Rynningeviken Längre Örebro 2024-08-31 Resultat

Klass	Antal resultat
6 timmar	72
3 timmar	64
Totalt	136

6 timmar

Distans: 0 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	25 Gustaf Sjösvärd -90 STORVIK	77 763 m 4:37 min/km	Långa varvet (2 412,50 m) 1: 11:18 11:18 2 412,50 m 2: 11:36 22:54 4 825 m 3: 11:37 34:31 7 237,50 m 4: 11:28 45:58 9 650 m 5: 11:26 57:24 12 062,50 m 6: 11:18 1:08:43 14 475 m 7: 11:37 1:20:20 16 887,50 m 8: 10:59 1:31:19 19 300 m 9: 10:55 1:42:14 21 712,50 m 10: 10:41 1:52:54 24 125 m 11: 10:23 2:03:17 26 537,50 m 12: 10:35 2:13:53 28 950 m 13: 10:47 2:24:39 31 362,50 m 14: 10:38 2:35:17 33 775 m 15: 10:23 2:45:40 36 187,50 m 16: 10:23 2:56:04 38 600 m 17: 10:27 3:06:31 41 012,50 m 18: 10:49 3:17:20 43 425 m 19: 10:43 3:28:03 45 837,50 m 20: 10:47 3:38:50 48 250 m 21: 10:56 3:49:46 50 662,50 m 22: 11:30 4:01:15 53 075 m 23: 11:00 4:12:15 55 487,50 m 24: 11:34 4:23:49 57 900 m 25: 11:19 4:35:08 60 312,50 m 26: 11:28 4:46:36 62 725 m 27: 11:37 4:58:13 65 137,50 m 28: 12:05 5:10:18 67 550 m 29: 11:47 5:22:05 69 962,50 m 30: 12:27 5:34:32 72 375 m 31: 12:17 5:46:49 74 787,50 m Korta varvet (508 m) 32: 2:17 5:49:06 75 295,50 m 33: 2:20 5:51:26 75 803,50 m 34: 2:19 5:53:45 76 311,50 m 35: 2:11 5:55:56 76 819,50 m 36: 2:13 5:58:09 77 327,50 m 37: 1:51 6:00:00 77 763 m
2	M: 2	43 Oskar Eklöf -88 Hagaby GoIF	70 603,50 m 5:05 min/km	Långa varvet (2 412,50 m) 1: 10:50 10:50 2 412,50 m 2: 10:48 21:38 4 825 m 3: 11:08 32:46 7 237,50 m 4: 10:54 43:39 9 650 m 5: 11:03 54:42 12 062,50 m 6: 11:40 1:06:22 14 475 m 7: 11:31 1:17:53 16 887,50 m 8: 11:24 1:29:17 19 300 m 9: 11:04 1:40:22 21 712,50 m 10: 11:21 1:51:43 24 125 m 11: 11:28 2:03:11 26 537,50 m 12: 11:03 2:14:14 28 950 m 13: 10:53 2:25:07 31 362,50 m 14: 11:16 2:36:22 33 775 m 15: 11:32 2:47:55 36 187,50 m 16: 11:32 2:59:27 38 600 m 17: 11:37 3:11:03 41 012,50 m 18: 11:38 3:22:41 43 425 m 19: 12:03 3:34:44 45 837,50 m 20: 12:17 3:47:01 48 250 m 21: 12:34 3:59:35 50 662,50 m 22: 12:14 4:11:49 53 075 m 23: 12:50 4:24:40 55 487,50 m 24: 13:41 4:38:21 57 900 m 25: 13:20 4:51:41 60 312,50 m 26: 13:12 5:04:53 62 725 m 27: 14:56 5:19:49 65 137,50 m 28: 16:47 5:36:36 67 550 m Korta varvet (508 m) 29: 3:09 5:39:46 68 058 m 30: 3:26 5:43:12 68 566 m 31: 3:32 5:46:44 69 074 m 32: 3:20 5:50:04 69 582 m 33: 3:41 5:53:44 70 090 m 34: 3:50 5:57:34 70 598 m 35: 2:26 6:00:00 70 603,50 m

3	M: 3	69 Johan Danielsson -88 Fallskärmsjägarna	68 384 m 5:15 min/km	Långa varvet (2 412,50 m) 1: 12:49 12:49 2 412,50 m 2: 12:37 25:26 4 825 m 3: 12:40 38:07 7 237,50 m 4: 12:32 50:39 9 650 m 5: 12:41 1:03:20 12 062,50 m 6: 12:31 1:15:51 14 475 m 7: 12:31 1:28:22 16 887,50 m 8: 12:34 1:40:56 19 300 m 9: 12:08 1:53:04 21 712,50 m 10: 12:28 2:05:32 24 125 m 11: 11:49 2:17:21 26 537,50 m 12: 12:26 2:29:48 28 950 m 13: 12:23 2:42:11 31 362,50 m 14: 13:12 2:55:23 33 775 m 15: 11:58 3:07:21 36 187,50 m 16: 12:26 3:19:47 38 600 m 17: 12:38 3:32:25 41 012,50 m 18: 12:58 3:45:23 43 425 m 19: 12:54 3:58:17 45 837,50 m 20: 12:48 4:11:05 48 250 m 21: 13:47 4:24:52 50 662,50 m 22: 13:11 4:38:03 53 075 m 23: 13:32 4:51:35 55 487,50 m 24: 13:25 5:04:59 57 900 m 25: 13:14 5:18:13 60 312,50 m 26: 12:59 5:31:12 62 725 m 27: 13:27 5:44:39 65 137,50 m	Korta varvet (508 m) 28: 2:48 5:47:27 65 645,50 m 29: 2:32 5:49:59 66 153,50 m 30: 2:38 5:52:37 66 661,50 m 31: 2:23 5:55:00 67 169,50 m 32: 2:06 5:57:05 67 677,50 m 33: 2:00 5:59:06 68 185,50 m 34: 0:54 6:00:00 68 384 m
4	M: 4	14 Lars Emanuelsson -74 Katrineholm	67 997,50 m 5:17 min/km	Långa varvet (2 412,50 m) 1: 10:50 10:50 2 412,50 m 2: 10:49 21:39 4 825 m 3: 11:08 32:46 7 237,50 m 4: 10:57 43:44 9 650 m 5: 11:00 54:44 12 062,50 m 6: 11:39 1:06:23 14 475 m 7: 11:36 1:17:59 16 887,50 m 8: 11:20 1:29:19 19 300 m 9: 11:18 1:40:36 21 712,50 m 10: 11:28 1:52:04 24 125 m 11: 11:29 2:03:34 26 537,50 m 12: 11:44 2:15:18 28 950 m 13: 11:49 2:27:07 31 362,50 m 14: 11:55 2:39:02 33 775 m 15: 12:28 2:51:30 36 187,50 m 16: 12:35 3:04:05 38 600 m 17: 14:08 3:18:14 41 012,50 m 18: 14:00 3:32:14 43 425 m 19: 14:19 3:46:33 45 837,50 m 20: 14:48 4:01:21 48 250 m 21: 14:52 4:16:13 50 662,50 m 22: 14:39 4:30:52 53 075 m 23: 15:13 4:46:05 55 487,50 m 24: 15:23 5:01:28 57 900 m 25: 15:08 5:16:36 60 312,50 m 26: 15:11 5:31:46 62 725 m 27: 13:39 5:45:25 65 137,50 m	Korta varvet (508 m) 28: 2:46 5:48:11 65 645,50 m 29: 2:40 5:50:52 66 153,50 m 30: 2:32 5:53:24 66 661,50 m 31: 2:32 5:55:56 67 169,50 m 32: 2:31 5:58:27 67 677,50 m 33: 1:33 6:00:00 67 997,50 m
5	K: 1	44 Sofia Olofsson -89 Täby	67 946,50 m 5:17 min/km	Långa varvet (2 412,50 m) 1: 12:41 12:41 2 412,50 m 2: 12:15 24:56 4 825 m 3: 12:26 37:22 7 237,50 m 4: 12:19 49:41 9 650 m 5: 12:25 1:02:06 12 062,50 m 6: 12:22 1:14:28 14 475 m 7: 13:10 1:27:39 16 887,50 m 8: 12:14 1:39:53 19 300 m 9: 12:23 1:52:16 21 712,50 m 10: 12:32 2:04:48 24 125 m 11: 12:33 2:17:21 26 537,50 m 12: 12:27 2:29:48 28 950 m 13: 12:42 2:42:30 31 362,50 m 14: 12:36 2:55:06 33 775 m 15: 12:47 3:07:53 36 187,50 m 16: 12:52 3:20:45 38 600 m 17: 13:19 3:34:04 41 012,50 m 18: 13:08 3:47:12 43 425 m 19: 12:48 4:00:01 45 837,50 m 20: 13:04 4:13:05 48 250 m 21: 13:10 4:26:15 50 662,50 m 22: 12:47 4:39:02 53 075 m 23: 13:16 4:52:18 55 487,50 m 24: 13:12 5:05:30 57 900 m 25: 13:51 5:19:21 60 312,50 m 26: 13:56 5:33:17 62 725 m	Korta varvet (508 m) 27: 2:55 5:36:13 63 233 m 28: 2:50 5:39:03 63 741 m 29: 2:32 5:41:35 64 249 m 30: 2:40 5:44:14 64 757 m 31: 2:41 5:46:55 65 265 m 32: 2:35 5:49:30 65 773 m 33: 2:29 5:51:59 66 281 m 34: 2:27 5:54:26 66 789 m 35: 2:27 5:56:53 67 297 m 36: 2:28 5:59:21 67 805 m 37: 0:39 6:00:00 67 946,50 m

6	M: 5	70 Pär Atuma Nilsson -77 South Wermland Sports Club	66 865 m 5:23 min/km	Långa varvet (2 412,50 m) 1: 11:50 11:50 2 412,50 m 2: 11:43 23:34 4 825 m 3: 11:35 35:08 7 237,50 m 4: 11:36 46:44 9 650 m 5: 11:41 58:25 12 062,50 m 6: 11:35 1:10:01 14 475 m 7: 11:38 1:21:38 16 887,50 m 8: 12:10 1:33:48 19 300 m 9: 11:34 1:45:22 21 712,50 m 10: 11:49 1:57:11 24 125 m 11: 11:57 2:09:08 26 537,50 m 12: 14:10 2:23:18 28 950 m 13: 11:55 2:35:13 31 362,50 m 14: 12:11 2:47:24 33 775 m 15: 14:58 3:02:22 36 187,50 m 16: 12:25 3:14:47 38 600 m 17: 12:32 3:27:19 41 012,50 m 18: 13:10 3:40:29 43 425 m 19: 14:33 3:55:03 45 837,50 m 20: 13:00 4:08:03 48 250 m 21: 15:39 4:23:42 50 662,50 m 22: 13:11 4:36:53 53 075 m 23: 20:09 4:57:02 55 487,50 m 24: 13:00 5:10:02 57 900 m 25: 13:11 5:23:13 60 312,50 m 26: 13:32 5:36:45 62 725 m	Korta varvet (508 m) 27: 2:43 5:39:28 63 233 m 28: 2:59 5:42:27 63 741 m 29: 2:43 5:45:10 64 249 m 30: 2:46 5:47:56 64 757 m 31: 2:50 5:50:46 65 265 m 32: 2:49 5:53:35 65 773 m 33: 3:17 5:56:51 66 281 m 34: 2:42 5:59:33 66 789 m 35: 0:27 6:00:00 66 865 m
7	M: 6	49 Björn Tikkanen -76 Team Nordic Trail	65 772 m 5:28 min/km	Långa varvet (2 412,50 m) 1: 12:49 12:49 2 412,50 m 2: 12:51 25:40 4 825 m 3: 12:49 38:29 7 237,50 m 4: 12:38 51:07 9 650 m 5: 13:06 1:04:13 12 062,50 m 6: 12:11 1:16:24 14 475 m 7: 12:43 1:29:07 16 887,50 m 8: 12:45 1:41:53 19 300 m 9: 12:32 1:54:25 21 712,50 m 10: 13:15 2:07:40 24 125 m 11: 13:29 2:21:09 26 537,50 m 12: 12:48 2:33:57 28 950 m 13: 12:40 2:46:37 31 362,50 m 14: 12:48 2:59:24 33 775 m 15: 12:47 3:12:11 36 187,50 m 16: 12:56 3:25:07 38 600 m 17: 13:07 3:38:15 41 012,50 m 18: 13:26 3:51:40 43 425 m 19: 14:02 4:05:43 45 837,50 m 20: 16:11 4:21:54 48 250 m 21: 14:10 4:36:04 50 662,50 m 22: 14:40 4:50:44 53 075 m 23: 13:51 5:04:35 55 487,50 m 24: 13:28 5:18:03 57 900 m 25: 13:36 5:31:39 60 312,50 m 26: 12:52 5:44:31 62 725 m	Korta varvet (508 m) 27: 2:23 5:46:54 63 233 m 28: 2:34 5:49:28 63 741 m 29: 2:28 5:51:56 64 249 m 30: 2:42 5:54:37 64 757 m 31: 2:38 5:57:15 65 265 m 32: 2:45 6:00:00 65 772 m
8	M: 7	21 Daniel Linder -78 Örebro AIK	62 529 m 5:45 min/km	Långa varvet (2 412,50 m) 1: 11:54 11:54 2 412,50 m 2: 11:50 23:43 4 825 m 3: 11:57 35:41 7 237,50 m 4: 11:47 47:28 9 650 m 5: 11:48 59:16 12 062,50 m 6: 12:07 1:11:23 14 475 m 7: 12:05 1:23:28 16 887,50 m 8: 12:14 1:35:42 19 300 m 9: 12:12 1:47:54 21 712,50 m 10: 12:20 2:00:14 24 125 m 11: 12:18 2:12:32 26 537,50 m 12: 12:26 2:24:59 28 950 m 13: 12:25 2:37:24 31 362,50 m 14: 12:38 2:50:02 33 775 m 15: 12:54 3:02:56 36 187,50 m 16: 12:50 3:15:46 38 600 m 17: 12:51 3:28:37 41 012,50 m 18: 13:15 3:41:52 43 425 m 19: 14:28 3:56:20 45 837,50 m 20: 14:20 4:10:41 48 250 m 21: 31:07 4:41:47 50 662,50 m 22: 24:57 5:06:44 53 075 m 23: 20:33 5:27:17 55 487,50 m 24: 12:12 5:39:29 57 900 m	Korta varvet (508 m) 25: 2:18 5:41:48 58 408 m 26: 2:16 5:44:04 58 916 m 27: 2:18 5:46:22 59 424 m 28: 2:15 5:48:37 59 932 m 29: 2:14 5:50:51 60 440 m 30: 2:15 5:53:06 60 948 m 31: 2:15 5:55:21 61 456 m 32: 2:14 5:57:34 61 964 m 33: 2:10 5:59:44 62 472 m 34: 0:16 6:00:00 62 529 m

9	K: 2	37 Amanda Brunosson -86 Kumla Skidförening	61 472 m 5:51 min/km	Långa varvet (2 412,50 m) 1: 13:02 13:02 2 412,50 m 2: 13:11 26:14 4 825 m 3: 13:15 39:28 7 237,50 m 4: 13:12 52:41 9 650 m 5: 13:32 1:06:13 12 062,50 m 6: 13:18 1:19:31 14 475 m 7: 13:12 1:32:42 16 887,50 m 8: 13:29 1:46:12 19 300 m 9: 13:28 1:59:40 21 712,50 m 10: 13:56 2:13:36 24 125 m 11: 14:06 2:27:42 26 537,50 m 12: 14:24 2:42:07 28 950 m 13: 14:13 2:56:20 31 362,50 m 14: 15:14 3:11:34 33 775 m 15: 14:46 3:26:20 36 187,50 m 16: 15:09 3:41:29 38 600 m 17: 14:53 3:56:22 41 012,50 m 18: 15:09 4:11:31 43 425 m 19: 15:21 4:26:53 45 837,50 m 20: 15:02 4:41:55 48 250 m 21: 14:31 4:56:26 50 662,50 m 22: 14:41 5:11:07 53 075 m 23: 14:27 5:25:34 55 487,50 m 24: 14:00 5:39:34 57 900 m	Korta varvet (508 m) 25: 3:05 5:42:39 58 408 m 26: 2:57 5:45:36 58 916 m 27: 3:02 5:48:38 59 424 m 28: 2:47 5:51:25 59 932 m 29: 2:50 5:54:14 60 440 m 30: 2:51 5:57:05 60 948 m 31: 2:47 5:59:52 61 456 m 32: 0:08 6:00:00 61 472 m
10	M: 8	57 Federico Consales -73 Örebro AIK	58 603 m 6:08 min/km	Långa varvet (2 412,50 m) 1: 11:56 11:56 2 412,50 m 2: 12:05 24:01 4 825 m 3: 12:26 36:27 7 237,50 m 4: 12:49 49:15 9 650 m 5: 12:49 1:02:04 12 062,50 m 6: 12:42 1:14:47 14 475 m 7: 13:05 1:27:52 16 887,50 m 8: 12:46 1:40:38 19 300 m 9: 12:56 1:53:33 21 712,50 m 10: 12:48 2:06:21 24 125 m 11: 12:58 2:19:19 26 537,50 m 12: 13:07 2:32:25 28 950 m 13: 13:39 2:46:04 31 362,50 m 14: 13:20 2:59:24 33 775 m 15: 13:08 3:12:31 36 187,50 m 16: 13:41 3:26:12 38 600 m 17: 15:19 3:41:31 41 012,50 m 18: 15:44 3:57:15 43 425 m 19: 28:01 4:25:16 45 837,50 m 20: 15:02 4:40:18 48 250 m 21: 16:46 4:57:04 50 662,50 m 22: 19:43 5:16:47 53 075 m 23: 20:23 5:37:09 55 487,50 m	Korta varvet (508 m) 24: 4:00 5:41:09 55 995,50 m 25: 3:09 5:44:19 56 503,50 m 26: 2:59 5:47:18 57 011,50 m 27: 3:06 5:50:24 57 519,50 m 28: 3:02 5:53:26 58 027,50 m 29: 6:09 5:59:35 58 535,50 m 30: 0:25 6:00:00 58 603 m
11	K: 3	36 Carina Gustavsson -80 LK Gränslöst	57 199 m 6:17 min/km	Långa varvet (2 412,50 m) 1: 15:05 15:05 2 412,50 m 2: 15:14 30:18 4 825 m 3: 15:28 45:46 7 237,50 m 4: 15:30 1:01:16 9 650 m 5: 15:19 1:16:35 12 062,50 m 6: 15:40 1:32:16 14 475 m 7: 15:32 1:47:48 16 887,50 m 8: 16:51 2:04:39 19 300 m 9: 15:12 2:19:51 21 712,50 m 10: 15:10 2:35:01 24 125 m 11: 15:12 2:50:12 26 537,50 m 12: 15:23 3:05:35 28 950 m 13: 14:56 3:20:31 31 362,50 m 14: 15:55 3:36:26 33 775 m 15: 15:12 3:51:38 36 187,50 m 16: 15:25 4:07:02 38 600 m 17: 15:39 4:22:42 41 012,50 m 18: 15:06 4:37:48 43 425 m 19: 15:18 4:53:05 45 837,50 m 20: 16:05 5:09:10 48 250 m 21: 15:12 5:24:22 50 662,50 m 22: 14:37 5:39:00 53 075 m	Korta varvet (508 m) 23: 2:47 5:41:47 53 583 m 24: 2:46 5:44:33 54 091 m 25: 2:42 5:47:14 54 599 m 26: 2:33 5:49:48 55 107 m 27: 2:30 5:52:18 55 615 m 28: 2:30 5:54:48 56 123 m 29: 2:31 5:57:18 56 631 m 30: 2:24 5:59:42 57 139 m 31: 0:18 6:00:00 57 199 m
12	M: 9	71 Fredrik Eriksson -70 Team It can only get better Säffle	55 625 m 6:28 min/km	Långa varvet (2 412,50 m) 1: 12:51 12:51 2 412,50 m 2: 12:36 25:27 4 825 m 3: 12:38 38:05 7 237,50 m 4: 13:17 51:22 9 650 m 5: 13:01 1:04:23 12 062,50 m 6: 13:03 1:17:25 14 475 m 7: 14:30 1:31:56 16 887,50 m 8: 13:42 1:45:37 19 300 m 9: 13:42 1:59:19 21 712,50 m 10: 14:02 2:13:20 24 125 m 11: 14:20 2:27:40 26 537,50 m 12: 14:27 2:42:07 28 950 m 13: 15:16 2:57:23 31 362,50 m 14: 15:00 3:12:23 33 775 m 15: 15:41 3:28:03 36 187,50 m 16: 15:44 3:43:48 38 600 m 17: 16:27 4:00:15 41 012,50 m 18: 18:04 4:18:19 43 425 m 19: 19:42 4:38:01 45 837,50 m 20: 21:15 4:59:16 48 250 m 21: 18:35 5:17:51 50 662,50 m 22: 19:56 5:37:47 53 075 m	Korta varvet (508 m) 23: 4:05 5:41:52 53 583 m 24: 4:04 5:45:56 54 091 m 25: 5:12 5:51:07 54 599 m 26: 3:48 5:54:56 55 107 m 27: 3:55 5:58:51 55 615 m 28: 1:09 6:00:00 55 625 m

13	K: 4	28 Anna Färnefors -92	54 171 m 6:38 min/km	Långa varvet (2 412,50 m) 1: 15:39 15:39 2 412,50 m 2: 16:08 31:47 4 825 m 3: 16:41 48:27 7 237,50 m 4: 16:43 1:05:10 9 650 m 5: 16:24 1:21:34 12 062,50 m 6: 16:11 1:37:46 14 475 m 7: 14:56 1:52:42 16 887,50 m 8: 14:52 2:07:33 19 300 m 9: 14:54 2:22:27 21 712,50 m 10: 15:08 2:37:35 24 125 m 11: 16:06 2:53:42 26 537,50 m 12: 15:41 3:09:22 28 950 m 13: 15:36 3:24:58 31 362,50 m 14: 16:21 3:41:19 33 775 m 15: 16:10 3:57:29 36 187,50 m 16: 16:01 4:13:30 38 600 m 17: 16:00 4:29:30 41 012,50 m 18: 17:28 4:46:58 43 425 m 19: 16:40 5:03:38 45 837,50 m 20: 16:05 5:19:43 48 250 m 21: 16:42 5:36:25 50 662,50 m	Korta varvet (508 m) 22: 4:07 5:40:33 51 170,50 m 23: 3:19 5:43:51 51 678,50 m 24: 3:21 5:47:12 52 186,50 m 25: 3:20 5:50:32 52 694,50 m 26: 3:14 5:53:46 53 202,50 m 27: 3:14 5:57:01 53 710,50 m 28: 2:59 6:00:00 54 171 m
14	K: 5	68 Julia Andersson -99 Örebro	53 868,50 m 6:40 min/km	Långa varvet (2 412,50 m) 1: 14:45 14:45 2 412,50 m 2: 14:24 29:08 4 825 m 3: 14:48 43:56 7 237,50 m 4: 16:17 1:00:14 9 650 m 5: 15:26 1:15:40 12 062,50 m 6: 15:25 1:31:05 14 475 m 7: 15:22 1:46:27 16 887,50 m 8: 16:02 2:02:29 19 300 m 9: 15:44 2:18:13 21 712,50 m 10: 15:49 2:34:01 24 125 m 11: 15:27 2:49:28 26 537,50 m 12: 16:06 3:05:34 28 950 m 13: 16:49 3:22:23 31 362,50 m 14: 15:21 3:37:44 33 775 m 15: 15:28 3:53:12 36 187,50 m 16: 15:51 4:09:02 38 600 m 17: 16:31 4:25:33 41 012,50 m 18: 16:07 4:41:41 43 425 m 19: 17:28 4:59:09 45 837,50 m 20: 18:52 5:18:01 48 250 m 21: 17:43 5:35:44 50 662,50 m	Korta varvet (508 m) 22: 3:51 5:39:35 51 170,50 m 23: 3:41 5:43:16 51 678,50 m 24: 4:28 5:47:44 52 186,50 m 25: 3:46 5:51:29 52 694,50 m 26: 3:49 5:55:18 53 202,50 m 27: 3:48 5:59:06 53 710,50 m 28: 0:54 6:00:00 53 868,50 m
15	M: 10	5 Martin Köhler -88 ÖREBRO	53 519,50 m 6:43 min/km	Långa varvet (2 412,50 m) 1: 14:37 14:37 2 412,50 m 2: 14:16 28:53 4 825 m 3: 14:36 43:29 7 237,50 m 4: 14:58 58:27 9 650 m 5: 14:15 1:12:42 12 062,50 m 6: 14:19 1:27:01 14 475 m 7: 14:55 1:41:56 16 887,50 m 8: 14:09 1:56:06 19 300 m 9: 15:54 2:12:00 21 712,50 m 10: 15:14 2:27:14 24 125 m 11: 17:57 2:45:11 26 537,50 m 12: 16:24 3:01:35 28 950 m 13: 16:37 3:18:12 31 362,50 m 14: 15:08 3:33:19 33 775 m 15: 16:31 3:49:50 36 187,50 m 16: 17:18 4:07:08 38 600 m 17: 17:32 4:24:40 41 012,50 m 18: 17:09 4:41:49 43 425 m 19: 18:39 5:00:28 45 837,50 m 20: 18:25 5:18:53 48 250 m 21: 19:29 5:38:22 50 662,50 m	Korta varvet (508 m) 22: 3:58 5:42:20 51 170,50 m 23: 3:55 5:46:15 51 678,50 m 24: 3:45 5:50:00 52 186,50 m 25: 3:53 5:53:53 52 694,50 m 26: 3:52 5:57:45 53 202,50 m 27: 2:15 6:00:00 53 519,50 m
16	M: 11	50 Jonas Lundin -87 CrossFit Smedjan	53 426 m 6:44 min/km	Långa varvet (2 412,50 m) 1: 16:06 16:06 2 412,50 m 2: 15:51 31:57 4 825 m 3: 15:34 47:31 7 237,50 m 4: 15:35 1:03:06 9 650 m 5: 15:42 1:18:48 12 062,50 m 6: 15:49 1:34:36 14 475 m 7: 15:27 1:50:03 16 887,50 m 8: 16:13 2:06:16 19 300 m 9: 15:08 2:21:24 21 712,50 m 10: 16:40 2:38:03 24 125 m 11: 15:39 2:53:42 26 537,50 m 12: 15:41 3:09:23 28 950 m 13: 15:58 3:25:22 31 362,50 m 14: 16:31 3:41:53 33 775 m 15: 15:37 3:57:30 36 187,50 m 16: 16:38 4:14:08 38 600 m 17: 16:38 4:30:46 41 012,50 m 18: 17:50 4:48:37 43 425 m 19: 18:00 5:06:37 45 837,50 m 20: 17:32 5:24:09 48 250 m 21: 16:45 5:40:53 50 662,50 m	Korta varvet (508 m) 22: 3:24 5:44:18 51 170,50 m 23: 3:34 5:47:52 51 678,50 m 24: 3:29 5:51:21 52 186,50 m 25: 3:34 5:54:55 52 694,50 m 26: 3:24 5:58:19 53 202,50 m 27: 1:41 6:00:00 53 426 m

17	K: 6	33 Sandra Almer Carlson -81 IFK Nora	53 353 m 6:44 min/km	Långa varvet (2 412,50 m) 1: 15:37 15:37 2 412,50 m 2: 16:12 31:49 4 825 m 3: 15:49 47:38 7 237,50 m 4: 15:39 1:03:17 9 650 m 5: 15:32 1:18:49 12 062,50 m 6: 15:38 1:34:28 14 475 m 7: 15:46 1:50:13 16 887,50 m 8: 15:24 2:05:37 19 300 m 9: 16:04 2:21:41 21 712,50 m 10: 15:24 2:37:04 24 125 m 11: 15:43 2:52:47 26 537,50 m 12: 15:47 3:08:34 28 950 m 13: 15:39 3:24:13 31 362,50 m 14: 15:58 3:40:11 33 775 m 15: 17:32 3:57:43 36 187,50 m 16: 16:21 4:14:04 38 600 m 17: 16:40 4:30:44 41 012,50 m 18: 16:47 4:47:31 43 425 m 19: 17:06 5:04:37 45 837,50 m 20: 17:32 5:22:09 48 250 m 21: 17:23 5:39:32 50 662,50 m	Korta varvet (508 m) 22: 4:53 5:44:26 51 170,50 m 23: 3:53 5:48:18 51 678,50 m 24: 3:39 5:51:57 52 186,50 m 25: 3:30 5:55:27 52 694,50 m 26: 3:40 5:59:07 53 202,50 m 27: 0:53 6:00:00 53 353 m
18	M: 12	67 Kenneth Back -72 Dala Ultra Runners	53 306,50 m 6:45 min/km	Långa varvet (2 412,50 m) 1: 15:37 15:37 2 412,50 m 2: 15:02 30:39 4 825 m 3: 15:28 46:07 7 237,50 m 4: 15:35 1:01:42 9 650 m 5: 15:12 1:16:54 12 062,50 m 6: 15:41 1:32:35 14 475 m 7: 16:34 1:49:09 16 887,50 m 8: 15:30 2:04:39 19 300 m 9: 15:12 2:19:51 21 712,50 m 10: 15:08 2:34:59 24 125 m 11: 15:13 2:50:12 26 537,50 m 12: 16:07 3:06:19 28 950 m 13: 16:10 3:22:28 31 362,50 m 14: 17:34 3:40:03 33 775 m 15: 16:52 3:56:55 36 187,50 m 16: 16:55 4:13:50 38 600 m 17: 17:49 4:31:39 41 012,50 m 18: 17:00 4:48:39 43 425 m 19: 19:01 5:07:39 45 837,50 m 20: 17:50 5:25:29 48 250 m 21: 18:47 5:44:16 50 662,50 m	Korta varvet (508 m) 22: 3:29 5:47:44 51 170,50 m 23: 2:55 5:50:39 51 678,50 m 24: 2:58 5:53:37 52 186,50 m 25: 3:10 5:56:47 52 694,50 m 26: 2:44 5:59:32 53 202,50 m 27: 0:28 6:00:00 53 306,50 m
19	K: 7	59 Helen Jobs -69 Dala Ultra Runners	53 252,50 m 6:45 min/km	Långa varvet (2 412,50 m) 1: 15:36 15:36 2 412,50 m 2: 15:03 30:38 4 825 m 3: 15:28 46:06 7 237,50 m 4: 15:35 1:01:41 9 650 m 5: 15:12 1:16:53 12 062,50 m 6: 15:41 1:32:35 14 475 m 7: 15:25 1:48:00 16 887,50 m 8: 15:16 2:03:15 19 300 m 9: 15:20 2:18:35 21 712,50 m 10: 15:00 2:33:35 24 125 m 11: 15:50 2:49:25 26 537,50 m 12: 16:41 3:06:06 28 950 m 13: 15:37 3:21:43 31 362,50 m 14: 16:34 3:38:17 33 775 m 15: 16:46 3:55:03 36 187,50 m 16: 17:36 4:12:39 38 600 m 17: 18:52 4:31:31 41 012,50 m 18: 17:03 4:48:34 43 425 m 19: 18:58 5:07:32 45 837,50 m 20: 17:52 5:25:24 48 250 m 21: 18:47 5:44:11 50 662,50 m	Korta varvet (508 m) 22: 3:32 5:47:43 51 170,50 m 23: 2:51 5:50:34 51 678,50 m 24: 2:53 5:53:27 52 186,50 m 25: 3:12 5:56:39 52 694,50 m 26: 2:55 5:59:35 53 202,50 m 27: 0:25 6:00:00 53 252,50 m
20	M: 13	38 Victor Jangentorp -89	53 126,50 m 6:46 min/km	Långa varvet (2 412,50 m) 1: 15:28 15:28 2 412,50 m 2: 15:03 30:30 4 825 m 3: 15:00 45:30 7 237,50 m 4: 15:24 1:00:54 9 650 m 5: 14:55 1:15:49 12 062,50 m 6: 14:33 1:30:23 14 475 m 7: 15:33 1:45:55 16 887,50 m 8: 14:52 2:00:47 19 300 m 9: 14:55 2:15:42 21 712,50 m 10: 14:56 2:30:38 24 125 m 11: 14:43 2:45:21 26 537,50 m 12: 15:15 3:00:36 28 950 m 13: 15:10 3:15:46 31 362,50 m 14: 16:01 3:31:47 33 775 m 15: 17:27 3:49:14 36 187,50 m 16: 18:50 4:08:04 38 600 m 17: 17:25 4:25:29 41 012,50 m 18: 18:30 4:43:59 43 425 m 19: 18:41 5:02:40 45 837,50 m 20: 20:12 5:22:52 48 250 m 21: 18:49 5:41:40 50 662,50 m	Korta varvet (508 m) 22: 3:44 5:45:24 51 170,50 m 23: 3:39 5:49:03 51 678,50 m 24: 3:44 5:52:47 52 186,50 m 25: 4:24 5:57:10 52 694,50 m 26: 2:50 6:00:00 53 126,50 m

21	M: 14	55 Tomas Fridh -73 Stocksäters if	52 615,50 m 6:50 min/km	Långa varvet (2 412,50 m) 1: 14:05 14:05 2 412,50 m 2: 14:23 28:28 4 825 m 3: 15:29 43:57 7 237,50 m 4: 17:06 1:01:03 9 650 m 5: 14:59 1:16:02 12 062,50 m 6: 15:02 1:31:04 14 475 m 7: 14:58 1:46:02 16 887,50 m 8: 14:36 2:00:38 19 300 m 9: 14:06 2:14:44 21 712,50 m 10: 15:37 2:30:21 24 125 m 11: 14:19 2:44:40 26 537,50 m 12: 16:48 3:01:28 28 950 m 13: 17:17 3:18:45 31 362,50 m 14: 17:46 3:36:31 33 775 m 15: 21:22 3:57:53 36 187,50 m 16: 21:17 4:19:10 38 600 m 17: 21:00 4:40:09 41 012,50 m 18: 18:31 4:58:41 43 425 m 19: 17:08 5:15:49 45 837,50 m 20: 16:14 5:32:03 48 250 m	Korta varvet (508 m) 21: 3:06 5:35:09 48 758 m 22: 2:56 5:38:05 49 266 m 23: 3:11 5:41:16 49 774 m 24: 3:12 5:44:28 50 282 m 25: 3:45 5:48:13 50 790 m 26: 3:15 5:51:28 51 298 m 27: 3:38 5:55:06 51 806 m 28: 3:05 5:58:11 52 314 m 29: 1:49 6:00:00 52 615,50 m
22	M: 15	53 Mattias Ludvigsson -72 Örebrosurfarna	52 316,50 m 6:52 min/km	Långa varvet (2 412,50 m) 1: 15:32 15:32 2 412,50 m 2: 14:48 30:20 4 825 m 3: 14:21 44:41 7 237,50 m 4: 14:24 59:05 9 650 m 5: 13:58 1:13:03 12 062,50 m 6: 14:21 1:27:24 14 475 m 7: 14:06 1:41:30 16 887,50 m 8: 14:52 1:56:21 19 300 m 9: 15:00 2:11:22 21 712,50 m 10: 15:31 2:26:53 24 125 m 11: 17:08 2:44:01 26 537,50 m 12: 16:40 3:00:41 28 950 m 13: 16:50 3:17:31 31 362,50 m 14: 17:25 3:34:56 33 775 m 15: 17:31 3:52:27 36 187,50 m 16: 18:32 4:10:59 38 600 m 17: 21:51 4:32:50 41 012,50 m 18: 17:25 4:50:15 43 425 m 19: 18:06 5:08:22 45 837,50 m 20: 18:19 5:26:40 48 250 m 21: 18:46 5:45:27 50 662,50 m	Korta varvet (508 m) 22: 4:28 5:49:55 51 170,50 m 23: 3:50 5:53:45 51 678,50 m 24: 4:12 5:57:57 52 186,50 m 25: 2:03 6:00:00 52 316,50 m
23	K: 8	46 Helena Kihlberg -66	49 724,50 m 7:14 min/km	Långa varvet (2 412,50 m) 1: 16:47 16:47 2 412,50 m 2: 17:05 33:52 4 825 m 3: 17:30 51:22 7 237,50 m 4: 17:21 1:08:43 9 650 m 5: 17:23 1:26:05 12 062,50 m 6: 16:57 1:43:02 14 475 m 7: 17:40 2:00:42 16 887,50 m 8: 17:20 2:18:02 19 300 m 9: 17:50 2:35:52 21 712,50 m 10: 18:04 2:53:56 24 125 m 11: 17:42 3:11:38 26 537,50 m 12: 17:45 3:29:23 28 950 m 13: 18:32 3:47:55 31 362,50 m 14: 18:03 4:05:58 33 775 m 15: 18:28 4:24:26 36 187,50 m 16: 17:23 4:41:49 38 600 m 17: 19:19 5:01:08 41 012,50 m 18: 16:07 5:17:14 43 425 m 19: 17:17 5:34:31 45 837,50 m	Korta varvet (508 m) 20: 3:03 5:37:35 46 345,50 m 21: 3:18 5:40:53 46 853,50 m 22: 3:21 5:44:14 47 361,50 m 23: 3:22 5:47:35 47 869,50 m 24: 3:28 5:51:04 48 377,50 m 25: 3:26 5:54:29 48 885,50 m 26: 3:20 5:57:50 49 393,50 m 27: 2:10 6:00:00 49 724,50 m
24	M: 16	72 Stefan Alvbrant -77 Garphyttan	49 614 m 7:15 min/km	Långa varvet (2 412,50 m) 1: 13:45 13:45 2 412,50 m 2: 14:10 27:54 4 825 m 3: 14:03 41:57 7 237,50 m 4: 14:58 56:55 9 650 m 5: 14:35 1:11:30 12 062,50 m 6: 14:15 1:25:45 14 475 m 7: 17:30 1:43:15 16 887,50 m 8: 15:14 1:58:30 19 300 m 9: 17:13 2:15:43 21 712,50 m 10: 16:36 2:32:19 24 125 m 11: 17:23 2:49:42 26 537,50 m 12: 18:27 3:08:08 28 950 m 13: 18:44 3:26:52 31 362,50 m 14: 20:00 3:46:52 33 775 m 15: 18:56 4:05:49 36 187,50 m 16: 20:44 4:26:33 38 600 m 17: 19:29 4:46:01 41 012,50 m 18: 19:51 5:05:52 43 425 m 19: 20:31 5:26:23 45 837,50 m 20: 21:12 5:47:36 48 250 m	Korta varvet (508 m) 21: 5:33 5:53:09 48 758 m 22: 4:08 5:57:17 49 266 m 23: 2:43 6:00:00 49 614 m

25	K: 9	31 Maria Granath -78 Berber IS	48 991 m 7:20 min/km	Långa varvet (2 412,50 m) 1: 15:30 15:30 2 412,50 m 2: 14:49 30:19 4 825 m 3: 15:01 45:20 7 237,50 m 4: 15:20 1:00:40 9 650 m 5: 15:01 1:15:41 12 062,50 m 6: 15:13 1:30:54 14 475 m 7: 15:01 1:45:55 16 887,50 m 8: 14:53 2:00:48 19 300 m 9: 16:34 2:17:22 21 712,50 m 10: 16:30 2:33:52 24 125 m 11: 17:02 2:50:55 26 537,50 m 12: 22:34 3:13:29 28 950 m 13: 17:47 3:31:16 31 362,50 m 14: 17:13 3:48:28 33 775 m 15: 29:15 4:17:44 36 187,50 m 16: 18:26 4:36:10 38 600 m 17: 18:22 4:54:32 41 012,50 m 18: 21:21 5:15:53 43 425 m 19: 20:08 5:36:01 45 837,50 m	Korta varvet (508 m) 20: 4:01 5:40:02 46 345,50 m 21: 4:02 5:44:04 46 853,50 m 22: 4:01 5:48:05 47 361,50 m 23: 4:03 5:52:08 47 869,50 m 24: 3:30 5:55:39 48 377,50 m 25: 3:35 5:59:14 48 885,50 m 26: 0:46 6:00:00 48 991 m
26	K: 10	20 Regina Johnson -68	48 886,50 m 7:21 min/km	Långa varvet (2 412,50 m) 1: 15:03 15:03 2 412,50 m 2: 15:15 30:18 4 825 m 3: 15:28 45:47 7 237,50 m 4: 16:07 1:01:53 9 650 m 5: 16:20 1:18:13 12 062,50 m 6: 17:18 1:35:31 14 475 m 7: 15:55 1:51:26 16 887,50 m 8: 17:48 2:09:14 19 300 m 9: 17:11 2:26:25 21 712,50 m 10: 17:45 2:44:10 24 125 m 11: 16:58 3:01:08 26 537,50 m 12: 17:26 3:18:34 28 950 m 13: 18:04 3:36:38 31 362,50 m 14: 15:47 3:52:25 33 775 m 15: 18:33 4:10:59 36 187,50 m 16: 22:18 4:33:17 38 600 m 17: 19:15 4:52:32 41 012,50 m 18: 22:47 5:15:19 43 425 m 19: 21:40 5:36:59 45 837,50 m	Korta varvet (508 m) 20: 4:42 5:41:41 46 345,50 m 21: 3:45 5:45:26 46 853,50 m 22: 4:05 5:49:31 47 361,50 m 23: 3:49 5:53:20 47 869,50 m 24: 3:43 5:57:02 48 377,50 m 25: 2:54 5:59:56 48 885,50 m 26: 0:04 6:00:00 48 886,50 m
27	K: 11	56 Sara Wilsgaard -79	47 434,50 m 7:35 min/km	Långa varvet (2 412,50 m) 1: 16:12 16:12 2 412,50 m 2: 15:59 32:11 4 825 m 3: 15:59 48:10 7 237,50 m 4: 20:24 1:08:34 9 650 m 5: 16:36 1:25:10 12 062,50 m 6: 17:57 1:43:07 14 475 m 7: 18:44 2:01:51 16 887,50 m 8: 16:56 2:18:47 19 300 m 9: 18:45 2:37:32 21 712,50 m 10: 18:45 2:56:17 24 125 m 11: 17:12 3:13:29 26 537,50 m 12: 19:34 3:33:04 28 950 m 13: 18:42 3:51:46 31 362,50 m 14: 21:13 4:12:59 33 775 m 15: 20:40 4:33:39 36 187,50 m 16: 19:14 4:52:53 38 600 m 17: 19:12 5:12:05 41 012,50 m 18: 18:42 5:30:48 43 425 m	Korta varvet (508 m) 19: 4:35 5:35:23 43 933 m 20: 3:26 5:38:49 44 441 m 21: 3:36 5:42:25 44 949 m 22: 3:45 5:46:10 45 457 m 23: 3:34 5:49:45 45 965 m 24: 4:04 5:53:49 46 473 m 25: 3:19 5:57:08 46 981 m 26: 2:52 6:00:00 47 434,50 m
28	K: 12	30 Johanna Thyren -88	47 402,50 m 7:35 min/km	Långa varvet (2 412,50 m) 1: 15:36 15:36 2 412,50 m 2: 15:59 31:35 4 825 m 3: 15:38 47:13 7 237,50 m 4: 15:58 1:03:11 9 650 m 5: 15:59 1:19:10 12 062,50 m 6: 16:25 1:35:35 14 475 m 7: 16:49 1:52:24 16 887,50 m 8: 17:15 2:09:40 19 300 m 9: 19:29 2:29:09 21 712,50 m 10: 18:59 2:48:08 24 125 m 11: 17:58 3:06:06 26 537,50 m 12: 20:19 3:26:25 28 950 m 13: 17:40 3:44:05 31 362,50 m 14: 21:17 4:05:22 33 775 m 15: 20:59 4:26:21 36 187,50 m 16: 18:40 4:45:00 38 600 m 17: 21:51 5:06:52 41 012,50 m 18: 22:23 5:29:15 43 425 m 19: 19:54 5:49:09 45 837,50 m	Korta varvet (508 m) 20: 3:43 5:52:52 46 345,50 m 21: 3:29 5:56:21 46 853,50 m 22: 3:20 5:59:41 47 361,50 m 23: 0:19 6:00:00 47 402,50 m
29	K: 13	48 Rebecka Nylén -99 Degerfors OK	47 273 m 7:36 min/km	Långa varvet (2 412,50 m) 1: 15:31 15:31 2 412,50 m 2: 14:49 30:20 4 825 m 3: 16:19 46:39 7 237,50 m 4: 16:22 1:03:01 9 650 m 5: 16:42 1:19:43 12 062,50 m 6: 16:54 1:36:37 14 475 m 7: 17:32 1:54:09 16 887,50 m 8: 17:33 2:11:42 19 300 m 9: 19:14 2:30:56 21 712,50 m 10: 16:37 2:47:32 24 125 m 11: 21:59 3:09:32 26 537,50 m 12: 18:46 3:28:18 28 950 m 13: 21:27 3:49:45 31 362,50 m 14: 20:59 4:10:44 33 775 m 15: 18:32 4:29:16 36 187,50 m 16: 19:10 4:48:26 38 600 m 17: 18:17 5:06:43 41 012,50 m 18: 25:06 5:31:49 43 425 m	Korta varvet (508 m) 19: 3:49 5:35:38 43 933 m 20: 4:09 5:39:47 44 441 m 21: 3:10 5:42:57 44 949 m 22: 3:06 5:46:04 45 457 m 23: 5:20 5:51:23 45 965 m 24: 4:20 5:55:43 46 473 m 25: 2:44 5:58:27 46 981 m 26: 1:33 6:00:00 47 273 m

30	K: 14	47 Susanne Eklund -66 Lindesberg	46 981 m 7:39 min/km	Långa varvet (2 412,50 m) 1: 16:46 16:46 2 412,50 m 2: 17:03 33:49 4 825 m 3: 16:53 50:41 7 237,50 m 4: 16:50 1:07:31 9 650 m 5: 16:50 1:24:21 12 062,50 m 6: 19:02 1:43:23 14 475 m 7: 17:22 2:00:45 16 887,50 m 8: 17:23 2:18:08 19 300 m 9: 18:32 2:36:40 21 712,50 m 10: 18:14 2:54:54 24 125 m 11: 17:44 3:12:38 26 537,50 m 12: 22:50 3:35:28 28 950 m 13: 19:15 3:54:43 31 362,50 m 14: 19:14 4:13:57 33 775 m 15: 19:03 4:32:59 36 187,50 m 16: 18:56 4:51:55 38 600 m 17: 19:58 5:11:53 41 012,50 m 18: 20:31 5:32:24 43 425 m	Korta varvet (508 m) 19: 4:00 5:36:25 43 933 m 20: 3:46 5:40:11 44 441 m 21: 3:44 5:43:55 44 949 m 22: 3:36 5:47:30 45 457 m 23: 3:39 5:51:09 45 965 m 24: 3:47 5:54:56 46 473 m 25: 3:44 5:58:40 46 981 m 26: 1:20 6:00:00 46 981 m
31	K: 15	26 Elisabet Tallving -72 Åby	46 507 m 7:44 min/km	Långa varvet (2 412,50 m) 1: 15:32 15:32 2 412,50 m 2: 20:45 36:17 4 825 m 3: 16:18 52:34 7 237,50 m 4: 16:46 1:09:21 9 650 m 5: 16:25 1:25:46 12 062,50 m 6: 15:46 1:41:31 14 475 m 7: 17:14 1:58:46 16 887,50 m 8: 16:57 2:15:42 19 300 m 9: 17:49 2:33:32 21 712,50 m 10: 16:46 2:50:17 24 125 m 11: 22:52 3:13:09 26 537,50 m 12: 17:37 3:30:46 28 950 m 13: 17:00 3:47:46 31 362,50 m 14: 17:44 4:05:30 33 775 m 15: 17:40 4:23:10 36 187,50 m 16: 18:47 4:41:58 38 600 m 17: 33:52 5:15:50 41 012,50 m 18: 20:16 5:36:06 43 425 m	Korta varvet (508 m) 19: 6:55 5:43:01 43 933 m 20: 3:30 5:46:31 44 441 m 21: 3:20 5:49:51 44 949 m 22: 3:27 5:53:17 45 457 m 23: 3:18 5:56:36 45 965 m 24: 3:10 5:59:45 46 473 m 25: 0:15 6:00:00 46 507 m
32	M: 17	60 Mattias Almroth -67	45 998 m 7:49 min/km	Långa varvet (2 412,50 m) 1: 15:36 15:36 2 412,50 m 2: 16:48 32:24 4 825 m 3: 15:28 47:52 7 237,50 m 4: 15:38 1:03:30 9 650 m 5: 17:11 1:20:41 12 062,50 m 6: 15:17 1:35:58 14 475 m 7: 16:36 1:52:34 16 887,50 m 8: 15:34 2:08:08 19 300 m 9: 16:42 2:24:50 21 712,50 m 10: 18:25 2:43:15 24 125 m 11: 17:43 3:00:58 26 537,50 m 12: 17:13 3:18:11 28 950 m 13: 20:29 3:38:40 31 362,50 m 14: 18:25 3:57:05 33 775 m 15: 24:57 4:22:02 36 187,50 m 16: 26:25 4:48:27 38 600 m 17: 24:24 5:12:51 41 012,50 m 18: 24:16 5:37:07 43 425 m	Korta varvet (508 m) 19: 5:31 5:42:38 43 933 m 20: 3:41 5:46:19 44 441 m 21: 4:44 5:51:03 44 949 m 22: 3:37 5:54:39 45 457 m 23: 3:18 5:57:57 45 965 m 24: 2:03 6:00:00 45 998 m
33	M: 18	29 Peter Ahlgren -74 IFK Nora Långlöpning	45 500 m 7:54 min/km	Långa varvet (2 412,50 m) 1: 14:45 14:45 2 412,50 m 2: 14:22 29:08 4 825 m 3: 14:32 43:39 7 237,50 m 4: 15:17 58:56 9 650 m 5: 15:20 1:14:16 12 062,50 m 6: 15:50 1:30:06 14 475 m 7: 16:38 1:46:44 16 887,50 m 8: 16:27 2:03:10 19 300 m 9: 18:26 2:21:37 21 712,50 m 10: 21:31 2:43:08 24 125 m 11: 22:48 3:05:55 26 537,50 m 12: 25:20 3:31:16 28 950 m 13: 20:25 3:51:41 31 362,50 m 14: 26:31 4:18:11 33 775 m 15: 19:54 4:38:05 36 187,50 m 16: 21:55 5:00:00 38 600 m 17: 22:35 5:22:35 41 012,50 m 18: 21:49 5:44:24 43 425 m	Korta varvet (508 m) 19: 3:55 5:48:19 43 933 m 20: 3:38 5:51:57 44 441 m 21: 3:48 5:55:45 44 949 m 22: 3:54 5:59:39 45 457 m 23: 0:21 6:00:00 45 500 m
34	M: 19	19 Mikael Linton -77 Karlstad	45 361,50 m 7:56 min/km	Långa varvet (2 412,50 m) 1: 15:59 15:59 2 412,50 m 2: 17:33 33:32 4 825 m 3: 14:53 48:25 7 237,50 m 4: 14:43 1:03:07 9 650 m 5: 14:53 1:18:01 12 062,50 m 6: 19:03 1:37:04 14 475 m 7: 17:30 1:54:34 16 887,50 m 8: 18:26 2:13:00 19 300 m 9: 20:24 2:33:24 21 712,50 m 10: 20:34 2:53:59 24 125 m 11: 20:44 3:14:43 26 537,50 m 12: 20:57 3:35:40 28 950 m 13: 21:47 3:57:26 31 362,50 m 14: 18:57 4:16:23 33 775 m 15: 22:59 4:39:22 36 187,50 m 16: 23:02 5:02:25 38 600 m 17: 19:44 5:22:09 41 012,50 m 18: 21:32 5:43:41 43 425 m	Korta varvet (508 m) 19: 4:47 5:48:28 43 933 m 20: 3:59 5:52:26 44 441 m 21: 4:24 5:56:51 44 949 m 22: 3:09 6:00:00 45 361,50 m

35	K: 16	51 Alexandra Nyman -86 Crossfit Smedjan	45 295 m 7:56 min/km	Långa varvet (2 412,50 m) 1: 15:51 15:51 2 412,50 m 2: 16:32 32:23 4 825 m 3: 16:33 48:56 7 237,50 m 4: 16:35 1:05:31 9 650 m 5: 17:37 1:23:07 12 062,50 m 6: 17:15 1:40:22 14 475 m 7: 17:06 1:57:28 16 887,50 m 8: 17:58 2:15:25 19 300 m 9: 17:55 2:33:21 21 712,50 m 10: 20:07 2:53:28 24 125 m 11: 19:39 3:13:07 26 537,50 m 12: 20:45 3:33:51 28 950 m 13: 24:34 3:58:26 31 362,50 m 14: 23:32 4:21:58 33 775 m 15: 21:41 4:43:39 36 187,50 m 16: 22:54 5:06:33 38 600 m 17: 23:10 5:29:43 41 012,50 m 18: 19:44 5:49:26 43 425 m	Korta varvet (508 m) 19: 3:00 5:52:26 43 933 m 20: 2:55 5:55:21 44 441 m 21: 2:48 5:58:10 44 949 m 22: 1:50 6:00:00 45 295 m
36	M: 20	12 Daniel Bergmark -75 Sundborns GOIF	44 949 m 8:00 min/km	Långa varvet (2 412,50 m) 1: 11:54 11:54 2 412,50 m 2: 11:48 23:42 4 825 m 3: 12:03 35:45 7 237,50 m 4: 12:17 48:02 9 650 m 5: 12:14 1:00:16 12 062,50 m 6: 12:22 1:12:38 14 475 m 7: 12:23 1:25:02 16 887,50 m 8: 12:37 1:37:39 19 300 m 9: 12:55 1:50:34 21 712,50 m 10: 13:02 2:03:36 24 125 m 11: 13:14 2:16:49 26 537,50 m 12: 13:26 2:30:16 28 950 m 13: 13:54 2:44:10 31 362,50 m 14: 13:55 2:58:05 33 775 m 15: 28:43 3:26:48 36 187,50 m 16: 39:59 4:06:47 38 600 m 17: 35:03 4:41:50 41 012,50 m 18: 46:44 5:28:35 43 425 m	Korta varvet (508 m) 19: 14:28 5:43:03 43 933 m 20: 7:53 5:50:56 44 441 m 21: 8:13 5:59:09 44 949 m 22: 0:51 6:00:00 44 949 m
37	M: 21	27 Fredrik Åkerstrand -77 Örebro	44 861,50 m 8:01 min/km	Långa varvet (2 412,50 m) 1: 15:29 15:29 2 412,50 m 2: 16:17 31:47 4 825 m 3: 17:07 48:54 7 237,50 m 4: 16:35 1:05:29 9 650 m 5: 18:46 1:24:15 12 062,50 m 6: 17:23 1:41:37 14 475 m 7: 19:19 2:00:56 16 887,50 m 8: 18:22 2:19:19 19 300 m 9: 19:36 2:38:54 21 712,50 m 10: 21:35 3:00:29 24 125 m 11: 20:23 3:20:52 26 537,50 m 12: 19:17 3:40:10 28 950 m 13: 21:49 4:01:58 31 362,50 m 14: 27:49 4:29:47 33 775 m 15: 19:17 4:49:04 36 187,50 m 16: 20:07 5:09:10 38 600 m 17: 20:48 5:29:59 41 012,50 m	Korta varvet (508 m) 18: 5:08 5:35:07 41 520,50 m 19: 3:24 5:38:31 42 028,50 m 20: 3:58 5:42:29 42 536,50 m 21: 3:47 5:46:16 43 044,50 m 22: 3:57 5:50:13 43 552,50 m 23: 3:49 5:54:02 44 060,50 m 24: 3:44 5:57:46 44 568,50 m 25: 2:14 6:00:00 44 861,50 m
38	M: 22	42 Axel Kron -97 Linköping	44 823 m 8:01 min/km	Långa varvet (2 412,50 m) 1: 15:47 15:47 2 412,50 m 2: 15:50 31:37 4 825 m 3: 16:14 47:51 7 237,50 m 4: 16:15 1:04:06 9 650 m 5: 18:40 1:22:45 12 062,50 m 6: 17:39 1:40:25 14 475 m 7: 17:59 1:58:24 16 887,50 m 8: 18:06 2:16:30 19 300 m 9: 17:00 2:33:30 21 712,50 m 10: 19:30 2:53:00 24 125 m 11: 17:38 3:10:38 26 537,50 m 12: 25:51 3:36:29 28 950 m 13: 20:02 3:56:31 31 362,50 m 14: 21:42 4:18:12 33 775 m 15: 24:43 4:42:56 36 187,50 m 16: 19:56 5:02:52 38 600 m 17: 24:52 5:27:44 41 012,50 m 18: 21:29 5:49:12 43 425 m	Korta varvet (508 m) 19: 3:57 5:53:09 43 933 m 20: 4:04 5:57:13 44 441 m 21: 2:47 6:00:00 44 823 m
39	M: 23	24 Peder Svensson -70 Hallsbers Brottarjklubb	44 764 m 8:02 min/km	Långa varvet (2 412,50 m) 1: 16:10 16:10 2 412,50 m 2: 15:39 31:49 4 825 m 3: 15:59 47:48 7 237,50 m 4: 15:42 1:03:29 9 650 m 5: 17:12 1:20:41 12 062,50 m 6: 16:44 1:37:25 14 475 m 7: 16:02 1:53:27 16 887,50 m 8: 33:14 2:26:41 19 300 m 9: 16:58 2:43:39 21 712,50 m 10: 19:16 3:02:54 24 125 m 11: 19:41 3:22:36 26 537,50 m 12: 21:58 3:44:34 28 950 m 13: 21:42 4:06:16 31 362,50 m 14: 21:06 4:27:23 33 775 m 15: 22:57 4:50:20 36 187,50 m 16: 22:18 5:12:38 38 600 m 17: 19:48 5:32:26 41 012,50 m	Korta varvet (508 m) 18: 4:31 5:36:57 41 520,50 m 19: 3:24 5:40:21 42 028,50 m 20: 3:49 5:44:10 42 536,50 m 21: 3:35 5:47:45 43 044,50 m 22: 3:29 5:51:14 43 552,50 m 23: 3:35 5:54:49 44 060,50 m 24: 3:45 5:58:34 44 568,50 m 25: 1:26 6:00:00 44 764 m

40	M: 24	39 Arvid Ekström -85 Crossfit smedjan	44 463 m 8:05 min/km	Långa varvet (2 412,50 m) 1: 16:05 16:05 2 412,50 m 2: 16:18 32:23 4 825 m 3: 16:50 49:13 7 237,50 m 4: 16:18 1:05:31 9 650 m 5: 17:55 1:23:25 12 062,50 m 6: 17:00 1:40:25 14 475 m 7: 17:03 1:57:28 16 887,50 m 8: 18:12 2:15:40 19 300 m 9: 17:41 2:33:21 21 712,50 m 10: 20:06 2:53:28 24 125 m 11: 19:58 3:13:26 26 537,50 m 12: 20:28 3:33:54 28 950 m 13: 21:39 3:55:33 31 362,50 m 14: 24:19 4:19:52 33 775 m 15: 23:51 4:43:42 36 187,50 m 16: 22:51 5:06:33 38 600 m 17: 23:13 5:29:46 41 012,50 m 18: 21:26 5:51:12 43 425 m	Korta varvet (508 m) 19: 4:07 5:55:19 43 933 m 20: 4:22 5:59:41 44 441 m 21: 0:19 6:00:00 44 463 m
41	M: 25	22 Torbjörn Eriksson -66 Örebro	44 349 m 8:07 min/km	Långa varvet (2 412,50 m) 1: 15:31 15:31 2 412,50 m 2: 15:07 30:39 4 825 m 3: 15:59 46:37 7 237,50 m 4: 16:30 1:03:07 9 650 m 5: 19:21 1:22:29 12 062,50 m 6: 17:40 1:40:08 14 475 m 7: 16:54 1:57:02 16 887,50 m 8: 21:40 2:18:42 19 300 m 9: 18:24 2:37:06 21 712,50 m 10: 19:13 2:56:19 24 125 m 11: 18:43 3:15:02 26 537,50 m 12: 23:58 3:39:00 28 950 m 13: 36:37 4:15:37 31 362,50 m 14: 20:33 4:36:10 33 775 m 15: 22:07 4:58:17 36 187,50 m 16: 30:17 5:28:34 38 600 m 17: 12:46 5:41:20 41 012,50 m	Korta varvet (508 m) 18: 2:33 5:43:54 41 520,50 m 19: 2:35 5:46:28 42 028,50 m 20: 2:44 5:49:12 42 536,50 m 21: 2:50 5:52:02 43 044,50 m 22: 3:02 5:55:04 43 552,50 m 23: 3:09 5:58:13 44 060,50 m 24: 1:47 6:00:00 44 349 m
42	M: 26	73 Tom Johnson -65 Johnson/Andersson-klanen	44 060,50 m 8:10 min/km	Långa varvet (2 412,50 m) 1: 20:19 20:19 2 412,50 m 2: 20:31 40:50 4 825 m 3: 24:32 1:05:22 7 237,50 m 4: 22:28 1:27:50 9 650 m 5: 20:53 1:48:43 12 062,50 m 6: 20:32 2:09:14 14 475 m 7: 20:18 2:29:32 16 887,50 m 8: 19:32 2:49:05 19 300 m 9: 18:38 3:07:43 21 712,50 m 10: 18:38 3:26:21 24 125 m 11: 19:01 3:45:22 26 537,50 m 12: 19:03 4:04:25 28 950 m 13: 19:22 4:23:48 31 362,50 m 14: 19:26 4:43:14 33 775 m 15: 18:30 5:01:43 36 187,50 m 16: 18:38 5:20:21 38 600 m 17: 16:13 5:36:34 41 012,50 m	Korta varvet (508 m) 18: 5:06 5:41:40 41 520,50 m 19: 3:45 5:45:26 42 028,50 m 20: 4:06 5:49:31 42 536,50 m 21: 3:49 5:53:20 43 044,50 m 22: 3:43 5:57:03 43 552,50 m 23: 2:55 5:59:58 44 060,50 m 24: 0:02 6:00:00 44 060,50 m
43	K: 17	32 Hanna Fridhamre -77 IFK NORA	43 488 m 8:16 min/km	Långa varvet (2 412,50 m) 1: 15:55 15:55 2 412,50 m 2: 15:53 31:49 4 825 m 3: 16:01 47:50 7 237,50 m 4: 17:55 1:05:44 9 650 m 5: 17:28 1:23:13 12 062,50 m 6: 19:21 1:42:33 14 475 m 7: 19:34 2:02:07 16 887,50 m 8: 22:07 2:24:14 19 300 m 9: 24:13 2:48:27 21 712,50 m 10: 20:36 3:09:03 24 125 m 11: 24:56 3:33:59 26 537,50 m 12: 22:16 3:56:14 28 950 m 13: 21:48 4:18:03 31 362,50 m 14: 21:42 4:39:45 33 775 m 15: 22:54 5:02:39 36 187,50 m 16: 21:06 5:23:46 38 600 m 17: 19:35 5:43:21 41 012,50 m	Korta varvet (508 m) 18: 3:25 5:46:46 41 520,50 m 19: 3:21 5:50:07 42 028,50 m 20: 3:24 5:53:31 42 536,50 m 21: 3:29 5:57:00 43 044,50 m 22: 3:00 6:00:00 43 488 m
44	M: 27	61 Bengt Göransson -60 FALUN	43 425 m 8:17 min/km	Långa varvet (2 412,50 m) 1: 16:42 16:42 2 412,50 m 2: 15:42 32:24 4 825 m 3: 15:26 47:49 7 237,50 m 4: 15:37 1:03:26 9 650 m 5: 16:28 1:19:54 12 062,50 m 6: 16:31 1:36:25 14 475 m 7: 16:54 1:53:20 16 887,50 m 8: 16:51 2:10:10 19 300 m 9: 18:03 2:28:13 21 712,50 m 10: 17:39 2:45:53 24 125 m 11: 18:50 3:04:43 26 537,50 m 12: 18:20 3:23:03 28 950 m 13: 20:20 3:43:24 31 362,50 m 14: 20:02 4:03:25 33 775 m 15: 20:31 4:23:56 36 187,50 m 16: 20:02 4:43:58 38 600 m 17: 20:52 5:04:50 41 012,50 m 18: 24:54 5:29:44 43 425 m 19: 30:16 6:00:00 43 425 m	Korta varvet (508 m)

45	M: 28	3 Markus Nilsson -89 Örebro	42 600 m 8:27 min/km	Långa varvet (2 412,50 m) 1: 15:34 15:34 2 412,50 m 2: 16:11 31:45 4 825 m 3: 17:28 49:14 7 237,50 m 4: 19:19 1:08:33 9 650 m 5: 18:14 1:26:47 12 062,50 m 6: 18:13 1:45:00 14 475 m 7: 19:51 2:04:52 16 887,50 m 8: 18:45 2:23:36 19 300 m 9: 21:27 2:45:03 21 712,50 m 10: 20:33 3:05:36 24 125 m 11: 22:29 3:28:06 26 537,50 m 12: 21:19 3:49:24 28 950 m 13: 23:16 4:12:40 31 362,50 m 14: 22:36 4:35:16 33 775 m 15: 25:16 5:00:31 36 187,50 m 16: 21:33 5:22:04 38 600 m 17: 21:16 5:43:20 41 012,50 m	Korta varvet (508 m) 18: 4:01 5:47:21 41 520,50 m 19: 3:34 5:50:55 42 028,50 m 20: 3:42 5:54:37 42 536,50 m 21: 5:23 6:00:00 42 600 m
46	K: 18	4 Therese Andersson -86 Örebro	42 598,50 m 8:27 min/km	Långa varvet (2 412,50 m) 1: 15:34 15:34 2 412,50 m 2: 16:11 31:46 4 825 m 3: 17:28 49:14 7 237,50 m 4: 19:19 1:08:33 9 650 m 5: 18:14 1:26:47 12 062,50 m 6: 18:14 1:45:01 14 475 m 7: 19:51 2:04:52 16 887,50 m 8: 18:45 2:23:36 19 300 m 9: 21:27 2:45:04 21 712,50 m 10: 20:34 3:05:37 24 125 m 11: 22:29 3:28:06 26 537,50 m 12: 21:18 3:49:24 28 950 m 13: 23:16 4:12:40 31 362,50 m 14: 22:36 4:35:16 33 775 m 15: 25:16 5:00:32 36 187,50 m 16: 21:33 5:22:05 38 600 m 17: 21:15 5:43:20 41 012,50 m	Korta varvet (508 m) 18: 4:02 5:47:22 41 520,50 m 19: 3:34 5:50:56 42 028,50 m 20: 3:42 5:54:38 42 536,50 m 21: 5:22 6:00:00 42 598,50 m
47	M: 29	64 Henrik Forsberg -77 Dala Ultra Runners	42 520 m 8:27 min/km	Långa varvet (2 412,50 m) 1: 15:35 15:35 2 412,50 m 2: 16:12 31:47 4 825 m 3: 16:04 47:51 7 237,50 m 4: 17:15 1:05:05 9 650 m 5: 17:37 1:22:42 12 062,50 m 6: 21:39 1:44:22 14 475 m 7: 18:17 2:02:39 16 887,50 m 8: 20:52 2:23:30 19 300 m 9: 19:47 2:43:17 21 712,50 m 10: 24:26 3:07:43 24 125 m 11: 25:19 3:33:02 26 537,50 m 12: 26:42 3:59:44 28 950 m 13: 26:36 4:26:20 31 362,50 m 14: 22:05 4:48:25 33 775 m 15: 24:11 5:12:36 36 187,50 m 16: 20:04 5:32:40 38 600 m	Korta varvet (508 m) 17: 4:03 5:36:44 39 108 m 18: 3:28 5:40:11 39 616 m 19: 3:28 5:43:39 40 124 m 20: 3:24 5:47:04 40 632 m 21: 3:24 5:50:27 41 140 m 22: 3:24 5:53:52 41 648 m 23: 3:36 5:57:28 42 156 m 24: 2:32 6:00:00 42 520 m
48	K: 19	35 Karolina Svensson -79	39 850,50 m 9:02 min/km	Långa varvet (2 412,50 m) 1: 17:06 17:06 2 412,50 m 2: 18:01 35:07 4 825 m 3: 20:24 55:31 7 237,50 m 4: 18:06 1:13:37 9 650 m 5: 22:01 1:35:38 12 062,50 m 6: 20:48 1:56:26 14 475 m 7: 23:26 2:19:52 16 887,50 m 8: 19:18 2:39:10 19 300 m 9: 22:16 3:01:27 21 712,50 m 10: 28:48 3:30:14 24 125 m 11: 19:23 3:49:38 26 537,50 m 12: 25:59 4:15:37 28 950 m 13: 21:42 4:37:19 31 362,50 m 14: 24:09 5:01:28 33 775 m 15: 25:38 5:27:06 36 187,50 m 16: 22:17 5:49:23 38 600 m	Korta varvet (508 m) 17: 4:28 5:53:51 39 108 m 18: 4:15 5:58:06 39 616 m 19: 1:54 6:00:00 39 850,50 m
49	M: 30	52 Johan Svanholm -76 Örebro AIK	38 600 m 9:19 min/km	Långa varvet (2 412,50 m) 1: 11:54 11:54 2 412,50 m 2: 12:07 24:02 4 825 m 3: 12:26 36:28 7 237,50 m 4: 13:50 50:18 9 650 m 5: 11:47 1:02:05 12 062,50 m 6: 12:42 1:14:47 14 475 m 7: 13:06 1:27:52 16 887,50 m 8: 13:38 1:41:31 19 300 m 9: 12:20 1:53:51 21 712,50 m 10: 12:39 2:06:30 24 125 m 11: 12:30 2:18:59 26 537,50 m 12: 12:29 2:31:28 28 950 m 13: 12:27 2:43:55 31 362,50 m 14: 12:34 2:56:29 33 775 m 15: 12:51 3:09:20 36 187,50 m 16: 13:15 3:22:36 38 600 m 17: 2:37:24 6:00:00 38 600 m	Korta varvet (508 m)

50	M: 31	11 Magnus Svensson -72 Team WalkwithME	38 255 m 9:24 min/km	Långa varvet (2 412,50 m) 1: 17:48 17:48 2 412,50 m 2: 17:48 35:36 4 825 m 3: 20:21 55:58 7 237,50 m 4: 18:53 1:14:50 9 650 m 5: 22:30 1:37:20 12 062,50 m 6: 19:51 1:57:12 14 475 m 7: 19:05 2:16:17 16 887,50 m 8: 21:42 2:37:59 19 300 m 9: 20:26 2:58:26 21 712,50 m 10: 21:03 3:19:28 24 125 m 11: 26:13 3:45:42 26 537,50 m 12: 23:59 4:09:41 28 950 m 13: 27:03 4:36:43 31 362,50 m 14: 41:45 5:18:28 33 775 m 15: 23:48 5:42:16 36 187,50 m	Korta varvet (508 m) 16: 3:44 5:46:00 36 695,50 m 17: 3:36 5:49:36 37 203,50 m 18: 3:37 5:53:13 37 711,50 m 19: 4:33 5:57:46 38 219,50 m 20: 2:14 6:00:00 38 255 m
51	K: 20	40 Maj-Britt Johansson -59 Friskis och Svettis	37 293 m 9:39 min/km	Långa varvet (2 412,50 m) 1: 23:00 23:00 2 412,50 m 2: 23:16 46:16 4 825 m 3: 24:18 1:10:34 7 237,50 m 4: 22:51 1:33:25 9 650 m 5: 23:05 1:56:30 12 062,50 m 6: 22:40 2:19:10 14 475 m 7: 23:48 2:42:58 16 887,50 m 8: 22:41 3:05:39 19 300 m 9: 24:13 3:29:53 21 712,50 m 10: 24:12 3:54:05 24 125 m 11: 24:23 4:18:29 26 537,50 m 12: 23:03 4:41:32 28 950 m 13: 24:01 5:05:33 31 362,50 m 14: 23:09 5:28:42 33 775 m 15: 21:48 5:50:30 36 187,50 m	Korta varvet (508 m) 16: 4:42 5:55:12 36 695,50 m 17: 3:37 5:58:49 37 203,50 m 18: 1:11 6:00:00 37 293 m
52	M: 32	63 Micke Steen -73 Ekeby	36 695,50 m 9:48 min/km	Långa varvet (2 412,50 m) 1: 15:58 15:58 2 412,50 m 2: 16:25 32:23 4 825 m 3: 16:31 48:53 7 237,50 m 4: 17:05 1:05:58 9 650 m 5: 17:07 1:23:05 12 062,50 m 6: 17:15 1:40:21 14 475 m 7: 19:47 2:00:08 16 887,50 m 8: 22:05 2:22:13 19 300 m 9: 23:05 2:45:18 21 712,50 m 10: 29:10 3:14:28 24 125 m 11: 27:53 3:42:20 26 537,50 m 12: 30:11 4:12:32 28 950 m 13: 33:54 4:46:26 31 362,50 m 14: 34:29 5:20:54 33 775 m 15: 29:56 5:50:51 36 187,50 m	Korta varvet (508 m) 16: 5:48 5:56:39 36 695,50 m 17: 3:21 6:00:00 36 695,50 m
53	K: 21	15 Therese Konstig -83	36 672 m 9:49 min/km	Långa varvet (2 412,50 m) 1: 15:30 15:30 2 412,50 m 2: 16:18 31:48 4 825 m 3: 31:22 1:03:10 7 237,50 m 4: 21:08 1:24:18 9 650 m 5: 17:19 1:41:37 12 062,50 m 6: 19:19 2:00:56 14 475 m 7: 18:22 2:19:19 16 887,50 m 8: 19:36 2:38:54 19 300 m 9: 21:35 3:00:29 21 712,50 m 10: 21:43 3:22:12 24 125 m 11: 35:36 3:57:48 26 537,50 m 12: 32:13 4:30:02 28 950 m 13: 34:31 5:04:33 31 362,50 m 14: 34:28 5:39:01 33 775 m	Korta varvet (508 m) 15: 3:32 5:42:32 34 283 m 16: 4:14 5:46:47 34 791 m 17: 3:20 5:50:07 35 299 m 18: 3:46 5:53:54 35 807 m 19: 3:50 5:57:44 36 315 m 20: 2:16 6:00:00 36 672 m
54	K: 22	65 Johanna Asmola -81 Sweden Runners	36 347 m 9:54 min/km	Långa varvet (2 412,50 m) 1: 16:42 16:42 2 412,50 m 2: 19:26 36:08 4 825 m 3: 17:42 53:50 7 237,50 m 4: 19:44 1:13:35 9 650 m 5: 20:15 1:33:50 12 062,50 m 6: 19:17 1:53:06 14 475 m 7: 20:54 2:14:00 16 887,50 m 8: 31:21 2:45:20 19 300 m 9: 22:11 3:07:31 21 712,50 m 10: 25:30 3:33:01 24 125 m 11: 23:59 3:57:00 26 537,50 m 12: 29:28 4:26:28 28 950 m 13: 22:03 4:48:31 31 362,50 m 14: 33:23 5:21:53 33 775 m	Korta varvet (508 m) 15: 17:24 5:39:17 34 283 m 16: 4:36 5:43:53 34 791 m 17: 5:15 5:49:08 35 299 m 18: 5:36 5:54:44 35 807 m 19: 4:57 5:59:41 36 315 m 20: 0:19 6:00:00 36 347 m
55	M: 33	62 Hampus Jedselius -90 Umara Sports club	36 187,50 m 9:56 min/km	Långa varvet (2 412,50 m) 1: 13:03 13:03 2 412,50 m 2: 13:10 26:14 4 825 m 3: 12:55 39:09 7 237,50 m 4: 13:18 52:27 9 650 m 5: 13:34 1:06:01 12 062,50 m 6: 12:52 1:18:53 14 475 m 7: 13:56 1:32:49 16 887,50 m 8: 14:40 1:47:29 19 300 m 9: 15:04 2:02:34 21 712,50 m 10: 17:57 2:20:31 24 125 m 11: 19:07 2:39:38 26 537,50 m 12: 19:52 2:59:29 28 950 m 13: 21:23 3:20:53 31 362,50 m 14: 27:30 3:48:23 33 775 m 15: 32:15 4:20:38 36 187,50 m 16: 1:39:22 6:00:00 36 187,50 m	Korta varvet (508 m)

56	M: 34	1 Johan Mäkinen -87 Team Nordic trail	34 830 m 10:20 min/km	Långa varvet (2 412,50 m) 1: 36:39 36:39 2 412,50 m 2: 19:26 56:04 4 825 m 3: 19:58 1:16:03 7 237,50 m 4: 20:21 1:36:23 9 650 m 5: 21:13 1:57:36 12 062,50 m 6: 22:40 2:20:16 14 475 m 7: 23:24 2:43:40 16 887,50 m 8: 24:30 3:08:10 19 300 m 9: 23:22 3:31:31 21 712,50 m 10: 26:21 3:57:52 24 125 m 11: 26:30 4:24:22 26 537,50 m 12: 25:48 4:50:10 28 950 m 13: 30:24 5:20:34 31 362,50 m 14: 27:52 5:48:26 33 775 m	Korta varvet (508 m) 15: 5:31 5:53:56 34 283 m 16: 4:48 5:58:45 34 791 m 17: 1:15 6:00:00 34 830 m
57	M: 35	58 Philip Frank -70 Dala Ultra Runners	31 870,50 m 11:17 min/km	Långa varvet (2 412,50 m) 1: 18:54 18:54 2 412,50 m 2: 19:50 38:44 4 825 m 3: 23:18 1:02:02 7 237,50 m 4: 20:46 1:22:49 9 650 m 5: 30:52 1:53:40 12 062,50 m 6: 30:24 2:24:05 14 475 m 7: 25:56 2:50:01 16 887,50 m 8: 24:27 3:14:28 19 300 m 9: 43:06 3:57:34 21 712,50 m 10: 26:19 4:23:53 24 125 m 11: 26:04 4:49:57 26 537,50 m 12: 28:03 5:18:01 28 950 m 13: 24:18 5:42:19 31 362,50 m	Korta varvet (508 m) 14: 5:51 5:48:10 31 870,50 m 15: 11:50 6:00:00 31 870,50 m
58	K: 23	13 Maria Lithell -81 Östansjö SK	31 389 m 11:28 min/km	Långa varvet (2 412,50 m) 1: 17:15 17:15 2 412,50 m 2: 16:10 33:24 4 825 m 3: 18:02 51:27 7 237,50 m 4: 17:54 1:09:21 9 650 m 5: 21:04 1:30:25 12 062,50 m 6: 16:32 1:46:57 14 475 m 7: 18:07 2:05:04 16 887,50 m 8: 17:00 2:22:04 19 300 m 9: 26:51 2:48:55 21 712,50 m 10: 20:25 3:09:20 24 125 m 11: 47:14 3:56:34 26 537,50 m 12: 1:32:58 5:29:31 28 950 m	Korta varvet (508 m) 13: 6:19 5:35:50 29 458 m 14: 6:51 5:42:41 29 966 m 15: 6:09 5:48:49 30 474 m 16: 6:33 5:55:22 30 982 m 17: 4:38 6:00:00 31 389 m
59	M: 36	23 Emil Lindgren -90 Linköping	31 362,50 m 11:28 min/km	Långa varvet (2 412,50 m) 1: 10:50 10:50 2 412,50 m 2: 10:48 21:38 4 825 m 3: 11:09 32:47 7 237,50 m 4: 11:02 43:49 9 650 m 5: 11:12 55:00 12 062,50 m 6: 11:37 1:06:38 14 475 m 7: 11:36 1:18:13 16 887,50 m 8: 11:47 1:30:00 19 300 m 9: 14:42 1:44:42 21 712,50 m 10: 14:48 1:59:30 24 125 m 11: 13:52 2:13:22 26 537,50 m 12: 24:39 2:38:01 28 950 m 13: 19:49 2:57:50 31 362,50 m 14: 3:02:10 6:00:00 31 362,50 m	Korta varvet (508 m)
60	M: 37	66 Jonas Wängberg -72 Västerås LK	21 712,50 m 16:34 min/km	Långa varvet (2 412,50 m) 1: 11:56 11:56 2 412,50 m 2: 12:06 24:01 4 825 m 3: 12:26 36:28 7 237,50 m 4: 12:47 49:15 9 650 m 5: 12:49 1:02:04 12 062,50 m 6: 12:42 1:14:47 14 475 m 7: 13:05 1:27:52 16 887,50 m 8: 12:45 1:40:37 19 300 m 9: 12:56 1:53:34 21 712,50 m 10: 4:06:26 6:00:00 21 712,50 m	Korta varvet (508 m)
61	K: 24	18 Elin Ragnarsson -89	21 712,50 m 16:34 min/km	Långa varvet (2 412,50 m) 1: 20:25 20:25 2 412,50 m 2: 20:49 41:13 4 825 m 3: 21:48 1:03:01 7 237,50 m 4: 23:35 1:26:37 9 650 m 5: 22:24 1:49:01 12 062,50 m 6: 20:52 2:09:53 14 475 m 7: 21:39 2:31:32 16 887,50 m 8: 23:20 2:54:51 19 300 m 9: 21:18 3:16:09 21 712,50 m 10: 2:43:51 6:00:00 21 712,50 m	Korta varvet (508 m)
		2 Oskar Johansson -90 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		7 Tommy Oskarsson -64 Kristinehamn	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		8 Lina Palm -90 Kumla sf	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		9 Lisa Nyquist -81 Hovsta IF	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		10 Ida Benari -81 Team WalkwithME	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		16 Helene Agartsson -76	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		17 Henrik Johansson -75	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)

		34 Anna-Karin Larsson -75 Örebro aik	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		41 Anna Hessel -72	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		45 Klas Forsberg -64 Varje Stegs Löparklubb	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		54 Kajsa Holmberg -81 Storfors	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)

M 6 timmar

Plac	Namn	Resultat
1	25 Gustaf Sjösvärd -90 STORVIK	06:00:00 4:37 min/km
2	43 Oskar Eklöf -88 Hagaby GoIF	06:00:00 5:05 min/km
3	69 Johan Danielsson -88 Fallskärmsjägarna	06:00:00 5:15 min/km
4	14 Lars Emanuelsson -74 Katrineholm	06:00:00 5:17 min/km
5	70 Pär Atuma Nilsson -77 South Wermland Sports Club	06:00:00 5:23 min/km
6	49 Björn Tikkanen -76 Team Nordic Trail	6:00:00 5:28 min/km
7	21 Daniel Linder -78 Örebro AIK	06:00:00 5:45 min/km
8	57 Federico Consales -73 Örebro AIK	06:00:00 6:08 min/km
9	71 Fredrik Eriksson -70 Team It can only get better Säffle	06:00:00 6:28 min/km
10	5 Martin Köhler -88 ÖREBRO	06:00:00 6:43 min/km
11	50 Jonas Lundin -87 CrossFit Smedjan	06:00:00 6:44 min/km
12	67 Kenneth Back -72 Dala Ultra Runners	06:00:00 6:45 min/km
13	38 Victor Jangentorp -89	06:00:00 6:46 min/km
14	55 Tomas Fridh -73 Stocksäters if	06:00:00 6:50 min/km
15	53 Mattias Ludvigsson -72 Örebrosurfarna	06:00:00 6:52 min/km
16	72 Stefan Alvbrant -77 Garphyttan	06:00:00 7:15 min/km
17	60 Mattias Almroth -67	06:00:00 7:49 min/km
18	29 Peter Ahlgren -74 IFK Nora Långlöpning	06:00:00 7:54 min/km
19	19 Mikael Linton -77 Karlstad	06:00:00 7:56 min/km
20	12 Daniel Bergmark -75 Sundborns GOIF	06:00:00 8:00 min/km
21	27 Fredrik Åkerstrand -77 Örebro	06:00:00 8:01 min/km
22	42 Axel Kron -97 Linköping	06:00:00 8:01 min/km
23	24 Peder Svensson -70 Hallsbers Brottarjklubb	06:00:00 8:02 min/km
24	39 Arvid Ekström -85 Crossfit smedjan	06:00:00 8:05 min/km
25	22 Torbjörn Eriksson -66 Örebro	06:00:00 8:07 min/km
26	73 Tom Johnson -65 Johnson/Andersson-klanen	06:00:00 8:10 min/km
27	61 Bengt Göransson -60 FALUN	06:00:00 8:17 min/km
28	3 Markus Nilsson -89 Örebro	06:00:00 8:27 min/km
29	64 Henrik Forsberg -77 Dala Ultra Runners	06:00:00 8:27 min/km
30	52 Johan Svanholm -76 Örebro AIK	06:00:00 9:19 min/km
31	11 Magnus Svensson -72 Team WalkwithME	06:00:00 9:24 min/km
32	63 Micke Steen -73 Ekeby	06:00:00 9:48 min/km
33	62 Hampus Jedselius -90 Umara Sports club	06:00:00 9:56 min/km

34	1 Johan Mäkinen -87 Team Nordic trail	06:00:00 10:20 min/km
35	58 Philip Frank -70 Dala Ultra Runners	06:00:00 11:17 min/km
36	23 Emil Lindgren -90 Linköping	06:00:00 11:28 min/km
37	66 Jonas Wängberg -72 Västerås LK	06:00:00 16:34 min/km

K 6 timmar

Plac	Namn	Resultat
1	44 Sofia Olofsson -89 Täby	06:00:00 5:17 min/km
2	37 Amanda Brunosson -86 Kumla Skidförening	06:00:00 5:51 min/km
3	36 Carina Gustavsson -80 LK Gränslöst	06:00:00 6:17 min/km
4	28 Anna Färnefors -92	06:00:00 6:38 min/km
5	68 Julia Andersson -99 Örebro	06:00:00 6:40 min/km
6	33 Sandra Almer Carlson -81 IFK Nora	06:00:00 6:44 min/km
7	59 Helen Jobs -69 Dala Ultra Runners	06:00:00 6:45 min/km
8	46 Helena Kihlberg -66	06:00:00 7:14 min/km
9	31 Maria Granath -78 Berber IS	06:00:00 7:20 min/km
10	20 Regina Johnson -68	06:00:00 7:21 min/km
11	56 Sara Wilsgaard -79	06:00:00 7:35 min/km
12	30 Johanna Thyren -88	06:00:00 7:35 min/km
13	48 Rebecka Nylén -99 Degerfors OK	06:00:00 7:36 min/km
14	47 Susanne Eklund -66 Lindesberg	06:00:00 7:39 min/km
15	26 Elisabet Tallving -72 Åby	06:00:00 7:44 min/km
16	51 Alexandra Nyman -86 Crossfit Smedjan	06:00:00 7:56 min/km
17	32 Hanna Fridhamre -77 IFK NORA	06:00:00 8:16 min/km
18	4 Therese Andersson -86 Örebro	06:00:00 8:27 min/km
19	35 Karolina Svensson -79	06:00:00 9:02 min/km
20	40 Maj-Britt Johansson -59 Friskis och Svettis	06:00:00 9:39 min/km
21	15 Therese Konstig -83	06:00:00 9:49 min/km
22	65 Johanna Asmola -81 Sweden Runners	06:00:00 9:54 min/km
23	13 Maria Lithell -81 Östansjö SK	06:00:00 11:28 min/km
24	18 Elin Ragnarsson -89	06:00:00 16:34 min/km

3 timmar

Distans: 0 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	163 Andreas Ingberg -82 Örebro AIK	45 311 m 3:58 min/km	Långa varvet (2 412,50 m) 1: 9:18 9:18 2 412,50 m 2: 9:43 19:01 4 825 m 3: 9:35 28:36 7 237,50 m 4: 9:28 38:04 9 650 m 5: 9:36 47:40 12 062,50 m 6: 9:38 57:18 14 475 m 7: 9:39 1:06:57 16 887,50 m 8: 9:35 1:16:32 19 300 m 9: 9:37 1:26:09 21 712,50 m 10: 9:40 1:35:48 24 125 m 11: 9:33 1:45:21 26 537,50 m 12: 9:40 1:55:02 28 950 m 13: 9:43 2:04:45 31 362,50 m 14: 9:40 2:14:25 33 775 m 15: 9:57 2:24:22 36 187,50 m 16: 9:36 2:33:57 38 600 m Korta varvet (508 m) 17: 1:58 2:35:55 39 108 m 18: 2:01 2:37:56 39 616 m 19: 2:00 2:39:56 40 124 m 20: 1:59 2:41:55 40 632 m 21: 1:59 2:43:54 41 140 m 22: 1:57 2:45:51 41 648 m 23: 1:57 2:47:48 42 156 m 24: 1:57 2:49:45 42 664 m 25: 1:58 2:51:43 43 172 m 26: 1:58 2:53:42 43 680 m 27: 1:58 2:55:40 44 188 m 28: 1:57 2:57:37 44 696 m 29: 1:56 2:59:33 45 204 m 30: 0:27 3:00:00 45 311 m

2	M: 2	164 Jesper Ström -91 Kumla SF	36 310,50 m 4:57 min/km	Långa varvet (2 412,50 m) 1: 11:50 11:50 2 412,50 m 2: 11:51 23:40 4 825 m 3: 11:56 35:37 7 237,50 m 4: 11:56 47:32 9 650 m 5: 11:47 59:19 12 062,50 m 6: 12:05 1:11:24 14 475 m 7: 12:01 1:23:25 16 887,50 m 8: 11:50 1:35:15 19 300 m 9: 11:47 1:47:02 21 712,50 m 10: 11:41 1:58:43 24 125 m 11: 11:58 2:10:41 26 537,50 m 12: 11:25 2:22:06 28 950 m 13: 11:38 2:33:44 31 362,50 m	Korta varvet (508 m) 14: 2:44 2:36:28 31 870,50 m 15: 2:30 2:38:58 32 378,50 m 16: 3:05 2:42:04 32 886,50 m 17: 2:39 2:44:43 33 394,50 m 18: 2:40 2:47:23 33 902,50 m 19: 2:36 2:49:59 34 410,50 m 20: 2:40 2:52:39 34 918,50 m 21: 2:53 2:55:32 35 426,50 m 22: 2:39 2:58:11 35 934,50 m 23: 1:49 3:00:00 36 310,50 m
3	M: 3	141 Andreas Pantzar -78 Örebro	36 057,50 m 4:59 min/km	Långa varvet (2 412,50 m) 1: 11:39 11:39 2 412,50 m 2: 11:44 23:23 4 825 m 3: 11:38 35:02 7 237,50 m 4: 11:33 46:35 9 650 m 5: 11:43 58:18 12 062,50 m 6: 11:48 1:10:06 14 475 m 7: 11:52 1:21:57 16 887,50 m 8: 11:59 1:33:56 19 300 m 9: 12:15 1:46:11 21 712,50 m 10: 12:22 1:58:33 24 125 m 11: 12:21 2:10:54 26 537,50 m 12: 12:28 2:23:22 28 950 m 13: 12:34 2:35:56 31 362,50 m 14: 12:37 2:48:33 33 775 m	Korta varvet (508 m) 15: 2:37 2:51:10 34 283 m 16: 2:37 2:53:47 34 791 m 17: 2:35 2:56:22 35 299 m 18: 2:30 2:58:52 35 807 m 19: 1:08 3:00:00 36 057,50 m
4	K: 1	102 Camilla Bergdahl -69 Karlskoga Friidrott	35 763,50 m 5:01 min/km	Långa varvet (2 412,50 m) 1: 11:38 11:38 2 412,50 m 2: 11:45 23:23 4 825 m 3: 11:37 34:59 7 237,50 m 4: 11:30 46:29 9 650 m 5: 11:33 58:02 12 062,50 m 6: 11:38 1:09:41 14 475 m 7: 11:37 1:21:18 16 887,50 m 8: 12:27 1:33:45 19 300 m 9: 11:55 1:45:40 21 712,50 m 10: 12:08 1:57:48 24 125 m 11: 12:58 2:10:47 26 537,50 m 12: 12:30 2:23:17 28 950 m 13: 12:59 2:36:15 31 362,50 m	Korta varvet (508 m) 14: 2:42 2:38:57 31 870,50 m 15: 2:46 2:41:43 32 378,50 m 16: 2:46 2:44:29 32 886,50 m 17: 2:47 2:47:15 33 394,50 m 18: 2:43 2:49:58 33 902,50 m 19: 2:47 2:52:45 34 410,50 m 20: 2:43 2:55:28 34 918,50 m 21: 2:44 2:58:12 35 426,50 m 22: 1:48 3:00:00 35 763,50 m
5	M: 4	111 Jonas Fritzson -68 Karlskoga friidrott	34 417 m 5:13 min/km	Långa varvet (2 412,50 m) 1: 12:45 12:45 2 412,50 m 2: 12:46 25:31 4 825 m 3: 12:53 38:24 7 237,50 m 4: 13:08 51:32 9 650 m 5: 13:07 1:04:39 12 062,50 m 6: 13:07 1:17:46 14 475 m 7: 12:28 1:30:14 16 887,50 m 8: 12:24 1:42:38 19 300 m 9: 12:29 1:55:07 21 712,50 m 10: 12:16 2:07:24 24 125 m 11: 12:09 2:19:33 26 537,50 m 12: 12:18 2:31:51 28 950 m 13: 12:29 2:44:20 31 362,50 m	Korta varvet (508 m) 14: 2:38 2:46:58 31 870,50 m 15: 2:39 2:49:37 32 378,50 m 16: 2:33 2:52:10 32 886,50 m 17: 2:36 2:54:46 33 394,50 m 18: 2:37 2:57:23 33 902,50 m 19: 2:29 2:59:53 34 410,50 m 20: 0:07 3:00:00 34 417 m
6	M: 5	116 Johan Hedqvist -88 Mikkeller Running Club	33 927,50 m 5:18 min/km	Långa varvet (2 412,50 m) 1: 12:53 12:53 2 412,50 m 2: 12:56 25:50 4 825 m 3: 13:05 38:54 7 237,50 m 4: 13:00 51:55 9 650 m 5: 13:00 1:04:55 12 062,50 m 6: 12:52 1:17:47 14 475 m 7: 12:51 1:30:38 16 887,50 m 8: 12:55 1:43:33 19 300 m 9: 13:00 1:56:34 21 712,50 m 10: 12:40 2:09:13 24 125 m 11: 12:19 2:21:32 26 537,50 m 12: 12:22 2:33:54 28 950 m 14: 11:48 2:48:21 31 870,50 m	Korta varvet (508 m) 13: 2:39 2:36:33 29 458 m 15: 2:29 2:50:50 32 378,50 m 16: 2:58 2:53:48 32 886,50 m 17: 3:04 2:56:52 33 394,50 m 18: 2:52 2:59:44 33 902,50 m 19: 0:16 3:00:00 33 927,50 m
7	M: 6	113 Adrian Granath -95 Finspång	33 394,50 m 5:23 min/km	Långa varvet (2 412,50 m) 1: 10:51 10:51 2 412,50 m 2: 10:47 21:38 4 825 m 3: 11:10 32:48 7 237,50 m 4: 11:03 43:52 9 650 m 5: 11:14 55:05 12 062,50 m 6: 11:33 1:06:38 14 475 m 7: 12:16 1:18:54 16 887,50 m 8: 12:30 1:31:24 19 300 m 9: 15:13 1:46:37 21 712,50 m 10: 12:25 1:59:01 24 125 m 11: 15:51 2:14:52 26 537,50 m 12: 15:11 2:30:03 28 950 m 13: 15:13 2:45:16 31 362,50 m	Korta varvet (508 m) 14: 2:47 2:48:03 31 870,50 m 15: 2:54 2:50:57 32 378,50 m 16: 2:37 2:53:34 32 886,50 m 17: 2:35 2:56:09 33 394,50 m 18: 3:51 3:00:00 33 394,50 m

8	K: 2	142 Anna Pettersson -70 IF Start	33 073 m 5:26 min/km	Långa varvet (2 412,50 m) 1: 11:51 11:51 2 412,50 m 2: 11:59 23:50 4 825 m 3: 12:16 36:06 7 237,50 m 4: 12:18 48:24 9 650 m 5: 12:31 1:00:55 12 062,50 m 6: 12:36 1:13:31 14 475 m 7: 12:33 1:26:04 16 887,50 m 8: 12:44 1:38:48 19 300 m 9: 12:28 1:51:15 21 712,50 m 10: 13:39 2:04:54 24 125 m 11: 14:24 2:19:18 26 537,50 m 12: 15:05 2:34:23 28 950 m	Korta varvet (508 m) 13: 5:27 2:39:50 29 458 m 14: 2:39 2:42:29 29 966 m 15: 2:55 2:45:25 30 474 m 16: 2:39 2:48:04 30 982 m 17: 3:02 2:51:05 31 490 m 18: 3:00 2:54:05 31 998 m 19: 2:59 2:57:04 32 506 m 20: 2:35 2:59:39 33 014 m 21: 0:21 3:00:00 33 073 m
9	M: 7	144 Mikael Sandberg -75 Örebro AIK	33 044,50 m 5:26 min/km	Långa varvet (2 412,50 m) 1: 11:52 11:52 2 412,50 m 2: 11:51 23:43 4 825 m 3: 12:18 36:01 7 237,50 m 4: 11:36 47:37 9 650 m 5: 11:36 59:13 12 062,50 m 6: 11:32 1:10:45 14 475 m 7: 12:15 1:22:59 16 887,50 m 8: 12:33 1:35:32 19 300 m 9: 12:55 1:48:27 21 712,50 m 10: 15:09 2:03:36 24 125 m 11: 19:03 2:22:39 26 537,50 m 12: 16:38 2:39:17 28 950 m	Korta varvet (508 m) 13: 2:33 2:41:49 29 458 m 14: 2:22 2:44:12 29 966 m 15: 2:17 2:46:29 30 474 m 16: 2:23 2:48:52 30 982 m 17: 2:19 2:51:11 31 490 m 18: 2:27 2:53:38 31 998 m 19: 2:58 2:56:36 32 506 m 20: 2:43 2:59:19 33 014 m 21: 0:41 3:00:00 33 044,50 m
10	K: 3	161 Maria Pettersson -67 KUMLA	32 139 m 5:36 min/km	Långa varvet (2 412,50 m) 1: 12:35 12:35 2 412,50 m 2: 12:56 25:31 4 825 m 3: 13:05 38:36 7 237,50 m 4: 13:06 51:42 9 650 m 5: 13:12 1:04:55 12 062,50 m 6: 13:27 1:18:21 14 475 m 7: 13:36 1:31:58 16 887,50 m 8: 13:43 1:45:41 19 300 m 9: 13:40 1:59:21 21 712,50 m 10: 13:56 2:13:17 24 125 m 11: 14:11 2:27:28 26 537,50 m 12: 14:22 2:41:51 28 950 m	Korta varvet (508 m) 13: 2:52 2:44:42 29 458 m 14: 2:53 2:47:35 29 966 m 15: 2:53 2:50:28 30 474 m 16: 2:55 2:53:23 30 982 m 17: 2:53 2:56:16 31 490 m 18: 2:52 2:59:08 31 998 m 19: 0:52 3:00:00 32 139 m
11	K: 4	162 Riina De Silva -83 Örebro	31 559,50 m 5:42 min/km	Långa varvet (2 412,50 m) 1: 12:25 12:25 2 412,50 m 2: 12:17 24:42 4 825 m 3: 12:37 37:18 7 237,50 m 4: 12:25 49:43 9 650 m 5: 12:41 1:02:24 12 062,50 m 6: 13:05 1:15:29 14 475 m 7: 13:25 1:28:54 16 887,50 m 8: 13:42 1:42:36 19 300 m 9: 13:51 1:56:26 21 712,50 m 10: 14:23 2:10:50 24 125 m 11: 14:20 2:25:10 26 537,50 m 12: 16:36 2:41:46 28 950 m	Korta varvet (508 m) 13: 3:07 2:44:53 29 458 m 14: 3:22 2:48:15 29 966 m 15: 3:45 2:52:00 30 474 m 16: 3:28 2:55:28 30 982 m 17: 2:58 2:58:26 31 490 m 18: 1:34 3:00:00 31 559,50 m
12	M: 8	160 Tim Roelants -91 Brutal Running	31 099 m 5:47 min/km	Långa varvet (2 412,50 m) 1: 12:14 12:14 2 412,50 m 2: 12:45 25:00 4 825 m 3: 13:24 38:24 7 237,50 m 4: 13:09 51:32 9 650 m 5: 13:07 1:04:39 12 062,50 m 6: 13:07 1:17:46 14 475 m 7: 15:29 1:33:15 16 887,50 m 8: 15:25 1:48:40 19 300 m 9: 16:01 2:04:41 21 712,50 m 10: 14:41 2:19:22 24 125 m 11: 14:24 2:33:46 26 537,50 m	Korta varvet (508 m) 12: 2:51 2:36:38 27 045,50 m 13: 2:45 2:39:23 27 553,50 m 14: 3:10 2:42:33 28 061,50 m 15: 2:47 2:45:19 28 569,50 m 16: 3:28 2:48:47 29 077,50 m 17: 2:46 2:51:33 29 585,50 m 18: 2:42 2:54:15 30 093,50 m 19: 2:39 2:56:54 30 601,50 m 20: 3:06 3:00:00 31 099 m
13	M: 9	140 Ringolds Ozolins -64 Maratona Klubs Ventspils	31 084,50 m 5:47 min/km	Långa varvet (2 412,50 m) 1: 12:32 12:32 2 412,50 m 2: 12:30 25:02 4 825 m 3: 12:46 37:47 7 237,50 m 4: 12:35 50:22 9 650 m 5: 13:02 1:03:24 12 062,50 m 6: 13:06 1:16:30 14 475 m 7: 13:34 1:30:04 16 887,50 m 8: 13:52 1:43:57 19 300 m 9: 14:29 1:58:26 21 712,50 m 10: 14:35 2:13:01 24 125 m 11: 15:38 2:28:39 26 537,50 m 12: 18:16 2:46:55 28 950 m	Korta varvet (508 m) 13: 3:27 2:50:22 29 458 m 14: 3:03 2:53:25 29 966 m 15: 2:57 2:56:22 30 474 m 16: 2:59 2:59:21 30 982 m 17: 0:39 3:00:00 31 084,50 m
14	M: 10	151 Emil Waldenborg -94	31 071,50 m 5:47 min/km	Långa varvet (2 412,50 m) 1: 13:57 13:57 2 412,50 m 2: 13:50 27:47 4 825 m 3: 14:09 41:56 7 237,50 m 4: 14:01 55:57 9 650 m 5: 14:17 1:10:13 12 062,50 m 6: 13:58 1:24:11 14 475 m 7: 14:02 1:38:13 16 887,50 m 8: 13:55 1:52:08 19 300 m 9: 14:12 2:06:20 21 712,50 m 10: 14:04 2:20:24 24 125 m 11: 14:21 2:34:45 26 537,50 m 12: 14:45 2:49:29 28 950 m	Korta varvet (508 m) 13: 2:48 2:52:17 29 458 m 14: 2:08 2:54:25 29 966 m 15: 2:27 2:56:52 30 474 m 16: 2:17 2:59:09 30 982 m 17: 0:51 3:00:00 31 071,50 m

15	M: 11	106 Rihards Darzins -86 Almby IK	30 982 m 5:48 min/km	Långa varvet (2 412,50 m) 1: 12:13 12:13 2 412,50 m 2: 12:30 24:43 4 825 m 3: 12:58 37:41 7 237,50 m 4: 12:32 50:13 9 650 m 5: 13:38 1:03:51 12 062,50 m 6: 14:17 1:18:08 14 475 m 7: 14:42 1:32:50 16 887,50 m 8: 14:01 1:46:52 19 300 m 9: 14:58 2:01:50 21 712,50 m 10: 14:33 2:16:23 24 125 m 11: 16:33 2:32:55 26 537,50 m 12: 16:56 2:49:51 28 950 m	Korta varvet (508 m) 13: 2:35 2:52:26 29 458 m 14: 2:37 2:55:03 29 966 m 15: 2:50 2:57:54 30 474 m 16: 2:05 2:59:58 30 982 m 17: 0:02 3:00:00 30 982 m
16	K: 5	149 Evelinn Sten -86 Örebro	30 952,50 m 5:48 min/km	Långa varvet (2 412,50 m) 1: 12:11 12:11 2 412,50 m 2: 14:05 26:16 4 825 m 3: 15:12 41:28 7 237,50 m 4: 14:35 56:03 9 650 m 5: 15:11 1:11:14 12 062,50 m 6: 15:28 1:26:42 14 475 m 7: 15:11 1:41:53 16 887,50 m 8: 14:24 1:56:18 19 300 m 9: 14:13 2:10:30 21 712,50 m 10: 13:22 2:23:52 24 125 m 11: 13:20 2:37:12 26 537,50 m	Korta varvet (508 m) 12: 2:47 2:39:58 27 045,50 m 13: 2:37 2:42:35 27 553,50 m 14: 2:38 2:45:13 28 061,50 m 15: 2:31 2:47:43 28 569,50 m 16: 2:35 2:50:18 29 077,50 m 17: 2:36 2:52:53 29 585,50 m 18: 2:38 2:55:32 30 093,50 m 19: 2:38 2:58:10 30 601,50 m 20: 1:50 3:00:00 30 952,50 m
17	K: 6	110 Linnea Ekblad -82 Mikkeller Running Club	30 896 m 5:49 min/km	Långa varvet (2 412,50 m) 1: 13:58 13:58 2 412,50 m 2: 13:56 27:54 4 825 m 3: 14:06 42:00 7 237,50 m 4: 14:01 56:01 9 650 m 5: 14:12 1:10:13 12 062,50 m 6: 13:59 1:24:12 14 475 m 7: 14:01 1:38:14 16 887,50 m 8: 13:55 1:52:09 19 300 m 9: 14:12 2:06:21 21 712,50 m 10: 14:13 2:20:33 24 125 m 11: 14:15 2:34:48 26 537,50 m 12: 14:16 2:49:04 28 950 m	Korta varvet (508 m) 13: 2:55 2:51:58 29 458 m 14: 2:56 2:54:54 29 966 m 15: 2:52 2:57:46 30 474 m 16: 2:14 3:00:00 30 896 m
18	M: 12	120 Per Högberg -67	30 609 m 5:52 min/km	Långa varvet (2 412,50 m) 1: 13:09 13:09 2 412,50 m 2: 13:11 26:20 4 825 m 3: 13:16 39:36 7 237,50 m 4: 13:21 52:57 9 650 m 5: 13:21 1:06:18 12 062,50 m 6: 13:47 1:20:06 14 475 m 7: 13:39 1:33:44 16 887,50 m 8: 13:59 1:47:44 19 300 m 9: 13:58 2:01:41 21 712,50 m 10: 14:56 2:16:37 24 125 m 11: 16:16 2:32:53 26 537,50 m	Korta varvet (508 m) 12: 3:47 2:36:40 27 045,50 m 13: 3:13 2:39:53 27 553,50 m 14: 3:18 2:43:11 28 061,50 m 15: 3:10 2:46:21 28 569,50 m 16: 3:17 2:49:38 29 077,50 m 17: 3:38 2:53:16 29 585,50 m 18: 3:48 2:57:04 30 093,50 m 19: 2:45 2:59:49 30 601,50 m 20: 0:11 3:00:00 30 609 m
19	M: 13	150 Philip Svensson -94	30 479,50 m 5:54 min/km	Långa varvet (2 412,50 m) 1: 13:57 13:57 2 412,50 m 2: 13:50 27:47 4 825 m 3: 14:09 41:56 7 237,50 m 4: 14:01 55:57 9 650 m 5: 14:16 1:10:13 12 062,50 m 6: 13:58 1:24:11 14 475 m 7: 14:02 1:38:13 16 887,50 m 8: 13:55 1:52:09 19 300 m 9: 14:11 2:06:20 21 712,50 m 10: 14:04 2:20:24 24 125 m 11: 14:21 2:34:45 26 537,50 m 12: 14:45 2:49:30 28 950 m	Korta varvet (508 m) 13: 4:13 2:53:43 29 458 m 14: 3:09 2:56:52 29 966 m 15: 3:06 2:59:58 30 474 m 16: 0:02 3:00:00 30 479,50 m
20	M: 14	112 Jimmy Glinnerås -71 Örebro AIK	30 382,50 m 5:55 min/km	Långa varvet (2 412,50 m) 1: 14:04 14:04 2 412,50 m 2: 14:24 28:28 4 825 m 3: 13:42 42:10 7 237,50 m 4: 13:18 55:28 9 650 m 5: 13:13 1:08:41 12 062,50 m 6: 13:29 1:22:11 14 475 m 7: 14:04 1:36:15 16 887,50 m 8: 14:02 1:50:17 19 300 m 9: 14:06 2:04:23 21 712,50 m 10: 14:36 2:18:59 24 125 m 11: 15:17 2:34:16 26 537,50 m	Korta varvet (508 m) 12: 4:51 2:39:07 27 045,50 m 13: 3:12 2:42:18 27 553,50 m 14: 2:49 2:45:07 28 061,50 m 15: 3:01 2:48:08 28 569,50 m 16: 3:31 2:51:39 29 077,50 m 17: 3:04 2:54:43 29 585,50 m 18: 3:43 2:58:25 30 093,50 m 19: 1:35 3:00:00 30 382,50 m
21	M: 15	129 Niklas Löwdahl -84	30 325,50 m 5:56 min/km	Långa varvet (2 412,50 m) 1: 13:00 13:00 2 412,50 m 2: 13:06 26:06 4 825 m 3: 13:27 39:33 7 237,50 m 4: 13:10 52:43 9 650 m 5: 13:27 1:06:10 12 062,50 m 6: 13:54 1:20:04 14 475 m 7: 13:57 1:34:01 16 887,50 m 8: 14:27 1:48:28 19 300 m 9: 14:44 2:03:12 21 712,50 m 10: 15:53 2:19:05 24 125 m 11: 16:09 2:35:14 26 537,50 m 12: 15:48 2:51:02 28 950 m	Korta varvet (508 m) 13: 3:27 2:54:29 29 458 m 14: 3:08 2:57:36 29 966 m 15: 2:24 3:00:00 30 325,50 m

22	K: 7	157 Christina Larsson -80 Örebro	30 236,50 m 5:57 min/km	Långa varvet (2 412,50 m) 1: 16:03 16:03 2 412,50 m 2: 13:46 29:50 4 825 m 3: 13:46 43:35 7 237,50 m 4: 14:03 57:38 9 650 m 5: 14:06 1:11:44 12 062,50 m 6: 14:24 1:26:08 14 475 m 7: 14:34 1:40:42 16 887,50 m 8: 15:36 1:56:18 19 300 m 9: 14:14 2:10:31 21 712,50 m 10: 13:48 2:24:19 24 125 m 11: 14:08 2:38:27 26 537,50 m	Korta varvet (508 m) 12: 3:02 2:41:29 27 045,50 m 13: 2:52 2:44:22 27 553,50 m 14: 2:54 2:47:15 28 061,50 m 15: 2:53 2:50:08 28 569,50 m 16: 2:51 2:52:59 29 077,50 m 17: 2:52 2:55:51 29 585,50 m 18: 2:49 2:58:40 30 093,50 m 19: 1:20 3:00:00 30 236,50 m
23	K: 8	152 Linda Widestrand -96 Örebro	29 202 m 6:09 min/km	Långa varvet (2 412,50 m) 1: 12:49 12:49 2 412,50 m 2: 13:20 26:09 4 825 m 3: 13:37 39:46 7 237,50 m 4: 14:02 53:48 9 650 m 5: 14:09 1:07:57 12 062,50 m 6: 14:26 1:22:23 14 475 m 7: 14:53 1:37:16 16 887,50 m 8: 15:08 1:52:25 19 300 m 9: 15:22 2:07:46 21 712,50 m 10: 16:39 2:24:25 24 125 m 11: 17:11 2:41:36 26 537,50 m	Korta varvet (508 m) 12: 3:32 2:45:08 27 045,50 m 13: 3:25 2:48:33 27 553,50 m 14: 3:40 2:52:12 28 061,50 m 15: 3:27 2:55:39 28 569,50 m 16: 3:20 2:59:00 29 077,50 m 17: 1:00 3:00:00 29 202 m
24	K: 9	109 Jenny-Ann Ehrling -80 Örebro AIK	28 523 m 6:18 min/km	Långa varvet (2 412,50 m) 1: 14:05 14:05 2 412,50 m 2: 14:19 28:24 4 825 m 3: 14:49 43:13 7 237,50 m 4: 14:34 57:48 9 650 m 5: 14:51 1:12:39 12 062,50 m 6: 14:44 1:27:23 14 475 m 7: 15:00 1:42:22 16 887,50 m 8: 14:33 1:56:55 19 300 m 9: 15:32 2:12:27 21 712,50 m 10: 20:01 2:32:28 24 125 m	Korta varvet (508 m) 11: 4:29 2:36:57 24 633 m 12: 2:58 2:39:55 25 141 m 13: 3:00 2:42:55 25 649 m 14: 3:14 2:46:09 26 157 m 15: 2:59 2:49:08 26 665 m 16: 3:02 2:52:10 27 173 m 17: 3:02 2:55:12 27 681 m 18: 2:57 2:58:09 28 189 m 19: 1:51 3:00:00 28 523 m
25	K: 10	159 Thalia Vandendriessche -92 FM team	28 266 m 6:22 min/km	Långa varvet (2 412,50 m) 1: 15:08 15:08 2 412,50 m 2: 15:12 30:20 4 825 m 3: 15:15 45:35 7 237,50 m 4: 15:14 1:00:50 9 650 m 5: 14:40 1:15:29 12 062,50 m 6: 14:58 1:30:28 14 475 m 7: 15:05 1:45:33 16 887,50 m 8: 15:29 2:01:02 19 300 m 9: 14:52 2:15:54 21 712,50 m 10: 16:03 2:31:56 24 125 m	Korta varvet (508 m) 11: 3:51 2:35:48 24 633 m 12: 3:19 2:39:07 25 141 m 13: 3:41 2:42:48 25 649 m 14: 3:16 2:46:03 26 157 m 15: 3:20 2:49:23 26 665 m 16: 3:40 2:53:04 27 173 m 17: 3:20 2:56:23 27 681 m 18: 3:09 2:59:33 28 189 m 19: 0:27 3:00:00 28 266 m
26	K: 11	139 Sintija Ozolina -91 Ventspils Maratons klubs	28 072,50 m 6:24 min/km	Långa varvet (2 412,50 m) 1: 13:58 13:58 2 412,50 m 2: 13:43 27:42 4 825 m 3: 14:30 42:11 7 237,50 m 4: 13:59 56:10 9 650 m 5: 14:30 1:10:40 12 062,50 m 6: 14:17 1:24:57 14 475 m 7: 17:39 1:42:37 16 887,50 m 8: 18:45 2:01:22 19 300 m 9: 17:30 2:18:52 21 712,50 m 10: 16:32 2:35:23 24 125 m 11: 15:36 2:50:59 26 537,50 m	Korta varvet (508 m) 12: 2:56 2:53:55 27 045,50 m 13: 3:02 2:56:57 27 553,50 m 14: 2:58 2:59:55 28 061,50 m 15: 0:05 3:00:00 28 072,50 m
27	M: 16	118 Andreas Herlinger -89	26 453,50 m 6:48 min/km	Långa varvet (2 412,50 m) 1: 14:29 14:29 2 412,50 m 2: 14:21 28:50 4 825 m 3: 14:36 43:25 7 237,50 m 4: 15:30 58:55 9 650 m 5: 16:02 1:14:57 12 062,50 m 6: 16:49 1:31:46 14 475 m 7: 16:34 1:48:20 16 887,50 m 8: 17:43 2:06:03 19 300 m 9: 18:38 2:24:41 21 712,50 m 10: 18:16 2:42:57 24 125 m	Korta varvet (508 m) 11: 3:23 2:46:20 24 633 m 12: 3:57 2:50:17 25 141 m 13: 3:54 2:54:10 25 649 m 14: 3:59 2:58:10 26 157 m 15: 1:50 3:00:00 26 453,50 m
28	K: 12	132 Lina Nyholm -81	26 246,50 m 6:51 min/km	Långa varvet (2 412,50 m) 1: 15:23 15:23 2 412,50 m 2: 15:47 31:10 4 825 m 3: 16:12 47:22 7 237,50 m 4: 16:18 1:03:40 9 650 m 5: 15:48 1:19:28 12 062,50 m 6: 16:01 1:35:29 14 475 m 7: 16:13 1:51:43 16 887,50 m 8: 15:51 2:07:33 19 300 m 9: 17:17 2:24:50 21 712,50 m 10: 19:37 2:44:28 24 125 m	Korta varvet (508 m) 11: 3:26 2:47:54 24 633 m 12: 4:14 2:52:08 25 141 m 13: 3:53 2:56:00 25 649 m 14: 3:24 2:59:24 26 157 m 15: 0:36 3:00:00 26 246,50 m
29	M: 17	122 Johannes Johansson -90 Örebro	26 209,50 m 6:52 min/km	Långa varvet (2 412,50 m) 1: 12:58 12:58 2 412,50 m 2: 13:07 26:05 4 825 m 3: 13:26 39:31 7 237,50 m 4: 13:24 52:55 9 650 m 5: 14:02 1:06:57 12 062,50 m 6: 14:09 1:21:06 14 475 m 7: 16:08 1:37:14 16 887,50 m 8: 19:56 1:57:10 19 300 m 9: 22:21 2:19:31 21 712,50 m 10: 21:45 2:41:16 24 125 m	Korta varvet (508 m) 11: 4:07 2:45:23 24 633 m 12: 4:34 2:49:57 25 141 m 13: 4:46 2:54:43 25 649 m 14: 4:41 2:59:24 26 157 m 15: 0:36 3:00:00 26 209,50 m

30	K: 13	103 Helen Björklund -80 Fjugesta IF	26 098 m 6:53 min/km	Långa varvet (2 412,50 m) 1: 15:06 15:06 2 412,50 m 2: 15:09 30:15 4 825 m 3: 16:25 46:40 7 237,50 m 4: 15:58 1:02:38 9 650 m 5: 16:41 1:19:19 12 062,50 m 6: 16:03 1:35:23 14 475 m 7: 16:57 1:52:19 16 887,50 m 8: 16:52 2:09:11 19 300 m 9: 17:59 2:27:10 21 712,50 m 10: 17:59 2:45:09 24 125 m	Korta varvet (508 m) 11: 3:46 2:48:55 24 633 m 12: 3:51 2:52:46 25 141 m 13: 3:45 2:56:31 25 649 m 14: 3:29 3:00:00 26 098 m
31	K: 14	125 Camilla Karlsson -85 Vretstorp	25 870 m 6:57 min/km	Långa varvet (2 412,50 m) 1: 16:08 16:08 2 412,50 m 2: 16:03 32:10 4 825 m 3: 15:31 47:42 7 237,50 m 4: 15:12 1:02:54 9 650 m 5: 15:59 1:18:53 12 062,50 m 6: 17:28 1:36:21 14 475 m 7: 18:46 1:55:07 16 887,50 m 8: 17:19 2:12:26 19 300 m 9: 17:31 2:29:57 21 712,50 m 10: 17:54 2:47:51 24 125 m	Korta varvet (508 m) 11: 3:30 2:51:21 24 633 m 12: 3:47 2:55:08 25 141 m 13: 3:17 2:58:25 25 649 m 14: 1:35 3:00:00 25 870 m
32	M: 18	155 Jakob Öhrström -63 Karlskoga	25 570 m 7:02 min/km	Långa varvet (2 412,50 m) 1: 14:56 14:56 2 412,50 m 2: 14:35 29:31 4 825 m 3: 14:54 44:25 7 237,50 m 4: 15:12 59:36 9 650 m 5: 16:51 1:16:28 12 062,50 m 6: 16:21 1:32:48 14 475 m 7: 17:34 1:50:22 16 887,50 m 8: 20:03 2:10:25 19 300 m 9: 21:13 2:31:39 21 712,50 m	Korta varvet (508 m) 10: 4:29 2:36:08 22 220,50 m 11: 3:15 2:39:23 22 728,50 m 12: 3:14 2:42:37 23 236,50 m 13: 4:51 2:47:28 23 744,50 m 14: 4:03 2:51:31 24 252,50 m 15: 3:22 2:54:53 24 760,50 m 16: 3:14 2:58:07 25 268,50 m 17: 1:53 3:00:00 25 570 m
33	M: 19	121 Fredrik Johansson -89 Örebro	25 556 m 7:02 min/km	Långa varvet (2 412,50 m) 1: 14:28 14:28 2 412,50 m 2: 14:26 28:55 4 825 m 3: 15:11 44:06 7 237,50 m 4: 15:33 59:39 9 650 m 5: 15:56 1:15:35 12 062,50 m 6: 21:30 1:37:05 14 475 m 7: 16:01 1:53:05 16 887,50 m 8: 16:16 2:09:22 19 300 m 9: 21:56 2:31:17 21 712,50 m	Korta varvet (508 m) 10: 3:56 2:35:13 22 220,50 m 11: 3:32 2:38:45 22 728,50 m 12: 4:06 2:42:51 23 236,50 m 13: 3:57 2:46:48 23 744,50 m 14: 3:43 2:50:31 24 252,50 m 15: 3:50 2:54:21 24 760,50 m 16: 3:45 2:58:06 25 268,50 m 17: 1:54 3:00:00 25 556 m
34	M: 20	126 Stefan Karlsson -74 Mikkeller running club	25 262 m 7:07 min/km	Långa varvet (2 412,50 m) 1: 14:03 14:03 2 412,50 m 2: 14:28 28:31 4 825 m 3: 14:42 43:13 7 237,50 m 4: 15:17 58:30 9 650 m 5: 16:09 1:14:39 12 062,50 m 6: 17:24 1:32:03 14 475 m 7: 19:01 1:51:04 16 887,50 m 8: 17:45 2:08:49 19 300 m 9: 19:39 2:28:28 21 712,50 m 10: 20:33 2:49:01 24 125 m	Korta varvet (508 m) 11: 4:23 2:53:24 24 633 m 12: 4:29 2:57:53 25 141 m 13: 2:07 3:00:00 25 262 m
35	K: 15	104 Sara Blomberg -71 Brohyttans IF	24 860,50 m 7:14 min/km	Långa varvet (2 412,50 m) 1: 16:09 16:09 2 412,50 m 2: 16:10 32:19 4 825 m 3: 16:23 48:41 7 237,50 m 4: 16:14 1:04:56 9 650 m 5: 17:25 1:22:21 12 062,50 m 6: 17:00 1:39:20 14 475 m 7: 17:46 1:57:06 16 887,50 m 8: 18:24 2:15:30 19 300 m 9: 19:33 2:35:03 21 712,50 m	Korta varvet (508 m) 10: 5:07 2:40:10 22 220,50 m 11: 3:37 2:43:46 22 728,50 m 12: 5:14 2:49:00 23 236,50 m 13: 3:30 2:52:30 23 744,50 m 14: 3:25 2:55:55 24 252,50 m 15: 3:28 2:59:23 24 760,50 m 16: 0:37 3:00:00 24 860,50 m
36	K: 16	158 Marie Hollertz -81 Örebro	24 359 m 7:23 min/km	Långa varvet (2 412,50 m) 1: 16:04 16:04 2 412,50 m 2: 16:54 32:59 4 825 m 3: 16:13 49:12 7 237,50 m 4: 16:21 1:05:33 9 650 m 5: 17:52 1:23:25 12 062,50 m 6: 17:09 1:40:34 14 475 m 7: 18:44 1:59:18 16 887,50 m 8: 18:07 2:17:25 19 300 m 9: 19:55 2:37:20 21 712,50 m	Korta varvet (508 m) 10: 4:23 2:41:43 22 220,50 m 11: 4:21 2:46:04 22 728,50 m 12: 5:04 2:51:09 23 236,50 m 13: 3:43 2:54:52 23 744,50 m 14: 4:26 2:59:17 24 252,50 m 15: 0:43 3:00:00 24 359 m
37	M: 21	123 Kent Johansson -68 Östansjö sk	24 125 m 7:27 min/km	Långa varvet (2 412,50 m) 1: 14:55 14:55 2 412,50 m 2: 14:47 29:42 4 825 m 3: 15:03 44:46 7 237,50 m 4: 14:53 59:38 9 650 m 5: 15:12 1:14:51 12 062,50 m 6: 15:03 1:29:54 14 475 m 7: 15:18 1:45:12 16 887,50 m 8: 15:11 2:00:23 19 300 m 9: 16:06 2:16:28 21 712,50 m 10: 16:31 2:32:59 24 125 m 11: 27:01 3:00:00 24 125 m	Korta varvet (508 m)

38	M: 22	156 Peter Ferm -67 Hampetorp Young boys	23 607 m 7:37 min/km	Långa varvet (2 412,50 m) 1: 15:22 15:22 2 412,50 m 2: 14:59 30:21 4 825 m 3: 15:05 45:26 7 237,50 m 4: 15:20 1:00:47 9 650 m 5: 17:41 1:18:28 12 062,50 m 6: 17:20 1:35:48 14 475 m 7: 21:06 1:56:54 16 887,50 m 8: 17:56 2:14:50 19 300 m 9: 23:59 2:38:48 21 712,50 m	Korta varvet (508 m) 10: 5:55 2:44:43 22 220,50 m 11: 6:45 2:51:28 22 728,50 m 12: 4:55 2:56:24 23 236,50 m 13: 3:36 3:00:00 23 607 m
39	K: 17	114 Anna-Lena Granath -68 Finspång	22 455,50 m 8:00 min/km	Långa varvet (2 412,50 m) 1: 14:41 14:41 2 412,50 m 2: 16:29 31:10 4 825 m 3: 17:05 48:16 7 237,50 m 4: 17:49 1:06:05 9 650 m 5: 19:27 1:25:32 12 062,50 m 6: 21:08 1:46:39 14 475 m 7: 22:19 2:08:58 16 887,50 m 8: 22:23 2:31:21 19 300 m	Korta varvet (508 m) 9: 4:18 2:35:39 19 808 m 10: 4:31 2:40:10 20 316 m 11: 4:22 2:44:32 20 824 m 12: 4:27 2:49:00 21 332 m 13: 4:24 2:53:23 21 840 m 14: 4:58 2:58:21 22 348 m 15: 1:39 3:00:00 22 455,50 m
40	M: 23	143 Linus Rosén -75	22 360 m 8:03 min/km	Långa varvet (2 412,50 m) 1: 15:59 15:59 2 412,50 m 2: 18:11 34:10 4 825 m 3: 20:01 54:11 7 237,50 m 4: 21:17 1:15:27 9 650 m 5: 19:13 1:34:40 12 062,50 m 6: 19:07 1:53:47 14 475 m 7: 20:37 2:14:24 16 887,50 m 8: 18:54 2:33:17 19 300 m	Korta varvet (508 m) 9: 4:30 2:37:48 19 808 m 10: 4:15 2:42:03 20 316 m 11: 4:09 2:46:12 20 824 m 12: 5:32 2:51:44 21 332 m 13: 4:15 2:55:59 21 840 m 14: 3:34 2:59:32 22 348 m 15: 0:28 3:00:00 22 360 m
41	K: 18	131 Christin Nordberg -63 Örebro	22 033 m 8:10 min/km	Långa varvet (2 412,50 m) 1: 17:21 17:21 2 412,50 m 2: 17:42 35:03 4 825 m 3: 20:08 55:11 7 237,50 m 4: 18:50 1:14:01 9 650 m 5: 19:10 1:33:11 12 062,50 m 6: 18:52 1:52:03 14 475 m 7: 23:32 2:15:36 16 887,50 m 8: 20:36 2:36:11 19 300 m	Korta varvet (508 m) 9: 5:13 2:41:24 19 808 m 10: 4:02 2:45:27 20 316 m 11: 3:55 2:49:22 20 824 m 12: 5:12 2:54:34 21 332 m 13: 3:49 2:58:23 21 840 m 14: 1:37 3:00:00 22 033 m
42	K: 19	124 Isabell Kangro -92 Örebro	21 790 m 8:15 min/km	Långa varvet (2 412,50 m) 1: 15:38 15:38 2 412,50 m 2: 18:15 33:53 4 825 m 3: 18:49 52:42 7 237,50 m 4: 21:05 1:13:47 9 650 m 5: 23:08 1:36:56 12 062,50 m 6: 21:22 1:58:17 14 475 m 7: 21:36 2:19:53 16 887,50 m 8: 20:10 2:40:03 19 300 m	Korta varvet (508 m) 9: 4:15 2:44:18 19 808 m 10: 4:47 2:49:05 20 316 m 11: 4:19 2:53:24 20 824 m 12: 3:23 2:56:47 21 332 m 13: 3:13 3:00:00 21 790 m
43	K: 20	130 Marie Magnusson -82 Berber IS	21 332 m 8:26 min/km	Långa varvet (2 412,50 m) 1: 17:04 17:04 2 412,50 m 2: 19:56 37:01 4 825 m 3: 19:49 56:50 7 237,50 m 4: 21:25 1:18:14 9 650 m 5: 20:38 1:38:52 12 062,50 m 6: 20:21 1:59:13 14 475 m 7: 21:28 2:20:41 16 887,50 m 8: 22:23 2:43:04 19 300 m	Korta varvet (508 m) 9: 3:45 2:46:49 19 808 m 10: 3:23 2:50:12 20 316 m 11: 3:51 2:54:03 20 824 m 12: 3:48 2:57:51 21 332 m 13: 2:09 3:00:00 21 332 m
44	K: 21	101 Frida Andersson -95 Örebro	19 808 m 9:05 min/km	Långa varvet (2 412,50 m) 1: 17:04 17:04 2 412,50 m 2: 19:56 37:01 4 825 m 3: 19:50 56:50 7 237,50 m 4: 21:24 1:18:14 9 650 m 5: 20:38 1:38:53 12 062,50 m 6: 20:20 1:59:13 14 475 m 7: 21:29 2:20:42 16 887,50 m 8: 22:23 2:43:05 19 300 m	Korta varvet (508 m) 9: 3:44 2:46:49 19 808 m 10: 13:11 3:00:00 19 808 m
45	K: 22	107 Carina Drugge -81	19 327 m 9:18 min/km	Långa varvet (2 412,50 m) 1: 17:25 17:25 2 412,50 m 2: 18:17 35:42 4 825 m 3: 20:51 56:33 7 237,50 m 4: 24:41 1:21:13 9 650 m 5: 21:33 1:42:46 12 062,50 m 6: 30:02 2:12:48 14 475 m 7: 25:18 2:38:06 16 887,50 m	Korta varvet (508 m) 8: 3:41 2:41:47 17 395,50 m 9: 3:42 2:45:29 17 903,50 m 10: 3:47 2:49:16 18 411,50 m 11: 6:05 2:55:21 18 919,50 m 12: 4:39 3:00:00 19 327 m
46	K: 23	117 Sandra Hellstenius -90 Mikkeller running club	18 532,50 m 9:42 min/km	Långa varvet (2 412,50 m) 1: 19:31 19:31 2 412,50 m 2: 21:29 41:00 4 825 m 3: 21:58 1:02:58 7 237,50 m 4: 22:29 1:25:27 9 650 m 5: 23:50 1:49:16 12 062,50 m 6: 24:50 2:14:06 14 475 m 7: 26:36 2:40:42 16 887,50 m	Korta varvet (508 m) 8: 6:17 2:46:58 17 395,50 m 9: 5:24 2:52:22 17 903,50 m 10: 5:51 2:58:13 18 411,50 m 11: 1:47 3:00:00 18 532,50 m
47	K: 24	145 Alice Saxvold -02 Katrineholm	17 751,50 m 10:08 min/km	Långa varvet (2 412,50 m) 1: 21:47 21:47 2 412,50 m 2: 22:47 44:34 4 825 m 3: 23:32 1:08:06 7 237,50 m 4: 25:16 1:33:21 9 650 m 5: 25:14 1:58:35 12 062,50 m 6: 25:01 2:23:36 14 475 m 7: 26:57 2:50:33 16 887,50 m	Korta varvet (508 m) 8: 5:21 2:55:55 17 395,50 m 9: 4:05 3:00:00 17 751,50 m

48	K: 25	146 Susanne Saxvold -75 Katrineholm	17 750,50 m 10:08 min/km	Långa varvet (2 412,50 m) 1: 21:48 21:48 2 412,50 m 2: 22:47 44:35 4 825 m 3: 23:32 1:08:07 7 237,50 m 4: 25:15 1:33:22 9 650 m 5: 25:15 1:58:36 12 062,50 m 6: 25:01 2:23:37 14 475 m 7: 26:57 2:50:34 16 887,50 m	Korta varvet (508 m) 8: 5:22 2:55:56 17 395,50 m 9: 4:04 3:00:00 17 750,50 m
49	K: 26	154 Sarah Wirsén -86 Team Nordic Trail	16 887,50 m 10:39 min/km	Långa varvet (2 412,50 m) 1: 17:23 17:23 2 412,50 m 2: 16:39 34:03 4 825 m 3: 16:19 50:22 7 237,50 m 4: 16:26 1:06:48 9 650 m 5: 19:49 1:26:37 12 062,50 m 6: 17:55 1:44:32 14 475 m 7: 26:45 2:11:17 16 887,50 m 8: 48:43 3:00:00 16 887,50 m	Korta varvet (508 m)
50	K: 27	133 Agneta Nylen -67 Degerfors Ok	16 013 m 11:14 min/km	Långa varvet (2 412,50 m) 1: 22:42 22:42 2 412,50 m 2: 23:56 46:38 4 825 m 3: 25:30 1:12:08 7 237,50 m 4: 26:03 1:38:11 9 650 m 5: 26:59 2:05:10 12 062,50 m 6: 29:00 2:34:10 14 475 m	Korta varvet (508 m) 7: 6:42 2:40:52 14 983 m 8: 5:12 2:46:04 15 491 m 9: 5:19 2:51:23 15 999 m 10: 8:37 3:00:00 16 013 m
51	M: 24	115 Björn Haraldsson -55 Hampetorp young boys	14 475 m 12:26 min/km	Långa varvet (2 412,50 m) 1: 19:08 19:08 2 412,50 m 2: 22:09 41:18 4 825 m 3: 24:02 1:05:20 7 237,50 m 4: 26:30 1:31:50 9 650 m 5: 30:39 2:02:29 12 062,50 m 6: 33:57 2:36:26 14 475 m 7: 23:34 3:00:00 14 475 m	Korta varvet (508 m)
52	K: 28	134 Susanne Nyman -64 Östansjö SK	12 062,50 m 14:55 min/km	Långa varvet (2 412,50 m) 1: 15:23 15:23 2 412,50 m 2: 15:44 31:07 4 825 m 3: 16:44 47:51 7 237,50 m 4: 18:43 1:06:33 9 650 m 5: 18:17 1:24:50 12 062,50 m 6: 1:35:10 3:00:00 12 062,50 m	Korta varvet (508 m)
		105 Sara Borggren -95	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		108 Emil Drugge -79 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		119 Rodney Hundermark -69 Gyttorp	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		127 Stefan Karlsson -88 Falun	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		128 Jörgen Lindh -70 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		135 Erik Oskarsson -96 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		136 Eva Oskarsson -63 KRISTINEHAMN	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		137 Frida Oskarsson -98 Karlstad	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		138 Sofia Oskarsson -93 Karlstad	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		147 Johan Sjöman -70 Fjugesta IF	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		148 Robin Sjösvärd -92 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)
		153 Kristian Winge -68 Örebro	0 m	Långa varvet (2 412,50 m)	Korta varvet (508 m)

M 3 timmar

Plac	Namn	Resultat
1	163 Andreas Ingberg -82 Örebro AIK	03:00:00 3:58 min/km
2	164 Jesper Ström -91 Kumla SF	03:00:00 4:57 min/km
3	141 Andreas Pantzar -78 Örebro	03:00:00 4:59 min/km
4	111 Jonas Fritzson -68 Karlskoga friidrott	03:00:00 5:13 min/km
5	116 Johan Hedqvist -88 Mikkeller Running Club	3:00:00 5:18 min/km
6	113 Adrian Granath -95 Finspång	03:00:00 5:23 min/km
7	144 Mikael Sandberg -75 Örebro AIK	03:00:00 5:26 min/km
8	160 Tim Roelants -91 Brutal Running	03:00:00 5:47 min/km

9	140 Ringolds Ozolins -64 Maratona Klubs Ventspils	03:00:00 5:47 min/km
10	151 Emil Waldenborg -94	03:00:00 5:47 min/km
11	106 Rihards Darzins -86 Almby IK	03:00:00 5:48 min/km
12	120 Per Högberg -67	03:00:00 5:52 min/km
13	150 Philip Svensson -94	03:00:00 5:54 min/km
14	112 Jimmy Glinnerås -71 Örebro AIK	03:00:00 5:55 min/km
15	129 Niklas Löwdahl -84	03:00:00 5:56 min/km
16	118 Andreas Herlinger -89	03:00:00 6:48 min/km
17	122 Johannes Johansson -90 Örebro	03:00:00 6:52 min/km
18	155 Jakob Öhrström -63 Karlskoga	03:00:00 7:02 min/km
19	121 Fredrik Johansson -89 Örebro	03:00:00 7:02 min/km
20	126 Stefan Karlsson -74 Mikkeller running club	03:00:00 7:07 min/km
21	123 Kent Johansson -68 Östansjö sk	03:00:00 7:27 min/km
22	156 Peter Ferm -67 Hampetorp Young boys	03:00:00 7:37 min/km
23	143 Linus Rosén -75	03:00:00 8:03 min/km
24	115 Björn Haraldsson -55 Hampetorp young boys	03:00:00 12:26 min/km

K 3 timmar

Plac	Namn	Resultat
1	102 Camilla Bergdahl -69 Karlskoga Friidrott	03:00:00 5:01 min/km
2	142 Anna Pettersson -70 IF Start	03:00:00 5:26 min/km
3	161 Maria Pettersson -67 KUMLA	03:00:00 5:36 min/km
4	162 Riina De Silva -83 Örebro	03:00:00 5:42 min/km
5	149 Evelinn Sten -86 Örebro	03:00:00 5:48 min/km
6	110 Linnea Ekblad -82 Mikkeller Running Club	03:00:00 5:49 min/km
7	157 Christina Larsson -80 Örebro	03:00:00 5:57 min/km
8	152 Linda Widestrand -96 Örebro	03:00:00 6:09 min/km
9	109 Jenny-Ann Ehrling -80 Örebro AIK	03:00:00 6:18 min/km
10	159 Thalia Vandendriessche -92 FM team	03:00:00 6:22 min/km
11	139 Sintija Ozolina -91 Ventspils Maratons klubs	03:00:00 6:24 min/km
12	132 Lina Nyholm -81	03:00:00 6:51 min/km
13	103 Helen Björklund -80 Fjugesta IF	03:00:00 6:53 min/km
14	125 Camilla Karlsson -85 Vretstorp	03:00:00 6:57 min/km
15	104 Sara Blomberg -71 Brohyttans IF	03:00:00 7:14 min/km
16	158 Marie Hollertz -81 Örebro	03:00:00 7:23 min/km
17	114 Anna-Lena Granath -68 Finspång	03:00:00 8:00 min/km
18	131 Christin Nordberg -63 Örebro	03:00:00 8:10 min/km
19	124 Isabell Kangro -92 Örebro	03:00:00 8:15 min/km
20	130 Marie Magnusson -82 Berber IS	03:00:00 8:26 min/km
21	101 Frida Andersson -95 Örebro	03:00:00 9:05 min/km

22	107 Carina Drugge -81	03:00:00 9:18 min/km
23	117 Sandra Hellstenius -90 Mikkeller running club	03:00:00 9:42 min/km
24	145 Alice Saxvold -02 Katrineholm	03:00:00 10:08 min/km
25	146 Susanne Saxvold -75 Katrineholm	03:00:00 10:08 min/km
26	154 Sarah Wirsén -86 Team Nordic Trail	03:00:00 10:39 min/km
27	133 Agneta Nylen -67 Degerfors Ok	03:00:00 11:14 min/km
28	134 Susanne Nyman -64 Östansjö SK	03:00:00 14:55 min/km