

Resultat – IKHP sommar14

2014-07-10

HD10		(16 / 16)		Tid	Efter		
1.	Johanna Fransson	IF Hallby SOK		17:44			
	5:00 (5:00)	4:46 (9:46)	2:21 (12:07)	4:26 (16:33)	0:40 (17:13)	0:31 (17:44)	
2.	Albin Hjellström	Grännsbygdens OK		18:38	+0:54		
	6:32 (6:32)	3:58 (10:30)	2:33 (13:03)	4:30 (17:33)	0:40 (18:13)	0:25 (18:38)	
3.	Karl Hjellström	Gränna-Bygdens OK		18:40	+0:56		
	6:40 (6:40)	3:56 (10:36)	2:34 (13:10)	4:28 (17:38)	0:40 (18:18)	0:22 (18:40)	
4.	Lina Fransson	Jönköpings OK		20:06	+2:22		
	5:19 (5:19)	5:15 (10:34)	2:55 (13:29)	5:08 (18:37)	0:52 (19:29)	0:37 (20:06)	
5.	Eskil Folkelid	Tenhults SOK		23:13	+5:29		
	6:47 (6:47)	5:06 (11:53)	3:16 (15:09)	6:21 (21:30)	0:51 (22:21)	0:52 (23:13)	
6.	Elin Axelsson	Mullsjö SOK		24:19	+6:35		
	7:39 (7:39)	6:01 (13:40)	2:54 (16:34)	6:26 (23:00)	0:47 (23:47)	0:32 (24:19)	
7.	Malte Nilsson	IK Vista		24:44	+7:00		
	6:48 (6:48)	4:32 (11:20)	3:47 (15:07)	8:12 (23:19)	0:53 (24:12)	0:32 (24:44)	
8.	Kristina Håmås	IK Hakarpspojarna		25:23	+7:39		
	6:05 (6:05)	4:46 (10:51)	3:01 (13:52)	9:27 (23:19)	1:13 (24:32)	0:51 (25:23)	
9.	Viktor Skog	Sol Tranås		36:56	+19:12		
	11:05 (11:05)	7:52 (18:57)	4:58 (23:55)	10:23 (34:18)	1:55 (36:13)	0:43 (36:56)	
10.	Nina Högrell	Jönköpings OK		39:08	+21:24		
	10:55 (10:55)	9:29 (20:24)	5:36 (26:00)	10:29 (36:29)	1:45 (38:14)	0:54 (39:08)	
11.	Adina Nilsson	IK Vista		41:29	+23:45		
	16:56 (16:56)	7:40 (24:36)	5:58 (30:34)	8:23 (38:57)	1:50 (40:47)	0:42 (41:29)	
12.	Ellinor Livh	OK Gränsen		43:50	+26:06		
	19:22 (19:22)	5:51 (25:13)	8:15 (33:28)	8:42 (42:10)	1:06 (43:16)	0:34 (43:50)	
13.	Peter Strömberg	IK Hakarpspojarna		49:03	+31:19		
	12:04 (12:04)	8:16 (20:20)	15:07 (35:27)	11:56 (47:23)	1:01 (48:24)	0:39 (49:03)	
14.	Erik Strömberg	IK Hakarpspojarna		49:05	+31:21		
	12:08 (12:08)	8:17 (20:25)	15:32 (35:57)	11:29 (47:26)	0:58 (48:24)	0:41 (49:05)	
15.	Gerd Lindholm	Sol Tranås		3:14:24	+176:40		
	– (2:48:30)	7:54 (2:56:24)	4:56 (3:01:20)	10:27 (3:11:47)	1:52 (3:13:39)	0:45 (3:14:24)	
	Ellen Lorefors	IK Hakarpspojarna		Felst.			
	– (–)	– (–)	– (–)	– (24:58)	1:34 (26:32)	0:49 (27:21)	
Korta		(48 / 48)		Tid	Efter		
1.	Lukas Granstedt	IK Hakarpspojarna		32:45			
	3:40 (3:40)	3:27 (7:07)	1:46 (8:53)	4:30 (13:23)	1:35 (14:58)	3:45 (18:43)	
	2:49 (21:32)	2:26 (23:58)	3:30 (27:28)	2:36 (30:04)	2:15 (32:19)	0:26 (32:45)	
2.	Jonny Adolffson	Jönköpings OK		39:31	+6:46		
	4:09 (4:09)	3:27 (7:36)	4:59 (12:35)	3:23 (15:58)	1:44 (17:42)	5:12 (22:54)	
	2:40 (25:34)	5:13 (30:47)	3:06 (33:53)	2:50 (36:43)	2:11 (38:54)	0:37 (39:31)	
3.	Jakob Ingström	Bottnaryds IF		39:38	+6:53		
	4:07 (4:07)	4:11 (8:18)	2:21 (10:39)	6:38 (17:17)	2:26 (19:43)	4:11 (23:54)	
	3:00 (26:54)	3:23 (30:17)	3:27 (33:44)	3:03 (36:47)	2:21 (39:08)	0:30 (39:38)	
4.	Stefan Håmås	IK Hakarpspojarna		40:03	+7:18		
	4:55 (4:55)	4:34 (9:29)	3:15 (12:44)	4:22 (17:06)	2:23 (19:29)	4:11 (23:40)	
	3:15 (26:55)	3:13 (30:08)	4:13 (34:21)	2:31 (36:52)	2:30 (39:22)	0:41 (40:03)	
5.	Göran Dehlin	Annebergs GIF		41:19	+8:34		
	4:48 (4:48)	5:18 (10:06)	2:11 (12:17)	4:12 (16:29)	2:25 (18:54)	4:35 (23:29)	
	3:18 (26:47)	4:30 (31:17)	3:21 (34:38)	3:35 (38:13)	2:31 (40:44)	0:35 (41:19)	
6.	Benjamin Claesson	Jönköpings OK		42:26	+9:41		
	4:15 (4:15)	6:07 (10:22)	2:14 (12:36)	6:52 (19:28)	2:27 (21:55)	4:56 (26:51)	
	3:09 (30:00)	3:16 (33:16)	3:15 (36:31)	2:58 (39:29)	2:28 (41:57)	0:29 (42:26)	
7.	Alva Lorefors	IK Hakarpspojarna		43:19	+10:34		
	4:57 (4:57)	5:17 (10:14)	1:59 (12:13)	8:10 (20:23)	2:26 (22:49)	4:41 (27:30)	
	3:19 (30:49)	3:19 (34:08)	3:15 (37:23)	3:00 (40:23)	2:28 (42:51)	0:28 (43:19)	
8.	Sofia Johnsson	Selånger SOK		43:35	+10:50		
	5:24 (5:24)	5:00 (10:24)	1:57 (12:21)	4:22 (16:43)	2:49 (19:32)	5:44 (25:16)	
	4:12 (29:28)	3:43 (33:11)	3:33 (36:44)	3:39 (40:23)	2:37 (43:00)	0:35 (43:35)	
9.	Stefan Hermansson	Tenhults SOK		44:54	+12:09		
	5:41 (5:41)	4:26 (10:07)	1:49 (11:56)	4:14 (16:10)	2:49 (18:59)	4:46 (23:45)	
	8:26 (32:11)	3:07 (35:18)	4:03 (39:21)	2:32 (41:53)	2:24 (44:17)	0:37 (44:54)	
10.	Helena Sandberg	IK Hakarpspojarna		45:14	+12:29		
	5:45 (5:45)	4:46 (10:31)	2:05 (12:36)	4:36 (17:12)	2:19 (19:31)	4:54 (24:25)	
	3:16 (27:41)	6:00 (33:41)	4:17 (37:58)	3:46 (41:44)	2:50 (44:34)	0:40 (45:14)	
11.	Harald Henriksson	Lekeryd-Svarttorps SK		47:03	+14:18		
	7:19 (7:19)	4:34 (11:53)	2:30 (14:23)	4:56 (19:19)	2:26 (21:45)	5:38 (27:23)	
	3:40 (31:03)	3:16 (34:19)	4:14 (38:33)	5:09 (43:42)	2:45 (46:27)	0:36 (47:03)	
12.	Sven Erik Sjöholm	Mullsjö SOK		48:01	+15:16		
	6:42 (6:42)	5:14 (11:56)	2:29 (14:25)	5:42 (20:07)	2:54 (23:01)	4:57 (27:58)	
	3:28 (31:26)	4:12 (35:38)	4:27 (40:05)	4:16 (44:21)	2:58 (47:19)	0:42 (48:01)	
13.	Gustav Hjellström	Gränna-Bygdens OK		48:04	+15:19		
	5:29 (5:29)	11:28 (16:57)	2:05 (19:02)	3:40 (22:42)	1:53 (24:35)	7:24 (31:59)	
	3:07 (35:06)	3:35 (38:41)	3:28 (42:09)	3:22 (45:31)	2:10 (47:41)	0:23 (48:04)	

14. Lena Högrell	Jönköpings OK	48:47	+16:02		
6:48 (6:48)	4:29 (11:17)	2:45 (14:02)	7:16 (21:18)	3:52 (25:10)	7:50 (33:00)
3:00 (36:00)	2:59 (38:59)	3:42 (42:41)	3:05 (45:46)	2:26 (48:12)	0:35 (48:47)
15. Hans Jörgen Hansson	Lekeryd-Svarttorps SK	48:52	+16:07		
5:43 (5:43)	4:49 (10:32)	2:17 (12:49)	4:27 (17:16)	2:15 (19:31)	5:56 (25:27)
4:02 (29:29)	4:08 (33:37)	4:12 (37:49)	7:40 (45:29)	2:45 (48:14)	0:38 (48:52)
16. Kent Nero	Mullsjö SOK	50:58	+18:13		
6:29 (6:29)	5:50 (12:19)	2:24 (14:43)	5:48 (20:31)	2:42 (23:13)	5:15 (28:28)
3:52 (32:20)	4:23 (36:43)	4:31 (41:14)	5:56 (47:10)	3:04 (50:14)	0:44 (50:58)
17. Peter Fransson	Jönköpings OK	51:36	+18:51		
6:24 (6:24)	5:45 (12:09)	2:34 (14:43)	7:01 (21:44)	3:01 (24:45)	5:48 (30:33)
3:42 (34:15)	3:30 (37:45)	5:17 (43:02)	4:59 (48:01)	3:02 (51:03)	0:33 (51:36)
18. Anette Fransson	Jönköpings OK	51:39	+18:54		
6:30 (6:30)	5:43 (12:13)	2:34 (14:47)	7:13 (22:00)	2:50 (24:50)	5:51 (30:41)
3:32 (34:13)	3:36 (37:49)	5:28 (43:17)	4:43 (48:00)	3:04 (51:04)	0:35 (51:39)
19. Erik Olofsson	IF Hallby SOK	51:58	+19:13		
6:27 (6:27)	4:56 (11:23)	2:35 (13:58)	5:41 (19:39)	4:34 (24:13)	6:44 (30:57)
4:50 (35:47)	3:29 (39:16)	4:43 (43:59)	3:45 (47:44)	3:34 (51:18)	0:40 (51:58)
20. Ingemar Kylberg	Malungs OK Skogsmårdarna	52:07	+19:22		
6:22 (6:22)	5:57 (12:19)	2:31 (14:50)	6:14 (21:04)	3:01 (24:05)	6:20 (30:25)
3:43 (34:08)	4:39 (38:47)	4:47 (43:34)	4:01 (47:35)	3:46 (51:21)	0:46 (52:07)
21. Helena Andersson	SOK Aneby	53:38	+20:53		
6:45 (6:45)	6:39 (13:24)	2:34 (15:58)	5:25 (21:23)	3:37 (25:00)	5:20 (30:20)
4:33 (34:53)	5:43 (40:36)	5:15 (45:51)	3:58 (49:49)	3:08 (52:57)	0:41 (53:38)
22. Kajsa Johansson	Jönköpings OK	53:46	+21:01		
4:56 (4:56)	6:45 (11:41)	2:54 (14:35)	4:31 (19:06)	2:34 (21:40)	7:07 (28:47)
3:53 (32:40)	10:49 (43:29)	4:25 (47:54)	2:58 (50:52)	2:24 (53:16)	0:30 (53:46)
23. Lars-Göran Björnlinger	IK Vista	56:18	+23:33		
6:13 (6:13)	9:47 (16:00)	3:35 (19:35)	5:49 (25:24)	3:26 (28:50)	5:16 (34:06)
4:41 (38:47)	3:50 (42:37)	4:58 (47:35)	4:36 (52:11)	3:22 (55:33)	0:45 (56:18)
24. Kjell Lindholm	Sol Tranås	59:31	+26:46		
7:03 (7:03)	6:45 (13:48)	3:34 (17:22)	9:44 (27:06)	2:58 (30:04)	6:41 (36:45)
4:10 (40:55)	4:50 (45:45)	5:28 (51:13)	4:18 (55:31)	3:17 (58:48)	0:43 (59:31)
25. Weine Carlsson	IK Hakarpspojarna	1:00:35	+27:50		
6:35 (6:35)	6:36 (13:11)	4:28 (17:39)	6:11 (23:50)	3:14 (27:04)	9:42 (36:46)
3:48 (40:34)	4:06 (44:40)	4:27 (49:07)	7:37 (56:44)	3:08 (59:52)	0:43 (1:00:35)
26. Toivo Voudinmäki	Mullsjö SOK	1:00:39	+27:54		
6:21 (6:21)	6:45 (13:06)	3:46 (16:52)	6:02 (22:54)	3:30 (26:24)	6:14 (32:38)
5:05 (37:43)	7:50 (45:33)	4:28 (50:01)	5:53 (55:54)	4:11 (1:00:05)	0:34 (1:00:39)
27. Bertil Öhlund	Falköpings AIK OK	1:00:40	+27:55		
12:09 (12:09)	6:39 (18:48)	2:33 (21:21)	7:59 (29:20)	4:29 (33:49)	5:18 (39:07)
4:19 (43:26)	4:18 (47:44)	4:18 (52:02)	4:10 (56:12)	3:36 (59:48)	0:52 (1:00:40)
28. Alf Olsson	Forserums SOK	1:02:31	+29:46		
11:07 (11:07)	8:28 (19:35)	3:57 (23:32)	5:32 (29:04)	3:21 (32:25)	8:07 (40:32)
3:53 (44:25)	4:39 (49:04)	5:45 (54:49)	3:46 (58:35)	3:11 (1:01:46)	0:45 (1:02:31)
29. Lovisa Nord	Sol Tranås	1:03:20	+30:35		
5:39 (5:39)	13:25 (19:04)	2:31 (21:35)	9:47 (31:22)	4:47 (36:09)	5:26 (41:35)
3:47 (45:22)	4:25 (49:47)	3:18 (53:05)	7:11 (1:00:16)	2:29 (1:02:45)	0:35 (1:03:20)
30. Kaarina Voudinmäki	Mullsjö SOK	1:05:30	+32:45		
10:04 (10:04)	7:39 (17:43)	4:07 (21:50)	6:55 (28:45)	3:54 (32:39)	7:43 (40:22)
4:48 (45:10)	5:23 (50:33)	5:17 (55:50)	4:54 (1:00:44)	4:01 (1:04:45)	0:45 (1:05:30)
31. Rolf Jonasson	Jönköpings OK	1:06:03	+33:18		
6:28 (6:28)	5:40 (12:08)	2:48 (14:56)	5:10 (20:06)	6:08 (26:14)	5:20 (31:34)
4:22 (35:56)	4:35 (40:31)	9:14 (49:45)	12:06 (1:01:51)	3:27 (1:05:18)	0:45 (1:06:03)
32. Carolina Önsten	IK Vista	1:08:52	+36:07		
7:52 (7:52)	8:04 (15:56)	4:12 (20:08)	5:33 (25:41)	4:02 (29:43)	7:40 (37:23)
9:13 (46:36)	5:34 (52:10)	5:31 (57:41)	7:02 (1:04:43)	3:27 (1:08:10)	0:42 (1:08:52)
33. Arvid Önsten	IK Vista	1:10:02	+37:17		
4:49 (4:49)	21:30 (26:19)	1:42 (28:01)	4:41 (32:42)	2:17 (34:59)	7:26 (42:25)
4:17 (46:42)	4:06 (50:48)	13:00 (1:03:48)	3:19 (1:07:07)	2:18 (1:09:25)	0:37 (1:10:02)
34. Mats Birgersson	Forserums SOK	1:14:58	+42:13		
9:15 (9:15)	7:42 (16:57)	3:28 (20:25)	6:57 (27:22)	5:51 (33:13)	7:05 (40:18)
5:27 (45:45)	5:34 (51:19)	13:47 (1:05:06)	4:53 (1:09:59)	4:10 (1:14:09)	0:49 (1:14:58)
35. Ann-Marie Birgersson	Forserums SOK	1:17:54	+45:09		
9:14 (9:14)	8:35 (17:49)	3:39 (21:28)	6:54 (28:22)	5:16 (33:38)	8:29 (42:07)
10:24 (52:31)	6:13 (58:44)	7:58 (1:06:42)	6:08 (1:12:50)	4:08 (1:16:58)	0:56 (1:17:54)
35. Monika Hjellström	Gränna-Bygdens OK	1:17:54	+45:09		
10:03 (10:03)	7:23 (17:26)	3:35 (21:01)	9:50 (30:51)	4:00 (34:51)	9:52 (44:43)
4:54 (49:37)	5:01 (54:38)	5:45 (1:00:23)	13:15 (1:13:38)	3:29 (1:17:07)	0:47 (1:17:54)
37. Annika Elmeke	IF Hallby SOK	1:24:00	+51:15		
10:47 (10:47)	13:37 (24:24)	4:05 (28:29)	7:37 (36:06)	5:08 (41:14)	9:43 (50:57)
5:59 (56:56)	7:11 (1:04:07)	8:17 (1:12:24)	7:08 (1:19:32)	3:48 (1:23:20)	0:40 (1:24:00)
38. Wåge Elmeke	IF Hallby SOK	1:24:48	+52:03		
10:52 (10:52)	13:39 (24:31)	4:01 (28:32)	7:39 (36:11)	5:10 (41:21)	9:28 (50:49)
6:21 (57:10)	7:02 (1:04:12)	8:15 (1:12:27)	7:08 (1:19:35)	4:18 (1:23:53)	0:55 (1:24:48)
39. Gösta Lindblom	Ölmstads IS	1:27:44	+54:59		
10:05 (10:05)	8:54 (18:59)	11:01 (30:00)	7:38 (37:38)	4:10 (41:48)	8:29 (50:17)
10:20 (1:00:37)	7:47 (1:08:24)	9:47 (1:18:11)	4:41 (1:22:52)	4:00 (1:26:52)	0:52 (1:27:44)

40. Alf Larsson	IK Vista	1:38:34	+65:49		
11:50 (11:50)	12:10 (24:00)	4:08 (28:08)	10:01 (38:09)	5:14 (43:23)	13:01 (56:24)
8:08 (1:04:32)	8:26 (1:12:58)	12:15 (1:25:13)	6:21 (1:31:34)	5:56 (1:37:30)	1:04 (1:38:34)
Christer Andersson	SOK Aneby	Felst.			
7:41 (7:41)	6:03 (13:44)	2:06 (15:50)	5:06 (20:56)	- (-)	- (43:05)
3:43 (46:48)	3:41 (50:29)	4:12 (54:41)	5:18 (59:59)	4:47 (1:04:46)	0:41 (1:05:27)
Elisabeth Skoglund	OK Gränsen	Felst.			
13:49 (13:49)	10:03 (23:52)	11:05 (34:57)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (1:13:58)
Gunnel Öhlund	Falköpings AIK OK	Felst.			
- (1:36:43)	- (-)	- (-)	- (1:54:11)	4:20 (1:58:31)	- (-)
- (2:08:03)	- (-)	- (-)	- (2:23:10)	5:20 (2:28:30)	0:40 (2:29:10)
Kerstin Gustafsson	OK Gränsen	Felst.			
11:11 (11:11)	12:39 (23:50)	5:21 (29:11)	8:53 (38:04)	4:38 (42:42)	9:08 (51:50)
6:23 (58:13)	- (-)	- (-)	- (-)	- (1:11:03)	1:13 (1:12:16)
Marie Nord	Sol Tranås	Felst.			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (1:01:23)
Sigvard Eriksson	OK Gränsen	Felst.			
8:29 (8:29)	7:09 (15:38)	4:20 (19:58)	6:09 (26:07)	3:38 (29:45)	7:10 (36:55)
5:21 (42:16)	4:51 (47:07)	- (-)	- (1:13:46)	3:39 (1:17:25)	1:09 (1:18:34)
Stina Sterner	Linköpings OK	Felst.			
7:03 (7:03)	7:52 (14:55)	2:48 (17:43)	10:12 (27:55)	4:14 (32:09)	- (-)
- (40:57)	6:42 (47:39)	5:00 (52:39)	5:05 (57:44)	4:46 (1:02:30)	1:15 (1:03:45)
Elin Tudén	IK Hakarpspojarna	Disk.			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	2:46 (2:41)	4:08 (6:49)	3:02 (9:51)	2:17 (12:08)	0:34 (12:42)

Mellan	(25 / 25)	Tid	Efter		
1. Peter Tudén	IK Hakarpspojarna	37:07			
3:21 (3:21)	2:38 (5:59)	1:17 (7:16)	10:06 (17:22)	3:29 (20:51)	1:07 (21:58)
7:35 (29:33)	2:19 (31:52)	2:54 (34:46)	1:53 (36:39)	0:28 (37:07)	
2. Jesper Lindström	IF Hagen	44:47	+7:40		
4:00 (4:00)	3:20 (7:20)	1:28 (8:48)	12:07 (20:55)	4:31 (25:26)	0:56 (26:22)
10:18 (36:40)	3:12 (39:52)	2:37 (42:29)	1:52 (44:21)	0:26 (44:47)	
3. Christian Eriksson	Linköpings OK	45:03	+7:56		
4:17 (4:17)	4:20 (8:37)	1:56 (10:33)	12:43 (23:16)	4:03 (27:19)	1:01 (28:20)
9:29 (37:49)	2:32 (40:21)	2:07 (42:28)	2:04 (44:32)	0:31 (45:03)	
4. Mikael Trofast	Jönköpings OK	45:52	+8:45		
4:30 (4:30)	3:30 (8:00)	1:39 (9:39)	12:58 (22:37)	4:04 (26:41)	1:10 (27:51)
10:05 (37:56)	2:36 (40:32)	2:27 (42:59)	2:15 (45:14)	0:38 (45:52)	
5. Mats Granstedt	IK Hakarpspojarna	46:28	+9:21		
4:32 (4:32)	3:35 (8:07)	1:38 (9:45)	12:18 (22:03)	5:03 (27:06)	1:21 (28:27)
9:32 (37:59)	3:17 (41:16)	2:19 (43:35)	2:19 (45:54)	0:34 (46:28)	
6. Göran Randau	IK Hakarpspojarna	47:13	+10:06		
4:10 (4:10)	3:41 (7:51)	1:46 (9:37)	12:04 (21:41)	4:48 (26:29)	1:11 (27:40)
9:51 (37:31)	3:53 (41:24)	2:48 (44:12)	2:23 (46:35)	0:38 (47:13)	
7. Jimmy IBY	Grännsbygdens OK	47:42	+10:35		
4:00 (4:00)	3:15 (7:15)	2:12 (9:27)	16:10 (25:37)	4:16 (29:53)	1:08 (31:01)
9:27 (40:28)	2:32 (43:00)	2:04 (45:04)	2:09 (47:13)	0:29 (47:42)	
8. Philip Hjelström	Gränna-Bygdens OK	48:51	+11:44		
4:11 (4:11)	4:11 (8:22)	1:41 (10:03)	13:31 (23:34)	4:45 (28:19)	1:42 (30:01)
9:54 (39:55)	2:47 (42:42)	3:35 (46:17)	2:05 (48:22)	0:29 (48:51)	
9. Maria R Thelin	Jönköpings OK	49:12	+12:05		
4:53 (4:53)	3:38 (8:31)	1:50 (10:21)	12:37 (22:58)	4:30 (27:28)	1:14 (28:42)
10:38 (39:20)	4:48 (44:08)	2:33 (46:41)	2:01 (48:42)	0:30 (49:12)	
10. Filippa Johansson	Jönköpings OK	51:35	+14:28		
4:12 (4:12)	7:28 (11:40)	2:26 (14:06)	13:23 (27:29)	4:25 (31:54)	1:07 (33:01)
10:01 (43:02)	3:14 (46:16)	2:40 (48:56)	2:05 (51:01)	0:34 (51:35)	
11. Claus Johansson	Jönköpings OK	52:31	+15:24		
4:58 (4:58)	4:26 (9:24)	2:02 (11:26)	14:23 (25:49)	4:55 (30:44)	1:34 (32:18)
10:08 (42:26)	4:28 (46:54)	2:44 (49:38)	2:18 (51:56)	0:35 (52:31)	
12. Lars Gustafsson	OK Gränsen	56:00	+18:53		
4:32 (4:32)	4:29 (9:01)	2:14 (11:15)	14:32 (25:47)	5:04 (30:51)	1:45 (32:36)
12:17 (44:53)	3:32 (48:25)	4:04 (52:29)	2:54 (55:23)	0:37 (56:00)	
13. Stellan Ahnström	Forserums SOK	56:17	+19:10		
5:36 (5:36)	5:00 (10:36)	2:15 (12:51)	14:34 (27:25)	5:51 (33:16)	1:18 (34:34)
11:27 (46:01)	3:22 (49:23)	3:40 (53:03)	2:37 (55:40)	0:37 (56:17)	
14. Alice Axelsson	Mullsjö SOK	56:30	+19:23		
4:49 (4:49)	4:02 (8:51)	2:00 (10:51)	15:10 (26:01)	4:00 (30:01)	1:12 (31:13)
15:22 (46:35)	3:53 (50:28)	3:21 (53:49)	2:13 (56:02)	0:28 (56:30)	
15. Sven Nilsson	IK Vista	57:35	+20:28		
5:21 (5:21)	4:31 (9:52)	2:58 (12:50)	20:17 (33:07)	4:22 (37:29)	1:11 (38:40)
10:08 (48:48)	2:52 (51:40)	3:05 (54:45)	2:18 (57:03)	0:32 (57:35)	
16. Arvid Claesson	Jönköpings OK	1:01:37	+24:30		
3:57 (3:57)	6:22 (10:19)	2:12 (12:31)	12:41 (25:12)	4:14 (29:26)	1:04 (30:30)
10:13 (40:43)	2:27 (43:10)	15:46 (58:56)	2:10 (1:01:06)	0:31 (1:01:37)	
17. Klas Björk	IK Hakarpspojarna	1:01:48	+24:41		
5:23 (5:23)	4:44 (10:07)	2:50 (12:57)	18:09 (31:06)	6:25 (37:31)	1:48 (39:19)
11:58 (51:17)	3:55 (55:12)	3:36 (58:48)	2:27 (1:01:15)	0:33 (1:01:48)	

18. Göran Nord	Sol Tranås	1:01:57 +24:50		
4:33 (4:33)	6:22 (10:55)	2:17 (13:12)	20:12 (33:24)	4:25 (37:49)
12:48 (51:42)	3:35 (55:17)	2:59 (58:16)	2:58 (1:01:14)	0:43 (1:01:57)
19. Klara Nero	Mullsjö SOK	1:06:15 +29:08		
5:20 (5:20)	7:01 (12:21)	2:24 (14:45)	18:04 (32:49)	6:02 (38:51)
15:26 (55:50)	3:57 (59:47)	3:18 (1:03:05)	2:39 (1:05:44)	0:31 (1:06:15)
20. Stina Nero	Mullsjö SOK	1:07:12 +30:05		
6:13 (6:13)	4:34 (10:47)	2:12 (12:59)	17:38 (30:37)	5:09 (35:46)
14:59 (52:19)	3:39 (55:58)	7:46 (1:03:44)	2:53 (1:06:37)	0:35 (1:07:12)
21. Per-Olof Claesson	Tenhults SOK	1:08:33 +31:26		
6:02 (6:02)	5:39 (11:41)	2:32 (14:13)	16:38 (30:51)	6:19 (37:10)
13:58 (56:20)	5:29 (1:01:49)	3:24 (1:05:13)	2:42 (1:07:55)	0:38 (1:08:33)
22. Anna Johansson	Jönköpings OK	1:09:01 +31:54		
6:11 (6:11)	6:39 (12:50)	2:46 (15:36)	18:07 (33:43)	8:49 (42:32)
14:35 (58:30)	3:43 (1:02:13)	3:34 (1:05:47)	2:37 (1:08:24)	0:37 (1:09:01)
23. Helene Svensson	IK Vista	1:09:21 +32:14		
7:42 (7:42)	5:25 (13:07)	2:59 (16:06)	17:37 (33:43)	7:21 (41:04)
15:03 (58:01)	3:47 (1:01:48)	4:07 (1:05:55)	2:46 (1:08:41)	0:40 (1:09:21)
24. Peter Waldenström	Jönköpings OK	1:18:07 +41:00		
7:12 (7:12)	6:31 (13:43)	2:45 (16:28)	19:30 (35:58)	7:25 (43:23)
18:42 (1:04:03)	4:33 (1:08:36)	4:46 (1:13:22)	3:43 (1:17:05)	1:02 (1:18:07)
25. Lars Fransson	Bottnaryds IF	1:25:26 +48:19		
11:18 (1:1:18)	4:26 (15:44)	2:46 (18:30)	27:46 (46:16)	10:03 (56:19)
15:59 (1:14:56)	3:50 (1:18:46)	3:15 (1:22:01)	2:44 (1:24:45)	0:41 (1:25:26)

Långa	(10 / 10)	Tid	Efter	
1. Arvid Nord	IK Hakarpspojarna	1:00:38		
4:23 (4:23)	2:38 (7:01)	12:20 (19:21)	2:31 (21:52)	4:17 (26:09)
2:14 (30:21)	3:17 (33:38)	3:56 (37:34)	2:47 (40:21)	6:43 (47:04)
1:59 (53:48)	2:28 (56:16)	2:18 (58:34)	1:37 (1:00:11)	0:27 (1:00:38)
2. Adam Granstedt	IK Hakarpspojarna	1:00:45 +0:07		
3:06 (3:06)	2:34 (5:40)	11:18 (16:58)	2:01 (18:59)	4:22 (23:21)
2:03 (27:12)	9:30 (36:42)	3:29 (40:11)	1:38 (41:49)	5:58 (47:47)
1:40 (54:40)	2:07 (56:47)	1:53 (58:40)	1:42 (1:00:22)	0:23 (1:00:45)
3. Peter Jacobsson	IK Hakarpspojarna	1:01:35 +0:57		
4:00 (4:00)	3:18 (7:18)	12:16 (19:34)	2:37 (22:11)	3:50 (26:01)
2:40 (30:43)	3:27 (34:10)	3:52 (38:02)	2:03 (40:05)	7:06 (47:11)
1:56 (53:33)	3:14 (56:47)	2:07 (58:54)	2:06 (1:01:00)	0:35 (1:01:35)
4. Albin Axelsson	IK Hakarpspojarna	1:04:54 +4:16		
3:19 (3:19)	3:51 (7:10)	12:07 (19:17)	5:11 (24:28)	4:06 (28:34)
2:46 (33:14)	3:07 (36:21)	3:27 (39:48)	2:07 (41:55)	6:43 (48:38)
1:36 (58:12)	2:09 (1:00:21)	2:34 (1:02:55)	1:36 (1:04:31)	0:23 (1:04:54)
5. Anders Ryvallius	IK Hakarpspojarna	1:05:40 +5:02		
3:58 (3:58)	2:45 (6:43)	16:00 (22:43)	2:24 (25:07)	3:45 (28:52)
3:10 (34:13)	3:40 (37:53)	4:22 (42:15)	1:50 (44:05)	6:39 (50:44)
1:46 (58:54)	2:24 (1:01:18)	1:58 (1:03:16)	1:56 (1:05:12)	0:28 (1:05:40)
6. Michael Björnlinger	IK Vista	1:08:21 +7:43		
3:30 (3:30)	3:01 (6:31)	14:28 (20:59)	2:41 (23:40)	5:38 (29:18)
2:23 (33:50)	4:17 (38:07)	3:57 (42:04)	2:07 (44:11)	6:57 (51:08)
1:43 (57:38)	4:43 (1:02:21)	3:26 (1:05:47)	2:00 (1:07:47)	0:34 (1:08:21)
7. Håkan Svensson	IK Vista	1:21:51 +21:13		
4:10 (4:10)	3:44 (7:54)	16:18 (24:12)	5:41 (29:53)	7:19 (37:12)
3:52 (43:56)	4:21 (48:17)	4:56 (53:13)	2:52 (56:05)	9:43 (1:05:48)
2:15 (1:12:59)	3:25 (1:16:24)	2:41 (1:19:05)	2:13 (1:21:18)	0:33 (1:21:51)
Ludvig Danfors	Mullsjö SOK	Felst.		
4:04 (4:04)	3:10 (7:14)	16:42 (23:56)	3:00 (26:56)	5:58 (32:54)
2:41 (38:21)	4:07 (42:28)	5:25 (47:53)	6:37 (54:30)	- (-)
- (-)	- (-)	- (-)	- (1:12:16)	0:36 (1:12:52)
Erik Nero	Mullsjö SOK	Utg.		
4:02 (4:02)	3:25 (7:27)	16:36 (24:03)	4:39 (28:42)	6:14 (34:56)
4:38 (42:04)	4:44 (46:48)	- (-)	- (-)	- (-)
- (1:02:12)	4:08 (1:06:20)	- (-)	- (-)	- (-)
Fredrik Rosén	Jönköpings OK	Utg.		
3:36 (3:36)	2:51 (6:27)	13:38 (20:05)	2:54 (22:59)	3:43 (26:42)
3:29 (32:05)	3:05 (35:10)	4:00 (39:10)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)