

## Sala-Silvervallen 21/22-02-1970

JUN		500m	1500m	1000m	3000m		
1	Sylvia Filipsson	Katrineholms AIK	49.2 ( 5)	2.37.6( 2)	1.41.8( 1)	5.40.0( 1)	209.300
2	Inger Carlsson	Mälarhöjdens IK	49.4 ( 6)	2.36.7( 1)	1.43.6( 3)	5.45.7( 3)	211.050
3	Marianne Andersson	IK Wega	49.4 ( 6)	2.38.0( 3)	1.43.2( 2)	5.44.7( 2)	211.117
4	Ing-Marie Axelsson	Katrineholms AIK	47.8 ( 1)	2.40.3( 6)	1.44.8( 6)	5.47.6( 5)	211.566
5	Ann-Sofie Öquist	Gimonäs CK	48.2 ( 2)	2.39.8( 4)	1.44.9( 7)	5.47.1( 4)	211.767
6	Lena Andersson	IK Wega	48.9 ( 4)	2.43.8( 7)	1.44.6( 4)	5.57.6( 7)	215.400
7	Ingrid Johansson	Sollentuna SS	51.6 (12)	2.39.8( 4)	1.47.1( 8)	5.50.8( 6)	216.884
8	Pia Andersson	IK Wega	49.5 ( 8)	2.47.5( 9)	1.47.2( 9)	6.27.5(15)	223.516
9	Solveij Carlsson	IFK Kristinehamn	52.0 (15)	2.47.0( 8)	1.50.6(12)	6.05.4( 9)	223.867
10	Marit Olsson	Södermalms IK	51.8 (14)	2.52.1(12)	1.50.5(11)	6.04.2( 8)	225.117
11	Annika Jerlström	Laxå IF	50.9 (10)	2.51.3(11)	1.51.6(13)	6.14.5(12)	226.217
12	Elisabeth Fors	IFK Kristinehamn	52.4 (16)	2.49.5(10)	1.52.9(14)	6.11.8(11)	227.317
13	Christina Lindbom	IFK Sala	54.6 (24)	2.52.3(13)	1.54.6(16)	6.09.7(10)	230.950
14	Gunnel Janson	IFK Strömsund	50.5 ( 9)	2.52.5(14)	2.00.3(21)	6.18.5(13)	231.233
15	Inga Swahn	IF Thor	54.5 (22)	2.55.0(16)	1.57.1(18)	6.18.7(14)	234.500
16	Inger Jansson	Laxå IF	52.9 (17)	2.54.7(15)	1.56.6(17)	6.33.7(16)	235.050
	Lena Tillqvist	Södermalms IK	48.7 ( 3)		1.44.7( 5)		
	Kristina Ljung	Katrineholms AIK	50.9 (10)		1.47.2(10)		
	Anna-Karin Brink	IF Thor	51.6 (12)		1.54.5(15)		
	Hjördis Jansson	Filipstads IF	52.9 (17)	2.56.3(18)	2.05.7(28)		
	Sonja Sundin	Mälarhöjdens IK	53.0 (19)	3.02.6(19)	2.03.5(25)		
	Ing-Britt Blomqvist	IFK Strömsund	53.6 (20)	2.56.2(17)	1.59.6(20)		
	Lena Björkbrand	IK Wega	54.1 (21)	3.07.1(22)	2.01.7(23)		
	Laila Söderlind	IF Thor	54.5 (22)		2.01.7(22)		
	Ann-Christine Torstensson	IK Wega	55.3 (25)	3.06.2(21)	1.59.4(19)		
	Eva Bergman	Mälarhöjdens IK	56.0 (26)		2.05.1(27)		
	Yvonne Lesiak	Mälarhöjdens IK	56.2 (27)	3.05.4(20)	2.06.2(29)		
	Irene Soovik	IK Wega	56.3 (28)		2.02.6(24)		
	Ann-Christine Sols	SK Pollux	56.8 (29)		2.03.5(25)		

## Uppsala 16/17-01-1971

JUN		500m	1500m	1000m	3000m		
1	Sylvia Filipsson	Katrineholms AIK	49.1( 4)	2.35.7( 1)	1.38.5 ( 1)	5.26.9 ( 1)	204.733
2	Marianne Andersson	IK Wega	49.5( 5)	2.40.4( 3)	1.42.0 ( 4)	5.37.0 ( 2)	210.134
3	Ing-Marie Axelsson	Katrineholms AIK	48.5( 2)	2.40.5( 4)	1.40.7 ( 2)	5.46.8 ( 4)	210.150
4	Lena Tillqvist	Södermalms IK	48.6( 3)	2.45.5( 5)	1.41.6 ( 3)	5.51.4 ( 6)	213.134
5	Pia Andersson	IK Wega	50.2( 6)	2.47.2( 6)	1.43.5 ( 5)	6.02.5 ( 8)	218.100
6	Gunnel Janson	IFK Strömsund	51.1( 8)	2.48.9( 7)	1.46.4 ( 6)	5.59.0 ( 7)	220.433
7	Solveij Carlsson	IFK Kristinehamn	54.4(16)	2.49.4( 8)	1.49.6 (12)	5.43.9 ( 3)	222.984
8	Elisabeth Fors	IFK Kristinehamn	51.6(10)	2.50.5( 9)	1.48.1 ( 8)	6.12.1 (10)	224.500
9	Kristina Ljung	Katrineholms AIK	51.0( 7)	2.52.4(10)	1.48.1 ( 8)	6.14.5 (12)	224.934
10	Christina Larsson	IFK Sala	52.2(12)	2.54.1(13)	1.48.3 (10)	6.12.6 (11)	226.483
11	Anna-Karin Brink	IF Thor	51.2( 9)	2.53.5(11)	1.48.5 (11)	6.25.2f(15)	227.483
12	Lena Andersson	IK Wega	48.2( 1)	2.38.5( 2)	2.17.9f(20)	5.47.4 ( 5)	227.883
13	Marit Olsson	Södermalms IK	53.2(14)	2.54.2(14)	1.51.8 (13)	6.06.1 ( 9)	228.184
14	Inger Jansson	Laxå IF	52.8(13)	2.54.5(15)	1.52.9 (14)	6.15.4 (13)	229.984
15	Jennifer Molén	Sollentuna SS	54.2(15)	2.57.7(16)	1.55.2 (16)	6.23.5 (14)	234.950
16	Inga Swahn	IF Thor	56.0(18)	2.54.0(12)	1.54.7 (15)	6.35.1 (16)	237.200
	Eva Johansson	Kubikenborgs IF	51.8(11)	2.58.3(17)	1.47.7 ( 7)		
	Ann-Christine Sols	SK Pollux	55.4(17)	3.06.4(20)	1.58.4 (18)		
	Karin Alexandersson	Sollentuna SS	56.7(19)	3.04.9(18)	1.55.9 (17)		
	Christina Johansson	Sollentuna SS	56.8(20)	3.04.9(18)	1.59.7 (19)		

## Västerås-Rocklunda 05/06-02-1972

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	49.6 ( 4)	2.40.8( 1)	1.42.1 ( 3)	5.45.9( 1)	211.900
2	Lena Tillqvist	Södermalms IK	47.7 ( 1)	2.43.6( 3)	1.41.8 ( 2)	6.08.3(10)	214.516
3	Marit Olsson	Södermalms IK	48.9 ( 3)	2.45.2( 4)	1.45.9 ( 7)	5.48.2( 2)	214.949
4	Inger Carlsson	Mälarhöjdens IK	50.4 ( 5)	2.45.9( 6)	1.44.4 ( 4)	5.55.1( 6)	217.083
5	Elisabeth Fors	IFK Kristinehamn	51.2 ( 8)	2.46.4( 7)	1.45.7 ( 6)	5.51.3( 3)	218.066
6	Ewa Dahlberg	Gimonäs CK	51.8 (10)	2.45.6( 5)	1.46.1 ( 8)	5.53.5( 5)	218.966
7	Annelie Krafft	SK Pollux	50.4 ( 5)	2.51.8( 9)	1.50.6 (11)	6.06.8( 9)	224.099
8	Lena Andersson	IK Wega	57.2f(25)	2.42.7( 2)	1.41.7 ( 1)	6.11.3(11)	224.166
9	Jennifer Molén	Sollentuna SS	53.5 (16)	2.55.5(11)	1.54.0 (18)	6.02.2( 8)	229.366
10	Christina Karlsson	SK Winner	52.2 (12)	2.57.1(14)	1.51.6 (14)	6.14.3(12)	229.416
11	Mona-Lisa Sandgren	Uddevalla IS	54.3 (18)	2.57.0(12)	1.52.1 (15)	6.01.6( 7)	229.616
12	Ingmarie Larsson	SK Pollux	62.9f(29)	2.49.9( 8)	1.45.3 ( 5)	5.52.1( 4)	230.866

13	Lena Jonasson	Sollentuna SS	55.2 (22)	2.59.3(15)	1.51.4 (13)	6.21.0(16)	234.166
14	Berit Bratsberg	IK Wega	52.9 (13)	3.01.4(17)	1.55.9 (22)	6.18.0(13)	234.316
15	Christina Johansson	Sollentuna SS	55.3 (23)	3.01.0(16)	1.56.2 (23)	6.19.8(14)	237.033
16	Hjördis Jansson	Filipstads IF	70.2f(31)	2.57.0(12)	1.51.2 (12)	6.19.9(15)	248.116
	Annette Karlsson	Karlstads SK	51.7 ( 9)	3.02.7(18)	1.50.5 (10)		
	Irene Soovik	IK Wega	53.4 (15)	3.03.7(19)	1.53.5 (17)		
	Inger Jansson	SK Winner	54.8 (19)	3.06.9(21)	1.53.2 (16)		
	Ann-Christine Sols	SK Pollux	53.6 (17)	3.05.0(20)	1.57.9 (25)		
	Marie Gistedt	IK Wega	55.0 (21)	3.08.5(22)	1.57.3 (24)		
	Monica Nymoén	Sollentuna SS	57.4 (26)	3.11.5(23)	1.58.3 (27)		
	Maria Carlstedt	IFK Kristinehamn	52.0 (11)		1.48.1 ( 9)		
	Anna-Karin Brink	IF Thor	51.0 ( 7)	2.52.4(10)			
	Maj-Gret Lund	Mälarhöjdens IK	54.8 (19)		1.54.1 (20)		
	Linda Palle	IK Wega	56.4 (24)		1.54.1 (20)		
	Sonja Sundin	Mälarhöjdens IK	53.0 (14)		2.05.2f(29)		
	Kristina Johvik	IK Wega	57.7 (27)		1.58.2 (26)		
	Anja Skarén	SK Pollux	59.2 (28)		2.02.0 (28)		
	Anita Hurtig	SK Winner	64.4f(30)		1.54.0 (18)		
	Ing-Marie Axelsson	Katrineholms AIK	48.2 ( 2)				

### Rättvik 03/04-02-1973

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	50.9 ( 5)	<u>2.36.6( 1)</u>	<u>1.39.5( 1)</u>	<u>5.38.0( 1)</u>	209.183
2	Marit Olsson	Mälarhöjdens IK	49.6 ( 2)	2.42.7( 2)	1.45.3( 4)	5.43.5( 2)	213.733
3	Ingmarie Larsson	SK Pollux	50.2 ( 4)	2.42.8( 3)	1.43.5( 3)	5.45.4( 3)	213.784
4	Christina Larsson	SK Pollux	49.8 ( 3)	2.43.3( 4)	1.43.2( 2)	5.49.2( 4)	214.033
5	Annelie Krafft	SK Pollux	<u>49.1 ( 1)</u>	<u>2.48.7( 6)</u>	<u>1.45.8( 5)</u>	<u>5.58.7( 7)</u>	218.016
6	Anna-Karin Brink	IF Thor	51.3 ( 6)	2.48.8( 7)	1.46.0( 6)	6.00.5( 8)	220.650
7	Annette Karlsson	Karlstads SK	51.8 ( 7)	2.50.6(10)	1.46.3( 7)	6.01.4( 9)	222.050
8	Jennifer Molén	Sollentuna SS	52.5 ( 8)	2.50.6(10)	1.48.9(10)	6.04.0(11)	224.484
9	Mona-Lisa Sandgren	IFK Göteborg	54.3 (19)	2.48.5( 5)	1.54.6(23)	5.50.0( 5)	226.100
10	Ann Gunnars	Södermalms IK	54.8 (20)	2.49.6( 8)	1.49.5(13)	6.03.7(10)	226.700
11	Lena Jonasson	Sollentuna SS	54.0 (14)	2.49.6( 8)	1.48.6( 9)	6.11.4(14)	226.733
12	Britt Ollas	IFK Rättvik	55.2 (21)	2.54.1(13)	1.49.1(11)	5.54.9( 6)	226.933
13	Berit Bratsberg	IK Wega	53.9 (12)	2.55.0(14)	1.50.1(14)	6.09.0(12)	228.783
14	Maria Carlstedt	IFK Kristinehamn	53.0 (10)	2.55.5(16)	1.50.9(15)	6.11.3(13)	228.833
15	Hjördis Jansson	Filipstads IF	52.6 ( 9)	2.53.8(12)	1.49.3(12)	6.22.6(15)	228.950
16	Marie Gistedt	IK Wega	53.9 (12)	2.55.3(15)	1.52.1(17)	6.30.5(16)	233.466
16	Ingegerd Knutsson	IFK Rättvik	54.1 (17)	2.59.5(21)	1.48.0( 8)		
	Birgitta Thorén	Arvika IS	53.0 (10)	2.56.4(17)	1.53.2(21)		
	Irene Soovik	IK Wega	54.1 (17)	2.56.8(18)	1.52.3(18)		
	Pia Larsson	IFK Göteborg	54.0 (14)	3.03.2(24)	1.51.3(16)		
	Siri Anthonisen	Karlstads SK	55.2 (21)	2.57.7(19)	1.52.7(20)		
	Anita Givars	IFK Göteborg	54.0 (14)	3.01.9(23)	1.52.6(19)		
	Annicka Adamsson	IFK Göteborg	56.9 (24)	2.58.6(20)	1.56.0(25)		
	Anja Skarén	SK Pollux	57.7 (25)	3.01.5(22)	1.55.5(24)		
	Maria Nordner	IFK Kristinehamn	55.5 (23)		1.54.1(22)		
	Monica Nymoén	Sollentuna SS	92.2f(26)		2.00.6(26)		

### Uppsala 09/10-02-1974

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	57.8f(29)	<u>2.33.3( 1)</u>	<u>1.39.3 ( 1)</u>	<u>5.30.5( 1)</u>	w213.633
2	Ingmarie Larsson	SK Pollux	<u>48.4 ( 1)</u>	2.36.8( 3)	1.39.5 ( 2)	5.37.8( 2)	206.717
3	Anna-Karin Brink	IF Thor	49.2 ( 3)	2.39.1( 4)	1.42.0 ( 5)	5.40.6( 6)	210.000
4	Linda Palle	IK Wega	49.6 ( 6)	2.40.0( 6)	1.41.6 ( 4)	5.39.3( 4)	210.283
5	Monica Pöllä	Hagaströms SK	49.5 ( 5)	2.44.5(11)	1.43.1 ( 6)	5.42.6( 7)	212.983
6	Annelie Krafft	SK Pollux	49.2 ( 3)	2.40.1( 7)	1.44.0 ( 7)	5.55.3(11)	213.784
7	Ewa Dahlberg	Mälarhöjdens IK	51.4 (10)	2.41.4( 8)	1.44.5 ( 8)	5.39.1( 3)	213.967
8	Gunilla Hopstadius	IFK Strömsund	51.5 (11)	2.41.4( 8)	1.46.8 (16)	5.46.5( 8)	216.450
9	Jennifer Molén	Sollentuna SS	52.0 (12)	2.44.4(10)	1.46.1 (14)	5.55.0(10)	219.017
10	Mona-Lisa Sandgren	IFK Göteborg	52.5 (16)	2.46.7(16)	1.45.9 (13)	5.52.4( 9)	219.750
11	Maria Carlstedt	IFK Kr.hamn	52.9 (19)	2.44.7(12)	1.45.0 ( 9)	5.58.0(13)	219.967
12	Maud Magnusson	IF Castor	50.8 ( 8)	2.47.4(17)	1.45.8 (11)	6.04.7(15)	220.283
13	Maj-Gret Lund	Mälarhöjdens IK	52.1 (14)	2.45.7(13)	1.46.4 (15)	6.01.0(14)	220.700
14	Pia Larsson	IFK Göteborg	52.0 (12)	2.46.2(15)	1.45.4 (10)	6.05.8(16)	221.067
15	Britt Ollas	IFK Rättvik	53.5 (21)	2.46.0(14)	1.47.0 (18)	5.56.7(12)	221.783
16	Annette Karlsson	Karlstads SK	61.3f(30)	2.39.8( 5)	2.04.0f(31)	5.39.9( 5)	233.217
	Christina Larsson	SK Pollux	<u>48.4 ( 1)</u>	2.33.5( 2)	1.40.2 ( 3)	dns	

Annika Carlsson	IK Wega	50.7 ( 7)		1.47.2 (21)
Lena Norberg	IF Thor	51.0 ( 9)	2.47.9(18)	1.46.9 (17)
Berit Bratsberg	IK Wega	52.3 (15)	2.49.5(19)	1.45.8 (11)
Maria Nordner	IFK Kr.hamn	52.5 (16)		1.50.5 (24)
Marie Gistedt	IK Wega	52.6 (18)	2.55.5(23)	1.50.8 (26)
Anita Hurtig	SK Winner	53.0 (20)		1.50.6 (25)
Annica Carlsson	Mälarhöjdens IK	53.6 (22)	2.55.4(22)	1.53.5 (29)
Anita Givars	IFK Rättvik	53.7 (23)		1.47.0 (18)
Lena Andersson	IFK Lidingö	53.9 (24)	2.53.0 -	1.49.0 (22)
Lena Jonasson	Sollentuna SS	54.3 (25)	2.50.5(20)	1.52.2 (28)
Carina Ur	IFK Rättvik	55.5 (26)		1.54.2 (30)
Marina Pöllä	Hagaströms SK	55.5 (26)	2.52.3(21)	1.49.9 (23)
Annicka Adamsson	IK Wega	55.6 (28)		1.51.4 (27)
Mia Lönnqvist	IFK Lidingö		2.53.1 -	1.47.0 (18)

## Hofors 22/23-02-1975

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	48.14 ( 2)	2.33.9 ( 1)	1.37.99( 1)	5.42.30( 4)	205.485
2	Annette Karlsson	Karlstads SK	47.80 ( 1)	2.35.9 ( 4)	1.39.27( 2)	5.39.30( 2)	205.952
3	Linda Palle	IK Wega	48.90 ( 4)	2.35.5 ( 3)	1.39.94( 3)	5.35.06( 1)	206.546
4	Christina Larsson	SK Pollux	48.88f( 3)	2.35.4 ( 2)	1.40.60( 4)	5.41.46( 3)	207.890
5	Monica Pöllä	Hagaströms SK	49.50 ( 6)	2.38.8 ( 5)	1.41.36( 5)	5.46.85( 7)	210.921
6	Elisabeth Öhlin	Katrineholm AIK	50.27 ( 8)	2.42.5 ( 9)	1.44.52( 9)	5.43.27( 5)	213.909
7	Marie Lewholt	Motala AIF	50.63 (12)	2.40.0 ( 6)	1.42.39( 6)	5.53.74( 8)	214.115
8	Mona-Lisa Sandgren	IFK Göteborg	51.37 (14)	2.42.2 ( 8)	1.46.79(12)	5.46.42( 6)	216.569
9	Berit Bratsberg	IK Wega	50.32 ( 9)	2.43.4 (10)	1.45.08(10)	6.09.94(15)	218.984
10	Karin Rybäck	Eskilstuna IK	51.30 (13)	2.45.0 (12)	1.43.90( 8)	6.06.28(11)	219.296
11	Annika Carlsson	IK Wega	50.53 (10)	2.45.0 (12)	1.45.49(11)	6.09.06(14)	219.785
12	Marit Olsson	Mälarhöjdens SS	50.25 ( 7)	2.44.7 (11)	1.49.08(13)	6.05.57(10)	220.619
13	Jennifer Molén	Sollentuna SS	53.03 (18)	2.48.2 (14)	1.50.97(16)	6.08.91(12)	226.067
14	Maj-Gret Lund	Mälarhöjdens SS	52.61 (17)	2.49.7 (15)	1.51.86(17)	6.08.92(13)	226.593
15	Annika Rybäck	Eskilstuna IK	53.63 (19)	2.49.8 (16)	1.52.48(20)	6.05.22( 9)	227.340
	Ingmarie Larsson	SK Pollux	49.30 ( 5)	2.40.2 ( 7)	1.42.71( 7)		
	Anita Hurtig	SK Winner	51.97 (15)	2.51.5 (17)	1.50.48(14)		
	Birgitta Thorén	Arvika IS	50.55 (11)	2.55.8 (20)	1.51.86(17)		
	Mona Blomberg	Eskilstuna IK	52.52 (16)	2.54.7 (19)	1.50.65(15)		
	Marina Pöllä	Hagaströms SK	53.94 (21)	2.52.8 (18)	1.58.84(21)		
	Karin Rosengren	IFK Rättvik	53.89 (20)	3.04.6f(23)	1.52.32(19)		
	Maria Berben	SK Skrinaren	54.88 (24)	2.58.4 (21)	1.59.20(22)		
	Ann-Kristin Fors	Hagaströms SK	54.52 (23)	3.04.2 (22)	1.59.20(22)		
	Pia Larsson	IFK Göteborg	54.51 (22)				

## Västerås-Rocklunda 14/15-02-1976

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	46.0( 1)	2.32.1( 1)	1.34.8( 1)	5.22.6 ( 1)	197.867
2	Christina Larsson	SK Pollux	46.6( 3)	2.33.0( 2)	1.36.7( 2)	5.24.5 ( 3)	200.033
3	Linda Palle	IK Wega	46.4( 2)	2.34.8( 3)	1.37.4( 3)	5.25.4 ( 4)	200.933
4	Elisabeth Öhlin	Katrineholms AIK	48.2( 5)	2.36.3( 4)	1.37.8( 4)	5.23.7 ( 2)	203.150
5	Karin Rybäck	Eskilstuna IK	48.2( 5)	2.38.4( 5)	1.41.4( 5)	5.42.5 ( 5)	208.783
6	Monica Pöllä	Hagaströms SK	49.6(10)	2.39.2( 6)	1.42.7( 7)	5.42.7 ( 6)	211.134
7	Gunilla Hopstadius	IFK Strömsund	49.9(11)	2.40.1( 7)	1.42.3( 6)	5.45.4 ( 7)	211.984
8	Marie Lewholt	Motala AIF	49.3( 8)	2.45.0( 9)	1.45.3(11)	5.50.4 (10)	215.350
9	Eva-Lotta Gulbrandsen	IFK Göteborg	48.6( 7)	2.44.5( 8)	1.44.9( 9)	5.59.3 (13)	215.766
10	Lena Andersson	IFK Lidingö	51.2(18)	2.45.5(10)	1.44.6( 8)	5.52.1 (12)	217.350
11	Annicka Adamsson	IFK Göteborg	51.6(22)	2.46.0(11)	1.45.3(11)	5.47.7 ( 8)	217.533
12	Anita Hurtig	SK Winner	50.0(12)	2.49.1(16)	1.45.1(10)	6.05.6f(15)	219.850
13	Kristina Ranudd	Karlstads SK	52.3(28)	2.46.6(13)	1.47.7(19)	5.49.5 ( 9)	219.933
14	Karin Rosengren	IFK Rättvik	51.7(25)	2.48.3(15)	1.47.5(17)	5.50.6 (11)	219.983
15	Rose-Marie Karlsson	Karlstads SK	51.6(22)	2.47.5(14)	1.46.7(15)	6.02.0 (14)	221.116
	Mia Lönnqvist	IFK Lidingö	51.1(17)	2.46.5(12)	1.46.0(13)	dnf	
	Annette Karlsson	Karlstads SK	47.3( 4)	2.50.3(20)	dnf		
	Anette Andersson	IK Wega	49.5( 9)	2.50.0(19)	1.47.5(17)		
	Annika Carlsson	IK Wega	50.0(12)	2.50.5(21)	1.48.7(24)		
	Ann-Christine Ris	IK Wega	50.8(14)	2.50.6(22)	1.48.2(22)		
	Carina Molén	Sollentuna SS	50.9(15)	2.49.2(17)	1.46.7(15)		
	Christina Ling	IF Thor	51.0(16)		1.47.8(20)		
	Magdalena Löfstedt	IFK Strömsund	51.2(18)	2.49.6(18)	1.48.5(23)		
	Christina Östling	Eskilstuna IK	51.3(20)		1.53.4(29)		

Marika Törzsök	SK Pollux	51.3(20)	2.53.8(24)	1.47.9(21)	
Kristina Åkerström	IK Wega	51.6(22)	2.53.5(23)	1.51.4(27)	
Marina Pöllä	Hagaströms SK	51.8(26)		1.46.5(14)	
Annette Hörnlund	IK Wega	52.2(27)		1.54.5(30)	
Eva Skog	Hagaströms SK	52.6(29)		1.51.1(26)	
Ingela Nilsson	IFK Strömsund	52.7(30)		1.51.8(28)	
Pia Larsson	IF Castor	52.8(31)		1.50.6(25)	
Annika Palmborg	IK Wega	54.5(32)		1.56.2(31)	

### Göteborg-Ruddalen 11/12-03-1977

JUN		500m	1500m	1000m	3000m		
1	Anna Lenner	IK Wega	<u>43.6 ( 1)</u>	<u>2.24.3 ( 1)</u>	<u>1.30.5 ( 1)</u>	5.18.8( 5)	190.083
2	Elisabeth Öhlin	Katrineholm AIK	44.2 ( 2)	2.26.6 ( 5)	1.32.9 ( 5)	<u>5.11.0( 1)</u>	191.350
3	Linda Palle	IK Wega	44.9 ( 3)	2.25.7 ( 2)	1.30.5 ( 1)	5.16.4( 4)	191.450
4	Annette Karlsson	Karlstads SK	45.5 ( 4)	2.26.5 ( 4)	1.31.5 ( 3)	5.14.5( 2)	192.500
5	Karin Rybäck	Eskilstuna IK	45.8 ( 6)	2.25.8 ( 3)	1.32.6 ( 4)	5.15.0( 3)	193.200
6	Eva-Lotta Guldbrandsen	IFK Göteborg	45.5 ( 4)	2.33.2 ( 8)	1.34.0 ( 6)	5.28.8( 7)	198.367
7	Kristina Ranudd	Karlstads SK	48.2 (13)	2.34.7 (11)	1.37.3 (10)	5.19.4( 6)	201.650
8	Rose-Marie Karlsson	Karlstads SK	47.8 (11)	2.32.7 ( 7)	1.37.5 (11)	5.31.6( 8)	202.717
9	Lena Andersson	IFK Lidingö	47.7 ( 9)	2.31.4 ( 6)	1.35.8 ( 8)	5.42.6(12)	203.167
10	Annika Carlsson	IK Wega	47.7 ( 9)	2.34.2 ( 9)	1.35.3 ( 7)	5.44.6(13)	204.183
11	Marina Pöllä	Hagaströms SK	48.4 (15)	2.34.4 (10)	1.36.6 ( 9)	5.40.9(10)	204.984
12	Carina Molén	Sollentuna SS	48.8 (16)	2.37.6 (13)	1.38.0 (12)	5.41.7(11)	207.283
13	Annika Rybäck	Eskilstuna IK	49.0 (17)	2.38.3 (14)	1.40.6 (17)	5.34.2( 9)	207.767
14	Ann-Christine Ris	IK Wega	46.8 ( 7)	2.38.9 (16)	1.39.3 (15)	5.55.1(15)	208.600
15	Lena Mood	Sundsvalls SK	48.3 (14)	2.36.8 (12)	1.38.3 (13)	5.58.0(16)	209.384
16	Gunilla Hopstadius	IFK Strömsund	50.0 (20)	2.38.4 (15)	1.39.8 (16)	5.51.5(14)	211.283
	Anette Andersson	IK Wega	47.3 ( 8)	2.39.5 (17)	1.38.8 (14)		
	Karin Rosengren	IFK Rättvik	49.5 (19)	2.42.5 (19)	1.42.3 (19)		
	Annicka Adamsson	IFK Göteborg	50.1 (21)	2.41.8 (18)	1.42.9 (20)		
	Kristina Åkerström	IK Wega	50.3 (22)	2.44.3 (21)	1.43.2 (21)		
	Christina Östling	Eskilstuna IK	47.9 (12)	2.59.6f(24)	1.40.9 (18)		
	Ingela Nilsson	IFK Strömsund	50.5 (23)	2.52.6 (23)	1.48.3 (23)		
	Ann Sandström	Sundsvalls SK	49.0 (17)	2.43.4 (20)	2.03.0f(24)		
	Annette Hörnlund	IK Wega	71.1f(24)	2.51.0 (22)	1.45.6 (22)		

### Karlstad 11/12-03-1978

JUN		500m	1500m	1000m	3000m		
1	Elisabeth Öhlin	Katrineholms AIK	45.70( 2)	2.24.41( 2)	<u>1.32.28 ( 1)</u>	<u>5.09.54( 1)</u>	191.566
2	Linda Palle	IK Wega	<u>44.64( 1)</u>	2.24.72( 3)	1.32.32 ( 2)	5.15.56( 2)	191.633
3	Lena Andersson	IFK Lidingö	47.00( 8)	2.27.61( 4)	1.34.98 ( 3)	5.17.74( 4)	196.649
4	Helene Boström	Sollentuna SS	46.58( 5)	2.29.51( 6)	1.35.45 ( 4)	5.19.65( 7)	197.416
5	Annika Carlsson	IK Wega	47.26(10)	2.27.77( 5)	1.36.70 ( 8)	5.18.45( 5)	197.941
6	Kristina Ranudd	Karlstads SK	48.40(11)	2.29.96( 7)	1.35.90 ( 7)	5.17.17( 3)	199.197
7	Rose-Marie Karlsson	Karlstads SK	47.19( 9)	2.31.79( 8)	1.35.84 ( 5)	5.22.38( 8)	199.436
8	Karin Rybäck	Eskilstuna IK	45.90( 3)	<u>2.23.58( 1)</u>	1.50.05f(23)	5.18.46( 6)	201.861
9	Christina Östling	Eskilstuna IK	46.72( 6)	2.33.93( 9)	1.35.86 ( 6)	5.39.10( 9)	202.476
10	Eva-Lotta Guldbrandsen	IFK Göteborg	46.46( 4)	2.36.02(13)	1.38.11 ( 9)	5.50.66(12)	205.964
11	Yvonne Olofsson	Trollhättans SK	46.76( 7)	2.34.59(10)	1.40.80 (15)	5.51.39(13)	207.255
12	Lena Gustafsson	Filipstads IF	48.60(13)	2.35.37(12)	1.40.20 (10)	5.45.86(11)	208.133
13	Anette Andersson	IK Wega	48.79(15)	2.35.33(11)	1.40.24 (11)	5.45.21(10)	208.221
14	Ann-Christine Ris	IK Wega	48.47(12)	2.36.54(14)	1.40.74 (14)	5.52.42(14)	209.756
15	Gunilla Hopstadius	IFK Strömsund	49.59(17)	2.36.55(16)	1.40.40 (12)	5.52.46(15)	210.716
16	Carina Molén	Sollentuna SS	49.42(16)	2.36.54(14)	1.40.54 (13)	6.06.48(16)	212.950
	Lena Mood	Sundsvalls SK	49.81(18)	2.38.36(17)	1.41.07 (16)		
	Marie Emanuelsson	IFK Rättvik	48.69(14)	2.41.80(20)	1.41.57 (17)		
	Christina Sahlén	IFK Strömsund	50.43(21)	2.41.08(19)	1.43.97 (19)		
	Amelie Rybäck	Eskilstuna IK	52.27(23)	2.39.30(18)	1.42.84 (18)		
	Carina Hellsten	Karlstads SK	50.41(20)	2.46.63(21)	1.45.40 (20)		
	Christina Ling	IF Thor	50.19(19)	2.50.01(24)	1.46.20 (21)		
	Catharina Emmoth	Sollentuna SS	51.60(22)	2.47.69(22)	1.48.82 (22)		
	Birgitta Larsson	SK Winner	53.85(24)	2.48.33(23)	1.52.48 (24)		

### Rättvik 10/11-02-1979

JUN		500m	1500m	1000m	3000m		
1	Elisabeth Öhlin	Katrineholms AIK	<u>45.2( 1)</u>	2.24.6( 2)	<u>1.31.5( 1)</u>	<u>5.05.5( 1)</u>	190.066
2	Karin Rybäck	Eskilstuna IK	45.7( 3)	<u>2.22.5( 1)</u>	1.34.5( 2)	5.14.4( 2)	192.850
3	Rose-Marie Karlsson	Karlstads SK	46.4( 4)	2.24.7( 3)	1.34.8( 4)	5.19.5( 5)	195.283

4	Annika Carlsson	IK Wega	47.1( 8)	2.26.3( 4)	1.34.7( 3)	5.15.0( 4)	195.716
5	Kristina Ranudd	Karlstads SK	47.6( 9)	2.26.8( 5)	1.35.5( 5)	5.14.5( 3)	196.699
6	Marina Pöllä	Hagaströms SK	46.9( 7)	2.27.8( 6)	1.37.5( 8)	5.34.9( 7)	200.732
7	Ann-Christine Ris	IK Wega	46.8( 5)	2.30.3( 8)	1.37.5( 7)	5.40.6(10)	202.416
8	Lena Gustafsson	Filipstads IF	48.6(14)	2.35.5(11)	1.38.0( 9)	5.36.7( 8)	205.549
9	Amelie Rybäck	Eskilstuna IK	51.5(22)	2.31.1( 9)	1.40.8(12)	5.24.2( 6)	206.299
10	Gunilla Hopstadius	IFK Strömsund	48.4(11)	2.36.0(12)	1.38.6(10)	5.40.4( 9)	206.433
11	Anette Andersson	IK Wega	48.4(11)	2.34.3(10)	1.40.2(11)	5.40.9(11)	206.749
12	Christina Sahlén	IFK Strömsund	49.4(17)	2.40.4(13)	1.42.9(13)	5.45.1(12)	211.832
13	Annica Ahlsten	Hofors CK	49.6(18)	2.42.0(18)	1.42.9(14)	5.57.9(13)	214.700
14	Karin Eriksson	Uddevalla IS	49.7(19)	2.40.5(14)	1.45.0(17)	5.59.5(14)	215.616
15	Marie Emanuelsson	IFK Rättvik	49.1(16)	2.41.0(16)	1.43.8(15)	6.08.9(16)	216.149
16	Karin Sundqvist	Mälardalens SS	49.7(20)	2.41.3(17)	1.44.1(16)	6.07.6(15)	216.782
	Helene Boström	Sollentuna SS	46.8( 5)	2.30.2( 7)	1.37.0( 6)		
	Anna Westerling	IFK Askersund	53.3(23)	2.45.5(19)	1.49.0(19)		
	Marika Törzsök	SK Pollux	48.8(15)	2.40.6(15)			
	Yvonne Olofsson	Trollhättans SK	48.0(10)		1.45.4(18)		
	Linda Palle	IK Wega	45.3( 2)				
	Anette Hammarin	IK Wega	48.5(13)				
	Annicka Adamsson	IK Wega	51.0(21)				

### Hagaström 02/03-02-1980

JUN		500m	1500m	1000m	3000m		
1	Linda Palle	IK Wega	45.3 ( 1)	2.23.0 ( 4)	1.31.2 ( 1)	5.10.4( 4)	190.299
2	Kristina Ranudd	Karlstads SK	46.6 ( 5)	2.19.7 ( 1)	1.33.1 ( 3)	5.07.2( 2)	190.916
3	Karin Rybäck	Eskilstuna IK	46.3 ( 2)	2.21.8 ( 3)	1.33.8 ( 4)	5.07.8( 3)	191.766
4	Rose-Marie Karlsson	Karlstads SK	46.4 ( 3)	2.24.0 ( 5)	1.34.2 ( 5)	5.16.9( 5)	194.316
5	Christina Östling	Eskilstuna IK	46.5 ( 4)	2.30.2 ( 6)	1.36.5 ( 6)	5.31.3( 6)	200.032
6	Lena Gustafsson	Filipstads IF	47.6 ( 7)	2.34.2 ( 9)	1.39.4 ( 8)	5.38.2( 8)	205.066
7	Ann-Christine Ris	IK Wega	47.2 ( 6)	2.33.9 ( 7)	1.39.0 ( 7)	5.45.3(10)	205.550
8	Yvonne Olofsson	Trollhättans SK	48.5 ( 9)	2.40.6 (13)	1.40.0 ( 9)	5.53.2(12)	210.899
9	Annica Ahlsten	Sandvikens CK	47.7 ( 8)	2.34.8 (10)	1.51.7f(20)	5.37.1( 7)	211.333
10	Karin Eriksson	Uddevalla IS	51.0 (10)	2.39.4 (11)	1.43.2 (11)	5.55.0(13)	214.899
11	Karin Sundqvist	Mälardalens SS	51.0 (10)	2.39.4 (11)	1.47.6 (14)	5.46.4(11)	215.666
12	Anette Andersson	IK Wega	57.1f(20)	2.34.0 ( 8)	1.40.3 (10)	5.44.0( 9)	215.916
13	Anna-Karin Ljung	Sandvikens CK	52.6 (15)	2.44.1 (14)	1.49.5 (16)	5.58.7(14)	221.833
14	Anna Åkerström	IK Wega	52.6 (15)	2.45.5 (15)	1.50.4 (17)	6.12.8(16)	225.099
15	Elisabeth Öhlin	Katrineholms AIK	85.9f(23)	2.21.2 ( 2)	1.32.6 ( 2)	5.04.8( 1)	230.066
16	Elisabeth Hellberg	Hagaströms SK	76.1f(22)	2.46.7 (16)	1.46.6 (13)	6.03.8(15)	245.599
	Gunilla Östling	Eskilstuna IK	51.7 (13)	2.49.6 (17)	1.46.4 (12)		
	Annette Gustafsson	Hagaströms SK	52.0 (14)	2.51.1 (18)	1.47.8 (15)		
	Ann Pettersson	IK Wega	53.1 (18)	2.51.5 (19)	1.53.2 (21)		
	Katrin Pettersson	Eskilstuna IK	52.8 (17)	2.52.9 (20)	1.51.5 (19)		
	Olga Novak	IK Wega	54.4 (19)	3.13.3f(22)	1.54.2 (22)		
	Karin Friberg	Hagaströms SK	72.1f(21)	3.01.4 (21)	1.50.8 (18)		
	Charlotte Jonasson	IK Wega	51.4 (12)	dq			

### Karlstad 14/15-02-1981

JUN		500m	1500m	1000m	3000m		
1	Elisabeth Öhlin	Katrineholms AIK	45.96( 1)	2.23.23( 1)	1.33.0 ( 2)	5.01.25( 1)	190.411
2	Karin Rybäck	Eskilstuna IK	46.71( 2)	2.24.25( 2)	1.32.7 ( 1)	5.07.68( 3)	192.423
3	Jasmin Krohn	IFK Göteborg	47.25( 5)	2.26.36( 4)	1.33.9 ( 3)	5.11.20( 4)	194.852
4	Kristina Ranudd	Karlstads SK	48.20( 8)	2.24.82( 3)	1.35.5 ( 4)	5.06.73( 2)	195.344
5	Yvonne Olofsson	Trollhättans SK	47.54( 6)	2.29.86( 5)	1.37.4 ( 6)	5.25.72( 5)	200.479
6	Anette Hammarin	IK Wega	46.82( 3)	2.32.75( 7)	1.36.9 ( 5)	5.27.83( 7)	200.824
7	Annica Ahlsten	Sandvikens SK	47.80( 7)	2.33.51( 8)	1.37.8 ( 7)	5.27.97( 8)	202.531
8	Lena Gustafsson	Filipstads IF	47.17( 4)	2.32.29( 6)	1.38.0 ( 8)	5.37.89(14)	203.248
9	Marie Lengqvist	Trollhättans SK	48.23( 9)	2.34.71( 9)	1.40.3 (10)	5.35.83(12)	205.921
10	Lena Ranudd	Karlstads SK	49.04(10)	2.38.75(16)	1.39.8 ( 9)	5.36.35(13)	207.914
11	Ann-Sofie Eriksson	Uddevalla IS	50.95(21)	2.35.73(10)	1.41.1 (11)	5.27.45( 6)	207.985
12	Carina Niit	IFK Göteborg	49.55(14)	2.37.72(14)	1.41.4 (12)	5.35.46(11)	208.733
13	Anna-Lena Andersson	IF Thor	49.85(16)	2.35.74(11)	1.45.7 (20)	5.43.24(16)	211.819
14	Marie Johansson	IFK Sala	51.81(23)	2.37.09(12)	1.45.5 (19)	5.29.40( 9)	211.823
15	Ylva Fors	Södermalms IK	49.04(10)	2.37.35(13)	1.55.5f(22)	5.32.16(10)	214.600
16	Elisabeth Hellberg	Hagaströms SK	49.91(17)	2.37.97(15)	2.19.3f(24)	5.39.04(15)	228.722
	Charlotte Jonasson	IK Wega	49.68(15)	2.39.31(18)	1.42.8 (14)		
	Madelene Edkvist	Hagaströms SK	49.41(13)	2.40.44(21)	1.43.1 (16)		
	Lena Snihs	IF Thor	49.23(12)	2.40.85(23)	1.43.4 (17)		

Nina Eriksson	Motala AIF	50.16(18)	2.39.88(20)	1.42.8(14)	
Anna Åkerström	IK Wega	51.15(22)	2.40.46(22)	1.42.7(13)	
Kristina Myhrman	Arvika IS	52.27(24)	2.39.07(17)	1.44.7(18)	
Beatrice Olsen	SK Pollux	50.64(19)	2.48.15(24)	1.46.3(21)	
Karin Sundqvist	Mälardalens SS	50.76(20)	2.39.73(19)	1.58.2f(23)	

### Stockholm-Östermalm 13/14-02-1982

JUN		500m	1500m	1000m	3000m		
1	Jasmin Krohn	IFK Göteborg	48.09( 3)	2.29.45( 1)	1.31.78( 1)	5.14.9( 2)	196.279
2	Kristina Ranudd	Karlstads SK	49.01( 7)	2.30.57( 2)	1.35.24( 3)	5.14.3( 1)	199.203
3	Eva-Lotta Gulbrandsen	IFK Lidingö	46.77( 1)	2.32.22( 3)	1.34.96( 2)	5.47.4(11)	202.890
4	Yvonne Olofsson	Trollhättans SK	47.85( 2)	2.34.44( 5)	1.38.16( 6)	5.38.6( 6)	204.843
5	Annica Ahlsten	Sandvikens SK	48.48( 5)	2.36.14( 6)	1.36.39( 5)	5.43.7( 8)	206.004
6	Anette Hammarin	IK Wega	48.09( 3)	2.32.45( 4)	1.35.89( 4)	6.03.0f(16)	207.351
7	Marie Lengqvist	Trollhättans SK	50.35(13)	2.40.54(10)	1.40.09( 8)	5.42.2( 7)	210.941
8	Madelene Edkvist	Hagaströms SK	50.10(10)	2.39.17( 8)	1.39.93( 7)	5.49.9(12)	211.437
9	Eva Hörnfeldt	IF Castor	49.94( 9)	2.42.28(14)	1.40.77(11)	5.45.2(10)	211.951
10	Lena Gustafsson	Filipstads IF	49.54( 8)	2.41.02(12)	1.40.54( 9)	5.55.4(13)	212.716
11	Anna-Lena Andersson	IF Thor	51.02(18)	2.42.01(13)	1.40.67(10)	5.45.1( 9)	212.874
12	Ann-Sofie Eriksson	Uddevalla IS	52.36(22)	2.40.45( 9)	1.42.81(17)	5.35.9( 4)	213.231
13	Marie Johansson	IFK Sala	53.32(23)	2.40.75(11)	1.43.18(19)	5.35.0( 3)	214.326
14	Ylva Fors	Södermalms IK	48.51( 6)	2.36.15( 7)	1.57.87f(23)	5.38.0( 5)	215.828
15	Maria Coldén	IFK Kristinehamn	51.03(19)	2.43.92(16)	1.42.26(15)	5.59.4(15)	216.700
16	Elisabeth Hellberg	Hagaströms SK	51.67(20)	2.42.86(15)	1.44.24(21)	5.58.1(14)	217.759
	Anna-Karin Ljung	Sandvikens SK	50.29(12)	2.44.14(17)	1.40.95(12)		
	Nina Eriksson	Motala AIF	50.22(11)	2.45.24(19)	1.42.63(16)		
	Ann Pettersson	IK Wega	50.46(14)	2.44.38(18)	1.43.17(18)		
	Carina Niit	IFK Göteborg	50.93(16)	2.45.81(20)	1.42.03(13)		
	Lena Snihs	IF Thor	50.96(17)	2.47.37(23)	1.42.09(14)		
	Charlotte Jonasson	IK Wega	50.48(15)	2.46.45(22)	1.43.90(20)		
	Kristina Myhrman	Arvika IS	52.33(21)	2.46.33(21)	1.46.05(22)		

### Strömsund 26/27-02-1983

JUN		500m	1500m	1000m	3000m		
1	Ylva Fors	Södermalms IK	46.0( 1)	2.30.3( 1)	1.36.3( 1)	5.21.9( 2)	197.900
2	Karin Rybäck	Eskilstuna IK	47.3( 2)	2.33.7( 2)	1.36.4( 2)	5.12.0( 1)	198.733
3	Anette Hammarin	IK Wega	47.4( 3)	2.35.8( 3)	1.38.1( 3)	5.37.0( 5)	204.549
4	Anna-Karin Ljung	Sandvikens SK	49.7(10)	2.42.7( 5)	1.43.0( 9)	5.34.8( 4)	211.233
5	Eva Hörnfeldt	IF Castor	49.9(12)	2.43.2( 6)	1.42.9( 7)	5.34.2( 3)	211.450
6	Lena Snihs	IF Thor	49.1( 5)	2.45.7( 9)	1.41.1( 4)	5.47.6( 7)	212.816
7	Nina Härlin	Motala AIF	49.4( 7)	2.41.6( 4)	1.42.5( 6)	5.53.9(11)	213.499
8	Madelene Edkvist	Hagaströms SK	48.8( 4)	2.44.5( 7)	1.45.1(13)	5.55.0(12)	215.349
9	Marie Emanuelsson	IFK Rättvik	49.3( 6)	2.48.2(11)	1.42.9( 7)	5.51.9( 9)	215.466
10	Carina Niit	IFK Göteborg	49.6( 9)	2.49.5(14)	1.43.8(10)	5.52.9(10)	216.816
11	Annelie Eriksson	IFK Kr.hamn	50.1(13)	2.45.3( 8)	1.44.6(12)	5.58.5(14)	217.250
12	Susanna Persson	IFK Sala	50.4(14)	2.48.8(12)	1.45.9(15)	5.58.3(13)	219.332
13	Lena Ranudd	Karlstads SK	50.9(16)	2.52.3(16)	1.41.6( 5)	6.02.7(15)	219.583
14	Annelie Johansson	IFK Sala	52.1(18)	2.52.7(17)	1.45.4(14)	5.44.2( 6)	219.732
15	Ailen Andersson	IFK Göteborg	49.5( 8)	2.49.4(13)	1.47.0(16)	6.09.8(16)	221.099
16	Gunilla Östling	Eskilstuna IK	54.2f(22)	2.51.3(15)	1.44.0(11)	5.48.3( 8)	221.350
	Jeanette Nässbjer	Sundsvalls SK	50.8(15)	2.47.7(10)	1.47.3(17)		
	Karin Friberg	Hagaströms SK	49.8(11)	2.54.1(19)	1.49.0(19)		
	Ann-Sofie Eriksson	Uddevalla IS	54.0(21)	2.53.7(18)	1.47.9(18)		
	Ingrid Mårtensson	IFK Strömsund	51.6(17)	3.04.7f(20)	1.49.6(20)		
	Ann-Marie Ohlsson	Sundsvalls SK	53.1(20)	3.16.8f(21)	1.53.5(21)		
	Marie Johansson	SK Pollux	52.4(19)	dns			

### Göteborg-Ullevi 04/05-02-1984

JUN		500m	1500m	1000m	3000m		
1	Jasmin Krohn	IFK Göteborg	45.51( 2)	2.19.42( 1)	1.31.67( 1)	5.06.56( 1)	188.911
2	Ylva Fors	Södermalms IK	47.67f( 7)	2.20.56( 2)	1.32.00( 2)	5.17.04( 2)	193.363
3	Anette Hammarin	IK Wega	44.93( 1)	2.26.65( 3)	1.35.16( 3)	5.39.91( 9)	198.044
4	Marie Lengqvist	Trollhättans SK	47.06( 5)	2.29.32( 5)	1.39.12( 7)	5.30.51( 4)	201.478
5	Birgitta Ranudd	Karlstads SK	48.01( 9)	2.27.61( 4)	1.38.21( 4)	5.38.10( 7)	202.668
6	Angela Hansson	Uddevalla IS	47.72( 8)	2.32.64( 6)	1.40.25( 8)	5.28.72( 3)	203.511
7	Lena Snihs	IF Thor	47.19( 6)	2.34.80(14)	1.40.27( 9)	5.39.82( 8)	205.561
8	Gunilla Östling	Eskilstuna IK	48.14(10)	2.33.16( 9)	1.42.05(14)	5.33.25( 5)	205.759

9	Ailen Andersson	IFK Göteborg	46.54	( 4)	2.36.22(16)	1.38.35( 5)	5.52.91(14)	206.606
10	Madelene Edkvist	Hagatröms SK	46.28	( 3)	2.36.79(17)	1.38.64( 6)	5.56.11(16)	207.214
11	Annelie Johansson	IFK Sala	48.87	(14)	2.32.78( 7)	1.41.65(11)	5.44.59(12)	208.052
12	Eva Hörnfeldt	IF Castor	48.89	(15)	2.34.01(10)	1.41.99(13)	5.43.64(10)	208.494
14	Anna-Lena Andersson	IF Thor	49.37	(19)	2.34.71(13)	1.43.80(17)	5.36.88( 6)	208.986
13	Anna-Karin Ljung	Sandvikens SK	48.25	(11)	2.34.22(12)	1.41.69(12)	5.49.61(13)	208.769
15	Ulrika Turesson	Uddevalla IS	49.34	(18)	2.33.02( 8)	1.45.20(20)	5.44.00(11)	210.279
16	Nina Härlin	Motala AIF	48.80	(13)	2.34.07(11)	1.42.39(16)	5.55.39(15)	210.582
	Britt Olofsson	Trollhättans SK	48.66	(12)	2.36.00(15)	1.41.00(10)		
	Cecilia Hallengren	IFK Göteborg	48.95	(16)	2.43.62(23)	1.42.37(15)		
	Katarina Rosell	IFK Göteborg	49.00	(17)	2.40.88(19)	1.45.59(21)		
	Monicka Hansson	Uddevalla IS	50.99	(22)	2.37.61(18)	1.43.83(18)		
	Åsa Pettersson	SK Winner	50.19	(21)	2.41.87(22)	1.44.71(19)		
	Anna Rusman	IFK Kristinehamn	49.87	(20)	2.40.88(19)	1.49.74(22)		
	Inger Holm	IK Wega	51.54	(23)	2.41.62(21)	1.50.05(23)		

## Arvika 09-02-1985

JUN del 1		500m	1500m
Anette Hammarin	IK Wega	46.5 ( 1)	2.27.0( 1)
Marie Lengqvist	Trollhättans SK	48.8 ( 4)	2.29.3( 2)
Ailen Andersson	IFK Göteborg	47.4 ( 2)	2.34.3( 4)
Birgitta Ranudd	Karlstads SK	49.6 ( 6)	2.29.5( 3)
Lena Snihs	IF Thor	47.8 ( 3)	2.36.5( 5)
Britt Olofsson	Trollhättans SK	49.2 ( 5)	2.36.6( 6)
Anna-Lena Andersson	IF Thor	50.0 ( 7)	2.36.6( 6)
Ulrika Turesson	Uddevalla IS	51.1 (15)	2.37.7( 9)
Annelie Johansson	IFK Sala	51.4 (19)	2.36.9( 8)
Monicka Hansson	Uddevalla IS	51.0 (14)	2.38.5(10)
Anneli Johansson	Uddevalla IS	51.1 (15)	2.39.1(11)
Ann-Marie Engnell	Sollentuna SS	50.7 (12)	2.40.6(12)
Karin Olofsson	IFK Strömsund	50.6 (11)	2.42.8(14)
Anna Rusman	Karlstads SK	50.5 ( 8)	2.44.3(15)
Eva Holmgren	IFK Strömsund	50.5 ( 8)	2.46.8(19)
Åse von Stedingk	Danderyds SF	50.5 ( 8)	2.47.1(20)
Jeanette Nässbjer	Sundsvalls SK	52.5 (23)	2.41.4(13)
Anna Lengqvist	Trollhättans SK	51.3 (18)	2.45.2(16)
Marjo Walle	IFK Sala	51.9 (20)	2.45.4(17)
Katarina Rosell	IFK Göteborg	51.2 (17)	2.48.0(21)
Susanna Persson	IFK Sala	52.1 (22)	2.46.2(18)
Åsa Svensson	SK Pollux	51.9 (20)	dnf
Kerstin Hansson	Mälarhöjdens SS	50.7 (12)	dns

Dag 2 inställd p g a sträng kyla. Genomfördes i samband med Cupfinalerna i Karlstad, men ingen sammanlagd tävling.

## Karlstad 16-03-1985

JUN del 2		1000m	3000m
Anette Hammarin	IK Wega	1.34.2 ( 1)	5.16.7( 2)
Birgitta Ranudd	Karlstads SK	1.36.2 ( 2)	5.14.9( 1)
Marie Lengqvist	Trollhättans SK	1.37.1 ( 3)	5.25.6( 3)
Anna-Lena Andersson	IF Thor	1.39.4 ( 5)	5.32.7( 4)
Lena Snihs	IF Thor	1.38.0 ( 4)	5.37.6( 5)
Britt Olofsson	Trollhättans SK	1.39.9 ( 6)	5.38.6( 6)
Annelie Johansson	IFK Sala	1.41.9 ( 9)	5.39.2( 7)
Anna Rusman	Karlstads SK	1.41.5 ( 8)	5.41.4( 8)
Ann-Marie Engnell	Sollentuna SS	1.41.2 ( 7)	5.45.0(10)
Anna Lengqvist	Trollhättans SK	1.42.5 (10)	5.50.2(11)
Ailen Andersson	IFK Göteborg	1.54.6f(13)	5.42.9( 9)
Marjo Walle	IFK Sala	1.43.6 (11)	
Katarina Rosell	IFK Göteborg	1.44.6 (12)	

## Göteborg-Ruddalen 08/09-02-1986

JUN		500m	1500m	1000m	3000m		
1	Jasmin Krohn	IFK Göteborg	45.71 ( 1)	2.19.10 ( 1)	1.31.98 ( 1)	4.55.00 ( 1)	187.232
2	Birgitta Ranudd	Karlstads SK	47.56 ( 2)	2.25.27 ( 2)	1.36.34 ( 3)	5.06.81 ( 2)	195.288
3	Marie Lengqvist	IK Wega	47.88 ( 6)	2.26.81 ( 3)	1.34.73 ( 2)	5.21.32 ( 3)	197.734
4	Karin Olofsson	IFK Strömsund	47.79 ( 4)	2.31.32 ( 5)	1.36.43 ( 4)	5.24.59 ( 4)	200.543
5	Anna Lengqvist	Trollhättans SK	47.73 ( 3)	2.32.90 ( 6)	1.37.26 ( 5)	5.25.40 ( 5)	201.559
6	Angela Hansson	Uddevalla IS	47.79 ( 4)	2.30.99 ( 4)	1.37.95 ( 6)	5.29.40 ( 7)	201.995
7	Katarina Rosell	IFK Göteborg	48.31 ( 8)	2.33.70 ( 7)	1.39.62 ( 7)	5.26.25 ( 6)	203.728
8	Madelene Edkvist	Hagaströms SK	48.19 ( 7)	2.34.59 ( 8)	1.39.84 ( 8)	5.41.20 (12)	206.506
9	Ann-Marie Engnell	Sollentuna SS	50.63 (13)	2.37.58 (11)	1.41.21 ( 9)	5.36.87 (10)	209.906
10	Anneli Johansson	Uddevalla IS	51.20 (17)	2.37.39 (10)	1.41.67 (10)	5.34.35 ( 9)	210.223
11	Maria Åberg	IFK Göteborg	50.78 (14)	2.38.16 (12)	1.43.32 (13)	5.33.35 ( 8)	210.718
12	Anna Rusman	Karlstads SK	49.33 ( 9)	2.39.82 (15)	1.41.78 (11)	5.44.48 (14)	210.906
13	Inga-Britt Persson	Karlstads SK	50.47 (11)	2.39.28 (14)	1.43.10 (12)	5.43.82 (13)	212.416
14	Ulrika Pettersson	Karlstads SK	51.98 (21)	2.39.21 (13)	1.43.38 (14)	5.36.89 (11)	212.888
	Ulrika Turesson	Uddevalla IS	50.08 (10)	2.37.27 ( 9)	1.43.96 (15)		
	Åse von Stedingk	Danderyds SF	50.51 (12)	2.41.55 (16)	1.44.22 (16)		
	Helena Tillstrand	Hagaströms SK	51.06 (15)	2.43.40 (18)	1.44.86 (17)		
	Helena Eriksson	Sollentuna SS	51.16 (16)	2.42.86 (17)	1.46.89 (21)		
	Mia Folke	SK Pollux	51.37 (18)	2.45.07 (19)	1.45.60 (19)		
	Katrein Deden	SK Skrinnaren	51.48 (19)	2.46.28 (21)	1.45.31 (18)		
	Åsa Svensson	SK Pollux	51.63 (20)	2.46.20 (20)	1.46.24 (20)		
	Louise Öhlund	Hagaströms SK	53.40 (22)	3.01.26f (22)	1.53.54 (22)		

## Göteborg-Ruddalen & Uddevalla 07/08-02-1987

JUN		500m	1500m	1000m	3000m		
1	Marie Lengqvist	IK Wega	47.68 ( 2)	2.28.04 ( 1)	1.36.2 ( 1)	5.24.9 ( 1)	199.276
2	Karin Olofsson	IFK Strömsund	47.60 ( 1)	2.34.11 ( 2)	1.38.1 ( 2)	5.38.3 ( 4)	204.403
3	Angela Hansson	Uddevalla IS	48.43 ( 3)	2.39.23 ( 6)	1.40.0 ( 4)	5.31.5 ( 2)	206.756
4	Ulrika Turesson	Uddevalla IS	49.07 ( 4)	2.36.14 ( 3)	1.39.9 ( 3)	5.36.3 ( 3)	207.116
5	Monicka Hansson	Uddevalla IS	49.76 ( 6)	2.37.93 ( 4)	1.41.2 ( 5)	5.45.8 ( 9)	210.636
6	Ann-Marie Engnell	Sollentuna SS	50.52 (12)	2.38.83 ( 5)	1.42.6 ( 7)	5.40.0 ( 5)	211.429
7	Monica Liberg	Eskilstuna IK	49.42 ( 5)	2.43.86 (11)	1.42.1 ( 6)	5.43.4 ( 7)	212.323
8	Camilla Andersson	Motala AIF	50.39 (10)	2.41.67 ( 8)	1.43.8 (10)	5.41.3 ( 6)	213.063
9	Christina Schön	SK Pollux	49.91 ( 8)	2.42.21 (10)	1.44.0 (12)	5.48.5 (10)	214.063
10	Helena Wahlbeck	Sollentuna SS	50.84 (15)	2.41.77 ( 9)	1.45.1 (14)	5.52.2 (12)	216.013
11	Helena Tillstrand	Hagaströms SK	50.66 (14)	2.44.08 (13)	1.45.0 (13)	5.50.0 (11)	216.186
12	Maria Åberg	IFK Göteborg	52.14 (17)	2.41.21 ( 7)	1.43.0 ( 9)	5.54.5 (13)	216.459
13	Mia Folke	SK Pollux	49.86 ( 7)	2.44.85 (14)	1.42.7 ( 8)	6.03.7 (15)	216.776
14	Helena Liberg	Eskilstuna IK	51.75 (16)	2.45.53 (16)	1.45.7 (16)	5.45.4 ( 8)	217.342
15	Eva Holmgren	Uddevalla IS	50.59 (13)	2.43.94 (12)	1.43.9 (11)	6.05.5 (16)	218.102
16	Charlotte Kimby	Sollentuna SS	52.84 (20)	2.46.02 (17)	1.45.5 (15)	5.55.7 (14)	220.213
	Anna Forsberg	Karlstads SK	53.28 (22)	2.49.92 (19)	1.46.1 (17)		
	Louise Öhlund	Hagaströms SK	52.82 (19)	2.50.78 (20)	1.47.5 (18)		
	Jenny Dahlström	Hagaströms SK	52.87 (21)	2.55.31 (21)	1.49.2 (19)		
	Ulrika Nordborg	SK Skrinnaren	52.67 (18)	2.55.84 (22)	1.49.4 (20)		
	Gisela Johansson	Karlstads SK	54.13 (23)	3.00.85 (23)	1.53.8 (21)		
	Katarina Rosell	IFK Göteborg	50.41 (11)	2.45.01 (15)			
	Birgitta Ranudd	Karlstads SK	49.91 ( 8)	2.48.11f (18)			

JSM skulle avgjorts i Uddevalla, men p g a mildväder flyttades första dagens tävlingar till Ruddalens konstis i Göteborg. Andra dagens tävlingar genomfördes däremot i Uddevalla.

## Hagaström 05/06-03-1988

JUN		500m	1500m	1000m	3000m		
1	Birgitta Ranudd	Karlstads SK	50.27 ( 7)	2.38.01 ( 2)	1.42.4 ( 2)	5.27.40 (1)	208.706
2	Ingrid Claesson	IK Wega	50.93 (12)	2.37.13 ( 1)	1.42.8 ( 4)	5.27.77 (2)	209.334
3	Ann-Marie Engnell	Sollentuna SS	49.65 ( 3)	2.39.68 ( 4)	1.40.9 ( 1)	5.41.13 (7)	210.181
4	Karin Olofsson	IFK Strömsund	49.54 ( 2)	2.40.74 ( 5)	1.42.6 ( 3)	5.34.60 (3)	210.186
5	Christina Schön	SK Pollux	50.11 ( 6)	2.42.19 ( 6)	1.43.0 ( 5)	5.36.22 (4)	211.709
6	Camilla Andersson	Motala AIF	50.04 ( 4)	2.39.35 ( 3)	1.45.6 ( 8)	5.40.11 (5)	212.641
7	Ulrika Turesson	Uddevalla IS	50.70 (10)	2.42.46 ( 7)	1.48.4 (11)	5.40.68 (6)	215.833
8	Helena Liberg	Eskilstuna IK	51.62 (15)	2.45.35 ( 8)	1.48.7 (13)	5.42.24 (8)	218.126
	Annika Wilhelmsson	Bräcke SK	49.48 ( 1)	2.46.36 ( 9)	1.46.2 ( 9)		
	Inga-Britt Persson	Karlstads SK	50.30 ( 9)	2.46.98 (10)	1.48.4 (11)		
	Angela Hansson	Uddevalla IS	51.07 (13)	2.49.83 (13)	1.45.1 ( 6)		

Helena Tillstrand	Hagströms SK	50.92 (11)	2.48.23 (11)	1.48.2 (10)
Eva Holmgren	Uddevalla IS	50.08 ( 5)	2.53.94 (14)	1.49.8 (14)
Monica Liberg	Eskilstuna IK	50.29 ( 8)	3.00.95f(15)	1.45.1 ( 6)
Anna Rusman	Karlstads SK	52.81 (16)	3.01.91 (16)	1.51.6 (15)
Katarina Rosell	IFK Göteborg	51.41 (14)	2.49.27 (12)	2.06.6f(16)

### Uppsala 14/15-01-1989

JUN		500m	1500m	1000m	3000m		
1	Ingrid Claesson	IK Wega	50.21 (13)	2.32.74( 1)	1.40.20( 1)	5.21.41( 1)	204.791
2	Ulrika Turesson	Uddevalla IS	48.93 ( 5)	2.34.81( 3)	1.40.82( 2)	5.30.69( 2)	206.058
3	Monica Liberg	Eskilstuna IK	48.90 ( 4)	2.34.04( 2)	1.42.06( 3)	5.34.74( 3)	207.066
4	Christina Schön	SK Pollux	48.95 ( 6)	2.34.90( 4)	1.42.79( 6)	5.35.71( 4)	207.929
5	Monicka Hansson	Uddevalla IS	48.70 ( 3)	2.41.03( 7)	1.42.10( 4)	5.42.12( 5)	210.446
6	Gabriella Kristoffers	SK Pollux	48.68 ( 2)	2.39.83( 6)	1.45.10(10)	5.44.57( 7)	211.934
7	Malin Järf	Eskilstuna IK	48.95 ( 6)	2.42.16( 9)	1.45.18(11)	5.43.38( 6)	212.823
8	Jenny Dahlström	Hagströms SK	48.27 ( 1)	2.41.88( 8)	1.44.70( 9)	6.01.07( 8)	214.758
	Malin Hane	SK Winner	49.43 (10)	2.44.33(11)	1.42.66( 5)		
	Helena Liberg	Eskilstuna IK	49.32 ( 9)	2.43.95(10)	1.43.86( 7)		
	Camilla Andersson	Motala AIF	49.24 ( 8)	2.46.33(12)	1.44.63( 8)		
	Ulrika Nordborg	SK Skrinnaren	49.44 (11)	2.49.96(13)	1.46.50(12)		
	Åsa Nykvist	IFK Kr.hamn	51.51 (14)	2.57.97(15)	1.47.54(13)		
	Anette Leijen	IK Wega	52.36 (15)	2.53.36(14)	1.49.98(14)		
	Karin Olofsson	IFK Strömsund	49.77 (12)	2.38.49( 5)			

### Göteborg-Ruddalen 03/04-02-1990

JUN		500m	1500m	1000m	3000m		
1	Christina Schön	SK Pollux	48.12( 3)	2.33.38 ( 1)	1.35.77( 2)	5.25.28 ( 1)	201.344
2	Monica Liberg	Eskilstuna IK	48.41( 5)	2.38.65 ( 2)	1.38.54( 4)	5.32.43 ( 3)	205.968
3	Annika Wilhelmsson	Bräcke SK	48.29( 4)	2.41.76 ( 3)	1.37.18( 3)	5.34.53 ( 4)	206.555
4	Malin Enfeldt	SK Pollux	48.11( 2)	2.42.37 ( 4)	1.39.48( 5)	5.42.98 ( 5)	209.136
5	Gabriella Kristoffers	SK Pollux	48.09( 1)	3.00.77f(10)	1.35.58( 1)	5.29.02 ( 2)	210.972
6	Helen Björk	Sandvikens SK	49.14( 6)	2.46.86 ( 5)	1.41.90( 7)	5.48.32 ( 6)	213.763
7	Linda Öhlund	Hagströms SK	50.79( 8)	2.49.17 ( 7)	1.43.99( 8)	5.59.24 ( 8)	219.048
8	Helena Häger	IFK Lidingö	49.99( 7)	2.47.09 ( 6)	1.41.53( 6)	6.18.11f(10)	219.469
9	Jenny Bäckström	Hagströms SK	51.41( 9)	2.53.39 ( 8)	1.44.20( 9)	6.09.99 ( 9)	222.971
10	Anette Leijen	IK Wega	53.75(11)	2.55.91 ( 9)	1.46.60(10)	5.55.59 ( 7)	224.951
	Anna Oscarsson	Uddevalla IS	53.57(10)				

### Uppsala 02/03-02-1991

JUN		500m	1500m	1000m	3000m		
1	Christina Schön	SK Pollux	47.30( 1)	2.27.44( 1)	1.34.11( 1)	5.12.2 ( 1)	195.534
2	Ingrid Claesson	IK Wega	49.01( 3)	2.29.96( 2)	1.37.21( 3)	5.13.4 ( 2)	199.834
3	Malin Järf	Eskilstuna IK	48.90( 2)	2.30.11( 3)	1.37.05( 2)	5.15.3 ( 3)	200.011
4	Sofia Larsson	IFK Kr.hamn	49.85( 6)	2.35.93( 5)	1.41.31( 7)	5.29.0 ( 4)	207.314
5	Linda Öhlund	Hagströms SK	49.61( 5)	2.35.33( 4)	1.40.27( 5)	5.39.2 ( 7)	208.054
6	Lina Eriksson	Filipstads SK	50.26( 7)	2.39.10( 8)	1.38.96( 4)	5.38.2 ( 6)	209.139
7	Jenny Dahlström	Hagströms SK	49.34( 4)	2.38.86( 7)	1.41.11( 6)	5.46.9 ( 8)	210.664
8	Helena Häger	IFK Lidingö	51.38(10)	2.38.53( 6)	1.41.85( 8)	5.38.0 ( 5)	211.481
9	Jenny Bäckström	Hagströms SK	50.66( 8)	2.44.01(10)	1.44.26( 9)	6.00.9 (10)	217.610
10	Gabriella Odéhn	IK Wega	53.31(12)	2.45.03(11)	1.48.39(11)	5.52.4 ( 9)	221.248
	Karolina Gjelten	Uddevalla IS	50.83( 9)	2.43.90( 9)	1.46.93(10)		
	Anna Oscarsson	Uddevalla IS	54.12(13)	2.49.41(12)	1.50.03(12)		
	Ann-Katrin Bednars	Filipstads SK	53.09(11)	2.56.00(13)	1.52.90(13)		
	Kerstin Nolkrantz	SK Trollhättan	56.78(14)	3.13.33(14)	1.59.07(14)		

### Hagström 18/19-01-1992

JUN		500m	1500m	1000m	3000m		
1	Christina Schön	SK Pollux	45.60 ( 1)	2.24.78( 1)	1.31.75( 1)	5.09.89(1)	191.383
2	Sofia Larsson	IFK Kr.hamn	46.71 ( 2)	2.27.37( 3)	1.35.34( 2)	5.20.55(2)	196.928
3	Malin Järf	Eskilstuna IK	47.35 ( 3)	2.26.61( 2)	1.35.99( 3)	5.30.38(3)	199.278
4	Linn Eriksson	Askersunds SK	48.03 ( 4)	2.36.19( 4)	1.40.61( 4)	5.44.71(4)	207.849
5	Malin Enfeldt	SK Pollux	48.72 ( 5)	2.39.20( 6)	1.41.82( 5)	6.05.93(8)	213.684
6	Linda Öhlund	Hagströms SK	49.15 ( 6)	2.39.30( 7)	1.44.23( 7)	6.03.12(7)	214.885
7	Alexandra Johansson	SK Winner	51.40 (10)	2.41.49( 9)	1.44.80( 8)	5.45.02(5)	215.133
8	Lina Eriksson	Filipstads SK	50.53 ( 9)	2.40.91( 8)	1.46.65(11)	5.58.49(6)	217.239

Jenny Bäckström	Hagaströms SK	49.71 ( 7)	2.43.31(10)	1.43.55( 6)
Karolina Gjelten	Uddevalla IS	50.42 ( 8)	2.46.11(11)	1.45.61(10)
Daniela Johansson	Uddevalla IS	51.86 (11)	2.49.41(13)	1.44.90( 9)
Gabriella Odéhn	IK Wega	52.81 (13)	2.46.77(12)	1.47.08(12)
Kerstin Nolkrantz	SK Trollhättan	55.53 (15)	2.59.43(15)	1.57.25(15)
Ann-Katrin Bednars	Filipstads SK	52.39 (12)	2.59.75(16)	1.53.43(13)
Helena Bäckström	Hagaströms SK	53.89 (14)	2.56.53(14)	1.54.35(14)
Anna Healy	Karlstads SK	66.15f(16)	2.37.35( 5)	dq

### Hagaström 23/24-01-1993

JUN		500m	1500m	1000m	3000m		
1	Sofia Larsson	IFK Kr.hamn	48.08( 1)	2.30.53( 1)	1.35.30( 1)	5.14.30(1)	198.289
2	Linn Eriksson	Askersunds SK	49.39( 2)	2.39.15( 2)	1.41.61( 2)	5.38.45(3)	209.653
3	Linda Öhlund	Hagaströms SK	50.94( 5)	2.40.43( 3)	1.44.33( 3)	5.47.13(4)	214.436
4	Lina Eriksson	Filipstads SK	50.33( 3)	2.40.93( 4)	1.46.05( 5)	5.47.19(5)	214.863
5	Anna Healy	Karlstads SK	52.16(12)	2.45.26( 5)	1.46.01( 4)	5.37.72(2)	216.537
6	Anna Björemark	SK Trollhättan	50.68( 4)	2.45.26( 5)	1.47.58( 6)	5.51.09(7)	218.071
7	Alexandra Johansson	SK Trollhättan	51.05( 6)	2.45.43( 7)	1.48.49( 7)	5.50.96(6)	218.931
8	Daniela Johansson	Uddevalla IS	51.81(10)	2.49.13( 8)	1.48.61( 8)	6.14.31(8)	224.876
	Frida Nolkrantz	SK Trollhättan	51.69( 7)	2.55.08(11)	1.49.71( 9)		
	Åsa Rehdell	SK Trollhättan	51.72( 9)	2.54.85(10)	1.50.87(10)		
	Anna Wallin	IFK Göteborg	51.71( 8)	2.56.34(12)	2.03.48f(14)		
	Helena Bäckström	Hagaströms SK	55.01(13)	3.01.41(13)	1.55.46(11)		
	Sara Johansson	IFK Göteborg	56.78(15)	3.07.79(14)	1.57.37(12)		
	Nina Henningsson	IFK Kr.hamn	55.97(14)	3.10.07(15)	2.01.70(13)		
	Ann-Katrin Bednars	Filipstads SK	51.96(11)	2.53.56( 9)	2.21.19f(15)		

### Sandviken-Norra IP 12/13-02-1994

JUN		500m	1500m	1000m	3000m		
1	Sofia Larsson	IFK Kr.hamn	46.84( 1)	2.21.46( 1)	1.33.90( 1)	5.05.28(1)	191.823
2	Lina Eriksson	Filipstads SK	46.99( 2)	2.28.98( 2)	1.37.38( 2)	5.16.28(4)	198.053
3	Linn Eriksson	Askersunds SK	47.40( 3)	2.30.64( 3)	1.38.26( 4)	5.15.19(2)	199.274
4	Anna Björemark	SK Trollhättan	47.46( 4)	2.31.86( 4)	1.38.03( 3)	5.15.85(3)	199.736
5	Frida Nolkrantz	SK Trollhättan	50.07( 7)	2.37.42( 5)	1.45.02( 5)	5.38.50(5)	211.469
6	Anna Wallin	IFK Göteborg	51.05( 8)	2.44.07( 7)	1.46.09( 6)	5.57.88(7)	218.431
7	Alexandra Johansson	SK Trollhättan	49.32( 5)	2.37.45( 6)	2.00.15f(14)	5.40.47(6)	218.623
8	Frida Arvidsson	IK Wega	55.90(14)	2.50.72(10)	1.54.73(12)	6.08.64(8)	231.611
	Heidi Harman	Sollentuna SS	51.77( 9)	2.46.54( 8)	1.50.15( 7)		
	Emma Svensson	Hagaströms SK	52.49(11)	2.50.01( 9)	1.50.84( 8)		
	Ida Waern	Hagaströms SK	49.73( 6)	2.59.73f(14)	1.51.05( 9)		
	Tove Arvidsson	IK Wega	52.91(12)	2.54.31(12)	1.52.28(10)		
	Nina Henningsson	IFK Kr.hamn	53.53(13)	2.52.40(11)	1.53.78(11)		
	Ramona Morell	SK Pollux	51.81(10)	2.58.69(13)	1.59.43(13)		

### Sundsvall-Gärdebanan 04/05-02-1995

JUN		500m	1500m	1000m	3000m		
1	Sofia Larsson	IFK Kr.hamn	46.5( 1)	2.21.82( 1)	1.31.81( 1)	4.58.6( 1)	189.444
2	Linn Eriksson	Askersunds SK	47.2( 2)	2.26.88( 2)	1.34.76( 2)	5.18.5( 3)	196.623
3	Anna Björemark	SK Trollhättan	47.3( 3)	2.27.94( 3)	1.35.82( 3)	5.17.3( 2)	197.406
4	Alexandra Johansson	SK Trollhättan	48.5( 4)	2.36.41( 4)	1.39.68( 4)	5.28.0( 5)	205.142
5	Frida Nolkrantz	SK Trollhättan	50.7( 7)	2.38.50( 5)	1.41.46( 5)	5.26.8( 4)	208.729
6	Karin Lindh	Eskilstuna IK	49.5( 6)	2.42.81( 6)	1.44.38( 6)	5.56.4( 6)	215.360
7	Tove Arvidsson	IK Wega	52.3( 8)	2.57.30( 8)	1.53.43( 8)	6.07.3( 7)	229.331
8	Heidi Harman	Sollentuna SS	52.7( 9)	2.54.64( 7)	1.52.55( 7)	6.15.2( 8)	229.721
	Lina Eriksson	Filipstads SK	49.3( 5)	dns			

### Karlstad 17/18-02-1996

JUN		500m	1500m	1000m	3000m		
1	Anna Björemark	SK Trollhättan	45.65( 1)	2.29.89( 1)	1.32.64( 1)	5.09.52( 1)	193.519
2	Anna Karlsson	Uddevalla IS	46.24( 2)	2.34.05( 2)	1.33.26( 2)	5.14.33( 2)	196.608
3	Alexandra Johansson	SK Winner	48.51( 4)	2.38.73( 4)	1.38.65( 4)	5.26.89( 3)	205.226
4	Lina Eriksson	Filipstads SK	47.80( 3)	2.41.79( 5)	1.37.53( 3)	5.28.81( 4)	205.296
5	Jenny Ekström	Uddevalla IS	48.68( 5)	2.37.28( 3)	1.40.07( 5)	5.38.68( 6)	207.587
6	Frida Nolkrantz	SK Trollhättan	49.85( 6)	2.43.07( 6)	1.43.64( 6)	5.37.85( 5)	212.334

7	Petra Johansson	Uddevalla IS	50.89( 7)	2.45.17( 7)	1.43.89( 7)	5.50.02( 7)	216.227
8	Jenny Åhlander	SK Pollux	53.68(10)	2.53.83( 9)	1.47.02( 8)	6.01.91( 8)	225.451
	Frida Arvidsson	IK Wega	53.13( 8)	2.52.88( 8)	1.50.54(10)		
	Jana Cargill-Ek	SK Pollux	53.65( 9)	3.02.05(12)	1.49.18( 9)		
	Tove Arvidsson	IK Wega	54.68(11)	2.58.11(10)	1.54.84(12)		
	Veronica Eliasson	Sundsvalls SK	55.83(13)	2.59.18(11)	1.52.94(11)		
	Malin Gunnarsson	Karlstads SK	54.92(12)	3.07.12(13)	1.56.57(13)		
	Sofie Gustafsson	Karlstads SK	57.20(14)	3.14.00(14)	1.59.91(14)		

### Västerås-Råby 25/26-01-1997

JUN		500m	1500m	1000m	3000m		
1	Anna Björemark	SK Trollhättan	45.25( 1)	2.26.51( 2)	1.34.37( 1)	5.14.60( 1)	193.704
2	Anna Karlsson	Uddevalla IS	45.63( 2)	2.26.41( 1)	1.36.23( 2)	5.21.51( 2)	196.133
3	Lina Eriksson	Filipstads SK	46.16( 3)	2.28.19( 3)	1.36.81( 3)	5.24.22( 3)	197.997
4	Jana Cargill-Ek	SK Pollux	51.12( 4)	2.50.99( 5)	1.48.90( 4)	6.10.20( 5)	224.266
5	Jenny Åhlander	SK Pollux	52.16( 5)	2.48.54( 4)	1.52.72( 5)	6.04.97( 4)	225.528
6	Veronica Eliasson	Sundsvalls SK	54.24( 7)	2.58.32( 7)	1.52.90( 6)	6.28.18( 6)	234.826
	Sofie Rehdell	Uddevalla IS	52.19( 6)	2.55.18( 6)	dns		

### Hagaström 31-01/01-02-1998

JUN		500m	1500m	1000m	3000m		
1	Anna Karlsson	Uddevalla IS	45.7 ( 4)	2.26.32( 3)	1.28.29( 1)	4.52.50( 1)	187.368
2	Anna Björemark	SK Trollhättan	45.3 ( 1)	2.24.26( 1)	1.30.55( 2)	5.02.50( 2)	189.077
3	Sofia Albertsson	IK Wega	45.5 ( 2)	2.25.53( 2)	1.31.42( 4)	5.04.13( 3)	190.408
4	Paulina Wallin	IK Wega	45.5 ( 2)	2.30.40( 4)	1.31.21( 3)	5.20.51( 4)	194.656
5	Johanna Andersson	Eskilstuna IK	47.4 ( 5)	2.49.63( 7)	1.40.38( 6)	5.43.53( 6)	211.388
6	Anna Hånell	Hagaströms SK	51.3 ( 6)	2.48.10( 6)	1.43.98( 7)	5.47.16( 7)	217.183
7	Jenny Ekström	Uddevalla IS	61.1f( 9)	2.38.37( 5)	1.38.54( 5)	5.32.19( 5)	218.525
8	Anna Lundin	Sandvikens SK	53.3 ( 8)	2.52.99( 8)	1.47.28( 8)	6.04.69( 8)	225.384
	Sofie Ullström	Hagaströms SK	52.0 ( 7)	3.01.71( 9)	1.52.51( 9)		

### Göteborg-Ruddalen 23/24-01-1999

JUN		500m	1500m	1000m	3000m		
1	Anna Björemark	SK Trollhättan	44.71( 2)	2.21.16( 2)	1.28.53( 1)	4.47.7 ( 1)	183.978
2	Sofia Albertsson	IK Wega	44.38( 1)	2.21.09( 1)	1.29.61( 2)	4.48.3 ( 2)	184.265
3	Anna Karlsson	Uddevalla IS	45.24( 3)	2.23.72( 3)	1.30.06( 3)	5.09.1 ( 3)	189.692
4	Sara Andersson	IFK Kr.hamn	45.86( 5)	2.33.14( 4)	1.35.48( 4)	5.24.7 ( 4)	198.762
5	Johanna Andersson	Eskilstuna IK	47.21( 6)	2.42.08( 6)	1.39.68( 6)	5.47.2 ( 7)	208.942
6	Anna Hånell	Hagaströms SK	50.40(10)	2.39.35( 5)	1.40.20( 8)	5.38.4 ( 5)	210.016
7	Linnea Rosengren	IK Wega	50.05( 8)	2.43.26( 7)	1.41.41( 9)	5.41.7 ( 6)	212.125
8	Sofie Ullström	Hagaströms SK	49.32( 7)	2.43.44( 8)	1.39.51( 5)	5.52.6 ( 9)	212.321
9	Frida Arvidsson	IK Wega	50.11( 9)	2.46.01(10)	1.45.70(10)	5.50.4 ( 8)	216.696
10	Elin Granberg	Filipstads SK	53.02(13)	2.50.89(11)	1.47.82(12)	6.15.6f(11)	226.493
11	Lisa Wentzel	IFK Göteborg	54.56(15)	2.59.23(13)	1.50.68(14)	6.03.7 (10)	230.259
	Linn Josefson	IK Wega	53.06(14)	2.44.20( 9)	1.47.99(13)		
	Moa Wendt	IK Wega	51.81(11)	2.51.39(12)	1.47.80(11)		
	Camilla Larsson	Hagaströms SK	52.67(12)	3.02.83(14)	1.52.46(15)		
	Paulina Wallin	IK Wega	45.68( 4)	dns	1.39.97( 7)		

### Karlstad 22/23-01-2000

JUN		500m	1500m	1000m	3000m		
1	Sofia Albertsson	IK Wega	45.66( 4)	2.19.27 ( 1)	1.31.1 ( 1)	5.01.8( 1)	187.933
2	Sara Andersson	IFK Kr.hamn	45.50( 2)	2.25.26 ( 2)	1.33.7 ( 2)	5.13.1( 2)	192.953
3	Paulina Wallin	IK Wega	45.29( 1)	2.28.08 ( 4)	1.34.5 ( 3)	5.20.3( 4)	195.283
4	Marita Johansson	Karlstads SK	47.89( 6)	2.26.97 ( 3)	1.35.9 ( 5)	5.17.1( 3)	197.680
5	Johanna Andersson	Eskilstuna IK	45.59( 3)	2.35.58 ( 6)	1.36.5 ( 6)	5.28.0( 5)	200.366
6	Anna Hånell	Hagaströms SK	46.97( 5)	2.31.02 ( 5)	1.35.8 ( 4)	5.40.4( 7)	201.943
7	Linnea Rosengren	IK Wega	49.17(11)	2.36.86 ( 7)	1.41.2 ( 9)	5.39.8( 6)	208.689
8	Sofie Ullström	Hagaströms SK	49.52(12)	2.38.09 ( 9)	1.39.5 ( 7)	5.51.3( 8)	210.516
	Emma Andersson	IFK Kr.hamn	49.09(10)	2.40.06 (12)	1.41.5 (10)		
	Camilla Larsson	Hagaströms SK	49.07( 9)	2.38.94 (10)	1.42.4 (12)		
	Therese Nordvall	Hagaströms SK	50.23(14)	2.37.70 ( 8)	1.41.1 ( 8)		
	Jenny Ekström	Uddevalla IS	48.88( 7)	2.44.31 (13)	1.42.8 (13)		
	Moa Wendt	IK Wega	48.98( 8)	2.52.56f(15)	1.41.5 (10)		
	Lisa Wentzel	IFK Göteborg	53.18(15)	2.49.48 (14)	1.49.4 (14)		
	Anna Lundin	Sandvikens SK	49.53(13)	2.39.72 (11)	2.29.0f(15)		

## Hagström 03-02-2001

JUN del 1		500m	1500m
Sofia Albertsson	IK Wega	45.31 ( 1)	2.30.27 ( 1)
Sara Andersson	IFK Kr.hamn	45.38 ( 2)	2.33.17 ( 2)
Paulina Wallin	IK Wega	46.17 ( 3)	2.45.57 ( 3)
Camilla Larsson	Hagströms SK	49.23 ( 5)	2.47.88 ( 4)
Johanna Andersson	Eskilstuna IK	48.02 ( 4)	2.51.87 ( 5)
Emma Wallgren	Hagströms SK	51.02 ( 8)	2.53.43 ( 6)
Johanna Östlund	Hagströms SK	50.40 ( 7)	2.56.01 ( 8)
Claudia Wallin	IK Wega	49.88 ( 6)	3.00.19f(10)
Anna Lundin	Sandvikens SK	51.66 (10)	2.54.90 ( 7)
Therese Nordvall	Hagströms SK	51.36 ( 9)	2.56.56 ( 9)
Madeleine Wennberg	Hagströms SK	54.02 (11)	3.08.78 (11)
Anna Skoog	Hagströms SK	54.29 (12)	dnf

Andra dagen inställd p g a sträng kyla och hårda vindar. Avgjordes i samband med Cupfinalerna i Karlstad. Därmed inget sammanlagt mästerskap.

## Karlstad 17-03-2001

JUN del 2		1000m	3000m
Marita Johansson	Karlstads SK	1.37.67( 4)	5.05.50( 1)
Sara Andersson	IFK Kr.hamn	1.33.70( 1)	5.08.93( 2)
Paulina Wallin	IK Wega	1.37.20( 3)	5.16.18( 3)
Karin Westerlund	Karlstads SK	1.34.89( 2)	5.27.44( 4)
Linnea Rosengren	IK Wega	1.42.83( 6)	5.30.94( 5)
Camilla Larsson	Hagströms SK	1.38.06( 5)	5.31.74( 6)
Ranya Ezzi	SK Skrinnaren	1.45.44( 7)	5.38.09( 7)
Lisa Wentzel	IFK Göteborg	1.54.20(10)	5.55.79( 8)
Anna Lundin	Sandvikens SK	1.50.21( 9)	6.06.06( 9)
Therese Nordvall	Hagströms SK	1.50.09( 8)	dns

## Göteborg-Ruddalen 09/10-02-2002

JUN		500m	1500m	1000m	3000m		
1	Sofia Albertsson	IK Wega	43.36( 1)	2.18.17( 1)	1.27.10( 1)	4.51.4( 1)	181.532
2	Marita Johansson	Karlstads SK	46.65( 8)	2.23.45( 2)	1.33.66( 5)	5.02.8( 2)	191.762
3	Sara Andersson	IFK Kr.hamn	45.40( 4)	2.25.70( 3)	1.31.88( 3)	5.12.8( 3)	192.039
4	Paulina Wallin	IK Wega	44.46( 2)	2.28.47( 6)	1.30.74( 2)	5.20.4( 5)	192.720
5	Emma Andersson	IFK Kr.hamn	44.72( 3)	2.25.86( 4)	1.33.41( 4)	5.16.4( 4)	192.778
6	Johanna Andersson	IK Wega	45.99( 5)	2.27.54( 5)	1.35.98( 7)	5.27.0( 6)	197.660
7	Karin Westerlund	Karlstads SK	46.17( 6)	2.29.14( 7)	1.35.20( 6)	5.33.3( 7)	199.033
8	Johanna Östlund	Hagströms SK	46.46( 7)	2.32.25( 8)	1.37.22( 8)	5.42.1( 8)	202.836
9	Emma Wallgren	Hagströms SK	49.40( 9)	2.40.14(10)	1.43.75(10)	5.45.3( 9)	212.205
10	Sara Eriksson	IFK Kr.hamn	50.12(10)	2.49.46(11)	1.43.24( 9)	6.07.1(10)	219.409
	Anna Lundin	Sandvikens SK	51.51(13)	2.51.13(12)	1.45.49(11)		
	Madeleine Wennberg	Hagströms SK	51.10(12)	2.54.78(13)	1.51.77(13)		
	Josefin Wallin	IFK Sala	54.65(14)	2.57.02(14)	1.46.54(12)		
	Gabrijela Uvalic	IK Wega	50.16(11)	2.39.54( 9)	dns		

## Hagström 01/02-02-2003

JUN		500m	1500m	1000m	3000m		
1	Marita Johansson	Karlstads SK	46.73( 5)	2.16.05( 1)	1.30.3( 2)	4.49.93( 1)	185.551
2	Emma Andersson	IFK Kr.hamn	44.24( 1)	2.20.20( 2)	1.30.1( 1)	4.58.44( 2)	185.763
3	Karin Westerlund	Karlstads SK	44.88( 2)	2.21.55( 3)	1.32.0( 3)	5.08.74( 3)	189.519
4	Claudia Wallin	IK Wega	45.68( 3)	2.27.77( 5)	1.35.2( 5)	5.16.85( 4)	195.344
5	Johanna Östlund	Hagströms SK	46.69( 4)	2.24.74( 4)	1.34.7( 4)	5.20.88( 5)	195.766
6	Emma Wallgren	Hagströms SK	48.10( 6)	2.32.32( 6)	1.39.1( 6)	5.34.72( 6)	204.209
7	Josefin Wallin	IFK Sala	50.89( 7)	2.46.06( 7)	1.44.1( 7)	5.54.10( 7)	217.309
8	Agnes Malm	IK Wega	57.31(10)	2.56.81( 9)	2.06.1( 9)	6.16.90( 8)	242.112
	Anna Andersson	Hagströms SK	53.05( 9)	2.52.73( 8)	1.52.7( 8)	dns	
	Madeleine Wennberg	Hagströms SK	51.36( 8)	dns			

## Hagaström 24/25-01-2004

JUN		500m	1500m	1000m	3000m	
1	Emma Andersson	IFK Kr.hamn	44.64 ( 1)	2.18.59 ( 1)	1.30.79 ( 1)	4.57.7 ( 1) 185.847
2	Emma Wallgren	Hagaströms SK	48.75 ( 3)	2.31.89 ( 3)	1.38.18 ( 2)	5.17.2 ( 2) 201.336
3	Johanna Östlund	Hagaströms SK	47.45 ( 2)	2.29.77 ( 2)	1.38.85 ( 4)	5.34.8 ( 5) 202.598
4	Ranya Ezzi	SK Skrinnaren	48.76 ( 4)	2.34.21 ( 4)	1.38.79 ( 3)	5.34.0 ( 4) 205.224
5	Josefin Wallin	IFK Sala	49.68 ( 5)	2.36.75 ( 5)	1.41.45 ( 5)	5.43.1 ( 6) 209.838
6	Frida Leijon	IF Thor	50.08 ( 6)	2.43.34 ( 8)	1.44.33 ( 6)	5.33.3 ( 3) 212.241
7	Anna Andersson	Hagaströms SK	52.30 ( 9)	2.40.99 ( 7)	1.46.96 (10)	5.55.4 ( 7) 218.676
8	Elin Forsberg	Hagaströms SK	50.69 ( 7)	2.45.78 ( 9)	1.46.02 ( 9)	6.18.3 ( 8) 222.010
	Madeleine Wennberg	Hagaströms SK	50.87 ( 8)	2.40.11 ( 6)	1.45.69 ( 8)	
	Anna Skoog	Hagaströms SK	53.28 (10)	2.48.58 (10)	1.45.10 ( 7)	
	Emma Stark	Hagaströms SK	55.15 (11)	2.55.82 (11)	1.54.07 (11)	

## Hagaström 22/23-01-2005

JUN		500m	1500m	1000m	3000m	
1	Claudia Wallin	IFK Göteborg	43.19 ( 1)	2.21.84 ( 1)	1.33.49 ( 1)	5.17.7 ( 3) 190.165
2	Johanna Östlund	Hagaströms SK	46.35 ( 2)	2.26.11 ( 2)	1.34.62 ( 2)	5.15.4 ( 1) 194.929
3	Gabrijela Uvalic	IK Wega	47.59 ( 3)	2.30.35 ( 3)	1.38.22 ( 3)	5.20.6 ( 5) 200.249
4	Emma Wallgren	Hagaströms SK	49.26 ( 7)	2.33.00 ( 4)	1.41.93 ( 6)	5.17.1 ( 2) 204.075
5	Linnea Sjöblom	IF Thor	48.55 ( 5)	2.34.84 ( 6)	1.39.27 ( 4)	5.32.9 ( 6) 205.281
6	Catrine Josefsson	Södermalms IK	50.89 (11)	2.33.31 ( 5)	1.43.31 ( 8)	5.20.5 ( 4) 207.064
7	Josefin Wallin	IFK Sala	48.27 ( 4)	2.39.21 ( 7)	1.40.75 ( 5)	5.54.6 ( 9) 210.815
8	Anna Andersson	Hagaströms SK	49.05 ( 6)	2.39.70 ( 8)	1.43.21 ( 7)	5.43.7 ( 7) 211.171
9	Madeleine Wennberg	Hagaströms SK	49.98 ( 9)	2.41.36 ( 9)	1.44.24 ( 9)	5.44.8 ( 8) 213.352
10	Jenny Schallengruber	IFK Kr.hamn	49.31 ( 8)	2.43.33 (10)	1.45.18 (10)	6.11.5 (12) 218.259
11	Johanna Gudmundsson	IF Thor	51.68 (12)	2.45.23 (11)	1.47.56 (12)	6.09.9 (11) 222.186
12	Emma Stark	Hagaströms SK	52.71 (13)	2.47.10 (12)	1.49.60 (13)	5.58.3 (10) 222.926
	Anna Skoog	Hagaströms SK	50.65 (10)	2.51.92 (13)	1.46.60 (11)	
	Louise Wisting	Hagaströms SK	55.01 (14)	2.52.17 (14)	dns	

Fr o m 2006 koras mästaren på 500 m och 1000 m i samband med JSM Sprint.

## Motala 11/12-02-2006

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Emma Wallgren	Hagaström	47.0 ( 1)	2.23.9 ( 1)	1.33.0 ( 1)	5.11.8 ( 1) 193.432
2	Josefin Wallin	IFK Sala	47.6 ( 2)	2.28.1 ( 2)	1.36.4 ( 2)	5.16.5 ( 2) 197.916
3	Linnea Sjöblom	IF Thor	48.2 ( 4)	2.31.5 ( 3)	1.37.8 ( 3)	5.19.0 ( 3) 200.766
4	Jenny Schallengruber	IFK Krhmn	48.0 ( 3)	2.38.6 ( 4)	1.38.6 ( 4)	5.41.2 ( 6) 207.032
5	Anna Andersson	Hagaström	49.3 ( 6)	2.40.0 ( 5)	1.40.9 ( 5)	5.31.0 ( 4) 208.249
6	Madeleine Wennberg	Hagaström	51.2 ( 7)	2.40.8 ( 6)	1.45.4 ( 7)	5.32.1 ( 5) 212.850
7	Annie Schallengruber	IFK Krhmn	49.0 ( 5)	2.42.2 ( 7)	1.44.6 ( 6)	6.18.9 ( 7) 218.516

## Hagaström 03/04-02-2007

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Emma Wallgren	Hagaströms SK	47.43 ( 2)	2.32.03 (1)	1.33.4 (2)	4.57.1 ( 1) 194.322
2	Therese Lundin	Uddevalla IS	46.38 ( 1)	2.33.29 (2)	1.33.4 (1)	5.14.4 ( 2) 196.576
3	Josefin Wallin	IFK Sala	48.18 ( 5)	2.35.13 (3)	1.36.2 (3)	5.19.5 ( 3) 201.240
4	Linnea Sjöblom	IF Thor	47.95 ( 4)	2.37.63 (4)	1.38.2 (4)	5.19.6 ( 4) 202.859
5	Elin Forsberg	Hagaströms SK	47.64 ( 3)	2.46.96 (6)	1.41.8 (6)	5.51.9 ( 7) 212.843
6	Louise Wisting	Hagaströms SK	51.85 ( 8)	2.45.91 (5)	1.43.8 (8)	5.44.7 ( 5) 216.503
7	Anna Andersson	Hagaströms SK	50.86 ( 7)	2.50.11 (7)	1.42.7 (7)	5.50.5 ( 6) 217.329
	Erika Svanborg	Sollentuna SS	52.41 ( 9)	2.53.87 (8)	dns	
	Johanna Gudmundsson	IF Thor	50.70 ( 6)		1.41.5 (5)	

## Hagaström 02/03-02-2008

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Johanna Gudmundsson	IF Thor	48.42 ( 3)	2.38.12 ( 1)	1.33.8 ( 1)	5.22.0 (2) 201.692
2	Linnea Sjöblom	IF Thor	47.34 ( 1)	2.46.46 ( 2)	1.34.4 ( 2)	5.22.3 (3) 203.742
3	Louise Wisting	Hagaströms SK	50.86 ( 6)	2.49.93 ( 3)	1.41.6 ( 5)	5.21.9 (1) 211.953
4	Elin Forsberg	Hagaströms SK	50.41 ( 5)	2.58.09 ( 5)	1.40.1 ( 3)	5.41.8 (4) 216.789
5	Annie Schallengruber	IFK Kr.hamn	47.65 ( 2)	2.56.76 ( 4)	1.40.7 ( 4)	6.05.4 (6) 217.820
6	Caroline Karlsson	Hagaströms SK	50.35 ( 4)	3.01.00 ( 6)	1.44.0 ( 6)	5.58.5 (5) 222.433

Frida Rosshagen	Hagaströms SK	55.78( 7)	3.13.64( 8)	1.50.0( 7)
Amanda Hallberg	Hagaströms SK	56.78( 9)	3.07.55( 7)	1.54.8(10)
Cornelia Karlsson	Hagaströms SK	56.85(10)	3.15.86( 9)	1.53.1( 8)
Tove Eriksson	Hagaströms SK	56.55( 8)	3.22.54(10)	1.53.1( 8)
Josefin Lindström	Hagaströms SK	61.80(11)	3.44.15(11)	2.02.6(11)

### Göteborg-Rudhallen 31-01/01-02-2009

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Linnea Sjöblom SK Winner	45.29(1)	<u>2.26.43(1)</u>	1.34.50(1)	5.24.40(2)	195.416
2	Louise Wisting Hagaströms SK	48.61(3)	<u>2.29.04(2)</u>	1.37.12(2)	<u>5.18.36(1)</u>	199.910
	Johanna Gudmundsson IF Thor	48.03(2)	2.29.36(3)	1.37.49(3)	dns	
	Hanna van der Poel SK Trollhättan	49.79(4)	2.41.45(5)	dns		
	Amanda Törnqvist IK Wega	dq	2.35.35(4)	dns		

### Uppsala 06/07-02-2010

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Hanna van der Poel SK Trollhättan	46.70( 1)	<u>2.29.74( 1)</u>	1.36.50( 1)	5.31.48( 3)	200.109
2	Louise Wisting Hagaströms SK	49.06( 6)	2.31.72( 2)	1.37.64( 4)	<u>5.24.95( 1)</u>	202.611
3	Caroline Karlsson Hagaströms SK	46.75( 2)	2.36.83( 4)	1.37.02( 3)	5.43.86( 5)	204.846
4	Johanna Gudmundsson IF Thor	47.99( 4)	2.43.48( 7)	1.36.98( 2)	5.35.80( 4)	206.939
5	Tilda Carlsson IK Wega	49.74( 9)	2.39.35( 5)	1.44.90( 6)	5.30.27( 2)	210.351
6	Amanda Hallberg Hagaströms SK	50.53(10)	2.42.89( 6)	1.46.69( 8)	5.48.44( 6)	216.244
7	Matilda Pehrsson Hagaströms SK	49.72( 8)	2.46.87( 8)	1.46.13( 7)	6.11.28( 9)	220.288
8	Nikie Hallenberg Eskilstuna IK	47.86( 3)	2.34.72( 3)	1.39.79( 5)	dnf	
	Malin Wickström Hagaströms SK	49.51( 7)	2.47.68( 9)	1.46.69( 8)	5.57.80( 7)	218.381
	Amanda Björkman Hagaströms SK	51.82(12)	2.49.29(10)	1.47.03(10)	6.04.57( 8)	222.526
	Ellinor Frendin SK Trollhättan	51.01(11)	2.49.67(11)	1.47.92(11)	6.17.94(10)	224.516
	Linda Pettersson Eskilstuna IK	48.96( 5)	2.50.76(12)	1.48.15(12)		

### Eskilstuna-Isstadion 12/13-02-2011

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Caroline Karlsson Hagaströms SK	46.58 ( 1)	<u>2.29.20( 1)</u>	1.35.57( 2)	5.18.21( 3)	197.133
2	Julia Smedberg Sundsvalls SK	46.75 ( 3)	2.29.84( 3)	1.35.04( 1)	5.28.93( 6)	199.037
3	Tilda Carlsson IK Wega	47.67 ( 5)	2.29.26( 2)	1.37.89( 4)	5.16.43( 2)	199.106
4	Louise Wisting Hagaströms SK	49.88 ( 7)	2.30.12( 4)	1.37.45( 3)	<u>5.14.40( 1)</u>	201.045
5	Hanna van der Poel SK Trollhättan	47.69 ( 6)	2.30.83( 5)	1.38.01( 5)	5.26.51( 4)	201.389
6	Amanda Hallberg Hagaströms SK	47.43 ( 4)	2.31.97( 6)	1.39.87( 6)	5.27.63( 5)	202.626
7	Malin Wickström Hagaströms SK	46.73 ( 2)	2.39.60( 7)	1.42.28( 7)	5.55.86( 7)	210.380
8	Anna Hakola IFK Kr.hamn	71.20f(10)	3.13.70( 9)	1.46.86( 8)	6.11.82( 8)	251.166
	Linnea Eklund Motala AIF	50.99 ( 8)	3.00.02( 8)	1.48.32( 9)		
	Lovisa Blom IFK Kr.hamn	56.24 ( 9)	dns	1.58.90(10)		

### Stockholm-Östermalm 04/05-02-2012

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Caroline Karlsson Hagaströms SK	45.80( 1)	2.29.37( 3)	1.36.35( 1)	5.28.19( 4)	198.463
2	Tilda Carlsson IK Wega	47.43( 3)	<u>2.25.96( 1)</u>	1.41.74( 8)	<u>5.09.27( 1)</u>	198.498
3	Amanda Hallberg Hagaströms SK	47.33( 2)	2.30.25( 4)	1.37.68( 2)	5.18.67( 3)	199.364
4	Hanna van der Poel SK Trollhättan	47.49( 4)	2.32.49( 5)	1.38.50( 3)	5.18.47( 2)	200.648
5	Amanda Björkman Hagaströms SK	48.18( 5)	2.34.81( 6)	1.41.12( 6)	5.30.06( 5)	205.353
6	Ann-Marie Lindqvist IFK Göteborg	51.53(10)	2.47.57( 9)	1.45.88( 9)	5.51.43( 6)	218.897
7	Sarah Ali IFK Göteborg	53.19(11)	2.48.61(10)	1.46.89(10)	5.56.77( 7)	222.299
8	Anna Hakola IFK Kr.hamn	50.43( 8)	2.53.74(11)	1.48.52(11)	6.46.84f( 8)	230.409
	Eva Lagrange Gimonäs CK	49.03( 6)	2.28.87( 2)	1.39.78( 4)	dnf	
	Ida Hallberg Hagaströms SK	49.92( 7)	2.36.87( 7)	1.40.43( 5)		
	Klara Reinhold-König Hagaströms SK	50.44( 9)	2.42.91( 8)	1.41.58( 7)		

### Trollhättan-H 02/03-02-2013

JUN ALLROUND		500m	1500m	1000m	3000m	
1	Hanna van der Poel SK Trollhättan	45.59( 2)	2.22.38( 2)	1.30.82( 1)	4.56.10( 2)	187.810
2	Tilda Carlsson IK Wega	46.35( 4)	<u>2.20.32( 1)</u>	1.32.73( 4)	<u>4.53.70( 1)</u>	188.438
3	Caroline Karlsson Hagaströms SK	44.68( 1)	2.23.05( 3)	1.31.09( 2)	5.13.21( 4)	190.109

4	Amanda Hallberg	Hagastgröms SK	45.63( 3)	2.24.56 ( 4)	1.32.11( 3)	5.10.68( 3)	191.651
5	Elin Fryckberg	IK Wega	47.90( 5)	2.28.39 ( 5)	1.35.98( 6)	5.21.77( 6)	198.981
6	Ann-Marie Lindqvist	IFK Göteborg	48.03( 7)	2.29.60 ( 6)	1.35.90( 5)	5.20.79( 5)	199.311
7	Ida Hallberg	Hagaströms SK	48.74( 9)	2.30.05 ( 7)	1.37.68( 8)	5.24.55( 8)	201.687
8	Amanda Björkman	Hagaströms SK	48.42( 8)	2.35.07 ( 8)	1.37.61( 7)	5.27.11( 9)	203.433
9	Ella Erkman	IK Wega	47.95( 6)	2.53.32f(10)	1.38.13( 9)	5.24.18( 7)	208.818
10	Sarah Ali	IFK Göteborg	50.66(10)	2.44.07 ( 9)	1.43.90(10)	5.45.40(10)	214.866

### Göteborg-Rudhallen 01/02-02-2014

JUN ALLROUND		500m	1500m	1000m	3000m		
1	Tilda Carlsson	SK Trollhättan	45.88( 2)	2.23.62( 2)	1.32.39( 2)	<u>5.02.30( 1)</u>	190.331
2	Amanda Hallberg	Hagaströms SK	46.18( 3)	2.25.91( 3)	1.32.90( 3)	5.09.36( 2)	192.826
3	Ella Erkman	IK Wega	45.50( 1)	<u>2.23.55( 1)</u>	1.32.21( 1)	5.20.63( 6)	192.893
4	Hanna van der Poel	SK Trollhättan	46.58( 4)	2.26.95( 5)	1.34.47( 4)	5.19.77( 5)	196.093
5	Ida Hallberg	Hagaströms SK	47.83( 7)	2.26.92( 4)	1.35.90( 6)	5.10.77( 3)	196.548
6	Elin Fryckberg	IK Wega	47.31( 6)	2.29.81( 7)	1.35.49( 5)	5.12.12( 4)	197.011
7	Erika Lindgren	Södermalms IK	46.60( 5)	2.27.82( 6)	1.36.21( 7)	5.25.05( 7)	198.153
8	Ann-Marie Lindqvist	IFK Göteborg	48.33( 8)	2.31.47( 8)	1.38.43( 8)	5.29.29( 8)	202.916
9	Johanna Lindqvist	IFK Göteborg	57.47(10)	2.53.97( 9)	1.54.26(10)	6.03.66( 9)	233.200
	Katryn Dale	IFK Göteborg	53.59( 9)	wdr	1.52.10( 9)	6.28.04(10)	

### Göteborg-Rudhallen 24/25-01-2015

JUN ALLROUND		500m	1500m	1000m	3000m		
1	Elin Fryckberg	IK Wega	46.07( 1)	<u>2.26.48( 1)</u>	1.33.11( 1)	<u>5.07.89( 1)</u>	192.766
2	Ann-Marie Lindqvist	IFK Göteborg	47.06( 2)	2.28.25( 2)	1.34.11( 2)	5.17.90( 2)	196.514
3	Johanna Lindqvist	IFK Göteborg	51.61( 3)	2.41.62( 3)	1.46.31( 3)	5.48.52( 3)	216.724