

# Gallaberget Trailrun Vretstorp 2024-06-12 Resultat

Klass	Antal resultat
10 km	70
Motion 10 km	8
Motion 6,2 km	13
<b>Totalt</b>	<b>91</b>

## 10 km Närkes Långloppscup

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider			
1	M: 1	50 David Lundström -92 Tisdagsklubben Örebro Cup	00:40:31 4:03	1 (3,3 km) 00:13:22	3 (7,1 km) 00:15:13 00:28:35	4 (Mål) 00:11:56 00:40:31	
2	M35: 1	52 Mattias Nätterlund -86 IF Start Cup	00:40:57 4:05	1 (3,3 km) 00:13:43	2 (6,2 km) 00:11:49 00:25:31	3 (7,1 km) 00:03:34 00:29:06	4 (Mål) 00:11:51 00:40:57
3	M: 2	77 Hannes Andersson -92 Tisdagsklubben Örebro Cup	00:41:37 4:09	1 (3,3 km) 00:13:53	2 (6,2 km) 00:12:05 00:25:58	3 (7,1 km) 00:03:40 00:29:38	4 (Mål) 00:11:58 00:41:37
4	M45: 1	55 Magnus Palm -79 Tisdagsklubben Örebro Cup	00:41:46 4:10	1 (3,3 km) 00:13:52	2 (6,2 km) 00:12:04 00:25:56	3 (7,1 km) 00:03:42 00:29:38	4 (Mål) 00:12:08 00:41:46
5	M45: 2	78 Ludvig Börjesson -77 Örebro AIK Cup	00:42:08 4:12	1 (3,3 km) 00:13:57	2 (6,2 km) 00:12:04 00:26:01	3 (7,1 km) 00:03:49 00:29:49	4 (Mål) 00:12:19 00:42:08
6	M50: 1	35 Pär Johansson -74 Örebro AIK Cup	00:42:11 4:13	1 (3,3 km) 00:14:34	2 (6,2 km) 00:12:19 00:26:53	3 (7,1 km) 00:03:34 00:30:27	4 (Mål) 00:11:43 00:42:11
7	M55: 1	29 Rodney Hundermark -69 IFK Nora Cup	00:46:18 4:37	1 (3,3 km) 00:15:33	2 (6,2 km) 00:13:25 00:28:57	3 (7,1 km) 00:03:58 00:32:55	4 (Mål) 00:13:22 00:46:18
8	M40: 1	68 Henrik Ögren -82 Storådalens SK Cup	00:47:50 4:47	1 (3,3 km) 00:15:34	2 (6,2 km) 00:14:09 00:29:42	3 (7,1 km) 00:04:17 00:33:59	4 (Mål) 00:13:50 00:47:50
9	K35: 1	80 Kajsa Rosdal -89 Tisdagsklubben Örebro Cup	00:47:52 4:47	1 (3,3 km) 00:16:12	2 (6,2 km) 00:13:37 00:29:49	3 (7,1 km) 00:04:12 00:34:01	4 (Mål) 00:13:51 00:47:52
10	M50: 2	64 Tommy Theoren -72 Tisdagsklubben Örebro Cup	00:47:53 4:47	1 (3,3 km) 00:16:24	2 (6,2 km) 00:13:59 00:30:23	3 (7,1 km) 00:04:08 00:34:31	4 (Mål) 00:13:21 00:47:53
11	M45: 3	10 Staffan Dahl -78 Örebro AIK Cup	00:48:35 4:51	1 (3,3 km) 00:16:34	2 (6,2 km) 00:13:51 00:30:24	3 (7,1 km) 00:04:07 00:34:31	4 (Mål) 00:14:04 00:48:35
12	M45: 4	82 Erik Malm -78 Tisdagsklubben Örebro Cup	00:48:45 4:52	1 (3,3 km) 00:16:30	2 (6,2 km) 00:14:00 00:30:29	3 (7,1 km) 00:04:16 00:34:45	4 (Mål) 00:13:59 00:48:45
13	K22: 1	32 Hanna Imhagen -03 Örebro AIK Cup	00:48:56 4:53	1 (3,3 km) 00:16:27	2 (6,2 km) 00:13:58 00:30:25	3 (7,1 km) 00:04:21 00:34:47	4 (Mål) 00:14:09 00:48:56
14	M35: 2	83 Martin Duberg -85 Örebro AIK Cup	00:48:58 4:53	1 (3,3 km) 00:15:45	2 (6,2 km) 00:13:54 00:29:39	3 (7,1 km) 00:04:07 00:33:46	4 (Mål) 00:15:11 00:48:58
15	M45: 5	8 Dan Bäck -75 Kumla SF Cup	00:49:08 4:54	1 (3,3 km) 00:16:38	2 (6,2 km) 00:14:08 00:30:46	3 (7,1 km) 00:04:19 00:35:05	4 (Mål) 00:14:02 00:49:08
16	K: 1	81 Ida Hylander -92 Tisdagsklubben Örebro Cup	00:49:12 4:55	1 (3,3 km) 00:15:52	2 (6,2 km) 00:13:47 00:29:39	3 (7,1 km) 00:04:10 00:33:49	4 (Mål) 00:15:23 00:49:12
17	M40: 2	11 Richard Dahlgren -84 Örebro AIK Cup	00:49:22 4:56	1 (3,3 km) 00:16:35	2 (6,2 km) 00:13:59 00:30:34	3 (7,1 km) 00:04:24 00:34:58	4 (Mål) 00:14:23 00:49:22
18	M40: 3	85 Johannes Millved -81 Kvånums IF	00:49:22 4:56	1 (3,3 km) 00:16:51	2 (6,2 km) 00:14:12 00:31:03	3 (7,1 km) 00:04:13 00:35:16	4 (Mål) 00:14:05 00:49:22
19	M22: 1	66 Albin Wallgren -07 Åsbro Golf Cup	00:49:56 4:59	1 (3,3 km) 00:16:47	2 (6,2 km) 00:14:40 00:31:27	3 (7,1 km) 00:04:08 00:35:35	4 (Mål) 00:14:21 00:49:56

20	K55: 1	12 Marie Dasler -68 IF Start Cup	00:50:50 5:05	1 (3,3 km) 00:16:43	2 (6,2 km) 00:14:36 00:31:19	3 (7,1 km) 00:04:31 00:35:50	4 (Mål) 00:14:59 00:50:50
21	M50: 3	79 Patrik Karlsson -73 Örebro AIK Cup	00:51:01 5:06	1 (3,3 km) 00:17:15	2 (6,2 km) 00:14:47 00:32:02	3 (7,1 km) 00:04:27 00:36:30	4 (Mål) 00:14:31 00:51:01
22	M55: 2	14 Torbjörn Eriksson -66 IF Start Cup	00:51:15 5:07	1 (3,3 km) 00:17:22	2 (6,2 km) 00:14:43 00:32:05	3 (7,1 km) 00:04:32 00:36:37	4 (Mål) 00:14:38 00:51:15
23	M35: 3	91 Johan Ingjald -87 IF Start Cup	00:51:20 5:08	1 (3,3 km) 00:17:30	2 (6,2 km) 00:14:35 00:32:05	3 (7,1 km) 00:04:34 00:36:40	4 (Mål) 00:14:40 00:51:20
24	K50: 1	25 Petra Hanaeus -72 IF Start Cup	00:51:21 5:08	1 (3,3 km) 00:17:23	2 (6,2 km) 00:14:43 00:32:06	3 (7,1 km) 00:04:32 00:36:38	4 (Mål) 00:14:43 00:51:21
25	M40: 4	87 Oskar Ryno -83 OK Tisaren Cup	00:51:37 5:09	1 (3,3 km) 00:16:56	2 (6,2 km) 00:14:54 00:31:50	3 (7,1 km) 00:04:42 00:36:32	4 (Mål) 00:15:05 00:51:37
26	M60: 1	26 Mikael Hansson -63 IF Start Cup	00:51:42 5:10	1 (3,3 km) 00:17:21	2 (6,2 km) 00:14:39 00:32:00	3 (7,1 km) 00:04:22 00:36:22	4 (Mål) 00:15:20 00:51:42
27	M50: 4	74 Tomas Galmén -71 Örebro AIK Cup	00:51:51 5:11	1 (3,3 km) 00:17:35	2 (6,2 km) 00:14:34 00:32:09	3 (7,1 km) 00:04:39 00:36:48	4 (Mål) 00:15:03 00:51:51
28	M50: 5	44 Johan Krafft -74 Örebro AIK Cup	00:52:00 5:12	1 (3,3 km) 00:17:25	2 (6,2 km) 00:15:20 00:32:45	3 (7,1 km) 00:04:28 00:37:12	4 (Mål) 00:14:48 00:52:00
29	M50: 6	34 Anders Johansson -72 IF Start Cup	00:52:01 5:12	1 (3,3 km) 00:17:32	2 (6,2 km) 00:15:07 00:32:40	3 (7,1 km) 00:04:37 00:37:17	4 (Mål) 00:14:44 00:52:01
30	M45: 6	62 Johan Svanholm -76 Örebro AIK Cup	00:52:08 5:12	1 (3,3 km) 00:17:38	2 (6,2 km) 00:15:03 00:32:41	3 (7,1 km) 00:04:37 00:37:18	4 (Mål) 00:14:50 00:52:08
31	M45: 7	75 Henrik Hellborg -76 Örebro AIK Cup	00:52:32 5:15	1 (3,3 km) 00:16:36	2 (6,2 km) 00:13:50 00:30:27	3 (7,1 km) 00:05:36 00:36:03	4 (Mål) 00:16:29 00:52:32
32	M: 3	71 Hampus Johansson -98 Vretstorps IF Cup	00:52:45 5:16	1 (3,3 km) 00:18:40	2 (6,2 km) 00:14:39 00:33:19	3 (7,1 km) 00:04:30 00:37:49	4 (Mål) 00:14:55 00:52:45
33	M55: 3	65 Peter Törnqvist -69 Östansjö SK Cup	00:53:33 5:21	1 (3,3 km) 00:18:01	2 (6,2 km) 00:15:36 00:33:37	3 (7,1 km) 00:04:34 00:38:11	4 (Mål) 00:15:22 00:53:33
34	M55: 4	27 Fredrik Hartman -68 Örebro AIK Cup	00:53:57 5:23	1 (3,3 km) 00:17:54	2 (6,2 km) 00:15:37 00:33:31	3 (7,1 km) 00:04:56 00:38:27	4 (Mål) 00:15:30 00:53:57
35	K22: 2	73 Ester Skoglund -07 Östansjö SK Cup	00:55:05 5:30	1 (3,3 km) 00:17:35	2 (6,2 km) 00:15:33 00:33:08	3 (7,1 km) 00:04:54 00:38:02	4 (Mål) 00:17:03 00:55:05
36	M50: 7	18 Jonas Fridberg -73 Örebro AIK Cup	00:55:09 5:30	1 (3,3 km) 00:18:53	2 (6,2 km) 00:16:05 00:34:58	3 (7,1 km) 00:04:41 00:39:39	4 (Mål) 00:15:29 00:55:09
37	M55: 5	61 Roger Sköldkvist -65 IF Start Cup	00:55:09 5:30	1 (3,3 km) 00:18:44	2 (6,2 km) 00:15:52 00:34:37	3 (7,1 km) 00:04:46 00:39:23	4 (Mål) 00:15:46 00:55:09
38	M50: 8	70 Tomas Karlsson -70 Vretstorps IF Cup	00:55:10 5:31	1 (3,3 km) 00:19:02	2 (6,2 km) 00:16:00 00:35:02	3 (7,1 km) 00:04:35 00:39:37	4 (Mål) 00:15:33 00:55:10
39	M45: 8	58 Stefan Sager -77 Örebro AIK Cup	00:55:11 5:31	1 (3,3 km) 00:18:45	2 (6,2 km) 00:15:53 00:34:38	3 (7,1 km) 00:04:46 00:39:24	4 (Mål) 00:15:46 00:55:11
40	M35: 4	53 Mattias Olsson -88 Runacademy IF	00:55:21 5:32	1 (3,3 km) 00:18:54	2 (6,2 km) 00:16:08 00:35:02	3 (7,1 km) 00:04:53 00:39:55	4 (Mål) 00:15:26 00:55:21
41	K: 2	28 Wilma Henriksson -93 Tisdagsklubben Örebro Cup	00:55:24 5:32	1 (3,3 km) 00:18:58	2 (6,2 km) 00:16:04 00:35:02	3 (7,1 km) 00:04:45 00:39:47	4 (Mål) 00:15:37 00:55:24
42	K45: 1	67 Antje Wiksten -75 IF Start Cup	00:56:01 5:36	1 (3,3 km) 00:19:10	2 (6,2 km) 00:15:58 00:35:08	3 (7,1 km) 00:04:51 00:39:59	4 (Mål) 00:16:02 00:56:01

43	P16: 1	59 William Sallros -10 IFK Nora Cup	00:56:12 5:37	1 (3,3 km) 00:18:46	2 (6,2 km) 00:15:59 00:34:45	3 (7,1 km) 00:04:49 00:39:34	4 (Mål) 00:16:38 00:56:12
44	K40: 1	23 Carina Gustavsson -80 LK Gränslöst Cup	00:56:31 5:39	1 (3,3 km) 00:19:41	2 (6,2 km) 00:16:11 00:35:52	3 (7,1 km) 00:04:52 00:40:44	4 (Mål) 00:15:47 00:56:31
45	K: 3	21 Alva Galmén -01 Örebro AIK Cup	00:56:45 5:40	1 (3,3 km) 00:18:53	2 (6,2 km) 00:16:08 00:35:01	3 (7,1 km) 00:05:00 00:40:01	4 (Mål) 00:16:43 00:56:45
46	M35: 5	90 Stefan Gustafsson -86 Örebro AIK Cup	00:57:14 5:43	1 (3,3 km) 00:19:01	2 (6,2 km) 00:16:09 00:35:10	3 (7,1 km) 00:05:16 00:40:26	4 (Mål) 00:16:48 00:57:14
47	M40: 5	17 Herman Fernström -83 IFK Nora Cup	00:57:33 5:45	1 (3,3 km) 00:19:47	2 (6,2 km) 00:16:27 00:36:14	3 (7,1 km) 00:05:00 00:41:14	4 (Mål) 00:16:19 00:57:33
48	K35: 2	7 Amanda Brunosson -86 Kumla SF Cup	00:59:10 5:55	1 (3,3 km) 00:19:46	2 (6,2 km) 00:17:06 00:36:52	3 (7,1 km) 00:05:16 00:42:08	4 (Mål) 00:17:02 00:59:10
49	K50: 2	56 Therese Persson -73 Örebro AIK Cup	00:59:30 5:57	1 (3,3 km) 00:20:45	2 (6,2 km) 00:17:04 00:37:49	3 (7,1 km) 00:05:00 00:42:49	4 (Mål) 00:16:41 00:59:30
50	M70: 1	3 Hans Backström -53 Östansjö SK Cup	00:59:35 5:57	1 (3,3 km) 00:20:51	2 (6,2 km) 00:16:58 00:37:49	3 (7,1 km) 00:05:01 00:42:50	4 (Mål) 00:16:44 00:59:35
51	K50: 3	6 Maria Borg -73 IF Start Cup	00:59:39 5:57	1 (3,3 km) 00:20:42	2 (6,2 km) 00:17:06 00:37:48	3 (7,1 km) 00:05:03 00:42:51	4 (Mål) 00:16:47 00:59:39
52	M65: 1	15 Jan Ernefjäll -57 Örebro AIK Cup	00:59:41 5:58	1 (3,3 km) 00:20:53	2 (6,2 km) 00:16:59 00:37:52	3 (7,1 km) 00:05:09 00:43:01	4 (Mål) 00:16:39 00:59:41
53	M50: 9	22 Jimmy Glinnerås -71 Örebro AIK Cup	01:01:02 6:06	1 (3,3 km) 00:20:50	2 (6,2 km) 00:17:14 00:38:04	3 (7,1 km) 00:05:39 00:43:43	4 (Mål) 00:17:19 01:01:02
54	K: 4	39 Elsa Karlsson -00 Örebro AIK Cup	01:02:15 6:13	1 (3,3 km) 00:21:04	2 (6,2 km) 00:17:19 00:38:24	3 (7,1 km) 00:05:57 00:44:21	4 (Mål) 00:17:54 01:02:15
55	M: 4	31 Emil Imhagen -01 Örebro AIK Cup	01:02:15 6:13	1 (3,3 km) 00:21:06	2 (6,2 km) 00:17:18 00:38:24	3 (7,1 km) 00:06:00 00:44:24	4 (Mål) 00:17:50 01:02:15
56	M60: 2	41 Lars Karlsson -64 Östansjö SK Cup	01:03:42 6:22	1 (3,3 km) 00:20:45	2 (6,2 km) 00:18:22 00:39:07	3 (7,1 km) 00:05:43 00:44:50	4 (Mål) 00:18:52 01:03:42
57	K35: 3	2 Emelie Andersson -85 Vretstorps IF Cup	01:04:32 6:27	1 (3,3 km) 00:21:29	2 (6,2 km) 00:18:33 00:40:02	3 (7,1 km) 00:05:46 00:45:47	4 (Mål) 00:18:44 01:04:32
58	M75: 1	51 Bengt Nilsson -49 Östansjö SK Cup	01:06:12 6:37	1 (3,3 km) 00:22:28	2 (6,2 km) 00:19:18 00:41:46	3 (7,1 km) 00:05:43 00:47:29	4 (Mål) 00:18:43 01:06:12
59	M70: 2	37 Ove Karasiak -53 Åsbro Golf Cup	01:08:31 6:51	1 (3,3 km) 00:23:36	2 (6,2 km) 00:18:40 00:42:16	3 (7,1 km) 00:06:06 00:48:22	4 (Mål) 00:20:09 01:08:31
60	M50: 10	45 Niclas Källberg -72 Örebro AIK Cup	01:09:51 6:59	1 (3,3 km) 00:21:54	2 (6,2 km) 00:20:12 00:42:06	3 (7,1 km) 00:06:48 00:48:54	4 (Mål) 00:20:57 01:09:51
61	M65: 2	57 Göte Pettersson -57 Örebro AIK Cup	01:10:03 7:00	1 (3,3 km) 00:22:25	2 (6,2 km) 00:19:37 00:42:02	3 (7,1 km) 00:06:03 00:48:05	4 (Mål) 00:21:58 01:10:03
62	M65: 3	48 Thomas Lindström -55 Åsbro Golf Cup	01:10:40 7:04	1 (3,3 km) 00:23:35	2 (6,2 km) 00:19:52 00:43:28	3 (7,1 km) 00:06:23 00:49:51	4 (Mål) 00:20:49 01:10:40
63	K35: 4	38 Camilla Karlsson -85 Vretstorps IF Cup	01:11:18 7:07	1 (3,3 km) 00:23:38	2 (6,2 km) 00:20:31 00:44:09	3 (7,1 km) 00:06:20 00:50:29	4 (Mål) 00:20:48 01:11:18
64	K55: 2	60 Annica Sjölund -67 IF Start Cup	01:11:35 7:09	1 (3,3 km) 00:24:31	2 (6,2 km) 00:20:36 00:45:07	3 (7,1 km) 00:06:17 00:51:24	4 (Mål) 00:20:11 01:11:35
65	F16: 1	40 Julia Karlsson -11 Garphyttans IF Cup	01:11:40 7:10	1 (3,3 km) 00:23:45	2 (6,2 km) 00:20:59 00:44:44	3 (7,1 km) 00:06:21 00:51:05	4 (Mål) 00:20:35 01:11:40

66	M45: 9	42 Magnus Karlsson -76 Garphyttans IF Cup	01:11:41 7:10	1 (3,3 km) 00:23:40	2 (6,2 km) 00:21:02 00:44:42	3 (7,1 km) 00:06:17 00:50:59	4 (Mål) 00:20:42 01:11:41
67	K45: 2	19 Hanna Fridhamre -77 IFK Nora Cup	01:14:01 7:24	1 (3,3 km) 00:25:06	2 (6,2 km) 00:21:30 00:46:36	3 (7,1 km) 00:06:15 00:52:50	4 (Mål) 00:21:10 01:14:01
68	M70: 3	9 Per Börjesson -54 Östansjö SK Cup	01:19:37 7:57	1 (3,3 km) 00:25:07	2 (6,2 km) 00:22:36 00:47:43	3 (7,1 km) 00:07:14 00:54:57	4 (Mål) 00:24:40 01:19:37
		13 Fredrik Eliasson -74 Garphyttans IF Cup	DNS				
		43 Christoffer Kivling -87 Kumla SF Cup	DNS				

## P16 10 km

Plac	Namn	Resultat
1	59 William Sallros -10 IFK Nora Cup	00:56:12 5:37

## F16 10 km

Plac	Namn	Resultat
1	40 Julia Karlsson -11 Garphyttans IF Cup	01:11:40 7:10

## K22 10 km

Plac	Namn	Resultat
1	32 Hanna Imhagen -03 Örebro AIK Cup	00:48:56 4:53
2	73 Ester Skoglund -07 Östansjö SK Cup	00:55:05 5:30

## M22 10 km

Plac	Namn	Resultat
1	66 Albin Wallgren -07 Åsbro Golf Cup	00:49:56 4:59

## M 10 km

Plac	Namn	Resultat
1	50 David Lundström -92 Tisdagsklubben Örebro Cup	00:40:31 4:03
2	77 Hannes Andersson -92 Tisdagsklubben Örebro Cup	00:41:37 4:09
3	71 Hampus Johansson -98 Vretstorps IF Cup	00:52:45 5:16
4	31 Emil Imhagen -01 Örebro AIK Cup	01:02:15 6:13

## K 10 km

Plac	Namn	Resultat
1	81 Ida Hylander -92 Tisdagsklubben Örebro Cup	00:49:12 4:55
2	28 Wilma Henriksson -93 Tisdagsklubben Örebro Cup	00:55:24 5:32
3	21 Alva Galmén -01 Örebro AIK Cup	00:56:45 5:40
4	39 Elsa Karlsson -00 Örebro AIK Cup	01:02:15 6:13

## M35 10 km

Plac	Namn	Resultat
1	52 Mattias Nätterlund -86 IF Start Cup	00:40:57 4:05
2	83 Martin Duberg -85 Örebro AIK Cup	00:48:58 4:53
3	91 Johan Ingjald -87 IF Start Cup	00:51:20 5:08
4	53 Mattias Olsson -88 Runacademy IF	00:55:21 5:32
5	90 Stefan Gustafsson -86 Örebro AIK Cup	00:57:14 5:43

**K35** 10 km

Plac	Namn	Resultat
1	80 Kajsa Rosdal -89 Tisdagsklubben Örebro Cup	00:47:52 4:47
2	7 Amanda Brunosson -86 Kumla SF Cup	00:59:10 5:55
3	2 Emelie Andersson -85 Vretstorps IF Cup	01:04:32 6:27
4	38 Camilla Karlsson -85 Vretstorps IF Cup	01:11:18 7:07

**M40** 10 km

Plac	Namn	Resultat
1	68 Henrik Ögren -82 Storadalens SK Cup	00:47:50 4:47
2	11 Richard Dahlgren -84 Örebro AIK Cup	00:49:22 4:56
3	85 Johannes Millved -81 Kvånums IF	00:49:22 4:56
4	87 Oskar Ryno -83 OK Tisaren Cup	00:51:37 5:09
5	17 Herman Fernström -83 IFK Nora Cup	00:57:33 5:45

**K40** 10 km

Plac	Namn	Resultat
1	23 Carina Gustavsson -80 LK Gråslöst Cup	00:56:31 5:39

**M45** 10 km

Plac	Namn	Resultat
1	55 Magnus Palm -79 Tisdagsklubben Örebro Cup	00:41:46 4:10
2	78 Ludvig Börjesson -77 Örebro AIK Cup	00:42:08 4:12
3	10 Staffan Dahl -78 Örebro AIK Cup	00:48:35 4:51
4	82 Erik Malm -78 Tisdagsklubben Örebro Cup	00:48:45 4:52
5	8 Dan Bäck -75 Kumla SF Cup	00:49:08 4:54
6	62 Johan Svanholm -76 Örebro AIK Cup	00:52:08 5:12
7	75 Henrik Hellborg -76 Örebro AIK Cup	00:52:32 5:15
8	58 Stefan Sager -77 Örebro AIK Cup	00:55:11 5:31
9	42 Magnus Karlsson -76 Garphyttans IF Cup	01:11:41 7:10

**K45** 10 km

Plac	Namn	Resultat
1	67 Antje Wiksten -75 IF Start Cup	00:56:01 5:36
2	19 Hanna Fridhamre -77 IFK Nora Cup	01:14:01 7:24

**M50** 10 km

Plac	Namn	Resultat
1	35 Pär Johansson -74 Örebro AIK Cup	00:42:11 4:13
2	64 Tommy Theoren -72 Tisdagsklubben Örebro Cup	00:47:53 4:47
3	79 Patrik Karlsson -73 Örebro AIK Cup	00:51:01 5:06
4	74 Tomas Galmén -71 Örebro AIK Cup	00:51:51 5:11
5	44 Johan Krafft -74 Örebro AIK Cup	00:52:00 5:12
6	34 Anders Johansson -72 IF Start Cup	00:52:01 5:12

7	18 Jonas Fridberg -73 Örebro AIK Cup	00:55:09 5:30
8	70 Tomas Karlsson -70 Vretstorps IF Cup	00:55:10 5:31
9	22 Jimmy Glinnerås -71 Örebro AIK Cup	01:01:02 6:06
10	45 Niclas Källberg -72 Örebro AIK Cup	01:09:51 6:59

## K50 10 km

Plac	Namn	Resultat
1	25 Petra Hanaeus -72 IF Start Cup	00:51:21 5:08
2	56 Therese Persson -73 Örebro AIK Cup	00:59:30 5:57
3	6 Maria Borg -73 IF Start Cup	00:59:39 5:57

## M55 10 km

Plac	Namn	Resultat
1	29 Rodney Hundermark -69 IFK Nora Cup	00:46:18 4:37
2	14 Torbjörn Eriksson -66 IF Start Cup	00:51:15 5:07
3	65 Peter Törnqvist -69 Östansjö SK Cup	00:53:33 5:21
4	27 Fredrik Hartman -68 Örebro AIK Cup	00:53:57 5:23
5	61 Roger Sköldkvist -65 IF Start Cup	00:55:09 5:30

## K55 10 km

Plac	Namn	Resultat
1	12 Marie Dasler -68 IF Start Cup	00:50:50 5:05
2	60 Annica Sjölund -67 IF Start Cup	01:11:35 7:09

## M60 10 km

Plac	Namn	Resultat
1	26 Mikael Hansson -63 IF Start Cup	00:51:42 5:10
2	41 Lars Karlsson -64 Östansjö SK Cup	01:03:42 6:22

## M65 10 km

Plac	Namn	Resultat
1	15 Jan Ermeffjäll -57 Örebro AIK Cup	00:59:41 5:58
2	57 Göte Pettersson -57 Örebro AIK Cup	01:10:03 7:00
3	48 Thomas Lindström -55 Åsbro Golf Cup	01:10:40 7:04

## M70 10 km

Plac	Namn	Resultat
1	3 Hans Backström -53 Östansjö SK Cup	00:59:35 5:57
2	37 Ove Karasiak -53 Åsbro Golf Cup	01:08:31 6:51
3	9 Per Börjesson -54 Östansjö SK Cup	01:19:37 7:57

## M75 10 km

Plac	Namn	Resultat
1	51 Bengt Nilsson -49 Östansjö SK Cup	01:06:12 6:37

## Motion 10 km

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider			
1	M: 1	49 Gustav Lundegårdh -89 THEOCRGYM IF	00:45:44 4:34	1 (3,3 km) 00:15:28	2 (6,2 km) 00:13:07 00:28:35	3 (7,1 km) 00:03:58 00:32:33	4 (Mål) 00:13:11 00:45:44
2	M: 2	36 Fredrik Johnsson -75 Team Ullmax	00:45:57 4:35	1 (3,3 km) 00:15:13	2 (6,2 km) 00:13:22 00:28:35	3 (7,1 km) 00:04:06 00:32:41	4 (Mål) 00:13:15 00:45:57
3	M: 3	47 Axel Lindroth -93 Kilsmo IK	00:49:22 4:56	1 (3,3 km) 00:16:36	2 (6,2 km) 00:14:15 00:30:51	3 (7,1 km) 00:04:23 00:35:14	4 (Mål) 00:14:07 00:49:22
4	M: 4	20 David Futtrup -90 Kumla	00:53:59 5:23	1 (3,3 km) 00:20:11	2 (6,2 km) 00:14:57 00:35:08	3 (7,1 km) 00:04:23 00:39:31	4 (Mål) 00:14:28 00:53:59
5	M: 5	76 Gabriel Sebastián -79 Kumla	00:56:25 5:38	1 (3,3 km) 00:19:33	2 (6,2 km) 00:15:49 00:35:22	3 (7,1 km) 00:05:11 00:40:33	4 (Mål) 00:15:52 00:56:25
6	M: 6	63 Eric Söderberg -83	00:57:34 5:45	1 (3,3 km) 00:20:51	2 (6,2 km) 00:16:04 00:36:54	3 (7,1 km) 00:05:05 00:41:59	4 (Mål) 00:15:35 00:57:34
7	M: 7	1 Andreas Andersson -82 Team Nordic Trail Örebro	00:57:44 5:46	1 (3,3 km) 00:20:24	2 (6,2 km) 00:16:31 00:36:55	3 (7,1 km) 00:05:07 00:42:02	4 (Mål) 00:15:42 00:57:44
		33 Jimmy Jansson -79 Hallsberg	DNS				

## Motion 6,2 km

Distans: 6 200 m

Plac	Ålder	Namn	Resultat	Mellantider	
1	M: 1	72 Falko Fleischmann -77 OK Tisaren	00:34:43 5:35	1 (3,3 km) 00:18:41	2 (Mål) 00:16:02 00:34:43
2	M: 2	88 Folke Ryno Ttno -12 OK Tisaren	00:36:41 5:55	1 (3,3 km) 00:20:26	2 (Mål) 00:16:14 00:36:41
3	M: 3	89 Loui Ryno -14 OK Tisaren	00:36:42 5:55	1 (3,3 km) 00:20:26	2 (Mål) 00:16:15 00:36:42
4	M: 4	54 Torbjörn Oskarsson -73 Vretstorps IF	00:38:12 6:09	1 (3,3 km) 00:21:26	2 (Mål) 00:16:45 00:38:12
5	M: 5	84 Kenneth Oskarsson -70 Vretstorps IF	00:41:25 6:40	1 (3,3 km) 00:23:30	2 (Mål) 00:17:55 00:41:25
6	K: 1	86 Anna Eriksson -75 Vretstorps IF	00:42:04 6:47	1 (3,3 km) 00:23:33	2 (Mål) 00:18:30 00:42:04
7	K: 2	5 Maja Berglund -86 Vretstorps IF	00:55:49 9:00	1 (3,3 km) 00:29:04	2 (Mål) 00:26:45 00:55:49
8	M: 6	4 Liam Berglund -10 Vretstorps IF	00:55:49 9:00	1 (3,3 km) 00:29:04	2 (Mål) 00:26:45 00:55:49
9	K: 3	30 Annika Imhagen -72	01:03:41 10:16	1 (3,3 km) 00:33:47	2 (Mål) 00:29:54 01:03:41
10	M: 7	16 Arne Evertsson -41 Storådalens SK	01:12:56 11:45	1 (3,3 km) 00:38:46	2 (Mål) 00:34:10 01:12:56
		24 Karl Göransson -81	DNS		
		46 Fredrik Liljeholm -76 Vretstorps IF	DNS		
		69 Ville Liljeholm -11 Vretstorps IF	DNS		

## M Motion 6,2 km

Plac	Namn	Resultat
1	72 Falko Fleischmann -77 OK Tisaren	00:34:43 5:35
2	88 Folke Ryno Ttno -12 OK Tisaren	00:36:41 5:55
3	89 Loui Ryno -14 OK Tisaren	00:36:42 5:55

4	54 Torbjörn Oskarsson -73 Vretstorps IF	00:38:12 6:09
5	84 Kenneth Oskarsson -70 Vretstorps IF	00:41:25 6:40
6	4 Liam Berglund -10 Vretstorps IF	00:55:49 9:00
7	16 Arne Evertsson -41 Storådalens SK	01:12:56 11:45

**K** Motion 6,2 km

Plac	Namn	Resultat
1	86 Anna Eriksson -75 Vretstorps IF	00:42:04 6:47
2	5 Maja Berglund -86 Vretstorps IF	00:55:49 9:00
3	30 Annika Imhagen -72	01:03:41 10:16