

#	Year	Name	Swim #1	Bike #1	Bike #2	Run #1	Swim #2	Run #2	Total
1	2014	Oscar Olsson	2:27:00	4:59:00	10:05:00	2:28:00	0:55:00	7:41:00	<b>28:35:00</b>
2	2018	David Svensson	2:55:00	6:17:00	9:28:00	1:45:00	1:05:00	7:57:00	<b>29:27:00</b>
3	2018	Håkan Terelius	2:21:00	6:13:00	9:45:00	2:08:00	0:58:00	8:46:00	<b>30:11:00</b>
4	2016	Dan Kimball	2:18:49	6:31:36	10:34:28	1:58:05	0:58:09	8:03:17	<b>30:24:24</b>
5	2013	Filip Larsen	2:48:00	5:51:00	10:50:00	2:09:00	1:15:00	8:31:00	<b>31:24:00</b>
6	2013	Marcus Berggren	3:03:00	5:52:00	10:41:00	2:14:00	1:15:00	8:52:00	<b>31:57:00</b>
7	2015	Erik Olsson	3:09:49	6:32:14	10:03:00	2:10:13	1:09:00	9:14:39	<b>32:18:55</b>
8	2015	Olov Berg	3:08:46	7:13:26	11:07:31	2:04:13	1:05:00	8:38:54	<b>33:17:50</b>
9	2019	Simon Gustavsson	3:04:00	7:33:18	10:23:02	2:06:58	1:14:55	9:10:10	<b>33:32:23</b>
10	2015	Jonas Olsson	3:22:17	7:17:15	10:15:10	2:10:39	1:06:34	9:23:52	<b>33:35:47</b>
11	2017	Kamil Ostapski	3:16:59	7:26:03	10:55:02	2:26:30	1:11:20	8:40:31	<b>33:56:25</b>
12	2013	Crister Löfgren	3:33:00	5:35:00	10:46:00	2:23:00	1:58:00	9:49:00	<b>34:04:00</b>
13	2015	Håkan Terelius	3:12:05	6:59:08	10:51:51	2:25:47	1:15:26	9:19:47	<b>34:04:04</b>
14	2016	Jurek Pastuszek	2:36:07	6:45:57	10:20:41	2:32:47	1:01:23	10:57:19	<b>34:14:14</b>
15	2014	Magda Trumstedt	3:04:00	5:49:00	11:36:00	2:37:00	1:19:00	9:50:00	<b>34:15:00</b>
16	2018	Håkan Johnsson	2:36:00	6:51:00	10:54:00	2:39:00	1:19:00	10:27:00	<b>34:46:00</b>
17	2016	Dennis Nilsson	2:25:15	7:38:21	10:11:13	2:25:38	0:58:05	11:07:57	<b>34:46:29</b>
18	2014	Lena Jakobsson	3:33:00	6:14:00	12:08:00	2:37:00	1:19:00	9:00:00	<b>34:51:00</b>
19	2019	Jonas Wirén	3:06:00	6:49:28	10:38:50	2:38:34	1:23:32	10:43:36	<b>35:20:00</b>
20	2018	Carsten Nielsen	2:36:00	7:04:00	10:51:00	2:38:00	1:24:00	10:58:00	<b>35:31:00</b>
21	2016	Martin Kraenzmer	2:28:30	7:21:55	11:59:38	2:29:00	1:03:17	10:47:20	<b>36:09:40</b>
22	2013	Robert Rundqvist	3:10:00	6:30:00	12:34:00	2:34:00	1:13:00	10:12:00	<b>36:13:00</b>
23	2015	Patrik Florén	2:34:11	7:17:13	10:37:05	2:23:58	0:57:15	12:57:39	<b>36:47:21</b>
24	2015	Stefan Ericsson	4:11:52	7:47:18	11:42:11	2:25:16	1:17:57	9:33:35	<b>36:58:09</b>
29	2018	Roger Nimbratt	2:42:00	7:34:00	12:12:00	2:32:00	1:09:00	11:13:00	<b>37:22:00</b>
30	2016	Morten Poulsen	2:29:29	7:56:08	12:44:57	2:26:51	0:57:08	11:07:23	<b>37:41:56</b>
31	2017	Håkan Johnsson	3:54:09	7:33:32	11:58:17	2:52:44	1:19:59	10:10:40	<b>37:49:21</b>
32	2019	Craig Lamshed	2:54:00	6:59:38	11:59:04	2:45:28	1:17:28	12:18:26	<b>38:14:04</b>
25	2017	Andreas Ask	3:30:41	7:36:46	12:05:13	2:54:32	1:10:49	11:17:15	<b>38:35:16</b>
26	2018	Trygve Gjølberg	2:40:00	7:29:00	11:33:00	2:40:00	1:11:00	14:03:00	<b>39:36:00</b>
27	2014	Stefan Ericsson	3:50:00	6:54:00	13:32:00	2:45:00	1:34:00	11:40:00	<b>40:15:00</b>
28	2016	Glenn Kjellgren	3:13:54	8:17:05	12:37:52	3:14:01	1:22:30	13:55:45	<b>42:41:07</b>
29	2013	Marie Johansson	3:56:00	7:46:00	14:55:00	2:34:00	1:41:00	12:14:00	<b>43:06:00</b>
30	2016	Richard Robinson	2:40:00	8:34:02	13:50:40	3:25:41	1:10:40	13:55:45	<b>43:36:48</b>
31	2019	Malin Liljesson	3:15:00	9:20:28	14:14:37	3:15:59	1:26:56	12:32:05	<b>44:05:05</b>
32	2015	Antonio Fonduca	4:12:09	8:59:08	12:59:42	3:10:44	1:31:29	20:29:04	<b>51:22:16</b>

Course notes:

2013 long swim was from Kalvö-Gårda brygga due to strong winds

2013 and 2014 had stage finish at Taberg making bike segments 170 + 340 km