

# Sträcktider SNO Medel-KM Eriksberg

## 2015-05-31

Svarta tider är sträcktider

Blå tider är från start Röda platssiffror är bästa sträck-tid / total-tid

Sista-

| Bana A |                  | Sluttid | S-1       | 1-2       | 2-3       | 3-4       | 4-5       | 5-6       | 6-7       | 7-8       | 8-9 | --10 | --11 | --12 | --13 | Mål       |
|--------|------------------|---------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|------|------|------|------|-----------|
| 1      | Axel Rystedt     | 30:11   | 05:59 (4) | 02:34 (1) | 02:38 (1) | 03:07 (2) | 07:53 (5) | 01:46 (1) | 01:48 (2) | 03:44 (1) |     |      |      |      |      | 00:42 (1) |
|        |                  |         | 05:59 (4) | 08:33 (2) | 11:11 (1) | 14:18 (1) | 22:11 (2) | 23:57 (2) | 25:45 (1) | 29:29 (1) |     |      |      |      |      | 30:11 (1) |
| 2      | Alexander Ahlsén | 31:55   | 03:13 (2) | 03:19 (2) | 11:48 (5) | 02:53 (1) | 02:37 (1) | 01:46 (1) | 01:42 (1) | 03:52 (3) |     |      |      |      |      | 00:45 (2) |
|        |                  |         | 03:13 (2) | 06:32 (1) | 18:20 (3) | 21:13 (3) | 23:50 (3) | 25:36 (3) | 27:18 (3) | 31:10 (2) |     |      |      |      |      | 31:55 (2) |
| 3      | Alexandra Stål   | 33:47   | 03:37 (3) | 07:01 (4) | 03:37 (2) | 04:55 (4) | 02:38 (2) | 02:01 (3) | 02:24 (4) | 06:31 (4) |     |      |      |      |      | 01:03 (4) |
|        |                  |         | 03:37 (3) | 10:38 (3) | 14:15 (2) | 19:10 (2) | 21:48 (1) | 23:49 (1) | 26:13 (2) | 32:44 (3) |     |      |      |      |      | 33:47 (3) |
| 4      | Ines Molin       | 47:29   | 08:18 (5) | 06:48 (3) | 05:46 (3) | 06:39 (5) | 03:39 (3) | 03:26 (5) | 03:41 (5) | 08:06 (5) |     |      |      |      |      | 01:06 (5) |
|        |                  |         | 08:18 (5) | 15:06 (4) | 20:52 (4) | 27:31 (4) | 31:10 (4) | 34:36 (4) | 38:17 (4) | 46:23 (4) |     |      |      |      |      | 47:29 (4) |
| 5      | Eric Grahn       | 49:20   | 03:07 (1) | 13:14 (5) | 11:14 (4) | 04:37 (3) | 07:29 (4) | 02:46 (4) | 02:13 (3) | 03:50 (2) |     |      |      |      |      | 00:50 (3) |
|        |                  |         | 03:07 (1) | 16:21 (5) | 27:35 (5) | 32:12 (5) | 39:41 (5) | 42:27 (5) | 44:40 (5) | 48:30 (5) |     |      |      |      |      | 49:20 (5) |

| Bana B |               | Sluttid | S-1       | 1-2       | 2-3       | 3-4       | 4-5       | 5-6       | 6-7       | 7-8       | 8-9       | --10      | --11      | --12      | --13 | Mål       |
|--------|---------------|---------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------|-----------|
| 1      | Sofia Wigle   | 51:41   | 05:06 (1) | 05:19 (1) | 05:00 (1) | 05:34 (1) | 08:40 (1) | 01:55 (1) | 01:54 (1) | 01:58 (1) | 08:15 (1) | 02:27 (1) | 02:24 (1) | 02:11 (1) |      | 00:58 (1) |
|        |               |         | 05:06 (1) | 10:25 (1) | 15:25 (1) | 20:59 (1) | 29:39 (1) | 31:34 (1) | 33:28 (1) | 35:26 (1) | 43:41 (1) | 46:08 (1) | 48:32 (1) | 50:43 (1) |      | 51:41 (1) |
| -      | Martin Bygdén | 35:27   | 04:43     | 04:18     | 02:13     | 03:54     | 03:26     | 01:40     | 03:24     | 02:51     | 06:19     | 01:50     |           |           |      | 00:49     |
|        |               |         | 04:43     | 09:01     | 11:14     | 15:08     | 18:34     | 20:14     | 23:38     | 26:29     | 32:48     | 34:38     |           |           |      | 35:27     |

| Bana C |                  | Sluttid | S-1       | 1-2        | 2-3       | 3-4        | 4-5        | 5-6        | 6-7       | 7-8        | 8-9        | --10       | --11       | --12 | --13 | Mål        |
|--------|------------------|---------|-----------|------------|-----------|------------|------------|------------|-----------|------------|------------|------------|------------|------|------|------------|
| 1      | Ivar Lundanes    | 28:45   | 03:05 (3) | 01:44 (3)  | 02:27 (2) | 01:55 (1)  | 02:05 (1)  | 04:52 (2)  | 00:45 (4) | 02:58 (3)  | 03:34 (2)  | 01:49 (1)  | 02:59 (1)  |      |      | 00:32 (1)  |
|        |                  |         | 03:05 (3) | 04:49 (3)  | 07:16 (2) | 09:11 (1)  | 11:16 (1)  | 16:08 (1)  | 16:53 (1) | 19:51 (1)  | 23:25 (1)  | 25:14 (1)  | 28:13 (1)  |      |      | 28:45 (1)  |
| 2      | Kent Ohlsson     | 29:27   | 03:06 (4) | 01:32 (2)  | 02:40 (5) | 02:06 (3)  | 02:10 (2)  | 05:05 (4)  | 00:43 (2) | 02:53 (2)  | 03:39 (3)  | 01:58 (3)  | 03:02 (2)  |      |      | 00:33 (3)  |
|        |                  |         | 03:06 (4) | 04:38 (1)  | 07:18 (3) | 09:24 (2)  | 11:34 (2)  | 16:39 (2)  | 17:22 (2) | 20:15 (3)  | 23:54 (3)  | 25:52 (2)  | 28:54 (2)  |      |      | 29:27 (2)  |
| 3      | Mats Hellstadius | 30:45   | 03:31 (7) | 01:48 (4)  | 02:50 (7) | 02:05 (2)  | 02:12 (4)  | 04:59 (3)  | 00:50 (7) | 03:13 (5)  | 03:40 (4)  | 01:53 (2)  | 03:08 (3)  |      |      | 00:36 (5)  |
|        |                  |         | 03:31 (7) | 05:19 (5)  | 08:09 (5) | 10:14 (4)  | 12:26 (4)  | 17:25 (4)  | 18:15 (4) | 21:28 (4)  | 25:08 (4)  | 27:01 (3)  | 30:09 (3)  |      |      | 30:45 (3)  |
| 4      | Ralph Street     | 30:56   | 03:11 (5) | 01:27 (1)  | 02:27 (2) | 02:24 (7)  | 02:34 (11) | 04:41 (1)  | 00:46 (5) | 02:44 (1)  | 03:25 (1)  | 03:29 (14) | 03:15 (5)  |      |      | 00:33 (3)  |
|        |                  |         | 03:11 (5) | 04:38 (1)  | 07:05 (1) | 09:29 (3)  | 12:03 (3)  | 16:44 (3)  | 17:30 (3) | 20:14 (2)  | 23:39 (2)  | 27:08 (4)  | 30:23 (4)  |      |      | 30:56 (4)  |
| 5      | Olof Smitt       | 33:18   | 03:03 (2) | 02:32 (15) | 02:47 (6) | 02:18 (6)  | 02:11 (3)  | 05:43 (7)  | 00:44 (3) | 03:14 (6)  | 04:30 (9)  | 02:03 (4)  | 03:32 (6)  |      |      | 00:41 (9)  |
|        |                  |         | 03:03 (2) | 05:35 (6)  | 08:22 (6) | 10:40 (5)  | 12:51 (5)  | 18:34 (5)  | 19:18 (5) | 22:32 (5)  | 27:02 (5)  | 29:05 (5)  | 32:37 (5)  |      |      | 33:18 (5)  |
| 6      | Erik Liljequist  | 36:11   | 02:57 (1) | 02:05 (10) | 02:20 (1) | 03:30 (17) | 02:41 (13) | 06:10 (12) | 00:34 (1) | 03:48 (12) | 04:35 (10) | 02:27 (5)  | 04:12 (12) |      |      | 00:52 (18) |

|    |                     |       |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |  |  |  |  |       |      |
|----|---------------------|-------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|--|--|--|--|-------|------|
|    |                     |       | 02:57 | (1)  | 05:02 | (4)  | 07:22 | (4)  | 10:52 | (6)  | 13:33 | (6)  | 19:43 | (7)  | 20:17 | (7)  | 24:05 | (7)  | 28:40 | (7)  | 31:07 | (6)  | 35:19 | (6)  |  |  |  |  | 36:11 | (6)  |
| 7  | Jens Molin          | 36:23 | 03:31 | (7)  | 03:11 | (20) | 02:32 | (4)  | 02:15 | (5)  | 02:15 | (5)  | 05:31 | (5)  | 00:53 | (9)  | 03:38 | (8)  | 03:54 | (5)  | 03:46 | (16) | 04:11 | (11) |  |  |  |  | 00:46 | (11) |
|    |                     |       | 03:31 | (7)  | 06:42 | (13) | 09:14 | (8)  | 11:29 | (7)  | 13:44 | (7)  | 19:15 | (6)  | 20:08 | (6)  | 23:46 | (6)  | 27:40 | (6)  | 31:26 | (7)  | 35:37 | (7)  |  |  |  |  | 36:23 | (7)  |
| 8  | Daniel Olsen        | 37:09 | 03:53 | (9)  | 01:53 | (6)  | 03:34 | (12) | 03:04 | (13) | 02:32 | (9)  | 05:55 | (10) | 01:01 | (14) | 03:46 | (10) | 04:23 | (8)  | 02:28 | (6)  | 04:04 | (9)  |  |  |  |  | 00:36 | (5)  |
|    |                     |       | 03:53 | (9)  | 05:46 | (7)  | 09:20 | (9)  | 12:24 | (10) | 14:56 | (9)  | 20:51 | (9)  | 21:52 | (9)  | 25:38 | (9)  | 30:01 | (9)  | 32:29 | (9)  | 36:33 | (8)  |  |  |  |  | 37:09 | (8)  |
| 9  | Tomas Fagerstedt    | 37:25 | 03:21 | (6)  | 02:29 | (14) | 05:52 | (24) | 02:09 | (4)  | 02:30 | (7)  | 05:47 | (8)  | 00:58 | (11) | 03:07 | (4)  | 04:18 | (7)  | 02:56 | (9)  | 03:11 | (4)  |  |  |  |  | 00:47 | (12) |
|    |                     |       | 03:21 | (6)  | 05:50 | (8)  | 11:42 | (15) | 13:51 | (14) | 16:21 | (12) | 22:08 | (11) | 23:06 | (11) | 26:13 | (10) | 30:31 | (10) | 33:27 | (10) | 36:38 | (9)  |  |  |  |  | 37:25 | (9)  |
| 10 | Lars Bygdén         | 37:46 | 04:12 | (10) | 01:52 | (5)  | 03:04 | (8)  | 03:03 | (12) | 02:34 | (11) | 05:47 | (8)  | 00:54 | (10) | 03:44 | (9)  | 04:36 | (11) | 02:35 | (7)  | 04:36 | (15) |  |  |  |  | 00:49 | (16) |
|    |                     |       | 04:12 | (10) | 06:04 | (9)  | 09:08 | (7)  | 12:11 | (8)  | 14:45 | (8)  | 20:32 | (8)  | 21:26 | (8)  | 25:10 | (8)  | 29:46 | (8)  | 32:21 | (8)  | 36:57 | (10) |  |  |  |  | 37:46 | (10) |
| 11 | Anders Axelsson     | 38:01 | 04:15 | (11) | 02:00 | (8)  | 03:10 | (9)  | 02:53 | (10) | 02:42 | (14) | 06:26 | (13) | 00:59 | (12) | 03:54 | (13) | 04:36 | (11) | 02:40 | (8)  | 03:45 | (8)  |  |  |  |  | 00:41 | (9)  |
|    |                     |       | 04:15 | (11) | 06:15 | (10) | 09:25 | (10) | 12:18 | (9)  | 15:00 | (10) | 21:26 | (10) | 22:25 | (10) | 26:19 | (11) | 30:55 | (11) | 33:35 | (11) | 37:20 | (11) |  |  |  |  | 38:01 | (11) |
| 12 | Anders Lillstrand   | 40:40 | 04:41 | (15) | 02:39 | (16) | 03:38 | (13) | 02:50 | (9)  | 03:05 | (17) | 06:30 | (14) | 01:08 | (17) | 03:46 | (10) | 04:44 | (14) | 02:56 | (9)  | 04:05 | (10) |  |  |  |  | 00:38 | (8)  |
|    |                     |       | 04:41 | (15) | 07:20 | (15) | 10:58 | (13) | 13:48 | (13) | 16:53 | (14) | 23:23 | (15) | 24:31 | (15) | 28:17 | (14) | 33:01 | (14) | 35:57 | (13) | 40:02 | (12) |  |  |  |  | 40:40 | (12) |
| 13 | Sven Undeland       | 41:01 | 04:21 | (12) | 02:01 | (9)  | 03:16 | (11) | 03:33 | (19) | 02:42 | (14) | 06:39 | (15) | 01:14 | (20) | 04:00 | (14) | 04:36 | (11) | 03:18 | (13) | 04:25 | (14) |  |  |  |  | 00:56 | (21) |
|    |                     |       | 04:21 | (12) | 06:22 | (11) | 09:38 | (11) | 13:11 | (12) | 15:53 | (11) | 22:32 | (12) | 23:46 | (13) | 27:46 | (13) | 32:22 | (13) | 35:40 | (12) | 40:05 | (13) |  |  |  |  | 41:01 | (13) |
| 14 | Sven-Anders Melin   | 41:08 | 06:31 | (26) | 01:58 | (7)  | 03:56 | (14) | 02:31 | (8)  | 02:23 | (6)  | 05:36 | (6)  | 00:50 | (7)  | 03:16 | (7)  | 04:16 | (6)  | 04:58 | (22) | 04:16 | (13) |  |  |  |  | 00:37 | (7)  |
|    |                     |       | 06:31 | (26) | 08:29 | (18) | 12:25 | (17) | 14:56 | (16) | 17:19 | (15) | 22:55 | (13) | 23:45 | (12) | 27:01 | (12) | 31:17 | (12) | 36:15 | (14) | 40:31 | (14) |  |  |  |  | 41:08 | (14) |
| 15 | Jo Stevenson        | 42:34 | 04:25 | (13) | 02:16 | (11) | 03:13 | (10) | 03:15 | (14) | 03:32 | (21) | 06:40 | (16) | 01:08 | (17) | 04:54 | (21) | 05:23 | (19) | 03:16 | (12) | 03:44 | (7)  |  |  |  |  | 00:48 | (15) |
|    |                     |       | 04:25 | (13) | 06:41 | (12) | 09:54 | (12) | 13:09 | (11) | 16:41 | (13) | 23:21 | (14) | 24:29 | (14) | 29:23 | (15) | 34:46 | (15) | 38:02 | (15) | 41:46 | (15) |  |  |  |  | 42:34 | (15) |
| 16 | Christoffer Ahlsén  | 45:58 | 04:32 | (14) | 02:24 | (12) | 05:20 | (20) | 03:45 | (20) | 02:33 | (10) | 07:16 | (18) | 01:10 | (19) | 05:00 | (22) | 04:52 | (15) | 03:43 | (15) | 04:36 | (15) |  |  |  |  | 00:47 | (13) |
|    |                     |       | 04:32 | (14) | 06:56 | (14) | 12:16 | (16) | 16:01 | (17) | 18:34 | (17) | 25:50 | (16) | 27:00 | (16) | 32:00 | (17) | 36:52 | (16) | 40:35 | (16) | 45:11 | (16) |  |  |  |  | 45:58 | (16) |
| 17 | Tore Eklund         | 48:25 | 05:07 | (18) | 02:28 | (13) | 03:56 | (14) | 03:16 | (15) | 03:13 | (19) | 08:12 | (20) | 01:02 | (15) | 04:29 | (19) | 05:29 | (20) | 05:06 | (24) | 05:03 | (17) |  |  |  |  | 01:04 | (27) |
|    |                     |       | 05:07 | (18) | 07:35 | (17) | 11:31 | (14) | 14:47 | (15) | 18:00 | (16) | 26:12 | (17) | 27:14 | (17) | 31:43 | (16) | 37:12 | (17) | 42:18 | (17) | 47:21 | (17) |  |  |  |  | 48:25 | (17) |
| 18 | Annika Bygdén       | 49:06 | 04:49 | (17) | 07:11 | (28) | 04:30 | (18) | 02:56 | (11) | 02:57 | (16) | 06:44 | (17) | 01:00 | (13) | 04:10 | (15) | 05:19 | (18) | 03:13 | (11) | 05:30 | (21) |  |  |  |  | 00:47 | (12) |
|    |                     |       | 04:49 | (17) | 12:00 | (27) | 16:30 | (24) | 19:26 | (23) | 22:23 | (21) | 29:07 | (19) | 30:07 | (19) | 34:17 | (19) | 39:36 | (18) | 42:49 | (18) | 48:19 | (18) |  |  |  |  | 49:06 | (18) |
| 19 | Daniel Bergquist    | 52:04 | 04:46 | (16) | 02:45 | (17) | 05:32 | (22) | 04:01 | (23) | 03:22 | (20) | 10:15 | (27) | 01:02 | (15) | 04:17 | (16) | 05:13 | (17) | 03:46 | (16) | 06:12 | (25) |  |  |  |  | 00:53 | (20) |
|    |                     |       | 04:46 | (16) | 07:31 | (16) | 13:03 | (18) | 17:04 | (18) | 20:26 | (18) | 30:41 | (20) | 31:43 | (20) | 36:00 | (20) | 41:13 | (20) | 44:59 | (19) | 51:11 | (19) |  |  |  |  | 52:04 | (19) |
| 20 | Jonathan Ahlsén     | 53:08 | 05:41 | (19) | 03:34 | (22) | 05:45 | (23) | 03:28 | (16) | 02:30 | (7)  | 05:58 | (11) | 00:48 | (6)  | 04:24 | (18) | 08:34 | (29) | 05:26 | (26) | 06:28 | (27) |  |  |  |  | 00:32 | (1)  |
|    |                     |       | 05:41 | (19) | 09:15 | (20) | 15:00 | (21) | 18:28 | (20) | 20:58 | (19) | 26:56 | (18) | 27:44 | (18) | 32:08 | (18) | 40:42 | (19) | 46:08 | (20) | 52:36 | (20) |  |  |  |  | 53:08 | (20) |
| 21 | Marcus Grahn        | 57:42 | 05:50 | (21) | 02:51 | (18) | 06:04 | (26) | 04:35 | (25) | 03:48 | (24) | 09:23 | (26) | 01:31 | (24) | 06:38 | (28) | 07:07 | (25) | 03:50 | (18) | 05:08 | (18) |  |  |  |  | 00:57 | (23) |
|    |                     |       | 05:50 | (21) | 08:41 | (19) | 14:45 | (20) | 19:20 | (22) | 23:08 | (22) | 32:31 | (22) | 34:02 | (21) | 40:40 | (22) | 47:47 | (23) | 51:37 | (21) | 56:45 | (21) |  |  |  |  | 57:42 | (21) |
| 22 | Marianne Pettersson | 57:52 | 05:49 | (20) | 06:08 | (27) | 05:59 | (25) | 06:15 | (28) | 03:07 | (18) | 07:23 | (19) | 01:28 | (23) | 05:29 | (26) | 05:09 | (16) | 04:50 | (21) | 05:23 | (20) |  |  |  |  | 00:52 | (18) |
|    |                     |       | 05:49 | (20) | 11:57 | (26) | 17:56 | (25) | 24:11 | (25) | 27:18 | (25) | 34:41 | (25) | 36:09 | (23) | 41:38 | (25) | 46:47 | (22) | 51:37 | (21) | 57:00 | (22) |  |  |  |  | 57:52 | (22) |
| 23 | Anne-Marie Wigle    | 58:42 | 06:04 | (23) | 05:34 | (25) | 04:07 | (16) | 03:31 | (18) | 04:57 | (28) | 08:32 | (21) | 03:31 | (30) | 04:23 | (17) | 06:01 | (21) | 05:00 | (23) | 06:05 | (23) |  |  |  |  | 00:57 | (23) |
|    |                     |       | 06:04 | (23) | 11:38 | (25) | 15:45 | (22) | 19:16 | (21) | 24:13 | (23) | 32:45 | (23) | 36:16 | (24) | 40:39 | (21) | 46:40 | (21) | 51:40 | (23) | 57:45 | (23) |  |  |  |  | 58:42 | (23) |
| 24 | Kristin Willamo     | 61:32 | 06:10 | (24) | 05:08 | (24) | 04:59 | (19) | 04:37 | (26) | 03:32 | (21) | 09:21 | (25) | 02:45 | (28) | 05:00 | (22) | 08:04 | (28) | 05:39 | (27) | 05:21 | (19) |  |  |  |  | 00:56 | (21) |

|    |                   |       |            |            |            |            |            |            |            |            |            |            |            |       |  |  |  |  |  |  |  |  |            |
|----|-------------------|-------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------|--|--|--|--|--|--|--|--|------------|
|    |                   |       | 06:10 (24) | 11:18 (23) | 16:17 (23) | 20:54 (24) | 24:26 (24) | 33:47 (24) | 36:32 (25) | 41:32 (24) | 49:36 (25) | 55:15 (25) | 60:36 (24) |       |  |  |  |  |  |  |  |  | 61:32 (24) |
| 25 | Christer Andén    | 61:45 | 06:03 (22) | 03:18 (21) | 04:26 (17) | 03:51 (22) | 04:07 (25) | 10:37 (29) | 03:13 (29) | 05:20 (25) | 07:42 (26) | 05:55 (28) | 06:09 (24) |       |  |  |  |  |  |  |  |  | 01:04 (27) |
|    |                   |       | 06:03 (22) | 09:21 (21) | 13:47 (19) | 17:38 (19) | 21:45 (20) | 32:22 (21) | 35:35 (22) | 40:55 (23) | 48:37 (24) | 54:32 (24) | 60:41 (25) |       |  |  |  |  |  |  |  |  | 61:45 (25) |
| 26 | Staffan Holmberg  | 74:36 | 07:17 (28) | 02:59 (19) | 23:03 (30) | 03:47 (21) | 03:46 (23) | 09:06 (24) | 01:18 (21) | 05:12 (24) | 06:26 (23) | 04:19 (19) | 06:24 (26) |       |  |  |  |  |  |  |  |  | 00:59 (26) |
|    |                   |       | 07:17 (28) | 10:16 (22) | 33:19 (30) | 37:06 (30) | 40:52 (29) | 49:58 (29) | 51:16 (29) | 56:28 (28) | 62:54 (27) | 67:13 (26) | 73:37 (26) |       |  |  |  |  |  |  |  |  | 74:36 (26) |
| 27 | Björn Sveréus     | 78:06 | 06:19 (25) | 11:46 (29) | 14:26 (29) | 04:03 (24) | 08:23 (29) | 08:48 (22) | 01:35 (25) | 04:51 (20) | 06:28 (24) | 04:49 (20) | 05:40 (22) |       |  |  |  |  |  |  |  |  | 00:58 (25) |
|    |                   |       | 06:19 (25) | 18:05 (29) | 32:31 (29) | 36:34 (29) | 44:57 (30) | 53:45 (30) | 55:20 (30) | 60:11 (30) | 66:39 (30) | 71:28 (30) | 77:08 (27) |       |  |  |  |  |  |  |  |  | 78:06 (27) |
| 28 | Alva Bergquist    | 79:04 | 07:23 (29) | 04:07 (23) | 08:27 (28) | 05:07 (27) | 11:14 (30) | 10:15 (27) | 01:59 (26) | 09:27 (30) | 07:49 (27) | 05:16 (25) | 06:51 (28) |       |  |  |  |  |  |  |  |  | 01:09 (29) |
|    |                   |       | 07:23 (29) | 11:30 (24) | 19:57 (26) | 25:04 (26) | 36:18 (27) | 46:33 (28) | 48:32 (28) | 57:59 (29) | 65:48 (29) | 71:04 (28) | 77:55 (28) |       |  |  |  |  |  |  |  |  | 79:04 (28) |
| 29 | Henrik Willamo    | 79:47 | 07:55 (30) | 05:45 (26) | 07:07 (27) | 07:16 (30) | 04:16 (27) | 12:58 (30) | 02:24 (27) | 07:16 (29) | 08:57 (30) | 07:28 (29) | 07:36 (29) |       |  |  |  |  |  |  |  |  | 00:49 (16) |
|    |                   |       | 07:55 (30) | 13:40 (28) | 20:47 (27) | 28:03 (27) | 32:19 (26) | 45:17 (26) | 47:41 (27) | 54:57 (27) | 63:54 (28) | 71:22 (29) | 78:58 (29) |       |  |  |  |  |  |  |  |  | 79:47 (29) |
| 30 | Tomas Norlén      | 80:40 | 06:57 (27) | 13:28 (30) | 05:20 (20) | 06:43 (29) | 04:13 (26) | 08:55 (23) | 01:26 (22) | 05:44 (27) | 06:15 (22) | 08:55 (30) | 11:11 (30) |       |  |  |  |  |  |  |  |  | 01:33 (30) |
|    |                   |       | 06:57 (27) | 20:25 (30) | 25:45 (28) | 32:28 (28) | 36:41 (28) | 45:36 (27) | 47:02 (26) | 52:46 (26) | 59:01 (26) | 67:56 (27) | 79:07 (30) |       |  |  |  |  |  |  |  |  | 80:40 (30) |
| -  | Anders Lillstrand | 22:54 | 02:58      | 02:13      | 01:42      | 03:13      | 02:49      | 02:09      | 04:22      | 01:34      | 01:32      |            |            |       |  |  |  |  |  |  |  |  | 00:22      |
|    |                   |       | 02:58      | 05:11      | 06:53      | 10:06      | 12:55      | 15:04      | 19:26      | 21:00      | 22:32      |            |            |       |  |  |  |  |  |  |  |  | 22:54      |
| -  | Stefan Karlsson   | 25:09 | 05:00      | 03:12      | 03:49      | 03:03      | 03:26      | 05:26      |            |            |            |            |            |       |  |  |  |  |  |  |  |  | 01:13      |
|    |                   |       | 05:00      | 08:12      | 12:01      | 15:04      | 18:30      | 23:56      |            |            |            |            |            |       |  |  |  |  |  |  |  |  | 25:09      |
| -  | Jakob Enmark      | 28:25 | 03:03      | 02:29      | 02:58      | 01:51      | 02:05      | 04:38      | 00:46      | 03:17      | 06:21      |            |            |       |  |  |  |  |  |  |  |  | 00:57      |
|    |                   |       | 03:03      | 05:32      | 08:30      | 10:21      | 12:26      | 17:04      | 17:50      | 21:07      | 27:28      |            |            |       |  |  |  |  |  |  |  |  | 28:25      |
| -  | Joakim Eriksson   | 46:40 | 05:32      | 02:03      | 04:22      | 03:46      | 02:51      | 06:50      | 01:02      | 03:49      | 05:51      | 03:31      | 03:12      | 03:01 |  |  |  |  |  |  |  |  | 00:50      |
|    |                   |       | 05:32      | 07:35      | 11:57      | 15:43      | 18:34      | 25:24      | 26:26      | 30:15      | 36:06      | 39:37      | 42:49      | 45:50 |  |  |  |  |  |  |  |  | 46:40      |
| -  | Jennie Molin      | 62:17 | 08:36      | 07:17      | 08:14      | 13:01      | 08:29      | 04:49      | 10:42      |            |            |            |            |       |  |  |  |  |  |  |  |  | 01:09      |
|    |                   |       | 08:36      | 15:53      | 24:07      | 37:08      | 45:37      | 50:26      | 61:08      |            |            |            |            |       |  |  |  |  |  |  |  |  | 62:17      |

|   | Bana D        | Sluttid | S-1       | 1-2       | 2-3       | 3-4       | 4-5       | 5-6       | 6-7       | 7-8       | 8-9       | --10      | --11      | --12      | --13      | Mål       |
|---|---------------|---------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | Anna Ek       | 46:02   | 05:01 (2) | 04:33 (1) | 04:09 (2) | 02:32 (3) | 00:39 (2) | 05:01 (1) | 04:16 (1) | 02:54 (2) | 04:03 (3) | 04:16 (2) | 01:52 (1) | 02:53 (1) | 03:01 (1) | 00:52 (1) |
|   |               |         | 05:01 (2) | 09:34 (2) | 13:43 (1) | 16:15 (2) | 16:54 (2) | 21:55 (2) | 26:11 (1) | 29:05 (1) | 33:08 (2) | 37:24 (2) | 39:16 (1) | 42:09 (1) | 45:10 (1) | 46:02 (1) |
| 2 | Stig Thorsson | 55:28   | 05:29 (3) | 04:47 (2) | 04:03 (1) | 01:32 (1) | 00:35 (1) | 05:08 (2) | 04:48 (2) | 02:53 (1) | 03:20 (1) | 03:06 (1) | 03:45 (3) | 10:51 (3) | 04:02 (3) | 01:09 (3) |
|   |               |         | 05:29 (3) | 10:16 (3) | 14:19 (2) | 15:51 (1) | 16:26 (1) | 21:34 (1) | 26:22 (2) | 29:15 (2) | 32:35 (1) | 35:41 (1) | 39:26 (2) | 50:17 (2) | 54:19 (2) | 55:28 (2) |
| 3 | Lotta Grahn   | 56:07   | 04:45 (1) | 04:47 (2) | 05:21 (3) | 01:44 (2) | 00:43 (3) | 06:21 (3) | 05:11 (3) | 04:14 (3) | 03:48 (2) | 09:20 (3) | 02:14 (2) | 03:15 (2) | 03:29 (2) | 00:55 (2) |
|   |               |         | 04:45 (1) | 09:32 (1) | 14:53 (3) | 16:37 (3) | 17:20 (3) | 23:41 (3) | 28:52 (3) | 33:06 (3) | 36:54 (3) | 46:14 (3) | 48:28 (3) | 51:43 (3) | 55:12 (3) | 56:07 (3) |