

Resultat Kalmar Malkars 21KM & Malkarsfemman 2023

Inklusive Östsvenska DM & VDM i halvmarathon



Datum: 2023-07-01

Plats: Malkars Träningscenter, Kalmar.

Arrangör: Högby IF

Tävlingsledare: Carl-Gustaf Nilsson

Väder: 20 grader, mulet, svag vind.

Deltagare:

429 anmälda

388 i mål

[Synpunkter till friidrott@hogbyif.se](mailto:synpunkter.till.friidrott@hogbyif.se)

Kvinnor Halvmarathon

| Plac | Förnamn | Efternamn | Född | Förening/ort | Resultat | Nr | DM | VDM |
|------|------------|-------------------|------|-------------------------------|----------|------|----|-------|
| 1 | Beatrice | Lejnegård | 91 | Oskarshamn RC | 1:23:01 | 32 | 1 | |
| 2 | Erika | Lindeblad | 93 | Högby IF | 1:23:39 | 33 | 2 | |
| 3 | Annika | Lilja | 80 | Kosta | 1:28:51 | 679 | | |
| 4 | Karin | Lagerström | 79 | Oskarshamn RC | 1:29:48 | 29 | 3 | K40:1 |
| 5 | Anna | Hedenfeldt | 81 | Högby IF | 1:32:47 | 16 | 4 | K40:2 |
| 6 | Sanna | Kanter | 84 | Västervik | 1:33:12 | 2226 | | |
| 7 | Siri | Ohrankämnen | 95 | Mölnadal | 1:35:24 | 716 | | |
| 8 | Arina | Thoren | 73 | ASICS FrontRunner | 1:36:49 | 769 | | |
| 9 | Sara | Gunnarsson | 99 | Karlskrona | 1:37:24 | 480 | | |
| 10 | Lis | Örnhed | 81 | Heleneholm IF | 1:38:26 | 3365 | | |
| 11 | Sally | Dag | 98 | Kalmar | 1:39:10 | 447 | | |
| 12 | Anna | Karlsson | 91 | Högby IF | 1:39:31 | 27 | 5 | |
| 13 | Camilla | Ahlström | 85 | Förlösa Goif | 1:40:15 | 405 | 6 | K35:1 |
| 14 | Lina | Bladfors | 81 | Högby IF | 1:40:43 | 5 | 7 | K40:3 |
| 15 | Lin | Mandelberg | 82 | Roma IF | 1:41:24 | 695 | | |
| 16 | Rebecca | Fors | 89 | Oskarshamn | 1:42:50 | 463 | | |
| 17 | Theresia | Jonsson | 82 | Kalmar RC Triathlon | 1:42:54 | 23 | 8 | K40:4 |
| 18 | Jenny | Rådde | 74 | BHRC | 1:43:00 | 62 | 9 | K45:1 |
| 19 | Marie | Åkerlind | 74 | Älvsjö | 1:43:27 | 796 | | |
| 20 | Anna-Stina | Wanby | 64 | Högby IF | 1:44:32 | 56 | 10 | K55:1 |
| 21 | Katja | Schönbeck | 71 | IFK Växjö | 1:44:45 | 46 | 11 | K50:1 |
| 22 | Sarah | Strandh | 81 | Veberöd | 1:44:57 | 759 | | |
| 23 | Josefine | Bergström | 89 | Vimmerby | 1:45:04 | 421 | | |
| 24 | Caroline | Turkowitch | 79 | Malkars Träningscenter Kalmar | 1:45:13 | 775 | | |
| 25 | Stephanie | Castelli Landberg | 94 | Stockholm | 1:47:21 | 443 | | |
| 26 | Julia | Sjöbäck | 97 | Malkars Träningscenter Kalmar | 1:47:34 | 754 | | |

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|----|-----------|-----------------|----|--------------------------------|---------|------|----|--|-------|
| 27 | Sara | Jonsson | 05 | Kalmar | 1:48:00 | 2220 | | | |
| 28 | Lilly | Gunnarsson | 05 | Kalmar | 1:48:05 | 477 | | | |
| 29 | Martina | Gunnarsson | 99 | Kalmar | 1:48:05 | 479 | | | |
| 30 | Anna | Gunnarsson | 01 | Kalmar | 1:48:05 | 476 | | | |
| 31 | Elenor | Nilsson | 84 | Kalmar RC Triathlon | 1:48:41 | 36 | 12 | | K35:2 |
| 32 | Stina | Svedenås | 91 | Rockneby | 1:49:01 | 761 | | | |
| 33 | Ulrika | Hjort | 72 | Kalmar RC Triathlon | 1:49:08 | 19 | 13 | | K50:2 |
| 34 | Anita | Jönsson | 63 | Högby IF | 1:49:31 | 25 | 14 | | K60:1 |
| 35 | Annie | Wennerström | 96 | Kalmar | 1:49:41 | 786 | | | |
| 36 | Linda | Stenborg | 80 | Karlskrona | 1:51:05 | 756 | | | |
| 37 | Maria | Flisberg | 75 | Ljungbyholm | 1:52:07 | 458 | | | |
| 38 | Margareta | Warstedt | 64 | Friskis & Sveltis Kristianstad | 1:53:13 | 784 | | | |
| 39 | Ida | Bellander | 79 | Växjö | 1:53:49 | 418 | | | |
| 40 | Marie | Rydståle | 87 | Malkars Träningscenter Kalmar | 1:53:53 | 747 | | | |
| 41 | Josefin | Ljungblom | 90 | Kalmar | 1:54:11 | 688 | | | |
| 42 | Pernilla | Arenius | 79 | Fliseryd | 1:54:19 | 412 | | | |
| 43 | Lisa | Olsson | 85 | Lag Baristan | 1:56:07 | 721 | | | |
| 44 | Linnéa | Johansson | 80 | Umara SC | 1:56:12 | 2215 | | | |
| 45 | Sara | Strand | 76 | Högby IF | 1:56:19 | 51 | 15 | | K45:2 |
| 46 | Alva | Burvall | 03 | Kalmar | 1:57:11 | 437 | | | |
| 47 | Sanne | Welin | 96 | Ystad | 1:57:32 | 785 | | | |
| 48 | Klara | Thornblad | 94 | Viken | 1:57:32 | 770 | | | |
| 49 | Asuman | Kemiksiz Erenel | 88 | Kalmar | 1:57:43 | 2234 | | | |
| 50 | Sofie | Gustafsson | 85 | Berga | 1:57:55 | 481 | | | |
| 51 | Sara | Enge | 76 | Kalmar | 1:58:09 | 453 | | | |
| 52 | Annika | Jönsson | 77 | Rockneby | 1:58:21 | 2224 | | | |
| 53 | Helene | Forsén | 66 | Team Addison (rullstol) | 1:58:32 | 464 | | | |
| 54 | Cordulla | Kernn | 57 | LG Pegasos Berlin | 1:59:42 | 82 | | | |
| 55 | Hanna | Lidström | 94 | Skärholmen | 2:00:36 | 2249 | | | |
| 56 | Elin | Rydasp | 90 | Byxelkrok RC | 2:01:27 | 745 | | | |
| 57 | Malin | Persson | 75 | Kalmar | 2:01:53 | 732 | | | |
| 58 | Cecilia | Riesle Olsson | 69 | Rella rebell runners | 2:02:29 | 740 | | | |
| 59 | Frida | Åberg | 83 | | 2:02:50 | 99 | | | |
| 60 | Hanna | Löfgren | 91 | Kalmar | 2:02:52 | 692 | | | |
| 61 | Sandra | Leonardsson | 80 | Maxprestation SC | 2:03:03 | 500 | | | |
| 62 | Paula | Haglund | 78 | Mönsterås | 2:04:04 | 487 | | | |
| 63 | Anna | Wiberg | 98 | Glimåkra | 2:05:15 | 787 | | | |
| 64 | Sara | Lif Andersson | 82 | Åseda | 2:05:54 | 2250 | | | |
| 65 | Rebecca | Tolerus | 90 | Malmö | 2:06:14 | 773 | | | |
| 66 | Pernilla | Kalla | 68 | Färjestadens Motion IF | 2:06:46 | 798 | | | |
| 67 | Victoria | Petersson | 96 | Kalmar | 2:07:46 | 737 | | | |
| 68 | Julia | Lim | 94 | Lund | 2:07:58 | 680 | | | |
| 69 | Maria | Hägg Appelkvist | 78 | Rockneby | 2:08:07 | 497 | | | |
| 70 | Rebecca | Bolin | 00 | Kalmar | 2:08:15 | 431 | | | |
| 71 | Cecilia | Walcks | 65 | Lomma | 2:08:21 | 91 | | | |
| 72 | Ewelina | Gylling | 99 | Malkars Träningscenter Kalmar | 2:08:32 | 484 | | | |

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|----|------------|--------------|----|-----------------------|---------|------|----|-------|
| 73 | Anna | Lennartsson | 97 | Kalmar | 2:08:39 | 2247 | | |
| 74 | Maja | Fogelström | 00 | Västervik | 2:08:44 | 461 | | |
| 75 | Karolin | Beskow | 89 | Run Deep | 2:09:48 | 425 | | |
| 76 | Sabina | Wallin | 95 | Kalmar | 2:12:31 | 782 | | |
| 77 | Carroll | Carmel | 68 | Ireland | 2:13:13 | 442 | | |
| 78 | Vaiva | Jasaite | 85 | Kalmar | 2:15:08 | 2206 | | |
| 79 | Wida | Rahman | 00 | Sjömarken | 2:15:57 | 739 | | |
| 80 | Amanda | Nolhage | 89 | HFC Crossfit Vetlanda | 2:17:05 | 711 | | |
| 81 | Mirjam | Olovsson | 75 | Nybro | 2:17:13 | 718 | | |
| 82 | Linda | Hasselgren | 92 | Ljungbyholm | 2:17:43 | 490 | | |
| 83 | Malin | Herbertsson | 85 | Vassmolösa | 2:17:43 | 493 | | |
| 84 | Judit | Jansen | 70 | Switzerland | 2:18:53 | 2205 | | |
| 85 | Kristina | Gunnarsson | 56 | Läckeby | 2:19:26 | 100 | | |
| 86 | Mia | Steintorsson | 79 | Högby IF | 2:20:57 | 50 | 16 | K40:5 |
| 87 | Hanna | Nilsson | 92 | Vislanda | 2:22:57 | 708 | | |
| 88 | Timea | Petersson | 97 | Kalmar | 2:23:00 | 736 | | |
| 89 | Leen | Eid | 00 | | 2:24:34 | 450 | | |
| 90 | Hilda | Lind | 90 | Tranås | 2:25:38 | 681 | | |
| 91 | Petronella | Lind | 74 | Flerohopp | 2:28:32 | 682 | | |
| 92 | Martina | Kier | 91 | Åhus | 2:33:23 | 2236 | | |
| 93 | Lina | Strandahl | 00 | Halmstad | 2:34:17 | 757 | | |
| 94 | Sandra | Strandahl | 91 | Oskarström | 2:40:35 | 758 | | |
| 95 | Veronica | Agnoletto | 80 | Hägersten | 2:47:12 | 404 | | |
| | Filippa | Andersson | 04 | Högby IF | DNF | 2 | | |
| | Erica | Andersson | 90 | Kungsbacka | DNF | 409 | | |

Män Halvmarathon

| Plac | Förnamn | Efternamn | Född | Förening/ort | Resultat | Nr | DM | VDM |
|------|---------|--------------|------|---------------------|----------|-----|----|-------|
| 1 | Andreas | Davidsson | 95 | Högby IF | 1:10:25 | 11 | 1 | |
| 2 | Tony | Hatefnejad | 87 | Hälle IF | 1:10:46 | 491 | | |
| 3 | Oliver | Wykman | 94 | Högby IF | 1:11:57 | 60 | 2 | |
| 4 | Viktor | Helander | 90 | Eksjö Södra IK | 1:12:01 | 18 | 3 | |
| 5 | Hjalmar | Selskog | 00 | IKHP Huskvarna | 1:13:22 | 47 | 4 | |
| 6 | Johan | Nordström | 79 | Högby IF | 1:14:11 | 37 | 5 | M40:1 |
| 7 | Anton | Frisk | 92 | Umara SC | 1:14:45 | 469 | | |
| 8 | David | Kasselstrand | 82 | Gamleby OK | 1:15:21 | 28 | 6 | M40:2 |
| 9 | Abakar | Abdelkarim | 00 | Högby IF | 1:15:32 | 1 | 7 | |
| 10 | Mattias | Wellermark | 78 | IK Akele | 1:16:20 | 57 | 8 | M45:1 |
| 11 | Fredrik | Bolmstam | 82 | Apladalens LK | 1:16:24 | 6 | 9 | M40:3 |
| 12 | Victor | Byström | 91 | Högby IF | 1:16:56 | 7 | 10 | |
| 13 | Magnus | Carlson | 79 | Hossmo RC | 1:17:13 | 8 | 11 | M40:4 |
| 14 | Johan | Danielsson | 88 | Kalmar | 1:17:50 | 88 | | |
| 15 | Mattias | Svensson | 93 | Team Runnershigh IF | 1:18:09 | 53 | 12 | |
| 16 | Johan | Gustafsson | 76 | Tjalve FIF | 1:18:31 | 14 | 13 | M45:2 |

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|----|------------|---------------|----|-------------------------------|---------|------|----|-------|
| 17 | Jörgen | Andersson | 85 | Hossmo RC | 1:21:05 | 3 | 14 | M35:1 |
| 18 | Kristoffer | Georgsson | 84 | Lönashults Golf | 1:21:50 | 13 | 15 | M35:2 |
| 19 | Kim | Petersson | 96 | Nybro Ski | 1:21:57 | 735 | | |
| 20 | Oskar | Palmer | 85 | Aneby | 1:23:13 | 728 | | |
| 21 | Erik | Högvist | 89 | IF Göta Karlstad | 1:23:21 | 498 | | |
| 22 | Mattias | Toivanen | 90 | Länsförsäkringar Kalmar Län | 1:23:34 | 772 | | |
| 23 | Daniel | Fisch | 94 | Malkars Träningscenter Kalmar | 1:23:37 | 457 | | |
| 24 | Mattias | Ekman | 82 | Apladalens LK | 1:23:44 | 12 | 16 | M40:5 |
| 25 | Patrik | Stark | 82 | Lönashults Golf | 1:23:53 | 49 | 17 | M40:6 |
| 26 | Niklas | Wikner | 64 | Eksjö Södra IK | 1:23:53 | 789 | 18 | M55:1 |
| 27 | Johan | Walleth | 90 | Umara SC | 1:24:21 | 781 | | |
| 28 | David | Petersson | 82 | Apladalens LK | 1:24:27 | 42 | 19 | M40:7 |
| 29 | David | Erndin | 89 | Nybro Ski | 1:24:39 | 3363 | | |
| 30 | Patrik | Axelsson | 71 | BHRC | 1:24:44 | 3364 | 20 | M50:1 |
| 31 | Edwin | Van Asseldonk | 80 | Oskarshamn RC | 1:24:46 | 55 | 21 | M40:8 |
| 32 | Patrick | Carlsson | 71 | Ljungby FIK | 1:24:54 | 9 | 22 | M50:2 |
| 33 | Simon | Barrefelt | 96 | Ålem | 1:25:34 | 417 | | |
| 34 | Joakim | Nielsen | 89 | Team Runnershigh IF | 1:25:48 | 35 | 23 | |
| 35 | John | Petersson | 93 | Kalmar | 1:26:16 | 734 | | |
| 36 | Mauricio | Caroca | 72 | Team Runnershigh IF | 1:26:20 | 10 | 24 | M50:3 |
| 37 | Martin | Strümpel | 72 | Kalmar RC Triathlon | 1:26:37 | 52 | 25 | M50:4 |
| 38 | Niklas | Heinvall | 87 | Kalmar RC Triathlon | 1:27:06 | 17 | 26 | M35:3 |
| 39 | Martin | Palm | 90 | Green street running | 1:27:47 | 727 | | |
| 40 | Felix | Lamberg | 00 | Billdal | 1:27:49 | 2244 | | |
| 41 | Oliver | Nilsson | 90 | Hälle IF | 1:28:14 | 710 | | |
| 42 | Rickard | Gunnarsson | 95 | Kalmar | 1:28:29 | 87 | | |
| 43 | Adrian | Ronsten | 94 | BARISTAN | 1:28:37 | 741 | | |
| 44 | Toni | Joutjärvi | 77 | Helsinki Runners | 1:28:42 | 2223 | | |
| 45 | Stefan | Winterqvist | 78 | Apladalens LK | 1:28:59 | 59 | 27 | M45:3 |
| 46 | Eric | Lindholm | 89 | Linköping | 1:29:15 | 685 | | |
| 47 | Nikolaos | Tragotsis | 96 | Sundbyberg | 1:29:29 | 774 | | |
| 48 | Johan | Svedin | 79 | Kalmar | 1:29:59 | 762 | | |
| 49 | Mattias | Wittenberg | 82 | Kalmar | 1:31:23 | 794 | | |
| 50 | Erik | Jalkeus | 96 | BARISTAN | 1:31:24 | 2204 | | |
| 51 | Anders | Sjöberg | 68 | Glasrikets RC | 1:31:45 | 48 | 28 | M55:2 |
| 52 | Petter | Elmeroth | 83 | BHRC | 1:32:04 | 452 | 29 | M40:9 |
| 53 | Joachim | Karlsson | 76 | Kalmar | 1:32:07 | 2229 | | |
| 54 | Mikael | Pettersson | 80 | Nybro Ski | 1:32:14 | 738 | | |
| 55 | Robert | Blomberg | 78 | Himlastigen | 1:32:24 | 3362 | | |
| 56 | Niklas | Hultgren | 74 | Hossmo RC | 1:33:18 | 20 | 30 | M45:4 |
| 57 | David | Karlsson | 85 | Vimmerby | 1:33:20 | 2227 | | |
| 58 | Mattias | Jeppesen | 74 | HLK-92 | 1:33:35 | 2207 | | |
| 59 | Anton | Kihl | 93 | Kalmar | 1:33:43 | 2237 | | |
| 60 | Ulf | Alexandersson | 78 | Norrhult | 1:33:44 | 85 | | |
| 61 | Johan | Jonsson | 70 | Ljungbyholm | 1:33:48 | 2218 | | |
| 62 | Torbjörn | Westman | 61 | Oskarshamn RC | 1:33:53 | 58 | 31 | M60:1 |

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|-----|-------------|-------------------|----|------------------------------|---------|------|----|--------|
| 63 | Anton | Persson | 94 | Skärholmen | 1:34:00 | 731 | | |
| 64 | Mattias | Lingdell | 76 | Kalmar | 1:34:05 | 686 | | |
| 65 | Thomas | Steinschader | 84 | Kalmar | 1:34:22 | 3369 | | |
| 66 | Stefan | Löfhede | 81 | Glasrikets RC | 1:34:25 | 34 | 32 | M40:10 |
| 67 | Tomas | Eriksson | 56 | Gåsabo | 1:34:37 | 89 | | |
| 68 | Tobias | Jonsson | 72 | Gunnarstorp | 1:34:49 | 2221 | | |
| 69 | Karl | Rosén-Lidholm | 83 | Kalmar | 1:35:54 | 743 | | |
| 70 | Alfred | Lejdel Henriksson | 90 | Kalmar | 1:35:59 | 2246 | | |
| 71 | David | Lundahl | 90 | Stockholm | 1:36:37 | 689 | | |
| 72 | Steffen | Gräser | 67 | Germany | 1:37:05 | 475 | | |
| 73 | Arvid | Johansson | 01 | Kalmar sim | 1:37:16 | 2210 | | |
| 74 | Martin | Karlsson | 92 | Karlskrona | 1:37:23 | 2230 | | |
| 75 | Bo | Nyholm Sörensen | 79 | Mogens' Disciple | 1:37:30 | 768 | | |
| 76 | Mats | Wisell | 71 | Söderköping | 1:37:44 | 793 | | |
| 77 | Dennis | Olsson | 91 | Kungsbacka | 1:37:56 | 719 | | |
| 78 | Leif | Jonsson | 56 | Torsås OK | 1:38:33 | 2219 | | |
| 79 | Erik | Marklund | 92 | BST | 1:38:50 | 697 | | |
| 80 | Johan | Hansevi | 89 | Vimmerby Atlet och Hälsoklub | 1:38:56 | 489 | | |
| 81 | Victor | Ljungar | 91 | Södra IF | 1:38:56 | 687 | | |
| 82 | Karl | Nordström | 83 | Högby IF | 1:39:06 | 38 | 33 | M40:11 |
| 83 | Robbin | Passmark | 89 | Vimmerby Atlet och Hälsoklub | 1:39:16 | 729 | | |
| 84 | Johan | Blent | 81 | BHRC | 1:39:17 | 428 | 34 | M40:12 |
| 85 | David | Svensson | 05 | Högsby | 1:39:22 | 3361 | | |
| 86 | Benjamin | Lannsjö | 87 | Team Runnershigh IF | 1:39:26 | 30 | 35 | M35:4 |
| 87 | Hans | Olsson | 63 | IK NocOut.se | 1:39:48 | 39 | 36 | M60:2 |
| 88 | Mats | Andersson | 79 | Vimmerby | 1:39:55 | 410 | | |
| 89 | Robin | Ahlström | 83 | Kalmar | 1:40:15 | 406 | | |
| 90 | Fredrik | Johansson | 91 | Nybro IF | 1:40:40 | 2213 | | |
| 91 | Owen | Mcgregor | 03 | Switzerland | 1:40:46 | 701 | | |
| 92 | Henrik | Öberg | 74 | Högby IF | 1:40:51 | 61 | 37 | M45:5 |
| 93 | Karl | Sjöberg | 86 | Hammarstedts Kyl & Inneklim: | 1:41:01 | 752 | | |
| 94 | Peter | Fransson | 68 | BHRC | 1:41:11 | 466 | 38 | M55:3 |
| 95 | Simon | Persson | 85 | Kalmar | 1:41:13 | 733 | | |
| 96 | Jeremie | Rulquin | 94 | Växjö | 1:41:45 | 744 | | |
| 97 | Joel | Sjödin | 99 | Norrköping | 1:41:52 | 755 | | |
| 98 | Jonathan | Gertsson | 98 | Umara SC | 1:42:01 | 473 | | |
| 99 | Jonas | Landin | 72 | Kalmar RC Triathlon | 1:42:18 | 3370 | 39 | M50:5 |
| 100 | David | Ingbrand | 84 | Maxprestation SC | 1:42:33 | 2202 | | |
| 101 | Krister | Haglund | 73 | Stommen | 1:42:34 | 486 | | |
| 102 | Mats | Olsson | 84 | Göteborg | 1:42:36 | 722 | | |
| 103 | Robert | Rosén | 82 | Kalmar RC Triathlon | 1:42:41 | 44 | 40 | M40:13 |
| 104 | Gabriel | Walter | 92 | Sveriges Arbetsterapeuter | 1:42:51 | 783 | | |
| 105 | Axel | Jonsson | 97 | Strömby | 1:43:08 | 2217 | | |
| 106 | Jonas | Ainouz | 86 | Nybro | 1:43:21 | 407 | | |
| 107 | Daniel | Braw | 81 | Kalmar | 1:44:28 | 435 | | |
| 108 | Christoffer | Braw | 86 | Stockholm | 1:44:28 | 434 | | |

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|-----|-------------|----------------|----|-------------------------------|---------|------|----|-------|
| 109 | Oskar | Olsson | 94 | Karlskrona | 1:44:32 | 723 | | |
| 110 | Per | Josefsson | 86 | Ljungbyholm | 1:44:53 | 2222 | | |
| 111 | Peter | Broström | 64 | Kalmar | 1:44:53 | 83 | | |
| 112 | Mattias | Falk | 80 | Patamalm | 1:45:02 | 456 | | |
| 113 | Markus | Arkko | 90 | Kalmar | 1:45:21 | 413 | | |
| 114 | Christopher | Brander | 80 | Länsförsäkringar Kalmar Län | 1:45:59 | 433 | | |
| 115 | Tomas | Melin | 92 | Kalmar | 1:46:13 | 3371 | | |
| 116 | Andreas | Tänzer | 83 | SV Edderitz1921 e.V. | 1:46:25 | 776 | | |
| 117 | Kristofer | Bergström | 84 | Näckens IF | 1:46:27 | 422 | | |
| 118 | Håkan | Asp | 63 | IK NocOut.se | 1:46:28 | 4 | 41 | M60:3 |
| 119 | Mathias | Billmark | 74 | Malkars Träningscenter Kalmar | 1:46:32 | 426 | | |
| 120 | Simon | Flisberg | 01 | Karlskrona | 1:46:51 | 459 | | |
| 121 | Christer | Nilsson | 78 | Kalmar Allträning | 1:46:57 | 706 | | |
| 122 | Olle | Moberg | 83 | | 1:47:10 | 90 | | |
| 123 | Joakim | Segerdahl | 77 | Vimas Träningscenter | 1:47:15 | 750 | | |
| 124 | Magnus | Gustavsson | 62 | Torsås | 1:47:24 | 92 | | |
| 125 | Lyndon | Edwards | 71 | Kalmar | 1:47:26 | 449 | | |
| 126 | Martin | Mansnerus | 87 | Förlösa AK | 1:47:31 | 696 | | |
| 127 | Conny | Sjöbäck | 68 | Kalmar | 1:47:35 | 753 | | |
| 128 | Martin | Bengtsson | 97 | Helsingborg | 1:47:36 | 419 | | |
| 129 | Fredrik | Karlsson | 73 | Bostorp RC | 1:47:49 | 2228 | | |
| 130 | Martin | Norin | 75 | Enskede | 1:48:04 | 3366 | | |
| 131 | Stefan | Olsson | 73 | Slimos Löpargrupp | 1:48:18 | 724 | | |
| 132 | David | Franzén | 98 | Malmö | 1:48:19 | 84 | | |
| 133 | Dennis | Johansson | 95 | Mörbylånga | 1:48:21 | 2211 | | |
| 134 | Andreas | Oscarsson | 75 | Förlösa Goif | 1:48:24 | 725 | 42 | M45:6 |
| 135 | Johan | Wahlström | 82 | Länsförsäkringar Kalmar Län | 1:48:47 | 779 | | |
| 136 | Peter | Winsth | 73 | Värnamo | 1:48:56 | 792 | | |
| 137 | Kushtrim | Krasniqi | 95 | MANÅM RC | 1:49:01 | 2241 | | |
| 138 | Oskar | Andersson | 00 | Lund | 1:49:07 | 411 | | |
| 139 | Anton | Yngvesson | 00 | Kalmar | 1:49:11 | 795 | | |
| 140 | Gabriel | Björk | 98 | MANÅM RC | 1:49:22 | 427 | | |
| 141 | Oskar | Genstrand | 91 | Kalmar | 1:49:54 | 472 | | |
| 142 | Kennet | Söderena | 75 | Rockneby | 1:50:02 | 767 | | |
| 143 | Dennis | Fontler | 91 | Kalmar | 1:50:07 | 462 | | |
| 144 | Joakim | Tisell | 79 | Kalmar | 1:50:19 | 771 | | |
| 145 | Janne | Landin | 59 | Ölklubben | 1:50:50 | 2245 | | |
| 146 | Patrick | Ersson | 70 | Färjestadens Motion IF | 1:50:51 | 455 | | |
| 147 | Linus | Kjellsson | 01 | Kalmar | 1:51:10 | 2239 | | |
| 148 | Filip | Nilsson | 89 | Vassmolösa | 1:51:21 | 707 | | |
| 149 | Karsten | Herda | 64 | Vetlanda | 1:51:31 | 494 | | |
| 150 | Marcus | Atterlord | 72 | Alsterbro | 1:51:45 | 415 | | |
| 151 | Andreas | Mattsson | 95 | Kalmar | 1:51:46 | 700 | | |
| 152 | Auron | Gashi | 02 | MANÅM RC | 1:51:54 | 471 | | |
| 153 | Nils-Allan | Torstensson | 57 | Hultsfreds LK | 1:51:57 | 54 | 43 | M65:1 |
| 154 | Filip | Ibrahimbegovic | 94 | MANÅM RC | 1:51:59 | 2201 | | |

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|-----|-------------|----------------|----|-------------------------------|---------|------|----|-------|
| 155 | Dennis | Ibrahimbegovic | 99 | MANÅM RC | 1:51:59 | 3367 | | |
| 156 | Stefan | Karlsson | 70 | Oskarshamn | 1:52:25 | 2231 | | |
| 157 | Andreas | Linderöth | 72 | Åhus | 1:52:37 | 683 | | |
| 158 | Richard | Berkeby | 83 | Kalmar | 1:53:12 | 424 | | |
| 159 | Viktor | Gustavsson | 92 | Glasrikets RC | 1:53:40 | 15 | 44 | |
| 160 | Magnus | Löbo | 73 | Kalmar | 1:53:59 | 691 | | |
| 161 | Patrik | Larsson | 69 | Slimos Löpargrupp | 1:54:00 | 86 | | |
| 162 | David | Leandersson | 93 | Kalmar RC Triathlon | 1:54:01 | 31 | 45 | |
| 163 | Fredrik | Sahlberg | 65 | Högby IF | 1:54:05 | 45 | 46 | M55:4 |
| 164 | Jonathan | Bergcranz | 86 | Kalmar | 1:54:21 | 98 | | |
| 165 | Patrick | Marquardt | 79 | Jönköping | 1:55:05 | 698 | | |
| 166 | Johan | Stånggren | 88 | Älmeboda | 1:55:48 | 760 | | |
| 167 | Simon | Göransson | 90 | Boxholm | 1:55:52 | 485 | | |
| 168 | Jesper | Lindersson | 75 | | 1:56:08 | 95 | | |
| 169 | Mattias | Frisk | 72 | Kalmar | 1:56:10 | 470 | | |
| 170 | Henrik | Granquist | 77 | Helsingborg | 1:56:11 | 474 | | |
| 171 | Christoffer | Ekblom | 89 | Kalmar | 1:56:23 | 451 | | |
| 172 | Thomas | Jönsson | 67 | Apladalens LK | 1:56:52 | 26 | 47 | M55:5 |
| 173 | Martin | Rydström | 84 | Södra IF | 1:56:57 | 746 | | |
| 174 | Emil | Johansson | 83 | Kalmar | 1:57:01 | 2212 | | |
| 175 | Rasmus | Carlsson | 92 | Kalmar | 1:57:14 | 441 | | |
| 176 | Senid | Gvozdar | 06 | Hisings Backa | 1:57:14 | 483 | | |
| 177 | Anders | Wahlberg | 69 | Färjestadens Motion IF | 1:57:24 | 778 | | |
| 178 | Martin | Nyström | 71 | Volvo CE | 1:57:26 | 94 | | |
| 179 | Henrik | Magnusson | 87 | Kalmar | 1:57:58 | 693 | | |
| 180 | Björn | Olovsson | 70 | Nybro | 1:57:58 | 717 | | |
| 181 | Robin | Creutz | 90 | Hultsfred | 1:57:59 | 446 | | |
| 182 | Per-Eric | Oscarsson | 56 | Oskarshamn AIK | 1:58:11 | 726 | | |
| 183 | Jonathan | Svensson | 83 | NCG | 1:58:11 | 764 | | |
| 184 | Ulf | Olsson | 59 | Högby IF | 1:58:30 | 40 | 48 | M60:4 |
| 185 | Albin | Johannesson | 90 | Länsförsäkringar Kalmar Län | 1:58:37 | 2208 | | |
| 186 | Uwe | Kernn | 55 | LG Pegasos Berlin | 1:59:36 | 2235 | | |
| 187 | Christoffer | Franzén | 79 | Vimmerby | 1:59:40 | 467 | | |
| 188 | Isak | Kalla | 07 | Färjestadens Motion IF | 1:59:43 | 799 | | |
| 189 | Jimmy | Sigheim | 77 | Hammarstedts Kyl & Inneklima | 1:59:45 | 751 | | |
| 190 | Janne | Löfvenberg | 88 | Friheten | 2:00:11 | 93 | | |
| 191 | John | Jensen | 60 | Svenljunga IK | 2:00:48 | 97 | | |
| 192 | Tommy | Lindgren | 63 | Kraftbuss IF | 2:00:59 | 684 | | |
| 193 | Henric | Cedskog | 89 | Kalmar | 2:01:27 | 444 | | |
| 194 | Niclas | Frank | 81 | Drag | 2:01:42 | 81 | | |
| 195 | Jakob | Bergvall | 99 | MANÅM RC | 2:03:30 | 423 | | |
| 196 | Daniel | Kronqvist | 74 | Kalmar | 2:03:32 | 2242 | | |
| 197 | Thomas | Höög | 78 | Kalmar RC Triathlon | 2:03:52 | 22 | 49 | M45:7 |
| 198 | Måns | Bohlin | 93 | Glimåkra | 2:05:14 | 430 | | |
| 199 | Viktor | Ojala | 98 | Malkars Träningscenter Kalmar | 2:05:20 | 3368 | | |
| 200 | Hamza | Arslanagic | 03 | Angered | 2:05:36 | 414 | | |

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|-----|---------------|---------------|----|-------------------------------|---------|------|----|-------|
| 201 | Magnus | Boström | 81 | Kalmar | 2:05:43 | 432 | | |
| 202 | Sebastian | Kinnmalm | 88 | Västervik | 2:06:10 | 2238 | | |
| 203 | Rikard | Svensson | 87 | Smedstorp | 2:06:13 | 765 | | |
| 204 | Ulf | Sigfridsson | 59 | | 2:06:15 | 800 | | |
| 205 | Lars-Olof | Petersson | 67 | Lönashults Golf | 2:06:25 | 43 | 50 | M55:6 |
| 206 | Harun | Sahman | 94 | Göteborg | 2:07:37 | 749 | | |
| 207 | Linus | Hult | 95 | Malkars Träningscenter Kalmar | 2:07:46 | 496 | | |
| 208 | Olle | Winsth | 02 | Värnamo | 2:07:59 | 791 | | |
| 209 | Jonas | Rosén-Lidholm | 02 | Kalmar | 2:08:12 | 742 | | |
| 210 | Isak | Hallenberg | 01 | Eksjö | 2:08:14 | 488 | | |
| 211 | Alfred | Svensson | 84 | Länsförsäkringar Kalmar Län | 2:08:28 | 763 | | |
| 212 | Magnus | Carlsson | 90 | Söderåkra | 2:08:38 | 440 | | |
| 213 | Oskar | Paulin | 89 | Kalmar | 2:08:42 | 730 | | |
| 214 | Mårten | Edh | 76 | Run Deep | 2:09:48 | 448 | | |
| 215 | Elias | Söderberg | 05 | Påryd | 2:11:14 | 766 | | |
| 216 | Michael | Winkler | 56 | Germany | 2:11:32 | 790 | | |
| 217 | Bichara | Abu-Amcha | 82 | Växjö | 2:13:38 | 403 | | |
| 218 | Anders | Hultman | 69 | Södra Vi IF | 2:13:57 | 21 | 51 | M50:6 |
| 219 | Andreas Gegan | Gustavsson | 82 | Torsås | 2:14:10 | 482 | | |
| 220 | Shahrooz | Sabet | 81 | Kalmar | 2:14:26 | 748 | | |
| 221 | Erik | Naess | 91 | Kalmar | 2:15:02 | 704 | | |
| 222 | German | Monrroy | 75 | Växjö | 2:15:06 | 702 | | |
| 223 | Gustav | Hellström | 94 | Lund | 2:17:41 | 492 | | |
| 224 | Jonas | Blomberg | 81 | Kalmar | 2:19:00 | 429 | | |
| 225 | Tibo | Bruneel | 00 | Växjö | 2:20:01 | 436 | | |
| 226 | Muharem | Vuckic | 94 | Kalmar | 2:21:57 | 777 | | |
| 227 | Peter | Müller | 59 | Germany | 2:22:09 | 703 | | |
| 228 | Adam | Högländer | 99 | Linköping | 2:23:27 | 499 | | |
| 229 | Semin | Alukic | 04 | War Room | 2:31:32 | 408 | | |
| 230 | Johannes | Nilsson | 89 | Kalmar | 2:35:49 | 709 | | |
| 231 | Rasmus | Israelsson | 98 | Kalmar | 2:42:40 | 2203 | | |
| 232 | Mårten | Lundgren | 75 | Team Nordic Nest | 2:42:42 | 690 | | |
| 233 | Pedro | Huechucura | 83 | Lo Espejo Stadium | 2:51:31 | 495 | | |
| | Carl | Abrahamsson | 95 | Ronneby | DNF | 402 | | |
| | Johan | Fogelström | 68 | Västervik | DNF | 460 | | |
| | Marcus | Gunnarsson | 89 | Gokart Öland RC | DNF | 478 | | |
| | Daniel | Novakovic | 76 | Totally Wired Running Club | DNF | 714 | | |
| | Thomas | Johansson | 65 | Runacademy IF | DNF | 2216 | | |
| | Anton | Krantz | 01 | Göteborg | DNF | 2240 | | |
| | Tiam | Mazetti | 07 | Karlskrona | DNF | 96 | | |
| | Johan | Nordström | 72 | Kalmar | DNF | 713 | | |

5 km P/F13

| Plac | Förnamn | Efternamn | Född | Förening/ort | Resultat | Nr |
|------|---------|-------------|------|--------------|----------|-----|
| 1 | Gustaf | Byåker | 11 | Högby IF | 22:00 | 285 |
| 2 | Eddie | Håkman | 14 | Kalmar | 24:44 | 241 |
| 3 | Vilhelm | Skarsäter | 14 | Florhult RC | 28:31 | 266 |
| 4 | Svante | Hammarström | 12 | | 29:01 | 287 |
| 5 | Jonas | Stenberg | 11 | Karlskrona | 29:33 | 282 |
| 6 | Vilma | Håkman | 11 | Kalmar | 30:46 | 242 |
| 7 | Molly | Bergström | 12 | Näckens IF | 31:17 | 228 |
| 8 | Hedda | Mansnerus | 12 | Förlösa AK | 31:17 | 256 |
| 9 | William | Alm | 14 | Färjestaden | 33:01 | 226 |
| 10 | Thea | Wedell | 12 | Färjestaden | 44:56 | 274 |
| 11 | Alvin | Wedell | 13 | | 44:58 | 288 |

5 km M/K

| Plac | Förnamn | Efternamn | Född | Förening/ort | Resultat | Nr |
|------|----------------|------------|------|------------------------------|----------|-----|
| 1 | Petter | Sandberg | 06 | Upsala IF | 19:02 | 284 |
| 2 | Magnus | Grimheden | 70 | Högby IF | 20:31 | 237 |
| 3 | Joakim | Söderberg | 86 | RC Karlssons Äng | 20:54 | 272 |
| 4 | Stefan | Hedenfeldt | 76 | Högby IF | 21:08 | 286 |
| 5 | Erik | Edman | 93 | JEJA | 22:17 | 232 |
| 6 | Erik | Mylläri | 78 | Kalmar | 23:31 | 279 |
| 7 | Alasdair | Mcgregor | 73 | Denmark | 23:33 | 257 |
| 8 | Anders | Iwarsson | 93 | Hammarstedts Kyl & Inneklim: | 25:03 | 243 |
| 9 | Lina | Nilsson | 99 | Ljungbyholm | 25:11 | 258 |
| 10 | Emilia | Wikner | 01 | Eksjö Södra IK | 25:24 | 278 |
| 11 | Louise | Petersson | 78 | Kalmar | 25:31 | 261 |
| 12 | Dan | Petersson | 58 | Kosta | 26:42 | 280 |
| 13 | Jill | Engström | 90 | Team JEJA | 27:13 | 234 |
| 14 | Sandra | Ahtiainen | 92 | Färjestaden | 27:44 | 223 |
| 15 | Julia | Kjellin | 93 | Ljungbyholm | 27:44 | 249 |
| 16 | Martin | Hagman | 89 | Tålebo SK | 28:15 | 239 |
| 17 | Oskar | Lindberg | 94 | Hammarstedts Kyl & Inneklim: | 28:17 | 254 |
| 18 | Inga-Lill | Bergfors | 67 | Kalmar | 29:04 | 227 |
| 19 | Jens | Johansen | 90 | Länsförsäkringar Kalmar Län | 29:25 | 244 |
| 20 | Hanna | Carlsen | 90 | Klippan | 29:34 | 230 |
| 21 | Anni Christina | Olsson | 88 | Team jeja | 29:47 | 260 |
| 22 | Tommy | Wiberg | 52 | Trekanten Runners | 29:48 | 289 |
| 23 | Andreas | Skarsäter | 74 | Florhult RC | 29:50 | 264 |
| 24 | Tony | Erndin | 62 | Kalmar | 30:10 | 283 |
| 25 | Ebba | Karlberg | 95 | Kalmar | 32:52 | 245 |
| 26 | Lisa | Alm | 87 | Kalmar RC Triathlon | 33:02 | 225 |
| 27 | Hadi | Eid | 07 | Malmö | 33:09 | 233 |
| 28 | Jennie | Kempe | 92 | Åtvidaberg | 33:10 | 248 |

| | | | | | | |
|----|-----------|-------------|----|-------------------------------|-------|-----|
| 29 | Thim | Karlsson | 88 | Åtvidaberg | 33:12 | 247 |
| 30 | Emma | Svärd | 83 | Malkars Träningscenter Kalmar | 33:31 | 271 |
| 31 | Yngve | Frederich | 51 | Gillsättra Running Gubbe | 33:39 | 236 |
| 32 | Karen | Weiss | 74 | Halltorp | 33:54 | 275 |
| 33 | Ulf | Weiss | 76 | Halltorp | 33:54 | 276 |
| 34 | Malin | Svan | 83 | Vellinge | 34:07 | 268 |
| 35 | Evelina | Larsson | 94 | Kalmar | 34:25 | 252 |
| 36 | Emelie | Strandberg | 92 | Kalmar | 34:30 | 267 |
| 37 | Klara | Eriksson | 87 | Blomstermåla | 34:47 | 235 |
| 38 | Nadja | Heinvall | 88 | Ljungbyholm | 35:17 | 240 |
| 39 | Pia | Albertsson | 73 | Slimos Löpargrupp | 35:50 | 224 |
| 40 | Olga | Anderberg | 76 | Kalmar | 37:14 | 281 |
| 41 | Vilmer | Lennartsson | 00 | Länsförsäkringar Kalmar Län | 37:29 | 253 |
| 42 | Joy | Pierrou | 00 | Länsförsäkringar Kalmar Län | 37:29 | 262 |
| 43 | Zophie | Lindelöf | 86 | Klippan | 37:52 | 255 |
| 44 | Gustav | Svensson | 94 | Kalmar | 39:05 | 270 |
| 45 | Simon | Nilsson | 91 | Vislanda | 40:44 | 259 |
| 46 | Anna | Danielsson | 79 | Söderåkra | 41:04 | 231 |
| 47 | Ida | Wedell | 87 | Färjestaden | 45:46 | 273 |
| 48 | Eva-Marie | Svensson | 63 | Halltorp | 48:01 | 269 |
| 49 | Marina | Karlsson | 60 | Halltorp | 48:03 | 246 |
| | Mattias | Gustavsson | 89 | Växjö Skateboardförening | DNF | 238 |