

# Södra Svealands Långa Terräng-DM Kvarntorp 2023-10-28 Resultat

| Klass         | Antal resultat |
|---------------|----------------|
| DM 10 km      | 71             |
| Öppen 10 km   | 2              |
| <b>Totalt</b> | <b>73</b>      |

|                                |    |
|--------------------------------|----|
| Lagresultat: Män               | 11 |
| Lagresultat: Män Veteraner     | 9  |
| Lagresultat: Kvinnor           | 2  |
| Lagresultat: Kvinnor Veteraner | 2  |

## DM 10 km DM för Södra Svealand

Distans: 10 000 m

| Plac | Ålder  | DM           | Namn  | Resultat                 | Mellantider           |                                      |                                      |                                   |
|------|--------|--------------|---|--------------------------|-----------------------|--------------------------------------|--------------------------------------|-----------------------------------|
| 1    | M35: 1 | 1<br>M35: 1  | 12 Filip Dahlgren -88<br>Hagaby GOLF Örebro DM        | 00:34:29<br>03:26 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:11:32<br>(00:11:33) | 3 (Varv 2)<br>00:11:30<br>(00:23:03) | 4 (Mål)<br>00:11:26<br>(00:34:29) |
| 2    | M: 1   | 2            | 42 David Lundström -92<br>Tisdagsklubben Örebro DM    | 00:36:05<br>03:36 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:11:47<br>(00:11:48) | 3 (Varv 2)<br>00:12:03<br>(00:23:51) | 4 (Mål)<br>00:12:13<br>(00:36:05) |
| 3    | M35: 2 | 3<br>M35: 2  | 46 Mattias Nätterlund -86<br>IF Start DM              | 00:36:59<br>03:41 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:12:14<br>(00:12:15) | 3 (Varv 2)<br>00:12:25<br>(00:24:40) | 4 (Mål)<br>00:12:19<br>(00:36:59) |
| 4    | M: 2   | 4            | 70 David Klasson -89<br>Åsbro Golf DM                 | 00:37:32<br>03:45 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:12:17<br>(00:12:18) | 3 (Varv 2)<br>00:12:36<br>(00:24:54) | 4 (Mål)<br>00:12:39<br>(00:37:32) |
| 5    | M: 3   | 5            | 21 Daniel Forsgren -91<br>OK Tisaren DM               | 00:37:57<br>03:47 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:12:30<br>(00:12:32) | 3 (Varv 2)<br>00:12:51<br>(00:25:23) | 4 (Mål)<br>00:12:34<br>(00:37:57) |
| 6    | M: 4   | 6            | 2 Hannes Andersson -92<br>Tisdagsklubben Örebro DM    | 00:38:08<br>03:48 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:12:24<br>(00:12:26) | 3 (Varv 2)<br>00:12:52<br>(00:25:18) | 4 (Mål)<br>00:12:50<br>(00:38:08) |
| 7    | M40: 1 | 7<br>M40: 1  | 52 Villem Raudsepp -80<br>Örebro AIK DM               | 00:38:28<br>03:50 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:12:46<br>(00:12:48) | 3 (Varv 2)<br>00:12:53<br>(00:25:41) | 4 (Mål)<br>00:12:47<br>(00:38:28) |
| 8    | M: 5   | 8            | 27 Oskar Hansson -97<br>Tisdagsklubben Örebro DM      | 00:39:25<br>03:56 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:12:39<br>(00:12:41) | 3 (Varv 2)<br>00:13:07<br>(00:25:48) | 4 (Mål)<br>00:13:38<br>(00:39:25) |
| 9    | M35: 3 | 9<br>M35: 3  | 31 Daniel Johansson -86<br>IF Start DM                | 00:40:04<br>04:00 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:13:02<br>(00:13:04) | 3 (Varv 2)<br>00:13:33<br>(00:26:37) | 4 (Mål)<br>00:13:27<br>(00:40:04) |
| 10   | M50: 1 | 10<br>M50: 1 | 29 Rodney Hundermark -69<br>IFK Nora DM               | 00:40:20<br>04:02 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:13:28<br>(00:13:30) | 3 (Varv 2)<br>00:13:29<br>(00:26:59) | 4 (Mål)<br>00:13:21<br>(00:40:20) |
| 11   | M22: 1 | 11<br>M22: 1 | 38 Oscar Lennell -07<br>Västerås FK DM                | 00:40:41<br>04:04 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:13:05<br>(00:13:06) | 3 (Varv 2)<br>00:13:47<br>(00:26:52) | 4 (Mål)<br>00:13:49<br>(00:40:41) |
| 12   | M40: 2 | 12<br>M40: 2 | 10 Linus Dahlberg -83<br>Tisdagsklubben Örebro DM     | 00:41:15<br>04:07 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:13:18<br>(00:13:21) | 3 (Varv 2)<br>00:14:00<br>(00:27:20) | 4 (Mål)<br>00:13:55<br>(00:41:15) |
| 13   | K40: 1 | 1<br>K40: 1  | 72 Julia Forslin -82<br>Västerås FK DM                | 00:42:39<br>04:15 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:09<br>(00:14:11) | 3 (Varv 2)<br>00:14:19<br>(00:28:30) | 4 (Mål)<br>00:14:09<br>(00:42:39) |
| 14   | M22: 2 | 13<br>M22: 2 | 64 Albin Wallgren -07<br>Åsbro Golf DM                | 00:42:53<br>04:17 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:14:21<br>(00:14:22) | 3 (Varv 2)<br>00:14:37<br>(00:28:59) | 4 (Mål)<br>00:13:54<br>(00:42:53) |
| 15   | M45: 1 | 14<br>M45: 1 | 15 Pär Englund -77<br>IF Start DM                     | 00:43:17<br>04:19 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:06<br>(00:14:08) | 3 (Varv 2)<br>00:14:26<br>(00:28:34) | 4 (Mål)<br>00:14:43<br>(00:43:17) |
| 16   | K55: 1 | 2<br>K55: 1  | 14 Marie Dasler -68<br>IF Start DM                    | 00:43:34<br>04:21 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:20<br>(00:14:22) | 3 (Varv 2)<br>00:14:36<br>(00:28:59) | 4 (Mål)<br>00:14:36<br>(00:43:34) |
| 17   | M45: 2 | 15<br>M45: 2 | 22 Conrad Granath -78<br>IF Start DM                  | 00:43:49<br>04:22 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:13:57<br>(00:13:59) | 3 (Varv 2)<br>00:14:53<br>(00:28:52) | 4 (Mål)<br>00:14:57<br>(00:43:49) |
| 18   | K50: 1 | 3<br>K50: 1  | 25 Petra Hanaeus -72<br>IF Start DM                   | 00:43:49<br>04:22 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:28<br>(00:14:30) | 3 (Varv 2)<br>00:14:42<br>(00:29:13) | 4 (Mål)<br>00:14:37<br>(00:43:49) |
| 19   | M35: 4 | 16<br>M35: 4 | 66 Jonas Brännmyr -86<br>Föreningen Nature Running DM | 00:43:57<br>04:23 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:31<br>(00:14:34) | 3 (Varv 2)<br>00:15:00<br>(00:29:33) | 4 (Mål)<br>00:14:24<br>(00:43:57) |
| 20   | M55: 1 | 17<br>M55: 1 | 28 Fredrik Hartman -68<br>Örebro AIK DM               | 00:44:14<br>04:25 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:31<br>(00:14:33) | 3 (Varv 2)<br>00:14:50<br>(00:29:23) | 4 (Mål)<br>00:14:51<br>(00:44:14) |

|    |        |              |   |                          |                       |                                      |                                      |                                   |
|----|--------|--------------|---|--------------------------|-----------------------|--------------------------------------|--------------------------------------|-----------------------------------|
| 21 | M50: 2 | 18<br>M50: 2 | 11 Magnus Dahlberg -71<br>Västerås FK DM          | 00:44:39<br>04:27 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:46<br>(00:14:48) | 3 (Varv 2)<br>00:14:57<br>(00:29:45) | 4 (Mål)<br>00:14:54<br>(00:44:39) |
| 22 | M22: 3 | 19<br>M22: 3 | 19 Julius Forsell -06<br>Hällefors LK DM          | 00:44:46<br>04:28 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:14:15<br>(00:14:17) | 3 (Varv 2)<br>00:15:36<br>(00:29:52) | 4 (Mål)<br>00:14:53<br>(00:44:46) |
| 23 | M55: 2 | 20<br>M55: 2 | 3 Mats Andersson -67<br>Örebro AIK DM             | 00:44:46<br>04:28 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:41<br>(00:14:43) | 3 (Varv 2)<br>00:15:08<br>(00:29:51) | 4 (Mål)<br>00:14:55<br>(00:44:46) |
| 24 | M35: 5 | 21<br>M35: 5 | 36 Christoffer Kivling -87<br>Kumla SF DM         | 00:45:00<br>04:30 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:14<br>(00:14:17) | 3 (Varv 2)<br>00:15:11<br>(00:29:27) | 4 (Mål)<br>00:15:33<br>(00:45:00) |
| 25 | M35: 6 | 22<br>M35: 6 | 68 Johan Fredriksson -84<br>Kumla SF DM           | 00:45:23<br>04:32 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:14:17<br>(00:14:20) | 3 (Varv 2)<br>00:15:34<br>(00:29:53) | 4 (Mål)<br>00:15:30<br>(00:45:23) |
| 26 | M60: 1 | 23<br>M60: 1 | 26 Mikael Hansson -63<br>IF Start DM              | 00:45:44<br>04:34 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:39<br>(00:14:42) | 3 (Varv 2)<br>00:15:25<br>(00:30:07) | 4 (Mål)<br>00:15:37<br>(00:45:44) |
| 27 | M: 6   | 24           | 71 Jesper Ström -91<br>Kumla SF DM                | 00:45:56<br>04:35 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:14:35<br>(00:14:37) | 3 (Varv 2)<br>00:15:30<br>(00:30:07) | 4 (Mål)<br>00:15:49<br>(00:45:56) |
| 28 | M50: 3 | 25<br>M50: 3 | 30 Anders Johansson -72<br>IF Start DM            | 00:46:14<br>04:37 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:15:15<br>(00:15:19) | 3 (Varv 2)<br>00:15:29<br>(00:30:48) | 4 (Mål)<br>00:15:26<br>(00:46:14) |
| 29 | M50: 4 | 26<br>M50: 4 | 62 Peter Törnqvist -69<br>Östansjö SK DM          | 00:47:01<br>04:42 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:15:26<br>(00:15:29) | 3 (Varv 2)<br>00:15:36<br>(00:31:05) | 4 (Mål)<br>00:15:56<br>(00:47:01) |
| 30 | M: 7   | 27           | 69 Karl Kind -90<br>Örebro AIK DM                 | 00:47:37<br>04:45 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:15:49<br>(00:15:52) | 3 (Varv 2)<br>00:16:08<br>(00:32:00) | 4 (Mål)<br>00:15:36<br>(00:47:37) |
| 31 | M75: 1 | 28<br>M75: 1 | 48 Bo Persson -48<br>Almby IK DM                  | 00:47:39<br>04:45 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:15:58<br>(00:16:03) | 3 (Varv 2)<br>00:15:57<br>(00:32:00) | 4 (Mål)<br>00:15:39<br>(00:47:39) |
| 32 | M35: 7 | 29<br>M35: 7 | 5 Markus Behr -88<br>Kumla SF DM                  | 00:47:43<br>04:46 min/km | 1 (Start)<br>00:00:02 | 2 (Varv 1)<br>00:15:22<br>(00:15:24) | 3 (Varv 2)<br>00:16:24<br>(00:31:49) | 4 (Mål)<br>00:15:54<br>(00:47:43) |
| 33 | M22: 4 | 30<br>M22: 4 | 53 William Sallros -10<br>IFK Nora DM             | 00:47:53<br>04:47 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:15:31<br>(00:15:35) | 3 (Varv 2)<br>00:16:02<br>(00:31:37) | 4 (Mål)<br>00:16:15<br>(00:47:53) |
| 34 | M50: 5 | 31<br>M50: 5 | 35 Tomas Karlsson -70<br>Vretstorps IF DM         | 00:48:08<br>04:48 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:15:58<br>(00:16:04) | 3 (Varv 2)<br>00:16:09<br>(00:32:13) | 4 (Mål)<br>00:15:55<br>(00:48:08) |
| 35 | M45: 3 | 32<br>M45: 3 | 73 Johan Svanholm -76<br>Örebro AIK DM            | 00:48:39<br>04:51 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:15:51<br>(00:15:54) | 3 (Varv 2)<br>00:16:19<br>(00:32:13) | 4 (Mål)<br>00:16:25<br>(00:48:39) |
| 36 | M50: 6 | 33<br>M50: 6 | 37 Christer Lennell -72<br>Strängnäs-Malmby OL DM | 00:48:49<br>04:52 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:06<br>(00:16:09) | 3 (Varv 2)<br>00:16:26<br>(00:32:36) | 4 (Mål)<br>00:16:13<br>(00:48:49) |
| 37 | M55: 3 | 34<br>M55: 3 | 59 Roger Sköldkvist -65<br>IF Start DM            | 00:48:58<br>04:53 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:25<br>(00:16:28) | 3 (Varv 2)<br>00:16:27<br>(00:32:54) | 4 (Mål)<br>00:16:04<br>(00:48:58) |
| 38 | M45: 4 | 35<br>M45: 4 | 54 Mikael Sandberg -75<br>Örebro AIK DM           | 00:49:05<br>04:54 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:15:58<br>(00:16:01) | 3 (Varv 2)<br>00:16:29<br>(00:32:31) | 4 (Mål)<br>00:16:35<br>(00:49:05) |
| 39 | M60: 2 | 36<br>M60: 2 | 57 Torbjörn Sjölander -61<br>Örebro AIK DM        | 00:49:09<br>04:54 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:15:51<br>(00:15:54) | 3 (Varv 2)<br>00:16:46<br>(00:32:40) | 4 (Mål)<br>00:16:29<br>(00:49:09) |
| 40 | M45: 5 | 37<br>M45: 5 | 6 Rickard Bergström -76<br>Örebro AIK DM          | 00:49:28<br>04:56 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:04<br>(00:16:07) | 3 (Varv 2)<br>00:16:46<br>(00:32:54) | 4 (Mål)<br>00:16:34<br>(00:49:28) |
| 41 | M55: 4 | 38<br>M55: 4 | 41 Lars Lundegård -65<br>IF Start DM              | 00:49:30<br>04:57 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:33<br>(00:16:37) | 3 (Varv 2)<br>00:16:34<br>(00:33:10) | 4 (Mål)<br>00:16:20<br>(00:49:30) |
| 42 | K35: 1 | 4<br>K35: 1  | 7 Amanda Brunosson -86<br>Kumla SF DM             | 00:49:56<br>04:59 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:24<br>(00:16:27) | 3 (Varv 2)<br>00:16:53<br>(00:33:19) | 4 (Mål)<br>00:16:36<br>(00:49:56) |
| 43 | K40: 2 | 5<br>K40: 2  | 23 Carina Gustavsson -80<br>LK Gränslöst DM       | 00:49:57<br>04:59 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:16:34<br>(00:16:39) | 3 (Varv 2)<br>00:16:47<br>(00:33:26) | 4 (Mål)<br>00:16:31<br>(00:49:57) |

|    |        |              |  |                          |                       |                                      |                                      |                                   |
|----|--------|--------------|--|--------------------------|-----------------------|--------------------------------------|--------------------------------------|-----------------------------------|
| 44 | K22: 1 | 6<br>K22: 1  | 43 Elin Neuenschwander -05<br>OK Tisaren DM    | 00:51:05<br>05:06 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:41<br>(00:16:44) | 3 (Varv 2)<br>00:17:20<br>(00:34:04) | 4 (Mål)<br>00:17:01<br>(00:51:05) |
| 45 | M65: 1 | 39<br>M65: 1 | 17 Jan Ernefjäll -57<br>Örebro AIK DM          | 00:51:07<br>05:06 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:16:59<br>(00:17:04) | 3 (Varv 2)<br>00:17:16<br>(00:34:20) | 4 (Mål)<br>00:16:47<br>(00:51:07) |
| 46 | M45: 6 | 40<br>M45: 6 | 45 Claes Nilsson -77<br>Vretstorps IF DM       | 00:51:17<br>05:07 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:16:13<br>(00:16:18) | 3 (Varv 2)<br>00:17:32<br>(00:33:50) | 4 (Mål)<br>00:17:27<br>(00:51:17) |
| 47 | M60: 3 | 41<br>M60: 3 | 47 Joakim Oskarsson -61<br>IFK Nora DM         | 00:51:21<br>05:08 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:44<br>(00:16:47) | 3 (Varv 2)<br>00:17:18<br>(00:34:05) | 4 (Mål)<br>00:17:16<br>(00:51:21) |
| 48 | M40: 3 | 42<br>M40: 3 | 20 Tobias Forsell -83<br>Hällefors LK DM       | 00:51:38<br>05:09 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:16:43<br>(00:16:49) | 3 (Varv 2)<br>00:17:21<br>(00:34:10) | 4 (Mål)<br>00:17:28<br>(00:51:38) |
| 49 | M60: 4 | 43<br>M60: 4 | 61 Morgan Sällström -62<br>Västerås LK DM      | 00:51:43<br>05:10 min/km | 1 (Start)<br>00:00:03 | 2 (Varv 1)<br>00:16:48<br>(00:16:51) | 3 (Varv 2)<br>00:17:21<br>(00:34:12) | 4 (Mål)<br>00:17:31<br>(00:51:43) |
| 50 | M55: 5 | 44<br>M55: 5 | 34 Lars Karlsson -64<br>Östansjö SK DM         | 00:52:41<br>05:16 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:17:16<br>(00:17:21) | 3 (Varv 2)<br>00:17:44<br>(00:35:04) | 4 (Mål)<br>00:17:37<br>(00:52:41) |
| 51 | K: 1   | 7            | 49 Sofia Persson -94<br>Östansjö SK DM         | 00:52:50<br>05:17 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:17:43<br>(00:17:48) | 3 (Varv 2)<br>00:17:40<br>(00:35:28) | 4 (Mål)<br>00:17:23<br>(00:52:50) |
| 52 | M70: 1 | 45<br>M70: 1 | 4 Hans Backström -53<br>Östansjö SK DM         | 00:54:30<br>05:27 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:17:54<br>(00:17:58) | 3 (Varv 2)<br>00:18:09<br>(00:36:06) | 4 (Mål)<br>00:18:24<br>(00:54:30) |
| 53 | K65: 1 | 8<br>K65: 1  | 16 Rose Marie Enmalm -54<br>IF Start DM        | 00:55:08<br>05:30 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:18:08<br>(00:18:13) | 3 (Varv 2)<br>00:18:21<br>(00:36:34) | 4 (Mål)<br>00:18:34<br>(00:55:08) |
| 54 | M70: 2 | 46<br>M70: 2 | 32 Ove Karasiak -53<br>Åsbro Golf DM           | 00:56:18<br>05:37 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:18:16<br>(00:18:21) | 3 (Varv 2)<br>00:19:10<br>(00:37:31) | 4 (Mål)<br>00:18:47<br>(00:56:18) |
| 55 | K40: 3 | 9<br>K40: 3  | 33 Anna Karlsson -82<br>Vretstorps IF DM       | 00:56:20<br>05:38 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:18:05<br>(00:18:10) | 3 (Varv 2)<br>00:19:06<br>(00:37:16) | 4 (Mål)<br>00:19:03<br>(00:56:20) |
| 56 | K55: 2 | 10<br>K55: 2 | 58 Annica Sjölund -67<br>IF Start DM           | 00:57:12<br>05:43 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:18:24<br>(00:18:30) | 3 (Varv 2)<br>00:19:13<br>(00:37:43) | 4 (Mål)<br>00:19:29<br>(00:57:12) |
| 57 | M60: 5 | 47<br>M60: 5 | 50 Torbjörn Persson -63<br>Östansjö SK DM      | 00:57:39<br>05:45 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:18:10<br>(00:18:16) | 3 (Varv 2)<br>00:19:14<br>(00:37:30) | 4 (Mål)<br>00:20:09<br>(00:57:39) |
| 58 | K40: 4 | 11<br>K40: 4 | 40 Maria Lithell -81<br>Östansjö SK DM         | 00:57:56<br>05:47 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:18:15<br>(00:18:20) | 3 (Varv 2)<br>00:19:32<br>(00:37:52) | 4 (Mål)<br>00:20:04<br>(00:57:56) |
| 59 | K50: 2 | 12<br>K50: 2 | 60 Pansy Ståhl -72<br>IF Start DM              | 00:58:43<br>05:52 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:18:55<br>(00:19:01) | 3 (Varv 2)<br>00:19:41<br>(00:38:42) | 4 (Mål)<br>00:20:01<br>(00:58:43) |
| 60 | M65: 2 | 48<br>M65: 2 | 51 Göte Pettersson -57<br>Örebro AIK DM        | 00:59:30<br>05:57 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:19:00<br>(00:19:05) | 3 (Varv 2)<br>00:19:47<br>(00:38:51) | 4 (Mål)<br>00:20:39<br>(00:59:30) |
| 61 | M70: 3 | 49<br>M70: 3 | 44 Bengt Nilsson -49<br>Östansjö SK DM         | 01:00:42<br>06:04 min/km | 1 (Start)<br>00:00:04 | 2 (Varv 1)<br>00:19:52<br>(00:19:56) | 3 (Varv 2)<br>00:20:47<br>(00:40:43) | 4 (Mål)<br>00:19:58<br>(01:00:42) |
| 62 | M70: 4 | 50<br>M70: 4 | 24 Torbjörn Hallenborg -52<br>Kumla SF DM      | 01:00:56<br>06:05 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:19:50<br>(00:19:56) | 3 (Varv 2)<br>00:20:46<br>(00:40:41) | 4 (Mål)<br>00:20:14<br>(01:00:56) |
| 63 | M65: 3 | 51<br>M65: 3 | 8 Per Börjesson -54<br>Östansjö SK DM          | 01:06:34<br>06:39 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:20:53<br>(00:20:59) | 3 (Varv 2)<br>00:22:22<br>(00:43:21) | 4 (Mål)<br>00:23:13<br>(01:06:34) |
| 64 | M65: 4 | 52<br>M65: 4 | 9 Peter Comét -56<br>IFK Nora DM               | 01:08:43<br>06:52 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:22:35<br>(00:22:41) | 3 (Varv 2)<br>00:22:49<br>(00:45:30) | 4 (Mål)<br>00:23:13<br>(01:08:43) |
| 65 | M75: 2 | 53<br>M75: 2 | 13 Sven-Olov Dahlgren -44<br>Kopparbergs IF DM | 01:22:55<br>08:17 min/km | 1 (Start)<br>00:00:05 | 2 (Varv 1)<br>00:26:57<br>(00:27:02) | 3 (Varv 2)<br>00:27:51<br>(00:54:53) | 4 (Mål)<br>00:28:02<br>(01:22:55) |
| 66 | K75: 1 | 13<br>K75: 1 | 63 Catharina Wahlstedt -44<br>IF Start DM      | 01:30:18<br>09:01 min/km | 1 (Start)<br>00:00:07 | 2 (Varv 1)<br>00:29:12<br>(00:29:19) | 3 (Varv 2)<br>00:29:33<br>(00:58:52) | 4 (Mål)<br>00:31:26<br>(01:30:18) |

|    |        |              |  |                          |                       |                                      |                                      |                                   |
|----|--------|--------------|--|--------------------------|-----------------------|--------------------------------------|--------------------------------------|-----------------------------------|
| 67 | M80: 1 | 54<br>M80: 1 | 18 Arne Evertsson -41<br>Storådalens SK DM | 01:39:27<br>09:56 min/km | 1 (Start)<br>00:00:07 | 2 (Varv 1)<br>00:32:39<br>(00:32:46) | 3 (Varv 2)<br>00:33:10<br>(01:05:55) | 4 (Mål)<br>00:33:32<br>(01:39:27) |
|    |        |              | 1 Emil Altskog -88<br>Åsbro Golf DM        | DNS                      | 1 (Start)<br>-        |                                      |                                      |                                   |
|    |        |              | 39 Ola Lindstrand -45<br>IF Start DM       | DNS                      | 1 (Start)<br>-        |                                      |                                      |                                   |
|    |        |              | 65 Antje Wiksten -75<br>IF Start DM        | DNS                      | 1 (Start)<br>-        |                                      |                                      |                                   |
|    |        |              | 67 Dan Bäck -75<br>Kumla SF DM             | DNS                      | 1 (Start)<br>-        |                                      |                                      |                                   |

## M22 DM 10 km

| Plac | Namn                                     | Resultat                 |
|------|--|--------------------------|
| 1    | 38 Oscar Lennell -07<br>Västerås FK DM   | 00:40:41<br>04:04 min/km |
| 2    | 64 Albin Wallgren -07<br>Åsbro Golf DM   | 00:42:53<br>04:17 min/km |
| 3    | 19 Julius Forsell -06<br>Hällefors LK DM | 00:44:46<br>04:28 min/km |
| 4    | 53 William Sallros -10<br>IFK Nora DM    | 00:47:53<br>04:47 min/km |

## K22 DM 10 km

| Plac | Namn  | Resultat                 |
|------|---|--------------------------|
| 1    | 43 Elin Neuenschwander -05<br>OK Tisaren DM | 00:51:05<br>05:06 min/km |

## M DM 10 km

| Plac | Namn   | Resultat                 |
|------|--|--------------------------|
| 1    | 42 David Lundström -92<br>Tisdagsklubben Örebro DM | 00:36:05<br>03:36 min/km |
| 2    | 70 David Klasson -89<br>Åsbro Golf DM              | 00:37:32<br>03:45 min/km |
| 3    | 21 Daniel Forsgren -91<br>OK Tisaren DM            | 00:37:57<br>03:47 min/km |
| 4    | 2 Hannes Andersson -92<br>Tisdagsklubben Örebro DM | 00:38:08<br>03:48 min/km |
| 5    | 27 Oskar Hansson -97<br>Tisdagsklubben Örebro DM   | 00:39:25<br>03:56 min/km |
| 6    | 71 Jesper Ström -91<br>Kumla SF DM                 | 00:45:56<br>04:35 min/km |
| 7    | 69 Karl Kind -90<br>Örebro AIK DM                  | 00:47:37<br>04:45 min/km |

## K DM 10 km

| Plac | Namn                                   | Resultat                 |
|------|--|--------------------------|
| 1    | 49 Sofia Persson -94<br>Östansjö SK DM | 00:52:50<br>05:17 min/km |

## M35 DM 10 km

| Plac | Namn  | Resultat                 |
|------|---|--------------------------|
| 1    | 12 Filip Dahlgren -88<br>Hagaby Golf Örebro DM        | 00:34:29<br>03:26 min/km |
| 2    | 46 Mattias Nätterlund -86<br>IF Start DM              | 00:36:59<br>03:41 min/km |
| 3    | 31 Daniel Johansson -86<br>IF Start DM                | 00:40:04<br>04:00 min/km |
| 4    | 66 Jonas Brännmyr -86<br>Föreningen Nature Running DM | 00:43:57<br>04:23 min/km |
| 5    | 36 Christoffer Kivling -87<br>Kumla SF DM             | 00:45:00<br>04:30 min/km |
| 6    | 68 Johan Fredriksson -84<br>Kumla SF DM               | 00:45:23<br>04:32 min/km |
| 7    | 5 Markus Behr -88<br>Kumla SF DM                      | 00:47:43<br>04:46 min/km |

## K35 DM 10 km

| Plac | Namn | Resultat |
|------|------|----------|
|------|------|----------|

|   |                                       |                          |
|---|---------------------------------------|--------------------------|
| 1 | 7 Amanda Brunosson -86<br>Kumla SF DM | 00:51:38<br>04:59 min/km |
|---|---------------------------------------|--------------------------|

## M40 DM 10 km

| Plac | Namn  | Resultat                 |
|------|---|--------------------------|
| 1    | 52 Villem Raudsepp -80<br>Örebro AIK DM           | 00:38:28<br>03:50 min/km |
| 2    | 10 Linus Dahlberg -83<br>Tisdagsklubben Örebro DM | 00:41:15<br>04:07 min/km |
| 3    | 20 Tobias Forsell -83<br>Hällefors LK DM          | 00:51:38<br>05:09 min/km |

## K40 DM 10 km

| Plac | Namn  | Resultat                 |
|------|---|--------------------------|
| 1    | 72 Julia Forslin -82<br>Västerås FK DM      | 00:42:39<br>04:15 min/km |
| 2    | 23 Carina Gustavsson -80<br>LK Gränslöst DM | 00:49:57<br>04:59 min/km |
| 3    | 33 Anna Karlsson -82<br>Vretstorps IF DM    | 00:56:20<br>05:38 min/km |
| 4    | 40 Maria Lithell -81<br>Östansjö SK DM      | 00:57:56<br>05:47 min/km |

## M45 DM 10 km

| Plac | Namn                                     | Resultat                 |
|------|--|--------------------------|
| 1    | 15 Pär Englund -77<br>IF Start DM        | 00:43:17<br>04:19 min/km |
| 2    | 22 Conrad Granath -78<br>IF Start DM     | 00:43:49<br>04:22 min/km |
| 3    | 73 Johan Svanholm -76<br>Örebro AIK DM   | 00:48:39<br>04:51 min/km |
| 4    | 54 Mikael Sandberg -75<br>Örebro AIK DM  | 00:49:05<br>04:54 min/km |
| 5    | 6 Rickard Bergström -76<br>Örebro AIK DM | 00:49:28<br>04:56 min/km |
| 6    | 45 Claes Nilsson -77<br>Vretstorps IF DM | 00:51:17<br>05:07 min/km |

## M50 DM 10 km

| Plac | Namn  | Resultat                 |
|------|---|--------------------------|
| 1    | 29 Rodney Hundermark -69<br>IFK Nora DM           | 00:40:20<br>04:02 min/km |
| 2    | 11 Magnus Dahlberg -71<br>Västerås FK DM          | 00:44:39<br>04:27 min/km |
| 3    | 30 Anders Johansson -72<br>IF Start DM            | 00:46:14<br>04:37 min/km |
| 4    | 62 Peter Törnqvist -69<br>Östansjö SK DM          | 00:47:01<br>04:42 min/km |
| 5    | 35 Tomas Karlsson -70<br>Vretstorps IF DM         | 00:48:08<br>04:48 min/km |
| 6    | 37 Christer Lennell -72<br>Strängnäs-Malmby OL DM | 00:48:49<br>04:52 min/km |

## K50 DM 10 km

| Plac | Namn                                | Resultat                 |
|------|-------------------------------------|--------------------------|
| 1    | 25 Petra Hanaeus -72<br>IF Start DM | 00:43:49<br>04:22 min/km |
| 2    | 60 Pansy Ståhl -72<br>IF Start DM   | 00:58:43<br>05:52 min/km |

## K55 DM 10 km

| Plac | Namn                                 | Resultat                 |
|------|--------------------------------------|--------------------------|
| 1    | 14 Marie Dasler -68<br>IF Start DM   | 00:43:34<br>04:21 min/km |
| 2    | 58 Annica Sjölund -67<br>IF Start DM | 00:57:12<br>05:43 min/km |

## M55 DM 10 km

| Plac | Namn                                    | Resultat                 |
|------|---|--------------------------|
| 1    | 28 Fredrik Hartman -68<br>Örebro AIK DM | 00:44:14<br>04:25 min/km |

|   |  |                          |
|---|--|--------------------------|
| 2 | 3 Mats Andersson -67<br>Örebro AIK DM  | 00:44:46<br>04:28 min/km |
| 3 | 59 Roger Sköldkvist -65<br>IF Start DM | 00:48:58<br>04:53 min/km |
| 4 | 41 Lars Lundegård -65<br>IF Start DM   | 00:49:30<br>04:57 min/km |
| 5 | 34 Lars Karlsson -64<br>Östansjö SK DM | 00:52:41<br>05:16 min/km |

## M60 DM 10 km

| Plac | Namn                                       | Resultat                 |
|------|--|--------------------------|
| 1    | 26 Mikael Hansson -63<br>IF Start DM       | 00:45:44<br>04:34 min/km |
| 2    | 57 Torbjörn Sjölander -61<br>Örebro AIK DM | 00:49:09<br>04:54 min/km |
| 3    | 47 Joakim Oskarsson -61<br>IFK Nora DM     | 00:51:21<br>05:08 min/km |
| 4    | 61 Morgan Sällström -62<br>Västerås LK DM  | 00:51:43<br>05:10 min/km |
| 5    | 50 Torbjörn Persson -63<br>Östansjö SK DM  | 00:57:39<br>05:45 min/km |

## M65 DM 10 km

| Plac | Namn                                    | Resultat                 |
|------|---|--------------------------|
| 1    | 17 Jan Ermeffjäll -57<br>Örebro AIK DM  | 00:51:07<br>05:06 min/km |
| 2    | 51 Göte Pettersson -57<br>Örebro AIK DM | 00:59:30<br>05:57 min/km |
| 3    | 8 Per Börjesson -54<br>Östansjö SK DM   | 01:06:34<br>06:39 min/km |
| 4    | 9 Peter Comét -56<br>IFK Nora DM        | 01:08:43<br>06:52 min/km |

## K65 DM 10 km

| Plac | Namn                                    | Resultat                 |
|------|---|--------------------------|
| 1    | 16 Rose Marie Enmalm -54<br>IF Start DM | 00:55:08<br>05:30 min/km |

## M70 DM 10 km

| Plac | Namn                                      | Resultat                 |
|------|---|--------------------------|
| 1    | 4 Hans Backström -53<br>Östansjö SK DM    | 00:54:30<br>05:27 min/km |
| 2    | 32 Ove Karasiak -53<br>Åsbro Golf DM      | 00:56:18<br>05:37 min/km |
| 3    | 44 Bengt Nilsson -49<br>Östansjö SK DM    | 01:00:42<br>06:04 min/km |
| 4    | 24 Torbjörn Hallenborg -52<br>Kumla SF DM | 01:00:56<br>06:05 min/km |

## M75 DM 10 km

| Plac | Namn   | Resultat                 |
|------|--|--------------------------|
| 1    | 48 Bo Persson -48<br>Almby IK DM               | 00:47:39<br>04:45 min/km |
| 2    | 13 Sven-Olov Dahlgren -44<br>Kopparbergs IF DM | 01:22:55<br>08:17 min/km |

## K75 DM 10 km

| Plac | Namn                                      | Resultat                 |
|------|---|--------------------------|
| 1    | 63 Catharina Wahlstedt -44<br>IF Start DM | 01:30:18<br>09:01 min/km |

## M80 DM 10 km

| Plac | Namn                                       | Resultat                 |
|------|--|--------------------------|
| 1    | 18 Arne Evertsson -41<br>Storådalens SK DM | 01:39:27<br>09:56 min/km |

## Öppen 10 km

Distans: 10 000 m

| Plac | Ålder | Namn | Resultat | Mellantider |
|------|-------|------|----------|-------------|
|------|-------|------|----------|-------------|

|   |      |                                       |                          |                       |                                      |                                      |                                   |
|---|------|---------------------------------------|--------------------------|-----------------------|--------------------------------------|--------------------------------------|-----------------------------------|
| 1 | M: 1 | 55 Simon Schagerström -93<br>Hälle IF | 00:36:43<br>03:40 min/km | 1 (Start)<br>00:00:01 | 2 (Varv 1)<br>00:11:51<br>(00:11:52) | 3 (Varv 2)<br>00:12:27<br>(00:24:20) | 4 (Mål)<br>00:12:24<br>(00:36:43) |
| 2 | M: 2 | 56 Gabriel Sebastián -79<br>69272     | 00:50:51<br>05:05 min/km | 1 (Start)<br>00:00:06 | 2 (Varv 1)<br>00:16:17<br>(00:16:23) | 3 (Varv 2)<br>00:16:56<br>(00:33:19) | 4 (Mål)<br>00:17:32<br>(00:50:51) |

## Lagresultat: Män

Distans: 10 000 m

| Plac | Förening              | Resultat | Deltagare   |
|------|-----------------------|----------|---|
| 1    | Tisdagsklubben Örebro | 01:53:38 | 42 David Lundström -92, M, 36:05<br>2 Hannes Andersson -92, M, 38:08<br>27 Oskar Hansson -97, M, 39:25            |
| 2    | IF Start              | 02:00:20 | 46 Mattias Nätterlund -86, M35, 36:59<br>31 Daniel Johansson -86, M35, 40:04<br>15 Pär Englund -77, M45, 43:17    |
| 3    | Örebro AIK            | 02:07:28 | 52 Villem Raudsepp -80, M40, 38:28<br>28 Fredrik Hartman -68, M55, 44:14<br>3 Mats Andersson -67, M55, 44:46      |
| 4    | IF Start              | 02:15:47 | 22 Conrad Granath -78, M45, 43:49<br>26 Mikael Hansson -63, M60, 45:44<br>30 Anders Johansson -72, M50, 46:14     |
| 5    | Kumla SF              | 02:16:19 | 36 Christoffer Kivling -87, M35, 45:00<br>68 Johan Fredriksson -84, M35, 45:23<br>71 Jesper Ström -91, M, 45:56   |
| 6    | Åsbro Golf            | 02:16:43 | 70 David Klasson -89, M, 37:32<br>64 Albin Wallgren -07, M22, 42:53<br>32 Ove Karasiak -53, M70, 56:18            |
| 7    | IFK Nora              | 02:19:34 | 29 Rodney Hundermark -69, M50, 40:20<br>53 William Sallros -10, M22, 47:53<br>47 Joakim Oskarsson -61, M60, 51:21 |
| 8    | Örebro AIK            | 02:25:21 | 69 Karl Kind -90, M, 47:37<br>73 Johan Svanholm -76, M45, 48:39<br>54 Mikael Sandberg -75, M45, 49:05             |
| 9    | Örebro AIK            | 02:29:44 | 57 Torbjörn Sjölander -61, M60, 49:09<br>6 Rickard Bergström -76, M45, 49:28<br>17 Jan Ermejjäll -57, M65, 51:07  |
| 10   | Östansjö SK           | 02:34:12 | 62 Peter Törnqvist -69, M50, 47:01<br>34 Lars Karlsson -64, M55, 52:41<br>4 Hans Backström -53, M70, 54:30        |
| 11   | Östansjö SK           | 03:04:55 | 50 Torbjörn Persson -63, M60, 57:39<br>44 Bengt Nilsson -49, M70, 01:00:42<br>8 Per Börjesson -54, M65, 01:06:34  |

## Lagresultat: Män Veteraner

Distans: 10 000 m

| Plac | Förening    | Resultat | Deltagare  |
|------|-------------|----------|--|
| 1    | IF Start    | 02:00:20 | 46 Mattias Nätterlund -86, M35, 36:59<br>31 Daniel Johansson -86, M35, 40:04<br>15 Pär Englund -77, M45, 43:17   |
| 2    | Örebro AIK  | 02:07:28 | 52 Villem Raudsepp -80, M40, 38:28<br>28 Fredrik Hartman -68, M55, 44:14<br>3 Mats Andersson -67, M55, 44:46     |
| 3    | IF Start    | 02:15:47 | 22 Conrad Granath -78, M45, 43:49<br>26 Mikael Hansson -63, M60, 45:44<br>30 Anders Johansson -72, M50, 46:14    |
| 4    | Kumla SF    | 02:18:06 | 36 Christoffer Kivling -87, M35, 45:00<br>68 Johan Fredriksson -84, M35, 45:23<br>5 Markus Behr -88, M35, 47:43  |
| 5    | Örebro AIK  | 02:26:53 | 73 Johan Svanholm -76, M45, 48:39<br>54 Mikael Sandberg -75, M45, 49:05<br>57 Torbjörn Sjölander -61, M60, 49:09 |
| 6    | Östansjö SK | 02:34:12 | 62 Peter Törnqvist -69, M50, 47:01<br>34 Lars Karlsson -64, M55, 52:41<br>4 Hans Backström -53, M70, 54:30       |
| 7    | Örebro AIK  | 02:40:05 | 6 Rickard Bergström -76, M45, 49:28<br>17 Jan Ermejjäll -57, M65, 51:07<br>51 Göte Pettersson -57, M65, 59:30    |
| 8    | IFK Nora    | 02:40:24 | 29 Rodney Hundermark -69, M50, 40:20<br>47 Joakim Oskarsson -61, M60, 51:21<br>9 Peter Comét -56, M65, 01:08:43  |
| 9    | Östansjö SK | 03:04:55 | 50 Torbjörn Persson -63, M60, 57:39<br>44 Bengt Nilsson -49, M70, 01:00:42<br>8 Per Börjesson -54, M65, 01:06:34 |

## Lagresultat: Kvinnor

Distans: 10 000 m

| Plac | Förening | Resultat | Deltagare  |
|------|----------|----------|--|
| 1    | IF Start | 02:22:31 | 14 Marie Dasler -68, K55, 43:34<br>25 Petra Hanaeus -72, K50, 43:49<br>16 Rose Marie Enmalm -54, K65, 55:08      |
| 2    | IF Start | 03:26:13 | 58 Annica Sjölund -67, K55, 57:12<br>60 Pansy Ståhl -72, K50, 58:43<br>63 Catharina Wahlstedt -44, K75, 01:30:18 |

## Lagresultat: Kvinnor Veteraner

Distans: 10 000 m

| Plac | Förening | Resultat | Deltagare  |
|------|----------|----------|--|
| 1    | IF Start | 02:22:31 | 14 Marie Dasler -68, K55, 43:34<br>25 Petra Hanaeus -72, K50, 43:49<br>16 Rose Marie Enmalm -54, K65, 55:08      |
| 2    | IF Start | 03:26:13 | 58 Annica Sjölund -67, K55, 57:12<br>60 Pansy Ståhl -72, K50, 58:43<br>63 Catharina Wahlstedt -44, K75, 01:30:18 |