












Polis SM i Funktionell Fitness 2019









Damer Open Age

1	 Kaitlynn Rahner <small>CrossFit.Ibex</small>	1195	1st	14:56	1st	1023reps	1st	52reps	2nd	58reps	1st	26reps	1st	75kg	1st	9:50	1st	11:51
2	 Louise stövegård	1095	2nd	287reps	5th	1018reps	2nd	42reps	1st	62reps	6th	21reps	5th	50kg	2nd	135reps	2nd	99reps
3	 Hanna Bengtson	1065	3rd	285reps	4th	1020reps	3rd	29reps	3rd	51reps	5th	22reps	3rd	55kg	3rd	123reps	3rd	8reps
4	 Johanna Fridh	1055	4th	163reps	2nd	1021reps	4th	18reps	3rd	51reps	3rd	25reps	4th	52.5kg	4th	122reps	3rd	8reps
5	 Sara Granberg	1025	5th	160reps	2nd	1021reps	5th	8reps	6th	31reps	3rd	25reps	2nd	57.5kg	5th	109reps	3rd	8reps
6	 Malin Arvidsson	930	6th	148reps	6th	1013reps	6th	4reps	5th	50reps	1st	26reps	6th	47.5kg	6th	96reps	6th	
7	 Sara Berglöf EPIF	874	8th	118reps	8th	1008reps	7th	3reps	8th	15reps	7th	9reps	7th	35kg	7th	59reps	6th	
7	 Katarina Stafberg EPIF	874	7th	133reps	7th	1009reps	8th	0reps	7th	22reps	8th	8reps	7th	35kg	8th	55reps	6th	

Damer Masters

1	 Linda Thorström	1185	1st	286reps	1st	1016reps	2nd	31reps	1st	51reps	2nd	21reps	2nd	45kg	1st	120reps	1st	16:09
2	 Devran Öncü <small>CrossFit.Highway</small>	1130	3rd	181reps	1st	1016reps	1st	32reps	3rd	24reps	1st	22reps	1st	47.5kg	2nd	113reps	3rd	9reps
3	 Jenni Jaäskeläinen	1110	2nd	198reps	3rd	1010reps	3rd	3reps	2nd	45reps	3rd	18reps	3rd	40kg	3rd	100reps	2nd	10reps

Herr Masters

1	 Martin Evenbratt <small>Piketpolisens idrottsförening</small>	1200	1st	289reps - 14:12	1st	1014reps	1st	40reps	1st	65reps	1st	28reps	1st	90kg	1st	134reps	1st	10:47
2	 Daniel Harsjö	1100	2nd	251reps	1st	1014reps	2nd	39reps	6th	56reps	4th	18reps	2nd	80kg	2nd	129reps	3rd	13:31
3	 David Smith <small>CrossFit Lerum</small>	1017	6th	156reps	3rd	1012reps	2nd	39reps	9th	35reps	7th	14reps	2nd	80kg	5th	120reps	2nd	12:51
4	 Mikael Abelmann <small>ATLETAKADEMIN</small>	1006	5th	160reps	5th	1011reps	4th	29reps	8th	51reps	3rd	20reps	4th	75kg	3rd	127reps	4th	15:16
5	 Robert Nyström <small>CrossFit Highway</small>	990	4th	198reps	3rd	1012reps	5th	23reps	5th	57reps	5th	15reps	5th	65kg	4th	122reps	5th	9reps
6	 Per Yxne	944	3rd	231reps	7th	1010reps	6th	22reps	3rd	59reps	8th	13reps	5th	65kg	6th	117reps	6th	
7	Jonathan Fredriksson	927	7th	153reps	5th	1011reps	9th	1reps	2nd	60reps	2nd	22reps	8th	60kg	7th	91reps	6th	
8	 Daniel Persson	883	8th	150reps	7th	1010reps	8th	7reps	7th	53reps	5th	15reps	7th	62.5kg	7th	91reps	6th	
9	 Björn Johansson	870	9th	137reps	7th	1010reps	7th	8reps	4th	58reps	9th	10reps	9th	55kg	9th	87reps	6th	