

# Lucialoppet Vretstorp 2023-12-09 Resultat

Klass	Antal resultat
Gång 10 km	8
Motion 5 km	4
10 km	126
Motion 10 km	7
<b>Totalt</b>	<b>145</b>

## Gång 10 km

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M60: 1	64 Stig Jonsson -62 Laxå OK	01:27:37 08:45 min/km	1 (Start) 00:00:03 2 (Mål) 01:27:34 (01:27:37)
2	K75: 1	41 Barbro Gunnarsson -47 Vretstorps IF	01:41:07 10:06 min/km	1 (Start) 00:00:01 2 (Mål) 01:41:05 (01:41:07)
3	M75: 1	42 Bertil Gunnarsson -48 Vretstorps IF	01:44:36 10:27 min/km	1 (Start) 00:00:02 2 (Mål) 01:44:34 (01:44:36)
4	M70: 1	80 Arne Lauren -50 Vretstorps IF	01:44:36 10:27 min/km	1 (Start) 00:00:00 2 (Mål) 01:44:36 (01:44:36)
5	M70: 2	68 Arne Karlsson -49 Vretstorps IF	01:44:36 10:27 min/km	1 (Start) 00:00:01 2 (Mål) 01:44:35 (01:44:36)
		50 Jimmy Holm -68 Laxå OK	DNS	1 (Start) -
		60 Lennart Johansson -48 Mariestads AIF	DNS	1 (Start) -
		65 Jörgen Jönsson -56 Vretstorps IF	DNS	1 (Start) -

### M60 Gång 10 km

Plac	Namn	Resultat
1	64 Stig Jonsson -62 Laxå OK	01:27:37 08:45 min/km

### M70 Gång 10 km

Plac	Namn	Resultat
1	80 Arne Lauren -50 Vretstorps IF	01:44:36 10:27 min/km
2	68 Arne Karlsson -49 Vretstorps IF	01:44:36 10:27 min/km

### K75 Gång 10 km

Plac	Namn	Resultat
1	41 Barbro Gunnarsson -47 Vretstorps IF	01:41:07 10:06 min/km

### M75 Gång 10 km

Plac	Namn	Resultat
1	42 Bertil Gunnarsson -48 Vretstorps IF	01:44:36 10:27 min/km

## Motion 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat
1	M75: 1	18 Gösta Carlsson -44 KFUM Örebro	00:35:36 07:07 min/km
2	M80: 1	33 Arne Evertsson -41 Storådalens SK	00:48:04 09:36 min/km
3	K50: 1	154 Marie Österling -72 IF Start	00:51:16 10:15 min/km
		10 Tage Berglez -11 Rynninge IK	DNS

### K50 Motion 5 km

Plac	Namn	Resultat
1	154 Marie Österling -72 IF Start	00:51:16 10:15 min/km

## M75 Motion 5 km

Plac	Namn	Resultat
1	18 Gösta Carlsson -44 KFUM Örebro	00:35:36 07:07 min/km

## M80 Motion 5 km

Plac	Namn	Resultat
1	33 Arne Evertsson -41 Storådalens SK	00:48:04 09:36 min/km

## 10 km

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M35: 1	7 Per Arvidsson -86 IF Start	00:35:33 03:33 min/km	1 (Start) 00:00:01      2 (5 km) 00:17:43 (00:17:44)      3 (Mål) 00:17:49 (00:35:33)
2	M: 1	159 John Lundström -90 Tisdagsklubben Örebro	00:36:56 03:41 min/km	1 (Start) 00:00:02      2 (5 km) 00:18:42 (00:18:44)      3 (Mål) 00:18:12 (00:36:56)
3	M22: 1	131 Hugo Örn -04 IF Start	00:37:28 03:44 min/km	1 (Start) 00:00:01      2 (5 km) 00:18:40 (00:18:41)      3 (Mål) 00:18:47 (00:37:28)
4	M40: 1	130 Elias Zika -81 IF Start	00:37:40 03:46 min/km	1 (Start) 00:00:00      2 (5 km) 00:18:50 (00:18:50)      3 (Mål) 00:18:50 (00:37:40)
5	M35: 2	93 Mattias Nätterlund -86 IF Start	00:37:55 03:47 min/km	1 (Start) 00:00:01      2 (5 km) 00:18:39 (00:18:40)      3 (Mål) 00:19:15 (00:37:55)
6	M40: 2	103 Villem Raudsepp -80 Örebro AIK	00:38:32 03:51 min/km	1 (Start) 00:00:00      2 (5 km) 00:19:00 (00:19:00)      3 (Mål) 00:19:32 (00:38:32)
7	M45: 1	61 Pär Johansson -74 Örebro AIK	00:38:55 03:53 min/km	1 (Start) 00:00:00      2 (5 km) 00:19:44 (00:19:44)      3 (Mål) 00:19:11 (00:38:55)
8	M50: 1	51 Rodney Hundermark -69 IFK Nora	00:39:58 03:59 min/km	1 (Start) 00:00:03      2 (5 km) 00:20:11 (00:20:14)      3 (Mål) 00:19:44 (00:39:58)
9	M: 2	47 Oskar Hansson -97 Tisdagsklubben Örebro	00:40:21 04:02 min/km	1 (Start) 00:00:01      2 (5 km) 00:19:28 (00:19:29)      3 (Mål) 00:20:52 (00:40:21)
10	M22: 2	20 Måns Dahlberg -09 IF Start	00:40:27 04:02 min/km	1 (Start) 00:00:01      2 (5 km) 00:20:34 (00:20:36)      3 (Mål) 00:19:51 (00:40:27)
11	M40: 3	87 Anders Montén -83 IF Start	00:40:29 04:02 min/km	1 (Start) 00:00:01      2 (5 km) 00:20:02 (00:20:03)      3 (Mål) 00:20:26 (00:40:29)
12	M: 3	156 David Lundström -92 Tisdagsklubben Örebro	00:41:28 04:08 min/km	1 (Start) 00:00:02      2 (5 km) 00:20:15 (00:20:17)      3 (Mål) 00:21:11 (00:41:28)
13	M45: 2	48 Henrik Hellborg -76 Örebro AIK	00:41:58 04:11 min/km	1 (Start) 00:00:04      2 (5 km) 00:21:03 (00:21:07)      3 (Mål) 00:20:51 (00:41:58)
14	K: 1	104 Emma Reinhed Liljeqvist -92 IF Start	00:41:59 04:11 min/km	1 (Start) 00:00:03      2 (5 km) 00:21:04 (00:21:07)      3 (Mål) 00:20:53 (00:41:59)
15	M45: 3	28 Pär Englund -77 IF Start	00:42:13 04:13 min/km	1 (Start) 00:00:02      2 (5 km) 00:21:09 (00:21:11)      3 (Mål) 00:21:02 (00:42:13)
16	M45: 4	16 Dan Bäck -75 Kumla SF	00:42:21 04:14 min/km	1 (Start) 00:00:02      2 (5 km) 00:21:04 (00:21:06)      3 (Mål) 00:21:15 (00:42:21)
17	M45: 5	25 Pär Ehrling -77 Örebro AIK	00:42:37 04:15 min/km	1 (Start) 00:00:03      2 (5 km) 00:21:44 (00:21:47)      3 (Mål) 00:20:50 (00:42:37)
18	M: 4	158 Martin Hård -94 Tisdagsklubben Örebro	00:42:46 04:16 min/km	1 (Start) 00:00:03      2 (5 km) 00:21:21 (00:21:24)      3 (Mål) 00:21:22 (00:42:46)
19	M55: 1	6 Mats Andersson -67 Örebro AIK	00:42:51 04:17 min/km	1 (Start) 00:00:04      2 (5 km) 00:21:35 (00:21:39)      3 (Mål) 00:21:12 (00:42:51)
20	K22: 1	52 Hanna Imhagen -03 Örebro AIK	00:42:59 04:17 min/km	1 (Start) 00:00:04      2 (5 km) 00:21:27 (00:21:31)      3 (Mål) 00:21:28 (00:42:59)
21	M22: 3	55 Henning Janegren -07 IF Start	00:43:09 04:18 min/km	1 (Start) 00:00:03      2 (5 km) 00:21:16 (00:21:19)      3 (Mål) 00:21:50 (00:43:09)
22	M35: 3	155 Christoffer Kivling -87 Kumla SF	00:43:11 04:19 min/km	1 (Start) 00:00:04      2 (5 km) 00:21:26 (00:21:30)      3 (Mål) 00:21:41 (00:43:11)
23	K50: 1	45 Petra Hanaeus -72 IF Start	00:43:14 04:19 min/km	1 (Start) 00:00:02      2 (5 km) 00:21:28 (00:21:31)      3 (Mål) 00:21:44 (00:43:14)

24	M35: 4	21 Richard Dahlgren -84 Örebro AIK	00:43:20 04:20 min/km	1 (Start) 00:00:02	2 (5 km) 00:21:20 (00:21:22)	3 (Mål) 00:21:59 (00:43:20)
25	M50: 2	119 Peter Ström -70 Kumla SF	00:43:51 04:23 min/km	1 (Start) 00:00:03	2 (5 km) 00:21:43 (00:21:46)	3 (Mål) 00:22:05 (00:43:51)
26	M45: 6	122 Johan Svanholm -76 Örebro AIK	00:44:01 04:24 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:42 (00:21:47)	3 (Mål) 00:22:14 (00:44:01)
27	M45: 7	75 Johan Krafft -74 Örebro AIK	00:44:18 04:25 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:13 (00:22:18)	3 (Mål) 00:22:00 (00:44:18)
28	M50: 3	76 Edmund Kurt -73 Örebro AIK	00:44:40 04:28 min/km	1 (Start) 00:00:04	2 (5 km) 00:22:29 (00:22:33)	3 (Mål) 00:22:07 (00:44:40)
29	M: 5	78 Edvin Larsson -95 Örebro AIK	00:44:45 04:28 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:08 (00:22:13)	3 (Mål) 00:22:32 (00:44:45)
30	M50: 4	1 Lars-Erik Almberg -69 Örebro AIK	00:44:46 04:28 min/km	1 (Start) 00:00:03	2 (5 km) 00:22:15 (00:22:17)	3 (Mål) 00:22:29 (00:44:46)
31	M35: 5	2 Emil Altskog -88 Åsbro Golf	00:44:49 04:28 min/km	1 (Start) 00:00:00	2 (5 km) 00:22:21 (00:22:21)	3 (Mål) 00:22:28 (00:44:49)
32	M35: 6	152 Johan Fredriksson -84 Kumla SF	00:44:50 04:29 min/km	1 (Start) 00:00:03	2 (5 km) 00:21:30 (00:21:33)	3 (Mål) 00:23:16 (00:44:50)
33	M22: 4	127 Albin Wallgren -07 Åsbro Golf	00:44:55 04:29 min/km	1 (Start) 00:00:02	2 (5 km) 00:22:19 (00:22:20)	3 (Mål) 00:22:34 (00:44:55)
34	M45: 8	106 Stefan Sager -77 Örebro AIK	00:45:01 04:30 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:01 (00:23:06)	3 (Mål) 00:21:56 (00:45:01)
35	M40: 4	56 Jonas Janegren -79 IF Start	00:45:05 04:30 min/km	1 (Start) 00:00:03	2 (5 km) 00:22:16 (00:22:19)	3 (Mål) 00:22:46 (00:45:05)
36	M55: 2	116 Roger Sköldqvist -65 IF Start	00:45:12 04:31 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:37 (00:22:43)	3 (Mål) 00:22:29 (00:45:12)
37	M50: 5	125 Peter Törnqvist -69 Östansjö SK	00:45:16 04:31 min/km	1 (Start) 00:00:04	2 (5 km) 00:22:20 (00:22:24)	3 (Mål) 00:22:52 (00:45:16)
38	M: 6	151 Stefan Strömberg -99 Vretstorps IF	00:45:21 04:32 min/km	1 (Start) 00:00:00	2 (5 km) 00:22:41 (00:22:41)	3 (Mål) 00:22:40 (00:45:21)
39	M50: 6	36 Jonas Fridberg -73 Örebro AIK	00:45:23 04:32 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:04 (00:23:09)	3 (Mål) 00:22:14 (00:45:23)
40	K: 2	161 Ida Hylander -92 Tisdagsklubben Örebro	00:45:25 04:32 min/km	1 (Start) 00:00:02	2 (5 km) 00:22:23 (00:22:26)	3 (Mål) 00:22:59 (00:45:25)
41	K45: 1	34 Iva Fagre -75 Örebro AIK	00:45:31 04:33 min/km	1 (Start) 00:00:07	2 (5 km) 00:23:01 (00:23:08)	3 (Mål) 00:22:24 (00:45:31)
42	M: 7	23 Anton Dawidsson -99 Vretstorps IF	00:45:42 04:34 min/km	1 (Start) 00:00:00	2 (5 km) 00:22:50 (00:22:50)	3 (Mål) 00:22:52 (00:45:42)
43	M60: 1	46 Mikael Hansson -63 IF Start	00:45:45 04:34 min/km	1 (Start) 00:00:03	2 (5 km) 00:22:33 (00:22:37)	3 (Mål) 00:23:08 (00:45:45)
44	M50: 7	72 Tomas Inge Karlsson -70 Vretstorps IF	00:45:48 04:34 min/km	1 (Start) 00:00:09	2 (5 km) 00:23:00 (00:23:08)	3 (Mål) 00:22:39 (00:45:48)
45	M45: 9	12 Daniel Borg -74 IFK Nora	00:45:49 04:34 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:49 (00:22:54)	3 (Mål) 00:22:56 (00:45:49)
46	M50: 8	57 Anders Johansson -72 IF Start	00:46:37 04:39 min/km	1 (Start) 00:00:03	2 (5 km) 00:00:00 (00:00:03)	3 (Mål) 00:46:35 (00:46:37)
47	M60: 2	113 Torbjörn Sjölander -61 Örebro AIK	00:46:46 04:40 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:13 (00:23:19)	3 (Mål) 00:23:26 (00:46:46)
48	K50: 2	126 Helena von Elern -72 Örebro AIK	00:46:59 04:41 min/km	1 (Start) 00:00:07	2 (5 km) 00:23:38 (00:23:45)	3 (Mål) 00:23:13 (00:46:59)
49	M: 8	59 Hampus Johansson -98 Vretstorps IF	00:47:08 04:42 min/km	1 (Start) 00:00:00	2 (5 km) 00:23:25 (00:23:25)	3 (Mål) 00:23:43 (00:47:08)
50	M: 9	73 Karl Kind -90 Örebro AIK	00:47:22 04:44 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:22 (00:23:27)	3 (Mål) 00:23:55 (00:47:22)
51	M45: 10	43 Anders Gustavsson -74 Örebro AIK	00:47:53 04:47 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:46 (00:23:52)	3 (Mål) 00:24:01 (00:47:53)
52	M40: 5	96 Jakob Palmkvist -80 Tisdagsklubben Örebro	00:47:54 04:47 min/km	1 (Start) 00:00:02	2 (5 km) 00:23:27 (00:23:30)	3 (Mål) 00:24:24 (00:47:54)
53	M: 10	150 August Forsberg -89 Vretstorps IF	00:48:21 04:50 min/km	1 (Start) 00:00:00	2 (5 km) 00:23:26 (00:23:26)	3 (Mål) 00:24:55 (00:48:21)

54	K35: 1	153 Amanda Brunosson -86 Kumla SF	00:48:34 04:51 min/km	1 (Start) 00:00:04	2 (5 km) 00:23:52 (00:23:56)	3 (Mål) 00:24:38 (00:48:34)
55	K50: 3	98 Therese Persson -73 Örebro AIK	00:48:38 04:51 min/km	1 (Start) 00:00:05	2 (5 km) 00:24:00 (00:24:06)	3 (Mål) 00:24:32 (00:48:38)
56	M45: 11	129 Fredrik Zeitelberg -78 Örebro AIK	00:48:39 04:51 min/km	1 (Start) 00:00:06	2 (5 km) 00:24:25 (00:24:31)	3 (Mål) 00:24:08 (00:48:39)
57	M45: 12	94 Jonas Olsson -78 Örebro AIK	00:48:52 04:53 min/km	1 (Start) 00:00:06	2 (5 km) 00:24:42 (00:24:48)	3 (Mål) 00:24:04 (00:48:52)
58	M: 11	169 Jerry Wiberg -93 Vretstorps IF	00:48:54 04:53 min/km	1 (Start) 00:00:00	2 (5 km) 00:24:17 (00:24:17)	3 (Mål) 00:24:37 (00:48:54)
59	K22: 2	90 Alva Nilsson -09 IF Start	00:49:04 04:54 min/km	1 (Start) 00:00:03	2 (5 km) 00:24:36 (00:24:39)	3 (Mål) 00:24:25 (00:49:04)
60	M40: 6	26 Anders Eklöv -82 Örebro AIK	00:49:06 04:54 min/km	1 (Start) 00:00:06	2 (5 km) 00:24:32 (00:24:38)	3 (Mål) 00:24:28 (00:49:06)
61	K50: 4	111 Malin Sjödin -72 Kumla SF	00:49:08 04:54 min/km	1 (Start) 00:00:04	2 (5 km) 00:24:24 (00:24:28)	3 (Mål) 00:24:40 (00:49:08)
62	M35: 7	157 Eric Nilsson -84 Vretstorps IF	00:50:21 05:02 min/km	1 (Start) 00:00:00	2 (5 km) 00:23:28 (00:23:28)	3 (Mål) 00:26:53 (00:50:21)
63	M55: 3	71 Lars Karlsson -64 Östansjö SK	00:50:37 05:03 min/km	1 (Start) 00:00:04	2 (5 km) 00:25:20 (00:25:24)	3 (Mål) 00:25:13 (00:50:37)
64	K35: 2	35 Therese Fjordäng -88 Vretstorps IF	00:51:01 05:06 min/km	1 (Start) 00:00:08	2 (5 km) 00:25:29 (00:25:38)	3 (Mål) 00:25:23 (00:51:01)
65	K: 3	170 Malin Wiremalm -92 IF Start	00:51:08 05:06 min/km	1 (Start) 00:00:05	2 (5 km) 00:26:00 (00:26:05)	3 (Mål) 00:25:03 (00:51:08)
66	K45: 2	124 Therese Sätre -77 Örebro AIK	00:51:36 05:09 min/km	1 (Start) 00:00:07	2 (5 km) 00:25:56 (00:26:02)	3 (Mål) 00:25:33 (00:51:36)
67	M55: 4	86 Lars Lundegård -65 IF Start	00:51:44 05:10 min/km	1 (Start) 00:00:05	2 (5 km) 00:25:35 (00:25:40)	3 (Mål) 00:26:04 (00:51:44)
68	K40: 1	54 Anna Janegren -82 IF Start	00:52:01 05:12 min/km	1 (Start) 00:00:04	2 (5 km) 00:25:35 (00:25:39)	3 (Mål) 00:26:22 (00:52:01)
69	K40: 2	67 Anna Karlsson -82 Vretstorps IF	00:52:07 05:12 min/km	1 (Start) 00:00:08	2 (5 km) 00:25:32 (00:25:40)	3 (Mål) 00:26:27 (00:52:07)
70	M50: 9	37 Jonas Färnstrand -73 Örebro AIK	00:52:32 05:15 min/km	1 (Start) 00:00:07	2 (5 km) 00:26:58 (00:27:05)	3 (Mål) 00:25:26 (00:52:32)
71	K50: 5	13 Maria Borg -73 IF Start	00:52:37 05:15 min/km	1 (Start) 00:00:04	2 (5 km) 00:25:51 (00:25:55)	3 (Mål) 00:26:41 (00:52:37)
72	M: 12	63 Christian Jonsson -90 Örebro AIK	00:52:46 05:16 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:32 (00:25:41)	3 (Mål) 00:27:05 (00:52:46)
73	M45: 13	85 Mathias Lundberg -74 Örebro AIK	00:53:05 05:18 min/km	1 (Start) 00:00:07	2 (5 km) 00:26:58 (00:27:05)	3 (Mål) 00:26:00 (00:53:05)
74	M45: 14	74 David Klingenhoff -74 Örebro AIK	00:53:07 05:18 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:57 (00:27:04)	3 (Mål) 00:26:03 (00:53:07)
75	M60: 3	89 Iradj Nikban -60 Örebro AIK	00:53:08 05:18 min/km	1 (Start) 00:00:07	2 (5 km) 00:26:11 (00:26:18)	3 (Mål) 00:26:50 (00:53:08)
76	K45: 3	70 Karin Karlsson -76 Örebro AIK	00:53:10 05:19 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:51 (00:26:59)	3 (Mål) 00:26:11 (00:53:10)
77	K22: 3	38 Alva Galmén -01 Örebro AIK	00:53:10 05:19 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:51 (00:26:59)	3 (Mål) 00:26:11 (00:53:10)
78	M50: 10	39 Tomas Galmén -71 Örebro AIK	00:53:11 05:19 min/km	1 (Start) 00:00:07	2 (5 km) 00:26:54 (00:27:00)	3 (Mål) 00:26:11 (00:53:11)
79	K22: 4	109 Kim Semstrand -07 IF Start	00:53:27 05:20 min/km	1 (Start) 00:00:05	2 (5 km) 00:25:51 (00:25:56)	3 (Mål) 00:27:31 (00:53:27)
80	K65: 1	29 Rose-Marie Enmalm -54 IF Start	00:53:35 05:21 min/km	1 (Start) 00:00:04	2 (5 km) 00:26:24 (00:26:28)	3 (Mål) 00:27:07 (00:53:35)
81	M60: 4	99 Torbjörn Persson -63 Östansjö SK	00:53:41 05:22 min/km	1 (Start) 00:00:04	2 (5 km) 00:25:53 (00:25:57)	3 (Mål) 00:27:43 (00:53:41)
82	K: 4	105 Hanna Säfström -00 IF Start	00:54:31 05:27 min/km	1 (Start) 00:00:05	2 (5 km) 00:27:47 (00:27:53)	3 (Mål) 00:26:38 (00:54:31)
83	K: 5	132 Elin Österman -92 IF Start	00:54:32 05:27 min/km	1 (Start) 00:00:10	2 (5 km) 00:27:12 (00:27:22)	3 (Mål) 00:27:10 (00:54:32)

84	M: 13	8 David Berg -89 IF Start	00:54:32 05:27 min/km	1 (Start) 00:00:09	2 (5 km) 00:27:14 (00:27:23)	3 (Mål) 00:27:09 (00:54:32)
85	M35: 8	58 Daniel Johansson -86 IF Start	00:54:32 05:27 min/km	1 (Start) 00:00:05	2 (5 km) 00:27:19 (00:27:24)	3 (Mål) 00:27:09 (00:54:32)
86	M65: 1	100 Göte Pettersson -57 Örebro AIK	00:54:37 05:27 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:44 (00:26:52)	3 (Mål) 00:27:45 (00:54:37)
87	K45: 4	27 Ida Enger -74 Pålsboda Golf	00:55:01 05:30 min/km	1 (Start) 00:00:11	2 (5 km) 00:27:08 (00:27:18)	3 (Mål) 00:27:43 (00:55:01)
88	K50: 6	4 Catrine Andersson -69 Örebro AIK	00:55:15 05:31 min/km	1 (Start) 00:00:08	2 (5 km) 00:27:58 (00:28:06)	3 (Mål) 00:27:08 (00:55:15)
89	K55: 1	114 Annica Sjölund -67 IF Start	00:56:22 05:38 min/km	1 (Start) 00:00:05	2 (5 km) 00:28:02 (00:28:07)	3 (Mål) 00:28:15 (00:56:22)
90	M65: 2	84 Thomas Lindström -55 Åsbro Golf	00:56:25 05:38 min/km	1 (Start) 00:00:06	2 (5 km) 00:27:42 (00:27:48)	3 (Mål) 00:28:37 (00:56:25)
91	K60: 1	112 Märta Sjölander -63 Örebro AIK	00:56:37 05:39 min/km	1 (Start) 00:00:09	2 (5 km) 00:28:02 (00:28:11)	3 (Mål) 00:28:26 (00:56:37)
92	K35: 3	5 Emelie Andersson -85 Vretstorps IF	00:56:52 05:41 min/km	1 (Start) 00:00:08	2 (5 km) 00:28:05 (00:28:13)	3 (Mål) 00:28:39 (00:56:52)
93	K35: 4	77 Kristina Lagerman -85 Storådalens SK	00:57:58 05:47 min/km	1 (Start) 00:00:10	2 (5 km) 00:27:37 (00:27:47)	3 (Mål) 00:30:11 (00:57:58)
94	K40: 3	115 Katti Skoglund -80 Örebro AIK	00:59:00 05:54 min/km	1 (Start) 00:00:09	2 (5 km) 00:29:20 (00:29:28)	3 (Mål) 00:29:32 (00:59:00)
95	M50: 11	11 Patrik Bergström -71 Örebro AIK	00:59:23 05:56 min/km	1 (Start) 00:00:08	2 (5 km) 00:29:24 (00:29:33)	3 (Mål) 00:29:50 (00:59:23)
96	M60: 5	53 Kenneth Isaacson -62 IF Start	00:59:55 05:59 min/km	1 (Start) 00:00:06	2 (5 km) 00:28:55 (00:29:02)	3 (Mål) 00:30:54 (00:59:55)
97	K35: 5	69 Camilla Karlsson -85 Vretstorps IF	01:03:22 06:20 min/km	1 (Start) 00:00:10	2 (5 km) 00:31:13 (00:31:23)	3 (Mål) 00:31:59 (01:03:22)
98	K70: 1	97 Maja Persson -53 Örebro AIK	01:06:53 06:41 min/km	1 (Start) 00:00:09	2 (5 km) 00:32:09 (00:32:18)	3 (Mål) 00:34:36 (01:06:53)
99	M65: 3	17 Per Börjesson -54 Östansjö SK	01:07:55 06:47 min/km	1 (Start) 00:00:06	2 (5 km) 00:32:50 (00:32:56)	3 (Mål) 00:34:59 (01:07:55)
100	M65: 4	19 Peter Comét -56 IFK Nora	01:08:14 06:49 min/km	1 (Start) 00:00:10	2 (5 km) 00:33:41 (00:33:51)	3 (Mål) 00:34:23 (01:08:14)
101	M70: 1	82 Sivert Lignell -53 IF Start	01:19:25 07:56 min/km	1 (Start) 00:00:00	2 (5 km) 00:37:40 (00:37:40)	3 (Mål) 00:41:45 (01:19:25)
102	M75: 1	22 Sven-Olov Dahlgren -44 Kopparbergs IF	01:24:17 08:25 min/km	1 (Start) 00:00:04	2 (5 km) 00:00:00 (00:00:04)	3 (Mål) 01:24:13 (01:24:17)
		3 Eric Anderson -70 Örebro AIK	DNS			
		9 Peter Berglez -73 IF Start	DNS			
		15 Lisa Brorson -99 IF Start	DNS			
		24 Martin Duberg -85 Örebro AIK	DNS			
		30 Björn Eriksson -86 Tisdagsklubben Örebro	DNS			
		32 Jan Ermeffjäll -57 Örebro AIK	DNS			
		40 Conrad Granath -78 IF Start	DNF			
		49 Anna Hilmersson -76 Örebro AIK	DNS			
		62 Thomas Johansson -53 Örebro AIK	DNS			
		66 Ove Karasiak -53 Åsbro Golf	DNS			
		81 Viktor Ledström -85 Örebro AIK	DNS			
		83 Ola Lindstrand -45 IF Start	DNS			
		88 Sebastian Myrdal -94 Örebro AIK	DNS			
		92 Helene Nilsson -66 IF Start	DNS			
		101 Jimmy Pettersson -74 Örebro AIK	DNS			

		102 Morgan Pettersson -67 Örebro AIK	DNS	
		107 William Sallros -10 IFK Nora	DNS	
		110 Johan Sjö -82 Örebro AIK	DNS	
		117 Åge Sollien -62 Örebro AIK	DNS	
		118 Elin Stjernlöf -93 Linköpings Löparklubb	DNS	
		120 Pansy Ståhl -72 IF Start	DNS	
		121 Anton Suontausta -89 IK Westmannia Friidrott	DNS	
		123 Christer Svantesson -64 AXA SC	DNS	
		128 Antje Wiksten -75 IF Start	DNS	

## M22 10 km

Plac	Namn	Resultat
1	131 Hugo Örn -04 IF Start	00:37:28 03:44 min/km
2	20 Måns Dahlberg -09 IF Start	00:40:27 04:02 min/km
3	55 Henning Janegren -07 IF Start	00:43:09 04:18 min/km
4	127 Albin Wallgren -07 Åsbro Golf	00:44:55 04:29 min/km

## K22 10 km

Plac	Namn	Resultat
1	52 Hanna Imhagen -03 Örebro AIK	00:42:59 04:17 min/km
2	90 Alva Nilsson -09 IF Start	00:49:04 04:54 min/km
3	38 Alva Galmén -01 Örebro AIK	00:53:10 05:19 min/km
4	109 Kim Semstrand -07 IF Start	00:53:27 05:20 min/km

## M 10 km

Plac	Namn	Resultat
1	159 John Lundström -90 Tisdagsklubben Örebro	00:36:56 03:41 min/km
2	47 Oskar Hansson -97 Tisdagsklubben Örebro	00:40:21 04:02 min/km
3	156 David Lundström -92 Tisdagsklubben Örebro	00:41:28 04:08 min/km
4	158 Martin Hård -94 Tisdagsklubben Örebro	00:42:46 04:16 min/km
5	78 Edvin Larsson -95 Örebro AIK	00:44:45 04:28 min/km
6	151 Stefan Strömberg -99 Vretstors IF	00:45:21 04:32 min/km
7	23 Anton Dawidsson -99 Vretstors IF	00:45:42 04:34 min/km
8	59 Hampus Johansson -98 Vretstors IF	00:47:08 04:42 min/km
9	73 Karl Kind -90 Örebro AIK	00:47:22 04:44 min/km
10	150 August Forsberg -89 Vretstors IF	00:48:21 04:50 min/km
11	169 Jerry Wiberg -93 Vretstors IF	00:48:54 04:53 min/km
12	63 Christian Jonsson -90 Örebro AIK	00:52:46 05:16 min/km
13	8 David Berg -89 IF Start	00:54:32 05:27 min/km

## K 10 km

Plac	Namn	Resultat
1	104 Emma Reinhed Liljeqvist -92 IF Start	00:41:59 04:11 min/km

2	161 Ida Hylander -92 Tisdagsklubben Örebro	00:45:25 04:32 min/km
3	170 Malin Wiremalm -92 IF Start	00:51:08 05:06 min/km
4	105 Hanna Säfstrom -00 IF Start	00:54:31 05:27 min/km
5	132 Elin Österman -92 IF Start	00:54:32 05:27 min/km

### M35 10 km

Plac	Namn	Resultat
1	7 Per Arvidsson -86 IF Start	00:35:33 03:33 min/km
2	93 Mattias Nätterlund -86 IF Start	00:37:55 03:47 min/km
3	155 Christoffer Kivling -87 Kumla SF	00:43:11 04:19 min/km
4	21 Richard Dahlgren -84 Örebro AIK	00:43:20 04:20 min/km
5	2 Emil Altskog -88 Åsbro Golf	00:44:49 04:28 min/km
6	152 Johan Fredriksson -84 Kumla SF	00:44:50 04:29 min/km
7	157 Eric Nilsson -84 Vretstorps IF	00:50:21 05:02 min/km
8	58 Daniel Johansson -86 IF Start	00:54:32 05:27 min/km

### K35 10 km

Plac	Namn	Resultat
1	153 Amanda Brunosson -86 Kumla SF	00:48:34 04:51 min/km
2	35 Therese Fjordäng -88 Vretstorps IF	00:51:01 05:06 min/km
3	5 Emelie Andersson -85 Vretstorps IF	00:56:52 05:41 min/km
4	77 Kristina Lagerman -85 Storådalens SK	00:57:58 05:47 min/km
5	69 Camilla Karlsson -85 Vretstorps IF	01:03:22 06:20 min/km

### M40 10 km

Plac	Namn	Resultat
1	130 Elias Zika -81 IF Start	00:37:40 03:46 min/km
2	103 Villem Raudsepp -80 Örebro AIK	00:38:32 03:51 min/km
3	87 Anders Montén -83 IF Start	00:40:29 04:02 min/km
4	56 Jonas Janegren -79 IF Start	00:45:05 04:30 min/km
5	96 Jakob Palmkvist -80 Tisdagsklubben Örebro	00:47:54 04:47 min/km
6	26 Anders Eklöv -82 Örebro AIK	00:49:06 04:54 min/km

### K40 10 km

Plac	Namn	Resultat
1	54 Anna Janegren -82 IF Start	00:52:01 05:12 min/km
2	67 Anna Karlsson -82 Vretstorps IF	00:52:07 05:12 min/km
3	115 Katti Skoglund -80 Örebro AIK	00:59:00 05:54 min/km

### M45 10 km

Plac	Namn	Resultat
1	61 Pär Johansson -74 Örebro AIK	00:38:55 03:53 min/km
2	48 Henrik Hellborg -76 Örebro AIK	00:41:58 04:11 min/km
3	28 Pär Englund -77 IF Start	00:42:13 04:13 min/km

4	16 Dan Bäck -75 Kumla SF	00:42:21 04:14 min/km
5	25 Pär Ehrling -77 Örebro AIK	00:42:37 04:15 min/km
6	122 Johan Svanholm -76 Örebro AIK	00:44:01 04:24 min/km
7	75 Johan Krafft -74 Örebro AIK	00:44:18 04:25 min/km
8	106 Stefan Sager -77 Örebro AIK	00:45:01 04:30 min/km
9	12 Daniel Borg -74 IFK Nora	00:45:49 04:34 min/km
10	43 Anders Gustavsson -74 Örebro AIK	00:47:53 04:47 min/km
11	129 Fredrik Zeitelberg -78 Örebro AIK	00:48:39 04:51 min/km
12	94 Jonas Olsson -78 Örebro AIK	00:48:52 04:53 min/km
13	85 Mathias Lundberg -74 Örebro AIK	00:53:05 05:18 min/km
14	74 David Klingenhoff -74 Örebro AIK	00:53:07 05:18 min/km

## K45 10 km

Plac	Namn	Resultat
1	34 Iva Fagre -75 Örebro AIK	00:45:31 04:33 min/km
2	124 Therese Sätre -77 Örebro AIK	00:51:36 05:09 min/km
3	70 Karin Karlsson -76 Örebro AIK	00:53:10 05:19 min/km
4	27 Ida Enger -74 Pålsboda GölF	00:55:01 05:30 min/km

## M50 10 km

Plac	Namn	Resultat
1	51 Rodney Hundermark -69 IFK Nora	00:39:58 03:59 min/km
2	119 Peter Ström -70 Kumla SF	00:43:51 04:23 min/km
3	76 Edmund Kurt -73 Örebro AIK	00:44:40 04:28 min/km
4	1 Lars-Erik Almberg -69 Örebro AIK	00:44:46 04:28 min/km
5	125 Peter Törnqvist -69 Östansjö SK	00:45:16 04:31 min/km
6	36 Jonas Fridberg -73 Örebro AIK	00:45:23 04:32 min/km
7	72 Tomas Inge Karlsson -70 Vretstorps IF	00:45:48 04:34 min/km
8	57 Anders Johansson -72 IF Start	00:46:37 04:39 min/km
9	37 Jonas Färnstrand -73 Örebro AIK	00:52:32 05:15 min/km
10	39 Tomas Galmén -71 Örebro AIK	00:53:11 05:19 min/km
11	11 Patrik Bergström -71 Örebro AIK	00:59:23 05:56 min/km

## K50 10 km

Plac	Namn	Resultat
1	45 Petra Hanaeus -72 IF Start	00:43:14 04:19 min/km
2	126 Helena von Elern -72 Örebro AIK	00:46:59 04:41 min/km
3	98 Therese Persson -73 Örebro AIK	00:48:38 04:51 min/km
4	111 Malin Sjödin -72 Kumla SF	00:49:08 04:54 min/km
5	13 Maria Borg -73 IF Start	00:52:37 05:15 min/km
6	4 Catrine Andersson -69 Örebro AIK	00:55:15 05:31 min/km



**M55** 10 km

Plac	Namn	Resultat
1	6 Mats Andersson -67 Örebro AIK	00:42:51 04:17 min/km
2	116 Roger Sköldqvist -65 IF Start	00:45:12 04:31 min/km
3	71 Lars Karlsson -64 Östansjö SK	00:50:37 05:03 min/km
4	86 Lars Lundegård -65 IF Start	00:51:44 05:10 min/km

**K55** 10 km

Plac	Namn	Resultat
1	114 Annica Sjölund -67 IF Start	00:56:22 05:38 min/km

**M60** 10 km

Plac	Namn	Resultat
1	46 Mikael Hansson -63 IF Start	00:45:45 04:34 min/km
2	113 Torbjörn Sjölander -61 Örebro AIK	00:46:46 04:40 min/km
3	89 Iradj Nikban -60 Örebro AIK	00:53:08 05:18 min/km
4	99 Torbjörn Persson -63 Östansjö SK	00:53:41 05:22 min/km
5	53 Kenneth Isaacson -62 IF Start	00:59:55 05:59 min/km

**K60** 10 km

Plac	Namn	Resultat
1	112 Märta Sjölander -63 Örebro AIK	00:56:37 05:39 min/km

**K65** 10 km

Plac	Namn	Resultat
1	29 Rose-Marie Enmalm -54 IF Start	00:53:35 05:21 min/km

**M65** 10 km

Plac	Namn	Resultat
1	100 Göte Pettersson -57 Örebro AIK	00:54:37 05:27 min/km
2	84 Thomas Lindström -55 Åsbro Golf	00:56:25 05:38 min/km
3	17 Per Börjesson -54 Östansjö SK	01:07:55 06:47 min/km
4	19 Peter Comét -56 IFK Nora	01:08:14 06:49 min/km

**K70** 10 km

Plac	Namn	Resultat
1	97 Maja Persson -53 Örebro AIK	01:06:53 06:41 min/km

**M70** 10 km

Plac	Namn	Resultat
1	82 Sivert Lignell -53 IF Start	01:19:25 07:56 min/km

**M75** 10 km

Plac	Namn	Resultat
1	22 Sven-Olov Dahlgren -44 Kopparbergs IF	01:24:17 08:25 min/km

**Motion 10 km**

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	160 Viktor Hansson -92	00:40:22 04:02 min/km	1 (Start) 00:00:01 2 (5 km) 00:19:27 (00:19:28) 3 (Mål) 00:20:54 (00:40:22)
2	M: 2	31 David Eriksson -89 Köping	00:51:25 05:08 min/km	1 (Start) 00:00:04 2 (5 km) 00:25:40 (00:25:44) 3 (Mål) 00:25:41 (00:51:25)
3	M45: 1	44 Mikael Hagberg -74 Skylberg	00:55:16 05:31 min/km	1 (Start) 00:00:11 2 (5 km) 00:27:37 (00:27:48) 3 (Mål) 00:27:27 (00:55:16)
4	M50: 1	79 Magnus Larsson -69 Skylberg	00:55:17 05:31 min/km	1 (Start) 00:00:10 2 (5 km) 00:27:58 (00:28:08) 3 (Mål) 00:27:08 (00:55:17)
5	K: 1	14 Johanna Brohmée -98	00:55:26 05:32 min/km	1 (Start) 00:00:10 2 (5 km) 00:27:58 (00:28:08) 3 (Mål) 00:27:17 (00:55:26)
6	P17: 1	95 Sven Ottonius -06	00:58:27 05:50 min/km	1 (Start) 00:00:00 2 (5 km) 00:29:22 (00:29:22) 3 (Mål) 00:29:05 (00:58:27)
		108 Gabriel Sebastián Reques -79 Kumla	DNS	

## P17 Motion 10 km

Plac	Namn	Resultat
1	95 Sven Ottonius -06	00:58:27 05:50 min/km

## M Motion 10 km

Plac	Namn	Resultat
1	160 Viktor Hansson -92	00:40:22 04:02 min/km
2	31 David Eriksson -89 Köping	00:51:25 05:08 min/km

## K Motion 10 km

Plac	Namn	Resultat
1	14 Johanna Brohmée -98	00:55:26 05:32 min/km

## M45 Motion 10 km

Plac	Namn	Resultat
1	44 Mikael Hagberg -74 Skylberg	00:55:16 05:31 min/km

## M50 Motion 10 km

Plac	Namn	Resultat
1	79 Magnus Larsson -69 Skylberg	00:55:17 05:31 min/km