

Fr.o.m 1963 koras såväl distansmästare som sammanlagd mästare, och fr.o.m 1977 koras mästaren på 500 m i samband med JSM Sprint.

Sala-Silvrevallen 16/17-02-1963

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|---------------------|------------------|------------|-------------|-------------|-------------|---------|
| 1 | Manne Lavås | IFK Göteborg | 45.0 (2) | 4.55.1 (1) | 2.23.0 (1) | 8.34.2 (2) | 193.270 |
| 2 | Björn Lekman | Båraryds IK | 44.2 (1) | 4.57.0 (3) | 2.26.6 (3) | 8.32.0 (1) | 193.767 |
| 3 | Leif Ortman | IF Thor | 45.0 (2) | 4.56.8 (2) | 2.28.0 (6) | 8.52.8 (7) | 197.080 |
| 4 | Alf Hurtigh | IF Castor | 45.3 (4) | 5.01.2 (4) | 2.27.6 (5) | 8.50.7 (4) | 197.770 |
| 5 | Göran Claeson | Södermalms IK | 45.5 (6) | 5.01.6 (5) | 2.27.2 (4) | 8.52.8 (7) | 198.114 |
| 6 | Wolfgang Hageleit | Oxelösunds SK | 45.6 (8) | 5.06.8 (8) | 2.30.0 (7) | 8.49.8 (3) | 199.713 |
| 7 | Ulf Avér | Mälardalens IK | 46.7 (11) | 5.04.0 (6) | 2.30.5 (9) | 8.50.7 (4) | 200.604 |
| 8 | Christer Jorbäck | Arvika IS | 46.5 (10) | 5.04.0 (6) | 2.34.0 (17) | 9.01.0 (9) | 202.600 |
| 9 | Göran Malmborg | Bofors CK | 48.3 (27) | 5.06.9 (9) | 2.30.9 (11) | 8.52.2 (6) | 202.970 |
| 10 | Gösta Berntsson | IK Wega | 47.4 (16) | 5.13.2 (13) | 2.30.7 (10) | 9.14.4 (13) | 205.273 |
| 11 | Rolf Eriksson | IFK Sala | 45.3 (4) | 5.18.1 (19) | 2.32.0 (12) | 9.27.6 (18) | 205.744 |
| 12 | Johnny Höglin | Nykroppa AIK | 48.1 (22) | 5.16.9 (17) | 2.32.3 (13) | 9.03.2 (10) | 206.004 |
| 13 | Bengt-Göran Dahlsjö | IK Wega | 45.5 (7) | 5.17.6 (18) | 2.32.6 (14) | 9.29.6 (20) | 206.260 |
| 14 | Alf Brorsson | Arvika IS | 48.1 (22) | 5.12.7 (12) | 2.34.0 (17) | 9.12.6 (12) | 206.810 |
| 15 | Mauritz Ericson | IFK Göteborg | 47.1 (12) | 5.16.7 (16) | 2.34.0 (16) | 9.23.4 (17) | 207.556 |
| 16 | Bengt Färnstrand | Sandvikens CK | 52.0f (38) | 5.11.8 (11) | 2.30.4 (8) | 9.06.3 (11) | 208.730 |
| 17 | Roger Lindström | CK Örnen | 48.1 (22) | 5.15.5 (14) | 2.35.9 (23) | 9.27.8 (19) | 209.430 |
| 18 | Lennart Wiestål | IF Castor | 49.3 (32) | 5.19.2 (21) | 2.38.2 (29) | 9.16.9 (14) | 209.923 |
| 19 | Lennart Friman | IFK Göteborg | 47.6 (19) | 5.20.6 (22) | 2.35.1 (20) | 9.32.2 (21) | 209.953 |
| 20 | Johnny Ljung | Sandvikens CK | 49.3 (32) | 5.26.6 (23) | 2.36.3 (24) | 9.16.9 (14) | 211.523 |
| | Lars Andersson | Eskilstuna IK | 46.0 (9) | | 2.35.4 (22) | | |
| | Christer Åkerlund | Wedevågs IF | 47.3 (13) | 5.18.2 (20) | 2.37.4 (26) | | |
| | Gerth Slott | Kvarnsvedens GIF | 47.3 (13) | | 2.34.5 (19) | 9.23.2 (16) | |
| | Hasse Abrahamsson | IFK Göteborg | 47.3 (13) | | 2.33.3 (15) | | |
| | Kjell-Owe Carlsson | Eskilstuna IK | 47.5 (17) | | 2.35.2 (21) | | |
| | Tord Hult | Nykroppa AIK | 47.5 (17) | | 2.38.0 (28) | | |
| | Björn Selberg | Mälardalens IK | 47.6 (19) | | 2.38.6 (31) | | |
| | Hans Nygren-Bonnier | Mälardalens IK | 48.0 (21) | 5.16.5 (15) | 2.41.6 (37) | | |
| | Christer Ornby | Bofors CK | 48.1 (22) | | 2.47.1 (40) | | |
| | Lennart Andersson | Södermalms IK | 48.1 (22) | | 2.40.4 (35) | | |
| | Lars Söderberg | Mälardalens IK | 48.3 (27) | 5.34.3 (24) | 2.43.5 (39) | | |
| | Douglas Elfving | SK Pollux | 48.5 (29) | | 2.43.3 (38) | | |
| | Kent Lantz | Södermalms IK | 48.6 (30) | | 2.39.5 (34) | | |
| | Staffan Karlsson | Oxelösunds SK | 48.6 (30) | | 2.38.6 (32) | | |
| | Bo Rainer Syrén | Eskilstuna IK | 49.6 (34) | | 2.37.0 (25) | | |
| | Torbjörn Ylvén | Eskilstuna IK | 49.7 (35) | | | | |
| | Kjell Hasselås | Hofors CK | 49.8 (36) | | | | |
| | Hans Söderström | Avesta SK | 50.9 (37) | | 2.37.7 (27) | | |
| | Åke Karlin | CK Örnen | 54.8f (39) | | 2.38.5 (30) | | |
| | Bo Ollander | IFK Strömsund | dnf | 5.08.2 (10) | 2.24.9 (2) | | |
| | Kurt Rosendahl | Sandvikens CK | | | 2.38.7 (33) | | |
| | Bengt Joelsson | Båraryds IK | | | 2.41.0 (36) | | |

Sandviken 15/16-02-1964

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|---------------------|------------------|-----------|--------------|-------------|-------------|---------|
| 1 | Manne Lavås | IFK Göteborg | 43.4 (1) | 5.00.4 (1) | 2.17.5 (1) | 8.29.5 (2) | 190.250 |
| 2 | Björn Lekman | Båraryds IK | 43.7 (2) | 5.01.4 (2) | 2.20.8 (4) | 8.28.7 (1) | 191.736 |
| 3 | Göran Claeson | Södermalms IK | 44.1 (3) | 5.07.2f (6) | 2.17.8 (2) | 8.30.1 (4) | 192.243 |
| 4 | Leif Ortman | IF Thor | 44.5 (4) | 5.07.6 (7) | 2.19.3 (3) | 8.29.7 (3) | 193.170 |
| 5 | Christer Jorbäck | Arvika IS | 45.2 (7) | 5.04.1 (3) | 2.22.2 (5) | 8.42.1 (6) | 195.493 |
| 6 | Mauritz Ericson | IFK Göteborg | 45.8 (9) | 5.05.3 (4) | 2.26.0 (8) | 8.47.5 (8) | 198.100 |
| 7 | Christer Åkerlund | Wedevågs IF | 46.8 (18) | 5.05.8 (5) | 2.25.5 (6) | 8.47.0 (7) | 198.967 |
| 8 | Thomas Stafrén | Järpens IF | 47.1 (19) | 5.07.9 (8) | 2.25.7 (7) | 8.40.6 (5) | 199.044 |
| 9 | Mats Ekman | IFK Kristinehamn | 46.4 (14) | 5.11.0 (9) | 2.27.8 (12) | 8.53.4 (10) | 200.840 |
| 10 | Tord Hult | Nykroppa AIK | 46.0 (12) | 5.16.0 (11) | 2.26.2 (9) | 8.54.9 (12) | 200.890 |
| 11 | Ulf Gustavsson | IFK Kristinehamn | 46.7 (16) | 5.12.6 (10) | 2.29.0 (14) | 8.57.7 (13) | 202.237 |
| 12 | Douglas Elfving | SK Pollux | 46.1 (13) | 5.20.1 (14) | 2.31.2 (19) | 8.53.8 (11) | 203.230 |
| 13 | Christer Ornby | Bofors CK | 45.9 (11) | 5.21.3 (15) | 2.28.6 (13) | 9.16.6 (19) | 204.643 |
| 14 | Antti Kähärä | IK Wega | 47.7 (20) | 5.18.1 (13) | 2.29.2 (15) | 9.04.6 (16) | 204.910 |
| 15 | Torbjörn Ylvén | Eskilstuna IK | 45.7 (8) | 5.24.9 (17) | 2.30.0 (16) | 9.16.1 (18) | 205.460 |
| 16 | Bo Rainer Syrén | Eskilstuna IK | 49.1 (27) | 5.21.4 (16) | 2.30.0 (16) | 8.52.4 (9) | 205.907 |
| 17 | Hasse Abrahamsson | IFK Göteborg | 45.0 (6) | 5.36.2 (22) | 2.27.1 (10) | 9.27.0 (21) | 206.766 |
| 18 | Jan Marmstål | Wedevågs IF | 49.5 (28) | 5.17.4 (12) | 2.34.7 (25) | 9.00.6 (15) | 208.027 |
| 19 | Lars Johansson | IFK Göteborg | 47.7 (20) | 5.29.6 (20) | 2.32.0 (20) | 9.20.5 (20) | 209.350 |
| 20 | Alf Brorsson | Arvika IS | 50.6 (31) | 5.26.3 (18) | 2.33.2 (22) | 8.58.2 (14) | 209.870 |
| 21 | Lennart Simonsson | Hofors CK | 48.7 (26) | 5.28.5 (19) | 2.32.6 (21) | 9.32.3 (22) | 211.547 |
| 22 | Hans Nygren-Bonnier | Mälardalens IK | 48.0 (23) | 5.36.4 (23) | 2.37.8 (29) | 9.15.4 (17) | 212.207 |

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|-------------------|------------------|-----------|-------------|-------------|-------------|
| Peter Kopp | IK Wega | 50.6 (31) | | 2.36.7 (26) | 9.43.2 (23) |
| Leif Björk | IK Wega | 49.7 (29) | | 2.42.4 (34) | 9.56.5 (24) |
| Kurt Rosendahl | Sandvikens CK | 47.8 (22) | 5.44.3 (25) | 2.39.6 (32) | |
| Rune Gustafsson | Tranås AIF | 51.0 (35) | 5.36.1 (21) | 2.37.2 (27) | |
| Bengt Mattsson | SK Pollux | dnf | 5.38.8 (24) | 2.40.8 (33) | |
| Lars Andersson | Eskilstuna IK | 45.8 (9) | | 2.27.6 (11) | |
| Bertil Johansson | IF Castor | 44.8 (5) | | 2.30.8 (18) | |
| Tommy Lindbohm | Södermalms IK | 46.7 (16) | | 2.34.5 (24) | |
| Lennart Johansson | IFK Kristinehamn | 46.5 (15) | | 2.39.2 (30) | |
| Christer Feldt | IFK Kristinehamn | 48.5 (25) | | 2.34.2 (23) | |
| Ulf Hjärne | IK Wega | 48.2 (24) | | 2.39.4 (31) | |
| Hans Söderström | Avesta SK | 49.8 (30) | | 2.37.6 (28) | |
| Leif Wester | Hofors CK | 50.6 (31) | | | |
| Lennart Olsson | Ludvika SK | 50.9 (34) | | | |

Järpen 13/14-02-1965

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|-------------------|------------------|------------|--------------|--------------|-------------|---------|
| 1 | Göran Claeson | Södermalms IK | 44.1 (1) | 4.50.2 (1) | 2.20.6 (1) | 8.22.6 (1) | 189.594 |
| 2 | Thomas Stafrén | Järpens IF | 47.1 (15) | 5.02.9 (3) | 2.26.4 (2) | 8.50.8 (3) | 199.463 |
| 3 | Christer Jorbäck | Arvika IS | 46.1 (9) | 5.02.8 (2) | 2.36.3 (13) | 8.36.2 (2) | 200.287 |
| 4 | Bertil Johansson | IF Castor | 45.5 (4) | 5.09.5 (5) | 2.28.7 (4) | 9.03.2 (8) | 200.970 |
| 5 | Christer Åkerlund | Wedevågs IF | 46.6 (12) | 5.05.0 (4) | 2.31.1 (7) | 8.55.0 (6) | 201.300 |
| 6 | Mats Ekman | IFK Kristinehamn | 45.4 (3) | 5.10.2 (7) | 2.29.5 (5) | 9.07.3 (10) | 201.663 |
| 7 | Benny Wikström | IF Castor | 45.7 (6) | 5.09.7 (6) | 2.27.7 (3) | 9.17.9 (14) | 202.340 |
| 8 | Lars Johannesson | IFK Göteborg | 45.8 (8) | 5.15.1 (13) | 2.33.6 (8) | 8.54.3 (5) | 202.947 |
| 9 | Mats Wallberg | Arvika IS | 47.3 (17) | 5.12.2 (9) | 2.33.8 (9) | 8.56.1 (7) | 204.210 |
| 10 | Torbjörn Ylvén | Eskilstuna IK | 45.7 (6) | 5.18.0 (14) | 2.37.3 (15) | 9.12.1 (11) | 206.343 |
| 11 | Hasse Abrahamsson | IFK Göteborg | 45.1 (2) | 5.24.8 (22) | 2.30.2 (6) | 9.30.7 (20) | 206.370 |
| 12 | Jan Carlén | Nykroppa AIK | 49.0 (28) | 5.12.9 (10) | 2.37.5 (17) | 8.54.2 (4) | 207.070 |
| 13 | Bengt Hassel | Arvika IS | 47.2 (16) | 5.20.5 (17) | 2.35.8 (11) | 9.15.3 (13) | 208.080 |
| 14 | Jan Marmstål | Wedevågs IF | 45.6 (5) | 5.12.9 (10) | 2.46.5f (27) | 9.12.2 (12) | 208.470 |
| 15 | Tommy Lindbohm | Södermalms IK | 47.0 (14) | 5.33.7f (27) | 2.35.9 (12) | 9.19.7 (15) | 210.554 |
| 16 | Ingemar Nilsson | Båraryds IK | 47.9 (23) | 5.19.4 (15) | 2.41.0 (20) | 9.22.0 (18) | 211.000 |
| 17 | Bo Thorsander | Arvika IS | 47.5 (21) | 5.23.9 (21) | 2.41.5 (21) | 9.22.3 (19) | 211.546 |
| 18 | Lennart Simonsson | Hofors CK | 51.8f (37) | 5.14.5 (12) | 2.38.4 (18) | 9.07.2 (9) | 211.737 |
| 19 | Ulf Persson | IFK Göteborg | 50.0 (33) | 5.23.5 (20) | 2.44.2 (24) | 9.21.4 (16) | 214.790 |
| 20 | Leif Björk | IK Wega | 50.8 (35) | 5.28.5 (23) | 2.45.0 (25) | 9.21.9 (17) | 216.740 |
| 21 | Ulf Hjärne | IK Wega | 55.0f (38) | 5.31.2 (25) | 2.48.1 (30) | 9.44.5 (22) | 224.683 |
| | Lennart Johansson | IFK Kristinehamn | 46.1 (9) | | 2.49.5 (32) | | |
| | Christer Ornby | Bofors CK | 46.4 (11) | 5.28.5 (23) | 2.36.7 (14) | | |
| | Christer Feldt | IFK Kristinehamn | 46.8 (13) | | 2.37.3 (15) | | |
| | Douglas Elfving | SK Pollux | 47.3 (17) | 5.23.1 (19) | | | |
| | Åke Lundgren | Södermalms IK | 47.4 (19) | 5.11.6 (8) | 2.34.3 (10) | | |
| | Hans Knutsson | IFK Göteborg | 47.4 (19) | 5.20.0 (16) | | | |
| | Roland Allberg | IFK Strömsund | 47.5 (21) | | 2.43.5 (23) | | |
| | Tommy Hultman | IFK Lidingsö | 48.1 (24) | 5.22.0 (18) | 2.48.5 (31) | | |
| | Ove Norgren | Järpens IF | 48.4f (25) | | | | |
| | Olle Jonzén | Oxelösunds SK | 48.7 (26) | 5.31.7 (26) | | | |
| | Stellan Karlsson | Wedevågs IF | 48.8 (27) | | 2.39.6 (19) | | |
| | Ingvar Jacobsson | IK Wega | 49.0 (28) | 5.36.2 (28) | 2.42.1 (22) | | |
| | Göran Rothoff | Järpens IF | 49.2 (30) | | 2.57.4f (33) | | |
| | Rolf Berkö | CK Arnljot | 49.6 (31) | | 2.46.1 (26) | | |
| | Roni Blomberg | Sandvikens CK | 49.8 (32) | | 2.46.9 (28) | | |
| | Mats Zetterlund | SK Pollux | 50.4 (34) | | 2.47.0 (29) | 9.44.2 (21) | |
| | Sture Byström | Järpens IF | 51.1 (36) | | | | |

Stockholm-Mälarhöjden 05/06-02-1966

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|------------------|---------------|------------|-------------|-------------|--------------|---------|
| 1 | Mats Wallberg | Arvika IS | 45.0 (5) | 5.01.7 (2) | 2.18.0 (1) | 8.24.3 (1) | 191.713 |
| 2 | Jan Marmstål | Wedevågs IF | 47.7f (22) | 5.00.0 (1) | 2.22.9 (3) | 8.29.7 (2) | 196.303 |
| 3 | Thomas Stafrén | Järpens IF | 46.6 (15) | 5.03.7 (3) | 2.24.8 (5) | 8.41.3 (3) | 197.614 |
| 4 | Lars Johannesson | IFK Göteborg | 45.0 (5) | 5.08.5 (5) | 2.26.7 (6) | 8.55.9 (6) | 198.907 |
| 5 | Jan Carlén | Nykroppa AIK | 48.0 (23) | 5.07.4 (4) | 2.28.5 (10) | 8.41.5 (4) | 200.883 |
| 6 | Claes Lavås | IFK Göteborg | 46.7 (17) | 5.11.6 (7) | 2.27.8 (8) | 8.50.8 (5) | 200.980 |
| 7 | Bertil Johansson | IF Castor | 44.8 (2) | 5.19.3 (11) | 2.22.7 (2) | 9.14.5 (14) | 201.034 |
| 8 | Tommy Lindbohm | Södermalms IK | 46.4 (12) | 5.10.5 (6) | 2.23.8 (4) | 9.09.6f (9) | 201.043 |
| 9 | Rune Gustafsson | Södermalms IK | 46.5 (13) | 5.16.1 (8) | 2.29.8 (14) | 9.12.8 (10) | 204.396 |
| 10 | Bo Thorsander | Arvika IS | 46.5 (13) | 5.19.7 (13) | 2.27.6 (7) | 9.17.3 (16) | 204.713 |
| 11 | Åke Lundgren | Södermalms IK | 46.2 (10) | 5.19.9 (14) | 2.30.1 (17) | 9.15.6 (15) | 205.110 |
| 12 | Ingvar Jacobsson | IK Wega | 45.8 (8) | 5.24.8 (18) | 2.29.6 (12) | 9.18.8 (17) | 205.680 |
| 13 | Mats Zetterlund | SK Pollux | 49.7 (33) | 5.17.1 (9) | 2.30.6 (18) | 8.57.4 (7) | 206.490 |
| 14 | Ulf Hjärne | IK Wega | 46.9 (18) | 5.25.9 (20) | 2.30.0 (15) | 9.13.6 (13) | 206.577 |

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|----|--------------------|------------------|-----------|------------|------------|-------------|---------|
| 15 | Christer Bengtsson | IF Castor | 46.6 (15) | 5.21.4(15) | 2.30.6(18) | 9.27.2 (21) | 207.087 |
| 16 | Sture Levén | IFK Göteborg | 49.5 (32) | 5.18.5(10) | 2.29.7(13) | 9.12.8 (12) | 207.763 |
| 17 | Kenneth Dahlström | IFK Kristinehamn | 47.4 (20) | 5.21.5(16) | 2.32.0(22) | 9.28.2 (22) | 208.470 |
| 18 | Christer Larsson | Wedevågs IF | 48.2 (24) | 5.26.3(21) | 2.32.6(23) | 9.18.8 (17) | 209.330 |
| 19 | Christer Feldt | IFK Kristinehamn | 47.1 (19) | 5.29.9(24) | 2.31.5(21) | 9.32.4 (23) | 209.823 |
| 20 | Jan Hallkvist | Eskilstuna IK | 49.3 (29) | 5.28.3(22) | 2.32.9(24) | 9.21.9f(20) | 211.174 |
| 21 | Antti Jalava | Mälarhöjdens IK | 49.0 (28) | 5.29.8(23) | 2.35.7(31) | 9.19.2 (19) | 211.787 |
| 22 | Tommy Hultman | Mälarhöjdens IK | 48.6 (25) | 5.19.3(11) | 2.46.7(36) | 9.12.8 (10) | 212.664 |
| 23 | Bengt Hassel | Arvika IS | 68.4f(35) | 5.23.0(17) | 2.30.0(15) | 9.08.5 (8) | 227.083 |
| | Hasse Börjes | IFK Rättvik | 44.0 (1) | dns | | | |
| | Lennart Johansson | IFK Kristinehamn | 44.9 (3) | 5.34.9(29) | 2.28.5(10) | | |
| | Öyvind Norlinder | Mälarhöjdens IK | 44.9 (3) | 5.31.5(26) | 2.36.5(23) | | |
| | Torbjörn Ylvén | Eskilstuna IK | 45.7 (7) | | 2.28.3(9) | | |
| | Ingemar Nilsson | Båraryds IK | 46.0 (9) | | 2.36.0(32) | | |
| | Ove Norgren | Järpens IF | 46.3 (11) | | 2.33.0(25) | | |
| | Per-Arne Spiik | Mälarhöjdens IK | 47.4 (20) | | 2.36.7(34) | | |
| | Stellan Karlsson | Wedevågs IF | 48.6 (25) | 5.31.6(27) | 2.34.9(28) | | |
| | Peter Kopp | IFK Göteborg | 48.8 (27) | 5.37.7(30) | 2.35.0(30) | | |
| | Sigurd Bjerkedal | Södermalms IK | 49.4 (30) | | 2.37.1(35) | | |
| | Rasmus Bjurström | Södermalms IK | 49.4f(30) | 5.25.0(19) | 2.33.2(26) | | |
| | Lennart Simonsson | Hofors CK | 49.7 (33) | 5.33.5(28) | 2.34.9(28) | | |
| | Bengt Gullskog | Södermalms IK | dnf | 5.31.0(25) | 2.34.5(27) | | |
| | Ove König | Laxå IF | dnf | 5.40.2(31) | 2.30.7(20) | | |

Hofors 18/19-02-1967

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|--------------------|------------------|------------------|-------------------|-------------------|--------------------|---------|
| 1 | Claes Lavås | IFK Göteborg | 45.1 (11) | <u>4.53.7(1)</u> | 2.22.2(3) | 8.27.8 (2) | 192.230 |
| 2 | Jan Marmstål | Wedevågs IF | 44.7 (7) | 4.57.5(2) | 2.21.8(2) | <u>8.27.3 (1)</u> | 192.280 |
| 3 | Ingvar Jacobsson | IK Wega | 43.9 (2) | 4.58.5(3) | <u>2.21.6(1)</u> | 8.48.4 (3) | 193.690 |
| 4 | Kenth Nyström | IFK Kiruna | 45.2 (13) | 5.04.3(6) | 2.22.8(5) | 8.58.3 (8) | 197.347 |
| 5 | Ove König | Laxå IF | <u>43.0 (1)</u> | 5.07.9(12) | 2.23.8(6) | 9.11.5 (14) | 197.400 |
| 6 | Lars Johannesson | IFK Göteborg | 44.9 (10) | 5.03.4(5) | 2.25.1(9) | 8.58.3 (7) | 197.664 |
| 7 | Dan Johannesson | Sköns SK | 44.3 (3) | 5.07.4(10) | 2.24.3(8) | 9.11.3 (13) | 198.763 |
| 8 | Bernt Jansson | Filipstads IF | 44.5 (5) | 5.07.5(11) | 2.26.1(11) | 9.09.6 (11) | 199.410 |
| 9 | Åke Lundgren | Södermalms IK | 49.5f(34) | 5.00.5(4) | 2.24.1(7) | 8.53.5 (6) | 200.966 |
| 10 | Lars Wentzel | CK Hymer | 47.4 (27) | 5.05.2(7) | 2.31.4(21) | 8.51.8 (4) | 201.914 |
| 11 | Roger Rosell | Eskilstuna IK | 44.3 (3) | 5.15.5(22) | 2.25.7(10) | 9.28.9 (22) | 202.340 |
| 12 | Ulf Hjörne | IK Wega | 45.9 (18) | 5.10.7(16) | 2.28.8(17) | 9.13.9 (15) | 202.673 |
| 13 | Christer Bengtsson | IF Castor | 45.2 (13) | 5.14.5(19) | 2.27.7(16) | 9.20.5 (18) | 202.900 |
| 14 | Ulf Einarsson | Kubikenborgs IF | 44.8 (8) | 5.14.6(21) | 2.26.8(12) | 9.29.9 (23) | 203.156 |
| 15 | Kent Bergqvist | IFK Göteborg | 46.2 (20) | 5.12.4(18) | 2.30.3(19) | 9.14.4 (16) | 203.807 |
| 16 | Mats Zetterlund | SK Pollux | 47.2 (26) | 5.09.8(13) | 2.32.4(26) | 9.10.6 (12) | 204.693 |
| 17 | Kjell Stenudd | Gimonäs CK | 49.9 (35) | 5.05.6(8) | 2.33.9(30) | 8.52.1 (5) | 205.343 |
| 18 | Ulf Encke | Södermalms IK | 46.0 (19) | 5.16.3(23) | 2.31.4(21) | 9.22.0 (19) | 205.384 |
| 19 | Bengt Gullskog | Södermalms IK | 47.1 (25) | 5.10.0(14) | 2.33.2(28) | 9.27.7 (21) | 206.604 |
| 20 | Christer Jonsson | Gimonäs CK | 46.8 (21) | 5.20.0(24) | 2.31.4(21) | 9.27.2 (20) | 207.320 |
| 21 | Arnfinn Hansen | IK Wega | 48.2 (31) | 5.20.3(25) | 2.33.3(29) | 9.14.4 (16) | 208.123 |
| 22 | Sture Levén | IFK Göteborg | 54.6f(36) | 5.07.0(9) | 2.27.2(14) | 9.00.3 (10) | 208.864 |
| 23 | Roland Palmqvist | Båraryds IK | 47.7 (28) | 5.14.5(19) | 2.35.3(34) | 9.35.6f(24) | 209.444 |
| 24 | Bengt Jardstam | CK Örnen | 57.1f(37) | 5.11.6(17) | 2.32.8(27) | 8.59.3 (9) | 213.896 |
| | Lennart Johansson | IFK Kristinehamn | 44.5 (5) | | | | |
| | Mats Wallberg | Arvika IS | 44.8 (8) | | 2.22.2(3) | | |
| | Benny Wikström | IF Castor | 45.1 (11) | | 2.28.8(17) | | |
| | Tommy Lindbohm | Södermalms IK | 45.6 (15) | 5.10.4(15) | 2.26.9(13) | | |
| | Stellan Karlsson | Wedevågs IF | 45.7 (16) | 5.28.3(28) | 2.31.2(20) | | |
| | Per-Arne Spiik | Mälarhöjdens IK | 45.7 (16) | | 2.32.2(25) | | |
| | Kenneth Dahlström | IFK Kristinehamn | 46.8 (21) | 5.24.2(26) | 2.31.8(24) | | |
| | Arne Wallenbert | SK Pollux | 46.8 (21) | 5.26.2(27) | 2.38.3(36) | | |
| | Lennart Simonsson | IF Castor | 47.0 (24) | | 2.34.5(33) | | |
| | Pentti Kivelä | Avesta SK | 47.9 (29) | | | | |
| | Sigurd Bjerkedal | Södermalms IK | 47.9 (29) | | 2.37.3(35) | | |
| | Ulf Ryd | IK Wega | 48.3 (32) | | 2.33.9(30) | | |
| | Björn Widfors | IK Wega | 49.0 (33) | | 2.34.4(32) | | |
| | Jan Carlén | Arvika IS | | | 2.27.5(15) | | |

Karlstad 10/11-02-1968

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|------------------|-----------------|-----------|-------------------|-------------------|-------------------|---------|
| 1 | Claes Lavås | IFK Göteborg | 44.3 (2) | 4.56.7(2) | <u>2.19.7(1)</u> | <u>8.21.9(1)</u> | 190.507 |
| 2 | Jan Marmstål | Wedevågs IF | 44.8 (7) | <u>4.55.2(1)</u> | 2.22.8(5) | 8.27.7(3) | 192.370 |
| 3 | Ingvar Jacobsson | IK Wega | 44.5 (3) | 5.00.1(4) | 2.20.5(3) | 8.34.6(4) | 192.810 |
| 4 | Mats Wallberg | Arvika IS | 44.5 (3) | 5.01.5(5) | 2.19.9(2) | 8.43.5(5) | 193.733 |
| 5 | Jan Carlén | Arvika IS | 45.2 (10) | 5.00.0(3) | 2.26.7(10) | 8.27.5(2) | 194.850 |
| 6 | Dan Johannesson | Kubikenborgs IF | 44.7 (5) | 5.02.5(6) | 2.23.8(6) | 8.44.8(7) | 195.530 |

| | | | | | | | |
|----|-------------------|------------------|-----------|------------|------------|------------|---------|
| 7 | Ove König | Laxå IF | 43.4 (1) | 5.12.3(9) | 2.21.2(4) | 8.51.8(8) | 195.697 |
| 8 | Sture Levén | IFK Göteborg | 45.2 (10) | 5.03.8(7) | 2.25.4(8) | 8.43.9(6) | 196.690 |
| 9 | Johan Granath | Arboga SK | 44.7 (5) | 5.11.8(8) | 2.24.4(7) | 8.57.1(11) | 198.510 |
| 10 | Bernt Jansson | Filipstads IF | 44.8 (7) | 5.12.8(10) | 2.26.6(9) | 9.13.4(18) | 201.140 |
| 11 | Oloph Granath | Arboga SK | 45.9 (14) | 5.14.0(11) | 2.29.1(14) | 8.52.3(10) | 201.163 |
| 12 | Mats Zetterlund | SK Pollux | 46.9 (21) | 5.14.8(12) | 2.30.2(15) | 8.51.8(8) | 202.614 |
| 13 | Arne Wallenbert | SK Pollux | 44.8 (7) | 5.19.6(16) | 2.29.0(13) | 9.09.0(17) | 202.634 |
| 14 | Åke Lundgren | Södermalms IK | 46.4 (16) | 5.20.6(17) | 2.28.6(12) | 9.00.8(14) | 203.446 |
| 15 | Stig Vitén | Bofors CK | 46.6 (18) | 5.18.6(15) | 2.31.5(17) | 9.01.5(15) | 204.350 |
| 16 | Roger Rosell | Eskilstuna IK | 45.4 (13) | 5.23.9(21) | 2.28.0(11) | 9.25.8(21) | 205.296 |
| 17 | Lars Wentzel | IFK Göteborg | 47.8 (28) | 5.18.5(14) | 2.32.1(18) | 9.00.6(13) | 205.643 |
| 18 | Roland Palmqvist | IF Castor | 48.0 (30) | 5.15.8(13) | 2.33.8(21) | 9.00.5(12) | 205.950 |
| 19 | Björn Widfors | IK Wega | 47.0 (23) | 5.22.4(19) | 2.34.6(24) | 9.08.1(16) | 207.076 |
| 20 | Arnfinn Hansen | IK Wega | 47.1 (24) | 5.22.7(20) | 2.34.4(22) | 9.22.8(20) | 208.630 |
| 21 | Lars Strömberg | IK Wega | 48.0 (30) | 5.33.8(25) | 2.34.5(23) | 9.17.3(19) | 210.863 |
| 22 | Finn Finnsson | Karlstads SK | 47.5 (25) | 5.28.8(22) | 2.38.6(30) | 9.27.2(22) | 211.887 |
| 23 | Roland Fläring | Wedevågs IF | 49.4 (33) | 5.32.9(23) | 2.42.1(31) | 9.40.1(23) | 216.926 |
| | Lennart Johansson | Karlstads SK | 45.3 (12) | | | | |
| | Kenneth Dahlström | IFK Kristinehamn | 46.2 (15) | 5.33.2(24) | 2.35.0(25) | | |
| | Per-Arne Spiik | Mälarhöjdens IK | 46.4 (16) | 5.34.5(26) | 2.33.4(20) | | |
| | Per-Åke Noaksson | IF Thor | 46.6 (18) | 5.40.4(29) | 2.33.0(19) | | |
| | Anders Högberg | Filipstads IF | 46.7 (20) | 5.21.5(18) | 2.30.7(16) | | |
| | Staffan Jörnheim | IK Wega | 46.9 (21) | | 2.36.1(27) | | |
| | Ulf Ryd | IK Wega | 47.5 (25) | 5.38.1(28) | 2.35.5(26) | | |
| | Conny Englund | Wedevågs IF | 47.6 (27) | 5.42.5(30) | 2.38.1(29) | | |
| | Gordon Perzon | IFK Kristinehamn | 47.9 (29) | | | | |
| | Lennart Jonsson | Sundsvalls SK | 48.6 (32) | 5.37.3(27) | 2.37.0(28) | | |

Västerås-Rocklunda 15/16-02-1969

| | JUN | | 500m | 3000m | 1500m | 5000m | |
|----|-------------------|-----------------|------------------|--------------------|--------------------|--------------------|---------|
| 1 | Dan Johansson | Kubikenborgs IF | 42.9 (2) | <u>4.46.2 (1)</u> | 2.21.8 (2) | 8.37.6 (2) | 189.627 |
| 2 | Mats Wallberg | Arvika IS | 43.2 (4) | 4.48.6 (2) | 2.23.5 (4) | <u>8.34.2 (1)</u> | 190.553 |
| 3 | Ingvar Jacobsson | IK Wega | 43.5 (6) | 4.53.5 (3) | 2.23.9 (5) | 8.40.1 (4) | 192.394 |
| 4 | Oloph Granath | SK Pollux | 43.9 (7) | 4.53.5 (3) | 2.27.2 (6) | 8.39.5 (3) | 193.834 |
| 5 | Ove König | Laxå IF | <u>42.2 (1)</u> | 5.00.0 (6) | <u>2.21.5 (1)</u> | 9.15.3 (8) | 194.897 |
| 6 | Sture Johansson | Kubikenborgs IF | 43.4 (5) | 5.09.0 (8) | <u>2.29.0 (7)</u> | 9.06.8 (6) | 199.247 |
| 7 | Johan Granath | SK Pollux | 51.0f(36) | 4.54.2 (5) | 2.21.9 (3) | 8.52.6 (5) | 200.593 |
| 8 | Lars Jonsson | Sundsvalls SK | 45.2 (11) | 5.07.0 (7) | 2.36.0 (10) | 9.13.0 (7) | 203.667 |
| 9 | Lennart Jonsson | Sundsvalls SK | 45.9 (13) | 5.11.5 (9) | 2.38.8 (13) | 9.24.6 (9) | 207.210 |
| 10 | Roger Rosell | Eskilstuna IK | 44.8 (10) | 5.23.9 (19) | 2.35.7 (9) | 9.39.7 (15) | 208.653 |
| 11 | Stig Vitén | Bofors CK | 45.8 (12) | 5.17.9 (14) | 2.37.4 (11) | 9.34.6 (13) | 208.710 |
| 12 | Staffan Oscarsson | IFK Strömsund | 47.0 (19) | 5.13.9 (10) | 2.42.4f(23) | 9.27.7 (10) | 210.220 |
| 13 | Lennart Carlsson | Laxå IF | 47.4 (21) | 5.17.3 (11) | 2.39.5 (15) | 9.28.3 (11) | 210.280 |
| 14 | Jan-Olof Kings | Södermalms IK | 48.0 (27) | 5.17.4 (12) | 2.37.8 (12) | 9.29.3 (12) | 210.430 |
| 15 | Ulf Encke | Södermalms IK | 44.7 (9) | 5.22.1 (18) | 2.40.0 (16) | 9.53.4 (20) | 211.056 |
| 16 | Finn Finnsson | Karlstads SK | 46.6 (17) | 5.24.3 (20) | 2.41.2 (19) | 9.47.8 (16) | 213.163 |
| 17 | Kent Nygren | Södermalms IK | 47.9 (25) | 5.20.3 (16) | 2.41.9 (21) | 9.52.3 (19) | 214.480 |
| 18 | Roger Paling | Södermalms IK | 48.1 (30) | 5.28.2 (23) | 2.42.0 (22) | 9.48.5 (17) | 215.650 |
| 19 | Jörgen Bernander | IK Wega | 48.2 (32) | 5.20.5 (17) | 2.43.0 (25) | 10.06.1(22) | 216.560 |
| 20 | Yngve Kokkin | Kubikenborgs IF | 48.1 (30) | 5.25.5 (22) | 2.45.9 (30) | 9.51.0 (18) | 216.750 |
| 21 | Jan Norberg | IF Thor | 49.0 (35) | 5.17.4 (12) | 2.44.7 (26) | 10.02.2(21) | 217.020 |
| | Peter Eriksson | Södermalms IK | 43.1 (3) | | 2.40.0 (16) | | |
| | Arne Wallenbert | SK Pollux | 43.9 (7) | 5.49.1f(29) | 2.40.3 (18) | | |
| | Per-Arne Spiik | Mälarhöjdens IK | 46.0 (14) | 5.24.3 (20) | 2.41.2 (19) | | |
| | Ronny Håkansson | Båraryds IK | 46.1 (15) | 5.30.4 (24) | 2.52.6 (36) | | |
| | Lars Strömberg | IK Wega | 46.4 (16) | 5.33.5f(25) | 2.39.2 (14) | | |
| | Martin Martinsson | Sundsvalls SK | 46.9 (18) | | 2.52.3 (35) | | |
| | Tomas Blomqvist | Mälarhöjdens IK | 47.0 (19) | | 2.49.2 (33) | | |
| | Anders Landelius | IF Thor | 47.5 (22) | | 2.49.7 (34) | | |
| | Per Baummann | Södermalms IK | 47.7 (23) | | 2.44.7 (26) | | |
| | Lennart Jönsson | IK Wega | 47.8 (24) | 5.34.8 (26) | 2.45.7 (29) | | |
| | Håkan Mahlstedt | Sundsvalls IF | 47.9 (26) | | 2.46.2 (31) | | |
| | Urban Linde | Kubikenborgs IF | 48.0 (27) | | 2.42.5 (24) | | |
| | Mats Olander | Eskilstuna IK | 48.0 (27) | 5.37.5 (27) | 2.44.8 (28) | | |
| | Karl-Johan Brink | IF Thor | 48.4 (33) | 5.39.3 (28) | | | |
| | Johnny Hägg | Södermalms IK | 48.5 (34) | | 2.47.8 (32) | | |
| | Bo Fransson | Sollentuna SS | dq | 5.18.2f(15) | 2.34.0 (8) | 9.35.8 (14) | |

Stockholm-Söderstadion & Mälarhöjden 07/08-02-1970

| JUN | | 500m | 3000m | 1500m | 5000m | |
|-----|---------------------|------------------|-----------|-------------|-------------|---------------------|
| 1 | Johan Granath | SK Pollux | 41.4 (1) | 4.40.8 (1) | 2.12.7 (1) | 8.38.8 (2) 184.313 |
| 2 | Oloph Granath | SK Pollux | 43.1 (3) | 4.43.3 (2) | 2.18.4 (3) | 8.39.2 (3) 188.369 |
| 3 | Dan Johansson | Kubikenborgs IF | 43.7 (6) | 4.44.8 (3) | 2.21.0 (4) | 8.33.2 (1) 189.486 |
| 4 | Bernt Jansson | Laxå IF | 43.3 (4) | 4.51.0 (4) | 2.17.9 (2) | 8.55.3 (8) 191.296 |
| 5 | Bo Fransson | IK Wega | 45.4 (15) | 4.51.3 (5) | 2.23.7 (6) | 8.49.5 (4) 194.800 |
| 6 | Anders Högberg | Filipstads IF | 44.5 (8) | 4.56.1 (7) | 2.24.0 (7) | 8.51.9 (5) 195.040 |
| 7 | Lennart Carlsson | IK Wega | 44.8 (10) | 4.57.5 (8) | 2.26.3 (8) | 8.53.8 (6) 196.529 |
| 8 | Stig Johansson | IK Wega | 44.8 (10) | 5.02.5 (11) | 2.29.2 (18) | 8.59.1 (9) 198.859 |
| 9 | Jan-Olof Kings | Södermalms IK | 47.2 (33) | 4.59.0 (10) | 2.28.2 (12) | 8.55.1 (7) 199.943 |
| 10 | Jörgen Bernander | Sollentuna SS | 45.9 (19) | 5.04.1 (12) | 2.28.9 (15) | 9.00.5 (10) 200.266 |
| 11 | Lennart Jonsson | Sundsvalls SK | 45.5 (16) | 5.11.3 (18) | 2.28.5 (14) | 9.04.9 (12) 201.373 |
| 12 | Staffan Jörnheim | IK Wega | 44.9 (13) | 5.11.3 (18) | 2.29.0 (16) | 9.12.7 (13) 201.719 |
| 13 | Conny Englund | Wedevågs IF | 44.4 (7) | 5.15.6 (20) | 2.26.5 (9) | 9.23.7 (17) 202.203 |
| 14 | Stig Vitén | Bofors CK | 44.8 (10) | 5.09.5 (15) | 2.30.8 (19) | 9.21.1 (15) 202.759 |
| 15 | Per Baumann | Södermalms IK | 47.0 (32) | 5.10.4 (17) | 2.32.3 (29) | 9.01.1 (11) 203.609 |
| 16 | Roland Sandberg | IK Wega | 46.4 (25) | 5.08.2 (14) | 2.31.1 (21) | 9.18.1 (14) 203.942 |
| 17 | Kent Nygren | Södermalms IK | 46.1 (21) | 5.09.7 (16) | 2.29.0 (16) | 9.35.2 (22) 204.902 |
| 18 | Yngve Kokkin | Kubikenborgs IF | 46.2 (23) | 5.16.2 (21) | 2.33.3 (32) | 9.24.8 (18) 206.480 |
| 19 | Ulf Ryd | IK Wega | 46.5 (28) | 5.18.0 (23) | 2.31.4 (24) | 9.32.8 (21) 207.246 |
| 20 | Håkan Mahlstedt | Kubikenborgs IF | 47.2 (33) | 5.19.5 (24) | 2.34.1 (34) | 9.28.5 (20) 208.666 |
| 21 | Jan-Erik Melkersson | Gimonäs CK | 48.1 (37) | 5.21.1 (25) | 2.32.1 (27) | 9.27.2 (19) 209.036 |
| 22 | Hans Eriksson | Sollentuna SS | 46.0 (20) | 5.21.4 (26) | 2.32.2 (28) | 9.48.5 (24) 209.149 |
| 23 | Roger Paling | Södermalms IK | 47.7 (35) | 5.16.8 (22) | 2.35.3 (36) | 9.37.8 (23) 210.046 |
| | Arne Wallenbert | SK Pollux | dq | 5.05.2 (13) | 2.28.4 (13) | 9.23.5 (16) 156.682 |
| | Sture Johansson | Kubikenborgs IF | 43.4 (5) | 4.51.9 (6) | 2.22.4 (5) | 139.516 |
| | Lars Jonsson | Sundsvalls SK | 45.1 (14) | 4.58.9 (9) | 2.27.5 (10) | 144.082 |
| | Janne Carlstedt | IFK Kristinehamn | 46.3 (24) | 5.22.2 (28) | 2.31.1 (21) | 150.366 |
| | Bengt Stenberg | IFK Kiruna | 46.1 (21) | 5.22.1 (27) | 2.34.1 (34) | 151.149 |
| | Ronny Håkansson | Båraryds IK | 46.7 (30) | 5.28.3 (31) | 2.30.9 (20) | 151.716 |
| | Hans Ödén | Sollentuna SS | 48.0 (36) | 5.27.4 (30) | 2.33.3 (32) | 153.666 |
| | Mats Olander | Eskilstuna IK | 46.4 (25) | 5.33.4 (32) | 2.37.2 (37) | 154.366 |
| | Peter Eriksson | Södermalms IK | 42.9 (2) | | 2.27.9 (11) | |
| | Sven Folkesson | IFK Göteborg | 44.6 (9) | | 2.31.6 (25) | |
| | Tomas Blomqvist | Mälarhöjdens IK | 45.5 (16) | | 2.31.3 (23) | |
| | Tommy Halén | Sollentuna SS | 45.5 (16) | | 2.32.3 (29) | |
| | Håkan Halén | Sollentuna SS | 46.7 (30) | | 2.32.0 (26) | |
| | Stig Källberg | Sundsvalls SK | 46.4 (25) | | 2.37.5 (38) | |
| | Martin Martinsson | Sundsvalls SK | 46.5 (28) | | 2.43.5 (39) | |
| | Dan Johansson | IK Wega | 48.3 (38) | 5.25.1 (29) | | |
| | Ulf Encke | Södermalms IK | fall | | 2.33.0 (31) | |

Sundsvall-Kubenbanan 30/31-01-1971

| JUN | | 500m | 3000m | 1500m | 5000m | |
|-----|-------------------|-----------------|-----------|--------------|--------------|---------------------|
| 1 | Bo Fransson | IK Wega | 44.3 (6) | 4.47.0 (1) | 2.15.5 (1) | 8.13.6 (1) 186.660 |
| 2 | Oloph Granath | SK Pollux | 42.9 (3) | 4.53.0f (3) | 2.16.0 (2) | 8.23.2 (3) 187.386 |
| 3 | Sture Johansson | Kubikenborgs IF | 42.5 (2) | 4.54.6 (4) | 2.16.2 (3) | 8.34.0 (4) 188.400 |
| 4 | Lennart Carlsson | IK Wega | 44.0 (5) | 4.52.0 (2) | 2.17.6 (4) | 8.22.0 (2) 188.734 |
| 5 | Stig Johansson | IK Wega | 44.6 (10) | 4.59.3 (5) | 2.19.6 (5) | 8.47.1 (5) 193.726 |
| 6 | Peter Eriksson | IFK Strömsund | 42.4 (1) | 5.08.3 (7) | 2.23.0 (8) | 9.04.3 (14) 195.880 |
| 7 | Bengt Stenberg | IFK Kiruna | 44.8 (12) | 5.12.5 (11) | 2.23.5 (11) | 8.53.5 (9) 198.066 |
| 8 | Jan Norberg | IF Thor | 46.2 (22) | 5.16.7f (16) | 2.21.5 (6) | 8.53.4 (8) 199.490 |
| 9 | Jörgen Bernander | Sollentuna SS | 46.5 (25) | 5.09.0 (8) | 2.25.7 (19) | 8.52.1 (7) 199.777 |
| 10 | Lage Nordgren | CK Örnen | 46.2 (22) | 5.10.0 (9) | 2.25.2 (15) | 8.56.3 (10) 199.897 |
| 11 | Conny Englund | Karlstads SK | 44.3 (6) | 5.12.1 (10) | 2.22.2 (7) | 9.22.7 (24) 199.987 |
| 12 | Jan-Olof Kings | Södermalms IK | 47.0 (30) | 5.07.2 (6) | 2.25.2 (15) | 8.57.4 (11) 200.340 |
| 13 | Hans Ödén | Sollentuna SS | 46.2 (22) | 5.13.3 (14) | 2.23.2 (10) | 9.03.4 (12) 200.490 |
| 14 | Hasse Ollas | IFK Rättvik | 47.2 (36) | 5.12.5 (11) | 2.26.0 (22) | 8.51.4 (6) 201.090 |
| 15 | Håkan Halén | Sollentuna SS | 45.5 (15) | 5.14.5 (15) | 2.24.0 (13) | 9.13.5 (17) 201.267 |
| 16 | Tomas Blomqvist | Mälarhöjdens IK | 43.9 (4) | 5.19.1 (18) | 2.25.9 (21) | 9.15.8 (19) 201.296 |
| 17 | Anders Landelius | IF Thor | 44.6 (10) | 5.19.7 (19) | 2.23.7 (12) | 9.20.2 (22) 201.803 |
| 18 | Erik Thorsén | CK Örnen | 46.7 (27) | 5.13.1 (13) | 2.25.2 (15) | 9.07.0 (15) 201.983 |
| 19 | Kjell Pettersson | Södermalms IK | 45.9 (20) | 5.22.0 (21) | 2.25.1 (14) | 9.04.2 (13) 202.354 |
| 20 | Hans Eriksson | Sollentuna SS | 45.8 (19) | 5.25.5 (24) | 2.23.0 (8) | 9.12.3 (16) 202.947 |
| 21 | Håkan Mahlstedt | Kubikenborgs IF | 45.4 (14) | 5.23.6 (22) | 2.25.5 (18) | 9.15.0 (18) 203.333 |
| 22 | Lennart Jönsson | IK Wega | 45.7 (16) | 5.17.5 (17) | 2.27.2 (24) | 9.22.3 (23) 203.914 |
| 23 | Yngve Kokkin | Kubikenborgs IF | 46.5 (25) | 5.25.5 (24) | 2.27.5 (25) | 9.23.7 (25) 206.287 |
| 24 | Dan Johansson | IK Wega | 48.1 (38) | 5.20.7 (20) | 2.33.2 (38) | 9.17.6 (21) 208.377 |
| 25 | Per-Arne Olsson | IK Wega | 47.0 (31) | 5.23.8 (23) | 2.46.0f (40) | 9.17.1 (20) 212.010 |
| | Thomas Pettersson | SK Pollux | 44.3 (8) | | 2.31.0 (37) | |
| | Sven Folkesson | IFK Göteborg | 44.5 (9) | 5.35.5f (32) | 2.27.6 (27) | |
| | Kent Nygren | Södermalms IK | 45.0 (13) | | 2.27.5 (25) | |

| | | | | | |
|---------------------|---------------|-----------|-------------|-------------|--|
| Tommy Halén | Sollentuna SS | 45.7 (16) | 5.27.2 (28) | 2.26.6 (23) | |
| Stig Källberg | Sundsvalls SK | 45.7 (16) | | 2.30.0 (33) | |
| Staffan Jörnheim | IK Wega | 46.1 (21) | 5.31.9 (31) | 2.29.2 (30) | |
| Håkan Sannemo | IFK Strömsund | 46.7 (27) | | 2.28.9 (29) | |
| Lars-Olof Krafft | IFK Sala | 46.8 (28) | | 2.29.9 (32) | |
| Ben Ermesjö | IFK Göteborg | 46.9 (30) | 5.25.9 (26) | 2.28.6 (28) | |
| Anders Forsberg | IFK Göteborg | 47.0 (31) | 5.26.1 (27) | 2.30.0 (33) | |
| Jan-Erik Melkersson | Gimonäs CK | 47.0 (31) | | 2.25.8 (20) | |
| Lars Eriksson | IFK Kiruna | 47.0 (31) | 5.30.0 (30) | 2.30.8 (36) | |
| Göran Söderberg | Södermalms IK | 47.8 (37) | | 2.29.8 (31) | |
| Per-Erik Råms | SK Pollux | 48.8 (39) | | 2.33.5 (39) | |
| Roland Hjelm | IFK Göteborg | 49.3 (40) | 5.28.3 (29) | 2.30.5 (35) | |

Stockholm-Östermalm 05/06-02-1972

| JUN | | 500m | 3000m | 1500m | 5000m | |
|------------------------|------------------|-----------|------------|-------------|-------------|---------|
| 1 Sture Johansson | Kubikenborgs IF | 42.3 (1) | 4.39.0(1) | 2.15.0 (1) | 8.22.9 (2) | 184.090 |
| 2 Bo Fransson | Sollentuna SS | 43.7 (9) | 4.41.0(2) | 2.17.0 (2) | 8.18.3 (1) | 186.030 |
| 3 Tomas Blomqvist | Mälarhöjdens IK | 43.1 (3) | 4.56.1(4) | 2.22.8 (4) | 8.43.0 (4) | 192.350 |
| 4 Jan-Olof Kings | Södermalms IK | 45.1 (22) | 4.53.0(3) | 2.22.0 (3) | 8.35.3 (3) | 192.796 |
| 5 Sven Folkesson | IFK Göteborg | 43.2 (4) | 4.59.3(9) | 2.23.1 (5) | 8.49.3 (6) | 193.713 |
| 6 Mats Olander | Eskilstuna IK | 44.1 (10) | 4.58.7(7) | 2.24.8 (12) | 8.47.5 (5) | 194.900 |
| 7 Hasse Ollas | IFK Rättvik | 44.3 (14) | 4.57.3(5) | 2.23.7 (7) | 8.53.4 (8) | 195.090 |
| 8 Håkan Halén | Sollentuna SS | 43.5 (5) | 4.57.9(6) | 2.25.5 (14) | 8.56.0 (9) | 195.250 |
| 9 Lars Landin | IF Castor | 44.1 (13) | 5.01.2(10) | 2.24.5 (10) | 8.50.4 (7) | 195.507 |
| 10 Hans Eriksson | Sollentuna SS | 44.1 (10) | 5.03.5(13) | 2.25.7 (16) | 9.13.5 (17) | 198.600 |
| 11 Peter Eriksson | IFK Strömsund | 42.7 (2) | 5.03.6(14) | 2.24.3 (8) | 9.33.5 (23) | 198.750 |
| 12 Anders Landelius | IF Thor | 43.6 (8) | 5.07.3(20) | 2.24.3 (8) | 9.20.0 (21) | 198.917 |
| 13 Tommy Halén | Sollentuna SS | 43.5 (5) | 5.09.0(24) | 2.25.4 (13) | 9.16.6 (20) | 199.127 |
| 14 Ulf Berggren | Gimonäs CK | 45.3 (24) | 5.06.0(17) | 2.27.0 (18) | 9.05.5 (13) | 199.850 |
| 15 Torgny Holmgren | Gimonäs CK | 45.5 (26) | 5.04.6(15) | 2.28.4 (22) | 9.03.5 (10) | 200.084 |
| 16 Jörgen Bernander | Sollentuna SS | 45.0 (19) | 5.08.0(23) | 2.27.7 (21) | 9.05.3 (12) | 200.096 |
| 17 Janne Carlstedt | IFK Kristinehamn | 44.8 (18) | 4.58.7(7) | 2.24.5 (10) | 9.37.5f(24) | 200.500 |
| 18 Kent Nygren | Södermalms IK | 45.0 (19) | 5.07.3(20) | 2.28.4 (22) | 9.10.2f(14) | 200.704 |
| 19 Jan-Erik Melkersson | Gimonäs CK | 45.7 (30) | 5.05.8(16) | 2.26.1 (17) | 9.16.4 (19) | 201.007 |
| 20 Per-Arne Olsson | IK Wega | 45.7 (30) | 5.06.1(18) | 2.28.8 (24) | 9.10.2 (14) | 201.337 |
| 21 Thomas Holter | Bofors CK | 45.6 (29) | 5.06.5(19) | 2.29.8 (28) | 9.11.5 (16) | 201.766 |
| 22 Roger Paling | Södermalms IK | 46.4 (36) | 5.03.3(12) | 2.29.3 (25) | 9.16.2 (18) | 202.337 |
| 23 Roland Hjelm | IFK Göteborg | 45.3 (23) | 5.07.5(22) | 2.29.9 (29) | 9.22.8 (22) | 202.797 |
| 24 Dan Johansson | IK Wega | 49.8f(39) | 5.01.4(11) | 2.25.6 (15) | 9.05.0 (11) | 203.066 |
| Thomas Pettersson | SK Pollux | 43.5 (5) | | 2.29.7 (26) | | |
| Pär Pettersson | SK Pollux | 44.1 (10) | | 2.37.8 (38) | | |
| Anders Forsberg | IFK Göteborg | 44.5 (15) | 5.12.8(29) | 2.27.3 (19) | | |
| Ben Ermesjö | IFK Göteborg | 44.5 (15) | 5.10.0(26) | 2.23.5 (6) | | |
| Håkan Mahlstedt | Kubikenborgs IF | 44.6 (17) | | 2.31.5 (32) | | |
| Roger Hagel | IFK Göteborg | 45.0 (19) | 5.16.3(30) | 2.32.8 (34) | | |
| Ole Normannseth | SK Pollux | 45.1 (22) | 5.19.0(31) | 2.31.6 (33) | | |
| Kenneth Nygren | Filipstads IF | 45.5 (26) | | 2.33.5 (35) | | |
| Robert Palmius | SK Winner | 45.6 (28) | 5.11.8(28) | 2.30.7 (31) | | |
| Björn Mossberg | IK Wega | 45.7 (30) | 5.20.5(32) | 2.29.7 (27) | | |
| Bernt Kjärman | Sollentuna SS | 46.2 (33) | | 2.41.2 (39) | | |
| Glenn Blomberg | Eskilstuna IK | 46.3 (34) | 5.11.7(27) | 2.34.7 (37) | | |
| Anders Jonsson | SK Pollux | 46.3 (34) | | 2.33.8 (36) | | |
| Stefan Åsenlund | Sollentuna SS | 46.4 (37) | | 2.50.6f(40) | | |
| Lars Jennersten | SK Winner | 47.2 (38) | 5.09.2(25) | 2.27.5 (20) | | |
| Lars-Åke Forsberg | Sundsvalls SK | | | 2.30.1 (30) | | |

Eskilstuna-Isstadion 03/04-02-1973

| JUN | | 500m | 3000m | 1500m | 5000m | |
|--------------------|-----------------|-----------|------------|------------|------------|---------|
| 1 Bo Fransson | Sollentuna SS | 43.5 (7) | 4.34.3(1) | 2.13.0(1) | 8.14.9(1) | 183.040 |
| 2 Mats Gustavsson | Eskilstuna IK | 43.0 (2) | 4.50.8(4) | 2.17.0(2) | 8.39.8(5) | 189.114 |
| 3 Sven Folkesson | IFK Göteborg | 43.0 (2) | 4.52.5(7) | 2.18.1(4) | 8.40.1(6) | 189.793 |
| 4 Anders Landelius | SK Pollux | 43.1 (4) | 4.51.6(5) | 2.19.7(6) | 8.42.0(8) | 190.467 |
| 5 Tomas Blomqvist | Mälarhöjdens IK | 43.3 (5) | 4.54.6(9) | 2.18.4(5) | 8.40.1(6) | 190.543 |
| 6 Ulf Wennlöf | SK Winner | 44.2 (17) | 4.48.9(2) | 2.18.0(3) | 8.50.9(10) | 191.440 |
| 7 Hans Ödén | Sollentuna SS | 44.7 (22) | 4.50.5(3) | 2.21.8(11) | 8.35.9(2) | 191.974 |
| 8 Ingvar Andersson | IK Wega | 44.7 (22) | 4.52.8(8) | 2.23.5(16) | 8.38.2(4) | 193.153 |
| 9 Roger Jonze | IF Castor | 46.0 (34) | 4.51.7(6) | 2.21.7(10) | 8.36.0(3) | 193.450 |
| 10 Hasse Ollas | IFK Rättvik | 44.4 (18) | 4.55.0(10) | 2.21.5(8) | 8.48.6(9) | 193.594 |
| 11 Mats Olander | Eskilstuna IK | 43.4 (6) | 4.57.6(11) | 2.22.1(12) | 8.57.4(11) | 194.107 |
| 12 Glenn Johansson | Uddevalla IS | 43.9 (11) | 4.59.0(12) | 2.23.9(19) | 9.09.4(14) | 196.640 |
| 13 Thomas Holter | Bofors CK | 44.1 (16) | 5.00.6(15) | 2.22.1(12) | 9.11.0(15) | 196.667 |
| 14 Lars Jennersten | SK Winner | 44.4 (18) | 5.03.0(18) | 2.23.7(17) | 9.02.9(12) | 197.090 |

| | | | | | | | |
|----|--------------------|------------------|------------------|------------|------------|------------|---------|
| 15 | Håkan Sannemo | IFK Strömsund | 43.5 (7) | 5.00.6(15) | 2.21.5(8) | 9.30.4(19) | 197.807 |
| 16 | Björn Mossberg | IK Wega | 44.6 (20) | 4.59.7(13) | 2.26.2(25) | 9.19.7(16) | 199.253 |
| 17 | Kaj Larsson | IFK Göteborg | 44.0 (13) | 5.06.1(21) | 2.23.1(14) | 9.33.7(21) | 200.087 |
| 18 | Torbjörn Palmqvist | SK Pollux | 46.1 (35) | 5.04.9(19) | 2.26.7(30) | 9.03.8(13) | 200.197 |
| 19 | Kenneth Olausson | Karlstads SK | 45.4 (30) | 5.00.3(14) | 2.24.9(22) | 9.27.6(18) | 200.510 |
| 20 | Glenn Blomberg | Eskilstuna IK | 44.6 (20) | 5.07.6(23) | 2.27.8(32) | 9.24.8(17) | 201.614 |
| 21 | Lars-Åke Forsberg | SK Pollux | 45.3 (28) | 5.06.2(22) | 2.26.0(24) | 9.30.6(20) | 202.060 |
| 22 | Per-Arne Olsson | IK Wega | 46.6 (37) | 5.05.0(20) | 2.26.6(27) | 9.46.2(22) | 204.920 |
| | Thomas Pettersson | SK Pollux | <u>42.4 (1)</u> | 5.12.0(29) | 2.20.8(7) | | 141.333 |
| | Lars Landin | IF Castor | 44.0 (13) | 5.02.9(17) | 2.24.6(20) | | 142.683 |
| | Bo Malmström | Eskilstuna IK | 43.7 (9) | 5.08.4(24) | 2.23.7(17) | | 143.000 |
| | Ole Normannseth | SK Pollux | 44.0 (13) | 5.10.9(27) | 2.23.1(14) | | 143.517 |
| | Greger Wikström | IF Castor | 45.0 (25) | 5.08.6(25) | 2.24.8(21) | | 144.700 |
| | Roger Hagel | IFK Göteborg | 43.9 (11) | 5.13.2(30) | 2.26.4(26) | | 144.900 |
| | Jan Sandberg | IFK Göteborg | 45.6 (32) | 5.09.5(26) | 2.30.6(34) | | 147.383 |
| | Tomas Janson | IFK Kristinehamn | 46.2 (36) | 5.19.6(31) | 2.26.6(27) | | 148.334 |
| | Roland Hjelm | IFK Göteborg | 45.1 (26) | 5.11.7(28) | 2.37.6(38) | | 149.583 |
| | Tommy Halén | Sollentuna SS | 43.8 (10) | | 2.25.0(23) | | |
| | Robert Palmius | SK Winner | 44.8 (24) | | 2.26.6(27) | | |
| | Stein Rognstad | Mälarhöjdens IK | 45.5 (31) | | 2.27.2(31) | | |
| | Stefan Åsenlund | Sollentuna SS | 45.6 (32) | | 2.28.8(33) | | |
| | Lars Sennerman | IK Wega | 45.1 (26) | | 2.31.8(36) | | |
| | Kenneth Nygren | Karlstads SK | 45.3 (28) | | 2.32.8(37) | | |
| | Nils-Olof Bodin | SK Winner | dnf | | 2.30.6(34) | | |
| | Pär Pettersson | SK Pollux | dnf | | | | |

Karlstad 16/17-02-1974

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|--------------------|------------------|------------------|-------------------|-------------------|--------------------|---------|
| 1 | Bo Malmström | Eskilstuna IK | <u>42.8 (1)</u> | 4.51.7(3) | 2.15.2(2) | <u>8.23.2 (1)</u> | 186.804 |
| 2 | Sven Folkesson | IFK Göteborg | <u>42.8 (1)</u> | 4.52.4(5) | 2.16.7(3) | 8.32.1 (6) | 188.310 |
| 3 | Ulf Wennlöf | SK Winner | 44.4 (13) | 4.52.2(4) | <u>2.14.6(1)</u> | 8.32.9 (7) | 189.257 |
| 4 | Ulf Berggren | Gimonäs CK | 45.1 (21) | <u>4.48.1(1)</u> | 2.18.0(5) | 8.25.4 (2) | 189.657 |
| 5 | Håkan Sannemo | IFK Strömsund | 43.3 (6) | 4.52.8(7) | 2.18.3(6) | 8.38.3 (10) | 190.030 |
| 6 | Björn Mossberg | IK Wega | 44.5 (15) | 4.52.6(6) | 2.19.5(8) | 8.27.3 (3) | 190.497 |
| 7 | Kenneth Olausson | Karlstads SK | 43.4 (7) | 4.55.6(11) | 2.18.6(7) | 8.40.0 (12) | 190.867 |
| 8 | Ingvar Andersson | IK Wega | 45.2 (24) | 4.51.4(2) | 2.20.1(10) | 8.27.5 (4) | 191.217 |
| 9 | Mats Olander | Eskilstuna IK | 43.0 (5) | 4.59.8(15) | 2.20.5(11) | 8.35.9 (8) | 191.390 |
| 10 | Mats Gustavsson | Eskilstuna IK | <u>42.8 (1)</u> | 5.01.5(17) | 2.16.9(4) | 8.50.3 (17) | 191.713 |
| 11 | Hasse Ollas | IFK Rättvik | 44.0 (9) | 4.53.4(8) | 2.19.5(8) | 8.47.4 (16) | 192.140 |
| 12 | Lars Jennersten | SK Winner | 45.3 (25) | 4.55.5(10) | 2.22.1(17) | 8.31.2 (5) | 193.037 |
| 13 | Thomas Holter | Bofors CK | 45.4 (26) | 4.53.7(9) | 2.20.7(12) | 8.38.3 (10) | 193.080 |
| 14 | Göran Stolt | IK Wega | 45.1 (21) | 4.58.2(13) | 2.22.7(21) | 8.36.7 (9) | 194.037 |
| 15 | Lars Landin | IF Castor | 43.9 (8) | 5.00.3(16) | 2.20.9(13) | 8.57.6 (22) | 194.677 |
| 16 | Glenn Johansson | Uddevalla IS | 44.4 (13) | 5.03.3(18) | 2.22.6(20) | 8.44.4 (14) | 194.923 |
| 17 | Jörgen Wallin | IFK Sala | 45.6 (28) | 4.58.1(12) | 2.22.0(16) | 8.47.2 (15) | 195.336 |
| 18 | Christer Norgren | SK Pollux | 46.9 (36) | 4.59.5(14) | 2.21.8(15) | 8.40.5f(13) | 196.134 |
| 19 | Glenn Blomberg | Eskilstuna IK | 44.1 (11) | 5.07.4(22) | 2.25.1(27) | 8.53.1 (19) | 197.010 |
| 20 | Torbjörn Palmqvist | SK Pollux | 45.7 (31) | 5.07.6(23) | 2.23.6(23) | 8.51.8 (18) | 198.014 |
| 21 | Inge Johvik | IK Wega | 45.6 (28) | 5.08.7(24) | 2.27.1(35) | 8.55.2 (21) | 199.603 |
| 22 | Jan Sandberg | IFK Göteborg | 46.1 (35) | 5.07.2(21) | 2.26.5(33) | 9.03.2 (23) | 200.453 |
| 23 | Per Mattson | Sollentuna SS | 74.0f(39) | 5.05.3(20) | 2.25.1(27) | 8.54.7 (20) | 226.720 |
| | Tomas Janson | IFK Kristinehamn | 44.8 (17) | 5.04.0(19) | 2.22.8(22) | g.u. | |
| | Thomas Pettersson | SK Pollux | <u>42.8 (1)</u> | | 2.22.1(17) | | |
| | Ole Normannseth | SK Pollux | 44.0 (9) | | 2.24.3(26) | | |
| | Pär Pettersson | SK Pollux | 44.1 (11) | | | | |
| | Lars-Åke Forsberg | Sundsvalls SK | 44.6 (16) | 5.10.3(27) | 2.23.8(24) | | |
| | Tommy Persson | Gimonäs CK | 44.8 (17) | | 2.25.9(31) | | |
| | Anders Jonsson | SK Pollux | 44.9 (19) | 5.18.0(29) | 2.24.2(25) | | |
| | Sven Landin | IF Castor | 45.0 (20) | | 2.31.7(37) | | |
| | Bengt Enbom | SK Pollux | 45.1 (21) | | 2.25.7(30) | | |
| | Nils-Olov Bodin | SK Winner | 45.4 (26) | 5.18.2(30) | 2.28.5(36) | | |
| | Kaj Larsson | IFK Göteborg | 45.6 (28) | 5.23.8(31) | 2.26.4(32) | | |
| | Kjell-Åke Westin | Bräcke SK | 45.8 (32) | 5.10.2(26) | 2.25.1(27) | | |
| | Kent Almquist | Sollentuna SS | 45.8 (32) | | 2.35.5(38) | | |
| | Roland Hjelm | IFK Göteborg | 45.8 (32) | 5.10.1(25) | 2.26.7(34) | | |
| | Roger Hagel | IFK Göteborg | 64.0f(37) | 5.11.3(28) | 2.22.1(17) | | |
| | Tomas Blomqvist | Mälarhöjdens IK | 72.8f(38) | | 2.21.4(14) | | |

Eskilstuna-Isstadion 22/23-02-1975

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|--------------------|---------------|-----------|-------------|-------------|-------------|---------|
| 1 | Bo Malmström | Eskilstuna IK | 42.4 (1) | 4.54.3 (2) | 2.15.3 (1) | 8.26.5 (1) | 187.200 |
| 2 | Roger Jonze | IF Castor | 43.8 (4) | 4.51.9 (1) | 2.21.5 (4) | 8.26.8 (2) | 190.297 |
| 3 | Jörgen Wallin | IFK Sala | 44.5 (8) | 4.54.5 (3) | 2.21.0 (3) | 8.44.8 (4) | 193.063 |
| 4 | Håkan Sannemo | IFK Strömsund | 43.9 (6) | 4.58.2 (4) | 2.22.7 (7) | 8.47.9 (7) | 193.957 |
| 5 | Jan-Åke Carlberg | IFK Lidingö | 44.3 (7) | 5.04.9 (12) | 2.22.6 (5) | 8.45.2 (5) | 195.170 |
| 6 | Jan Junell | IFK Rättvik | 44.7 (12) | 5.04.8 (10) | 2.22.6 (5) | 8.41.5 (3) | 195.183 |
| 7 | Ulf Ekstrand | SK Skrinnaren | 43.8 (4) | 5.00.0 (5) | 2.25.0 (13) | 8.53.0 (11) | 195.433 |
| 8 | Thomas Holter | Bofors CK | 44.9 (13) | 5.04.5 (9) | 2.23.2 (8) | 8.50.2 (8) | 196.403 |
| 9 | Ingvar Andersson | IK Wega | 45.3 (23) | 5.03.8 (7) | 2.24.1 (9) | 8.51.0 (9) | 197.066 |
| 10 | Björn Mossberg | IK Wega | 45.1 (17) | 5.04.2 (8) | 2.24.2 (10) | 8.52.8 (10) | 197.147 |
| 11 | Thomas Bergman | IK Wega | 45.1 (17) | 5.05.4 (13) | 2.24.4 (11) | 8.56.5 (13) | 197.783 |
| 12 | Bengt Meissner | SK Skrinnaren | 45.3 (23) | 5.03.5 (6) | 2.24.5 (12) | 9.00.6 (15) | 198.110 |
| 13 | Per Mattson | Sollentuna SS | 46.2 (31) | 5.04.8 (10) | 2.27.0 (18) | 8.46.7 (6) | 198.670 |
| 14 | Roger Hagel | IFK Göteborg | 43.3 (3) | 5.12.5 (17) | 2.26.2 (14) | 9.07.8 (17) | 198.896 |
| 15 | Torbjörn Palmqvist | SK Pollux | 45.2 (21) | 5.11.7 (16) | 2.26.6 (17) | 8.56.6 (14) | 199.677 |
| 16 | Göran Johansson | CK Örnen | 44.9 (13) | 5.13.3 (18) | 2.27.7 (19) | 9.08.6 (18) | 201.210 |
| 17 | Gunnar Åkerström | IK Wega | 45.2 (21) | 5.13.4 (20) | 2.27.8 (20) | 9.05.7 (16) | 201.270 |
| 18 | Christer Norgren | IFK Sala | 46.3 (33) | 5.10.0 (14) | 2.29.9 (22) | 8.54.2 (12) | 201.354 |
| 19 | Lars Jennersten | SK Winner | 45.6 (26) | 5.11.5 (15) | 2.26.4 (16) | 9.12.2 (19) | 201.537 |
| 20 | Ulf Klensmeden | Bräcke SK | 45.1 (17) | 5.13.3 (18) | 2.28.6 (21) | 9.14.7 (20) | 202.320 |
| 21 | Dan Guter | IFK Lidingö | 44.6 (10) | 5.24.1 (25) | 2.30.0 (23) | 9.32.1 (21) | 205.827 |
| 22 | Thomas Widstrand | IK Wega | 45.4 (25) | 5.23.2 (24) | 2.26.2 (14) | 9.39.0 (22) | 205.900 |
| | Lars Landin | IF Castor | 43.1 (2) | 5.44.3f(30) | 2.19.4 (2) | | |
| | Jan Blom | IFK Rättvik | 45.8 (27) | 5.15.6 (21) | 2.32.2 (26) | | |
| | Anders Jonsson | SK Pollux | 44.9 (13) | 5.25.8 (26) | 2.31.8 (25) | | |
| | Claes Bengtsson | IFK Sala | 45.8 (27) | 5.19.3 (23) | 2.32.4 (27) | | |
| | Tor Mårtensson | IFK Strömsund | 45.0 (16) | 5.33.0 (28) | 2.34.2 (30) | | |
| | Jörgen Ekström | IF Thor | 46.1 (30) | 5.26.6 (27) | 2.34.2 (30) | | |
| | Lars Sennerman | IK Wega | 46.5 (35) | 5.39.0 (29) | 2.36.6 (33) | | |
| | Ole Normannseth | SK Pollux | 44.5 (8) | 5.17.6 (22) | 3.42.1f(36) | | |
| | Mats Gustavsson | Eskilstuna IK | 44.6 (10) | | 2.30.0 (23) | | |
| | Håkan Granqvist | IFK Sala | 45.8 (27) | | 2.32.6 (28) | | |
| | Björn Olsson | IK Wega | 46.2 (31) | | 2.34.0 (29) | | |
| | Tomas Gustafson | Eskilstuna IK | 46.3 (33) | | 2.37.1 (34) | | |
| | Thomas Stolt | IK Wega | 61.7f(36) | | 2.40.2 (35) | | |
| | Sven Landin | IF Castor | 45.1 (17) | | dns | | |
| | Michael Rocking | IFK Rättvik | | | 2.35.4 (32) | | |

Frösön 14/15-02-1976

| JUN | | 500m | 3000m | 1500m | 5000m | | |
|-----|--------------------|---------------|-----------|-------------|-------------|-------------|---------|
| 1 | Ulf Ekstrand | SK Skrinnaren | 40.2 (1) | 4.32.3 (1) | 2.07.3 (2) | 7.49.6 (1) | 174.976 |
| 2 | Bo Malmström | Eskilstuna IK | 41.2 (3) | 4.37.1 (3) | 2.07.1 (1) | 7.54.5 (2) | 177.200 |
| 3 | Roger Jonze | IF Castor | 42.1 (6) | 4.34.9 (2) | 2.07.4 (3) | 7.54.6 (3) | 177.844 |
| 4 | Håkan Sannemo | IFK Strömsund | 41.4 (4) | 4.40.6 (5) | 2.12.1 (7) | 8.17.4 (11) | 181.940 |
| 5 | Thomas Bergman | IK Wega | 42.4 (9) | 4.45.0 (8) | 2.11.8 (4) | 8.15.1 (10) | 183.343 |
| 6 | Ingvar Andersson | IK Wega | 43.4 (23) | 4.40.2 (4) | 2.15.7 (17) | 8.01.7 (4) | 183.503 |
| 7 | Jan Junell | IFK Rättvik | 43.5 (27) | 4.43.3 (7) | 2.12.5 (8) | 8.06.8 (7) | 183.564 |
| 8 | Jörgen Wallin | IFK Sala | 43.1 (20) | 4.45.0 (8) | 2.13.2 (10) | 8.12.1 (8) | 184.210 |
| 9 | Claes Bengtsson | IFK Sala | 42.6 (12) | 4.50.1 (12) | 2.11.8 (4) | 8.21.4 (13) | 185.023 |
| 10 | Tomas Gustafson | Eskilstuna IK | 44.1 (34) | 4.45.5 (10) | 2.14.7 (14) | 8.06.0 (6) | 185.183 |
| 11 | Björn Mossberg | IK Wega | 42.8 (14) | 4.49.5 (11) | 2.15.7 (17) | 8.12.4 (9) | 185.523 |
| 12 | Peter Nyberg | Sundsvalls SK | 42.6 (12) | 4.53.0 (16) | 2.13.8 (12) | 8.17.5 (12) | 185.783 |
| 13 | Lars Ludvigsson | SK Pollux | 43.0 (16) | 4.50.4 (13) | 2.15.3 (15) | 8.23.0 (14) | 186.800 |
| 14 | Jan-Åke Carlberg | IFK Lidingö | 42.2 (7) | 4.51.4 (14) | 2.15.5 (16) | 8.35.5 (18) | 187.484 |
| 15 | Thomas Widstrand | IK Wega | 41.9 (5) | 5.04.1 (21) | 2.12.7 (9) | 8.42.1 (19) | 189.026 |
| 16 | Gunnar Åkerström | IK Wega | 43.0 (16) | 4.55.3 (18) | 2.17.0 (19) | 8.32.4 (17) | 189.124 |
| 17 | Göran Stolt | IK Wega | 43.4 (23) | 4.55.2 (17) | 2.17.9 (22) | 8.30.6 (16) | 189.627 |
| 18 | Bengt Meissner | SK Skrinnaren | 50.8f(40) | 4.41.0 (6) | 2.11.8 (4) | 8.05.4 (5) | 190.106 |
| 19 | Göran Johansson | CK Örnen | 42.5 (10) | 5.02.5 (20) | 2.17.1 (20) | 8.52.1 (21) | 191.827 |
| 20 | Tor Mårtensson | IFK Strömsund | 43.4 (23) | 5.04.3 (22) | 2.18.5 (23) | 8.51.7 (20) | 193.454 |
| 21 | Håkan Davidsson | IK Wega | 43.0 (16) | 5.04.8 (23) | 2.20.4 (28) | 8.52.4 (22) | 193.840 |
| 22 | Jan Blom | IFK Rättvik | 45.1 (38) | 5.07.5 (24) | 2.19.9 (27) | 8.30.3 (15) | 194.013 |
| 23 | Thomas Stolt | IK Wega | 44.3 (35) | 5.15.2 (27) | 2.22.9 (33) | 9.13.1 (23) | 199.776 |
| | Anders Moberg | IFK Göteborg | 42.2 (7) | 4.52.1 (15) | 2.13.6 (11) | dnf | |
| | Ulf Klensmeden | Bräcke SK | 42.8 (14) | 5.00.1 (19) | 2.20.5 (30) | dnf | |
| | Torbjörn Palmqvist | SK Pollux | 43.4 (23) | 5.08.3 (25) | 2.18.8 (24) | | |
| | Anders Söderlund | IFK Strömsund | 43.3 (22) | 5.18.3 (30) | 2.19.7 (26) | | |
| | Tomas Movin | Eskilstuna IK | 43.0 (16) | 5.25.5 (32) | 2.17.4 (21) | | |
| | Lars Sennerman | IK Wega | 43.2 (21) | 5.17.3 (29) | 2.22.8 (31) | | |
| | Bengt Härsjö | IK Wega | 44.0 (32) | 5.18.8 (31) | 2.20.4 (28) | | |
| | Björn Olsson | IK Wega | 44.0 (32) | 5.15.5 (28) | 2.23.2 (34) | | |

| | | | | |
|-------------------|---------------|-----------|------------|------------|
| Lars Magnusson | IFK Göteborg | 45.0 (37) | 5.11.2(26) | 2.25.8(38) |
| Roger Hagel | IFK Göteborg | 40.5 (2) | | 2.14.6(13) |
| Ole Normannseth | SK Pollux | 42.5 (10) | | 2.19.2(25) |
| Dan Guter | IFK Lidingö | 43.9 (31) | | 2.22.8(31) |
| Johnny Gustafsson | Hagaströms SK | 43.6 (28) | | 2.24.8(36) |
| Peter Johansson | CK Örnen | 43.8 (29) | | 2.24.2(35) |
| Sven Landin | IF Castor | 43.8 (29) | | 2.26.0(40) |
| Kjell-Åke Westin | Bräcke SK | 44.5 (36) | | 2.24.9(37) |
| Per Moberg | Sundsvalls SK | 45.1 (38) | | 2.25.9(39) |

Eskilstuna-Isstadion 11/12-03-1977

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|--------------------|---------------|-----------|------------|------------|------------|---------|
| 1 | Jan Junell | IFK Rättvik | 40.3 (2) | 4.23.8(1) | 2.09.8(1) | 7.56.1(1) | 175.144 |
| 2 | Bo Malmström | Eskilstuna IK | 40.3 (2) | 4.25.5(2) | 2.10.2(2) | 8.00.8(2) | 176.030 |
| 3 | Tomas Gustafson | Eskilstuna IK | 40.9 (7) | 4.28.0(3) | 2.11.7(3) | 8.01.0(3) | 177.567 |
| 4 | Peter Nyberg | Sundsvalls SK | 40.5 (4) | 4.34.6(5) | 2.11.7(3) | 8.09.0(4) | 179.067 |
| 5 | Ulf Ekstrand | SK Skrinnaren | 40.7 (5) | 4.33.3(4) | 2.12.8(6) | 8.11.1(5) | 179.627 |
| 6 | Claes Bengtsson | IFK Sala | 40.7 (5) | 4.36.7(7) | 2.12.7(5) | 8.15.5(7) | 180.600 |
| 7 | Stephan Andersson | IFK Göteborg | 41.1 (8) | 4.35.8(6) | 2.13.9(7) | 8.19.0(8) | 181.600 |
| 8 | Göran Stolt | IK Wega | 41.4 (10) | 4.36.7(7) | 2.15.3(11) | 8.13.6(6) | 181.977 |
| 9 | Tomas Movin | Eskilstuna IK | 41.4 (11) | 4.41.1(11) | 2.15.1(9) | 8.24.0(9) | 183.683 |
| 10 | Bengt Meissner | SK Skrinnaren | 42.0 (15) | 4.40.1(10) | 2.15.2(10) | 8.28.6(10) | 184.610 |
| 11 | Anders Moberg | IFK Göteborg | 41.2 (9) | 4.38.0(9) | 2.14.5(8) | 8.43.0(13) | 184.666 |
| 12 | Björn Mossberg | IK Wega | 41.7 (12) | 4.45.9(15) | 2.18.7(16) | 8.33.4(11) | 186.923 |
| 13 | Hans Magnusson | IF Castor | 42.6 (20) | 4.42.5(12) | 2.18.0(13) | 8.46.0(14) | 188.283 |
| 14 | Mats Hedlund | Sandvikens CK | 43.6 (27) | 4.42.7(13) | 2.18.1(15) | 8.38.6(12) | 188.610 |
| 15 | Thomas Bergman | IK Wega | 42.4 (18) | 4.45.4(14) | 2.18.0(13) | 8.50.7(15) | 189.037 |
| 16 | Peter Sundqvist | IF Castor | 43.2 (24) | 4.51.4(17) | 2.20.5(20) | 8.54.3(16) | 192.030 |
| | Jan-Åke Carlberg | IFK Lidingö | 40.2 (1) | 4.48.0(16) | 2.17.0(12) | | |
| | Gunnar Åkerström | IK Wega | 42.0 (15) | 4.52.0(18) | 2.18.7(16) | | |
| | Michael Rocking | IFK Rättvik | 41.8 (13) | 4.53.2(21) | 2.22.0(24) | | |
| | Peter Johansson | CK Örnen | 41.8 (13) | 4.53.1(20) | 2.22.8(27) | | |
| | Stefan Arnell | IFK Rättvik | 42.9 (22) | 4.53.3(22) | 2.19.9(18) | | |
| | Per-Olof Pehrsson | Hagaströms SK | 43.1 (23) | 4.52.8(19) | 2.20.7(21) | | |
| | Per-Arne Nilsson | IF Thor | 42.0 (15) | 4.58.4(25) | 2.22.1(26) | | |
| | Jan Bengtsson | IFK Sala | 43.8 (29) | 4.54.9(23) | 2.21.7(22) | | |
| | Lennart Pettersson | IF Thor | 43.4 (25) | 5.01.6(28) | 2.20.4(19) | | |
| | Thomas Nilsson | IFK Göteborg | 43.5 (26) | 4.56.1(24) | 2.23.7(29) | | |
| | Anders Karlsson | Sollentuna SS | 42.4 (18) | 5.05.5(29) | 2.24.2(30) | | |
| | Per Moberg | Sundsvalls SK | 42.6 (20) | 5.09.2(32) | 2.22.0(24) | | |
| | Jan Landelius | IF Thor | 43.9 (30) | 5.08.7(31) | 2.23.5(28) | | |
| | Lars Johansson | SK Skrinnaren | 44.4 (31) | 5.00.5(27) | 2.27.1(32) | | |
| | Håkan Davidsson | IF Castor | 43.7 (28) | 5.08.1(30) | 2.26.8(31) | | |
| | Thomas Widstrand | IK Wega | 82.4f(32) | 5.00.1(26) | 2.21.9(23) | | |

Sundsvall-Gärdebanan 10/11-03-1978

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|----------------------|---------------|-----------|------------|-------------|------------|---------|
| 1 | Tomas Gustafson | Eskilstuna IK | 40.5 (2) | 4.26.5(1) | 2.10.5(1) | 8.10.9(1) | 177.506 |
| 2 | Peter Nyberg | Sundsvalls SK | 41.0 (4) | 4.33.7(2) | 2.14.2(8) | 8.50.5(5) | 184.399 |
| 3 | Hans Magnusson | IF Castor | 42.0 (7) | 4.36.4(3) | 2.12.1(3) | 8.52.4(6) | 185.339 |
| 4 | Thomas Stolt | IK Wega | 41.3 (5) | 4.48.0(10) | 2.13.6(6) | 8.50.4(4) | 186.873 |
| 5 | Jan-Åke Carlberg | IFK Lidingö | 40.3 (1) | 4.40.5(5) | 2.13.0(4) | 9.18.7(14) | 187.253 |
| 6 | Göran Johansson | CK Örnen | 40.8 (3) | 4.48.8(11) | 2.14.9(9) | 8.57.7(10) | 187.669 |
| 7 | Bengt Meissner | SK Skrinnaren | 42.7 (13) | 4.44.8(7) | 2.13.1(5) | 8.57.6(9) | 188.292 |
| 8 | Gunnar Åkerström | IK Wega | 42.5 (11) | 4.50.5(13) | 2.14.1(7) | 8.55.0(8) | 189.116 |
| 9 | Jan Bengtsson | IFK Sala | 42.4 (10) | 4.49.0(12) | 2.17.4(11) | 8.54.4(7) | 189.806 |
| 10 | Ulf Ekstrand | SK Skrinnaren | 50.7f(30) | 4.39.1(4) | 2.11.1(2) | 8.33.8(2) | 192.296 |
| 11 | Björn Olsson | IK Wega | 43.3 (15) | 4.41.7(6) | 2.20.1(14) | 9.19.6(15) | 192.910 |
| 12 | Jan Landelius | IF Thor | 43.5 (16) | 4.47.8(9) | 2.22.3(17) | 9.10.4(11) | 193.939 |
| 13 | Peter Sundqvist | IF Castor | 43.5 (16) | 4.51.3(16) | 2.21.1(15) | 9.14.1(12) | 194.493 |
| 14 | Lennart Pettersson | IF Thor | 41.6 (6) | 4.47.1(8) | 2.27.3f(28) | 9.27.1(16) | 195.260 |
| 15 | Tomas Movin | Eskilstuna IK | 50.3f(29) | 4.50.8(14) | 2.15.1(10) | 8.38.1(3) | 195.609 |
| 16 | Per Jonasson | Sollentuna SS | 43.7 (21) | 4.51.9(17) | 2.25.9(26) | 9.16.7(13) | 196.653 |
| | Claes Bengtsson | IFK Sala | 42.0 (7) | 4.54.2(20) | 2.18.2(13) | | |
| | Per-Arne Nilsson | IF Thor | 42.2 (9) | 5.03.1(29) | 2.22.4(18) | | |
| | Lars-Erik Strömquist | IFK Strömsund | 44.1 (24) | 4.53.9(19) | 2.22.1(16) | | |
| | Peter Johansson | CK Örnen | 42.8 (14) | 4.55.3(22) | 2.25.6(24) | | |
| | Morgan Häggbom | Karlstads SK | 43.7 (21) | 4.54.4(21) | 2.23.8(19) | | |
| | Per-Olof Pehrsson | Hagaströms SK | 43.6 (20) | 4.58.6(24) | 2.24.9(22) | | |
| | Ulf Lundberg | IK Wega | 43.8 (23) | 5.03.8(30) | 2.24.2(20) | | |
| | Jan Blom | IFK Rättvik | 44.3 (26) | 4.58.7(25) | 2.25.6(24) | | |
| | Björn Eriksson | Karlstads SK | 44.5 (27) | 4.59.6(27) | 2.24.9(22) | | |

| | | | | |
|-------------------|---------------|-----------|------------|-------------|
| Per Hallström | SK Pollux | 43.5 (16) | 4.59.8(28) | 2.28.1 (29) |
| Mats Ris | IK Wega | 44.1 (24) | 5.05.2(31) | 2.24.2 (20) |
| Conny Jansson | Sollentuna SS | 46.5 (28) | 4.59.0(26) | 2.29.0 (30) |
| Michael Rocking | IFK Rättvik | 42.5 (12) | 4.53.4(18) | 2.54.2f(32) |
| Johnny Alfredsson | IK Wega | 43.5 (16) | 5.10.5(32) | 2.47.6f(31) |
| Lars Hammarström | Karlstads SK | 54.4f(31) | 4.57.6(23) | 2.26.1 (27) |
| Anders Jansson | Karlstads SK | dq | 4.51.2(15) | 2.18.0 (12) |

Göteborg-Ruddalen 17/18-02-1979

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|--------------------|-----------------|-----------|-------------|-------------|-------------|---------|
| 1 | Tomas Gustafson | Eskilstuna IK | 40.5 (1) | 4.19.8 (1) | 2.03.53(1) | 7.40.60(1) | 171.036 |
| 2 | Lars Ludvigsson | SK Pollux | 40.6 (2) | 4.28.4 (3) | 2.05.66(2) | 7.50.87(3) | 174.306 |
| 3 | Hans Magnusson | IF Castor | 41.0 (3) | 4.29.8 (5) | 2.05.96(3) | 7.48.25(2) | 174.777 |
| 4 | Tomas Movin | Eskilstuna IK | 41.2 (4) | 4.27.9 (2) | 2.06.35(5) | 7.55.54(5) | 175.520 |
| 5 | Peter Nyberg | Sundsvalls SK | 42.4 (13) | 4.28.9 (4) | 2.07.14(6) | 7.51.52(4) | 176.748 |
| 6 | Stephan Andersson | IFK Göteborg | 41.2 (4) | 4.31.6 (6) | 2.07.65(8) | 7.59.50(7) | 176.966 |
| 7 | Thomas Stolt | IK Wega | 41.2 (4) | 4.34.1 (9) | 2.07.37(7) | 8.03.50(8) | 177.689 |
| 8 | Anders Moberg | IFK Göteborg | 41.4 (8) | 4.38.0 (11) | 2.08.44(9) | 8.08.34(10) | 179.380 |
| 9 | Claes Bengtsson | IFK Sala | 41.3 (7) | 4.32.1 (8) | 2.06.01(4) | 8.32.77(15) | 179.930 |
| 10 | Anders Jansson | Karlstads SK | 42.0 (11) | 4.34.5 (10) | 2.13.12(11) | 8.03.76(9) | 180.499 |
| 11 | Lennart Pettersson | IF Thor | 42.6 (16) | 4.43.9 (13) | 2.13.79(12) | 8.27.76(11) | 185.288 |
| 12 | Mats Ris | IK Wega | 41.8 (10) | 4.47.1 (16) | 2.15.15(15) | 8.28.48(12) | 185.548 |
| 13 | Ulf Lundberg | IK Wega | 42.7 (18) | 4.43.4 (12) | 2.13.98(13) | 8.33.25(16) | 185.918 |
| 14 | Jan Bengtsson | IFK Sala | 50.8f(31) | 4.31.6 (6) | 2.08.58(10) | 7.57.39(6) | 186.665 |
| 15 | Morgan Häggbom | Karlstads SK | 43.0 (20) | 4.47.2 (17) | 2.15.45(19) | 8.31.25(14) | 187.141 |
| 16 | Björn Forslund | Sundsvalls SK | 44.0 (28) | 4.45.3 (15) | 2.15.22(16) | 8.28.96(13) | 187.519 |
| | Johnny Gustafsson | Hagaströms SK | 41.7 (9) | 4.51.4 (23) | 2.15.31(17) | | |
| | Stefan Arnell | IFK Rättvik | 42.3 (12) | 4.48.5 (19) | 2.17.09(23) | | |
| | Martin Delle | Trollhättans SK | 42.4 (13) | 4.52.9 (26) | 2.15.54(20) | | |
| | Lars Magnusson | IK Wega | 42.9 (19) | 4.49.2 (20) | 2.16.71(22) | | |
| | Thomas Bergman | IK Wega | 43.6 (26) | 4.49.6 (21) | 2.15.31(17) | | |
| | Per-Olof Pehrsson | Hagaströms SK | 43.4 (22) | 4.51.4 (23) | 2.16.38(21) | | |
| | Anders Lundgren | SK Pollux | 44.1 (29) | 4.49.9 (22) | 2.15.07(14) | | |
| | Lars Hammarström | Karlstads SK | 43.9 (27) | 4.48.2 (18) | 2.18.82(26) | | |
| | Björn Eriksson | Karlstads SK | 43.4 (22) | 4.52.0 (25) | 2.18.94(27) | | |
| | Michael Rocking | IFK Rättvik | 44.2 (30) | 4.57.3 (28) | 2.18.15(25) | | |
| | Bertil Andersson | IK Wega | 43.5 (25) | 5.02.2 (30) | 2.22.54(29) | | |
| | Mikael Lingefeldt | Sundsvalls SK | 43.4 (22) | 5.11.0f(31) | 2.19.78(28) | | |
| | Per Jonasson | Sollentuna SS | 56.7f(32) | 4.55.9 (27) | 2.17.36(24) | | |
| | Björn Olsson | IK Wega | 42.6 (16) | 4.44.6 (14) | | | |
| | Hans-Erik Salzberg | Sundsvalls SK | 42.4 (13) | 4.57.3 (28) | | | |
| | Thomas Nilsson | IFK Göteborg | 43.0 (20) | | | | |

Örnsköldsvik 15/16-02-1980

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|--------------------|-----------------|-----------|------------|------------|------------|---------|
| 1 | Claes Bengtsson | IFK Sala | 41.3 (2) | 4.37.3(1) | 2.06.9(2) | 7.50.9(1) | 176.906 |
| 2 | Hans Magnusson | IF Castor | 41.0 (1) | 4.40.9(2) | 2.06.8(1) | 7.55.0(3) | 177.582 |
| 3 | Thomas Nilsson | IFK Göteborg | 41.7 (4) | 4.43.9(3) | 2.10.0(5) | 7.56.8(4) | 180.029 |
| 4 | Tomas Movin | Eskilstuna IK | 41.5 (3) | 4.47.3(4) | 2.09.4(4) | 8.02.5(6) | 180.766 |
| 5 | Jan Bengtsson | IFK Sala | 41.9 (5) | 4.48.9(6) | 2.10.1(6) | 7.57.8(5) | 181.196 |
| 6 | Hans-Erik Salzberg | Sundsvalls SK | 42.4 (7) | 4.51.9(8) | 2.10.2(7) | 8.07.4(7) | 183.190 |
| 7 | Mikael Lingefeldt | Sundsvalls SK | 42.9 (11) | 4.51.0(7) | 2.13.8(13) | 8.12.6(8) | 185.260 |
| 8 | Mats Ris | IK Wega | 42.3 (6) | 4.55.7(9) | 2.13.0(10) | 8.16.0(10) | 185.516 |
| 9 | Michael Rocking | IFK Rättvik | 42.5 (9) | 4.58.0(12) | 2.13.0(10) | 8.25.4(14) | 187.039 |
| 10 | Ulf Lundberg | IK Wega | 42.4 (7) | 5.00.5(16) | 2.12.8(9) | 8.28.1(15) | 187.559 |
| 11 | Per-Olof Pehrsson | Hagaströms SK | 43.0 (12) | 5.00.2(15) | 2.14.7(14) | 8.16.3(11) | 187.563 |
| 12 | Björn Olsson | IK Wega | 42.5 (9) | 4.56.3(11) | 2.16.7(15) | 8.23.1(13) | 187.759 |
| 13 | Morgan Häggbom | Karlstads SK | 43.3 (14) | 4.59.2(14) | 2.17.2(17) | 8.18.4(12) | 188.739 |
| 14 | Lars Hammarström | Karlstads SK | 44.2 (19) | 4.58.4(13) | 2.19.0(19) | 8.15.4(9) | 189.806 |
| 15 | Anders Jansson | Karlstads SK | 52.9f(30) | 4.47.9(5) | 2.07.7(3) | 7.54.4(2) | 190.889 |
| 16 | Tomas Johansson | Eskilstuna IK | 45.2 (25) | 5.12.3(17) | 2.20.7(22) | 8.42.2(16) | 196.370 |
| | Conny Jansson | Sollentuna SS | 43.3 (14) | 5.12.6(18) | 2.13.5(12) | | |
| | Joakim Persson | CK Örnen | 43.5 (16) | 5.13.5(19) | 2.16.8(16) | | |
| | Matz Sundin | Eskilstuna IK | 43.7 (17) | 5.23.6(26) | 2.18.9(18) | | |
| | Bertil Andersson | IK Wega | 44.5 (21) | 5.22.2(24) | 2.20.1(21) | | |
| | Lennart Palmqvist | SK Pollux | 44.9 (22) | 5.15.6(20) | 2.22.3(25) | | |
| | Johan Zetterström | IFK Sala | 44.2 (19) | 5.19.7(22) | 2.23.1(27) | | |
| | Lars Carlsson | IK Wega | 45.3 (26) | 5.15.8(21) | 2.24.0(30) | | |
| | Robert Bauducco | IK Wega | 45.5 (27) | 5.23.3(25) | 2.21.2(24) | | |
| | Johan Keifer | SK Skrinaren | 43.1 (13) | 5.40.7(31) | 2.19.7(20) | | |
| | Raymond Andersson | Mälarhöjdens SS | 45.7 (28) | 5.20.0(23) | 2.23.0(26) | | |
| | Lars Holm | Sandvikens CK | 43.8 (18) | 5.34.8(29) | 2.23.3(28) | | |

| | | | | |
|-----------------|---------------|-----------|------------|------------|
| Björn Andersson | IFK Lidingsö | 46.2 (29) | 5.26.6(27) | 2.20.9(23) |
| Claes Ekstrand | IK Wega | 45.0 (23) | 5.31.9(28) | 2.23.3(28) |
| Björn Forslund | Sundsvalls SK | dq | 4.56.1(10) | 2.10.9(8) |
| Roger Duwel | CK Örnen | 45.0 (23) | 5.38.4(30) | fall |

Västerås-Rocklunda 14/15-02-1981

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|--------------------|---------------|-----------|-------------|------------|------------|---------|
| 1 | Björn Forslund | Sundsvalls SK | 40.8 (1) | 4.35.4 (2) | 2.07.4(1) | 8.04.8(2) | 177.646 |
| 2 | Jan Bengtsson | IFK Sala | 42.1 (7) | 4.35.0 (1) | 2.09.7(3) | 7.55.6(1) | 178.726 |
| 3 | Hans-Erik Salzberg | Sundsvalls SK | 41.6 (3) | 4.40.7 (4) | 2.09.6(2) | 8.08.1(4) | 180.393 |
| 4 | Thomas Nilsson | IFK Göteborg | 41.7 (4) | 4.39.2 (3) | 2.10.6(4) | 8.08.8(5) | 180.646 |
| 5 | Anders Jansson | Karlstads SK | 41.9 (6) | 4.41.0 (5) | 2.12.1(5) | 8.07.4(3) | 181.506 |
| 6 | Mats Ris | IK Wega | 41.5 (2) | 4.44.0 (6) | 2.12.4(6) | 8.24.3(10) | 183.396 |
| 7 | Mikael Lingefeldt | Sundsvalls SK | 41.8 (5) | 4.44.2 (7) | 2.15.4(10) | 8.12.2(6) | 183.519 |
| 8 | Joakim Karlberg | IK Wega | 43.4 (16) | 4.46.1 (9) | 2.14.2(8) | 8.18.2(8) | 185.636 |
| 9 | Lars Hammarström | Karlstads SK | 44.0 (22) | 4.44.7 (8) | 2.15.4(10) | 8.16.0(7) | 186.183 |
| 10 | Per Eriksson | Karlstads SK | 43.7 (18) | 4.46.3 (10) | 2.15.8(12) | 8.20.0(9) | 186.682 |
| 11 | Håkan Edman | IFK Strömsund | 42.6 (10) | 4.54.6 (14) | 2.15.8(12) | 8.36.8(14) | 188.646 |
| 12 | Per-Olof Pehrsson | Hagaströms SK | 43.1 (15) | 4.53.5 (13) | 2.16.0(14) | 8.36.5(13) | 188.999 |
| 13 | Per Hallström | SK Pollux | 42.2 (8) | 4.59.7 (17) | 2.18.1(21) | 8.46.8(15) | 190.863 |
| 14 | Claes Ekstrand | IK Wega | 53.8f(30) | 4.52.0 (12) | 2.16.3(15) | 8.31.5(12) | 199.049 |
| 15 | Hans Edman | IFK Strömsund | 73.2f(31) | 4.51.9 (11) | 2.17.0(18) | 8.27.8(11) | 218.296 |
| | Conny Jansson | Sollentuna SS | 42.2 (8) | 4.59.6 (16) | 2.14.4(9) | | |
| | Jens Magnusson | IFK Askersund | 43.0 (13) | 5.00.3 (20) | 2.14.1(7) | | |
| | Ulf Lundberg | IK Wega | 42.6 (10) | 4.59.7 (17) | 2.16.8(17) | | |
| | Joakim Persson | CK Örnen | 44.0 (22) | 4.57.8 (15) | 2.16.7(16) | | |
| | Thomas Jansson | Sandvikens SK | 43.0 (13) | 5.02.9 (22) | 2.19.6(23) | | |
| | Per Jonasson | Sollentuna SS | 43.5 (17) | 5.09.9 (28) | 2.17.1(19) | | |
| | Peter Johansson | IK Wega | 43.7 (18) | 5.01.7 (21) | 2.20.9(25) | | |
| | Björn Andersson | IFK Lidingsö | 43.7 (18) | 5.08.5f(25) | 2.17.8(20) | | |
| | Anders Olsson | Uddevalla IS | 44.0 (22) | 5.05.8 (23) | 2.18.8(22) | | |
| | Anders Åkvist | SK Pollux | 44.1 (25) | 4.59.9 (19) | 2.22.2(26) | | |
| | Fredrik Lindbo | IFK Lidingsö | 43.7 (18) | 5.08.8 (26) | 2.19.8(24) | | |
| | Roger Karlsson | Hagaströms SK | 42.6 (10) | 5.11.2 (29) | 2.24.6(28) | | |
| | Peter Nilsson | IFK Strömsund | 44.9 (28) | 5.07.4 (24) | 2.23.0(27) | | |
| | Stefan Fryckberg | IK Wega | 44.4 (26) | 5.12.0 (30) | 2.24.6(28) | | |
| | Krister Arnell | IFK Rättvik | 46.2 (29) | 5.08.9 (27) | 2.24.9(30) | | |
| | Anders Lundgren | SK Pollux | 44.7 (27) | 5.17.0 (31) | | | |

Örebro-Trängen 06/07-02-1982

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|------------------|---------------|-----------|-------------|-------------|------------|---------|
| 1 | Björn Forslund | Sundsvalls SK | 41.6 (1) | 4.34.0 (1) | 2.09.9 (1) | 7.46.0(1) | 177.166 |
| 2 | Jan Bengtsson | IFK Sala | 42.8 (6) | 4.34.2 (2) | 2.10.6 (2) | 7.46.7(2) | 178.703 |
| 3 | Jens Magnusson | IFK Askersund | 42.6 (5) | 4.38.2 (4) | 2.11.5 (3) | 8.03.9(8) | 181.189 |
| 4 | Bo König | Hagaströms SK | 43.0 (8) | 4.41.0 (5) | 2.13.4 (4) | 7.55.8(5) | 181.879 |
| 5 | Joakim Persson | CK Örnen | 43.0 (8) | 4.43.4 (7) | 2.13.9 (5) | 8.02.0(7) | 183.066 |
| 6 | Joakim Karlberg | IK Wega | 42.2 (4) | 4.36.8 (3) | 2.22.3f(22) | 7.54.3(4) | 183.196 |
| 7 | Per Bengtsson | IFK Sala | 44.0 (20) | 4.42.0 (6) | 2.17.6 (13) | 7.53.9(3) | 184.256 |
| 8 | Peter Johansson | IK Wega | 43.6 (12) | 4.44.0 (8) | 2.17.1 (11) | 8.01.2(6) | 184.753 |
| 9 | Conny Jansson | Karlstads SK | 42.0 (2) | 4.53.3 (17) | 2.17.5 (12) | 8.12.1(12) | 185.926 |
| 10 | Björn Andersson | IFK Lidingsö | 43.9 (16) | 4.47.0 (10) | 2.15.6 (8) | 8.10.3(10) | 185.963 |
| 11 | Jörgen Rimmelg | IFK Askersund | 43.9 (16) | 4.46.6 (9) | 2.17.8 (15) | 8.09.1(9) | 186.509 |
| 12 | Per Eriksson | Karlstads SK | 43.8 (14) | 4.52.5 (14) | 2.15.4 (6) | 8.14.5(14) | 187.133 |
| 13 | Thomas Anderberg | IFK Lidingsö | 43.5 (11) | 4.52.2 (13) | 2.17.0 (10) | 8.12.8(13) | 187.146 |
| 14 | Thomas Jansson | Sandvikens SK | 43.9 (16) | 4.50.6 (11) | 2.16.6 (9) | 8.17.1(15) | 187.576 |
| 15 | Anders Olsson | Uddevalla IS | 44.6 (23) | 4.50.8 (12) | 2.17.9 (16) | 8.10.4(11) | 188.072 |
| 16 | Claes Ekstrand | IK Wega | 96.8f(31) | 4.52.8 (15) | 2.17.6 (13) | 8.22.9(16) | 241.756 |
| | Stefan Jansson | Sandvikens SK | 45.6 (26) | 4.53.1 (16) | 2.22.0 (19) | | |
| | Hans Markström | IFK Rättvik | 42.8 (6) | 4.54.8 (19) | 2.15.4 (6) | | |
| | Anders Åkvist | SK Pollux | 43.4 (10) | 4.54.4 (18) | 2.20.9 (17) | | |
| | Thomas Karlsson | IK Wega | 43.7 (13) | 4.58.5 (23) | 2.22.2 (21) | | |
| | Bertil Andersson | IK Wega | 43.8 (14) | 5.02.5 (26) | 2.21.1 (18) | | |
| | Jörgen Andersson | Bofors CK | 44.4 (22) | 4.56.4 (21) | 2.23.6 (25) | | |
| | Ola Magnusson | IFK Askersund | 44.6 (23) | 4.59.2 (25) | 2.22.4 (23) | | |
| | Stefan Fryckberg | IK Wega | 44.6 (23) | 4.58.7 (24) | 2.25.1 (27) | | |
| | Mats Gustafsson | Sundsvalls SK | 44.1 (21) | 5.07.8 (28) | 2.22.8 (24) | | |
| | Mats Mood | Sundsvalls SK | 43.9 (16) | 5.15.5 (30) | 2.25.1 (27) | | |
| | Mats Eriksson | Hagaströms SK | 45.8 (28) | 5.11.9 (29) | 2.27.8 (31) | | |
| | Leif Sjöblom | IF Thor | 46.8 (29) | 5.05.1 (27) | 2.25.3 (29) | | |
| | Björn Eriksson | IF Thor | 45.7 (27) | 5.17.4 (31) | 2.23.7 (26) | | |
| | Håkan Edman | IFK Strömsund | 42.0 (2) | 4.58.0 (22) | 3.09.0f(32) | | |
| | Hans Edman | IFK Strömsund | 74.0f(30) | 6.59.9f(32) | 2.25.7 (30) | | |
| | Kent Eriksson | Sundsvalls SK | dq | 4.54.8 (19) | 2.22.0 (19) | | |

Strömsund 26/27-02-1983

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|-------------------|---------------|-----------|--------------------|--------------------|---------------------------|
| 1 | Joakim Karlberg | IK Wega | 42.0 (2) | 4.45.2 (2) | <u>2.09.4 (1)</u> | 8.07.4(5) 181.406 |
| 2 | Jens Magnusson | IFK Askersund | 42.7 (5) | 4.53.6 (4) | 2.10.6 (2) | 7.59.0(2) 183.066 |
| 3 | Per Bengtsson | IFK Sala | 43.4 (8) | 4.47.5 (3) | 2.13.9 (5) | <u>7.57.1(1)</u> 183.659 |
| 4 | Jörgen R Emmelg | IFK Askersund | 44.7 (19) | 4.54.3 (5) | 2.13.8 (4) | 8.07.1(4) 187.060 |
| 5 | Claes Ekstrand | IK Wega | 41.4 (1) | 5.08.4 (13) | 2.15.4 (6) | 8.23.9(9) 188.323 |
| 6 | Hans Markström | IFK Rättvik | 42.5 (4) | 4.59.0 (8) | 2.16.7 (7) | 8.39.5(13) 189.849 |
| 7 | Per Eriksson | Karlstads SK | 44.1 (12) | 5.00.5 (9) | 2.18.1 (8) | 8.17.1(7) 189.926 |
| 8 | Stefan Fryckberg | IK Wega | 44.3 (17) | 5.13.0 (16) | 2.18.1 (8) | 8.22.4(8) 192.739 |
| 9 | Stefan Jansson | Sandvikens SK | 44.8 (20) | 4.58.7 (7) | 2.21.2 (14) | 8.32.5(12) 192.899 |
| 10 | Peter Novak | IK Wega | 44.4 (18) | 5.07.2 (12) | 2.19.2 (10) | 8.47.2(16) 194.720 |
| 11 | Anders Niklasson | IK Wega | 45.5 (28) | 5.08.8 (15) | 2.23.7 (21) | 8.23.9(9) 195.256 |
| 12 | Anders Åkvist | SK Pollux | 43.9 (9) | 5.08.5 (14) | 2.24.7 (23) | 8.46.3(15) 196.179 |
| 13 | Peter Nilsson | IFK Strömsund | 44.2 (15) | 5.14.2 (17) | 2.23.1 (18) | 8.40.6(14) 196.326 |
| 14 | Björn Andersson | IFK Lidingö | 42.8 (6) | 5.04.9f(10) | 2.36.9f(27) | 8.29.7(11) 196.886 |
| 15 | Joakim Persson | CK Örnen | 43.3 (7) | 4.56.5 (6) | 2.47.1f(28) | 8.12.3(6) 197.646 |
| 16 | Bo König | Hagaströms SK | 84.4f(31) | <u>4.44.3 (1)</u> | 2.11.2 (3) | 8.03.2(3) 223.836 |
| | Bertil Andersson | IK Wega | 44.1 (12) | 5.19.5 (20) | 2.19.8 (11) | |
| | Mats Karlsson | Motala AIF | 44.9 (21) | 5.17.0 (18) | 2.20.8 (13) | |
| | Thomas Jansson | Sandvikens SK | 44.1 (12) | 5.20.3 (21) | 2.22.8 (17) | |
| | Peter Lagestam | IFK Rättvik | 43.9 (9) | 5.24.5 (25) | 2.23.9 (22) | |
| | Fredrik Ödman | IFK Strömsund | 45.3 (24) | 5.20.5 (22) | 2.24.9 (24) | |
| | Leif Sjöblom | IF Thor | 45.8 (29) | 5.22.1 (24) | 2.23.6 (19) | |
| | Mats Gustafsson | Sundsvalls SK | 43.9 (9) | 5.44.1 (31) | 2.21.5 (16) | |
| | Per-Olof Hallberg | Hagaströms SK | 45.2 (23) | 5.34.3f(29) | 2.23.6 (19) | |
| | Fredrik Nilsson | Uddevalla IS | 45.3 (24) | 5.19.1 (19) | 2.31.4 (26) | |
| | Mikael Johansson | Uddevalla IS | 44.2 (15) | 5.51.5f(32) | 2.25.6 (25) | |
| | Kent Eriksson | Sundsvalls SK | 45.0 (22) | 5.27.4f(26) | 2.51.5f(29) | |
| | Matz Sundin | Eskilstuna IK | 55.8f(30) | 5.28.6 (27) | 2.21.2 (14) | |
| | Hans Edman | IFK Strömsund | 98.7f(32) | 5.43.1 (30) | 2.20.7 (12) | |
| | Håkan Edman | IFK Strömsund | 42.0 (2) | 5.05.5 (11) | dns | |
| | Anders Olsson | Uddevalla IS | 45.3 (24) | 5.21.3 (23) | | |
| | Thomas Karlsson | IK Wega | 45.4 (27) | 5.28.6 (27) | | |

Eskilstuna-Isstadion 11/12-02-1984

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|-------------------|---------------|------------|--------------------|---------------------|-----------------------------|
| 1 | Bo König | Hagaströms SK | 40.32 (1) | <u>4.24.47(1)</u> | <u>2.09.69 (1)</u> | <u>7.44.54 (1)</u> 174.082 |
| 2 | Jens Magnusson | IFK Askersund | 41.07 (2) | 4.27.33(2) | 2.10.49 (3) | 7.52.17 (3) 176.338 |
| 3 | Per Bengtsson | IFK Sala | 42.34 (9) | 4.28.90(3) | 2.11.28 (4) | 7.45.32 (2) 177.448 |
| 4 | Joakim Karlberg | IK Wega | 41.95 (6) | 4.29.73(4) | 2.09.94 (2) | 7.54.58 (5) 177.676 |
| 5 | Peter Johansson | IK Wega | 42.01 (7) | 4.32.96(6) | 2.11.52 (5) | 7.55.01 (6) 178.844 |
| 6 | Jörgen R Emmelg | IFK Askersund | 42.84 (14) | 4.31.58(5) | 2.14.36 (7) | 7.53.06 (4) 180.195 |
| 7 | Hans Markström | IFK Rättvik | 41.36 (3) | 4.37.27(8) | 2.12.72 (6) | 8.09.71 (9) 180.782 |
| 8 | Jörgen Andersson | Bofors CK | 41.86 (5) | 4.36.16(7) | 2.15.90 (9) | 8.03.44 (7) 181.530 |
| 9 | Stefan Fryckberg | IK Wega | 42.39 (12) | 4.40.00(10) | 2.17.45 (14) | 8.05.12 (8) 183.384 |
| 10 | Håkan Edman | IFK Strömsund | 41.38 (4) | 4.43.49(13) | 2.15.96 (10) | 8.22.39 (13) 184.187 |
| 11 | Per Eriksson | Karlstads SK | 43.22 (17) | 4.40.00(10) | 2.14.83 (8) | 8.16.93 (11) 184.522 |
| 12 | Björn Andersson | IFK Lidingö | 42.37 (10) | 4.44.30(15) | 2.18.21 (16) | 8.14.00 (10) 185.223 |
| 13 | Anders Niklasson | IK Wega | 43.05 (15) | 4.42.89(12) | 2.17.01 (12) | 8.25.82f(14) 186.450 |
| 14 | Peter Rybäck | Eskilstuna IK | 44.76 (29) | 4.43.81(14) | 2.18.04 (15) | 8.17.28 (12) 187.802 |
| 15 | Leif Sjöblom | IF Thor | 43.86 (26) | 4.45.99(16) | 2.42.50f(29) | 8.28.18 (15) 196.509 |
| 16 | Anders Olsson | Uddevalla IS | 42.61 (13) | 4.39.51(9) | 2.19.42 (18) | 10.15.32(16) 197.200 |
| | Tomas R Emmelg | IFK Askersund | 43.72 (24) | 4.46.28(17) | 2.16.99 (11) | |
| | Peter Nilsson | IFK Strömsund | 43.71 (23) | 4.47.58(18) | 2.19.91 (19) | |
| | Kent Eriksson | Sundsvalls SK | 42.19 (8) | 4.47.84(19) | 3.01.42f(31) | |
| | Fredrik Nilsson | Uddevalla IS | 43.32 (18) | 4.49.85(20) | 2.23.97 (25) | |
| | Thomas Anderberg | IFK Lidingö | 43.44 (20) | 4.50.44(21) | 2.19.21 (17) | |
| | Anders Vallner | Sandvikens SK | 43.82 (25) | 4.51.33(22) | 2.22.64 (22) | |
| | Robert Lundin | Uddevalla IS | 44.34 (28) | 4.51.66(23) | 2.23.14 (24) | |
| | Stefan Jansson | Sandvikens SK | 45.36 (30) | 4.53.56(24) | 2.24.54 (27) | |
| | Ola Magnusson | IFK Askersund | 42.38 (11) | 4.53.94(25) | 2.17.02 (13) | |
| | Mats Gustafsson | Sundsvalls SK | 68.47f(31) | 4.54.76(26) | 2.50.23f(30) | |
| | Lars-Erik Larsson | SK Winner | 43.67 (22) | 4.55.99(27) | 2.22.74 (23) | |
| | Mikael Johansson | Uddevalla IS | 44.08 (27) | 4.56.26(28) | 2.21.83 (21) | |
| | Mats Andersson | IFK Strömsund | 43.46 (21) | 5.01.46(29) | 2.24.09 (26) | |
| | Peter Lagestam | IFK Rättvik | 43.19 (16) | 5.02.47(30) | 2.26.02 (28) | |
| | Lars Lindström | IFK Lidingö | 43.36 (19) | 5.03.04(31) | 2.20.12 (20) | |

Göteborg-Ruddalen 09/10-02-1985

| JUN ALLROUND | | 500m | 1500m | 3000m |
|-------------------|---------------|------------|--------------------|-------------|
| Per Bengtsson | IFK Sala | 42.87 (6) | 2.07.90(3) | 4.27.19(1) |
| Peter Johansson | IK Wega | 42.88 (7) | 2.08.15(4) | 4.31.23(2) |
| Håkan Edman | IFK Strömsund | 42.47 (1) | 2.07.48(2) | 4.40.25(6) |
| Jörgen Andersson | Bofors CK | 42.83 (5) | 2.10.56(6) | 4.33.64(4) |
| Anders Niklasson | IK Wega | 42.81 (4) | 2.11.84(7) | 4.32.65(3) |
| Ola Magnusson | IFK Askersund | 43.57 (8) | 2.08.96(5) | 4.36.51(5) |
| Hans Markström | IFK Rättvik | 42.55 (3) | <u>2.07.35(1)</u> | 4.54.91(17) |
| Robert Lundin | Uddevalla IS | 44.02 (12) | 2.15.36(10) | 4.41.79(8) |
| Lars-Erik Larsson | SK Winner | 44.12 (13) | 2.15.02(9) | 4.47.58(9) |
| Lars Lindström | IFK Lidingö | 43.65 (9) | 2.17.03(11) | 4.50.28(11) |
| Leif Sjöblom | IF Thor | 44.86 (19) | 2.19.64(18) | 4.41.08(7) |
| Anders Vallner | Sandvikens SK | 44.73 (17) | 2.17.09(12) | 4.51.23(12) |
| Mats Andersson | IFK Strömsund | 43.96 (11) | 2.14.69(8) | 5.01.66(21) |
| Fredrik Nilsson | Uddevalla IS | 44.38 (14) | 2.18.93(17) | 4.52.66(14) |
| Mats Johansson | IFK Lidingö | 45.90 (25) | 2.17.32(13) | 4.50.17(10) |
| Björn Eriksson | IF Thor | 44.80 (18) | 2.17.73(15) | 4.56.36(19) |
| Patric Wärnsäter | IK Wega | 44.45 (15) | 2.20.01(19) | 4.55.23(18) |
| Örjan Thor | Sandvikens SK | 45.76 (22) | 2.17.62(14) | 4.56.64(20) |
| Tomas Kaspersson | IK Wega | 44.95 (20) | 2.21.42(22) | 4.54.82(16) |
| Stefan Jansson | Sandvikens SK | 46.89 (27) | 2.20.67(20) | 4.52.99(15) |
| Jonas Schön | SK Pollux | 46.65 (26) | 2.22.53(23) | 4.52.19(13) |
| Tobias Eriksson | IF Thor | 47.26 (29) | 2.23.39(24) | 5.02.35(22) |
| Bo König | Hagströms SK | 42.53 (2) | | |
| Tomas Rimmelg | IFK Askersund | 43.83 (10) | | |
| Tord Labuda | SK Winner | 44.64 (16) | 2.18.21(16) | |
| Mikael Lagestam | IFK Rättvik | 45.42 (21) | | |
| Anders Jacklin | IFK Göteborg | 45.78 (23) | 2.20.92(21) | |
| Håkan Jansson | Sandvikens SK | 45.88 (24) | 2.25.45(26) | |
| Mikael Ledin | IK Wega | 47.22 (28) | 2.24.54(25) | |
| Jan-Olof Engström | Karlstads SK | 47.66 (30) | | |
| Anders Olsson | Uddevalla IS | 61.98f(31) | 2.30.31(27) | |

På grund av hårda vindar och sträng kyla (-20 C) kunde inte 3000 m genomföras på lördagen utan uppskötts till söndagen. Därmed inget 5000 m-lopp (inte heller senare under säsongen) och inget sammanlagt mästerskap.

Askersund 08/09-02-1986

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|----------------------|---------------|-----------|--------------------|---------------------|--------------------|---------|
| 1 Hans Markström | SK Pollux | 39.68(1) | 4.29.81(3) | <u>2.02.98 (1)</u> | 7.47.34(2) | 172.375 |
| 2 Per Bengtsson | IFK Sala | 41.96(7) | <u>4.19.86(1)</u> | 2.06.26 (2) | <u>7.31.22(1)</u> | 172.478 |
| 3 Anders Niklasson | IK Wega | 40.99(2) | 4.26.74(2) | 2.08.56 (4) | 7.53.34(3) | 175.633 |
| 4 Jörgen Andersson | Bofors CK | 41.21(3) | 4.32.54(4) | 2.06.93 (3) | 7.56.45(4) | 176.588 |
| 5 Fredrik Nilsson | Uddevalla IS | 42.19(9) | 4.36.81(6) | 2.11.84 (7) | 8.04.23(6) | 180.694 |
| 6 Peter Rybäck | Eskilstuna IK | 43.13(15) | 4.37.18(7) | 2.11.56 (5) | 8.00.42(5) | 181.221 |
| 7 Jonas Schön | SK Pollux | 42.60(11) | 4.38.95(8) | 2.13.13 (10) | 8.07.30(7) | 182.197 |
| 8 Anders Vallner | Sandvikens SK | 43.43(19) | 4.40.06(9) | 2.11.60 (6) | 8.14.16(10) | 183.388 |
| 9 Patric Wärnsäter | IK Wega | 43.59(22) | 4.42.76(11) | 2.13.27 (11) | 8.13.93(9) | 184.532 |
| 10 Lars-Erik Larsson | SK Winner | 42.14(8) | 4.46.03(14) | 2.12.27 (8) | 8.34.22(15) | 185.323 |
| 11 Lars Lindström | IFK Lidingö | 41.93(6) | 4.45.36(12) | 2.13.00 (9) | 8.40.54(16) | 185.877 |
| 12 Mats Johansson | IFK Lidingö | 42.91(13) | 4.49.09(16) | 2.17.10 (16) | 8.19.14(11) | 186.705 |
| 13 Tomas Kaspersson | IK Wega | 43.50(21) | 4.46.62(15) | 2.18.29 (20) | 8.21.58(12) | 187.524 |
| 14 Olle Nyman | IFK Lidingö | 43.79(25) | 4.49.17(17) | 2.16.09 (13) | 8.25.06(13) | 187.854 |
| 15 Frank Toma | SK Skrinaren | 43.38(18) | 4.46.00(13) | 2.16.67 (15) | 8.33.67(14) | 187.969 |
| 16 Ola Magnusson | IFK Askersund | 41.45(4) | 4.35.26(5) | 2.54.40f(33) | 8.10.24(8) | 194.483 |
| Patrik Lindahl | Sundsvalls SK | 43.27(16) | 4.55.44(23) | 2.15.06 (12) | | |
| Mats Karlsson | Motala AIF | 42.43(10) | 4.55.25(21) | 2.18.15 (18) | | |
| Tomas Rimmelg | IFK Askersund | 41.86(5) | 4.41.59(10) | 2.27.18f(31) | | |
| Håkan Karlsson | Hagströms SK | 42.86(12) | 4.53.28(20) | 2.18.69 (21) | | |
| Rickard Garbell | Sundsvalls SK | 44.39(28) | 4.52.11(18) | 2.16.09 (13) | | |
| Tord Labuda | SK Winner | 43.07(14) | 4.57.53(27) | 2.17.89 (17) | | |
| Roger Karlsson | Motala AIF | 43.30(17) | 4.52.79(19) | 2.20.17 (24) | | |
| Ulf Persson | IF Thor | 43.90(27) | 4.55.43(22) | 2.18.26 (19) | | |
| Örjan Thor | Sandvikens SK | 43.73(23) | 4.59.56(30) | 2.20.85 (27) | | |
| Håkan Jansson | Sandvikens SK | 43.73(23) | 5.03.74(33) | 2.18.85 (23) | | |
| Lars Hjalmarsson | Hagströms SK | 44.89(30) | 4.59.45(28) | 2.18.78 (22) | | |
| Torbjörn Sandler | IFK Strömsund | 43.82(26) | 5.03.26(32) | 2.20.17 (24) | | |
| Magnus Gustafsson | Sundsvalls SK | 43.49(20) | 4.59.53(29) | 2.23.51 (30) | | |

| | | | | |
|-----------------|-----------------|------------|--------------|--------------|
| Roger Andersson | IFK Sala | 44.50 (29) | 4.56.58 (25) | 2.22.04 (29) |
| Kenth Larsson | Eskilstuna IK | 45.26 (32) | 4.56.65 (26) | 2.20.38 (26) |
| Mikael Silver | Mälarhöjdens SS | 45.12 (31) | 4.56.20 (24) | 2.21.75 (28) |
| Mikael Ledin | IK Wega | 46.83 (34) | 5.10.06 (34) | 2.29.81 (32) |
| Anders Jacklin | IFK Göteborg | 45.72 (33) | 5.00.46 (31) | |

Sala-Lärkbacken 07/08-02-1987

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------|---------------|-------------|--------------------|--------------------|----------------------------|
| 1 | Per Bengtsson | IFK Sala | 43.1 (2) | <u>4.26.6 (1)</u> | 2.11.0 (4) | <u>7.39.2 (1)</u> 177.119 |
| 2 | Jonas Schön | SK Pollux | 43.2 (4) | 4.39.7 (2) | 2.10.5 (2) | 7.52.1 (2) 180.526 |
| 3 | Jörgen Andersson | Bofors CK | 43.9 (6) | 4.46.4 (3) | 2.10.8 (3) | 7.57.3 (4) 182.963 |
| 4 | Peter Rybäck | Eskilstuna IK | 44.2 (11) | 4.48.8 (5) | 2.13.5 (7) | 7.57.1 (3) 184.543 |
| 5 | Rickard Garbell | Sundsvalls SK | 44.0 (8) | 4.49.7 (6) | 2.14.8 (8) | 8.05.9 (5) 185.806 |
| 6 | Roger Karlsson | Motala AIF | 44.0 (8) | 4.52.9 (8) | 2.15.6 (9) | 8.09.1 (6) 186.926 |
| 7 | Tomas Rimmelg | Askersunds SK | 42.6 (1) | 4.53.1 (9) | 2.17.1 (10) | 8.19.6 (7) 187.110 |
| 8 | Lars Lindström | IFK Lidingö | 43.1 (2) | 5.04.5 (16) | 2.13.4 (6) | 8.40.9 (13) 190.406 |
| 9 | Magnus Gustafsson | Sundsvalls SK | 43.9 (6) | 5.02.5 (12) | 2.17.5 (12) | 8.43.5 (14) 192.499 |
| 10 | Jan-Olof Engström | Karlstads SK | 45.5 (16) | 5.02.3 (11) | 2.18.2 (13) | 8.30.8 (9) 193.029 |
| 11 | Örjan Thor | Sandvikens SK | 45.4 (15) | 5.03.6 (15) | 2.22.9 (21) | 8.40.4 (12) 195.673 |
| 12 | Ulf Persson | IF Thor | 45.3 (13) | 5.01.2 (10) | 2.23.6 (24) | 8.47.0 (16) 196.066 |
| 13 | Tomas Kaspersson | IK Wega | 47.4 (27) | 5.03.0 (14) | 2.21.8 (19) | 8.36.2 (11) 196.786 |
| 14 | Lars Hjalmarsson | Hagaströms SK | 47.0 (23) | 5.02.7 (13) | 2.23.2 (22) | 8.46.2 (15) 197.803 |
| 15 | Anders Jacklin | IFK Göteborg | 47.1 (24) | 5.05.0 (17) | 2.27.8 (28) | 8.29.7 (8) 198.169 |
| 16 | Patric Wärnsäter | IK Wega | 109.7f (31) | 4.52.2 (7) | 2.17.3 (11) | 8.32.1 (10) 255.376 |
| | Robert Lundin | Uddevalla IS | 43.4 (5) | 4.48.4 (4) | 2.12.5 (5) | |
| | Olle Nyman | IFK Lidingö | 45.3 (13) | 5.07.6 (19) | 2.21.2 (17) | |
| | Mikael Lagestam | IFK Strömsund | 46.0 (20) | 5.12.8 (23) | 2.19.3 (15) | |
| | Tord Labuda | SK Winner | 45.0 (12) | 5.16.7 (26) | 2.20.7 (16) | |
| | Magnus Eriksson | SK Pollux | 44.1 (10) | 5.27.8 (30) | 2.18.2 (13) | |
| | Håkan Karlsson | Hagaströms SK | 46.1 (21) | 5.06.4 (18) | 2.23.2 (22) | |
| | Patrik Lindahl | Sundsvalls SK | 45.6 (17) | 5.12.8 (23) | 2.21.7 (18) | |
| | Magnus Axelsson | SK Winner | 47.2 (26) | 5.10.1 (21) | 2.24.8 (26) | |
| | Per Karlsson | CK Antilopen | 45.9 (19) | 5.18.9 (28) | 2.25.4 (27) | |
| | Jonas Tronêt | SK Pollux | 46.8 (22) | 5.11.7 (22) | 2.28.1 (29) | |
| | Kristian Salzberg | Sundsvalls SK | 47.4 (27) | 5.12.9 (25) | 2.28.8 (30) | |
| | Göran Karlsson | Karlstads SK | 45.6 (17) | 5.23.7 (29) | 2.31.0 (32) | |
| | Håkan Andersson | Eskilstuna IK | 48.2 (29) | 5.18.8 (27) | 2.30.7 (31) | |
| | Frank Toma | Eskilstuna IK | 47.1 (24) | 5.48.3f (31) | 2.24.3 (25) | |
| | Mats Micalsen-Baum | Danderyds SF | 120.7f (32) | 5.09.8 (20) | 2.22.6 (20) | |
| | Ola Magnusson | Askersunds SK | 95.9f (30) | | <u>2.10.3 (1)</u> | |

Hagaström 05/06-03-1988

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|-------------------|---------------|-------------|---------------------|---------------------|-----------------------------|
| 1 | Robert Lundin | Uddevalla IS | 43.18 (3) | 4.54.92 (2) | <u>2.12.75 (1)</u> | 8.01.13 (2) 184.696 |
| 2 | Jonas Schön | SK Pollux | 43.34 (5) | <u>4.50.37 (1)</u> | 2.15.25 (2) | <u>7.59.61 (1)</u> 184.779 |
| 3 | Roger Karlsson | Motala AIF | 42.31 (1) | 4.56.53 (4) | 2.16.39 (3) | 8.23.92 (5) 187.586 |
| 4 | Peter Rybäck | Eskilstuna IK | 43.56 (7) | 4.56.73 (5) | 2.18.99 (8) | 8.18.38 (3) 189.183 |
| 5 | Jonas Tronêt | SK Pollux | 43.20 (4) | 5.02.28 (7) | 2.17.64 (4) | 8.28.91 (10) 190.351 |
| 6 | Jan-Olof Engström | Karlstads SK | 43.92 (10) | 4.56.19 (3) | 2.19.38 (9) | 8.28.88 (9) 190.633 |
| 7 | Magnus Eriksson | SK Pollux | 43.38 (6) | 5.05.86 (10) | 2.18.22 (5) | 8.25.76 (7) 191.005 |
| 8 | Olle Nyman | IFK Lidingö | 43.97 (12) | 5.03.84 (9) | 2.18.83 (7) | 8.25.51 (6) 191.437 |
| 9 | Rickard Garbell | Sundsvalls SK | 44.30 (13) | 5.02.04 (6) | 2.21.38 (10) | 8.21.44 (4) 191.910 |
| 10 | Patric Wärnsäter | IK Wega | 44.74 (14) | 5.03.65 (8) | 2.21.86 (11) | 8.27.43 (8) 193.377 |
| 11 | Jörgen Mattsson | Bräcke SK | 45.54 (16) | 5.06.14 (11) | 2.22.18 (12) | 8.33.05 (11) 195.261 |
| 12 | Lars Lindström | IFK Lidingö | 42.51 (2) | 5.11.84 (12) | 2.18.58 (6) | 9.08.49 (12) 195.525 |
| | Thomas Westerlund | Karlstads SK | 43.69 (9) | 5.23.67 (15) | 2.27.58 (20) | |
| | Erik Hjalmarsson | Hagaströms SK | 43.92 (10) | 5.31.97 (21) | 2.23.49 (14) | |
| | Håkan Karlsson | Hagaströms SK | 43.62 (8) | 5.30.34 (19) | 2.26.21 (18) | |
| | Torbjörn Sandler | IFK Strömsund | 44.97 (15) | 5.30.48 (20) | 2.23.79 (15) | |
| | Johan Erlandsson | Uddevalla IS | 45.80 (18) | 5.29.35 (18) | 2.27.08 (19) | |
| | Magnus Axelsson | SK Winner | 47.40 (20) | 5.28.18 (17) | 2.24.54 (16) | |
| | Björn Segelstad | Eskilstuna IK | 45.55 (17) | 5.41.30 (24) | 2.25.88 (17) | |
| | Per Karlsson | CK Antilopen | 46.47 (19) | 5.33.35 (22) | 2.31.08 (22) | |
| | Daniel Cabelduc | Uddevalla IS | 48.87 (22) | 5.39.21 (23) | 2.31.09 (23) | |
| | Björn Törnqvist | Södermalms IK | 59.62f (23) | 5.23.32 (13) | 2.23.12 (13) | |
| | Thomas Sommerfelt | IFK Göteborg | 63.26f (24) | 5.23.37 (14) | 2.29.51 (21) | |
| | Ronnie Lundin | Uddevalla IS | 47.82 (21) | 5.25.81 (16) | | |

Uppsala 14/15-01-1989

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------|----------------|------------|--------------------|--------------------|----------------------------|
| 1 | Magnus Eriksson | SK Pollux | 41.07 (1) | 4.41.76(3) | <u>2.09.80(1)</u> | 8.10.72(2) 180.368 |
| 2 | Jonas Schön | SK Pollux | 42.94 (5) | <u>4.34.63(1)</u> | <u>2.12.09(3)</u> | <u>7.56.93(1)</u> 180.434 |
| 3 | Roger Karlsson | Motala AIF | 41.32 (2) | 4.41.66(2) | 2.11.82(2) | 8.17.06(3) 181.909 |
| 4 | Jonas Tronêt | SK Pollux | 42.91 (4) | 4.45.29(4) | 2.17.88(5) | 8.33.21(6) 187.739 |
| 5 | Olle Nyman | IFK Lidingö | 43.55 (10) | 4.52.12(5) | 2.17.21(4) | 8.30.18(4) 188.990 |
| 6 | Mikael Ledin | IK Wega | 44.47 (13) | 4.56.30(6) | 2.18.30(6) | 8.32.29(5) 191.182 |
| 7 | Ronnie Lundin | Uddevalla IS | 43.49 (9) | 5.00.10(7) | 2.18.32(7) | 8.37.95(7) 191.407 |
| 8 | Thomas Westerlund | Karlstads SK | 42.80 (3) | 5.01.05(10) | 2.20.37(14) | 8.42.81(8) 192.046 |
| 9 | Torbjörn Sandler | IFK Strömsund | 44.79 (15) | 5.00.68(8) | 2.20.28(13) | 9.00.12(10) 195.675 |
| 10 | Erik Hjalmarsson | Hagaströms SK | 46.67 (20) | 5.00.72(9) | 2.18.84(8) | 8.54.49(9) 196.519 |
| 11 | Tomas Bergström | Sundsvalls SK | 45.23 (18) | 5.04.18(11) | 2.21.60(17) | 9.00.88(11) 197.214 |
| 12 | Per Eliasson | IF Thor | 44.19 (11) | 5.05.72(12) | 2.19.58(10) | 9.38.34(12) 199.503 |
| | Mats Micalsen-Baum | Danderyds SF | 43.28 (6) | 5.07.78(16) | 2.19.87(11) | |
| | Björn Segelstad | Eskilstuna IK | 43.37 (7) | 5.11.06(19) | 2.18.89(9) | |
| | Björn Törnqvist | Södermalms IK | 44.31 (12) | 5.06.94(15) | 2.20.00(12) | |
| | Mikael Silver | Mälardalens SS | 44.73 (14) | 5.06.01(13) | 2.20.51(15) | |
| | Magnus Axelsson | SK Winner | 43.41 (8) | 5.09.31(17) | 2.23.08(19) | |
| | Johan Erlandsson | Uddevalla IS | 45.17 (17) | 5.10.31(18) | 2.22.03(18) | |
| | Jeffrey Johns | IK Wega | 47.10 (22) | 5.06.79(14) | 2.23.30(21) | |
| | Daniel Cabelduc | Uddevalla IS | 45.12 (16) | 5.21.47(21) | 2.23.10(20) | |
| | Urban Sundberg | SK Pollux | 46.25 (19) | 5.19.26(20) | 2.21.59(16) | |
| | Jonny Johansson | Motala AIF | 46.93 (21) | 5.21.52(22) | 2.26.22(22) | |

Göteborg-Ruddalen 03/04-02-1990

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|---------------------|---------------|------------|--------------------|---------------------|-----------------------------|
| 1 | Magnus Enfeldt | SK Pollux | 40.15 (1) | 4.40.61(3) | <u>2.05.45 (1)</u> | 7.50.15 (2) 175.749 |
| 2 | Jonas Tronêt | SK Pollux | 41.27 (2) | 4.34.49(2) | <u>2.05.78 (2)</u> | <u>7.49.92 (1)</u> 175.936 |
| 3 | Rickard Garbell | Sundsvalls SK | 42.49 (4) | <u>4.34.13(1)</u> | 2.05.99 (3) | 8.08.17f(3) 178.991 |
| 4 | Björn Törnqvist | Södermalms IK | 43.14 (7) | 4.54.80(5) | 2.14.22 (4) | 8.19.82 (5) 186.995 |
| 5 | Oskar Evertsson | SK Winner | 44.11 (12) | 4.55.41(6) | 2.14.71 (5) | 8.18.60 (4) 188.108 |
| 6 | Mats Johansson | CK Antilopen | 43.49 (8) | 4.55.67(7) | 2.15.13 (6) | 8.22.99 (6) 188.110 |
| 7 | Mats Micalsen-Baum | Danderyds SF | 43.75 (11) | 4.57.00(9) | 2.16.01 (7) | 8.39.85 (9) 190.571 |
| 8 | Richard Olsson | Karlstads SK | 43.50 (9) | 4.58.16(10) | 2.18.38 (9) | 8.34.26 (7) 190.745 |
| 9 | Erik Hjalmarsson | Hagaströms SK | 42.33 (3) | 4.54.03(4) | 2.24.21f(15) | 8.36.15 (8) 191.020 |
| 10 | Thomas Westerlund | Karlstads SK | 43.08 (6) | 4.59.05(11) | 2.19.61 (10) | 8.48.61 (11) 192.318 |
| 11 | Per Eliasson | IF Thor | 42.63 (5) | 5.02.92(12) | 2.17.52 (8) | 8.57.57 (12) 192.713 |
| 12 | Johan Erlandsson | Uddevalla IS | 45.39 (15) | 4.56.10(8) | 2.20.89 (11) | 8.42.09 (10) 193.912 |
| | Lennart Holseng | SK Skrinnaren | 43.65 (10) | 5.06.45(14) | 2.22.06 (13) | |
| | Lars-Ola Westerlund | Karlstads SK | 44.56 (13) | 5.08.03(15) | 2.22.65 (14) | |
| | Urban Sundberg | SK Pollux | 46.79 (19) | 5.04.02(13) | 2.21.28 (12) | |
| | Andreas Jansson | Karlstads SK | 45.38 (14) | 5.09.70(16) | 2.26.58 (18) | |
| | Håkan Sjölin | IFK Strömsund | 45.83 (16) | 5.15.38(20) | 2.25.08 (17) | |
| | Ronny Bednars | Filipstads IF | 46.32 (18) | 5.14.78(19) | 2.26.98 (19) | |
| | Henrik Svedberg | SK Pollux | 46.11 (17) | 5.12.04(17) | 2.30.50 (20) | |
| | Jeffrey Johns | IK Wega | 71.99f(20) | 5.13.21(18) | 2.24.48 (16) | |
| | Magnus Axelsson | SK Winner | dnf | | | |

Uppsala 02/03-02-1991

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|---------------------|---------------|------------|--------------------|--------------------|---------------------------|
| 1 | Jonas Tronêt | SK Pollux | 41.91 (1) | <u>4.39.22(1)</u> | <u>2.09.53(1)</u> | <u>7.53.1(1)</u> 178.932 |
| 2 | Björn Törnqvist | Södermalms IK | 43.60 (4) | 4.45.40(2) | 2.13.77(2) | 8.02.4(2) 183.996 |
| 3 | Oskar Evertsson | SK Winner | 44.08 (7) | 4.57.30(6) | 2.14.36(3) | 8.12.4(3) 187.656 |
| 4 | Tomas Bergström | Sundsvalls SK | 43.76 (6) | 4.51.75(3) | 2.16.07(4) | 8.26.3(5) 188.371 |
| 5 | Richard Olsson | Karlstads SK | 43.66 (5) | 4.56.38(5) | 2.17.33(6) | 8.18.0(4) 188.632 |
| 6 | Per Eliasson | IF Thor | 42.62 (2) | 4.55.26(4) | 2.16.53(5) | 8.36.5(7) 188.990 |
| 7 | Henrik Svedberg | SK Pollux | 44.36 (8) | 5.02.59(7) | 2.21.25(8) | 8.36.2(6) 193.494 |
| 8 | Lars-Ola Westerlund | Karlstads SK | 45.05 (10) | 5.06.36(9) | 2.20.81(7) | 8.53.4(9) 196.386 |
| 9 | Staffan Peterson | Danderyds SF | 45.84 (15) | 5.04.60(8) | 2.23.31(11) | 8.45.9(8) 196.966 |
| 10 | Håkan Malmqvist | Eskilstuna IK | 45.33 (11) | 5.08.37(10) | 2.23.79(13) | 9.10.0(12) 199.655 |
| 11 | Anders Erlandsson | SK Pollux | 46.88 (19) | 5.09.98(11) | 2.23.79(13) | 8.56.7(10) 200.143 |
| 12 | Håkan Sjölin | IFK Strömsund | 46.99 (20) | 5.12.87(12) | 2.25.81(18) | 9.03.8(11) 202.118 |
| | Magnus Jansson | Sandvikens SK | 43.11 (3) | 5.15.44(17) | 2.22.79(10) | |
| | Lennart Holseng | SK Skrinnaren | 44.52 (9) | 5.14.32(15) | 2.22.72(9) | |
| | Joakim König | SK Winner | 45.77 (14) | 5.14.04(14) | 2.24.58(15) | |
| | Andreas Jansson | Karlstads SK | 45.63 (12) | 5.17.48(18) | 2.23.32(12) | |
| | Jonas Erlandsson | IFK Lidingö | 45.69 (13) | 5.14.63(16) | 2.25.77(17) | |
| | Anders Hjalmarsson | Hagaströms SK | 46.19 (17) | 5.22.87(19) | 2.25.70(16) | |
| | Per Eriksson | IFK Strömsund | 46.59 (18) | 5.13.12(13) | 2.30.72(20) | |
| | Mathias Wedholm | IFK Lidingö | 46.18 (16) | 5.28.18(21) | 2.28.36(19) | |

| | | | | |
|-----------------|---------------|------------|-------------|-------------|
| Andreas Larsson | Askersunds SK | 47.79 (21) | 5.28.09(20) | 2.31.80(21) |
| Håkan Fremin | IF Thor | 48.12 (22) | 5.32.70(23) | 2.32.17(22) |
| Thomas Jansson | Sandvikens SK | 48.67 (23) | 5.34.45(24) | 2.33.92(23) |
| Johan Edfeldt | Sundsvalls SK | 49.73 (24) | 5.30.12(22) | 2.35.43(24) |

Hagaström 18/19-01-1992

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|----------------------|----------------|-----------|-------------|--------------|---------------------|---------|
| 1 | Richard Olsson | Karlstads SK | 42.93(3) | 4.42.47(1) | 2.12.57 (1) | 8.21.91 (2) | 184.389 |
| 2 | Per Martin Björemark | SK Trollhättan | 43.90(8) | 4.44.39(2) | 2.13.25 (2) | <u>8.21.70 (1)</u> | 185.884 |
| 3 | Magnus Jansson | Sandvikens SK | 42.09(1) | 4.50.22(3) | 2.13.28 (3) | 8.41.97 (3) | 187.083 |
| 4 | Henrik Svedberg | SK Pollux | 43.07(5) | 4.52.89(4) | 2.18.13 (8) | 8.48.00 (6) | 190.728 |
| 5 | Andreas Jansson | Karlstads SK | 43.00(4) | 4.53.73(5) | 2.19.48 (9) | 8.43.98 (4) | 190.846 |
| 6 | Martin Johansson | SK Skrinaren | 43.39(6) | 4.59.11(10) | 2.16.74 (5) | 8.48.15 (7) | 191.636 |
| 7 | Staffan Peterson | Eskilstuna IK | 44.35(11) | 4.55.83(7) | 2.17.38 (6) | 8.46.70 (5) | 192.118 |
| 8 | Fredrik Garbell | Sundsvalls SK | 42.38(2) | 4.55.44(6) | 2.16.24 (4) | 9.15.23 (12) | 192.556 |
| 9 | Jens Wahlberg | Askersunds SK | 43.58(7) | 5.00.00(11) | 2.20.33 (10) | 9.14.38f(11) | 195.794 |
| 10 | Daniel Vitén | Bofors CK | 46.05(18) | 4.56.69(8) | 2.21.44 (12) | 8.52.25 (9) | 195.869 |
| 11 | Lars-Ola Westerlund | Karlstads SK | 46.60(21) | 4.57.54(9) | 2.17.86 (7) | 8.59.36 (10) | 196.079 |
| 12 | Anders Erlandsson | SK Pollux | 45.55(14) | 5.04.11(12) | 2.20.85 (11) | 8.51.40 (8) | 196.325 |
| | Håkan Malmqvist | Eskilstuna IK | 44.23(10) | 5.07.41(14) | 2.22.87 (13) | | |
| | Anders Hjalmarsson | Hagaströms SK | 44.55(13) | 5.09.33(15) | 2.23.65 (14) | | |
| | Håkan Sjölin | IFK Strömsund | 45.79(16) | 5.10.56(16) | 2.25.33 (15) | | |
| | Per Eriksson | IFK Strömsund | 45.96(17) | 5.06.37(13) | 2.27.25 (17) | | |
| | Patric Johansson | SK Trollhättan | 45.73(15) | 5.20.22(20) | 2.28.74 (18) | | |
| | Henrik Hedberg | Askersunds SK | 46.57(20) | 5.15.45(17) | 2.30.53 (19) | | |
| | Johan Åberg | Sundsvalls SK | 46.82(22) | 5.24.13(21) | 2.32.77 (20) | | |
| | Tommy Simonsson | Karlstads SK | 48.42(23) | 5.26.40(22) | 2.27.17 (16) | | |
| | Henrik Johansson | Askersunds SK | 48.66(24) | 5.18.81(18) | 2.33.88 (21) | | |
| | Lars Haglund-McKie | IF Thor | 44.54(12) | 5.34.15(23) | 3.14.23f(22) | | |
| | Andreas Larsson | Askersunds SK | 46.12(19) | 5.19.38(19) | 3.42.85f(23) | | |
| | Johan Hansson | Karlstads SK | 43.98(9) | | | | |

Hagaström 23/24-01-1993

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|----------------------|------------------|------------|--------------------|-------------|--------------------|---------|
| 1 | Magnus Jansson | Sandvikens SK | 41.97 (1) | 4.52.06(2) | 2.15.52(1) | 8.29.36(2) | 186.755 |
| 2 | Per Martin Björemark | SK Trollhättan | 44.48 (7) | <u>4.49.51(1)</u> | 2.15.75(2) | <u>8.19.50(1)</u> | 187.931 |
| 3 | Marcus Lycksell | Sundsvalls SK | 42.30 (2) | 4.55.10(5) | 2.16.33(3) | 8.32.96(3) | 188.222 |
| 4 | Jens Wahlberg | Eskilstuna IK | 43.03 (3) | 4.53.64(4) | 2.18.80(4) | 8.39.02(4) | 190.138 |
| 5 | Henrik Svedberg | SK Pollux | 43.23 (4) | 4.53.57(3) | 2.24.80(9) | 8.40.26(5) | 192.450 |
| 6 | Staffan Peterson | Eskilstuna IK | 44.97(10) | 4.56.09(6) | 2.23.15(6) | 8.40.59(6) | 194.093 |
| 7 | Daniel Vitén | Bofors CK | 45.00(11) | 5.03.07(7) | 2.22.82(5) | 8.42.28(7) | 195.345 |
| 8 | Andreas Jansson | Karlstads SK | 44.58 (8) | 5.03.08(8) | 2.23.36(7) | 8.52.18(8) | 196.097 |
| 9 | Andreas Larsson | Askersunds SK | 44.21 (5) | 5.09.73(10) | 2.25.48(10) | 9.03.90(10) | 198.714 |
| 10 | Anders Erlandsson | SK Pollux | 44.86 (9) | 5.10.67(12) | 2.23.60(8) | 9.06.06(11) | 199.110 |
| 11 | Jens Härngren | IFK Göteborg | 45.35 (14) | 5.10.34(11) | 2.28.28(16) | 9.06.91(12) | 201.190 |
| 12 | Johan Åberg | Sundsvalls SK | 46.00(18) | 5.09.13(9) | 2.29.54(19) | 9.00.89(9) | 201.456 |
| | Anders Hjalmarsson | Hagaströms SK | 44.34 (6) | 5.10.99(13) | 2.26.42(12) | | |
| | Niklas Larsson | IFK Kristinehamn | 45.20(12) | 5.11.07(14) | 2.27.07(15) | | |
| | Håkan Fremin | IF Thor | 45.24(13) | 5.14.72(17) | 2.25.94(11) | | |
| | Markus Grip | Eskilstuna IK | 45.49(15) | 5.13.88(16) | 2.26.64(13) | | |
| | Stefan Hassel | Karlstads SK | 45.87(17) | 5.15.77(18) | 2.26.65(14) | | |
| | Patric Johansson | SK Trollhättan | 45.59(16) | 5.16.03(19) | 2.30.71(20) | | |
| | Magnus Lindh | Eskilstuna IK | 46.01(19) | 5.19.77(20) | 2.28.33(17) | | |
| | Tommy Simonsson | Karlstads SK | 47.54(21) | 5.11.86(15) | 2.29.11(18) | | |
| | Johan Jansson | Karlstads SK | 46.69(20) | 5.22.54(22) | 2.31.84(21) | | |
| | Sebastian Falk | Sandvikens SK | 49.71(23) | 5.21.17(21) | 2.33.07(23) | | |
| | Henrik Johansson | Askersunds SK | 49.40(22) | 5.28.03(23) | 2.33.02(22) | | |

Sandviken-Norra IP 12/13-02-1994

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | | |
|--------------|----------------------|----------------|------------|-------------|--------------|-------------|---------|
| 1 | Daniel Vitén | SK Winner | 42.83 (7) | 4.33.77(1) | 2.11.34 (2) | 8.04.04(1) | 180.642 |
| 2 | Magnus Jansson | Sandvikens SK | 40.66 (1) | 4.40.95(3) | 2.09.72 (1) | 8.25.74(6) | 181.299 |
| 3 | Jens Wahlberg | Askersunds SK | 41.04 (2) | 4.47.31(4) | 2.12.74 (3) | 8.23.01(4) | 183.472 |
| 4 | Per Martin Björemark | SK Trollhättan | 43.75 (9) | 4.39.72(2) | 2.14.29 (5) | 8.06.55(2) | 183.788 |
| 5 | Niklas Larsson | IFK Kr.hamn | 41.45 (3) | 4.50.70(7) | 2.13.99 (4) | 8.30.29(7) | 185.592 |
| 6 | Johan Hansson | Karlstads SK | 42.17 (4) | 4.50.10(6) | 2.16.00 (6) | 8.18.37(3) | 185.690 |
| 7 | Jens Härngren | IFK Göteborg | 42.46 (6) | 4.53.95(9) | 2.21.10 (10) | 8.35.52(9) | 190.036 |
| 8 | Håkan Fremin | IF Thor | 43.71 (8) | 4.51.90(8) | 2.18.31 (7) | 8.38.08(10) | 190.271 |
| 9 | Stefan Hassel | Karlstads SK | 45.16(13) | 4.55.20(11) | 2.20.30 (9) | 8.25.10(5) | 191.636 |
| 10 | Henrik Johansson | Askersunds SK | 46.21(17) | 4.59.63(13) | 2.22.83 (12) | 8.41.17(11) | 195.875 |
| 11 | Sebastian Falk | Sandvikens SK | 43.90(10) | 4.58.97(12) | 2.26.62(16) | 9.00.40(12) | 196.641 |
| 12 | Andreas Larsson | Askersunds SK | 42.34 (5) | 4.49.02(5) | 2.56.82f(22) | 8.32.88(8) | 200.738 |

| | | | | | |
|-------------------|----------------|------------|-------------|--------------|--|
| Markus Grip | Eskilstuna IK | 44.67 (11) | 4.54.04(10) | 2.22.64 (11) | |
| Patric Johansson | SK Trollhättan | 45.01 (12) | 5.01.79(15) | 2.25.86 (14) | |
| Magnus Lindh | Eskilstuna IK | 45.54 (15) | 5.01.45(14) | 2.25.24 (13) | |
| Anders Caspersson | IK Wega | 46.20 (16) | 5.02.77(17) | 2.26.01 (15) | |
| Lars Pettersson | SK Pollux | 45.47 (14) | 5.14.57(18) | 2.29.26 (18) | |
| Mattias Olofsson | SK Trollhättan | 46.77 (18) | 5.19.79(20) | 2.27.55 (17) | |
| Christian Olsson | IK Wega | 46.82 (19) | 5.16.79(19) | 2.30.32 (19) | |
| Joakim Möller | IF Thor | 47.63 (21) | 5.22.31(21) | 2.31.46 (20) | |
| Anders Westerlund | Karlstads SK | 47.04 (20) | 5.29.53(22) | 2.35.15 (21) | |
| Per Kvarnlind | Sandvikens SK | 60.15f(22) | 5.01.80(16) | 2.19.26 (8) | |

Sundsvall-Gärdebanan 04/05-02-1995

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|------------------------|----------------|------------|--------------|-------------|------------|---------|
| 1 Daniel Vitén | SK Winner | 42.16 (2) | 4.33.18 (1) | 2.06.84(1) | 8.00.5(1) | 178.020 |
| 2 Stefan Hassel | Karlstads SK | 43.15 (4) | 4.40.94 (2) | 2.10.90(3) | 8.06.4(2) | 182.246 |
| 3 Niklas Larsson | IFK Kr.hamn | 41.92 (1) | 4.43.88 (3) | 2.10.49(2) | 8.18.3(3) | 182.559 |
| 4 Markus Grip | Eskilstuna IK | 42.61 (3) | 4.58.64 (5) | 2.14.64(6) | 8.48.1(8) | 190.073 |
| 5 Sebastian Falk | Sandvikens SK | 43.66 (5) | 5.04.95 (7) | 2.14.24(5) | 8.34.8(5) | 190.711 |
| 6 Per Martin Björemark | SK Trollhättan | 45.28 (11) | 4.56.63 (4) | 2.18.82(8) | 8.40.8(6) | 193.071 |
| 7 Jens Härngren | IFK Göteborg | 44.03 (6) | 5.07.25 (8) | 2.18.04(7) | 8.41.1(7) | 193.361 |
| 8 Henrik Johansson | Askersunds SK | 46.51 (14) | 5.03.64 (6) | 2.19.88(10) | 8.30.6(4) | 194.802 |
| 9 Mattias Olofsson | SK Trollhättan | 44.78 (8) | 5.09.54 (9) | 2.21.31(13) | 8.58.6(9) | 197.333 |
| 10 Lars Pettersson | SK Pollux | 44.82 (9) | 5.13.62 (11) | 2.20.95(12) | 8.59.8(10) | 198.053 |
| 11 Johan Åberg | Sundsvalls SK | 44.82 (9) | 5.15.49 (12) | 2.20.33(11) | 9.02.3(11) | 198.407 |
| 12 Per Kvarnlind | Sandvikens SK | 44.14 (7) | 5.22.86 (17) | 2.19.22(9) | 9.20.3(12) | 200.386 |
| Christian Olsson | IK Wega | 45.57 (12) | 5.16.66 (13) | 2.22.66(15) | | |
| Anders Caspersson | IK Wega | 47.29 (15) | 5.19.74 (16) | 2.21.82(14) | | |
| Patrik Larsson | Askersunds SK | 48.29 (16) | 5.18.89 (15) | 2.24.98(17) | | |
| Mattias Falk | Sandvikens SK | 48.66 (18) | 5.18.73 (14) | 2.24.38(16) | | |
| Andreas Nordin | Sundsvalls SK | 45.61 (13) | 5.31.49 (18) | 2.29.45(18) | | |
| Leo Wentzel | IFK Göteborg | 48.32 (17) | 5.32.97 (19) | 2.29.94(19) | | |
| Jens Wahlberg | Askersunds SK | 62.35f(19) | 5.10.86f(10) | 2.12.00(4) | | |

Karlstad 17/18-02-1996

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|---------------------|----------------|------------|-------------|-------------|-------------|---------|
| 1 Daniel Vitén | SK Winner | 40.74 (2) | 4.31.40(1) | 2.05.00(1) | 7.43.36(1) | 173.975 |
| 2 Niklas Larsson | IFK Kr.hamn | 40.59 (1) | 4.39.23(2) | 2.06.78(2) | 7.50.87(2) | 176.475 |
| 3 Sebastian Falk | Sandvikens SK | 41.75 (3) | 4.42.02(3) | 2.08.66(3) | 7.57.26(3) | 179.365 |
| 4 Stefan Hassel | Karlstads SK | 42.05 (5) | 4.42.76(4) | 2.11.49(6) | 8.13.92(4) | 182.398 |
| 5 Lars Pettersson | SK Pollux | 42.32 (7) | 4.50.98(7) | 2.11.16(5) | 8.18.87(6) | 184.423 |
| 6 Joel Christensen | SK Winner | 43.73 (12) | 4.48.05(6) | 2.16.01(11) | 8.15.24(5) | 186.598 |
| 7 Per Kvarnlind | Sandvikens SK | 42.09 (6) | 4.44.97(5) | 2.10.84(4) | 8.56.52(10) | 186.850 |
| 8 Magnus Vitén | SK Winner | 43.86 (13) | 4.54.10(8) | 2.17.32(13) | 8.21.76(7) | 188.825 |
| 9 Markus Grip | Eskilstuna IK | 42.70 (9) | 5.00.74(14) | 2.14.02(8) | 8.40.20(9) | 189.516 |
| 10 Mattias Olofsson | SK Trollhättan | 43.52 (11) | 5.01.40(15) | 2.14.89(9) | 8.35.45(8) | 190.261 |
| 11 Patrik Larsson | Askersunds SK | 42.33 (8) | 4.56.21(10) | 2.13.10(7) | 9.04.65(11) | 190.529 |
| Eric Zachrisson | IFK Kr.hamn | 41.75 (3) | 4.55.78(9) | 2.15.20(10) | dq | |
| Christian Olsson | IK Wega | 44.37 (14) | 4.57.07(12) | 2.16.92(12) | | |
| Mattias Falk | Sandvikens SK | 44.72 (15) | 4.56.99(11) | 2.19.11(15) | | |
| Anders Westerlund | Karlstads SK | 43.15 (10) | 5.07.01(18) | 2.19.04(14) | | |
| Martin Kuremyr | SK Winner | 45.70 (20) | 4.59.28(13) | 2.20.79(16) | | |
| Leo Wentzel | IFK Göteborg | 45.58 (19) | 5.02.59(16) | 2.23.18(17) | | |
| Johan Røjler | SK Winner | 45.44 (18) | 5.05.54(17) | 2.23.48(18) | | |
| Thorbjörn Ekström | Uddevalla IS | 45.37 (17) | 5.12.86(19) | 2.27.47(21) | | |
| Mattias Rankvist | SK Pollux | 44.74 (16) | 5.20.44(20) | 2.26.76(20) | | |
| Peter Wallin | IFK Sala | 46.42 (21) | 5.26.23(21) | 2.26.25(19) | | |
| Anders Caspersson | IK Wega | 47.29 (22) | 5.26.79(22) | 2.28.04(22) | | |
| Jonas Wallentin | Karlstads SK | 48.24 (24) | 5.45.15(23) | dns | | |
| Patrik Eklund | Karlstads SK | 47.86 (23) | 5.54.65(24) | dns | | |

Västerås-Råby 25/26-01-1997

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|-------------------|---------------|-----------|-------------|-------------|--------------|---------|
| 1 Niklas Larsson | IFK Kr.hamn | 40.81(2) | 4.34.03(1) | 2.11.63(1) | 8.13.74 (1) | 179.731 |
| 2 Eric Zachrisson | IFK Kr.hamn | 40.56(1) | 4.37.71(2) | 2.13.15(2) | 8.32.16f(7) | 182.444 |
| 3 Per Kvarnlind | Sandvikens SK | 41.69(5) | 4.44.79(4) | 2.14.83(3) | 8.28.51 (4) | 184.949 |
| 4 Lars Pettersson | SK Pollux | 41.23(3) | 4.47.83(5) | 2.15.96(5) | 8.30.17 (6) | 185.538 |
| 5 Johan Røjler | SK Winner | 42.52(7) | 4.43.67(3) | 2.19.51(8) | 8.19.47 (2) | 186.248 |
| 6 Patrik Larsson | Askersunds SK | 41.44(4) | 4.51.61(8) | 2.15.82(4) | 8.50.62 (10) | 188.376 |
| 7 Mattias Falk | Sandvikens SK | 43.45(8) | 4.50.24(6) | 2.20.10(9) | 8.23.59 (3) | 188.882 |
| 8 Martin Kuremyr | SK Winner | 43.97(10) | 4.51.23(7) | 2.18.91(6) | 8.29.28 (5) | 189.739 |

| | | | | | | | |
|----|-------------------|----------------|-----------|-------------|-------------|--------------|---------|
| 9 | Mattias Olofsson | SK Trollhättan | 42.26(6) | 4.58.32(10) | 2.19.40(7) | 8.46.58 (9) | 191.104 |
| 10 | Magnus Vitén | Eskilstuna IK | 43.85(9) | 4.55.63(9) | 2.23.60(10) | 8.41.87 (8) | 193.174 |
| 11 | Thorbjörn Ekström | Uddevalla IS | 44.62(11) | 5.07.96(11) | 2.27.82(11) | 8.59.43 (11) | 199.162 |
| | Patrik Martinsson | Motala AIF | 47.35(12) | 5.27.07(13) | 2.35.66(13) | dns | |
| | Mattias Rankvist | SK Pollux | dq | 5.11.59(12) | 2.29.26(12) | | |

Hagström 31-01/01-02-1998

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------|----------------|------------|-------------|-------------|-------------|---------|
| 1 | Johan Røjler | SK Winner | 41.14 (2) | 4.28.17(1) | 2.01.42(1) | 7.29.8 (1) | 171.288 |
| 2 | Eric Zachrisson | IFK Kr.hamn | 40.84 (1) | 4.28.77(2) | 2.01.94(2) | 7.40.2 (2) | 172.301 |
| 3 | Magnus Vitén | Eskilstuna IK | 42.67 (5) | 4.44.44(3) | 2.08.80(3) | 7.55.4 (3) | 180.549 |
| 4 | Mattias Olofsson | SK Trollhättan | 42.13 (4) | 4.44.96(4) | 2.09.89(4) | 8.04.4 (7) | 181.359 |
| 5 | Andreas Nordin | Sundsvalls SK | 42.82 (6) | 4.48.64(7) | 2.12.33(6) | 8.00.2 (4) | 183.056 |
| 6 | Thorbjörn Ekström | Uddevalla IS | 42.02 (3) | 4.47.44(5) | 2.15.64(8) | 8.03.9 (5) | 183.529 |
| 7 | Peter Bengtsson | IK Wega | 43.30 (8) | 4.49.12(8) | 2.14.44(7) | 8.04.1 (6) | 184.709 |
| 8 | Mattias Falk | Sandvikens SK | 43.29 (7) | 4.48.05(6) | 2.11.06(5) | 8.25.3 (8) | 185.514 |
| 9 | Patrik Martinsson | Motala AIF | 46.40 (9) | 5.15.91(9) | 2.28.00(11) | 8.52.9 (9) | 201.674 |
| 10 | Emanuel Hollstrand | IFK Lidingö | 47.22 (10) | 5.19.89(10) | 2.22.22(9) | 8.58.8 (10) | 201.821 |
| 11 | Thomas Eriksson | IFK Strömsund | 49.30 (11) | 5.52.23(12) | 2.36.41(12) | 9.21.3 (12) | 216.271 |
| 12 | Niklas Lundin | Sandvikens SK | 58.87 (12) | 5.30.91(11) | 2.27.29(10) | 9.11.6 (11) | 218.277 |

Göteborg-Ruddalen 23/24-01-1999

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------|---------------|------------|-------------|-------------|-------------|---------|
| 1 | Johan Røjler | SK Winner | 40.47 (1) | 4.17.0 (1) | 2.04.01(1) | 7.25.6 (1) | 169.199 |
| 2 | Eric Zachrisson | IFK Kr.hamn | 41.09 (2) | 4.32.4 (3) | 2.08.22(2) | 7.56.4 (3) | 176.870 |
| 3 | Magnus Vitén | Eskilstuna IK | 41.74 (5) | 4.31.5 (2) | 2.08.78(4) | 7.49.9 (2) | 176.906 |
| 4 | Thorbjörn Ekström | Uddevalla IS | 41.18 (3) | 4.38.2 (4) | 2.08.46(3) | 8.05.8 (5) | 178.946 |
| 5 | Fredrik Eriksson | IFK Göteborg | 42.51 (7) | 4.38.3 (5) | 2.10.98(6) | 8.02.1 (4) | 180.763 |
| 6 | Peter Bengtsson | IK Wega | 41.57 (4) | 4.44.0 (6) | 2.10.89(5) | 8.12.4 (6) | 181.773 |
| 7 | Patrik Martinsson | Motala AIF | 43.39 (8) | 4.52.3 (9) | 2.13.65(7) | 8.18.0 (8) | 186.456 |
| 8 | Fredrik Karlsson | Uddevalla IS | 43.82 (9) | 4.51.7 (7) | 2.15.29(10) | 8.17.9 (7) | 187.322 |
| 9 | Tobias Morell | SK Pollux | 41.76 (6) | 4.55.7 (10) | 2.14.91(8) | 8.42.6 (11) | 188.273 |
| 10 | Emanuel Hollstrand | IFK Lidingö | 44.42 (11) | 4.52.0 (8) | 2.14.93(9) | 8.27.8 (9) | 188.842 |
| 11 | Joel Eriksson | IFK Göteborg | 44.64 (12) | 4.57.7 (11) | 2.18.85(11) | 8.29.4 (10) | 191.479 |
| | Pontus Nylén | Hagströms SK | 44.07 (10) | 5.07.2 (12) | 2.19.05(12) | dns | |
| | Fredrik Östman | SK Pollux | 45.73 (16) | 5.20.4 (13) | 2.26.35(14) | | |
| | Mattias Josefson | IK Wega | 45.99 (17) | 5.20.9 (14) | 2.28.59(15) | | |
| | Jonas Ekström | Uddevalla IS | 46.62 (18) | 5.21.3 (15) | 2.33.16(19) | | |
| | Knut Bjunert | IFK Göteborg | 45.68 (15) | 5.37.9 (17) | 2.30.09(17) | | |
| | Daniel Leander | IK Wega | 46.95 (19) | 5.42.5 (19) | 2.29.24(16) | | |
| | Eric Langéen | IK Wega | 47.18 (21) | 5.34.0 (16) | 2.33.92(20) | | |
| | Karl Skoog | Hagströms SK | 47.14 (20) | 5.42.4 (18) | 2.30.28(18) | | |
| | Gustav Olsson | IK Wega | 50.96 (23) | 5.51.8 (20) | 2.43.03(22) | | |
| | Adnan Hajiric | Uddevalla IS | 50.04 (22) | 6.05.7 (21) | 2.42.22(21) | | |
| | Sebastian Zamani | IFK Lidingö | 45.39 (14) | dq | 2.20.14(13) | | |
| | Johan Engström | Hagströms SK | 45.31 (13) | dns | | | |

Karlstad 22/23-01-2000

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------|---------------|------------|--------------|-------------|-------------|---------|
| 1 | Johan Røjler | SK Winner | 39.76 (2) | 4.12.48 (1) | 2.00.70(1) | 7.24.2 (1) | 166.493 |
| 2 | Eric Zachrisson | IFK Kr.hamn | 39.57 (1) | 4.26.49 (2) | 2.03.94(2) | 7.54.0 (2) | 172.698 |
| 3 | Thorbjörn Ekström | Uddevalla IS | 40.96 (4) | 4.27.84 (3) | 2.08.56(3) | 8.04.1 (4) | 176.863 |
| 4 | Peter Bengtsson | IK Wega | 41.33 (5) | 4.34.91 (4) | 2.10.84(6) | 8.11.1 (6) | 179.871 |
| 5 | Joel Eriksson | IFK Göteborg | 42.43 (7) | 4.36.16 (5) | 2.13.55(7) | 8.04.9 (5) | 181.462 |
| 6 | Tobias Morell | SK Pollux | 40.69 (3) | 4.39.91 (7) | 2.10.21(5) | 8.27.9 (9) | 181.534 |
| 7 | Fredrik Eriksson | IFK Göteborg | 41.88 (6) | 5.12.65f(15) | 2.09.20(4) | 7.55.6 (3) | 184.614 |
| 8 | Sebastian Zamani | IFK Lidingö | 43.17 (8) | 4.39.69 (6) | 2.15.71(8) | 8.24.5 (8) | 185.471 |
| 9 | Emanuel Hollstrand | IFK Lidingö | 43.28 (9) | 4.43.28 (8) | 2.17.90(9) | 8.20.4 (7) | 186.499 |
| 10 | Johan Engström | Hagströms SK | 44.55 (12) | 4.49.02 (9) | 2.18.89(10) | 8.47.9 (11) | 191.806 |
| 11 | Christian Falk | Sandvikens SK | 44.45 (11) | 4.52.09 (10) | 2.22.90(13) | 8.40.7 (10) | 192.834 |
| 12 | Pontus Nylén | Hagströms SK | 43.57 (10) | 4.56.54 (11) | 2.19.88(11) | 9.00.3 (12) | 193.649 |
| | Jonas Ekström | Uddevalla IS | 44.76 (14) | 4.58.71 (12) | 2.22.79(12) | | |
| | Henrik Nilsson | Karlstads SK | 44.62 (13) | 4.59.04 (13) | 2.25.36(14) | | |
| | Fredrik Östman | SK Pollux | 46.01 (18) | 5.09.35 (14) | 2.26.37(15) | | |
| | David Wibaeus | IFK Lidingö | 45.63 (16) | 5.13.31 (16) | 2.27.55(16) | | |
| | Karl Skoog | Hagströms SK | 45.64 (17) | 5.14.31 (17) | 2.29.79(17) | | |
| | Patrik Ullström | Hagströms SK | 45.10 (15) | 5.25.37 (19) | 2.34.02(19) | | |
| | Jonas Bergstrand | Hagströms SK | 47.35 (19) | 5.14.33 (18) | 2.35.04(20) | | |
| | Carl Ryrberg | IFK Kr.hamn | 47.90 (20) | 5.39.22 (20) | 2.33.60(18) | | |

Hagström 03-02-2001

| JUN - del 1 | | 500m | 3000m |
|-------------------|---------------|-------------|--------------|
| Johan Røjler | SK Winner | 41.45 (1) | 4.23.9 (1) |
| Sebastian Zamani | IFK Lidingö | 42.50 (4) | 4.36.7 (2) |
| Joel Eriksson | IFK Göteborg | 42.36 (3) | 4.50.1 (4) |
| Fredrik Eriksson | IFK Göteborg | 43.29 (5) | 4.54.6f (5) |
| Thorbjörn Ekström | Uddevalla IS | 43.79 (6) | 5.02.2 (6) |
| Fredrik Karlsson | Uddevalla IS | 43.93 (7) | 5.03.4 (7) |
| Pontus Nylén | Hagströms SK | 44.30 (8) | 5.04.9 (10) |
| Freddy Leijon | IF Thor | 44.76 (9) | 5.03.9 (8) |
| Christian Falk | Sandvikens SK | 45.09 (11) | 5.03.9 (8) |
| Fredrik Östman | SK Pollux | 45.01 (10) | 5.13.3 (11) |
| David Wibaeus | IFK Lidingö | 45.36 (13) | 5.18.4 (12) |
| Karl Skoog | Hagströms SK | 45.99 (14) | 5.21.2 (13) |
| Jonas Ekström | Uddevalla IS | 45.31 (12) | 5.29.8 (16) |
| Josef Zamani | IFK Lidingö | 47.06 (17) | 5.29.1 (15) |
| Thomas Eriksson | IFK Strömsund | 46.65 (16) | 5.32.6 (17) |
| Daniel Friberg | Motala AIF | 48.25 (18) | 5.23.6 (14) |
| Patrik Ullström | Hagströms SK | 46.13 (15) | 5.37.0 (18) |
| Peter Bengtsson | IK Wega | 61.43f (19) | 4.48.2 (3) |
| Tobias Morell | SK Pollux | 41.63 (2) | dnf |

Andra dagens tävlingar inställda p g a sträng kyla och hårda vindar, och avgjordes i samband med Cupfinalerna i Karlstad. Därmed inget sammanlagt mästerskap.

Karlstad 17-03-2001

| JUN - del 2 | | 1500m | 5000m |
|-------------------|---------------|--------------|--------------|
| Joel Eriksson | IFK Göteborg | 2.08.96 (4) | 7.41.49 (1) |
| Sebastian Zamani | IFK Lidingö | 2.05.74 (1) | 7.53.41 (2) |
| Peter Bengtsson | IK Wega | 2.07.38 (2) | 8.03.86 (3) |
| Tobias Morell | SK Pollux | 2.08.36 (3) | 8.10.05 (4) |
| Fredrik Karlsson | Uddevalla IS | 2.18.52 (8) | 8.20.09 (5) |
| Christian Falk | Sandvikens SK | 2.17.53 (7) | 8.32.80 (6) |
| Fredrik Östman | SK Pollux | 2.15.51 (6) | 8.34.42 (7) |
| Pontus Nylén | Hagströms SK | 2.15.34 (5) | 8.37.41 (8) |
| David Wibaeus | IFK Lidingö | 2.21.53 (10) | 8.48.10 (9) |
| Martin Rehnström | Motala AIF | 2.25.65 (12) | 8.53.73 (10) |
| Daniel Friberg | Motala AIF | 2.25.76 (13) | 8.55.82 (11) |
| Karl Skoog | Hagströms SK | 2.25.39 (11) | 9.22.63 (12) |
| Thorbjörn Ekström | Uddevalla IS | 2.19.46 (9) | dns |
| Carl Ryrberg | Karlstads SK | 2.26.95 (14) | |
| Patrik Ullström | Hagströms SK | 2.34.34 (15) | |

Göteborg-Ruddalen 09/10-02-2002

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m |
|--------------------|---------------|------------|-------------|--------------|---------------------|
| 1 Sebastian Zamani | IFK Lidingö | 40.17 (2) | 4.31.3 (1) | 2.03.02 (1) | 7.56.2 (2) 174.012 |
| 2 Joel Eriksson | IFK Göteborg | 41.34 (3) | 4.33.4 (2) | 2.09.07 (3) | 7.46.9 (1) 176.619 |
| 3 Tobias Morell | SK Pollux | 39.75 (1) | 4.42.5 (4) | 2.06.44 (2) | 8.13.2 (5) 178.299 |
| 4 Freddy Leijon | IF Thor | 41.91 (4) | 4.38.7 (3) | 2.12.47 (4) | 7.58.4 (3) 180.356 |
| 5 Fredrik Karlsson | Uddevalla IS | 43.42 (7) | 4.53.8 (6) | 2.14.68 (6) | 8.12.7 (4) 186.549 |
| 6 Christian Falk | Sandvikens SK | 43.45 (8) | 4.52.9 (5) | 2.13.33 (5) | 8.19.0 (6) 186.609 |
| 7 David Wibaeus | IFK Lidingö | 43.30 (6) | 5.02.8 (7) | 2.18.14 (7) | 8.33.4 (7) 191.152 |
| 8 Patrik Ullström | Hagströms SK | 43.01 (5) | 5.09.4 (9) | 2.21.66 (10) | 8.54.1 (8) 195.206 |
| 9 Karl Skoog | Hagströms SK | 44.25 (10) | 5.23.8 (10) | 2.19.41 (8) | 9.45.7 (9) 203.256 |
| Fredrik Östman | SK Pollux | 43.82 (9) | 5.04.1 (8) | 2.20.03 (9) | dnf |

Hagström 01/02-02-2003

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m |
|--------------------|--------------|------------|--------------|--------------|---------------------|
| 1 Joel Eriksson | IFK Göteborg | 40.89 (2) | 4.27.72 (1) | 2.06.88 (1) | 7.53.1 (1) 175.113 |
| 2 Tobias Morell | SK Pollux | 39.84 (1) | 4.34.12 (3) | 2.08.40 (2) | 8.14.0 (5) 177.726 |
| 3 Daniel Friberg | Motala AIF | 42.08 (4) | 4.34.33 (4) | 2.09.48 (3) | 7.55.7 (3) 178.531 |
| 4 Freddy Leijon | IF Thor | 42.60 (5) | 4.32.73 (2) | 2.13.21 (4) | 7.55.2 (2) 179.978 |
| 5 Henrik Nilsson | Karlstads SK | 41.45 (3) | 4.37.82 (5) | 2.14.22 (5) | 8.15.1 (6) 182.003 |
| 6 Fredrik Karlsson | Uddevalla IS | 43.06 (6) | 4.48.40 (6) | 2.17.28 (6) | 8.08.8 (4) 185.766 |
| 7 Patrik Ullström | Hagströms SK | 43.19 (7) | 4.59.83 (9) | 2.19.58 (8) | 8.50.0 (9) 192.687 |
| 8 Daniel Vestman | SK Winner | 45.85 (11) | 4.58.99 (8) | 2.20.54 (10) | 8.31.6 (7) 193.687 |

| | | | | | | | |
|----|------------------|--------------|------------|-------------|-------------|------------|---------|
| 9 | Henrik Bergström | IK Wega | 43.26 (8) | 5.00.24(10) | 2.18.83(7) | 9.02.5(10) | 193.826 |
| 10 | Johan Bergström | IK Wega | 44.27 (10) | 5.12.57(11) | 2.26.95(11) | 8.45.5(8) | 197.898 |
| 11 | Jonas Thern | Motala AIF | 46.91 (12) | 5.19.02(12) | 2.33.51(12) | 9.28.3(11) | 208.080 |
| 12 | Albin Nilsson | IK Wega | 51.40 (13) | 5.40.10(13) | 2.42.07(13) | 9.50.0(12) | 221.106 |
| | Jonathan Zamani | IFK Lidingsö | 43.93 (9) | 4.55.14(7) | 2.19.82(9) | dns | |

Hagaström 24/25-01-2004

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|----------------------|----------------|------------|-------------------|--------------------|-------------------|---------|
| 1 | Daniel Friberg | Motala AIF | 40.55 (1) | <u>4.28.1(1)</u> | <u>2.04.86(1)</u> | <u>7.37.1(1)</u> | 172.563 |
| 2 | Freddy Leijon | IF Thor | 41.49 (3) | 4.32.1(2) | 2.10.25(2) | 7.45.7(2) | 176.826 |
| 3 | Henrik Nilsson | Karlstads SK | 40.98 (2) | 4.47.8(4) | 2.11.43(3) | 8.09.2(3) | 181.676 |
| 4 | Tobias Fahlgren | Motala AIF | 44.26 (8) | 4.47.0(3) | 2.19.11(5) | 8.13.6(4) | 187.823 |
| 5 | Fredrik Forsell | SK Trollhättan | 43.56 (5) | 4.54.4(5) | 2.18.19(4) | 8.42.4(6) | 190.929 |
| 6 | Daniel Vestman | Hagaströms SK | 44.08 (7) | 5.03.5(6) | 2.21.34(6) | 8.48.9(7) | 194.666 |
| 7 | Tommy Axelsson | Motala AIF | 43.64 (6) | 5.15.6(9) | 2.27.05(7) | 9.08.2(8) | 200.076 |
| 8 | Rasmus Falk | Sandvikens SK | 48.23 (9) | 5.05.7(8) | 2.30.10(8) | 8.40.5(5) | 201.263 |
| 9 | Albin Nilsson | IK Wega | 48.56 (10) | 5.27.6(10) | 2.33.40(9) | 9.30.8(9) | 211.373 |
| 10 | Jerry Olofsson | SK Trollhättan | 53.64 (13) | 5.55.7(11) | 2.49.15(12) | 10.18.9(10) | 231.196 |
| | Viktor Roos-Pehrsson | Hagaströms SK | 50.81 (11) | 6.06.7(12) | 2.45.50(11) | | |
| | Philip Wikman | Hagaströms SK | 53.29 (12) | 6.22.5(13) | 2.44.72(10) | | |
| | Henrik Bergström | IK Wega | 42.74 (4) | 5.03.8(7) | dns | | |

Hagaström 22/23-01-2005

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|----------------------|----------------|-----------|--------------------|--------------------|-------------------|---------|
| 1 | Daniel Friberg | Motala AIF | 40.76(1) | <u>4.25.61(1)</u> | <u>2.07.03(1)</u> | <u>8.05.5(1)</u> | 175.921 |
| 2 | Fredrik Forsell | SK Trollhättan | 41.96(2) | 4.35.45(2) | 2.12.47(2) | 8.11.6(2) | 181.184 |
| 3 | Daniel Vestman | Hagaströms SK | 42.47(3) | 4.50.67(4) | 2.20.02(3) | 8.33.5(4) | 188.938 |
| 4 | Rasmus Falk | Sandvikens SK | 45.32(5) | 4.49.01(3) | 2.26.26(6) | 8.32.7(3) | 193.511 |
| 5 | Mattias Lindbohm | Södermalms IK | 45.76(7) | 4.57.44(5) | 2.25.19(4) | 8.50.8(5) | 196.809 |
| 6 | Albin Nilsson | IK Wega | 45.68(6) | 5.00.85(6) | 2.26.13(5) | 8.54.1(6) | 197.941 |
| 7 | Philip Wikman | Hagaströms SK | 47.06(9) | 5.05.13(7) | 2.31.12(7) | 9.14.3(7) | 203.718 |
| 8 | Sebastian Andersson | IFK Sala | 49.14(12) | 5.14.44(8) | 2.33.11(9) | 9.26.7(9) | 209.252 |
| 9 | Johan Thorsén | SK Pollux | 49.47(13) | 5.14.54(9) | 2.33.84(10) | 9.29.2(10) | 210.093 |
| 10 | Per Wallgren | Hagaströms SK | 47.22(10) | 5.29.17(14) | 2.32.79(8) | 9.46.0(11) | 211.611 |
| 11 | Anton Ekman | IF Thor | 50.57(15) | 5.14.82(10) | 2.38.60(12) | 9.25.9(8) | 212.496 |
| 12 | Hampus Tronêt | SK Pollux | 46.10(8) | 5.24.50(13) | 2.35.15(11) | 10.08.0(12) | 212.699 |
| | Jerry Olofsson | SK Trollhättan | 50.04(14) | 5.19.62(11) | 2.38.72(13) | | |
| | Viktor Roos-Pehrsson | Hagaströms SK | 47.97(11) | 6.03.73(16) | 2.40.04(14) | | |
| | Erik Myr | IFK Kr.hamn | 51.95(16) | 5.53.29(15) | 2.45.62(15) | | |
| | Joel Olsén | SK Winner | 44.40(4) | 5.20.19(12) | dns | | |

Motala 11/12-02-2006

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|------------------|----------------|-----------|-------------------|-------------------|-------------------|---------|
| 1 | Daniel Friberg | Motala AIF | 40.1 (1) | <u>4.28.6(1)</u> | <u>2.03.9(1)</u> | <u>7.50.2(1)</u> | 173.186 |
| 2 | Fredrik Forsell | SK Trollhättan | 42.3 (4) | 4.35.6(2) | 2.10.3(2) | 7.57.2(2) | 179.386 |
| 3 | Daniel Vestman | Hagaströms SK | 42.4 (5) | 4.48.0(5) | 2.11.5(3) | 8.14.0(6) | 183.633 |
| 4 | Martin Friberg | Motala AIF | 43.2 (7) | 4.47.0(3) | 2.11.9(4) | 8.08.5(5) | 183.849 |
| 5 | Rasmus Falk | Sandvikens SK | 43.1 (6) | 4.47.4(4) | 2.16.3(6) | 8.06.5(4) | 185.083 |
| 6 | Mattias Lindbohm | Södermalms IK | 43.6 (8) | 4.48.3(6) | 2.16.1(5) | 8.05.5(3) | 185.566 |
| 7 | Jerry Olofsson | SK Trollhättan | 49.4 (11) | 5.16.1(9) | 2.28.7(9) | 8.43.8(7) | 204.029 |
| 8 | Anton Ekman | IF Thor | 49.0 (10) | 5.21.4(11) | 2.29.2(10) | 8.53.8(9) | 205.679 |
| 9 | Patrik Eklöf | Uddevalla IS | 49.5 (12) | 5.19.3(10) | 2.34.8(11) | 8.43.8(7) | 206.696 |
| 10 | Mathias Åkesson | Motala AIF | 53.7 (14) | 6.09.9(12) | 2.52.2(12) | 10.20.4(10) | 234.790 |
| | Tommy Axelsson | Motala AIF | 42.2 (3) | 4.54.6(7) | 2.22.3(7) | dns | |
| | Jonas Jönsson | Motala AIF | 44.8 (9) | 5.12.7(8) | 2.24.0(8) | dns | |
| | Petter Uhlin | Motala AIF | 51.4 (13) | 6.17.8(13) | dq | | |
| | Henrik Bergström | IK Wega | 41.7 (2) | dq | dns | | |

Hagaström 03/04-02-2007

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|---------------------|---------------|-----------|-------------------|--------------------|-------------------|---------|
| 1 | Fredrik Forsell | IFK Göteborg | 40.3 (1) | <u>4.30.4(1)</u> | <u>2.03.70(1)</u> | <u>7.53.2(2)</u> | 173.919 |
| 2 | Rasmus Falk | Sandvikens SK | 41.8 (4) | 4.39.4(2) | 2.05.55(2) | <u>7.52.1(1)</u> | 177.426 |
| 3 | Daniel Vestman | Hagaströms SK | 41.6 (3) | 4.46.0(4) | 2.08.38(3) | 8.19.9(3) | 182.049 |
| 4 | Martin Friberg | Motala AIF | 41.5 (2) | 4.51.3(5) | 2.08.43(4) | 8.21.3f(5) | 182.990 |
| 5 | Albin Nilsson | IK Wega | 42.8 (6) | 4.52.3(6) | 2.12.41(7) | 8.29.1(7) | 186.562 |
| 6 | Sebastian Andersson | IFK Sala | 43.8 (7) | 4.53.5(7) | 2.11.62(6) | 8.20.9(4) | 186.679 |
| 7 | Anton Ekman | IF Thor | 45.1 (10) | 4.58.8(8) | 2.19.65(11) | 8.40.4(8) | 193.490 |
| 8 | Philip Wikman | Hagaströms SK | 44.5 (9) | 4.59.8(9) | 2.19.00(9) | 8.47.1(10) | 193.509 |

| | | | | | | | |
|----|-----------------------|----------------|-----------|-------------|-------------|-------------|---------|
| 9 | Viktor Roos-Pehrsson | Hagaströms SK | 43.9 (8) | 5.08.1 (12) | 2.19.64(10) | 9.00.2 (12) | 195.816 |
| 10 | Per Wallgren | Hagaströms SK | 45.2 (11) | 5.10.3 (14) | 2.20.48(12) | 8.45.0 (9) | 196.242 |
| 11 | Martin Svanborg | Sollentuna SS | 46.4 (12) | 5.07.9 (11) | 2.23.50(13) | 8.51.2 (11) | 198.669 |
| 12 | Joel Olsén | SK Winner | 86.6f(18) | 4.45.0 (3) | 2.11.21(5) | 8.29.0 (6) | 228.736 |
| | Viktor Törnqvist | IK Wega | 42.1 (5) | 5.07.5 (10) | 2.14.55(8) | dns | |
| | Jerry Olofsson | SK Trollhättan | 49.3 (15) | 5.10.1 (13) | 2.27.42(15) | | |
| | Patrik Eklöf | Uddevalla IS | 48.5 (14) | 5.20.5 (15) | 2.26.37(14) | | |
| | Tim Larsén | Uddevalla IS | 48.3 (13) | 5.27.4 (16) | 2.29.84(17) | | |
| | Johan Larsson Thorsén | SK Pollux | 49.5 (16) | 5.32.7 (17) | 2.29.27(16) | | |
| | Mathias Åkesson | Motala AIF | 52.0 (17) | 6.07.2 (18) | 2.43.41(18) | | |

Hagaström 02/03-02-2008

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------------|---------------|-----------|--------------------|-------------|-------------|---------|
| 1 | Martin Friberg | Motala AIF | 42.12(2) | 4.55.82(2) | 2.08.7 (1) | 8.03.9 (1) | 182.713 |
| 2 | Joel Olsén | SK Winner | 41.33(1) | 5.04.84(6) | 2.11.6 (2) | 8.05.6 (3) | 184.562 |
| 3 | Philip Wikman | Hagaströms SK | 43.18(4) | <u>4.51.17(1)</u> | 2.12.2 (3) | 8.20.9 (5) | 185.864 |
| 4 | Per Wallgren | Hagaströms SK | 42.79(3) | 4.59.60(3) | 2.13.7 (6) | 8.23.6f(6) | 187.649 |
| 5 | Anton Ekman | IF Thor | 45.64(8) | 5.00.54(4) | 2.13.2 (5) | 8.04.6 (2) | 188.590 |
| 6 | Martin Svanborg | Sollentuna SS | 44.65(6) | 5.04.23(5) | 2.12.6 (4) | 8.14.0 (4) | 188.955 |
| 7 | Viktor Roos-Pehrsson | Hagaströms SK | 45.01(7) | 5.10.94(8) | 2.18.2 (8) | 8.36.4 (7) | 194.539 |
| 8 | Joel Wisting | Hagaströms SK | 47.52(9) | 5.20.10(9) | 2.21.6 (9) | 8.36.5 (8) | 199.720 |
| 9 | Patric Wallström-Jonsson | Hagaströms SK | 50.08(13) | 5.36.22(10) | 2.32.0 (10) | 9.11.6 (9) | 211.942 |
| 10 | Mathias Åkesson | Motala AIF | 50.18(14) | 5.59.59(14) | 2.32.6 (11) | 9.34.9 (11) | 218.467 |
| 11 | Oskar Gudmundsson | IF Thor | 49.58(12) | 5.56.54(13) | 2.35.6 (12) | 9.55.5f(12) | 220.419 |
| 12 | Gustav Edman | SK Pollux | 51.08(16) | 6.00.81(15) | 2.38.2 (13) | 9.33.6 (10) | 221.308 |
| | Mattias Lindbohm | Södermalms IK | 44.30(5) | 5.06.36(7) | 2.16.1 (7) | dns | |
| | Viktor Gudmundsson | IF Thor | 50.42(15) | 6.04.78(16) | 2.49.6f(15) | | |
| | Erik Wetterdal | IF Thor | 51.78(17) | | 2.38.5 (14) | | |
| | Erik Gustafsson | Sollentuna SS | 48.55(10) | 5.50.47(11) | | | |
| | Martin Granqvist | IFK Sala | 49.23(11) | 5.55.39(12) | | | |
| | Oskar Granqvist | IFK Sala | 52.28(18) | 6.37.56(17) | | | |

Göteborg-Rudhallen 31-01/01-02-2009

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------------|----------------|-----------|--------------------|--------------------|--------------------|---------|
| 1 | Martin Svanborg | Sollentuna SS | 41.47(2) | <u>4.30.36(1)</u> | 2.08.65(2) | <u>7.51.80(1)</u> | 176.593 |
| 2 | Sebastian Andersson | IFK Sala | 41.82(4) | 4.40.19(4) | 2.09.91(3) | 8.13.52(4) | 181.173 |
| 3 | Anton Ekman | IF Thor | 43.86(8) | 4.35.02(3) | 2.13.19(4) | 8.02.45(2) | 182.337 |
| 4 | Joel Wisting | Hagaströms SK | 43.28(5) | 4.47.82(6) | 2.15.12(6) | 8.10.82(3) | 185.372 |
| 5 | David Andersson | SK Trollhättan | 43.52(6) | 4.41.39(5) | 2.15.12(6) | 8.19.53(5) | 185.411 |
| 6 | Per Wallgren | Hagaströms SK | 41.81(3) | 4.57.56(9) | 2.14.79(5) | 8.38.71(7) | 188.204 |
| 7 | Patric Wallström-Jonsson | Hagaströms SK | 43.91(9) | 4.57.78(10) | 2.18.70(10) | 8.34.06(6) | 191.179 |
| 8 | Erik Bucht | IF Thor | 44.44(12) | 4.54.86(7) | 2.16.85(8) | 8.43.82(8) | 191.581 |
| 9 | Erik Gustafsson | Sollentuna SS | 43.80(7) | 4.57.43(8) | 2.17.70(9) | 9.01.90(11) | 193.461 |
| 10 | Erik Wetterdal | IF Thor | 44.36(11) | 5.05.54(12) | 2.24.44(13) | 8.45.81(10) | 196.010 |
| 11 | Emil Ström | SK Trollhättan | 46.32(14) | 4.59.33(11) | 2.23.71(12) | 8.45.40(9) | 196.651 |
| 12 | Viktor Roos-Pehrsson | Hagaströms SK | 44.06(10) | 5.14.40(13) | 2.21.85(11) | 9.15.86(13) | 199.329 |
| 13 | Hampus Larsson | SK Trollhättan | 47.29(15) | 5.17.59(14) | 2.30.65(14) | 9.07.88(12) | 205.225 |
| 14 | Oskar Gudmundsson | IF Thor | 44.52(13) | 5.25.51(15) | 2.33.95(16) | 9.24.93(14) | 206.580 |
| 15 | Mathias Åkesson | Motala AIF | 47.78(16) | 5.25.71(16) | 2.31.90(15) | 9.39.23(15) | 210.621 |
| | Viktor Törnqvist | IK Wega | 39.59(1) | 4.33.38(2) | <u>2.08.17(1)</u> | dnf | |

Uppsala 06/07-02-2010

| JUN ALLROUND | | | 500m | 3000m | 1500m | 5000m | |
|--------------|--------------------------|----------------|-----------|--------------------|--------------------|--------------------|---------|
| 1 | Martin Svanborg | Sollentuna SS | 42.27(3) | <u>4.34.62(1)</u> | 2.09.46(2) | <u>7.53.42(1)</u> | 178.535 |
| 2 | David Andersson | SK Trollhättan | 42.57(5) | 4.38.14(2) | <u>2.08.58(1)</u> | 8.00.29(2) | 179.815 |
| 3 | Erik Wetterdal | IF Thor | 41.99(2) | 4.45.83(3) | 2.12.37(4) | 8.15.49(4) | 183.300 |
| 4 | Joel Wisting | Hagaströms SK | 43.10(6) | 4.48.74(4) | 2.14.73(5) | 8.05.72(3) | 184.705 |
| 5 | Per Wallgren | Hagaströms SK | 41.39(1) | 4.54.71(7) | 2.11.24(3) | 8.36.39(9) | 185.893 |
| 6 | Erik Bucht | IF Thor | 43.77(7) | 4.54.54(6) | 2.16.11(7) | 8.25.81(6) | 188.811 |
| 7 | Erik Gustafsson | Sollentuna SS | 42.51(4) | 5.06.50(10) | 2.14.93(6) | 8.50.06(11) | 191.575 |
| 8 | Patric Wallström-Jonsson | Hagaströms SK | 44.20(8) | 4.58.24(8) | 2.19.65(8) | 8.33.51(7) | 191.807 |
| 9 | Nils van der Poel | SK Trollhättan | 49.39(12) | 5.02.78(9) | 2.23.41(10) | 8.34.98(8) | 199.154 |
| 10 | Hampus Larsson | SK Trollhättan | 45.20(11) | 5.31.85(13) | 2.24.20(11) | 8.46.87(10) | 201.261 |
| 11 | Oskar Gudmundsson | IF Thor | 45.09(10) | 5.11.84(12) | 2.28.99(12) | 9.16.37(13) | 202.363 |
| | Emil Ström | SK Trollhättan | 44.38(9) | 4.53.64(5) | dq | 8.22.61(5) | |
| | Rickard Styren | IK Wega | dns | 5.06.75(11) | 2.21.24(9) | 9.04.62(12) | |
| | Björn Seifert | IF Thor | 54.48(13) | 6.09.34(14) | dns | | |

Eskilstuna-Isstadion 12/13-02-2011

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|-------------------|----------------|------------|---------------|--------------|--------------------|
| 1 | David Andersson | SK Trollhättan | 39.70 (1) | 4.18.03 (1) | 2.03.22 (1) | 7.43.56(1) 170.134 |
| 2 | Martin Svanborg | Sollentuna SS | 42.43 (5) | 4.23.73 (2) | 2.09.04 (2) | 7.46.61(2) 176.059 |
| 3 | Hampus Larsson | SK Trollhättan | 41.02 (2) | 4.32.92 (5) | 2.10.61 (3) | 7.56.29(3) 177.671 |
| 4 | Joel Wisting | Hagaströms SK | 41.69 (4) | 4.30.43 (3) | 2.11.95 (5) | 8.02.55(4) 178.999 |
| 5 | Erik Bucht | IF Thor | 41.55 (3) | 4.41.81 (8) | 2.11.93 (4) | 8.14.88(7) 181.982 |
| 6 | Emil Ström | SK Trollhättan | 42.63 (6) | 4.36.43 (7) | 2.14.22 (6) | 8.11.82(6) 182.623 |
| 7 | Nils van der Poel | SK Trollhättan | 44.09 (8) | 4.31.67 (4) | 2.16.11 (8) | 8.02.96(5) 183.034 |
| 8 | Oskar Gudmundsson | IF Thor | 44.62 (9) | 5.12.98f (9) | 2.24.05 (9) | 9.16.01(8) 200.400 |
| 9 | Gustav Åkesson | Motala AIF | 47.80(10) | 5.42.12 (10) | 2.34.40(10) | 9.49.18(9) 215.204 |
| | Adam Axelsson | SK Winner | 42.75 (7) | 4.34.52 (6) | 2.14.86 (7) | dns |

Stockholm-Östermalm 04/05-02-2012

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|---------------------|----------------|------------|--------------|--------------|----------------------|
| 1 | David Andersson | SK Trollhättan | 39.00 (1) | 4.07.94 (1) | 2.00.43 (1) | 7.09.24 (1) 163.390 |
| 2 | Adam Axelsson | SK Winner | 41.53 (3) | 4.30.27 (3) | 2.08.86 (3) | 7.56.59 (3) 177.187 |
| 3 | Oskar Gustafsson | Sundsvalls SK | 42.38 (4) | 4.46.24 (4) | 2.16.44 (5) | 8.34.54 (5) 187.020 |
| 4 | Frans Bergentall | IK Wega | 43.78 (5) | 5.06.98 (6) | 2.16.54 (6) | 8.36.02 (6) 192.058 |
| 5 | Björn Seifert | IF Thor | 45.70(10) | 5.07.34 (7) | 2.24.79 (7) | 8.52.24 (7) 198.410 |
| 6 | Valdemar Bergentall | IK Wega | 44.24 (7) | 5.21.61 (9) | 2.27.32 (9) | 9.09.01 (9) 201.848 |
| 7 | Gustav Åkesson | Motala AIF | 44.54 (9) | 5.07.68 (8) | 2.25.10 (8) | 9.40.44(10) 202.230 |
| 8 | Patrick Dale | IFK Göteborg | 49.10(11) | 5.48.98(10) | 2.39.55(10) | 9.44.74(11) 218.920 |
| | Hampus Larsson | SK Trollhättan | 40.00 (2) | dq | 2.08.10 (2) | 8.00.61 (4) |
| | Joel Wisting | Hagaströms SK | dq | 4.26.92 (2) | 2.09.63 (4) | 7.40.49 (2) |
| | Michael Gilbert | Södermalms IK | 44.34 (8) | 5.05.79 (5) | dq | 8.58.41 (8) |
| | Oskar Gudmundsson | IF Thor | 43.86 (6) | dns | | |

Trollhättan 02/03-02-2013

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|---------------------|----------------|------------|--------------|--------------|----------------------|
| 1 | David Andersson | SK Trollhättan | 38.05 (1) | 4.04.16 (1) | 1.56.01 (1) | 7.04.64 (2) 159.877 |
| 2 | Nils van der Poel | SK Trollhättan | 39.50 (2) | 4.04.74 (2) | 1.58.99 (2) | 7.01.24 (1) 162.077 |
| 3 | Adam Axelsson | SK Winner | 40.02 (3) | 4.16.12 (3) | 2.00.94 (3) | 7.23.09 (3) 167.328 |
| 4 | Erik Wetterdal | IF Thor | 40.05 (4) | 4.22.21 (5) | 2.01.93 (4) | 7.34.14 (4) 169.808 |
| 5 | Björn Seifert | IF Thor | 42.56 (7) | 4.40.48 (7) | 2.12.11 (7) | 8.02.15 (5) 181.557 |
| 6 | Wilhelm Ekensskär | SK Trollhättan | 43.83(12) | 4.40.92 (8) | 2.09.40 (6) | 8.06.85 (6) 182.468 |
| 7 | Frans Bergentall | IK Wega | 43.12 (8) | 4.43.25(10) | 2.13.12 (9) | 8.29.25 (8) 185.626 |
| 8 | Michael Gilbert | Södermalms IK | 43.72(11) | 4.50.63(12) | 2.12.55 (8) | 8.37.66(10) 188.107 |
| 9 | Patrick Dale | IFK Göteborg | 44.01(13) | 5.05.84(14) | 2.22.26(14) | 8.51.28(11) 195.531 |
| | Hampus Larsson | SK Trollhättan | 40.10 (5) | 4.16.20 (4) | 2.02.01 (5) | dq |
| | Valdemar Bergentall | IK Wega | 41.60 (6) | 4.41.84 (9) | dq | 8.13.02 (7) |
| | Oskar Gustafsson | Sundsvalls SK | dq | 4.39.58 (6) | 2.13.48(10) | 8.36.01 (9) |
| | Gustav Åkesson | Motala AIF | 43.48(10) | 4.48.26(11) | 2.14.22(11) | dns |
| | Pelle Ström | SK Trollhättan | 45.36(14) | 4.54.21(13) | 2.21.25(13) | dns |
| | David Karlingsjö | SK Trollhättan | 43.21 (9) | dns | 2.14.50(12) | dns |

Göteborg-Rudhallen 01/02-02-2014

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|-----------------------|----------------|------------|--------------|--------------|----------------------|
| 1 | Nils van der Poel | SK Trollhättan | 40.50 (3) | 4.07.89 (1) | 1.59.96 (1) | 7.11.10 (1) 164.911 |
| 2 | Adam Axelsson | SK Winner | 39.45 (1) | 4.21.73 (2) | 2.03.77 (2) | 7.37.65 (2) 170.092 |
| 3 | Erik Wetterdal | IF Thor | 39.50 (2) | 4.26.02 (3) | 2.03.82 (3) | 7.44.48 (3) 171.557 |
| 4 | Jacob Jansson | SK Skrinaren | 40.79 (4) | 4.43.65 (6) | 2.10.18 (5) | 8.08.41 (5) 180.299 |
| 5 | Oskar Gustafsson | Sundsvalls SK | 41.75 (6) | 4.39.79 (4) | 2.09.53 (4) | 8.18.13 (7) 181.370 |
| 6 | Björn Seifert | IF Thor | 42.79 (8) | 4.43.85 (7) | 2.12.55 (7) | 8.07.20 (4) 183.001 |
| 7 | Valdemar Bergentall | IF Thor | 41.37 (5) | 4.48.34 (8) | 2.12.89 (9) | 8.18.71 (8) 183.593 |
| 8 | Wilhelm Ekensskär | SK Trollhättan | 43.40(10) | 4.42.84 (5) | 2.12.14 (6) | 8.11.54 (6) 183.740 |
| 9 | Michael Gilbert | Södermalms IK | 42.13 (7) | 4.49.19 (9) | 2.12.74 (8) | 8.33.17 (9) 185.891 |
| 10 | Frans Bergentall | IK Wega | 43.04 (9) | 5.03.48(10) | 2.17.23(10) | 8.41.36(10) 191.499 |
| 11 | Patrick Dale | IFK Göteborg | 43.68(11) | 5.04.53(11) | 2.22.53(11) | 8.55.62(11) 195.507 |
| 12 | Max Sjöstedt-Eriksson | IF Thor | 48.78(12) | 5.21.18(12) | 2.31.13(12) | 9.14.87(12) 208.173 |
| | Erik Decker | Södermalms IK | wdr | | 2.34.02(13) | |

Göteborg-Rudhallen 24/25-01-2015

| JUN ALLROUND | | 500m | 3000m | 1500m | 5000m | |
|--------------|------------------|---------------|------------|--------------|--------------|----------------------|
| 1 | Adam Axelsson | SK Winner | 39.59 (1) | 4.23.87 (1) | 2.03.37 (1) | 7.30.13 (1) 169.704 |
| 2 | Oskar Gustafsson | Sundsvalls SK | 39.88 (2) | 4.28.71 (4) | 2.07.06 (3) | 7.52.76 (4) 174.294 |
| 3 | Björn Seifert | IF Thor | 41.74 (5) | 4.26.51 (2) | 2.07.61 (4) | 7.36.71 (2) 174.365 |

| | | | | | | | |
|---|-------------------|----------------|------------|--------------|--------------|--------------|---------|
| 4 | Wilhelm Ekensskär | SK Trollhättan | 41.78 (6) | 4.27.42 (3) | 2.05.52 (2) | 7.49.64 (3) | 175.154 |
| 5 | Patrick Dale | IFK Göteborg | 40.84 (4) | 4.48.50 (6) | 2.15.74 (5) | 8.37.36 (5) | 185.905 |
| | Michael Gilbert | Södermalms IK | 43.04 (7) | 4.52.36 (7) | 2.17.98 (6) | dns | |
| | David Karlingsjö | SK Trollhättan | 40.23 (3) | 4.41.02 (5) | dns | | |