

Resultat MC Sport Cup Arlanda 2022-09-24

Plac	S-nr	Klass	Namn	Klubb	Varv 1	Varv 2	Varv 3	Varv 4	Varv 5	Varv 6	Varv	Totaltid
1	801	Dam	Hanna Berzelius	Linköpings MS	0:13:50,923	0:13:43,281	0:13:31,974	0:13:44,206	0:13:27,443		5	1:08:17,827
2	807	Dam	Hanna Lagher	Göta MS	0:14:23,657	0:14:27,736	0:14:22,633	0:14:11,838	0:14:29,229		5	1:11:55,093
3	21	Dam	Nicole Canadas Söderblom	Hedesunda CK	0:16:27,372	0:16:33,223	0:16:06,321	0:15:51,085	0:16:04,321		5	1:21:02,322
4	788	Dam	Nathalie Blom	MX Stockholm	0:17:16,629	0:17:16,346	0:17:08,675	0:17:07,362	0:17:21,862		5	1:26:10,874
5	430	Dam	Hanna Rylander Ericson	Göta MS	0:17:49,948	0:17:49,245	0:17:39,958	0:17:35,583	0:17:41,960		5	1:28:36,694
6	431	Dam	Linda Söderholm	Västerås MK	0:20:50,399	0:22:18,923	0:22:10,028				3	1:05:19,350
1	95	Elit	Alexander Gunnerheim	Göta MS	0:12:05,736	0:12:05,770	0:12:04,332	0:12:23,255	0:12:18,962	0:12:23,005	6	1:13:21,060
2	102	Elit	Christopher Wiss	Botkyrka MK	0:12:09,284	0:12:36,771	0:12:24,483	0:12:25,515	0:12:26,069	0:12:38,414	6	1:14:40,536
3	284	Elit	Rasmus Stenbacks	Botkyrka MK	0:12:21,070	0:12:17,575	0:12:28,118	0:13:11,081	0:12:58,623	0:12:54,199	6	1:16:10,666
4	54	Elit	Emil Johansson	Åsätra MK	0:12:55,376	0:12:55,152	0:12:59,478	0:12:42,492	0:12:53,829	0:12:52,595	6	1:17:18,922
5	278	Elit	David Holmqvist	Örbyhus MCK	0:13:10,756	0:13:15,956	0:13:32,534	0:13:35,314	0:13:38,800	0:13:35,735	6	1:20:49,095
6	55	Elit	Simon Trygg	FMCK Strängnäs	0:14:18,955	0:14:07,375	0:14:44,304	0:14:35,354	0:15:03,991	0:15:16,599	6	1:28:06,578
7	72	Elit	Anton Edin	Östhammars MK	0:16:52,366	0:16:47,593	0:13:32,092	0:14:10,935	0:14:18,384	0:13:58,255	6	1:29:39,625
1	206	Junior	Sebastian Olsen	AMF Södertälje	0:12:26,965	0:12:24,498	0:12:24,842	0:12:43,404	0:12:29,451	0:12:30,670	6	1:14:59,830
2	346	Junior	Leo Aaltonen	Åsätra MK	0:12:22,480	0:12:19,715	0:12:30,853	0:12:30,611	0:12:54,730	0:12:39,086	6	1:15:17,475
3	181	Junior	Mattias Bosell	SMK Hedemora	0:13:32,787	0:13:11,151	0:13:11,276	0:13:07,129	0:13:09,446	0:13:01,740	6	1:19:13,529
4	594	Junior	Jordan Lood	Göta MS	0:13:06,372	0:13:23,201	0:13:36,911	0:13:39,782	0:13:45,602	0:13:46,095	6	1:21:17,963
5	286	Junior	Jack Harold	MK Orion	0:13:26,906	0:13:33,411	0:13:46,072	0:13:57,387	0:13:59,574	0:13:38,106	6	1:22:21,456
6	496	Junior	Philip Gunnari	SMK Ockelbo	0:13:57,041	0:13:43,674	0:13:55,004	0:13:58,640	0:14:10,006	0:14:11,296	6	1:23:55,661
7	157	Junior	William Dreydel	Göta MS	0:14:51,350	0:14:45,601	0:14:41,226	0:14:57,696	0:15:24,865	0:15:35,030	6	1:30:15,768
8	258	Junior	Rasmus Petersson	Åsätra MK	0:13:00,155	0:13:12,835	0:13:19,657	0:13:35,975			4	0:53:08,622
1	314	M 16-39	Klas Ullerstam	Värmdö MK	0:13:08,226	0:13:28,922	0:13:17,562	0:13:28,753	0:13:23,338		5	1:06:46,801
2	73	M 16-39	Tobias Burman	Östhammars MK	0:13:11,509	0:13:12,377	0:13:23,479	0:13:42,229	0:13:30,942		5	1:07:00,536
3	160	M 16-39	Marcus Svanström	Hedesunda CK	0:13:17,160	0:13:35,340	0:13:31,440	0:13:38,984	0:13:37,394		5	1:07:40,318
4	137	M 16-39	Albin Karlsson	Östhammars MK	0:13:11,874	0:13:27,674	0:13:30,160	0:13:47,765	0:13:49,251		5	1:07:46,724
5	398	M 16-39	Felix Nyström	Åsätra MK	0:13:16,769	0:13:24,608	0:13:26,524	0:13:56,257	0:13:47,282		5	1:07:51,440
6	162	M 16-39	Dennis Lundqvist	Botkyrka MK	0:13:52,840	0:13:53,374	0:14:07,409	0:13:32,116	0:13:33,106		5	1:08:58,845
7	418	M 16-39	Marcus Regnö	SMK Söderham	0:13:52,279	0:13:40,980	0:13:45,850	0:14:06,932	0:13:52,980		5	1:09:19,021
8	387	M 16-39	Jacob Fredholm	Mälare MCK	0:14:44,686	0:13:52,792	0:14:11,087	0:13:53,287	0:14:04,081		5	1:10:45,933
9	290	M 16-39	Patrik Törnqvist	Östhammars MK	0:13:45,893	0:14:27,571	0:14:00,549	0:14:14,772	0:14:59,351		5	1:11:28,136
10	521	M 16-39	Dennis Simonetti	Botkyrka MK	0:14:05,000	0:14:22,026	0:14:21,209	0:14:29,596	0:14:06,406		5	1:11:38,873
11	88	M 16-39	Rasmus Sjöo	Mälare MCK	0:14:06,296	0:14:27,699	0:14:34,145	0:14:22,120	0:14:36,411		5	1:12:06,671
12	86	M 16-39	Anders Viklund	Botkyrka MK	0:14:05,019	0:14:16,840	0:14:27,730	0:14:39,690	0:14:37,555		5	1:12:06,834
13	394	M 16-39	Fredrik Genander	Nyköpings MS	0:14:20,999	0:14:44,972	0:14:34,586	0:14:43,464	0:14:35,694		5	1:12:59,715
14	315	M 16-39	Joakim Hedlund	Skutskärs MS	0:14:40,782	0:14:22,788	0:14:39,570	0:15:00,503	0:14:29,454		5	1:13:13,097
15	633	M 16-39	Simon Parkkila	Uppsala MK	0:14:10,735	0:14:25,658	0:14:33,143	0:14:46,601	0:15:17,071		5	1:13:13,208

16	551	M 16-39	Robert Allen	AMF Årsunda	0:14:25,132	0:14:38,583	0:14:52,160	0:14:51,539	0:14:45,508		5	1:13:32,922
17	265	M 16-39	Dario Krajnovic	FMCK Strängnä	0:14:25,709	0:14:44,722	0:14:56,262	0:15:06,665	0:14:51,031		5	1:14:04,389
18	335	M 16-39	Simon Lundqvist	Botkyrka MK	0:14:33,027	0:14:51,109	0:14:52,845	0:15:03,147	0:15:08,019		5	1:14:28,147
19	1251	M 16-39	Alexander Olsson	FMCK	0:14:34,999	0:16:17,831	0:15:01,606	0:14:55,308	0:14:51,761		5	1:15:41,505
20	644	M 16-39	Dan Gustafsson	Göta MS	0:14:12,827	0:14:47,776	0:15:46,037	0:15:21,678	0:15:34,082		5	1:15:42,400
21	58	M 16-39	Andreas Boukaras	Uppsala MK	0:15:07,061	0:15:10,943	0:15:02,366	0:15:15,292	0:15:09,389		5	1:15:45,051
22	331	M 16-39	Robin Thornberg	Åsätra MK	0:14:48,134	0:15:04,708	0:15:07,713	0:15:19,637	0:15:31,539		5	1:15:51,731
23	182	M 16-39	Pontus Matilainen	FMCK Strängnä	0:14:46,062	0:14:41,457	0:15:40,539	0:15:35,987	0:15:29,356		5	1:16:13,401
24	17	M 16-39	Kristoffer Gustafsson	Uppsala MK	0:14:53,439	0:15:01,278	0:15:26,709	0:15:45,781	0:15:34,387		5	1:16:41,594
25	96	M 16-39	Anton Olofsson	Åsätra MK	0:14:54,134	0:15:18,455	0:15:12,928	0:15:49,685	0:15:33,959		5	1:16:49,161
26	702	M 16-39	Niklas Andersson	MCK 4 All	0:15:10,361	0:15:05,762	0:15:31,086	0:15:43,240	0:15:53,180		5	1:17:23,629
27	77	M 16-39	Linus Burman	Östhammars M	0:14:41,793	0:15:09,948	0:15:58,620	0:15:56,705	0:15:49,113		5	1:17:36,179
28	189	M 16-39	Jimmy Holmgren	Östhammars M	0:15:00,501	0:15:15,366	0:15:34,744	0:15:59,172	0:15:53,196		5	1:17:42,979
29	907	M 16-39	Joel Granath	SMK Gävle	0:15:10,449	0:15:40,368	0:15:40,244	0:15:38,039	0:16:28,667		5	1:18:37,767
30	81	M 16-39	Peter Burman	Östhammars M	0:15:21,986	0:15:42,142	0:16:00,931	0:15:43,892	0:16:01,665		5	1:18:50,616
31	119	M 16-39	Kristian Bromark	Östhammars M	0:15:42,025	0:15:47,083	0:15:50,172	0:16:11,640	0:16:04,070		5	1:19:34,990
32	917	M 16-39	Daniel Rivera	Åsätra MK	0:15:54,516	0:15:56,841	0:16:02,922	0:15:56,222	0:16:08,184		5	1:19:58,685
33	279	M 16-39	Robin Söderlund	Göta MS	0:16:09,688	0:16:17,961	0:16:03,332	0:16:01,380	0:15:57,201		5	1:20:29,562
34	85	M 16-39	Saku Huczkowski	Botkyrka MK	0:15:42,194	0:15:56,903	0:16:01,172	0:16:22,381	0:16:50,277		5	1:20:52,927
35	740	M 16-39	Oscar Küller	Botkyrka MK	0:15:52,359	0:16:14,496	0:16:22,644	0:16:08,943	0:16:29,388		5	1:21:07,830
36	513	M 16-39	Magnus Martinell	Sala MSK	0:15:43,801	0:16:22,464	0:16:18,161	0:16:44,092	0:16:25,509		5	1:21:34,027
37	164	M 16-39	Mattias Thornberg	Åsätra MK	0:20:04,950	0:15:23,655	0:15:40,382	0:15:41,942	0:15:53,527		5	1:22:44,456
38	717	M 16-39	Kristian Broström	Botkyrka MK	0:15:55,270	0:16:20,670	0:16:54,341	0:17:13,853	0:17:37,364		5	1:24:01,498
39	275	M 16-39	Daniel Vishaj	Mälardalens EK	0:16:54,459	0:17:24,020	0:16:55,613	0:16:37,631	0:16:49,438		5	1:24:41,161
40	609	M 16-39	Emanuel Zotterman	Botkyrka MK	0:16:16,878	0:17:15,864	0:17:26,979	0:18:02,368	0:16:56,530		5	1:25:58,619
41	987	M 16-39	Tomas Eriksson	Arlanda MC	0:16:56,690	0:17:11,389	0:17:25,426	0:17:37,859	0:16:59,885		5	1:26:11,249
42	774	M 16-39	Johan Svahn	Botkyrka MK	0:17:06,255	0:17:36,764	0:17:28,486	0:17:32,246	0:17:11,502		5	1:26:55,253
43	186	M 16-39	Martin Holmström	FMCK Stockhol	0:28:10,039	0:14:37,225	0:14:47,439	0:15:03,645	0:15:20,856		5	1:27:59,204
44	631	M 16-39	Anton Larsson	SMK Tierp	0:17:03,156	0:17:35,925	0:18:16,799	0:17:44,784	0:17:50,251		5	1:28:30,915
45	874	M 16-39	Sebastian Westerberg	MK Orion	0:16:53,623	0:17:21,054	0:17:53,689	0:17:53,948	0:18:29,839		5	1:28:32,153
46	246	M 16-39	Martin Eriksson	Botkyrka MK	0:17:06,904	0:17:16,778	0:18:03,037	0:17:54,916	0:18:15,361		5	1:28:36,996
47	277	M 16-39	Fredrik Erik Jansson	Rasbo MK	0:17:07,851	0:18:07,078	0:17:42,443	0:18:00,333	0:18:20,609		5	1:29:18,314
48	899	M 16-39	Patrik Lundin	Åsätra MK	0:20:28,440	0:18:19,248	0:16:57,372	0:16:38,646	0:16:57,677		5	1:29:21,383
49	723	M 16-39	Mattias Ulander	MCK 4 All	0:17:35,690	0:18:51,040	0:18:20,678	0:17:52,985	0:18:12,647		5	1:30:53,040
50	873	M 16-39	Alexander Lund	MK Orion	0:17:59,539	0:18:02,600	0:18:03,164	0:18:26,442	0:18:55,596		5	1:31:27,341
51	365	M 16-39	Victor Bohman	Gamla Upsala I	0:17:09,343	0:32:51,146	0:18:02,851	0:18:07,483	0:18:07,925		5	1:44:18,748
52	151	M 16-39	Alexander Svensson	Mälare MCK	0:14:16,351	0:14:26,193	0:14:39,673				3	0:43:22,217
53	789	M 16-39	Christofer Larsson	Örbyhus MCK	0:15:19,684	0:15:09,787	0:16:11,294				3	0:46:40,765
54	194	M 16-39	Rasmus Eriksson	Göta MS	0:15:37,921	0:16:10,581	0:16:00,086				3	0:47:48,588

55	129	M 16-39	Axel Älvebrink	Östhammars M	0:13:12,956	0:13:11,802						2	0:26:24,758
56	29	M 16-39	Max Hammarström	Gamla Upsala I	0:14:56,915							1	0:14:56,915
57	101	M 16-39	Robin Åkerblad	Botkyrka MK	0:16:59,684							1	0:16:59,684
1	567	M 40-49	Mikael Hed	FMCK Falun	0:13:18,536	0:13:27,497	0:13:35,969	0:13:15,603	0:13:07,643			5	1:06:45,248
2	708	M 40-49	Lars Lindell	Göta MS	0:13:33,209	0:13:32,673	0:13:34,622	0:13:53,811	0:14:00,030			5	1:08:34,345
3	969	M 40-49	Alexander Lundkvist	Nynäshamns M	0:14:11,588	0:14:17,410	0:14:28,290	0:14:28,958	0:14:32,976			5	1:11:59,222
4	727	M 40-49	Tony Eklund	Uppsala MK	0:14:28,238	0:14:22,666	0:14:25,053	0:14:27,139	0:14:34,840			5	1:12:17,936
5	519	M 40-49	Fredrik Åkerfeldt	Uppsala MK	0:14:30,773	0:14:27,290	0:14:42,545	0:14:47,442	0:14:47,053			5	1:13:15,103
6	260	M 40-49	Andreas Jonsson	Åsätra MK	0:14:42,898	0:14:42,687	0:14:43,976	0:14:50,682	0:14:51,281			5	1:13:51,524
7	611	M 40-49	Christian Larsson	UVMK	0:14:16,998	0:14:48,945	0:15:31,887	0:15:12,427	0:15:04,669			5	1:14:54,926
8	590	M 40-49	Tomas Strandberg	Botkyrka MK	0:14:52,176	0:15:09,440	0:14:55,469	0:15:15,798	0:15:26,090			5	1:15:38,973
9	449	M 40-49	Dennis Czerwiec	FMCK Strängnä	0:15:17,452	0:15:12,036	0:15:11,890	0:15:25,823	0:15:20,431			5	1:16:27,632
10	589	M 40-49	Dan Sjöman	Åsätra MK	0:14:49,312	0:15:20,012	0:15:15,064	0:15:30,386	0:15:44,989			5	1:16:39,763
11	123	M 40-49	Roland Ekberg	Gnesta MK	0:14:51,600	0:15:09,764	0:15:08,396	0:15:43,317	0:16:57,955			5	1:17:51,032
12	179	M 40-49	Magnus Persson	Uppsala MK	0:15:25,529	0:15:32,512	0:15:26,588	0:15:51,270	0:15:44,196			5	1:18:00,095
13	719	M 40-49	Peter Johansson	Woxnadalsens M	0:15:35,103	0:15:49,972	0:15:43,375	0:15:14,408	0:15:57,939			5	1:18:20,797
14	531	M 40-49	Roland Ström	Haninge MK	0:15:25,784	0:15:35,872	0:15:39,306	0:15:51,629	0:15:53,223			5	1:18:25,814
15	210	M 40-49	Mattias Jörgensen	Åsätra MK	0:15:36,567	0:15:24,340	0:15:55,696	0:15:43,952	0:15:56,714			5	1:18:37,269
16	626	M 40-49	Lars Jonsson	Botkyrka MK	0:15:25,768	0:15:46,336	0:16:04,073	0:16:17,791	0:15:57,126			5	1:19:31,094
17	515	M 40-49	Robin Nässlin	SMK Gävle	0:16:24,755	0:16:58,609	0:16:54,170	0:16:39,984	0:16:07,864			5	1:23:05,382
18	999	M 40-49	Dan Nässlin	SMK Gävle	0:17:03,730	0:16:34,523	0:16:48,620	0:16:45,874	0:17:11,696			5	1:24:24,443
19	276	M 40-49	Jon Johansson	Rasbo MK	0:16:17,206	0:17:02,068	0:17:17,246	0:17:31,987	0:17:34,198			5	1:25:42,705
20	509	M 40-49	Tomas Pettersson	Göta MS	0:16:31,658	0:16:50,409	0:17:17,266	0:18:23,017	0:18:35,175			5	1:27:37,525
21	992	M 40-49	Marcell Kezdy	Botkyrka MK	0:17:14,159	0:16:52,524	0:18:17,679	0:17:46,696	0:17:53,233			5	1:28:04,291
22	254	M 40-49	Fredrik Ehrenholm	Åsätra MK	0:17:05,236	0:17:39,670	0:18:48,763	0:17:28,611	0:17:31,790			5	1:28:34,070
23	434	M 40-49	Robert Holmberg	UMK	0:13:50,489	0:13:54,532	0:13:59,117					3	0:41:44,138
1	520	M 50-59	Anders Jansson Lorek	Göta MS	0:13:09,320	0:13:20,272	0:13:18,642	0:13:24,031	0:13:21,962			5	1:06:34,227
2	400	M 50-59	Kent Nyberg	SMK Gävle	0:13:10,287	0:13:29,258	0:13:25,737	0:13:21,533	0:13:46,994			5	1:07:13,809
3	368	M 50-59	Christoffer Moilanen	Göta MS	0:13:18,000	0:13:24,000	0:13:41,000	0:13:48,000	0:13:39,000			5	1:07:50,000
4	36	M 50-59	Örjan Brink	Göta MS	0:13:26,582	0:13:35,088	0:13:54,155	0:14:07,450	0:14:21,876			5	1:09:25,151
5	402	M 50-59	Joakim Rosander	Upplands Väsby	0:13:36,378	0:13:54,543	0:13:58,295	0:13:57,630	0:14:27,495			5	1:09:54,341
6	6	M 50-59	Carl-Ulric Wendin	Östhammars M	0:13:56,079	0:13:50,913	0:14:11,922	0:14:35,103	0:14:32,949			5	1:11:06,966
7	218	M 50-59	Johan Werner	FMCK Stockhol	0:14:08,984	0:14:06,134	0:14:20,558	0:14:27,610	0:14:35,006			5	1:11:38,292
8	821	M 50-59	Görgen Ytterberg	MK Orion	0:14:16,770	0:14:17,196	0:14:26,086	0:14:32,702	0:15:01,557			5	1:12:34,311
9	624	M 50-59	Göran Segerlund	Botkyrka MK	0:14:19,272	0:14:44,348	0:14:32,690	0:14:46,144	0:15:05,927			5	1:13:28,381
10	684	M 50-59	Magnus Forsling	FMCK Strängnä	0:14:28,888	0:14:31,505	0:14:49,565	0:14:56,165	0:14:57,340			5	1:13:43,463
11	336	M 50-59	Cenneth Engstrand	Göta MS	0:14:28,717	0:14:37,546	0:14:35,957	0:15:11,456	0:14:59,293			5	1:13:52,969
12	928	M 50-59	Ulf Wisell	MK Orion	0:14:31,907	0:14:30,253	0:14:30,619	0:15:52,820	0:15:14,200			5	1:14:39,799
13	913	M 50-59	Jan Karlsson	MK Orion	0:14:39,978	0:14:41,451	0:14:51,593	0:15:09,627	0:15:24,191			5	1:14:46,840

14	44	M 50-59	Tord Wigren	SMK Ockelbo	0:14:41,336	0:14:58,262	0:14:53,823	0:15:24,952	0:15:04,842		5	1:15:03,215
15	484	M 50-59	Jonas Lagervall	Haninge MK	0:14:49,546	0:15:04,119	0:14:58,518	0:15:09,841	0:15:07,485		5	1:15:09,509
16	139	M 50-59	Leif Blomberg	Haninge MK	0:14:38,241	0:15:10,143	0:15:18,485	0:15:09,244	0:15:35,677		5	1:15:51,790
17	666	M 50-59	Mats Andersson	Botkyrka MK	0:15:01,270	0:15:02,487	0:15:24,640	0:15:08,030	0:15:36,560		5	1:16:12,987
18	307	M 50-59	Lars-Erik Hult	Bollnäs MK	0:15:27,217	0:15:15,581	0:15:20,400	0:15:01,130	0:15:19,312		5	1:16:23,640
19	650	M 50-59	Niclas Fredholm	Mälärö MCK	0:15:09,588	0:15:20,061	0:15:07,334	0:15:16,688	0:15:38,613		5	1:16:32,284
20	512	M 50-59	Richard Kitzberger	Upplands Väsby	0:15:08,302	0:15:29,030	0:15:22,620	0:15:27,803	0:15:18,848		5	1:16:46,603
21	82	M 50-59	Jonas Strand	Uppsala MCK	0:15:07,056	0:15:10,721	0:15:07,985	0:15:28,765	0:16:00,400		5	1:16:54,927
22	424	M 50-59	Mikael Strand	Uppsala MCK	0:15:04,947	0:15:20,346	0:15:22,119	0:15:32,280	0:15:46,559		5	1:17:06,251
23	213	M 50-59	Ove Johansson	Åsätra MK	0:15:51,861	0:15:20,164	0:15:24,237	0:15:45,128	0:15:59,035		5	1:18:20,425
24	465	M 50-59	Petter Eriksson	Östhammars M	0:15:43,659	0:15:51,749	0:15:51,526	0:15:50,644	0:15:44,113		5	1:19:01,691
25	68	M 50-59	Kenneth Lindroth	Värmdö MK	0:15:09,387	0:14:59,908	0:15:47,209	0:16:16,041	0:16:51,010		5	1:19:03,555
26	343	M 50-59	Conny Rydell	Täby MK	0:15:21,479	0:15:32,809	0:15:52,399	0:15:59,114	0:16:25,243		5	1:19:11,044
27	786	M 50-59	Johan Falk	Åsätra MK	0:15:29,016	0:16:08,481	0:16:00,517	0:16:05,714	0:16:17,297		5	1:20:01,025
28	372	M 50-59	Jan Larsson	SMK Tierp	0:15:46,776	0:15:57,230	0:16:02,176	0:15:54,575	0:16:33,233		5	1:20:13,990
29	880	M 50-59	Tom Stålebrant	Nyköpings MS	0:16:11,541	0:15:54,397	0:16:04,400	0:15:55,801	0:16:10,831		5	1:20:16,970
30	771	M 50-59	Kaj Gunnarsson	Östhammars M	0:15:41,950	0:16:15,371	0:16:08,969	0:16:14,272	0:16:01,984		5	1:20:22,546
31	668	M 50-59	Conny Kraiman	Haninge MK	0:15:41,457	0:15:49,780	0:15:50,088	0:16:34,460	0:17:12,713		5	1:21:08,498
32	447	M 50-59	Thomas Norrman	Uppsala MK	0:15:39,793	0:16:26,790	0:16:10,297	0:17:23,888	0:17:15,121		5	1:22:55,889
33	725	M 50-59	Jacob Hultgren	FMCK Stockhol	0:15:59,933	0:17:07,130	0:17:27,465	0:16:49,173	0:16:26,981		5	1:23:50,682
34	662	M 50-59	Johan Eklund	Upplands Väsby	0:16:29,692	0:16:35,180	0:17:09,366	0:17:13,200	0:17:33,535		5	1:25:00,973
35	780	M 50-59	Roger Johansson	FMCK Stockhol	0:16:52,246	0:16:57,409	0:17:00,143	0:17:07,495	0:17:12,802		5	1:25:10,095
36	909	M 50-59	Åke Timmerman	Haninge MK	0:16:13,832	0:16:13,113	0:16:17,508	0:20:58,174	0:16:43,581		5	1:26:26,208
37	770	M 50-59	Tom Karlsson	SMK Södermar	0:17:20,358	0:17:30,300	0:17:16,618	0:17:12,801	0:17:49,017		5	1:27:09,094
38	425	M 50-59	Jimmy Ricciuti	Täby MK	0:16:13,505	0:16:18,815	0:21:42,193	0:16:31,376	0:16:33,347		5	1:27:19,236
39	172	M 50-59	Håkan Krusemark	Åsätra MK	0:16:50,254	0:17:35,616	0:18:44,948	0:17:43,447	0:16:56,573		5	1:27:50,838
40	71	M 50-59	Martin Tobiasson	Botkyrka MK	0:17:23,433	0:17:33,910	0:18:02,900	0:18:07,003	0:17:47,071		5	1:28:54,317
41	527	M 50-59	Torbjörn Ekström	Göta MS	0:17:28,889	0:17:35,117	0:17:57,714	0:18:20,074	0:18:05,949		5	1:29:27,743
42	506	M 50-59	Kaj Forslöt	Täby MK	0:17:26,575	0:17:46,381	0:18:41,563	0:18:23,306	0:17:59,587		5	1:30:17,412
43	212	M 50-59	Peter Carlsson	Uppsala MK	0:17:38,371	0:18:05,448	0:17:54,209	0:18:49,717	0:18:35,015		5	1:31:02,760
44	495	M 50-59	Patrik Gunnari	SMK Ockelbo	0:17:48,314	0:19:07,738	0:20:34,341	0:19:45,881	0:20:53,588		5	1:38:09,862
45	543	M 50-59	Åke Ljungström	Sala MSK	0:17:59,300	0:18:53,585	0:19:22,023				3	0:56:14,908
46	122	M 50-59	Stefan Roll	FMCK Stockhol	0:15:26,066						1	0:15:26,066
1	721	M 60-65	Per Eklundh	Sala MSK	0:14:43,097	0:15:00,009	0:15:08,657	0:15:22,026	0:15:31,400		5	1:15:45,189
2	763	M 60-65	Mårten Hultgren	FMCK Stockhol	0:15:11,564	0:15:44,085	0:16:13,344	0:16:05,999	0:15:59,890		5	1:19:14,882
3	451	M 60-65	Björn Gottschalk	SMK Uppsala	0:15:47,163	0:16:02,390	0:16:00,963	0:15:53,618	0:16:00,635		5	1:19:44,769
4	471	M 60-65	Jan-Erik Johansson	AMF Södertälje	0:19:17,740	0:20:29,434	0:20:47,722	0:22:12,358	0:22:16,053		5	1:45:03,307
5	686	M 60-65	Mikael Ahlberg	Botkyrka MK	0:15:27,162						1	0:15:27,162
1	517	M 65+	Leif Edvinsson	Östhammars M	0:19:20,859	0:18:37,193	0:18:49,507	0:19:14,492	0:19:21,991		5	1:35:24,042

2	204	M 65+	Per-Åke Rydeberg	FMCK Stockhol	0:18:41,698	0:18:54,534	0:19:26,608	0:20:38,025	0:19:31,187		5	1:37:12,052
3	592	M 65+	Rolf Norberg	FMCK Stockhol	0:20:09,268	0:21:23,477					2	0:41:32,745
1	121	Senior	Robert Forsell	Göta MS	0:12:18,829	0:12:15,647	0:12:24,683	0:12:27,338	0:12:29,126	0:12:30,239	6	1:14:25,862
2	51	Senior	Fredrik Forsell	Göta MS	0:12:31,260	0:12:19,976	0:12:25,503	0:12:30,062	0:12:40,328	0:12:26,904	6	1:14:54,033
3	244	Senior	Charlie Viklund	SMK Ockelbo	0:12:32,710	0:12:34,872	0:12:31,418	0:12:38,595	0:12:35,481	0:12:34,376	6	1:15:27,452
4	62	Senior	Sam Mickelsson	Bollnäs MK	0:13:11,145	0:13:10,430	0:13:19,377	0:13:11,562	0:13:26,833	0:13:27,335	6	1:19:46,682
5	356	Senior	Joakim Weston	MK Orion	0:13:23,938	0:13:05,314	0:13:14,799	0:13:19,255	0:13:19,147	0:13:27,077	6	1:19:49,530
6	593	Senior	Markus Djurson	Göta MS	0:13:24,967	0:13:22,421	0:13:33,593	0:13:24,810	0:13:37,496	0:13:30,413	6	1:20:53,700
7	980	Senior	Tobias Lindbom	Mälare MCK	0:13:37,150	0:13:45,445	0:13:32,076	0:13:39,874	0:13:46,179	0:13:34,887	6	1:21:55,611
8	124	Senior	Albin Forsling Ekblom	FMCK Strängnä	0:13:15,726	0:13:34,143	0:13:31,980	0:13:41,617	0:13:56,497	0:13:55,854	6	1:21:55,817
9	604	Senior	Chrisse Larsson	Göta MS	0:13:12,879	0:13:48,107	0:13:55,899	0:13:55,167	0:13:52,061	0:14:07,805	6	1:22:51,918
10	932	Senior	Henrik Övragård	Örbyhus MCK	0:14:19,737	0:14:11,860	0:14:16,575	0:14:20,617	0:14:13,225	0:14:30,264	6	1:25:52,278
11	238	Senior	Jonas Alm	Rasbo MK	0:14:02,568	0:14:05,354	0:14:38,177	0:14:17,334	0:14:28,954	0:14:30,618	6	1:26:03,005
12	757	Senior	Linus Carlsson	Uppsala MK	0:14:01,068	0:14:20,541	0:14:36,003	0:14:35,410	0:14:36,052	0:14:25,609	6	1:26:34,683
13	92	Senior	Tommie Törnqvist	Åsätra MK	0:14:23,344	0:14:41,830	0:14:12,013	0:14:24,657	0:14:32,387	0:14:20,762	6	1:26:34,993
14	1360	Senior	Nicolas Skoglund	Arlanda MC	0:12:59,952	0:13:48,654	0:13:38,581	0:13:33,443	0:13:53,809		5	1:07:54,439
15	187	Senior	Tobias Engström	Åsätra MK	0:13:48,692	0:13:38,273	0:13:47,465	0:15:46,127			4	0:57:00,557
16	78	Senior	Dick Taxén	Sala MSK	0:13:48,101	0:14:08,516					2	0:27:56,617
1	439	Ungdom E0	Albin Forsell	Arlanda MC	0:17:40,127	0:18:43,833	0:19:43,282	0:19:18,217	0:20:02,248		5	1:35:27,707
1	819	Ungdom E1	Isak Samuelsson	MK Orion	0:13:58,079	0:14:45,743	0:14:14,988	0:14:18,532	0:14:17,043		5	1:11:34,385
2	291	Ungdom E1	Liam Hisved	SMK Gävle	0:13:39,008	0:14:02,576	0:14:09,637	0:14:21,916	0:17:26,028		5	1:13:39,165
3	354	Ungdom E1	Fritz Blomfeldt	Örbyhus MCK	0:14:56,461	0:15:08,688	0:15:01,929	0:15:14,374	0:16:05,739		5	1:16:27,191
4	322	Ungdom E1	Liam Qvist	Åbågen MCK	0:15:09,944	0:15:36,808	0:16:16,807	0:16:12,381	0:16:02,129		5	1:19:18,069
5	802	Ungdom E1	Linus Eriksson	Arlanda MC	0:15:59,076	0:16:29,376	0:16:35,485	0:16:38,355	0:17:08,722		5	1:22:51,014
6	197	Ungdom E1	Viktor Öberg	FMCK Strängnä	0:19:07,298	0:18:24,523	0:20:15,667	0:18:28,861	0:20:43,499		5	1:36:59,848
7	718	Ungdom E1	Loke Åkesson	Woxnadalens M	0:19:45,391	0:19:43,481	0:20:27,505	0:24:19,416	0:20:18,214		5	1:44:34,007