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| FFK Triathlon 2020 | |  |  |  |
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| **Rank** | **Deltagare** | **Simming** | **Cyckling** | **Löpning** | **Totaltid** |
| 1 | Jimmy Kristoffersson | 10,53 | 15,19 | 15,01 | 41,13 |
| 2 | Johan Myhrman | 10,12 | 17,17 | 15,04 | 42,35 |
| 3 | Paul Nyberg | 11,02 | 14,44 | 18,29 | 44,15 |
| 4 | Anders Hermansson | 11,19 | 17,34 | 16,35 | 45,28 |
| 5 | Mikael Karlsson | 11,14 | 18,02 | 19,34 | 48,50 |
| 6 | Michael Lindström | 11,00 | 17,57 | 20,28 | 49,25 |
| 7 | Niila Klingvall | 10,36 | 21,34 | 19,29 | 51,39 |
| 8 | Anders Hedman | 11,47 | 22,28 | 20,24 | 52,39 |
| 9 | Kenth Gustavsson | 13,22 | 19,22 | 22,17 | 55,01 |
| L1 | Ronny Ekberg | 11,04 | 16,12 | 16,39 | 43,55 |
| L1 | Thomas Ljungqvist | 11,04 | 16,12 | 16,39 | 43,55 |