

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 1

Pl Namn/Förening Sluttid Sträcktid

| D12 Sträcka 1 | | 2530 - 2560 m | | | | 16 anmälda | | | | |
|---------------|---------------------------------------|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Elin Berg OK Ravinen | 21:29 | 3:02 | 2:23 | 5:59 | 1:29 | 4:22 | 1:56 | 1:18 | 1:00 |
| | | | 3:02 | 5:25 | 11:24 | 12:53 | 17:15 | 19:11 | 20:29 | 21:29 |
| 2 | Linda Renner OK Södertörn | 22:59 | 4:30 | 4:38 | 4:30 | 1:22 | 4:07 | 1:44 | 1:12 | 0:56 |
| | | | 4:30 | 9:08 | 13:38 | 15:00 | 19:07 | 20:51 | 22:03 | 22:59 |
| 3 | Matilda Lindh Sundbybergs IK | 24:30 | 4:29 | 4:48 | 4:27 | 1:27 | 4:51 | 2:19 | 1:13 | 0:56 |
| | | | 4:29 | 9:17 | 13:44 | 15:11 | 20:02 | 22:21 | 23:34 | 24:30 |
| 4 | Ida Skantze Sundbybergs IK | 24:54 | 3:50 | 4:07 | 5:49 | 1:36 | 4:39 | 2:35 | 1:15 | 1:03 |
| | | | 3:50 | 7:57 | 13:46 | 15:22 | 20:01 | 22:36 | 23:51 | 24:54 |
| 5 | Ella Karlsson Snättringe SK | 26:42 | 4:35 | 5:34 | 5:06 | 1:39 | 5:18 | 2:11 | 1:26 | 0:53 |
| | | | 4:35 | 10:09 | 15:15 | 16:54 | 22:12 | 24:23 | 25:49 | 26:42 |
| 6 | Hedda Persson Vildir Skarpnäcks OL | 26:44 | 6:18 | 2:56 | 6:15 | 1:30 | 5:31 | 1:58 | 1:20 | 0:56 |
| | | | 6:18 | 9:14 | 15:29 | 16:59 | 22:30 | 24:28 | 25:48 | 26:44 |
| 7 | Therese Nilsson OK Österåker | 26:48 | 4:35 | 5:28 | 5:04 | 1:41 | 5:21 | 2:11 | 1:28 | 1:00 |
| | | | 4:35 | 10:03 | 15:07 | 16:48 | 22:09 | 24:20 | 25:48 | 26:48 |
| 8 | Katarina Norrby OK Södertörn | 31:40 | 3:51 | 5:04 | 6:35 | 1:58 | 9:22 | 2:13 | 1:34 | 1:03 |
| | | | 3:51 | 8:55 | 15:30 | 17:28 | 26:50 | 29:03 | 30:37 | 31:40 |
| 9 | Tilda Andersson Tullinge SK | 31:59 | 6:47 | 4:56 | 6:11 | 1:51 | 7:21 | 2:27 | 1:20 | 1:06 |
| | | | 6:47 | 11:43 | 17:54 | 19:45 | 27:06 | 29:33 | 30:53 | 31:59 |
| 10 | Emma Bellander Gustavsbergs OK | 32:08 | 4:04 | 5:09 | 6:27 | 2:07 | 9:24 | 2:27 | 1:26 | 1:04 |
| | | | 4:04 | 9:13 | 15:40 | 17:47 | 27:11 | 29:38 | 31:04 | 32:08 |
| 11 | Tyra Alm Järla Orientering | 32:17 | 6:55 | 5:27 | 5:57 | 1:35 | 7:39 | 2:10 | 1:30 | 1:04 |
| | | | 6:55 | 12:22 | 18:19 | 19:54 | 27:33 | 29:43 | 31:13 | 32:17 |
| 12 | Alma Hellström Attunda OK | 34:20 | 3:52 | 7:46 | 6:43 | 1:45 | 9:02 | 2:40 | 1:29 | 1:03 |
| | | | 3:52 | 11:38 | 18:21 | 20:06 | 29:08 | 31:48 | 33:17 | 34:20 |
| 13 | Alice Hallmén Järfälla OK | 38:11 | 5:04 | 6:30 | 7:33 | 2:05 | 10:58 | 3:34 | 1:29 | 0:58 |
| | | | 5:04 | 11:34 | 19:07 | 21:12 | 32:10 | 35:44 | 37:13 | 38:11 |
| 14 | Embla Bergström Täby OK | 39:14 | 6:55 | 9:04 | 11:47 | 2:00 | 4:44 | 2:29 | 1:19 | 0:56 |
| | | | 6:55 | 15:59 | 27:46 | 29:46 | 34:30 | 36:59 | 38:18 | 39:14 |
| 15 | Hedda Röstin Söders-Tyresö | 41:18 | 9:15 | 6:47 | 7:03 | 2:04 | 11:06 | 2:57 | 1:12 | 0:54 |
| | | | 9:15 | 16:02 | 23:05 | 25:09 | 36:15 | 39:12 | 40:24 | 41:18 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 2

Pl Namn/Förening Sluttid Sträcktid

| D12 Sträcka 2 | | 2050 m | | | 27 anmälda | | | | | |
|---------------|---------------------------------------|--------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|
| 1 | Ronja Ståhl Sundbybergs IK | 16:50 | 4:33 | 0:47 | 1:49 | 2:14 | 2:54 | 2:21 | 1:12 | 1:00 |
| | | | 4:33 | 5:20 | 7:09 | 9:23 | 12:17 | 14:38 | 15:50 | 16:50 |
| 2 | Ylva Sandén OK Södertörn | 18:12 | 4:12 | 0:51 | 2:14 | 3:09 | 3:21 | 2:18 | 1:09 | 0:58 |
| | | | 4:12 | 5:03 | 7:17 | 10:26 | 13:47 | 16:05 | 17:14 | 18:12 |
| 3 | Linnea Söderqvist OK Ravinen | 19:29 | 3:56 | 0:54 | 1:58 | 2:33 | 5:15 | 2:47 | 1:16 | 0:50 |
| | | | 3:56 | 4:50 | 6:48 | 9:21 | 14:36 | 17:23 | 18:39 | 19:29 |
| 4 | Smilla Mogensen OK Ravinen | 19:31 | 3:55 | 0:54 | 1:56 | 2:37 | 5:13 | 2:49 | 1:15 | 0:52 |
| | | | 3:55 | 4:49 | 6:45 | 9:22 | 14:35 | 17:24 | 18:39 | 19:31 |
| 5 | Sigrid Carlsson Sundbybergs IK | 19:34 | 4:23 | 0:53 | 2:02 | 2:33 | 4:13 | 3:07 | 1:21 | 1:02 |
| | | | 4:23 | 5:16 | 7:18 | 9:51 | 14:04 | 17:11 | 18:32 | 19:34 |
| 6 | Line Karlsson OK Ravinen | 19:38 | 4:07 | 0:47 | 1:59 | 2:39 | 5:08 | 2:52 | 1:13 | 0:53 |
| | | | 4:07 | 4:54 | 6:53 | 9:32 | 14:40 | 17:32 | 18:45 | 19:38 |
| 7 | Josefin Hersén Tullinge SK | 20:14 | 5:01 | 1:01 | 2:12 | 2:42 | 4:06 | 2:52 | 1:19 | 1:01 |
| | | | 5:01 | 6:02 | 8:14 | 10:56 | 15:02 | 17:54 | 19:13 | 20:14 |
| 8 | Karin Kallhauge Snättringe SK | 23:39 | 6:41 | 1:04 | 2:37 | 2:57 | 4:28 | 3:29 | 1:27 | 0:56 |
| | | | 6:41 | 7:45 | 10:22 | 13:19 | 17:47 | 21:16 | 22:43 | 23:39 |
| 9 | Cecilia Hector Snättringe SK | 24:05 | 6:53 | 1:03 | 2:28 | 2:58 | 4:47 | 3:05 | 1:35 | 1:16 |
| | | | 6:53 | 7:56 | 10:24 | 13:22 | 18:09 | 21:14 | 22:49 | 24:05 |
| 10 | Karolina Bolander Snättringe SK | 24:14 | 6:52 | 1:00 | 2:35 | 2:56 | 4:29 | 3:35 | 1:37 | 1:10 |
| | | | 6:52 | 7:52 | 10:27 | 13:23 | 17:52 | 21:27 | 23:04 | 24:14 |
| 11 | Ida Spennare Attunda OK | 25:51 | 4:55 | 0:54 | 2:33 | 3:02 | 8:34 | 3:27 | 1:17 | 1:09 |
| | | | 4:55 | 5:49 | 8:22 | 11:24 | 19:58 | 23:25 | 24:42 | 25:51 |
| 12 | Maja Sandvik Attunda OK | 25:55 | 4:48 | 1:02 | 2:33 | 3:05 | 8:34 | 3:17 | 1:26 | 1:10 |
| | | | 4:48 | 5:50 | 8:23 | 11:28 | 20:02 | 23:19 | 24:45 | 25:55 |
| 13 | Vilde Jonsson-Wold Sundbybergs IK | 28:09 | 4:23 | 1:00 | 2:40 | 10:51 | 3:58 | 2:51 | 1:22 | 1:04 |
| | | | 4:23 | 5:23 | 8:03 | 18:54 | 22:52 | 25:43 | 27:05 | 28:09 |
| 14 | Johanna Pettersson Gustavsbergs OK | 28:27 | 5:57 | 1:04 | 3:22 | 2:57 | 8:53 | 3:40 | 1:23 | 1:11 |
| | | | 5:57 | 7:01 | 10:23 | 13:20 | 22:13 | 25:53 | 27:16 | 28:27 |
| 15 | Agnes Berg Sundbybergs IK | 28:35 | 4:27 | 1:01 | 2:41 | 10:55 | 3:51 | 3:06 | 1:27 | 1:07 |
| | | | 4:27 | 5:28 | 8:09 | 19:04 | 22:55 | 26:01 | 27:28 | 28:35 |
| 16 | Åsa Sundström Järla Orientering | 28:36 | 12:19 | 1:03 | 2:28 | 3:05 | 3:59 | 3:25 | 1:18 | 0:59 |
| | | | 12:19 | 13:22 | 15:50 | 18:55 | 22:54 | 26:19 | 27:37 | 28:36 |
| 17 | Hanna Söderlund OK Södertörn | 28:39 | 6:52 | 2:21 | 2:23 | 2:37 | 8:31 | 3:34 | 1:14 | 1:07 |
| | | | 6:52 | 9:13 | 11:36 | 14:13 | 22:44 | 26:18 | 27:32 | 28:39 |
| 18 | Amanda Sannicolo Täby OK | 28:51 | 5:42 | 1:05 | 3:22 | 3:50 | 4:34 | 7:59 | 1:31 | 0:48 |
| | | | 5:42 | 6:47 | 10:09 | 13:59 | 18:33 | 26:32 | 28:03 | 28:51 |
| 19 | Malin Hansson Täby OK | 29:32 | 6:22 | 1:18 | 2:57 | 3:27 | 4:40 | 7:58 | 1:37 | 1:13 |
| | | | 6:22 | 7:40 | 10:37 | 14:04 | 18:44 | 26:42 | 28:19 | 29:32 |
| 20 | Vera Rolfsson Skarpnäcks OL | 33:22 | 12:16 | 0:55 | 2:27 | 2:31 | 5:57 | 7:00 | 1:09 | 1:07 |
| | | | 12:16 | 13:11 | 15:38 | 18:09 | 24:06 | 31:06 | 32:15 | 33:22 |
| 21 | My Lennartsson Järfälla OK | 33:54 | 4:46 | 1:39 | 2:31 | 3:51 | 14:27 | 4:13 | 1:22 | 1:05 |
| | | | 4:46 | 6:25 | 8:56 | 12:47 | 27:14 | 31:27 | 32:49 | 33:54 |
| 22 | Ellinor Hamberg Järfälla OK | 33:57 | 4:49 | 1:14 | 2:56 | 3:21 | 14:51 | 4:14 | 1:27 | 1:05 |
| | | | 4:49 | 6:03 | 8:59 | 12:20 | 27:11 | 31:25 | 32:52 | 33:57 |
| 23 | Sanna Hedberg OK Södertörn | 34:01 | 12:57 | 1:14 | 2:26 | 3:07 | 4:07 | 7:22 | 1:35 | 1:13 |
| | | | 12:57 | 14:11 | 16:37 | 19:44 | 23:51 | 31:13 | 32:48 | 34:01 |

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Sida 3

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | |
|----|-------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Emma Vahlberg OK Österåker | 39:35 | 5:04 | 1:07 | 2:59 | 8:50 | 9:29 | 9:43 | 1:28 | 0:55 |
| | | | 5:04 | 6:11 | 9:10 | 18:00 | 27:29 | 37:12 | 38:40 | 39:35 |
| 25 | Saga Lilja Söders-Tyresö | 50:41 | 6:48 | 3:26 | 3:58 | 5:37 | 16:03 | 11:22 | 2:17 | 1:10 |
| | | | 6:48 | 10:14 | 14:12 | 19:49 | 35:52 | 47:14 | 49:31 | 50:41 |
| 26 | Alva Lilja Söders-Tyresö | 50:46 | 6:55 | 3:27 | 3:55 | 5:48 | 16:04 | 11:07 | 2:27 | 1:03 |
| | | | 6:55 | 10:22 | 14:17 | 20:05 | 36:09 | 47:16 | 49:43 | 50:46 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 4

Pl Namn/Förening Sluttid Sträcktid

| D12 Sträcka 3 | | 2530 - 2560 m | | | 15 anmälda | | | | | |
|---------------|---|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Tilde Backlund OK Södertörn | 17:45 | 3:16 | 1:56 | 4:32 | 1:15 | 3:11 | 1:44 | 1:03 | 0:48 |
| | | | 3:16 | 5:12 | 9:44 | 10:59 | 14:10 | 15:54 | 16:57 | 17:45 |
| 2 | Kajsa Bogren Sundbybergs IK | 21:28 | 3:53 | 2:08 | 5:15 | 1:24 | 4:53 | 1:58 | 1:10 | 0:47 |
| | | | 3:53 | 6:01 | 11:16 | 12:40 | 17:33 | 19:31 | 20:41 | 21:28 |
| 3 | Petrina Costermans Järla Orientering | 25:44 | 4:02 | 2:22 | 8:06 | 1:29 | 5:48 | 1:58 | 1:06 | 0:53 |
| | | | 4:02 | 6:24 | 14:30 | 15:59 | 21:47 | 23:45 | 24:51 | 25:44 |
| 4 | Emilia Engel OK Ravinen | 26:01 | 3:11 | 3:12 | 9:30 | 1:18 | 5:09 | 1:37 | 1:07 | 0:57 |
| | | | 3:11 | 6:23 | 15:53 | 17:11 | 22:20 | 23:57 | 25:04 | 26:01 |
| 5 | Klara Bolin Tullinge SK | 27:28 | 4:55 | 2:38 | 8:05 | 1:44 | 5:10 | 2:24 | 1:26 | 1:06 |
| | | | 4:55 | 7:33 | 15:38 | 17:22 | 22:32 | 24:56 | 26:22 | 27:28 |
| 6 | Alexandra Persson OK Österåker | 30:03 | 4:32 | 3:44 | 8:09 | 2:54 | 4:59 | 3:17 | 1:21 | 1:07 |
| | | | 4:32 | 8:16 | 16:25 | 19:19 | 24:18 | 27:35 | 28:56 | 30:03 |
| 7 | Sofia Edvardsson Järfälla OK | 30:35 | 4:22 | 3:37 | 6:00 | 1:35 | 10:45 | 2:00 | 1:16 | 1:00 |
| | | | 4:22 | 7:59 | 13:59 | 15:34 | 26:19 | 28:19 | 29:35 | 30:35 |
| 8 | Wilma Werner Gustavsbergs OK | 32:50 | 4:35 | 4:47 | 6:13 | 1:38 | 11:01 | 2:11 | 1:17 | 1:08 |
| | | | 4:35 | 9:22 | 15:35 | 17:13 | 28:14 | 30:25 | 31:42 | 32:50 |
| 9 | Marie-Chantal Ballnus Snättringe SK | 32:56 | 5:04 | 2:18 | 12:43 | 1:48 | 6:01 | 2:36 | 1:28 | 0:58 |
| | | | 5:04 | 7:22 | 20:05 | 21:53 | 27:54 | 30:30 | 31:58 | 32:56 |
| 10 | Lotten Sandén OK Södertörn | 33:02 | 5:33 | 4:55 | 5:21 | 1:34 | 11:07 | 2:08 | 1:17 | 1:07 |
| | | | 5:33 | 10:28 | 15:49 | 17:23 | 28:30 | 30:38 | 31:55 | 33:02 |
| 11 | Tuva Falk Sundbybergs IK | 33:53 | 8:42 | 6:01 | 7:41 | 1:30 | 5:45 | 1:59 | 1:04 | 1:11 |
| | | | 8:42 | 14:43 | 22:24 | 23:54 | 29:39 | 31:38 | 32:42 | 33:53 |
| 12 | Ida Hänström Täby OK | 39:17 | 4:53 | 6:50 | 9:48 | 1:44 | 10:52 | 2:47 | 1:21 | 1:02 |
| | | | 4:53 | 11:43 | 21:31 | 23:15 | 34:07 | 36:54 | 38:15 | 39:17 |
| 13 | Emma Strähle Söders-Tyresö | 52:59 | 7:00 | 8:40 | 7:20 | 2:21 | 22:33 | 2:46 | 1:20 | 0:59 |
| | | | 7:00 | 15:40 | 23:00 | 25:21 | 47:54 | 50:40 | 52:00 | 52:59 |
| 14 | Sofia Ivers Attunda OK | 54:01 | 6:47 | 15:14 | 6:12 | 1:47 | 18:36 | 2:50 | 1:31 | 1:04 |
| | | | 6:47 | 22:01 | 28:13 | 30:00 | 48:36 | 51:26 | 52:57 | 54:01 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 5

Pl Namn/Förening Sluttid Sträcktid

| D120 Sträcka 1 | | 4000 - 4080 m | | | | 19 anmälda | | | | | | |
|----------------|---|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Christin Söderqvist OK Ravinen | 30:48 | 3:42 | 1:20 | 3:19 | 4:07 | 2:34 | 1:44 | 7:20 | 4:22 | 1:27 | 0:53 |
| | | | 3:42 | 5:02 | 8:21 | 12:28 | 15:02 | 16:46 | 24:06 | 28:28 | 29:55 | 30:48 |
| 2 | Anna Falk Sundbybergs IK | 30:55 | 3:48 | 1:18 | 3:21 | 4:04 | 2:33 | 1:43 | 7:23 | 4:26 | 1:24 | 0:55 |
| | | | 3:48 | 5:06 | 8:27 | 12:31 | 15:04 | 16:47 | 24:10 | 28:36 | 30:00 | 30:55 |
| 3 | Maria von Schmalensée Attunda OK | 33:15 | 4:00 | 1:27 | 3:28 | 4:15 | 2:46 | 2:08 | 8:05 | 4:33 | 1:34 | 0:59 |
| | | | 4:00 | 5:27 | 8:55 | 13:10 | 15:56 | 18:04 | 26:09 | 30:42 | 32:16 | 33:15 |
| 4 | Yvonne Andersson Tullinge SK | 33:24 | 4:03 | 1:25 | 3:27 | 4:14 | 2:59 | 2:02 | 7:57 | 4:48 | 1:34 | 0:55 |
| | | | 4:03 | 5:28 | 8:55 | 13:09 | 16:08 | 18:10 | 26:07 | 30:55 | 32:29 | 33:24 |
| 5 | Lotta Thureson Giberg Hellas Orientering | 33:46 | 3:53 | 1:21 | 3:35 | 4:29 | 2:52 | 1:56 | 8:13 | 4:51 | 1:38 | 0:58 |
| | | | 3:53 | 5:14 | 8:49 | 13:18 | 16:10 | 18:06 | 26:19 | 31:10 | 32:48 | 33:46 |
| 6 | Martina Craig OK Ravinen | 39:06 | 6:58 | 4:21 | 1:13 | 5:03 | 3:05 | 1:44 | 7:53 | 6:05 | 1:44 | 1:00 |
| | | | 6:58 | 11:19 | 12:32 | 17:35 | 20:40 | 22:24 | 30:17 | 36:22 | 38:06 | 39:06 |
| 7 | Cecilia Fochsen Waxholms OK | 39:39 | 4:20 | 1:50 | 6:24 | 5:06 | 2:54 | 1:52 | 9:53 | 4:59 | 1:37 | 0:44 |
| | | | 4:20 | 6:10 | 12:34 | 17:40 | 20:34 | 22:26 | 32:19 | 37:18 | 38:55 | 39:39 |
| 8 | Maria Cole Väsby OK | 39:48 | 6:25 | 2:45 | 1:56 | 4:28 | 3:33 | 3:13 | 9:10 | 5:39 | 1:39 | 1:00 |
| | | | 6:25 | 9:10 | 11:06 | 15:34 | 19:07 | 22:20 | 31:30 | 37:09 | 38:48 | 39:48 |
| 9 | Ann Franzén OK Södertörn | 39:49 | 4:20 | 1:39 | 6:31 | 5:05 | 2:56 | 1:51 | 9:55 | 5:01 | 1:36 | 0:55 |
| | | | 4:20 | 5:59 | 12:30 | 17:35 | 20:31 | 22:22 | 32:17 | 37:18 | 38:54 | 39:49 |
| 10 | Marie Malmborg Söders-Tyresö | 39:50 | 4:27 | 1:31 | 6:34 | 5:05 | 3:01 | 1:49 | 9:46 | 5:01 | 1:38 | 0:58 |
| | | | 4:27 | 5:58 | 12:32 | 17:37 | 20:38 | 22:27 | 32:13 | 37:14 | 38:52 | 39:50 |
| 11 | Kristin Åberg Nilsson Bromma-Vällingby SOK | 39:51 | 6:13 | 2:53 | 1:54 | 4:29 | 3:40 | 3:18 | 9:27 | 5:20 | 1:38 | 0:59 |
| | | | 6:13 | 9:06 | 11:00 | 15:29 | 19:09 | 22:27 | 31:54 | 37:14 | 38:52 | 39:51 |
| 12 | Gunilla Kallhauge Snättringe SK | 39:53 | 6:58 | 2:33 | 1:41 | 6:35 | 2:48 | 1:48 | 9:52 | 5:01 | 1:38 | 0:59 |
| | | | 6:58 | 9:31 | 11:12 | 17:47 | 20:35 | 22:23 | 32:15 | 37:16 | 38:54 | 39:53 |
| 13 | Sussie Tistad IFK Lidingö SOK | 41:18 | 7:00 | 3:20 | 1:12 | 5:26 | 2:51 | 2:14 | 9:11 | 7:25 | 1:42 | 0:57 |
| | | | 7:00 | 10:20 | 11:32 | 16:58 | 19:49 | 22:03 | 31:14 | 38:39 | 40:21 | 41:18 |
| 14 | Sara Wiman Järfälla OK | 44:16 | 6:52 | 2:55 | 1:33 | 6:24 | 3:03 | 1:52 | 12:12 | 6:00 | 2:19 | 1:06 |
| | | | 6:52 | 9:47 | 11:20 | 17:44 | 20:47 | 22:39 | 34:51 | 40:51 | 43:10 | 44:16 |
| 15 | Alexandra Svanström OK Österåker | 48:05 | 6:55 | 2:28 | 1:25 | 4:24 | 9:00 | 5:11 | 8:49 | 6:58 | 1:51 | 1:04 |
| | | | 6:55 | 9:23 | 10:48 | 15:12 | 24:12 | 29:23 | 38:12 | 45:10 | 47:01 | 48:05 |
| 16 | Pernilla Nilsson Järfälla OK | 48:17 | 4:49 | 1:44 | 7:28 | 5:45 | 3:25 | 2:23 | 13:30 | 6:04 | 2:03 | 1:06 |
| | | | 4:49 | 6:33 | 14:01 | 19:46 | 23:11 | 25:34 | 39:04 | 45:08 | 47:11 | 48:17 |
| 17 | Karin Fuhr Lindqvist Skogsluffarnas OK | 50:08 | 4:47 | 1:43 | 4:55 | 8:10 | 4:01 | 5:32 | 9:59 | 7:45 | 2:09 | 1:07 |
| | | | 4:47 | 6:30 | 11:25 | 19:35 | 23:36 | 29:08 | 39:07 | 46:52 | 49:01 | 50:08 |
| 18 | Cecilia Westström Sundbybergs IK | 53:28 | 8:23 | 4:08 | 2:20 | 8:35 | 3:43 | 3:04 | 12:46 | 7:46 | 1:54 | 0:49 |
| | | | 8:23 | 12:31 | 14:51 | 23:26 | 27:09 | 30:13 | 42:59 | 50:45 | 52:39 | 53:28 |

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Sida 6

Pl Namn/Förening Sluttid Sträcktid

| D120 Sträcka 2 | | 2720 m | | 31 anmälda | | | | | | | | |
|----------------|---|--------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Annika Lundström Sundbybergs IK | 23:13 | 4:57 | 0:51 | 3:02 | 3:08 | 1:15 | 1:46 | 3:07 | 2:38 | 1:33 | 0:56 |
| | | | 4:57 | 5:48 | 8:50 | 11:58 | 13:13 | 14:59 | 18:06 | 20:44 | 22:17 | 23:13 |
| 2 | Helene Arrestam Sundbybergs IK | 23:21 | 5:08 | 0:49 | 2:55 | 3:07 | 1:18 | 1:45 | 3:09 | 2:39 | 1:32 | 0:59 |
| | | | 5:08 | 5:57 | 8:52 | 11:59 | 13:17 | 15:02 | 18:11 | 20:50 | 22:22 | 23:21 |
| 3 | Jenny Aasa Snättringe SK | 25:01 | 5:12 | 0:57 | 3:22 | 3:28 | 1:21 | 2:17 | 3:17 | 2:41 | 1:32 | 0:54 |
| | | | 5:12 | 6:09 | 9:31 | 12:59 | 14:20 | 16:37 | 19:54 | 22:35 | 24:07 | 25:01 |
| 4 | Madeleine Limpar Attunda OK | 25:14 | 5:18 | 0:54 | 3:30 | 2:57 | 1:14 | 2:54 | 3:19 | 2:34 | 1:37 | 0:57 |
| | | | 5:18 | 6:12 | 9:42 | 12:39 | 13:53 | 16:47 | 20:06 | 22:40 | 24:17 | 25:14 |
| 5 | Lina Matthews Tullinge SK | 25:21 | 5:10 | 0:58 | 3:21 | 3:32 | 1:24 | 2:11 | 3:23 | 2:35 | 1:38 | 1:09 |
| | | | 5:10 | 6:08 | 9:29 | 13:01 | 14:25 | 16:36 | 19:59 | 22:34 | 24:12 | 25:21 |
| 6 | Lena Bjessmo Bromma-Vällingby SOK | 25:44 | 5:01 | 0:58 | 3:29 | 3:25 | 1:22 | 1:44 | 4:15 | 3:02 | 1:32 | 0:56 |
| | | | 5:01 | 5:59 | 9:28 | 12:53 | 14:15 | 15:59 | 20:14 | 23:16 | 24:48 | 25:44 |
| 7 | Anneli Rundlöf Väsby OK | 25:54 | 5:20 | 1:01 | 3:23 | 3:20 | 1:19 | 1:45 | 4:04 | 3:06 | 1:38 | 0:58 |
| | | | 5:20 | 6:21 | 9:44 | 13:04 | 14:23 | 16:08 | 20:12 | 23:18 | 24:56 | 25:54 |
| 8 | Daniela Renner OK Södertörn | 25:57 | 5:31 | 0:56 | 3:12 | 3:17 | 1:19 | 1:54 | 4:00 | 3:05 | 1:42 | 1:01 |
| | | | 5:31 | 6:27 | 9:39 | 12:56 | 14:15 | 16:09 | 20:09 | 23:14 | 24:56 | 25:57 |
| 9 | Carina Hellgren OK Ravinen | 26:01 | 5:18 | 0:55 | 4:13 | 3:36 | 1:21 | 2:02 | 3:28 | 2:41 | 1:28 | 0:59 |
| | | | 5:18 | 6:13 | 10:26 | 14:02 | 15:23 | 17:25 | 20:53 | 23:34 | 25:02 | 26:01 |
| 10 | Camilla Pettersson OK Ravinen | 26:34 | 5:23 | 1:00 | 3:53 | 3:18 | 1:28 | 1:40 | 4:19 | 2:54 | 1:40 | 0:59 |
| | | | 5:23 | 6:23 | 10:16 | 13:34 | 15:02 | 16:42 | 21:01 | 23:55 | 25:35 | 26:34 |
| 11 | Camilla Engel OK Ravinen | 26:42 | 5:13 | 0:56 | 3:25 | 3:36 | 1:32 | 2:04 | 4:00 | 3:21 | 1:38 | 0:57 |
| | | | 5:13 | 6:09 | 9:34 | 13:10 | 14:42 | 16:46 | 20:46 | 24:07 | 25:45 | 26:42 |
| 12 | Ewa Albrektsson OK Ravinen | 26:54 | 5:31 | 0:59 | 3:47 | 3:28 | 1:22 | 1:51 | 4:08 | 2:52 | 1:45 | 1:11 |
| | | | 5:31 | 6:30 | 10:17 | 13:45 | 15:07 | 16:58 | 21:06 | 23:58 | 25:43 | 26:54 |
| 13 | Annika Lindberg Attunda OK | 27:06 | 5:24 | 1:01 | 3:37 | 3:27 | 1:34 | 2:40 | 3:28 | 3:14 | 1:46 | 0:55 |
| | | | 5:24 | 6:25 | 10:02 | 13:29 | 15:03 | 17:43 | 21:11 | 24:25 | 26:11 | 27:06 |
| 14 | Annica Jansson IFK Lidingö SOK | 27:54 | 5:09 | 0:58 | 6:17 | 3:20 | 1:42 | 2:09 | 3:16 | 2:21 | 1:41 | 1:01 |
| | | | 5:09 | 6:07 | 12:24 | 15:44 | 17:26 | 19:35 | 22:51 | 25:12 | 26:53 | 27:54 |
| 15 | Monique Stalås Hörnster OK Österåker | 30:30 | 6:06 | 1:18 | 4:26 | 4:30 | 1:33 | 2:26 | 3:45 | 3:01 | 2:19 | 1:06 |
| | | | 6:06 | 7:24 | 11:50 | 16:20 | 17:53 | 20:19 | 24:04 | 27:05 | 29:24 | 30:30 |
| 16 | Karina Langerak Järfälla OK | 31:01 | 6:11 | 1:04 | 4:03 | 4:09 | 1:49 | 2:41 | 3:56 | 3:52 | 2:11 | 1:05 |
| | | | 6:11 | 7:15 | 11:18 | 15:27 | 17:16 | 19:57 | 23:53 | 27:45 | 29:56 | 31:01 |
| 17 | Helen Glännefors Söders-Tyresö | 31:29 | 5:42 | 1:15 | 5:03 | 3:51 | 1:41 | 3:06 | 4:38 | 3:06 | 2:01 | 1:06 |
| | | | 5:42 | 6:57 | 12:00 | 15:51 | 17:32 | 20:38 | 25:16 | 28:22 | 30:23 | 31:29 |
| 18 | Åsa Romson Hellas Orientering | 34:01 | 6:13 | 1:11 | 4:15 | 4:30 | 1:53 | 4:43 | 4:01 | 3:05 | 2:53 | 1:17 |
| | | | 6:13 | 7:24 | 11:39 | 16:09 | 18:02 | 22:45 | 26:46 | 29:51 | 32:44 | 34:01 |
| 19 | Jasinta Rajan IFK Lidingö SOK | 38:17 | 6:48 | 1:28 | 4:51 | 5:30 | 2:11 | 3:20 | 6:30 | 3:59 | 2:35 | 1:05 |
| | | | 6:48 | 8:16 | 13:07 | 18:37 | 20:48 | 24:08 | 30:38 | 34:37 | 37:12 | 38:17 |
| 20 | Ann-Kristin Cederbaum Waxholms OK | 38:57 | 6:36 | 1:27 | 4:59 | 5:21 | 2:04 | 6:42 | 4:56 | 3:27 | 2:20 | 1:05 |
| | | | 6:36 | 8:03 | 13:02 | 18:23 | 20:27 | 27:09 | 32:05 | 35:32 | 37:52 | 38:57 |
| 21 | Mari-helen Lidström Snättringe SK | 39:48 | 6:59 | 1:15 | 5:08 | 4:57 | 1:50 | 6:58 | 4:58 | 4:07 | 2:24 | 1:12 |
| | | | 6:59 | 8:14 | 13:22 | 18:19 | 20:09 | 27:07 | 32:05 | 36:12 | 38:36 | 39:48 |
| 22 | Ewa Sturk Waxholms OK | 39:54 | 7:04 | 1:22 | 6:24 | 5:23 | 2:05 | 3:13 | 6:35 | 4:23 | 2:15 | 1:10 |
| | | | 7:04 | 8:26 | 14:50 | 20:13 | 22:18 | 25:31 | 32:06 | 36:29 | 38:44 | 39:54 |
| 23 | Ylva Nilsson Snättringe SK | 39:56 | 7:13 | 1:27 | 5:05 | 4:48 | 2:02 | 6:24 | 5:27 | 3:44 | 2:31 | 1:15 |
| | | | 7:13 | 8:40 | 13:45 | 18:33 | 20:35 | 26:59 | 32:26 | 36:10 | 38:41 | 39:56 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 7

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | |
|----|---------------------------------------|---------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------------|
| 24 | Cia Hunhammar Bromma-Vällingby SOK | 40:38 | 7:24 | 1:21 | 5:02 | 4:32 | 2:14 | 6:44 | 5:09 | 4:15 | 2:48 | 1:09 |
| | | | 7:24 | 8:45 | 13:47 | 18:19 | 20:33 | 27:17 | 32:26 | 36:41 | 39:29 | 40:38 |
| 25 | Petra Lundbäck Järfälla OK | 46:35 | 6:32 | 1:33 | 11:57 | 4:50 | 2:14 | 4:14 | 7:02 | 4:55 | 2:09 | 1:09 |
| | | | 6:32 | 8:05 | 20:02 | 24:52 | 27:06 | 31:20 | 38:22 | 43:17 | 45:26 | 46:35 |
| 26 | Marie Martinsson OK Ravinen | 54:37 | 7:47 | 1:41 | 13:33 | 4:32 | 2:21 | 5:52 | 6:12 | 7:32 | 4:08 | 0:59 |
| | | | 7:47 | 9:28 | 23:01 | 27:33 | 29:54 | 35:46 | 41:58 | 49:30 | 53:38 | 54:37 |
| 27 | Randi Hellesöy Sundbybergs IK | 58:49 | 6:27 | 1:12 | 7:50 | 13:03 | 2:35 | 4:02 | 8:04 | 12:45 | 2:00 | 0:51 |
| | | | 6:27 | 7:39 | 15:29 | 28:32 | 31:07 | 35:09 | 43:13 | 55:58 | 57:58 | 58:49 |
| 28 | Åsa Lindh Sundbybergs IK | 59:06 | 6:31 | 1:13 | 7:48 | 13:04 | 2:29 | 4:14 | 8:00 | 12:42 | 1:59 | 1:06 |
| | | | 6:31 | 7:44 | 15:32 | 28:36 | 31:05 | 35:19 | 43:19 | 56:01 | 58:00 | 59:06 |
| 29 | Erika Carlinger Skogsluffarnas OK | 62:39 | 6:38 | 1:44 | 23:34 | 6:36 | 2:38 | 2:54 | 8:45 | 6:13 | 2:26 | 1:11 |
| | | | 6:38 | 8:22 | 31:56 | 38:32 | 41:10 | 44:04 | 52:49 | 59:02 | 61:28 | 62:39 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 8

Pl Namn/Förening Sluttid Sträcktid

| D120 Sträcka 3 | | 4000 - 4080 m | | | | 19 anmälda | | | | | | |
|----------------|---|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Maria Mogensen OK Ravinen | 33:56 | 4:53 | 1:23 | 3:15 | 4:40 | 2:48 | 1:57 | 7:44 | 5:06 | 1:19 | 0:51 |
| | | | 4:53 | 6:16 | 9:31 | 14:11 | 16:59 | 18:56 | 26:40 | 31:46 | 33:05 | 33:56 |
| 2 | Anna Bogren Sundbybergs IK | 35:49 | 6:41 | 2:29 | 2:29 | 5:01 | 2:45 | 1:50 | 7:36 | 4:34 | 1:27 | 0:57 |
| | | | 6:41 | 9:10 | 11:39 | 16:40 | 19:25 | 21:15 | 28:51 | 33:25 | 34:52 | 35:49 |
| 3 | Jenny Tirén Berg OK Ravinen | 36:45 | 7:12 | 2:37 | 1:09 | 3:47 | 5:35 | 1:38 | 7:21 | 5:12 | 1:15 | 0:59 |
| | | | 7:12 | 9:49 | 10:58 | 14:45 | 20:20 | 21:58 | 29:19 | 34:31 | 35:46 | 36:45 |
| 4 | Anna Strand Attunda OK | 37:32 | 6:27 | 2:17 | 1:20 | 4:17 | 2:53 | 5:43 | 8:07 | 4:14 | 1:16 | 0:58 |
| | | | 6:27 | 8:44 | 10:04 | 14:21 | 17:14 | 22:57 | 31:04 | 35:18 | 36:34 | 37:32 |
| 5 | Eva Gustavsson Hellas Orientering | 37:59 | 7:16 | 2:30 | 1:11 | 5:03 | 2:52 | 2:18 | 9:04 | 5:05 | 1:39 | 1:01 |
| | | | 7:16 | 9:46 | 10:57 | 16:00 | 18:52 | 21:10 | 30:14 | 35:19 | 36:58 | 37:59 |
| 6 | Jessica Sjöberg Tullinge SK | 38:46 | 8:15 | 2:01 | 1:13 | 5:22 | 3:11 | 1:56 | 9:19 | 4:54 | 1:30 | 1:05 |
| | | | 8:15 | 10:16 | 11:29 | 16:51 | 20:02 | 21:58 | 31:17 | 36:11 | 37:41 | 38:46 |
| 7 | Carina Doyle Sundbybergs IK | 41:30 | 5:36 | 1:49 | 4:22 | 5:04 | 3:30 | 2:33 | 9:27 | 6:23 | 1:47 | 0:59 |
| | | | 5:36 | 7:25 | 11:47 | 16:51 | 20:21 | 22:54 | 32:21 | 38:44 | 40:31 | 41:30 |
| 8 | Kristina Bergstrand Söders-Tyresö | 42:03 | 8:14 | 2:45 | 1:15 | 5:49 | 3:24 | 2:35 | 9:00 | 6:44 | 1:26 | 0:51 |
| | | | 8:14 | 10:59 | 12:14 | 18:03 | 21:27 | 24:02 | 33:02 | 39:46 | 41:12 | 42:03 |
| 9 | Pia Hellgren OK Södertörn | 42:15 | 8:43 | 2:56 | 1:25 | 5:06 | 3:03 | 2:09 | 9:15 | 5:54 | 1:51 | 1:53 |
| | | | 8:43 | 11:39 | 13:04 | 18:10 | 21:13 | 23:22 | 32:37 | 38:31 | 40:22 | 42:15 |
| 10 | Mia Lilja IFK Lidingö SOK | 44:15 | 6:50 | 1:42 | 4:00 | 5:35 | 3:28 | 3:26 | 10:00 | 6:34 | 1:42 | 0:58 |
| | | | 6:50 | 8:32 | 12:32 | 18:07 | 21:35 | 25:01 | 35:01 | 41:35 | 43:17 | 44:15 |
| 11 | Lena Gumaelius Waxholms OK | 47:15 | 8:35 | 2:52 | 2:44 | 6:25 | 3:45 | 2:21 | 11:21 | 6:22 | 1:44 | 1:06 |
| | | | 8:35 | 11:27 | 14:11 | 20:36 | 24:21 | 26:42 | 38:03 | 44:25 | 46:09 | 47:15 |
| 12 | Maria Edvardsson Järfälla OK | 51:10 | 6:56 | 2:09 | 6:02 | 6:01 | 3:58 | 3:16 | 11:46 | 7:07 | 2:42 | 1:13 |
| | | | 6:56 | 9:05 | 15:07 | 21:08 | 25:06 | 28:22 | 40:08 | 47:15 | 49:57 | 51:10 |
| 13 | Annika Lundström Väsby OK | 52:08 | 6:47 | 3:22 | 6:42 | 6:08 | 4:18 | 2:40 | 12:10 | 6:47 | 2:02 | 1:12 |
| | | | 6:47 | 10:09 | 16:51 | 22:59 | 27:17 | 29:57 | 42:07 | 48:54 | 50:56 | 52:08 |
| 14 | Monica Fröjd Snättringe SK | 55:04 | 6:02 | 2:34 | 5:09 | 7:20 | 4:28 | 3:47 | 11:23 | 10:55 | 2:16 | 1:10 |
| | | | 6:02 | 8:36 | 13:45 | 21:05 | 25:33 | 29:20 | 40:43 | 51:38 | 53:54 | 55:04 |
| 15 | Karin Ahlén OK Österåker | 66:17 | 7:42 | 2:24 | 10:04 | 7:09 | 7:22 | 3:06 | 12:03 | 13:35 | 2:01 | 0:51 |
| | | | 7:42 | 10:06 | 20:10 | 27:19 | 34:41 | 37:47 | 49:50 | 63:25 | 65:26 | 66:17 |
| 16 | Susanne Bovallius Järfälla OK | 70:28 | 19:09 | 4:53 | 1:56 | 7:31 | 4:39 | 3:24 | 16:36 | 8:18 | 2:57 | 1:05 |
| | | | 19:09 | 24:02 | 25:58 | 33:29 | 38:08 | 41:32 | 58:08 | 66:26 | 69:23 | 70:28 |
| 17 | Victoria Falkenström Skogsluffarnas OK | 90:35 | 10:42 | 24:43 | 4:55 | 9:00 | 5:40 | 5:10 | 15:06 | 11:27 | 2:37 | 1:15 |
| | | | 10:42 | 35:25 | 40:20 | 49:20 | 55:00 | 60:10 | 75:16 | 86:43 | 89:20 | 90:35 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 9

Pl Namn/Förening Sluttid Sträcktid

| D14 Sträcka 1 | | 2940 - 3030 m | | | 12 anmälda | | | | | | |
|---------------|--|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Vilma Karlsson Snättringe SK | 26:52 | 4:39 | 4:41 | 2:16 | 2:08 | 4:27 | 3:16 | 2:44 | 1:51 | 0:50 |
| | | | 4:39 | 9:20 | 11:36 | 13:44 | 18:11 | 21:27 | 24:11 | 26:02 | 26:52 |
| 2 | Amanda Karlsson OK Ravinen | 26:55 | 4:39 | 4:25 | 2:26 | 2:11 | 4:46 | 2:23 | 3:33 | 1:46 | 0:46 |
| | | | 4:39 | 9:04 | 11:30 | 13:41 | 18:27 | 20:50 | 24:23 | 26:09 | 26:55 |
| 3 | Ella Andersson OK Södertörn | 36:23 | 5:36 | 8:51 | 2:55 | 4:44 | 4:36 | 3:20 | 3:27 | 2:00 | 0:54 |
| | | | 5:36 | 14:27 | 17:22 | 22:06 | 26:42 | 30:02 | 33:29 | 35:29 | 36:23 |
| 4 | Ebba Ganslandt IFK Lidingö SOK | 36:33 | 6:11 | 7:42 | 3:27 | 4:59 | 4:38 | 2:51 | 3:36 | 2:03 | 1:06 |
| | | | 6:11 | 13:53 | 17:20 | 22:19 | 26:57 | 29:48 | 33:24 | 35:27 | 36:33 |
| 5 | Jonna Lundbäck Järfälla OK | 36:40 | 6:57 | 5:13 | 4:09 | 3:45 | 7:40 | 2:25 | 3:17 | 2:19 | 0:55 |
| | | | 6:57 | 12:10 | 16:19 | 20:04 | 27:44 | 30:09 | 33:26 | 35:45 | 36:40 |
| 6 | Malin Strandberg Gustavsbergs OK | 36:51 | 4:51 | 9:40 | 2:46 | 4:53 | 5:56 | 2:07 | 3:17 | 2:18 | 1:03 |
| | | | 4:51 | 14:31 | 17:17 | 22:10 | 28:06 | 30:13 | 33:30 | 35:48 | 36:51 |
| 7 | Ellinor Östervall Tumba-Mälarhöjden OK | 39:21 | 5:25 | 6:16 | 4:05 | 2:33 | 12:01 | 1:55 | 3:40 | 2:39 | 0:47 |
| | | | 5:25 | 11:41 | 15:46 | 18:19 | 30:20 | 32:15 | 35:55 | 38:34 | 39:21 |
| 8 | Ella Sjöberg Tullinge SK | 44:03 | 6:54 | 4:56 | 3:59 | 2:33 | 12:01 | 6:28 | 3:58 | 2:15 | 0:59 |
| | | | 6:54 | 11:50 | 15:49 | 18:22 | 30:23 | 36:51 | 40:49 | 43:04 | 44:03 |
| 9 | Ylva Tidevall Skogsluffarnas OK | 52:13 | 12:37 | 7:53 | 6:53 | 3:40 | 6:58 | 7:34 | 3:40 | 2:05 | 0:53 |
| | | | 12:37 | 20:30 | 27:23 | 31:03 | 38:01 | 45:35 | 49:15 | 51:20 | 52:13 |
| 10 | Sofia Danielsson Damne Bromma-Vällingby SOK | 63:57 | 10:47 | 10:29 | 16:46 | 6:44 | 4:28 | 7:17 | 4:11 | 2:24 | 0:51 |
| | | | 10:47 | 21:16 | 38:02 | 44:46 | 49:14 | 56:31 | 60:42 | 63:06 | 63:57 |
| 11 | Veronica Redtzer Attunda OK | 87:24 | 6:58 | 5:15 | 4:10 | 3:41 | 7:42 | 2:24 | 3:15 | 2:25 | 51:34 |
| | | | 6:58 | 12:13 | 16:23 | 20:04 | 27:46 | 30:10 | 33:25 | 35:50 | 87:24 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 10

Pl Namn/Förening Sluttid Sträcktid

| D14 Sträcka 2 | | 2560 m | | | 19 anmälda | | | | | |
|---------------|---|--------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 | Alva Spennare Attunda OK | 0:00 | | | | | | | | |
| 2 | Isa Lundqvist Järfälla OK | 21:18 | 4:14 | 2:28 | 5:41 | 1:29 | 3:30 | 1:53 | 1:12 | 0:51 |
| 3 | Malin Adolfsson OK Södertörn | 21:37 | 4:29 | 2:32 | 5:34 | 1:29 | 3:39 | 1:54 | 1:10 | 0:50 |
| 4 | Frida Hector Snättringe SK | 21:53 | 4:08 | 2:36 | 5:26 | 1:27 | 4:09 | 1:53 | 1:17 | 0:57 |
| 5 | Minette Sjögren Centrum OK | 24:39 | 4:35 | 2:33 | 5:37 | 1:32 | 6:28 | 1:54 | 1:11 | 0:49 |
| 6 | Elin Bjessmo Bromma-Vällingby SOK | 24:44 | 4:36 | 2:31 | 5:36 | 1:35 | 6:25 | 1:56 | 1:11 | 0:54 |
| 7 | Ebba Adebrant Tumba-Mälarhöjden OK | 25:20 | 4:30 | 2:23 | 6:12 | 1:29 | 6:33 | 2:06 | 1:11 | 0:56 |
| 8 | Alice Ruda OK Ravinen | 26:53 | 4:20 | 3:46 | 6:19 | 1:36 | 6:21 | 2:18 | 1:22 | 0:51 |
| 9 | Miranda Gothe OK Ravinen | 27:47 | 4:19 | 3:50 | 6:15 | 1:44 | 6:16 | 2:31 | 1:48 | 1:04 |
| 10 | Vilma Gothe OK Ravinen | 27:50 | 4:22 | 3:48 | 6:21 | 1:40 | 6:12 | 2:35 | 1:47 | 1:05 |
| 11 | Elin Jarlemark IFK Lidingö SOK | 27:59 | 9:10 | 2:08 | 6:09 | 1:30 | 4:57 | 1:52 | 1:21 | 0:52 |
| 12 | Lotta Duhs IFK Lidingö SOK | 28:02 | 9:13 | 2:09 | 6:09 | 1:26 | 4:21 | 2:25 | 1:19 | 1:00 |
| 13 | Lovisa Larsson Tullinge SK | 30:49 | 5:32 | 4:11 | 6:42 | 1:42 | 8:16 | 2:11 | 1:16 | 0:59 |
| 14 | Tilde Carlinger Skogsluffarnas OK | 46:40 | 6:21 | 6:17 | 12:31 | 2:37 | 10:34 | 5:06 | 2:08 | 1:06 |
| 15 | Adina Carlinger Skogsluffarnas OK | 46:59 | 9:46 | 5:54 | 10:55 | 3:08 | 8:39 | 5:06 | 2:11 | 1:20 |
| 16 | Matilda Frisk Gustavsbergs OK | 85:23 | 15:20 | 24:25 | 14:22 | 3:55 | 20:35 | 3:55 | 1:48 | 1:03 |
| 17 | Ottilia Liljedahl Arnell Gustavsbergs OK | 85:28 | 15:22 | 24:24 | 14:18 | 4:01 | 20:37 | 3:51 | 1:49 | 1:06 |

**Sträcktidresultatlista DM Stafett Stockholm
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Sida 11

Pl Namn/Förening Sluttid Sträcktid

| D14 Sträcka 3 | | 2940 - 3030 m | | | | 12 anmälda | | | | | |
|----------------------|--------------------------------------|----------------------|-------------|-------------|--------------|-------------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Moa Westblad OK Ravinen | 23:49 | 4:40 | 4:51 | 2:10 | 2:05 | 3:16 | 1:40 | 2:24 | 1:45 | 0:58 |
| | | | 4:40 | 9:31 | 11:41 | 13:46 | 17:02 | 18:42 | 21:06 | 22:51 | 23:49 |
| 2 | Hanna Lagerberg OK Södertörn | 29:00 | 5:22 | 5:46 | 1:48 | 2:49 | 5:39 | 1:44 | 2:49 | 2:11 | 0:52 |
| | | | 5:22 | 11:08 | 12:56 | 15:45 | 21:24 | 23:08 | 25:57 | 28:08 | 29:00 |
| 3 | Julia Rajan IFK Lidingö SOK | 29:22 | 8:32 | 5:25 | 2:21 | 3:20 | 2:57 | 1:50 | 2:25 | 1:43 | 0:49 |
| | | | 8:32 | 13:57 | 16:18 | 19:38 | 22:35 | 24:25 | 26:50 | 28:33 | 29:22 |
| 4 | Kristina Tedhamre Snättringe SK | 29:48 | 4:59 | 6:46 | 2:32 | 2:40 | 3:34 | 2:18 | 3:34 | 2:17 | 1:08 |
| | | | 4:59 | 11:45 | 14:17 | 16:57 | 20:31 | 22:49 | 26:23 | 28:40 | 29:48 |
| 5 | Emmy Albinsson Järfälla OK | 37:05 | 5:38 | 7:34 | 7:57 | 2:44 | 4:06 | 2:18 | 3:20 | 2:22 | 1:06 |
| | | | 5:38 | 13:12 | 21:09 | 23:53 | 27:59 | 30:17 | 33:37 | 35:59 | 37:05 |
| 6 | Emma Persson Tumba-Mälarhöjden OK | 38:06 | 8:33 | 7:26 | 2:48 | 3:29 | 5:27 | 2:43 | 4:04 | 2:38 | 0:58 |
| | | | 8:33 | 15:59 | 18:47 | 22:16 | 27:43 | 30:26 | 34:30 | 37:08 | 38:06 |
| 7 | Lovisa Längheim Tullinge SK | 39:43 | 7:22 | 8:55 | 2:43 | 4:31 | 6:04 | 2:31 | 4:04 | 2:31 | 1:02 |
| | | | 7:22 | 16:17 | 19:00 | 23:31 | 29:35 | 32:06 | 36:10 | 38:41 | 39:43 |
| 8 | Moa Sandeskog Skogsluffarnas OK | 43:20 | 9:02 | 12:57 | 3:12 | 2:58 | 5:55 | 2:31 | 3:36 | 2:20 | 0:49 |
| | | | 9:02 | 21:59 | 25:11 | 28:09 | 34:04 | 36:35 | 40:11 | 42:31 | 43:20 |
| 9 | Karin Modin Bromma-Vällingby SOK | 46:38 | 6:22 | 9:24 | 4:13 | 3:57 | 9:46 | 3:44 | 6:14 | 2:09 | 0:49 |
| | | | 6:22 | 15:46 | 19:59 | 23:56 | 33:42 | 37:26 | 43:40 | 45:49 | 46:38 |
| 10 | Tilda Bellander Gustavsbergs OK | 51:53 | 8:30 | 10:58 | 7:26 | 4:24 | 6:25 | 4:50 | 5:29 | 2:47 | 1:04 |
| | | | 8:30 | 19:28 | 26:54 | 31:18 | 37:43 | 42:33 | 48:02 | 50:49 | 51:53 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 12

Pl Namn/Förening Sluttid Sträcktid

D150 Sträcka 1 3620 - 3640 m 12 anmälda

| | | | | | | | | | | | | |
|----|---|-------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Barbro Lönnkvist Tullinge SK | 34:37 | 3:07 | 2:48 | 5:14 | 3:44 | 2:59 | 5:07 | 5:15 | 3:31 | 1:45 | 1:07 |
| | | | 3:07 | 5:55 | 11:09 | 14:53 | 17:52 | 22:59 | 28:14 | 31:45 | 33:30 | 34:37 |
| 2 | Lotta Valentin Gustavsbergs OK | 35:34 | 3:21 | 2:27 | 5:33 | 3:36 | 2:57 | 5:17 | 5:14 | 4:17 | 1:54 | 0:58 |
| | | | 3:21 | 5:48 | 11:21 | 14:57 | 17:54 | 23:11 | 28:25 | 32:42 | 34:36 | 35:34 |
| 3 | Gunilla Kreiss Järila Orientering | 37:05 | 3:17 | 2:35 | 4:47 | 5:54 | 2:44 | 5:08 | 5:40 | 4:03 | 1:54 | 1:03 |
| | | | 3:17 | 5:52 | 10:39 | 16:33 | 19:17 | 24:25 | 30:05 | 34:08 | 36:02 | 37:05 |
| 4 | Sandra Westerström OK Älvsjö-Örby | 37:06 | 3:16 | 3:18 | 5:19 | 4:08 | 3:07 | 5:20 | 5:34 | 4:05 | 1:53 | 1:06 |
| | | | 3:16 | 6:34 | 11:53 | 16:01 | 19:08 | 24:28 | 30:02 | 34:07 | 36:00 | 37:06 |
| 5 | Birgitta Olsson Täby OK | 39:29 | 3:19 | 2:07 | 7:01 | 3:49 | 3:22 | 6:17 | 6:43 | 3:39 | 2:00 | 1:12 |
| | | | 3:19 | 5:26 | 12:27 | 16:16 | 19:38 | 25:55 | 32:38 | 36:17 | 38:17 | 39:29 |
| 6 | Åsa Bergström Täby OK | 39:43 | 5:14 | 3:20 | 5:27 | 4:20 | 3:36 | 6:10 | 5:09 | 3:37 | 1:48 | 1:02 |
| | | | 5:14 | 8:34 | 14:01 | 18:21 | 21:57 | 28:07 | 33:16 | 36:53 | 38:41 | 39:43 |
| 7 | Anita Karlsson OK Södertörn | 41:04 | 4:49 | 4:41 | 3:50 | 5:31 | 2:50 | 6:27 | 5:47 | 4:05 | 1:56 | 1:08 |
| | | | 4:49 | 9:30 | 13:20 | 18:51 | 21:41 | 28:08 | 33:55 | 38:00 | 39:56 | 41:04 |
| 8 | Karin Forsberg Tullinge SK | 41:39 | 4:56 | 4:42 | 3:56 | 4:36 | 3:35 | 6:35 | 5:42 | 4:14 | 2:08 | 1:15 |
| | | | 4:56 | 9:38 | 13:34 | 18:10 | 21:45 | 28:20 | 34:02 | 38:16 | 40:24 | 41:39 |
| 9 | Karin Ivarsson Haninge SOK | 42:35 | 4:49 | 4:56 | 4:16 | 4:28 | 3:11 | 6:33 | 6:45 | 4:17 | 2:14 | 1:06 |
| | | | 4:49 | 9:45 | 14:01 | 18:29 | 21:40 | 28:13 | 34:58 | 39:15 | 41:29 | 42:35 |
| 10 | Anna-Karin Ohlsson Tullinge SK | 42:49 | 4:54 | 2:46 | 5:53 | 4:43 | 3:21 | 6:49 | 6:26 | 4:28 | 2:14 | 1:15 |
| | | | 4:54 | 7:40 | 13:33 | 18:16 | 21:37 | 28:26 | 34:52 | 39:20 | 41:34 | 42:49 |
| 11 | Linnea Carlsson Skarpnäcks OL | 46:01 | 5:05 | 3:31 | 4:22 | 6:01 | 2:59 | 8:46 | 7:36 | 4:20 | 2:22 | 0:59 |
| | | | 5:05 | 8:36 | 12:58 | 18:59 | 21:58 | 30:44 | 38:20 | 42:40 | 45:02 | 46:01 |
| 12 | Anna Lindskoog-Pettersson Attunda OK | 50:54 | 4:40 | 4:57 | 11:24 | 5:28 | 7:40 | 17:24 | 9:55 | 5:21 | 2:49 | 1:16 |
| | | | 4:40 | 9:37 | 21:01 | 26:29 | 34:09 | 51:33 | 61:28 | 66:49 | 69:38 | 70:54 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 13

Pl Namn/Förening Sluttid Sträcktid

| D150 Sträcka 2 | | 2710 m | | | 17 anmälda | | | | |
|----------------|---|--------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Maria Bratt Tullinge SK | 26:13 | 4:41 | 6:15 | 3:19 | 5:10 | 3:55 | 1:57 | 0:56 |
| | | | 4:41 | 10:56 | 14:15 | 19:25 | 23:20 | 25:17 | 26:13 |
| 2 | Lena Jansson Järla Orientering | 28:50 | 4:51 | 7:42 | 3:15 | 5:53 | 3:52 | 2:08 | 1:09 |
| | | | 4:51 | 12:33 | 15:48 | 21:41 | 25:33 | 27:41 | 28:50 |
| 3 | Kristina Martelius Attunda OK | 32:34 | 6:48 | 7:55 | 3:59 | 6:47 | 4:01 | 1:48 | 1:16 |
| | | | 6:48 | 14:43 | 18:42 | 25:29 | 29:30 | 31:18 | 32:34 |
| 4 | Monica Roos Attunda OK | 33:29 | 6:47 | 7:53 | 4:18 | 6:13 | 4:26 | 2:03 | 1:49 |
| | | | 6:47 | 14:40 | 18:58 | 25:11 | 29:37 | 31:40 | 33:29 |
| 5 | Ann-Sofie Svanberg OK Södertörn | 33:55 | 5:47 | 8:34 | 3:46 | 8:32 | 3:47 | 2:30 | 0:59 |
| | | | 5:47 | 14:21 | 18:07 | 26:39 | 30:26 | 32:56 | 33:55 |
| 6 | Ingrid E Ström Täby OK | 34:04 | 5:37 | 7:38 | 3:43 | 10:11 | 4:04 | 1:50 | 1:01 |
| | | | 5:37 | 13:15 | 16:58 | 27:09 | 31:13 | 33:03 | 34:04 |
| 7 | Pia-Lena Putkonen Tullinge SK | 34:05 | 5:48 | 9:57 | 5:16 | 5:51 | 3:51 | 2:09 | 1:13 |
| | | | 5:48 | 15:45 | 21:01 | 26:52 | 30:43 | 32:52 | 34:05 |
| 8 | Margareta Wadin OK Älvsjö-Örby | 34:14 | 5:00 | 9:20 | 4:27 | 6:41 | 4:58 | 2:35 | 1:13 |
| | | | 5:00 | 14:20 | 18:47 | 25:28 | 30:26 | 33:01 | 34:14 |
| 9 | Mari Heijkenskjöld Tullinge SK | 35:01 | 5:44 | 9:06 | 5:16 | 7:00 | 4:34 | 2:06 | 1:15 |
| | | | 5:44 | 14:50 | 20:06 | 27:06 | 31:40 | 33:46 | 35:01 |
| 10 | Johanna Almlund Haninge SOK | 36:28 | 4:47 | 10:22 | 4:48 | 6:36 | 7:15 | 1:43 | 0:57 |
| | | | 4:47 | 15:09 | 19:57 | 26:33 | 33:48 | 35:31 | 36:28 |
| 11 | Anethe Mansén Skarpnäcks OL | 38:06 | 5:37 | 11:56 | 3:56 | 7:04 | 5:25 | 2:42 | 1:26 |
| | | | 5:37 | 17:33 | 21:29 | 28:33 | 33:58 | 36:40 | 38:06 |
| 12 | Margareta Haraldsson Gustavsbergs OK | 38:57 | 6:06 | 11:13 | 3:54 | 10:25 | 4:02 | 2:13 | 1:04 |
| | | | 6:06 | 17:19 | 21:13 | 31:38 | 35:40 | 37:53 | 38:57 |
| 13 | Inger Schwartz OK Södertörn | 41:05 | 6:21 | 10:21 | 3:50 | 6:59 | 4:20 | 7:55 | 1:19 |
| | | | 6:21 | 16:42 | 20:32 | 27:31 | 31:51 | 39:46 | 41:05 |
| 14 | Ing-Mari Eskilsson Haninge SOK | 45:00 | 7:27 | 13:40 | 4:59 | 8:33 | 5:28 | 3:12 | 1:41 |
| | | | 7:27 | 21:07 | 26:06 | 34:39 | 40:07 | 43:19 | 45:00 |
| 15 | Monika Persson OK Södertörn | 45:32 | 6:01 | 9:47 | 4:17 | 15:39 | 5:50 | 2:57 | 1:01 |
| | | | 6:01 | 15:48 | 20:05 | 35:44 | 41:34 | 44:31 | 45:32 |
| 16 | My Rönnols Täby OK | 48:15 | 5:44 | 8:22 | 13:41 | 13:29 | 3:44 | 2:12 | 1:03 |
| | | | 5:44 | 14:06 | 27:47 | 41:16 | 45:00 | 47:12 | 48:15 |
| 17 | Maria Gelinder Attunda OK | 50:41 | 7:10 | 8:40 | 4:48 | 22:06 | 4:32 | 2:12 | 1:13 |
| | | | 7:10 | 15:50 | 20:38 | 42:44 | 47:16 | 49:28 | 50:41 |

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Sida 14

Pl Namn/Förening Sluttid Sträcktid

D150 Sträcka 3 3620 - 3640 m 12 anmälda

| | | | | | | | | | | | | |
|----|--|-------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Monica Hatlen Tullinge SK | 33:30 | 4:14 | 1:59 | 5:24 | 3:23 | 2:31 | 5:13 | 4:55 | 3:12 | 1:35 | 1:04 |
| | | | 4:14 | 6:13 | 11:37 | 15:00 | 17:31 | 22:44 | 27:39 | 30:51 | 32:26 | 33:30 |
| 2 | Kerstin Imark Tullinge SK | 34:17 | 5:27 | 2:40 | 3:15 | 3:28 | 3:03 | 5:13 | 4:59 | 3:30 | 1:38 | 1:04 |
| | | | 5:27 | 8:07 | 11:22 | 14:50 | 17:53 | 23:06 | 28:05 | 31:35 | 33:13 | 34:17 |
| 3 | Anne Cecilie Løvald Täby OK | 38:26 | 4:28 | 2:52 | 8:07 | 3:34 | 2:29 | 5:58 | 5:05 | 3:31 | 1:25 | 0:57 |
| | | | 4:28 | 7:20 | 15:27 | 19:01 | 21:30 | 27:28 | 32:33 | 36:04 | 37:29 | 38:26 |
| 4 | Eva Anderling Täby OK | 40:39 | 4:28 | 2:31 | 6:53 | 4:24 | 3:13 | 6:45 | 5:40 | 4:05 | 1:41 | 0:59 |
| | | | 4:28 | 6:59 | 13:52 | 18:16 | 21:29 | 28:14 | 33:54 | 37:59 | 39:40 | 40:39 |
| 5 | Anneli Lindkvist Gustavsbergs OK | 43:07 | 5:59 | 3:14 | 4:40 | 4:10 | 3:01 | 7:06 | 6:24 | 5:50 | 1:34 | 1:09 |
| | | | 5:59 | 9:13 | 13:53 | 18:03 | 21:04 | 28:10 | 34:34 | 40:24 | 41:58 | 43:07 |
| 6 | Åsa Sundberg OK Södertörn | 43:15 | 4:49 | 2:12 | 6:20 | 3:58 | 3:16 | 8:23 | 7:10 | 3:39 | 2:12 | 1:16 |
| | | | 4:49 | 7:01 | 13:21 | 17:19 | 20:35 | 28:58 | 36:08 | 39:47 | 41:59 | 43:15 |
| 7 | Johanna Sundström Järla Orientering | 47:04 | 5:43 | 3:10 | 9:36 | 4:09 | 4:16 | 5:20 | 5:51 | 6:24 | 1:35 | 1:00 |
| | | | 5:43 | 8:53 | 18:29 | 22:38 | 26:54 | 32:14 | 38:05 | 44:29 | 46:04 | 47:04 |
| 8 | Eva Molén Skarpnäcks OL | 48:45 | 6:44 | 2:40 | 8:25 | 4:56 | 3:10 | 7:01 | 6:57 | 5:02 | 2:30 | 1:20 |
| | | | 6:44 | 9:24 | 17:49 | 22:45 | 25:55 | 32:56 | 39:53 | 44:55 | 47:25 | 48:45 |
| 9 | Anna Perneby Tullinge SK | 58:07 | 5:40 | 8:25 | 8:27 | 7:27 | 3:25 | 7:11 | 8:56 | 5:16 | 2:09 | 1:11 |
| | | | 5:40 | 14:05 | 22:32 | 29:59 | 33:24 | 40:35 | 49:31 | 54:47 | 56:56 | 58:07 |
| 10 | Elisabet Larsson OK Älvsjö-Örby | 71:50 | 9:48 | 10:57 | 8:45 | 6:10 | 3:43 | 8:10 | 14:30 | 5:09 | 3:02 | 1:36 |
| | | | 9:48 | 20:45 | 29:30 | 35:40 | 39:23 | 47:33 | 62:03 | 67:12 | 70:14 | 71:50 |
| 11 | Margareta Hallmén Attunda OK | 80:13 | 10:24 | 4:09 | 14:08 | 6:19 | 11:59 | 10:57 | 12:23 | 6:15 | 2:23 | 1:16 |
| | | | 10:24 | 14:33 | 28:41 | 35:00 | 46:59 | 57:56 | 70:19 | 76:34 | 78:57 | 80:13 |
| 12 | Christel Nilsson Haninge SOK | 91:15 | 6:56 | 8:01 | 28:26 | 8:06 | 5:18 | 11:49 | 9:11 | 8:42 | 3:23 | 1:23 |
| | | | 6:56 | 14:57 | 43:23 | 51:29 | 56:47 | 68:36 | 77:47 | 86:29 | 89:52 | 91:15 |

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Sida 15

Pl Namn/Förening Sluttid Sträcktid

| D16 Sträcka 1 | | 3860 - 3990 m | | | | 8 anmälda | | | | | |
|----------------------|---------------------------------------|----------------------|-------------|--------------|--------------|------------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Emma Hagrot Täby OK | 37:13 | 3:56 | 8:33 | 5:05 | 2:44 | 8:08 | 2:23 | 3:43 | 1:47 | 0:54 |
| | | | 3:56 | 12:29 | 17:34 | 20:18 | 28:26 | 30:49 | 34:32 | 36:19 | 37:13 |
| 2 | Astrid Simonsson OK Älvsjö-Örby | 42:50 | 3:47 | 10:46 | 9:23 | 1:58 | 8:18 | 2:52 | 3:19 | 1:38 | 0:49 |
| | | | 3:47 | 14:33 | 23:56 | 25:54 | 34:12 | 37:04 | 40:23 | 42:01 | 42:50 |
| 3 | Agnes Lundqvist Järfälla OK | 42:53 | 3:23 | 8:28 | 10:34 | 2:43 | 9:06 | 2:51 | 3:17 | 1:40 | 0:51 |
| | | | 3:23 | 11:51 | 22:25 | 25:08 | 34:14 | 37:05 | 40:22 | 42:02 | 42:53 |
| 4 | Julia Frejd OK Ravinen | 44:12 | 3:51 | 7:50 | 11:13 | 3:04 | 8:30 | 2:58 | 4:11 | 1:41 | 0:54 |
| | | | 3:51 | 11:41 | 22:54 | 25:58 | 34:28 | 37:26 | 41:37 | 43:18 | 44:12 |
| 5 | Frida Junegard Tullinge SK | 46:05 | 5:10 | 13:06 | 4:48 | 3:25 | 8:49 | 4:19 | 3:48 | 1:48 | 0:52 |
| | | | 5:10 | 18:16 | 23:04 | 26:29 | 35:18 | 39:37 | 43:25 | 45:13 | 46:05 |
| 6 | Ida Torbiörnsson Järla Orientering | 48:15 | 4:04 | 10:23 | 12:58 | 1:38 | 9:29 | 2:57 | 3:49 | 2:01 | 0:56 |
| | | | 4:04 | 14:27 | 27:25 | 29:03 | 38:32 | 41:29 | 45:18 | 47:19 | 48:15 |
| 7 | Hanna Röstin Söders-Tyresö | 65:00 | 3:42 | 22:39 | 5:12 | 5:36 | 10:05 | 10:02 | 4:42 | 2:11 | 0:51 |
| | | | 3:42 | 26:21 | 31:33 | 37:09 | 47:14 | 57:16 | 61:58 | 64:09 | 65:00 |
| | Caroline Längheim Tullinge SK | Ej godk. | 4:15 | 18:55 | | | | | | 2:34 | 1:14 |
| | | | 4:15 | 23:10 | | | | | 52:04 | 54:38 | 55:52 |

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2013-09-15**

Sida 16

Pl Namn/Förening Sluttid Sträcktid

| D16 Sträcka 2 | | 2940 m | | | 13 anmälda | | | | | | |
|----------------------|--------------------------------------|---------------|-------------|--------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Märta Skog Tullinge SK | 24:37 | 6:19 | 3:51 | 2:08 | 2:22 | 3:24 | 1:25 | 2:29 | 1:42 | 0:57 |
| | | | 6:19 | 10:10 | 12:18 | 14:40 | 18:04 | 19:29 | 21:58 | 23:40 | 24:37 |
| 2 | Linnea Johansson Järfälla OK | 30:54 | 8:11 | 4:47 | 2:34 | 2:43 | 3:58 | 1:57 | 3:14 | 2:32 | 0:58 |
| | | | 8:11 | 12:58 | 15:32 | 18:15 | 22:13 | 24:10 | 27:24 | 29:56 | 30:54 |
| 3 | Tilda Andersson OK Ravinen | 32:18 | 7:02 | 4:39 | 5:37 | 2:54 | 3:55 | 2:01 | 3:14 | 2:04 | 0:52 |
| | | | 7:02 | 11:41 | 17:18 | 20:12 | 24:07 | 26:08 | 29:22 | 31:26 | 32:18 |
| 4 | Siri Hjärtberg Järfälla OK | 32:38 | 6:40 | 4:48 | 3:02 | 3:55 | 4:54 | 2:56 | 3:30 | 2:03 | 0:50 |
| | | | 6:40 | 11:28 | 14:30 | 18:25 | 23:19 | 26:15 | 29:45 | 31:48 | 32:38 |
| 5 | Ellen Hellesøy Sundbybergs IK | 32:55 | 8:28 | 4:56 | 2:25 | 4:05 | 4:20 | 1:55 | 3:56 | 1:57 | 0:53 |
| | | | 8:28 | 13:24 | 15:49 | 19:54 | 24:14 | 26:09 | 30:05 | 32:02 | 32:55 |
| 6 | Camilla Nyqvist Järla Orientering | 34:32 | 6:31 | 6:06 | 5:30 | 2:50 | 4:49 | 2:42 | 3:10 | 2:01 | 0:53 |
| | | | 6:31 | 12:37 | 18:07 | 20:57 | 25:46 | 28:28 | 31:38 | 33:39 | 34:32 |
| 7 | Matilda Andersson Täby OK | 34:52 | 8:19 | 5:04 | 2:15 | 3:14 | 5:13 | 2:47 | 4:48 | 2:19 | 0:53 |
| | | | 8:19 | 13:23 | 15:38 | 18:52 | 24:05 | 26:52 | 31:40 | 33:59 | 34:52 |
| 8 | Anna Knutes Järla Orientering | 36:13 | 7:27 | 5:33 | 2:40 | 4:24 | 4:23 | 2:26 | 5:59 | 2:16 | 1:05 |
| | | | 7:27 | 13:00 | 15:40 | 20:04 | 24:27 | 26:53 | 32:52 | 35:08 | 36:13 |
| 9 | Nora Hall Järla Orientering | 37:09 | 7:59 | 6:16 | 2:52 | 3:52 | 6:06 | 2:06 | 4:06 | 2:59 | 0:53 |
| | | | 7:59 | 14:15 | 17:07 | 20:59 | 27:05 | 29:11 | 33:17 | 36:16 | 37:09 |
| 10 | Mathilda Högberg Söders-Tyresö | 39:34 | 9:23 | 6:50 | 2:59 | 3:34 | 4:52 | 2:49 | 6:07 | 2:03 | 0:57 |
| | | | 9:23 | 16:13 | 19:12 | 22:46 | 27:38 | 30:27 | 36:34 | 38:37 | 39:34 |
| 11 | Amanda Blomdahl Tullinge SK | 48:22 | 14:02 | 11:10 | 3:21 | 3:53 | 5:13 | 2:29 | 4:30 | 2:39 | 1:05 |
| | | | 14:02 | 25:12 | 28:33 | 32:26 | 37:39 | 40:08 | 44:38 | 47:17 | 48:22 |
| 12 | Frida Forsberg Tullinge SK | 48:56 | 12:41 | 12:16 | 3:11 | 3:49 | 6:03 | 2:17 | 5:28 | 2:17 | 0:54 |
| | | | 12:41 | 24:57 | 28:08 | 31:57 | 38:00 | 40:17 | 45:45 | 48:02 | 48:56 |
| 13 | Ellen Andersson Järfälla OK | 62:30 | 10:16 | 14:44 | 8:03 | 7:15 | 9:06 | 4:09 | 5:02 | 2:42 | 1:13 |
| | | | 10:16 | 25:00 | 33:03 | 40:18 | 49:24 | 53:33 | 58:35 | 61:17 | 62:30 |

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Sida 17

Pl Namn/Förening Sluttid Sträcktid

| D16 Sträcka 3 | 3860 - 3990 m | 8 anmälda | | | | | | | | |
|--|----------------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Amanda Berggren Tullinge SK | 33:13 | 4:05 | 8:13 | 3:38 | 1:42 | 7:58 | 2:15 | 3:17 | 1:10 | 0:55 |
| | | 4:05 | 12:18 | 15:56 | 17:38 | 25:36 | 27:51 | 31:08 | 32:18 | 33:13 |
| 2 Tone Albrektsson OK Ravinen | 33:54 | 4:08 | 8:37 | 3:56 | 1:53 | 7:39 | 1:54 | 3:34 | 1:18 | 0:55 |
| | | 4:08 | 12:45 | 16:41 | 18:34 | 26:13 | 28:07 | 31:41 | 32:59 | 33:54 |
| 3 Hanna Hänström Täby OK | 35:38 | 3:49 | 8:35 | 4:00 | 2:52 | 8:02 | 2:52 | 3:27 | 1:14 | 0:47 |
| | | 3:49 | 12:24 | 16:24 | 19:16 | 27:18 | 30:10 | 33:37 | 34:51 | 35:38 |
| 4 Anna Dahlgren-Rosén Järla Orientering | 36:01 | 4:45 | 7:51 | 3:36 | 3:00 | 8:03 | 2:53 | 3:42 | 1:24 | 0:47 |
| | | 4:45 | 12:36 | 16:12 | 19:12 | 27:15 | 30:08 | 33:50 | 35:14 | 36:01 |
| 5 Rebecca Waldenfjord Järfälla OK | 39:05 | 4:39 | 9:08 | 4:18 | 3:09 | 8:59 | 3:43 | 3:05 | 1:11 | 0:53 |
| | | 4:39 | 13:47 | 18:05 | 21:14 | 30:13 | 33:56 | 37:01 | 38:12 | 39:05 |
| 6 Ebba Leickt Tullinge SK | 58:08 | 5:55 | 11:35 | 6:42 | 8:18 | 12:37 | 4:13 | 5:25 | 2:24 | 0:59 |
| | | 5:55 | 17:30 | 24:12 | 32:30 | 45:07 | 49:20 | 54:45 | 57:09 | 58:08 |
| 7 Ebba Jansson Söders-Tyresö | 61:34 | 5:45 | 11:45 | 8:30 | 2:25 | 21:25 | 3:15 | 5:21 | 2:16 | 0:52 |
| | | 5:45 | 17:30 | 26:00 | 28:25 | 49:50 | 53:05 | 58:26 | 60:42 | 61:34 |
| Astrid Simonsson OK Älvsjö-Örby | Disk. | 5:06 | 10:53 | 4:01 | 3:12 | 8:16 | 2:14 | 3:01 | 1:20 | 1:03 |
| | | 5:06 | 15:59 | 20:00 | 23:12 | 31:28 | 33:42 | 36:43 | 38:03 | 39:06 |

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Sida 18

Pl Namn/Förening Sluttid Sträcktid

D180 Sträcka 1 2910 - 2960 m 3 anmälda

| | | | | | | | | | | | |
|------------------------------------|-------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Birgitta Billstam Järfälla OK | 34:45 | 5:33 | 3:49 | 4:35 | 3:57 | 6:08 | 2:11 | 1:44 | 2:43 | 2:47 | 1:18 |
| | | 5:33 | 9:22 | 13:57 | 17:54 | 24:02 | 26:13 | 27:57 | 30:40 | 33:27 | 34:45 |
| 2 Maria Ehn Tullinge SK | 46:08 | 6:02 | 9:02 | 1:59 | 4:06 | 13:32 | 2:26 | 1:36 | 3:19 | 2:55 | 1:11 |
| | | 6:02 | 15:04 | 17:03 | 21:09 | 34:41 | 37:07 | 38:43 | 42:02 | 44:57 | 46:08 |
| 3 Aila Halttunen Haninge SOK | 71:34 | 6:12 | 32:37 | 11:10 | 3:26 | 6:47 | 2:12 | 1:53 | 3:09 | 2:51 | 1:17 |
| | | 6:12 | 38:49 | 49:59 | 53:25 | 60:12 | 62:24 | 64:17 | 67:26 | 70:17 | 71:34 |

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Sida 19

Pl Namn/Förening Sluttid Sträcktid

| D180 Sträcka 2 | 2610 m | 3 anmälda | | | | | | |
|----------------------------------|---------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Helena Korhonen Haninge SOK | 34:27 | 7:58 | 9:07 | 4:38 | 5:12 | 4:08 | 2:27 | 0:57 |
| | | 7:58 | 17:05 | 21:43 | 26:55 | 31:03 | 33:30 | 34:27 |
| 2 Viveka Backman Tullinge SK | 37:33 | 7:54 | 8:35 | 6:26 | 5:01 | 5:20 | 2:50 | 1:27 |
| | | 7:54 | 16:29 | 22:55 | 27:56 | 33:16 | 36:06 | 37:33 |
| 3 Carin Runqvist Järfälla OK | 55:36 | 12:12 | 14:26 | 13:50 | 5:05 | 5:01 | 3:41 | 1:21 |
| | | 12:12 | 26:38 | 40:28 | 45:33 | 50:34 | 54:15 | 55:36 |

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Sida 20

Pl Namn/Förening Sluttid Sträcktid

D180 Sträcka 3 2910 - 2960 m 3 anmälda

| | | | | | | | | | | | | |
|---|----------------------------------|-------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Gunilla Thunstedt Järfälla OK | 28:47 | 4:46 | 6:46 | 1:40 | 2:40 | 4:32 | 1:39 | 1:33 | 2:14 | 1:58 | 0:59 |
| | | | 4:46 | 11:32 | 13:12 | 15:52 | 20:24 | 22:03 | 23:36 | 25:50 | 27:48 | 28:47 |
| 2 | Anna Blomgren Tullinge SK | 38:05 | 7:01 | 3:45 | 5:27 | 4:00 | 6:08 | 2:24 | 1:57 | 3:17 | 2:56 | 1:10 |
| | | | 7:01 | 10:46 | 16:13 | 20:13 | 26:21 | 28:45 | 30:42 | 33:59 | 36:55 | 38:05 |
| 3 | Ingrid Graneli Haninge SOK | 44:27 | 6:19 | 4:20 | 7:10 | 3:23 | 10:33 | 3:17 | 2:07 | 3:09 | 2:54 | 1:15 |
| | | | 6:19 | 10:39 | 17:49 | 21:12 | 31:45 | 35:02 | 37:09 | 40:18 | 43:12 | 44:27 |

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2013-09-15**

Sida 21

Pl Namn/Förening Sluttid Sträcktid

| D20 Sträcka 1 | | 4320 - 4450 m | | | | | 5 anmälda | | | | | | |
|----------------------|---------------------------------------|----------------------|-------------|-------------|--------------|--------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Tove Lagerberg OK Södertörn | 34:00 | 2:43 | 2:23 | 7:07 | 4:18 | 0:56 | 1:23 | 1:21 | 7:07 | 4:13 | 1:37 | 0:52 |
| | | | 2:43 | 5:06 | 12:13 | 16:31 | 17:27 | 18:50 | 20:11 | 27:18 | 31:31 | 33:08 | 34:00 |
| 2 | Hanna Korhonen Haninge SOK | 36:34 | 4:20 | 6:27 | 5:03 | 1:28 | 1:40 | 1:26 | 7:58 | 5:33 | 1:51 | 0:48 | |
| | | | 4:20 | 10:47 | 15:50 | 17:18 | 18:58 | 20:24 | 28:22 | 33:55 | 35:46 | 36:34 | |
| 3 | Magdalena van de Voord Tullinge SK | 40:35 | 3:50 | 1:38 | 6:57 | 6:08 | 1:06 | 2:04 | 2:00 | 8:43 | 5:12 | 2:05 | 0:52 |
| | | | 3:50 | 5:28 | 12:25 | 18:33 | 19:39 | 21:43 | 23:43 | 32:26 | 37:38 | 39:43 | 40:35 |
| 4 | Ellinor Fryxell Tullinge SK | 42:33 | 4:17 | 6:36 | 5:07 | 1:24 | 1:37 | 1:31 | 9:01 | 9:49 | 2:19 | 0:52 | |
| | | | 4:17 | 10:53 | 16:00 | 17:24 | 19:01 | 20:32 | 29:33 | 39:22 | 41:41 | 42:33 | |
| 5 | Laura D'Angelo Attunda OK | 56:07 | 5:36 | 1:46 | 10:31 | 5:42 | 1:19 | 5:45 | 3:53 | 11:17 | 6:27 | 2:38 | 1:13 |
| | | | 5:36 | 7:22 | 17:53 | 23:35 | 24:54 | 30:39 | 34:32 | 45:49 | 52:16 | 54:54 | 56:07 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 22

Pl Namn/Förening Sluttid Sträcktid

| D20 Sträcka 2 | | 4320 - 4450 m | | | | | 5 anmälda | | | | | | |
|----------------------|-----------------------------------|----------------------|-------------|-------------|--------------|--------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Channa Lönne Tullinge SK | 40:27 | 5:35 | 6:49 | 5:17 | 1:03 | 3:25 | 1:29 | 9:16 | 4:53 | 1:50 | 0:50 | |
| | | | 5:35 | 12:24 | 17:41 | 18:44 | 22:09 | 23:38 | 32:54 | 37:47 | 39:37 | 40:27 | |
| 2 | Linnéa Engstedt Tullinge SK | 45:46 | 4:16 | 2:34 | 6:17 | 6:36 | 4:52 | 2:48 | 1:42 | 8:55 | 4:50 | 2:04 | 0:52 |
| | | | 4:16 | 6:50 | 13:07 | 19:43 | 24:35 | 27:23 | 29:05 | 38:00 | 42:50 | 44:54 | 45:46 |
| 3 | Jennifer Andersson Haninge SOK | 47:22 | 5:27 | 3:47 | 7:51 | 5:22 | 1:16 | 2:55 | 1:33 | 9:39 | 6:31 | 1:58 | 1:03 |
| | | | 5:27 | 9:14 | 17:05 | 22:27 | 23:43 | 26:38 | 28:11 | 37:50 | 44:21 | 46:19 | 47:22 |
| | Tove Forshällen Attunda OK | Ej godk. | 5:08 | 2:58 | 8:19 | 7:26 | 2:51 | | | 10:20 | 5:47 | 2:33 | 1:15 |
| | | | 5:08 | 8:06 | 16:25 | 23:51 | 26:42 | | 31:06 | 41:26 | 47:13 | 49:46 | 51:01 |
| | Martina Sallstedt OK Södertörn | Ej godk. | 8:28 | 15:47 | 7:08 | 1:43 | | | 12:37 | 7:07 | 2:41 | 1:00 | |
| | | | 8:28 | 24:15 | 31:23 | 33:06 | | 51:33 | 64:10 | 71:17 | 73:58 | 74:58 | |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 23

Pl Namn/Förening Sluttid Sträcktid

D20 Sträcka 3 4320 - 4450 m 3 anmälda

| | | | | | | | | | | | | |
|-----------------------------------|-------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Cecilia Imark Tullinge SK | 39:01 | 3:50 | 3:22 | 5:49 | 5:25 | 1:05 | 2:03 | 1:34 | 8:27 | 4:40 | 1:50 | 0:56 |
| | | 3:50 | 7:12 | 13:01 | 18:26 | 19:31 | 21:34 | 23:08 | 31:35 | 36:15 | 38:05 | 39:01 |
| 2 Linnea Adolfsson Tullinge SK | 39:52 | 4:35 | 1:50 | 7:18 | 5:14 | 1:18 | 2:02 | 1:30 | 8:41 | 4:38 | 1:49 | 0:57 |
| | | 4:35 | 6:25 | 13:43 | 18:57 | 20:15 | 22:17 | 23:47 | 32:28 | 37:06 | 38:55 | 39:52 |
| 3 Alice Törnlund OK Södertörn | 44:05 | 5:20 | 1:52 | 7:38 | 6:04 | 1:20 | 2:03 | 2:42 | 8:56 | 4:58 | 2:07 | 1:05 |
| | | 5:20 | 7:12 | 14:50 | 20:54 | 22:14 | 24:17 | 26:59 | 35:55 | 40:53 | 43:00 | 44:05 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 24

Pl Namn/Förening Sluttid Sträcktid

| D21 Sträcka 1 | | 6090 - 6490 m | | | | 14 anmälda | | | | | | | | |
|---------------|--|---------------|-------|-------|-------|------------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1 | Elsa Jansson vacant | 45:20 | 4:10 | 3:09 | 2:47 | 4:29 | 1:55 | 0:49 | 4:45 | 2:57 | 4:30 | 2:10 | 3:38 | 5:27 |
| | | | 4:10 | 7:19 | 10:06 | 14:35 | 16:30 | 17:19 | 22:04 | 25:01 | 29:31 | 31:41 | 35:19 | 40:46 |
| | | | 1:11 | 1:46 | 0:47 | 0:50 | | | | | | | | |
| | | | 41:57 | 43:43 | 44:30 | 45:20 | | | | | | | | |
| 2 | Ebba Pegestam OK Ravinen | 53:19 | 5:02 | 4:25 | 2:30 | 6:12 | 2:21 | 2:24 | 1:04 | 5:32 | 3:23 | 4:32 | 2:34 | 4:12 |
| | | | 5:02 | 9:27 | 11:57 | 18:09 | 20:30 | 22:54 | 23:58 | 29:30 | 32:53 | 37:25 | 39:59 | 44:11 |
| | | | 5:02 | 1:25 | 1:14 | 0:44 | 0:43 | | | | | | | |
| | | | 49:13 | 50:38 | 51:52 | 52:36 | 53:19 | | | | | | | |
| 3 | Louise Markstedt OK Södertörn | 53:21 | 6:45 | 4:44 | 2:36 | 5:20 | 2:13 | 1:10 | 5:10 | 3:14 | 6:20 | 2:22 | 4:10 | 5:01 |
| | | | 6:45 | 11:29 | 14:05 | 19:25 | 21:38 | 22:48 | 27:58 | 31:12 | 37:32 | 39:54 | 44:04 | 49:05 |
| | | | 1:17 | 1:26 | 0:47 | 0:46 | | | | | | | | |
| | | | 50:22 | 51:48 | 52:35 | 53:21 | | | | | | | | |
| 4 | Magdalena Carlstein IFK Lidingö SOK | 53:26 | 5:21 | 4:21 | 3:05 | 5:08 | 2:08 | 2:34 | 1:12 | 5:21 | 3:53 | 4:31 | 2:22 | 4:09 |
| | | | 5:21 | 9:42 | 12:47 | 17:55 | 20:03 | 22:37 | 23:49 | 29:10 | 33:03 | 37:34 | 39:56 | 44:05 |
| | | | 5:12 | 1:12 | 1:23 | 0:45 | 0:49 | | | | | | | |
| | | | 49:17 | 50:29 | 51:52 | 52:37 | 53:26 | | | | | | | |
| 5 | Linda Larsson Tullinge SK | 53:32 | 6:06 | 3:09 | 1:56 | 5:23 | 2:16 | 2:17 | 0:56 | 5:29 | 3:38 | 5:30 | 2:39 | 4:44 |
| | | | 6:06 | 9:15 | 11:11 | 16:34 | 18:50 | 21:07 | 22:03 | 27:32 | 31:10 | 36:40 | 39:19 | 44:03 |
| | | | 5:06 | 1:16 | 1:24 | 0:47 | 0:56 | | | | | | | |
| | | | 49:09 | 50:25 | 51:49 | 52:36 | 53:32 | | | | | | | |
| 6 | Sofia Törnqvist IFK Lidingö SOK | 56:01 | 5:03 | 4:30 | 2:26 | 5:15 | 1:25 | 1:57 | 0:55 | 5:12 | 3:21 | 4:34 | 2:58 | 4:44 |
| | | | 5:03 | 9:33 | 11:59 | 17:14 | 18:39 | 20:36 | 21:31 | 26:43 | 30:04 | 34:38 | 37:36 | 42:20 |
| | | | 7:15 | 1:16 | 3:04 | 1:13 | 0:53 | | | | | | | |
| | | | 49:35 | 50:51 | 53:55 | 55:08 | 56:01 | | | | | | | |
| 7 | Sarah-Jane Gaffney OK Ravinen | 58:00 | 6:04 | 3:30 | 1:53 | 6:23 | 1:35 | 2:31 | 1:17 | 6:55 | 3:31 | 4:41 | 2:31 | 4:57 |
| | | | 6:04 | 9:34 | 11:27 | 17:50 | 19:25 | 21:56 | 23:13 | 30:08 | 33:39 | 38:20 | 40:51 | 45:48 |
| | | | 5:56 | 1:19 | 3:10 | 0:53 | 0:54 | | | | | | | |
| | | | 51:44 | 53:03 | 56:13 | 57:06 | 58:00 | | | | | | | |
| 8 | Ida Forsén Tullinge SK | 58:12 | 5:19 | 4:37 | 3:12 | 9:52 | 1:10 | 2:08 | 1:01 | 5:30 | 3:39 | 4:50 | 2:40 | 4:10 |
| | | | 5:19 | 9:56 | 13:08 | 23:00 | 24:10 | 26:18 | 27:19 | 32:49 | 36:28 | 41:18 | 43:58 | 48:08 |
| | | | 5:11 | 1:14 | 2:05 | 0:48 | 0:46 | | | | | | | |
| | | | 53:19 | 54:33 | 56:38 | 57:26 | 58:12 | | | | | | | |
| 9 | Karin Lundberg Järfälla OK | 59:00 | 6:15 | 3:45 | 2:07 | 6:17 | 2:54 | 1:04 | 6:34 | 4:38 | 5:15 | 3:11 | 4:54 | 6:00 |
| | | | 6:15 | 10:00 | 12:07 | 18:24 | 21:18 | 22:22 | 28:56 | 33:34 | 38:49 | 42:00 | 46:54 | 52:54 |
| | | | 1:36 | 2:24 | 1:00 | 1:06 | | | | | | | | |
| | | | 54:30 | 56:54 | 57:54 | 59:00 | | | | | | | | |
| 10 | Elin Sundqvist Tullinge SK | 66:12 | 5:07 | 6:16 | 2:55 | 6:49 | 1:33 | 2:53 | 1:10 | 6:14 | 4:19 | 6:54 | 3:02 | 4:52 |
| | | | 5:07 | 11:23 | 14:18 | 21:07 | 22:40 | 25:33 | 26:43 | 32:57 | 37:16 | 44:10 | 47:12 | 52:04 |
| | | | 8:43 | 1:43 | 1:43 | 0:59 | 1:00 | | | | | | | |
| | | | 60:47 | 62:30 | 64:13 | 65:12 | 66:12 | | | | | | | |
| 11 | Mette Petersson Centrum OK | 71:44 | 7:03 | 3:50 | 2:36 | 8:03 | 4:17 | 2:49 | 1:18 | 7:00 | 4:35 | 6:44 | 3:09 | 5:55 |
| | | | 7:03 | 10:53 | 13:29 | 21:32 | 25:49 | 28:38 | 29:56 | 36:56 | 41:31 | 48:15 | 51:24 | 57:19 |
| | | | 8:26 | 1:49 | 2:02 | 0:56 | 1:12 | | | | | | | |
| | | | 65:45 | 67:34 | 69:36 | 70:32 | 71:44 | | | | | | | |
| 12 | Erika Lindholm Centrum OK | 72:29 | 12:34 | 9:37 | 6:04 | 5:48 | 2:50 | 2:35 | 1:07 | 6:04 | 3:27 | 4:43 | 2:32 | 4:18 |
| | | | 12:34 | 22:11 | 28:15 | 34:03 | 36:53 | 39:28 | 40:35 | 46:39 | 50:06 | 54:49 | 57:21 | 61:39 |
| | | | 5:31 | 1:23 | 2:20 | 0:47 | 0:49 | | | | | | | |
| | | | 67:10 | 68:33 | 70:53 | 71:40 | 72:29 | | | | | | | |

**Sträcktidresultatlista DM Stafett Stockholm
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Sida 25

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|--|---------|-----------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Moa Kjelstrand Centrum OK | 72:40 | 13:52 | 6:00 | 2:38 | 7:50 | 2:26 | 1:09 | 8:20 | 5:19 | 4:11 | 2:52 | 7:59 | 5:00 |
| | | | 13:52 | 19:52 | 22:30 | 30:20 | 32:46 | 33:55 | 42:15 | 47:34 | 51:45 | 54:37 | 62:36 | 67:36 |
| | | | 1:45 | 1:36 | 0:43 | 1:00 | | | | | | | | |
| | | | 69:21 | 70:57 | 71:40 | 72:40 | | | | | | | | |
| 14 | Maria Mikaelsson Tumba-Mälarhöjden OK | 85:06 | | | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm
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Sida 26

Pl Namn/Förening Sluttid Sträcktid

D21 Sträcka 2

6090 - 6490 m

14 anmälda

| | | | | | | | | | | | | | | |
|----|--|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1 | Johanna Lönnkvist Tullinge SK | 47:51 | 4:51 | 4:56 | 2:26 | 4:48 | 2:28 | 0:52 | 5:32 | 3:05 | 3:53 | 2:19 | 3:25 | 4:51 |
| | | | 4:51 | 9:47 | 12:13 | 17:01 | 19:29 | 20:21 | 25:53 | 28:58 | 32:51 | 35:10 | 38:35 | 43:26 |
| | | | 1:17 | 1:29 | 0:47 | 0:52 | | | | | | | | |
| | | | 44:43 | 46:12 | 46:59 | 47:51 | | | | | | | | |
| 2 | Frida Bakkman IFK Lidingö SOK | 49:43 | 5:56 | 3:01 | 1:43 | 4:40 | 2:22 | 0:56 | 5:56 | 3:58 | 5:42 | 2:36 | 3:49 | 4:51 |
| | | | 5:56 | 8:57 | 10:40 | 15:20 | 17:42 | 18:38 | 24:34 | 28:32 | 34:14 | 36:50 | 40:39 | 45:30 |
| | | | 1:12 | 1:21 | 0:47 | 0:53 | | | | | | | | |
| | | | 46:42 | 48:03 | 48:50 | 49:43 | | | | | | | | |
| 3 | Ida Kallur OK Ravinen | 55:46 | 8:05 | 3:11 | 3:20 | 5:55 | 1:22 | 2:18 | 0:56 | 5:42 | 3:23 | 4:48 | 2:36 | 4:11 |
| | | | 8:05 | 11:16 | 14:36 | 20:31 | 21:53 | 24:11 | 25:07 | 30:49 | 34:12 | 39:00 | 41:36 | 45:47 |
| | | | 5:36 | 1:17 | 1:24 | 0:48 | 0:54 | | | | | | | |
| | | | 51:23 | 52:40 | 54:04 | 54:52 | 55:46 | | | | | | | |
| 4 | Rebecka Heinrup Tullinge SK | 63:03 | 5:54 | 3:54 | 3:04 | 5:39 | 1:18 | 2:41 | 0:58 | 9:45 | 3:52 | 6:50 | 2:49 | 4:32 |
| | | | 5:54 | 9:48 | 12:52 | 18:31 | 19:49 | 22:30 | 23:28 | 33:13 | 37:05 | 43:55 | 46:44 | 51:16 |
| | | | 6:32 | 1:28 | 1:45 | 0:55 | 1:07 | | | | | | | |
| | | | 57:48 | 59:16 | 61:01 | 61:56 | 63:03 | | | | | | | |
| 5 | Dora Szerencsi vacant | 63:41 | 9:12 | 6:33 | 2:50 | 7:20 | 2:32 | 2:45 | 1:08 | 6:31 | 3:09 | 5:01 | 2:38 | 4:12 |
| | | | 9:12 | 15:45 | 18:35 | 25:55 | 28:27 | 31:12 | 32:20 | 38:51 | 42:00 | 47:01 | 49:39 | 53:51 |
| | | | 5:36 | 1:17 | 1:21 | 0:49 | 0:47 | | | | | | | |
| | | | 59:27 | 60:44 | 62:05 | 62:54 | 63:41 | | | | | | | |
| 6 | Anette Önerud OK Ravinen | 64:32 | 6:24 | 6:10 | 3:30 | 7:31 | 2:54 | 1:12 | 6:18 | 4:13 | 5:32 | 3:14 | 5:21 | 6:12 |
| | | | 6:24 | 12:34 | 16:04 | 23:35 | 26:29 | 27:41 | 33:59 | 38:12 | 43:44 | 46:58 | 52:19 | 58:31 |
| | | | 1:33 | 2:28 | 1:01 | 0:59 | | | | | | | | |
| | | | 60:04 | 62:32 | 63:33 | 64:32 | | | | | | | | |
| 7 | Louise Klingstedt OK Södertörn | 65:06 | 8:05 | 3:14 | 3:13 | 6:17 | 5:06 | 2:55 | 1:23 | 6:48 | 4:08 | 5:51 | 2:39 | 4:21 |
| | | | 8:05 | 11:19 | 14:32 | 20:49 | 25:55 | 28:50 | 30:13 | 37:01 | 41:09 | 47:00 | 49:39 | 54:00 |
| | | | 5:33 | 1:38 | 2:15 | 0:45 | 0:55 | | | | | | | |
| | | | 59:33 | 61:11 | 63:26 | 64:11 | 65:06 | | | | | | | |
| 8 | Elin Ström IFK Lidingö SOK | 65:09 | 8:51 | 4:58 | 2:50 | 5:50 | 1:25 | 2:50 | 1:18 | 7:58 | 4:11 | 6:51 | 2:46 | 4:16 |
| | | | 8:51 | 13:49 | 16:39 | 22:29 | 23:54 | 26:44 | 28:02 | 36:00 | 40:11 | 47:02 | 49:48 | 54:04 |
| | | | 5:47 | 1:32 | 1:55 | 0:49 | 1:02 | | | | | | | |
| | | | 59:51 | 61:23 | 63:18 | 64:07 | 65:09 | | | | | | | |
| 9 | Maria Pedersen Järfälla OK | 76:40 | 7:16 | 5:57 | 3:24 | 7:08 | 2:42 | 4:11 | 0:56 | 7:21 | 4:59 | 7:25 | 3:34 | 5:40 |
| | | | 7:16 | 13:13 | 16:37 | 23:45 | 26:27 | 30:38 | 31:34 | 38:55 | 43:54 | 51:19 | 54:53 | 60:33 |
| | | | 6:42 | 5:02 | 2:26 | 0:54 | 1:03 | | | | | | | |
| | | | 67:15 | 72:17 | 74:43 | 75:37 | 76:40 | | | | | | | |
| 10 | Sara Jonasson Centrum OK | 81:24 | 7:45 | 5:29 | 4:39 | 10:41 | 3:50 | 3:28 | 1:16 | 7:32 | 5:00 | 7:01 | 3:36 | 6:24 |
| | | | 7:45 | 13:14 | 17:53 | 28:34 | 32:24 | 35:52 | 37:08 | 44:40 | 49:40 | 56:41 | 60:17 | 66:41 |
| | | | 8:44 | 2:01 | 1:59 | 0:56 | 1:03 | | | | | | | |
| | | | 75:25 | 77:26 | 79:25 | 80:21 | 81:24 | | | | | | | |
| 11 | Matilda Jonasson Tumba-Mälarhöjden OK | 93:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | 93:00 | | | | | | | |
| | Lena Öhman Centrum OK | Ej godk. | 7:25 | 3:38 | 2:29 | 6:41 | 3:45 | 3:02 | 1:01 | 6:39 | 4:28 | 5:13 | 2:55 | 4:50 |
| | | | 7:25 | 11:03 | 13:32 | 20:13 | 23:58 | 27:00 | 28:01 | 34:40 | 39:08 | 44:21 | 47:16 | 52:06 |
| | | | 5:51 | | | 0:57 | 1:13 | | | | | | | |
| | | | 57:57 | | 59:43 | 60:40 | 61:53 | | | | | | | |

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Sida 27

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | |
|----|----------------|----------|-----------|-------|--------|--------|-------|-------|-------|-------|
| | Tina Junegard | Ej godk. | 12:46 | 4:08 | 1:55 | 5:51 | 2:14 | 0:57 | 9:25 | |
| | Tullinge SK | | 12:46 | 16:54 | 18:49 | 24:40 | 26:54 | 27:51 | 37:16 | 42:04 |
| | | | 1:35 | 2:08 | 0:58 | 1:02 | | | | |
| | | | 43:39 | 45:47 | 46:45 | 47:47 | | | | |
| | Agnes Wadelius | Ej godk. | 15:26 | 16:06 | 3:59 | 10:51 | 6:45 | 1:24 | 8:33 | |
| | Centrum OK | | 15:26 | 31:32 | 35:31 | 46:22 | 53:07 | 54:31 | 63:04 | |
| | | | | | | 1:11 | | | | |
| | | | | | 102:11 | 103:22 | | | | |

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Sida 28

Pl Namn/Förening Sluttid Sträcktid

| D21 Sträcka 3 | | 6090 - 6490 m | | | | | 12 anmälda | | | | | | | |
|---------------|------------------------------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Karolin Ohlsson vacant | 43:24 | 4:52 | 4:17 | 1:51 | 4:21 | 1:04 | 1:38 | 0:47 | 4:14 | 3:00 | 3:22 | 2:05 | 3:09 |
| | | | 4:52 | 9:09 | 11:00 | 15:21 | 16:25 | 18:03 | 18:50 | 23:04 | 26:04 | 29:26 | 31:31 | 34:40 |
| | | | 4:09 | 1:07 | 1:59 | 0:37 | 0:52 | | | | | | | |
| | | | 38:49 | 39:56 | 41:55 | 42:32 | 43:24 | | | | | | | |
| 2 | Sofia Adolfsen IFK Lidingö SOK | 47:40 | 5:26 | 3:10 | 3:17 | 4:49 | 1:53 | 1:56 | 0:51 | 4:58 | 2:48 | 4:01 | 1:59 | 3:19 |
| | | | 5:26 | 8:36 | 11:53 | 16:42 | 18:35 | 20:31 | 21:22 | 26:20 | 29:08 | 33:09 | 35:08 | 38:27 |
| | | | 4:59 | 1:16 | 1:09 | 0:55 | 0:54 | | | | | | | |
| | | | 43:26 | 44:42 | 45:51 | 46:46 | 47:40 | | | | | | | |
| 3 | Jenny Lönnkvist Tullinge SK | 50:44 | 5:30 | 2:37 | 1:44 | 4:53 | 2:09 | 2:10 | 0:46 | 5:15 | 3:29 | 4:16 | 2:46 | 4:11 |
| | | | 5:30 | 8:07 | 9:51 | 14:44 | 16:53 | 19:03 | 19:49 | 25:04 | 28:33 | 32:49 | 35:35 | 39:46 |
| | | | 5:05 | 1:56 | 2:12 | 0:44 | 1:01 | | | | | | | |
| | | | 44:51 | 46:47 | 48:59 | 49:43 | 50:44 | | | | | | | |
| 4 | Adela Indrakova IFK Lidingö SOK | 53:34 | 6:55 | 2:59 | 1:53 | 5:22 | 2:05 | 0:52 | 7:23 | 3:27 | 4:16 | 2:38 | 3:58 | 5:43 |
| | | | 6:55 | 9:54 | 11:47 | 17:09 | 19:14 | 20:06 | 27:29 | 30:56 | 35:12 | 37:50 | 41:48 | 47:31 |
| | | | 1:16 | 2:58 | 0:54 | 0:55 | | | | | | | | |
| | | | 48:47 | 51:45 | 52:39 | 53:34 | | | | | | | | |
| 5 | Annie Forsberg OK Ravinen | 54:54 | 5:41 | 3:53 | 2:52 | 5:05 | 2:15 | 0:57 | 7:16 | 3:10 | 4:45 | 2:58 | 6:22 | 4:57 |
| | | | 5:41 | 9:34 | 12:26 | 17:31 | 19:46 | 20:43 | 27:59 | 31:09 | 35:54 | 38:52 | 45:14 | 50:11 |
| | | | 1:30 | 1:26 | 0:48 | 0:59 | | | | | | | | |
| | | | 51:41 | 53:07 | 53:55 | 54:54 | | | | | | | | |
| 6 | Helena Samuelsson Centrum OK | 55:53 | | | 2:59 | 6:56 | 2:32 | 1:05 | 6:35 | 4:18 | 5:48 | 3:11 | 5:35 | 6:32 |
| | | | | 2:45 | 5:44 | 12:40 | 15:12 | 16:17 | 22:52 | 27:10 | 32:58 | 36:09 | 41:44 | 48:16 |
| | | | 1:42 | 3:54 | 0:54 | 1:07 | | | | | | | | |
| | | | 49:58 | 53:52 | 54:46 | 55:53 | | | | | | | | |
| 7 | Marielle Larsson OK Södertörn | 57:35 | 5:55 | 3:52 | 2:41 | 5:03 | 1:35 | 2:31 | 1:18 | 6:33 | 3:12 | 5:15 | 2:26 | 5:32 |
| | | | 5:55 | 9:47 | 12:28 | 17:31 | 19:06 | 21:37 | 22:55 | 29:28 | 32:40 | 37:55 | 40:21 | 45:53 |
| | | | 6:03 | 1:42 | 2:15 | 0:48 | 0:54 | | | | | | | |
| | | | 51:56 | 53:38 | 55:53 | 56:41 | 57:35 | | | | | | | |
| 8 | Viktoria Helmersson OK Ravinen | 68:30 | 7:00 | 5:28 | 3:01 | 7:24 | 3:11 | 2:41 | 0:59 | 9:20 | 3:34 | 5:34 | 3:03 | 4:39 |
| | | | 7:00 | 12:28 | 15:29 | 22:53 | 26:04 | 28:45 | 29:44 | 39:04 | 42:38 | 48:12 | 51:15 | 55:54 |
| | | | 5:38 | 3:08 | 1:52 | 0:56 | 1:02 | | | | | | | |
| | | | 61:32 | 64:40 | 66:32 | 67:28 | 68:30 | | | | | | | |
| 9 | Karin Fägerlind Centrum OK | 74:12 | 16:02 | 4:23 | 3:24 | 6:10 | 1:51 | 2:52 | 1:32 | 6:38 | 4:24 | 7:01 | 3:07 | 4:56 |
| | | | 16:02 | 20:25 | 23:49 | 29:59 | 31:50 | 34:42 | 36:14 | 42:52 | 47:16 | 54:17 | 57:24 | 62:20 |
| | | | 6:18 | 1:41 | 2:01 | 0:50 | 1:02 | | | | | | | |
| | | | 68:38 | 70:19 | 72:20 | 73:10 | 74:12 | | | | | | | |
| 10 | Malin Dahlström Tullinge SK | 80:43 | 11:48 | 4:53 | 5:49 | 6:57 | 2:52 | 3:54 | 1:14 | 10:20 | 4:53 | 6:07 | 3:07 | 4:47 |
| | | | 11:48 | 16:41 | 22:30 | 29:27 | 32:19 | 36:13 | 37:27 | 47:47 | 52:40 | 58:47 | 61:54 | 66:41 |
| | | | 6:35 | 3:30 | 1:58 | 0:57 | 1:02 | | | | | | | |
| | | | 73:16 | 76:46 | 78:44 | 79:41 | 80:43 | | | | | | | |
| | Andrea Silier Järfälla OK | Ej godk. | 14:39 | 7:08 | 3:13 | 9:43 | 1:35 | 2:56 | 1:46 | 6:41 | 13:43 | 9:48 | 3:27 | |
| | | | 14:39 | 21:47 | 25:00 | 34:43 | 36:18 | 39:14 | 41:00 | 47:41 | 61:24 | 71:12 | 74:39 | |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 29

Pl Namn/Förening Sluttid Sträcktid

D210 Sträcka 1 2490 - 2570 m 2 anmälda

| | | | | | | | | | | |
|---|--------------------------------|-------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Eva-Stina Svärd Haninge SOK | 33:10 | 6:21 | 6:31 | 2:54 | 6:11 | 1:47 | 5:14 | 2:49 | 1:23 |
| | | | 6:21 | 12:52 | 15:46 | 21:57 | 23:44 | 28:58 | 31:47 | 33:10 |
| 2 | Gerda Woxén IBM-Klubben | 59:11 | 7:11 | 30:20 | 2:51 | 5:51 | 2:09 | 6:03 | 3:27 | 1:19 |
| | | | 7:11 | 37:31 | 40:22 | 46:13 | 48:22 | 54:25 | 57:52 | 59:11 |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 30

Pl Namn/Förening Sluttid Sträcktid

| D210 Sträcka 2 | 1990 m | 3 anmälda | | | | | | |
|----------------------------------|---------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Berit Lindunger Haninge SOK | 42:44 | 13:13 | 2:42 | 5:54 | 7:06 | 7:11 | 4:38 | 2:00 |
| | | 13:13 | 15:55 | 21:49 | 28:55 | 36:06 | 40:44 | 42:44 |
| 2 Monica Forsberg IBM-Klubben | 47:04 | 10:40 | 2:52 | 5:48 | 8:57 | 12:23 | 4:49 | 1:35 |
| | | 10:40 | 13:32 | 19:20 | 28:17 | 40:40 | 45:29 | 47:04 |
| 3 Mania Larson IBM-Klubben | 48:23 | 19:23 | 2:27 | 7:24 | 6:31 | 7:53 | 3:08 | 1:37 |
| | | 19:23 | 21:50 | 29:14 | 35:45 | 43:38 | 46:46 | 48:23 |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 31

Pl Namn/Förening Sluttid Sträcktid

D210 Sträcka 3 2490 - 2570 m 2 anmälda

| | | | | | | | | | |
|----------------------|-------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Siv Frölund | 37:57 | 10:28 | 6:48 | 3:27 | 6:06 | 2:01 | 4:47 | 2:57 | 1:23 |
| Haninge SOK | | 10:28 | 17:16 | 20:43 | 26:49 | 28:50 | 33:37 | 36:34 | 37:57 |
| 2 Gunilla Wickenberg | 58:15 | 10:23 | 12:29 | 10:22 | 6:51 | 2:41 | 9:39 | 3:46 | 2:04 |
| IBM-Klubben | | 10:23 | 22:52 | 33:14 | 40:05 | 42:46 | 52:25 | 56:11 | 58:15 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 32

Pl Namn/Förening Sluttid Sträcktid

| H12 Sträcka 1 | | 2530 - 2560 m | | | 22 anmälda | | | | | |
|---------------|--|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Jonatan Ståhl Sundbybergs IK | 18:59 | 2:40 | 3:53 | 4:27 | 1:16 | 3:04 | 1:50 | 0:59 | 0:50 |
| | | | 2:40 | 6:33 | 11:00 | 12:16 | 15:20 | 17:10 | 18:09 | 18:59 |
| 2 | Johan Lundbäck Järfälla OK | 19:08 | 3:48 | 2:07 | 5:07 | 1:15 | 3:05 | 1:50 | 1:04 | 0:52 |
| | | | 3:48 | 5:55 | 11:02 | 12:17 | 15:22 | 17:12 | 18:16 | 19:08 |
| 3 | Anton Hänström Täby OK | 19:15 | 2:54 | 2:00 | 4:48 | 1:23 | 4:03 | 1:58 | 1:10 | 0:59 |
| | | | 2:54 | 4:54 | 9:42 | 11:05 | 15:08 | 17:06 | 18:16 | 19:15 |
| 4 | Samuel Lindén Attunda OK | 19:16 | 2:58 | 1:59 | 4:56 | 1:23 | 3:55 | 2:00 | 1:08 | 0:57 |
| | | | 2:58 | 4:57 | 9:53 | 11:16 | 15:11 | 17:11 | 18:19 | 19:16 |
| 5 | Fredrik Glännefors Söders-Tyresö | 21:19 | 4:48 | 3:03 | 4:33 | 1:19 | 3:36 | 1:50 | 1:17 | 0:53 |
| | | | 4:48 | 7:51 | 12:24 | 13:43 | 17:19 | 19:09 | 20:26 | 21:19 |
| 6 | Hampus Hatlen Tullinge SK | 22:23 | 3:31 | 2:23 | 7:39 | 1:26 | 3:40 | 1:49 | 1:05 | 0:50 |
| | | | 3:31 | 5:54 | 13:33 | 14:59 | 18:39 | 20:28 | 21:33 | 22:23 |
| 7 | Erik Lidström Lauri Snättringe SK | 22:27 | 2:56 | 3:17 | 7:23 | 1:24 | 3:35 | 1:50 | 1:06 | 0:56 |
| | | | 2:56 | 6:13 | 13:36 | 15:00 | 18:35 | 20:25 | 21:31 | 22:27 |
| 8 | Isak Gelius Snättringe SK | 22:29 | 3:28 | 4:40 | 5:43 | 1:21 | 3:25 | 1:49 | 1:06 | 0:57 |
| | | | 3:28 | 8:08 | 13:51 | 15:12 | 18:37 | 20:26 | 21:32 | 22:29 |
| 9 | Melvin Jakobsson OK Södertörn | 22:32 | 3:15 | 3:45 | 4:49 | 1:39 | 5:10 | 1:46 | 1:10 | 0:58 |
| | | | 3:15 | 7:00 | 11:49 | 13:28 | 18:38 | 20:24 | 21:34 | 22:32 |
| 10 | Martin Rinnbäck OK Ravinen | 23:04 | 3:32 | 2:24 | 7:57 | 1:23 | 3:33 | 1:56 | 1:19 | 1:00 |
| | | | 3:32 | 5:56 | 13:53 | 15:16 | 18:49 | 20:45 | 22:04 | 23:04 |
| 11 | Lucas Fredman OK Älvsjö-Örby | 23:05 | 3:33 | 2:42 | 6:26 | 1:29 | 4:34 | 2:00 | 1:24 | 0:57 |
| | | | 3:33 | 6:15 | 12:41 | 14:10 | 18:44 | 20:44 | 22:08 | 23:05 |
| 12 | Isak Södersten Järfälla OK | 23:09 | 3:38 | 2:43 | 7:41 | 1:24 | 3:25 | 2:02 | 1:19 | 0:57 |
| | | | 3:38 | 6:21 | 14:02 | 15:26 | 18:51 | 20:53 | 22:12 | 23:09 |
| 13 | Niklas Svensson Järfälla OK | 30:52 | 5:09 | 4:30 | 5:21 | 1:33 | 10:11 | 2:05 | 1:12 | 0:51 |
| | | | 5:09 | 9:39 | 15:00 | 16:33 | 26:44 | 28:49 | 30:01 | 30:52 |
| 14 | Ludvig Jarlemark IFK Lidingö SOK | 31:13 | 6:19 | 4:05 | 6:48 | 1:33 | 8:14 | 2:02 | 1:17 | 0:55 |
| | | | 6:19 | 10:24 | 17:12 | 18:45 | 26:59 | 29:01 | 30:18 | 31:13 |
| 15 | Johan Fochsen Waxholms OK | 32:57 | 5:56 | 4:27 | 4:52 | 1:21 | 11:55 | 2:16 | 1:14 | 0:56 |
| | | | 5:56 | 10:23 | 15:15 | 16:36 | 28:31 | 30:47 | 32:01 | 32:57 |
| 16 | Elias Norrman Haninge SOK | 33:04 | 5:23 | 5:10 | 6:44 | 1:38 | 8:15 | 3:44 | 1:15 | 0:55 |
| | | | 5:23 | 10:33 | 17:17 | 18:55 | 27:10 | 30:54 | 32:09 | 33:04 |
| 17 | Elliot Erlandsson OK Österåker | 33:13 | 5:55 | 4:33 | 5:09 | 1:39 | 11:18 | 2:14 | 1:21 | 1:04 |
| | | | 5:55 | 10:28 | 15:37 | 17:16 | 28:34 | 30:48 | 32:09 | 33:13 |
| 18 | Johan Nordquist Järla Orientering | 35:17 | 5:23 | 6:13 | 5:24 | 1:37 | 12:14 | 2:07 | 1:23 | 0:56 |
| | | | 5:23 | 11:36 | 17:00 | 18:37 | 30:51 | 32:58 | 34:21 | 35:17 |
| 19 | Oscar Levin IFK Lidingö SOK | 39:11 | 3:57 | 14:22 | 8:17 | 1:34 | 5:11 | 3:50 | 1:08 | 0:52 |
| | | | 3:57 | 18:19 | 26:36 | 28:10 | 33:21 | 37:11 | 38:19 | 39:11 |
| 20 | Filip Storell Haninge SOK | 39:20 | 12:33 | 5:18 | 6:01 | 1:42 | 9:41 | 2:09 | 1:06 | 0:50 |
| | | | 12:33 | 17:51 | 23:52 | 25:34 | 35:15 | 37:24 | 38:30 | 39:20 |
| 21 | Elias Adebrant Tumba-Mälarhöjden OK | 39:28 | 13:27 | 5:18 | 5:09 | 1:42 | 9:41 | 1:53 | 1:17 | 1:01 |
| | | | 13:27 | 18:45 | 23:54 | 25:36 | 35:17 | 37:10 | 38:27 | 39:28 |
| | Simon Frisk Gustavsbergs OK | | Disk. | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 33

Pl Namn/Förening Sluttid Sträcktid

| H12 Sträcka 2 | 2050 m | 45 anmälda | | | | | | | |
|---|--------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|
| 1 Melker Hörnfeldt OK Ravinen | 16:15 | 3:54 | 0:50 | 1:55 | 2:13 | 2:44 | 2:28 | 1:13 | 0:58 |
| | | 3:54 | 4:44 | 6:39 | 8:52 | 11:36 | 14:04 | 15:17 | 16:15 |
| 2 Erik Bovallius Järfälla OK | 16:31 | 3:28 | 0:47 | 1:50 | 2:28 | 3:25 | 2:27 | 1:11 | 0:55 |
| | | 3:28 | 4:15 | 6:05 | 8:33 | 11:58 | 14:25 | 15:36 | 16:31 |
| 3 Lukas Gustafsson Järfälla OK | 16:43 | 3:30 | 0:46 | 1:50 | 2:29 | 3:25 | 2:26 | 1:16 | 1:01 |
| | | 3:30 | 4:16 | 6:06 | 8:35 | 12:00 | 14:26 | 15:42 | 16:43 |
| 4 Adam Bratt Tullinge SK | 19:49 | 4:29 | 0:52 | 2:06 | 2:31 | 4:59 | 2:42 | 1:14 | 0:56 |
| | | 4:29 | 5:21 | 7:27 | 9:58 | 14:57 | 17:39 | 18:53 | 19:49 |
| 5 Albin Lindskog OK Ravinen | 20:17 | 4:20 | 0:59 | 2:24 | 2:55 | 4:25 | 3:00 | 1:15 | 0:59 |
| | | 4:20 | 5:19 | 7:43 | 10:38 | 15:03 | 18:03 | 19:18 | 20:17 |
| 6 Laban Bryngelsson Tullinge SK | 20:27 | 4:33 | 0:53 | 2:03 | 2:33 | 4:57 | 2:55 | 1:27 | 1:06 |
| | | 4:33 | 5:26 | 7:29 | 10:02 | 14:59 | 17:54 | 19:21 | 20:27 |
| 7 Andreas Skeppling OK Södertörn | 20:33 | 4:46 | 1:00 | 2:10 | 2:38 | 4:38 | 3:07 | 1:14 | 1:00 |
| | | 4:46 | 5:46 | 7:56 | 10:34 | 15:12 | 18:19 | 19:33 | 20:33 |
| 8 Jacob Kennerhed Snättringe SK | 20:43 | 4:40 | 1:09 | 2:18 | 2:49 | 3:45 | 3:52 | 1:15 | 0:55 |
| | | 4:40 | 5:49 | 8:07 | 10:56 | 14:41 | 18:33 | 19:48 | 20:43 |
| 9 Albin Hainke Snättringe SK | 20:44 | 4:24 | 0:54 | 2:09 | 2:33 | 5:22 | 2:59 | 1:22 | 1:01 |
| | | 4:24 | 5:18 | 7:27 | 10:00 | 15:22 | 18:21 | 19:43 | 20:44 |
| 10 Viktor Zilling OK Södertörn | 20:57 | 4:51 | 0:57 | 2:29 | 3:06 | 3:51 | 3:13 | 1:21 | 1:09 |
| | | 4:51 | 5:48 | 8:17 | 11:23 | 15:14 | 18:27 | 19:48 | 20:57 |
| 11 Jakob Tedhamre Snättringe SK | 21:06 | 4:54 | 0:58 | 2:18 | 2:47 | 3:45 | 3:49 | 1:26 | 1:09 |
| | | 4:54 | 5:52 | 8:10 | 10:57 | 14:42 | 18:31 | 19:57 | 21:06 |
| 12 Eskil Widehag Sundbybergs IK | 21:23 | 4:36 | 0:56 | 2:18 | 2:30 | 5:25 | 3:24 | 1:19 | 0:55 |
| | | 4:36 | 5:32 | 7:50 | 10:20 | 15:45 | 19:09 | 20:28 | 21:23 |
| 13 Hjalmar Sandberg OK Älvsjö-Örby | 21:31 | 4:25 | 0:52 | 1:55 | 2:14 | 5:12 | 4:33 | 1:23 | 0:57 |
| | | 4:25 | 5:17 | 7:12 | 9:26 | 14:38 | 19:11 | 20:34 | 21:31 |
| 14 Manne Hammarberg Järfälla OK | 21:54 | 4:52 | 1:00 | 2:48 | 3:35 | 3:24 | 3:55 | 1:19 | 1:01 |
| | | 4:52 | 5:52 | 8:40 | 12:15 | 15:39 | 19:34 | 20:53 | 21:54 |
| 15 Ellinor Björklund Järfälla OK | 22:08 | 4:56 | 0:59 | 2:46 | 3:36 | 3:27 | 3:52 | 1:25 | 1:07 |
| | | 4:56 | 5:55 | 8:41 | 12:17 | 15:44 | 19:36 | 21:01 | 22:08 |
| 16 Josef Franzén Snättringe SK | 22:51 | 4:59 | 1:11 | 2:42 | 3:16 | 4:30 | 3:31 | 1:39 | 1:03 |
| | | 4:59 | 6:10 | 8:52 | 12:08 | 16:38 | 20:09 | 21:48 | 22:51 |
| 17 Simon Jönsson Haninge SOK | 25:05 | 5:44 | 1:19 | 3:19 | 3:27 | 4:11 | 4:41 | 1:26 | 0:58 |
| | | 5:44 | 7:03 | 10:22 | 13:49 | 18:00 | 22:41 | 24:07 | 25:05 |
| 18 Erik Nederheim Haninge SOK | 25:08 | 5:56 | 1:01 | 3:23 | 3:23 | 4:14 | 4:45 | 1:28 | 0:58 |
| | | 5:56 | 6:57 | 10:20 | 13:43 | 17:57 | 22:42 | 24:10 | 25:08 |
| 19 Alexander Lindström Sundbybergs IK | 25:50 | 4:39 | 0:58 | 6:15 | 3:05 | 4:40 | 3:11 | 1:55 | 1:07 |
| | | 4:39 | 5:37 | 11:52 | 14:57 | 19:37 | 22:48 | 24:43 | 25:50 |
| 20 Linus Berggren OK Älvsjö-Örby | 25:52 | 4:27 | 0:53 | 1:53 | 2:13 | 5:04 | 9:07 | 1:16 | 0:59 |
| | | 4:27 | 5:20 | 7:13 | 9:26 | 14:30 | 23:37 | 24:53 | 25:52 |
| 21 Johan Karlsson OK Älvsjö-Örby | 25:53 | 4:26 | 0:55 | 2:26 | 3:06 | 3:39 | 9:10 | 1:10 | 1:01 |
| | | 4:26 | 5:21 | 7:47 | 10:53 | 14:32 | 23:42 | 24:52 | 25:53 |
| 22 Teodor Hedberg Tumba-Mälarhöjden OK | 26:11 | 7:24 | 1:00 | 2:47 | 3:39 | 4:13 | 4:25 | 1:36 | 1:07 |
| | | 7:24 | 8:24 | 11:11 | 14:50 | 19:03 | 23:28 | 25:04 | 26:11 |
| 23 Oskar Nilsson Järfälla OK | 26:40 | 4:34 | 1:06 | 2:17 | 2:49 | 7:43 | 5:38 | 1:31 | 1:02 |
| | | 4:34 | 5:40 | 7:57 | 10:46 | 18:29 | 24:07 | 25:38 | 26:40 |

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | |
|----|--|----------|-----------|-------|-------|-------|-------|-------|-------|-------------|
| 24 | Miia Roller Järfälla OK | 26:42 | 4:33 | 1:07 | 2:16 | 2:52 | 7:43 | 5:37 | 1:31 | 1:03 |
| | | | 4:33 | 5:40 | 7:56 | 10:48 | 18:31 | 24:08 | 25:39 | 26:42 |
| 25 | Arvid Johansson Haninge SOK | 27:59 | 4:52 | 1:53 | 2:27 | 2:56 | 9:27 | 3:56 | 1:30 | 0:58 |
| | | | 4:52 | 6:45 | 9:12 | 12:08 | 21:35 | 25:31 | 27:01 | 27:59 |
| 26 | Jens Fochsen Waxholms OK | 28:20 | 5:42 | 1:01 | 2:28 | 3:15 | 5:45 | 7:48 | 1:15 | 1:06 |
| | | | 5:42 | 6:43 | 9:11 | 12:26 | 18:11 | 25:59 | 27:14 | 28:20 |
| 27 | Eskil Costermans Järla Orientering | 29:14 | 4:46 | 1:09 | 2:54 | 3:22 | 10:00 | 4:51 | 1:13 | 0:59 |
| | | | 4:46 | 5:55 | 8:49 | 12:11 | 22:11 | 27:02 | 28:15 | 29:14 |
| 28 | Viktor Söderberg Järla Orientering | 29:22 | 4:47 | 1:10 | 2:55 | 3:18 | 9:51 | 5:02 | 1:18 | 1:01 |
| | | | 4:47 | 5:57 | 8:52 | 12:10 | 22:01 | 27:03 | 28:21 | 29:22 |
| 29 | Timothy Arkwall-Lindqvist Järla Orientering | 29:26 | 4:52 | 1:10 | 2:49 | 3:22 | 10:12 | 4:46 | 1:11 | 1:04 |
| | | | 4:52 | 6:02 | 8:51 | 12:13 | 22:25 | 27:11 | 28:22 | 29:26 |
| 30 | Elis Ivers Attunda OK | 29:34 | 5:01 | 1:07 | 3:07 | 4:15 | 7:05 | 6:27 | 1:24 | 1:08 |
| | | | 5:01 | 6:08 | 9:15 | 13:30 | 20:35 | 27:02 | 28:26 | 29:34 |
| 31 | Emil Wisell Attunda OK | 29:35 | 5:04 | 1:06 | 3:08 | 4:21 | 6:58 | 6:27 | 1:24 | 1:07 |
| | | | 5:04 | 6:10 | 9:18 | 13:39 | 20:37 | 27:04 | 28:28 | 29:35 |
| 32 | Linus Nilsson OK Österåker | 29:43 | 5:19 | 1:13 | 3:14 | 4:21 | 9:06 | 4:19 | 1:19 | 0:52 |
| | | | 5:19 | 6:32 | 9:46 | 14:07 | 23:13 | 27:32 | 28:51 | 29:43 |
| 33 | Love Stalås Hörnsten OK Österåker | 30:41 | 5:27 | 1:08 | 3:20 | 4:27 | 9:03 | 4:22 | 1:32 | 1:22 |
| | | | 5:27 | 6:35 | 9:55 | 14:22 | 23:25 | 27:47 | 29:19 | 30:41 |
| 34 | Filip Lindqvist Täby OK | 36:23 | 16:02 | 0:54 | 2:23 | 2:40 | 8:03 | 3:40 | 1:48 | 0:53 |
| | | | 16:02 | 16:56 | 19:19 | 21:59 | 30:02 | 33:42 | 35:30 | 36:23 |
| | Lukas Malmström Gustavsbergs OK | Ej godk. | | | | | | | | |
| | Terje Stormo OK Älvsjö-Örby | Ej godk. | | | | | | | | |
| | Svante Dahlgren IFK Lidingö SOK | Ej godk. | 5:16 | | | | | 7:11 | 1:50 | 1:01 |
| | | | 5:16 | | | | 42:50 | 50:01 | 51:51 | 52:52 |
| | Anders Widlund IFK Lidingö SOK | Ej godk. | 5:21 | 1:12 | 3:17 | 3:34 | 6:04 | | | 1:07 |
| | | | 5:21 | 6:33 | 9:50 | 13:24 | 19:28 | | 24:46 | 25:53 |
| | Anton Ström IFK Lidingö SOK | Ej godk. | 4:49 | 1:00 | | | 3:28 | 7:06 | 1:17 | 0:57 |
| | | | 4:49 | 5:49 | | 17:58 | 21:26 | 28:32 | 29:49 | 30:46 |
| | Svea Nikula Haninge SOK | Ej godk. | 12:39 | 1:20 | 3:22 | 3:51 | 4:26 | | | 1:05 |
| | | | 12:39 | 13:59 | 17:21 | 21:12 | 25:38 | | 31:50 | 32:55 |
| | Tuva Höglund Waxholms OK | Ej godk. | 5:41 | | | | | 7:51 | 1:18 | 1:07 |
| | | | 5:41 | | | | 18:10 | 26:01 | 27:19 | 28:26 |

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Pl Namn/Förening Sluttid Sträcktid

| H12 Sträcka 3 | | 2530 - 2560 m | | | 22 anmälda | | | | | |
|---------------|--------------------------------------|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Jesper Lidmar Snättringe SK | 20:47 | 3:47 | 3:34 | 3:39 | 1:12 | 4:29 | 2:16 | 1:03 | 0:47 |
| | | | 3:47 | 7:21 | 11:00 | 12:12 | 16:41 | 18:57 | 20:00 | 20:47 |
| 2 | Oskar Vahlberg OK Österåker | 21:31 | 3:56 | 2:10 | 5:13 | 1:25 | 4:36 | 1:49 | 1:22 | 1:00 |
| | | | 3:56 | 6:06 | 11:19 | 12:44 | 17:20 | 19:09 | 20:31 | 21:31 |
| 3 | Jakob Gadefors Nau Haninge SOK | 21:52 | 4:12 | 2:12 | 5:10 | 1:25 | 4:48 | 2:05 | 1:08 | 0:52 |
| | | | 4:12 | 6:24 | 11:34 | 12:59 | 17:47 | 19:52 | 21:00 | 21:52 |
| 4 | Johan Langerak Järfälla OK | 22:02 | 3:12 | 4:34 | 3:47 | 1:10 | 5:55 | 1:25 | 1:02 | 0:57 |
| | | | 3:12 | 7:46 | 11:33 | 12:43 | 18:38 | 20:03 | 21:05 | 22:02 |
| 5 | Johan Calleberg Snättringe SK | 22:14 | 4:36 | 2:12 | 4:56 | 1:17 | 5:41 | 1:42 | 1:03 | 0:47 |
| | | | 4:36 | 6:48 | 11:44 | 13:01 | 18:42 | 20:24 | 21:27 | 22:14 |
| 6 | Linus Albinsson Järfälla OK | 23:24 | 4:14 | 2:41 | 5:22 | 1:30 | 5:26 | 2:02 | 1:14 | 0:55 |
| | | | 4:14 | 6:55 | 12:17 | 13:47 | 19:13 | 21:15 | 22:29 | 23:24 |
| 7 | Alfred Långheim Tullinge SK | 23:36 | 4:11 | 4:06 | 4:21 | 1:24 | 5:44 | 1:43 | 1:12 | 0:55 |
| | | | 4:11 | 8:17 | 12:38 | 14:02 | 19:46 | 21:29 | 22:41 | 23:36 |
| 8 | Joar Söderberg Järla Orientering | 23:49 | 3:56 | 2:18 | 5:40 | 1:26 | 6:37 | 1:44 | 1:11 | 0:57 |
| | | | 3:56 | 6:14 | 11:54 | 13:20 | 19:57 | 21:41 | 22:52 | 23:49 |
| 9 | Elon Albrektsson OK Ravinen | 25:30 | 6:15 | 4:20 | 4:29 | 1:30 | 4:09 | 2:22 | 1:24 | 1:01 |
| | | | 6:15 | 10:35 | 15:04 | 16:34 | 20:43 | 23:05 | 24:29 | 25:30 |
| 10 | Anton Silier Järfälla OK | 26:19 | 4:18 | 7:38 | 4:42 | 1:27 | 4:41 | 1:50 | 0:57 | 0:46 |
| | | | 4:18 | 11:56 | 16:38 | 18:05 | 22:46 | 24:36 | 25:33 | 26:19 |
| 11 | Petter Myrenberg OK Älvsjö-Örby | 26:23 | 4:18 | 4:39 | 6:08 | 1:39 | 5:22 | 2:02 | 1:16 | 0:59 |
| | | | 4:18 | 8:57 | 15:05 | 16:44 | 22:06 | 24:08 | 25:24 | 26:23 |
| 12 | Vilhelm Karlin Sundbybergs IK | 31:34 | 6:20 | 4:08 | 5:01 | 1:22 | 4:19 | 8:24 | 1:09 | 0:51 |
| | | | 6:20 | 10:28 | 15:29 | 16:51 | 21:10 | 29:34 | 30:43 | 31:34 |
| 13 | Ludvig Sigrand OK Södertörn | 31:44 | 10:47 | 2:57 | 6:11 | 1:33 | 3:55 | 4:01 | 1:17 | 1:03 |
| | | | 10:47 | 13:44 | 19:55 | 21:28 | 25:23 | 29:24 | 30:41 | 31:44 |
| 14 | Fredrik Hansson Täby OK | 32:32 | 5:17 | 5:35 | 6:48 | 2:11 | 7:55 | 2:07 | 1:35 | 1:04 |
| | | | 5:17 | 10:52 | 17:40 | 19:51 | 27:46 | 29:53 | 31:28 | 32:32 |
| 15 | Nick Westin Attunda OK | 35:34 | 4:30 | 8:50 | 6:21 | 1:33 | 9:31 | 2:26 | 1:22 | 1:01 |
| | | | 4:30 | 13:20 | 19:41 | 21:14 | 30:45 | 33:11 | 34:33 | 35:34 |
| 16 | Nina Persson Haninge SOK | 43:33 | 7:41 | 6:21 | 13:31 | 2:26 | 8:35 | 2:29 | 1:28 | 1:02 |
| | | | 7:41 | 14:02 | 27:33 | 29:59 | 38:34 | 41:03 | 42:31 | 43:33 |
| 17 | Tiger Landen Gustavsbergs OK | 54:09 | 4:43 | 9:58 | 9:34 | 2:12 | 21:29 | 3:46 | 1:34 | 0:53 |
| | | | 4:43 | 14:41 | 24:15 | 26:27 | 47:56 | 51:42 | 53:16 | 54:09 |
| | Elias Röstin Söders-Tyresö | Ej godk. | | | | | | | | |
| | Jonatan Graversen IFK Lidingö SOK | Ej godk. | | | | 10:11 | | 16:22 | 17:30 | 18:20 |
| | Adam Renberg Waxholms OK | Ej godk. | 11:04 | 9:41 | 9:40 | 2:12 | 21:13 | | | 1:07 |
| | | | 11:04 | 20:45 | 30:25 | 32:37 | 53:50 | | 61:48 | 62:55 |

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Pl Namn/Förening Sluttid Sträcktid

| H120 Sträcka 1 | | 5150 - 5160 m | | | | | 25 anmälda | | | | | | | | | | |
|----------------|---------------------------------------|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|--|--|
| 1 | Nils Edvardsson Järfälla OK | 33:36 | 3:29 | 3:50 | 2:32 | 4:01 | 0:54 | 8:11 | 1:42 | 2:58 | 2:02 | 1:56 | 1:25 | 0:36 | | | |
| | | | 3:29 | 7:19 | 9:51 | 13:52 | 14:46 | 22:57 | 24:39 | 27:37 | 29:39 | 31:35 | 33:00 | 33:36 | | | |
| 2 | David Hedberg Tumba-Mälardalens OK | 33:48 | 3:32 | 3:47 | 2:26 | 4:05 | 0:49 | 7:43 | 1:47 | 3:25 | 1:54 | 2:02 | 1:32 | 0:46 | | | |
| | | | 3:32 | 7:19 | 9:45 | 13:50 | 14:39 | 22:22 | 24:09 | 27:34 | 29:28 | 31:30 | 33:02 | 33:48 | | | |
| 3 | Mikael Nyberg Hellas Orientering | 33:51 | 3:52 | 3:36 | 2:21 | 4:29 | 1:00 | 7:18 | 1:42 | 3:12 | 2:01 | 2:05 | 1:26 | 0:49 | | | |
| | | | 3:52 | 7:28 | 9:49 | 14:18 | 15:18 | 22:36 | 24:18 | 27:30 | 29:31 | 31:36 | 33:02 | 33:51 | | | |
| 4 | Mikael Jansson IFK Lidingö SOK | 33:57 | 4:22 | 2:53 | 2:26 | 4:12 | 0:55 | 8:11 | 1:39 | 2:58 | 1:56 | 2:02 | 1:35 | 0:48 | | | |
| | | | 4:22 | 7:15 | 9:41 | 13:53 | 14:48 | 22:59 | 24:38 | 27:36 | 29:32 | 31:34 | 33:09 | 33:57 | | | |
| 5 | Jesper Svedberg IFK Lidingö SOK | 33:59 | 4:21 | 2:54 | 2:26 | 4:03 | 1:04 | 8:06 | 1:41 | 3:01 | 1:54 | 2:03 | 1:33 | 0:53 | | | |
| | | | 4:21 | 7:15 | 9:41 | 13:44 | 14:48 | 22:54 | 24:35 | 27:36 | 29:30 | 31:33 | 33:06 | 33:59 | | | |
| 6 | Martin Johansson OK Ravinen | 34:03 | 4:01 | 3:34 | 2:25 | 4:05 | 0:56 | 7:33 | 1:45 | 3:16 | 2:01 | 2:04 | 1:33 | 0:50 | | | |
| | | | 4:01 | 7:35 | 10:00 | 14:05 | 15:01 | 22:34 | 24:19 | 27:35 | 29:36 | 31:40 | 33:13 | 34:03 | | | |
| 7 | Lars Sjöberg Tullinge SK | 34:05 | 4:27 | 2:59 | 2:26 | 4:07 | 0:51 | 7:38 | 1:49 | 3:14 | 2:10 | 2:01 | 1:33 | 0:50 | | | |
| | | | 4:27 | 7:26 | 9:52 | 13:59 | 14:50 | 22:28 | 24:17 | 27:31 | 29:41 | 31:42 | 33:15 | 34:05 | | | |
| | Johan Lindqvist Täby OK | 34:05 | 4:14 | 2:59 | 2:27 | 4:06 | 1:02 | 8:09 | 1:40 | 3:01 | 1:56 | 2:03 | 1:35 | 0:53 | | | |
| | | | 4:14 | 7:13 | 9:40 | 13:46 | 14:48 | 22:57 | 24:37 | 27:38 | 29:34 | 31:37 | 33:12 | 34:05 | | | |
| 9 | Samuel Svensson Centrum OK | 34:07 | 4:08 | 3:12 | 2:26 | 4:05 | 0:56 | 7:35 | 1:49 | 3:19 | 1:57 | 2:08 | 1:38 | 0:54 | | | |
| | | | 4:08 | 7:20 | 9:46 | 13:51 | 14:47 | 22:22 | 24:11 | 27:30 | 29:27 | 31:35 | 33:13 | 34:07 | | | |
| 10 | Jan-Olof Bogren Sundbybergs IK | 34:14 | 3:48 | 3:45 | 2:23 | 4:04 | 0:56 | 7:35 | 1:49 | 3:13 | 2:05 | 2:06 | 1:39 | 0:51 | | | |
| | | | 3:48 | 7:33 | 9:56 | 14:00 | 14:56 | 22:31 | 24:20 | 27:33 | 29:38 | 31:44 | 33:23 | 34:14 | | | |
| 11 | Håkan Melin Bromma-Vällingby SOK | 35:14 | 4:49 | 2:52 | 2:16 | 4:22 | 1:08 | 7:55 | 1:45 | 3:13 | 2:05 | 2:14 | 1:43 | 0:52 | | | |
| | | | 4:49 | 7:41 | 9:57 | 14:19 | 15:27 | 23:22 | 25:07 | 28:20 | 30:25 | 32:39 | 34:22 | 35:14 | | | |
| 12 | Jörgen Axelsson Tullinge SK | 36:07 | 3:31 | 3:47 | 2:25 | 3:59 | 0:50 | 9:15 | 2:00 | 3:22 | 2:30 | 2:08 | 1:36 | 0:44 | | | |
| | | | 3:31 | 7:18 | 9:43 | 13:42 | 14:32 | 23:47 | 25:47 | 29:09 | 31:39 | 33:47 | 35:23 | 36:07 | | | |
| 13 | Martin Sigrand OK Södertörn | 36:42 | 3:28 | 3:44 | 2:36 | 4:02 | 1:01 | 7:33 | 1:46 | 3:18 | 4:19 | 2:24 | 1:41 | 0:50 | | | |
| | | | 3:28 | 7:12 | 9:48 | 13:50 | 14:51 | 22:24 | 24:10 | 27:28 | 31:47 | 34:11 | 35:52 | 36:42 | | | |
| 14 | Jens Werner Gustavsbergs OK | 36:44 | 3:42 | 3:47 | 2:25 | 4:08 | 0:58 | 9:20 | 2:03 | 3:24 | 2:19 | 2:04 | 1:41 | 0:53 | | | |
| | | | 3:42 | 7:29 | 9:54 | 14:02 | 15:00 | 24:20 | 26:23 | 29:47 | 32:06 | 34:10 | 35:51 | 36:44 | | | |
| 15 | Roger Hagelin Gustavsbergs OK | 36:45 | 4:43 | 2:55 | 2:25 | 4:26 | 0:54 | 8:22 | 1:50 | 3:32 | 2:34 | 2:33 | 1:40 | 0:51 | | | |
| | | | 4:43 | 7:38 | 10:03 | 14:29 | 15:23 | 23:45 | 25:35 | 29:07 | 31:41 | 34:14 | 35:54 | 36:45 | | | |
| 16 | Mattias Hovmöller Söders-Tyresö | 37:01 | 4:37 | 2:54 | 2:30 | 4:21 | 0:54 | 8:28 | 1:49 | 3:31 | 2:34 | 2:34 | 1:48 | 1:01 | | | |
| | | | 4:37 | 7:31 | 10:01 | 14:22 | 15:16 | 23:44 | 25:33 | 29:04 | 31:38 | 34:12 | 36:00 | 37:01 | | | |
| 17 | Erik Forsberg OK Ravinen | 37:24 | 4:49 | 2:54 | 2:23 | 4:09 | 0:54 | 8:45 | 1:50 | 3:39 | 2:42 | 2:28 | 1:54 | 0:57 | | | |
| | | | 4:49 | 7:43 | 10:06 | 14:15 | 15:09 | 23:54 | 25:44 | 29:23 | 32:05 | 34:33 | 36:27 | 37:24 | | | |
| 18 | Niklas Henriksson Attunda OK | 38:04 | 3:48 | 4:01 | 2:33 | 4:36 | 1:01 | 8:51 | 2:05 | 3:26 | 2:14 | 2:24 | 2:04 | 1:01 | | | |
| | | | 3:48 | 7:49 | 10:22 | 14:58 | 15:59 | 24:50 | 26:55 | 30:21 | 32:35 | 34:59 | 37:03 | 38:04 | | | |
| 19 | Christian Rotviker Centrum OK | 38:12 | 6:37 | 3:34 | 2:45 | 4:21 | 0:48 | 7:56 | 1:37 | 3:49 | 1:59 | 2:32 | 1:32 | 0:42 | | | |
| | | | 6:37 | 10:11 | 12:56 | 17:17 | 18:05 | 26:01 | 27:38 | 31:27 | 33:26 | 35:58 | 37:30 | 38:12 | | | |
| 20 | Roland Persson Skarpnäcks OL | 38:28 | 5:46 | 3:02 | 2:26 | 4:54 | 0:50 | 8:35 | 2:03 | 3:33 | 2:25 | 2:27 | 1:38 | 0:49 | | | |
| | | | 5:46 | 8:48 | 11:14 | 16:08 | 16:58 | 25:33 | 27:36 | 31:09 | 33:34 | 36:01 | 37:39 | 38:28 | | | |
| 21 | Peter Albinsson Järfälla OK | 40:18 | 5:13 | 3:07 | 2:59 | 5:07 | 1:17 | 9:12 | 1:58 | 3:35 | 2:32 | 2:22 | 2:08 | 0:48 | | | |
| | | | 5:13 | 8:20 | 11:19 | 16:26 | 17:43 | 26:55 | 28:53 | 32:28 | 35:00 | 37:22 | 39:30 | 40:18 | | | |
| 22 | Henrik Sjögren Haninge SOK | 41:30 | 4:24 | 4:34 | 2:45 | 4:39 | 1:20 | 11:00 | 1:48 | 3:40 | 2:05 | 2:31 | 2:01 | 0:43 | | | |
| | | | 4:24 | 8:58 | 11:43 | 16:22 | 17:42 | 28:42 | 30:30 | 34:10 | 36:15 | 38:46 | 40:47 | 41:30 | | | |
| 23 | Joakim Persson Haninge SOK | 42:13 | 5:17 | 3:48 | 2:44 | 4:39 | 1:21 | 10:56 | 1:48 | 3:34 | 2:12 | 2:55 | 2:11 | 0:48 | | | |
| | | | 5:17 | 9:05 | 11:49 | 16:28 | 17:49 | 28:45 | 30:33 | 34:07 | 36:19 | 39:14 | 41:25 | 42:13 | | | |

**Sträcktidresultatlista DM Stafett Stockholm
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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|---------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Magnus Rajan IFK Lidingö SOK | 43:36 | 4:27 | 5:09 | 3:00 | 5:11 | 1:00 | 9:48 | 2:17 | 3:57 | 2:45 | 3:03 | 2:07 | 0:52 |
| | | | 4:27 | 9:36 | 12:36 | 17:47 | 18:47 | 28:35 | 30:52 | 34:49 | 37:34 | 40:37 | 42:44 | 43:36 |
| 25 | Anders Berkelund Väsby OK | 53:29 | 4:37 | 5:52 | 3:35 | 7:06 | 1:24 | 12:50 | 2:43 | 5:15 | 3:25 | 3:05 | 2:31 | 1:06 |
| | | | 4:37 | 10:29 | 14:04 | 21:10 | 22:34 | 35:24 | 38:07 | 43:22 | 46:47 | 49:52 | 52:23 | 53:29 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H120 Sträcka 2 | | 4410 m | | 34 anmälda | | | | | | | | | | |
|----------------|--|--------|--|---------------------|----------------------------|----------------------|-----------------------------|----------------------|-----------------------------|----------------------|----------------------|----------------------|-----------------------------|----------------------|
| 1 | Mattias Carlstein IFK Lidingö SOK | 30:13 | 4:33 4:33 0:51 30:13 | 3:45 8:18 | 1:52 10:10 | 1:54 12:04 | 1:58 14:02 | 0:48 14:50 | 4:24 19:14 | 0:59 20:13 | 2:24 22:37 | 1:12 23:49 | 3:10 26:59 | 2:23 29:22 |
| 2 | Jacob Bolin Tullinge SK | 31:08 | 5:03 5:03 0:50 31:08 | 3:36 8:39 | 2:03 10:42 | 1:44 12:26 | 2:01 14:27 | 0:48 15:15 | 4:38 19:53 | 1:05 20:58 | 2:22 23:20 | 1:05 24:25 | 3:25 27:50 | 2:28 30:18 |
| 3 | Mats Lundbäck Järfälla OK | 31:37 | 4:51 4:51 0:51 31:37 | 3:47 8:38 | 1:57 10:35 | 1:45 12:20 | 2:02 14:22 | 0:48 15:10 | 4:24 19:34 | 1:02 20:36 | 2:22 22:58 | 1:17 24:15 | 3:58 28:13 | 2:33 30:46 |
| 4 | Joachim Lyth Tullinge SK | 32:22 | 4:29 4:29 0:46 32:22 | 3:43 8:12 | 1:42 9:54 | 2:05 11:59 | 1:43 13:42 | 0:54 14:36 | 4:19 18:55 | 1:03 19:58 | 4:15 24:13 | 1:10 25:23 | 3:55 29:18 | 2:18 31:36 |
| 5 | Magnus Grafström Centrum OK | 33:17 | 5:07 5:07 0:53 33:17 | 3:54 9:01 | 2:22 11:23 | 1:49 13:12 | 2:05 15:17 | 0:50 16:07 | 5:08 21:15 | 1:05 22:20 | 2:30 24:50 | 1:16 26:06 | 3:37 29:43 | 2:41 32:24 |
| 6 | Per Nilsson Järfälla OK | 33:37 | 5:33 5:33 0:53 33:37 | 3:30 9:03 | 2:03 11:06 | 1:58 13:04 | 2:02 15:06 | 0:51 15:57 | 4:43 20:40 | 1:02 21:42 | 3:05 24:47 | 1:21 26:08 | 3:50 29:58 | 2:46 32:44 |
| 7 | Martin Lerjen Centrum OK | 33:44 | 4:59 4:59 1:06 33:44 | 4:05 9:04 | 2:13 11:17 | 1:46 13:03 | 2:17 15:20 | 0:55 16:15 | 4:58 21:13 | 1:05 22:18 | 2:28 24:46 | 1:18 26:04 | 3:38 29:42 | 2:56 32:38 |
| 8 | Nicklas Bergström Täby OK | 35:53 | 5:10 5:10 0:56 35:53 | 4:09 9:19 | 2:09 11:28 | 1:49 13:17 | 2:09 15:26 | 0:52 16:18 | 4:57 21:15 | 1:08 22:23 | 2:27 24:50 | 1:21 26:11 | 5:46 31:57 | 3:00 34:57 |
| 9 | Magnus Kjellstrand Tumba-Målarhöjden OK | 36:12 | 5:21 5:21 0:50 36:12 | 4:06 9:27 | 2:21 11:48 | 1:50 13:38 | 2:14 15:52 | 0:58 16:50 | 4:53 21:43 | 1:33 23:16 | 2:36 25:52 | 1:21 27:13 | 5:00 32:13 | 3:09 35:22 |
| 10 | Staffan Kjellman OK Ravinen | 36:29 | 5:01 5:01 0:59 36:29 | 4:22 9:23 | 2:17 11:40 | 1:52 13:32 | 2:09 15:41 | 0:54 16:35 | 5:12 21:47 | 1:14 23:01 | 2:39 25:40 | 1:24 27:04 | 5:34 32:38 | 2:52 35:30 |
| 11 | Ola Svärd Haninge SOK | 36:34 | | | | | 2:12 21:08 | 1:12 23:20 | | | | | | 35:33 |
| 12 | Pär Svensson Söders-Tyresö | 37:06 | 5:40 5:40 1:02 37:06 | 4:00 9:40 | 2:29 12:09 | 1:54 14:03 | 2:19 16:22 | 0:55 17:17 | 6:01 23:18 | 1:11 24:29 | 2:36 27:05 | 1:23 28:28 | 4:43 33:11 | 2:53 36:04 |

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|--|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Jonas Nylund Centrum OK | 38:05 | 5:30 | 4:05 | 2:31 | 1:58 | 2:06 | 0:53 | 4:43 | 1:25 | 6:16 | 1:08 | 3:11 | 3:17 |
| | | | 5:30 | 9:35 | 12:06 | 14:04 | 16:10 | 17:03 | 21:46 | 23:11 | 29:27 | 30:35 | 33:46 | 37:03 |
| | | | 1:02 | | | | | | | | | | | |
| | | | 38:05 | | | | | | | | | | | |
| 14 | Göran Jonsson Sundbybergs IK | 39:45 | 5:31 | 4:19 | 2:35 | 2:15 | 2:29 | 1:14 | 5:50 | 1:30 | 2:55 | 1:34 | 5:18 | 3:15 |
| | | | 5:31 | 9:50 | 12:25 | 14:40 | 17:09 | 18:23 | 24:13 | 25:43 | 28:38 | 30:12 | 35:30 | 38:45 |
| | | | 1:00 | | | | | | | | | | | |
| | | | 39:45 | | | | | | | | | | | |
| 15 | Jörgen Stegard Skarpnäcks OL | 39:54 | 5:52 | 4:21 | 2:21 | 2:14 | 2:06 | 1:09 | 6:05 | 1:23 | 3:09 | 1:30 | 4:43 | 4:06 |
| | | | 5:52 | 10:13 | 12:34 | 14:48 | 16:54 | 18:03 | 24:08 | 25:31 | 28:40 | 30:10 | 34:53 | 38:59 |
| | | | 0:55 | | | | | | | | | | | |
| | | | 39:54 | | | | | | | | | | | |
| 16 | Mattias Skeppling OK Södertörn | 40:44 | 5:49 | 4:24 | 2:31 | 2:24 | 2:27 | 0:55 | 5:49 | 1:02 | 4:53 | 1:29 | 3:57 | 4:05 |
| | | | 5:49 | 10:13 | 12:44 | 15:08 | 17:35 | 18:30 | 24:19 | 25:21 | 30:14 | 31:43 | 35:40 | 39:45 |
| | | | 0:59 | | | | | | | | | | | |
| | | | 40:44 | | | | | | | | | | | |
| 17 | Patrik Frisk Gustavsbergs OK | 41:45 | 5:49 | 4:27 | 2:33 | 2:33 | 2:19 | 0:53 | 7:36 | 1:13 | 3:09 | 1:27 | 6:02 | 2:54 |
| | | | 5:49 | 10:16 | 12:49 | 15:22 | 17:41 | 18:34 | 26:10 | 27:23 | 30:32 | 31:59 | 38:01 | 40:55 |
| | | | 0:50 | | | | | | | | | | | |
| | | | 41:45 | | | | | | | | | | | |
| 18 | Lars Berzell Väsby OK | 41:58 | 7:01 | 4:38 | 2:49 | 2:57 | 2:19 | 0:58 | 6:06 | 1:15 | 3:35 | 1:39 | 4:29 | 3:19 |
| | | | 7:01 | 11:39 | 14:28 | 17:25 | 19:44 | 20:42 | 26:48 | 28:03 | 31:38 | 33:17 | 37:46 | 41:05 |
| | | | 0:53 | | | | | | | | | | | |
| | | | 41:58 | | | | | | | | | | | |
| 19 | Christoffer Norrman Attunda OK | 42:01 | 6:11 | 4:35 | 2:38 | 2:38 | 2:44 | 1:06 | 6:10 | 1:26 | 2:59 | 1:39 | 5:02 | 3:53 |
| | | | 6:11 | 10:46 | 13:24 | 16:02 | 18:46 | 19:52 | 26:02 | 27:28 | 30:27 | 32:06 | 37:08 | 41:01 |
| | | | 1:00 | | | | | | | | | | | |
| | | | 42:01 | | | | | | | | | | | |
| 20 | Magnus Lennartsson Järfälla OK | 43:34 | 5:35 | 4:14 | 3:22 | 1:57 | 2:18 | 0:55 | 10:13 | 1:10 | 3:04 | 1:22 | 5:24 | 3:09 |
| | | | 5:35 | 9:49 | 13:11 | 15:08 | 17:26 | 18:21 | 28:34 | 29:44 | 32:48 | 34:10 | 39:34 | 42:43 |
| | | | 0:51 | | | | | | | | | | | |
| | | | 43:34 | | | | | | | | | | | |
| 21 | Fredrik Jonsson Attunda OK | 45:26 | 6:19 | 5:00 | 3:12 | 2:44 | 2:56 | 1:32 | 6:52 | 1:06 | 3:34 | 1:38 | 5:37 | 3:58 |
| | | | 6:19 | 11:19 | 14:31 | 17:15 | 20:11 | 21:43 | 28:35 | 29:41 | 33:15 | 34:53 | 40:30 | 44:28 |
| | | | 0:58 | | | | | | | | | | | |
| | | | 45:26 | | | | | | | | | | | |
| 22 | Simon Sandgren Bromma-Vällingby SOK | 45:53 | 6:24 | 10:12 | 2:21 | 2:47 | 2:24 | 1:26 | 5:46 | 1:12 | 3:27 | 1:23 | 4:36 | 3:08 |
| | | | 6:24 | 16:36 | 18:57 | 21:44 | 24:08 | 25:34 | 31:20 | 32:32 | 35:59 | 37:22 | 41:58 | 45:06 |
| | | | 0:47 | | | | | | | | | | | |
| | | | 45:53 | | | | | | | | | | | |
| 23 | Robert Larsson IFK Lidingö SOK | 48:07 | 6:55 | 4:53 | 3:47 | 2:31 | 2:33 | 1:10 | 6:26 | 1:37 | 6:11 | 1:40 | 4:50 | 4:11 |
| | | | 6:55 | 11:48 | 15:35 | 18:06 | 20:39 | 21:49 | 28:15 | 29:52 | 36:03 | 37:43 | 42:33 | 46:44 |
| | | | 1:23 | | | | | | | | | | | |
| | | | 48:07 | | | | | | | | | | | |
| 24 | Jan Dahlberg Haninge SOK | 48:11 | 5:49 | 4:45 | 3:21 | 3:44 | 2:33 | 1:44 | 6:01 | 2:18 | 6:59 | 1:24 | 5:34 | 3:10 |
| | | | 5:49 | 10:34 | 13:55 | 17:39 | 20:12 | 21:56 | 27:57 | 30:15 | 37:14 | 38:38 | 44:12 | 47:22 |
| | | | 0:49 | | | | | | | | | | | |
| | | | 48:11 | | | | | | | | | | | |
| 25 | Håkan Kallur OK Ravinen | 55:22 | 5:16 | 4:14 | 2:12 | 1:55 | 2:16 | 0:59 | 18:18 | 1:35 | 5:23 | 1:48 | 7:04 | 3:13 |
| | | | 5:16 | 9:30 | 11:42 | 13:37 | 15:53 | 16:52 | 35:10 | 36:45 | 42:08 | 43:56 | 51:00 | 54:13 |
| | | | 1:09 | | | | | | | | | | | |
| | | | 55:22 | | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|--|----------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 26 | Anders Hedberg OK Södertörn | 56:11 | 6:09 | 6:02 | 4:22 | 3:54 | 4:07 | 2:13 | 8:06 | 2:13 | 4:12 | 2:05 | 6:16 | 4:58 |
| | | | 6:09 | 12:11 | 16:33 | 20:27 | 24:34 | 26:47 | 34:53 | 37:06 | 41:18 | 43:23 | 49:39 | 54:37 |
| | | | 1:34 | | | | | | | | | | | |
| | | | 56:11 | | | | | | | | | | | |
| 27 | Stefan Sjögren Bromma-Vällingby SOK | 71:27 | 7:11 | 5:04 | 9:44 | 5:33 | 4:32 | 1:38 | 9:28 | 2:45 | 15:32 | 1:45 | 4:03 | 3:18 |
| | | | 7:11 | 12:15 | 21:59 | 27:32 | 32:04 | 33:42 | 43:10 | 45:55 | 61:27 | 63:12 | 67:15 | 70:33 |
| | | | 0:54 | | | | | | | | | | | |
| | | | 71:27 | | | | | | | | | | | |
| | Petter Skantze IFK Lidingö SOK | Disk. | | | | | | | | | | | | |
| | Harald Bauer OK Älvsjö-Örby | Disk. | | | | | | | | | | | | |
| | Stefan Seo Hellas Orientering | Disk. | 5:14 | 4:16 | 2:10 | 1:59 | 2:06 | 0:58 | 4:52 | 1:18 | 2:32 | 1:19 | 4:15 | 3:58 |
| | | | 5:14 | 9:30 | 11:40 | 13:39 | 15:45 | 16:43 | 21:35 | 22:53 | 25:25 | 26:44 | 30:59 | 34:57 |
| | Jan Lavén Gustavsbergs OK | Ej godk. | 5:48 | 4:24 | 2:31 | 2:34 | 2:28 | 0:55 | 7:23 | 1:13 | 3:19 | 1:26 | | |
| | | | 5:48 | 10:12 | 12:43 | 15:17 | 17:45 | 18:40 | 26:03 | 27:16 | 30:35 | 32:01 | | 41:20 |
| | | | 0:57 | | | | | | | | | | | |
| | | | 42:17 | | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 42

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|---|----------|-----------|--------|--------|-------------|-------|-------|-------|-------|-------------|-------|-------|--------|
| 13 | Peter Andersson Söders-Tyresö | 49:10 | 4:22 | 6:45 | 2:50 | 4:58 | 1:05 | 2:26 | 0:58 | 5:26 | 2:50 | 3:46 | 2:08 | 3:59 |
| | | | 4:22 | 11:07 | 13:57 | 18:55 | 20:00 | 22:26 | 23:24 | 28:50 | 31:40 | 35:26 | 37:34 | 41:33 |
| | | | 4:26 | 1:02 | 1:14 | 0:55 | | | | | | | | |
| | | | 45:59 | 47:01 | 48:15 | 49:10 | | | | | | | | |
| 14 | Stefan Berg OK Ravinen | 49:46 | 4:31 | 4:37 | 2:44 | 5:12 | 1:27 | 2:12 | 0:54 | 5:24 | 3:18 | 3:59 | 2:28 | 4:14 |
| | | | 4:31 | 9:08 | 11:52 | 17:04 | 18:31 | 20:43 | 21:37 | 27:01 | 30:19 | 34:18 | 36:46 | 41:00 |
| | | | 5:09 | 1:14 | 1:27 | 0:56 | | | | | | | | |
| | | | 46:09 | 47:23 | 48:50 | 49:46 | | | | | | | | |
| 15 | Conny Strandberg Gustavsbergs OK | 50:05 | 5:54 | 3:06 | 2:47 | 4:48 | 2:26 | 2:03 | 0:51 | 5:00 | 3:42 | 5:27 | 2:28 | 3:32 |
| | | | 5:54 | 9:00 | 11:47 | 16:35 | 19:01 | 21:04 | 21:55 | 26:55 | 30:37 | 36:04 | 38:32 | 42:04 |
| | | | 4:41 | 1:14 | 1:17 | 0:49 | | | | | | | | |
| | | | 46:45 | 47:59 | 49:16 | 50:05 | | | | | | | | |
| 16 | Oskar Karlin Centrum OK | 50:20 | 6:08 | 3:26 | 2:46 | 4:50 | 1:14 | 2:02 | 1:05 | 5:15 | 3:15 | 5:02 | 2:34 | 3:36 |
| | | | 6:08 | 9:34 | 12:20 | 17:10 | 18:24 | 20:26 | 21:31 | 26:46 | 30:01 | 35:03 | 37:37 | 41:13 |
| | | | 5:44 | 1:14 | 1:27 | 0:42 | | | | | | | | |
| | | | 46:57 | 48:11 | 49:38 | 50:20 | | | | | | | | |
| 17 | Henrik Erlandsson OK Södertörn | 52:06 | 6:00 | 3:08 | 2:53 | 5:20 | 1:07 | 2:02 | 0:52 | 5:10 | 3:23 | 5:01 | 2:20 | 6:26 |
| | | | 6:00 | 9:08 | 12:01 | 17:21 | 18:28 | 20:30 | 21:22 | 26:32 | 29:55 | 34:56 | 37:16 | 43:42 |
| | | | 4:47 | 1:17 | 1:18 | 1:02 | | | | | | | | |
| | | | 48:29 | 49:46 | 51:04 | 52:06 | | | | | | | | |
| 18 | Pär Hansson Centrum OK | 53:02 | 4:39 | 4:07 | 2:46 | 5:14 | 1:27 | 2:25 | 1:00 | 5:37 | 4:09 | 5:34 | 2:46 | 4:29 |
| | | | 4:39 | 8:46 | 11:32 | 16:46 | 18:13 | 20:38 | 21:38 | 27:15 | 31:24 | 36:58 | 39:44 | 44:13 |
| | | | 5:03 | 1:22 | 1:28 | 0:56 | | | | | | | | |
| | | | 49:16 | 50:38 | 52:06 | 53:02 | | | | | | | | |
| 19 | Roger Lindén Attunda OK | 53:27 | 6:45 | 3:37 | 2:56 | 5:16 | 1:16 | 1:57 | 1:36 | 4:50 | 5:22 | 3:47 | 2:35 | 3:53 |
| | | | 6:45 | 10:22 | 13:18 | 18:34 | 19:50 | 21:47 | 23:23 | 28:13 | 33:35 | 37:22 | 39:57 | 43:50 |
| | | | 5:26 | 1:09 | 2:06 | 0:56 | | | | | | | | |
| | | | 49:16 | 50:25 | 52:31 | 53:27 | | | | | | | | |
| 20 | Lars Segerman Skarpnäcks OL | 56:02 | 5:31 | 5:03 | 3:06 | 5:38 | 1:44 | 2:26 | 1:07 | 5:49 | 3:55 | 5:10 | 2:37 | 4:16 |
| | | | 5:31 | 10:34 | 13:40 | 19:18 | 21:02 | 23:28 | 24:35 | 30:24 | 34:19 | 39:29 | 42:06 | 46:22 |
| | | | 5:34 | 1:21 | 1:48 | 0:57 | | | | | | | | |
| | | | 51:56 | 53:17 | 55:05 | 56:02 | | | | | | | | |
| 21 | Fredrik Morast Haninge SOK | 66:56 | 7:18 | 4:35 | 3:41 | 6:22 | 1:27 | 2:26 | 1:18 | 6:35 | 3:47 | 5:36 | 2:53 | 5:06 |
| | | | 7:18 | 11:53 | 15:34 | 21:56 | 23:23 | 25:49 | 27:07 | 33:42 | 37:29 | 43:05 | 45:58 | 51:04 |
| | | | 6:29 | 6:48 | 1:42 | 0:53 | | | | | | | | |
| | | | 57:33 | 64:21 | 66:03 | 66:56 | | | | | | | | |
| 22 | Olof Wetterlund Tumba-Mälärhöjden OK | 75:58 | 8:21 | 4:24 | 3:18 | 8:15 | 1:33 | 3:11 | 1:13 | 8:21 | 4:14 | 6:27 | 4:59 | 4:22 |
| | | | 8:21 | 12:45 | 16:03 | 24:18 | 25:51 | 29:02 | 30:15 | 38:36 | 42:50 | 49:17 | 54:16 | 58:38 |
| | | | 12:20 | 2:18 | 1:35 | 1:07 | | | | | | | | |
| | | | 70:58 | 73:16 | 74:51 | 75:58 | | | | | | | | |
| 23 | Ulf Burman Gustavsbergs OK | 77:21 | 6:59 | 6:09 | 4:56 | 7:01 | 1:52 | 3:14 | 1:20 | 7:01 | 5:52 | 8:45 | 3:26 | 5:58 |
| | | | 6:59 | 13:08 | 18:04 | 25:05 | 26:57 | 30:11 | 31:31 | 38:32 | 44:24 | 53:09 | 56:35 | 62:33 |
| | | | 8:43 | 2:01 | 2:40 | 1:24 | | | | | | | | |
| | | | 71:16 | 73:17 | 75:57 | 77:21 | | | | | | | | |
| 24 | Gunnar Skärlén Haninge SOK | 138:34 | 7:37 | 15:28 | 4:29 | 10:00 | 4:26 | 3:53 | 1:23 | 10:19 | 6:10 | 21:53 | 3:56 | 35:23 |
| | | | 7:37 | 23:05 | 27:34 | 37:34 | 42:00 | 45:53 | 47:16 | 57:35 | 63:45 | 85:38 | 89:34 | 124:57 |
| | | | 8:14 | 2:32 | 1:56 | 0:55 | | | | | | | | |
| | | | 133:11 | 135:43 | 137:39 | 138:34 | | | | | | | | |
| | Joakim Skantze Sundbybergs IK | Ej godk. | 7:17 | 3:23 | 3:02 | 20:27 | 1:05 | 2:14 | 1:08 | | | | | |
| | | | 7:17 | 10:40 | 13:42 | 34:09 | 35:14 | 37:28 | 38:36 | | | | | |

46:03

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H14 Sträcka 1 | | 3360 - 3460 m | | | | 19 anmälda | | | | | | |
|---------------|---|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Georg Eklöw OK Södertörn | 27:09 | 5:18 | 5:31 | 1:42 | 1:11 | 4:27 | 2:43 | 1:43 | 2:24 | 1:27 | 0:43 |
| | | | 5:18 | 10:49 | 12:31 | 13:42 | 18:09 | 20:52 | 22:35 | 24:59 | 26:26 | 27:09 |
| 2 | Oskar Edvardsson Järfälla OK | 28:30 | 3:41 | 7:07 | 1:43 | 1:07 | 4:18 | 2:51 | 1:45 | 4:11 | 1:01 | 0:46 |
| | | | 3:41 | 10:48 | 12:31 | 13:38 | 17:56 | 20:47 | 22:32 | 26:43 | 27:44 | 28:30 |
| 3 | Oskar Forsberg Tullinge SK | 29:44 | 5:16 | 5:38 | 1:42 | 1:12 | 5:05 | 4:03 | 1:51 | 2:36 | 1:32 | 0:49 |
| | | | 5:16 | 10:54 | 12:36 | 13:48 | 18:53 | 22:56 | 24:47 | 27:23 | 28:55 | 29:44 |
| 4 | Tobias Karlsson Snättringe SK | 31:09 | 3:18 | 7:37 | 1:44 | 1:11 | 5:01 | 4:07 | 1:43 | 3:43 | 1:54 | 0:51 |
| | | | 3:18 | 10:55 | 12:39 | 13:50 | 18:51 | 22:58 | 24:41 | 28:24 | 30:18 | 31:09 |
| 5 | Marcus Salomon-Sörensen Attunda OK | 31:42 | 3:38 | 7:14 | 1:42 | 1:14 | 5:08 | 4:07 | 1:46 | 3:41 | 2:18 | 0:54 |
| | | | 3:38 | 10:52 | 12:34 | 13:48 | 18:56 | 23:03 | 24:49 | 28:30 | 30:48 | 31:42 |
| 6 | Lukas Hellgren OK Ravinen | 33:08 | 3:43 | 9:44 | 2:26 | 1:20 | 4:27 | 3:49 | 2:08 | 2:57 | 1:42 | 0:52 |
| | | | 3:43 | 13:27 | 15:53 | 17:13 | 21:40 | 25:29 | 27:37 | 30:34 | 32:16 | 33:08 |
| 7 | Johan Giberg Tumba-Mälarhöjden OK | 33:48 | 3:32 | 5:08 | 3:38 | 3:54 | 7:05 | 3:16 | 1:39 | 2:53 | 1:56 | 0:47 |
| | | | 3:32 | 8:40 | 12:18 | 16:12 | 23:17 | 26:33 | 28:12 | 31:05 | 33:01 | 33:48 |
| 8 | Felix Persson Haninge SOK | 36:19 | 4:20 | 9:11 | 2:38 | 2:17 | 6:27 | 3:36 | 1:59 | 3:30 | 1:25 | 0:56 |
| | | | 4:20 | 13:31 | 16:09 | 18:26 | 24:53 | 28:29 | 30:28 | 33:58 | 35:23 | 36:19 |
| 9 | Elias Tidevall Skogsluffarnas OK | 38:18 | 3:49 | 6:54 | 1:50 | 1:13 | 5:52 | 3:17 | 2:20 | 10:39 | 1:37 | 0:47 |
| | | | 3:49 | 10:43 | 12:33 | 13:46 | 19:38 | 22:55 | 25:15 | 35:54 | 37:31 | 38:18 |
| 10 | Petter Boding IFK Lidingö SOK | 39:02 | 4:03 | 9:46 | 2:52 | 1:57 | 6:22 | 4:23 | 2:44 | 4:00 | 2:05 | 0:50 |
| | | | 4:03 | 13:49 | 16:41 | 18:38 | 25:00 | 29:23 | 32:07 | 36:07 | 38:12 | 39:02 |
| 11 | Ivar Lidström Lauri Snättringe SK | 39:14 | 4:37 | 9:28 | 2:32 | 3:03 | 6:17 | 4:47 | 2:11 | 3:11 | 2:08 | 1:00 |
| | | | 4:37 | 14:05 | 16:37 | 19:40 | 25:57 | 30:44 | 32:55 | 36:06 | 38:14 | 39:14 |
| 12 | Emil Gustafsson Järfälla OK | 43:45 | 4:34 | 10:57 | 2:48 | 2:11 | 5:50 | 4:42 | 1:55 | 7:14 | 2:46 | 0:48 |
| | | | 4:34 | 15:31 | 18:19 | 20:30 | 26:20 | 31:02 | 32:57 | 40:11 | 42:57 | 43:45 |
| 13 | Kristoffer Tengroth Sundbybergs IK | 45:10 | 10:12 | 8:27 | 3:45 | 1:18 | 6:07 | 7:16 | 2:21 | 3:14 | 1:49 | 0:41 |
| | | | 10:12 | 18:39 | 22:24 | 23:42 | 29:49 | 37:05 | 39:26 | 42:40 | 44:29 | 45:10 |
| 14 | Adrian Wetterlund Tumba-Mälarhöjden OK | 65:45 | 4:40 | 7:36 | 9:11 | 16:53 | 7:36 | 7:11 | 3:31 | 6:18 | 1:50 | 0:59 |
| | | | 4:40 | 12:16 | 21:27 | 38:20 | 45:56 | 53:07 | 56:38 | 62:56 | 64:46 | 65:45 |
| 15 | Christoffer Nyqvist Järla Orientering | 79:00 | 15:22 | 18:50 | 3:20 | 2:05 | 16:08 | 6:58 | 4:12 | 9:28 | 1:40 | 0:57 |
| | | | 15:22 | 34:12 | 37:32 | 39:37 | 55:45 | 62:43 | 66:55 | 76:23 | 78:03 | 79:00 |
| | Johan Herbert Täby OK | Ej godk. | 5:11 | 5:36 | 1:41 | 1:11 | 4:15 | 2:55 | 1:40 | | | 0:43 |
| | | | 5:11 | 10:47 | 12:28 | 13:39 | 17:54 | 20:49 | 22:29 | | 27:52 | 28:35 |
| | Simon Törnqvist OK Ravinen | Ej godk. | 5:06 | | | | | | | | | 2:15 |
| | | | 5:06 | | | | | | | 31:13 | 33:28 | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H14 Sträcka 2 | | 2530 m | | 34 anmälda | | | | | | |
|---------------|---|--------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|
| 1 | Ruben Bryngelsson Tullinge SK | 17:36 | 2:52 | 2:30 | 3:30 | 1:06 | 4:00 | 1:52 | 0:59 | 0:47 |
| | | | 2:52 | 5:22 | 8:52 | 9:58 | 13:58 | 15:50 | 16:49 | 17:36 |
| 2 | Noel Waldenfjord Järfälla OK | 17:55 | 3:32 | 2:43 | 4:10 | 1:10 | 2:49 | 1:46 | 1:00 | 0:45 |
| | | | 3:32 | 6:15 | 10:25 | 11:35 | 14:24 | 16:10 | 17:10 | 17:55 |
| 3 | Svante Johansson Täby OK | 18:25 | 3:25 | 2:35 | 3:42 | 1:13 | 4:05 | 1:45 | 0:53 | 0:47 |
| | | | 3:25 | 6:00 | 9:42 | 10:55 | 15:00 | 16:45 | 17:38 | 18:25 |
| 4 | Vidar Persson Täby OK | 18:44 | 3:20 | 2:38 | 3:44 | 1:14 | 4:03 | 1:48 | 1:06 | 0:51 |
| | | | 3:20 | 5:58 | 9:42 | 10:56 | 14:59 | 16:47 | 17:53 | 18:44 |
| 5 | Lukas Arkäng Tullinge SK | 21:20 | 3:07 | 2:42 | 4:13 | 1:17 | 4:11 | 4:00 | 1:06 | 0:44 |
| | | | 3:07 | 5:49 | 10:02 | 11:19 | 15:30 | 19:30 | 20:36 | 21:20 |
| 6 | Hugo Thorell OK Ravinen | 21:21 | 3:58 | 3:27 | 3:36 | 1:05 | 5:45 | 1:27 | 1:09 | 0:54 |
| | | | 3:58 | 7:25 | 11:01 | 12:06 | 17:51 | 19:18 | 20:27 | 21:21 |
| 7 | Viggo Klasson OK Ravinen | 21:23 | 3:35 | 3:40 | 3:56 | 1:16 | 3:41 | 3:26 | 1:04 | 0:45 |
| | | | 3:35 | 7:15 | 11:11 | 12:27 | 16:08 | 19:34 | 20:38 | 21:23 |
| 8 | Kasper Fransson Tumba-Mälardalens OK | 22:21 | 3:33 | 3:34 | 3:39 | 1:08 | 5:08 | 3:21 | 1:02 | 0:56 |
| | | | 3:33 | 7:07 | 10:46 | 11:54 | 17:02 | 20:23 | 21:25 | 22:21 |
| 9 | Daniél Kazinik Skogsluffarnas OK | 22:24 | 4:44 | 3:07 | 4:56 | 1:11 | 4:46 | 1:43 | 1:06 | 0:51 |
| | | | 4:44 | 7:51 | 12:47 | 13:58 | 18:44 | 20:27 | 21:33 | 22:24 |
| 10 | Trevor Bransome Skogsluffarnas OK | 22:55 | 4:43 | 3:04 | 5:01 | 1:09 | 4:40 | 2:30 | 1:02 | 0:46 |
| | | | 4:43 | 7:47 | 12:48 | 13:57 | 18:37 | 21:07 | 22:09 | 22:55 |
| 11 | Gustav Lidmar Snättringe SK | 23:06 | 3:37 | 3:20 | 5:52 | 1:24 | 4:54 | 2:00 | 1:06 | 0:53 |
| | | | 3:37 | 6:57 | 12:49 | 14:13 | 19:07 | 21:07 | 22:13 | 23:06 |
| 12 | Mattias Ivarez OK Södertörn | 23:07 | 4:02 | 3:33 | 4:14 | 1:22 | 6:05 | 1:46 | 1:10 | 0:55 |
| | | | 4:02 | 7:35 | 11:49 | 13:11 | 19:16 | 21:02 | 22:12 | 23:07 |
| 13 | Rasmus Kihl Sundbybergs IK | 23:12 | 5:04 | 3:53 | 4:39 | 1:28 | 4:05 | 1:58 | 1:16 | 0:49 |
| | | | 5:04 | 8:57 | 13:36 | 15:04 | 19:09 | 21:07 | 22:23 | 23:12 |
| 14 | Rasmus Winberg Haninge SOK | 23:15 | 4:18 | 3:25 | 4:25 | 1:17 | 5:50 | 2:04 | 1:06 | 0:50 |
| | | | 4:18 | 7:43 | 12:08 | 13:25 | 19:15 | 21:19 | 22:25 | 23:15 |
| 15 | Hampus Brunander Attunda OK | 24:32 | 3:43 | 4:27 | 4:19 | 1:16 | 6:38 | 2:13 | 1:06 | 0:50 |
| | | | 3:43 | 8:10 | 12:29 | 13:45 | 20:23 | 22:36 | 23:42 | 24:32 |
| 16 | Erik Åberg Tumba-Mälardalens OK | 26:52 | 3:25 | 3:42 | 4:42 | 1:34 | 9:32 | 1:44 | 1:12 | 1:01 |
| | | | 3:25 | 7:07 | 11:49 | 13:23 | 22:55 | 24:39 | 25:51 | 26:52 |
| 17 | Albin Rydén Snättringe SK | 31:10 | 5:03 | 3:56 | 6:28 | 1:33 | 10:01 | 2:07 | 1:07 | 0:55 |
| | | | 5:03 | 8:59 | 15:27 | 17:00 | 27:01 | 29:08 | 30:15 | 31:10 |
| 18 | Victor Sannicolo Täby OK | 31:41 | 4:31 | 6:16 | 4:50 | 1:24 | 5:01 | 7:31 | 1:18 | 0:50 |
| | | | 4:31 | 10:47 | 15:37 | 17:01 | 22:02 | 29:33 | 30:51 | 31:41 |
| 19 | Christian Lindh Sundbybergs IK | 31:46 | 5:25 | 4:00 | 5:44 | 1:34 | 7:47 | 5:00 | 1:19 | 0:57 |
| | | | 5:25 | 9:25 | 15:09 | 16:43 | 24:30 | 29:30 | 30:49 | 31:46 |
| 20 | Adam Hedberg OK Södertörn | 32:26 | 4:00 | 13:40 | 6:03 | 1:23 | 3:34 | 1:58 | 1:04 | 0:44 |
| | | | 4:00 | 17:40 | 23:43 | 25:06 | 28:40 | 30:38 | 31:42 | 32:26 |
| 21 | Adrian Cleveson Tumba-Mälardalens OK | 32:42 | 4:10 | 9:11 | 6:44 | 1:46 | 5:51 | 2:57 | 1:18 | 0:45 |
| | | | 4:10 | 13:21 | 20:05 | 21:51 | 27:42 | 30:39 | 31:57 | 32:42 |
| 22 | Gustav Ekner Snättringe SK | 33:35 | 3:56 | 5:58 | 6:57 | 1:35 | 9:47 | 2:51 | 1:25 | 1:06 |
| | | | 3:56 | 9:54 | 16:51 | 18:26 | 28:13 | 31:04 | 32:29 | 33:35 |
| 23 | Axel Bovallius Järfälla OK | 36:57 | 6:51 | 6:43 | 6:18 | 1:58 | 10:45 | 2:10 | 1:12 | 1:00 |
| | | | 6:51 | 13:34 | 19:52 | 21:50 | 32:35 | 34:45 | 35:57 | 36:57 |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | |
|----|--|----------|-----------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Axel Brelin IFK Lidingö SOK | 37:50 | 5:16 | 5:48 | 9:47 | 1:46 | 8:10 | 4:54 | 1:12 | 0:57 |
| | | | 5:16 | 11:04 | 20:51 | 22:37 | 30:47 | 35:41 | 36:53 | 37:50 |
| 25 | Erik Nordlund Järla Orientering | 71:23 | 22:12 | 23:20 | 6:56 | 1:54 | 12:09 | 2:49 | 1:12 | 0:51 |
| | | | 22:12 | 45:32 | 52:28 | 54:22 | 66:31 | 69:20 | 70:32 | 71:23 |
| | William Scherlin Tumba-Mälarhöjden OK | Ej godk. | | | | | | | | |
| | Oskar Enges Attunda OK | Ej godk. | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 46

Pl Namn/Förening Sluttid Sträcktid

| H14 Sträcka 3 | | 3360 - 3460 m | | | | 19 anmälda | | | | | | |
|---------------|--|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Albin Andersson Tullinge SK | 24:33 | 4:24 | 4:39 | 1:41 | 1:07 | 3:49 | 2:41 | 1:26 | 2:44 | 1:20 | 0:42 |
| | | | 4:24 | 9:03 | 10:44 | 11:51 | 15:40 | 18:21 | 19:47 | 22:31 | 23:51 | 24:33 |
| 2 | Benjamin Langerak Järfälla OK | 25:39 | 4:41 | 4:45 | 2:11 | 1:25 | 3:35 | 2:36 | 1:31 | 2:36 | 1:29 | 0:50 |
| | | | 4:41 | 9:26 | 11:37 | 13:02 | 16:37 | 19:13 | 20:44 | 23:20 | 24:49 | 25:39 |
| 3 | Niklas Carlsson Sundbybergs IK | 26:36 | 4:37 | 5:01 | 1:54 | 1:14 | 4:20 | 3:04 | 1:34 | 2:28 | 1:36 | 0:48 |
| | | | 4:37 | 9:38 | 11:32 | 12:46 | 17:06 | 20:10 | 21:44 | 24:12 | 25:48 | 26:36 |
| 4 | Erik Herne OK Ravinen | 27:43 | 4:10 | 4:09 | 1:43 | 1:21 | 7:09 | 3:03 | 1:47 | 2:27 | 1:12 | 0:42 |
| | | | 4:10 | 8:19 | 10:02 | 11:23 | 18:32 | 21:35 | 23:22 | 25:49 | 27:01 | 27:43 |
| 5 | Edvin Nordström Täby OK | 27:49 | 4:10 | 4:37 | 2:12 | 1:14 | 3:48 | 2:43 | 1:24 | 5:22 | 1:24 | 0:55 |
| | | | 4:10 | 8:47 | 10:59 | 12:13 | 16:01 | 18:44 | 20:08 | 25:30 | 26:54 | 27:49 |
| 6 | Jason Bransome Skogsluffarnas OK | 27:58 | 4:40 | 4:28 | 1:57 | 1:27 | 4:10 | 4:54 | 1:36 | 2:29 | 1:29 | 0:48 |
| | | | 4:40 | 9:08 | 11:05 | 12:32 | 16:42 | 21:36 | 23:12 | 25:41 | 27:10 | 27:58 |
| 7 | Hannes Svahn OK Ravinen | 29:48 | 4:56 | 5:55 | 2:21 | 1:37 | 5:32 | 3:11 | 1:41 | 2:21 | 1:21 | 0:53 |
| | | | 4:56 | 10:51 | 13:12 | 14:49 | 20:21 | 23:32 | 25:13 | 27:34 | 28:55 | 29:48 |
| 8 | Axel Kudinoff OK Södertörn | 30:39 | 5:35 | 5:03 | 2:05 | 1:42 | 5:16 | 3:33 | 2:04 | 2:49 | 1:45 | 0:47 |
| | | | 5:35 | 10:38 | 12:43 | 14:25 | 19:41 | 23:14 | 25:18 | 28:07 | 29:52 | 30:39 |
| 9 | Viking Freij Snättringe SK | 32:11 | 5:12 | 5:22 | 3:57 | 1:52 | 5:12 | 3:17 | 2:07 | 2:44 | 1:38 | 0:50 |
| | | | 5:12 | 10:34 | 14:31 | 16:23 | 21:35 | 24:52 | 26:59 | 29:43 | 31:21 | 32:11 |
| 10 | Alexander Käll Tumba-Mälarhöjden OK | 33:20 | 6:00 | 6:47 | 2:23 | 1:21 | 5:10 | 3:49 | 2:07 | 2:58 | 1:40 | 1:05 |
| | | | 6:00 | 12:47 | 15:10 | 16:31 | 21:41 | 25:30 | 27:37 | 30:35 | 32:15 | 33:20 |
| 11 | Ludvig Lindén Attunda OK | 38:49 | 6:00 | 7:00 | 2:57 | 2:17 | 6:26 | 5:25 | 3:00 | 3:13 | 1:40 | 0:51 |
| | | | 6:00 | 13:00 | 15:57 | 18:14 | 24:40 | 30:05 | 33:05 | 36:18 | 37:58 | 38:49 |
| 12 | Niclas Limnefelt IFK Lidingö SOK | 46:01 | 8:19 | 7:51 | 3:15 | 1:55 | 8:05 | 5:11 | 2:53 | 6:09 | 1:36 | 0:47 |
| | | | 8:19 | 16:10 | 19:25 | 21:20 | 29:25 | 34:36 | 37:29 | 43:38 | 45:14 | 46:01 |
| 13 | Martin Skärlén Haninge SOK | 56:31 | 6:34 | 10:20 | 4:43 | 2:25 | 10:30 | 5:41 | 6:51 | 5:11 | 3:03 | 1:13 |
| | | | 6:34 | 16:54 | 21:37 | 24:02 | 34:32 | 40:13 | 47:04 | 52:15 | 55:18 | 56:31 |
| 14 | Mattias Kallhaug Snättringe SK | 77:30 | 10:11 | 7:39 | 4:14 | 2:13 | 24:08 | 15:17 | 4:43 | 5:04 | 2:50 | 1:11 |
| | | | 10:11 | 17:50 | 22:04 | 24:17 | 48:25 | 63:42 | 68:25 | 73:29 | 76:19 | 77:30 |
| | Calle Nilsson Järfälla OK | Ej godk. | | | 4:34 | 2:27 | 13:39 | 4:47 | 4:21 | 7:26 | 2:25 | 0:55 |
| | | | | 21:24 | 25:58 | 28:25 | 42:04 | 46:51 | 51:12 | 58:38 | 61:03 | 61:58 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H150 Sträcka 1 | | 4560 - 4670 m | | | 35 anmälda | | | | | | | | |
|----------------|--------------------------------------|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Carl Persson Täby OK | 29:58 | 4:06 | 3:54 | 1:01 | 2:27 | 7:46 | 2:02 | 5:18 | 0:36 | 1:03 | 0:47 | 0:58 |
| | | | 4:06 | 8:00 | 9:01 | 11:28 | 19:14 | 21:16 | 26:34 | 27:10 | 28:13 | 29:00 | 29:58 |
| 2 | Kenneth Jönsson Tullinge SK | 30:28 | 4:03 | 3:59 | 1:01 | 2:46 | 8:45 | 1:57 | 4:47 | 0:37 | 1:05 | 0:40 | 0:48 |
| | | | 4:03 | 8:02 | 9:03 | 11:49 | 20:34 | 22:31 | 27:18 | 27:55 | 29:00 | 29:40 | 30:28 |
| 3 | Jörgen Karlsson Attunda OK | 30:32 | 4:00 | 4:04 | 1:00 | 2:56 | 8:44 | 1:52 | 4:44 | 0:40 | 1:04 | 0:43 | 0:45 |
| | | | 4:00 | 8:04 | 9:04 | 12:00 | 20:44 | 22:36 | 27:20 | 28:00 | 29:04 | 29:47 | 30:32 |
| 4 | Bengt Hall Järla Orientering | 30:35 | 4:05 | 3:21 | 1:49 | 2:43 | 8:33 | 2:03 | 4:42 | 0:40 | 1:06 | 0:43 | 0:50 |
| | | | 4:05 | 7:26 | 9:15 | 11:58 | 20:31 | 22:34 | 27:16 | 27:56 | 29:02 | 29:45 | 30:35 |
| 5 | Erik Berggren Tullinge SK | 30:36 | 4:10 | 3:19 | 1:43 | 2:41 | 8:40 | 2:04 | 4:48 | 0:38 | 1:04 | 0:40 | 0:49 |
| | | | 4:10 | 7:29 | 9:12 | 11:53 | 20:33 | 22:37 | 27:25 | 28:03 | 29:07 | 29:47 | 30:36 |
| 6 | Per Kallhauge Snättringe SK | 30:37 | 4:09 | 3:57 | 0:59 | 2:43 | 8:42 | 1:59 | 4:55 | 0:38 | 1:02 | 0:41 | 0:52 |
| | | | 4:09 | 8:06 | 9:05 | 11:48 | 20:30 | 22:29 | 27:24 | 28:02 | 29:04 | 29:45 | 30:37 |
| 7 | Lars Palmqvist Järfälla OK | 30:42 | 3:57 | 3:24 | 1:49 | 2:36 | 8:43 | 2:07 | 4:43 | 0:40 | 1:00 | 0:47 | 0:56 |
| | | | 3:57 | 7:21 | 9:10 | 11:46 | 20:29 | 22:36 | 27:19 | 27:59 | 28:59 | 29:46 | 30:42 |
| 8 | P-O Ivarsson Haninge SOK | 30:43 | 4:11 | 3:58 | 0:57 | 2:45 | 8:35 | 2:00 | 4:56 | 0:39 | 1:04 | 0:45 | 0:53 |
| | | | 4:11 | 8:09 | 9:06 | 11:51 | 20:26 | 22:26 | 27:22 | 28:01 | 29:05 | 29:50 | 30:43 |
| 9 | Johan Markstedt OK Södertörn | 30:54 | 4:16 | 3:57 | 1:00 | 2:51 | 8:45 | 2:00 | 4:38 | 0:41 | 1:07 | 0:45 | 0:54 |
| | | | 4:16 | 8:13 | 9:13 | 12:04 | 20:49 | 22:49 | 27:27 | 28:08 | 29:15 | 30:00 | 30:54 |
| 10 | Jan Carlsson Söders-Tyresö | 31:02 | 4:11 | 4:01 | 0:56 | 2:52 | 8:40 | 2:02 | 4:47 | 0:42 | 1:09 | 0:46 | 0:56 |
| | | | 4:11 | 8:12 | 9:08 | 12:00 | 20:40 | 22:42 | 27:29 | 28:11 | 29:20 | 30:06 | 31:02 |
| 11 | Nicklas Hermundstad Snättringe SK | 33:39 | 4:08 | 3:44 | 1:47 | 2:52 | 9:26 | 2:32 | 5:07 | 0:46 | 1:20 | 0:54 | 1:03 |
| | | | 4:08 | 7:52 | 9:39 | 12:31 | 21:57 | 24:29 | 29:36 | 30:22 | 31:42 | 32:36 | 33:39 |
| 12 | Kalle Persson OK Österåker | 33:55 | 4:42 | 4:03 | 1:02 | 3:04 | 8:59 | 2:44 | 4:48 | 1:16 | 1:28 | 0:53 | 0:56 |
| | | | 4:42 | 8:45 | 9:47 | 12:51 | 21:50 | 24:34 | 29:22 | 30:38 | 32:06 | 32:59 | 33:55 |
| 13 | Göran Längheim Tullinge SK | 34:08 | 4:38 | 4:02 | 1:00 | 2:56 | 8:49 | 2:40 | 5:03 | 0:57 | 2:16 | 0:53 | 0:54 |
| | | | 4:38 | 8:40 | 9:40 | 12:36 | 21:25 | 24:05 | 29:08 | 30:05 | 32:21 | 33:14 | 34:08 |
| 14 | Anders Karlsson Snättringe SK | 34:17 | 4:28 | 4:14 | 1:04 | 2:54 | 10:32 | 2:27 | 4:57 | 0:49 | 1:16 | 0:47 | 0:49 |
| | | | 4:28 | 8:42 | 9:46 | 12:40 | 23:12 | 25:39 | 30:36 | 31:25 | 32:41 | 33:28 | 34:17 |
| 15 | Håkan Rolfsson Skarpnäcks OL | 34:19 | 4:12 | 3:31 | 1:45 | 2:43 | 9:14 | 2:31 | 5:14 | 0:51 | 2:36 | 0:47 | 0:55 |
| | | | 4:12 | 7:43 | 9:28 | 12:11 | 21:25 | 23:56 | 29:10 | 30:01 | 32:37 | 33:24 | 34:19 |
| 16 | Stefan Lybert Väsby OK | 34:24 | 3:58 | 3:40 | 1:45 | 2:41 | 8:58 | 2:43 | 6:58 | 0:53 | 1:10 | 0:46 | 0:52 |
| | | | 3:58 | 7:38 | 9:23 | 12:04 | 21:02 | 23:45 | 30:43 | 31:36 | 32:46 | 33:32 | 34:24 |
| 17 | Matts Andersson OK Ravinen | 34:30 | 4:43 | 3:49 | 1:56 | 3:13 | 9:23 | 2:29 | 5:01 | 0:46 | 1:20 | 0:58 | 0:52 |
| | | | 4:43 | 8:32 | 10:28 | 13:41 | 23:04 | 25:33 | 30:34 | 31:20 | 32:40 | 33:38 | 34:30 |
| 18 | Åke Svensson Hammarby IF OF | 34:33 | 4:49 | 3:31 | 1:50 | 2:36 | 8:49 | 2:20 | 6:51 | 0:44 | 1:14 | 0:53 | 0:56 |
| | | | 4:49 | 8:20 | 10:10 | 12:46 | 21:35 | 23:55 | 30:46 | 31:30 | 32:44 | 33:37 | 34:33 |
| 19 | Per Franzén OK Södertörn | 34:43 | 5:10 | 3:35 | 1:55 | 3:09 | 9:04 | 2:42 | 4:57 | 0:54 | 1:17 | 1:02 | 0:58 |
| | | | 5:10 | 8:45 | 10:40 | 13:49 | 22:53 | 25:35 | 30:32 | 31:26 | 32:43 | 33:45 | 34:43 |
| | Anders Skog Tullinge SK | 34:43 | 4:13 | 3:53 | 2:08 | 3:02 | 9:54 | 2:19 | 5:06 | 0:44 | 1:18 | 1:07 | 0:59 |
| | | | 4:13 | 8:06 | 10:14 | 13:16 | 23:10 | 25:29 | 30:35 | 31:19 | 32:37 | 33:44 | 34:43 |
| 21 | Ove Gustafsson Järfälla OK | 34:49 | 4:45 | 4:06 | 1:04 | 3:03 | 9:43 | 2:51 | 5:20 | 0:50 | 1:19 | 0:54 | 0:54 |
| | | | 4:45 | 8:51 | 9:55 | 12:58 | 22:41 | 25:32 | 30:52 | 31:42 | 33:01 | 33:55 | 34:49 |
| | Krister Gumaelius Waxholms OK | 34:49 | 4:37 | 4:16 | 1:06 | 3:03 | 10:16 | 2:25 | 5:05 | 0:46 | 1:14 | 1:02 | 0:59 |
| | | | 4:37 | 8:53 | 9:59 | 13:02 | 23:18 | 25:43 | 30:48 | 31:34 | 32:48 | 33:50 | 34:49 |
| 23 | Claes Andersson Tullinge SK | 35:04 | 4:28 | 4:16 | 2:01 | 3:17 | 9:16 | 2:32 | 5:19 | 0:47 | 1:32 | 0:46 | 0:50 |
| | | | 4:28 | 8:44 | 10:45 | 14:02 | 23:18 | 25:50 | 31:09 | 31:56 | 33:28 | 34:14 | 35:04 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 48

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | |
|----|--|---------|-----------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Lennart Swahn Sundbybergs IK | 35:09 | 4:32 | 4:14 | 1:04 | 2:52 | 8:38 | 2:38 | 5:08 | 0:51 | 3:26 | 0:50 | 0:56 |
| | | | 4:32 | 8:46 | 9:50 | 12:42 | 21:20 | 23:58 | 29:06 | 29:57 | 33:23 | 34:13 | 35:09 |
| 25 | Sven Hunhammar Bromma-Vällingby SOK | 35:20 | 4:43 | 4:16 | 1:05 | 3:01 | 10:07 | 2:34 | 5:21 | 0:53 | 1:25 | 0:55 | 1:00 |
| | | | 4:43 | 8:59 | 10:04 | 13:05 | 23:12 | 25:46 | 31:07 | 32:00 | 33:25 | 34:20 | 35:20 |
| 26 | Lars Gerhardsson Attunda OK | 35:23 | 4:36 | 4:07 | 2:01 | 3:13 | 9:28 | 2:23 | 5:18 | 0:51 | 1:34 | 0:55 | 0:57 |
| | | | 4:36 | 8:43 | 10:44 | 13:57 | 23:25 | 25:48 | 31:06 | 31:57 | 33:31 | 34:26 | 35:23 |
| 27 | Urban Freij Snättringe SK | 35:43 | 5:04 | 3:20 | 1:36 | 2:38 | 9:15 | 2:13 | 7:53 | 0:56 | 1:11 | 0:45 | 0:52 |
| | | | 5:04 | 8:24 | 10:00 | 12:38 | 21:53 | 24:06 | 31:59 | 32:55 | 34:06 | 34:51 | 35:43 |
| 28 | Göran Doyle Sundbybergs IK | 37:41 | 4:40 | 3:59 | 2:03 | 3:13 | 10:03 | 2:36 | 6:31 | 1:00 | 1:48 | 0:51 | 0:57 |
| | | | 4:40 | 8:39 | 10:42 | 13:55 | 23:58 | 26:34 | 33:05 | 34:05 | 35:53 | 36:44 | 37:41 |
| 29 | Ove Rinnbäck OK Ravinen | 39:14 | 4:51 | 4:31 | 1:08 | 3:19 | 10:56 | 3:38 | 6:04 | 0:44 | 2:09 | 0:56 | 0:58 |
| | | | 4:51 | 9:22 | 10:30 | 13:49 | 24:45 | 28:23 | 34:27 | 35:11 | 37:20 | 38:16 | 39:14 |
| 30 | Frank Steiner Järfälla OK | 39:16 | 4:35 | 4:19 | 1:17 | 3:27 | 11:04 | 4:08 | 5:41 | 0:50 | 2:02 | 0:52 | 1:01 |
| | | | 4:35 | 8:54 | 10:11 | 13:38 | 24:42 | 28:50 | 34:31 | 35:21 | 37:23 | 38:15 | 39:16 |
| 31 | Vidas Armalis Hellas Orientering | 39:32 | 4:37 | 4:35 | 2:02 | 3:14 | 10:47 | 3:09 | 5:49 | 0:51 | 2:11 | 1:13 | 1:04 |
| | | | 4:37 | 9:12 | 11:14 | 14:28 | 25:15 | 28:24 | 34:13 | 35:04 | 37:15 | 38:28 | 39:32 |
| 32 | Lars Öhrman Stockholms OK | 40:56 | 4:32 | 4:24 | 2:02 | 3:15 | 11:20 | 2:44 | 7:53 | 1:10 | 1:37 | 0:58 | 1:01 |
| | | | 4:32 | 8:56 | 10:58 | 14:13 | 25:33 | 28:17 | 36:10 | 37:20 | 38:57 | 39:55 | 40:56 |
| 33 | Johan Sköld Järfälla OK | 42:49 | 5:02 | 4:30 | 2:18 | 3:51 | 11:53 | 3:34 | 6:30 | 0:58 | 1:58 | 1:09 | 1:06 |
| | | | 5:02 | 9:32 | 11:50 | 15:41 | 27:34 | 31:08 | 37:38 | 38:36 | 40:34 | 41:43 | 42:49 |
| 34 | Mats Bern Snättringe SK | 46:07 | 4:41 | 4:16 | 1:09 | 3:03 | 12:47 | 7:44 | 5:33 | 0:54 | 4:16 | 0:52 | 0:52 |
| | | | 4:41 | 8:57 | 10:06 | 13:09 | 25:56 | 33:40 | 39:13 | 40:07 | 44:23 | 45:15 | 46:07 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 49

Pl Namn/Förening Sluttid Sträcktid

| H150 Sträcka 2 | | 3760 m | | | 45 anmälda | | | | | | |
|----------------|---------------------------------------|--------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Fredrik Sone Attunda OK | 26:03 | 4:01 | 3:56 | 2:30 | 2:16 | 8:01 | 2:42 | 1:08 | 0:44 | 0:45 |
| | | | 4:01 | 7:57 | 10:27 | 12:43 | 20:44 | 23:26 | 24:34 | 25:18 | 26:03 |
| 2 | Sune Södergrann Tullinge SK | 26:08 | 4:06 | 3:57 | 2:29 | 2:16 | 8:02 | 2:42 | 1:07 | 0:46 | 0:43 |
| | | | 4:06 | 8:03 | 10:32 | 12:48 | 20:50 | 23:32 | 24:39 | 25:25 | 26:08 |
| 3 | Göran Nilsson Snättringe SK | 28:42 | 4:10 | 4:28 | 2:41 | 2:57 | 8:18 | 3:07 | 1:14 | 0:51 | 0:56 |
| | | | 4:10 | 8:38 | 11:19 | 14:16 | 22:34 | 25:41 | 26:55 | 27:46 | 28:42 |
| | Lennart Agén Tullinge SK | 28:42 | 4:08 | 4:35 | 2:54 | 2:26 | 8:30 | 3:08 | 1:16 | 0:48 | 0:57 |
| | | | 4:08 | 8:43 | 11:37 | 14:03 | 22:33 | 25:41 | 26:57 | 27:45 | 28:42 |
| 5 | Anders Hall Järla Orientering | 28:50 | 4:11 | 4:36 | 2:59 | 2:22 | 8:31 | 3:10 | 1:14 | 0:50 | 0:57 |
| | | | 4:11 | 8:47 | 11:46 | 14:08 | 22:39 | 25:49 | 27:03 | 27:53 | 28:50 |
| 6 | Piero Sannicolo Täby OK | 29:04 | 4:41 | 4:41 | 2:57 | 2:24 | 8:26 | 2:58 | 1:16 | 0:50 | 0:51 |
| | | | 4:41 | 9:22 | 12:19 | 14:43 | 23:09 | 26:07 | 27:23 | 28:13 | 29:04 |
| 7 | Peter Enoksson OK Österåker | 29:44 | 4:41 | 4:38 | 2:59 | 2:29 | 8:41 | 3:16 | 1:20 | 0:46 | 0:54 |
| | | | 4:41 | 9:19 | 12:18 | 14:47 | 23:28 | 26:44 | 28:04 | 28:50 | 29:44 |
| 8 | Ulf Nilsson Järfälla OK | 32:36 | 4:49 | 5:03 | 3:20 | 2:40 | 9:43 | 3:33 | 1:36 | 0:54 | 0:58 |
| | | | 4:49 | 9:52 | 13:12 | 15:52 | 25:35 | 29:08 | 30:44 | 31:38 | 32:36 |
| 9 | Anders Lundh Järfälla OK | 32:41 | 4:47 | 5:17 | 3:08 | 2:56 | 9:28 | 3:29 | 1:48 | 0:50 | 0:58 |
| | | | 4:47 | 10:04 | 13:12 | 16:08 | 25:36 | 29:05 | 30:53 | 31:43 | 32:41 |
| 10 | Michael Granqvist OK Ravinen | 32:49 | 4:39 | 6:16 | 2:48 | 2:30 | 9:35 | 3:37 | 1:36 | 0:53 | 0:55 |
| | | | 4:39 | 10:55 | 13:43 | 16:13 | 25:48 | 29:25 | 31:01 | 31:54 | 32:49 |
| 11 | Lars Andersson OK Södertörn | 32:51 | 4:27 | 4:31 | 2:45 | 2:54 | 8:38 | 3:58 | 3:57 | 0:49 | 0:52 |
| | | | 4:27 | 8:58 | 11:43 | 14:37 | 23:15 | 27:13 | 31:10 | 31:59 | 32:51 |
| 12 | Jan Eskilsson Haninge SOK | 32:55 | 4:46 | 5:02 | 3:26 | 2:26 | 10:00 | 3:31 | 1:59 | 0:50 | 0:55 |
| | | | 4:46 | 9:48 | 13:14 | 15:40 | 25:40 | 29:11 | 31:10 | 32:00 | 32:55 |
| 13 | Johan Lidmar Snättringe SK | 33:33 | 6:28 | 5:11 | 3:12 | 2:19 | 9:31 | 3:28 | 1:47 | 0:48 | 0:49 |
| | | | 6:28 | 11:39 | 14:51 | 17:10 | 26:41 | 30:09 | 31:56 | 32:44 | 33:33 |
| 14 | Eidar Lindgren OK Ravinen | 34:13 | 4:30 | 6:27 | 2:49 | 2:24 | 9:34 | 3:24 | 3:00 | 1:03 | 1:02 |
| | | | 4:30 | 10:57 | 13:46 | 16:10 | 25:44 | 29:08 | 32:08 | 33:11 | 34:13 |
| 15 | Nils Eklöv OK Södertörn | 34:20 | 5:00 | 5:33 | 3:23 | 2:43 | 11:02 | 3:45 | 1:19 | 0:45 | 0:50 |
| | | | 5:00 | 10:33 | 13:56 | 16:39 | 27:41 | 31:26 | 32:45 | 33:30 | 34:20 |
| 16 | Torbjörn Johansson OK Södertörn | 34:26 | 5:10 | 4:46 | 3:12 | 2:37 | 11:13 | 3:43 | 1:50 | 0:56 | 0:59 |
| | | | 5:10 | 9:56 | 13:08 | 15:45 | 26:58 | 30:41 | 32:31 | 33:27 | 34:26 |
| 17 | Björn Axelsson Tullinge SK | 34:44 | 4:45 | 4:47 | 3:42 | 2:47 | 11:01 | 3:48 | 1:46 | 1:04 | 1:04 |
| | | | 4:45 | 9:32 | 13:14 | 16:01 | 27:02 | 30:50 | 32:36 | 33:40 | 34:44 |
| 18 | Jonny Hansson Bromma-Vällingby SOK | 36:18 | 4:56 | 5:16 | 3:20 | 2:44 | 10:39 | 3:59 | 3:25 | 1:04 | 0:55 |
| | | | 4:56 | 10:12 | 13:32 | 16:16 | 26:55 | 30:54 | 34:19 | 35:23 | 36:18 |
| 19 | Göran Ohlsson Tullinge SK | 36:39 | 5:25 | 5:35 | 3:41 | 3:02 | 10:45 | 4:29 | 1:52 | 0:50 | 1:00 |
| | | | 5:25 | 11:00 | 14:41 | 17:43 | 28:28 | 32:57 | 34:49 | 35:39 | 36:39 |
| 20 | Olof Persson Snättringe SK | 37:56 | 6:14 | 5:36 | 3:29 | 2:12 | 13:48 | 3:18 | 1:37 | 0:51 | 0:51 |
| | | | 6:14 | 11:50 | 15:19 | 17:31 | 31:19 | 34:37 | 36:14 | 37:05 | 37:56 |
| 21 | Torbjörn Bergman Snättringe SK | 39:19 | 5:29 | 6:41 | 3:47 | 3:23 | 11:41 | 4:14 | 2:00 | 0:58 | 1:06 |
| | | | 5:29 | 12:10 | 15:57 | 19:20 | 31:01 | 35:15 | 37:15 | 38:13 | 39:19 |
| 22 | Per-Arne Forsberg Tullinge SK | 39:36 | 4:47 | 8:19 | 3:17 | 2:42 | 13:04 | 3:32 | 2:13 | 0:49 | 0:53 |
| | | | 4:47 | 13:06 | 16:23 | 19:05 | 32:09 | 35:41 | 37:54 | 38:43 | 39:36 |
| 23 | Ronny Nordgren Sundbybergs IK | 39:41 | 4:53 | 5:34 | 3:11 | 4:29 | 14:16 | 3:42 | 1:52 | 0:53 | 0:51 |
| | | | 4:53 | 10:27 | 13:38 | 18:07 | 32:23 | 36:05 | 37:57 | 38:50 | 39:41 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | |
|----|---|----------|-----------|-------|-------|-------|-------|-------|-------|-------------|-------|
| 24 | Arne Johansson OK Ravinen | 39:45 | 5:20 | 6:50 | 3:56 | 2:33 | 12:24 | 3:50 | 2:59 | 0:57 | 0:56 |
| | | | 5:20 | 12:10 | 16:06 | 18:39 | 31:03 | 34:53 | 37:52 | 38:49 | 39:45 |
| 25 | Erik Daniels Attunda OK | 40:45 | 5:09 | 5:43 | 6:42 | 3:01 | 10:35 | 4:22 | 3:06 | 1:00 | 1:07 |
| | | | 5:09 | 10:52 | 17:34 | 20:35 | 31:10 | 35:32 | 38:38 | 39:38 | 40:45 |
| 26 | Staffan Zilling OK Södertörn | 41:45 | 5:02 | 6:01 | 3:10 | 3:22 | 16:25 | 3:53 | 1:53 | 0:57 | 1:02 |
| | | | 5:02 | 11:03 | 14:13 | 17:35 | 34:00 | 37:53 | 39:46 | 40:43 | 41:45 |
| 27 | Nicklas Doyle Skarpnäcks OL | 42:16 | 4:47 | 8:33 | 4:54 | 3:00 | 13:01 | 4:07 | 1:53 | 1:01 | 1:00 |
| | | | 4:47 | 13:20 | 18:14 | 21:14 | 34:15 | 38:22 | 40:15 | 41:16 | 42:16 |
| 28 | Lars Forsstedt Söders-Tyresö | 42:44 | 5:04 | 11:32 | 4:48 | 2:43 | 9:18 | 5:51 | 1:37 | 0:54 | 0:57 |
| | | | 5:04 | 16:36 | 21:24 | 24:07 | 33:25 | 39:16 | 40:53 | 41:47 | 42:44 |
| 29 | Roland Hellberg Täby OK | 48:34 | 7:40 | 8:04 | 4:44 | 3:23 | 12:36 | 4:24 | 4:59 | 1:12 | 1:32 |
| | | | 7:40 | 15:44 | 20:28 | 23:51 | 36:27 | 40:51 | 45:50 | 47:02 | 48:34 |
| 30 | Stefan Sundélius Järfälla OK | 49:41 | 5:24 | 18:32 | 3:55 | 2:44 | 10:15 | 3:59 | 2:30 | 1:16 | 1:06 |
| | | | 5:24 | 23:56 | 27:51 | 30:35 | 40:50 | 44:49 | 47:19 | 48:35 | 49:41 |
| 31 | Stefan Knorn Attunda OK | 50:30 | 7:53 | 7:58 | 4:37 | 4:59 | 15:55 | 4:40 | 1:52 | 1:12 | 1:24 |
| | | | 7:53 | 15:51 | 20:28 | 25:27 | 41:22 | 46:02 | 47:54 | 49:06 | 50:30 |
| 32 | Urban Ståhl Sundbybergs IK | 52:37 | 5:37 | 8:34 | 3:33 | 2:32 | 22:24 | 4:46 | 3:23 | 0:54 | 0:54 |
| | | | 5:37 | 14:11 | 17:44 | 20:16 | 42:40 | 47:26 | 50:49 | 51:43 | 52:37 |
| 33 | Leif-Gunnar Pettersson Stockholms OK | 54:55 | 7:05 | 10:43 | 6:45 | 3:51 | 15:31 | 4:46 | 4:01 | 1:03 | 1:10 |
| | | | 7:05 | 17:48 | 24:33 | 28:24 | 43:55 | 48:41 | 52:42 | 53:45 | 54:55 |
| 34 | Mats Alnaeus Hammarby IF OF | 60:10 | 5:25 | 7:44 | 11:57 | 3:46 | 21:38 | 5:03 | 2:23 | 1:05 | 1:09 |
| | | | 5:25 | 13:09 | 25:06 | 28:52 | 50:30 | 55:33 | 57:56 | 59:01 | 60:10 |
| 35 | Hans Malmberg Waxholms OK | 60:50 | 19:08 | 6:26 | 6:53 | 3:07 | 14:28 | 4:55 | 3:47 | 1:00 | 1:06 |
| | | | 19:08 | 25:34 | 32:27 | 35:34 | 50:02 | 54:57 | 58:44 | 59:44 | 60:50 |
| 36 | Ton Langerak Järfälla OK | 60:52 | 10:27 | 14:15 | 4:13 | 2:42 | 16:57 | 5:53 | 4:58 | 0:42 | 0:45 |
| | | | 10:27 | 24:42 | 28:55 | 31:37 | 48:34 | 54:27 | 59:25 | 60:07 | 60:52 |
| 37 | Håkan Tämröt Hellas Orientering | 65:19 | 5:39 | 24:24 | 5:09 | 6:05 | 13:11 | 5:27 | 2:45 | 1:09 | 1:30 |
| | | | 5:39 | 30:03 | 35:12 | 41:17 | 54:28 | 59:55 | 62:40 | 63:49 | 65:19 |
| 38 | Jan Rönnberg OK Södertörn | 85:04 | 25:26 | 9:14 | 14:44 | 8:12 | 14:40 | 8:12 | 2:46 | 0:55 | 0:55 |
| | | | 25:26 | 34:40 | 49:24 | 57:36 | 72:16 | 80:28 | 83:14 | 84:09 | 85:04 |
| | Bo Lauri Snättringe SK | Disk. | | | | | | | | | |
| | Benny Pettersson Väsby OK | Ej godk. | 5:11 | 6:33 | | | | 4:23 | 1:50 | 1:15 | 1:07 |
| | | | 5:11 | 11:44 | | | 27:36 | 31:59 | 33:49 | 35:04 | 36:11 |

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Pl Namn/Förening Sluttid Sträcktid

| H150 Sträcka 3 | | 4560 - 4670 m | | | | | 35 anmälda | | | | | | |
|----------------|--|---------------|------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|-------------|
| 1 | Björn Salomonsson Snättringe SK | 12:03 | | | | | | | 6:58 | 0:51 | 1:23 | 0:54 | 0:57 |
| | | | | | | | 1:00 | 7:58 | 8:49 | 10:12 | 11:06 | 12:03 | |
| 2 | Lars Håkan Sandvik Attunda OK | 29:10 | 4:38 | 3:08 | 1:48 | 2:50 | 7:30 | 1:47 | 4:18 | 0:37 | 0:57 | 0:39 | 0:58 |
| | | | 4:38 | 7:46 | 9:34 | 12:24 | 19:54 | 21:41 | 25:59 | 26:36 | 27:33 | 28:12 | 29:10 |
| 3 | Rikard Imark Tullinge SK | 29:53 | 4:22 | 3:02 | 2:21 | 2:35 | 7:16 | 1:54 | 4:25 | 0:38 | 1:32 | 0:46 | 1:02 |
| | | | 4:22 | 7:24 | 9:45 | 12:20 | 19:36 | 21:30 | 25:55 | 26:33 | 28:05 | 28:51 | 29:53 |
| 4 | Anders Wisén Snättringe SK | 30:48 | 4:32 | 3:41 | 1:48 | 2:40 | 7:57 | 2:10 | 4:32 | 0:39 | 1:12 | 0:44 | 0:53 |
| | | | 4:32 | 8:13 | 10:01 | 12:41 | 20:38 | 22:48 | 27:20 | 27:59 | 29:11 | 29:55 | 30:48 |
| 5 | Pär Westblad OK Ravinen | 31:05 | 4:57 | 4:07 | 1:12 | 2:49 | 7:57 | 1:58 | 4:28 | 0:47 | 1:28 | 0:42 | 0:40 |
| | | | 4:57 | 9:04 | 10:16 | 13:05 | 21:02 | 23:00 | 27:28 | 28:15 | 29:43 | 30:25 | 31:05 |
| 6 | Robert Elverö Väsby OK | 32:57 | 5:38 | 4:22 | 0:55 | 2:45 | 9:22 | 2:00 | 4:34 | 0:36 | 1:11 | 0:46 | 0:48 |
| | | | 5:38 | 10:00 | 10:55 | 13:40 | 23:02 | 25:02 | 29:36 | 30:12 | 31:23 | 32:09 | 32:57 |
| 7 | Ulf Kallhauge Snättringe SK | 33:01 | 5:11 | 4:03 | 1:09 | 2:37 | 8:39 | 2:32 | 5:26 | 0:34 | 1:15 | 0:52 | 0:43 |
| | | | 5:11 | 9:14 | 10:23 | 13:00 | 21:39 | 24:11 | 29:37 | 30:11 | 31:26 | 32:18 | 33:01 |
| 8 | Ola Bovallius Järfälla OK | 34:32 | 5:02 | 3:47 | 1:51 | 3:07 | 9:25 | 2:32 | 5:02 | 0:48 | 1:11 | 0:51 | 0:56 |
| | | | 5:02 | 8:49 | 10:40 | 13:47 | 23:12 | 25:44 | 30:46 | 31:34 | 32:45 | 33:36 | 34:32 |
| 9 | Mats Fryxell Tullinge SK | 34:53 | 4:42 | 4:35 | 0:58 | 2:40 | 9:01 | 2:14 | 5:06 | 2:36 | 1:22 | 0:42 | 0:57 |
| | | | 4:42 | 9:17 | 10:15 | 12:55 | 21:56 | 24:10 | 29:16 | 31:52 | 33:14 | 33:56 | 34:53 |
| 10 | Göran Hellgren OK Södertörn | 35:08 | 5:13 | 3:47 | 1:51 | 3:09 | 9:25 | 2:43 | 5:10 | 0:46 | 1:19 | 0:49 | 0:56 |
| | | | 5:13 | 9:00 | 10:51 | 14:00 | 23:25 | 26:08 | 31:18 | 32:04 | 33:23 | 34:12 | 35:08 |
| 11 | Peter Höglund Järla Orientering | 35:24 | 5:26 | 4:13 | 1:19 | 2:48 | 8:36 | 2:01 | 4:40 | 3:01 | 1:31 | 0:57 | 0:52 |
| | | | 5:26 | 9:39 | 10:58 | 13:46 | 22:22 | 24:23 | 29:03 | 32:04 | 33:35 | 34:32 | 35:24 |
| 12 | Vacant Tullinge SK | 37:13 | 5:57 | 4:11 | 1:22 | 3:26 | 10:10 | 2:30 | 5:33 | 0:46 | 1:13 | 1:11 | 0:54 |
| | | | 5:57 | 10:08 | 11:30 | 14:56 | 25:06 | 27:36 | 33:09 | 33:55 | 35:08 | 36:19 | 37:13 |
| 13 | Hans Olsén Sundbybergs IK | 38:51 | 5:58 | 4:27 | 2:16 | 4:33 | 9:45 | 2:44 | 5:13 | 0:45 | 1:11 | 0:56 | 1:03 |
| | | | 5:58 | 10:25 | 12:41 | 17:14 | 26:59 | 29:43 | 34:56 | 35:41 | 36:52 | 37:48 | 38:51 |
| 14 | Håkan Dahlbäck OK Österåker | 38:56 | 5:05 | 3:45 | 1:54 | 2:36 | 13:23 | 2:40 | 5:20 | 1:21 | 1:08 | 0:47 | 0:57 |
| | | | 5:05 | 8:50 | 10:44 | 13:20 | 26:43 | 29:23 | 34:43 | 36:04 | 37:12 | 37:59 | 38:56 |
| 15 | Lars Greilert Haninge SOK | 39:27 | 5:09 | 4:03 | 2:05 | 3:49 | 10:47 | 2:36 | 6:17 | 1:15 | 1:20 | 0:55 | 1:11 |
| | | | 5:09 | 9:12 | 11:17 | 15:06 | 25:53 | 28:29 | 34:46 | 36:01 | 37:21 | 38:16 | 39:27 |
| 16 | Tomas Hultqvist Tullinge SK | 39:44 | 5:19 | 4:42 | 2:05 | 3:10 | 12:05 | 2:47 | 5:07 | 1:34 | 1:13 | 0:52 | 0:50 |
| | | | 5:19 | 10:01 | 12:06 | 15:16 | 27:21 | 30:08 | 35:15 | 36:49 | 38:02 | 38:54 | 39:44 |
| 17 | Anders Önerud OK Ravinen | 40:28 | 6:32 | 4:31 | 1:56 | 3:00 | 9:43 | 2:33 | 6:37 | 2:18 | 1:36 | 0:46 | 0:56 |
| | | | 6:32 | 11:03 | 12:59 | 15:59 | 25:42 | 28:15 | 34:52 | 37:10 | 38:46 | 39:32 | 40:28 |
| 18 | Kenneth Nordstrand Järfälla OK | 41:35 | 5:22 | 4:04 | 4:20 | 3:16 | 12:09 | 2:36 | 5:55 | 0:45 | 1:19 | 0:52 | 0:57 |
| | | | 5:22 | 9:26 | 13:46 | 17:02 | 29:11 | 31:47 | 37:42 | 38:27 | 39:46 | 40:38 | 41:35 |
| 19 | Bengt Svensson Sundbybergs IK | 42:30 | 6:44 | 5:37 | 1:37 | 3:57 | 10:59 | 2:49 | 6:41 | 0:43 | 1:28 | 1:02 | 0:53 |
| | | | 6:44 | 12:21 | 13:58 | 17:55 | 28:54 | 31:43 | 38:24 | 39:07 | 40:35 | 41:37 | 42:30 |
| 20 | Göran Lundqvist Järfälla OK | 43:29 | 6:56 | 7:14 | 1:59 | 3:49 | 10:41 | 2:33 | 5:54 | 0:52 | 1:42 | 0:59 | 0:50 |
| | | | 6:56 | 14:10 | 16:09 | 19:58 | 30:39 | 33:12 | 39:06 | 39:58 | 41:40 | 42:39 | 43:29 |
| 21 | Eric Roller Järfälla OK | 44:07 | 5:42 | 4:05 | 1:06 | 2:36 | 8:41 | 2:08 | 15:48 | 0:43 | 1:41 | 0:44 | 0:53 |
| | | | 5:42 | 9:47 | 10:53 | 13:29 | 22:10 | 24:18 | 40:06 | 40:49 | 42:30 | 43:14 | 44:07 |
| 22 | Pär Dahlström Tullinge SK | 44:36 | 6:57 | 5:35 | 1:25 | 4:12 | 12:22 | 2:59 | 6:15 | 0:52 | 1:39 | 1:09 | 1:11 |
| | | | 6:57 | 12:32 | 13:57 | 18:09 | 30:31 | 33:30 | 39:45 | 40:37 | 42:16 | 43:25 | 44:36 |
| 23 | Mattias Berglund Bromma-Vällingby SOK | 46:57 | 6:15 | 5:36 | 6:35 | 3:49 | 10:57 | 2:43 | 6:19 | 1:03 | 1:48 | 1:06 | 0:46 |
| | | | 6:15 | 11:51 | 18:26 | 22:15 | 33:12 | 35:55 | 42:14 | 43:17 | 45:05 | 46:11 | 46:57 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | |
|----|-------------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Mats Fransson Snättringe SK | 47:11 | 10:31 | 5:27 | 3:38 | 3:21 | 11:14 | 3:08 | 5:40 | 0:50 | 1:18 | 0:55 | 1:09 |
| | | | 10:31 | 15:58 | 19:36 | 22:57 | 34:11 | 37:19 | 42:59 | 43:49 | 45:07 | 46:02 | 47:11 |
| 25 | Stefan Gustafsson Skarpnäcks OL | 48:31 | 6:51 | 5:54 | 1:25 | 3:54 | 10:20 | 2:32 | 12:44 | 1:15 | 1:30 | 1:06 | 1:00 |
| | | | 6:51 | 12:45 | 14:10 | 18:04 | 28:24 | 30:56 | 43:40 | 44:55 | 46:25 | 47:31 | 48:31 |
| 26 | Per Ljung Stockholms OK | 48:55 | 14:34 | 4:56 | 2:07 | 3:27 | 10:04 | 3:02 | 6:18 | 0:49 | 1:49 | 0:58 | 0:51 |
| | | | 14:34 | 19:30 | 21:37 | 25:04 | 35:08 | 38:10 | 44:28 | 45:17 | 47:06 | 48:04 | 48:55 |
| 27 | Jonny Nilsson Snättringe SK | 49:08 | 6:37 | 5:27 | 2:02 | 3:23 | 18:00 | 2:44 | 6:22 | 1:03 | 1:30 | 0:53 | 1:07 |
| | | | 6:37 | 12:04 | 14:06 | 17:29 | 35:29 | 38:13 | 44:35 | 45:38 | 47:08 | 48:01 | 49:08 |
| 28 | Tom Svensson Hammarby IF OF | 49:59 | 15:19 | 5:29 | 1:35 | 3:35 | 10:25 | 3:04 | 6:11 | 0:49 | 1:53 | 0:53 | 0:46 |
| | | | 15:19 | 20:48 | 22:23 | 25:58 | 36:23 | 39:27 | 45:38 | 46:27 | 48:20 | 49:13 | 49:59 |
| 29 | Göran Ivaréz OK Södertörn | 51:40 | 6:05 | 7:52 | 1:26 | 3:23 | 17:04 | 2:26 | 6:35 | 2:17 | 2:49 | 0:46 | 0:57 |
| | | | 6:05 | 13:57 | 15:23 | 18:46 | 35:50 | 38:16 | 44:51 | 47:08 | 49:57 | 50:43 | 51:40 |
| 30 | Anders Winald Hellas Orientering | 52:51 | 6:58 | 6:10 | 1:33 | 5:31 | 14:55 | 4:37 | 7:13 | 1:18 | 2:09 | 1:06 | 1:21 |
| | | | 6:58 | 13:08 | 14:41 | 20:12 | 35:07 | 39:44 | 46:57 | 48:15 | 50:24 | 51:30 | 52:51 |
| 31 | Matts Björke Söders-Tyresö | 55:02 | 6:45 | 6:35 | 3:33 | 4:23 | 17:47 | 3:27 | 7:03 | 1:07 | 2:09 | 1:04 | 1:09 |
| | | | 6:45 | 13:20 | 16:53 | 21:16 | 39:03 | 42:30 | 49:33 | 50:40 | 52:49 | 53:53 | 55:02 |
| 32 | Björn Thorén Täby OK | 57:09 | 5:41 | 6:22 | 2:16 | 4:29 | 12:05 | 3:19 | 17:24 | 0:39 | 3:01 | 0:55 | 0:58 |
| | | | 5:41 | 12:03 | 14:19 | 18:48 | 30:53 | 34:12 | 51:36 | 52:15 | 55:16 | 56:11 | 57:09 |
| 33 | Sven Hedman Attunda OK | 58:39 | 10:20 | 6:03 | 2:01 | 4:14 | 13:45 | 6:05 | 7:34 | 0:49 | 5:47 | 1:00 | 1:01 |
| | | | 10:20 | 16:23 | 18:24 | 22:38 | 36:23 | 42:28 | 50:02 | 50:51 | 56:38 | 57:38 | 58:39 |
| 34 | Björn Edén Waxholms OK | 58:47 | 15:01 | 6:12 | 2:43 | 4:16 | 14:02 | 3:11 | 7:28 | 1:19 | 2:19 | 1:00 | 1:16 |
| | | | 15:01 | 21:13 | 23:56 | 28:12 | 42:14 | 45:25 | 52:53 | 54:12 | 56:31 | 57:31 | 58:47 |

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Pl Namn/Förening Sluttid Sträcktid

| H16 Sträcka 1 | | 4370 - 4420 m | | | | 13 anmälda | | | | | | |
|---------------|---------------------------------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 | Olle Andersson Tullinge SK | 30:22 | 3:01 | 6:17 | 4:14 | 0:55 | 1:15 | 6:05 | 4:20 | 2:30 | 1:07 | 0:38 |
| 2 | Viktor Wohlgemuth OK Ravinen | 30:23 | 3:09 | 6:15 | 4:11 | 0:56 | 1:14 | 6:05 | 4:05 | 2:44 | 1:07 | 0:37 |
| 3 | Jonas Kallhaug Snättringe SK | 41:08 | 3:12 | 7:19 | 5:23 | 1:19 | 4:07 | 6:00 | 6:50 | 4:22 | 1:45 | 0:51 |
| 4 | Viktor Janrik Bromma-Vällingby SOK | 43:56 | 4:01 | 6:21 | 4:27 | 1:10 | 1:16 | 12:55 | 7:17 | 3:36 | 2:01 | 0:52 |
| 5 | David Janson Järfälla OK | 47:43 | 3:15 | 8:21 | 5:54 | 5:11 | 3:24 | 7:15 | 8:48 | 3:10 | 1:35 | 0:50 |
| 6 | Johan Persson OK Österåker | 47:48 | 5:46 | 10:07 | 6:17 | 2:08 | 3:49 | 8:15 | 5:36 | 3:18 | 1:40 | 0:52 |
| 7 | Egil Morast Haninge SOK | 49:44 | 5:24 | 15:38 | 5:12 | 1:49 | 2:50 | 6:15 | 6:32 | 3:23 | 1:51 | 0:50 |
| 8 | Arvid Persson Täby OK | 50:38 | 5:26 | 15:38 | 5:15 | 1:46 | 4:15 | 8:24 | 4:12 | 3:26 | 1:30 | 0:46 |
| 9 | Christian Redtzer Attunda OK | 62:49 | 3:12 | 7:09 | 5:42 | 1:00 | 3:36 | 20:15 | 7:40 | 9:56 | 3:24 | 0:55 |
| 10 | Måns Tistad IFK Lidingö SOK | 63:16 | 11:48 | 14:41 | 12:12 | 0:57 | 3:03 | 9:05 | 5:29 | 3:37 | 1:44 | 0:40 |
| 11 | Jonatan Göransson Skarpnäcks OL | 76:46 | 5:59 | 15:27 | 8:03 | 1:55 | 2:20 | 28:47 | 7:44 | 4:14 | 1:35 | 0:42 |
| 12 | Axel Elmarsson Waxholms OK | 79:03 | 4:05 | 13:35 | 6:53 | 5:04 | 4:19 | 13:56 | 18:45 | 9:43 | 1:54 | 0:49 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H16 Sträcka 2 | | 3460 m | | | 23 anmälda | | | | | | | |
|---------------|--|--------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Victor Imark Järfälla OK | 24:26 | 4:17 | 4:01 | 1:52 | 1:13 | 4:23 | 2:33 | 1:35 | 2:24 | 1:23 | 0:45 |
| | | | 4:17 | 8:18 | 10:10 | 11:23 | 15:46 | 18:19 | 19:54 | 22:18 | 23:41 | 24:26 |
| | Max Klasson OK Ravinen | 24:26 | 4:17 | 4:03 | 1:52 | 1:12 | 4:23 | 2:32 | 1:36 | 2:23 | 1:23 | 0:45 |
| | | | 4:17 | 8:20 | 10:12 | 11:24 | 15:47 | 18:19 | 19:55 | 22:18 | 23:41 | 24:26 |
| 3 | Jonathan Envall Järfälla OK | 24:43 | 4:18 | 4:01 | 1:52 | 1:13 | 4:23 | 2:33 | 1:35 | 2:24 | 1:27 | 0:57 |
| | | | 4:18 | 8:19 | 10:11 | 11:24 | 15:47 | 18:20 | 19:55 | 22:19 | 23:46 | 24:43 |
| 4 | Albin Andersson OK Ravinen | 27:11 | 4:19 | 5:57 | 2:06 | 1:22 | 4:08 | 2:44 | 1:50 | 2:07 | 1:49 | 0:49 |
| | | | 4:19 | 10:16 | 12:22 | 13:44 | 17:52 | 20:36 | 22:26 | 24:33 | 26:22 | 27:11 |
| 5 | Erik Calleberg Snättringe SK | 33:37 | 5:05 | 5:35 | 2:05 | 1:49 | 5:44 | 5:48 | 1:47 | 2:59 | 2:01 | 0:44 |
| | | | 5:05 | 10:40 | 12:45 | 14:34 | 20:18 | 26:06 | 27:53 | 30:52 | 32:53 | 33:37 |
| 6 | Sixten Hillerhag IFK Lidingö SOK | 35:29 | 5:05 | 5:47 | 3:27 | 3:03 | 6:09 | 4:09 | 2:01 | 3:31 | 1:32 | 0:45 |
| | | | 5:05 | 10:52 | 14:19 | 17:22 | 23:31 | 27:40 | 29:41 | 33:12 | 34:44 | 35:29 |
| 7 | Fredrik Ormö Snättringe SK | 35:56 | 4:52 | 5:58 | 2:26 | 1:30 | 5:29 | 4:34 | 2:07 | 6:02 | 2:06 | 0:52 |
| | | | 4:52 | 10:50 | 13:16 | 14:46 | 20:15 | 24:49 | 26:56 | 32:58 | 35:04 | 35:56 |
| 8 | Adam Arthursson Järfälla OK | 36:57 | 4:33 | 7:40 | 2:26 | 1:29 | 10:04 | 3:19 | 2:16 | 2:39 | 1:44 | 0:47 |
| | | | 4:33 | 12:13 | 14:39 | 16:08 | 26:12 | 29:31 | 31:47 | 34:26 | 36:10 | 36:57 |
| 9 | Emil Andersson Haninge SOK | 38:57 | 5:02 | 9:33 | 2:31 | 2:13 | 7:01 | 4:08 | 2:34 | 3:12 | 1:58 | 0:45 |
| | | | 5:02 | 14:35 | 17:06 | 19:19 | 26:20 | 30:28 | 33:02 | 36:14 | 38:12 | 38:57 |
| 10 | Seth Wiman Täby OK | 42:03 | 5:39 | 9:50 | 2:56 | 5:05 | 5:49 | 4:26 | 3:09 | 2:38 | 1:52 | 0:39 |
| | | | 5:39 | 15:29 | 18:25 | 23:30 | 29:19 | 33:45 | 36:54 | 39:32 | 41:24 | 42:03 |
| 11 | Simon Sandqvist Centrum OK | 43:43 | 5:03 | 7:01 | 3:35 | 1:57 | 10:46 | 5:38 | 1:56 | 5:36 | 1:30 | 0:41 |
| | | | 5:03 | 12:04 | 15:39 | 17:36 | 28:22 | 34:00 | 35:56 | 41:32 | 43:02 | 43:43 |
| 12 | Fredrik Stenbeck Centrum OK | 43:51 | 4:52 | 7:10 | 3:24 | 2:07 | 10:47 | 5:30 | 2:04 | 5:36 | 1:38 | 0:43 |
| | | | 4:52 | 12:02 | 15:26 | 17:33 | 28:20 | 33:50 | 35:54 | 41:30 | 43:08 | 43:51 |
| 13 | Filip Brunander Attunda OK | 44:32 | 5:34 | 8:18 | 3:26 | 2:08 | 8:48 | 4:08 | 2:23 | 6:30 | 2:25 | 0:52 |
| | | | 5:34 | 13:52 | 17:18 | 19:26 | 28:14 | 32:22 | 34:45 | 41:15 | 43:40 | 44:32 |
| 14 | Nils Babtist Bromma-Vällingby SOK | 46:26 | 6:06 | 13:29 | 3:33 | 1:58 | 7:26 | 4:05 | 3:26 | 3:31 | 1:57 | 0:55 |
| | | | 6:06 | 19:35 | 23:08 | 25:06 | 32:32 | 36:37 | 40:03 | 43:34 | 45:31 | 46:26 |
| 15 | Simon Stålhammar Tullinge SK | 49:47 | 4:28 | 19:22 | 2:58 | 1:24 | 8:26 | 4:53 | 1:54 | 3:45 | 1:43 | 0:54 |
| | | | 4:28 | 23:50 | 26:48 | 28:12 | 36:38 | 41:31 | 43:25 | 47:10 | 48:53 | 49:47 |
| 16 | Lukas Lantto Bromma-Vällingby SOK | 55:13 | 5:18 | 9:49 | 8:51 | 1:54 | 11:07 | 9:42 | 2:06 | 3:42 | 1:47 | 0:57 |
| | | | 5:18 | 15:07 | 23:58 | 25:52 | 36:59 | 46:41 | 48:47 | 52:29 | 54:16 | 55:13 |
| 17 | Johan Bengtsson Skarpnäcks OL | 64:50 | 4:48 | 13:22 | 2:19 | 2:02 | 13:24 | 11:21 | 3:05 | 10:44 | 2:43 | 1:02 |
| | | | 4:48 | 18:10 | 20:29 | 22:31 | 35:55 | 47:16 | 50:21 | 61:05 | 63:48 | 64:50 |
| 18 | Simon Froster-Dehlbom Skarpnäcks OL | 65:15 | 7:02 | 10:42 | 4:30 | 3:01 | 15:28 | 5:11 | 4:47 | 10:40 | 2:41 | 1:13 |
| | | | 7:02 | 17:44 | 22:14 | 25:15 | 40:43 | 45:54 | 50:41 | 61:21 | 64:02 | 65:15 |
| 19 | Axel Pettersson Waxholms OK | 90:20 | 7:41 | 10:50 | 6:08 | 2:48 | 17:25 | 20:10 | 15:02 | 6:43 | 2:26 | 1:07 |
| | | | 7:41 | 18:31 | 24:39 | 27:27 | 44:52 | 65:02 | 80:04 | 86:47 | 89:13 | 90:20 |

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Pl Namn/Förening Sluttid Sträcktid

H16 Sträcka 3 4370 - 4420 m 13 anmälda

| | | | | | | | | | | | | |
|----|---------------------------------------|-------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Simon Imark Tullinge SK | 30:54 | 3:19 | 5:42 | 5:18 | 0:44 | 2:47 | 4:46 | 3:45 | 2:25 | 1:15 | 0:53 |
| | | | 3:19 | 9:01 | 14:19 | 15:03 | 17:50 | 22:36 | 26:21 | 28:46 | 30:01 | 30:54 |
| 2 | Felix Hellgren OK Ravinen | 38:47 | 3:15 | 7:04 | 4:31 | 2:30 | 5:44 | 4:39 | 6:11 | 2:27 | 1:20 | 1:06 |
| | | | 3:15 | 10:19 | 14:50 | 17:20 | 23:04 | 27:43 | 33:54 | 36:21 | 37:41 | 38:47 |
| 3 | Mattias Perneby IFK Lidingö SOK | 40:42 | 4:31 | 7:50 | 5:11 | 1:09 | 3:34 | 6:53 | 5:41 | 3:18 | 1:44 | 0:51 |
| | | | 4:31 | 12:21 | 17:32 | 18:41 | 22:15 | 29:08 | 34:49 | 38:07 | 39:51 | 40:42 |
| 4 | Christopher Wilestedt Attunda OK | 40:44 | 5:59 | | | | | | | | | 0:49 |
| | | | 5:59 | | | | | | | 39:55 | | 40:44 |
| 5 | Selma Gumaelius Waxholms OK | 44:28 | 4:29 | 10:03 | 5:26 | 1:05 | 2:06 | 7:43 | 4:36 | 6:28 | 1:37 | 0:55 |
| | | | 4:29 | 14:32 | 19:58 | 21:03 | 23:09 | 30:52 | 35:28 | 41:56 | 43:33 | 44:28 |
| 6 | Märta Fröjd Snättringe SK | 46:33 | 4:36 | 10:39 | 6:37 | 1:51 | 1:53 | 8:12 | 6:35 | 3:36 | 1:36 | 0:58 |
| | | | 4:36 | 15:15 | 21:52 | 23:43 | 25:36 | 33:48 | 40:23 | 43:59 | 45:35 | 46:33 |
| 7 | Joakim Skärlén Haninge SOK | 48:25 | 4:58 | 8:55 | 7:32 | 1:26 | 1:30 | 9:00 | 7:41 | 4:21 | 1:54 | 1:08 |
| | | | 4:58 | 13:53 | 21:25 | 22:51 | 24:21 | 33:21 | 41:02 | 45:23 | 47:17 | 48:25 |
| 8 | Ludwig Bergfalk Järfälla OK | 51:05 | 3:55 | 9:21 | 12:41 | 0:51 | 1:51 | 7:09 | 6:17 | 6:17 | 1:46 | 0:57 |
| | | | 3:55 | 13:16 | 25:57 | 26:48 | 28:39 | 35:48 | 42:05 | 48:22 | 50:08 | 51:05 |
| 9 | Viktor Häggström Skarpnäcks OL | 55:18 | 5:02 | 7:11 | 10:55 | 2:50 | 4:25 | 8:48 | 9:06 | 4:25 | 1:37 | 0:59 |
| | | | 5:02 | 12:13 | 23:08 | 25:58 | 30:23 | 39:11 | 48:17 | 52:42 | 54:19 | 55:18 |
| 10 | Gabriel Lundvall Täby OK | 60:09 | 6:16 | 21:39 | 8:09 | 2:41 | 3:10 | 6:46 | 5:47 | 3:30 | 1:22 | 0:49 |
| | | | 6:16 | 27:55 | 36:04 | 38:45 | 41:55 | 48:41 | 54:28 | 57:58 | 59:20 | 60:09 |
| 11 | Elvira Johansson Centrum OK | 70:10 | 7:14 | 10:36 | 7:10 | 1:38 | 5:01 | 22:04 | 7:39 | 5:49 | 2:09 | 0:50 |
| | | | 7:14 | 17:50 | 25:00 | 26:38 | 31:39 | 53:43 | 61:22 | 67:11 | 69:20 | 70:10 |
| 12 | Felix Ekesiöö Bromma-Vällingby SOK | 94:41 | 8:17 | 22:28 | 15:29 | 6:32 | 5:20 | 12:59 | 11:33 | 7:48 | 3:13 | 1:02 |
| | | | 8:17 | 30:45 | 46:14 | 52:46 | 58:06 | 71:05 | 82:38 | 90:26 | 93:39 | 94:41 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H180 Sträcka 1 | | 4280 - 4360 m | | | | 12 anmälda | | | | | | | |
|----------------|--------------------------------------|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Hans Tarandi IFK Lidingö SOK | 34:30 | 4:12 | 1:24 | 3:17 | 4:18 | 2:40 | 2:25 | 5:20 | 4:45 | 2:09 | 2:54 | 1:06 |
| | | | 4:12 | 5:36 | 8:53 | 13:11 | 15:51 | 18:16 | 23:36 | 28:21 | 30:30 | 33:24 | 34:30 |
| 2 | Göran Hansson Täby OK | 35:00 | 4:07 | 1:31 | 3:28 | 4:10 | 2:49 | 2:15 | 5:21 | 5:54 | 2:17 | 2:47 | 0:21 |
| | | | 4:07 | 5:38 | 9:06 | 13:16 | 16:05 | 18:20 | 23:41 | 29:35 | 31:52 | 34:39 | 35:00 |
| 3 | Lars-Gunnar Larsson OK Södertörn | 39:22 | 4:17 | 1:24 | 3:33 | 4:06 | 2:50 | 5:24 | 5:55 | 5:25 | 2:28 | 2:56 | 1:04 |
| | | | 4:17 | 5:41 | 9:14 | 13:20 | 16:10 | 21:34 | 27:29 | 32:54 | 35:22 | 38:18 | 39:22 |
| 4 | Lars Boudrie Väsby OK | 39:38 | 7:33 | 2:42 | 1:19 | 4:33 | 3:14 | 2:17 | 6:11 | 4:46 | 2:54 | 3:06 | 1:03 |
| | | | 7:33 | 10:15 | 11:34 | 16:07 | 19:21 | 21:38 | 27:49 | 32:35 | 35:29 | 38:35 | 39:38 |
| 5 | Ingemar Larsson Tullinge SK | 40:58 | 8:44 | 3:03 | 1:22 | 4:51 | 2:50 | 2:27 | 6:19 | 4:52 | 2:35 | 2:54 | 1:01 |
| | | | 8:44 | 11:47 | 13:09 | 18:00 | 20:50 | 23:17 | 29:36 | 34:28 | 37:03 | 39:57 | 40:58 |
| 6 | Stefan Myrefelt Skarpnäcks OL | 41:08 | 3:56 | 1:22 | 3:38 | 4:18 | 2:42 | 2:30 | 11:50 | 4:29 | 2:30 | 2:55 | 0:58 |
| | | | 3:56 | 5:18 | 8:56 | 13:14 | 15:56 | 18:26 | 30:16 | 34:45 | 37:15 | 40:10 | 41:08 |
| 7 | Rolf Skoglund Hellas Orientering | 41:13 | 6:23 | 2:56 | 1:36 | 5:31 | 3:31 | 3:01 | 6:24 | 5:04 | 2:59 | 2:51 | 0:57 |
| | | | 6:23 | 9:19 | 10:55 | 16:26 | 19:57 | 22:58 | 29:22 | 34:26 | 37:25 | 40:16 | 41:13 |
| 8 | Magnus Haraldsson Gustavsbergs OK | 41:45 | 4:53 | 1:49 | 4:56 | 5:34 | 3:31 | 2:37 | 6:32 | 5:02 | 2:45 | 3:00 | 1:06 |
| | | | 4:53 | 6:42 | 11:38 | 17:12 | 20:43 | 23:20 | 29:52 | 34:54 | 37:39 | 40:39 | 41:45 |
| 9 | Håkan Redtzer Attunda OK | 44:49 | 4:07 | 1:34 | 5:15 | 4:40 | 3:26 | 2:22 | 8:25 | 5:22 | 4:15 | 4:17 | 1:06 |
| | | | 4:07 | 5:41 | 10:56 | 15:36 | 19:02 | 21:24 | 29:49 | 35:11 | 39:26 | 43:43 | 44:49 |
| 10 | Ola Nyqvist OK Södertörn | 46:35 | 7:43 | 2:24 | 1:22 | 11:05 | 3:22 | 2:42 | 6:07 | 5:23 | 2:31 | 2:53 | 1:03 |
| | | | 7:43 | 10:07 | 11:29 | 22:34 | 25:56 | 28:38 | 34:45 | 40:08 | 42:39 | 45:32 | 46:35 |
| 11 | Anders Hallmén Attunda OK | 46:43 | 8:03 | 2:52 | 1:35 | 5:20 | 3:41 | 2:33 | 6:48 | 8:05 | 2:31 | 4:04 | 1:11 |
| | | | 8:03 | 10:55 | 12:30 | 17:50 | 21:31 | 24:04 | 30:52 | 38:57 | 41:28 | 45:32 | 46:43 |
| 12 | Gunnar Eriksson Järfälla OK | 48:09 | 8:35 | 3:07 | 1:33 | 6:37 | 3:23 | 2:55 | 8:14 | 6:11 | 3:27 | 3:03 | 1:04 |
| | | | 8:35 | 11:42 | 13:15 | 19:52 | 23:15 | 26:10 | 34:24 | 40:35 | 44:02 | 47:05 | 48:09 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H180 Sträcka 2 | | 3460 m | | 18 anmälda | | | | | | | | |
|----------------|------------------------------------|----------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Matz Larsson Gustavsbergs OK | 32:45 | 5:13 | 5:47 | 2:18 | 1:39 | 6:29 | 3:19 | 1:52 | 3:05 | 2:10 | 0:53 |
| | | | 5:13 | 11:00 | 13:18 | 14:57 | 21:26 | 24:45 | 26:37 | 29:42 | 31:52 | 32:45 |
| 2 | Paul Norén OK Södertörn | 32:55 | 5:31 | 5:57 | 2:20 | 1:34 | 5:04 | 3:30 | 1:59 | 3:55 | 1:55 | 1:10 |
| | | | 5:31 | 11:28 | 13:48 | 15:22 | 20:26 | 23:56 | 25:55 | 29:50 | 31:45 | 32:55 |
| 3 | Anders Kärrström Tullinge SK | 33:50 | 5:51 | 5:43 | 2:33 | 1:35 | 6:27 | 3:21 | 1:52 | 3:04 | 2:17 | 1:07 |
| | | | 5:51 | 11:34 | 14:07 | 15:42 | 22:09 | 25:30 | 27:22 | 30:26 | 32:43 | 33:50 |
| 4 | Anders Gärderud IFK Lidingö SOK | 33:57 | 5:44 | 6:11 | 2:26 | 1:41 | 5:15 | 3:30 | 2:13 | 3:23 | 2:34 | 1:00 |
| | | | 5:44 | 11:55 | 14:21 | 16:02 | 21:17 | 24:47 | 27:00 | 30:23 | 32:57 | 33:57 |
| 5 | Lennart Hävrén Tullinge SK | 38:01 | 5:58 | 7:39 | 2:23 | 1:53 | 6:39 | 3:43 | 2:06 | 4:06 | 2:20 | 1:14 |
| | | | 5:58 | 13:37 | 16:00 | 17:53 | 24:32 | 28:15 | 30:21 | 34:27 | 36:47 | 38:01 |
| 6 | Leif Carlsson Skarpnäcks OL | 39:31 | 6:01 | 6:16 | 2:25 | 2:29 | 9:54 | 3:42 | 2:01 | 3:22 | 2:20 | 1:01 |
| | | | 6:01 | 12:17 | 14:42 | 17:11 | 27:05 | 30:47 | 32:48 | 36:10 | 38:30 | 39:31 |
| 7 | Göran Frisk Attunda OK | 41:14 | 5:36 | 9:25 | 2:26 | 1:37 | 7:50 | 5:11 | 2:27 | 3:26 | 2:15 | 1:01 |
| | | | 5:36 | 15:01 | 17:27 | 19:04 | 26:54 | 32:05 | 34:32 | 37:58 | 40:13 | 41:14 |
| 8 | Per-Erik Carlenius Attunda OK | 41:17 | 5:46 | 7:37 | 2:12 | 1:39 | 7:39 | 5:05 | 2:34 | 3:15 | 2:05 | 3:25 |
| | | | 5:46 | 13:23 | 15:35 | 17:14 | 24:53 | 29:58 | 32:32 | 35:47 | 37:52 | 41:17 |
| 9 | Stefan Jakobsson OK Södertörn | 43:34 | 7:18 | 7:40 | 3:21 | 2:51 | 6:54 | 4:35 | 3:01 | 3:59 | 2:44 | 1:11 |
| | | | 7:18 | 14:58 | 18:19 | 21:10 | 28:04 | 32:39 | 35:40 | 39:39 | 42:23 | 43:34 |
| 10 | Bo Winander Järfälla OK | 43:44 | 6:27 | 7:09 | 3:43 | 2:23 | 7:30 | 5:32 | 3:04 | 4:36 | 2:21 | 0:59 |
| | | | 6:27 | 13:36 | 17:19 | 19:42 | 27:12 | 32:44 | 35:48 | 40:24 | 42:45 | 43:44 |
| 11 | Tommy Wendt Hellas Orientering | 44:57 | 5:51 | 6:26 | 2:25 | 2:23 | 11:43 | 4:34 | 4:31 | 3:32 | 2:21 | 1:11 |
| | | | 5:51 | 12:17 | 14:42 | 17:05 | 28:48 | 33:22 | 37:53 | 41:25 | 43:46 | 44:57 |
| 12 | Harry Hattara Täby OK | 45:29 | 6:34 | 11:28 | 2:44 | 2:23 | 6:48 | 4:43 | 2:34 | 4:11 | 2:56 | 1:08 |
| | | | 6:34 | 18:02 | 20:46 | 23:09 | 29:57 | 34:40 | 37:14 | 41:25 | 44:21 | 45:29 |
| 13 | Willy Ljungdell Täby OK | 45:33 | 6:28 | 12:56 | 2:35 | 1:36 | 9:27 | 3:50 | 2:01 | 3:27 | 2:16 | 0:57 |
| | | | 6:28 | 19:24 | 21:59 | 23:35 | 33:02 | 36:52 | 38:53 | 42:20 | 44:36 | 45:33 |
| 14 | Martin Eriksson OK Södertörn | 53:06 | 8:10 | 9:17 | 4:03 | 2:29 | 8:45 | 6:27 | 3:38 | 5:23 | 3:24 | 1:30 |
| | | | 8:10 | 17:27 | 21:30 | 23:59 | 32:44 | 39:11 | 42:49 | 48:12 | 51:36 | 53:06 |
| 15 | Ulf Carnby Täby OK | 59:12 | 6:29 | 23:05 | 3:19 | 1:53 | 8:33 | 4:15 | 2:51 | 4:27 | 3:06 | 1:14 |
| | | | 6:29 | 29:34 | 32:53 | 34:46 | 43:19 | 47:34 | 50:25 | 54:52 | 57:58 | 59:12 |
| 16 | Klas Langels Skarpnäcks OL | 68:51 | 6:41 | 11:48 | 3:43 | 2:08 | 25:13 | 5:12 | 5:24 | 4:15 | 3:12 | 1:15 |
| | | | 6:41 | 18:29 | 22:12 | 24:20 | 49:33 | 54:45 | 60:09 | 64:24 | 67:36 | 68:51 |
| | Sören Andersson Väsby OK | Ej godk. | 5:59 | 6:16 | 2:34 | 2:06 | | | 2:20 | 4:23 | 2:28 | 1:12 |
| | | | 5:59 | 12:15 | 14:49 | 16:55 | | 27:20 | 29:40 | 34:03 | 36:31 | 37:43 |
| | Olle Blomgren OK Södertörn | Ej godk. | 7:57 | 7:30 | 2:58 | | | 4:48 | 2:26 | 4:41 | 2:39 | 1:13 |
| | | | 7:57 | 15:27 | 18:25 | | 27:44 | 32:32 | 34:58 | 39:39 | 42:18 | 43:31 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H180 Sträcka 3 | | 4280 - 4360 m | | | 12 anmälda | | | | | | | | |
|----------------|-------------------------------------|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Lars Lönnkvist Tullinge SK | 29:26 | 4:08 | 1:10 | 3:10 | 3:19 | 2:32 | 1:42 | 4:32 | 3:38 | 2:03 | 2:17 | 0:55 |
| | | | 4:08 | 5:18 | 8:28 | 11:47 | 14:19 | 16:01 | 20:33 | 24:11 | 26:14 | 28:31 | 29:26 |
| 2 | Mikael Tarandi IFK Lidingö SOK | 33:39 | 6:34 | 2:11 | 1:09 | 3:56 | 2:36 | 2:19 | 5:06 | 4:15 | 2:07 | 2:34 | 0:52 |
| | | | 6:34 | 8:45 | 9:54 | 13:50 | 16:26 | 18:45 | 23:51 | 28:06 | 30:13 | 32:47 | 33:39 |
| 3 | Björn-Ove Pettersson Attunda OK | 34:02 | 2:12 | 1:44 | 3:22 | 3:58 | 4:37 | 2:15 | 4:57 | 4:56 | 2:25 | 2:37 | 0:59 |
| | | | 2:12 | 3:56 | 7:18 | 11:16 | 15:53 | 18:08 | 23:05 | 28:01 | 30:26 | 33:03 | 34:02 |
| 4 | Anders Jakobsson OK Södertörn | 35:19 | 7:49 | 2:03 | 1:06 | 4:04 | 2:35 | 2:46 | 5:05 | 4:28 | 2:05 | 2:26 | 0:52 |
| | | | 7:49 | 9:52 | 10:58 | 15:02 | 17:37 | 20:23 | 25:28 | 29:56 | 32:01 | 34:27 | 35:19 |
| 5 | Gunnar Langs Skarpnäcks OL | 38:10 | 7:14 | 4:16 | 1:21 | 4:17 | 2:41 | 2:06 | 5:27 | 4:20 | 2:48 | 2:43 | 0:57 |
| | | | 7:14 | 11:30 | 12:51 | 17:08 | 19:49 | 21:55 | 27:22 | 31:42 | 34:30 | 37:13 | 38:10 |
| 6 | Lars Grankvist Täby OK | 39:46 | 7:50 | 2:43 | 1:14 | 3:51 | 2:47 | 2:02 | 6:17 | 6:08 | 3:14 | 2:40 | 1:00 |
| | | | 7:50 | 10:33 | 11:47 | 15:38 | 18:25 | 20:27 | 26:44 | 32:52 | 36:06 | 38:46 | 39:46 |
| 7 | Thomas Wester Gustavsbergs OK | 43:33 | 7:09 | 2:57 | 1:21 | 6:15 | 3:19 | 2:41 | 6:32 | 5:10 | 3:06 | 3:45 | 1:18 |
| | | | 7:09 | 10:06 | 11:27 | 17:42 | 21:01 | 23:42 | 30:14 | 35:24 | 38:30 | 42:15 | 43:33 |
| 8 | Leif Nordin Attunda OK | 44:57 | 7:56 | 3:32 | 1:34 | 5:04 | 3:34 | 2:53 | 7:07 | 6:07 | 2:47 | 3:08 | 1:15 |
| | | | 7:56 | 11:28 | 13:02 | 18:06 | 21:40 | 24:33 | 31:40 | 37:47 | 40:34 | 43:42 | 44:57 |
| 9 | Sune Sisell OK Södertörn | 47:01 | 5:59 | 1:48 | 4:36 | 5:38 | 3:24 | 4:14 | 7:49 | 6:09 | 3:03 | 3:11 | 1:10 |
| | | | 5:59 | 7:47 | 12:23 | 18:01 | 21:25 | 25:39 | 33:28 | 39:37 | 42:40 | 45:51 | 47:01 |
| 10 | Sven-Inge Nylund Järfälla OK | 49:06 | 6:48 | 1:47 | 4:39 | 9:04 | 3:38 | 3:01 | 6:53 | 6:12 | 2:53 | 3:04 | 1:07 |
| | | | 6:48 | 8:35 | 13:14 | 22:18 | 25:56 | 28:57 | 35:50 | 42:02 | 44:55 | 47:59 | 49:06 |
| 11 | Per-Åke Carlenstam Väsby OK | 51:11 | 7:16 | 1:59 | 4:55 | 6:21 | 3:49 | 3:31 | 8:03 | 6:23 | 4:15 | 3:23 | 1:16 |
| | | | 7:16 | 9:15 | 14:10 | 20:31 | 24:20 | 27:51 | 35:54 | 42:17 | 46:32 | 49:55 | 51:11 |
| 12 | Hans Carlsson Hellas Orientering | 87:27 | 8:07 | 2:18 | 6:11 | 11:10 | 4:13 | 3:47 | 15:00 | 21:40 | 5:19 | 8:19 | 1:23 |
| | | | 8:07 | 10:25 | 16:36 | 27:46 | 31:59 | 35:46 | 50:46 | 72:26 | 77:45 | 86:04 | 87:27 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H20 Sträcka 1 | | 6750 - 7050 m | | | | | | | | | | | 17 anmälda | |
|---------------|--|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Daniel Roos Attunda OK | 43:36 | 3:42 | 3:36 | 3:57 | 2:28 | 1:40 | 1:06 | 7:00 | 4:01 | 2:30 | 4:49 | 5:35 | 1:07 |
| | | | 3:42 | 7:18 | 11:15 | 13:43 | 15:23 | 16:29 | 23:29 | 27:30 | 30:00 | 34:49 | 40:24 | 41:31 |
| | | | 1:18 | 0:47 | | | | | | | | | | |
| | | | 42:49 | 43:36 | | | | | | | | | | |
| 2 | Tobias Forsén Tullinge SK | 44:01 | 3:56 | 3:08 | 4:23 | 1:50 | 1:50 | 1:26 | 7:05 | 4:08 | 2:22 | 4:43 | 6:03 | 1:06 |
| | | | 3:56 | 7:04 | 11:27 | 13:17 | 15:07 | 16:33 | 23:38 | 27:46 | 30:08 | 34:51 | 40:54 | 42:00 |
| | | | 1:18 | 0:43 | | | | | | | | | | |
| | | | 43:18 | 44:01 | | | | | | | | | | |
| 3 | Jefta Langerak Järfälla OK | 46:01 | 3:32 | 3:33 | 4:03 | 1:39 | 2:07 | 1:36 | 6:50 | 5:41 | 2:40 | 4:39 | 6:30 | 1:04 |
| | | | 3:32 | 7:05 | 11:08 | 12:47 | 14:54 | 16:30 | 23:20 | 29:01 | 31:41 | 36:20 | 42:50 | 43:54 |
| | | | 1:18 | 0:49 | | | | | | | | | | |
| | | | 45:12 | 46:01 | | | | | | | | | | |
| 4 | Erik Karlsson OK Ravinen | 46:25 | 3:48 | 3:23 | 4:08 | 2:34 | 1:39 | 1:05 | 6:41 | 5:46 | 2:40 | 4:49 | 6:36 | 1:11 |
| | | | 3:48 | 7:11 | 11:19 | 13:53 | 15:32 | 16:37 | 23:18 | 29:04 | 31:44 | 36:33 | 43:09 | 44:20 |
| | | | 1:18 | 0:47 | | | | | | | | | | |
| | | | 45:38 | 46:25 | | | | | | | | | | |
| 5 | David Hector Snättringe SK | 47:20 | 3:28 | 3:36 | 4:44 | 1:49 | 1:57 | 0:54 | 6:55 | 6:12 | 2:42 | 5:07 | 6:37 | 1:08 |
| | | | 3:28 | 7:04 | 11:48 | 13:37 | 15:34 | 16:28 | 23:23 | 29:35 | 32:17 | 37:24 | 44:01 | 45:09 |
| | | | 1:26 | 0:45 | | | | | | | | | | |
| | | | 46:35 | 47:20 | | | | | | | | | | |
| 6 | Fredrik Bjernulf Sundbybergs IK | 47:51 | 3:58 | 3:05 | 3:58 | 2:18 | 1:42 | 1:21 | 6:41 | 5:17 | 2:27 | 6:45 | 7:06 | 1:05 |
| | | | 3:58 | 7:03 | 11:01 | 13:19 | 15:01 | 16:22 | 23:03 | 28:20 | 30:47 | 37:32 | 44:38 | 45:43 |
| | | | 1:24 | 0:44 | | | | | | | | | | |
| | | | 47:07 | 47:51 | | | | | | | | | | |
| 7 | William Nilsson OK Södertörn | 50:18 | 3:15 | 3:35 | 3:55 | 2:52 | 1:42 | 1:05 | 7:13 | 7:19 | 3:26 | 5:21 | 7:01 | 1:20 |
| | | | 3:15 | 6:50 | 10:45 | 13:37 | 15:19 | 16:24 | 23:37 | 30:56 | 34:22 | 39:43 | 46:44 | 48:04 |
| | | | 1:27 | 0:47 | | | | | | | | | | |
| | | | 49:31 | 50:18 | | | | | | | | | | |
| 8 | Isak Langerak Järfälla OK | 51:13 | 4:09 | 3:31 | 6:38 | 2:16 | 2:31 | 0:59 | 8:38 | 4:40 | 2:33 | 5:08 | 6:41 | 1:12 |
| | | | 4:09 | 7:40 | 14:18 | 16:34 | 19:05 | 20:04 | 28:42 | 33:22 | 35:55 | 41:03 | 47:44 | 48:56 |
| | | | 1:21 | 0:56 | | | | | | | | | | |
| | | | 50:17 | 51:13 | | | | | | | | | | |
| 9 | Martin Dahlgren Rosen Järla Orientering | 52:47 | 4:32 | 3:06 | 4:36 | 1:59 | 2:09 | 1:20 | 8:48 | 5:52 | 3:21 | 5:08 | 8:18 | 1:12 |
| | | | 4:32 | 7:38 | 12:14 | 14:13 | 16:22 | 17:42 | 26:30 | 32:22 | 35:43 | 40:51 | 49:09 | 50:21 |
| | | | 1:39 | 0:47 | | | | | | | | | | |
| | | | 52:00 | 52:47 | | | | | | | | | | |
| 10 | Gustav Lindeborg Täby OK | 55:40 | 5:07 | 3:13 | 5:36 | 2:27 | 2:19 | 1:06 | 7:43 | 7:38 | 3:29 | 5:39 | 7:44 | 1:15 |
| | | | 5:07 | 8:20 | 13:56 | 16:23 | 18:42 | 19:48 | 27:31 | 35:09 | 38:38 | 44:17 | 52:01 | 53:16 |
| | | | 1:41 | 0:43 | | | | | | | | | | |
| | | | 54:57 | 55:40 | | | | | | | | | | |
| 11 | Jesper Lund Haninge SOK | 55:57 | 5:15 | 4:28 | 10:53 | 2:25 | 1:47 | 0:44 | 7:20 | 5:56 | 3:16 | 4:41 | 6:19 | 1:01 |
| | | | 5:15 | 9:43 | 20:36 | 23:01 | 24:48 | 25:32 | 32:52 | 38:48 | 42:04 | 46:45 | 53:04 | 54:05 |
| | | | 1:09 | 0:43 | | | | | | | | | | |
| | | | 55:14 | 55:57 | | | | | | | | | | |
| 12 | Johannes Knutas Attunda OK | 56:18 | 3:42 | 3:52 | 6:29 | 5:00 | 2:03 | 0:59 | 8:07 | 6:08 | 3:07 | 5:27 | 7:48 | 1:22 |
| | | | 3:42 | 7:34 | 14:03 | 19:03 | 21:06 | 22:05 | 30:12 | 36:20 | 39:27 | 44:54 | 52:42 | 54:04 |
| | | | 1:23 | 0:51 | | | | | | | | | | |
| | | | 55:27 | 56:18 | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 60

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|---------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Daniel Bengtsson Tullinge SK | 58:05 | 5:02 | 3:15 | 5:12 | 3:09 | 2:30 | 1:00 | 9:04 | 7:31 | 3:31 | 6:33 | 7:53 | 1:14 |
| | | | 5:02 | 8:17 | 13:29 | 16:38 | 19:08 | 20:08 | 29:12 | 36:43 | 40:14 | 46:47 | 54:40 | 55:54 |
| | | | 1:25 | 0:46 | | | | | | | | | | |
| | | | 57:19 | 58:05 | | | | | | | | | | |
| 14 | Alexander Fors Attunda OK | 58:07 | 5:07 | 3:14 | 6:01 | 2:12 | 2:19 | 1:06 | 9:38 | 6:49 | 3:12 | 6:40 | 8:11 | 1:29 |
| | | | 5:07 | 8:21 | 14:22 | 16:34 | 18:53 | 19:59 | 29:37 | 36:26 | 39:38 | 46:18 | 54:29 | 55:58 |
| | | | 1:22 | 0:47 | | | | | | | | | | |
| | | | 57:20 | 58:07 | | | | | | | | | | |
| 15 | Erik Berglund Skarpnäcks OL | 60:37 | 9:19 | 3:32 | 5:50 | 2:04 | 4:04 | 0:48 | 9:32 | 6:12 | 2:35 | 5:17 | 7:31 | 1:47 |
| | | | 9:19 | 12:51 | 18:41 | 20:45 | 24:49 | 25:37 | 35:09 | 41:21 | 43:56 | 49:13 | 56:44 | 58:31 |
| | | | 1:20 | 0:46 | | | | | | | | | | |
| | | | 59:51 | 60:37 | | | | | | | | | | |
| 16 | Lukas Olsson Väsby OK | 64:08 | 6:46 | 4:55 | 8:48 | 2:11 | 2:16 | 0:55 | 8:52 | 6:54 | 3:08 | 7:14 | 8:11 | 1:30 |
| | | | 6:46 | 11:41 | 20:29 | 22:40 | 24:56 | 25:51 | 34:43 | 41:37 | 44:45 | 51:59 | 60:10 | 61:40 |
| | | | 1:36 | 0:52 | | | | | | | | | | |
| | | | 63:16 | 64:08 | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 61

Pl Namn/Förening Sluttid Sträcktid

| H20 Sträcka 2 | | 6750 - 7050 m | | | | 17 anmälda | | | | | | | | |
|---------------|-----------------------------------|---------------|-------------------------------|--------------------------------|------------------------|------------------------|---------------|---------------|----------------|---------------|---------------|---------------|---------------|------|
| 1 | Simon Hector Snättringe SK | 44:05 | 4:56 4:56 1:09 43:22 | 2:30 7:26 0:43 44:05 | 3:51 11:17 12:36 | 1:19 12:36 14:14 | 1:38 15:05 | 0:51 24:38 | 9:33 28:29 | 3:51 30:53 | 2:24 35:22 | 4:29 41:08 | 5:46 42:13 | 1:05 |
| 2 | Erik Berzell Attunda OK | 44:56 | 4:48 4:48 1:17 44:14 | 2:41 7:29 0:42 44:56 | 3:53 11:22 12:43 | 1:21 14:25 15:12 | 1:42 15:12 | 0:47 22:33 | 7:21 27:58 | 5:25 30:35 | 2:37 35:19 | 4:44 41:55 | 6:36 42:57 | 1:02 |
| 3 | Joakim Byström Järfälla OK | 47:40 | 5:06 5:06 1:16 46:58 | 3:13 8:19 0:42 47:40 | 4:25 12:44 15:11 | 2:27 17:08 18:04 | 1:57 18:04 | 0:56 24:47 | 6:43 30:37 | 5:50 33:11 | 2:34 38:02 | 4:51 44:35 | 6:33 45:42 | 1:07 |
| 4 | Emil Andersson Tullinge SK | 51:48 | 5:19 5:19 1:19 51:07 | 3:42 9:01 0:41 51:48 | 5:02 14:03 16:50 | 2:47 18:52 19:41 | 2:02 19:41 | 0:49 27:35 | 7:54 33:42 | 6:07 36:27 | 2:45 41:39 | 5:12 48:42 | 7:03 49:48 | 1:06 |
| 5 | Niklas Sundqvist Tullinge SK | 52:35 | 5:17 5:17 1:16 51:46 | 2:48 8:05 0:49 52:35 | 8:03 16:08 19:09 | 3:01 20:59 21:42 | 1:50 21:42 | 0:43 29:12 | 7:30 34:55 | 5:43 38:01 | 3:06 42:47 | 4:46 49:26 | 6:39 50:30 | 1:04 |
| 6 | Henrik Olsson Täby OK | 54:00 | 4:39 4:39 1:11 53:18 | 4:41 9:20 0:42 54:00 | 6:59 16:19 19:06 | 2:47 20:58 21:55 | 1:52 21:55 | 0:57 30:22 | 8:27 35:47 | 5:25 38:13 | 2:26 43:26 | 5:13 50:56 | 7:30 52:07 | 1:11 |
| 7 | Sebastian Svärd Haninge SOK | 55:33 | 6:03 6:03 1:29 54:46 | 3:42 9:45 0:47 55:33 | 4:52 14:37 16:41 | 2:04 18:40 19:38 | 1:59 19:38 | 0:58 29:51 | 10:13 35:44 | 5:53 38:16 | 2:32 44:23 | 6:07 51:59 | 7:36 53:17 | 1:18 |
| 8 | Karl Enges Attunda OK | 57:49 | 5:36 5:36 1:28 57:02 | 3:43 9:19 0:47 57:49 | 5:03 14:22 19:42 | 5:20 21:47 22:41 | 2:05 22:41 | 0:54 31:33 | 8:52 36:22 | 4:49 39:46 | 3:24 46:09 | 6:23 54:21 | 8:12 55:34 | 1:13 |
| 9 | Jonas Rinnbäck OK Ravinen | 60:30 | 6:12 6:12 1:25 59:38 | 5:01 11:13 0:52 60:30 | 6:18 17:31 19:39 | 2:08 22:02 23:29 | 2:23 23:29 | 1:27 34:32 | 11:03 40:15 | 5:43 43:28 | 3:13 49:59 | 6:31 57:00 | 7:01 58:13 | 1:13 |
| 10 | Simon Kappel OK Södertörn | 62:44 | 5:34 5:34 1:18 62:05 | 4:04 9:38 0:39 62:44 | 5:52 15:30 18:48 | 3:18 21:05 22:15 | 2:17 22:15 | 1:10 31:26 | 9:11 41:14 | 9:48 44:30 | 3:16 50:52 | 6:22 59:19 | 8:27 60:47 | 1:28 |
| 11 | Oscar Wiberg Järla Orientering | 64:26 | 7:52 7:52 1:18 63:39 | 3:43 11:35 0:47 64:26 | 7:56 19:31 21:35 | 2:04 23:43 24:44 | 2:08 24:44 | 1:01 35:40 | 10:56 42:26 | 6:46 45:23 | 2:57 52:51 | 7:28 60:50 | 7:59 62:21 | 1:31 |
| 12 | Jonas Carlsson Sundbybergs IK | 65:10 | 8:01 8:01 1:21 64:32 | 8:25 16:26 0:38 65:10 | 5:56 22:22 29:00 | 6:38 31:08 32:04 | 2:08 32:04 | 0:56 38:32 | 6:28 45:01 | 6:29 47:42 | 2:41 54:41 | 6:59 62:03 | 7:22 63:11 | 1:08 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 62

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|---|----------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Andreas Winander-Schönberg Järfälla OK | 73:58 | 5:29 | 5:03 | 12:00 | 2:44 | 2:43 | 0:58 | 9:04 | 11:44 | 3:05 | 6:46 | 9:36 | 1:36 |
| | | | 5:29 | 10:32 | 22:32 | 25:16 | 27:59 | 28:57 | 38:01 | 49:45 | 52:50 | 59:36 | 69:12 | 70:48 |
| | | | 2:21 | 0:49 | | | | | | | | | | |
| | | | 73:09 | 73:58 | | | | | | | | | | |
| 14 | Markus Berglund Skarpnäcks OL | 87:29 | 17:30 | 4:20 | 10:03 | 5:00 | 2:44 | 1:06 | 8:30 | 10:06 | 4:40 | 8:04 | 11:40 | 1:23 |
| | | | 17:30 | 21:50 | 31:53 | 36:53 | 39:37 | 40:43 | 49:13 | 59:19 | 63:59 | 72:03 | 83:43 | 85:06 |
| | | | 1:29 | 0:54 | | | | | | | | | | |
| | | | 86:35 | 87:29 | | | | | | | | | | |
| | Simon Martelius Attunda OK | Ej godk. | 4:19 | 4:26 | 10:28 | 2:09 | 2:22 | 1:07 | | | | | | |
| | | | 4:19 | 8:45 | 19:13 | 21:22 | 23:44 | 24:51 | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 63

Pl Namn/Förening Sluttid Sträcktid

| H20 Sträcka 3 | | 6750 - 7050 m | | | 15 anmälda | | | | | | | | | | | | | | | |
|---------------|--|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|--|--|--|--|--|
| 1 | Simon Elverö Väsby OK | 0:00 | | | | | | | | | | | | | | | | | | |
| 2 | Jens Rönnols Täby OK | 39:21 | 3:47 | 3:10 | 3:45 | 1:33 | 1:38 | 0:45 | 6:27 | 4:37 | 2:05 | 3:47 | 5:01 | 0:59 | | | | | | |
| | | | 3:47 | 6:57 | 10:42 | 12:15 | 13:53 | 14:38 | 21:05 | 25:42 | 27:47 | 31:34 | 36:35 | 37:34 | | | | | | |
| | | | 1:00 | 0:47 | | | | | | | | | | | | | | | | |
| | | | 38:34 | 39:21 | | | | | | | | | | | | | | | | |
| 3 | Magnus Glännefors Tullinge SK | 42:10 | 3:42 | 3:20 | 4:14 | 1:25 | 1:53 | 1:00 | 5:45 | 5:04 | 2:15 | 4:24 | 6:11 | 1:02 | | | | | | |
| | | | 3:42 | 7:02 | 11:16 | 12:41 | 14:34 | 15:34 | 21:19 | 26:23 | 28:38 | 33:02 | 39:13 | 40:15 | | | | | | |
| | | | 1:09 | 0:46 | | | | | | | | | | | | | | | | |
| | | | 41:24 | 42:10 | | | | | | | | | | | | | | | | |
| 4 | Martin Nilsson Snättringe SK | 49:09 | 4:38 | 3:14 | 4:33 | 2:45 | 1:57 | 0:50 | 6:36 | 7:58 | 2:27 | 4:54 | 6:26 | 0:58 | | | | | | |
| | | | 4:38 | 7:52 | 12:25 | 15:10 | 17:07 | 17:57 | 24:33 | 32:31 | 34:58 | 39:52 | 46:18 | 47:16 | | | | | | |
| | | | 1:09 | 0:44 | | | | | | | | | | | | | | | | |
| | | | 48:25 | 49:09 | | | | | | | | | | | | | | | | |
| 5 | Martin Gelinder Attunda OK | 49:53 | 5:47 | 3:44 | 3:59 | 4:59 | 2:07 | 0:46 | 6:02 | 4:54 | 2:14 | 4:36 | 5:57 | 2:40 | | | | | | |
| | | | 5:47 | 9:31 | 13:30 | 18:29 | 20:36 | 21:22 | 27:24 | 32:18 | 34:32 | 39:08 | 45:05 | 47:45 | | | | | | |
| | | | 1:12 | 0:56 | | | | | | | | | | | | | | | | |
| | | | 48:57 | 49:53 | | | | | | | | | | | | | | | | |
| 6 | Rasmus Palmqvist Aslak Järfälla OK | 50:01 | 4:24 | 3:18 | 9:26 | 1:39 | 1:48 | 0:45 | 6:48 | 4:07 | 2:36 | 4:52 | 7:05 | 1:10 | | | | | | |
| | | | 4:24 | 7:42 | 17:08 | 18:47 | 20:35 | 21:20 | 28:08 | 32:15 | 34:51 | 39:43 | 46:48 | 47:58 | | | | | | |
| | | | 1:10 | 0:53 | | | | | | | | | | | | | | | | |
| | | | 49:08 | 50:01 | | | | | | | | | | | | | | | | |
| 7 | Axel Wrådhe Attunda OK | 51:09 | 5:43 | 2:58 | 5:18 | 1:49 | 1:56 | 1:05 | 7:35 | 6:34 | 2:33 | 5:14 | 6:50 | 1:14 | | | | | | |
| | | | 5:43 | 8:41 | 13:59 | 15:48 | 17:44 | 18:49 | 26:24 | 32:58 | 35:31 | 40:45 | 47:35 | 48:49 | | | | | | |
| | | | 1:31 | 0:49 | | | | | | | | | | | | | | | | |
| | | | 50:20 | 51:09 | | | | | | | | | | | | | | | | |
| 8 | Jakob Ivarsson Haninge SOK | 52:12 | 4:23 | 4:18 | 5:37 | 2:10 | 2:08 | 1:11 | 7:21 | 5:54 | 3:15 | 5:44 | 6:45 | 1:11 | | | | | | |
| | | | 4:23 | 8:41 | 14:18 | 16:28 | 18:36 | 19:47 | 27:08 | 33:02 | 36:17 | 42:01 | 48:46 | 49:57 | | | | | | |
| | | | 1:18 | 0:57 | | | | | | | | | | | | | | | | |
| | | | 51:15 | 52:12 | | | | | | | | | | | | | | | | |
| 9 | Assar Hellström OK Ravinen | 52:15 | 4:07 | 3:27 | 5:40 | 4:37 | 1:57 | 0:49 | 6:50 | 7:27 | 2:35 | 5:52 | 5:50 | 1:06 | | | | | | |
| | | | 4:07 | 7:34 | 13:14 | 17:51 | 19:48 | 20:37 | 27:27 | 34:54 | 37:29 | 43:21 | 49:11 | 50:17 | | | | | | |
| | | | 1:11 | 0:47 | | | | | | | | | | | | | | | | |
| | | | 51:28 | 52:15 | | | | | | | | | | | | | | | | |
| 10 | Harald Henriksson Järla Orientering | 61:04 | 6:25 | 3:49 | 5:27 | 2:30 | 1:58 | 0:55 | 11:10 | 9:09 | 3:07 | 5:43 | 7:24 | 1:14 | | | | | | |
| | | | 6:25 | 10:14 | 15:41 | 18:11 | 20:09 | 21:04 | 32:14 | 41:23 | 44:30 | 50:13 | 57:37 | 58:51 | | | | | | |
| | | | 1:20 | 0:53 | | | | | | | | | | | | | | | | |
| | | | 60:11 | 61:04 | | | | | | | | | | | | | | | | |
| 11 | Anton Blomdahl Tullinge SK | 61:18 | 8:17 | 3:35 | 5:07 | 1:53 | 2:26 | 1:00 | 8:35 | 10:27 | 3:02 | 5:32 | 7:27 | 1:32 | | | | | | |
| | | | 8:17 | 11:52 | 16:59 | 18:52 | 21:18 | 22:18 | 30:53 | 41:20 | 44:22 | 49:54 | 57:21 | 58:53 | | | | | | |
| | | | 1:29 | 0:56 | | | | | | | | | | | | | | | | |
| | | | 60:22 | 61:18 | | | | | | | | | | | | | | | | |
| 12 | Måns Söder Skarpnäcks OL | 93:55 | 5:29 | 6:34 | 7:10 | 2:47 | 3:12 | 1:06 | 24:36 | 9:42 | 4:28 | 12:19 | 10:31 | 3:04 | | | | | | |
| | | | 5:29 | 12:03 | 19:13 | 22:00 | 25:12 | 26:18 | 50:54 | 60:36 | 65:04 | 77:23 | 87:54 | 90:58 | | | | | | |
| | | | 1:55 | 1:02 | | | | | | | | | | | | | | | | |
| | | | 92:53 | 93:55 | | | | | | | | | | | | | | | | |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 64

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | |
|----|---------------|----------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|
| | Måns Hellgren | Ej godk. | 9:25 | 7:04 | 8:17 | 3:32 | 3:53 | 1:52 | | | |
| | OK Södertörn | | 9:25 | 16:29 | 24:46 | 28:18 | 32:11 | 34:03 | | | |
| | | | | 2:03 | | | | | | | |
| | | | 42:06 | 44:09 | | | | | | | |
| | Jesper Ahlbin | Ej godk. | 8:03 | 4:00 | 6:55 | 21:15 | 2:58 | 0:54 | 17:57 | 10:18 | 2:57 |
| | Järfälla OK | | 8:03 | 12:03 | 18:58 | 40:13 | 43:11 | 44:05 | 62:02 | 72:20 | 75:17 |
| | | | | 0:59 | | | | | | | |
| | | | 92:11 | 93:10 | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 65

Pl Namn/Förening Sluttid Sträcktid

| H21 Sträcka 1 | | 8370 - 8690 m | | | | 23 anmälda | | | | | | | | |
|---------------|--------------------------------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Nicolas Simonin IFK Lidingö SOK | 48:12 | 3:15 | 3:07 | 3:04 | 5:39 | 3:10 | 2:11 | 1:49 | 0:43 | 6:06 | 4:58 | 2:16 | 4:03 |
| | | | 3:15 | 6:22 | 9:26 | 15:05 | 18:15 | 20:26 | 22:15 | 22:58 | 29:04 | 34:02 | 36:18 | 40:21 |
| | | | 5:13 | 0:56 | 1:01 | 0:41 | | | | | | | | |
| | | | 45:34 | 46:30 | 47:31 | 48:12 | | | | | | | | |
| 2 | Anders Carlsson IFK Lidingö SOK | 48:15 | 2:56 | 3:03 | 2:58 | 6:05 | 3:53 | 1:37 | 1:35 | 0:42 | 6:27 | 4:47 | 2:18 | 3:58 |
| | | | 2:56 | 5:59 | 8:57 | 15:02 | 18:55 | 20:32 | 22:07 | 22:49 | 29:16 | 34:03 | 36:21 | 40:19 |
| | | | 5:14 | 0:56 | 1:05 | 0:41 | | | | | | | | |
| | | | 45:33 | 46:29 | 47:34 | 48:15 | | | | | | | | |
| 3 | Peter Hemmyr Järla Orientering | 48:16 | 3:06 | 2:56 | 2:53 | 6:08 | 3:57 | 1:33 | 1:39 | 0:43 | 6:23 | 4:25 | 2:28 | 4:15 |
| | | | 3:06 | 6:02 | 8:55 | 15:03 | 19:00 | 20:33 | 22:12 | 22:55 | 29:18 | 33:43 | 36:11 | 40:26 |
| | | | 5:11 | 0:56 | 1:03 | 0:40 | | | | | | | | |
| | | | 45:37 | 46:33 | 47:36 | 48:16 | | | | | | | | |
| 4 | Johan Kärrström Tullinge SK | 48:19 | 3:02 | 3:03 | 2:51 | 6:04 | 3:45 | 0:53 | 2:32 | 0:44 | 6:02 | 5:05 | 2:16 | 4:06 |
| | | | 3:02 | 6:05 | 8:56 | 15:00 | 18:45 | 19:38 | 22:10 | 22:54 | 28:56 | 34:01 | 36:17 | 40:23 |
| | | | 5:19 | 0:55 | 1:01 | 0:41 | | | | | | | | |
| | | | 45:42 | 46:37 | 47:38 | 48:19 | | | | | | | | |
| 5 | Markus Martinelle Söders-Tyresö | 48:30 | 3:20 | 3:11 | 3:02 | 5:33 | 4:08 | 1:43 | 1:39 | 0:53 | 6:07 | 4:34 | 2:16 | 4:02 |
| | | | 3:20 | 6:31 | 9:33 | 15:06 | 19:14 | 20:57 | 22:36 | 23:29 | 29:36 | 34:10 | 36:26 | 40:28 |
| | | | 5:19 | 0:55 | 1:04 | 0:44 | | | | | | | | |
| | | | 45:47 | 46:42 | 47:46 | 48:30 | | | | | | | | |
| 6 | Johan Näsman IFK Lidingö SOK | 50:44 | 4:21 | 3:15 | 3:29 | 5:34 | 3:54 | 1:01 | 2:12 | 0:44 | 5:51 | 5:20 | 2:39 | 3:55 |
| | | | 4:21 | 7:36 | 11:05 | 16:39 | 20:33 | 21:34 | 23:46 | 24:30 | 30:21 | 35:41 | 38:20 | 42:15 |
| | | | 5:39 | 0:56 | 1:08 | 0:46 | | | | | | | | |
| | | | 47:54 | 48:50 | 49:58 | 50:44 | | | | | | | | |
| 7 | David Bejbom Järla Orientering | 53:16 | 5:55 | 3:04 | 3:24 | 5:34 | 4:09 | 0:54 | 2:15 | 0:41 | 5:37 | 5:00 | 3:42 | 4:04 |
| | | | 5:55 | 8:59 | 12:23 | 17:57 | 22:06 | 23:00 | 25:15 | 25:56 | 31:33 | 36:33 | 40:15 | 44:19 |
| | | | 6:04 | 1:07 | 1:08 | 0:38 | | | | | | | | |
| | | | 50:23 | 51:30 | 52:38 | 53:16 | | | | | | | | |
| 8 | Martin Lindskog OK Ravinen | 53:25 | 3:43 | 3:22 | 4:20 | 5:47 | 3:31 | 1:39 | 2:21 | 0:45 | 6:07 | 5:07 | 2:30 | 4:31 |
| | | | 3:43 | 7:05 | 11:25 | 17:12 | 20:43 | 22:22 | 24:43 | 25:28 | 31:35 | 36:42 | 39:12 | 43:43 |
| | | | 6:07 | 1:26 | 1:24 | 0:45 | | | | | | | | |
| | | | 49:50 | 51:16 | 52:40 | 53:25 | | | | | | | | |
| 9 | Christoffer Eskilsson Haninge SOK | 55:48 | 3:38 | 3:59 | 4:40 | 6:43 | 3:43 | 1:38 | 2:14 | 0:47 | 7:34 | 4:35 | 2:25 | 4:32 |
| | | | 3:38 | 7:37 | 12:17 | 19:00 | 22:43 | 24:21 | 26:35 | 27:22 | 34:56 | 39:31 | 41:56 | 46:28 |
| | | | 6:31 | 1:02 | 1:09 | 0:38 | | | | | | | | |
| | | | 52:59 | 54:01 | 55:10 | 55:48 | | | | | | | | |
| | Mikael Nilsson Snättringe SK | 55:48 | 3:46 | 3:46 | 4:46 | 6:43 | 4:12 | 1:10 | 2:30 | 0:45 | 7:19 | 4:31 | 2:29 | 4:32 |
| | | | 3:46 | 7:32 | 12:18 | 19:01 | 23:13 | 24:23 | 26:53 | 27:38 | 34:57 | 39:28 | 41:57 | 46:29 |
| | | | 6:33 | 1:05 | 1:05 | 0:36 | | | | | | | | |
| | | | 53:02 | 54:07 | 55:12 | 55:48 | | | | | | | | |
| 11 | Nick Barrable OK Ravinen | 56:01 | 4:42 | 3:36 | 3:16 | 6:32 | 4:46 | 1:27 | 2:31 | 0:45 | 7:24 | 4:38 | 2:21 | 4:32 |
| | | | 4:42 | 8:18 | 11:34 | 18:06 | 22:52 | 24:19 | 26:50 | 27:35 | 34:59 | 39:37 | 41:58 | 46:30 |
| | | | 6:35 | 0:58 | 1:11 | 0:47 | | | | | | | | |
| | | | 53:05 | 54:03 | 55:14 | 56:01 | | | | | | | | |
| 12 | Jonas Lindholm Centrum OK | 59:05 | 4:35 | 3:39 | 4:19 | 6:30 | 4:08 | 1:17 | 2:32 | 0:47 | 7:09 | 5:59 | 3:20 | 4:45 |
| | | | 4:35 | 8:14 | 12:33 | 19:03 | 23:11 | 24:28 | 27:00 | 27:47 | 34:56 | 40:55 | 44:15 | 49:00 |
| | | | 6:26 | 1:16 | 1:32 | 0:51 | | | | | | | | |
| | | | 55:26 | 56:42 | 58:14 | 59:05 | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 66

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|--|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Tomas Lilja Söders-Tyresö | 59:06 | 4:25 | 3:52 | 4:03 | 6:34 | 4:14 | 1:43 | 2:16 | 0:45 | 8:26 | 4:44 | 3:07 | 4:55 |
| | | | 4:25 | 8:17 | 12:20 | 18:54 | 23:08 | 24:51 | 27:07 | 27:52 | 36:18 | 41:02 | 44:09 | 49:04 |
| | | | 6:25 | 1:08 | 1:33 | 0:56 | | | | | | | | |
| | | | 55:29 | 56:37 | 58:10 | 59:06 | | | | | | | | |
| 14 | Andreas Aasa Tullinge SK | 60:53 | 3:55 | 3:47 | 4:37 | 5:51 | 4:58 | 2:40 | 1:44 | 0:50 | 7:28 | 7:00 | 2:52 | 4:55 |
| | | | 3:55 | 7:42 | 12:19 | 18:10 | 23:08 | 25:48 | 27:32 | 28:22 | 35:50 | 42:50 | 45:42 | 50:37 |
| | | | 6:38 | 1:21 | 1:23 | 0:54 | | | | | | | | |
| | | | 57:15 | 58:36 | 59:59 | 60:53 | | | | | | | | |
| 15 | Henrik Wiklund Bromma-Vällingby SOK | 64:39 | 4:26 | 4:16 | 3:49 | 7:24 | 4:44 | 1:51 | 2:27 | 0:53 | 9:11 | 4:42 | 3:30 | 6:18 |
| | | | 4:26 | 8:42 | 12:31 | 19:55 | 24:39 | 26:30 | 28:57 | 29:50 | 39:01 | 43:43 | 47:13 | 53:31 |
| | | | 7:23 | 1:18 | 1:34 | 0:53 | | | | | | | | |
| | | | 60:54 | 62:12 | 63:46 | 64:39 | | | | | | | | |
| 16 | Petter Haraldsson Gustavsbergs OK | 66:15 | 4:36 | 3:36 | 4:12 | 6:45 | 5:36 | 1:04 | 2:59 | 1:01 | 7:32 | 6:42 | 3:20 | 5:53 |
| | | | 4:36 | 8:12 | 12:24 | 19:09 | 24:45 | 25:49 | 28:48 | 29:49 | 37:21 | 44:03 | 47:23 | 53:16 |
| | | | 8:37 | 1:34 | 1:49 | 0:59 | | | | | | | | |
| | | | 61:53 | 63:27 | 65:16 | 66:15 | | | | | | | | |
| 17 | Bengt Langels Skarpnäcks OL | 70:24 | 4:22 | 3:45 | 5:29 | 8:03 | 5:06 | 2:52 | 2:02 | 0:53 | 11:02 | 6:56 | 3:04 | 6:25 |
| | | | 4:22 | 8:07 | 13:36 | 21:39 | 26:45 | 29:37 | 31:39 | 32:32 | 43:34 | 50:30 | 53:34 | 59:59 |
| | | | 6:45 | 1:16 | 1:32 | 0:52 | | | | | | | | |
| | | | 66:44 | 68:00 | 69:32 | 70:24 | | | | | | | | |
| 18 | Robert Johansson Täby OK | 72:39 | 6:09 | 3:56 | 4:32 | 7:08 | 5:58 | 1:30 | 3:00 | 0:58 | 8:24 | 6:52 | 4:28 | 6:02 |
| | | | 6:09 | 10:05 | 14:37 | 21:45 | 27:43 | 29:13 | 32:13 | 33:11 | 41:35 | 48:27 | 52:55 | 58:57 |
| | | | 9:21 | 2:07 | 1:22 | 0:52 | | | | | | | | |
| | | | 68:18 | 70:25 | 71:47 | 72:39 | | | | | | | | |
| 19 | Tomas Holmberg OK Södertörn | 76:12 | 7:00 | 3:31 | 5:37 | 7:04 | 12:23 | 2:58 | 1:45 | 0:59 | 10:36 | 5:45 | 3:11 | 5:31 |
| | | | 7:00 | 10:31 | 16:08 | 23:12 | 35:35 | 38:33 | 40:18 | 41:17 | 51:53 | 57:38 | 60:49 | 66:20 |
| | | | 6:48 | 1:10 | 1:13 | 0:41 | | | | | | | | |
| | | | 73:08 | 74:18 | 75:31 | 76:12 | | | | | | | | |
| 20 | Eric Larsson OK Älvsjö-Örby | 76:32 | 3:40 | 3:52 | 4:38 | 7:50 | 4:47 | 1:53 | 2:19 | 0:53 | 15:30 | 12:18 | 3:18 | 5:34 |
| | | | 3:40 | 7:32 | 12:10 | 20:00 | 24:47 | 26:40 | 28:59 | 29:52 | 45:22 | 57:40 | 60:58 | 66:32 |
| | | | 6:42 | 1:06 | 1:21 | 0:51 | | | | | | | | |
| | | | 73:14 | 74:20 | 75:41 | 76:32 | | | | | | | | |
| 21 | Victor Karlsson Järla Orientering | 82:22 | 4:45 | 4:31 | 4:18 | 8:06 | 4:27 | 2:40 | 2:57 | 0:52 | 8:35 | 7:12 | 4:34 | 5:55 |
| | | | 4:45 | 9:16 | 13:34 | 21:40 | 26:07 | 28:47 | 31:44 | 32:36 | 41:11 | 48:23 | 52:57 | 58:52 |
| | | | 11:23 | 9:44 | 1:37 | 0:46 | | | | | | | | |
| | | | 70:15 | 79:59 | 81:36 | 82:22 | | | | | | | | |
| | Jonas Halai Centrum OK | Disk. | | | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| H21 Sträcka 2 | | 8370 - 8690 m | | | | 23 anmälda | | | | | | | | |
|---------------|---|---------------|-------|-------|-------|------------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1 | Mattias Millinger Järla Orientering | 48:35 | 3:35 | 2:52 | 2:56 | 5:57 | 3:42 | 1:27 | 1:39 | 0:47 | 6:03 | 4:24 | 2:07 | 4:08 |
| | | | 3:35 | 6:27 | 9:23 | 15:20 | 19:02 | 20:29 | 22:08 | 22:55 | 28:58 | 33:22 | 35:29 | 39:37 |
| | | | 6:16 | 0:56 | 1:06 | 0:40 | | | | | | | | |
| | | | 45:53 | 46:49 | 47:55 | 48:35 | | | | | | | | |
| 2 | Kalle Bergman OK Ravinen | 53:55 | 4:35 | 4:04 | 3:17 | 5:53 | 4:20 | 1:42 | 1:47 | 0:47 | 6:15 | 5:21 | 2:23 | 4:14 |
| | | | 4:35 | 8:39 | 11:56 | 17:49 | 22:09 | 23:51 | 25:38 | 26:25 | 32:40 | 38:01 | 40:24 | 44:38 |
| | | | 6:29 | 1:06 | 1:03 | 0:39 | | | | | | | | |
| | | | 51:07 | 52:13 | 53:16 | 53:55 | | | | | | | | |
| 3 | Per-Åke Olsson OK Ravinen | 55:11 | 4:50 | 3:37 | 3:23 | 5:47 | 3:49 | 2:26 | 2:23 | 0:43 | 6:27 | 5:17 | 2:41 | 4:44 |
| | | | 4:50 | 8:27 | 11:50 | 17:37 | 21:26 | 23:52 | 26:15 | 26:58 | 33:25 | 38:42 | 41:23 | 46:07 |
| | | | 5:57 | 1:02 | 1:15 | 0:50 | | | | | | | | |
| | | | 52:04 | 53:06 | 54:21 | 55:11 | | | | | | | | |
| 4 | Martin Bellander Gustavsbergs OK | 55:13 | 5:23 | 3:17 | 3:55 | 5:44 | 4:09 | 1:50 | 2:01 | 0:47 | 7:05 | 5:02 | 2:37 | 4:35 |
| | | | 5:23 | 8:40 | 12:35 | 18:19 | 22:28 | 24:18 | 26:19 | 27:06 | 34:11 | 39:13 | 41:50 | 46:25 |
| | | | 5:52 | 1:07 | 1:08 | 0:41 | | | | | | | | |
| | | | 52:17 | 53:24 | 54:32 | 55:13 | | | | | | | | |
| 5 | Markus Adolfsson Tullinge SK | 55:17 | 4:55 | 3:01 | 3:38 | 7:30 | 4:03 | 1:56 | 2:01 | 0:40 | 7:02 | 4:02 | 2:25 | 4:39 |
| | | | 4:55 | 7:56 | 11:34 | 19:04 | 23:07 | 25:03 | 27:04 | 27:44 | 34:46 | 38:48 | 41:13 | 45:52 |
| | | | 6:12 | 1:11 | 1:16 | 0:46 | | | | | | | | |
| | | | 52:04 | 53:15 | 54:31 | 55:17 | | | | | | | | |
| 6 | Emil Lauri IFK Lidingö SOK | 55:34 | 4:43 | 3:12 | 3:48 | 6:15 | 4:06 | 0:58 | 3:36 | 0:49 | 6:21 | 5:05 | 2:26 | 4:56 |
| | | | 4:43 | 7:55 | 11:43 | 17:58 | 22:04 | 23:02 | 26:38 | 27:27 | 33:48 | 38:53 | 41:19 | 46:15 |
| | | | 6:22 | 1:03 | 1:09 | 0:45 | | | | | | | | |
| | | | 52:37 | 53:40 | 54:49 | 55:34 | | | | | | | | |
| 7 | Max Peter Beijmer Bromma-Vällingby SOK | 56:43 | 4:46 | 3:37 | 3:42 | 6:10 | 4:17 | 1:39 | 1:46 | 0:47 | 7:19 | 5:23 | 2:47 | 5:46 |
| | | | 4:46 | 8:23 | 12:05 | 18:15 | 22:32 | 24:11 | 25:57 | 26:44 | 34:03 | 39:26 | 42:13 | 47:59 |
| | | | 5:50 | 1:05 | 1:05 | 0:44 | | | | | | | | |
| | | | 53:49 | 54:54 | 55:59 | 56:43 | | | | | | | | |
| 8 | Andrew Quin IFK Lidingö SOK | 58:21 | 5:01 | 3:50 | 3:42 | 6:16 | 4:13 | 1:55 | 2:03 | 0:46 | 6:46 | 6:05 | 2:25 | 5:05 |
| | | | 5:01 | 8:51 | 12:33 | 18:49 | 23:02 | 24:57 | 27:00 | 27:46 | 34:32 | 40:37 | 43:02 | 48:07 |
| | | | 6:35 | 1:23 | 1:24 | 0:52 | | | | | | | | |
| | | | 54:42 | 56:05 | 57:29 | 58:21 | | | | | | | | |
| 9 | Mate Kerényi IFK Lidingö SOK | 59:17 | 6:01 | 3:10 | 3:41 | 6:32 | 4:27 | 1:47 | 2:10 | 1:12 | 7:41 | 6:53 | 2:09 | 4:13 |
| | | | 6:01 | 9:11 | 12:52 | 19:24 | 23:51 | 25:38 | 27:48 | 29:00 | 36:41 | 43:34 | 45:43 | 49:56 |
| | | | 6:20 | 1:12 | 1:07 | 0:42 | | | | | | | | |
| | | | 56:16 | 57:28 | 58:35 | 59:17 | | | | | | | | |
| 10 | Martin Norling Söders-Tyresö | 61:10 | 6:40 | 4:02 | 3:07 | 9:07 | 4:59 | 1:11 | 2:23 | 0:54 | 6:37 | 5:55 | 2:50 | 4:34 |
| | | | 6:40 | 10:42 | 13:49 | 22:56 | 27:55 | 29:06 | 31:29 | 32:23 | 39:00 | 44:55 | 47:45 | 52:19 |
| | | | 6:04 | 1:02 | 1:03 | 0:42 | | | | | | | | |
| | | | 58:23 | 59:25 | 60:28 | 61:10 | | | | | | | | |
| 11 | Niclas Sjögren Haninge SOK | 61:15 | 5:35 | 3:33 | 3:53 | 7:04 | 4:30 | 1:04 | 2:50 | 1:05 | 6:43 | 6:48 | 2:54 | 5:37 |
| | | | 5:35 | 9:08 | 13:01 | 20:05 | 24:35 | 25:39 | 28:29 | 29:34 | 36:17 | 43:05 | 45:59 | 51:36 |
| | | | 6:43 | 1:04 | 1:11 | 0:41 | | | | | | | | |
| | | | 58:19 | 59:23 | 60:34 | 61:15 | | | | | | | | |
| 12 | Niklas Wrane Söders-Tyresö | 61:37 | 4:44 | 4:17 | 3:28 | 7:20 | 4:52 | 2:02 | 1:57 | 0:48 | 6:51 | 5:54 | 2:55 | 4:52 |
| | | | 4:44 | 9:01 | 12:29 | 19:49 | 24:41 | 26:43 | 28:40 | 29:28 | 36:19 | 42:13 | 45:08 | 50:00 |
| | | | 7:07 | 2:19 | 1:21 | 0:50 | | | | | | | | |
| | | | 57:07 | 59:26 | 60:47 | 61:37 | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|-------------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Josh Beech OK Södertörn | 61:56 | 5:04 | 4:13 | 5:38 | 6:38 | 5:22 | 1:08 | 2:41 | 0:53 | 7:48 | 5:02 | 2:38 | 5:23 |
| | | | 5:04 | 9:17 | 14:55 | 21:33 | 26:55 | 28:03 | 30:44 | 31:37 | 39:25 | 44:27 | 47:05 | 52:28 |
| | | | 6:38 | 1:10 | 1:01 | 0:39 | | | | | | | | |
| | | | 59:06 | 60:16 | 61:17 | 61:56 | | | | | | | | |
| 14 | Kent Lundvall Täby OK | 63:49 | 5:20 | 3:54 | 3:52 | 9:46 | 4:47 | 1:57 | 1:51 | 0:55 | 6:59 | 6:24 | 2:39 | 5:00 |
| | | | 5:20 | 9:14 | 13:06 | 22:52 | 27:39 | 29:36 | 31:27 | 32:22 | 39:21 | 45:45 | 48:24 | 53:24 |
| | | | 6:43 | 1:14 | 1:35 | 0:53 | | | | | | | | |
| | | | 60:07 | 61:21 | 62:56 | 63:49 | | | | | | | | |
| 15 | Niclas Behrenfeldt Skarpnäcks OL | 64:12 | 5:08 | 4:09 | 3:51 | 7:30 | 4:42 | 2:18 | 2:32 | 0:54 | 7:43 | 6:40 | 3:09 | 5:19 |
| | | | 5:08 | 9:17 | 13:08 | 20:38 | 25:20 | 27:38 | 30:10 | 31:04 | 38:47 | 45:27 | 48:36 | 53:55 |
| | | | 6:56 | 1:16 | 1:14 | 0:51 | | | | | | | | |
| | | | 60:51 | 62:07 | 63:21 | 64:12 | | | | | | | | |
| 16 | Dan Wester Järla Orientering | 65:35 | 5:36 | 3:31 | 4:20 | 6:46 | 5:57 | 1:27 | 4:50 | 0:58 | 7:00 | 5:45 | 2:55 | 5:10 |
| | | | 5:36 | 9:07 | 13:27 | 20:13 | 26:10 | 27:37 | 32:27 | 33:25 | 40:25 | 46:10 | 49:05 | 54:15 |
| | | | 7:54 | 1:08 | 1:23 | 0:55 | | | | | | | | |
| | | | 62:09 | 63:17 | 64:40 | 65:35 | | | | | | | | |
| 17 | Jakob Skogholm Centrum OK | 66:17 | 4:48 | 4:53 | 4:06 | 7:25 | 4:33 | 2:49 | 2:56 | 1:00 | 9:17 | 4:21 | 2:57 | 6:09 |
| | | | 4:48 | 9:41 | 13:47 | 21:12 | 25:45 | 28:34 | 31:30 | 32:30 | 41:47 | 46:08 | 49:05 | 55:14 |
| | | | 7:25 | 1:21 | 1:23 | 0:54 | | | | | | | | |
| | | | 62:39 | 64:00 | 65:23 | 66:17 | | | | | | | | |
| 18 | Vacant Tullinge SK | 67:05 | 6:04 | 4:27 | 4:26 | 7:47 | 4:23 | 1:46 | 2:58 | 1:23 | 9:05 | 4:42 | 3:30 | 5:36 |
| | | | 6:04 | 10:31 | 14:57 | 22:44 | 27:07 | 28:53 | 31:51 | 33:14 | 42:19 | 47:01 | 50:31 | 56:07 |
| | | | 7:17 | 1:20 | 1:41 | 0:40 | | | | | | | | |
| | | | 63:24 | 64:44 | 66:25 | 67:05 | | | | | | | | |
| 19 | Tobias Wahlgren Centrum OK | 67:24 | 4:46 | 4:28 | 3:35 | 7:39 | 4:01 | 2:12 | 2:52 | 0:59 | 10:24 | 5:17 | 3:18 | 6:13 |
| | | | 4:46 | 9:14 | 12:49 | 20:28 | 24:29 | 26:41 | 29:33 | 30:32 | 40:56 | 46:13 | 49:31 | 55:44 |
| | | | 7:40 | 1:20 | 1:44 | 0:56 | | | | | | | | |
| | | | 63:24 | 64:44 | 66:28 | 67:24 | | | | | | | | |
| 20 | Magnus Nordström OK Älvsjö-Örby | 67:34 | 5:20 | 3:56 | 4:03 | 8:09 | 5:02 | 1:11 | 5:10 | 0:51 | 8:24 | 6:21 | 3:06 | 5:21 |
| | | | 5:20 | 9:16 | 13:19 | 21:28 | 26:30 | 27:41 | 32:51 | 33:42 | 42:06 | 48:27 | 51:33 | 56:54 |
| | | | 6:54 | 1:17 | 1:38 | 0:51 | | | | | | | | |
| | | | 63:48 | 65:05 | 66:43 | 67:34 | | | | | | | | |
| 21 | Martin Härberg Järla Orientering | 68:57 | 4:22 | 3:48 | 3:43 | 6:39 | 4:37 | 2:04 | 3:32 | 0:54 | 9:21 | 7:51 | 3:27 | 6:03 |
| | | | 4:22 | 8:10 | 11:53 | 18:32 | 23:09 | 25:13 | 28:45 | 29:39 | 39:00 | 46:51 | 50:18 | 56:21 |
| | | | 8:57 | 1:22 | 1:27 | 0:50 | | | | | | | | |
| | | | 65:18 | 66:40 | 68:07 | 68:57 | | | | | | | | |
| 22 | Tiemo Schramm Snättringe SK | 70:30 | 5:51 | 4:55 | 4:36 | 8:00 | 5:42 | 2:10 | 2:11 | 0:56 | 7:59 | 7:24 | 3:11 | 6:16 |
| | | | 5:51 | 10:46 | 15:22 | 23:22 | 29:04 | 31:14 | 33:25 | 34:21 | 42:20 | 49:44 | 52:55 | 59:11 |
| | | | 7:28 | 1:15 | 1:43 | 0:53 | | | | | | | | |
| | | | 66:39 | 67:54 | 69:37 | 70:30 | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 69

Pl Namn/Förening Sluttid Sträcktid

| H21 Sträcka 3 | | 8370 - 8690 m | | | | 23 anmälda | | | | | | | | |
|---------------|---|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Fredrik Johansson IFK Lidingö SOK | 44:46 | 4:01 | 2:58 | 2:54 | 5:01 | 3:02 | 1:14 | 1:48 | 0:48 | 5:28 | 4:24 | 1:58 | 3:41 |
| | | | 4:01 | 6:59 | 9:53 | 14:54 | 17:56 | 19:10 | 20:58 | 21:46 | 27:14 | 31:38 | 33:36 | 37:17 |
| | | | 4:49 | 0:51 | 1:00 | 0:49 | | | | | | | | |
| | | | 42:06 | 42:57 | 43:57 | 44:46 | | | | | | | | |
| 2 | Gustav Bergman OK Ravinen | 45:14 | 3:51 | 3:03 | 3:02 | 4:53 | 3:41 | 0:50 | 2:02 | 0:55 | 5:57 | 3:34 | 2:10 | 3:44 |
| | | | 3:51 | 6:54 | 9:56 | 14:49 | 18:30 | 19:20 | 21:22 | 22:17 | 28:14 | 31:48 | 33:58 | 37:42 |
| | | | 4:54 | 0:52 | 1:06 | 0:40 | | | | | | | | |
| | | | 42:36 | 43:28 | 44:34 | 45:14 | | | | | | | | |
| 3 | Erik Andersson Järla Orientering | 46:59 | 4:09 | 3:21 | 3:11 | 5:20 | 3:13 | 1:17 | 1:56 | 0:40 | 5:56 | 4:36 | 2:02 | 3:43 |
| | | | 4:09 | 7:30 | 10:41 | 16:01 | 19:14 | 20:31 | 22:27 | 23:07 | 29:03 | 33:39 | 35:41 | 39:24 |
| | | | 5:01 | 0:57 | 0:51 | 0:46 | | | | | | | | |
| | | | 44:25 | 45:22 | 46:13 | 46:59 | | | | | | | | |
| 4 | Göran Thimberg Söders-Tyresö | 53:03 | 5:05 | 3:12 | 3:40 | 6:06 | 3:39 | 1:27 | 2:18 | 0:47 | 7:06 | 4:10 | 2:33 | 4:15 |
| | | | 5:05 | 8:17 | 11:57 | 18:03 | 21:42 | 23:09 | 25:27 | 26:14 | 33:20 | 37:30 | 40:03 | 44:18 |
| | | | 5:38 | 1:02 | 1:13 | 0:52 | | | | | | | | |
| | | | 49:56 | 50:58 | 52:11 | 53:03 | | | | | | | | |
| 5 | Johan Sisell OK Södertörn | 56:28 | 4:35 | 3:26 | 3:11 | 6:05 | 3:48 | 1:47 | 2:06 | 0:55 | 6:57 | 5:36 | 3:04 | 5:08 |
| | | | 4:35 | 8:01 | 11:12 | 17:17 | 21:05 | 22:52 | 24:58 | 25:53 | 32:50 | 38:26 | 41:30 | 46:38 |
| | | | 6:18 | 1:16 | 1:26 | 0:50 | | | | | | | | |
| | | | 52:56 | 54:12 | 55:38 | 56:28 | | | | | | | | |
| 6 | Henrik Persson Tullinge SK | 57:14 | 4:21 | 3:34 | 3:14 | 6:37 | 4:22 | 3:02 | 1:57 | 0:46 | 6:37 | 5:03 | 2:36 | 5:29 |
| | | | 4:21 | 7:55 | 11:09 | 17:46 | 22:08 | 25:10 | 27:07 | 27:53 | 34:30 | 39:33 | 42:09 | 47:38 |
| | | | 6:18 | 1:08 | 1:12 | 0:58 | | | | | | | | |
| | | | 53:56 | 55:04 | 56:16 | 57:14 | | | | | | | | |
| 7 | David Healy Järla Orientering | 59:48 | 5:49 | 3:44 | 4:17 | 6:16 | 4:21 | 1:01 | 2:28 | 0:43 | 7:00 | 5:28 | 3:06 | 5:42 |
| | | | 5:49 | 9:33 | 13:50 | 20:06 | 24:27 | 25:28 | 27:56 | 28:39 | 35:39 | 41:07 | 44:13 | 49:55 |
| | | | 6:49 | 1:07 | 1:07 | 0:50 | | | | | | | | |
| | | | 56:44 | 57:51 | 58:58 | 59:48 | | | | | | | | |
| 8 | Mattias Johansson IFK Lidingö SOK | 60:59 | 5:16 | 3:21 | 3:52 | 6:36 | 5:00 | 1:24 | 5:13 | 0:48 | 6:24 | 4:51 | 3:04 | 5:04 |
| | | | 5:16 | 8:37 | 12:29 | 19:05 | 24:05 | 25:29 | 30:42 | 31:30 | 37:54 | 42:45 | 45:49 | 50:53 |
| | | | 6:55 | 1:07 | 1:17 | 0:47 | | | | | | | | |
| | | | 57:48 | 58:55 | 60:12 | 60:59 | | | | | | | | |
| 9 | Antonio Serini IFK Lidingö SOK | 61:28 | 4:26 | 3:58 | 3:56 | 7:17 | 4:44 | 2:12 | 2:03 | 0:54 | 7:59 | 4:31 | 2:53 | 5:05 |
| | | | 4:26 | 8:24 | 12:20 | 19:37 | 24:21 | 26:33 | 28:36 | 29:30 | 37:29 | 42:00 | 44:53 | 49:58 |
| | | | 7:58 | 1:06 | 1:28 | 0:58 | | | | | | | | |
| | | | 57:56 | 59:02 | 60:30 | 61:28 | | | | | | | | |
| 10 | Jacob Lindstam OK Ravinen | 61:44 | 5:09 | 3:36 | 3:46 | 6:59 | 5:20 | 1:59 | 1:57 | 0:53 | 7:52 | 6:09 | 2:51 | 5:04 |
| | | | 5:09 | 8:45 | 12:31 | 19:30 | 24:50 | 26:49 | 28:46 | 29:39 | 37:31 | 43:40 | 46:31 | 51:35 |
| | | | 6:50 | 1:03 | 1:28 | 0:48 | | | | | | | | |
| | | | 58:25 | 59:28 | 60:56 | 61:44 | | | | | | | | |
| 11 | Mathias Myrefelt Norling Skarpnäcks OL | 61:49 | 4:54 | 4:51 | 4:04 | 6:44 | 4:50 | 1:03 | 4:18 | 0:52 | 7:19 | 4:33 | 2:36 | 5:21 |
| | | | 4:54 | 9:45 | 13:49 | 20:33 | 25:23 | 26:26 | 30:44 | 31:36 | 38:55 | 43:28 | 46:04 | 51:25 |
| | | | 6:47 | 1:23 | 1:32 | 0:42 | | | | | | | | |
| | | | 58:12 | 59:35 | 61:07 | 61:49 | | | | | | | | |
| 12 | Simon Fröjd Snättringe SK | 62:01 | 4:30 | 4:09 | 3:54 | 6:41 | 4:20 | 2:02 | 2:42 | 0:55 | 7:06 | 6:26 | 3:35 | 5:18 |
| | | | 4:30 | 8:39 | 12:33 | 19:14 | 23:34 | 25:36 | 28:18 | 29:13 | 36:19 | 42:45 | 46:20 | 51:38 |
| | | | 6:56 | 1:22 | 1:22 | 0:43 | | | | | | | | |
| | | | 58:34 | 59:56 | 61:18 | 62:01 | | | | | | | | |

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | | | |
|----|---|---------|-----------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|
| 13 | Jerk Rönnols Centrum OK | 63:03 | 4:27 | 4:12 | 3:41 | 6:46 | 4:51 | 4:50 | 2:09 | 0:47 | 7:07 | 6:03 | 2:38 | 5:20 |
| | | | 4:27 | 8:39 | 12:20 | 19:06 | 23:57 | 28:47 | 30:56 | 31:43 | 38:50 | 44:53 | 47:31 | 52:51 |
| | | | 6:46 | 1:11 | 1:22 | 0:53 | | | | | | | | |
| | | | 59:37 | 60:48 | 62:10 | 63:03 | | | | | | | | |
| 14 | Joakim Berg Bromma-Vällingby SOK | 63:04 | 4:55 | 3:37 | 4:46 | 6:57 | 4:00 | 1:42 | 2:44 | 0:51 | 7:30 | 6:33 | 2:53 | 5:22 |
| | | | 4:55 | 8:32 | 13:18 | 20:15 | 24:15 | 25:57 | 28:41 | 29:32 | 37:02 | 43:35 | 46:28 | 51:50 |
| | | | 6:52 | 2:03 | 1:17 | 1:02 | | | | | | | | |
| | | | 58:42 | 60:45 | 62:02 | 63:04 | | | | | | | | |
| 15 | Gunnar Lindberg Gustavsbergs OK | 64:01 | 4:51 | 6:05 | 3:48 | 7:53 | 3:58 | 2:23 | 2:30 | 1:10 | 8:11 | 4:48 | 2:47 | 5:15 |
| | | | 4:51 | 10:56 | 14:44 | 22:37 | 26:35 | 28:58 | 31:28 | 32:38 | 40:49 | 45:37 | 48:24 | 53:39 |
| | | | 6:51 | 1:16 | 1:21 | 0:54 | | | | | | | | |
| | | | 60:30 | 61:46 | 63:07 | 64:01 | | | | | | | | |
| 16 | Erik Mattsson Järla Orientering | 67:26 | 5:33 | 3:40 | 3:47 | 11:54 | 5:07 | 1:57 | 1:51 | 0:48 | 8:24 | 4:48 | 3:04 | 5:41 |
| | | | 5:33 | 9:13 | 13:00 | 24:54 | 30:01 | 31:58 | 33:49 | 34:37 | 43:01 | 47:49 | 50:53 | 56:34 |
| | | | 7:23 | 1:12 | 1:23 | 0:54 | | | | | | | | |
| | | | 63:57 | 65:09 | 66:32 | 67:26 | | | | | | | | |
| 17 | Adam Ivarsson Haninge SOK | 68:41 | 6:15 | 4:06 | 4:02 | 7:51 | 5:05 | 2:09 | 2:09 | 0:49 | 8:10 | 9:19 | 2:40 | 5:29 |
| | | | 6:15 | 10:21 | 14:23 | 22:14 | 27:19 | 29:28 | 31:37 | 32:26 | 40:36 | 49:55 | 52:35 | 58:04 |
| | | | 7:05 | 1:08 | 1:27 | 0:57 | | | | | | | | |
| | | | 65:09 | 66:17 | 67:44 | 68:41 | | | | | | | | |
| 18 | Sven Johansson Täby OK | 72:07 | 6:51 | 4:34 | 4:54 | 8:50 | 5:03 | 2:06 | 2:48 | 0:53 | 9:12 | 5:15 | 3:15 | 6:29 |
| | | | 6:51 | 11:25 | 16:19 | 25:09 | 30:12 | 32:18 | 35:06 | 35:59 | 45:11 | 50:26 | 53:41 | 60:10 |
| | | | 7:42 | 1:35 | 1:38 | 1:02 | | | | | | | | |
| | | | 67:52 | 69:27 | 71:05 | 72:07 | | | | | | | | |
| 19 | Oliver Lindblad Petersen Söders-Tyresö | 72:24 | 5:14 | 3:57 | 4:12 | 7:16 | 5:55 | 1:58 | 3:26 | 0:58 | 8:12 | 7:40 | 3:22 | 6:53 |
| | | | 5:14 | 9:11 | 13:23 | 20:39 | 26:34 | 28:32 | 31:58 | 32:56 | 41:08 | 48:48 | 52:10 | 59:03 |
| | | | 8:33 | 1:41 | 2:10 | 0:57 | | | | | | | | |
| | | | 67:36 | 69:17 | 71:27 | 72:24 | | | | | | | | |
| 20 | Joel Berring Centrum OK | 72:57 | 5:51 | 4:18 | 4:38 | 8:34 | 5:47 | 1:12 | 2:57 | 0:57 | 9:28 | 7:17 | 2:58 | 6:31 |
| | | | 5:51 | 10:09 | 14:47 | 23:21 | 29:08 | 30:20 | 33:17 | 34:14 | 43:42 | 50:59 | 53:57 | 60:28 |
| | | | 8:24 | 1:28 | 1:36 | 1:01 | | | | | | | | |
| | | | 68:52 | 70:20 | 71:56 | 72:57 | | | | | | | | |
| 21 | Thomas Westerström OK Älvsjö-Örby | 113:03 | 7:31 | 7:06 | 4:43 | 8:35 | 11:27 | 2:37 | 2:35 | 1:43 | 30:59 | 8:20 | 4:50 | 8:58 |
| | | | 7:31 | 14:37 | 19:20 | 27:55 | 39:22 | 41:59 | 44:34 | 46:17 | 77:16 | 85:36 | 90:26 | 99:24 |
| | | | 9:05 | 2:02 | 1:43 | 0:49 | | | | | | | | |
| | | | 108:29 | 110:31 | 112:14 | 113:03 | | | | | | | | |

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Pl Namn/Förening Sluttid Sträcktid

| H210 Sträcka 1 | | 2920 - 2950 m | | | | | 11 anmälda | | | | | |
|----------------|--------------------------------------|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Börje Wahlgren Sundbybergs IK | 29:53 | 4:01 | 3:54 | 3:29 | 2:56 | 5:14 | 3:36 | 1:54 | 2:03 | 1:53 | 0:53 |
| | | | 4:01 | 7:55 | 11:24 | 14:20 | 19:34 | 23:10 | 25:04 | 27:07 | 29:00 | 29:53 |
| 2 | Lars Cedéus Snättringe SK | 29:55 | 3:35 | 4:15 | 4:28 | 2:58 | 5:01 | 1:46 | 1:48 | 2:40 | 2:22 | 1:02 |
| | | | 3:35 | 7:50 | 12:18 | 15:16 | 20:17 | 22:03 | 23:51 | 26:31 | 28:53 | 29:55 |
| 3 | Åke Andersson OK Älvsjö-Örby | 30:01 | 4:39 | 3:12 | 4:08 | 3:19 | 5:02 | 1:40 | 1:50 | 2:53 | 2:11 | 1:07 |
| | | | 4:39 | 7:51 | 11:59 | 15:18 | 20:20 | 22:00 | 23:50 | 26:43 | 28:54 | 30:01 |
| 4 | Bernt Eriksson Spårvägens OK | 30:22 | 4:25 | 3:21 | 4:36 | 2:52 | 4:56 | 3:01 | 1:51 | 2:06 | 2:09 | 1:05 |
| | | | 4:25 | 7:46 | 12:22 | 15:14 | 20:10 | 23:11 | 25:02 | 27:08 | 29:17 | 30:22 |
| 5 | Bo Norbäck Tullinge SK | 31:35 | 5:07 | 3:13 | 3:42 | 3:06 | 5:05 | 3:03 | 2:11 | 2:18 | 2:42 | 1:08 |
| | | | 5:07 | 8:20 | 12:02 | 15:08 | 20:13 | 23:16 | 25:27 | 27:45 | 30:27 | 31:35 |
| 6 | Örjan Kampegård OK Södertörn | 31:56 | 3:32 | 4:21 | 4:51 | 3:38 | 6:07 | 1:48 | 2:26 | 2:19 | 1:59 | 0:55 |
| | | | 3:32 | 7:53 | 12:44 | 16:22 | 22:29 | 24:17 | 26:43 | 29:02 | 31:01 | 31:56 |
| 7 | Bo Romson Hellas Orientering | 32:37 | 5:15 | 3:17 | 4:28 | 3:19 | 6:19 | 1:34 | 2:13 | 2:42 | 2:16 | 1:14 |
| | | | 5:15 | 8:32 | 13:00 | 16:19 | 22:38 | 24:12 | 26:25 | 29:07 | 31:23 | 32:37 |
| 8 | Sven Olov Johansson Söders-Tyresö | 33:06 | 4:08 | 4:38 | 4:23 | 3:18 | 6:18 | 1:30 | 2:36 | 2:28 | 2:23 | 1:24 |
| | | | 4:08 | 8:46 | 13:09 | 16:27 | 22:45 | 24:15 | 26:51 | 29:19 | 31:42 | 33:06 |
| 9 | Jan-Olof Wåhlberg IBM-Klubben | 37:49 | 7:04 | 5:19 | 4:35 | 3:29 | 6:06 | 1:35 | 2:50 | 2:43 | 2:59 | 1:09 |
| | | | 7:04 | 12:23 | 16:58 | 20:27 | 26:33 | 28:08 | 30:58 | 33:41 | 36:40 | 37:49 |
| 10 | Gunnar Bramsten Sundbybergs IK | 44:30 | 6:00 | 4:20 | 6:23 | 4:06 | 7:40 | 1:40 | 4:30 | 2:40 | 2:40 | 4:31 |
| | | | 6:00 | 10:20 | 16:43 | 20:49 | 28:29 | 30:09 | 34:39 | 37:19 | 39:59 | 44:30 |

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Pl Namn/Förening Sluttid Sträcktid

| H210 Sträcka 2 | | 2610 m | | 14 anmälda | | | | | |
|----------------|--|----------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Ulf Stridh Snättringe SK | 29:01 | 6:58 | 6:09 | 4:09 | 4:11 | 3:44 | 2:36 | 1:14 |
| | | | 6:58 | 13:07 | 17:16 | 21:27 | 25:11 | 27:47 | 29:01 |
| 2 | Håkan Sjökvist Söders-Tyresö | 30:01 | 7:28 | 6:38 | 3:58 | 4:06 | 3:50 | 2:48 | 1:13 |
| | | | 7:28 | 14:06 | 18:04 | 22:10 | 26:00 | 28:48 | 30:01 |
| 3 | Jan-Erik Danell Tullinge SK | 31:25 | 8:20 | 6:47 | 3:52 | 5:33 | 3:27 | 2:13 | 1:13 |
| | | | 8:20 | 15:07 | 18:59 | 24:32 | 27:59 | 30:12 | 31:25 |
| 4 | John Östlund Sundbybergs IK | 31:50 | 7:57 | 7:23 | 4:35 | 4:12 | 3:47 | 2:37 | 1:19 |
| | | | 7:57 | 15:20 | 19:55 | 24:07 | 27:54 | 30:31 | 31:50 |
| 5 | Ivar Nordberg OK Älvsjö-Örby | 33:29 | 8:24 | 6:43 | 5:20 | 4:51 | 4:16 | 2:24 | 1:31 |
| | | | 8:24 | 15:07 | 20:27 | 25:18 | 29:34 | 31:58 | 33:29 |
| 6 | Kenneth Berglund Hellas Orientering | 33:55 | 8:53 | 7:27 | 4:29 | 4:54 | 4:07 | 2:39 | 1:26 |
| | | | 8:53 | 16:20 | 20:49 | 25:43 | 29:50 | 32:29 | 33:55 |
| 7 | Börje Pahlén Söders-Tyresö | 34:00 | 7:46 | 8:12 | 4:28 | 4:53 | 4:22 | 3:02 | 1:17 |
| | | | 7:46 | 15:58 | 20:26 | 25:19 | 29:41 | 32:43 | 34:00 |
| 8 | Bengt Sjögren Järfälla OK | 35:19 | 8:31 | 7:03 | 5:15 | 6:12 | 4:15 | 2:50 | 1:13 |
| | | | 8:31 | 15:34 | 20:49 | 27:01 | 31:16 | 34:06 | 35:19 |
| 9 | Anders Ahlqvist IBM-Klubben | 35:32 | 8:13 | 7:23 | 4:56 | 6:06 | 4:46 | 2:47 | 1:21 |
| | | | 8:13 | 15:36 | 20:32 | 26:38 | 31:24 | 34:11 | 35:32 |
| 10 | Ingvar Jansson Sundbybergs IK | 39:16 | 7:09 | 11:33 | 5:10 | 5:25 | 5:06 | 3:30 | 1:23 |
| | | | 7:09 | 18:42 | 23:52 | 29:17 | 34:23 | 37:53 | 39:16 |
| 11 | Ulf Eskilsson OK Södertörn | 52:42 | 15:56 | 15:18 | 5:27 | 6:24 | 4:50 | 3:23 | 1:24 |
| | | | 15:56 | 31:14 | 36:41 | 43:05 | 47:55 | 51:18 | 52:42 |
| 12 | Ove Arvidsson OK Södertörn | 53:01 | 10:14 | 9:15 | 12:52 | 10:32 | 5:16 | 3:11 | 1:41 |
| | | | 10:14 | 19:29 | 32:21 | 42:53 | 48:09 | 51:20 | 53:01 |
| | Erland Ljungström Spårvägens OK | Ej godk. | 11:31 | 8:38 | | | 4:31 | 3:12 | 1:18 |
| | | | 11:31 | 20:09 | | 35:20 | 39:51 | 43:03 | 44:21 |

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Pl Namn/Förening Sluttid Sträcktid

| H210 Sträcka 3 | | 2920 - 2950 m | | | 11 anmälda | | | | | | | |
|-----------------------|--------------------------------------|----------------------|-------------|-------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Rune Carlsson Sundbybergs IK | 28:35 | 5:42 | 3:09 | 3:35 | 3:17 | 4:39 | 1:19 | 1:43 | 2:15 | 2:00 | 0:56 |
| | | | 5:42 | 8:51 | 12:26 | 15:43 | 20:22 | 21:41 | 23:24 | 25:39 | 27:39 | 28:35 |
| 2 | Rune Rådeström Snättringe SK | 29:23 | 5:04 | 3:03 | 4:05 | 3:05 | 5:15 | 1:19 | 1:41 | 2:05 | 2:40 | 1:06 |
| | | | 5:04 | 8:07 | 12:12 | 15:17 | 20:32 | 21:51 | 23:32 | 25:37 | 28:17 | 29:23 |
| 3 | Staffan Elmhagen Söders-Tyresö | 33:07 | 6:25 | 3:16 | 5:01 | 3:13 | 5:46 | 1:17 | 2:15 | 2:17 | 2:22 | 1:15 |
| | | | 6:25 | 9:41 | 14:42 | 17:55 | 23:41 | 24:58 | 27:13 | 29:30 | 31:52 | 33:07 |
| 4 | Anders Kihlström Tullinge SK | 34:16 | 5:20 | 4:33 | 5:27 | 3:17 | 5:37 | 1:30 | 2:03 | 2:26 | 2:45 | 1:18 |
| | | | 5:20 | 9:53 | 15:20 | 18:37 | 24:14 | 25:44 | 27:47 | 30:13 | 32:58 | 34:16 |
| 5 | Torbjörn Tirén Hellas Orientering | 35:32 | 5:03 | 7:59 | 3:57 | 3:05 | 5:40 | 1:37 | 2:00 | 2:34 | 2:13 | 1:24 |
| | | | 5:03 | 13:02 | 16:59 | 20:04 | 25:44 | 27:21 | 29:21 | 31:55 | 34:08 | 35:32 |
| 6 | Christer Nordström OK Älvsjö-Örby | 35:46 | 5:08 | 3:55 | 5:36 | 2:55 | 8:42 | 1:28 | 1:55 | 2:31 | 2:23 | 1:13 |
| | | | 5:08 | 9:03 | 14:39 | 17:34 | 26:16 | 27:44 | 29:39 | 32:10 | 34:33 | 35:46 |
| 7 | Roland Löwgren Spårvägens OK | 41:28 | 10:02 | 5:59 | 4:15 | 3:12 | 7:35 | 1:40 | 2:19 | 2:50 | 2:26 | 1:10 |
| | | | 10:02 | 16:01 | 20:16 | 23:28 | 31:03 | 32:43 | 35:02 | 37:52 | 40:18 | 41:28 |
| 8 | Levin Svedberg Sundbybergs IK | 48:12 | 11:44 | 5:43 | 5:06 | 4:21 | 8:46 | 2:04 | 2:29 | 3:12 | 3:18 | 1:29 |
| | | | 11:44 | 17:27 | 22:33 | 26:54 | 35:40 | 37:44 | 40:13 | 43:25 | 46:43 | 48:12 |
| 9 | Ronny Hedlund OK Södertörn | 53:47 | 6:48 | 4:09 | 9:50 | 13:02 | 8:12 | 1:40 | 2:38 | 2:55 | 3:17 | 1:16 |
| | | | 6:48 | 10:57 | 20:47 | 33:49 | 42:01 | 43:41 | 46:19 | 49:14 | 52:31 | 53:47 |
| 10 | Kjell Tancred IBM-Klubben | 54:31 | 13:32 | 11:47 | 5:10 | 4:18 | 6:59 | 1:45 | 2:29 | 3:13 | 3:41 | 1:37 |
| | | | 13:32 | 25:19 | 30:29 | 34:47 | 41:46 | 43:31 | 46:00 | 49:13 | 52:54 | 54:31 |

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Pl Namn/Förening Sluttid Sträcktid

| Ung12 Sträcka 1 | | 2330 m | | 29 anmälda | | | | | | | |
|-----------------|---|--------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Filip Mård OK Ravinen | 15:48 | 3:08 | 2:04 | 1:56 | 1:16 | 1:37 | 2:03 | 1:35 | 1:18 | 0:51 |
| | | | 3:08 | 5:12 | 7:08 | 8:24 | 10:01 | 12:04 | 13:39 | 14:57 | 15:48 |
| 2 | Amanda Granqvist OK Ravinen | 16:24 | 3:10 | 1:58 | 2:04 | 1:16 | 1:34 | 2:08 | 1:31 | 1:40 | 1:03 |
| | | | 3:10 | 5:08 | 7:12 | 8:28 | 10:02 | 12:10 | 13:41 | 15:21 | 16:24 |
| 3 | Amelie Rajan IFK Lidingö SOK | 18:13 | 4:36 | 2:00 | 2:04 | 1:10 | 1:49 | 2:21 | 1:43 | 1:37 | 0:53 |
| | | | 4:36 | 6:36 | 8:40 | 9:50 | 11:39 | 14:00 | 15:43 | 17:20 | 18:13 |
| 4 | Noel Persson-Ferrera Skarpnäcks OL | 18:18 | 3:48 | 2:31 | 2:17 | 1:29 | 1:37 | 2:12 | 1:43 | 1:40 | 1:01 |
| | | | 3:48 | 6:19 | 8:36 | 10:05 | 11:42 | 13:54 | 15:37 | 17:17 | 18:18 |
| 5 | Tove Sjöberg Tullinge SK | 19:07 | 3:21 | 2:28 | 2:35 | 1:25 | 1:55 | 2:34 | 1:53 | 1:58 | 0:58 |
| | | | 3:21 | 5:49 | 8:24 | 9:49 | 11:44 | 14:18 | 16:11 | 18:09 | 19:07 |
| 6 | Vilgot Bengtsson Södertälje IF | 20:24 | 4:20 | 2:14 | 2:42 | 1:34 | 2:02 | 3:03 | 1:58 | 1:41 | 0:50 |
| | | | 4:20 | 6:34 | 9:16 | 10:50 | 12:52 | 15:55 | 17:53 | 19:34 | 20:24 |
| 7 | Oliver Sjögren Bromma-Vällingby SOK | 20:29 | 5:02 | 2:14 | 2:28 | 1:34 | 1:48 | 2:44 | 2:00 | 1:45 | 0:54 |
| | | | 5:02 | 7:16 | 9:44 | 11:18 | 13:06 | 15:50 | 17:50 | 19:35 | 20:29 |
| 8 | David Bern Snättringe SK | 20:49 | 5:12 | 2:23 | 2:44 | 1:36 | 1:41 | 2:19 | 1:34 | 2:16 | 1:04 |
| | | | 5:12 | 7:35 | 10:19 | 11:55 | 13:36 | 15:55 | 17:29 | 19:45 | 20:49 |
| 9 | Gustav Haglund Haninge SOK | 20:51 | 4:02 | 2:47 | 2:25 | 1:27 | 1:43 | 2:46 | 2:24 | 2:08 | 1:09 |
| | | | 4:02 | 6:49 | 9:14 | 10:41 | 12:24 | 15:10 | 17:34 | 19:42 | 20:51 |
| 10 | John Wolgast Snättringe SK | 20:52 | 5:15 | 2:22 | 2:42 | 1:37 | 1:42 | 2:19 | 1:33 | 2:14 | 1:08 |
| | | | 5:15 | 7:37 | 10:19 | 11:56 | 13:38 | 15:57 | 17:30 | 19:44 | 20:52 |
| 11 | Karl Johan Alfredsson Hellas Orientering | 21:14 | 4:04 | 2:09 | 4:20 | 1:32 | 1:47 | 2:41 | 1:45 | 1:59 | 0:57 |
| | | | 4:04 | 6:13 | 10:33 | 12:05 | 13:52 | 16:33 | 18:18 | 20:17 | 21:14 |
| 12 | Kerstin Åberg Tumba-Mälarhöjden OK | 21:49 | | | | | | | | | |
| 13 | Andreas Andersson Skogsluffarnas OK | 21:51 | 3:43 | 2:37 | 2:36 | 1:30 | 1:56 | 2:52 | 2:12 | 3:21 | 1:04 |
| | | | 3:43 | 6:20 | 8:56 | 10:26 | 12:22 | 15:14 | 17:26 | 20:47 | 21:51 |
| 14 | Theo Hörnsten Stalås OK Österåker | 22:10 | 4:40 | 2:39 | 2:31 | 1:38 | 2:36 | 2:43 | 2:10 | 2:00 | 1:13 |
| | | | 4:40 | 7:19 | 9:50 | 11:28 | 14:04 | 16:47 | 18:57 | 20:57 | 22:10 |
| 15 | Inez Berggren Järla Orientering | 22:24 | 4:26 | 2:53 | 3:05 | 1:35 | 1:46 | 2:34 | 1:46 | 3:13 | 1:06 |
| | | | 4:26 | 7:19 | 10:24 | 11:59 | 13:45 | 16:19 | 18:05 | 21:18 | 22:24 |
| 16 | Fredrika Nordquist Täby OK | 23:03 | 4:42 | 2:40 | 3:00 | 2:19 | 2:02 | 3:02 | 2:26 | 1:55 | 0:57 |
| | | | 4:42 | 7:22 | 10:22 | 12:41 | 14:43 | 17:45 | 20:11 | 22:06 | 23:03 |
| 17 | Simon Stridh Skogsluffarnas OK | 23:23 | 4:16 | 3:05 | 3:10 | 1:42 | 2:13 | 2:47 | 2:49 | 2:18 | 1:03 |
| | | | 4:16 | 7:21 | 10:31 | 12:13 | 14:26 | 17:13 | 20:02 | 22:20 | 23:23 |
| 18 | Gustav Skogsjö Skogsluffarnas OK | 23:24 | 4:17 | 3:01 | 3:13 | 1:41 | 2:18 | 2:39 | 2:51 | 2:21 | 1:03 |
| | | | 4:17 | 7:18 | 10:31 | 12:12 | 14:30 | 17:09 | 20:00 | 22:21 | 23:24 |
| 19 | Alicia Kallhauge Snättringe SK | 23:28 | 4:17 | 2:52 | 3:17 | 1:41 | 2:32 | 2:53 | 2:24 | 2:22 | 1:10 |
| | | | 4:17 | 7:09 | 10:26 | 12:07 | 14:39 | 17:32 | 19:56 | 22:18 | 23:28 |
| 20 | Estelle Sjögren Bromma-Vällingby SOK | 23:31 | 5:18 | 2:38 | 3:09 | 1:55 | 2:00 | 2:56 | 2:40 | 1:54 | 1:01 |
| | | | 5:18 | 7:56 | 11:05 | 13:00 | 15:00 | 17:56 | 20:36 | 22:30 | 23:31 |
| 21 | Vanja Pennebrink Snättringe SK | 23:35 | 4:22 | 2:48 | 3:15 | 1:46 | 2:29 | 3:00 | 2:14 | 2:29 | 1:12 |
| | | | 4:22 | 7:10 | 10:25 | 12:11 | 14:40 | 17:40 | 19:54 | 22:23 | 23:35 |
| 22 | Maja Falk Sundbybergs IK | 23:37 | 4:45 | 3:04 | 3:00 | 1:49 | 2:09 | 2:57 | 2:30 | 2:10 | 1:13 |
| | | | 4:45 | 7:49 | 10:49 | 12:38 | 14:47 | 17:44 | 20:14 | 22:24 | 23:37 |
| 23 | Ester Forssberg Järla Orientering | 24:19 | 4:43 | 2:59 | 3:17 | 1:56 | 2:18 | 3:31 | 2:32 | 2:00 | 1:03 |
| | | | 4:43 | 7:42 | 10:59 | 12:55 | 15:13 | 18:44 | 21:16 | 23:16 | 24:19 |

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | |
|----|---------------------------------------|---------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Vincent Widlund IFK Lidingö SOK | 25:22 | 5:03 | 2:48 | 3:11 | 1:57 | 2:06 | 3:18 | 3:11 | 2:02 | 1:46 |
| | | | 5:03 | 7:51 | 11:02 | 12:59 | 15:05 | 18:23 | 21:34 | 23:36 | 25:22 |
| 25 | Love Palmgren Skogsluffarnas OK | 25:37 | 5:00 | 2:51 | 3:11 | 1:47 | 2:17 | 3:18 | 3:26 | 2:16 | 1:31 |
| | | | 5:00 | 7:51 | 11:02 | 12:49 | 15:06 | 18:24 | 21:50 | 24:06 | 25:37 |
| 26 | Sigrid Svanängen Skogsluffarnas OK | 31:49 | 5:21 | 3:56 | 4:35 | 2:46 | 3:35 | 4:42 | 3:02 | 2:48 | 1:04 |
| | | | 5:21 | 9:17 | 13:52 | 16:38 | 20:13 | 24:55 | 27:57 | 30:45 | 31:49 |
| 27 | Ella Sahl Söders-Tyresö | 31:51 | 4:58 | 2:56 | 3:38 | 2:00 | 2:35 | 3:54 | 8:10 | 2:30 | 1:10 |
| | | | 4:58 | 7:54 | 11:32 | 13:32 | 16:07 | 20:01 | 28:11 | 30:41 | 31:51 |
| 28 | Ada Bergqvist Gustavsbergs OK | 32:31 | 5:47 | 4:34 | 3:50 | 2:32 | 3:10 | 4:52 | 3:09 | 3:17 | 1:20 |
| | | | 5:47 | 10:21 | 14:11 | 16:43 | 19:53 | 24:45 | 27:54 | 31:11 | 32:31 |
| 29 | Måra Stegard Skarpnäcks OL | 33:12 | 5:11 | 3:37 | 4:17 | 2:21 | 4:18 | 5:06 | 3:58 | 3:12 | 1:12 |
| | | | 5:11 | 8:48 | 13:05 | 15:26 | 19:44 | 24:50 | 28:48 | 32:00 | 33:12 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| Ung12 Sträcka 2 | | 2330 m | | | 50 anmälda | | | | | | |
|-----------------|--|--------|------|------|------------|-------|-------|-------|-------|-------|-------|
| 1 | Alvin Craig OK Ravinen | 15:55 | 3:55 | 1:48 | 1:48 | 1:05 | 1:39 | 2:03 | 1:33 | 1:14 | 0:50 |
| | | | 3:55 | 5:43 | 7:31 | 8:36 | 10:15 | 12:18 | 13:51 | 15:05 | 15:55 |
| 2 | Hannes Mogensen OK Ravinen | 18:12 | 4:06 | 1:50 | 2:07 | 1:14 | 1:49 | 2:06 | 2:27 | 1:35 | 0:58 |
| | | | 4:06 | 5:56 | 8:03 | 9:17 | 11:06 | 13:12 | 15:39 | 17:14 | 18:12 |
| 3 | Hugo Lindskog OK Ravinen | 19:03 | 4:31 | 2:06 | 2:14 | 1:17 | 1:40 | 2:13 | 2:20 | 1:41 | 1:01 |
| | | | 4:31 | 6:37 | 8:51 | 10:08 | 11:48 | 14:01 | 16:21 | 18:02 | 19:03 |
| 4 | Herman Svahn OK Ravinen | 19:38 | 4:22 | 2:07 | 2:19 | 1:31 | 2:00 | 2:45 | 1:43 | 1:51 | 1:00 |
| | | | 4:22 | 6:29 | 8:48 | 10:19 | 12:19 | 15:04 | 16:47 | 18:38 | 19:38 |
| 5 | Minoo Karlsson OK Ravinen | 20:10 | 4:14 | 1:54 | 2:02 | 1:20 | 1:49 | 2:27 | 3:31 | 1:42 | 1:11 |
| | | | 4:14 | 6:08 | 8:10 | 9:30 | 11:19 | 13:46 | 17:17 | 18:59 | 20:10 |
| 6 | Siri Annell Bromma-Vällingby SOK | 20:30 | 4:33 | 2:48 | 2:19 | 1:17 | 2:05 | 2:41 | 2:05 | 1:46 | 0:56 |
| | | | 4:33 | 7:21 | 9:40 | 10:57 | 13:02 | 15:43 | 17:48 | 19:34 | 20:30 |
| 7 | Axel Friberger Tumba-Mälarhöjden OK | 20:50 | 4:37 | 2:20 | 2:15 | 1:54 | 2:09 | 2:51 | 1:54 | 1:46 | 1:04 |
| | | | 4:37 | 6:57 | 9:12 | 11:06 | 13:15 | 16:06 | 18:00 | 19:46 | 20:50 |
| 8 | Anders Nilsson Bromma-Vällingby SOK | 21:30 | 5:02 | 2:36 | 2:28 | 2:02 | 2:01 | 2:35 | 2:16 | 1:37 | 0:53 |
| | | | 5:02 | 7:38 | 10:06 | 12:08 | 14:09 | 16:44 | 19:00 | 20:37 | 21:30 |
| 9 | Ingrid André Tumba-Mälarhöjden OK | 21:47 | 5:30 | 2:49 | 2:48 | 1:26 | 1:51 | 2:52 | 1:42 | 1:47 | 1:02 |
| | | | 5:30 | 8:19 | 11:07 | 12:33 | 14:24 | 17:16 | 18:58 | 20:45 | 21:47 |
| 10 | Douglas Hicks Rämme IFK Lidingö SOK | 21:49 | 5:32 | 2:46 | 2:52 | 1:25 | 1:54 | 2:49 | 1:43 | 1:43 | 1:05 |
| | | | 5:32 | 8:18 | 11:10 | 12:35 | 14:29 | 17:18 | 19:01 | 20:44 | 21:49 |
| 11 | Gustav Storell Haninge SOK | 22:35 | 4:59 | 2:27 | 2:52 | 1:46 | 2:10 | 3:05 | 2:23 | 1:51 | 1:02 |
| | | | 4:59 | 7:26 | 10:18 | 12:04 | 14:14 | 17:19 | 19:42 | 21:33 | 22:35 |
| 12 | Ebba Timan Järla Orientering | 22:58 | 5:15 | 2:38 | 2:43 | 1:35 | 2:08 | 3:08 | 2:14 | 2:11 | 1:06 |
| | | | 5:15 | 7:53 | 10:36 | 12:11 | 14:19 | 17:27 | 19:41 | 21:52 | 22:58 |
| 13 | Olivia Engel OK Ravinen | 23:05 | 4:38 | 2:42 | 2:51 | 1:39 | 2:06 | 3:15 | 2:08 | 2:23 | 1:23 |
| | | | 4:38 | 7:20 | 10:11 | 11:50 | 13:56 | 17:11 | 19:19 | 21:42 | 23:05 |
| 14 | Andreas Boräng Snättringe SK | 23:32 | 5:38 | 2:38 | 2:24 | 1:38 | 1:50 | 3:50 | 2:09 | 2:21 | 1:04 |
| | | | 5:38 | 8:16 | 10:40 | 12:18 | 14:08 | 17:58 | 20:07 | 22:28 | 23:32 |
| 15 | Jacob Wolgast Snättringe SK | 23:33 | 5:36 | 2:27 | 2:32 | 1:35 | 1:57 | 3:32 | 2:28 | 2:25 | 1:01 |
| | | | 5:36 | 8:03 | 10:35 | 12:10 | 14:07 | 17:39 | 20:07 | 22:32 | 23:33 |
| 16 | Johan Fredholm Snättringe SK | 23:41 | 5:41 | 2:38 | 2:26 | 1:35 | 1:58 | 3:41 | 2:10 | 2:30 | 1:02 |
| | | | 5:41 | 8:19 | 10:45 | 12:20 | 14:18 | 17:59 | 20:09 | 22:39 | 23:41 |
| 17 | Lina Torbiörnsson Järla Orientering | 23:44 | 4:51 | 2:50 | 2:59 | 1:41 | 2:29 | 2:58 | 2:25 | 2:17 | 1:14 |
| | | | 4:51 | 7:41 | 10:40 | 12:21 | 14:50 | 17:48 | 20:13 | 22:30 | 23:44 |
| | Edvin Skantze Sundbybergs IK | 23:44 | 5:27 | 2:42 | 3:22 | 1:57 | 2:03 | 2:57 | 2:04 | 2:05 | 1:07 |
| | | | 5:27 | 8:09 | 11:31 | 13:28 | 15:31 | 18:28 | 20:32 | 22:37 | 23:44 |
| 19 | Olle Edfeldt Hellas Orientering | 24:48 | 5:56 | 3:11 | 2:59 | 1:47 | 2:19 | 3:10 | 2:21 | 2:04 | 1:01 |
| | | | 5:56 | 9:07 | 12:06 | 13:53 | 16:12 | 19:22 | 21:43 | 23:47 | 24:48 |
| 20 | Egill Eineborg Hellas Orientering | 24:50 | 5:58 | 3:19 | 2:51 | 1:41 | 2:29 | 3:15 | 2:10 | 2:03 | 1:04 |
| | | | 5:58 | 9:17 | 12:08 | 13:49 | 16:18 | 19:33 | 21:43 | 23:46 | 24:50 |
| | Hjalmar Alfredsson Hellas Orientering | 24:50 | 6:02 | 3:08 | 2:53 | 1:56 | 2:16 | 3:04 | 2:26 | 1:53 | 1:12 |
| | | | 6:02 | 9:10 | 12:03 | 13:59 | 16:15 | 19:19 | 21:45 | 23:38 | 24:50 |
| 22 | Erik Månsson Södertälje IF | 25:38 | 5:12 | 2:57 | 3:55 | 1:32 | 3:10 | 3:34 | 2:18 | 2:00 | 1:00 |
| | | | 5:12 | 8:09 | 12:04 | 13:36 | 16:46 | 20:20 | 22:38 | 24:38 | 25:38 |
| 23 | Hilda Bengtsson Södertälje IF | 25:46 | 5:29 | 3:20 | 3:25 | 2:04 | 2:31 | 3:39 | 2:33 | 1:43 | 1:02 |
| | | | 5:29 | 8:49 | 12:14 | 14:18 | 16:49 | 20:28 | 23:01 | 24:44 | 25:46 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | |
|----|--|----------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Hanna Andersson Skogsluffarnas OK | 27:55 | 7:17 | 3:08 | 3:35 | 1:55 | 2:23 | 3:25 | 2:43 | 2:21 | 1:08 |
| | | | 7:17 | 10:25 | 14:00 | 15:55 | 18:18 | 21:43 | 24:26 | 26:47 | 27:55 |
| 25 | Klara Nilsson Skogsluffarnas OK | 27:56 | 7:12 | 3:15 | 3:34 | 1:52 | 2:25 | 3:24 | 2:45 | 2:23 | 1:06 |
| | | | 7:12 | 10:27 | 14:01 | 15:53 | 18:18 | 21:42 | 24:27 | 26:50 | 27:56 |
| 26 | Noa Mäkinen Skogsluffarnas OK | 28:06 | 6:05 | 4:39 | 3:13 | 2:52 | 2:27 | 2:59 | 2:19 | 2:14 | 1:18 |
| | | | 6:05 | 10:44 | 13:57 | 16:49 | 19:16 | 22:15 | 24:34 | 26:48 | 28:06 |
| 27 | Klara Holst IFK Lidingö SOK | 28:26 | 6:12 | 3:44 | 3:15 | 2:04 | 2:52 | 2:56 | 2:15 | 4:02 | 1:06 |
| | | | 6:12 | 9:56 | 13:11 | 15:15 | 18:07 | 21:03 | 23:18 | 27:20 | 28:26 |
| 28 | Malte Albinsson OK Österåker | 28:50 | 9:03 | 2:54 | 2:47 | 1:56 | 2:34 | 3:06 | 2:57 | 2:22 | 1:11 |
| | | | 9:03 | 11:57 | 14:44 | 16:40 | 19:14 | 22:20 | 25:17 | 27:39 | 28:50 |
| 29 | Hampus Glanshed Haninge SOK | 29:31 | 6:12 | 3:30 | 3:37 | 1:57 | 3:29 | 3:52 | 2:37 | 2:42 | 1:35 |
| | | | 6:12 | 9:42 | 13:19 | 15:16 | 18:45 | 22:37 | 25:14 | 27:56 | 29:31 |
| 30 | Alexander Thulin Skogsluffarnas OK | 30:28 | 5:59 | 4:29 | 3:42 | 2:30 | 2:50 | 4:45 | 2:41 | 2:22 | 1:10 |
| | | | 5:59 | 10:28 | 14:10 | 16:40 | 19:30 | 24:15 | 26:56 | 29:18 | 30:28 |
| 31 | Wilma Leickt Tullinge SK | 30:40 | 5:24 | 2:35 | 3:05 | 1:49 | 10:01 | 2:55 | 2:12 | 1:41 | 0:58 |
| | | | 5:24 | 7:59 | 11:04 | 12:53 | 22:54 | 25:49 | 28:01 | 29:42 | 30:40 |
| 32 | Evelina Ott Tumba-Mälardalens OK | 30:48 | 6:49 | 3:22 | 3:43 | 2:21 | 3:43 | 3:39 | 3:20 | 2:28 | 1:23 |
| | | | 6:49 | 10:11 | 13:54 | 16:15 | 19:58 | 23:37 | 26:57 | 29:25 | 30:48 |
| 33 | Agnes Damberg IFK Lidingö SOK | 31:25 | 6:10 | 3:33 | 2:31 | 1:40 | 9:15 | 3:10 | 1:53 | 2:15 | 0:58 |
| | | | 6:10 | 9:43 | 12:14 | 13:54 | 23:09 | 26:19 | 28:12 | 30:27 | 31:25 |
| 34 | Signe Hillerhag IFK Lidingö SOK | 31:27 | 6:09 | 3:40 | 2:27 | 1:37 | 9:18 | 3:10 | 1:52 | 2:16 | 0:58 |
| | | | 6:09 | 9:49 | 12:16 | 13:53 | 23:11 | 26:21 | 28:13 | 30:29 | 31:27 |
| 35 | Klara Andersson Täby OK | 31:40 | 6:31 | 3:45 | 3:44 | 2:22 | 3:00 | 4:24 | 3:37 | 2:49 | 1:28 |
| | | | 6:31 | 10:16 | 14:00 | 16:22 | 19:22 | 23:46 | 27:23 | 30:12 | 31:40 |
| 36 | Simon Bergsström-Grev Snättringe SK | 31:48 | 8:32 | 4:09 | 4:17 | 2:29 | 3:01 | 4:08 | 1:58 | 2:10 | 1:04 |
| | | | 8:32 | 12:41 | 16:58 | 19:27 | 22:28 | 26:36 | 28:34 | 30:44 | 31:48 |
| 37 | Erik Frankling IFK Lidingö SOK | 32:06 | 6:49 | 3:31 | 3:43 | 2:24 | 3:38 | 4:31 | 4:00 | 2:16 | 1:14 |
| | | | 6:49 | 10:20 | 14:03 | 16:27 | 20:05 | 24:36 | 28:36 | 30:52 | 32:06 |
| 38 | Josefin Ahl Skogsluffarnas OK | 32:18 | 6:52 | 4:48 | 3:44 | 2:35 | 3:28 | 3:57 | 2:50 | 2:48 | 1:16 |
| | | | 6:52 | 11:40 | 15:24 | 17:59 | 21:27 | 25:24 | 28:14 | 31:02 | 32:18 |
| 39 | Henning Falkenström Skogsluffarnas OK | 34:39 | 7:18 | 4:23 | 3:53 | 2:26 | 2:48 | 5:17 | 4:28 | 2:40 | 1:26 |
| | | | 7:18 | 11:41 | 15:34 | 18:00 | 20:48 | 26:05 | 30:33 | 33:13 | 34:39 |
| 40 | Majken Lindqvist Skogsluffarnas OK | 34:40 | 7:40 | 4:31 | 4:07 | 3:01 | 2:42 | 4:32 | 4:25 | 2:20 | 1:22 |
| | | | 7:40 | 12:11 | 16:18 | 19:19 | 22:01 | 26:33 | 30:58 | 33:18 | 34:40 |
| 41 | Elin Wolgast Snättringe SK | 35:51 | 8:19 | 4:22 | 4:37 | 2:27 | 3:06 | 4:26 | 4:00 | 3:29 | 1:05 |
| | | | 8:19 | 12:41 | 17:18 | 19:45 | 22:51 | 27:17 | 31:17 | 34:46 | 35:51 |
| 42 | Klara Stenback Skarpnäcks OL | 38:36 | 7:49 | 5:16 | 4:33 | 2:08 | 2:57 | 5:33 | 5:47 | 3:24 | 1:09 |
| | | | 7:49 | 13:05 | 17:38 | 19:46 | 22:43 | 28:16 | 34:03 | 37:27 | 38:36 |
| 43 | Zeb van Liemt Skarpnäcks OL | 39:11 | 7:35 | 4:32 | 4:20 | 2:49 | 4:41 | 6:57 | 4:30 | 2:30 | 1:17 |
| | | | 7:35 | 12:07 | 16:27 | 19:16 | 23:57 | 30:54 | 35:24 | 37:54 | 39:11 |
| 44 | Leo Walkenström Bohlin Skarpnäcks OL | 39:12 | 8:00 | 5:17 | 4:27 | 2:10 | 3:21 | 5:10 | 5:39 | 3:32 | 1:36 |
| | | | 8:00 | 13:17 | 17:44 | 19:54 | 23:15 | 28:25 | 34:04 | 37:36 | 39:12 |
| 45 | Truls Mansén Skarpnäcks OL | 39:16 | 7:39 | 4:35 | 4:15 | 2:48 | 4:40 | 6:36 | 4:43 | 2:43 | 1:17 |
| | | | 7:39 | 12:14 | 16:29 | 19:17 | 23:57 | 30:33 | 35:16 | 37:59 | 39:16 |
| 46 | Hampus Alzén Gustavsbergs OK | 40:14 | 14:40 | 3:40 | 4:01 | 2:35 | 3:01 | 5:31 | 3:05 | 2:07 | 1:34 |
| | | | 14:40 | 18:20 | 22:21 | 24:56 | 27:57 | 33:28 | 36:33 | 38:40 | 40:14 |
| | Filippa Hallberg Snättringe SK | Ej godk. | 6:00 | | | 2:15 | 3:00 | 4:22 | 2:13 | 1:42 | 1:09 |
| | | | 6:00 | | 12:09 | 14:24 | 17:24 | 21:46 | 23:59 | 25:41 | 26:50 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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Pl Namn/Förening Sluttid Sträcktid

| Ung12 Sträcka 3 | | 2330 m | | | 29 anmälda | | | | | | |
|-----------------|---|--------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Johannes Elvin Södertälje IF | 17:59 | 4:23 | 2:02 | 2:22 | 1:13 | 1:29 | 2:11 | 1:50 | 1:35 | 0:54 |
| | | | 4:23 | 6:25 | 8:47 | 10:00 | 11:29 | 13:40 | 15:30 | 17:05 | 17:59 |
| 2 | Olle Kallur OK Ravinen | 18:21 | 3:42 | 1:55 | 1:56 | 1:10 | 3:41 | 2:05 | 1:26 | 1:31 | 0:55 |
| | | | 3:42 | 5:37 | 7:33 | 8:43 | 12:24 | 14:29 | 15:55 | 17:26 | 18:21 |
| 3 | Oliver Sjögren Bromma-Vällingby SOK | 19:41 | 4:09 | 2:14 | 2:18 | 1:18 | 1:44 | 3:37 | 1:26 | 1:56 | 0:59 |
| | | | 4:09 | 6:23 | 8:41 | 9:59 | 11:43 | 15:20 | 16:46 | 18:42 | 19:41 |
| 4 | Tilda Mårtensson OK Ravinen | 19:51 | 6:44 | 2:00 | 2:12 | 1:14 | 1:40 | 2:04 | 1:29 | 1:31 | 0:57 |
| | | | 6:44 | 8:44 | 10:56 | 12:10 | 13:50 | 15:54 | 17:23 | 18:54 | 19:51 |
| 5 | Theodor Holmström Skogsluffarnas OK | 21:40 | 5:00 | 2:27 | 2:35 | 1:29 | 2:14 | 2:55 | 2:13 | 1:41 | 1:06 |
| | | | 5:00 | 7:27 | 10:02 | 11:31 | 13:45 | 16:40 | 18:53 | 20:34 | 21:40 |
| 6 | Åke Falkenström Skogsluffarnas OK | 21:59 | 4:55 | 2:43 | 2:32 | 1:31 | 2:14 | 2:51 | 2:17 | 1:41 | 1:15 |
| | | | 4:55 | 7:38 | 10:10 | 11:41 | 13:55 | 16:46 | 19:03 | 20:44 | 21:59 |
| 7 | Alva Lidström Lauri Snättringe SK | 22:06 | 5:16 | 2:24 | 2:28 | 1:18 | 2:26 | 2:57 | 2:19 | 1:48 | 1:10 |
| | | | 5:16 | 7:40 | 10:08 | 11:26 | 13:52 | 16:49 | 19:08 | 20:56 | 22:06 |
| 8 | Katja Leickt Tullinge SK | 22:18 | 5:06 | 2:23 | 2:42 | 1:35 | 1:57 | 3:40 | 1:54 | 1:47 | 1:14 |
| | | | 5:06 | 7:29 | 10:11 | 11:46 | 13:43 | 17:23 | 19:17 | 21:04 | 22:18 |
| 9 | Elmin Hovmöller Tumba-Mälarhöjden OK | 22:25 | 86:22 | | 2:42 | 1:28 | 1:40 | 3:12 | 3:00 | 1:39 | 1:01 |
| | | | 86:22 | 7:43 | 10:25 | 11:53 | 13:33 | 16:45 | 19:45 | 21:24 | 22:25 |
| 10 | Sixten Lindqvist Skogsluffarnas OK | 23:10 | 5:40 | 2:51 | 2:33 | 2:18 | 1:54 | 2:44 | 1:58 | 2:05 | 1:07 |
| | | | 5:40 | 8:31 | 11:04 | 13:22 | 15:16 | 18:00 | 19:58 | 22:03 | 23:10 |
| 11 | Nancy Nilsson Järla Orientering | 23:12 | 4:37 | 2:48 | 2:30 | 1:56 | 1:58 | 2:41 | 3:36 | 2:03 | 1:03 |
| | | | 4:37 | 7:25 | 9:55 | 11:51 | 13:49 | 16:30 | 20:06 | 22:09 | 23:12 |
| 12 | Sandra Nilsson Bromma-Vällingby SOK | 25:21 | 6:51 | 2:38 | 3:23 | 1:45 | 1:57 | 3:21 | 2:22 | 1:53 | 1:11 |
| | | | 6:51 | 9:29 | 12:52 | 14:37 | 16:34 | 19:55 | 22:17 | 24:10 | 25:21 |
| 13 | Jennifer Ornic Snättringe SK | 25:41 | 5:57 | 3:10 | 3:26 | 1:56 | 2:02 | 3:42 | 2:28 | 1:56 | 1:04 |
| | | | 5:57 | 9:07 | 12:33 | 14:29 | 16:31 | 20:13 | 22:41 | 24:37 | 25:41 |
| 14 | Tilde Mansén Skarpnäcks OL | 26:03 | 6:10 | 3:12 | 2:56 | 1:57 | 2:25 | 3:39 | 2:25 | 2:07 | 1:12 |
| | | | 6:10 | 9:22 | 12:18 | 14:15 | 16:40 | 20:19 | 22:44 | 24:51 | 26:03 |
| 15 | Lisa Thunell IFK Lidingö SOK | 26:06 | 7:14 | 2:35 | 2:58 | 1:51 | 1:54 | 3:21 | 2:52 | 2:15 | 1:06 |
| | | | 7:14 | 9:49 | 12:47 | 14:38 | 16:32 | 19:53 | 22:45 | 25:00 | 26:06 |
| 16 | Carl Claesson Skogsluffarnas OK | 27:25 | 6:49 | 3:32 | 3:43 | 2:03 | 2:45 | 4:05 | 2:38 | 2:35 | |
| | | | 6:49 | 10:21 | 14:04 | 16:07 | 18:52 | 22:57 | 25:35 | 28:10 | 27:25 |
| 17 | Noel Hellberg Sundbybergs IK | 27:36 | 6:08 | 3:25 | 3:22 | 1:52 | 2:03 | 3:32 | 2:59 | 2:50 | 1:25 |
| | | | 6:08 | 9:33 | 12:55 | 14:47 | 16:50 | 20:22 | 23:21 | 26:11 | 27:36 |
| 18 | Nico Stalås Hörnsten OK Österåker | 28:04 | 6:06 | 3:22 | 3:23 | 2:20 | 2:57 | 4:09 | 2:29 | 1:59 | 1:19 |
| | | | 6:06 | 9:28 | 12:51 | 15:11 | 18:08 | 22:17 | 24:46 | 26:45 | 28:04 |
| 19 | Nora Lundin Skogsluffarnas OK | 28:23 | 6:49 | 3:39 | 4:03 | 1:52 | 2:25 | 4:07 | 1:58 | 2:24 | 1:06 |
| | | | 6:49 | 10:28 | 14:31 | 16:23 | 18:48 | 22:55 | 24:53 | 27:17 | 28:23 |
| 20 | Moa Alesved Järla Orientering | 28:33 | 12:24 | 2:25 | 2:30 | 1:24 | 2:01 | 2:31 | 2:45 | 1:36 | 0:57 |
| | | | 12:24 | 14:49 | 17:19 | 18:43 | 20:44 | 23:15 | 26:00 | 27:36 | 28:33 |
| 21 | Lovisa Nordquist Täby OK | 28:43 | 5:59 | 3:01 | 2:48 | 2:35 | 2:31 | 3:38 | 3:11 | 3:47 | 1:13 |
| | | | 5:59 | 9:00 | 11:48 | 14:23 | 16:54 | 20:32 | 23:43 | 27:30 | 28:43 |
| 22 | Leo Pennebrink Snättringe SK | 28:51 | 8:13 | 3:22 | 4:42 | 1:42 | 2:28 | 3:16 | 2:08 | 1:53 | 1:07 |
| | | | 8:13 | 11:35 | 16:17 | 17:59 | 20:27 | 23:43 | 25:51 | 27:44 | 28:51 |
| 23 | Oskar Ekner Snättringe SK | 29:31 | 8:15 | 3:19 | 5:02 | 1:21 | 2:31 | 3:18 | 2:19 | 2:11 | 1:15 |
| | | | 8:15 | 11:34 | 16:36 | 17:57 | 20:28 | 23:46 | 26:05 | 28:16 | 29:31 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

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| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | |
|----|-------------------------------------|----------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24 | Moa Glanshed Haninge SOK | 30:59 | 6:30 | 4:12 | 4:11 | 2:20 | 3:22 | 3:45 | 2:26 | 2:41 | 1:32 |
| | | | 6:30 | 10:42 | 14:53 | 17:13 | 20:35 | 24:20 | 26:46 | 29:27 | 30:59 |
| 25 | Robin Hernodh Hellas Orientering | 41:31 | 21:26 | 3:08 | 2:52 | 1:25 | 2:16 | 3:19 | 2:50 | 3:12 | 1:03 |
| | | | 21:26 | 24:34 | 27:26 | 28:51 | 31:07 | 34:26 | 37:16 | 40:28 | 41:31 |
| 26 | Palle Stegard Skarpnäcks OL | 51:19 | 7:35 | 4:37 | 19:47 | 2:35 | 3:17 | 5:18 | 3:38 | 3:01 | 1:31 |
| | | | 7:35 | 12:12 | 31:59 | 34:34 | 37:51 | 43:09 | 46:47 | 49:48 | 51:19 |
| | Elsa Käll | Ej godk. | | | | | | | | | |
| | Tumba-Mälarhöjden OK | | | | | | | | | | |
| | Hector Bergqvist | Ej godk. | | | | | | | | | |
| | Gustavsbergs OK | | | | | | | | | | |

**Sträcktidresultatlista DM Stafett Stockholm
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Pl Namn/Förening Sluttid Sträcktid

Ung16 Sträcka 1 2560 m 3 anmälda

| | | | | | | | | | |
|-----------------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| 1 Erik Wretö | 31:10 | 6:17 | 4:08 | 6:45 | 1:30 | 8:19 | 1:56 | 1:20 | 0:55 |
| IFK Lidingö SOK | | 6:17 | 10:25 | 17:10 | 18:40 | 26:59 | 28:55 | 30:15 | 31:10 |

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Pl Namn/Förening Sluttid Sträcktid

Ung16 Sträcka 2 3410 m 5 anmälda

| | | | | | | | | | | | |
|------------------|--------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|
| 1 Pavel Kuzminov | 165:14 | 27:52 | 37:48 | 8:53 | 7:55 | 31:09 | 27:07 | 7:09 | 10:38 | 5:31 | 1:12 |
| IFK Lidingö SOK | | 27:52 | 65:40 | 74:33 | 82:28 | 113:37 | 140:44 | 147:53 | 158:31 | 164:02 | 165:14 |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 82

Pl Namn/Förening Sluttid Sträcktid

Ung16 Sträcka 3 2560 m 3 anmälda

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 83

Pl Namn/Förening Sluttid Sträcktid

| Öppen17 Sträcka 1 | | 3410 m | | 20 anmälda | | | | | | | | |
|-------------------|--------------------------------------|--------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Anton Gumaelius Waxholms OK | 26:46 | 3:22 | 4:46 | 3:58 | 1:25 | 3:48 | 3:09 | 1:24 | 2:24 | 1:41 | 0:49 |
| | | | 3:22 | 8:08 | 12:06 | 13:31 | 17:19 | 20:28 | 21:52 | 24:16 | 25:57 | 26:46 |
| 2 | Mårten Anterud Väsby OK | 29:09 | 3:39 | 5:46 | 1:58 | 1:25 | 4:45 | 3:12 | 1:53 | 3:16 | 2:11 | 1:04 |
| | | | 3:39 | 9:25 | 11:23 | 12:48 | 17:33 | 20:45 | 22:38 | 25:54 | 28:05 | 29:09 |
| 3 | Anna-Maja Svensson Söders-Tyresö | 31:49 | 4:17 | 5:29 | 2:16 | 1:40 | 5:36 | 4:02 | 1:56 | 3:41 | 1:53 | 0:59 |
| | | | 4:17 | 9:46 | 12:02 | 13:42 | 19:18 | 23:20 | 25:16 | 28:57 | 30:50 | 31:49 |
| 4 | Oscar Sturk Waxholms OK | 33:05 | 3:44 | 6:15 | 2:35 | 2:02 | 5:45 | 3:41 | 1:56 | 4:36 | 1:48 | 0:43 |
| | | | 3:44 | 9:59 | 12:34 | 14:36 | 20:21 | 24:02 | 25:58 | 30:34 | 32:22 | 33:05 |
| 5 | Mats Larsson IFK Enskede | 36:40 | 10:00 | 5:53 | 2:23 | 1:27 | 5:51 | 3:02 | 1:53 | 3:02 | 2:12 | 0:57 |
| | | | 10:00 | 15:53 | 18:16 | 19:43 | 25:34 | 28:36 | 30:29 | 33:31 | 35:43 | 36:40 |
| 6 | Per Wolgast Snättringe SK | 36:47 | 4:46 | 7:55 | 4:14 | 1:50 | 6:30 | 3:29 | 1:50 | 3:05 | 2:08 | 1:00 |
| | | | 4:46 | 12:41 | 16:55 | 18:45 | 25:15 | 28:44 | 30:34 | 33:39 | 35:47 | 36:47 |
| 7 | Leo Lindén OK Älvsjö-Örby | 38:19 | 5:01 | 7:51 | 3:12 | 2:38 | 6:19 | 3:51 | 3:06 | 3:06 | 2:26 | 0:49 |
| | | | 5:01 | 12:52 | 16:04 | 18:42 | 25:01 | 28:52 | 31:58 | 35:04 | 37:30 | 38:19 |
| 8 | Anders Röstin OK Älvsjö-Örby | 40:23 | 4:33 | 8:47 | 2:29 | 1:51 | 7:40 | 4:57 | 3:13 | 3:40 | 2:15 | 0:58 |
| | | | 4:33 | 13:20 | 15:49 | 17:40 | 25:20 | 30:17 | 33:30 | 37:10 | 39:25 | 40:23 |
| 9 | Isabelle Sjöberg OK Österåker | 40:38 | 5:13 | 7:43 | 3:21 | 2:13 | 7:14 | 4:44 | 3:19 | 3:25 | 2:36 | 0:50 |
| | | | 5:13 | 12:56 | 16:17 | 18:30 | 25:44 | 30:28 | 33:47 | 37:12 | 39:48 | 40:38 |
| 10 | Martin Ahlström IFK Enskede | 48:30 | 12:04 | 11:43 | 2:06 | 1:41 | 8:54 | 4:25 | 2:07 | 2:57 | 1:49 | 0:44 |
| | | | 12:04 | 23:47 | 25:53 | 27:34 | 36:28 | 40:53 | 43:00 | 45:57 | 47:46 | 48:30 |
| 11 | Johnny Rahlén OK Ravinen | 48:39 | 6:27 | 8:04 | 5:42 | 1:46 | 10:30 | 6:00 | 2:50 | 3:49 | 2:37 | 0:54 |
| | | | 6:27 | 14:31 | 20:13 | 21:59 | 32:29 | 38:29 | 41:19 | 45:08 | 47:45 | 48:39 |
| 12 | Hans Peinerud Centrum OK | 56:07 | 3:47 | 10:24 | 2:40 | 5:32 | 21:29 | 3:42 | 2:26 | 3:28 | 1:51 | 0:48 |
| | | | 3:47 | 14:11 | 16:51 | 22:23 | 43:52 | 47:34 | 50:00 | 53:28 | 55:19 | 56:07 |
| 13 | Jan Lindh Sundbybergs IK | 56:33 | 6:57 | 8:50 | 9:07 | 2:08 | 10:21 | 4:46 | 2:56 | 7:08 | 3:00 | 1:20 |
| | | | 6:57 | 15:47 | 24:54 | 27:02 | 37:23 | 42:09 | 45:05 | 52:13 | 55:13 | 56:33 |
| 14 | Eva Persson OK Österåker | 58:10 | 5:23 | 7:44 | 4:03 | 2:35 | 22:42 | 4:44 | 2:45 | 4:18 | 3:00 | 0:56 |
| | | | 5:23 | 13:07 | 17:10 | 19:45 | 42:27 | 47:11 | 49:56 | 54:14 | 57:14 | 58:10 |
| 15 | Göran Modin Bromma-Vällingby SOK | 61:18 | 8:33 | 8:58 | 3:10 | 1:39 | 24:45 | 4:18 | 2:36 | 3:59 | 2:21 | 0:59 |
| | | | 8:33 | 17:31 | 20:41 | 22:20 | 47:05 | 51:23 | 53:59 | 57:58 | 60:19 | 61:18 |
| 16 | Sylvia Myhr Lilja Gustavsbergs OK | 63:01 | 5:37 | 17:05 | 4:37 | 7:56 | 7:14 | 4:50 | 4:51 | 7:01 | 2:35 | 1:15 |
| | | | 5:37 | 22:42 | 27:19 | 35:15 | 42:29 | 47:19 | 52:10 | 59:11 | 61:46 | 63:01 |
| 17 | Robert Cole Väsby OK | 71:00 | 14:45 | 20:36 | 3:15 | 5:25 | 11:58 | 5:35 | 2:24 | 3:53 | 2:08 | 1:01 |
| | | | 14:45 | 35:21 | 38:36 | 44:01 | 55:59 | 61:34 | 63:58 | 67:51 | 69:59 | 71:00 |
| 18 | Lotta Tapper IFK Lidingö SOK | 74:33 | 7:28 | 13:55 | 25:43 | 2:30 | 9:17 | 5:28 | 2:44 | 4:00 | 2:30 | 0:58 |
| | | | 7:28 | 21:23 | 47:06 | 49:36 | 58:53 | 64:21 | 67:05 | 71:05 | 73:35 | 74:33 |
| 19 | Anna Karin Åberg OK Älvsjö-Örby | 79:17 | 5:50 | 28:06 | 6:45 | 2:29 | 14:58 | 5:48 | 3:22 | 8:47 | 2:27 | 0:45 |
| | | | 5:50 | 33:56 | 40:41 | 43:10 | 58:08 | 63:56 | 67:18 | 76:05 | 78:32 | 79:17 |
| 20 | Anneli Wendelius IFK Lidingö SOK | 83:57 | 43:58 | 12:33 | 4:00 | 2:06 | 8:38 | 4:06 | 2:15 | 3:22 | 2:04 | 0:55 |
| | | | 43:58 | 56:31 | 60:31 | 62:37 | 71:15 | 75:21 | 77:36 | 80:58 | 83:02 | 83:57 |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 84

Pl Namn/Förening Sluttid Sträcktid

| Öppen17 Sträcka 2 | 3400 m | 32 anmälda | | | | | | | | | |
|--|--------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Nils Gumaelius Waxholms OK | 32:41 | 6:14 | 5:26 | 2:13 | 1:39 | 5:21 | 3:34 | 2:03 | 2:52 | 2:01 | 1:18 |
| | | 6:14 | 11:40 | 13:53 | 15:32 | 20:53 | 24:27 | 26:30 | 29:22 | 31:23 | 32:41 |
| 2 Elias Röstin Söders-Tyresö | 32:57 | 5:31 | 5:31 | 2:08 | 1:34 | 6:05 | 4:11 | 2:09 | 3:16 | 1:37 | 0:55 |
| | | 5:31 | 11:02 | 13:10 | 14:44 | 20:49 | 25:00 | 27:09 | 30:25 | 32:02 | 32:57 |
| 3 Per Knutes IFK Enskede | 34:24 | 4:33 | 9:50 | 2:27 | 1:33 | 5:01 | 3:01 | 2:25 | 3:20 | 1:28 | 0:46 |
| | | 4:33 | 14:23 | 16:50 | 18:23 | 23:24 | 26:25 | 28:50 | 32:10 | 33:38 | 34:24 |
| 4 Magnus Bolander Snättringe SK | 38:42 | 6:22 | 6:09 | 2:34 | 2:22 | 7:50 | 4:22 | 2:35 | 3:56 | 1:43 | 0:49 |
| | | 6:22 | 12:31 | 15:05 | 17:27 | 25:17 | 29:39 | 32:14 | 36:10 | 37:53 | 38:42 |
| 5 Rene Ballnus Snättringe SK | 38:45 | 6:19 | 6:14 | 2:34 | 2:17 | 7:55 | 4:22 | 2:37 | 3:56 | 1:41 | 0:50 |
| | | 6:19 | 12:33 | 15:07 | 17:24 | 25:19 | 29:41 | 32:18 | 36:14 | 37:55 | 38:45 |
| 6 Emil Elmarsson Waxholms OK | 39:19 | 5:39 | 7:17 | 2:45 | 5:18 | 5:46 | 4:01 | 2:27 | 3:24 | 1:52 | 0:50 |
| | | 5:39 | 12:56 | 15:41 | 20:59 | 26:45 | 30:46 | 33:13 | 36:37 | 38:29 | 39:19 |
| 7 Jenny Ekström OK Österåker | 40:21 | 5:25 | 6:48 | 3:29 | 2:10 | 6:57 | 3:39 | 3:47 | 5:13 | 1:52 | 1:01 |
| | | 5:25 | 12:13 | 15:42 | 17:52 | 24:49 | 28:28 | 32:15 | 37:28 | 39:20 | 40:21 |
| 8 Elisabeth Hovmöller OK Älvsjö-Örby | 42:19 | 6:32 | 6:29 | 7:56 | 1:38 | 6:16 | 4:02 | 2:35 | 3:35 | 2:10 | 1:06 |
| | | 6:32 | 13:01 | 20:57 | 22:35 | 28:51 | 32:53 | 35:28 | 39:03 | 41:13 | 42:19 |
| 9 Martina Sundberg IFK Enskede | 42:32 | 6:25 | 9:25 | 3:05 | 2:10 | 7:05 | 4:21 | 2:49 | 3:44 | 2:20 | 1:08 |
| | | 6:25 | 15:50 | 18:55 | 21:05 | 28:10 | 32:31 | 35:20 | 39:04 | 41:24 | 42:32 |
| 10 Ewelyn IFK Lidingö SOK | 43:49 | 5:46 | 8:09 | 3:06 | 1:35 | 9:03 | 7:16 | 2:08 | 3:57 | 1:54 | 0:55 |
| | | 5:46 | 13:55 | 17:01 | 18:36 | 27:39 | 34:55 | 37:03 | 41:00 | 42:54 | 43:49 |
| 11 Marie Enoksson OK Österåker | 45:22 | 7:51 | 7:52 | 3:29 | 2:09 | 8:30 | 4:34 | 2:42 | 5:11 | 2:04 | 1:00 |
| | | 7:51 | 15:43 | 19:12 | 21:21 | 29:51 | 34:25 | 37:07 | 42:18 | 44:22 | 45:22 |
| 12 Marie Strand OK Österåker | 45:41 | 7:57 | 7:53 | 3:27 | 2:11 | 8:32 | 4:26 | 2:45 | 5:06 | 2:03 | 1:21 |
| | | 7:57 | 15:50 | 19:17 | 21:28 | 30:00 | 34:26 | 37:11 | 42:17 | 44:20 | 45:41 |
| 13 Stefan Annell Bromma-Vällingby SOK | 50:02 | 5:35 | 8:10 | 8:38 | 2:25 | 8:04 | 7:39 | 3:07 | 3:30 | 2:05 | 0:49 |
| | | 5:35 | 13:45 | 22:23 | 24:48 | 32:52 | 40:31 | 43:38 | 47:08 | 49:13 | 50:02 |
| 14 Mimmi Westblad OK Ravinen | 50:25 | 7:02 | 11:14 | 5:07 | 2:37 | 7:49 | 5:25 | 3:42 | 4:42 | 1:53 | 0:54 |
| | | 7:02 | 18:16 | 23:23 | 26:00 | 33:49 | 39:14 | 42:56 | 47:38 | 49:31 | 50:25 |
| 15 Lars-Erik Lindell Väsby OK | 55:20 | 9:30 | 10:48 | 3:45 | 2:41 | 9:58 | 5:42 | 3:08 | 5:02 | 3:01 | 1:45 |
| | | 9:30 | 20:18 | 24:03 | 26:44 | 36:42 | 42:24 | 45:32 | 50:34 | 53:35 | 55:20 |
| 16 Henrik Hellborg Centrum OK | 55:52 | 4:25 | 5:15 | 3:31 | 2:02 | 25:20 | 5:04 | 2:44 | 4:41 | 2:04 | 0:46 |
| | | 4:25 | 9:40 | 13:11 | 15:13 | 40:33 | 45:37 | 48:21 | 53:02 | 55:06 | 55:52 |
| 17 Hugo Nilsson OK Älvsjö-Örby | 61:27 | 7:52 | 22:21 | 6:04 | 2:48 | 7:11 | 4:07 | 3:23 | 4:51 | 1:51 | 0:59 |
| | | 7:52 | 30:13 | 36:17 | 39:05 | 46:16 | 50:23 | 53:46 | 58:37 | 60:28 | 61:27 |
| 18 Stefan P Svanström OK Österåker | 62:50 | 7:54 | 10:18 | 4:58 | 5:07 | 10:59 | 9:16 | 5:14 | 5:22 | 2:47 | 0:55 |
| | | 7:54 | 18:12 | 23:10 | 28:17 | 39:16 | 48:32 | 53:46 | 59:08 | 61:55 | 62:50 |
| 19 Lisa Erlandsson OK Österåker | 63:19 | 7:54 | 10:25 | 4:50 | 5:08 | 10:58 | 9:13 | 4:35 | 6:02 | 2:48 | 1:26 |
| | | 7:54 | 18:19 | 23:09 | 28:17 | 39:15 | 48:28 | 53:03 | 59:05 | 61:53 | 63:19 |
| 20 Jessica Röös OK Älvsjö-Örby | 64:51 | 13:04 | 9:07 | 11:20 | 2:34 | 11:46 | 5:25 | 3:08 | 5:14 | 2:07 | 1:06 |
| | | 13:04 | 22:11 | 33:31 | 36:05 | 47:51 | 53:16 | 56:24 | 61:38 | 63:45 | 64:51 |
| 21 Stina Boräng Snättringe SK | 65:02 | 7:27 | 9:52 | 4:38 | 3:01 | 12:00 | 10:06 | 3:34 | 10:37 | 2:42 | 1:05 |
| | | 7:27 | 17:19 | 21:57 | 24:58 | 36:58 | 47:04 | 50:38 | 61:15 | 63:57 | 65:02 |
| 22 Patrik Wendelius IFK Lidingö SOK | 68:26 | 9:30 | 8:37 | 2:29 | 4:00 | 7:14 | 13:19 | 3:00 | 17:47 | 1:35 | 0:55 |
| | | 9:30 | 18:07 | 20:36 | 24:36 | 31:50 | 45:09 | 48:09 | 65:56 | 67:31 | 68:26 |
| 23 Peter Sjöstedt Sundbybergs IK | 71:10 | 8:28 | 26:17 | 4:22 | 2:37 | 8:33 | 6:44 | 4:07 | 5:38 | 2:54 | 1:30 |
| | | 8:28 | 34:45 | 39:07 | 41:44 | 50:17 | 57:01 | 61:08 | 66:46 | 69:40 | 71:10 |

**Sträcktidresultatlista DM Stafett Stockholm
2013-09-15**

Sida 85

| Pl | Namn/Förening | Sluttid | Sträcktid | | | | | | | | | |
|----|---|----------|-----------|-------|-------|-------|-------|-------|-------|--------|--------|--------|
| 24 | Tomas Tapper IFK Lidingö SOK | 72:18 | 7:11 | 17:18 | 4:22 | 2:25 | 24:38 | 5:51 | 2:47 | 4:26 | 2:05 | 1:15 |
| | | | 7:11 | 24:29 | 28:51 | 31:16 | 55:54 | 61:45 | 64:32 | 68:58 | 71:03 | 72:18 |
| 25 | Annakarin Rahlén OK Ravinen | 75:36 | 10:25 | 15:35 | 5:48 | 3:31 | 14:45 | 8:08 | 4:19 | 7:37 | 3:41 | 1:47 |
| | | | 10:25 | 26:00 | 31:48 | 35:19 | 50:04 | 58:12 | 62:31 | 70:08 | 73:49 | 75:36 |
| 26 | Henrik Boding IFK Lidingö SOK | 75:52 | 7:26 | 11:37 | 4:29 | 2:55 | 33:45 | 4:51 | 3:21 | 4:44 | 1:46 | 0:58 |
| | | | 7:26 | 19:03 | 23:32 | 26:27 | 60:12 | 65:03 | 68:24 | 73:08 | 74:54 | 75:52 |
| 27 | Samuel Kyletoft Väsby OK | 80:19 | 8:01 | 15:15 | 7:02 | 2:50 | 12:46 | 14:50 | 7:28 | 8:27 | 2:15 | 1:25 |
| | | | 8:01 | 23:16 | 30:18 | 33:08 | 45:54 | 60:44 | 68:12 | 76:39 | 78:54 | 80:19 |
| 28 | Yngve Rahlén OK Ravinen | 94:25 | 10:38 | 31:12 | 4:51 | 8:11 | 18:56 | 7:34 | 4:24 | 5:53 | 1:53 | 0:53 |
| | | | 10:38 | 41:50 | 46:41 | 54:52 | 73:48 | 81:22 | 85:46 | 91:39 | 93:32 | 94:25 |
| 29 | Maria IFK Lidingö SOK | 114:55 | 7:21 | 10:48 | 8:29 | 3:09 | 47:45 | 9:46 | 12:21 | 9:28 | 4:38 | 1:10 |
| | | | 7:21 | 18:09 | 26:38 | 29:47 | 77:32 | 87:18 | 99:39 | 109:07 | 113:45 | 114:55 |
| | Carina IFK Lidingö SOK | Ej godk. | 13:37 | 25:14 | 5:10 | 15:50 | | | | | | |
| | | | 13:37 | 38:51 | 44:01 | 59:51 | | | | | 87:38 | |
| | Staffan Bjessmo Bromma-Vällingby SOK | Ej godk. | | | | | | | | | | |

Sträcktidresultatlista DM Stafett Stockholm 2013-09-15

Sida 86

Pl Namn/Förening Sluttid Sträcktid

| Öppen17 Sträcka 3 | | 4560 m | | | 20 anmälda | | | | | | | | |
|-------------------|--|--------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Ludvig Sandahl IFK Enskede | 32:01 | 4:18 | 3:42 | 1:50 | 2:57 | 7:39 | 2:14 | 5:08 | 0:37 | 1:44 | 0:57 | 0:55 |
| | | | 4:18 | 8:00 | 9:50 | 12:47 | 20:26 | 22:40 | 27:48 | 28:25 | 30:09 | 31:06 | 32:01 |
| 2 | Patrik Nilsson Snättringe SK | 35:50 | 4:52 | 4:02 | 2:05 | 3:08 | 9:52 | 3:03 | 5:18 | 0:40 | 1:16 | 0:47 | 0:47 |
| | | | 4:52 | 8:54 | 10:59 | 14:07 | 23:59 | 27:02 | 32:20 | 33:00 | 34:16 | 35:03 | 35:50 |
| 3 | Hans Vedin Söders-Tyresö | 37:57 | 5:23 | 4:40 | 3:06 | 3:15 | 10:07 | 2:26 | 5:21 | 0:47 | 1:09 | 0:51 | 0:52 |
| | | | 5:23 | 10:03 | 13:09 | 16:24 | 26:31 | 28:57 | 34:18 | 35:05 | 36:14 | 37:05 | 37:57 |
| 4 | Stefan Nordström OK Älvsjö-Örby | 38:29 | 4:09 | 4:38 | 2:00 | 3:47 | 10:33 | 3:29 | 5:38 | 0:46 | 1:35 | 0:57 | 0:57 |
| | | | 4:09 | 8:47 | 10:47 | 14:34 | 25:07 | 28:36 | 34:14 | 35:00 | 36:35 | 37:32 | 38:29 |
| 5 | Robin Ekeboom Väsby OK | 38:57 | 5:36 | 4:06 | 1:57 | 3:42 | 13:53 | 1:58 | 4:27 | 0:36 | 1:12 | 0:43 | 0:47 |
| | | | 5:36 | 9:42 | 11:39 | 15:21 | 29:14 | 31:12 | 35:39 | 36:15 | 37:27 | 38:10 | 38:57 |
| 6 | Carina Hallendal IFK Enskede | 40:00 | 5:23 | 4:40 | 3:54 | 3:18 | 10:52 | 2:40 | 4:58 | 1:00 | 1:26 | 0:53 | 0:56 |
| | | | 5:23 | 10:03 | 13:57 | 17:15 | 28:07 | 30:47 | 35:45 | 36:45 | 38:11 | 39:04 | 40:00 |
| 7 | Curt Rahlén OK Ravinen | 42:51 | 6:14 | 4:44 | 2:10 | 3:35 | 11:32 | 3:56 | 5:59 | 0:57 | 1:38 | 0:56 | 1:10 |
| | | | 6:14 | 10:58 | 13:08 | 16:43 | 28:15 | 32:11 | 38:10 | 39:07 | 40:45 | 41:41 | 42:51 |
| 8 | Jan Bergman Sundbybergs IK | 44:38 | 6:38 | 5:14 | 2:55 | 4:01 | 12:22 | 2:52 | 6:11 | 0:57 | 1:33 | 0:58 | 0:57 |
| | | | 6:38 | 11:52 | 14:47 | 18:48 | 31:10 | 34:02 | 40:13 | 41:10 | 42:43 | 43:41 | 44:38 |
| 9 | Erik Edén Waxholms OK | 46:16 | 6:39 | 5:08 | 2:21 | 4:09 | 10:43 | 3:18 | 5:55 | 0:51 | 5:27 | 0:50 | 0:55 |
| | | | 6:39 | 11:47 | 14:08 | 18:17 | 29:00 | 32:18 | 38:13 | 39:04 | 44:31 | 45:21 | 46:16 |
| 10 | Joakim Olsson Väsby OK | 47:04 | 6:20 | 6:18 | 2:16 | 3:40 | 11:12 | 3:11 | 7:16 | 2:25 | 2:17 | 1:01 | 1:08 |
| | | | 6:20 | 12:38 | 14:54 | 18:34 | 29:46 | 32:57 | 40:13 | 42:38 | 44:55 | 45:56 | 47:04 |
| 11 | Aaron Simson-Woods Bromma-Vällingby SOK | 49:55 | 5:47 | 5:44 | 5:00 | 3:29 | 11:31 | 3:28 | 8:44 | 0:55 | 3:28 | 0:57 | 0:52 |
| | | | 5:47 | 11:31 | 16:31 | 20:00 | 31:31 | 34:59 | 43:43 | 44:38 | 48:06 | 49:03 | 49:55 |
| 12 | Anette Lantz OK Österåker | 51:36 | 6:03 | 4:32 | 2:37 | 4:04 | 11:04 | 8:07 | 6:15 | 0:53 | 6:01 | 0:57 | 1:03 |
| | | | 6:03 | 10:35 | 13:12 | 17:16 | 28:20 | 36:27 | 42:42 | 43:35 | 49:36 | 50:33 | 51:36 |
| 13 | Christina Perneby IFK Lidingö SOK | 57:04 | 5:21 | 5:29 | 15:45 | 4:19 | 12:02 | 2:47 | 6:42 | 1:07 | 1:31 | 1:00 | 1:01 |
| | | | 5:21 | 10:50 | 26:35 | 30:54 | 42:56 | 45:43 | 52:25 | 53:32 | 55:03 | 56:03 | 57:04 |
| 14 | Caroline Westbom OK Österåker | 57:47 | 6:58 | 5:52 | 5:15 | 4:24 | 18:30 | 4:03 | 6:55 | 1:08 | 2:18 | 1:03 | 1:21 |
| | | | 6:58 | 12:50 | 18:05 | 22:29 | 40:59 | 45:02 | 51:57 | 53:05 | 55:23 | 56:26 | 57:47 |
| 15 | Kennet Nilsson OK Älvsjö-Örby | 58:53 | 7:55 | 4:56 | 6:50 | 5:02 | 13:27 | 3:10 | 11:30 | 0:49 | 3:27 | 0:55 | 0:52 |
| | | | 7:55 | 12:51 | 19:41 | 24:43 | 38:10 | 41:20 | 52:50 | 53:39 | 57:06 | 58:01 | 58:53 |
| 16 | Per Damberg IFK Lidingö SOK | 63:45 | 12:10 | 7:00 | 2:40 | 4:14 | 16:20 | 8:49 | 7:09 | 1:40 | 1:49 | 0:53 | 1:01 |
| | | | 12:10 | 19:10 | 21:50 | 26:04 | 42:24 | 51:13 | 58:22 | 60:02 | 61:51 | 62:44 | 63:45 |
| 17 | Peter Renberg Waxholms OK | 72:52 | 6:13 | 5:10 | 3:56 | 4:13 | 31:01 | 5:56 | 11:01 | 1:22 | 1:55 | 1:04 | 1:01 |
| | | | 6:13 | 11:23 | 15:19 | 19:32 | 50:33 | 56:29 | 67:30 | 68:52 | 70:47 | 71:51 | 72:52 |