

Örebro AIK Halvmaraton Örebro 2024-04-17 Resultat

Klass	Antal resultat
Tävling 21,1 km	113
Motion 21,1 km	35
Motion 10 km	29
Totalt	177

Tävling 21,1 km Närkes Långloppscup

Distans: 21 098 m

Plac	Ålder	Namn	Resultat	Mellantider					
				1 (Start)	2 (5 km)	3 (10 km)	4 (15,2 km)	5 (20,2 km)	6 (Mål)
1	M35: 1	287 Per Arvidsson -86 IF Start Cup	01:10:11 03:19 min/km	00:00:00	00:16:28 00:16:28	00:16:26 00:32:55	00:17:18 00:50:13	00:16:52 01:07:05	00:03:05 01:10:11
2	M: 1	206 Fredrik Häggmark -92 IF Göta Karlstad Cup	01:12:14 03:25 min/km	00:00:01	00:16:47 00:16:48	00:16:51 00:33:39	00:17:47 00:51:26	00:17:37 01:09:03	00:03:11 01:12:14
3	M40: 1	263 Andreas Ingberg -82 Örebro AIK Cup	01:12:59 03:27 min/km	00:00:01	00:16:55 00:16:56	00:17:19 00:34:15	00:18:16 00:52:31	00:17:21 01:09:52	00:03:07 01:12:59
4	M: 2	328 John Lundström -90 Tisdagsklubben Örebro Cup	01:13:55 03:30 min/km	00:00:01	00:17:03 00:17:03	00:17:24 00:34:27	00:18:14 00:52:41	00:17:59 01:10:40	00:03:15 01:13:55
5	M35: 2	276 David Klasson -89 Åsbro Golf Cup	01:15:02 03:33 min/km		00:17:26 00:17:26	00:17:59 00:35:25	00:18:31 00:53:56	00:17:54 01:11:50	00:03:12 01:15:02
6	M45: 1	253 Ludvig Börjesson -77 Örebro AIK Cup	01:15:56 03:35 min/km	00:00:01	00:17:48 00:17:49	00:17:44 00:35:34	00:18:40 00:54:14	00:18:23 01:12:36	00:03:19 01:15:56
7	K35: 1	249 Fanny Schulstad -88 KFUM Örebro Friidrott Cup	01:16:59 03:38 min/km	00:00:01	00:18:07 00:18:07	00:18:19 00:36:26	00:19:03 00:55:29	00:18:12 01:13:42	00:03:17 01:16:59
8	M40: 2	246 Villem Raudsepp -80 Örebro AIK Cup	01:17:18 03:39 min/km	00:00:02	00:18:06 00:18:08	00:18:18 00:36:26	00:19:14 00:55:40	00:18:24 01:14:03	00:03:15 01:17:18
9	M: 3	275 Andreas Borg -92 Åsbro Golf Cup	01:17:51 03:41 min/km	00:00:02	00:18:07 00:18:08	00:18:18 00:36:27	00:19:03 00:55:29	00:18:44 01:14:13	00:03:38 01:17:51
10	M35: 3	284 Mattias Nätterlund -86 IF Start Cup	01:17:55 03:41 min/km	00:00:01	00:18:07 00:18:08	00:18:18 00:36:26	00:19:13 00:55:39	00:18:49 01:14:28	00:03:27 01:17:55
11	M35: 4	267 Björn Eriksson -86 Tisdagsklubben Örebro Cup	01:18:01 03:41 min/km	00:00:01	00:18:05 00:18:06	00:18:20 00:36:26	00:19:14 00:55:40	00:18:58 01:14:38	00:03:23 01:18:01
12	M40: 3	255 Bo Daniel Wärnelid -83 Örebro AIK Cup	01:18:02 03:41 min/km	00:00:01	00:18:10 00:18:11	00:18:28 00:36:40	00:19:23 00:56:03	00:18:41 01:14:44	00:03:17 01:18:02
13	M: 4	214 Erik Toivanen -97 Karlskoga Löp och Cykelklubb Cup	01:18:50 03:44 min/km	00:00:03	00:18:40 00:18:43	00:18:40 00:37:23	00:19:21 00:56:44	00:18:42 01:15:26	00:03:24 01:18:50
14	M: 5	301 Oskar Hansson -97 Tisdagsklubben Örebro Cup	01:19:27 03:45 min/km	00:00:01	00:18:05 00:18:06	00:18:21 00:36:27	00:20:00 00:56:27	00:19:32 01:15:59	00:03:28 01:19:27
15	M40: 4	307 Simon Hagström -81 Tisdagsklubben Örebro Cup	01:19:41 03:46 min/km	00:00:02	00:19:04 00:19:06	00:18:56 00:38:02	00:19:31 00:57:33	00:18:47 01:16:20	00:03:21 01:19:41
16	K45: 1	324 Erica Lech -77 Örebro AIK Cup	01:19:55 03:47 min/km	00:00:02	00:19:03 00:19:05	00:18:57 00:38:02	00:19:32 00:57:34	00:18:51 01:16:25	00:03:30 01:19:55

17	M40: 5	266 Fredrik Härdfeldt -80 Örebro AIK Cup	01:19:57 03:47 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:02 00:19:05	3 (10 km) 00:18:57 00:38:01	4 (15,2 km) 00:19:32 00:57:33	5 (20,2 km) 00:18:51 01:16:25	6 (Mål) 00:03:32 01:19:57
18	M35: 5	254 Martin Duberg -85 Örebro AIK Cup	01:20:26 03:48 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:41 00:18:44	3 (10 km) 00:18:54 00:37:38	4 (15,2 km) 00:19:58 00:57:35	5 (20,2 km) 00:19:20 01:16:55	6 (Mål) 00:03:30 01:20:26
19	M45: 2	247 Fredrik Johnsson -77 Örebro AIK Cup	01:20:55 03:50 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:58 00:19:00	3 (10 km) 00:19:12 00:38:12	4 (15,2 km) 00:19:42 00:57:53	5 (20,2 km) 00:19:31 01:17:24	6 (Mål) 00:03:30 01:20:55
20	M35: 6	300 Anton Suontausta -89 IK Westmannia Friidrott Cup	01:21:04 03:50 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:12 00:19:14	3 (10 km) 00:19:14 00:38:28	4 (15,2 km) 00:19:53 00:58:21	5 (20,2 km) 00:19:16 01:17:37	6 (Mål) 00:03:26 01:21:04
21	M45: 3	226 Markus Liljenroth -79 Örebro AIK Cup	01:23:05 03:56 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:02 00:20:06	3 (10 km) 00:19:18 00:39:24	4 (15,2 km) 00:20:22 00:59:46	5 (20,2 km) 00:19:48 01:19:34	6 (Mål) 00:03:31 01:23:05
22	M55: 1	291 Rodney Hundermark -69 IFK Nora Cup	01:23:19 03:56 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:44 00:19:47	3 (10 km) 00:19:50 00:39:37	4 (15,2 km) 00:20:34 01:00:11	5 (20,2 km) 00:19:43 01:19:54	6 (Mål) 00:03:25 01:23:19
23	M: 6	323 Kevin Henriksson -97 Garphyttans IF Cup	01:23:38 03:57 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:28 00:19:31	3 (10 km) 00:19:24 00:38:55	4 (15,2 km) 00:20:13 00:59:07	5 (20,2 km) 00:20:32 01:19:39	6 (Mål) 00:03:58 01:23:38
24	M45: 4	311 Per Ivansson -75 Finspångs AIK Friidrottsklubb	01:24:07 03:59 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:55 00:19:59	3 (10 km) 00:19:53 00:39:52	4 (15,2 km) 00:20:41 01:00:33	5 (20,2 km) 00:19:58 01:20:31	6 (Mål) 00:03:36 01:24:07
25	M35: 7	219 Ulf Blixt -89 LK Gränslöst Cup	01:24:18 03:59 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:29 00:19:32	3 (10 km) 00:19:49 00:39:21	4 (15,2 km) 00:21:03 01:00:23	5 (20,2 km) 00:20:26 01:20:50	6 (Mål) 00:03:27 01:24:18
26	K45: 2	312 Lisa Bouvin -77 Finspångs AIK Friidrottsklubb	01:25:07 04:02 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:00 00:20:03	3 (10 km) 00:20:09 00:40:13	4 (15,2 km) 00:20:50 01:01:03	5 (20,2 km) 00:20:22 01:21:25	6 (Mål) 00:03:42 01:25:07
27	K: 1	288 Emma Reinhed Liljeqvist -92 IF Start Cup	01:26:32 04:06 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:07 00:20:11	3 (10 km) 00:20:42 00:40:53	4 (15,2 km) 00:21:17 01:02:10	5 (20,2 km) 00:20:38 01:22:48	6 (Mål) 00:03:43 01:26:32
28	M35: 8	208 Mattias Frändå -88 Tisdagsklubben Örebro Cup	01:26:44 04:06 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:57 00:20:01	3 (10 km) 00:20:12 00:40:13	4 (15,2 km) 00:21:31 01:01:44	5 (20,2 km) 00:21:01 01:22:45	6 (Mål) 00:03:58 01:26:44
29	M45: 5	212 Oskar Axelsson -77 Örebro AIK Cup	01:27:48 04:09 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:27 00:19:30	3 (10 km) 00:19:24 00:38:54	4 (15,2 km) 00:21:30 01:00:24	5 (20,2 km) 00:23:03 01:23:27	6 (Mål) 00:04:21 01:27:48
30	M: 7	321 Martin Hård -94 Tisdagsklubben Örebro Cup	01:27:56 04:10 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:58 00:21:03	3 (10 km) 00:21:04 00:42:07	4 (15,2 km) 00:21:45 01:03:52	5 (20,2 km) 00:20:31 01:24:23	6 (Mål) 00:03:32 01:27:56
31	M40: 6	271 Daniel Bränn -82 KFUM Örebro Friidrott Cup	01:27:57 04:10 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:46 00:19:48	3 (10 km) 00:20:06 00:39:54	4 (15,2 km) 00:22:09 01:02:03	5 (20,2 km) 00:21:56 01:23:59	6 (Mål) 00:03:58 01:27:57
32	M40: 7	234 Jesper Zakrisson -80 Örebro AIK Cup	01:28:02 04:10 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:11 00:20:16	3 (10 km) 00:20:51 00:41:07	4 (15,2 km) 00:21:58 01:03:05	5 (20,2 km) 00:21:15 01:24:20	6 (Mål) 00:03:41 01:28:02
33	M50: 1	310 Henrik Göhl -74 Finspångs AIK Friidrottsklubb	01:28:05 04:10 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:47 00:20:51	3 (10 km) 00:20:57 00:41:48	4 (15,2 km) 00:21:30 01:03:17	5 (20,2 km) 00:21:05 01:24:23	6 (Mål) 00:03:42 01:28:05
34	M40: 8	309 Henrik Ögren -82 Storådalens SK Cup	01:28:09 04:10 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:08 00:20:12	3 (10 km) 00:20:50 00:41:02	4 (15,2 km) 00:21:50 01:02:52	5 (20,2 km) 00:21:28 01:24:19	6 (Mål) 00:03:50 01:28:09
35	M60: 1	231 Sören Forsberg -63 Örebro AIK Cup	01:28:15 04:10 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:48 00:20:52	3 (10 km) 00:20:56 00:41:48	4 (15,2 km) 00:21:37 01:03:25	5 (20,2 km) 00:21:03 01:24:28	6 (Mål) 00:03:47 01:28:15

36	M50: 2	320 Fredrik Eliasson -74 Garphyttans IF Cup	01:28:28 04:11 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:59 00:21:03	3 (10 km) 00:21:04 00:42:07	4 (15,2 km) 00:21:44 01:03:51	5 (20,2 km) 00:20:41 01:24:32	6 (Mål) 00:03:55 01:28:28
37	M40: 9	260 Johan Fredriksson -84 Kumla SF Cup	01:28:38 04:12 min/km	1 (Start) 00:00:06	2 (5 km) 00:19:50 00:19:55	3 (10 km) 00:20:45 00:40:40	4 (15,2 km) 00:21:36 01:02:16	5 (20,2 km) 00:22:06 01:24:22	6 (Mål) 00:04:15 01:28:38
38	M60: 2	285 Mikael Hansson -63 IF Start Cup	01:29:10 04:13 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:13 00:20:17	3 (10 km) 00:20:46 00:41:02	4 (15,2 km) 00:22:17 01:03:19	5 (20,2 km) 00:21:47 01:25:06	6 (Mål) 00:04:04 01:29:10
39	M35: 9	272 Robin Eriksson -86 Örebro AIK Cup	01:29:18 04:13 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:59 00:21:04	3 (10 km) 00:21:04 00:42:07	4 (15,2 km) 00:22:01 01:04:09	5 (20,2 km) 00:21:21 01:25:30	6 (Mål) 00:03:48 01:29:18
40	M40: 10	322 Erik Blohm -84 Friskis & Svettis Örebro Cup	01:29:19 04:14 min/km		2 (5 km) 00:21:04 00:21:04	3 (10 km) 00:21:06 00:42:10	4 (15,2 km) 00:21:58 01:04:08	5 (20,2 km) 00:21:27 01:25:35	6 (Mål) 00:03:43 01:29:19
41	K55: 1	283 Marie Dasler -68 IF Start Cup	01:29:21 04:14 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:15 00:20:18	3 (10 km) 00:20:37 00:40:55	4 (15,2 km) 00:22:39 01:03:33	5 (20,2 km) 00:21:57 01:25:30	6 (Mål) 00:03:50 01:29:21
42	M: 8	302 Viktor Hansson -92 Tisdagsklubben Örebro Cup	01:29:31 04:14 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:32 00:20:35	3 (10 km) 00:21:14 00:41:49	4 (15,2 km) 00:22:15 01:04:04	5 (20,2 km) 00:21:36 01:25:40	6 (Mål) 00:03:50 01:29:31
43	M35: 10	264 Andrés Avella -86 Örebro AIK Cup	01:30:11 04:16 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:58 00:21:04	3 (10 km) 00:21:04 00:42:08	4 (15,2 km) 00:22:00 01:04:08	5 (20,2 km) 00:21:58 01:26:05	6 (Mål) 00:04:05 01:30:11
44	M55: 2	252 Magnus Liljerås -68 Östansjö SK Cup	01:30:45 04:18 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:44 00:21:50	3 (10 km) 00:21:27 00:43:17	4 (15,2 km) 00:22:07 01:05:24	5 (20,2 km) 00:21:31 01:26:55	6 (Mål) 00:03:50 01:30:45
45	M45: 6	327 Dan Bäck -75 Kumla SF Cup	01:31:00 04:18 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:21 00:20:26	3 (10 km) 00:21:07 00:41:33	4 (15,2 km) 00:21:52 01:03:25	5 (20,2 km) 00:22:58 01:26:22	6 (Mål) 00:04:37 01:31:00
46	M45: 7	277 Conrad Granath -78 IF Start Cup	01:31:13 04:19 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:49 00:20:52	3 (10 km) 00:21:12 00:42:04	4 (15,2 km) 00:22:41 01:04:45	5 (20,2 km) 00:22:25 01:27:10	6 (Mål) 00:04:03 01:31:13
47	K22: 1	241 Hanna Imhagen -03 Örebro AIK Cup	01:31:53 04:21 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:21 00:21:25	3 (10 km) 00:21:52 00:43:18	4 (15,2 km) 00:22:44 01:06:02	5 (20,2 km) 00:21:56 01:27:58	6 (Mål) 00:03:54 01:31:53
48	M45: 8	238 Peter Almroth -79 Örebro AIK Cup	01:32:33 04:23 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:44 00:20:49	3 (10 km) 00:21:22 00:42:11	4 (15,2 km) 00:23:11 01:05:22	5 (20,2 km) 00:23:09 01:28:32	6 (Mål) 00:04:01 01:32:33
49	M55: 3	289 Peter Törnqvist -69 Östansjö SK Cup	01:32:54 04:24 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:45 00:21:50	3 (10 km) 00:21:42 00:43:33	4 (15,2 km) 00:22:40 01:06:13	5 (20,2 km) 00:22:25 01:28:38	6 (Mål) 00:04:16 01:32:54
50	M75: 1	296 Bo Persson -48 Almby IK Cup	01:33:06 04:24 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:47 00:21:51	3 (10 km) 00:21:42 00:43:33	4 (15,2 km) 00:22:41 01:06:14	5 (20,2 km) 00:22:35 01:28:48	6 (Mål) 00:04:17 01:33:06
51	M50: 3	326 Edmund Kurt -73 Örebro AIK Cup	01:33:12 04:25 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:43 00:21:49	3 (10 km) 00:21:45 00:43:34	4 (15,2 km) 00:23:12 01:06:45	5 (20,2 km) 00:22:34 01:29:20	6 (Mål) 00:03:52 01:33:12
52	M: 9	256 Rasmus Andersson -90 Örebro AIK Cup	01:33:30 04:25 min/km	1 (Start) 00:00:07	2 (5 km) 00:21:43 00:21:49	3 (10 km) 00:21:45 00:43:34	4 (15,2 km) 00:23:11 01:06:45	5 (20,2 km) 00:22:42 01:29:27	6 (Mål) 00:04:02 01:33:30
53	M40: 11	295 Richard Dahlgren -84 Örebro AIK Cup	01:33:42 04:26 min/km	1 (Start) 00:00:06	2 (5 km) 00:20:13 00:20:20	3 (10 km) 00:20:54 00:41:14	4 (15,2 km) 00:22:26 01:03:40	5 (20,2 km) 00:25:35 01:29:16	6 (Mål) 00:04:26 01:33:42
54	K45: 3	244 Julia Johnsson -76 Örebro AIK Cup	01:33:47 04:26 min/km	1 (Start) 00:00:03	2 (5 km) 00:21:22 00:21:25	3 (10 km) 00:21:53 00:43:18	4 (15,2 km) 00:23:32 01:06:50	5 (20,2 km) 00:22:43 01:29:33	6 (Mål) 00:04:13 01:33:47

55	M50: 4	258 Kent Mossbäck -72 Örebro AIK Cup	01:34:47 04:29 min/km	1 (Start) 00:00:07	2 (5 km) 00:21:56 00:22:04	3 (10 km) 00:22:30 00:44:34	4 (15,2 km) 00:23:39 01:08:13	5 (20,2 km) 00:22:32 01:30:45	6 (Mål) 00:04:01 01:34:47
56	M50: 5	251 Mattias Folkesson -72 Örebro AIK Cup	01:36:32 04:34 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:45 00:21:50	3 (10 km) 00:22:17 00:44:07	4 (15,2 km) 00:23:35 01:07:42	5 (20,2 km) 00:24:10 01:31:52	6 (Mål) 00:04:40 01:36:32
57	M35: 11	217 Alan Smith -87 Friskis & Sveltis Örebro Cup	01:37:48 04:38 min/km	1 (Start) 00:00:11	2 (5 km) 00:23:16 00:23:28	3 (10 km) 00:21:37 00:45:05	4 (15,2 km) 00:23:50 01:08:55	5 (20,2 km) 00:24:34 01:33:28	6 (Mål) 00:04:19 01:37:48
58	M45: 9	248 Albin Arlebo -75 Örebro AIK Cup	01:38:13 04:39 min/km	1 (Start) 00:00:10	2 (5 km) 00:23:48 00:23:59	3 (10 km) 00:23:36 00:47:35	4 (15,2 km) 00:24:00 01:11:35	5 (20,2 km) 00:22:36 01:34:11	6 (Mål) 00:04:01 01:38:13
59	M50: 6	223 Johan Krafft -74 Örebro AIK Cup	01:38:16 04:39 min/km	1 (Start) 00:00:11	2 (5 km) 00:24:47 00:24:58	3 (10 km) 00:25:08 00:50:06	4 (15,2 km) 00:22:39 01:12:44	5 (20,2 km) 00:21:36 01:34:20	6 (Mål) 00:03:55 01:38:16
60	M50: 7	318 Andreas Österlund -71 Vretstorps IF Cup	01:38:41 04:40 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:42 00:23:50	3 (10 km) 00:23:45 00:47:35	4 (15,2 km) 00:24:00 01:11:35	5 (20,2 km) 00:22:49 01:34:25	6 (Mål) 00:04:16 01:38:41
61	M65: 1	245 Jan Ernefjäll -57 Örebro AIK Cup	01:38:53 04:41 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:30 00:23:36	3 (10 km) 00:23:29 00:47:05	4 (15,2 km) 00:24:18 01:11:23	5 (20,2 km) 00:23:20 01:34:43	6 (Mål) 00:04:10 01:38:53
62	M55: 4	279 Roger Sköldkvist -65 IF Start Cup	01:39:03 04:41 min/km	1 (Start) 00:00:03	2 (5 km) 00:23:01 00:23:04	3 (10 km) 00:23:25 00:46:29	4 (15,2 km) 00:24:29 01:10:58	5 (20,2 km) 00:23:44 01:34:42	6 (Mål) 00:04:20 01:39:03
63	K50: 1	207 Arina Thorén -73 IF Linnéa Friidrott	01:39:10 04:42 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:58 00:22:02	3 (10 km) 00:23:04 00:45:06	4 (15,2 km) 00:24:59 01:10:05	5 (20,2 km) 00:24:29 01:34:34	6 (Mål) 00:04:35 01:39:10
64	M50: 8	269 Jonas Färnstrand -73 Örebro AIK Cup	01:39:35 04:43 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:47 00:22:53	3 (10 km) 00:23:02 00:45:55	4 (15,2 km) 00:24:31 01:10:26	5 (20,2 km) 00:24:36 01:35:02	6 (Mål) 00:04:33 01:39:35
65	M35: 12	227 Shiva Kumar -85 Örebro AIK Cup	01:39:41 04:43 min/km		2 (5 km) 00:23:14 00:23:14	3 (10 km) 00:24:04 00:47:19	4 (15,2 km) 00:24:47 01:12:06	5 (20,2 km) 00:23:39 01:35:45	6 (Mål) 00:03:56 01:39:41
66	M65: 2	261 Rolf Östman -58 Kumla SF Cup	01:40:11 04:44 min/km	1 (Start) 00:00:07	2 (5 km) 00:23:29 00:23:37	3 (10 km) 00:23:39 00:47:15	4 (15,2 km) 00:24:29 01:11:44	5 (20,2 km) 00:23:56 01:35:40	6 (Mål) 00:04:31 01:40:11
67	M45: 10	213 Thomas Stenius -79 LK Gränslöst Cup	01:41:09 04:47 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:21 00:22:26	3 (10 km) 00:22:40 00:45:07	4 (15,2 km) 00:24:31 01:09:37	5 (20,2 km) 00:26:14 01:35:51	6 (Mål) 00:05:17 01:41:09
68	M45: 11	313 Jonas Olsson -78 Örebro AIK Cup	01:41:28 04:48 min/km		2 (5 km) 00:23:42 00:23:42	3 (10 km) 00:23:53 00:47:35	4 (15,2 km) 00:24:34 01:12:09	5 (20,2 km) 00:24:45 01:36:54	6 (Mål) 00:04:34 01:41:28
69	M50: 9	239 Johnny Eriksson -71 Tjalve FIF	01:41:32 04:48 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:19 00:23:27	3 (10 km) 00:24:19 00:47:46	4 (15,2 km) 00:25:17 01:13:03	5 (20,2 km) 00:24:09 01:37:12	6 (Mål) 00:04:20 01:41:32
70	M50: 10	290 Daniel Borg -74 IFK Nora Cup	01:41:37 04:48 min/km	1 (Start) 00:00:07	2 (5 km) 00:23:41 00:23:49	3 (10 km) 00:23:48 00:47:36	4 (15,2 km) 00:25:05 01:12:41	5 (20,2 km) 00:24:29 01:37:10	6 (Mål) 00:04:26 01:41:37
71	M50: 11	229 Mathias Lundberg -74 Örebro AIK Cup	01:41:55 04:49 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:45 00:23:51	3 (10 km) 00:23:45 00:47:36	4 (15,2 km) 00:25:09 01:12:45	5 (20,2 km) 00:24:33 01:37:18	6 (Mål) 00:04:37 01:41:55
72	M50: 12	340 David Tachezy -70 Örebro AIK Cup	01:42:34 04:51 min/km	1 (Start) 00:00:10	2 (5 km) 00:24:49 00:24:59	3 (10 km) 00:24:54 00:49:54	4 (15,2 km) 00:24:57 01:14:51	5 (20,2 km) 00:23:52 01:38:43	6 (Mål) 00:03:51 01:42:34
73	K: 2	228 Alva Galmén -01 Örebro AIK Cup	01:42:39 04:51 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:07 00:24:14	3 (10 km) 00:24:09 00:48:23	4 (15,2 km) 00:25:34 01:13:57	5 (20,2 km) 00:24:21 01:38:18	6 (Mål) 00:04:20 01:42:39

74	M50: 13	240 Björn Bjäreststrand -74 Tjalve FIF	01:42:58 04:52 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:19 00:23:27	3 (10 km) 00:24:19 00:47:46	4 (15,2 km) 00:25:31 01:13:17	5 (20,2 km) 00:25:16 01:38:33	6 (Mål) 00:04:24 01:42:58
75	K: 3	303 Olivia Hansson -95 Karlsunds IF SF Cup	01:43:45 04:55 min/km	1 (Start) 00:00:04	2 (5 km) 00:23:00 00:23:04	3 (10 km) 00:24:25 00:47:29	4 (15,2 km) 00:25:41 01:13:10	5 (20,2 km) 00:25:54 01:39:04	6 (Mål) 00:04:41 01:43:45
76	M35: 13	211 Mattias Olsson -88 Runacademy IF	01:44:34 04:57 min/km	1 (Start) 00:00:11	2 (5 km) 00:24:20 00:24:32	3 (10 km) 00:23:50 00:48:21	4 (15,2 km) 00:25:36 01:13:57	5 (20,2 km) 00:25:44 01:39:41	6 (Mål) 00:04:52 01:44:34
77	M45: 12	330 Pälle Kamali -77 Örebro AIK Cup	01:45:40 05:00 min/km	1 (Start) 00:00:09	2 (5 km) 00:23:51 00:24:00	3 (10 km) 00:24:30 00:48:30	4 (15,2 km) 00:26:11 01:14:41	5 (20,2 km) 00:26:10 01:40:52	6 (Mål) 00:04:48 01:45:40
78	M35: 14	280 David Berg -89 IF Start Cup	01:45:49 05:00 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:48 00:20:51	3 (10 km) 00:21:16 00:42:08	4 (15,2 km) 00:27:46 01:09:53	5 (20,2 km) 00:31:20 01:41:13	6 (Mål) 00:04:36 01:45:49
79	M70: 1	306 Staffan Höggeborn -52 IF Start Cup	01:46:05 05:01 min/km	1 (Start) 00:00:07	2 (5 km) 00:24:32 00:24:39	3 (10 km) 00:24:44 00:49:22	4 (15,2 km) 00:25:59 01:15:22	5 (20,2 km) 00:25:48 01:41:10	6 (Mål) 00:04:55 01:46:05
80	K35: 2	222 Evelinn Sten -86 Örebro AIK Cup	01:46:41 05:03 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:07 00:25:16	3 (10 km) 00:25:16 00:50:31	4 (15,2 km) 00:26:02 01:16:34	5 (20,2 km) 00:25:23 01:41:57	6 (Mål) 00:04:43 01:46:41
81	K50: 2	286 Maria Borg -73 IF Start Cup	01:47:37 05:06 min/km	1 (Start) 00:00:08	2 (5 km) 00:25:20 00:25:29	3 (10 km) 00:25:32 00:51:00	4 (15,2 km) 00:26:32 01:17:32	5 (20,2 km) 00:25:28 01:43:00	6 (Mål) 00:04:36 01:47:37
82	K45: 4	242 Karin Karlsson -76 Örebro AIK Cup	01:47:49 05:06 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:09 00:25:18	3 (10 km) 00:25:26 00:50:43	4 (15,2 km) 00:26:34 01:17:17	5 (20,2 km) 00:25:58 01:43:16	6 (Mål) 00:04:33 01:47:49
83	K50: 3	220 Therese Persson -73 Örebro AIK Cup	01:49:02 05:10 min/km	1 (Start) 00:00:09	2 (5 km) 00:24:54 00:25:03	3 (10 km) 00:24:53 00:49:56	4 (15,2 km) 00:27:09 01:17:05	5 (20,2 km) 00:26:53 01:43:58	6 (Mål) 00:05:04 01:49:02
84	K45: 5	243 Therese Sätre -77 Örebro AIK Cup	01:49:21 05:10 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:09 00:25:18	3 (10 km) 00:25:26 00:50:44	4 (15,2 km) 00:27:09 01:17:52	5 (20,2 km) 00:26:42 01:44:34	6 (Mål) 00:04:46 01:49:21
85	M60: 3	294 Iradj Nikban -60 Örebro AIK Cup	01:49:26 05:11 min/km	1 (Start) 00:00:07	2 (5 km) 00:24:36 00:24:43	3 (10 km) 00:25:29 00:50:12	4 (15,2 km) 00:27:30 01:17:42	5 (20,2 km) 00:27:01 01:44:42	6 (Mål) 00:04:43 01:49:26
86	M60: 4	293 Lars Karlsson -64 Östansjö SK Cup	01:51:10 05:16 min/km	1 (Start) 00:00:06	2 (5 km) 00:24:56 00:25:02	3 (10 km) 00:25:44 00:50:47	4 (15,2 km) 00:27:05 01:17:51	5 (20,2 km) 00:27:56 01:45:48	6 (Mål) 00:05:22 01:51:10
87	M60: 5	218 Javad Aghili -63 Örebro AIK Cup	01:51:38 05:17 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:29 00:25:38	3 (10 km) 00:26:40 00:52:18	4 (15,2 km) 00:27:46 01:20:05	5 (20,2 km) 00:26:50 01:46:55	6 (Mål) 00:04:42 01:51:38
88	M22: 1	274 Albin Wallgren -07 Åsbro Golf Cup	01:53:00 05:21 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:37 00:22:42	3 (10 km) 00:24:53 00:47:34	4 (15,2 km) 00:31:12 01:18:46	5 (20,2 km) 00:29:45 01:48:31	6 (Mål) 00:04:28 01:53:00
89	M65: 3	257 Göte Pettersson -57 Örebro AIK Cup	01:55:31 05:28 min/km	1 (Start) 00:00:10	2 (5 km) 00:25:53 00:26:03	3 (10 km) 00:27:03 00:53:06	4 (15,2 km) 00:29:02 01:22:08	5 (20,2 km) 00:28:21 01:50:29	6 (Mål) 00:05:01 01:55:31
90	M45: 13	317 Claes Nilsson -77 Vretstorps IF Cup	01:56:11 05:30 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:56 00:25:04	3 (10 km) 00:25:40 00:50:44	4 (15,2 km) 00:29:12 01:19:56	5 (20,2 km) 00:30:30 01:50:26	6 (Mål) 00:05:44 01:56:11
91	K55: 2	236 Catrine Andersson -69 Örebro AIK Cup	01:59:37 05:40 min/km	1 (Start) 00:00:09	2 (5 km) 00:26:51 00:26:59	3 (10 km) 00:27:33 00:54:32	4 (15,2 km) 00:29:53 01:24:25	5 (20,2 km) 00:30:10 01:54:36	6 (Mål) 00:05:01 01:59:37
92	M45: 14	297 Andreas Högberg -78 Örebro AIK Cup	01:59:37 05:40 min/km	1 (Start) 00:00:11	2 (5 km) 00:27:24 00:27:35	3 (10 km) 00:27:56 00:55:31	4 (15,2 km) 00:29:03 01:24:34	5 (20,2 km) 00:29:46 01:54:19	6 (Mål) 00:05:17 01:59:37

93	M60: 6	304 Torbjörn Persson -63 Östansjö SK Cup	02:02:19 05:47 min/km	1 (Start) 00:00:10	2 (5 km) 00:25:41 00:25:51	3 (10 km) 00:27:19 00:53:10	4 (15,2 km) 00:29:27 01:22:37	5 (20,2 km) 00:33:44 01:56:22	6 (Mål) 00:05:57 02:02:19
94	M70: 2	268 Hans Backström -53 Östansjö SK Cup	02:02:29 05:48 min/km	1 (Start) 00:00:09	2 (5 km) 00:28:16 00:28:26	3 (10 km) 00:29:05 00:57:31	4 (15,2 km) 00:30:11 01:27:42	5 (20,2 km) 00:29:22 01:57:05	6 (Mål) 00:05:24 02:02:29
95	K45: 6	262 Jenny Parling -76 Örebro AIK Cup	02:02:29 05:48 min/km	1 (Start) 00:00:11	2 (5 km) 00:28:46 00:28:57	3 (10 km) 00:28:35 00:57:32	4 (15,2 km) 00:30:10 01:27:42	5 (20,2 km) 00:29:26 01:57:09	6 (Mål) 00:05:20 02:02:29
96	K35: 3	270 Kristina Lagerman -85 Storådalens SK Cup	02:09:59 06:09 min/km	1 (Start) 00:00:09	2 (5 km) 00:29:05 00:29:14	3 (10 km) 00:30:00 00:59:14	4 (15,2 km) 00:31:46 01:31:00	5 (20,2 km) 00:32:48 02:03:47	6 (Mål) 00:06:12 02:09:59
97	M70: 3	299 Torbjörn Hallenberg -52 Kumla SF Cup	02:11:45 06:14 min/km	1 (Start) 00:00:10	2 (5 km) 00:29:19 00:29:29	3 (10 km) 00:30:12 00:59:41	4 (15,2 km) 00:32:44 01:32:25	5 (20,2 km) 00:33:03 02:05:28	6 (Mål) 00:06:16 02:11:45
98	K70: 1	305 Maja Persson -53 Örebro AIK Cup	02:14:00 06:21 min/km	1 (Start) 00:00:12	2 (5 km) 00:29:34 00:29:46	3 (10 km) 00:30:38 01:00:24	4 (15,2 km) 00:33:59 01:34:23	5 (20,2 km) 00:33:18 02:07:41	6 (Mål) 00:06:19 02:14:00
		230 Anna Ekenborg -77 Örebro AIK Cup	DNF	1 (Start) 00:00:10	2 (5 km) 00:27:08 00:27:18	3 (10 km) 00:30:06 00:57:24			
		232 Jenny-Ann Ehrling -80 Örebro AIK Cup	DNF	1 (Start) 00:00:12	2 (5 km) 00:26:13 00:26:25	3 (10 km) 00:26:23 00:52:48			
		259 Robert Vestman -82 Almby IK Cup	DNF	1 (Start) 00:00:04	2 (5 km) 00:20:47 00:20:51	3 (10 km) 00:21:02 00:41:53	4 (15,2 km) 00:22:58 01:04:52		
		278 Elias Zika -81 IF Start Cup	DNF	1 (Start) 00:00:01	2 (5 km) 00:18:06 00:18:07	3 (10 km) 00:18:20 00:36:27			
		292 Tomas Karlsson -70 Vretstorps IF Cup	DNF	1 (Start) 00:00:07	2 (5 km) 00:23:42 00:23:49	3 (10 km) 00:23:59 00:47:48			
		325 Simon Schagerström -93 Örebro AIK Cup	DNF	1 (Start) 00:00:00	2 (5 km) 00:16:47 00:16:48	3 (10 km) 00:16:51 00:33:38			
		329 David Lundström -92 Tisdagsklubben Örebro Cup	DNF	1 (Start) 00:00:01	2 (5 km) 00:17:24 00:17:26	3 (10 km) 00:18:00 00:35:25			
		221 Johan Svanholm -76 Örebro AIK Cup	DNS						
		224 Sören Crofts -65 Västerås LK Cup	DNS						
		225 Sigrid Josefsson -85 Nilivaara IS	DNS						
		233 Åsa Hansson -66 Brohyttans IF Cup	DNS						
		235 Thomas Ahlström -84 Örebro AIK Cup	DNS						
		250 Fredrik Rådström -83 Hällefors LK Cup	DNS						
		273 Andreas Adolfsson -77 Åsbro Golf Cup	DNS						
		298 Ia Erlandsson -91 Örebro AIK Cup	DNS						

K22 Tävlning 21,1 km

Plac	Namn	Resultat
1	241 Hanna Imhagen -03 Örebro AIK Cup	01:31:53 04:21 min/km

M22 Tävlning 21,1 km

Plac	Namn	Resultat
1	274 Albin Wallgren -07 Åsbro Golf Cup	01:53:00 05:21 min/km

M Tävlning 21,1 km

Plac	Namn	Resultat
1	214 Fredrik Häggmark -92 IF Göta Karlstad Cup	01:18:30 03:25 min/km
2	328 John Lundström -90 Tisdagsklubben Örebro Cup	01:13:55 03:30 min/km
3	275 Andreas Borg -92 Åsbro Golf Cup	01:17:51 03:41 min/km
4	214 Erik Toivanen -97 Karlskoga Löp och Cykelklubb Cup	01:18:50 03:44 min/km
5	301 Oskar Hansson -97 Tisdagsklubben Örebro Cup	01:19:27 03:45 min/km
6	323 Kevin Henriksson -97 Garphyttans IF Cup	01:23:38 03:57 min/km
7	321 Martin Hård -94 Tisdagsklubben Örebro Cup	01:27:56 04:10 min/km
8	302 Viktor Hansson -92 Tisdagsklubben Örebro Cup	01:29:31 04:14 min/km
9	256 Rasmus Andersson -90 Örebro AIK Cup	01:33:30 04:25 min/km

K Tävlning 21,1 km

Plac	Namn	Resultat
1	288 Emma Reinhed Liljeqvist -92 IF Start Cup	01:26:32 04:06 min/km
2	228 Alva Galmén -01 Örebro AIK Cup	01:42:39 04:51 min/km
3	303 Olivia Hansson -95 Karlslunds IF SF Cup	01:43:45 04:55 min/km

M35 Tävlning 21,1 km

Plac	Namn	Resultat
1	287 Per Arvidsson -86 IF Start Cup	01:10:11 03:19 min/km
2	276 David Klasson -89 Åsbro Golf Cup	01:15:02 03:33 min/km
3	284 Mattias Nätterlund -86 IF Start Cup	01:17:55 03:41 min/km
4	267 Björn Eriksson -86 Tisdagsklubben Örebro Cup	01:18:01 03:41 min/km
5	254 Martin Duberg -85 Örebro AIK Cup	01:20:26 03:48 min/km
6	300 Anton Suontausta -89 IK Westmannia Friidrott Cup	01:21:04 03:50 min/km
7	219 Ulf Blixt -89 LK Gråslöst Cup	01:24:18 03:59 min/km
8	208 Mattias Frändå -88 Tisdagsklubben Örebro Cup	01:26:44 04:06 min/km
9	272 Robin Eriksson -86 Örebro AIK Cup	01:29:18 04:13 min/km
10	264 Andrés Avella -86 Örebro AIK Cup	01:30:11 04:16 min/km
11	217 Alan Smith -87 Friskis & Sveltis Örebro Cup	01:37:48 04:38 min/km
12	227 Shiva Kumar -85 Örebro AIK Cup	01:39:41 04:43 min/km
13	211 Mattias Olsson -88 Runacademy IF	01:44:34 04:57 min/km
14	280 David Berg -89 IF Start Cup	01:45:49 05:00 min/km

K35 Tävlning 21,1 km

Plac	Namn	Resultat
1	249 Fanny Schulstad -88 KFUM Örebro Friidrott Cup	01:16:59 03:38 min/km
2	222 Evelinn Sten -86 Örebro AIK Cup	01:46:41 05:03 min/km
3	270 Kristina Lagerman -85 Storådalens SK Cup	02:09:59 06:09 min/km

M40 Tävlning 21,1 km

Plac	Namn	Resultat
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1	263 Andreas Ingberg -82 Örebro AIK Cup	01:12:59 03:27 min/km
2	246 Villem Raudsepp -80 Örebro AIK Cup	01:17:18 03:39 min/km
3	255 Bo Daniel Wärnelid -83 Örebro AIK Cup	01:18:02 03:41 min/km
4	307 Simon Hagström -81 Tisdagsklubben Örebro Cup	01:19:41 03:46 min/km
5	266 Fredrik Härdfeldt -80 Örebro AIK Cup	01:19:57 03:47 min/km
6	271 Daniel Bränn -82 KFUM Örebro Friidrott Cup	01:27:57 04:10 min/km
7	234 Jesper Zakrisson -80 Örebro AIK Cup	01:28:02 04:10 min/km
8	309 Henrik Ögren -82 Storådalens SK Cup	01:28:09 04:10 min/km
9	260 Johan Fredriksson -84 Kumla SF Cup	01:28:38 04:12 min/km
10	322 Erik Blohm -84 Friskis & Sveltis Örebro Cup	01:29:19 04:14 min/km
11	295 Richard Dahlgren -84 Örebro AIK Cup	01:33:42 04:26 min/km

M45 Tävlning 21,1 km

Plac	Namn	Resultat
1	253 Ludvig Börjesson -77 Örebro AIK Cup	01:15:56 03:35 min/km
2	247 Fredrik Johnsson -77 Örebro AIK Cup	01:20:55 03:50 min/km
3	226 Markus Liljenroth -79 Örebro AIK Cup	01:23:05 03:56 min/km
4	311 Per Ivansson -75 Finspångs AIK Friidrottsklubb	01:24:07 03:59 min/km
5	212 Oskar Axelsson -77 Örebro AIK Cup	01:27:48 04:09 min/km
6	327 Dan Bäck -75 Kumla SF Cup	01:31:00 04:18 min/km
7	277 Conrad Granath -78 IF Start Cup	01:31:13 04:19 min/km
8	238 Peter Almroth -79 Örebro AIK Cup	01:32:33 04:23 min/km
9	248 Albin Arlebo -75 Örebro AIK Cup	01:38:13 04:39 min/km
10	213 Thomas Stenius -79 LK Gränslöst Cup	01:41:09 04:47 min/km
11	313 Jonas Olsson -78 Örebro AIK Cup	01:41:28 04:48 min/km
12	330 Pälle Kamali -77 Örebro AIK Cup	01:45:40 05:00 min/km
13	317 Claes Nilsson -77 Vretstorps IF Cup	01:56:11 05:30 min/km
14	297 Andreas Högberg -78 Örebro AIK Cup	01:59:37 05:40 min/km

K45 Tävlning 21,1 km

Plac	Namn	Resultat
1	324 Erica Lech -77 Örebro AIK Cup	01:19:55 03:47 min/km
2	312 Lisa Bouvin -77 Finspångs AIK Friidrottsklubb	01:25:07 04:02 min/km
3	244 Julia Johnsson -76 Örebro AIK Cup	01:33:47 04:26 min/km
4	242 Karin Karlsson -76 Örebro AIK Cup	01:47:49 05:06 min/km
5	243 Therese Sätre -77 Örebro AIK Cup	01:49:21 05:10 min/km
6	262 Jenny Parling -76 Örebro AIK Cup	02:02:29 05:48 min/km

M50 Tävlning 21,1 km

Plac	Namn	Resultat
1	310 Henrik Göhl -74 Finspångs AIK Friidrottsklubb	01:28:05 04:10 min/km
2	320 Fredrik Eliasson -74 Garphyttans IF Cup	01:28:28 04:11 min/km

3	326 Edmund Kurt -73 Örebro AIK Cup	01:33:12 04:25 min/km
4	258 Kent Mossbäck -72 Örebro AIK Cup	01:34:47 04:29 min/km
5	251 Mattias Folkesson -72 Örebro AIK Cup	01:36:32 04:34 min/km
6	223 Johan Krafft -74 Örebro AIK Cup	01:38:16 04:39 min/km
7	318 Andreas Österlund -71 Vretstorps IF Cup	01:38:41 04:40 min/km
8	269 Jonas Färnstrand -73 Örebro AIK Cup	01:39:35 04:43 min/km
9	239 Johnny Eriksson -71 Tjalve FIF	01:41:32 04:48 min/km
10	290 Daniel Borg -74 IFK Nora Cup	01:41:37 04:48 min/km
11	229 Mathias Lundberg -74 Örebro AIK Cup	01:41:55 04:49 min/km
12	340 David Tachezy -70 Örebro AIK Cup	01:42:34 04:51 min/km
13	240 Björn Bjäreststrand -74 Tjalve FIF	01:42:58 04:52 min/km

K50 Tävlning 21,1 km

Plac	Namn	Resultat
1	207 Arina Thorén -73 IF Linnéa Friidrott	01:39:10 04:42 min/km
2	286 Maria Borg -73 IF Start Cup	01:47:37 05:06 min/km
3	220 Therese Persson -73 Örebro AIK Cup	01:49:02 05:10 min/km

M55 Tävlning 21,1 km

Plac	Namn	Resultat
1	291 Rodney Hundermark -69 IFK Nora Cup	01:23:19 03:56 min/km
2	252 Magnus Liljerås -68 Östansjö SK Cup	01:30:45 04:18 min/km
3	289 Peter Törnqvist -69 Östansjö SK Cup	01:32:54 04:24 min/km
4	279 Roger Sköldkvist -65 IF Start Cup	01:39:03 04:41 min/km

K55 Tävlning 21,1 km

Plac	Namn	Resultat
1	283 Marie Dasler -68 IF Start Cup	01:29:21 04:14 min/km
2	236 Catrine Andersson -69 Örebro AIK Cup	01:59:37 05:40 min/km

M60 Tävlning 21,1 km

Plac	Namn	Resultat
1	231 Sören Forsberg -63 Örebro AIK Cup	01:28:15 04:10 min/km
2	285 Mikael Hansson -63 IF Start Cup	01:29:10 04:13 min/km
3	294 Iradj Nikban -60 Örebro AIK Cup	01:49:26 05:11 min/km
4	293 Lars Karlsson -64 Östansjö SK Cup	01:51:10 05:16 min/km
5	218 Javad Aghili -63 Örebro AIK Cup	01:51:38 05:17 min/km
6	304 Torbjörn Persson -63 Östansjö SK Cup	02:02:19 05:47 min/km

M65 Tävlning 21,1 km

Plac	Namn	Resultat
1	245 Jan Ernefjäll -57 Örebro AIK Cup	01:38:53 04:41 min/km
2	261 Rolf Östman -58 Kumla SF Cup	01:40:11 04:44 min/km
3	257 Göte Pettersson -57 Örebro AIK Cup	01:55:31 05:28 min/km

M70 Tävling 21,1 km

Plac	Namn	Resultat
1	306 Staffan Höggeborn -52 IF Start Cup	01:46:05 05:01 min/km
2	268 Hans Backström -53 Östansjö SK Cup	02:02:29 05:48 min/km
3	299 Torbjörn Hallenborg -52 Kumla SF Cup	02:11:45 06:14 min/km

K70 Tävling 21,1 km

Plac	Namn	Resultat
1	305 Maja Persson -53 Örebro AIK Cup	02:14:00 06:21 min/km

M75 Tävling 21,1 km

Plac	Namn	Resultat
1	296 Bo Persson -48 Alby IK Cup	01:33:06 04:24 min/km

Motion 21,1 km

Distans: 21 098 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	315 William Linnefell -88 Västerås	01:21:51 03:52 min/km	1 (Start) 00:00:01 2 (5 km) 00:18:17 00:18:18 3 (10 km) 00:19:12 00:37:30 4 (15,2 km) 00:20:21 00:57:51 5 (20,2 km) 00:20:15 01:18:06 6 (Mål) 00:03:44 01:21:51
2	M: 2	202 Leo Malmberg -03 Indek gubbar	01:21:51 03:52 min/km	1 (Start) 00:00:09 2 (5 km) 00:19:58 00:20:07 3 (10 km) 00:19:33 00:39:40 4 (15,2 km) 00:20:02 00:59:42 5 (20,2 km) 00:18:43 01:18:25 6 (Mål) 00:03:26 01:21:51
3	M: 3	349 Andreas Kjellin -83 Örebro	01:25:19 04:02 min/km	1 (Start) 00:00:02 2 (5 km) 00:19:35 00:19:37 3 (10 km) 00:19:57 00:39:35 4 (15,2 km) 00:20:57 01:00:31 5 (20,2 km) 00:21:00 01:21:32 6 (Mål) 00:03:47 01:25:19
4	M: 4	351 Daniel Lagré -88 Örebro	01:26:12 04:05 min/km	1 (Start) 00:00:06 2 (5 km) 00:20:27 00:20:33 3 (10 km) 00:20:44 00:41:17 4 (15,2 km) 00:21:19 01:02:37 5 (20,2 km) 00:19:58 01:22:35 6 (Mål) 00:03:36 01:26:12
5	M: 5	350 Jimmy Jansson -79 Hallsberg	01:26:59 04:07 min/km	1 (Start) 00:00:06 2 (5 km) 00:20:27 00:20:33 3 (10 km) 00:20:45 00:41:18 4 (15,2 km) 00:21:19 01:02:37 5 (20,2 km) 00:20:37 01:23:14 6 (Mål) 00:03:45 01:26:59
6	M: 6	319 Harald Ottmer -95 Ludvika	01:28:04 04:10 min/km	1 (Start) 00:00:03 2 (5 km) 00:20:51 00:20:54 3 (10 km) 00:21:01 00:41:55 4 (15,2 km) 00:21:13 01:03:08 5 (20,2 km) 00:21:15 01:24:23 6 (Mål) 00:03:41 01:28:04
7	M: 7	348 Viktor Ronsten -96 Örebro	01:28:12 04:10 min/km	1 (Start) 00:00:08 2 (5 km) 00:22:09 00:22:17 3 (10 km) 00:21:43 00:44:00 4 (15,2 km) 00:21:14 01:05:15 5 (20,2 km) 00:19:36 01:24:50 6 (Mål) 00:03:21 01:28:12
8	M: 8	316 Gustav Borgersen -86 Västerås	01:30:37 04:17 min/km	1 (Start) 00:00:10 2 (5 km) 00:21:51 00:22:01 3 (10 km) 00:21:21 00:43:22 4 (15,2 km) 00:21:53 01:05:15 5 (20,2 km) 00:21:32 01:26:47 6 (Mål) 00:03:50 01:30:37
9	M: 9	314 Erik Hellander -97 Örebro	01:30:41 04:17 min/km	1 (Start) 00:00:07 2 (5 km) 00:22:11 00:22:18 3 (10 km) 00:21:43 00:44:01 4 (15,2 km) 00:21:33 01:05:35 5 (20,2 km) 00:20:58 01:26:32 6 (Mål) 00:04:08 01:30:41
10	M: 10	209 Andy Tchini -96 -	01:31:16 04:19 min/km	1 (Start) 00:00:05 2 (5 km) 00:20:46 00:20:51 3 (10 km) 00:20:57 00:41:48 4 (15,2 km) 00:21:54 01:03:42 5 (20,2 km) 00:23:17 01:26:59 6 (Mål) 00:04:16 01:31:16
11	M: 11	215 Viggo Holgén -02 Indek gubbar	01:35:01 04:30 min/km	1 (Start) 00:00:07 2 (5 km) 00:22:58 00:23:05 3 (10 km) 00:22:59 00:46:04 4 (15,2 km) 00:22:59 01:09:03 5 (20,2 km) 00:21:57 01:31:00 6 (Mål) 00:04:01 01:35:01
12	M: 12	201 Alexander Wistrand Frykengård -01 Indek gubbar	01:36:22 04:34 min/km	1 (Start) 00:00:07 2 (5 km) 00:22:59 00:23:06 3 (10 km) 00:22:58 00:46:04 4 (15,2 km) 00:23:19 01:09:23 5 (20,2 km) 00:22:46 01:32:10 6 (Mål) 00:04:11 01:36:22
13	M: 13	346 Mohamad Kaskas -85 Örebro	01:37:56 04:38 min/km	1 (Start) 00:00:10 2 (5 km) 00:23:58 00:24:08 3 (10 km) 00:23:29 00:47:37 4 (15,2 km) 00:23:48 01:11:24 5 (20,2 km) 00:22:30 01:33:54 6 (Mål) 00:04:02 01:37:56

14	M: 14	331 Thomas Pickelner -85 Stockholm	01:39:10 04:42 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:58 00:22:02	3 (10 km) 00:23:04 00:45:06	4 (15,2 km) 00:24:58 01:10:04	5 (20,2 km) 00:24:30 01:34:34	6 (Mål) 00:04:36 01:39:10
15	M: 15	357 David Eriksson -89 Köping	01:41:00 04:47 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:46 00:22:52	3 (10 km) 00:23:37 00:46:29	4 (15,2 km) 00:25:04 01:11:33	5 (20,2 km) 00:24:47 01:36:20	6 (Mål) 00:04:40 01:41:00
16	M: 16	204 Alexander Hiulumäki -02 Indek gubbar	01:43:20 04:53 min/km		2 (5 km) 00:25:03 00:25:03	3 (10 km) 00:24:47 00:49:50	4 (15,2 km) 00:25:04 01:14:54	5 (20,2 km) 00:24:08 01:39:03	6 (Mål) 00:04:17 01:43:20
17	M: 17	308 Mathias Karlsson -76	01:43:56 04:55 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:51 00:23:59	3 (10 km) 00:24:44 00:48:43	4 (15,2 km) 00:25:39 01:14:22	5 (20,2 km) 00:25:03 01:39:25	6 (Mål) 00:04:30 01:43:56
18	M: 18	203 Adam Kadi -03 Indek gubbar	01:45:30 05:00 min/km		2 (5 km) 00:25:42 00:25:42		4 (15,2 km) 00:50:43 01:16:25		6 (Mål) 00:29:04 01:45:30
19	M: 19	210 Nevid Yosefi Bushehri -98 Örebro	01:46:20 05:02 min/km	1 (Start) 00:00:10	2 (5 km) 00:24:56 00:25:05	3 (10 km) 00:25:16 00:50:22	4 (15,2 km) 00:26:01 01:16:23	5 (20,2 km) 00:24:53 01:41:17	6 (Mål) 00:05:03 01:46:20
20	M: 20	342 Uffe Larsson -69 Kungsör	01:48:09 05:07 min/km	1 (Start) 00:00:13	2 (5 km) 00:25:26 00:25:39	3 (10 km) 00:25:22 00:51:01	4 (15,2 km) 00:26:32 01:17:34	5 (20,2 km) 00:25:55 01:43:28	6 (Mål) 00:04:40 01:48:09
21	M: 21	341 Robert Nordmark -74 Eskilstuna	01:53:17 05:22 min/km	1 (Start) 00:00:13	2 (5 km) 00:26:57 00:27:10	3 (10 km) 00:26:45 00:53:55	4 (15,2 km) 00:27:34 01:21:28	5 (20,2 km) 00:26:51 01:48:19	6 (Mål) 00:04:57 01:53:17
22	M: 22	356 Gabriel Stenström -72 Örebro	01:54:10 05:24 min/km	1 (Start) 00:00:11	2 (5 km) 00:26:42 00:26:53	3 (10 km) 00:26:36 00:53:29	4 (15,2 km) 00:27:41 01:21:10	5 (20,2 km) 00:27:48 01:48:58	6 (Mål) 00:05:11 01:54:10
23	M: 23	345 Carl Larsson -74 Örebro	01:54:44 05:26 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:47 00:25:57	3 (10 km) 00:26:32 00:52:28	4 (15,2 km) 00:28:44 01:21:12	5 (20,2 km) 00:27:51 01:49:03	6 (Mål) 00:05:40 01:54:44
24	K: 1	205 Linnea Engblom -87 Örebro	01:56:13 05:30 min/km	1 (Start) 00:00:11	2 (5 km) 00:26:31 00:26:42	3 (10 km) 00:27:39 00:54:21	4 (15,2 km) 00:29:12 01:23:33	5 (20,2 km) 00:27:51 01:51:24	6 (Mål) 00:04:49 01:56:13
25	K: 2	353 Linnea Ekblad -82 Örebro	01:57:21 05:33 min/km	1 (Start) 00:00:10	2 (5 km) 00:27:19 00:27:29	3 (10 km) 00:27:50 00:55:19	4 (15,2 km) 00:29:15 01:24:34	5 (20,2 km) 00:28:05 01:52:39	6 (Mål) 00:04:41 01:57:21
26	M: 24	358 Robert Haglund -71 Örebro	01:59:01 05:38 min/km		2 (5 km) 00:27:58 00:27:58	3 (10 km) 00:28:37 00:56:35	4 (15,2 km) 00:29:12 01:25:47	5 (20,2 km) 00:28:05 01:53:51	6 (Mål) 00:05:09 01:59:01
27	K: 3	352 Susanne Felldin -71 Örebro	01:59:16 05:39 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:55 00:27:03	3 (10 km) 00:27:43 00:54:46	4 (15,2 km) 00:29:36 01:24:22	5 (20,2 km) 00:29:30 01:53:52	6 (Mål) 00:05:24 01:59:16
28	K: 4	355 My Jansson -90 Örebro	01:59:43 05:40 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:55 00:27:03	3 (10 km) 00:27:44 00:54:47	4 (15,2 km) 00:29:40 01:24:27	5 (20,2 km) 00:30:09 01:54:36	6 (Mål) 00:05:07 01:59:43
29	M: 25	354 Patric Järleskog -66 Eskilstuna	02:00:10 05:41 min/km	1 (Start) 00:00:08	2 (5 km) 00:27:50 00:27:58	3 (10 km) 00:28:37 00:56:35	4 (15,2 km) 00:29:24 01:25:59	5 (20,2 km) 00:29:06 01:55:05	6 (Mål) 00:05:04 02:00:10
30	K: 5	359 Sara Iznin -92 Örebro	02:05:24 05:56 min/km	1 (Start) 00:00:13	2 (5 km) 00:28:21 00:28:33	3 (10 km) 00:29:44 00:58:18	4 (15,2 km) 00:30:40 01:28:58	5 (20,2 km) 00:30:58 01:59:56	6 (Mål) 00:05:27 02:05:24
31	K: 6	343 Lina Nyholm -81 Örebro	02:05:35 05:57 min/km	1 (Start) 00:00:10	2 (5 km) 00:29:07 00:29:18	3 (10 km) 00:30:03 00:59:21	4 (15,2 km) 00:31:05 01:30:26	5 (20,2 km) 00:29:46 02:00:12	6 (Mål) 00:05:22 02:05:35
		216 Arnab Barua -94 Västerås	DNS						
		265 Torbjörn Holmqvist -69 Betel	DNS						
		344 Gustav Ruthgård -78 Örebro	DNS						

		347 Lars Gustafsson -69 Kumla	DNS	
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M Motion 21,1 km

Plac	Namn	Resultat
1	315 William Linnefell -88 Västerås	01:21:51 03:52 min/km
2	202 Leo Malmborg -03 Indek gubbar	01:21:51 03:52 min/km
3	349 Andreas Kjellin -83 Örebro	01:25:19 04:02 min/km
4	351 Daniel Lagré -88 Örebro	01:26:12 04:05 min/km
5	350 Jimmy Jansson -79 Hallsberg	01:26:59 04:07 min/km
6	319 Harald Ottmer -95 Ludvika	01:28:04 04:10 min/km
7	348 Viktor Ronsten -96 Örebro	01:28:12 04:10 min/km
8	316 Gustav Borgersen -86 Västerås	01:30:37 04:17 min/km
9	314 Erik Hellander -97 Örebro	01:30:41 04:17 min/km
10	209 Andy Tchini -96 -	01:31:16 04:19 min/km
11	215 Viggo Holgén -02 Indek gubbar	01:35:01 04:30 min/km
12	201 Alexander Wistrand Frykengård -01 Indek gubbar	01:36:22 04:34 min/km
13	346 Mohamad Kaskas -85 Örebro	01:37:56 04:38 min/km
14	331 Thomas Pickelner -85 Stockholm	01:39:10 04:42 min/km
15	357 David Eriksson -89 Köping	01:41:00 04:47 min/km
16	204 Alexander Hiulumäki -02 Indek gubbar	01:43:20 04:53 min/km
17	308 Mathias Karlsson -76	01:43:56 04:55 min/km
18	203 Adam Kadi -03 Indek gubbar	01:45:30 05:00 min/km
19	210 Nevid Yosefi Bushehri -98 Örebro	01:46:20 05:02 min/km
20	342 Uffe Larsson -69 Kungsör	01:48:09 05:07 min/km
21	341 Robert Nordmark -74 Eskilstuna	01:53:17 05:22 min/km
22	356 Gabriel Stenström -72 Örebro	01:54:10 05:24 min/km
23	345 Carl Larsson -74 Örebro	01:54:44 05:26 min/km
24	358 Robert Haglund -71 Örebro	01:59:01 05:38 min/km
25	354 Patric Järleskog -66 Eskilstuna	02:00:10 05:41 min/km

K Motion 21,1 km

Plac	Namn	Resultat
1	205 Linnea Engblom -87 Örebro	01:56:13 05:30 min/km
2	353 Linnea Ekblad -82 Örebro	01:57:21 05:33 min/km
3	352 Susanne Felldin -71 Örebro	01:59:16 05:39 min/km
4	355 My Jansson -90 Örebro	01:59:43 05:40 min/km
5	359 Sara Iznin -92 Örebro	02:05:24 05:56 min/km
6	343 Lina Nyholm -81 Örebro	02:05:35 05:57 min/km

Motion 10 km

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider
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1	M: 1	378 Christoffer Skantz -85 Karlstad	00:34:05 03:24 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:05 00:17:07	3 (Mål) 00:16:57 00:34:05
2	M: 2	390 Pontus Buskas -90 Katrinesholms SK Friidrottklubb	00:34:38 03:27 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:00 00:17:01	3 (Mål) 00:17:37 00:34:38
3	M: 3	382 John Andersson -88 Karlstad	00:35:04 03:30 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:47 00:17:49	3 (Mål) 00:17:14 00:35:04
4	M: 4	379 Daniel Johansson -86 IF Start	00:36:21 03:38 min/km	1 (Start) 00:00:01	2 (5 km) 00:18:06 00:18:07	3 (Mål) 00:18:13 00:36:21
5	M: 5	387 Jesper Löfvenborg -76 Karlstad	00:36:46 03:40 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:16 00:18:18	3 (Mål) 00:18:28 00:36:46
6	M: 6	391 Viktor Högberg -90 Katrinesholms SK Friidrottklubb	00:36:56 03:41 min/km	1 (Start) 00:00:00	2 (5 km) 00:18:04 00:18:04	3 (Mål) 00:18:51 00:36:56
7	M: 7	377 Karl-Martin Nordling -77 Karlstad	00:37:01 03:42 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:17 00:18:19	3 (Mål) 00:18:41 00:37:01
8	M: 8	395 Johan Jendeberg -72 Örebro AIK	00:37:15 03:43 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:48 00:18:50	3 (Mål) 00:18:24 00:37:15
9	M: 9	385 Erik Högkvist -89 Karlstad	00:38:22 03:50 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:57 00:18:59	3 (Mål) 00:19:22 00:38:22
10	M: 10	282 Anders Montén -83 IF Start	00:38:28 03:50 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:03 00:19:05	3 (Mål) 00:19:22 00:38:28
11	M: 11	380 Pär Englund -77 IF Start	00:38:41 03:52 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:25 00:19:28	3 (Mål) 00:19:12 00:38:41
12	M: 12	394 Robert Davidsson -80	00:38:41 03:52 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:26 00:19:30	3 (Mål) 00:19:11 00:38:41
13	M: 13	384 Fredrik Johnsson -75 Örebro	00:39:23 03:56 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:52 00:19:55	3 (Mål) 00:19:27 00:39:23
14	K: 1	376 Kajsa Rosdal -89 Örebro	00:39:39 03:57 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:38 00:19:41	3 (Mål) 00:19:58 00:39:39
15	M: 14	375 Ola Liljenroth -84 Örebro	00:40:49 04:04 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:02 00:20:06	3 (Mål) 00:20:43 00:40:49
16	M: 15	281 Adam Montén -08 IF Start	00:41:50 04:11 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:47 00:20:51	3 (Mål) 00:20:58 00:41:50
17	K: 2	393 Ida Hylander -92 Tisdagsklubben Örebro	00:43:00 04:18 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:02 00:21:06	3 (Mål) 00:21:54 00:43:00
18	K: 3	392 Johanna Louise Berg -05 KFUM Örebro Friidrott	00:44:38 04:27 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:55 00:22:01	3 (Mål) 00:22:37 00:44:38
19	M: 16	389 Karl Kind -90 Örebro AIK	00:44:41 04:28 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:06 00:22:12	3 (Mål) 00:22:29 00:44:41
20	M: 17	388 Sebastian Näslund -73 Kumla	00:45:14 04:31 min/km	1 (Start) 00:00:12	2 (5 km) 00:22:41 00:22:52	3 (Mål) 00:22:22 00:45:14
21	M: 18	372 Björn Sund -74 Skrotebo	00:48:43 04:52 min/km	1 (Start) 00:00:10	2 (5 km) 00:24:54 00:25:04	3 (Mål) 00:23:38 00:48:43
22	K: 4	386 Malin Wong -76 Örebro	00:49:58 04:59 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:53 00:25:01	3 (Mål) 00:24:56 00:49:58
23	M: 19	237 Pål Nilsson -66 Tjalve FIF	00:50:59 05:05 min/km	1 (Start) 00:00:10	2 (5 km) 00:25:14 00:25:24	3 (Mål) 00:25:34 00:50:59

24	M: 20	373 Niklas Westesson -88 Örebro	00:55:56 05:35 min/km	1 (Start) 00:00:12	2 (5 km) 00:26:46 00:26:58	3 (Mål) 00:28:57 00:55:56
25	K: 5	381 Carolina Kindgren -77 Örebro	00:58:22 05:50 min/km	1 (Start) 00:00:12	2 (5 km) 00:28:37 00:28:49	3 (Mål) 00:29:33 00:58:22
26	K: 6	374 Karolina Svensson -79 Örebro	01:04:53 06:29 min/km	1 (Start) 00:00:12	2 (5 km) 00:31:14 00:31:26	3 (Mål) 00:33:26 01:04:53
		370 Jonatan Lindner -85 Örebro	DNS			
		371 Sixten Österman -08 Örebro	DNS			
		383 Jakob Palmkvist -80 Örebro	DNS			

M Motion 10 km

Plac	Namn	Resultat
1	378 Christoffer Skantz -85 Karlstad	00:34:05 03:24 min/km
2	390 Pontus Buskas -90 Katrineholms SK Friidrottklubb	00:34:38 03:27 min/km
3	382 John Andersson -88 Karlstad	00:35:04 03:30 min/km
4	379 Daniel Johansson -86 IF Start	00:36:21 03:38 min/km
5	387 Jesper Löfvenborg -76 Karlstad	00:36:46 03:40 min/km
6	391 Viktor Högberg -90 Katrineholms SK Friidrottklubb	00:36:56 03:41 min/km
7	377 Karl-Martin Nordling -77 Karlstad	00:37:01 03:42 min/km
8	395 Johan Jendeberg -72 Örebro AIK	00:37:15 03:43 min/km
9	385 Erik Högkvist -89 Karlstad	00:38:22 03:50 min/km
10	282 Anders Montén -83 IF Start	00:38:28 03:50 min/km
11	380 Pär Englund -77 IF Start	00:38:41 03:52 min/km
12	394 Robert Davidsson -80	00:38:41 03:52 min/km
13	384 Fredrik Johnsson -75 Örebro	00:39:23 03:56 min/km
14	375 Ola Liljenroth -84 Örebro	00:40:49 04:04 min/km
15	281 Adam Montén -08 IF Start	00:41:50 04:11 min/km
16	389 Karl Kind -90 Örebro AIK	00:44:41 04:28 min/km
17	388 Sebastian Näslund -73 Kumla	00:45:14 04:31 min/km
18	372 Björn Sund -74 Skrotebo	00:48:43 04:52 min/km
19	237 Pål Nilsson -66 Tjalve FIF	00:50:59 05:05 min/km
20	373 Niklas Westesson -88 Örebro	00:55:56 05:35 min/km

K Motion 10 km

Plac	Namn	Resultat
1	376 Kajsa Rosdal -89 Örebro	00:39:39 03:57 min/km
2	393 Ida Hylander -92 Tisdagsklubben Örebro	00:43:00 04:18 min/km
3	392 Johanna Louise Berg -05 KFUM Örebro Friidrott	00:44:38 04:27 min/km
4	386 Malin Wong -76 Örebro	00:49:58 04:59 min/km
5	381 Carolina Kindgren -77 Örebro	00:58:22 05:50 min/km
6	374 Karolina Svensson -79 Örebro	01:04:53 06:29 min/km