

# Helsingborgs terränglopp 2006 till 2023

Gällande banrekord, saknar resultat 2008

| Klass     | Vem                  | Klubb               | Tid   | År   |
|-----------|----------------------|---------------------|-------|------|
| 4km Dam   | Johanna Hofvendahl   | IS Göta Friidrott   | 13,38 | 2018 |
| 4km Herr  | Jonas Leandersson    | Malmö AI            | 11,35 | 2014 |
| 8km Dam   | Sarah Lahti          | Hässelby            | 25,59 | 2016 |
| 8km Herr  | Jesper Van de Wielen | Holland             | 24,09 | 2016 |
| 12km Herr | David Nilsson        | Högby IF            | 38,45 | 2013 |
| 10km Dam  | Åsa Eriksson         | Falkenbergs Allstar | 39,24 | 2020 |
| 10km Herr | David Hartman        | Björnstorps IF      | 33,28 | 2021 |
| 4km K35   | Marina Stoltz        | Heleneholms IF      | 14,50 | 2014 |
| 4km K40   | Annika Faager        | Björnstorps IF      | 13,48 | 2018 |
| 4km K45   | Mia Havinder         | Björnstorps IF      | 15,12 | 2018 |
| 4km K50   | Marie Olsson         | Björnstorps IF      | 15,26 | 2014 |
| 4km K55   | Marie Olsson         | Björnstorps IF      | 15,35 | 2018 |
| 4km K60   | Eva Lönnqvist        | Ystads IF           | 17,53 | 2016 |
| 4km K65   | Kajsa Hansson        | FK Snapphanarna     | 18,49 | 2022 |
| 4km K70   | Britt-Mari Fagertun  | IS Göta Friidrott   | 22,46 | 2023 |
| 4km K75   | Britt Marie Lind     | GF Idrott           | 24,06 | 2017 |
| 4km K80   | Britt Marie Lind     | GF Idrott           | 26,07 | 2023 |
| 8km K35   | Evelina de la Motte  | IS Göta Friidrott   | 33,18 | 2023 |
| 8km K40   | Annika Faager        | Björnstorps IF      | 30,38 | 2020 |
| 8km K45   | Annika Faager        | Björnstorps IF      | 30,43 | 2021 |
| 8km K50   | Mia Havinder         | Björnstorps IF      | 32,14 | 2021 |
| 8km K55   | Marie Olsson         | Björnstorps IF      | 33,51 | 2020 |
| 8km M35   | Peter Hinsell        | IS Göta Friidrott   | 25,39 | 2007 |
| 8km M40   | Henrik Orre          | Björnstorps IF      | 26,01 | 2016 |
| 8km M45   | Johan Alfvén         | Björnstorps IF      | 27,16 | 2023 |
| 8km M50   | BG Nilensjö          | IS Göta Friidrott   | 27,34 | 2015 |
| 8km M55   | BG Nilensjö          | IS Göta Friidrott   | 29,53 | 2020 |
| 4km M60   | Anders Olsson        | IS Göta Friidrott   | 14,48 | 2023 |
| 4km M65   | Christer Verneresson | FK Snapphanarna     | 16,22 | 2015 |
| 4km M70   | Ingvar Olausson      | Heleneholms IF      | 17,22 | 2011 |
| 4km M75   | Gunnar Nilsson       | Heleneholms IF      | 18,50 | 2010 |
| 4km M80   | Gunnar Nilsson       | Heleneholms IF      | 19,44 | 2013 |
| 4km M85   | Gunnar Nilsson       | Heleneholms IF      | 23,00 | 2018 |
| 4km F15   | Johanna Hofvendahl   | IS Göta Friidrott   | 13,38 | 2018 |
| 4km P15   | Filip Malmros        | IS Göta Friidrott   | 13,04 | 2020 |
| 4km F17   | Johanna Hofvendahl   | IS Göta Friidrott   | 14,25 | 2020 |
| 4km P17   | Filip Malmros        | IS Göta Friidrott   | 13,07 | 2021 |
| 4km F19   | Emilia Mandl         | Malmö AI            | 16,06 | 2022 |
| 4km P19   | Albin Öberg          | Malmö AI            | 12,47 | 2023 |