

## Resultat MC Sport Cup Knivsta 2021-06-05

Plac	Nr	Namn	Klubb	Klass	Varv 1	Varv 2	Varv 3	Varv 4	Varv	Totaltid
1	951	Fredrik Forsell	Göta MS	Bredd	0:25:46,788	0:25:31,123	0:25:21,966	0:25:25,886	4	1:42:05,763
2	233	Kim Nilsson	Rospiggarna SK	Bredd	0:25:45,792	0:25:54,497	0:25:55,708	0:25:11,049	4	1:42:47,046
3	291	Jimmie Allen	Göta MS	Bredd	0:25:10,078	0:25:58,886	0:26:19,787	0:25:55,132	4	1:43:23,883
4	438	Marcus Olsen	AMF Södertälje	Bredd	0:25:38,599	0:25:58,764	0:26:21,243	0:25:41,331	4	1:43:39,937
5	188	Emil Rönn	Uppsala MK	Bredd	0:25:31,595	0:26:07,127	0:26:07,919	0:26:03,959	4	1:43:50,600
6	124	Albin Forsling Ekblom	FMCK Strängnäs	Bredd	0:26:07,692	0:26:20,319	0:26:21,529	0:26:29,573	4	1:45:19,113
7	387	Jacob Fredholm	Mälare MCK	Bredd	0:27:00,937	0:27:39,719	0:27:21,635	0:27:54,251	4	1:49:56,542
8	413	Ludwig Lötman	Örbyhus MCK	Bredd	0:27:02,740	0:27:25,076	0:27:37,791	0:27:57,388	4	1:50:02,995
9	765	Fredrik Bellqvist	Örbyhus MCK	Bredd	0:27:03,788	0:27:29,109	0:27:46,812	0:27:47,404	4	1:50:07,113
10	574	Jimmy Tannegård	FMCK Strängnäs	Bredd	0:26:33,585	0:27:27,315	0:28:04,842	0:28:27,093	4	1:50:32,835
11	801	Hanna Berzelius	Linköpings MS	Bredd	0:27:23,680	0:27:57,661	0:28:32,676	0:28:44,411	4	1:52:38,428
12	151	Alexander Svensson	Äsätra MK	Bredd	0:27:55,392	0:28:15,627	0:28:38,711	0:28:27,522	4	1:53:17,252
13	348	Adrian Blomfeldt	Örbyhus MCK	Bredd	0:28:29,388	0:28:30,263	0:29:18,850	0:29:11,874	4	1:55:30,375
14	932	Henrik Övragård	Göta MS	Bredd	0:28:47,728	0:28:45,244	0:29:38,503	0:28:42,220	4	1:55:53,695
15	296	Simon Persson	Örbyhus MCK	Bredd	0:30:00,903	0:28:31,029	0:28:40,937	0:29:31,444	4	1:56:44,313
16	238	Jonas Alm	Rasbo MK	Bredd	0:28:56,500	0:29:11,927	0:29:17,442	0:29:21,829	4	1:56:47,698
17	309	Daniel Björk	Örbyhus MCK	Bredd	0:28:41,056	0:29:29,662	0:29:29,388	0:30:14,845	4	1:57:54,951
18	412	Anders Persson	SMK Hofors	Bredd	0:30:04,211	0:29:50,985	0:31:01,907	0:29:37,373	4	2:00:34,476
19	115	Martin Kypengren	Uppsala MK	Bredd	0:30:18,973	0:30:50,069	0:30:56,318	0:31:37,050	4	2:03:42,410
20	173	Samuel Zetterberg	Göta MS	Bredd	0:28:29,434	0:29:11,629			2	0:57:41,063
1	805	Emma Wennbom	Göta MS	Dam	0:28:15,370	0:28:41,277	0:28:51,258		3	1:25:47,905
2	828	Hanna Lagher	Göta MS	Dam	0:28:36,482	0:29:41,151	0:29:13,831		3	1:27:31,464
3	871	Emilia Windahl	Äbågen MCK	Dam	0:30:11,053	0:30:16,231	0:29:58,771		3	1:30:26,055
4	813	Sofia Lindgren	Äsätra MK	Dam	0:31:57,363	0:35:05,992	0:32:58,989		3	1:40:02,344
5	836	Linda Palm	SMK Södermanland	Dam	0:36:35,704	0:36:23,494	0:36:20,000		3	1:49:19,198
6	807	Molly Hjälms	Grängesbergs MS	Dam	0:37:21,990	0:38:28,894	0:37:12,947		3	1:53:03,831
7	870	Izabelle Rosborg	Botkyrka MK	Dam	0:39:34,946	0:39:17,560	0:39:53,167		3	1:58:45,673
8	431	Linda Söderholm	Västerås MK	Dam	0:40:59,388	0:41:09,296			2	1:22:08,684
9	817	Sophie West	FMCK Strängnäs	Dam	0:52:16,949	0:54:40,762			2	1:46:57,711
1	146	Richard Alun	SMK Södermanland	Elit	0:24:54,532	0:25:00,197	0:25:40,637	0:25:17,278	4	1:40:52,644
2	95	Alexander Gunnerheim	Göta MS	Elit	0:25:32,661	0:25:26,732	0:26:00,015	0:25:34,584	4	1:42:33,992
3	54	Emil Johansson	Äsätra MK	Elit	0:25:11,124	0:25:29,925	0:26:41,913	0:26:04,012	4	1:43:26,974
4	51	Robin Wiss	Göta MS	Elit	0:25:54,215	0:25:42,196	0:26:00,227	0:25:58,234	4	1:43:34,872
5	278	David Holmqvist	Örbyhus MCK	Elit	0:26:11,742	0:26:30,566	0:26:02,808	0:26:53,149	4	1:45:38,265

6	41	Charlie Viklund	SMK Ockelbo	Elit	0:25:54,865	0:26:49,652	0:26:44,035	0:26:16,340	4	1:45:44,892
7	53	Tim Johansson	Åsätra MK	Elit	0:26:37,906	0:26:49,959	0:26:48,136	0:27:05,502	4	1:47:21,503
8	688	Kim Grandell	Ålands MK	Elit	0:26:58,297	0:27:17,220	0:27:18,581	0:27:38,835	4	1:49:12,933
9	215	Marcus Moilanen	Göta MS	Elit	0:27:15,886	0:27:03,821	0:27:29,609	0:27:31,294	4	1:49:20,610
10	67	Felix Gunnerheim	Göta MS	Elit	0:27:03,027	0:27:25,812	0:27:38,700	0:27:16,324	4	1:49:23,863
11	2	Jesper Johansson	Botkyrka MK	Elit	0:26:13,103				1	0:26:13,103
1	178	Adam Fast	SMK Vingåker	Junior	0:24:22,438	0:25:18,874	0:25:36,391	0:25:49,479	4	1:41:07,182
2	378	Victor Lundin	SMK Tierp	Junior	0:25:17,948	0:25:12,622	0:25:40,702	0:26:25,474	4	1:42:36,746
3	14	Simon Dahlén	Uppsala MCK	Junior	0:25:57,256	0:26:20,737	0:26:50,507	0:26:38,714	4	1:45:47,214
4	149	Douglas Danfors	Göta MS	Junior	0:26:48,592	0:26:48,288	0:27:15,196	0:27:44,500	4	1:48:36,576
5	227	Andreas Göhle	FMCK Strängnäs	Junior	0:30:57,221	0:32:03,799	0:31:51,943	0:33:08,402	4	2:08:01,365
6	208	Tom Hamilton	Göta MS	Junior	0:36:11,172	0:36:27,927	0:32:43,510	0:32:32,956	4	2:17:55,565
7	72	Anton Edin	Östhammars MK	Junior	0:26:13,365	0:26:28,989	0:27:45,467		3	1:20:27,821
8	980	Tobias Lindbom	Göta MS	Junior	0:29:10,832	0:29:43,879			2	0:58:54,711
9	343	Alfons Lindström	Sala MSK	Junior	0:28:02,202				1	0:28:02,202
1	17	Niklas Persson	Östhammars MK	M 16-39	0:25:59,150	0:26:21,496	0:26:31,876		3	1:18:52,522
2	604	Chrisse Larsson	Arlanda MC	M 16-39	0:26:46,552	0:27:23,814	0:27:41,025		3	1:21:51,391
3	6	Johan Wallin	Örbyhus MCK	M 16-39	0:26:52,960	0:27:16,197	0:27:54,483		3	1:22:03,640
4	200	Albin Karlsson	Östhammars MK	M 16-39	0:26:49,390	0:27:32,706	0:27:41,576		3	1:22:03,672
5	8	Andreas Lindgren	Värmdö MK	M 16-39	0:27:26,385	0:28:02,217	0:28:21,307		3	1:23:49,909
6	177	Tobias Löwdin	Folkare MK	M 16-39	0:27:36,468	0:28:27,643	0:27:57,976		3	1:24:02,087
7	915	Mikael Halonen	MK Orion	M 16-39	0:28:17,532	0:28:27,094	0:28:02,166		3	1:24:46,792
8	993	Kalle Lindén	MCK 4 All	M 16-39	0:28:02,416	0:28:40,164	0:28:42,111		3	1:25:24,691
9	299	Anders Viklund	Botkyrka MK	M 16-39	0:28:36,636	0:28:45,721	0:28:45,258		3	1:26:07,615
10	775	Jens Selling	Mockfjärd MK	M 16-39	0:28:07,975	0:28:26,137	0:29:38,734		3	1:26:12,846
11	198	Felix Nyström	Åsätra MK	M 16-39	0:27:58,528	0:28:57,888	0:29:25,622		3	1:26:22,038
12	181	Pär Andersson	Fagersta-Norberg EK	M 16-39	0:29:03,560	0:29:06,400	0:28:38,752		3	1:26:48,712
13	363	Daniel Rydeberg	Upplands Väsby MK	M 16-39	0:28:47,237	0:29:06,065	0:29:11,166		3	1:27:04,468
14	150	Kristoffer Gustafsson	Uppsala MK	M 16-39	0:28:44,205	0:28:45,488	0:29:35,098		3	1:27:04,791
15	117	William Fabretto	Sala MSK	M 16-39	0:29:13,680	0:28:54,944	0:29:13,725		3	1:27:22,349
16	169	Rasmus Eriksson	Gnesta MK	M 16-39	0:28:05,608	0:29:21,870	0:30:02,574		3	1:27:30,052
17	304	Dennis Lundqvist	Botkyrka MK	M 16-39	0:29:13,457	0:29:35,436	0:29:04,743		3	1:27:53,636
18	203	Max Åsäker	SMK Hedemoraavdeln	M 16-39	0:28:45,841	0:29:48,091	0:29:46,564		3	1:28:20,496
19	91	Markus Wall	Uppsala MK	M 16-39	0:28:14,839	0:29:15,380	0:31:09,286		3	1:28:39,505
20	581	Jakob Rosander	Mälarö MCK	M 16-39	0:29:03,141	0:29:42,038	0:30:01,983		3	1:28:47,162
21	59	Sune Schwartz	Botkyrka MK	M 16-39	0:30:30,740	0:29:54,312	0:30:03,170		3	1:30:28,222
22	997	Robert Ånstrand	Uppsala MK	M 16-39	0:30:22,181	0:30:19,165	0:30:06,658		3	1:30:48,004

23	101	Per Johansson	Göta MS	M 16-39	0:30:09,967	0:30:30,681	0:31:09,389		3	1:31:50,037
24	172	Filip Hanning Zetterberg	Göta MS	M 16-39	0:31:16,048	0:30:13,413	0:30:35,926		3	1:32:05,387
25	58	Andreas Boukaras	Uppsala MK	M 16-39	0:30:37,785	0:30:53,704	0:30:38,599		3	1:32:10,088
26	917	Daniel Rivera	Åsätra MK	M 16-39	0:30:46,067	0:30:39,613	0:30:51,238		3	1:32:16,918
27	454	Fredrik Lindström	Mälardalens EK	M 16-39	0:30:34,198	0:31:27,107	0:30:22,524		3	1:32:23,829
28	197	Dennis Jansson	Åbågen MCK	M 16-39	0:30:48,767	0:30:56,983	0:30:50,844		3	1:32:36,594
29	264	Simon Lundqvist	Botkyrka MK	M 16-39	0:31:37,172	0:30:54,923	0:30:46,867		3	1:33:18,962
30	77	Linus Burman	Östhammars MK	M 16-39	0:30:56,442	0:31:02,748	0:31:29,786		3	1:33:28,976
31	225	Elis Johansson	Åbågen MCK	M 16-39	0:31:21,889	0:31:14,332	0:31:32,701		3	1:34:08,922
32	331	Robin Thornberg	Åsätra MK	M 16-39	0:31:51,465	0:31:27,101	0:31:41,239		3	1:34:59,805
33	81	Peter Burman	Östhammars MK	M 16-39	0:31:26,585	0:31:32,321	0:32:19,823		3	1:35:18,729
34	701	Robin Røjmarker	Uppsala MK	M 16-39	0:33:01,626	0:32:04,618	0:32:17,785		3	1:37:24,029
35	473	Joakim Andersson	Botkyrka MK	M 16-39	0:32:30,077	0:32:31,836	0:32:48,718		3	1:37:50,631
36	513	Magnus Martinell	Sala MSK	M 16-39	0:32:47,082	0:32:24,673	0:32:44,754		3	1:37:56,509
37	184	Arvid Westman	SMK Tierp	M 16-39	0:32:47,683	0:32:43,157	0:32:37,604		3	1:38:08,444
38	235	Jimmy Holmgren	Östhammars MK	M 16-39	0:32:50,684	0:32:46,947	0:33:19,690		3	1:38:57,321
39	493	Patric Andersson	Sala MSK	M 16-39	0:33:08,665	0:32:36,702	0:33:34,250		3	1:39:19,617
40	646	Andréas Ballesteros	Uppsala MK	M 16-39	0:33:47,700	0:32:25,576	0:33:13,233		3	1:39:26,509
41	540	Dick Isaksson	MCK 4 All	M 16-39	0:34:08,138	0:34:50,870	0:34:40,818		3	1:43:39,826
42	194	Rasmus Eriksson	Göta MS	M 16-39	0:35:21,604	0:35:10,536	0:35:30,240		3	1:46:02,380
43	462	Mattias Knutte Ingem Hag	Uppsala MK	M 16-39	0:34:09,545	0:35:40,405	0:36:29,525		3	1:46:19,475
44	987	Tomas Eriksson	Arlanda MC	M 16-39	0:36:28,882	0:35:52,163	0:36:12,875		3	1:48:33,920
45	137	Martin Eriksson	Botkyrka MK	M 16-39	0:35:48,131	0:36:15,300	0:36:48,811		3	1:48:52,242
46	246	Jimmy Forslund	Åbågen MCK	M 16-39	0:39:03,833	0:38:37,606	0:35:56,487		3	1:53:37,926
47	774	Johan Svahn	Botkyrka MK	M 16-39	0:37:02,125	0:38:18,476	0:38:18,360		3	1:53:38,961
48	113	Robin Åkerblad	Botkyrka MK	M 16-39	0:37:35,372	0:38:54,533	0:40:59,937		3	1:57:29,842
49	639	Fredrik Toll	Arlanda MC	M 16-39	0:39:31,315	0:41:01,291	0:41:32,760		3	2:02:05,366
50	180	Johan Rimér	Mälarö MCK	M 16-39	1:15:46,335	0:38:10,539	0:33:25,075		3	2:27:21,949
51	366	Robert Grönbeck	Morgongåva MF	M 16-39	0:50:12,920	0:53:45,793	0:51:00,000		3	2:34:59,000
52	723	Mattias Ulander	MCK 4 All	M 16-39	0:37:51,400	0:40:05,343			2	1:17:56,743
53	1001	Thom Rusk	FMCK Strängnäs	M 16-39	0:42:40,643				1	0:42:40,643
1	12	Peter Bysell	FMCK Strängnäs	M 40-49	0:25:55,952	0:26:22,656	0:25:41,615		3	1:18:00,223
2	492	Daniel Jansson	Sala MSK	M 40-49	0:26:22,011	0:27:09,537	0:27:23,479		3	1:20:55,027
3	567	Mikael Hed	FMCK Falun	M 40-49	0:27:36,435	0:27:51,496	0:28:05,537		3	1:23:33,468
4	480	Jimmy Andersson	FMCK Falun	M 40-49	0:27:57,086	0:28:26,297	0:28:35,520		3	1:24:58,903
5	39	Nils Filip Berglund	Göta MS	M 40-49	0:27:50,614	0:28:08,039	0:29:24,160		3	1:25:22,813
6	571	Thomas Sjögren	Värmdö MK	M 40-49	0:28:06,449	0:29:05,122	0:29:04,267		3	1:26:15,838
7	477	Fredrik Werner	Värmdö MK	M 40-49	0:28:20,422	0:29:23,691	0:29:17,203		3	1:27:01,316

8	551	Ronnie Hofberg	Sala MSK	M 40-49	0:28:58,402	0:29:28,706	0:29:42,260		3	1:28:09,368
9	519	Fredrik Åkerfeldt	Uppsala MK	M 40-49	0:29:04,898	0:29:44,055	0:29:28,638		3	1:28:17,591
10	282	Christian Larsson	Upplands Väsby MK	M 40-49	0:29:14,431	0:29:40,944	0:29:26,081		3	1:28:21,456
11	990	Tomas Strandberg	Botkyrka MK	M 40-49	0:29:39,611	0:29:45,847	0:29:49,563		3	1:29:15,021
12	669	Daniel Andersson	Göta MS	M 40-49	0:29:55,894	0:30:09,204	0:30:12,818		3	1:30:17,916
13	42	Lars Olov Jonsson	Botkyrka MK	M 40-49	0:30:07,651	0:30:24,921	0:30:52,443		3	1:31:25,015
14	918	Robert Eklund	Sala MSK	M 40-49	0:29:32,756	0:30:48,472	0:31:11,467		3	1:31:32,695
15	44	Andrew Notman	Mälardalens EK	M 40-49	0:30:46,466	0:30:22,104	0:30:55,065		3	1:32:03,635
16	71	Gustaf Arvidsson	Uppsala MK	M 40-49	0:30:57,508	0:31:00,925	0:30:43,066		3	1:32:41,499
17	138	Mattias Eriksson	Örbyhus MCK	M 40-49	0:30:35,832	0:31:10,227	0:31:30,359		3	1:33:16,418
18	98	Peder Björling	Åsätra MK	M 40-49	0:30:32,938	0:31:03,833	0:31:56,886		3	1:33:33,657
19	447	Thomas Norrman	MCK 4 All	M 40-49	0:31:10,987	0:31:03,431	0:31:38,780		3	1:33:53,198
20	494	Markus Andersson	Sala MSK	M 40-49	0:31:38,161	0:30:52,183	0:31:28,281		3	1:33:58,625
21	999	Alexander Lundkvist	Nynäshamns MCK	M 40-49	0:31:05,796	0:31:18,059	0:32:02,043		3	1:34:25,898
22	903	Jörgen Öhman	Kolsva MS	M 40-49	0:31:51,001	0:32:15,170	0:31:54,773		3	1:36:00,944
23	377	Fredrik Brodin	Arlanda MC	M 40-49	0:31:33,169	0:33:00,291	0:32:49,119		3	1:37:22,579
24	260	Andreas Jonsson	Åsätra MK	M 40-49	0:33:06,500	0:32:38,303	0:31:51,537		3	1:37:36,340
25	123	Roland Ekberg	Hedeby MCK	M 40-49	0:31:49,582	0:32:16,518	0:33:57,269		3	1:38:03,369
26	90	Niklas Källström	Uppsala MK	M 40-49	0:33:33,879	0:32:02,848	0:34:57,370		3	1:40:34,097
27	47	Joakim Bröms	Mälare MCK	M 40-49	0:33:37,923	0:33:35,893	0:33:42,570		3	1:40:56,386
28	554	Henrik Åkerlund	Upplands Väsby MK	M 40-49	0:33:18,922	0:33:26,116	0:34:21,622		3	1:41:06,660
29	741	Emil Brodén	Sala MSK	M 40-49	0:32:38,955	0:36:24,252	0:33:42,745		3	1:42:45,952
30	671	Conny Rask	SMK Södermanland	M 40-49	0:33:23,768	0:35:08,839	0:34:34,880		3	1:43:07,487
31	747	Oscar Johansson	Göta MS	M 40-49	0:33:16,875	0:34:25,649	0:35:33,652		3	1:43:16,176
32	878	Anders Hedenstrand	FMCK Strängnäs	M 40-49	0:35:11,987	0:34:25,460	0:33:47,050		3	1:43:24,497
33	76	Jan Karlsson	FMCK Strängnäs	M 40-49	0:34:48,827	0:34:59,555	0:34:25,388		3	1:44:13,770
34	509	Tomas Pettersson	Sala MSK	M 40-49	0:32:34,106	0:34:49,475	0:38:08,436		3	1:45:32,017
35	449	Dennis Czerwiec	FMCK Strängnäs	M 40-49	0:36:42,513	0:34:03,169	0:35:12,578		3	1:45:58,260
36	586	Mark Beveridge	Botkyrka MK	M 40-49	0:34:19,074	0:37:35,060	0:36:18,035		3	1:48:12,169
37	500	Erich Triller	Örbyhus MCK	M 40-49	0:37:35,057	0:37:11,249	0:37:23,409		3	1:52:09,715
38	399	Joakim Nystedt	Hedeby MCK	M 40-49	0:38:42,032	0:37:38,225	0:36:02,684		3	1:52:22,941
39	440	Mikael Bellon	FMCK Strängnäs	M 40-49	0:41:48,116	0:42:23,296	0:40:13,284		3	2:04:24,696
40	104	Tobias Qvarnström	Arlanda MC	M 40-49	0:43:01,398	0:44:30,237	0:45:57,263		3	2:13:28,898
41	1111	Staffan Schager	FMCK Strängnäs	M 40-49	0:58:00,222	0:46:00,222	0:40:00,222		3	2:24:01,000
42	88	Peter Sandberg	Åsätra MK	M 40-49	0:31:35,529	0:31:19,431			2	1:02:54,960
43	542	Mattias Nyström	Arlanda MC	M 40-49	0:26:44,219				1	0:26:44,219
1	192	Örjan Brink	Göta MS	M 50-59	0:25:32,813	0:26:13,421	0:26:58,850		3	1:18:45,084
2	52	Anders Jansson Lorek	Sala MSK	M 50-59	0:27:48,124	0:27:57,708	0:28:27,121		3	1:24:12,953

3	605	Peter Karlsson	MK Nitro	M 50-59	0:28:30,266	0:28:49,255	0:29:03,698		3	1:26:23,219
4	607	Pelle Westin	Karlskoga EK	M 50-59	0:28:04,536	0:28:51,537	0:29:28,309		3	1:26:24,382
5	715	Joakim Köping	FMCK Stockholm	M 50-59	0:28:18,804	0:29:03,507	0:29:13,325		3	1:26:35,636
6	397	Mattias Särnholm	Botkyrka MK	M 50-59	0:29:23,150	0:29:28,710	0:29:38,042		3	1:28:29,902
7	601	Urban Lindholm	Botkyrka MK	M 50-59	0:29:05,499	0:29:52,866	0:29:51,744		3	1:28:50,109
8	344	Richard Tell	Värmdö MK	M 50-59	0:29:21,930	0:29:53,202	0:29:37,828		3	1:28:52,960
9	691	Kjell Rangdal	Botkyrka MK	M 50-59	0:29:04,823	0:29:22,533	0:30:25,686		3	1:28:53,042
10	754	Göran Öberg	Nynäshamns MCK	M 50-59	0:29:34,632	0:29:46,676	0:29:37,455		3	1:28:58,763
11	205	Jonas Leidebrant	Göta MS	M 50-59	0:29:53,494	0:29:45,851	0:29:27,235		3	1:29:06,580
12	114	Jan Karlsson	MK Orion	M 50-59	0:28:52,079	0:30:01,258	0:30:17,750		3	1:29:11,087
13	684	Magnus Forsling	FMCK Strängnäs	M 50-59	0:29:13,192	0:29:54,359	0:30:12,197		3	1:29:19,748
14	250	Niclas Fredholm	Mälare MCK	M 50-59	0:29:51,703	0:29:48,273	0:29:40,428		3	1:29:20,404
15	928	Ulf Wisell	MK Orion	M 50-59	0:29:57,458	0:30:01,966	0:30:35,396		3	1:30:34,820
16	99	Morgan Davidsson	Mälardalens EK	M 50-59	0:29:53,747	0:30:11,726	0:30:31,673		3	1:30:37,146
17	122	Stefan Roll	FMCK Stockholm	M 50-59	0:29:55,039	0:30:11,384	0:30:35,914		3	1:30:42,337
18	37	Tord Wigren	SMK Ockelbo	M 50-59	0:30:08,523	0:30:45,972	0:30:44,618		3	1:31:39,113
19	48	Jonas Strand	Uppsala MCK	M 50-59	0:30:18,711	0:30:19,669	0:31:32,314		3	1:32:10,694
20	921	Mats Hugdahl	MX Stockholm MCK	M 50-59	0:31:03,449	0:30:54,712	0:30:25,458		3	1:32:23,619
21	666	Mats Andersson	Botkyrka MK	M 50-59	0:30:46,164	0:31:39,391	0:30:52,073		3	1:33:17,628
22	100	Linus Ullerstam	Värmdö MK	M 50-59	0:30:41,655	0:31:12,788	0:31:45,204		3	1:33:39,647
23	424	Mikael Strand	Uppsala MCK	M 50-59	0:31:02,020	0:31:12,846	0:31:55,550		3	1:34:10,416
24	678	Thomas Malmqvist	Folkare MK	M 50-59	0:30:48,185	0:32:24,818	0:31:04,915		3	1:34:17,918
25	318	Erik Forselius	Göta MS	M 50-59	0:31:05,125	0:31:29,163	0:31:46,759		3	1:34:21,047
26	725	Jacob Hultgren	FMCK Stockholm	M 50-59	0:31:05,424	0:32:14,218	0:31:58,961		3	1:35:18,603
27	461	Henrik Andersen	Östhammars MK	M 50-59	0:31:04,160	0:31:58,894	0:32:21,529		3	1:35:24,583
28	213	Ove Johansson	Åsätra MK	M 50-59	0:32:07,552	0:32:10,381	0:32:16,453		3	1:36:34,386
29	780	Roger Johansson	FMCK Stockholm	M 50-59	0:31:53,508	0:32:18,295	0:32:46,664		3	1:36:58,467
30	660	Jonas Sjöberg	Folkare MK	M 50-59	0:33:04,538	0:32:59,581	0:31:24,099		3	1:37:28,218
31	371	Klas Björk	Göta MS	M 50-59	0:31:50,251	0:33:16,338	0:33:39,860		3	1:38:46,449
32	211	Leif Göhle	FMCK Strängnäs	M 50-59	0:33:01,003	0:33:01,577	0:33:44,150		3	1:39:46,730
33	355	Peter Johansson	Östhammars MK	M 50-59	0:33:45,061	0:32:54,527	0:33:10,114		3	1:39:49,702
34	668	Conny Kraiman	Haninge MK	M 50-59	0:32:28,155	0:33:27,314	0:34:16,057		3	1:40:11,526
35	565	Gert Lamberg	Sala MSK	M 50-59	0:34:18,751	0:34:49,890	0:32:58,047		3	1:42:06,688
36	552	Joakim Ifver	Värmdö MK	M 50-59	0:33:59,567	0:34:40,070	0:34:50,454		3	1:43:30,091
37	654	Örjan Jonsson	Mälardalens EK	M 50-59	0:34:07,561	0:35:07,016	0:35:23,642		3	1:44:38,219
38	527	Torbjörn Ekström	SMK Uppsala	M 50-59	0:34:48,046	0:35:16,325	0:34:36,328		3	1:44:40,699
39	134	Magnus Pettersson	Sala MSK	M 50-59	0:33:52,397	0:34:38,818	0:36:48,024		3	1:45:19,239
40	658	Anders Elm	Östhammars MK	M 50-59	0:33:35,161	0:34:51,326	0:39:37,230		3	1:48:03,717
41	714	Anders Christiansson	Botkyrka MK	M 50-59	0:36:31,303	0:37:06,238	0:34:37,582		3	1:48:15,123

42	112	Kari Elfvingrén	Åsätra MK	M 50-59	0:35:25,000	0:36:40,000	0:37:15,000		3	1:49:20,000
43	128	Janne Forsberg	MCK 4 All	M 50-59	0:35:11,558	0:34:42,768	0:39:56,862		3	1:49:51,188
44	247	Pontus Pape	Linköpings MS	M 50-59	0:37:59,584	0:37:36,405	0:36:17,360		3	1:51:53,349
45	103	Göran Höglund	Haninge MK	M 50-59	0:37:49,357	0:38:09,224	0:37:21,370		3	1:53:19,951
46	358	Niklas Sundman	Arlanda MC	M 50-59	0:36:23,468	0:39:01,125	0:40:32,784		3	1:55:57,377
47	368	Christoffer Moilanen	Göta MS	M 50-59	0:29:00,653	0:29:43,560			2	0:58:44,213
48	744	Richard Andersson	Östhammars MK	M 50-59	0:33:26,502	0:32:40,106			2	1:06:06,608
49	737	Peter Stjernström	SMK Södermanland	M 50-59	0:33:38,140	0:33:51,303			2	1:07:29,443
50	218	Johan Werner	FMCK Stockholm	M 50-59	0:27:58,683				1	0:27:58,683
51	43	Tomas Apelgårdh	Mälardalens EK	M 50-59	0:28:57,112				1	0:28:57,112
1	121	Per Eklundh	Sala MSK	M 60-65	0:29:13,373	0:30:17,458	0:30:02,713		3	1:29:33,544
2	143	Per Björk	Göta MS	M 60-65	0:30:39,930	0:31:05,271	0:31:00,945		3	1:32:46,146
3	686	Mikael Ahlberg	Botkyrka MK	M 60-65	0:31:00,025	0:31:24,989	0:32:03,234		3	1:34:28,248
4	763	Mårten Hultgren	FMCK Stockholm	M 60-65	0:30:48,583	0:31:55,871	0:31:55,775		3	1:34:40,229
5	451	Björn Gottschalk	SMK Uppsala	M 60-65	0:32:45,391	0:32:28,467	0:31:18,654		3	1:36:32,512
6	126	Torbjörn Andersson	MSK Skinnskatteberg	M 60-65	0:33:13,203	0:33:52,349	0:33:19,714		3	1:40:25,266
7	153	Anders Hallberg	Haninge MK	M 60-65	0:33:31,556	0:34:15,417	0:33:15,736		3	1:41:02,709
8	518	Michael Herholz	Åsätra MK	M 60-65	0:36:34,218	0:35:52,741	0:35:25,362		3	1:47:52,321
9	471	Jan-Erik Johansson	AMF Södertälje	M 60-65	0:38:23,297	0:42:13,850	0:45:42,797		3	2:06:19,944
1	411	Rolle Berglund	Göta MS	M 65+	0:33:04,258	0:33:20,175	0:33:12,149		3	1:39:36,582
2	599	Jan Ramstedt	Försvarmaktens EK	M 65+	0:35:07,131	0:35:19,870	0:36:47,152		3	1:47:14,153
3	204	Per-Åke Rydeberg	FMCK Stockholm	M 65+	0:40:45,610	0:41:22,184	0:41:50,498		3	2:03:58,292
1	802	Linus Eriksson	Arlanda MC	Ungdom E0	0:34:23,726	0:35:37,799			2	1:10:01,525
1	206	Sebastian Olsen	Botkyrka MK	Ungdom E1	0:26:38,653	0:27:16,600	0:27:24,360		3	1:21:19,613
2	425	Klas Ullerstam	Värmdö MK	Ungdom E1	0:27:17,449	0:29:44,959	0:28:03,464		3	1:25:05,872
3	258	Rasmus Petersson	Åsätra MK	Ungdom E1	0:27:58,018	0:28:49,609	0:28:49,182		3	1:25:36,809
4	255	William Hedström	Åsätra MK	Ungdom E1	0:28:48,585	0:29:37,155	0:29:12,401		3	1:27:38,141
5	254	Axel Öberg	Nynäshamns MCK	Ungdom E1	0:29:36,949	0:29:54,366	0:30:02,304		3	1:29:33,619
6	420	Charlie Åkerlund	Upplands Väsby MK	Ungdom E1	0:34:27,647	0:35:26,575	0:34:34,300		3	1:44:28,522