

Pl	Namn	Tid														
<b>Öppen Motion 1 (9)</b>		<b>1900 m</b>														
		1(85)	2(75)	3(51)	4(100)	5(65)	6(43)	7(58)	8(69)	9(44)	10(70)	11(100)	M			
<b>1</b>	<b>Linnea Rydlund</b> Hässleholms OK	<b>20:53</b>	<b>3:54</b>	<b>6:06</b>	<b>9:08</b>	<b>10:01</b>	<b>10:42</b>	<b>12:28</b>	<b>14:26</b>	<b>15:51</b>	<b>18:45</b>	<b>19:45</b>	<b>20:36</b>	<b>20:53</b>		
			3:54	2:12	3:02	0:53	0:41	1:46	1:58	1:25	2:54	1:00	0:51	0:17		
<b>2</b>	<b>Hjalmar Axelsson</b> FK Göingarna	<b>21:10</b>	4:40	7:01	9:45	10:20	10:55	12:57	15:09	16:23	19:25	20:03	20:48	21:10		
			4:40	2:21	2:44	0:35	0:35	2:02	2:12	1:14	3:02	0:38	0:45	0:22		
<b>3</b>	<b>Elis Severinsson</b> Skåneslättens OL	<b>24:27</b>	4:31	6:35	10:26	11:00	12:24	13:49	15:07	19:28	22:46	23:20	24:02	24:27		
			4:31	2:04	3:51	0:34	1:24	1:25	1:18	4:21	3:18	0:34	0:42	0:25		
<b>4</b>	<b>Joel Severinsson</b> Skåneslättens OL	<b>24:34</b>	4:35	6:36	10:12	11:01	12:27	13:52	15:12	19:33	22:50	23:25	24:07	24:34		
			4:35	2:01	3:36	0:49	1:26	1:25	1:20	4:21	3:17	0:35	0:42	0:27		
<b>5</b>	<b>Albin Hugosson</b> Lunds OK	<b>28:12</b>	5:42	8:11	12:02	12:52	13:25	18:37	21:06	22:23	25:51	27:14	27:56	28:12		
			5:42	2:29	3:51	0:50	0:33	5:12	2:29	1:17	3:28	1:23	0:42	0:16		
<b>6</b>	<b>Marie Kempff</b> Hässleholms OK	<b>28:37</b>	5:33	8:22	12:13	13:03	14:01	15:52	18:17	20:34	25:27	27:04	28:15	28:37		
			5:33	2:49	3:51	0:50	0:58	1:51	2:25	2:17	4:53	1:37	1:11	0:22		
<b>7</b>	<b>Rasmus Johansson</b> OK Pan-Kristianstad	<b>29:36</b>	5:28	7:58	11:25	12:36	14:15	17:03	19:38	22:18	26:54	27:38	29:10	29:36		
			5:28	2:30	3:27	1:11	1:39	2:48	2:35	2:40	4:36	0:44	1:32	0:26		
<b>8</b>	<b>Saga Rosén</b> Klubblös Klubb 90001	<b>35:11</b>	7:55	10:59	15:05	16:34	18:04	21:16	24:19	27:32	31:28	32:37	34:27	35:11		
			7:55	3:04	4:06	1:29	1:30	3:12	3:03	3:13	3:56	1:09	1:50	0:44		
<b>9</b>	<b>Melker Olsson</b> Brosö OK	<b>63:03</b>	6:39	9:19	14:54	17:17	19:04	42:36	45:08	57:12	60:37	61:44	62:36	63:03		
			6:39	2:40	5:35	2:23	1:47	23:32	2:32	12:04	3:25	1:07	0:52	0:27		
<b>Öppen Motion 2 (1)</b>		<b>2900 m</b>														
		1(85)	2(75)	3(51)	4(100)	5(65)	6(97)	7(87)	8(76)	9(61)	10(43)	11(58)	12(69)	13(44)	14(70)	
		15(100)	M													
<b>1</b>	<b>Noah Pernetun</b> Hässleholms OK	<b>59:53</b>	<b>5:26</b>	<b>7:40</b>	<b>12:23</b>	<b>13:56</b>	<b>15:32</b>	<b>20:49</b>	<b>24:01</b>	<b>26:54</b>	<b>31:30</b>	<b>37:16</b>	<b>41:44</b>	<b>54:02</b>	<b>57:22</b>	<b>58:17</b>
			5:26	2:14	4:43	1:33	1:36	5:17	3:12	2:53	4:36	5:46	4:28	12:18	3:20	0:55
			59:33	59:53	3:29											
			1:16	0:20	*48											
<b>Öppen Motion 3 (9)</b>		<b>2900 m</b>														
		1(49)	2(84)	3(75)	4(51)	5(100)	6(65)	7(97)	8(87)	9(71)	10(92)	11(61)	12(43)	13(58)	14(69)	
		15(44)	16(70)	17(100)	M											
<b>1</b>	<b>Barbro Nilsson</b> Andrarums IF	<b>41:00</b>	<b>3:12</b>	<b>5:21</b>	6:03	<b>8:42</b>	<b>9:27</b>	<b>10:15</b>	<b>12:34</b>	<b>15:19</b>	<b>19:57</b>	23:58	27:48	31:50	33:35	35:38
			3:12	2:09	0:42	2:39	0:45	0:48	2:19	2:45	4:38	4:01	3:50	4:02	1:45	2:03
			38:33	39:39	40:37	41:00										
			2:55	1:06	0:58	0:23										
<b>2</b>	<b>Sonja Hammar</b> OK Kompassen	<b>44:09</b>	4:21	6:32	7:28	10:58	11:51	12:48	16:34	18:58	21:52	24:58	28:04	31:05	<b>32:51</b>	<b>34:27</b>
			4:21	2:11	0:56	3:30	0:53	0:57	3:46	2:24	2:54	3:06	3:06	3:01	1:46	1:36
			41:19	42:25	43:34	44:09										
			6:52	1:06	1:09	0:35										
<b>3</b>	<b>Katarina Höst</b> Hjärnarps GH OL	<b>44:52</b>	3:18	5:22	<b>6:00</b>	9:35	10:23	11:04	14:53	17:02	20:52	<b>23:45</b>	<b>27:12</b>	<b>30:40</b>	37:50	39:35
			3:18	2:04	0:38	3:35	0:48	0:41	3:49	2:09	3:50	2:53	3:27	3:28	7:10	1:45
			41:35	43:50	44:35	44:52										
			2:00	2:15	0:45	0:17										
<b>4</b>	<b>Margareta Held</b> FK Åsen	<b>53:31</b>	4:45	9:50	10:49	14:44	15:29	16:24	20:14	22:38	25:44	31:49	35:25	40:33	45:15	47:31
			4:45	5:05	0:59	3:55	0:45	0:55	3:50	2:24	3:06	6:05	3:36	5:08	4:42	2:16
			50:21	51:45	53:05	53:31										
			2:50	1:24	1:20	0:26										
<b>5</b>	<b>Siw Nilsson</b> OK Kompassen	<b>55:23</b>	6:23	8:45	9:47	13:20	14:11	15:08	19:11	21:49	24:49	31:57	36:04	39:47	42:04	48:41
			6:23	2:22	1:02	3:33	0:51	0:57	4:03	2:38	3:00	7:08	4:07	3:43	2:17	6:37
			52:27	53:27	54:44	55:23										
			3:46	1:00	1:17	0:39										
<b>6</b>	<b>Karin Malmgren</b> Hjärnarps GH OL	<b>57:34</b>	4:03	6:28	7:15	10:50	11:34	12:44	22:47	26:12	35:29	38:54	42:48	47:20	49:26	51:42
			4:03	2:25	0:47	3:35	0:44	1:10	10:03	3:25	9:17	3:25	3:54	4:32	2:06	2:16
			54:29	56:07	57:08	57:34										
			2:47	1:38	1:01	0:26										
<b>7</b>	<b>Susanne Göransson</b> Frosta OK	<b>63:33</b>	3:53	6:34	7:19	10:59	11:47	12:32	15:41	17:58	21:39	29:44	32:26	35:40	43:24	56:55
			3:53	2:41	0:45	3:40	0:48	0:45	3:09	2:17	3:41	8:05	2:42	3:14	7:44	13:31
			59:00	61:26	62:42	63:33										
			2:05	2:26	1:16	0:51										
<b>8</b>	<b>Elin Wulff</b> OK Kompassen	<b>68:32</b>	3:31	5:31	6:17	9:23	10:12	10:45	13:20	15:58	20:31	32:52	35:30	40:11	42:22	61:39
			3:31	2:00	0:46	3:06	0:49	0:33	2:35	2:38	4:33	12:21	2:38	4:41	2:11	19:17
			66:15	67:24	68:12	68:32										
			4:36	1:09	0:48	0:20										
<b>9</b>	<b>Karin Helmersson</b> Lunds OK	<b>116:17</b>	5:41	9:24	10:30	16:41	17:29	19:15	26:57	31:10	37:18	44:09	55:17	60:07	62:55	107:22
			5:41	3:43	1:06	6:11	0:48	1:46	7:42	4:13	6:08	6:51	11:08	4:50	2:48	44:27
			112:23	114:05	115:44	116:17										
			5:01	1:42	1:39	0:33										
<b>Öppen Motion 4 (10)</b>		<b>3400 m</b>														
		1(49)	2(84)	3(107)	4(51)	5(100)	6(65)	7(97)	8(87)	9(60)	10(38)	11(71)	12(92)	13(61)	14(43)	
		15(58)	16(69)	17(44)	18(70)	19(100)	M									
<b>1</b>	<b>Kati Nemeth</b> Stigmännan Karlshamns OK	<b>37:45</b>	2:53	4:38	6:27	7:40	8:18	9:20	11:18	13:06	17:27	18:14	21:15	24:09	26:49	30:57
			2:53	1:45	1:49	1:13	0:38	1:02	1:58	1:48	4:21	0:47	3:01	2:54	2:40	4:08
			32:33	33:58	35:51	36:35	37:26	37:45								
			1:36	1:25	1:53	0:44	0:51	0:19								
<b>2</b>	<b>Åsa Hedin</b> Hjärnarps GH OL	<b>39:07</b>	2:28	3:54	8:57	9:49	10:18	10:48	16:31	18:05	21:34	22:33	24:51	26:45	29:03	31:49
			2:28	1:26	5:03	0:52	0:29	0:30	5:43	1:34	3:29	0:59	2:18	1:54	2:18	2:46
			33:21	34:27	37:09	38:14	38:52	39:07								
			1:32	1:06	2:42	1:05	0:38	0:15								
<b>3</b>	<b>Johan Lindgård</b> FK Göingarna	<b>40:33</b>	2:29	<b>3:50</b>	<b>5:18</b>	<b>6:23</b>	<b>6:53</b>	<b>7:26</b>	<b>9:36</b>	<b>11:01</b>	<b>14:39</b>	<b>15:22</b>	<b>18:10</b>	<b>20:22</b>	<b>22:39</b>	<b>24:28</b>
			2:29	1:21	1:28	1:05	0:30	0:33	2:10	1:25	3:38	0:43	2:48	2:12	2:17	1:49
			28:20	36:54	38:54	39:42	40:19	40:33								
			3:52	8:34	2:00	0:48	0:37	0:14								
<b>4</b>	<b>Camilla Carlsson</b> Härlövs IF	<b>43:22</b>	2:40	4:18	7:09	8:09	8:40	9:09	12:20	14:07	18:00	18:56	21:49	24:10	26:29	30:19
			2:40	1:38	2:51	1:00	0:31	0:29	3:11	1:47	3:53	0:56	2:53	2:21	2:19	3:50
			32:01	33:08	41:13	42:25	43:07	43:22								
			1:42	1:07	8:05	1:12	0:42	0:15								

Pl	Namn	Tid														
<b>Öppen Motion 4 (10)</b>		<b>3400 m</b>	(forts.)													
			1(49) 15(58)	2(84) 16(69)	3(107) 17(44)	4(51) 18(70)	5(100) 19(100)	6(65) M	7(97)	8(87)	9(60)	10(38)	11(71)	12(92)	13(61)	14(43)
<b>5</b>	<b>Cecilia Hugosson Lunds OK</b>	<b>48:51</b>	4:04 4:04 37:20 <b>1:31</b>	5:56 1:52 43:45 6:25	7:43 1:47 46:49 3:04	9:02 1:19 47:43 0:54	9:48 0:46 48:31 0:48	11:04 1:16 48:51 0:20	14:45 3:41	16:46 2:01	22:02 5:16	23:20 1:18	26:59 3:39	29:34 2:35	32:54 3:20	35:49 2:55
<b>6</b>	<b>Carina Lidforss Järla Orientering</b>	<b>51:35</b>	2:59 2:59 40:54 2:02	5:02 2:03 42:36 1:42	7:24 2:22 49:29 6:53	8:34 1:10 50:31 1:02	9:07 0:33 51:16 0:45	9:49 0:42 51:35 0:19	13:01 3:12	15:36 2:35	21:57 6:21	22:57 1:00	26:56 3:59	29:28 2:32	35:59 6:31	38:52 2:53
<b>7</b>	<b>Eric Hammarbro Klubblös Klubb 90001</b>	<b>65:15</b>	4:59 4:59 49:53 1:41	7:18 2:19 61:32 11:39	16:52 9:34 62:53 <b>1:21</b>	18:28 1:36 63:42 0:49	19:10 0:42 64:54 1:12	20:41 1:31 65:15 0:21	24:50 4:09	26:28 1:38	31:12 4:44	32:11 0:59	39:01 6:50	41:35 2:34	44:48 3:13	48:12 3:24
<b>8</b>	<b>Gunnel Nilsson Malmö OK</b>	<b>94:15</b>	5:07 5:07 80:58 3:30	8:02 2:55 84:56 3:58	12:21 4:19 88:57 4:01	22:04 9:43 91:01 2:04	23:18 1:14 92:51 1:50	26:03 2:45 94:15 1:24	31:54 5:51	36:02 4:08	45:04 9:02	48:55 3:51	58:27 9:32	65:05 6:38	71:29 6:24	77:28 5:59
<b>9</b>	<b>Helge Helmersson Lunds OK</b>	<b>125:37</b>	4:46 4:46 100:37 4:43	7:30 2:44 117:01 16:24	10:53 3:23 121:38 4:37	12:59 2:06 124:03 2:25	13:56 0:57 125:03 1:00	14:47 0:51 125:37 0:34	19:37 4:50	22:21 2:44	47:41 25:20	51:23 3:42	57:22 5:59	63:04 5:42	75:31 12:27	95:54 20:23
	<b>Jimmy Källström KFUM Kristianstad</b>	<b>Ej godk.</b>	2:48 2:48 -----	4:01 <b>1:13</b> -----	6:04 2:03 -----	7:03 0:59 -----	7:33 0:30 -----	8:05 97:05 72:47	11:27 3:22	12:45 <b>1:18</b>	24:18 11:33	-----	-----	-----	-----	-----
<b>Öppen Motion 5 (24)</b>		<b>3400 m</b>														
			1(104) 15(100)	2(67) M	3(88)	4(108)	5(77)	6(39)	7(74)	8(55)	9(100)	10(65)	11(94)	12(47)	13(46)	14(57)
<b>1</b>	<b>Eric Tenland Stigmännan Karlshamns OK</b>	<b>37:48</b>	3:29 3:29 37:30 2:59	4:12 0:43 37:48 0:18	8:07 3:55	10:42 2:35	12:12 1:30	16:35 4:23	19:05 2:30	20:05 1:00	21:36 1:31	22:10 0:34	24:22 2:12	31:11 6:49	33:33 2:22	34:31 0:58
<b>2</b>	<b>Erik Karlsson Tormestorps IF</b>	<b>38:46</b>	4:22 4:22 38:32 3:26	5:22 1:00 38:46 0:14	10:46 5:24	13:10 2:24	14:24 1:14	19:44 5:20	21:57 <b>2:13</b>	22:58 1:01	26:17 3:19	26:47 <b>0:30</b>	28:22 <b>1:35</b>	30:51 <b>2:29</b>	32:24 1:33	35:06 2:42
<b>3</b>	<b>Jan Persson Ystads OK</b>	<b>39:28</b>	5:16 5:16 39:07 4:28	6:12 0:56 39:28 0:21	10:35 4:23	13:21 2:46	14:38 1:17	19:05 4:27	21:47 2:42	22:42 0:55	24:57 2:15	25:33 0:36	27:38 2:05	30:52 3:14	32:40 1:48	34:39 1:59
<b>4</b>	<b>Jörgen Andersson Malmö OK</b>	<b>41:43</b>	3:46 3:46 41:26 2:54	4:29 0:43 41:43 0:17	8:25 3:56	11:20 2:55	15:34 4:14	20:56 5:22	23:18 2:22	24:31 1:13	26:44 2:13	27:20 0:36	29:33 2:13	35:21 5:48	37:23 2:02	38:32 1:09
<b>5</b>	<b>Maritha Schön Andrarums IF</b>	<b>45:18</b>	13:06 13:06 45:02 3:18	13:39 <b>0:33</b> 45:18 0:16	17:35 3:56	20:06 2:31	22:09 2:03	26:56 4:47	29:12 2:16	30:02 <b>0:50</b>	32:05 2:03	32:37 0:32	34:42 2:05	38:15 3:33	40:49 2:34	41:44 0:55
<b>6</b>	<b>Göte Karlsson Tormestorps IF</b>	<b>46:18</b>	5:10 5:10 45:59 4:39	6:03 0:53 46:18 0:19	11:37 5:34	14:53 3:16	16:24 1:31	21:07 4:43	23:51 2:44	24:56 1:05	27:14 2:18	28:01 0:47	30:34 2:33	36:48 6:14	39:02 2:14	41:20 2:18
<b>7</b>	<b>Ingvar Schön Andrarums IF</b>	<b>48:02</b>	4:11 4:11 47:42 3:29	5:07 0:56 48:02 0:20	10:29 5:22	13:13 2:44	14:40 1:27	20:34 5:54	23:33 2:59	24:52 1:19	27:22 2:30	28:15 0:53	31:38 3:23	37:57 6:19	39:20 <b>1:23</b>	44:13 4:53
<b>8</b>	<b>Mimmie Bergvall FK Åsen</b>	<b>48:07</b>	6:02 6:02 47:49 5:04	7:15 1:13 48:07 0:18	12:41 5:26	15:59 3:18	17:16 1:17	22:53 5:37	25:12 2:19	26:31 1:19	29:29 2:58	30:00 0:31	32:50 2:50	38:03 5:13	40:56 2:53	42:45 1:49
<b>9</b>	<b>Karin Folkesson OK Älme</b>	<b>51:10</b>	5:30 5:30 50:47 4:19	6:34 1:04 51:10 0:23	11:43 5:09	14:58 3:15	16:39 1:41	22:07 5:28	24:44 2:37	26:09 1:25	28:17 2:08	28:54 0:37	33:11 4:17	42:16 9:05	44:22 2:06	46:28 2:06
<b>10</b>	<b>Petter Östberg Skåneslättens OL</b>	<b>52:07</b>	7:40 7:40 51:43 3:23	9:04 1:24 52:07 0:24	14:48 5:44	19:03 4:15	20:11 <b>1:08</b>	24:17 <b>4:06</b>	32:54 8:37	34:02 1:08	35:38 1:36	36:25 0:47	38:46 2:21	42:40 3:54	44:57 2:17	48:20 3:23
<b>11</b>	<b>Carina Lindholm OK Pan-Kristianstad</b>	<b>54:54</b>	5:01 5:01 54:22 4:09	5:55 0:54 54:54 0:32	11:19 5:24	14:09 2:50	15:35 1:26	21:10 5:35	24:05 2:55	25:03 0:58	27:05 2:02	27:37 0:32	30:12 2:35	36:09 5:57	38:23 2:14	50:13 11:50
<b>12</b>	<b>Una Larsson Lunds OK</b>	<b>56:24</b>	7:31 7:31 56:06 5:00	8:24 0:53 56:24 0:18	17:48 9:24	21:24 3:36	23:24 2:00	30:41 7:17	34:14 3:33	35:24 1:10	38:00 2:36	38:36 0:36	41:06 2:30	45:46 4:40	48:07 2:21	51:06 2:59
<b>13</b>	<b>John Olandersson Örkelljunga FK</b>	<b>59:11</b>	4:56 4:56 58:50 3:27	7:34 2:38 59:11 0:21	11:35 4:01	14:19 2:44	16:17 1:58	21:27 5:10	24:21 2:54	25:36 1:15	27:46 2:10	28:27 0:41	34:51 6:24	51:28 16:37	53:16 1:48	55:23 2:07
<b>14</b>	<b>Cecilia Svensson Hässleholms OK</b>	<b>59:31</b>	7:32 7:32 59:08 6:07	8:27 0:55 59:31 0:23	15:25 6:58	20:02 4:37	21:55 1:53	30:08 8:13	34:28 4:20	35:52 1:24	38:31 2:39	39:09 0:38	42:06 2:57	47:26 5:20	50:46 3:20	53:01 2:15
<b>15</b>	<b>Andreas Pernetun Hässleholms OK</b>	<b>60:48</b>	4:07 4:07 60:35 2:29	5:13 1:06 60:48 0:13	11:09 5:56	14:13 3:04	15:50 1:37	21:31 5:41	24:01 2:30	26:49 2:48	28:16 <b>1:27</b>	28:58 0:42	30:46 1:48	41:14 10:28	57:29 16:15	58:06 <b>0:37</b>

Pl	Namn	Tid														
<b>Öppen Motion 5 (24)</b>		<b>3400 m</b>	<i>(forts.)</i>													
		1(104) 15(100)	2(67) M	3(88)	4(108)	5(77)	6(39)	7(74)	8(55)	9(100)	10(65)	11(94)	12(47)	13(46)	14(57)	
<b>16</b>	<b>Johnny Malmgren Hjärnarps GH OL</b>	<b>65:50</b>	6:41 6:41 65:31 4:15	7:32 0:51 65:50 0:19	13:12 5:40	18:28 5:16	20:26 1:58	28:47 8:21	32:23 3:36	33:55 1:32	36:35 2:40	37:22 0:47	48:10 10:48	54:00 5:50	57:51 3:51	61:16 3:25
<b>17</b>	<b>Eva Berglund Klubblös Klubb 90001</b>	<b>68:12</b>	5:38 5:38 67:52 10:19	6:39 1:01 68:12 0:20	13:52 7:13	17:51 3:59	19:50 1:59	27:28 7:38	32:01 4:33	33:56 1:55	37:05 3:09	37:49 0:44	40:08 2:19	48:00 7:52	55:26 7:26	57:33 2:07
<b>18</b>	<b>Einar Sjöström Rävetofta OK</b>	<b>82:00</b>	6:02 6:02 81:28 4:53	8:37 2:35 82:00 0:32	15:17 6:40	19:07 3:50	21:13 2:06	28:26 7:13	32:50 4:24	34:30 1:40	37:38 3:08	54:07 16:29	58:22 4:15	67:45 9:23	73:40 5:55	76:35 2:55
<b>19</b>	<b>Allan Hammar OK Kompassen</b>	<b>91:34</b>	14:50 14:50 90:57 6:19	16:02 1:12 91:34 0:37	22:19 6:17	26:45 4:26	29:00 2:15	52:16 23:16	56:45 4:29	58:25 1:40	61:29 3:04	62:37 1:08	65:51 3:14	73:10 7:19	76:17 3:07	84:38 8:21
<b>20</b>	<b>Inga Ljungquist Lunds OK</b>	<b>151:29</b>	12:02 12:02 150:59 13:31	13:31 1:29 151:29 0:30	27:24 13:53	33:25 6:01	36:40 3:15	49:46 13:06	54:43 4:57	57:39 2:56	61:52 4:13	63:43 1:51	104:19 40:36	126:41 22:22	133:19 6:38	137:28 4:09
	<b>Roger Svensson Hässleholms OK</b>	<b>Ej godk.</b>	<b>3:23</b> <b>3:23</b> 41:21 3:17	4:13 0:50 41:37 0:16	8:34 4:21	11:21 2:47	13:23 2:02	19:02 5:39	21:28 2:26	22:52 1:24	24:54 2:02	25:34 0:40	27:58 2:24	35:54 7:56	38:04 2:10	----
	<b>Helene Linderoth Klubblös Klubb 90001</b>	<b>Ej godk.</b>	5:35 5:35 80:02 27:49	6:37 1:02 80:29 0:27	14:41 8:04	18:03 3:22	19:48 1:45	29:15 9:27	35:44 6:29	37:06 1:22	39:34 2:28	40:21 0:47	43:27 3:06	49:14 5:47	52:13 2:59	----
	<b>Ulla Karlsson Tormestorps IF</b>	<b>Ej godk.</b>	6:15 6:15 ----- 17:19	7:09 0:54 66:24 17:19	12:47 5:38	16:07 3:20	21:07 5:00	28:32 7:25	31:44 3:12	33:13 1:29	36:03 2:50	44:59 8:56	49:05 4:06	-----	-----	-----
	<b>Magnus Andersson Klubblös Klubb 90001</b>	<b>Ej godk.</b>	6:01 6:01 77:35 4:40	7:05 1:04 77:58 0:23	20:01 12:56	22:24 <b>2:23</b>	23:44 1:20	28:11 4:27	30:49 2:38	31:52 1:03	34:13 2:21	34:56 0:43	60:37 25:41	63:16 2:39	72:55 9:39	-----
<b>Öppen Motion 6 (9)</b>		<b>4500 m</b>														
		1(107) 15(41)	2(67) 16(78)	3(91) 17(64)	4(88) 18(46)	5(31) 19(57)	6(32) 20(100)	7(77) M	8(109)	9(74)	10(56)	11(100)	12(65)	13(101)	14(92)	
<b>1</b>	<b>Magnus Rydlund Hässleholms OK</b>	<b>46:59</b>	<b>2:59</b> <b>2:59</b> <b>34:19</b> 3:10	<b>3:50</b> <b>0:51</b> <b>36:38</b> <b>2:19</b>	<b>6:23</b> <b>2:33</b> <b>40:21</b> 3:43	<b>8:28</b> <b>2:05</b> <b>43:07</b> 2:46	<b>11:19</b> <b>2:51</b> <b>44:16</b> 1:09	<b>12:19</b> <b>1:00</b> <b>46:46</b> <b>2:30</b>	<b>14:37</b> <b>2:18</b> <b>46:59</b> <b>0:13</b>	<b>19:40</b> 5:03	<b>21:36</b> <b>1:56</b>	<b>24:21</b> 2:45	<b>25:07</b> <b>0:46</b>	<b>25:31</b> <b>0:24</b>	<b>29:26</b> <b>3:55</b>	<b>31:09</b> 1:43
<b>2</b>	<b>Jenny Källmen OK Tisaren</b>	<b>53:32</b>	4:46 4:46 36:50 2:53	6:14 1:28 39:54 3:04	8:55 2:41 45:42 5:48	11:01 2:06 48:10 <b>2:28</b>	14:16 3:15 49:00 <b>0:50</b>	15:11 <b>0:55</b> 53:14 4:14	17:45 2:34 53:32 0:18	22:20 <b>4:35</b>	24:22 2:02	26:09 <b>1:47</b>	27:15 1:06	27:47 0:32	32:04 4:17	33:57 1:53
<b>3</b>	<b>Miklos Molnar Lunds OK</b>	<b>64:34</b>	6:54 6:54 46:00 3:05	8:03 1:09 49:12 3:12	11:29 3:26 53:43 4:31	15:41 4:12 59:04 5:21	19:15 3:34 60:15 1:11	20:33 1:18 64:16 4:01	23:16 2:43 64:34 0:18	28:32 5:16	31:03 2:31	33:20 2:17	34:45 1:25	35:38 0:53	40:38 5:00	42:55 2:17
<b>4</b>	<b>Viveka Lassing Frosta OK</b>	<b>68:15</b>	4:40 4:40 45:14 2:38	6:26 1:46 48:29 3:15	10:38 4:12 52:12 3:43	14:14 3:36 62:20 10:08	17:40 3:26 64:06 1:46	19:02 1:22 67:54 3:48	22:26 3:24 68:15 0:21	28:35 6:09	30:50 2:15	33:18 2:28	34:28 1:10	35:15 0:47	40:24 5:09	42:36 2:12
<b>5</b>	<b>Göran Rylander FK Göingarna</b>	<b>74:33</b>	6:36 6:36 55:26 5:06	9:58 3:22 59:31 4:05	14:40 4:42 63:20 3:49	22:51 8:11 67:07 3:47	26:20 3:29 69:11 2:04	27:33 1:13 74:13 5:02	30:46 3:13 74:33 0:20	35:58 5:12	38:27 2:29	40:53 2:26	42:06 1:13	42:41 0:35	47:13 4:32	50:20 3:07
<b>6</b>	<b>Aina Jeppsson Lunds OK</b>	<b>75:12</b>	4:37 4:37 49:30 2:48	6:48 2:11 52:56 3:26	10:28 3:40 58:28 5:32	13:06 2:38 61:53 3:25	19:26 6:20 65:59 4:06	21:17 1:51 74:54 8:55	25:17 4:00 75:12 0:18	31:13 5:56	33:39 2:26	36:03 2:24	37:31 1:28	38:21 0:50	43:47 5:26	46:42 2:55
<b>7</b>	<b>Göran Rosenkvist Helsingborgs SOK</b>	<b>77:02</b>	4:15 4:15 56:13 10:58	6:04 1:49 59:55 3:42	14:21 8:17 63:59 4:04	16:24 <b>2:03</b> 70:18 6:19	19:06 <b>2:42</b> 72:43 2:25	20:15 1:09 76:48 4:05	22:54 2:39 77:02 0:14	28:05 5:11	30:55 2:50	33:26 2:31	34:55 1:29	35:26 0:31	41:57 6:31	45:15 3:18
<b>8</b>	<b>Anette Hammarbro Klubblös Klubb 90001</b>	<b>78:20</b>	5:08 5:08 53:57 3:52	6:44 1:36 59:49 5:52	11:18 4:34 63:27 3:38	13:54 2:36 69:05 5:38	18:12 4:18 72:23 3:18	19:38 1:26 77:57 5:34	22:41 3:03 78:20 0:23	29:36 6:55	32:37 3:01	35:08 2:31	36:41 1:33	37:39 0:58	45:01 7:22	50:05 5:04
	<b>Anders Nilsson Malmö OK</b>	<b>Ej godk.</b>	7:23 7:23 39:47 <b>2:26</b>	8:35 1:12 44:45 4:58	11:36 3:01 48:13 <b>3:28</b>	13:49 2:13 53:05 4:52	17:02 3:13 54:53 1:48	18:01 0:59 ----- 58:31	20:32 2:31 ----- 3:38	25:09 4:37	27:11 2:02	29:57 2:46	31:00 1:03	31:31 0:31	35:40 4:09	37:21 <b>1:41</b>
<b>Öppen Motion 7 (26)</b>		<b>2800 m</b>														
		1(50) M	2(67)	3(91)	4(88)	5(40)	6(74)	7(56)	8(100)	9(65)	10(80)	11(78)	12(110)	13(42)	14(100)	
<b>1</b>	<b>Sandra Sörensen OK Kontinent</b>	<b>32:02</b>	3:10 3:10 32:02 0:20	4:33 1:23 3:26	7:59 3:26	9:49 <b>1:50</b>	11:10 1:21	14:15 3:05	16:07 <b>1:52</b>	17:13 1:06	17:50 0:37	19:58 2:08	21:32 1:34	<b>24:33</b> 3:01	<b>30:53</b> 6:20	<b>31:42</b> 0:49

Pl	Namn	Tid	(forts.)													
			1(50) M	2(67)	3(91)	4(88)	5(40)	6(74)	7(56)	8(100)	9(65)	10(80)	11(78)	12(110)	13(42)	14(100)
2	Ulf Nilsson Örkelljunga FK	33:16	3:58 3:58 33:16 0:14	7:57 3:59	11:30 3:33	14:21 2:51	15:43 1:22	18:50 3:07	20:50 2:00	22:00 1:10	22:31 0:31	24:38 2:07	26:02 1:24	29:23 3:21	32:06 2:43	33:02 0:56
3	Anna Thorell-Jönsson OK Kontinent	34:59	2:57 2:57 34:59 0:18	4:08 1:11	7:10 3:02	9:21 2:11	10:34 1:13	13:02 2:28	15:03 2:01	15:58 0:55	16:30 0:32	18:29 1:59	19:44 1:15	31:03 11:19	32:58 1:55	34:41 1:43
4	Hanna H. Kaberg Klubblös Klubb 90001	36:08	3:09 3:09 36:08 0:18	5:39 2:30	8:47 3:08	10:56 2:09	12:38 1:42	15:58 3:20	17:53 1:55	19:06 1:13	19:38 0:32	21:54 2:16	23:37 1:43	26:24 2:47	33:11 6:47	35:50 2:39
5	Cecilia Emanuelsson Helsingborgs SOK	36:31	3:23 3:23 36:31 0:15	4:53 1:30	9:09 4:16	12:11 3:02	14:12 2:01	17:54 3:42	20:19 2:25	22:04 1:45	22:38 0:34	25:24 2:46	27:10 1:46	32:41 5:31	35:12 2:31	36:16 1:04
6	Kerstin Jensen Skåneslättens OL	36:34	3:17 3:17 36:34 0:18	4:54 1:37	9:31 4:37	11:53 2:22	13:41 1:48	17:20 3:39	20:01 2:41	21:05 1:04	21:36 0:31	24:01 2:25	27:29 3:28	33:26 5:57	35:38 2:12	36:16 0:38
7	Ulrika Nilsson Klubblös Klubb 90001	37:10	3:18 3:18 37:10 0:21	5:29 2:11	9:30 4:01	12:02 2:32	14:10 2:08	17:52 3:42	20:59 3:07	22:17 1:18	23:15 0:58	25:53 2:38	27:52 1:59	31:58 4:06	35:41 3:43	36:49 1:08
8	Karin Nilsson Klubblös Klubb 90001	37:17	3:37 3:37 37:17 0:23	5:27 1:50	9:46 4:19	12:09 2:23	14:09 2:00	17:56 3:47	20:59 3:03	22:20 1:21	23:22 1:02	25:58 2:36	27:45 1:47	32:02 4:17	35:46 3:44	36:54 1:08
9	Tommy Bengtsson Hässleholms OK	40:45	4:22 4:22 40:45 0:19	6:14 1:52	11:02 4:48	13:43 2:41	15:35 1:52	20:07 4:32	22:55 2:48	24:50 1:55	25:42 0:52	30:54 5:12	32:40 1:46	36:45 4:05	39:23 2:38	40:26 1:03
10	Helen Nilsson Härlövs IF	40:59	3:47 3:47 40:59 0:22	5:33 1:46	10:43 5:10	13:40 2:57	16:11 2:31	20:50 4:39	23:40 2:50	25:13 1:33	25:53 0:40	28:47 2:54	30:19 1:32	34:01 3:42	39:34 5:33	40:37 1:03
11	Ingegärd Lund Hästveda OK	43:11	7:33 7:33 43:11 0:21	9:15 1:42	14:45 5:30	17:38 2:53	19:50 2:12	23:37 3:47	26:59 3:22	28:15 1:16	29:21 1:06	31:45 2:24	33:52 2:07	38:05 4:13	41:36 3:31	42:50 1:14
12	Ann-Katrin Almqvist FK Göingarna	45:54	3:34 3:34 45:54 0:15	5:22 1:48	10:59 5:37	14:21 3:22	16:32 2:11	20:36 4:04	23:19 2:43	24:28 1:09	25:02 0:34	30:00 4:58	33:32 3:32	38:11 4:39	44:30 6:19	45:39 1:09
13	Jan Johansson Skåneslättens OL	48:15	5:25 5:25 48:15 0:33	7:35 2:10	13:06 5:31	16:30 3:24	18:29 1:59	23:13 4:44	25:38 2:25	26:59 1:21	27:50 0:51	34:15 6:25	36:06 1:51	43:49 7:43	46:48 2:59	47:42 0:54
14	Margareta Schölin Tockarps IK	50:37	5:47 5:47 50:37 0:28	7:57 2:10	12:34 4:37	15:13 2:39	18:31 3:18	23:10 4:39	26:50 3:40	28:49 1:59	29:41 0:52	38:50 9:09	41:01 2:11	45:03 4:02	49:02 3:59	50:09 1:07
15	Gun Hansson Andrarums IF	52:02	4:44 4:44 52:02 0:25	6:56 2:12	12:07 5:11	16:08 4:01	19:13 3:05	23:28 4:15	26:15 2:47	28:12 1:57	30:28 2:16	34:34 4:06	37:28 2:54	44:02 6:34	50:06 6:04	51:37 1:31
16	Rune Nilsson Frosta OK	52:21	6:23 6:23 52:21 0:26	8:51 2:28	14:47 5:56	17:46 2:59	20:23 2:37	25:13 4:50	28:21 3:08	30:38 2:17	33:57 3:19	37:40 3:43	42:47 5:07	47:43 4:56	50:53 3:10	51:55 1:02
17	Britta Frank Frosta OK	52:35	6:25 6:25 52:35 0:25	9:11 2:46	14:53 5:42	17:51 2:58	20:25 2:34	25:12 4:47	28:23 3:11	30:37 2:14	33:58 3:21	37:48 3:50	42:50 5:02	47:48 4:58	50:59 3:11	52:10 1:11
18	Karin Bengtsson OK Kompassen	53:04	4:27 4:27 53:04 0:21	6:35 2:08	10:51 4:16	13:21 2:30	15:48 2:27	19:40 3:52	23:12 3:32	25:10 1:58	25:55 0:45	28:21 2:26	30:02 1:41	36:33 6:31	51:49 15:16	52:43 0:54
19	Stina Jeppsson Lunds OK	53:13	5:38 5:38 53:13 0:38	7:56 2:18	14:11 6:15	19:43 5:32	22:17 2:34	27:39 5:22	30:34 2:55	32:30 1:56	33:30 1:00	37:46 4:16	39:38 1:52	47:49 8:11	50:36 2:47	52:35 1:59
20	Lennart Månsson Ringsjö OK	56:34	6:16 6:16 56:34 0:18	8:30 2:14	12:43 4:13	15:00 2:17	17:07 2:07	21:41 4:34	24:25 2:44	25:31 1:06	26:19 0:48	31:19 5:00	33:30 2:11	39:09 5:39	55:07 15:58	56:16 1:09
21	Marianne Eghorn-Offrell Frosta OK	58:19	6:38 6:38 58:19 0:21	8:32 1:54	13:23 4:51	16:28 3:05	18:41 2:13	22:53 4:12	28:33 5:40	31:37 3:04	32:28 0:51	37:13 4:45	39:13 2:00	50:49 11:36	56:16 5:27	57:58 1:42
22	Karin Lexell OK Torfinn	64:02	6:15 6:15 64:02 0:38	9:25 3:10	16:00 6:35	19:19 3:19	21:55 2:36	26:43 4:48	29:49 3:06	32:09 2:20	33:33 1:24	37:40 4:07	40:08 2:28	57:08 17:00	62:11 5:03	63:24 1:13
23	Sedney Hugosson Lunds OK	74:05	8:49 8:49 74:05 0:39	11:31 2:42	20:57 9:26	24:21 3:24	27:12 2:51	32:49 5:37	39:59 7:10	42:14 2:15	43:21 1:07	47:37 4:16	51:17 3:40	59:07 7:50	71:52 12:45	73:26 1:34

Pl	Namn	Tid														
<b>Öppen Motion 7 (26)</b>		<b>2800 m</b>	(forts.)													
			1(50) M	2(67)	3(91)	4(88)	5(40)	6(74)	7(56)	8(100)	9(65)	10(80)	11(78)	12(110)	13(42)	14(100)
<b>24</b>	<b>Jörgen Britse</b> <b>Härlövs IF</b>	<b>89:14</b>	6:13 6:13 89:14 0:24	11:23 5:10	16:43 5:20	19:59 3:16	23:03 3:04	28:32 5:29	32:46 4:14	34:42 1:56	35:26 0:44	64:33 29:07	66:52 2:19	83:15 16:23	87:23 4:08	88:50 1:27
<b>25</b>	<b>Leif Magnusson</b> <b>OK Torfinn</b>	<b>133:49</b>	5:15 5:15 133:49 0:38	12:06 6:51	16:40 4:34	19:40 3:00	22:19 2:39	26:13 3:54	28:29 2:16	29:49 1:20	30:30 0:41	40:46 10:16	45:25 4:39	95:41 50:16	132:04 36:23	133:11 1:07
	<b>Mikael Nilsson</b> <b>Frosta OK</b>	<b>Ej godk.</b>	4:29 4:29 47:23 0:17	9:03 4:34	14:09 5:06	16:53 2:44	19:29 2:36	23:32 4:03	26:03 2:31	47:06 21:03	----	----	----	----	----	----
<b>Öppen Motion 8 (31)</b>		<b>4300 m</b>														
			1(105) 15(64)	2(67) 16(46)	3(31) 17(57)	4(52) 18(100)	5(77) M	6(40)	7(74)	8(56)	9(100)	10(65)	11(63)	12(92)	13(41)	14(78)
<b>1</b>	<b>Jonas Hjert</b> <b>Falköpings AIK</b>	<b>37:29</b>	3:17 3:17 32:31 2:00	6:43 3:26 <b>34:50</b> <b>1:43</b>	11:23 4:40 <b>34:50</b> 0:36	12:37 1:14 <b>37:15</b> 2:25	13:22 0:45 <b>37:29</b> 0:14	16:22 3:00	18:38 2:16	20:07 1:29	20:58 0:51	21:27 0:29	26:29 5:02	26:54 0:25	28:21 1:27	30:31 2:10
<b>2</b>	<b>Tomas Nilsson</b> <b>Stigmännen Karlshamns OK</b>	<b>38:02</b>	2:37 2:37 30:34 1:51	3:20 0:43 34:29 3:55	8:26 5:06 35:05 0:36	9:41 1:15 37:45 2:40	10:19 0:38 38:02 0:17	13:34 3:15	15:47 2:13	17:18 1:31	18:17 0:59	18:45 0:28	22:26 3:41	23:11 0:45	26:29 3:18	28:43 2:14
<b>3</b>	<b>Anders Mikkelsen</b> <b>Klubblös Klubb 90001</b>	<b>42:07</b>	3:13 3:13 35:22 2:24	4:01 0:48 37:46 2:24	10:03 6:02 38:53 1:07	11:46 1:43 41:35 2:42	12:32 0:46 42:07 0:32	16:52 4:20	19:30 2:38	21:21 1:51	22:19 0:58	23:25 1:06	27:22 3:57	28:17 0:55	30:05 1:48	32:58 2:53
<b>4</b>	<b>Camilla Selin</b> <b>FK Göingarna</b>	<b>44:00</b>	3:23 3:23 36:50 2:52	4:16 0:53 39:50 3:00	11:06 6:50 40:46 0:56	13:13 2:07 43:42 2:56	13:56 0:43 44:00 0:18	18:02 4:06	20:54 2:52	22:31 1:37	23:38 1:07	24:10 0:32	28:13 4:03	29:15 1:02	31:26 2:11	33:58 2:32
<b>5</b>	<b>Christer Ljungdahl</b> <b>Hjärnarps GH OL</b>	<b>45:16</b>	3:00 3:00 38:18 2:48	3:48 0:48 40:29 2:11	10:20 6:32 42:11 1:42	12:58 2:38 45:02 2:51	13:33 0:35 45:16 0:14	17:15 3:42	20:03 2:48	22:59 2:56	24:05 1:06	24:31 0:26	29:27 4:56	30:28 1:01	33:08 2:40	35:30 2:22
<b>6</b>	<b>Jörgen Göransson</b> <b>FK Göingarna</b>	<b>45:23</b>	2:48 3:33 38:49 2:28	4:29 0:56 41:28 2:39	10:22 5:53 42:21 0:53	12:18 1:56 45:04 2:43	13:45 1:27 45:23 0:19	17:35 3:50	20:12 2:37	22:53 2:41	23:51 0:58	24:29 0:38	30:12 5:43	30:51 0:39	33:46 2:55	36:21 2:35
<b>7</b>	<b>Lars Johansson</b> <b>Malmö OK</b>	<b>47:45</b>	3:09 3:09 40:24 2:55	4:06 0:57 42:38 2:14	11:38 7:32 43:49 1:11	13:16 1:38 47:21 3:32	14:08 0:52 47:45 0:24	18:54 4:46	22:14 3:20	24:31 2:17	25:35 1:04	26:13 0:38	30:50 4:37	31:36 0:46	33:57 2:21	37:29 3:32
<b>8</b>	<b>Linda Granqvist</b> <b>FK Göingarna</b>	<b>47:55</b>	4:51 4:51 38:54 2:11	5:47 0:56 43:13 4:19	12:55 7:08 44:41 1:28	14:28 1:33 47:36 2:55	15:30 1:02 47:55 0:19	20:11 4:41	23:06 2:55	24:52 1:46	25:59 1:07	26:30 0:31	30:58 4:28	31:44 0:46	34:00 2:16	36:43 2:43
<b>9</b>	<b>Annika Frantz</b> <b>Stigmännen Karlshamns OK</b>	<b>49:58</b>	3:21 3:21 42:29 2:32	4:29 1:08 45:11 2:42	11:20 6:51 47:02 1:51	13:33 2:13 49:41 2:39	14:33 1:00 49:58 0:17	18:33 4:00	21:28 2:55	23:51 2:23	24:53 1:02	26:41 1:48	33:37 6:56	34:28 0:51	37:21 2:53	39:57 2:36
<b>10</b>	<b>Gert Nilsson</b> <b>Lunds OK</b>	<b>51:16</b>	5:28 5:28 43:51 2:10	6:46 1:18 46:30 2:39	13:07 6:21 47:51 1:21	15:07 2:00 50:57 3:06	16:15 1:08 51:16 0:19	20:18 4:03	23:07 2:49	24:56 1:49	26:24 1:28	27:08 0:44	33:13 6:05	34:09 0:56	37:55 3:46	41:41 3:46
<b>11</b>	<b>Caroline Lindgård</b> <b>FK Göingarna</b>	<b>51:25</b>	3:48 3:48 43:14 2:50	4:43 0:55 45:55 2:41	12:27 7:44 47:19 1:24	13:58 1:31 51:06 3:47	14:54 0:56 51:25 0:19	19:21 4:27	22:16 2:55	24:18 2:02	25:31 1:13	25:59 0:28	31:52 5:53	32:37 0:45	38:02 5:25	40:24 2:22
<b>12</b>	<b>Anders Wetterling</b> <b>Stigmännen Karlshamns OK</b>	<b>53:52</b>	3:47 3:47 41:59 2:53	5:06 1:19 47:22 5:23	12:05 6:59 49:15 1:53	14:15 2:10 53:37 4:22	15:16 1:01 53:52 0:15	19:14 3:58	22:13 2:59	24:35 2:22	25:41 1:06	26:19 0:38	32:19 6:00	33:20 1:01	35:55 2:35	39:06 3:11
<b>13</b>	<b>Jens Arborelius</b> <b>IS Kullen</b>	<b>54:56</b>	5:41 5:41 48:22 7:21	6:51 1:10 51:14 2:52	13:26 6:35 52:12 0:58	15:31 2:05 54:43 2:31	16:39 1:08 54:56 0:13	21:37 4:58	24:28 2:51	26:58 2:30	28:04 1:06	28:32 0:28	33:01 4:29	34:43 1:42	37:11 2:28	41:01 3:50
<b>14</b>	<b>Mats Widesjö</b> <b>Stigmännen Karlshamns OK</b>	<b>55:17</b>	3:32 3:32 46:35 3:18	4:31 0:59 49:18 2:43	10:54 6:23 50:55 1:37	12:46 1:52 55:00 4:05	13:37 0:51 55:17 0:17	17:48 4:11	20:34 2:46	22:16 1:42	23:21 1:05	24:05 0:44	36:15 12:10	37:25 1:10	40:02 2:37	43:17 3:15
<b>15</b>	<b>Maria Delin</b> <b>FK Åsen</b>	<b>58:42</b>	4:10 4:10 47:27 3:00	5:19 1:09 50:45 3:18	15:29 10:10 53:27 2:42	17:36 2:07 58:20 4:53	18:35 0:59 58:42 0:22	24:38 6:03	28:34 3:56	30:50 2:16	32:14 1:24	32:54 0:40	37:34 4:40	38:22 0:48	41:24 3:02	44:27 3:03
<b>16</b>	<b>Elinor Delin</b> <b>FK Åsen</b>	<b>59:22</b>	5:12 5:12 48:41 3:09	6:20 1:08 51:45 3:04	16:40 10:20 54:29 2:44	18:31 1:51 59:03 4:34	19:26 0:55 59:22 0:19	25:39 6:13	29:28 3:49	32:01 2:33	33:20 1:19	33:50 0:30	38:13 4:23	38:55 0:42	41:33 2:38	45:32 3:59
<b>17</b>	<b>Bo Wetterström</b> <b>Tormestorps IF</b>	<b>60:41</b>	3:23 3:23 48:14 2:20	4:23 1:00 56:19 8:05	19:35 15:12 57:41 1:22	21:14 1:39 60:22 2:41	22:20 1:06 60:41 0:19	25:50 3:30	28:29 2:39	30:31 2:02	31:58 1:27	33:20 1:22	38:31 5:11	41:04 2:33	43:22 2:18	45:54 2:32
<b>18</b>	<b>Mirzet Cirkin</b> <b>Örkeljunga FK</b>	<b>61:29</b>	3:32 3:32 46:43 2:59	4:33 1:01 53:03 6:20	11:56 7:23 54:36 1:33	13:35 1:39 61:06 6:30	14:21 0:46 61:29 0:23	19:52 5:31	23:01 3:09	25:31 2:30	26:38 1:07	27:09 0:31	34:31 7:22	36:00 1:29	39:14 3:14	43:44 4:30

Pl	Namn	Tid														
<b>Öppen Motion 8 (31)</b>		<b>4300 m</b>	<i>(forts.)</i>													
			1(105) 15(64)	2(67) 16(46)	3(31) 17(57)	4(52) 18(100)	5(77) M	6(40)	7(74)	8(56)	9(100)	10(65)	11(63)	12(92)	13(41)	14(78)
<b>19</b>	<b>Nils-Erik Bondesson Frosta OK</b>	<b>62:45</b>	4:31 4:31 53:41 3:48	5:41 1:10 56:42 3:01	14:08 8:27 58:22 1:40	16:23 2:15 62:19 3:57	17:23 1:00 62:45 0:26	22:59 5:36	26:39 3:40	29:25 2:46	31:07 1:42	32:00 0:53	37:38 5:38	38:39 1:01	45:31 6:52	49:53 4:22
<b>20</b>	<b>Karin Johansson FK Göingarna</b>	<b>63:08</b>	5:04 5:04 53:11 3:09	8:17 3:13 57:16 4:05	18:01 9:44 58:54 1:38	19:51 1:50 62:47 3:53	20:41 0:50 63:08 0:21	26:00 5:19	29:20 3:20	31:16 1:56	32:31 1:15	33:14 0:43	41:59 8:45	42:57 0:58	46:29 3:32	50:02 3:33
<b>21</b>	<b>Daniel Nilsson Hästveda OK</b>	<b>63:10</b>	3:58 3:58 54:58 2:19	5:19 1:21 60:03 5:05	11:55 6:36 60:32 <b>0:29</b>	15:08 3:13 62:53 <b>2:21</b>	15:45 0:37 63:10 0:17	19:54 4:09	23:35 3:41	25:51 2:16	27:08 1:17	30:20 3:12	39:43 9:23	40:29 0:46	49:06 8:37	52:39 3:33
<b>22</b>	<b>Ingrid Salomonsson Skåneslättens OL</b>	<b>64:29</b>	6:36 6:36 54:17 3:17	7:35 0:59 58:49 4:32	17:09 9:34 60:25 1:36	19:27 2:18 64:09 3:44	20:47 1:20 64:29 0:20	27:11 6:24	31:07 3:56	33:32 2:25	35:02 1:30	35:50 0:48	43:14 7:24	44:07 0:53	47:40 3:33	51:00 3:20
<b>23</b>	<b>Linda Hammarquist Stigmännen Karlshamns OK</b>	<b>64:51</b>	4:06 4:06 55:25 3:50	5:46 1:40 58:50 3:25	14:32 8:46 60:32 1:42	17:22 2:50 64:28 3:56	18:24 1:02 64:51 0:23	23:56 5:32	28:43 4:47	31:32 2:49	32:58 1:26	33:40 0:42	42:47 9:07	44:38 1:51	47:37 2:59	51:35 3:58
<b>24</b>	<b>Stefan Nilsson Stigmännen Karlshamns OK</b>	<b>68:18</b>	3:20 3:20 48:47 3:49	4:31 1:11 58:56 10:09	10:33 6:02 64:30 5:34	13:21 2:48 67:54 3:24	14:16 0:55 68:18 0:24	18:17 4:01	21:04 2:47	22:54 1:50	24:20 1:26	24:51 0:31	29:26 4:35	30:20 0:54	42:10 11:50	44:58 2:48
<b>25</b>	<b>Tommy Held FK Åsen</b>	<b>69:27</b>	4:22 4:22 54:56 3:37	5:52 1:30 63:37 8:41	15:52 10:00 65:24 1:47	18:03 2:11 69:10 3:46	19:16 1:13 69:27 0:17	25:54 6:38	30:08 4:14	32:32 2:24	34:24 1:52	35:00 0:36	41:37 6:37	43:10 1:33	47:07 3:57	51:19 4:12
<b>26</b>	<b>Börje Åkesson Frosta OK</b>	<b>74:20</b>	4:04 4:04 63:26 8:14	5:08 1:04 67:46 4:20	12:42 7:34 69:07 1:21	15:01 2:19 73:53 4:46	15:58 0:57 74:20 0:27	29:34 13:36	32:54 3:20	35:34 2:40	36:55 1:21	37:47 0:52	44:15 6:28	45:33 1:18	48:55 3:22	55:12 6:17
<b>27</b>	<b>Hanna Steiner Örkelljunga FK</b>	<b>75:03</b>	6:17 6:17 64:19 3:40	8:31 2:14 68:09 3:50	21:26 12:55 69:27 1:18	24:50 3:24 74:52 5:25	26:09 1:19 75:03 <b>0:11</b>	34:20 8:11	39:53 5:33	42:45 2:52	44:20 1:35	45:27 1:07	52:24 6:57	53:26 1:02	56:35 3:09	60:39 4:04
<b>28</b>	<b>Julia Dahl Helsingborgs SOK</b>	<b>75:26</b>	6:20 6:20 64:24 3:44	8:34 2:14 68:12 3:48	21:31 12:57 69:31 1:19	24:54 3:23 74:57 5:26	26:13 1:19 75:26 0:29	34:23 8:10	39:56 5:33	42:48 2:52	44:22 1:34	45:29 1:07	52:29 7:00	53:29 1:00	56:36 3:07	60:40 4:04
<b>29</b>	<b>Kristina Landgren Malmö OK</b>	<b>76:15</b>	5:52 5:52 65:41 4:32	7:30 1:38 69:18 3:37	19:12 11:42 70:59 1:41	23:12 4:00 75:38 4:39	25:45 2:33 76:15 0:37	33:26 7:41	38:41 5:15	42:06 3:25	43:56 1:50	44:59 1:03	52:04 7:05	53:09 1:05	56:40 3:31	61:09 4:29
	<b>Mikael Nilsson OK Torfinn</b>	<b>Ej godk.</b>	4:28 4:28 51:31 3:55	7:42 3:14 ----- -----	14:09 6:27 ----- -----	15:47 1:38 60:55 9:24	18:27 2:40 61:21 0:26	22:19 3:52	25:36 3:17	28:37 3:01	29:46 1:09	30:21 0:35	38:59 8:38	40:41 1:42	43:47 3:06	47:36 3:49
	<b>Tomas Nilsson Hässleholms OK</b>	<b>Ej godk.</b>	2:47 2:47 38:54 2:54	3:36 0:49 41:17 2:23	10:03 6:27 42:28 1:11	12:15 2:12 45:57 3:29	12:54 0:39 46:16 0:19	17:27 4:33	20:53 3:26	22:40 1:47	23:47 1:07	-----	28:38 4:51	29:23 0:45	32:28 3:05	36:00 3:32
<b>Öppen Motion 9 (6)</b>		<b>7100 m</b>														
			1(104) 15(73) 29(53)	2(67) 16(54) 30(100)	3(91) 17(83) M	4(88) 18(38)	5(108) 19(79)	6(77) 20(72)	7(39) 21(36)	8(74) 22(35)	9(56) 23(37)	10(100) 24(102)	11(65) 25(101)	12(80) 26(64)	13(41) 27(46)	14(62) 28(45)
<b>1</b>	<b>Zoltan Fazakas OK Pan-Kristianstad</b>	<b>55:50</b>	2:46 2:46 <b>23:15</b> <b>0:55</b> <b>53:05</b> 1:17	3:13 0:27 <b>25:58</b> <b>2:43</b> <b>55:33</b> <b>2:28</b>	5:24 2:11 <b>27:18</b> <b>1:20</b> <b>55:50</b> 0:17	7:20 1:56 <b>28:07</b> <b>0:49</b> <b>2:10</b>	9:03 1:43 <b>30:17</b> <b>2:10</b>	9:57 0:54 <b>31:23</b> <b>1:06</b>	13:02 3:05 <b>37:01</b> 5:38	14:45 1:43 <b>38:19</b> <b>1:18</b>	15:53 1:08 <b>40:10</b> <b>1:51</b>	16:39 0:46 <b>41:06</b> <b>0:56</b>	17:06 0:27 <b>43:41</b> <b>2:35</b>	19:40 2:34 <b>46:15</b> 2:34	<b>21:01</b> <b>1:21</b> <b>50:43</b> 4:28	<b>22:20</b> <b>1:19</b> <b>51:48</b> <b>1:05</b>
<b>2</b>	<b>Stellan Martinsson OK Tyringe</b>	<b>67:36</b>	4:26 4:26 27:30 1:12 63:55 1:23	4:56 0:30 30:46 3:16 67:18 3:23	7:39 2:43 32:20 1:34 67:36 0:18	9:04 1:25 33:17 0:57 67:36 0:17	11:06 2:02 35:59 2:42 67:36 0:17	12:10 1:04 39:15 3:16	16:07 3:57 44:23 <b>5:08</b>	18:13 2:06 46:17 1:54	19:45 1:32 48:28 2:11	20:47 1:02 49:55 1:27	21:27 0:40 53:13 3:18	22:58 1:31 56:59 3:46	24:37 1:39 61:18 4:19	26:18 1:41 62:32 1:14
<b>3</b>	<b>Daniel Johansson FK Åsen</b>	<b>69:44</b>	2:40 2:40 28:51 1:03 66:57 <b>0:29</b>	3:08 0:28 32:07 3:16 69:32 2:35	7:56 4:48 33:34 1:27 69:44 <b>0:12</b>	9:16 1:20 34:23 <b>0:49</b> 2:32	11:07 1:51 36:55 2:32	12:09 1:02 39:04 2:09	15:39 3:30 45:53 6:49	17:39 2:00 48:27 2:34	19:15 1:36 55:34 7:07	20:11 0:56 56:51 1:17	20:33 <b>0:22</b> 60:11 3:20	24:05 3:32 62:38 <b>2:27</b>	26:08 2:03 65:11 <b>2:33</b>	27:48 1:40 66:28 1:17
<b>4</b>	<b>Willie Ohlsson Rävetofta OK</b>	<b>81:12</b>	4:18 33:14 1:22 77:02 0:54	5:25 37:18 4:04 80:53 3:51	8:48 39:51 2:33 81:12 0:19	10:25 41:46 1:55 81:12 0:19	12:52 44:55 3:09 81:12 0:19	14:05 47:15 2:20	18:33 53:27 6:12	20:56 55:36 2:09	22:59 60:00 4:24	24:21 61:31 1:31	25:05 65:56 4:25	26:46 70:55 4:59	29:42 74:11 3:16	31:52 76:08 1:57
<b>5</b>	<b>Bengt Salomonsson Skåneslättens OL</b>	<b>96:49</b>	3:52 3:52 36:43 1:37 92:28 2:40	4:38 0:46 43:03 6:20 96:27 3:59	8:18 3:40 44:43 1:40 96:49 0:22	10:30 2:12 46:21 1:38 96:49 0:22	13:26 2:56 50:22 4:01 96:49 0:22	14:53 1:27 52:07 1:45	21:30 6:37 59:37 7:30	23:55 2:25 63:50 4:13	26:18 2:23 73:59 10:09	27:23 1:05 76:10 2:11	28:00 0:37 81:14 5:04	29:49 1:49 84:45 3:31	32:43 2:54 88:31 3:46	35:06 2:23 89:48 1:17

Pl	Namn	Tid														
<b>Öppen Motion 9 (6)</b>			<b>7100 m</b>													
			(forts.)													
			1(104)	2(67)	3(91)	4(88)	5(108)	6(77)	7(39)	8(74)	9(56)	10(100)	11(65)	12(80)	13(41)	14(62)
			15(73)	16(54)	17(83)	18(38)	19(79)	20(72)	21(36)	22(35)	23(37)	24(102)	25(101)	26(64)	27(46)	28(45)
			29(53)	30(100)	M											
	<b>Mikael Kristensson</b>	<b>Ej godk.</b>	<b>2:16</b>	<b>2:39</b>	<b>4:36</b>	<b>5:35</b>	<b>6:58</b>	<b>7:47</b>	<b>10:18</b>	<b>11:46</b>	<b>12:50</b>	<b>13:32</b>	<b>13:55</b>	<b>15:16</b>	----	17:28
	<b>Leksands OK</b>		<b>2:16</b>	<b>0:23</b>	<b>1:57</b>	<b>0:59</b>	<b>1:23</b>	<b>0:49</b>	<b>2:31</b>	<b>1:28</b>	<b>1:04</b>	<b>0:42</b>	0:23	<b>1:21</b>		2:12
			19:03	21:22	22:30	23:16	25:10	26:17	30:09	31:28	33:09	34:05	36:30	38:41	40:20	41:13
			1:35	2:19	1:08	0:46	1:54	1:07	3:52	1:19	1:41	<b>0:56</b>	2:25	2:11	1:39	0:53
			41:51	45:10	45:25											
			0:38	3:19	0:15											
<b>Öppen Motion 12 (18)</b>			<b>1600 m</b>													
			1(48)	2(85)	3(75)	4(51)	5(100)	6(65)	7(106)	8(44)	9(70)	10(100)	M			
<b>1</b>	<b>Svante Selin</b>	<b>14:00</b>	<b>2:32</b>	<b>3:42</b>	<b>5:48</b>	<b>8:57</b>	9:54	<b>10:23</b>	<b>11:15</b>	<b>12:17</b>	<b>12:58</b>	<b>13:42</b>	<b>14:00</b>		13:45	
	<b>FK Göingarna</b>		<b>2:32</b>	<b>1:10</b>	<b>2:06</b>	<b>3:09</b>	0:57	<b>0:29</b>	<b>0:52</b>	1:02	<b>0:41</b>	<b>0:44</b>	0:18		*100	
<b>2</b>	<b>Wilmer Selin</b>	<b>14:04</b>	2:35	3:46	5:52	9:01	<b>9:53</b>	10:26	11:18	12:20	13:03	13:47	14:04			
	<b>FK Göingarna</b>		2:35	1:11	<b>2:06</b>	<b>3:09</b>	0:52	0:33	<b>0:52</b>	1:02	0:43	<b>0:44</b>	0:17			
<b>3</b>	<b>Gustav Granqvist</b>	<b>18:45</b>	3:01	4:37	7:00	<b>11:07</b>	12:08	12:53	13:54	15:15	16:53	18:25	18:45			
	<b>FK Göingarna</b>		3:01	1:36	2:23	4:07	1:01	0:45	1:01	1:21	1:38	1:32	0:20			
<b>4</b>	<b>Tuva Selin</b>	<b>19:10</b>	2:45	5:03	7:33	12:59	13:47	14:33	15:43	16:49	17:45	18:54	19:10			
	<b>FK Göingarna</b>		2:45	2:18	2:30	5:26	<b>0:48</b>	0:46	1:10	1:06	0:56	1:09	<b>0:16</b>			
<b>5</b>	<b>Lovisa Oskarsson</b>	<b>19:13</b>	2:56	5:11	7:42	13:09	14:04	14:39	15:53	16:51	17:53	18:49	19:13			
	<b>FK Göingarna</b>		2:56	2:15	2:31	5:27	0:55	0:35	1:14	<b>0:58</b>	1:02	0:56	0:24			
<b>6</b>	<b>Ellen Andersson</b>	<b>19:18</b>	2:51	5:10	7:36	13:09	14:09	14:44	15:58	16:56	17:58	18:54	19:18			
	<b>FK Göingarna</b>		2:51	2:19	2:26	5:33	1:00	0:35	1:14	<b>0:58</b>	1:02	0:56	0:24			
<b>7</b>	<b>Julia Sörensen</b>	<b>23:10</b>	3:10	5:12	8:49	15:13	16:02	16:32	17:40	19:32	21:20	22:52	23:10			
	<b>OK Kontinent</b>		3:10	2:02	3:37	6:24	0:49	0:30	1:08	1:52	1:48	1:32	0:18			
<b>8</b>	<b>Freja Möller</b>	<b>23:38</b>	5:16	8:03	11:37	16:33	17:35	18:20	19:27	21:03	22:29	23:15	23:38			
	<b>Skåneslättens OL</b>		5:16	2:47	3:34	4:56	1:02	0:45	1:07	1:36	1:26	0:46	0:23			
<b>9</b>	<b>Albin Granqvist</b>	<b>23:55</b>	4:15	6:25	9:32	15:00	16:18	17:13	18:59	20:23	22:00	23:29	23:55			
	<b>FK Göingarna</b>		4:15	2:10	3:07	5:28	1:18	0:55	1:46	1:24	1:37	1:29	0:26			
<b>10</b>	<b>Maja Sörensen</b>	<b>24:27</b>	4:29	6:30	11:01	16:30	17:21	17:58	18:56	20:55	22:31	24:10	24:27			
	<b>OK Kontinent</b>		4:29	2:01	4:31	5:29	0:51	0:37	0:58	1:59	1:36	1:39	0:17			
<b>11</b>	<b>Agnes Barr Zeilon</b>	<b>25:24</b>	4:01	7:00	9:58	15:16	16:22	17:51	19:27	21:41	23:26	24:59	25:24			
	<b>Skåneslättens OL</b>		4:01	2:59	2:58	5:18	1:06	1:29	1:36	2:14	1:45	1:33	0:25			
<b>12</b>	<b>Ebba Lennersted</b>	<b>25:35</b>	7:08	9:07	12:53	18:22	19:27	20:32	21:37	23:06	24:07	25:14	25:35			
	<b>Lunds OK</b>		7:08	1:59	3:46	5:29	1:05	1:05	1:05	1:29	1:01	1:07	0:21			
<b>12</b>	<b>Hedda Hartman</b>	<b>25:35</b>	7:09	9:02	12:50	18:19	19:26	20:33	21:39	23:03	24:08	25:15	25:35		11:12	
	<b>Lunds OK</b>		7:09	1:53	3:48	5:29	1:07	1:07	1:06	1:24	1:05	1:07	0:20		*84	
<b>14</b>	<b>Ellen Ullman</b>	<b>30:55</b>	7:04	10:00	13:25	19:32	21:19	22:24	24:54	27:13	29:13	30:32	30:55			
	<b>OK Pan-Kristianstad</b>		7:04	2:56	3:25	6:07	1:47	1:05	2:30	2:19	2:00	1:19	0:23			
<b>15</b>	<b>Clara Svensson</b>	<b>32:18</b>	6:41	10:42	15:36	21:18	22:55	24:16	26:06	28:30	30:42	31:56	32:18			
	<b>Hässleholms OK</b>		6:41	4:01	4:54	5:42	1:37	1:21	1:50	2:24	2:12	1:14	0:22			
<b>15</b>	<b>Lilly Johnsson</b>	<b>34:02</b>	6:01	9:08	14:36	21:05	23:40	25:12	26:43	28:54	31:54	33:28	34:02			
	<b>OK Gyng</b>		6:01	3:07	5:28	6:29	2:35	1:32	1:31	2:11	3:00	1:34	0:34			
<b>17</b>	<b>Vilda Schmidt</b>	<b>34:03</b>	5:36	8:28	12:31	18:43	19:49	20:58	24:19	27:50	30:27	33:35	34:03			
	<b>OK Kontinent</b>		5:36	2:52	4:03	6:12	1:06	1:09	3:21	3:31	2:37	3:08	0:28			
<b>17</b>	<b>Saga Schmidt</b>	<b>34:03</b>	5:39	8:31	12:28	18:28	19:53	20:53	24:18	27:47	30:22	33:34	34:03			
	<b>OK Kontinent</b>		5:39	2:52	3:57	6:00	1:25	1:00	3:25	3:29	2:35	3:12	0:29			