

LRNSC CHALLENGE 5 – 28.6.2026, 12 km free technique – any roller skis except rockets						
Pos.	Name	Club	Total time	Avg. speed	Category	Cat. position
1	Adam Pinney	LRNSC	46:48	15.38	SV60+	1st male 60+
2	Anders Soderback	LRNSC	48:29	14.85	SV60+	2nd male 60+
3	David Cox	LRNSC	52:23	13.74	V40+	1st male 40+
4	Lydia Hann	LRNSC	20:26*	8.81	Senior	1st female senior
* Retired after 2 laps						

See below for lap times

Lap	Lap time	Speed	Lap	Lap time	Speed
ADAM PINNEY – S18+			ANDERS SODERBACK – S18+		
1	5:18	16.98	1	5:17	17.03
2	5:29	16.41	2	5:28	16.46
3	5:40	15.90	3	5:40	15.90
4	6:01	14.96	4	6:03	14.88
5	6:10	14:59	5	6:10	14,59
6	5:55	15.31	6	6:25	14.02
7	6:04	14:84	7	6:24	14.03
8	6:04	14:84	8	6:54	13.04

Lap	Lap time	Speed	Lap	Lap time	Speed
DAVID COX – S18+			LYDIA HANN – S18+		
1	5:41	15.84	1	10:06	8.91
2	6:02	14.92	2	10:20	8.71
3	6:06	14.75			
4	6:38	13.56			
5	6:52	13.11			
6	6:51	13.13			
7	6:52	13.11			
8	7:13	12.47			