

Rydboholms SK Natt 2012-01-12

Herrar 5000 meter 12 start

| | | | |
|---|-------------------|----------------|-------|
| 1 | Mats Kindlund | OK Tranan | 54.16 |
| 5 | Tomas Tranberg | Markbygdens OK | 55.56 |
| 6 | Torgny Pettersson | Markbygdens OK | 56.00 |
| 7 | Lennart Karlsson | Markbygdens OK | 56.15 |

Herrar 2000 meter 4 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Olle Sörqvist | Markbygdens OK | 21.55 |
| 4 | Totte Holm | Markbygdens OK | 38.06 |

Antalya Turkiet Utland Sprint 2012-02-03

H60

| | | | |
|---|------------|----------------|-------|
| 1 | Okänd | Sverige | 0.00 |
| 3 | Totte Holm | Markbygdens OK | 11.44 |

Antalya Turkiet Utland Natt 2012-02-03

H60

| | | | |
|---|------------|----------------|-------|
| 1 | Okänd | Sverige | 0.00 |
| 3 | Totte Holm | Markbygdens OK | 57.75 |

Antalya Turkiet Utland Medel 2012-02-04

H60

| | | | |
|---|------------|----------------|-------|
| 1 | Okänd | Sverige | 0.00 |
| 3 | Totte Holm | Markbygdens OK | 36.52 |

OL-teamet Olofström Natt 2012-02-09

OK Mark Natt 2012-03-01

Damer 3500 meter 8 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Sara Kindlund | OK Tranan | 51.11 |
| 7 | Anne Udd | Markbygdens OK | 61.48 |

Damer 5000 meter start

| | | | |
|---|----------------|----------------|-------|
| 1 | Elin Högstrand | Markbygdens OK | 56.49 |
|---|----------------|----------------|-------|

Herrar 2500 meter 3 start

| | | | |
|---|-------------------|----------------|-------|
| 1 | Jonas Lennartsson | Rydboholms SK | 42.55 |
| 3 | Totte Holm | Markbygdens OK | 74.48 |

Herrar 5000 meter 10 start

| | | | |
|---|------------------|-----------------|-------|
| 1 | Stefan Lund | OK Orinto 45:56 | 45.56 |
| 2 | Lennart Karlsson | Markbygdens OK | 49.45 |
| 4 | Martin Frisk | Markbygdens OK | 52.18 |

Herrar 8000 meter 7 start

| | | | |
|---|--------------------|----------------|-------|
| 1 | Markus Larsson | Hestra IF | 59.39 |
| 3 | Fredrik Herdersson | Markbygdens OK | 60.23 |
| 7 | Niklas Frisk | Markbygdens OK | 95.43 |

OK Pan Natt 2012-03-02

H50 5500 m 25 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Andres Laas | OK Skogshjortarn | 29.36 |
| 18 | Tomas Tranberg | Markbygdens OK | 45.51 |

H75 3500 m 2 start
1 Totte Holm Markbygdens OK 56.04 G

OK Pan Medel 2012-03-03

D18 3630 m 33 start
1 Aina Edgren Trollhättans SOK 24.40
23 Lisa Wallin Markbygdens OK 34.50 S

H50 3860 m 35 start
1 Lars-Gunnar Nilsson Eksjö SOK 2 24.28
13 Tomas Tranberg Markbygdens OK 30.50 S
26 Lars Eriksson Markbygdens OK 37.49 B

H60 3690 m 35 start
1 Agne Bengtsson OK Kompassen 28.06
3 Håkan Andersson Markbygdens OK 30.35 G

H75 2970 m 13 start
1 Gunnar Nilsson Härlövs IF 30.34
10 Totte Holm Markbygdens OK 47.54

Öppen 1 2140 m 10 start
1 Anna Johansson Laholms IF OK 19.37
8 Anne Klint Markbygdens OK 42.23

OK Pan Lång 2012-03-04

H50 6000 m 30 start
1 Lars-Gunnar Nilsson Eksjö SOK 4 40.26
12 Tomas Tranberg Markbygdens OK 51.45 S
22 Lars Eriksson Markbygdens OK 69.27

H60 5100 m 32 start
1 Agne Bengtsson OK Kompassen 39.23
14 Håkan Andersson Markbygdens OK 49.16 S

H75 3700 meter 13 start
1 Gunnar Nilsson Härlövs IF 39.50
11 Totte Holm Markbygdens OK 67.58

Almby IK Medel 2012-03-07

Herrar Långa banan 8730 m 22 start
1 Johan Ek-Larsson SNO 57.20
8 Simon Skogman Markbygdens OK 62.30

OK Lindena Natt 2012-03-09

D14 3380 meter 19 start
1 Elin Granstedt IK Hakarpspojkar 23.20
7 Klara Axelsson Markbygdens OK 32.02

H14 3520 meter 18 start
1 Albin Andersson Tullinge SK 23.06
2 Felix Axelsson Markbygdens OK 23.40

H45 4990 meter 30 start
1 Magnus Johansson OK Löftan 35.13
18 Johan Mars Markbygdens OK 49.22 S

D50 3220 meter 16 start
1 Christina Söderblom Ätrands IF 30.40
2 Anne Udd Markbygdens OK 30.52 G

H50 4900 meter 20 start
1 Rikard Imark Tullinge SK 31.56
10 Tomas Tranberg Markbygdens OK 41.17 S

H60 3810 meter 19 start
1 Torgny Pettersson Markbygdens OK 31.49 G

Öppen 1 2310 meter 8 start
1 Sara Erlandsson OK Vivill 36.39
2 Lizkulla Pettersson Markbygdens OK 36.41 B

Öppen 3 2900 meter 6 start
1 Tom Wahlgren Sarpsborg OL 30.58

Laholms IF Medel 2012-03-10

H75 3070 meter 13 start
1 Torild Bornetun Skillingaryds FK 32.33
4 Lennart Östanbäck Markbygdens OK 36.01 G

Öppen 7 3230 meter 44 start
1 Albin Schurmann Hylte OK 32.56
6 Per Knubbe Markbygdens OK 36.05 B

Öppen 8 4660 meter 31 start
1 Petter Jönsson Järla Orienterin 28.05
6 Johan Knubbe Markbygdens OK 35.17 B

OK Vendelboerne Danmark Lång Utland 2012-03-10

H-20E 10025 m 77 start
1 Jens Wängdahl Nyköpings OK 60.44
2 Johan Högstrand Markbygdens OK 61.07

OK Vendelboerne Danmark Medel Utland 2012-03-11

H-20E 5475 m 76 start
1 Johan Högstrand Markbygdens OK 32.11

Halmstads OK Lång 2012-03-11

H20 7090 meter 28 start
1 Philip Pålsson Skåneslättens OL 49.41
8 Simon Skogman Markbygdens OK 56.51 S

H18 6510 meter 27 start
1 Anders Felde Olaussen Halden 45.07
20 Erik Persson Markbygdens OK 68.06 B

H60 4790 meter 33 start
1 Stig Gustafsson Bredaryds SOK 38.18
2 Torgny Pettersson Markbygdens OK 39.32 G

H65 4150 meter 42 start
1 Anders Björnberg Frölunda OL 33.03
27 Lars-Göran Molin Markbygdens OK 47.33 S

Öppen 5 3590 meter 44 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Andreas Lindberg | Pruth IK | 32.24 |
| 38 | Lizkulla Pettersson | Markbygdens OK | 60.09 |

Öppen 8 3970 meter 25 start

| | | | |
|---|-----------------|------------------|-------|
| 1 | Anders Carlsson | Göteborg-Majorna | 31.58 |
| 9 | Arne Persson | Markbygdens OK | 45.02 |

OK Tranan Natt 2012-03-15

H21 7210 meter 8 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Rickard Börjesson | Hestra IF | 44.47 |
| 4 | Fredrik Herdersson | Markbygdens OK | 46.41 G |

H18 5430 meter 3 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Einar Nordgren | Hestra IF | 41.43 |
| 2 | Niklas Frisk | Markbygdens OK | 43.06 G |

D14 3440 meter 5 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Lisa Johansson | OK Tranan | 27.55 |
| 2 | Klara Axelsson | Markbygdens OK | 28.11 |

H14 3440 meter 3 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Eric Jansson | OK Tranan | 27.49 |
| 2 | Felix Axelsson | Markbygdens OK | 27.51 |

H45 5430 meter 3 start

| | | | |
|---|------------|----------------|---------|
| 1 | Johan Mars | Markbygdens OK | 44.53 G |
|---|------------|----------------|---------|

D50 3440 meter 1 start

| | | | |
|---|----------|----------------|---------|
| 1 | Anne Udd | Markbygdens OK | 35.13 G |
|---|----------|----------------|---------|

H50 5430 meter 5 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Jörgen Ivarsson | Hestra IF | 42.29 |
| 2 | Tomas Tranberg | Markbygdens OK | 51.31 S |

H60 5430 meter 2 start

| | | | |
|---|---------------|----------------|---------|
| 1 | Bo Herdersson | Markbygdens OK | 45.47 G |
|---|---------------|----------------|---------|

H75 3440 meter 1 start

| | | | |
|---|------------|----------------|---------|
| 1 | Totte Holm | Markbygdens OK | 94.12 G |
|---|------------|----------------|---------|

Härlövs IS Medel 2012-03-17

H60 3620 meter 20 start

| | | | |
|---|-------------------|------------------|---------|
| 1 | Göran Johnsson | Skåneslättens OL | 32.15 |
| 2 | Torgny Pettersson | Markbygdens OK | 32.59 G |

Öppen 5 3970 meter 27 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Robert Bertilsson | Lunds OK | 45.44 |
| 25 | Lizkulla Pettersson | Markbygdens OK | 86.11 |

Monaco Open Utland 2012-03-17

H50 7 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Sigurd Dähli | Norge | 17.51 |
| 3 | Lars Eriksson | Markbygdens OK | 23.48 |

Härlövs IS Lång 2012-03-18

H60 5130 meter 23 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Torgny Pettersson | Markbygdens OK | 43.43 G |
|---|-------------------|----------------|---------|

Öppen 4 5190 meter 10 start
1 Björn Fredriksson Mö er OK Ko 47.13
9 Lizkulla Pettersson Markbygdens OK 88.29

Corsica Grand Prix Utland 2012-03-20

H50 2300 meter 6 start
1 Ulf Burman Sverige 20.26
6 Lars Eriksson Markbygdens OK 31.43

Sardinien Grand Prix Utland 2012-03-21

H50 4000 meter 7 start
1 Ulf Burman Sverige 29.31
6 Lars Eriksson Markbygdens OK 45.13

Rom Italien Utland 2012-03-23

H50 3800 meter 20 start
1 Jörgen Mårtensson Modum O-lag 19.45
18 Lars Eriksson Markbygdens OK 40.07

OK Orion Medel 2012-03-24

H55 3500 meter 16 start
1 Lennart Kalen SOK Viljan 25.54
12 Mikael Bodén Markbygdens OK 37.07 B

H60 3400 meter 16 start
1 Stig Gustafsson Bredaryds SOK 24.01
2 Torgny Pettersson Markbygdens OK 26.28 G

Öppen 5 3000 meter 27 start
1 Mattias Gunnarsson Bredaryds SOK 23.59
8 Lizkulla Pettersson Markbygdens OK 47.19

Rom Italien Utland 2012-03-25

H50 3600 meter 20 start
1 Jörgen Mårtensson Modum O-lag 20.03
20 Lars Eriksson Markbygdens OK 32.21

OK Orion Lång 2012-03-25

H60 5300 meter 16 start
1 Stig Gustafsson Bredaryds SOK 36.58
2 Torgny Pettersson Markbygdens OK 48.48 S

Öppen 5 3600 meter 21 start
1 Jonas Svensson OK Skogsfalken 26.48
20 Lizkulla Pettersson Markbygdens OK 59.26

FK Friskus Medel 2012-03-25

H16 4470 meter 6 start
1 John Gabrielsson Sävedalens AIK 30.14
5 Klas Udd Markbygdens OK 38.39

D14 3070 meter 8 start
1 Emelie Udd Markbygdens OK 25.53

| | | | |
|-----------------------------------|----------------------|------------------|---------|
| H12 2560 meter 11 start | | | |
| 1 | Tim Johansson | FK Friskus-Varbe | 17.15 |
| 6 | Petter Leibe-Bergste | Markbygdens OK | 26.55 |
| H35 7060 meter 12 start | | | |
| 1 | Daniel Olsson | Dalsjöfors GOIF | 42.44 |
| 8 | Martin Udd | Markbygdens OK | 56.31 S |
| 9 | Mikael Bergstedt | Markbygdens OK | 57.22 S |
| H55 4470 meter 20 start | | | |
| 1 | Tomas Georgsson | OK Nackhe | 28.24 |
| 9 | Sören Kaspersson | Markbygdens OK | 35.08 S |
| 13 | Håkan Andersson | Markbygdens OK | 37.12 S |
| H65 3620 meter 19 start | | | |
| 1 | Per-Arne Johansson | Vänersborgs SK | 34.33 |
| 2 | Lars-Göran Molin | Markbygdens OK | 35.11 G |
| 9 | Rune Arvidsson | Markbygdens OK | 46.44 S |
| 14 | Pär-Erik Johansson | Markbygdens OK | 50.58 B |
| H12 2560 meter 11 anmälda | | | |
| 1 | Tim Johansson | FK Friskus-Varbe | 17.15 |
| 6 | Petter Leibe-Bergste | Markbygdens OK | 26.55 |
| D55 3080 meter 14 anmälda | | | |
| 1 | Ingela Nelsén | Falkenberg OK | 28.04 |
| 12 | Marita Larsson | Markbygdens OK | 53.44 |
| H14 3070 meter 5 anmälda | | | |
| 1 | Magnus D Johansson | OK Löftan | 31.47 |
| 2 | Axel Lomander | Markbygdens OK | 37.57 |
| OK Skogshjortarna Natt 2012-03-30 | | | |
| ----- | | | |
| H21 Lång 10710 meter 77 start | | | |
| D18 3990 meter 8 start | | | |
| 1 | Frida Brogren | Kungälv OK | 41.46 |
| 2 | Elin Högstrand | Markbygdens OK | 42.06 G |
| H18 5220 meter 12 start | | | |
| 1 | Björn Cederberg | Vänersborgs SK | 33.59 |
| 2 | Pontus Karlsson | Markbygdens OK | 38.48 S |
| 10 | Erik Persson | Markbygdens OK | 49.44 B |
| D14 3180 meter 4 start | | | |
| 1 | Klara Ask | Markbygdens OK | 29.27 |
| H45 5600 meter 16 start | | | |
| 1 | Jan Hindér | Tolered-Utby Ol- | 48.57 |
| 3 | Johan Mars | Markbygdens OK | 50.38 G |
| D50 3220 meter 5 start | | | |
| 1 | Jane Johansson | Istrums SK | 32.15 |
| 3 | Anne Udd | Markbygdens OK | 38.24 S |
| H50 5220 meter 9 start | | | |
| 1 | Torsten Backteman | Lerums SOK | 40.49 |
| 5 | Tomas Tranberg | Markbygdens OK | 51.21 S |
| H55 4380 meter 9 start | | | |
| 1 | Lennart Karlsson | Markbygdens OK | 43.21 G |
| H60 3990 meter 4 start | | | |

| | | | |
|---|----------------------|----------------|---------|
| 1 | Carl-Henry Andersson | OK Orinto | 39.19 |
| 2 | Torgny Pettersson | Markbygdens OK | 42.27 G |
| 3 | Bo Herdersson | Markbygdens OK | 42.53 G |

H65 3600 meter 10 start

| | | | |
|---|--------------------|----------------|-------|
| 1 | Dag Lorén | OK Frisene | 44.23 |
| 9 | Pär-Erik Johansson | Markbygdens OK | 81.29 |

Öppen 5 3610 meter 21 start

| | | | |
|---|-------------|----------------|---------|
| 1 | Fredrik Ask | Markbygdens OK | 36.29 B |
|---|-------------|----------------|---------|

Tolereds AIK Medel 2012-03-31

H18 4110 meter 15 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Pontus Karlsson | Markbygdens OK | 30.29 G |
| 11 | Niklas Frisk | Markbygdens OK | 40.29 S |

D16 3100 meter 16 start

| | | | |
|---|----------------------|------------------|-------|
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 26.32 |
| 9 | Hanna Karlsson | Markbygdens OK | 35.42 |

H16 3300 meter 20 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Oskar Lindqvist | Sävedalens AIK | 25.26 |
|---|-----------------|----------------|-------|

D14 2810 meter 27 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Vilma Blennow | Falköpings AIK | 20.05 |
| 7 | Klara Axelsson | Markbygdens OK | 26.28 |

H14 2910 meter 20 start

| | | | |
|---|--------------------|------------------|-------|
| 1 | Andreas Gustafsson | IK Hakarpspojkar | 22.42 |
| 5 | Felix Axelsson | Markbygdens OK | 27.54 |

H12 2390 meter 18 start

| | | | |
|---|----------------------|------------------|-------|
| 1 | Filip Johansson | Trollhättans SOK | 17.20 |
| 8 | Petter Leibe-Bergste | Markbygdens OK | 25.17 |
| 9 | Olle Leibe-Bergstedt | Markbygdens OK | 26.25 |

D10 2080 meter 11 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Märta Ljungberg | Sjövalla FK | 19.12 |
| 11 | Elsa Ek | Markbygdens OK | 45.35 |

D45 3060 meter 15 start

| | | | |
|---|---------------|----------------|---------|
| 1 | Lena Karlsson | Markbygdens OK | 29.20 G |
|---|---------------|----------------|---------|

H50 3390 meter 31 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Per-Arne Wahlgren | Sjövalla FK | 25.49 |
| 27 | Jonas Karlsson | Markbygdens OK | 42.57 |

D55 3080 meter 9 start

| | | | |
|---|-------------------|----------------|-------|
| 1 | Kerstin Andersson | Ryda SK | 30.39 |
| 6 | Marita Larsson | Markbygdens OK | 54.27 |

H55 3390 meter 24 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Ulf Palmér | Ulricehamns OK | 24.51 |
| 19 | Mikael Bodén | Markbygdens OK | 40.38 |
| 21 | Stig-Ove Djurbäck | Markbygdens OK | 45.14 |

H75 2810 meter 9 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Ingemar Alfredsson | IK Uven | 36.35 |
| 6 | Lennart Östanbäck | Markbygdens OK | 47.36 S |

Öppen 5 3490 meter 45 start

| | | | |
|----|------------------|----------------|---------|
| 1 | Roger Hallgren | IFK Göteborg | 32.08 |
| 2 | David Djurbäck | Markbygdens OK | 35.32 B |
| 11 | Rebecca Djurbäck | Markbygdens OK | 50.19 |
| 29 | Gun Frisk | Markbygdens OK | 72.27 |

Öppen 7 3010 meter 43 start

| | | | |
|----|------------------|----------------|-------|
| 1 | Thomas Kullander | Sävedalens AIK | 25.46 |
| 26 | Jörgen Frisk | Markbygdens OK | 46.20 |
| 37 | Anna Ek | Markbygdens OK | 59.25 |

OK Tor Lång 2012-03-31

H70 3930 meter 14 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Kuno Österlund | Västerås SOK | 33.40 |
| 5 | Rune Arvidsson | Markbygdens OK | 43.36 S |

Sjövalla IK Lång 2012-04-01

H21 8180 meter 58 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Jonas Pilblad | IFK Göteborg | 57.34 |
| 4 | Johan Högstrand | Markbygdens OK | 63.04 G |
| 24 | Albin Andersson | Markbygdens OK | 75.00 S |

D18 4150 meter 23 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Felicia Stuhlhofer | OK Landehof | 43.09 |
| 9 | Elin Högstrand | Markbygdens OK | 49.32 S |

H18 5310 meter 25 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Björn Cederberg | Vänersborgs SK | 40.00 |
| 18 | Erik Persson | Markbygdens OK | 54.24 S |
| 23 | Niklas Frisk | Markbygdens OK | 58.38 B |

H16 4880 meter 23 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Heino Ollin | Sävedalens AIK | 46.08 |
| 3 | Klas Udd | Markbygdens OK | 48.18 |
| 9 | Ivar Sörqvist | Markbygdens OK | 54.36 |

D14 3330 meter 30 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Kerstin Wadman | Göteborg-Majorna | 28.15 |
| 9 | Klara Ask | Markbygdens OK | 41.37 |
| 12 | Klara Axelsson | Markbygdens OK | 43.57 |
| 14 | Emelie Udd | Markbygdens OK | 45.16 |

H14 3330 meter 28 start

| | | | |
|----|----------------------|------------------|-------|
| 1 | Elias Bäcklund-Ekval | Trollhättans SOK | 29.06 |
| 5 | Felix Axelsson | Markbygdens OK | 31.52 |
| 19 | Axel Lomander | Markbygdens OK | 48.15 |
| 25 | Olle Sörqvist | Markbygdens OK | 59.52 |

H12 3140 meter 24 start

| | | | |
|----|----------------------|----------------|-------|
| 1 | Hugo Djurstedt | Eksjö SOK | 30.40 |
| 3 | Axel Åkesson | Markbygdens OK | 33.02 |
| 6 | Petter Leibe-Bergste | Markbygdens OK | 36.17 |
| 17 | Olle Leibe-Bergstedt | Markbygdens OK | 52.48 |
| 21 | Hugo Lomander | Markbygdens OK | 61.32 |

H35 6680 meter 14 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Martin Pettersson | Sävedalens AIK | 60.15 |
| 12 | Martin Udd | Markbygdens OK | 90.40 B |

D40 4150 meter 18 start

| | | | |
|-----------------------------|----------------------|------------------|---------|
| 1 | Anna Eriksson | OK Landehof | 44.33 |
| 15 | Jeanette Sigenstam | Markbygdens OK | 67.56 |
| H40 6160 meter 33 start | | | |
| 1 | Peter Jacobsson | IK Hakarpspojkar | 49.09 |
| 26 | Fredrik Ask | Markbygdens OK | 78.15 |
| D45 3790 meter 23 start | | | |
| 1 | Malin Årebäck | Göteborg-Majorna | 40.16 |
| 19 | Helena Andersson | Markbygdens OK | 73.25 |
| H45 5310 meter 48 start | | | |
| 1 | Håkan Svensson | Bredaryds SOK | 42.01 |
| 4 | Bertil Åkesson | Markbygdens OK | 47.20 G |
| H55 4580 meter 26 start | | | |
| 1 | Ulf Palmér | Ulricehamns OK | 44.07 |
| 9 | Lennart Karlsson | Markbygdens OK | 52.56 S |
| 14 | Sören Kaspersson | Markbygdens OK | 63.31 B |
| H60 4150 meter 24 start | | | |
| 1 | Carl-Henry Andersson | OK Orinto | 43.50 |
| 2 | Bo Herdersson | Markbygdens OK | 45.48 G |
| 4 | Torgny Pettersson | Markbygdens OK | 47.03 G |
| H65 3790 meter 35 start | | | |
| 1 | Kalle Johansson | OK Skogshjortarn | 38.21 |
| 30 | Pär-Erik Johansson | Markbygdens OK | 67.41 |
| H70 3340 meter 24 start | | | |
| 1 | Ivan Andersson | Markbygdens OK | 38.39 G |
| H75 2900 meter 14 start | | | |
| 1 | Lennart Bernhed | Tolered-Utby Ol- | 38.14 |
| Inskol 1350 meter 43 start | | | |
| | Einar Sörqvist | Markbygdens OK | Godkänd |
| U1 2280 meter 25 start | | | |
| 1 | Filippa Fagerström | IFK Göteborg | 16.58 |
| 22 | Elving Lomander | Markbygdens OK | 35.57 |
| Öppen 3 3190 meter 36 start | | | |
| 1 | Leif Rylander | Markbygdens OK | 30.58 B |
| 30 | Eva-Maj Johansson | Markbygdens OK | 89.39 |
| Öppen 5 3020 meter 50 start | | | |
| 1 | Inger Gustås | Linköpings OK | 36.26 |
| 23 | Stellan Helgesson | Markbygdens OK | 61.10 |
| Öppen 8 3790 meter 66 start | | | |
| 1 | Mikael Eliasson | Göteborg-Majorna | 29.18 |
| 7 | Niclas Andersson | Markbygdens OK | 39.37 |
| 26 | Hanna Karlsson | Markbygdens OK | 50.26 |
| 28 | Lena Karlsson | Markbygdens OK | 50.53 |
| 30 | Urban Sörqvist | Markbygdens OK | 51.19 |
| 44 | Lars Eriksson | Markbygdens OK | 59.05 |
| 54 | Ulla Niklasson | Markbygdens OK | 68.41 |
| IK Gandvik Natt 2012-04-05 | | | |
| ----- | | | |
| H50 5480 meter 26 start | | | |
| 1 | Lars Mattsson | OK Kåre | 35.35 |
| 6 | Tomas Tranberg | Markbygdens OK | 40.22 S |

H60 5130 meter 15 start
1 Torngny Pettersson Markbygdens OK 38.13 G

H14 3700 meter 15 start
1 Elias Bäcklund-Ekval Trollhättans SOK 21.12
4 Felix Axelsson Markbygdens OK 21.17

D14 3400 meter 28 start
1 Kerstin Wadman Göteborg-Majorna 20.10
10 Klara Ask Markbygdens OK 23.12
19 Klara Axelsson Markbygdens OK 24.22
21 Emelie Udd Markbygdens OK 25.53

H16 4300 meter 21 start
1 Vegard Rønning Huber Tynset 29.04
8 Klas Udd Markbygdens OK 31.43

D16 4300 meter 30 start
1 Erica Edman Korsnäs IF 26.32
4 Hanna Karlsson Markbygdens OK 28.17

IK Gandvik Medel 2012-04-06

D16 2340 meter 40 start
1 Johanna Öberg Ryda SK 13.43
5 Hanna Karlsson Markbygdens OK 14.44

H16 2620 meter 32 start
1 Simon Hector Snättringe SK 11.57
4 Klas Udd Markbygdens OK 14.00

D14 2180 meter 36 start
1 Vilma Blennow Falköpings AIK 12.17
9 Klara Ask Markbygdens OK 15.15
11 Klara Axelsson Markbygdens OK 15.41
12 Emelie Udd Markbygdens OK 15.57

H14 2260 meter 24 start
1 Elias Bäcklund-Ekval Trollhättans SOK 13.29
4 Felix Axelsson Markbygdens OK 14.32

H35 2840 meter 7 start
1 Patrik Carlbom Ulricehamns OK 18.26
4 Martin Udd Markbygdens OK 21.35 S

D40 2340 meter 13 start
1 Jenny Nyman Vänersborgs SK 14.49
4 Jeanette Sigenstam Markbygdens OK 16.54 S
6 Marina Axelsson Markbygdens OK 18.57 S

H40 2700 meter 19 start
1 Patrik Svantesson Trollhättans SOK 15.30
4 Fredrik Ask Markbygdens OK 16.27 G

IK Dran Medel 2012-04-06

D21 3820 meter 29 start
1 Tove Alexandersson Stora Tuna 24.45
29 Tove Udd Markbygdens OK 50.14

| | | | |
|---------|---------------------|------------------|---------|
| H21 | 4890 meter 36 start | | |
| 1 | Ingvar Åkesson | IK Hakarpspojkar | 29.41 |
| 18 | Simon Skogman | Markbygdens OK | 37.54 S |
| 32 | Joel Udd | Markbygdens OK | 47.11 |
| H12 | 2800 meter 11 start | | |
| 1 | Axel Åkesson | Markbygdens OK | 24.15 |
| H40 | 3990 meter 24 start | | |
| 1 | Jan Lager | Halmstad OK | 27.29 |
| 7 | Martin Svensson | Markbygdens OK | 31.28 S |
| D50 | 3090 meter 12 start | | |
| 1 | Anne Udd | Markbygdens OK | 31.36 G |
| H50 | 3620 meter 21 start | | |
| 1 | Rolf Wikström | OK Tyr | 28.04 |
| 16 | Lars Eriksson | Markbygdens OK | 41.57 B |
| H55 | 3490 meter 11 start | | |
| 1 | Lennart Karlsson | Markbygdens OK | 29.04 G |
| H65 | 3160 meter 23 start | | |
| 1 | Stefan G Larsson | OK Njudung | 25.22 |
| 6 | Lars-Göran Molin | Markbygdens OK | 33.01 S |
| 9 | Per-Olof Andersson | Markbygdens OK | 35.03 S |
| 22 | Pär-Erik Johansson | Markbygdens OK | 48.49 |
| H70 | 2880 meter 14 start | | |
| 1 | Ivan Andersson | Markbygdens OK | 26.19 G |
| 5 | Rune Arvidsson | Markbygdens OK | 33.38 S |
| H75 | 2700 meter 5 start | | |
| 1 | Roland Aasa | IK Uven | 30.52 |
| 2 | Håkan Skogum | Markbygdens OK | 32.09 G |
| H80 | 2470 meter 5 start | | |
| 1 | Bertil Johansson | Markbygdens OK | 34.38 G |
| U1 | 1750 meter 11 start | | |
| 1 | Oscar Wall | Göteborgs SK | 15.45 |
| 7 | Albin Ryberg | Markbygdens OK | 23.28 |
| 9 | Matilda Ryberg | Markbygdens OK | 23.36 |
| Öppen 1 | 2240 meter 5 start | | |
| 9 | Matilda Ryberg | Markbygdens OK | 23.36 |
| 3 | Anders Andersson | Markbygdens OK | 28.38 |
| Öppen 3 | 2940 meter 17 start | | |
| 1 | Johan Jögård | OK Nackhe | 26.33 |
| 11 | Totte Holm | Markbygdens OK | 47.34 |
| 13 | Sara Andersson | Markbygdens OK | 58.29 |
| 16 | Karina Ryberg | Markbygdens OK | 78.38 |
| Öppen 5 | 3330 meter 24 start | | |
| 1 | Malin Eriksson | OK Tranan | 33.47 |
| 16 | Åsa Dryselius | Markbygdens OK | 66.26 |
| 20 | Fredrik Harrysson | Markbygdens OK | 75.27 |
| Öppen 7 | 3140 meter 33 start | | |
| 1 | Mia Dammvik | Stora Tuna | 28.41 |

7 Rolf Hermansson Markbygdens OK 34.26 B

OK Nackhe Medel 2012-04-07

H20 3400 meter 9 start

1 Simon Skogman Markbygdens OK 25.57 G

H12 2230 meter 9 start

1 Tim Johansson FK Friskus-Varbe 20.44

4 Axel Åkesson Markbygdens OK 25.23

H45 3440 meter 16 start

1 Jonas Hansson FK Friskus-Varbe 25.41

2 Bertil Åkesson Markbygdens OK 27.12 G

H50 3400 meter 17 start

1 Jan-Olof Svensson Halmstad OK 28.23

17 Lars Eriksson Markbygdens OK 43.27 B

H55 2940 meter 13 start

1 Björn Karlsson Halmstad OK 30.10

3 Sören Kaspersson Markbygdens OK 31.28 G

D65 1940 meter 10 start

1 Gunnel Svensson IK Ymer 28.17

4 Kerstin Johansson Markbygdens OK 38.01 S

H65 2390 meter 18 start

1 Ingvar Bergman OK Tranan 22.27

14 Pär-Erik Johansson Markbygdens OK 36.03

H70 2360 meter 13 start

1 Rolf Jakobsson Alfta-Ösa OK 28.33

10 Stig Johansson Markbygdens OK 42.43 B

D80 1900 meter 2 start

1 Bernice Antonsson FK Friskus-Varbe 61.22

2 Gunvor Håkansson Markbygdens OK 69.33 S

H80 1900 meter 5 start

1 Carl-Henrik Hallberg IK Uven 32.38

3 Bertil Johansson Markbygdens OK 37.30 S

U1 2490 meter 11 start

1 Sofia Karlsson Hestra IF 22.24

3 Anton Blomqvist Markbygdens OK 25.26

6 Lisa Åkesson Markbygdens OK 37.37

7 Erika Åkesson Markbygdens OK 37.38

Öppen 3 2870 meter 23 start

1 Anna Greilert Haninge SOK 46.39

13 Åke Ekberg Markbygdens OK 73.27

19 Marita Johansson Markbygdens OK 86.25

Öppen 5 3440 meter 34 start

1 Mattis Hallberg IK Uven 36.34

20 Åsa Dryselius Markbygdens OK 56.53

Främmestads IK Lång 2012-04-07

H2 3690 meter 61 start

| | | | |
|-------------------------------|----------------------|------------------|---------|
| 1 | Fredrik Johansson | IFK Lidingös | 87.35 |
| H20 Elit 10180 meter 18 start | | | |
| 1 | Eskil Kinneberg | IFK Göteborg | 77.47 |
| 2 | Albin Andersson | Markbygdens OK | 79.19 G |
| D21 Ko 4820 meter 12 start | | | |
| 1 | Lisa Pettersson | OK Kolmården | 54.39 |
| 6 | Tove Udd | Markbygdens OK | 69.59 S |
| H20 6450 meter 6 start | | | |
| 1 | Albin Liljeqvist | Stigsökarna 1:11 | 71.09 |
| 2 | Joel Udd | Markbygdens OK | 71.33 G |
| D16 4870 meter 44 start | | | |
| 1 | Josefine Kristiansso | Trollhättans SOK | 44.41 |
| 15 | Hanna Karlsson | Markbygdens OK | 63.42 |
| H16 5780 meter 40 start | | | |
| 1 | Filip Grahn | Hestra IF | 42.05 |
| 20 | Ivar Sörqvist | Markbygdens OK | 61.40 |
| D14 4020 meter 47 start | | | |
| 1 | Vilma Blennow | Falköpings AIK | 30.58 |
| 6 | Klara Axelsson | Markbygdens OK | 38.59 |
| 28 | Klara Ask | Markbygdens OK | 54.45 |
| H14 4190 meter 29 start | | | |
| 1 | Victor Helgesson | Hestra IF | 34.41 |
| 10 | Felix Axelsson | Markbygdens OK | 44.23 |
| 21 | Olle Sörqvist | Markbygdens OK | 64.33 |
| 22 | Axel Lomander | Markbygdens OK | 68.49 |
| H14 Ko 2620 meter 3 start | | | |
| 1 | Karl Fredriksson | Korsnäs IF | 42.06 |
| 3 | Gustav Carlsson | Markbygdens OK | 54.34 |
| H12 2570 meter 27 start | | | |
| 1 | Filip Johansson | Trollhättans SOK | 22.10 |
| 24 | Mattis Abrahamsson | Markbygdens OK | 61.07 |
| D40 4820 meter 27 start | | | |
| 1 | Susanne Wiklund | Björk Trollhätta | 42.39 |
| 21 | Jeanette Sigenstam | Markbygdens OK | 69.10 |
| H40 7610 meter 41 start | | | |
| 1 | Peter Jacobsson | IK Hakarpspojkar | 52.48 |
| 36 | Fredrik Ask | Markbygdens OK | 102.18 |
| D45 4190 meter 46 start | | | |
| 1 | Maria Jonsson | Nydalens SK | 40.23 |
| 34 | Helena Andersson | Markbygdens OK | 85.15 |
| H50 5950 meter 60 start | | | |
| 1 | Per Flakberg | IFK Göteborg | 50.15 |
| 26 | Tomas Tranberg | Markbygdens OK | 65.03 S |
| 41 | Jonas Karlsson | Markbygdens OK | 72.40 B |
| Inskol 1820 meter 30 start | | | |
| | Elving Lomander | Markbygdens OK | Godkänd |
| U2 2590 meter 23 start | | | |
| 41 | Jonas Karlsson | Markbygdens OK | 72.40 |

| | | | |
|----|----------------|----------------|-------|
| 2 | Elsa Carlsson | Markbygdens OK | 26.47 |
| 20 | Lovisa Nilsson | Markbygdens OK | 57.27 |

Öppen 5 3870 meter 51 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Marina Axelsson | Markbygdens OK | 45.36 B |
|---|-----------------|----------------|---------|

Öppen 7 3020 meter 58 start

| | | | |
|----|---------------------|----------------|---------|
| 1 | Kennet Öhlund | IK Ymer | 30.24 |
| 4 | Malin Persson | Markbygdens OK | 35.44 B |
| 10 | Marie Högstrand | Markbygdens OK | 40.36 |
| 35 | Per-Anders Axelsson | Markbygdens OK | 56.44 |

Öppen 8 5370 meter 50 start

| | | | |
|----|----------------------|----------------|-------|
| 1 | Erik Claesson | OK Orinto | 42.12 |
| 20 | Martin Frisk | Markbygdens OK | 62.10 |
| 22 | Carl Johan Högstrand | Markbygdens OK | 65.21 |
| 25 | Per Knubbe | Markbygdens OK | 67.04 |

Helsingborgs SOK Lång 2012-04-07

H60 4800 meter 20 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Torgny Pettersson | Markbygdens OK | 39.32 G |
|---|-------------------|----------------|---------|

Ungern Utland 2012-04-07

H20A 14 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Ábel Pintér | Gyöngyösi | 35.06 |
| 5 | Pontus Karlsson | Markbygdens OK | 39.01 |
| 6 | Niklas Frisk | Markbygdens OK | 47.01 |
| 10 | Erik Persson | Markbygdens OK | 55.52 |
| 14 | Filip Andersson | Markbygdens OK | 61.09 |

H21A 30 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Johan Högstrand | Markbygdens OK | 33.25 |
|---|-----------------|----------------|-------|

D20A 11 start

| | | | |
|---|-------------------|------------------|-------|
| 1 | Edyta Baluta | WKS Wawel Krakow | 29.02 |
| 2 | Josefin Andersson | Markbygdens OK | 35.30 |
| 5 | Elin Högstrand | Markbygdens OK | 38.20 |
| 8 | Anne Hansson | Markbygdens OK | 45.56 |

D40 12 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Lena Karlsson | Markbygdens OK | 25.54 |
| 3 | Marita Skogum | Markbygdens OK | 31.31 |

Ungern Utland 2012-04-08

H20A 7700 meter 13 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Pontus Karlsson | Markbygdens OK | 54.58 |
| 9 | Niklas Frisk | Markbygdens OK | 76.58 |
| 11 | Erik Persson | Markbygdens OK | 79.53 |

H21A 9200 meter 20 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Johan Högstrand | Markbygdens OK | 57.42 |
|---|-----------------|----------------|-------|

D20A 5400 meter 7 start

| | | | |
|---|-------------------|----------------|-------|
| 1 | Edyta Baluta | Krakow | 56.46 |
| 3 | Josefin Andersson | Markbygdens OK | 59.14 |

Nybro OK Medel 2012-04-08

Uddevalla OK 2012-04-08

D14 2810 meter 27 start

| | | | |
|---|----------------|------------------|-------|
| 1 | Sanna Fasth | Boxholm-Mjölby O | 20.57 |
| 4 | Klara Ask | Markbygdens OK | 22.41 |
| 8 | Klara Axelsson | Markbygdens OK | 23.50 |

H14 2740 meter 11 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Victor Helgesson | Hestra IF | 20.36 |
| 4 | Felix Axelsson | Markbygdens OK | 23.04 |

H40 4070 meter 16 start

| | | | |
|---|-------------|----------------|---------|
| 1 | Steinar Låg | Østmarka OK | 32.30 |
| 5 | Fredrik Ask | Markbygdens OK | 38.12 S |

D40 3640 meter 13 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Berit Wiklund | Nydalens SK | 35.44 |
| 7 | Jeanette Sigenstam | Markbygdens OK | 51.19 B |

Öppen 5 3650 meter 34 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Peter Edman | Korsnäs IF | 36.35 |
| 26 | Stellan Helgesson | Markbygdens OK | 81.07 |

Öppen 7 2820 meter 26 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Jonas Bergenfur | Skattkärrs IF | 26.27 |
| 12 | Per-Anders Axelsson | Markbygdens OK | 52.17 |

Öppen 8 4140 meter 24 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Jarl Magnus | Berge SSOK | 31.03 |
| 12 | Marina Axelsson | Markbygdens OK | 59.11 |

Tockarps IK Medel 2012-04-08

H60 3580 meter 16 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Agne Bengtsson | OK Kompassen | 25.43 |
| 2 | Torgny Pettersson | Markbygdens OK | 26.28 G |

H65 3290 meter 19 start

| | | | |
|----|--------------------|----------------|---------|
| 1 | Bengt Bergman | Lunds OK | 25.01 |
| 12 | Pär-Erik Johansson | Markbygdens OK | 37.08 B |

Öppen 1 2510 meter 12 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Laura Engsten | OK Rodhen | 35.18 |
| 4 | Marita Johansson | Markbygdens OK | 52.49 |

Öppen 5 3820 meter 19 start

| | | | |
|----|---------------|----------------|-------|
| 1 | Clas Leo | OK Tyringe | 26.32 |
| 10 | Ulf Johansson | Markbygdens OK | 56.14 |

Kolmårdens OK Medel 2012-04-08

Ungern Budkavle Utland 2012-04-09

Öppen Klass 90 start

| | | | |
|----|------------------|------------------|-------|
| 1 | Spartacus Sport | Spartacus Sport | 68.45 |
| 32 | Markbygdens OK 3 | Markbygdens OK 3 | 96.25 |

HD Sträcka 1+2+3 90 start

| | | | |
|-----|-------------------|------------------|-------|
| 1 | Johan Högstrand | Markbygdens OK 1 | 20.43 |
| 18 | Pontus Karlsson | Markbygdens OK 2 | 24.33 |
| 38 | Erik Persson | Markbygdens OK 1 | 26.48 |
| 64 | Anne Hansson | Markbygdens OK 3 | 29.06 |
| 73 | Elin Högstrand | Markbygdens OK 3 | 30.33 |
| 149 | Josefin Andersson | Markbygdens OK 3 | 36.46 |

Fjärås AIK Lång 2012-04-09

Öppen 2870 meter 12 start
 1 Anna Greilert Haninge SOK 35.58
 7 Totte Holm Markbygdens OK 61.08

Öppen 6190 meter 3 start
 1 Erik Bengtsson FK Åsen 54.27
 2 Martin Svensson Markbygdens OK 56.44 B

Trollhättans SOK Lång 2012-04-09

H20 7520 meter 14 start
 1 Martin Larsson Hestra IF 56.02
 5 Simon Skogman Markbygdens OK 69.56 S
 9 Joel Udd Markbygdens OK 82.59 B

H16 5370 meter 21 start
 1 Filip Grahn Hestra IF 42.33
 12 Ivar Sörqvist Markbygdens OK 55.36

D14 3970 meter 37 start
 1 Vilma Blennow Falköpings AIK 33.59
 6 Klara Axelsson Markbygdens OK 40.09
 26 Klara Ask Markbygdens OK 52.59

H14 3970 meter 24 start
 1 Felix Axelsson Markbygdens OK 31.17

H50 6080 meter 35 start
 1 Axel Wassenius Uddevalla OK 55.23
 14 Tomas Tranberg Markbygdens OK 74.12 S

H55 5610 meter 29 start
 1 Sören Jonsson Nydalens SK 46.59

H60 5190 meter 29 start
 1 Svein S Jacobsen IL 48.10
 2 Bo Herdersson Markbygdens OK 49.30 G

H70 4190 meter 24 start
 1 Henrik Hvoslef IK Stern 52.03

Tockarps IK Lång 2012-04-09

D16 4710 meter 16 start
 1 Elin Carlsson Tormestorps IF 37.41
 2 Hanna Karlsson Markbygdens OK 3 8.15

H50 6280 meter 10 start
 1 Ulf Jungstrand Malmö OK 44.30
 3 Jonas Karlsson Markbygdens OK 61.04 S

H60 5280 meter 28 start
 1 Torgny Pettersson Markbygdens OK 42.54 G

H65 4560 meter 28 start
 1 Leif Sandgren Frosta OK 41.30
 20 Pär-Erik Johansson Markbygdens OK 61.06 B

Öppen 1 2050 meter 12 start
 1 Eva Öberg Klubb 9000 26.44

5 Marita Johansson Markbygdens OK 33.20 B

Jönköpings OK Natt 2012-04-11

H60 2520 meter 8 start

1 Stig Gustafsson Bredaryds SOK 22.23
4 Torgny Pettersson Markbygdens OK 28.12 S

H70 2520 meter 4 start

1 Ivan Eravid Ulricehamns OK 38.30
2 Rune Arvidsson Markbygdens OK 39.33 G

Tibro AIK Natt 2012-04-13

H21 10340 meter 21 start

1 Erik Martinsson Linköpings OK 59.14
16 Simon Larsson Markbygdens OK 78.25 S

H16 4780 meter 10 start

1 Samuel Plumppu Bredareds IF 29.30
3 Klas Udd Markbygdens OK 34.25

D14 3200 meter 16 start

1 Jonna Jungåker Korsnäs IF 22.00
7 Klara Axelsson Markbygdens OK 29.07
11 Klara Ask Markbygdens OK 36.06

H14 3710 meter 9 start

1 Felix Axelsson Markbygdens OK 23.45

H40 6620 meter 20 start

1 Fredrik Karlsson Göteborg-Majorna 42.26

H45 6300 meter 20 start

1 Stefan Lund OK Orinto 38.29
6 Johan Mars Markbygdens OK 49.26 S

H50 5630 meter 16 start

1 Leif Helgman OK Tyr 39.29
5 Tomas Tranberg Markbygdens OK 43.06 G

H60 4720 meter 14 start

1 Torgny Pettersson Markbygdens OK 36.52 G

OK Stigen Medel 2012-04-14

D65 2650 meter 4 start

1 Kerstin Johansson Markbygdens OK 38.53 G

H65 3020 meter 8 start

1 Ingvar Bergman OK Tranan 26.18
3 Bo-Göran Gunnarsson Markbygdens OK 30.27 S

Lerums SOK Lång 2012-04-14

H20 E 9540 meter 65 start

1 Marius Thrane Ødum IFK 61.33
6 Johan Högstrand Markbygdens OK 66.49 G

H18 E 7380 meter 62 start

1 Ludvig Åhlund OK Nolaskogsarna 52.46
53 Pontus Karlsson Markbygdens OK 67.43 S

H20E2 8250 meter 33 start
1 Conor Short OK Tisaren 65.31
4 Simon Skogman Markbygdens OK 67.44 G

D18E2 4580 meter 51 start
1 Amanda Hansson Bredaryds SOK 44.37

H18E2 6680 meter 45 start
1 Henrik Andersson Bredaryds SOK 50.01
33 Niklas Frisk Markbygdens OK 69.45 S

H20 7140 meter 8 start
1 Nikolai Korvald Skaare Nydalens 70.50
6 Filip Andersson Markbygdens OK 125.23

D16 4540 meter 36 start
1 Tilda Johansson OK Orion 40.03
8 Hanna Karlsson Markbygdens OK 44.27

H16 5090 meter 17 start
1 Ivar Sörqvist Markbygdens OK 47.34

H55 5280 meter 35 start
1 Sixten Westlund OK Tyr 43.40
3 Lennart Karlsson Markbygdens OK 48.10 G
20 Arne Persson Markbygdens OK 63.46 B

D80 2270 meter 3 start
1 Eva Falk IK Stern 44.14
3 Gunvor Håkansson Markbygdens OK 52.40 S

Öppen 3 2840 meter 25 start
1 Alexander Pihl SOK 68 38.49
18 Totte Holm Markbygdens OK 68.06

Öppen 5 3490 meter 61 start
1 Peter Edman Korsnäs IF 34.26
37 Gun Frisk Markbygdens OK 78.16

Frosta OK Lång 2012-04-14

D50 4140 meter 11 start
1 Ewa Roos Helsingborgs SOK 36.54
2 Anne Udd Markbygdens OK 37.58 G

H55 5720 meter 16 start
1 Ulf Palmér Ulricehamns OK 40.38
16 Tor Udd Markbygdens OK 71.05

Tibro OK Medel 2012-04-14

H21 4620 meter 31 start
1 Håkan Eriksson Malungs OK 26.52
18 Simon Larsson Markbygdens OK 32.40 S

D18 3580 meter 7 start
1 Martina Johansson Bredareds IF 36.47
3 Lisa Wallin Markbygdens OK 40.23 G

H16 3560 meter 20 start
1 Samuel Plumppu Bredareds IF 21.20
4 Klas Udd Markbygdens OK 24.32

D14 2970 meter 23 start

| | | | |
|-----------------------------|---------------------|------------------|---------|
| 1 | Jonna Jungåker | Korsnäs IF | 19.21 |
| 3 | Klara Axelsson | Markbygdens OK | 20.54 |
| 9 | Klara Ask | Markbygdens OK | 25.46 |
| 16 | Emelie Udd | Markbygdens OK | 30.59 |
| H14 3000 meter 21 start | | | |
| 1 | Eric Rosjö | Jönköpings OK | 18.38 |
| 6 | Felix Axelsson | Markbygdens OK | 24.16 |
| H35 4220 meter 10 start | | | |
| 1 | Mathias Häggblom | OK Klyftamo | 30.56 |
| 8 | Martin Udd | Markbygdens OK | 46.17 B |
| D40 3420 meter 23 start | | | |
| 1 | Linn Nilsson | OK Tyr | 28.11 |
| 9 | Marina Axelsson | Markbygdens OK | 36.37 S |
| 12 | Jeanette Sigenstam | Markbygdens OK | 37.24 S |
| H40 3960 meter 30 start | | | |
| 1 | Johan Pettersson | OK Motala | 23.17 |
| H60 3310 meter 27 start | | | |
| 1 | Torgny Pettersson | Markbygdens OK | 25.56 G |
| Öppen 5 3140 meter 32 start | | | |
| 1 | Per-Anders Axelsson | Markbygdens OK | 26.55 B |
| Tibro OK Lång 2012-04-15 | | | |
| ----- | | | |
| H21 11570 meter 31 start | | | |
| 1 | Erik Martinsson | Linköpings OK | 65.47 |
| 13 | Simon Larsson | Markbygdens OK | 77.51 S |
| H16 5410 meter 14 start | | | |
| 1 | Nils Gumaelius | Waxholms OK | 29.43 |
| 5 | Klas Udd | Markbygdens OK | 36.56 |
| D14 3810 meter 24 start | | | |
| 1 | Vilma Blennow | Falköpings AIK | 24.38 |
| 4 | Klara Axelsson | Markbygdens OK | 26.06 |
| 12 | Emelie Udd | Markbygdens OK | 35.42 |
| 21 | Klara Ask | Markbygdens OK | 46.45 |
| H14 4270 meter 14 start | | | |
| 1 | David Risberg | Skattkärrs IF | 28.57 |
| 3 | Felix Axelsson | Markbygdens OK | 35.00 |
| H35 7770 meter 11 start | | | |
| 1 | Kristian Nylander | Motala AIF | 47.59 |
| 9 | Martin Udd | Markbygdens OK | 72.34 |
| D40 4700 meter 17 start | | | |
| 1 | Jenny Nyman | Vänernsborgs SK | 32.51 |
| 7 | Marina Axelsson | Markbygdens OK | 39.28 S |
| 14 | Jeanette Sigenstam | Markbygdens OK | 46.14 S |
| H40 6980 meter 27 start | | | |
| 1 | Per Jansson | OK Djerf | 39.46 |
| H60 5170 meter 27 start | | | |
| 1 | Per Ivarsson | Trollhättans SOK | 40.00 |
| 2 | Torgny Pettersson | Markbygdens OK | 40.17 G |

Öppen 5 3810 meter 33 start

| | | | |
|---|---------------------|----------------|---------|
| 1 | Peter Risberg | Skattkärrs IF | 29.33 |
| 2 | Per-Anders Axelsson | Markbygdens OK | 31.20 B |

Sävedalens AIK Medel 2012-04-15

H20 Elit 4790 meter 67 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Johan Högstrand | Markbygdens OK | 33.04 G |
| 59 | Simon Skogman | Markbygdens OK | 49.49 B |

D18 Elit 3480 meter 62 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Sara Hagström | Falköpings AIK | 28.23 |
| 51 | Josefin Andersson | Markbygdens OK | 40.17 S |

H18 Elit 4370 meter 62 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Simon Hector | Snättringe SK | 32.44 |
| 29 | Pontus Karlsson | Markbygdens OK | 39.05 S |

H18E2 4130 meter 44 start

| | | | |
|----|--------------|----------------|---------|
| 1 | Arvid Våg | Lerums SOK | 33.43 |
| 17 | Niklas Frisk | Markbygdens OK | 40.37 S |
| 42 | Erik Persson | Markbygdens OK | 56.28 |

H20 3710 meter 6 start

| | | | |
|---|-----------------|-----------------|---------|
| 1 | Nikolai Korvald | Skaare Nydalens | 34.44 |
| 2 | Martin Frisk | Markbygdens OK | 37.18 G |
| 6 | Filip Andersson | Markbygdens OK | 53.28 |

D16 3540 meter 34 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Emma Bränneby | OK Kolmården | 36.47 |
| 8 | Hanna Karlsson | Markbygdens OK | 44.08 |

H16 3710 meter 25 start

| | | | |
|---|-----------------|------------------|-------|
| 1 | André Andersson | Västerbergslagen | 39.12 |
| 4 | Ivar Sörqvist | Markbygdens OK | 41.24 |
| 8 | Edvin Carlsson | Markbygdens OK | 46.30 |

H14 2640 meter 33 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Otto Stuhlhofer | OK Landehof | 21.03 |
| 9 | Axel Lomander | Markbygdens OK | 25.51 |

H12 2610 meter 25 start

| | | | |
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| 1 | Samuel Pihlström | OK Landehof | 21.35 |
| 20 | Hugo Lomander | Markbygdens OK | 41.43 |

H40 4010 meter 21 start

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|---|-------------------|----------------|---------|
| 1 | Fredrik Sundström | Hestra IF | 34.25 |
| 5 | Martin Svensson | Markbygdens OK | 38.20 G |

D50 2540 meter 26 start

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|---|-----------------|----------------|---------|
| 5 | Martin Svensson | Markbygdens OK | 38.20 G |
| 3 | Marie Högstrand | Markbygdens OK | 28.29 G |

H50 3750 meter 48 start

| | | | |
|----|------------------|------------------|---------|
| 1 | Mats Hellstadius | Södertälje-Nykva | 28.50 |
| 21 | Jonas Karlsson | Markbygdens OK | 43.36 B |

H55 3540 meter 45 start

| | | | |
|---|-----------------|--------|-------|
| 1 | Sixten Westlund | OK Tyr | 30.56 |
|---|-----------------|--------|-------|

H60 3540 meter 26 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Stig Gustafsson | Bredaryds SOK | 33.09 |
| 3 | Bo Herdersson | Markbygdens OK | 35.29 G |

H70 2540 meter 19 start
1 Henrik Hvoslef IK Stern 25.16
2 Ivan Andersson Markbygdens OK 27.15 G
9 Rune Arvidsson Markbygdens OK 34.48 S

D80 2190 meter 4 start
1 Eva Falk IK Stern 46.31
3 Gunvor Håkansson Markbygdens OK 58.17 S

Öppen 3 2740 meter 60 start
1 Jonas Nielsen OK Skogshjortarn 32.26
30 Totte Holm Markbygdens OK 62.47

Öppen 5 3400 meter 01 start
1 Emma Palmér Ulricehamns OK 34.06
28 Gabriel Hedström Markbygdens OK 53.31
29 Charlotta Malm Markbygdens OK 53.33
75 Helena Andersson Markbygdens OK 70.35
78 Stellan Helgesson Markbygdens OK 71.05

Öppen 7 3560 meter 99 start
1 Olle Forsberg OK Ravinen 32.36
4 Malin Persson Markbygdens OK 37.04 B
39 Kristin Hansson Markbygdens OK 48.08
48 Anders Davidsson Markbygdens OK 51.40

Öppen 8 4190 meter 10 start
1 Marcus Millegård Halden SK 30.01
29 Niclas Andersson Markbygdens OK 46.45
41 Per Svensson Markbygdens OK 53.03
66 Lars Eriksson Markbygdens OK 62.51
94 Ulla Niklasson Markbygdens OK 80.19

Gudhems IF Medel 2012-04-21

D18 3400 meter 11 start
1 Amanda Blennow Falköpings AIK 24.43
5 Lisa Wallin Markbygdens OK 29.10 S

H18 3810 meter 15 start
1 Pontus Karlsson Markbygdens OK 23.25 G
11 Klas Udd Markbygdens OK 29.23 S

D16 3220 meter 28 start
1 Johanna Öberg Ryda SK 20.36
12 Hanna Karlsson Markbygdens OK 28.00

H16 3730 meter 22 start
1 Samuel Plumppu Bredareds IF 23.42
4 Ivar Sörqvist Markbygdens OK 25.24

D14 2310 meter 26 start
1 Vilma Blennow Falköpings AIK 14.49
2 Klara Axelsson Markbygdens OK 15.47
4 Klara Ask Markbygdens OK 17.08
9 Emelie Udd Markbygdens OK 19.00

H14 2310 meter 21 start
1 Elias Bäcklund-Ekval Trollhättans SOK 15.11
2 Felix Axelsson Markbygdens OK 15.21
14 Olle Sörqvist Markbygdens OK 22.10

D40 3400 meter 25 start
1 Jenny Nyman Vänersborgs SK 23.05
7 Marina Axelsson Markbygdens OK 27.55 S
16 Jeanette Sigenstam Markbygdens OK 31.32 S

H40 3810 meter 19 start
1 Anders Ling Jönköpings OK 26.40
6 Fredrik Ask Markbygdens OK 30.06 S

D45 2930 meter 21 start
1 Lena Karlsson Markbygdens OK 21.59 G

H50 3730 meter 21 start
1 Johan Sandström Mullsjö SOK 24.52
9 Tomas Tranberg Markbygdens OK 29.39 S
10 Jonas Karlsson Markbygdens OK 29.52 S
16 Magnus Wallin Markbygdens OK 32.40 S

H60 2930 meter 24 start
1 Torgny Pettersson Markbygdens OK 23.00 G

Öppen 7 3220 meter 44 start
1 Per-Anders Axelsson Markbygdens OK 27.24 B

Falköpings AIK Lång 2012-04-22

D21 6280 meter 18 start
1 Lovisa Hansson Bredareds IF 48.03
13 Tove Udd Markbygdens OK 71.02 B

H21 8320 meter 23 start
1 Love Sintring Hagaby GOIF 48.52
17 Simon Skogman Markbygdens OK 62.01 S

H16 5520 meter 9 start
1 Klas Udd Markbygdens OK 38.35

D14 3040 meter 16 start
1 Lisa Johansson OK Tranan 23.52
7 Emelie Udd Markbygdens OK 30.24

H12 2910 meter 20 start
1 Filip Rosjö Jönköpings OK 20.09
6 Axel Åkesson Markbygdens OK 23.05

H45 6110 meter 30 start
1 Janne Mattsson Trollhättans SOK 40.32
23 Bertil Åkesson Markbygdens OK 62.43

D50 4510 meter 15 start
1 Britta Sahlin Vänersborgs SK 38.05
4 Anne Udd Markbygdens OK 43.02 S

H50 5670 meter 18 start
1 Jörgen Ivarsson Hestra IF 38.43
6 Tomas Tranberg Markbygdens OK 45.51 S
13 Lars Eriksson Markbygdens OK 58.26 B

H60 4870 meter 19 start
1 Torgny Pettersson Markbygdens OK 38.19 G

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|-----------------------------|----------------------|------------------|-------|---|
| 12 | Håkan Andersson | Markbygdens OK | 47.24 | S |
| D65 3500 meter 26 start | | | | |
| 1 | Ingrid Hermansson | IK Ymer | 39.55 | |
| 9 | Kerstin Johansson | Markbygdens OK | 44.08 | S |
| H65 4280 meter 32 start | | | | |
| 1 | Kalle Johansson | OK Skogshjortarn | 30.26 | |
| U1 1800 meter 18 start | | | | |
| 1 | Ida Rosjö | Jönköpings OK | 15.37 | |
| 7 | Lisa Åkesson | Markbygdens OK | 21.27 | |
| 8 | Erika Åkesson | Markbygdens OK | 21.31 | |
| Öppen 4 3750 meter 10 start | | | | |
| 1 | Åsa Carlström | IK Hakarpspojkar | 43.21 | |
| Öppen 7 3500 meter 25 start | | | | |
| 1 | Anders Björk | Trollhättans SOK | 27.14 | |
| 20 | Marita Larsson | Markbygdens OK | 54.37 | |
| OK Njudung Lång 2012-04-22 | | | | |
| ----- | | | | |
| H70 4000 meter 19 start | | | | |
| 1 | Sivert Axelsson | Kalmar OK | 41.39 | |
| 12 | Bengt Olsson | Markbygdens OK | 58.15 | S |
| OK Alehof Lång 2012-04-22 | | | | |
| ----- | | | | |
| H12 2830 meter 26 start | | | | |
| 1 | Linus Kristiansson | Trollhättans SOK | 29.30 | |
| 16 | Olle Leibe-Bergstedt | Markbygdens OK | 53.40 | |
| 19 | Petter Leibe-Bergste | Markbygdens OK | 56.58 | |
| H40 7650 meter 18 start | | | | |
| 1 | Nichlas Wallström | Sävedalens AIK | 65.21 | |
| 11 | Martin Svensson | Markbygdens OK | 86.12 | S |
| H50 6050 meter 32 start | | | | |
| 1 | Torsten Backteman | Lerums SOK | 55.31 | |
| 3 | Bo Herdersson | Markbygdens OK | 59.58 | G |
| D55 4080 meter 8 start | | | | |
| 1 | Solveig Hedenblom | Sjövalla FK | 59.03 | |
| 2 | Ulla Niklasson | Markbygdens OK | 63.18 | G |
| H55 5500 meter 17 start | | | | |
| 1 | Lennart Karlsson | Markbygdens OK | 54.59 | G |
| H70 3790 meter 14 start | | | | |
| 1 | Ivan Andersson | Markbygdens OK | 44.31 | G |
| 4 | Rune Arvidsson | Markbygdens OK | 53.37 | S |
| H75 3490 meter 15 start | | | | |
| 1 | Göran Olofsson | Fjärås AIK | 52.46 | |
| 6 | Lennart Östanbäck | Markbygdens OK | 70.42 | S |
| Öppen 2990 meter 19 start | | | | |
| 1 | Karl Norrman | Göteborg-Majorna | 40.42 | |
| 7 | Totte Holm | Markbygdens OK | 56.22 | |
| Öppen 3160 meter 43 start | | | | |
| 1 | Per Brattberg | OK Landehof | 34.57 | |

6 David Djurbäck Markbygdens OK 42.13 B

Öppen 4660 meter 42 start

1 Christian Holmqvist Hestra IF 39.59

41 Ulf Johansson Markbygdens OK 106.43

Istrums SK Medel 2012-04-28

D18 3410 meter 5 start

1 Amanda Blennow Falköpings AIK 38.40

3 Lisa Wallin Markbygdens OK 60.18

H18 3750 meter 5 start

1 Klas Udd Markbygdens OK 53.00 G

D14 3110 meter 12 start

1 Vilma Blennow Falköpings AIK 22.10

3 Klara Ask Markbygdens OK 26.51

7 Emelie Udd Markbygdens OK 35.03

H35 3970 meter 4 start

1 Magnus Sundmark IK Gandvik 37.02

4 Martin Udd Markbygdens OK 80.35

D40 3330 meter 8 start

1 Maria Bogren IF Hagen 39.45

6 Jeanette Sigenstam Markbygdens OK 71.15

H40 3720 meter 6 start

1 Johan Swartz OK Orion 36.54

5 Fredrik Ask Markbygdens OK 64.11

H50 3200 meter 15 start

1 Lars Holmberg IF Hagen 30.41

5 Tomas Tranberg Markbygdens OK 38.33 S

12 Magnus Wallin Markbygdens OK 89.45

H60 2750 meter 15 start

1 Torgny Pettersson Markbygdens OK 25.38 G

H65 2530 meter 16 start

1 Roland Nilsson Falköpings AIK 28.58

13 Pär-Erik Johansson Markbygdens OK 43.00 B

Öppen 3 2680 meter 19 start

1 Martin Magnerfelt Falköpings AIK 19.19

16 Marita Johansson Markbygdens OK 44.49

Täby OK Lång 2012-04-28

H20 Elit 11260 meter 62 start

1 Johan Högstrand Markbygdens OK 60.10 G

D18 Elit 6880 meter 60 start

1 Frida Sandberg Säterbygdens OK 50.40

33 Elin Högstrand Markbygdens OK 67.36 S

H18 Elit 8780 meter 63 start

1 Jonatan Aronsson OK Tisaren 52.00

38 Pontus Karlsson Markbygdens OK 66.05 S

Öppen 8 4440 meter 74 start

1 Erik Classon OK Orinto 30.08
54 Carl Johan Högstrand Markbygdens OK 58.44

D18 Elit 2 5840 meter 42 start

1 Akvile Preiksaite Alfta-Ösa OK 53.21
23 Josefin Andersson Markbygdens OK 75.26 S

H18 Elit 3 8320 meter 38 start

1 Marek Minar OK Hällan 57.06
25 Niklas Frisk Markbygdens OK 105.22

H20 Elit 2 10080 meter 30 start

1 Rémi Dubois Rajamäen Rykment 64.12
24 Filip Andersson Markbygdens OK 125.04

OK Gränsen Medel 2012-04-28

H60 3680 meter 14 start

1 Kent Granqvist Västerviks OK 27.52
6 Håkan Andersson Markbygdens OK 33.54 S

H70 3200 meter 12 start

1 Göran Andersson Stigmännen Karls 27.08
5 Rune Arvidsson Markbygdens OK 31.45 S

Öppen 8 4840 meter 23 start

1 Henrik Erickson Ulricehamns OK 32.08
20 Lars Eriksson Markbygdens OK 55.27

H12 Lång 4350 meter 26 start

1 Filip Rosjö Jönköpings OK 29.24
9 Olle Leibe-Bergstedt Markbygdens OK 39.42
21 Petter Leibe-Bergste Markbygdens OK 59.53

IFK Göteborg När 2012-04-28

Öppen 3 27 start

1 Arno Baumer Klubblös 17.33
23 Totte Holm Markbygdens OK 43.34

OK Klyftamo Lång 2012-04-29

D21 Kort 4890 meter 1 start

1 Tove Udd Markbygdens OK 64.08 G

H18 5950 meter 5 start

1 Erik Bäcklund Ekvall Trollhätt 45.45
2 Klas Udd Markbygdens OK 51.26 S

D16 4200 meter 29 start

1 Johanna Öberg Ryda SK 36.26
16 Hanna Karlsson Markbygdens OK 53.48

H16 5480 meter 24 start

1 Markus Larsson Hestra IF 33.51
2 Ivar Sörqvist Markbygdens OK 38.54
11 Edvin Carlsson Markbygdens OK 50.48

D14 4220 meter 18 start

1 Vilma Blennow Falköpings AIK 27.13
3 Klara Axelsson Markbygdens OK 32.45
6 Klara Ask Markbygdens OK 35.40
8 Emelie Udd Markbygdens OK 37.38

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|--------------------------------|------------|----------------------|------------------|-----------------|---------|
| H14 | 4240 meter | 17 start | | | |
| | 1 | Elias Bäcklund-Ekval | Trollhättans SOK | 27.35 | |
| | 3 | Felix Axelsson | Markbygdens OK | 30.17 | |
| H12 | 2780 meter | 22 start | | | |
| | 1 | Daniel Bogren | IF Hagen | 22.37 | |
| | 3 | Axel Åkesson | Markbygdens OK | 26.08 | |
| H35 | 8320 meter | 7 start | | | |
| | 1 | Magnus Sundmark | IK Gandvik | 64.39 | |
| D40 | 5250 meter | 12 start | | | |
| | 1 | Annika Johansson | OK Tranan | 54.37 | |
| | 9 | Jeanette Sigenstam | Markbygdens OK | 79.02 | B |
| H40 | 7280 meter | 13 start | | | |
| | 1 | Kenneth Johansson | OK Tranan | 55.11 | |
| | 8 | Fredrik Ask | Markbygdens OK | 72.07 | S |
| H50 | 6070 meter | 17 start | | | |
| | 1 | Peter Cederberg | Vänersborgs SK | 43.42 | |
| | 7 | Tomas Tranberg | Markbygdens OK | 50.33 | S |
| H60 | 5230 meter | 21 start | | | |
| | 1 | Stig Gustafsson | Bredaryds SOK | 43.07 | |
| | 2 | Torgny Pettersson | Markbygdens OK | 47.12 | G |
| H65 | 4550 meter | 20 start | | | |
| | 1 | Kalle Johansson | OK Skogshjortarn | 47.10 | |
| | 12 | Pär-Erik Johansson | Markbygdens OK | 65.21 | S |
| U1 | 1770 meter | 30 start | | | |
| | 1 | Matilda Ahlström | Istrums SK | 15.41 | |
| | 8 | Lisa Åkesson | Markbygdens OK | 20.47 | |
| | 9 | Erika Åkesson | Markbygdens OK | 20.48 | |
| Öppen 3 | 2780 meter | 32 start | | | |
| | 1 | Hedvig Reisen | IF Hagen | 26.55 | |
| | 24 | Marita Johansson | Markbygdens OK | 50.11 | |
| Öppen 5 | 4190 meter | 46 start | | | |
| | 1 | Johan Andersson | Ryda SK | 30.08 | |
| | 7 | Per-Anders Axelsson | Markbygdens OK | 34.48 | B |
| | 8 | Marina Axelsson | Markbygdens OK | 34.56 | B |
| | 29 | Åsa Dryselius | Markbygdens OK | 44.22 | |
| Vallentuna OL Medel 2012-04-29 | | | | | |
| ----- | | | | | |
| H20 | Elit | 4670 meter | 67 start | | |
| | | 1 | Johan Högstrand | Markbygdens OK | 25.25 G |
| | | 41 | Simon Skogman | Markbygdens OK | 34.19 S |
| D18 | Elit | 3880 meter | 59 start | | |
| | | 1 | Frida Sandberg | Säterbygdens OK | 26.28 |
| | | 38 | Elin Högstrand | Markbygdens OK | 37.19 S |
| H18 | Elit | 4500 meter | 64 start | | |
| | | 1 | William Eriksson | Högåkers OK | 24.48 |
| | | 31 | Pontus Karlsson | Markbygdens OK | 31.07 S |
| Öppen 8 | 4560 meter | 16 start | | | |

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|--------------------------------|----------------------|------------------|---------|
| 1 | Peter Öberg | OK Hällen | 25.51 |
| 30 | Niclas Andersson | Markbygdens OK | 38.15 |
| 94 | Carl Johan Högstrand | Markbygdens | 56.09 |
| D18 Elit2 3560 meter 45 start | | | |
| 1 | Linnéa Engstedt | Tullinge SK | 28.56 |
| 11 | Josefin Andersson | Markbygdens OK | 37.02 S |
| H18 Elit 3 4220 meter 30 start | | | |
| 1 | Johannes Eklöf | IF Hallby | 28.45 |
| 17 | Niklas Frisk | Markbygdens OK | 39.16 S |
| 24 | Erik Persson | Markbygdens OK | 48.27 |
| H20 Elit 2 4670 meter 31 start | | | |
| 1 | Krister Kölzow | OK Ravinen | 32.02 |
| SOK Aneby Medel 2012-04-29 | | | |
| ----- | | | |
| H70 3160 meter 18 start | | | |
| 1 | Göran Andersson | Stigmännen | 29.17 |
| 4 | Rune Arvidsson | Markbygdens OK | 35.06 S |
| 8 | Bengt Olsson | Markbygdens OK | 39.10 S |
| Tenhults SOK Medel 2012-04-30 | | | |
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| H65 2390 meter 27 start | | | |
| 1 | Håkan Gustafsson | Boxholm-Mjölby O | 20.20 |
| 25 | Pär-Erik Johansson | Markbygdens OK | 36.17 |
| Öppen 3 2530 meter 18 start | | | |
| 1 | Roger Ödén | SOK Aneby | 35.13 |
| 13 | Marita Johansson | Markbygdens OK | 72.46 |
| OK Orinto Medel 2012-05-01 | | | |
| ----- | | | |
| D21 3500 meter 30 start | | | |
| 1 | Elin Månsson | OK Löftan | 31.17 |
| H21 4660 meter 51 start | | | |
| 1 | Sergej Fedatsenka | Sävedalens AIK | 34.24 |
| 5 | Johan Högstrand | Markbygdens OK | 35.36 G |
| 18 | Albin Andersson | Markbygdens OK | 40.23 S |
| 28 | Pontus Karlsson | Markbygdens OK | 43.25 S |
| D18 3110 meter 11 start | | | |
| 1 | Amanda Claesson | Sävedalens AIK | 34.19 |
| 7 | Josefin Andersson | Markbygdens OK | 47.47 S |
| H18 3470 meter 13 start | | | |
| 1 | Gustaf Sparrevik | Lerums SOK | 33.38 |
| 3 | Niklas Frisk | Markbygdens OK | 37.10 G |
| 5 | Erik Persson | Markbygdens OK | 42.23 S |
| D16 2810 meter 23 start | | | |
| 1 | Emma Nilsson | OK Tranan | 29.42 |
| 8 | Hanna Karlsson | Markbygdens OK | 38.40 |
| 21 | Malin Svensson | Markbygdens OK | 57.11 |
| H16 3280 meter 23 start | | | |
| 1 | Markus Larsson | Hestra IF | 28.43 |
| 5 | Klas Udd | Markbygdens OK | 34.21 |
| 10 | Ivar Sörqvist | Markbygdens OK | 39.47 |
| 13 | Edvin Carlsson | Markbygdens OK | 41.20 |

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| D14 | 2480 meter | 36 start | | |
| 1 | Vilma Blennow | Falköpings AIK | 21.24 | |
| 2 | Klara Axelsson | Markbygdens OK | 25.07 | |
| 12 | Emelie Udd | Markbygdens OK | 32.00 | |
| 13 | Klara Ask | Markbygdens OK | 32.08 | |
| H14 | 2540 meter | 29 start | | |
| 1 | Elias Bäcklund-Ekval | Trollhättans SOK | 19.54 | |
| 5 | Felix Axelsson | Markbygdens OK | 26.24 | |
| H12 | 2000 meter | 30 start | | |
| 1 | Filip Johansson | Trollhättans SOK | 21.07 | |
| 5 | Axel Åkesson | Markbygdens OK | 24.20 | |
| 7 | Hugo Lomander | Markbygdens OK | 25.39 | |
| 20 | Olle Leibe-Bergstedt | Markbygdens OK | 39.01 | |
| H35 | 3460 meter | 8 start | | |
| 1 | Daniel Olsson | Dalsjöfors GOIF | 34.40 | |
| 8 | Martin Udd | Markbygdens OK | 67.07 | |
| D40 | 3110 meter | 18 start | | |
| 1 | Pia Johansson | OK Landehof | 32.43 | |
| 8 | Jeanette Sigenstam | Markbygdens OK | 43.36 | S |
| H40 | 3500 meter | 26 start | | |
| 1 | Kenneth Johansson | OK Tranan | 30.12 | |
| 14 | Fredrik Ask | Markbygdens OK | 40.44 | S |
| D45 | 2900 meter | 29 start | | |
| 1 | Malin Årebäck | Göteborg-Majorna | 30.09 | |
| 2 | Lena Karlsson | Markbygdens OK | 33.04 | G |
| H45 | 3410 meter | 44 start | | |
| 1 | Jonas Ornung | OK Skogshjortarn | 30.28 | |
| 4 | Niclas Andersson | Markbygdens OK | 35.03 | S |
| 8 | Johan Mars | Markbygdens OK | 36.04 | S |
| 18 | Bertil Åkesson | Markbygdens OK | 42.56 | S |
| D50 | 2820 meter | 22 start | | |
| 1 | Ing-Marie Brander | Göteborg-Majorna | 34.26 | |
| 3 | Anne Udd | Markbygdens OK | 40.12 | S |
| H50 | 3210 meter | 33 start | | |
| 1 | Per Flakberg | IFK Göteborg | 30.45 | |
| 23 | Lars Eriksson | Markbygdens OK | 44.17 | B |
| 26 | Jonas Karlsson | Markbygdens OK | 53.31 | |
| D55 | 2820 meter | 7 start | | |
| 1 | Gunilla Larsson | Bredareds IF | 38.48 | |
| 2 | Ulla Niklasson | Markbygdens OK | 41.19 | G |
| 6 | Marita Larsson | Markbygdens OK | 65.15 | |
| H55 | 3110 meter | 34 start | | |
| 1 | Per-Olof Larsson | Hestra IF | 28.51 | |
| 7 | Arne Persson | Markbygdens OK | 37.56 | S |
| 13 | Stig-Ove Djurbäck | Markbygdens OK | 42.41 | B |
| 24 | Sören Kaspersson | Markbygdens OK | 52.36 | |
| H60 | 2900 meter | 19 start | | |
| 1 | Bo Herdersson | Markbygdens OK | 28.29 | G |
| 3 | Torgny Pettersson | Markbygdens OK | 33.40 | S |

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| D65 | 2230 meter | 21 start | | |
| 1 | Eva Alsin | IK Ymer | 28.02 | |
| 12 | Kerstin Johansson | Markbygdens OK | 44.06 | |
| H65 | 2820 meter | 34 start | | |
| 1 | Kalle Johansson | OK Skogshjortarn | 26.36 | |
| 5 | Bo-Göran Gunnarsson | Markbygdens OK | 34.32 | S |
| 27 | Pär-Erik Johansson | Markbygdens OK | 61.50 | |
| H70 | 2480 meter | 22 start | | |
| 1 | Ronny Andersson | OK Skogshjortarn | 30.11 | |
| 13 | Stig Johansson | Markbygdens OK | 47.20 | |
| 14 | Stellan Helgesson | Markbygdens OK | 48.22 | |
| H75 | 2230 meter | 16 start | | |
| 1 | Agne Östensson | Sävedalens AIK | 27.40 | |
| 4 | Håkan Skogum | Markbygdens OK | 30.21 | G |
| 14 | Lennart Östanbäck | Markbygdens OK | 47.26 | |
| D80 | 2140 meter | 4 start | | |
| 1 | Lisa Hedström | Göteborg-Majorna | 49.34 | |
| 4 | Gunvor Håkansson | Markbygdens OK | 70.13 | B |
| Inskolning | 1490 meter | 72 start | | |
| | Elving Lomander | Markbygdens OK | | Godkänd |
| | Ylva Svensson | Markbygdens OK | | Godkänd |
| U1 | 1620 meter | 38 start | | |
| 1 | Simon Bååth | Sävedalens AIK | 17.13 | |
| 2 | Lisa Åkesson | Markbygdens OK | 17.36 | |
| 2 | Erika Åkesson | Markbygdens OK | 17.36 | |
| 4 | Anton Blomqvist | Markbygdens OK | 18.09 | |
| 14 | Albin Ryberg | Markbygdens OK | 25.40 | |
| 26 | Matilda Ryberg | Markbygdens OK | 31.46 | |
| 27 | Avril Furby | Markbygdens OK | 31.57 | |
| U2 | 1700 meter | 43 start | | |
| 1 | Alfred Erdelius | IF Rigor | 17.59 | |
| 17 | Oscar Furby | Markbygdens OK | 27.54 | |
| 33 | Jonathan Wall | Markbygdens OK | 37.14 | |
| Öppen 3 | 2390 meter | 70 start | | |
| 1 | Andreas Näsman | Lerums SOK | 28.54 | |
| 11 | Malte Larsson | Markbygdens OK | 41.23 | |
| 23 | Totte Holm | Markbygdens OK | 49.25 | |
| 37 | Marita Johansson | Markbygdens OK | 60.55 | |
| 57 | Berit Svensson | Markbygdens OK | 79.27 | |
| 60 | Anders Andersson | Markbygdens OK | 82.45 | |
| Öppen 5 | 2540 meter | 86 start | | |
| 1 | David Djurbäck | Markbygdens OK | 27.02 | B |
| 7 | Rebecca Djurbäck | Markbygdens OK | 38.26 | |
| 46 | Åsa Dryselius | Markbygdens OK | 61.25 | |
| 50 | Fredrik Harrysson | Markbygdens OK | 62.39 | |
| 66 | Eva-Maj Johansson | Markbygdens OK | 78.57 | |
| Öppen 7 | 2900 meter | 97 start | | |
| 1 | Ingemar Arnesson | IK Dran | 33.18 | |
| 4 | Kristin Hansson | Markbygdens OK | 35.08 | B |
| 8 | Malin Persson | Markbygdens OK | 38.45 | B |
| 13 | Marina Axelsson | Markbygdens OK | 40.15 | B |
| 24 | Per-Anders Axelsson | Markbygdens OK | 46.16 | |

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|----|------------------|----------------|-------|
| 27 | Johanna Skogum | Markbygdens OK | 48.06 |
| 30 | Maria Svensson | Markbygdens OK | 50.06 |
| 33 | Anders Davidsson | Markbygdens OK | 51.27 |
| 72 | Kjell Johansson | Markbygdens OK | 68.47 |

Öppen 8 3460 meter 86 start

| | | | |
|----|----------------------|----------------|-------|
| 1 | Daniel Grahn | IFK Göteborg | 28.19 |
| 23 | Carl Johan Högstrand | Markbygdens OK | 47.04 |
| 24 | Nils Robertsson | Markbygdens OK | 48.22 |
| 26 | Per Svensson | Markbygdens OK | 48.53 |
| 41 | Michael Magnusson | Markbygdens OK | 56.56 |
| 62 | Hans Hansson | Markbygdens OK | 74.38 |
| 63 | Filip Andersson | Markbygdens OK | 74.39 |
| 66 | Jörgen Frisk | Markbygdens OK | 76.36 |

IK Hakarpspojarna Lång 2012-05-01

H70 3720 meter 16 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Erland Ling | Jönköpings OK | 46.09 |
| 3 | Rune Arvidsson | Markbygdens OK | 50.05 G |
| 11 | Bengt Olsson | Markbygdens OK | 65.51 S |

Linköpings OK Sprint 2012-05-04

D20 Elit 2 2580 meter 27 start

| | | | |
|----|--------------|----------------|-------|
| 1 | Sofia Grawé | Ärla IF | 14.27 |
| 18 | Anne Hansson | Markbygdens OK | 17.30 |

H20 Elit 3020 meter 41 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Eskil Kinneberg | IFK Göteborg | 12.26 |
| 8 | Johan Högstrand | Markbygdens OK | 13.14 |

H20 Elit 2 2970 meter 21 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Karlis Baltacis | OK Älvsjö-Örby | 13.17 |
| 6 | Simon Skogman | Markbygdens OK | 14.16 |

H20 Elit 3 2810 meter 23 start

| | | | |
|----|--------------|----------------|-------|
| 1 | Oscar Björck | OK Älme | 12.41 |
| 21 | Joel Udd | Markbygdens OK | 19.07 |

D18 Elit 3 2590 meter 24 start

| | | | |
|----|-------------------|------------------|-------|
| 1 | Johanne Rakner | Varegg Fleridret | 14.34 |
| 16 | Josefin Andersson | Markbygdens OK | 17.15 |

H18 Elit 2880 meter 43 start

| | | | |
|----|--------------------|------------------|-------|
| 1 | Piotr Parfianowicz | Södertälje-Nykva | 12.53 |
| 30 | Pontus Karlsson | Markbygdens OK | 14.39 |

H18 Elit 3 2700 meter 28 start

| | | | |
|----|--------------|----------------|-------|
| 1 | Marek Minar | OK Hällen | 12.14 |
| 25 | Niklas Frisk | Markbygdens OK | 15.24 |

IK Ymer Medel 2012-05-05

H12 2450 meter 10 start

| | | | |
|---|--------------|----------------|-------|
| 1 | Axel Åkesson | Markbygdens OK | 27.44 |
|---|--------------|----------------|-------|

H55 3430 meter 18 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Ulf Palmér | Ulricehamns OK | 30.59 |
| 8 | Sören Kaspersson | Markbygdens OK | 34.18 S |

H60 3430 meter 23 start

1 Per Ivarsson Trollhättans SOK 32.22
10 Håkan Andersson Markbygdens OK 37.40 S

D65 2700 meter 25 start

1 Britt Forsell Pirozz Lunds OK 34.17
11 Kerstin Johansson Markbygdens OK 42.24 S
25 Eva-Maj Johansson Markbygdens OK 80.28

H65 3020 meter 42 start

1 Kalle Johansson OK Skogshjortarn 29.06
26 Bo-Göran Gunnarsson Markbygdens OK 36.53 S

H70 3020 meter 26 start

1 Henrik Hvoslef IK Stern 32.09
9 Rune Arvidsson Markbygdens OK 36.10 G
22 Stellan Helgesson Markbygdens OK 58.47

H75 3020 meter 13 start

1 Håkan Skogum Markbygdens OK 36.08 G
5 Lennart Östanbäck Markbygdens OK 41.12 S

D80 2080 meter 4 start

1 Lisa Hedström Göteborg-Majorna 39.15
3 Gunvor Håkansson Markbygdens OK 50.28 S

U1 2270 meter 19 start

1 Anton Blomqvist Markbygdens OK 19.20
4 Lisa Åkesson Markbygdens OK 25.23
5 Erika Åkesson Markbygdens OK 25.26
17 Matilda Ryberg Markbygdens OK 32.46

Öppen 3 3030 meter 42 start

1 Mattias Gustafson IK Ymer 26.25
6 Matz Sandström Markbygdens OK 44.44

Öppen 5 3420 meter 48 start

1 Johan Robertsson Klubblös 39.24
10 Åsa Dryselius Markbygdens OK 47.13 B

Öppen 7 3020 meter 44 start

1 Linda Larsson Rydboholms SK 30.30
14 Bernt Robertsson Markbygdens OK 39.14 B
18 Lars-Göran Molin Markbygdens OK 40.29 B

Öppen 8 4440 meter 27 start

1 Markus Olin IK Hakarpspojkar 31.56
2 Nils Robertsson Markbygdens OK 35.17 B

10-mila Budkavle 2012-05-05

Herrar Damer Ungdom

1 Ounasvaaran H Ounasvaaran H 121.24
41 Markbygdens OK 1 Markbygdens OK 1145.26
106 Markbygdens OK 2 Markbygdens OK 2161.16

Herrar Damer Ungdom Sträcka 1

1 Topi Raitanen Keravan Urheilij 26.57
127 Klara Axelsson Markbygdens OK 2 38.49
179 Emelie Udd Markbygdens OK 1 41.15

Herrar Damer Ungdom Sträcka 2

| | | | | |
|-----|----------------|-------------|------|-------|
| 1 | Sandra Boström | OK Linné | | 19.04 |
| 7 | Edvin Carlsson | Markbygdens | OK 2 | 23.09 |
| 16 | Axel Ek | Markbygdens | OK 1 | 25.06 |
| 71 | Felix Axelsson | Markbygdens | OK 1 | 27.19 |
| 194 | Olle Sörqvist | Markbygdens | OK 2 | 31.34 |

Herrar Damer Ungdom Sträcka 3

| | | | | |
|-----|----------------|-------------|------|-------|
| 1 | Elias Mølnvik | Fossums IF | | 27.26 |
| 25 | Klara Ask | Markbygdens | OK 1 | 33.56 |
| 237 | Malin Svensson | Markbygdens | OK 2 | 56.28 |

Herrar Damer Ungdom Sträcka 4

| | | | | |
|----|---------------|---------------|------|-------|
| 1 | Olli Ojanaho | Ounasvaaran H | | 34.10 |
| 30 | Klas Udd | Markbygdens | OK 2 | 42.50 |
| 53 | Ivar Sörqvist | Markbygdens | OK 1 | 45.09 |

Damer

| | | | | |
|-----|-------------|------------|-------------|------------|
| 1 | Haldens SK | Haldens SK | | 229.04 |
| 170 | Markbygdens | OK 1 | Markbygdens | OK 1311.09 |
| 275 | Markbygdens | OK 2 | Markbygdens | OK 2361.40 |

Damer Sträcka 1

| | | | | |
|-----|-------------------|--------------|------|-------|
| 1 | Frida Aspнас | OK Kolmården | 1 | 44.28 |
| 212 | Josefin Andersson | Markbygdens | OK 1 | 54.11 |
| 247 | Malin Persson | Markbygdens | OK 2 | 57.22 |

Damer Sträcka 2

| | | | | |
|-----|----------------|------------------|------|-------|
| 1 | Judith Wyder | Göteborg-Majorna | | 45.21 |
| 68 | Lena Karlsson | Markbygdens | OK 1 | 51.45 |
| 259 | Maria Klamfelt | Markbygdens | OK 2 | 65.41 |

Damer Sträcka 3

| | | | | |
|-----|-----------------|------------------|------|-------|
| 1 | Heidi Haapasalo | Tamoeren Pyrintö | | 31.11 |
| 135 | Lisa Wallin | Markbygdens | OK 1 | 42.43 |
| 238 | Marina Axelsson | Markbygdens | OK 2 | 50.01 |

Damer Sträcka 4

| | | | | |
|-----|--------------|-------------|------|-------|
| 1 | Mari Fasting | Haldens SK | | 42.04 |
| 212 | Anne Hansson | Markbygdens | OK 1 | 64.14 |
| 279 | Tove Udd | Markbygdens | OK 2 | 76.31 |

Damer Sträcka 5

| | | | | |
|-----|-----------------|-------------|------|---------|
| 1 | Simone Niggli | OK Tisaren | | 60.43 |
| 218 | Elin Högstrand | Markbygdens | OK 1 | 98.16 |
| 262 | Kristin Hansson | Markbygdens | OK | 2112.05 |

Herrar

| | | | | |
|-----|-------------|------|-------------|------------|
| 104 | Markbygdens | OK 1 | Markbygdens | OK 1843.19 |
| 232 | Markbygdens | OK 2 | Markbygdens | OK 2884.41 |

Herrar Sträcka 1

| | | | | |
|-----|------------------|-------------|------|---------|
| 1 | Martin Johansson | IFK Moras | OK 1 | 80.41 |
| 54 | Johan Högstrand | Markbygdens | OK 1 | 82.15 |
| 307 | Bo Herdersson | Markbygdens | OK | 2141.32 |

Herrar Sträcka 2

| | | | | |
|-----|------------------|-------------|------|-------|
| 1 | Oleksandr Kratov | OK Orion | | 42.52 |
| 82 | Simon Larsson | Markbygdens | OK 1 | 50.10 |
| 278 | Johan Mars | Markbygdens | OK 2 | 71.39 |

Herrar Sträcka 3

| | | |
|---------------------|----------------|---------|
| 1 Lauri Sild | Delta | 75.40 |
| 179 Pontus Karlsson | Markbygdens OK | 1105.06 |
| 282 Tomas Tranberg | Markbygdens OK | 2133.20 |

Herrar Sträcka 4

| | | |
|--------------------|----------------|---------|
| 1 Vincent Coupat | Haldens SK | 101.13 |
| 43 Albin Andersson | Markbygdens OK | 1111.45 |
| 300 Magnus Wallin | Markbygdens OK | 2226.01 |

Herrar Sträcka 5

| | | |
|------------------|------------------|-------|
| 1 Kent Ohlsson | Södertälje-Nykva | 54.22 |
| 144 Niklas Frisk | Markbygdens OK 1 | 69.35 |
| 277 Joel Udd | Markbygdens OK 2 | 80.11 |

Herrar Sträcka 6

| | | |
|----------------------|------------------|---------|
| 1 Emil Wingstedt | Haldens SK | 50.17 |
| 163 Lennart Karlsson | Markbygdens OK 1 | 71.16 |
| 300 Martin Udd | Markbygdens OK | 2107.15 |

Herrar Sträcka 7

| | | |
|---------------------|------------------|-------|
| 1 Janis Kums | IK Hakarpspojkar | 34.20 |
| 148 Erik Persson | Markbygdens OK 1 | 50.03 |
| 297 Filip Andersson | Markbygdens OK 2 | 91.46 |

Herrar Sträcka 8

| | | |
|----------------------|------------------|---------|
| 1 Holger Hott | Kristiansands OK | 66.39 |
| 223 Niclas Andersson | Markbygdens OK | 1108.36 |
| 300 Martin Frisk | Markbygdens OK | 2133.47 |

Herrar Sträcka 9

| | | |
|-------------------|------------------|-------|
| 1 Daniel Hubmann | Kristiansands OK | 42.44 |
| 169 Klas Udd | Markbygdens OK 1 | 69.15 |
| 229 Ivar Sörqvist | Markbygdens OK 2 | 57.30 |

Herrar Sträcka 10

| | | |
|---------------------|----------------|---------|
| 1 Thierry Gueorgiou | Kalevan Rasti | 89.05 |
| 100 Simon Skogman | Markbygdens OK | 1125.18 |
| 244 Niclas Ek | Markbygdens OK | 2104.41 |

Fagersta OK Medel 2012-05-05

H60 3110 meter 16 start

| | | |
|---------------------|----------------|---------|
| 1 Torgny Pettersson | Markbygdens OK | 26.56 G |
|---------------------|----------------|---------|

IK Omega Medel 2012-05-06

D14 2740 meter 6 start

| | | |
|------------------|----------------|-------|
| 1 Klara Ask | Markbygdens OK | 40.21 |
| 3 Klara Axelsson | Markbygdens OK | 43.14 |

H14 2740 meter 13 start

| | | |
|-------------------|----------------|-------|
| 1 Jonatan Larsson | Sävedalens AIK | 36.47 |
| 2 Felix Axelsson | Markbygdens OK | 38.42 |

D35 3040 meter 4 start

| | | |
|----------------------|----------------|-------|
| 1 Helena Bååth | Hestra IF | 35.29 |
| 3 Jeanette Sigenstam | Markbygdens OK | 60.49 |

H40 3320 meter 7 start

| | | |
|------------------|----------------|---------|
| 1 Mats Karlfeldt | Sävedalens AIK | 34.59 |
| 2 Fredrik Ask | Markbygdens OK | 36.25 G |

| | | | | |
|-----------------------------------|--------------------|------------------|--------|---|
| 4 | Martin Svensson | Markbygdens OK | 37.33 | G |
| D55 2630 meter 6 start | | | | |
| 1 | Birgitta Andersson | Främmestads IK | 42.40 | |
| 3 | Ulla Niklasson | Markbygdens OK | 56.54 | S |
| H60 2810 meter 16 start | | | | |
| 1 | Per Ivarsson | Trollhättans SOK | 34.38 | |
| 6 | Håkan Andersson | Markbygdens OK | 53.00 | |
| D65 2570 meter 23 start | | | | |
| 1 | Eva Alsin | IK Ymer | 50.10 | |
| 19 | Eva-Maj Johansson | Markbygdens OK | 100.12 | |
| H70 2630 meter 16 start | | | | |
| 1 | Olle Hermansson | IK Ymer | 35.58 | |
| H75 2570 meter 8 start | | | | |
| 1 | Håkan Skogum | Markbygdens OK | 38.01 | G |
| 5 | Lennart Östanbäck | Markbygdens OK | 69.31 | |
| D80 2270 meter 2 start | | | | |
| 1 | Gunvor Håkansson | Markbygdens OK | 98.58 | G |
| Öppen 3 2310 meter 29 start | | | | |
| 1 | Tim Konradsson | IK Omega | 32.30 | |
| 12 | Matz Sandström | Markbygdens OK | 48.38 | |
| 22 | Totte Holm | Markbygdens OK | 58.03 | |
| Öppen 5 2730 meter 30 start | | | | |
| 22 | Totte Holm | Markbygdens OK | 58.03 | |
| 5 | Fredrik Harrysson | Markbygdens OK | 59.18 | |
| 19 | Ingrid Breлинд | Markbygdens OK | 82.15 | |
| Öppen 7 2980 meter 38 start | | | | |
| 19 | Ingrid Breлинд | Markbygdens OK | 82.15 | |
| 14 | Jörgen Frisk | Markbygdens OK | 55.24 | |
| U1 2160 meter 9 start | | | | |
| 1 | Simon Bååth | Sävedalens AIK | 29.23 | |
| 4 | Matilda Ryberg | Markbygdens OK | 44.55 | |
| Åmåls OK Medel 2012-05-13 | | | | |
| ----- | | | | |
| H75 2180 meter 5 start | | | | |
| 1 | Lennart Östanbäck | Markbygdens OK | 31.18 | G |
| Säterbygdens OK Sprint 2012-05-16 | | | | |
| ----- | | | | |
| H20 2850 meter 98 start | | | | |
| 1 | Martin Regborn | Hagaby GOIF | 13.36 | |
| 6 | Johan Högstrand | Markbygdens OK | 14.22 | |
| 55 | Pontus Karlsson | Markbygdens OK | 15.43 | |
| IFK Mora OK Lång 2012-05-17 | | | | |
| ----- | | | | |
| H20 JVM-test 11270 meter 60 start | | | | |
| 1 | Martin Regborn | Hagaby GOIF | 63.52 | |
| 2 | Johan Högstrand | Markbygdens OK | 64.08 | G |
| D20 Elit 7580 meter 69 start | | | | |
| 1 | Marte Narum | Konnerud IL | 61.42 | |

| | | | | |
|-------------------------------|---------------------|------------------|--------|---|
| 19 | Anne Hansson | Markbygdens OK | 82.06 | S |
| H20 Elit 7100 meter 83 start | | | | |
| 1 | John Börjesson | Hestra IF | 71.07 | |
| 8 | Simon Skogman | Markbygdens OK | 79.16 | G |
| D18 Elit 7080 meter 100 start | | | | |
| 1 | Sandrine Müller | Gävle OK | 50.47 | |
| 16 | Josefin Andersson | Markbygdens OK | 67.30 | S |
| H18 Elit 6620 meter 132 start | | | | |
| 1 | Gustav Hinder | Tolered-Utby Ol- | 60.23 | |
| D16-2 5290 meter 72 start | | | | |
| 1 | Elin Carlsson | Tormestorps IF | 44.56 | |
| 16 | Hanna Karlsson | Markbygdens OK | 50.44 | |
| 58 | Malin Svensson | Markbygdens OK | 77.28 | |
| H16-1 5850 meter 79 start | | | | |
| 1 | Edvin Smedberg | OK Skogsfalken | 45.47 | |
| 21 | Klas Udd | Markbygdens OK | 55.30 | |
| 24 | Ivar Sörqvist | Markbygdens OK | 56.49 | |
| D14-1 4490 meter 78 start | | | | |
| 1 | Vilma Blennow | Falköpings AIK O | 28.21 | |
| 6 | Klara Axelsson | Markbygdens OK | 29.44 | |
| 26 | Emelie Udd | Markbygdens OK | 34.46 | |
| H14-2 4600 meter 80 start | | | | |
| 1 | Victor Imark | Tullinge SK | 25.47 | |
| 7 | Felix Axelsson | Markbygdens OK | 28.27 | |
| D10 2380 meter 72 start | | | | |
| 1 | Tea Markholm | Skåneslättens OL | 15.03 | |
| 62 | Elsa Ek | Markbygdens OK | 91.48 | |
| H35 9080 meter 73 start | | | | |
| 1 | Martin Larbo | IFK Lidingös Ski | 57.20 | |
| 40 | Martin Udd | Markbygdens OK | 101.44 | |
| D40-1 5690 meter 78 start | | | | |
| 1 | Thérès Ericsson | OK Ravinen | 43.39 | |
| 17 | Marina Axelsson | Markbygdens OK | 55.57 | S |
| 50 | Jeanette Sigenstam | Markbygdens OK | 67.16 | |
| H40-2 8530 meter 101 start | | | | |
| 1 | Stefan Karlsson | OK Denseln | 53.12 | |
| 30 | Fredrik Ask | Markbygdens OK | 67.10 | S |
| D45-2 5040 meter 104 start | | | | |
| 1 | Katarina Borg | Södertälje-Nykva | 39.13 | |
| 2 | Lena Karlsson | Markbygdens OK | 40.32 | G |
| H45-3 7260 meter 101 start | | | | |
| 1 | Flemming Jørgensen | OK Snab 49:05 | 49.05 | |
| 64 | Per-Anders Axelsson | Markbygdens OK | 77.52 | |
| D50-1 4700 meter 69 start | | | | |
| 1 | Mona Bierfeldt | Ärla IF 40:45 | 40.45 | |
| 7 | Kristin Hansson | Markbygdens OK | 45.53 | S |
| H50-1 6410 meter 105 start | | | | |

| | | | |
|----|----------------|------------------|---------|
| 1 | Michael Wehlin | Södertälje-Nykva | 42.36 |
| 39 | Jonas Karlsson | Markbygdens OK | 62.36 B |
| 91 | Hans Hansson | Markbygdens OK | 102.29 |

D55 4640 meter 89 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Inger Onsbring | Eskilstuna OL | 42.28 |
| 73 | Marita Larsson | Markbygdens OK | 88.08 |

H55-1 5920 meter 94 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Stefan Carlsson | Alfta-Ösa OK | 46.06 |
| 4 | Lennart Karlsson | Markbygdens OK | 47.22 G |

H60 5710 meter 131 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Carl Bachman | Täby OK 48:39 | 48.39 |
| 4 | Torgny Pettersson | Markbygdens OK | 49.26 G |

H65-2 5240 meter 81 start

| | | | |
|----|--------------------|------------------|-------|
| 1 | Håkan Gustafsson | Boxholm-Mjölby O | 50.48 |
| 47 | Pär-Erik Johansson | Markbygdens OK | 76.54 |

H70 4130 meter 106 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Kuno Österlund | Västerås SOK | 39.14 |
| 4 | Ivan Andersson | Markbygdens OK | 40.25 G |
| 12 | Rune Arvidsson | Markbygdens OK | 46.45 S |

H75 3570 meter 42 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Rune Carlsson | Sundbybergs IK | 26.29 |
| 14 | Lennart Östanbäck | Markbygdens OK | 40.44 B |

H80 2790 meter 18 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Alf Lundkvist | OK Tor | 27.34 |
| 3 | Bertil Johansson | Markbygdens OK | 32.43 S |

Öppen 3 3090 meter 78 start

| | | | |
|----|------------------|------------------|-------|
| 1 | Tova Stål | Västerbergslagen | 24.55 |
| 44 | Marita Johansson | Markbygdens OK | 50.39 |

IFK Mora OK Medel 2012-05-18

H20 JVM-test 5980 meter 65 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Martin Regborn | Hagaby GOIF | 35.00 |
| 5 | Johan Högstrand | Markbygdens OK | 37.55 G |

D20 JVM-test 5140 meter 65 start

| | | | |
|----|-----------------|------------------|-------|
| 1 | Helena Karlsson | IFK Lidingös Ski | 41.02 |
| 53 | Elin Högstrand | Markbygdens OK | 65.12 |

D20 Elit 4200 meter 68 start

| | | | |
|----|--------------|----------------|---------|
| 1 | Marte Narum | Konnerud IL | 36.48 |
| 17 | Anne Hansson | Markbygdens OK | 52.45 B |

H20 Elit 4700 meter 84 start

| | | | |
|----|---------------|----------------|---------|
| 1 | Erik Sköld | Linköpings OK | 33.30 |
| 37 | Simon Skogman | Markbygdens OK | 46.38 S |

D18 Elit 4290 meter 94 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Sandrine Müller | Gävle OK | 32.39 |
| 32 | Josefin Andersson | Markbygdens OK | 50.44 |

H18 Elit 4160 meter 132 start

| | | | |
|---|---------------|-----------|-------|
| 1 | Anton Nilsson | OK Tranan | 28.40 |
|---|---------------|-----------|-------|

| | | | | |
|----|-----------------|----------------|-------|---|
| 55 | Pontus Karlsson | Markbygdens OK | 37.35 | S |
| 65 | Niklas Frisk | Markbygdens OK | 39.25 | S |

D16-2 3850 meter 70 start

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | Johanna Öberg | Ryda SK 34:35 | 34.35 | |
| 3 | Hanna Karlsson | Markbygdens OK | 35.39 | |
| 67 | Malin Svensson | Markbygdens OK | 71.08 | |

H16-1 4020 meter 76 start

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | Markus Larsson | Hestra IF | 26.35 | |
| 9 | Klas Udd | Markbygdens OK | 31.00 | |
| 13 | Ivar Sörqvist | Markbygdens OK | 33.01 | |

D14-1 3050 meter 80 start

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | Stina Nordin | Sundsvalls OK | 18.00 | |
| 17 | Klara Axelsson | Markbygdens OK | 20.10 | |
| 36 | Emelie Udd | Markbygdens OK | 22.30 | |

H14-2 3240 meter 80 start

| | | | | |
|----|----------------|------------------|-------|--|
| 1 | Olle Josarp | FK Friskus-Varbe | 16.15 | |
| 17 | Felix Axelsson | Markbygdens OK | 19.28 | |

H35 5110 meter 69 start

| | | | | |
|----|--------------|------------------|-------|--|
| 1 | Johan Näsman | IFK Lidingös Ski | 34.12 | |
| 56 | Martin Udd | Markbygdens OK | 84.31 | |

D40-1 3860 meter 76 start

| | | | | |
|----|--------------------|----------------|-------|---|
| 1 | Anna-Karin Schmutz | Leksands OK | 36.35 | |
| 18 | Marina Axelsson | Markbygdens OK | 46.37 | S |
| 42 | Jeanette Sigenstam | Markbygdens OK | 58.24 | |

H40-2 4310 meter 100 start

| | | | | |
|----|---------------|----------------|-------|---|
| 1 | Tero Heikkilä | Paimion Rasti | 30.42 | |
| 40 | Fredrik Ask | Markbygdens OK | 40.10 | S |

D45-2 3450 meter 106 start

| | | | | |
|---|------------------|----------------|-------|---|
| 1 | Yvonne Andersson | Tullinge SK | 29.11 | |
| 3 | Lena Karlsson | Markbygdens OK | 30.16 | G |

H45-3 4350 meter 106 start

| | | | | |
|----|---------------------|----------------|-------|--|
| 1 | Odd Wallum | Sävedalens AIK | 30.36 | |
| 76 | Per-Anders Axelsson | Markbygdens OK | 56.51 | |

D50-1 3200 meter 68 start

| | | | | |
|----|-----------------|----------------|-------|---|
| 1 | Maria Jonsson | Tullinge SK | 26.12 | |
| 17 | Marie Högstrand | Markbygdens OK | 36.09 | S |
| 19 | Kristin Hansson | Markbygdens OK | 36.21 | S |

H50-1 4000 meter 104 start

| | | | | |
|----|----------------|------------------|-------|--|
| 1 | Michael Wehlin | Södertälje-Nykva | 28.41 | |
| 48 | Jonas Karlsson | Markbygdens OK | 43.52 | |

D55 3190 meter 91 start

| | | | | |
|----|------------------|----------------|-------|--|
| 1 | Elisabeth Öström | OK Tyr 35:11 | 35.11 | |
| 79 | Marita Larsson | Markbygdens OK | 80.06 | |

H55-1 4070 meter 90 start

| | | | | |
|---|------------------|----------------|-------|---|
| 1 | Göran Nilsson | Snättringe SK | 31.19 | |
| 7 | Lennart Karlsson | Markbygdens OK | 36.24 | S |

H60 4080 meter 131 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | P-O Ivarsson | Haninge SOK | 34.48 |
| 3 | Torgny Pettersson | Markbygdens OK | 38.18 G |

H65-2 3450 meter 81 start

| | | | |
|----|--------------------|----------------|-------|
| 1 | Stefan G Larsson | OK Njudung | 30.52 |
| 43 | Pär-Erik Johansson | Markbygdens OK | 52.11 |

H70 3320 meter 101 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Bengt Eriksson | Väsby OK | 32.03 |
| 6 | Ivan Andersson | Markbygdens OK | 33.51 G |
| 20 | Rune Arvidsson | Markbygdens OK | 39.37 S |

H75 2860 meter 42 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Rune Carlsson | Sundbybergs IK | 19.47 |
| 12 | Lennart Östanbäck | Markbygdens OK | 29.20 B |

H80 2490 meter 19 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Rolf Blom | Frölunda OL | 21.29 |
| 3 | Bertil Johansson | Markbygdens OK | 25.10 S |

Öppen 3 2990 meter 118 start

| | | | |
|----|------------------|------------------|-------|
| 1 | Tova Stål | Västerbergslagen | 23.26 |
| 66 | Marita Johansson | Markbygdens OK | 47.31 |

Öppen 7 3170 meter 283 start

| | | | |
|-----|--------------------|----------------|-------|
| 1 | Stefan N-Djurstedt | Eksjö SOK | 24.51 |
| 193 | Anna Ek | Markbygdens OK | 84.19 |

Njurunda OK Lång 2012-05-19

D50 4020 meter 12 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Märta Molin | Härnösands OK | 49.20 |
| 2 | Ulla Niklasson | Markbygdens OK | 51.37 G |

OK Kåre Medel 2012-05-19

D20 Elit 3830 meter 66 start

| | | | |
|----|--------------|----------------|---------|
| 1 | Marte Narum | Konnerud IL | 23.03 |
| 33 | Anne Hansson | Markbygdens OK | 31.43 S |

H20 Elit 4570 meter 81 start

| | | | |
|----|---------------|----------------|---------|
| 1 | Niklas Aldén | OK Linné | 24.19 |
| 24 | Simon Skogman | Markbygdens OK | 27.48 G |

D18 Elit 3660 meter 97 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Sandrine Müller | Gävle OK | 22.45 |
| 27 | Elin Högstrand | Markbygdens OK | 28.04 S |
| 39 | Josefin Andersson | Markbygdens OK | 29.05 S |

H18 Elit 4270 meter 130 start

| | | | |
|-----|------------------|------------------|---------|
| 1 | Johan Ek-Larsson | Södertälje-Nykva | 22.58 |
| 24 | Pontus Karlsson | Markbygdens OK | 25.43 S |
| 101 | Niklas Frisk | Markbygdens OK | 34.47 B |

H20 3780 meter 11 start

| | | | |
|----|-----------------|------------------|---------|
| 1 | Johan Hinder | Tolered-Utby Ol- | 24.09 |
| 10 | Filip Andersson | Markbygdens OK | 36.07 B |

D16-2 3690 meter 73 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Hanna Karlsson | Markbygdens OK | 24.59 |
|---|----------------|----------------|-------|

H16-1 4010 meter 77 start

| | | | |
|----|----------------|-----------------|-------|
| 1 | Oskar Sandberg | Säterbygdens OK | 22.30 |
| 4 | Ivar Sörqvist | Markbygdens OK | 23.34 |
| 10 | Klas Udd | Markbygdens OK | 25.15 |

D14-1 3320 meter 82 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Vilma Blennow | Falköpings AIK O | 19.46 |
| 7 | Klara Axelsson | Markbygdens OK | 22.39 |
| 25 | Klara Ask | Markbygdens OK | 26.52 |
| 37 | Emelie Udd | Markbygdens OK | 29.02 |

H14-2 3510 meter 80 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Simon Imark | Tullinge SK | 19.33 |
| 17 | Felix Axelsson | Markbygdens OK | 25.15 |

D10 2250 meter 69 start

| | | | |
|----|-----------------|------------------|-------|
| 1 | Hilda Holmqvist | IK Hakarpspojkar | 15.05 |
| 49 | Elsa Ek | Markbygdens OK | 37.15 |

H35 4600 meter 72 start

| | | | |
|----|--------------|------------------|---------|
| 1 | Martin Larbo | IFK Lidingös Ski | 26.07 |
| 19 | Martin Udd | Markbygdens OK | 34.07 S |

D40-1 3440 meter 77 start

| | | | |
|----|--------------------|----------------|---------|
| 1 | Ulrika Kindlund | OK Tranan | 23.52 |
| 28 | Jeanette Sigenstam | Markbygdens OK | 29.22 S |
| 40 | Marina Axelsson | Markbygdens OK | 31.33 S |

H40-2 4200 meter 101 start

| | | | |
|----|------------------|------------------|---------|
| 1 | Fredrik Stuesson | Göteborg-Majorna | 24.50 |
| 51 | Fredrik Ask | Markbygdens OK | 34.47 S |

H45-3 3930 meter 106 start

| | | | |
|----|---------------------|----------------|---------|
| 1 | Flemming Jørgensen | OK Snab 23:32 | 23.32 |
| 58 | Per-Anders Axelsson | Markbygdens OK | 32.31 S |

D50-1 3350 meter 68 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Maria Jonsson | Tullinge SK | 22.48 |
| 11 | Kristin Hansson | Markbygdens OK | 28.45 S |

H50-1 3620 meter 105 start

| | | | |
|----|----------------|------------------|---------|
| 1 | Michael Wehlin | Södertälje-Nykva | 20.28 |
| 18 | Jonas Karlsson | Markbygdens OK | 25.15 S |

D55 3060 meter 89 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Kerstin Andersson | Ryda SK 24:33 | 24.33 |
| 50 | Marita Larsson | Markbygdens OK | 38.17 |

H55-1 3500 meter 92 start

| | | | |
|----|------------------|----------------|---------|
| 1 | Sören Jonsson | Nydalens SK | 20.42 |
| 13 | Lennart Karlsson | Markbygdens OK | 24.31 S |

H60 3330 meter 129 start

| | | | |
|---|-------------------|-----------------|---------|
| 1 | Gert Lundquist | Gotlands Bro OK | 23.46 |
| 7 | Torgny Pettersson | Markbygdens OK | 24.33 G |

H65-2 3190 meter 83 start

| | | | |
|----|--------------------|----------------|---------|
| 1 | Stefan G Larsson | OK Njudung | 23.59 |
| 37 | Pär-Erik Johansson | Markbygdens OK | 34.44 B |

H70 3040 meter 107 start

| | | | |
|---|-----------------|----------|-------|
| 1 | Björn Linnarsjö | OK Orion | 22.06 |
|---|-----------------|----------|-------|

| | | | | |
|----|----------------|----------------|-------|---|
| 6 | Ivan Andersson | Markbygdens OK | 24.43 | G |
| 21 | Rune Arvidsson | Markbygdens OK | 28.39 | S |

H75 2840 meter 41 start

| | | | | |
|----|-------------------|----------------|-------|--|
| 1 | Rune Carlsson | Sundbybergs IK | 22.42 | |
| 22 | Lennart Östanbäck | Markbygdens OK | 42.38 | |

H80 2650 meter 19 start

| | | | | |
|----|-------------------|----------------|-------|---|
| 22 | Lennart Östanbäck | Markbygdens OK | 42.38 | |
| 5 | Bertil Johansson | Markbygdens OK | 30.27 | S |

Öppen 3 3110 meter 167 start

| | | | | |
|----|--------------------|----------------|-------|--|
| 1 | Simen Barstad Sund | Steinkjer OK | 26.27 | |
| 45 | Marita Johansson | Markbygdens OK | 47.55 | |

Njurunda OK Medel 2012-05-20

D50 4020 meter 12 start

| | | | | |
|---|----------------|----------------|-------|---|
| 1 | Märta Molin | Härnösands OK | 49.20 | |
| 2 | Ulla Niklasson | Markbygdens OK | 51.37 | G |

OK Kåre Medel 2012-05-20

D20 Elit 5840 meter 61 start

| | | | | |
|----|-----------------|------------------|-------|---|
| 1 | Helena Karlsson | IFK Lidingös Ski | 38.29 | |
| 45 | Anne Hansson | Markbygdens OK | 55.21 | B |

H20 Elit 7100 meter 79 start

| | | | | |
|----|---------------|----------------|-------|---|
| 1 | Jens Wängdahl | Nyköpings OK | 38.53 | |
| 48 | Simon Skogman | Markbygdens OK | 53.04 | S |

D18 Elit 5190 meter 84 start

| | | | | |
|----|----------------|------------------|-------|---|
| 1 | Sara Hagström | Falköpings AIK O | 34.37 | |
| 19 | Elin Högstrand | Markbygdens OK | 41.09 | S |

H18 Elit 6620 meter 128 start

| | | | | |
|-----|-----------------|----------------|-------|---|
| 1 | Daniel Nilsson | Nyköpings OK | 36.37 | |
| 17 | Pontus Karlsson | Markbygdens OK | 40.25 | G |
| 102 | Erik Persson | Markbygdens OK | 56.52 | |
| 103 | Niklas Frisk | Markbygdens OK | 56.55 | |

H20 6230 meter 11 start

| | | | | |
|---|-----------------|------------------|-------|--|
| 1 | Johan Hinder | Tolered-Utby Ol- | 39.59 | |
| 7 | Filip Andersson | Markbygdens OK | 61.38 | |

D16-2 4500 meter 69 start

| | | | | |
|---|----------------------|------------------|-------|--|
| 1 | Josefine Kristiansso | Trollhättans SOK | 29.24 | |
| 4 | Hanna Karlsson | Markbygdens OK | 32.09 | |

H16-1 5550 meter 75 start

| | | | | |
|----|---------------|----------------|-------|--|
| 1 | Filip Grahn | Hestra IF | 31.27 | |
| 8 | Ivar Sörqvist | Markbygdens OK | 35.06 | |
| 22 | Klas Udd | Markbygdens OK | 38.41 | |

D14-1 3780 meter 75 start

| | | | | |
|----|----------------|------------------|-------|--|
| 1 | Vilma Blennow | Falköpings AIK O | 24.37 | |
| 8 | Klara Axelsson | Markbygdens OK | 29.00 | |
| 37 | Emelie Udd | Markbygdens OK | 37.39 | |

H14-2 3850 meter 71 start

| | | | | |
|---|-------------|-------------|-------|--|
| 1 | Simon Imark | Tullinge SK | 23.24 | |
|---|-------------|-------------|-------|--|

| | | | |
|----------------------------|---------------------|------------------|---------|
| 4 | Felix Axelsson | Markbygdens OK | 29.13 |
| D10 1890 meter 73 start | | | |
| 1 | Therese Nilsson | OK Österåker | 14.25 |
| 48 | Elsa Ek | Markbygdens OK | 111.55 |
| H35 6160 meter 72 start | | | |
| 1 | Martin Larsson | IFK Göteborg | 35.35 |
| 46 | Martin Udd | Markbygdens OK | 69.25 |
| D40-1 4430 meter 80 start | | | |
| 1 | Sofia Heldt | Södertälje-Nykva | 31.19 |
| 24 | Marina Axelsson | Markbygdens OK | 37.39 S |
| 30 | Jeanette Sigenstam | Markbygdens OK | 41.43 S |
| H40-2 5770 meter 101 start | | | |
| 1 | Stefan Karlsson | OK Denseln | 33.16 |
| 41 | Fredrik Ask | Markbygdens OK | 46.18 S |
| D45-2 4390 meter 101 start | | | |
| 1 | Yvonne Andersson | Tullinge SK | 29.56 |
| 2 | Lena Karlsson | Markbygdens OK | 30.34 G |
| H45-3 5720 meter 98 start | | | |
| 1 | Flemming Jørgensen | OK Snab 35:29 | 35.29 |
| 52 | Per-Anders Axelsson | Markbygdens OK | 54.15 |
| D50-1 3900 meter 64 start | | | |
| 1 | Maria Jonsson | Tullinge SK | 28.26 |
| 10 | Kristin Hansson | Markbygdens OK | 36.29 S |
| H50-1 5480 meter 100 start | | | |
| 1 | Michael Wehlin | Södertälje-Nykva | 33.07 |
| 31 | Jonas Karlsson | Markbygdens OK | 50.05 B |
| D55 3640 meter 81 start | | | |
| 1 | Kerstin Andersson | Ryda SK 28: | 28.45 |
| 41 | Marita Larsson | Markbygdens OK | 47.15 |
| H55-1 4970 meter 84 start | | | |
| 1 | Sören Jonsson | Nydalens SK | 32.44 |
| 4 | Lennart Karlsson | Markbygdens OK | 35.51 G |
| H60 4530 meter 124 start | | | |
| 1 | Torgny Pettersson | Markbygdens OK | 31.37 G |
| H65-2 4150 meter 77 start | | | |
| 1 | Stefan G Larsson | OK Njudung | 31.58 |
| 28 | Pär-Erik Johansson | Markbygdens OK | 48.23 |
| H70 3540 meter 102 start | | | |
| 1 | Kuno Österlund | Västerås SOK | 27.55 |
| 12 | Rune Arvidsson | Markbygdens OK | 32.50 S |
| 25 | Ivan Andersson | Markbygdens OK | 35.30 S |
| H75 3170 meter 41 start | | | |
| 1 | Rune Carlsson | Sundbybergs IK | 25.42 |
| 21 | Lennart Östanbäck | Markbygdens OK | 45.02 |
| H80 2790 meter 16 start | | | |
| 1 | Alf Lundkvist | OK Tor 30:53 | 30.53 |

5 Bertil Johansson Markbygdens OK 45.51 B

Öppen 3 3000 meter 181 start

1 Daniel Östlund OK Kolmården 23.16
45 Marita Johansson Markbygdens OK 44.33

Fritsla VIK Sprint 2012-05-22

D14 1840 meter 8 start

1 Klara Ask Markbygdens OK 12.59
2 Klara Axelsson Markbygdens OK 13.23
3 Emelie Udd Markbygdens OK 14.03

H14 1840 meter 5 start

1 Felix Axelsson Markbygdens OK 12.05
4 Axel Lomander Markbygdens OK 18.15
5 Olle Sörqvist Markbygdens OK 21.10

D12 1450 meter 6 start

1 Nora Aroneng Bredareds IF 15.50
5 Cira Ruttledge Markbygdens OK 40.52

H12 1450 meter 11 start

1 Malte Larsson OK Mark 10.59
2 Arvid Hall Markbygdens OK 14.04
3 Axel Åkesson Markbygdens OK 14.51
4 Kevin Örn Markbygdens OK 16.55
6 Sixten Nordling Markbygdens OK 17.11
8 Hugo Lomander Markbygdens OK 18.19
9 Emil Lidbom Markbygdens OK 18.41
11 Hugo Ung Markbygdens OK 24.45

H10 1110 meter 1 start

1 Joshua Ruttledge Markbygdens OK 17.01

U1 970 meter 15 start

1 Anton Blomqvist Markbygdens OK 7.45
2 Erika Åkesson Markbygdens OK 7.56
3 Lisa Åkesson Markbygdens OK 9.16
4 Matilda Ryberg Markbygdens OK 9.29
8 Alexander Blomqvist Markbygdens OK 12.06
9 Albin Ryberg Markbygdens OK 12.07
10 Oscar Börjesson Markbygdens OK 13.56
11 Elin Börjesson Markbygdens OK 14.08
12 Edvin Broms Markbygdens OK 14.32
13 Olle Malmberg Markbygdens OK 19.46
14 Ludvig Lagerholm Markbygdens OK 20.11
15 Elving Lomander Markbygdens OK 27.49

Öppen Herrar 2140 meter 20 start

1 Johan Högstrand Markbygdens OK 11.15
2 Klas Udd Markbygdens OK 13.50
3 Fredrik Ask Markbygdens OK 14.34
4 Erik Persson Markbygdens OK 15.13
5 Joel Udd Markbygdens OK 15.35
6 Filip Andersson Markbygdens OK 15.37
8 Per-Anders Axelsson Markbygdens OK 16.23
9 Martin Frisk Markbygdens OK 17.10
11 Arne Persson Markbygdens OK 19.20
12 Pontus Karlsson Markbygdens OK 21.47
13 Jörgen Frisk Markbygdens OK 21.48

| | | | |
|----|--------------------|----------------|-------|
| 14 | Pär-Erik Johansson | Markbygdens OK | 22.28 |
| 15 | Fredrik Harrysson | Markbygdens OK | 23.51 |
| 16 | Totte Holm | Markbygdens OK | 29.40 |
| 17 | Stellan Helgesson | Markbygdens OK | 31.26 |
| 18 | Bertil Johansson | Markbygdens OK | 38.04 |

| | | | |
|--------------------------------|--------------------|----------------|-------|
| Öppen Damer 2140 meter 8 start | | | |
| 1 | Hanna Karlsson | Markbygdens OK | 15.33 |
| 2 | Jeanette Sigenstam | Markbygdens OK | 15.58 |
| 3 | Anne Udd | Markbygdens OK | 19.52 |
| 4 | Helena Blomqvist | Markbygdens OK | 20.50 |
| 6 | Gun Frisk | Markbygdens OK | 26.30 |
| 8 | Karina Ryberg | Markbygdens OK | 40.39 |

Kinnaströms SK Sprint 2012-05-24

| | | | |
|------------------------|----------------|----------------|-------|
| D14 1930 meter 5 start | | | |
| 1 | Klara Ask | Markbygdens OK | 13.49 |
| 2 | Emelie Udd | Markbygdens OK | 15.14 |
| 3 | Klara Axelsson | Markbygdens OK | 17.23 |

| | | | |
|------------------------|---------------|----------------|-------|
| H14 2440 meter 2 start | | | |
| 1 | Emil Karlsson | Hestra IF | 21.08 |
| 2 | Axel Lomander | Markbygdens OK | 26.34 |

| | | | |
|------------------------|--------------|----------------|-------|
| H12 1910 meter 7 start | | | |
| 1 | Kevin Örn | Markbygdens OK | 19.15 |
| 3 | Arvid Hall | Markbygdens OK | 19.25 |
| 4 | Axel Åkesson | Markbygdens OK | 21.54 |
| 6 | Hugo Ung | Markbygdens OK | 33.59 |

| | | | |
|------------------------|---------|----------------|-------|
| D10 1940 meter 1 start | | | |
| 1 | Elsa Ek | Markbygdens OK | 44.55 |

| | | | |
|------------------------|---------------------|----------------|-------|
| U1 1830 meter 20 start | | | |
| 1 | Albin Ryberg | Markbygdens OK | 15.00 |
| 2 | Elin Börjesson | Markbygdens OK | 15.01 |
| 3 | Olle Malmberg | Markbygdens OK | 15.04 |
| 4 | Jonathan Wall | Markbygdens OK | 15.46 |
| 5 | Erika Åkesson | Markbygdens OK | 16.33 |
| 6 | Matilda Ryberg | Markbygdens OK | 16.46 |
| 7 | Anton Blomqvist | Markbygdens OK | 17.29 |
| 7 | Lisa Åkesson | Markbygdens OK | 17.29 |
| 9 | Emil Lidbom | Markbygdens OK | 17.39 |
| 10 | Oscar Börjesson | Markbygdens OK | 20.13 |
| 11 | Edvin Broms | Markbygdens OK | 21.48 |
| 12 | Alexander Blomqvist | Markbygdens OK | 22.10 |
| 13 | Joshua Ruttledge | Markbygdens OK | 22.29 |
| 14 | Cira Ruttledge | Markbygdens OK | 22.30 |
| 16 | Elving Lomander | Markbygdens OK | 23.29 |
| 19 | Sixten Djurbäck | Markbygdens OK | 35.52 |

| | | | |
|----------------------------------|-----------------|----------------|-------|
| Öppen Herrar 2570 meter 18 start | | | |
| 1 | Johan Högstrand | Markbygdens OK | 13.39 |
| 2 | Albin Andersson | Markbygdens OK | 14.07 |
| 3 | Klas Udd | Markbygdens OK | 17.13 |
| 4 | Erik Persson | Markbygdens OK | 18.36 |
| 5 | Joel Udd | Markbygdens OK | 19.47 |
| 6 | Fredrik Ask | Markbygdens OK | 19.56 |
| 7 | Martin Frisk | Markbygdens OK | 20.34 |
| 8 | Axel Ek | Markbygdens OK | 22.18 |
| 9 | Arne Persson | Markbygdens OK | 22.45 |
| 10 | Filip Andersson | Markbygdens OK | 23.28 |

| | | | |
|----|--------------------|----------------|-------|
| 12 | Gabriel Hedström | Markbygdens OK | 27.45 |
| 13 | Fredrik Harrysson | Markbygdens OK | 31.15 |
| 14 | Pär-Erik Johansson | Markbygdens OK | 33.55 |
| 15 | Pontus Karlsson | Markbygdens OK | 33.59 |
| 16 | Totte Holm | Markbygdens OK | 48.16 |

Öppen Damer 2440 meter 8 start

| | | | |
|---|--------------------|----------------|-------|
| 1 | Elin Högstrand | Markbygdens OK | 18.32 |
| 2 | Jeanette Sigenstam | Markbygdens OK | 22.56 |
| 4 | Anne Udd | Markbygdens OK | 24.30 |
| 5 | Gun Frisk | Markbygdens OK | 37.19 |
| 7 | Karina Ryberg | Markbygdens OK | 58.50 |

IF Rigor Lång 2012-05-26

Öppen 4 3010 meter 17 start

| | | | |
|----|--------------|----------------|-------|
| 1 | Jonas Hultin | OK Löftan | 46.17 |
| 17 | Totte Holm | Markbygdens OK | 77.30 |

Alfta-Ösa OK Medel 2012-05-26

H20 Elit 5100 meter 57 start

| | | | | |
|----|-----------------|----------------|-------|---|
| 1 | Johan Högstrand | Markbygdens OK | 29.26 | G |
| 35 | Simon Skogman | Markbygdens OK | 41.22 | S |

H18 Elit 4850 meter 60 start

| | | | | |
|----|-----------------|----------------|-------|---|
| 1 | Anton Johansson | OK Orion | 30.41 | |
| 42 | Pontus Karlsson | Markbygdens OK | 41.08 | S |

D16 3150 meter 25 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Ellen Sarenmark | Leksands OK | 26.32 |
| 2 | Hanna Karlsson | Markbygdens OK | 27.06 |

H50 3390 meter 52 start

| | | | | |
|----|----------------|----------------|-------|---|
| 1 | Jan Nordin | Sundsvalls OK | 23.22 | |
| 23 | Jonas Karlsson | Markbygdens OK | 29.30 | S |

Öppen 7 3150 meter 41 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Ola Johansson | Gävle OK | 25.59 |
| 12 | Marie Högstrand | Markbygdens OK | 36.56 |

Alfta-Ösa OK Lång 2012-05-27

H20 Elit 50 start

| | | | | |
|----|-----------------|----------------|--------|---|
| 1 | Johan Högstrand | Markbygdens OK | 60.29 | G |
| 41 | Simon Skogman | Markbygdens OK | 104.49 | |

H18 Elit 94 start

| | | | | |
|----|--------------------|------------------|-------|---|
| 1 | Piotr Parfianowicz | Södertälje-Nykva | 52.32 | |
| 43 | Pontus Karlsson | Markbygdens OK | 77.17 | B |

D16 4400 meter 24 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Isabel Salén | OK Renen | 34.04 |
| 2 | Hanna Karlsson | Markbygdens OK | 35.02 |

Skene SoIS Sprint 2012-05-29

H14 2140 meter 3 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Felix Axelsson | Markbygdens OK | 12.27 |
| 2 | Olle Sörqvist | Markbygdens OK | 17.08 |

H12 1520 meter 6 start

| | | | | |
|---|---------------|-------------|----|-------|
| 1 | Axel Åkesson | Markbygdens | OK | 8.42 |
| 2 | Arvid Hall | Markbygdens | OK | 11.46 |
| 3 | Kevin Örn | Markbygdens | OK | 12.04 |
| 5 | Hugo Lomander | Markbygdens | OK | 13.51 |
| 6 | Hugo Ung | Markbygdens | OK | 16.12 |

D16 2300 meter 2 start

| | | | | |
|---|----------------|-------------|----|-------|
| 1 | Julia Carlsson | Markbygdens | OK | 23.28 |
| 2 | Sara Andersson | Markbygdens | OK | 26.27 |

D14 2050 meter 5 start

| | | | | |
|---|----------------|-------------|----|-------|
| 1 | Klara Ask | Markbygdens | OK | 12.20 |
| 2 | Klara Axelsson | Markbygdens | OK | 13.55 |
| 5 | Emelie Udd | Markbygdens | OK | 15.08 |

U1 1150 m 12 start

| | | | | |
|----|---------------------|-------------|----|-------|
| 1 | Anton Blomqvist | Markbygdens | OK | 9.07 |
| 2 | Lisa Åkesson | Markbygdens | OK | 9.50 |
| 3 | Erika Åkesson | Markbygdens | OK | 12.18 |
| 4 | Jonathan Wall | Markbygdens | OK | 13.14 |
| 5 | Oscar Börjesson | Markbygdens | OK | 14.13 |
| 6 | Elin Börjesson | Markbygdens | OK | 14.15 |
| 7 | Matilda Ryberg | Markbygdens | OK | 16.36 |
| 8 | Elving Lomander | Markbygdens | OK | 17.17 |
| 9 | Olle Malmberg | Markbygdens | OK | 19.23 |
| 10 | Alexander Blomqvist | Markbygdens | OK | 19.31 |
| 11 | Ludvig Lagerholm | Markbygdens | OK | 20.17 |
| 12 | Albin Ryberg | Markbygdens | OK | 20.31 |

Öppen Herr 2980 meter 19 start

| | | | | |
|----|--------------------|-------------|----|-------|
| 1 | Johan Högstrand | Markbygdens | OK | 15.04 |
| 2 | Albin Andersson | Markbygdens | OK | 16.46 |
| 3 | Niklas Frisk | Markbygdens | OK | 18.57 |
| 5 | Joel Udd | Markbygdens | OK | 19.16 |
| 6 | Fredrik Ask | Markbygdens | OK | 19.49 |
| 7 | Filip Andersson | Markbygdens | OK | 20.01 |
| 8 | Erik Persson | Markbygdens | OK | 20.18 |
| 9 | Martin Frisk | Markbygdens | OK | 21.18 |
| 10 | Martin Udd | Markbygdens | OK | 21.54 |
| 12 | Jörgen Frisk | Markbygdens | OK | 27.13 |
| 13 | Pär-Erik Johansson | Markbygdens | OK | 27.49 |
| 14 | Fredrik Harrysson | Markbygdens | OK | 29.40 |
| 15 | Totte Holm | Markbygdens | OK | 39.44 |
| 16 | Bertil Johansson | Markbygdens | OK | 59.17 |

Öppen Dam 2560 meter 8 start

| | | | | |
|---|--------------------|-------------|----|-------|
| 1 | Elin Högstrand | Markbygdens | OK | 16.38 |
| 2 | Jeanette Sigenstam | Markbygdens | OK | 17.50 |
| 3 | Kristin Hansson | Markbygdens | OK | 19.04 |
| 4 | Tove Udd | Markbygdens | OK | 19.22 |
| 5 | Helena Blomqvist | Markbygdens | OK | 20.41 |
| 6 | Gun Frisk | Markbygdens | OK | 24.52 |
| 7 | Karina Ryberg | Markbygdens | OK | 36.30 |

Falkenbergs OK Sprint 2012-06-02

IK Gandvik Sprint 2012-06-03

H12 1900 meter 76 start

| | | | | |
|----|--------------|-------------|----|-------|
| 1 | Filip Rosjö | Jönköpings | OK | 11.50 |
| 30 | Axel Åkesson | Markbygdens | OK | 20.29 |
| 33 | Arvid Hall | Markbygdens | OK | 21.12 |

D10 1300 meter 09 start
1 Evelina Svensson Finndahl IK 9.01
44 Erika Åkesson Markbygdens OK 15.37
87 Lisa Åkesson Markbygdens OK 24.55

D40 2600 meter 74 start
1 Ulrika Kindlund OK Tranan 18.00
2 Marina Axelsson Markbygdens OK 18.22
5 Jeanette Sigenstam Markbygdens OK 19.57

H40 2800 meter 79 start
1 Andreas Rangert IK Hakarpspojkar 14.37
17 Fredrik Ask Markbygdens OK 18.05

H45 2700 meter 75 start
1 Odd Wallum Sävedalens AIK 14.19
40 Per-Anders Axelsson Markbygdens OK 22.08

U1 1100 meter 64 start
1 Lucas Fondin Herrljunga SK 7.57
8 Anton Blomqvist Markbygdens OK 10.20
115 Elin Blomqvist Markbygdens OK 20.49
145 Maja Hall Markbygdens OK 27.31

U2 1300 meter 65 start
1 Wilma Thörnkvist Sol Tranås 9.08
129 Lovisa Nilsson Markbygdens OK 26.45

D-extra 3000 meter 57 start
1 Klara Axelsson Markbygdens OK 22.41

H-extra 3000 meter 74 start
1 Victor Imark Tullinge SK 19.17
16 Felix Axelsson Markbygdens OK 27.16
37 Olle Sörqvist Markbygdens OK 32.43

H-extra 3000 meter 77 start
1 Niklas Sundqvist Tullinge SK 17.54
7 Ivar Sörqvist Markbygdens OK 19.38

OK Landehof Sprint 2012-06-05

H12 1500 meter 24 start
1 Samuel Pihlström OK Landehof 7.49
11 Petter Leibe-Bergste Markbygdens OK 11.24
12 Olle Leibe-Bergstedt Markbygdens OK 12.15

D40 2170 meter 8 start
1 Yvonne Weihard Sävedalens AIK 14.41
8 Katja Leibe Bergstedt Markbygdens OK 28.59

Öppen 3 1460 meter 6 start
1 Carl Teg OK Landehof 14.19
3 Totte Holm Markbygdens OK 17.16

Öppen 5 1760 meter 25 start
1 Mårten Haraldsson Profu 9.58
17 Håkan Andersson Markbygdens OK 12.51

OK Landehof När Lång 2012-06-06

H12 2560 meter 32 start
1 Samuel Pihlström OK Landehof 19.57
7 Petter Leibe-Bergste Markbygdens OK 27.21
22 Olle Leibe-Bergstedt Markbygdens OK 40.30

Lerums SOK När Lång 2012-06-09

Öppen 3 2780 meter 29 start
1 Hans Nilsson Kungälv OK 32.03
17 Totte Holm Markbygdens OK 48.51

Uddevalla OK Unionsmatch 2012-06-09

H16 (49)
1 Filip Grahn Västergötland 34.46
7 Ivar Sörqvist Markbygdens OK 37.04
25 Klas Udd Markbygdens OK 48.15

H14 (49)
1 Elias Bäcklund-Ekval Västergötland 23.49
11 Felix Axelsson Markbygdens OK 27.49

D16 (49)
11 Felix Axelsson Markbygdens OK 27.49
20 Hanna Karlsson Markbygdens OK 48.40

D14 (49)
1 Kerstin Wadman Göteborg 25.33
13 Klara Axelsson Markbygdens OK 31.46
18 Klara Ask Markbygdens OK 32.25

D-Kort (14)
1 Vidar Strand Buskerud 25.35
3 Emelie Udd Markbygdens OK 32.51

Uddevalla OK Unionsmatch Budkavle 2012-06-10

D16 Sträcka 1
1 Moa Gustafsson Bohuslän-Dal 33.47
23 Hanna Karlsson Markbygdens OK 37.54

H14 Sträcka 2
1 Otto Stuhlhofer Göteborg 22.03
33 Felix Axelsson Markbygdens OK 27.30
50 Emelie Udd Markbygdens OK 37.51

D14 Sträcka 3
1 Kerstin Wadman Göteborg 25.49
7 Klara Ask Markbygdens OK 27.21
18 Klara Axelsson Markbygdens OK 28.12

H16 sträcka 4
1 Olai Stensland Lille ld A 27.39
13 Ivar Sörqvist Markbygdens OK 31.17
29 Klas Udd Markbygdens OK 38.14

Gagnefs OK Sprint 2012-06-10

Öppen 1 1430 meter 4 start
1 Kenneth Carling OK Kåre 9.38
3 Sören Fägersten Markbygdens OK 22.39

OK Gipen Sprint 2012-06-10

| | | | | | |
|---------|----------------------|-------------|-------|-------|--|
| H12 | 1790 meter | 10 start | | | |
| 1 | Olle Leibe-Bergstedt | Markbygdens | OK | 15.29 | |
| H60 | 2660 meter | 15 start | | | |
| 1 | Lars Hogedal | Vänersborgs | SK | 25.27 | |
| 4 | Torgny Pettersson | Markbygdens | OK | 27.33 | |
| H75 | 1900 meter | 3 start | | | |
| 1 | Ingemar Alfredsson | IK Uven | | 21.07 | |
| 3 | Totte Holm | Markbygdens | OK | 28.28 | |
| Öppen 2 | 1900 meter | 10 start | | | |
| 1 | Martin Jakobsson | Klubblös | | 17.11 | |
| 6 | Lizkulla Pettersson | Markbygdens | OK | 24.59 | |
| Öppen 4 | 2930 meter | 20 start | | | |
| 1 | Adam Fredén | Falköpings | AIK O | 20.34 | |
| 3 | Mikael Bergstedt | Markbygdens | OK | 23.59 | |

OK Gipen Sprint 2012-06-10

| | | | | | |
|---------|----------------------|--------------|-------|-------|--|
| H12 | 1430 meter | 10 start | | | |
| 1 | Anders Björklund | Trollhättans | SOK | 11.29 | |
| 4 | Olle Leibe-Bergstedt | Markbygdens | OK | 13.29 | |
| H60 | 2410 meter | 12 start | | | |
| 1 | Torgny Pettersson | Markbygdens | OK | 20.19 | |
| H75 | 1700 meter | 3 start | | | |
| 1 | Ingemar Alfredsson | IK Uven | | 17.25 | |
| 3 | Totte Holm | Markbygdens | OK | 24.55 | |
| Öppen 2 | 1700 meter | 10 start | | | |
| 1 | Martin Jakobsson | Klubblös | | 16.06 | |
| 7 | Lizkulla Pettersson | Markbygdens | OK | 24.35 | |
| Öppen 4 | 2870 meter | 14 start | | | |
| 1 | Adam Fredén | Falköpings | AIK O | 19.08 | |
| 2 | Mikael Bergstedt | Markbygdens | OK | 23.46 | |

Helsingborgs SOK Sprint 2012-06-15

| | | | | | |
|-----|------------------|-------------|----|-------|--|
| H21 | 3800 meter | 36 start | | | |
| 1 | Mikael Andersson | IF Rigor | | 18.16 | |
| 5 | Simon Larsson | Markbygdens | OK | 18.51 | |
| D20 | 3460 meter | 5 start | | | |
| 1 | Jenny Olsson | Örkelljunga | FK | 21.15 | |
| 2 | Johanna Skogum | Markbygdens | OK | 23.29 | |
| 3 | Anne Hansson | Markbygdens | OK | 24.24 | |
| H20 | 3460 meter | 6 start | | | |
| 1 | Niklas Frisk | Markbygdens | OK | 19.06 | |
| 3 | Erik Persson | Markbygdens | OK | 20.14 | |
| 4 | Joel Udd | Markbygdens | OK | 20.23 | |
| 5 | Martin Frisk | Markbygdens | OK | 20.33 | |
| 6 | Filip Andersson | Markbygdens | OK | 21.08 | |

H18 3110 meter 7 start
1 Johan Sandlund OK Njudung 16.00
2 Pontus Karlsson Markbygdens OK 16.13

D14 2130 meter 14 start
1 Sanna Fasth Boxholm-Mjölby O 10.59
9 Klara Ask Markbygdens OK 12.47

D40 2810 meter 9 start
1 Sara Elfving Ronneby OK 17.31
2 Jeanette Sigenstam Markbygdens OK 18.28

H40 3460 meter 15 start
1 Tomas Vensryd Eslövs FK 18.33
10 Fredrik Ask Markbygdens OK 19.56

D50 2490 meter 23 start
1 Britta Sahlin Vänersborgs SK 14.08
5 Anne Udd Markbygdens OK 16.00

D55 2260 meter 29 start
1 Eva Tykesson Rävetofta OK 14.19
19 Marita Larsson Markbygdens OK 21.08

H55 2660 meter 33 start
1 Rolf Lund HSOK 11.53
21 Tor Udd Markbygdens OK 17.27

H65 2450 meter 54 start
1 Stefan G Larsson OK 14.32
34 Pär-Erik Johansson Markbygdens OK 18.07

H75 2010 meter 14 start
1 Bo Ullman OK Pan-Kristians 15.59
9 Totte Holm Markbygdens OK 20.00

Öppen 5 2470 meter 41 start
1 Dan Moberg Istrums SK 13.58
30 Marita Johansson Markbygdens OK 28.25

Helsingborgs OK Medel 2012-06-16

H21 3550 meter 37 start
1 Calle Stenberg OK Skogshjortarn 19.23
13 Simon Larsson Markbygdens OK 22.29 S

D20 3325 meter 5 start
1 Jenny Olsson Örkelljunga FK 29.05
2 Johanna Skogum Markbygdens OK 32.14 G
3 Anne Hansson Markbygdens OK 32.28 G

H20 3325 meter 6 start
1 Joel Udd Markbygdens OK 23.14 G
2 Martin Frisk Markbygdens OK 23.44 G
4 Niklas Frisk Markbygdens OK 27.12 S
5 Filip Andersson Markbygdens OK 27.35 S
6 Erik Persson Markbygdens OK 31.20 S

H18 2900 meter 6 start
1 Oscar Stenberg OK Skogshjortarn 18.47
3 Pontus Karlsson Markbygdens OK 19.23 G

| | | | | |
|----------------------------------|----------------------|------------------|-------|---|
| D14 | 2175 meter | 14 start | | |
| 1 | Vilma Persson | OK Skogsfalken | 17.12 | |
| 10 | Klara Ask | Markbygdens OK | 21.10 | |
| D40 | 2825 meter | 9 start | | |
| 1 | Anna Ljungqvist | Lunds OK | 20.44 | |
| 6 | Jeanette Sigenstam | Markbygdens OK | 25.04 | S |
| H40 | 3325 meter | 15 start | | |
| 1 | Magnus Steen | OK Alehof | 21.59 | |
| 3 | Fredrik Ask | Markbygdens OK | 22.19 | G |
| D50 | 2450 meter | 23 start | | |
| 1 | Lena Henriksson-Ågre | Ronneby OK | 21.57 | |
| 2 | Anne Udd | Markbygdens OK | 22.06 | G |
| D55 | 2325 meter | 26 start | | |
| 1 | Eva Tykesson | Rävetofta OK | 23.14 | |
| 16 | Marita Larsson | Markbygdens OK | 35.50 | B |
| H55 | 2675 meter | 31 start | | |
| 1 | Rolf Lund | HSOK | 15.41 | |
| 28 | Tor Udd | Markbygdens OK | 35.52 | |
| H65 | 2425 meter | 52 start | | |
| 1 | Roland Nilsson | Falköpings AIK | 16.54 | |
| 36 | Pär-Erik Johansson | Markbygdens OK | 28.47 | |
| H75 | 1825 meter | 15 start | | |
| 1 | Peo Bengtsson | OK Pan-Kristians | 17.57 | |
| 13 | Totte Holm | Markbygdens OK | 36.02 | |
| Öppen 5 | 2425 meter | 28 start | | |
| 1 | Jens Fasth | Boxholm-Mjölby O | 28.49 | |
| 21 | Marita Johansson | Markbygdens OK | 46.50 | |
| Öppen 7 | 2675 meter | 12 start | | |
| 1 | Emelie Karlsson | Landén Istrums | 19.44 | |
| 5 | Tove Udd | Markbygdens OK | 27.41 | |
| Helsingborgs OK Medel 2012-06-16 | | | | |
| ----- | | | | |
| H21 | 3950 meter | 39 start | | |
| 1 | Calle Stenberg | OK Skogshjortarn | 25.40 | |
| 4 | Simon Larsson | Markbygdens OK | 27.00 | G |
| D20 | 3240 meter | 5 start | | |
| 1 | Jenny Olsson | Örkelljunga FK | 26.07 | |
| 2 | Johanna Skogum | Markbygdens OK | 26.34 | G |
| 3 | Anne Hansson | Markbygdens OK | 30.42 | S |
| H20 | 3240 meter | 6 start | | |
| 1 | Niklas Frisk | Markbygdens OK | 21.35 | G |
| 2 | Martin Frisk | Markbygdens OK | 25.20 | S |
| 3 | Erik Persson | Markbygdens OK | 28.16 | S |
| 4 | Filip Andersson | Markbygdens OK | 29.49 | S |
| 6 | Joel Udd | Markbygdens OK | 45.25 | |
| H18 | 3110 meter | 7 start | | |
| 1 | Johan Sandlund | OK Njudung | 20.43 | |

| | | | | |
|-----------------------------------|-----------------------|------------------|-------|---|
| D14 | 2580 meter | 14 start | | |
| 1 | Klara Ask | Markbygdens OK | 16.39 | |
| D40 | 3020 meter | 9 start | | |
| 1 | Helena Kristiansson | Hässleholms OK | 23.59 | |
| 6 | Jeanette Sigenstam | Markbygdens OK | 26.51 | S |
| H40 | 3240 meter | 15 start | | |
| 1 | Tomas Vensryd | Eslövs FK | 22.11 | |
| 11 | Fredrik Ask | Markbygdens OK | 31.27 | S |
| D50 | 2700 meter | 22 start | | |
| 1 | Annette Falck-Larsson | Vänersborgs SK | 21.34 | |
| 5 | Anne Udd | Markbygdens OK | 24.23 | S |
| D55 | 2620 meter | 26 start | | |
| 1 | Eva Tykesson | Rävetofta OK | 20.05 | |
| 14 | Marita Larsson | Markbygdens OK | 29.11 | S |
| H55 | 2800 meter | 28 start | | |
| 1 | Torbjörn Löfving | Tibro OK | 18.15 | |
| 18 | Tor Udd | Markbygdens OK | 25.51 | S |
| H65 | 2680 meter | 54 start | | |
| 1 | Roland Nilsson | Falköpings AIK | 20.43 | |
| 42 | Pär-Erik Johansson | Markbygdens OK | 35.38 | |
| H75 | 2250 meter | 15 start | | |
| 1 | Peo Bengtsson | OK Pan-Kristians | 21.39 | |
| 9 | Totte Holm | Markbygdens OK | 29.36 | S |
| Öppen 5 | 2680 meter | 39 start | | |
| 1 | Fanny Brodin | Istrums SK | 25.51 | |
| 33 | Marita Johansson | Markbygdens OK | 60.46 | |
| Helsingborgs OK Sprint 2012-06-17 | | | | |
| ----- | | | | |
| H21 | 3540 meter | 38 start | | |
| 1 | Jörgen Olsson | FK Göingarna | 18.51 | |
| 5 | Simon Larsson | Markbygdens OK | 20.15 | |
| D20 | 3090 meter | 5 start | | |
| 1 | Jenny Olsson | Örkelljunga FK | 21.55 | |
| 2 | Johanna Skogum | Markbygdens OK | 23.53 | |
| 3 | Anne Hansson | Markbygdens OK | 27.52 | |
| H20 | 3090 meter | 5 start | | |
| 1 | Niklas Frisk | Markbygdens OK | 19.15 | |
| 2 | Erik Persson | Markbygdens OK | 20.44 | |
| 4 | Filip Andersson | Markbygdens OK | 22.37 | |
| 5 | Martin Frisk | Markbygdens OK | 22.49 | |
| H18 | 2840 meter | 6 start | | |
| 1 | Mattias Johansson | Stångenäs AIS | 16.00 | |
| 4 | Pontus Karlsson | Markbygdens OK | 17.05 | |
| D14 | 2110 meter | 14 start | | |
| 1 | Sanna Fasth | Boxholm-Mjölby O | 13.46 | |
| 4 | Klara Ask | Markbygdens OK | 15.14 | |
| D40 | 2730 meter | 9 start | | |

| | | | |
|---------------------------------|-----------------------|------------------|---------|
| | 1 Cecilia Rönnfjärd | OK Skogsfalken | 20.02 |
| | 4 Jeanette Sigenstam | Markbygdens OK | 21.09 |
| H40 | 3090 meter 15 start | | |
| | 1 Stefan Agmarcken | Halmstad OK | 18.49 |
| | 12 Fredrik Ask | Markbygdens OK | 23.14 |
| D50 | 2280 meter 22 start | | |
| | 1 Britta Sahlin | Vänersborgs SK | 15.47 |
| | 7 Anne Udd | Markbygdens OK | 18.34 |
| D55 | 2230 meter 28 start | | |
| | 1 Jane Johansson | Istrums SK | 17.22 |
| | 12 Marita Larsson | Markbygdens OK | 24.25 |
| H55 | 2490 meter 27 start | | |
| | 1 Ulf Palmér | Ulricehamns OK | 15.22 |
| | 22 Tor Udd | Markbygdens OK | 23.43 |
| H65 | 2290 meter 55 start | | |
| | 1 Stefan G | Larsson OK | 15.52 |
| | 41 Pär-Erik Johansson | Markbygdens OK | 24.10 |
| H75 | 1870 meter 14 start | | |
| | 1 Lars Persson | Väsby OK | 20.14 |
| | 11 Totte Holm | Markbygdens OK | 27.23 |
| Öppen 1 | 1370 meter 15 start | | |
| | 1 Ester Nilsund | Helsingborgs SOK | 13.17 |
| | 9 Marita Johansson | Markbygdens OK | 16.29 |
| Öppen 7 | 2640 meter 24 start | | |
| | 1 Susanne Andersson | FK Göingarna | 18.10 |
| | 10 Tove Udd | Markbygdens OK | 24.35 |
| Idrefjällens OK Lång 2012-06-24 | | | |
| ----- | | | |
| D14 | 3670 meter 18 start | | |
| | 1 Elsa Holmgård | Kils OK | 32.57 |
| | 9 Klara Ask | Markbygdens OK | 40.05 |
| H12 | 3030 meter 5 start | | |
| | 1 Zeb Palm | HJS-Vansbro OK | 23.48 |
| | 4 Axel Åkesson | Markbygdens OK | 35.31 |
| D40 | 4540 meter 12 start | | |
| | 1 Ulrika Saras | Grycksbo IF | 42.29 |
| | 12 Jeanette Sigenstam | Markbygdens OK | 62.29 B |
| H40 | 6570 meter 10 start | | |
| | 1 Johan Haglund | KFUM Örebro | 47.59 |
| | 4 Fredrik Ask | Markbygdens OK | 53.49 S |
| D55 | 3760 meter 4 start | | |
| | 1 Kerstin Johansson | Markbygdens OK | 48.08 G |
| H60 | 5490 meter 11 start | | |
| | 1 Torgny Pettersson | Markbygdens OK | 44.25 G |
| H65 | 4590 meter 19 start | | |
| | 1 Weine Fredriksson | KFUM Örebro | 42.38 |

| | | | | |
|----|---------------------|----------------|-------|---|
| 5 | Lars-Göran Molin | Markbygdens OK | 49.45 | S |
| 13 | Bo-Göran Gunnarsson | Markbygdens OK | 54.02 | S |
| 17 | Pär-Erik Johansson | Markbygdens OK | 60.55 | B |

Öppen 3 3030 meter 19 start

| | | | | |
|----|------------------|----------------|-------|--|
| 1 | Karolina Olsson | Grycksbo IF | 27.39 | |
| 13 | Marita Johansson | Markbygdens OK | 43.42 | |

Idrefällens OK Sprint 2012-06-25

D14 1460 meter 17 start

| | | | | |
|---|----------------|----------------|-------|--|
| 1 | Ronja Jungåker | Korsnäs IF | 10.55 | |
| 4 | Klara Ask | Markbygdens OK | 12.27 | |

H12 1470 meter 10 start

| | | | | |
|---|--------------|----------------|-------|--|
| 1 | Axel Åkesson | Markbygdens OK | 12.40 | |
|---|--------------|----------------|-------|--|

D40 1890 meter 8 start

| | | | | |
|---|--------------------|----------------|-------|--|
| 1 | Ulrika Saras | Grycksbo IF | 16.08 | |
| 6 | Jeanette Sigenstam | Markbygdens OK | 21.10 | |

H40 1950 meter 10 start

| | | | | |
|---|------------------|------------------|-------|--|
| 1 | Björn Mårtensson | OK Skogsstjärnan | 12.57 | |
| 7 | Fredrik Ask | Markbygdens OK | 16.34 | |

D55 1580 meter 4 start

| | | | | |
|---|-------------------|----------------|-------|--|
| 7 | Fredrik Ask | Markbygdens OK | 16.34 | |
| 3 | Kerstin Johansson | Markbygdens OK | 27.29 | |

H65 1820 meter 13 start

| | | | | |
|----|---------------------|----------------|-------|--|
| 1 | Leif Nordlund | Länna IF | 16.02 | |
| 6 | Bo-Göran Gunnarsson | Markbygdens OK | 18.53 | |
| 8 | Lars-Göran Molin | Markbygdens OK | 19.37 | |
| 12 | Pär-Erik Johansson | Markbygdens OK | 23.19 | |

Öppen 3 1460 meter 22 start

| | | | | |
|----|------------------|----------------|-------|--|
| 1 | Johan Olsson | Grycksbo | 11.18 | |
| 15 | Marita Johansson | Markbygdens OK | 21.50 | |

Idrefjällens OK Lång 2012-06-26

D14 3430 meter 18 start

| | | | | |
|---|--------------|----------------|-------|--|
| 1 | Anna Hallmén | OK Tisaren | 29.29 | |
| 2 | Klara Ask | Markbygdens OK | 29.39 | |

H12 3080 meter 11 start

| | | | | |
|---|--------------|----------------|-------|--|
| 1 | Rasmus Täck | OK Hammaren | 21.07 | |
| 7 | Axel Åkesson | Markbygdens OK | 26.02 | |

D40 4970 meter 15 start

| | | | | |
|----|--------------------|----------------|-------|---|
| 1 | Ulrika Saras | Grycksbo IF | 39.57 | |
| 11 | Jeanette Sigenstam | Markbygdens OK | 57.51 | B |

H40 7530 meter 22 start

| | | | | |
|---|----------------|------------------|-------|---|
| 1 | Martin Jönsson | FK Friskus-Varbe | 49.34 | |
| 9 | Fredrik Ask | Markbygdens OK | 61.42 | S |

H45 6380 meter 25 start

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | Odd Wallum | Sävedalens AIK | 40.23 | |
| 17 | Bertil Åkesson | Markbygdens OK | 62.36 | |

D60 3550 meter 7 start
1 Lena Hedman Hallstahammars O 47.13
5 Kerstin Johansson Markbygdens OK 53.06 S

H65 4200 meter 18 start
1 Anders Björnberg Frölunda OL 34.19
5 Bo-Göran Gunnarsson Markbygdens OK 41.48 S
11 Lars-Göran Molin Markbygdens OK 51.15 B

U1 2160 meter 24 start
1 Gustav Attås OK Tisaren 16.09
2 Erika Åkesson Markbygdens OK 17.04
4 Lisa Åkesson Markbygdens OK 17.43

Öppen 3 3080 meter 37 start
1 Emeilia Engström Avesta OK 24.30
10 Åsa Dryselius Markbygdens OK 36.12
32 Gun-Britt Molin Markbygdens OK 61.27

Idrefjällens OK Medel 2012-06-27

D14 2660 meter 16 start
1 Anna Hallmén OK Tisaren 28.23

H12 2930 meter 11 start
1 Rasmus Täck OK Hammaren 27.46
6 Axel Åkesson Markbygdens OK 36.41

D40 3080 meter 15 start
1 Ulrika Saras Grycksbo IF 29.01
13 Jeanette Sigenstam Markbygdens OK 52.02

H40 3610 meter 23 start
1 Martin Jönsson FK Friskus-Varbe 27.47
18 Fredrik Ask Markbygdens OK 51.27

H45 3390 meter 24 start
1 Lars Håkan Sandvik Täby 24.02
17 Bertil Åkesson Markbygdens OK 44.39

D60 2180 meter 7 start
1 Monica Svärd OK Klemmingen 35.19
2 Kerstin Johansson Markbygdens OK 36.00 G

H65 2610 meter 19 start
1 Weine Fredriksson KFUM Örebro 28.52
2 Lars-Göran Molin Markbygdens OK 32.14 S
3 Bo-Göran Gunnarsson Markbygdens OK 34.22 S

U1 2060 meter 24 start
1 Gustav Attås OK Tisaren 12.48
2 Erika Åkesson Markbygdens OK 13.04
4 Lisa Åkesson Markbygdens OK 13.31

Öppen 3 2930 meter 32 start
1 Marina Thyberg Västvärmlands OK 32.33

Öppen 4 3340 meter 9 start
1 Robert Larsson IF Thor 47.44

OK Vilse Lång 2012-06-27

H60 4820 meter 14 start
1 Björn Palm Lessebo OK 49.00

4 Håkan Andersson Markbygdens OK 52.16 G

OK Vilse Lång 2012-06-28

H60 4890 meter 19 start

1 Åke Wansölin Söders-Tyresö 44.45
10 Håkan Andersson Markbygdens OK 56.53 S

Idrefjällens OK Totalt 2012-06-28

H12 11 anmälda

1 Rasmus Täck OK Hammaren 81.34
6 Axel Åkesson Markbygdens OK 100.53

H45 24 anmälda

1 Ingvar Åkesson IK Hakarpspojkar 113.19
14 Bertil Åkesson Markbygdens OK 173.52

D60 7 anmälda

1 Monica Svärd OK Klemmingen 134.41
2 Kerstin Johansson Markbygdens OK 135.42

H65 19 anmälda

1 Weine Fredriksson KFUM Örebro OK 119.53
2 Bo-Göran Gunnarsson Markbygdens OK 127.56
5 Lars-Göran Molin Markbygdens OK 138.00

U1 24 anmälda

1 Gustav Attås OK Tisaren 49.23
3 Erika Åkesson Markbygdens OK 58.08
5 Lisa Åkesson Markbygdens OK 59.25

Vet-VM Sprint Kval Tyskland 2012-07-01

H70-1 (60) 2100 meter

1 Ernst Sutter OLG Bern 11.49
10 Rune Arvidsson Markbygdens OK 13.56
29 Bengt Olsson Markbygdens OK 16.44

H70-3 (60) 2000 meter

1 Anders Taraldrud Indre Østfold OK 12.27
22 Ivan Andersson Markbygdens OK 16.53

H80-2 (38) 1700 meter

1 Rolf Blom Frölunda OL 13.21
8 Bertil Johansson Markbygdens OK 15.54

Vet-VM Sprint Final Tyskland 2012-07-02

H70A (81) 2400 meter

1 Helmut Conrad USV TU Dresden 13.58
39 Rune Arvidsson Markbygdens OK 17.19

H70B (79) 2400 meter

1 Helge Kristian Bjaal d Heming 14.57
6 Ivan Andersson Markbygdens OK 16.10
69 Bengt Olsson Markbygdens OK 27.09

H80A (40) 1700 meter

1 Rolf Blom Frölunda OL 13.57
26 Bertil Johansson Markbygdens OK 20.54

Skene SoIS Medel 2012-07-04

| | | | |
|-----------------------------|----------------------|------------------|---------|
| H21 4190 meter 23 start | | | |
| 1 | Mikael Andersson | Göteborg-Majorna | 28.36 |
| 23 | Martin Frisk | Markbygdens OK | 46.06 |
| H18 3750 meter 4 start | | | |
| 1 | Niklas Frisk | Markbygdens OK | 32.18 G |
| H14 2560 meter 10 start | | | |
| 1 | Olle Josarp | FK Friskus-Varbe | 19.21 |
| 10 | Olle Sörqvist | Markbygdens OK | 57.24 |
| D12 1950 meter 13 start | | | |
| 1 | Elvira Wildheim | FK Friskus-Varbe | 20.30 |
| 13 | Tilde Johansson | Markbygdens OK | 60.29 |
| H12 1950 meter 12 start | | | |
| 1 | Hugo Setthagen | OK Tranan | 19.18 |
| 5 | Petter Leibe-Bergste | Markbygdens OK | 21.46 |
| 7 | Olle Leibe-Bergstedt | Markbygdens OK | 23.33 |
| D10 1990 meter 6 start | | | |
| 1 | Jennifer Davidson | Göteborg-Majorna | 32.02 |
| 6 | Elsa Ek | Markbygdens OK | 61.03 |
| H45 3590 meter 24 start | | | |
| 1 | Ingvar Åkesson | IK Hakarpspojkar | 25.09 |
| 16 | Tomas Tranberg | Markbygdens OK | 40.30 |
| D55 2910 meter 6 start | | | |
| 1 | Eva Blomström | IK Stern | 50.54 |
| 5 | Ingrid Breлинд | Markbygdens OK | 74.06 B |
| H55 3110 meter 24 start | | | |
| 1 | Tomas Georgsson | OK Nackhe | 27.01 |
| 6 | Lennart Karlsson | Markbygdens OK | 33.54 S |
| 7 | Mikael Bodén | Markbygdens OK | 34.07 S |
| 11 | Leif Rylander | Markbygdens OK | 36.29 S |
| 13 | Sören Kaspersson | Markbygdens OK | 36.40 S |
| Inskol 1550 meter 25 start | | | |
| | Elin Blomqvist | Markbygdens OK | Godkänd |
| | Ylva Svensson | Markbygdens OK | Godkänd |
| U1 1730 meter 8 start | | | |
| 1 | Anton Blomqvist | Markbygdens OK | 26.40 |
| Öppen 3 1950 meter 23 start | | | |
| 1 | Andreas Näsman | Lerums SOK | 16.57 |
| 14 | Totte Holm | Markbygdens OK | 46.30 |
| Öppen 5 2560 meter 49 start | | | |
| 1 | Joel Leander | OK Landehof | 25.15 |
| 43 | Åke Ekberg | Markbygdens OK | 70.13 |
| Öppen 7 3590 meter 42 start | | | |
| 1 | Mikael Bergstedt | Markbygdens OK | 34.39 B |
| 14 | Per-Olof Andersson | Markbygdens OK | 44.24 B |
| 17 | Per Knubbe | Markbygdens OK | 46.10 |

35 Sofia Sörqvist Markbygdens OK 64.16

Öppen 8 4190 meter 38 start

1 Albin Andersson Markbygdens OK 27.53 B
3 Fredrik Herdersson Markbygdens OK 32.15 B
6 Klas Udd Markbygdens OK 36.19 B
13 Johan Mars Markbygdens OK 39.47
14 Niclas Ek Markbygdens OK 39.59
19 Edvin Carlsson Markbygdens OK 43.31
26 Urban Sörqvist Markbygdens OK 49.03
32 Bernt Robertsson Markbygdens OK 56.07

Karlshamns OK Lång 2012-07-04

D14 3830 meter 13 start

1 Elin Granstedt IK Hakarpspojkar 27.47
2 Klara Axelsson Markbygdens OK 31.37
5 Klara Ask Markbygdens OK 36.14

H14 3830 meter 14 start

1 Henrik Johannesson Ronneby OK 25.14
6 Felix Axelsson Markbygdens OK 31.08

D40 4850 meter 15 start

1 Anette Granstedt IK Hakarpspojkar 38.05
3 Marina Axelsson Markbygdens OK 46.52 S
7 Jeanette Sigenstam Markbygdens OK 50.18 S

H40 7260 meter 17 start

1 Henrik Berlin OK Orion 53.24
8 Fredrik Ask Markbygdens OK 77.55 B

H65 4310 meter 19 start

1 Nils Karlsson Växjö AIS 42.43
5 Pär-Erik Johansson Markbygdens OK 53.37 S

Öppen 3 2320 meter 21 start

1 Caroline Liljebjörn Nybro OK 22.01
20 Marita Johansson Markbygdens OK 45.19

Vet-VM Lång Kval 1 Tyskland 2012-07-04

H70-3 (66) 4400 meter

1 Tassilo Schmalfeld SSV Planeta 42.30
6 Rune Arvidsson Markbygdens OK 50.18 S
10 Bengt Olsson Markbygdens OK 52.29 S

H70-4 (61) 4400 meter

1 Ivan Andersson Markbygdens OK 41.04 G

H80-1 (40) 3400 meter

1 Paul Forseth Trollelg o-lag 38.06
22 Bertil Johansson Markbygdens OK 66.11

Karlshamns OK Lång 2012-07-05

D14 4090 meter 13 start

1 Ronja Jungåker Korsnäs IF 33.14
5 Klara Axelsson Markbygdens OK 37.55
12 Klara Ask Markbygdens OK 51.48

H14 4090 meter 13 start

| | | | |
|----|--------------------|----------------|-------|
| 1 | Henrik Johannesson | Ronneby OK | 26.15 |
| 11 | Felix Axelsson | Markbygdens OK | 42.09 |

D40 4940 meter 16 start

| | | | |
|---|--------------------|------------------|---------|
| 1 | Anette Granstedt | IK Hakarpspojkar | 42.43 |
| 8 | Marina Axelsson | Markbygdens OK | 60.53 B |
| 9 | Jeanette Sigenstam | Markbygdens OK | 62.46 B |

H40 7100 meter 16 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Magnus Larsson | OK Dacke | 56.22 |
| 6 | Fredrik Ask | Markbygdens OK | 79.24 S |

H45 6330 meter 21 start

| | | | |
|----|---------------------|----------------|--------|
| 1 | Thomas Johannesson | Ronneby OK | 49.20 |
| 17 | Per-Anders Axelsson | Markbygdens OK | 103.35 |

H65 4390 meter 15 start

| | | | |
|----|--------------------|----------------|---------|
| 1 | Nils Karlsson | Växjö AIS | 46.55 |
| 11 | Pär-Erik Johansson | Markbygdens OK | 70.17 B |

Öppen 3 3310 meter 25 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Rune Jungbjer | Göteborgs SK | 44.22 |
| 6 | Marita Johansson | Markbygdens OK | 53.06 B |

Vet-VM Lång Kval 2 Tyskland 2012-07-05

H70-3 (66)

| | | | |
|----|----------------|----------------|---------|
| 1 | Juhani Jokinen | MaMa | 45.13 |
| 8 | Bengt Olsson | Markbygdens OK | 60.45 S |
| 20 | Rune Arvidsson | Markbygdens OK | 68.20 B |

H70-4 (61)

| | | | |
|---|----------------|----------------|---------|
| 1 | Henrik Hvoslef | IK Stern | 46.34 |
| 3 | Ivan Andersson | Markbygdens OK | 53.51 S |

H80-1 (40)

| | | | |
|---|------------------|----------------|---------|
| 1 | Paul Forseth | Trollelg o-lag | 41.28 |
| 6 | Bertil Johansson | Markbygdens OK | 48.33 S |

Vet-VM Lång Final Tyskland 2012-07-07

H70A (80) 5000 meter

| | | | |
|----|-----------------|----------------|---------|
| 1 | Björn Lannersjö | OK Orion | 42.41 |
| 22 | Ivan Andersson | Markbygdens OK | 51.12 S |
| 34 | Rune Arvidsson | Markbygdens OK | 53.54 S |
| 64 | Bengt Olsson | Markbygdens OK | 61.19 B |

H80A (42) 3400 meter

| | | | |
|---|------------------|------------------------|---------|
| 1 | Paul Forseth | Trolle o-lag NOR 36:23 | 36.23 |
| 9 | Bertil Johansson | Markbygdens OK | 46.38 S |

Svaide-Roma SOK Medel 2012-07-07

H35 5400 meter 5 start

| | | | |
|---|-----------------|------------------|---------|
| 1 | Sami Sillman | IF Sibbo-Vargarn | 55.02 |
| 3 | Anders Skoglund | Markbygdens OK | 74.20 S |

H65 3700 meter 23 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Per-Ivar Möllberg | Arboga OK | 37.15 |
| 4 | Lars-Göran Molin | Markbygdens OK | 53.44 B |

Åmotfors OK Lång 2012-07-07

H65 2960 meter 16 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Willy Grønstad | Løten OL | 21.36 |
| 7 | Pär-Erik Johansson | Markbygdens OK | 31.20 B |

Öppen 3 2140 meter 10 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Eliska Hojna | SJH-Jindrichuv | 17.19 |
| 3 | Marita Johansson | Markbygdens OK | 30.39 |

Lessebo OK Budkavle 2012-07-07

HD 20 sträckor

| | | | |
|----|-------------------|-------------------|--------|
| 1 | Hakarpspojarkarna | Hakarpspojarkarna | 765.13 |
| 14 | Markbygdens OK 1 | Markbygdens OK | 877.02 |
| 44 | Markbygdens OK 2 | Markbygdens OK | 050.01 |

HD Sträcka 1 7200 meter 77 start

| | | | |
|----|---------------|------------------|-------|
| 1 | Ola Nyberg | OK Orion | 48.37 |
| 44 | Simon Skogman | Markbygdens OK 1 | 52.19 |
| 54 | Magnus Wallin | Markbygdens OK 2 | 54.42 |

HD Sträcka 2 3540 meter 77 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Peter Olausson | OK Orion | 22.57 |
| 19 | Hanna Karlsson | Markbygdens OK 1 | 23.36 |
| 38 | Axel Ek | Markbygdens OK 2 | 27.59 |

HD Sträcka 3 2240 meter 163 start

| | | | |
|----|----------------------|------------------|-------|
| 1 | Isac Ericsson | Växjö OK | 11.09 |
| 22 | Klara Ask | Markbygdens OK 1 | 12.54 |
| 57 | Olle Leibe-Bergstedt | Markbygdens OK 2 | 14.44 |

HD Sträcka 4 4850 meter 76 start

| | | | |
|----|------------------|------------------|-------|
| 1 | Kalvis Mihailovs | IK Hakarpspojkar | 47.50 |
| 25 | Ivar Sörqvist | Markbygdens OK 1 | 59.41 |
| 69 | Johan Lundblad | Markbygdens OK 2 | 87.24 |

HD Sträcka 5 2280 meter 77 start

| | | | |
|----|----------------------|------------------|-------|
| 1 | Philip Edvardsson | Eksjö SOK 1 | 10.44 |
| 7 | Klara Axelsson | Markbygdens OK 1 | 12.05 |
| 42 | Petter Leibe-Bergste | Markbygdens OK 2 | 15.27 |

HD Sträcka 6 6230 meter 77 start

| | | | |
|----|---------------------|------------------|-------|
| 1 | Christian Håkansson | Ronneby OK 1 | 43.27 |
| 20 | Klas Udd | Markbygdens OK 1 | 51.02 |
| 68 | Jeanette Sigenstam | Markbygdens OK 2 | 83.01 |

HD Sträcka 7 4010 meter 77 start

| | | | |
|----|-----------------|------------------|-------|
| 1 | Carin Rosjö | Jönköpings OK | 28.52 |
| 10 | Lena Karlsson | Markbygdens OK 1 | 31.12 |
| 30 | Marina Axelsson | Markbygdens OK 2 | 38.47 |

HD Sträcka 8 8290 meter 77 start

| | | | |
|----|---------------------|------------------|-------|
| 1 | Erik Finnskog | OK Tranan 2 | 58.19 |
| 22 | Simon Larsson | Markbygdens OK 1 | 68.16 |
| 61 | Per-Anders Axelsson | Markbygdens OK 2 | 88.26 |

HD Sträcka 9 5240 meter 76 start

| | | | |
|----|-----------------|------------------|-------|
| 1 | Martin Larsson | IFK Göteborg | 38.59 |
| 46 | Martin Svensson | Markbygdens OK 1 | 57.23 |
| 62 | Kristin Hansson | Markbygdens OK 2 | 66.07 |

HD Sträcka 10 4770 meter 76 start
1 Patrik Martner IFK Göteborg 33.52
44 Anne Udd Markbygdens OK 2 53.35
58 Johan Mars Markbygdens OK 1 59.23

HD Sträcka 11 6220 meter 76 start
1 Andreas Höye Göteborg-Majorna 42.09
15 Mikael Bergstedt Markbygdens OK 2 51.11
18 Bertil Åkesson Markbygdens OK 1 51.40

HD Sträcka 12 2730 meter 75 start
1 Rasmus Nyberg Gamleby OK 17.44
7 Felix Axelsson Markbygdens OK 1 20.03
34 Axel Åkesson Markbygdens OK 2 26.29

HD Sträcka 13 7410 meter 75 start
1 Erik Holmberg IK Hakarpspojkar 46.17
12 Pontus Karlsson Markbygdens OK 1 53.40
58 Mikael Bodén Markbygdens OK 2 72.17

HD Sträcka 14 3920 meter 75 start
1 Rebecka Olsson OK Skogsfalken 25.07
20 Emelie Udd Markbygdens OK 2 33.47
23 Filip Andersson Markbygdens OK 1 34.12

HD Sträcka 15 4500 meter 75 start
1 Martin Granqvist FK Göingarna 32.23
19 Joel Udd Markbygdens OK 1 40.28
27 Lisa Wallin Markbygdens OK 2 42.57

HD Sträcka 16 8000 meter 75 start
1 Ola Martner Göteborg-Majorna 45.51
12 Albin Andersson Markbygdens OK 1 56.19
61 Urban Sörqvist Markbygdens OK 2 81.45

HD Sträcka 17 6830 meter 75 start
1 Erik Andersson OK Orion 42.39
24 Niclas Ek Markbygdens OK 1 58.01
60 Lars Eriksson Markbygdens OK 2 77.36

HD Sträcka 18 3100 meter 75 start
1 Elna Forsberg IK Hakarpspojkar 22.19
10 Martin Frisk Markbygdens OK 1 25.55
41 Henry Djurbäck Markbygdens OK 2 31.03

HD Sträcka 19 4980 meter 75 start
1 Erik Folkesson Blom OK Orion 30.27
37 Torgny Pettersson Markbygdens OK 1 47.01
46 Per Knubbe Markbygdens OK 2 48.19

HD Sträcka 20 8050 meter 75 start
1 Johan Runesson Göteborg-Majorna 44.17
17 Simon Skogman Markbygdens OK 2 54.25
41 Niklas Frisk Markbygdens OK 1 61.48

Svaide-Roma SOK Lång 2012-07-08

H35 8530 meter 3 start
1 Sami Sillman IF Sibbo-Vargarn 82.49
2 Anders Skoglund Markbygdens OK 107.12 S

H65 4690 meter 22 start
1 Jerker Enekvist IF Hansa-Hoburg 45.19
5 Lars-Göran Molin Markbygdens OK 57.55 S

Åmotfors OK Lång 2012-07-08

Öppen 3 2850 meter 19 start
1 Eliska Hojna SJH-jindrichuv 25.48
16 Marita Johansson Markbygdens OK 56.41

Junior-VM Sprint Slovakien 2012-07-08

H20 2900 meter 176 start
1 Gleb Tikhonov Ryssland 14.06
23 Johan Högstrand Markbygdens OK 15.02

Junior-VM Lång Slovakien 2012-07-09

H20 11500 meter 176 start
1 Eskil Kinneberg Norge 69.46
7 Johan Högstrand Markbygdens OK 74.28 G

Andrarums IF Lång 2012-07-09

H21 Ko 8190 meter 2 start
1 Mikael Bergstedt Markbygdens OK 52.44 G

H12 2850 meter 12 start
1 Allan Hedberg Lunds OK 14.48
6 Olle Leibe-Bergstedt Markbygdens OK 22.46
10 Petter Leibe-Bergste Markbygdens OK 26.57

D40 5040 meter 9 start
1 Sara Elfving Ronneby OK 37.09
8 Katja Leibe Bergsted Markbygdens 52.35 S

Andrarums IF Lång 2012-07-10

H21 Kort 8330 meter 2 start
1 Mikael Bergstedt Markbygdens OK 52.20 G

H12 3040 meter 13 start
1 Johannes Öhgren Karlsbyhedens IK 19.11
5 Petter Leibe-Bergste Markbygdens OK 22.39
9 Olle Leibe-Bergstedt Markbygdens OK 25.48

D40 5370 meter 9 start
1 Sara Elfving Ronneby OK 36.08
6 Katja Leibe Bergsted Markbygdens 47.04 S

Gotlands Bro OK Medel 2012-07-10

H65 3280 meter 29 start
1 Per-Ivar Möllberg Arboga OK 31.03
5 Lars-Göran Molin Markbygdens OK 31.39 G

U1 1840 meter 38 start
1 Emil Enckell Södertälje-Nykva 12.15
37 Felix Lidén Markbygdens OK 31.35

Ankarsrums OK Lång 2012-07-10

D55 3420 meter 10 start
1 Bente Käll Växjö OK 39.07
9 Lizkulla Pettersson Markbygdens OK 79.23

H60 4570 meter 28 start
1 Per Eriksson Linköpings OK 36.15
3 Torgny Pettersson Markbygdens OK 38.18 G

Andrarums IF Lång 2012-07-11

H21 Kort 8050 meter 2 start
1 Mikael Bergstedt Markbygdens OK 55.50 G

H12 2670 meter 15 start
1 Allan Hedberg Lunds OK 15.00
7 Petter Leibe-Bergste Markbygdens OK 19.55

D40 5000 meter 11 start
1 Sara Elfving Ronneby OK 37.19
9 Katja Leibe Bergsted Markbygdens 53.11 S

Gotlands Bro OK Medel 2012-07-11

H65 3430 meter 30 start
1 Per-Ivar Möllberg Arboga OK 25.37
6 Lars-Göran Molin Markbygdens OK 33.37 S

Öppen 8 4720 meter 58 start
1 Olle Boström Järla Orienterin 25.57
10 Anders Skoglund Markbygdens OK 36.45

Ankarsrums OK Lång 2012-07-11

D55 3530 meter 9 start
1 Gun Henriksson Eksjö SOK 49.07
9 Lizkulla Pettersson Markbygdens OK 75.23

H60 4310 meter 27 start
1 P-O Ivarsson Haninge SOK 38.30
4 Torgny Pettersson Markbygdens OK 41.27 G

Gotlands Bro OK Totalt Lång 2012-07-12

H65 30 start
1 Per-Ivar Möllberg Arboga OK 95.02
4 Lars-Göran Molin Markbygdens OK 104.32

Junior-VM Budkavle Slovakien 2012-07-12

H20 3:e sträckan 5600 meter 54 start
1 Gleb Tikhonov Ryssland 30.28
8 Johan Högstrand Markbygdens OK 32.56

Jahodna Slovakien Utland 2012-07-12

Öppen 3 2400 meter
1 Niklas Karlsson BVS OK 19.04
2 Elin Högstrand Markbygdens OK 23.59
4 Carl Johan Högstrand Markbygdens OK 27.28
7 Marie Högstrand Markbygdens OK 35.46

Jahodna Slovakien Utland 2012-07-13

Öppen 3 3600 meter

| | | | |
|----|----------------------|----------------|-------|
| 1 | Jan Pavlovec | OK Jiskra | 25.48 |
| 2 | Elin Högstrand | Markbygdens OK | 37.08 |
| 4 | Carl Johan Högstrand | Markbygdens OK | 44.56 |
| 12 | Marie Högstrand | Markbygdens OK | 51.45 |

Hallands 3-dagars E1 2012-07-13

H20 Elit 4110 meter 17 start

| | | | |
|----|---------------|----------------|---------|
| 1 | Erik Classon | OK Orinto | 30.53 |
| 13 | Simon Skogman | Markbygdens OK | 44.10 B |

H18 Elit 3690 meter 32 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Daniel Nilsson | Nyköpings OK | 28.02 |
| 2 | Pontus Karlsson | Markbygdens OK | 28.52 G |
| 25 | Klas Udd | Markbygdens OK | 38.32 S |

H16 3160 meter 68 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Mikkel Aaen | Farum OK | 23.25 |
| 9 | Ivar Sörqvist | Markbygdens OK | 28.02 |

D14 2730 meter 81 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Sanna Fasth | Boxholm-Mjölby O | 25.23 |
| 11 | Klara Ask | Markbygdens OK | 28.54 |
| 16 | Emelie Udd | Markbygdens OK | 30.48 |
| 31 | Klara Axelsson | Markbygdens OK | 35.07 |

H14 2760 meter 51 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Oliwer Lundberg | OK Bävern | 23.00 |
| 14 | Felix Axelsson | Markbygdens OK | 30.15 |
| 42 | Olle Sörqvist | Markbygdens OK | 51.24 |

H35 4080 meter 36 start

| | | | |
|----|------------|----------------|-------|
| 1 | Ola Skepp | Sävedalens AIK | 32.15 |
| 32 | Martin Udd | Markbygdens OK | 62.42 |

D40 3110 meter 60 start

| | | | |
|----|--------------------|----------------|---------|
| 1 | Ingela Alvmymren | Halmstad OK | 30.10 |
| 12 | Marina Axelsson | Markbygdens OK | 38.54 S |
| 39 | Jeanette Sigenstam | Markbygdens OK | 57.20 |

H40 3650 meter 85 start

| | | | |
|----|-----------------|------------------|---------|
| 1 | Klas Dalberg | Göteborg-Majorna | 28.03 |
| 21 | Martin Svensson | Markbygdens OK | 36.02 S |
| 37 | Anders Lundell | Markbygdens OK | 38.55 S |
| 45 | Fredrik Ask | Markbygdens OK | 41.43 B |

H45 3560 meter 04 start

| | | | |
|----|---------------------|------------------|-------|
| 1 | Anders Svensk | Tjällmo-Godegård | 29.14 |
| 76 | Per-Anders Axelsson | Markbygdens OK | 57.28 |

D55 2750 meter 25 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Karin Rabe | Ulriksbergs IK | 33.36 |
| 24 | Lizkulla Pettersson | Markbygdens OK | 88.24 |

H55 3190 meter 59 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Lars Lönnkvist | Tullinge SK | 27.14 |
| 12 | Mikael Bodén | Markbygdens OK | 39.48 B |

| | | | | |
|------------|--------------------|------------------|----------|---------|
| H60 | 3060 meter | 73 start | | |
| 1 | Hans Aurell | Gävle OK | 31.44 | |
| 7 | Torgny Pettersson | Markbygdens OK | 36.57 | S |
| H65 | 2830 meter | 95 start | | |
| 1 | Sören Andersson | IK Dran | 28.01 | |
| 75 | Pär-Erik Johansson | Markbygdens OK | 51.41 | |
| H70 | 2820 meter | 65 start | | |
| 1 | Ivan Andersson | Markbygdens OK | 33.36 | G |
| 17 | Rune Arvidsson | Markbygdens OK | 43.59 | S |
| H75 | 2730 meter | 27 start | | |
| 1 | Arne Åhman | OK Klemmingen | 37.09 | |
| 4 | Håkan Skogum | Markbygdens OK | 39.48 | G |
| D60 | Motion | 2270 meter | 19 start | |
| 1 | Margareta Lindgren | Värend GN | 42.58 | |
| 2 | Ingrid Breлинд | Markbygdens OK | 45.30 | G |
| 6 | Marita Johansson | Markbygdens OK | 58.31 | S |
| Inskolning | 1600 meter | 51 start | | |
| | Einar Sörqvist | Markbygdens OK | | Godkänd |
| U2 | 2120 meter | 43 start | | |
| 1 | Alfred Bjørnerød | OK Moss | 18.35 | |
| 39 | Nora Hemberg | Markbygdens OK | 66.49 | |
| 40 | Tilde Johansson | Markbygdens OK | 66.55 | |
| 41 | Maria Skårhammar | Markbygdens OK | 67.05 | |
| Öppen 3 | 2660 meter | 61 start | | |
| 1 | Hugo Setthagen | OK Tranan | 32.50 | |
| 20 | Totte Holm | Markbygdens OK | 52.18 | |
| 43 | Berit Svensson | Markbygdens OK | 74.59 | |
| Öppen 5 | 3370 meter | 57 start | | |
| 1 | Kristofer Drejmo | OK Landehof | 41.42 | |
| 4 | Malin Ljunggren | Markbygdens OK | 48.34 | B |
| 16 | Ulf Johansson | Markbygdens OK | 60.42 | |
| 22 | Stellan Helgesson | Markbygdens OK | 65.52 | |
| Öppen 7 | 2950 meter | 78 start | | |
| 1 | Weronica Zederin | OK Nackhe | 30.50 | |
| 47 | Helena Andersson | Markbygdens OK | 62.06 | |
| 54 | Stig Johansson | Markbygdens OK | 67.46 | |
| Öppen 8 | 4220 meter | 81 start | | |
| 1 | Jonas Lundgren | Stora Tuna | 32.49 | |
| 12 | Niclas Andersson | Markbygdens OK | 43.09 | |
| 21 | Urban Sörqvist | Markbygdens OK | 46.01 | |
| 47 | Leif Rylander | Markbygdens OK | 54.35 | |
| 57 | Maria Svensson | Markbygdens OK | 57.53 | |
| 62 | Bernt Robertsson | Markbygdens OK | 60.15 | |
| 78 | Marita Larsson | Markbygdens OK | 95.45 | |
| Öppen 9 | 6110 meter | 32 start | | |
| 1 | Måns Östman | Göteborg-Majorna | 46.41 | |
| 11 | Niklas Frisk | Markbygdens OK | 62.34 | |
| 15 | Nils Robertsson | Markbygdens OK | 65.18 | |

H20 Elit 7610 meter 16 start
 1 Erik Classon OK Orinto 56.59
 6 Albin Andersson Markbygdens OK 69.37 S
 12 Simon Skogman Markbygdens OK 89.55

H18 Elit 5990 meter 31 start
 1 Adam Granstedt IK Hakarpspojkar 47.13
 12 Klas Udd Markbygdens OK 54.43 S
 16 Pontus Karlsson Markbygdens OK 57.05 S

H16 4080 meter 63 start
 1 Harald Larsson Hagaby GOIF 36.48
 20 Ivar Sörqvist Markbygdens OK 48.09

D14 3340 meter 79 start
 1 Elin Granstedt IK Hakarpspojkar 31.43
 3 Emelie Udd Markbygdens OK 33.52
 4 Klara Axelsson Markbygdens OK 34.44
 11 Klara Ask Markbygdens OK 38.18

H14 3420 meter 50 start
 1 Jesper Svensk Stora Tuna 27.00
 16 Felix Axelsson Markbygdens OK 37.35
 40 Olle Sörqvist Markbygdens OK 64.09

H35 6360 meter 37 start
 1 Ola Skepp Sävedalens AIK 42.13
 30 Martin Udd Markbygdens OK 83.54

D40 4040 meter 60 start
 1 Maria Ossiansson IK Hakarpspojkar 39.49
 10 Marina Axelsson Markbygdens OK 48.05 S
 38 Jeanette Sigenstam Markbygdens OK 70.22

H40 5990 meter 85 start
 1 Jesper David Jensen Copenhage 44.54
 46 Fredrik Ask Markbygdens OK 69.06
 49 Anders Lundell Markbygdens OK 70.40

H45 4910 meter 01 start
 1 Mats Granstedt IK Hakarpspojkar 37.34
 57 Per-Anders Axelsson Markbygdens OK 63.55

D55 3310 meter 24 start
 1 Kerstin Andersson Ryda SK 46.50
 13 Lizkulla Pettersson Markbygdens OK 72.23

H55 4390 meter 59 start
 1 Jerker Netz Trollhättans SOK 38.45
 11 Mikael Bodén Markbygdens OK 46.40 S

H60 3990 meter 72 start
 1 Hans Aurell Gävle OK 38.48
 4 Torgny Pettersson Markbygdens OK 41.38 G

H65 3830 meter 94 start
 1 Stefan G Larsson OK Njudung 34.10
 69 Pär-Erik Johansson Markbygdens OK 65.21

H70 3690 meter 66 start
 1 Henrik Hvoslef IK Stern 38.28

| | | | | |
|----|----------------|----------------|-------|---|
| 14 | Rune Arvidsson | Markbygdens OK | 50.27 | S |
| 25 | Ivan Andersson | Markbygdens OK | 55.43 | B |

H75 2960 meter 27 start

| | | | | |
|---|--------------|----------------|-------|---|
| 1 | Håkan Skogum | Markbygdens OK | 37.04 | G |
|---|--------------|----------------|-------|---|

D60 Motion 2340 meter 16 start

| | | | | |
|----|------------------|----------------|-------|---|
| 1 | Berit Nilsson | OK Älme | 49.15 | |
| 9 | Marita Johansson | Markbygdens OK | 64.17 | S |
| 11 | Ingrid Breilind | Markbygdens OK | 68.55 | S |

Inskolning 1710 meter 50 start

| | | | | |
|--|----------------|----------------|---------|--|
| | Einar Sörqvist | Markbygdens OK | Godkänd | |
|--|----------------|----------------|---------|--|

U2 1900 meter 49 start

| | | | | |
|----|------------------|----------------|-------|--|
| 1 | Alfred Bjørnerød | OK Moss | 19.26 | |
| 30 | Tilde Johansson | Markbygdens OK | 39.34 | |

Öppen 3 2950 meter 64 start

| | | | | |
|----|-----------------|----------------|-------|--|
| 1 | Linn Himmelmann | Sjövalla FK | 37.19 | |
| 26 | Totte Holm | Markbygdens OK | 61.18 | |

Öppen 7 3400 meter 91 start

| | | | | |
|----|-----------------|----------------|-------|--|
| 1 | Tobias Hellgren | Klubblös | 33.49 | |
| 70 | Sofia Sörqvist | Markbygdens OK | 78.03 | |

Öppen 8 4560 meter 82 start

| | | | | |
|----|-------------------|----------------|-------|--|
| 1 | Patrik Söderqvist | OK Kåre | 39.04 | |
| 35 | Lars Eriksson | Markbygdens OK | 62.59 | |
| 54 | Jonas Karlsson | Markbygdens OK | 74.23 | |

Öppen 9 7440 meter 48 start

| | | | | |
|----|------------------|------------------|-------|--|
| 1 | Rune Nygaard | Monrad Copenhage | 51.29 | |
| 26 | Lennart Karlsson | Markbygdens OK | 85.34 | |

OK Haderslev Medel Utland 2012-07-13

H35 4025 meter

| | | | | |
|---|------------------|----------------|-------|--|
| 1 | Mikael Bergstedt | Markbygdens OK | 31.03 | |
|---|------------------|----------------|-------|--|

D45 3000 meter

| | | | | |
|----|----------------------|----------------|-------|--|
| 1 | Guri Alm | OK H.T.F. | 31.46 | |
| 12 | Katja Leibe Bergsted | Markbygdens OK | 54.03 | |

H12 2450 meter

| | | | | |
|---|----------------------|----------------|-------|--|
| 1 | Petter Leibe-Bergste | Markbygdens OK | 16.26 | |
| 3 | Olle Leibe-Bergstedt | Markbygdens OK | 19.49 | |

OK Haderslev Lång Utland 2012-07-14

H40

| | | | | |
|---|------------------|----------------|-------|--|
| 1 | Piotr Cych | MLKS | 61.28 | |
| 2 | Mikael Bergstedt | Markbygdens OK | 64.51 | |

D45

| | | | | |
|----|----------------------|----------------|-------|--|
| 1 | Hanne Fogh | OK Sorö | 41.36 | |
| 12 | Katja Leibe Bergsted | Markbygdens OK | 99.12 | |

H12

| | | | | |
|---|----------------------|----------------|-------|--|
| 1 | Emil Hornliden | Umedalens IF | 23.42 | |
| 2 | Petter Leibe-Bergste | Markbygdens OK | 25.56 | |
| 5 | Olle Leibe-Bergstedt | Markbygdens OK | 53.25 | |

Hallands 3-dagars Totalt 2012-07-15

| | | | |
|-----------------|---------------------|------------------|--------|
| H20E 17 anmälda | | | |
| 1 | Erik Classon | OK Orinto | 150.59 |
| 9 | Simon Skogman | Markbygdens OK | 209.03 |
| H18E 36 anmälda | | | |
| 1 | Daniel Roos | Attunda OK | 126.43 |
| 4 | Pontus Karlsson | Markbygdens OK | 132.46 |
| H16 68 anmälda | | | |
| 1 | Mikkel Aaen | Farum OK | 98.52 |
| 8 | Ivar Sörqvist | Markbygdens OK | 113.32 |
| D14 80 anmälda | | | |
| 1 | Elin Granstedt | IK Hakarpspojkar | 85.15 |
| 7 | Emelie Udd | Markbygdens OK | 94.05 |
| 11 | Klara Axelsson | Markbygdens OK | 103.29 |
| H14 51 anmälda | | | |
| 1 | Oliwer Lundberg | OK Bävern | 76.35 |
| 13 | Felix Axelsson | Markbygdens OK | 94.19 |
| 37 | Olle Sörqvist | Markbygdens OK | 169.33 |
| D40 62 anmälda | | | |
| 1 | Anette Granstedt | IK Hakarpspojkar | 108.05 |
| 10 | Marina Axelsson | Markbygdens OK | 128.31 |
| 33 | Jeanette Sigenstam | Markbygdens OK | 180.41 |
| H40 90 anmälda | | | |
| 1 | Klas Dalberg | Göteborg-Majorna | 119.44 |
| 37 | Fredrik Ask | Markbygdens OK | 169.50 |
| 51 | Anders Lundell | Markbygdens OK | 183.46 |
| H45 110 anmälda | | | |
| 1 | Håkan Svensson | Bredaryds SOK | 105.51 |
| 59 | Per-Anders Axelsson | Markbygdens OK | 183.45 |
| D55 28 anmälda | | | |
| 1 | Kerstin Andersson | Ryda SK | 117.02 |
| 17 | Lizkulla Pettersson | Markbygdens OK | 222.18 |
| H55 63 anmälda | | | |
| 1 | Lars Lönnkvist | Tullinge SK | 106.24 |
| 10 | Mikael Bodén | Markbygdens OK | 136.22 |
| H60 78 anmälda | | | |
| 1 | Hans Aurell | Gävle OK | 108.58 |
| 3 | Torgny Pettersson | Markbygdens OK | 122.58 |
| H65 97 anmälda | | | |
| 1 | Leif Sandgren | Frosta OK | 98.43 |
| 60 | Pär-Erik Johansson | Markbygdens OK | 169.01 |
| H70 66 anmälda | | | |
| 1 | Björn Lannersjö | OK Orion | 112.06 |
| 11 | Rune Arvidsson | Markbygdens OK | 142.23 |
| H75 31 anmälda | | | |
| 1 | Håkan Skogum | Markbygdens OK | 108.29 |

| | | | |
|-----------------|--------------------|----------------|--------|
| D60M 20 anmälda | | | |
| 1 | Margareta Lindgren | Värend GN OL | 137.37 |
| 3 | Ingrid Breлинд | Markbygdens OK | 158.44 |
| 11 | Marita Johansson | Markbygdens OK | 185.11 |

| | | | |
|-----------------------|----------------|----------------|---------|
| Inskolning 64 anmälda | | | |
| | Einar Sörqvist | Markbygdens OK | Godkänd |

Hallands 3-dagars E3 2012-07-15

| | | | |
|------------------------------|------------------|----------------|---------|
| H20 Elit 7890 meter 14 start | | | |
| 1 | Fredrik Mattsson | OK Kåre | 59.14 |
| 3 | Albin Andersson | Markbygdens OK | 63.21 G |

| | | | |
|------------------------------|-----------|------------|-------|
| H18 Elit 6050 meter 30 start | | | |
| 1 | Arvid Våg | Lerums SOK | 45.37 |

| | | | |
|-------------------------|----------------|------------------|-------|
| D14 3400 meter 79 start | | | |
| 1 | Kerstin Wadman | Göteborg-Majorna | 26.43 |

| | | | |
|-------------------------|-----------|----------------|-------|
| H35 6310 meter 33 start | | | |
| 1 | Ola Skepp | Sävedalens AIK | 46.13 |

| | | | |
|-----------------------------|----------------------|----------------|-------|
| Öppen 1 2130 meter 23 start | | | |
| 1 | Ann-Sofie Hellstrand | Klubblös | 21.27 |
| 13 | Nils Andersson | Markbygdens OK | 46.45 |

| | | | |
|-----------------------------|-------------------|----------------|-------|
| Öppen 5 3400 meter 80 start | | | |
| 1 | Dick Himmelmann | Sjövall FK | 41.17 |
| 26 | Ulf Johansson | Markbygdens OK | 66.30 |
| 42 | Stellan Helgesson | Markbygdens OK | 72.39 |

| | | | |
|-----------------------------|------------------|----------------|-------|
| Öppen 8 4650 meter 94 start | | | |
| 1 | Johan Granath | Leksands OK | 36.57 |
| 35 | Johan Lundblad | Markbygdens OK | 55.03 |
| 66 | Urban Sörqvist | Markbygdens OK | 67.11 |
| 70 | Maria Svensson | Markbygdens OK | 70.08 |
| 81 | Bernt Robertsson | Markbygdens OK | 75.41 |

OK Haderslev Lång Utland 2012-07-16

| | | | |
|----------------|------------------|----------------|-------|
| H40 7050 meter | | | |
| 1 | Piotr Cych | MLKS | 61.37 |
| 2 | Mikael Bergstedt | Markbygdens OK | 63.42 |

| | | | |
|----------------|----------------------|----------------|-------|
| H12 2850 meter | | | |
| 1 | Petter Leibe-Bergste | Markbygdens OK | 20.46 |
| 3 | Olle Leibe-Bergstedt | Markbygdens OK | 26.29 |

Landskapsbudkavle 5-dagars 2012-07-21

| | | | |
|------------------------|----------------|----------------|-------|
| H14 Sträcka 2 60 start | | | |
| 1 | August Mollén | Östergötland | 13.40 |
| 24 | Felix Axelsson | Markbygdens OK | 16.42 |

5-dagars Etapp 1 2012-07-22

| | | | |
|----------|-----------------|----------------|---------|
| H20 Elit | | | |
| 1 | Martin Regborn | Hagaby GOIF | 74.50 |
| 17 | Albin Andersson | Markbygdens OK | 81.37 G |

| | | | |
|----------|-----------------|----------------|---------|
| H18 Elit | | | |
| 1 | Thor Nørskov | IFK Göteborg | 53.06 |
| 18 | Pontus Karlsson | Markbygdens OK | 60.53 S |

| | | | |
|------------|-------------------------|------------------|---------|
| D18 Elit | | | |
| 1 | Nicoline Friberg Kly er | | 50.06 |
| 68 | Elin Högstrand | Markbygdens OK | 65.09 S |
| H75 | | | |
| 1 | Håkan Skogum | Markbygdens OK | 35.54 G |
| H70 | | | |
| 1 | Helmut Conrad | USV TU Dresden | 34.11 |
| 9 | Rune Arvidsson | Markbygdens OK | 38.18 G |
| 42 | Bengt Olsson | Markbygdens OK | 46.24 S |
| H70 Kort | | | |
| 1 | Ernst Bonek | Naturfreunde Wie | 32.20 |
| 50 | Stellan Helgesson | Markbygdens OK | 47.42 B |
| 56 | Stig Johansson | Markbygdens OK | 50.05 |
| H65 | | | |
| 1 | Leif Sandgren | Frosta OK | 38.40 |
| 15 | Henry Djurbäck | Markbygdens OK | 43.56 S |
| 49 | Lars-Göran Molin | Markbygdens OK | 51.19 S |
| H65 Kort | | | |
| 1 | Gunnar Enberg | Målilla OK | 29.34 |
| 20 | Pär-Erik Johansson | Markbygdens OK | 35.04 S |
| H60 | | | |
| 1 | Gert Lundquist | Gotlands Bro OK | 39.57 |
| 8 | Bo Herdersson | Markbygdens OK | 43.08 G |
| 14 | Torgny Pettersson | Markbygdens OK | 45.21 S |
| H60 Kort | | | |
| 1 | Roland Warenius | Dalaportens OL | 32.40 |
| 67 | Leif Rylander | Markbygdens OK | 49.52 |
| H55 Kort | | | |
| 1 | Yngve Gottfridsson | Nittedal OL | 32.30 |
| 35 | Arne Persson | Markbygdens OK | 41.13 S |
| 58 | Stig-Ove Djurbäck | Markbygdens OK | 45.01 S |
| 79 | Carl Johan Högstrand | Markbygdens OK | 48.31 B |
| 147 | Tor Udd | Markbygdens OK | 64.23 |
| H50-1 | | | |
| 1 | Stefan Lund | OK Orinto | 44.49 |
| 121 | Jonas Karlsson | Markbygdens OK | 86.36 |
| H45-1 | | | |
| 1 | Anders Berg | Linköpings OK | 46.20 |
| 71 | Niclas Ek | Markbygdens OK | 62.53 S |
| 74 | Niclas Andersson | Markbygdens OK | 63.50 S |
| 80 | Johan Mars | Markbygdens OK | 64.37 S |
| 107 | Fredrik Stensson | Markbygdens OK | 69.53 B |
| 116 | Tomas Tranberg | Markbygdens OK | 72.20 |
| H45 Motion | | | |
| 1 | Peter Edman | Korsnäs IF OK | 34.40 |
| 16 | Per-Anders Axelsson | Markbygdens OK | 49.00 S |
| H40 | | | |
| 1 | Tomas Hallmén | OK Tisaren | 54.17 |

| | | | | |
|-----|-------------------------------|------------------|-------|---|
| 150 | Anders Lundell | Markbygdens OK | 81.22 | B |
| H40 | Kort-1 6040 meter 157 anmälda | | | |
| 1 | Mats Röjgård | OK Kolmården | 36.59 | |
| 56 | Fredrik Ask | Markbygdens OK | 53.23 | B |
| 81 | Johan Lundblad | Markbygdens OK | 59.43 | |
| 93 | Urban Sörqvist | Markbygdens OK | 62.09 | |
| H35 | Kort | | | |
| 1 | Johan Michelsen | Nydalens SK | 42.43 | |
| 73 | Martin Udd | Markbygdens OK | 62.14 | B |
| H21 | | | | |
| 1 | David Gottfridsson | Lillomarka OL | 56.22 | |
| 28 | Simon Larsson | Markbygdens OK | 68.30 | S |
| 80 | Nils Robertsson | Markbygdens OK | 77.06 | S |
| H21 | Kort-1 | | | |
| 1 | Andreas Höye | Göteborg-Majorna | 46.37 | |
| 118 | David Djurbäck | Markbygdens OK | 93.14 | |
| H20 | Lång | | | |
| 1 | Anssi Vesanto | Espoon Suunta | 64.21 | |
| 7 | Simon Skogman | Markbygdens OK | 68.29 | G |
| H20 | | | | |
| 1 | Isak Lundgren | Umeå OK | 55.20 | |
| 19 | Martin Frisk | Markbygdens OK | 69.09 | S |
| 21 | Joel Udd | Markbygdens OK | 69.18 | S |
| 42 | Filip Andersson | Markbygdens OK | 85.25 | |
| H18 | Lång | | | |
| 1 | Sindre Sandven | Kongsberg OL | 48.24 | |
| 101 | Erik Persson | Markbygdens OK | 63.53 | S |
| H16 | | | | |
| 1 | Markus Larsson | Hestra IF | 34.01 | |
| 49 | Klas Udd | Markbygdens OK | 42.22 | |
| H15 | | | | |
| 1 | Simon Hector | Snättringe SK | 32.24 | |
| 16 | Ivar Sörqvist | Markbygdens OK | 39.50 | |
| 60 | Edvin Carlsson | Markbygdens OK | 46.56 | |
| H13 | | | | |
| 1 | August Mollén | OK Denseln | 23.17 | |
| 6 | Felix Axelsson | Markbygdens OK | 26.01 | |
| 65 | Olle Sörqvist | Markbygdens OK | 36.15 | |
| H12 | | | | |
| 1 | Malthe Poulsen | FIF Hillerød | 20.58 | |
| 65 | Axel Åkesson | Markbygdens OK | 31.09 | |
| D80 | | | | |
| 1 | Clarie Ek | OK Pan-Kristians | 36.02 | |
| 5 | Gunvor Håkansson | Markbygdens OK | 57.03 | |
| D65 | Motion | | | |
| 1 | Astrid Johannesson | Helsingborgs SOK | 38.07 | |
| 12 | Marita Johansson | Markbygdens OK | 52.11 | S |
| 23 | Eva-Maj Johansson | Markbygdens OK | 58.45 | B |
| 41 | Berit Svensson | Markbygdens OK | 76.08 | |

| | | | |
|---------------------------------|---------------------|------------------|---------|
| D60 Motion | | | |
| 1 | Tina Bakkman | Lessebo OK | 38.33 |
| 21 | Ingrid Brelind | Markbygdens OK | 58.57 |
| D55 | | | |
| 1 | Ina Lindeberg | Skåneslättens OL | 36.30 |
| 43 | Ulla Niklasson | Markbygdens OK | 53.31 B |
| D55 Kort | | | |
| 1 | Monika Mathiasson | OK Roxen | 30.55 |
| 52 | Lizkulla Pettersson | Markbygdens OK | 51.20 |
| 58 | Marita Larsson | Markbygdens OK | 54.24 |
| D50 | | | |
| 1 | Kjersti Rønning | Tynset IF | 36.09 |
| 18 | Anne Udd | Markbygdens OK | 45.51 S |
| 83 | Marie Högstrand | Markbygdens OK | 56.54 |
| D50 Kort | | | |
| 1 | Kia Nordström | Täby OK | 24.23 |
| 72 | Leila Ljunggren | Markbygdens OK | 47.14 |
| D45 | | | |
| 1 | Katarina Borg | Södertälje-Nykva | 34.55 |
| 13 | Lena Karlsson | Markbygdens OK | 40.48 S |
| D45 Kort 3490 meter 234 anmälda | | | |
| 1 | Lena Carlsson | Sävedalens AIK | 27.37 |
| 209 | Helena Andersson | Markbygdens OK | 66.54 |
| D40 Kort 4130 meter 232 anmälda | | | |
| 1 | Annica Crispin | OK Denseln | 32.34 |
| 18 | Malin Persson | Markbygdens OK | 37.13 S |
| 20 | Marina Axelsson | Markbygdens OK | 37.29 S |
| 47 | Jeanette Sigenstam | Markbygdens OK | 40.42 S |
| 229 | Anna Ek | Markbygdens OK | 122.48 |
| D35 Motion | | | |
| 1 | Anna Jansson | OK Djerf | 36.40 |
| 6 | Veronica Udd | Markbygdens OK | 42.08 S |
| D21 | | | |
| 1 | Ingvild Bjørhei | Lillomarka OL | 54.59 |
| 103 | Maria Svensson | Markbygdens OK | 80.02 B |
| D21 Kort | | | |
| 1 | Lisa Pettersson | OK Kolmården | 32.00 |
| 97 | Rebecca Djurbäck | Markbygdens OK | 54.48 |
| 101 | Tove Udd | Markbygdens OK | 55.17 |
| D21 Motion | | | |
| 1 | Anja Wingstedt | Halden SK | 40.02 |
| 13 | Malin Ljunggren | Markbygdens OK | 51.00 S |
| D20 | | | |
| 1 | Rebecca Elmqvist | Gamleby OK | 45.15 |
| 5 | Anne Hansson | Markbygdens OK | 48.53 G |
| D18 Lång | | | |
| 1 | Linnea Landfors | Lustens OK | 44.03 |

2 Josefin Andersson Markbygdens OK 44.12 G

D15

1 Emma Bränneby OK Kolmården 30.40
6 Hanna Karlsson Markbygdens OK 33.47

D14

1 Elin Granstedt IK Hakarpspojkar 27.56
50 Emelie Udd Markbygdens OK 36.02

D13

1 Klara Axelsson Markbygdens OK 29.24
6 Klara Ask Markbygdens OK 32.03

D10

1 Nora Holmgård Kils OK 16.45
138 Elsa Ek Markbygdens OK 32.40

Inskolning

Einar Sörqvist Markbygdens OK Godkänd

H 10 KM Challenge

1 Erik Johansson OK Tranan 60.18
24 Magnus Wallin Markbygdens OK 86.44

U2

1 Leo Johansson OK Orion 17.14
86 Elsa Carlsson Markbygdens OK 28.27

Öppen 7

1 Erik Mattsson Järila Orienterin 19.43
47 Michael Magnusson Markbygdens OK 28.50
79 Jörgen Frisk Markbygdens OK 32.14
123 Johanna Skogum Markbygdens OK 36.58
141 Sofia Sörqvist Markbygdens OK 39.25
150 Gun Frisk Markbygdens OK 40.26

5-dagars Etapp 2 2012-07-23

H20E 114 anmälda

1 Eskil Kinneberg IFK Göteborg 27.23
74 Albin Andersson Markbygdens OK 37.27 S

H18E 114 anmälda

1 Rudolfs Zernis Ärla IF 26.45
57 Pontus Karlsson Markbygdens OK 32.51 S

D18E 114 anmälda

1 Sandrine Müller Gävle OK 24.29
99 Elin Högstrand Markbygdens OK 39.39

H75

1 Rune Carlsson Sundbybergs IK 28.16
4 Håkan Skogum Markbygdens OK 31.45 G

H70K

1 Toivo Punkero Hyvinkään Rasti 29.10
42 Stig Johansson Markbygdens OK 42.02 B
59 Stellan Helgesson Markbygdens OK 47.00

H70

| | | | |
|----|------------------|----------------|---------|
| 1 | Björn Linnertsjö | OK Orion | 26.21 |
| 20 | Rune Arvidsson | Markbygdens OK | 31.48 S |
| 55 | Bengt Olsson | Markbygdens OK | 39.14 B |

H65K

| | | | |
|----|--------------------|----------------|---------|
| 1 | Gunnar Löfkvist | Bjursås OK | 27.09 |
| 78 | Pär-Erik Johansson | Markbygdens OK | 38.45 S |

H65

| | | | |
|----|----------------|----------------|---------|
| 1 | Leif Sandgren | Frosta OK | 24.35 |
| 37 | Henry Djurbäck | Markbygdens OK | 31.44 S |

H60K

| | | | |
|----|---------------|----------------|---------|
| 1 | Örjan Svahn | IFK Moras OK | 25.08 |
| 26 | Leif Rylander | Markbygdens OK | 31.20 S |

H60

| | | | |
|----|-------------------|----------------|---------|
| 1 | Lars Jakobsson | Västerås SOK | 26.32 |
| 5 | Bo Herdersson | Markbygdens OK | 29.05 G |
| 19 | Torgny Pettersson | Markbygdens OK | 31.45 S |

H55K

| | | | |
|-----|----------------------|----------------|---------|
| 1 | Olov Öström | OK Tyr | 25.42 |
| 33 | Carl Johan Högstrand | Markbygdens OK | 34.19 S |
| 75 | Arne Persson | Markbygdens OK | 39.27 |
| 119 | Tor Udd | Markbygdens OK | 51.35 |
| 155 | Stig-Ove Djurbäck | Markbygdens OK | 89.58 |

H50-1

| | | | |
|----|----------------|----------------|-------|
| 1 | Lasse Jansson | Gävle OK | 22.03 |
| 98 | Jonas Karlsson | Markbygdens OK | 43.33 |

H45M

| | | | |
|---|---------------------|----------------|---------|
| 1 | Peter Edman | Korsnäs IF OK | 21.07 |
| 8 | Per-Anders Axelsson | Markbygdens OK | 25.44 S |

H45-1

| | | | |
|-----|--------------------|----------------|---------|
| 1 | Thomas Johannesson | Ronneby OK | 27.12 |
| 58 | Johan Mars | Markbygdens OK | 35.58 S |
| 95 | Niclas Ek | Markbygdens OK | 39.15 S |
| 104 | Fredrik Stensson | Markbygdens OK | 40.37 B |

H40K-1

| | | | |
|-----|----------------|----------------|---------|
| 1 | Mats Röjgård | OK Kolmården | 23.45 |
| 68 | Fredrik Ask | Markbygdens OK | 35.36 B |
| 89 | Johan Lundblad | Markbygdens OK | 39.52 |
| 100 | Urban Sörqvist | Markbygdens OK | 41.56 |

H40

| | | | |
|-----|-----------------|------------------|-------|
| 1 | Peter Jacobsson | IK Hakarpspojkar | 24.04 |
| 157 | Anders Lundell | Markbygdens OK | 39.23 |

H35K

| | | | |
|-----|------------------|----------------|-------|
| 1 | Ingemar Ericsson | Ronneby OK | 28.05 |
| 131 | Martin Udd | Markbygdens OK | 60.21 |

H21K-1

| | | | |
|----|-------------------|----------------|-------|
| 1 | Mattias Andersson | OK Tisaren | 23.55 |
| 81 | David Djurbäck | Markbygdens OK | 40.10 |

H21

| | | | |
|---|----------------------|----------------|-------|
| 1 | Christian Riddervold | Fredrikstad SK | 28.37 |
|---|----------------------|----------------|-------|

| | | | | |
|-----|-----------------|----------------|-------|---|
| 40 | Simon Larsson | Markbygdens OK | 34.39 | S |
| 130 | Nils Robertsson | Markbygdens OK | 42.31 | B |

H20L

| | | | | |
|----|-------------------|----------------|-------|---|
| 1 | Victor Bergstrand | Motala AIF OL | 32.39 | |
| 36 | Simon Skogman | Markbygdens OK | 39.32 | S |

H20

| | | | | |
|----|-----------------|------------------|-------|---|
| 1 | Sebastian Ekman | Västvärmlands OK | 26.56 | |
| 23 | Martin Frisk | Markbygdens OK | 34.20 | S |
| 25 | Joel Udd | Markbygdens OK | 34.41 | S |
| 52 | Filip Andersson | Markbygdens OK | 68.37 | |

H18L

| | | | | |
|-----|----------------|----------------|-------|---|
| 1 | Sindre Sandven | Kongsberg OL | 26.09 | |
| 109 | Erik Persson | Markbygdens OK | 37.17 | S |
| 109 | Niklas Frisk | Markbygdens OK | 37.17 | S |

H16

| | | | | |
|----|---------------|----------------|-------|--|
| 1 | Elias Mølnvik | Fossum IF | 21.52 | |
| 29 | Klas Udd | Markbygdens OK | 25.51 | |

H15

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | Anton Forsberg | Långhundra IF | 22.20 | |
| 37 | Ivar Sörqvist | Markbygdens OK | 30.35 | |

H13

| | | | | |
|----|----------------|----------------|-------|--|
| 1 | August Mollén | OK Denseln | 22.19 | |
| 49 | Felix Axelsson | Markbygdens OK | 33.40 | |
| 55 | Olle Sörqvist | Markbygdens OK | 34.11 | |

H12

| | | | | |
|----|--------------|----------------|-------|--|
| 1 | Erik Hannrup | IF Thor | 16.40 | |
| 86 | Axel Åkesson | Markbygdens OK | 33.55 | |

D80 9 anmälda

| | | | | |
|---|---------------------|----------------|-------|--|
| 1 | Maja-Lisa Bergström | Selånger SOK | 33.56 | |
| 3 | Gunvor Håkansson | Markbygdens OK | 51.08 | |

D65M 53 anmälda

| | | | | |
|----|-------------------|----------------|-------|---|
| 1 | Märta Widenbrant | Enebybergs IF | 30.57 | |
| 3 | Marita Johansson | Markbygdens OK | 34.16 | S |
| 31 | Eva-Maj Johansson | Markbygdens OK | 53.32 | |
| 44 | Berit Svensson | Markbygdens OK | 71.40 | |

D60M 60 anmälda

| | | | | |
|---|----------------|----------------|-------|---|
| 1 | Dagny Jonsson | OK Letstigen | 29.31 | |
| 4 | Ingrid Breлинд | Markbygdens OK | 35.21 | S |

D55K 78 anmälda

| | | | | |
|----|---------------------|----------------|-------|---|
| 1 | Marianne Ericson | Alfta-Ösa OK | 33.27 | |
| 42 | Lizkulla Pettersson | Markbygdens OK | 47.26 | S |
| 50 | Marita Larsson | Markbygdens OK | 50.07 | B |

D55 100 anmälda

| | | | | |
|----|----------------|----------------|-------|---|
| 1 | Carina Hall | OK Tisaren | 29.03 | |
| 21 | Ulla Niklasson | Markbygdens OK | 37.17 | S |

D50K 104 anmälda

| | | | | |
|----|----------------------|----------------|-------|--|
| 1 | Mari-Louise Lundgren | Stora Tuna OK | 28.00 | |
| 61 | Leila Ljunggren | Markbygdens OK | 45.12 | |

| | | | |
|------|-----------------------|------------------|---------|
| D50 | 169 anmälda | | |
| 1 | Laila B Höglund | FK Herkules | 24.35 |
| 29 | Marie Högstrand | Markbygdens OK | 32.44 S |
| 60 | Anne Udd | Markbygdens OK | 36.00 B |
| D45K | 234 anmälda | | |
| 1 | Eva Pettersson | OK Dacke | 26.18 |
| 175 | Helena Andersson | Markbygdens OK | 53.17 |
| D45 | 212 anmälda | | |
| 1 | Katarina Borg | Södertälje-Nykva | 21.41 |
| 12 | Lena Karlsson | Markbygdens OK | 25.32 S |
| D40K | 232 anmälda | | |
| 1 | Karin Noborn | IFK Göteborg | 27.53 |
| 27 | Malin Persson | Markbygdens OK | 33.40 S |
| 33 | Marina Axelsson | Markbygdens OK | 34.41 S |
| 74 | Jeanette Sigenstam | Markbygdens OK | 38.19 S |
| D35M | 64 anmälda | | |
| 1 | Anna Jansson | OK Djerf | 28.18 |
| 6 | Veronica Udd | Markbygdens OK | 35.43 S |
| D21M | 91 anmälda | | |
| 1 | Anja Wingstedt | Halden SK | 28.00 |
| 22 | Malin Ljunggren | Markbygdens OK | 35.57 S |
| D21K | 184 anmälda | | |
| 1 | Ida Wikström Holmgren | IFK Lidingö | 28.12 |
| 114 | Tove Udd | Markbygdens OK | 45.44 |
| 129 | Rebecca Djurbäck | Markbygdens OK | 48.39 |
| D21 | 168 anmälda | | |
| 1 | Karina Fershalova | Kuzmolovo | 29.45 |
| 144 | Maria Svensson | Markbygdens OK | 52.06 |
| D20 | 68 anmälda | | |
| 1 | Solveig Blandkjenn | NTNUI | 27.08 |
| 4 | Anne Hansson | Markbygdens OK | 32.54 S |
| D18L | 110 anmälda | | |
| 1 | Sirkku Minkinen | Rajamäen Rykment | 28.07 |
| 29 | Josefin Andersson | Markbygdens OK | 36.30 S |
| D15 | 165 anmälda | | |
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 25.50 |
| 34 | Hanna Karlsson | Markbygdens OK | 35.02 |
| D14 | 196 anmälda | | |
| 1 | Kerstin Wadman | Göteborg-Majorna | 26.12 |
| 48 | Emelie Udd | Markbygdens OK | 35.02 |
| D13 | 182 anmälda | | |
| 1 | Synne Strand | Lierbygda O-lag | 25.45 |
| 8 | Klara Ask | Markbygdens OK | 29.26 |
| 17 | Klara Axelsson | Markbygdens OK | 31.32 |
| D10 | 212 anmälda | | |
| 1 | Tea Markholm | Skåneslättens OL | 13.21 |
| 163 | Elsa Ek | Markbygdens OK | 32.31 |

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|-----------------------------|------------------------|------------------|---------|
| H Challenge 10 Km | | 72 anmälda | |
| 1 | Jakob Dybdal Abraham n | | 62.16 |
| 39 | Magnus Wallin | Markbygdens OK | 92.07 |
| Inskolning | | 356 anmälda | |
| | Einar Sörqvist | Markbygdens OK | Godkänd |
| Öppen 5 | | 415 start | |
| 1 | Fredrik Zetterberg | OK Djerf | 27.17 |
| 175 | Paulina Lundblad | Markbygdens OK | 61.38 |
| Öppen 7 | | 286 anmälda | |
| 1 | Håkan Eriksson | Malungs OK Skogs | 21.04 |
| 110 | Jörgen Frisk | Markbygdens OK | 25.55 B |
| 123 | Johanna Skogum | Markbygdens OK | 36.58 |
| 150 | Gun Frisk | Markbygdens OK | 40.26 |
| 195 | Sofia Sörqvist | Markbygdens OK | 59.27 |
| Öppen 8 | | 236 anmälda | |
| 1 | Göran Anlind | OK Skärmen | 29.36 |
| 93 | Kristin Hansson | Markbygdens OK | 50.53 |
| 115 | Lars Eriksson | Markbygdens OK | 55.31 |
| 163 | Hans Hansson | Markbygdens OK | 67.09 |
| Öppen 9 | | 98 anmälda | |
| 1 | Oskar Svärd Malungs | OK Skogsmårdarna | 45.04 |
| 4 | Fredrik Herdersson | Markbygdens OK | 51.52 B |
| 15 | Lennart Karlsson | Markbygdens OK | 60.41 |
| 5-dagars Etapp 3 2012-07-24 | | | |
| ----- | | | |
| H20E | | | |
| 1 | Max Peter Bejmer | Bromma-Vällingby | 32.58 |
| 90 | Albin Andersson | Markbygdens OK | 46.42 B |
| H18E | | | |
| 1 | Thor Nørskov | IFK Göteborg | 31.40 |
| 51 | Pontus Karlsson | Markbygdens OK | 36.52 S |
| D18E | | | |
| 1 | Frida Sandberg | Säterbygdens OK | 27.51 |
| 56 | Elin Högstrand | Markbygdens OK | 37.58 S |
| H75 | | | |
| 1 | Sivert Axelsson | Kalmar OK | 31.45 |
| 2 | Håkan Skogum | Markbygdens OK | 32.01 G |
| H70K | | | |
| 1 | Kjell Mjöberg | Hallstahammars O | 26.11 |
| 44 | Stellan Helgesson | Markbygdens OK | 40.25 B |
| 53 | Stig Johansson | Markbygdens OK | 44.04 |
| H70 | | | |
| 1 | Helmut Conrad | USV TU Dresden | 31.09 |
| 7 | Rune Arvidsson | Markbygdens OK | 36.33 S |
| 36 | Bengt Olsson | Markbygdens OK | 43.29 S |
| H65K | | | |
| 1 | Jan Fogelberg | Västvärmlands OK | 28.27 |
| 79 | Pär-Erik Johansson | Markbygdens OK | 44.35 |

| | | | |
|--------|----------------------|------------------|---------|
| H65 | | | |
| 1 | Ronny Hjalmarsson | Emmaboda Verda O | 29.02 |
| 30 | Lars-Göran Molin | Markbygdens OK | 36.49 S |
| 55 | Henry Djurbäck | Markbygdens OK | 39.57 S |
| H60K | | | |
| 66 | Leif Rylander | Markbygdens OK | 42.56 B |
| H60 | | | |
| 1 | Tom A. Karlsen | Fredrikstad SK | 28.52 |
| 3 | Bo Herdersson | Markbygdens OK | 30.42 G |
| 12 | Torgny Pettersson | Markbygdens OK | 32.24 S |
| H55K | | | |
| 1 | Olov Öström | OK Tyr | 29.21 |
| 10 | Carl Johan Högstrand | Markbygdens OK | 34.29 S |
| 53 | Arne Persson | Markbygdens OK | 40.21 S |
| 97 | Tor Udd | Markbygdens OK | 45.55 |
| 144 | Stig-Ove Djurbäck | Markbygdens OK | 66.25 |
| H50-1 | | | |
| 1 | Lasse Jansson | Gävle OK | 27.50 |
| 77 | Jonas Karlsson | Markbygdens OK | 48.30 |
| H45M | | | |
| 1 | Peter Edman | Korsnäs IF OK | 22.21 |
| 9 | Per-Anders Axelsson | Markbygdens OK | 31.11 S |
| H45-1 | | | |
| 1 | Flemming Jørgensen | OK Snab | 29.51 |
| 66 | Johan Mars | Markbygdens OK | 39.10 S |
| 95 | Tomas Tranberg | Markbygdens OK | 42.00 S |
| 107 | Niclas Ek | Markbygdens OK | 43.27 B |
| 108 | Fredrik Stensson | Markbygdens OK | 43.31 B |
| H40K-1 | | | |
| 1 | Thore Kornmo | Porsgrunn OL | 26.57 |
| 25 | Fredrik Ask | Markbygdens OK | 33.49 S |
| 90 | Johan Lundblad | Markbygdens OK | 43.20 |
| 92 | Urban Sörqvist | Markbygdens OK | 44.04 |
| H40 | | | |
| 1 | Carsten Jørgensen | Peninsula | 27.56 |
| 138 | Anders Lundell | Markbygdens OK | 44.19 |
| H35K | | | |
| 1 | Johan Michelsen | Nydalens SK | 29.23 |
| 83 | Martin Udd | Markbygdens OK | 42.25 B |
| H21K-1 | | | |
| 1 | Andreas Höye | Göteborg-Majorna | 28.36 |
| 98 | David Djurbäck | Markbygdens OK | 49.39 |
| H21 | | | |
| 1 | Rasmus Korvald Skaar | NTNUI | 33.35 |
| 35 | Simon Larsson | Markbygdens OK | 39.13 S |
| 83 | Nils Robertsson | Markbygdens OK | 42.47 S |
| H20L | | | |
| 1 | Ludvig Eriksson | Södertälje-Nykva | 32.11 |
| 21 | Simon Skogman | Markbygdens OK | 37.27 S |

H20
1 Sebastian Ekman Västvärmlands OK 30.31
24 Martin Frisk Markbygdens OK 37.39 S
31 Joel Udd Markbygdens OK 38.37 S
51 Filip Andersson Markbygdens OK 48.22

H18L
1 Stefan Frands Peters OK OTA 31.30
85 Niklas Frisk Markbygdens OK 38.58 S
126 Erik Persson Markbygdens OK 42.57 S

H16
1 Topi Raitanen Tuusulan Voima-V 25.40
50 Klas Udd Markbygdens OK 31.48

H15
1 Ville Johansson OK Kolmården 25.42
10 Ivar Sörqvist Markbygdens OK 28.53

H13
1 Oscar Johansson OK Dacke 25.12
17 Felix Axelsson Markbygdens OK 29.52
62 Olle Sörqvist Markbygdens OK 38.18

H12
1 Erik Hannrup IF Thor 16.47
79 Axel Åkesson Markbygdens OK 25.19

D80
1 Maja-Lisa Bergström Selånger SOK 38.25
4 Gunvor Håkansson Markbygdens OK 45.48 S

D65M
1 Astrid Johannesson Helsingborgs SOK 28.48
30 Marita Johansson Markbygdens OK 45.04
32 Berit Svensson Markbygdens OK 45.39
35 Eva-Maj Johansson Markbygdens OK 47.23

D60M
1 Eva Bergman IK Uven 26.31
44 Ingrid Brellind Markbygdens OK 63.01

D55K
1 Monika Mathiasson OK Roxen 31.01
41 Marita Larsson Markbygdens OK 49.45
55 Lizkulla Pettersson Markbygdens OK 55.29

D55
1 Ina Lindeberg Skåneslättens OL 30.23
86 Ulla Niklasson Markbygdens OK 68.37

D50K
1 Mari Hernandez Toten-Troll 27.31
46 Leila Ljunggren Markbygdens OK 48.36

D50
1 Sara Snogerup Linse Lunds OK 28.15
15 Anne Udd Markbygdens OK 34.41 S
84 Marie Högstrand Markbygdens OK 47.50

| | | | |
|------------|----------------------|------------------|---------|
| D45K | | | |
| 1 | Anna Von Krusenstier | OK Kåre | 28.40 |
| 129 | Helena Andersson | Markbygdens OK | 46.40 |
| D45 | | | |
| 1 | Katarina Borg | Södertälje-Nykva | 28.12 |
| 12 | Lena Karlsson | Markbygdens OK | 32.54 S |
| D40K | | | |
| 1 | Tina Junegard | Tullinge SK | 28.10 |
| 3 | Marina Axelsson | Markbygdens OK | 29.29 G |
| 12 | Malin Persson | Markbygdens OK | 32.11 S |
| 95 | Jeanette Sigenstam | Markbygdens OK | 41.11 B |
| D35M | | | |
| 1 | Anna Jansson | OK Djerf | 28.51 |
| 21 | Veronica Udd | Markbygdens OK | 41.41 B |
| D21M | | | |
| 1 | Malin Fallgren | Gudhems IF | 27.02 |
| 9 | Malin Ljunggren | Markbygdens OK | 35.20 S |
| D21K | | | |
| 1 | Rebecca Bjärrenholt | Vallentuna-Össeb | 28.58 |
| 60 | Rebecca Djurbäck | Markbygdens OK | 39.38 S |
| 106 | Tove Udd | Markbygdens OK | 45.29 |
| D21 | | | |
| 1 | Anna Mullins Windeva | Sävedalens AIK | 33.17 |
| 151 | Maria Svensson | Markbygdens OK | 61.41 |
| D20 | | | |
| 1 | Tatyana Oborina | PARMA | 35.33 |
| 9 | Anne Hansson | Markbygdens OK | 41.52 S |
| D18L | | | |
| 1 | Sirkku Minkkinen | Rajamäen Rykment | 30.52 |
| 66 | Josefin Andersson | Markbygdens OK | 42.32 S |
| D14 | | | |
| 1 | Vilma Blennow | Falköpings AIK O | 26.19 |
| 34 | Emelie Udd | Markbygdens OK | 34.04 |
| D13 | | | |
| 1 | Klara Axelsson | Markbygdens OK | 28.02 |
| 33 | Klara Ask | Markbygdens OK | 41.21 |
| D10 | | | |
| 1 | Linda Jonsson | OK Orion | 14.11 |
| 176 | Elsa Ek | Markbygdens OK | 32.37 |
| U2 | | | |
| 1 | Leo Johansson | OK Orion | 20.11 |
| 32 | Elsa Carlsson | Markbygdens OK | 26.45 |
| 1 | Oscar Carlsson | Eksjö SOK | 46.23 |
| 29 | Magnus Wallin | Markbygdens OK | 68.54 |
| Inskolning | | | |
| | Einar Sörqvist | Markbygdens OK | Godkänd |
| Öppen 3 | | | |
| 1 | Jesper Larsson | OK Älvsjö-Örby | 20.01 |

| | | | |
|-----|--------------------|----------------|-------|
| 297 | Mattis Abrahamsson | Markbygdens OK | 44.12 |
| 324 | Agneta Wallin | Markbygdens OK | 46.44 |

Öppen 4

| | | | |
|----|----------------|----------------|-------|
| 1 | Erik Högvist | OK Tyr | 29.51 |
| 97 | Johan Carlsson | Markbygdens OK | 47.40 |

Öppen 6

| | | | |
|-----|----------------------|------------------|-------|
| 1 | Ståle Sönsterubråten | Raumar Orienteri | 36.00 |
| 111 | Gun Frisk | Markbygdens OK | 72.55 |

Öppen 8

| | | | |
|-----|-----------------|------------------|-------|
| 1 | Johan Näsman | IFK Lidingös Ski | 26.49 |
| 29 | Martin Svensson | Markbygdens OK | 38.32 |
| 71 | Anders Skoglund | Markbygdens OK | 42.58 |
| 158 | Lars Eriksson | Markbygdens OK | 52.45 |

5-dagars Etapp 4 2012-07-26

H20E

| | | | |
|----|--------------------|----------------|---------|
| 1 | Marius Thrane Ødum | IFK Göteborg | 57.03 |
| 61 | Albin Andersson | Markbygdens OK | 75.34 S |

H18E

| | | | |
|----|-----------------|----------------|---------|
| 1 | Assar Hellström | OK Ravinen | 47.51 |
| 43 | Pontus Karlsson | Markbygdens OK | 55.39 S |

D18E

| | | | |
|----|----------------|-----------------|---------|
| 1 | Frida Sandberg | Säterbygdens OK | 42.54 |
| 62 | Elin Högstrand | Markbygdens OK | 58.19 S |

H75

| | | | |
|---|-----------------|----------------|---------|
| 1 | Sivert Axelsson | Kalmar OK | 33.12 |
| 5 | Håkan Skogum | Markbygdens OK | 37.00 G |

H70

| | | | |
|----|-----------------|----------------|---------|
| 1 | Björn Linnarsjö | OK Orion | 34.20 |
| 8 | Rune Arvidsson | Markbygdens OK | 39.51 S |
| 35 | Bengt Olsson | Markbygdens OK | 48.18 S |

H70K

| | | | |
|----|-------------------|------------------|---------|
| 1 | Kjell Mjöberg | Hallstahammars O | 33.48 |
| 45 | Stellan Helgesson | Markbygdens OK | 47.20 S |
| 78 | Stig Johansson | Markbygdens OK | 61.02 |

H65

| | | | |
|----|------------------|----------------|---------|
| 1 | Willy Grønstad | Løten OL | 38.09 |
| 34 | Henry Djurbäck | Markbygdens OK | 49.32 S |
| 41 | Lars-Göran Molin | Markbygdens OK | 50.31 S |

H65K

| | | | |
|-----|--------------------|------------------|-------|
| 1 | Tage Sandberg | Bromma-Vällingby | 28.09 |
| 130 | Pär-Erik Johansson | Markbygdens OK | 53.07 |

H60

| | | | |
|---|-------------------|----------------|---------|
| 1 | Tom A. Karlsen | Fredrikstad SK | 38.10 |
| 3 | Bo Herdersson | Markbygdens OK | 39.42 G |
| 6 | Torgny Pettersson | Markbygdens OK | 41.09 G |

H60K

| | | | |
|---|-----------------|---------------|-------|
| 1 | Göran Davidsson | OK Klemmingen | 32.20 |
|---|-----------------|---------------|-------|

| | | | |
|--------|----------------------|------------------|---------|
| 64 | Leif Rylander | Markbygdens OK | 53.45 |
| H55K | | | |
| 1 | Per-Olof Larsson | Hestra IF | 34.15 |
| 17 | Arne Persson | Markbygdens OK | 41.25 S |
| 36 | Carl Johan Högstrand | Markbygdens OK | 43.42 S |
| 60 | Stig-Ove Djurbäck | Markbygdens OK | 47.02 S |
| 135 | Tor Udd | Markbygdens OK | 68.11 |
| H50-1 | | | |
| 1 | Lasse Jansson | Gävle OK | 38.27 |
| 92 | Jonas Karlsson | Markbygdens OK | 74.08 |
| H45-1 | | | |
| 1 | Anders Berg | Linköpings OK | 43.37 |
| 50 | Johan Mars | Markbygdens OK | 56.41 S |
| 95 | Tomas Tranberg | Markbygdens OK | 65.07 B |
| 101 | Fredrik Stensson | Markbygdens OK | 66.44 |
| H45M | | | |
| 1 | Peter Edman | Korsnäs IF OK | 34.44 |
| 4 | Per-Anders Axelsson | Markbygdens OK | 41.13 S |
| H40 | | | |
| 1 | Peter Jacobsson | IK Hakarpspojkar | 50.01 |
| 159 | Anders Lundell | Markbygdens OK | 79.19 |
| H40K-1 | | | |
| 1 | Mats Röjgård | OK Kolmården | 30.58 |
| 1 | Thore Kornmo | Porsgrunn OL | 30.58 |
| 50 | Fredrik Ask | Markbygdens OK | 46.30 B |
| 98 | Johan Lundblad | Markbygdens OK | 56.44 |
| 108 | Urban Sörqvist | Markbygdens OK | 60.03 |
| H35K | | | |
| 1 | Ingemar Ericsson | Ronneby OK | 35.12 |
| 88 | Martin Udd | Markbygdens OK | 57.58 |
| H21 | | | |
| 1 | Christian Riddervold | ahrs | 48.33 |
| 30 | Simon Larsson | Markbygdens OK | 57.28 S |
| H21K-1 | | | |
| 1 | Andreas Höye | Göteborg-Majorna | 46.24 |
| 85 | David Djurbäck | Markbygdens OK | 76.28 |
| H20L | | | |
| 1 | Jesper Sjögren | OK Kullingshof | 62.55 |
| 9 | Simon Skogman | Markbygdens OK | 65.02 G |
| H20 | | | |
| 1 | David Johansson | Hestra IF | 51.07 |
| 18 | Joel Udd | Markbygdens OK | 66.15 S |
| 19 | Martin Frisk | Markbygdens OK | 66.26 S |
| 45 | Filip Andersson | Markbygdens OK | 95.36 |
| H18L | | | |
| 1 | Sindre Sandven | Kongsberg OL | 41.25 |
| 99 | Niklas Frisk | Markbygdens OK | 60.13 B |
| 114 | Erik Persson | Markbygdens OK | 63.09 |
| H16 | | | |

| | | | |
|------|---------------------|------------------|---------|
| 1 | Oskar Sandberg | Säterbygdens OK | 30.19 |
| 32 | Klas Udd | Markbygdens OK | 38.30 |
| H15 | | | |
| 1 | Simon Hector | Snättringe SK | 29.32 |
| 54 | Ivar Sörqvist | Markbygdens OK | 43.26 |
| 181 | Edvin Carlsson | Markbygdens OK | 77.22 |
| H13 | | | |
| 1 | Elias Jonsson | Nydalens SK | 25.31 |
| 4 | Felix Axelsson | Markbygdens OK | 28.44 |
| 69 | Olle Sörqvist | Markbygdens OK | 41.37 |
| H12 | | | |
| 1 | Filip Rosjö | Jönköpings OK | 15.35 |
| 74 | Axel Åkesson | Markbygdens OK | 21.25 |
| D80 | | | |
| 1 | Maja-Lisa Bergström | Selånger SOK | 38.29 |
| 5 | Gunvor Håkansson | Markbygdens OK | 62.21 |
| D65M | | | |
| 1 | Marita Jansson | IK Vikings OK | 37.00 |
| 24 | Berit Svensson | Markbygdens OK | 50.14 S |
| 36 | Marita Johansson | Markbygdens OK | 57.46 |
| 42 | Eva-Maj Johansson | Markbygdens OK | 64.35 |
| D60M | | | |
| 42 | Eva-Maj Johansson | Markbygdens OK | 64.35 |
| 14 | Ingrid Brelind | Markbygdens OK | 48.35 S |
| D55 | | | |
| 1 | Karin Rabe | Ulriksbergs IK | 33.50 |
| 25 | Ulla Niklasson | Markbygdens OK | 44.44 S |
| D55K | | | |
| 1 | Monika Mathiasson | OK Roxen | 32.42 |
| 35 | Marita Larsson | Markbygdens OK | 53.33 |
| 37 | Lizkulla Pettersson | Markbygdens OK | 54.24 |
| D50 | | | |
| 1 | Laila B Höglund | FK Herkules | 31.06 |
| 18 | Marie Högstrand | Markbygdens OK | 42.11 S |
| 22 | Anne Udd | Markbygdens OK | 43.04 S |
| D50K | | | |
| 1 | Mari Hernandez | Toten-Troll | 31.30 |
| 52 | Leila Ljunggren | Markbygdens OK | 48.50 |
| D45 | | | |
| 1 | Maria Kleijn | Södertälje-Nykva | 37.57 |
| 8 | Lena Karlsson | Markbygdens OK | 42.50 S |
| D45K | | | |
| 1 | Lena Carlsson | Sävedalens AIK | 32.35 |
| 132 | Helena Andersson | Markbygdens OK | 54.41 |
| D40K | | | |
| 1 | Karin Noborn | IFK Göteborg | 29.37 |
| 4 | Malin Persson | Markbygdens OK | 33.12 S |
| 22 | Marina Axelsson | Markbygdens OK | 36.11 S |

| | | | | |
|-------------------|----------------------|------------------|-------|---------|
| 50 | Jeanette Sigenstam | Markbygdens OK | 39.51 | S |
| D35M | | | | |
| 1 | Linda Vågberg | Sundsvalls OK | 33.04 | |
| 6 | Veronica Udd | Markbygdens OK | 39.45 | S |
| D21 | | | | |
| 1 | Anna Mullins Windeva | Sävedalens AIK | 45.11 | |
| 113 | Maria Svensson | Markbygdens OK | 68.17 | B |
| D21K | | | | |
| 1 | Lisa Pettersson | OK Kolmården | 33.50 | |
| 89 | Rebecca Djurbäck | Markbygdens OK | 50.56 | B |
| 91 | Tove Udd | Markbygdens OK | 51.14 | |
| D21M | | | | |
| 1 | Johanna Härwell | Eslövs FK | 38.02 | |
| 62 | Malin Ljunggren | Markbygdens OK | 86.07 | |
| D20 | | | | |
| 1 | Hanna Björklund | OK Kåre | 39.47 | |
| 3 | Anne Hansson | Markbygdens OK | 42.34 | G |
| D18L | | | | |
| 1 | Josefin Andersson | Markbygdens OK | 40.44 | G |
| D15 | | | | |
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 34.09 | |
| 19 | Hanna Karlsson | Markbygdens OK | 41.08 | |
| D14 | | | | |
| 1 | Ida-Marie Cederberg | Pargas IF | 28.53 | |
| 138 | Emelie Udd | Markbygdens OK | 58.51 | |
| D13 | | | | |
| 1 | Henriette Smeby | Nydalens SK | 32.20 | |
| 6 | Klara Ask | Markbygdens OK | 34.29 | |
| 7 | Klara Axelsson | Markbygdens OK | 34.30 | |
| D10 | | | | |
| 1 | Linda Jonsson | OK Orion | 15.29 | |
| 193 | Elsa Ek | Markbygdens OK | 42.46 | |
| U2 | | | | |
| 1 | Leo Johansson | OK Orion | 15.45 | |
| 76 | Elsa Carlsson | Markbygdens OK | 26.00 | |
| Inskolning | | | | |
| | Einar Sörqvist | Markbygdens OK | | Godkänd |
| H Challenge 10 km | | | | |
| 1 | Victor Gustafsson | IFK Moras OK | 47.23 | |
| 46 | Magnus Wallin | Markbygdens OK | 73.22 | |
| D 2-dagars | | | | |
| 1 | Heidi Østlid Bagsted | Bækkel | 33.55 | |
| 54 | Lisa Wallin | Markbygdens OK | 61.26 | |
| Öppen 3 | | | | |
| 1 | Kent B Hansson | Halmstads Garnis | 18.42 | |
| 214 | Totte Holm | Markbygdens OK | 44.03 | |

| | | | |
|-----|------------------|----------------|-------|
| 287 | Agneta Wallin | Markbygdens OK | 52.21 |
| 300 | Sara Andersson | Markbygdens OK | 53.33 |
| 333 | Anders Andersson | Markbygdens OK | 59.36 |

Öppen 4

| | | | |
|----|----------------|----------------|-------|
| 1 | Martin Flinta | FK Herkules | 30.22 |
| 35 | Johan Carlsson | Markbygdens OK | 43.45 |

Öppen 8

| | | | |
|-----|-----------------|------------------|-------|
| 1 | Casper Giding | IFK Lidingös Ski | 25.44 |
| 169 | Anders Davidson | Markbygdens OK | 52.50 |

Öppen 9

| | | | |
|----|--------------------|----------------|---------|
| 1 | Patrik Karlsson | Växjö OK | 39.10 |
| 11 | Fredrik Herdersson | Markbygdens OK | 49.46 B |
| 34 | Johan Knubbe | Markbygdens OK | 61.36 |

5-dagars Totalt 2012-07-27

H20E

| | | | |
|----|--------------------|----------------|--------|
| 1 | Marius Thrane Ødum | IFK Göteborg | 259.09 |
| 43 | Albin Andersson | Markbygdens OK | 321.28 |

H18E

| | | | |
|----|-----------------|----------------|--------|
| 1 | Thor Nørskov | IFK Göteborg | 224.56 |
| 26 | Pontus Karlsson | Markbygdens OK | 257.27 |

D18E

| | | | |
|----|----------------|-----------------|--------|
| 1 | Frida Sandberg | Säterbygdens OK | 203.43 |
| 62 | Elin Högstrand | Markbygdens OK | 268.24 |

H75

| | | | |
|---|-----------------|----------------|--------|
| 1 | Sivert Axelsson | Kalmar OK | 170.28 |
| 2 | Håkan Skogum | Markbygdens OK | 173.29 |

H70

| | | | |
|----|-----------------|----------------|--------|
| 1 | Björn Linnarsjö | OK Orion | 169.29 |
| 9 | Rune Arvidsson | Markbygdens OK | 194.28 |
| 39 | Bengt Olsson | Markbygdens OK | 233.49 |

H70K

| | | | |
|----|-------------------|------------------|--------|
| 1 | Ernst Bonek | Naturfreunde Wie | 161.33 |
| 47 | Stellan Helgesson | Markbygdens OK | 237.31 |
| 56 | Stig Johansson | Markbygdens OK | 248.48 |

H65

| | | | |
|----|-----------------|----------------|--------|
| 1 | Etienne Bousser | CSAG METZ | 183.35 |
| 24 | Henry Djurbäck | Markbygdens OK | 210.31 |

H65K

| | | | |
|----|--------------------|----------------|--------|
| 1 | Gunnar Enberg | Målilla OK | 146.38 |
| 72 | Pär-Erik Johansson | Markbygdens OK | 221.51 |

H60

| | | | |
|---|-------------------|----------------|--------|
| 1 | Tom A. Karlsen | Fredrikstad SK | 178.59 |
| 4 | Bo Herdersson | Markbygdens OK | 191.50 |
| 7 | Torgny Pettersson | Markbygdens OK | 198.05 |

H55K

| | | | |
|----|----------------------|----------------|--------|
| 1 | Yngve Gottfridsson | Nittedal OL | 160.46 |
| 28 | Carl Johan Högstrand | Markbygdens OK | 196.15 |

| | | | |
|--------|---------------------|------------------|--------|
| 39 | Arne Persson | Markbygdens OK | 206.11 |
| 116 | Tor Udd | Markbygdens OK | 278.23 |
| 121 | Stig-Ove Djurbäck | Markbygdens OK | 294.30 |
| H50-1 | | | |
| 1 | Lasse Jansson | Gävle OK | 184.25 |
| 86 | Jonas Karlsson | Markbygdens OK | 321.06 |
| H45-1 | | | |
| 1 | Thomas Johannesson | Ronneby OK | 199.27 |
| 46 | Johan Mars | Markbygdens OK | 254.05 |
| 84 | Fredrik Stensson | Markbygdens OK | 286.54 |
| H40 | | | |
| 1 | Peter Jacobsson | IK Hakarpspojkar | 210.58 |
| 135 | Anders Lundell | Markbygdens OK | 320.09 |
| H40K-1 | | | |
| 1 | Mats Röjgård | OK Kolmården | 158.14 |
| 46 | Fredrik Ask | Markbygdens OK | 231.07 |
| 82 | Johan Lundblad | Markbygdens OK | 264.13 |
| 93 | Urban Sörqvist | Markbygdens OK | 286.02 |
| H35K | | | |
| 1 | Ingemar Ericsson | Ronneby OK | 182.05 |
| 89 | Martin Udd | Markbygdens OK | 301.42 |
| H20L | | | |
| 1 | Anssi Vesanto | Espoon Suunta | 269.27 |
| 5 | Simon Skogman | Markbygdens OK | 279.38 |
| H20 | | | |
| 1 | David Johansson | Hestra IF | 232.56 |
| 16 | Martin Frisk | Markbygdens OK | 277.02 |
| 19 | Joel Udd | Markbygdens OK | 283.30 |
| 43 | Filip Andersson | Markbygdens OK | 398.37 |
| H18L | | | |
| 1 | Sindre Sandven | Kongsberg OL | 199.33 |
| 92 | Erik Persson | Markbygdens OK | 269.18 |
| H16 | | | |
| 1 | Topi Raitanen | Tuusulan | 152.17 |
| 26 | Klas Udd | Markbygdens OK | 180.52 |
| H15 | | | |
| 1 | Simon Hector | Snättringe SK | 147.34 |
| 17 | Ivar Sörqvist | Markbygdens OK | 184.25 |
| H13 | | | |
| 1 | August Mollén | OK Denseln | 130.38 |
| 10 | Felix Axelsson | Markbygdens OK | 148.04 |
| 56 | Olle Sörqvist | Markbygdens OK | 190.21 |
| H12 | | | |
| 1 | Erik Hannrup | IF Thor | 92.14 |
| 69 | Axel Åkesson | Markbygdens OK | 145.42 |
| D80 | | | |
| 1 | Maja-Lisa Bergström | Selånger SOK | 192.40 |
| 3 | Gunvor Håkansson | Markbygdens OK | 270.35 |

D65M
1 Märta Widenbrant Enebybergs IF 191.55
8 Marita Johansson Markbygdens OK 252.27
31 Eva-Maj Johansson Markbygdens OK 308.29
33 Berit Svensson Markbygdens OK 314.07

D60M
1 Marita Johansson OK Stigen 181.52
17 Ingrid Breлинд Markbygdens OK 257.30

D55
1 Carina Hall OK Tisaren 184.59
43 Ulla Niklasson Markbygdens OK 264.13

D55K
1 Monika Mathiasson OK Roxen 157.35
43 Lizkulla Pettersson Markbygdens OK 259.50
46 Marita Larsson Markbygdens OK 270.18

D50
1 Sara Snogerup Linse Lunds OK 164.36
20 Anne Udd Markbygdens OK 204.12
40 Marie Högstrand Markbygdens OK 225.48

D50K
1 Kia Nordström Täby OK 155.22
59 Leila Ljunggren Markbygdens OK 258.41

D45
1 Katarina Borg Södertälje-Nykva 164.09
8 Lena Karlsson Markbygdens OK 182.40

D45K
1 Marie Hedar Eskilstuna OL 149.41
158 Helena Andersson Markbygdens OK 280.55

D40K
1 Karin Noborn IFK Göteborg 154.23
11 Malin Persson Markbygdens OK 171.32
15 Marina Axelsson Markbygdens OK 176.00
55 Jeanette Sigenstam Markbygdens OK 205.32

D35M
1 Anna Jansson OK Djerf 165.53
10 Veronica Udd Markbygdens OK 205.56

D21
1 Anna Mullins Windeva Sävedalens AIK 228.20
110 Maria Svensson Markbygdens OK 340.05

D21K
1 Lisa Pettersson OK Kolmården 162.06
94 Tove Udd Markbygdens OK 253.19
122 Rebecca Djurbäck Markbygdens OK 285.06

D21M
1 Anja Wingstedt Halden SK 187.38
29 Malin Ljunggren Markbygdens OK 285.37

D20

| | | | |
|-----------------------------|----------------------|------------------|---------|
| 1 | Solveig Blandkjenn | NTNUI | 2211.17 |
| 2 | Anne Hansson | Markbygdens OK | 220.43 |
| D18L | | | |
| 1 | Sirkku Minkkinen | Rajamäen Rykment | 198.49 |
| 27 | Josefin Andersson | Markbygdens OK | 244.49 |
| D15 | | | |
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 159.35 |
| 9 | Hanna Karlsson | Markbygdens OK | 183.57 |
| D14 | | | |
| 1 | Elin Granstedt | IK Hakarpspojkar | 142.57 |
| 60 | Emelie Udd | Markbygdens OK | 203.04 |
| D13 | | | |
| 1 | Klara Axelsson | Markbygdens OK | 153.03 |
| 7 | Klara Ask | Markbygdens OK | 168.30 |
| D10 | | | |
| 1 | Linda Jonsson | OK Orion | 79.16 |
| 169 | Elsa Ek | Markbygdens OK | 215.26 |
| Inskolning | | | |
| | Einar Sörqvist | Markbygdens OK | Godkänd |
| H Challenge 10 km | | | |
| 1 | Victor Gustafsson | IFK Moras OK | 290.42 |
| 28 | Magnus Wallin | Markbygdens OK | 416.18 |
| D 2-dagars | | | |
| 1 | Heidi Østlid Bagsted | Bækkel | 68.22 |
| 45 | Lisa Wallin | Markbygdens OK | 109.10 |
| 5-dagars Etapp 5 2012-07-27 | | | |
| ----- | | | |
| H65 | | | |
| 1 | Lennart Hermansson | Stångenäs AIS | 41.06 |
| 44 | Lars-Göran Molin | Markbygdens OK | 52.04 S |
| H45-1 | | | |
| 1 | Flemming Jørgensen | OK Snab | 47.05 |
| 87 | Tomas Tranberg | Markbygdens OK | 67.55 B |
| H21 | | | |
| 1 | Christian Riddervold | ahrs | 61.35 |
| 83 | Nils Robertsson | Markbygdens OK | 86.15 S |
| H18L | | | |
| 1 | Martynas Tirlikas | OK Karšuva | 51.02 |
| 81 | Niklas Frisk | Markbygdens OK | 67.46 S |
| H15 | | | |
| 1 | Simon Hector | Snättringe SK | 34.31 |
| 95 | Edvin Carlsson | Markbygdens OK | 61.56 |
| U2 | | | |
| 1 | Leo Johansson | OK Orion | 18.29 |
| 79 | Elsa Carlsson | Markbygdens OK | 29.52 |

Öppen 4

| | | |
|--------------------|----------------|-------|
| 1 Rune Hjelle | Konnerud IL | 26.33 |
| 107 Johan Carlsson | Markbygdens OK | 70.00 |

Öppen 7

| | | |
|----------------------|----------------|-------|
| 1 Stefan N-Djurstedt | Eksjö SOK | 21.11 |
| 76 Johanna Skogum | Markbygdens OK | 38.46 |

Öppen 8

| | | |
|----------------------|------------------|--------|
| 1 Håkan Eriksson | Malungs OK Skogs | 25.58 |
| 17 Johan Knubbe | Markbygdens OK | 35.56 |
| 40 David Hansson | Markbygdens OK | 40.51 |
| 234 Bengt-Erik Sidén | Markbygdens OK | 110.35 |

Öppen 9

| | | |
|----------------------|----------------|---------|
| 1 Patrik Karlsson | Växjö OK | 46.37 |
| 8 Fredrik Herdersson | Markbygdens OK | 53.37 B |

Ungdomens 10-mila Budkavle 2012-08-03

HD12

| | | |
|------------------------|------------------|--------|
| 1 Helsingin Suunnistaj | Helsingin Suunni | 72.49 |
| 78 Markbygdens OK | Markbygdens OK | 113.01 |

HD12 Sträcka 1

| | | |
|-------------------------|------------------|-------|
| 1 Niklas Heikkilä | Kouvolan Suunnis | 20.22 |
| 89 Petter Leibe-Bergste | Markbygdens OK | 39.27 |

HD12 Sträcka 2

| | | |
|-------------------------|------------------|-------|
| 1 Anders Björklund | Trollhättans SOK | 10.44 |
| 48 Olle Leibe-Bergstedt | Markbygdens OK | 13.23 |

HD12 Sträcka 3

| | | |
|---------------------|----------------|-------|
| 1 Mattias Östberg | Stora Tuna OK | 14.19 |
| 126 Nora Hemberg | Markbygdens OK | 21.54 |
| 134 Hugo Lomander | Markbygdens OK | 22.19 |
| 162 Tilde Johansson | Markbygdens OK | 24.16 |

HD12 Sträcka 4

| | | |
|-----------------|------------------|-------|
| 1 Sara Kurth | Tampereen Pyrint | 20.16 |
| 72 Axel Åkesson | Markbygdens OK | 33.19 |

D18

| | | |
|-------------------|----------------|--------|
| 1 Eksjö SOK | Eksjö SOK | 151.38 |
| 18 Markbygdens OK | Markbygdens OK | 267.21 |

D18 Sträcka 1

| | | |
|-------------------|----------------|-------|
| 1 Tove Lagerberg | OK Södertörn | 30.27 |
| 13 Hanna Karlsson | Markbygdens OK | 35.53 |

D18 Sträcka 2

| | | |
|----------------------|----------------|-------|
| 1 Amanda Blenow | Falköpings AIK | 14.18 |
| 12 Josefin Andersson | Markbygdens OK | 15.58 |

D18 Sträcka 3

| | | |
|--------------|-------------------|-------|
| 1 Sara Kurth | Tampereen Pyrintö | 12.11 |
| 40 Klara Ask | Markbygdens OK | 15.06 |

D18 Sträcka 4

| | | |
|----------------------|----------------|-------|
| 1 Amanda Falck Weber | Eksjö SOK | 17.43 |
| 55 Klara Axelsson | Markbygdens OK | 25.38 |

| | | | |
|-------------------|----------------|-------|--|
| D18 Sträcka 5 | | | |
| 1 Sara Hagström | Falköpings AIK | 37.08 | |
| 10 Elin Högstrand | Markbygdens OK | 41.48 | |

| | | | |
|--------------------------|------------------------|--------|--|
| HD18 | | | |
| 1 Helsingin Suunnistajat | Helsingin Suunnistajat | 277.44 | |
| 41 Markbygdens OK | Markbygdens OK | 342.14 | |

| | | | |
|------------------|----------------|-------|--|
| HD18 Sträcka 1 | | | |
| 1 Jens Rönnols | Täby OK | 31.09 | |
| 64 Ivar Sörqvist | Markbygdens OK | 49.50 | |

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|--------------------|----------------|-------|--|
| HD18 Sträcka 2 | | | |
| 1 Oskar André | OK Tisaren | 20.24 | |
| 22 Pontus Karlsson | Markbygdens OK | 23.38 | |

| | | | |
|-----------------|------------------|-------|--|
| HD18 Sträcka 3 | | | |
| 1 Teemu Eerola | Tamperen Pyrintö | 22.08 | |
| 53 Erik Persson | Markbygdens OK | 32.14 | |

| | | | |
|-------------------|----------------|-------|--|
| HD18 Sträcka 4 | | | |
| 1 Kristian Kannus | Kangansala SK | 29.13 | |
| 49 Niklas Frisk | Markbygdens OK | 43.15 | |

| | | | |
|-------------------|----------------|-------|--|
| HD18 Sträcka 5 | | | |
| 1 Olle Skog | Tullinge SK | 12.53 | |
| 107 Olle Sörqvist | Markbygdens OK | 19.12 | |

| | | | |
|-----------------|----------------|-------|--|
| HD18 Sträcka 6 | | | |
| 1 Isac Ericsson | Växjö OK | 9.15 | |
| 38 Emelie Udd | Markbygdens OK | 12.17 | |

| | | | |
|--------------------|------------------------|-------|--|
| HD18 Sträcka 7 | | | |
| 1 Anton Salmenkylä | Helsingin Suunnistajat | 8.14 | |
| 15 Axel Ek | Markbygdens OK | 10.54 | |

| | | | |
|-------------------|----------------|-------|--|
| HD18 Sträcka 8 | | | |
| 1 August Kollberg | Eksjö SOK | 17.04 | |
| 17 Felix Axelsson | Markbygdens OK | 20.02 | |

| | | | |
|-------------------|----------------|-------|--|
| HD18 Sträcka 9 | | | |
| 1 Leif Svensson | OK Tisaren | 16.09 | |
| 10 Edvin Carlsson | Markbygdens OK | 18.47 | |

| | | | |
|-------------------|----------------|-------|--|
| HD18 Sträcka 10 | | | |
| 1 Anton Johansson | OK Orion | 33.15 | |
| 30 Klas Udd | Markbygdens OK | 43.53 | |

Skaraborgsklubbar Medel 2012-08-04

| | | | |
|--------------------------|----------------|-------|---|
| H21E 5580 meter 45 start | | | |
| 1 Oskar Svärd | Malungs OK | 34.49 | |
| 11 Albin Andersson | Markbygdens OK | 41.10 | S |
| 25 Simon Larsson | Markbygdens OK | 50.33 | B |

| | | | |
|--------------------------|----------------|-------|---|
| H18E 4310 meter 18 start | | | |
| 1 Mikus Purins | OK Södertörn | 30.58 | |
| 11 Niklas Frisk | Markbygdens OK | 40.13 | S |

| | | | |
|-------------------------|-------------|-------|--|
| D16 3660 meter 24 start | | | |
| 1 Hanna Åberg | OK Landehof | 33.34 | |

| | | | |
|-----|----------------------|------------------|---------|
| 23 | Malin Svensson | Markbygdens OK | 67.29 |
| H16 | 3720 meter 39 start | | |
| 1 | Simon Hector | Snättringe SK | 24.19 |
| 2 | Ivar Sörqvist | Markbygdens OK | 26.58 |
| 3 | Klas Udd | Markbygdens OK | 27.18 |
| D14 | 2940 meter 26 start | | |
| 1 | Vilma Blennow | Falköpings AIK | 23.09 |
| 6 | Klara Ask | Markbygdens OK | 28.01 |
| 11 | Emelie Udd | Markbygdens OK | 31.53 |
| 16 | Klara Axelsson | Markbygdens OK | 33.34 |
| H14 | 3080 meter 28 start | | |
| 1 | Filip Trofast | Bredaryds SOK | 20.47 |
| 4 | Felix Axelsson | Markbygdens OK | 22.38 |
| 22 | Olle Sörqvist | Markbygdens OK | 36.04 |
| H35 | 4720 meter 10 start | | |
| 1 | Markus Olin | IK Hakarpspojkar | 38.20 |
| 6 | Martin Udd | Markbygdens OK | 59.38 |
| D40 | 3550 meter 31 start | | |
| 1 | Jeanette Enckell | Södertälje-Nykva | 34.04 |
| 3 | Marina Axelsson | Markbygdens OK | 38.05 G |
| 9 | Jeanette Sigenstam | Markbygdens OK | 45.22 S |
| H40 | 3930 meter 40 start | | |
| 1 | Andreas Rangert | IK Hakarpspojkar | 26.48 |
| 17 | Mikael Bergstedt | Markbygdens OK | 39.57 B |
| 25 | Fredrik Ask | Markbygdens OK | 45.46 |
| 36 | Urban Sörqvist | Markbygdens OK | 55.08 |
| H45 | 3940 meter 61 start | | |
| 1 | Bo Granstedt | IK Hakarpspojkar | 30.44 |
| 42 | Per-Anders Axelsson | Markbygdens OK | 47.31 |
| D50 | 2990 meter 14 start | | |
| 1 | Britta Sahlin | Vänersborgs SK | 30.46 |
| 9 | Marie Högstrand | Markbygdens OK | 49.27 |
| D55 | 2990 meter 17 start | | |
| 1 | Elisabeth Öström | OK Tyr | 34.50 |
| 12 | Lizkulla Pettersson | Markbygdens OK | 66.10 |
| 15 | Marita Larsson | Markbygdens OK | 78.34 |
| H55 | 3590 meter 38 start | | |
| 1 | Sören Jonsson | Nydalens SK | 26.58 |
| 14 | Mikael Bodén | Markbygdens OK | 36.41 S |
| 22 | Carl Johan Högstrand | Markbygdens OK | 41.50 |
| 31 | Arne Persson | Markbygdens OK | 48.14 |
| H60 | 3460 meter 25 start | | |
| 1 | Stig Gustafsson | Bredaryds SOK | 30.02 |
| 3 | Torgny Pettersson | Markbygdens OK | 32.30 G |
| 9 | Bo Herdersson | Markbygdens OK | 39.58 S |
| H65 | 3300 meter 39 start | | |
| 1 | Morgan Ljung | Vaggeryds SOK | 35.29 |
| 13 | Pär-Erik Johansson | Markbygdens OK | 41.03 S |

H70 2980 meter 25 start
1 Lars Ljungberg Trollhättans SOK 30.29
3 Ivan Andersson Markbygdens OK 31.44 G

Öppen 3 2480 meter 19 start
1 Eva Fredriksson Korsnäs IF 26.46
12 Marita Johansson Markbygdens OK 39.54
14 Mattis Abrahamsson Markbygdens OK 40.59

Öppen 4 2880 meter 17 start
1 Dan Lundstedt Mullsjö SOK 25.38

Öppen 7 3060 meter 41 start
1 Anton Karlsson OK Kullingshof 25.56
9 Michael Magnusson Markbygdens OK 38.02

Öppen 8 4090 meter 24 start
1 Kari Enckell Södertälje-Nykva 37.38
2 Martin Frisk Markbygdens OK 41.03 B
4 Erik Persson Markbygdens OK 45.03 B
9 Lena Karlsson Markbygdens OK 52.35
10 Hanna Karlsson Markbygdens OK 52.36
14 Johanna Skogum Markbygdens OK 57.40
21 Tove Udd Markbygdens OK 77.35
22 Jonas Karlsson Markbygdens OK 97.34

Öppen 9 4980 meter 18 start
1 Marcus Wadell Ulricehamns OK 49.26
8 Anne Hansson Markbygdens OK 64.42 B
10 Per Svensson Markbygdens OK 66.46

Skaraborgsklubbar Lång 2012-08-05

H21E 3810 meter 30 start
1 Oskar Svärd Malungs OK 76.48
13 Albin Andersson Markbygdens OK 92.11 S

D18E 5980 meter 16 start
1 Sandrine Müller Gävle OK 40.06
7 Elin Högstrand Markbygdens OK 54.08 S
10 Josefin Andersson Markbygdens OK 55.42 S

H1 7370 meter 36 start
1 Anton Nilsson OK Tranan 41.10
8 Pontus Karlsson Markbygdens OK 48.42
29 Erik Persson Markbygdens OK 63.34
32 Niklas Frisk Markbygdens OK 81.34

D16 4460 meter 40 start
1 Johanna Öberg Ryda SK 31.58
4 Hanna Karlsson Markbygdens OK 36.46

H16 5480 meter 42 start
1 Markus Larsson Hestra IF 30.05
13 Ivar Sörqvist Markbygdens OK 38.47
18 Klas Udd Markbygdens OK 41.49

D14 3790 meter 33 start
1 Elin Granstedt IK Hakarpspojkar 26.18
9 Klara Ask Markbygdens OK 32.40
20 Emelie Udd Markbygdens OK 36.35
23 Klara Axelsson Markbygdens OK 40.37

| | | | | |
|---------|----------------------|------------------|--------|---|
| H14 | 3880 meter | 47 start | | |
| 1 | August Mollén | OK Denseln | 22.06 | |
| 14 | Felix Axelsson | Markbygdens OK | 28.07 | |
| 27 | Olle Sörqvist | Markbygdens OK | 35.23 | |
| H35 | 7980 meter | 11 start | | |
| 1 | Markus Olin | IK Hakarpspojkar | 55.01 | |
| 9 | Martin Udd | Markbygdens OK | 105.46 | |
| D40 | 5070 meter | 33 start | | |
| 1 | Anette Granstedt | IK Hakarpspojkar | 36.14 | |
| 6 | Marina Axelsson | Markbygdens OK | 44.21 | S |
| 28 | Jeanette Sigenstam | Markbygdens OK | 63.14 | |
| H40 | 7260 meter | 29 start | | |
| 1 | Mats Kindlund | OK Tranan | 44.29 | |
| 13 | Fredrik Ask | Markbygdens OK | 60.44 | S |
| 16 | Urban Sörqvist | Markbygdens OK | 62.23 | S |
| D45 | 4720 meter | 33 start | | |
| 1 | Maria Jonsson | Nydalens SK | 35.06 | |
| 4 | Lena Karlsson | Markbygdens OK | 36.54 | G |
| 28 | Helena Andersson | Markbygdens OK | 66.38 | |
| H45 | 6530 meter | 58 start | | |
| 1 | Magnus Larsson | FK Göingarna | 39.27 | |
| 39 | Per-Anders Axelsson | Markbygdens OK | 54.05 | S |
| D50 | 4060 meter | 15 start | | |
| 1 | Britta Sahlin | Vänersborgs SK | 35.01 | |
| 5 | Marie Högstrand | Markbygdens OK | 39.53 | G |
| H50 | 6120 meter | 41 start | | |
| 1 | Michael Wehlin | Södertälje-Nykva | 35.42 | |
| 17 | Bo Herdersson | Markbygdens OK | 47.59 | S |
| 34 | Jonas Karlsson | Markbygdens OK | 65.49 | |
| D55 | 4000 meter | 17 start | | |
| 1 | Kerstin Andersson | Ryda SK | 33.41 | |
| 13 | Lizkulla Pettersson | Markbygdens OK | 62.45 | |
| H55 | 5500 meter | 32 start | | |
| 1 | Sören Jonsson | Nydalens SK | 35.22 | |
| 17 | Carl Johan Högstrand | Markbygdens OK | 49.48 | S |
| 21 | Arne Persson | Markbygdens OK | 51.30 | B |
| H60 | 5070 meter | 29 start | | |
| 1 | Stig Gustafsson | Bredaryds SOK | 37.28 | |
| 2 | Torgny Pettersson | Markbygdens OK | 40.37 | G |
| H65 | 4720 meter | 39 start | | |
| 1 | Kalle Johansson | OK Skogshjortarn | 37.53 | |
| 13 | Pär-Erik Johansson | Markbygdens OK | 44.20 | S |
| H70 | 4000 meter | 32 start | | |
| 1 | Ivan Andersson | Markbygdens OK | 34.05 | G |
| 12 | Rune Arvidsson | Markbygdens OK | 44.12 | S |
| 15 | Bengt Olsson | Markbygdens OK | 45.13 | S |
| Öppen 3 | 2910 meter | 37 start | | |

| | | | |
|----|--------------------|-----------------|-------|
| 1 | August Abrahamsson | Gällstadbygdens | 25.02 |
| 13 | Mattis Abrahamsson | Markbygdens OK | 35.34 |
| 16 | Marita Johansson | Markbygdens OK | 37.03 |

Öppen 7 3180 meter 28 start

| | | | |
|----|--------------|----------------|-------|
| 1 | Mats Jönsson | Korsnäs IF | 26.09 |
| 18 | Tove Udd | Markbygdens OK | 48.29 |

Öppen 8 4580 meter 43 start

| | | | |
|----|--------------------|----------------|-------|
| 1 | Johan G Hördegårdh | IFK Göteborg | 26.54 |
| 13 | Niclas Andersson | Markbygdens OK | 39.31 |
| 29 | Anne Hansson | Markbygdens OK | 47.38 |
| 37 | Kristin Hansson | Markbygdens OK | 51.57 |

OK Tranan Medel 2012-08-11

H21 4660 meter 24 start

| | | | | |
|----|-----------------|----------------|-------|---|
| 1 | Albin Andersson | Markbygdens OK | 31.16 | G |
| 18 | Simon Skogman | Markbygdens OK | 39.56 | S |
| 20 | Simon Larsson | Markbygdens OK | 42.09 | S |

H20 3780 meter 3 start

| | | | | |
|---|-----------------|----------------|-------|---|
| 1 | Niklas Helmertz | Frölunda OL | 34.49 | |
| 3 | Filip Andersson | Markbygdens OK | 48.04 | S |

H45 4250 meter 18 start

| | | | | |
|---|------------------|----------------|-------|---|
| 1 | Bo Hallberg | Falköpings AIK | 34.20 | |
| 4 | Johan Mars | Markbygdens OK | 37.31 | G |
| 5 | Fredrik Stensson | Markbygdens OK | 37.53 | G |

D50 3240 meter 17 start

| | | | | |
|---|----------|----------------|-------|---|
| 1 | Anne Udd | Markbygdens OK | 34.50 | G |
|---|----------|----------------|-------|---|

D55 2910 meter 15 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Jane Johansson | Istrums SK | 28.46 |
| 13 | Marita Larsson | Markbygdens OK | 59.08 |

H55 3660 meter 17 start

| | | | | |
|----|------------------|----------------|-------|---|
| 1 | Hans Strid | Ulricehamns OK | 29.16 | |
| 13 | Sören Kaspersson | Markbygdens OK | 42.49 | B |

H60 3510 meter 18 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Stig Gustafsson | Bredaryds SOK | 28.37 |
| 12 | Håkan Andersson | Markbygdens OK | 47.43 |

D65 2660 meter 22 start

| | | | | |
|----|-------------------|----------------|-------|---|
| 1 | Eva Alsin | IK Ymer | 36.19 | |
| 10 | Kerstin Johansson | Markbygdens OK | 45.20 | S |

H65 3240 meter 30 start

| | | | | |
|----|--------------------|------------------|-------|---|
| 1 | Kalle Johansson | OK Skogshjortarn | 30.42 | |
| 11 | Lars-Göran Molin | Markbygdens OK | 36.47 | S |
| 27 | Pär-Erik Johansson | Markbygdens OK | 58.50 | |

H70 2910 meter 24 start

| | | | | |
|----|----------------|----------------|-------|---|
| 1 | Henrik Hvoslef | IK Stern | 27.39 | |
| 11 | Bengt Olsson | Markbygdens OK | 36.21 | S |

H75 2910 meter 12 start

| | | | | |
|---|-------------------|----------------|-------|---|
| 1 | Göran Olofsson | Fjärås AIK | 33.18 | |
| 3 | Lennart Östanbäck | Markbygdens OK | 35.28 | G |

D80 1930 meter 2 start
1 Bernice Antonsson FK Friskus-Varbe 31.25
2 Gunvor Håkansson Markbygdens OK 44.27 S

U1 1800 meter 10 start
1 Matilda Ryberg Markbygdens OK 14.53
2 Albin Ryberg Markbygdens OK 17.14

Öppen 3 2980 meter 27 start
1 Gustav Ohlin OK Tranan 28.37
10 Marita Johansson Markbygdens OK 46.19
22 Gun-Britt Molin Markbygdens OK 60.57

Öppen 5 3480 meter 32 start
1 Annika Westh Mullsjö SOK 33.27
32 Eva-Maj Johansson Markbygdens OK 89.21

Öppen 7 3240 meter 25 start
1 Bengt Larsson Bredareds IF 32.01
13 Tor Udd Markbygdens OK 49.05

Öppen 8 4450 meter 20 start
1 Henrik Erickson Ulricehamns OK 35.50
10 Joel Udd Markbygdens OK 52.33

Boxholms OK GM Lång 2012-08-11

H18E 7890 meter 20 start
1 Victor Flingmark Uddevalla OK 59.21
11 Pontus Karlsson Markbygdens OK 73.33 S

D14GM 4200 meter 72 start
1 Elin Granstedt Småland 34.45
11 Klara Axelsson Markbygdens OK 43.04
32 Emelie Udd Markbygdens OK 51.48

D15GM 4490 meter 42 start
1 Linnéa Golsäter Småland 38.28
3 Hanna Karlsson Markbygdens OK 41.17

H14GM 4600 meter 70 start
1 Oliwer Lundberg Småland 31.51
11 Felix Axelsson Markbygdens OK 38.28
67 Olle Sörqvist Markbygdens OK 65.44

H15GM 5360 meter 47 start
1 Ville Johansson Östergötland 36.47
3 Ivar Sörqvist Markbygdens OK 41.14

H16GM 6140 meter 49 start
1 Markus Larsson Västergötland 41.52
22 Klas Udd Markbygdens OK 57.13
46 Axel Ek Markbygdens OK 79.20

H12 3300 meter 30 start
1 Lukas Granstedt IK Hakarpspojkar 25.13
19 Petter Leibe-Bergste Markbygdens OK 35.36
26 Olle Leibe-Bergstedt Markbygdens OK 45.14

D40 5000 meter 27 start

1 Anette Granstedt IK Hakarpspojkar 39.59
27 Katja Leibe Bergsted Markbygdens 104.39

H40 7520 meter 27 start

1 Fridolf Eskilsson IK Hakarpspojkar 52.03
20 Mikael Bergstedt Markbygdens OK 69.05 S

D45 4800 meter 24 start

1 Anita Seger-Wehlin Skogspojkarnas O 43.50
2 Lena Karlsson Markbygdens OK 47.50 G

H50 6220 meter 24 start

1 Michael Wehlin Södertälje-Nykva 44.03
20 Jonas Karlsson Markbygdens OK 82.46

Boxholms OK Medel 2012-08-12

H18E 4680 meter 9 start

1 Oskar Andrén OK Tisaren 35.29
5 Pontus Karlsson Markbygdens OK 41.24 S

Hässleby SOK Lång 2012-08-12

H12 2580 meter 8 start

1 Petter Leibe-Bergste Markbygdens OK 23.27
4 Olle Leibe-Bergstedt Markbygdens OK 28.50

D40 3730 meter 9 start

1 Maria Rindstig SOK Viljan 36.19
9 Katja Leibe Bergsted Markbygdens OK 80.57

H40 4120 meter 16 start

1 Jan Lager Halmstad OK 28.44
3 Mikael Bergstedt Markbygdens OK 31.31 G

OK Mark Lång 2012-08-12

H12 3030 meter 8 start

1 Tim Johansson FK Friskus-Varbe 27.21
2 Axel Åkesson Markbygdens OK 30.06

D10 2470 meter 13 start

1 Lovisa Moqvist Lerums SOK 27.57
2 Erika Åkesson Markbygdens OK 29.44
3 Lisa Åkesson Markbygdens OK 31.02

H40 7500 meter 14 start

1 Peter Lekberg Sävedalens AIK 58.22
8 Johan Lundblad Markbygdens OK 81.40 S
10 Urban Sörqvist Markbygdens OK 90.37

H45 6550 meter 15 start

1 Magnus Sterner Strängnäs-Malmby 54.22
4 Johan Mars Markbygdens OK 55.46 G
8 Fredrik Stensson Markbygdens OK 64.03 S

D50 3950 meter 19 start

1 Britta Sahlin Vänersborgs SK 33.16
13 Leila Ljunggren Markbygdens OK 55.34

H50 6030 meter 31 start

| | | | |
|-----------------------------|---------------------|----------------|---------|
| 1 | Tord Hederskog | HJS-Vansbro OK | 43.47 |
| 17 | Tomas Tranberg | Markbygdens OK | 62.16 B |
| D55 3950 meter 10 start | | | |
| 1 | Gunilla Larsson | Bredareds IF | 41.33 |
| 2 | Ulla Niklasson | Markbygdens OK | 42.31 G |
| H55 5560 meter 17 start | | | |
| 1 | Ulf Palmér | Ulricehamns OK | 46.38 |
| 11 | Stig-Ove Djurbäck | Markbygdens OK | 65.44 S |
| D60 3730 meter 11 start | | | |
| 1 | Britt-Marie Larsson | SOK 68 | 38.02 |
| 11 | Ingrid Breлинд | Markbygdens OK | 69.56 |
| H60 5220 meter 14 start | | | |
| 1 | Stig Gustafsson | Bredaryds SOK | 45.32 |
| 4 | Torgny Pettersson | Markbygdens OK | 51.48 S |
| D65 3500 meter 19 start | | | |
| 1 | Birgitta Carlsson | OK Orinto | 52.14 |
| 18 | Eva-Maj Johansson | Markbygdens OK | 102.06 |
| H65 4670 meter 33 start | | | |
| 1 | Ingvar Bergman | OK Tranan | 42.34 |
| 10 | Lars-Göran Molin | Markbygdens OK | 52.36 S |
| 23 | Pär-Erik Johansson | Markbygdens OK | 60.36 B |
| 28 | Rolf Hermansson | Markbygdens OK | 64.15 B |
| H70 3950 meter 25 start | | | |
| 1 | Ivan Andersson | Markbygdens OK | 37.01 G |
| 23 | Lars-Erik Fägersten | Markbygdens OK | 68.12 |
| H75 3500 meter 12 start | | | |
| 1 | Håkan Skogum | Markbygdens OK | 39.34 G |
| 7 | Lennart Östanbäck | Markbygdens OK | 62.25 |
| D80 2540 meter 5 start | | | |
| 1 | Anna-Lisa Berglund | Sävedalens AIK | 50.19 |
| 3 | Gunvor Håkansson | Markbygdens OK | 61.12 S |
| Inskol 1950 meter 13 start | | | |
| | Elin Blomqvist | Markbygdens OK | Godkänd |
| | Einar Sörqvist | Markbygdens OK | Godkänd |
| U1 2460 meter 16 start | | | |
| 1 | Casper Skepp | Sävedalens AIK | 20.01 |
| 12 | Lovisa Nilsson | Markbygdens OK | 41.51 |
| U2 2470 meter 13 start | | | |
| 1 | Evelina Gunnarsson | Rydboholms SK | 22.34 |
| 5 | Anton Blomqvist | Markbygdens OK | 31.04 |
| 11 | Nora Hemberg | Markbygdens OK | 50.01 |
| 12 | Tilde Johansson | Markbygdens OK | 54.22 |
| Öppen 3 3030 meter 30 start | | | |
| 1 | Simon Olausson | Sävedalens AIK | 35.51 |
| 6 | Charlotta Malm | Markbygdens OK | 44.37 B |
| 15 | Marita Johansson | Markbygdens OK | 51.42 |
| 23 | Solbritt Hermansson | Markbygdens OK | 59.27 |
| 27 | Gun-Britt Molin | Markbygdens OK | 67.35 |

Öppen 5 3800 meter 25 start

| | | | |
|----|---------------|----------------|-------|
| 1 | Robin Höglund | FK Herkules | 36.50 |
| 12 | Ulf Johansson | Markbygdens OK | 60.19 |

Öppen 8 4670 meter 35 start

| | | | |
|----|-------------------|------------------|---------|
| 1 | Fredrik Karlsson | Göteborg-Majorna | 34.22 |
| 2 | Fredrik Ask | Markbygdens OK | 42.55 B |
| 15 | Anne Udd | Markbygdens OK | 56.40 |
| 26 | Jonas Karlsson | Markbygdens OK | 70.08 |
| 31 | Anders Henriksson | Markbygdens OK | 81.04 |

Skene SoIS Närtävling 2012-08-14

D16 4340 meter 2 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Klara Axelsson | Markbygdens OK | 35.07 |
| 2 | Hanna Karlsson | Markbygdens OK | 39.21 |

H14 3680 meter 3 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Felix Axelsson | Markbygdens OK | 28.16 |
| 3 | Axel Åkesson | Markbygdens OK | 40.43 |

D10 1850 meter 2 start

| | | | |
|---|---------------|----------------|-------|
| 1 | Lisa Åkesson | Markbygdens OK | 17.04 |
| 2 | Erika Åkesson | Markbygdens OK | 21.24 |

H10 1850 meter 1 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Anton Blomqvist | Markbygdens OK | 15.40 |
|---|-----------------|----------------|-------|

D18-45 4340 meter 5 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Marina Axelsson | Markbygdens OK | 39.18 |
| 3 | Helena Blomqvist | Markbygdens OK | 50.11 |
| 4 | Tove Udd | Markbygdens OK | 57.27 |

H18-45 5400 meter 10 start

| | | | |
|---|---------------------|----------------|-------|
| 1 | Albin Andersson | Markbygdens OK | 33.39 |
| 3 | Simon Larsson | Markbygdens OK | 38.05 |
| 4 | Pontus Karlsson | Markbygdens OK | 38.11 |
| 5 | Fredrik Ask | Markbygdens OK | 44.55 |
| 6 | Edvin Carlsson | Markbygdens OK | 49.29 |
| 7 | Joel Udd | Markbygdens OK | 49.37 |
| 8 | Filip Andersson | Markbygdens OK | 64.08 |
| 9 | Per-Anders Axelsson | Markbygdens OK | 74.15 |

D50-75 2900 meter 1 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Marita Larsson | Markbygdens OK | 57.34 |
|---|----------------|----------------|-------|

H50-75 4340 meter 7 start

| | | | |
|---|-------------------|----------------|-------|
| 1 | Magnus Homann | OK Orinto | 33.24 |
| 2 | Torgny Pettersson | Markbygdens OK | 36.21 |
| 3 | Stig-Ove Djurbäck | Markbygdens OK | 50.38 |
| 4 | Håkan Skogum | Markbygdens OK | 53.51 |
| 5 | Tor Udd | Markbygdens OK | 58.06 |

Storviks IF Natt 2012-08-16

Öppen 1 2800 meter 13 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Viktor Ivarsson | OK Hammaren | 23.01 |
| 7 | Totte Holm | Markbygdens OK | 41.26 |

Göteborg-Majorna Medel 2012-08-17

H20E 3730 meter 12 start
1 Albin Andersson Markbygdens OK 31.31 G

D18E 3130 meter 21 start
1 Aina Edgren Trollhättans SOK 34.51
4 Josefin Andersson Markbygdens OK 41.35 S
12 Elin Högstrand Markbygdens OK 44.02 S
19 Lisa Wallin Markbygdens OK 50.55 B

H18E 3500 meter 18 start
1 Jakob Wahl IK Vista 30.05
8 Pontus Karlsson Markbygdens OK 36.55 S

D16 3290 meter 14 start
1 Moa Pettersson OK Dacke 36.11
12 Hanna Karlsson Markbygdens OK 58.22

H40 4160 meter 33 start
1 Andreas Rangert IK Hakarpspojkar 35.14
13 Anders Lundell Markbygdens OK 49.35 S

D45 2980 meter 18 start
1 Anette Bernhed Sävedalens AIK 41.24
5 Lena Karlsson Markbygdens OK 51.05 S

D50 2980 meter 9 start
1 Laila B Höglund FK Herkules 35.36
6 Leila Ljunggren Markbygdens OK 74.09

H55 3170 meter 20 start
1 Lennart Hålsjö OK Skogshjortarn 41.34
8 Mikael Bodén Markbygdens OK 53.48 S

H65 2690 meter 21 start
1 Ingemar Arnesson IK Dran 38.34
15 Pär-Erik Johansson Markbygdens OK 64.24

Öppen 3 2880 meter 27 start
1 Martin Flinta FK Herkules 38.18
15 Marita Johansson Markbygdens OK 71.52

Öppen 7 3120 meter 49 start
1 Karolina Norin IFK Göteborg 40.30
1 Josefina Norin IFK Göteborg 40.30
11 Anne Hansson Markbygdens OK 49.34 B
18 Marie Högstrand Markbygdens OK 57.47

Göteborg-Majorna Sprint 2012-08-18

H20E 2390 meter 10 start
1 William Gardner JROS 15.51
3 Albin Andersson Markbygdens OK 16.44

D18E 1860 meter 21 start
1 Aina Edgren Trollhättans SOK 16.27
7 Josefin Andersson Markbygdens OK 17.30
8 Elin Högstrand Markbygdens OK 18.25

H18E 2020 meter 13 start
1 Anton Nilsson OK Tranan 14.22
6 Pontus Karlsson Markbygdens OK 15.21

D16 2160 meter 17 start
1 Elin Pettersson Sjövalla FK 16.37
3 Hanna Karlsson Markbygdens OK 16.49

H40 2390 meter 31 start
1 Andreas Rangert IK Hakarpspojkar 14.05
19 Anders Lundell Markbygdens OK 18.08

D50 1980 meter 11 start
1 Laila B Höglund FK Herkules 17.02
11 Leila Ljunggren Markbygdens OK 28.05

H65 1720 meter 9 start
1 Roland Nilsson Falköpings AIK 14.36
4 Pär-Erik Johansson Markbygdens OK 16.13

Öppen 3 1700 meter 20 start
1 Anton Oskarsson Hitta ut 16.54
13 Marita Johansson Markbygdens OK 28.00

Öppen 7 2580 meter 19 start
1 Robin Höglund FK Herkules 24.37
5 Anne Hansson Markbygdens OK 28.40

Ryda SK Medel 2012-08-18

H40 3770 meter 10 start
1 Gunnar Elveljung IFK Göteborg 28.25
4 Mikael Bergstedt Markbygdens OK 33.28 S

H50 3470 meter 13 start
1 Lars Holmberg IF Hagen 28.24
9 Tomas Tranberg Markbygdens OK 47.23

D55 2760 meter 7 start
1 Gunilla Hogedal Vänersborgs SK 39.16
6 Lizkulla Pettersson Markbygdens OK 57.57 B

H60 3320 meter 23 start
1 Torgny Pettersson Markbygdens OK 30.39 G

H75 2760 meter 10 start
1 Sten Johansson OK Kullingshof 39.44
8 Lennart Östanbäck Markbygdens OK 59.46 B

Lunds OK Medel 2012-08-18

H20 3690 meter 4 start
1 Joel Udd Markbygdens OK 36.39 G

D50 3140 meter 12 start
1 Ina Lindeberg Skåneslättens OL 29.16
2 Anne Udd Markbygdens OK 31.25 G

H55 3580 meter 15 start
1 Ingmar Ekelöv Skåneslättens OL 29.34
9 Tor Udd Markbygdens OK 39.55 S

Årsunda IF Medel 2012-08-18

Öppen 3 2550 meter 8 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Catrin Stenehall | Gävle OK | 40.45 |
| 4 | Totte Holm | Markbygdens OK | 46.41 B |

Göteborg-Majorna Lång 2012-08-19

H20E 9970 meter 9 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Albin Andersson | Markbygdens OK | 89.24 G |
|---|-----------------|----------------|---------|

D18E 5840 meter 20 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Elin Håkansson | OK Kolmården | 63.44 |
| 2 | Elin Högstrand | Markbygdens OK | 65.30 G |
| 18 | Lisa Wallin | Markbygdens OK | 114.32 |

H18E 7290 meter 8 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Jakob Wahl | IK Vista | 64.45 |
| 3 | Pontus Karlsson | Markbygdens OK | 70.06 G |

D16 4450 meter 11 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Gina Granstedt | Halden SK | 46.48 |
| 5 | Hanna Karlsson | Markbygdens OK | 57.38 |

H40 7270 meter 31 start

| | | | |
|----|----------------|------------------|---------|
| 1 | Martin Jönsson | FK Friskus-Varbe | 60.03 |
| 17 | Anders Lundell | Markbygdens OK | 87.49 B |

D50 4070 meter 17 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Laila B Höglund | FK Herkules | 42.55 |
| 16 | Leila Ljunggren | Markbygdens OK | 87.53 |

H50 5990 meter 20 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Lennart Josefsson | Rydboholms SK | 56.51 |
| 6 | Bo Herdersson | Markbygdens OK | 60.57 G |

D55 3350 meter 6 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Anne Kaill | IK Omega | 48.58 |
| 2 | Ulla Niklasson | Markbygdens OK | 49.57 G |

H65 4290 meter 24 start

| | | | |
|---|------------------|------------------|---------|
| 1 | Olle Adolfsson | Lerums SOK | 52.54 |
| 1 | Runo Johansson | Kristinehamns OK | 52.54 |
| 5 | Lars-Göran Molin | Markbygdens OK | 59.26 S |

Öppen 3 2990 meter 33 start

| | | | |
|----|------------------|----------------|-------|
| 1 | Madelene Hansson | OK Löftan | 36.48 |
| 21 | Gun-Britt Molin | Markbygdens OK | 74.32 |

Öppen 7 2930 meter 47 start

| | | | |
|----|------------------|----------------|---------|
| 1 | David Djurbäck | Markbygdens OK | 33.43 B |
| 16 | Rebecca Djurbäck | Markbygdens OK | 51.48 |

Öppen 8 4650 meter 61 start

| | | | |
|----|---------------|----------------|-------|
| 1 | Richard Blom | Frölunda OL | 47.43 |
| 42 | Lars Eriksson | Markbygdens OK | 80.12 |

Lidköpings VSK Lång 2012-08-19

H50 6160 meter 11 start

| | | | |
|----|-----------------|-----------------|-------|
| 1 | Peter Cederberg | Vänernsborgs SK | 44.57 |
| 10 | Tomas Tranberg | Markbygdens OK | 82.00 |

D55 4060 meter 12 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Kerstin Andersson | Ryda SK | 39.28 |
| 12 | Lizkulla Pettersson | Markbygdens OK | 78.36 |

H60 5040 meter 14 start

| | | | |
|---|-------------------|------------------|---------|
| 1 | Per Ivarsson | Trollhättans SOK | 47.36 |
| 2 | Torgny Pettersson | Markbygdens OK | 48.21 G |

H75 3650 meter 9 start

| | | | |
|---|-------------------|----------------|---------|
| 1 | Stig Sahl | IF Hagen | 60.31 |
| 3 | Lennart Östanbäck | Markbygdens OK | 66.36 G |

Rehns BK SM Natt 2012-08-24

H20E 9760 meter 53 start

| | | | |
|---|-----------------|--------------|-------|
| 1 | Eskil Kinneberg | IFK Göteborg | 70.16 |
|---|-----------------|--------------|-------|

H18E 7920 meter 103 start

| | | | |
|----|------------------|----------------|---------|
| 1 | Jonatan Aronsson | OK Tisaren | 59.11 |
| 34 | Pontus Karlsson | Markbygdens OK | 72.04 S |

Bredareds IF Medel 2012-08-25

H21 4820 meter 34 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Albin Andersson | Markbygdens OK | 35.50 G |
| 29 | Joel Udd | Markbygdens OK | 59.33 |

H16 3540 meter 6 start

| | | | |
|---|------------------|----------------|-------|
| 1 | John Gabrielsson | Sävedalens AIK | 35.45 |
| 5 | Klas Udd | Markbygdens OK | 41.17 |

D14 2790 meter 12 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Lisa Johansson | OK Tranan | 27.13 |
| 3 | Klara Axelsson | Markbygdens OK | 29.38 |
| 4 | Klara Ask | Markbygdens OK | 31.12 |
| 4 | Emelie Udd | Markbygdens OK | 31.12 |

H14 2770 meter 9 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Jonatan Larsson | Sävedalens AIK | 30.06 |
| 2 | Felix Axelsson | Markbygdens OK | 30.30 |
| 4 | Olle Sörqvist | Markbygdens OK | 33.54 |

H12 2580 meter 9 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Alexander Roos | OK Landehof | 22.43 |
| 2 | Axel Åkesson | Markbygdens OK | 26.29 |

H35 4540 meter 8 start

| | | | |
|---|---------------|-----------------|---------|
| 1 | Daniel Olsson | Dalsjöfors GOIF | 45.44 |
| 6 | Martin Udd | Markbygdens OK | 58.11 S |

D40 3430 meter 8 start

| | | | |
|---|--------------------|----------------|---------|
| 1 | Annika Johansson | OK Tranan | 34.14 |
| 2 | Marina Axelsson | Markbygdens OK | 37.05 G |
| 8 | Jeanette Sigenstam | Markbygdens OK | 49.49 B |

H40 4000 meter 14 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Thomas Andersson | OK Tranan | 39.10 |
| 3 | Fredrik Ask | Markbygdens OK | 42.10 G |
| 5 | Martin Svensson | Markbygdens OK | 44.31 S |
| 7 | Mikael Bergstedt | Markbygdens OK | 45.34 S |

H45 4000 meter 18 start

| | | | |
|---|----------------|-------------|-------|
| 1 | Anders Wadsten | OK Landehof | 38.55 |
|---|----------------|-------------|-------|

10 Per-Anders Axelsson Markbygdens OK 53.51 S

H50 3480 meter 12 start

1 Lennart Josefsson Rydboholms SK 29.53
11 Lars Eriksson Markbygdens OK 50.48

D55 2980 meter 15 start

1 Ing-Marie Brander Göteborg-Majorna 37.25
15 Marita Larsson Markbygdens OK 69.44

H55 3420 meter 16 start

1 Mikael Johansson OK Gisle 33.42
5 Mikael Bodén Markbygdens OK 38.44 S
14 Bernt Robertsson Markbygdens OK 56.17

D65 2540 meter 20 start

1 Eva Alsin IK Ymer 33.06
16 Kerstin Johansson Markbygdens OK 53.38

H65 3040 meter 32 start

1 Kalle Johansson OK Skogshjortarn 31.26
8 Lars-Göran Molin Markbygdens OK 37.04 S
14 Bo-Göran Gunnarsson Markbygdens OK 39.16 S

H75 2540 meter 7 start

1 Torild Bornetun Skillingaryds FK 36.53
3 Lennart Östanbäck Markbygdens OK 42.35 S

Inskolning 1860 meter 17 start

Einar Sörqvist Markbygdens OK Godkänd

U1 2050 meter 6 start

1 Axel Tafjord Ulricehamns OK 22.52
3 Lovisa Nilsson Markbygdens OK 31.17

U2 2230 meter 18 start

1 Ebba Thern OK Skogshjortarn 34.22
15 Matilda Ryberg Markbygdens OK 72.24

Öppen 3 2500 meter 23 start

1 Rasmus Augustsson Kinnaströms SK 35.00
19 Gun-Britt Molin Markbygdens OK 67.31

Öppen 5 2770 meter 39 start

1 Emil Karlsson Hestra IF 28.34
24 Fredrik Harrysson Markbygdens OK 62.22

Öppen 7 2980 meter 32 start

1 Magnus Elverlind OK Tranan 33.09
21 Helena Andersson Markbygdens OK 50.08

Öppen 8 4540 meter 29 start

1 Matin Ivarsson OK Skogshjortarn 36.31
7 Nils Robertsson Markbygdens OK 45.57 B
24 Maria Svensson Markbygdens OK 67.02

SM Sprint Gävle OK Kval 2012-08-25

H20 heat A 3200 meter 34 start

1 Eskil Kinneberg IFK Göteborg 14.48
4 Johan Högstrand Markbygdens OK 15.07

H18 heat C 3140 meter 34 start
1 Algirdas Bartkevicius OK Denseln 14.55
22 Pontus Karlsson Markbygdens OK 16.51

Hestra IF Lång 2012-08-26

H21 9910 meter 18 start
1 Albin Andersson Markbygdens OK 79.24 G

H18 5940 meter 9 start
1 Johan Ivarsson OK Kullingshof 61.59

D16 4580 meter 19 start
1 Line Cederberg Vänersborgs SK 54.55
5 Hanna Karlsson Markbygdens OK 58.20

D14 3940 meter 22 start
1 Vilma Blennow Falköpings AIK 38.51
2 Klara Axelsson Markbygdens OK 43.44
4 Klara Ask Markbygdens OK 45.51
12 Emelie Udd Markbygdens OK 57.18

H14 4140 meter 15 start
1 Olle Hedman IF Hagen 43.15
2 Felix Axelsson Markbygdens OK 43.50

H12 2890 meter 19 start
1 Filip Johansson Trollhättans SOK 28.12
3 Axel Åkesson Markbygdens OK 30.13
10 Petter Leibe-Bergste Markbygdens OK 42.07
16 Olle Leibe-Bergstedt Markbygdens OK 71.28
17 Mattis Abrahamsson Markbygdens OK 84.02

D10 2660 meter 11 start
1 Emma Ling Jönköpings OK 25.39
5 Erika Åkesson Markbygdens OK 35.17
9 Lisa Åkesson Markbygdens OK 43.50

H10 2660 meter 12 start
1 Hugo Mandinger Trollhättans SOK 21.23
8 Anton Blomqvist Markbygdens OK 38.11

H35 7740 meter 6 start
1 Christian Olsson OK Tranan 75.13
5 Martin Udd Markbygdens OK 116.38

D40 5200 meter 14 start
1 Ulrika Kindlund OK Tranan 55.40
9 Marina Axelsson Markbygdens OK 80.08 B
13 Jeanette Sigenstam Markbygdens OK 106.51

H40 7300 meter 17 start
1 Björn Mårtensson OK Skogsstjärnan 63.40
6 Mikael Bergstedt Markbygdens OK 85.25 S
11 Fredrik Ask Markbygdens OK 99.46

D45 4560 meter 13 start
1 Lena Karlsson Markbygdens OK 55.39 G

H45 6320 meter 21 start
1 Björn Kristiansson Trollhättans SOK 56.42
11 Per-Anders Axelsson Markbygdens OK 80.47 B

H55 5410 meter 16 start
1 Ulf Palmér Ulricehamns OK 54.52
10 Arne Persson Markbygdens OK 71.48 S

H60 5200 meter 15 start
1 Bo Herdersson Markbygdens OK 57.52 G

D65 3290 meter 17 start
1 Birgitta Carlsson OK Orinto 55.10

H65 4560 meter 24 start
1 Kalle Johansson OK Skogshjortarn 53.42
5 Henry Djurbäck Markbygdens OK 63.39 S

H70 3840 meter 13 start
1 Ivan Andersson Markbygdens OK 41.03 G

Öppen 6 5390 meter 2 start
1 Philip Hjellström Gränna-Bygdens O 84.10
SM Sprint Gävle OK Final 2012-08-26

H20 A-final
1 Eskil Kinneberg IFK Göteborg 15.05
7 Johan Högstrand Markbygdens OK 15.48

H18 B-final
1 Martin Hunhammar Vällingby SOK 14.20
22 Pontus Karlsson Markbygdens OK 15.24

OK Tyr Lång 2012-08-26

Öppen 1 2300 meter 19 start
1 Mirella Skistad OK Tyr 20.22
2 Pär-Erik Johansson Markbygdens OK 21.54 B
14 Marita Johansson Markbygdens OK 38.34

Lerums SOK DM Natt 2012-08-31

Öppen 8 3500 meter 11 start
1 Mattias Holmstrand IFK Göteborg 26.13
7 David Djurbäck Markbygdens OK 40.58

Gällstadbygdens OK DM Medel 2012-09-01

H20 4150 meter 9 start
1 Erik Classon OK Orinto 28.30
2 Albin Andersson Markbygdens OK 28.41 G

D18 3660 meter 16 start
1 Sara Hagström Falköpings AIK 34.16
2 Elin Högstrand Markbygdens OK 39.55 S
4 Josefin Andersson Markbygdens OK 40.35 S

H18 3920 meter 16 start
1 Anton Nilsson OK Tranan 28.14
3 Pontus Karlsson Markbygdens OK 30.42 G
7 Niklas Frisk Markbygdens OK 37.48 S
12 Erik Persson Markbygdens OK 41.12 B

D16 3600 meter 33 start
1 Johanna Öberg Ryda SK 33.07

| | | | |
|-------------------------|----------------------|------------------|---------|
| 2 | Hanna Karlsson | Markbygdens OK | 36.23 |
| H16 3480 meter 22 start | | | |
| 1 | Filip Grahn | Hestra IF | 24.04 |
| 3 | Ivar Sörqvist | Markbygdens OK | 27.14 |
| 11 | Klas Udd | Markbygdens OK | 32.08 |
| D14 2910 meter 28 start | | | |
| 1 | Vilma Blennow | Falköpings AIK | 24.04 |
| 6 | Klara Axelsson | Markbygdens OK | 30.42 |
| 7 | Klara Ask | Markbygdens OK | 31.17 |
| 9 | Emelie Udd | Markbygdens OK | 32.07 |
| H14 2910 meter 22 start | | | |
| 1 | Rickard Olsson | Tibro OK | 22.27 |
| 7 | Felix Axelsson | Markbygdens OK | 29.05 |
| H12 2570 meter 29 start | | | |
| 1 | Axel Olsson | OK Skogsstjärnan | 20.54 |
| 11 | Axel Åkesson | Markbygdens OK | 30.48 |
| D10 1900 meter 17 start | | | |
| 1 | Irma Svensson | OK Klyftamo | 21.09 |
| 3 | Lisa Åkesson | Markbygdens OK | 22.51 |
| 13 | Matilda Ryberg | Markbygdens OK | 48.23 |
| 14 | Erika Åkesson | Markbygdens OK | 59.47 |
| H35 4310 meter 15 start | | | |
| 1 | Anders Pålman | Istrums SK | 33.09 |
| 9 | Martin Udd | Markbygdens OK | 47.13 S |
| D40 3600 meter 33 start | | | |
| 1 | Annika Johansson | OK Tranan | 35.36 |
| 4 | Marina Axelsson | Markbygdens OK | 39.17 G |
| 13 | Karin Svensson | Markbygdens OK | 44.51 S |
| 21 | Jeanette Sigenstam | Markbygdens OK | 51.55 B |
| H40 4110 meter 18 start | | | |
| 1 | Mats Kindlund | OK Tranan | 30.12 |
| 5 | Mikael Bergstedt | Markbygdens OK | 38.02 S |
| 10 | Per Svensson | Markbygdens OK | 43.33 S |
| 12 | Fredrik Ask | Markbygdens OK | 44.07 B |
| 17 | Urban Sörqvist | Markbygdens OK | 55.48 |
| D45 3140 meter 24 start | | | |
| 1 | Lena Karlsson | Markbygdens OK | 30.53 G |
| 19 | Helena Andersson | Markbygdens OK | 53.43 |
| H45 4110 meter 33 start | | | |
| 1 | Björn Kristiansson | Trollhättans SOK | 33.21 |
| 25 | Per-Anders Axelsson | Markbygdens OK | 48.37 B |
| D50 3140 meter 17 start | | | |
| 1 | Britta Sahlin | Vänersborgs SK | 33.17 |
| 4 | Anne Udd | Markbygdens OK | 38.11 S |
| 5 | Kristin Hansson | Markbygdens OK | 39.00 S |
| 6 | Marie Högstrand | Markbygdens OK | 39.32 S |
| H50 4150 meter 30 start | | | |
| 1 | Lennart Larsson | Hestra IF | 30.44 |
| 24 | Carl Johan Högstrand | Markbygdens OK | 54.30 |

| | | | |
|-----------------------------|----------------------|------------------|---------|
| 27 | Hans Hansson | Markbygdens OK | 59.53 |
| D55 3140 meter 20 start | | | |
| 1 | Eva Rabe-Magnusson | IF Hagen | 35.06 |
| 16 | Marita Larsson | Markbygdens OK | 68.19 |
| H55 3820 meter 27 start | | | |
| 1 | Jerker Netz | Trollhättans SOK | 35.36 |
| 8 | Mikael Bodén | Markbygdens OK | 43.05 S |
| 12 | Arne Persson | Markbygdens OK | 46.50 S |
| 17 | Sören Kaspersson | Markbygdens OK | 54.23 |
| 22 | Tor Udd | Markbygdens OK | 60.21 |
| H60 3820 meter 25 start | | | |
| 1 | Carl-Henry Andersson | OK Orinto | 36.32 |
| 2 | Bo Herdersson | Markbygdens OK | 37.23 G |
| 3 | Torgny Pettersson | Markbygdens OK | 39.39 G |
| D65 2590 meter 18 start | | | |
| 1 | Gunnel Svensson | IK Ymer | 39.08 |
| 4 | Kerstin Johansson | Markbygdens OK | 42.20 G |
| 17 | Eva-Maj Johansson | Markbygdens OK | 79.05 |
| H65 3220 meter 29 start | | | |
| 1 | Kenneth Ivehag | Främmestads IK | 31.02 |
| 9 | Bo-Göran Gunnarsson | Markbygdens OK | 36.43 S |
| 24 | Pär-Erik Johansson | Markbygdens OK | 52.48 |
| H70 2910 meter 22 start | | | |
| 1 | Ronny Andersson | OK Skogshjortarn | 32.43 |
| 6 | Rune Arvidsson | Markbygdens OK | 42.04 S |
| H75 2910 meter 5 start | | | |
| 1 | Håkan Skogum | Markbygdens OK | 39.20 G |
| 2 | Lennart Östanbäck | Markbygdens OK | 47.53 S |
| U1 1950 meter 16 start | | | |
| 1 | Oscar Olin | IK Hakarpspojkar | 17.28 |
| 10 | Albin Ryberg | Markbygdens OK | 31.31 |
| Öppen 3 2570 meter 32 start | | | |
| 1 | Emelie Bäck | OK Kullingshof | 28.01 |
| 24 | Marita Johansson | Markbygdens OK | 55.42 |
| Öppen 5 2910 meter 56 start | | | |
| 1 | Anni Hogedal | OK Orion | 32.12 |
| 23 | Lizkulla Pettersson | Markbygdens OK | 48.38 |
| 27 | Stellan Helgesson | Markbygdens OK | 50.56 |
| 53 | Åke Ekberg | Markbygdens OK | 88.28 |
| Öppen 7 3220 meter 43 start | | | |
| 1 | Ulf Tyren | Anderstorps OK | 30.10 |
| 28 | Jörgen Frisk | Markbygdens OK | 55.26 |
| 40 | Kjell Johansson | Markbygdens OK | 83.12 |
| Öppen 8 4310 meter 21 start | | | |
| 40 | Kjell Johansson | Markbygdens OK | 83.12 |
| 11 | Jonas Karlsson | Markbygdens OK | 55.59 |

OK Löftan Lång 2012-09-01

Öppen 2 3200 meter 9 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Weronica Zederin | OK Nackhe | 30.14 |
| 7 | Totte Holm | Markbygdens OK | 69.40 |

Ulricehamns OK DM Budkavle 2012-09-02

H20

| | | | |
|---|------------------|----------------|---------|
| 1 | Markbygdens OK 1 | Markbygdens OK | 1145.57 |
|---|------------------|----------------|---------|

H20 Sträcka 1

| | | | |
|---|-----------------|------------------|-------|
| 1 | Pontus Karlsson | Markbygdens OK 1 | 51.42 |
| 5 | Erik Persson | Markbygdens OK 2 | 60.24 |

H20 Sträcka 2

| | | | |
|---|----------------|------------------|-------|
| 1 | Johan Ivarsson | OK Kuliingshof | 43.44 |
| 3 | Niklas Frisk | Markbygdens OK 1 | 48.24 |
| 5 | Edvin Carlsson | Markbygdens OK 2 | 52.17 |

H20 Sträcka 3

| | | | |
|---|-----------------|------------------|-------|
| 1 | Albin Andersson | Markbygdens OK 1 | 45.51 |
|---|-----------------|------------------|-------|

H16

| | | | |
|---|----------------|----------------|--------|
| 1 | Hestra IF | Hestra IF | 104.16 |
| 2 | Markbygdens OK | Markbygdens OK | 111.36 |

H16 Sträcka 1

| | | | |
|---|----------------|----------------|-------|
| 1 | Markus Larsson | Hestra IF | 35.14 |
| 3 | Klas Udd | Markbygdens OK | 39.25 |

H16 Sträcka 2

| | | | |
|---|------------------|----------------|-------|
| 1 | Linus Landergren | Hestra IF | 30.28 |
| 2 | Hanna Karlsson | Markbygdens OK | 33.07 |

H16 Sträcka 3

| | | | |
|---|---------------|----------------|-------|
| 1 | Filip Grahn | Hestra IF | 38.34 |
| 2 | Ivar Sörqvist | Markbygdens OK | 39.04 |

H14

| | | | |
|---|------------------|------------------|--------|
| 1 | Trollhättans SOK | Trollhättans SOK | 78.51 |
| 5 | Markbygdens OK | Markbygdens OK | 102.26 |

H14 Sträcka 1

| | | | |
|---|------------------|----------------|-------|
| 1 | Victor Helgesson | Hestra IF | 28.19 |
| 6 | Olle Sörqvist | Markbygdens OK | 45.56 |

H14 Sträcka 2

| | | | |
|---|------------------|------------------|-------|
| 1 | Ida Kristiansson | Trollhättans SOK | 20.16 |
| 8 | Axel Lomander | Markbygdens OK | 30.05 |

H14 Sträcka 3

| | | | |
|---|----------------|----------------|-------|
| 1 | Felix Axelsson | Markbygdens OK | 26.25 |
|---|----------------|----------------|-------|

H12

| | | | |
|---|------------------|------------------|-------|
| 1 | Trollhättans SOK | Trollhättans SOK | 56.21 |
| 3 | Markbygdens OK | Markbygdens OK | 64.23 |

H12 Sträcka 1

| | | | |
|---|--------------------|------------------|-------|
| 1 | Linus Kristiansson | Trollhättans SOK | 19.15 |
| 2 | Axel Åkesson | Markbygdens OK | 20.53 |

H12 Sträcka 2

| | | | |
|----------------|----------------------|------------------|--------|
| 1 | Anders Björklund | Trollhättans SOK | 14.35 |
| 10 | Hugo Lomander | Markbygdens OK | 16.37 |
| 11 | Petter Leibe-Bergste | Markbygdens OK | 16.50 |
| H12 Sträcka 3 | | | |
| 1 | Axel Olsson | OK Skogsstjärnan | 21.15 |
| 4 | Olle Leibe-Bergstedt | Markbygdens OK | 26.53 |
| H210 | | | |
| 1 | OK Skogshjortarna | OK Skogshjortarn | 132.49 |
| 2 | Markbygdens OK | Markbygdens OK | 141.00 |
| H210 Sträcka 1 | | | |
| 1 | Ivan Andersson | Markbygdens OK | 40.10 |
| H210 Sträcka 2 | | | |
| 1 | Kurt Fredrixon | OK Skogshjortarn | 47.30 |
| 2 | Pär-Erik Johansson | Markbygdens OK | 50.20 |
| H210 Sträcka 3 | | | |
| 1 | Lars Johansson | OK Skogshjortarn | 42.57 |
| 2 | Rune Arvidsson | Markbygdens OK | 50.30 |
| H180 | | | |
| 1 | Vänersborgs SK | Vänersborgs SK | 109.29 |
| 4 | Markbygdens OK | Markbygdens OK | 119.20 |
| H180 Sträcka 1 | | | |
| 1 | Bo Herdersson | Markbygdens OK | 33.49 |
| H180 Sträcka 2 | | | |
| 1 | Lars Hogedal | Vänersborgs SK | 36.29 |
| 4 | Henry Djurbäck | Markbygdens OK | 43.24 |
| H180 Sträcka 3 | | | |
| 1 | Peter Cederberg | Vänersborgs SK | 29.28 |
| 6 | Arne Persson | Markbygdens OK | 42.07 |
| H55 | | | |
| 1 | Trollhättans SOK | Trollhättans SOK | 138.36 |
| 3 | Markbygdens OK | Markbygdens OK | 148.05 |
| H55 Sträcka 1 | | | |
| 1 | Per-Olof Larsson | Hestra IF | 42.33 |
| 3 | Carl Johan Högstrand | Markbygdens OK | 48.52 |
| H55 Sträcka 2 | | | |
| 1 | Thomas Sjöholm | Mullsjö SOK | 39.53 |
| 4 | Tor Udd | Markbygdens OK | 50.05 |
| H55 Sträcka 3 | | | |
| 1 | Thomas Lundgren | Trollhättans SOK | 39.29 |
| 2 | Mikael Bodén | Markbygdens OK | 49.08 |
| H45 | | | |
| 1 | Trollhättans SOK | Trollhättans SOK | 126.09 |
| 5 | Markbygdens OK | Markbygdens OK | 150.43 |
| H45 Sträcka 1 | | | |
| 1 | Bengt Norrman | Trollhättans SOK | 45.13 |
| 2 | Johan Mars | Markbygdens OK | 45.16 |

| | | | |
|-------------------------------|---------------------|------------------|--------|
| H45 Sträcka 2 | | | |
| 1 | Stefan Aroneng | Hestra IF | 37.03 |
| 7 | Per-Anders Axelsson | Markbygdens OK | 49.42 |
| H45 Sträcka 3 | | | |
| 1 | Björn Kristiansson | Trollhättans SOK | 42.58 |
| 5 | Tomas Tranberg | Markbygdens OK | 55.45 |
| D20 | | | |
| 1 | Markbygdens OK | Markbygdens OK | 133.42 |
| D20 Sträcka 1 | | | |
| 1 | Amanda Blennow | Falköpings AIK | 42.07 |
| 3 | Elin Högstrand | Markbygdens OK | 47.07 |
| D20 Sträcka 3 | | | |
| 1 | Lovisa Hansson | Bredareds IF | 42.07 |
| 3 | Josefin Andersson | Markbygdens OK | 44.31 |
| D14 | | | |
| 1 | Falköpings AIK | Falköpings AIK | 79.20 |
| 3 | Markbygdens OK | Markbygdens OK | 98.20 |
| D14 Sträcka 1 | | | |
| 1 | Johanna Hagström | Falköpings AIK | 29.02 |
| 3 | Emelie Udd | Markbygdens OK | 32.40 |
| D14 Sträcka 2 | | | |
| 1 | Klara Ask | Markbygdens OK | 21.30 |
| D14 Sträcka 3 | | | |
| 1 | Vilma Blennow | Falköpings AIK | 26.43 |
| 3 | Klara Axelsson | Markbygdens OK | 44.10 |
| D150 | | | |
| 1 | IF Hagen | IF Hagen | 114.40 |
| 2 | Markbygdens OK | Markbygdens OK | 117.58 |
| D150 Sträcka 1 | | | |
| 1 | Marianne Hansson | Bredareds IF | 38.12 |
| 3 | Marie Högstrand | Markbygdens OK | 42.20 |
| D150 Sträcka 2 | | | |
| 1 | Ing-Marie Aroneng | Bredareds IF | 37.18 |
| 3 | Kristin Hansson | Markbygdens OK | 37.56 |
| D150 Sträcka 3 | | | |
| 1 | Anne Udd | Markbygdens OK | 37.42 |
| Öppen 3 2650 meter 7 anmälda | | | |
| 1 | Madeleine Johansson | OK Skogshjortarn | 33.29 |
| 2 | Anja Lomander | Markbygdens OK | 34.19 |
| Öppen 5 3830 meter 14 anmälda | | | |
| 1 | Oscar Andell | Tenhults SOK | 44.43 |
| 8 | Gun Frisk | Markbygdens OK | 64.19 |
| Öppen 8 4500 meter 11 anmälda | | | |
| 1 | Per Moberg | Vänersborgs SK | 42.12 |
| 2 | Mikael Bergstedt | Markbygdens OK | 42.14 |

OK Gipen DM Lång 2012-09-02

Öppen 3 2650 meter 14 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Thomas Larsson | OK Kroppefjäll | 28.12 |
| 9 | Totte Holm | Markbygdens OK | 45.26 |

Falköpings AIK DM Natt 2012-09-07

D18 5540 meter 6 start

| | | | |
|---|----------------|------------------|---------|
| 1 | Aina Edgren | Trollhättans SOK | 48.50 |
| 5 | Elin Högstrand | Markbygdens OK | 56.00 S |

H18 7020 meter 13 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Anton Karlsson | OK Kullingshof | 49.32 |
| 2 | Pontus Karlsson | Markbygdens OK | 52.24 G |
| 4 | Erik Persson | Markbygdens OK | 56.23 S |
| 8 | Klas Udd | Markbygdens OK | 62.03 S |

H16 5190 meter 17 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Markus Larsson | Hestra IF | 31.24 |
| 10 | Ivar Sörqvist | Markbygdens OK | 43.44 |

D14 3080 meter 11 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Sofia Grahn | Hestra IF | 26.23 |
| 2 | Klara Axelsson | Markbygdens OK | 26.26 |
| 3 | Klara Ask | Markbygdens OK | 28.06 |
| 4 | Emelie Udd | Markbygdens OK | 29.49 |

H14 3610 meter 15 start

| | | | |
|---|----------------------|------------------|-------|
| 1 | Elias Bäcklund-Ekval | Trollhättans SOK | 25.01 |
| 4 | Felix Axelsson | Markbygdens OK | 31.50 |

D45 4410 meter 13 start

| | | | |
|---|---------------|----------------|---------|
| 1 | Lena Karlsson | Markbygdens OK | 39.16 G |
|---|---------------|----------------|---------|

H45 6440 meter 19 start

| | | | |
|---|------------|----------------|---------|
| 1 | Johan Mars | Markbygdens OK | 50.01 G |
|---|------------|----------------|---------|

D50 3940 meter 9 start

| | | | |
|---|-----------------|----------------|---------|
| 1 | Britta Sahlin | Vänersborgs SK | 41.56 |
| 2 | Anne Udd | Markbygdens OK | 45.00 G |
| 4 | Marie Högstrand | Markbygdens OK | 50.30 S |

H50 5820 meter 24 start

| | | | |
|----|----------------|----------------|---------|
| 1 | Stefan Lund | OK Orinto | 45.14 |
| 6 | Tomas Tranberg | Markbygdens OK | 54.22 S |
| 19 | Jonas Karlsson | Markbygdens OK | 79.27 |

H55 5410 meter 17 start

| | | | |
|----|-----------------|------------------|---------|
| 1 | Thomas Lundgren | Trollhättans SOK | 44.42 |
| 14 | Arne Persson | Markbygdens OK | 66.27 B |

H60 5190 meter 14 start

| | | | |
|---|----------------------|----------------|---------|
| 1 | Carl-Henry Andersson | OK Orinto | 48.18 |
| 2 | Bo Herdersson | Markbygdens OK | 49.46 G |

H70 3640 meter 15 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Lars-Erik Larsson | OK Amne | 41.59 |
| 10 | Rune Arvidsson | Markbygdens OK | 57.55 S |

Öppen 2 2680 meter 21 start
1 Sofia Sjögren OK Kullingshof 25.31
20 Totte Holm Markbygdens OK 90.53

Öppen 7 3550 meter 26 start
1 Irma Håkansson OK Gränsen 34.56
3 Fredrik Ask Markbygdens OK 37.05 B

Gudhems IF DM Sprint 2012-09-08

H20 2640 meter 6 start
1 Erik Classon OK Orinto 13.53
4 Albin Andersson Markbygdens OK 16.36

D18 2360 meter 11 start
1 Aina Edgren Trollhättans SOK 16.34
3 Josefin Andersson Markbygdens OK 17.55
6 Elin Högstrand Markbygdens OK 19.07

H18 2600 meter 16 start
1 Albin Axelsson Mullsjö SOK 15.29
2 Pontus Karlsson Markbygdens OK 16.09
9 Niklas Frisk Markbygdens OK 18.05
11 Erik Persson Markbygdens OK 19.21

H16 2510 meter 24 start
1 Markus Larsson Hestra IF 13.26
10 Ivar Sörqvist Markbygdens OK 18.22
12 Klas Udd Markbygdens OK 18.48

D14 2060 meter 23 start
1 Johanna Hagström Falköpings AIK 15.15
2 Klara Axelsson Markbygdens OK 15.17
5 Klara Ask Markbygdens OK 16.29
8 Emelie Udd Markbygdens OK 19.07

H14 2290 meter 18 start
1 Victor Helgesson Hestra IF 14.17
5 Felix Axelsson Markbygdens OK 17.39
10 Olle Sörqvist Markbygdens OK 21.08

H12 2040 meter 32 start
1 Filip Johansson Trollhättans SOK 14.01
4 Axel Åkesson Markbygdens OK 17.23

H35 2640 meter 10 start
1 Anders Påhlman Istrums SK 16.52
7 Martin Udd Markbygdens OK 23.08

D40 2340 meter 27 start
1 Ulrika Kindlund OK Tranan 16.32
10 Marina Axelsson Markbygdens OK 20.37
15 Jeanette Sigenstam Markbygdens OK 23.35

H40 2600 meter 21 start
1 Björn Mårtensson OK Skogsstjärnan 16.02
8 Fredrik Ask Markbygdens OK 19.20

D45 2110 meter 25 start
1 Lena Karlsson Markbygdens OK 16.03

H45 2510 meter 27 start
1 Björn Kristiansson Trollhättans SOK 15.08
17 Per-Anders Axelsson Markbygdens OK 22.16

D50 1990 meter 15 start
1 Britta Sahlin Vänersborgs SK 14.20
3 Anne Udd Markbygdens OK 15.49
7 Marie Högstrand Markbygdens OK 19.22

H50 2360 meter 19 start
1 Andres Laas OK Skogshjortarn 15.45
11 Jonas Karlsson Markbygdens OK 22.31

H55 2340 meter 14 start
1 Anders Johansson Hestra IF 15.34
5 Arne Persson Markbygdens OK 18.32
11 Carl Johan Högstrand Markbygdens OK 21.15

H60 2340 meter 12 start
1 Torgny Pettersson Markbygdens OK 16.28
3 Bo Herdersson Markbygdens OK 18.16

H70 1990 meter 22 start
1 Ronny Andersson OK Skogshjortarn 17.23
7 Rune Arvidsson Markbygdens OK 20.27

H75 1850 meter 10 start
1 Kjell Persson Mariestads FK 22.45
5 Lennart Östanbäck Markbygdens OK 30.27

Öppen 5 2290 meter 24 start
1 Edvin Alstéus OK Tranan 19.55
15 Jörgen Frisk Markbygdens OK 32.38
17 Lizkulla Pettersson Markbygdens OK 35.51
22 Eva-Maj Johansson Markbygdens OK 71.15

Kungälv OK Medel 2012-09-08

Öppen 3 2480 meter 22 start
1 Anna Ekbon-Olsson IK Uven 33.46
15 Totte Holm Markbygdens OK 49.20

Öppen 8 2830 meter 48 start
1 Patrik Martner IFK Göteborg 34.02
17 Anders Lundell Markbygdens OK 54.17

Mjölby OK Medel 2012-09-08

Öppen 8 4100 meter 17 start
1 Simon Larsson Markbygdens OK 31.28 B

Falköpings AIK DM Lång 2012-09-09

D20 6650 meter 3 start
1 Sara Jonsson OK Klyftamo 56.38
3 Anne Hansson Markbygdens OK 68.09 S

H20 7890 meter 9 start
1 Erik Classon OK Orinto 46.38
4 Albin Andersson Markbygdens OK 51.40 G

| | | | |
|-------------------------|----------------------|------------------|---------|
| D18 5780 meter 11 start | | | |
| 1 | Aina Edgren | Trollhättans SOK | 44.16 |
| 4 | Josefin Andersson | Markbygdens OK | 57.08 S |
| H18 7100 meter 14 start | | | |
| 1 | Björn Cederberg | Vänernsborgs SK | 44.49 |
| 4 | Pontus Karlsson | Markbygdens OK | 47.22 G |
| 9 | Klas Udd | Markbygdens OK | 58.20 S |
| 10 | Erik Persson | Markbygdens OK | 59.44 S |
| 13 | Niklas Frisk | Markbygdens OK | 67.19 B |
| H16 5780 meter 21 start | | | |
| 1 | Samuel Plumppu | Bredareds IF | 36.19 |
| 3 | Ivar Sörqvist | Markbygdens OK | 39.36 |
| D14 3430 meter 18 start | | | |
| 1 | Vilma Blennow | Falköpings AIK | 24.21 |
| 2 | Klara Axelsson | Markbygdens OK | 27.55 |
| 6 | Klara Ask | Markbygdens OK | 33.46 |
| 8 | Emelie Udd | Markbygdens OK | 34.39 |
| H14 3800 meter 17 start | | | |
| 1 | Elias Bäcklund-Ekval | Trollhättans SOK | 27.26 |
| 4 | Felix Axelsson | Markbygdens OK | 31.57 |
| 6 | Olle Sörqvist | Markbygdens OK | 39.20 |
| H12 2770 meter 23 start | | | |
| 1 | William Lundstedt | Mullsjö SOK | 16.12 |
| 7 | Axel Åkesson | Markbygdens OK | 20.18 |
| H35 7890 meter 14 start | | | |
| 1 | Anders Pålman | Istrums SK | 51.56 |
| 12 | Martin Udd | Markbygdens OK | 70.33 S |
| D40 5850 meter 18 start | | | |
| 1 | Marie Olsson | Tibro OK | 44.16 |
| 5 | Marina Axelsson | Markbygdens OK | 50.12 S |
| 12 | Jeanette Sigenstam | Markbygdens OK | 65.50 B |
| H40 7100 meter 22 start | | | |
| 1 | Björn Mårtensson | OK Skogsstjärnan | 43.53 |
| 11 | Fredrik Ask | Markbygdens OK | 58.52 S |
| D45 5480 meter 22 start | | | |
| 1 | Lena Karlsson | Markbygdens OK | 41.34 G |
| 15 | Helena Andersson | Markbygdens OK | 71.46 |
| H45 6650 meter 33 start | | | |
| 1 | Björn Öberg | Ryda SK | 40.23 |
| 19 | Johan Mars | Markbygdens OK | 55.09 S |
| 33 | Per-Anders Axelsson | Markbygdens OK | 72.56 |
| D50 5110 meter 18 start | | | |
| 1 | Britta Sahlin | Vänernsborgs SK | 44.18 |
| 3 | Anne Udd | Markbygdens OK | 50.01 S |
| 8 | Kristin Hansson | Markbygdens OK | 55.23 S |
| 11 | Marie Högstrand | Markbygdens OK | 59.37 S |
| H50 6350 meter 29 start | | | |
| 1 | Stefan Lund | OK Orinto | 42.03 |
| 12 | Jonas Karlsson | Markbygdens OK | 53.00 S |

| | | | | |
|-------------------------------------|----------------------|------------------|-------|---|
| 19 | Tomas Tranberg | Markbygdens OK | 57.17 | S |
| H55 5850 meter 21 start | | | | |
| 1 | Ulf Palmér | Ulricehamns OK | 41.33 | |
| 8 | Carl Johan Högstrand | Markbygdens | 50.03 | S |
| 9 | Mikael Bodén | Markbygdens OK | 52.32 | S |
| 12 | Arne Persson | Markbygdens OK | 55.02 | S |
| H60 5580 meter 21 start | | | | |
| 1 | Bo Herdersson | Markbygdens OK | 43.33 | G |
| D65 4160 meter 29 start | | | | |
| 1 | Gunnel Svensson | IK Ymer | 51.29 | |
| 20 | Kerstin Johansson | Markbygdens OK | 69.57 | S |
| H65 4660 meter 34 start | | | | |
| 1 | Ingvar Bergman | OK Tranan | 37.55 | |
| 18 | Lars-Göran Molin | Markbygdens OK | 51.25 | S |
| 27 | Bo-Göran Gunnarsson | Markbygdens OK | 59.20 | |
| H70 4420 meter 32 start | | | | |
| 1 | Lars Ljungberg | Trollhättans SOK | 37.50 | |
| 3 | Ivan Andersson | Markbygdens OK | 43.39 | S |
| 7 | Rune Arvidsson | Markbygdens OK | 49.33 | S |
| H75 4160 meter 16 start | | | | |
| 1 | Håkan Skogum | Markbygdens OK | 45.07 | G |
| 7 | Lennart Östanbäck | Markbygdens OK | 61.57 | S |
| Öppen 3 3430 meter 21 start | | | | |
| 1 | Eva-Lotta Lundberg | Ulricehamns OK | 38.39 | |
| 15 | Gun-Britt Molin | Markbygdens OK | 70.24 | |
| 18 | Eva-Maj Johansson | Markbygdens OK | 85.24 | |
| Öppen 7 4160 meter 39 start | | | | |
| 1 | Erik Skaar | Ryda SK | 30.46 | |
| 23 | Jörgen Frisk | Markbygdens OK | 56.14 | |
| Öppen 8 5580 meter 21 start | | | | |
| 1 | Richard Karlsson | Ryda SK | 40.17 | |
| 19 | Lars Eriksson | Markbygdens OK | 66.21 | |
| Eksjö SOK Lång 2012-09-09 | | | | |
| ----- | | | | |
| Öppen 5 3100 meter 28 start | | | | |
| 1 | Andreas Lindberg Pru | IK Hakarpspojkar | 36.15 | |
| 3 | Bengt Olsson | Markbygdens OK | 40.14 | B |
| Bredaryds SOK USM Sprint 2012-09-14 | | | | |
| ----- | | | | |
| D15 2300 meter 90 start | | | | |
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 11.59 | |
| 5 | Hanna Karlsson | Markbygdens OK | 12.30 | |
| H15 2700 meter 106 start | | | | |
| 1 | Simon Hector | Snättringe SK | 11.55 | |
| 18 | Ivar Sörqvist | Markbygdens OK | 14.01 | |
| 61 | Edvin Carlsson | Markbygdens OK | 16.01 | |
| H16 2800 meter 94 start | | | | |
| 1 | Joel Pettersson | Tullinge SK | 12.30 | |

| | | |
|-------------|----------------|-------|
| 34 Klas Udd | Markbygdens OK | 15.02 |
| 58 Axel Ek | Markbygdens OK | 16.46 |

Gästriklands OF SM Lång Kval 2012-09-15

H20 Heat 1 7490 meter 31 start

| | | |
|-------------------|----------------|---------|
| 1 Mandus Ridefelt | OK Linné | 50.42 |
| 6 Johan Högstrand | Markbygdens OK | 55.04 G |
| 27 Simon Skogman | Markbygdens OK | 82.16 |

H20 Heat 2 7440 meter 32 start

| | | |
|--------------------|----------------|---------|
| 1 Marius Thrane | Ødum IFK | 48.16 |
| 10 Albin Andersson | Markbygdens OK | 57.29 S |

D18 Heat 1 4360 meter 30 start

| | | |
|-------------------|-----------------|---------|
| 1 Frida Sandberg | Säterbygdens OK | 38.08 |
| 15 Elin Högstrand | Markbygdens OK | 49.26 S |

D18 Heat 2 4340 meter 28 start

| | | |
|----------------------|----------------|---------|
| 1 Josefine Klintberg | Eksjö SOK | 42.44 |
| 15 Josefin Andersson | Markbygdens OK | 56.27 S |
| 20 Lisa Wallin | Markbygdens OK | 60.48 B |

H18 Heat 3 6620 meter 33 start

| | | |
|-------------------|----------------|---------|
| 1 Assar Hellström | OK Ravinen | 48.08 |
| 7 Pontus Karlsson | Markbygdens OK | 54.04 S |

Bredaryds SOK USM Lång 2012-09-15

D15 4590 meter 86 start

| | | |
|-----------------------|-------------------|-------|
| 1 Anna Dahlgren-Rosén | Järila Orienterin | 42.57 |
| 28 Hanna Karlsson | Markbygdens OK | 56.18 |

H15 5660 meter 00 start

| | | |
|-------------------|----------------|-------|
| 1 Simon Hector | Snättringe SK | 36.56 |
| 18 Ivar Sörqvist | Markbygdens OK | 48.53 |
| 83 Edvin Carlsson | Markbygdens OK | 79.54 |

H16 6700 meter 92 start

| | | |
|------------------|----------------|-------|
| 1 Markus Larsson | Hestra IF | 45.02 |
| 21 Klas Udd | Markbygdens OK | 52.58 |
| 49 Axel Ek | Markbygdens OK | 61.12 |

Öppen 12 5190 meter 13 start

| | | |
|-------------------|----------------|-------|
| 1 Benjamin Edlund | IK Ymer | 39.29 |
| 12 Emelie Udd | Markbygdens OK | 74.44 |

Alstermo IF Lång 2012-09-15

H55 5520 meter 4 start

| | | |
|----------------|----------------|---------|
| 1 Mikael Bodén | Markbygdens OK | 54.39 G |
|----------------|----------------|---------|

Bredaryds SOK USM Budkavle 2012-09-16

HD15-16 Sträcka 1

| | | |
|------------------|----------------|-------|
| 1 Simon Hector | Stockholms OF | 15.46 |
| 36 Ivar Sörqvist | Markbygdens OK | 21.07 |

HD15-16 Sträcka 2

| | | |
|-------------------|----------------|-------|
| 1 Hanna Hugosson | Medelpad | 35.58 |
| 14 Hanna Karlsson | Markbygdens OK | 41.04 |

| | | | |
|-------------------|----------------|----------------|-------|
| HD15-16 Sträcka 3 | | | |
| 1 | Oskar Linqvist | Götebrog | 34.31 |
| 10 | Klas Udd | Markbygdens OK | 38.33 |
| 56 | Axel Ek | Markbygdens OK | 46.04 |

Gästriklands OK SM Lång 2012-09-16

| | | | |
|-------------|-----------------|----------------|---------|
| H20 A-final | | | |
| 1 | Fredrik Eden | OK Kåre | 69.56 |
| 4 | Johan Högstrand | Markbygdens OK | 73.10 G |

| | | | |
|-------------|----------------|----------------|---------|
| H20 B-final | | | |
| 1 | Martin Regborg | Hagaby GoIF | 68.36 |
| 21 | Simon Skogman | Markbygdens OK | 94.47 S |

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|-------------|-----------------|----------------|---------|
| H18 A-final | | | |
| 1 | Jens Rönnols | Täby OK | 63.12 |
| 24 | Pontus Karlsson | Markbygdens OK | 80.48 S |

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|-------------|-------------------|----------------|---------|
| D18 B-final | | | |
| 1 | Kristin Olovsson | Rehns BK | 53.48 |
| 5 | Josefin Andersson | Markbygdens OK | 59.13 G |
| 8 | Elin Högstrand | Markbygdens OK | 62.11 S |

OK Skogshjortarna Lång 2012-09-16

| | | | |
|-------------------------|----------------|----------------|-------|
| D14 3370 meter 21 start | | | |
| 1 | Klara Axelsson | Markbygdens OK | 30.20 |
| 3 | Klara Ask | Markbygdens OK | 32.21 |

| | | | |
|-------------------------|----------------|----------------|-------|
| H14 3370 meter 19 start | | | |
| 1 | Olle Hedman | IF Hagen | 27.09 |
| 2 | Felix Axelsson | Markbygdens OK | 28.11 |
| 8 | Olle Sörqvist | Markbygdens OK | 35.08 |
| 12 | Axel Lomander | Markbygdens OK | 41.49 |

| | | | |
|-------------------------|----------------------|------------------|-------|
| H12 2770 meter 25 start | | | |
| 1 | Elias Ljungqvist | Tolered-Utby Ol- | 24.00 |
| 4 | Axel Åkesson | Markbygdens OK | 25.17 |
| 9 | Petter Leibe-Bergste | Markbygdens OK | 29.50 |
| 11 | Olle Leibe-Bergstedt | Markbygdens OK | 30.03 |
| 14 | Hugo Lomander | Markbygdens OK | 36.36 |

| | | | |
|-------------------------|---------------|----------------|-------|
| D10 2190 meter 19 start | | | |
| 1 | Emma Ling | Jönköpings OK | 18.39 |
| 2 | Erika Åkesson | Markbygdens OK | 21.03 |
| 8 | Lisa Åkesson | Markbygdens OK | 28.03 |

| | | | |
|-------------------------|--------------------|----------------|-------|
| D40 4640 meter 13 start | | | |
| 1 | Marie Olsson | Tibro OK | 42.36 |
| 11 | Jeanette Sigenstam | Markbygdens OK | 72.07 |

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|-------------------------|------------------|------------------|---------|
| H40 6610 meter 20 start | | | |
| 1 | Klas Dalberg | Göteborg-Majorna | 48.19 |
| 8 | Mikael Bergstedt | Markbygdens OK | 65.29 S |
| 9 | Fredrik Ask | Markbygdens OK | 72.29 B |
| 14 | Urban Sörqvist | Markbygdens OK | 86.15 |

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|-------------------------|---------------|------------------|-------|
| H50 5640 meter 31 start | | | |
| 1 | Håkan Schmidt | Trollhättans SOK | 50.36 |

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|--|-------------------|------------------|-------|---------|
| 9 | Bo Herdersson | Markbygdens OK | 55.37 | G |
| D55 3460 meter 18 start | | | | |
| 1 | Jane Johansson | Istrums SK | 39.40 | |
| 12 | Marita Larsson | Markbygdens OK | 69.40 | |
| D60 3220 meter 11 start | | | | |
| 1 | Ing-Marie Brander | Göteborg-Majorna | 34.39 | |
| 9 | Ingrid Breлинд | Markbygdens OK | 58.06 | |
| H65 3950 meter 45 start | | | | |
| 1 | Jonas Larsson | OK Kullingshof | 39.40 | |
| 6 | Lars-Göran Molin | Markbygdens OK | 45.10 | S |
| H70 3460 meter 37 start | | | | |
| 1 | Lars Finbom | OK Landehof | 40.35 | |
| 9 | Rune Arvidsson | Markbygdens OK | 48.12 | S |
| 29 | Stellan Helgesson | Markbygdens OK | 65.04 | |
| H75 3220 meter 20 start | | | | |
| 1 | Lennart Bernhed | Tolered-Utby Ol- | 39.22 | |
| 13 | Lennart Östanbäck | Markbygdens OK | 57.21 | B |
| D80 1830 meter 3 start | | | | |
| 1 | Lisa Hedström | Göteborg-Majorna | 32.56 | |
| 2 | Gunvor Håkansson | Markbygdens OK | 35.55 | G |
| Inskolning 1890 meter 25 start | | | | |
| | Elving Lomander | Markbygdens OK | | Godkänd |
| Öppen 3 2770 meter 33 start | | | | |
| 1 | Anders Kjellberg | OK Flundrehof | 35.20 | |
| 24 | Totte Holm | Markbygdens OK | 59.36 | |
| 25 | Berit Svensson | Markbygdens OK | 60.04 | |
| Öppen 4 3790 meter 14 start | | | | |
| 1 | Stig Hjortvall | Borås GIF | 43.44 | |
| 6 | Anja Lomander | Markbygdens OK | 63.50 | |
| Öppen 8 4640 meter 48 start | | | | |
| 1 | Anders Johansson | Sjövalla FK | 40.40 | |
| 26 | Lars Eriksson | Markbygdens OK | 63.45 | |
| 36 | Maria Svensson | Markbygdens OK | 74.15 | |
| Gästriklands OF SM Medel Kval 2012-09-21 | | | | |
| ----- | | | | |
| D20 heat B 3550 meter 33 start | | | | |
| 1 | Helena Karlsson | IFK Lidingö | 26.37 | |
| 26 | Anne Hansson | Markbygdens OK | 37.43 | S |
| H20 heat A 4320 meter 33 start | | | | |
| 1 | Magnus Glännefors | Söders-Tyresö | 25.55 | |
| 3 | Johan Högstrand | Markbygdens OK | 26.35 | G |
| 16 | Simon Skogman | Markbygdens OK | 33.22 | S |
| H20 heat B 4350 meter 32 start | | | | |
| 1 | Jens Wängdahl | Nyköpings OK | 25.13 | |
| 16 | Albin Andersson | Markbygdens OK | 33.35 | S |
| 31 | Joel Udd | Markbygdens OK | 63.28 | |
| D18 heat A 2920 meter 32 start | | | | |

| | | | |
|----|----------------|-----------------|---------|
| 1 | Frida Sandberg | Säterbygdens OK | 23.00 |
| 22 | Elin Högstrand | Markbygdens OK | 34.35 B |

D18 heat B 2970 meter 36 start

| | | | |
|----|---------------|------------------|-------|
| 1 | Frida Jönsson | Hellstadius Söde | 24.14 |
| 34 | Lisa Wallin | Markbygdens OK | 45.50 |

D18 heat C 2930 meter 33 start

| | | | |
|----|-------------------|----------------|---------|
| 1 | Sara Hagström | Falköpings AIK | 22.28 |
| 16 | Josefin Andersson | Markbygdens OK | 31.08 S |

H18 heat A 4010 meter 38 start

| | | | |
|----|-----------------|----------------|---------|
| 1 | Filip Axelsson | Meyerson OK | 26.15 |
| 11 | Pontus Karlsson | Markbygdens OK | 30.43 S |

H18 heat C 3950 meter 39 start

| | | | |
|----|---------------|------------------|-------|
| 1 | Ludvig Åhlund | OK Nolaskogsarna | 25.44 |
| 30 | Niklas Frisk | Markbygdens OK | 39.43 |

OK Råven Medel 2012-09-22

H21 4400 meter 27 start

| | | | |
|---|---------------|----------------|---------|
| 1 | Henrik Laas | IFK Göteborg | 33.23 |
| 9 | Simon Larsson | Markbygdens OK | 40.05 S |

D16 3280 meter 7 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Hanna Lindström | OK Tranan | 34.40 |
| 2 | Hanna Karlsson | Markbygdens OK | 39.26 |

H16 3480 meter 10 start

| | | | |
|---|--------------|----------------|-------|
| 1 | Anton Boberg | IF Rigor | 28.53 |
| 3 | Klas Udd | Markbygdens OK | 31.03 |

D14 2800 meter 19 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Agnes Berglund | Ulricehamns OK | 26.06 |
| 4 | Klara Ask | Markbygdens OK | 27.27 |
| 6 | Klara Axelsson | Markbygdens OK | 28.20 |
| 7 | Emelie Udd | Markbygdens OK | 30.07 |

H14 2940 meter 10 start

| | | | |
|---|------------------|----------------|-------|
| 1 | Victor Helgesson | Hestra IF | 23.26 |
| 2 | Felix Axelsson | Markbygdens OK | 24.27 |

H12 2310 meter 16 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Erik Lindström | OK Tranan | 21.43 |
| 3 | Axel Åkesson | Markbygdens OK | 25.54 |
| 11 | Malte Larsson | Markbygdens OK | 36.47 |

D10 2100 meter 16 start

| | | | |
|----|-------------------|------------------|-------|
| 1 | Jennifer Davidson | Göteborg-Majorna | 20.10 |
| 12 | Matilda Ryberg | Markbygdens OK | 38.36 |

H10 2100 meter 16 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Felix Drejmo | OK Landehof | 17.58 |
| 5 | Anton Blomqvist | Markbygdens OK | 23.52 |

H35 4400 meter 6 start

| | | | |
|---|-----------------|-----------------|-------|
| 1 | Daniel Olsson | Dalsjöfors GOIF | 44.52 |
| 3 | Anders Skoglund | Markbygdens OK | 72.01 |

D50 2800 meter 16 start

| | | | |
|----|-----------------|----------------|-------|
| 1 | Britta Sahlin | Vänernborgs SK | 31.40 |
| 15 | Leila Ljunggren | Markbygdens OK | 59.10 |

| | | | | |
|---------|---------------------|------------------|-------|---------|
| D55 | 2800 meter | 11 start | | |
| 1 | Gunilla Larsson | Bredareds IF | 36.30 | |
| 8 | Marita Larsson | Markbygdens OK | 57.35 | |
| D65 | 2020 meter | 17 start | | |
| 1 | Ingrid Hermansson | IK Ymer | 28.40 | |
| 3 | Kerstin Johansson | Markbygdens OK | 33.01 | S |
| 17 | Eva-Maj Johansson | Markbygdens OK | 55.43 | |
| H65 | 3000 meter | 23 start | | |
| 1 | Sören Andersson | IK Dran | 32.27 | |
| 3 | Bo-Göran Gunnarsson | Markbygdens OK | 36.10 | G |
| 8 | Rolf Hermansson | Markbygdens OK | 41.19 | S |
| D80 | 2070 meter | 1 start | | |
| 1 | Gunvor Håkansson | Markbygdens OK | 49.08 | G |
| Inskol | 1690 meter | 12 start | | |
| | Elin Blomqvist | Markbygdens OK | | Godkänd |
| U1 | 2150 meter | 10 start | | |
| 1 | Elias Nyqvist | OK Landehof | 27.15 | |
| 3 | Albin Ryberg | Markbygdens OK | 31.23 | |
| 4 | Olle Malmberg | Markbygdens OK | 31.41 | |
| U2 | 2290 meter | 18 start | | |
| 1 | Axel Olander | Sjövalla FK | 26.01 | |
| 12 | Emil Lidbom | Markbygdens OK | 42.46 | |
| 13 | Sixten Nordling | Markbygdens OK | 42.47 | |
| Öppen 3 | 2580 meter | 25 start | | |
| 1 | Rasmus Agustsson | Kinnaströms SK | 29.59 | |
| 3 | Lisbeth Hansson | Markbygdens OK | 34.13 | B |
| Öppen 5 | 3150 meter | 30 start | | |
| 1 | Jens Kaminsky | Göteborg-Majorna | 30.48 | |
| 8 | Gabriel Hedström | Markbygdens OK | 43.16 | |
| 17 | Ove Johansson | Markbygdens OK | 53.25 | |
| Öppen 7 | 2800 meter | 14 start | | |
| 1 | Linda Wennerlund | OK Vilse | 34.13 | |
| 8 | Jonas Karlsson | Markbygdens OK | 46.40 | |
| Öppen 8 | 4080 meter | 25 start | | |
| 1 | Jonas Brånalt | Frölunda OL | 41.40 | |
| 5 | Martin Svensson | Markbygdens OK | 45.48 | B |

Gästriklands OF SM Medel Final 2012-09-22

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|-----|------------------|----------------|----------|---|
| D20 | B-final | 2860 meter | 30 start | |
| 1 | Lina Nilsson | Ulricehamns OK | 30.28 | |
| 15 | Anne Hansson | Markbygdens OK | 35.24 | S |
| H20 | A-final | 4390 meter | 39 start | |
| 1 | Marius Thrane | Ødum IFK | 28.43 | |
| 3 | Johan Högstrand | Markbygdens OK | 30.01 | G |
| H20 | B-final | 3590 meter | 35 start | |
| 1 | Fredrik Mattsson | OK Kåre | 24.30 | |
| 4 | Albin Andersson | Markbygdens OK | 26.15 | G |
| 18 | Simon Skogman | Markbygdens OK | 30.18 | S |

H20 C-final 3550 meter 21 start
1 Linus Ericson Södertälje-Nykva 28.20
18 Joel Udd Markbygdens OK 41.03 B

D18 C-final 2640 meter 30 start
1 Johanna Larsson Köping-Kolsva OK 27.06
2 Elin Högstrand Markbygdens OK 28.07 G

H18 B-final 3550 meter 37 start
1 Arvid Henriksson Järila Orienterin 24.54
18 Pontus Karlsson Markbygdens OK 29.40 S

H18 C-final 3330 meter 35 start
1 Algirdas Bartkevi?iu OK Denseln 25.17
31 Niklas Frisk Markbygdens OK 37.55 B

OK Tor Veteran-SM Medel 2012-09-22

H75 2430 meter 46 start
1 Rune Carlsson Sundbybergs IK 21.53
2 Håkan Skogum Markbygdens OK 25.20 S

H72 2700 meter 45 start
1 Kuno Österlund Västerås SOK 21.52
11 Rune Arvidsson Markbygdens OK 26.33 S

Skene SoIS Lång 2012-09-23

H18 6720 meter 4 start
1 Erik Persson Markbygdens OK 71.22 G
4 Klas Udd Markbygdens OK 101.09 B

D14 3780 meter 9 start
1 Sofia Grahn Hestra IF 37.33
3 Emelie Udd Markbygdens OK 39.37

H12 3120 meter 13 start
1 Joel Plumppu Bredareds IF 27.56
4 Petter Leibe-Bergste Markbygdens OK 36.00
8 Olle Leibe-Bergstedt Markbygdens OK 43.49

H35 7360 meter 5 start
1 Daniel Olsson Dalsjöfors GOIF 62.35
5 Martin Udd Markbygdens OK 86.01 S

D50 4190 meter 13 start
1 Britta Sahlin Vänersborgs SK 48.39
10 Leila Ljunggren Markbygdens OK 78.55

D60 3180 meter 12 start
1 Ing-Marie Brander Göteborg-Majorna 31.15

H65 4320 meter 27 start
1 Anders Björnberg Frölunda OL 46.34
5 Lars-Göran Molin Markbygdens OK 51.31 G

Öppen 2 3830 meter 3 start
1 Kent Kardell Ljungskile FK 31.09
2 Mikael Bodén Markbygdens OK 83.52
3 Lena Bodén Markbygdens OK 83.53

Öppen 3 3120 meter 31 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Andreas Näsman | Lerums SOK | 38.05 |
| 12 | Jonathan Bodén | Markbygdens OK | 54.51 |
| 19 | Totte Holm | Markbygdens OK | 63.35 |
| 28 | Eva-Maj Johansson | Markbygdens OK | 91.39 |

Öppen 5 3500 meter 26 start

| | | | |
|----|---------------|------------------|--------|
| 1 | Tuva Carlsson | Wallum Sävedalen | 39.02 |
| 25 | Åke Ekberg | Markbygdens OK | 106.17 |

Öppen 6 5760 meter 4 start

| | | | |
|---|-------------------|----------------|--------|
| 1 | Stefan Pettersson | Fjärås AIK | 57.07 |
| 3 | Ove Johansson | Markbygdens OK | 102.22 |

Öppen 7 2880 meter 30 start

| | | | |
|----|---------------|------------------|-------|
| 1 | Åsa Hagnestål | Göteborg-Majorna | 28.14 |
| 28 | Gun Frisk | Markbygdens OK | 66.33 |

Öppen 9 7080 meter 11 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Ivar Sörqvist | Markbygdens OK | 59.35 B |
| 5 | Bo Herdersson | Markbygdens OK | 67.43 B |
| 6 | Mikael Bergstedt | Markbygdens OK | 69.46 B |

OK Tor Veteran-SM Lång 2012-09-23

H75 3890 meter 40 start

| | | | |
|---|---------------|----------------|---------|
| 1 | Rune Carlsson | Sundbybergs IK | 39.31 |
| 2 | Håkan Skogum | Markbygdens OK | 39.48 G |

H72 4700 meter 37 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Kuno Österlund | Västerås SOK | 39.41 |
| 8 | Rune Arvidsson | Markbygdens OK | 53.16 S |

Jönköpings OK Lång 2012-09-23

H70 4540 meter 18 start

| | | | |
|---|--------------|----------------|---------|
| 1 | Bengt Olsson | Markbygdens OK | 45.13 G |
|---|--------------|----------------|---------|

Gästriklands OK SM Budkavle 2012-09-23

D20 42 start

| | | | |
|----|------------------|----------------|---------|
| 1 | Eksjö SOK 1 | Eksjö SOK | 142.14 |
| 14 | Markbygdens OK 1 | Markbygdens OK | 1159.22 |

D20 Sträcka 1

| | | | |
|----|----------------|----------------|-------|
| 1 | Sara Hagström | Falköpings AIK | 44.22 |
| 10 | Elin Högstrand | Markbygdens OK | 46.49 |

D20 Sträcka 2

| | | | |
|----|--------------|----------------|-------|
| 1 | Isabel Salén | OK Renen | 48.47 |
| 23 | Anne Hansson | Markbygdens OK | 59.53 |

D20 Sträcka 3

| | | | |
|----|-------------------|----------------|-------|
| 1 | Linda Lindkvist | Leksands OK | 43.49 |
| 14 | Josefin Andersson | Markbygdens OK | 52.40 |

H20 65 start

| | | | |
|----|------------------|----------------|--------|
| 1 | IFK Moras OK 1 | IFK Mora OK | 140.26 |
| 9 | Markbygdens OK 1 | Markbygdens OK | 146.50 |
| 53 | Markbygdens OK 2 | Markbygdens OK | 198.10 |

H20 Sträcka 1

| | | | |
|----|-----------------|------------------|-------|
| 1 | Davis Dislers | IK Hakarpspojkar | 47.52 |
| 4 | Albin Andersson | Markbygdens OK | 48.03 |
| 37 | Simon Skogman | Markbygdens OK | 51.08 |

H20 Sträcka 2

| | | | |
|----|-----------------|----------------|-------|
| 1 | Linus Rapp | IFK Mora | 46.35 |
| 20 | Pontus Karlsson | Markbygdens OK | 54.19 |
| 58 | Niklas Frisk | Markbygdens OK | 71.31 |

H20 Sträcka 3

| | | | |
|----|-----------------|----------------|-------|
| 1 | Johan Högstrand | Markbygdens OK | 44.28 |
| 58 | Joel Udd | Markbygdens OK | 75.31 |

Vansbro OK Lång 2012-09-29

H60 6350 meter 35 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Lars Jakobsson | Västerås SOK | 55.55 |
| 6 | Bo Herdersson | Markbygdens OK | 61.36 G |

Öppen 3 2840 meter 10 start

| | | | |
|---|---------------------|------------------|-------|
| 1 | Helena Wallman | Västerbergslagen | 31.37 |
| 8 | Lizkulla Pettersson | Markbygdens OK | 59.25 |

Nässjö OK Lång 2012-09-29

H12 2830 meter 31 start

| | | | |
|----|----------------------|----------------|-------|
| 1 | Isac Ericsson | Växjö OK | 17.18 |
| 15 | Olle Leibe-Bergstedt | Markbygdens OK | 27.00 |

H70 3770 meter 13 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Bengt Olsson | Markbygdens OK | 47.34 G |
| 9 | Rune Arvidsson | Markbygdens OK | 62.51 S |

Vansbro OK Medel 2012-09-30

H60 3290 meter 33 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Lars Jakobsson | Västerås SOK | 27.09 |
| 2 | Bo Herdersson | Markbygdens OK | 27.46 G |

Vänersborgs SK Lång 2012-09-30

H75 3670 meter 11 start

| | | | |
|---|-------------------|------------------|-------|
| 1 | Lennart Bernhed | Tolered-Utby Ol- | 40.13 |
| 9 | Lennart Östanbäck | Markbygdens OK | 63.23 |

Nässjö OK Medel 2012-09-30

H12 2270 meter 14 start

| | | | |
|---|----------------------|----------------|-------|
| 1 | Victor Hansson | Jönköpings OK | 17.03 |
| 3 | Petter Leibe-Bergste | Markbygdens OK | 22.52 |
| 5 | Olle Leibe-Bergstedt | Markbygdens OK | 24.42 |

H40 3970 meter 12 start

| | | | |
|---|------------------|----------------|---------|
| 1 | Jan Lager | Halmstad OK | 30.46 |
| 6 | Mikael Bergstedt | Markbygdens OK | 43.56 B |

H70 2930 meter 6 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Lars Fransson | Bottnaryds IF | 36.02 |
| 4 | Rune Arvidsson | Markbygdens OK | 41.04 S |

EYC Europacupen Juniorer Sprint 2012-10-05

H20 3000 meter 34 start
1 Eric Börjeskog Sverige 14.56
4 Johan Högstrand Markbygdens OK 15.35

EYC Europacupen Juniorer Budkavle 2012-10-06

H20 Sträcka 2 23 start
1 Johan Högstrand Markbygdens OK 31.49

EYC Europacupen Juniorer Lång 2012-10-07

H20 11600 meter 34 start
1 Eric Börjeskog Sverige 66.20
3 Johan Högstrand Markbygdens OK 67.32 G

OK Södertörn Medel 2012-10-07

D55
1 Anna-Lena Andersson Västerbergslagen 28.12
45 Marita Larsson Markbygdens OK 71.12

D14
1 Jonna Jungåker Korsnäs IF 21.56
48 Emelie Udd Markbygdens OK 33.18

H16
1 Simon Hector Snättringe SK 19.54
29 Klas Udd Markbygdens OK 26.34

Karlsbyhedens IK Budkavle 2012-10-13

H12 Sträcka 1
1 William Lundstedt Mullsjö SOK 16.49
37 Axel Åkesson Markbygdens OK 19.24

D14
1 Falköpings AIK Falköpings AIK 43.53
18 Markbygdens OK Markbygdens OK 51.23

D14 Sträcka 1
1 Matilda Forsberg OK Ravinen 20.56
4 Klara Axelsson Markbygdens OK 22.06
47 Emelie Udd Markbygdens OK 27.37

D14 Sträcka 2
1 Vilma Blenow Falköpings AIK 20.01
45 Klara Ask Markbygdens OK 29.17

H17-20 Sträcka 2
1 Jonathan Karlsson OK Tisaren 27.15
12 Niklas Frisk Markbygdens OK 34.14

H16 Sträcka 2
1 Samuel Plumppu Bredareds IF 23.14
22 Ivar Sörqvist Markbygdens OK 26.19

H14
1 Tullinge SK Tullinge SK 38.43
83 Markbygdens OK Markbygdens OK 66.21

H14 Sträcka 1

| | | | |
|----|---------------|----------------|-------|
| 1 | Victor Imark | Tullinge SK | 19.22 |
| 90 | Olle Sörqvist | Markbygdens OK | 32.27 |
| 91 | Jacob Granath | Markbygdens OK | 32.37 |

H14 Sträcka 2

| | | | |
|----|-----------------|----------------|-------|
| 1 | August Mollén | OK Denseln | 17.36 |
| 20 | Felix Axelsson | Markbygdens OK | 21.27 |
| 73 | Erik Gunnarsson | Markbygdens OK | 33.44 |

Ljungskile SK Medel 2012-10-13

H55 3390 meter 18 start

| | | | |
|---|-----------------|------------------|---------|
| 1 | Thomas Lundgren | Trollhättans SOK | 32.31 |
| 9 | Mikael Bodén | Markbygdens OK | 40.36 S |

H70 2990 meter 15 start

| | | | |
|----|-----------------|------------------|-------|
| 1 | Ronny Andersson | OK Skogshjortarn | 37.18 |
| 11 | Rune Arvidsson | Markbygdens OK | 65.21 |

Öppen 3 2530 meter 12 start

| | | | |
|---|----------------|----------------|-------|
| 1 | Rune Jungbjer | Göteborgs SK | 42.46 |
| 8 | Totte Holm | Markbygdens OK | 73.03 |
| 9 | Jonathan Bodén | Markbygdens OK | 75.45 |

Öppen 7 2360 meter 16 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Staffan Olsson | Stigsökarna | 27.04 |
| 3 | Tove Udd | Markbygdens OK | 34.19 B |

Karlsbyhedens OK Patrull 2012-10-14

D14

| | | | |
|----|---------------------|----------------|-------|
| 1 | S Nordin/H Hugosson | Sundsvalls OK | 45.18 |
| 16 | Klara Ask | Markbygdens OK | 55.08 |
| 16 | Klara Axelsson | Markbygdens OK | 55.08 |
| 51 | Emelie Udd | Markbygdens OK | 72.00 |

H12

| | | | |
|----|---------------------|------------------|-------|
| 1 | J Hertin/L Lundberg | Västerviks/Bäver | 40.15 |
| 50 | Axel Åkesson | Markbygdens OK | 62.01 |

H14

| | | | |
|----|-----------------|----------------|--------|
| 1 | S Imark/V Imark | Tullinge SK | 51.44 |
| 8 | Felix Axelsson | Markbygdens OK | 56.18 |
| 69 | Olle Sörqvist | Markbygdens OK | 89.10 |
| 96 | Erik Gunnarsson | Markbygdens OK | 129.38 |
| 96 | Jacob Granath | Markbygdens OK | 129.38 |

H17-20

| | | | |
|---|----------------------|----------------|----------|
| 1 | F Mattsson/E Adrians | OK Kåre | 85.09 |
| 6 | Niklas Frisk | Markbygdens OK | 111.36 S |

Öppen 1 3300 meter 49 start

| | | | |
|----|-------------------|------------------|-------|
| 1 | Viktor Lindkvist | Boxholm-Mjölby O | 25.01 |
| 38 | Jonathan Sörensen | Markbygdens OK | 61.14 |

Ljungskile FK Lång 2012-10-14

H70 4140 meter 23 start

| | | | |
|---|----------------|----------------|---------|
| 1 | Henrik Hvoslef | IK Stern | 46.31 |
| 6 | Rune Arvidsson | Markbygdens OK | 59.16 S |

Istrums SK Natt 2012-10-19

H45 5980 meter 24 start
1 Stefan Lund OK Orinto 37.57
4 Johan Mars Markbygdens OK 41.52 G

H50 5670 meter 12 start
1 Lars Holmberg IF Hagen 37.39
5 Tomas Tranberg Markbygdens OK 42.29 S

H60 4280 meter 16 start
1 Carl-Henry Andersson OK Orinto 32.34
2 Torgny Pettersson Markbygdens OK 33.59 G

Öppen 2 3190 meter 19 start
1 Daniel Klasson Istrums SK 28.57
13 Lizkulla Pettersson Markbygdens OK 47.30

Garda IK Medel 2012-10-21

D55 3060 meter 21 start
1 Anne-Marie Karlsson Roma SOK 28.33
8 Kerstin Johansson Markbygdens OK 39.29 S

H65 3250 meter 42 start
1 Per-Ivar Möllberg Arboga OK 30.46
2 Bo-Göran Gunnarsson Markbygdens OK 32.52 G

IFK Göteborg Budkavle 2012-10-21

Herrar Propaganda 6 start
1 OK Tranan OK Tranan 78.53
3 Markbygdens OK Markbygdens OK 86.58

Herrar Propaganda Sträcka 1 6 start
1 Mikael Bergstedt Markbygdens OK 21.28

Herrar Propaganda Sträcka 2 6 start
1 Peter Östensson OK Tranan 11.56
3 Petter Leibe-Bergste Markbygdens OK 14.57

Herrar Propaganda Sträcka 3 6 start
1 Ann-Sophie Ohlin OK Tranan 38.06
6 Olle Leibe-Bergstedt Markbygdens OK 50.33

Öppen 2 2230 meter 8 anmälda
1 Eva Svensson Ulricehamns OK 27.15
2 Totte Holm Markbygdens OK 31.42

Göteborg-Majornas OK Medel 2012-10-21

H21 4850 meter 62 start
1 Marcus Millegård Halden SK 35.28
15 Albin Andersson Markbygdens OK 40.55 S

D14 2800 meter 11 start
1 Klara Axelsson Markbygdens OK 32.13
7 Klara Ask Markbygdens OK 49.28

H14 2980 meter 11 start
1 Johan Olson IK Uven 27.17
2 Felix Axelsson Markbygdens OK 27.55

H12 2580 meter 12 start
1 Tim Johansson FK Friskus-Varbe 25.31
4 Olle Leibe-Bergstedt Markbygdens OK 29.46
9 Petter Leibe-Bergste Markbygdens OK 40.28

D40 3550 meter 5 start
1 Jeanette Sigenstam Markbygdens OK 58.20 G

H40 3980 meter 10 start
1 Gunnar Elveljung IFK Göteborg 37.52
2 Mikael Bergstedt Markbygdens OK 44.06 S

H45 3720 meter 27 start
1 Anders Wadsten OK Landehof 37.18
17 Per-Anders Axelsson Markbygdens OK 56.23 B

H55 3550 meter 20 start
1 Thomas Lundgren Trollhättans SOK 40.46
3 Mikael Bodén Markbygdens OK 45.47 S

H70 2830 meter 10 start
1 Ronny Andersson OK Skogshjortarn 41.26

Öppen 3 2970 meter 38 start
1 Charlotte Drejmo OK Landehof 40.50
16 Jonathan Bodén Markbygdens OK 62.17
33 Totte Holm Markbygdens OK 88.22

Öppen 7 3360 meter 38 start
1 Carl-Henry Andersson OK Orinto 35.42
22 Rebecca Djurbäck Markbygdens OK 67.46

Öppen 8 4400 meter 45 start
1 Rikard Pentonen IFK Göteborg 40.37
33 David Djurbäck Markbygdens OK 84.54

Mullsjö SOK Lång 2012-10-21

H60 5100 meter 19 start
1 Bertil Karlsson Hjobygdens OK 37.33
3 Torgny Pettersson Markbygdens OK 39.12 G
10 Håkan Andersson Markbygdens OK 43.46 S

Öppen 5 3400 meter 23 start
1 Weine Gustavsson Skillingaryds FK 27.09
18 Lizkulla Pettersson Markbygdens OK 47.21

Öppen 8 4500 meter 15 start
1 Fredrik Göransson IK Ymer 29.17
15 Lars Eriksson Markbygdens OK 50.13

Garda IK Lång 2012-10-21

D55 21 start
1 Inger Olsbring Eskilstuna OL 43.34
13 Kerstin Johansson Markbygdens OK 54.03 S

H65 42 start
1 Leif Nordlund Länna IF 44.06
14 Bo-Göran Gunnarsson Markbygdens OK 58.04 S

Växjö OK Budkavle 2012-10-27

| | | | |
|---------------------------|---------------------|------------------|--------|
| H21 Sträcka 1 9200 meter | | | |
| 1 | Olekander Kratov | OK Orion | 55.55 |
| 62 | Pontus Karlsson | Markbygdens OK | 74.07 |
| H21 Sträcka 2 9200 meter | | | |
| 1 | Emil Svensk | Stora Tuna OK | 53.56 |
| 48 | Albin Andersson | Markbygdens OK | 68.49 |
| H21 Sträcka 3 7100 meter | | | |
| 1 | Jan Prochazka | Kalevan Rasti | 39.25 |
| 94 | Martin Udd | Markbygdens OK | 89.00 |
| H21 Sträcka 4 10500 meter | | | |
| 1 | Scott Fraser | Södertälje | 61.17 |
| 87 | Joel Udd | Markbygdens OK | 110.33 |
| HD16 | | | |
| 1 | Tullinge SK | Tullinge SK | 128.37 |
| 17 | Markbygdens OK | Markbygdens OK | 152.14 |
| HD16 Sträcka 1 5500 meter | | | |
| 1 | Simon Hector | Snättringe SK | 38.29 |
| 23 | Klas Udd | Markbygdens OK | 52.54 |
| HD16 Sträcka 2 4200 meter | | | |
| 1 | Emil Öbro | Copenhagen | 25.13 |
| 22 | Hanna Karlsson | Markbygdens OK | 36.00 |
| HD16 Sträcka 3 3500 meter | | | |
| 1 | Martin Illum | Copenhagen | 20.52 |
| 13 | Klara Axelsson | Markbygdens OK | 25.22 |
| 83 | Olle Sörqvist | Markbygdens OK | 45.02 |
| HD16 Sträcka 4 4900 meter | | | |
| 1 | Oscar Leinonen | OK Kolmården | 29.14 |
| 15 | Felix Axelsson | Markbygdens OK | 37.59 |
| H180 | | | |
| 1 | IK Hakarpspojarna | IK Hakarpspojkar | 147.33 |
| 26 | Markbygdens OK | Markbygdens OK | 217.36 |
| H180 Sträcka 1 6100 meter | | | |
| 1 | Thomas Johannesson | Ronneby OK | 44.03 |
| 32 | Tomas Tranberg | Markbygdens OK | 71.35 |
| H180 Sträcka 2 5300 meter | | | |
| 1 | Ingvar Åkesson | IK Hakarpspojkar | 32.35 |
| 7 | Mikael Bergstedt | Markbygdens OK | 38.42 |
| H180 Sträcka 3 4400 meter | | | |
| 1 | Lennart Borg | Södertälje | 26.24 |
| 23 | Jonas Karlsson | Markbygdens OK | 36.56 |
| H180 Sträcka 4 6700 meter | | | |
| 1 | Mats Hellstadius | Södertälje | 40.14 |
| 36 | Per-Anders Axelsson | Markbygdens OK | 70.23 |
| D120 | | | |
| 1 | OK Dacke | OK Dacke | 111.35 |

5 Markbygdens OK Markbygdens OK 137.34

D120 Sträcka 1 4100 meter

1 Eva Pettersson OK Dackhe 42.50
7 Anne Udd Markbygdens OK 52.40

D120 Sträcka 2

1 Ulrica Hermansson OK Dacke 30.49
2 Marie Högstrand Markbygdens OK 33.41

D120 Sträcka 3

1 Pia Olsson Kalmar OK 35.43
8 Kristin Hansson Markbygdens OK 51.13

Öppen

1 Linköpings OK Linköpings OK 67.22
16 Markbygdens OK Markbygdens OK 94.41

Öppen Sträcka 1 5000 meter

1 Jonas Lundgren Linköpings OK 21.08
17 Elin Högstrand Markbygdens OK 28.50

Öppen Sträcka 2 3200 meter

1 Thomas Rheiring Nyköpings OK 17.30
13 Anne Hansson Markbygdens OK 23.36

Öppen Sträcka 3 3700 meter

1 Erik Martinsson Linköpings OK 27.57
18 Josefin Andersson Markbygdens OK 42.15

Rönne Bornholm Utland 2012-10-27

H70 3500 meter 36 start

1 Björn Linnarsjö OK Orion 29.51
11 Rune Arvidsson Markbygdens OK 39.28
13 Bengt Olsson Markbygdens OK 40.30

Rönne Bornholm Utland 2012-10-28

H70 3100 meter 36 start

1 Björn Linnarsjö OK Orion 31.51
5 Bengt Olsson Markbygdens OK 39.07
6 Rune Arvidsson Markbygdens OK 40.00

OK Löftan Natt 2012-10-13

Öppen 2 2290 meter 5 start

1 Alex Johansson FK Friskus 29.40
4 Totte Holm Markbygdens OK 47.03

Schweiz Meisterschaft Utland 2012-11-04

D18 Team-OL 6000 meter 11 start

1 OLK Fricktal/Markbygdens OK 55.57
1 Lisa Holer OLK Fricktal 55.37
1 Elin Högstrand Markbygdens OK 55.37
1 Josefin Andersson Markbygdens OK 55.37

Hylte OK Ultralång 2012-11-05

D18

| | | | |
|----------------------------------|----------------------------|------------------|---------|
| 1. | OLK Fricktal/Markbyg ns OK | | 55.57 G |
| D14 | 6400 meter 9 start | | |
| 1 | Emelie Svensson | IF Rigor | 65.17 |
| 2 | Klara Axelsson | Markbygdens OK | 65.42 |
| H14 | 6600 meter 18 start | | |
| 1 | Victor Helgesson | Hestra IF | 44.38 |
| 3 | Felix Axelsson | Markbygdens OK | 49.35 |
| H45 | 11200 meter 25 start | | |
| 1 | Thomas Johannesson | Ronneby OK | 79.26 |
| 19 | Per-Anders Axelsson | Markbygdens OK | 120.17 |
| H55 | 10130 meter 22 start | | |
| 1 | Kurt Svensson | IK Hakarpspojkar | 79.59 |
| 7 | Mikael Bodén | Markbygdens OK | 88.28 S |
| H60 | 9080 meter 18 start | | |
| 1 | Håkan Winnberg | IK Trenne | 78.30 |
| 2 | Torgny Pettersson | Markbygdens OK | 78.42 G |
| H75 | 6600 meter 10 start | | |
| 1 | Stig Fransson | OK Stigen | 76.10 |
| 9 | Totte Holm | Markbygdens OK | 149.45 |
| Öppen 2 | 4020 meter 21 start | | |
| 1 | Ann Wilander | Anderstorps OK | 37.38 |
| 18 | Jonathan Bodén | Markbygdens OK | 62.05 |
| Öppen 6 | 4770 meter 29 start | | |
| 1 | Robert Hallberg | IK Uven | 37.56 |
| 27 | Åke Ekberg | Markbygdens OK | 112.20 |
| Borås GIF Natt Sprint 2012-11-09 | | | |
| ----- | | | |
| H21 | 2580 meter 46 start | | |
| 1 | Johan Runesson | Göteborg-Majorna | 11.05 |
| 2 | Johan Högstrand | Markbygdens OK | 11.07 |
| H18 | 2460 meter 43 start | | |
| 1 | Oskar Nykvist | Jönköpings OK | 11.40 |
| 9 | Klas Udd | Markbygdens OK | 13.07 |
| 17 | Niklas Frisk | Markbygdens OK | 14.07 |
| 18 | Erik Persson | Markbygdens OK | 14.14 |
| D16 | 2130 meter 78 start | | |
| 1 | Gabriella Gustafsson | IK Hakarpspojkar | 11.54 |
| 8 | Hanna Karlsson | Markbygdens OK | 13.01 |
| D14 | 2040 meter 73 start | | |
| 1 | Vilma Blennow | Falköpings AIK | 11.34 |
| 3 | Klara Axelsson | Markbygdens OK | 12.11 |
| 10 | Klara Ask | Markbygdens OK | 13.17 |
| 42 | Emelie Udd | Markbygdens OK | 15.37 |
| H14 | 2260 meter 55 start | | |
| 1 | August Mollén | OK Denseln | 11.23 |
| 3 | Felix Axelsson | Markbygdens OK | 12.30 |
| 25 | Olle Sörqvist | Markbygdens OK | 16.15 |
| H12 | 2100 meter 97 start | | |

| | | | |
|----|----------------------|----------------|-------|
| 1 | Simon Harden | FK Boken | 12.17 |
| 39 | Petter Leibe-Bergste | Markbygdens OK | 17.01 |
| 68 | Axel Åkesson | Markbygdens OK | 21.16 |
| 76 | Olle Leibe-Bergstedt | Markbygdens OK | 23.54 |

D40 2000 meter 27 start

| | | | |
|---|--------------------|----------------|-------|
| 1 | Ulrika Kindlund | OK Tranan | 12.48 |
| 5 | Jeanette Sigenstam | Markbygdens OK | 14.46 |

H40 2250 meter 32 start

| | | | |
|----|---------------|----------------|-------|
| 1 | Martin Boberg | IF Rigor | 11.43 |
| 16 | Fredrik Ask | Markbygdens OK | 14.19 |

H45 2150 meter 63 start

| | | | |
|----|---------------------|----------------|-------|
| 1 | Henryk Zienkiewicz | IF Rigor | 10.10 |
| 19 | Per-Anders Axelsson | Markbygdens OK | 13.06 |

D50 1860 meter 11 start

| | | | |
|---|-----------------|----------------|-------|
| 1 | Annika Svensson | Solna OK | 13.08 |
| 2 | Marie Högstrand | Markbygdens OK | 13.46 |

H75 1500 meter 3 start

| | | | |
|---|-----------------|------------------|-------|
| 1 | Torild Bornetun | Skillingaryds FK | 13.52 |
| 2 | Totte Holm | Markbygdens OK | 24.34 |

Öppen 7 2580 meter 40 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Erik Öhlund | Göteborg-Majorna | 11.52 |
| 21 | Johanna Skogum | Markbygdens OK | 21.25 |

Hestra IF Sprint 2012-11-10

H21 2610 meter 54 start

| | | | |
|----|-------------------|----------------|-------|
| 1 | Fredrik Johansson | IFK Lidingös | 15.16 |
| 2 | Johan Högstrand | Markbygdens OK | 16.11 |
| 17 | Simon Larsson | Markbygdens OK | 20.53 |

H18 2340 meter 42 start

| | | | |
|----|------------------|----------------|-------|
| 1 | Gustaf Sparrevik | Lerums SOK | 15.12 |
| 5 | Pontus Karlsson | Markbygdens OK | 16.19 |
| 12 | Erik Persson | Markbygdens OK | 18.45 |
| 23 | Niklas Frisk | Markbygdens OK | 20.38 |

D16 1990 meter 77 start

| | | | |
|----|----------------|-----------------|-------|
| 1 | Line Cederberg | Vänernsborgs SK | 15.25 |
| 10 | Hanna Karlsson | Markbygdens OK | 18.04 |

H16 2150 meter 86 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Samuel Plumppu | Bredareds IF | 13.37 |
| 30 | Edvin Carlsson | Markbygdens OK | 21.02 |

D14 2110 meter 82 start

| | | | |
|----|----------------|----------------|-------|
| 1 | Vilma Blennow | Falköpings AIK | 12.40 |
| 9 | Klara Axelsson | Markbygdens OK | 14.48 |
| 11 | Klara Ask | Markbygdens OK | 14.51 |
| 56 | Emelie Udd | Markbygdens OK | 22.30 |

H14 2060 meter 60 start

| | | | |
|----|----------------|------------------|-------|
| 1 | Isac Von | Krusenstierna OK | 12.08 |
| 13 | Felix Axelsson | Markbygdens OK | 15.12 |
| 42 | Olle Sörqvist | Markbygdens OK | 26.18 |
| 44 | Axel Lomander | Markbygdens OK | 26.50 |

H12 1870 meter 22 start
1 Lukas Olm Kils OK 12.34
20 Axel Åkesson Markbygdens OK 15.53
27 Petter Leibe-Bergste Markbygdens OK 16.32
81 Olle Leibe-Bergstedt Markbygdens OK 22.54

D40 2200 meter 37 start
1 Maria Junevik Leksands OK 19.38
7 Jeanette Sigenstam Markbygdens OK 23.55

H40 2460 meter 44 start
1 Björn Mårtensson OK Skogsstjärnan 15.39
18 Fredrik Ask Markbygdens OK 21.57

H45 2250 meter 77 start
1 Thomas Johannesson Ronneby OK 15.33
62 Per-Anders Axelsson Markbygdens OK 26.00

D50 2040 meter 17 start
1 Britta Sahlin Vänersborgs SK 19.03
4 Marie Högstrand Markbygdens OK 22.19

Öppen 7 2460 meter 48 start
1 Magnus Södervall IK Gandvik 17.28
6 Anne Hansson Markbygdens OK 23.49

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H18 2700 meter 47 start
1 Johan Böni Göteborg-Majorna 18.28
19 Niklas Frisk Markbygdens OK 23.12

D16 2300 meter 91 start
1 Erica Edman Korsnäs IF 18.29
26 Hanna Karlsson Markbygdens OK 24.26

H16 2500 meter 04 start
1 Markus Larsson Hestra IF 17.04
36 Edvin Carlsson Markbygdens OK 23.40

D14 2300 meter 53 start
1 Kerstin Wadman Göteborg-Majorna 14.48
21 Klara Axelsson Markbygdens OK 18.41
26 Klara Ask Markbygdens OK 19.01
58 Emelie Udd Markbygdens OK 22.17

H14 2200 meter 26 start
1 August Mollén OK Denseln 13.56
5 Felix Axelsson Markbygdens OK 15.16
42 Axel Lomander Markbygdens OK 20.24
58 Olle Sörqvist Markbygdens OK 22.34
101 Albin S Andersson Markbygdens 33.11

H12 1800 meter 65 start
1 Sander Arntzen Lierbygda O-lag 11.38
7 Axel Åkesson Markbygdens OK 12.41
26 Petter Leibe-Bergste Markbygdens OK 14.13
34 Olle Leibe-Bergstedt Markbygdens OK 14.53

D10 1600 meter 30 start

| | | | |
|-----------------------------|---------------------|----------------|---------|
| 1 | Hilda Holmqvist | Johansson IK | 9.42 |
| 8 | Lisa Åkesson | Markbygdens OK | 11.20 |
| 50 | Erika Åkesson | Markbygdens OK | 16.39 |
| 80 | Matilda Ryberg | Markbygdens OK | 20.58 |
| H10 1500 meter 28 start | | | |
| 1 | Axel Elmblad | Bredaryds SOK | 9.05 |
| 18 | Anton Blomqvist | Markbygdens OK | 13.03 |
| D40 2100 meter 56 start | | | |
| 1 | Helena Bååth | Hestra IF | 16.15 |
| 11 | Jeanette Sigenstam | Markbygdens OK | 18.34 |
| 23 | Helena Blomqvist | Markbygdens OK | 21.09 |
| H40 2500 meter 78 start | | | |
| 1 | Martin Boberg | IF Rigor | 16.17 |
| 25 | Fredrik Ask | Markbygdens OK | 20.13 |
| H45 2400 meter 07 start | | | |
| 1 | Håkan Svensson | Bredaryds SOK | 16.19 |
| 38 | Per-Anders Axelsson | Markbygdens OK | 21.44 |
| H55 2200 meter 19 start | | | |
| 1 | Mikael Johansson | OK Gisle | 18.10 |
| H75 1400 meter 5 start | | | |
| 1 | Ingemar Alfredsson | IK Uven | 17.41 |
| 2 | Totte Holm | Markbygdens OK | 23.34 |
| Inskol 1500 meter 55 start | | | |
| | Elin Blomqvist | Markbygdens OK | Godkänd |
| U1 1500 meter 51 start | | | |
| 1 | Ida Rosjö | Jönköpings OK | 11.31 |
| 15 | Albin Ryberg | Markbygdens OK | 16.58 |
| 135 | Einar Sörqvist | Markbygdens OK | 36.00 |
| U2 1900 meter 64 start | | | |
| 1 | Jakob Wilhelmsson | OK Dacke | 14.46 |
| 8 | Hugo Lomander | Markbygdens OK | 18.11 |
| 62 | Jonathan Wall | Markbygdens OK | 25.45 |
| 120 | Elving Lomander | Markbygdens OK | 34.35 |
| U3 2000 meter 18 start | | | |
| 1 | Silje Marie | Nordvik Asker | 22.18 |
| Öppen 2 1800 meter 48 start | | | |
| 1 | Patrik Corneliusson | OK Löftan | 13.54 |
| 43 | Kristina Lidbom | Markbygdens OK | 49.33 |
| 44 | Helen Nordling | Markbygdens OK | 49.34 |
| Öppen 5 2100 meter 56 start | | | |
| 1 | Stefan Hellqvist | OK Flundrehof | 14.20 |
| 82 | Jonathan Bodén | Markbygdens OK | 24.46 |
| 114 | Leila Ljunggren | Markbygdens OK | 29.58 |
| 117 | Matz Sandström | Markbygdens OK | 31.03 |
| Öppen 7 2700 meter 00 start | | | |
| 1 | Peter Öberg | OK Hällen | 15.10 |
| 8 | Martina Vejedal | Markbygdens OK | 22.54 |
| 12 | Magnus Wallin | Markbygdens OK | 23.43 |
| 30 | Lisa Wallin | Markbygdens OK | 26.01 |
| 65 | Tove Udd | Markbygdens OK | 31.11 |

75 Jörgen Frisk Markbygdens OK 34.17

FK Herkules Lång 2012-11-24

Öppen 3 2910 meter 12 start

1 Martin Flinta FK Herkules 39.11
7 Totte Holm Markbygdens OK 65.11

Ulricehamns OK Natt 2012-11-29

Herrar 5000 meter 10 start

1 Victor Helgesson Hestra IF 41.31
6 Bo Herdersson Markbygdens OK 43.02
10 Tomas Tranberg Markbygdens OK 52.29

Skene SoIS Natt 2012-12-20

Herrar 7560 meter 9 start

1 Albin Andersson Markbygdens OK 63.18
8 Niklas Frisk Markbygdens OK 85.09

Herrar 4850 meter 13 start

1 Rickard Börjesson Hestra IF 45.05
2 Erik Persson Markbygdens OK 46.23
3 Bo Herdersson Markbygdens OK 47.07
5 Felix Axelsson Markbygdens OK 50.15
7 Joel Udd Markbygdens OK 53.38
8 Martin Svensson Markbygdens OK 54.28
11 Tomas Tranberg Markbygdens OK 60.46

Herrar 3250 meter 3 start

1 Olle Sörqvist Markbygdens OK 43.59
2 Hans Hansson Markbygdens OK 56.27

Herrar 1960 meter 3 start

1 Axel Åkesson Markbygdens OK 16.07
2 Jonathan Wall Markbygdens OK 58.02
3 Edvin Broms Markbygdens OK 58.04

Damer 4850 meter 2 start

1 Hanna Karlsson Markbygdens OK 48.04
2 Klara Axelsson Markbygdens OK 54.54

Damer 3250 meter 2 start

1 Gunilla Larsson Bredareds IF 47.14