

Sommarspel

16 juni 2004

Kristinebergs IP, Stockholm

Arrangör: **FK Studenterna**

Tävlingsledare: Helmut Leuschner, Ann Björklund, Cédric Schwartzler

Starter: Bo Wallsten, Roger Karlsson

Eltidtagare: Per Holm, Pelle Sundelius

Väder: växlande mölnighet, 10-15 grader

100m F14/F15

A-Heat

| | | |
|----|-------------------------|------------------------|
| | | Vind: +0.8m/s |
| 1. | Sandra Höckerstrand -90 | Solna FK 13.77 |
| 2. | Vanessa Westerfelt -91 | Fredrikshofs FIF 13.92 |
| 3. | Patricia Johansson -90 | Österhaninge IF 14.15 |
| 4. | Fanny Bäckström -91 | Mälardalens IF 14.40 |
| 5. | Camilla Göth -90 | Hammarby IF 14.77 |
| 6. | Fredrika Svahn -90 | Hässelby SK 14.81 |
| 7. | Linda Janze -90 | Hässelby SK 14.90 |

B-Heat

| | | |
|----|-----------------------------|------------------------|
| | | Vind: +0.1m/s |
| 1. | Mariam Jeng -90 | Turebergs FK 13.70 |
| 2. | Nathali Länholm-Persson -90 | Österhaninge IF 14.00 |
| 3. | Suzanna Romilson -90 | Fredrikshofs FIF 14.08 |
| 4. | Sara Martland -90 | Österhaninge IF 14.14 |
| 5. | Linnea Djurling -90 | IFK Tumba 14.35 |
| 6. | Emma Lemos -90 | Hässelby SK 15.17 |
| 7. | Isa Stattin -90 | Danderyds SK 15.53 |

C-Heat

| | | |
|----|--------------------------------|----------------------|
| | | Vind: +0.1m/s |
| 1. | Emilie Andersson -89 | Kungsängens SK 12.92 |
| 2. | Anna Pärsdotter -89 | Solna FK 13.38 |
| 3. | Mikaela Wistrand-Bengtsson -90 | Danderyds SK 13.61 |
| 4. | Felicia Lidbäck-Lärstedt -90 | SOIK Hellas 13.61 |
| 5. | Sara Bengtsson -89 | Hässelby SK 13.67 |
| 6. | Tuss Odin Ekman -89 | Hammarby IF 15.77 |

D-Heat

| | | |
|----|-------------------------|------------------------|
| | | Vind: +1.0m/s |
| 1. | Linn Ericsson -89 | Turebergs FK 13.15 |
| 2. | Sanna Olin -89 | Hässelby SK 13.61 |
| 3. | Jennifer Westerfelt -89 | Fredrikshofs FIF 13.70 |
| 4. | Sofia Malmqvist -89 | Hässelby SK 14.05 |
| 5. | Sara Modin -89 | Turebergs FK 14.17 |

Final

| | | |
|----|--------------------------------|----------------------|
| | | Vind: +0.2m/s |
| 1. | Emilie Andersson -89 | Kungsängens SK 12.90 |
| 2. | Linn Ericsson -89 | Turebergs FK 13.29 |
| 3. | Anna Pärsdotter -89 | Solna FK 13.56 |
| 4. | Mikaela Wistrand-Bengtsson -90 | Danderyds SK 13.72 |
| 5. | Sara Bengtsson -89 | Hässelby SK 13.72 |
| 6. | Sanna Olin -89 | Hässelby SK 13.78 |
| 7. | Felicia Lidbäck-Lärstedt -90 | SOIK Hellas 13.79 |

100m F17/F19/KS

A-Heat

| | | | |
|----|-----------------------|--------------|-------------------------------|
| 1. | Therese Edholm -76 | Turebergs FK | <u>Vind: +1.2m/s</u> 12.51 |
| 2. | Klara Blume -78 | Bromma IF | 12.90 |
| 3. | Karolina Busznyak -84 | IFK Tumba | 13.71 |

B-Heat

| | | | |
|----|----------------------|--------------|-------------------------------|
| 1. | Sara Frykedal -87 | Turebergs FK | <u>Vind: +0.4m/s</u> 13.09 |
| 2. | Linda Söderqvist -86 | TurebergsFK | 13.28 |
| 3. | Louise Brandt -88 | Solna FK | 13.47 |
| 4. | Emma Borg -88 | Turebergs FK | 13.50 |
| 5. | Anna Wikström -87 | IFK Tumba | 14.11 |
| 6. | Nathalie Skantz -88 | Hässelby SK | 15.00 |

Final

| | | | |
|----|-----------------------|--------------|-------------------------------|
| 1. | Therese Edholm -76 | Turebergs FK | <u>Vind: +0.8m/s</u> 12.46 |
| 2. | Klara Blume -78 | Bromma IF | 13.00 |
| 3. | Linda Söderqvist -86 | TurebergsFK | 13.37 |
| 4. | Louise Brandt -88 | Solna FK | 13.54 |
| 5. | Emma Borg -88 | Turebergs FK | 13.60 |
| 6. | Karolina Busznyak -84 | IFK Tumba | 13.86 |
| 7. | Anna Wikström -87 | IFK Tumba | 14.06 |

100m P14/P15/P17

A-Heat

| | | | |
|----|-------------------------|--------------|-------------------------------|
| 1. | Oskar Åberg -89 | Solna FK | <u>Vind: -0.2m/s</u> 11.51 |
| 2. | Niclas Nilsson -87 | Bromma IF | 11.82 |
| 3. | Gabriel Thorstenson -87 | Danderyds SK | 11.90 |
| 4. | Marcus Molin -88 | Solna FK | 12.17 |
| 5. | Alexander Lundholm -88 | IFK Tumba | 12.22 |
| 6. | Björn Werner -87 | Danderyds SK | 12.37 |
| 7. | Gustaf Gillander -88 | Hässelby SK | 12.70 |

B-Heat

| | | | |
|----|----------------------------|--------------|-------------------------------|
| 1. | Simon Mulondo -89 | SOIK Hellas | <u>Vind: +1.0m/s</u> 11.89 |
| 2. | Gustav Sommerholt -89 | Danderyds SK | 12.00 |
| 3. | Joacim Andersson -89 | Väsby IK | 12.13 |
| 4. | Erik Karlsson -88 | IFK Tumba | 12.68 |
| 5. | Alexandre Pripp -89 | Hamarby IF | 12.74 |
| 6. | Marcus Cordi -89 | Danderyds SK | 13.04 |
| 7. | Johannes Linde-Matsson -89 | Danderyds SK | 13.36 |

C-Heat

| | | | |
|----|----------------------|-------------|-------------------------------|
| 1. | Didrik Säfstrand -90 | Hässelby SK | <u>Vind: +1.2m/s</u> 13.09 |
| 2. | Håkan Löow -90 | Hammarby IF | 13.39 |

Final

| | | | |
|----|-------------------------|--------------|-------------------------------|
| 1. | Niclas Nilsson -87 | Bromma IF | <u>Vind: +0.5m/s</u> 11.70 |
| 2. | Oskar Åberg -89 | Solna FK | 11.72 |
| 3. | Gabriel Thorstenson -87 | Danderyds SK | 11.93 |
| 4. | Simon Mulondo -89 | SOIK Hellas | 11.99 |
| 5. | Gustav Sommerholt -89 | Danderyds SK | 12.04 |
| 6. | Marcus Molin -88 | Solna FK | 12.28 |
| 7. | Alexander Lundholm -88 | IFK Tumba | 12.37 |

100m P19/MS

A-Heat

| | | | |
|----|-----------------------|---------------|-------|
| 1. | Magnus Norberg -79 | Huddinge AIS | 11.12 |
| 2. | Erik Eriksson -80 | Örbyhus IF | 11.13 |
| 3. | Martin Skeppstedt -82 | Spårvägens FK | 11.31 |
| 4. | Manop Meechot -83 | Solna FK | 11.54 |
| 5. | Tom Gatsinzi -82 | Spårvägens FK | 11.78 |
| 6. | Lasse Ohtamaa -80 | Väsby IK | 13.93 |

Vind: +2.0m/s

B-Heat

| | | | |
|----|-----------------------|---------------|-------|
| 1. | Lenny Martinez -78 | SOIK Hellas | 10.96 |
| 2. | Sebastian Öberg -86 | Turebergs FK | 11.36 |
| 3. | Simon Forsberg -83 | IFK Umeå | 11.75 |
| 4. | Jens Eklundh -73 | Spårvägens FK | 11.80 |
| 5. | Per-Jonas Trollås -65 | Danderyds SK | 12.82 |
| 6. | Peter Engström -63 | Huddinge AIS | 12.95 |

Vind: +0.8m/s

Final

| | | | |
|----|-----------------------|---------------|-------|
| 1. | Lenny Martinez -78 | SOIK Hellas | 10.97 |
| 2. | Erik Eriksson -80 | Örbyhus IF | 11.23 |
| 3. | Martin Skeppstedt -82 | Spårvägens FK | 11.31 |
| 4. | Sebastian Öberg -86 | Turebergs FK | 11.38 |
| 5. | Manop Meechot -83 | Solna FK | 11.58 |
| 6. | Tom Gatsinzi -82 | Spårvägens FK | 11.89 |
| 7. | Simon Forsberg -83 | IFK Umeå | 11.95 |

Vind: -0.1m/s

400m F15/F17/F19

| | | | |
|----|-----------------------|-----------------|-------|
| 1. | Jonna Qvistbergh -89 | Mälarhöjdens SK | 58.42 |
| 2. | Julia Appeldahl -91 | Kungsängens SK | 66.18 |
| 3. | Caroline Rönnlund -86 | Huddinge AIS | 78.77 |

400m KS

| | | | |
|----|------------------------|-------------|-------|
| 1. | Johanna Hallberg -79 | Hässelby SK | 56.22 |
| 2. | Carolina Nylén -79 | Täby IS | 56.58 |
| 3. | Kristine Mähälä -84 | IK Ymer | 60.01 |
| 4. | Görel Manners -63 | Fredrikshof | 63.54 |
| 5. | Josefina Cederholm -83 | FGF Gotland | 65.58 |

400m P17

| | | | |
|----|-------------------------|----------------|-------|
| 1. | Gabriel Thorstenson -87 | Danderyds SK | 52.96 |
| 2. | Tomas Holmqvist -88 | Kungsängens SK | 53.52 |
| 3. | Gustaf Gillander -88 | Hässelby SK | 59.44 |

400m P19

| | | | |
|----|-----------------------|----------------|-------|
| 1. | Anders Appeldahl -86 | Kungsängens SK | 52.79 |
| 2. | Martin Augustsson -86 | Täby IS | 54.13 |
| 3. | Mattias Holmqvist -86 | Kungsängens SK | 55.38 |

400m MS

A-Heat

| | | | |
|----|----------------------|--------------|-------|
| 1. | Mattias Claesson -86 | Hässelby SK | 48.62 |
| 2. | Klas Ringdahl -77 | SOIK Hellas | 49.50 |
| 3. | Andreas Rehnborg -80 | Hässelby SK | 49.57 |
| 4. | Johan Kågeman -86 | Turebergs FK | 49.60 |
| 5. | Henrik Encke -84 | Hässelby SK | 51.79 |

B-Heat

| | | | |
|----|---------------------|----------------|-------|
| 1. | Mateusz Stec -79 | Hässelby SK | 51.47 |
| 2. | Joel Gustafsson -83 | SOIK Hellas | 52.61 |
| 3. | Ingemar Ztorm -60 | FK Studenterna | 54.24 |
| 4. | Robert Bäckman -64 | FK Studenterna | 55.13 |

C-Heat

| | | | |
|----|-----------------------|----------------|-------|
| 1. | Bengt Pettersson -61 | FK Studenterna | 58.67 |
| 2. | Per-Jonas Trollås -65 | Danderyds SK | 59.21 |
| 3. | Peter Engström -63 | Huddinge AIS | 61.17 |

800m F14/F15

| | | | |
|-----|-------------------------|------------------|---------|
| 1. | Samia Adan -90 | Hässelby SK | 2:25.14 |
| 2. | Anna Lindvall -90 | Hammarby IF | 2:26.12 |
| 3. | Vanessa Westerfelt -91 | Fredrikshofs FIF | 2:30.05 |
| 4. | Suzanna Romilson -90 | Fredrikshofs FIF | 2:30.30 |
| 5. | Elsa Hannar -89 | IFK Lidingö | 2:32.44 |
| 6. | Fanny Bäckström -91 | Mälarhöjden | 2:33.05 |
| 7. | Sara Bengtsson -89 | Hässelby SK | 2:34.75 |
| 8. | Jennifer Westerfelt -89 | Fredrikshofs FIF | 2:37.80 |
| 9. | Sara Harju -90 | Kungsängens SK | 2:53.17 |
| 10. | Tuss Ekman -89 | Hammarby IF | 3:01.08 |

800m F17/F19

| | | | |
|----|------------------------|----------------|---------|
| 1. | Emma Lundin -87 | Kungsängens SK | 2:25.53 |
| 2. | Jenni Nilsson -85 | Hässelby SK | 2:26.80 |
| 3. | Christina Lindblom -88 | Hässelby SK | 2:44.24 |
| 4. | Anna Harju -87 | Kungsängens SK | 2:44.83 |
| | Elin Andersson -86 | Västerås FK | Bröt |

800m P14/P15P17

| | | | |
|----|----------------------------|-----------------|---------|
| 1. | Daniel Bernebrant -90 | Mälarhöjdens IK | 2:13.90 |
| 2. | Alexander Pripp -89 | Hammarby IF | 2:16.24 |
| 3. | Björn Wieslander -89 | Bromma IF | 2:17.95 |
| 4. | Mauritz Montgomery -90 | Hässelby SK | 2:22.05 |
| 5. | Hannes Hegmar -90 | Danderyds SK | 2:27.60 |
| 6. | Pär Sundh -90 | Hässelby SK | 2:31.16 |
| 7. | Johannes Linde-Matsson -89 | Danderyds SK | 2:38.20 |
| 8. | Andreas Fardhe -90 | Hässelby SK | 2:47.39 |

Engelsk mile KS/Kvet

| | | | |
|----|---------------------|----------------|---------|
| 1. | Helena Sundh -80 | Hässelby SK | 5:19.94 |
| 2. | Lena Mellbäck -81 | Spårvägens FK | 5:21.56 |
| 3. | Letu Abraha -77 | Sundbybergs IK | 5:32.20 |
| 4. | Marianne Fricke -62 | Hässelby SK | 5:32.70 |

Sprang tillsammans med MS/MVet

Engelsk mile MS/Mvet

| | | | |
|----|----------------------|------------------|---------|
| 1. | Ulf Eriksson -74 | Flemingsbergs SK | 4:43.80 |
| 2. | Stefan Johansson -69 | Rånäs 4H | 4:48.98 |
| 3. | Mårten Westberg -61 | Fredrikshofs FIF | 4:52.93 |
| 4. | Peter Zahn -63 | Huddinge AIS | 5:18.03 |
| 5. | Kim Hedbom -54 | Huddinge AIS | 5:35.96 |
| 6. | Martin Larsson -71 | Flemingsbergs SK | 5:59.39 |
| 7. | Nils Olsson -44 | Huddinge AIS | 6:16.28 |

2000m P14/P15

| | | | |
|----|--------------------------|--------------|---------|
| 1. | Kristoffer Viikancis -89 | Hässelby SK | 6:25.23 |
| 2. | Hannes Hegmar -90 | Danderyds SK | 6:46.42 |

3000m F17

| | | | |
|----|------------------------|-------------|----------|
| 1. | Lena Örn -88 | SOIK Hellas | 11:09.77 |
| 2. | Ann-Sofie Gimdalen -88 | Täby IS | 11:10.45 |
| 3. | Linda Johannsen -88 | Täby IS | 11:15.94 |

Sprang tillsammans med 3000m P17/P19

3000m P17/P19

| | | | |
|----|----------------------|------------------|----------|
| 1. | Erik Widing -87 | Bromma IF | 09:42.67 |
| 2. | Robin Blomdin -86 | Enhörna IF | 09:46.59 |
| 3. | Hannes Öckerman -87 | Kungsängen SK | 09:57.12 |
| 4. | Anton Lagerbäck -86 | SPIF Triathlon | 10:32.59 |
| 5. | Sandun Andersson -86 | Fredrikshofs FIF | 10:46.08 |
| 6. | Adam Busznyak -88 | IFK Tumba | 10:52.23 |

5000m KS

| | | | |
|----|------------------------|------------------|----------|
| 1. | Susanna Damm -75 | Flemingsbergs SK | 17:21.15 |
| 2. | Ann Björklund -71 | FK Studenterna | 17:59.51 |
| 3. | Louise Wiker -79 | Hässelby SK | 18:17.32 |
| 4. | Carin Bergman -73 | Enhörna IF | 18:19.60 |
| 5. | Johanna Bjermkvist -83 | Huddinge AIS | 18:21.89 |

Sprang tillsammans med 5000m MS

5000m MS

| | | | |
|----|-----------------------|------------------|----------|
| 1. | Linus Nilsson -83 | Enhörna IF | 15:19.26 |
| 2. | Jesper Hansson -67 | Enhörna IF | 15:36.27 |
| 3. | Linus Holmsäter -84 | Fredrikshofs FIF | 15:47.88 |
| 4. | Martin Gidewall -76 | IFK Tumba | 16:06.08 |
| 5. | Torben Pedersen -72 | Enhörna IF | 16:47.08 |
| 6. | Christer Gidewall -49 | IFK Tumba | 19:15.67 |
| | Jan-Ivar Westlund -53 | Hässelby SK | Bröt |

Längd F14

| | | | |
|-----|--------------------------------|------------------|---------------|
| 1. | Linnea Andersson -90 | Turebergs FK | 501 (+0.9m/s) |
| 2. | Sandra Höckerstrand -90 | Solna FK | 483 (+1.3m/s) |
| 3. | Mikaela Wistrand-Bengtsson -90 | Danderyds SK | 478 |
| 4. | Mikaela Lundén -90 | Turebergs FK | 470 (+1.4m/s) |
| 5. | Samia Adan -90 | Hässelby SK | 458 (+0.8m/s) |
| 6. | Vanessa Westerfelt -91 | Fredrikshofs FIF | 449 |
| 7. | Linnea Djurling -90 | IFK Tumba | 416 (+2.1m/s) |
| 8. | Nathali Länholm-Persson -90 | Österhaninge IF | 415 (+0.7m/s) |
| 9. | Camilla Göth -90 | Hammarby IF | 408 (+1.9m/s) |
| 10. | Linda Janze -90 | Hässelby SK | 382 (+0.8m/s) |

| | | | | | | | |
|-----|-----------------------|--------|--------------|--------|--------|--------|--------|
| 11. | Isa Stattin -90 | | Danderyds SK | | | 380 | |
| 1. | L. Andersson | X | 465 | 490 | 239 | 470 | 501 |
| | | (+1.7) | (+0.0) | (+1.4) | (+0.3) | (+0.9) | (+0.9) |
| 2. | S. Höckerstrand | 460 | 467 | 451 | 483 | 466 | 461 |
| | | (+0.5) | (+1.9) | (+0.2) | (+1.3) | (+2.7) | (+0.6) |
| 3. | M. Wistrand-Bengtsson | 467 | 458 | 453 | 432 | 458 | 478 |
| 4. | M. Lundén | 429 | 428 | 470 | 468 | X | 421 |
| | | (+0.8) | (+0.6) | (+1.4) | (+2.9) | | (+0.8) |
| 5. | S. Adan | 451 | 418 | 443 | 458 | 454 | 456 |
| | | (+1.8) | (+0.9) | (+1.6) | (+0.8) | (+2.3) | (+1.6) |
| 6. | V. Westerfelt | 449 | 382 | 436 | 431 | 424 | 426 |
| 7. | L. Djurling | 398 | 416 | 382 | 406 | 392 | 414 |
| | | (+1.0) | (+2.1) | (+0.7) | (+1.7) | (+1.3) | (+1.6) |
| 8. | N. Länholm-Persson | 407 | 403 | 390 | 414 | 394 | 415 |
| | | (+1.5) | (+0.6) | (+1.3) | (+0.4) | (+1.6) | (+0.7) |
| 9. | C. Göth | X | 408 | X | X | 399 | 398 |
| | | (+1.3) | (+1.9) | | | (+1.0) | (+0.9) |
| 10. | L. Janze | 382 | 366 | 359 | 368 | 362 | X |
| | | (+0.8) | (+1.0) | (+0.4) | (+1.6) | (+0.5) | (+0.9) |
| 11. | I. Stattin | 376 | 357 | 297 | 353 | 380 | 371 |

Längd F15

| | | | | | | | |
|----|------------------------|-----|----------------|-----|-----|-----|-----|
| 1. | Emma Wallin -90 | | Kungsängens SK | | | 467 | |
| 2. | Caroline Hallquist -90 | | Kungsängens SK | | | 460 | |
| 3. | Linn Ericsson -89 | | Turebergs FK | | | 454 | |
| 1. | E. Wallin | X | X | X | 434 | 467 | 457 |
| 2. | C. Hallquist | 433 | 434 | 431 | 436 | 444 | 460 |
| 3. | L. Ericsson | 443 | 454 | 445 | 434 | - | 434 |

Längd F17

| | | | | | | | |
|----|---------------------|--------|--------------|--------|--------|---------------|--------|
| 1. | Elin Husén -87 | | SoIK Hellas | | | 523 (+1.0m/s) | |
| 2. | Emma Borg -88 | | Turebergs FK | | | 474 (+1.6m/s) | |
| 3. | Åsa Bengtlars -87 | | Turebergs FK | | | 450 (+1.0m/s) | |
| 4. | Anna Wikström -87 | | IFK Tumba | | | 432 (+0.7m/s) | |
| 5. | Nathalie Skantz -88 | | Hässelby SK | | | 352 (+1.4m/s) | |
| 1. | E. Husén | 511 | X | X | X | 523 | 496 |
| | | (+0.0) | | | | (+1.0) | (+0.2) |
| 2. | E. Borg | X | 474 | X | 459 | 453 | 454 |
| | | | (+1.6) | | (+0.9) | (+0.4) | (+0.4) |
| 3. | Å. Bengtlars | 434 | 450 | X | X | - | - |
| | | (+1.1) | (+1.0) | | | | |
| 4. | A. Wikström | 430 | X | 432 | X | X | 399 |
| | | (+1.1) | | (+0.7) | | | (+0.3) |
| 5. | N. Skantz | 344 | 305 | 308 | 338 | 352 | - |
| | | (+2.0) | (+0.8) | (+0.9) | (+1.3) | (+1.4) | |

Längd F19

| | | | | | | | |
|----|----------------------|--------|--------------|--------|--------|---------------|---|
| 1. | Linda Söderqvist -86 | | Turebergs FK | | | 479 (+0.5m/s) | |
| 1. | L. Söderqvist | 472 | 479 | 460 | 309 | 448 | X |
| | | (+0.5) | (+0.5) | (+0.7) | (+0.3) | (+0.4) | |

Längd KS

| | | | | | | | |
|----|----------------------|---|--------------|--------|--------|---------------|--------|
| 1. | Malin Marmbrandt -85 | | Enköpings AI | | | 555 (+1.1m/s) | |
| 1. | M. Marmbrandt | X | 555 | 544 | 543 | X | 536 |
| | | | (+1.1) | (+1.2) | (+1.0) | | (+0.4) |

Längd P14

| | | | | | | |
|----|----------------------|---------------|---------------|---------------|---------------|-----------------|
| 1. | Didrik Säfstrand -90 | | Hässelby SK | 428 (+0.5m/s) | | |
| 2. | Hannes Hegmar -90 | | Danderyds SK | 418 (+0.5m/s) | | |
| 1. | D. Säfstrand | 404 (+1.4) | X | X | 428 (+0.5) | X 405 (+0.7) |
| 2. | H. Hegmar | X | 396 (+0.7) | 406 (+0.6) | 418 (+0.5) | 413 (+1.1) - |

Längd P15

| | | | | | | |
|----|----------------------|---------------|---------------|---------------|---------------|-----------------------------|
| 1. | Björn Wieslander -89 | | Bromma IF | 470 (-0.3m/s) | | |
| 1. | B. Wieslander | 462 (-0.2) | 439 (-0.7) | 405 (-0.5) | 458 (-0.2) | 470 (-0.3) 442 (+0.3) |

Längd P17

| | | | | | | |
|----|------------------------|---------------|---------------|---------------|---------------|-----------------------------|
| 1. | Björn Werner -87 | | Danderyds SK | 551 (-0.5m/s) | | |
| 2. | Alexander Lundholm -88 | | IFK Tumba | 492 (+0.1m/s) | | |
| 3. | Erik Karlsson -88 | | IFK Tumba | 464 (-0.4m/s) | | |
| 1. | B. Werner | 503 (+0.2) | 528 (-0.4) | 520 (+0.0) | 396 (-0.3) | X 551 (-0.5) |
| 2. | A. Lundholm | 481 (-0.3) | 486 (-0.5) | X | 486 (-0.1) | 492 (+0.1) - |
| 3. | E. Karlsson | 405 (-0.6) | 464 (-0.4) | 434 (-0.1) | 448 (-0.4) | 458 (-0.2) 457 (+0.3) |

Längd P19

| | | | | | | |
|----|------------------------|---------------|---------------|---------------|---------------|-----------------------------|
| 1. | Sebastian Öberg -86 | | Turebergs FK | 620 (-0.8m/s) | | |
| 2. | Fredrik Wictorsson -86 | | Turebergs FK | 594 (+0.3m/s) | | |
| 1. | S. Öberg | 611 (-1.1) | 610 (+0.2) | 620 (-0.8) | | |
| 2. | F. Wictorsson | 582 (-0.3) | 512 (-0.8) | 585 (+0.3) | 586 (+0.4) | 574 (+0.0) 594 (+0.3) |

Längd MS

| | | | | | | |
|----|-----------------------|--|---------------|---------------|---------------|-------------------|
| 1. | Lasse Ohtamaa -80 | | Väsby IK | 613 (+0.2m/s) | | |
| 2. | Peter Gabrielsson -62 | | Huddinge AIS | 497 (-0.1m/s) | | |
| 1. | L. Ohtamaa | | 613 (+0.2) | 559 (-0.5) | - | - - - |
| 2. | P. Gabrielsson | | 497 (-0.1) | 492 (-0.4) | 492 (-0.7) | 484 X X (-1.0) |

Stav MS

| | | | |
|----|------------------------|---------------|-----|
| 1. | Marcus Lindh -76 | Spårvägens FK | 481 |
| 2. | Anders Edvinsson -73 | Spårvägens FK | 461 |
| 3. | Bo Jacobsson -72 | FGF Gotland | 441 |
| 4. | Alexander Eriksson -79 | Spårvägens FK | - |
| 5. | Martin Lundqvist -86 | Huddinge AIS | - |

Stav KS

| | | | |
|----|-----------------------|---------------|-----|
| 1. | Lotta Hultin -85 | Hässelby SK | 381 |
| 2. | Klara Persson -80 | Spårvägens FK | 381 |
| 3. | Alissa White -74 | Hässelby SK | 351 |
| 4. | Jenny Trunberg -82 | Spårvägens FK | 331 |
| 5. | Elina Baheram -87 | SOIK Hellas | 291 |
| 6. | Sofie Norrbom -87 | Duvbo IK | 271 |
| 6. | Emelie Lagerqvist -86 | Duvbo IK | 271 |