

1935 - 1962 korades endast distansmästare.

Göteborg-Ullevi 16/17-01-1960

HERRAR		500m	5000m	1500m	10000m	
Olle Dahlberg	IF Castor	45.6(12)	8.26.9(4)	<u>2.18.9(1)</u>	17.17.4(3)	194.460
Sixten Albinsson	Mälarhöjdens IK	44.8(6)	8.28.3(5)	2.20.5(3)	17.36.4(6)	195.283
Per-Olof Brogren	IK Wega	45.0(8)	8.25.3(3)	2.20.4(2)	17.42.3(7)	195.445
Gunnar Sjölin	IK Wega	45.2(10)	8.29.9(6)	2.22.4(5)	17.35.2(4)	196.417
Ivar Nilsson	IK Wega	46.4(19)	<u>8.22.7(1)</u>	2.25.2(12)	17.14.6(2)	196.800
Kjell Bäckman	IK Wega	47.2(23)	8.22.8(2)	2.25.8(13)	<u>17.12.7(1)</u>	197.715
Bo Karenus	IF Thor	45.7(13)	8.48.8(13)	2.23.8(7)	17.42.9(8)	199.658
Stig Holter	Bofors CK	46.9(21)	8.38.0(8)	2.24.7(10)	17.44.2(9)	200.143
Björn-Olof Johansson	IFK Kristinehamn	45.2(10)	8.46.7(12)	2.24.0(8)	18.29.2(12)	201.330
Sven Andersson	Bofors CK	47.6(26)	8.44.4(11)	2.27.6(21)	17.36.0(5)	202.040
Gösta Ivarsson	IFK Göteborg	47.9(28)	8.49.5(14)	2.27.3(19)	18.10.7(11)	204.485
Hans Wilhelmson	IF Castor	<u>43.6(1)</u>		2.21.9(4)		
Bengt Malmsten	Södermalms IK	43.8(2)		2.24.4(9)		
Bertil Eng	Mälarhöjdens IK	44.4(3)		2.23.4(6)		
Gunnar Ström	Eskilstuna IK	44.6(4)		2.31.8(27)		
Heike Hedlund	IF Castor	44.7(5)		2.26.3(14)		
Mats Nilsson	Arvika IS	44.8(6)		2.27.4(20)		
Martin Fagna	IFK Göteborg	45.1(9)		2.25.1(11)		
Bo Hansson	Avesta BK	45.7(13)		2.36.1(30)		
Bengt Nilsson	Mälarhöjdens IK	45.9(15)		2.27.0(17)		
Örjan Sandler	IF Castor	46.0(16)	8.43.7(10)	2.27.7(24)		
Göran Slott	Kvarnsvedens GIF	46.0(16)	8.50.6(17)	2.27.6(21)		
Åke Lindberg	IFK Kristinehamn	46.1(18)		2.27.6(21)		
Hans Almgren	Mälarhöjdens IK	46.8(20)	8.56.8(19)	2.26.5(15)		
Roger Larsson	IFK Kristinehamn	46.9(21)	8.49.8(16)	2.26.5(15)		
Rune Klöfver	Mälarhöjdens IK	47.3(24)	8.53.7(18)	2.27.0(17)		
Ingemar Albinsson	Mälarhöjdens IK	47.3(24)		2.31.9(28)		
Klemmet Högberg	IFK Kristinehamn	47.6(26)		2.28.4(25)		
Carl-Erik Sjögren	Avesta SK	53.2(29)	8.49.7(15)	2.29.7(26)		
Kjell Berg	Arvika IS		9.14.4(20)	2.32.0(29)		
Sigvard Ericsson	IF Castor		8.31.7(7)			
Bengt Winberg	Västerås CK		8.42.2(9)		17.46.1(10)	

Östersund 28/29-01-1961

HERRAR		500m	5000m	1500m	10000m	
Ivar Nilsson	IK Wega	44.1 (9)	8.12.8(4)	<u>2.19.0(1)</u>	<u>17.08.6(1)</u>	191.143
Bo Karenus	IFK Göteborg	43.4 (4)	<u>8.07.1(1)</u>	2.19.7(2)	17.34.6(3)	191.407
Göran Slott	Kvarnsvedens GIF	43.9 (6)	8.10.9(2)	2.20.9(3)	17.25.7(2)	192.242
Per-Olof Brogren	IK Wega	44.6 (13)	8.32.8(11)	2.22.0(4)	17.44.3(5)	196.428
Gunnar Sjölin	IK Wega	44.8 (15)	8.24.3(9)	2.27.9(14)	17.58.6(6)	198.460
Åke Lindberg	IFK Kristinehamn	43.8 (5)	8.35.4(12)	2.26.3(7)	18.35.5(11)	199.882
Kjell Bäckman	IK Wega	52.3f(28)	8.12.1(3)	2.24.9(6)	17.37.8(4)	202.700
Carl-Erik Sjögren	Avesta SK	45.2 (19)	8.22.3(7)	2.30.5(23)	19.06.2(12)	202.907
Gösta Ivarsson	IFK Göteborg		8.37.0(13)	2.27.7(13)	18.08.5(7)	
Uno Borgengård	IK Wega		8.19.2(6)	2.28.8(16)	18.10.3(8)	
Bengt Winberg	SK Pollux		8.40.7(14)		18.11.5(9)	
Bertil Brosved	IK Wega		8.30.6(10)		18.15.8(10)	
Hans Wilhelmson	IF Castor	<u>42.1 (1)</u>		2.22.1(5)		
Bengt Malmsten	Södermalms IK	42.7 (2)		2.27.0(9)		
Heike Hedlund	IF Castor	43.2 (3)		2.35.6(33)		
Sixten Albinsson	Mälarhöjdens IK	43.9 (6)	8.45.3(19)	2.30.0(21)		
Sune Östlund	Kvarnsvedens GIF	44.0 (8)		2.26.4(8)		
Bo Ollander	IFK Strömsund	44.2 (10)				
Björn-Olof Johansson	IFK Kristinehamn	44.3 (11)	8.51.8(20)	2.27.0(9)		
Bengt Nordström	Hofors CK	44.4 (12)	8.40.7(14)	2.32.0(27)		
Bernhard Sehr	IF Linnea	44.6 (13)	8.54.3(21)	2.29.5(20)		
Christer Dahl	Mälarhöjdens IK	44.8 (15)		2.33.0(31)		
Sture Ekelund	IFK Göteborg	44.8 (15)		2.32.1(28)		
Kjell Svensson	Kubikens IF	45.0 (18)	8.44.7(17)	2.29.3(19)		
Olle Hansson	Sandvikens CK	45.3 (20)	8.56.4(23)	2.28.8(16)		
Roger Larsson	IFK Kristinehamn	45.4 (21)	8.55.4(22)	2.31.2(25)		
Sven-Olov Larsson	Härnösands CK	45.7 (22)		2.28.9(18)		
Jonny Nilsson	Bofors CK	46.0 (23)	8.12.8(4)	2.27.2(11)		
Mats Harrysson	IF Castor	46.1 (24)		2.33.2(32)		

Sven Andersson	Bofors CK	46.3 (25)	8.23.4(8)	2.30.4(22)	
Örjan Sandler	IF Castor	46.4 (26)	8.43.0(16)	2.28.0(15)	
Karl-Erik Eriksson	IF Castor	46.5 (27)			
Bertil Eng	Mälardalens IK	52.9f(29)		2.27.5(12)	
Ingemar Albinsson	Mälardalens IK	54.3f(30)		2.38.9(34)	
Mats Nilsson	Arvika IS	59.4f(31)		2.30.6(24)	
Per Berg	Mälardalens IK	dnf		2.31.9(26)	
Rune Klöfver	Mälardalens IK		8.44.7(17)	2.32.7(30)	
Bengt Engberg	Sandvikens CK		9.02.8(24)		
Alf Hurtigh	IF Castor			2.32.4(29)	

Kristinehamn 20/21-01-1962

HERRAR		500m	5000m	1500m	10000m	
Göran Slott	Kvarnsvedens GIF	44.4 (6)	8.18.9(2)	2.20.3(2)	17.45.3(2)	194.322
Sune Östlund	Kvarnsvedens GIF	44.8 (7)	8.29.2(4)	2.23.1(7)	17.57.9(4)	197.315
Kjell Bäckman	IK Wega	46.7 (28)	8.39.8(6)	2.24.4(11)	<u>17.30.8(1)</u>	199.353
Bo Karenus	IF Thor	45.7 (15)	8.32.5(5)	2.24.4(11)	18.10.8(5)	199.623
Åke Lindberg	IFK Kristinehamn	44.9 (9)	8.43.2(8)	2.24.2(10)	18.27.2(8)	200.647
Örjan Sandler	IF Castor	46.4 (27)	8.40.4(7)	2.26.6(18)	18.23.7(7)	202.492
Uno Borgengård	IK Wega	47.2 -	8.24.7(3)	2.25.5(15)	17.51.8(3)	199.760
Bengt Winberg	SK Pollux		8.55.5(17)		18.22.1(6)	
Hans Wilhelmson	IF Castor	<u>42.4 (1)</u>		2.21.6(4)		
Heike Hedlund	IF Castor	43.7 (2)		2.24.8(13)		
Gunnar Ström	Eskilstuna IK	43.8 (3)	8.52.4(15)	2.21.2(3)		
Bertil Eng	Mälardalens IK	43.8 (3)		2.23.8(9)		
Per-Olof Brogren	IK Wega	44.1 (5)		<u>2.18.2(1)</u>		
Björn-Olof Johansson	IFK Kristinehamn	44.8 (7)	8.55.9(18)	2.26.5(17)		
Einari Tupakka	Oxelösunds SK	45.2 (10)		2.23.2(8)		
Ivar Nilsson	IK Wega	45.3 (11)		2.21.9(5)		
Erik Tronêt	Eskilstuna IK	45.3 (11)		dnf		
Olle Edman	Södermalms IK	45.3 (11)				
Per-Steinar Berg	Mälardalens IK	45.4 (14)				
Bernhard Sehr	Mälardalens IK	45.7 (15)	8.50.3(13)	2.29.4(27)		
Kjell Svensson	Kubikenborgs IF	45.7 (15)	9.08.6(23)			
Christer Dahl	Mälardalens IK	45.9 (18)				
Martin Fagna	IK Wega	46.0 (19)	9.04.6(21)	2.25.5(15)		
Jonny Nilsson	Bofors CK	46.2 (20)	<u>8.14.4(1)</u>	2.22.7(6)		
Roger Larsson	IFK Kristinehamn	46.2 (20)	8.50.6(14)	2.28.3(21)		
Göran Johansson	Bofors CK	46.2 (20)	8.55.1(16)	2.28.5(23)		
Alf Hurtigh	IF Castor	46.2 (20)	9.05.7(22)	2.28.7(24)		
Kent Pettersson	IFK Göteborg	46.3 (24)	8.45.7(10)	2.30.3(28)		
Sture Ekelund	IFK Göteborg	46.3 (24)		2.29.0(25)		
Leif Ortman	IF Thor	46.3 (24)		2.27.7 -		
Sten-Erik Karlsson	Arvika IS	46.7 (28)		2.30.4(29)		
Gunnar Sjölin	IK Wega	46.8 (30)	8.47.0(11)	2.28.4(22)		
Gösta Ivarsson	IFK Göteborg	47.9 (31)	dnf	2.29.2(26)		
Bengt-Göran Dahlsjö	IK Wega	58.4f(32)		2.32.6(31)		
Carl-Erik Sjögren	Avesta SK	46.9 -	8.47.4(12)	2.28.3 -		
Bertil Brosved	IK Wega		8.43.4(9)	2.27.8(20)		
Rune Klöfver	Mälardalens IK		9.00.5(20)	2.26.6(18)		
Ulf Avér	Mälardalens IK		9.00.0(19)	2.30.5(30)		
Kjell-Owe Carlsson	Eskilstuna IK			2.25.4(14)		

Fr.o.m 1963 koras såväl distansmästare som sammanlagd mästare.

Uppsala 19/20-01-1963

HERRAR		500m	5000m	1500m	10000m	
1 Ivar Nilsson	IK Wega	44.1(4)	8.04.8(2)	<u>2.17.1(1)</u>	17.00.1(2)	189.285
2 Jonny Nilsson	Bofors CK	45.6(21)	<u>8.01.6(1)</u>	2.20.0(6)	<u>16.45.2(1)</u>	190.687
3 Göran Slott	Kvarnsvedens GIF	44.8(10)	8.11.1(4)	2.18.5(3)	17.00.2(3)	191.087
4 Kjell Bäckman	IK Wega	45.2(17)	8.08.5(3)	2.20.2(7)	17.11.6(4)	192.363
5 Bo Karenus	IF Thor	44.8(9)	8.22.8(8)	2.19.5(5)	17.27.5(6)	193.955
6 Sune Östlund	IF Castor	45.0(12)	8.21.3(7)	2.22.7(11)	17.27.6(7)	195.077
7 Örjan Sandler	IF Castor	46.1(26)	8.16.1(5)	2.22.5(10)	17.32.0(9)	195.810
8 Uno Borgengård	IK Wega	47.2(31)	8.17.8(6)	2.22.4(9)	17.13.8(5)	196.137
9 Göran Johansson	Bofors CK	45.2(16)	8.31.6(12)	2.22.8(12)	17.48.4(11)	197.380
10 Lennart Ottosson	Stockholms SK	45.1(14)	8.50.5(21)	2.24.5(17)	18.00.5(12)	200.342
11 Bengt Nordström	Hofors CK	45.4(18)	8.48.3(18)	2.24.4(16)	18.32.1(14)	201.968

Heike Hedlund	IF Castor	43.0(1)		2.18.1(2)	
Bo Ollander	IFK Strömsund	43.0(2)			
Hans Wilhelmson	IF Castor	43.8(3)			
Olle Edman	Södermalms IK	44.5(5)		2.25.6(20)	
Björn Lekman	Båraryds IK	44.6(6)	8.33.3(14)	2.21.3(8)	
Erik Tronêt	Eskilstuna IK	44.7(7)		2.30.7(29)	19.21.7(17)
Bertil Eng	Mälarhöjdens IK	44.7(8)			
Bengt Färnstrand	Sandvikens CK	45.0(11)		2.26.0(22)	
Per-Olof Brogren	IK Wega	45.1(13)	8.31.5(11)	2.19.0(4)	
Sixten Albinsson	Mälarhöjdens IK	45.2(15)	8.46.9(17)	2.23.4(13)	
Leif Ortman	IF Thor	45.5(19)	8.48.7(19)	2.24.2(15)	
Bengt-Göran Dahlsjö	IK Wega	45.6(20)			
Björn-O Johansson	IFK Kristinehamn	45.7(22)		2.32.9(32)	
Bertil Brosved	IK Wega	46.0(23)	8.40.6(15)	2.26.2(24)	
Manne Lavås	IFK Göteborg	46.0(24)		2.28.9(27)	
Kjell Svensson	Kubikensborgs IF	46.0(25)		2.29.8(28)	18.38.5(15)
Rolf Eriksson	IFK Sala	46.2(27)			
Wolfgang Hageleit	Oxelösunds SK	46.6(28)	8.48.7(20)	2.27.8(25)	
Håkan Holmgren	Kvarnsvedens GIF	46.6(29)			
Bengt Nilsson	Mälarhöjdens IK	46.7(30)			
Einari Tupakka	Oxelösunds SK	fall		2.25.6(19)	
Kent Pettersson	IFK Göteborg		8.23.6(9)	2.24.2(14)	17.28.3(8)
Carl-Erik Sjögren	Avesta SK		8.26.0(10)	2.26.1(23)	17.41.7(10)
Ulf Avér	Mälarhöjdens IK		8.32.4(13)	2.24.9(18)	
Bengt Engberg	Sandvikens CK		8.44.6(16)	2.25.9(21)	18.21.8(13)
Lars-G Gustavsson	CK Hymer		8.50.6(22)	2.32.4(31)	
Gösta Ivarsson	IFK Göteborg		8.51.0(23)		
Roger Larsson	IFK Kristinehamn		8.51.3(24)	2.28.7(26)	
Olle Hansson	Sandvikens CK		8.53.8(25)	2.32.2(30)	18.53.1(16)

Heike Hedlund besegrade Bo Ollander i parlöp på 500 m och förklarades som svensk mästare.

Göteborg-Ullevi 11/12-01-1964

HERRAR		500m	5000m	1500m	10000m		
1	Jonny Nilsson	Bofors CK	43.8(6)	7.46.1(1)	2.16.7(7)	16.02.3(1)	184.092
2	Ivar Nilsson	IK Wega	44.4(14)	7.57.8(2)	2.13.8(1)	16.43.0(3)	186.930
3	Örjan Sandler	IF Castor	44.3(12)	8.01.7(3)	2.14.8(2)	16.33.8(2)	187.093
4	Göran Slott	Kvarnsvedens GIF	45.1(18)	8.13.2(6)	2.16.2(3)	17.06.9(8)	191.165
5	Kjell-Owe Carlsson	Eskilstuna IK	45.1(18)	8.13.8(8)	2.18.1(12)	17.01.8(6)	191.603
6	Sune Östlund	IF Castor	43.4(4)	8.18.7(10)	2.19.6(14)	17.16.3(10)	191.618
7	Göran Johansson	Bofors CK	45.2(20)	8.09.8(5)	2.17.5(8)	17.18.4(11)	191.933
8	Kjell Bäckman	IK Wega	47.1(29)	8.07.8(4)	2.20.2(17)	16.43.8(4)	192.803
9	Kent Pettersson	IFK Göteborg	45.5(26)	8.13.3(7)	2.23.7(23)	17.00.6(5)	193.760
10	Bo Karenus	IF Thor	45.3(22)	8.21.6(12)	2.23.6(22)	17.26.8(13)	195.667
11	Karl-Erik Eriksson	IF Castor	44.8(16)	8.35.7(21)	2.21.8(18)	17.47.6(15)	197.017
	Bertil Brosved	IK Wega		8.22.2(13)		17.06.5(7)	
	Carl-Erik Sjögren	Avesta SK		8.21.5(11)	2.20.1(16)	17.14.1(9)	
	Olle Hansson	Sandvikens CK		8.26.3(17)	2.22.2(19)	17.19.7(12)	
	Uno Borgengård	IK Wega		8.15.3(9)	2.26.0(26)	17.27.0(14)	
	Kjell Svensson	Kubikensborgs IF	45.4(24)			17.54.0(16)	
	Heike Hedlund	IF Castor	42.2(1)		2.16.2(3)		
	Björn Lekman	Båraryds IK	42.7(2)		2.18.0(11)		
	Manne Lavås	IFK Göteborg	42.8(3)		2.16.6(6)		
	Einari Tupakka	Oxelösunds SK	43.6(5)		2.26.6(28)		
	Olle Edman	Södermalms IK	43.8(6)		2.23.8(25)		
	Björn-Olof Johansson	IFK Kristinehamn	43.9(8)		2.19.5(13)		
	Erik Tronêt	Eskilstuna IK	44.0(9)				
	Johnny Höglin	IFK Kristinehamn	44.2(10)	8.24.5(15)	2.17.6(9)		
	Leif Ortman	IF Thor	44.2(10)	8.32.4(20)	2.17.6(9)		
	Hasse Abrahamsson	IFK Göteborg	44.3(12)		2.22.9(20)		
	Göran Claeson	Södermalms IK	44.4(14)	8.26.0(16)	2.16.2(3)		
	Christer Jorbäck	Arvika IS	45.0(17)	8.36.5(22)	2.23.1(21)		
	Gunnar Ström	Eskilstuna IK	45.2(20)				
	Alf Hurtigh	IF Castor	45.3(22)	8.27.4(18)	2.23.7(23)		
	Roger Larsson	IFK Kristinehamn	45.4(24)	8.41.5(23)	dnf		
	Bernhard Sehr	Mälarhöjdens IK	46.1(27)		2.28.4(31)		
	Gösta Ivarsson	IFK Göteborg	46.4(28)	8.47.4(24)	2.26.3(27)		
	Åke Eliasson	Båraryds IK	47.3(30)				
	Bo Ollander	IFK Strömsund	dnf		2.19.7(15)		
	Bengt-Göran Dahlsjö	IK Wega	dnf				

Gerth Slott	Kvarnsvedens GIF	8.22.6(14)
Göran Malmborg	Bofors CK	8.29.6(19)
Bengt Engberg	Sandvikens CK	2.27.7(29)
Bengt Nordström	Hofors CK	2.28.3(30)

Vänernsberg 16/17-01-1965

HERRAR		500m	5000m	1500m	10000m		
1	Jonny Nilsson	Bofors CK	45.2(8)	7.59.4(1)	2.19.8(2)	16.55.1(1)	190.495
2	Örjan Sandler	IF Castor	45.6(13)	8.17.1(3)	2.19.0(1)	17.30.6(3)	194.173
3	Ivar Nilsson	IK Wega	46.3(25)	8.08.3(2)	2.21.9(4)	17.24.5(2)	194.655
4	Johnny Höglin	IFK Kristinehamn	45.2(8)	8.34.3(10)	2.22.9(6)	17.45.3(7)	197.528
5	Göran Claeson	Södermalms IK	44.3(3)	8.39.3(13)	2.22.4(5)	18.11.3(8)	198.262
6	Manne Lavås	IFK Göteborg	45.9(16)	8.34.2(9)	2.20.5(3)	18.20.4(10)	199.173
7	Kent Pettersson	IFK Göteborg	47.5(31)	8.26.8(6)	2.26.9(14)	17.43.1(5)	200.302
8	Bo Karenus	Mälardalens IK	45.9(16)	8.49.5(19)	2.25.4(10)	18.29.8(12)	202.807
9	Olle Hansson	Sandvikens CK	47.0(29)	8.36.8(11)	2.29.2(17)	18.45.4(13)	204.683
	Göran Slott	Kvarnsvedens GIF	46.2(22)	8.30.1(7)	2.22.9(6)		
	Göran Johansson	Bofors CK	46.2(22)	8.23.9(4)	2.26.0(12)		
	Björn Lekman	Båraryds IK	45.5(11)	8.47.8(17)	2.26.0(12)		
	Leif Ortman	IF Thor	45.8(15)	8.49.8(20)	2.31.1(24)		
	Bertil Brosved	IK Wega		8.24.8(5)	2.24.6(9)	17.43.1(5)	
	Kjell Bäckman	IK Wega		8.32.9(8)	2.27.9(16)	17.37.6(4)	
	Gösta Ivarsson	IFK Göteborg		8.38.7(12)	2.29.4(18)	18.21.6(11)	
	Uno Borgengård	IK Wega		8.46.3(15)	2.31.0(23)	18.14.2(9)	
	Roger Larsson	IFK Kristinehamn		9.11.7(22)	2.30.7(21)	19.03.7(14)	
	Mauritz Ericson	IFK Göteborg		9.05.7(21)		19.21.3(15)	
	Håkan Holmgren	Kvarnsvedens GIF	43.4(1)		2.25.7(11)		
	Gunnar Ström	Eskilstuna IK	44.7(4)		2.23.5(8)		
	Hasse Abrahamsson	IFK Göteborg	45.1(7)		2.33.8(31)		
	Karl-Erik Eriksson	IF Castor	45.5(11)		2.30.7(21)		
	Wolfgang Hageleit	Mälardalens IK	45.7(14)		2.30.5(19)		
	Sune Östlund	Kvarnsvedens GIF	45.9(16)		2.31.7(26)		
	Björn-Olof Johansson	IFK Kristinehamn	46.0(19)		2.32.7(27)		
	Sten-Erik Karlsson	Arvika IS	46.5(27)		2.33.5(28)		
	Bengt Nordström	Kvarnsvedens GIF	46.7(28)		2.33.7(30)		
	Christer Jorbäck	Arvika IS	47.2(30)		2.33.6(29)		
	Bengt Engberg	Sandvikens CK		8.47.2(16)	2.27.7(15)		
	Carl-Erik Sjögren	Avesta SK		8.41.8(14)	2.31.4(25)		
	Alf Brorsson	Arvika IS		8.48.5(18)	2.30.6(20)		
	Erik Tronêt	Eskilstuna IK	44.2(2)				
	Einari Tupakka	Mälardalens IK	44.7(4)				
	Sture Ekelund	IFK Göteborg	45.0(6)				
	Olle Edman	Södermalms IK	45.3(10)				
	Kåre Svanholm	Mälardalens IK	46.1(20)				
	Lars Andersson	Eskilstuna IK	46.1(20)				
	Hans Wilhelmson	IFK Strömsund	46.2(22)				
	Bengt-Göran Dahlsjö	IK Wega	46.3(25)				
	Rolf Törnblom	Eskilstuna IK	48.1(32)				
	Antti Kähärä	IK Wega				2.37.8(32)	

Örnsköldsvik 26/27-02-1966

HERRAR		500m	5000m	1500m	10000m		
1	Jonny Nilsson	IK Wega	43.1(6)	7.43.4(1)	2.12.2(1)	16.08.5(1)	181.932
2	Johnny Höglin	IFK Kristinehamn	43.2(7)	8.00.3(2)	2.14.3(2)	16.56.0(5)	186.797
3	Örjan Sandler	IF Castor	43.9(15)	8.08.0(4)	2.14.3(2)	16.47.4(2)	187.837
4	Göran Johansson	Bofors CK	43.7(11)	8.07.8(3)	2.14.5(4)	17.05.4(6)	188.583
5	Göran Claeson	Södermalms IK	42.9(4)	8.20.0(9)	2.17.5(5)	17.25.5(10)	191.008
6	Kent Pettersson	IFK Göteborg	44.5(21)	8.17.8(7)	2.19.7(9)	16.49.0(3)	191.297
7	Ivar Nilsson	IK Wega	44.4(20)	8.11.4(5)	2.19.3(8)	17.09.8(7)	191.463
8	Christer Jorbäck	Arvika IS	43.7(11)	8.19.0(8)	2.18.4(7)	17.16.6(8)	191.563
9	Kjell Bäckman	IK Wega	45.9(28)	8.11.6(6)	2.19.8(10)	16.54.4(4)	192.380
10	Olle Hansson	Sandvikens CK	44.1(18)	8.20.6(10)	2.19.9(11)	17.21.0(9)	192.843
11	Manne Lavås	IFK Göteborg	43.8(13)	8.23.8(12)	2.20.2(13)	17.49.7(12)	194.398
12	Bo Karenus	Mälardalens IK	44.8(25)	8.28.5(13)	2.19.9(11)	17.54.2(13)	195.993
13	Bernhard Sehr	Mälardalens IK	44.5(21)	8.30.1(15)	2.22.2(21)	17.45.8(11)	196.200
14	Christer Åkerlund	Wedevågs IF	45.7(27)	8.45.6(17)	2.21.9(17)	18.12.0(14)	200.160
15	Rolf Jadelius	CK Örnen	56.5(32)	8.46.2(18)	2.22.1(19)	18.14.8(15)	211.227
	Mats Wallberg	Arvika IS	44.0(17)	8.21.9(11)	2.18.1(6)		

Jan Marmstål	Wedevågs IF	44.7(24)	8.29.8(14)	2.21.6(16)
Bengt Engberg	Sandvikens CK	44.9(26)	8.39.0(16)	2.22.0(18)
Helge Mevik	IK Wega	44.6(23)	8.48.3(19)	2.24.1(24)
Hans Knutsson	IFK Göteborg	46.3(29)	9.03.0(22)	2.25.0(26)
Gösta Ivarsson	IFK Göteborg	46.5(30)	9.00.0(21)	2.26.4(28)
Lars-Erik Sandler	IF Castor	46.9(31)	8.54.0(20)	2.27.0(29)
Håkan Holmgren	Kvarnsvedens GIF	<u>42.2(1)</u>		2.22.9(22)
Olle Edman	Södermalms IK	42.8(2)		2.20.4(14)
Bengt-Göran Dahlsjö	IK Wega	43.0(5)		2.25.9(27)
Björn Lekman	Båraryds IK	43.3(8)		2.20.8(15)
Rolf Törnblom	Eskilstuna IK	43.3(8)		2.27.4(30)
Gunnar Ström	Eskilstuna IK	43.4(10)		2.22.1(19)
Kåre Svanholm	Mälarhöjdens IK	43.8(13)		2.24.2(25)
Bertil Johansson	IF Castor	43.9(15)		2.23.6(23)
Hasse Börjes	IFK Rättvik	42.8(2)		
Hans Wilhelmson	IFK Strömsund	44.3(19)		

Eskilstuna-Tunavallen 04/05-02-1967

HERRAR		500m	5000m	1500m	10000m		
1	Jonny Nilsson	IK Wega	44.6(7)	8.14.7 (2)	<u>2.13.3(1)</u>	<u>16.17.2(1)</u>	187.363
2	Örjan Sandler	IF Castor	46.1(17)	<u>8.12.7 (1)</u>	2.15.3(3)	16.22.5(2)	189.595
3	Johnny Höglin	IFK Kristinehamn	44.5(5)	8.24.3 (3)	2.15.5(4)	16.41.7(3)	190.182
4	Göran Claeson	Södermalms IK	44.0(3)	8.37.7 (7)	2.16.5(5)	17.09.3(7)	192.735
5	Kent Pettersson	IFK Göteborg	47.1(22)	8.24.9 (4)	2.19.4(8)	16.46.6(4)	194.387
6	Ivar Nilsson	IK Wega	46.0(16)	8.40.4 (8)	2.17.8(6)	17.05.6(5)	195.253
7	Manne Lavås	IFK Göteborg	44.9(10)	8.49.2 (11)	2.14.5(2)	17.50.1(11)	196.158
8	Christer Jorbäck	Arvika IS	45.8(15)	8.42.2 (9)	2.18.6(7)	17.26.2(10)	196.530
9	Kjell Bäckman	IK Wega	47.1(22)	8.34.5 (5)	2.21.0(11)	17.09.1(6)	197.005
10	Jan Carlén	Arvika IS	47.3(25)	8.36.2 (6)	2.22.2(13)	17.22.1(9)	198.425
11	Jan Marmstål	Wedevågs IF	46.5(18)	8.47.2 (10)	2.22.3(14)	17.19.7(8)	198.638
12	Hans Knutsson	IFK Göteborg	46.7(20)	8.59.5f(16)	2.23.2(20)	17.53.1(12)	202.038
13	Christer Åkerlund	Wedevågs IF	47.2(24)	8.51.5 (12)	2.22.3(14)	18.13.7(14)	202.468
14	Helge Mevik	IK Wega	45.7(13)	8.57.3 (13)	2.22.3(14)	18.35.8(15)	202.653
15	Uno Borgengård	IK Wega	49.7(32)	8.57.4 (14)	2.30.7(30)	17.53.3(13)	207.338
16	Mauritz Ericson	IFK Göteborg	49.0(31)	8.57.5 (15)	2.27.8(28)	18.46.4(16)	208.337
	Olle Hansson	Sandvikens CK	47.4(26)	9.01.2f(17)	2.22.5(18)		
	Kjell Svensson	Kubikenborgs IF	46.5(18)	9.01.4 (18)	2.26.3(26)		
	Lennart Ottosson	Mälarhöjdens IK	47.9(28)	9.02.4 (19)	2.22.0(12)		
	Arne Jonsson	SK Pollux	47.0(21)	9.10.3 (21)	2.24.9(24)		
	Lars-Erik Sandler	IF Castor	48.2(29)	9.04.0 (20)	2.24.6(23)		
	Bernhard Sehr	Mälarhöjdens IK	47.5(27)	9.13.0 (22)	2.26.3(26)		
	Mats Zetterlund	SK Pollux	48.8(30)	9.15.4 (23)	2.28.4(29)		
	Mats Wallberg	Arvika IS	44.5(5)		2.20.5(10)		
	Bengt-Göran Dahlsjö	IK Wega	45.1(12)		2.19.8(9)		
	Olle Edman	Södermalms IK	44.4(4)		2.23.2(20)		
	Håkan Holmgren	Kvarnsvedens GIF	44.7(8)		2.22.4(17)		
	Gunnar Ström	Eskilstuna IK	44.7(8)		2.22.8(19)		
	Bertil Johansson	IF Castor	44.9(10)		2.24.2(22)		
	Einari Tupakka	Mälarhöjdens IK	45.7(13)		2.26.0(25)		
	Heike Hedlund	IF Castor	<u>43.5(1)</u>				
	Hasse Börjes	IFK Rättvik	<u>43.5(1)</u>				

Kristinehamn/Karlstad 20/21-01-1968

HERRAR		500m	5000m	1500m	10000m		
1	Johnny Höglin	Karlstads SK	44.3(2)	<u>8.32.7 (1)</u>	<u>2.12.2(1)</u>	<u>16.14.2(2)</u>	188.347
2	Jonny Nilsson	IK Wega	46.0(7)	8.36.8 (2)	2.15.2(4)	<u>16.09.6(1)</u>	191.227
3	Göran Claeson	Södermalms IK	46.1(8)	8.51.8 (4)	2.12.9(2)	16.39.4(4)	193.550
4	Örjan Sandler	IFK Strömsund	48.0(23)	8.44.9 (3)	2.14.6(3)	16.26.7(3)	194.692
5	Göran Johansson	Bofors CK	47.1(15)	8.52.6 (5)	2.16.8(6)	17.18.1(9)	197.865
6	Kjell-Owe Carlsson	Eskilstuna IK	46.6(13)	9.05.0 (8)	2.18.4(7)	16.58.9(5)	198.178
7	Ivar Nilsson	IK Wega	47.8(20)	8.57.1 (6)	2.18.6(9)	17.10.9(7)	199.255
8	Jan Marmstål	Wedevågs IF	47.1(15)	9.02.8 (7)	2.20.8(12)	17.01.7(6)	199.398
9	Mats Wallberg	Arvika IS	46.4(11)	9.16.3 (9)	2.18.4(7)	17.48.4(10)	201.583
10	Jan Carlén	Arvika IS	47.4(18)	9.24.9 (11)	2.19.7(11)	17.16.4(8)	202.277
11	Christer Jorbäck	Arvika IS	46.5(12)	9.30.6 (12)	2.24.2(20)	18.15.8(12)	206.417
12	Uno Borgengård	IK Wega	49.7(26)	9.23.7 (10)	2.27.5(26)	17.52.0(11)	208.837
13	Christer Åkerlund	Wedevågs IF	47.7(19)	9.44.9 (15)	2.24.9(21)	19.02.0(14)	211.590
14	Mauritz Ericson	IFK Göteborg	51.3(31)	9.40.3 (14)	2.24.9(21)	18.34.7(13)	213.365
15	Kenth Nyström	IFK Kiruna	49.2(24)	9.45.6 (16)	2.26.0(24)	19.20.7(15)	214.462

Jörgen Carlsson	IK Wega	47.8(20)	9.39.0 (13)	2.25.0(23)	
Arne Wallenbert	SK Pollux	46.9(14)	9.58.5 (20)	2.27.8(27)	
Helge Mevik	IK Wega	49.7(26)	9.47.2 (17)	2.23.6(18)	
Bengt-Göran Dahlsjö	IK Wega	49.9(29)	9.57.8 (18)	2.22.2(15)	
Ingvar Jacobsson	IK Wega	49.2(24)	10.02.6(21)	2.24.1(19)	
Tommy Lindbohm	Södermalms IK	49.8(28)	9.57.8 (18)	2.26.4(25)	
Håkan Holmgren	Södermalms IK	<u>44.2(1)</u>		2.19.6(10)	
Olle Edman	Södermalms IK	45.7(5)		2.21.0(13)	
Ulf Gustavsson	Karlstads SK	45.8(6)		2.22.3(16)	
Gunnar Ström	Eskilstuna IK	46.1(8)		2.22.7(17)	
Manne Lavås	IFK Göteborg	46.2(10)		2.16.0(5)	
Ove König	Laxå IF	47.1(15)		2.21.0(13)	
Runo Ravelius	Mälarderhöjdens IK	47.8(20)		2.28.6(28)	
Lars-Erik Sandler	IF Castor	50.3(30)	dnf		
Hasse Börjes	IFK Rättvik	44.6(3)			
Heike Hedlund	IF Castor	44.8(4)			

Eskilstuna/Isstadion 01/02-02-1969

HERRAR		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	42.2(4)	<u>7.51.8(1)</u>	<u>2.08.4(1)</u>	16.07.4(2)	180.550
2	Örjan Sandler	IFK Strömsund	42.7(6)	7.55.0(2)	2.12.0(3)	<u>16.02.6(1)</u>	182.330
3	Johnny Höglin	Karlstads SK	42.3(5)	8.03.7(3)	2.10.7(2)	16.28.4(3)	183.657
4	Göran Johansson	Bofors CK	43.0(8)	8.11.8(4)	2.15.1(5)	17.04.8(9)	188.453
5	Jan Carlén	Arvika IS	43.7(13)	8.14.7(6)	2.15.6(6)	16.43.9(4)	188.565
6	Mats Wallberg	Arvika IS	43.2(10)	8.19.8(8)	2.14.8(4)	16.58.3(6)	189.028
7	Kjell-Owe Carlsson	Eskilstuna IK	45.1(23)	8.12.9(5)	2.15.9(7)	16.46.8(5)	190.030
8	Jan Marmstål	Wedevågs IF	44.3(17)	8.17.6(7)	2.17.6(10)	17.03.8(8)	191.117
9	Claes Lavås	Karlstads SK	43.6(12)	8.22.3(10)	2.16.7(8)	17.28.1(10)	191.802
10	Kent Pettersson	IFK Göteborg	45.6(26)	8.21.4(9)	2.21.6(15)	17.02.5(7)	194.065
11	Ingvar Jacobsson	IK Wega	43.9(14)	8.36.9(14)	2.18.0(11)	17.39.5(12)	194.565
12	Lars Johannesson	IFK Göteborg	44.7(20)	8.34.8(13)	2.17.5(9)	17.36.2(11)	194.823
13	Oloph Granath	SK Pollux	44.5(19)	8.34.1(12)	2.20.0(13)	17.47.5(13)	195.952
14	Mauritz Ericson	IFK Göteborg	45.4(25)	8.38.7(15)	2.21.6(15)	17.54.4(14)	198.190
15	Roland Palmqvist	Båraryds IK	47.1(31)	8.45.6(16)	2.29.1(25)	17.55.5(15)	203.135
	Ivar Nilsson	IK Wega	45.6(26)	8.24.0(11)	2.21.8(17)		
	Johan Granath	SK Pollux	42.8(7)	9.00.8(21)	2.19.8(12)		
	Christer Åkerlund	Wedevågs IF	45.0(22)	8.56.1(20)	2.22.2(18)		
	Gösta Ivarsson	IFK Göteborg	46.3(29)	8.48.0(18)	2.23.0(19)		
	Jörgen Carlsson	IK Wega	45.3(24)	8.53.8(19)	2.24.7(21)		
	Uno Borgengård	IK Wega	46.7(30)	8.45.8(17)	2.29.7(27)		
	Lars-Erik Sandler	IF Castor	46.1(28)	9.06.5(22)	2.27.1(24)		
	Ove König	Laxå IF	43.1(9)		2.21.0(14)		
	Runo Ravelius	Mälarderhöjdens IK	43.3(11)		2.26.2(23)		
	Einari Tupakka	Gimonäs CK	43.9(14)		2.26.0(22)		
	Olle Edman	Södermalms IK	44.0(16)		2.23.0(19)		
	Erik Tronêt	SK Pollux	44.3(17)		2.29.1(25)		
	Hasse Börjes	IFK Rättvik	<u>40.5(1)</u>				
	Håkan Holmgren	SK Pollux	41.6(2)				
	Heike Hedlund	Kubikenborgs IF	41.7(3)				
	Ulf Gustavsson	Karlstads SK	44.9(21)				

Uppsala 10/11-01-1970

HERRAR		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	41.1(4)	<u>7.42.8(1)</u>	<u>2.06.6(1)</u>	<u>15.57.8(1)</u>	177.470
2	Örjan Sandler	IFK Strömsund	43.0(13)	7.53.0(2)	2.12.0(5)	16.03.2(2)	182.460
3	Johnny Höglin	Karlstads SK	42.9(11)	7.55.6(3)	2.11.1(2)	16.29.6(3)	183.640
4	Göran Johansson	Bofors CK	42.2(7)	8.02.0(5)	2.11.1(2)	16.41.9(5)	184.195
5	Kjell-Owe Carlsson	Eskilstuna IK	42.3(9)	8.01.9(4)	2.11.9(4)	16.35.9(4)	184.252
6	Claes Lavås	IFK Göteborg	42.9(11)	8.08.0(6)	2.13.2(6)	16.49.0(6)	186.550
7	Jan Carlén	Karlstads SK	43.0(13)	8.13.6(7)	2.14.9(10)	16.57.0(7)	188.177
8	Mats Wallberg	Arvika IS	43.2(18)	8.20.6(10)	2.14.6(8)	17.11.0(11)	189.677
9	Jan Marmstål	Wedevågs IF	43.7(19)	8.25.8(13)	2.15.7(12)	16.57.8(8)	190.403
10	Lars Johannesson	IFK Göteborg	44.5(22)	8.20.4(9)	2.14.8(9)	17.11.2(12)	191.033
11	Oloph Granath	SK Pollux	43.9(20)	8.24.6(11)	2.15.5(11)	17.11.5(13)	191.102
12	Ingvar Jacobsson	IK Wega	43.0(13)	8.30.3(14)	2.18.1(18)	17.21.2(14)	192.123
13	Kent Pettersson	IFK Göteborg	44.9(23)	8.18.2(8)	2.19.9(21)	17.00.4(9)	192.373
14	Mauritz Ericson	IFK Göteborg	45.0(26)	8.30.8(15)	2.16.9(16)	17.10.2(10)	193.223
15	Gösta Ivarsson	IFK Göteborg	45.9(31)	8.25.6(12)	2.20.4(23)	17.25.6(15)	195.540
16	Bernt Wallin	IFK Sala	45.8(29)	8.33.3(16)	2.20.1(22)	17.45.3(16)	197.095

Johan Granath	SK Pollux	41.1(4)	8.34.6(19)	2.13.3(7)
Bernt Jansson	Laxå IF	42.2(7)	8.33.3(16)	2.16.8(15)
Sture Levén	IFK Göteborg	44.9(23)	8.41.7(20)	2.18.5(19)
Lars-Erik Sandler	IF Castor	44.9(23)	8.42.5(21)	2.20.4(23)
Jörgen Carlsson	IK Wega	45.4(27)	8.57.1(23)	2.20.8(25)
Stig Johansson	IK Wega	45.4(27)	9.14.9(24)	2.29.1(29)
Bo Fransson	IK Wega	45.8(29)	8.45.0(22)	2.22.4(27)
Dan Johansson	Kubikenborgs IF	dnf	8.33.4(18)	2.16.1(13)
Heike Hedlund	Kubikenborgs IF	41.0(3)		2.17.7(17)
Ove König	Laxå IF	41.3(6)		2.16.4(14)
Olle Edman	Södermalms IK	43.1(16)		2.19.2(20)
Erik Tronêt	SK Pollux	43.1(16)		2.26.9(28)
Sture Johansson	Kubikenborgs IF	44.1(21)		2.20.9(26)
Hasse Börjes	IFK Rättvik	<u>40.1(1)</u>		
Håkan Holmgren	SK Pollux	40.2(2)		
Peter Eriksson	Södermalms IK	42.5(10)		

Fr.o.m 1971 koras mästaren på 500 m i samband med nyinstiftade Sprinter-SM.

Strömsund 06/07-02-1971

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	41.0 (1)	7.40.2(1)	2.06.0(1)	15.52.2(1)	176.630
2	Örjan Sandler	IFK Strömsund	43.1 (9)	7.51.3(2)	2.10.6(3)	16.03.7(2)	181.948
3	Johnny Höglin	Karlstads SK	42.5 (5)	7.54.7(3)	2.09.5(2)	16.21.5(3)	182.212
4	Göran Johansson	Bofors CK	42.4 (3)	8.00.6(4)	2.12.0(5)	16.39.3(6)	184.425
5	Mats Wallberg	Arvika IS	42.4 (3)	8.07.1(6)	2.11.9(4)	16.36.4(5)	184.897
6	Jan Carlén	Karlstads SK	42.6 (7)	8.06.3(5)	2.14.1(7)	16.30.4(4)	185.450
7	Claes Lavås	IFK Göteborg	43.1 (9)	8.10.2(8)	2.12.8(6)	17.05.8(9)	187.677
8	Jan Marmstål	Karlstads SK	43.4 (12)	8.08.3(7)	2.14.6(10)	16.52.4(7)	187.717
9	Dan Johansson	Kubikenborgs IF	43.2 (11)	8.13.6(10)	2.14.5(9)	17.10.5(10)	188.918
10	Oloph Granath	SK Pollux	42.5 (5)	8.15.4(11)	2.14.8(11)	17.23.3(14)	189.138
11	Lars Johannesson	IFK Göteborg	44.0 (14)	8.17.0(12)	2.15.0(12)	17.10.7(11)	190.235
12	Bo Fransson	IK Wega	44.7 (19)	8.11.3(9)	2.18.0(17)	16.58.5(8)	190.755
13	Kjell-Owe Carlsson	Södermalms IK	44.8 (20)	8.17.7(13)	2.15.9(13)	17.14.2(13)	191.580
14	Lennart Carlsson	IK Wega	43.8 (13)	8.23.3(15)	2.17.8(16)	17.13.8(12)	191.753
15	Ingvar Jacobsson	IK Wega	44.1 (15)	8.22.4(14)	2.16.6(15)	17.27.2(16)	192.233
16	Mauritz Ericson	IFK Göteborg	45.6 (22)	8.25.6(16)	2.18.0(17)	17.24.3(15)	194.375
	Bernt Jansson	Laxå IF	42.1 (2)	8.26.2(18)	2.14.2(8)		
	Arne Wallenbert	SK Pollux	43.0 (8)	8.35.1(22)	2.16.5(14)		
	Stig Johansson	IK Wega	44.5 (17)	8.26.0(17)	2.18.8(20)		
	Mats Zetterlund	SK Pollux	44.6 (18)	8.26.9(19)	2.19.2(21)		
	Lars-Magnus Jansson	Sollentuna SS	44.1 (15)	8.31.0(20)	2.21.1(23)		
	Jörgen Carlsson	IK Wega	45.4 (21)	8.47.0(23)	2.20.7(22)		
	Bengt Jardstam	CK Örnen	46.8 (23)	8.52.0(24)	2.23.3(24)		
	Sture Johansson	Kubikenborgs IF	66.1f(24)	8.32.2(21)	2.18.3(19)		

Göteborg-Ullevi 08/09-01-1972

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	41.0(1)	7.37.8(1)	2.06.5(2)	15.48.3(1)	176.362
2	Johnny Höglin	Karlstads SK	41.5(3)	7.41.6(2)	2.06.1(1)	16.15.4f(2)	178.463
3	Oloph Granath	SK Pollux	41.0(1)	7.58.9(5)	2.11.2(4)	16.51.3(8)	183.188
4	Göran Johansson	Telge SK	42.7(10)	8.00.3(6)	2.10.2(3)	16.33.9(5)	183.825
5	Jan Marmstål	Karlstads SK	43.1(14)	7.52.7(4)	2.13.6(9)	16.33.5(4)	184.578
6	Örjan Sandler	IFK Strömsund	44.0(22)	7.52.6(3)	2.13.4(8)	16.21.8(3)	184.817
7	Dan Johansson	Kubikenborgs IF	42.0(7)	8.06.3(8)	2.12.6(6)	16.44.3(7)	185.045
8	Bo Fransson	Sollentuna SS	43.0(13)	8.05.1(7)	2.14.5(10)	16.43.0(6)	186.493
9	Sture Johansson	Kubikenborgs IF	41.5(3)	8.09.0(10)	2.12.4(5)	17.33.5(14)	187.208
10	Lennart Carlsson	IK Wega	43.2(15)	8.07.9(9)	2.14.8(11)	16.58.5(9)	187.848
11	Stig Johansson	IK Wega	41.8(5)	8.16.0(12)	2.18.1(19)	17.23.0(11)	189.583
12	Lars-Magnus Jansson	Sollentuna SS	43.3(16)	8.16.6(14)	2.15.7(14)	17.24.2(12)	190.403
13	Lars-Erik Sandler	Sollentuna SS	43.7(20)	8.18.6(15)	2.17.2(18)	17.19.8(10)	191.283
14	Mats Zetterlund	SK Pollux	43.7(20)	8.16.4(13)	2.18.8(20)	17.24.2(12)	191.817
15	Hans Ödén	Sollentuna SS	44.2(23)	8.20.0(16)	2.16.3(16)	17.43.5(15)	192.808
	Arne Wallenbert	SK Pollux	41.9(6)	8.22.0(18)	2.12.9(7)		
	Bernt Jansson	Laxå IF	42.0(7)	8.28.2(23)	2.15.4(13)		
	Ingvar Jacobsson	IK Wega	42.7(10)	8.21.0(17)	2.16.7(17)		
	Kjell-Owe Carlsson	Södermalms IK	43.4(17)	8.23.9(20)	2.15.1(12)		
	Stig Vitén	Bofors CK	43.4(17)	8.27.0(21)	2.16.0(15)		

Conny Englund	Karlstads SK	42.8(12)	8.27.6(22)	2.19.0(21)
Tommy Lindbohm	Södermalms IK	43.5(19)	8.40.5(24)	2.22.6(22)
Claes Lavås	IFK Göteborg	42.3(9)	8.09.1(11)	2.38.0(24)
Roland Palmqvist	Eskilstuna IK	46.4(24)	8.23.4(19)	2.23.8(23)

Stockholm-Östermalm 16/17-01-1973

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalm	41.05(1)	<u>7.49.11(1)</u>	<u>2.07.91(1)</u>	<u>16.17.37(1)</u>	179.467
2	Bo Fransson	Sollentuna	42.83(5)	7.57.27(2)	2.10.86(2)	16.31.91(3)	183.773
3	Dan Johansson	Kubikenborg	42.98(7)	8.12.15(6)	2.11.03(3)	16.46.45(4)	186.195
4	Jan Marmstål	Karlstad SK	43.57(9)	8.02.03(3)	2.14.39(7)	16.49.32(5)	187.036
5	Sture Johansson	Kubikenborg	42.12(3)	8.13.37(7)	2.11.91(4)	17.15.18(8)	187.186
6	Örjan Sandler	IFK Ströms	44.10(13)	8.06.50(4)	2.15.16(8)	16.28.88(2)	187.247
7	Lennart Carlsson	IK Wega	42.95(6)	8.10.61(5)	2.13.66(6)	17.00.90(6)	187.609
8	Oloph Granath	SK Pollux	42.02(2)	8.23.34(11)	2.12.66(5)	17.17.60(9)	188.454
9	Jan-Olof Kings	Mälardalen	44.91(14)	8.14.77(8)	2.17.05(12)	17.09.54(7)	191.547
10	Lars-Magnus Jansson	Sollentuna	43.92(11)	8.20.13(10)	2.16.91(11)	17.30.94(11)	192.117
11	Sture Levén	IFK Göteborg	43.28(8)	8.27.79(12)	2.15.46(9)	17.40.95(12)	192.260
12	Hans Ödén	Sollentuna	45.38(15)	8.17.23(9)	2.17.20(13)	17.21.03(10)	192.888
	Arne Wallenbert	SK Pollux	42.51(4)	8.32.52(14)	2.16.54(10)		
	Tomas Blomqvist	Mälardalen	43.89(10)	8.41.37(16)	2.18.05(14)		
	Sven Folkesson	IFK Göteborg	44.08(12)	8.37.86(15)	2.19.69(15)		
	Bernt Wallin	IFK Sala	45.67(16)	8.28.24(13)	2.19.92(16)		

Karlstad 19/20-01-1974

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	41.87(1)	<u>7.43.56(1)</u>	<u>2.06.41(1)</u>	<u>15.55.21(1)</u>	178.124
2	Örjan Sandler	IFK Strömsund	43.27(11)	7.45.77(2)	2.10.62(2)	16.00.11(2)	181.393
3	Dan Johansson	Kubikenborg	42.93(8)	8.04.84(3)	2.11.11(3)	16.44.53(3)	185.344
4	Jan Marmstål	Karlstads SK	42.28(4)	8.06.04(5)	2.13.10(6)	16.44.74(4)	185.488
5	Lennart Carlsson	IK Wega	42.61(6)	8.05.76(4)	2.13.04(5)	17.02.39(5)	186.653
6	Sture Levén	IFK Göteborg	42.01(2)	8.20.70(9)	2.11.85(4)	17.28.06(10)	188.433
7	Sture Johansson	Kubikenborg	42.23(3)	8.15.78(7)	2.13.63(7)	17.47.46(12)	189.724
8	Lars-Magnus Jansson	Sollentuna SS	43.06(9)	8.20.77(10)	2.14.89(8)	17.19.55(8)	190.078
9	Christer Jonsson	Gimonäs CK	44.85(12)	8.14.51(6)	2.17.39(11)	17.13.93(7)	191.795
10	Lars-Erik Sandler	Sollentuna SS	45.00(13)	8.18.94(8)	2.17.61(12)	17.08.38(6)	192.183
11	Jan-Olof Kings	Mälardalen	45.28(14)	8.23.88(12)	2.19.89(15)	17.31.58(11)	194.877
12	Hans Ödén	Sollentuna SS	50.10(15)	8.22.81(11)	2.18.02(13)	17.26.58(9)	198.717
	Håkan Sannemo	IFK Strömsund	42.78(7)	8.25.51(13)	2.17.13(10)		
	Anders Landelius	SK Pollux	42.28(4)	8.37.31(15)	2.16.61(9)		
	Arne Wallenbert	SK Pollux	43.18(10)	8.34.60(14)	2.18.15(14)		

Kiruna 08/09-03-1975

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Göran Claeson	Södermalms IK	41.06(1)	<u>7.50.39(1)</u>	<u>2.07.38(1)</u>	<u>16.28.89(2)</u>	180.004
2	Örjan Sandler	IFK Strömsund	43.37(13)	7.52.57(2)	2.09.98(5)	<u>16.04.98(1)</u>	182.203
3	Lennart Carlsson	IK Wega	41.67(2)	8.01.01(4)	2.09.71(4)	16.35.44(3)	182.780
4	Dan Johansson	Kubikenborg	42.22(5)	7.58.43(3)	2.09.60(3)	16.45.90(4)	183.558
5	Sture Johansson	Kubikenborg	41.79(3)	8.12.27(7)	2.09.40(2)	16.54.56(7)	184.878
6	Ulf Berggren	Gimonäs CK	42.98(10)	8.10.80(6)	2.11.99(9)	16.49.94(5)	186.554
7	Roger Jonze	IF Castor	44.00(15)	8.16.21(8)	2.11.85(7)	16.51.98(6)	188.170
8	Thomas Holter	Bofors CK	43.03(11)	8.19.03(10)	2.14.41(14)	17.10.26(8)	189.249
9	Sture Levén	IFK Göteborg	41.94(4)	8.18.88(9)	2.10.96(6)	18.07.54(11)	189.858
10	Sven Folkesson	IFK Göteborg	42.50(6)	8.30.80(12)	2.13.68(12)	17.40.80(10)	191.180
11	Lars-Magnus Jansson	Sollentuna	43.48(14)	8.30.40(11)	2.14.78(15)	17.30.87(9)	191.991
	Jan Marmstål	Karlstads SK	42.79(9)	8.03.12(5)	2.12.48(10)	dq	
	Bengt Stenberg	IFK Kiruna	42.58(7)	8.31.71(13)	2.11.90(8)		
	Lars Landin	IF Castor	42.70(8)	8.33.74(14)	2.13.41(11)		
	Håkan Sannemo	IFK Strömsund	43.07(12)	8.35.67(15)	2.13.89(13)		

Rättvik 21/22-02-1976

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Lennart Carlsson	IK Wega	40.7 (1)	7.46.7 (1)	2.07.9 (1)	16.15.5 (2) 178.778
2	Dan Johansson	Kubikenborgs IF	40.8 (2)	7.48.9 (2)	2.08.8 (3)	16.34.8 (3) 180.363
3	Örjan Sandler	IFK Strömsund	42.5 (14)	7.49.4 (3)	2.09.9 (5)	16.05.8 (1) 181.030
4	Ulf Ekstrand	SK Skrinnaren	41.0 (3)	7.56.5 (4)	2.08.5 (2)	16.43.4 (5) 181.653
5	Lars Landin	IF Castor	41.2 (4)	7.58.6 (6)	2.09.3 (4)	16.52.5 (7) 182.785
6	Ulf Berggren	Gimonäs CK	42.3 (11)	7.58.0 (5)	2.10.0 (6)	16.40.7 (4) 183.468
7	Jan Marmstål	Karlstads SK	41.9 (8)	8.08.3 (8)	2.11.5 (7)	16.49.6 (6) 185.043
8	Bo Fransson	Sollentuna SS	41.8 (6)	8.09.4 (11)	2.11.5 (7)	16.52.5 (7) 185.198
9	Ulf Wennlöf	SK Winner	42.4 (12)	8.08.7 (10)	2.11.8 (10)	17.40.3 (11) 188.218
10	Ingvar Andersson	IK Wega	43.5 (18)	8.08.5 (9)	2.17.6 (20)	17.14.7 (10) 189.952
11	Mats Zetterlund	IFK Strömsund	44.1 (21)	8.11.5 (12)	2.17.7 (21)	17.12.3 (9) 190.765
12	Dan Johansson	IK Wega	44.7 (22)	8.13.3 (13)	2.18.0 (22)	17.46.3 (12) 193.345
	Roger Jonze	IF Castor	42.1 (9)	8.03.5 (7)	2.12.2 (11)	
	Bo Malmström	Eskilstuna IK	41.2 (4)	8.17.8 (18)	2.11.7 (9)	
	Sture Levén	IFK Göteborg	41.8 (6)	8.23.8 (23)	2.12.2 (11)	
	Sven Folkesson	IFK Göteborg	42.1 (9)	8.21.9 (20)	2.13.2 (13)	
	Håkan Sannemo	IFK Strömsund	42.4 (12)	8.20.9 (19)	2.14.5 (14)	
	Lars-Magnus Jansson	Sollentuna SS	43.1 (17)	8.16.0 (16)	2.16.7 (18)	
	Jörgen Wallin	IFK Sala	43.0 (16)	8.22.6 (22)	2.16.6 (17)	
	Kenneth Olausson	Karlstads SK	42.7 (15)	8.26.4 (24)	2.16.5 (16)	
	Björn Mossberg	IK Wega	43.5 (18)	8.15.4 (15)	2.19.8 (24)	
	Lars-Erik Sandler	Sollentuna SS	44.7 (22)	8.17.5 (17)	2.17.4 (19)	
	Lars Jennersten	SK Winner	43.7 (20)	8.22.3 (21)	2.19.4 (23)	
	Jan Junell	IFK Rättvik	66.2f (24)	8.13.5 (14)	2.16.2 (15)	

Örnsköldsvik 02/03-03-1977

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Jan Junell	IFK Rättvik	40.85 (3)	7.36.75 (1)	2.06.65 (2)	16.04.35 (3) 176.960
2	Bo Malmström	Eskilstuna IK	41.08 (5)	7.41.39 (2)	2.05.96 (1)	16.17.44 (4) 178.078
3	Lennart Carlsson	IK Wega	40.96 (4)	8.07.08 (19)	2.08.02 (3)	15.52.70 (1) 179.976
4	Ulf Ekstrand	SK Skrinnaren	40.60 (2)	7.56.88 (7)	2.08.13 (4)	16.29.79 (7) 180.488
5	Peter Nyberg	Sundsvalls SK	41.19 (6)	7.50.48 (3)	2.09.18 (6)	16.29.54 (6) 180.775
6	Ulf Berggren	IFK Göteborg	42.93 (18)	7.58.05 (9)	2.08.97 (5)	16.24.50 (5) 182.950
7	Lars Landin	IF Castor	41.73 (9)	7.58.67 (10)	2.09.70 (8)	16.47.52 (11) 183.206
8	Ulf Wennlöf	SK Winner	41.97 (12)	7.54.92 (5)	2.10.30 (11)	16.47.67 (12) 183.279
9	Lars Ludvigsson	SK Pollux	42.05 (14)	7.56.26 (6)	2.11.87 (15)	16.44.86 (10) 183.876
10	Ingvar Andersson	IK Wega	43.53 (20)	7.57.14 (8)	2.14.50 (22)	16.31.08 (8) 185.631
11	Roger Jonze	IF Castor	43.97 (22)	7.58.91 (11)	2.13.54 (20)	16.42.83 (9) 186.516
12	Tomas Gustafson	Eskilstuna IK	56.61 (24)	7.50.97 (4)	2.10.40 (12)	15.55.65 (2) 194.957
	Mats Wallberg	Arvika IS	39.95 (1)	8.02.30 (14)	2.09.80 (9)	
	Stephan Andersson	IFK Göteborg	41.44 (7)	8.00.85 (12)	2.12.22 (17)	
	Claes Bengtsson	IFK Sala	41.93 (11)	8.06.08 (17)	2.11.28 (13)	
	Göran Stolt	IK Wega	42.03 (13)	8.06.01 (16)	2.11.51 (14)	
	Thomas Holter	Bofors CK	41.66 (8)	8.08.62 (20)	2.12.19 (16)	
	Håkan Sannemo	IFK Strömsund	42.88 (17)	8.03.49 (15)	2.10.08 (10)	
	Bengt Meissner	SK Skrinnaren	41.87 (10)	8.06.67 (18)	2.12.39 (18)	
	Lars-Magnus Jansson	Sollentuna SS	42.19 (15)	8.10.53 (21)	2.13.56 (21)	
	Anders Moberg	IFK Göteborg	42.22 (16)	8.30.29 (24)	2.13.08 (19)	
	Mats Zetterlund	IFK Strömsund	43.91 (21)	8.16.20 (22)	2.15.15 (23)	
	Thomas Bergman	IK Wega	43.24 (19)	8.29.85 (23)	2.16.33 (24)	
	Bengt Stenberg	IFK Kiruna	55.08 (23)	8.01.98 (13)	2.09.40 (7)	

Stockholm-Östermalm 04/05-03-1978

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Tomas Gustafson	Eskilstuna IK	40.60 (1)	7.46.40 (2)	2.06.22 (3)	16.05.01 (1) 177.563
2	Lennart Carlsson	IK Wega	40.95 (3)	7.50.57 (5)	2.05.73 (1)	16.10.92 (2) 178.463
3	Ulf Berggren	IFK Göteborg	41.60 (11)	7.47.81 (3)	2.06.96 (4)	16.13.99 (3) 179.400
4	Lars Ludvigsson	SK Pollux	40.86 (2)	7.44.41 (1)	2.07.19 (5)	16.52.59 (7) 180.326
5	Lars Landin	IF Castor	41.64 (12)	7.54.21 (6)	2.06.00 (2)	16.30.82 (5) 180.602
6	Bengt Stenberg	IFK Kiruna	41.21 (7)	7.56.04 (8)	2.08.67 (7)	16.25.65 (4) 180.986
7	Ola Nilsson	Arvika IS	42.83 (21)	7.54.75 (7)	2.10.68 (12)	16.30.87 (6) 183.408
8	Ulf Wennlöf	SK Winner	41.50 (8)	7.57.67 (9)	2.08.41 (6)	17.27.72 (11) 184.456
9	Bo Malmström	Eskilstuna IK	41.18 (4)	8.03.05 (11)	2.10.87 (13)	17.17.85 (10) 185.000
10	Bengt Meissner	SK Skrinnaren	42.26 (17)	8.07.65 (15)	2.12.75 (14)	16.52.88 (8) 185.919

11	Tomas Movin	Eskilstuna IK	42.11(15)	8.05.07(14)	2.13.14(16)	17.06.76(9)	186.335
D	Roger Jonze	IF Castor	42.48(19)	7.49.56(4)	2.09.67(10)	dq	
	Peter Nyberg	Sundsvalls SK	41.18(4)	8.03.83(12)	2.09.28(8)		
	Håkan Sannemo	IFK Strömsund	41.93(14)	8.04.08(13)	2.10.67(11)		
	Claes Bengtsson	IFK Sala	41.20(6)	8.19.23(20)	2.09.54(9)		
	Anders Moberg	IFK Göteborg	41.50(8)	8.12.00(17)	2.14.42(17)		
	Hans Magnusson	IF Castor	42.38(18)	8.13.79(18)	2.12.97(15)		
	Björn Mossberg	IK Wega	42.19(16)	8.18.52(19)	2.14.64(18)		
	Ingvar Andersson	IK Wega	43.58(23)	8.08.34(16)	2.21.04(19)		
	Stephan Andersson	IFK Göteborg	41.69(13)	8.00.55(10)			
	Gunnar Åkerström	IK Wega	41.55(10)	8.22.01(21)			
	Ulf Ekstrand	SK Skrinnaren	42.54(20)				
	Björn Olsson	IK Wega	43.49(22)				

Rättvik 27-01-1979 (del 1)

HERRAR ALLROUND		500m	5000m
Tomas Gustafson	Eskilstuna IK	40.7 (1)	<u>7.32.0 (1)</u>
Jan Junell	IFK Rättvik	41.0 (3)	7.34.5 (2)
Ulf Ekstrand	IK Wega	41.4 (8)	7.47.9 (3)
Roger Jonze	IF Castor	42.9 (20)	7.52.8 (4)
Örjan Sandler	IFK Strömsund	44.2 (23)	7.53.2 (5)
Ulf Berggren	IFK Göteborg	41.2 (5)	7.54.7 (6)
Stephan Andersson	IFK Göteborg	41.3 (7)	7.55.0 (7)
Peter Nyberg	Sundsvalls SK	49.5f(24)	7.55.1 (8)
Lars Wentzel	IFK Göteborg	43.9 (22)	7.55.2 (9)
Björn Olsson	IK Wega	42.1 (15)	7.58.4 (10)
Tomas Movin	Eskilstuna IK	41.5 (10)	8.03.7 (11)
Bengt Stenberg	IFK Kiruna	41.2 (5)	8.06.0 (12)
Hans Magnusson	IF Castor	41.4 (8)	8.06.9 (13)
Lars Landin	IF Castor	41.8 (12)	8.08.0 (14)
Lars Ludvigsson	SK Pollux	41.8 (12)	8.11.0 (15)
Claes Bengtsson	IFK Sala	41.7 (11)	8.12.0 (16)
Bo Fransson	Sollentuna SS	42.3 (16)	8.12.2 (17)
Mats Zetterlund	IFK Strömsund	43.4 (21)	8.13.7 (18)
Thomas Nilsson	IFK Göteborg	42.4 (17)	8.16.7 (19)
Lars-Magnus Jansson	Sollentuna SS	42.6 (19)	8.17.3 (20)
Thomas Stolt	IK Wega	42.0 (14)	8.20.4 (21)
Jan Landelius	IF Thor	42.5 (18)	8.21.3f(22)
Ulf Wennlöf	SK Winner	41.1 (4)	8.30.1f(23)
Göran Johansson	CK Örnen	40.7 (1)	8.48.5 (24)

P g a sträng kyla inställdes andra dagens tävlingar, och genomfördes i Kiruna den 8 mars.

Kiruna 08-03-1979 (del 2)

HERRAR ALLROUND		1500m	10000m
Ulf Ekstrand	IK Wega	<u>2.01.9 (1)</u>	15.37.1(2)
Claes Bengtsson	IFK Sala	2.03.8 (2)	
Hans Magnusson	IF Castor	2.04.5 (3)	
Lars Landin	IF Castor	2.04.8 (4)	
Stephan Andersson	IFK Göteborg	2.05.4 (5)	16.34.6(8)
Lars Ludvigsson	SK Pollux	2.05.9 (6)	
Roger Jonze	IF Castor	2.06.3 (7)	16.21.0(6)
Ulf Wennlöf	SK Winner	2.06.8 (8)	
Thomas Nilsson	IFK Göteborg	2.07.0 (9)	
Jan Landelius	IF Thor	2.08.9 (10)	16.45.8(9)
Örjan Sandler	IFK Strömsund	2.10.0 (11)	16.09.3(4)
Björn Olsson	IK Wega	2.10.0 (11)	16.12.3(5)
Peter Nyberg	Sundsvalls SK	2.11.7f(13)	
Lars Wentzel	IFK Göteborg	2.12.9 (14)	16.08.4(3)
Bengt Stenberg	IFK Kiruna	2.14.9f(15)	16.23.9(7)
Jan Junell	IFK Rättvik	2.50.8f(16)	<u>15.28.2(1)</u>

Eskilstuna/Isstadion 08/09-03-1980

HERRAR ALLROUND		500m	5000m	1500m	10000m
1	Ulf Ekstrand	IK Wega	40.1 (2)	7.50.82f(3)	<u>2.06.81 (1)</u> <u>16.06.31(1)</u> 177.767
2	Tomas Gustafson	Eskilstuna IK	40.4 (3)	7.50.86 (4)	2.09.36 (6) 16.24.29(4) 179.820
3	Jan Junell	IFK Rättvik	41.4 (6)	<u>7.46.33 (1)</u>	2.08.75 (4) 16.23.75(3) 180.136

4	Hans Magnusson	IF Castor	40.9 (5)	8.02.75 (9)	2.07.84 (2)	17.15.31(7)	183.553
5	Claes Bengtsson	IFK Sala	41.9 (11)	7.58.00 (6)	2.10.68 (7)	17.01.79(6)	184.349
6	Örjan Sandler	IFK Strömsund	44.6 (22)	7.47.15 (2)	2.13.78 (13)	16.08.86(2)	184.351
7	Jan-Åke Carlberg	IFK Lidingö	40.0 (1)	8.21.45 (15)	2.08.84 (5)	17.24.01(10)	185.291
8	Anders Jansson	Karlstads SK	42.2 (13)	8.01.20 (7)	2.11.80 (8)	17.16.17(8)	186.061
9	Peter Nyberg	Sundsvalls SK	41.6 (8)	8.01.78 (8)	2.12.82 (11)	17.24.06(11)	186.254
10	Thomas Stolt	IK Wega	41.5 (7)	8.08.95 (10)	2.13.34 (12)	17.22.76(9)	186.979
11	Thomas Nilsson	IFK Göteborg	41.7 (9)	8.09.93 (11)	2.11.83 (9)	17.37.24(12)	187.498
12	Roger Jonze	IF Castor	44.2 (21)	7.57.29 (5)	2.17.07 (22)	16.55.97(5)	188.417
	Johan Granath	SK Pollux	43.7 (20)	8.13.99 (13)	2.08.26 (3)		
	Tomas Movin	Eskilstuna IK	41.7 (9)	8.24.09f(17)	2.12.33 (10)		
	Bernt Jansson	SK Winner	40.6 (4)	8.35.61 (21)	2.14.21 (14)		
	Bengt Meissner	IK Wega	42.7 (16)	8.11.25 (12)	2.15.80 (17)		
	Mikael Lingefeldt	Sundsvalls SK	42.4 (14)	8.23.56 (16)	2.15.68 (16)		
	Hans-Erik Salzberg	Sundsvalls SK	42.7 (16)	8.28.61 (18)	2.16.37 (20)		
	Gunnar Åkerström	IK Wega	42.9 (18)	8.29.69 (19)	2.16.46 (21)		
	Michael Rocking	IFK Rättvik	42.5 (15)	8.37.62 (22)	2.16.17 (18)		
	Per-Arne Nilsson	IF Thor	42.0 (12)	8.47.07 (23)	2.16.32 (19)		
	Ola Nilsson	Arvika IS	43.1 (19)	8.17.10 (14)	2.41.70f(23)		
	Björn Forslund	Sundsvalls SK	55.6f(23)	8.34.64 (20)	2.14.71 (15)		

Göteborg-Ruddalen 31-01/01-02-1981

HERRAR ALLROUND			500m	5000m	1500m	10000m	
1	Jan Junell	IFK Rättvik	41.5 (10)	<u>7.29.85(1)</u>	<u>2.03.60(1)</u>	<u>15.35.33(1)</u>	174.451
2	Tomas Gustafson	Eskilstuna IK	40.8 (3)	7.36.72(3)	2.05.60(3)	15.40.33(2)	175.354
3	Ulf Ekstrand	IK Wega	41.4 (7)	7.33.55(2)	2.06.63(7)	16.00.37(3)	176.983
4	Claes Bengtsson	IFK Sala	41.4 (7)	7.41.74(5)	2.06.00(4)	16.22.58(4)	178.703
5	Tomas Movin	Eskilstuna IK	41.5 (10)	7.50.23(7)	2.07.87(9)	16.34.39(6)	180.865
6	Peter Nyberg	Sundsvalls SK	41.7 (13)	7.53.79(9)	2.07.37(8)	16.40.66(8)	181.568
7	Jan Bengtsson	IFK Sala	42.8 (20)	7.44.49(6)	2.10.26(12)	16.34.98(7)	182.418
8	Hans-Erik Salzberg	Sundsvalls SK	42.2 (14)	7.51.34(8)	2.12.16(15)	16.43.48(9)	183.561
9	Anders Jansson	Karlstads SK	42.3 (17)	7.56.27(11)	2.11.93(14)	16.33.88(5)	183.597
10	Lars Ludvigsson	SK Pollux	42.5 (19)	7.54.57(10)	2.13.79(18)	17.06.56(11)	185.881
11	Thomas Nilsson	IFK Göteborg	42.3 (17)	7.57.67(13)	2.12.30(16)	17.23.85(12)	186.359
12	Hans Magnusson	IF Castor	60.1f(23)	7.39.87(4)	2.06.01(5)	16.53.83(10)	198.781
	Jan-Åke Carlberg	IFK Lidingö	40.3f(1)	8.00.90(15)	2.05.36(2)		
	Anders Moberg	IFK Göteborg	40.6 (2)	7.56.56(12)	2.08.72(10)		
	Johan Granath	SK Pollux	40.8 (3)	8.05.65(20)	2.06.49(6)		
	Oloph Granath	SK Pollux	40.9 (5)	8.05.28(18)	2.10.38(13)		
	Björn Forslund	Sundsvalls SK	41.4 (7)	8.05.37(19)	2.09.86(11)		
	Mikael Lingefeldt	Sundsvalls SK	41.6 (12)	8.04.95(17)	2.16.01(20)		
	Morgan Häggbom	Karlstads SK	43.0 (21)	8.00.24(14)	2.14.95(19)		
	Björn Olsson	IK Wega	42.2 (14)	8.06.04(21)	2.16.24(22)		
	Per-Arne Nilsson	IF Thor	42.2 (14)	8.18.53(22)	2.12.78(17)		
	Mats Hedlund	Sandvikens SK	43.0 (21)	8.03.05(16)	2.16.05(21)		
	Thomas Stolt	IK Wega	41.1 (6)	8.24.51(23)	2.44.57(23)		

Karlstad 26/27-02-1982

HERRAR ALLROUND			500m	5000m	1500m	10000m	
1	Tomas Gustafson	Eskilstuna IK	40.37(5)	7.22.04(2)	2.03.99(3)	<u>15.08.64(1)</u>	171.336
2	Jan Junell	IFK Rättvik	41.65(12)	<u>7.21.63(1)</u>	2.03.84(2)	15.14.27(2)	172.806
3	Claes Bengtsson	IFK Sala	40.50(7)	<u>7.29.85(4)</u>	<u>2.03.74(1)</u>	15.46.89(4)	174.075
4	Hans Magnusson	IF Castor	40.21(4)	7.28.58(3)	2.04.17(4)	16.09.28(7)	174.922
5	Ulf Ekstrand	IK Wega	40.99(9)	7.30.99(5)	2.05.81(6)	15.46.83(3)	175.366
6	Johan Granath	SK Pollux	39.73(2)	7.42.75(8)	2.05.34(5)	16.14.07(8)	176.488
7	Björn Forslund	Sundsvalls SK	40.41(6)	7.36.04(6)	2.08.15(8)	16.08.33(6)	177.146
8	Jan Bengtsson	IFK Sala	41.54(10)	7.40.47(7)	2.08.67(10)	16.05.81(5)	178.767
9	Jan-Åke Carlberg	IFK Lidingö	39.50(1)	7.48.16(9)	2.07.04(7)	16.43.93(12)	178.858
10	Per-Olof Pehrsson	Hagaströms SK	42.27(17)	7.52.53(11)	2.10.39(13)	16.32.49(10)	182.610
11	Conny Jansson	Karlstads SK	41.79(14)	7.49.66(10)	2.11.46(14)	16.43.43(11)	182.747
12	Morgan Häggbom	Karlstads SK	42.44(18)	7.54.12(12)	2.13.79(18)	16.20.82(9)	183.489
	Thomas Stolt	IK Wega	40.96(8)	8.08.68(19)	2.10.06(11)		
	Björn Olsson	IK Wega	41.69(13)	7.54.45(13)	2.12.41(15)		
	Roger Hagel	IFK Göteborg	39.81(3)	8.28.91(24)	2.08.30(9)		
	Joakim Persson	CK Örnen	41.95(15)	7.56.59(15)	2.14.38(19)		
	Per-Arne Nilsson	IF Thor	41.99(16)	8.09.97(20)	2.10.37(12)		
	Per Eriksson	Karlstads SK	42.45(19)	8.00.02(18)	2.13.69(17)		
	Peter Johansson	IK Wega	43.33(22)	7.57.03(16)	2.14.80(22)		
	Claes Ekstrand	IK Wega	41.57(11)	8.24.00(23)	2.12.69(16)		

Thomas Anderberg	IFK Lidingö	42.56 (20)	8.12.24 (21)	2.14.46 (20)
Lars Hammarström	Karlstads SK	44.28 (23)	7.57.41 (17)	2.14.65 (21)
Anders Åkvist	SK Pollux	42.89 (21)	8.14.39 (22)	2.18.25 (23)
Jörgen Rømmelg	IFK Askersund	44.86 (24)	7.55.96 (14)	2.40.54 (24)

Sala 15/16-01-1983

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Tomas Gustafson	SK Pollux	40.86 (4)	<u>7.24.7 (1)</u>	2.02.97(2)	<u>15.26.88(1)</u>	172.664
2	Jan Junell	IFK Rättvik	41.25 (6)	7.31.5 (2)	2.04.58(3)	15.30.79(2)	174.465
3	Hans Magnusson	IF Castor	40.46 (2)	7.39.3 (5)	<u>2.02.90(1)</u>	15.59.96(5)	175.354
4	Claes Bengtsson	IFK Sala	41.29 (7)	7.34.2 (3)	2.05.13(5)	15.54.88(3)	176.164
5	Ulf Ekstrand	IK Wega	41.62 (11)	7.38.3 (4)	2.06.38(7)	15.58.34(4)	177.493
6	Jan Bengtsson	IF Thor	41.37 (8)	7.44.1 (6)	2.08.06(8)	16.13.99(6)	179.165
7	Joakim Karlberg	IK Wega	41.87 (14)	7.54.0 (9)	2.05.77(6)	16.25.57(7)	180.471
8	Bo König	Hagaströms SK	41.77 (12)	7.47.2 (7)	2.08.06(8)	16.27.70(8)	180.561
9	Jens Magnusson	IFK Askersund	41.41 (9)	7.54.1 (10)	2.08.42(10)	17.05.40(12)	182.896
10	Per Bengtsson	IFK Sala	43.41 (22)	7.49.6 (8)	2.12.23(17)	16.38.57(9)	184.374
11	Jörgen Rømmelg	IFK Askersund	43.37 (21)	7.58.4 (11)	2.10.32(13)	16.52.73(10)	185.286
12	Jan Landelius	IF Thor	49.84 (23)	7.58.6 (12)	2.12.27(18)	16.53.65(11)	192.472
	Jan-Åke Carlberg	IFK Lidingö	40.54 (3)	8.04.2 (17)	2.09.10(11)		
	Hans-Erik Salzberg	Sundsvalls SK	41.77 (12)	7.59.4 (14)	2.11.00(14)		
	Mikael Lingefeldt	Sundsvalls SK	41.10 (5)	8.06.2 (18)	2.12.08(16)		
	Thomas Anderberg	IFK Lidingö	42.58 (16)	7.58.7 (13)	2.13.97(20)		
	Per-Olof Pehrsson	Hagaströms SK	42.89 (18)	8.02.5 (16)	2.12.37(19)		
	Johan Granath	SK Pollux	40.03 (1)	8.57.0f(23)	2.04.82(4)		
	Claes Ekstrand	IK Wega	41.90 (15)	8.15.1 (19)	2.11.91(15)		
	Morgan Häggbom	Karlstads SK	42.83 (17)	8.01.0 (15)	2.15.88(22)		
	Björn Forslund	Sundsvalls SK	41.49 (10)	8.39.5f(22)	2.09.31(12)		
	Kent Eriksson	Sundsvalls SK	42.96 (19)	8.22.8 (20)	2.15.28(21)		
	Stefan Fryckberg	IK Wega	43.12 (20)	8.28.6 (21)	2.18.16(23)		
	Joakim Persson	CK Örn	59.51f(24)	dns			

Frösön 28/29-01-1984

HERRAR ALLROUND		500m	1500m	5000m		
	Tomas Gustafson	SK Pollux	40.68 (2)	<u>2.01.8 (1)</u>	7.25.3(2)	125.810
	Jan Junell	IFK Rättvik	42.33 (13)	2.02.0 (3)	<u>7.19.2(1)</u>	126.916
	Ulf Ekstrand	IK Wega	41.16 (5)	2.04.3 (6)	7.35.6(3)	128.153
	Björn Forslund	Sundsvalls SK	40.80 (3)	2.04.0 (4)	7.43.7(6)	128.503
	Göran Johansson	CK Örn	40.19 (1)	2.05.3 (7)	8.04.8(15)	130.436
	Jan Bengtsson	IFK Sala	41.84 (9)	2.06.0 (8)	7.48.7(8)	130.710
	Joakim Karlberg	IK Wega	41.73 (8)	2.06.1 (9)	7.51.4(10)	130.903
	Per Bengtsson	IFK Sala	42.84 (14)	2.06.8 (10)	7.38.4(4)	130.946
	Peter Johansson	IK Wega	42.02 (11)	2.08.7 (13)	7.51.5(11)	132.070
	Jörgen Andersson	Bofors CK	42.22 (12)	2.09.2 (14)	7.50.7(9)	132.356
	Per Eriksson	Karlstads SK	43.36 (16)	2.11.4 (16)	7.55.1(12)	134.670
	Jan Landelius	IF Thor	43.43 (17)	2.10.5 (15)	8.01.5(13)	135.080
	Anders Niklasson	IK Wega	43.75 (18)	2.14.2 (20)	8.02.4(14)	136.723
	Stefan Fryckberg	IK Wega	43.16 (15)	2.13.2 (19)	8.13.2(19)	136.880
	Roger Jonze	IF Castor	44.11 (19)	2.12.2 (17)	8.17.4(20)	137.916
	Peter Rybäck	Eskilstuna IK	45.27 (20)	2.15.2 (21)	8.09.2(18)	139.256
	Claes Ekstrand	IK Wega	41.59 (7)	2.29.9f(22)	8.05.6(17)	140.116
	Hans Markström	IFK Rättvik	52.08f(21)	2.08.4 (12)	8.05.2(16)	143.400
	Jörgen Rømmelg	IFK Askersund	80.40f(22)	2.07.9 (11)	7.45.1(7)	169.543
	Claes Bengtsson	IFK Sala	dns	2.04.1 (5)	7.38.7(5)	
	Hans Magnusson	IF Castor	40.82 (4)	<u>2.01.8 (1)</u>		
	Håkan Edman	IFK Strömsund	41.97 (10)	2.12.2 (17)		
	Bo König	Hagaströms SK	41.29 (6)	dns		

P g a mycket sträng kyla åktes endast 500 m första dagen. 10.000 m inställdes och genomfördes inte heller senare under säsongen. Ingen sammanlagd mästare korades.

Stockholm-Östermalm 02/03-02-1985

HERRAR ALLROUND		500m	5000m	1500m	
Tomas Gustafson	SK Pollux	40.15 (2)	7.30.04 (1)	2.06.24 (3)	127.234
Claes Bengtsson	IFK Sala	40.43 (7)	7.33.26 (3)	2.04.52 (1)	127.262
Hans Magnusson	IK Wega	40.37 (4)	7.38.95 (5)	2.04.67 (2)	127.821
Bo König	Hagaströms SK	40.43 (7)	7.41.14 (7)	2.09.51 (7)	129.714
Jan-Åke Carlberg	IFK Lidingsö	40.26 (3)	7.54.12 (11)	2.08.40 (4)	130.472
Jens Magnusson	IFK Askersund	40.42 (5)	7.50.31 (8)	2.09.39 (6)	130.581
Jörgen R Emmelg	IFK Askersund	42.03 (15)	7.40.70 (6)	2.10.85 (11)	131.716
Per Bengtsson	IFK Sala	42.71 (20)	7.36.45 (4)	2.10.16 (8)	131.741
Hans Markström	IFK Rättvik	40.42 (5)	8.01.75 (12)	2.10.22 (10)	132.001
Björn Forsslund	Sundsvalls SK	40.82 (10)	8.14.67 (19)	2.09.09 (5)	133.317
Jan Junell	IFK Rättvik	41.52 (11)	7.53.71 (10)	2.15.01 (15)	133.894
Ola Magnusson	IFK Askersund	41.92 (13)	8.07.26 (14)	2.11.85 (12)	134.596
Jörgen Andersson	Bofors CK	41.68 (12)	7.52.70 (9)	2.17.16 (16)	134.670
Tomas R Emmelg	IFK Askersund	41.99 (14)	8.04.14 (13)	2.14.76 (14)	135.324
Per Eriksson	Karlstads SK	42.60 (19)	8.17.76 (22)	2.13.51 (13)	136.879
Stefan Fryckberg	IK Wega	42.09 (16)	8.10.11 (15)	2.19.83 (17)	137.711
Claes Ekstrand	IK Wega	42.22 (17)	8.13.75 (18)	2.20.04 (18)	138.275
Leif Sjöblom	IF Thor	42.91 (21)	8.14.97 (20)	2.23.59 (21)	140.270
Fredrik Nilsson	Uddevalla IS	43.41 (22)	8.22.90 (23)	2.21.47 (19)	140.856
Göran Johansson	CK Örnen	39.47 (1)	dq	2.10.21 (9)	
Anders Jacklin	IFK Göteborg	dq	8.11.36 (16)	2.22.64 (20)	
Joakim Karlberg	IK Wega	40.76 (9)	7.30.72 (2)		
Anders Niklasson	IK Wega	42.25 (18)	8.12.44 (17)		
Ulf Lundberg	IK Wega	54.71f (23)	8.16.94 (21)		

10.000 m inställt på grund av sträng kyla i kombination med mycket hård vind och genomfördes istället i Askersund den 10 mars.

Askersund 10-03-1985

		10000m
Tomas Gustafson	SK Pollux	15.27.02 (1)
Per Bengtsson	IFK Sala	15.50.80 (2)
Bo König	Hagaströms SK	16.09.30 (3)
Jens Magnusson	IFK Askersund	16.31.26 (4)
Jörgen Andersson	Bofors CK	16.48.75 (5)
Tomas R Emmelg	IFK Askersund	17.24.52 (6)
Ola Magnusson	IFK Askersund	dnf

Hagaström 11/12-01-1986

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Tomas Gustafson	Eskilstuna IK	39.82 (2)	7.14.34 (1)	1.59.87 (1)	15.07.25 (1)	168.572
2	Joakim Karlberg	IK Wega	40.44 (4)	7.21.31 (2)	2.00.94 (3)	15.35.56 (2)	171.662
3	Hans Magnusson	IK Wega	39.40 (1)	7.30.68 (4)	2.00.08 (2)	15.48.84 (3)	171.936
4	Bo König	Hagaströms SK	41.13 (7)	7.32.73 (5)	2.02.62 (4)	16.04.90 (5)	175.521
5	Claes Bengtsson	IFK Sala	40.28 (3)	7.49.51 (8)	2.03.35 (5)	16.34.46 (6)	178.070
6	Jens Magnusson	IFK Askersund	40.70 (5)	7.44.73 (6)	2.03.80 (6)	16.38.39 (7)	178.358
7	Per Bengtsson	IFK Sala	43.55 (20)	7.30.34 (3)	2.07.66 (9)	15.52.86 (4)	178.780
8	Peter Johansson	IK Wega	41.30 (9)	7.45.33 (7)	2.06.48 (7)	16.42.64 (9)	180.125
9	Claes Ekstrand	IK Wega	41.18 (8)	7.52.10 (9)	2.08.08 (10)	16.41.52 (8)	181.159
10	Anders Niklasson	IK Wega	41.48 (10)	7.53.24 (10)	2.06.97 (8)	17.04.22 (10)	182.338
11	Jörgen Andersson	Bofors CK	42.35 (14)	8.09.18 (12)	2.11.49 (14)	17.05.64 (11)	186.380
12	Fredrik Nilsson	Uddevalla IS	43.17 (16)	8.00.06 (11)	2.11.98 (15)	17.25.97 (12)	187.467
	Jörgen R Emmelg	IFK Askersund	41.83 (11)	8.11.05f (13)	2.09.75 (12)		
	Ulf Lundberg	IK Wega	41.08 (6)	8.20.62 (19)	2.09.14 (11)		
	Stefan Fryckberg	IK Wega	42.07 (12)	8.26.18 (22)	2.11.38 (13)		
	Ola Magnusson	IFK Askersund	42.74 (15)	8.23.94 (21)	2.12.74 (18)		
	Peter Rybäck	Eskilstuna IK	43.60 (21)	8.11.18 (14)	2.14.03 (19)		
	Leif Sjöblom	IF Thor	43.39 (18)	8.18.97 (18)	2.12.50 (17)		
	Jan Landelius	IF Thor	43.40 (19)	8.16.66 (17)	2.14.24 (20)		
	Tomas R Emmelg	IFK Askersund	42.29 (13)	8.39.57 (24)	2.12.06 (16)		
	Patric Wärnsäter	IK Wega	43.89 (22)	8.15.59 (16)	2.15.15 (21)		
	Anders Vallner	Sandvikens SK	43.36 (17)	8.21.71 (20)	2.15.32 (22)		
	Anders Jacklin	IFK Göteborg	44.84 (24)	8.12.64 (15)	2.17.54 (24)		
	Mats Johansson	IFK Lidingsö	43.92 (23)	8.35.20 (23)	2.16.68 (23)		

Askersund 31-01/01-02-1987

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Joakim Karlberg	IK Wega	40.80 (5)	7.22.25 (1)	2.01.21 (2)	15.06.1 (2) 170.733
2	Tomas Gustafson	Eskilstuna IK	41.07 (9)	7.24.01 (2)	2.01.87 (4)	14.55.5 (1) 170.869
3	Hans Magnusson	IK Wega	40.28 (3)	7.33.89 (4)	2.00.27 (1)	15.25.4 (4) 172.029
4	Per Bengtsson	IFK Sala	41.19 (10)	7.30.43 (3)	2.03.23 (7)	15.11.2 (3) 172.869
5	Claes Bengtsson	IFK Sala	39.96 (1)	7.38.64 (5)	2.01.51 (3)	15.46.4 (6) 173.647
6	Peter Johansson	IK Wega	40.85 (7)	7.52.89 (8)	2.02.91 (6)	15.46.2 (5) 176.419
7	Jens Magnusson	Askersunds SK	41.01 (8)	7.50.53 (7)	2.02.46 (5)	16.03.5 (7) 177.058
8	Anders Moberg	IFK Göteborg	39.98 (2)	7.53.10 (9)	2.03.99 (8)	16.44.4 (12) 178.840
9	Jan Bengtsson	IFK Sala	42.21 (16)	7.53.82 (11)	2.06.87 (11)	16.05.6 (8) 180.162
10	Anders Niklasson	IK Wega	41.70 (13)	7.48.27 (6)	2.08.09 (14)	16.24.0 (11) 180.423
11	Robert Lundin	Uddevalla IS	41.83 (14)	7.56.91 (12)	2.07.68 (13)	16.15.4 (10) 180.851
12	Jonas Schön	SK Pollux	42.87 (20)	7.53.46 (10)	2.09.48 (16)	16.14.9 (9) 182.121
	Ulf Lundberg	IK Wega	40.51 (4)	8.04.15 (17)	2.05.85 (9)	
	Ola Magnusson	Askersunds SK	40.83 (6)	8.10.81 (19)	2.07.21 (12)	
	Fredrik Nilsson	Uddevalla IS	42.67 (19)	7.57.24 (13)	2.09.78 (18)	
	Jörgen Andersson	Bofors CK	42.61 (18)	8.05.92 (18)	2.08.87 (15)	
	Peter Rybäck	Eskilstuna IK	43.40 (22)	7.58.31 (14)	2.11.06 (21)	
	Björn Andersson	IFK Lidingsö	42.38 (17)	8.14.64 (20)	2.10.12 (20)	
	Tomas Remmelg	Askersunds SK	41.37 (11)	8.29.83 (23)	2.09.65 (17)	
	Leif Sjöblom	IF Thor	44.08 (23)	8.03.92 (16)	2.10.03 (19)	
	Patric Wärnsäter	IK Wega	42.88 (21)	8.19.25 (21)	2.13.39 (23)	
	Anders Vallner	Sandvikens SK	44.17 (24)	8.22.42 (22)	2.11.44 (22)	
	Johan Granath	SK Pollux	41.65 (12)	dnf	2.06.36 (10)	
	Claes Ekstrand	IK Wega	42.05 (15)	8.03.46 (15)	dns	

Eskilstuna/Isstadion 30/31-01-1988

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Tomas Gustafson	Eskilstuna IK	41.09 (1)	7.20.72 (1)	2.02.68 (1)	15.08.3 (1) 171.470
2	Joakim Karlberg	IK Wega	41.77 (3)	7.33.45 (2)	2.03.33 (2)	15.35.3 (2) 174.990
3	Peter Johansson	IK Wega	42.06 (4)	7.50.67 (4)	2.08.72 (5)	16.26.7 (5) 181.368
4	Jens Magnusson	Askersunds SK	41.64 (2)	8.01.77 (8)	2.06.90 (3)	16.26.8 (6) 181.457
5	Per Bengtsson	IFK Sala	44.50 (15)	7.48.00 (3)	2.09.72 (6)	15.53.0 (3) 182.190
6	Jonas Schön	SK Pollux	43.22 (8)	7.56.70 (7)	2.10.22 (9)	16.10.8 (4) 182.836
7	Jörgen Andersson	Karlstads SK	43.42 (10)	7.51.23 (5)	2.09.81 (8)	16.31.6 (7) 183.393
8	Fredrik Nilsson	Uddevalla IS	42.56 (7)	8.02.59 (9)	2.09.73 (7)	16.40.2 (9) 184.072
9	Jan Bengtsson	IFK Sala	43.50 (12)	8.05.71 (11)	2.11.04 (11)	16.52.0 (11) 186.351
10	Patric Wärnsäter	IK Wega	44.57 (16)	8.04.38 (10)	2.11.61 (13)	16.41.5 (10) 186.953
11	Peter Rybäck	Eskilstuna IK	45.04 (18)	8.09.75 (12)	2.14.09 (15)	16.36.0 (8) 188.511
12	Tomas Kaspersson	IK Wega	45.30 (20)	8.16.26 (14)	2.19.01 (22)	17.15.9 (12) 193.057
	Claes Bengtsson	IFK Sala	42.23 (5)	7.51.59 (6)	2.07.22 (4)	
	Roger Karlsson	Motala AIF	42.40 (6)	8.18.68 (17)	2.11.60 (12)	
	Ola Magnusson	Askersunds SK	43.45 (11)	8.13.74 (13)	2.10.42 (10)	
	Jörgen Mattsson	Bräcke SK	43.23 (9)	8.24.93 (20)	2.14.57 (16)	
	Leif Sjöblom	IF Thor	45.02 (17)	8.17.83 (15)	2.12.58 (14)	
	Olle Nyman	IFK Lidingsö	44.05 (14)	8.18.12 (16)	2.15.89 (19)	
	Anders Niklasson	IK Wega	43.58 (13)	8.29.24 (21)	2.16.38 (20)	
	Jan-Olof Engström	Karlstads SK	45.75 (23)	8.22.33 (19)	2.15.07 (18)	
	Peter Fernhede	IK Wega	45.57 (22)	8.31.31 (22)	2.14.75 (17)	
	Magnus Axelsson	SK Winner	45.16 (19)	8.49.54 (24)	2.21.72 (23)	
	Anders Vallner	Sandvikens SK	45.53 (21)	8.43.70f (23)	2.29.42 (24)	
	Jan Landelius	IF Thor	73.61f (24)	8.22.31 (18)	2.16.44 (21)	

Strömsund 28/29-01-1989

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Tomas Gustafson	Eskilstuna IK	41.15 (1)	7.55.38 (1)	2.08.90 (3)	15.22.14 (1) 177.761
2	Joakim Karlberg	IK Wega	41.47 (4)	8.16.42 (3)	2.04.91 (1)	15.46.86 (3) 180.091
3	Per Bengtsson	IFK Sala	42.99 (12)	8.05.42 (2)	2.08.30 (2)	15.34.71 (2) 181.033
4	Jonas Schön	SK Pollux	42.88 (11)	8.20.39 (4)	2.11.08 (5)	16.06.76 (4) 184.950
5	Jörgen Andersson	Karlstads SK	42.06 (6)	8.33.84 (6)	2.09.47 (4)	16.33.45 (5) 186.272
6	Patric Wärnsäter	IK Wega	42.38 (9)	8.23.43 (5)	2.14.95 (13)	16.52.19 (6) 188.315
7	Magnus Enfeldt	SK Pollux	41.40 (3)	8.45.49 (10)	2.11.18 (6)	17.03.56 (9) 188.853
8	Roger Karlsson	Motala AIF	41.77 (5)	8.41.39 (9)	2.13.14 (8)	17.01.37 (8) 189.357
9	Rickard Garbell	Sundsvalls SK	44.90 (17)	8.35.40 (7)	2.13.26 (9)	17.00.70 (7) 191.895
10	Jan Landelius	IF Thor	47.92 (24)	8.37.68 (8)	2.18.08 (18)	17.40.59 (10) 198.743
11	Mats Micalsen-Baum	Danderyds SF	45.40 (19)	8.47.72 (11)	2.19.64 (21)	18.06.94 (11) 199.065
12	Peter Fernhede	IK Wega	46.05 (21)	8.47.92 (12)	2.21.98 (24)	18.11.89 (12) 200.762

13	Ola Magnusson	Askersunds SK	42.10 (7)	8.50.95 (13)	2.12.18 (7)
14	Fredrik Nilsson	Uddevalla IS	42.51 (10)	9.04.61 (18)	2.13.97 (11)
15	Jonas Tronêt	SK Pollux	42.29 (8)	9.04.38 (17)	2.15.37 (14)
16	Ulf Lundberg	IK Wega	41.30 (2)	9.31.08 (23)	2.14.43 (12)
17	Jörgen Mattsson	Bräcke SK	44.64 (14)	8.52.13 (14)	2.16.81 (16)
18	Jan Bengtsson	IFK Sala	44.08 (13)	9.08.83 (19)	2.13.95 (10)
19	Jan-Olof Engström	Karlstads SK	45.92 (20)	8.54.84 (15)	2.16.13 (15)
20	Olle Nyman	IFK Lidingö	44.79 (16)	8.59.99 (16)	2.19.87 (22)
21	Torbjörn Sandler	IFK Strömsund	44.76 (15)	9.22.00f (21)	2.18.83 (19)
22	Leif Sjöblom	IF Thor	46.22 (23)	9.18.94 (20)	2.19.39 (20)
23	Tomas Kaspersson	IK Wega	45.06 (18)	9.25.81 (22)	2.20.86 (23)
24	Björn Törnqvist	Södermalms IK	46.09 (22)	9.52.45 (24)	2.17.17 (17)

Uppsala 03/05-03-1989

DISTANS-SM		500m	1000m	1500m	5000m	10000m
Björn Forslund	Sundsvalls SK	39.93 (1)	1.20.47 (2)	2.08.09 (4)		
Hans Markström	SK Pollux	39.98 (2)	1.20.15 (1)	2.08.13 (5)		
Hans Magnusson	IK Wega	40.31 (3)		2.11.36 (7)		
Lars Lindström	IFK Lidingö	40.90 (4)	1.22.70 (6)	2.12.61 (10)		
Bo König	Hagaströms SK	41.03 (5)	1.21.35 (4)	2.06.36 (2)		
Joakim Karlberg	IK Wega	41.15 (6)	1.20.94 (3)	2.05.47 (1)	7.37.8 (3)	
Jens Magnusson	Askersunds SK	41.73 (7)	1.21.90 (5)	2.13.19 (12)		
Roger Karlsson	Motala AIF	41.80 (8)	1.24.10 (9)	2.13.26 (13)	8.09.6 (9)	
Jörgen Andersson	Karlstads SK	41.81 (9)		2.11.86 (8)	7.59.7 (5)	16.53.1 (4)
Fredrik Nilsson	Uddevalla IS	41.87 (10)		2.13.18 (11)	8.04.5 (8)	
Lennart Eldh	IFK Lidingö	42.03 (11)				
Claes Bengtsson	IFK Sala	42.14 (12)		2.13.33 (14)		
Thomas Jansson	Sandvikens SK	42.29 (13)	1.24.83 (10)			
Tomas Rimmelg	Askersunds SK	42.46 (14)	1.22.76 (7)	2.12.07 (9)		
Ola Magnusson	Askersunds SK	42.50 (15)	1.23.99 (8)	2.13.35 (15)	8.13.4 (14)	
Erik Hjalmarsson	Hagaströms SK	43.00 (16)	1.27.60 (12)	2.17.24 (21)		
Magnus Gustafsson	Sundsvalls SK	43.00 (16)	1.29.10 (17)			
Thomas Westerlund	Karlstads SK	43.23 (18)	1.28.44 (16)		8.49.5 (22)	
Lars-Erik Larsson	SK Winner	43.30 (19)	1.28.31 (15)			
Jörgen Mattsson	Bräcke SK	43.33 (20)	1.27.97 (13)	2.17.06 (20)	8.13.1 (12)	
Anders Vallner	Sandvikens SK	44.04 (21)		2.14.71 (17)	8.11.5 (10)	17.08.7 (7)
Jan-Olof Engström	Karlstads SK		1.27.51 (11)	2.14.93 (18)	8.28.0 (17)	
Leif Sjöblom	IF Thor		1.28.15 (14)	2.17.00 (19)	8.13.3 (13)	
Mats Micalsen-Baum	Danderyds SF		1.30.17 (18)		8.39.4 (21)	
Tomas Gustafson	Eskilstuna IK			2.07.51 (3)	7.21.5 (1)	
Per Bengtsson	IFK Sala			2.09.75 (6)	7.26.4 (2)	16.14.9 (1)
Jan Bengtsson	IFK Sala			2.14.00 (16)	8.03.6 (7)	16.50.4 (3)
Jan Landelius	IF Thor			2.18.18 (22)	8.23.9 (16)	
Olle Nyman	IFK Lidingö			2.20.47 (23)	8.35.0 (19)	
Jonas Schön	SK Pollux				7.45.2 (4)	16.32.3 (2)
Peter Rybäck	Eskilstuna IK				8.03.0 (6)	17.03.2 (5)
Jorma Ryyänen	Sollentuna SS				8.11.9 (11)	17.06.9 (6)
Patric Wärnsäter	IK Wega				8.17.5 (15)	17.40.9 (8)
Tomas Kaspersson	IK Wega				8.30.4 (18)	17.58.0 (10)
Torbjörn Sandler	IFK Strömsund				8.37.5 (20)	
Kenneth Söderberg	Sollentuna SS				8.54.1 (23)	
Anders Jacklin	IFK Göteborg					17.43.1 (9)

Sala 27/28-01-1990

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Tomas Gustafson	Eskilstuna IK	40.09 (1)	7.30.83 (3)	2.06.26 (2)	15.51.8 (2)	174.849
2	Per Bengtsson	IFK Sala	41.92 (8)	7.26.04 (1)	2.06.92 (3)	15.47.5 (1)	176.205
3	Jonas Schön	SK Pollux	41.62 (7)	7.30.56 (2)	2.07.97 (4)	15.56.7 (3)	177.167
4	Joakim Karlberg	IK Wega	40.40 (3)	7.39.10 (4)	2.06.18 (1)	16.31.7f (4)	177.955
5	Magnus Enfeldt	SK Pollux	40.13 (2)	7.55.85 (5)	2.09.25 (5)	17.12.1 (8)	182.403
6	Roger Karlsson	Motala AIF	40.87 (4)	7.56.97 (6)	2.10.21 (6)	17.01.9 (6)	183.065
7	Jonas Tronêt	SK Pollux	41.04 (5)	8.06.05 (9)	2.11.18 (7)	17.29.0 (11)	185.821
8	Jan Bengtsson	IFK Sala	42.69 (10)	8.00.93 (8)	2.13.23 (9)	16.58.2 (5)	186.103
9	Patric Wärnsäter	IK Wega	42.51 (9)	7.58.44 (7)	2.15.26 (10)	17.16.7 (9)	187.275
10	Jörgen Andersson	Karlstads SK	41.53 (6)	8.14.41 (12)	2.12.01 (8)	17.45.2 (12)	188.234
11	Peter Rybäck	Eskilstuna IK	43.41 (12)	8.07.92 (10)	2.16.64 (11)	17.04.2 (7)	188.958
12	Jörgen Mattsson	Bräcke SK	42.93 (11)	8.11.12 (11)	2.19.51 (13)	17.21.8 (10)	190.635
	Tomas Bergström	Sundsvalls SK	43.41 (12)	8.30.91 (15)	2.18.43 (12)		
	Björn Törnqvist	Södermalms IK	43.91 (15)	8.28.07 (14)	2.20.92 (14)		
	Daniel Cabelduc	Uddevalla IS	43.90 (14)	8.32.45 (16)	2.21.34 (15)		
	Anders Jacklin	IFK Göteborg	45.18 (18)	8.21.61 (13)	2.21.64 (16)		

Johan Erlandsson	Uddevalla IS	44.91 (17)	8.42.29(18)	2.23.47(18)
Kenneth Söderberg	Sollentuna SS	44.36 (16)	8.55.49(19)	2.22.86(17)
Magnus Axelsson	SK Winner	74.02f(20)	8.55.71(20)	2.23.92(19)
Oskar Evertsson	SK Winner	45.59 (19)	8.41.67(17)	dns

Karlstad 16/18-03-1990

DISTANS-SM		500m	1000m	1500m	5000m	10000m
Tomas Gustafson	Eskilstuna IK	40.30(4)	<u>1.21.47(1)</u>	<u>2.02.29(1)</u>	7.35.3(3)	
Joakim Karlberg	IK Wega	41.45(11)	1.21.49(2)	2.02.36(2)	7.36.0(4)	
Magnus Enfeldt	SK Pollux	40.71(6)	1.21.86(3)	2.07.14(5)	7.58.9(7)	
Bo König	Hagaströms SK	39.77(2)	1.21.88(4)			
Hans Markström	SK Pollux	40.18(3)	1.22.51(5)			
Roger Karlsson	Motala AIF	41.77(14)	1.24.03(6)	2.08.71(8)	8.01.5(8)	17.48.0(8)
Jonas Tronêt	SK Pollux	41.41(10)	1.24.39(7)	2.08.37(6)	8.11.6(11)	
Ola Magnusson	Askersunds SK	41.67(12)	1.24.48(8)			
Jens Magnusson	Askersunds SK	40.52(5)	1.24.54(9)			
Jörgen Andersson	Karlstads SK	41.36(9)	1.24.81(10)	2.09.74(9)	8.17.7(14)	
Hans Magnusson	IK Wega	40.72(7)	1.25.32(11)			
Håkan Edman	IFK Strömsund	41.70(13)	1.26.59(12)			
Bernt Jansson	Askersunds SK	42.57(20)	1.26.68(13)			
Tomas R Emmelg	Askersunds SK	42.22(16)	1.26.78(14)			
Ulf Lundberg	IK Wega	42.01(15)	1.27.55(15)			
Patric Wärnsäter	IK Wega	42.84(21)	1.27.85(16)		8.06.2(9)	17.17.3(6)
Björn Törnqvist	Södermalms IK		1.27.92(17)	2.12.62(10)	8.11.3(10)	
Johan Granath	SK Pollux	42.34(17)	1.28.31(18)			
Erik Hjalmarsson	Hagaströms SK	42.43(18)	1.28.45(19)	2.17.01(13)		
Magnus Axelsson	SK Winner		1.29.83(20)			
Richard Olsson	Karlstads SK	43.64(22)	1.30.35(21)	2.15.62(12)	8.38.3(17)	
Björn Forslund	Sundsvalls SK	<u>39.35(1)</u>				
Jonas Schön	SK Pollux	41.18(8)		2.03.76(3)	7.32.1(2)	16.01.4(2)
Jan Bengtsson	IFK Sala	42.56(19)		2.08.60(7)	7.54.5(6)	17.24.0(7)
Tomas Bergström	Sundsvalls SK	dnf		2.18.33(15)	8.35.4(16)	18.15.8(9)
Per Bengtsson	IFK Sala			2.04.87(4)	<u>7.29.2(1)</u>	<u>15.50.7(1)</u>
Daniel Cabelduc	Uddevalla IS			2.20.61(16)	8.52.6(18)	
Per Eriksson	IFK Strömsund				9.06.6(19)	
Rickard Garbell	Sundsvalls SK				dnf	17.04.6(4)
Jörgen Mattsson	Bräcke SK				8.12.7(12)	17.17.0(5)
Peter Rybäck	Eskilstuna IK				7.54.2(5)	16.55.7(3)
Kenneth Söderberg	Sollentuna SS			2.17.74(14)	8.34.8(15)	
Anders Vallner	Sandvikens SK			2.13.86(11)	8.15.8(13)	

Göteborg-Ruddalen 21/23-12-1990

DISTANS-SM		500m	1000m	1500m	5000m	10000m
Magnus Enfeldt	SK Pollux	<u>39.46(1)</u>	1.19.53(3)	2.08.17(6)		
Björn Forslund	Sundsvalls SK	39.50(2)	1.19.54(4)			
Hans Magnusson	IK Wega	40.26(3)	1.20.96(7)			
Jens Magnusson	Askersunds SK	40.75(4)	1.22.33(9)			
Joakim Karlberg	IK Wega	40.76(5)	1.19.40(2)	2.03.98(2)	7.23.5 (4)	15.47.8(4)
Lars Lindström	IFK Lidingsö	40.76(5)	1.22.63(11)			
Bo König	Hagaströms SK	41.11(7)	1.20.25(6)			
Jonas Schön	SK Pollux	41.19(8)		2.04.17(3)	7.16.5 (3)	15.30.4(3)
Roger Karlsson	Motala AIF	41.46(9)	1.23.24(12)	2.10.68(8)	7.49.6 (8)	
Jonas Tronêt	SK Pollux	41.56(10)	1.22.08(8)	2.08.44(7)		
Ola Magnusson	Askersunds SK	41.72(11)	1.22.61(10)	2.11.86(11)		
Per Bengtsson	IFK Sala	42.02(12)		2.04.67(4)	<u>7.10.9 (1)</u>	15.19.7(2)
Tomas R Emmelg	Askersunds SK	42.13(13)	1.23.58(13)	2.12.46(12)		
Erik Hjalmarsson	Hagaströms SK	42.59(14)	1.23.62(14)	2.13.80(13)		
Jörgen Andersson	Karlstads SK	42.78(15)	fell	2.10.78(9)	7.49.3 (7)	
Patric Wärnsäter	IK Wega	43.27(16)	1.23.72(15)	2.11.04(10)	7.36.3 (5)	16.35.2(6)
Stefan Fryckberg	IK Wega	43.59(17)	1.27.49(20)			
Björn Törnqvist	Södermalms IK	44.61(18)	1.27.11(18)	2.15.79(14)		17.13.9(7)
Richard Olsson	Karlstads SK	44.68(19)	1.26.63(17)	2.18.99(15)	8.17.3 (10)	
Tomas Gustafson	Eskilstuna IK		<u>1.19.04(1)</u>	<u>2.02.59(1)</u>	7.14.6 (2)	<u>15.13.8(1)</u>
Hans Markström	SK Pollux	dnf	1.19.81(5)	2.08.16(5)		
Jonas Waern	IK Wega	dnf	1.26.53(16)			
Daniel Cabelduc	Uddevalla IS		1.27.34(19)	2.19.32(16)	8.22.9 (11)	
Johan Erlandsson	Uddevalla IS		1.31.56(21)	2.27.10(18)	8.38.9 (13)	18.43.0(9)
Stefan Johansson	IFK Göteborg		1.32.06(22)			
Anders Jacklin	IFK Göteborg			2.21.17(17)	8.33.8f(12)	17.31.9(8)
Peter Rybäck	Eskilstuna IK				7.41.2 (6)	16.22.6(5)
Jan Landelius	IF Thor				8.11.1 (9)	

Strömsund 23/24-02-1991

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Tomas Gustafson	Eskilstuna IK	40.39 (1)	7.30.79 (1)	2.01.43 (1)	15.12.44 (1)	171.567
2	Per Bengtsson	IFK Sala	41.72 (7)	7.32.29 (2)	2.02.41 (3)	15.30.15 (2)	174.259
3	Joakim Karlberg	IK Wega	40.99 (2)	7.40.53 (4)	2.01.85 (2)	15.44.63 (4)	174.890
4	Jonas Schön	SK Pollux	41.87 (8)	7.40.43 (3)	2.02.46 (4)	15.36.52 (3)	175.559
5	Rickard Garbell	Sundsvalls SK	41.06 (3)	7.58.53 (5)	2.04.91 (5)	16.31.54 (6)	180.126
6	Roger Karlsson	Motala AIF	41.18 (4)	8.01.54 (6)	2.05.77 (6)	16.34.92 (7)	181.003
7	Jörgen Andersson	Karlstads SK	41.66 (6)	8.05.62 (8)	2.06.38 (7)	16.38.05 (8)	182.250
8	Patric Wärnsäter	IK Wega	41.42 (5)	8.09.77 (11)	2.10.25 (10)	16.43.02 (9)	183.964
9	Jan Bengtsson	IF Thor	44.27 (15)	8.03.44 (7)	2.06.62 (8)	16.28.18 (5)	184.229
10	Jörgen Mattsson	Bräcke SK	43.12 (9)	8.09.20 (10)	2.10.36 (11)	16.43.92 (10)	185.689
11	Björn Törnqvist	Södermalms IK	43.73 (12)	8.05.86 (9)	2.09.41 (9)	16.54.23 (11)	186.163
12	Anders Vallner	Sandvikens SK	44.02 (13)	8.14.72 (12)	2.11.80 (12)	16.56.70 (12)	188.260
	Peter Rybäck	Eskilstuna IK	43.61 (11)	8.15.28 (13)	2.13.35 (14)		
	Richard Olsson	Karlstads SK	43.12 (9)	8.39.95 (17)	2.12.30 (13)		
	Daniel Cabelduc	Uddevalla IS	44.02 (13)	8.42.03f (18)	2.15.05 (16)		
	Kenneth Söderberg	Sollentuna SS	44.89 (16)	8.37.91 (16)	2.14.85 (15)		
	Urban Sundberg	SK Pollux	44.91 (17)	8.36.05 (15)	2.16.15 (18)		
	Anders Jacklin	IFK Göteborg	46.14 (19)	8.35.33 (14)	2.18.75 (19)		
	Staffan Peterson	Danderyds SF	45.55 (18)	8.56.69 (19)	2.15.90 (17)		
	Johan Erlandsson	Uddevalla IS	47.38 (20)	dnf			

Rättvik 20/22-12-1991

DISTANS-SM		500m	1000m	1500m	5000m	10000m	
	Magnus Enfeldt	SK Pollux	<u>39.21 (1)</u>	1.21.24 (4)	2.04.56 (9)		
	Hans Markström	SK Pollux	39.27 (2)	1.20.79 (2)	2.03.20 (7)		
	Björn Forslund	Sundsvalls SK	39.35 (3)	1.21.07 (3)	2.04.29 (8)		
	Bo König	Hagaströms SK	39.53 (4)	<u>1.20.18 (1)</u>	2.02.04 (4)		
	Jens Magnusson	Askersunds SK	39.56 (5)	1.21.51 (5)	2.05.55 (11)		
	Roger Karlsson	Motala AIF	40.19 (6)	1.22.69 (8)	2.05.47 (10)	8.13.5 (7)	
	Erik Hjalmarsson	Hagaströms SK	40.36 (7)	1.25.09 (12)	2.09.46 (14)		
	Lars Lindström	IFK Lidingö	40.41 (8)	1.23.85 (10)			
	Joakim Karlberg	IK Wega	40.56 (9)	1.22.49 (7)	2.01.14 (2)	7.41.8 (4)	
	Edmond Cseh	IFK Lidingö	40.59 (10)	1.23.49 (9)			
	Jonas Tronêt	SK Pollux	40.72 (11)	1.21.89 (6)	2.02.46 (5)		
	Ola Magnusson	Askersunds SK	41.21 (12)	1.24.64 (11)	2.08.52 (12)		
	Johan Granath	SK Pollux	41.84 (13)				
	Magnus Jansson	Sandvikens SK	42.21 (14)	1.28.37 (14)	2.13.67 (18)		
	Peter Wilhelmsson	Bräcke SK	42.34 (15)	1.30.56 (18)			
	Tomas Bergström	Sundsvalls SK	42.61 (16)		2.12.22 (16)		
	Per Eliasson	IF Thor	42.90 (17)				
	Fredrik Garbell	Sundsvalls SK	42.97 (18)	1.30.72 (19)	2.18.60 (21)		
	Anders Vallner	Sandvikens SK	43.07 (19)		2.08.63 (13)	8.15.5 (8)	15.57.5 (5)
	Urban Sundberg	SK Pollux	43.52 (20)	1.31.78 (20)	2.14.62 (19)	9.20.5 (14)	
	Daniel Cabelduc	Uddevalla IS	43.76 (21)	1.30.02 (17)	2.13.14 (17)	8.53.0 (11)	
	Björn Törnqvist	Södermalms IK	44.18 (22)	1.29.13 (15)	2.11.99 (15)	8.38.2 (9)	
	Jan Bengtsson	IF Thor		1.27.52 (13)		8.07.4 (6)	16.06.2 (6)
	Tomas Rimmelg	Askersunds SK		1.29.35 (16)			
	Per-Olof Hallberg	Hagaströms SK		1.34.04 (21)			
	Per Bengtsson	IFK Sala			<u>2.00.81 (1)</u>	7.27.2 (2)	14.54.2 (2)
	Tomas Gustafson	Eskilstuna IK			2.02.03 (3)	<u>7.25.3 (1)</u>	<u>14.51.2 (1)</u>
	Jonas Schön	SK Pollux			2.02.76 (6)	7.35.0 (3)	15.08.2 (3)
	Jan Landelius	IF Thor			2.15.94 (20)	8.45.8 (10)	
	Rickard Garbell	Sundsvalls SK				8.03.9 (5)	15.32.5 (4)
	Anders Jacklin	IFK Göteborg				9.04.4 (12)	17.13.1 (7)
	Henrik Svedberg	SK Pollux				9.16.8 (13)	

Göteborg-Ruddalen 25/26-01-1992

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Per Bengtsson	IFK Sala	41.51 (6)	7.22.94 (1)	2.06.07 (4)	15.39.49 (1)	174.801
2	Joakim Karlberg	IK Wega	40.44 (3)	7.32.70 (3)	2.04.41 (1)	16.01.73 (3)	175.266
3	Jonas Schön	SK Pollux	42.09 (7)	7.43.30 (5)	2.05.89 (3)	15.47.96 (2)	177.781
4	Jonas Tronêt	SK Pollux	40.18 (1)	7.47.14 (6)	2.04.96 (2)	16.33.04 (5)	178.199
5	Roger Karlsson	Motala AIF	40.56 (4)	7.57.54 (9)	2.09.67 (5)	16.42.79 (8)	181.676
6	Rickard Garbell	Sundsvall	40.94 (5)	7.55.09 (8)	2.13.43 (9)	16.26.73 (4)	182.261
7	Anders Vallner	Sandviken	42.84 (11)	7.42.30 (4)	2.11.56 (7)	16.33.66 (6)	182.606
8	Jan Bengtsson	IF Thor	42.40 (8)	7.51.81 (7)	2.10.82 (6)	16.39.34 (7)	183.154

9	Jörgen Mattsson	Bräcke SK	42.42 (9)	8.00.78(11)	2.12.42(8)	16.48.63(10)	185.069
10	Björn Törnqvist	Södermalm	44.05(20)	7.59.56(10)	2.14.14(10)	16.45.85(9)	187.011
11	Daniel Cabelduc	Uddevalla IS	43.96(19)	8.17.91(15)	2.17.17(14)	17.31.49(12)	192.048
12	Peter Rybäck	Eskilstuna	52.28(24)	8.10.72(13)	2.20.69(18)	17.07.90(11)	199.643
13	Tomas Bergström	Sundsvall	43.37(13)	8.23.14(17)	2.15.65(12)	17.06.40 -	190.220
14	Urban Sundberg	SK Pollux	43.82(17)	8.32.19(18)	2.16.87(13)	17.37.77 -	193.550
15	Anders Jacklin	IFK Göteborg	44.94(21)	8.22.17(16)	2.23.78(21)	17.30.06 -	195.586
16	Kenneth Söderberg	Sollentuna	43.59(15)	8.45.03(21)	2.20.81(19)	18.24.08 -	198.233
17	Richard Olsson	Karlstads SK	42.99(12)	8.10.13(12)	2.14.72(11)		
18	Magnus Jansson	Sandviken	42.58(10)	8.36.76(20)	2.20.20(16)		
19	Henrik Svedberg	SK Pollux	43.70(16)	8.36.23(19)	2.20.57(17)		
20	Staffan Peterson	Eskilstuna	43.42(14)	8.46.16(23)	2.19.52(15)		
21	Per Martin Björemark	Trollhättan	43.85(18)	8.14.86(14)	2.31.50(23)		
22	Håkan Sjölin	Strömsund	44.94(21)	8.45.33(22)	2.25.46(22)		
23	Anders Erlandsson	SK Pollux	45.56(23)	8.51.74(24)	2.22.80(20)		
	Tomas Gustafson	Eskilstuna	40.43(2)	7.25.31(2)	dns		

Karlstad 29/31-01-1993

DISTANS-SM		500m	1000m	1500m	5000m	10000m
Jonas Schön	SK Pollux	41.32(8)		2.03.31(1)	7.23.3 (1)	15.19.82(1)
Rickard Garbell	Sundsvalls SK	41.05(7)		2.03.39(2)	7.32.3 (2)	16.04.03(2)
Jonas Tronêt	SK Pollux	40.37(2)	1.20.06(1)	2.03.45(3)	7.36.9 (3)	
Joakim Karlberg	IK Wega	40.99(5)	1.22.25(3)	2.05.39(4)		
Roger Karlsson	Motala AIF	40.72(3)	1.23.30(4)	2.07.86(5)		
Magnus Jansson	Sandvikens SK	41.37(9)	1.24.07(5)	2.10.61(6)	8.04.1 (5)	
Per Martin Björemark	Trollhättan	43.87(19)		2.12.09(7)	8.08.2f(8)	16.57.32(4)
Björn Törnqvist	Södermalms IK		1.25.99(9)	2.13.25(8)	8.06.0 (7)	17.26.14(6)
Marcus Lycksell	Sundsvalls SK	42.26(12)	1.25.75(7)	2.13.29(9)	8.19.0 (9)	17.56.04(7)
Daniel Cabelduc	Karlstads SK	43.38(16)	1.28.13(12)	2.13.46(10)	8.05.4 (6)	16.59.66(5)
Jens Wahlberg	Askersunds SK	41.83(11)	1.25.54(6)	2.13.96(11)		
Urban Sundberg	SK Pollux	43.95(20)	1.25.98(8)	2.14.31(12)	8.32.0 (13)	
Andreas Jansson	Karlstads SK	43.42(17)	1.27.17(11)	2.15.87(13)	8.24.3 (10)	
Staffan Peterson	Eskilstuna IK	45.07(22)		2.17.70(14)	8.27.6 (12)	
Henrik Svedberg	SK Pollux	43.03(13)	1.28.15(13)	2.17.86(15)	8.26.0 (11)	
Kenneth Söderberg	Sollentuna SS	44.39(21)		2.18.19(16)	8.38.6 (14)	
Fredrik Garbell	Sundsvalls SK	41.75(10)	1.26.66(10)	2.18.61(17)		
Andreas Larsson	Askersunds SK	43.78(18)	1.30.37(16)	2.18.64(18)		
Jorma Ryyänen	IFK Lidingö			2.20.42(19)	8.03.9 (4)	16.26.66(3)
Håkan Fremin	IF Thor		1.30.67(17)	2.22.15(20)	8.55.3 (15)	
Johan Hansson	Karlstads SK	43.17(15)	1.30.18(15)	2.23.14(21)	9.02.6 (16)	
Björn Forslund	Sundsvalls SK	39.81(1)	1.22.10(2)			
Jens Magnusson	Askersunds SK	40.87(4)				
Håkan Edman	IFK Strömsund	40.99(5)				
Magnus Gustafsson	Sundsvalls SK	43.11(14)	1.29.42(14)			
John Cargill-Ek	SK Pollux	45.89(23)				
Henrik Johansson	Askersunds SK				9.09.6 (17)	

Sundsvall 27/28-02-1993

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Jonas Schön	SK Pollux	41.77(2)	7.37.47 (1)	2.05.74(1)	15.42.1(1)	176.535
2	Per Bengtsson	IFK Sala	43.28(3)	7.40.37 (2)	2.07.91(2)	15.53.5(2)	179.628
3	Rickard Garbell	Sundsvalls SK	41.01(1)	8.30.90f(5)	2.08.65(3)	16.56.4(3)	185.803
4	Anders Vallner	Sandvikens SK	44.86(9)	8.17.26 (3)	2.14.15(5)	17.16.7(5)	191.137
5	Björn Törnqvist	Södermalms IK	44.47(7)	8.21.43 (4)	2.14.69(6)	17.13.1(4)	191.164
6	Daniel Cabelduc	Karlstads SK	44.14(5)	8.30.91 (6)	2.14.03(4)	17.27.3(6)	192.272
7	Urban Sundberg	SK Pollux	44.19(6)	8.33.40 (7)	2.15.23(7)	17.47.5(7)	193.981
8	Andreas Jansson	Karlstads SK	44.97(10)	8.49.15 (11)	2.19.56(8)	17.59.9(8)	198.400
9	Andreas Larsson	Askersunds SK	44.81(8)	8.48.08 (9)	2.20.00(9)	18.46.9(10)	200.629
10	Håkan Fremin	IF Thor	46.34(11)	9.09.66 (13)	2.22.47(10)	19.10.1(11)	206.301
11	Henrik Johansson	Askersunds SK	48.90(12)	9.02.90 (12)	2.30.19(13)	18.27.4(9)	208.623
	Henrik Svedberg	SK Pollux	43.85(4)	8.41.08 (8)	2.23.98(11)	dnf	
	Staffan Peterson	Eskilstuna IK	67.15(13)	8.48.43 (10)	2.23.98(11)		

Stockholm-Östermalm 17/19-12-1993

DISTANS-SM		500m	1000m	5000m	1500m	10000m
Magnus Enfeldt	Karlstads SK	39.5 (1)	1.20.2(1)		2.10.7(5)	
Hans Markström	SK Pollux	40.0 (2)	1.21.5(4)		2.11.6(8)	
Lars Lindström	IFK Lidingö	40.2 (3)				
Rickard Garbell	Sundsvalls SK	40.6 (4)		8.14.3(10)	2.13.0(11)	dnf
Jonas Tronêt	SK Pollux	40.9 (5)	1.20.8(2)		2.07.1(2)	
Roger Karlsson	Motala AIF	40.9 (5)	1.22.3(6)		2.10.8(6)	
Magnus Jansson	Sandvikens SK	41.1 (7)	1.21.4(3)	8.06.1(8)	2.11.8(9)	
Jonas Schön	SK Pollux	41.1 (7)		7.34.1(2)	2.04.8(1)	16.09.0(1)
Jens Wahlberg	Askersunds SK	41.5 (9)	1.25.1(7)	8.23.1(13)	2.13.4(12)	
Per Bengtsson	IFK Sala	42.1 (10)		7.26.8(1)	2.08.5(3)	16.32.8(2)
Joakim Karlberg	IK Wega	42.3 (11)	1.21.8(5)		2.09.7(4)	
Henrik Svedberg	SK Pollux	42.8 (12)	1.26.3(8)	8.20.2(12)	2.18.7(19)	
Johan Hansson	Karlstads SK	42.9 (13)	1.27.1(10)	8.33.2(16)	2.17.0(18)	
Björn Törnqvist	Södermalms IK	43.2 (14)		8.02.6(5)	2.13.4(12)	17.56.9(6)
Niklas Larsson	IFK Kr.hamn	43.4 (15)	1.28.1(12)			
Anders Vallner	Sandvikens SK	43.7 (16)		7.54.8(3)	2.10.8(6)	17.35.4(4)
Andreas Larsson	Askersunds SK	43.8 (17)	1.27.2(11)	8.29.8(14)	2.20.5(21)	
Daniel Cabelduc	Karlstads SK	43.8 (17)		8.05.3(7)	2.15.2(15)	17.43.8(5)
Magnus Gustafsson	Sundsvalls SK	43.9 (19)	1.30.2(15)			
Urban Sundberg	SK Pollux	44.1 (20)	1.26.6(9)	8.10.0(9)	2.16.2(17)	17.59.0(7)
Daniel Vitén	SK Winner	44.2 (21)	1.28.5(13)	8.16.5(11)	2.14.3(14)	18.23.3(10)
Per Martin Björemark	SK Trollhättan	44.4 (22)			2.15.9(16)	18.03.3(8)
Kenneth Söderberg	Sollentuna SS	44.7 (23)		8.41.2(17)	2.23.3(22)	
Håkan Fremin	IF Thor	45.0 (24)	1.29.5(14)	8.41.4(18)	2.20.4(20)	
Jan Bengtsson	IF Thor			7.57.9(4)	2.12.6(10)	
Jorma Ryyänen	IFK Lidingö			8.04.5(6)		17.26.2(3)
Henrik Johansson	Askersunds SK			8.44.8(19)		18.16.2(9)
Donald Drielsma	IFK Lidingö			9.05.2(22)		19.21.8(11)
Stefan Hassel	Karlstads SK			8.30.6(15)		
Thomas Anderberg	IFK Lidingö			8.50.2(20)		
Patric Johansson	SK Trollhättan			8.57.1(21)		
Markus Grip	Eskilstuna IK				2.25.4(23)	

Karlstad 29/30-01-1994

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Jonas Schön	SK Pollux	40.7(2)	7.21.59(2)	2.06.40(2)	15.48.39(1)	174.411
2	Per Bengtsson	IFK Sala	42.0(6)	7.18.95(1)	2.07.50(3)	15.48.75(2)	175.832
3	Jonas Tronêt	SK Pollux	39.8(1)	7.41.52(3)	2.04.87(1)	16.33.93(6)	177.271
4	Anders Vallner	Sandvikens SK	42.2(9)	7.43.68(4)	2.13.15(9)	16.13.71(3)	181.636
5	Jan Bengtsson	IF Thor	42.6(13)	7.59.59(10)	2.11.27(5)	16.25.19(4)	183.574
6	Daniel Cabelduc	Karlstads SK	42.4(11)	7.56.61(5)	2.13.27(10)	16.34.12(7)	184.190
7	Urban Sundberg	SK Pollux	42.1(7)	7.56.66(6)	2.14.77(12)	16.41.39(8)	184.758
8	Per Martin Björemark	Trollhättan	43.4(16)	8.02.18(11)	2.11.96(7)	16.27.77(5)	184.992
9	Daniel Vitén	SK Winner	43.0(15)	7.58.91(8)	2.11.53(6)	16.54.48(9)	185.458
10	Björn Törnqvist	Södermalms IK	42.8(14)	7.58.60(7)	2.12.91(8)	16.58.01(10)	185.863
11	Henrik Svedberg	SK Pollux	42.1(7)	8.07.44(12)	2.17.24(15)	17.43.31(11)	189.755
	Magnus Jansson	Sandvikens SK	40.7(2)	7.59.25(9)	2.09.12(4)	dnf	
	Rickard Garbell	Sundsvalls SK	41.5(4)	8.08.99(13)	2.14.97(13)		
	Johan Hansson	Karlstads SK	41.8(5)	8.24.96(14)	2.14.65(11)		
	Niklas Larsson	IFK Kr.hamn	42.3(10)	8.26.79(15)	2.16.39(14)		
	Andreas Larsson	Askersunds SK	42.5(12)	8.34.88(16)	2.19.06(16)		
	Kenneth Söderberg	Sollentuna SS	43.7(17)	8.40.67(18)	2.19.85(17)		
	Stefan Hassel	Karlstads SK	43.8(18)	8.36.91(17)	2.20.73(18)		
	Håkan Fremin	IF Thor	44.4(20)	8.49.39(19)	2.21.46(19)		
	Patric Johansson	Trollhättan	44.3(19)	8.56.89(20)	2.25.91(20)		

Karlstad 14/15-01-1995

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Jonas Schön	SK Pollux	41.49(1)	7.38.03(1)	2.04.31(3)	15.30.16(1)	175.237
2	Per Bengtsson	IFK Sala	42.26(3)	7.49.73(2)	2.06.73(4)	15.39.81(2)	178.466
3	Daniel Vitén	SK Winner	42.58(4)	8.03.87(3)	2.07.80(6)	16.39.40(5)	183.537
4	Anders Vallner	Sandviken SK	43.97(9)	8.07.56(4)	2.08.53(7)	16.11.14(3)	184.126
5	Daniel Cabelduc	Karlstads SK	42.87(6)	8.22.43(6)	2.09.72(8)	16.42.29(6)	186.467
6	Urban Sundberg	SK Pollux	42.89(7)	8.23.66(7)	2.11.34(11)	17.04.89(9)	188.280
7	Rickard Garbell	Sundsvall SK	41.57(2)	9.06.81(13)	2.07.25(5)	17.02.24(8)	189.779
8	Per Martin Björemark	Trollhättan	44.79(10)	8.32.62(8)	2.14.14(15)	16.42.69(7)	190.899
9	Marcus Lycksell	Sundsvall SK	42.58(4)	8.50.80(11)	2.13.36(13)	17.38.79(10)	193.052
10	Håkan Fremin	IF Thor	44.81(11)	8.44.19(10)	2.14.61(17)	17.51.42(11)	195.670

11	Kenneth Söderberg	Sollentuna	43.78 (8)	8.56.55(12)	2.17.63(19)	18.58.02(12)	200.212
12	Björn Törnqvist	Södermalm IK	81.27(13)	8.16.01(5)	2.13.32(12)	16.30.27(4)	224.824
	Henrik Johansson	Askersund SK	46.50(12)	8.35.62(9)	2.18.54(20)	dns	
	Jonas Tronêt	SK Pollux			<u>2.03.07(1)</u>		
	Magnus Enfeldt	Karlstad SK			2.03.57(2)		
	Andreas Larsson	Askersund SK			2.10.25(9)		
	Stefan Hassel	Karlstad SK			2.11.04(10)		
	Johan Hansson	Karlstad SK			2.13.67(14)		
	Markus Grip	Eskilstuna			2.14.30(16)		
	Sebastian Falk	Sandviken SK			2.15.12(18)		
	Per Kvarnlind	Sandviken SK			2.19.34(21)		
	Jens Wahlberg	Askersund SK			2.42.52(22)		

Göteborg-Ruddalen 10/11-02-1996

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Jonas Schön	SK Pollux	41.01(2)	<u>7.28.2(1)</u>	<u>2.04.99(1)</u>	<u>15.40.6 (1)</u>	174.523
2	Rickard Garbell	Sundsvalls SK	39.80(1)	7.57.5(4)	2.07.37(2)	17.20.4f(7)	182.026
3	Daniel Vitén	SK Winner	42.30(7)	7.53.5(2)	2.08.88(3)	16.57.7 (4)	183.495
4	Urban Sundberg	SK Pollux	42.23(5)	8.16.2(11)	2.10.17(5)	17.10.7 (5)	186.775
5	Sebastian Falk	Sandvikens SK	43.17(12)	8.12.2(8)	2.12.01(7)	17.24.4 (8)	188.613
6	Daniel Cabelduc	Karlstads SK	43.81(17)	8.14.4(10)	2.11.72(6)	17.10.8 (6)	188.696
7	Slavenko Likic	Eskilstuna IK	42.43(9)	8.20.6(12)	2.16.09(15)	17.29.8 (9)	190.343
8	Lars Pettersson	SK Pollux	42.43(9)	8.13.7(9)	2.15.67(13)	17.57.5 (10)	190.898
9	Anders Vallner	Sandvikens SK	43.33(15)	9.02.3(22)	2.14.78(12)	16.54.9 (2)	193.231
10	Henrik Johansson	Askersunds SK	44.65(20)	8.22.7(13)	2.19.63(16)	17.12.3 -	193.078
11	Christian Olsson	IK Wega	45.32(21)	8.31.4(15)	2.23.87(19)	18.00.9 -	198.461
12	Leo Wentzel	IFK Göteborg	46.39(22)	8.54.0(21)	2.22.42(18)	18.19.0 -	202.213
	Björn Törnqvist	Södermalms IK	43.32(14)	8.06.4(6)	dnf	16.55.0 (3)	
	Henrik Svedberg	SK Pollux	42.30(7)	8.02.6(5)	2.13.80(9)	dnf	
	Niklas Larsson	IFK Kr.hamn	41.68(3)	7.56.5(3)	2.10.00(4)		
	Stefan Hassel	Karlstads SK	41.94(4)	8.37.0(16)	2.13.91(10)		
	Per Kvarnlind	Sandvikens SK	43.18(13)	8.37.2(17)	2.12.62(8)		
	Markus Grip	Eskilstuna IK	42.95(11)	8.46.7(19)	2.15.74(14)		
	Kenneth Söderberg	Sollentuna SS	43.76(16)	8.47.8(20)	2.14.54(11)		
	Mattias Olofsson	Trollhättan	43.84(18)	8.38.1(18)	2.21.34(17)		
	Johan Hansson	Karlstads SK	42.25(6)	8.25.4(14)			
	Per Martin Björemark	Trollhättan	43.96(19)	8.12.0(7)			

Eskilstuna/Isstadion 01/02-02-1997

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Jonas Schön	SK Pollux	42.88(11)	<u>7.23.82(1)</u>	2.06.05(3)	<u>15.50.97(1)</u>	176.826
2	Sebastian Falk	Sandviken SK	41.39(4)	<u>7.48.54(3)</u>	2.11.27(5)	<u>17.13.75(2)</u>	183.687
3	Stefan Hassel	Karlstads SK	41.96(9)	7.46.42(2)	2.11.80(6)	17.42.65(6)	185.667
4	Niklas Larsson	IFK Kr.hamn	41.70(5)	7.53.20(5)	2.11.11(4)	17.47.72(7)	186.109
5	Urban Sundberg	SK Pollux	41.84(7)	8.01.31(8)	2.11.84(7)	17.51.80(8)	187.507
6	Daniel Cabelduc	Karlstads SK	42.67(10)	8.00.08(7)	2.15.08(11)	17.36.22(5)	188.515
7	Henrik Svedberg	SK Pollux	41.04(2)	8.02.92(9)	2.13.56(9)	18.18.11(11)	188.757
8	Lars Pettersson	SK Pollux	40.25(1)	8.10.38(11)	2.15.06(10)	18.10.20(9)	188.818
9	Anders Vallner	Sandviken SK	43.56(13)	7.59.05(6)	2.16.28(14)	17.35.05(3)	189.643
10	Björn Törnqvist	Södermalm IK	45.08(18)	8.07.76(10)	2.16.39(15)	17.35.06(4)	192.072
11	Mattias Falk	Sandviken SK	43.84(15)	8.14.07(12)	2.17.62(16)	18.20.82(12)	194.161
12	Magnus Vitén	Eskilstuna	43.38(12)	8.16.32(13)	2.20.05(19)	18.12.57(10)	194.323
13	Håkan Fremin	IF Thor	43.67(14)	8.20.21(15)	2.18.20(17)	18.29.28(13)	195.221
14	Patrik Larsson	Askersund SK	41.79(6)	8.37.15(18)	2.15.33(12)	19.16.53(14)	196.441
15	Per Kvarnlind	Sandviken SK	41.88(8)	8.29.59(16)	2.15.48(13)	19.48.17(15)	197.407
	Per Martin Björemark	Trollhättan	44.38(17)	8.18.81(14)	2.20.75(20)		
	Kenneth Söderberg	Sollentuna	44.09(16)	8.38.50(19)	2.19.56(18)		
	Henrik Johansson	Askersund SK	45.26(19)	8.33.19(17)	2.23.87(21)		
	Daniel Vitén	Eskilstuna	41.10(3)	7.50.19(4)	dns		
	Magnus Jansson	Sandviken SK	39.03 -		<u>2.05.79(1)</u>		
	Jonas Tronêt	SK Pollux	39.59 -		2.05.99(2)		
	Andreas Larsson	Askersund SK	39.90 -		2.12.11(8)		

Stockholm-Östermalm 28-02/01-03-1998

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Sebastian Falk	Sandvikens SK	40.1 (1)	7.29.2(1)	2.03.8 (4)	16.09.5(1) 174.761
2	Daniel Vitén	Eskilstuna IK	40.4 (3)	7.36.1(2)	2.03.0 (3)	16.44.6(5) 177.240
3	Niklas Larsson	IFK Kr.hamn	40.2 (2)	7.44.8(5)	2.06.6 (5)	16.51.4(6) 179.450
4	Stefan Hassel	Karlstads SK	41.9 (7)	7.38.5(3)	2.11.3 (8)	16.35.9(4) 181.311
5	Per Bengtsson	IFK Lidingö	43.3 (12)	7.41.0(4)	2.12.2 (11)	16.25.7(3) 182.751
6	Henrik Svedberg	SK Pollux	40.6 (4)	8.05.0(11)	2.12.0 (10)	17.23.5(10) 185.275
7	Magnus Vitén	Eskilstuna IK	42.5 (9)	7.48.4(6)	2.12.8 (13)	17.25.7(11) 185.891
8	Anders Vallner	Sandvikens SK	42.6 (10)	7.55.6(7)	2.13.9 (14)	17.08.2(7) 186.203
9	Magnus Nilsson	Sandvikens SK	43.7 (14)	8.01.0(8)	2.11.8 (9)	17.32.5(12) 188.358
10	Mattias Olofsson	SK Trollhättan	42.4 (8)	8.10.0(14)	2.12.6 (12)	17.42.1(13) 188.705
11	Henrik Johansson	Askersunds SK	43.5 (13)	8.07.5(13)	2.17.8 (19)	17.17.2(9) 190.043
12	Björn Törnqvist	Södermalms IK	44.5 (17)	8.10.4(15)	2.28.1f(23)	17.44.6(14) 196.136
13	Christian Olsson	IK Wega	60.4f(19)	8.05.6(12)	2.16.5 (17)	17.15.4(8) 206.230
	Rickard Garbell	Sundsvalls SK	77.8f(20)	dnf	2.07.0 (6)	16.15.3(2)
	Mattias Falk	Sandvikens SK	42.8 (11)	8.18.2(20)	2.17.8 (19)	
	Lars Pettersson	SK Pollux	41.1 (5)	8.15.4(18)	2.47.6f(24)	
	Håkan Fremin	IF Thor	44.0 (15)	8.16.7(19)	2.15.8 (16)	
	Leo Wentzel	IFK Göteborg	44.8 (18)	8.11.2(16)	2.17.2 (18)	
	Patrik Martinsson	Motala AIF	44.1 (16)	8.45.6(21)	2.22.6 (22)	
	Daniel Cabelduc	IFK Lidingö	78.6f(21)	8.13.5(17)	2.15.4 (15)	
	Jens Härngren	IFK Göteborg	41.5 (6)	8.03.1(9)	dns	
	Andreas Nordin	Sundsvalls SK	dns	8.04.3(10)	2.18.4 (21)	
	Magnus Enfeldt	Sundsvalls SK	37.8 -		1.58.9 (1)	
	Magnus Jansson	Sandvikens SK	38.3 -		2.01.7 (2)	
	Andreas Larsson	Askersunds SK	38.8 -		2.08.6 (7)	

Sundsvall 20/21-02-1999

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Johan Røjler	SK Winner	40.09(3)	7.23.14(1)	2.01.75(2)	15.30.9(1) 171.532
2	Daniel Vitén	Eskilstuna IK	39.55(1)	7.29.90(2)	2.00.49(1)	16.10.4(3) 173.223
3	Sebastian Falk	Sandvikens SK	39.79(2)	7.30.56(3)	2.02.05(3)	16.00.4(2) 173.549
4	Stefan Hassel	Karlstads SK	40.74(6)	7.45.89(4)	2.07.05(4)	16.26.3(4) 178.994
5	Eric Zachrisson	IFK Kr.hamn	40.39(4)	7.54.44(6)	2.07.27(5)	16.40.3(7) 180.272
6	Christian Olsson	IK Wega	40.55(5)	7.55.64(7)	2.07.98(6)	16.38.6(6) 180.704
7	Magnus Vitén	Eskilstuna IK	41.78(9)	7.50.59(5)	2.08.39(7)	16.43.0(8) 181.785
8	Björn Törnqvist	Södermalms IK	44.59(17)	8.04.13(8)	2.14.66(11)	16.35.3(5) 187.654
9	Leo Wentzel	IFK Göteborg	44.06(15)	8.10.33(12)	2.15.04(13)	17.02.6(9) 189.236
10	Håkan Fremin	IF Thor	43.84(13)	8.09.89(11)	2.14.71(12)	17.27.0(10) 190.082
11	Patrik Martinsson	Motala AIF	42.80(12)	8.16.05(15)	2.15.10(14)	17.41.6(11) 190.518
	Henrik Svedberg	SK Pollux	40.90(7)	8.13.07(14)	2.12.49(9)	dnf
	Henrik Johansson	Askersunds SK	44.47(16)	8.11.76(13)	2.15.50(16)	dnf
	Mattias Olofsson	SK Trollhättan	41.27(8)	8.08.99(9)	2.10.03(8)	
	Anders Vallner	Sandvikens SK	42.76(11)	8.09.14(10)	2.13.13(10)	
	Emanuel Hollstrand	IFK Lidingö	43.94(14)	8.16.38(16)	2.15.14(15)	
	Andreas Nordin	Sundsvalls SK	42.32(10)	8.30.30(17)	2.18.23(17)	

Göteborg-Ruddalen 26/27-02-2000

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Johan Røjler	SK Winner	39.43(2)	7.16.0(1)	2.07.15 (1)	16.12.2 (1) 174.023
2	Stefan Hassel	Karlstads SK	39.98(3)	7.43.6(4)	2.13.18 (5)	17.13.7 (4) 182.418
3	Daniel Vitén	Eskilstuna IK	40.09(4)	7.38.4(3)	2.10.57 (2)	18.20.3 (7) 184.468
4	Magnus Nilsson	Sandvikens SK	42.35(11)	7.45.8(5)	2.14.63 (6)	17.13.3 (3) 185.471
5	Fredrik Eriksson	IFK Göteborg	42.02(10)	7.48.5(6)	2.17.60 (11)	17.16.8 (5) 186.576
6	Peter Bengtsson	IK Wega	40.42(5)	7.53.4(7)	2.16.57 (10)	17.54.8 (6) 187.023
7	Eric Zachrisson	IFK Kr.hamn	39.33(1)	7.37.3(2)	2.33.13f(21)	17.12.2 (2) 187.713
8	Daniel Cabelduc	IFK Lidingö	41.89(9)	7.56.9(8)	2.15.90 (7)	19.02.7f(11) 192.015
9	Magnus Vitén	Eskilstuna IK	41.34(7)	8.12.7(13)	2.18.84 (12)	18.37.2 (9) 192.750
10	Emanuel Hollstrand	IFK Lidingö	42.59(12)	7.57.6(9)	2.22.12 (14)	18.40.7 (10) 193.758
11	Henrik Johansson	Askersunds SK	43.61(17)	7.59.5(10)	2.22.60 (16)	18.23.7 (8) 194.278
12	Anders Vallner	Sandvikens SK	42.75(13)	8.28.5(16)	2.19.20 (13)	19.07.3 (12) 197.365
	Per Kvarnlind	Sandvikens SK	40.48(6)	8.03.1(12)	2.10.67 (3)	
	Henrik Svedberg	SK Pollux	41.67(8)	8.02.1(11)	2.16.31 (8)	
	Håkan Fremin	IF Thor	43.13(15)	8.15.6(14)	2.22.58 (15)	
	Patrik Martinsson	Motala AIF	44.09(18)	8.20.5(15)	2.27.50 (19)	
	Leo Wentzel	IFK Göteborg	44.30(19)	8.28.7(17)	2.25.36 (18)	

Johan Engström	Hagatröms SK	44.61(21)	8.44.2(19)	2.23.82 (17)
Knut Bjunert	IFK Göteborg	43.06(14)	8.51.5(20)	2.33.11 (20)
Pontus Nylén	Hagatröms SK	44.49(20)	8.54.1(21)	2.54.33f(22)
Kenneth Söderberg	Sollentuna SS	43.22(16)	8.33.7(18)	dns
Magnus Jansson	Sandvikens SK	39.71 -		2.11.77 (4)
Mattias Olofsson	Trollhättan	42.00 -		2.16.40 (9)

Sundsvall 27/28-01-2001

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Sebastian Falk Sandvikens SK	39.33(2)	7.13.3(1)	1.59.66(1)	15.05.6(1)	167.826
2	Johan Røjler SK Winner	39.85(3)	7.13.8(2)	2.01.98(2)	15.12.1(2)	169.495
3	Eric Zachrisson SK Winner	39.04(1)	7.29.7(3)	2.03.89(3)	16.02.6(6)	173.436
4	Stefan Hassel Karlstads SK	39.95(4)	7.37.6(5)	2.05.32(5)	15.56.4(5)	175.303
5	Per Bengtsson IFK Lidingö	42.46(11)	7.31.5(4)	2.07.28(8)	15.26.3(3)	176.351
6	Fredrik Eriksson IFK Göteborg	42.22(9)	7.38.3(6)	2.07.43(10)	15.36.9(4)	177.371
7	Sebastian Zamani IFK Lidingö	41.42(7)	7.45.8(7)	2.07.34(9)	16.57.9(8)	181.341
8	Magnus Nilsson Sandvikens SK	42.09(8)	8.02.4(11)	2.06.67(7)	16.17.5(7)	181.428
9	Per Kvarnlind Sandvikens SK	39.95(4)	7.58.7(9)	2.03.94(4)	18.19.7(11)	184.118
10	Anders Vallner Sandvikens SK	43.37(14)	8.01.6(10)	2.14.31(14)	16.58.0(9)	187.200
11	Christian Falk Sandvikens SK	42.97(12)	8.24.3(15)	2.16.87(18)	17.38.6(10)	191.953
12	Mattias Falk Sandvikens SK	42.35(10)	8.10.7(12)	2.12.99(13)	dnf	135.750
13	Henrik Johansson Sandvikens SK	44.83(16)	8.12.8(13)	2.15.57(16)	16.57.3 -	190.165
14	Björn Törnqvist Södermalms IK	44.08(15)	8.19.5(14)	2.14.79(15)	17.47.3 -	192.325
15	Kenneth Söderberg Sollentuna SS	43.26(13)	8.45.8(16)	2.16.74(17)	18.39.7 -	197.405
	Daniel Vitén Eskilstuna IK	40.57(6)	7.49.3(8)	2.05.37(6)		
	Karl Skoog Hagatröms SK	44.91(17)	9.03.8(17)	2.22.12(19)		
	Magnus Jansson Sandvikens SK	39.57 -		2.08.64(11)		
	Mattias Olofsson SK Trollhättan	40.62 -		2.08.64(11)		

Sandviken-Norra IP 26/27-01-2002

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Sebastian Falk Sandviken SK	38.94(1)	7.26.06f(1)	1.58.13(1)	14.40.5 (1)	166.947
2	Anders Vallner Sandviken SK	41.41(6)	7.36.93 (2)	2.05.93(5)	15.56.4 (2)	176.899
3	Tobias Morell SK Pollux	39.29(2)	7.56.98 (6)	2.06.03(6)	16.44.7 (5)	179.233
4	Sebastian Zamani IFK Lidingö	40.78(4)	7.42.87 (3)	2.00.90(2)	18.07.4f(8)	181.737
5	Henrik Johansson Sandviken SK	44.44(11)	8.02.10 (7)	2.13.42(9)	16.34.9 (4)	186.868
6	Christian Falk Sandviken SK	43.02(8)	8.29.12 (10)	2.13.92(11)	17.22.0 (6)	190.672
7	Fredrik Karlsson Uddevalla IS	43.85(10)	8.16.15 (8)	2.13.91(10)	18.04.0 (7)	192.301
8	Henrik Svedberg SK Pollux	41.25(5)	8.25.40 (9)	2.12.54(8)	19.27.4 (9)	194.340
	Magnus Nilsson Sandviken SK	42.26(7)	7.44.80 (4)	2.04.66(4)	dnf	
	Mattias Falk Sandviken SK	dq	7.49.92 (5)	2.07.54(7)	16.19.0 (3)	
	Patrik Ullström Hagatröm SK	43.69(9)	8.51.09 (11)	2.22.14(13)		
	Karl Skoog Hagatröm SK	44.90(12)	9.06.55 (12)	2.19.11(12)		
	Per Kvarnlind Sandviken SK	39.98(3)		2.05.48 -		
	Daniel Vitén IFK Kr.hamn			2.02.71(3)		

Stockholm-Östermalm 01/02-03-2003

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1	Johan Røjler SK Winner	39.42(3)	7.09.39(2)	1.59.95(1)	14.38.60(1)	166.272
2	Sebastian Falk Sandvikens SK	39.28(2)	7.07.31(1)	2.00.77(2)	14.45.05(2)	166.519
3	Stefan Hassel IK Wega	40.13(4)	7.40.83(5)	2.07.09(6)	15.58.40(4)	176.496
4	Magnus Nilsson Eskilstuna IK	41.86(8)	7.41.24(6)	2.04.78(4)	15.48.27(3)	176.990
5	Freddy Leijon IF Thor	42.57(11)	7.59.89(9)	2.12.66(10)	16.34.73(5)	184.515
6	Karl Skoog Hagatröms SK	42.83(13)	8.28.23(12)	2.20.83(16)	18.00.05(8)	194.598
7	Patrik Ullström Hagatröms SK	43.71(15)	8.43.33(13)	2.21.35(17)	18.14.52(9)	197.885
8	Christian Falk Sandvikens SK	49.58(17)	8.27.25(11)	2.15.04(12)	17.37.15(7)	198.175
	Eric Zachrisson SK Winner	38.57(1)	7.32.52(3)	2.01.15(3)	dns	
	Henrik Johansson Eskilstuna IK	dns	dns	2.20.72(15)	16.56.71(6)	
	Sebastian Zamani IFK Lidingö	40.64(6)	7.56.99(8)	2.05.21(5)		
	Mattias Falk Sandvikens SK	41.90(9)	7.40.19(4)	2.08.25(7)		
	Anders Vallner Sandvikens SK	43.04(14)	7.53.34(7)	2.10.60(9)		
	Josef Zamani IFK Lidingö	43.77(16)	8.46.53(14)	2.19.71(14)		
	Tobias Morell SK Pollux	41.09(7)	8.18.22(10)			
	Daniel Vitén IFK Kr.hamn	40.48(5)		2.09.31(8)		
	Pontus Nylén Hagatröms SK	42.81(12)		2.12.96(11)		
	Henrik Svedberg SK Pollux	41.99(10)		2.15.63(13)		

Hagaström 24/25-01-2004

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Johan Røjler	SK Winner	39.44 (2)	7.09.5(1)	1.58.46(1)	14.38.2(1)	165.786
2	Sebastian Falk	Sandvikens SK	39.42 (1)	7.12.3(2)	1.59.63(2)	14.55.0(2)	167.276
3	Mattias Falk	Sandvikens SK	41.63 (5)	7.35.1(3)	2.06.00(5)	15.37.9(3)	176.035
4	Stefan Hassel	IK Wega	41.66 (6)	7.44.0(4)	2.05.91(4)	16.12.5(5)	178.655
5	Magnus Nilsson	Eskilstuna IK	42.07 (7)	7.56.8(7)	2.06.77(6)	16.06.4(4)	180.326
6	Fredrik Karlsson	Uddevalla IS	43.33 (10)	7.56.1(5)	2.11.97(8)	16.33.0(6)	184.580
7	Christian Falk	Sandvikens SK	42.82 (8)	8.13.4(10)	2.13.24(9)	16.41.6(7)	186.653
8	Henrik Johansson	Eskilstuna IK	45.85 (11)	8.11.4(9)	2.17.77(10)	16.54.2(8)	191.623
9	Karl Skoog	Hagaströms SK	55.32f(12)	8.28.5(11)	2.17.81(11)	17.47.9(9)	205.501
	Sebastian Zamani	IFK Lidingö	40.64 (3)	7.56.5(6)	2.03.97(3)	dnf	
	Tobias Morell	SK Pollux	40.81 (4)	8.09.3(8)	2.08.38(7)		
	Pontus Nylén	Hagaströms SK	42.98 (9)		2.19.91(12)		

Hagaström 22/23-01-2005

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Johan Røjler	SK Winner	39.43(1)	7.00.19(1)	1.59.39(2)	14.37.2(1)	165.105
2	Sebastian Falk	Sandvikens SK	39.45(2)	7.06.87(2)	1.59.37(1)	14.54.8(2)	166.667
3	Mattias Falk	Sandvikens SK	41.06(6)	7.33.97(3)	2.05.48(3)	15.56.9(3)	176.128
4	Stefan Hassel	IK Wega	41.00(5)	7.45.11(4)	2.06.36(4)	16.40.6(6)	179.661
5	Fredrik Karlsson	Uddevalla IS	42.21(8)	7.54.09(5)	2.09.28(6)	16.20.9(4)	181.757
6	Christian Falk	Sandvikens SK	41.89(7)	7.57.45(6)	2.09.12(5)	16.23.4(5)	181.845
7	Martin Jonsson	Motala AIF	43.85(9)	8.38.73(7)	2.23.68(9)	18.16.4(7)	198.436
	Tobias Morell	SK Pollux	40.58(3)		2.10.07(7)		
	Daniel Vitén	IFK Kr.hamn	40.58(3)		2.14.56(8)		

Göteborg-Rudhallen 28/29-01-2006

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Sebastian Falk	Sandviken SK	38.78 (2)	6.55.53(1)	1.57.46(1)	14.36.63(1)	163.317
2	Joel Eriksson	IFK Göteborg	37.96 (1)	7.33.06(4)	1.58.26(2)	15.59.74(2)	170.673
3	Stefan Hassel	IK Wega	38.91 (3)	7.26.72(2)	2.03.02(3)	16.07.57(3)	172.966
4	Fredrik Forsell	Trollhättan	40.68 (5)	7.50.38(6)	2.06.76(4)	16.33.99(5)	179.670
5	Christian Falk	Sandviken SK	41.47 (10)	7.52.74(7)	2.09.66(7)	16.19.54(4)	180.941
6	Rasmus Falk	Sandviken SK	42.56 (11)	7.48.93(5)	2.13.18(9)	16.44.42(6)	184.067
7	Daniel Vestman	Hagaström SK	40.71 (6)	8.04.77(9)	2.08.90(6)	17.32.73(10)	184.789
8	Albin Nilsson	IK Wega	42.78 (12)	8.00.83(8)	2.12.65(8)	17.00.53(7)	186.105
9	Ola Røjler	SK Winner	43.03 (13)	8.11.70(10)	2.13.46(10)	17.17.29(8)	188.550
10	Martin Jonsson	SK Winner	43.15 (14)	8.18.24(11)	2.17.36(13)	17.20.93(9)	190.806
11	Tommy Axelsson	Motala AIF	41.44 (9)	8.29.05(13)	2.14.26(11)	18.30.35(12)	192.615
12	Patrik Eklöf	Uddevalla IS	47.75 (15)	8.51.32(14)	2.28.78(14)	18.41.01(13)	206.525
13	Viktor Törnqvist	IK Wega	58.84f(17)	8.28.02(12)	2.14.52(12)	18.27.62(11)	209.863
14	Jerry Olofsson	Trollhättan	49.20 (16)	9.05.39(15)	2.30.10(15)	19.39.98(14)	212.771
	Mattias Falk	Sandviken SK	41.04 (7)	7.29.05(3)			
	Tobias Morell	SK Pollux	39.49 (4)		2.08.20(5)		
	Fredrik Karlsson	Uddevalla IS	41.29 (8)				
	Henrik Bergström	IK Wega	65.24f(18)				

Stockholm-Östermalm 15/16-12-2006

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	Johan Røjler	SK Winner	38.9 (1)	7.05.70(1)	1.56.98(2)	14.27.8 (1)	163.853
2	Daniel Friberg	Motala AIF	39.3 (2)	7.36.98(4)	2.01.25(3)	15.40.8 (3)	172.454
3	Fredrik Karlsson	Uddevalla IS	40.4 (3)	7.29.05(3)	2.03.94(4)	15.32.9 (2)	173.263
4	Ola Røjler	SK Winner	42.4 (4)	8.15.07(5)	2.11.25(5)	17.18.4k(4)	187.577
5	Anton Ekman	IF Thor	45.8 (5)	8.48.58(6)	2.20.92(6)	18.03.4 (5)	199.801
	Patrik Eklöf	Uddevalla IS	47.6 (7)	9.17.07(7)	2.31.85(7)	dns	
	Tim Larsén	Uddevalla IS	47.5 (6)	9.30.77(8)	2.33.90(8)	dns	
	Joel Eriksson	IFK Göteborg	dq	7.21.73(2)	1.56.12(1)	15.13.1 -	

Karlstad 16/17-03-2007

DISTANS-SM		500m	500m	totalt	1000m	1500m
Joel Eriksson	IFK Göteborg	38.71 (1)	38.27 (1)	76.980 (1)	1.15.39 (1)	2.00.08 (1)
Stefan Hassel	IK Wega	39.72 (2)	39.77 (2)	79.490 (2)	1.19.21 (3)	2.04.98 (3)
Johan Røjler	SK Winner	40.14 (4)	40.33 (3)	80.470 (3)	1.17.23 (2)	2.04.13 (2)
Tobias Morell	SK Pollux	39.97 (3)	40.58 (4)	80.550 (4)	1.22.49 (4)	2.12.96 (7)
Viktor Törnqvist	IK Wega	42.01(12)	41.17 (5)	83.180 (5)	1.24.70 (8)	2.20.53(15)
Joel Olsén	SK Winner	41.98(11)	41.88 (6)	83.860 (6)	1.25.11 (10)	2.16.95(12)
Tommy Axelsson	Motala AIF	42.13(13)	42.82 (8)	84.950 (7)	1.28.31 (12)	2.29.64(21)
Tobias Fahlgren	Motala AIF	43.29(18)	42.39 (7)	85.680 (8)	1.29.32 (14)	dns
Lars-Erik Larsson	SK Winner	42.85(15)	43.42 (9)	86.270 (9)	1.24.27 (7)	2.16.84(11)
Peter Savolainen	IF Thor	44.81(21)	45.25 (11)	90.060 (10)	dns	dns
Thomas Westerlund	Karlstads SK	44.48(20)	45.74 (12)	90.220 (11)	1.34.97 (18)	2.35.69(23)
Daniel Larsson	SK Winner	45.80(22)	45.84 (13)	91.640 (12)	1.36.51 (19)	2.26.97(20)
Martin Jonsson	SK Winner	45.99(23)	47.16 (14)	93.150 (13)	1.45.37 (21)	2.47.28(25)
Mats Åkesson	Motala AIF	48.52(24)	48.26 (15)	96.780 (14)	1.48.71 (23)	2.38.07(24)
Per Moberg	Hagaströms SK	62.43(30)	44.64 (10)	107.070 (15)	1.33.43 (17)	2.25.27(19)
Inge Hermansson	Södermalms IK	59.06(29)	56.99 (16)	116.050 (16)	2.03.70 (24)	3.08.12(27)
Henrik Bergström	IK Wega	41.69 (9)	dns		1.30.67f(15)	2.23.43(17)
Fredrik Karlsson	Uddevalla IS	41.06(5)				2.13.05 (8)
Martin Friberg	Motala AIF	41.13 (6)			1.24.04 (6)	2.13.22 (9)
Daniel Vestman	Hagaströms SK	41.40 (7)			1.22.96 (5)	2.12.38 (6)
Rasmus Falk	Sandvikens SK	41.64 (8)				2.16.68(10)
Ola Røjler	SK Winner	41.74(10)				2.11.50 (5)
Christian Falk	Sandvikens SK	42.67(14)				dns
Philip Wikman	Hagaströms SK	42.98(16)			1.27.03 (11)	2.17.10(13)
Sebastian Andersson	IFK Sala	42.99(17)			1.24.91 (9)	2.20.08(14)
Albin Nilsson	IK Wega	43.54(19)			1.28.62 (13)	2.21.15(16)
Johan Larsson Thorsén	SK Pollux	48.61(25)			dns	dns
Jerry Olofsson	SK Trollhättan	48.80(26)			1.38.79 (20)	2.31.51(22)
Mathias Åkesson	Motala AIF	50.29(27)			1.45.70 (22)	2.47.87(26)
Anton Ekman	IF Thor	55.73(28)			1.32.38 (16)	2.24.06(18)
Sebastian Falk	Sandvikens SK	dnf				2.05.84 (4)
			5000m	10000m		
Johan Røjler	SK Winner		8.07.59 (1)	14.41.32(1)		
Fredrik Karlsson	Uddevalla IS		8.36.30 (2)	15.54.75(3)		
Rasmus Falk	Sandvikens SK		8.41.64 (3)	dq		
Martin Friberg	Motala AIF		8.51.75 (4)			
Philip Wikman	Hagaströms SK		9.00.80 (5)			
Sebastian Andersson	IFK Sala		9.03.11 (6)			
Jerry Olofsson	SK Trollhättan		9.08.83 (7)			
Ola Røjler	SK Winner		9.16.32 (8)	18.00.48(5)		
Daniel Vestman	Hagaströms SK		9.21.90 (9)			
Anton Ekman	IF Thor		9.32.84 (10)			
Mathias Åkesson	Motala AIF		10.26.86(11)			
Sebastian Falk	Sandvikens SK		dns	15.42.53(2)		
Christian Falk	Sandvikens SK		dns	17.24.49(4)		

Göteborg-Rudhallen 29/30-12-2007

HERRAR ALLROUND		500m	5000m	1500m	10000m	
1 Johan Røjler	SK Winner	37.68 (2)	7.00.46 (1)	1.57.42 (2)	14.50.41(1)	163.386
2 Joel Eriksson	IFK Göteborg	37.58 (1)	7.07.25 (2)	1.56.09 (1)	15.29.69(2)	165.485
3 Ola Røjler	SK Winner	39.90 (8)	7.39.74 (5)	2.07.20 (5)	16.26.01(4)	177.574
4 Rasmus Falk	Hagaström SK	40.79(11)	7.53.52 (8)	2.13.36(13)	16.13.74(3)	181.282
5 Daniel Vestman	Hagaström SK	40.35(10)	7.55.51 (9)	2.08.62 (7)	17.09.22(6)	182.235
6 Joel Olsén	SK Winner	39.78 (7)	7.56.49 (10)	2.10.73(10)	17.10.74(7)	182.542
7 Anton Ekman	IF Thor	43.44(17)	7.52.21 (7)	2.16.58(16)	16.42.24(5)	186.299
8 Philip Wikman	Hagaström SK	41.90(15)	7.56.60 (11)	2.31.12(19)	17.57.39(8)	193.802
9 Jerry Olofsson	Trollhättan	46.18(19)	8.29.19 (17)	2.22.81(18)	18.31.87(9)	200.295
Daniel Friberg	Motala AIF	37.79 (3)	7.21.44 (3)	2.00.77 (3)	dns	
Stefan Hassel	IK Wega	38.86 (4)	7.34.08 (4)	2.03.32 (4)		
Fredrik Forsell	IFK Göteborg	39.90 (8)	8.01.43 (13)	2.10.39 (9)		
Viktor Törnqvist	IK Wega	39.46 (5)	8.07.82 (14)	2.10.11 (8)		
Albin Nilsson	IK Wega	41.20(12)	7.57.59 (12)	2.11.79(12)		
Mattias Lindbohm	Södermalm IK	41.55(14)	7.50.31 (6)	2.14.96(14)		
Anders Olsson	SK Winner	44.01(18)	8.20.11 (15)	2.15.62(15)		
Viktor Roos-Pehrsson	Hagaström SK	43.19(16)	8.27.90 (16)	2.18.24(17)		
Inge Hermansson	Södermalm IK	53.21(20)	10.52.98(18)	2.54.75(20)		
Lars-Erik Larsson	SK Winner	41.44(13)	dnf	2.11.24(11)		
Martin Friberg	Motala AIF	77.67(21)		2.07.65 (6)		
Henrik Bergström	IK Wega	39.62 (6)				

Hagström 21/22-02-2009

HERRAR ALLROUND			500m	5000m	1500m	10000m	
1	Johan Røjler	SK Winner	39.09(1)	<u>7.02.01(1)</u>	<u>1.58.34(1)</u>	<u>15.18.25(1)</u>	166.649
2	Ola Røjler	SK Winner	40.08(4)	7.39.19(3)	2.06.45(3)	16.29.70(2)	177.634
3	Stefan Hassel	IK Wega	39.79(3)	7.48.63(4)	2.09.13(4)	17.26.72(6)	182.032
4	Rasmus Falk	Hagströms SK	41.32(7)	7.54.86(5)	2.12.31(7)	16.48.30(4)	183.324
5	Daniel Vestman	Hagströms SK	40.97(6)	8.09.45(9)	2.10.25(5)	17.22.50(5)	185.456
6	David Hjalmarsson	Dala Active	44.85(15)	8.06.27(7)	2.17.60(13)	16.38.45(3)	189.265
7	Per Wallgren	Hagströms SK	41.95(9)	8.26.96(17)	2.15.27(11)	17.59.32(7)	191.702
8	Anders Olsson	SK Winner	43.87(13)	8.19.26(14)	2.19.37(14)	18.24.12(8)	195.458
9	Johan Cerne	Sthlm Speed	47.96(18)	8.22.37(16)	2.24.48(16)	18.42.00(9)	202.457
	Daniel Friberg	Motala AIF	dns	7.23.18(2)	2.01.89(2)		
	Sebastian Andersson	IFK Sala	42.39(10)	8.09.52(10)	2.11.87(6)		
	Joel Olsén	SK Winner	40.55(5)	7.56.72(6)	2.12.70(8)		
	Fredrik Forsell	IFK Göteborg	dns	8.21.93(15)	2.13.03(9)		
	Lars-Erik Larsson	SK Winner	41.77(8)	8.15.03(11)	2.14.26(10)		
	Philip Wikman	Hagströms SK	42.42(11)	8.17.09(12)	2.17.27(12)		
	Markus Hjalmarsson	SK Winner	42.93(12)	9.15.82(19)	2.19.44(15)		
	Martin Friberg	Motala AIF	39.23(2)	8.08.22(8)	dns		
	Anton Ekman	IF Thor	44.63(14)	8.18.29(13)	dns		
	Patric Wallström-Jonsson	Hagströms SK	44.94(17)	8.34.44(18)	dns		
	Erik Bucht	IF Thor	44.87(16)				

Stockholm-Östermalm 06/07-03-2010

HERRAR ALLROUND			500m	5000m	1500m	10000m	
1	Johan Røjler	SK Winner	38.33(2)	<u>6.51.71(1)</u>	1.55.76(2)	<u>14.49.71(1)</u>	162.572
2	Joel Eriksson	IFK Göteborg	38.16(1)	<u>6.56.12(2)</u>	<u>1.53.91(1)</u>	<u>15.20.93(2)</u>	163.788
3	Ola Røjler	SK Winner	39.57(4)	7.27.04(3)	2.02.46(4)	16.02.72(3)	173.230
4	Joel Olsén	SK Winner	40.50(6)	8.01.66(10)	2.08.08(5)	17.20.41(7)	183.379
5	Daniel Vestman	Hagströms SK	41.54(8)	7.51.95(7)	2.11.20(7)	17.17.51(6)	184.343
6	Anton Ekman	IF Thor	42.91(12)	7.50.17(5)	2.14.73(10)	16.55.56(5)	185.615
7	David Hjalmarsson	Sthlm Speed	43.30(14)	7.54.70(8)	2.15.48(11)	16.43.32(4)	186.096
8	Anders Olsson	SK Winner	43.35(15)	7.58.87(9)	2.14.72(9)	17.38.74(8)	189.080
9	Patric Wallström-Jonsson	Hagströms SK	42.74(11)	8.11.75(14)	2.17.07(12)	17.44.38(9)	190.824
10	Erik Bucht	IF Thor	43.09(13)	8.09.94(12)	2.22.27(15)	18.15.93(11)	194.303
11	Johan Cerne	Sthlm Speed	45.68(19)	8.10.93(13)	2.20.37(14)	18.02.12(10)	195.669
12	Oskar Gudmundsson	IF Thor	44.20(16)	8.43.86(15)	2.28.63(17)	18.49.24(12)	202.591
	Martin Friberg	Motala AIF	39.77(5)	7.50.77(6)	2.02.28(3)		
	Fredrik Karlsson	Uddevalla IS	40.75(7)	7.49.49(4)	2.09.16(6)		
	Lars-Erik Larsson	SK Winner	41.64(9)	8.07.23(11)	2.12.20(8)		
	Per Moberg	Hagströms SK	44.38(17)	9.14.98(16)	2.24.96(16)		
	Markus Hjalmarsson	SK Winner	42.13(10)		2.18.62(13)		
	Matt Richardson	Sundsvalls SK	44.78(18)	dq	dq		
	Daniel Friberg	Motala AIF	38.74(3)				

Sundsvall 05/06-02-2011

HERRAR ALLROUND			500m	5000m	1500m	masstart	
1	Johan Røjler	SK Winner	38.69(1)	<u>7.17.63(1)</u>	<u>1.59.91(1)</u>	<u>15.44.4(1)</u>	169.643
2	Daniel Friberg	Motala AIF	38.95(2)	<u>7.34.17(3)</u>	2.01.32(2)	15.47.2(4)	172.167
3	Ola Røjler	SK Winner	39.64(3)	7.30.54(2)	2.03.32(3)	15.46.7(3)	173.135
4	David Andersson	Trollhättan	39.80(4)	7.36.94(4)	2.05.76(4)	15.45.1(2)	174.669
5	Martin Svanborg	Sollentuna	42.57(9)	7.50.71(5)	2.09.77(5)	15.48.6(7)	180.327
6	Erik Wetterdal	IF Thor	41.42(5)	8.08.57(12)	2.11.43(7)	15.49.0(11)	181.537
7	Hampus Larsson	Trollhättan	41.80(7)	8.00.86(7)	2.11.41(6)	16.08.3(13)	182.104
8	Anton Ekman	IF Thor	43.00(11)	7.58.99(6)	2.12.54(8)	15.48.6(7)	182.509
9	Joel Wisting	Hagström SK	42.02(8)	8.06.63(10)	2.14.70(10)	15.48.9(10)	183.028
10	David Hjalmarsson	Sthlm Speed	44.48(18)	8.04.12(8)	2.13.17(9)	15.48.2(5)	184.692
11	Emil Ström	Trollhättan	43.27(13)	8.07.35(11)	2.16.63(13)	15.48.7(9)	184.983
12	Matt Richardson	Sundsvall SK	45.30(19)	8.05.49(9)	2.16.50(12)	15.48.3(6)	186.764
13	Erik Bucht	IF Thor	42.72(10)	8.31.80(15)	2.15.72(11)	15.54.4(12)	186.860
14	Anders Olsson	SK Winner	44.46(17)	8.38.20(18)	2.17.16(14)	16.15.5(14)	190.775
15	Patric Wallström-Jonsson	Hagström SK	43.81(14)	8.33.63(16)	2.20.33(16)	16.35.1(16)	191.704
16	Johan Cerne	Sollentuna	47.80(22)	8.13.66(13)	2.23.01(17)	16.34.4(15)	194.556
17	Nils Kjellsson	IF Castor	46.57(20)	8.37.59(17)	2.23.81(19)		
18	Per Moberg	Hagström SK	44.38(16)	9.19.23(21)	2.23.12(18)		
19	Oskar Gudmundsson	IF Thor	44.25(15)	9.09.38(20)	2.26.68(21)		
20	Magnus Ek	SK Winner	47.33(21)	9.06.57(19)	2.25.98(20)		
	Lars-Erik Larsson	SK Winner	43.17(12)	dns	2.17.95(15)		
	Daniel Vestman	Hagström SK	41.64(6)	8.20.70(14)	dns		

Östersund-Nya Fyrvalla 28/29-01-2012

HERRAR ALLROUND		500m	5000m	1500m	masstart		
1	Johan Røjler	SK Winner	38.80(1)	7.21.13(1)	1.58.73(1)	16.07.8 (1)	170.879
2	Ola Røjler	SK Winner	39.69(2)	7.35.85(5)	2.01.96(2)	16.08.6 (3)	174.358
3	Sebastian Falk	Hagaström SK	39.89(3)	7.35.07(4)	2.02.51(3)	16.08.8 (4)	174.673
4	David Hjalmarsson	SK Winner	40.95(5)	7.34.23(3)	2.07.29(4)	16.09.8 (5)	177.293
5	Joel Wisting	Hagaström SK	41.87(7)	7.46.85(6)	2.11.58(7)	16.08.7 (2)	180.850
6	Daniel Vestman	Hagaström SK	40.61(4)	7.55.45(7)	2.08.11(5)	16.55.3 (7)	181.623
7	Matt Richardson	Sundsvall SK	43.33(12)	8.05.82(8)	2.13.49(9)	16.49.1 (6)	186.863
8	Anton Ekman	IF Thor	43.00(10)	8.09.65(10)	2.13.42(8)	16.55.3 (10)	187.203
9	Patric Wallström-Jonsson	Hagaström SK	42.71(9)	8.17.49(11)	2.17.87(10)	16.55.6 (8)	189.195
10	Anders Olsson	SK Winner	43.79(13)	8.19.89(12)	2.18.99(12)	17.15.6 (14)	191.889
11	Aart Mulder	Sundsvall SK	44.10(14)	8.36.30(15)	2.18.55(11)	16.55.0 (12)	192.663
12	Johan Cerne	Sollentuna	46.28(15)	8.25.53(13)	2.21.54(14)	16.55.4 (11)	194.783
13	Oskar Gudmundsson	IF Thor	43.00(10)	8.56.92(16)	2.24.23(15)	17.35.6 (15)	197.548
14	Nils Kjellsson	IF Castor	47.71(17)	8.30.10(14)	2.24.60(16)	16.55.2 (9)	197.680
15	Magnus Ek	SK Winner	46.46(16)	9.00.70(17)	2.21.10(13)	17.25.6 (13)	199.843
16	Fredrik Forsell	Trollhättan	41.14(6)	8.05.85(9)	2.10.57(6)	dns	
	Nils van der Poel	Trollhättan	42.02(8)	7.30.39(2)	dns		

Stockholm-Östermalm 29/30-12-2012

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	David Andersson	Trollhättan	39.17(1)	7.22.29(2)	1.58.34(2)	15.20.10(2)	168.850
2	Nils van der Poel	Trollhättan	40.87(5)	7.11.59(1)	2.03.72(4)	14.52.59(1)	169.898
3	Johan Røjler	SK Winner	39.73(2)	7.29.40(3)	1.57.76(1)	15.29.04(3)	170.375
4	Adam Axelsson	SK Winner	40.36(3)	7.30.12(4)	2.03.71(3)	15.52.18(5)	174.217
5	Hampus Larsson	Trollhättan	40.41(4)	7.34.95(5)	2.06.38(5)	15.50.29(4)	175.545
6	David Hjalmarsson	SK Winner	41.72(7)	7.35.38(6)	2.07.51(7)	15.52.42(6)	177.382
7	Ola Røjler	SK Winner	41.00(6)	8.04.52(7)	2.07.09(6)	16.38.82(8)	181.756
8	Matt Richardson	Sundsvall	43.46(9)	8.06.24(8)	2.12.24(8)	16.42.12(9)	186.270
9	Jan Bengtsson	IF Thor	46.02(16)	8.11.36(9)	2.13.41(10)	16.33.33(7)	189.292
10	Magnus Widmark	Pite-Älvdal	43.86(14)	8.35.23(12)	2.12.65(9)	17.41.03(10)	192.650
11	Patric Wallström-Jonsson	Hagaström	43.86(14)	8.30.90(10)	2.17.13(14)	17.41.26(11)	193.723
12	Gustav Åkesson	Motala AIF	43.80(13)	8.34.89(11)	2.15.86(12)	17.52.99(12)	194.224
13	Aart Mulder	Sundsvall	43.76(11)	8.40.59(14)	2.14.59(11)	18.01.55(13)	194.759
14	Björn Seifert	IF Thor	43.49(10)	8.38.21(13)	2.16.02(13)	18.15.21(14)	195.411
15	Rickard Garbell	Sundsvall	43.41(8)	8.48.89(15)	2.20.53(16)	18.23.06(15)	198.295
	Michael Gilbert	Södermalm	43.78(12)	8.49.22(16)	2.17.49(15)	dns	

Uppsala 21/22-12-2013

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	David Andersson	SK Trollhättan	38.39(1)	7.26.56(2)	2.02.31(2)	15.52.12(3)	171.422
2	Nils van der Poel	SK Trollhättan	40.73(6)	7.16.50(1)	2.05.13(3)	15.20.36(1)	172.108
3	Hampus Larsson	SK Trollhättan	39.48(3)	7.41.48(3)	2.06.38(4)	15.48.92(2)	175.200
4	Johan Røjler	SK Winner	39.47(2)	7.42.36(4)	2.01.77(1)	16.42.15(7)	176.403
5	Erik Wetterdal	IF Thor	40.67(5)	7.56.11(5)	2.06.63(5)	16.18.56(5)	179.419
6	David Hjalmarsson	SK Winner	40.85(8)	7.56.83(6)	2.08.25(6)	16.14.79(4)	180.022
7	Fredrik Forsell	SK Trollhättan	40.27(4)	8.06.49(8)	2.10.96(7)	17.49.93f(10)	186.068
8	Björn Seifert	IF Thor	42.63(12)	8.12.05(9)	2.12.96(8)	17.00.87(8)	187.198
9	Matt Richardson	Sundsvalls SK	44.06(15)	8.05.19(7)	2.14.50(11)	16.40.87(6)	187.455
10	Wilhelm Ekensskär	SK Trollhättan	43.65(14)	8.15.89(10)	2.13.67(9)	17.37.86(9)	190.688
11	Magnus Widmark	Pite-Älvdal	42.35(9)	8.29.97(11)	2.14.27(10)	18.07.47(12)	192.476
12	Kevin Mercanton	Södermalms IK	42.37(10)	8.37.99(15)	2.15.63(12)	18.09.10(13)	193.834
13	Michael Gilbert	Södermalms IK	42.57(11)	8.36.49(14)	2.17.30(13)	18.18.89(14)	194.929
14	Johan Cerne	Sollentuna SS	54.21f(16)	8.36.22(13)	2.21.17(14)	17.58.46(11)	206.811
	Gustav Åkesson	Motala AIF	43.13(13)	8.34.02(12)	2.22.19(15)	dnf	
	Daniel Vestman	Hagaströms SK	40.76(7)	dnf	dns		

Göteborg-Rudhallen 24/25-01-2015

HERRAR ALLROUND		500m	5000m	1500m	10000m		
1	David Andersson	SK Winner	38.29(1)	7.18.05(1)	2.01.08(1)	15.14.40(1)	168.175
2	Hampus Larsson	SK Trollhättan	39.35(2)	7.20.14(2)	2.03.12(3)	15.20.85(2)	170.446
3	David Hjalmarsson	SK Winner	40.75(4)	7.29.79(3)	2.04.77(4)	15.33.86(3)	174.012
4	Erik Wetterdal	IF Thor	39.88(3)	7.48.04(4)	2.02.87(2)	16.08.97(4)	176.088
	Gustav Åkesson	Motala AIF	41.36(5)	8.41.87(5)	2.10.50(5)	dnf	