

Resultat

Milspåret 2015

Män tävling 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|----------------------------------|------|-------|-----------|--------|
| 1 | 2 | Martin Ronnerstedt | FK Studenterna | 1985 | 33:13 | | 3:19 |
| 2 | 103 | Martin Holm | FK Studenterna | 1984 | 33:19 | +0:06 | 3:19 |
| 3 | 1 | Andreas Bergstedt | Enhörna IF | 1986 | 33:50 | +0:38 | 3:23 |
| 4 | 140 | Claes Theander | Sundbybergs IK Skidor | 1975 | 34:14 | +1:01 | 3:25 |
| 5 | 112 | Pär Johansson | Terrible Tuesdays | 1983 | 34:22 | +1:09 | 3:25 |
| 6 | 133 | Erik Ivarsson-Sandberg | IFK Lidingö SOK | 1987 | 34:42 | +1:29 | 3:28 |
| 7 | 132 | Sebastien Grenier | | 1980 | 35:07 | +1:54 | 3:30 |
| 8 | 70 | David Olerup | Terrible Tuesdays | 1985 | 35:17 | +2:04 | 3:31 |
| 9 | 145 | Timmy Karlsson | Stockholm | 1986 | 35:21 | +2:08 | 3:31 |
| 10 | 10 | Andreas Åkesson | Saltsjöbadens IF | 1987 | 35:22 | +2:09 | 3:31 |
| 11 | 49 | Marcus Hallbäck | Ryska posten | 1992 | 35:35 | +2:22 | 3:32 |
| 12 | 77 | Klas Lindblad | Västerhaninge | 1985 | 35:49 | +2:36 | 3:34 |
| 13 | 129 | Joakim Brunzell | Ösmo/Nynäs friidrott | 1981 | 35:58 | +2:45 | 3:35 |
| 14 | 104 | Fredrik Robertsson | FK Studenterna | 1980 | 36:13 | +3:00 | 3:37 |
| 15 | 95 | Ulf Yngvesson | Hornstull | 1964 | 36:28 | +3:15 | 3:38 |
| 16 | 102 | Erik B:son Blomberg | FK Studenterna | 1974 | 36:31 | +3:18 | 3:38 |
| 17 | 139 | Jonatan Torshall-Svensson | | 1987 | 36:47 | +3:34 | 3:40 |
| 18 | 13 | Christoffer Ask | Stockholm | 1987 | 36:58 | +3:45 | 3:41 |
| 19 | 126 | Björn Markström | Terrible Tuesday Triathlon | 1985 | 37:10 | +3:57 | 3:42 |
| 20 | 88 | Jens Jonsson | Stockholm | 1985 | 37:22 | +4:09 | 3:43 |
| 21 | 101 | Emil Dansk | Årsta | 1995 | 37:24 | +4:11 | 3:43 |
| 22 | 135 | Mattias Bylund | Terrible Tuesdays Triathlon Clut | 1977 | 37:29 | +4:16 | 3:44 |
| 23 | 1585 | Tommi Lindeman | | 1976 | 37:50 | +4:38 | 3:47 |
| 24 | 121 | Matteo Ridolfi | Hägersten | 1980 | 37:52 | +4:39 | 3:46 |
| 25 | 73 | Gustav Löwenhielm | Stocksund | 1978 | 37:59 | +4:46 | 3:47 |
| 26 | 57 | Stefan Jensen | TSM Running/IF Linnéa | 1972 | 38:10 | +4:57 | 3:48 |
| 27 | 134 | Patrik Södergren | | 1982 | 38:29 | +5:16 | 3:50 |
| 28 | 96 | Björn Fröblom | Terrible Tuesdays | 1978 | 38:37 | +5:24 | 3:51 |
| 29 | 117 | Scott Moore | Terrible Tuesdays IF | 1976 | 38:43 | +5:30 | 3:51 |
| 30 | 115 | Pierre Lourdais | XRaid | 1990 | 38:46 | +5:33 | 3:52 |
| 31 | 147 | Thomas Emilsson | | 1980 | 38:51 | +5:38 | 3:52 |
| 32 | 27 | Conny Reuterham | Hälsamann | 1977 | 38:52 | +5:39 | 3:52 |
| 33 | 131 | Simon Sköld | VLK | 1983 | 38:58 | +5:45 | 3:52 |
| 34 | 55 | Philip Berglöf | Terrible Tuesdays Triathlon Clut | 1972 | 38:59 | +5:46 | 3:53 |
| 35 | 81 | Peter Rosén | FK Studenterna | 1966 | 39:01 | +5:48 | 3:53 |
| 36 | 110 | Marcus Willner | IF Linnéa | 1981 | 39:04 | +5:51 | 3:53 |
| 37 | 56 | Henrik Roström | Puppy Adventure Team | 1978 | 39:10 | +5:58 | 3:54 |
| 38 | 16 | Joachim Hansson | TSM Running/Runday IF | 1973 | 39:16 | +6:03 | 3:55 |
| 39 | 136 | Johan Holm | Frosta Multisport | 1980 | 39:19 | +6:06 | 3:55 |
| 40 | 40 | Rickard Andersson | TSM Running | 1972 | 39:25 | +6:12 | 3:56 |
| 41 | 71 | Lars-Johan Andersson | Hässelby SK | 1964 | 39:33 | +6:20 | 3:56 |
| 42 | 64 | Thomas Arnebrant | Terrible Tuesdays Triathlon Clut | 1973 | 39:36 | +6:23 | 3:57 |
| 43 | 76 | Rasmus Olsson | Club Running Sweden | 1982 | 39:37 | +6:24 | 3:57 |
| 44 | 357 | Stefan Jeppsson | Mälarhöjden | 1967 | 39:42 | +6:29 | 3:57 |
| 45 | 108 | David Catela | Terrible Tuesdays | 1980 | 39:42 | +6:29 | 3:57 |
| 46 | 65 | Andreas Ribbefjord | Handen | 1978 | 39:42 | +6:30 | 3:57 |
| 47 | 146 | Pär Bergsman | Hudiksvalls IF | 1984 | 39:44 | +6:31 | 3:57 |
| 48 | 92 | Jonas Åkerlund | Sköndal | 1987 | 39:49 | +6:36 | 3:58 |
| 49 | 113 | Fredrik Nybäck | Oxbergs IF | 1970 | 39:51 | +6:38 | 3:58 |

Män tävling 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------|---------------------------|------|-------|-----------|--------|
| 50 | 86 | Viktor Backemar | Uppsala | 1985 | 39:54 | +6:41 | 3:58 |
| 51 | 91 | Ken Hakata | TSM Running/IF Linnéa | 1973 | 39:56 | +6:43 | 3:59 |
| 52 | 43 | Gustav Stjernquist | Stockholm | 1988 | 39:57 | +6:44 | 3:59 |
| 53 | 93 | Johan Persson | Codehub AB | 1970 | 40:00 | +6:47 | 3:59 |
| 54 | 28 | Jonathan McCaffrey | Fredrikshofs IF | 1977 | 40:01 | +6:48 | 3:59 |
| 55 | 130 | John Sköld | Stockholm | 1987 | 40:01 | +6:48 | 3:59 |
| 56 | 75 | Robert Svensk | GIH | 1988 | 40:02 | +6:49 | 3:59 |
| 57 | 105 | Anders Borgström | Källvikén | 1977 | 40:03 | +6:50 | 3:59 |
| 58 | 39 | Magnus Davour | Värmdö | 1971 | 40:12 | +6:59 | 4:00 |
| 59 | 143 | Martin Lundmark | Stockholm | 1977 | 40:14 | +7:01 | 4:00 |
| 60 | 107 | Adam Wahlfeldt | Stockholm | 1979 | 40:17 | +7:04 | 4:01 |
| 61 | 80 | Stefan Jeppsson | Mälardalens | 1967 | 40:18 | +7:05 | 4:01 |
| 62 | 123 | Stanislav Tschertov | Lidingö | 1972 | 40:21 | +7:08 | 4:01 |
| 63 | 30 | Niclas Lifsten | Älta | 1969 | 40:26 | +7:13 | 4:02 |
| 64 | 99 | Andreas Gustafsson | IF | 1982 | 40:27 | +7:14 | 4:01 |
| 65 | 50 | Stefan Haag | IFK Lidingö | 1974 | 40:29 | +7:16 | 4:02 |
| 66 | 138 | Till Gutzeu | Bålsta | 1971 | 40:33 | +7:20 | 4:02 |
| 67 | 47 | Anders Eriksson | Eltel RK | 1987 | 40:34 | +7:21 | 4:02 |
| 68 | 118 | Magnus Eriksson | | 1981 | 40:35 | +7:22 | 4:01 |
| 69 | 52 | Björn Johannesson | OK Löftan | 1982 | 40:37 | +7:24 | 4:03 |
| 70 | 125 | Martin Jørgensen | Täby | 1974 | 40:50 | +7:37 | 4:04 |
| 71 | 33 | Martin Boström | IF Linnéa | 1980 | 40:59 | +7:46 | 4:05 |
| 72 | 137 | Rasmus Ek | IF Linnéa | 1981 | 41:06 | +7:53 | 4:06 |
| 73 | 25 | Per Kurttila | Northridge | 1971 | 41:11 | +7:58 | 4:06 |
| 74 | 98 | Emil Didrikson | Tango Brand Alliance | 1970 | 41:14 | +8:01 | 4:07 |
| 75 | 100 | Stefan Strömberg | Axa SC | 1965 | 41:15 | +8:02 | 4:07 |
| 76 | 82 | Jens Carlén | Skarpnäck | 1981 | 41:20 | +8:07 | 4:07 |
| 77 | 44 | Christofer Näsholm | Ärla IF | 1984 | 41:26 | +8:13 | 4:08 |
| 78 | 89 | Tomas Kvapil | TSM Running | 1969 | 41:31 | +8:18 | 4:08 |
| 79 | 120 | Patrik Törmänen | Bromma | 1988 | 41:42 | +8:29 | 4:09 |
| 80 | 84 | Joakim Söderqvist | Uppsala | 1991 | 41:46 | +8:33 | 4:10 |
| 81 | 142 | Pierre Leander | Team Stockholm Marathon | 1973 | 41:49 | +8:36 | 4:09 |
| 82 | 124 | Carl-Adam Markborn | Terrible Tuesday | 1984 | 41:50 | +8:37 | 4:10 |
| 83 | 23 | Anders Tegelberg | TSM Running/Vattenfall IF | 1971 | 41:56 | +8:43 | 4:11 |
| 84 | 144 | Nicolas Larsson | Runday IF | 1984 | 41:58 | +8:46 | 4:11 |
| 85 | 128 | Alexander Jansa | Sunnansjö IK | 1973 | 42:05 | +8:52 | 4:11 |
| 86 | 58 | Peter Steiner | Sigtuna | 1966 | 42:11 | +8:58 | 4:12 |
| 87 | 22 | Marcus Moberg | GIH | 1986 | 42:19 | +9:06 | 4:13 |
| 88 | 109 | Hans ten Berg | ÖSK | 1974 | 42:26 | +9:13 | 4:13 |
| 89 | 53 | Stefan Lindberg | Smw Elevator AB | 1989 | 42:30 | +9:17 | 4:14 |
| 90 | 12 | Carl Emilsson | Stockholm | 1984 | 42:33 | +9:20 | 4:14 |
| 91 | 127 | Jesper Bergström | Terrible Tuesdays | 1974 | 42:49 | +9:36 | 4:16 |
| 92 | 111 | Max Strandberg | Ingarö IF | 1953 | 42:55 | +9:42 | 4:17 |
| 93 | 72 | Andreas Lundberg | TSM Running | 1974 | 43:08 | +9:55 | 4:16 |
| 94 | 34 | David Ödling | Stockholm | 1991 | 43:10 | +9:57 | 4:18 |
| 95 | 1582 | Fredrik Juhlin-León | Nynäshamn | 1983 | 43:18 | +10:05 | 4:19 |
| 96 | 122 | Henrik Åsing | Rumblin | 1964 | 43:48 | +10:35 | 4:21 |
| 97 | 24 | Bengt Isgård | TSM Running/IF Linnéa | 1951 | 43:53 | +10:41 | 4:22 |
| 98 | 116 | Cedric Perottet | RaidECP | 1992 | 43:56 | +10:43 | 4:22 |
| 99 | 60 | Peder Nilsson | TSM Running | 1967 | 43:59 | +10:46 | 4:23 |
| 100 | 18 | Staffan von Zeipel | Ekerö | 1966 | 44:20 | +11:07 | 4:25 |

Män tävling 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-----------------------|-------------------------|------|---------|-----------|--------|
| 101 | 20 | Bengt Blomquist | Ludvika FFI | 1970 | 44:56 | +11:43 | 4:29 |
| 102 | 45 | Alexander Kirkhoff | Krilles killar | 1985 | 45:01 | +11:48 | 4:29 |
| 103 | 26 | Lennart Borgstam | Karbennings Golf | 1964 | 45:17 | +12:04 | 4:28 |
| 104 | 38 | Ola Idenfeldt | Mariefred | 1970 | 45:54 | +12:41 | 4:35 |
| 105 | 67 | Josep Soler Carbonell | Lidingö | 1980 | 46:05 | +12:52 | 4:32 |
| 106 | 69 | John Nygren | Ericsson | 1971 | 46:35 | +13:23 | 4:38 |
| 107 | 119 | Johan Holmgren | | 1981 | 46:37 | +13:24 | 4:37 |
| 108 | 35 | Jonas Winberg | Stockholm | 1979 | 47:49 | +14:36 | 4:46 |
| 109 | 106 | Adrian Thomasson | TSM Running | 1957 | 49:56 | +16:43 | 4:55 |
| 110 | 21 | Mats Axelsson | TSM Running/Swedbank | 1967 | 51:54 | +18:41 | 5:09 |
| 111 | 11 | Mattias Norell | TSM Running | 1970 | 54:28 | +21:15 | 5:22 |
| 112 | 68 | Joakim Landin | Stockholm | 1968 | 55:55 | +22:42 | 5:33 |
| 113 | 37 | David Alm | Tumba | 1988 | 56:52 | +23:39 | 5:38 |
| 114 | 79 | Georg Östergren | Värmdö | 1968 | 57:14 | +24:01 | 5:42 |
| 115 | 74 | Erik Stenholm | Kista | 1987 | 1:03:47 | +30:34 | 6:15 |
| 116 | 41 | Roland Knight | Stockholm | 1967 | 1:06:14 | +33:01 | 6:32 |
| | 61 | Jimmy Ekstörn | Käpplingeholmen | 1979 | | | |
| | 141 | Erik Palm | Team Stockholm Marathon | 1971 | | | |

Kvinnor tävling 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|----------------------------------|------|-------|-----------|--------|
| 1 | 360 | Charlotte Karlsson | Hässelby SK | 1984 | 36:51 | | 3:40 |
| 2 | 362 | Sara Asp | Terrible Tuesdays Triathlon Club | 1979 | 39:19 | +2:28 | 3:55 |
| 3 | 329 | Lona Justesen | IF Linnéa | 1975 | 39:30 | +2:39 | 3:56 |
| 4 | 350 | Helena Kvapil | Spånga | 1971 | 39:48 | +2:57 | 3:58 |
| 5 | 363 | Sandra Jansson | IF Linnéa | 1986 | 40:13 | +3:22 | 4:00 |
| 6 | 361 | Bethany Thompson | Stockholm | 1980 | 41:21 | +4:30 | 4:07 |
| 7 | 349 | Susanna Neill | Tyresö | 1974 | 42:16 | +5:25 | 4:12 |
| 8 | 337 | Sandra Berglund | IF Linnéa | 1990 | 42:29 | +5:38 | 4:14 |
| 9 | 365 | Ellen Cronqvist | | 1992 | 43:22 | +6:31 | 4:19 |
| 10 | 323 | Julia Åhlin | TSM Running | 1987 | 43:33 | +6:42 | 4:20 |
| 11 | 344 | Therese Anderbro | TSM Running | 1970 | 43:55 | +7:04 | 4:23 |
| 12 | 335 | Ida Almén Lagerwall | Saltsjöbaden | 1979 | 44:22 | +7:31 | 4:25 |
| 13 | 356 | Linnie Wilton | Team Stockholm Marathon | 1979 | 44:55 | +8:04 | 4:28 |
| 14 | 340 | Josefin Rakos | Solna | 1988 | 45:40 | +8:49 | 4:33 |
| 15 | 332 | Viktoria Raft | Sorunda | 1976 | 45:43 | +8:52 | 4:33 |
| 16 | 318 | Josefin Doverlid | Stockholm | 1991 | 45:44 | +8:53 | 4:33 |
| 17 | 327 | Ann-Marie Andersson | Antalis | 1969 | 45:46 | +8:55 | 4:34 |
| 18 | 364 | Catrin Eriksson | Stockholm | 1988 | 46:00 | +9:09 | 4:35 |
| 19 | 324 | Anna Lund | Mariestad | 1990 | 46:17 | +9:26 | 4:37 |
| 20 | 345 | Jessica Ehlin | Stockholm | 1989 | 46:18 | +9:27 | 4:37 |
| 21 | 343 | Louise Ljungblad | Hägersten | 1992 | 46:35 | +9:44 | 4:39 |
| 22 | 359 | Cecilia Staaff | Stockholm | 1975 | 47:04 | +10:13 | 4:42 |
| 23 | 351 | Charlotta Lindberg | Handen | 1970 | 47:40 | +10:49 | 4:44 |
| 24 | 347 | Mia Ilves | Rönninge | 1967 | 48:01 | +11:10 | 4:45 |
| 25 | 312 | Eva Candelius | TSM Running | 1963 | 48:39 | +11:48 | 4:50 |
| 26 | 355 | Kolbrun Runarsdottir | TSM Running | 2015 | 48:59 | +12:08 | 4:52 |
| 27 | 348 | Patricia Lööf | Stockholm | 1974 | 49:20 | +12:30 | 4:52 |
| 28 | 330 | Anne Jensen | TSM Running/IF Linnéa | 1971 | 49:21 | +12:30 | 4:55 |
| 29 | 321 | Sofia Marcus | Stockholm | 1986 | 49:35 | +12:44 | 4:55 |
| 30 | 354 | Kristina Bergström | TSM Running | 1954 | 49:54 | +13:03 | 4:58 |
| 31 | 352 | Camilla Dahlborg | Terrible Tuesdays | 1979 | 50:31 | +13:40 | 5:01 |

Kvinnor tävling 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-----------------|-----------------------|------|---------|-----------|--------|
| 32 | 313 | Linn Nyström | TSM Running | 1992 | 50:35 | +13:44 | 5:00 |
| 33 | 346 | Sadie Percell | Stockholm | 1972 | 51:02 | +14:12 | 5:05 |
| 34 | 322 | Annika Nordgren | Stockholm | 1984 | 57:09 | +20:18 | 5:39 |
| 35 | 317 | Anna Brehmer | Stockholm | 1967 | 57:32 | +20:41 | 5:44 |
| 36 | 319 | Unn Hertzberg | Tyresö | 1970 | 57:49 | +20:58 | 5:45 |
| 37 | 325 | Anna Stenholm | Bromma | 1983 | 1:09:28 | +32:37 | 6:49 |
| | 338 | Linn Norrbäck | TSM Running/IF Linnéa | 1986 | | | |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|-----------------------------|------|-------|-----------|--------|
| 1 | 1297 | Johan Kärrström | Tullinge SK | 1990 | 35:47 | | 3:34 |
| 2 | 1170 | Hampus Frisén | Stockholm | 1990 | 38:01 | +2:15 | 3:48 |
| 3 | 1214 | Michael Johansson | Centro | 1968 | 39:13 | +3:26 | 3:55 |
| 4 | 1348 | Jörgen Balogh | Gärdet | 1970 | 39:18 | +3:31 | 3:55 |
| 5 | 1276 | Anders Nohren | Johanneshov | 1971 | 39:28 | +3:42 | 3:56 |
| 6 | 1154 | Hampus Appelgren | SEB | 1984 | 39:49 | +4:03 | 3:58 |
| 7 | 1405 | Philip Andersson | R3 Revisionsbyrå KB | 1988 | 40:09 | +4:23 | 4:00 |
| 8 | 1564 | Lars Rosenberg | Solna | 1984 | 40:49 | +5:02 | 4:04 |
| 9 | 1561 | Stefan Lindroth | Nynäshamn | 1968 | 41:08 | +5:22 | 4:06 |
| 10 | 1580 | Olle Bolling | AB Kartverkstan | 1980 | 41:12 | +5:26 | 4:07 |
| 11 | 1120 | Anton Larsson | Stockholm | 1980 | 41:24 | +5:37 | 4:08 |
| 12 | 1168 | Douglas Sjöholm | Stockholm | 1979 | 41:35 | +5:49 | 4:09 |
| 13 | 1063 | Gustaf Engblom | Stockholm | 1974 | 41:47 | +6:00 | 4:10 |
| 14 | 1216 | Kristian Törnroos | Bergshamn | 1969 | 41:58 | +6:11 | 4:11 |
| 15 | 1572 | Ola Björnén | Friskis & Sveltis Nynäshamn | 1976 | 42:00 | +6:13 | 4:11 |
| 16 | 1397 | Christian Barkström | Stockholm Snipers friidrott | 1980 | 42:13 | +6:27 | 4:13 |
| 17 | 1222 | Fredrik Greberg | Undone TRIBE | 1972 | 42:16 | +6:30 | 4:13 |
| 18 | 1371 | Jonas Hedegard | B-Reel Running Team | 1973 | 42:20 | +6:33 | 4:13 |
| 19 | 1518 | Alvaro Zagal | Löparakademien IF | 1983 | 42:33 | +6:47 | 4:15 |
| 20 | 1434 | Mårten Eidevall | Sköndal | 1983 | 42:34 | +6:47 | 4:15 |
| 21 | 1544 | Kenan Harbas | Runners Store LK | 1990 | 42:38 | +6:52 | 4:15 |
| 22 | 1030 | Rickard Blomdahl | Axa SC | 1981 | 42:51 | +7:04 | 4:17 |
| 23 | 1532 | Michal Sawczuk | Löparakademien IF | 1999 | 42:53 | +7:06 | 4:17 |
| 24 | 1386 | Sami Kuronen | Flying Hellfish | 1981 | 42:58 | +7:12 | 4:17 |
| 25 | 1422 | Mikael Salomonsson | Stockholm | 1983 | 43:00 | +7:14 | 4:17 |
| 26 | 1101 | Lars Haag | Nordanskog | 1966 | 43:01 | +7:14 | 4:18 |
| 27 | 1288 | Jonas Cederquist | Torsviks IF | 1963 | 43:01 | +7:14 | 4:18 |
| 28 | 1323 | Jesper Hallgren | Stockholm | 1986 | 43:01 | +7:15 | 4:18 |
| 29 | 1404 | Benny Svensson | R3 Revisionsbyrå KB | 1979 | 43:03 | +7:16 | 4:18 |
| 30 | 1437 | Fredrik Hansson | OS 80 | 1991 | 43:13 | +7:26 | 4:19 |
| 31 | 1253 | Torbjörn Millde | Kälvesta Basket | 1961 | 43:14 | +7:28 | 4:19 |
| 32 | 1041 | Carl Montalvo | Lidingö Tennisklubb | 1969 | 43:17 | +7:30 | 4:19 |
| 33 | 1087 | Mattias Svensson | TSM Running | 1984 | 43:20 | +7:34 | 4:19 |
| 34 | 1400 | Johannes Borgehammar | Accenture IF | 1981 | 43:24 | +7:38 | 4:20 |
| 35 | 1482 | Jonas Sjöblom | TSM Running/IF Linnéa | 1964 | 43:28 | +7:42 | 4:20 |
| 36 | 1563 | Johan Björkman | Ingarö IF | 1971 | 43:34 | +7:47 | 4:21 |
| 37 | 1495 | Mikael Bethnorad | Löparakademien IF | 1999 | 43:35 | +7:48 | 4:21 |
| 38 | 1562 | Johannes Rasjö | | 1988 | 43:37 | +7:50 | 4:21 |
| 39 | 1260 | Johan Hansson | Vällingby | 1975 | 43:40 | +7:53 | 4:21 |
| 40 | 1416 | Joacim Gustafsson | Länsförsäkringar | 1976 | 43:47 | +8:00 | 4:22 |
| 41 | 1206 | Dennis von Knorring | Centro | 1981 | 44:00 | +8:13 | 4:23 |
| 42 | 1338 | Fredrik Wennerstrand | Carler | 1978 | 44:01 | +8:14 | 4:24 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|-------------------------------|------|-------|-----------|--------|
| 43 | 1401 | Hemming Lindell | Stockholm | 1975 | 44:05 | +8:19 | 4:24 |
| 44 | 1480 | Ole Martin Haugesten | Järfälla | 1989 | 44:06 | +8:19 | 4:24 |
| 45 | 1458 | Anders Hebert | Enskede Gård | 1977 | 44:06 | +8:20 | 4:24 |
| 46 | 1425 | Cedric Marmeys | Enskede | 1983 | 44:08 | +8:21 | 4:24 |
| 47 | 1542 | Jonny Eriksson | TSM Running | 1963 | 44:09 | +8:22 | 4:24 |
| 48 | 1259 | Kalle Palmqvist | Stockholm | 1973 | 44:10 | +8:23 | 4:24 |
| 49 | 1250 | Jonas Hämälä | Gernandt & Danielsson Advokat | 1986 | 44:11 | +8:24 | 4:25 |
| 50 | 1290 | Patrik Lindberg | Östervåla | 1967 | 44:11 | +8:25 | 4:25 |
| 51 | 1281 | Martin Strömvall | Djurgårdens IF | 1981 | 44:15 | +8:29 | 4:25 |
| 52 | 1351 | Mikael Jönsson | Järfälla | 1983 | 44:17 | +8:30 | 4:25 |
| 53 | 1345 | Tony Olofsson | TSM Running | 1983 | 44:25 | +8:39 | 4:26 |
| 54 | 1534 | Jonathan Melin | Löparakademin IF | 1998 | 44:27 | +8:40 | 4:26 |
| 55 | 1073 | Alexander Fyrdahl | TSM Running | 1989 | 44:27 | +8:40 | 4:26 |
| 56 | 1340 | David Rutegård | Carler | 1976 | 44:29 | +8:42 | 4:26 |
| 57 | 1264 | Conny Sjögren | Mälärträäd | 1976 | 44:29 | +8:42 | 4:26 |
| 58 | 1470 | Erik Grinneby | Riksbyggen | 1988 | 44:29 | +8:42 | 4:26 |
| 59 | 1100 | Patrik Ödling | Dinair | 1963 | 44:29 | +8:42 | 4:26 |
| 60 | 1225 | Simon Peterson | Hägersten | 1985 | 44:30 | +8:43 | 4:26 |
| 61 | 1223 | Anders Kjellström | Vällingby | 1974 | 44:34 | +8:47 | 4:27 |
| 62 | 1427 | Conny Stålbjerg | Tyresö | 1971 | 44:34 | +8:47 | 4:27 |
| 63 | 1069 | Patrik Zetterberg | Stockholm | 1987 | 44:49 | +9:02 | 4:28 |
| 64 | 1446 | Marcus Lorentzon | Stockholm | 1988 | 44:49 | +9:02 | 4:28 |
| 65 | 1142 | Johan Lindh | Käpplingeholmen | 1977 | 44:49 | +9:02 | 4:28 |
| 66 | 1511 | Mohamed Edid | Löparakademin IF | 1998 | 44:50 | +9:04 | 4:28 |
| 67 | 1077 | Erik Brohm | Sollentuna | 1965 | 44:58 | +9:11 | 4:29 |
| 68 | 1342 | Niklas Emthén | Carler | 1985 | 45:00 | +9:14 | 4:29 |
| 69 | 1415 | Christofer Moricz | Åkersberga | 1977 | 45:01 | +9:14 | 4:30 |
| 70 | 1336 | Håkan Bårman | TSM Running | 1960 | 45:01 | +9:14 | 4:30 |
| 71 | 1388 | Anders Ullholm | Stockholm | 1968 | 45:03 | +9:17 | 4:30 |
| 72 | 1182 | Mats Armando Nilsson | LK Humlans Vänner | 1979 | 45:08 | +9:21 | 4:30 |
| 73 | 1319 | Fredrik Wahlberg | Stockholm | 1977 | 45:09 | +9:23 | 4:30 |
| 74 | 1195 | Niclas Melin | Lidingö | 1972 | 45:19 | +9:33 | 4:31 |
| 75 | 1546 | Fredrik Clerkestam | Viksjo | 1972 | 45:30 | +9:43 | 4:32 |
| 76 | 1325 | Tony Johansson | Bajen United FC | 1965 | 45:30 | +9:44 | 4:32 |
| 77 | 1411 | Martin Holmstedt | Stockholm | 1982 | 45:33 | +9:47 | 4:33 |
| 78 | 1418 | Jan-Olow Rullander | Brandkärens IK Storstockholm | 1954 | 45:34 | +9:47 | 4:33 |
| 79 | 1576 | Harald Nordby | Menykort AB | 1964 | 45:37 | +9:51 | 4:33 |
| 80 | 1144 | Björn Kihlblom | TSM Running | 1963 | 45:40 | +9:53 | 4:33 |
| 81 | 1037 | Oscar Lidfeldt | SEB IF | 1986 | 45:42 | +9:56 | 4:34 |
| 82 | 1034 | Hodder Stjernswärd | Stockholm | 1985 | 45:43 | +9:57 | 4:34 |
| 83 | 1423 | Peter Ahlvik | Södertälje IF | 1958 | 45:44 | +9:58 | 4:34 |
| 84 | 1466 | Andreas Flemmer | Stockholm | 1980 | 45:45 | +9:58 | 4:34 |
| 85 | 1461 | Manne Björkhagen | Täby | 1975 | 45:51 | +10:05 | 4:35 |
| 86 | 1269 | Erik Wall | Nacka | 1977 | 45:53 | +10:06 | 4:35 |
| 87 | 1158 | Henrik Gardholm | Stockholm | 1964 | 45:58 | +10:11 | 4:35 |
| 88 | 1188 | Åke Freij | TSM Running/IBM Club Swede | 1965 | 45:58 | +10:11 | 4:35 |
| 89 | 1177 | Mika Durén | Sundbyberg | 1986 | 46:00 | +10:14 | 4:35 |
| 90 | 1217 | Anders Brodén | Hägersten | 1970 | 46:02 | +10:15 | 4:36 |
| 91 | 1334 | Ludwig Brogård | Upplands Väsby | 1974 | 46:04 | +10:18 | 4:36 |
| 92 | 1541 | Leonard Clay | TSM Running | 1965 | 46:10 | +10:23 | 4:36 |
| 93 | 1451 | Anders Granström | Antalis | 1969 | 46:10 | +10:24 | 4:36 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|--------------------------|------|-------|-----------|--------|
| 94 | 1003 | Bosse Sandberg | Lugnet | 1966 | 46:11 | +10:25 | 4:37 |
| 95 | 1124 | Thomas Aldheimer | Stockholm | 1988 | 46:12 | +10:25 | 4:37 |
| 96 | 1114 | Johan Schönning | TSM Running | 1977 | 46:18 | +10:32 | 4:37 |
| 97 | 1539 | Axel Nyström | Stockholm | 1987 | 46:20 | +10:33 | 4:37 |
| 98 | 1421 | Thomas Eriksson | Polismyndigheten | 1957 | 46:21 | +10:34 | 4:38 |
| 99 | 1439 | Håkan Ericson | SBKs Stockholmsavdelning | 1958 | 46:26 | +10:39 | 4:38 |
| 100 | 1309 | Ulf Ahlström | Nackatandläkarna | 1957 | 46:27 | +10:40 | 4:38 |
| 101 | 1022 | Kristofer Byström | Solna | 1972 | 46:29 | +10:42 | 4:38 |
| 102 | 1413 | Mikael Norrgård | Stockholmstullens IF | 1982 | 46:30 | +10:43 | 4:38 |
| 103 | 1449 | Daniel Widestedt | Hässelby | 1979 | 46:31 | +10:45 | 4:39 |
| 104 | 1289 | Martin Schmalholz | Tumba | 1981 | 46:33 | +10:46 | 4:39 |
| 105 | 1444 | Robert Stolt | Solna | 1988 | 46:35 | +10:49 | 4:39 |
| 106 | 1169 | Martin Martinsson | Stockholm | 1981 | 46:40 | +10:54 | 4:39 |
| 107 | 1330 | Ola Hållmarker | Stockholms Rullskidklubb | 1980 | 46:41 | +10:54 | 4:40 |
| 108 | 1054 | Joakim Söderberg | Täby | 1968 | 46:44 | +10:58 | 4:40 |
| 109 | 1070 | Magnus Migdal Lilleeng | Tullinge | 1973 | 46:45 | +10:59 | 4:40 |
| 110 | 1274 | Karl-Henrik Karlsson | TSM Running/IF Linnéa | 1960 | 46:47 | +11:00 | 4:40 |
| 111 | 1396 | Leo Berggren-Lagercrantz | Stockholm | 1991 | 46:48 | +11:01 | 4:40 |
| 112 | 1162 | Kristian Sörbom | Järfälla | 1960 | 46:49 | +11:03 | 4:40 |
| 113 | 1353 | Henrik Röjdner | Johanneshov | 1978 | 46:55 | +11:09 | 4:41 |
| 114 | 1391 | Joakim Lundbäck | Sundbyberg | 1975 | 46:57 | +11:10 | 4:41 |
| 115 | 1454 | Henrik Bäcklin | Caperio IF | 1985 | 46:59 | +11:13 | 4:41 |
| 116 | 1573 | Richard Bond | Stockholm | 1981 | 47:00 | +11:13 | 4:41 |
| 117 | 1553 | Carl Mörner | Stockholm | 1991 | 47:04 | +11:18 | 4:42 |
| 118 | 1048 | Magnus Rasmusson | Stockholm | 1989 | 47:06 | +11:19 | 4:42 |
| 119 | 1557 | Björn Nilsson Åkerberg | | 1982 | 47:17 | +11:30 | 4:43 |
| 120 | 1231 | Bengt Örn | Mälarhöjdens IK | 1959 | 47:18 | +11:31 | 4:43 |
| 121 | 1355 | Johan Nylander | SEB Corporate Finance | 1993 | 47:19 | +11:32 | 4:43 |
| 122 | 1395 | Axel Berggren-Lagercrantz | Stockholm | 1987 | 47:19 | +11:32 | 4:43 |
| 123 | 1318 | Johan Ladenberg | Lundbergs Tulpanen | 1966 | 47:21 | +11:35 | 4:44 |
| 124 | 1298 | Jonas Kärrström | Tullinge SK | 1990 | 47:22 | +11:35 | 4:44 |
| 125 | 1417 | Karl Johan Eriksson | TSM Running/SEB IF | 1969 | 47:22 | +11:36 | 4:44 |
| 126 | 1035 | Pontus Hjalmarsson | Stockholm | 1989 | 47:23 | +11:36 | 4:44 |
| 127 | 1350 | Martin Rönnlund | IFK Stocksund | 1971 | 47:23 | +11:36 | 4:44 |
| 128 | 1412 | Johan Pontén | Stockholm | 1969 | 47:23 | +11:36 | 4:44 |
| 129 | 1583 | Gunnar Carlsson | SEB IF | 1963 | 47:24 | +11:37 | 4:44 |
| 130 | 1052 | Frank Träisk | Stockholm | 1968 | 47:24 | +11:37 | 4:44 |
| 131 | 1566 | Mikael Svanberg | Stockholm | 1964 | 47:24 | +11:37 | 4:44 |
| 132 | 1021 | Jon Fredriksson | Skogås | 1972 | 47:25 | +11:38 | 4:44 |
| 133 | 1346 | Kjell Rindsjö | M2 Gruppen | 1966 | 47:25 | +11:38 | 4:44 |
| 134 | 1218 | Nicklas Irevång | Vällingby | 1991 | 47:30 | +11:43 | 4:44 |
| 135 | 1159 | Mikael Nordén | Täby | 1970 | 47:30 | +11:43 | 4:44 |
| 136 | 1551 | Gustaf Setterblad | Stockholm | 1971 | 47:33 | +11:46 | 4:45 |
| 137 | 1463 | Jonas Sved | Lidingö | 1984 | 47:34 | +11:48 | 4:45 |
| 138 | 1581 | Oscar Jarheim | Taxi 020 | | 47:35 | +11:48 | 4:45 |
| 139 | 1419 | Amir Riahi | Åkersberga | 1973 | 47:35 | +11:49 | 4:45 |
| 140 | 1410 | Robin Kihlblom | R3 Revisionsbyrå KB | 1987 | 47:39 | +11:53 | 4:45 |
| 141 | 1485 | Kalle Premback | Vällingby | 1983 | 47:43 | +11:56 | 4:46 |
| 142 | 1282 | Fredrik Boström | Vendator | 1974 | 47:44 | +11:58 | 4:46 |
| 143 | 1044 | Rickard Werner | SEB IF | 1968 | 47:47 | +12:00 | 4:46 |
| 144 | 1081 | Anders Dahlqvist | MTM AB | 1974 | 47:48 | +12:01 | 4:46 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------|-------------------------------|------|-------|-----------|--------|
| 145 | 1099 | Jonas Wählstedt | Handelsbanken | 1977 | 47:52 | +12:05 | 4:47 |
| 146 | 1486 | Tommy Jakobsson | Segeltorp | 1973 | 47:52 | +12:05 | 4:47 |
| 147 | 1409 | Fredrik Lundberg | R3 Revisionsbyrå KB | 1974 | 47:55 | +12:09 | 4:47 |
| 148 | 1438 | Janne Granström | Länsförsäkringar | 1972 | 47:59 | +12:13 | 4:47 |
| 149 | 1130 | Mattias Wickberg | Omega Pharma | 1982 | 48:08 | +12:21 | 4:48 |
| 150 | 1547 | Staffan Perbo | | 1959 | 48:09 | +12:22 | 4:48 |
| 151 | 1172 | Mikael Haraldsson | Tyresö | 1964 | 48:11 | +12:24 | 4:49 |
| 152 | 1567 | Max Hellström | | 1993 | 48:13 | +12:26 | 4:49 |
| 153 | 1061 | Mikael Asperö | Hägersten | 1978 | 48:17 | +12:30 | 4:49 |
| 154 | 1579 | Gustav Rannestig | | 1988 | 48:18 | +12:32 | 4:49 |
| 155 | 1164 | Jonas Jolhammar | TSM Running | 1978 | 48:18 | +12:32 | 4:49 |
| 156 | 1510 | Merih Bahta | Löparakademin IF | 1998 | 48:18 | +12:32 | 4:49 |
| 157 | 1117 | Lars Eckerborn | TSM Running | 1956 | 48:20 | +12:34 | 4:49 |
| 158 | 1472 | Kristofer Nilsson | Bromma | 1984 | 48:25 | +12:38 | 4:50 |
| 159 | 1079 | Staffan Trotzig | Åkersberga | 1978 | 48:26 | +12:40 | 4:50 |
| 160 | 1148 | Per-Roland Sjöberg | Stenslätten United | 1946 | 48:29 | +12:43 | 4:50 |
| 161 | 1161 | Jan Möller | Stockholm | 1963 | 48:30 | +12:44 | 4:50 |
| 162 | 1548 | Erik Grass | Hornsberg | 1977 | 48:31 | +12:44 | 4:51 |
| 163 | 1280 | Kristian Bengtsson | Filippa K | 1984 | 48:31 | +12:44 | 4:51 |
| 164 | 1202 | Patric Tengblad | Stockholm | 1972 | 48:33 | +12:46 | 4:51 |
| 165 | 1026 | Björn Torhall | Bromma | 1979 | 48:34 | +12:48 | 4:51 |
| 166 | 1191 | Niklas Honkavaara | Sköndal | 1985 | 48:37 | +12:50 | 4:51 |
| 167 | 1089 | Lars-Olof Larsson | TSM Running/Zander & Ingestri | 1963 | 48:38 | +12:52 | 4:51 |
| 168 | 1349 | Michael J:son Lindh | Hornstull | 1970 | 48:51 | +13:05 | 4:53 |
| 169 | 1011 | Philip Nobel | TSM Running | 1981 | 48:58 | +13:11 | 4:53 |
| 169 | 1527 | Aminn Khatib | Löparakademin IF | 2000 | 48:58 | +13:11 | 4:53 |
| 171 | 1008 | Patrik Larsson | Enskede | 1979 | 48:59 | +13:12 | 4:53 |
| 172 | 1068 | Stefan Widmark | Stockholm | 1963 | 48:59 | +13:13 | 4:53 |
| 173 | 1300 | Andreas Grunder | Käpplingeholmen | 1969 | 49:01 | +13:15 | 4:54 |
| 174 | 1135 | Anders Nordkvist | Värmdö | 1962 | 49:02 | +13:15 | 4:54 |
| 175 | 1492 | André Ishak | Löparakademin IF | 1999 | 49:02 | +13:15 | 4:54 |
| 176 | 1095 | Daniel Karlsson | Stockholm | 1974 | 49:05 | +13:18 | 4:54 |
| 177 | 1448 | Axel Eckerbom | SPIF Triathlon | 1986 | 49:05 | +13:18 | 4:54 |
| 178 | 1403 | Morgan Sällström | Team Bronslur 14 | 1962 | 49:05 | +13:19 | 4:54 |
| 179 | 1029 | Philip Thuresson | Stockholm | 1987 | 49:08 | +13:21 | 4:54 |
| 180 | 1393 | Steinar Bech | HSIF | 1968 | 49:08 | +13:21 | 4:54 |
| 181 | 1311 | Semere Mehari | SBC AB | 1965 | 49:08 | +13:22 | 4:54 |
| 182 | 1467 | Arve Gunnarsson | Arves utmanare | 1949 | 49:09 | +13:22 | 4:54 |
| 183 | 1540 | Daniel Prembäck | Torsdagsklubben | 1979 | 49:09 | +13:22 | 4:54 |
| 184 | 1152 | Karl Guterstam | Stockholm | 1984 | 49:16 | +13:30 | 4:55 |
| 185 | 1194 | Torbjörn Hagelin | Bålsta IK | 1961 | 49:17 | +13:30 | 4:55 |
| 186 | 1577 | Fredrik Nejman | | 1960 | 49:19 | +13:32 | 4:55 |
| 187 | 1038 | Björn Arvidsson | SEB IF | 1984 | 49:19 | +13:32 | 4:55 |
| 188 | 1049 | Fredrik Herslow | Stockholm | 1988 | 49:27 | +13:40 | 4:56 |
| 189 | 1554 | Jonathan Fangréus | Stockholm | 1984 | 49:30 | +13:44 | 4:56 |
| 190 | 1464 | Kenneth Forsberg | Järfälla | 1974 | 49:31 | +13:44 | 4:57 |
| 191 | 1227 | Johan Sederholm | Älvsjö | 1978 | 49:33 | +13:46 | 4:57 |
| 192 | 1352 | Jonas Heimdahl | Stockholm | 1970 | 49:33 | +13:47 | 4:57 |
| 193 | 1131 | Claes Mårtensson | Riksdagsförvaltningen | 1961 | 49:37 | +13:51 | 4:57 |
| 194 | 1173 | Martin Götze | TSM Running/Ericsson IK | 1964 | 49:38 | +13:51 | 4:57 |
| 195 | 1163 | Lasse Appelberg | Nordea | 1959 | 49:38 | +13:52 | 4:57 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|--------------------------|-----------------------------|------|-------|-----------|--------|
| 196 | 1091 | Jimmy Larsson | TSM Running | 1979 | 49:43 | +13:57 | 4:58 |
| 197 | 1207 | Linus Örberg | Centro | 1977 | 49:45 | +13:59 | 4:58 |
| 198 | 1558 | Erik Edman | Team Stockholm Marathon | 1993 | 49:50 | +14:03 | 4:58 |
| 199 | 1096 | Mats Ancker | Stockholm | 1974 | 49:51 | +14:05 | 4:59 |
| 200 | 1399 | Kevin Stikå | Vassunda IF | 2000 | 49:52 | +14:05 | 4:59 |
| 201 | 1435 | Fredrik Backteman | Xerox IF | 1978 | 49:53 | +14:06 | 4:59 |
| 202 | 1252 | John-Erik Sarasto | Stockholm | 1960 | 49:53 | +14:07 | 4:59 |
| 203 | 1487 | Gunnar Loxdal | TSM Running | 1963 | 49:55 | +14:08 | 4:59 |
| 204 | 1017 | Peter Lantz | Täby | 1978 | 49:56 | +14:10 | 4:59 |
| 205 | 1555 | Charlie Mattsson | | 1982 | 50:00 | +14:13 | 4:59 |
| 206 | 1329 | Michael Carlsson | Grewens Atleter | 1971 | 50:06 | +14:19 | 5:00 |
| 207 | 1271 | Johan Lindgren | Farsta | 1982 | 50:14 | +14:27 | 5:01 |
| 208 | 1552 | Magnus Viksten | Champange Runners | 1964 | 50:15 | +14:28 | 5:01 |
| 209 | 1359 | Jan-Erik Jansson | IBM | 1962 | 50:15 | +14:28 | 5:01 |
| 210 | 1571 | Michael Bryan Calderon R | Löparakademin IF | 1999 | 50:15 | +14:29 | 5:01 |
| 211 | 1471 | Rolando Berty | Hässelby | 1978 | 50:17 | +14:31 | 5:01 |
| 212 | 1294 | Mikael Lindblad | SEB IF | 1973 | 50:18 | +14:31 | 5:01 |
| 213 | 1296 | André Malm | Runday IF | 1978 | 50:21 | +14:34 | 5:02 |
| 214 | 1531 | Hassan Ali | Löparakademin IF | 1999 | 50:23 | +14:37 | 5:02 |
| 215 | 1332 | Thomas Örn | Hägersten | 1955 | 50:23 | +14:37 | 5:02 |
| 216 | 1441 | Ronnie Norstedt Nilsson | Run Chonken Run | 1983 | 50:25 | +14:39 | 5:02 |
| 217 | 1199 | Björn Viberg | Skeppsholmens Folkhögskola | 1985 | 50:31 | +14:44 | 5:03 |
| 218 | 1460 | Ola Parkheden | Lidingö IK | 1979 | 50:31 | +14:44 | 5:03 |
| 219 | 1149 | David Borgbrant | Hägersten | 1984 | 50:40 | +14:53 | 5:03 |
| 220 | 1382 | Mattias Eriksson | Init AB | 1976 | 50:46 | +14:59 | 5:04 |
| 221 | 1175 | Ralf Christensson | Stockholm | 1966 | 50:48 | +15:01 | 5:04 |
| 222 | 1027 | Gustav Segerberg | Stockholm | 1983 | 50:56 | +15:09 | 5:05 |
| 223 | 1426 | Håkan Augustsson | Triangelns BS | 1984 | 50:56 | +15:09 | 5:05 |
| 224 | 1141 | Dag Stenkvist | Skrankeborg IF | 1962 | 51:02 | +15:16 | 5:06 |
| 225 | 1232 | Dennis Hedlund | Ljungbackens IF | 1986 | 51:03 | +15:16 | 5:06 |
| 226 | 1317 | Rasmus Rehn | Stockholm | 1986 | 51:18 | +15:31 | 5:07 |
| 227 | 1414 | Bengt Lyngbäck | Team Skärgårdsstiftelsen | 1961 | 51:21 | +15:35 | 5:08 |
| 228 | 1197 | Tomas Linder | Stockholm | 1972 | 51:22 | +15:35 | 5:08 |
| 229 | 1364 | Jonas Fernholm | Danderyd | 1974 | 51:22 | +15:35 | 5:08 |
| 230 | 1229 | Jan Thyreen | SEB Kort | 1964 | 51:22 | +15:36 | 5:08 |
| 231 | 1307 | Jonas Lindholm | Stockholm | 1974 | 51:28 | +15:42 | 5:08 |
| 232 | 1221 | Aleksander Lehrmark | IFK Lidingö FK | 1998 | 51:30 | +15:43 | 5:08 |
| 233 | 1238 | Jesper Oscarsson | Katako | 1993 | 51:31 | +15:44 | 5:09 |
| 234 | 1533 | Axel Cropelle | Löparakademin IF | 1999 | 51:32 | +15:45 | 5:09 |
| 235 | 1499 | Qaisar Qaisar | Löparakademin IF | 1998 | 51:37 | +15:50 | 5:09 |
| 236 | 1107 | Jonny Isaksson | TSM Running | 1965 | 51:38 | +15:51 | 5:09 |
| 237 | 1320 | Fredrik Bäck | Somia fighting fists BK | 1980 | 51:46 | +16:00 | 5:10 |
| 238 | 1440 | Henrik Andersson | Run Chonken Run | 1976 | 51:48 | +16:01 | 5:10 |
| 239 | 1490 | Ali Ahmed | Löparakademin IF | 1994 | 51:48 | +16:01 | 5:10 |
| 240 | 1189 | Sebastian Hedberg | TSM Running/Team Brontosaur | 1987 | 51:48 | +16:01 | 5:10 |
| 241 | 1299 | Leon Firet | Stockholm | 1984 | 51:48 | +16:01 | 5:10 |
| 242 | 1261 | Mats Sköld | Åkersberga | 1967 | 51:57 | +16:10 | 5:11 |
| 243 | 1362 | Ivar Blandin Rosenqvist | Utbildning Silverdal | 1989 | 51:57 | +16:11 | 5:11 |
| 244 | 1002 | Stefan Lindberg | Lidingö | 1965 | 52:07 | +16:21 | 5:12 |
| 245 | 1560 | Jonas Franzén | Lådnalöparna | 1981 | 52:08 | +16:22 | 5:12 |
| 246 | 1001 | Anders Braathen | Tyresö | 1962 | 52:14 | +16:27 | 5:13 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|-----------------------|------|-------|-----------|--------|
| 247 | 1375 | Jan Widlund | Riksbyggen | 1961 | 52:19 | +16:33 | 5:13 |
| 248 | 1009 | Jens Örnbrand | Vällingby | 1972 | 52:19 | +16:33 | 5:13 |
| 249 | 1146 | Einar Östholm | TSM Running/IF Linnéa | 1973 | 52:22 | +16:35 | 5:14 |
| 250 | 1424 | Viktor Öquist | Huddinge | 1998 | 52:23 | +16:37 | 5:14 |
| 251 | 1578 | Magnus Eidvall | Solna | 1959 | 52:24 | +16:37 | 5:14 |
| 252 | 1160 | Marcus Rommedahl | Stockholm | 1983 | 52:26 | +16:39 | 5:14 |
| 253 | 1337 | Crister Bäcklund | Runacademy IF | 1962 | 52:29 | +16:43 | 5:14 |
| 254 | 1033 | Peter Hedberg | Årsta | 1991 | 52:32 | +16:45 | 5:15 |
| 255 | 1483 | Göran Svärdberg | TSM Running/Boo IF | 1961 | 52:42 | +16:55 | 5:16 |
| 256 | 1455 | Nedeljko Cadjo | Caperio IF | 1976 | 52:42 | +16:56 | 5:16 |
| 257 | 1248 | Love Pålsson | Stockholm | 1985 | 52:45 | +16:58 | 5:16 |
| 258 | 1176 | Thomas Johnson | TSM Running | 1958 | 52:45 | +16:58 | 5:16 |
| 259 | 1059 | Claes Boustedt | Käpplingeholmen | 1962 | 52:48 | +17:01 | 5:16 |
| 260 | 1215 | Magnus Andersson | Bullerdalen | 1974 | 52:58 | +17:11 | 5:17 |
| 261 | 1369 | Mattias Hamilton | Täby | 1975 | 53:00 | +17:13 | 5:17 |
| 262 | 1507 | Milan Anelkovic | Löparakademin IF | 1994 | 53:03 | +17:16 | 5:18 |
| 263 | 1006 | Mikael Ek | Bro | 1961 | 53:04 | +17:17 | 5:18 |
| 264 | 1335 | Christer Selander | Söderstöd | 1950 | 53:04 | +17:17 | 5:18 |
| 265 | 1429 | Stefan Pettersson | Järfälla | 1969 | 53:04 | +17:17 | 5:18 |
| 266 | 1258 | Micke Berglund | Sollentuna | 1966 | 53:07 | +17:20 | 5:18 |
| 267 | 1383 | Jacob Holmring | Boulesjevikerna | 1989 | 53:08 | +17:22 | 5:18 |
| 268 | 1251 | Per Larsson | TSM Running | 1968 | 53:11 | +17:24 | 5:19 |
| 269 | 1062 | Janko Luin | Skarpnäck | 1979 | 53:17 | +17:30 | 5:19 |
| 270 | 1153 | Carl Magnus Weckfelt | Hägersten | 1978 | 53:18 | +17:31 | 5:19 |
| 271 | 1256 | Per Gerdin | Stockholm | 1988 | 53:20 | +17:33 | 5:19 |
| 272 | 1387 | Rikard Nilsson | TSM Running | 1973 | 53:28 | +17:41 | 5:20 |
| 273 | 1361 | Anders Tingsdal | Utbildning Silverdal | 1970 | 53:31 | +17:44 | 5:21 |
| 274 | 1198 | Niclas Snällfot | Runacademy IF | 1968 | 53:33 | +17:46 | 5:21 |
| 275 | 1347 | Kurt Söderlund | SEB Kort | 1951 | 53:39 | +17:52 | 5:21 |
| 276 | 1031 | Jimmy Schiöld | IK Trikä | 1980 | 53:41 | +17:54 | 5:22 |
| 277 | 1287 | Henrik Dunér | Sollentuna | 1963 | 53:41 | +17:55 | 5:22 |
| 278 | 1255 | Joel Schultz | Solna | 1996 | 53:42 | +17:55 | 5:22 |
| 279 | 1094 | Daniel Fristam | Enskede | 1974 | 53:42 | +17:56 | 5:22 |
| 280 | 1431 | Göran Simonsson | Bromma | 1973 | 53:44 | +17:57 | 5:22 |
| 281 | 1203 | Daniel Berggren | Teleopti IF | 1981 | 53:45 | +17:58 | 5:22 |
| 282 | 1304 | Ivar Hultenius | Bagarmossen | 2000 | 53:48 | +18:01 | 5:22 |
| 283 | 1456 | David Pernäng | Caperio IF | 1982 | 53:48 | +18:01 | 5:22 |
| 284 | 1285 | Roger Berglund | Sollentuna | 1962 | 53:51 | +18:04 | 5:23 |
| 285 | 1181 | Jens Christiansen | SuperAnna | 1967 | 53:55 | +18:08 | 5:23 |
| 286 | 1313 | Jonas Gilljam | SBC AB | 1970 | 53:55 | +18:09 | 5:23 |
| 287 | 1436 | Yannick Suhard | Ekhagen | 1978 | 54:04 | +18:18 | 5:24 |
| 288 | 1167 | Fredrik Noren | Årsta | 1982 | 54:04 | +18:18 | 5:24 |
| 289 | 1443 | Mats Borin | Vaxholm | 1971 | 54:07 | +18:20 | 5:24 |
| 290 | 1367 | Kristian Miljeteig | Spånga | 1969 | 54:14 | +18:28 | 5:25 |
| 291 | 1575 | Marcus Linder | SCT | 1986 | 54:22 | +18:35 | 5:26 |
| 292 | 1106 | Joakim Petersson | LPG | 1982 | 54:29 | +18:43 | 5:26 |
| 293 | 1524 | Saad Humayun | Löparakademin IF | 1996 | 54:31 | +18:45 | 5:27 |
| 294 | 1498 | Marko Petkovic | Löparakademin IF | 1999 | 54:31 | +18:45 | 5:27 |
| 295 | 1275 | Johan Håkansson | IFK Lidingö | 1969 | 54:33 | +18:46 | 5:27 |
| 296 | 1010 | Tom Österman | Järfälla | 1964 | 54:33 | +18:47 | 5:27 |
| 297 | 1080 | Daniel Rendrup | MTM AB | 1968 | 54:35 | +18:48 | 5:27 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|---------------------|------|-------|-----------|--------|
| 298 | 1268 | Frank Lebender | Teleopti IF | 1968 | 54:36 | +18:50 | 5:27 |
| 299 | 1127 | Andreas Berg | Sollentuna | 1961 | 54:38 | +18:51 | 5:27 |
| 300 | 1183 | Peter Schultz | Solna | 1966 | 54:43 | +18:56 | 5:28 |
| 301 | 1042 | Peter Olsson | Lidingö | 1978 | 54:43 | +18:57 | 5:28 |
| 302 | 1344 | Olle Waller | Carler | 1992 | 54:48 | +19:02 | 5:28 |
| 303 | 1098 | Peter Ericson | TSM Running | 1964 | 54:49 | +19:03 | 5:28 |
| 304 | 1180 | Thomas Lorentzon | SKB IF | 1966 | 54:50 | +19:04 | 5:28 |
| 305 | 1174 | Lars-Olof Månsson | Tavelsjö Trumpetare | 1954 | 54:54 | +19:07 | 5:29 |
| 306 | 1018 | Mikael Steiser | Täby | 1969 | 54:56 | +19:09 | 5:29 |
| 307 | 1123 | Peteris Vanags | Åkersberga | 1962 | 54:58 | +19:12 | 5:29 |
| 308 | 1129 | Magnus Göransson | Stockholm | 1968 | 54:58 | +19:12 | 5:29 |
| 309 | 1385 | Mattias Carlström | Stockholm | 1979 | 54:59 | +19:12 | 5:29 |
| 310 | 1067 | Krister Norström | Värmdö | 1966 | 55:03 | +19:16 | 5:30 |
| 311 | 1103 | Leif Jönsson | SS Mimosa | 1947 | 55:04 | +19:17 | 5:30 |
| 312 | 1245 | Joakim Törnell | Stockholm | 1964 | 55:04 | +19:18 | 5:30 |
| 313 | 1528 | Rewing Aldabag | Löparakademin IF | 2000 | 55:22 | +19:35 | 5:32 |
| 314 | 1143 | Pär Mützell | Danderyd | 1973 | 55:30 | +19:43 | 5:32 |
| 315 | 1234 | Aries Bucquet | Stockholm | 1976 | 55:38 | +19:51 | 5:33 |
| 316 | 1097 | Stas Ivinsky | TSM Running | 1973 | 55:40 | +19:54 | 5:33 |
| 317 | 1122 | Thomas Ljunglöf | Saco | 1963 | 55:43 | +19:56 | 5:34 |
| 318 | 1060 | Björn Havden | Lidingö | 1974 | 55:46 | +20:00 | 5:34 |
| 319 | 1201 | Ove Moring | Värmdö | 1967 | 55:48 | +20:01 | 5:34 |
| 320 | 1523 | Hamza Karrani | Löparakademin IF | 1996 | 55:49 | +20:02 | 5:34 |
| 321 | 1132 | Håkan Sjöblom | Handen | 1965 | 55:52 | +20:05 | 5:35 |
| 322 | 1379 | Andreas Krig | Thames Sailing Club | 1976 | 55:58 | +20:11 | 5:35 |
| 323 | 1116 | Henrik Zacco | Stockholm | 1980 | 55:59 | +20:12 | 5:35 |
| 324 | 1574 | Peter Alderete | Solna | 1984 | 56:00 | +20:14 | 5:35 |
| 325 | 1249 | Peter Kult | Trångsund | 1964 | 56:16 | +20:29 | 5:37 |
| 326 | 1247 | Hasan Basara | Vällingby | 1955 | 56:20 | +20:33 | 5:37 |
| 327 | 1265 | Lewis Maddock | Stockholm | 1981 | 56:25 | +20:39 | 5:38 |
| 328 | 1237 | Michael Lindström | Katako fast runners | 1962 | 56:29 | +20:43 | 5:38 |
| 329 | 1565 | Mikael Jönsson | LK Humlans Vänner | 1981 | 56:45 | +20:59 | 5:40 |
| 330 | 1147 | Stefan Rosén | Enskede Gärd | 1967 | 56:46 | +21:00 | 5:40 |
| 331 | 1459 | Daniel Lindh | Stockholm | 1984 | 56:47 | +21:01 | 5:40 |
| 332 | 1262 | Ivan Tibinac | Stockholm | 1983 | 56:49 | +21:02 | 5:40 |
| 333 | 1254 | Jakob Ödin-Fagerlund | Bromma | 1974 | 56:50 | +21:03 | 5:40 |
| 334 | 1474 | Ronny Martin | Upplands Väsby | 1981 | 56:51 | +21:04 | 5:41 |
| 335 | 1240 | Paul Liska | Tradinco AB | 1953 | 56:52 | +21:05 | 5:41 |
| 336 | 1108 | Winand Hendriks | TSM Running | 1968 | 56:54 | +21:07 | 5:41 |
| 337 | 1102 | Johan Spiik | Stockholm | 1976 | 56:57 | +21:10 | 5:41 |
| 338 | 1193 | Johan Ekhamen | Stockholm | 1964 | 57:01 | +21:14 | 5:42 |
| 339 | 1257 | Per Ekberg | Hägersten | 1960 | 57:02 | +21:16 | 5:42 |
| 340 | 1185 | Jan Koupil | Stockholm | 1963 | 57:04 | +21:18 | 5:42 |
| 341 | 1519 | Mardan Nannvazadegan | Löparakademin IF | 1992 | 57:14 | +21:27 | 5:43 |
| 342 | 1128 | Anton Berg | Sollentuna | 1999 | 57:15 | +21:29 | 5:43 |
| 343 | 1503 | Alexander Berneron | Löparakademin IF | 1998 | 57:22 | +21:35 | 5:44 |
| 344 | 1373 | Rikard Åström | B-Reel Running Team | 1979 | 57:23 | +21:36 | 5:44 |
| 345 | 1481 | Ludwig Östlund | Stockholm | 1985 | 57:24 | +21:37 | 5:44 |
| 346 | 1430 | Anders Grimfelt | Nordea | 1954 | 57:31 | +21:44 | 5:45 |
| 347 | 1475 | Jan-Peter Martin | Upplands Väsby | 1957 | 57:51 | +22:05 | 5:47 |
| 348 | 1569 | Perola Brolin | Torsvik | 1950 | 57:54 | +22:07 | 5:47 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|--------------------|------------------------|------|---------|-----------|--------|
| 349 | 1150 | Lev Martinez Silva | Hägersten | 1976 | 57:54 | +22:08 | 5:47 |
| 350 | 1266 | Viktor Grgic | Länsförsäkringar | 1978 | 57:55 | +22:08 | 5:47 |
| 351 | 1155 | Uwe Scheele | Hässelby | 1969 | 58:06 | +22:20 | 5:48 |
| 352 | 1477 | Anders Söderlund | Cederroth AB | 1970 | 58:11 | +22:24 | 5:49 |
| 353 | 1291 | Lars Sjödin | Hati Hati | 1973 | 58:14 | +22:27 | 5:49 |
| 354 | 1112 | Peter Stark | Täby | 1962 | 58:30 | +22:43 | 5:50 |
| 355 | 1105 | Per-Arne Spiik | Tullinge | 1949 | 58:32 | +22:45 | 5:51 |
| 356 | 1372 | Dan-Alp Lindberg | B-Reel Running Team | 1975 | 58:42 | +22:55 | 5:52 |
| 357 | 1559 | Andreas Markborn | Djursholm | 1988 | 58:42 | +22:55 | 5:52 |
| 358 | 1306 | Sverker Unnes | TSM Running | 1943 | 58:46 | +22:59 | 5:52 |
| 359 | 1408 | Eric Lindahl | R3 Revisionsbyrå KB | 1955 | 58:59 | +23:12 | 5:53 |
| 360 | 1109 | Andreas Rask | Stockholm | 1982 | 59:01 | +23:14 | 5:54 |
| 361 | 1302 | Willy Pettersson | Västerhaninge | 1950 | 59:14 | +23:27 | 5:55 |
| 362 | 1488 | Chrishan Fernando | Löparakademin IF | 1989 | 59:16 | +23:29 | 5:55 |
| 363 | 1570 | Masad Hussein | Löparakademin IF | 1999 | 59:16 | +23:30 | 5:55 |
| 364 | 1365 | Christer Ogenstad | Huddinge | 1974 | 59:17 | +23:31 | 5:55 |
| 365 | 1065 | Markus Svensson | Kungsängen | 1985 | 59:37 | +23:51 | 5:57 |
| 366 | 1156 | Hans Palm | Saltsjö-Boo | 1977 | 59:43 | +23:56 | 5:58 |
| 367 | 2015 | Henrik Strindberg | | 1954 | 59:47 | +24:00 | 5:58 |
| 368 | 1536 | Ismail Abdurahim | Löparakademin IF | 1999 | 59:49 | +24:02 | 5:58 |
| 369 | 1381 | Anders Gillberg | Init AB | 1962 | 59:49 | +24:03 | 5:58 |
| 370 | 1190 | Philip Wallin | Stockholm | 1973 | 1:00:04 | +24:17 | 6:00 |
| 371 | 1517 | Rolf Acevedo | Löparakademin IF | 1991 | 1:00:11 | +24:24 | 6:01 |
| 372 | 1392 | Thomas Svensson | TSM Running | 1949 | 1:00:11 | +24:25 | 6:01 |
| 373 | 1308 | Niclas Blomqvist | Stockholm | 1987 | 1:00:13 | +24:26 | 6:01 |
| 374 | 1368 | Tomas Olsson | Sundbyberg | 1971 | 1:00:15 | +24:29 | 6:01 |
| 375 | 1537 | Alex Lapitiski | Löparakademin IF | 1998 | 1:00:38 | +24:51 | 6:03 |
| 376 | 1390 | Jan Magnusson | TSM Running | 1966 | 1:00:40 | +24:53 | 6:03 |
| 377 | 1389 | Mikael Hedlund | TSM Running/IF Linnéa | 1964 | 1:00:40 | +24:53 | 6:03 |
| 378 | 1226 | Peter Franck | Sollentuna | 1966 | 1:00:45 | +24:58 | 6:04 |
| 379 | 1279 | Magne Hansen | Stockholm Frontrunners | 1967 | 1:00:46 | +25:00 | 6:04 |
| 380 | 1310 | Fredrik Björklund | SBC AB | 1971 | 1:00:52 | +25:05 | 6:05 |
| 381 | 1360 | Per Sundberg | TSM Running | 1968 | 1:00:53 | +25:06 | 6:05 |
| 382 | 1239 | Bengt Öquist | Katako | 1967 | 1:00:56 | +25:10 | 6:05 |
| 383 | 1236 | Joakim Ahde | Katako | 1968 | 1:01:01 | +25:15 | 6:06 |
| 384 | 1500 | Ted Wiberg | Löparakademin IF | 1999 | 1:01:30 | +25:43 | 6:08 |
| 385 | 1134 | Peter Nyman | Bromma | 1990 | 1:01:46 | +26:00 | 6:10 |
| 386 | 1284 | Alf Willén | Aditro | 1950 | 1:01:51 | +26:04 | 6:11 |
| 387 | 1179 | Curt Malmborg | Stockholm | 1951 | 1:01:53 | +26:07 | 6:11 |
| 388 | 1450 | Göran Johansson | Solna | 1970 | 1:01:58 | +26:11 | 6:11 |
| 389 | 1076 | Lars Andersson | Lidingö | 1963 | 1:02:01 | +26:15 | 6:12 |
| 390 | 1273 | Joakim Lund | Mariestad | 1965 | 1:02:09 | +26:23 | 6:12 |
| 391 | 1526 | Ram Cornejo | Löparakademin IF | 1989 | 1:02:17 | +26:30 | 6:13 |
| 392 | 1550 | 1550 | | | 1:02:29 | +26:43 | 6:14 |
| 393 | 1024 | Lennart Fridén | Vallentuna | 1980 | 1:02:32 | +26:45 | 6:15 |
| 394 | 1126 | Thomas Stensils | Bromma | 1965 | 1:02:34 | +26:48 | 6:15 |
| 395 | 1476 | Robert Sandgren | Cederroth AB | 1971 | 1:02:39 | +26:53 | 6:15 |
| 396 | 1133 | Johan Pettersson | Stavsnäs | 1967 | 1:02:42 | +26:56 | 6:16 |
| 397 | 1493 | David Eriksson | Löparakademin IF | 1999 | 1:03:07 | +27:20 | 6:18 |
| 398 | 1433 | Staffan Åkerblom | Dalarö SK | 1964 | 1:03:11 | +27:24 | 6:19 |
| 399 | 1088 | Gustaf Piehl | Stockholm | 1978 | 1:03:26 | +27:39 | 6:20 |

Män motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|------------------------|----------------------------|------|---------|-----------|--------|
| 400 | 1233 | Daniel Elvin | Segeltorp | 1978 | 1:03:28 | +27:41 | 6:20 |
| 401 | 1209 | Johan Lindblom | Centro | 1985 | 1:03:52 | +28:05 | 6:23 |
| 402 | 1314 | Daniel Aronsson | SBC AB | 1977 | 1:04:05 | +28:18 | 6:24 |
| 403 | 1056 | John Persell | Järfälla | 1976 | 1:04:11 | +28:25 | 6:25 |
| 404 | 1339 | Nils Åberg | Carler | 1977 | 1:04:23 | +28:36 | 6:26 |
| 405 | 1384 | Mathias Samuelsson | Stockholm | 1984 | 1:04:59 | +29:12 | 6:29 |
| 406 | 1166 | Rickard Johansson | Hägersten | 1993 | 1:05:01 | +29:15 | 6:30 |
| 407 | 1543 | Kjell Casserfelt | Danderyd Sim | 1943 | 1:05:08 | +29:21 | 6:30 |
| 408 | 1086 | Bengt Nilsson | Vällingby | 1962 | 1:05:37 | +29:51 | 6:33 |
| 409 | 1064 | Tomas Bergström | LPG | 1964 | 1:05:45 | +29:59 | 6:34 |
| 410 | 1502 | Adam Bajalan | Löparakademin IF | 1999 | 1:05:47 | +30:00 | 6:34 |
| 411 | 1187 | Peo Nordlöf | Trafikverkets FF | 1958 | 1:06:34 | +30:47 | 6:39 |
| 412 | 1508 | Linus Ask | Löparakademin IF | 1999 | 1:06:46 | +30:59 | 6:40 |
| 413 | 1377 | Rikard Karlsson | Riksbyggen | 1978 | 1:06:58 | +31:11 | 6:41 |
| 414 | 1272 | Rolf Jensen | IFK Mora | 1944 | 1:07:09 | +31:22 | 6:42 |
| 415 | 1242 | Lennart Andersson | Enköping | 1957 | 1:07:44 | +31:57 | 6:46 |
| 416 | 1204 | Fredrik Derwinger | Centro | 1966 | 1:07:46 | +31:59 | 6:46 |
| 417 | 1515 | Axel Hammar | Löparakademin IF | 1999 | 1:08:02 | +32:15 | 6:48 |
| 418 | 1491 | Denis Beganaj | Löparakademin IF | 1994 | 1:08:16 | +32:29 | 6:49 |
| 419 | 1040 | Per Svensson | Stockholm | 1980 | 1:08:17 | +32:30 | 6:49 |
| 420 | 1378 | Roger Nomark | Riksbyggen | 1968 | 1:08:37 | +32:51 | 6:51 |
| 421 | 1504 | Aros Faraj | Löparakademin IF | 1999 | 1:08:50 | +33:03 | 6:52 |
| 422 | 1568 | Johan Romsäter | | 1970 | 1:09:04 | +33:17 | 6:54 |
| 423 | 1497 | Marwan Adam | Löparakademin IF | 1999 | 1:09:08 | +33:21 | 6:54 |
| 424 | 1293 | Christer Eriksson | Stockholm | 1947 | 1:09:23 | +33:37 | 6:56 |
| 425 | 1402 | Stefan Johansson | Låghalta IF | 1964 | 1:09:26 | +33:39 | 6:56 |
| 426 | 1521 | Zahid Abedin | Löparakademin IF | 1999 | 1:09:30 | +33:43 | 6:56 |
| 427 | 1522 | Faysal Mahad | Löparakademin IF | 1999 | 1:09:37 | +33:50 | 6:57 |
| 428 | 1494 | Eyad Merdini | Löparakademin IF | 1999 | 1:10:23 | +34:37 | 7:02 |
| 429 | 1025 | Per Nordström | Stockholm | 1973 | 1:10:37 | +34:50 | 7:03 |
| 430 | 1292 | Jonas Eriksson | Stockholm | 1976 | 1:10:51 | +35:04 | 7:05 |
| 431 | 1050 | Per Sundin | Täby | 1963 | 1:11:22 | +35:36 | 7:08 |
| 432 | 1489 | Sebastian Benchimol | Löparakademin IF | 1990 | 1:11:33 | +35:46 | 7:09 |
| 433 | 1529 | Tarek Moustafa | Löparakademin IF | 1999 | 1:11:49 | +36:02 | 7:10 |
| 434 | 1584 | Henrik Cronier | Cronier Elite Runners Club | 1969 | 1:12:28 | +36:41 | 7:14 |
| 435 | 1341 | Karl-Fredrik Björklund | Carler | 1969 | 1:17:19 | +41:33 | 7:43 |
| 436 | 1513 | Jesper Stiegler | Löparakademin IF | 1999 | 1:17:44 | +41:57 | 7:46 |
| 437 | 1286 | Ronnie Jeschar | Hässelby | 1971 | 1:18:39 | +42:53 | 7:51 |
| 438 | 1525 | Stiven Nilsson | Löparakademin IF | 1992 | 1:22:20 | +46:34 | 8:13 |
| | 1047 | Magnus Filipson | Åkersberga | 1953 | | | |
| | 1151 | Victor Hjalmarsson | Farsta | 1990 | | | |
| | 1324 | Martin Muszkowski | Stockholm | 1987 | | | |
| | 1331 | Sinan Hepic | Stockholm | 1985 | | | |
| | 1556 | Andreas Persson | | 1987 | | | |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|------------------|--------------|------|-------|-----------|--------|
| 1 | 2037 | Hannah Gerner | TSM Running | 1971 | 43:33 | | 4:21 |
| 2 | 2195 | Emelie Andersson | Älta | 1984 | 45:24 | +1:52 | 4:32 |
| 3 | 2144 | Lina Fransson | Stockholm | 1987 | 46:02 | +2:29 | 4:36 |
| 4 | 2399 | Sofia Dahlgren | Sköndal | 1988 | 46:02 | +2:30 | 4:36 |
| 5 | 2506 | Anni Pilbacka | Stockholm | 1985 | 46:42 | +3:09 | 4:40 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|------------------------|-------------------------|------|-------|-----------|--------|
| 6 | 2488 | Agneta Semart | TSM Running | 1972 | 47:36 | +4:03 | 4:45 |
| 7 | 2376 | Caroline Claar Delin | TSM Running | 1963 | 47:55 | +4:22 | 4:47 |
| 8 | 2314 | Daniëlle Holm | TSM Running | 1988 | 47:58 | +4:25 | 4:47 |
| 9 | 2263 | Ida Ryding | Enebyberg | 1979 | 48:06 | +4:34 | 4:48 |
| 10 | 2403 | Emma Bergkvist | Länsförsäkringar | 1979 | 48:10 | +4:37 | 4:48 |
| 11 | 2158 | Elena Canovas Niemelä | TSM Running | 1964 | 48:18 | +4:45 | 4:49 |
| 12 | 2307 | Nathalie Wijk | TSM Running | 1992 | 48:24 | +4:52 | 4:50 |
| 13 | 2368 | Helena Söderin | Länsförsäkringar | 1981 | 48:30 | +4:57 | 4:50 |
| 14 | 2323 | Therese Berg | Knivsta | 1977 | 49:07 | +5:34 | 4:54 |
| 15 | 2189 | Vera Tornberg | Floda | 1994 | 49:18 | +5:45 | 4:55 |
| 16 | 2405 | Ulrika Stenberg | Stockholm | 1976 | 49:19 | +5:46 | 4:55 |
| 17 | 2385 | Christina Franck | TSM Running | 1970 | 49:31 | +5:59 | 4:57 |
| 18 | 2499 | Tina Kallio | | 1985 | 49:35 | +6:02 | 4:57 |
| 19 | 2489 | Susanna Östergren | TSM Running | 1968 | 49:52 | +6:19 | 4:59 |
| 20 | 2126 | Joakim Dörner | RLR Lidingö | 1969 | 50:04 | +6:32 | 5:00 |
| 21 | 2304 | Annika Berge | Saltsjöbaden | 1966 | 50:20 | +6:48 | 5:01 |
| 22 | 2508 | Elina Kervinen | | 1980 | 50:21 | +6:49 | 5:02 |
| 23 | 2414 | Andrea Glaser | TSM Running | 1973 | 50:24 | +6:52 | 5:02 |
| 24 | 2306 | Carina Eklund | TSM Running | 1967 | 50:28 | +6:55 | 5:02 |
| 25 | 2352 | Jessica Löwegren | Stockholm | 1980 | 50:33 | +7:00 | 5:03 |
| 26 | 2315 | Lia Eliasson | B-Reel Running Team | 1981 | 50:33 | +7:01 | 5:03 |
| 27 | 2147 | Ingela Wikrén | Tellox | 1966 | 50:35 | +7:02 | 5:03 |
| 28 | 2138 | Sofie Palm | Saltsjö-Boo | 1977 | 50:38 | +7:06 | 5:03 |
| 29 | 2241 | Tove Thunholm | Bergshamra | 1986 | 50:42 | +7:10 | 5:04 |
| 30 | 2361 | Charlotta Thomasson | TSM Running/Axa SC | 1961 | 50:43 | +7:11 | 5:04 |
| 31 | 2005 | Nurit Nobel | TSM Running | 1982 | 50:55 | +7:22 | 5:05 |
| 32 | 2317 | Cathrin Holmqvist | B-Reel Running Team | 1981 | 50:58 | +7:25 | 5:05 |
| 33 | 2081 | Camilla Rosell | TSM Running | 1975 | 51:10 | +7:37 | 5:06 |
| 34 | 2340 | Anette Olsson | NCC IF | 1966 | 51:12 | +7:39 | 5:07 |
| 35 | 2134 | Lise Wällberg | Stockholm | 1984 | 51:16 | +7:43 | 5:07 |
| 36 | 2133 | Lisa Göransson | Farsta | 1990 | 51:17 | +7:44 | 5:07 |
| 37 | 2177 | Sofia Dahlin | Stockholm | 1984 | 51:29 | +7:57 | 5:08 |
| 38 | 2273 | Kristin Berglöf | Lidingö | 1974 | 51:31 | +7:58 | 5:09 |
| 39 | 2197 | Anna Hammarberg | Stockholm | 1975 | 51:33 | +8:00 | 5:09 |
| 40 | 2507 | Isabelle Holmberg | | 1991 | 51:39 | +8:06 | 5:09 |
| 41 | 2277 | Somia Frej | Somia fighting fists BK | 1983 | 51:46 | +8:14 | 5:10 |
| 42 | 2402 | Anna Wikström | TSM Running | 1971 | 51:49 | +8:16 | 5:10 |
| 43 | 2410 | Birgitta Ekstrand | NCC IF | 1965 | 51:51 | +8:19 | 5:11 |
| 44 | 2201 | Erika Renlund | Bromma | 1981 | 51:52 | +8:20 | 5:11 |
| 45 | 2329 | Sigrun Aune | Norge | 1984 | 51:53 | +8:20 | 5:11 |
| 46 | 2287 | Karin Jarnehammar | Lidingö | 1972 | 52:00 | +8:27 | 5:11 |
| 47 | 2176 | Ida Nord | Nordarna Runners | 1977 | 52:00 | +8:28 | 5:11 |
| 48 | 2301 | Sofie Karlquist | SEB Corporate Finance | 1993 | 52:03 | +8:30 | 5:12 |
| 49 | 2167 | Siri Sachs | SEB | 1986 | 52:03 | +8:31 | 5:12 |
| 50 | 2364 | Josephine Andersdotter | Stockholm | 1986 | 52:04 | +8:32 | 5:12 |
| 51 | 2099 | Cecilia Ergon | Hässelby | 1974 | 52:10 | +8:37 | 5:12 |
| 52 | 2107 | Catarina Lundhagen | Bromma | 1966 | 52:13 | +8:41 | 5:13 |
| 53 | 2101 | Anna Nilsson | Stockholm | 1984 | 52:18 | +8:45 | 5:13 |
| 54 | 2173 | Maria Bryhn | Ältarunner | 1964 | 52:21 | +8:48 | 5:14 |
| 55 | 2400 | Solveig Sjölund | TSM Running | 1960 | 52:26 | +8:53 | 5:14 |
| 56 | 2408 | Cecilia Bildt Sandgren | Cederroth AB | 1969 | 52:26 | +8:54 | 5:14 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|--------------------------|------------------------------|------|-------|-----------|--------|
| 57 | 2477 | Misha Dobra | Löparakademin IF | 1998 | 52:31 | +8:58 | 5:15 |
| 58 | 2502 | Helena Almqvist | Segeltorp | 1975 | 52:33 | +9:00 | 5:15 |
| 59 | 2179 | Johanna Ruohtula-Lundin | TSM Running | 1983 | 52:35 | +9:02 | 5:15 |
| 60 | 2007 | Lillemor Broni | TSM Running | 1965 | 52:35 | +9:03 | 5:15 |
| 61 | 2239 | Karin Dahllöf | Sollentuna | 1977 | 52:37 | +9:04 | 5:15 |
| 62 | 2391 | Hanna Tilus | Stockholm | 1983 | 52:37 | +9:05 | 5:15 |
| 63 | 2380 | Eva Nordberg | TSM Running/Trafikverkets FF | 1966 | 52:47 | +9:15 | 5:16 |
| 64 | 2229 | Helena Johansson | Stockholm | 1977 | 52:51 | +9:18 | 5:17 |
| 65 | 2373 | Helen Bolin | Tullinge | 1975 | 52:56 | +9:24 | 5:17 |
| 66 | 2232 | Maria Nordstedt | Enskede | 1978 | 52:58 | +9:26 | 5:17 |
| 67 | 2160 | Melica Lidberg | Stockholm | 1990 | 53:02 | +9:29 | 5:18 |
| 68 | 2366 | Agnetha Medin | TSM Running | 1955 | 53:03 | +9:30 | 5:18 |
| 69 | 2294 | Paola Eriksson | TSM Running/Nordea | 1964 | 53:04 | +9:31 | 5:18 |
| 70 | 2054 | Eva Tegelberg | TSM Running | 1975 | 53:05 | +9:33 | 5:18 |
| 71 | 2487 | Ing-Marie Olsson | TSM Running/IK Jogg | 1954 | 53:09 | +9:37 | 5:18 |
| 72 | 2001 | Petra Sporröng | Hägersten | 1967 | 53:15 | +9:43 | 5:19 |
| 73 | 2370 | Emma Schäfer | Teleopti IF | 1981 | 53:40 | +10:07 | 5:21 |
| 74 | 2065 | Emelie Filipson | Åkersberga | 1985 | 53:43 | +10:11 | 5:22 |
| 75 | 2293 | Jenny Gustafsson | Carler | 1977 | 53:44 | +10:12 | 5:22 |
| 76 | 2379 | Christina Mårtensson | Skärholmen | 1985 | 53:45 | +10:12 | 5:22 |
| 77 | 2202 | Susanne Anersten | Centro | 1974 | 53:48 | +10:16 | 5:22 |
| 78 | 2365 | Annelie Waern | Stockholm | 1985 | 53:50 | +10:17 | 5:22 |
| 79 | 2171 | Ann-Sofie Borg | Hässelby | 1984 | 53:59 | +10:27 | 5:23 |
| 80 | 2270 | Camilla Lundeberg | Täby | 1967 | 54:01 | +10:29 | 5:24 |
| 81 | 2296 | Frida Rönnlund | IFK Stocksund | 1973 | 54:07 | +10:34 | 5:24 |
| 82 | 2103 | Ulrika Ahrsjö | Stockholm | 1989 | 54:13 | +10:41 | 5:25 |
| 83 | 2008 | Anja Lundin | TSM Running | 1965 | 54:15 | +10:42 | 5:25 |
| 84 | 2372 | Maria Ullbrand | Trosa | 1972 | 54:15 | +10:43 | 5:25 |
| 85 | 2377 | Jenny Lagerstedt | Stockholm | 1982 | 54:16 | +10:44 | 5:25 |
| 86 | 2057 | Elisabet Hedstrand | Sollentuna | 1974 | 54:17 | +10:45 | 5:25 |
| 87 | 2290 | Elin Sylvan | Trångsund | 1983 | 54:17 | +10:45 | 5:25 |
| 88 | 2053 | Viktoria Nilsson | Vällingby | 1973 | 54:22 | +10:49 | 5:26 |
| 89 | 2383 | Tina Kallio | Stockholm | 1985 | 54:23 | +10:50 | 5:26 |
| 90 | 2387 | Johanna Meidell | Stockholm | 1982 | 54:26 | +10:54 | 5:26 |
| 91 | 2326 | Karin Axelsdotter Olsson | SVT runners | 1974 | 54:33 | +11:01 | 5:27 |
| 92 | 2398 | Agnes Hjalmarsson | Solna | 1994 | 54:38 | +11:06 | 5:27 |
| 93 | 2020 | Sara Fiehn | Stockholm | 1983 | 54:38 | +11:06 | 5:27 |
| 94 | 2049 | Johanna Strandberg | Enskede | 1984 | 54:40 | +11:07 | 5:27 |
| 95 | 2223 | Emelie Berggren | Lidingö | 1971 | 54:41 | +11:09 | 5:28 |
| 96 | 2098 | Eva Treser | TSM Running | 1962 | 54:43 | +11:11 | 5:28 |
| 97 | 2269 | Astrid Hultenius | Bagarmossen | 1996 | 54:44 | +11:12 | 5:28 |
| 98 | 2345 | Eva-Lena Eirefelt | Club Running Sweden | 1962 | 54:46 | +11:13 | 5:28 |
| 99 | 2313 | Ylva Robertsson | Ekerö | 1973 | 54:47 | +11:15 | 5:28 |
| 100 | 2375 | Jurate Lingiene | SEB IF | 1976 | 54:49 | +11:17 | 5:28 |
| 101 | 2118 | Fanny Stenkvis | Flex Sportsclub | 1997 | 54:54 | +11:22 | 5:29 |
| 102 | 2146 | Christina Håkansson | Stockholm | 1975 | 54:57 | +11:24 | 5:29 |
| 103 | 2417 | Carina Lekare | TSM Running | 1963 | 55:05 | +11:33 | 5:30 |
| 104 | 2343 | Therese Gellerstedt | Stockholm | 1988 | 55:07 | +11:34 | 5:30 |
| 105 | 2334 | Merja Palo Svensson | TSM Running/IF Linnéa | 1956 | 55:07 | +11:34 | 5:30 |
| 106 | 2491 | Maria Nordholm | Stockholm | 1979 | 55:10 | +11:37 | 5:30 |
| 107 | 2389 | Helena Killander | Stockholm | 1963 | 55:10 | +11:38 | 5:30 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-----------------------|-------------------------|------|-------|-----------|--------|
| 108 | 2164 | Anna Ferneman | SuperAnna | 1965 | 55:14 | +11:42 | 5:31 |
| 109 | 2395 | Sofia Bårman | TSM Running | 1964 | 55:14 | +11:42 | 5:31 |
| 110 | 2211 | Gunilla Parish | Enebyberg | 1961 | 55:16 | +11:44 | 5:31 |
| 111 | 2096 | Sara Bergman | TSM Running | 1975 | 55:19 | +11:47 | 5:31 |
| 112 | 2350 | Christina Kallin | R3 Revisionsbyrå KB | 1975 | 55:20 | +11:48 | 5:31 |
| 113 | 2203 | Matilda Ambré | Centro | 1986 | 55:21 | +11:49 | 5:32 |
| 114 | 2141 | Åsa Östberg | Neorunners | 1968 | 55:26 | +11:53 | 5:32 |
| 115 | 2157 | Annette Näslund | TSM Running | 1963 | 55:26 | +11:54 | 5:32 |
| 116 | 2252 | Maria Rosaria Galanti | Stockholm | 1954 | 55:29 | +11:57 | 5:32 |
| 117 | 2346 | Linda Håkansson | Uppsalapolisens IF | 1979 | 55:37 | +12:04 | 5:33 |
| 118 | 2024 | Maria Ottander | Täby | 1968 | 55:39 | +12:07 | 5:33 |
| 119 | 2154 | Helena Bäckman | TSM Running | 1964 | 55:49 | +12:16 | 5:34 |
| 120 | 2257 | Carina Eklundh | Åkersberga | 1973 | 55:56 | +12:24 | 5:35 |
| 121 | 2322 | Johanna Frej | Riksbyggen | 1977 | 56:04 | +12:31 | 5:36 |
| 122 | 2493 | Azadeh Mellbin | | 1979 | 56:05 | +12:32 | 5:36 |
| 123 | 2353 | Louise Hammarlund | Bagarmossen | 1985 | 56:10 | +12:37 | 5:36 |
| 124 | 2033 | Kristin Persell | Järfälla | 1983 | 56:13 | +12:40 | 5:37 |
| 125 | 2014 | Emma Vegerfors | Hägersten | 1977 | 56:14 | +12:42 | 5:37 |
| 126 | 2500 | Emma Wingren | Stockholm | 1983 | 56:20 | +12:47 | 5:37 |
| 127 | 2416 | Marika Ottander | TSM Running | 1961 | 56:23 | +12:51 | 5:38 |
| 128 | 2496 | Gabriella Rasjö | | 1977 | 56:26 | +12:54 | 5:38 |
| 129 | 2342 | Malin Hellström | Stockholm | 1988 | 56:29 | +12:56 | 5:38 |
| 130 | 2220 | Sanna Blom | SEB Kort | 1975 | 56:30 | +12:58 | 5:38 |
| 131 | 2192 | Moa Hellström | Vällingby | 1999 | 56:35 | +13:02 | 5:39 |
| 132 | 2233 | Sara Haraldsson | Runday IF | 1989 | 56:36 | +13:04 | 5:39 |
| 133 | 2255 | Susanne Wicks | Saltsjöbaden | 1960 | 56:36 | +13:04 | 5:39 |
| 134 | 2013 | Kerstin Mörk | Huddinge | 1974 | 56:37 | +13:05 | 5:39 |
| 135 | 2341 | Ulrika Candler | Bålsta | 1971 | 56:45 | +13:12 | 5:40 |
| 136 | 2308 | Essie Majkowitz | Stockholm | 1986 | 56:46 | +13:13 | 5:40 |
| 137 | 2191 | Hanna Hellström | Vällingby | 1971 | 56:46 | +13:14 | 5:40 |
| 138 | 2312 | Anna Edelönn | Hägersten | 1969 | 56:51 | +13:19 | 5:41 |
| 139 | 2393 | Sophie Björk | Caperio IF | 1966 | 56:52 | +13:20 | 5:41 |
| 140 | 2411 | Anna Nyström | TSM Running | 1969 | 56:53 | +13:21 | 5:41 |
| 141 | 2409 | Caroline Saxer | Cederroth AB | 1969 | 56:54 | +13:22 | 5:41 |
| 142 | 2298 | Monika Gjertz | Stockholm | 1978 | 56:55 | +13:22 | 5:41 |
| 143 | 2492 | Maria Magnusson | Stockholm | 1972 | 56:57 | +13:25 | 5:41 |
| 144 | 2102 | Catherine Heddle | TSM Running | 1972 | 57:05 | +13:33 | 5:42 |
| 145 | 2494 | Elisabeth Fagerstedt | Team Stockholm Marathon | 1959 | 57:08 | +13:35 | 5:42 |
| 146 | 2360 | Catrin Lundeberg | Stockholm | 1971 | 57:13 | +13:41 | 5:43 |
| 147 | 2128 | Mejt Thorstensson | Nordea | 1961 | 57:14 | +13:42 | 5:43 |
| 148 | 2363 | Anna Ekberg | IF Linnéa | 1990 | 57:25 | +13:53 | 5:44 |
| 149 | 2356 | Maria Wahlgren | Ericsson SIK | 1976 | 57:30 | +13:58 | 5:44 |
| 150 | 2280 | Cecilia Nordén | Lidingö | 1992 | 57:37 | +14:04 | 5:45 |
| 151 | 2108 | Linda Grimstedt | Södertälje | 1979 | 57:43 | +14:10 | 5:46 |
| 152 | 2165 | Carina Walding | Nacka | 1985 | 57:44 | +14:11 | 5:46 |
| 153 | 2256 | Johanna Isaksson | Åkersberga | 1970 | 57:53 | +14:21 | 5:47 |
| 154 | 2289 | Anna Lundblad | Flaten LK | 1980 | 58:12 | +14:39 | 5:49 |
| 155 | 2155 | Teresia Arctaedius | Järfälla | 1964 | 58:15 | +14:43 | 5:49 |
| 156 | 2262 | Henriette Boethius | Hati Hati | 1977 | 58:16 | +14:43 | 5:49 |
| 157 | 2272 | Maria Bigner | Stockholm | 1967 | 58:24 | +14:52 | 5:50 |
| 158 | 2316 | Cecilia Bernard | B-Reel Running Team | 1980 | 58:26 | +14:54 | 5:50 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-------------------------|--------------------------|------|---------|-----------|--------|
| 159 | 2124 | Josefina Bylund | Ludvika | 1975 | 58:32 | +15:00 | 5:51 |
| 160 | 2071 | Lena Rindevall | TSM Running | 1947 | 58:33 | +15:00 | 5:51 |
| 161 | 2278 | Emma Ivert | Stockholm | 1983 | 58:33 | +15:01 | 5:51 |
| 162 | 2110 | Camilla Berg | Stockholm | 1975 | 58:40 | +15:07 | 5:51 |
| 163 | 2271 | Brita Christensson | TSM Running | 1947 | 58:47 | +15:14 | 5:52 |
| 164 | 2382 | Jill Olsson | Mariestad | 1990 | 59:02 | +15:30 | 5:54 |
| 165 | 2374 | Cecilia Vesterlund | Stockholm | 1986 | 59:04 | +15:31 | 5:54 |
| 166 | 2251 | Madelene Persson | Saltsjö-Boo | 1972 | 59:07 | +15:34 | 5:54 |
| 167 | 2250 | Charlotta Bay | Stockholm | 1973 | 59:08 | +15:36 | 5:54 |
| 168 | 2396 | Kerstin Critti | Autoliv | 1962 | 59:09 | +15:37 | 5:54 |
| 169 | 2187 | Helena Castillo | Hägersten | 1983 | 59:10 | +15:38 | 5:54 |
| 170 | 2284 | Hanna Sjöberg | Axa Sports Club | 1987 | 59:11 | +15:39 | 5:55 |
| 171 | 2354 | Lisa Enarsson | Stockholm | 1969 | 59:12 | +15:39 | 5:55 |
| 172 | 2184 | Catharina Wale Grunditz | Nacka | 1965 | 59:12 | +15:39 | 5:55 |
| 173 | 2022 | Carolin Rydén | Nacka | 1989 | 59:14 | +15:41 | 5:55 |
| 174 | 2021 | Emelie Rydén | Nacka | 1985 | 59:14 | +15:41 | 5:55 |
| 175 | 2338 | Annika Ahlberg | TSM Running/Mats Fanclub | 1965 | 59:19 | +15:47 | 5:55 |
| 176 | 2349 | Maria Svenonius | R3 Revisionsbyrå KB | 1988 | 59:21 | +15:49 | 5:56 |
| 177 | 2070 | Eleonore Jansson | TSM Running | 1969 | 59:25 | +15:53 | 5:56 |
| 178 | 2040 | Jessica Karlsson | Sundsvall | 1982 | 59:31 | +15:59 | 5:57 |
| 179 | 2291 | Dora Sebestyen | Stockholm | 1989 | 59:31 | +15:59 | 5:57 |
| 180 | 2156 | Monica Flink | Sollentuna | 1958 | 59:40 | +16:08 | 5:57 |
| 181 | 2161 | Marika Wigren | Edsbro | 1983 | 59:41 | +16:08 | 5:58 |
| 182 | 2335 | Amalia Bihl | Solna | 1988 | 59:47 | +16:14 | 5:58 |
| 183 | 2468 | Angela Kjeell | Löparakademin IF | 1999 | 59:52 | +16:19 | 5:59 |
| 184 | 2235 | Caroline Hammarström | Strängnäs | 1991 | 59:55 | +16:22 | 5:59 |
| 185 | 2258 | Annika Melin | Johanneshov | 1983 | 59:56 | +16:24 | 5:59 |
| 186 | 2367 | Lena Timsträhle | Sundbyberg | 1976 | 59:56 | +16:24 | 5:59 |
| 187 | 2381 | Agnes Käll | Johanneshov | 1990 | 59:57 | +16:25 | 5:59 |
| 188 | 2458 | Tanja Stankov | Löparakademin IF | 1988 | 1:00:00 | +16:28 | 5:59 |
| 189 | 2472 | Rahwa Ghirmay | Löparakademin IF | 1992 | 1:00:20 | +16:47 | 6:01 |
| 190 | 2276 | Pia Nielsen | Bromma | 1983 | 1:00:20 | +16:47 | 6:01 |
| 191 | 2140 | Ida Stjernberg | Stockholm | 1986 | 1:00:21 | +16:49 | 6:02 |
| 192 | 2185 | Marie Danielsson | Stockholm | 1980 | 1:00:22 | +16:50 | 6:02 |
| 193 | 2222 | Johanna Eriksson | Danderyd | 1982 | 1:00:25 | +16:53 | 6:02 |
| 194 | 2268 | Petra Hultenius | Bagarmossen | 1966 | 1:00:29 | +16:57 | 6:02 |
| 195 | 2143 | Kimberly Doherty | Vällingby | 1984 | 1:00:37 | +17:05 | 6:03 |
| 196 | 2117 | Anna-Karin Wahlström | Lidingö Triathlon | 1969 | 1:00:43 | +17:11 | 6:04 |
| 197 | 2267 | Therese Reitan | Stockholm | 1965 | 1:00:44 | +17:12 | 6:04 |
| 198 | 2243 | Helena Hogman | Spånga | 1967 | 1:00:48 | +17:15 | 6:04 |
| 199 | 2275 | Mimi Lundberg | Stockholm | 1989 | 1:00:57 | +17:25 | 6:05 |
| 200 | 2225 | Anna Christidis | Stockholm | 1981 | 1:01:08 | +17:36 | 6:06 |
| 201 | 2504 | Linda Billberg | Stockholm | 1979 | 1:01:11 | +17:38 | 6:07 |
| 202 | 2261 | Johanna Elnäs | Stockholm | 1983 | 1:01:14 | +17:42 | 6:07 |
| 203 | 2074 | Malin Blomstedt | Stockholm | 1980 | 1:01:14 | +17:42 | 6:07 |
| 204 | 2221 | Jenny Thunberg | Stockholm | 1974 | 1:01:15 | +17:42 | 6:07 |
| 205 | 2082 | Ingrid Larsson | TSM Running | 1967 | 1:01:19 | +17:46 | 6:07 |
| 206 | 2319 | Veronika Johansson | Riksbyggen | 1979 | 1:01:23 | +17:51 | 6:08 |
| 207 | 2299 | Charlotte Villén | M2 Gruppen AB | 1966 | 1:01:23 | +17:51 | 6:08 |
| 208 | 2031 | Maria Söderberg | Täby | 1976 | 1:01:26 | +17:54 | 6:08 |
| 209 | 2501 | Hisako Hakata | TSM Running | 1945 | 1:01:37 | +18:05 | 6:09 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|--------------------------|------|---------|-----------|--------|
| 210 | 2449 | Angelica Domingo Örnbrar | Löparakademin IF | 2000 | 1:01:41 | +18:08 | 6:10 |
| 211 | 2145 | Pernilla Wasen | Bromma | 1977 | 1:01:43 | +18:11 | 6:10 |
| 212 | 2213 | Eva Mobjörk | Hägersten | 1960 | 1:01:44 | +18:11 | 6:10 |
| 213 | 2159 | Elisabeth Malmborg Freire | Stockholm | 1962 | 1:01:54 | +18:22 | 6:11 |
| 214 | 2318 | Susanne Larsson | Älvsjö | 1969 | 1:01:58 | +18:26 | 6:11 |
| 215 | 2279 | Victoria Larsson | Lidingö | 1975 | 1:02:00 | +18:28 | 6:11 |
| 216 | 2043 | Ilke Jonsson | Lidingö | 1971 | 1:02:01 | +18:29 | 6:12 |
| 217 | 2016 | Amanda Holmberg | Stockholm | 1988 | 1:02:01 | +18:29 | 6:12 |
| 218 | 2215 | Anna Runhellen | Bromma | 1965 | 1:02:04 | +18:32 | 6:12 |
| 219 | 2042 | Helene Birenstam | Stockholm | 1988 | 1:02:08 | +18:36 | 6:12 |
| 220 | 2324 | Charlotta Szczepanowski | Riksbyggen | 1971 | 1:02:23 | +18:51 | 6:14 |
| 221 | 2331 | Ulrika Zaccheus | Hägersten | 1974 | 1:02:27 | +18:54 | 6:14 |
| 222 | 2359 | Ulrika Palmblad | Team Skärgårdsstiftelsen | 1970 | 1:02:27 | +18:55 | 6:14 |
| 223 | 2303 | Janet Fredriksson | Cygate | 1960 | 1:02:32 | +19:00 | 6:15 |
| 224 | 2194 | Sandra Järvinen | Jerry IF | 1990 | 1:02:49 | +19:17 | 6:16 |
| 225 | 2004 | Hanna Elvin | TSM Running | 1979 | 1:02:56 | +19:23 | 6:17 |
| 226 | 2344 | Joy Axelsson | Kista | 1968 | 1:02:57 | +19:24 | 6:17 |
| 227 | 2321 | Lina Öien | Riksbyggen | 1973 | 1:03:10 | +19:38 | 6:18 |
| 228 | 2091 | Mikaela Dahlqvist | KW | 1960 | 1:03:10 | +19:38 | 6:18 |
| 229 | 2448 | Nadia Ismael | Löparakademin IF | 1999 | 1:03:13 | +19:40 | 6:19 |
| 230 | 2248 | Ellenor Gustafsson | Vendator | 1992 | 1:03:20 | +19:47 | 6:19 |
| 231 | 2320 | Malin Masinovic | Riksbyggen | 1973 | 1:03:21 | +19:49 | 6:20 |
| 232 | 2285 | Qiong Zhang | Stockholm | 1971 | 1:03:22 | +19:50 | 6:20 |
| 233 | 2406 | Gabriella Lanciotti | Länsförsäkringar AB | 1970 | 1:03:33 | +20:01 | 6:21 |
| 234 | 2210 | Ann-Charlotte Blomqvist | Trångsund | 1971 | 1:03:34 | +20:01 | 6:21 |
| 235 | 2478 | Wed Alsallom | Löparakademin IF | 1999 | 1:03:37 | +20:05 | 6:21 |
| 236 | 2092 | Helen Stenqvist | KW | 1953 | 1:03:40 | +20:07 | 6:21 |
| 237 | 2094 | Agneta Dahlén | KW | 1961 | 1:03:45 | +20:13 | 6:22 |
| 238 | 2288 | Kajsa Wahrenby | Flaten LK | 1983 | 1:03:57 | +20:24 | 6:23 |
| 239 | 2106 | Charlotte Luxemburg | TSM Running | 1957 | 1:04:00 | +20:28 | 6:23 |
| 240 | 2218 | Marie Karmborg | Täby | 1975 | 1:04:13 | +20:41 | 6:25 |
| 241 | 2247 | Sandra Frithiof | Vendator | 1975 | 1:04:14 | +20:41 | 6:25 |
| 242 | 2503 | Karolina Carrick | | 1979 | 1:04:20 | +20:48 | 6:25 |
| 243 | 2495 | Madeleine Fredriksson | | 1987 | 1:04:22 | +20:50 | 6:26 |
| 244 | 2264 | Berit Strand | Sundbyberg | 1965 | 1:04:52 | +21:19 | 6:29 |
| 245 | 2420 | Sofia Abd Alwaheb | Löparakademin IF | 1993 | 1:05:01 | +21:29 | 6:30 |
| 246 | 2064 | Julia Sjövall | Saltsjöbaden | 1972 | 1:05:29 | +21:57 | 6:32 |
| 247 | 2111 | Tina Hendberg | TSM Running | 1973 | 1:05:31 | +21:59 | 6:33 |
| 248 | 2188 | Mona Israelsson | Sollentuna | 1973 | 1:05:33 | +22:01 | 6:33 |
| 249 | 2336 | Anna-Clara Frostenson | TSM Running | 1948 | 1:05:34 | +22:01 | 6:33 |
| 250 | 2150 | Terese Johansson | Gävle | 1990 | 1:06:05 | +22:32 | 6:36 |
| 251 | 2023 | Marie Lantz | Sollentuna | 1964 | 1:06:09 | +22:36 | 6:36 |
| 252 | 2475 | Fatma Houfani | Löparakademin IF | 1999 | 1:06:15 | +22:43 | 6:37 |
| 253 | 2441 | Natalin Bashar | Löparakademin IF | 1999 | 1:06:16 | +22:44 | 6:37 |
| 254 | 2240 | Erica Tomaszewski | Vallentuna | 1991 | 1:06:43 | +23:10 | 6:40 |
| 255 | 2061 | Alva Wallas | Stockholm | 1986 | 1:06:45 | +23:13 | 6:40 |
| 256 | 2066 | Ingegerd Johansson | Huddinge | 1961 | 1:06:47 | +23:14 | 6:40 |
| 257 | 2394 | Pia Jonsson | Vagnhärads | 1967 | 1:07:08 | +23:35 | 6:42 |
| 258 | 2470 | Thapthim Padsakam | Löparakademin IF | 1999 | 1:07:15 | +23:43 | 6:43 |
| 259 | 2115 | Liselott Lilja Rönnqvist | Göteborg | 1949 | 1:07:26 | +23:54 | 6:44 |
| 260 | 2266 | Lena Isaksson | Södertälje | 1958 | 1:07:32 | +23:59 | 6:45 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-----------------------|--------------------------|------|---------|-----------|--------|
| 261 | 2183 | Maria Sundesten | TSM Running | 1976 | 1:07:33 | +24:01 | 6:45 |
| 262 | 2100 | Cecilia Holmberg | Vendelsö | 1973 | 1:07:34 | +24:01 | 6:45 |
| 263 | 2438 | Malak Habib | Löparakademin IF | 1999 | 1:07:39 | +24:06 | 6:45 |
| 264 | 2443 | Nancy Yakob | Löparakademin IF | 1999 | 1:07:39 | +24:07 | 6:45 |
| 265 | 2041 | Linda Johansson | Sundsvall | 1982 | 1:07:41 | +24:08 | 6:46 |
| 266 | 2178 | Katarina Agg | Runacademy IF | 1971 | 1:07:44 | +24:11 | 6:46 |
| 267 | 2357 | Karin Anderson | Ericsson AB | 1968 | 1:07:50 | +24:17 | 6:46 |
| 268 | 2032 | Peggy Persell | Järfälla | 1976 | 1:07:51 | +24:19 | 6:47 |
| 269 | 2253 | Gudrun Klasén | Järfälla | 1947 | 1:08:04 | +24:32 | 6:48 |
| 270 | 2217 | Pernilla Andersson | Malmköping | 1967 | 1:08:12 | +24:39 | 6:49 |
| 271 | 2152 | Susanne Fredriksson | TSM Running | 1974 | 1:08:16 | +24:43 | 6:49 |
| 272 | 2208 | Yvonne Granlund | Tyresö | 1966 | 1:08:16 | +24:44 | 6:49 |
| 273 | 2310 | Ronja Löfström | Hägersten | 1992 | 1:08:30 | +24:58 | 6:50 |
| 274 | 2447 | Weina Weng | Löparakademin IF | 1999 | 1:08:38 | +25:06 | 6:51 |
| 275 | 2434 | Irem Colak | Löparakademin IF | 1999 | 1:08:41 | +25:09 | 6:52 |
| 276 | 2309 | Elin Löfström | Solna | 1990 | 1:08:48 | +25:16 | 6:52 |
| 277 | 2401 | Marianne Aulin | FMV Sport | 1965 | 1:08:49 | +25:17 | 6:52 |
| 278 | 2423 | Amani Najimudeen | Löparakademin IF | 1999 | 1:09:06 | +25:34 | 6:54 |
| 279 | 2123 | Carina Ludvigsson | Smedjebacken | 1968 | 1:09:10 | +25:37 | 6:54 |
| 280 | 2207 | Linda Lindblom | Åkersberga | 1988 | 1:09:11 | +25:38 | 6:55 |
| 281 | 2206 | Gunilla Keller | Stockholm | 1962 | 1:09:12 | +25:39 | 6:55 |
| 282 | 2497 | Pia Andrén | | 1955 | 1:09:18 | +25:46 | 6:55 |
| 283 | 2125 | Kajsa Bylund | Nacka | 1977 | 1:09:23 | +25:51 | 6:56 |
| 284 | 2121 | Susanne Lindhe | Rönninge | 1968 | 1:09:24 | +25:51 | 6:56 |
| 285 | 2347 | Tove Wegin | Låghalta IF | 1972 | 1:09:26 | +25:53 | 6:56 |
| 286 | 2259 | Mia Tarma | Haninge | 1987 | 1:09:27 | +25:54 | 6:56 |
| 287 | 2282 | Karina Kruus | Farsta | 1980 | 1:09:27 | +25:54 | 6:56 |
| 288 | 2429 | Emilia Breceļj | Löparakademin IF | 1999 | 1:09:29 | +25:56 | 6:56 |
| 289 | 2088 | Jenny Eklind | Danderyd | 1970 | 1:09:35 | +26:02 | 6:57 |
| 290 | 2498 | Elin Reinhammar | Södertälje | 1982 | 1:09:36 | +26:03 | 6:57 |
| 291 | 2466 | Panita Kusuman | Löparakademin IF | 1998 | 1:09:42 | +26:10 | 6:58 |
| 292 | 2473 | Josefine Enghdal | Löparakademin IF | 1989 | 1:09:44 | +26:11 | 6:58 |
| 293 | 2484 | Elvira Ciric | Löparakademin IF | 1999 | 1:09:46 | +26:14 | 6:58 |
| 294 | 2060 | Ann-Charlotte Zervens | Stockholm | 1982 | 1:09:51 | +26:19 | 6:59 |
| 295 | 2089 | Emelie Eklind | Danderyd | 1990 | 1:09:52 | +26:20 | 6:59 |
| 296 | 2445 | Alexandra Muse | Löparakademin IF | 1996 | 1:09:54 | +26:22 | 6:59 |
| 297 | 2378 | Linda Andersson | Brottbby | 1975 | 1:09:55 | +26:22 | 6:59 |
| 298 | 2386 | Ann-Charlotte Zervens | Stockholm | 1982 | 1:09:57 | +26:24 | 6:59 |
| 299 | 2479 | Matilda Waern | Löparakademin IF | 1999 | 1:10:11 | +26:38 | 7:01 |
| 300 | 2077 | Tina Stoor | TSM Running | 1965 | 1:10:26 | +26:54 | 7:02 |
| 301 | 2439 | Mirjam Koreye | Löparakademin IF | 1999 | 1:10:27 | +26:54 | 7:02 |
| 302 | 3504 | Anna Säll | Stockholms studenters IF | 1992 | 1:10:33 | +27:01 | 7:03 |
| 303 | 3503 | Linn Holmer | Stockholms studenters IF | 1989 | 1:10:34 | +27:02 | 7:03 |
| 304 | 2025 | Eva Sundin | Täby | 1964 | 1:10:38 | +27:06 | 7:03 |
| 305 | 2421 | Alice Alam | Löparakademin IF | 1999 | 1:10:40 | +27:07 | 7:03 |
| 306 | 2355 | Malin Kardevall | GoIF Kåre | 1973 | 1:10:41 | +27:08 | 7:04 |
| 307 | 2457 | Vendela Solberg | Löparakademin IF | 1999 | 1:10:49 | +27:17 | 7:04 |
| 308 | 2465 | Aida Bandpey | Löparakademin IF | 1999 | 1:11:24 | +27:51 | 7:08 |
| 309 | 2427 | Berfin Celik | Löparakademin IF | 1999 | 1:11:36 | +28:04 | 7:09 |
| 310 | 2428 | Daniella Jakob | Löparakademin IF | 1999 | 1:11:55 | +28:23 | 7:11 |
| 311 | 2058 | Nathalie Piehl | Stockholm | 1978 | 1:12:22 | +28:50 | 7:14 |

Kvinnor motion 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|----------------------|------|---------|-----------|--------|
| 312 | 2095 | Madelaine Nyberg | Vallentuna | 1968 | 1:12:31 | +28:59 | 7:15 |
| 313 | 2199 | Marianne Rilde Björkman | Tyresö | 1957 | 1:12:35 | +29:03 | 7:15 |
| 314 | 2149 | Madeleine Johansson | Gävle | 1988 | 1:12:37 | +29:04 | 7:15 |
| 315 | 2038 | Anna Steyner | Hägersten | 1968 | 1:12:38 | +29:05 | 7:15 |
| 316 | 2424 | Alexandra Malki | Löparakademin IF | 1999 | 1:12:41 | +29:08 | 7:16 |
| 317 | 2426 | Betty Estifanos | Löparakademin IF | 1999 | 1:12:41 | +29:09 | 7:16 |
| 318 | 2130 | Louisa Nordgren | Hässelby | 1968 | 1:13:23 | +29:50 | 7:20 |
| 319 | 2311 | Christine Elm | Utbildning Silverdal | 1971 | 1:13:28 | +29:56 | 7:20 |
| 320 | 2339 | Katarina Lindqvist | Röbäck | 1964 | 1:14:25 | +30:52 | 7:26 |
| 321 | 2198 | Marie Söderqvist | Saltsjöbaden | 1977 | 1:14:31 | +30:58 | 7:27 |
| 322 | 2425 | Berotje Sami | Löparakademin IF | 1999 | 1:14:42 | +31:10 | 7:28 |
| 323 | 2437 | Jessica Sundenhag | Löparakademin IF | 1999 | 1:14:43 | +31:10 | 7:28 |
| 324 | 2075 | Catharina Lager | Saltsjöbaden | 1977 | 1:14:43 | +31:11 | 7:28 |
| 325 | 2327 | Jennifer Lundberg | Sollentuna | 1970 | 1:14:57 | +31:24 | 7:29 |
| 326 | 2462 | Maffe Ariza | Löparakademin IF | 1999 | 1:15:03 | +31:31 | 7:30 |
| 326 | 2467 | Katarina Milovic | Löparakademin IF | 1999 | 1:15:03 | +31:31 | 7:30 |
| 328 | 2432 | Gabriella Huerta | Löparakademin IF | 1999 | 1:15:33 | +32:01 | 7:33 |
| 329 | 2446 | Sevilay Akdag | Löparakademin IF | 1999 | 1:15:36 | +32:04 | 7:33 |
| 330 | 2244 | Elisabet Blom | Sollentuna | 1956 | 1:16:02 | +32:30 | 7:36 |
| 331 | 2348 | Elin Alm | Enskede | 1970 | 1:16:17 | +32:45 | 7:37 |
| 332 | 2153 | Ingela Edqvist | Uttran | 1962 | 1:16:47 | +33:15 | 7:40 |
| 333 | 2453 | Johanna Otteskog | Löparakademin IF | 1999 | 1:17:26 | +33:54 | 7:44 |
| 334 | 2481 | Luwam Abrha | Löparakademin IF | 1999 | 1:17:39 | +34:07 | 7:45 |
| 335 | 2471 | Linda Le | Löparakademin IF | 1999 | 1:18:11 | +34:39 | 7:49 |
| 336 | 2460 | Vian Kurecki | Löparakademin IF | 1999 | 1:18:12 | +34:39 | 7:49 |
| 337 | 2122 | Susanne Nielsen Skovgaard | Sollentuna | 1971 | 1:18:26 | +34:54 | 7:50 |
| 338 | 2254 | Silvia Jeschar | Hässelby | 1969 | 1:18:39 | +35:07 | 7:51 |
| 339 | 2131 | Lotta Schmidt | Stockholm | 1965 | 1:18:43 | +35:11 | 7:52 |
| 340 | 2505 | Khojik Majid | Löparakademin IF | 1998 | 1:18:49 | +35:17 | 7:52 |
| 341 | 2422 | Amanda David | Löparakademin IF | 1999 | 1:19:14 | +35:42 | 7:55 |
| 342 | 2431 | Fatou Kamara | Löparakademin IF | 2000 | 1:19:17 | +35:45 | 7:55 |
| 343 | 2419 | Derya Salimi | Löparakademin IF | 1991 | 1:20:12 | +36:39 | 8:01 |
| 344 | 2219 | Maria Mörner | Stockholm | 1955 | 1:20:32 | +37:00 | 8:03 |
| 345 | 2509 | Tove Wiksaas | | 1967 | 1:21:33 | +38:00 | 8:09 |
| 346 | 2459 | Noelle Francisco | Löparakademin IF | 1993 | 1:23:03 | +39:31 | 8:18 |
| 347 | 2464 | Emelie Öqvist | Löparakademin IF | 1999 | 1:23:13 | +39:41 | 8:19 |
| 348 | 2474 | Paloma Labbé | Löparakademin IF | 1986 | 1:23:18 | +39:46 | 8:19 |
| 349 | 2486 | Tamara Redha | Löparakademin IF | 1999 | 1:23:19 | +39:47 | 8:19 |
| 350 | 2461 | Maya Holmström | Löparakademin IF | 1999 | 1:26:22 | +42:50 | 8:38 |
| 351 | 2440 | Melis Cetin | Löparakademin IF | 1999 | 1:26:35 | +43:03 | 8:39 |
| 352 | 2418 | Bernadeen Fernando | Löparakademin IF | 1993 | 1:26:36 | +43:03 | 8:39 |
| 353 | 2116 | Inga-Lill Kristiansson | Solna | 1949 | 1:27:36 | +44:03 | 8:45 |
| | 2026 | Sanna Uhlmann | IK Trikä | 1987 | | | |
| | 2109 | Susanne Ewaldh | Stockholm | 1958 | | | |
| | 2174 | Anna Bergström | Järfälla | 1970 | | | |
| | 2234 | Malin Andersson | Flens FS | 1990 | | | |
| | 2246 | Gunilla Holmberg | Bromma | 1966 | | | |
| | 2274 | Rodica Enculescu | Stockholm | 1977 | | | |
| | 2412 | Mardeen Aoudi | TSM Running | 1982 | | | |

Student män 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|------|--------------|------|-----|-----------|--------|
|-------|---------|------|--------------|------|-----|-----------|--------|

Student män 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-------------------------|--------------------------------|------|-------|-----------|--------|
| 1 | 3022 | Nils Spetz | GIH IF | 1991 | 33:26 | | 3:20 |
| 2 | 3017 | Donato Campanini | SSIF | 1988 | 34:59 | +1:33 | 3:29 |
| 3 | 3009 | Joar Jansson | Handelshögskolans Idrottsklubb | 1995 | 35:29 | +2:04 | 3:32 |
| 4 | 3016 | Juma Lomani | GIH IF | 1985 | 37:23 | +3:58 | 3:44 |
| 5 | 3008 | Henrik Olsson | Stockholms Studenters IF | 1993 | 38:02 | +4:37 | 3:47 |
| 6 | 3020 | Isak Lidström | SSIF | 1988 | 38:28 | +5:02 | 3:50 |
| 7 | 3024 | Carl Ljunggren | SASSE | 1990 | 39:38 | +6:13 | 3:57 |
| 8 | 3021 | Gustav Lindeborg | SSIF | 1993 | 39:53 | +6:28 | 3:58 |
| 9 | 3002 | Peter Lin | Stockholms Studenters IF | 1994 | 41:11 | +7:46 | 4:06 |
| 10 | 3005 | Oskar Blom Västberg | Stockholms Studenters IF | 1987 | 41:33 | +8:08 | 4:09 |
| 11 | 3003 | Romain Bourdette | KTH | 1992 | 41:43 | +8:18 | 4:09 |
| 12 | 3010 | Stefan Döring | Norrlands Nations IF - Uppsala | 1986 | 42:55 | +9:30 | 4:16 |
| 13 | 3004 | Jan Engman | SSIF | 1961 | 43:31 | +10:05 | 4:21 |
| 14 | 3023 | Felipe Gomez de Larrain | SASSE (Handelshögskolan) | 1989 | 43:46 | +10:20 | 4:22 |
| 15 | 3013 | Michael Ah-King | SSIF | 1976 | 47:06 | +13:40 | 4:42 |
| 16 | 3018 | Kristoffer Stenlund | Medicinska föreningen | 1986 | 47:25 | +14:00 | 4:41 |
| 17 | 3025 | Danys Cabreza Basurto | GIH IF | 1990 | 47:43 | +14:18 | 4:46 |
| | 3014 | Lowe Wilsson | SSIF | 1989 | | | |
| | 3015 | Zeke Leffler | SSIF | 1990 | | | |

Student kvinnor 10 km 10km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|--------------------------------|------|---------|-----------|--------|
| 1 | 3512 | Louise Ringström | GIH IF | 1989 | 39:34 | | 3:57 |
| 2 | 3513 | Carolina Edwall | GIH IF | 1984 | 40:41 | +1:07 | 4:03 |
| 3 | 3516 | Weronica Brzuchalska | | 1993 | 40:56 | +1:22 | 4:05 |
| 4 | 3507 | Johanna Olsson | Stockholms Studenters IF | 1991 | 41:39 | +2:05 | 4:09 |
| 5 | 3517 | Charlotte Backlund | | 1986 | 42:50 | +3:16 | 4:15 |
| 6 | 3518 | Ingrid Kjellström | Stockholms Studenters IF | 1988 | 46:45 | +7:11 | 4:39 |
| 7 | 3509 | Maria Karlsson | Norrlands Nations IF - Uppsala | 1988 | 48:06 | +8:32 | 4:47 |
| 8 | 3515 | Elin Wiklander | Handelshögskolans Idrottsklubb | 1994 | 48:21 | +8:47 | 4:49 |
| 9 | 3511 | Caroline Jonsson | Norrlands Nations IF - Uppsala | 1985 | 48:32 | +8:58 | 4:50 |
| 10 | 3510 | Lotta Pelling | Norrlands Nations IF - Uppsala | 1990 | 49:28 | +9:54 | 4:56 |
| 11 | 3506 | Ida Axelsson | SSIF SöderS kår | 1979 | 1:10:23 | +30:50 | 6:57 |

Män motion 5 km 5km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|---------------------|------|-------|-----------|--------|
| 1 | 4055 | Valdemar Crispin Quinonez | Spårvägens FK | 1997 | 17:42 | | 3:32 |
| 2 | 4057 | Gunnar Durén | Hässelby SK | 1963 | 17:52 | +0:11 | 3:34 |
| 3 | 4064 | Pontus Aldenstam | Väsby IK Friidrott | 1996 | 18:01 | +0:20 | 3:36 |
| 4 | 4065 | Tobias Nylander | Yuppie Ski Club | 1985 | 18:14 | +0:32 | 3:38 |
| 5 | 4062 | Mikael Lindquister | Stockholm | 1984 | 18:27 | +0:45 | 3:41 |
| 6 | 4054 | Linus Gustafsson | Spårvägens FK | 1994 | 18:38 | +0:56 | 3:43 |
| 7 | 4066 | Ulf Stagh | | 1962 | 19:44 | +2:02 | 3:56 |
| 8 | 4022 | Christoffer Olsson | FK Studenterna | 1988 | 20:16 | +2:34 | 4:03 |
| 9 | 4063 | Nick Holm | Saltsjöbaden | 1971 | 20:45 | +3:03 | 4:08 |
| 10 | 4033 | Kliment Karajanov | SBC AB | 1973 | 22:29 | +4:47 | 4:29 |
| 11 | 4010 | Jacob Biderholt | Parameter Revision | 1978 | 22:53 | +5:11 | 4:34 |
| 12 | 4031 | Stefan Jansson | Lidingö | 1965 | 23:09 | +5:27 | 4:37 |
| 13 | 4026 | Eric Hannerz-Edmark | Norrälje | 1990 | 23:39 | +5:57 | 4:43 |
| 14 | 4012 | Andreas Svendsen | Parameter Revision | 1974 | 24:20 | +6:38 | 4:51 |
| 15 | 4048 | Jonas Arnqvist | Stockholm | 1963 | 24:57 | +7:15 | 4:59 |
| 16 | 4045 | Patrik Olofson | R3 Revisionsbyrå KB | 1980 | 25:18 | +7:36 | 5:03 |

Män motion 5 km 5km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|----------------------|-----------------------|------|---------|-----------|--------|
| 17 | 4067 | Johan Bergstrand | | | 26:14 | +8:32 | 5:14 |
| 18 | 4053 | Christian Andersson | Parameter Revision | 1990 | 26:22 | +8:40 | 5:16 |
| 19 | 4034 | Anders Gustafson | Bagarmossen | 1969 | 26:30 | +8:48 | 5:17 |
| 20 | 4025 | Jan Hannerz | Norrälje | 1956 | 26:49 | +9:07 | 5:21 |
| 21 | 4028 | Görhan Hellström | Hässelby | 1949 | 26:54 | +9:12 | 5:22 |
| 22 | 4070 | Jonas Lundbladh | Bromma | 1970 | 27:27 | +9:45 | 5:29 |
| 23 | 4058 | Jonas Mauritzson | Hammer & Hanborg | 1962 | 28:03 | +10:21 | 5:36 |
| 24 | 4046 | Karl-Henrik Westlund | R3 Revisionsbyrå KB | 1983 | 28:16 | +10:34 | 5:39 |
| 25 | 4060 | Tommy Wallentin | Vallentuna FK | 1945 | 28:32 | +10:50 | 5:42 |
| 26 | 4050 | Rickhard Ågren | Norsborg | 1983 | 28:36 | +10:54 | 5:43 |
| 27 | 4068 | Henrik Widstrand | | 1976 | 28:49 | +11:07 | 5:45 |
| 28 | 4018 | Jan Nilsson | Tyresö | 1952 | 29:06 | +11:24 | 5:49 |
| 29 | 4009 | Ingemar Blomqvist | Parameter Revision | 1988 | 29:10 | +11:28 | 5:49 |
| 30 | 4037 | Dan Bengtsson | Carler | 1985 | 29:14 | +11:32 | 5:50 |
| 31 | 4027 | Sven Krook | Älvsjö | 1961 | 29:26 | +11:44 | 5:53 |
| 32 | 4029 | Tommy Karlholm | Tommys Turbo | 1949 | 30:12 | +12:30 | 6:02 |
| 33 | 4021 | Lennart Ekberg | Stockholm | 1959 | 30:55 | +13:13 | 6:10 |
| 34 | 4071 | Patrik Grantås | Stockholm | 1973 | 31:02 | +13:20 | 6:12 |
| 35 | 4052 | Lars Andersson | Stockholm | 1952 | 31:10 | +13:28 | 6:13 |
| 36 | 4007 | Christer Eriksson | Familjen Eriksson | 1947 | 31:26 | +13:44 | 6:17 |
| 37 | 4017 | Daniel Löf | Upplands Väsby | 1988 | 31:39 | +13:57 | 6:19 |
| 38 | 4023 | Jacob Lawesson | Dalby | 1982 | 32:17 | +14:35 | 6:27 |
| 39 | 4002 | Kent Idenius | Stockholm | 1948 | 32:30 | +14:48 | 6:29 |
| 40 | 4044 | Bo Bostrand | Lidingö | 1957 | 32:30 | +14:48 | 6:29 |
| 41 | 4024 | Benny Salomonsson | Södertälje | 1950 | 32:45 | +15:03 | 6:32 |
| 42 | 4035 | Peter Ceder | Solna | 1958 | 36:02 | +18:20 | 7:12 |
| 43 | 4061 | Gudmund Ottesen | Bergen | 1946 | 36:13 | +18:31 | 7:14 |
| 44 | 4039 | Jörgen Loeb | Hässelby | 1952 | 37:04 | +19:22 | 7:24 |
| 45 | 4001 | Mats Ahlström | Täby | 1948 | 37:21 | +19:39 | 7:28 |
| 46 | 4020 | Martin Sandgren | Täby | 1973 | 38:44 | +21:02 | 7:44 |
| 47 | 4015 | Göran Forsberg | Järfälla | 1949 | 40:52 | +23:10 | 8:10 |
| 48 | 4041 | Stig-Anders Carlsson | Riksbyggen | 1956 | 44:39 | +26:57 | 8:55 |
| 49 | 4016 | Ulf Ljungström | Aktiviteteshuset | 1946 | 45:20 | +27:38 | 9:03 |
| 50 | 4042 | Pär Grandin | Ericsson Stockholm IK | 1951 | 46:09 | +28:27 | 9:13 |
| 51 | 4040 | Anders Altzar | Riksbyggen | 1946 | 48:29 | +30:47 | 9:41 |
| 52 | 4013 | Sören Christensen | Danderyd | 1964 | 1:04:49 | +47:07 | 12:57 |

Kvinnor motion 5 km 5km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|--------------------------|----------------------|------|-------|-----------|--------|
| 1 | 4069 | Lykke Gregorsson-Lundius | Yuppie Ski Club | 1985 | 20:54 | | 4:10 |
| 2 | 5030 | Anahi Colcombet | Farsta | 1988 | 22:59 | +2:06 | 4:35 |
| 3 | 5105 | Catarina Gärtner | TSM Running | 1988 | 23:42 | +2:49 | 4:44 |
| 4 | 5042 | Helena Salomonsson | Hägersten | 1985 | 24:48 | +3:55 | 4:57 |
| 5 | 5043 | Katrina Bosworth | Stockholm | 1973 | 26:11 | +5:18 | 5:14 |
| 6 | 5007 | Marianne Olsson | TSM Running | 1963 | 26:24 | +5:30 | 5:16 |
| 7 | 5109 | Lisa Eriksson | Cederroth AB | 1977 | 26:25 | +5:32 | 5:16 |
| 8 | 5114 | Anette Piir | | | 26:39 | +5:46 | 5:19 |
| 9 | 5100 | Johanna Borg | Hammer & Hanborg | 1971 | 26:59 | +6:06 | 5:23 |
| 10 | 5120 | Emma Egier | Liljeholmen | 1993 | 27:45 | +6:52 | 5:32 |
| 11 | 5054 | Annika Lasmarias | Hammer & Hanborg | 1968 | 27:53 | +6:59 | 5:34 |
| 12 | 5056 | Heléne Hård af Segerstad | Hammer & Hanborg | 1964 | 28:02 | +7:08 | 5:36 |
| 13 | 5070 | Janina Malmberg | Utbildning Silverdal | 1970 | 28:04 | +7:11 | 5:36 |

Kvinnor motion 5 km 5km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|---------------------------|-------------------------------|------|-------|-----------|--------|
| 14 | 5101 | Sofia Wahlgren | Hammer & Hanborg | 1988 | 28:27 | +7:34 | 5:41 |
| 15 | 5097 | Susanne Wessman | Solna | 1972 | 28:34 | +7:41 | 5:42 |
| 16 | 5092 | Jessica Johansson | Norsborg | 1977 | 28:36 | +7:42 | 5:43 |
| 17 | 5112 | Christina Hanze | | 1968 | 28:42 | +7:48 | 5:44 |
| 18 | 5113 | Helen Ankarstrand | | 1959 | 28:42 | +7:49 | 5:44 |
| 19 | 5003 | Pia Helenius | Stockholm | 1969 | 28:42 | +7:49 | 5:44 |
| 20 | 5045 | Mikaela Andersen | Lidingö | 1987 | 28:51 | +7:58 | 5:46 |
| 21 | 5017 | Emmy Ivarsson | Parameter Revision | 1985 | 28:59 | +8:06 | 5:47 |
| 22 | 5088 | Katarina Olsson | Stockholm | 1967 | 29:08 | +8:14 | 5:49 |
| 23 | 5047 | Elin Swift | Stockholm | 1993 | 29:10 | +8:17 | 5:49 |
| 24 | 5102 | Martin Ödman | Hammer & Hanborg | 1967 | 29:29 | +8:36 | 5:53 |
| 25 | 5036 | Margareta Haltorp | KSIF | 1950 | 29:29 | +8:36 | 5:53 |
| 26 | 5073 | Helena Olsson | Utbildning Silverdal | 1981 | 29:30 | +8:37 | 5:53 |
| 27 | 5016 | Carina Lundmark | Parameter Revision | 1957 | 29:35 | +8:42 | 5:54 |
| 28 | 5086 | Christine Reimertz | Eldsberga | 1957 | 29:35 | +8:42 | 5:54 |
| 29 | 5027 | Maria Mårtensson | Swedbank Försäkring | 1972 | 29:35 | +8:42 | 5:54 |
| 30 | 5004 | Veneta Lassus Pappas | Huddinge | 1969 | 29:45 | +8:51 | 5:56 |
| 31 | 5025 | Tina Klarås | Hägersten | 1963 | 29:46 | +8:52 | 5:57 |
| 32 | 5024 | Anette Klarås | Ljusdal | 1965 | 29:46 | +8:52 | 5:57 |
| 33 | 5019 | Sofia Gustafsson | Parameter Revision | 1984 | 29:52 | +8:59 | 5:58 |
| 34 | 5066 | Lena Eklund | Swedbank | 1959 | 30:15 | +9:22 | 6:02 |
| 35 | 5090 | Petra Hägglund | Sollentuna | 1969 | 30:35 | +9:42 | 6:06 |
| 36 | 5071 | Anne Pedersen | Utbildning Silverdal | 1981 | 30:37 | +9:44 | 6:07 |
| 37 | 5028 | Malin Walden | Stockholm | 1977 | 30:38 | +9:45 | 6:07 |
| 38 | 5068 | Petra Brundell | Stockholm | 1973 | 31:03 | +10:10 | 6:12 |
| 39 | 5058 | Louise Wernersson | Hammer & Hanborg | 1979 | 31:04 | +10:10 | 6:12 |
| 40 | 5080 | Ylva Fröberg | Riksbyggen | 1973 | 31:58 | +11:05 | 6:23 |
| 41 | 5041 | Ruth Aourell | Södertälje | 1956 | 32:13 | +11:20 | 6:26 |
| 42 | 5069 | Jennie Röjdner | Enskede | 1984 | 32:16 | +11:23 | 6:27 |
| 43 | 5033 | Kicki Wingårdh | Lidingö | 1952 | 32:20 | +11:27 | 6:27 |
| 44 | 5008 | Iwona Migdal | Tullinge | 1970 | 32:24 | +11:31 | 6:28 |
| 45 | 5035 | Malin Lindqvist | Sigtuna | 1969 | 32:27 | +11:34 | 6:29 |
| 46 | 5083 | Karin Bostrand | Lidingö | 1988 | 32:33 | +11:40 | 6:30 |
| 47 | 2249 | Åsa Rurling | Märsta | 1965 | 32:43 | +11:50 | 6:32 |
| 48 | 5093 | Lidia Westerberg Olofsson | Stockholm | 1971 | 33:24 | +12:31 | 6:40 |
| 49 | 5029 | Anna Ganebo | Swedbank | 1964 | 33:32 | +12:39 | 6:42 |
| 50 | 5031 | Maria Nystedt | Swedbank | 1973 | 33:34 | +12:41 | 6:42 |
| 51 | 5111 | Kristin Eriksson | Beauti And Feet By KE Stockho | 1973 | 33:57 | +13:04 | 6:47 |
| 52 | 5089 | Annelie Astner | TriOptima AB | 1967 | 34:19 | +13:26 | 6:51 |
| 53 | 5055 | Lotta Fredriksson | Hammer & Hanborg | 1969 | 34:43 | +13:50 | 6:56 |
| 54 | 5075 | Ulrica Widén | Utbildning Silverdal | 1974 | 34:46 | +13:53 | 6:57 |
| 55 | 5037 | Anna Johansson | Bullerdalen | 1970 | 34:59 | +14:05 | 6:59 |
| 56 | 5015 | Jennie Höckert | Parameter Revision | 1984 | 35:10 | +14:17 | 7:01 |
| 57 | 5094 | Kristina Vestlund | Stockholm | 1959 | 35:17 | +14:23 | 7:03 |
| 58 | 5074 | Louise Mückstein | Utbildning Silverdal | 1979 | 35:18 | +14:25 | 7:03 |
| 59 | 5077 | Cheng Zhang | Solna | 1987 | 35:34 | +14:41 | 7:06 |
| 60 | 5085 | Elvira Ström | Sundbyberg | 2001 | 35:36 | +14:43 | 7:07 |
| 61 | 5084 | Helena Ström | Sundbyberg | 1967 | 35:37 | +14:44 | 7:07 |
| 62 | 5065 | Annika Ceder | Solna | 1958 | 36:02 | +15:09 | 7:12 |
| 63 | 5078 | Anna-Maria Walleby | Riksbyggen | 1986 | 36:02 | +15:09 | 7:12 |
| 64 | 5076 | Annika Loeb | Hässelby | 1946 | 36:09 | +15:15 | 7:13 |

Kvinnor motion 5 km 5km

| Plats | Startnr | Namn | Ort/förening | Född | Tid | Tid efter | min/km |
|-------|---------|-----------------------------|---------------------------------|------|-------|-----------|--------|
| 65 | 5039 | Elisabeth Auer | Solna | 1949 | 36:15 | +15:22 | 7:14 |
| 66 | 5048 | Minna Saarenketo | Vallentuna | 1964 | 36:30 | +15:37 | 7:17 |
| 67 | 5046 | Gun Swift | Stockholm | 1963 | 36:34 | +15:41 | 7:18 |
| 68 | 5110 | Anna Beijmo | Bromma | 1970 | 36:47 | +15:53 | 7:21 |
| 69 | 5087 | Cathrin Elmesten | R3 Revisionsbyrå KB | 1980 | 36:49 | +15:56 | 7:21 |
| 70 | 5095 | Katarina Wiberg | Stockholm | 1975 | 37:08 | +16:15 | 7:25 |
| 71 | 5116 | Irina Aarnio | | | 38:34 | +17:41 | 7:42 |
| 72 | 5117 | Katarina Kundromichalis | | | 38:35 | +17:42 | 7:42 |
| 73 | 5098 | Annelie Cronemyr | Hammer & Hanborg | 1964 | 38:43 | +17:49 | 7:44 |
| 74 | 5053 | Magdalena Ericsson | Hammer & Hanborg | 1974 | 39:02 | +18:09 | 7:48 |
| 75 | 5106 | Camilla Garpemark | Stockholm | 1980 | 39:19 | +18:26 | 7:51 |
| 76 | 5118 | Madelene Gasslander | | | 39:33 | +18:39 | 7:54 |
| 77 | 5067 | Anna Tholander | Carler | 1955 | 40:42 | +19:49 | 8:08 |
| 78 | 5026 | Rose-Marie Haraldsson | Tyresö | 1964 | 41:17 | +20:24 | 8:15 |
| 79 | 5040 | Victoria Knight | Stockholm | 1967 | 41:36 | +20:43 | 8:19 |
| 80 | 5064 | Malin Clavering | Hammer & Hanborg | 1976 | 42:01 | +21:08 | 8:24 |
| 81 | 5059 | Ann Hedström | Hammer & Hanborg | 1964 | 42:13 | +21:20 | 8:26 |
| 82 | 5060 | Karin Netzell | Hammer & Hanborg | 1986 | 42:14 | +21:21 | 8:26 |
| 83 | 5001 | Annelie Ankerman | Stockholm | 1968 | 42:43 | +21:50 | 8:32 |
| 84 | 5038 | Liz-Mari Tärnlund Andersson | Enköping | 1955 | 44:10 | +23:17 | 8:49 |
| 85 | 5107 | Anna Löfgren | Vågra vägra dystra löparträsket | 1968 | 44:31 | +23:38 | 8:54 |
| 86 | 5108 | Marianne Ahlex | Våga vägra dystra löparträsket | 1957 | 44:32 | +23:39 | 8:54 |
| 87 | 5050 | Irene Lundqvist | Vallentuna | 1956 | 44:47 | +23:54 | 8:57 |
| 88 | 5079 | Pernilla Gyllentorn | Riksbyggen | 1982 | 48:28 | +27:35 | 9:41 |
| 89 | 5011 | Pernilla Jensen | Älvsjö | 1978 | 59:45 | +38:52 | 11:56 |
| 90 | 5012 | Lena Spiik | Tullinge | 1948 | 59:48 | +38:54 | 11:57 |
| | 5002 | Tea Ankerman | Stockholm | 1940 | | | |
| | 5022 | Josephine Christensen | Danderyd | 1991 | | | |
| | 5023 | Susanne Hashagen | Danderyd | 1966 | | | |