

Resultat Två Sjöar Runt 2006

F11

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	863	Marie Carlsson	Väsby IK	00:10:43,0		00:04:27,9
2	149	Sophia Persson	Huddinge AIS	00:11:15,0	00:00:32,0	00:04:41,2
3	855	From Emma	Täby IS	00:11:30,0	00:00:47,0	00:04:47,5
4	146	Elina Olsson	IF Triangeln	00:11:39,0	00:00:56,0	00:04:51,2
5	141	Sandra Kronborg	Huddinge AIS	00:11:49,0	00:01:06,0	00:04:55,4
6	143	Erika Löfqvist	Hagunda IF	00:12:14,0	00:01:31,0	00:05:05,8
7	147	Vanessa Oskarsson	Sundbybergs IK	00:12:46,0	00:02:03,0	00:05:19,1
8	138	Anneli Dahl	Sollentuna	00:13:04,0	00:02:21,0	00:05:26,6
9	862	Linda Brokmar	IFK Lidingö Friidrott	00:13:50,0	00:03:07,0	00:05:45,8
10	139	Hanna Johnsson	Sundbybergs IK	00:14:03,0	00:03:20,0	00:05:51,2
11	144	Madeleine Mikaelsson	Sundbybergs IK	00:14:20,0	00:03:37,0	00:05:58,3
12	152	Sofia Tjernberg	Huddinge AIS	00:14:46,0	00:04:03,0	00:06:09,1
13	145	Christina Mårtensson	Turebergs FK	00:14:56,0	00:04:13,0	00:06:13,3
14	150	Malin Rönnberg	Sundbybergs IK	00:15:18,0	00:04:35,0	00:06:22,5
15	151	Zarah Rönsén	Sundbybergs IK	00:16:11,0	00:05:28,0	00:06:44,5
16	853	Johanna Lindström		00:17:00,0	00:06:17,0	00:07:05,0
17	907	Lisa Svård		00:19:32,0	00:08:49,0	00:08:08,3

F13

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	278	Johanna Busk	Enhörna IF	00:09:13,0		00:03:50,4
2	296	Victoria Orrsveden	Sundbybergs IK	00:10:28,0	00:01:15,0	00:04:21,6
3	294	Melina Nordström	SoIK Hellas	00:10:32,0	00:01:19,0	00:04:23,3
4	295	Emma Norss	Södertälje IF	00:10:59,0	00:01:46,0	00:04:34,5
5	298	Katarina Widing	Bromma IF	00:11:02,0	00:01:49,0	00:04:35,8
6	292	Sara Munter	Mälare SOK	00:11:07,0	00:01:54,0	00:04:37,9
7	293	Chantal Nakunzi	Sundbybergs IK	00:11:14,0	00:02:01,0	00:04:40,8
8	283	Kajsa Holmér	Sundbybergs IK	00:11:16,0	00:02:03,0	00:04:41,6
9	282	Frida Gustavsson	Bromma IF	00:11:21,0	00:02:08,0	00:04:43,7
10	285	Elin Jonsson Dahl	Mälare SOK	00:11:45,0	00:02:32,0	00:04:53,7
11	299	Emma Bivestedt	Sundbybergs IK	00:11:54,0	00:02:41,0	00:04:57,5
12	281	Astrid Danielsson	Sundbybergs IK	00:12:26,0	00:03:13,0	00:05:10,8
13	806	Lovisa Nyrenström Gidehag	Sundbybergs IK	00:12:29,0	00:03:16,0	00:05:12,0
14	280	Christina Dahl	Sollentuna	00:12:37,0	00:03:24,0	00:05:15,4
15	856	From Hanna	Täby IS	00:12:58,0	00:03:45,0	00:05:24,1
16	286	Sofia Jäger Stenberg	Sundbybergs IK	00:13:07,0	00:03:54,0	00:05:27,9
17	291	Daniela Mirbt	Danmarks IF	00:13:53,0	00:04:40,0	00:05:47,0
18	290	Hanne Mellbye	Spårvägen GoIF	00:16:18,0	00:07:05,0	00:06:47,5

F15

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	237	Kajsa Barr	Sundbybergs IK	00:15:00,9		00:04:17,4
2	238	Elisabeth Danielsson	Sundbybergs IK	00:15:10,9	00:00:10,0	00:04:20,2
3	239	Emilia Elfgren	Bromma IF	00:16:00,1	00:00:59,2	00:04:34,3
4	910	Helena Karlsson	Mälare SOK	00:16:08,7	00:01:07,8	00:04:36,7
5	241	Elin Nygren Wählin	Huddinge AIS	00:17:41,1	00:02:40,2	00:05:03,1
6	236	Ingrid Ardelius	Sundbybergs IK	00:25:12,8	00:10:11,9	00:07:12,2

F17

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	227	Nathalie Rohlén	IFK Lidingö	00:22:02,7		00:03:52,0
2	222	Klara Bodinson	IFK Lidingö	00:22:44,2	00:00:41,5	00:03:59,3
3	225	Sandra Lundberg	Hässelby SK	00:22:47,9	00:00:45,2	00:03:59,9
4	226	Linda Löfqvist	Hagunda IF	00:23:52,5	00:01:49,8	00:04:11,3
5	229	Martina Winkler	Söderköping FIK	00:24:33,4	00:02:30,7	00:04:18,4
6	223	Elin Jonsson	Hammarby IF	00:25:01,0	00:02:58,3	00:04:23,3
7	221	Malin Andersson	Huddinge AIS	00:27:00,8	00:04:58,1	00:04:44,3

F19

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	246	Elin Källander	Hammarby IF	00:25:34,8		00:04:29,2

K

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	12	Anna Rahm	Rånäs 4H	00:20:21,1		00:03:34,2
2	901	Ström Linda	Hässelby SK	00:20:31,8	00:00:10,7	00:03:36,1
3	4	Susanna Damm	Huddinge AIS	00:20:35,7	00:00:14,6	00:03:36,7
4	7	Anneli Fransson	Rånäs 4H	00:20:46,4	00:00:25,3	00:03:38,6
5	10	Helena Olofsson	Rånäs 4H	00:20:51,5	00:00:30,4	00:03:39,5
6	883	Pia Roudahl	Hässelby SK	00:21:12,0	00:00:50,9	00:03:43,1
7	5	Karin Elf	Rånäs 4H	00:21:18,0	00:00:56,9	00:03:44,2
8	2	Camilla Andersson	Hässelby SK	00:21:33,7	00:01:12,6	00:03:46,9
9	3	Louise Bergfeldt	Hofors AIF	00:22:09,8	00:01:48,7	00:03:53,2
10	9	Helene Nilsson	IF Start	00:22:18,8	00:01:57,7	00:03:54,8
11	915	Madeleine Shemweta	Hässelby SK	00:23:06,3	00:02:45,2	00:04:03,2
12	11	Daniela Profir	Sundbybergs IK	00:27:04,2	00:06:43,1	00:04:44,9
13	6	Mimmie Enström	Huddinge AIS	00:27:40,5	00:07:19,4	00:04:51,3

KK

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	934	Anja Auvinen	Mälärhöjdens IK	00:23:54,6		00:04:11,6
2	526	Addis Tolessa	Hässelby SK	00:24:23,2	00:00:28,6	00:04:16,7
3	493	Ninni Kyséla	Spring Girls	00:25:12,0	00:01:17,4	00:04:25,2
4	474	Maria Carlsson	Järfälla	00:25:28,6	00:01:34,0	00:04:28,1
5	471	Emelie Baeckström	Solna	00:26:26,1	00:02:31,5	00:04:38,2
6	520	Helena Sundh	Hässelby SK	00:26:50,0	00:02:55,4	00:04:42,4
7	527	Gunnel Tolfes	Nordea	00:27:14,1	00:03:19,5	00:04:46,6
8	898	Katarina Bivstedt	SIK skidor	00:27:26,3	00:03:31,7	00:04:48,8
9	482	Monica Franzén	Hässelby SK	00:27:52,3	00:03:57,7	00:04:53,3
10	472	Anna Barklund	Spring Girls	00:28:19,5	00:04:24,9	00:04:58,1
11	518	Petra Sporrang	Spring Girls	00:28:34,0	00:04:39,4	00:05:00,7
12	466	Pirjo Ala-Uotila	S.I.K-Skidor	00:29:07,6	00:05:13,0	00:05:06,5
13	529	Maria Westling	Sollentuna	00:29:17,1	00:05:22,5	00:05:08,2
14	909	Mikaela Drougge		00:29:41,0	00:05:46,4	00:05:12,4
15	489	Marie Holmqvist	Spring Girls	00:29:55,4	00:06:00,8	00:05:14,9
16	506	Lotta Mårtensson	Fredrikshofs CK	00:30:10,7	00:06:16,1	00:05:17,6
17	507	Anki Norman	Sundbyberg	00:30:14,3	00:06:19,7	00:05:18,2
18	928	Olsson Marianne		00:30:14,8	00:06:20,2	00:05:18,3
19	911	Matilda Walfridsson	Bromma-Vällngby SOK	00:30:17,8	00:06:23,2	00:05:18,9
20	516	Monica Skytén	Sundbyberg	00:30:22,1	00:06:27,5	00:05:19,6
21	931	Sofie Gavhed		00:30:29,0	00:06:34,4	00:05:20,8
22	501	Karin Lindholm	Nordea	00:31:07,5	00:07:12,9	00:05:27,6
23	505	Natalie Miglis	Tyresö Fri	00:31:12,9	00:07:18,3	00:05:28,5
24	486	Gunilla Gustafsson	Nordea	00:31:16,8	00:07:22,2	00:05:29,2
25	484	Barbro Fredriksson	Nordea	00:31:25,4	00:07:30,8	00:05:30,7
26	942	Anna Clarving	Östermalmsflickorna	00:31:26,6	00:07:32,0	00:05:30,9
27	517	Charlotte Sommarin	Stockholm	00:31:52,0	00:07:57,4	00:05:35,4
28	496	Lena Larsson	Järfälla OK	00:31:55,0	00:08:00,4	00:05:35,9
29	490	Anna Hulten	Årsta	00:31:59,7	00:08:05,1	00:05:36,7
30	521	Anna Thelandersson	Nordea	00:32:46,4	00:08:51,8	00:05:44,9
31	522	Marie Thorell	Jaså	00:32:47,2	00:08:52,6	00:05:45,1
32	935	Bodil Normark		00:32:52,1	00:08:57,5	00:05:45,9
33	941	Kristina Karlsson		00:33:13,6	00:09:19,0	00:05:49,7
34	515	Agneta Saxeby	Spånga	00:33:26,1	00:09:31,5	00:05:51,9
35	509	Carina Persson	Spring Girls	00:34:05,4	00:10:10,8	00:05:58,8
36	467	Kristina Andersson	Icepeak AB	00:34:33,7	00:10:39,1	00:06:03,8
37	481	Anette Forseth	Nordea	00:34:37,4	00:10:42,8	00:06:04,4
38	480	Paola Eriksson	Nordea	00:35:19,3	00:11:24,7	00:06:11,8
39	533	Synnöve Öiseth	Nordea	00:35:19,6	00:11:25,0	00:06:11,8
40	524	Lena Thörnberg	Nordea	00:35:19,8	00:11:25,2	00:06:11,8
41	497	Jenny Levander	Solna	00:35:33,7	00:11:39,1	00:06:14,3
42	477	Aina Ellingsen	Huddinge	00:35:44,8	00:11:50,2	00:06:16,2
43	479	Anna Engström	Elfa Ruching	00:35:49,8	00:11:55,2	00:06:17,1
44	936	Ingrid Lindh		00:35:50,8	00:11:56,2	00:06:17,3
45	503	Lena Lorentz	Albinas SK	00:35:54,0	00:11:59,4	00:06:17,8
46	469	Margareta E Angelöf	Solna	00:36:17,9	00:12:23,3	00:06:22,0
47	476	Lena Druid	Los IF	00:36:57,6	00:13:03,0	00:06:29,0

KK

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
48	494	Emma-Frida Landvall	Sundbyberg	00:37:33,5	00:13:38,9	00:06:35,3
49	513	Lotti Ringbom	Nordea	00:37:46,9	00:13:52,3	00:06:37,7
50	495	Ingrid Landwall	Bro	00:38:28,3	00:14:33,7	00:06:44,9
51	510	Kerstin Rahm	Nordea	00:39:57,8	00:16:03,2	00:07:00,6
52	514	Yvonne Sandberg	Nordea	00:40:53,1	00:16:58,5	00:07:10,3
53	945	Christine Fransson		00:41:29,7	00:17:35,1	00:07:16,7
54	534	Kerstin Fredriksson	Stockholm	00:42:02,8	00:18:08,2	00:07:22,5
55	525	Solveig Thörnblom	Journalistuppdrag	00:42:05,6	00:18:11,0	00:07:23,0
56	483	Ingrid Fredlund	Loos	00:44:25,0	00:20:30,4	00:07:47,5
57	475	Kristina Dans	Turebergs IF	00:45:10,6	00:21:16,0	00:07:55,5
58	485	Verena Graf	Sodertörn	00:47:23,3	00:23:28,7	00:08:18,8
59	498	Veronica Liedberg	Håkans Stollar	00:49:59,5	00:26:04,9	00:08:46,2
60	488	Anna Haglöf	Norsborg	00:50:41,0	00:26:46,4	00:08:53,5
61	530	Elin Winblad	Järfälla	00:51:20,1	00:27:25,5	00:09:00,3
62	504	Carin Marcuse	Håkans Stollar	00:55:08,6	00:31:14,0	00:09:40,4
63	511	Emelie Ranzén	Håkans Stollar	00:57:58,9	00:34:04,3	00:10:10,3

KL

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	897	Sauli Poukkula		00:45:09,2		00:04:01,8
2	906	Sandra Hjelm		00:48:18,4	00:03:09,2	00:04:18,7
3	826	Ewa Blomqvist Håkansson	Sundbyberg	00:49:14,8	00:04:05,6	00:04:23,8
4	77	Sara Pettersson	IFK Sala	00:50:02,7	00:04:53,5	00:04:28,0
5	85	Cecilia Karlsen	Spring Girls	00:50:03,9	00:04:54,7	00:04:28,2
6	858	Eriksson Katarina	Hargs BK Runners	00:51:08,9	00:05:59,7	00:04:34,0
7	62	Sanna Duvebrant	Spring Girls	00:51:42,0	00:06:32,8	00:04:36,9
8	78	Anna Renvall	Järfälla	00:56:24,5	00:11:15,3	00:05:02,1
9	73	Camilla Ländin	Bandhagen	00:57:27,8	00:12:18,6	00:05:07,8
10	80	Madeleine Rönsén	Sundbybergs IK	00:57:45,8	00:12:36,6	00:05:09,4
11	885	Åsa Jönsson	Järla IF OK	00:57:56,4	00:12:47,2	00:05:10,3
12	75	Ingrid Olofsson Silén	Nordea	00:58:21,3	00:13:12,1	00:05:12,6
13	894	Katharine Hobbs		00:59:40,0	00:14:30,8	00:05:19,6
14	888	Sara Johansson	IKW Friidrott Köping	00:59:41,6	00:14:32,4	00:05:19,7
15	60	Kerstin Cronholm	Bromma	01:00:39,3	00:15:30,1	00:05:24,9
16	81	Brita Skytter	Surfbabes Fan	01:01:19,4	00:16:10,2	00:05:28,5
17	866	Annika Jönsson		01:01:58,9	00:16:49,7	00:05:32,0
18	58	Ulla Boman	Vällingby	01:03:41,0	00:18:31,8	00:05:41,1
19	61	Ann Drougge	Säter	01:04:12,9	00:19:03,7	00:05:44,0
20	63	Eva Enmark	Tullinge	01:04:25,9	00:19:16,7	00:05:45,1
21	64	Marie Granberg	Kallhäll	01:06:34,9	00:21:25,7	00:05:56,6
22	70	Leila Koivumäki	Huddinge	01:06:57,0	00:21:47,8	00:05:58,6
23	82	Eva Stenberg	Elfa Ruching	01:08:08,1	00:22:58,9	00:06:05,0
24	914	Anita Ekedahl		01:09:42,9	00:24:33,7	00:06:13,4
25	65	Susanne Gustavsen	Sundbyberg	01:11:17,6	00:26:08,4	00:06:21,9
26	74	Eva Norlander	Saltsjö-Boo	01:11:55,1	00:26:45,9	00:06:25,2
	79	Sofia Ridbäck	Surfbabes	DNF		

M

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	35	Niklas Österberg	Rånäs 4H	00:36:43,5		00:03:16,7
2	837	Rubin McRae	Hässelby SK	00:36:57,1	00:00:13,6	00:03:17,9
3	31	Robert Toss	Rånäs 4H	00:38:23,5	00:01:40,0	00:03:25,6
4	825	Brian Buchtrup Nielsen	Fredrikshof Friidrott	00:39:25,0	00:02:41,5	00:03:31,1
5	896	Torben Pedersen	Hässelby	00:39:27,3	00:02:43,8	00:03:31,3
6	870	Peter Koolmeister	Fredrikshof FIF	00:39:41,7	00:02:58,2	00:03:32,6
7	34	Martin Vose Dermot	FK Studenterna	00:39:49,6	00:03:06,1	00:03:33,3
8	30	Johan Sand	Huddinge AIS	00:40:00,0	00:03:16,5	00:03:34,2
9	844	Jan Amneus	Väsby IK Friidrott	00:40:13,7	00:03:30,2	00:03:35,5
10	882	Jakob Jansson	JärlaIF OK	00:40:19,9	00:03:36,4	00:03:36,0
11	887	Mathias Moenne-Loccoz	VSS Triathlon	00:40:21,1	00:03:37,6	00:03:36,1
12	27	Jörgen Lindh	Rånäs 4H	00:40:27,6	00:03:44,1	00:03:36,7
13	36	Anders Fransson	Rånäs 4H	00:40:48,3	00:04:04,8	00:03:38,5
14	21	Marcus Berglund	Vallentuna FK	00:41:47,9	00:05:04,4	00:03:43,9
15	29	Mario Rieloff	Fredrikshof FIF	00:42:43,6	00:06:00,1	00:03:48,8

M

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
16	841	Björn Evers		00:43:42,4	00:06:58,9	00:03:54,1
17	889	Erik Norén		00:43:48,1	00:07:04,6	00:03:54,6
18	875	Jesper Lindgren	IFK Sala	00:45:42,9	00:08:59,4	00:04:04,9
19	874	Kristoffer Tunander	FKStudenterna	00:46:02,5	00:09:19,0	00:04:06,6
20	32	Fredrik Wachsnér	Vallentuna FK	00:46:06,4	00:09:22,9	00:04:07,0
21	23	Mats Frank	FK Studenterna	00:48:00,6	00:11:17,1	00:04:17,1
22	25	Martin Larsson	Huddinge AIS	00:53:09,6	00:16:26,1	00:04:44,7
23	33	Tommy Wallentin	Vallentuna FK	00:56:08,8	00:19:25,3	00:05:00,7

M22

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	161	Mikael Andersson	Vallentuna FK	00:18:48,0		00:03:17,8
2	861	Albert Mollén	Söderköpings FIK	00:19:52,8	00:01:04,8	00:03:29,2
3	918	Oskar Majling	Kungsängens SK	00:19:58,7	00:01:10,7	00:03:30,2
4	920	Peter Magararig	Kungsängens SK	00:21:41,5	00:02:53,5	00:03:48,3
5	922	Judel Kibondo	Sundbybergs IK	00:21:52,7	00:03:04,7	00:03:50,2

M40

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	867	Sören Persson	Hemlingby LK	00:40:23,5		00:03:36,3
2	840	Torbjörn Staaf	IFK Tumba	00:42:23,6	00:02:00,1	00:03:47,1
3	857	Jonas Haggren	Fredrikshof FIF	00:42:58,8	00:02:35,3	00:03:50,2
4	129	Thomas Malmgren	Huddinge AIS	00:43:09,7	00:02:46,2	00:03:51,2
5	880	Reinaldo Burgos	Tulinge Tumba FF	00:44:58,2	00:04:34,7	00:04:00,9
6	123	Rafael Franco	FK Studenterna	00:45:06,8	00:04:43,3	00:04:01,6
7	125	Kim Hedbom	Huddinge AIS	00:45:14,2	00:04:50,7	00:04:02,3
8	872	Gunne Eriksson	IFK Sala	00:46:05,5	00:05:42,0	00:04:06,9
9	126	Lars Jakobsson	HAIS	00:47:42,2	00:07:18,7	00:04:15,5
10	122	Magnus Boman	Norrulls SK	00:51:10,1	00:10:46,6	00:04:34,1
11	124	Hans Gunnarsson	Rådmansö SK	00:52:51,5	00:12:28,0	00:04:43,1
12	847	Mats Otterström	BD Runners	00:53:01,2	00:12:37,7	00:04:44,0
13	821	Gustaf Risling	Stockholms City Triathlon	00:54:02,2	00:13:38,7	00:04:49,4
14	127	Patrik Karlsson	Team Skavsåret	01:01:04,4	00:20:40,9	00:05:27,1
15	130	Nils Olsson	Huddinge AIS	01:01:24,1	00:21:00,6	00:05:28,9

MK

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	404	Jens Lykke Mikkelsen	Hässelby SK	00:20:17,6		00:03:33,6
2	436	Björn Torsell	Hässelby SK	00:20:54,9	00:00:37,3	00:03:40,1
3	921	Martin Hedman		00:20:59,0	00:00:41,4	00:03:40,8
4	944	Joakim Perani	SPIF Triathlon	00:21:15,9	00:00:58,3	00:03:43,8
5	919	Johan Lundgren		00:21:29,0	00:01:11,4	00:03:46,1
6	336	Niclas From	Sundbybergs IK	00:21:32,8	00:01:15,2	00:03:46,8
7	347	Karl Hagström	IFK Lidingö	00:21:40,4	00:01:22,8	00:03:48,1
8	371	Mikael Karlsson	Mälare SOK	00:21:51,6	00:01:34,0	00:03:50,1
9	943	Nils Westman	Sandins frukt och grönt	00:22:07,1	00:01:49,5	00:03:52,8
10	905	Memo Abbeholm	Flemingsbergs SK	00:22:27,2	00:02:09,6	00:03:56,3
11	900	Anders Nyfelt	Hässelby SK	00:22:58,7	00:02:41,1	00:04:01,8
12	411	Björn Nordén	Sundbybergs IK	00:23:09,2	00:02:51,6	00:04:03,7
13	912	Thomas Pettersson	Bromma-Vällingby SOK	00:24:00,8	00:03:43,2	00:04:12,7
14	350	Leo Heemskerk	Shortcut IF	00:24:13,1	00:03:55,5	00:04:14,9
15	933	Fredrik Stene	Hässelby SK Friidrott	00:24:22,4	00:04:04,8	00:04:16,5
16	306	Kjell Adolfsson	IF Start	00:24:26,7	00:04:09,1	00:04:17,3
17	932	Pär Holm		00:24:31,3	00:04:13,7	00:04:18,1
18	435	Kenneth Tidblad	Sundbyberg	00:24:46,7	00:04:29,1	00:04:20,8
19	317	Erik Berntsen	SWECO	00:25:00,5	00:04:42,9	00:04:23,2
20	340	Henrik Gardholm	Riksbanken	00:25:05,8	00:04:48,2	00:04:24,1
21	818	Mats Widén	Solna	00:25:17,4	00:04:59,8	00:04:26,2
22	446	Abdu Zouiten	Couples Omarco	00:25:22,8	00:05:05,2	00:04:27,1
23	399	Royne Malmström	SWECO	00:25:24,4	00:05:06,8	00:04:27,4
24	444	Patrik Wikström	Bålsta	00:25:24,7	00:05:07,1	00:04:27,4
25	418	Pertti Penna	Vitec AB	00:25:29,0	00:05:11,4	00:04:28,2
26	414	Mattias Olofsson	Sundbyberg	00:25:42,4	00:05:24,8	00:04:30,5
27	391	Mats Lindroos	Teracom AB	00:25:43,2	00:05:25,6	00:04:30,7

MK

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
28	373	Jan Kettisen	Målarö SOK	00:25:48,7	00:05:31,1	00:04:31,7
29	408	Hans Nilsson	SPIK	00:25:58,4	00:05:40,8	00:04:33,4
30	325	Hans Cronlund	Oxvreten Skidor	00:26:29,8	00:06:12,2	00:04:38,9
31	389	Mats Liedberg	Håkans Stollar	00:26:36,6	00:06:19,0	00:04:40,1
32	307	Niklas Ahlgren	Fra Miké	00:26:55,3	00:06:37,7	00:04:43,3
33	339	Jan Förberg	Hässelby SK	00:27:12,3	00:06:54,7	00:04:46,3
34	438	Eric Ursing	Boo IF	00:27:22,7	00:07:05,1	00:04:48,1
35	450	Jörgen Larsson		00:27:29,4	00:07:11,8	00:04:49,3
36	362	Ingemar Jansson	Målarhöjden	00:27:41,1	00:07:23,5	00:04:51,4
37	810	Alexander Marlevi	Stockholm	00:27:54,7	00:07:37,1	00:04:53,8
38	367	Arne Johansson	Järfälla	00:27:57,4	00:07:39,8	00:04:54,2
39	443	Stefan Widenholm	Solk Hellas FI	00:28:04,0	00:07:46,4	00:04:55,4
40	419	Ulf Persson	Sthlm Börsen	00:28:06,9	00:07:49,3	00:04:55,9
41	908	Hans Säll		00:28:11,0	00:07:53,4	00:04:56,6
42	930	Ulf Larsson	Tyresö IP	00:28:29,4	00:08:11,8	00:04:59,8
43	331	Svante V Englund	SPIK	00:28:38,8	00:08:21,2	00:05:01,5
44	410	Hans Nissling	Håkans Stollar	00:28:43,0	00:08:25,4	00:05:02,2
45	873	Fredrik Fürst	Turebergs fotboll	00:28:47,8	00:08:30,2	00:05:03,1
46	449	David Larsson		00:28:50,4	00:08:32,8	00:05:03,5
47	321	Björn Broheim	Best Regards	00:28:50,5	00:08:32,9	00:05:03,5
48	381	Kjell Larsson	Bromma	00:28:53,6	00:08:36,0	00:05:04,1
49	322	Thomas Brolin	Nordea	00:28:55,4	00:08:37,8	00:05:04,4
50	338	Fredrik Fällström	Sundbyberg	00:28:58,0	00:08:40,4	00:05:04,9
51	385	Veikko Leinonen	Eino	00:29:01,1	00:08:43,5	00:05:05,4
52	425	Farhad Rouhani Kalleh	FCZ	00:29:02,9	00:08:45,3	00:05:05,7
53	442	Bernt Vestlund	Tyresö Fri	00:29:03,3	00:08:45,7	00:05:05,8
54	437	Urban Ursing	Cyklop IF	00:29:05,4	00:08:47,8	00:05:06,2
55	441	Hans Westerlund	NHL Snickerier	00:29:13,1	00:08:55,5	00:05:07,5
56	384	Ari Leinonen	Eino	00:29:20,1	00:09:02,5	00:05:08,7
57	312	Glenn Andersson	Icepeak AB	00:29:22,4	00:09:04,8	00:05:09,1
57	937	Thalén Mårten		00:29:22,4	00:09:04,8	00:05:09,1
59	836	Viggo Westerlin	Matteuspojarna	00:29:28,1	00:09:10,5	00:05:10,1
60	913	Mats Olsson	Huddinge sjh IF	00:29:34,2	00:09:16,6	00:05:11,2
61	319	Bertil Bladh	Huddinge	00:29:44,7	00:09:27,1	00:05:13,1
62	430	Anders Svensson	Micro Data	00:29:50,9	00:09:33,3	00:05:14,1
63	337	Mattias Furberg	SWECO	00:29:51,9	00:09:34,3	00:05:14,3
64	361	Bertil Ingelsson	SWECO	00:29:54,3	00:09:36,7	00:05:14,7
65	374	Bo Kjellberg	Handelsbanken	00:30:02,0	00:09:44,4	00:05:16,1
65	817	Joakim Pettersson	Falck Fritid	00:30:02,0	00:09:44,4	00:05:16,1
67	359	Niklas Höglund	Jaså	00:30:02,4	00:09:44,8	00:05:16,2
68	401	David Marcuse	Håkans Stollar	00:30:12,8	00:09:55,2	00:05:18,0
69	452	Thomas Andersson	Ericsson Networks	00:30:31,8	00:10:14,2	00:05:21,3
70	323	Michael Bäckman	Håkans Stollar	00:30:34,4	00:10:16,8	00:05:21,8
71	440	Anders Wassberg	Sätra Rangers IF	00:30:37,1	00:10:19,5	00:05:22,2
72	314	Martin Ardelius	Sundbybergs IK	00:30:45,3	00:10:27,7	00:05:23,7
73	316	Hans Bergholtz	Stockholm	00:30:55,0	00:10:37,4	00:05:25,4
74	326	Joakim Cronlund	Oxvreten Skidor	00:30:58,5	00:10:40,9	00:05:26,0
75	420	Roger Pettersson	Råsundaposten	00:31:02,9	00:10:45,3	00:05:26,8
76	318	Per-Olof Björkman	Vallentuna Fr	00:31:22,6	00:11:05,0	00:05:30,2
77	427	Erik Råsberg	Solna	00:31:30,7	00:11:13,1	00:05:31,7
78	448	Per Åström	SEB IF	00:31:36,5	00:11:18,9	00:05:32,7
79	370	Bo Karlsson	Upplaget	00:31:38,3	00:11:20,7	00:05:33,0
80	360	Sören Högström	Sony Sverige	00:31:40,4	00:11:22,8	00:05:33,4
81	827	Birger Pettersson	Team Knutsporten	00:31:42,5	00:11:24,9	00:05:33,7
82	939	Klas Sevelin		00:32:00,0	00:11:42,4	00:05:36,8
83	407	Magnus Nilsson	Portabla Media	00:32:00,1	00:11:42,5	00:05:36,8
84	379	Bo Larsson	SPIK	00:32:03,0	00:11:45,4	00:05:37,3
85	382	Leif T Larsson	Teracom AB	00:32:09,8	00:11:52,2	00:05:38,5
86	434	Per-Gunnar Thuresson	Östhammar	00:32:41,5	00:12:23,9	00:05:44,1
87	451	Ronnie Borneroth	Ericsson Networks	00:33:00,4	00:12:42,8	00:05:47,4
88	417	Kalev Part	ETK	00:33:03,0	00:12:45,4	00:05:47,8
89	342	Anders Grimfelt	Nordea	00:33:10,7	00:12:53,1	00:05:49,2
90	924	Sam Spring	Hästkrafterna	00:33:11,8	00:12:54,2	00:05:49,4

MK

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
91	358	Håkan Häger	NHL Snickerier	00:33:15,5	00:12:57,9	00:05:50,0
92	375	Per Kjellström	AXA SK	00:33:17,0	00:12:59,4	00:05:50,3
93	363	Anders Jansson	Östhammar FI	00:33:18,4	00:13:00,8	00:05:50,5
94	454	Per-Owe Hvitfeldt	IFK Mora	00:33:31,7	00:13:14,1	00:05:52,9
95	356	David Holmberg	Vattenfall	00:33:31,8	00:13:14,2	00:05:52,9
96	929	Roger Andersson		00:33:37,2	00:13:19,6	00:05:53,8
97	394	Stefan Lundberg	Sannadals SK	00:33:45,1	00:13:27,5	00:05:55,2
98	431	Mats Säfström	Stockholm	00:33:54,5	00:13:36,9	00:05:56,9
99	927	Strand Per	Golfbollen	00:33:55,5	00:13:37,9	00:05:57,1
100	376	Sven-Ola Komstadius	IFK Tumba	00:34:10,6	00:13:53,0	00:05:59,7
101	445	Kennet Zetterlind	Järfälla	00:34:10,8	00:13:53,2	00:05:59,7
102	330	Sven-Olof Emilsson	Lungnet 9	00:34:16,8	00:13:59,2	00:06:00,8
103	366	Kurt Johannesson	Hässelby SK	00:34:17,5	00:13:59,9	00:06:00,9
104	392	Anders Livchitz	Tyresö Fri	00:34:25,0	00:14:07,4	00:06:02,2
105	925	Lars Andersson		00:34:26,8	00:14:09,2	00:06:02,5
106	813	David Jansson	Bromma	00:34:30,7	00:14:13,1	00:06:03,2
107	455	Leif Jansson	Bromma	00:34:30,8	00:14:13,2	00:06:03,2
108	413	Gunnar Olausson	BSAB	00:34:34,8	00:14:17,2	00:06:04,0
109	405	Laszlo Mocsary	IBM Klubben	00:34:53,5	00:14:35,9	00:06:07,2
110	447	Per Åkerholm	Djurgårdens IF	00:35:02,1	00:14:44,5	00:06:08,7
111	355	Mikael Hollsten	Vårvägens IF	00:35:05,5	00:14:47,9	00:06:09,3
112	396	Mikael Magnusson	IFK Tumba	00:35:18,8	00:15:01,2	00:06:11,7
113	383	Sören Leek	Leekson Alltjänst	00:35:26,6	00:15:09,0	00:06:13,0
114	354	Erik Hollander	Nordea	00:35:42,2	00:15:24,6	00:06:15,8
115	395	Roland Lundqvist	S.I.K-Skidor	00:36:15,1	00:15:57,5	00:06:21,5
116	940	Kambiz Kafi		00:36:40,4	00:16:22,8	00:06:26,0
117	332	Boris Engström	Sveriges Radio IF	00:36:46,0	00:16:28,4	00:06:27,0
118	335	Tord Frimodig	Telia	00:36:51,3	00:16:33,7	00:06:27,9
119	388	Per Liedberg	Håkans Stollar	00:37:42,8	00:17:25,2	00:06:36,9
120	334	Lars-Erik Forsberg	Djurgårdens IF	00:38:12,0	00:17:54,4	00:06:42,1
121	372	Olov Karlsson	U-Väsby	00:38:38,4	00:18:20,8	00:06:46,7
122	313	Michael Andersson	Sätra Rangers IF	00:38:38,5	00:18:20,9	00:06:46,7
123	387	Hans Lennbom	Skidligan	00:38:41,1	00:18:23,5	00:06:47,2
124	341	Freddy Geuken	Nordea	00:38:49,5	00:18:31,9	00:06:48,6
125	369	Göran Karlsson	Danderyd	00:39:22,6	00:19:05,0	00:06:54,4
126	368	Dick Karlsson	JVC Svenska AB	00:39:23,4	00:19:05,8	00:06:54,6
127	398	Christer Magnusson	Ösmo GIF	00:39:45,5	00:19:27,9	00:06:58,5
128	320	Mikael Borg	Huddinge	00:39:48,9	00:19:31,3	00:06:59,1
129	402	Christoffer Marcuse	Håkans Stollar	00:39:49,0	00:19:31,4	00:06:59,1
130	428	Sven Erik Schultzberg	Skidligan	00:39:51,0	00:19:33,4	00:06:59,4
131	345	Åke Haglund	Djurgårdens IF	00:40:26,7	00:20:09,1	00:07:05,7
132	344	Björn Gustafsson	Vattenfall	00:40:49,8	00:20:32,2	00:07:09,7
133	351	Reino Hiltunen	AXA Akalla	00:42:44,9	00:22:27,3	00:07:29,9
134	357	Tommy Hultberg	Spårvägen Skidor	00:43:43,8	00:23:26,2	00:07:40,3
135	329	Tomy Ekfeldt	Leekson Alltjänst	00:44:35,7	00:24:18,1	00:07:49,4
136	422	Håkan Ranzén	Håkans Stollar	00:46:21,9	00:26:04,3	00:08:08,0
137	328	Edor Dahlbeck	Täby	00:47:08,6	00:26:51,0	00:08:16,2
138	421	Johan Pihl	Södertörn	00:47:23,4	00:27:05,8	00:08:18,8
139	801	Björn Andersson	Sollentuna	00:47:23,9	00:27:06,3	00:08:18,9
140	310	Björn Almgren	Vallentuna	00:47:43,0	00:27:25,4	00:08:22,2
141	406	Kjell-Evert Nillson	Winner/Grödinge	00:48:10,7	00:27:53,1	00:08:27,1
142	315	Börje Arleholt	Spårvägen Golf	00:50:40,9	00:30:23,3	00:08:53,4
143	349	Magnus Hedman	Järfälla	00:51:20,2	00:31:02,6	00:09:00,3
144	393	Patrik Lundberg	S.I.K-Skidor	00:53:06,6	00:32:49,0	00:09:19,0
145	400	Robert Marcuse	Håkans Stollar	00:55:07,9	00:34:50,3	00:09:40,3
146	380	Olov Larsson	Vuxenskolan Upp	00:55:16,4	00:34:58,8	00:09:41,8
147	816	Oiva Kiviniemi	Sundbybergs	01:00:52,4	00:40:34,8	00:10:40,7
148	815	Auli Alioravainen	Vojakkala Finland	01:02:33,4	00:42:15,8	00:10:58,4

ML

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	647	Magnus Thurén	Nordea	00:41:08,5		00:03:40,4
2	566	Patrik Eklund	Fridolf Herrmode	00:41:55,0	00:00:46,5	00:03:44,5

ML

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
3	886	Lars Svård	Team Skavsåret IF	00:43:47,8	00:02:39,3	00:03:54,6
4	553	Fredrik Blomkvist	SPIF Triathlon	00:43:56,0	00:02:47,5	00:03:55,3
5	558	Hans Dahlén	Fredrikshof	00:44:07,2	00:02:58,7	00:03:56,3
6	902	Anders Folmer	KaffeKnappen	00:44:15,5	00:03:07,0	00:03:57,0
7	603	Håkan Lius	Team Skavsåret	00:44:42,8	00:03:34,3	00:03:59,5
8	621	Hans Nykvist	Brunnsvikens KK	00:45:03,4	00:03:54,9	00:04:01,3
9	552	Johan Bergman	Sundbybergs IK	00:45:30,1	00:04:21,6	00:04:03,7
10	804	Patrick Johansson	Munsö IF	00:45:36,8	00:04:28,3	00:04:04,3
11	864	Tage Winter		00:45:38,6	00:04:30,1	00:04:04,5
12	661	Gösta Ljungman	SPIF Triathlon	00:45:48,1	00:04:39,6	00:04:05,3
13	624	Kennet Persson	Solna	00:45:51,2	00:04:42,7	00:04:05,6
14	845	Björn Andersson	Scania	00:46:11,1	00:05:02,6	00:04:07,4
15	578	Staffan Halldin	Solna	00:46:17,4	00:05:08,9	00:04:07,9
16	648	Henrik Tiberg	Upplands-Väsby	00:46:24,4	00:05:15,9	00:04:08,6
17	899	Ola Lidmark Eriksson		00:46:45,8	00:05:37,3	00:04:10,5
18	561	Jonas Dannberg	Sundbyberg	00:47:00,0	00:05:51,5	00:04:11,7
19	852	Andreas Hellström	Posten Kista	00:47:02,5	00:05:54,0	00:04:12,0
20	587	Philip Hurst	Bollstanäs	00:47:11,5	00:06:03,0	00:04:12,8
21	623	Johan Olausson	Team Skavsåret	00:47:15,1	00:06:06,6	00:04:13,1
22	611	Sean Mc Devitt	Aspudden	00:47:54,9	00:06:46,4	00:04:16,6
23	904	Jonas Nilsson	Solna	00:47:57,8	00:06:49,3	00:04:16,9
24	646	Jonas Thorstensson	Sundbyberg	00:48:00,3	00:06:51,8	00:04:17,1
25	865	Erik Berntsen		00:48:04,1	00:06:55,6	00:04:17,5
26	843	Niklas Dannewitz	Hercules	00:48:07,1	00:06:58,6	00:04:17,7
27	879	Bernt Johansson	Rånäs 4H	00:48:11,9	00:07:03,4	00:04:18,2
28	652	Guillermo Vega	Järfälla	00:48:15,3	00:07:06,8	00:04:18,5
29	645	Jerker Thorsell	Clowner	00:48:19,3	00:07:10,8	00:04:18,8
30	614	Viktor Morawski	Björkens IF	00:48:25,9	00:07:17,4	00:04:19,4
31	596	Börje Karvonen	Teracom AB	00:48:31,2	00:07:22,7	00:04:19,9
32	635	Morgan Skogh	Länsförsäkring.	00:49:06,7	00:07:58,2	00:04:23,0
33	654	Jesper Wiberg	Nordea	00:49:35,2	00:08:26,7	00:04:25,6
34	599	Mårten Lind	Vaxholm	00:49:35,3	00:08:26,8	00:04:25,6
35	659	Martin Jonsson	Corpus Nacka	00:49:36,8	00:08:28,3	00:04:25,7
36	633	Tommy Silén	Nordea	00:49:43,5	00:08:35,0	00:04:26,3
37	660	Ove Jönsson	Ericsson Networks	00:49:52,4	00:08:43,9	00:04:27,1
38	807	Lennart Thorson	Duvbo IK	00:49:57,0	00:08:48,5	00:04:27,5
39	597	Ingvar Khan	Ericsson IK	00:50:01,0	00:08:52,5	00:04:27,9
40	812	Pauli Sulonen	Hässelby SK	00:50:20,0	00:09:11,5	00:04:29,6
41	641	Joakim Säterborn	Uppsala LK	00:50:47,7	00:09:39,2	00:04:32,1
42	615	Per Månsson	Friskis Svettis	00:50:55,4	00:09:46,9	00:04:32,8
43	877	Rune Carlsson	Sundbybergs IK	00:51:04,9	00:09:56,4	00:04:33,6
44	628	Peter Rossberg	Solna	00:51:19,1	00:10:10,6	00:04:34,9
45	589	Anders Håkansson	Nordea	00:51:27,3	00:10:18,8	00:04:35,6
46	842	Mats Liljegren	Team Skavsåret IF	00:51:29,0	00:10:20,5	00:04:35,8
47	917	Mikael Wester		00:51:41,5	00:10:33,0	00:04:36,9
48	577	Henrik Gustavsson	Nemo	00:51:47,0	00:10:38,5	00:04:37,4
49	923	Mikael Persson		00:51:55,6	00:10:47,1	00:04:38,1
50	637	Bert Ström	Posten Märsta	00:51:56,2	00:10:47,7	00:04:38,2
51	555	Inge Bäckström	Hässelby SK	00:52:01,8	00:10:53,3	00:04:38,7
52	890	Bengt Martinsson	Turebergs IF	00:52:02,6	00:10:54,1	00:04:38,8
53	838	Lennart Hägg		00:52:51,2	00:11:42,7	00:04:43,1
54	884	Esa Rotinen	SLDK	00:52:54,2	00:11:45,7	00:04:43,4
55	639	Niclas Svensson	Ericsson IK	00:53:03,8	00:11:55,3	00:04:44,2
56	644	Anders Thelemyr	Sundbyberg	00:53:17,4	00:12:08,9	00:04:45,4
57	832	Michael Johansson	Team NBC Multisport	00:53:19,6	00:12:11,1	00:04:45,6
58	831	Göran Strömstedt	Team NBC Multisport	00:53:24,5	00:12:16,0	00:04:46,1
59	556	Anders Classon	Täby	00:53:42,7	00:12:34,2	00:04:47,7
60	629	Bo Rudemalm	Fredrikshofs FIF	00:53:46,6	00:12:38,1	00:04:48,0
61	562	Digno Duarte	ICA Esplanad	00:53:54,0	00:12:45,5	00:04:48,7
62	569	Göran Ericsson	Boo IF	00:53:55,2	00:12:46,7	00:04:48,8
63	850	Jakob Jogfors	Posten Kista	00:54:16,6	00:13:08,1	00:04:50,7
64	591	Linus Israelsson	Hägersten	00:54:50,7	00:13:42,2	00:04:53,8
65	613	Tor Mellbye	Länsförsäkring.	00:54:55,1	00:13:46,6	00:04:54,2

ML

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
66	563	Laurent Duda	Uppsala LK	00:54:59,0	00:13:50,5	00:04:54,5
67	592	Per Jonasson	Sundbybergs IK	00:55:14,6	00:14:06,1	00:04:55,9
68	655	Michael Zetterberg	Jordbänningarna	00:55:32,1	00:14:23,6	00:04:57,5
69	604	Jan Lorichs	Old Saints	00:55:33,8	00:14:25,3	00:04:57,6
70	893	Bengt Mellin		00:55:50,1	00:14:41,6	00:04:59,1
71	616	Claes Mårtensson	PIFF	00:56:13,6	00:15:05,1	00:05:01,2
72	617	Leif Newman	Bålsta	00:56:18,5	00:15:10,0	00:05:01,6
73	849	Simon Sandgren		00:56:35,9	00:15:27,4	00:05:03,2
74	549	Lars Backman	ÅF Process	00:56:45,6	00:15:37,1	00:05:04,0
75	622	Sten Odenblad	Fredrikshof	00:56:47,2	00:15:38,7	00:05:04,2
76	903	Lars Tapper	IF Linden	00:56:51,4	00:15:42,9	00:05:04,5
77	651	Jonas Wastesson	MKS	00:56:55,1	00:15:46,6	00:05:04,9
78	839	David Hägg		00:57:17,0	00:16:08,5	00:05:06,8
79	543	Måns Alnebo	Järfälla	00:57:17,2	00:16:08,7	00:05:06,8
80	542	Ragnar Alkemark	Solna	00:57:19,0	00:16:10,5	00:05:07,0
81	547	Per Arvidsson	Bromma	00:57:30,7	00:16:22,2	00:05:08,0
82	833	Jan Westberg		00:57:37,7	00:16:29,2	00:05:08,7
83	871	Conny Cärebo	Vallentuna FK	00:57:39,8	00:16:31,3	00:05:08,9
84	583	John Holm	Sundbybergs IK	00:57:56,8	00:16:48,3	00:05:10,4
85	565	Leif Eklund	Eklunds Båtarv	00:58:01,7	00:16:53,2	00:05:10,8
86	575	Leif Granholm	Spånga	00:58:07,0	00:16:58,5	00:05:11,3
87	868	Michael Haglund		00:58:11,0	00:17:02,5	00:05:11,6
88	846	André Bertilsson		00:58:17,2	00:17:08,7	00:05:12,2
89	895	Daniel Kellgren		00:58:19,2	00:17:10,7	00:05:12,4
90	848	Thomas Lindahl		00:58:32,2	00:17:23,7	00:05:13,5
91	892	Jens Schjorlien	SPG	00:58:32,9	00:17:24,4	00:05:13,6
92	601	Thomas Lindeborg	FMV	00:58:53,4	00:17:44,9	00:05:15,4
93	891	Ove Johansson		00:59:02,3	00:17:53,8	00:05:16,2
94	581	Göran Hedberg	Vällingby	00:59:05,3	00:17:56,8	00:05:16,5
95	650	Lasse Wastesson	MKS	00:59:26,8	00:18:18,3	00:05:18,4
96	878	Matts Dahlkvist	Uppsala Universitets IF	00:59:30,4	00:18:21,9	00:05:18,7
97	819	Bror Rosenback	Upplands Väsby	00:59:32,4	00:18:23,9	00:05:18,9
98	610	Hans-Göran Matsson	Sollentuna	00:59:42,0	00:18:33,5	00:05:19,8
99	869	Uno Steiner	ICA-Trossen	01:00:02,2	00:18:53,7	00:05:21,6
100	545	Lennart Andreasson	Sundbyberg	01:00:06,4	00:18:57,9	00:05:22,0
101	576	Anders Grönlund	Hässelby	01:00:38,2	00:19:29,7	00:05:24,8
102	570	Dan Eriksson	Sundbyberg	01:00:41,8	00:19:33,3	00:05:25,1
103	554	Jörgen Brejcha	WM-Data	01:00:46,4	00:19:37,9	00:05:25,5
104	653	Stig-Erik Westman	HPH-Bromma	01:00:50,3	00:19:41,8	00:05:25,9
105	834	Kent Ohlsson	Munsö	01:00:56,0	00:19:47,5	00:05:26,4
106	588	Per Håkansson	Rissneligan	01:01:05,5	00:19:57,0	00:05:27,2
107	602	Bengt Lindgren	Nordea	01:01:45,8	00:20:37,3	00:05:30,8
108	580	Lars Hansson	Sundbyberg	01:01:52,9	00:20:44,4	00:05:31,5
109	546	Kjell Arnér	Bålsta IK	01:02:01,2	00:20:52,7	00:05:32,2
110	630	Fredrik Samuelsson	Björkebyskolan	01:02:07,8	00:20:59,3	00:05:32,8
111	625	Patrik Persson	Elfa Ruching	01:02:09,3	00:21:00,8	00:05:32,9
112	607	Per-Åke Löfdahl	Billans Vänner	01:02:19,7	00:21:11,2	00:05:33,9
113	631	Olle Schubert	Scania IF	01:02:35,9	00:21:27,4	00:05:35,3
114	662	Pontus Brunby	Enskede	01:02:48,4	00:21:39,9	00:05:36,4
115	567	Ove Engman	Elvans IF	01:02:53,2	00:21:44,7	00:05:36,8
116	586	Olof Hultgren	Stockholm	01:02:55,7	00:21:47,2	00:05:37,1
117	551	Jesper Bergh	Alfa Laval	01:03:01,1	00:21:52,6	00:05:37,5
118	814	Carl Peter Carlsson	Spånga	01:03:28,7	00:22:20,2	00:05:40,0
119	582	Sebastian Hedberg	Vällingby	01:03:36,8	00:22:28,3	00:05:40,7
120	559	Lennart Danielsson	Järfälla	01:03:49,3	00:22:40,8	00:05:41,9
121	550	Johan Bengtsson	Lybecks TÄF	01:04:18,3	00:23:09,8	00:05:44,4
122	571	Kenneth Fastland	Broiler-Bröderna	01:04:41,6	00:23:33,1	00:05:46,5
123	548	Mats Backlund	Stockholm	01:06:28,3	00:25:19,8	00:05:56,0
124	851	Karl-Johan Norén	Posten Kista	01:06:43,1	00:25:34,6	00:05:57,4
125	618	Mats Nilsson	Corpus Nacka	01:07:24,0	00:26:15,5	00:06:01,0
126	642	Anders Sätterberg	Vällingby	01:08:16,5	00:27:08,0	00:06:05,7
127	564	Esa Ek	Nobba Brass	01:08:25,9	00:27:17,4	00:06:06,5
128	803	Lennart Lundqvist	Uddevalla	01:08:38,0	00:27:29,5	00:06:07,6

ML

Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
129	605	Lennart Lundberg	Tyresö	01:08:59,7	00:27:51,2	00:06:09,6
130	600	Tommy Lindberg	Spånga	01:09:24,4	00:28:15,9	00:06:11,8
131	572	Peter Forsberg	Team Emba	01:09:28,1	00:28:19,6	00:06:12,1
132	568	Leif Ericsson	Sorunda IF	01:09:28,5	00:28:20,0	00:06:12,1
133	881	Morgen Forsberg	Team Emba	01:09:31,6	00:28:23,1	00:06:12,4
134	541	John Alemané	Solna	01:09:50,0	00:28:41,5	00:06:14,1
135	609	Dick Mannestig	Nordea	01:09:57,0	00:28:48,5	00:06:14,7
136	620	Anders Nyberg	Stockholm	01:10:51,9	00:29:43,4	00:06:19,6
137	640	Gunnar Svärd	Stockholm	01:12:08,2	00:30:59,7	00:06:26,4
138	598	Mikael Larsson	Nordea	01:13:04,6	00:31:56,1	00:06:31,4
139	634	Kenneth Sjödin	Nordea	01:14:51,4	00:33:42,9	00:06:41,0
140	638	Muthu Swamy	Bro	01:23:08,3	00:41:59,8	00:07:25,3
	805	Stefan Manning	Triathlon Väst	DNF		

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Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	95	André Bohlenius	IF Göta	00:10:01,0		00:04:10,4
2	102	Axel Larsson	Järfälla OK	00:10:15,0	00:00:14,0	00:04:16,2
3	829	Kalle Brunnstedt	Nälsta spurters	00:10:29,0	00:00:28,0	00:04:22,0
4	101	Ludwig Kågemar Lidell	Sundbybergs IK	00:11:03,0	00:01:02,0	00:04:36,2
5	112	Andreas Vinghed	Sundbybergs IK	00:11:05,0	00:01:04,0	00:04:37,0
6	107	Fredrik Orrsveden	Sundbybergs IK	00:11:09,0	00:01:08,0	00:04:38,7
7	91	Carl Andersson	Icepeak AB	00:11:18,0	00:01:17,0	00:04:42,5
8	111	Martin Wallin	Huddinge AIS	00:11:22,0	00:01:21,0	00:04:44,1
9	860	Daniel Hunnes	Hässelby SK	00:11:27,0	00:01:26,0	00:04:46,2
10	114	Jimmy Said	Spårvägens FK	00:11:33,0	00:01:32,0	00:04:48,7
11	113	Gustav Bivestedt	Sundbybergs IK	00:11:37,0	00:01:36,0	00:04:50,4
12	100	Daniel Jallow	Sundbybergs IK	00:11:41,0	00:01:40,0	00:04:52,0
13	94	Tobias Bjernulf	Sundbybergs IK	00:12:37,0	00:02:36,0	00:05:15,4
14	808	Oskar Larsson	IFK Stocsund	00:12:47,0	00:02:46,0	00:05:19,5
15	99	Isak Hampel-Klang	Järfälla	00:12:59,0	00:02:58,0	00:05:24,5
16	109	Patrik Svalling	Järfälla OK	00:13:00,0	00:02:59,0	00:05:25,0
17	105	Erik Nygren Wählin	Huddinge AIS	00:13:02,0	00:03:01,0	00:05:25,8
18	828	Gustav Strömwall	Nälsta spurters	00:13:11,0	00:03:10,0	00:05:29,5
19	97	Oliver Eriksson	Karlbergs BK	00:13:15,0	00:03:14,0	00:05:31,2
20	854	Lindström Gustav		00:13:36,0	00:03:35,0	00:05:40,0
21	811	Filip von Reis	Stockholm	00:14:38,0	00:04:37,0	00:06:05,8
22	108	William Saxeby	Spånga Fotboll	00:14:43,0	00:04:42,0	00:06:07,9
23	104	Lukas Mirbt	Uppsala IF	00:14:49,0	00:04:48,0	00:06:10,4
24	96	Niklas Bohm	Sundbybergs IK	00:15:36,0	00:05:35,0	00:06:30,0

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Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	185	Joakim Olsson	IF Triangeln	00:09:18,0		00:03:52,5
2	174	Viktor Björnberg	Huddinge AIS	00:09:28,0	00:00:10,0	00:03:56,6
3	823	Linus Uland	Hässelby SK	00:09:42,0	00:00:24,0	00:04:02,5
4	173	Alexander Björnberg	Huddinge AIS	00:09:48,0	00:00:30,0	00:04:05,0
5	182	Otto Kingstedt	Huddinge AIS	00:09:52,0	00:00:34,0	00:04:06,6
6	171	Philip Andersson	Icepeak AB	00:10:03,0	00:00:45,0	00:04:11,2
7	820	Tomas Gustafson	Bromma IF	00:10:24,0	00:01:06,0	00:04:20,0
8	181	Felix Jungar	Huddinge AIS	00:10:58,0	00:01:40,0	00:04:34,1
9	192	Alexander Holmblad	Spårvägens FK	00:11:05,0	00:01:47,0	00:04:37,0
10	177	Fredrik Ekstrand	Huddinge AIS	00:11:18,0	00:02:00,0	00:04:42,5
11	179	Johan Höglund	Norrulls SK	00:11:24,0	00:02:06,0	00:04:45,0
12	824	Rasmus Arousell	Hässelby SK	00:11:32,0	00:02:14,0	00:04:48,3
13	191	Birk Sollenius	Ösmo Friidrott	00:11:40,0	00:02:22,0	00:04:51,6
14	193	Gebril Masrouf	Spårvägens FK	00:11:48,0	00:02:30,0	00:04:55,0
15	190	Bruno Solarvera	Tunaskolan	00:11:50,0	00:02:32,0	00:04:55,8
16	175	Trotte Boman	Norrulls SK	00:12:24,0	00:03:06,0	00:05:10,0
17	186	Ivar Persson	Erikslunds KF	00:12:39,0	00:03:21,0	00:05:16,2
18	184	Carl Mårtensson	Turebergs FK	00:13:14,0	00:03:56,0	00:05:30,8
19	189	Anton Saxeby	Spånga Fotboll	00:15:38,0	00:06:20,0	00:06:30,8
20	809	Gustav Larsson	IFK Stocsund	00:18:55,0	00:09:37,0	00:07:52,9

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Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	938	Anton Wählin	IF Linden	00:12:22,4		00:03:32,1
2	253	Victor Hedin	Huddinge AIS	00:12:23,5	00:00:01,1	00:03:32,4
3	264	Patrik Nilsson	Hammarby IF	00:12:40,6	00:00:18,2	00:03:37,3
4	266	Michael Refors	Hammarby IF	00:12:50,6	00:00:28,2	00:03:40,1
5	256	Victor Karlsson	Hammarby IF	00:13:03,0	00:00:40,6	00:03:43,7
6	262	Oskar Martinsson	Huddinge AIS	00:13:14,1	00:00:51,7	00:03:46,8
7	268	Patrik Werdin	Sundbybergs IK	00:13:21,2	00:00:58,8	00:03:48,9
8	259	Linus Linde	Hammarby IF	00:13:21,3	00:00:58,9	00:03:48,9
9	257	John Kingstedt	Huddinge AIS	00:13:47,7	00:01:25,3	00:03:56,4
10	252	John Alex Boutzas	Sundbybergs IK	00:14:00,5	00:01:38,1	00:04:00,1
11	946	Calle Svensson	Bromma IF	00:14:18,0	00:01:55,6	00:04:05,1
12	258	David Larsson	Järfälla OK	00:14:18,9	00:01:56,5	00:04:05,4
13	263	Mikael Nieminen	Hässelby SK	00:14:58,6	00:02:36,2	00:04:16,7
14	254	Henrik Holmén	Sundbybergs IK	00:16:12,4	00:03:50,0	00:04:37,8
15	261	Jacob Lundin	Tyresö Fri	00:16:51,3	00:04:28,9	00:04:48,9
16	822	Carl Källén	Järfälla	00:27:26,7	00:15:04,3	00:07:50,4

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Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	201	Oliver Hofmann	Enhörna IF	00:20:12,8		00:03:32,7
2	211	Kristoffer Vilkanis	Hässelby SK	00:20:52,7	00:00:39,9	00:03:39,7
3	208	Adam Uhrdin	Enhörna IF	00:21:07,1	00:00:54,3	00:03:42,2
4	204	Anton Nyrenström-G	Sundbybergs IK	00:22:23,5	00:02:10,7	00:03:55,7
5	916	Fredrik Grimborg	IF Linden	00:22:49,7	00:02:36,9	00:04:00,2
6	203	Gustav Larsson	Järfälla OK	00:22:55,4	00:02:42,6	00:04:01,2
7	210	Pontus Werbelow	Huddinge AIS	00:22:56,7	00:02:43,9	00:04:01,5
8	802	Olof Kollinius	Sundbybergs IK	00:24:07,8	00:03:55,0	00:04:14,0
9	207	Olle Thörnblom	Tungelsta IF	00:25:58,0	00:05:45,2	00:04:33,3

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Placering	Start Nr	Namn	Klubb	Tid	Tid efter	Pace
1	50	Sami Tesfaldet	Tyresö Fri	00:21:01,6		00:03:41,3
2	926	Robin Öberg	Enhörna IF	00:23:31,6	00:02:30,0	00:04:07,6