

## Extasloppet 2022

Totalt sprang 103 löpare årets upplaga av extasloppet.

### Totalsegrare

Totalsegrare och den som bäst kunde bedöma sin egen kapacitet var Folke Stråmo som kommer att få den eftertraktade tröjan sig tillskickad. Hela listan se Tabell 1.

Tabell 1 *Differens mellan gissad tid och verklig tid, tidsangivelser i tim:min:sek*

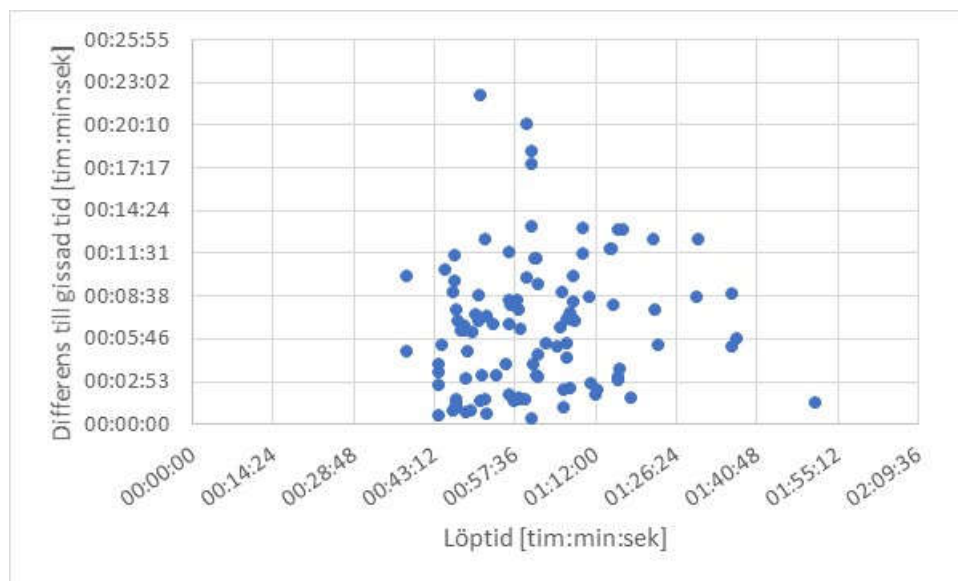
Nr.	Förnamn	Efternamn	Tid	Gissad tid	Diff
300	Folke	Stråmo	01:00:39	01:01:00	00:00:21
331	Ivan	Björk	00:44:01	00:44:35	00:00:34
525	Mattias	Björkman	00:52:38	00:52:00	00:00:38
325	Helena	Björkman	00:48:48	00:48:02	00:00:46
540	Johan	Häggström	00:49:38	00:50:29	00:00:51
308	Anna	Rönnerberg	00:46:42	00:47:37	00:00:55
320	Anna	Björk	01:06:23	01:05:20	00:01:03
319	Albin	Sandberg	00:47:10	00:48:19	00:01:09
310	Anette	Lundström	00:47:13	00:48:30	00:01:17
560	Gunnar	Sandberg	01:51:24	01:50:00	00:01:24
340	Milo	Kuokkanen	00:51:31	00:53:00	00:01:29
524	Filip	Öberg	00:57:25	00:59:00	00:01:35
513	Simon	Markström	00:52:24	00:54:00	00:01:36
500	Ali	Rahmati	00:59:36	00:58:00	00:01:36
339	Elina	Nilsson	00:47:06	00:45:29	00:01:37
537	Vilgot	Koukkanen	00:58:19	01:00:00	00:01:41
520	Daniel	Winell	01:18:15	01:20:00	00:01:45
555	Simon	Waller	00:58:14	00:56:26	00:01:48
324	Edvard	Sandberg	00:56:31	00:58:28	00:01:57
549	Jens	Karlsson	01:12:17	01:10:00	00:02:17
327	Ebba	Brandell	01:06:22	01:08:40	00:02:18
521	Andreas	Larsson	01:07:22	01:09:45	00:02:23
330	My	Matsdotter	00:44:03	00:46:39	00:02:36
522	Bosse	Björnfot	01:11:09	01:13:50	00:02:41
557	Mattias	Jonselius	01:15:58	01:13:00	00:02:58
516	Tim	Lundberg	00:48:57	00:52:00	00:03:03
544	Anton	Barsk	01:01:51	01:04:59	00:03:08
559	Herman	Lindström	01:16:11	01:19:20	00:03:09
341	Maria	Kuokkanen	00:51:43	00:55:00	00:03:17
523	Lars	Öberg	01:01:26	01:04:43	00:03:17
538	Leo	Svahn	00:54:19	00:51:01	00:03:18
332	Vilma	Kuokkanen	00:43:58	00:40:31	00:03:27
528	Edvin	Nilsson	01:16:20	01:20:00	00:03:40
551	Isabell	Johnselius	01:01:00	00:57:00	00:04:00
511	Fredrik	Nyberg	00:55:57	00:59:59	00:04:02
337	Arvo	Björk	00:44:06	00:40:02	00:04:04
509	Martin	Engström	01:07:00	01:02:30	00:04:30
518	Ragnar	Steinsen	01:01:50	00:57:11	00:04:39
306	Marit	Julnes	00:49:07	00:53:57	00:04:50

334	Pernilla	Sirviö	00:38:25	00:43:18	00:04:53
546	Moa	Resin	01:36:18	01:41:30	00:05:12
532	Gustav	Dahl	01:05:12	01:00:00	00:05:12
311	Anton	Sandberg	00:44:43	00:50:00	00:05:17
536	Susanne	Nelsson	01:23:10	01:28:30	00:05:20
326	Alicia	Brandell	01:03:17	01:08:40	00:05:23
514	Helena	Lundqvist	01:06:55	01:01:30	00:05:25
547	Hanna	Rask	01:37:15	01:43:00	00:05:45
534	Simon	Öberg	00:50:04	00:56:14	00:06:10
318	Nils	Björk	00:48:46	00:55:00	00:06:14
321	Anna	Granbom	00:48:02	00:54:20	00:06:18
526	Axel	Engström	00:58:37	01:05:00	00:06:23
527	Alva	Engström	01:05:44	01:12:13	00:06:29
503	Alexander	Mattisen	00:48:35	00:42:00	00:06:35
342	Katarina	Burman	00:53:50	01:00:30	00:06:40
510	Martin	Lundström	00:56:42	00:50:00	00:06:42
322	Ellinor	Larsson	00:47:27	00:54:21	00:06:54
328	Saga	Nelson	00:51:12	00:58:08	00:06:56
530	Husein	Shaboni	01:08:21	01:01:25	00:06:56
512	Sven	Öhrneling	01:07:57	01:15:00	00:07:03
515	Peter	Lundberg	01:06:57	01:14:00	00:07:03
309	Karl	Ekström	00:51:17	00:58:23	00:07:06
533	Evelina	Niemi	00:52:43	01:00:00	00:07:17
305	Catrin	Wärne	00:50:34	00:57:57	00:07:23
505	Jonas	Pålsson	01:07:30	01:15:00	00:07:30
550	Niklas	Bergman	01:22:39	01:15:00	00:07:39
314	Minna	Kuokkanen	00:47:17	00:39:38	00:07:39
535	Daniel	Nilsson	00:58:18	01:06:00	00:07:42
531	Mikael	Granbom	01:15:11	01:07:12	00:07:59
312	Lena	Larsson	00:56:58	01:05:00	00:08:02
529	Viktor	Abrahamsson	01:08:13	01:16:25	00:08:12
556	Simon	Lundberg	00:58:07	00:49:50	00:08:17
313	Ida	Grunditz	00:56:40	01:05:00	00:08:20
545	Carolin	Nilsson	01:30:14	01:38:45	00:08:31
543	Gabriel	Joki	01:10:55	01:02:20	00:08:35
307	Lena	Hjärtström	00:51:04	00:42:22	00:08:42
548	Sandra	Holmberg	01:36:22	01:45:08	00:08:46
315	Idun	Winell	01:06:09	01:15:00	00:08:51
323	William	Bäckström	00:46:44	00:37:49	00:08:55
519	Malin	Wikström	01:01:48	01:11:15	00:09:27
303	Tuva	Berglund	00:46:49	00:37:12	00:09:37
317	Lilly	Björk	00:59:48	00:50:00	00:09:48
552	Erik	Rönnqvist	01:08:05	01:18:00	00:09:55
338	Alva	Svahn	00:38:28	00:28:28	00:10:00
316	Sara	Thyni	00:45:13	00:34:52	00:10:21
504	Mats	Andersson	01:01:33	01:12:38	00:11:05
507	Victor	Berglund	01:01:06	00:50:00	00:11:06
329	Elsa	Nelson	00:46:48	00:58:08	00:11:20
506	Magnus	Berglund	01:09:40	00:58:12	00:11:28
343	Jörgen	Sandberg	00:56:32	01:08:05	00:11:33

554	Herman	Sandlund	01:14:48	01:03:00	00:11:48
553	Peter	Nilsson Sandlund	01:14:49	01:03:00	00:11:49
558	Rebecca	Jonselius	01:22:23	01:10:00	00:12:23
539	Mikael	Nilsson	01:30:25	01:18:00	00:12:25
502	Erik	Granström	00:52:26	00:40:00	00:12:26
517	Jonas	Abrahamsson	01:17:03	01:04:00	00:13:03
541	Linnea	Johansson	01:16:14	01:03:07	00:13:07
508	Alexander	Wärne	01:09:51	00:56:38	00:13:13
302	Lina	Stråmo	01:00:40	01:14:00	00:13:20
335	Bosse	Keränen	01:00:35	01:18:02	00:17:27
333	Runa	Sirviö	01:00:47	01:19:07	00:18:20
301	Lisen	Stråmo	00:59:48	01:20:00	00:20:12
336	Eiva	Mc Fadyen	00:51:27	01:13:37	00:22:10
542	xxx	xxx	02:00:00	03:00:00	01:00:00
304	Thea	Berglund	06:00:00	00:36:36	05:23:24

Finns det då något samband mellan löptid och gissad tid?

Studerar man Figur 1 så är svaret nej. Dock verkar de flesta ligga inom plus/minus 14 minuter i differens.



Figur 1 Löptid och differens mot gissad tid

### Korta banan 5 km

Snabbaste dam på korta banan var Pernilla Sirviö och snabbaste herre på korta banan var Ivan Björk. Hela resultatlistan framgår av Tabell 2.

Tabell 2

Tider korta banan 5 km i tim:min:sek

Nr.	Förnamn	Efternamn	Tid
334	Pernilla	Sirviö	00:38:25
338	Alva	Svahn	00:38:28
332	Vilma	Kuokkanen	00:43:58
331	Ivan	Björk	00:44:01
330	My	Matsdotter	00:44:03
337	Arvo	Björk	00:44:06
311	Anton	Sandberg	00:44:43
316	Sara	Thyni	00:45:13
308	Anna	Rönnerberg	00:46:42
323	William	Bäckström	00:46:44
329	Elsa	Nelson	00:46:48
303	Tuva	Berglund	00:46:49
339	Elina	Nilsson	00:47:06
319	Albin	Sandberg	00:47:10
310	Anette	Lundström	00:47:13
314	Minna	Kuokkanen	00:47:17
322	Ellinor	Larsson	00:47:27
321	Anna	Granbom	00:48:02
318	Nils	Björk	00:48:46
325	Helena	Björkman	00:48:48
306	Marit	Julnes	00:49:07
305	Catrin	Wärne	00:50:34
307	Lena	Hjärtström	00:51:04
328	Saga	Nelson	00:51:12
309	Karl	Ekström	00:51:17
336	Eiva	Mc Fadyen	00:51:27
340	Milo	Kuokkanen	00:51:31
341	Maria	Kuokkanen	00:51:43
342	Katarina	Burman	00:53:50
324	Edvard	Sandberg	00:56:31
343	Jörgen	Sandberg	00:56:32
313	Ida	Grunditz	00:56:40
312	Lena	Larsson	00:56:58
317	Lilly	Björk	00:59:48
301	Lisen	Stråmo	00:59:48
335	Bosse	Keränen	01:00:35
300	Folke	Stråmo	01:00:39
302	Lina	Stråmo	01:00:40
333	Runa	Sirviö	01:00:47
326	Alicia	Brandell	01:03:17
315	Idun	Winell	01:06:09
327	Ebba	Brandell	01:06:22
320	Anna	Björk	01:06:23

## Långa banan 10 km

Snabbaste dam på långa banan var Evelina Niemi och snabbaste herre på långa banan var Alexander Mattisen. Hela resultatlistan framgår av Tabell 2.

Tabell 3 Tider långa banan i tim:min:sek

Nr.	Förnamn	Efternamn	Tid
503	Alexander	Mattisen	00:48:35
516	Tim	Lundberg	00:48:57
540	Johan	Häggström	00:49:38
534	Simon	Öberg	00:50:04
513	Simon	Markström	00:52:24
502	Erik	Granström	00:52:26
525	Mattias	Björkman	00:52:38
533	Evelina	Niemi	00:52:43
538	Leo	Svahn	00:54:19
511	Fredrik	Nyberg	00:55:57
510	Martin	Lundström	00:56:42
524	Filip	Öberg	00:57:25
556	Simon	Lundberg	00:58:07
555	Simon	Waller	00:58:14
535	Daniel	Nilsson	00:58:18
537	Vilgot	Koukkanen	00:58:19
526	Axel	Engström	00:58:37
500	Ali	Rahmati	00:59:36
551	Isabell	Johnselius	01:01:00
507	Victor	Berglund	01:01:06
523	Lars	Öberg	01:01:26
504	Mats	Andersson	01:01:33
519	Malin	Wikström	01:01:48
518	Ragnar	Steinsen	01:01:50
544	Anton	Barsk	01:01:51
532	Gustav	Dahl	01:05:12
527	Alva	Engström	01:05:44
514	Helena	Lundqvist	01:06:55
515	Peter	Lundberg	01:06:57
509	Martin	Engström	01:07:00
521	Andreas	Larsson	01:07:22
505	Jonas	Pålsson	01:07:30
512	Sven	Öhrneling	01:07:57
552	Erik	Rönnqvist	01:08:05
529	Viktor	Abrahamsson	01:08:13
530	Husein	Shaboni	01:08:21
506	Magnus	Berglund	01:09:40
508	Alexander	Wärne	01:09:51
543	Gabriel	Joki	01:10:55
522	Bosse	Björnfot	01:11:09
549	Jens	Karlsson	01:12:17
554	Herman	Sandlund	01:14:48
553	Peter	Nilsson Sandlund	01:14:49

531	Mikael	Granbom	01:15:11
557	Mattias	Jonselius	01:15:58
559	Herman	Lindström	01:16:11
541	Linnea	Johansson	01:16:14
528	Edvin	Nilsson	01:16:20
517	Jonas	Abrahamsson	01:17:03
520	Daniel	Winell	01:18:15
558	Rebecca	Jonselius	01:22:23
550	Niklas	Bergman	01:22:39
536	Susanne	Nelsson	01:23:10
545	Carolin	Nilsson	01:30:14
539	Mikael	Nilsson	01:30:25
546	Moa	Resin	01:36:18
548	Sandra	Holmberg	01:36:22
547	Hanna	Rask	01:37:15
560	Gunnar	Sandberg	01:51:24

OK Vargen tackar alla löpare och funktionärer för Er insats!