

MC Sport Cup Älgboda 2022-06-06

Plac	S-nr	Namn	Klubb	Klass	Varv 1	Varv 2	Varv 3	Varv 4	Varv	Totaltid
				DAM						
1	109	Matilda Huss	Göta MS	Dam	0:25:27,049	0:26:47,460	0:25:52,361		3	1:18:06,870
2	801	Hanna Berzelius	Linköpings MS	Dam	0:25:38,141	0:26:20,927	0:26:11,209		3	1:18:10,277
3	807	Hanna Lagher	Göta MS	Dam	0:28:34,041	0:29:21,161	0:29:32,138		3	1:27:27,340
4	21	Nicole Canadas Söderblom	Hedesunda CK	Dam	0:33:39,228	0:32:06,867	0:32:34,312		3	1:38:20,407
5	875	Molly Hjälms	Ludvika MS	Dam	0:32:44,096	0:34:08,292	0:34:01,881		3	1:40:54,269
6	811	Frida Gustavsson	Botkyrka MK	Dam	0:33:31,591	0:34:43,422	0:33:52,801		3	1:42:07,814
7	168	Moa Hjort	Nynäshamns MCK	Dam	0:34:37,756	0:34:20,011	0:34:11,723		3	1:43:09,490
8	266	Frida Skog	FMCK Strängnäs	Dam	0:37:50,146	0:36:28,621	0:37:19,621		3	1:51:38,388
9	431	Linda Söderholm	Västerås MK	Dam	0:39:33,172	0:38:59,008	0:39:10,123		3	1:57:42,303
10	817	Sophie West	Göta MS	Dam	0:40:23,745	0:43:48,949	0:41:51,472		3	2:06:04,166
				ELIT						
1	95	Alexander Gunnerheim	Göta MS	Elit	0:23:51,250	0:23:57,939	0:24:08,436	0:23:59,553	4	1:35:57,178
2	132	Mattias Hägg	FMCK Strängnäs	Elit	0:24:14,210	0:24:15,162	0:24:34,543	0:24:41,025	4	1:37:44,940
3	105	Adam Andersson	Örbyhus MCK	Elit	0:23:54,447	0:24:01,256	0:24:24,733	0:26:10,071	4	1:38:30,507
4	173	Jonte Fornander	Haninge MK	Elit	0:24:31,424	0:25:11,597	0:25:15,521	0:25:46,665	4	1:40:45,207
5	688	Kim Grandell	Ålands MK	Elit	0:24:41,090	0:25:19,179	0:28:02,245	0:27:19,022	4	1:45:21,536
				JUNIOR						
1	346	Leo Aaltonen	Åsätra MK	Junior	0:24:18,146	0:25:00,490	0:25:34,753	0:24:57,221	4	1:39:50,610
2	340	Karl Eriksson	Sala MSK	Junior	0:24:27,568	0:25:00,884	0:25:30,691	0:25:33,983	4	1:40:33,126
3	270	Gustav Eriksson	Sala MSK	Junior	0:25:28,739	0:25:57,802	0:25:57,264	0:26:06,132	4	1:43:29,937
4	149	Douglas Danfors	Göta MS	Junior	0:25:49,709	0:26:05,106	0:26:09,347	0:26:06,013	4	1:44:10,175
5	286	Jack Harold	MK Orion	Junior	0:26:07,720	0:26:49,952	0:27:03,140	0:28:00,151	4	1:48:00,963
6	321	Hugo Josefsson	Mälare MCK	Junior	0:25:30,609	0:26:14,155			2	0:51:44,764
				M 16-39						
1	398	Felix Nyström	Åsätra MK	M 16-39	0:25:16,771	0:26:15,287	0:26:22,544		3	1:17:54,602
2	162	Dennis Lundqvist	Botkyrka MK	M 16-39	0:26:01,208	0:26:57,986	0:26:59,851		3	1:19:59,045
3	703	Ludvig Bromark	Östhammars MK	M 16-39	0:26:00,676	0:26:46,180	0:27:35,292		3	1:20:22,148
4	73	Tobias Burman	Östhammars MK	M 16-39	0:26:21,558	0:27:25,522	0:27:34,064		3	1:21:21,144
5	86	Anders Viklund	Botkyrka MK	M 16-39	0:26:38,290	0:27:24,032	0:27:37,225		3	1:21:39,547
6	366	Stefan Sundberg	SMK Gävle	M 16-39	0:27:07,145	0:27:32,670	0:27:41,665		3	1:22:21,480
7	202	Lukas Frostell	Nyköpings MS	M 16-39	0:27:12,367	0:27:29,642	0:28:03,505		3	1:22:45,514
8	603	Dennis Jansson	Åbågen MCK	M 16-39	0:27:49,795	0:27:30,678	0:27:46,629		3	1:23:07,102
9	185	Pär Andersson	Fagersta-Norberg	M 16-39	0:27:56,532	0:27:57,927	0:27:45,221		3	1:23:39,680
10	203	Max Åsåker	SMK Hedemora	M 16-39	0:28:06,357	0:28:27,739	0:27:59,068		3	1:24:33,164
11	17	Kristoffer Gustafsson	Uppsala MK	M 16-39	0:27:45,392	0:28:31,020	0:29:02,821		3	1:25:19,233

12	58	Andreas Boukaras	Uppsala MK	M 16-39	0:28:23,017	0:28:22,658	0:28:40,840		3	1:25:26,515
13	309	Daniel Björk	Örbyhus MCK	M 16-39	0:28:37,097	0:28:20,986	0:28:39,735		3	1:25:37,818
14	521	Dennis Simonetti	Botkyrka MK	M 16-39	0:27:13,423	0:28:57,605	0:30:26,550		3	1:26:37,578
15	644	Dan Gustafsson	Göta MS	M 16-39	0:28:44,968	0:29:10,096	0:28:44,748		3	1:26:39,812
16	29	Max Hammarström	Gamla Uppsala Du	M 16-39	0:28:30,405	0:28:54,657	0:29:20,998		3	1:26:46,060
17	553	Ludwig Sehman	MCK 4 All	M 16-39	0:28:42,762	0:28:35,772	0:29:28,438		3	1:26:46,972
18	581	Jakob Rosander	Mälare MCK	M 16-39	0:28:34,491	0:28:44,959	0:29:32,623		3	1:26:52,073
19	994	Elis Johansson	Åbågen MCK	M 16-39	0:28:53,633	0:28:44,827	0:30:06,709		3	1:27:45,169
20	551	Robert Allen	AMF Årsunda	M 16-39	0:29:17,643	0:29:14,880	0:29:12,771		3	1:27:45,294
21	345	Philip Pallin	Haninge MK	M 16-39	0:28:59,334	0:29:28,635	0:29:20,006		3	1:27:47,975
22	167	Leo Martin	SMK Tierp	M 16-39	0:28:54,833	0:30:07,085	0:29:10,149		3	1:28:12,067
23	800	Martin Karlsson	Åbågen MCK	M 16-39	0:28:48,277	0:29:17,797	0:30:30,107		3	1:28:36,181
24	77	Linus Burman	Östhammars MK	M 16-39	0:28:44,878	0:29:13,987	0:30:42,326		3	1:28:41,191
25	331	Robin Thornberg	Åsätra MK	M 16-39	0:29:28,988	0:29:50,531	0:30:01,118		3	1:29:20,637
26	189	Jimmy Holmgren	Östhammars MK	M 16-39	0:29:48,919	0:30:00,978	0:29:34,144		3	1:29:24,041
27	96	Anton Olofsson	Åsätra MK	M 16-39	0:29:30,134	0:30:14,893	0:30:19,194		3	1:30:04,221
28	264	Wilmer Spång	SMK Södermanla	M 16-39	0:29:42,587	0:29:48,594	0:30:38,101		3	1:30:09,282
29	265	Dario Krajinovic	FMCK Strängnäs	M 16-39	0:29:55,222	0:30:10,166	0:30:27,225		3	1:30:32,613
30	917	Daniel Rivera	Åsätra MK	M 16-39	0:29:32,834	0:30:17,047	0:30:51,660		3	1:30:41,541
31	432	Linus Lundqvist	Botkyrka MK	M 16-39	0:31:15,570	0:29:58,840	0:29:36,385		3	1:30:50,795
32	335	Simon Lundqvist	Botkyrka MK	M 16-39	0:30:22,411	0:30:08,987	0:30:31,187		3	1:31:02,585
33	789	Christofer Larsson	Örbyhus MCK	M 16-39	0:29:57,818	0:30:42,882	0:30:35,966		3	1:31:16,666
34	907	Joel Granath	SMK Gävle	M 16-39	0:29:05,633	0:31:07,112	0:31:14,919		3	1:31:27,664
35	83	Henrik Lilja	Botkyrka MK	M 16-39	0:30:16,075	0:30:30,000	0:30:53,188		3	1:31:39,000
36	579	Arvid Westman	SMK Tierp	M 16-39	0:30:32,066	0:30:14,318	0:31:16,509		3	1:32:02,893
37	117	Hjalmar Lundin	Botkyrka MK	M 16-39	0:29:24,123	0:31:12,020	0:31:38,970		3	1:32:15,113
38	88	Rasmus Sjöo	Mälare MCK	M 16-39	0:30:08,773	0:31:01,595	0:31:19,186		3	1:32:29,554
39	608	Per Johansson	SMK Södermanla	M 16-39	0:31:09,519	0:31:11,803	0:30:29,105		3	1:32:50,427
40	164	Mattias Thornberg	Åsätra MK	M 16-39	0:31:03,593	0:30:58,447	0:31:09,025		3	1:33:11,065
41	23	Linus Öberg	FMCK Strängnäs	M 16-39	0:30:32,048	0:30:31,802	0:32:07,410		3	1:33:11,260
42	93	Oscar Hammarsten	SMK Södermanla	M 16-39	0:30:36,238	0:31:08,665	0:31:31,583		3	1:33:16,486
43	641	Tony Rådberg	Åbågen MCK	M 16-39	0:31:13,989	0:31:01,919	0:31:20,631		3	1:33:36,539
44	194	Rasmus Eriksson	Göta MS	M 16-39	0:30:53,604	0:31:34,296	0:31:26,484		3	1:33:54,384
45	701	Robin Røjmarker	Uppsala MK	M 16-39	0:30:37,347	0:32:13,185	0:31:18,899		3	1:34:09,431
46	293	Jimmy Eriksson	SMK Södermanla	M 16-39	0:30:49,626	0:32:08,196	0:32:08,970		3	1:35:06,792
47	232	Simon Weiman Berg	SMK Södermanla	M 16-39	0:31:48,537	0:33:07,674	0:30:53,943		3	1:35:50,154
48	513	Magnus Martinell	Sala MSK	M 16-39	0:32:11,468	0:32:06,054	0:32:02,698		3	1:36:20,220
49	609	Emanuel Zotterman	Botkyrka MK	M 16-39	0:32:32,952	0:32:07,213	0:32:19,847		3	1:37:00,012
50	31	Christer Zelin	Östhammars MK	M 16-39	0:32:19,810	0:32:47,942	0:32:31,299		3	1:37:39,051

51	717	Kristian Broström	Botkyrka MK	M 16-39	0:32:23,363	0:32:40,000	0:32:46,161		3	1:37:50,000
52	643	Magnus Johansson	Åbågen MCK	M 16-39	0:32:08,091	0:33:06,590	0:32:51,727		3	1:38:06,408
53	101	Robin Åkerblad	Botkyrka MK	M 16-39	0:32:45,202	0:33:08,011	0:32:19,422		3	1:38:12,635
54	365	Victor Bohman	Gamla Upsala Du	M 16-39	0:33:05,778	0:33:01,373	0:33:28,740		3	1:39:35,891
55	774	Johan Svahn	Botkyrka MK	M 16-39	0:33:03,065	0:33:38,052	0:33:12,947		3	1:39:54,064
56	277	Fredrik Erik Jansson	Rasbo MK	M 16-39	0:33:13,000	0:33:58,231	0:34:05,188		3	1:41:16,000
57	743	Albert Åhlenius	Uppsala MK	M 16-39	0:34:44,322	0:34:36,500	0:35:18,079		3	1:44:38,901
58	808	Viktor Dahlström	Botkyrka MK	M 16-39	0:33:30,558	0:36:04,279	0:36:05,988		3	1:45:40,825
59	873	Alexander Lund	MK Orion	M 16-39	0:36:23,700	0:35:33,740	0:36:20,841		3	1:48:18,281
60	722	Mikael Ulander	MCK 4 All	M 16-39	0:35:37,351	0:37:30,789	0:35:25,100		3	1:48:33,240
61	723	Mattias Ulander	MCK 4 All	M 16-39	0:36:32,639	0:37:01,217	0:36:21,918		3	1:49:55,774
62	359	Mattias Bengtsson	Göta MS	M 16-39	0:35:36,381	0:36:31,501	0:38:04,300		3	1:50:12,182
63	446	Jody Hellsing	Åsätra MK	M 16-39	0:37:04,248	0:39:02,289	0:37:41,000		3	1:53:48,000
64	638	Fredrik Toll	Arlanda MC	M 16-39	0:36:55,351	0:39:38,600	0:40:13,958		3	1:56:47,909
65	990	Thomas Krogstad	MK Orion	M 16-39	1:45:34,437	0:15:04,600			2	2:00:39,037
66	874	Sebastian Westerberg	MK Orion	M 16-39	0:36:55,838				1	0:36:55,838
67	13	Rasmus Engelman	Botkyrka MK	M 16-39	0:41:30,150				1	0:41:30,150
				M 40-49						
1	989	Jan Nevala	Gnesta MK	M 40-49	0:24:50,248	0:25:39,177	0:26:21,841		3	1:16:51,266
2	107	Christer Huss	Göta MS	M 40-49	0:25:19,216	0:26:06,251	0:26:12,910		3	1:17:38,377
3	478	Peter Bysell	FMCK Strängnäs	M 40-49	0:25:31,523	0:26:24,159	0:26:35,883		3	1:18:31,565
4	492	Daniel Jansson	Sala MSK	M 40-49	0:25:40,370	0:26:25,903	0:26:59,241		3	1:19:05,514
5	567	Mikael Hed	FMCK Falun	M 40-49	0:26:36,820	0:26:17,559	0:26:13,864		3	1:19:08,243
6	647	Peter Lundsten	FMCK Stockholm	M 40-49	0:26:36,880	0:26:41,882	0:26:50,102		3	1:20:08,864
7	421	Niclas Vickström	SMK Hofors	M 40-49	0:26:01,952	0:26:53,749	0:27:13,417		3	1:20:09,118
8	542	Mattias Nyström	Arlanda MC	M 40-49	0:26:43,714	0:26:26,764	0:27:01,208		3	1:20:11,686
9	777	Lars-Erik Wörn	Göta MS	M 40-49	0:26:23,273	0:27:37,945	0:27:36,783		3	1:21:38,001
10	571	Thomas Sjögren	Värmdö MK	M 40-49	0:26:42,149	0:27:25,683	0:27:51,367		3	1:21:59,199
11	39	Filip Berglund	Göta MS	M 40-49	0:27:06,549	0:27:37,039	0:27:52,429		3	1:22:36,017
12	351	Per Jansson	Bollnäs MK	M 40-49	0:28:04,136	0:27:53,671	0:28:31,659		3	1:24:29,466
13	519	Fredrik Åkerfeldt	Uppsala MK	M 40-49	0:27:54,245	0:28:21,614	0:28:45,262		3	1:25:01,121
14	590	Tomas Strandberg	Botkyrka MK	M 40-49	0:27:50,871	0:28:30,758	0:28:59,041		3	1:25:20,670
15	969	Alexander Lundkvist	Nynäshamns MCK	M 40-49	0:27:59,747	0:28:30,575	0:29:00,839		3	1:25:31,161
16	260	Andreas Jonsson	Åsätra MK	M 40-49	0:27:54,039	0:28:52,088	0:29:14,528		3	1:26:00,655
17	573	Samuel Zetterberg	Göta MS	M 40-49	0:28:24,322	0:29:04,754	0:28:47,215		3	1:26:16,291
18	727	Tony Eklund	Uppsala MK	M 40-49	0:28:32,602	0:29:19,722	0:29:05,747		3	1:26:58,071
19	530	Rickard Sedelius	Värmdö MK	M 40-49	0:28:23,553	0:30:46,971	0:27:49,443		3	1:26:59,967
20	557	Ronnie Hofberg	Sala MSK	M 40-49	0:28:40,040	0:29:07,773	0:29:19,100		3	1:27:06,913
21	459	Daniel Carlström	Woxnadalens MK	M 40-49	0:29:10,904	0:29:35,984	0:29:28,715		3	1:28:15,603

22	918	Robert Eklund	Sala MSK	M 40-49	0:28:54,858	0:29:20,124	0:30:31,688		3	1:28:46,670
23	449	Dennis Czerwiec	FMCK Strängnäs	M 40-49	0:30:24,961	0:29:47,730	0:29:50,693		3	1:30:03,384
24	179	Magnus Persson	Uppsala MK	M 40-49	0:29:57,346	0:30:07,229	0:30:09,114		3	1:30:13,689
25	210	Mattias Jörgensen	Åsätra MK	M 40-49	0:30:57,490	0:29:50,038	0:29:59,947		3	1:30:47,475
26	98	Peder Björling	Åsätra MK	M 40-49	0:29:45,500	0:31:16,082	0:30:37,831		3	1:31:39,413
27	570	Michel Fares Azar	Botkyrka MK	M 40-49	0:30:47,311	0:30:53,496	0:30:39,560		3	1:32:20,367
28	719	Peter Johansson	Woxnadalens MK	M 40-49	0:31:52,851	0:30:58,149	0:30:20,039		3	1:33:11,039
29	300	Jonas Persson	Bollnäs MK	M 40-49	0:31:00,695	0:32:24,402	0:31:27,582		3	1:34:52,679
30	253	Christoffer Segerström	Gnesta MK	M 40-49	0:31:08,296	0:32:36,175	0:31:21,342		3	1:35:05,813
31	123	Roland Ekberg	Gnesta MK	M 40-49	0:31:14,777	0:31:59,837	0:32:08,743		3	1:35:23,357
32	515	Robin Nässlin	SMK Gävle	M 40-49	0:32:43,906	0:31:48,174	0:30:51,783		3	1:35:23,863
33	509	Tomas Pettersson	Göta MS	M 40-49	0:31:32,719	0:32:45,806	0:33:03,797		3	1:37:22,322
34	511	Gert Gustafsson	FMCK Stockholm	M 40-49	0:32:47,000	0:32:20,149	0:32:24,682		3	1:37:32,000
35	417	Mattias Hedman	Uppsala MK	M 40-49	0:32:45,191	0:32:59,468	0:32:14,167		3	1:37:58,826
36	554	Henrik Åkerlund	Upplands Väsby N	M 40-49	0:32:16,587	0:32:55,563	0:33:07,159		3	1:38:19,309
37	138	Mattias Eriksson	Örbyhus MCK	M 40-49	0:36:46,438	0:30:30,498	0:31:35,654		3	1:38:52,590
38	276	Jon Johansson	Rasbo MK	M 40-49	0:32:43,801	0:33:05,830	0:33:30,924		3	1:39:20,555
39	183	Joakim Westman	SMK Tierp	M 40-49	0:33:30,947	0:33:13,542	0:34:02,263		3	1:40:46,752
40	697	Peter Wikström	Upplands Väsby N	M 40-49	0:33:38,595	0:34:17,602	0:34:01,602		3	1:41:57,799
41	999	Dan Nässlin	SMK Gävle	M 40-49	0:33:58,833	0:36:26,664	0:34:12,407		3	1:44:37,904
42	476	Petter Lantz	Rasbo MK	M 40-49	0:35:30,835	0:35:06,581	0:35:02,000		3	1:45:39,000
43	399	Joakim Nystedt	Gnesta MK	M 40-49	0:34:41,872	0:36:03,041	0:35:38,698		3	1:46:23,611
44	263	Fredrik Spång	SMK Södermanla	M 40-49	0:35:34,010	0:37:24,910	0:36:17,902		3	1:49:16,822
45	188	Peter Sandberg	Åsätra MK	M 40-49	0:29:16,347	1:03:34,421	0:30:34,365		3	2:03:25,133
46	577	Martin Nilshagen	Fagersta-Norberg	M 40-49	0:40:10,995	0:46:58,995	0:43:01,540		3	2:10:11,530
47	741	Emil Brodén	Sala MSK	M 40-49	0:30:56,548	0:31:34,224			2	1:02:30,772
48	339	Peter Ferm Langmann	Mälarö MCK	M 40-49	0:31:05,933	0:32:10,911			2	1:03:16,844
49	585	Martin Rapp Klemets	Karlskoga MF	M 40-49	0:28:00,534				1	0:28:00,534
				M 50-59						
1	36	Örjan Brink	Göta MS	M 50-59	0:24:28,653	0:25:35,310	0:26:00,275		3	1:16:04,238
2	6	Carl-Ulric Wendin	Östhammars MK	M 50-59	0:26:06,434	0:26:53,276	0:27:29,651		3	1:20:29,361
3	645	Joachim Stork	SMK Tierp	M 50-59	0:26:36,036	0:26:53,437	0:27:21,485		3	1:20:50,958
4	402	Joakim Rosander	Upplands Väsby N	M 50-59	0:26:47,665	0:27:15,132	0:27:41,770		3	1:21:44,567
5	691	Kjell Rangdal	Värmdö MK	M 50-59	0:26:47,163	0:27:16,297	0:27:49,393		3	1:21:52,853
6	218	Johan Werner	FMCK Stockholm	M 50-59	0:26:53,283	0:27:39,966	0:28:07,727		3	1:22:40,976
7	405	Peter Karlsson	MK Nitro	M 50-59	0:27:48,163	0:27:55,693	0:27:48,664		3	1:23:32,520
8	136	Mikael Ohlson	Nynäshamns MCK	M 50-59	0:27:47,116	0:27:58,975	0:28:25,197		3	1:24:11,288
9	684	Magnus Forsling	FMCK Strängnäs	M 50-59	0:27:53,673	0:28:06,745	0:28:33,467		3	1:24:33,885
10	82	Jonas Strand	Uppsala MCK	M 50-59	0:27:32,245	0:28:10,858	0:28:52,441		3	1:24:35,544

11	669	Mattias Särnholm	Bollnäs MK	M 50-59	0:27:41,047	0:28:22,299	0:28:46,968		3	1:24:50,314
12	484	Jonas Lagervall	Haninge MK	M 50-59	0:28:29,043	0:28:34,190	0:28:07,499		3	1:25:10,732
13	336	Cenneth Engstrand	Göta MS	M 50-59	0:28:12,129	0:28:27,355	0:28:49,759		3	1:25:29,243
14	666	Mats Andersson	Botkyrka MK	M 50-59	0:28:19,433	0:29:02,342	0:28:53,246		3	1:26:15,021
15	913	Jan Karlsson	MK Orion	M 50-59	0:27:58,028	0:28:45,306	0:29:57,787		3	1:26:41,121
16	656	Jan Hamberg	MK Orion	M 50-59	0:29:53,466	0:28:59,924	0:28:32,193		3	1:27:25,583
17	139	Leif Blomberg	Haninge MK	M 50-59	0:29:33,186	0:29:06,631	0:28:48,998		3	1:27:28,815
18	512	Richard Kitzberger	Upplands Väsby N	M 50-59	0:29:14,752	0:29:20,864	0:29:14,890		3	1:27:50,506
19	205	Jonas Leidebrant	Göta MS	M 50-59	0:28:56,287	0:29:27,955	0:29:26,831		3	1:27:51,073
20	122	Stefan Roll	FMCK Stockholm	M 50-59	0:29:00,919	0:29:12,640	0:29:42,875		3	1:27:56,434
21	424	Mikael Strand	Uppsala MCK	M 50-59	0:28:53,433	0:29:00,714	0:30:06,500		3	1:28:00,647
22	624	Göran Segerlund	Botkyrka MK	M 50-59	0:29:09,253	0:29:39,616	0:30:22,620		3	1:29:11,489
23	880	Tom Stålebrant	Nyköpings MS	M 50-59	0:29:03,997	0:30:25,102	0:30:10,240		3	1:29:39,339
24	716	Hans Eriksson	Åbågen MCK	M 50-59	0:29:23,794	0:30:16,862	0:30:27,690		3	1:30:08,346
25	145	Johan Jansson	Örbyhus MCK	M 50-59	0:29:47,029	0:30:05,750	0:30:17,408		3	1:30:10,187
26	526	Mikael Pettersson	FMCK Stockholm	M 50-59	0:30:14,897	0:30:11,160	0:30:20,631		3	1:30:46,688
27	371	Klas Björk	Göta MS	M 50-59	0:29:39,611	0:30:46,126	0:30:48,393		3	1:31:14,130
28	447	Thomas Norrman	Uppsala MK	M 50-59	0:30:08,978	0:30:30,379	0:31:18,044		3	1:31:57,401
29	672	Niclas Jansson	Rasbo MK	M 50-59	0:30:20,069	0:30:32,289	0:31:26,404		3	1:32:18,762
30	307	Lars-Erik Hult	Bollnäs MK	M 50-59	0:30:54,899	0:30:05,914	0:31:28,776		3	1:32:29,589
31	998	Thomas Steinwender	FMCK Stockholm	M 50-59	0:30:15,136	0:30:58,352	0:31:36,651		3	1:32:50,139
32	649	Henrik Andersen	Östhammars MK	M 50-59	0:30:50,208	0:31:00,010	0:31:16,684		3	1:33:06,902
33	318	Erik Forselius	Göta MS	M 50-59	0:30:26,783	0:31:29,000	0:32:18,200		3	1:34:13,983
34	668	Conny Kraiman	Haninge MK	M 50-59	0:31:52,537	0:31:44,521	0:32:20,797		3	1:35:57,855
35	780	Roger Johansson	FMCK Stockholm	M 50-59	0:31:56,217	0:32:20,095	0:32:14,220		3	1:36:30,532
36	34	Magnus Pettersson	Göta MS	M 50-59	0:31:41,981	0:31:02,964	0:34:36,144		3	1:37:21,089
37	377	Fredrik Brodin	Arlanda MC	M 50-59	0:31:34,438	0:32:53,732	0:33:21,768		3	1:37:49,938
38	409	Åke Vallin	Botkyrka MK	M 50-59	0:32:53,318	0:32:59,986	0:33:02,088		3	1:38:55,392
39	172	Håkan Krusemark	Åsätra MK	M 50-59	0:32:41,044	0:33:56,695	0:35:02,610		3	1:41:40,349
40	527	Torbjörn Ekström	Göta MS	M 50-59	0:33:43,566	0:35:23,151	0:34:19,102		3	1:43:25,819
41	112	Kari Elfvingrén	Åsätra MK	M 50-59	0:34:20,211	0:34:55,636	0:34:41,375		3	1:43:57,222
42	242	Mavusz Lovlaouslai	Mälärö MCK	M 50-59	0:35:09,368	0:35:04,840	0:33:56,743		3	1:44:10,951
43	356	Niklas Sundman	Mälardalens EK	M 50-59	0:34:53,681	0:35:50,765	0:35:44,482		3	1:46:28,928
44	662	Johan Eklund	Upplands Väsby N	M 50-59	0:37:32,337	0:34:46,009	0:36:26,587		3	1:48:44,933
45	334	Tomas Apelgårdh	Mälardalens EK	M 50-59	0:26:39,874				1	0:26:39,874
46	600	Richard Andersson	Östhammars MK	M 50-59	0:32:54,125				1	0:32:54,125
				M 60-65						
1	721	Per Eklundh	Sala MSK	M 60-65	0:28:43,795	0:29:03,218	0:29:25,946		3	1:27:12,959
2	11	Jörgen Lindholm	Göta MS	M 60-65	0:30:02,926	0:29:32,010	0:29:32,478		3	1:29:07,414

3	143	Per Björk	Göta MS	M 60-65	0:29:30,436	0:30:45,701	0:30:09,459		3	1:30:25,596
4	686	Mikael Ahlberg	Botkyrka MK	M 60-65	0:30:10,012	0:30:44,858	0:30:15,166		3	1:31:10,036
5	451	Björn Gottschalk	SMK Uppsala	M 60-65	0:31:02,317	0:30:45,471	0:30:28,876		3	1:32:16,664
6	99	Morgan Davidsson	Mälardalens EK	M 60-65	0:30:57,176	0:31:39,711	0:31:02,113		3	1:33:39,000
7	126	Torbjörn Andersson	MSK Skinnskatte	M 60-65	0:32:52,519	0:33:21,611	0:33:17,051		3	1:39:31,181
8	518	Michael Herholz	Åsätra MK	M 60-65	0:33:32,816	0:33:12,381	0:33:20,200		3	1:40:05,397
9	471	Jan-Erik Johansson	AMF Södertälje	M 60-65	0:36:48,890	0:37:26,138	0:36:19,703		3	1:50:34,731
				M 65+						
1	204	Per-Åke Rydeberg	FMCK Stockholm	M 65+	0:43:44,101	0:41:39,738	0:39:51,875		3	2:05:15,714
2	1351	Lars Söderlund	Göta MS	M 65+	0:42:01,837	0:44:07,051	0:42:41,164		3	2:08:50,052
				SENIOR						
1	51	Fredrik Forsell	Göta MS	Senior	0:23:55,130	0:24:06,929	0:24:36,834	0:24:58,276	4	1:37:37,169
2	403	Krister Thorell	SMK Gävle	Senior	0:24:15,189	0:24:37,714	0:24:46,000	0:25:02,103	4	1:38:41,000
3	488	Emil Rönn	Uppsala MK	Senior	0:25:19,990	0:25:22,362	0:24:51,741	0:25:09,567	4	1:40:43,660
4	911	Per Lifvendahl	MK Orion	Senior	0:25:29,149	0:25:34,799	0:25:41,285	0:26:14,350	4	1:42:59,583
5	604	Chrisse Larsson	Göta MS	Senior	0:25:05,978	0:25:40,687	0:26:28,521	0:26:56,148	4	1:44:11,334
6	187	Tobias Engström	Åsätra MK	Senior	0:26:01,661	0:26:59,129	0:26:57,266	0:27:41,926	4	1:47:39,982
7	980	Tobias Lindbom	Göta MS	Senior	0:27:06,074	0:27:30,011	0:27:08,153	0:26:48,766	4	1:48:33,004
8	932	Henrik Övragård	Örbyhus MCK	Senior	0:28:27,865	0:28:17,284	0:28:21,328	0:28:06,618	4	1:53:13,095
9	238	Jonas Alm	Rasbo MK	Senior	0:28:07,646	0:28:35,531	0:28:36,314	0:28:00,647	4	1:53:20,138
10	262	Andréas Ballesteros	Göta MS	Senior	0:29:06,323	0:28:03,206	0:29:01,379	0:29:53,669	4	1:56:04,577
11	92	Tommie Törnqvist	Åsätra MK	Senior	0:29:17,925	0:29:08,255	0:29:22,242	0:31:29,558	4	1:59:17,980
12	191	Filip Glennhammar	FMCK Strängnäs	Senior	0:25:13,716				1	0:25:13,716
				UNGDOM E0						
1	195	Sebastian Erixon	Arlanda MC	Ungdom E0	0:30:42,105	0:31:13,126	0:32:02,381		3	1:33:57,612
2	474	John Pettersson	Göta MS	Ungdom E0	0:31:34,454	0:32:54,796	0:34:37,213		3	1:39:06,463
3	908	Wiggo Lifvendahl	MK Orion	Ungdom E0	0:27:18,292				1	0:27:18,292
				UNGDOM E1						
1	248	Oliver Sedelius	Värmdö MK	Ungdom E1	0:25:15,534	0:25:42,940	0:26:03,628		3	1:17:02,000
2	291	Liam Hisved	SMK Gävle	Ungdom E1	0:26:54,806	0:28:23,296	0:28:10,169		3	1:23:28,271
3	819	Isak Samuelsson	MK Orion	Ungdom E1	0:27:29,747	0:28:15,770	0:27:56,289		3	1:23:41,806
4	354	Fritz Blomfeldt	Örbyhus MCK	Ungdom E1	0:28:26,146	0:28:43,547	0:29:49,280		3	1:26:58,973
5	375	Mattias Henriksson	MK Orion	Ungdom E1	0:28:30,201	0:29:37,489	0:29:36,395		3	1:27:44,085
6	639	Vilhelm Gadefors	Försvarsmaktens	Ungdom E1	0:28:56,981	0:28:42,734	0:30:47,311		3	1:28:27,026
7	423	Theo Ferm Lundgren	Mälare MCK	Ungdom E1	0:31:50,735	0:32:44,867	0:32:50,682		3	1:37:26,284
8	251	Holger Segerström	Gnesta MK	Ungdom E1	0:35:35,791	0:36:42,503	0:40:17,972		3	1:52:36,266
9	718	Loke Åkesson	Woxnadalens MK	Ungdom E1	0:44:06,398	0:43:50,671	0:42:54,050		3	2:10:51,119
10	302	Max Ferm Lundgren	Mälare MCK	Ungdom E1	0:31:23,777	0:32:10,491			2	1:03:34,268
11	23	Albin Brink	Arlanda MC	Ungdom E1	0:27:35,099				1	0:27:35,099