

Resultat – OK Rodhen

2015-08-23

| H80 | (6 / 6) | Tid | Efter |
|----------------------|----------------|------------|--------------|
| 1. Sigurd Wallén | Täby OK | 35:55 | |
| 2. Tage Abrahamsson | Rånäs OK | 39:08 | +3:13 |
| 3. Ragnar Andersson | Häverödals SK | 41:22 | +5:27 |
| 4. Rolf Andersson | Rimbo SOK | 41:25 | +5:30 |
| 5. Lars-Erik Lindell | Väsby OK | 47:33 | +11:38 |
| 6. Sven Eriksson | OK Roslagen | 59:28 | +23:33 |

| H75 | (12 / 12) | Tid | Efter |
|------------------------|----------------------|------------|--------------|
| 1. Martin Engqvist | Upsala IF | 38:49 | |
| 2. Jan-Olof Malm | Sigtuna OK | 43:12 | +4:23 |
| 3. Ulf Åström | OK Roslagen | 45:09 | +6:20 |
| 4. Roine Mattsson | Häverödals SK | 45:26 | +6:37 |
| 5. Stig Jaremalm | Vallentuna-Össeby OL | 49:05 | +10:16 |
| 6. Sven Jacobsson | IF Thor | 49:35 | +10:46 |
| 7. Lars Roos | Attunda OK | 52:38 | +13:49 |
| 8. Per-Urban Bengtsson | OK Linné | 59:37 | +20:48 |
| 9. Sivert Söderbärg | OK Roslagen | 59:55 | +21:06 |
| 10. Stig Roos | OK Linné | 1:02:42 | +23:53 |
| 11. Bertil Karlsson | OK Linné | 1:08:04 | +29:15 |
| Rune Thurén | Vallentuna-Össeby OL | Felst. | |

| H70 | (26 / 26) | Tid | Efter |
|---------------------------|-----------------------|------------|--------------|
| 1. Leif Nordlund | Länna IF | 30:45 | |
| 2. Elis Åberg | Storviks IF | 35:31 | +4:46 |
| 3. Henrik Bergman | OK Linné | 40:26 | +9:41 |
| 4. Jan-Olof Wåhlberg | IBM-Klubben | 40:29 | +9:44 |
| 5. Thord Rådberg | OK Roslagen | 41:42 | +10:57 |
| 6. Sören Winge | Upsala IF | 42:54 | +12:09 |
| 7. Bertil Holmgren | Gävle OK | 43:18 | +12:33 |
| 8. Bengt Friberg | Järfälla OK | 44:49 | +14:04 |
| 9. Conny Husén | OK Roslagen | 45:16 | +14:31 |
| 10. Kjell Tancred | IBM-Klubben | 45:34 | +14:49 |
| 11. Ingemar Bernhed | Tolered-Utby Ol-klubb | 47:40 | +16:55 |
| 12. Jan Bojling | Solna OK | 47:49 | +17:04 |
| 13. Kurt Boström | OK Linné | 49:11 | +18:26 |
| 14. Bengt-Olov Törnqvist | Sigtuna OK | 49:29 | +18:44 |
| 15. Lars-Erik Karlsson | Rasbo IK | 50:44 | +19:59 |
| 16. Sten Johansson | OK Borgen | 51:36 | +20:51 |
| 17. Olov Jansson | Häverödals SK | 52:27 | +21:42 |
| 18. Hans Sahlberg | Långhundra IF | 55:04 | +24:19 |
| 19. Torbjörn Atterbrand | Tierps SOK | 56:13 | +25:28 |
| 20. Göran Jansson | OK Triangeln | 1:00:29 | +29:44 |
| 21. Karl-Göran Gustafsson | Upsala IF | 1:03:02 | +32:17 |
| 22. Sven-Olov Norlin | Rimbo SOK | 1:03:26 | +32:41 |
| 23. Jan Olov Jonsson | Tierps SOK | 1:10:11 | +39:26 |

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|--------------------------|----------------------|------------|--------------|
| 24. Bernt Johansson | Häverödals SK | 1:10:38 | +39:53 |
| 25. Leif Berg | Sigtuna OK | 1:10:41 | +39:56 |
| 26. Ove Petersson | Sundsvalls OK | 1:13:19 | +42:34 |
| H65 | (13 / 13) | Tid | Efter |
| 1. Christer Eriksson | OK Linné | 33:40 | |
| 2. Leif Nordin | Attunda OK | 34:22 | +0:42 |
| 3. Torsten Pettersson | Långhundra IF | 35:08 | +1:28 |
| 4. Per-Åke Carlenstam | Väsby OK | 37:01 | +3:21 |
| 5. Ove Åberg | Storviks IF | 38:58 | +5:18 |
| 6. Folke Boström | OK Linné | 40:58 | +7:18 |
| 7. Anders Edling | OK Linné | 47:12 | +13:32 |
| 8. Ulf Skogtjärn | OK Linné | 58:45 | +25:05 |
| 9. Inge Larsson | IF Thor | 1:09:27 | +35:47 |
| Bengt-Göran Stjerna | Länna IF | Felst. | |
| Rolf Hjort | Rånäs OK | Felst. | |
| Tommy Höglund | Långhundra IF | Felst. | |
| Yngve Persson | Tierps SOK | Felst. | |
| H60 | (18 / 18) | Tid | Efter |
| 1. Hans Ohlin | Rånäs OK | 35:18 | |
| 2. Stig Andersson | OK Linné | 35:53 | +0:35 |
| 3. Anders Hallmén | Attunda OK | 38:52 | +3:34 |
| 4. Lars Erik Hermansson | OK Linné | 41:02 | +5:44 |
| 5. Anders Eriksson | Vallentuna-Össeby OL | 41:22 | +6:04 |
| 6. Jan Johansson | IF Thor | 44:01 | +8:43 |
| 7. Kjell Jansson | Långhundra IF | 44:16 | +8:58 |
| 8. Svend Erik Mathiassen | OK Linné | 45:47 | +10:29 |
| 9. Göran Falk | IF Thor | 47:42 | +12:24 |
| 10. Anders Karlsson | OK Linné | 48:49 | +13:31 |
| 11. Peter Sundgren | Vallentuna-Össeby OL | 51:32 | +16:14 |
| 12. Reinhold Lennebo | IF Thor | 54:27 | +19:09 |
| 13. Sture Larsson | Länna IF | 55:38 | +20:20 |
| 14. Mats Lilja | OK Enen | 58:34 | +23:16 |
| 15. Kjell Lindblom | Järfälla OK | 1:04:38 | +29:20 |
| Göran Andersson | Attunda OK | Ej start | |
| Per-Åke Holm | Sigtuna OK | Ej start | |
| Thomas Zakrisson | IFK Lidingö SOK | Ej start | |
| H55 | (13 / 13) | Tid | Efter |
| 1. Lars Ohlin | Rånäs OK | 30:23 | |
| 2. Thomas Johansson | Rånäs OK | 31:30 | +1:07 |
| 3. Tommy Holmér | Väsby OK | 31:42 | +1:19 |
| 4. Tommy Berger | Gävle OK | 33:17 | +2:54 |
| 5. Lars-Olof Jansson | OK Linné | 35:13 | +4:50 |
| 6. Håkan Lång | Länna IF | 35:58 | +5:35 |
| 7. Lars Andersson | OK Triangeln | 38:11 | +7:48 |
| 8. Mats Lundman | OK Roslagen | 39:55 | +9:32 |
| 9. Björn Söderbäck | OK Linné | 40:05 | +9:42 |
| 10. Tryggve Rönnqvist | OK Linné | 40:17 | +9:54 |
| 11. Eddie Bjärrenholt | Rånäs OK | 40:56 | +10:33 |

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| 12. Torbjörn Eriksson | OK Linné | 56:10 | +25:47 |
| 13. Jörgen Karlsson | Attunda OK | 1:18:55 | +48:32 |

H50**(20 / 20)**

| | | Tid | Efter |
|------------------------|----------------------|------------|--------------|
| 1. Jonas Giding | Vallentuna-Össeby OL | 30:21 | |
| 2. Tommy Åhman | Långhundra IF | 31:10 | +0:49 |
| 3. Ola Torstensson | Västerås SOK | 31:12 | +0:51 |
| 4. Anders Jönsson | OK Triangeln | 32:36 | +2:15 |
| 5. Thomas Källberg | OK Roslagen | 33:42 | +3:21 |
| 6. Peter Hambäck | Långhundra IF | 33:43 | +3:22 |
| 7. Michael Holmgren | IF Thor | 34:46 | +4:25 |
| 8. Sven Wigertz | Långhundra IF | 37:32 | +7:11 |
| 9. Thomas Karlsson | Valbo AIF | 38:56 | +8:35 |
| 10. Stefan Nilsson | OK Linné | 39:24 | +9:03 |
| 11. Ian von Essen | OK Linné | 39:40 | +9:19 |
| 12. Kenneth Hermansson | Sigtuna OK | 40:53 | +10:32 |
| 13. Mats Javehed | Vallentuna-Össeby OL | 44:00 | +13:39 |
| 14. Christer Eriksson | Tierps SOK | 44:30 | +14:09 |
| 15. Thomas Jansson | Länna IF | 45:13 | +14:52 |
| 16. Kjell Risto | OK Linné | 54:21 | +24:00 |
| 17. Jan Nylund | Mariestads FK | 56:57 | +26:36 |
| Leif Nyholm | OK Linné | Felst. | |
| Johan Möller | OK Linné | Ej start | |
| Stefan Lund | OK Linné | Ej start | |

H45**(25 / 25)**

| | | Tid | Efter |
|----------------------------|----------------------|------------|--------------|
| 1. Mats Jonsell | IF Thor | 28:40 | |
| 2. Staffan Jacobsson Svärd | IF Thor | 30:38 | +1:58 |
| 3. Mats Ekman | Vallentuna-Össeby OL | 32:59 | +4:19 |
| 4. Johan Hofstedt | Vallentuna-Össeby OL | 33:24 | +4:44 |
| 5. Rob Hart | OK Linné | 34:58 | +6:18 |
| 6. Lars Olsson | Väsby OK | 35:23 | +6:43 |
| 7. Petter Ranefall | IF Thor | 38:21 | +9:41 |
| 8. Michael Palm | OK Triangeln | 39:08 | +10:28 |
| 9. Klas Birgersson | Långhundra IF | 39:51 | +11:11 |
| 10. Johan Ohlström | IF Thor | 41:13 | +12:33 |
| 11. Patrik Smedmark | OK Roslagen | 44:27 | +15:47 |
| 12. Peter Nyström | IF Thor | 44:32 | +15:52 |
| 13. Christer Arksand | Vallentuna-Össeby OL | 48:30 | +19:50 |
| 14. Stefan Nordström | Sigtuna OK | 48:34 | +19:54 |
| 15. Staffan Broman | OK Roslagen | 49:59 | +21:19 |
| 16. Magnus Johansson | Långhundra IF | 53:31 | +24:51 |
| 17. Patrik Steen | OK Enen | 54:04 | +25:24 |
| 18. Ulf Angelsiöö | OK Linné | 56:59 | +28:19 |
| 19. Svante Jonsell | Vallentuna-Össeby OL | 1:02:02 | +33:22 |
| 20. Johan Karlsson | IF Thor | 1:02:15 | +33:35 |
| Stefan Granberg | IF Thor | Felst. | |
| Thomas Roos | IF Thor | Felst. | |
| John Solbreck | Långhundra IF | Utg. | |
| Mikael Bäsén | IF Thor | Utg. | |
| Daniel Olm | IF Thor | Ej start | |

| H40 | (16 / 16) | Tid | Efter |
|----------------------------|--------------------------------|------------|--------------|
| 1. Johan Blomster | IF Thor | 33:18 | |
| 2. Jörgen Hellgren | IF Thor | 35:48 | +2:30 |
| 3. Olof Borell | OK Linné | 37:32 | +4:14 |
| 4. Dan Hörnell | OK Linné | 39:02 | +5:44 |
| 5. Mats Åberg | OK Linné | 39:16 | +5:58 |
| 6. Eric Jaremalm | Vallentuna-Össeby OL | 40:40 | +7:22 |
| 7. Fredrik Lindell | IF Thor | 41:16 | +7:58 |
| 8. Nic Kruys | IF Thor | 52:53 | +19:35 |
| 9. Mats Warvelin | Långhundra IF | 55:22 | +22:04 |
| 10. Anders Tväråna | OK Linné | 55:36 | +22:18 |
| 11. Andreas Ehn | IF Thor | 1:04:08 | +30:50 |
| 12. Robert Cederholm | Länna IF | 1:12:53 | +39:35 |
| 13. Patrik Servin | Långhundra IF | 1:29:45 | +56:27 |
| Bo Segerman | IF Thor | Felst. | |
| Erik Jonsson | Långhundra IF | Utg. | |
| Per Jemth | IF Thor | Ej start | |
| H21 | (22 / 22) | Tid | Efter |
| 1. Tommy Lindberg | OK Roslagen | 33:26 | |
| 2. Anders Boström | OK Linné | 34:51 | +1:25 |
| 3. Conny Forsberg | Långhundra IF | 35:04 | +1:38 |
| 4. Anton Lif | Rehns BK | 39:23 | +5:57 |
| 5. Jesper Alfredsson | OK Tyr | 40:42 | +7:16 |
| 6. Petter Lindberg | OK Linné | 41:28 | +8:02 |
| 7. Mattias Olofsson | OK Enen | 43:08 | +9:42 |
| 8. Oskar Wallén | OK Linné | 45:19 | +11:53 |
| 9. Thomas Pettersson | IF Thor | 45:55 | +12:29 |
| 10. Jonas Eriksson | Länna IF | 46:20 | +12:54 |
| 11. Viktor Lindberg | OK Roslagen | 48:44 | +15:18 |
| 12. Ulrik Imberg | OK Linné | 49:32 | +16:06 |
| 13. Robin Eriksson | OK Roslagen | 53:43 | +20:17 |
| 14. Jonas Selling | Länna IF | 57:56 | +24:30 |
| 15. Tomas Johnsson | Sundsvalls OK | 1:01:19 | +27:53 |
| 16. Fredrik Sörqvist | Sigtuna OK | 1:11:07 | +37:41 |
| 17. Per Dahlbäck | IF Thor | 1:33:08 | +59:42 |
| 18. Raphael Mak | Metropolitan Orienteering Club | 2:05:26 | +92:00 |
| Gottfrid Arksand | Vallentuna-Össeby OL | Felst. | |
| Ola Hultin | OK Roslagen | Felst. | |
| David Holmqvist | OK Ödmården | Utg. | |
| Cristian Larsson | Köping-Kolsva OK | Ej start | |
| H18 | (14 / 14) | Tid | Efter |
| 1. Waldemar Andersson | OK Roslagen | 29:52 | |
| 2. Olle Nilsson | OK Linné | 30:51 | +0:59 |
| 3. Fabian Steen | OK Enen | 31:15 | +1:23 |
| 4. Johannes Ridefelt | OK Linné | 32:20 | +2:28 |
| 5. Tuve Möller | OK Linné | 36:37 | +6:45 |
| 6. Daniel Carlson Bjernald | OK Linné | 50:22 | +20:30 |
| 7. Erik Nielsen | OK Linné | 57:15 | +27:23 |

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|----|------------------|----------------------|----------|--------|
| 8. | Gustav Nyholm | OK Linné | 1:01:40 | +31:48 |
| 9. | Nicklas DeWitt | Länna IF | 1:14:58 | +45:06 |
| | Adam Lilja | OK Enen | Felst. | |
| | Simon Schuster | Vallentuna-Össeby OL | Felst. | |
| | Alexander Alness | Långhundra IF | Ej start | |
| | Bobby Brahm | Långhundra IF | Ej start | |
| | Gustav Nordfors | OK Enen | Ej start | |

| H16 | (24 / 24) | | Tid | Efter |
|------------|---------------------|---------------|------------|--------------|
| 1. | Daniel Rönqvist | OK Linné | 23:20 | |
| 2. | Erik Hannrup | IF Thor | 23:25 | +0:05 |
| 3. | Olle Grywenz | OK Linné | 23:52 | +0:32 |
| 4. | Emil Jonsell | IF Thor | 27:52 | +4:32 |
| 5. | Axel Bergström | OK Rodhen | 28:40 | +5:20 |
| 6. | Emil Grehn | OK Rodhen | 30:44 | +7:24 |
| 7. | Samuel Norén | OK Enen | 34:03 | +10:43 |
| 8. | William Ernlund | OK Linné | 34:55 | +11:35 |
| 9. | Nils Strand | OK Linné | 39:15 | +15:55 |
| 10. | Andreas Johnson | Sigtuna OK | 39:18 | +15:58 |
| 11. | Karl Brahm | Långhundra IF | 40:27 | +17:07 |
| 12. | John Larsson | Rånäs OK | 40:43 | +17:23 |
| 13. | Oliver Angelsiöö | OK Linné | 43:38 | +20:18 |
| 14. | Erling Holst | OK Linné | 44:31 | +21:11 |
| 15. | Matviy Khotyaintsev | IF Thor | 47:18 | +23:58 |
| 16. | Hugo Bäsén | IF Thor | 50:41 | +27:21 |
| 17. | Gunnar Karlström | OK Linné | 53:24 | +30:04 |
| 18. | Jakob Näslund | OK Roslagen | 1:04:03 | +40:43 |
| 19. | Anders Ruhn | OK Roslagen | 1:05:11 | +41:51 |
| 20. | Sten Mårtensson | OK Linné | 1:13:12 | +49:52 |
| | Erik Helén | OK Rodhen | Felst. | |
| | Theodor Lindberg | OK Enen | Felst. | |
| | Filip Elihn | OK Linné | Ej start | |
| | Joel Wahlqvist | OK Roslagen | Ej start | |

| H14 | (31 / 31) | | Tid | Efter |
|------------|---------------------|----------------------|------------|--------------|
| 1. | Emil Boström | OK Linné | 27:53 | |
| 2. | Arvid Roos | OK Linné | 31:52 | +3:59 |
| 3. | Albin Forsberg | Långhundra IF | 32:03 | +4:10 |
| 4. | Lukas Aarnio | OK Linné | 34:15 | +6:22 |
| 5. | Axel Leijon Thorell | Långhundra IF | 35:07 | +7:14 |
| 6. | Gustav Kügler | Sigtuna OK | 36:37 | +8:44 |
| 7. | Arvid Umegård | Långhundra IF | 37:08 | +9:15 |
| 8. | Ville Fontell | OK Enen | 38:14 | +10:21 |
| 9. | Kevin Sjölander | OK Rodhen | 38:35 | +10:42 |
| 10. | Anton Segerman | IF Thor | 39:18 | +11:25 |
| 10. | Oskar Stenvi | OK Linné | 39:18 | +11:25 |
| 12. | Oskar Sundblom | Rånäs OK | 40:28 | +12:35 |
| 13. | David Melin | OK Rodhen | 40:31 | +12:38 |
| 14. | Otto Balck | Vallentuna-Össeby OL | 42:14 | +14:21 |
| 15. | Hugo Hansson | IF Thor | 43:09 | +15:16 |
| 16. | Carl Henriksson | Rånäs OK | 44:39 | +16:46 |

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|-----|---------------------|----------------------|----------|--------|
| 17. | Henrik Carlström | OK Enen | 48:46 | +20:53 |
| 18. | Arvid Bylund | IF Thor | 50:45 | +22:52 |
| 19. | Elias Larsson | OK Enen | 51:30 | +23:37 |
| 20. | Maximilian Berglund | Länna IF | 54:08 | +26:15 |
| 21. | Oscar Palm | OK Linné | 1:03:17 | +35:24 |
| 22. | Isac Åsbrink | OK Linné | 1:13:01 | +45:08 |
| 23. | Emil Weiselius | OK Linné | 1:16:53 | +49:00 |
| | Erik Beskow | OK Linné | Felst. | |
| | John McLelland | OK Rodhen | Felst. | |
| | Sven Nyström | OK Linné | Felst. | |
| | Gustaf Mårsäter | OK Linné | Ej start | |
| | Karl Grywenz | OK Linné | Ej start | |
| | Philip Forngren | Vallentuna-Össeby OL | Ej start | |
| | Pontus Gustafsson | OK Linné | Ej start | |
| | William Adamsson | Rånäs OK | Ej start | |

| H12 | | (34 / 34) | Tid | Efter |
|------------|-------------------------|----------------------|------------|--------------|
| 1. | Marcus Ekman | Vallentuna-Össeby OL | 14:00 | |
| 2. | Axel Gidlund | OK Linné | 15:04 | +1:04 |
| 3. | Elliot Angelsiöö | OK Linné | 15:15 | +1:15 |
| 4. | Viktor Boström | OK Linné | 15:26 | +1:26 |
| 5. | Aron Hellgren | IF Thor | 15:31 | +1:31 |
| 5. | Elias Westerbergh | Rasbo IK | 15:31 | +1:31 |
| 7. | Viktor Jemth | IF Thor | 15:34 | +1:34 |
| 8. | Pelle Nilsson | OK Linné | 15:52 | +1:52 |
| 9. | David Berglund | IF Thor | 15:56 | +1:56 |
| 10. | Oskar Bengtsson | OK Linné | 16:30 | +2:30 |
| 11. | Hugo Nylund | OK Linné | 19:15 | +5:15 |
| 12. | Jacob Henriksson | Rånäs OK | 19:18 | +5:18 |
| 13. | Elias Javehed | Vallentuna-Össeby OL | 20:33 | +6:33 |
| 14. | Bastien Köhler | OK Linné | 20:39 | +6:39 |
| 15. | Gustav Lyckeback | Sigtuna OK | 20:40 | +6:40 |
| 16. | Simon Wahnäs | OK Linné | 20:41 | +6:41 |
| 17. | Simon Claesson | OK Rodhen | 20:59 | +6:59 |
| 18. | Ville Wrammert | OK Linné | 21:08 | +7:08 |
| 19. | Einar Lundkvist | Länna IF | 21:23 | +7:23 |
| 20. | David Näslund | OK Roslagen | 23:39 | +9:39 |
| 21. | Hampus Persson | OK Enen | 23:40 | +9:40 |
| 22. | Mathias Nordlinder | OK Linné | 24:07 | +10:07 |
| 23. | Anton Karlsson | Länna IF | 24:10 | +10:10 |
| 24. | Erik Cnatingius | Länna IF | 26:09 | +12:09 |
| 25. | Skarpi Freysson | Vallentuna-Össeby OL | 26:56 | +12:56 |
| 26. | Erik Bernersson | OK Enen | 27:17 | +13:17 |
| 27. | Alex Österman | Rasbo IK | 27:26 | +13:26 |
| 28. | Albin Warvelin | Långhundra IF | 27:35 | +13:35 |
| 29. | Fabian Nilsson | IF Thor | 32:03 | +18:03 |
| 30. | Zebastian Jönsson-Ulate | OK Triangeln | 32:44 | +18:44 |
| 31. | Oliver Johansson | Rasbo IK | 35:06 | +21:06 |
| | Martin Grönholm | IF Thor | Ej start | |
| | Oskar Bergström | OK Linné | Ej start | |
| | Samuel Osmund | OK Linné | Ej start | |

| H10 | (40 / 40) | Tid | Efter |
|--------------------------|----------------------|------------|--------------|
| 1. Hugo Örtlund | Rånäs OK | 11:31 | |
| 2. Emil Åberg | OK Linné | 11:46 | +0:15 |
| 3. Love Umegård | Långhundra IF | 13:32 | +2:01 |
| 4. Malte Hellgren | IF Thor | 13:33 | +2:02 |
| 5. Albin Åslund | OK Linné | 14:03 | +2:32 |
| 6. Axel Andersson | IF Thor | 14:04 | +2:33 |
| 7. Jakob Nordström | Sigtuna OK | 14:22 | +2:51 |
| 8. Valle Larsson | IF Thor | 14:32 | +3:01 |
| 9. Love Bylund | IF Thor | 14:53 | +3:22 |
| 9. Miro Mårtensson | IF Thor | 14:53 | +3:22 |
| 11. Viggo Ingwersen | OK Enen | 15:38 | +4:07 |
| 12. Rasmus Exell | Länna IF | 15:44 | +4:13 |
| 13. Axel Wieland | Sigtuna OK | 16:30 | +4:59 |
| 14. Axel Balck | Vallentuna-Össeby OL | 16:49 | +5:18 |
| 15. Albin Jemth | IF Thor | 17:18 | +5:47 |
| 16. Olle Palm | OK Linné | 17:22 | +5:51 |
| 17. Aron Broman | Länna IF | 17:33 | +6:02 |
| 18. Gustav Svensson | Rånäs OK | 18:53 | +7:22 |
| 19. Oscar Åslund | OK Linné | 19:19 | +7:48 |
| 20. Ture Björklin | Länna IF | 19:49 | +8:18 |
| 21. Svante Nelander | OK Linné | 20:32 | +9:01 |
| 22. Harald Olsson | OK Linné | 22:19 | +10:48 |
| 23. Martin Dicksved | IF Thor | 23:47 | +12:16 |
| 24. Viggo Wrammert | OK Linné | 25:32 | +14:01 |
| 25. Erik Balck | Vallentuna-Össeby OL | 26:11 | +14:40 |
| 26. Axel Thornberg | OK Linné | 26:36 | +15:05 |
| 27. Axel Gårdmark | OK Rodhen | 26:40 | +15:09 |
| 28. Filip Borell | OK Linné | 27:02 | +15:31 |
| 29. Anton Laier | OK Linné | 29:10 | +17:39 |
| 30. Noa Kindstedt | Länna IF | 29:30 | +17:59 |
| 31. Lucas Borell | OK Linné | 31:29 | +19:58 |
| 32. Tor Nylund | OK Linné | 33:23 | +21:52 |
| 33. Viktor Fischer | OK Linné | 35:15 | +23:44 |
| 34. Kevin Bernhed | Rånäs OK | 41:29 | +29:58 |
| 35. Theodor Von Seth | IF Thor | 58:47 | +47:16 |
| Hugo Blomster | IF Thor | Utg. | |
| Adam Sparrman | OK Linné | Ej start | |
| August Weiss | Långhundra IF | Ej start | |
| Hugo Jaremalm | Vallentuna-Össeby OL | Ej start | |
| Lukas Hambäck | Långhundra IF | Ej start | |
| D75 | (4 / 4) | Tid | Efter |
| 1. Margareta Wallén | Täby OK | 34:45 | |
| 2. Eva von Heijne | Sigtuna OK | 1:04:50 | +30:05 |
| 3. Britt-Marie Bengtsson | OK Linné | 1:09:25 | +34:40 |
| 4. Yvonne Roos | Attunda OK | 1:17:55 | +43:10 |

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|-------------------------|----------------------|------------|--------------|
| D70 | (5 / 5) | Tid | Efter |
| 1. Dagny Gustavsson | Sigtuna OK | 30:12 | |
| 2. Birgitta Klang | Långhundra IF | 38:05 | +7:53 |
| 3. Margaretha Nyström | Länna IF | 53:34 | +23:22 |
| 4. Elvy Petersson | Sundsvalls OK | 58:06 | +27:54 |
| Margareta Haraldsson | Sigtuna OK | Ej start | |
| D65 | (7 / 7) | Tid | Efter |
| 1. Kerstin Rosengren | Attunda OK | 29:30 | |
| 2. Margareta Hagstedt | Väsby OK | 36:56 | +7:26 |
| 3. Gun-Inger Sahlberg | Långhundra IF | 38:50 | +9:20 |
| 4. Ewa Nordlund | Länna IF | 42:42 | +13:12 |
| 5. Ylva Nilsson | Vallentuna-Össeby OL | 44:17 | +14:47 |
| 6. Elke Wilke | Tierps SOK | 1:01:22 | +31:52 |
| 7. Lena Johnsson | Rånäs OK | 1:13:42 | +44:12 |
| D60 | (5 / 5) | Tid | Efter |
| 1. Elisabeth Hedlöf | Rånäs OK | 28:43 | |
| 2. Anne-Chr Schunnesson | Attunda OK | 31:05 | +2:22 |
| 3. Marita Berg | Sigtuna OK | 45:30 | +16:47 |
| 4. Britt Larsson | Länna IF | 47:31 | +18:48 |
| 5. Margareta Hallmén | Attunda OK | 57:08 | +28:25 |
| D55 | (11 / 11) | Tid | Efter |
| 1. Ylva Grape | Dalafortens OL | 34:37 | |
| 2. Helena Ekbrink | IF Thor | 39:03 | +4:26 |
| 3. Inger Lilliehöök | OK Linné | 43:18 | +8:41 |
| 4. Eva Olsson | Rånäs OK | 44:33 | +9:56 |
| 5. Malin Broman | Länna IF | 44:47 | +10:10 |
| 6. Maria Skantz | OK Triangeln | 46:58 | +12:21 |
| 7. Inger Skantz | Länna IF | 1:10:24 | +35:47 |
| 8. Anna-Sofie Lundman | OK Roslagen | 1:11:48 | +37:11 |
| 9. Eva Elnerud | Sigtuna OK | 1:22:09 | +47:32 |
| Monica Ohlin | Rånäs OK | Felst. | |
| Lena Larsson | Rånäs OK | Ej start | |
| D50 | (10 / 10) | Tid | Efter |
| 1. Hillevi Eriksson | OK Linné | 34:38 | |
| 2. Cathrine Johansson | Tierps SOK | 34:46 | +0:08 |
| 3. Maria Hart | OK Linné | 37:06 | +2:28 |
| 4. Lena Nilsson | OK Linné | 38:16 | +3:38 |
| 5. Maria Kvarnlöf | OK Roslagen | 42:16 | +7:38 |
| 6. Marie Öhman | Vallentuna-Össeby OL | 42:45 | +8:07 |
| 7. Anette Arksand | Vallentuna-Össeby OL | 51:56 | +17:18 |
| 8. Marie Gårdmark | OK Linné | 52:53 | +18:15 |
| 9. Annette Wigertz | Långhundra IF | 55:26 | +20:48 |
| 10. Ingela Alness | Långhundra IF | 56:15 | +21:37 |
| D45 | (8 / 8) | Tid | Efter |
| 1. Ammie Berglund | IF Thor | 35:13 | |
| 2. Anna Sander | IF Thor | 39:44 | +4:31 |

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|----|---------------------|------------|----------|--------|
| 3. | Marie Alfredsson | OK Tyr | 47:41 | +12:28 |
| 4. | Åsa Marknell Dewitt | Länna IF | 48:06 | +12:53 |
| 5. | Pia Gustås | OK Linné | 52:24 | +17:11 |
| 6. | Evonne Strand | OK Linné | 55:13 | +20:00 |
| | Annika Lindberg | Attunda OK | Ej start | |
| | Malin von Essen | OK Linné | Ej start | |

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|------------|--------------------|---------------|--------------|--------|
| D40 | (12 / 12) | Tid | Efter | |
| 1. | Anna Karin Olm | IF Thor | 27:30 | |
| 2. | Sofie Bergendahl | IF Thor | 31:09 | +3:39 |
| 3. | Anna Beskow | OK Linné | 31:16 | +3:46 |
| 4. | Åsa Hedin | OK Linné | 34:36 | +7:06 |
| 5. | Karin Lindell | IF Thor | 35:43 | +8:13 |
| 6. | Louise Johansson | OK Roslagen | 39:10 | +11:40 |
| 7. | Marie Lyckeback | Sigtuna OK | 40:53 | +13:23 |
| 8. | Eva Cedstedt | Långhundra IF | 43:12 | +15:42 |
| 9. | Ane Laugen | OK Linné | 50:58 | +23:28 |
| 10. | Karolina Andersson | Länna IF | 56:04 | +28:34 |
| | Johanna Weiss | Långhundra IF | Ej start | |
| | Åsa Blomster | IF Thor | Ej start | |

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|------------|--------------------|---------------|--------------|--------|
| D21 | (14 / 14) | Tid | Efter | |
| 1. | Rebecka Lindberg | OK Roslagen | 33:07 | |
| 2. | Josefin Bengtsson | Långhundra IF | 36:18 | +3:11 |
| 3. | Gunilla Svärd | IF Thor | 36:30 | +3:23 |
| 4. | Jenny Westerbergh | Rasbo IK | 39:46 | +6:39 |
| 5. | Fredrika von Essen | OK Linné | 41:05 | +7:58 |
| 6. | Sara Bengtsson | Långhundra IF | 41:43 | +8:36 |
| 7. | Elin Lind | Tierps SOK | 43:27 | +10:20 |
| 8. | Erika Jansson | Rasbo IK | 45:16 | +12:09 |
| 9. | Annika Ridell | IF Thor | 46:22 | +13:15 |
| 10. | HANNA FALK | IF Thor | 47:11 | +14:04 |
| 11. | Johanna Ragvald | OK Linné | 49:56 | +16:49 |
| 12. | Elin Falk Sörqvist | IF Thor | 52:47 | +19:40 |
| | Emeli Torsson | IF Thor | Felst. | |
| | Lisa Dahlbäck | IF Thor | Felst. | |

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|------------|----------------|-------------|--------------|-------|
| D18 | (4 / 4) | Tid | Efter | |
| 1. | Alice Frost | OK Roslagen | 36:18 | |
| 2. | Anna Karlström | OK Linné | 38:18 | +2:00 |
| 3. | Klara Mandahl | OK Linné | 39:38 | +3:20 |
| | Ellen Broman | OK Roslagen | Ej start | |

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|------------|------------------|----------------------|--------------|--------|
| D16 | (9 / 9) | Tid | Efter | |
| 1. | Sandra Boström | OK Linné | 28:55 | |
| 2. | Maria Jansson | OK Linné | 34:49 | +5:54 |
| 3. | Alva Lindell | IF Thor | 36:49 | +7:54 |
| 4. | Malva Steen | OK Enen | 38:53 | +9:58 |
| 5. | Klara Möller | OK Linné | 39:23 | +10:28 |
| 6. | Carolina Jonsell | Vallentuna-Össeby OL | 44:44 | +15:49 |
| 7. | Ellen Frost | OK Roslagen | 46:36 | +17:41 |
| 8. | Astrid Ander | Vallentuna-Össeby OL | 1:04:14 | +35:19 |
| | Wilma Gille | OK Roslagen | Felst. | |

| D14 | (19 / 19) | Tid | Efter |
|----------------------|----------------------|------------|--------------|
| 1. Lovisa Wigertz | Långhundra IF | 27:19 | |
| 2. Agnes Broman | OK Roslagen | 27:40 | +0:21 |
| 3. Alva Jonsson | Långhundra IF | 28:20 | +1:01 |
| 4. Ida Hofstedt | Vallentuna-Össeby OL | 29:17 | +1:58 |
| 5. Anna Lithell | OK Linné | 32:05 | +4:46 |
| 6. Ebba Lindell | IF Thor | 35:00 | +7:41 |
| 7. Lotta Weyhenmeyer | IF Thor | 35:45 | +8:26 |
| 8. Lovisa Hambäck | Långhundra IF | 36:41 | +9:22 |
| 9. Elsa Bäsén | IF Thor | 37:06 | +9:47 |
| 10. Kari Loe | OK Linné | 37:21 | +10:02 |
| 11. Alva Nyström | IF Thor | 39:31 | +12:12 |
| 12. Anna Nordström | Sigtuna OK | 45:59 | +18:40 |
| 13. Ellen Grantinger | IF Thor | 47:27 | +20:08 |
| 14. Elsa Karlsson | IF Thor | 47:58 | +20:39 |
| 15. Rita Söderbaum | IF Thor | 49:53 | +22:34 |
| 16. Vendela Jonsell | Vallentuna-Össeby OL | 52:23 | +25:04 |
| 17. Emy Saetre | Långhundra IF | 1:00:20 | +33:01 |
| 18. Sara Nyholm | OK Linné | 1:23:22 | +56:03 |
| Emilia Bergström | OK Rodhen | Ej start | |

| D12 | (36 / 36) | Tid | Efter |
|-----------------------|----------------------|------------|--------------|
| 1. Cornelia Krafft | Länna IF | 14:08 | |
| 2. Emma Lundberg | OK Roslagen | 15:09 | +1:01 |
| 3. Johanna Roos | OK Linné | 16:18 | +2:10 |
| 4. Hanna Jonsell | IF Thor | 18:44 | +4:36 |
| 5. Agnes Weiss | Långhundra IF | 20:02 | +5:54 |
| 6. Edit Jonsson | Långhundra IF | 20:11 | +6:03 |
| 7. Tilde Söderlund | OK Rodhen | 20:37 | +6:29 |
| 8. Agnes Eklund | OK Rodhen | 21:00 | +6:52 |
| 9. Joni Müller af Uhr | OK Linné | 22:07 | +7:59 |
| 10. Fanny Cedstedt | Långhundra IF | 23:06 | +8:58 |
| 11. Klara Strand | OK Linné | 24:45 | +10:37 |
| 12. Linn Risto | OK Linné | 24:46 | +10:38 |
| 13. Doris Iko | Vallentuna-Össeby OL | 25:00 | +10:52 |
| 14. Fannie Sjölander | OK Rodhen | 25:22 | +11:14 |
| 15. Moa Lundin | OK Linné | 26:50 | +12:42 |
| 16. Johanna Blomberg | Sigtuna OK | 27:26 | +13:18 |
| 17. Malva Möller | OK Linné | 28:04 | +13:56 |
| 18. Johanna Palm | OK Triangeln | 28:10 | +14:02 |
| 19. Maja Martinell | OK Linné | 29:02 | +14:54 |
| 20. Ellen Hannrup | IF Thor | 29:05 | +14:57 |
| 21. Sara Sundqvist | Långhundra IF | 30:07 | +15:59 |
| 22. Malin Svensson | Rånäs OK | 31:41 | +17:33 |
| 23. Mya Berglund | Länna IF | 32:29 | +18:21 |
| 24. Minna Meyerson | OK Linné | 33:06 | +18:58 |
| 25. Ellen Saetre | Långhundra IF | 36:28 | +22:20 |
| 26. Erica Karlsson | OK Rodhen | 36:48 | +22:40 |
| 27. Ines Aarnio | OK Linné | 37:31 | +23:23 |
| 28. Elina Hedenius | Sigtuna OK | 40:01 | +25:53 |

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|--------------------|---------------|----------|--------|
| 29. Malin Edman | Sigtuna OK | 40:22 | +26:14 |
| 30. Elin Fornander | Sigtuna OK | 48:25 | +34:17 |
| 31. Karin Larsson | OK Enen | 52:50 | +38:42 |
| Lisa Nilsson | OK Linné | Felst. | |
| Alva Sundblom | Rånäs OK | Ej start | |
| Ella Servin | Långhundra IF | Ej start | |
| Ester Blomster | IF Thor | Ej start | |
| Felicia Svensson | Rasbo IK | Ej start | |

| D10 | (27 / 27) | Tid | Efter |
|-----------------------|----------------------|------------|--------------|
| 1. Matilda Ekman | Vallentuna-Össeby OL | 12:38 | |
| 2. Elsa Eklund | OK Rodhen | 14:03 | +1:25 |
| 3. Frida Melin | OK Rodhen | 14:55 | +2:17 |
| 4. Klara Hart | OK Linné | 16:15 | +3:37 |
| 5. Emelie Svärd | IF Thor | 16:27 | +3:49 |
| 6. Malin Nilsson | OK Linné | 18:17 | +5:39 |
| 7. Alicia Bohman | Sigtuna OK | 19:04 | +6:26 |
| 8. Isabel Unnerud | Långhundra IF | 19:23 | +6:45 |
| 9. Emmy Roos | IF Thor | 21:30 | +8:52 |
| 10. Sara Roos | OK Linné | 21:32 | +8:54 |
| 11. Agnes Bergvall | Länna IF | 21:49 | +9:11 |
| 12. Emily Kruys | IF Thor | 22:16 | +9:38 |
| 13. Hedvig Lundkvist | Länna IF | 22:52 | +10:14 |
| 14. Ida Warvelin | Långhundra IF | 24:24 | +11:46 |
| 15. Tove Karlsson | OK Rodhen | 25:03 | +12:25 |
| 16. Hanna Kügler | Sigtuna OK | 25:16 | +12:38 |
| 17. Sara Jonsell | IF Thor | 25:53 | +13:15 |
| 18. Ida Palm | OK Linné | 26:19 | +13:41 |
| 19. Nadine Huss | OK Linné | 27:35 | +14:57 |
| 20. Matilda Persson | OK Enen | 28:14 | +15:36 |
| 21. Alva Olá | Rånäs OK | 29:19 | +16:41 |
| 22. Isabella Forssell | Länna IF | 30:52 | +18:14 |
| 23. Amanda Rådström | OK Enen | 33:14 | +20:36 |
| Felicia Krafft | Länna IF | Felst. | |
| Jennifer Thor | OK Linné | Felst. | |
| Elsa Hedin | OK Linné | Ej start | |
| Hillevi Larsson | OK Enen | Ej start | |

| U2 | (52 / 52) | Tid | Efter |
|-----------------------|------------------|------------|--------------|
| 1. Edvin Tögenmark | OK Linné | 14:32 | |
| 2. Alfons Westerbergh | Rasbo IK | 16:43 | +2:11 |
| 3. Tove Persson | Rasbo IK | 19:36 | +5:04 |
| 4. Theo Sjöberg | IF Thor | 19:52 | +5:20 |
| 5. Kajsa Uppsten | OK Enen | 20:02 | +5:30 |
| 6. Erik Westerberg | OK Enen | 20:06 | +5:34 |
| 7. Viktor Nilsson | OK Linné | 20:23 | +5:51 |
| 8. Ellen Aarnio | OK Linné | 20:44 | +6:12 |
| 9. Gustav Vising | OK Triangeln | 20:52 | +6:20 |
| 10. Teo Dahlgren | OK Enen | 21:35 | +7:03 |
| 11. Theo Söderlund | OK Rodhen | 21:59 | +7:27 |
| 12. Alma Wessel | Länna IF | 22:03 | +7:31 |

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|-----|-----------------------|---------------|----------|--------|
| 13. | Gunnar Musslinder | OK Linné | 22:55 | +8:23 |
| 14. | Olivia Unnerud | Långhundra IF | 22:56 | +8:24 |
| 15. | Eric Henriksson | Rånäs OK | 23:20 | +8:48 |
| 16. | Gustav Lindberg | OK Roslagen | 24:15 | +9:43 |
| 17. | Simon Segerman | IF Thor | 24:20 | +9:48 |
| 18. | Emma Viklund | Rånäs OK | 24:52 | +10:20 |
| 19. | Jonatan Meyerson | OK Linné | 25:08 | +10:36 |
| 20. | Axel Sparrman | OK Linné | 25:09 | +10:37 |
| 21. | Elis Sandin | OK Linné | 25:26 | +10:54 |
| 22. | Ludvig Rådberg | OK Roslagen | 25:54 | +11:22 |
| 23. | Alma Söderquist | OK Linné | 25:56 | +11:24 |
| 24. | Ellen Sundquist | OK Linné | 26:34 | +12:02 |
| 25. | Stig Larsson | OK Linné | 27:35 | +13:03 |
| 26. | Vera Zäll | OK Linné | 28:18 | +13:46 |
| 27. | Märta Säfsten | OK Linné | 28:19 | +13:47 |
| 28. | Hanna Bergvall | Länna IF | 30:22 | +15:50 |
| 29. | Tommy Johansson | OK Enen | 30:25 | +15:53 |
| 30. | Emil Trulson | OK Linné | 30:50 | +16:18 |
| 31. | Signe Palm | OK Linné | 31:12 | +16:40 |
| 32. | Elin Sjöstedt | Långhundra IF | 31:27 | +16:55 |
| 33. | Alve Berglund | Länna IF | 32:18 | +17:46 |
| 34. | Olle Gavelin | OK Linné | 32:50 | +18:18 |
| 35. | Signe Örtqvist | OK Linné | 35:56 | +21:24 |
| 36. | Kalle Ejderfelt | Länna IF | 36:27 | +21:55 |
| 37. | Erik Ejderfelt | Länna IF | 36:31 | +21:59 |
| 38. | Frida Österman | Rasbo IK | 37:35 | +23:03 |
| 39. | Daniel Wahnäs | OK Linné | 39:12 | +24:40 |
| 40. | Ossian Olá | Rånäs OK | 44:17 | +29:45 |
| 41. | Nora Svedin Jakobsson | Långhundra IF | 46:08 | +31:36 |
| 42. | Anton Staland | OK Linné | 51:29 | +36:57 |
| 42. | Dean Hill | OK Linné | 51:29 | +36:57 |
| 44. | Adam Korsfeldt | OK Linné | 52:27 | +37:55 |
| | Jelmer Selling | Länna IF | Felst. | |
| | Erik Nyström | OK Linné | Ej start | |
| | Gösta Bergkvist | Rånäs OK | Ej start | |
| | Hannes Bjälvenlid | Rånäs OK | Ej start | |
| | Hugo Carlberg | OK Linné | Ej start | |
| | Julia Gustafsson | OK Linné | Ej start | |
| | Sara Ekström | OK Linné | Ej start | |
| | Sofia Sundquist | OK Linné | Ej start | |

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| U1 | (51 / 51) | Tid | Efter |
| 1. | Arvid Tögenmark | OK Linné | 15:23 |
| 1. | Melvin Sjöberg | IF Thor | 15:23 |
| 3. | Sixten Åhlin | Långhundra IF | 17:00 +1:37 |
| 4. | Max Dahlgren | OK Enen | 18:09 +2:46 |
| 5. | Edvin Hägerström | OK Linné | 18:26 +3:03 |
| 6. | Lukas Lind | IF Thor | 19:05 +3:42 |
| 7. | Joel Ahlberg | OK Linné | 19:31 +4:08 |
| 8. | Julia Wiklund | Klubblös | 19:40 +4:17 |

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|-----|-------------------------|----------------------|----------|---------|
| 9. | Rickard Jemth | IF Thor | 20:13 | +4:50 |
| 10. | Ellen Hedin | OK Linné | 20:35 | +5:12 |
| 11. | Jonas Palm | OK Linné | 21:15 | +5:52 |
| 12. | Lucas Wicks | IF Thor | 21:28 | +6:05 |
| 13. | Jonatan Persson | OK Enen | 22:31 | +7:08 |
| 14. | Maja Lyckeback | Sigtuna OK | 22:33 | +7:10 |
| 15. | Henrik Larsson | OK Enen | 22:42 | +7:19 |
| 16. | Elis Quistberg | IF Thor | 22:44 | +7:21 |
| 17. | Anton Åberg | OK Linné | 22:56 | +7:33 |
| 18. | Albin Westerberg | OK Enen | 23:36 | +8:13 |
| 19. | Matthew Wicks | IF Thor | 24:02 | +8:39 |
| 20. | Theo Risto | OK Linné | 24:40 | +9:17 |
| 21. | Tilde Ingwersen | OK Enen | 25:03 | +9:40 |
| 22. | Anna Påve | IF Thor | 25:14 | +9:51 |
| 23. | Oskar Lind | IF Thor | 25:30 | +10:07 |
| 24. | Elin Wiklund | Klubblös | 27:24 | +12:01 |
| 25. | Lukas Cnattingius | Länna IF | 27:33 | +12:10 |
| 26. | Isabelle Thor | OK Linné | 28:14 | +12:51 |
| 27. | Alma Andersson | IF Thor | 28:15 | +12:52 |
| 28. | Ellinor Kruys | IF Thor | 28:20 | +12:57 |
| 29. | Lars Larsson | OK Linné | 28:21 | +12:58 |
| 30. | Eja Tväråna | OK Linné | 28:39 | +13:16 |
| 31. | Isak Ståhlbrandt | Rasbo IK | 28:41 | +13:18 |
| 32. | Noah Umlandt | Länna IF | 29:24 | +14:01 |
| 33. | Elis Umlandt | Länna IF | 29:30 | +14:07 |
| 34. | Märta Örtqvist | OK Linné | 29:31 | +14:08 |
| 35. | Hedda Kjellberg | IF Thor | 30:08 | +14:45 |
| 36. | Jessica Svärd | IF Thor | 30:09 | +14:46 |
| 37. | Hanna Olm | IF Thor | 31:00 | +15:37 |
| 38. | Vilhelm Arvhult Månsson | IF Thor | 32:06 | +16:43 |
| 39. | Noah Meyerson | OK Linné | 32:20 | +16:57 |
| 40. | Albin Johansson | Rasbo IK | 33:09 | +17:46 |
| 41. | Tuva Ekmyr | Rasbo IK | 35:38 | +20:15 |
| 42. | Ylva Zäll | OK Linné | 37:59 | +22:36 |
| 43. | Arvid Korsfeldt | OK Linné | 42:43 | +27:20 |
| 44. | Ville Gavelin | OK Linné | 43:05 | +27:42 |
| 45. | Jakob Wåhlström | OK Linné | 43:29 | +28:06 |
| 46. | Hanna Wåhlström | OK Linné | 44:25 | +29:02 |
| 47. | Teodor Jacobsson | Sigtuna OK | 2:00:00 | +104:37 |
| | Cesar Martinell | OK Linné | Felst. | |
| | Matilda Servin | Långhundra IF | Ej start | |
| | Noah Jaremalm | Vallentuna-Össeby OL | Ej start | |
| | Vidar Larsson | IF Thor | Ej start | |

Insk

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| | (19 / 19) | Tid | Efter |
| 1. | Lisa Dverstorp | Långhundra IF | 19:59 |
| 2. | Hanna Sillén | Klubblös | 20:18 +0:19 |
| 3. | Astrid Sillén | Klubblös | 20:25 +0:26 |
| 4. | Frank Anbo | OK Linné | 21:54 +1:55 |
| 5. | Aron Lindberg | OK Roslagen | 23:09 +3:10 |

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|-----|-----------------------|----------------------|----------|--------|
| 6. | Dagny Iko | Vallentuna-Össeby OL | 25:30 | +5:31 |
| 7. | Arvid Västibacken | OK Linné | 25:35 | +5:36 |
| 8. | Ebba Lind | IF Thor | 25:41 | +5:42 |
| 9. | Lukas Lundin | OK Linné | 26:48 | +6:49 |
| 10. | Fanny Nilsson | OK Triangeln | 26:56 | +6:57 |
| 11. | Malte Hallman | Attunda OK | 28:54 | +8:55 |
| 12. | Elin Påve | IF Thor | 29:22 | +9:23 |
| 13. | Anita Müller Eriksson | OK Linné | 29:56 | +9:57 |
| 14. | Vanna Bylund | IF Thor | 39:43 | +19:44 |
| 15. | Ylva Sjöstedt | Långhundra IF | 39:52 | +19:53 |
| 16. | Hampus Hedén Lundberg | OK Rodhen | 52:34 | +32:35 |
| 16. | Olle Åkerlind | OK Rodhen | 52:34 | +32:35 |
| | Erik Ellefors | Sigtuna OK | Ej start | |
| | Holger Säfsten | OK Linné | Ej start | |

| ÖM1 | (5 / 5) | Tid | Efter |
|------------|--------------------|------------|--------------|
| 1. | Eva Palm | OK Linné | 16:51 |
| 2. | Christian Dahlgren | OK Enen | 19:17 +2:26 |
| 3. | Katarina Korsfeldt | OK Linné | 19:28 +2:37 |
| 4. | Alfred Wessel | Länna IF | 24:03 +7:12 |
| 5. | Börje Blomquist | Sigtuna OK | 35:12 +18:21 |

| ÖM3 | (37 / 37) | Tid | Efter |
|------------|------------------------|---------------|--------------|
| 1. | Mirja Nordin | Rehns BK | 22:10 |
| 2. | Morten Ingwersen | OK Enen | 22:32 +0:22 |
| 3. | Annie Holgersson | OK Rodhen | 24:10 +2:00 |
| 4. | Fredrik Nilsson | Långhundra IF | 24:59 +2:49 |
| 5. | Malin Müller | Klubblös | 26:04 +3:54 |
| 6. | Magnus Martinell | OK Linné | 26:18 +4:08 |
| 7. | Ragnar Holst | OK Linné | 26:33 +4:23 |
| 8. | Bodil Ström Holst | OK Linné | 26:34 +4:24 |
| 9. | Linda Karlsson | Klubblös | 26:44 +4:34 |
| 10. | Eva Lander Persson | OK Enen | 27:06 +4:56 |
| 11. | Vanessa Ulate Alvarado | OK Triangeln | 28:36 +6:26 |
| 12. | Erik Höglund | Turebergs IF | 28:48 +6:38 |
| 13. | Helena Åsbrink | Klubblös | 29:35 +7:25 |
| 14. | Magnus Hellström | Långhundra IF | 31:11 +9:01 |
| 15. | Valdemar Lorentzen | Klubblös | 31:41 +9:31 |
| 16. | Henrik Holst | OK Linné | 32:17 +10:07 |
| 17. | Linnea Edling | Klubblös | 32:29 +10:19 |
| 18. | Agnes Carlström | OK Enen | 34:03 +11:53 |
| 18. | Monika Magnusson | Klubblös | 34:03 +11:53 |
| 20. | Ulrika Bolin | OK Triangeln | 34:06 +11:56 |
| 21. | Ulrika Jacobsson | Sigtuna OK | 34:51 +12:41 |
| 22. | Malin Öhlund | Länna IF | 35:04 +12:54 |
| 23. | Åza Mårtensson | IF Thor | 37:44 +15:34 |
| 24. | Ida Sundstedt | Rasbo IK | 38:04 +15:54 |
| 25. | Pia Bylund | IF Thor | 39:01 +16:51 |
| 26. | Andreas Lecerof | OK Linné | 39:16 +17:06 |
| 27. | Erika Keller | OK Linné | 42:50 +20:40 |
| 28. | Heidi Warvelin | Långhundra IF | 42:54 +20:44 |

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|-----------------------|----------------------|----------|--------|
| 29. Katarina Sund | OK Roslagen | 44:17 | +22:07 |
| 30. LarsOwe Ström | Täby OK | 44:36 | +22:26 |
| 31. Frida Nilsson | OK Triangeln | 44:46 | +22:36 |
| 32. Mona Uppsten | OK Enen | 44:50 | +22:40 |
| 33. Birgitta Norlin | Rimbo SOK | 48:43 | +26:33 |
| 34. Richard Rådström | OK Enen | 55:46 | +33:36 |
| 35. Riina Aarnio | OK Linné | 55:50 | +33:40 |
| 36. Kristina Duvander | OK Roslagen | 1:03:43 | +41:33 |
| Miki Jaremalm | Vallentuna-Össeby OL | Ej start | |

ÖM5**(62 / 62)**

| | | Tid | Efter |
|------------------------------|-----------------------|------------|--------------|
| 1. Robert Larsson | IF Thor | 30:35 | |
| 2. Per Broberg | OK Sänkan | 33:45 | +3:10 |
| 3. Sara Lind | IF Thor | 34:41 | +4:06 |
| 4. Jonas Ståhlbrandt | Rasbo IK | 35:31 | +4:56 |
| 5. Björn Dverstorp | Långhundra IF | 37:22 | +6:47 |
| 6. Maria Karlsson | IF Thor | 37:59 | +7:24 |
| 7. Annika Solbreck | Långhundra IF | 38:41 | +8:06 |
| 8. Annie Holgersson | OK Rodhen | 39:03 | +8:28 |
| 9. Mattias Trulsson | OK Linné | 39:11 | +8:36 |
| 10. Tomas Quistberg | IF Thor | 39:35 | +9:00 |
| 11. Björn Jonsell | IF Thor | 40:53 | +10:18 |
| 12. Katja Kinnunen | Vallentuna-Össeby OL | 41:49 | +11:14 |
| 13. Marie Lindström | OK Triangeln | 44:00 | +13:25 |
| 14. Tore Carlström | OK Enen | 45:37 | +15:02 |
| 15. Märit Karlström | OK Linné | 46:16 | +15:41 |
| 16. Dragos Cocos | Klubblös | 47:28 | +16:53 |
| 17. Max Nilsson | IF Thor | 48:38 | +18:03 |
| 18. Laila Svensson | Rasbo IK | 48:58 | +18:23 |
| 19. Björn Cedstedt | Långhundra IF | 49:35 | +19:00 |
| 20. Anders Westerberg | OK Enen | 49:54 | +19:19 |
| 21. Linnea Sundberg | Klubblös | 49:55 | +19:20 |
| 22. Tina Saetre | Långhundra IF | 49:59 | +19:24 |
| 23. Lina Påve | IF Thor | 50:08 | +19:33 |
| 24. Magnus Graas | OK Linné | 51:17 | +20:42 |
| 25. Jonas Eriksson | IF Thor | 51:52 | +21:17 |
| 26. Patrik Lander | OK Enen | 52:27 | +21:52 |
| 27. Maria Ahlberg | Norbergs OK | 53:18 | +22:43 |
| 28. Johan Karlsson | Norbergs OK | 53:21 | +22:46 |
| 29. Tom Karlsson | OK Linné | 53:22 | +22:47 |
| 30. Lisa Fredlund | IF Thor | 53:24 | +22:49 |
| 31. Bente Henriksson | Rånäs OK | 54:08 | +23:33 |
| 32. Ann-Sofie Jemth | IF Thor | 54:28 | +23:53 |
| 33. Per-Erik Nyström | Rånäs OK | 54:43 | +24:08 |
| 34. Anna Martinsson Karlsson | Stockholmspolisens IF | 54:46 | +24:11 |
| 35. Cecilia Johansson | IF Thor | 54:48 | +24:13 |
| 36. Johan Bengtsson | OK Linné | 55:01 | +24:26 |
| 37. Eva Andersson Dverstorp | Långhundra IF | 58:57 | +28:22 |
| 38. Roland Lindqvist | Klubblös | 1:00:31 | +29:56 |
| 39. Mattias Jonsson | Uppsala IF | 1:02:43 | +32:08 |

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|----------------------------|---------------|---------|--------|
| 40. Sven Nelander | Klubblös | 1:03:16 | +32:41 |
| 41. Conny Olsson | Häverödals SK | 1:04:54 | +34:19 |
| 42. Andreas Nyström | Klubblös | 1:05:17 | +34:42 |
| 43. Daniel Palm | OK Linné | 1:06:31 | +35:56 |
| 44. Pia Vikström | Täby OK | 1:09:11 | +38:36 |
| 45. Anders Falk | IF Thor | 1:09:15 | +38:40 |
| 46. Moira Nilsson | IF Thor | 1:12:52 | +42:17 |
| 47. Alice Karlsson | IF Thor | 1:13:33 | +42:58 |
| 48. Kerstin Wallström | OK Sänkan | 1:15:34 | +44:59 |
| 49. Caroline Isaksson | OK Sänkan | 1:16:16 | +45:41 |
| 50. Margit Lundström | OK Sänkan | 1:16:17 | +45:42 |
| 51. Astri Lindgren Mandahl | OK Linné | 1:17:03 | +46:28 |
| 52. Karin Palm | OK Linné | 1:20:26 | +49:51 |
| 53. Lars Weiselius | OK Linné | 1:22:30 | +51:55 |
| 54. Kerstin Broberg | OK Sänkan | 1:28:01 | +57:26 |
| 55. Stig Andersson | OK Sänkan | 1:35:47 | +65:12 |
| 56. Jenny Ejderfelt | Länna IF | 1:36:12 | +65:37 |
| 57. Petra Reichler | Länna IF | 1:36:25 | +65:50 |
| 58. Ingegerd Eriksson | IF Thor | 1:52:12 | +81:37 |
| Jimmy Larsson | IF Thor | Felst. | |
| Kerstin Gustafsson | OK Gränsen | Felst. | |
| Åsa Kruys | IF Thor | Felst. | |
| Linda Wählström | OK Linné | Utg. | |

| ÖM7 | (50 / 50) | Tid | Efter |
|-------------------------|----------------------|------------|--------------|
| 1. Nils Olsson | OK Linné | 25:00 | |
| 2. Per Grywenz | OK Linné | 26:30 | +1:30 |
| 3. Camilla Adlerteg | OK Enen | 32:40 | +7:40 |
| 4. Tommy Stenvi | OK Linné | 32:50 | +7:50 |
| 5. Pär Säfsten | OK Linné | 34:49 | +9:49 |
| 6. Jesper Henriksson | Rånäs OK | 35:46 | +10:46 |
| 7. Johan Balck | Vallentuna-Össeby OL | 36:38 | +11:38 |
| 8. Olof Nilsson | OK Triangeln | 37:42 | +12:42 |
| 9. Mats Wickbom | OK Linné | 37:46 | +12:46 |
| 10. Anna Jansson | Rånäs OK | 38:00 | +13:00 |
| 11. Jennie Hellström | OK Linné | 38:06 | +13:06 |
| 12. Ulf Isacsson | OK Linné | 38:14 | +13:14 |
| 13. Berit Ekman | Vallentuna-Össeby OL | 38:28 | +13:28 |
| 14. Malin Sparrman | OK Linné | 38:54 | +13:54 |
| 15. Markus Bylund | IF Thor | 39:57 | +14:57 |
| 16. Olov Söderkvist | Dalaportens OL | 41:03 | +16:03 |
| 17. Claes Landqvist | Vallentuna-Össeby OL | 41:04 | +16:04 |
| 18. Per Brahm | Långhundra IF | 41:19 | +16:19 |
| 19. Per-Erik Wählberg | OK Linné | 41:56 | +16:56 |
| 20. Per-Erik Åslund | OK Linné | 44:10 | +19:10 |
| 21. Malin Jansson | Klubblös | 45:09 | +20:09 |
| 22. Britt-Inger Jonsson | OK Linné | 45:59 | +20:59 |
| 23. Anne Löfgren | Klubblös | 46:32 | +21:32 |
| 24. Carl Lundkvist | Länna IF | 47:10 | +22:10 |
| 25. Carl-Gunnar Boström | Enebybergs IF | 48:54 | +23:54 |

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|-----|---------------------------|---------------|---------|--------|
| 26. | Elisabet Lindblom Larsson | OK Enen | 50:15 | +25:15 |
| 27. | Birgitta Petersen | OK Enen | 50:30 | +25:30 |
| 28. | Elsai Brahm | Långhundra IF | 50:33 | +25:33 |
| 29. | Mattias Thorsell | Klubblös | 50:44 | +25:44 |
| 30. | Ann-Sofie Edenhamn | Länna IF | 52:43 | +27:43 |
| 31. | Sofia Åslund | OK Linné | 55:00 | +30:00 |
| 32. | Karin Hannrup | IF Thor | 55:39 | +30:39 |
| 33. | Eva Enström | OK Linné | 55:40 | +30:40 |
| 34. | Mats Linde | OK Linné | 56:04 | +31:04 |
| 35. | Jan-Erik Larsson | Upsala IF | 57:36 | +32:36 |
| 36. | Sara Rosengren | Klubblös | 58:25 | +33:25 |
| 37. | Elin Lundkvist | Länna IF | 59:13 | +34:13 |
| 38. | Mona Hansson | IF Thor | 1:00:03 | +35:03 |
| 39. | Ingrid E Ström | Täby OK | 1:01:47 | +36:47 |
| 40. | Mats Frost | OK Roslagen | 1:05:19 | +40:19 |
| 41. | Lars-Olov Andersson | Sigtuna OK | 1:19:34 | +54:34 |
| 42. | Stefan Palm | OK Roslagen | 1:26:19 | +61:19 |
| 43. | Mikko Aarnio | OK Linné | 1:30:18 | +65:18 |
| | Anna Olsson | IF Thor | Felst. | |
| | Annika Zetterqvist | Sigtuna OK | Felst. | |
| | Clary Bernersson | OK Enen | Felst. | |
| | Stig Larsson | Länna IF | Felst. | |
| | Tomas Axelsson | OK Linné | Felst. | |
| | Hillevi Palmqvist | Länna IF | Utg. | |
| | Ulrika Meyerson | OK Linné | Utg. | |

ÖM8**(36 / 36)****Tid****Efter**

| | | | | |
|-----|-------------------|---------------|-------|--------|
| 1. | Erik Åhlin | Långhundra IF | 31:06 | |
| 2. | Pär Tögenmark | OK Linné | 37:14 | +6:08 |
| 3. | Ola Lind | IF Thor | 39:17 | +8:11 |
| 4. | Jonas Hallman | Attunda OK | 40:02 | +8:56 |
| 5. | Marcus Phersson | OK Linné | 41:04 | +9:58 |
| 6. | Jonas Andersson | IF Thor | 41:16 | +10:10 |
| 7. | Björn Johansson | OK Borgen | 41:23 | +10:17 |
| 8. | Pär Jansson | IF Thor | 41:40 | +10:34 |
| 9. | Björn Hannrup | IF Thor | 45:45 | +14:39 |
| 10. | Andreas Andersson | Klubblös | 46:14 | +15:08 |
| 11. | Mika Numminen | OK Linné | 46:31 | +15:25 |
| 12. | Mattias Holmgren | IF Thor | 47:03 | +15:57 |
| 13. | Henrik Wåhlström | OK Linné | 47:41 | +16:35 |
| 14. | Lars Gustafsson | OK Gränsen | 48:17 | +17:11 |
| 15. | Fredrik Staland | OK Linné | 48:59 | +17:53 |
| 16. | Camilla Öhman | NTNUI | 52:14 | +21:08 |
| 17. | Ulf Magnusson | Klubblös | 53:10 | +22:04 |
| 18. | Lars Karlsson | Almby IK | 53:29 | +22:23 |
| 19. | Oskar Nilsson | Västerås SOK | 53:36 | +22:30 |
| 20. | Torbjörn Norén | OK Enen | 54:00 | +22:54 |
| 21. | Marta Zdrakovic | OK Linné | 54:14 | +23:08 |
| 22. | Leonard Jansson | Rasbo IK | 54:38 | +23:32 |
| 23. | Johan Kügler | Sigtuna OK | 55:19 | +24:13 |

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|------------------------|---------------------|---------|--------|
| 24. Håkan Carlsson | OK Roslagen | 56:37 | +25:31 |
| 25. Magnus Thor | OK Bävern | 56:48 | +25:42 |
| 26. Ylva Petersson | Klubblös | 57:09 | +26:03 |
| 27. Roger Nilsson | OK Linné | 58:03 | +26:57 |
| 28. Erik Viklund | Rånäs OK | 58:28 | +27:22 |
| 29. Katarina Bengtsson | Långhundra IF | 1:00:21 | +29:15 |
| 30. Anders Gustavsson | OK Enen | 1:03:20 | +32:14 |
| 31. Johan Westerbergh | Rasbo IK | 1:03:48 | +32:42 |
| 32. Johan Björkesten | Klubblös | 1:08:20 | +37:14 |
| 33. Andreas Persson | Rasbo IK | 1:12:25 | +41:19 |
| 34. Tobias Valentin | Göteborg-Majorna OK | 1:22:00 | +50:54 |
| 35. Håkan Wahnäs | OK Linné | 1:48:37 | +77:31 |
| Kristina Jansson | Rasbo IK | Felst. | |

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|-------------------|----------------|------------|--------------|
| H16K | (3 / 3) | Tid | Efter |
| 1. Jesper Nyström | IF Thor | 27:23 | |
| 2. Filip Nilsson | OK Triangeln | 43:08 | +15:45 |
| 3. Felix Svensson | Rasbo IK | 58:45 | +31:22 |

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|--------------------|----------------|------------|--------------|
| H14K | (5 / 5) | Tid | Efter |
| 1. Edvin Hellström | Långhundra IF | 19:02 | |
| 2. Oscar Wahlberg | Långhundra IF | 19:15 | +0:13 |
| 3. Viktor Granberg | IF Thor | 24:47 | +5:45 |
| 4. Pontus Eggens | IF Thor | 25:48 | +6:46 |
| 5. Aron Johansson | Rasbo IK | 32:24 | +13:22 |

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|---------------------|----------------|------------|--------------|
| H12K | (4 / 4) | Tid | Efter |
| 1. Gabriell Östlund | Länna IF | 16:02 | |
| 2. Teodor Uddmäre | Sigtuna OK | 20:04 | +4:02 |
| 3. Edvin Nilsson | Långhundra IF | 20:20 | +4:18 |
| Lukas Gustafsson | OK Linné | Ej start | |

| | | | |
|----------------------|----------------------|------------|--------------|
| D16K | (2 / 2) | Tid | Efter |
| 1. Johanna von Essen | OK Linné | 40:27 | |
| 2. Ebba Fogelström | Vallentuna-Össeby OL | 1:19:48 | +39:21 |

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|-------------------|----------------|------------|--------------|
| D14K | (5 / 5) | Tid | Efter |
| 1. Hanna Karlsson | Länna IF | 20:39 | |
| 2. Amanda Wieland | Sigtuna OK | 24:12 | +3:33 |
| 3. Maja Wilmar | IF Thor | 28:10 | +7:31 |
| 4. Sofie Jonsell | IF Thor | 42:34 | +21:55 |
| 5. Hannah Örtlund | Rånäs OK | 42:58 | +22:19 |

| | | | |
|----------------------|----------------|------------|--------------|
| D12K | (5 / 5) | Tid | Efter |
| 1. Vega Sundstedt | Rasbo IK | 16:48 | |
| 2. Doris Larsson | OK Linné | 20:33 | +3:45 |
| 3. Matilda Weiselius | OK Linné | 20:59 | +4:11 |
| 4. Junia Winninge | Långhundra IF | 27:24 | +10:36 |
| 5. Emma Palm | OK Roslagen | 9:13:29 | +536:41 |