 0:33:09 | 0:11:00 | 14:25 | 07:44 | 0:25:25 |
| 2 | David Windisch K 4km 1km | 0:33:09 | 0:11:00 | 14:25 | 07:44 | 0:25:25 |
| 3 | Lennart Karlsson L | | 0:13:00 | | | |
| 4 | Renee Löwhagen Sim | 1:45:00 | 0:17:37 | 28:08 | 59:15 | 0:45:45 |
| 5 | Jocke Enell LLL | 1:08:25 | 0:10:31 | 40:55 | 16:59 | 0:51:26 |
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| 35 | Banrekord långa banan herrar | 0:55:55 | Rasmus Andersson | | | |
| 36 | Banrekord långa banan damer | 1:04:11 | Linn Vannemyr | | | |
| 37 | Banrekord korta banan herrar | 0:30:47 | Conny Enell | | | |
| 38 | Banrekord korta banan damer | 0:33:36 | Linn Vannemyr | | | |
| 39 | Simrekord 1 varv herrar | 0:04:58 | Joakim Enell | | | |
| 40 | Simrekord 1 varv damer | 0:06:21 | Jenny Ragnarsson | | | |
| 41 | Simrekord 2 varv herrar | 0:09:40 | Joakim Enell | | | |
| 42 | Simrekord 2 varv damer | 0:12:00 | Jenny Ragnarsson | | | |
| 43 | Cykelrekord 10km herrar | 0:16:34 | Fredrik Ottosson | | | |
| 44 | Cykelrekord 10km damer | 0:18:27 | Linn Vannemyr | | | |
| 45 | Cykelrekord 20km herrar | 0:30:35 | Björn Ericsson/Rasmus Andersson | | | |
| 46 | Cykelrekord 20km damer | 0:34:15 | Linn Vannemyr | | | |
| 47 | Löprekord 1 varv herrar | 0:06:55 | Fredrik Ottosson | | | |
| 48 | Löprekord 1 varv damer | 0:07:00 | Linn Vannemyr | | | |
| 49 | Löprekord 2 varv herrar | 0:13:37 | Rasmus Andersson | | | |
| 50 | Löprekord 2 varv damer | 0:14:56 | Linn Vannemyr | | | |