

Placering	Namn	Klubb / ort	Klass	S1-1	S1-2	S1-3	S2-1	S2-2	S2-3	S3-1	S3-2	S3-3	S4-1	S4-2	S4-3	S5-1	S5-2	S5-3	Varv 1	Varv 2	Varv 3	Totalt
1	Freya Orban	IFK Lund/ Salomon Running SWE	Damer	03:38	03:48	03:57	01:43	01:46	01:51	01:20	01:21	01:24	04:01	04:03	04:07	03:46	03:56	03:53	14:28	14:54	15:12	00:44:34
2	Alva Nystedt	Skåneslättens OL	Damer	03:59	04:19	04:27	01:52	02:05	02:09	01:25	01:31	01:38	04:31	04:42	04:53	04:08	04:11	04:20	15:55	16:48	17:27	00:50:10
3	Malin Henriksson	Gastro running	Damer	04:01	04:13	04:24	01:51	01:58	02:04	01:29	01:30	01:33	04:40	04:45	04:53	04:12	04:18	04:31	16:13	16:44	17:25	00:50:22
4	Marie Lennerhagen		Damer	04:07	04:08	04:17	01:59	01:55	01:57	01:33	01:33	01:35	04:45	04:46	04:48	04:28	04:22	04:22	16:52	16:44	16:59	00:50:35
5	Lisa Sveningsson	Jönköpingspolisens Skytte- & IF	Damer	04:23	04:34	04:44	02:07	02:11	02:13	01:40	01:43	01:43	04:54	04:57	05:03	04:32	04:32	04:38	17:36	17:57	18:21	00:53:54
6	Emma Lindberg	Umara SC	Damer	04:08	04:45	04:42	02:00	02:07	02:12	01:33	01:47	01:45	04:58	04:59	05:06	04:51	04:48	04:50	17:30	18:26	18:35	00:54:31
7	Malin Olsson	Team Nordic Trail	Damer	05:26	05:44	05:43	02:34	02:38	02:49	02:08	02:01	02:17	06:15	06:28	06:45	06:08	06:06	06:50	22:31	22:57	24:24	01:09:52
DNF	Angie Pelinder		Damer	06:05	06:57	-----	03:02	03:18	-----	02:26	02:21	-----	08:23	08:29	-----	07:52	08:28	-----	27:48	29:33	-----	-----
1	Oskar Henriksson	IF Malmö Löp	Herrar	03:12	03:21	03:18	01:29	01:47	01:31	01:07	01:11	01:11	03:26	03:28	03:30	03:08	03:15	03:12	12:22	13:02	12:42	00:38:06
2	Jesper Delgård		Herrar	03:47	03:42	03:42	01:47	01:45	01:49	01:21	01:22	01:21	03:54	03:52	03:53	03:34	03:45	03:27	14:23	14:26	14:12	00:43:01
3	Per-Henrik Lundblom		Herrar	03:51	03:53	03:48	01:48	01:48	01:49	01:16	01:18	01:19	04:09	04:00	04:07	03:39	03:41	03:44	14:43	14:40	14:47	00:44:10
4	Martin Lundqvist	Falkenberg RR	Herrar	03:43	03:50	03:47	01:44	01:43	01:47	01:21	01:20	01:16	04:14	04:11	04:05	03:42	03:56	03:58	14:44	15:00	14:53	00:44:37
5	Patrik Önnheim	Stångby Runners	Herrar	03:44	03:52	03:50	01:47	01:54	01:53	01:15	01:20	01:21	04:09	04:00	04:02	03:59	03:42	03:51	14:54	14:48	14:57	00:44:39
6	Adrian Ulander	Compago	Herrar	03:44	03:54	03:57	01:46	01:51	01:54	01:16	01:24	01:24	04:03	04:05	04:15	03:43	03:47	03:58	14:32	15:01	15:28	00:45:01
7	Jonas Lauritzen		Herrar	03:35	03:49	03:56	01:40	01:51	01:54	01:16	01:19	01:21	04:15	04:14	04:24	03:57	03:48	04:01	14:43	15:01	15:36	00:45:20
8	Charlie Gaut		Herrar	03:50	04:36	04:17	01:43	02:20	02:06	01:16	01:38	01:33	04:02	04:13	04:17	03:51	03:42	03:43	14:42	16:29	15:56	00:47:07
9	Marcus Nelson	Coach K Runners	Herrar	03:40	04:04	03:59	01:55	01:51	01:54	01:22	01:28	01:27	04:25	04:20	04:37	04:03	03:59	04:03	15:25	15:42	16:00	00:47:07
10	Niels Holm	LK Myran	Herrar	03:51	04:04	04:05	01:51	02:04	02:04	01:29	01:32	01:31	04:08	04:23	04:20	03:49	04:03	04:06	15:08	16:06	16:06	00:47:20
11	Joakim Ljungström	Tetra Pak IF	Herrar	03:58	04:10	04:28	01:58	01:58	01:57	01:21	01:28	01:27	04:34	04:39	04:41	04:14	04:20	04:29	16:05	16:35	17:02	00:49:42
12	Matts Björklund		Herrar	04:03	04:21	04:23	02:01	01:54	01:55	01:29	01:28	01:33	04:35	04:40	04:49	04:21	04:29	04:26	16:29	16:52	17:06	00:50:27
13	Magnus Abrahamsson	TPIF	Herrar	04:17	04:32	04:40	01:56	02:09	02:12	01:31	01:34	01:34	04:52	05:10	05:34	04:36	04:51	05:19	17:12	18:16	19:19	00:54:47
14	Thomas Hallberg		Herrar	04:39	04:59	05:19	02:34	02:25	02:37	01:50	01:52	01:53	05:41	05:38	05:47	05:11	05:22	05:49	19:55	20:16	21:25	01:01:36
DNF	Fredrik Nystedt	Skåneslättens OL	Herrar	03:52	04:00	-----	01:54	02:05	-----	01:23	01:24	-----	04:02	04:13	-----	03:46	03:55	-----	14:57	15:37	-----	-----
DNF	Kasper Vang Kristensen		Herrar	04:57	05:01	-----	02:40	02:03	-----	02:01	01:35	-----	05:39	05:27	-----	05:41	07:10	-----	20:58	21:16	-----	-----