

# Sörbyskogen Svartare Örebro 2025-01-25 Resultat

Klass	Antal resultat
36 km (12 varv)	53
18 km (6 varv)	29
<b>Totalt</b>	<b>82</b>

## 36 km (12 varv)

Distans: 36 000 m

Plac	Ålder	Namn	Resultat	Mellantider					
				3 km	6 km	9 km	12 km	15 km	18 km
1	M: 1	54 Erik Berzell -95 Järla IF	<b>3:35:53</b> 5:59 min/km Snitt: 00:17:59	3 km 18:29	6 km 19:17 37:46	9 km 19:12 56:58	12 km 18:45 1:15:43	15 km 18:27 1:34:10	18 km 18:16 1:52:26
2	M: 2	2 Joakim Sannerhult -86 Örebro	<b>3:52:14</b> 6:27 min/km Snitt: 00:19:21	3 km 19:32	6 km 19:19 38:51	9 km 19:15 58:06	12 km 19:16 1:17:21	15 km 19:21 1:36:42	18 km 19:27 1:56:09
3	M: 3	53 Anton Sönnerstam -83 Karlskoga	<b>3:56:56</b> 6:34 min/km Snitt: 00:19:44	3 km 20:15	6 km 19:54 40:09	9 km 20:12 1:00:22	12 km 20:24 1:20:46	15 km 19:57 1:40:43	18 km 19:17 2:00:00
4	M: 4	9 Victor Nederman -97 Örebro	<b>4:05:05</b> 6:48 min/km Snitt: 00:20:25	3 km 24:54	6 km 21:32 46:27	9 km 22:54 1:09:20	12 km 21:28 1:30:48	15 km 21:38 1:52:26	18 km 19:26 2:11:53
5	M: 5	39 Jon-Andre Fosstvedt -74 Oslo	<b>4:08:33</b> 6:54 min/km Snitt: 00:20:42	3 km 21:57	6 km 20:09 42:06	9 km 20:38 1:02:44	12 km 20:25 1:23:09	15 km 20:00 1:43:10	18 km 20:26 2:03:35
6	M: 6	50 Robert van Rooyen -86 Örebro	<b>4:17:03</b> 7:08 min/km Snitt: 00:21:25	3 km 22:09	6 km 21:25 43:34	9 km 21:01 1:04:36	12 km 21:33 1:26:09	15 km 21:35 1:47:44	18 km 21:32 2:09:16
7	M: 7	41 Anton Fosselius -88 Kristinehamn	<b>4:19:11</b> 7:11 min/km Snitt: 00:21:35	3 km 20:20	6 km 20:06 40:26	9 km 17:22 57:47	12 km 19:41 1:17:29	15 km 20:32 1:38:01	18 km 21:28 1:59:29
8	M: 8	42 Martin Bergman -85 Trail and Run Lanna	<b>4:20:12</b> 7:13 min/km Snitt: 00:21:41	3 km 25:00	6 km 18:57 43:57	9 km 20:27 1:04:24	12 km 20:46 1:25:10	15 km 23:08 1:48:18	18 km 21:36 2:09:54
9	M: 9	19 Tomas Karlsson -70 Vretstorps IF	<b>4:20:30</b> 7:14 min/km Snitt: 00:21:42	3 km 20:30	6 km 20:48 41:18	9 km 21:03 1:02:21	12 km 21:20 1:23:42	15 km 21:35 1:45:17	18 km 21:28 2:06:45
10	K: 1	31 Tilde Malmo -89 Kumla	<b>4:23:05</b> 7:18 min/km Snitt: 00:21:55	3 km 20:27	6 km 21:48 42:15	9 km 21:32 1:03:46	12 km 21:31 1:25:17	15 km 22:40 1:47:57	18 km 22:58 2:10:55
11	M: 10	48 Bengt Hansson -74 Karlskoga	<b>4:31:31</b> 7:32 min/km Snitt: 00:22:37	3 km 20:15	6 km 19:55 40:10	9 km 20:13 1:00:23	12 km 20:24 1:20:47	15 km 20:00 1:40:47	18 km 20:49 2:01:36

12	M: 11	32 Olle Allerdahl -00 Kumla	4:31:48 7:33 min/km Snitt: 00:22:39	3 km 22:59 21 km 24:19 2:37:12	6 km 21:32 44:31 24 km 23:25 3:00:37	9 km 20:30 1:05:01 27 km 23:53 3:24:30	12 km 21:18 1:26:18 30 km 23:16 3:47:46	15 km 22:55 1:49:13 33 km 22:50 4:10:36	18 km 23:40 2:12:53 36 km 21:11 4:31:48
13	M: 12	52 Stefan Berg -92 Skövde	4:36:48 7:41 min/km Snitt: 00:23:04	3 km 24:59 21 km 23:07 2:42:35	6 km 22:48 47:47 24 km 23:20 3:05:55	9 km 22:10 1:09:57 27 km 23:08 3:29:04	12 km 22:33 1:32:29 30 km 23:29 3:52:33	15 km 23:02 1:55:32 33 km 23:17 4:15:50	18 km 23:57 2:19:29 36 km 20:58 4:36:48
14	M: 13	11 Marcus Wiegandt -88 IF Göta Karlstad	4:38:15 7:43 min/km Snitt: 00:23:11	3 km 24:42 21 km 24:56 2:49:41	6 km 24:47 49:29 24 km 25:45 3:15:26	9 km 24:32 1:14:01 27 km 24:32 3:39:59	12 km 19:51 1:33:52 30 km 24:52 4:04:51	15 km 25:18 1:59:10 33 km 18:55 4:23:46	18 km 25:36 2:24:45 36 km 14:28 4:38:15
15	M: 14	36 Mikael Eriksson -79 Ludvika	4:39:21 7:45 min/km Snitt: 00:23:16	3 km 25:04 21 km 23:14 2:42:33	6 km 23:36 48:40 24 km 23:26 3:05:59	9 km 22:12 1:10:52 27 km 25:14 3:31:14	12 km 23:00 1:33:53 30 km 23:35 3:54:48	15 km 22:24 1:56:17 33 km 24:00 4:18:48	18 km 23:02 2:19:19 36 km 20:33 4:39:21
16	K: 2	34 Ida Gustafsson -96	4:39:32 7:45 min/km Snitt: 00:23:17	3 km 24:51 21 km 23:40 2:44:29	6 km 24:45 49:36 24 km 26:13 3:10:42	9 km 22:52 1:12:29 27 km 25:30 3:36:12	12 km 21:30 1:33:59 30 km 21:42 3:57:54	15 km 23:11 1:57:10 33 km 22:04 4:19:58	18 km 23:39 2:20:49 36 km 19:33 4:39:32
17	M: 15	49 Mattias Edlund -84 Tuggetrail	4:39:46 7:46 min/km Snitt: 00:23:18	3 km 26:08 21 km 21:42 2:56:17	6 km 25:10 51:18 24 km 26:36 3:22:54	9 km 25:04 1:16:22 27 km 23:13 3:46:06	12 km 25:51 1:42:13 30 km 20:06 4:06:13	15 km 26:43 2:08:56 33 km 19:22 4:25:35	18 km 25:39 2:34:35 36 km 14:10 4:39:46
18	M: 16	33 Simon Söderberg -01 Örebro	4:45:11 7:55 min/km Snitt: 00:23:45	3 km 22:59 21 km 23:49 2:35:23	6 km 21:33 44:32 24 km 23:23 2:58:46	9 km 20:30 1:05:02 27 km 26:01 3:24:48	12 km 20:37 1:25:39 30 km 27:41 3:52:29	15 km 22:54 1:48:33 33 km 27:54 4:20:23	18 km 23:01 2:11:34 36 km 24:48 4:45:11
19	M: 17	51 Jonas Kullenhausen -87 Team Nordic Trail	4:47:22 7:58 min/km Snitt: 00:23:56	3 km 25:01 21 km 25:13 2:49:00	6 km 23:31 48:33 24 km 25:27 3:14:28	9 km 22:45 1:11:18 27 km 25:29 3:39:56	12 km 24:03 1:35:21 30 km 25:55 4:05:52	15 km 23:51 1:59:12 33 km 24:17 4:30:08	18 km 24:35 2:23:47 36 km 17:13 4:47:22
20	M: 18	44 Peter Gelius -86 Näs	4:48:46 8:01 min/km Snitt: 00:24:03	3 km 24:56 21 km 23:37 2:45:27	6 km 23:33 48:29 24 km 25:24 3:10:50	9 km 22:11 1:10:40 27 km 24:14 3:35:04	12 km 22:33 1:33:13 30 km 25:19 4:00:23	15 km 24:37 1:57:50 33 km 26:07 4:26:30	18 km 24:00 2:21:50 36 km 22:15 4:48:46
21	M: 19	45 Nicklas Sjutti -89 Solna	4:50:32 8:04 min/km Snitt: 00:24:12	3 km 24:56 21 km 23:37 2:45:27	6 km 23:33 48:29 24 km 25:26 3:10:52	9 km 22:11 1:10:40 27 km 24:16 3:35:08	12 km 22:34 1:33:14 30 km 26:12 4:01:20	15 km 24:37 1:57:50 33 km 26:07 4:27:28	18 km 24:00 2:21:50 36 km 23:03 4:50:32
22	M: 20	47 Gustav Knutsson -79 Väderstad	4:51:33 8:05 min/km Snitt: 00:24:17	3 km 22:02 21 km 25:35 2:45:35	6 km 21:56 43:58 24 km 25:08 3:10:43	9 km 22:51 1:06:49 27 km 25:38 3:36:21	12 km 23:42 1:30:31 30 km 26:30 4:02:51	15 km 24:20 1:54:51 33 km 26:23 4:29:14	18 km 25:09 2:20:00 36 km 22:18 4:51:33
23	M: 21	25 Peter Carlson -85 Örebro	4:51:59 8:06 min/km Snitt: 00:24:19	3 km 25:48 21 km 24:54 2:47:18	6 km 24:28 50:15 24 km 24:10 3:11:28	9 km 22:20 1:12:36 27 km 25:20 3:36:48	12 km 22:44 1:35:20 30 km 25:43 4:02:31	15 km 23:12 1:58:32 33 km 24:57 4:27:28	18 km 23:53 2:22:24 36 km 24:30 4:51:59
24	M: 22	3 Torbjörn Eriksson -66 Team Nordic Trail Örebro	4:52:29 8:07 min/km Snitt: 00:24:22	3 km 25:19 21 km 23:46 2:50:00	6 km 22:52 48:11 24 km 24:45 3:14:45	9 km 23:17 1:11:28 27 km 26:05 3:40:50	12 km 23:37 1:35:05 30 km 26:22 4:07:11	15 km 24:54 1:59:59 33 km 25:39 4:32:51	18 km 26:15 2:26:15 36 km 19:38 4:52:29

25	M: 23	1 Jonathan Nilsson -93	4:55:21 8:12 min/km Snitt: 00:24:36	3 km 24:59 21 km 25:33 2:45:05	6 km 22:49 47:48 24 km 25:48 3:10:53	9 km 22:09 1:09:57 27 km 25:49 3:36:42	12 km 22:32 1:32:30 30 km 26:13 4:02:55	15 km 23:03 1:55:33 33 km 26:45 4:29:40	18 km 23:59 2:19:32 36 km 25:40 4:55:21
26	M: 24	6 Kalle Carlson -82	4:57:18 8:15 min/km Snitt: 00:24:46	3 km 26:40 21 km 25:40 2:49:03	6 km 24:30 51:10 24 km 24:13 3:13:16	9 km 22:20 1:13:31 27 km 25:21 3:38:37	12 km 22:45 1:36:15 30 km 26:19 4:04:57	15 km 23:13 1:59:28 33 km 25:01 4:29:58	18 km 23:54 2:23:23 36 km 27:20 4:57:18
27	K: 3	55 Anna Philipson -78 TNT Örebro	4:58:57 8:18 min/km Snitt: 00:24:54	3 km 26:06 21 km 25:01 2:54:05	6 km 25:02 51:08 24 km 25:27 3:19:32	9 km 24:03 1:15:12 27 km 25:28 3:45:00	12 km 24:03 1:39:15 30 km 26:02 4:11:01	15 km 24:55 2:04:10 33 km 25:38 4:36:40	18 km 24:54 2:29:04 36 km 22:17 4:58:57
28	K: 4	10 Josephine Claveroth -82 IF Göta Karlstad	5:03:11 8:25 min/km Snitt: 00:25:15	3 km 24:42 21 km 25:09 2:54:55	6 km 24:30 49:12 24 km 26:48 3:21:43	9 km 24:32 1:13:44 27 km 25:17 3:47:00	12 km 25:09 1:38:53 30 km 25:30 4:12:29	15 km 25:17 2:04:10 33 km 25:57 4:38:26	18 km 25:36 2:29:46 36 km 24:44 5:03:11
29	K: 5	28 Maria Pettersson -67 Kumla	5:08:14 8:33 min/km Snitt: 00:25:41	3 km 25:54 21 km 25:47 2:57:06	6 km 24:44 50:38 24 km 26:37 3:23:43	9 km 25:02 1:15:40 27 km 26:20 3:50:03	12 km 25:10 1:40:49 30 km 25:59 4:16:02	15 km 25:04 2:05:53 33 km 26:39 4:42:41	18 km 25:27 2:31:20 36 km 25:33 5:08:14
30	K: 6	18 Johanna Thyrén -88 Örebro	5:08:48 8:34 min/km Snitt: 00:25:44	3 km 25:02 21 km 26:11 2:52:17	6 km 23:20 48:22 24 km 26:59 3:19:16	9 km 23:30 1:11:52 27 km 27:51 3:47:06	12 km 23:45 1:35:36 30 km 27:21 4:14:27	15 km 24:35 2:00:12 33 km 27:05 4:41:32	18 km 25:55 2:26:06 36 km 27:15 5:08:48
		4 Carolin Nordlund -89 Säffle motocrossklubb	DNF Snitt: 00:24:19	3 km 24:54 21 km 25:18 2:50:12	6 km 23:19 48:13	9 km 23:30 1:11:42	12 km 23:45 1:35:27	15 km 24:21 1:59:48	18 km 25:07 2:24:55
		5 Johan Samuelsson -85 Säffle motocrossklubb	DNF Snitt: 00:23:11	3 km 24:40 21 km 23:35 2:42:18	6 km 22:25 47:05	9 km 22:36 1:09:41	12 km 22:25 1:32:06	15 km 23:05 1:55:11	18 km 23:32 2:18:43
		7 Helen Jobs -69 Dala Ultra Runners	DNF Snitt: 00:26:23	3 km 25:02 21 km 31:31 3:04:46	6 km 23:52 48:54	9 km 25:08 1:14:02	12 km 25:17 1:39:19	15 km 26:37 2:05:56	18 km 27:19 2:33:15
		13 Hannen Kollgård Bedoui -81	DNF Snitt: 00:20:39	3 km 19:32	6 km 21:47 41:19				
		15 Philip Frank -70 Dala Ultra Runners	DNF Snitt: 00:27:33	3 km 26:36 21 km 31:31 3:12:58	6 km 25:53 52:29	9 km 26:52 1:19:21	12 km 26:22 1:45:43	15 km 27:31 2:13:14	18 km 28:12 2:41:26
		16 Per Gunnarsson -73	DNF Snitt: 00:25:32	3 km 25:32 21 km 25:24 2:57:12	6 km 24:53 50:25 24 km 27:05 3:24:17	9 km 24:29 1:14:54	12 km 25:14 1:40:07	15 km 25:24 2:05:31	18 km 26:17 2:31:48
		17 Victor Bäcklund Davitidis -86 Mora	DNF Snitt: 00:24:20	3 km 24:55 21 km 23:58 2:47:30	6 km 23:37 48:32 24 km 24:57 3:12:27	9 km 23:35 1:12:07 27 km 25:02 3:37:29	12 km 23:27 1:35:35 30 km 25:56 4:03:25	15 km 24:07 1:59:42	18 km 23:50 2:23:32

		21 Ann-Charlotte Carlsson -97	DNF Snitt: 00:25:26	3 km 26:01 21 km 26:00 2:56:58	6 km 23:46 49:46 24 km 26:52 3:23:50	9 km 25:07 1:14:54 27 km 25:12 3:49:02	12 km 25:51 1:40:45	15 km 24:35 2:05:21	18 km 25:37 2:30:58
		22 Dan Carlsson -65 IF Göta Karlstad	DNF Snitt: 00:25:58	3 km 26:08 21 km 26:00 3:00:31	6 km 24:48 50:55 24 km 26:53 3:27:25	9 km 25:21 1:16:16 27 km 25:14 3:52:39	12 km 25:52 1:42:08 30 km 26:06 4:18:45	15 km 26:43 2:08:51 33 km 27:03 4:45:48	18 km 25:40 2:34:32
		24 Lisa Karlsson -97	DNF Snitt: 00:27:23	3 km 26:01 21 km 26:00 3:00:31	6 km 23:46 49:47 24 km 26:53 3:27:25	9 km 25:09 1:14:56 27 km 25:14 3:52:39	12 km 25:54 1:40:50 30 km 26:06 4:18:45	15 km 27:38 2:08:27 33 km 27:03 4:45:48	18 km 35:50 2:44:17
		38 Hanna Fridhamre -77 IFK Nora	DNF Snitt: 00:27:26	3 km 26:51 21 km 26:00 3:00:31	6 km 25:14 52:06 24 km 26:53 3:27:25	9 km 26:16 1:18:21 27 km 25:14 3:52:39	12 km 27:56 1:46:18 30 km 26:06 4:18:45	15 km 30:55 2:17:12 33 km 27:03 4:45:48	18 km 26:40 2:22:36
		46 Peter Tvingmark -87 Västerlösa Running Beer Club	DNF Snitt: 00:24:24	3 km 21:17 21 km 28:16 2:50:52	6 km 22:14 43:31 24 km 26:53 3:27:25	9 km 23:33 1:07:04 27 km 25:14 3:52:39	12 km 24:21 1:31:26 30 km 26:06 4:18:45	15 km 24:30 1:55:56 33 km 27:03 4:45:48	18 km 26:40 2:22:36
		8 Kent Eriksson Pripp -73 Nyköping	DNS						
		12 Miriam Monfelt Stade -93 IF Göta Karlstad	DNS						
		14 Anna-Karin Larsson -75 Örebro AIK	DNS						
		20 Fredrik Spåre -80 Spåre Knives AB	DNS						
		23 Felicia Donborn -96	DNS						
		29 Filip Bäcklund -89	DNS						
		30 Ida Flink -80 Örebro	DNS						
		35 Johanna Norén -82 Örebro	DNS						
		37 Erika Lundmark -78 Ludvika	DNS						
		40 Hans Häggqvist -71 Göteborg	DNS						
		43 Daniel Söderblom -84 Nås if	DNS						

## M 36 km (12 varv)

Plac	Namn	Resultat
1	54 Erik Berzell -95 Järla IF	3:35:53 5:59 min/km
2	2 Joakim Sannerhult -86 Örebro	3:52:14 6:27 min/km
3	53 Anton Sönnerstam -83 Karlskoga	3:56:56 6:34 min/km
4	9 Victor Nederman -97 Örebro	4:05:05 6:48 min/km
5	39 Jon-Andre Fosstvedt -74 Oslo	4:08:33 6:54 min/km
6	50 Robert van Rooyen -86 Örebro	4:17:03 7:08 min/km
7	41 Anton Fosselius -88 Kristinehamn	4:19:11 7:11 min/km
8	42 Martin Bergman -85 Trail and Run Lanna	4:20:12 7:13 min/km
9	19 Tomas Karlsson -70 Vretstorps IF	4:20:30 7:14 min/km
10	48 Bengt Hansson -74 Karlskoga	4:31:31 7:32 min/km
11	32 Olle Allerdahl -00 Kumla	4:31:48 7:33 min/km
12	52 Stefan Berg -92 Skövde	4:36:48 7:41 min/km
13	11 Marcus Wiegandt -88 IF Göta Karlstad	4:38:15 7:43 min/km

14	36 Mikael Eriksson -79 Ludvika	4:39:21 7:45 min/km
15	49 Mattias Edlund -84 Tuggetrail	4:39:46 7:46 min/km
16	33 Simon Söderberg -01 Örebro	4:45:11 7:55 min/km
17	51 Jonas Kullenhausen -87 Team Nordic Trail	4:47:22 7:58 min/km
18	44 Peter Gelius -86 Nås	4:48:46 8:01 min/km
19	45 Nicklas Sjutti -89 Solna	4:50:32 8:04 min/km
20	47 Gustav Knutsson -79 Väderstad	4:51:33 8:05 min/km
21	25 Peter Carlson -85 Örebro	4:51:59 8:06 min/km
22	3 Torbjörn Eriksson -66 Team Nordic Trail Örebro	4:52:29 8:07 min/km
23	1 Jonathan Nilsson -93	4:55:21 8:12 min/km
24	6 Kalle Carlson -82	4:57:18 8:15 min/km

### K 36 km (12 varv)

Plac	Namn	Resultat
1	31 Tilde Malmo -89 Kumla	4:23:05 7:18 min/km
2	34 Ida Gustafsson -96	4:39:32 7:45 min/km
3	55 Anna Philipson -78 TNT Örebro	4:58:57 8:18 min/km
4	10 Josephine Claveroth -82 IF Göta Karlstad	5:03:11 8:25 min/km
5	28 Maria Pettersson -67 Kumla	5:08:14 8:33 min/km
6	18 Johanna Thyren -88 Örebro	5:08:48 8:34 min/km

### 18 km (6 varv)

Distans: 18 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	123 Pontus Lindblom -98 Almby IK	1:50:35 6:08 min/km Snitt: 00:18:25	3 km 19:04 6 km 19:00 9 km 19:48 12 km 19:28 15 km 19:44 18 km 13:31 1:50:35
2	M: 2	109 Torbjörn Evaldsson -74	2:10:12 7:14 min/km Snitt: 00:21:42	3 km 23:12 6 km 22:27 9 km 20:43 12 km 20:44 15 km 21:03 18 km 22:03 2:10:12
3	K: 1	110 Ingela Pietiläinen -74	2:10:12 7:14 min/km Snitt: 00:21:42	3 km 23:12 6 km 22:27 9 km 20:43 12 km 20:44 15 km 21:03 18 km 22:03 2:10:12
4	M: 3	129 Fredrik Backeus -73 FMTIS IF	2:13:37 7:25 min/km Snitt: 00:22:16	3 km 21:45 6 km 23:27 9 km 23:10 12 km 22:41 15 km 22:09 18 km 20:24 2:13:37
5	K: 2	120 Jenni Borong -80	2:19:38 7:45 min/km Snitt: 00:23:16	3 km 24:54 6 km 23:19 9 km 23:12 12 km 24:10 15 km 24:17 18 km 19:45 2:19:38
6	M: 4	121 Sriram Sridhar -97 Karlstad	2:21:18 7:51 min/km Snitt: 00:23:32	3 km 25:55 6 km 25:01 9 km 22:56 12 km 22:46 15 km 22:05 18 km 22:34 2:21:18
7	K: 3	127 Cassandra Lust -90 Örebro AIK	2:24:34 8:01 min/km Snitt: 00:24:05	3 km 25:57 6 km 23:13 9 km 23:10 12 km 23:34 15 km 23:58 18 km 24:41 2:24:34
8	K: 4	128 Isabella Lust -95	2:24:34 8:01 min/km Snitt: 00:24:05	3 km 25:57 6 km 23:13 9 km 23:10 12 km 23:34 15 km 23:59 18 km 24:41 2:24:34
9	K: 5	111 Linda Nilsson -72	2:32:51 8:29 min/km Snitt: 00:25:28	3 km 26:01 6 km 25:44 9 km 25:27 12 km 25:52 15 km 25:37 18 km 24:09 2:32:51
10	M: 5	113 David Roberts -89 Stora Mellösa	2:32:51 8:29 min/km Snitt: 00:25:28	3 km 26:07 6 km 25:43 9 km 25:21 12 km 25:44 15 km 25:03 18 km 24:52 2:32:51
11	K: 6	112 Sara Hansson -89 Stora Mellösa	2:32:59 8:29 min/km Snitt: 00:25:29	3 km 26:08 6 km 25:44 9 km 25:22 12 km 25:45 15 km 25:05 18 km 24:55 2:32:59

12	K: 7	122 Sofie Ihlberg -82 Karlstad	2:33:15 8:30 min/km Snitt: 00:25:32	3 km 25:58	6 km 26:31 52:30	9 km 24:48 1:17:17	12 km 24:51 1:42:08	15 km 24:50 2:06:58	18 km 26:16 2:33:15
13	K: 8	108 Annika Fryklund -68	2:34:29 8:34 min/km Snitt: 00:25:44	3 km 24:56	6 km 25:40 50:36	9 km 25:13 1:15:50	12 km 25:49 1:41:39	15 km 26:21 2:08:00	18 km 26:28 2:34:29
14	K: 9	119 Malin Ahlgren -85 Kumla	2:34:40 8:35 min/km Snitt: 00:25:46	3 km 26:17	6 km 25:45 52:03	9 km 25:19 1:17:22	12 km 25:42 1:43:03	15 km 26:21 2:09:24	18 km 25:15 2:34:40
15	K: 10	116 Ann Ekblom -72 Fjugesta	2:34:56 8:36 min/km Snitt: 00:25:49	3 km 26:17	6 km 25:44 52:01	9 km 25:27 1:17:28	12 km 25:38 1:43:07	15 km 26:34 2:09:41	18 km 25:14 2:34:56
16	M: 6	124 Vaidyanathan Kumar -98	2:35:47 8:39 min/km Snitt: 00:25:57	3 km 26:27	6 km 25:36 52:04	9 km 24:41 1:16:45	12 km 25:36 1:42:22	15 km 26:12 2:08:33	18 km 27:14 2:35:47
17	M: 7	114 Patrik Ljungstedt -89 Stora Mellösa	2:37:37 8:45 min/km Snitt: 00:26:15	3 km 26:11	6 km 25:42 51:54	9 km 26:27 1:18:21	12 km 26:24 1:44:45	15 km 26:26 2:11:11	18 km 26:25 2:37:37
18	K: 11	115 Sara Malmkvist -89 Stora Mellösa	2:38:49 8:49 min/km Snitt: 00:26:27	3 km 26:15	6 km 26:49 53:05	9 km 26:28 1:19:33	12 km 26:24 1:45:57	15 km 26:26 2:12:24	18 km 26:25 2:38:49
		101 Carina Drugge -81	DNF	3 km 32:28					
		102 Emil Drugge -79 Örebro	DNF	3 km 32:28					
		118 Karolina Svensson -79 Örebro	DNF Snitt: 00:26:31	3 km 25:56	6 km 26:24 52:21	9 km 26:21 1:18:42	12 km 27:24 1:46:06		
		125 Lina Olovsson -05	DNF Snitt: 00:28:51	3 km 27:57	6 km 27:46 55:43	9 km 30:51 1:26:34			
		103 Sara Lewis -83 Kristinehamn	DNS						
		104 Daniel Dalerhult -92 Kristinehamn	DNS						
		105 Fredrik Roos -77 GoofyTrail	DNS						
		106 Ulrika Kareliussen -71	DNS						
		107 Elin Persson -01	DNS						
		117 Olle Gerdman -86 Vingåkers OK	DNS						
		126 Helena Kihlberg -66	DNS						

### M 18 km (6 varv)

Plac	Namn	Resultat
1	123 Pontus Lindblom -98 Almby IK	1:50:35 6:08 min/km
2	109 Torbjörn Evaldsson -74	2:10:12 7:14 min/km
3	129 Fredrik Backeus -73 FMTIS IF	2:13:37 7:25 min/km
4	121 Sriram Sridhar -97 Karlstad	2:21:18 7:51 min/km
5	113 David Roberts -89 Stora Mellösa	2:32:51 8:29 min/km
6	124 Vaidyanathan Kumar -98	2:35:47 8:39 min/km
7	114 Patrik Ljungstedt -89 Stora Mellösa	2:37:37 8:45 min/km

### K 18 km (6 varv)

Plac	Namn	Resultat
1	110 Ingela Pietiläinen -74	2:10:12 7:14 min/km
2	120 Jenni Borong -80	2:19:38 7:45 min/km
3	127 Cassandra Lust -90 Örebro AIK	2:24:34 8:01 min/km
4	128 Isabella Lust -95	2:24:34 8:01 min/km
5	111 Linda Nilsson -72	2:32:51 8:29 min/km

6	112 Sara Hansson -89 Stora Mellösa	2:32:59 8:29 min/km
7	122 Sofie Ihlberg -82 Karlstad	2:33:15 8:30 min/km
8	108 Annika Fryklund -68	2:34:29 8:34 min/km
9	119 Malin Ahlgren -85 Kumla	2:34:40 8:35 min/km
10	116 Ann Ekblom -72 Fjugesta	2:34:56 8:36 min/km
11	115 Sara Malmkvist -89 Stora Mellösa	2:38:49 8:49 min/km