

					Resultat	
1	Simon	Sundström	1998	IFK Lidingö	7:59.86	PB
2	Mohammad	Reza	1989	Spårvägens FK	8:01.01	NR
3	Karsten	Meier	1991	IFK Umeå	8:02.46	PB
4	Efrem	Brhane	1994	Västerås FK	8:12.75	PB
5	Jonatan	Fridolfsson	1992	Sävedalens AIK	8:12.83	PB
6	Daniel	Lundgren	1985	Turebergs FK	8:13.64	SB
7	John	Foitzik	1991	Spårvägens FK	8:14.52	SB
8	Archie	Casteel	1996	Spårvägens FK	8:15.28	PB
9	Johan	Rogestedt	1993	Stenungsund	8:15.76	PB
10	Gustav	Nordling	1997	Spårvägens FK	8:20.65	PB
11	Robin	Rohlén	1990	IFK Umeå	8:23.16	
12	Tim	Sundström	1989	KFUM Örebro	8:24.02	PB
13	Martin	Regborn	1992	KFUM Örebro	8:25.17	SB
14	Axel	Djurberg	1999	Hässelby SK	8:30.16	
PACE	Johan	Eriksson	1988	Turebergs FK	bröt	
PACE	Daniel	Norberg	1978	Spårvägens FK	bröt	

PB	2019/20		
8:09.61 -18	8:11.16i -19	Klubbrekord	
8:04.09 -19	8:04.09 -19		
8:02.52 -15	8:11.09i -20	Klubbrekord	
8:26.65i -20	8:26.65i -20		
8:17.17 -17	8:26.93 -19		
7:58.58 -15	8:13.11 -19		
8:09.19 -17			
8:36.61 -17	8:39.74i -19		
8:47.39 -16	8:53.27+ -19		
8:10.98iOT -15	8:20.87i -20		
8:15.81i -16			
8:27.85i -20	8:27.85i -20		
	PACE 8:00		

					Resultat	
1	Erik	Djurberg	1997	Hässelby SK	8:28.81	PB
2	Johan	Falk	1987	FK Studenterna	8:33.43	PB
3	Heshlu	Andemariam	1997	IFK Lidingö	8:34.60	PB
4	Isak	Hellström	1991	FK Studenterna	8:35.65	PB
5	Rasmus	Bengtsson	1995	Spårvägens FK	8:37.02	SB
6	Estifanos	Faid	1992	Spårvägens FK	8:38.54	PB
7	Jack	Karlsson	1999	KFUM Örebro	8:38.59	
8	Olof	Silvander	1999	IFK Lidingö	8:39.99	PB
9	Viktor	Frisk	2003	Huddinge AIS	8:40.57	PB
10	Oliver	Löfqvist	1998	Spårvägens FK	8:44.27	SB
11	Daniel	Gleimar	1992	Spårvägens FK	8:47.01	SB
12	Michael	Welday	1999	Stocksätters IF	8:52.98	PB
13	Samuel	Eriksson Lidbrink	1999	Spårvägens FK	8:57.24	SB
14	Thibault	Niederhauser	1998	Schweiz	9:01.52	SB
PACE	Daniel	Norberg	1978	Spårvägens FK	bröt	

PB	2019/20	
8:39.81i -19	8:39.81i -19	
8:38.01 -20	8:38.01 -20	Klubbrekord
8:36.98i -20	8:36.98i -20	
8:38.35i -20	8:38.35i -20	
8:33.30 -17	8:37.54 -19	
8:45.04 -19	8:45.04 -19	
8:36.78i -20	8:36.78i -20	
8:58.57i -19	8:58.57i -19	
8:30.58 -17	9:09.91 -19	
8:34.26 -19	8:34.26 -19	
8:58.21i -20	8:58.21i -20	
8:58.05i -19	8:58.05i -19	
8:54.79 -19	8:54.79 -19	

					Resultat	
1	Dennis	Olsson	1997	Spårvägens FK	8:46.69	PB
2	Erik	Barr Zeilon	1997	Örgryte IS	8:59.02	PB
3	Erik	Widmark	1996	IF Mantra Sport	8:59.21	PB
4	Elias	Rapp	1999	Västerås FK	8:59.49	PB
5	Simon	Gudmundsson	1992	Fredrikshofs FIF	9:03.84	PB
6	Luis	Loucel	1988	El Salvador	9:10.41	PB
7	Viktor	Zackrisson	2000	Enhörna IF	9:10.65	
8	Martin	Jarbeck	1987	Åkersberga SK	9:13.58	PB
9	Alexander	Larsson	2000	KFUM Örebro	9:15.47	SB
10	Robin	Pino	1982	Uppsala LK	9:19.56	PB
11	Lisa	Havell	1988	Spårvägens FK	9:21.67	SB
12	Axel	Sandberg	2000	KFUM Örebro	9:23.46	PB
13	Rassmus	Andersson	1990	OK Linné	9:24.40	PB
14	Jens	Wicksén	1983	FK Studenterna	9:39.23	SB
15	Andreas	Åkesson	1987	Saltsjöbadens IF	9:47.01	SB
PACE	Fredrik	Urbom	1977	Spårvägens FK	Bröt	

PB	2019/20	
9:10.35 --17	9:13.12i -19	
9:21.11 -19	9:21.11 -19	
9:14.93i -20	9:14.93i -20	
9:10.38i -20	9:10.38i -20	
9:12.33i -18		
9:27.73i -20?	9:27.73i -20	
9:08.07i -20	9:08.07i -20	
9:13.67i -19	9:13.67i -19	
9:20.38i -19		
9:02.04i -19	9:02.04i -19	
9:24.70 -19	9:24.70 -19	
9:24.91 -19	9:24.91 -19	
9:12.32i -19	9:12.32i -19	

					Resultat	
1	Adam	Treschow	1979	Terrible Tuesdays TC	9:26.96	PB
2	Timmy	Karlsson	1986		9:30.22	PB
3	Jens	Jonsson	1985	FK Studenterna	9:33.98	PB
4	Halvor Eid	Nielsen	1989	Ärla IF Orientering	9:34.23	SB
5	Cecilia	Norrbon	1988	Spårvägens FK	9:38.74	
6	Anders	Hållberg	1982	IFK Lidingö	9:43.09	SB
7	Erik	Bowallius	1982	Enhörna IF	9:46.15	SB
8	Oskar	Bäckström	1997	Umeå tfc	9:50.18	PB
9	Moa	Rothman	1996	Västerås FK	9:50.46	
10	Elsa	Wallenius	2001	Västerås FK	9:51.95	
11	Johanna	Salminen	1978	FK Studenterna	9:54.26	PB
12	Louise	Laursen	1988	Danmark	9:58.43	SB
13	Joakim	Röstlund	1981	FK Studenterna	10:04.13	SB
14	Anders	Hellner	1980	Bromma IF	10:11.00	SB
PACE	Andreas	McConville	1981	FK Studenterna	Bröt	

PB	2019/20		
9:51.45i -17			
9:33.04i -19	9:33.04i -19		
9:38.20i -19	9:38.20i -19		
10:04.2m -18?			
9:49.46i -20	9:49.46i -20		
9:36.63 -19	9:36.63 -19		
Debut			
9:49.36 -11	9:55.43i -19		
9:43.18i -19			

					Resultat	
1	Jone	Skarbovik	1994	Fredrikshofs FIF	9:39.95	PB
2	Johan	Forsstedt	1982	Maratonlabbet	9:44.09	PB
3	David	Gidén Hamber	1991	FK Studenterna	9:45.11	PB
4	Joel	Spratt	1992	FK Studenterna	9:45.26	PB
5	Fredrick	LEE-OHLSSON	1982	FK Studenterna	9:52.97	PB
6	Andreas	Huss	1974	FK Studenterna	9:56.05	PB
7	Staffan	Westerdahl	1970	Fredrikshofs FIF	9:56.80	PB?
8	Robert	Löfgren	1967	IF Linnea	9:57.16	PB
9	Albin	Carlerud	2002	Spårvägens FK	10:04.74	
10	Felix	Davidsson-Berndtsson	1996	Hammarby IF	10:14.03	
11	Fredrik	Nybäck	1970	Spårvägens FK	10:19.69	SB
12	Elin	Marcusson	1999	Trångsviken	10:26.62	
13	Ulf	Eriksson	1974	Huddinge AIS	10:32.08	
PACE	Björn	Kaijser	1984	FK Studenterna	Bröt	

PB	2019/20
10:25.13i -19?	10:25.13i -19
Debut	
Debut	
10:03.70i -20	10:03.70i -20
9:51.53i -19	10:04.79i -20
10:18.94i -18?	10:20.98i -20
10:18.11i -20	10:18.11i -20
9:30.27i -09?	10:19.08i -20

					Resultat	
1	Jens	Karlsson	1978	FK Studenterna	10:04.53	PB
2	Sara	Trané	1985	Ssideline City Run Club	10:14.45	PB
3	Angelica	Strandberg	1996	Spårvägens FK	10:16.11	SB
4	Martin	Törnqvist	1971	Turebergs FK	10:18.71	PB
5	Mikael	Rosengren	1980		10:19.07	PB
6	Lisa	Ring	1993	IK NocOut.se	10:24.75	PB?
7	Fredrik	Sundström	1980		10:30.11	PB
8	Jakob	Lagerdahl	1977		10:41.58	PB
9	Rickard	Andersson	1972	IF Linnéa	10:42.40	SB
10	Anders	Nordlander	1973	Fredrikshofs FIF	10:43.32	PB
11	Weronika	Brzuchalska	1993	FK Studenterna	10:46.81	PB
12	Erik	Adeler	1979		10:49.48	SB
13	Jonas	Hellström	1961	Danderyds SK	10:51.09	SB
	Thomas	Kvarnehag	1984	Turebergs FK	Bröt	
PACE	Björn	Kaijser	1984	FK Studenterna	Bröt	

PB	2019/20
10:18.26 -18?	
10:09.5i -18	10:09.5i -18
10:57.43i -19?	10:57.43i -19
9:23.36i -08?	10:47.69i -19
10:59.29 -19	10:59.29 -19
10:22.58i -19	10:22.58i -19
10:16.95i -14?	10:42.79 -19
10:26.74i -20	10:26.74i -20

					Resultat	
1 (pace)	Malin	Gibrand	1981	FK Studenterna	10:56.18	SB
2	Tony	Back	1966	IF Mantra Sport	11:00.17	PB
3	Åsa	Nylander	1967	FK Studenterna	11:13.99	SB
4	Johan	Roseen	1980	Fredrikshofs FIF	11:22.18	PB
5	Julia	Arnhult	2001	IFK Lidingö	11:40.43	SB
6	Inez	Elpers	1989		11:48.17	PB?
7	Madelaine	Örtengren	1975	FK Studenterna	11:50.33	PB
8	Alina	Vuokila	2002	IFK Lidingö	11:58.71	PB?
9	Annelie	Florin	1981		12:05.97	SB
10	Monika	Topel	1988	FK Studenterna	12:07.74	SB
11	Samuel	Sandberg	1982	Enhörna IF	12:09.08	SB
12	Kalle	Svensson	1959	IF Mantra Sport	12:21.14	SB
13	Lars	Olsson	1960	IF Hagen	12:54.00	SB
14	Sara	Lidjan	1980	FK Studenterna	13:29.47	SB
15	Annika	Björk	1976	Falu IK	14:29.69	SB
	Daniel	Förberg	1974	Fredrikshofs FIF	Bröt	
	Per	Gysing	1960	FK Studenterna	Bröt	

