

# Kumla Stadslopp Kumla 2024-04-27 Resultat

Klass	Antal resultat
Ungdom 2,3 km	36
Maxifemman Damer 5 km	18
Maxifemman Herrar 5 km	62
Motion Damer 5 km	21
Motion Herrar 5 km	18
<b>Totalt</b>	<b>155</b>

## Ungdom 2,3 km

Distans: 2 327 m

Plac	Ålder	Namn	Resultat	Mellantider		
1	P13: 1	20 Daniel Torege -11 Garphyttans IF	00:09:02 03:52 min/km	1 (70 m) 00:00:14	2 (2 km) 00:07:33 00:07:47	3 (Mål) 00:01:15 00:09:02
2	P11: 1	7 Oskar Granberg -13 KFUM Örebro friidrott	00:09:14 03:58 min/km	1 (70 m) 00:00:14	2 (2 km) 00:07:42 00:07:56	3 (Mål) 00:01:17 00:09:14
3	P11: 2	129 Emil Larsson -13 KFUM Örebro Friidrott	00:09:21 04:01 min/km	1 (70 m) 00:00:14	2 (2 km) 00:07:44 00:07:58	3 (Mål) 00:01:22 00:09:21
4	P13: 2	22 Bo Widar -11 Karlsunds IF SF	00:10:16 04:24 min/km	1 (70 m) 00:00:15	2 (2 km) 00:08:40 00:08:54	3 (Mål) 00:01:21 00:10:16
5	P11: 3	10 August Kihlberg -14 Karlsunds IF SF	00:10:19 04:26 min/km	1 (70 m) 00:00:15	2 (2 km) 00:08:40 00:08:55	3 (Mål) 00:01:24 00:10:19
6	F11: 1	17 Rebecca Strid -13 KFUM Örebro Friidrott	00:10:23 04:27 min/km	1 (70 m) 00:00:16	2 (2 km) 00:08:46 00:09:02	3 (Mål) 00:01:20 00:10:23
7	P13: 3	11 Wilmer Kihlberg -11 Karlsunds IF SF	00:10:24 04:28 min/km	1 (70 m) 00:00:15	2 (2 km) 00:08:46 00:09:01	3 (Mål) 00:01:22 00:10:24
8	P11: 4	16 Wilgot Nordvall -13 KFUM Örebro Friidrott	00:10:24 04:28 min/km	1 (70 m) 00:00:15	2 (2 km) 00:08:52 00:09:07	3 (Mål) 00:01:17 00:10:24
9	P13: 4	136 Ture Palm -12 Örebro	00:10:27 04:29 min/km	1 (70 m) 00:00:16	2 (2 km) 00:08:48 00:09:04	3 (Mål) 00:01:22 00:10:27
10	P11: 5	130 Kalle Larsson -15 KFUM Örebro Friidrott	00:10:28 04:29 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:49 00:09:08	3 (Mål) 00:01:20 00:10:28
11	P13: 5	140 Ludvig Bjurlid -11 Ingen	00:10:31 04:31 min/km	1 (70 m) 00:00:17	2 (2 km) 00:08:47 00:09:03	3 (Mål) 00:01:27 00:10:31
12	F11: 2	5 Agnes Forsberg -13 KFUM Örebro Friidrott	00:10:53 04:40 min/km	1 (70 m) 00:00:19	2 (2 km) 00:09:12 00:09:30	3 (Mål) 00:01:23 00:10:53
13	F11: 3	3 Amanda Bränn -13 KFUM Örebro Friidrott	00:10:54 04:41 min/km	1 (70 m) 00:00:17	2 (2 km) 00:09:13 00:09:30	3 (Mål) 00:01:24 00:10:54
14	F13: 1	2 Sofia Bennet -11 Hammar	00:11:20 04:52 min/km	1 (70 m) 00:00:20	2 (2 km) 00:09:35 00:09:55	3 (Mål) 00:01:25 00:11:20
15	P11: 6	8 Edvin Johansson -13 Kumla	00:11:26 04:54 min/km	1 (70 m) 00:00:15	2 (2 km) 00:09:19 00:09:34	3 (Mål) 00:01:52 00:11:26
16	F11: 4	21 Nina Vennlund -13 IFK Kristinehamn	00:11:48 05:04 min/km	1 (70 m) 00:00:16	2 (2 km) 00:09:57 00:10:13	3 (Mål) 00:01:34 00:11:48
17	F15: 1	142 Tove Gustafsson -10 KUMLA	00:12:03 05:10 min/km	1 (70 m) 00:00:18	2 (2 km) 00:10:12 00:10:30	3 (Mål) 00:01:33 00:12:03
18	P11: 7	125 Alfred Karlsson -13 IFK Nora	00:12:09 05:13 min/km	1 (70 m) 00:00:17	2 (2 km) 00:10:12 00:10:28	3 (Mål) 00:01:40 00:12:09

19	F13: 2	23 Joline Wiand Nordin -11	00:12:10 05:13 min/km	1 (70 m) 00:00:14	2 (2 km) 00:10:11 00:10:24	3 (Mål) 00:01:45 00:12:10
20	P13: 6	19 Liyan Tang -12 Kumla	00:12:36 05:24 min/km	1 (70 m) 00:00:14	2 (2 km) 00:10:30 00:10:44	3 (Mål) 00:01:51 00:12:36
21	F11: 5	1 Neliza Acharya -13 KFUM Örebro Friidrott	00:13:36 05:50 min/km	1 (70 m) 00:00:16	2 (2 km) 00:11:36 00:11:52	3 (Mål) 00:01:43 00:13:36
22	F11: 6	15 Maja Lindström -16 Garphyttans IF	00:13:45 05:54 min/km	1 (70 m) 00:00:19	2 (2 km) 00:11:36 00:11:55	3 (Mål) 00:01:50 00:13:45
23	F11: 7	18 Pixie Sundin -14 Kumla	00:14:18 06:08 min/km	1 (70 m) 00:00:17	2 (2 km) 00:11:57 00:12:14	3 (Mål) 00:02:03 00:14:18
24	F11: 8	120 Lea Forsbacka -14 Östansjö	00:15:00 06:26 min/km	1 (70 m) 00:00:20	2 (2 km) 00:12:34 00:12:53	3 (Mål) 00:02:07 00:15:00
25	P11: 8	132 Joel Sölveling -17	00:15:11 06:31 min/km	1 (70 m) 00:00:17	2 (2 km) 00:12:44 00:13:01	3 (Mål) 00:02:10 00:15:11
26	F11: 9	13 Maja Lindberg -13 Stora Mellösa	00:15:19 06:34 min/km	1 (70 m) 00:00:19	2 (2 km) 00:12:54 00:13:12	3 (Mål) 00:02:06 00:15:19
27	F11: 10	14 Freja Lindström -17 Garphyttans IF	00:16:14 06:58 min/km	1 (70 m) 00:00:20	2 (2 km) 00:13:23 00:13:44	3 (Mål) 00:02:30 00:16:14
28	F13: 3	126 Idun Jansson -12 Hallsberg	00:17:48 07:38 min/km	1 (70 m) 00:00:18	2 (2 km) 00:15:03 00:15:22	3 (Mål) 00:02:26 00:17:48
29	F11: 11	137 Ebba Lindberg -15 Stora Mellösa	00:17:48 07:38 min/km	1 (70 m) 00:00:19	2 (2 km) 00:15:04 00:15:22	3 (Mål) 00:02:25 00:17:48
30	P13: 7	9 Vilhelm Karlsson -12 Kumla	00:17:56 07:42 min/km	1 (70 m) 00:00:22	2 (2 km) 00:15:17 00:15:39	3 (Mål) 00:02:17 00:17:56
31	P13: 8	12 Liam Larsson -11 Kumla	00:17:57 07:42 min/km	1 (70 m) 00:00:22	2 (2 km) 00:15:17 00:15:39	3 (Mål) 00:02:17 00:17:57
32	F11: 12	141 Livia Larsdotter -15	00:18:12 07:49 min/km	1 (70 m) 00:00:18	2 (2 km) 00:15:28 00:15:46	3 (Mål) 00:02:26 00:18:12
33	F11: 13	144 Ellie Lagerström -14 Kumla	00:18:13 07:49 min/km	1 (70 m) 00:00:18	2 (2 km) 00:15:27 00:15:44	3 (Mål) 00:02:28 00:18:13
34	F11: 14	149 Siri Conradsson -16 Kumla	00:18:40 08:01 min/km	1 (70 m) 00:00:19	2 (2 km) 00:15:42 00:16:01	3 (Mål) 00:02:38 00:18:40
35	P13: 9	6 Emil Forsberg -12 KFUM Örebro Friidrott	00:26:43 11:28 min/km	1 (70 m) 00:00:27	2 (2 km) 00:22:56 00:23:23	3 (Mål) 00:03:20 00:26:43
		4 Sigge Ekholm -13 KFUM Örebro Friidrott	DNS			

## P11 Ungdom 2,3 km

Plac	Namn	Resultat
1	7 Oskar Granberg -13 KFUM Örebro friidrott	00:09:14 03:58 min/km
2	129 Emil Larsson -13 KFUM Örebro Friidrott	00:09:21 04:01 min/km
3	10 August Kihlberg -14 Karlsunds IF SF	00:10:19 04:26 min/km
4	16 Wilgot Nordvall -13 KFUM Örebro Friidrott	00:10:24 04:28 min/km
5	130 Kalle Larsson -15 KFUM Örebro Friidrott	00:10:28 04:29 min/km
6	8 Edvin Johansson -13 Kumla	00:11:26 04:54 min/km
7	125 Alfred Karlsson -13 IFK Nora	00:12:09 05:13 min/km
8	132 Joel Sölveling -17	00:15:11 06:31 min/km

## F11 Ungdom 2,3 km

Plac	Namn	Resultat
1	17 Rebecca Strid -13 KFUM Örebro Friidrott	00:10:23 04:27 min/km
2	5 Agnes Forsberg -13 KFUM Örebro Friidrott	00:10:53 04:40 min/km
3	3 Amanda Bränn -13 KFUM Örebro Friidrott	00:10:54 04:41 min/km
4	21 Nina Vennlund -13 IFK Kristinehamn	00:11:48 05:04 min/km
5	1 Neliza Acharya -13 KFUM Örebro Friidrott	00:13:36 05:50 min/km
6	15 Maja Lindström -16 Garphyttans IF	00:13:45 05:54 min/km
7	18 Pixie Sundin -14 Kumla	00:14:18 06:08 min/km
8	120 Lea Forsbacka -14 Östansjö	00:15:00 06:26 min/km
9	13 Maja Lindberg -13 Stora Mellösa	00:15:19 06:34 min/km
10	14 Freja Lindström -17 Garphyttans IF	00:16:14 06:58 min/km
11	137 Ebba Lindberg -15 Stora Mellösa	00:17:48 07:38 min/km
12	141 Livia Larsdotter -15	00:18:12 07:49 min/km
13	144 Ellie Lagerström -14 Kumla	00:18:13 07:49 min/km
14	149 Siri Conradsson -16 Kumla	00:18:40 08:01 min/km

## P13 Ungdom 2,3 km

Plac	Namn	Resultat
1	20 Daniel Torege -11 Garphyttans IF	00:09:02 03:52 min/km
2	22 Bo Widar -11 Karlslunds IF SF	00:10:16 04:24 min/km
3	11 Wilmer Kihlberg -11 Karlslunds IF SF	00:10:24 04:28 min/km
4	136 Ture Palm -12 Örebro	00:10:27 04:29 min/km
5	140 Ludvig Bjurlid -11 Ingen	00:10:31 04:31 min/km
6	19 Liyan Tang -12 Kumla	00:12:36 05:24 min/km
7	9 Vilhelm Karlsson -12 Kumla	00:17:56 07:42 min/km
8	12 Liam Larsson -11 Kumla	00:17:57 07:42 min/km
9	6 Emil Forsberg -12 KFUM Örebro Friidrott	00:26:43 11:28 min/km

## F13 Ungdom 2,3 km

Plac	Namn	Resultat
1	2 Sofia Bennet -11 Hammar	00:11:20 04:52 min/km
2	23 Joline Wiiand Nordin -11	00:12:10 05:13 min/km
3	126 Idun Jansson -12 Hallsberg	00:17:48 07:38 min/km

## F15 Ungdom 2,3 km

Plac	Namn	Resultat
1	142 Tove Gustafsson -10 KUMLA	00:12:03 05:10 min/km

## Maxifemman Damer 5 km Närkes Långloppscup

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider				
1	K: 1	42 Siri Englund -91 Eskilstuna FI Cup	00:19:31 03:54 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:21 00:07:38	3 (2.4 km) 00:01:33 00:09:11	4 (4.7 km) 00:09:03 00:18:14	5 (Mål) 00:01:17 00:19:31

2	K22: 1	92 Ellen Olsson -07 Garphyttans IF Cup	00:20:54 04:10 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:50 00:08:07	3 (2,4 km) 00:01:37 00:09:44	4 (4,7 km) 00:09:49 00:19:33	5 (Mål) 00:01:21 00:20:54
3	K50: 1	114 Helena Von Elern -72 Örebro AIK Cup	00:21:18 04:15 min/km	1 (70 m) 00:00:20	2 (2 km) 00:08:08 00:08:28	3 (2,4 km) 00:01:41 00:10:09	4 (4,7 km) 00:09:45 00:19:54	5 (Mål) 00:01:24 00:21:18
4	K: 2	122 Elin Strömblad -92 Kumla SF Cup	00:22:23 04:28 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:03 00:08:25	3 (2,4 km) 00:01:42 00:10:08	4 (4,7 km) 00:10:09 00:20:17	5 (Mål) 00:02:06 00:22:23
5	K35: 1	36 Jenny Dollerup -85 IFK Nora Cup	00:22:23 04:28 min/km	1 (70 m) 00:00:17	2 (2 km) 00:08:27 00:08:44	3 (2,4 km) 00:01:47 00:10:31	4 (4,7 km) 00:10:24 00:20:55	5 (Mål) 00:01:28 00:22:23
6	K50: 2	133 Maria Borg -73 IF Start Cup	00:23:40 04:44 min/km	1 (70 m) 00:00:20	2 (2 km) 00:09:02 00:09:22	3 (2,4 km) 00:01:52 00:11:13	4 (4,7 km) 00:10:55 00:22:08	5 (Mål) 00:01:32 00:23:40
7	K50: 3	95 Therese Persson -73 Örebro AIK Cup	00:23:55 04:47 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:42 00:09:04	3 (2,4 km) 00:01:52 00:10:56	4 (4,7 km) 00:11:22 00:22:18	5 (Mål) 00:01:36 00:23:55
8	F16: 1	80 Emma Lindström -11 Garphyttans IF Cup	00:23:58 04:47 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:29 00:08:47	3 (2,4 km) 00:02:33 00:11:20	4 (4,7 km) 00:11:09 00:22:29	5 (Mål) 00:01:28 00:23:58
9	F16: 2	79 Anna Lindström -12 Garphyttans IF Cup	00:24:08 04:49 min/km	1 (70 m) 00:00:16	2 (2 km) 00:08:44 00:09:00	3 (2,4 km) 00:01:52 00:10:53	4 (4,7 km) 00:11:43 00:22:36	5 (Mål) 00:01:31 00:24:08
10	K40: 1	24 Sandra Almer Carlsson -81 IFK Nora Cup	00:24:25 04:53 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:12 00:09:36	3 (2,4 km) 00:01:56 00:11:32	4 (4,7 km) 00:11:19 00:22:51	5 (Mål) 00:01:33 00:24:25
11	K40: 2	46 Johanna Eriksson -81 Almby IK Cup	00:25:07 05:01 min/km	1 (70 m) 00:00:22	2 (2 km) 00:09:43 00:10:05	3 (2,4 km) 00:02:00 00:12:05	4 (4,7 km) 00:11:34 00:23:39	5 (Mål) 00:01:28 00:25:07
12	K70: 1	43 Rose Marie Enmalm -54 IF Start Cup	00:25:44 05:08 min/km	1 (70 m) 00:00:24	2 (2 km) 00:09:44 00:10:08	3 (2,4 km) 00:02:00 00:12:08	4 (4,7 km) 00:11:54 00:24:02	5 (Mål) 00:01:42 00:25:44
13	F16: 3	81 Kajsa Lindström -14 Garphyttans IF Cup	00:25:53 05:10 min/km	1 (70 m) 00:00:17	2 (2 km) 00:09:34 00:09:51	3 (2,4 km) 00:02:03 00:11:54	4 (4,7 km) 00:12:15 00:24:09	5 (Mål) 00:01:44 00:25:53
14	K55: 1	105 Annica Sjölund -67 IF Start Cup	00:26:10 05:14 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:44 00:10:07	3 (2,4 km) 00:02:00 00:12:08	4 (4,7 km) 00:12:22 00:24:30	5 (Mål) 00:01:40 00:26:10
15	K35: 2	76 Kristina Lagerman -85 Storådalens SK Cup	00:26:17 05:15 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:30 00:09:53	3 (2,4 km) 00:02:05 00:11:58	4 (4,7 km) 00:12:30 00:24:27	5 (Mål) 00:01:49 00:26:17
16	K45: 1	53 Hanna Fridhamre -77 IFK Nora Cup	00:26:28 05:17 min/km	1 (70 m) 00:00:26	2 (2 km) 00:10:02 00:10:28	3 (2,4 km) 00:02:03 00:12:31	4 (4,7 km) 00:12:12 00:24:43	5 (Mål) 00:01:44 00:26:28
17	K35: 3	134 Fanny Forsell -85 Hällefors LK Cup	00:33:21 06:40 min/km	1 (70 m) 00:00:34	2 (2 km) 00:12:16 00:12:50	3 (2,4 km) 00:02:38 00:15:28	4 (4,7 km) 00:15:43 00:31:11	5 (Mål) 00:02:10 00:33:21
18	K80: 1	148 Inge-Gerd Eklund -41 Brohyttans IF Cup	00:45:21 09:04 min/km	1 (70 m) 00:00:31	2 (2 km) 00:17:18 00:17:49	3 (2,4 km) 00:03:34 00:21:23	4 (4,7 km) 00:21:04 00:42:27	5 (Mål) 00:02:54 00:45:21

## F16 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	80 Emma Lindström -11 Garphyttans IF Cup	00:23:58 04:47 min/km
2	79 Anna Lindström -12 Garphyttans IF Cup	00:24:08 04:49 min/km
3	81 Kajsa Lindström -14 Garphyttans IF Cup	00:25:53 05:10 min/km

## K22 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	92 Ellen Olsson -07 Garphyttans IF Cup	00:20:54 04:10 min/km

## K Maxifemman Damer 5 km

Plac	Namn	Resultat
1	42 Siri Englund -91 Eskilstuna FI Cup	00:19:31 03:54 min/km

2	122 Elin Strömblad -92 Kumla SF Cup	00:22:23 04:28 min/km
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### K35 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	36 Jenny Dollerup -85 IFK Nora Cup	00:22:23 04:28 min/km
2	76 Kristina Lagerman -85 Storådalens SK Cup	00:26:17 05:15 min/km
3	134 Fanny Forsell -85 Hällefors LK Cup	00:33:21 06:40 min/km

### K40 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	24 Sandra Almer Carlsson -81 IFK Nora Cup	00:24:25 04:53 min/km
2	46 Johanna Eriksson -81 Almby IK Cup	00:25:07 05:01 min/km

### K45 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	53 Hanna Fridhamre -77 IFK Nora Cup	00:26:28 05:17 min/km

### K50 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	114 Helena Von Eiern -72 Örebro AIK Cup	00:21:18 04:15 min/km
2	133 Maria Borg -73 IF Start Cup	00:23:40 04:44 min/km
3	95 Therese Persson -73 Örebro AIK Cup	00:23:55 04:47 min/km

### K55 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	105 Annica Sjölund -67 IF Start Cup	00:26:10 05:14 min/km

### K70 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	43 Rose Marie Enmalm -54 IF Start Cup	00:25:44 05:08 min/km

### K80 Maxifemman Damer 5 km

Plac	Namn	Resultat
1	148 Inge-Gerd Eklund -41 Brohyttans IF Cup	00:45:21 09:04 min/km

### Maxifemman Herrar 5 km Närkes Långloppscup

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	70 Simon Karlsson -93 Tisdagsklubben Örebro Cup	00:16:13 03:14 min/km	1 (70 m) 00:00:14 2 (2 km) 00:06:14 3 (2,4 km) 00:01:13 4 (4,7 km) 00:07:30 5 (Mål) 00:01:01
2	M: 2	155 Philip Sander -91 Tisdagsklubben Örebro Cup	00:17:05 03:25 min/km	1 (70 m) 00:00:15 2 (2 km) 00:06:34 3 (2,4 km) 00:01:22 4 (4,7 km) 00:07:48 5 (Mål) 00:01:05
3	M: 3	84 David Lundström -92 Tisdagsklubben Örebro Cup	00:17:16 03:27 min/km	1 (70 m) 00:00:14 2 (2 km) 00:06:29 3 (2,4 km) 00:01:21 4 (4,7 km) 00:08:05 5 (Mål) 00:01:06
4	M35: 1	44 Björn Eriksson -86 Tisdagsklubben Örebro Cup	00:17:19 03:27 min/km	1 (70 m) 00:00:15 2 (2 km) 00:06:34 3 (2,4 km) 00:01:22 4 (4,7 km) 00:07:59 5 (Mål) 00:01:08
5	M: 4	60 Oskar Hansson -97 Tisdagsklubben Örebro Cup	00:17:23 03:28 min/km	1 (70 m) 00:00:13 2 (2 km) 00:06:25 3 (2,4 km) 00:01:20 4 (4,7 km) 00:08:15 5 (Mål) 00:01:09
6	M: 5	152 Kevin Henriksson -97 Garphyttans IF Cup	00:17:39 03:31 min/km	1 (70 m) 00:00:14 2 (2 km) 00:06:42 3 (2,4 km) 00:01:21 4 (4,7 km) 00:08:11 5 (Mål) 00:01:09

7	M22: 1	103 Hugo Sjödin -03 OK Tisaren Cup	00:18:24 03:40 min/km	1 (70 m) 00:00:15	2 (2 km) 00:06:56 00:07:11	3 (2,4 km) 00:01:26 00:08:36	4 (4,7 km) 00:08:35 00:17:11	5 (Mål) 00:01:12 00:18:24
8	M40: 1	113 Mathias Viktorsson -82 Åsbro Golf Cup	00:18:54 03:46 min/km	1 (70 m) 00:00:16	2 (2 km) 00:06:57 00:07:13	3 (2,4 km) 00:01:29 00:08:42	4 (4,7 km) 00:08:56 00:17:38	5 (Mål) 00:01:15 00:18:54
9	M: 6	61 Viktor Hansson -92 Tisdagsklubben Örebro Cup	00:19:05 03:49 min/km	1 (70 m) 00:00:14	2 (2 km) 00:07:00 00:07:14	3 (2,4 km) 00:01:29 00:08:43	4 (4,7 km) 00:09:09 00:17:51	5 (Mål) 00:01:14 00:19:05
10	M35: 2	98 Joel Redeskog -86 Tisdagsklubben Örebro Cup	00:19:12 03:50 min/km	1 (70 m) 00:00:15	2 (2 km) 00:07:24 00:07:39	3 (2,4 km) 00:01:32 00:09:11	4 (4,7 km) 00:08:47 00:17:58	5 (Mål) 00:01:14 00:19:12
11	M40: 2	118 Henrik Ögren -82 Storådalens SK Cup	00:19:27 03:53 min/km	1 (70 m) 00:00:15	2 (2 km) 00:07:23 00:07:38	3 (2,4 km) 00:01:33 00:09:11	4 (4,7 km) 00:09:00 00:18:11	5 (Mål) 00:01:16 00:19:27
12	M40: 3	135 Richard Dahlgren -84 Örebro AIK Cup	00:19:34 03:54 min/km	1 (70 m) 00:00:18	2 (2 km) 00:07:27 00:07:45	3 (2,4 km) 00:01:33 00:09:18	4 (4,7 km) 00:09:03 00:18:21	5 (Mål) 00:01:13 00:19:34
13	M40: 4	25 Håkan Andersson -82 KFUM Örebro Friidrott Cup	00:19:41 03:56 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:21 00:07:38	3 (2,4 km) 00:01:33 00:09:12	4 (4,7 km) 00:09:11 00:18:22	5 (Mål) 00:01:18 00:19:41
14	P16: 1	150 Olle Skoog Carlsson -10 Finspångs AIK Friidrottsklubb	00:19:54 03:58 min/km	1 (70 m) 00:00:18	2 (2 km) 00:07:31 00:07:49	3 (2,4 km) 00:01:34 00:09:23	4 (4,7 km) 00:09:13 00:18:36	5 (Mål) 00:01:17 00:19:54
15	M45: 1	119 Dan Bäck -75 Kumla SF Cup	00:19:55 03:59 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:30 00:07:48	3 (2,4 km) 00:01:34 00:09:21	4 (4,7 km) 00:09:13 00:18:35	5 (Mål) 00:01:20 00:19:55
16	M35: 3	72 Christoffer Kivling -87 Kumla SF Cup	00:19:58 03:59 min/km	1 (70 m) 00:00:19	2 (2 km) 00:07:29 00:07:48	3 (2,4 km) 00:01:34 00:09:22	4 (4,7 km) 00:09:15 00:18:37	5 (Mål) 00:01:21 00:19:58
17	M60: 1	59 Mikael Hansson -63 IF Start Cup	00:19:59 03:59 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:28 00:07:46	3 (2,4 km) 00:01:35 00:09:21	4 (4,7 km) 00:09:18 00:18:39	5 (Mål) 00:01:20 00:19:59
18	M50: 1	74 Johan Krafft -74 Örebro AIK Cup	00:20:01 04:00 min/km	1 (70 m) 00:00:24	2 (2 km) 00:07:41 00:08:04	3 (2,4 km) 00:01:34 00:09:39	4 (4,7 km) 00:09:07 00:18:45	5 (Mål) 00:01:15 00:20:01
19	M40: 5	31 Daniel Bränn -82 KFUM Örebro Friidrott Cup	00:20:04 04:00 min/km	1 (70 m) 00:00:16	2 (2 km) 00:07:30 00:07:46	3 (2,4 km) 00:01:34 00:09:20	4 (4,7 km) 00:09:26 00:18:46	5 (Mål) 00:01:17 00:20:04
20	M: 7	50 Robin Forsbacka -91 Sports Club OCR	00:20:14 04:02 min/km	1 (70 m) 00:00:17	2 (2 km) 00:07:51 00:08:08	3 (2,4 km) 00:01:34 00:09:42	4 (4,7 km) 00:09:15 00:18:57	5 (Mål) 00:01:17 00:20:14
21	M45: 2	111 Jonas Svensson -78 Örebro AIK Cup	00:20:47 04:09 min/km	1 (70 m) 00:00:18	2 (2 km) 00:07:48 00:08:06	3 (2,4 km) 00:01:36 00:09:41	4 (4,7 km) 00:09:44 00:19:26	5 (Mål) 00:01:21 00:20:47
22	M35: 4	107 Alan Smith -87 Friskis & Sveltis Örebro Cup	00:20:51 04:10 min/km	1 (70 m) 00:00:18	2 (2 km) 00:07:30 00:07:49	3 (2,4 km) 00:01:34 00:09:23	4 (4,7 km) 00:10:12 00:19:34	5 (Mål) 00:01:16 00:20:51
23	M55: 1	106 Roger Sköldkvist -65 IF Start Cup	00:21:00 04:12 min/km	1 (70 m) 00:00:23	2 (2 km) 00:08:04 00:08:27	3 (2,4 km) 00:01:40 00:10:08	4 (4,7 km) 00:09:32 00:19:39	5 (Mål) 00:01:20 00:21:00
24	P16: 2	100 William Sallros -10 IFK Nora Cup	00:21:08 04:13 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:03 00:08:21	3 (2,4 km) 00:01:39 00:10:00	4 (4,7 km) 00:09:42 00:19:43	5 (Mål) 00:01:24 00:21:08
25	M50: 2	54 Tomas Galmén -71 Örebro AIK Cup	00:21:13 04:14 min/km	1 (70 m) 00:00:19	2 (2 km) 00:08:07 00:08:26	3 (2,4 km) 00:01:39 00:10:05	4 (4,7 km) 00:09:43 00:19:48	5 (Mål) 00:01:25 00:21:13
26	M50: 3	127 Jonas Färnstrand -73 Örebro AIK Cup	00:21:15 04:15 min/km	1 (70 m) 00:00:20	2 (2 km) 00:08:11 00:08:31	3 (2,4 km) 00:01:41 00:10:13	4 (4,7 km) 00:09:43 00:19:56	5 (Mål) 00:01:19 00:21:15
27	M35: 5	71 Erik Kilsberger -86 Karlsunds IF SF Cup	00:21:15 04:15 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:05 00:08:23	3 (2,4 km) 00:01:41 00:10:04	4 (4,7 km) 00:09:49 00:19:53	5 (Mål) 00:01:22 00:21:15
28	M50: 4	73 David Klingenhoff -74 Örebro AIK Cup	00:21:16 04:15 min/km	1 (70 m) 00:00:21	2 (2 km) 00:08:03 00:08:23	3 (2,4 km) 00:01:41 00:10:04	4 (4,7 km) 00:09:51 00:19:55	5 (Mål) 00:01:20 00:21:16
29	M35: 6	29 Markus Behr -88 Kumla SF Cup	00:21:19 04:15 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:04 00:08:23	3 (2,4 km) 00:01:40 00:10:03	4 (4,7 km) 00:09:54 00:19:57	5 (Mål) 00:01:21 00:21:19

30	M22: 2	121 Jesper Lundgren -06 Kumla SF Cup	00:21:30 04:18 min/km	1 (70 m) 00:00:19	2 (2 km) 00:08:18 00:08:37	3 (2,4 km) 00:01:40 00:10:16	4 (4,7 km) 00:09:53 00:20:09	5 (Mål) 00:01:20 00:21:30
31	M65: 1	47 Jan Ernefjäll -57 Örebro AIK Cup	00:21:35 04:19 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:20 00:08:42	3 (2,4 km) 00:01:43 00:10:26	4 (4,7 km) 00:09:48 00:20:14	5 (Mål) 00:01:21 00:21:35
32	M45: 3	101 Mikael Sandberg -75 Örebro AIK Cup	00:21:41 04:20 min/km	1 (70 m) 00:00:21	2 (2 km) 00:08:00 00:08:21	3 (2,4 km) 00:01:41 00:10:02	4 (4,7 km) 00:10:15 00:20:17	5 (Mål) 00:01:23 00:21:41
33	M60: 2	104 Torbjörn Sjölander -61 Örebro AIK Cup	00:21:49 04:21 min/km	1 (70 m) 00:00:21	2 (2 km) 00:08:12 00:08:33	3 (2,4 km) 00:01:42 00:10:15	4 (4,7 km) 00:10:06 00:20:22	5 (Mål) 00:01:27 00:21:49
34	M50: 5	83 Mathias Lundberg -74 Örebro AIK Cup	00:22:09 04:25 min/km	1 (70 m) 00:00:20	2 (2 km) 00:08:12 00:08:33	3 (2,4 km) 00:01:45 00:10:17	4 (4,7 km) 00:10:21 00:20:39	5 (Mål) 00:01:30 00:22:09
35	M: 8	123 Niklas Tjernberg -91 Kumla SF Cup	00:22:23 04:28 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:04 00:08:25	3 (2,4 km) 00:01:42 00:10:07	4 (4,7 km) 00:10:09 00:20:16	5 (Mål) 00:02:06 00:22:23
36	M35: 7	94 Mattias Olsson -88 Runacademy IF	00:22:30 04:30 min/km	1 (70 m) 00:00:26	2 (2 km) 00:08:31 00:08:57	3 (2,4 km) 00:01:48 00:10:45	4 (4,7 km) 00:10:20 00:21:05	5 (Mål) 00:01:24 00:22:30
37	M35: 8	139 Joakim Magnusson -86 Nilivaara IS	00:23:06 04:37 min/km	1 (70 m) 00:00:25	2 (2 km) 00:09:01 00:09:26	3 (2,4 km) 00:01:49 00:11:15	4 (4,7 km) 00:10:35 00:21:50	5 (Mål) 00:01:16 00:23:06
38	M60: 3	69 Lars Karlsson -64 Östansjö SK Cup	00:23:45 04:45 min/km	1 (70 m) 00:00:22	2 (2 km) 00:09:01 00:09:23	3 (2,4 km) 00:01:53 00:11:16	4 (4,7 km) 00:11:00 00:22:16	5 (Mål) 00:01:29 00:23:45
39	M65: 2	97 Göte Pettersson -57 Örebro AIK Cup	00:24:20 04:52 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:18 00:09:41	3 (2,4 km) 00:01:55 00:11:36	4 (4,7 km) 00:11:07 00:22:43	5 (Mål) 00:01:37 00:24:20
40	M22: 3	51 Julius Forsell -06 Hällefors LK Cup	00:24:22 04:52 min/km	1 (70 m) 00:00:19	2 (2 km) 00:08:05 00:08:25	3 (2,4 km) 00:01:54 00:10:19	4 (4,7 km) 00:12:14 00:22:33	5 (Mål) 00:01:48 00:24:22
41	M45: 4	85 Mikael Löf -77 Örebro AIK Cup	00:24:32 04:54 min/km	1 (70 m) 00:00:26	2 (2 km) 00:09:16 00:09:42	3 (2,4 km) 00:01:55 00:11:38	4 (4,7 km) 00:11:21 00:22:59	5 (Mål) 00:01:33 00:24:32
42	M40: 6	52 Tobias Forsell -83 Hällefors LK Cup	00:24:50 04:58 min/km	1 (70 m) 00:00:24	2 (2 km) 00:09:18 00:09:42	3 (2,4 km) 00:01:57 00:11:39	4 (4,7 km) 00:11:31 00:23:11	5 (Mål) 00:01:39 00:24:50
43	M45: 5	128 Andreas Öhrman -78 Karlsunds IF SF Cup	00:25:03 05:00 min/km	1 (70 m) 00:00:27	2 (2 km) 00:09:42 00:10:09	3 (2,4 km) 00:02:00 00:12:09	4 (4,7 km) 00:11:19 00:23:28	5 (Mål) 00:01:34 00:25:03
44	M: 9	145 Emil Franzen -95 Storådalens SK Cup	00:26:05 05:13 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:04 00:09:27	3 (2,4 km) 00:02:17 00:11:44	4 (4,7 km) 00:12:38 00:24:22	5 (Mål) 00:01:43 00:26:05
45	M65: 3	82 Thomas Lindström -55 Åsbro Golf Cup	00:26:26 05:17 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:58 00:10:21	3 (2,4 km) 00:02:05 00:12:27	4 (4,7 km) 00:12:15 00:24:42	5 (Mål) 00:01:43 00:26:26
46	M70: 1	87 Tauno Mertala -53 IF Start Cup	00:26:31 05:18 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:58 00:10:21	3 (2,4 km) 00:02:09 00:12:29	4 (4,7 km) 00:12:17 00:24:46	5 (Mål) 00:01:44 00:26:31
47	M70: 2	66 Ove Karasiak -53 Åsbro Golf Cup	00:27:00 05:24 min/km	1 (70 m) 00:00:23	2 (2 km) 00:09:38 00:10:01	3 (2,4 km) 00:02:07 00:12:08	4 (4,7 km) 00:12:56 00:25:04	5 (Mål) 00:01:55 00:27:00
48	M70: 3	58 Torbjörn Hallenborg -52 Kumla SF Cup	00:27:12 05:26 min/km	1 (70 m) 00:00:25	2 (2 km) 00:10:23 00:10:48	3 (2,4 km) 00:02:07 00:12:55	4 (4,7 km) 00:12:31 00:25:26	5 (Mål) 00:01:45 00:27:12
49	M75: 1	89 Bengt Nilsson -49 Östansjö SK Cup	00:27:29 05:29 min/km	1 (70 m) 00:00:21	2 (2 km) 00:10:26 00:10:47	3 (2,4 km) 00:02:09 00:12:56	4 (4,7 km) 00:12:39 00:25:35	5 (Mål) 00:01:53 00:27:29
50	M45: 6	93 Jonas Olsson -78 Örebro AIK Cup	00:28:03 05:36 min/km	1 (70 m) 00:00:33	2 (2 km) 00:11:20 00:11:53	3 (2,4 km) 00:02:18 00:14:12	4 (4,7 km) 00:12:25 00:26:37	5 (Mål) 00:01:26 00:28:03
51	M70: 4	99 Dag Rydén -53 Östansjö SK Cup	00:29:39 05:55 min/km	1 (70 m) 00:00:27	2 (2 km) 00:11:00 00:11:28	3 (2,4 km) 00:02:19 00:13:46	4 (4,7 km) 00:13:55 00:27:41	5 (Mål) 00:01:58 00:29:39
52	M70: 5	33 Per Börjesson -54 Östansjö SK Cup	00:30:42 06:08 min/km	1 (70 m) 00:00:28	2 (2 km) 00:11:16 00:11:44	3 (2,4 km) 00:02:22 00:14:06	4 (4,7 km) 00:14:26 00:28:32	5 (Mål) 00:02:10 00:30:42

53	M65: 4	34 Peter Comét -56 IFK Nora Cup	00:31:42 06:20 min/km	1 (70 m) 00:00:28	2 (2 km) 00:11:59 00:12:27	3 (2,4 km) 00:02:30 00:14:57	4 (4,7 km) 00:14:40 00:29:37	5 (Mål) 00:02:05 00:31:42
54	M50: 6	151 Andreas Svensson -74 Örebro AIK Cup	00:33:16 06:39 min/km	1 (70 m) 00:00:30	2 (2 km) 00:12:21 00:12:51	3 (2,4 km) 00:02:37 00:15:28	4 (4,7 km) 00:15:33 00:31:01	5 (Mål) 00:02:14 00:33:16
55	M80: 1	35 Sven-Olov Dahlgren -44 Kopparbergs IF Cup	00:35:56 07:11 min/km	1 (70 m) 00:00:28	2 (2 km) 00:13:42 00:14:11	3 (2,4 km) 00:03:02 00:17:12	4 (4,7 km) 00:16:28 00:33:40	5 (Mål) 00:02:16 00:35:56
56	M80: 2	48 Arne Evertsson -41 Storådalens SK Cup	00:45:58 09:11 min/km	1 (70 m) 00:00:33	2 (2 km) 00:17:38 00:18:10	3 (2,4 km) 00:03:35 00:21:46	4 (4,7 km) 00:21:08 00:42:54	5 (Mål) 00:03:03 00:45:58
		37 Tony Ehrnström -75 IF Start Cup	DNS					
		38 Viktor Ehrnström -09 IF Start Cup	DNS					
		41 Pehr Emanuelsson -69 IFK Nora Cup	DNS					
		49 Mattias Folkesson -72 Örebro AIK Cup	DNS					
		112 David Tachezy -70 Örebro AIK Cup	DNS					
		116 Mats Wickholm -56 IF Spartacus Cup	DNS					

### P16 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	150 Olle Skoog Carlsson -10 Finspångs AIK Friidrottsklubb	00:19:54 03:58 min/km
2	100 William Sallros -10 IFK Nora Cup	00:21:08 04:13 min/km

### M22 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	103 Hugo Sjödin -03 OK Tisaren Cup	00:18:24 03:40 min/km
2	121 Jesper Lundgren -06 Kumla SF Cup	00:21:30 04:18 min/km
3	51 Julius Forsell -06 Hällefors LK Cup	00:24:22 04:52 min/km

### M Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	70 Simon Karlsson -93 Tisdagsklubben Örebro Cup	00:16:13 03:14 min/km
2	155 Philip Sander -91 Tisdagsklubben Örebro Cup	00:17:05 03:25 min/km
3	84 David Lundström -92 Tisdagsklubben Örebro Cup	00:17:16 03:27 min/km
4	60 Oskar Hansson -97 Tisdagsklubben Örebro Cup	00:17:23 03:28 min/km
5	152 Kevin Henriksson -97 Garphyttans IF Cup	00:17:39 03:31 min/km
6	61 Viktor Hansson -92 Tisdagsklubben Örebro Cup	00:19:05 03:49 min/km
7	50 Robin Forsbacka -91 Sports Club OCR	00:20:14 04:02 min/km
8	123 Niklas Tjernberg -91 Kumla SF Cup	00:22:23 04:28 min/km
9	145 Emil Franzen -95 Storådalens SK Cup	00:26:05 05:13 min/km

### M35 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	44 Björn Eriksson -86 Tisdagsklubben Örebro Cup	00:17:19 03:27 min/km
2	98 Joel Redeskoog -86 Tisdagsklubben Örebro Cup	00:19:12 03:50 min/km
3	72 Christoffer Kivling -87 Kumla SF Cup	00:19:58 03:59 min/km
4	107 Alan Smith -87 Friskis & Sveltis Örebro Cup	00:20:51 04:10 min/km
5	71 Erik Kilsberger -86 Karlslunds IF SF Cup	00:21:15 04:15 min/km



6	29 Markus Behr -88 Kumla SF Cup	00:21:19 04:15 min/km
7	94 Mattias Olsson -88 Runacademy IF	00:22:30 04:30 min/km
8	139 Joakim Magnusson -86 Nilivaara IS	00:23:06 04:37 min/km

#### M40 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	113 Mathias Viktorsson -82 Asbro Golf Cup	00:18:54 03:46 min/km
2	118 Henrik Ögren -82 Storådalens SK Cup	00:19:27 03:53 min/km
3	135 Richard Dahlgren -84 Örebro AIK Cup	00:19:34 03:54 min/km
4	25 Håkan Andersson -82 KFUM Örebro Friidrott Cup	00:19:41 03:56 min/km
5	31 Daniel Bränn -82 KFUM Örebro Friidrott Cup	00:20:04 04:00 min/km
6	52 Tobias Forsell -83 Hällefors LK Cup	00:24:50 04:58 min/km

#### M45 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	119 Dan Bäck -75 Kumla SF Cup	00:19:55 03:59 min/km
2	111 Jonas Svensson -78 Örebro AIK Cup	00:20:47 04:09 min/km
3	101 Mikael Sandberg -75 Örebro AIK Cup	00:21:41 04:20 min/km
4	85 Mikael Löf -77 Örebro AIK Cup	00:24:32 04:54 min/km
5	128 Andreas Öhrman -78 Karlslunds IF SF Cup	00:25:03 05:00 min/km
6	93 Jonas Olsson -78 Örebro AIK Cup	00:28:03 05:36 min/km

#### M50 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	74 Johan Krafft -74 Örebro AIK Cup	00:20:01 04:00 min/km
2	54 Tomas Galmén -71 Örebro AIK Cup	00:21:13 04:14 min/km
3	127 Jonas Färnstrand -73 Örebro AIK Cup	00:21:15 04:15 min/km
4	73 David Klingenhoff -74 Örebro AIK Cup	00:21:16 04:15 min/km
5	83 Mathias Lundberg -74 Örebro AIK Cup	00:22:09 04:25 min/km
6	151 Andreas Svensson -74 Örebro AIK Cup	00:33:16 06:39 min/km

#### M55 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	106 Roger Sköldkvist -65 IF Start Cup	00:21:00 04:12 min/km

#### M60 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	59 Mikael Hansson -63 IF Start Cup	00:19:59 03:59 min/km
2	104 Torbjörn Sjölander -61 Örebro AIK Cup	00:21:49 04:21 min/km
3	69 Lars Karlsson -64 Östansjö SK Cup	00:23:45 04:45 min/km

#### M65 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	47 Jan Ermeffjäll -57 Örebro AIK Cup	00:21:35 04:19 min/km
2	97 Göte Pettersson -57 Örebro AIK Cup	00:24:20 04:52 min/km

3	82 Thomas Lindström -55 Åsbro Golf Cup	00:27:00 05:17 min/km
4	34 Peter Comét -56 IFK Nora Cup	00:31:42 06:20 min/km

### M70 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	87 Tauno Mertala -53 IF Start Cup	00:26:31 05:18 min/km
2	66 Ove Karasiak -53 Åsbro Golf Cup	00:27:00 05:24 min/km
3	58 Torbjörn Hallenborg -52 Kumla SF Cup	00:27:12 05:26 min/km
4	99 Dag Rydén -53 Östansjö SK Cup	00:29:39 05:55 min/km
5	33 Per Börjesson -54 Östansjö SK Cup	00:30:42 06:08 min/km

### M75 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	89 Bengt Nilsson -49 Östansjö SK Cup	00:27:29 05:29 min/km

### M80 Maxifemman Herrar 5 km

Plac	Namn	Resultat
1	35 Sven-Olov Dahlgren -44 Kopparbergs IF Cup	00:35:56 07:11 min/km
2	48 Arne Evertsson -41 Storådalens SK Cup	00:45:58 09:11 min/km

### Motion Damer 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	K: 1	62 Sara Hillbom -71 FINSPÅNG	00:25:12 05:02 min/km	1 (70 m) 00:00:24 2 (2 km) 00:09:30 3 (2,4 km) 00:02:01 4 (4,7 km) 00:11:32 5 (Mål) 00:01:43 00:25:12
2	K: 2	63 Thérèse Hultman -83 Örebro	00:26:17 05:15 min/km	1 (70 m) 00:00:25 2 (2 km) 00:09:53 3 (2,4 km) 00:02:02 4 (4,7 km) 00:12:43 5 (Mål) 00:01:42 00:26:17
3	K: 3	90 Johanna Norén -82 Örebro	00:27:07 05:25 min/km	1 (70 m) 00:00:25 2 (2 km) 00:09:54 3 (2,4 km) 00:02:15 4 (4,7 km) 00:12:43 5 (Mål) 00:01:48 00:27:07
4	K: 4	77 Elin Lindberg -87 Stora Mellösa	00:27:31 05:30 min/km	1 (70 m) 00:00:21 2 (2 km) 00:10:18 3 (2,4 km) 00:02:04 4 (4,7 km) 00:13:02 5 (Mål) 00:01:46 00:27:31
5	K: 5	64 Mikaela Iggmark -93 Kumla	00:27:41 05:32 min/km	1 (70 m) 00:00:21 2 (2 km) 00:10:09 3 (2,4 km) 00:02:14 4 (4,7 km) 00:13:02 5 (Mål) 00:01:53 00:27:41
6	K: 6	45 Emma Eriksson -97 Kumla	00:28:19 05:39 min/km	1 (70 m) 00:00:26 2 (2 km) 00:10:40 3 (2,4 km) 00:02:10 4 (4,7 km) 00:13:15 5 (Mål) 00:01:47 00:28:19
7	K: 7	109 Michaela Sundin -83	00:28:32 05:42 min/km	1 (70 m) 00:00:25 2 (2 km) 00:10:46 3 (2,4 km) 00:02:13 4 (4,7 km) 00:13:26 5 (Mål) 00:01:41 00:28:32
8	K: 8	88 Linnea Molin -80 Kumla	00:28:45 05:45 min/km	1 (70 m) 00:00:29 2 (2 km) 00:10:45 3 (2,4 km) 00:02:15 4 (4,7 km) 00:13:21 5 (Mål) 00:01:55 00:28:45
9	K: 9	146 Maria Jaakkola -84 ÖREBRO	00:29:20 05:52 min/km	1 (70 m) 00:00:33 2 (2 km) 00:11:21 3 (2,4 km) 00:02:18 4 (4,7 km) 00:13:25 5 (Mål) 00:01:43 00:29:20
10	K: 10	124 Linda Wallgren -86 Svenska kyrkan Kumla	00:29:25 05:53 min/km	1 (70 m) 00:00:31 2 (2 km) 00:11:14 3 (2,4 km) 00:02:17 4 (4,7 km) 00:13:31 5 (Mål) 00:01:52 00:29:25
11	K: 11	57 Michaela Hadjar -82	00:30:10 06:02 min/km	1 (70 m) 00:00:29 2 (2 km) 00:11:19 3 (2,4 km) 00:02:17 4 (4,7 km) 00:14:10 5 (Mål) 00:01:54 00:30:10
12	K: 12	67 Jenny Karlsson -82	00:30:10 06:02 min/km	1 (70 m) 00:00:29 2 (2 km) 00:11:19 3 (2,4 km) 00:02:17 4 (4,7 km) 00:14:10 5 (Mål) 00:01:54 00:30:10

13	K: 13	32 Marietta Buske -69 Kumla	00:30:53 06:10 min/km	1 (70 m) 00:00:29	2 (2 km) 00:11:54 00:12:23	3 (2,4 km) 00:02:28 00:14:51	4 (4,7 km) 00:14:04 00:28:54	5 (Mål) 00:01:58 00:30:53
14	K: 14	154 Amanda Löf -06 Örebro	00:36:02 07:12 min/km	1 (70 m) 00:00:32	2 (2 km) 00:13:16 00:13:47	3 (2,4 km) 00:02:54 00:16:42	4 (4,7 km) 00:16:57 00:33:39	5 (Mål) 00:02:23 00:36:02
15	K: 15	143 Susanne Åsenlund -62 Kumla	00:36:42 07:20 min/km	1 (70 m) 00:00:32	2 (2 km) 00:13:45 00:14:17	3 (2,4 km) 00:02:52 00:17:09	4 (4,7 km) 00:17:02 00:34:11	5 (Mål) 00:02:31 00:36:42
		26 Lisa Andersson -08 Anderssons däck Kumla	DNS					
		55 Emina Ganic -94 Örebro	DNS					
		75 Nellie La Rosee -93	DNS					
		91 Julia Närkeby -96 Kumla	DNS					
		96 Rut Petterson -08 Anderssons däck	DNS					
		117 Linnéa Wintercorn -92	DNS					

## Motion Herrar 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider				
1	M: 1	115 Jimmy Wahlstedt -79 örebro	00:19:57 03:59 min/km	1 (70 m) 00:00:21	2 (2 km) 00:07:26 00:07:47	3 (2,4 km) 00:01:35 00:09:22	4 (4,7 km) 00:09:22 00:18:44	5 (Mål) 00:01:12 00:19:57
2	M: 2	65 Anders Joelsson -66 Saras Hälsökälla, Finspång	00:20:03 04:00 min/km	1 (70 m) 00:00:18	2 (2 km) 00:07:38 00:07:56	3 (2,4 km) 00:01:35 00:09:31	4 (4,7 km) 00:09:16 00:18:46	5 (Mål) 00:01:17 00:20:03
3	M: 3	78 Lucas Lindohf -02	00:20:04 04:00 min/km	1 (70 m) 00:00:19	2 (2 km) 00:07:21 00:07:39	3 (2,4 km) 00:01:33 00:09:13	4 (4,7 km) 00:09:31 00:18:44	5 (Mål) 00:01:20 00:20:04
4	M: 4	153 Magnus Ivarsson -78 Pålsboda	00:21:44 04:20 min/km	1 (70 m) 00:00:21	2 (2 km) 00:08:06 00:08:27	3 (2,4 km) 00:01:46 00:10:13	4 (4,7 km) 00:10:07 00:20:20	5 (Mål) 00:01:23 00:21:44
5	M: 5	147 Edvin Sandberg -11	00:22:04 04:24 min/km	1 (70 m) 00:00:14	2 (2 km) 00:07:59 00:08:13	3 (2,4 km) 00:01:44 00:09:57	4 (4,7 km) 00:10:37 00:20:35	5 (Mål) 00:01:29 00:22:04
6	M: 6	131 Rasmus Eriksson -84 Sydnärkepolisens IF	00:22:15 04:27 min/km	1 (70 m) 00:00:20	2 (2 km) 00:08:16 00:08:36	3 (2,4 km) 00:01:44 00:10:20	4 (4,7 km) 00:10:31 00:20:51	5 (Mål) 00:01:24 00:22:15
7	M: 7	56 Robert Gustafsson -81 Bilhuset Kumla AB	00:22:16 04:27 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:40 00:09:02	3 (2,4 km) 00:01:43 00:10:46	4 (4,7 km) 00:10:15 00:21:01	5 (Mål) 00:01:15 00:22:16
8	M: 8	28 Stellan Andersson -56 Norrköping	00:22:21 04:28 min/km	1 (70 m) 00:00:25	2 (2 km) 00:08:28 00:08:52	3 (2,4 km) 00:01:46 00:10:38	4 (4,7 km) 00:10:14 00:20:52	5 (Mål) 00:01:28 00:22:21
9	M: 9	102 Klas Saverstam Pettersson -79 Kumla	00:22:54 04:34 min/km	1 (70 m) 00:00:22	2 (2 km) 00:08:32 00:08:54	3 (2,4 km) 00:01:47 00:10:41	4 (4,7 km) 00:10:44 00:21:24	5 (Mål) 00:01:29 00:22:54
10	M: 10	40 Rickard Eklund -87 Kumla	00:23:28 04:41 min/km	1 (70 m) 00:00:18	2 (2 km) 00:08:24 00:08:41	3 (2,4 km) 00:01:51 00:10:32	4 (4,7 km) 00:11:20 00:21:52	5 (Mål) 00:01:35 00:23:28
11	M: 11	39 Rickard Ekblom -81 Kumla	00:24:16 04:51 min/km	1 (70 m) 00:00:21	2 (2 km) 00:09:07 00:09:28	3 (2,4 km) 00:01:57 00:11:24	4 (4,7 km) 00:11:17 00:22:42	5 (Mål) 00:01:33 00:24:16
12	M: 12	27 Markus Andersson -02	00:24:27 04:53 min/km	1 (70 m) 00:00:20	2 (2 km) 00:08:45 00:09:06	3 (2,4 km) 00:01:54 00:11:00	4 (4,7 km) 00:11:47 00:22:46	5 (Mål) 00:01:41 00:24:27
13	M: 13	110 Niklas Sundin -84 Kumla	00:24:28 04:53 min/km	1 (70 m) 00:00:20	2 (2 km) 00:09:00 00:09:19	3 (2,4 km) 00:01:54 00:11:14	4 (4,7 km) 00:11:39 00:22:52	5 (Mål) 00:01:35 00:24:28
14	M: 14	86 Robert Lönnblom -82 Bilhuset Kumla AB	00:27:31 05:30 min/km	1 (70 m) 00:00:26	2 (2 km) 00:10:20 00:10:46	3 (2,4 km) 00:02:03 00:12:49	4 (4,7 km) 00:12:51 00:25:39	5 (Mål) 00:01:51 00:27:31
15	M: 15	30 Magnus Brolin -80 Örebro	00:27:31 05:30 min/km	1 (70 m) 00:00:31	2 (2 km) 00:10:44 00:11:15	3 (2,4 km) 00:02:10 00:13:25	4 (4,7 km) 00:12:24 00:25:49	5 (Mål) 00:01:41 00:27:31
16	M: 16	108 Claez Sollerman -92 Lille Skutts IF	00:28:31 05:42 min/km	1 (70 m) 00:00:32	2 (2 km) 00:10:50 00:11:22	3 (2,4 km) 00:02:11 00:13:33	4 (4,7 km) 00:13:13 00:26:46	5 (Mål) 00:01:45 00:28:31

17	M: 17	138 Sven Erik Bergendahl -63 Kumla	00:39:38 07:55 min/km	1 (70 m) 00:00:30	2 (2 km) 00:14:44 00:15:14	3 (2.4 km) 00:03:02 00:18:16	4 (4.7 km) 00:18:48 00:37:04	5 (Mål) 00:02:33 00:39:38
		68 Jimmy Karlsson -81 Kumla	DNF	1 (70 m) 00:00:32	2 (2 km) 00:14:17 00:14:49			