	gissad tid	faktisk tid	diff	
Korta banan				
Olle Granefelt	00:17:50	00:20:12	00:02:22	
Långa banan				
Sixten Westlund	00:43:43	00:42:34	00:01:09	
Zlatimira Abadzhieva	01:24:00	01:22:13	00:01:47	banläggare 2019
Olov Öström	01:05:17	01:00:36	00:04:41	
Mattias Hane	00:46:26	00:51:53	00:05:27	
Bengt Johansson	01:01:10	00:54:23	00:06:47	
Andrey Abadzhiev	01:00:00	00:48:18	00:11:42	
Anna Weckner Westlund	01:32:35	01:10:40	00:21:55	
Mellan banan				
Milla Forkeus	00:31:30	00:30:52	00:00:38	
Anna Hane	00:40:52	00:39:43	00:01:09	banläggare 2019
Elsa Albinsson	00:34:10	00:30:08	00:04:02	
Fredrik Hane	00:29:30	00:33:49	00:04:19	
Tobias Florholmen	00:44:30	00:49:08	00:04:38	
Örjan Beckius	00:35:25	00:30:37	00:04:48	
Anders Hane	00:39:47	00:46:04	00:06:17	
Lars Andersson	00:31:18	00:39:11	00:07:53	
Ann-Sofie Hultsved	00:58:10	00:48:04	00:10:06	
Lars-Erik Olsson	00:43:36	00:32:31	00:11:05	
Markus Hultsved	00:50:00	00:38:45	00:11:15	