

Resultat 6-Dagars Etapp 6 tis 2023-05-30

Bana 1, 4,3 km

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| 1. Andreas Frisk | Vaggeryds SOK | 44:47 |
| 2. Chrissie Dahlqvist | Skillingaryds FK | 45:45 |
| 3 .Martin Pehrsson | Skillingaryds FK | 46:50 |
| 4. Henrik Ekwurtzel | Vaggeryds SOK | 1:06:09 |

Bana 2, 3,2 km

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| 1. Ove Andersson | Vaggeryds SOK | 37:19 |
| 2. Kent Robertsson | Vaggeryds SOK | 40:38 |
| 3. Jack Andersson | Vaggeryds SOK | 42:39 |
| 4. Per Andersson | Vaggeryds SOK | 43:15 |
| 5. Johan Thuresson | Vaggeryds SOK | 48:08 |
| 6.Susanne Axelsson | Vaggeryds SOK | 54:21 |
| 7. Gunitha Robertsson | Vaggeryds SOK | 1:07:21 |

Bana 3, 2,4 km

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| 1. Ingemar Emilsson | Vaggeryds SOK | 40:00 |
| 2. Bengt Bengtsson | Skillingaryds FK | 43:04 |
| 3. Agne Rybeck | Vaggeryds SOK | 56:27 |
| 4. Isak Dahlqvist | Skillingaryds FK | 1:01:27 |
| 5. Felicia Dahlqvist | Skillingaryds FK | 1:02:02 |
| 6. Sara Thuresson | Vaggeryds SOK | 1:04:09 |