

Pl	Namn	Tid																	
H80 (1)	2370 m		1(31)	2(32)	3(37)	4(39)	5(47)	6(51)	M										
1	Thage Nilsson Åmåls OK	1:02:18	2:53 2:53	12:12 9:19	28:03 15:51	46:23 18:20	56:28 10:05	1:00:16 3:48	1:02:18 2:02										
H65 (1)	3890 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(44)	8(46)	9(47)	10(100)	M						
1	Jan Hellstrand Åmåls OK	1:01:24	5:51 5:51	9:00 3:09	12:03 3:03	20:02 7:59	28:04 8:02	29:28 1:24	50:22 20:54	55:37 5:15	56:58 1:21	1:00:22 3:24	1:01:24 1:02						
H60 (1)	3890 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(44)	8(46)	9(47)	10(100)	M						
1	Sten-Olof Johansson Åmåls OK	46:42	4:43 4:43	8:22 3:39	10:56 2:34	17:06 6:10	23:33 6:27	24:52 1:19	35:54 11:02	40:26 4:32	41:45 1:19	45:45 4:00	46:42 0:57						
H50 (1)	4990 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(42)	8(43)	9(44)	10(46)	11(35)	12(34)	13(50)	14(100)			
1	Leif Larsson Åmåls OK	54:09	3:35 3:35 54:09 0:40	6:01 2:26	7:43 1:42	12:47 5:04	18:55 6:08	20:32 1:37	27:33 7:01	29:09 1:36	37:31 8:22	42:13 4:42	46:20 4:07	48:13 1:53	51:20 3:07	53:29 2:09			
H45 (3)	4990 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(42)	8(43)	9(44)	10(46)	11(35)	12(34)	13(50)	14(100)			
1	Ulf Danielsson Åmåls OK	46:12	3:37 3:37 46:12 0:56	5:38 2:01	7:29 1:51	12:11 4:42	16:50 4:39	17:44 0:54	23:37 5:53	25:22 1:45	31:49 6:27	35:33 3:44	38:30 2:57	40:20 1:50	43:23 3:03	45:16 1:53			
2	Johan Lilljeqvist Stigsökarna	46:44	3:17 3:17 46:44 0:44	5:29 2:12	7:04 1:35	11:50 4:46	16:38 4:48	17:53 1:15	23:31 5:38	25:00 1:29	32:14 7:14	35:59 3:45	39:51 3:52	41:32 1:41	43:59 2:27	46:00 2:01			
3	Anders Ågren Åmåls OK	1:17:26	5:38 5:38 1:17:26 0:43	8:42 3:04	12:44 4:02	21:34 8:50	32:35 11:01	33:57 1:22	43:59 10:02	46:05 2:06	56:40 10:35	1:01:35 4:55	1:04:53 3:18	1:08:13 3:20	1:13:52 5:39	1:16:43 2:51			
H21 (4)	4990 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(42)	8(43)	9(44)	10(46)	11(35)	12(34)	13(50)	14(100)			
1	Jörgen Åhl Åmåls OK	36:54	2:52 2:52 36:54 0:34	5:15 2:23	6:35 1:20	10:07 3:32	14:03 3:56	15:08 1:05	20:21 5:13	21:15 0:54	26:38 5:23	29:27 2:49	31:51 2:24	32:55 1:04	35:05 2:10	36:20 1:15			
2	Björn Schilobolski Åmåls OK	38:53	2:59 2:59 38:53 0:42	4:29 1:30	5:42 1:13	9:40 3:58	14:01 4:21	15:05 1:04	19:52 4:47	21:00 1:08	26:36 5:36	29:47 3:11	32:28 2:41	34:33 2:05	36:42 2:09	38:11 1:29			
3	Adrian Dahlström Åmåls OK	42:36	3:02 3:02 42:36 0:39	4:59 1:57	6:41 1:42	10:36 3:55	14:29 3:53	15:37 1:08	20:10 4:33	22:03 1:53	27:39 5:36	30:39 3:00	34:43 4:04	36:35 1:52	39:09 2:34	41:57 2:48			
4	Christer Ericson Åmåls OK	54:59	3:39 3:39 54:59 0:57	6:41 3:02	8:25 1:44	13:43 5:18	19:41 5:58	20:56 1:15	28:45 7:49	31:02 2:17	38:16 7:14	42:48 4:32	46:25 3:37	48:20 1:55	51:43 3:23	54:02 2:19			
H20 (1)	3890 m		1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(44)	8(46)	9(47)	10(100)	M						
1	Albin Liljeqvist Stigsökarna	38:21	4:30 4:30	6:42 2:12	8:59 2:17	15:07 6:08	20:58 5:51	22:14 1:16	30:42 8:28	34:20 3:38	35:11 0:51	37:37 2:26	38:21 0:44						
H16 (2)	3180 m		1(32)	2(36)	3(37)	4(38)	5(39)	6(46)	7(47)	8(35)	9(34)	10(50)	11(100)	M					
1	John Gordon Stigsökarna	37:25	4:28 4:28	7:57 3:29	10:15 2:18	16:26 6:11	18:49 2:23	23:24 4:35	24:31 1:07	28:01 3:30	30:00 1:59	34:13 4:13	36:38 2:25	37:25 0:47					
2	Joel Gustavsson Stigsökarna	49:30	3:57 3:57	10:00 6:03	13:10 3:10	20:00 6:50	24:15 4:15	31:47 7:32	33:07 1:20	36:34 3:27	43:06 6:32	46:07 3:01	48:43 2:36	49:30 0:47					
H10 (1)	1390 m		1(31)	2(33)	3(35)	4(47)	5(51)	M											
1	Eric Jensen Åhl Åmåls OK	30:36	2:33 2:33	8:28 5:55	12:07 3:39	24:41 12:34	28:35 3:54	30:36 2:01											
D55 (2)	3180 m		1(32)	2(36)	3(37)	4(38)	5(39)	6(46)	7(47)	8(35)	9(34)	10(50)	11(100)	M					
1	Ulla Johansson Åmåls OK	57:30	5:12 5:12	8:30 3:18	11:19 2:49	17:34 6:15	20:10 2:36	41:02 20:52	42:11 1:09	45:36 3:25	48:48 3:12	52:42 3:54	56:23 3:41	57:30 1:07					
2	Marianne Gerborn Årjängs OK	1:18:52	8:01 8:01	12:13 4:12	16:39 4:26	28:05 11:26	32:18 4:13	43:18 11:00	45:13 1:55	51:12 5:59	54:27 3:15	1:03:56 9:29	1:17:29 13:33	1:18:52 1:23					

Pl	Namn	Tid											
D45 (2)		3890 m											
			1(32)	2(36)	3(37)	4(38)	5(40)	6(41)	7(44)	8(46)	9(47)	10(100)	M
1	Anneli Gordon	55:54	5:09	8:00	11:28	19:09	25:41	27:15	38:13	49:37	50:58	54:44	55:54
	Stigsökarna		5:09	2:51	3:28	7:41	6:32	1:34	10:58	11:24	1:21	3:46	1:10
2	Eva Larsson	1:14:01	5:37	25:52	28:53	37:14	44:47	46:49	1:02:43	1:08:10	1:09:32	1:13:05	1:14:01
	Åmåls OK		5:37	20:15	3:01	8:21	7:33	2:02	15:54	5:27	1:22	3:33	0:56
D14 (1)		2370 m											
			1(31)	2(32)	3(37)	4(39)	5(47)	6(51)					M
1	Kajsa Ågren	37:44	1:27	5:37	12:51	28:24	34:35	36:52	37:44				
	Åmåls OK		1:27	4:10	7:14	15:33	6:11	2:17	0:52				