

Rallarrundan Hallsberg 2024-06-03 Resultat

Klass	Antal resultat
Tävling 5 km	107
Motion 5 km	299
Totalt	406

Tävling 5 km Närke's Långloppscup

Distans: 5 000 m

Plac	Ålder	Namn	Lag	Resultat	Mellantider			
1	M50: 1	1446 Pär Johansson -74 Örebro AIK Cup		00:17:06 03:25 min/km	1 (390 m) 00:01:14	2 (2 km) 00:05:42 00:06:56	3 (3,5 km) 00:05:22 00:12:18	4 (Mål) 00:04:47 00:17:06
2	M22: 1	1408 Måns Bergqvist -05 OK Tisaren Cup		00:17:15 03:27 min/km	1 (390 m) 00:01:12	2 (2 km) 00:05:44 00:06:56	3 (3,5 km) 00:05:22 00:12:19	4 (Mål) 00:04:56 00:17:15
3	P16: 1	1265 Måns Dahlberg -09 IF Start Cup	IF Start lag 1	00:17:22 03:28 min/km	1 (390 m) 00:01:08	2 (2 km) 00:05:42 00:06:50	3 (3,5 km) 00:05:26 00:12:16	4 (Mål) 00:05:05 00:17:22
4	M35: 1	1278 Daniel Johansson -86 IF Start Cup	IF Start lag 3	00:17:41 03:32 min/km	1 (390 m) 00:01:14	2 (2 km) 00:05:52 00:07:07	3 (3,5 km) 00:05:27 00:12:33	4 (Mål) 00:05:08 00:17:41
5	M22: 2	1542 Gustav Metz -07 Järla IF		00:17:55 03:35 min/km	1 (390 m) 00:01:14	2 (2 km) 00:05:53 00:07:07	3 (3,5 km) 00:05:29 00:12:36	4 (Mål) 00:05:18 00:17:55
6	P16: 2	1273 Adam Montén -08 IF Start Cup	IF Start lag 2	00:18:17 03:39 min/km	1 (390 m) 00:01:14	2 (2 km) 00:05:55 00:07:09	3 (3,5 km) 00:05:39 00:12:48	4 (Mål) 00:05:29 00:18:17
7	M22: 3	1276 Arvid Andersson -07 IF Start Cup	IF Start lag 3	00:18:44 03:44 min/km	1 (390 m) 00:01:14	2 (2 km) 00:06:11 00:07:26	3 (3,5 km) 00:05:48 00:13:14	4 (Mål) 00:05:30 00:18:44
8	K22: 1	1438 Elsa Hedin -05 OK Linné		00:19:04 03:48 min/km	1 (390 m) 00:01:15	2 (2 km) 00:06:11 00:07:25	3 (3,5 km) 00:05:57 00:13:22	4 (Mål) 00:05:41 00:19:04
9	M50: 2	1417 Fredrik Eliasson -74 Garphyttans IF Cup		00:19:10 03:50 min/km	1 (390 m) 00:01:27	2 (2 km) 00:06:20 00:07:48	3 (3,5 km) 00:05:47 00:13:35	4 (Mål) 00:05:34 00:19:10
10	M50: 3	1488 Tommy Theoren -72 Tisdagsklubben Örebro Cup		00:19:10 03:50 min/km	1 (390 m) 00:01:23	2 (2 km) 00:06:27 00:07:50	3 (3,5 km) 00:05:58 00:13:48	4 (Mål) 00:05:21 00:19:10
11	M40: 1	1495 Henrik Ögren -82 Storådalens SK Cup		00:19:10 03:50 min/km	1 (390 m) 00:01:21	2 (2 km) 00:06:20 00:07:42	3 (3,5 km) 00:05:56 00:13:38	4 (Mål) 00:05:32 00:19:10
12	M35: 2	1422 Erik Falkenström -89 Stocksätters IF Cup		00:19:13 03:50 min/km	1 (390 m) 00:01:19	2 (2 km) 00:06:20 00:07:39	3 (3,5 km) 00:05:56 00:13:36	4 (Mål) 00:05:37 00:19:13
13	K: 1	1498 Siri Englund -91 Eskilstuna FI Cup		00:19:16 03:51 min/km	1 (390 m) 00:01:22	2 (2 km) 00:06:17 00:07:39	3 (3,5 km) 00:05:59 00:13:38	4 (Mål) 00:05:38 00:19:16
14	M35: 3	1455 Christoffer Kivling -87 Kumla SF Cup		00:19:19 03:51 min/km	1 (390 m) 00:01:20	2 (2 km) 00:06:21 00:07:42	3 (3,5 km) 00:05:56 00:13:38	4 (Mål) 00:05:40 00:19:19
15	M35: 4	1534 Johan Ingjald -87 IF Start Cup		00:19:30 03:54 min/km	1 (390 m) 00:01:23	2 (2 km) 00:06:27 00:07:50	3 (3,5 km) 00:06:02 00:13:52	4 (Mål) 00:05:38 00:19:30
16	K: 2	1268 Emma Reinhed Liljeqvist -92 IF Start Cup	IF Start lag 1	00:19:35 03:55 min/km	1 (390 m) 00:01:26	2 (2 km) 00:06:27 00:07:53	3 (3,5 km) 00:05:59 00:13:52	4 (Mål) 00:05:42 00:19:35
17	K22: 2	1389 Hanna Imhagen -03 Örebro AIK Cup	Örebro AIK	00:19:38 03:55 min/km	1 (390 m) 00:01:25	2 (2 km) 00:06:29 00:07:55	3 (3,5 km) 00:06:00 00:13:54	4 (Mål) 00:05:43 00:19:38
18	M60: 1	1271 Mikael Hansson -63 IF Start Cup	IF Start lag 2	00:19:39 03:55 min/km	1 (390 m) 00:01:24	2 (2 km) 00:06:26 00:07:50	3 (3,5 km) 00:05:58 00:13:48	4 (Mål) 00:05:50 00:19:39
19	M35: 5	1409 Anton Bichis -89 Stocksätters IF Cup		00:19:58 03:59 min/km	1 (390 m) 00:01:25	2 (2 km) 00:06:32 00:07:57	3 (3,5 km) 00:06:07 00:14:05	4 (Mål) 00:05:53 00:19:58
20	M: 1	1284 Tobias Celandier -92 IFK Nora Cup	IFK Nora	00:20:01 04:00 min/km	1 (390 m) 00:01:24	2 (2 km) 00:06:29 00:07:53	3 (3,5 km) 00:06:08 00:14:01	4 (Mål) 00:05:59 00:20:01

21	M35: 6	1544 Rihards Darzins -86 Almby IK Cup		00:20:01 04:00 min/km	1 (390 m) 00:01:18	2 (2 km) 00:06:33 00:07:51	3 (3,5 km) 00:06:13 00:14:04	4 (Mål) 00:05:56 00:20:01
22	M40: 2	1489 Robert Vestman -82 Almby IK Cup		00:20:03 04:00 min/km	1 (390 m) 00:01:20	2 (2 km) 00:06:37 00:07:58	3 (3,5 km) 00:06:14 00:14:12	4 (Mål) 00:05:51 00:20:03
23	M22: 4	1490 Albin Wallgren -07 Åsbro Golf Cup		00:20:03 04:00 min/km	1 (390 m) 00:01:20	2 (2 km) 00:06:30 00:07:50	3 (3,5 km) 00:06:18 00:14:08	4 (Mål) 00:05:55 00:20:03
24	M45: 1	1414 Staffan Dahl -78 Örebro AIK Cup		00:20:05 04:01 min/km	1 (390 m) 00:01:18	2 (2 km) 00:06:34 00:07:52	3 (3,5 km) 00:06:15 00:14:07	4 (Mål) 00:05:57 00:20:05
25	M45: 2	1410 Dan Bäck -75 Kumla SF Cup		00:20:06 04:01 min/km	1 (390 m) 00:01:22	2 (2 km) 00:06:35 00:07:57	3 (3,5 km) 00:06:15 00:14:11	4 (Mål) 00:05:54 00:20:06
26	M50: 4	1456 Johan Krafft -74 Örebro AIK Cup		00:20:08 04:01 min/km	1 (390 m) 00:01:36	2 (2 km) 00:06:41 00:08:17	3 (3,5 km) 00:06:02 00:14:20	4 (Mål) 00:05:48 00:20:08
27	P16: 3	1520 Alfred Pihel -11 OK Tisaren Cup		00:20:11 04:02 min/km	1 (390 m) 00:01:27	2 (2 km) 00:06:39 00:08:06	3 (3,5 km) 00:06:11 00:14:18	4 (Mål) 00:05:53 00:20:11
28	P16: 4	1521 Oskar Pihel -11 OK Tisaren Cup		00:20:12 04:02 min/km	1 (390 m) 00:01:27	2 (2 km) 00:06:40 00:08:07	3 (3,5 km) 00:06:11 00:14:18	4 (Mål) 00:05:53 00:20:12
29	M50: 5	1481 Peter Ström -70 Kumla SF Cup		00:20:31 04:06 min/km	1 (390 m) 00:01:28	2 (2 km) 00:06:46 00:08:14	3 (3,5 km) 00:06:20 00:14:33	4 (Mål) 00:05:57 00:20:31
30	M40: 3	1426 Johan Fredriksson -84 Kumla SF Cup		00:20:33 04:06 min/km	1 (390 m) 00:01:33	2 (2 km) 00:06:41 00:08:14	3 (3,5 km) 00:06:27 00:14:41	4 (Mål) 00:05:51 00:20:33
31	M55: 1	1280 Roger Sköldkvist -65 IF Start Cup	IF Start lag 3	00:20:39 04:07 min/km	1 (390 m) 00:01:33	2 (2 km) 00:06:53 00:08:26	3 (3,5 km) 00:06:15 00:14:42	4 (Mål) 00:05:57 00:20:39
32	M45: 3	1477 Stefan Sager -77 Örebro AIK Cup		00:20:40 04:08 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:05 00:08:45	3 (3,5 km) 00:06:15 00:15:00	4 (Mål) 00:05:39 00:20:40
33	K50: 1	1277 Petra Hanaeus -72 IF Start Cup	IF Start lag 3	00:20:40 04:08 min/km	1 (390 m) 00:01:29	2 (2 km) 00:06:48 00:08:17	3 (3,5 km) 00:06:18 00:14:35	4 (Mål) 00:06:05 00:20:40
34	M45: 4	1483 Johan Svanholm -76 Örebro AIK Cup		00:20:50 04:10 min/km	1 (390 m) 00:01:39	2 (2 km) 00:06:55 00:08:34	3 (3,5 km) 00:06:20 00:14:54	4 (Mål) 00:05:55 00:20:50
35	P16: 5	1435 Lucas Halvarsson -12 KFUM Örebro Friidrott Cup		00:20:59 04:11 min/km	1 (390 m) 00:01:24	2 (2 km) 00:06:45 00:08:09	3 (3,5 km) 00:06:27 00:14:36	4 (Mål) 00:06:22 00:20:59
36	M35: 7	1400 Emil Altskog -88 Åsbro Golf Cup		00:21:05 04:13 min/km	1 (390 m) 00:01:26	2 (2 km) 00:06:46 00:08:12	3 (3,5 km) 00:06:32 00:14:44	4 (Mål) 00:06:20 00:21:05
37	M55: 2	1497 Lars Lundegård -65 IF Start Cup		00:21:10 04:14 min/km	1 (390 m) 00:01:33	2 (2 km) 00:06:55 00:08:29	3 (3,5 km) 00:06:34 00:15:03	4 (Mål) 00:06:06 00:21:10
38	K22: 3	1479 Ester Skoglund -07 Östansjö SK Cup		00:21:10 04:14 min/km	1 (390 m) 00:01:23	2 (2 km) 00:06:40 00:08:03	3 (3,5 km) 00:06:32 00:14:35	4 (Mål) 00:06:34 00:21:10
39	M35: 8	1515 Janne Werner -88 Tisdagsklubben Örebro Cup		00:21:15 04:15 min/km	1 (390 m) 00:01:35	2 (2 km) 00:07:13 00:08:48	3 (3,5 km) 00:06:30 00:15:18	4 (Mål) 00:05:57 00:21:15
40	K: 3	1387 Alva Galmén -01 Örebro AIK Cup	Örebro AIK	00:21:23 04:16 min/km	1 (390 m) 00:01:38	2 (2 km) 00:07:06 00:08:45	3 (3,5 km) 00:06:30 00:15:15	4 (Mål) 00:06:07 00:21:23
41	M35: 9	1500 Markus Behr -88 Kumla SF Cup		00:21:27 04:17 min/km	1 (390 m) 00:01:33	2 (2 km) 00:07:05 00:08:38	3 (3,5 km) 00:06:37 00:15:15	4 (Mål) 00:06:12 00:21:27
42	M22: 5	1467 Jesper Lundgren -06 Kumla SF Cup		00:21:42 04:20 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:14 00:08:45	3 (3,5 km) 00:06:41 00:15:26	4 (Mål) 00:06:15 00:21:42
43	M: 2	1448 Rickard Kanon -90 Kumla SF Cup		00:21:46 04:21 min/km	1 (390 m) 00:01:34	2 (2 km) 00:07:07 00:08:41	3 (3,5 km) 00:06:44 00:15:25	4 (Mål) 00:06:20 00:21:46

44	M50: 6	1390 Mathias Lundberg -74 Örebro AIK Cup	Örebro AIK	00:21:55 04:23 min/km	1 (390 m) 00:01:37	2 (2 km) 00:07:08 00:08:45	3 (3,5 km) 00:06:47 00:15:32	4 (Mål) 00:06:22 00:21:55
45	M65: 1	1420 Jan Ermeffjäll -57 Örebro AIK Cup		00:21:56 04:23 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:12 00:08:44	3 (3,5 km) 00:06:45 00:15:29	4 (Mål) 00:06:27 00:21:56
46	M50: 7	1283 Daniel Borg -74 IFK Nora Cup	IFK Nora	00:21:59 04:23 min/km	1 (390 m) 00:01:34	2 (2 km) 00:07:11 00:08:45	3 (3,5 km) 00:06:38 00:15:22	4 (Mål) 00:06:36 00:21:59
47	P16: 6	1431 Oscar Gustavsson -09 Hällefors LK Cup		00:22:12 04:26 min/km	1 (390 m) 00:01:30	2 (2 km) 00:07:11 00:08:41	3 (3,5 km) 00:06:54 00:15:35	4 (Mål) 00:06:36 00:22:12
48	M50: 8	1388 Tomas Galmén -71 Örebro AIK Cup	Örebro AIK	00:22:12 04:26 min/km	1 (390 m) 00:01:44	2 (2 km) 00:07:18 00:09:02	3 (3,5 km) 00:06:47 00:15:49	4 (Mål) 00:06:23 00:22:12
49	K45: 1	1279 Maria Nagle -76 IF Start Cup	IF Start lag 3	00:22:14 04:26 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:18 00:08:51	3 (3,5 km) 00:06:54 00:15:45	4 (Mål) 00:06:28 00:22:14
50	M40: 4	1469 Martin Nilsson -84 IFK Nora Cup		00:22:15 04:27 min/km	1 (390 m) 00:01:33	2 (2 km) 00:07:14 00:08:47	3 (3,5 km) 00:06:58 00:15:46	4 (Mål) 00:06:29 00:22:15
51	M50: 9	1272 Anders Johansson -72 IF Start Cup	IF Start lag 2	00:22:16 04:27 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:22 00:09:02	3 (3,5 km) 00:06:54 00:15:56	4 (Mål) 00:06:19 00:22:16
52	K: 4	1264 Lisa Brorson -99 IF Start Cup	IF Start lag 1	00:22:22 04:28 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:25 00:09:05	3 (3,5 km) 00:06:57 00:16:02	4 (Mål) 00:06:19 00:22:22
53	F16: 1	1269 Ebba Vestman -11 IF Start Cup	IF Start lag 1	00:22:27 04:29 min/km	1 (390 m) 00:01:26	2 (2 km) 00:07:17 00:08:43	3 (3,5 km) 00:07:06 00:15:50	4 (Mål) 00:06:37 00:22:27
54	K35: 1	1286 Jenny Dollerup -85 IFK Nora Cup	IFK Nora	00:22:38 04:31 min/km	1 (390 m) 00:01:33	2 (2 km) 00:07:23 00:08:57	3 (3,5 km) 00:07:03 00:15:59	4 (Mål) 00:06:38 00:22:38
55	K50: 2	1392 Therese Persson -73 Örebro AIK Cup	Örebro AIK	00:22:42 04:32 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:25 00:09:04	3 (3,5 km) 00:06:57 00:16:02	4 (Mål) 00:06:39 00:22:42
56	K45: 2	1281 Antje Wiksten -75 IF Start Cup	IF Start lag 3	00:22:46 04:33 min/km	1 (390 m) 00:01:38	2 (2 km) 00:07:27 00:09:05	3 (3,5 km) 00:06:58 00:16:02	4 (Mål) 00:06:43 00:22:46
57	K40: 1	1430 Carina Gustavsson -80 LK Gränslöst Cup		00:23:01 04:36 min/km	1 (390 m) 00:01:53	2 (2 km) 00:07:33 00:09:26	3 (3,5 km) 00:07:03 00:16:28	4 (Mål) 00:06:32 00:23:01
58	M40: 5	1425 Tobias Forsell -83 Hällefors LK Cup		00:23:07 04:37 min/km	1 (390 m) 00:01:41	2 (2 km) 00:07:39 00:09:21	3 (3,5 km) 00:07:11 00:16:32	4 (Mål) 00:06:35 00:23:07
59	P16: 7	1530 Folke Ryno -12 OK Tisaren Cup		00:23:08 04:37 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:25 00:09:05	3 (3,5 km) 00:07:10 00:16:14	4 (Mål) 00:06:54 00:23:08
60	F16: 2	1522 Lovisa Pihel -08 OK Tisaren Cup		00:23:28 04:41 min/km	1 (390 m) 00:01:31	2 (2 km) 00:07:37 00:09:08	3 (3,5 km) 00:07:24 00:16:32	4 (Mål) 00:06:56 00:23:28
61	K50: 3	1270 Maria Borg -73 IF Start Cup	IF Start lag 2	00:23:46 04:45 min/km	1 (390 m) 00:01:44	2 (2 km) 00:07:47 00:09:31	3 (3,5 km) 00:07:20 00:16:51	4 (Mål) 00:06:55 00:23:46
62	M60: 2	1397 Torbjörn Persson -63 Östansjö SK Fika	Östansjö SK Fika	00:23:48 04:45 min/km	1 (390 m) 00:01:36	2 (2 km) 00:07:38 00:09:14	3 (3,5 km) 00:07:24 00:16:38	4 (Mål) 00:07:09 00:23:48
63	F16: 3	1462 Anna Lindström -12 Garphyttans IF Cup		00:23:53 04:46 min/km	1 (390 m) 00:01:31	2 (2 km) 00:07:46 00:09:18	3 (3,5 km) 00:07:22 00:16:39	4 (Mål) 00:07:14 00:23:53
64	F16: 4	1465 Kajsa Lindström -14 Garphyttans IF Cup		00:24:21 04:52 min/km	1 (390 m) 00:01:39	2 (2 km) 00:08:03 00:09:42	3 (3,5 km) 00:07:41 00:17:23	4 (Mål) 00:06:57 00:24:21
65	M60: 3	1395 Lars Karlsson -64 Östansjö SK Fika	Östansjö SK Fika	00:24:21 04:52 min/km	1 (390 m) 00:01:39	2 (2 km) 00:07:52 00:09:31	3 (3,5 km) 00:07:35 00:17:06	4 (Mål) 00:07:15 00:24:21
66	K40: 2	1282 Sandra Almer Carlson - 81 IFK Nora Cup	IFK Nora	00:24:28 04:53 min/km	1 (390 m) 00:01:41	2 (2 km) 00:08:00 00:09:41	3 (3,5 km) 00:07:37 00:17:18	4 (Mål) 00:07:09 00:24:28

67	K: 5	1288 Emma Holmberg -90 IFK Nora Cup	IFK Nora	00:24:40 04:56 min/km	1 (390 m) 00:01:39	2 (2 km) 00:07:47 00:09:26	3 (3,5 km) 00:07:45 00:17:11	4 (Mål) 00:07:28 00:24:40
68	M70: 1	1403 Hans Backström -53 Östansjö SK Cup		00:24:44 04:56 min/km	1 (390 m) 00:01:39	2 (2 km) 00:07:54 00:09:33	3 (3,5 km) 00:07:33 00:17:06	4 (Mål) 00:07:38 00:24:44
69	P16: 8	1491 Edvin Wallgren -09 Åsbro Golf Cup		00:24:52 04:58 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:59 00:09:31	3 (3,5 km) 00:07:54 00:17:25	4 (Mål) 00:07:27 00:24:52
70	M50: 10	1458 Mattias Larsson -72 Östansjö SK Cup		00:25:21 05:04 min/km	1 (390 m) 00:01:50	2 (2 km) 00:08:16 00:10:06	3 (3,5 km) 00:07:51 00:17:56	4 (Mål) 00:07:24 00:25:21
71	K35: 2	1290 Emelie Stillfors -87 Kumla SF Cup	Kumla skidförening	00:25:43 05:08 min/km	1 (390 m) 00:01:39	2 (2 km) 00:08:28 00:10:07	3 (3,5 km) 00:08:06 00:18:13	4 (Mål) 00:07:30 00:25:43
72	K35: 3	1461 Caroline Lindskog -87 Almby IK Cup		00:25:47 05:09 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:13 00:10:04	3 (3,5 km) 00:08:02 00:18:06	4 (Mål) 00:07:41 00:25:47
73	M50: 11	1428 Jimmy Glinnerås -71 Örebro AIK Cup		00:25:57 05:11 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:38 00:10:30	3 (3,5 km) 00:08:02 00:18:32	4 (Mål) 00:07:25 00:25:57
74	F16: 5	1463 Emma Lindström -11 Garphyttans IF Cup		00:26:17 05:15 min/km	1 (390 m) 00:01:41	2 (2 km) 00:08:23 00:10:03	3 (3,5 km) 00:08:44 00:18:47	4 (Mål) 00:07:29 00:26:17
75	M65: 2	1399 Kjell Adolfsson -58 IF Start Cup		00:26:36 05:19 min/km	1 (390 m) 00:01:52	2 (2 km) 00:08:51 00:10:44	3 (3,5 km) 00:08:09 00:18:52	4 (Mål) 00:07:43 00:26:36
76	K55: 1	1274 Annica Sjölund -67 IF Start Cup	IF Start lag 2	00:26:40 05:20 min/km	1 (390 m) 00:01:56	2 (2 km) 00:08:58 00:10:54	3 (3,5 km) 00:08:12 00:19:06	4 (Mål) 00:07:33 00:26:40
77	F16: 6	1451 Julia Karlsson -11 Garphyttans IF Cup		00:27:12 05:26 min/km	1 (390 m) 00:01:50	2 (2 km) 00:09:01 00:10:51	3 (3,5 km) 00:08:31 00:19:23	4 (Mål) 00:07:49 00:27:12
78	M75: 1	1396 Bengt Nilsson -49 Östansjö SK Cup	Östansjö SK Fika	00:27:25 05:29 min/km	1 (390 m) 00:01:52	2 (2 km) 00:09:04 00:10:56	3 (3,5 km) 00:08:30 00:19:26	4 (Mål) 00:07:58 00:27:25
79	M65: 3	1402 Thomas Lindström -55 Åsbro Golf Cup		00:27:47 05:33 min/km	1 (390 m) 00:01:54	2 (2 km) 00:09:06 00:11:00	3 (3,5 km) 00:08:41 00:19:42	4 (Mål) 00:08:05 00:27:47
80	K45: 3	1287 Hanna Fridhamre -77 IFK Nora Cup	IFK Nora	00:27:49 05:33 min/km	1 (390 m) 00:02:08	2 (2 km) 00:09:17 00:11:25	3 (3,5 km) 00:08:27 00:19:52	4 (Mål) 00:07:56 00:27:49
81	M70: 2	1449 Ove Karasiak -53 Åsbro Golf Cup		00:27:52 05:34 min/km	1 (390 m) 00:01:54	2 (2 km) 00:09:03 00:10:57	3 (3,5 km) 00:08:39 00:19:36	4 (Mål) 00:08:15 00:27:52
82	M70: 3	1433 Torbjörn Hallenborg -52 Kumla SF Cup		00:27:55 05:35 min/km	1 (390 m) 00:01:57	2 (2 km) 00:09:07 00:11:04	3 (3,5 km) 00:08:41 00:19:45	4 (Mål) 00:08:09 00:27:55
83	F16: 7	1514 Alice Werner Säaw -13 Stocksätters IF Cup		00:28:46 05:45 min/km	1 (390 m) 00:01:59	2 (2 km) 00:09:04 00:11:03	3 (3,5 km) 00:09:34 00:20:37	4 (Mål) 00:08:08 00:28:46
84	M70: 4	1447 Thomas Johansson -53 Almby IK Cup		00:28:50 05:46 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:35 00:11:46	3 (3,5 km) 00:08:52 00:20:38	4 (Mål) 00:08:12 00:28:50
85	M75: 2	1289 Eric Malm -49 IFK Nora Cup	IFK Nora	00:29:10 05:50 min/km	1 (390 m) 00:01:56	2 (2 km) 00:09:14 00:11:10	3 (3,5 km) 00:09:07 00:20:17	4 (Mål) 00:08:53 00:29:10
86	M50: 12	1470 Michel Oesten -74 Glanshammars IF Cup		00:29:17 05:51 min/km	1 (390 m) 00:02:09	2 (2 km) 00:09:20 00:11:28	3 (3,5 km) 00:09:07 00:20:36	4 (Mål) 00:08:40 00:29:17
87	M65: 4	1496 Rolf Östman -58 Kumla SF Cup		00:29:22 05:52 min/km	1 (390 m) 00:02:29	2 (2 km) 00:10:12 00:12:40	3 (3,5 km) 00:08:40 00:21:21	4 (Mål) 00:08:01 00:29:22
88	M70: 5	1398 Dag Rydén -53 Östansjö SK Cup	Östansjö SK Fika	00:29:57 05:59 min/km	1 (390 m) 00:02:10	2 (2 km) 00:09:34 00:11:44	3 (3,5 km) 00:09:19 00:21:02	4 (Mål) 00:08:54 00:29:57
89	K22: 4	1429 Maja Granell -07 Stocksätters IF Cup		00:30:25 06:05 min/km	1 (390 m) 00:02:07	2 (2 km) 00:10:12 00:12:18	3 (3,5 km) 00:09:35 00:21:54	4 (Mål) 00:08:30 00:30:25

90	K40: 3	1404 Stina Bergkvist -81 Hällefors LK Cup		00:30:29 06:05 min/km	1 (390 m) 00:02:18	2 (2 km) 00:10:15 00:12:32	3 (3,5 km) 00:09:27 00:22:00	4 (Mål) 00:08:29 00:30:29
91	M70: 6	1394 Per Börjesson -54 Östansjö SK Cup	Östansjö SK Fika	00:30:53 06:10 min/km	1 (390 m) 00:02:10	2 (2 km) 00:09:48 00:11:58	3 (3,5 km) 00:09:38 00:21:36	4 (Mål) 00:09:16 00:30:53
92	K45: 4	1460 Ulrika Lindgren -76 Glanshammars IF Cup		00:31:18 06:15 min/km	1 (390 m) 00:02:18	2 (2 km) 00:10:23 00:12:40	3 (3,5 km) 00:09:45 00:22:25	4 (Mål) 00:08:52 00:31:18
93	K35: 4	1424 Fanny Forsell -85 Hällefors LK Cup		00:31:20 06:16 min/km	1 (390 m) 00:02:18	2 (2 km) 00:10:21 00:12:39	3 (3,5 km) 00:09:41 00:22:20	4 (Mål) 00:08:59 00:31:20
94	M65: 5	1285 Peter Comét -56 IFK Nora Cup	IFK Nora	00:33:01 06:36 min/km	1 (390 m) 00:02:15	2 (2 km) 00:10:34 00:12:49	3 (3,5 km) 00:10:12 00:23:01	4 (Mål) 00:09:59 00:33:01
95	F16: 8	1466 Maja Lindström -16 Garphyttans IF Cup		00:33:37 06:43 min/km	1 (390 m) 00:02:23	2 (2 km) 00:10:37 00:12:59	3 (3,5 km) 00:10:48 00:23:47	4 (Mål) 00:09:49 00:33:37
96	F16: 9	1437 Nora Halvarsson -14 KFUM Örebro Friidrott Cup		00:33:50 06:46 min/km	1 (390 m) 00:01:53	2 (2 km) 00:10:31 00:12:24	3 (3,5 km) 00:12:04 00:24:28	4 (Mål) 00:09:21 00:33:50
97	F16: 10	1531 Hulda Ryno -14 OK Tisaren Cup		00:33:57 06:47 min/km	1 (390 m) 00:02:47	2 (2 km) 00:11:57 00:14:44	3 (3,5 km) 00:09:39 00:24:23	4 (Mål) 00:09:34 00:33:57
98	M80: 1	1415 Sven-Olov Dahlgren -44 Kopparbergs IF Cup		00:37:54 07:34 min/km	1 (390 m) 00:02:38	2 (2 km) 00:12:41 00:15:19	3 (3,5 km) 00:11:45 00:27:04	4 (Mål) 00:10:50 00:37:54
99	K65: 1	1393 Angela Börjesson -59 Östansjö SK Cup	Östansjö SK Fika	00:41:05 08:13 min/km	1 (390 m) 00:02:51	2 (2 km) 00:13:20 00:16:11	3 (3,5 km) 00:12:50 00:29:01	4 (Mål) 00:12:04 00:41:05
100	K: 6	1296 Lina Tellin -94 OK Tisaren Cup	Old gang	00:42:37 08:31 min/km	1 (390 m) 00:04:06	2 (2 km) 00:16:17 00:20:23	3 (3,5 km) 00:11:26 00:31:49	4 (Mål) 00:10:47 00:42:37
101	K80: 1	1416 Ingegerd Eklund -41 Brohyttans IF Cup		00:45:15 09:03 min/km	1 (390 m) 00:02:57	2 (2 km) 00:14:36 00:17:33	3 (3,5 km) 00:14:06 00:31:40	4 (Mål) 00:13:35 00:45:15
102	M80: 2	1421 Arne Evertsson -41 Storådalens SK Cup		00:45:38 09:07 min/km	1 (390 m) 00:03:25	2 (2 km) 00:15:05 00:18:30	3 (3,5 km) 00:13:50 00:32:20	4 (Mål) 00:13:17 00:45:38
103	K50: 4	1275 Marie Österling -72 IF Start Cup	IF Start lag 2	00:56:46 11:21 min/km	1 (390 m) 00:04:16	2 (2 km) 00:18:52 00:23:08	3 (3,5 km) 00:17:31 00:40:38	4 (Mål) 00:16:07 00:56:46
		1266 Viktor Ehrnström -09 IF Start Cup	IF Start lag 1	DNS				
		1267 Tuwa Montén -11 IF Start Cup	IF Start lag 1	DNS				
		1439 Idun Heidenreich Hjärtsjö -11 OK Tisaren Cup		DNS				
		1475 Göte Pettersson -57 Örebro AIK Cup		DNS				

P16 Tävlning 5 km

Plac	Namn	Resultat
1	1265 Måns Dahlberg -09 IF Start Cup	00:17:22 03:28 min/km
2	1273 Adam Montén -08 IF Start Cup	00:18:17 03:39 min/km
3	1520 Alfred Pihel -11 OK Tisaren Cup	00:20:11 04:02 min/km
4	1521 Oskar Pihel -11 OK Tisaren Cup	00:20:12 04:02 min/km
5	1435 Lucas Halvarsson -12 KFUM Örebro Friidrott Cup	00:20:59 04:11 min/km
6	1431 Oscar Gustavsson -09 Hällefors LK Cup	00:22:12 04:26 min/km
7	1530 Folke Ryno -12 OK Tisaren Cup	00:23:08 04:37 min/km
8	1491 Edvin Wallgren -09 Åsbro Golf Cup	00:24:52 04:58 min/km

F16 Tävlning 5 km

Plac	Namn	Resultat
1	1269 Ebba Vestman -11 IF Start Cup	00:22:27 04:29 min/km
2	1522 Lovisa Pihel -08 OK Tisaren Cup	00:23:28 04:41 min/km
3	1462 Anna Lindström -12 Garphyttans IF Cup	00:23:53 04:46 min/km
4	1465 Kajsa Lindström -14 Garphyttans IF Cup	00:24:21 04:52 min/km
5	1463 Emma Lindström -11 Garphyttans IF Cup	00:26:17 05:15 min/km
6	1451 Julia Karlsson -11 Garphyttans IF Cup	00:27:12 05:26 min/km
7	1514 Alice Werner Säaw -13 Stocksätters IF Cup	00:28:46 05:45 min/km
8	1466 Maja Lindström -16 Garphyttans IF Cup	00:33:37 06:43 min/km
9	1437 Nora Halvarsson -14 KFUM Örebro Friidrott Cup	00:33:50 06:46 min/km
10	1531 Hulda Ryno -14 OK Tisaren Cup	00:33:57 06:47 min/km

M22 Tävlning 5 km

Plac	Namn	Resultat
1	1408 Måns Bergqvist -05 OK Tisaren Cup	00:17:15 03:27 min/km
2	1542 Gustav Metz -07 Järla IF	00:17:55 03:35 min/km
3	1276 Arvid Andersson -07 IF Start Cup	00:18:44 03:44 min/km
4	1490 Albin Wallgren -07 Åsbro Golf Cup	00:20:03 04:00 min/km
5	1467 Jesper Lundgren -06 Kumla SF Cup	00:21:42 04:20 min/km

K22 Tävlning 5 km

Plac	Namn	Resultat
1	1438 Elsa Hedin -05 OK Linné	00:19:04 03:48 min/km
2	1389 Hanna Imhagen -03 Örebro AIK Cup	00:19:38 03:55 min/km
3	1479 Ester Skoglund -07 Östansjö SK Cup	00:21:10 04:14 min/km
4	1429 Maja Granell -07 Stocksätters IF Cup	00:30:25 06:05 min/km

K Tävlning 5 km

Plac	Namn	Resultat
1	1498 Siri Englund -91 Eskilstuna FI Cup	00:19:16 03:51 min/km
2	1268 Emma Reinhed Liljeqvist -92 IF Start Cup	00:19:35 03:55 min/km
3	1387 Alva Galmén -01 Örebro AIK Cup	00:21:23 04:16 min/km
4	1264 Lisa Brorson -99 IF Start Cup	00:22:22 04:28 min/km
5	1288 Emma Holmberg -90 IFK Nora Cup	00:24:40 04:56 min/km
6	1296 Lina Tellin -94 OK Tisaren Cup	00:42:37 08:31 min/km

M Tävlning 5 km

Plac	Namn	Resultat
1	1284 Tobias Celander -92 IFK Nora Cup	00:20:01 04:00 min/km
2	1448 Rickard Kanon -90 Kumla SF Cup	00:21:46 04:21 min/km

M35 Tävlning 5 km

Plac	Namn	Resultat
1	1278 Daniel Johansson -86 IF Start Cup	00:17:41 03:32 min/km

2	1422 Erik Falkenström -89 Stocksätters IF Cup	00:19:13 03:50 min/km
3	1455 Christoffer Kivling -87 Kumla SF Cup	00:19:19 03:51 min/km
4	1534 Johan Ingjald -87 IF Start Cup	00:19:30 03:54 min/km
5	1409 Anton Bichis -89 Stocksätters IF Cup	00:19:58 03:59 min/km
6	1544 Rihards Darzins -86 Almby IK Cup	00:20:01 04:00 min/km
7	1400 Emil Altskog -88 Åsbro Golf Cup	00:21:05 04:13 min/km
8	1515 Janne Werner -88 Tisdagsklubben Örebro Cup	00:21:15 04:15 min/km
9	1500 Markus Behr -88 Kumla SF Cup	00:21:27 04:17 min/km

K35 Tävlning 5 km

Plac	Namn	Resultat
1	1286 Jenny Dollerup -85 IFK Nora Cup	00:22:38 04:31 min/km
2	1290 Emelie Stillfors -87 Kumla SF Cup	00:25:43 05:08 min/km
3	1461 Caroline Lindskog -87 Almby IK Cup	00:25:47 05:09 min/km
4	1424 Fanny Forsell -85 Hällefors LK Cup	00:31:20 06:16 min/km

M40 Tävlning 5 km

Plac	Namn	Resultat
1	1495 Henrik Ögren -82 Storådalens SK Cup	00:19:10 03:50 min/km
2	1489 Robert Vestman -82 Almby IK Cup	00:20:03 04:00 min/km
3	1426 Johan Fredriksson -84 Kumla SF Cup	00:20:33 04:06 min/km
4	1469 Martin Nilsson -84 IFK Nora Cup	00:22:15 04:27 min/km
5	1425 Tobias Forsell -83 Hällefors LK Cup	00:23:07 04:37 min/km

K40 Tävlning 5 km

Plac	Namn	Resultat
1	1430 Carina Gustavsson -80 LK Gränslöst Cup	00:23:01 04:36 min/km
2	1282 Sandra Almer Carlson -81 IFK Nora Cup	00:24:28 04:53 min/km
3	1404 Stina Bergkvist -81 Hällefors LK Cup	00:30:29 06:05 min/km

M45 Tävlning 5 km

Plac	Namn	Resultat
1	1414 Staffan Dahl -78 Örebro AIK Cup	00:20:05 04:01 min/km
2	1410 Dan Bäck -75 Kumla SF Cup	00:20:06 04:01 min/km
3	1477 Stefan Sager -77 Örebro AIK Cup	00:20:40 04:08 min/km
4	1483 Johan Svanholm -76 Örebro AIK Cup	00:20:50 04:10 min/km

K45 Tävlning 5 km

Plac	Namn	Resultat
1	1279 Maria Nagle -76 IF Start Cup	00:22:14 04:26 min/km
2	1281 Antje Wiksten -75 IF Start Cup	00:22:46 04:33 min/km
3	1287 Hanna Fridhamre -77 IFK Nora Cup	00:27:49 05:33 min/km
4	1460 Ulrika Lindgren -76 Glanshammars IF Cup	00:31:18 06:15 min/km

M50 Tävlning 5 km

Plac	Namn	Resultat
1	1446 Pär Johansson -74 Örebro AIK Cup	00:17:06 03:25 min/km
2	1417 Fredrik Eliasson -74 Garphyttans IF Cup	00:19:10 03:50 min/km
3	1488 Tommy Theoren -72 Tisdagsklubben Örebro Cup	00:19:10 03:50 min/km
4	1456 Johan Krafft -74 Örebro AIK Cup	00:20:08 04:01 min/km
5	1481 Peter Ström -70 Kumla SF Cup	00:20:31 04:06 min/km
6	1390 Mathias Lundberg -74 Örebro AIK Cup	00:21:55 04:23 min/km
7	1283 Daniel Borg -74 IFK Nora Cup	00:21:59 04:23 min/km
8	1388 Tomas Galmén -71 Örebro AIK Cup	00:22:12 04:26 min/km
9	1272 Anders Johansson -72 IF Start Cup	00:22:16 04:27 min/km
10	1458 Mattias Larsson -72 Östansjö SK Cup	00:25:21 05:04 min/km
11	1428 Jimmy Glinnerås -71 Örebro AIK Cup	00:25:57 05:11 min/km
12	1470 Michel Oesten -74 Glanshammars IF Cup	00:29:17 05:51 min/km

K50 Tävlning 5 km

Plac	Namn	Resultat
1	1277 Petra Hanaeus -72 IF Start Cup	00:20:40 04:08 min/km
2	1392 Therese Persson -73 Örebro AIK Cup	00:22:42 04:32 min/km
3	1270 Maria Borg -73 IF Start Cup	00:23:46 04:45 min/km
4	1275 Marie Österling -72 IF Start Cup	00:56:46 11:21 min/km

M55 Tävlning 5 km

Plac	Namn	Resultat
1	1280 Roger Sköldkvist -65 IF Start Cup	00:20:39 04:07 min/km
2	1497 Lars Lundegård -65 IF Start Cup	00:21:10 04:14 min/km

K55 Tävlning 5 km

Plac	Namn	Resultat
1	1274 Annica Sjölund -67 IF Start Cup	00:26:40 05:20 min/km

M60 Tävlning 5 km

Plac	Namn	Resultat
1	1271 Mikael Hansson -63 IF Start Cup	00:19:39 03:55 min/km
2	1397 Torbjörn Persson -63 Östansjö SK Cup	00:23:48 04:45 min/km
3	1395 Lars Karlsson -64 Östansjö SK Cup	00:24:21 04:52 min/km

M65 Tävlning 5 km

Plac	Namn	Resultat
1	1420 Jan Ernefjäll -57 Örebro AIK Cup	00:21:56 04:23 min/km
2	1399 Kjell Adolfsson -58 IF Start Cup	00:26:36 05:19 min/km
3	1402 Thomas Lindström -55 Åsbro Golf Cup	00:27:47 05:33 min/km
4	1496 Rolf Östman -58 Kumla SF Cup	00:29:22 05:52 min/km
5	1285 Peter Comét -56 IFK Nora Cup	00:33:01 06:36 min/km

K65 Tävlning 5 km

Plac	Namn	Resultat
1	1393 Angela Börjesson -59 Östansjö SK Cup	00:41:05 08:13 min/km

M70 Tävlning 5 km

Plac	Namn	Resultat
1	1403 Hans Backström -53 Östansjö SK Cup	00:24:44 04:56 min/km
2	1449 Ove Karasiak -53 Åsbro Golf Cup	00:27:52 05:34 min/km
3	1433 Torbjörn Hallenborg -52 Kumla SF Cup	00:27:55 05:35 min/km
4	1447 Thomas Johansson -53 Almby IK Cup	00:28:50 05:46 min/km
5	1398 Dag Rydén -53 Östansjö SK Cup	00:29:57 05:59 min/km
6	1394 Per Börjesson -54 Östansjö SK Cup	00:30:53 06:10 min/km

M75 Tävlning 5 km

Plac	Namn	Resultat
1	1396 Bengt Nilsson -49 Östansjö SK Cup	00:27:25 05:29 min/km
2	1289 Eric Malm -49 IFK Nora Cup	00:29:10 05:50 min/km

M80 Tävlning 5 km

Plac	Namn	Resultat
1	1415 Sven-Olov Dahlgren -44 Kopparbergs IF Cup	00:37:54 07:34 min/km
2	1421 Arne Evertsson -41 Storådalens SK Cup	00:45:38 09:07 min/km

K80 Tävlning 5 km

Plac	Namn	Resultat
1	1416 Ingegerd Eklund -41 Brohyttans IF Cup	00:45:15 09:03 min/km

Motion 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Lag	Resultat	Mellantider			
1	M: 1	1540 Kevin Henriksson -97		00:17:40 03:32 min/km	1 (390 m) 00:01:16	2 (2 km) 00:05:46 00:07:02	3 (3,5 km) 00:05:21 00:12:23	4 (Mål) 00:05:16 00:17:40
2	M: 2	1505 Linus Starbäck -99		00:18:51 03:46 min/km	1 (390 m) 00:01:18	2 (2 km) 00:06:08 00:07:25	3 (3,5 km) 00:05:47 00:13:12	4 (Mål) 00:05:39 00:18:51
3	M: 3	1445 Jimmy Jansson -79 Hallsberg		00:19:03 03:48 min/km	1 (390 m) 00:01:24	2 (2 km) 00:06:26 00:07:51	3 (3,5 km) 00:05:48 00:13:39	4 (Mål) 00:05:23 00:19:03
4	M: 4	1353 Robin Forsbacka -91 Volvo CE Hallsberg	Volvo CE 3	00:19:45 03:57 min/km	1 (390 m) 00:01:24	2 (2 km) 00:06:34 00:07:58	3 (3,5 km) 00:06:06 00:14:04	4 (Mål) 00:05:40 00:19:45
5	M: 5	1344 Robin Svennberg -97 Volvo CE Hallsberg	Volvo CE 1	00:19:47 03:57 min/km	1 (390 m) 00:01:22	2 (2 km) 00:06:24 00:07:46	3 (3,5 km) 00:06:13 00:13:59	4 (Mål) 00:05:47 00:19:47
6	M: 6	1216 Simon Danielsson -98 AhlSELL	AhlSELL 3	00:19:56 03:59 min/km	1 (390 m) 00:01:16	2 (2 km) 00:06:17 00:07:33	3 (3,5 km) 00:06:24 00:13:57	4 (Mål) 00:05:59 00:19:56
7	M: 7	1360 Christian Nilsson -77 Volvo CE Hallsberg	Volvo CE 4	00:20:00 04:00 min/km	1 (390 m) 00:01:20	2 (2 km) 00:06:22 00:07:41	3 (3,5 km) 00:06:11 00:13:52	4 (Mål) 00:06:07 00:20:00
8	M: 8	1418 Henrik Emilsson -85		00:20:00 04:00 min/km	1 (390 m) 00:01:28	2 (2 km) 00:06:45 00:08:13	3 (3,5 km) 00:06:10 00:14:22	4 (Mål) 00:05:38 00:20:00
9	M: 9	1291 Erik Ek -91 Hallsberg	Old gang	00:20:00 04:00 min/km	1 (390 m) 00:01:27	2 (2 km) 00:06:25 00:07:52	3 (3,5 km) 00:06:06 00:13:58	4 (Mål) 00:06:02 00:20:00

10	M: 10	1480 Fredrik Starbäck -97		00:20:01 04:00 min/km	1 (390 m) 00:01:17	2 (2 km) 00:06:21 00:07:39	3 (3,5 km) 00:06:17 00:13:56	4 (Mål) 00:06:05 00:20:01
11	M: 11	1519 Christofer Gustafsson -88 Forma		00:20:09 04:01 min/km	1 (390 m) 00:01:28	2 (2 km) 00:06:40 00:08:08	3 (3,5 km) 00:06:11 00:14:19	4 (Mål) 00:05:50 00:20:09
12	M: 12	1315 Johan Balder -87 Hallsbergs kommun	Team Långängen 1.	00:20:59 04:11 min/km	1 (390 m) 00:01:37	2 (2 km) 00:07:12 00:08:48	3 (3,5 km) 00:06:19 00:15:08	4 (Mål) 00:05:51 00:20:59
13	M: 13	1442 William Henriksson -96		00:21:07 04:13 min/km	1 (390 m) 00:01:37	2 (2 km) 00:07:09 00:08:46	3 (3,5 km) 00:06:26 00:15:12	4 (Mål) 00:05:55 00:21:07
14	M: 14	1401 Gabriel Andersson -75 Hallsberg		00:21:14 04:14 min/km	1 (390 m) 00:01:30	2 (2 km) 00:06:52 00:08:22	3 (3,5 km) 00:06:34 00:14:56	4 (Mål) 00:06:18 00:21:14
15	M: 15	1391 Sebastian Lundgren -01 Örebro SK Bandy	Örebro AIK	00:21:17 04:15 min/km	1 (390 m) 00:01:40	2 (2 km) 00:07:14 00:08:54	3 (3,5 km) 00:06:25 00:15:18	4 (Mål) 00:05:58 00:21:17
16	K: 1	1151 Raija Johansson -61 AhlSELL	AhlSELL 12	00:21:29 04:17 min/km	1 (390 m) 00:01:23	2 (2 km) 00:06:56 00:08:19	3 (3,5 km) 00:06:37 00:14:57	4 (Mål) 00:06:31 00:21:29
17	M: 16	1427 David Futtrup -90 Kumla		00:21:30 04:18 min/km	1 (390 m) 00:01:32	2 (2 km) 00:06:50 00:08:22	3 (3,5 km) 00:06:45 00:15:07	4 (Mål) 00:06:23 00:21:30
18	M: 17	1541 Peter Aronsson -85		00:21:40 04:20 min/km	1 (390 m) 00:01:25	2 (2 km) 00:06:59 00:08:24	3 (3,5 km) 00:06:49 00:15:12	4 (Mål) 00:06:28 00:21:40
19	K: 2	1369 Sofie Ceder -97 Volvo CE Hallsberg	Volvo CE 6	00:21:52 04:22 min/km	1 (390 m) 00:01:23	2 (2 km) 00:06:58 00:08:21	3 (3,5 km) 00:06:58 00:15:19	4 (Mål) 00:06:32 00:21:52
20	M: 18	1327 Björn Atthem -89 Hallsbergs kommun	Transtenskolan 1	00:22:06 04:25 min/km	1 (390 m) 00:01:25	2 (2 km) 00:07:11 00:08:36	3 (3,5 km) 00:06:54 00:15:30	4 (Mål) 00:06:36 00:22:06
21	M: 19	1436 Marcus Halvarsson -84 Örebro		00:22:18 04:27 min/km	1 (390 m) 00:01:29	2 (2 km) 00:07:12 00:08:40	3 (3,5 km) 00:06:58 00:15:39	4 (Mål) 00:06:38 00:22:18
22	K: 3	1518 Jenny Edlund -86 Forma		00:22:25 04:29 min/km	1 (390 m) 00:01:36	2 (2 km) 00:07:18 00:08:54	3 (3,5 km) 00:06:53 00:15:47	4 (Mål) 00:06:37 00:22:25
23	M: 20	1234 Urban Frisén -73 AhlSELL	AhlSELL 6	00:22:38 04:31 min/km	1 (390 m) 00:01:28	2 (2 km) 00:07:04 00:08:32	3 (3,5 km) 00:07:08 00:15:40	4 (Mål) 00:06:57 00:22:38
24	M: 21	1346 Stefan Krantz -91 Volvo CE Hallsberg	Volvo CE 2	00:22:47 04:33 min/km	1 (390 m) 00:01:31	2 (2 km) 00:07:19 00:08:50	3 (3,5 km) 00:07:11 00:16:01	4 (Mål) 00:06:45 00:22:47
25	M: 22	1241 Johan Nordström -89 AhlSELL	AhlSELL 7	00:22:50 04:34 min/km	1 (390 m) 00:01:49	2 (2 km) 00:07:29 00:09:18	3 (3,5 km) 00:07:00 00:16:19	4 (Mål) 00:06:31 00:22:50
26	M: 23	1354 Mikael Hagberg -74 Volvo CE Hallsberg	Volvo CE 3	00:22:55 04:35 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:20 00:08:52	3 (3,5 km) 00:07:07 00:15:59	4 (Mål) 00:06:55 00:22:55
27	M: 24	1156 Jonas Harnesk -78 AhlSELL	AhlSELL 13	00:22:57 04:35 min/km	1 (390 m) 00:01:33	2 (2 km) 00:07:31 00:09:04	3 (3,5 km) 00:07:11 00:16:14	4 (Mål) 00:06:42 00:22:57
28	M: 25	1535 Rasmus Gylling -93		00:23:05 04:37 min/km	1 (390 m) 00:01:36	2 (2 km) 00:07:14 00:08:50	3 (3,5 km) 00:07:12 00:16:01	4 (Mål) 00:07:03 00:23:05
29	K: 4	1200 Anton Holm -74 AhlSELL	AhlSELL 2	00:23:10 04:38 min/km	1 (390 m) 00:01:48	2 (2 km) 00:07:36 00:09:25	3 (3,5 km) 00:07:02 00:16:26	4 (Mål) 00:06:43 00:23:10
30	M: 26	1538 Joel Lindberg -04		00:23:20 04:40 min/km	1 (390 m) 00:01:45	2 (2 km) 00:07:47 00:09:32	3 (3,5 km) 00:07:04 00:16:36	4 (Mål) 00:06:44 00:23:20
31	M: 27	1487 Eric Söderberg -83		00:23:27 04:41 min/km				4 (Mål) 00:23:27 00:23:27
32	K: 5	1313 Hannen Kollgård -81 Hallsbergs kommun	Team AMI 1	00:23:28 04:41 min/km	1 (390 m) 00:01:48	2 (2 km) 00:07:46 00:09:34	3 (3,5 km) 00:07:06 00:16:39	4 (Mål) 00:06:48 00:23:28

33	M: 28	1334 Henric Bergvall -76 Hallsbergs kommun	Transtenskolan 2	00:23:43 04:44 min/km	1 (390 m) 00:01:32	2 (2 km) 00:07:37 00:09:09	3 (3,5 km) 00:07:28 00:16:37	4 (Mål) 00:07:06 00:23:43
34	M: 29	1501 Ludvig Brodén -05 Hallsberg		00:23:45 04:45 min/km	1 (390 m) 00:01:52	2 (2 km) 00:07:46 00:09:38	3 (3,5 km) 00:07:12 00:16:50	4 (Mål) 00:06:55 00:23:45
35	K: 6	1292 Edith Heppich -94 Hallsberg	Old gang	00:23:52 04:46 min/km	1 (390 m) 00:01:36	2 (2 km) 00:07:38 00:09:13	3 (3,5 km) 00:07:25 00:16:38	4 (Mål) 00:07:13 00:23:52
36	M: 30	1539 Viktor Toivanen -01		00:23:52 04:46 min/km	1 (390 m) 00:01:45	2 (2 km) 00:07:48 00:09:33	3 (3,5 km) 00:07:19 00:16:52	4 (Mål) 00:06:59 00:23:52
37	M: 31	1293 Erik Hörlin -93 Örebro	Old gang	00:24:04 04:48 min/km	1 (390 m) 00:01:45	2 (2 km) 00:07:49 00:09:34	3 (3,5 km) 00:07:19 00:16:53	4 (Mål) 00:07:11 00:24:04
38	K: 7	1221 Amanda Eriksson -90 AhlSELL	AhlSELL 4	00:24:07 04:49 min/km	1 (390 m) 00:01:43	2 (2 km) 00:07:48 00:09:31	3 (3,5 km) 00:07:25 00:16:57	4 (Mål) 00:07:10 00:24:07
39	M: 32	1516 Norton Strandberg -14		00:24:26 04:53 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:17 00:10:08	3 (3,5 km) 00:07:31 00:17:38	4 (Mål) 00:06:47 00:24:26
40	K: 8	1332 Ellen Werner Säaw -90 Hallsbergs kommun	Transtenskolan 1	00:24:30 04:54 min/km	1 (390 m) 00:01:47	2 (2 km) 00:08:01 00:09:48	3 (3,5 km) 00:07:35 00:17:23	4 (Mål) 00:07:07 00:24:30
41	M: 33	1472 Kevin Persson -14		00:24:43 04:56 min/km	1 (390 m) 00:01:42	2 (2 km) 00:08:27 00:10:09	3 (3,5 km) 00:07:30 00:17:39	4 (Mål) 00:07:04 00:24:43
42	M: 34	1359 Rickard Ekblom -81 Volvo CE Hallsberg	Volvo CE 4	00:24:54 04:58 min/km	1 (390 m) 00:01:48	2 (2 km) 00:08:10 00:09:58	3 (3,5 km) 00:07:49 00:17:47	4 (Mål) 00:07:07 00:24:54
43	M: 35	1235 Alexander Gerdvall -98 AhlSELL	AhlSELL 6	00:25:05 05:01 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:16 00:10:07	3 (3,5 km) 00:07:48 00:17:55	4 (Mål) 00:07:09 00:25:05
44	K: 9	1130 Anna Miliander -71 AhlSELL	A-lagarna	00:25:14 05:02 min/km	1 (390 m) 00:01:49	2 (2 km) 00:08:18 00:10:07	3 (3,5 km) 00:07:52 00:17:59	4 (Mål) 00:07:15 00:25:14
45	K: 10	1127 Roxana Friberg -74 AhlSELL	A-lagarna	00:25:15 05:03 min/km	1 (390 m) 00:01:49	2 (2 km) 00:08:18 00:10:06	3 (3,5 km) 00:07:52 00:17:59	4 (Mål) 00:07:16 00:25:15
46	K: 11	1168 Emelie Hallbom -99 AhlSELL	AhlSELL 15	00:25:28 05:05 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:18 00:10:10	3 (3,5 km) 00:07:51 00:18:01	4 (Mål) 00:07:27 00:25:28
47	K: 12	1413 Carina Classon -58 Hallsberg		00:25:37 05:07 min/km	1 (390 m) 00:01:54	2 (2 km) 00:08:17 00:10:11	3 (3,5 km) 00:07:50 00:18:01	4 (Mål) 00:07:36 00:25:37
48	M: 36	1452 Stefan Karlsson -74 Mikkeller running club		00:26:01 05:12 min/km	1 (390 m) 00:01:48	2 (2 km) 00:08:17 00:10:05	3 (3,5 km) 00:08:24 00:18:29	4 (Mål) 00:07:32 00:26:01
49	M: 37	1256 Abdullah Abbe Sharifi -00 Hallsbergs Kommun	Fritidsavdelningen	00:26:17 05:15 min/km	1 (390 m) 00:01:25	2 (2 km) 00:07:45 00:09:10	3 (3,5 km) 00:09:20 00:18:30	4 (Mål) 00:07:47 00:26:17
50	K: 13	1209 Victoria Boberg -96 AhlSELL	AhlSELL 21	00:26:19 05:15 min/km	1 (390 m) 00:01:47	2 (2 km) 00:08:56 00:10:44	3 (3,5 km) 00:07:57 00:18:41	4 (Mål) 00:07:37 00:26:19
51	M: 38	1502 Elliot Kimfeldt -10		00:26:24 05:16 min/km	1 (390 m) 00:01:42	2 (2 km) 00:08:27 00:10:09	3 (3,5 km) 00:08:43 00:18:52	4 (Mål) 00:07:31 00:26:24
52	M: 39	1240 Tobias Ekshagen -82 AhlSELL	AhlSELL 7	00:26:28 05:17 min/km	1 (390 m) 00:02:04	2 (2 km) 00:08:55 00:10:58	3 (3,5 km) 00:07:59 00:18:58	4 (Mål) 00:07:30 00:26:28
53	M: 40	1517 Stefan Strandberg -81		00:26:39 05:19 min/km	1 (390 m) 00:01:54	2 (2 km) 00:08:46 00:10:40	3 (3,5 km) 00:08:11 00:18:51	4 (Mål) 00:07:47 00:26:39
54	K: 14	1212 Vakant Vakant -24 AhlSELL	AhlSELL 21	00:26:41 05:20 min/km	1 (390 m) 00:01:55	2 (2 km) 00:08:58 00:10:53	3 (3,5 km) 00:08:17 00:19:10	4 (Mål) 00:07:31 00:26:41
55	K: 15	1133 Renathe Jansdotter -85 AhlSELL	AhlSELL 1	00:26:42 05:20 min/km	1 (390 m) 00:01:55	2 (2 km) 00:08:58 00:10:53	3 (3,5 km) 00:08:18 00:19:10	4 (Mål) 00:07:31 00:26:42

56	M: 41	1242 Johnny Odell -80 Ahsell	Ahsell 7	00:26:45 05:21 min/km	1 (390 m) 00:01:57	2 (2 km) 00:08:52 00:10:50	3 (3,5 km) 00:08:08 00:18:58	4 (Mål) 00:07:47 00:26:45
57	M: 42	1358 Toni Blanksvärd -70 Volvo CE Hallsberg	Volvo CE 4	00:26:45 05:21 min/km	1 (390 m) 00:01:53	2 (2 km) 00:08:49 00:10:42	3 (3,5 km) 00:08:24 00:19:07	4 (Mål) 00:07:38 00:26:45
58	K: 16	1297 Carin Ahl -71 Hallsbergs kommun	Sköllersta skola	00:26:46 05:21 min/km	1 (390 m) 00:01:56	2 (2 km) 00:08:46 00:10:42	3 (3,5 km) 00:08:19 00:19:01	4 (Mål) 00:07:44 00:26:46
59	M: 43	1139 Simon Rydéhén -86 Ahsell	Ahsell 10	00:26:59 05:23 min/km	1 (390 m) 00:01:50	2 (2 km) 00:08:26 00:10:16	3 (3,5 km) 00:08:41 00:18:57	4 (Mål) 00:08:02 00:26:59
60	K: 17	1150 Ann-Sofie Bergdahl -84 Ahsell	Ahsell 12	00:27:05 05:25 min/km	1 (390 m) 00:01:52	2 (2 km) 00:08:48 00:10:39	3 (3,5 km) 00:08:21 00:19:00	4 (Mål) 00:08:04 00:27:05
61	M: 44	1365 Tahir Hashemi -00 Volvo CE Hallsberg	Volvo CE 5	00:27:14 05:26 min/km	1 (390 m) 00:02:15	2 (2 km) 00:08:50 00:11:05	3 (3,5 km) 00:08:12 00:19:17	4 (Mål) 00:07:57 00:27:14
62	M: 45	1128 Isaak Lårdh -02 Ahsell	A-lagarna	00:27:21 05:28 min/km	1 (390 m) 00:01:57	2 (2 km) 00:09:07 00:11:04	3 (3,5 km) 00:08:24 00:19:28	4 (Mål) 00:07:53 00:27:21
63	K: 18	1239 Sofie Carlsson -81 Ahsell	Ahsell 7	00:27:25 05:29 min/km	1 (390 m) 00:01:59	2 (2 km) 00:09:05 00:11:05	3 (3,5 km) 00:08:31 00:19:35	4 (Mål) 00:07:50 00:27:25
64	M: 46	1211 Oscar Ringholm -00 Ahsell	Ahsell 21	00:27:37 05:31 min/km	1 (390 m) 00:01:46	2 (2 km) 00:08:27 00:10:13	3 (3,5 km) 00:08:48 00:19:01	4 (Mål) 00:08:36 00:27:37
65	K: 19	1214 Michaela Westerberg -01 Ahsell	Ahsell 21	00:27:38 05:31 min/km	1 (390 m) 00:01:47	2 (2 km) 00:08:55 00:10:42	3 (3,5 km) 00:08:18 00:19:00	4 (Mål) 00:08:37 00:27:38
66	K: 20	1258 Karolina Bjerklund -75 Pålsboda	Hallbo	00:27:40 05:32 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:07 00:11:18	3 (3,5 km) 00:08:27 00:19:44	4 (Mål) 00:07:55 00:27:40
67	K: 21	1302 Maria Tulbure -81 Hallsbergs kommun	Sköllersta skola	00:27:41 05:32 min/km	1 (390 m) 00:01:51	2 (2 km) 00:08:57 00:10:48	3 (3,5 km) 00:08:39 00:19:28	4 (Mål) 00:08:13 00:27:41
68	M: 47	1263 John Rudin Björilin -99 Örebro	Hallbo	00:28:03 05:36 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:07 00:11:18	3 (3,5 km) 00:08:27 00:19:44	4 (Mål) 00:08:18 00:28:03
69	M: 48	1220 Jonte Ljunggren -84 Ahsell	Ahsell 3	00:28:21 05:40 min/km	1 (390 m) 00:01:57	2 (2 km) 00:09:01 00:10:58	3 (3,5 km) 00:09:04 00:20:02	4 (Mål) 00:08:19 00:28:21
70	M: 49	1368 Illia Zarubaiko -86 Volvo CE Hallsberg	Volvo CE 5	00:28:31 05:42 min/km	1 (390 m) 00:01:44	2 (2 km) 00:09:06 00:10:50	3 (3,5 km) 00:09:24 00:20:14	4 (Mål) 00:08:17 00:28:31
71	M: 50	1499 Samuel Ellqvist -85 Pålsboda		00:28:32 05:42 min/km	1 (390 m) 00:02:02	2 (2 km) 00:09:07 00:11:10	3 (3,5 km) 00:08:58 00:20:08	4 (Mål) 00:08:24 00:28:32
72	M: 51	1331 Jakob Svensson -76 Hallsbergs kommun	Transtenskolan 1	00:28:35 05:43 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:36 00:11:46	3 (3,5 km) 00:08:54 00:20:41	4 (Mål) 00:07:54 00:28:35
73	M: 52	1251 Simon Backlund -95 Hallsbergs Kommun	Fritidsavdelningen	00:28:42 05:44 min/km	1 (390 m) 00:04:20	2 (2 km) 00:18:39 00:22:59		4 (Mål) 00:05:42 00:28:42
74	M: 53	1356 Lennart Rimmefors -64 Volvo CE Hallsberg	Volvo CE 3	00:28:47 05:45 min/km	1 (390 m) 00:02:16	2 (2 km) 00:09:38 00:11:54	3 (3,5 km) 00:08:53 00:20:47	4 (Mål) 00:07:59 00:28:47
75	K: 22	1384 Sara Lundgren -95 Volvo CE Hallsberg	Volvo CE 8	00:28:47 05:45 min/km	1 (390 m) 00:02:14	2 (2 km) 00:09:40 00:11:54	3 (3,5 km) 00:08:53 00:20:47	4 (Mål) 00:08:00 00:28:47
76	K: 23	1340 Sofia Folebäck -98 Volvo CE Hallsberg	Volvo CE 1	00:28:47 05:45 min/km	1 (390 m) 00:02:03	2 (2 km) 00:09:38 00:11:41	3 (3,5 km) 00:08:57 00:20:38	4 (Mål) 00:08:09 00:28:47
77	K: 24	1301 Johanna Pelow -90 Hallsbergs kommun	Sköllersta skola	00:28:49 05:45 min/km	1 (390 m) 00:02:06	2 (2 km) 00:09:21 00:11:27	3 (3,5 km) 00:08:57 00:20:24	4 (Mål) 00:08:25 00:28:49
78	K: 25	1432 Åse Gyllin -88 Hallsberg		00:28:53 05:46 min/km	1 (390 m) 00:02:05	2 (2 km) 00:09:36 00:11:41	3 (3,5 km) 00:08:58 00:20:40	4 (Mål) 00:08:13 00:28:53

79	K: 26	1170 Elin Rydberg -88 AhlSELL	AhlSELL 15	00:28:55 05:47 min/km	1 (390 m) 00:02:13	2 (2 km) 00:09:19 00:11:33	3 (3,5 km) 00:08:55 00:20:27	4 (Mål) 00:08:27 00:28:55
80	K: 27	1259 Pernilla Hägglöf -78 Hallsberg	Hallbo	00:29:05 05:49 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:14 00:11:25	3 (3,5 km) 00:09:02 00:20:26	4 (Mål) 00:08:38 00:29:05
81	K: 28	1237 Carina Olofsson -74 AhlSELL	AhlSELL 6	00:29:23 05:52 min/km	1 (390 m) 00:02:01	2 (2 km) 00:09:39 00:11:40	3 (3,5 km) 00:09:07 00:20:47	4 (Mål) 00:08:36 00:29:23
82	K: 29	1233 Victoria Dahlqvist -74 AhlSELL	AhlSELL 6	00:29:24 05:52 min/km	1 (390 m) 00:02:02	2 (2 km) 00:09:39 00:11:40	3 (3,5 km) 00:09:07 00:20:48	4 (Mål) 00:08:35 00:29:24
83	K: 30	1199 Matilda Gustafsson -85 AhlSELL	AhlSELL 2	00:29:39 05:55 min/km	1 (390 m) 00:02:14	2 (2 km) 00:09:37 00:11:50	3 (3,5 km) 00:09:05 00:20:56	4 (Mål) 00:08:43 00:29:39
84	K: 31	1125 Katrin Andersson -81 AhlSELL	A-lagarna	00:29:40 05:56 min/km	1 (390 m) 00:01:42	2 (2 km) 00:08:21 00:10:02	3 (3,5 km) 00:10:29 00:20:31	4 (Mål) 00:09:08 00:29:40
85	M: 54	1138 Jonas Lårdh -91 AhlSELL	AhlSELL 10	00:29:42 05:56 min/km	1 (390 m) 00:02:40	2 (2 km) 00:09:59 00:12:40	3 (3,5 km) 00:08:42 00:21:21	4 (Mål) 00:08:20 00:29:42
86	K: 32	1343 Susanna Ljung -99 Volvo CE Hallsberg	Volvo CE 1	00:29:43 05:56 min/km	1 (390 m) 00:02:14	2 (2 km) 00:09:39 00:11:53	3 (3,5 km) 00:09:09 00:21:02	4 (Mål) 00:08:40 00:29:43
87	M: 55	1382 Andreas Gunnarsson -91 Volvo CE Hallsberg	Volvo CE 8	00:29:43 05:56 min/km	1 (390 m) 00:02:14	2 (2 km) 00:09:39 00:11:53	3 (3,5 km) 00:09:09 00:21:01	4 (Mål) 00:08:41 00:29:43
88	K: 33	1532 Olivia Stranneby -12		00:29:44 05:56 min/km	1 (390 m) 00:02:20	2 (2 km) 00:10:03 00:12:23	3 (3,5 km) 00:09:12 00:21:35	4 (Mål) 00:08:09 00:29:44
89	M: 56	1533 Magnus Stranneby -80		00:29:46 05:57 min/km	1 (390 m) 00:02:21	2 (2 km) 00:10:02 00:12:23	3 (3,5 km) 00:09:12 00:21:35	4 (Mål) 00:08:11 00:29:46
90	K: 34	1342 Vivi Karlsson -71 Volvo CE Hallsberg	Volvo CE 1	00:30:30 06:06 min/km	1 (390 m) 00:02:16	2 (2 km) 00:09:56 00:12:13	3 (3,5 km) 00:09:19 00:21:32	4 (Mål) 00:08:57 00:30:30
91	M: 57	1203 William Appelskog -02 AhlSELL	AhlSELL 20	00:30:31 06:06 min/km	1 (390 m) 00:01:55	2 (2 km) 00:08:51 00:10:46	3 (3,5 km) 00:10:26 00:21:12	4 (Mål) 00:09:18 00:30:31
92	M: 58	1383 Alexander Jedselius Hansson -96 Volvo CE Hallsberg	Volvo CE 8	00:30:40 06:08 min/km	1 (390 m) 00:06:05	2 (2 km) 00:08:34 00:14:39	3 (3,5 km) 00:08:04 00:22:43	4 (Mål) 00:07:56 00:30:40
93	K: 35	1250 Judith Schölde -02 AhlSELL	Dream Team	00:30:41 06:08 min/km	1 (390 m) 00:02:15	2 (2 km) 00:09:53 00:12:08	3 (3,5 km) 00:09:40 00:21:49	4 (Mål) 00:08:52 00:30:41
94	K: 36	1141 Vakant Vakant -24 AhlSELL	AhlSELL 10	00:30:49 06:09 min/km	1 (390 m) 00:01:43	2 (2 km) 00:08:55 00:10:39	3 (3,5 km) 00:11:25 00:22:03	4 (Mål) 00:08:45 00:30:49
95	K: 37	1494 Heléne Ärlegård -67		00:30:57 06:11 min/km	1 (390 m) 00:02:15	2 (2 km) 00:09:55 00:12:10	3 (3,5 km) 00:09:36 00:21:46	4 (Mål) 00:09:10 00:30:57
96	M: 59	1207 Dino Selimovic -89 AhlSELL	AhlSELL 20	00:30:57 06:11 min/km	1 (390 m) 00:01:59	2 (2 km) 00:09:37 00:11:36	3 (3,5 km) 00:09:37 00:21:13	4 (Mål) 00:09:43 00:30:57
97	K: 38	1204 Molly Enqvist -03 AhlSELL	AhlSELL 20	00:30:57 06:11 min/km	1 (390 m) 00:02:25	2 (2 km) 00:10:01 00:12:25	3 (3,5 km) 00:09:34 00:21:59	4 (Mål) 00:08:57 00:30:57
98	K: 39	1132 Camilla Ericsson -72 AhlSELL	AhlSELL 1	00:31:05 06:13 min/km	1 (390 m) 00:02:06	2 (2 km) 00:10:14 00:12:20	3 (3,5 km) 00:09:39 00:21:59	4 (Mål) 00:09:05 00:31:05
99	M: 60	1163 Jimmy Gustafsson -72 AhlSELL	AhlSELL 14	00:31:06 06:13 min/km	1 (390 m) 00:02:08	2 (2 km) 00:10:00 00:12:08	3 (3,5 km) 00:09:39 00:21:47	4 (Mål) 00:09:19 00:31:06
100	K: 40	1323 Maria Lorentzon -83 Hallsbergs kommun	Team Långängen 2.	00:31:07 06:13 min/km	1 (390 m) 00:02:34	2 (2 km) 00:10:27 00:13:00	3 (3,5 km) 00:09:26 00:22:26	4 (Mål) 00:08:40 00:31:07
101	K: 41	1336 Wilma Gottfridsson -98 Hallsbergs kommun	Transtenskolan 2	00:31:08 06:13 min/km	1 (390 m) 00:02:11	2 (2 km) 00:09:35 00:11:46	3 (3,5 km) 00:10:14 00:22:00	4 (Mål) 00:09:07 00:31:08

102	K: 42	1142 Vakant Vakant -24 AhlSELL	AhlSELL 10	00:31:16 06:15 min/km	1 (390 m) 00:01:44	2 (2 km) 00:09:30 00:11:14	3 (3,5 km) 00:10:54 00:22:08	4 (Mål) 00:09:08 00:31:16
103	M: 61	1357 Idde Ahlström -04 Volvo CE Hallsberg	Volvo CE 4	00:31:19 06:15 min/km	1 (390 m) 00:02:12	2 (2 km) 00:10:25 00:12:37	3 (3,5 km) 00:09:45 00:22:23	4 (Mål) 00:08:56 00:31:19
104	K: 43	1330 Amelie Sedström -66 Hallsbergs kommun	Transtenskolan 1	00:31:29 06:17 min/km	1 (390 m) 00:02:16	2 (2 km) 00:10:23 00:12:38	3 (3,5 km) 00:09:36 00:22:14	4 (Mål) 00:09:14 00:31:29
105	K: 44	1468 Alexandra Nilsson -85 Hallsbergs kommun		00:31:38 06:19 min/km	1 (390 m) 00:02:17	2 (2 km) 00:10:20 00:12:37	3 (3,5 km) 00:09:46 00:22:23	4 (Mål) 00:09:15 00:31:38
106	M: 62	1536 Niclas Harring -74		00:31:41 06:20 min/km	1 (390 m) 00:02:20	2 (2 km) 00:10:10 00:12:29	3 (3,5 km) 00:09:52 00:22:21	4 (Mål) 00:09:19 00:31:41
107	K: 45	1329 Jennie Löfdahl -75 Hallsbergs kommun	Transtenskolan 1	00:31:48 06:21 min/km	1 (390 m) 00:02:09	2 (2 km) 00:10:26 00:12:35	3 (3,5 km) 00:09:53 00:22:28	4 (Mål) 00:09:20 00:31:48
108	K: 46	1179 Jessica Dahlqvist -92 AhlSELL	AhlSELL 17	00:31:52 06:22 min/km	1 (390 m) 00:02:28	2 (2 km) 00:10:26 00:12:54	3 (3,5 km) 00:09:55 00:22:49	4 (Mål) 00:09:03 00:31:52
109	K: 47	1181 Amanda Johansson -97 AhlSELL	AhlSELL 17	00:32:00 06:24 min/km	1 (390 m) 00:02:28	2 (2 km) 00:10:26 00:12:54	3 (3,5 km) 00:09:55 00:22:49	4 (Mål) 00:09:10 00:32:00
110	K: 48	1187 Ella Löwdahl -02 AhlSELL	AhlSELL 18	00:32:00 06:24 min/km	1 (390 m) 00:02:29	2 (2 km) 00:10:30 00:12:59	3 (3,5 km) 00:09:52 00:22:51	4 (Mål) 00:09:08 00:32:00
111	M: 63	1349 Jarmo Modin -68 Volvo CE Hallsberg	Volvo CE 2	00:32:11 06:26 min/km	1 (390 m) 00:03:01	2 (2 km) 00:10:43 00:13:44	3 (3,5 km) 00:09:06 00:22:50	4 (Mål) 00:09:21 00:32:11
112	M: 64	1255 Jonathan Lassila -89 Hallsbergs Kommun	Fritidsavdelningen	00:32:46 06:33 min/km	1 (390 m) 00:02:16	2 (2 km) 00:10:21 00:12:37	3 (3,5 km) 00:10:18 00:22:55	4 (Mål) 00:09:50 00:32:46
113	K: 49	1217 Jennie Kempempo -76 AhlSELL	AhlSELL 3	00:32:48 06:33 min/km	1 (390 m) 00:02:03	2 (2 km) 00:10:16 00:12:19	3 (3,5 km) 00:10:31 00:22:50	4 (Mål) 00:09:57 00:32:48
114	K: 50	1257 Hanna Thuresson -04 Hallsbergs Kommun	Fritidsavdelningen	00:33:31 06:42 min/km	1 (390 m) 00:02:22	2 (2 km) 00:10:21 00:12:43	3 (3,5 km) 00:10:47 00:23:30	4 (Mål) 00:10:01 00:33:31
115	K: 51	1459 Linda Liljestig -86 Hallsberg		00:33:38 06:43 min/km	1 (390 m) 00:02:34	2 (2 km) 00:10:51 00:13:25	3 (3,5 km) 00:10:19 00:23:44	4 (Mål) 00:09:54 00:33:38
116	K: 52	1300 Rudayna Naji -82 Hallsbergs kommun	Sköllersta skola	00:33:49 06:45 min/km	1 (390 m) 00:01:59	2 (2 km) 00:11:08 00:13:07	3 (3,5 km) 00:11:02 00:24:09	4 (Mål) 00:09:40 00:33:49
117	K: 53	1434 Elisabet Halvarsson -84 Örebro		00:33:52 06:46 min/km	1 (390 m) 00:01:55	2 (2 km) 00:10:31 00:12:26	3 (3,5 km) 00:12:02 00:24:28	4 (Mål) 00:09:23 00:33:52
118	K: 54	1148 Elin Wilén -99 AhlSELL	AhlSELL 11	00:34:09 06:49 min/km	1 (390 m) 00:02:19	2 (2 km) 00:11:05 00:13:24	3 (3,5 km) 00:10:34 00:23:58	4 (Mål) 00:10:10 00:34:09
119	K: 55	1453 Linn Kimfelt -85 Hallsberg		00:34:18 06:51 min/km	1 (390 m) 00:02:34	2 (2 km) 00:11:43 00:14:17	3 (3,5 km) 00:10:19 00:24:37	4 (Mål) 00:09:41 00:34:18
120	K: 56	1224 Rosie-Marie Knutsson - 65 AhlSELL	AhlSELL 4	00:34:27 06:53 min/km	1 (390 m) 00:02:06	2 (2 km) 00:11:16 00:13:22	3 (3,5 km) 00:10:41 00:24:02	4 (Mål) 00:10:24 00:34:27
121	M: 65	1352 Michael Chamoun -90 Volvo CE Hallsberg	Volvo CE 3	00:34:34 06:54 min/km	1 (390 m) 00:06:05	2 (2 km) 00:09:38 00:15:44	3 (3,5 km) 00:10:05 00:25:48	4 (Mål) 00:08:46 00:34:34
122	K: 57	1243 Linnea Ornell -85 AhlSELL	AhlSELL 7	00:34:50 06:58 min/km	1 (390 m) 00:02:36	2 (2 km) 00:10:54 00:13:29	3 (3,5 km) 00:11:45 00:25:15	4 (Mål) 00:09:35 00:34:50
123	K: 58	1248 Lisa Hebel -85 AhlSELL	Dream Team	00:34:52 06:58 min/km	1 (390 m) 00:02:41	2 (2 km) 00:11:26 00:14:08	3 (3,5 km) 00:11:09 00:25:17	4 (Mål) 00:09:34 00:34:52
124	K: 59	1457 Lina Larsson -82		00:34:52 06:58 min/km	1 (390 m) 00:02:39	2 (2 km) 00:11:17 00:13:56	3 (3,5 km) 00:10:31 00:24:26	4 (Mål) 00:10:25 00:34:52

125	K: 60	1244 Josefin Persson -76 AhlSELL	AhlSELL 7	00:34:52 06:58 min/km	1 (390 m) 00:02:36	2 (2 km) 00:10:53 00:13:29	3 (3,5 km) 00:11:46 00:25:15	4 (Mål) 00:09:37 00:34:52
126	K: 61	1311 Emma Gustafsson -84 Hallsbergs kommun	Team AMI 1	00:34:53 06:58 min/km	1 (390 m) 00:02:37	2 (2 km) 00:11:32 00:14:09	3 (3,5 km) 00:11:00 00:25:08	4 (Mål) 00:09:44 00:34:53
127	M: 66	1423 Joel Flink -86 Hallsberg		00:34:59 06:59 min/km	1 (390 m) 00:02:34	2 (2 km) 00:10:51 00:13:25	3 (3,5 km) 00:10:54 00:24:19	4 (Mål) 00:10:39 00:34:59
128	K: 62	1236 Enya Karlsson -99 AhlSELL	AhlSELL 6	00:35:20 07:04 min/km	1 (390 m) 00:02:11	2 (2 km) 00:11:32 00:13:43	3 (3,5 km) 00:11:05 00:24:49	4 (Mål) 00:10:31 00:35:20
129	K: 63	1157 Therese Sedig-Altskog - 64 AhlSELL	AhlSELL 13	00:35:45 07:09 min/km	1 (390 m) 00:02:40	2 (2 km) 00:11:30 00:14:10	3 (3,5 km) 00:11:15 00:25:25	4 (Mål) 00:10:19 00:35:45
130	K: 64	1537 Wilma Rehnqvist -04		00:35:46 07:09 min/km	1 (390 m) 00:02:41	2 (2 km) 00:11:53 00:14:34	3 (3,5 km) 00:11:17 00:25:51	4 (Mål) 00:09:55 00:35:46
131	K: 65	1528 Siri Wallström -12		00:35:49 07:09 min/km	1 (390 m) 00:02:32	2 (2 km) 00:11:57 00:14:30	3 (3,5 km) 00:12:11 00:26:41	4 (Mål) 00:09:08 00:35:49
132	K: 66	1471 Joline Persson -12		00:35:50 07:10 min/km	1 (390 m) 00:02:33	2 (2 km) 00:11:57 00:14:29	3 (3,5 km) 00:12:12 00:26:41	4 (Mål) 00:09:08 00:35:50
133	K: 67	1454 Stella Kimfelt -12 Hallsberg		00:35:51 07:10 min/km	1 (390 m) 00:02:09	2 (2 km) 00:11:26 00:13:35	3 (3,5 km) 00:12:26 00:26:01	4 (Mål) 00:09:50 00:35:51
134	K: 68	1482 Lizette Strömberg -85		00:37:09 07:25 min/km	1 (390 m) 00:02:46	2 (2 km) 00:12:23 00:15:09	3 (3,5 km) 00:11:15 00:26:24	4 (Mål) 00:10:45 00:37:09
135	K: 69	1492 Anna Wanberg -79 Kumla		00:37:11 07:26 min/km	1 (390 m) 00:02:45	2 (2 km) 00:12:24 00:15:09	3 (3,5 km) 00:11:15 00:26:24	4 (Mål) 00:10:46 00:37:11
136	M: 67	1380 Johan Westin -86 Volvo CE Hallsberg	Volvo CE 7	00:37:25 07:29 min/km	1 (390 m) 00:02:15	2 (2 km) 00:12:15 00:14:29	3 (3,5 km) 00:12:12 00:26:41	4 (Mål) 00:10:44 00:37:25
137	M: 68	1229 Thomas Liljeholm -76 AhlSELL	AhlSELL 5	00:37:26 07:29 min/km	1 (390 m) 00:02:34	2 (2 km) 00:11:55 00:14:29	3 (3,5 km) 00:12:02 00:26:30	4 (Mål) 00:10:55 00:37:26
138	K: 70	1294 Tina Hörlin -94 Örebro	Old gang	00:37:27 07:29 min/km	1 (390 m) 00:02:42	2 (2 km) 00:11:34 00:14:17	3 (3,5 km) 00:12:09 00:26:26	4 (Mål) 00:11:01 00:37:27
139	M: 69	1227 Shamil Dudurhanov -88 AhlSELL	AhlSELL 5	00:37:38 07:31 min/km	1 (390 m) 00:02:36	2 (2 km) 00:11:53 00:14:29	3 (3,5 km) 00:12:02 00:26:30	4 (Mål) 00:11:07 00:37:38
140	M: 70	1374 Juhani Lakanen -64 Volvo CE Hallsberg	Volvo CE 6	00:37:52 07:34 min/km	1 (390 m) 00:02:27	2 (2 km) 00:12:02 00:14:29	3 (3,5 km) 00:12:13 00:26:41	4 (Mål) 00:11:10 00:37:52
141	M: 71	1129 Albin Madsen -00 AhlSELL	A-lagarna	00:38:18 07:39 min/km	1 (390 m) 00:02:39	2 (2 km) 00:12:22 00:15:01	3 (3,5 km) 00:12:03 00:27:04	4 (Mål) 00:11:14 00:38:18
142	K: 71	1411 Alexandra Chomchey -77		00:38:18 07:39 min/km	1 (390 m) 00:02:52	2 (2 km) 00:12:19 00:15:10	3 (3,5 km) 00:11:58 00:27:08	4 (Mål) 00:11:10 00:38:18
143	K: 72	1137 Petra Lidman -88 AhlSELL	AhlSELL 10	00:38:23 07:40 min/km	1 (390 m) 00:02:46	2 (2 km) 00:12:19 00:15:05	3 (3,5 km) 00:11:47 00:26:53	4 (Mål) 00:11:30 00:38:23
144	K: 73	1140 Vakant Vakant -24 AhlSELL	AhlSELL 10	00:38:24 07:40 min/km	1 (390 m) 00:02:46	2 (2 km) 00:12:19 00:15:06	3 (3,5 km) 00:11:47 00:26:52	4 (Mål) 00:11:31 00:38:24
145	K: 74	1386 Susanne Westerbacka - 73 Volvo CE Hallsberg	Volvo CE 8	00:38:31 07:42 min/km	1 (390 m) 00:02:43	2 (2 km) 00:12:20 00:15:04	3 (3,5 km) 00:12:02 00:27:06	4 (Mål) 00:11:25 00:38:31
146	K: 75	1245 Josefin Bränn -75 AhlSELL	Dream Team	00:38:32 07:42 min/km	1 (390 m) 00:02:41	2 (2 km) 00:12:03 00:14:44	3 (3,5 km) 00:13:33 00:28:16	4 (Mål) 00:10:15 00:38:32
147	K: 76	1444 Cecilia Jansson -87		00:38:37 07:43 min/km	1 (390 m) 00:02:33	2 (2 km) 00:12:40 00:15:12	3 (3,5 km) 00:12:02 00:27:15	4 (Mål) 00:11:22 00:38:37

148	K: 77	1195 Anette Jagensjö Nielsen -78 Ahsell	Ahsell 19	00:38:53 07:46 min/km	1 (390 m) 00:02:29	2 (2 km) 00:12:27 00:14:56	3 (3,5 km) 00:12:14 00:27:10	4 (Mål) 00:11:42 00:38:53
149	K: 78	1493 Maria Ytterström -69		00:38:56 07:47 min/km	1 (390 m) 00:02:45	2 (2 km) 00:12:29 00:15:13	3 (3,5 km) 00:12:00 00:27:13	4 (Mål) 00:11:43 00:38:56
150	K: 79	1225 Linn Stenberg -02 Ahsell	Ahsell 4	00:38:59 07:47 min/km	1 (390 m) 00:02:18	2 (2 km) 00:11:43 00:14:01	3 (3,5 km) 00:12:49 00:26:50	4 (Mål) 00:12:08 00:38:59
151	K: 80	1484 Sara Svensson -89		00:39:22 07:52 min/km	1 (390 m) 00:02:40	2 (2 km) 00:12:19 00:14:59	3 (3,5 km) 00:12:50 00:27:49	4 (Mål) 00:11:32 00:39:22
152	K: 81	1230 Jeanette Ramsin -81 Ahsell	Ahsell 5	00:39:39 07:55 min/km	1 (390 m) 00:02:33	2 (2 km) 00:12:41 00:15:14	3 (3,5 km) 00:12:35 00:27:49	4 (Mål) 00:11:49 00:39:39
153	M: 72	1405 Liam Berglund -10 Vretstorps IF		00:39:43 07:56 min/km	1 (390 m) 00:02:29	2 (2 km) 00:12:08 00:14:37	3 (3,5 km) 00:14:06 00:28:43	4 (Mål) 00:10:59 00:39:43
154	K: 82	1450 Eva-Lena Karlsson -64		00:39:43 07:56 min/km	1 (390 m) 00:02:41	2 (2 km) 00:12:17 00:14:59	3 (3,5 km) 00:12:24 00:27:22	4 (Mål) 00:12:20 00:39:43
155	K: 83	1527 Sofia Bjerleus -90		00:39:45 07:57 min/km	1 (390 m) 00:02:32	2 (2 km) 00:11:45 00:14:17	3 (3,5 km) 00:13:30 00:27:46	4 (Mål) 00:11:58 00:39:45
156	K: 84	1440 Sandra Hellstenius -90 Mikkeller running club		00:39:46 07:57 min/km	1 (390 m) 00:02:25	2 (2 km) 00:13:33 00:15:58	3 (3,5 km) 00:12:24 00:28:22	4 (Mål) 00:11:23 00:39:46
157	M: 73	1529 Henry Bjerleus -14		00:39:46 07:57 min/km	1 (390 m) 00:01:49	2 (2 km) 00:12:27 00:14:16	3 (3,5 km) 00:13:30 00:27:47	4 (Mål) 00:11:59 00:39:46
158	K: 85	1407 Maja Berglund -86 Vretstorps IF		00:39:50 07:58 min/km	1 (390 m) 00:02:28	2 (2 km) 00:12:09 00:14:37	3 (3,5 km) 00:14:07 00:28:44	4 (Mål) 00:11:06 00:39:50
159	M: 74	1136 Mikael Tiler -88 Ahsell	Ahsell 1	00:39:59 07:59 min/km	1 (390 m) 00:02:39	2 (2 km) 00:12:07 00:14:46	3 (3,5 km) 00:12:24 00:27:10	4 (Mål) 00:12:48 00:39:59
160	K: 86	1186 Moa Danielsson -01 Ahsell	Ahsell 18	00:40:02 08:00 min/km	1 (390 m) 00:02:31	2 (2 km) 00:13:07 00:15:38	3 (3,5 km) 00:12:44 00:28:23	4 (Mål) 00:11:39 00:40:02
161	M: 75	1228 William Eriksson -01 Ahsell	Ahsell 5	00:40:05 08:01 min/km	1 (390 m) 00:02:33	2 (2 km) 00:13:20 00:15:53	3 (3,5 km) 00:12:43 00:28:35	4 (Mål) 00:11:29 00:40:05
162	K: 87	1363 Dayananda Gange -60 Volvo CE Hallsberg	Volvo CE 5	00:40:20 08:04 min/km	1 (390 m) 00:02:24	2 (2 km) 00:13:12 00:15:36	3 (3,5 km) 00:12:57 00:28:34	4 (Mål) 00:11:46 00:40:20
163	M: 76	1385 Robert Löf -96 Volvo CE Hallsberg	Volvo CE 8	00:40:31 08:06 min/km	1 (390 m) 00:01:45	2 (2 km) 00:14:06 00:15:51	3 (3,5 km) 00:12:12 00:28:03	4 (Mål) 00:12:27 00:40:31
164	M: 77	1126 Stefan Berg -74 Ahsell	A-lagarna	00:40:32 08:06 min/km	1 (390 m) 00:02:40	2 (2 km) 00:13:21 00:16:01	3 (3,5 km) 00:12:48 00:28:49	4 (Mål) 00:11:42 00:40:32
165	K: 88	1406 Lova Berglund -12 IFK hallsberg		00:40:59 08:11 min/km	1 (390 m) 00:02:32	2 (2 km) 00:13:01 00:15:33	3 (3,5 km) 00:14:15 00:29:48	4 (Mål) 00:11:11 00:40:59
166	K: 89	1473 Alma Pettersson -14 Hallsberg		00:41:00 08:12 min/km	1 (390 m) 00:02:32	2 (2 km) 00:13:01 00:15:33	3 (3,5 km) 00:14:15 00:29:48	4 (Mål) 00:11:12 00:41:00
167	M: 78	1543 Leon Lund Nilsson -14		00:41:08 08:13 min/km	1 (390 m) 00:02:30	2 (2 km) 00:13:05 00:15:35	3 (3,5 km) 00:13:39 00:29:13	4 (Mål) 00:11:54 00:41:08
168	M: 79	1474 Fredrik Pettersson -79 Hallsberg		00:41:08 08:13 min/km	1 (390 m) 00:02:34	2 (2 km) 00:13:01 00:15:35	3 (3,5 km) 00:14:09 00:29:44	4 (Mål) 00:11:24 00:41:08
169	K: 90	1149 Bezjan Barwari -85 Ahsell	Ahsell 12	00:41:15 08:15 min/km	1 (390 m) 00:02:26	2 (2 km) 00:13:24 00:15:50	3 (3,5 km) 00:13:29 00:29:20	4 (Mål) 00:11:55 00:41:15
170	K: 91	1318 Åsa Skogmo -78 Hallsbergs kommun	Team Långängen 1.	00:41:24 08:16 min/km	1 (390 m) 00:03:09	2 (2 km) 00:13:38 00:16:47	3 (3,5 km) 00:13:33 00:30:20	4 (Mål) 00:11:03 00:41:24

171	K: 92	1253 Marie Godlund -95 Hallsbergs Kommun	Fritidsavdelningen	00:41:25 08:17 min/km	1 (390 m) 00:02:22	2 (2 km) 00:12:28 00:14:50	3 (3,5 km) 00:13:22 00:28:12	4 (Mål) 00:13:12 00:41:25
172	K: 93	1143 Malin Blixt -85 AhlSELL	AhlSELL 11	00:42:32 08:30 min/km	1 (390 m) 00:02:56	2 (2 km) 00:13:47 00:16:43	3 (3,5 km) 00:13:31 00:30:14	4 (Mål) 00:12:18 00:42:32
173	K: 94	1144 Olivia Karlsson -98 AhlSELL	AhlSELL 11	00:42:33 08:30 min/km	1 (390 m) 00:02:56	2 (2 km) 00:13:50 00:16:45	3 (3,5 km) 00:13:31 00:30:16	4 (Mål) 00:12:16 00:42:33
174	K: 95	1146 Angelica Persson -98 AhlSELL	AhlSELL 11	00:42:33 08:30 min/km	1 (390 m) 00:02:56	2 (2 km) 00:13:49 00:16:45	3 (3,5 km) 00:13:29 00:30:15	4 (Mål) 00:12:18 00:42:33
175	K: 96	1295 Lina Persson Puhls -94 Hallsbergs kommun	Old gang	00:42:37 08:31 min/km	1 (390 m) 00:04:06	2 (2 km) 00:16:17 00:20:23	3 (3,5 km) 00:11:27 00:31:50	4 (Mål) 00:10:47 00:42:37
176	K: 97	1252 Tua Egemar -04 Hallsbergs Kommun	Fritidsavdelningen	00:43:00 08:36 min/km	1 (390 m) 00:03:24	2 (2 km) 00:14:41 00:18:05	3 (3,5 km) 00:14:28 00:32:32	4 (Mål) 00:10:28 00:43:00
177	K: 98	1326 Katarina Widström -72 Hallsbergs kommun	Team Långängen 2.	00:43:22 08:40 min/km	1 (390 m) 00:03:09	2 (2 km) 00:13:39 00:16:48	3 (3,5 km) 00:13:33 00:30:21	4 (Mål) 00:13:00 00:43:22
178	M: 80	1222 Joakim Grönkvist -72 AhlSELL	AhlSELL 4	00:43:45 08:45 min/km	1 (390 m) 00:03:03	2 (2 km) 00:14:31 00:17:35	3 (3,5 km) 00:13:30 00:31:04	4 (Mål) 00:12:40 00:43:45
179	M: 81	1351 Adam Allansson -94 Volvo CE Hallsberg	Volvo CE 3	00:44:08 08:49 min/km	1 (390 m) 00:03:54	2 (2 km) 00:16:35 00:20:29	3 (3,5 km) 00:15:37 00:36:06	4 (Mål) 00:08:01 00:44:08
180	M: 82	1320 Peter Österlund -89 Hallsbergs kommun	Team Långängen 1.	00:44:21 08:52 min/km	1 (390 m) 00:03:42	2 (2 km) 00:14:36 00:18:17	3 (3,5 km) 00:13:23 00:31:40	4 (Mål) 00:12:40 00:44:21
181	M: 83	1378 Robert Oscarsson -72 Volvo CE Hallsberg	Volvo CE 7	00:44:50 08:58 min/km	1 (390 m) 00:03:53	2 (2 km) 00:15:31 00:19:24	3 (3,5 km) 00:13:23 00:32:48	4 (Mål) 00:12:02 00:44:50
182	M: 84	1231 Rasmus Sandgren -98 AhlSELL	AhlSELL 5	00:45:06 09:01 min/km	1 (390 m) 00:02:36	2 (2 km) 00:13:31 00:16:07	3 (3,5 km) 00:14:49 00:30:55	4 (Mål) 00:14:11 00:45:06
183	K: 99	1350 Marica Pettersson -69 Volvo CE Hallsberg	Volvo CE 2	00:45:08 09:01 min/km	1 (390 m) 00:03:51	2 (2 km) 00:14:45 00:18:35	3 (3,5 km) 00:13:31 00:32:07	4 (Mål) 00:13:01 00:45:08
184	K: 100	1249 Alva Norin -03 AhlSELL	Dream Team	00:45:16 09:03 min/km	1 (390 m) 00:02:54	2 (2 km) 00:15:16 00:18:09	3 (3,5 km) 00:14:26 00:32:35	4 (Mål) 00:12:40 00:45:16
185	K: 101	1341 Lena Ingemarsdotter -66 Volvo CE Hallsberg	Volvo CE 1	00:46:16 09:15 min/km	1 (390 m) 00:03:45	2 (2 km) 00:15:09 00:18:54	3 (3,5 km) 00:14:10 00:33:04	4 (Mål) 00:13:12 00:46:16
186	K: 102	1347 Camilla Lund -67 Volvo CE Hallsberg	Volvo CE 2	00:46:17 09:15 min/km	1 (390 m) 00:03:45	2 (2 km) 00:15:10 00:18:55	3 (3,5 km) 00:14:10 00:33:05	4 (Mål) 00:13:12 00:46:17
187	K: 103	1254 Malin Johansson -75 Hallsbergs Kommun	Fritidsavdelningen	00:46:21 09:16 min/km	1 (390 m) 00:03:25	2 (2 km) 00:14:40 00:18:05	3 (3,5 km) 00:14:25 00:32:30	4 (Mål) 00:13:50 00:46:21
188	K: 104	1154 Madeleine Åström -82 AhlSELL	AhlSELL 12	00:46:21 09:16 min/km	1 (390 m) 00:02:27	2 (2 km) 00:14:17 00:16:44	3 (3,5 km) 00:15:14 00:31:58	4 (Mål) 00:14:23 00:46:21
189	K: 105	1441 Annika Henriksson -83 Axa sports club		00:46:22 09:16 min/km	1 (390 m) 00:03:19	2 (2 km) 00:15:20 00:18:39	3 (3,5 km) 00:14:16 00:32:55	4 (Mål) 00:13:27 00:46:22
190	K: 106	1158 Victoria Tesell -96 AhlSELL	AhlSELL 13	00:46:54 09:22 min/km	1 (390 m) 00:04:05	2 (2 km) 00:16:45 00:20:50	3 (3,5 km) 00:14:44 00:35:34	4 (Mål) 00:11:19 00:46:54
191	K: 107	1161 Lilian Askling -67 AhlSELL	AhlSELL 14	00:46:54 09:22 min/km	1 (390 m) 00:04:07	2 (2 km) 00:16:43 00:20:50	3 (3,5 km) 00:14:44 00:35:34	4 (Mål) 00:11:19 00:46:54
192	K: 108	1193 Camilla Grönkvist -71 AhlSELL	AhlSELL 19	00:46:57 09:23 min/km	1 (390 m) 00:03:33		3 (3,5 km) 00:30:03 00:33:36	4 (Mål) 00:13:21 00:46:57
193	K: 109	1328 Charlotta Eriksson -73 Hallsbergs kommun	Transtenskolan 1	00:46:57 09:23 min/km	1 (390 m) 00:03:49	2 (2 km) 00:15:24 00:19:13	3 (3,5 km) 00:14:14 00:33:27	4 (Mål) 00:13:30 00:46:57

194	K: 110	1192 Niclas Hjerpe -74 AhlSELL	AhlSELL 19	00:46:57 09:23 min/km	1 (390 m) 00:03:34	2 (2 km) 00:15:33 00:19:07	3 (3,5 km) 00:14:29 00:33:35	4 (Mål) 00:13:21 00:46:57
195	K: 111	1338 Ida Van der Zwan -76 Hallsbergs kommun	Transtenskolan 2	00:46:57 09:23 min/km	1 (390 m) 00:03:49	2 (2 km) 00:15:24 00:19:13	3 (3,5 km) 00:14:13 00:33:26	4 (Mål) 00:13:30 00:46:57
196	M: 85	1335 Magnus Eriksson -62 Hallsbergs kommun	Transtenskolan 2	00:46:58 09:23 min/km	1 (390 m) 00:03:50	2 (2 km) 00:15:26 00:19:17	3 (3,5 km) 00:14:14 00:33:31	4 (Mål) 00:13:27 00:46:58
197	M: 86	1333 Muhammad Alkashto -89 Hallsbergs kommun	Transtenskolan 2	00:46:59 09:23 min/km	1 (390 m) 00:03:51	2 (2 km) 00:15:26 00:19:17	3 (3,5 km) 00:14:14 00:33:31	4 (Mål) 00:13:28 00:46:59
198	K: 112	1131 Caroline Bichis -88 AhlSELL	AhlSELL 1	00:47:05 09:25 min/km	1 (390 m) 00:03:29	2 (2 km) 00:15:39 00:19:08	3 (3,5 km) 00:14:29 00:33:37	4 (Mål) 00:13:28 00:47:05
199	M: 87	1178 Daniel Östling -96 AhlSELL	AhlSELL 16	00:47:11 09:26 min/km	1 (390 m) 00:03:48	2 (2 km) 00:15:24 00:19:12	3 (3,5 km) 00:14:31 00:33:42	4 (Mål) 00:13:29 00:47:11
200	K: 113	1412 Vilma Claesson -12 Hallsberg		00:48:16 09:39 min/km	1 (390 m) 00:02:10	2 (2 km) 00:14:16 00:16:26	3 (3,5 km) 00:17:21 00:33:47	4 (Mål) 00:14:28 00:48:16
201	K: 114	1218 Johanna Kling -86 AhlSELL	AhlSELL 3	00:48:22 09:40 min/km	1 (390 m) 00:04:13	2 (2 km) 00:17:14 00:21:27	3 (3,5 km) 00:14:20 00:35:46	4 (Mål) 00:12:35 00:48:22
202	K: 115	1215 Malin Andersell -85 AhlSELL	AhlSELL 3	00:48:22 09:40 min/km	1 (390 m) 00:04:12	2 (2 km) 00:17:13 00:21:26	3 (3,5 km) 00:14:21 00:35:46	4 (Mål) 00:12:36 00:48:22
203	M: 88	1201 Jonas Lovenhill -73 AhlSELL	AhlSELL 2	00:48:46 09:45 min/km	1 (390 m) 00:03:42	2 (2 km) 00:16:34 00:20:15	3 (3,5 km) 00:14:54 00:35:10	4 (Mål) 00:13:36 00:48:46
204	K: 116	1198 Kristina Ekbohm -68 AhlSELL	AhlSELL 2	00:48:47 09:45 min/km	1 (390 m) 00:03:42	2 (2 km) 00:16:33 00:20:16	3 (3,5 km) 00:14:54 00:35:09	4 (Mål) 00:13:37 00:48:47
205	M: 89	1202 Hans Norelius -58 AhlSELL	AhlSELL 2	00:48:47 09:45 min/km	1 (390 m) 00:03:42	2 (2 km) 00:16:33 00:20:15	3 (3,5 km) 00:14:54 00:35:09	4 (Mål) 00:13:37 00:48:47
206	K: 117	1184 Fredrica Östlund -93 AhlSELL	AhlSELL 17	00:49:30 09:54 min/km	1 (390 m) 00:04:16	2 (2 km) 00:17:12 00:21:28	3 (3,5 km) 00:14:52 00:36:21	4 (Mål) 00:13:08 00:49:30
207	K: 118	1182 Karin Stenström -79 AhlSELL	AhlSELL 17	00:49:30 09:54 min/km	1 (390 m) 00:04:17	2 (2 km) 00:17:12 00:21:28	3 (3,5 km) 00:14:54 00:36:22	4 (Mål) 00:13:07 00:49:30
208	K: 119	1298 Emilia Blanksvärd -90 Hallsbergs kommun	Sköllersta skola	00:49:32 09:54 min/km	1 (390 m) 00:03:56	2 (2 km) 00:16:23 00:20:19	3 (3,5 km) 00:15:07 00:35:27	4 (Mål) 00:14:05 00:49:32
209	M: 90	1362 Håkan Stensson -60 Volvo CE Hallsberg	Volvo CE 4	00:49:34 09:54 min/km	1 (390 m) 00:04:05	2 (2 km) 00:16:26 00:20:30	3 (3,5 km) 00:14:59 00:35:29	4 (Mål) 00:14:04 00:49:34
210	K: 120	1299 Sanna Gevert -75 Hallsbergs kommun	Sköllersta skola	00:49:35 09:55 min/km	1 (390 m) 00:03:56	2 (2 km) 00:16:23 00:20:19	3 (3,5 km) 00:15:08 00:35:27	4 (Mål) 00:14:07 00:49:35
211	M: 91	1381 Daniel Edström -82 Volvo CE Hallsberg	Volvo CE 8	00:49:44 09:56 min/km	1 (390 m) 00:03:45	2 (2 km) 00:16:31 00:20:16	3 (3,5 km) 00:15:23 00:35:40	4 (Mål) 00:14:04 00:49:44
212	M: 92	1355 Mattias Larsson -70 Volvo CE Hallsberg	Volvo CE 3	00:49:44 09:56 min/km	1 (390 m) 00:03:45	2 (2 km) 00:16:32 00:20:17	3 (3,5 km) 00:15:23 00:35:40	4 (Mål) 00:14:03 00:49:44
213	K: 121	1321 Sofia Brottsjö -88 Hallsbergs kommun	Team Långängen 2.	00:49:52 09:58 min/km	1 (390 m) 00:03:41	2 (2 km) 00:16:00 00:19:41	3 (3,5 km) 00:15:36 00:35:17	4 (Mål) 00:14:35 00:49:52
214	M: 93	1322 Sebastian Grönqvist -86 Hallsbergs kommun	Team Långängen 2.	00:49:53 09:58 min/km	1 (390 m) 00:03:42	2 (2 km) 00:15:59 00:19:42	3 (3,5 km) 00:15:36 00:35:17	4 (Mål) 00:14:36 00:49:53
215	K: 122	1226 Caterine Wallgren -91 AhlSELL	AhlSELL 4	00:50:11 10:02 min/km	1 (390 m) 00:03:27	2 (2 km) 00:16:47 00:20:14	3 (3,5 km) 00:15:23 00:35:37	4 (Mål) 00:14:33 00:50:11
216	K: 123	1223 Linda Karlsson -72 AhlSELL	AhlSELL 4	00:50:11 10:02 min/km	1 (390 m) 00:03:27	2 (2 km) 00:16:47 00:20:14	3 (3,5 km) 00:15:23 00:35:37	4 (Mål) 00:14:33 00:50:11

217	K: 124	1188 Pernilla Trondby -68 AhlSELL	AhlSELL 18	00:50:58 10:11 min/km	1 (390 m) 00:03:49	2 (2 km) 00:16:34 00:20:23	3 (3,5 km) 00:15:42 00:36:04	4 (Mål) 00:14:53 00:50:58
218	K: 125	1183 Elinor Östlund -73 AhlSELL	AhlSELL 17	00:50:58 10:11 min/km	1 (390 m) 00:03:48	2 (2 km) 00:16:34 00:20:22	3 (3,5 km) 00:15:42 00:36:04	4 (Mål) 00:14:53 00:50:58
219	K: 126	1364 Jenny Hammar -77 Volvo CE Hallsberg	Volvo CE 5	00:51:03 10:12 min/km	1 (390 m) 00:03:54	2 (2 km) 00:16:35 00:20:30	3 (3,5 km) 00:15:37 00:36:07	4 (Mål) 00:14:56 00:51:03
220	K: 127	1379 Melanie Rahic -93 Volvo CE Hallsberg	Volvo CE 7	00:51:03 10:12 min/km	1 (390 m) 00:03:54	2 (2 km) 00:16:35 00:20:29	3 (3,5 km) 00:15:37 00:36:06	4 (Mål) 00:14:56 00:51:03
221	K: 128	1246 Jenny Grundström -77 AhlSELL	Dream Team	00:51:24 10:16 min/km	1 (390 m) 00:03:53	2 (2 km) 00:18:06 00:21:59	3 (3,5 km) 00:15:45 00:37:44	4 (Mål) 00:13:39 00:51:24
222	K: 129	1175 Camilla Karlberg -77 AhlSELL	AhlSELL 16	00:52:45 10:33 min/km	1 (390 m) 00:04:17	2 (2 km) 00:17:15 00:21:32	3 (3,5 km) 00:15:54 00:37:25	4 (Mål) 00:15:19 00:52:45
223	K: 130	1176 Carolina Miliander -77 AhlSELL	AhlSELL 16	00:52:45 10:33 min/km	1 (390 m) 00:04:17	2 (2 km) 00:17:15 00:21:32	3 (3,5 km) 00:15:54 00:37:25	4 (Mål) 00:15:19 00:52:45
224	K: 131	1164 Tina Karlsson -72 AhlSELL	AhlSELL 14	00:53:19 10:39 min/km	1 (390 m) 00:04:07	2 (2 km) 00:17:33 00:21:40	3 (3,5 km) 00:16:19 00:37:59	4 (Mål) 00:15:20 00:53:19
225	M: 94	1159 Loa Valldomé -84 AhlSELL	AhlSELL 13	00:53:19 10:39 min/km	1 (390 m) 00:04:06	2 (2 km) 00:17:31 00:21:37	3 (3,5 km) 00:16:22 00:37:59	4 (Mål) 00:15:20 00:53:19
226	M: 95	1371 Raine Jankila -83 Volvo CE Hallsberg	Volvo CE 6	00:53:35 10:43 min/km	1 (390 m) 00:08:40	2 (2 km) 00:16:19 00:24:59	3 (3,5 km) 00:14:43 00:39:42	4 (Mål) 00:13:53 00:53:35
227	K: 132	1377 Hanna Makkonen -93 Volvo CE Hallsberg	Volvo CE 7	00:53:36 10:43 min/km	1 (390 m) 00:08:40	2 (2 km) 00:16:19 00:25:00	3 (3,5 km) 00:14:43 00:39:43	4 (Mål) 00:13:52 00:53:36
228	K: 133	1306 Gunilla Liljerås -58	socialpsykiatrin	00:54:01 10:48 min/km	1 (390 m) 00:04:12	2 (2 km) 00:18:30 00:22:41	3 (3,5 km) 00:16:41 00:39:23	4 (Mål) 00:14:38 00:54:01
229	K: 134	1303 Marlène Berglund -75	socialpsykiatrin	00:54:01 10:48 min/km	1 (390 m) 00:04:12	2 (2 km) 00:18:32 00:22:44	3 (3,5 km) 00:16:39 00:39:23	4 (Mål) 00:14:38 00:54:01
230	K: 135	1304 Veronica Björkeröth -63	socialpsykiatrin	00:54:02 10:48 min/km	1 (390 m) 00:04:10	2 (2 km) 00:18:31 00:22:41	3 (3,5 km) 00:16:41 00:39:22	4 (Mål) 00:14:39 00:54:02
231	K: 136	1308 Kim Wilavik -81	socialpsykiatrin	00:54:02 10:48 min/km	1 (390 m) 00:04:11	2 (2 km) 00:18:31 00:22:42	3 (3,5 km) 00:16:40 00:39:22	4 (Mål) 00:14:40 00:54:02
232	K: 137	1307 Jenny Lind -73	socialpsykiatrin	00:54:04 10:48 min/km	1 (390 m) 00:04:11	2 (2 km) 00:18:31 00:22:42	3 (3,5 km) 00:16:40 00:39:22	4 (Mål) 00:14:41 00:54:04
233	K: 138	1160 Veronica Åkerblad -85 AhlSELL	AhlSELL 13	00:54:19 10:51 min/km	1 (390 m) 00:04:08	2 (2 km) 00:17:29 00:21:38	3 (3,5 km) 00:16:50 00:38:28	4 (Mål) 00:15:51 00:54:19
234	K: 139	1162 Mollie Dahlbom -97 AhlSELL	AhlSELL 14	00:54:21 10:52 min/km	1 (390 m) 00:04:09	2 (2 km) 00:17:32 00:21:41	3 (3,5 km) 00:16:48 00:38:29	4 (Mål) 00:15:51 00:54:21
235	K: 140	1155 Linda Berglund -81 AhlSELL	AhlSELL 13	00:54:21 10:52 min/km	1 (390 m) 00:04:09	2 (2 km) 00:17:31 00:21:40	3 (3,5 km) 00:16:49 00:38:29	4 (Mål) 00:15:52 00:54:21
236	K: 141	1485 Jenny Sävlund -91		00:54:35 10:55 min/km	1 (390 m) 00:04:03	2 (2 km) 00:17:58 00:22:01	3 (3,5 km) 00:16:53 00:38:54	4 (Mål) 00:15:41 00:54:35
237	K: 142	1345 Magda Karlsson -64 Volvo CE Hallsberg	Volvo CE 2	00:56:26 11:17 min/km	1 (390 m) 00:04:28	2 (2 km) 00:18:52 00:23:19	3 (3,5 km) 00:16:59 00:40:18	4 (Mål) 00:16:07 00:56:26
238	M: 96	1348 Ersche Mickelsson -61 Volvo CE Hallsberg	Volvo CE 2	00:56:27 11:17 min/km	1 (390 m) 00:04:28	2 (2 km) 00:18:52 00:23:19	3 (3,5 km) 00:16:59 00:40:18	4 (Mål) 00:16:08 00:56:27
239	M: 97	1167 Johannes Andersson -93 AhlSELL	AhlSELL 15	00:56:37 11:19 min/km	1 (390 m) 00:04:24	2 (2 km) 00:18:46 00:23:10	3 (3,5 km) 00:17:27 00:40:37	4 (Mål) 00:16:00 00:56:37

240	K: 143	1172 Annika Swanström -67 AhlSELL	AhlSELL 15	00:56:39 11:19 min/km	1 (390 m) 00:04:23	2 (2 km) 00:18:47 00:23:11	3 (3,5 km) 00:17:23 00:40:34	4 (Mål) 00:16:05 00:56:39
241	M: 98	1169 Jonas Johansson -84 AhlSELL	AhlSELL 15	00:56:41 11:20 min/km	1 (390 m) 00:04:21	2 (2 km) 00:18:50 00:23:11	3 (3,5 km) 00:17:23 00:40:33	4 (Mål) 00:16:08 00:56:41
242	M: 99	1153 Pierre Strid -90 AhlSELL	AhlSELL 12	00:56:41 11:20 min/km	1 (390 m) 00:04:24	2 (2 km) 00:18:47 00:23:11	3 (3,5 km) 00:17:26 00:40:37	4 (Mål) 00:16:04 00:56:41
243	K: 144	1314 Maria Larsson -73 Hallsbergs kommun	Team AMI 1	01:02:43 12:32 min/km	1 (390 m) 00:04:21	2 (2 km) 00:19:14 00:23:34	3 (3,5 km) 00:20:10 00:43:44	4 (Mål) 00:18:59 01:02:43
244	K: 145	1171 Linn Ståhl -95 AhlSELL	AhlSELL 15	01:04:49 12:57 min/km	1 (390 m) 00:04:25	2 (2 km) 00:24:04 00:28:29	3 (3,5 km) 00:18:28 00:46:57	4 (Mål) 00:17:52 01:04:49
245	K: 146	1145 Alice Lilja -96 AhlSELL	AhlSELL 11	01:04:50 12:58 min/km	1 (390 m) 00:04:25	2 (2 km) 00:24:02 00:28:28	3 (3,5 km) 00:18:28 00:46:56	4 (Mål) 00:17:53 01:04:50
246	K: 147	1152 Helene Loiske -64 AhlSELL	AhlSELL 12	01:04:50 12:58 min/km	1 (390 m) 00:04:25	2 (2 km) 00:24:06 00:28:31	3 (3,5 km) 00:18:30 00:47:00	4 (Mål) 00:17:49 01:04:50
247	K: 148	1147 Emma Pettersson -95 AhlSELL	AhlSELL 11	01:04:50 12:58 min/km	1 (390 m) 00:04:25	2 (2 km) 00:24:03 00:28:28	3 (3,5 km) 00:18:27 00:46:55	4 (Mål) 00:17:55 01:04:50
248	K: 149	1177 Monica Sundell -64 AhlSELL	AhlSELL 16	01:04:51 12:58 min/km	1 (390 m) 00:04:24	2 (2 km) 00:24:09 00:28:33	3 (3,5 km) 00:18:26 00:46:59	4 (Mål) 00:17:52 01:04:51
		1219 Maria Liljeholm -66 AhlSELL	AhlSELL 3	DNF	1 (390 m) 00:04:13	2 (2 km) 00:17:14 00:21:27		
		1247 Jacqueline Hanna -85 AhlSELL	Dream Team	DNF	1 (390 m) 00:03:53	2 (2 km) 00:18:07 00:22:00		
		1260 Alexzandra Johansson - 88 Hallsberg	Hallbo	DNF	1 (390 m) 00:03:15	2 (2 km) 00:16:19 00:19:34		
		1134 Annie Larsson -88 AhlSELL	AhlSELL 1	DNS				
		1135 Emilia Miller -91 AhlSELL	AhlSELL 1	DNS				
		1165 Moa Landal Lundqvist -98 AhlSELL	AhlSELL 14	DNS				
		1166 Douglas Stenmark -83 AhlSELL	AhlSELL 14	DNS				
		1173 Ingela Bengtsson -70 AhlSELL	AhlSELL 16	DNS				
		1174 Marie Dyrvik -66 AhlSELL	AhlSELL 16	DNS				
		1180 Helén Håkansson -84 AhlSELL	AhlSELL 17	DNS				
		1185 Armin Arnautovic -92 AhlSELL	AhlSELL 18	DNS				
		1189 Vakant Vakant -24 AhlSELL	AhlSELL 18	DNS				
		1190 Vakant Vakant -24 AhlSELL	AhlSELL 18	DNS				
		1191 Melina Ahlström -01 AhlSELL	AhlSELL 19	DNS				
		1194 Magnus Hallberg -69 AhlSELL	AhlSELL 19	DNS				
		1196 Jakob Karlsson -01 AhlSELL	AhlSELL 19	DNS				
		1197 Kebba Conteh -82 AhlSELL	AhlSELL 2	DNS				
		1205 Alvin Eriksson -03 AhlSELL	AhlSELL 20	DNS				
		1206 Stefan Rud -87 AhlSELL	AhlSELL 20	DNS				
		1208 Solveig Villanueva -95 AhlSELL	AhlSELL 20	DNS				
		1210 Fanny Larsson -99 AhlSELL	AhlSELL 21	DNS				
		1213 Vakant Vakant -24 AhlSELL	AhlSELL 21	DNS				

	1232 Rainer Vänään -61 Ahsell	Ahsell 5	DNS
	1238 Robert Sundström -67 Ahsell	Ahsell 6	DNS
	1261 Louise Persson -90 Hasselfors	Hallbo	DNS
	1262 Ove Persson -70 Hallsberg	Hallbo	DNS
	1305 Maria Letskog -71	socialpsykiatrin	DNS
	1309 Sefudin Ahmed -84 Hallsbergs kommun	Team AMI 1	DNS
	1310 Maria Costyson -80 Hallsbergs kommun	Team AMI 1	DNS
	1312 Carolin Huldin -77 Hallsbergs kommun	Team AMI 1	DNS
	1316 Linda Bergelin -74 Hallsbergs kommun	Team Långängen 1.	DNS
	1317 Anna Karlsson -84 Hallsbergs kommun	Team Långängen 1.	DNS
	1319 Maina Wallin -80 Hallsbergs kommun	Team Långängen 1.	DNS
	1324 Kevin Sigurd -00 Hallsbergs kommun	Team Långängen 2.	DNS
	1325 Anna Sjöholm -78 Hallsbergs kommun	Team Långängen 2.	DNS
	1337 Sara Ring -71 Hallsbergs kommun	Transtenskolan 2	DNS
	1339 Morgan Bergström -74 Volvo CE Hallsberg	Volvo CE 1	DNS
	1361 Olivia Puhls -95 Volvo CE Hallsberg	Volvo CE 4	DNS
	1366 Manessa Karame -86 Volvo CE Hallsberg	Volvo CE 5	DNS
	1367 Annelie Nyström -83 Volvo CE Hallsberg	Volvo CE 5	DNS
	1370 Bobo Hammar -02 Volvo CE Hallsberg	Volvo CE 6	DNS
	1372 Moa Jansson -94 Volvo CE Hallsberg	Volvo CE 6	DNS
	1373 Daniel Kjellberg -87 Volvo CE Hallsberg	Volvo CE 6	DNS
	1375 David Barsoum -84 Volvo CE Hallsberg	Volvo CE 7	DNS
	1376 Petteri Jankila -81 Volvo CE Hallsberg	Volvo CE 7	DNS
	1419 Johanna Eriksson -85		DNS
	1443 Josefine Jahansson -80 Hallsbergs kommun		DNS
	1464 Jennie Lindström -75 Örebro		DNS
	1476 Florida Rezene -90		DNS
	1478 Daniel Sjöbom -86 Hallsbergs kommun		DNS
	1486 Emma Söderberg -84		DNS

M Motion 5 km

Plac	Namn	Resultat
1	1540 Kevin Henriksson -97	00:17:40 03:32 min/km
2	1505 Linus Starbäck -99	00:18:51 03:46 min/km
3	1445 Jimmy Jansson -79 Hallsberg	00:19:03 03:48 min/km
4	1353 Robin Forsbacka -91 Volvo CE Hallsberg	00:19:45 03:57 min/km
5	1344 Robin Svennberg -97 Volvo CE Hallsberg	00:19:47 03:57 min/km
6	1216 Simon Danielsson -98 Ahsell	00:19:56 03:59 min/km
7	1360 Christian Nilsson -77 Volvo CE Hallsberg	00:20:00 04:00 min/km
8	1418 Henrik Emilsson -85	00:20:00 04:00 min/km
9	1291 Erik Ek -91 Hallsberg	00:20:00 04:00 min/km
10	1480 Fredrik Starbäck -97	00:20:01 04:00 min/km

11	1519 Christofer Gustafsson -88 Forma	00:20:09 04:01 min/km
12	1315 Johan Balder -87 Hallsbergs kommun	00:20:59 04:11 min/km
13	1442 William Henriksson -96	00:21:07 04:13 min/km
14	1401 Gabriel Andersson -75 Hallsberg	00:21:14 04:14 min/km
15	1391 Sebastian Lundgren -01 Örebro SK Bandy	00:21:17 04:15 min/km
16	1427 David Futtrup -90 Kumla	00:21:30 04:18 min/km
17	1541 Peter Aronsson -85	00:21:40 04:20 min/km
18	1327 Björn Atthem -89 Hallsbergs kommun	00:22:06 04:25 min/km
19	1436 Marcus Halvarsson -84 Örebro	00:22:18 04:27 min/km
20	1234 Urban Frisé -73 Ahsell	00:22:38 04:31 min/km
21	1346 Stefan Krantz -91 Volvo CE Hallsberg	00:22:47 04:33 min/km
22	1241 Johan Nordström -89 Ahsell	00:22:50 04:34 min/km
23	1354 Mikael Hagberg -74 Volvo CE Hallsberg	00:22:55 04:35 min/km
24	1156 Jonas Harnesk -78 Ahsell	00:22:57 04:35 min/km
25	1535 Rasmus Gylling -93	00:23:05 04:37 min/km
26	1538 Joel Lindberg -04	00:23:20 04:40 min/km
27	1487 Eric Söderberg -83	00:23:27 04:41 min/km
28	1334 Henric Bergvall -76 Hallsbergs kommun	00:23:43 04:44 min/km
29	1501 Ludvig Brodén -05 Hallsberg	00:23:45 04:45 min/km
30	1539 Viktor Toivanen -01	00:23:52 04:46 min/km
31	1293 Erik Hörlin -93 Örebro	00:24:04 04:48 min/km
32	1516 Norton Strandberg -14	00:24:26 04:53 min/km
33	1472 Kevin Persson -14	00:24:43 04:56 min/km
34	1359 Rickard Ekblom -81 Volvo CE Hallsberg	00:24:54 04:58 min/km
35	1235 Alexander Gerdvall -98 Ahsell	00:25:05 05:01 min/km
36	1452 Stefan Karlsson -74 Mikkeller running club	00:26:01 05:12 min/km
37	1256 Abdullah Abbe Sharifi -00 Hallsbergs Kommun	00:26:17 05:15 min/km
38	1502 Elliot Kimfeldt -10	00:26:24 05:16 min/km
39	1240 Tobias Ekshagen -82 Ahsell	00:26:28 05:17 min/km
40	1517 Stefan Strandberg -81	00:26:39 05:19 min/km
41	1242 Johnny Odell -80 Ahsell	00:26:45 05:21 min/km
42	1358 Toni Blanksvärd -70 Volvo CE Hallsberg	00:26:45 05:21 min/km
43	1139 Simon Rydén -86 Ahsell	00:26:59 05:23 min/km
44	1365 Tahir Hashemi -00 Volvo CE Hallsberg	00:27:14 05:26 min/km
45	1128 Isaak Lårdh -02 Ahsell	00:27:21 05:28 min/km
46	1211 Oscar Ringholm -00 Ahsell	00:27:37 05:31 min/km
47	1263 John Rudin Björin -99 Örebro	00:28:03 05:36 min/km
48	1220 Jonte Ljunggren -84 Ahsell	00:28:21 05:40 min/km
49	1368 Illia Zarubaiko -86 Volvo CE Hallsberg	00:28:31 05:42 min/km

50	1499 Samuel Ellqvist -85 Pålsboda	00:28:32 05:42 min/km
51	1331 Jakob Svensson -76 Hallsbergs kommun	00:28:35 05:43 min/km
52	1251 Simon Backlund -95 Hallsbergs Kommun	00:28:42 05:44 min/km
53	1356 Lennart Rimmefors -64 Volvo CE Hallsberg	00:28:47 05:45 min/km
54	1138 Jonas Lårdh -91 Ahsell	00:29:42 05:56 min/km
55	1382 Andreas Gunnarsson -91 Volvo CE Hallsberg	00:29:43 05:56 min/km
56	1533 Magnus Stranneby -80	00:29:46 05:57 min/km
57	1203 William Appelskog -02 Ahsell	00:30:31 06:06 min/km
58	1383 Alexander Jedselius Hansson -96 Volvo CE Hallsberg	00:30:40 06:08 min/km
59	1207 Dino Selimovic -89 Ahsell	00:30:57 06:11 min/km
60	1163 Jimmy Gustafsson -72 Ahsell	00:31:06 06:13 min/km
61	1357 Idde Ahlström -04 Volvo CE Hallsberg	00:31:19 06:15 min/km
62	1536 Niclas Harring -74	00:31:41 06:20 min/km
63	1349 Jarmo Modin -68 Volvo CE Hallsberg	00:32:11 06:26 min/km
64	1255 Jonathan Lassila -89 Hallsbergs Kommun	00:32:46 06:33 min/km
65	1352 Michael Chamoun -90 Volvo CE Hallsberg	00:34:34 06:54 min/km
66	1423 Joel Flink -86 Hallsberg	00:34:59 06:59 min/km
67	1380 Johan Westin -86 Volvo CE Hallsberg	00:37:25 07:29 min/km
68	1229 Thomas Liljeholm -76 Ahsell	00:37:26 07:29 min/km
69	1227 Shamil Dudurhanov -88 Ahsell	00:37:38 07:31 min/km
70	1374 Juhani Lakanen -64 Volvo CE Hallsberg	00:37:52 07:34 min/km
71	1129 Albin Madsen -00 Ahsell	00:38:18 07:39 min/km
72	1405 Liam Berglund -10 Vretstorps IF	00:39:43 07:56 min/km
73	1529 Henry Bjerleus -14	00:39:46 07:57 min/km
74	1136 Mikael Tiler -88 Ahsell	00:39:59 07:59 min/km
75	1228 William Eriksson -01 Ahsell	00:40:05 08:01 min/km
76	1385 Robert Löf -96 Volvo CE Hallsberg	00:40:31 08:06 min/km
77	1126 Stefan Berg -74 Ahsell	00:40:32 08:06 min/km
78	1543 Leon Lund Nilsson -14	00:41:08 08:13 min/km
79	1474 Fredrik Pettersson -79 Hallsberg	00:41:08 08:13 min/km
80	1222 Joakim Grönkvist -72 Ahsell	00:43:45 08:45 min/km
81	1351 Adam Allansson -94 Volvo CE Hallsberg	00:44:08 08:49 min/km
82	1320 Peter Österlund -89 Hallsbergs kommun	00:44:21 08:52 min/km
83	1378 Robert Oscarsson -72 Volvo CE Hallsberg	00:44:50 08:58 min/km
84	1231 Rasmus Sandgren -98 Ahsell	00:45:06 09:01 min/km
85	1335 Magnus Eriksson -62 Hallsbergs kommun	00:46:58 09:23 min/km
86	1333 Muhammad Alkashto -89 Hallsbergs kommun	00:46:59 09:23 min/km
87	1178 Daniel Östling -96 Ahsell	00:47:11 09:26 min/km
88	1201 Jonas Lovenhill -73 Ahsell	00:48:46 09:45 min/km

89	1202 Hans Norelius -58 Ahsell	00:48:47 09:45 min/km
90	1362 Håkan Stensson -60 Volvo CE Hallsberg	00:49:34 09:54 min/km
91	1381 Daniel Edström -82 Volvo CE Hallsberg	00:49:44 09:56 min/km
92	1355 Mattias Larsson -70 Volvo CE Hallsberg	00:49:44 09:56 min/km
93	1322 Sebastian Grönqvist -86 Hallsbergs kommun	00:49:53 09:58 min/km
94	1159 Loa Valldomé -84 Ahsell	00:53:19 10:39 min/km
95	1371 Raine Jankila -83 Volvo CE Hallsberg	00:53:35 10:43 min/km
96	1348 Ersche Mickelsson -61 Volvo CE Hallsberg	00:56:27 11:17 min/km
97	1167 Johannes Andersson -93 Ahsell	00:56:37 11:19 min/km
98	1169 Jonas Johansson -84 Ahsell	00:56:41 11:20 min/km
99	1153 Pierre Strid -90 Ahsell	00:56:41 11:20 min/km

K Motion 5 km

Plac	Namn	Resultat
1	1151 Raija Johansson -61 Ahsell	00:21:29 04:17 min/km
2	1369 Sofie Ceder -97 Volvo CE Hallsberg	00:21:52 04:22 min/km
3	1518 Jenny Edlund -86 Forma	00:22:25 04:29 min/km
4	1200 Anton Holm -74 Ahsell	00:23:10 04:38 min/km
5	1313 Hannen Kollgård -81 Hallsbergs kommun	00:23:28 04:41 min/km
6	1292 Edith Heppich -94 Hallsberg	00:23:52 04:46 min/km
7	1221 Amanda Eriksson -90 Ahsell	00:24:07 04:49 min/km
8	1332 Ellen Werner Säaw -90 Hallsbergs kommun	00:24:30 04:54 min/km
9	1130 Anna Miliander -71 Ahsell	00:25:14 05:02 min/km
10	1127 Roxana Friberg -74 Ahsell	00:25:15 05:03 min/km
11	1168 Emelie Hallbom -99 Ahsell	00:25:28 05:05 min/km
12	1413 Carina Classon -58 Hallsberg	00:25:37 05:07 min/km
13	1209 Victoria Boberg -96 Ahsell	00:26:19 05:15 min/km
14	1212 Vakant Vakant -24 Ahsell	00:26:41 05:20 min/km
15	1133 Renathe Jansdotter -85 Ahsell	00:26:42 05:20 min/km
16	1297 Carin Ahl -71 Hallsbergs kommun	00:26:46 05:21 min/km
17	1150 Ann-Sofie Bergdahl -84 Ahsell	00:27:05 05:25 min/km
18	1239 Sofie Carlsson -81 Ahsell	00:27:25 05:29 min/km
19	1214 Michaela Westerberg -01 Ahsell	00:27:38 05:31 min/km
20	1258 Karolina Bjerklund -75 Pålsboda	00:27:40 05:32 min/km
21	1302 Maria Tulbure -81 Hallsbergs kommun	00:27:41 05:32 min/km
22	1384 Sara Lundgren -95 Volvo CE Hallsberg	00:28:47 05:45 min/km
23	1340 Sofia Folebäck -98 Volvo CE Hallsberg	00:28:47 05:45 min/km
24	1301 Johanna Pelow -90 Hallsbergs kommun	00:28:49 05:45 min/km
25	1432 Åse Gyllin -88 Hallsberg	00:28:53 05:46 min/km
26	1170 Elin Rydberg -88 Ahsell	00:28:55 05:47 min/km

27	1259 Pernilla Hägglöf -78 Hallsberg	00:29:05 05:49 min/km
28	1237 Carina Olofsson -74 Ahsell	00:29:23 05:52 min/km
29	1233 Victoria Dahlgvist -74 Ahsell	00:29:24 05:52 min/km
30	1199 Matilda Gustafsson -85 Ahsell	00:29:39 05:55 min/km
31	1125 Katrin Andersson -81 Ahsell	00:29:40 05:56 min/km
32	1343 Susanna Ljung -99 Volvo CE Hallsberg	00:29:43 05:56 min/km
33	1532 Olivia Stranneby -12	00:29:44 05:56 min/km
34	1342 Vivi Karlsson -71 Volvo CE Hallsberg	00:30:30 06:06 min/km
35	1250 Judith Schölde -02 Ahsell	00:30:41 06:08 min/km
36	1141 Vakant Vakant -24 Ahsell	00:30:49 06:09 min/km
37	1494 Heléne Ärlegård -67	00:30:57 06:11 min/km
38	1204 Molly Enqvist -03 Ahsell	00:30:57 06:11 min/km
39	1132 Camilla Ericsson -72 Ahsell	00:31:05 06:13 min/km
40	1323 Maria Lorentzon -83 Hallsbergs kommun	00:31:07 06:13 min/km
41	1336 Wilma Gottfridsson -98 Hallsbergs kommun	00:31:08 06:13 min/km
42	1142 Vakant Vakant -24 Ahsell	00:31:16 06:15 min/km
43	1330 Amelie Sedström -66 Hallsbergs kommun	00:31:29 06:17 min/km
44	1468 Alexandra Nilsson -85 Hallsbergs kommun	00:31:38 06:19 min/km
45	1329 Jennie Löfdahl -75 Hallsbergs kommun	00:31:48 06:21 min/km
46	1179 Jessica Dahlgvist -92 Ahsell	00:31:52 06:22 min/km
47	1181 Amanda Johansson -97 Ahsell	00:32:00 06:24 min/km
48	1187 Ella Löwdahl -02 Ahsell	00:32:00 06:24 min/km
49	1217 Jennie Kempempo -76 Ahsell	00:32:48 06:33 min/km
50	1257 Hanna Thuresson -04 Hallsbergs Kommun	00:33:31 06:42 min/km
51	1459 Linda Liljestig -86 Hallsberg	00:33:38 06:43 min/km
52	1300 Rudayna Naji -82 Hallsbergs kommun	00:33:49 06:45 min/km
53	1434 Elisabet Halvarsson -84 Örebro	00:33:52 06:46 min/km
54	1148 Elin Wilén -99 Ahsell	00:34:09 06:49 min/km
55	1453 Linn Kimfelt -85 Hallsberg	00:34:18 06:51 min/km
56	1224 Rosie-Marie Knutsson -65 Ahsell	00:34:27 06:53 min/km
57	1243 Linnea Ornell -85 Ahsell	00:34:50 06:58 min/km
58	1248 Lisa Hebel -85 Ahsell	00:34:52 06:58 min/km
59	1457 Lina Larsson -82	00:34:52 06:58 min/km
60	1244 Josefin Persson -76 Ahsell	00:34:52 06:58 min/km
61	1311 Emma Gustafsson -84 Hallsbergs kommun	00:34:53 06:58 min/km
62	1236 Enya Karlsson -99 Ahsell	00:35:20 07:04 min/km
63	1157 Therese Sedig-Altskog -64 Ahsell	00:35:45 07:09 min/km
64	1537 Wilma Rehnqvist -04	00:35:46 07:09 min/km
65	1528 Siri Wallström -12	00:35:49 07:09 min/km

66	1471 Joline Persson -12	00:35:50 07:10 min/km
67	1454 Stella Kimfelt -12 Hallsberg	00:35:51 07:10 min/km
68	1482 Lizette Strömberg -85	00:37:09 07:25 min/km
69	1492 Anna Wanberg -79 Kumla	00:37:11 07:26 min/km
70	1294 Tina Hörlin -94 Örebro	00:37:27 07:29 min/km
71	1411 Alexandra Chomchey -77	00:38:18 07:39 min/km
72	1137 Petra Lidman -88 Ahsell	00:38:23 07:40 min/km
73	1140 Vakant Vakant -24 Ahsell	00:38:24 07:40 min/km
74	1386 Susanne Westerbacka -73 Volvo CE Hallsberg	00:38:31 07:42 min/km
75	1245 Josefin Bränn -75 Ahsell	00:38:32 07:42 min/km
76	1444 Cecilia Jansson -87	00:38:37 07:43 min/km
77	1195 Anette Jagensjö Nielsen -78 Ahsell	00:38:53 07:46 min/km
78	1493 Maria Ytterström -69	00:38:56 07:47 min/km
79	1225 Linn Stenberg -02 Ahsell	00:38:59 07:47 min/km
80	1484 Sara Svensson -89	00:39:22 07:52 min/km
81	1230 Jeanette Ramsin -81 Ahsell	00:39:39 07:55 min/km
82	1450 Eva-Lena Karlsson -64	00:39:43 07:56 min/km
83	1527 Sofia Bjerleus -90	00:39:45 07:57 min/km
84	1440 Sandra Hellstenius -90 Mikkeller running club	00:39:46 07:57 min/km
85	1407 Maja Berglund -86 Vretstorps IF	00:39:50 07:58 min/km
86	1186 Moa Danielsson -01 Ahsell	00:40:02 08:00 min/km
87	1363 Dayananda Gange -60 Volvo CE Hallsberg	00:40:20 08:04 min/km
88	1406 Lova Berglund -12 IFK hallsberg	00:40:59 08:11 min/km
89	1473 Alma Pettersson -14 Hallsberg	00:41:00 08:12 min/km
90	1149 Bezjan Barwari -85 Ahsell	00:41:15 08:15 min/km
91	1318 Åsa Skogmo -78 Hallsbergs kommun	00:41:24 08:16 min/km
92	1253 Marie Godlund -95 Hallsbergs Kommun	00:41:25 08:17 min/km
93	1143 Malin Blixt -85 Ahsell	00:42:32 08:30 min/km
94	1144 Olivia Karlsson -98 Ahsell	00:42:33 08:30 min/km
95	1146 Angelica Persson -98 Ahsell	00:42:33 08:30 min/km
96	1295 Lina Persson Puhls -94 Hallsbergs kommun	00:42:37 08:31 min/km
97	1252 Tua Egemar -04 Hallsbergs Kommun	00:43:00 08:36 min/km
98	1326 Katarina Widström -72 Hallsbergs kommun	00:43:22 08:40 min/km
99	1350 Marica Pettersson -69 Volvo CE Hallsberg	00:45:08 09:01 min/km
100	1249 Alva Norin -03 Ahsell	00:45:16 09:03 min/km
101	1341 Lena Ingemarsdotter -66 Volvo CE Hallsberg	00:46:16 09:15 min/km
102	1347 Camilla Lund -67 Volvo CE Hallsberg	00:46:17 09:15 min/km
103	1254 Malin Johansson -75 Hallsbergs Kommun	00:46:21 09:16 min/km
104	1154 Madeleine Åström -82 Ahsell	00:46:21 09:16 min/km

105	1441 Annika Henriksson -83 Axa sports club	00:46:22 09:16 min/km
106	1158 Victoria Tesell -96 Ahsell	00:46:54 09:22 min/km
107	1161 Lilian Askling -67 Ahsell	00:46:54 09:22 min/km
108	1193 Camilla Grönkvist -71 Ahsell	00:46:57 09:23 min/km
109	1328 Charlotta Eriksson -73 Hallsbergs kommun	00:46:57 09:23 min/km
110	1192 Niclas Hjerpe -74 Ahsell	00:46:57 09:23 min/km
111	1338 Ida Van der Zwan -76 Hallsbergs kommun	00:46:57 09:23 min/km
112	1131 Caroline Bichis -88 Ahsell	00:47:05 09:25 min/km
113	1412 Vilma Claesson -12 Hallsberg	00:48:16 09:39 min/km
114	1218 Johanna Kling -86 Ahsell	00:48:22 09:40 min/km
115	1215 Malin Andersell -85 Ahsell	00:48:22 09:40 min/km
116	1198 Kristina Ekbohm -68 Ahsell	00:48:47 09:45 min/km
117	1184 Fredrica Östlund -93 Ahsell	00:49:30 09:54 min/km
118	1182 Karin Stenström -79 Ahsell	00:49:30 09:54 min/km
119	1298 Emilia Blanksvärd -90 Hallsbergs kommun	00:49:32 09:54 min/km
120	1299 Sanna Gevert -75 Hallsbergs kommun	00:49:35 09:55 min/km
121	1321 Sofia Brottsjö -88 Hallsbergs kommun	00:49:52 09:58 min/km
122	1226 Caterine Wallgren -91 Ahsell	00:50:11 10:02 min/km
123	1223 Linda Karlsson -72 Ahsell	00:50:11 10:02 min/km
124	1188 Pernilla Trondbj -68 Ahsell	00:50:58 10:11 min/km
125	1183 Elinor Östlund -73 Ahsell	00:50:58 10:11 min/km
126	1364 Jenny Hammar -77 Volvo CE Hallsberg	00:51:03 10:12 min/km
127	1379 Melanie Rahic -93 Volvo CE Hallsberg	00:51:03 10:12 min/km
128	1246 Jenny Grundström -77 Ahsell	00:51:24 10:16 min/km
129	1175 Camilla Karlberg -77 Ahsell	00:52:45 10:33 min/km
130	1176 Carolina Miliander -77 Ahsell	00:52:45 10:33 min/km
131	1164 Tina Karlsson -72 Ahsell	00:53:19 10:39 min/km
132	1377 Hanna Makkonen -93 Volvo CE Hallsberg	00:53:36 10:43 min/km
133	1306 Gunilla Liljerås -58	00:54:01 10:48 min/km
134	1303 Marlène Berglund -75	00:54:01 10:48 min/km
135	1304 Veronica Björkeröth -63	00:54:02 10:48 min/km
136	1308 Kim Wilavik -81	00:54:02 10:48 min/km
137	1307 Jenny Lind -73	00:54:04 10:48 min/km
138	1160 Veronica Åkerblad -85 Ahsell	00:54:19 10:51 min/km
139	1162 Mollie Dahlbom -97 Ahsell	00:54:21 10:52 min/km
140	1155 Linda Berglund -81 Ahsell	00:54:21 10:52 min/km
141	1485 Jenny Sävlund -91	00:54:35 10:55 min/km
142	1345 Magda Karlsson -64 Volvo CE Hallsberg	00:56:26 11:17 min/km
143	1172 Annika Swanström -67 Ahsell	00:56:39 11:19 min/km

144	1314 Maria Larsson -73 Hallsbergs kommun	01:02:43 12:32 min/km
145	1171 Linn Ståhl -95 Ahsell	01:04:49 12:57 min/km
146	1145 Alice Lilja -96 Ahsell	01:04:50 12:58 min/km
147	1152 Helene Loiske -64 Ahsell	01:04:50 12:58 min/km
148	1147 Emma Pettersson -95 Ahsell	01:04:50 12:58 min/km
149	1177 Monica Sundell -64 Ahsell	01:04:51 12:58 min/km