

| Ungdom Vit         |                  | Dalhem    |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
|--------------------|------------------|-----------|------|-----------|-------|----------|------|-----------|-------|----------|------|-----------|-------|--------|------|
| Tävlande           | Klubb            | Tid       | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Vidar Brandtsfridh | Helsingborgs SOK | 00:16:53  | 3    | 1013      | 66,8  | 00:11:42 | 1    | 702       | 100,0 | 00:11:33 | 2    | 693       | 442,3 | 609    | 1    |
| Hannes Lindström   | Helsingborgs SOK |           |      |           |       |          |      |           |       | 00:10:13 | 1    | 613       | 500,0 | 500    | 2    |
| Maja Kylmä         | Helsingborgs SOK |           |      |           |       |          |      |           |       | 00:11:58 | 3    | 718       | 426,9 | 427    | 3    |
| Miriam Orrhede     | Helsingborgs SOK | 00:11:17  | 1    | 677       | 100,0 |          |      |           |       | 00:17:48 | 4    | 1068      | 287,0 | 387    | 4    |
| Ebba Lohav         | Helsingborgs SOK |           |      |           |       | 00:16:16 | 2    | 976       | 71,9  | 00:18:23 | 5    | 1103      | 277,9 | 350    | 5    |
| Vincent Frohm      | Helsingborgs SOK | 00:15:21  | 2    | 921       | 73,5  |          |      |           |       |          |      |           |       | 74     | 6    |
| Tyra Lewis-Jonsson | Helsingborgs SOK |           |      |           |       | 00:16:36 | 3    | 996       | 70,5  |          |      |           |       | 70     | 7    |
| Agnes Brandtsfridh | Helsingborgs SOK |           |      |           |       | 00:18:13 | 4    | 1093      | 64,2  |          |      |           |       | 64     | 8    |
| Olle Sjöberg       | Helsingborgs SOK |           |      |           |       | 00:19:26 | 5    | 1166      | 60,2  |          |      |           |       | 60     | 9    |
| Oskar Brandtsfridh | Helsingborgs SOK |           |      |           |       | 00:30:19 | 6    | 1819      | 38,6  |          |      |           |       | 39     | 10   |
| Justus Lejonberg   | Helsingborgs SOK |           |      |           |       | 00:30:27 | 7    | 1827      | 38,4  |          |      |           |       | 38     | 11   |
|                    |                  |           |      |           |       |          |      |           |       |          |      |           |       |        |      |
| Ungdom Gul         |                  | Dalhem    |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
| Tävlande           | Klubb            | Tid       | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Agnes Persson      | Helsingborgs SOK | 00:18:14  | 2    | 1094      | 71,0  | 00:15:51 | 2    | 951       | 77,4  | 00:19:01 | 1    | 1141      | 500,0 | 648    | 1    |
| Albert Kylmä       | Helsingborgs SOK |           |      |           |       |          |      |           |       | 00:23:48 | 2    | 1428      | 399,5 | 400    | 2    |
| Linnea Stéen       | Helsingborgs SOK | 00:12:57  | 1    | 777       | 100,0 | 00:22:20 | 3    | 1340      | 54,9  |          |      |           |       | 155    | 3    |
| Elias Persson      | Helsingborgs SOK |           |      |           |       | 00:12:16 | 1    | 736       | 100,0 |          |      |           |       | 100    | 4    |
| Vilgot Bering      | Helsingborgs SOK |           |      |           |       | 00:25:31 | 4    | 1531      | 48,1  |          |      |           |       | 48     | 5    |
|                    |                  |           |      |           |       |          |      |           |       |          |      |           |       |        |      |
| Kort               |                  | Dalhem    |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
| Tävlande           | Klubb            | Tid       | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Fia Persson        | Helsingborgs SOK | 0,0152199 | 2    | 1315      | 83,6  | 00:26:33 | 2    | 1593      | 97,6  | 00:37:05 | 2    | 2225      | 356,4 | 538    | 1    |
| Carl Lejonberg     | Helsingborgs SOK | 0,0127199 | 1    | 1099      | 100,0 | 00:27:33 | 3    | 1653      | 94,0  | 00:39:32 | 3    | 2372      | 334,3 | 528    | 2    |
| Torbjörn Melin     | Helsingborgs SOK |           |      |           |       |          |      |           |       | 00:26:26 | 1    | 1586      | 500,0 | 500    | 3    |
| Veronica Dahlbom   | Helsingborgs SOK |           |      |           |       | 00:46:08 | 4    | 2768      | 56,1  | 00:53:20 | 4    | 3200      | 247,8 | 304    | 4    |
| Camilla Lohav      | Helsingborgs SOK | 00:36:46  | 3    | 2206      | 49,8  | 00:50:09 | 5    | 3009      | 51,6  |          |      |           |       | 101    | 5    |
| Gustav Lohav       | Helsingborgs SOK |           |      |           |       | 00:25:54 | 1    | 1554      | 100,0 | Felst    |      |           | 0,0   | 100    | 6    |

| Damer Medel          |                  | Dalhem   |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
|----------------------|------------------|----------|------|-----------|-------|----------|------|-----------|-------|----------|------|-----------|-------|--------|------|
| Tävlande             | Klubb            | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Lena Nielsen         | Helsingborgs SOK | 00:29:03 | 3    | 1743      | 70,3  | 00:40:04 | 7    | 2404      | 60,8  | 01:04:30 | 3    | 3870      | 376,6 | 508    | 1    |
| Lena Norrman         | IS Kullen        |          |      |           |       |          |      |           |       | 00:48:35 | 1    | 2915      | 500,0 | 500    | 2    |
| Ulrika Westgren      | Klubbblös        | 00:24:37 | 2    | 1477      | 82,9  | 00:35:37 | 4    | 2137      | 68,4  | 01:10:35 | 4    | 4235      | 344,2 | 496    | 3    |
| Eva Emanuelsson      | Helsingborgs SOK |          |      |           |       |          |      |           |       | 00:50:54 | 2    | 3054      | 477,2 | 477    | 4    |
| Astrid Johannesson   | Helsingborgs SOK |          | X    |           | 0,0   | 00:44:09 | 8    | 2649      | 55,2  | 01:13:23 | 6    | 4403      | 331,0 | 386    | 5    |
| Caroline Lindström   | Helsingborgs SOK |          |      |           |       |          |      |           |       | 01:11:41 | 5    | 4301      | 338,9 | 339    | 6    |
| Kerstin Fränkel      | Hjärnarps OL     | 00:41:28 | 4    | 2488      | 49,2  | 00:35:53 | 5    | 2153      | 67,9  |          |      |           |       | 117    | 7    |
| Lisa Kjellén         | Helsingborgs SOK | 00:20:25 | 1    | 1225      | 100,0 |          |      |           |       |          |      |           |       | 100    | 8    |
| Anna Åhlin           | Helsingborgs SOK |          |      |           |       | 00:24:22 | 1    | 1462      | 100,0 |          |      |           |       | 100    | 8    |
| Maj-Britt Gustafsson | Helsingborgs SOK | 00:41:55 | 5    | 2515      | 48,7  | 00:50:01 | 11   | 3001      | 48,7  |          |      |           |       | 97     | 10   |
| Malin Thorneman      | Helsingborgs SOK |          |      |           |       | 00:26:04 | 2    | 1564      | 93,5  |          |      |           |       | 93     | 11   |
| Helena Åhlin         | Helsingborgs SOK |          |      |           |       | 00:31:06 | 3    | 1866      | 78,3  |          |      |           |       | 78     | 12   |
| Ulrica Olovsson      | Laholms IF OK    |          |      |           |       | 00:36:54 | 6    | 2214      | 66,0  |          |      |           |       | 66     | 13   |
| Desiree Ljungdahl    | Klubbblös        |          |      |           |       | 00:45:34 | 9    | 2734      | 53,5  |          |      |           |       | 53     | 14   |
| Marléne Ljungdahl    | Klubbblös        |          |      |           |       | 00:45:36 | 10   | 2736      | 53,4  |          |      |           |       | 53     | 15   |

  

| Herrar Medel      |                  | Dalhem   |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
|-------------------|------------------|----------|------|-----------|-------|----------|------|-----------|-------|----------|------|-----------|-------|--------|------|
| Tävlande          | Klubb            | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Pär Ericsson      | Helsingborgs SOK | 00:19:56 | 2    | 1196      | 89,5  | 00:31:10 | 5    | 1870      | 85,9  | 00:54:29 | 2    | 3269      | 422,5 | 598    | 1    |
| Erik Ahlström     | Helsingborgs SOK | 00:17:50 | 1    | 1070      | 100,0 | 00:26:47 | 1    | 1607      | 100,0 | 01:01:44 | 4    | 3704      | 372,8 | 573    | 2    |
| Willie Olsson     | Helsingborgs SOK | 00:27:33 | 3    | 1653      | 64,7  | 00:29:42 | 3    | 1782      | 90,2  | 00:57:37 | 3    | 3457      | 399,5 | 554    | 3    |
| Jonas Åhlin       | Helsingborgs SOK |          |      |           |       |          |      |           |       | 00:46:02 | 1    | 2762      | 500,0 | 500    | 4    |
| Rolf Gustafsson   | Helsingborgs SOK | 00:32:56 | 5    | 1976      | 54,1  | 00:52:23 | 8    | 3143      | 51,1  | 01:10:45 | 5    | 4245      | 325,3 | 431    | 5    |
| Dag Lewis-Jonsson | Helsingborgs SOK | 00:32:28 | 4    | 1948      | 54,9  | 00:41:34 | 7    | 2494      | 64,4  |          |      |           |       | 119    | 6    |
| Peter Svensson    | Helsingborgs SOK |          |      |           |       | 00:28:20 | 2    | 1700      | 94,5  |          |      |           |       | 95     | 7    |
| Ludvig Liepe      | Helsingborgs SOK |          |      |           |       | 00:30:22 | 4    | 1822      | 88,2  |          |      |           |       | 88     | 8    |
| Tor-Eve Bengtsson | Helsingborgs SOK |          | X    |           | 0,0   | 00:35:41 | 6    | 2141      | 75,1  |          |      |           |       | 75     | 9    |

  

| Damer Lång           |                  | Dalhem   |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
|----------------------|------------------|----------|------|-----------|-------|----------|------|-----------|-------|----------|------|-----------|-------|--------|------|
| Tävlande             | Klubb            | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Lotta Lewis-Jonsson  | Helsingborgs SOK | 00:26:59 | 1    | 1619      | 100,0 | 00:29:33 | 2    | 1773      | 93,3  | 00:44:44 | 1    | 2684      | 500,0 | 693    | 1    |
| Sandra Lejonberg     | Helsingborgs SOK | 00:29:36 | 2    | 1776      | 91,2  | 00:31:38 | 3    | 1898      | 87,1  | 00:50:27 | 2    | 3027      | 443,3 | 622    | 2    |
| Marie Nilsson        | FK Boken         | 00:31:08 | 4    | 1868      | 86,7  | 00:35:34 | 4    | 2134      | 77,5  | 00:51:49 | 3    | 3109      | 431,7 | 596    | 3    |
| Cecilia Brandtsfridh | Helsingborgs SOK | 00:48:42 | 6    | 2922      | 55,4  | 00:44:29 | 5    | 2669      | 62,0  | Felst    |      |           | 0,0   | 117    | 4    |
| Thea Bökman          | Helsingborgs SOK |          |      |           |       | 00:27:34 | 1    | 1654      | 100,0 |          |      |           |       | 100    | 5    |
| Lena Norrman         | IS Kullen        | 00:29:58 | 3    | 1798      | 90,0  |          |      |           |       |          |      |           |       | 90     | 6    |
| Filippa Zäll         | Örkelljunga FK   | 00:31:33 | 5    | 1893      | 85,5  |          |      |           |       |          |      |           |       | 86     | 7    |

| Herrar Lång         |                  | Dalhem   |      |           |       | Rydebäck |      |           |       | Pålsjö   |      |           |       | Totalt |      |
|---------------------|------------------|----------|------|-----------|-------|----------|------|-----------|-------|----------|------|-----------|-------|--------|------|
| Tävlande            | Klubb            | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Tid      | Plac | tid i sek | Poäng | Poäng  | Plac |
| Patrik Johansson    | Helsingborgs SOK | 00:19:54 | 1    | 1194      | 100,0 | 00:22:59 | 3    | 1379      | 99,1  | 00:34:56 | 3    | 2096      | 462,8 | 662    | 1    |
| Mikael Löfving      | Tibro OK         | 00:20:00 | 2    | 1200      | 99,5  | 00:22:47 | 1    | 1367      | 100,0 | 00:35:05 | 4    | 2105      | 460,8 | 660    | 2    |
| Jacob Moberg        | Helsingborgs SOK | 00:20:00 | 2    | 1200      | 99,5  | 00:22:49 | 2    | 1369      | 99,9  | 00:36:07 | 5    | 2167      | 447,6 | 647    | 3    |
| Axel Orrhede        | Helsingborgs SOK |          |      |           |       | 00:23:39 | 4    | 1419      | 96,3  | 00:34:49 | 2    | 2089      | 464,3 | 561    | 4    |
| Anders Brandtsfridh | Helsingborgs SOK | 00:28:09 | 8    | 1689      | 70,7  | 00:27:05 | 5    | 1625      | 84,1  | 00:44:52 | 9    | 2692      | 360,3 | 515    | 5    |
| John Olsson         | Helsingborgs SOK |          |      |           |       |          |      |           |       | 00:32:20 | 1    | 1940      | 500,0 | 500    | 6    |
| Victor Ericsson     | Helsingborgs SOK | 00:28:13 | 10   | 1693      | 70,5  | 00:47:16 | 21   | 2836      | 48,2  | 00:43:30 | 6    | 2610      | 371,6 | 490    | 7    |
| David Persson       | Helsingborgs SOK | 00:26:57 | 6    | 1617      | 73,8  | 00:30:43 | 11   | 1843      | 74,2  | 00:47:19 | 12   | 2839      | 341,7 | 490    | 8    |
| Anders Lohav        | Helsingborgs SOK | 00:30:14 | 16   | 1814      | 65,8  | 00:30:38 | 10   | 1838      | 74,4  | 00:50:02 | 13   | 3002      | 323,1 | 463    | 9    |
| Jonas Norén         | Helsingborgs SOK |          |      |           |       | 00:30:25 | 9    | 1825      | 74,9  | 00:43:35 | 7    | 2615      | 370,9 | 446    | 10   |
| Anders Persson      | Helsingborgs SOK | 00:28:09 | 8    | 1689      | 70,7  | 00:32:02 | 12   | 1922      | 71,1  | 00:54:25 | 15   | 3265      | 297,1 | 439    | 11   |
| Andreas Blomqvist   | Helsingborgs SOK |          |      |           |       | 00:28:27 | 6    | 1707      | 80,1  | 00:45:19 | 10   | 2719      | 356,7 | 437    | 12   |
| Dan Johansson       | Helsingborgs SOK |          | X    |           | 0,0   | 00:33:07 | 15   | 1987      | 68,8  | 00:50:56 | 14   | 3056      | 317,4 | 386    | 13   |
| Felix Alnervik      | Helsingborgs SOK |          |      |           |       |          |      |           |       | 00:43:54 | 8    | 2634      | 368,3 | 368    | 14   |
| Magnus Ljungberg    | Helsingborgs SOK |          |      |           |       |          |      |           |       | 00:46:24 | 11   | 2784      | 348,4 | 348    | 15   |
| Martin Nilsson      | Helsingborgs SOK |          |      |           |       | 00:33:48 | 18   | 2028      | 67,4  | 00:59:34 | 16   | 3574      | 271,4 | 339    | 16   |
| Stig Johansson      | Helsingborgs SOK |          |      |           |       | 00:38:27 | 20   | 2307      | 59,3  | 01:02:02 | 17   | 3722      | 260,6 | 320    | 17   |
| Per Rudqvist        | Helsingborgs SOK | 00:29:49 | 14   | 1789      | 66,7  | 00:29:11 | 7    | 1751      | 78,1  |          |      |           |       | 145    | 18   |
| Henrik Boman        | Klubblös         | 00:28:07 | 7    | 1687      | 70,8  | 00:32:18 | 13   | 1938      | 70,5  |          |      |           |       | 141    | 19   |
| Björn Fränkel       | Hjärnarps OL     | 00:28:39 | 11   | 1719      | 69,5  | 00:33:41 | 17   | 2021      | 67,6  |          |      |           |       | 137    | 20   |
| Edo Drenth          | Helsingborgs SOK | 00:31:57 | 17   | 1917      | 62,3  | 00:33:05 | 14   | 1985      | 68,9  |          |      |           |       | 131    | 21   |
| Krister Karlsson    | Helsingborgs SOK | 00:33:10 | 18   | 1990      | 60,0  | 00:35:51 | 19   | 2151      | 63,6  |          |      |           |       | 124    | 22   |
| Jakob Zäll          | Örkelljunga FK   | 00:20:47 | 4    | 1247      | 95,7  |          |      |           |       |          |      |           |       | 96     | 23   |
| Noah Krikström      | Hjärnarps OL     | 00:25:58 | 5    | 1558      | 76,6  |          |      |           |       |          |      |           |       | 77     | 24   |
| Johan Bökman        | Helsingborgs SOK |          |      |           |       | 00:29:50 | 8    | 1790      | 76,4  |          |      |           |       | 76     | 25   |
| Johan Linderfalk    | Rävetofta OK     | 00:28:58 | 12   | 1738      | 68,7  |          |      |           |       |          |      |           |       | 69     | 26   |
| Kurt Sjöberg        | Helsingborgs SOK |          |      |           |       | 00:33:35 | 16   | 2015      | 67,8  | Felst    |      |           | 0,0   | 68     | 27   |
| Ulf Linderfalk      | Skåneslättens OL | 00:29:26 | 13   | 1766      | 67,6  |          |      |           |       |          |      |           |       | 68     | 28   |
| Peter Svensson      | Helsingborgs SOK | 00:30:06 | 15   | 1806      | 66,1  |          |      |           |       |          |      |           |       | 66     | 29   |