

Resultat – VETERANTOUREN 2015-03-19

2015-03-19

LÅNGA	(14 / 14)	Tid	Efter		
1. Rickard Ekman	OK Roslagen	32:55			
1:15 (1:15)	2:42 (3:57)	1:37 (5:34)	2:22 (7:56)	1:22 (9:18)	1:51 (11:09)
1:52 (13:01)	1:12 (14:13)	1:14 (15:27)	1:30 (16:57)	2:15 (19:12)	1:44 (20:56)
1:42 (22:38)	1:22 (24:00)	3:29 (27:29)	1:40 (29:09)	0:42 (29:51)	1:35 (31:26)
0:56 (32:22)	0:33 (32:55)				
2. Håkan Dahlbäck	OK Österåker	42:35	+9:40		
1:36 (1:36)	3:25 (5:01)	3:31 (8:32)	2:43 (11:15)	2:13 (13:28)	2:57 (16:25)
2:17 (18:42)	1:12 (19:54)	1:22 (21:16)	1:45 (23:01)	2:48 (25:49)	1:58 (27:47)
2:00 (29:47)	1:48 (31:35)	4:19 (35:54)	2:00 (37:54)	0:48 (38:42)	2:11 (40:53)
1:06 (41:59)	0:36 (42:35)				
3. Anders Gärderud	IFK Lidingö SOK	46:34	+13:39		
2:00 (2:00)	4:02 (6:02)	2:11 (8:13)	3:06 (11:19)	1:58 (13:17)	2:32 (15:49)
2:28 (18:17)	1:51 (20:08)	2:19 (22:27)	1:56 (24:23)	3:15 (27:38)	2:43 (30:21)
2:23 (32:44)	1:52 (34:36)	4:20 (38:56)	2:50 (41:46)	1:00 (42:46)	2:00 (44:46)
1:10 (45:56)	0:38 (46:34)				
4. Lars Landström	Långhundra IF	49:38	+16:43		
1:50 (1:50)	3:50 (5:40)	2:34 (8:14)	4:02 (12:16)	2:21 (14:37)	2:51 (17:28)
2:42 (20:10)	1:57 (22:07)	1:44 (23:51)	1:44 (25:35)	3:32 (29:07)	3:42 (32:49)
2:47 (35:36)	1:51 (37:27)	4:34 (42:01)	2:57 (44:58)	0:57 (45:55)	2:00 (47:55)
1:15 (49:10)	0:28 (49:38)				
5. Jan Åsberg	Häverödals SK	53:16	+20:21		
1:52 (1:52)	3:58 (5:50)	3:46 (9:36)	3:23 (12:59)	3:19 (16:18)	3:27 (19:45)
2:35 (22:20)	2:00 (24:20)	2:39 (26:59)	2:03 (29:02)	3:15 (32:17)	2:27 (34:44)
2:28 (37:12)	2:40 (39:52)	5:27 (45:19)	2:37 (47:56)	1:03 (48:59)	2:23 (51:22)
1:18 (52:40)	0:36 (53:16)				
6. Willy Ljungdell	Täby OK	56:05	+23:10		
1:39 (1:39)	3:35 (5:14)	2:37 (7:51)	3:37 (11:28)	2:22 (13:50)	4:26 (18:16)
3:27 (21:43)	1:56 (23:39)	1:48 (25:27)	1:59 (27:26)	3:32 (30:58)	3:25 (34:23)
3:13 (37:36)	2:20 (39:56)	7:46 (47:42)	3:41 (51:23)	0:51 (52:14)	2:00 (54:14)
1:17 (55:31)	0:34 (56:05)				
7. Håkan Carlsson	OK Roslagen	56:38	+23:43		
2:17 (2:17)	4:03 (6:20)	2:05 (8:25)	6:23 (14:48)	2:44 (17:32)	5:42 (23:14)
2:50 (26:04)	1:49 (27:53)	1:57 (29:50)	2:00 (31:50)	3:25 (35:15)	2:48 (38:03)
2:37 (40:40)	1:58 (42:38)	4:54 (47:32)	3:47 (51:19)	0:59 (52:18)	2:18 (54:36)
1:17 (55:53)	0:45 (56:38)				
8. Per-Åke Holm	Sigtuna OK	1:00:07	+27:12		
2:06 (2:06)	7:25 (9:31)	2:32 (12:03)	4:09 (16:12)	2:17 (18:29)	3:49 (22:18)
4:33 (26:51)	1:53 (28:44)	2:00 (30:44)	2:40 (33:24)	4:04 (37:28)	3:23 (40:51)
3:07 (43:58)	2:33 (46:31)	5:09 (51:40)	2:52 (54:32)	1:02 (55:34)	2:33 (58:07)
1:18 (59:25)	0:42 (1:00:07)				
9. Monica Roos	Attunda OK	1:05:17	+32:22		
2:26 (2:26)	6:08 (8:34)	3:30 (12:04)	4:22 (16:26)	3:29 (19:55)	3:43 (23:38)
4:39 (28:17)	1:45 (30:02)	2:21 (32:23)	2:48 (35:11)	4:28 (39:39)	3:17 (42:56)
2:58 (45:54)	2:23 (48:17)	5:46 (54:03)	3:11 (57:14)	1:22 (58:36)	3:50 (1:02:26)
1:56 (1:04:22)	0:55 (1:05:17)				
10. Kurt Andersson	Enebybergs IF	1:10:40	+37:45		
2:18 (2:18)	4:38 (6:56)	3:55 (10:51)	4:04 (14:55)	3:03 (17:58)	3:47 (21:45)
4:33 (26:18)	2:44 (29:02)	2:42 (31:44)	3:09 (34:53)	4:31 (39:24)	3:48 (43:12)
6:19 (49:31)	3:04 (52:35)	7:03 (59:38)	3:28 (1:03:06)	1:18 (1:04:24)	3:17 (1:07:41)
1:59 (1:09:40)	1:00 (1:10:40)				
11. Marita Berg	Sigtuna OK	1:14:38	+41:43		
3:09 (3:09)	5:11 (8:20)	4:02 (12:22)	7:35 (19:57)	3:59 (23:56)	8:59 (32:55)
4:21 (37:16)	2:00 (39:16)	2:15 (41:31)	2:36 (44:07)	4:27 (48:34)	3:30 (52:04)
2:56 (55:00)	2:33 (57:33)	6:26 (1:03:59)	3:16 (1:07:15)	1:59 (1:09:14)	2:46 (1:12:00)
1:46 (1:13:46)	0:52 (1:14:38)				
12. Bengt-Olof Samuelsson	Klubblös	1:14:40	+41:45		
3:05 (3:05)	4:23 (7:28)	4:20 (11:48)	5:47 (17:35)	3:50 (21:25)	3:50 (25:15)
5:00 (30:15)	2:33 (32:48)	2:58 (35:46)	2:02 (37:48)	6:03 (43:51)	3:49 (47:40)
3:05 (50:45)	2:29 (53:14)	8:22 (1:01:36)	6:41 (1:08:17)	0:58 (1:09:15)	2:30 (1:11:45)
2:01 (1:13:46)	0:54 (1:14:40)				
13. Bengt-Olov Törnqvist	Sigtuna OK	1:16:17	+43:22		
2:04 (2:04)	7:05 (9:09)	2:58 (12:07)	4:24 (16:31)	2:27 (18:58)	3:05 (22:03)
9:14 (31:17)	2:29 (33:46)	1:59 (35:45)	2:46 (38:31)	4:06 (42:37)	6:08 (48:45)
9:30 (58:15)	2:45 (1:01:00)	5:16 (1:06:16)	3:05 (1:09:21)	1:24 (1:10:45)	2:46 (1:13:31)
1:58 (1:15:29)	0:48 (1:16:17)				
14. Eva Elnerud	Sigtuna OK	1:18:28	+45:33		
3:04 (3:04)	5:56 (9:00)	2:54 (11:54)	4:31 (16:25)	6:37 (23:02)	4:35 (27:37)
3:27 (31:04)	2:15 (33:19)	1:57 (35:16)	2:44 (38:00)	4:19 (42:19)	3:26 (45:45)
4:15 (50:00)	4:19 (54:19)	13:25 (1:07:44)	2:58 (1:10:42)	1:43 (1:12:25)	3:16 (1:15:41)
2:00 (1:17:41)	0:47 (1:18:28)				

MELLAN	(30 / 30)	Tid	Efter		
1. Anders Stenback	Bromma-Vällingby SOK	40:56			
3:03 (3:03)	3:12 (6:15)	2:24 (8:39)	3:06 (11:45)	5:03 (16:48)	1:55 (18:43)
1:59 (20:42)	2:50 (23:32)	2:49 (26:21)	5:26 (31:47)	3:19 (35:06)	1:18 (36:24)
2:25 (38:49)	1:23 (40:12)	0:44 (40:56)			

2.	Bjarne Holt	SEB IF	41:02	+0:06		
	3:12 (3:12)	2:48 (6:00)	1:09 (7:09)	2:58 (10:07)	4:52 (14:59)	1:52 (16:51)
	3:38 (20:29)	2:28 (22:57)	3:02 (25:59)	5:35 (31:34)	3:57 (35:31)	1:02 (36:33)
	2:18 (38:51)	1:23 (40:14)	0:48 (41:02)			
3.	Göran Larbo	Attunda OK	41:47	+0:51		
	3:09 (3:09)	2:38 (5:47)	1:26 (7:13)	3:10 (10:23)	5:03 (15:26)	1:38 (17:04)
	2:18 (19:22)	2:44 (22:06)	3:22 (25:28)	5:21 (30:49)	3:46 (34:35)	1:31 (36:06)
	3:18 (39:24)	1:35 (40:59)	0:48 (41:47)			
4.	Lars Westin	Vallentuna-Össeby OL	42:38	+1:42		
	2:45 (2:45)	2:54 (5:39)	1:08 (6:47)	2:57 (9:44)	5:17 (15:01)	3:21 (18:22)
	2:49 (21:11)	2:50 (24:01)	3:35 (27:36)	5:33 (33:09)	3:34 (36:43)	1:10 (37:53)
	2:31 (40:24)	1:23 (41:47)	0:51 (42:38)			
5.	Jan-Olof Malm	Sigtuna OK	46:05	+5:09		
	3:11 (3:11)	3:17 (6:28)	1:39 (8:07)	4:35 (12:42)	5:55 (18:37)	1:39 (20:16)
	2:19 (22:35)	2:53 (25:28)	3:49 (29:17)	5:57 (35:14)	3:55 (39:09)	1:20 (40:29)
	2:58 (43:27)	1:46 (45:13)	0:52 (46:05)			
6.	Birgitta Klang	Sigtuna OK	47:08	+6:12		
	3:30 (3:30)	3:18 (6:48)	1:58 (8:46)	4:05 (12:51)	6:24 (19:15)	2:34 (21:49)
	2:14 (24:03)	3:22 (27:25)	3:53 (31:18)	5:29 (36:47)	3:41 (40:28)	1:24 (41:52)
	2:53 (44:45)	1:32 (46:17)	0:51 (47:08)			
7.	Ulf Åström	OK Roslagen	47:17	+6:21		
	4:14 (4:14)	3:33 (7:47)	1:12 (8:59)	3:09 (12:08)	5:32 (17:40)	3:10 (20:50)
	2:14 (23:04)	3:07 (26:11)	4:34 (30:45)	5:39 (36:24)	3:43 (40:07)	1:35 (41:42)
	2:44 (44:26)	2:09 (46:35)	0:42 (47:17)			
8.	Rolf Andersson	Rimbo SOK	48:17	+7:21		
	3:24 (3:24)	3:23 (6:47)	1:12 (7:59)	2:46 (10:45)	7:20 (18:05)	2:30 (20:35)
	3:49 (24:24)	3:58 (28:22)	3:24 (31:46)	5:48 (37:34)	4:12 (41:46)	1:05 (42:51)
	3:04 (45:55)	1:37 (47:32)	0:45 (48:17)			
9.	Sven-Olov Norlin	Rimbo SOK	48:21	+7:25		
	4:26 (4:26)	3:25 (7:51)	1:17 (9:08)	2:52 (12:00)	5:16 (17:16)	3:16 (20:32)
	2:04 (22:36)	3:28 (26:04)	3:27 (29:31)	6:48 (36:19)	4:06 (40:25)	1:48 (42:13)
	3:32 (45:45)	1:44 (47:29)	0:52 (48:21)			
10.	Bengt Friberg	Järfälla OK	52:27	+11:31		
	3:55 (3:55)	5:07 (9:02)	1:28 (10:30)	6:48 (17:18)	5:56 (23:14)	2:50 (26:04)
	2:03 (28:07)	3:20 (31:27)	3:48 (35:15)	5:52 (41:07)	4:17 (45:24)	1:31 (46:55)
	2:58 (49:53)	1:41 (51:34)	0:53 (52:27)			
10.	Gun-Inger Sahlberg	Långhundra IF	52:27	+11:31		
	3:37 (3:37)	3:40 (7:17)	2:44 (10:01)	4:22 (14:23)	5:07 (19:30)	2:00 (21:30)
	2:58 (24:28)	5:53 (30:21)	3:27 (33:48)	5:32 (39:20)	3:32 (42:52)	2:17 (45:09)
	4:54 (50:03)	1:34 (51:37)	0:50 (52:27)			
12.	Rolf Hjort	Rånäs OK	52:32	+11:36		
	3:45 (3:45)	3:40 (7:25)	1:35 (9:00)	3:14 (12:14)	6:36 (18:50)	2:13 (21:03)
	2:28 (23:31)	3:53 (27:24)	4:38 (32:02)	5:48 (37:50)	7:57 (45:47)	1:25 (47:12)
	3:11 (50:23)	1:26 (51:49)	0:43 (52:32)			
13.	Crister Andersson	ATG	52:52	+11:56		
	3:36 (3:36)	3:05 (6:41)	1:35 (8:16)	4:07 (12:23)	8:28 (20:51)	3:33 (24:24)
	2:02 (26:26)	2:50 (29:16)	3:16 (32:32)	5:23 (37:55)	3:39 (41:34)	4:02 (45:36)
	4:27 (50:03)	1:58 (52:01)	0:51 (52:52)			
14.	Ulf Skogtjärn	OK Linné	53:07	+12:11		
	4:33 (4:33)	3:29 (8:02)	3:13 (11:15)	3:01 (14:16)	6:40 (20:56)	2:31 (23:27)
	2:42 (26:09)	3:28 (29:37)	4:15 (33:52)	6:47 (40:39)	5:06 (45:45)	1:44 (47:29)
	3:25 (50:54)	1:23 (52:17)	0:50 (53:07)			
15.	Ove Forsberg	Turebergs IF	53:32	+12:36		
	3:52 (3:52)	3:54 (7:46)	2:44 (10:30)	4:39 (15:09)	6:15 (21:24)	3:04 (24:28)
	2:25 (26:53)	3:19 (30:12)	6:09 (36:21)	5:43 (42:04)	4:24 (46:28)	1:54 (48:22)
	2:55 (51:17)	1:32 (52:49)	0:43 (53:32)			
16.	Sören Eriksson	Länna IF	53:41	+12:45		
	6:46 (6:46)	3:03 (9:49)	1:40 (11:29)	4:29 (15:58)	7:09 (23:07)	3:19 (26:26)
	2:06 (28:32)	2:46 (31:18)	4:09 (35:27)	6:50 (42:17)	4:13 (46:30)	1:34 (48:04)
	3:03 (51:07)	1:41 (52:48)	0:53 (53:41)			
17.	Thord Rådberg	OK Roslagen	54:02	+13:06		
	3:34 (3:34)	3:09 (6:43)	2:00 (8:43)	2:34 (11:17)	5:11 (16:28)	5:45 (22:13)
	4:07 (26:20)	2:51 (29:11)	3:08 (32:19)	8:59 (41:18)	4:10 (45:28)	1:06 (46:34)
	2:46 (49:20)	3:56 (53:16)	0:46 (54:02)			
18.	Sivert Söderbärg	OK Roslagen	59:37	+18:41		
	4:35 (4:35)	4:52 (9:27)	2:09 (11:36)	4:05 (15:41)	6:48 (22:29)	2:36 (25:05)
	3:42 (28:47)	3:59 (32:46)	4:20 (37:06)	7:59 (45:05)	4:59 (50:04)	1:48 (51:52)
	4:07 (55:59)	2:24 (58:23)	1:14 (59:37)			
19.	Evert Sandahl	Täby OK	1:00:51	+19:55		
	4:54 (4:54)	3:57 (8:51)	1:30 (10:21)	10:24 (20:45)	6:34 (27:19)	2:10 (29:29)
	2:57 (32:26)	3:47 (36:13)	4:18 (40:31)	6:43 (47:14)	6:09 (53:23)	1:15 (54:38)
	3:32 (58:10)	1:52 (1:00:02)	0:49 (1:00:51)			
20.	Ann Sjöberg	Enebybergs IF	1:05:31	+24:35		
	4:43 (4:43)	4:53 (9:36)	1:37 (11:13)	3:38 (14:51)	5:38 (20:29)	3:01 (23:30)
	7:28 (30:58)	5:47 (36:45)	5:55 (42:40)	7:29 (50:09)	6:48 (56:57)	1:31 (58:28)
	3:54 (1:02:22)	2:19 (1:04:41)	0:50 (1:05:31)			
21.	Eva von Heijne	Sigtuna OK	1:06:56	+26:00		
	6:01 (6:01)	3:28 (9:29)	1:13 (10:42)	7:50 (18:32)	5:36 (24:08)	9:56 (34:04)
	2:35 (36:39)	5:31 (42:10)	4:19 (46:29)	6:35 (53:04)	4:23 (57:27)	1:18 (58:45)
	4:43 (1:03:28)	2:37 (1:06:05)	0:51 (1:06:56)			

22. Per Lennart Karlsson	Järfälla OK	1:07:21	+26:25		
4:32 (4:32)	3:39 (8:11)	1:59 (10:10)	3:18 (13:28)	6:04 (19:32)	3:01 (22:33)
2:53 (25:26)	13:16 (38:42)	4:58 (43:40)	5:39 (49:19)	9:19 (58:38)	1:56 (1:00:34)
3:38 (1:04:12)	2:19 (1:06:31)	0:50 (1:07:21)			
23. Leif Berg	Sigtuna OK	1:09:36	+28:40		
4:30 (4:30)	3:41 (8:11)	2:01 (10:12)	17:06 (27:18)	8:42 (36:00)	3:33 (39:33)
2:09 (41:42)	3:36 (45:18)	3:51 (49:09)	6:47 (55:56)	4:54 (1:00:50)	1:28 (1:02:18)
3:44 (1:06:02)	2:15 (1:08:17)	1:19 (1:09:36)			
Håkan Boije	Turebergs IF	Felst.			
3:21 (3:21)	3:18 (6:39)	1:21 (8:00)	3:02 (11:02)	5:29 (16:31)	3:18 (19:49)
– (–)	– (24:52)	3:31 (28:23)	6:01 (34:24)	4:02 (38:26)	1:11 (39:37)
2:49 (42:26)	1:21 (43:47)	0:42 (44:29)			
Leif Nordlund	Länna IF	Felst.			
3:07 (3:07)	2:28 (5:35)	1:51 (7:26)	4:37 (12:03)	4:13 (16:16)	3:32 (19:48)
– (–)	– (23:55)	2:36 (26:31)	5:08 (31:39)	3:14 (34:53)	0:54 (35:47)
2:15 (38:02)	1:15 (39:17)	0:39 (39:56)			
Lennart Hedlund	Vallentuna-Össeby OL	Felst.			
4:39 (4:39)	5:35 (10:14)	1:46 (12:00)	4:08 (16:08)	– (–)	– (59:02)
6:41 (1:05:43)	4:59 (1:10:42)	4:30 (1:15:12)	6:39 (1:21:51)	7:59 (1:29:50)	1:39 (1:31:29)
3:32 (1:35:01)	1:48 (1:36:49)	0:51 (1:37:40)			
Lief Skott	OK Roslagen	Felst.			
5:42 (5:42)	5:46 (11:28)	4:18 (15:46)	6:03 (21:49)	10:03 (31:52)	5:11 (37:03)
4:09 (41:12)	5:25 (46:37)	7:00 (53:37)	– (–)	– (–)	– (–)
– (–)	– (1:07:08)	1:52 (1:09:00)			
Mats Lundblad	Täby OK	Felst.			
3:09 (3:09)	3:01 (6:10)	10:32 (16:42)	4:30 (21:12)	5:52 (27:04)	2:31 (29:35)
4:35 (34:10)	8:41 (42:51)	5:24 (48:15)	7:52 (56:07)	– (–)	– (1:01:38)
3:23 (1:05:01)	2:30 (1:07:31)	1:57 (1:09:28)			
Rune Carlsson	Sundbybergs IK	Felst.			
3:01 (3:01)	2:50 (5:51)	1:36 (7:27)	2:25 (9:52)	4:51 (14:43)	1:43 (16:26)
2:31 (18:57)	3:24 (22:21)	2:40 (25:01)	4:42 (29:43)	3:53 (33:36)	1:15 (34:51)
2:14 (37:05)	– (–)	– (38:54)			
Yvonne Roos	Attunda OK	Felst.			
5:53 (5:53)	5:31 (11:24)	3:22 (14:46)	10:06 (24:52)	10:01 (34:53)	2:49 (37:42)
11:22 (49:04)	4:47 (53:51)	5:42 (59:33)	– (–)	– (–)	– (–)
– (1:11:04)	2:17 (1:13:21)	1:17 (1:14:38)			

KORTA		(31 / 31)	Tid	Efter	
1. Eddie Bjärrenholt	Rånäs OK	24:23			
1:51 (1:51)	2:51 (4:42)	1:32 (6:14)	2:24 (8:38)	2:40 (11:18)	1:54 (13:12)
2:20 (15:32)	3:43 (19:15)	2:40 (21:55)	1:38 (23:33)	0:50 (24:23)	
2. Ulf Carnby	Täby OK	26:49	+2:26		
2:35 (2:35)	3:22 (5:57)	1:40 (7:37)	2:48 (10:25)	2:39 (13:04)	2:47 (15:51)
2:18 (18:09)	3:34 (21:43)	2:35 (24:18)	1:37 (25:55)	0:54 (26:49)	
3. Uno Karlsson	Häverödals SK	32:08	+7:45		
3:34 (3:34)	3:15 (6:49)	2:08 (8:57)	3:38 (12:35)	3:36 (16:11)	3:06 (19:17)
2:48 (22:05)	4:44 (26:49)	2:44 (29:33)	1:42 (31:15)	0:53 (32:08)	
4. Bo Sunden	Karlsbyhedens IK	32:59	+8:36		
3:49 (3:49)	3:34 (7:23)	2:14 (9:37)	2:41 (12:18)	3:33 (15:51)	2:31 (18:22)
2:46 (21:08)	5:14 (26:22)	3:07 (29:29)	2:44 (32:13)	0:46 (32:59)	
5. Dagny Gustavsson	Sigtuna OK	34:19	+9:56		
2:42 (2:42)	4:12 (6:54)	1:56 (8:50)	6:31 (15:21)	3:24 (18:45)	2:16 (21:01)
2:54 (23:55)	4:52 (28:47)	2:58 (31:45)	1:37 (33:22)	0:57 (34:19)	
6. Ann Olsson	OK Österåker	35:16	+10:53		
2:56 (2:56)	3:21 (6:17)	2:26 (8:43)	5:37 (14:20)	3:35 (17:55)	2:46 (20:41)
3:01 (23:42)	5:04 (28:46)	3:43 (32:29)	1:53 (34:22)	0:54 (35:16)	
7. Hans Sahlberg	Långhundra IF	35:42	+11:19		
2:49 (2:49)	4:08 (6:57)	2:29 (9:26)	4:10 (13:36)	3:53 (17:29)	2:48 (20:17)
3:09 (23:26)	5:32 (28:58)	4:01 (32:59)	1:47 (34:46)	0:56 (35:42)	
8. Lars Persson	Väsby OK	35:51	+11:28		
3:58 (3:58)	3:25 (7:23)	2:19 (9:42)	6:46 (16:28)	3:57 (20:25)	2:30 (22:55)
2:25 (25:20)	4:15 (29:35)	3:25 (33:00)	2:00 (35:00)	0:51 (35:51)	
9. Olov Jansson	Häverödals SK	35:59	+11:36		
2:29 (2:29)	4:25 (6:54)	2:31 (9:25)	3:30 (12:55)	3:50 (16:45)	3:11 (19:56)
3:35 (23:31)	4:59 (28:30)	4:37 (33:07)	1:53 (35:00)	0:59 (35:59)	
10. Bo Westling	Häverödals SK	36:51	+12:28		
3:14 (3:14)	3:32 (6:46)	2:17 (9:03)	4:11 (13:14)	3:46 (17:00)	3:01 (20:01)
3:35 (23:36)	5:38 (29:14)	3:57 (33:11)	2:19 (35:30)	1:21 (36:51)	
11. Ewa Nordlund	Länna IF	37:31	+13:08		
3:34 (3:34)	7:36 (11:10)	2:08 (13:18)	3:28 (16:46)	3:41 (20:27)	2:56 (23:23)
3:09 (26:32)	4:45 (31:17)	3:47 (35:04)	1:43 (36:47)	0:44 (37:31)	
12. Boris Andersson	Rånäs OK	37:39	+13:16		
2:53 (2:53)	3:57 (6:50)	2:22 (9:12)	4:34 (13:46)	3:45 (17:31)	4:27 (21:58)
3:51 (25:49)	5:01 (30:50)	3:48 (34:38)	2:05 (36:43)	0:56 (37:39)	
13. Lennart Jansson	Häverödals SK	38:21	+13:58		
3:26 (3:26)	4:19 (7:45)	4:25 (12:10)	4:21 (16:31)	3:40 (20:11)	2:53 (23:04)
3:34 (26:38)	5:00 (31:38)	3:52 (35:30)	1:53 (37:23)	0:58 (38:21)	
14. Jan Bojling	Solna OK	38:57	+14:34		
3:10 (3:10)	4:38 (7:48)	2:24 (10:12)	3:51 (14:03)	4:59 (19:02)	3:18 (22:20)
4:22 (26:42)	5:37 (32:19)	3:41 (36:00)	2:00 (38:00)	0:57 (38:57)	

15. Sten Larsson	Häverödals SK	40:17	+15:54		
5:17 (5:17)	3:50 (9:07)	2:24 (11:31)	8:46 (20:17)	3:11 (23:28)	3:11 (26:39)
3:11 (29:50)	4:04 (33:54)	3:29 (37:23)	1:59 (39:22)	0:55 (40:17)	
16. Alf Persson	OK Österåker	41:18	+16:55		
2:49 (2:49)	4:51 (7:40)	2:57 (10:37)	4:41 (15:18)	4:36 (19:54)	3:47 (23:41)
3:47 (27:28)	6:08 (33:36)	4:11 (37:47)	2:16 (40:03)	1:15 (41:18)	
17. Gunnar Bramsten	Sundbybergs IK	41:54	+17:31		
4:09 (4:09)	4:55 (9:04)	3:02 (12:06)	4:08 (16:14)	4:08 (20:22)	3:37 (23:59)
3:51 (27:50)	5:15 (33:05)	5:26 (38:31)	2:05 (40:36)	1:18 (41:54)	
18. Birgitta Eriksson	Länna IF	41:58	+17:35		
3:28 (3:28)	4:26 (7:54)	2:28 (10:22)	4:18 (14:40)	5:13 (19:53)	5:29 (25:22)
2:56 (28:18)	5:41 (33:59)	3:57 (37:56)	3:05 (41:01)	0:57 (41:58)	
19. Lars-Erik Lindell	Väsby OK	42:31	+18:08		
3:35 (3:35)	4:34 (8:09)	3:37 (11:46)	5:36 (17:22)	4:47 (22:09)	3:12 (25:21)
3:23 (28:44)	6:20 (35:04)	4:02 (39:06)	2:19 (41:25)	1:06 (42:31)	
20. Conny Olsson	Häverödals SK	43:46	+19:23		
3:14 (3:14)	4:05 (7:19)	5:26 (12:45)	5:37 (18:22)	3:48 (22:10)	3:47 (25:57)
2:52 (28:49)	8:14 (37:03)	4:00 (41:03)	1:55 (42:58)	0:48 (43:46)	
21. Kristina Eriksson	Länna IF	44:27	+20:04		
6:41 (6:41)	4:35 (11:16)	2:54 (14:10)	5:00 (19:10)	5:44 (24:54)	3:54 (28:48)
3:20 (32:08)	5:44 (37:52)	3:39 (41:31)	2:04 (43:35)	0:52 (44:27)	
22. Lena Johnsson	Rånäs OK	44:33	+20:10		
3:48 (3:48)	4:18 (8:06)	1:50 (9:56)	10:41 (20:37)	5:06 (25:43)	6:22 (32:05)
2:26 (34:31)	4:48 (39:19)	2:56 (42:15)	1:36 (43:51)	0:42 (44:33)	
23. Lars-Åke Eriksson	Täby OK	44:43	+20:20		
3:37 (3:37)	7:07 (10:44)	3:34 (14:18)	3:20 (17:38)	3:43 (21:21)	3:02 (24:23)
2:55 (27:18)	8:53 (36:11)	5:08 (41:19)	2:13 (43:32)	1:11 (44:43)	
24. Carl Lang	OK Österåker	45:17	+20:54		
3:35 (3:35)	4:24 (7:59)	4:21 (12:20)	5:01 (17:21)	5:49 (23:10)	3:27 (26:37)
3:28 (30:05)	8:04 (38:09)	3:57 (42:06)	2:00 (44:06)	1:11 (45:17)	
25. Kjell Jansson	Väsby OK	46:38	+22:15		
3:12 (3:12)	4:24 (7:36)	2:38 (10:14)	5:03 (15:17)	4:24 (19:41)	2:52 (22:33)
4:09 (26:42)	10:42 (37:24)	4:54 (42:18)	2:45 (45:03)	1:35 (46:38)	
26. Margareta Wallén	Täby OK	48:50	+24:27		
3:02 (3:02)	9:42 (12:44)	3:49 (16:33)	7:21 (23:54)	5:12 (29:06)	3:28 (32:34)
3:46 (36:20)	5:40 (42:00)	3:39 (45:39)	2:12 (47:51)	0:59 (48:50)	
27. Anders Eriksson	Enebybergs IF	50:25	+26:02		
4:00 (4:00)	4:55 (8:55)	3:14 (12:09)	6:16 (18:25)	5:37 (24:02)	4:34 (28:36)
4:18 (32:54)	6:55 (39:49)	6:24 (46:13)	2:42 (48:55)	1:30 (50:25)	
28. Torbjörn Nordlund	L-100	1:21:54	+57:31		
5:41 (5:41)	11:51 (17:32)	5:00 (22:32)	8:42 (31:14)	11:03 (42:17)	7:42 (49:59)
7:15 (57:14)	10:29 (1:07:43)	7:39 (1:15:22)	4:08 (1:19:30)	2:24 (1:21:54)	
Sven Eriksson	OK Roslagen	Felst.			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (14:16)	
Sven-Olov Karlsson	Rånäs OK	Felst.			
5:02 (5:02)	6:34 (11:36)	5:10 (16:46)	11:04 (27:50)	- (-)	- (45:35)
4:51 (50:26)	7:19 (57:45)	5:08 (1:02:53)	4:01 (1:06:54)	1:46 (1:08:40)	
Tage Abrahamsson	Rånäs OK	Felst.			
2:49 (2:49)	4:39 (7:28)	- (-)	- (19:02)	4:54 (23:56)	- (-)
- (29:51)	5:42 (35:33)	3:51 (39:24)	2:22 (41:46)	1:00 (42:46)	