

**Tävlingens namn**

Tävlingsdatum

Arrangör

Tävlingsort

**TERRÄNG SM 2013**

2013-10-26--27

Falun IK

Lugnet, Falun

**M4000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	356	Andreas	Åhwall	Hässelby SK	M 4000m	12:18	00:05:54.8	8	00:12:06.4	1
2	485	Napoleon	Solomon	Fredrikshofs FIF	M 4000m	12:21	00:05:50.4	2	00:12:09.9	3
3	362	Adil	Bouafif	Hässelby SK	M 4000m	12:22	00:05:50.5	4	00:12:08.9	2
4	162	Daniel	Lundgren	Turebergs FK	M 4000m	12:23	00:05:54.1	7	00:12:10.6	4
5	528	Lars	Södergård	Vallentuna FK	M 4000m	12:28	00:05:49.7	1	00:12:13.5	5
6	350	Nacerddine	Hallil	Hässelby SK	M 4000m	12:32	00:05:50.7	5	00:12:18.4	6
7	460	Anders	Kleist	IK Akele	M 4000m	12:33	00:05:50.9	6	00:12:19.5	7
8	354	Haben	Idris	Hässelby SK	M 4000m	12:36	00:05:50.4	2	00:12:20.0	8
9	364	Johnny	Purvis	Hässelby SK	M 4000m	12:38	00:05:55.8	9	00:12:25.0	10
10	495	Fredrik	Johansson	IFK Växjö	M 4000m	12:41	00:05:59.9	12	00:12:29.7	11
11	142	Fredrik	Uhrbom	Spårvägens FK	M 4000m	12:43	00:05:57.2	10	00:12:30.8	12
12	31	Henrik	Löfås	Upsala IF	M 4000m	12:49	(00:12:48.2) 00:05:59.7	11	00:12:35.8	14
13	626	Rasmus	Grelsson	Trångsvikens IF	M 4000m	12:49	(00:12:49.0) 00:06:02.8	14	00:12:38.1	16
14	432	Johan	Hydén	Hammarby IF Friidrott	M 4000m	12:50	00:06:03.5	15	00:12:37.4	15
15	440	Martin	Lundqvist	IK Sisu Nässjö	M 4000m	12:52	00:06:04.5	16	00:12:39.4	17
16	358	Henry	Gross	Hässelby SK	M 4000m	12:57	00:06:00.8	13	00:12:43.1	18
17	133	Alexander	Holmblad	Spårvägens FK	M 4000m	13:05	00:06:09.5	22	00:12:52.4	19
18	319	Jonatan	Alvaeus	Upsala IF	M 4000m	13:06	00:06:10.5	23	00:12:53.4	20
19	352	Oscar	Majling	Hässelby SK	M 4000m	13:08	00:06:17.5	30	00:12:55.0	21
20	102	Rickard	Emilsson	GoIF Tjalve	M 4000m	13:11	00:06:09.1	21	00:12:58.5	22
21	250	Abdikadir	Abdi	Ullevi FK	M 4000m	13:13	00:06:08.5	19	00:12:58.8	23
22	287	Björn	Hammar	Sävedalens AIK	M 4000m	13:15	00:06:16.7	28	00:13:02.1	24
23	578	Jan	Westerberg	IFK Umeå	M 4000m	13:16	00:06:19.3	34	00:13:03.3	25
24	178	Daniel	Berggren	Trollhättans IF	M 4000m	13:19	00:06:16.5	27	00:13:05.8	26
25	203	Martin	Stjernlöf	Eskilstuna Friidrott	M 4000m	13:21	00:06:06.2	17	00:13:06.9	27
26	231	Jonas	Wahl Sjöman	Bromma IF	M 4000m	13:23	(00:13:22.5) 00:06:11.2	24	00:13:08.6	28
27	99	Oskar	Danielson	GoIF Tjalve	M 4000m	13:23	(00:13:23.0) 00:06:17.8	31	00:13:09.6	29
28	641	Jakob	Lööf	Åhus FIK	M 4000m	13:25	00:06:08.7	20	00:13:11.2	30
29	139	Marcus	Gustafsson	Spårvägens FK	M 4000m	13:32	00:06:15.7	26	00:13:17.7	31
30	667	Albin	Jonsson	Ockelbo SK	M 4000m	13:36	00:06:07.5	18	00:13:22.8	32
31	320	Johan	Lindberg	Upsala IF	M 4000m	13:39	00:06:18.6	33	00:13:24.7	33
32	130	Robin	Leandersson	Spårvägens FK	M 4000m	13:44	00:06:15.4	25	00:13:30.3	34
33	519	Daniel	Lindholm	Falu IK	M 4000m	13:56	00:06:30.6	36	00:13:42.8	35
34	188	Daniel	Lund	Hälle IF	M 4000m	14:00	(00:13:59.3) 00:06:18.0	32	00:13:45.9	36
35	201	Anton	Bengtsson	Stenungsunds Friidrott	M 4000m	14:00	(00:13:59.7) 00:06:35.7	37	00:13:46.2	37
36	514	Johan	Samuelsson	Falu IK	M 4000m	14:03	00:06:17.4	29	00:13:48.7	38
37	661	David	Karlsson	IK Akele	M 4000m	14:11	00:06:38.7	40	00:13:57.3	39
38	550	Adam	Bills	Hässelby SK	M 4000m	14:13	00:06:38.8	41	00:13:59.2	40
39	632	Joakim	Johansson	Örgryte IS Friidrott	M 4000m	14:16	00:06:37.7	38	00:14:02.8	41
40	662	Matan	Mohamed	IK Akele	M 4000m	14:30	00:06:38.1	39	00:14:14.6	42
41	289	Elias	Johansson	Sävedalens AIK	M 4000m	14:40	00:06:27.0	35	00:14:24.9	43
42	83	Linus	Persson	Nordanstigs FI	M 4000m	15:18	00:06:56.7	42	00:15:01.2	44
43	647	Erik	Ottosson	Trångsvikens IF	M 4000m	15:58	00:07:19.7	43	00:15:40.5	45
	291	William	Lind	Sävedalens AIK	M 4000m	DNF				

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	655	Yavar	Biranvand	Run 4 Fun LK	M 4000m U	15:04	00:07:00.5	1	00:14:49.0	1
2	30	Martin	Jansson	Söderhamns IF	M 4000m U	15:36	00:07:11.6	2	00:15:18.3	2
3	518	Pontus	Björklund	Falu IK	M 4000m U	16:16	00:07:31.9	3	00:16:02.0	3
4	19	Simon	Sätterström	IG Bollnäs	M 4000m U	20:06	00:09:26.5	4	00:19:51.4	4



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Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3	Mellantid 4	Plac M4
1	464	Linus	Rosdal	KFUM Örebro Friidrott	M22	<b>00:26:59</b>	00:06:23	5	00:13:17	4	00:20:08	2	00:26:48	1
2	524	Oscar	Carlsson	Apladalens LK	M22	<b>00:27:11</b>	00:06:23	3	00:13:17	3	00:20:08	3	00:26:59	2
3	429	John	Börjesson	Hammarby IF Friidrott	M22	<b>00:27:13</b>	00:06:21	2	00:13:06	1	00:20:04	1	00:27:01	3
4	126	John	Foitzik	Spårvägens FK	M22	<b>00:27:18</b>	00:06:25	7	00:13:20	11	00:20:21	12	00:27:06	4
5	151	Emil	Svensk	Kvarnsvedens Golf	M22	<b>00:27:28</b>	00:06:25	9	00:13:17	5	00:20:14	6	00:27:16	5
6	427	Niklas	Jonsson	Hammarby IF Friidrott	M22	<b>00:27:30</b>	00:06:25	10	00:13:18	10	00:20:16	7	00:27:18	6
7	288	Björn	Hammar	Sävedalens AIK	M22	<b>00:27:31</b>	00:06:26	11	00:13:18	8	00:20:17	10	00:27:20	7
8	164	Albin	Sjöblom	Turebergs FK	M22	<b>00:27:34</b>	00:06:26	12	00:13:18	9	00:20:09	4	00:27:21	8
9	163	Erik	Norrbom	Turebergs FK	M22	<b>00:27:36</b>	00:06:24	6	00:13:18	7	00:20:20	11	00:27:24	9
10	226	André	Rangelind	IF Göta Karlstad	M22	<b>00:27:42</b>	00:06:19	1	00:13:09	2	00:20:16	8	00:27:32	10
11	430	Christoffer	Åkesson	Hammarby IF Friidrott	M22	<b>00:27:43</b>	00:06:27	17	00:13:24	12	00:20:31	13	00:27:33	11
12	401	Anton	Rehn	Högby IF	M22	<b>00:27:49</b>	00:06:32	20	00:13:32	17	00:20:35	14	00:27:38	12
13	465	Albin	Olausson	KFUM Örebro Friidrott	M22	<b>00:27:56</b>	00:06:27	18	00:13:24	13	00:20:37	15	00:27:44	13
14	128	Alexander	Palm	Spårvägens FK	M22	<b>00:28:00</b>	00:06:25	8	00:13:17	6	00:20:14	5	00:27:47	14
15	402	Gustav	Milesson	Högby IF	M22	<b>00:28:02</b>	00:06:32	21	00:13:34	18	00:20:43	17	00:27:50	15
16	161	Daniel	Gleimar	Turebergs FK	M22	<b>00:28:13</b>	00:06:26	16	00:13:25	14	00:20:42	16	00:28:02	16
17	47	Albin	Jonsson	Ockelbo SK	M22	<b>00:28:24</b>	00:06:23	4	00:13:26	15	00:20:47	18	00:28:11	17
18	474	Henrik	Petersson	Malmö AI	M22	<b>00:28:51</b>	00:06:26	13	00:13:29	16	00:21:05	19	00:28:38	18
19	344	Adam	Lindström	Hässelby SK	M22	<b>00:29:01</b>	00:06:31	19	00:13:51	20	00:21:20	21	00:28:50	19
20	428	Nils	Spetz	Hammarby IF Friidrott	M22	<b>00:29:16</b>	00:06:26	15	00:13:48	19	00:21:19	20	00:29:02	20
21	448	David	Karlsson	IK Akele	M22	<b>00:29:19</b>	00:06:46	25	00:14:03	22	00:21:33	22	00:29:07	21
22	343	Rickard	Gunnarsson	Hässelby SK	M22	<b>00:29:25</b>	00:06:26	13	00:13:59	21	00:21:51	24	00:29:13	22
23	236	Marcus	Waerme	Ullevi FK	M22	<b>00:29:39</b>	00:06:35	22	00:14:06	23	00:21:48	23	00:29:27	23
24	346	Adam	Bills	Hässelby SK	M22	<b>00:29:48</b>	00:06:38	23	00:14:11	24	00:21:54	25	00:29:36	24
	345	Emil	Mårtensson	Hässelby SK	M22	<b>DNF</b>	00:07:00	26	00:15:22	25	00:24:05	26		
	447	Matan	Mohamed	IK Akele	M22	<b>DNF</b>	00:06:46	24						
	494	Emil	Pettersson	Högby IF	M22	<b>DNF</b>	00:07:35	27						

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Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3
1	484	Napoleon	Solomon	Fredrikshofs FIF	P19	00:19:35	00:06:18	1	00:12:45	1	00:19:23	1
2	132	Alexander	Holmblad	Spårvägens FK	P19	00:20:09	00:06:18	3	00:13:08	3	00:19:56	2
3	300	Alexander	Nilsson	Möndals AIK	P19	00:20:14	00:06:23	11	00:13:20	7	00:20:02	3
4	409	Otto	Kingstedt	Huddinge AIS	P19	00:20:16	00:06:19	5	00:13:08	2	00:20:04	4
5	302	Jonathan	Weichbrodt	Möndals AIK	P19	00:20:39	00:06:24	13	00:13:21	8	00:20:27	5
6	608	Samuel	Lundell Vakkuri	Enhörna IF	P19	00:20:44	00:06:20	7	00:13:20	6	00:20:31	6
7	225	Anton	Nilsson	IF Göta Karlstad	P19	00:20:50	00:06:29	17	00:13:33	11	00:20:38	7
8	34	Weldemariam	Haile	Ludvika FFI	P19	00:20:53	00:06:22	8	00:13:31	9	00:20:40	8
9	637	Awet	Mengstaeb	Örgryte IS Friidrott	P19	00:20:56	00:06:19	6	00:13:32	10	00:20:45	9
10	636	Jakob	Ranglin Grissler	Örgryte IS Friidrott	P19	00:20:57	00:06:31	20	00:13:40	13	00:20:47	10
11	493	Emil	Svensson	Åsarna IK	P19	00:21:05	00:06:19	4	00:13:19	5	00:20:51	11
12	92	David	Fridell	Stensjöns IF	P19	00:21:06	00:06:36	26	00:13:45	16	00:20:54	12
13	237	Hampus	Börjesson	Ullevi FK	P19	00:21:14	00:06:24	12	00:13:37	12	00:21:01	13
14	618	Fredrik	Regborn	Glanshammars IF	P19	00:21:20	00:06:35	24	00:13:46	19	00:21:07	14
15	623	Hasan	Mohamuud Huseen	Gefle IF	P19	00:21:27	00:06:25	15	00:13:40	14	00:21:15	15
16	654	Jens	Petrusson	Ullevi FK	P19	00:21:28	00:06:32	22	00:13:46	17	00:21:18	17
17	596	Hugo	Lindell	Rånäs 4H	P19	00:21:29	00:06:31	21	00:13:56	22	00:21:18	16
18	97	Ludvig	Danielson	GoIF Tjalve	P19	00:21:34	00:06:25	14	00:13:46	18	00:21:21	18
19	117	Oliver	Langselius	Spårvägens FK	P19	00:21:39	00:06:37	29	00:14:01	23	00:21:25	19
20	68	Tobias	Andervang	IK Ymer Friidrott	P19	00:21:41	00:06:27	16	00:13:55	21	00:21:28	20
21	403	Ken	Slättengren	Högby IF	P19	00:21:46	00:06:22	9	00:13:48	20	00:21:33	21
22	7	Markus	Bohman	IF Linnéa	P19	00:21:58	00:06:40	30	00:14:14	28	00:21:47	22
23	238	Christopher	Nilsson	Ullevi FK	P19	00:22:00	00:06:36	28	00:14:12	27	00:21:47	23
24	316	Jesper	Bokefors	Upsala IF	P19	00:22:03	00:06:36	25	00:14:10	25	00:21:50	24
25	597	David	Sjöblom	Rånäs 4H	P19	00:22:06	00:06:35	23	00:14:02	24	00:21:53	25
26	595	Martin	Hammar	Rånäs 4H	P19	00:22:10	00:06:36	27	00:14:12	26	00:21:59	26
27	417	Alex	Torgersson	Hammarby IF Friidrott	P19	00:22:11	00:06:53	35	00:14:20	29	00:22:00	27
28	317	Simon	Ågren	Upsala IF	P19	00:22:30	00:06:55	36	00:14:36	31	00:22:19	28
29	419	Patrick	Claesson	Hammarby IF Friidrott	P19	00:22:31	00:06:45	32	00:14:37	32	00:22:19	29
30	638	Karl	Modig	Örgryte IS Friidrott	P19	00:22:45	00:06:44	31	00:14:35	30	00:22:34	30
31	318	Axel	James	Upsala IF	P19	00:22:57	00:06:52	34	00:14:41	34	00:22:46	31
32	176	Rickard	Karlsson	Trollhättans IF	P19	00:22:59	00:07:11	38	00:15:04	35	00:22:50	32
33	286	Jakob	Fogelklou	Sävedalens AIK	P19	00:23:02	00:07:10	37	00:15:05	36	00:22:51	33
34	303	Adrian	Eriksson	Möndals AIK	P19	00:25:16	00:07:14	39	00:15:54	37	00:25:05	34
	233	Joel	Zackrisson	Ullevi FK	P19	DNF	00:06:23	10	00:13:15	4		
	418	Gustaf	Lidfeldt	Hammarby IF Friidrott	P19	DNF	00:06:31	19				
	462	Abshir	Awees	KFUM Örebro Friidrott	P19	DNF	00:06:29	17	00:13:42	15		
	538	Ali	Pirgholizadeh	Eskilstuna Friidrott	P19	DNF	00:06:18	2				
	555	Kevin	Hermansson	Trollhättans FIK	P19	DNF	00:06:47	33	00:14:41	33		

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Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	281	Vidar	Johansson	Sävedalens AIK	P17	<b>12:41</b>	00:06:01.5	2	00:12:28.3	1
2	110	Wille	Levay	Spårvägens FK	P17	<b>12:43</b>	00:06:01.8	3	00:12:30.4	2
3	339	Andreas	Jansson	Hässelby SK	P17	<b>12:59</b>	00:06:01.4	1	00:12:45.0	3
4	306	Johan	Lindgren	Möndals AIK	P17	<b>13:15</b>	00:06:10.3	5	00:13:02.4	4
5	283	Gustaf	Stensjö	Sävedalens AIK	P17	<b>13:25</b>	00:06:10.0	4	00:13:10.4	5
6	284	Daniel	Bucht	Sävedalens AIK	P17	<b>13:44</b>	00:06:22.5	6	00:13:29.7	6
7	70	Archie	Casteel	Hellas FK	P17	<b>14:09</b>	00:06:31.7	9	00:13:55.0	7
8	559	Joakim	Ekström	Ärla IF	P17	<b>14:12 (00:14:11.9)</b>	00:06:28.5	8	00:14:01.0	9
9	420	Abdi	Yusuf	Hammarby IF Friidrott	P17	<b>14:12 (00:14:12.0)</b>	00:06:27.6	7	00:13:59.8	8
10	337	Martin	Herbert	Hässelby SK	P17	<b>14:15</b>	00:06:46.1	12	00:14:03.4	10
11	285	Karl	Wallén	Sävedalens AIK	P17	<b>14:16</b>	00:06:41.1	10	00:14:04.0	11
12	575	Carl	Valjus	Glanshammars IF	P17	<b>14:18</b>	00:06:50.6	14	00:14:04.6	12
13	556	Martin	Axelsson	Trollhättans FIK	P17	<b>14:38</b>	00:06:45.0	11	00:14:24.0	13
14	305	August	Palmqvist	Möndals AIK	P17	<b>14:41</b>	00:06:52.5	15	00:14:29.3	14
15	27	Mohammed	Loukili	IFK Lidingö	P17	<b>15:02</b>	00:06:48.1	13	00:14:47.3	15
16	315	Björn	Seifert	Upsala IF	P17	<b>15:28</b>	00:06:57.7	16	00:15:13.1	16

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	472	Adelegn	Zewdu	UF Contact	P16	<b>13:20</b>	00:06:12.6	1	00:13:05.9	1
2	279	Andreas	Kramer	Sävedalens AIK	P16	<b>13:34</b>	00:06:14.2	2	00:13:18.8	2
3	109	Emil	Danielsson	Dala-Järna IK	P16	<b>13:40</b>	00:06:14.2	2	00:13:24.6	3
4	26	Erik	Lagerlöf	IFK Lidingö	P16	<b>13:52</b>	00:06:26.6	4	00:13:38.3	4
5	314	Erik	Djurberg	Upsala IF	P16	<b>14:06</b>	00:06:33.9	9	00:13:50.8	5
6	36	Elias	Tholén	Ununge IF	P16	<b>14:07 (00:14:06.7)</b>	00:06:30.7	7	00:13:54.8	7
7	435	Pontus	Hagman	Västerås FK	P16	<b>14:07 (00:14:07.0)</b>	00:06:30.3	6	00:13:53.6	6
8	115	Valdemar	Crispin	Spårvägens FK	P16	<b>14:11</b>	00:06:40.9	12	00:13:57.7	8
9	463	Abdiqani	Khadar	KFUM Örebro Friidrott	P16	<b>14:12</b>	00:06:27.8	5	00:14:01.3	9
10	388	Oskar	Rosenlund	Björnstorps IF	P16	<b>14:13</b>	00:06:38.0	11	00:14:01.8	10
11	71	Dennis	Olsson	Hellas FK	P16	<b>14:21</b>	00:06:42.7	13	00:14:06.3	11
12	336	Edwin	Andersson	Hässelby SK	P16	<b>14:22</b>	00:06:45.1	15	00:14:09.2	12
13	382	Anton	Wretström	SK Graal	P16	<b>14:23 (00:14:22.5)</b>	00:06:44.2	14	?	?
14	111	Gustav	Nordling	Spårvägens FK	P16	<b>14:23 (00:14:23.0)</b>	00:06:47.4	17	00:14:11.9	13
15	577	Gebremeske	Elias	IFK Umeå	P16	<b>14:30</b>	00:06:30.9	8	00:14:12.3	14
16	446	Martin	Wuopio	IK Akele	P16	<b>14:34</b>	00:06:46.4	16	00:14:19.2	15
17	436	Christoffer	Hagman	Västerås FK	P16	<b>14:37</b>	00:06:37.0	10	00:14:22.4	16
18	307	Daniel	Eriksson	Möndals AIK	P16	<b>14:41</b>	00:06:56.3	19	00:14:29.4	17
19	280	Gustav	Olsson	Sävedalens AIK	P16	<b>14:49 (00:14:48.6)</b>	00:06:58.5	20	00:14:35.8	18
20	254	Lucas	Brandt	IS Göta Helsingborg	P16	<b>14:49 (00:14:48.7)</b>	00:07:00.1	21	00:14:37.0	19
21	278	Isac	Larsson	Sävedalens AIK	P16	<b>14:52</b>	00:06:53.1	18	00:14:38.8	20
22	112	Olof	Nordling	Spårvägens FK	P16	<b>15:21</b>	00:07:11.1	24	00:15:06.4	21
23	672	Gustaf	Löf Hagströ	Spårvägens FK	P16	<b>15:30</b>	00:07:22.7	28	00:15:15.1	22
24	20	Marcus	Nilsson	Luleå Friidrottsförening	P16	<b>15:37</b>	00:07:07.4	22	00:15:22.9	23
25	197	Jacob	Lidman	Hälle IF	P16	<b>15:42</b>	00:07:14.8	25	00:15:26.7	24
26	74	Christoffer	Lindberget	Älvdalens IF	P16	<b>16:05</b>	00:07:16.8	26	00:15:48.2	25
27	28	Sixten	Hillerhag	IFK Lidingö	P16	<b>16:12</b>	00:07:21.5	27	00:15:56.5	26
	308	Filip	Wadman	Möndals AIK	P16	<b>DNF</b>	00:07:09.4	23		

**P15 4000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	29	Simon	Sundström	IFK Lidingö	P15	<b>13:31</b>	00:06:23.3	1	00:13:16.4	4
2	235	Suldan	Hassan	Ullevi FK	P15	<b>13:37</b>	00:06:24.1	3	00:13:06.0	1
3	469	Warsame	Hassan	Malmö AI	P15	<b>13:51</b>	00:06:23.7	2	00:13:06.1	2
4	415	Stefan	Stojanovic	Huddinge AIS	P15	<b>14:07</b>	00:06:31.1	4	00:13:53.1	5
5	326	Jacob	Nystedt	Hässelby SK	P15	<b>14:15</b>	00:06:42.0	5	00:13:59.9	6
6	445	Albin	Carlsson	IK Akele	P15	<b>14:24</b>	00:06:50.0	8	00:14:09.8	7
7	38	Martin	Johansson	Korsnäs IF	P15	<b>14:31</b>	00:06:43.7	6	00:14:16.3	8
8	434	Christoffer	Ahl	Hammarby IF Friidrott	P15	<b>14:35</b>	00:06:47.8	7	00:14:21.8	9
9	536	Lukas	Mårtensson	IF Udd	P15	<b>14:40</b>	00:06:51.4	9	00:14:24.2	10
10	309	Sebastian	Nilsson	Mölnads AIK	P15	<b>14:45</b>	00:06:54.5	12	00:14:30.2	11
11	311	Johan	Lamm	Mölnads AIK	P15	<b>14:52</b>	00:06:54.3	11	00:14:36.6	12
12	86	Adel	Araja	Mälarhöjdens IK	P15	<b>15:12</b>	00:07:10.1	16	00:14:57.9	13
13	560	Linus	Lillsjö	Ärla IF	P15	<b>15:14</b>	00:06:54.8	13	00:15:01.2	14
14	607	Marcus	Häggh	Enhörna IF	P15	<b>15:18</b>	00:06:54.8	13	00:15:02.9	15
15	470	Alexander	Åkesson	Malmö AI	P15	<b>15:22</b>	00:07:04.5	15	00:15:08.0	17
16	55	Alexander	Karlsson	Källbottens IK	P15	<b>15:24</b>	00:07:12.1	17	00:15:09.8	18
17	58	Benjamin	Eklund	IK Westmannia	P15	<b>15:42</b>	00:06:53.3	10	00:15:26.5	19
18	310	Markus	Bredberg	Mölnads AIK	P15	<b>16:04</b>	00:07:16.4	18	00:15:50.1	20
19	313	Karl	Ingard	Upsala IF	P15	<b>16:24</b>	00:07:22.5	19	00:16:06.9	21
20	124	Erik	Rosqvist	Mälarhöjdens IK	P15	<b>17:08</b>	00:07:27.2	20	00:16:51.0	22
21	96	Vilgot	Olofsson Liljeholm	Mälarhöjdens IK	P15	<b>18:27</b>	00:07:57.0	21	00:18:11.1	23

**M35-M55 8000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3	Mellantid 4	Plac M4
1	588	Janne	Holmén	Rånäs 4H	M35	<b>27:04</b>	00:06:19.4	1	00:13:04.2	1	00:19:57.4	1	00:26:49.2	1
2	209	Jonas	Buud	IFK Mora	M35	<b>27:25</b>	00:06:25.3	2	00:13:15.9	2	00:20:10.5	2	00:27:10.4	2
3	592	Fritjof	Fagerlund	Rånäs 4H	M35	<b>28:01</b>	00:06:36.9	4	00:13:35.7	4	00:20:39.5	3	00:27:48.1	3
4	60	Patrik	Wrigfeldt	SOK Knallen	M35	<b>28:21</b>	00:06:26.1	3	00:13:35.2	3	00:20:47.1	4	00:28:07.1	4
5	360	Niklas	Andersson	Hässelby SK	M35	<b>29:05</b>	00:06:41.0	6	00:14:02.4	6	00:21:27.8	5	00:28:51.8	5
6	76	Tommy	Karlsson	Ulrika IK	M35	<b>29:11</b>	00:06:39.8	5	00:13:59.9	5	00:21:28.7	6	00:28:56.5	6
7	442	Fredrik	Lundqvist	IK Sisu Nässjö	M35	<b>29:17</b>	00:06:54.7	11	00:14:19.9	9	00:21:43.3	7	00:29:03.2	7
8	590	Christian	Dahlman	Rånäs 4H	M35	<b>29:27</b>	00:06:52.5	10	00:14:16.7	8	00:21:44.8	8	00:29:12.4	8
9	193	Niklas	Tollesson	Hälle IF	M35	<b>29:40</b>	00:06:51.2	7	00:14:16.6	7	00:21:54.2	9	00:29:28.7	9
10	591	Liutauras	Bilevicius	Rånäs 4H	M35	<b>30:14</b>	00:06:51.5	8	00:14:22.5	10	00:22:08.0	10	00:29:57.9	10
11	77	Kenneth	Löfman	IKJ Haninge	M35	<b>30:28</b>	00:06:52.2	9	00:14:27.6	11	00:22:23.6	11	00:30:12.2	11
12	670	Henrik	Nordström	Ullevi FK	M35	<b>30:58</b>	00:07:13.0	13	00:15:05.0	13	00:23:03.7	13	00:30:43.9	12
13	192	Robert	Westman	Hälle IF	M35	<b>31:08</b>	00:07:10.9	12	00:15:04.3	12	00:23:03.4	12	00:30:52.9	13
14	675	Jonas	Tosteby	Enhörna IF	M35	<b>31:42</b>	00:07:21.6	15	00:15:17.6	14	00:23:20.9	14	00:31:27.7	14
15	589	Stefan	Flodin	Rånäs 4H	M35	<b>32:02</b>	00:07:21.3	14	00:15:30.9	15	00:23:34.2	15	00:31:47.1	15
16	6	Martin	Jansson	Axa Sports Club	M35	<b>34:13</b>	00:07:31.1	16	00:16:14.4	16	00:25:05.4	16	00:33:56.3	16
17	293	Mikael	Alfredsson	Wedevågs IF	M35	<b>35:32</b>	00:08:13.0	18	00:17:18.7	18	00:26:29.4	18	00:35:18.1	18
18	3	Björn	Jonsson	Runday IF	M35	<b>35:34</b>	00:07:39.9	17	00:16:33.3	17	00:25:54.0	17	00:35:17.2	17
19	674	Mattias	Hellberg	Scania IF Södertälje	M35	<b>36:09</b>	00:08:24.7	19	00:17:30.9	19	00:26:39.9	19	00:35:51.2	19

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3	Mellantid 4	Plac M4
1	194	Erik	Framme	Hälle IF	M40	<b>28:26</b>	00:06:37.1	2	00:13:36.9	1	00:20:46.8	1	00:28:12.0	1
2	615	Niclas	Sjögren	Enhörna IF	M40	<b>28:47</b>	00:06:37.0	1	00:13:50.8	2	00:21:14.2	2	00:28:32.4	2
3	15	Rickard	Westergren	IK Wilske	M40	<b>28:53</b>	00:06:41.8	3	00:13:58.6	3	00:21:19.2	3	00:28:39.0	3
4	531	Fredrik	Sohlberg	Vallentuna FK	M40	<b>29:18</b>	00:06:50.8	5	00:14:15.5	4	00:21:41.8	4	00:29:04.7	4
5	593	Per	Jemth	Rånäs 4H	M40	<b>29:46</b>	00:06:50.4	4	00:14:21.8	5	00:22:00.4	5	00:29:30.9	5
6	522	Johan	Dahl	Högbo AIK	M40	<b>30:18</b>	00:06:57.8	6	00:14:37.7	6	00:22:22.8	6	00:30:03.3	6
7	384	Mikael	Östlund	Borlänge Löparklubb	M40	<b>31:32</b>	00:07:02.4	7	00:14:59.6	7	00:23:04.2	7	00:31:15.1	7
8	149	Jonas	Birgersson	Kvarnsvedens Golf	M40	<b>31:52</b>	00:07:11.1	8	00:15:17.8	8	00:23:29.3	8	00:31:37.3	8
9	215	Fredrik	Eriksson	IF Göta Karlstad	M40	<b>32:37</b>	00:07:27.3	10	00:15:39.9	9	00:23:59.6	9	00:32:21.2	9
10	405	Jonas	Ullberg	IFK Mora	M40	<b>33:50</b>	00:07:19.3	9	00:15:43.1	10	00:24:35.4	10	00:33:34.8	10
11	413	Jonas	Rehn	Huddinge AIS	M40	<b>34:07</b>	00:07:32.7	11	00:16:11.1	11	00:25:10.2	11	00:33:51.6	11
12	668	Fredrik	Stene	Hässelby SK	M40	<b>36:43</b>	00:08:23.3	13	00:17:30.4	12	00:26:55.5	12	00:36:25.0	12
13	650	Fredrik	Skagervik	IFK Skövde FIK	M40	<b>36:58</b>	00:08:14.5	12	00:17:31.6	13	00:27:02.5	13	00:36:40.7	13
14	410	Martin	Larsson	Huddinge AIS	M40	<b>39:59</b>	00:09:19.3	14	00:19:25.4	14	00:29:33.4	14	00:39:42.5	14

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3	Mellantid 4	Plac M4
1	616	Ulf	Johansson	Enhörna IF	M45	<b>29:39</b>	00:06:43.5	1	00:14:13.3	2	00:21:50.6	1	00:29:24.2	1
2	160	Börje	Holst	Borlänge Löparklubb	M45	<b>29:49</b>	00:06:45.4	2	00:14:08.2	1	00:21:51.1	2	00:29:34.7	2
3	206	Sune	Brändholm	Sälens IF	M45	<b>31:14</b>	00:07:04.4	3	00:14:50.7	3	00:22:55.2	4	00:30:57.9	3
4	412	Anders	Rehn	Huddinge AIS	M45	<b>32:39</b>	00:07:19.0	4	00:15:28.9	4	00:24:00.3	5	00:32:22.8	4
5	657	Måns	Lindholm	Borlänge Löparklubb	M45	<b>33:56</b>	00:08:17.0	8	00:16:57.3	7	00:25:17.0	6	00:33:42.2	5
6	669	Pierre	Ekvall	Strömstad Löparklubb	M45	<b>34:51</b>	00:08:03.8	6	00:16:46.0	5	00:25:39.5	7	00:34:33.1	6
7	544	Janne	Johnsson	Ess LK	M45	<b>35:15</b>	00:08:09.2	7	00:16:54.0	6	00:25:51.7	8	00:34:54.8	7
8	228	Dan	Carlsson	IF Göta Karlstad	M45	<b>35:47</b>	00:08:03.3	5	00:17:01.5	8	00:26:18.8	9	00:35:30.0	8
9	535	Roland	Mårtensson	Karlshamns SK	M45	<b>37:32</b>	00:08:37.1	9	00:18:02.7	9	00:27:37.2	10	00:37:15.3	9





**M60-M75 4000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	159	Jörgen	Thorsell	Borlänge Löparklubb	M60	<b>16:03</b>	00:07:41.7	1	00:15:48.0	1
2	404	Carl-Gustaf	Nilsson	Högby IF	M60	<b>16:48</b>	00:07:57.2	2	00:16:33.1	2
3	180	John	Skyttmark	Offerdals SK	M60	<b>17:10</b>	00:08:01.6	3	00:16:55.5	3
4	398	Bo	Andersson	Björnstorps IF	M60	<b>17:35</b>	00:08:20.6	4	00:17:18.9	4
5	505	Benny	Östlund	Borlänge Löparklubb	M60	<b>18:08</b>	00:08:41.5	5	00:17:52.9	5
6	175	Magnus	Bergh	Heleneholms IF	M60	<b>18:56</b>	00:08:59.1	6	00:18:38.3	6
7	82	Sonny	Palmquist	Nordanstigs FI	M60	<b>19:27</b>	00:09:02.2	7	00:19:12.6	7
8	660	Leif	Myhr	Sätters IF	M60	<b>19:42</b>	00:09:20.0	9	00:19:22.1	8
9	322	Per Erik	Boman	Hofors LK	M60	<b>19:53</b>	00:09:16.2	8	00:19:34.8	9

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	12	Lasse	Svidén	Hammarby IF Friidrott	M65	<b>17:23</b>	00:08:14.1	1	00:17:06.3	1
2	17	Hans	Eriksson	Eksjö Södra IK	M65	<b>17:34</b>	00:08:31.0	3	00:17:17.8	2
3	451	Åke	Palmqvist	IK Akele	M65	<b>17:48</b>	00:08:30.2	2	00:17:31.0	3
4	570	Kjell	Björk	Hemlingby LK	M65	<b>18:22</b>	00:08:48.0	7	00:18:05.2	4
5	659	Hans	Sundgren	Dalregementets IF	M65	<b>18:37</b>	00:08:47.2	6	00:18:20.7	5
6	532	Björn	Sunesson	Vallentuna FK	M65	<b>18:39</b>	00:08:54.3	9	00:18:24.2	7
7	503	Lennart	Olsson	Korsnäs IF	M65	<b>18:41</b>	00:08:53.6	8	00:18:23.4	6
8	449	Sven-Åke	Persson	IK Akele	M65	<b>18:45</b>	00:08:54.9	10	00:18:28.6	8
9	42	Ingemar	Oskarsson	Sätters IF	M65	<b>18:50</b>	00:08:38.4	4	00:18:33.1	9
10	525	Mats	Fredriksson	Malungs Skid och Friidrott	M65	<b>19:12</b>	00:08:45.3	5	00:18:53.1	10

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	381	Stig	Jonsson	Kisa SK	M70	<b>18:45</b>	00:08:49.5	1	00:18:27.9	1
2	94	Åke	Leverin	Väsby IK Friidrott	M70	<b>19:05</b>	00:08:58.5	2	00:18:46.6	2
3	533	Arne	Lekström	Vallentuna FK	M70	<b>19:19</b>	00:09:06.1	3	00:19:00.0	3
4	56	Ola	Turtola	Värmdö IF	M70	<b>19:35</b>	00:09:09.8	4	00:19:15.8	4
5	664	Tage	Widén	Örbyhus IF	M70	<b>20:31</b>	00:09:31.6	5	00:20:12.1	5
6	571	Per	Wennberg	Hemlingby LK	M70	<b>24:15</b>	00:11:26.6	7	00:23:51.7	6
7	205	Erik-Åke	Tranberg	Sälens IF	M70	<b>24:33</b>	00:11:12.8	6	00:24:13.5	7

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	492	Nils-Rune	Andersson	Kopparbergs IF	M75	<b>19:12</b>	00:09:09.0	1	00:18:56.1	1
2	14	Tord	Johansson	Filipstads IF	M75	<b>22:05</b>	00:10:17.0	2	00:21:43.6	2
3	572	Pentti	Luomalla	Hemlingby LK	M75	<b>25:42</b>	00:11:42.8	3	00:25:18.6	3
4	651	Göte	Ivarsson	IFK Skövde FIK	M75	<b>27:03</b>	00:12:32.8	4	00:26:41.5	4

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Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	198	Meraf	Bahta	Hälle IF	K 4000m	13:48	00:06:30.7	1	00:13:34.7	1
2	547	Sarah	Lahti	Hässelby SK	K 4000m	14:12	00:06:41.6	4	00:13:56.6	2
3	242	Charlotta	Fougberg	Ullevi FK	K 4000m	14:22	00:06:40.2	2	00:14:05.8	3
4	272	Elin	Borglund	Sävedalens AIK	K 4000m	14:26	00:06:48.5	9	00:14:11.6	4
5	456	Cecilia	Kleist	IK Akele	K 4000m	14:28	00:06:41.3	3	00:14:12.7	5
6	645	Lisa	Öhberg	Hälle IF	K 4000m	14:33	00:06:45.5	6	00:14:17.7	6
7	368	Madeleine	Larsson	Hässelby SK	K 4000m	14:34	00:06:48.5	10	00:14:20.1	7
8	366	Louise	Wiker	Hässelby SK	K 4000m	14:38	00:06:52.2	11	00:14:23.3	8
9	106	Frida	Aspnäs	GolF Tjalve	K 4000m	14:43	00:06:54.7	12	00:14:27.4	9
10	377	Lena	Eliasson	Hässelby SK	K 4000m	14:46	00:06:44.2	5	00:14:31.4	10
11	510	Tove	Alexandersson	Falu IK	K 4000m	14:52	00:06:47.9	8	00:14:37.8	11
12	125	Nathalie	Rohlén	Spårvägens FK	K 4000m	15:04	00:07:00.7	15	00:14:52.1	13
13	182	Linn	Nilsson	Hälle IF	K 4000m	15:06	00:06:46.0	7	00:14:50.9	12
14	452	Alva	Olsson	IK Akele	K 4000m	15:12	00:07:05.4	17	00:14:56.3	14
15	140	Petra	Kindlund	Spårvägens FK	K 4000m	15:15	00:06:54.8	13	00:14:59.6	15
16	516	Maria	Sandström	Malmö AI	K 4000m	15:18	00:07:18.6	23	00:15:03.0	16
17	582	Inga	Kazlauskaite	Ränäs 4H	K 4000m	15:21	00:07:13.2	19	00:15:08.2	18
18	122	Helene	Malmkvist	Spårvägens FK	K 4000m	15:22	(00:15:21.1) 00:07:09.3	18	00:15:08.4	19
19	120	Cecilia	Norrbom	Spårvägens FK	K 4000m	15:22	(00:15:21.2) 00:06:59.0	14	00:15:07.6	17
20	376	Kajsa	Petersson	Hässelby SK	K 4000m	15:24	00:07:16.2	21	00:15:09.9	20
21	639	Ronja	Fjellner	Örgryte IS Friidrott	K 4000m	15:27	00:07:01.4	16	00:15:12.3	21
22	210	Louise	Bergfeldt	IFK Mora	K 4000m	15:35	00:07:14.1	20	00:15:19.4	22
23	526	Dace	Landström	Vallentuna FK	K 4000m	15:46	00:07:16.2	21	00:15:31.3	23
24	385	Caroline	Erlingson	Ängelholms IF	K 4000m	16:09	00:07:26.8	25	00:15:52.7	24
25	93	Karin	Vemhäll	Dalaportens OL	K 4000m	16:14	00:07:28.6	26	00:15:56.8	25
26	624	Ida	Svensson	Trångsvikens IF	K 4000m	16:19	00:07:39.3	27	00:16:02.5	26
27	372	Jenny	Nilsson	Hässelby SK	K 4000m	16:38	00:07:42.1	28	00:16:22.9	27
28	609	Sara	Jelvegård	Enhörna IF	K 4000m	17:29	00:08:02.8	29	00:17:12.4	28
29	454	Sofia	Salomonsson	IK Akele	K 4000m	17:45	00:08:04.1	30	00:17:26.3	29
30	87	Zara	Lundgren	Nordanstigs FI	K 4000m	18:09	00:08:22.7	31	00:17:51.1	30
	275	Sara	Holmgren	Sävedalens AIK	K 4000m	DNF	00:07:23.8	24		

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	4	Kristin	Björfeldt	IK Akele	K 4000m U	19:29	00:09:01.1	1	00:19:09.1	1
2	18	Linnea	Gulding	Söderhamns IF	K 4000m U	24:33	00:11:07.1	2	00:24:18.0	2
3	16	Diana	Törnblom	Västmanlands Handikappidrottsför bund	K 4000m U	26:08	00:11:58.5	3	00:25:51.3	3

## K8000m 2103-10-27

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2	Mellantid 3	Plac M3	Mellantid 4	Plac M4
1	199	Meraf	Bahta	Hälle IF	K 8000m	<b>00:28:59</b>	00:06:42	1	00:13:58	1	00:21:22	1	00:28:48	1
2	604	Frida	Lundén	FK Studenterna	K 8000m	<b>00:29:31</b>	00:07:10	10	00:14:34	6	00:22:00	3	00:29:18	2
3	243	Charlotta	Fougberg	Ullevi FK	K 8000m	<b>00:29:42</b>	00:07:06	6	00:14:33	2	00:22:00	3	00:29:29	3
4	457	Cecilia	Kleist	IK Akele	K 8000m	<b>00:29:51</b>	00:07:04	3	00:14:34	4	00:22:01	5	00:29:37	4
5	335	Isabelle	Brauer	Hässelby SK	K 8000m	<b>00:30:05</b>	00:07:07	7	00:14:34	3	00:22:10	6	00:29:52	5
6	107	Frida	Aspnäs	GöIF Tjalve	K 8000m	<b>00:30:08</b>	00:07:04	2	00:14:34	5	00:22:16	7	00:29:55	6
7	646	Lisa	Öhberg	Hälle IF	K 8000m	<b>00:30:12</b>	00:07:12	12	00:14:49	9	00:22:31	9	00:29:59	7
8	552	Lena	Eliasson	Hässelby SK	K 8000m	<b>00:30:25</b>	00:07:05	5	00:14:35	7	00:22:21	8	00:30:12	8
9	244	Therese	Olin	Ullevi FK	K 8000m	<b>00:30:39</b>	00:07:12	13	00:14:49	10	00:22:36	10	00:30:26	9
10	62	Annelie	Johansson	SOK Knallen	K 8000m	<b>00:30:52</b>	00:07:15	17	00:14:56	11	00:22:48	12	00:30:39	10
11	583	Inga	Kazlauskaite	Rånäs 4H	K 8000m	<b>00:31:04</b>	00:07:14	15	00:15:04	14	00:23:05	14	00:30:52	11
12	375	Gabriella	Samuelsson	Hässelby SK	K 8000m	<b>00:31:09</b>	00:07:12	14	00:15:02	13	00:22:59	13	00:30:56	12
13	369	Madeleine	Larsson	Hässelby SK	K 8000m	<b>00:31:10</b>	00:07:09	8	00:14:44	8	00:22:41	11	00:30:58	13
14	183	Linn	Nilsson	Hälle IF	K 8000m	<b>00:31:11</b>	00:07:23	22	00:15:17	17	00:23:11	16	00:30:59	14
15	453	Alva	Olsson	IK Akele	K 8000m	<b>00:31:24</b>	00:07:09	9	00:15:11	16	00:23:10	15	00:31:10	15
16	141	Petra	Kindlund	Spårvägens FK	K 8000m	<b>00:31:31</b>	00:07:15	18	00:15:10	15	00:23:24	17	00:31:18	16
17	476	Maria	Sandström	Malmö AI	K 8000m	<b>00:31:43</b>	00:07:31	25	00:15:28	23	00:23:27	18	00:31:29	17
18	551	Kajsa	Petersson	Hässelby SK	K 8000m	<b>00:31:47</b>	00:07:28	24	00:15:26	21	00:23:33	21	00:31:34	18
19	121	Cecilia	Norrbom	Spårvägens FK	K 8000m	<b>00:32:01</b>	00:07:14	15	00:15:17	18	00:23:33	20	00:31:47	19
20	537	Anna	Mårsell	Falu IK	K 8000m	<b>00:32:05</b>	00:07:16	19	00:15:18	19	00:23:28	19	00:31:51	20
21	606	Ida	Gudmundson	FK Studenterna	K 8000m	<b>00:32:09</b>	00:07:38	28	00:15:40	25	00:23:48	24	00:31:56	21
22	211	Louise	Bergfeldt	IFK Mora	K 8000m	<b>00:32:15</b>	00:07:24	23	00:15:35	24	00:23:49	25	00:32:01	22
23	477	Louise	Nilsson	Malmö AI	K 8000m	<b>00:32:24</b>	00:07:23	21	00:15:28	22	00:23:48	22	00:32:11	23
24	123	Helene	Malmkvist	Spårvägens FK	K 8000m	<b>00:32:25</b>	00:07:17	20	00:15:22	20	00:23:48	22	00:32:13	24
25	605	Gloria	Vinstedt	FK Studenterna	K 8000m	<b>00:32:29</b>	00:07:46	34	00:15:55	29	00:24:07	26	00:32:15	25
26	64	Hanna	Dickér	SOK Knallen	K 8000m	<b>00:32:44</b>	00:07:38	29	00:15:51	28	00:24:12	28	00:32:29	26
27	79	Sandra	Södergren	FIF Gnistan	K 8000m	<b>00:32:49</b>	00:07:35	27	00:15:46	26	00:24:09	27	00:32:36	27
28	611	Hanna	Windestam	Enhörna IF	K 8000m	<b>00:32:53</b>	00:07:40	30	00:15:55	30	00:24:15	29	00:32:39	28
29	527	Dace	Landström	Vallentuna FK	K 8000m	<b>00:33:01</b>	00:07:32	26	00:15:47	27	00:24:20	30	00:32:49	29
30	232	Therese	Nordström	Ullevi FK	K 8000m	<b>00:33:08</b>	00:07:42	33	00:15:58	32	00:24:26	31	00:32:54	30
31	63	Camilla	Frejd	SOK Knallen	K 8000m	<b>00:33:35</b>	00:07:41	31	00:16:06	33	00:24:45	32	00:33:21	31
32	614	Malin	Klintefjord	Enhörna IF	K 8000m	<b>00:34:23</b>	00:08:01	35	00:16:46	35	00:25:30	33	00:34:08	32
33	65	Hanna	Hoof	SOK Knallen	K 8000m	<b>00:35:48</b>	00:08:05	36	00:17:04	36	00:26:17	34	00:35:32	33
34	455	Sofia	Salomonsson	IK Akele	K 8000m	<b>00:36:19</b>	00:08:20	37	00:17:27	37	00:26:44	35	00:36:04	34
35	610	Sara	Jelvegård	Enhörna IF	K 8000m	<b>00:37:08</b>	00:08:21	38	00:17:48	38	00:27:28	36	00:36:53	35
36	89	Zara	Lundgren	Nordanstigs FI	K 8000m	<b>00:37:49</b>	00:08:21	39	00:17:57	39	00:27:43	37	00:37:34	36
	367	Louise	Wiker	Hässelby SK	K 8000m	<b>DNF</b>	00:07:11	11	00:14:57	12				
	613	Dorcas	Cheserek	Enhörna IF	K 8000m	<b>DNF</b>	00:07:04	4						
	373	Jenny	Nilsson	Hässelby SK	K 8000m	<b>DNF</b>	00:07:41	32	00:16:43	34				

**K22 6000m 2103-10-27**

<b>Plac</b>	<b>Startnr</b>	<b>Förnamn</b>	<b>Efternamn</b>	<b>Klubb</b>	<b>Klass</b>	<b>Tid</b>	<b>Mellantid 1</b>	<b>Plac M1</b>	<b>Mellantid 2</b>	<b>Plac M2</b>	<b>Mellantid 3</b>	<b>Plac M3</b>
1	271	Elin	Borglund	Sävedalens AIK	K22	<b>00:22:50</b>	00:07:21	1	00:14:52	1	00:22:37	1
2	509	Tove	Alexandersson	Falu IK	K22	<b>00:22:59</b>	00:07:21	1	00:15:02	2	00:22:48	2
3	347	Lina	Alainentalo	Hässelby SK	K22	<b>00:23:26</b>	00:07:21	3	00:15:10	3	00:23:14	3
4	479	Karin	Olsson	Täby IS	K22	<b>00:24:07</b>	00:07:28	7	00:15:41	6	00:23:55	4
5	513	Jenny	Eriksson	Falu IK	K22	<b>00:24:10</b>	00:07:22	5	00:15:33	4	00:23:57	5
6	177	Emilia	Ohlin	Trollhättans IF	K22	<b>00:24:16</b>	00:07:21	4	00:15:33	5	00:24:02	6
7	181	Johanna	Apelryd	Hälle IF	K22	<b>00:24:22</b>	00:07:25	6	00:15:44	7	00:24:09	7
8	511	Emma	Jansson	Falu IK	K22	<b>00:25:07</b>	00:07:39	8	00:16:11	8	00:24:52	8
9	481	Ida	Holm	Täby IS	K22	<b>00:25:30</b>	00:07:53	10	00:16:33	9	00:25:14	9
10	480	Johanna	Olsson	Täby IS	K22	<b>00:25:45</b>	00:08:05	11	00:16:57	11	00:25:35	10
11	270	Malin	Strand	Sävedalens AIK	K22	<b>00:25:50</b>	00:07:41	9	00:16:34	10	00:25:35	11
12	424	Julia	Wangenheim	Hammarby IF Friidrott	K22	<b>00:26:42</b>	00:08:10	12	00:17:14	12	00:26:27	12
13	349	Josefine	Soto Jansson	Hässelby SK	K22	<b>00:28:08</b>	00:08:15	13	00:18:01	13	00:27:51	13
14	46	Hanna	Husell	Hässelby SK	K22	<b>00:28:48</b>	00:08:32	14	00:18:24	14	00:28:31	14

**F19 4000m 2103-10-27**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	341	Sarah	Lahti	Hässelby SK	F19	<b>00:14:34</b>	00:06:51	1	00:14:21	1
2	294	Evelina	Beramand	Mölnådalens AIK	F19	<b>00:15:42</b>	00:07:19	2	00:15:30	2
3	10	Amanda	Trense	Östersunds GIF	F19	<b>00:15:47</b>	00:07:23	3	00:15:35	3
4	625	Ida	Svensson	Trångsvikens IF	F19	<b>00:15:51</b>	00:07:32	6	00:15:37	4
5	643	Moa	Enmark	Gefle IF	F19	<b>00:16:03</b>	00:07:23	3	00:15:50	5
6	213	Malin	Nyström	IFK Mora	F19	<b>00:16:05</b>	00:07:34	8	00:15:51	6
7	119	Emma	Fogelkvist	Spårvägens FK	F19	<b>00:16:21</b>	00:07:24	5	00:16:06	7
8	43	Alice	Kristiansen	Tanums IF	F19	<b>00:16:26</b>	00:07:33	7	00:16:10	8
9	40	Jessica	Edlund	Umedalens IF	F19	<b>00:16:38</b>	00:07:36	9	00:16:23	9
10	239	Sophia	Geirup	Ullevi FK	F19	<b>00:16:42</b>	00:07:48	13	00:16:28	10
11	422	Stina	Åberg	Hammarby IF Friidrott	F19	<b>00:16:51</b>	00:07:41	12	00:16:36	11
12	9	Isabell	Norstedt	IFK Helsingborg	F19	<b>00:16:53</b>	00:07:37	11	00:16:40	12
13	268	Jessica	Bengtsson	Sävedalens AIK	F19	<b>00:17:18</b>	00:08:05	15	00:17:03	13
14	340	Astrid	Berg	Hässelby SK	F19	<b>00:17:30</b>	00:08:07	17	00:17:14	14
15	52	Ida	Nilsson	Lidköpings IS	F19	<b>00:17:52</b>	00:08:06	16	00:17:36	15
16	444	Emma	Löfqvist	IK Akele	F19	<b>00:18:20</b>	00:08:22	19	00:18:04	16
17	240	Evelina	Hiltunen	Ullevi FK	F19	<b>00:19:05</b>	00:08:32	21	00:18:49	17
	91	Maria	Carlzén	Nordanstigs FI	F19	<b>DNF</b>	00:08:29	20		
	423	Anna	Jonsson-Sundberg	Hammarby IF Friidrott	F19	<b>DNF</b>	00:08:09	18		
	482	Josefine	Malmberg	Täby IS	F19	<b>DNF</b>	00:07:37	10		
	574	Lisa	Bergdahl	Glanshammars IF	F19	<b>DNF</b>	00:07:51	14		

**F17-F16 4000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	334	Isabelle	Brauer	Hässelby SK	F17	14:43	00:06:42.0	1	00:14:27.0	1
2	265	Linn	Söderholm	Sävedalens AIK	F17	15:00	00:07:00.2	2	00:14:44.2	2
3	297	Johanna	Andersson	Mölnads AIK	F17	16:07	00:07:21.6	3	00:15:50.6	3
4	658	Maja	Hultin	IK Orient	F17	16:13	00:07:30.6	5	00:15:55.9	4
5	266	Malin	Jonson	Sävedalens AIK	F17	16:18	00:07:29.5	4	00:16:00.7	5
6	69	Julia	Ivehammar	Linköpings GIF	F17	16:24	00:07:39.0	6	00:16:08.4	6
7	39	Angelica	Strandberg	IFK Umeå	F17	16:33	00:07:43.6	10	00:16:18.6	7
8	478	Malin	Börjesjö	Sundbybergs IK	F17	16:35	00:07:39.5	7	00:16:20.3	8
9	542	Moa	Pettersson	OK Dacke	F17	16:40	00:07:40.5	8	00:16:25.3	9
10	13	Madeleine	Björölin-Delmar	IFK Göteborg Friidrott	F17	16:50	00:07:40.8	9	00:16:34.3	10
11	406	Linnéa	Kjellström	Hovslätts IK	F17	16:53	00:07:51.1	13	00:16:37.1	11
12	642	Lovisa	Keterlins	SK Granan	F17	16:54	00:07:50.9	12	00:16:38.5	12
13	508	Nicole	Sörensen	Falu IK	F17	16:59	00:07:44.3	11	00:16:42.6	13
14	296	Agnes	Granberg	Mölnads AIK	F17	17:03	00:08:11.7	16	00:16:46.7	14
15	295	Anna	Dahlsjö	Mölnads AIK	F17	17:08	00:07:52.8	14	00:16:50.9	15
16	222	Moa	Andersson	IF Göta Karlstad	F17	17:29	00:08:07.3	15	00:17:13.1	16
17	497	Maja	Olsson	IFK Växjö	F17	17:57	00:08:34.0	18	00:17:42.9	17
18	298	Elvira	Erixon	Mölnads AIK	F17	18:18	00:08:32.8	17	00:18:01.9	18
19	221	Kajsa	Nyqvist	IF Göta Karlstad	F17	19:00	00:08:39.7	19	00:18:43.8	19
20	156	Alma	Pihlblad	Högbo GIF	F17	DNF	00:10:11.9	20		

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	504	Ebba	Andersson	Sollefteå GIF Friidrott	F16	14:20	00:06:36.1	1	00:14:05.8	1
2	331	Astrid	Rosvall	Hässelby SK	F16	15:08	00:07:05.4	3	00:14:52.9	2
3	498	Linn	Bengtsson	IFK Växjö	F16	15:21	00:07:00.4	2	00:15:05.3	3
4	333	Klara	Henriksson	Hässelby SK	F16	15:58	00:07:23.6	4	00:15:43.0	4
5	299	Elin	Brink	Mölnads AIK	F16	16:01	00:07:30.6	6	00:15:47.0	5
6	329	Emma	Gustafsson	Hässelby SK	F16	16:05	00:07:24.8	5	00:15:50.0	6
7	332	Hilda	Hardell	Hässelby SK	F16	16:17	00:07:34.3	7	00:16:03.6	7
8	407	Hanna	Bergström	Huddinge AIS	F16	16:39	00:07:51.4	10	00:16:24.2	8
9	557	Sara	Christiansson	Trollhättans FIK	F16	16:45	00:07:36.4	8	00:16:29.2	9
10	500	Clara	Brogren	IFK Växjö	F16	16:52	00:07:57.4	14	00:16:37.8	11
11	8	Vilma	Karlström	Hestra IF	F16	16:54	00:07:46.0	9	00:16:37.6	10
12	174	Ebba	Simensen	Brännans FF	F16	17:11	00:07:53.3	11	00:16:55.2	12
13	78	Hanna	Södergren	FIF Gnistan	F16	17:12	00:07:53.6	12	00:16:57.2	13
14	264	Julia	Jonson	Sävedalens AIK	F16	17:17	00:08:08.3	17	00:17:00.2	14
15	554	Ebba	Björkqvist	Sävedalens AIK	F16	17:23	00:08:11.2	18	00:17:05.8	15
16	328	Maja	Sjöblom	Hässelby SK	F16	17:28	00:07:55.5	13	00:17:11.3	16
17	553	Klara	Mellqvist	Sävedalens AIK	F16	17:40	00:07:59.3	15	00:17:23.8	17
18	499	Alicia	Kerrolf	IFK Växjö	F16	17:56	00:08:24.9	25	00:17:39.8	18
19	443	Martha	Engström-Boij	IK Akele	F16	17:59	00:08:17.4	19	00:17:43.6	19
20	33	Louise	Gårdmark	IFK Lidingö	F16	18:08	00:08:23.9	22	00:17:51.8	20
21	262	Alice	Svantesson	Sävedalens AIK	F16	18:10	00:08:24.7	24	00:17:55.4	22
22	330	Salina	Kifleyesus	Hässelby SK	F16	18:11	00:08:23.3	21	00:17:55.2	21
23	21	Ida	Tryggveson	Bålsta IK	F16	18:23	00:08:21.6	20	00:18:06.5	23
24	1	Emma	Andersson	SK Graal	F16	18:34	00:08:24.4	23	00:18:16.1	24
25	32	Cornelia	Gårdmark	IFK Lidingö	F16	19:31	00:09:08.3	28	00:19:13.8	25
26	263	Ebba	Svantesson	Sävedalens AIK	F16	19:37	00:08:46.6	26	00:19:21.3	26
27	219	Emelina	Schytser	IF Göta Karlstad	F16	19:57	00:09:02.0	27	00:19:36.7	27
	35	Sofia	Hultgren	Ludvika FFI	F16	DNF	00:08:03.3	16		

**F15 4000m 2103-10-26**

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	108	Thea	Boström	GOLF Tjalve	F15	<b>16:06</b>	00:07:25.6	1	00:15:50.0	1
2	153	Emma	Larsson	Kvarnsvedens Golf	F15	<b>16:29</b>	00:07:40.4	2	00:16:16.7	2
3	75	Carolina	Olsson	Älvdalens IF	F15	<b>17:09</b>	00:07:41.1	3	00:16:52.4	3
4	259	Moa	Carlsson	Sävedalens AIK	F15	<b>17:23</b>	00:08:03.7	6	00:17:07.4	4
5	324	Sofi	Virk Reimers	Hässelby SK	F15	<b>17:34</b>	00:08:01.3	4	00:17:16.4	5
6	257	Jonna	Jungåker	Korsnäs IF	F15	<b>17:42</b>	00:08:02.7	5	00:17:23.3	6
7	665	Hannah	Bassek	Falu IK	F15	<b>17:54</b>	00:08:04.3	7	00:17:36.9	7
8	152	Nelly	Höglund	Kvarnsvedens Golf	F15	<b>18:12</b>	00:08:19.3	9	00:17:54.0	8
9	218	Lovisa	Martinsson	IF Göta Karlstad	F15	<b>18:29</b>	00:08:21.0	10	00:18:11.7	9
10	72	Fanny	Jonsson	Hellas FK	F15	<b>18:37</b>	00:08:18.9	8	00:18:20.6	10
11	312	Helena	Thim	Upsala IF	F15	<b>18:46</b>	00:08:25.0	11	00:18:29.4	11
12	260	Anna	Bengtsson	Sävedalens AIK	F15	<b>19:33</b>	00:08:44.0	13	00:19:16.4	12
13	620	Emma	Jansson	IK Westmannia	F15	<b>20:06</b>	00:08:46.0	14	00:19:46.5	13
	408	Erika	Sandberg	Huddinge AIS	F15	<b>DNF</b>	00:08:36.4	12		



### K35-K65 4000m 2103-10-26

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid just	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	61	Annelie	Johansson	SOK Knallen	K35	<b>15:02</b>	00:07:04.5	1	00:14:47.3	1
2	145	Anja	Tjärdal	Spårvägens FK	K35	<b>15:53</b>	00:07:32.4	2	00:15:37.9	2
3	390	Lotta	Huselius	Björnstorps IF	K35	<b>16:29</b>	00:07:45.2	3	00:16:13.3	3
4	389	Helena	Zander	Björnstorps IF	K35	<b>19:58</b>	00:09:28.4	5	00:19:38.5	4
	11	Helen	Wesström	Fredrikshofs FIF	K35	<b>DNF</b>	00:08:32.8	4		

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	501	Maria	Lundgren	IFK Växjö	K40	<b>15:41</b>	00:07:26.6	1	00:15:25.4	1
2	217	Linda	Take	IF Göta Karlstad	K40	<b>16:19</b>	00:07:41.1	2	00:16:02.6	2
3	379	Karin	Arthursson	Hässelby SK	K40	<b>16:26</b>	00:07:57.2	4	00:16:09.9	3
4	391	Mia	Havinder	Björnstorps IF	K40	<b>16:56</b>	00:07:49.8	3	00:16:38.5	4

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	561	Viveka	Lindberg	Hemlingby LK	K45	<b>17:16</b>	00:08:24.6	1	00:17:00.0	1
2	671	Katarina	Löf Hagströ	Spårvägens FK	K45	<b>17:49</b>	00:08:24.6	1	00:17:31.9	2
3	378	Ingmarie	Nilsson	Hässelby SK	K45	<b>18:17</b>	00:08:35.3	3	00:17:58.9	3
4	666	Marie	Cederberg	Västerås FK	K45	<b>18:42</b>	00:08:48.7	4	00:18:25.4	4
5	562	Ulrica	Cavallin	Hemlingby LK	K45	<b>18:51</b>	00:08:50.4	5	00:18:34.1	5
6	392	Bodil	Mårtensson	Björnstorps IF	K45	<b>22:04</b>	00:09:57.7	6	00:21:44.1	6

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	57	Karin	Wåhlstedt	Järvsö IF	K50	<b>16:48</b>	00:07:47.6	1	00:16:33.7	1
2	394	Marie	Olsson	Björnstorps IF	K50	<b>17:09</b>	00:07:51.2	2	00:16:51.5	2
3	587	Lotta	Frenander	Rånäs 4H	K50	<b>17:58</b>	00:08:29.2	3	00:17:39.5	3
4	586	Åsa	Mortensen	Rånäs 4H	K50	<b>18:27</b>	00:08:47.5	4	00:18:09.0	4
5	167	Eva	Larsson	Borlänge Löparklu	K50	<b>19:46</b>	00:09:29.7	5	00:19:27.8	5
6	393	Eva	Ek	Björnstorps IF	K50	<b>20:28</b>	00:09:35.0	6	00:20:08.7	6
7	41	Ann	Drougge	Säters IF	K50	<b>22:39</b>	00:10:34.1	7	00:22:17.4	7

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	506	Lilly	Wizén	FGF Gotland	K55	<b>18:56</b>	00:08:52.5	1	00:18:39.4	1
2	383	Helen	Pahverk	LK Nyköpings Ru	K55	<b>22:28</b>	00:10:39.3	2	00:22:04.9	2

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	649	Lubov	Pospeshina	IFK Skövde FIK	K60	<b>19:38</b>	00:09:07.3	1	00:19:19.2	1
2	563	Gullan	Björnström	Hemlingby LK	K60	<b>20:43</b>	00:09:40.1	2	00:20:25.7	2
	395	Britt-Marie	Andersson	Björnstorps IF	K60	<b>DNF</b>	00:12:35.5	3		

Plac	Startnr	Förnamn	Efternamn	Klubb	Klass	Tid	Mellantid 1	Plac M1	Mellantid 2	Plac M2
1	5	Ulla	Littenheim	Uddevalla IS	K65	<b>20:45</b>	00:09:35.4	1	00:20:28.0	1
2	51	Eva	Widelund	Iggesunds SK	K65	<b>21:41</b>	00:10:16.5	2	00:21:20.0	2
3	564	Gunilla	Juthback	Hemlingby LK	K65	<b>22:44</b>	00:10:36.1	3	00:22:22.0	3
4	450	Ing-Marie	Persson	IK Akele	K65	<b>23:21</b>	00:10:57.7	4	00:23:01.3	4

**M 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hässelby SK Lag1</b>	<b>37:12</b>	
	356	ÅHWALL Andreas	12:18	
	362	BOUAFIF Adil	12:22	
	350	HALLIL Nacerddine	12:32	
<b>2</b>		<b>Hässelby SK Lag2</b>	<b>38:11</b>	00:59
	354	IDRIS Haben	12:36	
	364	PURVIS Johnny	12:38	
	358	GROSS Henry	12:57	
<b>3</b>		<b>Spårvägens FK Lag1</b>	<b>39:20</b>	02:08
	142	UHRBOM Fredrik	12:43	
	133	HOLMBLAD Alexander	13:05	
	139	GUSTAFSSON Marcus	13:32	
<b>4</b>		<b>Upsala IF Lag1</b>	<b>39:34</b>	02:22
	31	LÖFÅS Henrik	12:49	
	319	ALVAEUS Jonatan	13:06	
	320	LINDBERG Johan	13:39	
<b>5</b>		<b>IK Akele Lag1</b>	<b>41:14</b>	04:02
	460	KLEIST Anders	12:33	
	661	KARLSSON David	14:11	
	662	MOHAMED Matan	14:30	

**M 12000m 2013-10-27**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hässelby SK Lag1</b>	<b>118:45</b>	
	355	IDRIS Haben	39:06	
	357	ÅHWALL Andreas	39:44	
	351	HALLIL Nacerddine	39:55	
<b>2</b>		<b>Strömstad Löparklubb Lag1</b>	<b>121:41</b>	2:56
	25	EKVALL Mikael	38:29	
	24	LARSSON Johan	40:11	
	23	MARTINSSON Björn	43:01	
<b>3</b>		<b>Hässelby SK Lag2</b>	<b>121:53</b>	3:08
	365	PURVIS Johnny	39:56	
	359	GROSS Henry	40:53	
	546	JANSSON Andreas	41:04	
<b>4</b>		<b>Fredrikshofs FIF Lag1</b>	<b>128:45</b>	10:00
	491	HOLMSÅTER Linus	42:28	
	489	SYDOW Niklas	42:57	
	490	KRONANDER Fredrik	43:20	
<b>5</b>		<b>Spårvägens FK Lag1</b>	<b>130:13</b>	11:28
	134	NIELSEN Jens	41:47	
	131	LEANDERSSON Robin	44:09	
	50	GUSTAFSSON Marcus	44:17	
<b>6</b>		<b>FK Studenterna Lag1</b>	<b>131:06</b>	12:21
	600	MCCONVILLE Andreas	41:27	
	602	RONNERSTEDT Martin	43:58	
	603	SÖDERLUND Anders	45:41	

**M22 8000m 2013-10-27**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hammarby IF Friidrott Lag1</b>	<b>82:26</b>	
	429	BÖRJESSON John	27:13	
	427	JONSSON Niklas	27:30	
	430	ÅKESSON Christoffer	27:43	
<b>2</b>		<b>Turebergs FK Lag1</b>	<b>83:23</b>	57
	164	SJÖBLOM Albin	27:34	
	163	NORRBOM Erik	27:36	
	161	GLEIMAR Daniel	28:13	
<b>3</b>		<b>Hässelby SK Lag1</b>	<b>88:14</b>	5:48
	344	LINDSTRÖM Adam	29:01	
	343	GUNNARSSON Rickard	29:25	
	346	BILLS Adam	29:48	

**P19 6000m 2013-10-27**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Örgryte IS Friidrott Lag1</b>	<b>64:38</b>	
	637	MENGSTAEB Awet	20:56	
	636	RANGLIN GRISSLER Jakob	20:57	
	638	MODIG Karl	22:45	
<b>2</b>		<b>Ullevi FK Lag1</b>	<b>64:42</b>	4
	237	BÖRJESSON Hampus	21:14	
	654	PETRUSSEN Jens	21:28	
	238	NILSSON Christopher	22:00	
<b>3</b>		<b>Rånäs 4H Lag1</b>	<b>65:45</b>	1:07
	596	LINDELL Hugo	21:29	
	597	SJÖBLOM David	22:06	
	595	HAMMAR Martin	22:10	
<b>4</b>		<b>Mölndals AIK Lag1</b>	<b>66:09</b>	1:31
	300	NILSSON Alexander	20:14	
	302	WEICHBRODT Jonathan	20:39	
	303	ERIKSSON Adrian	25:16	
<b>5</b>		<b>Upsala IF Lag1</b>	<b>67:30</b>	2:52
	316	BOKEFORS Jesper	22:03	
	317	ÅGREN Simon	22:30	
	318	JAMES Axel	22:57	

**P17-P16 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Sävedalens AIK Lag1</b>	<b>39:40</b>	
	281	JOHANSSON Vidar	12:41	
	283	STENSJÖ Gustaf	13:25	
	279	KRAMER Andreas	13:34	
<b>2</b>		<b>Spårvägens FK Lag1</b>	<b>41:17</b>	<b>1:37</b>
	110	LEVAY Wille	12:43	
	115	CRISPIN Valdemar	14:11	
	111	NORDLING Gustav	14:23	
<b>3</b>		<b>Hässelby SK Lag1</b>	<b>41:36</b>	<b>1:56</b>
	339	JANSSON Andreas	12:59	
	337	HERBERT Martin	14:15	
	336	ANDERSSON Edwin	14:22	
<b>4</b>		<b>Möndals AIK Lag1</b>	<b>42:37</b>	<b>2:57</b>
	306	LINDGREN Johan	13:15	
	305	PALMQVIST August	14:41	
	307	ERIKSSON Daniel	14:41	
<b>5</b>		<b>Sävedalens AIK Lag2</b>	<b>42:49</b>	<b>3:09</b>
	284	BUCHT Daniel	13:44	
	285	WALLÉN Karl	14:16	
	280	OLSSON Gustav	14:49	
<b>6</b>		<b>IFK Lidingö Lag1</b>	<b>45:06</b>	<b>5:26</b>
	26	LAGERLÖF Erik	13:52	
	27	LOUKILI Mohammed	15:02	
	28	HILLERHAG Sixten	16:12	

**P15 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Möndals AIK Lag1</b>	<b>45:41</b>	
	309	NILSSON Sebastian	14:45	
	311	LAMM Johan	14:52	
	310	BREDBERG Markus	16:04	
<b>2</b>		<b>Mälarhöjdens IK Lag1</b>	<b>50:47</b>	<b>5:06</b>
	86	ARAJA Adel	15:12	
	124	ROSQVIST Erik	17:08	
	96	OLOFSSON LILJEHOLM	18:27	

**M35-M55 8000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Rånäs 4H Lag1</b>	<b>84:32</b>	
	588	HOLMÉN Janne	27:04	
	592	FAGERLUND Fritjof	28:01	
	590	DAHLMAN Christian	29:27	
<b>2</b>		<b>Hälle IF Lag1</b>	<b>89:14</b>	4:42
	194	FRAMME Erik	28:26	
	193	TOLLESSON Niklas	29:40	
	192	WESTMAN Robert	31:08	
<b>3</b>		<b>Enhörna IF Lag1</b>	<b>90:08</b>	5:36
	615	SJÖGREN Niclas	28:47	
	616	JOHANSSON Ulf	29:39	
	675	TOSTEBY Jonas	31:42	
<b>4</b>		<b>IFK Mora Lag1</b>	<b>90:28</b>	5:56
	209	BUUD Jonas	27:25	
	207	SPARR Thomas	29:13	
	405	ULLBERG Jonas	33:50	
<b>5</b>		<b>Rånäs 4H Lag2</b>	<b>90:56</b>	6:24
	593	JEMTH Per	29:46	
	591	BILEVICIUS Liutauras	30:14	
	594	MUSTONEN Martti	30:56	
<b>6</b>		<b>Borlänge Löparklubb Lag1</b>	<b>95:17</b>	10:45
	160	HOLST Börje	29:49	
	384	ÖSTLUND Mikael	31:32	
	657	LINDHOLM Måns	33:56	
<b>7</b>		<b>Hässelby SK Lag1</b>	<b>97:08</b>	12:36
	360	ANDERSSON Niklas	29:05	
	652	ARTHURSSON Fredrik	31:20	
	668	STENE Fredrik	36:43	
<b>8</b>		<b>IF Göta Karlstad Lag1</b>	<b>100:43</b>	16:11
	216	OTTERSTEN Per-Anders	32:19	
	215	ERIKSSON Fredrik	32:37	
	228	CARLSSON Dan	35:47	
<b>9</b>		<b>Huddinge AIS Lag1</b>	<b>106:45</b>	22:13
	412	REHN Anders	32:39	
	413	REHN Jonas	34:07	
	410	LARSSON Martin	39:59	
<b>10</b>		<b>Hemlingby LK Lag1</b>	<b>110:00</b>	25:28
	568	LINDQVIST Göran	33:44	
	567	NYBERG Kenneth	35:22	
	566	CARLSSON Mats	40:54	

**M60-M75 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hemlingby LK Lag1</b>	<b>68:19</b>	
	570	BJÖRK Kjell	18:22	
	571	WENNBERG Per	24:15	
	572	LUOMALLA Pentti	25:42	

**K 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hässelby SK Lag1</b>	<b>43:24</b>	
	547	LAHTI Sarah	14:12	
	368	LARSSON Madeleine	14:34	
	366	WIKER Louise	14:38	
<b>2</b>		<b>Hälle IF Lag1</b>	<b>43:27</b>	0:03
	198	BAHTA Meraf	13:48	
	645	ÖHBERG Lisa	14:33	
	182	NILSSON Linn	15:06	
<b>3</b>		<b>Spårvägens FK Lag1</b>	<b>45:41</b>	2:17
	125	ROHLÉN Nathalie	15:04	
	140	KINDLUND Petra	15:15	
	122	MALMKVIST Helene	15:22	
<b>4</b>		<b>Hässelby SK Lag2</b>	<b>46:48</b>	3:24
	377	ELIASSON Lena	14:46	
	376	PETERSSON Kajsa	15:24	
	372	NILSSON Jenny	16:38	
<b>5</b>		<b>IK Akele Lag1</b>	<b>47:25</b>	4:01
	456	KLEIST Cecilia	14:28	
	452	OLSSON Alva	15:12	
	454	SALOMONSSON Sofia	17:45	

**K 8000m 2013-10-27**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hälle IF Lag1</b>	<b>90:22</b>	
	199	BAHTA Meraf	28:59	
	646	ÖHBERG Lisa	30:12	
	183	NILSSON Linn	31:11	
<b>2</b>		<b>Hässelby SK Lag1</b>	<b>91:39</b>	1:17
	335	BRAUER Isabelle	30:05	
	552	ELIASSON Lena	30:25	
	375	SAMUELSSON Gabriella	31:09	
<b>3</b>		<b>Ullevi FK Lag1</b>	<b>93:29</b>	3:07
	243	FOUGBERG Charlotta	29:42	
	244	OLIN Therese	30:39	
	232	NORDSTRÖM Therese	33:08	
<b>4</b>		<b>FK Studenterna Lag1</b>	<b>94:09</b>	3:47
	604	LUNDÉN Frida	29:31	
	606	GUDMUNDSON Ida	32:09	
	605	VINSTEDT Gloria	32:29	
<b>5</b>		<b>Spårvägens FK Lag1</b>	<b>95:57</b>	5:35
	141	KINDLUND Petra	31:31	
	121	NORRBOM Cecilia	32:01	
	123	MALMKVIST Helene	32:25	
<b>6</b>		<b>SOK Knallen Lag1</b>	<b>97:11</b>	6:49
	62	JOHANSSON Annelie	30:52	
	64	DICKÉR Hanna	32:44	
	63	FREJD Camilla	33:35	
<b>7</b>		<b>IK Akele Lag1</b>	<b>97:34</b>	7:12
	457	KLEIST Cecilia	29:51	
	453	OLSSON Alva	31:24	
	455	SALOMONSSON Sofia	36:19	
<b>8</b>		<b>Enhörna IF Lag1</b>	<b>104:24</b>	14:02
	611	WINDESTAM Hanna	32:53	
	614	KLINTEFJORD Malin	34:23	
	610	JELVEGÅRD Sara	37:08	

**K22 6000m 2013-10-27**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Falu IK Lag1</b>	<b>72:16</b>	
	509	ALEXANDERSSON Tove	22:59	
	513	ERIKSSON Jenny	24:10	
	511	JANSSON Emma	25:07	
<b>2</b>		<b>Täby IS Lag1</b>	<b>75:22</b>	3:06
	479	OLSSON Karin	24:07	
	481	HOLM Ida	25:30	
	480	OLSSON Johanna	25:45	
<b>3</b>		<b>Hässelby SK Lag1</b>	<b>80:22</b>	8:06
	347	ALAINENTALO Lina	23:26	
	349	SOTO JANSSON Josefine	28:08	
	46	HUSELL Hanna	28:48	

**F17-F16 4000m 2013-10-26**

Placering	Startnr	Lag	Tid	Diff
<b>1</b>		<b>Hässelby SK Lag1</b>	<b>45:49</b>	
	334	BRAUER Isabelle	14:43	
	331	ROSVALL Astrid	15:08	
	333	HENRIKSSON Klara	15:58	
<b>2</b>		<b>Sävedalens AIK Lag1</b>	<b>48:35</b>	02:46
	265	SÖDERHOLM Linn	15:00	
	266	JONSON Malin	16:18	
	264	JONSON Julia	17:17	
<b>3</b>		<b>Möndals AIK Lag1</b>	<b>49:11</b>	03:22
	299	BRINK Elin	16:01	
	297	ANDERSSON Johanna	16:07	
	296	GRANBERG Agnes	17:03	
<b>4</b>		<b>Hässelby SK Lag2</b>	<b>49:50</b>	4:01
	329	GUSTAFSSON Emma	16:05	
	332	HARDELL Hilda	16:17	
	328	SJÖBLOM Maja	17:28	
<b>5</b>		<b>IFK Växjö Lag1</b>	<b>50:09</b>	4:20
	498	BENGTSSON Linn	15:21	
	500	BROGREN Clara	16:52	
	499	KERROLF Alicia	17:56	
<b>6</b>		<b>Sävedalens AIK Lag2</b>	<b>53:13</b>	7:24
	554	BJÖRKQVIST Ebba	17:23	
	553	MELLQVIST Klara	17:40	
	262	SVANTESSON Alice	18:10	
<b>7</b>		<b>IF Göta Karlstad Lag1</b>	<b>56:26</b>	10:37
	222	ANDERSSON Moa	17:29	
	221	NYQVIST Kajsa	19:00	
	219	SCHYTSER Emelina	19:57	

**K35-K65 4000m 2013-10-26**

<b>Placering</b>	<b>Startnr</b>	<b>Lag</b>	<b>Tid</b>	<b>Tid</b>
<b>1</b>		<b>Björnstorps IF Lag1</b>	<b>50:34</b>	
	390	HUSELIUS Lotta	16:29	
	391	HAVINDER Mia	16:56	
	394	OLSSON Marie	17:09	
<b>2</b>		<b>Hemlingby LK Lag1</b>	<b>56:50</b>	06:16
	561	LINDBERG Viveka	17:16	
	562	CAVALLIN Ulrica	18:51	
	563	BJÖRNSTRÖM Gullan	20:43	
<b>3</b>		<b>Björnstorps IF Lag2</b>	<b>62:30</b>	11:56
	389	ZANDER Helena	19:58	
	393	EK Eva	20:28	
	392	MÄRTENSSON Bodil	22:04	