

Vintrosaloppet Vintrosa 2024-05-09 Resultat

Klass	Antal resultat
Motion 1,5 km	89
Kvinnor 5 km	30
Motion 5 km	56
Män 5 km	96
Totalt	271

Motion 1,5 km

Distans: 1 500 m

Plac	Ålder	Namn	Resultat	Mellantider
1	P13: 1	513 Casper Jonsson -15 Vintrosa IS	00:06:22 04:14 min/km	1 (1,05 km) 00:04:15 2 (Mål) 00:02:07 00:06:22
2	P13: 2	271 Johannes Alfredsson -14 Latorps If	00:06:25 04:16 min/km	1 (1,05 km) 00:04:17 2 (Mål) 00:02:07 00:06:25
3	P13: 3	413 Wilmer Kihlberg -11 Karlslunds IF SF	00:06:29 04:19 min/km	1 (1,05 km) 00:04:19 2 (Mål) 00:02:09 00:06:29
4	P13: 4	301 August Kihlberg -14 Karlslunds IF	00:06:32 04:21 min/km	1 (1,05 km) 00:04:18 2 (Mål) 00:02:13 00:06:32
5	F13: 1	293 Karin Ingeby -14 Vintrosa IS	00:06:43 04:28 min/km	1 (1,05 km) 00:04:28 2 (Mål) 00:02:15 00:06:43
6	P13: 5	509 Lucas Löfgren -12 Örebro Syrianska	00:06:52 04:34 min/km	1 (1,05 km) 00:04:38 2 (Mål) 00:02:14 00:06:52
7	P13: 6	308 Billy Långh -14 Latorps IF	00:06:54 04:36 min/km	1 (1,05 km) 00:04:38 2 (Mål) 00:02:15 00:06:54
8	P13: 7	313 Rune Persson -15 Vintrosa handboll	00:07:01 04:40 min/km	1 (1,05 km) 00:04:39 2 (Mål) 00:02:21 00:07:01
9	P13: 8	299 Alfred Karlsson -13 IFK Nora	00:07:26 04:57 min/km	1 (1,05 km) 00:04:57 2 (Mål) 00:02:28 00:07:26
10	P13: 9	332 Sven Widar -13 Örebro	00:07:39 05:06 min/km	1 (1,05 km) 00:05:04 2 (Mål) 00:02:34 00:07:39
11	P13: 10	329 Melker Svanberg -15 Karlskoga	00:07:46 05:10 min/km	1 (1,05 km) 00:05:16 2 (Mål) 00:02:29 00:07:46
12	F13: 2	294 Kerstin Ingeby -16 Vintrosa gymnastikförening	00:07:50 05:13 min/km	1 (1,05 km) 00:05:11 2 (Mål) 00:02:38 00:07:50
13	P13: 11	318 Carl Rådström -15 Karlskoga FIF	00:08:02 05:21 min/km	1 (1,05 km) 00:05:24 2 (Mål) 00:02:38 00:08:02
14	P13: 12	319 Emil Salomonsson -15 VIS	00:08:03 05:22 min/km	1 (1,05 km) 00:05:32 2 (Mål) 00:02:31 00:08:03
15	P13: 13	335 Wilton Älgsjö -14 Vintrosa IS	00:08:06 05:24 min/km	1 (1,05 km) 00:05:31 2 (Mål) 00:02:35 00:08:06
16	P13: 14	501 Alfred Stolth -14 Vintrosa IS	00:08:06 05:24 min/km	1 (1,05 km) 00:05:32 2 (Mål) 00:02:33 00:08:06
17	P13: 15	514 Elvin Magnusson -14 Vintrosa IS	00:08:09 05:26 min/km	1 (1,05 km) 00:05:34 2 (Mål) 00:02:35 00:08:09
18	P13: 16	290 Abbe Hagström -15 Vintrosa	00:08:13 05:28 min/km	1 (1,05 km) 00:05:38 2 (Mål) 00:02:34 00:08:13
19	F13: 3	307 Maja Lindström -16 Garphyttans IF	00:08:14 05:29 min/km	1 (1,05 km) 00:05:33 2 (Mål) 00:02:41 00:08:14

20	P13: 17	291 Elissios Hanna Ilia -13 Vintrosa is	00:08:25 05:36 min/km	1 (1,05 km) 00:05:24	2 (Mål) 00:03:01 00:08:25
21	P13: 18	522 Valter Larsson -16 Latorps IF	00:08:26 05:37 min/km	1 (1,05 km) 00:05:44	2 (Mål) 00:02:42 00:08:26
22	P13: 19	292 Love Haugen Pålerud -13 Jandab	00:08:39 05:46 min/km	1 (1,05 km) 00:05:48	2 (Mål) 00:02:51 00:08:39
23	F13: 4	503 Tuva Månstierna -13 Vintrosa IS	00:08:40 05:46 min/km	1 (1,05 km) 00:05:52	2 (Mål) 00:02:47 00:08:40
24	P13: 20	283 Lukas Duvdahl -15 Vintrosa	00:08:42 05:48 min/km	1 (1,05 km) 00:05:42	2 (Mål) 00:02:59 00:08:42
25	P13: 21	314 Tage Persson -18 Vintrosa handboll	00:08:50 05:53 min/km	1 (1,05 km) 00:05:55	2 (Mål) 00:02:55 00:08:50
26	P13: 22	282 Hampus Duvdahl -18 Vintrosa	00:08:50 05:53 min/km	1 (1,05 km) 00:05:50	2 (Mål) 00:03:00 00:08:50
27	P13: 23	492 Ebbe Fernström -15 Vintrosa IS	00:08:56 05:57 min/km	1 (1,05 km) 00:06:09	2 (Mål) 00:02:46 00:08:56
28	P13: 24	519 Oskar Andersson Espinoza -15 Vintrosa IS	00:08:57 05:58 min/km	1 (1,05 km) 00:06:08	2 (Mål) 00:02:49 00:08:57
29	P13: 25	298 Petter Jarlberg -16 Vintrosa	00:09:02 06:01 min/km	1 (1,05 km) 00:06:16	2 (Mål) 00:02:46 00:09:02
30	P13: 26	300 Tore Karlsson -15 IFK Nora	00:09:12 06:08 min/km	1 (1,05 km) 00:06:14	2 (Mål) 00:02:57 00:09:12
31	P13: 27	295 Casper Jagelind -14 Vis	00:09:17 06:11 min/km	1 (1,05 km) 00:06:13	2 (Mål) 00:03:03 00:09:17
32	P13: 28	312 Emil Mälman -14	00:09:18 06:12 min/km	1 (1,05 km) 00:06:05	2 (Mål) 00:03:12 00:09:18
33	F13: 5	297 Anna Jarlberg -14 Vintrosa	00:09:20 06:13 min/km	1 (1,05 km) 00:06:28	2 (Mål) 00:02:52 00:09:20
34	F13: 6	286 Elvira Forsberg -15 Vintrosa	00:09:24 06:16 min/km	1 (1,05 km) 00:06:22	2 (Mål) 00:03:02 00:09:24
35	F13: 7	306 Freja Lindström -17 Garphyttans IF	00:09:33 06:22 min/km	1 (1,05 km) 00:06:16	2 (Mål) 00:03:17 00:09:33
36	F13: 8	310 Vera Långh -17 Vintrosa	00:09:54 06:36 min/km	1 (1,05 km) 00:06:30	2 (Mål) 00:03:23 00:09:54
37	F13: 9	278 Elsa Carlsson Cacic -12 Vintrosa IS	00:09:59 06:39 min/km	1 (1,05 km) 00:06:41	2 (Mål) 00:03:18 00:09:59
38	F13: 10	330 Stina Svanberg -18 Karlskoga	00:10:06 06:44 min/km	1 (1,05 km) 00:06:47	2 (Mål) 00:03:19 00:10:06
39	F13: 11	272 Emilia Alpvik -17 Vintrosa gymnastikförening	00:10:17 06:51 min/km	1 (1,05 km) 00:06:40	2 (Mål) 00:03:36 00:10:17
40	P13: 29	331 Oscar Thorin -15 Vintrosa IS	00:10:19 06:52 min/km	1 (1,05 km) 00:06:58	2 (Mål) 00:03:20 00:10:19
41	F13: 12	275 Lilly Axelsson -14 Vintrosa IS	00:10:25 06:56 min/km	1 (1,05 km) 00:07:02	2 (Mål) 00:03:22 00:10:25
42	F13: 13	336 Alice Öman -14 Vintrosa	00:10:25 06:56 min/km	1 (1,05 km) 00:07:02	2 (Mål) 00:03:22 00:10:25

43	F13: 14	521 Sally Larsson -14 Latorps IF	00:10:25 06:56 min/km	1 (1,05 km) 00:07:03	2 (Mål) 00:03:22 00:10:25
44	P13: 30	285 Elliot Fast -18 Vintrosa	00:10:49 07:12 min/km	1 (1,05 km) 00:07:19	2 (Mål) 00:03:30 00:10:49
45	P13: 31	495 Melker Härenstam -18 Vintrosa	00:10:56 07:17 min/km	1 (1,05 km) 00:07:22	2 (Mål) 00:03:33 00:10:56
46	F13: 15	327 Ella Subasic -13 Vintrosa	00:10:56 07:17 min/km	1 (1,05 km) 00:06:50	2 (Mål) 00:04:06 00:10:56
47	F13: 16	296 Molly Jagelind -12 Vis	00:10:57 07:18 min/km	1 (1,05 km) 00:06:50	2 (Mål) 00:04:07 00:10:57
48	F13: 17	532 Lotta Wiksten -17 IF Start	00:10:57 07:18 min/km	1 (1,05 km) 00:07:06	2 (Mål) 00:03:51 00:10:57
49	F13: 18	309 Siri Långh -19 Vintrosa	00:10:59 07:19 min/km	1 (1,05 km) 00:07:04	2 (Mål) 00:03:55 00:10:59
50	F13: 19	337 Alva Öman -16 Vintrosa gymnastikförening	00:11:08 07:25 min/km	1 (1,05 km) 00:07:24	2 (Mål) 00:03:44 00:11:08
51	F13: 20	324 Elvira Segerstedt -16 Örebro	00:11:09 07:26 min/km	1 (1,05 km) 00:07:24	2 (Mål) 00:03:45 00:11:09
52	F13: 21	302 Yasmine Kollgård -18	00:11:11 07:27 min/km	1 (1,05 km) 00:08:13	2 (Mål) 00:02:58 00:11:11
53	P13: 32	320 Erik Salomonsson -18 VIS	00:11:16 07:30 min/km	1 (1,05 km) 00:07:32	2 (Mål) 00:03:43 00:11:16
54	F13: 22	323 Agnes Segerstedt -13 Örebro	00:11:18 07:32 min/km	1 (1,05 km) 00:07:56	2 (Mål) 00:03:22 00:11:18
55	F13: 23	496 Hilda Härenstam -16 Latorps IF	00:11:54 07:56 min/km	1 (1,05 km) 00:07:54	2 (Mål) 00:03:59 00:11:54
56	F13: 24	274 Iris Atterstig -18	00:11:54 07:56 min/km	1 (1,05 km) 00:07:38	2 (Mål) 00:04:15 00:11:54
57	F13: 25	326 Elissa Subasic -16 Vintrosa	00:11:57 07:58 min/km	1 (1,05 km) 00:07:55	2 (Mål) 00:04:02 00:11:57
58	F13: 26	289 Freddie Frost Platemo -14 Vintrosa	00:11:59 07:59 min/km	1 (1,05 km) 00:08:35	2 (Mål) 00:03:23 00:11:59
59	F13: 27	538 Leia Nordenberg -18 Garphyttan	00:12:01 08:00 min/km	1 (1,05 km) 00:07:42	2 (Mål) 00:04:18 00:12:01
60	F13: 28	284 Elsie Ekman -18	00:12:01 08:00 min/km	1 (1,05 km) 00:07:41	2 (Mål) 00:04:19 00:12:01
61	P13: 33	524 Hector Sörensen -20 Adolfsberg	00:12:38 08:25 min/km	1 (1,05 km) 00:08:31	2 (Mål) 00:04:06 00:12:38
62	P13: 34	523 William Kalla -20 Vintrosa	00:12:48 08:32 min/km	1 (1,05 km) 00:08:31	2 (Mål) 00:04:17 00:12:48
63	P13: 35	288 Frank Frost Platemo -18 Vintrosa	00:12:52 08:34 min/km	1 (1,05 km) 00:08:35	2 (Mål) 00:04:16 00:12:52
64	P13: 36	325 Charlie Stolth -16 Garphyttan	00:12:54 08:36 min/km	1 (1,05 km) 00:08:44	2 (Mål) 00:04:10 00:12:54
65	P13: 37	287 Vilgot Forsberg -20 Vintrosa	00:13:04 08:42 min/km	1 (1,05 km) 00:08:49	2 (Mål) 00:04:15 00:13:04

66	P13: 38	528 Walter Gruvæus -20 Vintrosa	00:13:07 08:44 min/km	1 (1,05 km) 00:08:52	2 (Mål) 00:04:15 00:13:07
67	F13: 29	334 Ronja Wistrand -14 Vintrosa IS	00:13:14 08:49 min/km	1 (1,05 km) 00:09:20	2 (Mål) 00:03:53 00:13:14
68	F13: 30	315 Twaila Pettersson -14 Vintrosa IS	00:13:14 08:49 min/km	1 (1,05 km) 00:09:20	2 (Mål) 00:03:53 00:13:14
69	P13: 39	316 Leopold Pålerud -17 Karlskoga FIF	00:13:18 08:52 min/km	1 (1,05 km) 00:09:27	2 (Mål) 00:03:50 00:13:18
70	F13: 31	311 Elsa Mälman -19	00:13:29 08:59 min/km	1 (1,05 km) 00:09:24	2 (Mål) 00:04:04 00:13:29
71	F13: 32	304 Stella Kärnä -17 Vintrosa	00:13:50 09:13 min/km	1 (1,05 km) 00:09:38	2 (Mål) 00:04:11 00:13:50
72	P13: 40	317 Theodor Pålerud -20 Karlskoga	00:13:54 09:16 min/km	1 (1,05 km) 00:09:29	2 (Mål) 00:04:25 00:13:54
73	P13: 41	328 Ebbe Svanberg -19 Karlskoga	00:14:06 09:24 min/km	1 (1,05 km) 00:09:45	2 (Mål) 00:04:20 00:14:06
74	F13: 33	303 Elli Kärnä -15 Vintrosa is	00:14:20 09:33 min/km	1 (1,05 km) 00:09:52	2 (Mål) 00:04:27 00:14:20
75	P13: 42	525 John Borughton -18 Vintrosa	00:15:55 10:36 min/km	1 (1,05 km) 00:10:54	2 (Mål) 00:05:00 00:15:55
76	P13: 43	517 Benjamin Reinhart -20 Vintrosa	00:18:10 12:06 min/km	1 (1,05 km) 00:11:42	2 (Mål) 00:06:28 00:18:10
77	P13: 44	321 Gustav Salomonsson -18 Örebro	00:18:41 12:27 min/km	1 (1,05 km) 00:13:41	2 (Mål) 00:04:59 00:18:41
78	F13: 34	322 Viola Salomonsson -21 Örebro	00:20:19 13:32 min/km	1 (1,05 km) 00:14:36	2 (Mål) 00:05:43 00:20:19
79	P13: 45	537 Nils Palm -19 Fjugesta	00:21:44 14:29 min/km	1 (1,05 km) 00:15:02	2 (Mål) 00:06:42 00:21:44
80	F13: 35	526 Jolie Dahlgren -20 Vintrosa	00:22:03 14:42 min/km	1 (1,05 km) 00:15:00	2 (Mål) 00:07:03 00:22:03
81	F13: 36	536 Tuva Palm -20 Fjugesta	00:22:21 14:54 min/km	1 (1,05 km) 00:15:02	2 (Mål) 00:07:19 00:22:21
		280 Mira Davidsdotter -17 Vintrosa	DNF		
		281 Theodor Davidsson -19 Vintrosa	DNF		
		498 Madicken Zanderholm -17 Vintrosa	DNF		
		273 Ludwig Arvidsson -12 Vintrosa IS	DNS		
		276 Nora Bichis -15	DNS		
		277 Saga Bichis -17	DNS		
		279 Signe Carlsson Cacic -17 Vintrosa IS	DNS		
		305 Malte Larsson -15 Vintrosa IS	DNS		

P13 Motion 1,5 km

Plac	Namn	Resultat
1	513 Casper Jonsson -15 Vintrosa IS	00:06:22 04:14 min/km
2	271 Johannes Alfredsson -14 Latorps IF	00:06:25 04:16 min/km
3	413 Wilmer Kihlberg -11 Karlslunds IF SF	00:06:29 04:19 min/km

4	301 August Kihlberg -14 Karlslunds IF	00:06:32 04:21 min/km
5	509 Lucas Löfgren -12 Örebro Syrianska	00:06:52 04:34 min/km
6	308 Billy Långh -14 Latorps IF	00:06:54 04:36 min/km
7	313 Rune Persson -15 Vintrosa handboll	00:07:01 04:40 min/km
8	299 Alfred Karlsson -13 IFK Nora	00:07:26 04:57 min/km
9	332 Sven Widar -13 Örebro	00:07:39 05:06 min/km
10	329 Melker Svanberg -15 Karlskoga	00:07:46 05:10 min/km
11	318 Carl Rådström -15 Karlskoga FIF	00:08:02 05:21 min/km
12	319 Emil Salomonsson -15 VIS	00:08:03 05:22 min/km
13	335 Wilton Älgsjö -14 Vintrosa IS	00:08:06 05:24 min/km
14	501 Alfred Stolth -14 Vintrosa IS	00:08:06 05:24 min/km
15	514 Elvin Magnusson -14 Vintrosa IS	00:08:09 05:26 min/km
16	290 Abbe Hagström -15 Vintrosa	00:08:13 05:28 min/km
17	291 Elissios Hanna Ilia -13 Vintrosa is	00:08:25 05:36 min/km
18	522 Valter Larsson -16 Latorps IF	00:08:26 05:37 min/km
19	292 Love Haugen Pålerud -13 Jandab	00:08:39 05:46 min/km
20	283 Lukas Duvdahl -15 Vintrosa	00:08:42 05:48 min/km
21	314 Tage Persson -18 Vintrosa handboll	00:08:50 05:53 min/km
22	282 Hampus Duvdahl -18 Vintrosa	00:08:50 05:53 min/km
23	492 Ebbe Fernström -15 Vintrosa IS	00:08:56 05:57 min/km
24	519 Oskar Andersson Espinoza -15 Vintrosa IS	00:08:57 05:58 min/km
25	298 Petter Jarlborg -16 Vintrosa	00:09:02 06:01 min/km
26	300 Tore Karlsson -15 IFK Nora	00:09:12 06:08 min/km
27	295 Casper Jagelind -14 Vis	00:09:17 06:11 min/km
28	312 Emil Mälman -14	00:09:18 06:12 min/km
29	331 Oscar Thorin -15 Vintrosa IS	00:10:19 06:52 min/km
30	285 Elliot Fast -18 Vintrosa	00:10:49 07:12 min/km
31	495 Melker Härenstam -18 Vintrosa	00:10:56 07:17 min/km
32	320 Erik Salomonsson -18 VIS	00:11:16 07:30 min/km
33	524 Hector Sörensen -20 Adolfsberg	00:12:38 08:25 min/km
34	523 William Kalla -20 Vintrosa	00:12:48 08:32 min/km
35	288 Frank Frost Platemo -18 Vintrosa	00:12:52 08:34 min/km
36	325 Charlie Stolth -16 Garphyttan	00:12:54 08:36 min/km
37	287 Vilgot Forsberg -20 Vintrosa	00:13:04 08:42 min/km
38	528 Walter Gruvaeus -20 Vintrosa	00:13:07 08:44 min/km
39	316 Leopold Pålerud -17 Karlskoga FIF	00:13:18 08:52 min/km
40	317 Theodor Pålerud -20 Karlskoga	00:13:54 09:16 min/km
41	328 Ebbe Svanberg -19 Karlskoga	00:14:06 09:24 min/km
42	525 John Borughton -18 Vintrosa	00:15:55 10:36 min/km

43	293 Benjamin Reinhart -20 Vintrosa	00:18:10 12:06 min/km
44	321 Gustav Salomonsson -18 Örebro	00:18:41 12:27 min/km
45	537 Nils Palm -19 Fjugesta	00:21:44 14:29 min/km

F13 Motion 1,5 km

Plac	Namn	Resultat
1	293 Karin Ingeby -14 Vintrosa IS	00:06:43 04:28 min/km
2	294 Kerstin Ingeby -16 Vintrosa gymnastikförening	00:07:50 05:13 min/km
3	307 Maja Lindström -16 Garphyttans IF	00:08:14 05:29 min/km
4	503 Tuva Månstierna -13 Vintrosa IS	00:08:40 05:46 min/km
5	297 Anna Jarlborg -14 Vintrosa	00:09:20 06:13 min/km
6	286 Elvira Forsberg -15 Vintrosa	00:09:24 06:16 min/km
7	306 Freja Lindström -17 Garphyttans IF	00:09:33 06:22 min/km
8	310 Vera Långh -17 Vintrosa	00:09:54 06:36 min/km
9	278 Elsa Carlsson Cacic -12 Vintrosa IS	00:09:59 06:39 min/km
10	330 Stina Svanberg -18 Karlskoga	00:10:06 06:44 min/km
11	272 Emilia Alpvik -17 Vintrosa gymnastikförening	00:10:17 06:51 min/km
12	275 Lilly Axelsson -14 Vintrosa IS	00:10:25 06:56 min/km
13	336 Alice Öman -14 Vintrosa	00:10:25 06:56 min/km
14	521 Sally Larsson -14 Latorps IF	00:10:25 06:56 min/km
15	327 Ella Subasic -13 Vintrosa	00:10:56 07:17 min/km
16	296 Molly Jagelind -12 Vis	00:10:57 07:18 min/km
17	532 Lotta Wiksten -17 IF Start	00:10:57 07:18 min/km
18	309 Siri Långh -19 Vintrosa	00:10:59 07:19 min/km
19	337 Alva Öman -16 Vintrosa gymnastikförening	00:11:08 07:25 min/km
20	324 Elvira Segerstedt -16 Örebro	00:11:09 07:26 min/km
21	302 Yasmine Kollgård -18	00:11:11 07:27 min/km
22	323 Agnes Segerstedt -13 Örebro	00:11:18 07:32 min/km
23	496 Hilda Härenstam -16 Latorps IF	00:11:54 07:56 min/km
24	274 Iris Atterstig -18	00:11:54 07:56 min/km
25	326 Elissa Subasic -16 Vintrosa	00:11:57 07:58 min/km
26	289 Freddie Frost Platemo -14 Vintrosa	00:11:59 07:59 min/km
27	538 Leia Nordenberg -18 Garphyttan	00:12:01 08:00 min/km
28	284 Elsie Ekman -18	00:12:01 08:00 min/km
29	334 Ronja Wistrand -14 Vintrosa IS	00:13:14 08:49 min/km
30	315 Twaila Pettersson -14 Vintrosa IS	00:13:14 08:49 min/km
31	311 Elsa Mälman -19	00:13:29 08:59 min/km
32	304 Stella Kärnä -17 Vintrosa	00:13:50 09:13 min/km
33	303 Elli Kärnä -15 Vintrosa is	00:14:20 09:33 min/km
34	322 Viola Salomonsson -21 Örebro	00:20:19 13:32 min/km

35	526 Jolie Dahlgren -20 Vintrosa	00:22:03 14:42 min/km
36	536 Tuva Palm -20 Fjugesta	00:22:21 14:54 min/km

Kvinnor 5 km Närkes Långloppscup

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider			
1	K22: 1	481 Sofia Wallén -05 Eskilstuna FI Cup	00:17:39 03:31 min/km	1 (650 m) 00:01:57	2 (2,17 km) 00:05:14 00:07:12	3 (4,55 km) 00:08:37 00:15:49	4 (Mål) 00:01:49 00:17:39
2	F16: 1	338 Embla Allard -12 Västerås FK Cup	00:18:43 03:44 min/km	1 (650 m) 00:02:01	2 (2,17 km) 00:05:36 00:07:37	3 (4,55 km) 00:09:12 00:16:49	4 (Mål) 00:01:53 00:18:43
3	K: 1	452 Emma Reinhed Liljeqvist -92 IF Start Cup	00:19:03 03:48 min/km	1 (650 m) 00:02:08	2 (2,17 km) 00:05:45 00:07:53	3 (4,55 km) 00:09:12 00:17:06	4 (Mål) 00:01:57 00:19:03
4	K35: 1	531 Kajsa Rosdal -89 Tisdagsklubben Örebro Cup	00:19:39 03:55 min/km	1 (650 m) 00:02:12	2 (2,17 km) 00:05:58 00:08:10	3 (4,55 km) 00:09:32 00:17:41	4 (Mål) 00:01:57 00:19:39
5	K22: 2	445 Ellen Olsson -07 Garphyttans IF Cup	00:20:39 04:07 min/km	1 (650 m) 00:02:09	2 (2,17 km) 00:06:16 00:08:25	3 (4,55 km) 00:10:11 00:18:36	4 (Mål) 00:02:03 00:20:39
6	K45: 1	487 Antje Wiksten -75 IF Start Cup	00:21:30 04:18 min/km	1 (650 m) 00:02:28	2 (2,17 km) 00:06:28 00:08:55	3 (4,55 km) 00:10:28 00:19:23	4 (Mål) 00:02:06 00:21:30
7	K35: 2	363 Jenny Dollerup -85 IFK Nora Cup	00:21:53 04:22 min/km	1 (650 m) 00:02:19	2 (2,17 km) 00:06:35 00:08:55	3 (4,55 km) 00:10:45 00:19:40	4 (Mål) 00:02:13 00:21:53
8	F16: 2	425 Emma Lindström -11 Garphyttans IF Cup	00:22:29 04:29 min/km	1 (650 m) 00:02:22	2 (2,17 km) 00:06:38 00:09:00	3 (4,55 km) 00:11:18 00:20:19	4 (Mål) 00:02:10 00:22:29
9	K50: 1	518 Helena von Elern -72 Örebro AIK Cup	00:22:51 04:34 min/km	1 (650 m) 00:02:43	2 (2,17 km) 00:06:53 00:09:36	3 (4,55 km) 00:10:57 00:20:34	4 (Mål) 00:02:17 00:22:51
10	F16: 3	424 Anna Lindström -12 Garphyttans IF Cup	00:23:10 04:38 min/km	1 (650 m) 00:02:21	2 (2,17 km) 00:06:59 00:09:20	3 (4,55 km) 00:11:35 00:20:55	4 (Mål) 00:02:14 00:23:10
11	K50: 2	354 Maria Borg -73 IF Start Cup	00:23:47 04:45 min/km	1 (650 m) 00:02:36	2 (2,17 km) 00:07:11 00:09:47	3 (4,55 km) 00:11:39 00:21:26	4 (Mål) 00:02:21 00:23:47
12	F16: 4	502 Tuva Montén -11 IF Start Cup	00:23:57 04:47 min/km	1 (650 m) 00:02:37	2 (2,17 km) 00:07:28 00:10:05	3 (4,55 km) 00:11:51 00:21:56	4 (Mål) 00:02:00 00:23:57
13	K: 2	483 Ellen Werner Säaw -90 Stocksätters IF Cup	00:25:13 05:02 min/km	1 (650 m) 00:02:43	2 (2,17 km) 00:07:33 00:10:15	3 (4,55 km) 00:12:23 00:22:39	4 (Mål) 00:02:34 00:25:13
14	K40: 1	340 Sandra Almer Carlsson -81 IFK Nora Cup	00:25:58 05:11 min/km	1 (650 m) 00:03:04	2 (2,17 km) 00:07:53 00:10:56	3 (4,55 km) 00:12:31 00:23:27	4 (Mål) 00:02:30 00:25:58
15	F16: 5	426 Kajsa Lindström -14 Garphyttans IF Cup	00:26:30 05:18 min/km	1 (650 m) 00:02:42	2 (2,17 km) 00:08:25 00:11:07	3 (4,55 km) 00:12:59 00:24:06	4 (Mål) 00:02:23 00:26:30
16	K45: 2	385 Hanna Fridhamre -77 IFK Nora Cup	00:26:37 05:19 min/km	1 (650 m) 00:03:04	2 (2,17 km) 00:08:03 00:11:07	3 (4,55 km) 00:12:54 00:24:01	4 (Mål) 00:02:36 00:26:37
17	K: 3	504 Ronja Andersdotter -01 Garphyttans IF Cup	00:26:44 05:20 min/km	1 (650 m) 00:02:24	2 (2,17 km) 00:07:54 00:10:18	3 (4,55 km) 00:13:42 00:24:00	4 (Mål) 00:02:43 00:26:44
18	K55: 1	463 Annica Sjölund -67 IF Start Cup	00:26:57 05:23 min/km	1 (650 m) 00:03:04	2 (2,17 km) 00:08:01 00:11:05	3 (4,55 km) 00:13:04 00:24:09	4 (Mål) 00:02:48 00:26:57
19	F16: 6	439 Vanessa Manka -09 Vintrosa IS Cup	00:27:44 05:32 min/km	1 (650 m) 00:03:45	2 (2,17 km) 00:08:47 00:12:32	3 (4,55 km) 00:13:01 00:25:33	4 (Mål) 00:02:10 00:27:44
20	F16: 7	408 Julia Karlsson -11 Garphyttans IF Cup	00:27:48 05:33 min/km	1 (650 m) 00:02:41	2 (2,17 km) 00:08:26 00:11:07	3 (4,55 km) 00:14:08 00:25:15	4 (Mål) 00:02:33 00:27:48
21	F16: 8	347 Sofia Bennet -11 Zinkgruvans IF Cup	00:28:45 05:45 min/km	1 (650 m) 00:03:14	2 (2,17 km) 00:08:52 00:12:06	3 (4,55 km) 00:14:19 00:26:25	4 (Mål) 00:02:20 00:28:45

22	K35: 3	433 Iwona Lundin -86 Vintrosa IS Cup	00:31:35 06:19 min/km	1 (650 m) 00:03:46	2 (2,17 km) 00:09:34 00:13:20	3 (4,55 km) 00:15:20 00:28:40	4 (Mål) 00:02:55 00:31:35
23	K45: 3	505 Madelene Karlsson -78 Garphyttans IF Cup	00:31:51 06:22 min/km	1 (650 m) 00:03:36	2 (2,17 km) 00:09:52 00:13:28	3 (4,55 km) 00:15:26 00:28:54	4 (Mål) 00:02:56 00:31:51
24	K35: 4	429 Emma Lord -85 Vintrosa IS Cup	00:32:21 06:28 min/km	1 (650 m) 00:03:47	2 (2,17 km) 00:09:39 00:13:26	3 (4,55 km) 00:15:53 00:29:19	4 (Mål) 00:03:01 00:32:21
25	F16: 9	430 Linnéa Lord -09 Vintrosa IS Cup	00:32:21 06:28 min/km	1 (650 m) 00:03:47	2 (2,17 km) 00:09:40 00:13:27	3 (4,55 km) 00:15:53 00:29:19	4 (Mål) 00:03:01 00:32:21
26	K35: 5	380 Fanny Forsell -85 Hällefors LK Cup	00:32:39 06:31 min/km	1 (650 m) 00:03:54	2 (2,17 km) 00:09:44 00:13:39	3 (4,55 km) 00:15:58 00:29:36	4 (Mål) 00:03:02 00:32:39
27	K: 4	484 Rebecca Wester -96 IFK Nora Cup	00:40:45 08:09 min/km	1 (650 m) 00:04:19	2 (2,17 km) 00:12:45 00:17:04	3 (4,55 km) 00:20:11 00:37:15	4 (Mål) 00:03:30 00:40:45
28	K80: 1	365 Ingegerd Eklund -41 Brohyttans IF Cup	00:46:11 09:14 min/km	1 (650 m) 00:04:56	2 (2,17 km) 00:14:01 00:18:57	3 (4,55 km) 00:22:54 00:41:52	4 (Mål) 00:04:19 00:46:11
		369 Siri Englund -91 Eskilstuna FI Cup	DNS				
		399 Åsa Holmgren-Hölss -89 Örebro AIK Cup	DNS				

F16 Kvinnor 5 km

Plac	Namn	Resultat
1	338 Embla Allard -12 Västerås FK Cup	00:18:43 03:44 min/km
2	425 Emma Lindström -11 Garphyttans IF Cup	00:22:29 04:29 min/km
3	424 Anna Lindström -12 Garphyttans IF Cup	00:23:10 04:38 min/km
4	502 Tuwa Montén -11 IF Start Cup	00:23:57 04:47 min/km
5	426 Kajsa Lindström -14 Garphyttans IF Cup	00:26:30 05:18 min/km
6	439 Vanessa Manka -09 Vintrosa IS Cup	00:27:44 05:32 min/km
7	408 Julia Karlsson -11 Garphyttans IF Cup	00:27:48 05:33 min/km
8	347 Sofia Bennet -11 Zinkgruvans IF Cup	00:28:45 05:45 min/km
9	430 Linnéa Lord -09 Vintrosa IS Cup	00:32:21 06:28 min/km

K22 Kvinnor 5 km

Plac	Namn	Resultat
1	481 Sofia Wallén -05 Eskilstuna FI Cup	00:17:39 03:31 min/km
2	445 Ellen Olsson -07 Garphyttans IF Cup	00:20:39 04:07 min/km

K Kvinnor 5 km

Plac	Namn	Resultat
1	452 Emma Reinhed Liljeqvist -92 IF Start Cup	00:19:03 03:48 min/km
2	483 Ellen Werner Säaw -90 Stocksätters IF Cup	00:25:13 05:02 min/km
3	504 Ronja Andersdotter -01 Garphyttans IF Cup	00:26:44 05:20 min/km
4	484 Rebecca Wester -96 IFK Nora Cup	00:40:45 08:09 min/km

K35 Kvinnor 5 km

Plac	Namn	Resultat
1	531 Kajsa Rosdal -89 Tisdagsklubben Örebro Cup	00:19:39 03:55 min/km
2	363 Jenny Dollerup -85 IFK Nora Cup	00:21:53 04:22 min/km
3	433 Iwona Lundin -86 Vintrosa IS Cup	00:31:35 06:19 min/km

4	429 Emma Lord -85 Vintrosa IS Cup	00:32:21 06:28 min/km
5	380 Fanny Forsell -85 Hällefors LK Cup	00:32:39 06:31 min/km

K40 Kvinnor 5 km

Plac	Namn	Resultat
1	340 Sandra Almer Carlsson -81 IFK Nora Cup	00:25:58 05:11 min/km

K45 Kvinnor 5 km

Plac	Namn	Resultat
1	487 Antje Wiksten -75 IF Start Cup	00:21:30 04:18 min/km
2	385 Hanna Fridhamre -77 IFK Nora Cup	00:26:37 05:19 min/km
3	505 Madelene Karlsson -78 Garphyttans IF Cup	00:31:51 06:22 min/km

K50 Kvinnor 5 km

Plac	Namn	Resultat
1	518 Helena von Elern -72 Örebro AIK Cup	00:22:51 04:34 min/km
2	354 Maria Borg -73 IF Start Cup	00:23:47 04:45 min/km

K55 Kvinnor 5 km

Plac	Namn	Resultat
1	463 Annica Sjölund -67 IF Start Cup	00:26:57 05:23 min/km

K80 Kvinnor 5 km

Plac	Namn	Resultat
1	365 Ingegerd Eklund -41 Brohyttans IF Cup	00:46:11 09:14 min/km

Motion 5 km

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider
1	M40: 1	364 Johan Edström -80 Hovsta IF	00:18:17 03:39 min/km	1 (650 m) 00:02:00 2 (2,17 km) 00:05:33 3 (4,55 km) 00:08:54 4 (Mål) 00:01:50 00:18:17
2	M45: 1	401 Jimmy Jansson -79 Hallsberg	00:18:22 03:40 min/km	1 (650 m) 00:02:03 2 (2,17 km) 00:05:36 3 (4,55 km) 00:08:55 4 (Mål) 00:01:48 00:18:22
3	M35: 1	419 Daniel Lagré -88 Örebro	00:19:09 03:49 min/km	1 (650 m) 00:02:07 2 (2,17 km) 00:05:44 3 (4,55 km) 00:09:18 4 (Mål) 00:01:58 00:19:09
4	P16: 1	416 Sami Kollgård -10	00:19:15 03:51 min/km	1 (650 m) 00:02:03 2 (2,17 km) 00:05:35 3 (4,55 km) 00:09:35 4 (Mål) 00:02:02 00:19:15
5	M: 1	466 Fredrik Starbäck -97	00:20:14 04:02 min/km	1 (650 m) 00:01:58 2 (2,17 km) 00:06:00 3 (4,55 km) 00:10:10 4 (Mål) 00:02:04 00:20:14
6	M: 2	438 Martin Löthgren -92 Örebro	00:20:49 04:09 min/km	1 (650 m) 00:02:28 2 (2,17 km) 00:06:23 3 (4,55 km) 00:10:00 4 (Mål) 00:01:57 00:20:49
7	M22: 1	516 Olle Karlsson -05 Stockholm	00:21:21 04:16 min/km	1 (650 m) 00:02:04 2 (2,17 km) 00:06:16 3 (4,55 km) 00:10:49 4 (Mål) 00:02:10 00:21:21
8	M35: 2	451 Christer Pålerud -87 Karlskoga	00:21:56 04:23 min/km	1 (650 m) 00:02:23 2 (2,17 km) 00:06:37 3 (4,55 km) 00:10:47 4 (Mål) 00:02:09 00:21:56
9	P16: 2	512 Vincent Raearo Borg -11 Vintrosa	00:22:39 04:31 min/km	1 (650 m) 00:02:07 2 (2,17 km) 00:06:31 3 (4,55 km) 00:11:50 4 (Mål) 00:02:11 00:22:39
10	M22: 2	459 Anton Schön -06	00:23:03 04:36 min/km	1 (650 m) 00:02:59 2 (2,17 km) 00:07:06 3 (4,55 km) 00:10:54 4 (Mål) 00:02:03 00:23:03

11	K35: 1	461 Josefine Sers -89 Vintrosa	00:23:09 04:37 min/km	1 (650 m) 00:02:28	2 (2,17 km) 00:06:52 00:09:20	3 (4,55 km) 00:11:32 00:20:53	4 (Mål) 00:02:16 00:23:09
12	K40: 1	415 Hannen Kollgård -81	00:23:29 04:41 min/km	1 (650 m) 00:02:50	2 (2,17 km) 00:06:57 00:09:48	3 (4,55 km) 00:11:24 00:21:12	4 (Mål) 00:02:17 00:23:29
13	P16: 3	436 Alfons Långh -11 Latorps IF	00:24:44 04:56 min/km	1 (650 m) 00:02:35	2 (2,17 km) 00:07:20 00:09:55	3 (4,55 km) 00:12:25 00:22:20	4 (Mål) 00:02:24 00:24:44
14	M35: 3	486 Claes Widlund -87 Lanna	00:24:59 04:59 min/km	1 (650 m) 00:02:37	2 (2,17 km) 00:07:33 00:10:10	3 (4,55 km) 00:12:21 00:22:30	4 (Mål) 00:02:28 00:24:59
15	K45: 1	474 Frida Törnqvist -75 ÖREBRO	00:25:39 05:07 min/km	1 (650 m) 00:02:42	2 (2,17 km) 00:07:45 00:10:26	3 (4,55 km) 00:12:40 00:23:06	4 (Mål) 00:02:32 00:25:39
16	M45: 2	346 Roger Bengtsson -76 MIF	00:26:04 05:12 min/km	1 (650 m) 00:02:55	2 (2,17 km) 00:07:48 00:10:44	3 (4,55 km) 00:12:46 00:23:30	4 (Mål) 00:02:34 00:26:04
17	P16: 4	490 Olle Öholm -12 Vintrosa	00:26:08 05:13 min/km	1 (650 m) 00:03:03	2 (2,17 km) 00:08:24 00:11:27	3 (4,55 km) 00:12:37 00:24:04	4 (Mål) 00:02:03 00:26:08
18	M50: 1	411 Stefan Karlsson -74 Örebro	00:26:11 05:14 min/km	1 (650 m) 00:03:12	2 (2,17 km) 00:08:01 00:11:14	3 (4,55 km) 00:12:34 00:23:48	4 (Mål) 00:02:23 00:26:11
19	P16: 5	460 Folke Schön -09	00:26:16 05:15 min/km	1 (650 m) 00:03:00	2 (2,17 km) 00:07:23 00:10:23	3 (4,55 km) 00:13:34 00:23:57	4 (Mål) 00:02:18 00:26:16
20	M: 3	390 Christian Haglund -94 Örebro	00:26:17 05:15 min/km	1 (650 m) 00:03:08	2 (2,17 km) 00:07:57 00:11:05	3 (4,55 km) 00:12:44 00:23:49	4 (Mål) 00:02:27 00:26:17
21	M35: 4	541 Daniel Gustavsson -87 Latorp	00:26:19 05:15 min/km	1 (650 m) 00:03:30	2 (2,17 km) 00:08:15 00:11:44	3 (4,55 km) 00:12:18 00:24:02	4 (Mål) 00:02:16 00:26:19
22	K: 1	540 Rebecka Borg -90 Latorp	00:26:22 05:16 min/km	1 (650 m) 00:03:30	2 (2,17 km) 00:08:15 00:11:44	3 (4,55 km) 00:12:18 00:24:02	4 (Mål) 00:02:19 00:26:22
23	F16: 1	432 Alva Lundbäck -10	00:27:39 05:31 min/km	1 (650 m) 00:03:35	2 (2,17 km) 00:08:45 00:12:20	3 (4,55 km) 00:13:11 00:25:31	4 (Mål) 00:02:07 00:27:39
24	P16: 6	422 Oliwer Linder -12 Vintrosa handboll	00:27:44 05:32 min/km	1 (650 m) 00:03:03	2 (2,17 km) 00:08:07 00:11:10	3 (4,55 km) 00:14:09 00:25:18	4 (Mål) 00:02:25 00:27:44
25	P16: 7	342 Nils Atterstig -14	00:28:02 05:36 min/km	1 (650 m) 00:03:36	2 (2,17 km) 00:08:45 00:12:21	3 (4,55 km) 00:13:24 00:25:45	4 (Mål) 00:02:16 00:28:02
26	M40: 2	497 Petter Atterstig -83 Vintrosa	00:28:02 05:36 min/km	1 (650 m) 00:03:37	2 (2,17 km) 00:08:45 00:12:21	3 (4,55 km) 00:13:24 00:25:45	4 (Mål) 00:02:16 00:28:02
27	P16: 8	435 Ludwig Luthman -11	00:28:16 05:39 min/km	1 (650 m) 00:03:39	2 (2,17 km) 00:09:24 00:13:03	3 (4,55 km) 00:13:00 00:26:03	4 (Mål) 00:02:13 00:28:16
28	P16: 9	397 Milo Haugen-Pålerud -10 Jandab	00:28:39 05:43 min/km	1 (650 m) 00:02:59	2 (2,17 km) 00:08:23 00:11:21	3 (4,55 km) 00:14:33 00:25:55	4 (Mål) 00:02:43 00:28:39
29	M55: 1	374 Tomas Ericson -66	00:28:42 05:44 min/km	1 (650 m) 00:03:34	2 (2,17 km) 00:08:27 00:12:01	3 (4,55 km) 00:13:52 00:25:53	4 (Mål) 00:02:48 00:28:42
30	M60: 1	468 Krister Sundblad -62 JANDAB	00:29:17 05:51 min/km	1 (650 m) 00:02:55	2 (2,17 km) 00:08:26 00:11:21	3 (4,55 km) 00:15:05 00:26:26	4 (Mål) 00:02:51 00:29:17
31	M40: 3	478 Andreas Värja -84 Brännan Roadrunners	00:29:41 05:56 min/km	1 (650 m) 00:03:37	2 (2,17 km) 00:08:57 00:12:33	3 (4,55 km) 00:14:16 00:26:49	4 (Mål) 00:02:51 00:29:41
32	F16: 2	500 Ellen Frank Zaltin -13 Brännan Roadrunners	00:29:41 05:56 min/km	1 (650 m) 00:03:15	2 (2,17 km) 00:08:55 00:12:10	3 (4,55 km) 00:14:39 00:26:49	4 (Mål) 00:02:52 00:29:41
33	M40: 4	396 Joel Haugen -82 Jandab	00:30:37 06:07 min/km	1 (650 m) 00:03:21	2 (2,17 km) 00:09:14 00:12:35	3 (4,55 km) 00:15:02 00:27:36	4 (Mål) 00:03:00 00:30:37

34	M40: 5	511 Rickard Molin -81 Örebro	00:30:40 06:08 min/km	1 (650 m) 00:03:27	2 (2,17 km) 00:09:08 00:12:35	3 (4,55 km) 00:15:01 00:27:36	4 (Mål) 00:03:04 00:30:40
35	M60: 2	357 Lars Carlbom -61 Brännan Roadrunners	00:30:50 06:10 min/km	1 (650 m) 00:03:29	2 (2,17 km) 00:09:05 00:12:34	3 (4,55 km) 00:15:08 00:27:42	4 (Mål) 00:03:08 00:30:50
36	K40: 2	534 Sofie Segerstedt -84 Vintrosa	00:31:03 06:12 min/km	1 (650 m) 00:03:47	2 (2,17 km) 00:09:42 00:13:29	3 (4,55 km) 00:14:47 00:28:16	4 (Mål) 00:02:46 00:31:03
37	M45: 3	389 Märten Göransson -77 Vintrosa	00:31:21 06:16 min/km	1 (650 m) 00:03:45	2 (2,17 km) 00:09:23 00:13:08	3 (4,55 km) 00:15:08 00:28:16	4 (Mål) 00:03:05 00:31:21
38	F16: 3	479 Lova Värja -12 Brännan Roadrunners	00:32:17 06:27 min/km	1 (650 m) 00:03:42	2 (2,17 km) 00:09:33 00:13:15	3 (4,55 km) 00:15:50 00:29:05	4 (Mål) 00:03:11 00:32:17
39	K40: 3	507 Maria Westerberg -81 FMTIS IF	00:32:20 06:28 min/km	1 (650 m) 00:03:36	2 (2,17 km) 00:09:52 00:13:28	3 (4,55 km) 00:15:47 00:29:15	4 (Mål) 00:03:05 00:32:20
40	M40: 6	508 Mikael Persson -80 FMTIS IF	00:32:21 06:28 min/km	1 (650 m) 00:03:34	2 (2,17 km) 00:09:54 00:13:29	3 (4,55 km) 00:15:45 00:29:14	4 (Mål) 00:03:07 00:32:21
41	F16: 4	493 Bianca Gotlin -10 Vintrosa	00:32:49 06:33 min/km	1 (650 m) 00:03:40	2 (2,17 km) 00:09:34 00:13:14	3 (4,55 km) 00:16:15 00:29:29	4 (Mål) 00:03:20 00:32:49
42	K22: 1	515 Elvira Stolt -05 Vintrosa	00:33:26 06:41 min/km	1 (650 m) 00:02:29	2 (2,17 km) 00:10:33 00:13:02	3 (4,55 km) 00:16:52 00:29:54	4 (Mål) 00:03:32 00:33:26
43	M45: 4	535 Charlie Frank Zaltin -77 Brännan Roadrunners	00:35:33 07:06 min/km	1 (650 m) 00:03:43	2 (2,17 km) 00:09:59 00:13:43	3 (4,55 km) 00:18:21 00:32:04	4 (Mål) 00:03:29 00:35:33
44	P16: 10	499 Elliott Frank Saltin -11 Brännan Roadrunners	00:35:33 07:06 min/km	1 (650 m) 00:03:44	2 (2,17 km) 00:09:59 00:13:43	3 (4,55 km) 00:18:21 00:32:04	4 (Mål) 00:03:29 00:35:33
45	K55: 1	372 Marie Ericson -69 Örebro	00:36:19 07:15 min/km	1 (650 m) 00:03:55	2 (2,17 km) 00:10:57 00:14:52	3 (4,55 km) 00:18:11 00:33:03	4 (Mål) 00:03:15 00:36:19
46	M22: 3	349 Edvin Blick -07 Vintrosa	00:36:38 07:19 min/km	1 (650 m) 00:03:44	2 (2,17 km) 00:10:45 00:14:29	3 (4,55 km) 00:18:48 00:33:18	4 (Mål) 00:03:20 00:36:38
47	F16: 5	370 Felicia Ericson -09 Vintrosa	00:36:42 07:20 min/km	1 (650 m) 00:03:45	2 (2,17 km) 00:10:35 00:14:20	3 (4,55 km) 00:19:01 00:33:21	4 (Mål) 00:03:21 00:36:42
48	M45: 5	350 Ingemar Blick -79 Vintrosa	00:36:44 07:20 min/km	1 (650 m) 00:03:44	2 (2,17 km) 00:10:46 00:14:29	3 (4,55 km) 00:18:52 00:33:21	4 (Mål) 00:03:22 00:36:44
49	K: 2	371 Lina Ericson -94	00:36:49 07:21 min/km	1 (650 m) 00:03:55	2 (2,17 km) 00:10:57 00:14:52	3 (4,55 km) 00:18:24 00:33:16	4 (Mål) 00:03:32 00:36:49
50	M: 4	405 Runar Jonsson -91	00:37:09 07:25 min/km	1 (650 m) 00:03:59	2 (2,17 km) 00:12:00 00:15:59	3 (4,55 km) 00:16:59 00:32:58	4 (Mål) 00:04:10 00:37:09
51	K: 3	398 Sandra Hellstenius -90 Örebro	00:38:42 07:44 min/km	1 (650 m) 00:03:48	2 (2,17 km) 00:11:46 00:15:34	3 (4,55 km) 00:19:15 00:34:49	4 (Mål) 00:03:52 00:38:42
52	K35: 2	366 Monica Eklund -89 Vintrosa	00:41:35 08:19 min/km	1 (650 m) 00:03:58	2 (2,17 km) 00:12:04 00:16:02	3 (4,55 km) 00:21:16 00:37:18	4 (Mål) 00:04:16 00:41:35
		333 Tina Åkesson -79 Vintrosa	DNS				
		339 Hugo Alm -12	DNS				
		351 Malin Blomgren -73 Vintrosa	DNS				
		469 Arvid Sundin -11 Vintrosa	DNS				

P16 Motion 5 km

Plac	Namn	Resultat
1	416 Sami Kollgård -10	00:19:15 03:51 min/km
2	512 Vincent Raearo Borg -11 Vintrosa	00:22:39 04:31 min/km

3	436 Alfons Långh -11 Latorps IF	00:24:44 04:56 min/km
4	490 Olle Öholm -12 Vintrosa	00:26:08 05:13 min/km
5	460 Folke Schön -09	00:26:16 05:15 min/km
6	422 Oliwer Linder -12 Vintrosa handboll	00:27:44 05:32 min/km
7	342 Nils Atterstig -14	00:28:02 05:36 min/km
8	435 Ludwig Luthman -11	00:28:16 05:39 min/km
9	397 Milo Haugen-Pålerud -10 Jandab	00:28:39 05:43 min/km
10	499 Elliott Frank Saltin -11 Brännan Roadrunners	00:35:33 07:06 min/km

F16 Motion 5 km

Plac	Namn	Resultat
1	432 Alva Lundbäck -10	00:27:39 05:31 min/km
2	500 Ellen Frank Zaltin -13 Brännan Roadrunners	00:29:41 05:56 min/km
3	479 Lova Värja -12 Brännan Roadrunners	00:32:17 06:27 min/km
4	493 Bianca Gotlin -10 Vintrosa	00:32:49 06:33 min/km
5	370 Felicia Ericson -09 Vintrosa	00:36:42 07:20 min/km

M22 Motion 5 km

Plac	Namn	Resultat
1	516 Olle Karlsson -05 Stockholm	00:21:21 04:16 min/km
2	459 Anton Schön -06	00:23:03 04:36 min/km
3	349 Edvin Blick -07 Vintrosa	00:36:38 07:19 min/km

K22 Motion 5 km

Plac	Namn	Resultat
1	515 Elvira Stolt -05 Vintrosa	00:33:26 06:41 min/km

M Motion 5 km

Plac	Namn	Resultat
1	466 Fredrik Starbäck -97	00:20:14 04:02 min/km
2	438 Martin Löthgren -92 Örebro	00:20:49 04:09 min/km
3	390 Christian Haglund -94 Örebro	00:26:17 05:15 min/km
4	405 Runar Jonsson -91	00:37:09 07:25 min/km

K Motion 5 km

Plac	Namn	Resultat
1	540 Rebecka Borg -90 Latorp	00:26:22 05:16 min/km
2	371 Lina Ericson -94	00:36:49 07:21 min/km
3	398 Sandra Hellstenius -90 Örebro	00:38:42 07:44 min/km

M35 Motion 5 km

Plac	Namn	Resultat
1	419 Daniel Lagré -88 Örebro	00:19:09 03:49 min/km
2	451 Christer Pålerud -87 Karlskoga	00:21:56 04:23 min/km
3	486 Claes Widlund -87 Lanna	00:24:59 04:59 min/km

4	541 Daniel Gustavsson -87 Latorp	00:26:19 05:15 min/km
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K35 Motion 5 km

Plac	Namn	Resultat
1	461 Josefine Sers -89 Vintrosa	00:23:09 04:37 min/km
2	366 Monica Eklund -89 Vintrosa	00:41:35 08:19 min/km

M40 Motion 5 km

Plac	Namn	Resultat
1	364 Johan Edström -80 Hovsta IF	00:18:17 03:39 min/km
2	497 Petter Atterstig -83 Vintrosa	00:28:02 05:36 min/km
3	478 Andreas Värja -84 Brännan Roadrunners	00:29:41 05:56 min/km
4	396 Joel Haugen -82 Jandab	00:30:37 06:07 min/km
5	511 Rickard Molin -81 Örebro	00:30:40 06:08 min/km
6	508 Mikael Persson -80 FMTIS IF	00:32:21 06:28 min/km

K40 Motion 5 km

Plac	Namn	Resultat
1	415 Hannen Kollgård -81	00:23:29 04:41 min/km
2	534 Sofie Segerstedt -84 Vintrosa	00:31:03 06:12 min/km
3	507 Maria Westerberg -81 FMTIS IF	00:32:20 06:28 min/km

M45 Motion 5 km

Plac	Namn	Resultat
1	401 Jimmy Jansson -79 Hallsberg	00:18:22 03:40 min/km
2	346 Roger Bengtsson -76 MIF	00:26:04 05:12 min/km
3	389 Märten Göransson -77 Vintrosa	00:31:21 06:16 min/km
4	535 Charlie Frank Zaltin -77 Brännan Roadrunners	00:35:33 07:06 min/km
5	350 Ingemar Blick -79 Vintrosa	00:36:44 07:20 min/km

K45 Motion 5 km

Plac	Namn	Resultat
1	474 Frida Törnqvist -75 ÖREBRO	00:25:39 05:07 min/km

M50 Motion 5 km

Plac	Namn	Resultat
1	411 Stefan Karlsson -74 Örebro	00:26:11 05:14 min/km

M55 Motion 5 km

Plac	Namn	Resultat
1	374 Tomas Ericson -66	00:28:42 05:44 min/km

K55 Motion 5 km

Plac	Namn	Resultat
1	372 Marie Ericson -69 Örebro	00:36:19 07:15 min/km

M60 Motion 5 km

Plac	Namn	Resultat
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1	468 Krister Sundblad -62 JANDAB	00:29:17 05:51 min/km
2	357 Lars Carlborn -61 Brännan Roadrunners	00:30:50 06:10 min/km

Män 5 km Närkes Långloppscup

Distans: 5 000 m

Plac	Ålder	Namn	Resultat	Mellantider			
1	M: 1	529 Jonas Nilsson -92 Örebro AIK Cup	00:15:30 03:06 min/km	1 (650 m) 00:01:47	2 (2,17 km) 00:04:44 00:06:32	3 (4,55 km) 00:07:27 00:13:58	4 (Mål) 00:01:32 00:15:30
2	M: 2	410 Simon Karlsson -93 Tisdagsklubben Örebro Cup	00:15:50 03:10 min/km	1 (650 m) 00:01:45	2 (2,17 km) 00:04:49 00:06:33	3 (4,55 km) 00:07:41 00:14:14	4 (Mål) 00:01:36 00:15:50
3	M22: 1	447 Felix Persson -05 Västerås FK Cup	00:16:17 03:15 min/km	1 (650 m) 00:01:44	2 (2,17 km) 00:04:48 00:06:32	3 (4,55 km) 00:08:02 00:14:34	4 (Mål) 00:01:42 00:16:17
4	M: 3	530 Philip Sander -91 Tisdagsklubben Örebro Cup	00:16:48 03:21 min/km	1 (650 m) 00:01:54	2 (2,17 km) 00:05:08 00:07:02	3 (4,55 km) 00:08:07 00:15:09	4 (Mål) 00:01:38 00:16:48
5	M45: 1	446 Eskil Persson -77 Hammarby IF Friidrott	00:17:11 03:26 min/km	1 (650 m) 00:01:57	2 (2,17 km) 00:05:14 00:07:11	3 (4,55 km) 00:08:21 00:15:32	4 (Mål) 00:01:39 00:17:11
6	M50: 1	404 Pär Johansson -74 Örebro AIK Cup	00:17:14 03:26 min/km	1 (650 m) 00:01:58	2 (2,17 km) 00:05:17 00:07:15	3 (4,55 km) 00:08:22 00:15:36	4 (Mål) 00:01:37 00:17:14
7	M35: 1	375 Björn Eriksson -86 Tisdagsklubben Örebro Cup	00:17:18 03:27 min/km	1 (650 m) 00:01:59	2 (2,17 km) 00:05:13 00:07:12	3 (4,55 km) 00:08:25 00:15:37	4 (Mål) 00:01:41 00:17:18
8	M40: 1	456 Fredrik Rådström -83 Hällefors LK Cup	00:17:21 03:28 min/km	1 (650 m) 00:01:57	2 (2,17 km) 00:05:15 00:07:12	3 (4,55 km) 00:08:25 00:15:36	4 (Mål) 00:01:44 00:17:21
9	M: 4	394 Oskar Hansson -97 Tisdagsklubben Örebro Cup	00:17:35 03:31 min/km	1 (650 m) 00:01:55	2 (2,17 km) 00:05:22 00:07:17	3 (4,55 km) 00:08:37 00:15:54	4 (Mål) 00:01:41 00:17:35
10	M35: 2	403 Daniel Johansson -86 IF Start Cup	00:17:54 03:34 min/km	1 (650 m) 00:01:58	2 (2,17 km) 00:05:34 00:07:32	3 (4,55 km) 00:08:42 00:16:14	4 (Mål) 00:01:40 00:17:54
11	M: 5	434 Simon Lundin -94 Finspängs SOK	00:17:56 03:35 min/km	1 (650 m) 00:01:59	2 (2,17 km) 00:05:32 00:07:31	3 (4,55 km) 00:08:41 00:16:12	4 (Mål) 00:01:43 00:17:56
12	M40: 2	391 Simon Hagström -81 Tisdagsklubben Örebro Cup	00:18:00 03:36 min/km	1 (650 m) 00:01:57	2 (2,17 km) 00:05:35 00:07:33	3 (4,55 km) 00:08:44 00:16:16	4 (Mål) 00:01:43 00:18:00
13	M55: 1	476 Rodney Hundermark -69 IFK Nora Cup	00:18:05 03:37 min/km	1 (650 m) 00:02:02	2 (2,17 km) 00:05:31 00:07:32	3 (4,55 km) 00:08:46 00:16:19	4 (Mål) 00:01:46 00:18:05
14	M35: 3	444 Mattias Nätterlund -86 IF Start Cup	00:18:09 03:37 min/km	1 (650 m) 00:01:58	2 (2,17 km) 00:05:34 00:07:32	3 (4,55 km) 00:08:49 00:16:21	4 (Mål) 00:01:47 00:18:09
15	M40: 3	480 Micael Waldenborg -81 Örebro AIK Cup	00:18:31 03:42 min/km	1 (650 m) 00:02:02	2 (2,17 km) 00:05:34 00:07:36	3 (4,55 km) 00:09:03 00:16:39	4 (Mål) 00:01:52 00:18:31
16	M: 6	400 Martin Hård -94 Tisdagsklubben Örebro Cup	00:18:41 03:44 min/km	1 (650 m) 00:02:05	2 (2,17 km) 00:05:46 00:07:51	3 (4,55 km) 00:09:00 00:16:52	4 (Mål) 00:01:49 00:18:41
17	M40: 4	477 Mathias Viktorsson -82 Åsbro Golf Cup	00:18:56 03:47 min/km	1 (650 m) 00:02:05	2 (2,17 km) 00:05:34 00:07:39	3 (4,55 km) 00:09:21 00:17:00	4 (Mål) 00:01:56 00:18:56
18	M40: 5	527 Richard Dahlgren -84 Örebro AIK Cup	00:19:01 03:48 min/km	1 (650 m) 00:02:10	2 (2,17 km) 00:05:44 00:07:54	3 (4,55 km) 00:09:11 00:17:05	4 (Mål) 00:01:56 00:19:01
19	M40: 6	489 Henrik Ögren -82 Storådalens SK Cup	00:19:04 03:48 min/km	1 (650 m) 00:02:01	2 (2,17 km) 00:05:38 00:07:39	3 (4,55 km) 00:09:29 00:17:08	4 (Mål) 00:01:56 00:19:04
20	M22: 2	381 Julius Forsell -06 Hällefors LK Cup	00:19:21 03:52 min/km	1 (650 m) 00:02:01	2 (2,17 km) 00:05:53 00:07:53	3 (4,55 km) 00:09:41 00:17:34	4 (Mål) 00:01:47 00:19:21
21	M: 7	395 Viktor Hansson -92 Tisdagsklubben Örebro Cup	00:19:24 03:52 min/km	1 (650 m) 00:02:00	2 (2,17 km) 00:05:36 00:07:36	3 (4,55 km) 00:09:52 00:17:28	4 (Mål) 00:01:55 00:19:24

22	M45: 2	368 Pär Englund -77 IF Start Cup	00:19:29 03:53 min/km	1 (650 m) 00:02:13	2 (2,17 km) 00:05:47 00:08:00	3 (4,55 km) 00:09:33 00:17:33	4 (Mål) 00:01:55 00:19:29
23	M40: 7	383 Johan Fredriksson -84 Kumla SF Cup	00:19:42 03:56 min/km	1 (650 m) 00:02:09	2 (2,17 km) 00:05:46 00:07:55	3 (4,55 km) 00:09:50 00:17:45	4 (Mål) 00:01:56 00:19:42
24	M35: 4	414 Christoffer Kivling -87 Kumla SF Cup	00:19:43 03:56 min/km	1 (650 m) 00:02:11	2 (2,17 km) 00:05:51 00:08:02	3 (4,55 km) 00:09:43 00:17:45	4 (Mål) 00:01:58 00:19:43
25	M50: 2	417 Johan Krafft -74 Örebro AIK Cup	00:19:54 03:58 min/km	1 (650 m) 00:02:20	2 (2,17 km) 00:05:57 00:08:17	3 (4,55 km) 00:09:38 00:17:55	4 (Mål) 00:01:58 00:19:54
26	M22: 3	441 Andi Mqhele Moyo -05 IF Start Cup	00:19:58 03:59 min/km	1 (650 m) 00:02:15	2 (2,17 km) 00:06:09 00:08:25	3 (4,55 km) 00:09:42 00:18:06	4 (Mål) 00:01:51 00:19:58
27	M45: 3	488 Fredrik Zeitelberg -78 Örebro AIK Cup	00:19:58 03:59 min/km	1 (650 m) 00:02:10	2 (2,17 km) 00:06:03 00:08:13	3 (4,55 km) 00:09:45 00:17:58	4 (Mål) 00:01:59 00:19:58
28	M60: 1	393 Mikael Hansson -63 IF Start Cup	00:20:01 04:00 min/km	1 (650 m) 00:02:14	2 (2,17 km) 00:05:55 00:08:09	3 (4,55 km) 00:09:49 00:17:58	4 (Mål) 00:02:02 00:20:01
29	M22: 4	482 Albin Wallgren -07 Åsbro Golf Cup	00:20:05 04:01 min/km	1 (650 m) 00:02:09	2 (2,17 km) 00:06:02 00:08:12	3 (4,55 km) 00:09:55 00:18:07	4 (Mål) 00:01:58 00:20:05
30	M50: 3	467 Peter Ström -70 Kumla SF Cup	00:20:22 04:04 min/km	1 (650 m) 00:02:15	2 (2,17 km) 00:06:11 00:08:25	3 (4,55 km) 00:09:55 00:18:20	4 (Mål) 00:02:01 00:20:22
31	P16: 1	472 Daniel Torege -11 Garphyttans IF Cup	00:20:31 04:06 min/km	1 (650 m) 00:02:12	2 (2,17 km) 00:06:14 00:08:26	3 (4,55 km) 00:10:10 00:18:36	4 (Mål) 00:01:55 00:20:31
32	M35: 5	465 Alan Smith -87 Friskis & Sveltis Örebro Cup	00:20:36 04:07 min/km	1 (650 m) 00:02:21	2 (2,17 km) 00:05:57 00:08:18	3 (4,55 km) 00:10:23 00:18:41	4 (Mål) 00:01:54 00:20:36
33	M55: 2	475 Peter Törnqvist -69 Östansjö SK Cup	00:20:38 04:07 min/km	1 (650 m) 00:02:16	2 (2,17 km) 00:06:12 00:08:28	3 (4,55 km) 00:10:07 00:18:35	4 (Mål) 00:02:02 00:20:38
34	M55: 3	464 Roger Sköldkvist -65 IF Start Cup	00:20:42 04:08 min/km	1 (650 m) 00:02:22	2 (2,17 km) 00:06:20 00:08:41	3 (4,55 km) 00:10:01 00:18:43	4 (Mål) 00:01:59 00:20:42
35	M45: 4	361 Staffan Dahl -78 Örebro AIK Cup	00:20:42 04:08 min/km	1 (650 m) 00:02:28	2 (2,17 km) 00:06:17 00:08:45	3 (4,55 km) 00:09:56 00:18:41	4 (Mål) 00:02:00 00:20:42
36	M35: 6	341 Emil Altskog -88 Åsbro Golf Cup	00:20:48 04:09 min/km	1 (650 m) 00:02:24	2 (2,17 km) 00:06:22 00:08:45	3 (4,55 km) 00:09:59 00:18:45	4 (Mål) 00:02:02 00:20:48
37	M50: 4	533 Edmund Kurt -73 Örebro AIK Cup	00:20:51 04:10 min/km	1 (650 m) 00:02:20	2 (2,17 km) 00:06:07 00:08:27	3 (4,55 km) 00:10:25 00:18:52	4 (Mål) 00:01:59 00:20:51
38	M45: 5	471 Jonas Svensson -78 Örebro AIK Cup	00:20:53 04:10 min/km	1 (650 m) 00:02:15	2 (2,17 km) 00:06:11 00:08:26	3 (4,55 km) 00:10:20 00:18:46	4 (Mål) 00:02:06 00:20:53
39	M55: 4	344 Mikael Bask -67 Örebro AIK Cup	00:20:54 04:10 min/km	1 (650 m) 00:02:25	2 (2,17 km) 00:06:20 00:08:45	3 (4,55 km) 00:10:08 00:18:53	4 (Mål) 00:02:01 00:20:54
40	P16: 2	388 Oscar Gustavsson -09 Hällefors LK Cup	00:21:00 04:12 min/km	1 (650 m) 00:02:14	2 (2,17 km) 00:06:27 00:08:41	3 (4,55 km) 00:10:16 00:18:56	4 (Mål) 00:02:03 00:21:00
41	P16: 3	457 William Sallros -10 IFK Nora Cup	00:21:02 04:12 min/km	1 (650 m) 00:02:29	2 (2,17 km) 00:06:16 00:08:45	3 (4,55 km) 00:10:10 00:18:55	4 (Mål) 00:02:07 00:21:02
42	M50: 5	387 Tomas Galmén -71 Örebro AIK Cup	00:21:10 04:14 min/km	1 (650 m) 00:02:23	2 (2,17 km) 00:06:18 00:08:41	3 (4,55 km) 00:10:18 00:18:58	4 (Mål) 00:02:11 00:21:10
43	M50: 6	384 Jonas Fridberg -73 Örebro AIK Cup	00:21:22 04:16 min/km	1 (650 m) 00:02:26	2 (2,17 km) 00:06:35 00:09:00	3 (4,55 km) 00:10:20 00:19:20	4 (Mål) 00:02:01 00:21:22
44	M50: 7	386 Jonas Färnstrand -73 Örebro AIK Cup	00:21:25 04:17 min/km	1 (650 m) 00:02:29	2 (2,17 km) 00:06:31 00:09:00	3 (4,55 km) 00:10:25 00:19:26	4 (Mål) 00:01:59 00:21:25

45	M65: 1	377 Jan Ernefjäll -57 Örebro AIK Cup	00:21:27 04:17 min/km	1 (650 m) 00:02:28	2 (2,17 km) 00:06:31 00:08:59	3 (4,55 km) 00:10:21 00:19:20	4 (Mål) 00:02:06 00:21:27
46	P16: 4	428 August Ljungdahl -09 Vintrosa IS Cup	00:21:32 04:18 min/km	1 (650 m) 00:02:06	2 (2,17 km) 00:06:34 00:08:40	3 (4,55 km) 00:10:47 00:19:27	4 (Mål) 00:02:04 00:21:32
47	M: 8	539 Karl Kind -90 Örebro AIK Cup	00:21:33 04:18 min/km	1 (650 m) 00:02:20	2 (2,17 km) 00:06:32 00:08:52	3 (4,55 km) 00:10:33 00:19:26	4 (Mål) 00:02:07 00:21:33
48	M45: 6	458 Mikael Sandberg -75 Örebro AIK Cup	00:21:40 04:20 min/km	1 (650 m) 00:02:21	2 (2,17 km) 00:06:31 00:08:52	3 (4,55 km) 00:10:45 00:19:37	4 (Mål) 00:02:03 00:21:40
49	P16: 5	455 Nemo Rylander -09 Vintrosa IS Cup	00:22:06 04:25 min/km	1 (650 m) 00:02:11	2 (2,17 km) 00:06:28 00:08:40	3 (4,55 km) 00:11:17 00:19:57	4 (Mål) 00:02:08 00:22:06
50	M45: 7	412 Mikael Kihlberg -79 Karlsunds IF SF Cup	00:22:15 04:27 min/km	1 (650 m) 00:02:14	2 (2,17 km) 00:06:20 00:08:34	3 (4,55 km) 00:11:16 00:19:50	4 (Mål) 00:02:25 00:22:15
51	M50: 8	353 Daniel Borg -74 IFK Nora Cup	00:22:16 04:27 min/km	1 (650 m) 00:02:27	2 (2,17 km) 00:06:35 00:09:02	3 (4,55 km) 00:11:04 00:20:06	4 (Mål) 00:02:10 00:22:16
52	M40: 8	421 Per Larsson -84 Vintrosa IS Cup	00:22:46 04:33 min/km	1 (650 m) 00:02:25	2 (2,17 km) 00:06:36 00:09:01	3 (4,55 km) 00:11:23 00:20:25	4 (Mål) 00:02:21 00:22:46
53	M50: 9	431 Mathias Lundberg -74 Örebro AIK Cup	00:22:51 04:34 min/km	1 (650 m) 00:02:43	2 (2,17 km) 00:06:53 00:09:36	3 (4,55 km) 00:10:58 00:20:34	4 (Mål) 00:02:16 00:22:51
54	P16: 6	420 Lowe Landqvist -09 Vintrosa IS Cup	00:22:55 04:35 min/km	1 (650 m) 00:02:09	2 (2,17 km) 00:06:50 00:09:00	3 (4,55 km) 00:11:43 00:20:43	4 (Mål) 00:02:11 00:22:55
55	M60: 2	448 Torbjörn Persson -63 Östansjö SK Cup	00:23:25 04:41 min/km	1 (650 m) 00:02:38	2 (2,17 km) 00:07:04 00:09:42	3 (4,55 km) 00:11:22 00:21:04	4 (Mål) 00:02:20 00:23:25
56	M35: 7	494 Olle Fernström -89 Vintrosa IS Cup	00:23:40 04:44 min/km	1 (650 m) 00:02:38	2 (2,17 km) 00:06:57 00:09:35	3 (4,55 km) 00:11:37 00:21:12	4 (Mål) 00:02:28 00:23:40
57	M35: 8	367 Rickard Eklund -87 Kumla SF Cup	00:23:44 04:44 min/km	1 (650 m) 00:02:08	2 (2,17 km) 00:06:52 00:09:00	3 (4,55 km) 00:12:19 00:21:19	4 (Mål) 00:02:25 00:23:44
58	P16: 7	345 Eskil Bengtsson -10 Vintrosa IS Cup	00:23:50 04:46 min/km	1 (650 m) 00:02:35	2 (2,17 km) 00:07:26 00:10:01	3 (4,55 km) 00:11:50 00:21:51	4 (Mål) 00:01:59 00:23:50
59	M60: 3	409 Lars Karlsson -64 Östansjö SK Cup	00:23:50 04:46 min/km	1 (650 m) 00:02:36	2 (2,17 km) 00:07:07 00:09:42	3 (4,55 km) 00:11:47 00:21:29	4 (Mål) 00:02:20 00:23:50
60	M65: 2	449 Göte Pettersson -57 Örebro AIK Cup	00:24:34 04:54 min/km	1 (650 m) 00:02:51	2 (2,17 km) 00:07:31 00:10:22	3 (4,55 km) 00:11:47 00:22:09	4 (Mål) 00:02:24 00:24:34
61	M50: 10	473 Henrik Törnqvist -71 Garphyttans IF Cup	00:25:14 05:02 min/km	1 (650 m) 00:02:30	2 (2,17 km) 00:07:10 00:09:40	3 (4,55 km) 00:12:38 00:22:18	4 (Mål) 00:02:55 00:25:14
62	P16: 8	442 Alvin Månstierna -10 Vintrosa IS Cup	00:25:18 05:03 min/km	1 (650 m) 00:02:16	2 (2,17 km) 00:07:45 00:10:01	3 (4,55 km) 00:13:04 00:23:05	4 (Mål) 00:02:12 00:25:18
63	M50: 11	506 Anders Karlsson -73 Garphyttans IF Cup	00:25:31 05:06 min/km	1 (650 m) 00:02:51	2 (2,17 km) 00:07:53 00:10:44	3 (4,55 km) 00:12:14 00:22:58	4 (Mål) 00:02:32 00:25:31
64	P16: 9	462 Axel Sjöholm -10 Garphyttans IF Cup	00:25:47 05:09 min/km	1 (650 m) 00:02:40	2 (2,17 km) 00:07:50 00:10:30	3 (4,55 km) 00:12:47 00:23:16	4 (Mål) 00:02:30 00:25:47
65	M70: 1	343 Hans Backström -53 Östansjö SK Cup	00:25:57 05:11 min/km	1 (650 m) 00:02:48	2 (2,17 km) 00:07:44 00:10:32	3 (4,55 km) 00:12:50 00:23:22	4 (Mål) 00:02:34 00:25:57
66	P16: 10	437 Johan Löfstrand -12 Vintrosa IS Cup	00:26:15 05:15 min/km	1 (650 m) 00:03:10	2 (2,17 km) 00:08:18 00:11:27	3 (4,55 km) 00:12:40 00:24:07	4 (Mål) 00:02:07 00:26:15
67	P16: 11	359 Elmer Ceder -12 Vintrosa IS Cup	00:26:17 05:15 min/km	1 (650 m) 00:03:10	2 (2,17 km) 00:08:17 00:11:27	3 (4,55 km) 00:12:39 00:24:06	4 (Mål) 00:02:10 00:26:17

68	P16: 12	450 Santino Pettersson -10 Vintrosa IS Cup	00:26:30 05:18 min/km	1 (650 m) 00:02:39	2 (2,17 km) 00:07:51 00:10:30	3 (4,55 km) 00:13:32 00:24:02	4 (Mål) 00:02:27 00:26:30
69	M65: 3	427 Thomas Lindström -55 Åsbro Golf Cup	00:26:34 05:18 min/km	1 (650 m) 00:02:59	2 (2,17 km) 00:08:09 00:11:08	3 (4,55 km) 00:12:55 00:24:03	4 (Mål) 00:02:30 00:26:34
70	M70: 2	440 Tauno Mertala -53 IF Start Cup	00:26:40 05:20 min/km	1 (650 m) 00:02:51	2 (2,17 km) 00:08:02 00:10:53	3 (4,55 km) 00:13:09 00:24:02	4 (Mål) 00:02:38 00:26:40
71	M70: 3	407 Ove Karasiak -53 Åsbro Golf Cup	00:26:51 05:22 min/km	1 (650 m) 00:02:52	2 (2,17 km) 00:07:41 00:10:33	3 (4,55 km) 00:13:32 00:24:04	4 (Mål) 00:02:46 00:26:51
72	P16: 13	470 Elis Sundin -12 Vintrosa IS Cup	00:26:57 05:23 min/km	1 (650 m) 00:03:10	2 (2,17 km) 00:08:17 00:11:27	3 (4,55 km) 00:13:13 00:24:40	4 (Mål) 00:02:17 00:26:57
73	M50: 12	418 Niclas Källberg -72 Örebro AIK Cup	00:27:04 05:24 min/km	1 (650 m) 00:02:56	2 (2,17 km) 00:08:02 00:10:58	3 (4,55 km) 00:13:32 00:24:31	4 (Mål) 00:02:33 00:27:04
74	M75: 1	443 Bengt Nilsson -49 Östansjö SK Cup	00:27:08 05:25 min/km	1 (650 m) 00:02:58	2 (2,17 km) 00:08:13 00:11:11	3 (4,55 km) 00:13:15 00:24:26	4 (Mål) 00:02:41 00:27:08
75	M45: 8	510 Thomas Bodin -75 Vintrosa IS Cup	00:27:24 05:28 min/km	1 (650 m) 00:03:07	2 (2,17 km) 00:08:00 00:11:07	3 (4,55 km) 00:13:33 00:24:40	4 (Mål) 00:02:44 00:27:24
76	P16: 14	378 Walter Erneskog -13 Vintrosa IS Cup	00:28:09 05:37 min/km	1 (650 m) 00:03:18	2 (2,17 km) 00:08:42 00:12:00	3 (4,55 km) 00:13:36 00:25:36	4 (Mål) 00:02:33 00:28:09
77	P16: 15	352 Svante Bodin -12 Vintrosa IS Cup	00:28:12 05:38 min/km	1 (650 m) 00:03:18	2 (2,17 km) 00:08:42 00:12:00	3 (4,55 km) 00:13:37 00:25:36	4 (Mål) 00:02:35 00:28:12
78	P16: 16	402 Ruben Jarlborg -12 Vintrosa IS Cup	00:29:05 05:49 min/km	1 (650 m) 00:03:11	2 (2,17 km) 00:08:32 00:11:42	3 (4,55 km) 00:14:43 00:26:25	4 (Mål) 00:02:39 00:29:05
79	P16: 17	520 Olle Pettersson -13 Vintrosa IS Cup	00:29:09 05:49 min/km	1 (650 m) 00:02:28	2 (2,17 km) 00:08:36 00:11:04	3 (4,55 km) 00:15:40 00:26:44	4 (Mål) 00:02:24 00:29:09
80	M75: 2	423 Ola Lindstrand -45 IF Start Cup	00:29:22 05:52 min/km	1 (650 m) 00:03:12	2 (2,17 km) 00:08:52 00:12:04	3 (4,55 km) 00:14:20 00:26:24	4 (Mål) 00:02:57 00:29:22
81	P16: 18	491 Lukas Övelius -12 Vintrosa IS Cup	00:30:13 06:02 min/km	1 (650 m) 00:03:13	2 (2,17 km) 00:09:50 00:13:04	3 (4,55 km) 00:14:50 00:27:53	4 (Mål) 00:02:19 00:30:13
82	M70: 4	355 Per Börjesson -54 Östansjö SK Cup	00:30:57 06:11 min/km	1 (650 m) 00:03:23	2 (2,17 km) 00:09:08 00:12:32	3 (4,55 km) 00:15:17 00:27:49	4 (Mål) 00:03:08 00:30:57
83	P16: 19	373 Melker Ericson -12 Vintrosa IS Cup	00:31:17 06:15 min/km	1 (650 m) 00:03:39	2 (2,17 km) 00:09:25 00:13:04	3 (4,55 km) 00:15:11 00:28:15	4 (Mål) 00:03:02 00:31:17
84	P16: 20	348 Theo Bjurling -12 Vintrosa IS Cup	00:31:32 06:18 min/km	1 (650 m) 00:03:11	2 (2,17 km) 00:10:04 00:13:15	3 (4,55 km) 00:15:37 00:28:52	4 (Mål) 00:02:40 00:31:32
85	M65: 4	360 Peter Comét -56 IFK Nora Cup	00:31:47 06:21 min/km	1 (650 m) 00:03:26	2 (2,17 km) 00:09:40 00:13:06	3 (4,55 km) 00:15:36 00:28:42	4 (Mål) 00:03:05 00:31:47
86	M50: 13	356 Nico Cacic -73 Vintrosa IS Cup	00:32:15 06:27 min/km	1 (650 m) 00:03:33	2 (2,17 km) 00:09:35 00:13:08	3 (4,55 km) 00:16:02 00:29:10	4 (Mål) 00:03:05 00:32:15
87	M80: 1	362 Sven-Olov Dahlgren -44 Kopparbergs IF Cup	00:36:16 07:15 min/km	1 (650 m) 00:03:52	2 (2,17 km) 00:10:58 00:14:50	3 (4,55 km) 00:18:02 00:32:52	4 (Mål) 00:03:23 00:36:16
88	M80: 2	379 Arne Evertsson -41 Storådalens SK Cup	00:46:24 09:16 min/km	1 (650 m) 00:05:04	2 (2,17 km) 00:14:00 00:19:04	3 (4,55 km) 00:22:47 00:41:52	4 (Mål) 00:04:31 00:46:24
		376 Samuel Eriksson -38 Brohyttans IF Cup	DQ	1 (650 m) 00:08:13	2 (2,17 km) 00:11:54 00:20:08	3 (4,55 km) 00:17:08 00:37:16	4 (Mål) 00:08:14 00:45:30
		358 Arvid Carlsson Cacic -08 Vintrosa IS Cup	DNS				
		382 Tobias Forsell -83 Hällefors LK Cup	DNS				
		392 Lucas Hanna -05 Vintrosa IS Cup	DNS				

	406 Mats Juhlin -71 Vintrosa IS Cup	DNS	
	453 Eric Ryden -08 Vintrosa IS Cup	DNS	
	454 Dag Rydén -53 Östansjö SK Cup	DNS	
	485 Bo Widar -11 Karlslunds IF SF Cup	DNS	

P16 Män 5 km

Plac	Namn	Resultat
1	472 Daniel Torege -11 Garphyttans IF Cup	00:20:31 04:06 min/km
2	388 Oscar Gustavsson -09 Hällefors LK Cup	00:21:00 04:12 min/km
3	457 William Sallros -10 IFK Nora Cup	00:21:02 04:12 min/km
4	428 August Ljungdahl -09 Vintrosa IS Cup	00:21:32 04:18 min/km
5	455 Nemo Rylander -09 Vintrosa IS Cup	00:22:06 04:25 min/km
6	420 Lowe Landqvist -09 Vintrosa IS Cup	00:22:55 04:35 min/km
7	345 Eskil Bengtsson -10 Vintrosa IS Cup	00:23:50 04:46 min/km
8	442 Alvin Månstierna -10 Vintrosa IS Cup	00:25:18 05:03 min/km
9	462 Axel Sjöholm -10 Garphyttans IF Cup	00:25:47 05:09 min/km
10	437 Johan Löfstrand -12 Vintrosa IS Cup	00:26:15 05:15 min/km
11	359 Elmer Ceder -12 Vintrosa IS Cup	00:26:17 05:15 min/km
12	450 Santino Pettersson -10 Vintrosa IS Cup	00:26:30 05:18 min/km
13	470 Elis Sundin -12 Vintrosa IS Cup	00:26:57 05:23 min/km
14	378 Walter Erneskog -13 Vintrosa IS Cup	00:28:09 05:37 min/km
15	352 Svante Bodin -12 Vintrosa IS Cup	00:28:12 05:38 min/km
16	402 Ruben Jarlborg -12 Vintrosa IS Cup	00:29:05 05:49 min/km
17	520 Olle Pettersson -13 Vintrosa IS Cup	00:29:09 05:49 min/km
18	491 Lukas Övelius -12 Vintrosa IS Cup	00:30:13 06:02 min/km
19	373 Melker Ericson -12 Vintrosa IS Cup	00:31:17 06:15 min/km
20	348 Theo Bjurling -12 Vintrosa IS Cup	00:31:32 06:18 min/km

M22 Män 5 km

Plac	Namn	Resultat
1	447 Felix Persson -05 Västerås FK Cup	00:16:17 03:15 min/km
2	381 Julius Forsell -06 Hällefors LK Cup	00:19:21 03:52 min/km
3	441 Andi Mqhele Moyo -05 IF Start Cup	00:19:58 03:59 min/km
4	482 Albin Wallgren -07 Åsbro Golf Cup	00:20:05 04:01 min/km

M Män 5 km

Plac	Namn	Resultat
1	529 Jonas Nilsson -92 Örebro AIK Cup	00:15:30 03:06 min/km
2	410 Simon Karlsson -93 Tisdagsklubben Örebro Cup	00:15:50 03:10 min/km
3	530 Philip Sander -91 Tisdagsklubben Örebro Cup	00:16:48 03:21 min/km
4	394 Oskar Hansson -97 Tisdagsklubben Örebro Cup	00:17:35 03:31 min/km
5	434 Simon Lundin -94 Finspångs SOK	00:17:56 03:35 min/km

6	400 Martin Hård -94 Tisdagsklubben Örebro Cup	00:18:41 03:44 min/km
7	395 Viktor Hansson -92 Tisdagsklubben Örebro Cup	00:19:24 03:52 min/km
8	539 Karl Kind -90 Örebro AIK Cup	00:21:33 04:18 min/km

M35 Män 5 km

Plac	Namn	Resultat
1	375 Björn Eriksson -86 Tisdagsklubben Örebro Cup	00:17:18 03:27 min/km
2	403 Daniel Johansson -86 IF Start Cup	00:17:54 03:34 min/km
3	444 Mattias Nätterlund -86 IF Start Cup	00:18:09 03:37 min/km
4	414 Christoffer Kivling -87 Kumla SF Cup	00:19:43 03:56 min/km
5	465 Alan Smith -87 Friskis & Sveltis Örebro Cup	00:20:36 04:07 min/km
6	341 Emil Altskog -88 Åsbro Golf Cup	00:20:48 04:09 min/km
7	494 Olle Fernström -89 Vintrosa IS Cup	00:23:40 04:44 min/km
8	367 Rickard Eklund -87 Kumla SF Cup	00:23:44 04:44 min/km

M40 Män 5 km

Plac	Namn	Resultat
1	456 Fredrik Rådström -83 Hällefors LK Cup	00:17:21 03:28 min/km
2	391 Simon Hagström -81 Tisdagsklubben Örebro Cup	00:18:00 03:36 min/km
3	480 Micael Waldenborg -81 Örebro AIK Cup	00:18:31 03:42 min/km
4	477 Mathias Viktorsson -82 Åsbro Golf Cup	00:18:56 03:47 min/km
5	527 Richard Dahlgren -84 Örebro AIK Cup	00:19:01 03:48 min/km
6	489 Henrik Ögren -82 Storådalens SK Cup	00:19:04 03:48 min/km
7	383 Johan Fredriksson -84 Kumla SF Cup	00:19:42 03:56 min/km
8	421 Per Larsson -84 Vintrosa IS Cup	00:22:46 04:33 min/km

M45 Män 5 km

Plac	Namn	Resultat
1	446 Eskil Persson -77 Hammarby IF Friidrott	00:17:11 03:26 min/km
2	368 Pär Englund -77 IF Start Cup	00:19:29 03:53 min/km
3	488 Fredrik Zeitelberg -78 Örebro AIK Cup	00:19:58 03:59 min/km
4	361 Staffan Dahl -78 Örebro AIK Cup	00:20:42 04:08 min/km
5	471 Jonas Svensson -78 Örebro AIK Cup	00:20:53 04:10 min/km
6	458 Mikael Sandberg -75 Örebro AIK Cup	00:21:40 04:20 min/km
7	412 Mikael Kihlberg -79 Karlslunds IF SF Cup	00:22:15 04:27 min/km
8	510 Thomas Bodin -75 Vintrosa IS Cup	00:27:24 05:28 min/km

M50 Män 5 km

Plac	Namn	Resultat
1	404 Pär Johansson -74 Örebro AIK Cup	00:17:14 03:26 min/km
2	417 Johan Krafft -74 Örebro AIK Cup	00:19:54 03:58 min/km
3	467 Peter Ström -70 Kumla SF Cup	00:20:22 04:04 min/km
4	533 Edmund Kurt -73 Örebro AIK Cup	00:20:51 04:10 min/km

5	387 Tomas Galmén -71 Örebro AIK Cup	00:21:10 04:14 min/km
6	384 Jonas Fridberg -73 Örebro AIK Cup	00:21:22 04:16 min/km
7	386 Jonas Färnstrand -73 Örebro AIK Cup	00:21:25 04:17 min/km
8	353 Daniel Borg -74 IFK Nora Cup	00:22:16 04:27 min/km
9	431 Mathias Lundberg -74 Örebro AIK Cup	00:22:51 04:34 min/km
10	473 Henrik Törnqvist -71 Garphyttans IF Cup	00:25:14 05:02 min/km
11	506 Anders Karlsson -73 Garphyttans IF Cup	00:25:31 05:06 min/km
12	418 Niclas Källberg -72 Örebro AIK Cup	00:27:04 05:24 min/km
13	356 Nico Cacic -73 Vintrosa IS Cup	00:32:15 06:27 min/km

M55 Män 5 km

Plac	Namn	Resultat
1	476 Rodney Hundermark -69 IFK Nora Cup	00:18:05 03:37 min/km
2	475 Peter Törnqvist -69 Östansjö SK Cup	00:20:38 04:07 min/km
3	464 Roger Sköldkvist -65 IF Start Cup	00:20:42 04:08 min/km
4	344 Mikael Bask -67 Örebro AIK Cup	00:20:54 04:10 min/km

M60 Män 5 km

Plac	Namn	Resultat
1	393 Mikael Hansson -63 IF Start Cup	00:20:01 04:00 min/km
2	448 Torbjörn Persson -63 Östansjö SK Cup	00:23:25 04:41 min/km
3	409 Lars Karlsson -64 Östansjö SK Cup	00:23:50 04:46 min/km

M65 Män 5 km

Plac	Namn	Resultat
1	377 Jan Ernefjäll -57 Örebro AIK Cup	00:21:27 04:17 min/km
2	449 Göte Pettersson -57 Örebro AIK Cup	00:24:34 04:54 min/km
3	427 Thomas Lindström -55 Åsbro Golf Cup	00:26:34 05:18 min/km
4	360 Peter Comét -56 IFK Nora Cup	00:31:47 06:21 min/km

M70 Män 5 km

Plac	Namn	Resultat
1	343 Hans Backström -53 Östansjö SK Cup	00:25:57 05:11 min/km
2	440 Tauno Mertala -53 IF Start Cup	00:26:40 05:20 min/km
3	407 Ove Karasiak -53 Åsbro Golf Cup	00:26:51 05:22 min/km
4	355 Per Börjesson -54 Östansjö SK Cup	00:30:57 06:11 min/km

M75 Män 5 km

Plac	Namn	Resultat
1	443 Bengt Nilsson -49 Östansjö SK Cup	00:27:08 05:25 min/km
2	423 Ola Lindstrand -45 IF Start Cup	00:29:22 05:52 min/km

M80 Män 5 km

Plac	Namn	Resultat
1	362 Sven-Olov Dahlgren -44 Kopparbergs IF Cup	00:36:16 07:15 min/km

2	379 Arne Evertsson -41 Storådalens SK Cup	00:46:24 09:16 min/km
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