

Startmilen Örebro 2024-04-06 Resultat

Klass	Antal resultat
Ungdomar 5 km	24
Motion 5 km	35
Tävling 10 km	206
Motion 10 km	113
Totalt	378

Ungdomar 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	P19: 1	1341 Isak Holmgård -05 IF Göta Karlstad	00:17:34 03:30 min/km	1 (Start) 00:00:01 2 (Mål) 00:17:32 00:17:34
2	F19: 1	1699 Mathilda Wiker -05 Hällefors LK	00:18:02 03:36 min/km	1 (Start) 00:00:00 2 (Mål) 00:18:02 00:18:02
3	P19: 2	1324 Arvid Andersson -07 IF Start	00:18:02 03:36 min/km	1 (Start) 00:00:01 2 (Mål) 00:18:01 00:18:02
4	P19: 3	1342 Joel Holmgård -08 Grava SK	00:18:54 03:46 min/km	1 (Start) 00:00:01 2 (Mål) 00:18:53 00:18:54
5	F19: 2	1704 Julia Forsgren -05 Alléskolans IF	00:19:37 03:55 min/km	1 (Start) 00:00:02 2 (Mål) 00:19:35 00:19:37
6	P13: 1	1338 Felix Herbst -12 Västerås FK	00:19:41 03:56 min/km	1 (Start) 00:00:02 2 (Mål) 00:19:39 00:19:41
7	P15: 1	1366 Olle Skoog Karlsson -10 Finspångs AIK Friidrottsklubb	00:20:10 04:02 min/km	1 (Start) 00:00:01 2 (Mål) 00:20:08 00:20:10
8	P13: 2	1331 Julius Dahlberg -11 Västerås FK	00:20:35 04:07 min/km	1 (Start) 00:00:03 2 (Mål) 00:20:32 00:20:35
9	F15: 1	1370 Tyra Svensson -09 Västerås FK	00:21:18 04:15 min/km	1 (Start) 00:00:01 2 (Mål) 00:21:17 00:21:18
10	P15: 2	1347 August Josefsson -09 Glanshammars IF	00:21:27 04:17 min/km	1 (Start) 00:00:02 2 (Mål) 00:21:24 00:21:27
11	P13: 3	1353 Sam Lindell -13 Vikbolandet	00:21:32 04:18 min/km	1 (Start) 00:00:02 2 (Mål) 00:21:30 00:21:32
12	F15: 2	1374 Julia Vestman -09 IF Start	00:22:04 04:24 min/km	1 (Start) 00:00:01 2 (Mål) 00:22:03 00:22:04
13	P13: 4	1707 Axel Jansson -11 KAIK	00:22:33 04:30 min/km	1 (Start) 00:00:02 2 (Mål) 00:22:31 00:22:33
14	F13: 1	1356 Tuwa Montén -11 IF Start	00:22:39 04:31 min/km	1 (Start) 00:00:02 2 (Mål) 00:22:36 00:22:39
15	P13: 5	1352 Emil Larsson -13 KFUM Örebro Friidrott	00:22:41 04:32 min/km	1 (Start) 00:00:02 2 (Mål) 00:22:38 00:22:41
16	P13: 6	1367 Alfred Sundeman -12 Almby IK	00:22:44 04:32 min/km	1 (Start) 00:00:02 2 (Mål) 00:22:41 00:22:44
17	P19: 4	1351 Lukas Kellner -08 Glanshammars IF	00:23:17 04:39 min/km	1 (Start) 00:00:02 2 (Mål) 00:23:14 00:23:17
18	F13: 2	1336 Idun Heidenreich Hjärtsjö -11 Stocksätters IF	00:23:30 04:42 min/km	1 (Start) 00:00:02 2 (Mål) 00:23:28 00:23:30
19	P15: 3	1346 William Johansson -09 Örebro	00:24:08 04:49 min/km	1 (Start) 00:00:04 2 (Mål) 00:24:04 00:24:08

20	P15: 4	1350 Melker Karlsson -10 Kumla	00:29:32 05:54 min/km	1 (Start) 00:00:05	2 (Mål) 00:29:27 00:29:32
21	F13: 3	1344 Ingrid Jans -12 KFUM Örebro Friidrott	00:32:11 06:26 min/km	1 (Start) 00:00:07	2 (Mål) 00:32:04 00:32:11
		1327 Inez Anger -10 Uddevalla	DNS		
		1343 Sigrid Janegren -11 KFUM Örebro	DNS		
		1373 Ebba Vestman -11 IF Start	DNS		

P13 Ungdomar 5 km

Plac	Namn	Resultat
1	1338 Felix Herbst -12 Västerås FK	00:19:41 03:56 min/km
2	1331 Julius Dahlberg -11 Västerås FK	00:20:35 04:07 min/km
3	1353 Sam Lindell -13 Vikbolandet	00:21:32 04:18 min/km
4	1707 Axel Jansson -11 KAIK	00:22:33 04:30 min/km
5	1352 Emil Larsson -13 KFUM Örebro Friidrott	00:22:41 04:32 min/km
6	1367 Alfred Sundeman -12 Almby IK	00:22:44 04:32 min/km

F13 Ungdomar 5 km

Plac	Namn	Resultat
1	1356 Tuva Montén -11 IF Start	00:22:39 04:31 min/km
2	1336 Idun Heidenreich Hjärtsjö -11 Stocksätters IF	00:23:30 04:42 min/km
3	1344 Ingrid Jans -12 KFUM Örebro Friidrott	00:32:11 06:26 min/km

P15 Ungdomar 5 km

Plac	Namn	Resultat
1	1366 Olle Skoog Karlsson -10 Finspångs AIK Friidrottsklubb	00:20:10 04:02 min/km
2	1347 August Josefsson -09 Glanshammars IF	00:21:27 04:17 min/km
3	1346 William Johansson -09 Örebro	00:24:08 04:49 min/km
4	1350 Melker Karlsson -10 Kumla	00:29:32 05:54 min/km

F15 Ungdomar 5 km

Plac	Namn	Resultat
1	1370 Tyra Svensson -09 Västerås FK	00:21:18 04:15 min/km
2	1374 Julia Vestman -09 IF Start	00:22:04 04:24 min/km

P19 Ungdomar 5 km

Plac	Namn	Resultat
1	1341 Isak Holmgård -05 IF Göta Karlstad	00:17:34 03:30 min/km
2	1324 Arvid Andersson -07 IF Start	00:18:02 03:36 min/km
3	1342 Joel Holmgård -08 Grava SK	00:18:54 03:46 min/km
4	1351 Lukas Kellner -08 Glanshammars IF	00:23:17 04:39 min/km

F19 Ungdomar 5 km

Plac	Namn	Resultat
1	1699 Mathilda Wiker -05 Hällefors LK	00:18:02 03:36 min/km
2	1704 Julia Forsgren -05 Alléskolans IF	00:19:37 03:55 min/km

Motion 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	1334 Mattias Gustafsson -86 IK Akele	00:17:39 03:31 min/km	1 (Start) 00:00:01 2 (Mål) 00:17:37 00:17:39
2	M: 2	1714 Johan Olsson -77 Ekerö	00:17:56 03:35 min/km	1 (Start) 00:00:01 2 (Mål) 00:17:54 00:17:56
3	M: 3	1325 Håkan Andersson -82 KFUM Örebro Friidrott	00:19:47 03:57 min/km	1 (Start) 00:00:02 2 (Mål) 00:19:44 00:19:47
4	M: 4	1328 Tony Back -66 Dalaportens OL	00:19:48 03:57 min/km	1 (Start) 00:00:02 2 (Mål) 00:19:46 00:19:48
5	M: 5	1323 Henok Solomon Abrha -01 Hällefors	00:19:55 03:59 min/km	1 (Start) 00:00:02 2 (Mål) 00:19:52 00:19:55
6	M: 6	1368 Krister Svanberg -89 KARLSKOGA	00:20:02 04:00 min/km	1 (Start) 00:00:02 2 (Mål) 00:20:00 00:20:02
7	K: 1	1371 Linda Take -73 IF Göta Karlstad	00:20:19 04:03 min/km	1 (Start) 00:00:02 2 (Mål) 00:20:16 00:20:19
8	M: 7	1695 Linus Nordén -84	00:20:39 04:07 min/km	1 (Start) 00:00:03 2 (Mål) 00:20:35 00:20:39
9	M: 8	1365 Mikael Sandberg -75 Örebro AIK	00:21:54 04:22 min/km	1 (Start) 00:00:03 2 (Mål) 00:21:51 00:21:54
10	M: 9	1339 Johan Herbst -79 Västerås SOK	00:22:45 04:33 min/km	1 (Start) 00:00:02 2 (Mål) 00:22:42 00:22:45
11	M: 10	1326 Stefan Andersson -77 Vikbolandet	00:25:00 05:00 min/km	1 (Start) 00:00:04 2 (Mål) 00:24:56 00:25:00
12	M: 11	1372 Daniel Torelöv -75 Eskilstuna	00:25:18 05:03 min/km	1 (Start) 00:00:03 2 (Mål) 00:25:14 00:25:18
13	M: 12	1369 Albert Svensson -95	00:25:32 05:06 min/km	1 (Start) 00:00:03 2 (Mål) 00:25:29 00:25:32
14	M: 13	1345 Daniel Jivblad -95	00:25:33 05:06 min/km	1 (Start) 00:00:03 2 (Mål) 00:25:30 00:25:33
15	K: 2	1376 Minmin Zhao -86	00:26:54 05:22 min/km	1 (Start) 00:00:05 2 (Mål) 00:26:49 00:26:54
16	M: 14	1375 Mats Yngvesson -77 Degerfors	00:26:59 05:23 min/km	1 (Start) 00:00:06 2 (Mål) 00:26:53 00:26:59
17	M: 15	1335 Ronnie Gustavsson -73 Degerfors	00:27:00 05:24 min/km	1 (Start) 00:00:06 2 (Mål) 00:26:54 00:27:00
18	K: 3	1354 Linda Luks -75 Vilsta IK	00:27:05 05:25 min/km	1 (Start) 00:00:04 2 (Mål) 00:27:00 00:27:05
19	K: 4	1340 Jessika Holmgran -86 Kumla	00:28:39 05:43 min/km	1 (Start) 00:00:05 2 (Mål) 00:28:34 00:28:39
20	M: 16	1330 Anders Busk -62 Grythyttans CK	00:28:53 05:46 min/km	1 (Start) 00:00:04 2 (Mål) 00:28:48 00:28:53
21	K: 5	1333 Josephine Englund -91 Örebro	00:29:05 05:49 min/km	1 (Start) 00:00:05 2 (Mål) 00:28:59 00:29:05
22	M: 17	1355 Janove Lämngren -56 lesjöfors jogging	00:29:05 05:49 min/km	1 (Start) 00:00:03 2 (Mål) 00:29:01 00:29:05

23	K: 6	1348 Jenny Karlsson -82 Kumla	00:29:40 05:56 min/km	1 (Start) 00:00:05	2 (Mål) 00:29:34 00:29:40
24	M: 18	1329 Christer Björkman -57 Lesjöfors Jogging	00:29:43 05:56 min/km	1 (Start) 00:00:03	2 (Mål) 00:29:39 00:29:43
25	K: 7	1360 Maria Persson -69	00:30:16 06:03 min/km	1 (Start) 00:00:02	2 (Mål) 00:30:14 00:30:16
26	M: 19	1349 Mattias Karlsson -77 Kumla	00:30:24 06:04 min/km	1 (Start) 00:00:04	2 (Mål) 00:30:19 00:30:24
27	K: 8	1362 Madeleine Radegård -89 Degerfors	00:31:14 06:14 min/km	1 (Start) 00:00:05	2 (Mål) 00:31:09 00:31:14
28	K: 9	1364 Ines Rantakeisu Axelsson -14	00:32:07 06:25 min/km	1 (Start) 00:00:04	2 (Mål) 00:32:03 00:32:07
29	K: 10	1363 Caroline Rantakeisu Axelsson -88	00:32:07 06:25 min/km	1 (Start) 00:00:04	2 (Mål) 00:32:03 00:32:07
30	K: 11	1359 Martina Ottosson -83 Nora	00:32:17 06:27 min/km	1 (Start) 00:00:02	2 (Mål) 00:32:14 00:32:17
31	M: 20	1357 Jan Mossberg -56 IFK Kristinehamn	00:38:41 07:44 min/km	1 (Start) 00:00:05	2 (Mål) 00:38:35 00:38:41
32	K: 12	1337 Annika Henriksson -83 Axa sports club	00:43:58 08:47 min/km	1 (Start) 00:00:06	2 (Mål) 00:43:52 00:43:58
		1332 Mattias Edlund -84 Frukostklubben	DNS		
		1358 Sofia Nilsson -88 Örebro	DNS		
		1361 Sophie Persson -92	DNS		

M Motion 5 km

Plac	Namn	Resultat
1	1334 Mattias Gustafsson -86 IK Akele	00:17:39 03:31 min/km
2	1714 Johan Olsson -77 Ekerö	00:17:56 03:35 min/km
3	1325 Håkan Andersson -82 KFUM Örebro Friidrott	00:19:47 03:57 min/km
4	1328 Tony Back -66 Dalaportens OL	00:19:48 03:57 min/km
5	1323 Henok Solomon Abrha -01 Hällefors	00:19:55 03:59 min/km
6	1368 Krister Svanberg -89 KARLSKOGA	00:20:02 04:00 min/km
7	1695 Linus Nordén -84	00:20:39 04:07 min/km
8	1365 Mikael Sandberg -75 Örebro AIK	00:21:54 04:22 min/km
9	1339 Johan Herbst -79 Västerås SOK	00:22:45 04:33 min/km
10	1326 Stefan Andersson -77 Vikbolandet	00:25:00 05:00 min/km
11	1372 Daniel Torelov -75 Eskilstuna	00:25:18 05:03 min/km
12	1369 Albert Svensson -95	00:25:32 05:06 min/km
13	1345 Daniel Jivblad -95	00:25:33 05:06 min/km
14	1375 Mats Yngvesson -77 Degerfors	00:26:59 05:23 min/km
15	1335 Ronnie Gustavsson -73 Degerfors	00:27:00 05:24 min/km
16	1330 Anders Busk -62 Grythyttans CK	00:28:53 05:46 min/km
17	1355 Janove Lämngren -56 lesjöfors jogging	00:29:05 05:49 min/km
18	1329 Christer Björkman -57 Lesjöfors Jogging	00:29:43 05:56 min/km

19	1349 Mattias Karlsson -77 Kumla	00:20:54 06:04 min/km
20	1357 Jan Mossberg -56 IFK Kristinehamn	00:38:41 07:44 min/km

K Motion 5 km

Plac	Namn	Resultat
1	1371 Linda Take -73 IF Göta Karlstad	00:20:19 04:03 min/km
2	1376 Minmin Zhao -86	00:26:54 05:22 min/km
3	1354 Linda Luks -75 Vilsta IK	00:27:05 05:25 min/km
4	1340 Jessika Holmgran -86 Kumla	00:28:39 05:43 min/km
5	1333 Josephine Englund -91 Örebro	00:29:05 05:49 min/km
6	1348 Jenny Karlsson -82 Kumla	00:29:40 05:56 min/km
7	1360 Maria Persson -69	00:30:16 06:03 min/km
8	1362 Madeleine Radegård -89 Degerfors	00:31:14 06:14 min/km
9	1364 Ines Rantakeisu Axelsson -14	00:32:07 06:25 min/km
10	1363 Caroline Rantakeisu Axelsson -88	00:32:07 06:25 min/km
11	1359 Martina Ottosson -83 Nora	00:32:17 06:27 min/km
12	1337 Annika Henriksson -83 Axa sports club	00:43:58 08:47 min/km

Tävling 10 km DM för Södra Svealand Närkes Långloppscup

Distans: 10 000 m

Plac	Ålder	DM	Namn	Resultat	Mellantider
1	M: 1	1	1599 Martin Regborn -92 KFUM Örebro Friidrott DM Cup	00:29:23 02:56 min/km	1 (Start) 00:00:00 2 (5 km) 00:14:39 3 (Mål) 00:14:39 00:29:23
2	M: 2		1494 Andreas Jansson -96 FI Hässelby SK	00:30:23 03:02 min/km	1 (Start) 00:00:01 2 (5 km) 00:14:55 3 (Mål) 00:14:56 00:30:23
3	M: 3	2	1682 Jonatan Gustafsson -99 KFUM Örebro Friidrott DM Cup	00:30:43 03:04 min/km	1 (Start) 00:00:00 2 (5 km) 00:14:54 3 (Mål) 00:14:55 00:30:43
4	M: 4	3	1576 Jonas Nilsson -92 Örebro AIK DM Cup	00:31:19 03:07 min/km	1 (Start) - 2 (5 km) 00:15:47 3 (Mål) 00:15:47 00:31:19
5	M: 5	4	1520 Simon Karlsson -93 Tisdagsklubben Örebro DM Cup	00:31:35 03:09 min/km	1 (Start) 00:00:00 2 (5 km) 00:15:41 3 (Mål) 00:15:41 00:31:35
6	M: 6		1386 Heshlu Andemariam -97 Keep Up RC	00:31:44 03:10 min/km	1 (Start) 00:00:01 2 (5 km) 00:15:41 3 (Mål) 00:15:42 00:31:44
7	M35: 1	5 M35: 1	1398 Per Arvidsson -86 IF Start DM Cup	00:32:02 03:12 min/km	1 (Start) 00:00:01 2 (5 km) 00:15:54 3 (Mål) 00:15:54 00:32:02
8	M: 7	6	1610 Simon Schagerström -93 Örebro AIK DM Cup	00:32:23 03:14 min/km	1 (Start) 00:00:02 2 (5 km) 00:16:05 3 (Mål) 00:16:06 00:32:23
9	M: 8	7	1523 David Kjellén -95 IF Göta Karlstad DM Cup	00:32:27 03:14 min/km	1 (Start) 00:00:01 2 (5 km) 00:16:01 3 (Mål) 00:16:02 00:32:27
10	M22: 1	8	1594 Felix Persson -05 Västerås FK DM Cup	00:32:30 03:15 min/km	1 (Start) 00:00:01 2 (5 km) 00:15:50 3 (Mål) 00:15:50 00:32:30
11	M: 9	9	1681 Axel Sandberg -00 KFUM Örebro Friidrott DM Cup	00:32:34 03:15 min/km	1 (Start) 00:00:00 2 (5 km) 00:16:06 3 (Mål) 00:16:06 00:32:34
12	M35: 2		1508 Mattias Jonsson-Ab Durgo -89 Föreningen Bålsta Idrottskamrater	00:32:35 03:15 min/km	1 (Start) 00:00:01 2 (5 km) 00:16:03 3 (Mål) 00:16:04 00:32:35

13	M40: 1	10 M40: 1	1489 Andreas Ingberg -82 Örebro AIK DM Cup	00:32:39 03:15 min/km	1 (Start) 00:00:01	2 (5 km) 00:16:12 00:16:13	3 (Mål) 00:16:25 00:32:39
14	M: 10		1510 Gustav Josefsson -96 Hälle IF	00:32:49 03:16 min/km	1 (Start) 00:00:01	2 (5 km) 00:16:05 00:16:07	3 (Mål) 00:16:41 00:32:49
15	M: 11	11	1559 John Lundström -90 Tisdagsklubben Örebro DM Cup	00:33:25 03:20 min/km	1 (Start) -	2 (5 km) 00:16:48 00:16:48	3 (Mål) 00:16:36 00:33:25
16	M: 12		1392 Kim Andersson -90 Ludvika FFI	00:33:28 03:20 min/km	1 (Start) 00:00:01	2 (5 km) 00:16:47 00:16:48	3 (Mål) 00:16:39 00:33:28
17	M35: 3		1569 Markus Munkhammar -89 Ludvika FFI	00:33:59 03:23 min/km	1 (Start) 00:00:01	2 (5 km) 00:16:48 00:16:49	3 (Mål) 00:17:09 00:33:59
18	M22: 2	12	1669 Hugo Örn -04 IF Start DM Cup	00:34:00 03:24 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:00 00:17:02	3 (Mål) 00:16:58 00:34:00
19	M: 13	13	1558 David Lundström -92 Tisdagsklubben Örebro DM Cup	00:34:11 03:25 min/km	1 (Start) -	2 (5 km) 00:17:02 00:17:02	3 (Mål) 00:17:09 00:34:11
20	M35: 4	14 M35: 2	1527 David Klasson -89 Åsbro Golf DM Cup	00:34:25 03:26 min/km	1 (Start) 00:00:03	2 (5 km) 00:17:03 00:17:06	3 (Mål) 00:17:19 00:34:25
21	M: 14	15	1609 Philip Sander -91 Tisdagsklubben Örebro DM Cup	00:34:27 03:26 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:08 00:17:10	3 (Mål) 00:17:16 00:34:27
22	M45: 1	16 M45: 1	1724 Ludvig Börjesson -77 Örebro AIK DM Cup	00:34:27 03:26 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:09 00:17:12	3 (Mål) 00:17:15 00:34:27
23	M35: 5		1700 Jonathan Åström -87 Hälle IF	00:34:31 03:27 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:09 00:17:11	3 (Mål) 00:17:19 00:34:31
24	M40: 2	17 M40: 2	1665 Elias Zika -81 IF Start DM Cup	00:34:32 03:27 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:11 00:17:12	3 (Mål) 00:17:19 00:34:32
25	M: 15		1532 André Kröger -98 IFK Umeå	00:34:49 03:28 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:10 00:17:12	3 (Mål) 00:17:37 00:34:49
26	M35: 6	18 M35: 3	1441 Björn Eriksson -86 Tisdagsklubben Örebro DM Cup	00:34:55 03:29 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:19 00:17:21	3 (Mål) 00:17:34 00:34:55
27	M: 16	19	1505 Viktor Johansson -90 KFUM Örebro Friidrott DM Cup	00:35:00 03:30 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:45 00:17:47	3 (Mål) 00:17:13 00:35:00
28	M: 17	20	1406 Andreas Borg -92 Åsbro Golf DM Cup	00:35:00 03:30 min/km	1 (Start) 00:00:03	2 (5 km) 00:17:21 00:17:23	3 (Mål) 00:17:36 00:35:00
29	M50: 1	21 M50: 1	1504 Pär Johansson -74 Örebro AIK DM Cup	00:35:01 03:30 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:30 00:17:31	3 (Mål) 00:17:29 00:35:01
30	K35: 1	1 K35: 1	1645 Liduina Van Sitteren -89 Örebro AIK DM Cup	00:35:10 03:31 min/km	1 (Start) -	2 (5 km) 00:17:29 00:17:29	3 (Mål) 00:17:41 00:35:10
31	M22: 3	22	1397 Joel Aristondo Magnusson -02 Årla IF DM Cup	00:35:12 03:31 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:25 00:17:27	3 (Mål) 00:17:44 00:35:12
32	M40: 3	23 M40: 3	1487 Fredrik Härdfeldt -80 Örebro AIK DM Cup	00:35:13 03:31 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:27 00:17:29	3 (Mål) 00:17:43 00:35:13
33	M35: 7		1656 Karl Wilenius -85 Lidköpings VSK	00:35:14 03:31 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:25 00:17:26	3 (Mål) 00:17:47 00:35:14
34	K35: 2	2 K35: 2	1611 Fanny Schulstad -88 KFUM Örebro Friidrott DM Cup	00:35:18 03:31 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:30 00:17:31	3 (Mål) 00:17:46 00:35:18
35	M: 18		1419 Dries De Clercq -00 Belgium	00:35:22 03:32 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:27 00:17:28	3 (Mål) 00:17:53 00:35:22

36	M40: 4	24 M40: 4	1661 Daniel Wärnelid -83 Örebro AIK DM Cup	00:35:24 03:32 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:45 00:17:47	3 (Mål) 00:17:37 00:35:24
37	M35: 8	25 M35: 4	1391 John Andersson -88 IK Fryken DM Cup	00:35:24 03:32 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:02 00:18:05	3 (Mål) 00:17:19 00:35:24
38	M35: 9	26 M35: 5	1587 Mattias Nätterlund -86 IF Start DM Cup	00:35:27 03:32 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:30 00:17:31	3 (Mål) 00:17:55 00:35:27
39	M40: 5	27 M40: 5	1598 Villem Raudsepp -80 Örebro AIK DM Cup	00:35:40 03:34 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:46 00:17:48	3 (Mål) 00:17:51 00:35:40
40	M: 19	28	1475 Oskar Hansson -97 Tisdagsklubben Örebro DM Cup	00:35:44 03:34 min/km	1 (Start) 00:00:02	2 (5 km) 00:17:33 00:17:35	3 (Mål) 00:18:09 00:35:44
41	M45: 2	29 M45: 2	1591 Magnus Palm -79 Tisdagsklubben Örebro DM Cup	00:35:50 03:35 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:24 00:17:26	3 (Mål) 00:18:24 00:35:50
42	M: 20	30	1641 Erik Toivanen -97 Karlskoga Löp och Cykelklubb DM Cup	00:36:04 03:36 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:04 00:18:06	3 (Mål) 00:17:58 00:36:04
43	M40: 6	31 M40: 6	1697 Fredrik Rådström -83 Hällefors LK DM Cup	00:36:07 03:36 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:02 00:18:05	3 (Mål) 00:18:02 00:36:07
44	P16: 1	32	1414 Måns Dahlberg -09 IF Start DM Cup	00:36:23 03:38 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:31 00:17:33	3 (Mål) 00:18:49 00:36:23
45	M40: 7	33 M40: 7	1566 Anders Montén -83 IF Start DM Cup	00:36:25 03:38 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:05 00:18:07	3 (Mål) 00:18:17 00:36:25
46	M: 21		1573 Oliver Nikolic -92 Ludvika FFI	00:36:31 03:39 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:04 00:18:06	3 (Mål) 00:18:25 00:36:31
47	M35: 10		1660 Robin Wirström -88 Tjalve FIF	00:36:38 03:39 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:03 00:18:05	3 (Mål) 00:18:32 00:36:38
48	M40: 8	34 M40: 8	1471 Simon Hagström -81 Tisdagsklubben Örebro DM Cup	00:36:39 03:39 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:25 00:18:28	3 (Mål) 00:18:10 00:36:39
49	P16: 2	35	1652 Sixten Widmark -08 IF Start DM Cup	00:37:07 03:42 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:27 00:18:29	3 (Mål) 00:18:37 00:37:07
50	P16: 3	36	1565 Adam Monten -08 IF Start DM Cup	00:37:08 03:42 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:35 00:18:38	3 (Mål) 00:18:30 00:37:08
51	M50: 2	37 M50: 2	1627 Tommy Sundberg -74 Hällefors LK DM Cup	00:37:11 03:43 min/km	1 (Start) 00:00:04	2 (5 km) 00:18:42 00:18:46	3 (Mål) 00:18:25 00:37:11
52	P16: 4	38	1403 Lucas Björfelt -08 IF Göta Karlstad DM Cup	00:37:23 03:44 min/km	1 (Start) 00:00:01	2 (5 km) 00:17:58 00:17:59	3 (Mål) 00:19:24 00:37:23
53	M45: 3	39 M45: 3	1544 Markus Liljenroth -79 Örebro AIK DM Cup	00:37:23 03:44 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:31 00:18:33	3 (Mål) 00:18:50 00:37:23
54	M45: 4		1490 Per Ivansson -75 Finspångs AIK Friidrottsklubb	00:37:32 03:45 min/km	1 (Start) 00:00:05	2 (5 km) 00:18:54 00:18:59	3 (Mål) 00:18:32 00:37:32
55	M45: 5	40 M45: 4	1580 Karl-Martin Nordling -77 IF Göta Karlstad DM Cup	00:37:35 03:45 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:48 00:18:50	3 (Mål) 00:18:44 00:37:35
56	M35: 11	41 M35: 6	1630 Anton Suontausta -89 IK Westmannia Friidrott DM Cup	00:37:38 03:45 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:28 00:18:30	3 (Mål) 00:19:07 00:37:38
57	M55: 1	42 M55: 1	1484 Rodney Hundermark -69 IFK Nora DM Cup	00:37:44 03:46 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:56 00:18:59	3 (Mål) 00:18:44 00:37:44
58	M35: 12	43 M35: 7	1501 Daniel Johansson -86 IF Start DM Cup	00:37:48 03:46 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:52 00:18:54	3 (Mål) 00:18:54 00:37:48

59	F16: 1	3	1383 Embla Allard -12 Västerås FK DM Cup	00:37:52 03:47 min/km	1 (Start) 00:00:00	2 (5 km) 00:18:33 00:18:33	3 (Mål) 00:19:19 00:37:52
60	M35: 13		1676 Fredrik Berg -88 Träningskonsulten SC	00:37:56 03:47 min/km	1 (Start) 00:00:04	2 (5 km) 00:18:53 00:18:57	3 (Mål) 00:18:58 00:37:56
61	M40: 9	44 M40: 9	1379 Thomas Ahlström -84 Örebro AIK DM Cup	00:37:57 03:47 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:48 00:18:51	3 (Mål) 00:19:06 00:37:57
62	K: 1	4	1601 Emma Reinhed Liljeqvist - 92 IF Start DM Cup	00:38:08 03:48 min/km	1 (Start) 00:00:04	2 (5 km) 00:18:52 00:18:56	3 (Mål) 00:19:11 00:38:08
63	M45: 6	45 M45: 5	1399 Oskar Axelsson -77 Örebro AIK DM Cup	00:38:15 03:49 min/km	1 (Start) 00:00:02	2 (5 km) 00:18:39 00:18:41	3 (Mål) 00:19:33 00:38:15
64	M50: 3	46 M50: 3	1721 Johan Jendeberg -72 Örebro AIK DM Cup	00:38:17 03:49 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:06 00:19:09	3 (Mål) 00:19:08 00:38:17
65	M: 22		1651 Pontus Wessman -90 IK Akele	00:38:22 03:50 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:46 00:18:50	3 (Mål) 00:19:32 00:38:22
66	M: 23	47	1499 Adam Johansson -94 IK Vikings Friidrottsklubb DM Cup	00:38:24 03:50 min/km	1 (Start) 00:00:03	2 (5 km) - 00:00:03	3 (Mål) 00:38:20 00:38:24
67	M45: 7	48 M45: 6	1679 Mikael Norgren -78 Karlsunds IF SF DM Cup	00:38:25 03:50 min/km	1 (Start) 00:00:01	2 (5 km) 00:18:58 00:18:59	3 (Mål) 00:19:25 00:38:25
68	M: 24		1529 Erik Klockar -91 Hulåns IF	00:38:27 03:50 min/km	1 (Start) 00:00:03	2 (5 km) 00:18:35 00:18:38	3 (Mål) 00:19:49 00:38:27
69	K45: 1		1408 Lisa Bouvin -77 Finspångs AIK Friidrottsklubb	00:38:36 03:51 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:25 00:19:29	3 (Mål) 00:19:07 00:38:36
70	M45: 8	49 M45: 7	1664 Fredrik Zeitelberg -78 Örebro AIK DM Cup	00:38:44 03:52 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:11 00:19:13	3 (Mål) 00:19:30 00:38:44
71	M35: 14	50 M35: 8	1 David Berg -89 IF Start DM Cup	00:38:55 03:53 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:06 00:19:08	3 (Mål) 00:19:47 00:38:55
72	M35: 15	51 M35: 9	1457 Mattias Frändå -88 Tisdagsklubben Örebro DM Cup	00:39:09 03:54 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:09 00:19:11	3 (Mål) 00:19:57 00:39:09
73	M: 25	52	1485 Martin Hård -94 Tisdagsklubben Örebro DM Cup	00:39:28 03:56 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:48 00:19:52	3 (Mål) 00:19:36 00:39:28
74	M35: 16	53 M35: 10	1653 Marcus Wiegandt -88 IF Göta Karlstad DM Cup	00:39:29 03:56 min/km	1 (Start) -	2 (5 km) 00:19:53 00:19:53	3 (Mål) 00:19:35 00:39:29
75	M40: 10		1390 Johan Andersson -84 Qvarnsveden Triathlon	00:39:30 03:57 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:29 00:19:33	3 (Mål) 00:19:57 00:39:30
76	M40: 11	54 M40: 10	1663 Jesper Zakrisson -80 Örebro AIK DM Cup	00:39:31 03:57 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:23 00:19:25	3 (Mål) 00:20:06 00:39:31
77	M60: 1	55 M60: 1	1453 Sören Forsberg -63 Örebro AIK DM Cup	00:39:33 03:57 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:51 00:19:54	3 (Mål) 00:19:38 00:39:33
78	M40: 12	56 M40: 11	1666 Henrik Ögren -82 Storådalens SK DM Cup	00:39:53 03:59 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:23 00:19:29	3 (Mål) 00:20:24 00:39:53
79	M: 26		1621 Jakob Stenbacka -92 Borlänge LK	00:39:55 03:59 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:59 00:20:02	3 (Mål) 00:19:52 00:39:55
80	M40: 13	57 M40: 12	1405 Erik Blohm -84 Friskis & Svettis Örebro DM Cup	00:39:57 03:59 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:47 00:19:50	3 (Mål) 00:20:06 00:39:57
81	K55: 1	5 K55: 1	1418 Marie Dasler -68 IF Start DM Cup	00:40:03 04:00 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:28 00:19:31	3 (Mål) 00:20:32 00:40:03

82	M50: 4		1481 Jonas Hermansson -71 Enköpings AIF	00:40:09 04:00 min/km	1 (Start) -	2 (5 km) 00:19:54 00:19:54	3 (Mål) 00:20:14 00:40:09
83	M: 27	58	1477 Viktor Hansson -92 Tisdagsklubben Örebro DM Cup	00:40:12 04:01 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:28 00:19:31	3 (Mål) 00:20:40 00:40:12
84	K35: 3		1428 Madeleine Ekblad -89 Ryda SK	00:40:14 04:01 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:43 00:19:47	3 (Mål) 00:20:27 00:40:14
85	M50: 5		1723 Henrik Göhl -74 Finspångs AIK Friidrottsklubb	00:40:15 04:01 min/km	1 (Start) -	2 (5 km) 00:19:51 00:19:51	3 (Mål) 00:20:23 00:40:15
86	M45: 9	59 M45: 8	1604 Stefan Sager -77 Örebro AIK DM Cup	00:40:16 04:01 min/km	1 (Start) 00:00:06	2 (5 km) 00:20:35 00:20:40	3 (Mål) 00:19:35 00:40:16
87	M45: 10	60 M45: 9	1466 Conrad Granath -78 IF Start DM Cup	00:40:16 04:01 min/km	1 (Start) 00:00:06	2 (5 km) 00:19:53 00:19:58	3 (Mål) 00:20:17 00:40:16
88	M40: 14	61 M40: 13	1454 Johan Fredriksson -84 Kumla SF DM Cup	00:40:19 04:01 min/km	1 (Start) 00:00:06	2 (5 km) 00:19:48 00:19:53	3 (Mål) 00:20:25 00:40:19
89	M40: 15	62 M40: 14	1647 Robert Vestman -82 Almby IK DM Cup	00:40:25 04:02 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:59 00:20:02	3 (Mål) 00:20:23 00:40:25
90	M40: 16	63 M40: 15	1705 Richard Dahlgren -84 Örebro AIK DM Cup	00:40:35 04:03 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:53 00:19:57	3 (Mål) 00:20:37 00:40:35
91	M35: 17	64 M35: 11	1503 Oskar Johansson -86 Tisdagsklubben Örebro DM Cup	00:40:35 04:03 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:16 00:20:20	3 (Mål) 00:20:15 00:40:35
92	K22: 1	6	1488 Hanna Imhagen -03 Örebro AIK DM Cup	00:40:37 04:03 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:17 00:20:23	3 (Mål) 00:20:13 00:40:37
93	M50: 6		1446 Ulf Eriksson -74 Huddinge AIS	00:40:43 04:04 min/km	1 (Start) 00:00:02	2 (5 km) -	3 (Mål) 00:40:41 00:40:43
94	K: 2		1416 Lovisa Danielsson -94 Dala-Järna IK	00:40:44 04:04 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:03 00:20:06	3 (Mål) 00:20:37 00:40:44
95	M50: 7	65 M50: 4	1451 Mattias Folkesson -72 Örebro AIK DM Cup	00:40:45 04:04 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:02 00:20:05	3 (Mål) 00:20:39 00:40:45
96	M45: 11	66 M45: 10	1378 Andreas Adolffson -77 Åsbro GoIF DM Cup	00:40:54 04:05 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:18 00:20:23	3 (Mål) 00:20:31 00:40:54
97	M60: 2	67 M60: 2	1474 Mikael Hansson -63 IF Start DM Cup	00:40:59 04:05 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:51 00:19:55	3 (Mål) 00:21:04 00:40:59
98	M50: 8	68 M50: 5	1531 Johan Krafft -74 Örebro AIK DM Cup	00:41:02 04:06 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:13 00:20:17	3 (Mål) 00:20:45 00:41:02
99	M45: 12	69 M45: 11	1380 Omed Ahmed -78 Kristinehamns MSK DM Cup	00:41:09 04:06 min/km	1 (Start) 00:00:02	2 (5 km) 00:20:09 00:20:11	3 (Mål) 00:20:58 00:41:09
100	K45: 2	7 K45: 1	1552 Renée Luks -79 Vilsta IK DM Cup	00:41:11 04:07 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:23 00:20:27	3 (Mål) 00:20:43 00:41:11
101	M40: 17	70 M40: 16	1628 Erik Sundeman -82 Almby IK DM Cup	00:41:13 04:07 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:56 00:19:59	3 (Mål) 00:21:13 00:41:13
102	M: 28	71	1393 Rasmus Andersson -90 Örebro AIK DM Cup	00:41:24 04:08 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:36 00:20:41	3 (Mål) 00:20:43 00:41:24
103	M: 29		1556 Oskar Lundqvist -95 Malungs OK Skogsmårdarna	00:41:35 04:09 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:00 00:21:06	3 (Mål) 00:20:29 00:41:35
104	M50: 9	72 M50: 6	1455 Tomas Fridh -73 Stocksätters IF DM Cup	00:41:36 04:09 min/km	1 (Start) 00:00:06	2 (5 km) 00:20:48 00:20:53	3 (Mål) 00:20:42 00:41:36

105	M55: 2	73 M55: 2	1478 Fredrik Hartman -68 Örebro AIK DM Cup	00:41:41 04:10 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:29 00:20:32	3 (Mål) 00:21:08 00:41:41
106	M: 30		1452 Robin Forsbacka -91 Sports Club SPC	00:41:42 04:10 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:59 00:21:04	3 (Mål) 00:20:38 00:41:42
107	M50: 10	74 M50: 7	1413 Magnus Dahlberg -71 Västerås FK DM Cup	00:41:46 04:10 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:02 00:21:06	3 (Mål) 00:20:40 00:41:46
108	K45: 3	8 K45: 2	1506 Julia Johnsson -76 Örebro AIK DM Cup	00:41:47 04:10 min/km	1 (Start) 00:00:02	2 (5 km) 00:20:30 00:20:32	3 (Mål) 00:21:14 00:41:47
109	M50: 11	75 M50: 8	1568 Kent Mossbäck -72 Örebro AIK DM Cup	00:41:50 04:11 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:48 00:20:53	3 (Mål) 00:20:56 00:41:50
110	K45: 4	9 K45: 3	1572 Maria Nagle -76 IF Start DM Cup	00:41:51 04:11 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:46 00:20:50	3 (Mål) 00:21:01 00:41:51
111	M22: 4	76	1649 Albin Wallgren -07 Åsbro Golf DM Cup	00:41:57 04:11 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:30 00:20:33	3 (Mål) 00:21:24 00:41:57
112	M55: 3	77 M55: 3	1643 Peter Törnqvist -69 Östansjö SK DM Cup	00:42:06 04:12 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:03 00:21:08	3 (Mål) 00:20:58 00:42:06
113	M40: 18	78 M40: 17	1624 Hampus Ström -83 Tisdagsklubben Örebro DM Cup	00:42:09 04:12 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:54 00:20:58	3 (Mål) 00:21:11 00:42:09
114	M75: 1	79 M75: 1	1593 Bo Persson -48 Almby IK DM Cup	00:42:13 04:13 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:04 00:21:08	3 (Mål) 00:21:04 00:42:13
115	M: 31	80	1668 Filip Örn -99 IF Start DM Cup	00:42:19 04:13 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:48 00:20:52	3 (Mål) 00:21:26 00:42:19
116	M50: 12	81 M50: 9	1625 Peter Ström -70 Kumla SF DM Cup	00:42:26 04:14 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:12 00:21:15	3 (Mål) 00:21:10 00:42:26
117	M40: 19	82 M40: 18	1516 Björn Karlsson -81 Åsbro Golf DM Cup	00:42:27 04:14 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:05 00:21:10	3 (Mål) 00:21:16 00:42:27
118	M35: 18	83 M35: 12	1385 Emil Altskog -88 Åsbro Golf DM Cup	00:42:29 04:14 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:04 00:21:08	3 (Mål) 00:21:20 00:42:29
119	M60: 3		1574 Anders Nilseryd -64 IK Akele	00:42:37 04:15 min/km	1 (Start) 00:00:02	2 (5 km) 00:20:55 00:20:58	3 (Mål) 00:21:39 00:42:37
120	K50: 1	10 K50: 1	1473 Petra Hanaeus -72 IF Start DM Cup	00:42:49 04:16 min/km	1 (Start) 00:00:02	2 (5 km) 00:21:06 00:21:09	3 (Mål) 00:21:39 00:42:49
121	M45: 13	84 M45: 12	1658 Rickard Wirén -78 Örebro AIK DM Cup	00:42:50 04:17 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:35 00:21:39	3 (Mål) 00:21:10 00:42:50
122	M55: 4	85 M55: 4	1616 Roger Sköldqvist -65 IF Start DM Cup	00:43:09 04:18 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:28 00:21:32	3 (Mål) 00:21:36 00:43:09
123	K40: 1		1546 Jenny Lindblom -82 Finspångs AIK Friidrottsklubb	00:43:19 04:19 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:25 00:21:29	3 (Mål) 00:21:49 00:43:19
124	P16: 5	86	1605 William Sallros -10 IFK Nora DM Cup	00:43:20 04:20 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:53 00:20:57	3 (Mål) 00:22:22 00:43:20
125	M: 32	87	1462 Solomun Gebrab -98 Tisdagsklubben Örebro DM Cup	00:43:28 04:20 min/km	1 (Start) -	2 (5 km) 00:22:50 00:22:50	3 (Mål) 00:20:38 00:43:28
126	K45: 5	11 K45: 4	1655 Antje Wiksten -75 IF Start DM Cup	00:43:35 04:21 min/km	1 (Start) 00:00:03	2 (5 km) 00:21:29 00:21:32	3 (Mål) 00:22:03 00:43:35
127	M: 33	88	1642 Mattias Törnqvist -01 Garphyttans IF DM Cup	00:43:40 04:22 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:30 00:21:35	3 (Mål) 00:22:04 00:43:40

128	M35: 19	89 M35: 13	1675 Erik Sörheim -88 Tisdagsklubben Örebro DM Cup	00:43:52 04:23 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:47 00:21:52	3 (Mål) 00:22:00 00:43:52
129	M35: 20	90 M35: 14	1542 Robert Larsson -86 Örebro AIK DM Cup	00:43:58 04:23 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:49 00:21:54	3 (Mål) 00:22:03 00:43:58
130	M: 34	91	1514 Rickard Kanon -90 Kumla SF DM Cup	00:44:14 04:25 min/km	1 (Start) 00:00:07	2 (5 km) 00:22:17 00:22:24	3 (Mål) 00:21:50 00:44:14
131	P16: 6	92	1509 Svante Jorstig -08 KFUM Örebro Friidrott DM Cup	00:44:22 04:26 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:34 00:21:39	3 (Mål) 00:22:42 00:44:22
132	K22: 2	12	1615 Ester Skoglund -07 Östansjö SK DM Cup	00:44:26 04:26 min/km	1 (Start) 00:00:04	2 (5 km) 00:21:38 00:21:42	3 (Mål) 00:22:44 00:44:26
133	M50: 13	93 M50: 10	1459 Jonas Färnstrand -73 Örebro AIK DM Cup	00:44:31 04:27 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:18 00:22:24	3 (Mål) 00:22:07 00:44:31
134	M65: 1	94 M65: 1	1447 Jan Ermejäll -57 Örebro AIK DM Cup	00:44:34 04:27 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:21 00:22:27	3 (Mål) 00:22:06 00:44:34
135	K22: 3	13	1449 Wera Falk -06 KFUM Örebro Friidrott DM Cup	00:44:42 04:28 min/km	1 (Start) 00:00:04	2 (5 km) 00:22:08 00:22:13	3 (Mål) 00:22:29 00:44:42
136	K55: 2		1543 Annelie Liljedahl -69 Ludvika FFI	00:44:45 04:28 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:12 00:22:17	3 (Mål) 00:22:28 00:44:45
137	K50: 2		1547 Anna Lindebring -71 Finspångs AIK Friidrottsklubb	00:45:05 04:30 min/km	1 (Start) -	2 (5 km) 00:22:38 00:22:38	3 (Mål) 00:22:27 00:45:05
138	M45: 14	95 M45: 13	1607 Mikael Sandberg -75 Örebro AIK DM Cup	00:45:09 04:30 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:17 00:22:22	3 (Mål) 00:22:46 00:45:09
139	K35: 4	14 K35: 3	1420 Jenny Dollerup -85 IFK Nora DM Cup	00:45:11 04:31 min/km	1 (Start) 00:00:07	2 (5 km) 00:22:14 00:22:21	3 (Mål) 00:22:50 00:45:11
140	K: 3	15	1586 Kerstin Näslund -01 IF Göta Karlstad DM Cup	00:45:16 04:31 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:18 00:22:23	3 (Mål) 00:22:52 00:45:16
141	M40: 20	96 M40: 19	1613 Johan Sjö -82 Örebro AIK DM Cup	00:45:17 04:31 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:53 00:21:59	3 (Mål) 00:23:17 00:45:17
142	M65: 2	97 M65: 2	1673 Rolf Östman -58 Kumla SF DM Cup	00:45:58 04:35 min/km	1 (Start) 00:00:08		3 (Mål) 00:45:50 00:45:58
143	K45: 6		1469 Åsa Gunnarsson -77 Finspångs AIK Friidrottsklubb	00:46:07 04:36 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:33 00:22:38	3 (Mål) 00:23:28 00:46:07
144	M22: 5	98	1554 Jesper Lundgren -06 Kumla SF DM Cup	00:46:25 04:38 min/km	1 (Start) 00:00:04	2 (5 km) 00:23:45 00:23:49	3 (Mål) 00:22:36 00:46:25
145	M40: 21	99 M40: 20	1564 Anwar Mohammed -84 Kristinehamns MSK DM Cup	00:46:35 04:39 min/km	1 (Start) 00:00:03	2 (5 km) 00:22:27 00:22:30	3 (Mål) 00:24:05 00:46:35
146	K: 4		1644 Tara Vaitinen -99 Finland	00:46:52 04:41 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:21 00:23:26	3 (Mål) 00:23:25 00:46:52
147	K50: 3	16 K50: 2	1595 Therese Persson -73 Örebro AIK DM Cup	00:46:55 04:41 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:02 00:23:08	3 (Mål) 00:23:47 00:46:55
148	M60: 4	100 M60: 3	1636 Morgan Sällström -62 Västerås LK DM Cup	00:47:07 04:42 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:22 00:23:27	3 (Mål) 00:23:40 00:47:07
149	M45: 15	101 M45: 14	1512 Pälle Kamali -77 Örebro AIK DM Cup	00:47:35 04:45 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:50 00:23:58	3 (Mål) 00:23:37 00:47:35
150	M45: 16		1437 Roger Elimä -78 Enköpings AIF	00:47:38 04:45 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:35 00:23:41	3 (Mål) 00:23:57 00:47:38

151	K45: 7	17 K45: 5	1517 Karin Karlsson -76 Örebro AIK DM Cup	00:47:50 04:47 min/km	1 (Start) 00:00:07	2 (5 km) 00:23:37 00:23:44	3 (Mål) 00:24:05 00:47:50
152	K35: 5	18 K35: 4	1620 Evelinn Sten -86 Örebro AIK DM Cup	00:48:01 04:48 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:52 00:23:58	3 (Mål) 00:24:02 00:48:01
153	K50: 4	19 K50: 3	1407 Maria Borg -73 IF Start DM Cup	00:48:21 04:50 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:53 00:23:59	3 (Mål) 00:24:22 00:48:21
154	K: 5	20	1672 Elin Österman -92 IF Start DM Cup	00:48:25 04:50 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:23 00:24:31	3 (Mål) 00:23:53 00:48:25
155	K55: 3	21 K55: 2	1719 Eva Suontausta -66 IK Westmannia Friidrott DM Cup	00:48:27 04:50 min/km	1 (Start) -	2 (5 km) 00:24:21 00:24:21	3 (Mål) 00:24:06 00:48:27
156	K50: 5		1528 Anna Klingstedt -74 Finspångs AIK Friidrottsklubb	00:48:58 04:53 min/km	1 (Start) -	2 (5 km) 00:23:54 00:23:54	3 (Mål) 00:25:04 00:48:58
157	M60: 5	102 M60: 4	1518 Lars Karlsson -64 Östansjö SK DM Cup	00:49:04 04:54 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:51 00:23:56	3 (Mål) 00:25:08 00:49:04
158	K40: 2	22 K40: 1	1384 Sandra Almer Carlsson -81 IFK Nora DM Cup	00:49:10 04:55 min/km	1 (Start) 00:00:07	2 (5 km) 00:24:38 00:24:46	3 (Mål) 00:24:24 00:49:10
159	M70: 1	103 M70: 1	1400 Hans Backström -53 Östansjö SK DM Cup	00:49:24 04:56 min/km	1 (Start) 00:00:05	2 (5 km) 00:24:19 00:24:23	3 (Mål) 00:25:00 00:49:24
160	M65: 3	104 M65: 3	1596 Göte Pettersson -57 Örebro AIK DM Cup	00:49:53 04:59 min/km	1 (Start) 00:00:07	2 (5 km) 00:24:32 00:24:39	3 (Mål) 00:25:13 00:49:53
161	M35: 21	105 M35: 15	1417 Rihards Darzins -86 Almby IK DM Cup	00:50:04 05:00 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:01 00:25:10	3 (Mål) 00:24:53 00:50:04
162	K35: 6		1659 Sarah Wirsén -86 Team Nordic Trail SC	00:50:31 05:03 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:59 00:25:08	3 (Mål) 00:25:23 00:50:31
163	K55: 4	23 K55: 3	1507 Pia Jonsson -65 Sisu Forshaga SK DM Cup	00:51:40 05:10 min/km	1 (Start) 00:00:03	2 (5 km) 00:25:14 00:25:18	3 (Mål) 00:26:22 00:51:40
164	K55: 5	24 K55: 4	1387 Catrine Andersson -69 Örebro AIK DM Cup	00:51:47 05:10 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:45 00:25:53	3 (Mål) 00:25:53 00:51:47
165	K45: 8	25 K45: 6	1431 Anna Ekenborg -77 Örebro AIK DM Cup	00:51:59 05:11 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:47 00:25:56	3 (Mål) 00:26:02 00:51:59
166	K50: 6	26 K50: 4	1626 Pansy Ståhl Wahlström -72 IF Start DM Cup	00:52:43 05:16 min/km	1 (Start) 00:00:05	2 (5 km) 00:25:32 00:25:37	3 (Mål) 00:27:06 00:52:43
167	M50: 14	106 M50: 11	1541 Mattias Larsson -72 Östansjö SK DM Cup	00:52:47 05:16 min/km	1 (Start) 00:00:04	2 (5 km) 00:26:16 00:26:21	3 (Mål) 00:26:26 00:52:47
168	K50: 7		1582 Therese Nordström -72 AXA SC	00:53:05 05:18 min/km	1 (Start) 00:00:03	2 (5 km) 00:26:43 00:26:47	3 (Mål) 00:26:18 00:53:05
169	K70: 1	27 K70: 1	1440 RoseMarie Enmalm -54 IF Start DM Cup	00:53:35 05:21 min/km	1 (Start) 00:00:06	2 (5 km) 00:27:12 00:27:19	3 (Mål) 00:26:16 00:53:35
170	K45: 9	28 K45: 7	1456 Hanna Fridhamre -77 IFK Nora DM Cup	00:55:01 05:30 min/km	1 (Start) 00:00:08	2 (5 km) 00:27:11 00:27:19	3 (Mål) 00:27:41 00:55:01
171	M50: 15	107 M50: 12	1463 Jimmy Glinnerås -71 Örebro AIK DM Cup	00:55:52 05:35 min/km	1 (Start) 00:00:05	2 (5 km) 00:27:42 00:27:48	3 (Mål) 00:28:04 00:55:52
172	M70: 2	108 M70: 2	1515 Ove Karasiak -53 Åsbro Golf DM Cup	00:56:24 05:38 min/km	1 (Start) 00:00:07	2 (5 km) 00:27:32 00:27:39	3 (Mål) 00:28:45 00:56:24
173	M65: 4	109 M65: 4	1551 Thomas Lindström -55 Åsbro Golf DM Cup	00:56:55 05:41 min/km	1 (Start) 00:00:07	2 (5 km) 00:28:08 00:28:15	3 (Mål) 00:28:40 00:56:55

174	K35: 7	29 K35: 5	1537 Kristina Lagerman -85 Storådalens SK DM Cup	00:57:02 05:42 min/km	1 (Start) 00:00:08	2 (5 km) 00:27:41 00:27:49	3 (Mål) 00:29:13 00:57:02
175	M75: 2	110 M75: 2	1562 Eric Malm -49 IFK Nora DM Cup	00:57:14 05:43 min/km	1 (Start) 00:00:07	2 (5 km) 00:28:17 00:28:25	3 (Mål) 00:28:49 00:57:14
176	M70: 3	111 M70: 3	1472 Torbjörn Hallenborg -52 Kumla SF DM Cup	00:59:01 05:54 min/km	1 (Start) 00:00:07	2 (5 km) 00:28:57 00:29:04	3 (Mål) 00:29:56 00:59:01
177	M75: 3	112 M75: 3	1550 Ola Lindstrand -45 IF Start DM Cup	00:59:12 05:55 min/km	1 (Start) 00:00:06	2 (5 km) 00:29:21 00:29:28	3 (Mål) 00:29:43 00:59:12
178	M75: 4	113 M75: 4	1575 Bengt Nilsson -49 Östansjö SK DM Cup	00:59:37 05:57 min/km	1 (Start) 00:00:08	2 (5 km) 00:29:58 00:30:06	3 (Mål) 00:29:31 00:59:37
179	M70: 4	114 M70: 4	1410 Per Börjesson -54 Östansjö SK DM Cup	01:02:35 06:15 min/km	1 (Start) 00:00:08	2 (5 km) 00:30:33 00:30:40	3 (Mål) 00:31:54 01:02:35
180	M65: 5	115 M65: 5	1412 Peter Comét -56 IFK Nora DM Cup	01:05:13 06:31 min/km	1 (Start) 00:00:09	2 (5 km) 00:31:59 00:32:07	3 (Mål) 00:33:05 01:05:13
181	M55: 5	116 M55: 5	1439 Pehr Emanuelsson -69 IFK Nora DM Cup	01:13:01 07:18 min/km	1 (Start) 00:00:09	2 (5 km) 00:36:09 00:36:18	3 (Mål) 00:36:43 01:13:01
182	M80: 1	117 M80: 1	1415 Sven-Olov Dahlgren -44 Kopparbergs IF DM Cup	01:13:07 07:18 min/km	1 (Start) 00:00:06	2 (5 km) 00:35:52 00:35:58	3 (Mål) 00:37:08 01:13:07
183	M80: 2	118 M80: 2	1448 Arne Evertsson -41 Storådalens SK DM Cup	01:32:50 09:17 min/km	1 (Start) 00:00:07	2 (5 km) 00:45:35 00:45:42	3 (Mål) 00:47:08 01:32:50
			1396 Mina Anger -78 Runacademy IF	DNS			
			1409 Dan Bäck -75 Kumla SF DM Cup	DNS			
			1421 Martin Duberg -85 Örebro AIK DM Cup	DNS			
			1422 Mikael Edlund -70 Sundsvalls Friidrottsförening	DNS			
			1425 Tony Ehrnström -75 IF Start DM Cup	DNS			
			1426 Viktor Ehrnström -09 IF Start DM Cup	DNS			
			1436 Anders Eklöv -82 Örebro AIK DM Cup	DNS			
			1460 Alva Galmén -01 Örebro AIK DM Cup	DNS			
			1470 Gustav Hagerskog -82 Säffle FIK DM Cup	DNS			
			1483 Lars Holmgård -64 Kils OK DM Cup	DNS			
			1486 Fredrik Häggmark -92 IF Göta Karlstad DM Cup	DNS			
			1491 Anna Janegren -82 IF Start DM Cup	DNS			
			1492 Henning Janegren -07 IF Start DM Cup	DNS			
			1493 Jonas Janegren -79 IF Start DM Cup	DNS			
			1498 Stefan Jensen -72 IF Linnéa Friidrott	DNS			
			1533 Sara Kvarfordh -75 IF Linnéa Friidrott	DNS			
			1567 Linda Morin -88 Terrible Tuesdays AC	DNS			
			1590 Mattias Olsson -88 Runacademy IF	DNS			
			1639 Mats Sörhuus -84 IK Heros	DNS			
			1640 Michael Thorén -62 Motala AIF	DNS			
			1654 Thomas Wiik -73 Motala AIF	DNS			
			1670 Axel Öst -12 Åsbro Golf DM Cup	DNS			
			1671 Daniel Öst -68 Östansjö SK DM Cup	DNS			

P16 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1414 Måns Dahlberg -09 IF Start DM Cup	00:36:23 03:38 min/km
2	1652 Sixten Widmark -08 IF Start DM Cup	00:37:07 03:42 min/km
3	1565 Adam Monten -08 IF Start DM Cup	00:37:08 03:42 min/km
4	1403 Lucas Björfelt -08 IF Göta Karlstad DM Cup	00:37:23 03:44 min/km
5	1605 William Sallros -10 IFK Nora DM Cup	00:43:20 04:20 min/km
6	1509 Svante Jorstig -08 KFUM Örebro Friidrott DM Cup	00:44:22 04:26 min/km

F16 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1383 Embla Allard -12 Västerås FK DM Cup	00:37:52 03:47 min/km

M22 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1594 Felix Persson -05 Västerås FK DM Cup	00:32:30 03:15 min/km
2	1669 Hugo Örn -04 IF Start DM Cup	00:34:00 03:24 min/km
3	1397 Joel Aristondo Magnusson -02 Årja IF DM Cup	00:35:12 03:31 min/km
4	1649 Albin Wallgren -07 Åsbro Golf DM Cup	00:41:57 04:11 min/km
5	1554 Jesper Lundgren -06 Kumla SF DM Cup	00:46:25 04:38 min/km

K22 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1488 Hanna Imhagen -03 Örebro AIK DM Cup	00:40:37 04:03 min/km
2	1615 Ester Skoglund -07 Östansjö SK DM Cup	00:44:26 04:26 min/km
3	1449 Wera Falk -06 KFUM Örebro Friidrott DM Cup	00:44:42 04:28 min/km

M Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1599 Martin Regborn -92 KFUM Örebro Friidrott DM Cup	00:29:23 02:56 min/km
2	1494 Andreas Jansson -96 FI Hässelby SK	00:30:23 03:02 min/km
3	1682 Jonatan Gustafsson -99 KFUM Örebro Friidrott DM Cup	00:30:43 03:04 min/km
4	1576 Jonas Nilsson -92 Örebro AIK DM Cup	00:31:19 03:07 min/km
5	1520 Simon Karlsson -93 Tisdagsklubben Örebro DM Cup	00:31:35 03:09 min/km
6	1386 Heshlu Andemariam -97 Keep Up RC	00:31:44 03:10 min/km
7	1610 Simon Schagerström -93 Örebro AIK DM Cup	00:32:23 03:14 min/km
8	1523 David Kjellén -95 IF Göta Karlstad DM Cup	00:32:27 03:14 min/km
9	1681 Axel Sandberg -00 KFUM Örebro Friidrott DM Cup	00:32:34 03:15 min/km
10	1510 Gustav Josefinsson -96 Hälle IF	00:32:49 03:16 min/km
11	1559 John Lundström -90 Tisdagsklubben Örebro DM Cup	00:33:25 03:20 min/km
12	1392 Kim Andersson -90 Ludvika FFI	00:33:28 03:20 min/km
13	1558 David Lundström -92 Tisdagsklubben Örebro DM Cup	00:34:11 03:25 min/km
14	1609 Philip Sander -91 Tisdagsklubben Örebro DM Cup	00:34:27 03:26 min/km

15	1532 André Kröger -98 IFK Umeå	00:34:49 03:28 min/km
16	1505 Viktor Johansson -90 KFUM Örebro Friidrott DM Cup	00:35:00 03:30 min/km
17	1406 Andreas Borg -92 Åsbro Golf DM Cup	00:35:00 03:30 min/km
18	1419 Dries De Clercq -00 Belgium	00:35:22 03:32 min/km
19	1475 Oskar Hansson -97 Tisdagsklubben Örebro DM Cup	00:35:44 03:34 min/km
20	1641 Erik Toivanen -97 Karlskoga Löp och Cykelklubb DM Cup	00:36:04 03:36 min/km
21	1573 Oliver Nikolic -92 Ludvika FFI	00:36:31 03:39 min/km
22	1651 Pontus Wessman -90 IK Akele	00:38:22 03:50 min/km
23	1499 Adam Johansson -94 IK Vikings Friidrottsklubb DM Cup	00:38:24 03:50 min/km
24	1529 Erik Klockar -91 Hulåns IF	00:38:27 03:50 min/km
25	1485 Martin Hård -94 Tisdagsklubben Örebro DM Cup	00:39:28 03:56 min/km
26	1621 Jakob Stenbacka -92 Borlänge LK	00:39:55 03:59 min/km
27	1477 Viktor Hansson -92 Tisdagsklubben Örebro DM Cup	00:40:12 04:01 min/km
28	1393 Rasmus Andersson -90 Örebro AIK DM Cup	00:41:24 04:08 min/km
29	1556 Oskar Lundqvist -95 Malungs OK Skogsmårdarna	00:41:35 04:09 min/km
30	1452 Robin Forsbacka -91 Sports Club SPC	00:41:42 04:10 min/km
31	1668 Filip Örn -99 IF Start DM Cup	00:42:19 04:13 min/km
32	1462 Solomun Gebrab -98 Tisdagsklubben Örebro DM Cup	00:43:28 04:20 min/km
33	1642 Mattias Törnqvist -01 Garphyttans IF DM Cup	00:43:40 04:22 min/km
34	1514 Rickard Kanon -90 Kumla SF DM Cup	00:44:14 04:25 min/km

K Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1601 Emma Reinhed Liljeqvist -92 IF Start DM Cup	00:38:08 03:48 min/km
2	1416 Lovisa Danielsson -94 Dala-Järna IK	00:40:44 04:04 min/km
3	1586 Kerstin Näslund -01 IF Göta Karlstad DM Cup	00:45:16 04:31 min/km
4	1644 Tara Vaittinen -99 Finland	00:46:52 04:41 min/km
5	1672 Elin Österman -92 IF Start DM Cup	00:48:25 04:50 min/km

M35 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1398 Per Arvidsson -86 IF Start DM Cup	00:32:02 03:12 min/km
2	1508 Mattias Jonsson-Ab Durgo -89 Föreningen Bålsta Idrottskamrater	00:32:35 03:15 min/km
3	1569 Markus Munkhammar -89 Ludvika FFI	00:33:59 03:23 min/km
4	1527 David Klasson -89 Åsbro Golf DM Cup	00:34:25 03:26 min/km
5	1700 Jonathan Åström -87 Hälle IF	00:34:31 03:27 min/km
6	1441 Björn Eriksson -86 Tisdagsklubben Örebro DM Cup	00:34:55 03:29 min/km
7	1656 Karl Wilenius -85 Lidköpings VSK	00:35:14 03:31 min/km
8	1391 John Andersson -88 IK Fryken DM Cup	00:35:24 03:32 min/km
9	1587 Mattias Nätterlund -86 IF Start DM Cup	00:35:27 03:32 min/km
10	1660 Robin Wirström -88 Tjalve FIF	00:36:38 03:39 min/km

11	1630 Anton Suontausta -89 IK Westmannia Friidrott DM Cup	00:37:38 03:45 min/km
12	1501 Daniel Johansson -86 IF Start DM Cup	00:37:48 03:46 min/km
13	1676 Fredrik Berg -88 Träningskonsulten SC	00:37:56 03:47 min/km
14	1 David Berg -89 IF Start DM Cup	00:38:55 03:53 min/km
15	1457 Mattias Frändå -88 Tisdagsklubben Örebro DM Cup	00:39:09 03:54 min/km
16	1653 Marcus Wiegandt -88 IF Göta Karlstad DM Cup	00:39:29 03:56 min/km
17	1503 Oskar Johansson -86 Tisdagsklubben Örebro DM Cup	00:40:35 04:03 min/km
18	1385 Emil Altskog -88 Åsbro GolF DM Cup	00:42:29 04:14 min/km
19	1675 Erik Sörheim -88 Tisdagsklubben Örebro DM Cup	00:43:52 04:23 min/km
20	1542 Robert Larsson -86 Örebro AIK DM Cup	00:43:58 04:23 min/km
21	1417 Rihards Darzins -86 Almby IK DM Cup	00:50:04 05:00 min/km

K35 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1645 Liduina Van Sitteren -89 Örebro AIK DM Cup	00:35:10 03:31 min/km
2	1611 Fanny Schulstad -88 KFUM Örebro Friidrott DM Cup	00:35:18 03:31 min/km
3	1428 Madeleine Ekblad -89 Ryda SK	00:40:14 04:01 min/km
4	1420 Jenny Dollerup -85 IFK Nora DM Cup	00:45:11 04:31 min/km
5	1620 Evelinn Sten -86 Örebro AIK DM Cup	00:48:01 04:48 min/km
6	1659 Sarah Wirsén -86 Team Nordic Trail SC	00:50:31 05:03 min/km
7	1537 Kristina Lagerman -85 Storådalens SK DM Cup	00:57:02 05:42 min/km

M40 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1489 Andreas Ingberg -82 Örebro AIK DM Cup	00:32:39 03:15 min/km
2	1665 Elias Zika -81 IF Start DM Cup	00:34:32 03:27 min/km
3	1487 Fredrik Härdfeldt -80 Örebro AIK DM Cup	00:35:13 03:31 min/km
4	1661 Daniel Wärnelid -83 Örebro AIK DM Cup	00:35:24 03:32 min/km
5	1598 Villem Raudsepp -80 Örebro AIK DM Cup	00:35:40 03:34 min/km
6	1697 Fredrik Rådström -83 Hällefors LK DM Cup	00:36:07 03:36 min/km
7	1566 Anders Montén -83 IF Start DM Cup	00:36:25 03:38 min/km
8	1471 Simon Hagström -81 Tisdagsklubben Örebro DM Cup	00:36:39 03:39 min/km
9	1379 Thomas Ahlström -84 Örebro AIK DM Cup	00:37:57 03:47 min/km
10	1390 Johan Andersson -84 Qvarnsveden Triathlon	00:39:30 03:57 min/km
11	1663 Jesper Zakrisson -80 Örebro AIK DM Cup	00:39:31 03:57 min/km
12	1666 Henrik Ögren -82 Storådalens SK DM Cup	00:39:53 03:59 min/km
13	1405 Erik Blohm -84 Friskis & Sveltis Örebro DM Cup	00:39:57 03:59 min/km
14	1454 Johan Fredriksson -84 Kumla SF DM Cup	00:40:19 04:01 min/km
15	1647 Robert Vestman -82 Almby IK DM Cup	00:40:25 04:02 min/km
16	1705 Richard Dahlgren -84 Örebro AIK DM Cup	00:40:35 04:03 min/km
17	1628 Erik Sundeman -82 Almby IK DM Cup	00:41:13 04:07 min/km

18	1624 Hampus Ström -83 Tisdagsklubben Örebro DM Cup	00:42:09 04:12 min/km
19	1516 Björn Karlsson -81 Åsbro Golf DM Cup	00:42:27 04:14 min/km
20	1613 Johan Sjö -82 Örebro AIK DM Cup	00:45:17 04:31 min/km
21	1564 Anwar Mohammed -84 Kristinehamns MSK DM Cup	00:46:35 04:39 min/km

K40 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1546 Jenny Lindblom -82 Finspångs AIK Friidrottsklubb	00:43:19 04:19 min/km
2	1384 Sandra Almer Carlsson -81 IFK Nora DM Cup	00:49:10 04:55 min/km

M45 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1724 Ludvig Börjesson -77 Örebro AIK DM Cup	00:34:27 03:26 min/km
2	1591 Magnus Palm -79 Tisdagsklubben Örebro DM Cup	00:35:50 03:35 min/km
3	1544 Markus Liljenroth -79 Örebro AIK DM Cup	00:37:23 03:44 min/km
4	1490 Per Ivansson -75 Finspångs AIK Friidrottsklubb	00:37:32 03:45 min/km
5	1580 Karl-Martin Nordling -77 IF Göta Karlstad DM Cup	00:37:35 03:45 min/km
6	1399 Oskar Axelsson -77 Örebro AIK DM Cup	00:38:15 03:49 min/km
7	1679 Mikael Norgren -78 Karlslunds IF SF DM Cup	00:38:25 03:50 min/km
8	1664 Fredrik Zeitelberg -78 Örebro AIK DM Cup	00:38:44 03:52 min/km
9	1604 Stefan Sager -77 Örebro AIK DM Cup	00:40:16 04:01 min/km
10	1466 Conrad Granath -78 IF Start DM Cup	00:40:16 04:01 min/km
11	1378 Andreas Adolfsson -77 Åsbro Golf DM Cup	00:40:54 04:05 min/km
12	1380 Omed Ahmed -78 Kristinehamns MSK DM Cup	00:41:09 04:06 min/km
13	1658 Rickard Wirén -78 Örebro AIK DM Cup	00:42:50 04:17 min/km
14	1607 Mikael Sandberg -75 Örebro AIK DM Cup	00:45:09 04:30 min/km
15	1512 Pälle Kamali -77 Örebro AIK DM Cup	00:47:35 04:45 min/km
16	1437 Roger Elimä -78 Enköpings AIF	00:47:38 04:45 min/km

K45 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1408 Lisa Bouvin -77 Finspångs AIK Friidrottsklubb	00:38:36 03:51 min/km
2	1552 Renée Luks -79 Vilsta IK DM Cup	00:41:11 04:07 min/km
3	1506 Julia Johnsson -76 Örebro AIK DM Cup	00:41:47 04:10 min/km
4	1572 Maria Nagle -76 IF Start DM Cup	00:41:51 04:11 min/km
5	1655 Antje Wiksten -75 IF Start DM Cup	00:43:35 04:21 min/km
6	1469 Åsa Gunnarsson -77 Finspångs AIK Friidrottsklubb	00:46:07 04:36 min/km
7	1517 Karin Karlsson -76 Örebro AIK DM Cup	00:47:50 04:47 min/km
8	1431 Anna Ekenborg -77 Örebro AIK DM Cup	00:51:59 05:11 min/km
9	1456 Hanna Fridhamre -77 IFK Nora DM Cup	00:55:01 05:30 min/km

M50 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
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1	1504 Pär Johansson -74 Örebro AIK DM Cup	00:35:01 03:30 min/km
2	1627 Tommy Sundberg -74 Hällefors LK DM Cup	00:37:11 03:43 min/km
3	1721 Johan Jendeberg -72 Örebro AIK DM Cup	00:38:17 03:49 min/km
4	1481 Jonas Hermansson -71 Enköpings AIF	00:40:09 04:00 min/km
5	1723 Henrik Göhl -74 Finspångs AIK Friidrottsklubb	00:40:15 04:01 min/km
6	1446 Ulf Eriksson -74 Huddinge AIS	00:40:43 04:04 min/km
7	1451 Mattias Folkesson -72 Örebro AIK DM Cup	00:40:45 04:04 min/km
8	1531 Johan Krafft -74 Örebro AIK DM Cup	00:41:02 04:06 min/km
9	1455 Tomas Fridh -73 Stocksätters IF DM Cup	00:41:36 04:09 min/km
10	1413 Magnus Dahlberg -71 Västerås FK DM Cup	00:41:46 04:10 min/km
11	1568 Kent Mossbäck -72 Örebro AIK DM Cup	00:41:50 04:11 min/km
12	1625 Peter Ström -70 Kumla SF DM Cup	00:42:26 04:14 min/km
13	1459 Jonas Färnstrand -73 Örebro AIK DM Cup	00:44:31 04:27 min/km
14	1541 Mattias Larsson -72 Östansjö SK DM Cup	00:52:47 05:16 min/km
15	1463 Jimmy Glinnerås -71 Örebro AIK DM Cup	00:55:52 05:35 min/km

K50 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1473 Petra Hanaeus -72 IF Start DM Cup	00:42:49 04:16 min/km
2	1547 Anna Lindebring -71 Finspångs AIK Friidrottsklubb	00:45:05 04:30 min/km
3	1595 Therese Persson -73 Örebro AIK DM Cup	00:46:55 04:41 min/km
4	1407 Maria Borg -73 IF Start DM Cup	00:48:21 04:50 min/km
5	1528 Anna Klingstedt -74 Finspångs AIK Friidrottsklubb	00:48:58 04:53 min/km
6	1626 Pansy Ståhl Wahlström -72 IF Start DM Cup	00:52:43 05:16 min/km
7	1582 Therese Nordström -72 AXA SC	00:53:05 05:18 min/km

M55 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1484 Rodney Hundermark -69 IFK Nora DM Cup	00:37:44 03:46 min/km
2	1478 Fredrik Hartman -68 Örebro AIK DM Cup	00:41:41 04:10 min/km
3	1643 Peter Törnqvist -69 Östansjö SK DM Cup	00:42:06 04:12 min/km
4	1616 Roger Sköldqvist -65 IF Start DM Cup	00:43:09 04:18 min/km
5	1439 Pehr Emanuelsson -69 IFK Nora DM Cup	01:13:01 07:18 min/km

K55 Tävlning 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1418 Marie Dasler -68 IF Start DM Cup	00:40:03 04:00 min/km
2	1543 Annelie Liljedahl -69 Ludvika FFI	00:44:45 04:28 min/km
3	1719 Eva Suontausta -66 IK Westmannia Friidrott DM Cup	00:48:27 04:50 min/km
4	1507 Pia Jonsson -65 Sisu Forshaga SK DM Cup	00:51:40 05:10 min/km
5	1387 Catrine Andersson -69 Örebro AIK DM Cup	00:51:47 05:10 min/km

M60 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1453 Sören Forsberg -63 Örebro AIK DM Cup	00:39:33 03:57 min/km
2	1474 Mikael Hansson -63 IF Start DM Cup	00:40:59 04:05 min/km
3	1574 Anders Nilseryd -64 IK Akele	00:42:37 04:15 min/km
4	1636 Morgan Sällström -62 Västerås LK DM Cup	00:47:07 04:42 min/km
5	1518 Lars Karlsson -64 Östansjö SK DM Cup	00:49:04 04:54 min/km

M65 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1447 Jan Ernefjäll -57 Örebro AIK DM Cup	00:44:34 04:27 min/km
2	1673 Rolf Östman -58 Kumla SF DM Cup	00:45:58 04:35 min/km
3	1596 Göte Pettersson -57 Örebro AIK DM Cup	00:49:53 04:59 min/km
4	1551 Thomas Lindström -55 Åsbro Golf DM Cup	00:56:55 05:41 min/km
5	1412 Peter Comét -56 IFK Nora DM Cup	01:05:13 06:31 min/km

M70 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1400 Hans Backström -53 Östansjö SK DM Cup	00:49:24 04:56 min/km
2	1515 Ove Karasiak -53 Åsbro Golf DM Cup	00:56:24 05:38 min/km
3	1472 Torbjörn Hallenborg -52 Kumla SF DM Cup	00:59:01 05:54 min/km
4	1410 Per Börjesson -54 Östansjö SK DM Cup	01:02:35 06:15 min/km

K70 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1440 RoseMarie Enmalm -54 IF Start DM Cup	00:53:35 05:21 min/km

M75 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1593 Bo Persson -48 Almby IK DM Cup	00:42:13 04:13 min/km
2	1562 Eric Malm -49 IFK Nora DM Cup	00:57:14 05:43 min/km
3	1550 Ola Lindstrand -45 IF Start DM Cup	00:59:12 05:55 min/km
4	1575 Bengt Nilsson -49 Östansjö SK DM Cup	00:59:37 05:57 min/km

M80 Tävling 10 km DM för Södra Svealand

Plac	Namn	Resultat
1	1415 Sven-Olov Dahlgren -44 Kopparbergs IF DM Cup	01:13:07 07:18 min/km
2	1448 Arne Evertsson -41 Storådalens SK DM Cup	01:32:50 09:17 min/km

Motion 10 km

Distans: 10 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M: 1	1635 Patrik Sällstedt -81	00:33:24 03:20 min/km	1 (Start) 00:00:01 2 (5 km) 00:16:16 3 (Mål) 00:17:06 00:16:17 00:33:24
2	M: 2	1423 Johan Edström -80 Hovsta IF	00:36:52 03:41 min/km	1 (Start) 00:00:03 2 (5 km) 00:18:27 3 (Mål) 00:18:22 00:18:29 00:36:52

3	M: 3	1526 Marcus Klasienius -01	00:37:41 03:46 min/km	1 (Start) 00:00:04	2 (5 km) 00:18:34 00:18:38	3 (Mål) 00:19:02 00:37:41
4	M: 4	1548 Andreas Linder -89 Kristinehamn Multisport	00:38:05 03:48 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:08 00:19:13	3 (Mål) 00:18:52 00:38:05
5	M: 5	1496 Jimmy Jansson -79 Hallsberg	00:38:06 03:48 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:18 00:19:23	3 (Mål) 00:18:42 00:38:06
6	M: 6	1524 Andreas Kjellin -83 Mikkeller Running Club	00:38:27 03:50 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:07 00:19:10	3 (Mål) 00:19:17 00:38:27
7	M: 7	1538 Daniel Lagré -88 Örebro	00:38:39 03:51 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:19 00:19:24	3 (Mål) 00:19:14 00:38:39
8	M: 8	1617 Lars-Erik Smedberg -84 LFFI	00:38:47 03:52 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:05 00:19:10	3 (Mål) 00:19:37 00:38:47
9	M: 9	1581 Joakim Nordqvist -90 CSK Ludvika	00:38:55 03:53 min/km	1 (Start) 00:00:05	2 (5 km) 00:19:19 00:19:24	3 (Mål) 00:19:30 00:38:55
10	M: 10	1536 Oscar Lado -98	00:39:17 03:55 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:49 00:19:53	3 (Mål) 00:19:24 00:39:17
11	M: 11	1513 Jonathan Kandelin -90 Örebro	00:39:20 03:56 min/km	1 (Start) 00:00:04	2 (5 km) 00:19:17 00:19:21	3 (Mål) 00:19:58 00:39:20
12	M: 12	1629 William Sundström -99	00:39:21 03:56 min/km		2 (5 km) 00:19:37 00:19:37	3 (Mål) 00:19:44 00:39:21
13	M: 13	1534 Anton Källberg -76 Arboga	00:39:37 03:57 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:29 00:19:32	3 (Mål) 00:20:05 00:39:37
14	M: 14	1395 William Andersson -00	00:39:48 03:58 min/km	1 (Start) 00:00:03	2 (5 km) 00:19:34 00:19:38	3 (Mål) 00:20:10 00:39:48
15	M: 15	1720 Kristoffer Ingberg -78	00:39:57 03:59 min/km	1 (Start) 00:00:06	2 (5 km) 00:19:48 00:19:54	3 (Mål) 00:20:02 00:39:57
16	M: 16	1633 David Svensson -73 Sub 40 harriers	00:40:38 04:03 min/km	1 (Start) 00:00:07	2 (5 km) 00:20:12 00:20:20	3 (Mål) 00:20:18 00:40:38
17	M: 17	1722 Anders Joelsson -66 Matteus SI	00:41:48 04:10 min/km	1 (Start) 00:00:05	2 (5 km) 00:20:37 00:20:42	3 (Mål) 00:21:06 00:41:48
18	M: 18	1458 Lars Furunäs -77	00:41:57 04:11 min/km	1 (Start) 00:00:04	2 (5 km) 00:20:14 00:20:18	3 (Mål) 00:21:38 00:41:57
19	M: 19	1549 Axel Lindroth -93 Kilsmo ik	00:42:21 04:14 min/km	1 (Start) 00:00:03	2 (5 km) 00:20:36 00:20:39	3 (Mål) 00:21:42 00:42:21
20	M: 20	1592 Martin Palmberg -80 Skoghall	00:42:43 04:16 min/km	1 (Start) -	2 (5 km) 00:21:21 00:21:21	3 (Mål) 00:21:21 00:42:43
21	M: 21	1401 Mikael Bask -67 Örebro	00:42:58 04:17 min/km	1 (Start) 00:00:03	2 (5 km) 00:21:34 00:21:37	3 (Mål) 00:21:21 00:42:58
22	M: 22	1502 Oskar Johansson -90 Örebro	00:43:14 04:19 min/km	1 (Start) 00:00:06	2 (5 km) 00:21:12 00:21:18	3 (Mål) 00:21:56 00:43:14
23	M: 23	1715 Henrik Gustafsson -87 Örebro	00:43:36 04:21 min/km	1 (Start) 00:00:05	2 (5 km) 00:21:47 00:21:53	3 (Mål) 00:21:43 00:43:36
24	M: 24	1435 Jimmy Eklund -79	00:43:54 04:23 min/km	1 (Start) -	2 (5 km) 00:21:55 00:21:55	3 (Mål) 00:21:59 00:43:54
25	M: 25	1479 Johan Hedqvist -88 Mikkeller Running Club	00:44:27 04:26 min/km	1 (Start) 00:00:09	2 (5 km) 00:21:57 00:22:06	3 (Mål) 00:22:21 00:44:27

26	M: 26	1434 Jens Eklund -89	00:44:40 04:28 min/km	1 (Start) 00:00:07	2 (5 km) 00:22:17 00:22:23	3 (Mål) 00:22:16 00:44:40
27	K: 1	1686 Ottilia Johnson -96 Örebro	00:44:54 04:29 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:33 00:22:38	3 (Mål) 00:22:16 00:44:54
28	M: 27	1442 David Eriksson -89 Köping	00:45:25 04:32 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:25 00:22:31	3 (Mål) 00:22:53 00:45:25
29	M: 28	1632 Axel Svensson -00 Strängnäs	00:45:53 04:35 min/km	1 (Start) 00:00:05	2 (5 km) 00:23:52 00:23:57	3 (Mål) 00:21:56 00:45:53
30	M: 29	1394 Stellan Andersson -56 Norrköping	00:46:01 04:36 min/km	1 (Start) 00:00:06	2 (5 km) 00:22:50 00:22:56	3 (Mål) 00:23:04 00:46:01
31	K: 2	1588 Maria Oktay -85 Örebro	00:46:28 04:38 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:45 00:23:52	3 (Mål) 00:22:36 00:46:28
32	M: 30	1433 Emil Eklund -92	00:46:49 04:40 min/km	1 (Start) 00:00:05	2 (5 km) 00:22:25 00:22:30	3 (Mål) 00:24:19 00:46:49
33	M: 31	1606 Arvid Saltin -89 Mikkeller Running Club	00:47:32 04:45 min/km	1 (Start) 00:00:09	2 (5 km) 00:23:22 00:23:31	3 (Mål) 00:24:00 00:47:32
34	M: 32	1476 Robert Hansson -80 ÖREBRO	00:47:44 04:46 min/km	1 (Start) 00:00:09	2 (5 km) 00:23:49 00:23:58	3 (Mål) 00:23:45 00:47:44
35	M: 33	1603 Gustav Ruthgård -78 Runacademy	00:47:47 04:46 min/km	1 (Start) 00:00:08	2 (5 km) 00:23:10 00:23:18	3 (Mål) 00:24:29 00:47:47
36	K: 3	1563 Lisa Melen Olsson -01 Häverödals SK	00:48:07 04:48 min/km	1 (Start) 00:00:06	2 (5 km) 00:23:36 00:23:41	3 (Mål) 00:24:26 00:48:07
37	K: 4	1377 Ebba Aalto -00 Strängnäs	00:48:29 04:50 min/km	1 (Start) 00:00:05	2 (5 km) 00:24:30 00:24:34	3 (Mål) 00:23:54 00:48:29
38	K: 5	1427 Linnea Ekblad -82 Mikkeller Running Club	00:49:13 04:55 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:26 00:24:34	3 (Mål) 00:24:39 00:49:13
39	K: 6	1571 Kristin Möller -97 Örebro	00:49:14 04:55 min/km	1 (Start) 00:00:10	2 (5 km) 00:24:44 00:24:54	3 (Mål) 00:24:20 00:49:14
40	M: 34	1525 Albin Klasenius -05 Örebro	00:49:22 04:56 min/km	1 (Start) 00:00:02	2 (5 km) 00:19:40 00:19:42	3 (Mål) 00:29:40 00:49:22
41	M: 35	1684 Johan Ekblad -85 Mikkeller Running Club	00:49:30 04:57 min/km	1 (Start) 00:00:08	2 (5 km) 00:24:37 00:24:45	3 (Mål) 00:24:44 00:49:30
42	K: 7	1578 Yvonne Nilsson -79	00:49:30 04:57 min/km	1 (Start) 00:00:07	2 (5 km) 00:25:05 00:25:12	3 (Mål) 00:24:17 00:49:30
43	M: 36	1553 Rickard Lundberg -78 Västerås	00:50:12 05:01 min/km	1 (Start) 00:00:10	2 (5 km) 00:24:36 00:24:46	3 (Mål) 00:25:26 00:50:12
44	M: 37	1468 Per Gunnarsson -84	00:50:24 05:02 min/km	1 (Start) 00:00:07	2 (5 km) 00:24:19 00:24:26	3 (Mål) 00:25:57 00:50:24
45	K: 8	1467 Malin Gunnarsson -78	00:50:44 05:04 min/km	1 (Start) 00:00:06	2 (5 km) 00:25:28 00:25:34	3 (Mål) 00:25:09 00:50:44
46	M: 38	1430 Rickard Ekblom -81 Kumla	00:50:53 05:05 min/km	1 (Start) 00:00:06	2 (5 km) 00:25:22 00:25:28	3 (Mål) 00:25:25 00:50:53
47	M: 39	1497 Mats Jansson -72 EpicTrail Running Club	00:51:07 05:06 min/km	1 (Start) 00:00:05	2 (5 km) 00:24:54 00:25:00	3 (Mål) 00:26:07 00:51:07
48	K: 9	1597 Matilda Piepenburg -89 Örebro	00:51:17 05:07 min/km	1 (Start) 00:00:07	2 (5 km) 00:25:10 00:25:17	3 (Mål) 00:25:59 00:51:17

49	K: 10	1623 Rebecka Strand -05	00:51:40 05:10 min/km	1 (Start) -	2 (5 km) 00:26:02 00:26:02	3 (Mål) 00:25:37 00:51:40
50	K: 11	1618 Josefin Smeds -87 Flen	00:52:05 05:12 min/km	1 (Start) 00:00:08	2 (5 km) 00:26:08 00:26:17	3 (Mål) 00:25:48 00:52:05
51	M: 40	1634 Pär Svensson -60 Skobesbil Katrineholm	00:52:09 05:12 min/km	1 (Start) 00:00:06	2 (5 km) 00:26:08 00:26:14	3 (Mål) 00:25:54 00:52:09
52	K: 12	1530 Madeleine Kopp -89	00:52:15 05:13 min/km	1 (Start) 00:00:09	2 (5 km) 00:25:21 00:25:30	3 (Mål) 00:26:45 00:52:15
53	K: 13	1674 Ida Enger -74 Segersjö fälttävlan	00:52:27 05:14 min/km	1 (Start) 00:00:03	2 (5 km) 00:26:43 00:26:46	3 (Mål) 00:25:40 00:52:27
54	M: 41	1450 Håkan Fernström -65 Arboga	00:52:56 05:17 min/km	1 (Start) -	2 (5 km) 00:26:51 00:26:51	3 (Mål) 00:26:05 00:52:56
55	K: 14	1677 Sofia Fredriksson -84	00:53:00 05:18 min/km	1 (Start) 00:00:07	2 (5 km) 00:26:10 00:26:16	3 (Mål) 00:26:43 00:53:00
56	M: 42	1583 Erik Nyenger -83 Tranås	00:53:30 05:21 min/km	1 (Start) 00:00:08	2 (5 km) 00:28:19 00:28:27	3 (Mål) 00:25:03 00:53:30
57	M: 43	1637 Conny Söderberg -84 Hidinge IF	00:54:35 05:27 min/km	1 (Start) 00:00:08	2 (5 km) 00:27:37 00:27:45	3 (Mål) 00:26:50 00:54:35
58	K: 15	1511 Rebecka Jäsperi -94	00:54:42 05:28 min/km	1 (Start) 00:00:09	2 (5 km) 00:28:23 00:28:32	3 (Mål) 00:26:09 00:54:42
59	K: 16	1429 Ann Ekblom -72 Runacademy IF	00:55:03 05:30 min/km	1 (Start) 00:00:11	2 (5 km) 00:27:23 00:27:34	3 (Mål) 00:27:29 00:55:03
60	M: 44	1445 Thomas Eriksson -74	00:55:04 05:30 min/km	1 (Start) 00:00:11	2 (5 km) 00:27:24 00:27:34	3 (Mål) 00:27:29 00:55:04
61	K: 17	1539 Lisa Lann -80 Örebro	00:55:40 05:34 min/km	1 (Start) 00:00:06	2 (5 km) 00:27:54 00:28:00	3 (Mål) 00:27:40 00:55:40
62	M: 45	1438 Jonny Elofsson -83 Örebro	00:55:41 05:34 min/km	1 (Start) 00:00:10	2 (5 km) 00:26:13 00:26:22	3 (Mål) 00:29:18 00:55:41
63	M: 46	1480 David Henningsen -88	00:55:44 05:34 min/km	1 (Start) 00:00:11	2 (5 km) 00:27:12 00:27:22	3 (Mål) 00:28:21 00:55:44
64	M: 47	1432 Ludwig Ekengren -00	00:56:28 05:38 min/km	1 (Start) 00:00:04	2 (5 km) 00:28:24 00:28:28	3 (Mål) 00:28:00 00:56:28
65	M: 48	1662 Emil Ynggefors -00	00:56:30 05:39 min/km	1 (Start) 00:00:04	2 (5 km) 00:28:24 00:28:28	3 (Mål) 00:28:01 00:56:30
66	K: 18	1402 Anneli Berg -61 Smedjebacken	00:56:37 05:39 min/km	1 (Start) 00:00:08	2 (5 km) 00:28:32 00:28:40	3 (Mål) 00:27:56 00:56:37
67	M: 49	1667 Jakob Öhrström -63 Karlskoga	00:56:47 05:40 min/km	1 (Start) 00:00:09	2 (5 km) 00:27:37 00:27:46	3 (Mål) 00:29:01 00:56:47
68	M: 50	1495 Eric Jansson -95 Örebro	00:57:35 05:45 min/km	1 (Start) 00:00:10	2 (5 km) 00:27:30 00:27:40	3 (Mål) 00:29:54 00:57:35
69	M: 51	1602 Johan Rosenfeldt -90	00:58:13 05:49 min/km	1 (Start) 00:00:08	2 (5 km) 00:29:00 00:29:08	3 (Mål) 00:29:04 00:58:13
70	K: 19	1600 Hilda Rehman -94	00:58:13 05:49 min/km	1 (Start) -	2 (5 km) 00:29:09 00:29:08	3 (Mål) 00:29:04 00:58:13
71	M: 52	1678 Henrik Josefson -68 Örebro	00:59:38 05:57 min/km	1 (Start) 00:00:06	2 (5 km) 00:27:53 00:28:00	3 (Mål) 00:31:38 00:59:38

72	M: 53	1584 Tobias Nyzell -95 Örebro	00:59:55 05:59 min/km	1 (Start) 00:00:10	2 (5 km) 00:28:46 00:28:56	3 (Mål) 00:30:59 00:59:55
73	M: 54	1545 Erik Lindberg -06 EpicTrail Running Club	00:59:55 05:59 min/km	1 (Start) 00:00:06	2 (5 km) 00:29:17 00:29:23	3 (Mål) 00:30:31 00:59:55
74	M: 55	1519 Sebastian Karlsson -92	01:00:32 06:03 min/km	1 (Start) 00:00:16	2 (5 km) 00:30:00 00:30:16	3 (Mål) 00:30:16 01:00:32
75	M: 56	1608 Martin Sandelius -74	01:00:33 06:03 min/km	1 (Start) 00:00:16	2 (5 km) 00:30:00 00:30:16	3 (Mål) 00:30:16 01:00:33
76	M: 57	1612 Ronny Schulstad -55 Örebro	01:01:41 06:10 min/km	1 (Start) 00:00:13	2 (5 km) 00:29:42 00:29:54	3 (Mål) 00:31:46 01:01:41
77	K: 20	1657 Linnéa Wintercorn -92 Kumla	01:01:53 06:11 min/km	1 (Start) 00:00:07	2 (5 km) 00:30:24 00:30:32	3 (Mål) 00:31:21 01:01:53
78	K: 21	1561 Marie Magnusson -82 Berber IS	01:02:28 06:14 min/km	1 (Start) 00:00:10	2 (5 km) 00:31:34 00:31:44	3 (Mål) 00:30:44 01:02:28
79	K: 22	1388 Frida Andersson -95	01:04:03 06:24 min/km	1 (Start) -	2 (5 km) 00:31:44 00:31:44	3 (Mål) 00:32:19 01:04:03
80	K: 23	1461 Emina Ganic -94 Kumla	01:05:08 06:30 min/km	1 (Start) 00:00:08	2 (5 km) 00:31:15 00:31:23	3 (Mål) 00:33:44 01:05:08
81	K: 24	1411 Paulina Calderon Flores -90 Örebro	01:10:40 07:04 min/km	1 (Start) 00:00:11	2 (5 km) 00:35:47 00:35:57	3 (Mål) 00:34:42 01:10:40
82	M: 58	1631 Felix Svedborg Andersson -95 Örebro	01:10:45 07:04 min/km	1 (Start) 00:00:11	2 (5 km) 00:35:47 00:35:57	3 (Mål) 00:34:47 01:10:45
83	K: 25	1646 Paulina Ventura -02	01:20:44 08:04 min/km	1 (Start) 00:00:04	2 (5 km) 00:38:41 00:38:46	3 (Mål) 00:41:57 01:20:44
84	K: 26	1522 Olivia Kennison -02	01:20:44 08:04 min/km	1 (Start) 00:00:05	2 (5 km) 00:38:40 00:38:45	3 (Mål) 00:41:58 01:20:44
		1638 Olle Sörblom -79 Örebro	DNF	1 (Start) 00:00:07		
		1692 Jakob Nilsson -84 Örebro	DNF	1 (Start) 00:00:02		
		1381 Marjut Alfalk -69	DNS			
		1382 Martin Alfalk -73	DNS			
		1389 Jim Andersson -86 CSK Ludvika	DNS			
		1404 Marcus Björklund -02 Smébacken	DNS			
		1424 Thomas Eek -86 Köping-Kolsva OK	DNS			
		1443 Mikael Eriksson -71 Borlänge	DNS			
		1444 Nicklas Eriksson -90 CSK Ludvika	DNS			
		1464 Johanna Glänås -85 Väderstad	DNS			
		1465 Mattias Glänås -81 Väderstad	DNS			
		1482 Maja Holmgren -92 Örebro	DNS			
		1500 Alma Johansson -99 Örebro	DNS			
		1521 Max Karlsson Oksanen -00	DNS			
		1535 Viktor Laack -90 Mikkeller Running Club	DNS			
		1540 Cristian Larsson -86 Köping-Kolsva OK	DNS			
		1555 Jimmy Lundkvist -68 Örebro	DNS			
		1557 Pontus Lundstedt -92 Örebro	DNS			

	1560 Jesper Löfvenborg -76 Karlstad	DNS	
	1570 Thomas Mustonen -78 LaxÅ	DNS	
	1577 Ronald Nilsson -62 Västerås	DNS	
	1579 Pontus Nisstany -92 Örebro	DNS	
	1585 Julia Närkeby -96 Närkeslättnens förenade atleter	DNS	
	1589 Tobias Olinder -00 Örebro	DNS	
	1614 Oskar Sjögren -00 Örebro universitet	DNS	
	1619 Ulrik Spjut -74 Örebro	DNS	
	1622 Karin Stjernström -91	DNS	
	1648 Emilia Walette -99 Örebro	DNS	
	1650 Viktor Wallin -95 Tranås	DNS	

M Motion 10 km

Plac	Namn	Resultat
1	1635 Patrik Sällstedt -81	00:33:24 03:20 min/km
2	1423 Johan Edström -80 Hovsta IF	00:36:52 03:41 min/km
3	1526 Marcus Klasenius -01	00:37:41 03:46 min/km
4	1548 Andreas Linder -89 Kristinehamn Multisport	00:38:05 03:48 min/km
5	1496 Jimmy Jansson -79 Hallsberg	00:38:06 03:48 min/km
6	1524 Andreas Kjellin -83 Mikkeller Running Club	00:38:27 03:50 min/km
7	1538 Daniel Lagré -88 Örebro	00:38:39 03:51 min/km
8	1617 Lars-Erik Smedberg -84 LFFI	00:38:47 03:52 min/km
9	1581 Joakim Nordqvist -90 CSK Ludvika	00:38:55 03:53 min/km
10	1536 Oscar Lado -98	00:39:17 03:55 min/km
11	1513 Jonathan Kandelin -90 Örebro	00:39:20 03:56 min/km
12	1629 William Sundström -99	00:39:21 03:56 min/km
13	1534 Anton Källberg -76 Arboga	00:39:37 03:57 min/km
14	1395 William Andersson -00	00:39:48 03:58 min/km
15	1720 Kristoffer Ingberg -78	00:39:57 03:59 min/km
16	1633 David Svensson -73 Sub 40 harriers	00:40:38 04:03 min/km
17	1722 Anders Joelsson -66 Matteus SI	00:41:48 04:10 min/km
18	1458 Lars Furunäs -77	00:41:57 04:11 min/km
19	1549 Axel Lindroth -93 Kilsmo ik	00:42:21 04:14 min/km
20	1592 Martin Palmberg -80 Skoghall	00:42:43 04:16 min/km
21	1401 Mikael Bask -67 Örebro	00:42:58 04:17 min/km
22	1502 Oskar Johansson -90 Örebro	00:43:14 04:19 min/km
23	1715 Henrik Gustafsson -87 Örebro	00:43:36 04:21 min/km
24	1435 Jimmy Eklund -79	00:43:54 04:23 min/km
25	1479 Johan Hedqvist -88 Mikkeller Running Club	00:44:27 04:26 min/km
26	1434 Jens Eklund -89	00:44:40 04:28 min/km
27	1442 David Eriksson -89 Köping	00:45:25 04:32 min/km

28	1632 Axel Svensson -00 Strängnäs	00:45:53 04:35 min/km
29	1394 Stellan Andersson -56 Norrköping	00:46:01 04:36 min/km
30	1433 Emil Eklund -92	00:46:49 04:40 min/km
31	1606 Arvid Saltin -89 Mikkeller Running Club	00:47:32 04:45 min/km
32	1476 Robert Hansson -80 ÖREBRO	00:47:44 04:46 min/km
33	1603 Gustav Ruthgård -78 Runacademy	00:47:47 04:46 min/km
34	1525 Albin Klasenius -05 Örebro	00:49:22 04:56 min/km
35	1684 Johan Ekblad -85 Mikkeller Running Club	00:49:30 04:57 min/km
36	1553 Rickard Lundberg -78 Västerås	00:50:12 05:01 min/km
37	1468 Per Gunnarsson -84	00:50:24 05:02 min/km
38	1430 Rickard Ekblom -81 Kumla	00:50:53 05:05 min/km
39	1497 Mats Jansson -72 EpicTrail Running Club	00:51:07 05:06 min/km
40	1634 Pär Svensson -60 Skobesbil Katrineholm	00:52:09 05:12 min/km
41	1450 Håkan Fernström -65 Arboga	00:52:56 05:17 min/km
42	1583 Erik Nyenger -83 Tranås	00:53:30 05:21 min/km
43	1637 Conny Söderberg -84 Hidinge IF	00:54:35 05:27 min/km
44	1445 Thomas Eriksson -74	00:55:04 05:30 min/km
45	1438 Jonny Elofsson -83 Örebro	00:55:41 05:34 min/km
46	1480 David Henningsen -88	00:55:44 05:34 min/km
47	1432 Ludwig Ekengren -00	00:56:28 05:38 min/km
48	1662 Emil Yngersfors -00	00:56:30 05:39 min/km
49	1667 Jakob Öhrström -63 Karlskoga	00:56:47 05:40 min/km
50	1495 Eric Jansson -95 Örebro	00:57:35 05:45 min/km
51	1602 Johan Rosenfeldt -90	00:58:13 05:49 min/km
52	1678 Henrik Josefson -68 Örebro	00:59:38 05:57 min/km
53	1584 Tobias Nyzell -95 Örebro	00:59:55 05:59 min/km
54	1545 Erik Lindberg -06 EpicTrail Running Club	00:59:55 05:59 min/km
55	1519 Sebastian Karlsson -92	01:00:32 06:03 min/km
56	1608 Martin Sandelius -74	01:00:33 06:03 min/km
57	1612 Ronny Schulstad -55 Örebro	01:01:41 06:10 min/km
58	1631 Felix Svedborg Andersson -95 Örebro	01:10:45 07:04 min/km

K Motion 10 km

Plac	Namn	Resultat
1	1686 Ottilia Johnson -96 Örebro	00:44:54 04:29 min/km
2	1588 Maria Oktay -85 Örebro	00:46:28 04:38 min/km
3	1563 Lisa Melen Olsson -01 Häverödals SK	00:48:07 04:48 min/km
4	1377 Ebba Aalto -00 Strängnäs	00:48:29 04:50 min/km
5	1427 Linnea Ekblad -82 Mikkeller Running Club	00:49:13 04:55 min/km
6	1571 Kristin Möller -97 Örebro	00:49:14 04:55 min/km

7	1578 Yvonne Nilsson -79	00:49:30 04:57 min/km
8	1467 Malin Gunnarsson -78	00:50:44 05:04 min/km
9	1597 Matilda Piepenburg -89 Örebro	00:51:17 05:07 min/km
10	1623 Rebecka Strand -05	00:51:40 05:10 min/km
11	1618 Josefin Smeds -87 Flen	00:52:05 05:12 min/km
12	1530 Madeleine Kopp -89	00:52:15 05:13 min/km
13	1674 Ida Enger -74 Segersjö fälttävlan	00:52:27 05:14 min/km
14	1677 Sofia Fredriksson -84	00:53:00 05:18 min/km
15	1511 Rebecka Jäsperi -94	00:54:42 05:28 min/km
16	1429 Ann Ekblom -72 Runacademy IF	00:55:03 05:30 min/km
17	1539 Lisa Lann -80 Örebro	00:55:40 05:34 min/km
18	1402 Anneli Berg -61 Smedjebacken	00:56:37 05:39 min/km
19	1600 Hilda Rehnman -94	00:58:13 05:49 min/km
20	1657 Linnéa Wintercorn -92 Kumla	01:01:53 06:11 min/km
21	1561 Marie Magnusson -82 Berber IS	01:02:28 06:14 min/km
22	1388 Frida Andersson -95	01:04:03 06:24 min/km
23	1461 Emina Ganic -94 Kumla	01:05:08 06:30 min/km
24	1411 Paulina Calderon Flores -90 Örebro	01:10:40 07:04 min/km
25	1646 Paulina Ventura -02	01:20:44 08:04 min/km
26	1522 Olivia Kennison -02	01:20:44 08:04 min/km