



Late sign up 2019

FILLS IN BY RUNNER – PLEASE PRINT

Birth date: _____

Last name: _____

First name: _____

Gender (mark): female male

Zip code: _____

Home town: _____

Country or nationality: _____

E-mail address: _____

Print clearly and double check!

Mobile phone: _____

Race: 10 km 450 kr 5 km 400 kr 2,6 km (2007-) 100 kr 1,3 km (2009-) 100 kr

Ev. seeding (10 km): Race name _____ yr _____ time ____ : ____ : ____
HH : MM : SS

Club or company: _____

Eventual teamname: _____

FILLS IN BY OFFICIAL

Bib number _____

(10 km only) *Starting group* (elite M<38; W<45 min) 1

(M o W <49 min) 2

(M o W <57 min) 3

(M o W <1 hr 5 min) 4

(Others) 5

Payment method: cash credit card Swish