

Resultat – Tullinge teamsprint

2018-10-13

Dam	(19 / 19)	Tid	Efter	Bomtid
1. Tullinge SK 7		47:20		
1. Johanna Lönnkvist	7:01	7:01		00:00
2. Elin Lauri	9:19	16:20		00:24
3. Johanna Lönnkvist	6:54	23:14		00:00
4. Elin Lauri	9:00	32:14		00:17
5. Johanna Lönnkvist	7:02	39:16		00:16
6. Elin Lauri	8:04	47:20		00:00
2. Centrum OK 1		58:08	+10:48	
1. Samantha Ahlgren	11:51	11:51	+4:50	01:37
2. Maria Carlström	9:29	21:20	+5:00	00:40
3. Samantha Ahlgren	9:11	30:31	+7:17	00:33
4. Maria Carlström	9:00	39:31	+7:17	00:18
5. Samantha Ahlgren	9:23	48:54	+9:38	00:38
6. Maria Carlström	9:14	58:08	+10:48	00:00
3. Tullinge SK 3		1:01:22	+14:02	
1. Wilma Leickt	8:44	8:44	+1:43	00:00
2. Märta Södervall	15:53	24:37	+8:17	03:42
3. Wilma Leickt	10:08	34:45	+11:31	01:21
4. Märta Södervall	8:30	43:15	+11:01	00:45
5. Wilma Leickt	9:45	53:00	+13:44	00:50
6. Märta Södervall	8:22	1:01:22	+14:02	00:15
4. IFK Lidingö SOK 1		1:01:53	+14:33	
1. Amelie Rajan	10:05	10:05	+3:04	01:54
2. Agnes Damberg	10:39	20:44	+4:24	01:26
3. Amelie Rajan	11:52	32:36	+9:22	01:55
4. Agnes Damberg	10:27	43:03	+10:49	01:14
5. Amelie Rajan	9:37	52:40	+13:24	00:51
6. Agnes Damberg	9:13	1:01:53	+14:33	00:00
5. Tullinge SK 1		1:04:24	+17:04	
1. Alva Bladh	13:46	13:46	+6:45	01:25
2. Tove Sjöberg	9:17	23:03	+6:43	00:00
3. Alva Bladh	11:02	34:05	+10:51	01:15
4. Tove Sjöberg	9:08	43:13	+10:59	00:16
5. Alva Bladh	11:20	54:33	+15:17	00:00
6. Tove Sjöberg	9:51	1:04:24	+17:04	00:39
6. Sundbybergs IK / Lunds OK 1		1:07:37	+20:17	
1. Karin Hagwall	12:42	12:42	+5:41	01:51
2. Nadja Rutz	11:23	24:05	+7:45	00:00
3. Karin Hagwall	13:47	37:52	+14:38	02:58
4. Nadja Rutz	10:04	47:56	+15:42	00:24
5. Karin Hagwall	10:00	57:56	+18:40	00:36
6. Nadja Rutz	9:41	1:07:37	+20:17	00:00
7. OK Österåker 1		1:09:18	+21:58	
1. Michaela Lundell	11:29	11:29	+4:28	00:19
2. Caroline Westbom	13:21	24:50	+8:30	02:08
3. Michaela Lundell	9:36	34:26	+11:12	00:19
4. Caroline Westbom	11:08	45:34	+13:20	00:56
5. Michaela Lundell	13:23	58:57	+19:41	02:28
6. Caroline Westbom	10:21	1:09:18	+21:58	00:00
8. Söders-Tyresö 1		1:09:35	+22:15	
1. Alicia Björnberg	13:39	13:39	+6:38	02:12
2. Jenny Göstas Källman	12:29	26:08	+9:48	02:18
3. Alicia Björnberg	10:52	37:00	+13:46	00:00
4. Jenny Göstas Källman	13:14	50:14	+18:00	03:22
5. Alicia Björnberg	10:49	1:01:03	+21:47	00:38
6. Jenny Göstas Källman	8:32	1:09:35	+22:15	00:43

9.	Söders-Tyresö 2		1:10:09	+22:49	
1.	Lovisa Göstas Källman	13:22	13:22	+6:21	02:43
2.	Emma Norin	13:49	27:11	+10:51	03:09
3.	Lovisa Göstas Källman	9:59	37:10	+13:56	00:00
4.	Emma Norin	11:16	48:26	+16:12	00:52
5.	Lovisa Göstas Källman	11:06	59:32	+20:16	00:50
6.	Emma Norin	10:37	1:10:09	+22:49	00:56
10.	Köping-Kolsva OK / Ärla IF 1		1:12:51	+25:31	
1.	Melina Toven	11:16	11:16	+4:15	01:36
2.	Yvonne Toven	13:29	24:45	+8:25	01:33
3.	Melina Toven	9:05	33:50	+10:36	00:51
4.	Yvonne Toven	14:51	48:41	+16:27	04:06
5.	Melina Toven	9:22	58:03	+18:47	00:00
6.	Yvonne Toven	14:48	1:12:51	+25:31	02:46
11.	Tullinge SK 4		1:23:23	+36:03	
1.	Nova Matthews	24:51	24:51	+17:50	12:03
2.	Emilia Bergman	9:16	34:07	+17:47	00:18
3.	Nova Matthews	11:52	45:59	+22:45	01:37
4.	Emilia Bergman	13:02	59:01	+26:47	02:42
5.	Nova Matthews	13:36	1:12:37	+33:21	02:06
6.	Emilia Bergman	10:46	1:23:23	+36:03	02:09
12.	Gustavsbergs OK / OK Ravinen 1		1:30:02	+42:42	
1.	Ann-Marie Holmström	15:07	15:07	+8:06	02:08
2.	Therese Holmström	15:09	30:16	+13:56	02:48
3.	Ann-Marie Holmström	17:19	47:35	+24:21	05:16
4.	Therese Holmström	11:02	58:37	+26:23	00:00
5.	Ann-Marie Holmström	19:38	1:18:15	+38:59	06:57
6.	Therese Holmström	11:47	1:30:02	+42:42	00:18
13.	OK Österåker 2		1:33:04	+45:44	
1.	Nayara Gillsparr	12:34	12:34	+5:33	00:35
2.	Tilde Jonsson	25:39	38:13	+21:53	11:24
3.	Nayara Gillsparr	14:42	52:55	+29:41	01:03
4.	Tilde Jonsson	13:16	1:06:11	+33:57	02:44
5.	Nayara Gillsparr	14:21	1:20:32	+41:16	01:39
6.	Tilde Jonsson	12:32	1:33:04	+45:44	00:34
14.	Tullinge SK 5		1:38:12	+50:52	
1.	Fanny Sundberg	24:50	24:50	+17:49	11:45
2.	Klara Junegard	12:14	37:04	+20:44	02:15
3.	Fanny Sundberg	15:49	52:53	+29:39	05:17
4.	Klara Junegard	17:18	1:10:11	+37:57	07:44
5.	Fanny Sundberg	13:39	1:23:50	+44:34	02:14
6.	Klara Junegard	14:22	1:38:12	+50:52	04:09
15.	Järla Orientering 1		1:38:14	+50:54	
1.	Märta Ahlquist	24:55	24:55	+17:54	11:25
2.	Britta Börjesson	17:14	42:09	+25:49	02:21
3.	Märta Ahlquist	16:50	58:59	+35:45	04:30
4.	Britta Börjesson	14:07	1:13:06	+40:52	01:04
5.	Märta Ahlquist	12:17	1:25:23	+46:07	01:13
6.	Britta Börjesson	12:51	1:38:14	+50:54	02:18
	Domnarvets GOIF / Waxholms OK 1		Felst.		
1.	Moa Hjorth	10:35	10:35	+3:34	01:40
2.	Selma Gumaelius	9:23	19:58	+3:38	00:00
3.	Moa Hjorth	8:30	28:28	+5:14	00:00
4.	Selma Gumaelius	Felst.	Felst.		
5.	Moa Hjorth	9:20	Felst.		00:53
6.	Selma Gumaelius	9:10	Felst.		00:00
	Tullinge SK 6		Felst.		
1.	Lena Persson	20:52	20:52	+13:51	02:30
2.	Sofia Persson	10:06	30:58	+14:38	00:41
3.	Lena Persson	13:20	44:18	+21:04	01:37
4.	Sofia Persson	Felst.	Felst.		
5.	Lena Persson	13:50	Felst.		01:23
6.	Sofia Persson	11:30	Felst.		01:15

Tullinge SK 2		Ej start
1. Lovisa Svensson	Ej start	Ej start
2. Katja Leickt	Ej start	Ej start
3. Lovisa Svensson	Ej start	Ej start
4. Katja Leickt	Ej start	Ej start
5. Lovisa Svensson	Ej start	Ej start
6. Katja Leickt	Ej start	Ej start
IFK Lidingö SOK / OK Ravinen 2		Ej start
1. Hedda Röstin	Ej start	Ej start
2. Lisa Thunell	Ej start	Ej start
3. Hedda Röstin	Ej start	Ej start
4. Lisa Thunell	Ej start	Ej start
5. Hedda Röstin	Ej start	Ej start
6. Lisa Thunell	Ej start	Ej start

Herr	(26 / 26)	Tid	Efter	Bomtid
1. Tullinge SK 6		45:47		
1. Per Bergh	6:58	6:58	+0:03	00:00
2. Jörgen Ohlin	7:42	14:40		00:00
3. Per Bergh	8:32	23:12	+0:04	00:18
4. Jörgen Ohlin	7:36	30:48	+0:02	00:00
5. Per Bergh	6:47	37:35	+0:04	00:00
6. Jörgen Ohlin	8:12	45:47		00:00
2. Tullinge SK 1		45:50	+0:03	
1. Markus Adolfsson	6:55	6:55		00:00
2. Emil Andersson	7:58	14:53	+0:13	00:00
3. Markus Adolfsson	8:15	23:08		00:00
4. Emil Andersson	7:38	30:46		00:00
5. Markus Adolfsson	6:45	37:31		00:00
6. Emil Andersson	8:19	45:50	+0:03	00:00
3. IFK Mora OK / Kils OK 1		54:39	+8:52	
1. Gustav Björklund	14:19	14:19	+7:24	05:12
2. Jonathan Uller	7:46	22:05	+7:25	00:30
3. Gustav Björklund	8:39	30:44	+7:36	00:32
4. Jonathan Uller	6:45	37:29	+6:43	00:00
5. Gustav Björklund	9:05	46:34	+9:03	00:00
6. Jonathan Uller	8:05	54:39	+8:52	00:19
4. Tullinge SK 2		58:14	+12:27	
1. Tintin Karlberg	9:47	9:47	+2:52	00:55
2. Johan Kärrström	10:23	20:10	+5:30	01:01
3. Tintin Karlberg	9:00	29:10	+6:02	00:30
4. Johan Kärrström	9:48	38:58	+8:12	00:00
5. Tintin Karlberg	10:02	49:00	+11:29	00:58
6. Johan Kärrström	9:14	58:14	+12:27	00:27
5. OK Ravinen 1		1:01:49	+16:02	
1. Joachim Wansölin	10:18	10:18	+3:23	00:38
2. Niklas Wansölin	10:49	21:07	+6:27	00:17
3. Joachim Wansölin	11:27	32:34	+9:26	01:27
4. Niklas Wansölin	10:05	42:39	+11:53	00:00
5. Joachim Wansölin	9:43	52:22	+14:51	00:00
6. Niklas Wansölin	9:27	1:01:49	+16:02	00:00
6. Surahammars SOK 1		1:04:27	+18:40	
1. Vidar Nettelmark	12:55	12:55	+6:00	03:08
2. Henrik Nettelmark	10:41	23:36	+8:56	00:00
3. Vidar Nettelmark	11:12	34:48	+11:40	01:48
4. Henrik Nettelmark	9:34	44:22	+13:36	00:00
5. Vidar Nettelmark	9:59	54:21	+16:50	00:53
6. Henrik Nettelmark	10:06	1:04:27	+18:40	00:48
7. IFK Lidingö SOK 1		1:05:04	+19:17	
1. Magnus Rajan	9:59	9:59	+3:04	00:33
2. Per Damberg	10:40	20:39	+5:59	00:33
3. Magnus Rajan	10:35	31:14	+8:06	01:01

4.	Per Damberg	14:25	45:39	+14:53	03:14
5.	Magnus Rajan	9:27	55:06	+17:35	00:28
6.	Per Damberg	9:58	1:05:04	+19:17	00:35
8.	OK Södertörn 1		1:07:39	+21:52	
1.	Max Österling	15:21	15:21	+8:26	04:24
2.	Niklas Erlandsson	9:36	24:57	+10:17	00:28
3.	Max Österling	11:11	36:08	+13:00	00:51
4.	Niklas Erlandsson	9:05	45:13	+14:27	00:19
5.	Max Österling	9:56	55:09	+17:38	01:07
6.	Niklas Erlandsson	12:30	1:07:39	+21:52	00:49
9.	Tullinge SK 5		1:08:09	+22:22	
1.	Johannes Bladh	9:45	9:45	+2:50	00:32
2.	Adam Bratt	14:05	23:50	+9:10	02:44
3.	Johannes Bladh	11:46	35:36	+12:28	02:47
4.	Adam Bratt	10:04	45:40	+14:54	00:57
5.	Johannes Bladh	10:57	56:37	+19:06	02:27
6.	Adam Bratt	11:32	1:08:09	+22:22	02:20
10.	OK Österåker 3		1:08:47	+23:00	
1.	Tomas Albinsson	9:14	9:14	+2:19	00:18
2.	Malte Albinsson	12:50	22:04	+7:24	01:20
3.	Tomas Albinsson	9:06	31:10	+8:02	00:50
4.	Malte Albinsson	14:02	45:12	+14:26	01:49
5.	Tomas Albinsson	9:47	54:59	+17:28	00:30
6.	Malte Albinsson	13:48	1:08:47	+23:00	00:43
11.	Centrum OK / OK Långberget 2		1:09:18	+23:31	
1.	Mats Andersson	9:51	9:51	+2:56	00:20
2.	Adam Nyman	11:25	21:16	+6:36	02:07
3.	Mats Andersson	18:31	39:47	+16:39	07:52
4.	Adam Nyman	8:59	48:46	+18:00	00:25
5.	Mats Andersson	11:36	1:00:22	+22:51	01:56
6.	Adam Nyman	8:56	1:09:18	+23:31	00:00
12.	OK Österåker 1		1:09:38	+23:51	
1.	Torbjörn Gillsparr	14:37	14:37	+7:42	03:39
2.	Linus Holmqvist	11:40	26:17	+11:37	01:26
3.	Torbjörn Gillsparr	10:59	37:16	+14:08	00:16
4.	Linus Holmqvist	10:56	48:12	+17:26	01:30
5.	Torbjörn Gillsparr	11:58	1:00:10	+22:39	00:33
6.	Linus Holmqvist	9:28	1:09:38	+23:51	00:00
13.	OK Österåker 2		1:10:14	+24:27	
1.	Linus Nilsson	10:05	10:05	+3:10	00:00
2.	Simon Lundell	17:56	28:01	+13:21	06:14
3.	Linus Nilsson	9:54	37:55	+14:47	00:00
4.	Simon Lundell	12:31	50:26	+19:40	01:16
5.	Linus Nilsson	9:41	1:00:07	+22:36	00:00
6.	Simon Lundell	10:07	1:10:14	+24:27	01:39
14.	Tullinge SK 10		1:14:20	+28:33	
1.	Thomas Sundberg	14:30	14:30	+7:35	03:32
2.	Peter Bergman	11:30	26:00	+11:20	00:19
3.	Thomas Sundberg	14:57	40:57	+17:49	01:54
4.	Peter Bergman	11:22	52:19	+21:33	00:31
5.	Thomas Sundberg	10:10	1:02:29	+24:58	00:34
6.	Peter Bergman	11:51	1:14:20	+28:33	00:22
15.	Tullinge SK 8		1:17:20	+31:33	
1.	Wilhelm Bergman	9:43	9:43	+2:48	00:25
2.	Hugo Backlund	30:03	39:46	+25:06	17:38
3.	Wilhelm Bergman	8:18	48:04	+24:56	00:00
4.	Hugo Backlund	10:58	59:02	+28:16	00:22
5.	Wilhelm Bergman	9:11	1:08:13	+30:42	00:46
6.	Hugo Backlund	9:07	1:17:20	+31:33	00:49
16.	Haninge SOK 1		1:18:01	+32:14	
1.	Henrik Morast	10:40	10:40	+3:45	01:14
2.	Fredrik Morast	20:23	31:03	+16:23	06:54
3.	Henrik Morast	12:33	43:36	+20:28	02:20

4.	Fredrik Morast	10:50	54:26	+23:40	00:23
5.	Henrik Morast	13:11	1:07:37	+30:06	02:36
6.	Fredrik Morast	10:24	1:18:01	+32:14	00:00
17.	Tullinge SK 4		1:19:36	+33:49	
1.	Ludvig Ferdman	13:50	13:50	+6:55	00:43
2.	Emil Helander	15:46	29:36	+14:56	02:12
3.	Ludvig Ferdman	12:25	42:01	+18:53	00:39
4.	Emil Helander	13:46	55:47	+25:01	00:38
5.	Ludvig Ferdman	12:59	1:08:46	+31:15	01:13
6.	Emil Helander	10:50	1:19:36	+33:49	00:38
18.	Oskarströms OK 1		1:19:40	+33:53	
1.	Roger Djupsjö	11:23	11:23	+4:28	00:34
2.	David Djupsjö	15:04	26:27	+11:47	01:48
3.	Roger Djupsjö	13:46	40:13	+17:05	01:42
4.	David Djupsjö	15:52	56:05	+25:19	03:15
5.	Roger Djupsjö	10:41	1:06:46	+29:15	00:00
6.	David Djupsjö	12:54	1:19:40	+33:53	01:03
19.	Tullinge SK 7		1:21:42	+35:55	
1.	David Törnqvist	13:13	13:13	+6:18	01:36
2.	Elias Lindkvist	20:46	33:59	+19:19	06:18
3.	David Törnqvist	10:14	44:13	+21:05	00:39
4.	Elias Lindkvist	13:46	57:59	+27:13	01:13
5.	David Törnqvist	12:16	1:10:15	+32:44	01:22
6.	Elias Lindkvist	11:27	1:21:42	+35:55	00:16
20.	Attunda OK 2		1:21:43	+35:56	
1.	Madelene Barboza	11:54	11:54	+4:59	00:21
2.	Jenny Wallner	14:57	26:51	+12:11	01:46
3.	Madelene Barboza	13:15	40:06	+16:58	00:18
4.	Jenny Wallner	17:48	57:54	+27:08	04:17
5.	Madelene Barboza	12:04	1:09:58	+32:27	00:00
6.	Jenny Wallner	11:45	1:21:43	+35:56	00:31
21.	Tullinge SK 3		1:26:43	+40:56	
1.	Axel Trofast	28:12	28:12	+21:17	16:17
2.	Arvid Myrberger	9:45	37:57	+23:17	00:17
3.	Axel Trofast	14:51	52:48	+29:40	01:34
4.	Arvid Myrberger	10:14	1:03:02	+32:16	00:41
5.	Axel Trofast	13:08	1:16:10	+38:39	02:10
6.	Arvid Myrberger	10:33	1:26:43	+40:56	00:30
22.	Centrum OK 1		1:26:44	+40:57	
1.	Oskar Hermansson	27:38	27:38	+20:43	17:09
2.	Niklas Everitt	19:01	46:39	+31:59	08:35
3.	Oskar Hermansson	10:05	56:44	+33:36	00:39
4.	Niklas Everitt	10:30	1:07:14	+36:28	01:34
5.	Oskar Hermansson	9:15	1:16:29	+38:58	00:00
6.	Niklas Everitt	10:15	1:26:44	+40:57	00:00
	Järla Orientering 1		Felst.		
1.	Michael Ahlquist	21:20	21:20	+14:25	07:23
2.	Gustaf Ericson	10:29	31:49	+17:09	00:29
3.	Michael Ahlquist	14:32	46:21	+23:13	02:10
4.	Gustaf Ericson	12:12	58:33	+27:47	01:00
5.	Michael Ahlquist	Felst.	Felst.		
6.	Gustaf Ericson	10:57	Felst.		00:44
	Tullinge SK 9		Felst.		
1.	Stefan Ferdman	Felst.	Felst.		
2.	Robin Björklund	13:34	Felst.		02:01
3.	Stefan Ferdman	15:20	Felst.		02:34
4.	Robin Björklund	15:24	Felst.		03:16
5.	Stefan Ferdman	11:48	Felst.		00:15
6.	Robin Björklund	14:09	Felst.		01:31
	Attunda OK 1		Felst.		
1.	Marcus Barboza	28:41	28:41	+21:46	14:12
2.	Joel Wallner	10:33	39:14	+24:34	01:14
3.	Marcus Barboza	Felst.	Felst.		

4.	Joel Wallner	11:58	Felst.	01:36
5.	Marcus Barboza	16:12	Felst.	04:04
6.	Joel Wallner	12:29	Felst.	01:26
Nyköpings OK 1			Utg.	
1.	Andreas Holmqvist	23:01	23:01	+16:06 05:10
2.	Patrick Holmqvist	22:17	45:18	+30:38 07:47
3.	Andreas Holmqvist	Utg.	Utg.	
4.	Patrick Holmqvist	4:12:27	Utg.	04:56
5.	Andreas Holmqvist	Utg.	Utg.	
6.	Patrick Holmqvist	Utg.	Utg.	
Mix		(23 / 23)	Tid	Efter Bomtid
1.	Järla Orientering 2		34:26	
1.	Karolin Ohlsson	5:54	5:54	+0:47 00:00
2.	David Bejbom	5:53	11:47	00:00
3.	Karolin Ohlsson	5:44	17:31	00:00
4.	David Bejbom	5:42	23:13	00:00
5.	Karolin Ohlsson	5:20	28:33	00:00
6.	David Bejbom	5:53	34:26	00:00
2.	Snättringe SK / Järla Orientering 1		39:23	+4:57
1.	Anna Dahlgren-Rosén	8:20	8:20	+3:13 00:29
2.	Simon Hector	5:22	13:42	+1:55 00:00
3.	Anna Dahlgren-Rosén	8:09	21:51	+4:20 00:28
4.	Simon Hector	5:17	27:08	+3:55 00:00
5.	Anna Dahlgren-Rosén	7:07	34:15	+5:42 00:00
6.	Simon Hector	5:08	39:23	+4:57 00:00
3.	Hagaby Golf Örebro / Nyköpings OK 1		39:28	+5:02
1.	Martin Regborn	5:07	5:07	00:00
2.	Ida Hylander	9:41	14:48	+3:01 01:27
3.	Martin Regborn	5:16	20:04	+2:33 00:00
4.	Ida Hylander	8:04	28:08	+4:55 00:29
5.	Martin Regborn	5:08	33:16	+4:43 00:00
6.	Ida Hylander	6:12	39:28	+5:02 00:00
4.	Alfta-Ösa OK / Hellas Orientering 1		41:53	+7:27
1.	Irina Nyberg	7:49	7:49	+2:42 00:45
2.	Mikael Nyberg	6:40	14:29	+2:42 00:00
3.	Irina Nyberg	7:16	21:45	+4:14 00:15
4.	Mikael Nyberg	6:45	28:30	+5:17 00:15
5.	Irina Nyberg	6:41	35:11	+6:38 00:34
6.	Mikael Nyberg	6:42	41:53	+7:27 00:00
5.	Tullinge SK 5		44:00	+9:34
1.	Ella Sjöberg	7:38	7:38	+2:31 00:41
2.	Lars Sjöberg	6:58	14:36	+2:49 00:00
3.	Ella Sjöberg	8:01	22:37	+5:06 00:17
4.	Lars Sjöberg	6:53	29:30	+6:17 00:15
5.	Ella Sjöberg	7:14	36:44	+8:11 00:21
6.	Lars Sjöberg	7:16	44:00	+9:34 00:20
6.	OK Ravinen / Tullinge SK 16		46:30	+12:04
1.	Ida Forsén	8:47	8:47	+3:40 01:22
2.	Torbjörn Kölzow	7:32	16:19	+4:32 00:00
3.	Ida Forsén	7:50	24:09	+6:38 00:00
4.	Torbjörn Kölzow	7:34	31:43	+8:30 00:00
5.	Ida Forsén	7:22	39:05	+10:32 00:00
6.	Torbjörn Kölzow	7:25	46:30	+12:04 00:26
7.	Tullinge SK 3		46:52	+12:26
1.	Kerstin Imark	8:43	8:43	+3:36 00:33
2.	Rikard Imark	7:16	15:59	+4:12 00:16
3.	Kerstin Imark	8:30	24:29	+6:58 00:22
4.	Rikard Imark	6:41	31:10	+7:57 00:00
5.	Kerstin Imark	8:44	39:54	+11:21 00:22
6.	Rikard Imark	6:58	46:52	+12:26 00:00

8.	Tullinge SK / Klubblös 1		47:15	+12:49	
1.	Emeli Pettersson	7:08	7:08	+2:01	00:15
2.	Johan Hydén	9:03	16:11	+4:24	00:48
3.	Emeli Pettersson	7:11	23:22	+5:51	00:00
4.	Johan Hydén	8:49	32:11	+8:58	00:18
5.	Emeli Pettersson	7:13	39:24	+10:51	00:00
6.	Johan Hydén	7:51	47:15	+12:49	00:37
9.	Snättringe SK 2		48:16	+13:50	
1.	Jakob Tedhamre	7:08	7:08	+2:01	00:00
2.	Kristina Tedhamre	9:00	16:08	+4:21	00:23
3.	Jakob Tedhamre	8:03	24:11	+6:40	00:47
4.	Kristina Tedhamre	9:31	33:42	+10:29	01:21
5.	Jakob Tedhamre	6:26	40:08	+11:35	00:00
6.	Kristina Tedhamre	8:08	48:16	+13:50	00:31
10.	Haninge SOK / Södertälje-Nykvarn OF 1		48:50	+14:24	
1.	Moa Leijon Lind	9:31	9:31	+4:24	02:05
2.	Henrik Sjögren	10:24	19:55	+8:08	03:10
3.	Moa Leijon Lind	7:30	27:25	+9:54	00:32
4.	Henrik Sjögren	7:16	34:41	+11:28	00:00
5.	Moa Leijon Lind	6:57	41:38	+13:05	00:00
6.	Henrik Sjögren	7:12	48:50	+14:24	00:00
11.	Linköpings OK / Strängnäs-Malmby OL 1		51:10	+16:44	
1.	Anton Sundin	8:31	8:31	+3:24	02:10
2.	Therese Klintberg	9:49	18:20	+6:33	00:29
3.	Anton Sundin	6:51	25:11	+7:40	00:00
4.	Therese Klintberg	9:56	35:07	+11:54	00:00
5.	Anton Sundin	6:02	41:09	+12:36	00:17
6.	Therese Klintberg	10:01	51:10	+16:44	00:16
12.	OK Hällen 1		51:59	+17:33	
1.	Björn Wistrand	7:05	7:05	+1:58	00:38
2.	Linn Wistrand	9:47	16:52	+5:05	00:00
3.	Björn Wistrand	7:10	24:02	+6:31	00:00
4.	Linn Wistrand	10:25	34:27	+11:14	00:51
5.	Björn Wistrand	6:48	41:15	+12:42	00:00
6.	Linn Wistrand	10:44	51:59	+17:33	00:37
13.	OK Södertörn 1		56:42	+22:16	
1.	Lisa Österling	11:26	11:26	+6:19	00:38
2.	Henrik Erlandsson	8:01	19:27	+7:40	00:00
3.	Lisa Österling	12:21	31:48	+14:17	01:32
4.	Henrik Erlandsson	7:14	39:02	+15:49	00:00
5.	Lisa Österling	10:34	49:36	+21:03	00:15
6.	Henrik Erlandsson	7:06	56:42	+22:16	00:00
14.	Snättringe SK 73		57:04	+22:38	
1.	Jörgen Hector	10:53	10:53	+5:46	02:01
2.	Frida Hector	8:40	19:33	+7:46	00:39
3.	Jörgen Hector	8:40	28:13	+10:42	00:42
4.	Frida Hector	8:45	36:58	+13:45	00:40
5.	Jörgen Hector	11:13	48:11	+19:38	03:07
6.	Frida Hector	8:53	57:04	+22:38	00:36
15.	Sala OK 1		1:05:01	+30:35	
1.	Lena Larsson	11:32	11:32	+6:25	01:41
2.	Göran Larsson	13:12	24:44	+12:57	02:21
3.	Lena Larsson	9:25	34:09	+16:38	00:17
4.	Göran Larsson	9:04	43:13	+20:00	00:16
5.	Lena Larsson	10:57	54:10	+25:37	00:28
6.	Göran Larsson	10:51	1:05:01	+30:35	00:48
16.	Sundbybergs IK 1		1:12:43	+38:17	
1.	Joakim Skantze	7:31	7:31	+2:24	00:00
2.	Cecilia Westström	14:57	22:28	+10:41	01:22
3.	Joakim Skantze	10:05	32:33	+15:02	02:11
4.	Cecilia Westström	12:55	45:28	+22:15	01:31
5.	Joakim Skantze	11:07	56:35	+28:02	02:25
6.	Cecilia Westström	16:08	1:12:43	+38:17	04:51

17.	Tullinge SK 2		1:14:30	+40:04	
1.	Lars Nordin	7:03	7:03	+1:56	00:18
2.	Nellie Bolin	29:25	36:28	+24:41	13:17
3.	Lars Nordin	6:39	43:07	+25:36	00:15
4.	Nellie Bolin	10:58	54:05	+30:52	01:26
5.	Lars Nordin	6:53	1:00:58	+32:25	00:23
6.	Nellie Bolin	13:32	1:14:30	+40:04	02:06
18.	Attunda OK 2		1:16:12	+41:46	
1.	Jessica Strömqvist	16:00	16:00	+10:53	02:06
2.	Magnus Strömqvist	9:43	25:43	+13:56	00:41
3.	Jessica Strömqvist	19:15	44:58	+27:27	05:19
4.	Magnus Strömqvist	9:26	54:24	+31:11	00:46
5.	Jessica Strömqvist	12:42	1:07:06	+38:33	00:52
6.	Magnus Strömqvist	9:06	1:16:12	+41:46	01:01
19.	Attunda OK 3		1:21:27	+47:01	
1.	Anders Hallmén	9:36	9:36	+4:29	00:18
2.	Margareta Hallmén	16:19	25:55	+14:08	02:42
3.	Anders Hallmén	10:41	36:36	+19:05	01:01
4.	Margareta Hallmén	18:35	55:11	+31:58	03:46
5.	Anders Hallmén	9:45	1:04:56	+36:23	00:36
6.	Margareta Hallmén	16:31	1:21:27	+47:01	02:26
20.	Tullinge SK 4		1:29:58	+55:32	
1.	Felix Flodman	16:17	16:17	+11:10	02:26
2.	Kimberly Ekenstedt	15:10	31:27	+19:40	02:15
3.	Felix Flodman	19:52	51:19	+33:48	05:01
4.	Kimberly Ekenstedt	13:46	1:05:05	+41:52	02:20
5.	Felix Flodman	11:26	1:16:31	+47:58	00:28
6.	Kimberly Ekenstedt	13:27	1:29:58	+55:32	02:08
	Attunda OK 4		Felst.		
1.	Anette Brunander	14:39	14:39	+9:32	03:13
2.	Anders Brunander	17:05	31:44	+19:57	03:22
3.	Anette Brunander	13:12	44:56	+27:25	02:27
4.	Anders Brunander	15:59	1:00:55	+37:42	03:40
5.	Anette Brunander	11:53	1:12:48	+44:15	01:02
6.	Anders Brunander	Felst.	Felst.		
	IFK Lidingö SOK 1		Utg.		
1.	Hans Tarandi	7:17	7:17	+2:10	00:00
2.	Elisabeth Bengtsson	Felst.	Felst.		
3.	Hans Tarandi	8:38	Felst.		00:00
4.	Elisabeth Bengtsson	Felst.	Felst.		
5.	Hans Tarandi	7:36	Felst.		00:00
6.	Elisabeth Bengtsson	Utg.	Utg.		
	Attunda OK 1		Ej start		
1.	Lars Gerhardsson	Ej start	Ej start		
2.	Anna Gerhardsson	Ej start	Ej start		
3.	Lars Gerhardsson	Ej start	Ej start		
4.	Anna Gerhardsson	Ej start	Ej start		
5.	Lars Gerhardsson	Ej start	Ej start		
6.	Anna Gerhardsson	Ej start	Ej start		