

Resultat – MTBO, Svenska Cupen, #4, medel

2019-06-02

D21	(14 / 14)	Tid	Efter		
1. Linn Bylars	Forsa OK	50:27			
2:48 (2:48)	5:34 (8:22)	3:41 (12:03)	3:30 (15:33)	5:12 (20:45)	6:19 (27:04)
3:12 (30:16)	1:34 (31:50)	0:35 (32:25)	– (32:25)	2:58 (35:23)	4:35 (39:58)
4:05 (44:03)	3:33 (47:36)	1:24 (49:00)	1:15 (50:15)	0:12 (50:27)	
2. Elvira Larsson	Ryda SK	51:17	+0:50		
2:37 (2:37)	5:14 (7:51)	3:49 (11:40)	3:30 (15:10)	4:53 (20:03)	5:58 (26:01)
3:26 (29:27)	1:39 (31:06)	0:34 (31:40)	– (31:40)	3:13 (34:53)	4:56 (39:49)
5:03 (44:52)	3:42 (48:34)	1:30 (50:04)	1:01 (51:05)	0:12 (51:17)	
3. Sara Forsgren	OK Nolaskogsarna	52:01	+1:34		
2:54 (2:54)	6:45 (9:39)	3:41 (13:20)	3:33 (16:53)	4:52 (21:45)	5:55 (27:40)
3:33 (31:13)	1:38 (32:51)	0:37 (33:28)	– (33:28)	3:06 (36:34)	4:05 (40:39)
4:20 (44:59)	3:59 (48:58)	1:44 (50:42)	1:07 (51:49)	0:12 (52:01)	
4. Helena Svensson	FK Herkules	53:58	+3:31		
2:50 (2:50)	5:31 (8:21)	4:06 (12:27)	3:22 (15:49)	5:41 (21:30)	6:27 (27:57)
4:10 (32:07)	1:46 (33:53)	0:35 (34:28)	– (34:28)	3:38 (38:06)	4:21 (42:27)
4:45 (47:12)	3:49 (51:01)	1:33 (52:34)	1:11 (53:45)	0:13 (53:58)	
5. Anna Tiderman	Haninge SOK	54:44	+4:17		
2:58 (2:58)	5:41 (8:39)	4:31 (13:10)	3:14 (16:24)	5:13 (21:37)	6:40 (28:17)
3:18 (31:35)	1:59 (33:34)	0:35 (34:09)	– (34:09)	3:33 (37:42)	4:59 (42:41)
4:51 (47:32)	3:59 (51:31)	1:37 (53:08)	1:23 (54:31)	0:13 (54:44)	
6. Mia Eronn	Linköpings OK	55:23	+4:56		
2:44 (2:44)	5:38 (8:22)	4:28 (12:50)	3:44 (16:34)	5:10 (21:44)	6:15 (27:59)
3:37 (31:36)	1:59 (33:35)	0:37 (34:12)	– (34:12)	3:26 (37:38)	5:16 (42:54)
4:57 (47:51)	4:19 (52:10)	1:43 (53:53)	1:08 (55:01)	0:13 (55:14)	
7. Lina Samor	Lerums SOK	57:56	+7:29		
2:54 (2:54)	6:06 (9:00)	4:17 (13:17)	3:45 (17:02)	5:29 (22:31)	6:46 (29:17)
4:25 (33:42)	1:54 (35:36)	0:39 (36:15)	– (36:15)	3:49 (40:04)	4:52 (44:56)
4:53 (49:49)	4:28 (54:17)	1:44 (56:01)	1:30 (57:31)	0:13 (57:44)	
8. Rebecka Hylander	Nyköpings OK	58:02	+7:35		
3:08 (3:08)	6:36 (9:44)	4:02 (13:46)	3:58 (17:44)	5:40 (23:24)	6:48 (30:12)
3:39 (33:51)	1:51 (35:42)	0:38 (36:20)	– (36:20)	3:27 (39:47)	5:37 (45:24)
4:52 (50:16)	4:40 (54:56)	1:42 (56:38)	1:12 (57:50)	0:12 (58:02)	
9. Karin E Gustafsson	Garphyttans IF	58:33	+8:06		
2:59 (2:59)	6:21 (9:20)	4:34 (13:54)	3:41 (17:35)	5:24 (22:59)	6:54 (29:53)
4:07 (34:00)	1:50 (35:50)	0:36 (36:26)	– (36:26)	3:42 (40:08)	5:23 (45:31)
4:53 (50:24)	4:17 (54:41)	2:23 (57:04)	1:16 (58:20)	0:13 (58:33)	
10. Erica Olsson	IFK Mora OK	1:01:00	+10:33		
2:41 (2:41)	6:19 (9:00)	4:23 (13:23)	4:03 (17:26)	5:25 (22:51)	8:54 (31:45)
4:07 (35:52)	2:01 (37:53)	0:37 (38:30)	– (38:30)	3:27 (41:57)	5:34 (47:31)
5:49 (53:20)	4:25 (57:45)	1:43 (59:28)	1:19 (1:00:47)	0:13 (1:01:00)	
11. Laura Csúcs-Fenyvesi	IFK Mora OK	1:03:01	+12:34		
2:57 (2:57)	6:17 (9:14)	4:54 (14:08)	4:33 (18:41)	6:16 (24:57)	6:49 (31:46)
4:20 (36:06)	1:52 (37:58)	0:36 (38:34)	– (38:34)	3:49 (42:23)	5:29 (47:52)
6:33 (54:25)	5:03 (59:28)	2:03 (1:01:31)	1:17 (1:02:48)	0:13 (1:03:01)	
12. Amilia Björklund	Sävedalens AIK	1:04:31	+14:04		
6:31 (6:31)	5:52 (12:23)	4:29 (16:52)	4:21 (21:13)	5:43 (26:56)	6:27 (33:23)
4:56 (38:19)	2:09 (40:28)	0:37 (41:05)	– (41:05)	3:35 (44:40)	6:11 (50:51)
5:24 (56:15)	4:22 (1:00:37)	2:13 (1:02:50)	1:28 (1:04:18)	0:13 (1:04:31)	
13. Emma Miléus	Attunda OK	1:07:12	+16:45		
3:17 (3:17)	6:04 (9:21)	5:05 (14:26)	5:12 (19:38)	5:51 (25:29)	8:30 (33:59)
4:01 (38:00)	2:17 (40:17)	0:38 (40:55)	– (40:55)	4:16 (45:11)	5:23 (50:34)
6:47 (57:21)	5:18 (1:02:39)	3:03 (1:05:42)	1:17 (1:06:59)	0:13 (1:07:12)	
14. Matilda Jonsson	IFK Mora OK	1:10:53	+20:26		
3:28 (3:28)	6:40 (10:08)	8:49 (18:57)	4:37 (23:34)	6:05 (29:39)	7:48 (37:27)
4:24 (41:51)	2:16 (44:07)	0:38 (44:45)	– (44:45)	4:13 (48:58)	5:15 (54:13)
6:43 (1:00:56)	5:27 (1:06:23)	2:58 (1:09:21)	1:18 (1:10:39)	0:14 (1:10:53)	
H21	(17 / 17)	Tid	Efter		
1. Marcus Jansson	Garphyttans IF	48:13			
2:19 (2:19)	4:27 (6:46)	4:01 (10:47)	0:59 (11:46)	5:38 (17:24)	2:39 (20:03)
3:58 (24:01)	5:00 (29:01)	1:45 (30:46)	1:56 (32:42)	0:31 (33:13)	– (33:13)
3:44 (36:57)	2:29 (39:26)	3:21 (42:47)	3:08 (45:55)	1:14 (47:09)	0:54 (48:03)
0:10 (48:13)					
2. Marcus Wadell	Ulricehamns OK	49:41	+1:28		
2:23 (2:23)	4:12 (6:35)	4:03 (10:38)	1:06 (11:44)	5:32 (17:16)	3:02 (20:18)
4:13 (24:31)	4:55 (29:26)	1:56 (31:22)	1:57 (33:19)	0:29 (33:48)	– (33:48)
4:13 (38:01)	2:56 (40:57)	3:21 (44:18)	3:04 (47:22)	1:13 (48:35)	0:55 (49:30)
0:11 (49:41)					
3. Linus Mood	IFK Mora OK	50:41	+2:28		
2:23 (2:23)	4:30 (6:53)	4:13 (11:06)	1:03 (12:09)	5:59 (18:08)	2:42 (20:50)
4:26 (25:16)	5:13 (30:29)	2:01 (32:30)	2:08 (34:38)	0:32 (35:10)	– (35:10)
4:03 (39:13)	2:40 (41:53)	3:28 (45:21)	2:59 (48:20)	1:15 (49:35)	0:56 (50:31)
0:10 (50:41)					
4. Jonny Engel	OK Ravinen	51:22	+3:09		
2:36 (2:36)	4:18 (6:54)	4:18 (11:12)	1:10 (12:22)	6:08 (18:30)	2:51 (21:21)
4:29 (25:50)	5:15 (31:05)	1:46 (32:51)	1:58 (34:49)	0:32 (35:21)	– (35:21)
4:00 (39:21)	2:44 (42:05)	3:26 (45:31)	3:13 (48:44)	1:19 (50:03)	1:07 (51:10)
0:12 (51:22)					
5. U Tomas Löfgren	Stora Tuna OK	52:38	+4:25		
2:30 (2:30)	4:24 (6:54)	4:06 (11:00)	1:10 (12:10)	5:44 (17:54)	2:43 (20:37)
4:16 (24:53)	5:41 (30:34)	2:09 (32:43)	2:12 (34:55)	0:34 (35:29)	– (35:29)
3:58 (39:27)	2:37 (42:04)	4:47 (46:51)	3:21 (50:12)	1:18 (51:30)	0:56 (52:26)
0:12 (52:38)					
6. Hampus Larsson	FK Göingarna	53:40	+5:27		
2:34 (2:34)	4:44 (7:18)	4:16 (11:34)	1:06 (12:40)	6:07 (18:47)	2:56 (21:43)
4:49 (26:32)	5:33 (32:05)	2:12 (34:17)	2:08 (36:25)	0:33 (36:58)	– (36:58)
4:09 (41:07)	2:41 (43:48)	3:49 (47:37)	3:21 (50:58)	1:24 (52:22)	1:07 (53:29)
0:11 (53:40)					

7.	Magnus Blåudd 2:31 (2:31) 4:42 (26:38) – (41:59) 0:12 (54:31)	OK Rodhen 4:47 (7:18) 5:21 (31:59) 2:48 (44:47)	4:25 (11:43) 2:17 (34:16) 3:46 (48:33)	54:31	+6:18 1:09 (12:52) 2:14 (36:30) 3:21 (51:54)	6:06 (18:58) 0:33 (37:03) 1:18 (53:12)	2:58 (21:56) – (–) 1:07 (54:19)
8.	Patrik Svedberg 2:29 (2:29) 4:54 (26:31) 4:28 (41:44) 0:12 (55:02)	Gävle OK 4:59 (7:28) 5:38 (32:09) 3:08 (44:52)	4:07 (11:35) 2:31 (34:40) 4:09 (49:01)	55:02	+6:49 1:08 (12:43) 2:05 (36:45) 3:20 (52:21)	5:53 (18:36) 0:31 (37:16) 1:23 (53:44)	3:01 (21:37) – (37:16) 1:06 (54:50)
9.	Pär Gustavsson 2:35 (2:35) 4:52 (27:18) 4:24 (43:43) 0:11 (56:09)	Göteborg-Majorna OK 4:28 (7:03) 5:21 (32:39) 2:46 (46:29)	4:33 (11:36) 3:52 (36:31) 4:14 (50:43)	56:09	+7:56 1:10 (12:46) 2:15 (38:46) 2:57 (53:40)	6:36 (19:22) 0:33 (39:19) 1:17 (54:57)	3:04 (22:26) – (39:19) 1:01 (55:58)
10.	Joakim Skarlén 2:31 (2:31) 5:26 (28:37) 4:40 (45:04) 0:11 (58:34)	Haninge SOK 4:51 (7:22) 6:31 (35:08) 3:03 (48:07)	4:29 (11:51) 2:23 (37:31) 4:21 (52:28)	58:34	+10:21 1:10 (13:01) 2:17 (39:48) 3:28 (55:56)	6:51 (19:52) 0:36 (40:24) 1:18 (57:14)	3:19 (23:11) – (40:24) 1:09 (58:23)
11.	Filip Bergström 2:42 (2:42) 4:39 (30:46) 4:47 (45:22) 0:12 (58:37)	Kvarnsvedens GOIF OK 5:09 (7:51) 5:29 (36:15) 3:05 (48:27)	4:30 (12:21) 1:51 (38:06) 4:06 (52:33)	58:37	+10:24 1:07 (13:28) 1:57 (40:03) 3:02 (55:35)	9:29 (22:57) 0:32 (40:35) 1:42 (57:17)	3:10 (26:07) – (40:35) 1:08 (58:25)
12.	Sebastian Giese 2:49 (2:49) 4:55 (29:28) 4:37 (48:45) 0:11 (1:04:01)	Örkelljunga FK 5:26 (8:15) 9:17 (38:45) 3:14 (51:59)	4:52 (13:07) 2:26 (41:11) 5:11 (57:10)	1:04:01	+15:48 1:08 (14:15) 2:21 (43:32) 4:09 (1:01:19)	6:50 (21:05) 0:36 (44:08) 1:31 (1:02:50)	3:28 (24:33) – (44:08) 1:00 (1:03:50)
13.	Felix Tiderman 3:05 (3:05) 5:04 (32:23) 5:07 (50:14) 0:12 (1:05:20)	Söders-Tyresö 5:08 (8:13) 6:43 (39:06) 3:21 (53:35)	5:22 (13:35) 3:04 (42:10) 4:40 (58:15)	1:05:20	+17:07 1:22 (14:57) 2:20 (44:30) 3:31 (1:01:46)	8:28 (23:25) 0:37 (45:07) 2:06 (1:03:52)	3:54 (27:19) – (45:07) 1:16 (1:05:08)
14.	Stefan Falemo 3:27 (3:27) 5:40 (34:26) 5:08 (52:57) 0:12 (1:06:58)	Göteborg-Majorna OK 6:24 (9:51) 7:38 (42:04) 3:20 (56:17)	5:12 (15:03) 2:51 (44:55) 4:18 (1:00:35)	1:06:58	+18:45 1:18 (16:21) 2:16 (47:11) 3:32 (1:04:07)	8:00 (24:21) 0:38 (47:49) 1:32 (1:05:39)	4:25 (28:46) – (47:49) 1:07 (1:06:46)
15.	Magnus Wärnsved 2:50 (2:50) 5:17 (33:09) 5:31 (52:20) 0:14 (1:08:49)	OK Älme 5:49 (8:39) 7:25 (40:34) 4:08 (56:28)	6:15 (14:54) 2:54 (43:28) 4:59 (1:01:27)	1:08:49	+20:36 1:22 (16:16) 2:42 (46:10) 4:12 (1:05:39)	7:41 (23:57) 0:39 (46:49) 1:45 (1:07:24)	3:55 (27:52) – (46:49) 1:11 (1:08:35)
	Oskar Johansson Thomas Jansson	Västvärmlands OK Garphyttans IF		Ej start Ej start			
D17-20							
	(4 / 4)			Tid	Efter		
1.	Alva Jonsson 2:58 (2:58) 3:12 (33:49) 2:36 (48:45)	Långhundra IF 3:47 (6:45) 0:40 (34:29) 1:12 (49:57)	4:15 (11:00) – (34:29) 0:13 (50:10)	50:10	4:59 (15:59) 3:34 (38:03)	7:59 (23:58) 4:49 (42:52)	6:39 (30:37) 3:17 (46:09)
2.	Adelina Funke 3:13 (3:13) 2:41 (34:57) 2:08 (53:05)	Leksands OK 4:18 (7:31) 0:41 (35:38) 1:32 (54:37)	4:23 (11:54) – (35:38) 0:14 (54:51)	54:51	5:21 (17:15) 4:16 (39:54)	8:40 (25:55) 7:09 (47:03)	6:21 (32:16) 3:54 (50:57)
3.	Emma Jonsson 3:19 (3:19) 2:47 (38:32) 2:33 (56:35)	IFK Mora OK 4:02 (7:21) 0:48 (39:20) 1:26 (58:01)	7:54 (15:15) – (39:20) 0:14 (58:15)	58:15	5:53 (21:08) 4:49 (44:09)	8:34 (29:42) 5:47 (49:56)	6:03 (35:45) 4:06 (54:02)
4.	Linda Renner 3:43 (3:43) 2:39 (44:05) 2:14 (1:02:20)	Haninge SOK 12:15 (15:58) 0:46 (44:51) 1:29 (1:03:49)	4:52 (20:50) – (44:51) 0:16 (1:04:05)	1:04:05	6:39 (27:29) 5:02 (49:53)	7:55 (35:24) 6:06 (55:59)	6:02 (41:26) 4:07 (1:00:06)
H17-20							
	(6 / 6)			Tid	Efter		
1.	Joel Ernstsson 2:17 (2:17) 2:41 (19:35) 5:43 (33:38)	Finspångs SOK 2:27 (4:44) 3:08 (22:43) 4:56 (38:34)	3:04 (7:48) 2:33 (25:16) 2:21 (40:55)	44:43	3:20 (11:08) 2:10 (27:26) 2:46 (43:41)	2:41 (13:49) 0:29 (27:55) 0:53 (44:34)	3:05 (16:54) – (27:55) 0:09 (44:43)
2.	Rasmus Nordgren 2:25 (2:25) 2:35 (20:24) 5:47 (34:33)	OK Kåre 2:25 (4:50) 3:19 (23:43) 5:17 (39:50)	3:18 (8:08) 2:29 (26:12) 2:43 (42:33)	46:38	3:42 (11:50) 2:04 (28:16) 2:48 (45:21)	2:42 (14:32) 0:30 (28:46) 1:07 (46:28)	3:17 (17:49) – (28:46) 0:10 (46:38)
3.	Rikard Bergström 2:41 (2:41) 2:46 (23:15) 5:26 (38:56)	Kvarnsvedens GOIF OK 2:44 (5:25) 3:38 (26:53) 6:33 (45:29)	3:41 (9:06) 3:32 (30:25) 2:41 (48:10)	52:26	4:24 (13:30) 2:28 (32:53) 3:07 (51:17)	3:19 (16:49) 0:37 (33:30) 0:58 (52:15)	3:40 (20:29) – (33:30) 0:11 (52:26)
4.	Linus Backlund 2:41 (2:41) 2:56 (23:20) 5:05 (38:28)	Trollhättans SOK 3:29 (6:10) 4:20 (27:40) 6:22 (44:50)	3:48 (9:58) 2:47 (30:27) 6:41 (51:31)	56:12	3:58 (13:56) 2:16 (32:43) 3:32 (55:03)	2:49 (16:45) 0:40 (33:23) 0:59 (56:02)	3:39 (20:24) – (33:23) 0:10 (56:12)
5.	Isak Berggren 2:49 (2:49) 3:09 (25:13) 4:47 (39:47)	Gävle OK 3:17 (6:06) 3:45 (28:58) 6:36 (46:23)	4:36 (10:42) 3:12 (32:10) 3:10 (49:33)	58:35	4:14 (14:56) 2:17 (34:27) 7:52 (57:25)	3:24 (18:20) 0:33 (35:00) 0:58 (58:23)	3:44 (22:04) – (35:00) 0:12 (58:35)
6.	Martin Skarlén 2:56 (2:56) 3:12 (26:03) 5:23 (43:43)	Haninge SOK 3:38 (6:34) 5:56 (31:59) 7:49 (51:32)	4:21 (10:55) 3:26 (35:25) 4:12 (55:44)	1:00:26	4:24 (15:19) 2:20 (37:45) 3:28 (59:12)	3:31 (18:50) 0:35 (38:20) 1:02 (1:00:14)	4:01 (22:51) – (38:20) 0:12 (1:00:26)
D16							
	(1 / 1)			Tid	Efter		
1.	Felicia Sahlén Västerås SOK			51:25			

	7:23 (7:23) 7:42 (33:56) 0:17 (51:25)	7:16 (14:39) 2:48 (36:44)	4:13 (18:52) 3:44 (40:28)	1:04 (19:56) 4:16 (44:44)	– (19:56) 4:25 (49:09)	6:18 (26:14) 1:59 (51:08)	
H16	(5 / 5)		Tid	Efter			
1.	Björn Renner 4:05 (4:05) 2:20 (22:53) 2:07 (36:35)	Haninge SOK 3:20 (7:25) 0:39 (23:32) 1:09 (37:44)	37:54 4:26 (11:51) – (23:32) 0:10 (37:54)		2:55 (14:46) 4:43 (28:15)	3:29 (18:15) 2:59 (31:14)	2:18 (20:33) 3:14 (34:28)
2.	Arvid Skepp 3:55 (3:55) 2:27 (23:24) 1:45 (37:42)	Sävedalens AIK 3:49 (7:44) 0:36 (24:00) 1:11 (38:53)	39:06 4:27 (12:11) – (24:00) 0:13 (39:06)	+1:12 2:50 (15:01) 4:50 (28:50)		3:34 (18:35) 3:12 (32:02)	2:22 (20:57) 3:55 (35:57)
3.	Casper Skepp 4:15 (4:15) 2:25 (24:18) 2:13 (39:22)	Sävedalens AIK 3:20 (7:35) 0:37 (24:55) 1:06 (40:28)	40:42 4:39 (12:14) – (24:55) 0:14 (40:42)	+2:48 3:16 (15:30) 5:28 (30:23)		3:47 (19:17) 3:37 (34:00)	2:36 (21:53) 3:09 (37:09)
4.	William Rönnborg 4:23 (4:23) 2:55 (26:07) 2:13 (42:27)	IK Uven 3:35 (7:58) 0:43 (26:50) 1:10 (43:37)	43:51 4:39 (12:37) – (26:50) 0:14 (43:51)	+5:57 3:16 (15:53) 4:52 (31:42)		4:26 (20:19) 4:58 (36:40)	2:53 (23:12) 3:34 (40:14)
5.	Tom Ekenstråle 4:43 (4:43) 2:56 (26:28) 2:16 (41:59)	FK Herkules 3:26 (8:09) 0:40 (27:08) 2:01 (44:00)	44:12 4:58 (13:07) – (27:08) 0:12 (44:12)	+6:18 3:25 (16:32) 5:53 (33:01)		3:54 (20:26) 3:30 (36:31)	3:06 (23:32) 3:12 (39:43)
D14	(8 / 8)		Tid	Efter			
1.	Ida Ernstsson 1:39 (1:39) 0:50 (19:25)	Finspångs SOK 2:02 (3:41) 2:19 (21:44)	25:02 3:55 (7:36) 1:44 (23:28)		3:27 (11:03) 1:21 (24:49)	4:08 (15:11) 0:13 (25:02)	3:24 (18:35)
2.	Maja Axelsson 1:41 (1:41) 0:55 (19:42)	Lerums SOK 1:55 (3:36) 2:13 (21:55)	25:43 3:57 (7:33) 1:53 (23:48)	+0:41 3:39 (11:12) 1:42 (25:30)		4:00 (15:12) 0:13 (25:43)	3:35 (18:47)
3.	Sofia Tunesson 1:40 (1:40) 0:51 (21:31)	Skogspojkarnas OK 1:59 (3:39) 2:20 (23:51)	27:11 4:02 (7:41) 1:49 (25:40)	+2:09 3:40 (11:21) 1:19 (26:59)		4:06 (15:27) 0:12 (27:11)	5:13 (20:40)
4.	Ellen Trofast 1:36 (1:36) 0:52 (21:31)	Tjällmo-Godegårds OK 1:56 (3:32) 2:21 (23:52)	29:05 3:46 (7:18) 1:55 (25:47)	+4:03 5:11 (12:29) 3:04 (28:51)		4:37 (17:06) 0:14 (29:05)	3:33 (20:39)
5.	Maja Karlsson 1:52 (1:52) 0:52 (23:08)	Tolered-Utby Ol-klubb 2:15 (4:07) 2:35 (25:43)	29:25 4:38 (8:45) 2:08 (27:51)	+4:23 4:49 (13:34) 1:19 (29:10)		4:48 (18:22) 0:15 (29:25)	3:54 (22:16)
6.	Amanda Cliffordson 1:57 (1:57) 0:56 (23:50)	Tolered-Utby Ol-klubb 2:14 (4:11) 2:50 (26:40)	31:41 4:49 (9:00) 2:05 (28:45)	+6:39 4:51 (13:51) 2:42 (31:27)		5:09 (19:00) 0:14 (31:41)	3:54 (22:54)
7.	Nova Sahlén 1:48 (1:48) 0:59 (25:59)	Västerås SOK 2:14 (4:02) 3:05 (29:04)	34:20 6:49 (10:51) 3:05 (32:09)	+9:18 4:28 (15:19) 1:57 (34:06)		5:21 (20:40) 0:14 (34:20)	4:20 (25:00)
8.	Emma Karlsson 2:05 (2:05) 1:14 (27:44)	OK Landehof 2:31 (4:36) 2:52 (30:36)	35:03 5:49 (10:25) 2:30 (33:06)	+10:01 6:06 (16:31) 1:42 (34:48)		5:34 (22:05) 0:15 (35:03)	4:25 (26:30)
H14	(4 / 4)		Tid	Efter			
1.	Ola Leire 1:32 (1:32) 0:50 (20:24)	Göteborg-Majorna OK 1:48 (3:20) 2:24 (22:48)	25:48 4:13 (7:33) 1:37 (24:25)		3:09 (10:42) 1:10 (25:35)	3:38 (14:20) 0:13 (25:48)	5:14 (19:34)
2.	Max Ekenstråle 1:31 (1:31) 0:52 (22:25)	FK Herkules 1:57 (3:28) 2:24 (24:49)	27:47 5:33 (9:01) 1:38 (26:27)	+1:59 4:04 (13:05) 1:09 (27:36)		3:39 (16:44) 0:11 (27:47)	4:49 (21:33)
3.	Isak Fredriksson 2:00 (2:00) 1:20 (33:27)	Garphyttans IF 2:37 (4:37) 5:11 (38:38)	43:24 8:27 (13:04) 2:30 (41:08)	+17:36 6:22 (19:26) 2:02 (43:10)		6:07 (25:33) 0:14 (43:24)	6:34 (32:07)
	Elias Ohlsson	Tjällmo-Godegårds OK	Ej start				
D12	(2 / 2)		Tid	Efter			
1.	Hennie Löfgren 2:46 (2:46) 2:11 (19:58)	Stora Tuna OK 5:19 (8:05) 2:04 (22:02)	23:52 1:58 (10:03) 1:38 (23:40)		2:22 (12:25) 0:12 (23:52)	3:43 (16:08)	1:39 (17:47)
2.	Elin Axelsson 2:09 (2:09) 2:25 (19:49)	Lerums SOK 3:36 (5:45) 2:09 (21:58)	23:59 2:14 (7:59) 1:47 (23:45)	+0:07 2:50 (10:49) 0:14 (23:59)		4:33 (15:22)	2:02 (17:24)
H12	(4 / 4)		Tid	Efter			
1.	Arvid Trofast 2:17 (2:17) 2:12 (17:28)	Tjällmo-Godegårds OK 3:07 (5:24) 1:47 (19:15)	21:17 1:48 (7:12) 1:48 (21:03)		2:39 (9:51) 0:14 (21:17)	3:50 (13:41)	1:35 (15:16)
2.	Albin Svensson 2:18 (2:18) 2:34 (18:30)	FK Herkules 3:16 (5:34) 2:12 (20:42)	22:19 1:57 (7:31) 1:25 (22:07)	+1:02 2:44 (10:15) 0:12 (22:19)		4:05 (14:20)	1:36 (15:56)
3.	Jonas Leire 2:36 (2:36) 2:40 (25:00)	Göteborg-Majorna OK 4:31 (7:07) 3:25 (28:25)	30:37 1:58 (9:05) 1:59 (30:24)	+9:20 2:27 (11:32) 0:13 (30:37)		5:53 (17:25)	4:55 (22:20)
4.	Teo Palmér 3:16 (3:16) 3:46 (34:51)	Ulricehamns OK 5:58 (9:14) 3:53 (38:44)	41:37 2:43 (11:57) 2:35 (41:19)	+20:20 3:50 (15:47) 0:18 (41:37)		6:06 (21:53)	9:12 (31:05)
H10	(2 / 2)		Tid	Efter			
1.	Ulrik Olsson 3:23 (3:23) 3:03 (25:34)	Tolered-Utby Ol-klubb 3:39 (7:02) 2:46 (28:20)	30:49 3:08 (10:10) 2:15 (30:35)		3:56 (14:06) 0:14 (30:49)	6:17 (20:23)	2:08 (22:31)
2.	Arild Norberg 2:45 (2:45) 4:30 (36:27)	IF Marin Väst 5:44 (8:29) 3:00 (39:27)	41:34 3:08 (11:37) 1:52 (41:19)	+10:45 9:27 (21:04) 0:15 (41:34)		7:03 (28:07)	3:50 (31:57)

D40		(16 / 16)	Tid	Efter		
1.	Annica Crispin	OK Denseln	44:12			
	4:35 (4:35)	3:39 (8:14)	6:07 (14:21)	3:22 (17:43)	3:56 (21:39)	2:43 (24:22)
	2:39 (27:01)	0:40 (27:41)	– (27:41)	5:35 (33:16)	3:55 (37:11)	3:39 (40:50)
	1:59 (42:49)	1:09 (43:58)	0:14 (44:12)			
2.	Anna Nordelöf	Möln dal Outdoor IF	45:39	+1:27		
	4:50 (4:50)	5:00 (9:50)	5:20 (15:10)	3:13 (18:23)	3:53 (22:16)	2:36 (24:52)
	2:46 (27:38)	0:39 (28:17)	– (28:17)	5:51 (34:08)	3:32 (37:40)	4:16 (41:56)
	2:15 (44:11)	1:15 (45:26)	0:13 (45:39)			
3.	Marina Thyberg	Västvärmlands OK	47:01	+2:49		
	4:24 (4:24)	4:00 (8:24)	5:09 (13:33)	3:14 (16:47)	4:55 (21:42)	3:15 (24:57)
	2:49 (27:46)	0:43 (28:29)	– (28:29)	5:27 (33:56)	3:52 (37:48)	5:16 (43:04)
	2:19 (45:23)	1:23 (46:46)	0:15 (47:01)			
4.	Malin Pilvinge	OK Kolmården	48:10	+3:58		
	4:51 (4:51)	4:16 (9:07)	4:45 (13:52)	3:13 (17:05)	3:47 (20:52)	2:55 (23:47)
	2:43 (26:30)	0:40 (27:10)	– (27:10)	9:50 (37:00)	3:54 (40:54)	3:16 (44:10)
	2:34 (46:44)	1:11 (47:55)	0:14 (48:09)			
5.	Martina Lindberg	IK Ymer	49:57	+5:45		
	6:08 (6:08)	6:15 (12:23)	5:28 (17:51)	3:20 (21:11)	4:50 (26:01)	3:12 (29:13)
	3:20 (32:33)	0:40 (33:13)	– (33:13)	5:21 (38:34)	3:32 (42:06)	3:46 (45:52)
	2:21 (48:13)	1:29 (49:42)	0:14 (49:56)			
6.	Therese Axenborg	Möln dal Outdoor IF	50:07	+5:55		
	5:34 (5:34)	4:38 (10:12)	5:46 (15:58)	3:44 (19:42)	5:24 (25:06)	3:22 (28:28)
	3:07 (31:35)	0:48 (32:23)	– (32:23)	6:22 (38:45)	3:45 (42:30)	3:29 (45:59)
	2:39 (48:38)	1:11 (49:49)	0:15 (50:04)			
7.	Pia Johansson	OK Landehof	51:14	+7:02		
	4:57 (4:57)	4:16 (9:13)	5:50 (15:03)	3:42 (18:45)	5:10 (23:55)	3:37 (27:32)
	3:15 (30:47)	0:46 (31:33)	– (31:33)	7:14 (38:47)	4:18 (43:05)	3:35 (46:40)
	3:06 (49:46)	1:14 (51:00)	0:14 (51:14)			
8.	Pernilla Sahlén	Västerås SOK	51:44	+7:32		
	5:25 (5:25)	4:49 (10:14)	5:50 (16:04)	3:51 (19:55)	4:48 (24:43)	3:44 (28:27)
	3:02 (31:29)	0:40 (32:09)	– (32:09)	7:09 (39:18)	3:48 (43:06)	4:25 (47:31)
	2:39 (50:10)	1:17 (51:27)	0:17 (51:44)			
9.	Gisela Lind	FK Herkules	52:43	+8:31		
	5:08 (5:08)	4:31 (9:39)	5:53 (15:32)	3:37 (19:09)	5:01 (24:10)	3:45 (27:55)
	3:18 (31:13)	0:44 (31:57)	– (31:57)	6:31 (38:28)	4:04 (42:32)	5:29 (48:01)
	3:11 (51:12)	1:15 (52:27)	0:16 (52:43)			
10.	Daniela Renner	Haninge SOK	57:09	+12:57		
	5:54 (5:54)	5:16 (11:10)	6:36 (17:46)	3:59 (21:45)	6:49 (28:34)	3:34 (32:08)
	3:53 (36:01)	0:48 (36:49)	– (36:49)	6:57 (43:46)	4:19 (48:05)	4:27 (52:32)
	2:27 (54:59)	1:54 (56:53)	0:16 (57:09)			
11.	Elinor Dalstrand	Ämås OK	57:58	+13:46		
	6:08 (6:08)	4:54 (11:02)	6:16 (17:18)	3:51 (21:09)	5:33 (26:42)	3:24 (30:06)
	3:22 (33:28)	0:43 (34:11)	– (34:11)	7:07 (41:18)	5:11 (46:29)	6:53 (53:22)
	2:47 (56:09)	1:35 (57:44)	0:14 (57:58)			
12.	Maria Höglund	Sjövala FK	58:28	+14:16		
	6:14 (6:14)	8:53 (15:07)	6:21 (21:28)	3:48 (25:16)	5:07 (30:23)	3:29 (33:52)
	3:11 (37:03)	0:45 (37:48)	– (37:48)	7:08 (44:56)	4:12 (49:08)	4:39 (53:47)
	2:35 (56:22)	1:20 (57:42)	0:14 (57:56)			
13.	Marie-louise Persson	FK Herkules	59:29	+15:17		
	6:07 (6:07)	5:19 (11:26)	6:53 (18:19)	4:13 (22:32)	5:54 (28:26)	4:01 (32:27)
	3:53 (36:20)	0:48 (37:08)	– (37:08)	9:03 (46:11)	4:46 (50:57)	4:15 (55:12)
	2:33 (57:45)	1:25 (59:10)	0:17 (59:27)			
14.	Liselott Nordgren	OK Kåre	59:44	+15:32		
	5:59 (5:59)	4:35 (10:34)	6:34 (17:08)	4:35 (21:43)	5:11 (26:54)	4:06 (31:00)
	3:08 (34:08)	0:44 (34:52)	– (34:52)	10:12 (45:04)	4:20 (49:24)	4:21 (53:45)
	4:13 (57:58)	1:27 (59:25)	0:19 (59:44)			
	Kristin Johansson	Västvärmlands OK	Felst.			
	5:00 (5:00)	– (–)	– (20:09)	3:16 (23:25)	4:48 (28:13)	3:24 (31:37)
	2:58 (34:35)	0:39 (35:14)	– (35:14)	5:29 (40:43)	3:47 (44:30)	3:18 (47:48)
	2:57 (50:45)	1:04 (51:49)	0:13 (52:02)			
	Hanna Hagberg	Frölunda OL	Ej start			
H40		(14 / 14)	Tid	Efter		
1.	Nils Malm	IFK Lidingö SOK	47:53			
	2:39 (2:39)	2:39 (5:18)	3:37 (8:55)	3:56 (12:51)	2:32 (15:23)	3:27 (18:50)
	2:47 (21:37)	3:37 (25:14)	3:02 (28:16)	2:13 (30:29)	0:33 (31:02)	– (31:02)
	4:21 (35:23)	5:29 (40:52)	2:56 (43:48)	3:03 (46:51)	0:50 (47:41)	0:12 (47:53)
2.	Ola Skepp	Sävedalens AIK	50:44	+2:51		
	2:35 (2:35)	3:00 (5:35)	3:40 (9:15)	4:13 (13:28)	2:34 (16:02)	3:54 (19:56)
	3:28 (23:24)	4:02 (27:26)	2:51 (30:17)	2:22 (32:39)	0:35 (33:14)	– (33:14)
	4:30 (37:44)	5:43 (43:27)	3:07 (46:34)	2:56 (49:30)	0:59 (50:29)	0:13 (50:42)
3.	Andreas Mathisen	Västerås SOK	51:06	+3:13		
	2:37 (2:37)	2:36 (5:13)	4:55 (10:08)	3:50 (13:58)	2:32 (16:30)	3:32 (20:02)
	2:49 (22:51)	4:10 (27:01)	3:06 (30:07)	2:17 (32:24)	0:32 (32:56)	– (32:56)
	5:41 (38:37)	5:25 (44:02)	2:43 (46:45)	3:05 (49:50)	1:04 (50:54)	0:12 (51:06)
4.	Johan Svård	Lunds OK	51:48	+3:55		
	2:46 (2:46)	2:45 (5:31)	4:00 (9:31)	4:27 (13:58)	2:34 (16:32)	3:51 (20:23)
	3:17 (23:40)	3:52 (27:32)	3:11 (30:43)	2:25 (33:08)	0:33 (33:41)	– (33:41)
	4:44 (38:25)	5:36 (44:01)	2:57 (46:58)	3:25 (50:23)	1:12 (51:35)	0:13 (51:48)
5.	Anders Leire	Göteborg-Majorna OK	52:34	+4:41		
	2:58 (2:58)	2:44 (5:42)	4:36 (10:18)	4:12 (14:30)	3:02 (17:32)	3:41 (21:13)
	3:23 (24:36)	3:30 (28:06)	3:26 (31:32)	2:23 (33:55)	0:36 (34:31)	– (34:31)
	4:57 (39:28)	5:56 (45:24)	2:50 (48:14)	3:06 (51:20)	1:01 (52:21)	0:13 (52:34)
6.	Bertil Eronn	Linköpings OK	53:59	+6:06		
	2:33 (2:33)	2:52 (5:25)	5:44 (11:09)	3:45 (14:54)	2:42 (17:36)	3:46 (21:22)
	2:52 (24:14)	3:40 (27:54)	3:10 (31:04)	2:11 (33:15)	0:34 (33:49)	– (33:49)
	5:48 (39:37)	6:52 (46:29)	3:19 (49:48)	2:56 (52:44)	1:02 (53:46)	0:13 (53:59)
7.	Mikael Svensson	FK Herkules	54:47	+6:54		
	2:43 (2:43)	3:26 (6:09)	4:21 (10:30)	3:58 (14:28)	2:48 (17:16)	3:40 (20:56)
	2:55 (23:51)	4:09 (28:00)	4:48 (32:48)	2:57 (35:45)	0:37 (36:22)	– (36:22)
	5:01 (41:23)	5:59 (47:22)	2:56 (50:18)	3:24 (53:42)	0:53 (54:35)	0:12 (54:47)

8.	Jonas Axelsson	Lerums SOK	54:58	+7:05		
	2:53 (2:53)	2:51 (5:44)	4:23 (10:07)	4:20 (14:27)	3:10 (17:37)	4:14 (21:51)
	3:01 (24:52)	4:06 (28:58)	3:32 (32:30)	2:43 (35:13)	0:40 (35:53)	– (35:53)
	5:09 (41:02)	6:29 (47:31)	3:02 (50:33)	3:10 (53:43)	0:55 (54:38)	0:12 (54:50)
9.	Klas Åström	Möndal Outdoor IF	58:59	+11:06		
	3:05 (3:05)	3:11 (6:16)	4:25 (10:41)	4:22 (15:03)	3:54 (18:57)	4:07 (23:04)
	3:30 (26:34)	5:00 (31:34)	3:43 (35:17)	2:32 (37:49)	0:40 (38:29)	– (38:29)
	5:16 (43:45)	7:27 (51:12)	3:28 (54:40)	3:05 (57:45)	1:01 (58:46)	0:13 (58:59)
10.	Anders Adahl	Möndal Outdoor IF	1:00:51	+12:58		
	2:41 (2:41)	2:46 (5:27)	5:09 (10:36)	5:02 (15:38)	3:36 (19:14)	3:51 (23:05)
	3:20 (26:25)	4:20 (30:45)	4:03 (34:48)	2:50 (37:38)	0:40 (38:18)	– (38:18)
	6:35 (44:53)	7:28 (52:21)	3:47 (56:08)	3:14 (59:22)	1:14 (1:00:36)	0:15 (1:00:51)
11.	Magnus Forsberg	FK Herkules	1:04:57	+17:04		
	2:57 (2:57)	4:28 (7:25)	6:29 (13:54)	4:09 (18:03)	2:44 (20:47)	3:59 (24:46)
	3:29 (28:15)	3:51 (32:06)	3:11 (35:17)	4:28 (39:45)	0:39 (40:24)	– (40:24)
	5:24 (45:48)	6:01 (51:49)	2:58 (54:47)	8:50 (1:03:37)	1:06 (1:04:43)	0:14 (1:04:57)
12.	Håkan B Samor	Lerums SOK	1:08:24	+20:31		
	2:53 (2:53)	3:18 (6:11)	5:16 (11:27)	5:19 (16:46)	3:01 (19:47)	5:05 (24:52)
	3:58 (28:50)	4:40 (33:30)	5:00 (38:30)	3:42 (42:12)	0:43 (42:55)	– (42:55)
	7:26 (50:21)	7:43 (58:04)	4:45 (1:02:49)	3:47 (1:06:36)	1:35 (1:08:11)	0:13 (1:08:24)
13.	Anders Sahlén	Västerås SOK	1:08:30	+20:37		
	2:53 (2:53)	2:56 (5:49)	4:38 (10:27)	8:44 (19:11)	3:45 (22:56)	4:53 (27:49)
	3:51 (31:40)	4:51 (36:31)	4:10 (40:41)	3:04 (43:45)	0:46 (44:31)	– (44:31)
	7:53 (52:24)	7:24 (59:48)	3:45 (1:03:33)	3:18 (1:06:51)	1:16 (1:08:07)	0:23 (1:08:30)
	Tobias Trofast	Tjällmo-Godegårds OK	Felst.			
	2:42 (2:42)	2:59 (5:41)	3:36 (9:17)	3:58 (13:15)	2:49 (16:04)	3:35 (19:39)
	2:45 (22:24)	– (–)	– (29:18)	2:15 (31:33)	0:36 (32:09)	– (32:09)
	4:28 (36:37)	5:45 (42:22)	3:37 (45:59)	2:56 (48:55)	1:08 (50:03)	0:13 (50:16)

D50		(10 / 10)	Tid	Efter		
1.	Anna Folkegård	Strängnäs-Malmby OL	26:50			
	4:25 (4:25)	3:35 (8:00)	2:48 (10:48)	0:38 (11:26)	– (11:26)	3:38 (15:04)
	3:58 (19:02)	1:37 (20:39)	0:51 (21:30)	2:09 (23:39)	1:43 (25:22)	1:14 (26:36)
	0:14 (26:50)					
2.	Laila B Höglund	FK Herkules	30:53	+4:03		
	4:45 (4:45)	4:01 (8:46)	3:08 (11:54)	0:44 (12:38)	– (12:38)	3:31 (16:09)
	5:31 (21:40)	1:26 (23:06)	0:55 (24:01)	2:18 (26:19)	1:44 (28:03)	1:12 (29:15)
	0:14 (29:29)					
3.	Åsa Bergström	Täby OK	31:06	+4:16		
	5:23 (5:23)	4:12 (9:35)	3:12 (12:47)	0:38 (13:25)	– (13:25)	3:58 (17:23)
	5:13 (22:36)	1:27 (24:03)	0:55 (24:58)	2:30 (27:28)	1:56 (29:24)	1:28 (30:52)
	0:14 (31:06)					
4.	Ulrika Gustafsson	IK Vista	32:19	+5:29		
	5:48 (5:48)	4:22 (10:10)	3:05 (13:15)	0:38 (13:53)	– (13:53)	4:31 (18:24)
	4:46 (23:10)	1:48 (24:58)	0:53 (25:51)	2:13 (28:04)	2:19 (30:23)	1:42 (32:05)
	0:14 (32:19)					
5.	Suzy Larsson	OK Skogshjortarna	32:33	+5:43		
	6:06 (6:06)	5:05 (11:11)	3:11 (14:22)	0:40 (15:02)	– (15:02)	4:00 (19:02)
	4:48 (23:50)	1:31 (25:21)	1:07 (26:28)	2:23 (28:51)	2:00 (30:51)	1:26 (32:17)
	0:16 (32:33)					
6.	Ingela Andersson	Lunds OK	36:18	+9:28		
	6:37 (6:37)	4:55 (11:32)	3:45 (15:17)	0:42 (16:00)	– (16:00)	4:48 (20:48)
	5:19 (26:07)	2:05 (28:12)	1:03 (29:15)	2:43 (31:58)	2:24 (34:22)	1:39 (36:01)
	0:15 (36:16)					
7.	Cecilia Lingerud	OK Skogsfalken	37:55	+11:05		
	9:44 (9:44)	4:41 (14:25)	3:22 (17:47)	0:43 (18:30)	– (18:30)	4:27 (22:57)
	5:08 (28:05)	1:39 (29:44)	1:04 (30:48)	2:35 (33:23)	2:38 (36:01)	1:39 (37:40)
	0:15 (37:55)					
8.	Mari Hjelt	Möndal Outdoor IF	39:42	+12:52		
	6:44 (6:44)	4:59 (11:43)	3:44 (15:27)	0:50 (16:17)	– (16:17)	4:33 (20:50)
	8:08 (28:58)	1:43 (30:41)	1:09 (31:50)	2:55 (34:45)	2:42 (37:27)	1:51 (39:18)
	0:17 (39:35)					
9.	Ammi Andersson	Mariestads FK	43:39	+16:49		
	6:36 (6:36)	6:58 (13:34)	4:50 (18:24)	0:42 (19:06)	– (19:06)	4:40 (23:46)
	8:40 (32:26)	1:59 (34:25)	0:59 (35:24)	2:48 (38:12)	2:50 (41:02)	2:23 (43:25)
	0:14 (43:39)					
10.	Carola Veltman	OK Skogshjortarna	45:03	+18:13		
	6:31 (6:31)	5:10 (11:41)	4:38 (16:19)	0:51 (17:10)	– (17:10)	5:05 (22:15)
	8:51 (31:06)	2:15 (33:21)	1:12 (34:33)	4:26 (38:59)	3:12 (42:11)	2:02 (44:13)
	0:18 (44:31)					

H50		(33 / 33)	Tid	Efter		
1.	Henrik Jonsson	IFK Mora OK	36:53			
	2:38 (2:38)	3:07 (5:45)	3:07 (8:52)	4:03 (12:55)	5:12 (18:07)	3:23 (21:30)
	1:33 (23:03)	0:32 (23:35)	– (23:35)	2:49 (26:24)	4:26 (30:50)	3:11 (34:01)
	1:25 (35:26)	1:14 (36:40)	0:13 (36:53)			
2.	Stefan Johansson	OK Kåre	37:00	+0:07		
	2:34 (2:34)	3:07 (5:41)	3:48 (9:29)	4:05 (13:34)	5:11 (18:45)	3:07 (21:52)
	1:32 (23:24)	0:33 (23:57)	– (23:57)	2:48 (26:45)	4:40 (31:25)	2:42 (34:07)
	1:37 (35:44)	1:03 (36:47)	0:13 (37:00)			
3.	Patrik Tiderman	Söders-Tyresö	38:20	+1:27		
	2:44 (2:44)	3:16 (6:00)	3:18 (9:18)	4:46 (14:04)	5:34 (19:38)	3:33 (23:11)
	1:47 (24:58)	0:35 (25:33)	– (25:33)	3:05 (28:38)	4:05 (32:43)	2:52 (35:35)
	1:18 (36:53)	1:14 (38:07)	0:13 (38:20)			
4.	Erik Ernstsson	Finspångs SOK	39:08	+2:15		
	2:36 (2:36)	3:11 (5:47)	3:31 (9:18)	4:23 (13:41)	5:34 (19:15)	4:08 (23:23)
	1:54 (25:17)	0:36 (25:53)	– (25:53)	3:11 (29:04)	4:21 (33:25)	2:51 (36:16)
	1:37 (37:53)	1:03 (38:56)	0:12 (39:08)			
5.	Steven Hale	OK Kåre	39:14	+2:21		
	2:36 (2:36)	3:52 (6:28)	3:20 (9:48)	4:25 (14:13)	6:06 (20:19)	3:12 (23:31)
	2:09 (25:40)	0:32 (26:12)	– (26:12)	3:05 (29:17)	4:31 (33:48)	2:47 (36:35)
	1:19 (37:54)	1:07 (39:01)	0:13 (39:14)			
6.	Christer Morell	OK Kåre	39:49	+2:56		

	2:43 (2:43) 1:42 (25:50) 1:26 (38:26)	3:56 (6:39) 0:32 (26:22) 1:10 (39:36)	3:54 (10:33) – (26:22) 0:13 (39:49)	4:23 (14:56) 3:06 (29:28)	5:42 (20:38) 4:41 (34:09)	3:30 (24:08) 2:51 (37:00)
7.	Mikael Gustafsson 2:40 (2:40) 1:33 (25:24) 1:34 (38:43)	IK Vista 3:17 (5:57) 0:36 (26:00) 1:05 (39:48)	40:00 3:25 (9:22) – (26:00) 0:12 (40:00)	+3:07 4:50 (14:12) 2:58 (28:58)	6:12 (20:24) 4:47 (33:45)	3:27 (23:51) 3:24 (37:09)
8.	Magnus Aasa 2:38 (2:38) 1:48 (26:13) 1:32 (38:49)	OK Kullingshof 3:33 (6:11) 0:34 (26:47) 1:04 (39:53)	40:05 3:19 (9:30) – (26:47) 0:12 (40:05)	+3:12 4:28 (13:58) 3:15 (30:02)	5:23 (19:21) 4:26 (34:28)	5:04 (24:25) 2:49 (37:17)
9.	Lars Persson 2:55 (2:55) 1:36 (26:18) 1:32 (40:11)	OK Skogsfalken 3:19 (6:14) 0:38 (26:56) 1:06 (41:17)	41:31 3:55 (10:09) – (26:56) 0:14 (41:31)	+4:38 4:39 (14:48) 3:13 (30:09)	6:06 (20:54) 4:36 (34:45)	3:48 (24:42) 3:54 (38:39)
10.	Anders Pettersson 2:48 (2:48) 1:58 (27:14) 1:37 (40:19)	Stigsökarna 3:24 (6:12) 0:37 (27:51) 1:10 (41:29)	41:43 3:47 (9:59) – (27:51) 0:14 (41:43)	+4:50 4:43 (14:42) 3:16 (31:07)	6:04 (20:46) 4:35 (35:42)	4:30 (25:16) 3:00 (38:42)
11.	Mikael Johansson 3:09 (3:09) 1:40 (27:20) 1:36 (40:19)	Värend GN OL 4:31 (7:40) 0:37 (27:57) 1:18 (41:37)	41:50 3:19 (10:59) – (27:57) 0:13 (41:50)	+4:57 4:29 (15:28) 3:07 (31:04)	6:21 (21:49) 4:49 (35:53)	3:51 (25:40) 2:50 (38:43)
12.	Anders Johansson 2:42 (2:42) 1:50 (26:19) 1:40 (40:42)	Västvärmlands OK 3:35 (6:17) 0:33 (26:52) 1:24 (42:06)	42:20 3:28 (9:45) – (26:52) 0:14 (42:20)	+5:27 4:30 (14:15) 3:17 (30:09)	6:09 (20:24) 5:19 (35:28)	4:05 (24:29) 3:34 (39:02)
13.	Nils Pistora 2:44 (2:44) 1:42 (26:35) 1:29 (41:05)	Lunds OK 3:51 (6:35) 0:36 (27:11) 1:08 (42:13)	42:38 3:29 (10:04) – (27:11) 0:11 (42:24)	+5:45 4:55 (14:59) 3:10 (30:21)	6:12 (21:11) 4:49 (35:10)	3:42 (24:53) 4:26 (39:36)
14.	Kjell Einarsson 3:02 (3:02) 1:53 (27:19) 1:45 (42:08)	OK Skogshjortarna 4:04 (7:06) 0:38 (27:57) 1:14 (43:22)	43:33 3:39 (10:45) – (27:57) 0:11 (43:33)	+6:40 4:46 (15:31) 3:27 (31:24)	6:09 (21:40) 5:07 (36:31)	3:46 (25:26) 3:52 (40:23)
15.	Pesho Hedberg 3:00 (3:00) 1:53 (28:26) 1:30 (42:31)	Lunds OK 4:25 (7:25) 0:35 (29:01) 1:12 (43:43)	44:00 3:46 (11:11) – (29:01) 0:13 (43:56)	+7:07 4:53 (16:04) 3:51 (32:52)	6:18 (22:22) 5:06 (37:58)	4:11 (26:33) 3:03 (41:01)
16.	Peter Ejdemo 2:58 (2:58) 1:46 (29:22) 1:46 (42:56)	OK Kåre 5:12 (8:10) 0:39 (30:01) 1:25 (44:21)	44:34 3:49 (11:59) – (30:01) 0:13 (44:34)	+7:41 4:31 (16:30) 3:14 (33:15)	7:25 (23:55) 5:01 (38:16)	3:41 (27:36) 2:54 (41:10)
17.	Hans Kööhler 3:13 (3:13) 2:13 (29:53) 1:45 (45:40)	Trollhättans SOK 3:50 (7:03) 0:42 (30:35) 1:25 (47:05)	47:22 4:18 (11:21) – (30:35) 0:13 (47:18)	+10:29 5:14 (16:35) 3:52 (34:27)	6:45 (23:20) 5:39 (40:06)	4:20 (27:40) 3:49 (43:55)
18.	Peter Bergström 2:55 (2:55) 2:11 (32:35) 1:53 (46:28)	Kvamsvedens GOLF OK 4:53 (7:48) 0:37 (33:12) 1:09 (47:37)	47:50 6:37 (14:25) – (33:12) 0:13 (47:50)	+10:57 5:15 (19:40) 3:33 (36:45)	6:32 (26:12) 4:57 (41:42)	4:12 (30:24) 2:53 (44:35)
19.	Henrik Melkstam 3:04 (3:04) 2:10 (32:50) 2:12 (47:54)	Lerums SOK 5:03 (8:07) 0:39 (33:29) 1:39 (49:33)	49:45 3:50 (11:57) – (33:29) 0:12 (49:45)	+12:52 4:54 (16:51) 3:44 (37:13)	7:36 (24:27) 5:07 (42:20)	6:13 (30:40) 3:22 (45:42)
20.	Fredrik Aslund 3:28 (3:28) 3:47 (34:29) 1:44 (48:52)	Katrineholms OK 6:02 (9:30) 0:42 (35:11) 1:14 (50:06)	50:20 3:49 (13:19) – (35:11) 0:14 (50:20)	+13:27 4:50 (18:09) 3:33 (38:44)	6:42 (24:51) 5:14 (43:58)	5:51 (30:42) 3:10 (47:08)
21.	Stefan Mårtensson 3:09 (3:09) 1:52 (31:42) 1:50 (48:43)	Frölunda OL 4:20 (7:29) 0:43 (32:25) 1:24 (50:07)	50:23 4:08 (11:37) – (32:25) 0:16 (50:23)	+13:30 5:27 (17:04) 4:10 (36:35)	8:03 (25:07) 6:49 (43:24)	4:43 (29:50) 3:29 (46:53)
22.	Thomas Attfors 3:22 (3:22) 3:22 (34:04) 1:47 (50:31)	Sävedalens AIK 4:20 (7:42) 0:43 (34:47) 1:16 (51:47)	52:01 4:19 (12:01) – (34:47) 0:14 (52:01)	+15:08 5:44 (17:45) 4:07 (38:54)	8:30 (26:15) 6:21 (45:15)	4:27 (30:42) 3:29 (48:44)
23.	Joakim Sorinder 4:20 (4:20) 2:06 (34:42) 1:56 (50:05)	OK Skogsfalken 4:35 (8:55) 0:45 (35:27) 1:48 (51:53)	52:07 4:47 (13:42) – (35:27) 0:14 (52:07)	+15:14 5:26 (19:08) 3:59 (39:26)	7:26 (26:34) 5:11 (44:37)	6:02 (32:36) 3:32 (48:09)
24.	Mats G Andersson 3:38 (3:38) 2:18 (34:46) 2:03 (50:26)	IFK Göteborg Orientering 4:00 (7:38) 0:37 (35:23) 2:13 (52:39)	52:53 6:05 (13:43) – (35:23) 0:14 (52:53)	+16:00 5:12 (18:55) 3:35 (38:58)	8:19 (27:14) 5:23 (44:21)	5:14 (32:28) 4:02 (48:23)
25.	Christer Norin 3:15 (3:15) 2:00 (32:57) 1:51 (51:30)	Järfälla OK 4:04 (7:19) 0:41 (33:38) 1:29 (52:59)	53:13 3:43 (11:02) – (33:38) 0:14 (53:13)	+16:20 4:52 (15:54) 3:52 (37:30)	6:45 (22:39) 5:12 (42:42)	8:18 (30:57) 6:57 (49:39)
26.	Ragnar Uppström 3:18 (3:18) 2:22 (34:43) 1:58 (52:05)	FK Herkules 5:25 (8:43) 0:44 (35:27) 2:40 (54:45)	54:59 4:22 (13:05) – (35:27) 0:14 (54:59)	+18:06 5:42 (18:47) 4:14 (39:41)	7:48 (26:35) 6:39 (46:20)	5:46 (32:21) 3:47 (50:07)
27.	Lars Thorén 3:00 (3:00) 2:08 (35:51) 2:16 (53:42)	Ronneby OK 4:20 (7:20) 0:42 (36:33) 1:29 (55:11)	55:25 7:17 (14:37) – (36:33) 0:14 (55:25)	+18:32 6:09 (20:46) 4:07 (40:40)	7:21 (28:07) 7:11 (47:51)	5:36 (33:43) 3:35 (51:26)
28.	Mats Andersson 4:01 (4:01) 2:14 (36:29) 3:02 (54:14)	Mariestads FK 4:09 (8:10) 0:43 (37:12) 1:52 (56:06)	56:21 5:34 (13:44) – (37:12) 0:15 (56:21)	+19:28 5:26 (19:10) 4:17 (41:29)	8:44 (27:54) 5:37 (47:06)	6:21 (34:15) 4:06 (51:12)
29.	Anders Zederin 3:01 (3:01) 2:23 (38:34) 2:01 (55:54)	OK Nackhe 9:36 (12:37) 0:46 (39:20) 1:30 (57:24)	57:38 5:35 (18:12) – (39:20) 0:14 (57:38)	+20:45 5:45 (23:57) 3:51 (43:11)	7:18 (31:15) 6:42 (49:53)	4:56 (36:11) 4:00 (53:53)

30.	Claes Renner	Haninge SOK	57:49	+20:56		
	3:24 (3:24)	4:46 (8:10)	5:00 (13:10)	5:38 (18:48)	9:28 (28:16)	6:20 (34:36)
	2:27 (37:03)	0:48 (37:51)	– (37:51)	4:38 (42:29)	6:54 (49:23)	3:32 (52:55)
	2:45 (55:40)	1:53 (57:33)	0:16 (57:49)			
31.	Gunnar Skärlén	Haninge SOK	1:16:06	+39:13		
	3:27 (3:27)	7:35 (11:02)	8:28 (19:30)	7:58 (27:28)	9:34 (37:02)	7:37 (44:39)
	4:04 (48:43)	0:45 (49:28)	– (49:28)	5:10 (54:38)	6:46 (1:01:24)	7:14 (1:08:38)
	4:41 (1:13:19)	2:24 (1:15:43)	0:15 (1:15:58)			
32.	Göran Fredriksson	Garphyttans IF	1:22:01	+45:08		
	5:20 (5:20)	6:05 (11:25)	6:51 (18:16)	7:05 (25:21)	14:20 (39:41)	8:41 (48:22)
	3:13 (51:35)	1:02 (52:37)	– (52:37)	5:38 (58:15)	8:28 (1:06:43)	8:26 (1:15:09)
	3:51 (1:19:00)	2:25 (1:21:25)	0:17 (1:21:42)			
	Bernth Axelsson	Västvärmlands OK	Ej start			
D60		(6 / 6)	Tid	Efter		
1.	Annika Buskqvist	IK Stern	34:52			
	5:28 (5:28)	4:24 (9:52)	3:00 (12:52)	0:41 (13:33)	– (13:33)	2:17 (15:50)
	6:54 (22:44)	4:34 (27:18)	3:16 (30:34)	2:30 (33:04)	1:32 (34:36)	0:15 (34:51)
2.	Birgitta Gustafsson	Garphyttans IF	36:26	+1:34		
	5:24 (5:24)	4:18 (9:42)	3:57 (13:39)	0:41 (14:20)	– (14:20)	2:03 (16:23)
	7:04 (23:27)	5:12 (28:39)	3:28 (32:07)	2:38 (34:45)	1:27 (36:12)	0:14 (36:26)
3.	Lena Jansson	Garphyttans IF	37:33	+2:41		
	6:05 (6:05)	4:26 (10:31)	3:28 (13:59)	0:49 (14:48)	– (14:48)	2:18 (17:06)
	7:19 (24:25)	4:34 (28:59)	3:25 (32:24)	3:25 (35:49)	1:29 (37:18)	0:15 (37:33)
4.	Lisbeth Celander	Kristinehamns OK	38:31	+3:39		
	5:38 (5:38)	6:02 (11:40)	3:20 (15:00)	0:53 (15:53)	– (15:53)	2:28 (18:21)
	7:26 (25:47)	4:30 (30:17)	3:35 (33:52)	2:28 (36:20)	1:57 (38:17)	0:14 (38:31)
5.	Mette Seir Hansen	HSOK.dk	44:40	+9:48		
	7:52 (7:52)	5:46 (13:38)	3:54 (17:32)	0:50 (18:22)	– (18:22)	2:26 (20:48)
	8:32 (29:20)	5:54 (35:14)	3:54 (39:08)	3:12 (42:20)	2:01 (44:21)	0:19 (44:40)
6.	Birgitta Jansson	Garphyttans IF	47:20	+12:28		
	8:23 (8:23)	6:14 (14:37)	4:31 (19:08)	0:52 (20:00)	– (20:00)	2:28 (22:28)
	8:59 (31:27)	6:33 (38:00)	4:16 (42:16)	3:12 (45:28)	1:35 (47:03)	0:17 (47:20)
H60		(18 / 18)	Tid	Efter		
1.	Laus Seir Hansen	HSOK.dk	39:42			
	4:18 (4:18)	3:27 (7:45)	4:42 (12:27)	3:07 (15:34)	3:41 (19:15)	2:28 (21:43)
	2:39 (24:22)	0:41 (25:03)	– (25:03)	5:01 (30:04)	3:08 (33:12)	3:12 (36:24)
	1:56 (38:20)	1:08 (39:28)	0:14 (39:42)			
2.	Torbjörn Jansson	Garphyttans IF	42:05	+2:23		
	4:20 (4:20)	3:36 (7:56)	4:50 (12:46)	3:11 (15:57)	4:23 (20:20)	3:09 (23:29)
	2:58 (26:27)	0:39 (27:06)	– (27:06)	5:07 (32:13)	3:23 (35:36)	3:04 (38:40)
	1:52 (40:32)	1:19 (41:51)	0:14 (42:05)			
3.	Johan Karlsson	Trollhättans SOK	42:54	+3:12		
	4:29 (4:29)	3:30 (7:59)	5:09 (13:08)	3:01 (16:09)	4:13 (20:22)	2:42 (23:04)
	2:25 (25:29)	0:43 (26:12)	– (26:12)	5:35 (31:47)	3:41 (35:28)	3:37 (39:05)
	2:17 (41:22)	1:18 (42:40)	0:14 (42:54)			
4.	Bo Herdersson	Markbygdens OK	43:14	+3:32		
	4:29 (4:29)	3:14 (7:43)	5:02 (12:45)	3:13 (15:58)	3:59 (19:57)	2:50 (22:47)
	2:47 (25:34)	0:41 (26:15)	– (26:15)	5:25 (31:40)	3:51 (35:31)	3:25 (38:56)
	2:24 (41:20)	1:41 (43:01)	0:13 (43:14)			
5.	Nils-Robert Persson	Kamrat och IF KIF	43:26	+3:44		
	4:32 (4:32)	4:40 (9:12)	5:09 (14:21)	3:09 (17:30)	4:54 (22:24)	2:29 (24:53)
	2:29 (27:22)	0:35 (27:57)	– (27:57)	5:11 (33:08)	3:58 (37:06)	3:13 (40:19)
	1:50 (42:09)	1:01 (43:10)	0:13 (43:23)			
6.	Anders Thomasson	Ulricehamns OK	45:28	+5:46		
	4:48 (4:48)	3:27 (8:15)	5:45 (14:00)	3:48 (17:48)	4:11 (21:59)	3:04 (25:03)
	2:41 (27:44)	0:40 (28:24)	– (28:24)	5:36 (34:00)	4:43 (38:43)	3:00 (41:43)
	2:13 (43:56)	1:18 (45:14)	0:14 (45:28)			
7.	Kent Bergendahl	Nyköpings OK	45:39	+5:57		
	4:59 (4:59)	3:50 (8:49)	5:28 (14:17)	3:28 (17:45)	4:10 (21:55)	3:33 (25:28)
	3:10 (28:38)	0:38 (29:16)	– (29:16)	5:33 (34:49)	3:35 (38:24)	3:24 (41:48)
	2:10 (43:58)	1:27 (45:25)	0:14 (45:39)			
8.	Lennart Karlsson	Markbygdens OK	46:06	+6:24		
	4:41 (4:41)	4:11 (8:52)	5:10 (14:02)	3:18 (17:20)	4:10 (21:30)	3:14 (24:44)
	3:19 (28:03)	0:41 (28:44)	– (28:44)	5:40 (34:24)	3:40 (38:04)	3:36 (41:40)
	2:54 (44:34)	1:17 (45:51)	0:15 (46:06)			
9.	Bertil Tallkvist	Skene Sim o IS	49:41	+9:59		
	4:57 (4:57)	4:18 (9:15)	5:31 (14:46)	3:26 (18:12)	5:03 (23:15)	3:25 (26:40)
	3:31 (30:11)	0:57 (31:08)	– (31:08)	5:59 (37:07)	3:43 (40:50)	3:42 (44:32)
	3:24 (47:56)	1:30 (49:26)	0:15 (49:41)			
10.	Håkan Åberg	Tjällmo-Godegårds OK	51:06	+11:24		
	5:13 (5:13)	4:49 (10:02)	5:37 (15:39)	3:18 (18:57)	4:53 (23:50)	3:28 (27:18)
	3:00 (30:18)	0:42 (31:00)	– (31:00)	5:39 (36:39)	6:16 (42:55)	3:20 (46:15)
	2:26 (48:41)	1:36 (50:17)	0:15 (50:32)			
11.	Hans Garmer	Göteborg-Majorna OK	52:40	+12:58		
	7:25 (7:25)	4:21 (11:46)	5:38 (17:24)	3:31 (20:55)	5:17 (26:12)	4:23 (30:35)
	3:33 (34:08)	0:43 (34:51)	– (34:51)	5:56 (40:47)	4:02 (44:49)	3:44 (48:33)
	2:28 (51:01)	1:21 (52:22)	0:17 (52:39)			
12.	Mats Ericsson	OK Skogshjortarna	52:45	+13:03		
	5:34 (5:34)	4:10 (9:44)	5:58 (15:42)	4:14 (19:56)	5:33 (25:29)	3:20 (28:49)
	3:42 (32:31)	0:45 (33:16)	– (33:16)	6:34 (39:50)	4:03 (43:53)	4:35 (48:28)
	2:25 (50:53)	1:34 (52:27)	0:15 (52:42)			
13.	Magnus Uppström	FK Herkules	53:13	+13:31		
	6:02 (6:02)	6:19 (12:21)	6:02 (18:23)	3:49 (22:12)	5:02 (27:14)	3:31 (30:45)
	3:09 (33:54)	0:44 (34:38)	– (34:38)	6:32 (41:10)	3:50 (45:00)	3:58 (48:58)
	2:30 (51:28)	1:30 (52:58)	0:15 (53:13)			
14.	Leif Ahlstrand	Ulricehamns OK	56:07	+16:25		
	4:38 (4:38)	4:34 (9:12)	5:34 (14:46)	3:21 (18:07)	4:19 (22:26)	3:22 (25:48)
	3:20 (29:08)	0:41 (29:49)	– (29:49)	5:41 (35:30)	10:30 (46:00)	3:37 (49:37)
	4:55 (54:32)	1:20 (55:52)	0:15 (56:07)			
15.	Torbjörn Lundström	IF Hallby SOK	58:23	+18:41		

	5:35 (5:35) 3:05 (38:12) 2:56 (56:34)	7:54 (13:29) 0:48 (39:00) 1:32 (58:06)	5:41 (19:10) – (39:00) 0:17 (58:23)	3:35 (22:45) 6:16 (45:16)	8:04 (30:49) 4:16 (49:32)	4:18 (35:07) 4:06 (53:38)
16.	Göran Svensson 5:42 (5:42) 3:27 (36:26) 3:56 (1:00:13) Jørgen Nielsen Sonny Myrefelt	Skillingaryds FK 5:01 (10:43) 0:49 (37:15) 1:32 (1:01:45) Allerød OK Kalmar OK	7:03 (17:46) – (37:15) 0:16 (1:02:01)	1:02:01 +22:19 5:13 (22:59) 7:39 (44:54)	6:21 (29:20) 5:29 (50:23)	3:39 (32:59) 5:54 (56:17)
H70		(9 / 9)		Tid	Efter	
1.	Niels Duedahl 5:01 (5:01) 4:52 (20:16) 0:12 (27:58)	OK Øst Birkerød 3:34 (8:35) 1:32 (21:48)	2:42 (11:17) 0:54 (22:42)	27:58 0:38 (11:55) 2:08 (24:50)	– (11:55) 1:44 (26:34)	3:29 (15:24) 1:12 (27:46)
2.	Olle Adolfsson 4:27 (4:27) 5:44 (21:02) 0:14 (29:06)	Lerums SOK 4:10 (8:37) 1:22 (22:24)	2:32 (11:09) 0:50 (23:14)	29:06 +1:08 0:38 (11:47) 2:09 (25:23)	– (11:47) 1:58 (27:21)	3:31 (15:18) 1:31 (28:52)
3.	Bernt Eriksson 5:23 (5:23) 4:16 (22:03) 0:16 (30:08)	Spårvägens OK 4:18 (9:41) 1:30 (23:33)	3:15 (12:56) 0:54 (24:27)	30:21 +2:23 0:46 (13:42) 2:14 (26:41)	– (13:42) 1:42 (28:23)	4:05 (17:47) 1:29 (29:52)
4.	Per-Martin Gustavson 4:40 (4:40) 6:06 (22:21) 0:17 (32:27)	Tjällmo-Godegårds OK 4:01 (8:41) 1:35 (23:56)	2:58 (11:39) 0:54 (24:50)	32:27 +4:29 0:43 (12:22) 3:13 (28:03)	– (12:22) 2:29 (30:32)	3:53 (16:15) 1:38 (32:10)
5.	Claes-Göran Lundberg 5:35 (5:35) 6:17 (24:02) 0:14 (32:35)	Ulricehamns OK 4:21 (9:56) 1:43 (25:45)	3:14 (13:10) 0:51 (26:36)	32:51 +4:53 0:41 (13:51) 2:16 (28:52)	– (13:51) 1:55 (30:47)	3:54 (17:45) 1:34 (32:21)
6.	Rune Arvidsson 5:34 (5:34) 6:16 (24:23) 0:14 (33:44)	Markbygdens OK 3:56 (9:30) 1:45 (26:08)	3:40 (13:10) 1:05 (27:13)	33:44 +5:46 0:46 (13:56) 2:30 (29:43)	– (13:56) 2:09 (31:52)	4:11 (18:07) 1:38 (33:30)
7.	Ingemar Löfqvist 5:53 (5:53) 6:09 (24:23) 0:16 (33:53)	Tjällmo-Godegårds OK 4:21 (10:14) 1:59 (26:22)	3:10 (13:24) 0:59 (27:21)	33:53 +5:55 0:43 (14:07) 2:33 (29:54)	– (14:07) 2:07 (32:01)	4:07 (18:14) 1:36 (33:37)
8.	Ronny Hedlund 6:02 (6:02) 7:00 (27:54) 0:18 (39:31)	OK Södertörn 5:31 (11:33) 2:33 (30:27)	3:28 (15:01) 1:08 (31:35)	39:31 +11:33 0:54 (15:55) 2:45 (34:20)	– (15:55) 3:03 (37:23)	4:59 (20:54) 1:50 (39:13)
9.	Bertil Konradson 8:47 (8:47) 13:36 (39:47) 0:22 (51:59)	IK Omega 5:20 (14:07) 2:31 (42:18)	4:43 (18:50) 1:21 (43:39)	51:59 +24:01 0:53 (19:43) 2:58 (46:37)	– (19:43) 3:09 (49:46)	6:28 (26:11) 1:51 (51:37)
Ö-Kort		(5 / 5)		Tid	Efter	
1.	Håkan Lindén 4:52 (4:52) 5:44 (20:01)	Uddevalla OK 4:05 (8:57) 3:18 (23:19)	2:51 (11:48) 4:37 (27:56)	31:24 0:38 (12:26) 2:00 (29:56)	– (12:26) 1:14 (31:10)	1:51 (14:17) 0:14 (31:24)
2.	Annica Clevnert Leire 7:25 (7:25) 7:52 (27:57)	Göteborg-Majorna OK 5:13 (12:38) 4:48 (32:45)	4:10 (16:48) 3:32 (36:17)	40:22 +8:58 0:48 (17:36) 2:14 (38:31)	– (17:36) 1:34 (40:05)	2:29 (20:05) 0:17 (40:22)
3.	Linda Danielsson 6:05 (6:05) 8:47 (30:05)	Lerums SOK 6:13 (12:18) 6:08 (36:13)	5:34 (17:52) 3:58 (40:11)	45:40 +14:16 0:53 (18:45) 3:32 (43:43)	– (18:45) 1:38 (45:21)	2:33 (21:18) 0:19 (45:40)
4.	Radka Kühnel 9:40 (9:40) 13:33 (42:52) Malin Blåudd Lingh	Trollhättans SOK 6:55 (16:35) 8:19 (51:11) OK Rodhen	8:19 (24:54) 5:34 (56:45)	1:07:34 +36:10 0:59 (25:53) 7:35 (1:04:20)	– (25:53) 2:54 (1:07:14)	3:26 (29:19) 0:20 (1:07:34)
Ö-Mellan		(20 / 20)		Tid	Efter	
1.	Ulf Nyqvist 4:53 (4:53) 3:15 (27:47) 2:07 (44:22)	OK Landehof 4:03 (8:56) 0:42 (28:29) 1:23 (45:45)	5:12 (14:08) – (28:29) 0:14 (45:59)	45:59 3:15 (17:23) 6:03 (34:32)	4:14 (21:37) 3:42 (38:14)	2:55 (24:32) 4:01 (42:15)
2.	Ulf Hylander 5:10 (5:10) 3:19 (30:58) 2:03 (45:53)	Nyköpings OK 5:54 (11:04) 0:36 (31:34) 1:12 (47:05)	5:22 (16:26) – (31:34) 0:15 (47:20)	47:20 +1:21 4:20 (20:46) 5:19 (36:53)	4:00 (24:46) 3:26 (40:19)	2:53 (27:39) 3:31 (43:50)
3.	Mikael Jungbjer 4:43 (4:43) 3:01 (29:16) 2:16 (45:43)	Göteborgs SK 4:14 (8:57) 0:45 (30:01) 1:21 (47:04)	5:36 (14:33) – (30:01) 0:17 (47:21)	47:21 +1:22 3:37 (18:10) 6:03 (36:04)	5:03 (23:13) 3:53 (39:57)	3:02 (26:15) 3:30 (43:27)
4.	Inda Garin Folkegård 4:59 (4:59) 2:53 (28:34) 2:24 (45:57)	Strängnäs-Malmby OL 3:48 (8:47) 0:41 (29:15) 1:17 (47:14)	5:30 (14:17) – (29:15) 0:13 (47:27)	47:27 +1:28 3:24 (17:41) 5:27 (34:42)	4:32 (22:13) 5:21 (40:03)	3:28 (25:41) 3:30 (43:33)
5.	Elias Nyqvist 5:04 (5:04) 3:28 (31:21) 2:25 (48:03)	OK Landehof 4:24 (9:28) 0:43 (32:04) 1:13 (49:16)	5:56 (15:24) – (32:04) 0:15 (49:31)	49:31 +3:32 3:44 (19:08) 6:31 (38:35)	4:46 (23:54) 3:47 (42:22)	3:59 (27:53) 3:16 (45:38)
6.	Peter Wallentin 5:06 (5:06) 3:14 (30:11) 2:43 (49:36)	Lerums SOK 3:55 (9:01) 0:52 (31:03) 1:25 (51:01)	5:54 (14:55) – (31:03) 0:16 (51:17)	51:17 +5:18 3:50 (18:45) 6:31 (37:34)	4:42 (23:27) 4:28 (42:02)	3:30 (26:57) 4:51 (46:53)
7.	Hans Hansson 5:07 (5:07) 3:18 (33:19) 2:31 (50:36)	Markbygdens OK 5:52 (10:59) 0:40 (33:59) 2:05 (52:41)	5:00 (15:59) – (33:59) 0:20 (53:01)	53:01 +7:02 4:17 (20:16) 6:07 (40:06)	5:34 (25:50) 4:07 (44:13)	4:11 (30:01) 3:52 (48:05)

8.	Erik Jonsson	Långhundra IF	53:02	+7:03		
	4:49 (4:49)	4:24 (9:13)	6:08 (15:21)	3:19 (18:40)	4:59 (23:39)	4:33 (28:12)
	3:23 (31:35)	0:43 (32:18)	– (32:18)	7:22 (39:40)	4:27 (44:07)	3:54 (48:01)
	3:03 (51:04)	1:44 (52:48)	0:14 (53:02)			
9.	Jacob Enberg	Halmstad OK	55:51	+9:52		
	5:25 (5:25)	6:33 (11:58)	5:43 (17:41)	3:36 (21:17)	6:55 (28:12)	3:32 (31:44)
	3:29 (35:13)	0:47 (36:00)	– (36:00)	5:53 (41:53)	4:06 (45:59)	5:25 (51:24)
	3:01 (54:25)	1:11 (55:36)	0:15 (55:51)			
10.	Martin Enström	Trollhättans SOK	56:28	+10:29		
	5:18 (5:18)	5:10 (10:28)	6:20 (16:48)	4:39 (21:27)	5:36 (27:03)	3:40 (30:43)
	3:34 (34:17)	0:43 (35:00)	– (35:00)	6:49 (41:49)	5:00 (46:49)	4:16 (51:05)
	3:39 (54:44)	1:28 (56:12)	0:16 (56:28)			
11.	Henrik Erickson	Ulricehamns OK	1:00:07	+14:08		
	4:44 (4:44)	3:55 (8:39)	5:22 (14:01)	3:41 (17:42)	12:15 (29:57)	5:44 (35:41)
	2:51 (38:32)	0:45 (39:17)	– (39:17)	6:55 (46:12)	4:37 (50:49)	5:10 (55:59)
	2:24 (58:23)	1:28 (59:51)	0:16 (1:00:07)			
12.	Kristin Hansson	Markbygdens OK	1:01:27	+15:28		
	5:37 (5:37)	5:42 (11:19)	7:36 (18:55)	3:57 (22:52)	6:57 (29:49)	5:51 (35:40)
	4:43 (40:23)	0:57 (41:20)	– (41:20)	7:11 (48:31)	4:31 (53:02)	3:57 (56:59)
	2:47 (59:46)	1:23 (1:01:09)	0:18 (1:01:27)			
13.	Carina Sundbue	Strängnäs-Malmby OL	1:02:03	+16:04		
	6:06 (6:06)	6:58 (13:04)	7:31 (20:35)	5:07 (25:42)	6:23 (32:05)	3:38 (35:43)
	3:57 (39:40)	0:53 (40:33)	– (40:33)	7:59 (48:32)	4:23 (52:55)	4:14 (57:09)
	3:00 (1:00:09)	1:36 (1:01:45)	0:18 (1:02:03)			
14.	Lovisa Ring	Halmstad OK	1:02:45	+16:46		
	6:08 (6:08)	7:44 (13:52)	6:12 (20:04)	3:52 (23:56)	5:47 (29:43)	4:45 (34:28)
	3:48 (38:16)	0:48 (39:04)	– (39:04)	6:48 (45:52)	4:13 (50:05)	4:23 (54:28)
	4:03 (58:31)	3:57 (1:02:28)	0:17 (1:02:45)			
15.	Nils Anders Danielsson	Möndal Outdoor IF	1:05:58	+19:59		
	6:58 (6:58)	7:04 (14:02)	7:08 (21:10)	4:52 (26:02)	6:46 (32:48)	4:05 (36:53)
	4:07 (41:00)	1:03 (42:03)	– (42:03)	8:30 (50:33)	5:16 (55:49)	5:33 (1:01:22)
	2:42 (1:04:04)	1:32 (1:05:36)	0:22 (1:05:58)			
16.	Fredrik Hofflander	Göteborg-Majorna OK	1:10:58	+24:59		
	5:49 (5:49)	17:16 (23:05)	5:53 (28:58)	5:11 (34:09)	6:01 (40:10)	3:49 (43:59)
	4:06 (48:05)	0:48 (48:53)	– (48:53)	7:16 (56:09)	4:27 (1:00:36)	5:30 (1:06:06)
	3:04 (1:09:10)	1:32 (1:10:42)	0:16 (1:10:58)			
17.	Roger Höög	Klubblös	1:14:31	+28:32		
	6:07 (6:07)	9:34 (15:41)	6:07 (21:48)	6:44 (28:32)	7:48 (36:20)	3:59 (40:19)
	5:05 (45:24)	0:52 (46:16)	– (46:16)	7:27 (53:43)	6:07 (59:50)	9:06 (1:08:56)
	3:28 (1:12:24)	1:46 (1:14:10)	0:21 (1:14:31)			
18.	Peter Norberg	IF Marin Väst	1:14:37	+28:38		
	5:18 (5:18)	5:58 (11:16)	5:58 (17:14)	4:29 (21:43)	5:31 (27:14)	5:13 (32:27)
	3:16 (35:43)	0:41 (36:24)	– (36:24)	23:30 (59:54)	4:21 (1:04:15)	4:39 (1:08:54)
	2:53 (1:11:47)	2:35 (1:14:22)	0:15 (1:14:37)			
19.	Klara Säfsten	Möndal Outdoor IF	1:21:49	+35:50		
	7:10 (7:10)	6:48 (13:58)	8:07 (22:05)	5:56 (28:01)	7:03 (35:04)	10:04 (45:08)
	6:24 (51:32)	1:06 (52:38)	– (52:38)	10:09 (1:02:47)	6:19 (1:09:06)	6:32 (1:15:38)
	3:19 (1:18:57)	2:33 (1:21:30)	0:19 (1:21:49)			
20.	Gunnar Dalstrand	Ämås OK	1:21:52	+35:53		
	7:23 (7:23)	6:16 (13:39)	13:21 (27:00)	5:44 (32:44)	6:32 (39:16)	5:32 (44:48)
	5:06 (49:54)	1:10 (51:04)	– (51:04)	9:32 (1:00:36)	5:11 (1:05:47)	8:27 (1:14:14)
	3:42 (1:17:56)	3:36 (1:21:32)	0:20 (1:21:52)			

Ö-Lång		(7 / 7)	Tid	Efter		
1.	Joakim Kjällström	Klubblös	59:50			
	3:10 (3:10)	6:06 (9:16)	4:29 (13:45)	4:40 (18:25)	5:38 (24:03)	6:47 (30:50)
	3:34 (34:24)	1:57 (36:21)	0:44 (37:05)	– (37:05)	3:51 (40:56)	5:18 (46:14)
	5:06 (51:20)	4:00 (55:20)	1:50 (57:10)	2:21 (59:31)	0:19 (59:50)	
2.	Anders Johansson	Göteborg-Majorna OK	1:02:02	+2:12		
	3:04 (3:04)	5:29 (8:33)	4:19 (12:52)	5:20 (18:12)	5:39 (23:51)	7:56 (31:47)
	4:10 (35:57)	2:01 (37:58)	0:39 (38:37)	– (38:37)	3:52 (42:29)	5:26 (47:55)
	5:57 (53:52)	4:33 (58:25)	2:01 (1:00:26)	1:22 (1:01:48)	0:14 (1:02:02)	
3.	Lars Munther	Klubblös	1:02:59	+3:09		
	3:04 (3:04)	6:13 (9:17)	4:45 (14:02)	3:55 (17:57)	8:31 (26:28)	7:10 (33:38)
	3:38 (37:16)	2:00 (39:16)	0:57 (40:13)	– (40:13)	3:52 (44:05)	5:30 (49:35)
	5:18 (54:53)	4:37 (59:30)	1:53 (1:01:23)	1:19 (1:02:42)	0:17 (1:02:59)	
4.	Kim Isaksson	Klubblös	1:05:47	+5:57		
	3:14 (3:14)	5:44 (8:58)	8:54 (17:52)	4:37 (22:29)	5:13 (27:42)	7:05 (34:47)
	3:45 (38:32)	2:00 (40:32)	0:39 (41:11)	– (41:11)	3:41 (44:52)	5:14 (50:06)
	7:48 (57:54)	4:30 (1:02:24)	1:44 (1:04:08)	1:26 (1:05:34)	0:13 (1:05:47)	
5.	Eric Van Gysel	Möndal Outdoor IF	1:09:29	+9:39		
	3:02 (3:02)	6:10 (9:12)	4:52 (14:04)	4:58 (19:02)	5:39 (24:41)	8:43 (33:24)
	5:10 (38:34)	2:54 (41:28)	0:42 (42:10)	– (42:10)	4:02 (46:12)	5:15 (51:27)
	6:31 (57:58)	6:43 (1:04:41)	2:52 (1:07:33)	1:41 (1:09:14)	0:15 (1:09:29)	
6.	Martin Rådbo	Möndal Outdoor IF	1:12:35	+12:45		
	2:56 (2:56)	6:20 (9:16)	4:31 (13:47)	4:21 (18:08)	5:36 (23:44)	10:22 (34:06)
	4:19 (38:25)	2:20 (40:45)	0:39 (41:24)	– (41:24)	3:39 (45:03)	6:04 (51:07)
	11:16 (1:02:23)	5:00 (1:07:23)	3:05 (1:10:28)	1:49 (1:12:17)	0:18 (1:12:35)	
7.	Joakim Skoog	Klubblös	1:22:47	+22:57		
	3:28 (3:28)	9:31 (12:59)	9:07 (22:06)	6:04 (28:10)	6:59 (35:09)	8:44 (43:53)
	4:27 (48:20)	2:40 (51:00)	0:49 (51:49)	– (51:49)	4:09 (55:58)	7:08 (1:03:06)
	6:42 (1:09:48)	8:32 (1:18:20)	2:30 (1:20:50)	1:37 (1:22:27)	0:20 (1:22:47)	