

Vinnaren av första dagens 500 m blev svensk mästare på distansen.  
Fr o m 1972 infördes samma regel gällande 1.000 m.

## Stockholm-Östermalm 27/28-02-1971

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Hasse Börjes	IFK Rättvik	41.2( 1)	1.29.0( 3)	41.0( 1)	1.27.2 ( 1) 170.300
2	Johan Granath	SK Pollux	42.2( 4)	1.27.7( 2)	41.8( 5)	1.28.2 ( 4) 171.950
3	Ove König	SK Winner	42.2( 4)	1.29.7( 5)	41.4( 2)	1.29.7 ( 8) 173.300
4	Göran Claeson	Södermalms IK	41.7( 2)	1.27.4( 1)	41.6( 4)	1.33.4f(15) 173.700
5	Bernt Jansson	Laxå IF	42.4( 8)	1.30.9( 9)	41.9( 6)	1.29.0 ( 5) 174.250
6	Heike Hedlund	Kubikenborgs IF	41.8( 3)	1.31.1(10)	41.5( 3)	1.31.0 (11) 174.350
7	Johnny Höglin	Karlstads SK	43.1(10)	1.30.0( 6)	42.5( 7)	1.27.7 ( 3) 174.450
7	Göran Johansson	Bofors CK	42.6( 9)	1.29.5( 4)	43.4(11)	1.27.4 ( 2) 174.450
9	Mats Wallberg	Arvika IS	42.2( 4)	1.30.7( 8)	43.2( 9)	1.30.1 ( 9) 175.800
10	Håkan Holmgren	SK Pollux	42.2( 4)	1.32.2(12)	43.2( 9)	1.30.3 (10) 176.650
11	Dan Johansson	Kubikenborgs IF	44.3(15)	1.30.6( 7)	44.4(16)	1.29.1 ( 6) 178.550
12	Claes Lavås	IFK Göteborg	43.8(12)	1.31.1(10)	44.9(19)	1.29.3 ( 7) 178.900
13	Bengt-Göran Dahlsjö	IK Wega	43.7(11)	1.33.8(15)	45.0(20)	1.32.3 (12) 181.750
14	Arne Wallenbert	SK Pollux	44.8(22)	1.35.6(19)	43.1( 8)	1.33.1 (13) 182.250
15	Stig Johansson	IK Wega	45.3(23)	1.32.8(14)	44.7(18)	1.33.2 (14) 183.000
16	Peter Eriksson	IFK Strömsund	43.9(13)	1.36.0(23)	43.8(12)	1.34.7 (18) 183.050
17	Lars Johannesson	IFK Göteborg	44.6(19)	1.35.7(21)	44.2(14)	1.33.9 (16) 183.600
18	Olle Edman	Södermalms IK	44.6(19)	1.34.9(16)	44.6(17)	1.34.1 (17) 183.700
19	Erik Tronêt	SK Pollux	44.5(17)	1.35.8(22)	43.9(13)	1.36.1 (20) 184.350
20	Tommy Lindbohm	Södermalms IK	44.4(16)	1.35.6(19)	45.4(20)	1.36.3 (21) 185.750
21	Jan Marmstål	Karlstads SK	44.7(21)	1.35.5(18)	45.8(23)	1.35.8 (19) 186.150
22	Jan Carlén	Karlstads SK	46.0(24)	1.34.9(16)	45.2(21)	1.36.4 (22) 186.850
	Oloph Granath	SK Pollux	44.2(14)	1.32.6(13)	44.2(14)	dns
	Sture Johansson	Kubikenborgs IF	44.5(17)			

## Uppsala 18/19-12-1971

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Johan Granath	SK Pollux	64.61f(30)	1.23.99( 1)	40.7 ( 1)	1.22.7( 1) *189.155
2	Ove König	SK Winner	41.26 ( 2)	1.24.66( 2)	40.7 ( 1)	1.26.8( 4) 167.690
3	Oloph Granath	SK Pollux	42.09 ( 3)	1.25.34( 3)	42.0 ( 5)	1.25.3( 3) 169.410
4	Mats Wallberg	Arvika IS	42.60 ( 4)	1.26.89( 4)	41.4 ( 3)	1.24.7( 2) 169.795
5	Heike Hedlund	Kubikenborgs IF	42.91 ( 5)	1.30.09( 9)	41.8 ( 4)	1.29.3(11) 174.405
6	Sture Johansson	Kubikenborgs IF	43.78 (10)	1.28.61( 6)	42.9 ( 9)	1.27.8( 5) 174.885
7	Bernt Jansson	Laxå IF	43.33 ( 6)	1.28.79( 7)	42.9 ( 9)	1.28.8( 7) 175.025
8	Arne Wallenbert	SK Pollux	43.46 ( 8)	1.30.68(13)	42.7 ( 6)	1.29.0( 9) 176.000
9	Peter Eriksson	IFK Strömsund	43.42 ( 7)	1.31.39(15)	42.7 ( 6)	1.29.7(14) 176.665
10	Conny Englund	Karlstads SK	44.09 (15)	1.31.06(14)	42.7 ( 6)	1.30.7(17) 177.670
11	Stig Johansson	IK Wega	43.72 ( 9)	1.32.10(17)	43.1 (11)	1.29.7(14) 177.720
12	Kjell-Owe Carlsson	Södermalms IK	44.26 (16)	1.30.33(12)	44.3 (23)	1.28.8( 7) 178.125
13	Claes Lavås	IFK Göteborg	44.45 (20)	1.30.14(10)	44.4 (25)	1.28.7( 6) 178.270
14	Lars Johannesson	IFK Göteborg	44.66 (22)	1.30.30(11)	44.0 (21)	1.29.3(11) 178.460
15	Lennart Carlsson	IK Wega	45.65 (28)	1.29.59( 8)	43.6 (18)	1.29.4(13) 178.745
16	Erik Tronêt	SK Pollux	43.79 (11)	1.33.04(20)	43.3 (14)	1.30.9(20) 179.060
17	Bo Fransson	Sollentuna SS	44.38 (19)	1.32.64(18)	44.2 (22)	1.29.1(10) 179.450
18	Thomas Pettersson	SK Pollux	44.35 (18)	1.33.31(25)	43.1 (11)	1.30.8(18) 179.505
19	Anders Landelius	IF Thor	44.27 (17)	1.33.89(26)	43.3 (14)	1.31.0(21) 180.015
20	Ivan Forss	Kubikenborgs IF	44.06 (14)	1.33.14(24)	43.5 (16)	1.32.0(27) 180.130
21	Sven Folkesson	IFK Göteborg	43.96 (13)	1.32.96(19)	43.8 (19)	1.32.0(27) 180.240
22	Olle Edman	Södermalms IK	43.95 (12)	1.34.02(28)	43.5 (16)	1.31.8(25) 180.360
23	Håkan Halén	Sollentuna SS	45.38 (27)	1.32.04(16)	43.8 (19)	1.30.8(18) 180.600
24	Håkan Iggström	SK Thule	45.21 (25)	1.33.07(22)	44.4 (25)	1.30.5(16) 181.395
25	Lars-Magnus Jansson	Sollentuna SS	45.29 (26)	1.33.12(23)	44.5 (27)	1.31.6(22) 182.150
26	Tommy Lindbohm	Södermalms IK	44.88 (23)	1.34.88(29)	44.5 (27)	1.31.6(22) 182.620
27	Per-Åke Noaksson	IF Thor	45.10 (24)	1.35.00(30)	44.3 (23)	1.31.7(24) 182.750
28	Tomas Blomqvist	Mälardalens IK	44.61 (21)	1.34.01(27)	67.3f(29)	1.32.7(29) 205.265
	Runo Ravelius	Södermalms IK	dnf	1.33.05(21)	43.1 (11)	1.31.9(26)
	Hasse Börjes	IFK Rättvik	41.24 ( 1)	1.28.30( 5)	dnf	
	Tommy Halén	Sollentuna SS	45.93 (29)	1.36.15(31)		

**Eskilstuna/Isstadion 20/21-02-1973**

<b>HERRAR SPRINT</b>		<b>500m</b>	<b>1000m</b>	<b>500m</b>	<b>1000m</b>		
1	Johan Granath	SK Pollux	40.2 ( 1)	1.22.7 ( 1)	40.89 ( 1)	1.23.62 ( 2)	164.250
2	Göran Claeson	Södermalms IK	41.0 ( 5)	1.23.1 ( 2)	41.23 ( 3)	1.22.61 ( 1)	165.085
3	Mats Wallberg	Arvika IS	40.6 ( 2)	1.23.2 ( 3)	41.32 ( 4)	1.25.15 ( 4)	166.095
4	Oloph Granath	SK Pollux	40.9 ( 3)	1.24.6 ( 4)	42.61 (11)	1.23.87 ( 3)	167.745
5	Håkan Holmgren	SK Pollux	40.9 ( 3)	1.26.0 ( 8)	41.20 ( 2)	1.26.46 ( 6)	168.330
6	Heike Hedlund	Kubikensborgs IF	41.3 ( 6)	1.26.2 (10)	41.36 ( 5)	1.26.57 ( 7)	169.045
7	Lennart Carlsson	IK Wega	41.6 ( 7)	1.25.7 ( 6)	42.40 (10)	1.26.13 ( 5)	169.915
8	Peter Eriksson	IFK Strömsund	41.6 ( 8)	1.26.0 ( 8)	42.03 ( 6)	1.26.78 ( 9)	170.020
9	Sture Johansson	Kubikensborgs IF	42.1 (13)	1.25.8 ( 7)	43.03 (15)	1.26.57 ( 7)	171.315
10	Bernt Jansson	Laxå IF	41.6 ( 8)	1.27.0 (12)	42.31 ( 9)	1.28.11 (15)	171.465
11	Arne Wallenbert	SK Pollux	41.9 (11)	1.26.4 (11)	42.30 ( 8)	1.28.56 (19)	171.680
12	Erik Tronêt	SK Pollux	42.1 (13)	1.27.6 (16)	42.71 (13)	1.28.40 (17)	172.810
13	Mats Gustavsson	Eskilstuna IK	42.7 (17)	1.28.2 (17)	42.1 ( 7)	1.27.97 (13)	172.885
14	Bo Fransson	Sollentuna SS	42.8 (18)	1.25.3 ( 5)	43.64 (21)	1.27.75 (12)	172.965
15	Tomas Blomqvist	Mälardalens IK	42.4 (15)	1.27.5 (15)	43.17 (16)	1.27.57 (11)	173.105
16	Jan Marmstål	Karlstads SK	42.9 (19)	1.27.0 (12)	43.48 (18)	1.27.39 (10)	173.575
17	Sven Folkesson	IFK Göteborg	42.5 (16)	1.28.7 (19)	42.94 (14)	1.28.06 (14)	173.820
18	Lars-Magnus Jansson	Sollentuna SS	43.1 (21)	1.28.2 (17)	43.5 (19)	1.28.28 (16)	174.840
19	Anders Landelius	SK Pollux	42.0 (12)	1.27.2 (14)	42.66 (12)	1.36.48f (21)	176.500
20	Ivan Forss	Kubikensborgs IF	43.0 (20)	1.30.0 (22)	43.59 (20)	1.31.22 (20)	177.200
21	Ben Ermesjö	IFK Göteborg	43.5 (22)	1.30.2 (23)	44.20 (23)	1.43.07f (22)	184.335
22	Stig Johansson	IK Wega	76.1f (24)	1.29.2 (20)	43.22 (17)	1.28.50 (18)	208.170
	Pär Pettersson	SK Pollux	58.1f (23)	1.32.8 (24)	44.17 (22)		
	Thomas Pettersson	SK Pollux	41.6 ( 8)	1.29.3 (21)	dns		

**Örnsköldsvik 02/03-02-1974**

<b>HERRAR SPRINT</b>		<b>500m</b>	<b>1000m</b>	<b>500m</b>	<b>1000m</b>		
1	Oloph Granath	SK Pollux	40.0 ( 1)	1.22.9 ( 1)	40.1 ( 1)	1.23.5 ( 1)	163.300
2	Johan Granath	SK Pollux	41.0 ( 5)	1.23.2 ( 2)	40.5 ( 2)	1.23.7 ( 2)	164.950
3	Mats Wallberg	Arvika IS	40.5 ( 2)	1.23.8 ( 3)	40.6 ( 3)	1.26.6 ( 8)	166.300
4	Bernt Jansson	SK Winner	40.8 ( 3)	1.24.8 ( 4)	40.9 ( 5)	1.25.1 ( 4)	166.650
5	Lennart Carlsson	IK Wega	41.7 ( 9)	1.24.8 ( 5)	41.5 ( 8)	1.24.7 ( 3)	167.950
6	Peter Eriksson	Södermalms IK	41.0 ( 5)	1.26.8 ( 9)	40.8 ( 4)	1.26.9 (10)	168.650
7	Heike Hedlund	Kubikensborgs IF	40.9 ( 4)	1.27.7 (13)	41.1 ( 6)	1.28.0 (19)	169.850
8	Dan Johansson	Kubikensborgs IF	42.0 (10)	1.25.7 ( 6)	42.1 (13)	1.26.0 ( 5)	169.950
9	Sture Levén	IFK Göteborg	42.0 (10)	1.26.2 ( 7)	42.1 (15)	1.26.0 ( 5)	170.200
10	Håkan Holmgren	IFK Rättvik	41.2 ( 7)	1.28.0 (16)	41.6 ( 9)	1.27.2 (12)	170.400
11	Thomas Pettersson	SK Pollux	41.4 ( 8)	1.27.9 (15)	41.2 ( 7)	1.27.8 (17)	170.450
12	Bengt Stenberg	IFK Kiruna	42.0 (10)	1.26.3 ( 8)	42.5 (22)	1.27.0 (11)	171.150
13	Arne Wallenbert	SK Pollux	42.1 (14)	1.27.5 (12)	41.7 (11)	1.27.4 (15)	171.250
14	Stig Johansson	IK Wega	42.3 (15)	1.27.8 (14)	41.6 ( 9)	1.27.2 (12)	171.400
15	Jan Marmstål	Karlstads SK	42.6 (17)	1.27.0 (10)	42.4 (19)	1.26.1 ( 7)	171.550
16	Sture Johansson	Kubikensborgs IF	42.4 (16)	1.27.3 (11)	42.3 (17)	1.26.9 ( 9)	171.800
17	Håkan Sannemo	IFK Strömsund	42.7 (18)	1.28.9 (19)	42.3 (17)	1.27.9 (18)	173.400
18	Ulf Berggren	Gimonäs CK	43.5 (22)	1.28.0 (17)	42.4 (21)	1.27.6 (16)	173.700
19	Sven Folkesson	IFK Göteborg	42.9 (20)	1.29.3 (20)	42.1 (13)	1.28.7 (21)	174.000
20	Lars Landin	IF Castor	42.8 (19)	1.29.7 (21)	42.8 (23)	1.28.3 (20)	174.600
21	Erik Tronêt	SK Pollux	42.1 (13)	1.30.5 (22)	42.4 (19)	1.30.5 (23)	175.000
22	Jimmy Erickson	Kubikensborgs IF	45.2f (23)	1.30.6 (23)	42.2 (16)	1.30.1 (22)	177.750
23	Runo Ravelius	Södermalms IK	43.4 (21)	1.31.7 (24)	43.3 (24)	1.31.8 (24)	178.450
24	Anders Landelius	SK Pollux	51.8f (24)	1.28.4 (18)	41.7 (11)	1.27.3 (14)	181.350

**Karlstad 01/02-02-1975**

<b>HERRAR SPRINT</b>		<b>500m</b>	<b>1000m</b>	<b>500m</b>	<b>1000m</b>		
1	Oloph Granath	SK Pollux	41.8 ( 2)	1.25.4 ( 2)	40.4 ( 1)	1.22.2 ( 1)	166.000
2	Mats Wallberg	Arvika IS	41.3 ( 1)	1.25.9 ( 3)	40.9 ( 3)	1.23.5 ( 4)	166.900
3	Göran Claeson	Södermalms IK	42.3 ( 5)	1.25.9 ( 3)	41.1 ( 4)	1.22.6 ( 3)	167.650
4	Johan Granath	SK Pollux	42.0 ( 3)	1.25.1 ( 1)	42.0 ( 8)	1.22.5 ( 2)	167.800
5	Bernt Jansson	SK Winner	42.0 ( 3)	1.27.7 ( 7)	40.8 ( 2)	1.24.1 ( 5)	168.700
6	Sture Johansson	Kubikensborgs IF	42.9 (10)	1.26.3 ( 5)	42.1 ( 9)	1.25.7 ( 6)	171.000
7	Stig Johansson	IK Wega	42.5 ( 7)	1.28.2 ( 8)	41.8 ( 7)	1.27.6 (10)	172.200
8	Bo Fransson	Sollentuna SS	43.2 (11)	1.27.6 ( 6)	42.3 (11)	1.25.9 ( 7)	172.250
9	Peter Eriksson	Södermalms IK	42.4 ( 6)	1.30.0 (13)	41.6 ( 5)	1.27.9 (11)	172.950
10	Sture Levén	IFK Göteborg	43.4 (12)	1.28.6 ( 9)	42.2 (10)	1.26.7 ( 8)	173.250
11	Thomas Pettersson	SK Pollux	42.7 ( 8)	1.31.2 (17)	41.6 ( 5)	1.27.2 ( 9)	173.500

12	Arne Wallenbert	SK Pollux	42.7 ( 8)	1.29.6(11)	42.3 (11)	1.29.2(17)	174.400
13	Sven Folkesson	IFK Göteborg	43.5 (13)	1.29.4(10)	42.8 (15)	1.28.9(16)	175.450
14	Roger Hagel	IFK Göteborg	43.5 (13)	1.30.4(14)	42.3 (11)	1.29.2(17)	175.600
15	Lars Landin	IF Castor	44.2 (16)	1.29.6(11)	43.8 (19)	1.28.0(12)	176.800
16	Bengt Stenberg	IFK Kiruna	44.5 (18)	1.31.0(16)	42.9 (16)	1.28.1(13)	176.950
17	Håkan Sannemo	IFK Strömsund	44.7 (19)	1.30.5(15)	43.4 (18)	1.28.5(15)	177.600
18	Per Dahlén	CK Örnen	44.1 (15)	1.32.5(18)	44.0 (20)	1.30.0(19)	179.350
19	Anders Landelius	SK Pollux	46.0f(23)	1.34.0(21)	42.7 (14)	1.28.1(13)	179.750
20	Erik Tronêt	SK Pollux	44.4 (17)	1.33.9(20)	43.1 (17)	1.31.8(20)	180.350
21	Sven Landin	IF Castor	45.9 (22)	1.36.0(22)	44.7 (21)	1.33.3(21)	185.250
	Mats Gustavsson	Eskilstuna IK	45.3 (20)	1.36.1(23)	dnf		
	Jan Marmstål	Karlstads SK	62.3f(24)	1.32.8(19)	dnf		
	Pär Pettersson	SK Pollux	45.8 (21)	dnf			

## Göteborg-Ruddalen 10/11-01-1976

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Mats Wallberg	Arvika IS	39.5 ( 1)	1.22.5 ( 4)	40.5 ( 1)	1.24.2( 1)	163.350
2	Oloph Granath	SK Pollux	40.0 ( 2)	1.22.0 ( 2)	40.8 ( 2)	1.27.3( 3)	165.450
3	Lennart Carlsson	IK Wega	41.0 ( 8)	1.22.0 ( 3)	43.1 ( 7)	1.25.1( 2)	167.650
4	Thomas Pettersson	SK Pollux	40.7 ( 6)	1.25.8 ( 8)	41.6 ( 4)	1.30.0( 7)	170.200
5	Peter Eriksson	SK Pollux	41.2 ( 9)	1.25.8 ( 8)	42.4 ( 6)	1.28.1( 4)	170.550
6	Sven Folkesson	IFK Göteborg	41.6 (10)	1.25.2 ( 5)	43.7 (11)	1.28.5( 5)	172.150
7	Roger Hagel	IFK Göteborg	41.7 (13)	1.25.5 ( 6)	43.4 ( 8)	1.30.1( 8)	172.900
8	Lars Landin	IF Castor	42.2 (14)	1.25.8 ( 8)	44.1 (16)	1.29.4( 6)	173.900
9	Arne Wallenbert	SK Pollux	41.6 (10)	1.29.0 (18)	44.2 (17)	1.30.8( 9)	175.700
10	Sture Levén	IFK Göteborg	42.2 (14)	1.26.8 (12)	45.0 (22)	1.31.6(11)	176.400
11	Bengt Stenberg	IFK Kiruna	42.8 (19)	1.27.1 (13)	44.7 (20)	1.31.9(12)	177.000
12	Sture Johansson	Kubikensborgs IF	42.4 (16)	1.28.6 (16)	43.7 (11)	1.33.6(14)	177.200
13	Göran Johansson	CK Örnen	42.5 (17)	1.29.2 (19)	43.8 (13)	1.32.8(13)	177.300
13	Jan-Åke Carlberg	IFK Lidingö	41.7 (12)	1.26.6 (11)	44.0 (15)	1.36.6(18)	177.300
15	Thomas Bergman	IK Wega	42.9 (20)	1.28.7 (17)	44.6 (18)	1.31.4(10)	177.550
16	Tomas Blomqvist	Mälardalens SS	42.6 (18)	1.28.5 (14)	43.9 (14)	1.36.0(16)	178.750
17	Anders Landelius	SK Pollux	40.9 ( 7)	1.25.7 ( 7)	43.5 ( 9)	1.43.6(19)	179.050
18	Kenneth Olausson	Karlstads SK	43.2 (21)	1.28.5 (14)	44.6 (18)	1.34.7(15)	179.400
19	Per-Åke Noaksson	Sollentuna SS	43.3 (22)	1.33.1 (21)	44.7 (20)	1.36.3(17)	182.700
	Bernt Jansson	SK Winner	40.3 ( 4)	1.54.1f(24)	42.0 ( 5)		
	Hasse Börjes	IFK Rättvik	40.4 ( 5)	1.35.6 (23)	43.6 (10)		
	Björn Mossberg	IK Wega	43.7 (23)	1.29.4 (20)	45.2 (23)		
	Johan Granath	SK Pollux	65.9f(24)	1.21.6 ( 1)	40.8 ( 2)		
	Ove König	SK Winner	40.2 ( 3)	1.33.2 (22)			

## Örnsköldsvik 05/06-03-1977

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Oloph Granath	SK Pollux	40.51( 3)	1.23.9( 2)	39.57( 1)	1.22.9 ( 2)	163.480
2	Mats Wallberg	Arvika IS	40.15( 1)	1.23.9( 2)	40.41( 2)	1.23.9 ( 6)	164.460
3	Bernt Jansson	SK Winner	40.41( 2)	1.23.5( 1)	40.97( 5)	1.24.1 ( 8)	165.180
4	Lennart Carlsson	IK Wega	41.20( 8)	1.24.5( 4)	41.55( 7)	1.21.7 ( 1)	165.850
5	Peter Eriksson	SK Pollux	41.01( 7)	1.24.6( 5)	40.93( 4)	1.25.3 (12)	166.890
6	Jan-Åke Carlberg	IFK Lidingö	40.63( 4)	1.27.3(17)	40.88( 3)	1.24.0 ( 7)	167.160
7	Anders Landelius	SK Pollux	40.77( 5)	1.25.6( 9)	41.04( 6)	1.25.4 (13)	167.310
8	Bengt Stenberg	IFK Kiruna	41.99(12)	1.26.4(13)	41.73(10)	1.23.1 ( 3)	168.470
9	Arne Wallenbert	SK Pollux	40.87( 6)	1.25.4( 7)	41.97(11)	1.26.3 (15)	168.690
10	Jan Junell	IFK Rättvik	42.70(18)	1.25.7(10)	41.64( 9)	1.23.6 ( 5)	168.990
11	Peter Nyberg	Sundsvalls SK	41.80(10)	1.25.4( 7)	42.14(14)	1.24.9 (10)	169.090
12	Göran Johansson	CK Örnen	41.91(11)	1.26.7(14)	42.21(15)	1.25.2 (11)	170.070
13	Håkan Sannemo	IFK Strömsund	43.08(22)	1.26.1(11)	42.72(20)	1.23.5 ( 4)	170.600
14	Roger Hagel	IFK Göteborg	41.76( 9)	1.28.0(20)	41.98(12)	1.26.9 (18)	171.190
15	Lars Landin	IF Castor	42.34(15)	1.27.2(16)	42.21(15)	1.26.4 (16)	171.350
16	Ulf Ekstrand	SK Skrinnaren	42.85(19)	1.27.9(19)	42.47(17)	1.24.7 ( 9)	171.620
17	Tomas Gustafson	Eskilstuna IK	42.34(15)	1.26.9(15)	43.32(24)	1.26.7 (17)	172.460
18	Göran Stolt	IK Wega	43.29(23)	1.26.3(12)	43.02(21)	1.26.2 (14)	172.560
19	Bo Malmström	Eskilstuna IK	42.15(13)	1.24.6( 5)	41.56( 8)	1.36.4f(23)	174.210
20	Ole Normannseth	SK Pollux	42.50(17)	1.30.6(22)	42.52(18)	1.29.5 (19)	175.070
21	Pär Pettersson	SK Pollux	42.20(14)	1.31.3(23)	42.55(19)	1.30.3 (21)	175.550
22	Thomas Widstrand	IK Wega	43.56(24)	1.29.9(21)	43.07(22)	1.30.0 (20)	176.580
23	Ove König	SK Winner	42.90(20)	1.32.2(24)	42.05(13)	1.31.3 (22)	176.700
24	Claes Bengtsson	IFK Sala	43.06(21)	1.27.4(18)	43.26(23)	1.43.0f(24)	181.520

## Stockholm-Östermalm 01/02-03-1978

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Johan Granath	SK Pollux	39.20 ( 2)	<u>1.18.79 ( 1)</u>	39.14 ( 2)	1.18.98 ( 1)	157.225
2	Oloph Granath	SK Pollux	<u>39.00 ( 1)</u>	1.19.47 ( 2)	38.80 ( 1)	1.19.87 ( 2)	157.470
3	Peter Eriksson	SK Pollux	39.47 ( 3)	1.20.86 ( 4)	39.64 ( 4)	1.20.84 ( 4)	159.960
4	Thomas Pettersson	SK Pollux	39.81 ( 6)	1.21.09 ( 6)	39.32 ( 3)	1.21.74 ( 5)	160.545
5	Lennart Carlsson	IK Wega	40.31 (10)	1.19.99 ( 3)	40.42 (11)	1.20.03 ( 3)	160.740
6	Jan-Åke Carlberg	IFK Lidingö	39.63 ( 4)	1.21.10 ( 7)	39.66 ( 5)	1.22.24 (10)	160.960
7	Mats Wallberg	Arvika IS	40.07 ( 8)	1.21.06 ( 5)	39.74 ( 6)	1.21.99 ( 7)	161.335
8	Roger Hagel	IFK Göteborg	40.29 ( 9)	1.21.68 ( 9)	40.09 ( 9)	1.23.65 (12)	163.045
9	Göran Johansson	CK Örnen	41.10 (14)	1.21.94 (10)	40.22 (10)	1.21.87 ( 6)	163.225
10	Lars Landin	IF Castor	41.04 (13)	1.21.60 ( 8)	40.91 (14)	1.22.01 ( 8)	163.755
11	Bernt Jansson	SK Winner	39.64 ( 5)	1.27.36f (19)	39.84 ( 8)	1.22.03 ( 9)	164.175
12	Bengt Stenberg	IFK Kiruna	41.22 (15)	1.22.98 (12)	40.68 (13)	1.23.87 (13)	165.325
13	Håkan Sannemo	IFK Strömsund	40.82 (12)	1.22.62 (11)	41.22 (15)	1.24.01 (14)	165.355
14	Pär Pettersson	SK Pollux	40.47 (11)	1.26.74 (18)	40.43 (12)	1.26.10 (19)	167.320
15	Michael Rocking	IFK Rättvik	41.71 (17)	1.25.10 (15)	41.45 (17)	1.24.18 (15)	167.800
16	Bo Fransson	Sollentuna SS	41.82 (18)	1.24.71 (14)	41.48 (18)	1.24.71 (16)	168.010
17	Björn Mossberg	IK Wega	42.04 (20)	1.24.15 (13)	41.82 (20)	1.24.72 (17)	168.295
18	Ole Normannseth	SK Pollux	41.68 (16)	1.29.11 (20)	41.36 (16)	1.26.40 (20)	170.795
19	Björn Olsson	IK Wega	42.33 (21)	1.26.20 (16)	41.76 (19)	1.28.04 (22)	171.210
20	Kenneth Olausson	Karlstads SK	42.03 (19)	1.39.95f (22)	41.97 (21)	1.25.53 (18)	176.740
21	Anders Landelius	SK Pollux	39.83 ( 7)	1.52.66f (23)	39.80 ( 7)	1.22.79 (11)	177.355
	Lennart Pettersson	IF Thor	dq	1.26.69 (17)	42.36 (22)	1.26.60 (21)	
	Thomas Nilsson	IFK Göteborg	43.55 (22)	1.29.13 (21)	dns		

## Eskilstuna/Isstadion 23/24-02-1979

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Johan Granath	SK Pollux	<u>39.1 ( 1)</u>	<u>1.21.1 ( 1)</u>	39.4 ( 3)	1.19.6 ( 1)	158.850
2	Oloph Granath	SK Pollux	39.2 ( 2)	1.22.9 ( 3)	38.9 ( 1)	1.21.2 ( 3)	160.150
3	Jan-Åke Carlberg	IFK Lidingö	39.8 ( 3)	1.23.0 ( 5)	38.9 ( 1)	1.20.7 ( 2)	160.550
4	Roger Hagel	IFK Göteborg	40.0 ( 4)	1.22.8 ( 2)	39.9 ( 5)	1.21.8 ( 4)	162.200
5	Peter Eriksson	SK Pollux	40.4 ( 5)	1.23.4 ( 6)	39.5 ( 4)	1.22.4 ( 5)	162.800
6	Ulf Berggren	IFK Göteborg	41.0 ( 7)	1.22.9 ( 3)	40.8 ( 9)	1.22.8 ( 6)	164.650
7	Thomas Pettersson	SK Pollux	41.0 ( 7)	1.23.9 ( 7)	40.0 ( 6)	1.23.6 ( 8)	164.750
8	Anders Landelius	SK Pollux	40.5 ( 6)	1.24.8 (10)	40.7 ( 8)	1.23.8 ( 9)	165.500
9	Lars Landin	IF Castor	41.2 ( 9)	1.24.4 ( 8)	41.1 (11)	1.23.3 ( 7)	166.150
10	Kenneth Olausson	Karlstads SK	41.4 (12)	1.24.7 ( 9)	40.8 ( 9)	1.23.8 ( 9)	166.450
11	Ulf Wennlöf	SK Winner	41.9 (13)	1.26.0 (12)	41.4 (13)	1.26.9 (14)	169.750
12	Bengt Meissner	IK Wega	42.2 (16)	1.26.2 (13)	42.0 (16)	1.25.5 (11)	170.050
13	Johnny Gustafsson	Hagaströms SK	41.9 (13)	1.28.2 (17)	41.8 (14)	1.27.8 (17)	171.700
14	Per-Arne Nilsson	IF Thor	42.2 (15)	1.28.2 (17)	42.2 (20)	1.26.8 (13)	171.900
15	Pär Pettersson	SK Pollux	41.3 (10)	1.30.3 (22)	41.3 (12)	1.28.8 (19)	172.150
16	Mats Ris	IK Wega	42.7 (18)	1.27.8 (15)	41.9 (15)	1.27.4 (16)	172.200
17	Jan Landelius	IF Thor	42.9 (20)	1.27.1 (14)	42.5 (21)	1.26.7 (12)	172.300
17	Lennart Pettersson	IF Thor	42.6 (17)	1.28.5 (20)	42.0 (16)	1.26.9 (14)	172.300
19	Per-Olof Pehrsson	Hagaströms SK	42.7 (19)	1.27.8 (16)	42.0 (16)	1.27.8 (17)	172.500
20	Arne Wallenbert	SK Pollux	41.3 (10)	1.25.4 (11)	40.6 ( 7)	1.36.3f (20)	172.750
	Björn Mossberg	IK Wega	43.1 (21)	1.28.8 (21)			
	Peter Johansson	CK Örnen	dq	1.28.2 (19)	42.1 (19)		

## Eskilstuna/Isstadion 05/06-03-1980

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Jan-Åke Carlberg	IFK Lidingö	40.21 ( 2)	1.24.25 ( 2)	38.83 ( 1)	1.19.3 ( 2)	160.815
2	Oloph Granath	SK Pollux	<u>40.09 ( 1)</u>	1.24.49 ( 4)	38.84 ( 2)	1.19.4 ( 3)	160.875
3	Peter Eriksson	Södermalms IK	40.35 ( 3)	1.25.17 ( 5)	39.63 ( 4)	1.21.0 ( 6)	163.065
4	Tomas Gustafson	Eskilstuna IK	41.01 ( 6)	1.24.27 ( 3)	39.92 ( 5)	1.20.9 ( 5)	163.515
5	Anders Landelius	SK Pollux	40.57 ( 5)	1.26.30 ( 6)	40.00 ( 6)	1.21.9 ( 7)	164.670
6	Göran Johansson	CK Örnen	41.32 ( 8)	1.27.11 ( 8)	40.18 ( 9)	1.20.8 ( 4)	165.455
7	Anders Moberg	IFK Göteborg	41.23 ( 7)	1.27.34 ( 9)	40.11 ( 7)	1.22.1 ( 9)	166.060
8	Thomas Stolt	IK Wega	41.99 ( 9)	1.26.55 ( 7)	40.69 (10)	1.21.9 ( 7)	166.905
9	Gunnar Åkerström	IK Wega	43.51 (13)	1.27.49 (11)	41.85 (12)	1.24.4 (10)	171.305
10	Martin Delle	IK Wega	42.83 (10)	1.28.53 (12)	42.68 (14)	1.25.3 (11)	172.425
11	Per-Arne Nilsson	IF Thor	44.00 (14)	1.28.73 (13)	41.81 (11)	1.26.0 (12)	173.175
12	Johan Granath	SK Pollux	89.92f (15)	<u>1.21.78 ( 1)</u>	39.32 ( 3)	1.18.5 ( 1)	209.380
	Bernt Jansson	SK Winner	40.54 ( 4)	1.27.42 (10)	40.13 ( 8)	dnf	
	Johnny Gustafsson	Hagaströms SK	43.04 (11)	1.31.59 (15)	41.87 (13)	dq	
	Bengt Meissner	IK Wega	43.29 (12)	1.30.70 (14)			

## Göteborg-Ruddalen 28/29-01-1981

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Jan-Åke Carlberg	IFK Lidingö	39.89 ( 2)	<u>1.19.74 ( 1)</u>	39.54 ( 1)	1.21.69 ( 1) 160.145
2	Johan Granath	SK Pollux	<u>39.69 ( 1)</u>	1.21.00 ( 2)	40.45 ( 6)	1.21.89 ( 2) 161.585
3	Tomas Gustafson	Eskilstuna IK	40.20 ( 6)	1.21.20 ( 3)	39.97 ( 3)	1.22.24 ( 3) 161.890
4	Anders Moberg	IFK Göteborg	39.97 ( 4)	1.22.45 ( 5)	40.16 ( 5)	1.22.72 ( 4) 162.715
5	Göran Johansson	CK Örnen	40.09 ( 5)	1.22.77 ( 6)	39.70 ( 2)	1.23.62 ( 5) 162.985
6	Oloph Granath	SK Pollux	39.94 ( 3)	1.22.86 ( 7)	40.00 ( 4)	1.23.65 ( 6) 163.195
7	Thomas Stolt	IK Wega	40.49 ( 8)	1.22.15 ( 4)	40.86 ( 8)	1.23.88 ( 7) 164.365
8	Bernt Jansson	SK Winner	40.41 ( 7)	1.24.79 (12)	41.02 ( 9)	1.25.49 ( 8) 166.570
9	Martin Delle	IK Wega	41.66 (10)	1.24.64 (10)	41.84 (10)	1.27.12 (11) 169.380
10	Per-Arne Nilsson	IF Thor	41.88 (13)	1.24.70 (11)	42.20 (11)	1.28.05 (12) 170.455
11	Gunnar Åkerström	IK Wega	41.78 (12)	1.25.89 (13)	42.30 (12)	1.26.94 (10) 170.495
12	Björn Olsson	IK Wega	41.89 (14)	1.26.35 (14)	42.62 (14)	1.29.10 (14) 172.235
13	Johnny Gustafsson	Hagaströms SK	41.72 (11)	1.27.28 (16)	42.30 (12)	1.29.88 (15) 172.600
14	Bengt Meissner	IK Wega	42.28 (15)	1.27.08 (15)	43.41 (15)	1.28.74 (13) 173.600
15	Roger Hagel	IFK Göteborg	88.04f (16)	1.23.04 ( 8)	40.45 ( 6)	1.26.47 ( 9) 213.245
	Lars Ludvigsson	SK Pollux	41.22 ( 9)	1.24.44 ( 9)		

## Kristinehamn 16/17-01-1982

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Jan-Åke Carlberg	IFK Lidingö	39.91 ( 2)	1.21.00 ( 3)	39.17 ( 1)	1.20.21 ( 3) 159.685
2	Johan Granath	SK Pollux	40.17 ( 4)	<u>1.20.82 ( 1)</u>	39.87 ( 4)	1.19.39 ( 1) 160.145
3	Oloph Granath	SK Pollux	<u>39.75 ( 1)</u>	1.22.18 ( 5)	39.31 ( 2)	1.20.72 ( 5) 160.510
4	Anders Moberg	IFK Göteborg	39.94 ( 3)	1.21.23 ( 4)	40.11 ( 5)	1.20.70 ( 4) 161.015
5	Roger Hagel	IFK Göteborg	40.27 ( 5)	1.22.69 ( 7)	40.28 ( 6)	1.21.82 ( 6) 162.805
6	Ulf Ekstrand	IK Wega	41.56 (10)	1.22.54 ( 6)	41.01 ( 8)	1.22.03 ( 7) 164.855
7	Thomas Stolt	IK Wega	41.07 ( 6)	1.23.49 ( 8)	40.47 ( 7)	1.23.57 (10) 165.070
8	Peter Nyberg	Sundsvalls SK	41.46 ( 8)	1.23.86 ( 9)	41.14 ( 9)	1.23.07 ( 9) 166.065
9	Per-Arne Nilsson	IF Thor	41.71 (11)	1.24.02 (10)	41.21 (11)	1.22.85 ( 8) 166.355
10	Kenneth Olausson	Karlstads SK	41.73 (12)	1.24.76 (11)	41.92 (14)	1.24.25 (11) 168.155
11	Johnny Gustafsson	Hagaströms SK	41.44 ( 7)	1.26.05 (12)	41.14 ( 9)	1.25.23 (13) 168.220
12	Thomas Nilsson	IFK Göteborg	42.22 (13)	1.26.14 (13)	41.40 (12)	1.24.90 (12) 169.140
13	Per-Olof Pehrsson	Hagaströms SK	42.74 (14)	1.26.80 (14)	42.07 (15)	1.25.56 (15) 170.990
14	Göran Johansson	CK Örnen	51.86f (16)	1.20.99 ( 2)	39.54 ( 3)	1.20.03 ( 2) 171.910
15	Bengt Meissner	IK Wega	43.34 (15)	1.28.18 (15)	42.52 (16)	1.27.35 (16) 173.625
16	Björn Olsson	IK Wega	41.47 ( 9)	1.42.00f (16)	41.86 (13)	1.25.28 (14) 176.970

## Sundsvall 12/13-02-1983

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Göran Johansson	CK Örnen	40.68 ( 2)	1.21.78 ( 3)	39.98 ( 1)	1.21.33 ( 2) 162.215
2	Anders Moberg	IFK Göteborg	40.72 ( 3)	1.21.39 ( 2)	40.33 ( 3)	1.21.67 ( 4) 162.580
3	Claes Bengtsson	IFK Sala	41.01 ( 7)	<u>1.20.53 ( 1)</u>	40.63 ( 7)	1.21.47 ( 3) 162.640
4	Jan-Åke Carlberg	IFK Lidingö	40.95 ( 5)	1.22.53 ( 5)	40.37 ( 4)	1.23.64 ( 8) 164.405
5	Björn Forslund	Sundsvalls SK	40.95 ( 5)	1.23.40 ( 7)	40.58 ( 6)	1.23.18 ( 7) 164.820
6	Jan Bengtsson	IFK Sala	41.58 (10)	1.22.20 ( 4)	41.23 (10)	1.22.39 ( 5) 165.105
7	Mikael Lingefeldt	Sundsvalls SK	<u>40.48 ( 1)</u>	1.24.66 (10)	40.65 ( 8)	1.25.18 (11) 166.050
8	Tomas Movin	Eskilstuna IK	41.54 ( 9)	1.24.34 ( 9)	41.00 ( 9)	1.23.95 ( 9) 166.685
9	Hans-Erik Salzberg	Sundsvalls SK	42.39 (11)	1.23.22 ( 6)	41.67 (12)	1.24.45 (10) 167.895
10	Per-Arne Nilsson	IF Thor	42.43 (12)	1.26.38 (12)	41.49 (11)	1.25.84 (12) 170.030
11	Conny Jansson	Sollentuna SS	41.44 ( 8)	1.25.97 (11)	41.95 (13)	1.27.73 (13) 170.240
12	Magnus Oscarsson	Sollentuna SS	43.57 (13)	1.27.54 (14)	42.52 (15)	1.28.24 (14) 173.980
13	Johan Granath	SK Pollux	40.93 ( 4)	1.58.90f (15)	40.22 ( 2)	1.21.24 ( 1) 181.220
	Roger Hagel	IFK Göteborg	dnf	1.23.40 ( 7)	40.47 ( 5)	1.22.39 ( 5)
	Johnny Gustafsson	Hagaströms SK	dq	1.26.47 (13)	42.37 (14)	dns

## Örnsköldsvik 14/15-01-1984

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Jan-Åke Carlberg	IFK Lidingö	<u>39.65 ( 1)</u>	1.22.2 ( 5)	39.21 ( 1)	1.19.33 ( 1) 159.625
2	Hans Magnusson	IF Castor	39.96 ( 4)	<u>1.20.1 ( 1)</u>	39.89 ( 3)	1.19.74 ( 2) 159.770
3	Göran Johansson	CK Örnen	39.69 ( 2)	1.21.8 ( 2)	39.42 ( 2)	1.20.50 ( 3) 160.260
4	Anders Moberg	IFK Göteborg	39.77 ( 3)	1.21.9 ( 3)	40.04 ( 4)	1.20.96 ( 4) 161.240
5	Roger Hagel	IFK Göteborg	40.44 ( 5)	1.22.7 ( 7)	40.20 ( 5)	1.21.73 ( 8) 162.855

6	Björn Forslund	Sundsvalls SK	40.67 ( 6)	1.23.1 ( 8)	40.62 ( 7)	1.21.94 ( 9)	163.810
7	Hans-Erik Salzberg	Sundsvalls SK	40.83 ( 8)	1.22.3 ( 6)	41.05(12)	1.21.57 ( 6)	163.815
8	Claes Ekstrand	IK Wega	40.82 ( 7)	1.23.5 ( 9)	40.57 ( 6)	1.21.69 ( 7)	163.985
9	Ulf Ekstrand	IK Wega	41.39(13)	1.22.1 ( 4)	40.99 ( 9)	1.21.17 ( 5)	164.015
10	Tomas Movin	Eskilstuna IK	41.24(11)	1.23.8 (10)	40.87 ( 8)	1.22.08(11)	165.050
11	Lennart Eldh	Sollentuna SS	40.98 ( 9)	1.24.6 (12)	41.02(11)	1.24.11(13)	166.355
12	Thomas Jansson	Sandvikens SK	41.70(14)	1.24.0 (11)	41.77(16)	1.23.17(12)	167.055
13	Mikael Lingefeldt	Sundsvalls SK	41.32(12)	1.25.4 (14)	41.24(13)	1.25.12(14)	167.820
14	Peter Nyberg	Sundsvalls SK	41.95(15)	1.25.7 (15)	41.72(14)	1.25.34(15)	169.190
15	Conny Jansson	Sollentuna SS	42.12(16)	1.24.7 (13)	41.76(15)	1.26.24(16)	169.350
16	Jan Bengtsson	IFK Sala	41.19(10)	1.41.8f(16)	41.00(10)	1.22.07(10)	174.125

## Sundsvall 02/03-03-1985

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Göran Johansson	CK Örnen	39.54 ( 1)	1.23.34 ( 3)	39.66 ( 1)	1.23.01 ( 3)	162.375
2	Jan-Åke Carlberg	IFK Lidingö	39.77 ( 3)	1.23.96 ( 6)	39.90 ( 2)	1.22.62 ( 2)	162.960
3	Björn Forslund	Sundsvalls SK	39.73 ( 2)	1.23.26 ( 2)	40.45 ( 6)	1.23.28 ( 6)	163.450
4	Hans Magnusson	IK Wega	40.38 ( 5)	1.22.70 ( 1)	40.34 ( 3)	1.23.10 ( 5)	163.620
5	Joakim Karlberg	IK Wega	40.80 ( 7)	1.23.62 ( 5)	41.01 ( 8)	1.22.19 ( 1)	164.715
6	Jens Magnusson	Askersunds SK	41.56 ( 8)	1.24.67 ( 7)	40.89 ( 7)	1.24.21 ( 7)	166.890
7	Claes Bengtsson	IFK Sala	40.75 ( 6)	1.28.65(13)	40.39 ( 4)	1.23.02 ( 4)	166.975
8	Ulf Lundberg	IK Wega	41.93 (11)	1.27.65 ( 9)	41.76(11)	1.25.58 ( 8)	170.305
9	Jörgen R Emmelg	Askersunds SK	42.07 (13)	1.26.95 ( 8)	42.65(15)	1.26.97 ( 9)	171.680
10	Claes Ekstrand	IK Wega	42.16 (14)	1.27.72(10)	41.85(12)	1.27.76(12)	171.750
11	Jan Bengtsson	IFK Sala	41.88 (10)	1.28.42(12)	42.17(14)	1.27.10(10)	171.810
12	Lennart Eldh	IFK Lidingö	42.02 (12)	1.28.26(11)	41.62 ( 9)	1.28.30(13)	171.920
13	Björn Andersson	IFK Lidingö	42.24 (15)	1.32.15(16)	42.77(16)	1.28.42(15)	175.295
14	Stefan Fryckberg	IK Wega	43.22 (16)	1.31.48(14)	42.99(17)	1.29.38(16)	176.640
15	Roger Hagel	IFK Göteborg	82.61f(17)	1.32.07(15)	42.03(13)	1.27.61(11)	214.480
	Bernt Jansson	Bofors CK	41.63 ( 9)	dq	41.73(10)	1.28.38(14)	
	Anders Moberg	IFK Göteborg	40.36 ( 4)	1.23.41 ( 4)	40.40 ( 5)	dns	

## Uppsala 18/19-01-1986

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Göran Johansson	CK Örnen	38.97 ( 1)	1.19.46 ( 1)	40.37 ( 1)	1.23.79 ( 6)	160.965
2	Anders Moberg	IFK Göteborg	39.47 ( 3)	1.20.46 ( 2)	40.62 ( 2)	1.22.78 ( 4)	161.710
3	Björn Forslund	Sundsvall SK	39.81 ( 4)	1.20.78 ( 4)	41.28 ( 3)	1.22.05 ( 2)	162.505
4	Håkan Edman	IFK Ströms.	39.95 ( 5)	1.20.77 ( 3)	41.68 ( 5)	1.22.24 ( 3)	163.135
5	Peter Johansson	IK Wega	40.69 ( 8)	1.21.23 ( 7)	42.00 ( 7)	1.21.64 ( 1)	164.125
6	Johan Granath	SK Pollux	40.87 (10)	1.21.89 ( 8)	41.41 ( 4)	1.23.60 ( 5)	165.025
7	Jens Magnusson	Askersund SK	40.50 ( 6)	1.21.21 ( 6)	42.53 (12)	1.24.31 ( 7)	165.790
8	Claes Ekstrand	IK Wega	40.79 ( 9)	1.22.93(11)	41.95 ( 6)	1.26.24 (13)	167.325
9	Lennart Eldh	IFK Lidingö	40.60 ( 7)	1.23.96(13)	42.21 ( 8)	1.25.97 (11)	167.775
10	Bernt Jansson	Bofors CK	41.17 (12)	1.24.96(14)	42.64 (13)	1.25.97 (11)	169.275
11	Jörgen R Emmelg	Askersund SK	42.21 (14)	1.23.68(12)	42.45 (11)	1.25.56 ( 9)	169.280
12	Ulf Lundberg	IK Wega	46.36f(15)	1.22.60(10)	42.40 (10)	1.24.80 ( 8)	172.460
13	Magnus Oscarsson	IFK Lidingö	41.13 (11)	1.25.12(15)	42.30 ( 9)	1.56.57f(14)	184.275
14	Jan-Åke Carlberg	IFK Lidingö	39.27 ( 2)	1.22.22 ( 9)	81.81f(14)	1.25.94 (10)	205.160
	Claes Bengtsson	IFK Sala	41.73 (13)	1.20.84 ( 5)			

## Sandviken-Jernvallen 21/22-02-1987

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Hans Magnusson	IK Wega	39.12 ( 1)	1.19.76 ( 1)	40.88 ( 1)	1.21.43 ( 4)	160.595
2	Hans Markström	SK Pollux	39.77 ( 4)	1.21.47 ( 5)	41.06 ( 2)	1.20.86 ( 1)	161.995
3	Björn Forslund	Sundsvalls SK	39.51 ( 2)	1.21.49 ( 6)	41.12 ( 3)	1.21.26 ( 2)	162.005
4	Joakim Karlberg	IK Wega	40.33 ( 8)	1.20.84 ( 2)	41.55 ( 5)	1.21.47 ( 5)	163.035
5	Peter Johansson	IK Wega	40.30 ( 7)	1.21.34 ( 4)	41.59 ( 6)	1.21.26 ( 2)	163.190
6	Johan Granath	SK Pollux	40.56(11)	1.22.04 ( 7)	41.70 ( 8)	1.21.66 ( 8)	164.110
7	Göran Johansson	CK Örnen	39.58 ( 3)	1.22.05 ( 8)	42.80(13)	1.21.63 ( 7)	164.220
8	Claes Bengtsson	IFK Sala	40.47 ( 9)	1.21.21 ( 3)	42.59(11)	1.21.55 ( 6)	164.440
9	Jens Magnusson	Askersunds SK	40.47 ( 9)	1.23.66(10)	42.35 ( 9)	1.24.64(11)	166.970
10	Jan-Åke Carlberg	IFK Lidingö	39.90 ( 5)	1.28.97(16)	41.45 ( 4)	1.24.27 ( 9)	167.970
11	Lennart Eldh	IFK Lidingö	40.15 ( 6)	1.24.76(13)	42.68(12)	1.26.67(13)	168.545
12	Ulf Lundberg	IK Wega	41.38(14)	1.23.82(11)	43.47(14)	1.25.56(12)	169.540
13	Anders Moberg	IFK Göteborg	40.78(12)	1.24.07(12)	42.48(10)	1.28.51(15)	169.550
14	Magnus Oscarsson	IFK Lidingö	41.58(15)	1.27.19(15)	43.83(15)	1.27.50(14)	172.755
	Håkan Edman	IFK Strömsund	dq	1.23.17 ( 9)	41.69 ( 7)	1.24.38(10)	
	Tomas Gustafson	Eskilstuna IK	40.89(13)	1.24.76(13)	45.11(16)		

## Göteborg-Ruddalen 27/28-02-1988

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Göran Johansson	CK Örn	39.63 ( 2)	1.21.3 ( 3)	40.97 ( 3)	1.31.50 ( 1)	167.000
2	Hans Markström	SK Pollux	39.44 ( 1)	1.20.5 ( 1)	40.91 ( 2)	1.33.28 ( 6)	167.240
3	Björn Forslund	Sundsvalls SK	39.84 ( 3)	1.20.5 ( 1)	40.80 ( 1)	1.32.91 ( 4)	167.345
4	Claes Bengtsson	IFK Sala	40.80 ( 9)	1.22.7 ( 6)	41.33 ( 5)	1.33.70 ( 7)	170.330
5	Fredrik Nilsson	Uddevalla IS	41.65 (12)	1.23.6 ( 9)	41.62 ( 6)	1.33.02 ( 5)	171.580
6	Hans Magnusson	IK Wega	40.66 ( 5)	1.21.5 ( 4)	42.71 (10)	1.35.35 (11)	171.795
7	Jörgen Andersson	Karlstads SK	42.20 (16)	1.23.2 ( 7)	42.37 ( 9)	1.34.18 ( 9)	173.260
8	Jens Magnusson	Askersunds SK	40.71 ( 8)	1.22.6 ( 5)	41.64 ( 7)	1.39.91 (19)	173.605
9	Anders Moberg	IFK Göteborg	40.70 ( 7)	1.23.7 (10)	41.30 ( 4)	1.42.39 (20)	175.045
10	Lennart Eldh	Sollentuna SS	40.66 ( 5)	1.25.5 (14)	42.33 ( 8)	1.39.36 (17)	175.420
11	Ola Magnusson	Askersunds SK	41.77 (15)	1.24.9 (13)	44.37 (15)	1.33.90 ( 8)	175.540
12	Tomas Rimmelg	Askersunds SK	41.43 (11)	1.23.8 (11)	44.56 (16)	1.35.88 (14)	175.830
13	Thomas Jansson	Sandvikens SK	41.76 (13)	1.25.7 (15)	43.49 (12)	1.35.78 (13)	175.990
14	Tomas Movin	Eskilstuna IK	41.76 (13)	1.27.6 (18)	43.18 (11)	1.37.13 (16)	177.305
15	Jan Landelius	IF Thor	43.55 (21)	1.28.1 (20)	44.36 (14)	1.32.38 ( 3)	178.150
16	Peter Fernhede	IK Wega	43.27 (19)	1.27.1 (17)	44.73 (17)	1.34.20 (10)	178.650
17	Leif Sjöblom	IF Thor	43.03 (17)	1.26.1 (16)	45.07 (18)	1.35.76 (12)	179.030
18	Anders Vallner	Sandvikens SK	43.31 (20)	1.28.0 (19)	45.61 (19)	1.32.32 ( 2)	179.080
19	Anders Olsson	Uddevalla IS	43.70 (22)	1.31.3 (21)	46.57 (20)	1.39.70 (18)	185.770
20	Peter Johansson	IK Wega	41.29 (10)	1.23.4 ( 8)	43.77 (13)	2.31.78f (22)	202.650
21	Kent Eriksson	Sundsvalls SK	43.06 (18)	1.31.3 (21)	74.55f (22)	1.36.55 (15)	211.535
22	Håkan Edman	IFK Strömsund	40.53 ( 4)	1.24.0 (12)	73.40f (21)	1.57.49f (21)	214.675

Mästare på 500 m och 1.000 m korades i samband med Distans-SM under åren 1989-1994.

## Sundsvall 11/12-02-1989

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Björn Forslund	Sundsvalls SK	39.88 ( 1)	1.22.60 ( 1)	39.28 ( 1)	1.22.16 ( 2)	161.540
2	Bo König	Hagaström	41.58 ( 6)	1.23.79 ( 3)	40.12 ( 4)	1.22.12 ( 1)	164.655
3	Hans Magnusson	IK Wega	41.50 ( 5)	1.23.81 ( 4)	40.11 ( 3)	1.22.47 ( 3)	164.750
4	Hans Markström	SK Pollux	40.47 ( 2)	1.23.50 ( 2)	40.01 ( 2)	1.25.66 ( 9)	165.060
5	Lars Lindström	IFK Lid-ö	40.92 ( 3)	1.25.53 ( 6)	40.16 ( 5)	1.24.57 ( 6)	166.130
6	Tomas Rimmelg	Askersund	41.84 ( 7)	1.27.33 ( 8)	41.00 ( 6)	1.24.79 ( 7)	168.900
7	Jörgen Andersson	Karlst SK	42.80 (11)	1.26.81 ( 7)	41.62 ( 9)	1.24.52 ( 5)	170.085
8	Ola Magnusson	Askersund	42.66 (10)	1.27.74 ( 9)	41.51 ( 8)	1.24.80 ( 8)	170.440
9	Thomas Jansson	Sandviken	42.30 ( 9)	1.28.22 (10)	41.21 ( 7)	1.28.17 (11)	171.705
10	Anders Vallner	Sandviken	43.71 (13)	1.29.01 (11)	42.90 (11)	1.27.21 (10)	174.720
11	Lars-Erik Larsson	SK Winner	43.32 (12)	1.31.13 (15)	42.45 (10)	1.29.50 (14)	176.085
12	Jan-Olof Engström	Karlst SK	44.15 (14)	1.30.43 (13)	43.78 (15)	1.28.76 (13)	177.525
13	Leif Sjöblom	IF Thor	44.91 (16)	1.30.78 (14)	43.47 (14)	1.30.21 (15)	178.875
14	Per-Olof Pehrsson	Hagaström	44.94 (17)	1.34.86 (16)	43.38 (13)	1.32.30 (16)	181.900
15	Tord Hedman	Sandviken	44.61 (15)	1.35.85 (17)	43.34 (12)	1.34.17 (17)	182.960
16	Jens Magnusson	Askersund	41.23 ( 4)	1.25.27 ( 5)	81.25f (16)	1.24.24 ( 4)	207.235
17	Ulf Lundberg	IK Wega	41.86 ( 8)	1.29.05 (12)	107.90 (17)	1.28.37 (12)	238.470

## Göteborg-Ruddalen 10/11-02-1990

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Bo König	Hagaströms SK	39.59 ( 2)	1.20.2 ( 1)	40.19 ( 2)	1.19.33 ( 2)	159.545
2	Hans Markström	SK Pollux	40.01 ( 3)	1.21.3 ( 3)	40.03 ( 1)	1.18.99 ( 1)	160.185
3	Hans Magnusson	IK Wega	40.05 ( 4)	1.22.5 ( 4)	40.68 ( 3)	1.20.46 ( 3)	162.210
4	Jens Magnusson	Askersunds SK	40.22 ( 5)	1.24.4 ( 9)	41.24 ( 5)	1.22.43 ( 4)	164.875
5	Roger Karlsson	Motala AIF	40.98 ( 8)	1.23.4 ( 5)	41.19 ( 4)	1.22.44 ( 5)	165.090
6	Thomas Jansson	Sandvikens SK	40.89 ( 7)	1.23.4 ( 5)	41.34 ( 6)	1.23.56 ( 6)	165.710
7	Ola Magnusson	Askersunds SK	40.86 ( 6)	1.23.5 ( 7)	41.70 ( 7)	1.23.59 ( 8)	166.105
8	Ulf Lundberg	IK Wega	41.36 (10)	1.24.2 ( 8)	41.70 ( 7)	1.24.14 ( 9)	167.230
9	Bernt Jansson	Askersunds SK	41.30 ( 9)	1.27.3 (12)	42.01 ( 9)	1.24.89 (10)	169.405
10	Jörgen Andersson	Karlstads SK	41.88 (12)	1.24.7 (10)	43.54 (13)	1.23.58 ( 7)	169.560
11	Patric Wärnsäter	IK Wega	42.75 (14)	1.27.2 (11)	42.65 (11)	1.25.49 (11)	171.745
12	Anders Niklasson	IK Wega	42.72 (13)	1.28.5 (13)	43.25 (12)	1.27.66 (12)	174.050
13	Anders Vallner	Sandvikens SK	43.41 (17)	1.30.1 (14)	44.54 (14)	1.27.91 (13)	176.955
14	Jonas Waern	IK Wega	43.01 (15)	1.30.6 (16)	45.30 (17)	1.28.55 (14)	177.885
15	Stefan Fryckberg	IK Wega	43.15 (16)	1.30.4 (15)	45.28 (16)	1.28.55 (14)	177.905
16	Lars Hjalmarsson	Hagaströms SK	43.93 (18)	1.31.9 (17)	45.58 (18)	1.31.59 (17)	181.255
17	Tomas Kaspersson	IK Wega	43.93 (18)	1.33.1 (18)	45.19 (15)	1.31.59 (17)	181.465
18	Per Bengtsson	IFK Sala	41.47 (11)	1.48.2 (19)	42.41 (10)	1.30.26 (16)	183.110
	Björn Forslund	Sundsvalls SK	39.48 ( 1)	1.20.8 ( 2)	71.32f (19)		

## Hagatröm 09/10-02-1991

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Björn Forslund	Sundsvalls SK	39.58 ( 1)	1.20.94 ( 1)	39.88 ( 1)	1.21.69 ( 2)	160.775
2	Hans Markström	SK Pollux	39.84 ( 3)	1.21.72 ( 4)	40.11 ( 2)	1.21.60 ( 1)	161.610
3	Magnus Enfeldt	SK Pollux	40.09 ( 4)	1.21.45 ( 3)	40.25 ( 3)	1.22.26 ( 3)	162.195
4	Bo König	Hagatröms SK	40.61 ( 5)	1.21.09 ( 2)	40.28 ( 4)	1.23.09 ( 5)	162.980
5	Jens Magnusson	Askersunds SK	39.80 ( 2)	1.24.53 ( 8)	40.80 ( 5)	1.23.37 ( 6)	164.550
6	Joakim Karlberg	IK Wega	40.89 ( 8)	1.21.82 ( 5)	41.52 ( 8)	1.22.69 ( 4)	164.665
7	Ola Magnusson	Askersunds SK	40.83 ( 6)	1.24.32 ( 7)	41.81 (11)	1.23.40 ( 7)	166.500
8	Jan-Åke Carlberg	IFK Lidingö	40.83 ( 6)	1.25.83 (10)	41.05 ( 6)	1.23.80 ( 8)	166.695
9	Rickard Garbell	Sundsvalls SK	41.31 ( 9)	1.24.12 ( 6)	41.61 ( 9)	1.23.99 ( 9)	166.975
10	Lars Lindström	IFK Lidingö	41.44 (10)	1.25.42 ( 9)	41.37 ( 7)	1.24.76 (10)	167.900
11	Jörgen Andersson	Karlstads SK	42.06 (13)	1.26.33 (11)	42.23 (13)	1.25.16 (11)	170.035
12	Erik Hjalmarsson	Hagatröms SK	41.63 (11)	1.26.53 (12)	41.88 (12)	1.26.95 (14)	170.250
13	Ulf Lundberg	IK Wega	42.38 (15)	1.27.13 (14)	41.80 (10)	1.28.01 (16)	171.750
14	Bernt Jansson	Askersunds SK	41.88 (12)	1.28.77 (16)	42.36 (14)	1.27.78 (15)	172.515
15	Jan Bengtsson	IF Thor	43.03 (16)	1.26.99 (13)	43.05 (16)	1.26.67 (13)	172.910
16	Anders Vallner	Sandvikens SK	43.23 (17)	1.28.26 (15)	43.82 (17)	1.29.09 (17)	175.725
17	Lars Hjalmarsson	Hagatröms SK	44.80 (21)	1.31.73 (18)	44.13 (19)	1.31.19 (20)	180.390
18	Urban Sundberg	SK Pollux	44.96 (23)	1.31.98 (19)	44.48 (21)	1.31.06 (19)	180.960
19	Daniel Cabelduc	Uddevalla IS	44.91 (22)	1.31.51 (17)	45.24 (23)	1.30.85 (18)	181.330
20	Peter Wilhelmsson	Bräcke SK	43.42 (18)	1.33.63 (21)	43.93 (18)	1.35.14 (23)	181.735
21	Magnus Axelsson	SK Winner	44.56 (20)	1.32.55 (20)	44.74 (22)	1.33.57 (22)	182.360
22	Patric Wärnsäter	IK Wega	42.09 (14)	1.57.88f (23)	42.67 (15)	1.26.08 (12)	186.740
23	Jonas Waern	IK Wega	44.25 (19)	1.54.68 (22)	44.26 (20)	1.32.57 (21)	192.135

## Eskilstuna/Isstadion 22/23-02-1992

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Jonas Tronêt	SK Pollux	41.07 ( 4)	1.22.94 ( 2)	41.76 ( 4)	1.33.52 ( 3)	171.060
2	Björn Forslund	Sundsvalls SK	40.35 ( 1)	1.23.58 ( 3)	41.51 ( 2)	1.35.30 ( 4)	171.300
3	Jens Magnusson	Askersunds SK	40.51 ( 3)	1.24.16 ( 4)	42.74 ( 8)	1.33.10 ( 2)	171.880
4	Lars Lindström	IFK Lidingö	41.18 ( 5)	1.26.50 ( 6)	41.66 ( 3)	1.32.27 ( 1)	172.225
5	Hans Markström	SK Pollux	41.20 ( 6)	1.24.56 ( 5)	42.67 ( 7)	1.41.25 (10)	176.775
6	Roger Karlsson	Motala AIF	41.55 (10)	1.27.26 ( 7)	43.41 (11)	1.37.91 ( 6)	177.545
7	Håkan Edman	IFK Strömsund	42.22 (12)	1.28.30 (10)	42.61 ( 6)	1.38.41 ( 7)	178.185
8	Erik Hjalmarsson	Hagatröms SK	41.27 ( 7)	1.27.89 ( 9)	43.21 (10)	1.42.44 (12)	179.645
9	Ulf Lundberg	IK Wega	42.08 (11)	1.28.94 (14)	43.08 ( 9)	1.40.52 ( 9)	179.890
10	Tomas Rimmelg	Askersunds SK	43.01 (15)	1.28.48 (11)	44.25 (14)	1.38.53 ( 8)	180.765
11	Rickard Garbell	Sundsvalls SK	42.35 (13)	1.28.61 (12)	43.87 (12)	1.41.84 (11)	181.445
12	Anders Vallner	Sandvikens SK	44.68 (17)	1.28.65 (13)	45.85 (19)	1.37.01 ( 5)	183.360
13	Ola Magnusson	Askersunds SK	42.47 (14)	1.31.43 (17)	45.40 (17)	1.44.97 (14)	186.070
14	Peter Wilhelmsson	Bräcke SK	43.64 (16)	1.31.17 (15)	45.32 (16)	1.45.26 (15)	187.175
15	Magnus Gustafsson	Sundsvalls SK	44.96 (18)	1.31.37 (16)	44.87 (15)	1.46.07 (16)	188.550
16	Daniel Cabelduc	Uddevalla IS	46.25 (22)	1.31.94 (19)	45.78 (18)	1.43.86 (13)	189.930
17	Urban Sundberg	SK Pollux	45.35 (19)	1.31.89 (18)	47.66 (20)	1.47.23 (17)	192.570
18	Magnus Enfeldt	SK Pollux	40.46 ( 2)	1.22.89 ( 1)	41.39 ( 1)	2.56.53 (19)	211.560
19	Edmond Cseh	IFK Lidingö	41.39 ( 9)	1.27.61 ( 8)	44.16 (13)	2.46.20 (18)	212.455
	Matz Sundin	Eskilstuna IK	45.59 (20)	1.36.90 (20)	48.47 (22)		
	Lennart Pettersson	IFK Strömsund	46.12 (21)	1.39.58 (21)	48.05 (21)		
	Bo König	Hagatröms SK	41.34 ( 8)	2.27.42 (23)	42.39 ( 5)		
	Thomas Jansson	Sandvikens SK	48.02 (23)	1.39.78 (22)	90.28f (23)		

## Strömsund 13/14-02-1993

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Hans Markström	SK Pollux	39.58 ( 1)	1.20.48 ( 2)	39.44 ( 1)	1.19.15 ( 1)	158.835
2	Magnus Enfeldt	SK Pollux	39.72 ( 2)	1.19.91 ( 1)	39.78 ( 2)	1.19.57 ( 2)	159.240
3	Joakim Karlberg	IK Wega	41.26 ( 6)	1.21.38 ( 4)	40.77 ( 4)	1.20.53 ( 3)	162.985
4	Roger Karlsson	Motala AIF	40.73 ( 3)	1.23.74 ( 5)	40.73 ( 3)	1.21.84 ( 4)	164.250
5	Lars Lindström	IFK Lidingö	41.19 ( 5)	1.24.91 ( 6)	41.36 ( 5)	1.24.16 ( 5)	167.085
6	Tomas Rimmelg	Askersunds SK	42.43 ( 8)	1.26.19 ( 7)	42.16 ( 6)	1.24.64 ( 6)	170.005
7	Fredrik Garbell	Sundsvalls SK	42.10 ( 7)	1.28.37 ( 9)	43.13 ( 8)	1.27.44 ( 9)	173.135
8	Urban Sundberg	SK Pollux	43.45 ( 9)	1.27.30 ( 8)	43.04 ( 7)	1.26.14 ( 8)	173.210
9	John Cargill-Ek	SK Pollux	46.23 (10)	1.37.91 (10)	45.04 ( 9)	1.36.38 (10)	188.415
10	Håkan Edman	IFK Strömsund	40.86 ( 4)	1.52.26 (11)	65.21f (10)	1.25.43 ( 7)	204.915
	Jonas Tronêt	SK Pollux	86.74f (11)	1.21.24 ( 3)	dns		



## Sundsvall 26/27-02-1994

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Magnus Enfeldt	Karlstads SK	39.4 ( 2)	1.21.0 ( 2)	38.7 ( 1)	1.19.1 ( 1) 158.150
2	Hans Markström	SK Pollux	39.3 ( 1)	1.22.2 ( 3)	38.8 ( 2)	1.20.3 ( 2) 159.350
3	Roger Karlsson	Motala AIF	40.6 ( 4)	1.23.7 ( 4)	39.8 ( 4)	1.22.2 ( 3) 163.350
4	Rickard Garbell	Sundsvalls SK	40.9 ( 5)	1.31.0f(11)	40.1 ( 5)	1.22.7 ( 4) 167.850
5	Bo König	Hagaströms SK	42.4 ( 8)	1.26.1 ( 5)	40.6 ( 6)	1.23.9 ( 6) 168.000
6	Urban Sundberg	SK Pollux	42.5 ( 9)	1.26.2 ( 6)	41.6 ( 8)	1.23.8 ( 5) 169.100
7	Henrik Svedberg	SK Pollux	41.9 ( 6)	1.26.6 ( 7)	41.4 ( 7)	1.25.5 ( 9) 169.350
8	Thomas Jansson	Sandvikens SK	42.5 ( 9)	1.27.2 ( 8)	42.3 ( 9)	1.25.2 ( 7) 171.000
9	Daniel Cabelduc	Karlstads SK	42.2 ( 7)	1.28.2 (10)	42.7 (10)	1.25.2 ( 7) 171.600
10	Björn Törnqvist	Södermalms IK	44.1 (11)	1.27.7 ( 9)	42.8 (11)	1.25.9 (10) 173.700
11	Kenneth Söderberg	Sollentuna SS	45.5 (12)	1.32.8 (12)	44.1 (12)	1.30.5 (11) 181.250
12	Jonas Tronêt	SK Pollux	40.4 ( 3)	1.20.8 ( 1)	39.5 ( 3)	2.10.3f(12) 185.450

Fr o m 1995 räknas SM på 500 m sammanlagt efter två lopp (inner- + ytterbana)

## Karlstad 13/14-01-1995

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Magnus Enfeldt	Karlstads SK	40.07( 1)	1.18.76( 1)	39.61( 1)	1.19.74 ( 1) 158.930
2	Jonas Tronêt	SK Pollux	40.93( 2)	1.19.46( 2)	39.72( 2)	1.20.84 ( 2) 160.800
3	Andreas Larsson	Askersunds SK	42.45( 6)	1.23.47( 3)	42.14( 6)	1.24.61 ( 3) 168.630
4	Urban Sundberg	SK Pollux	43.11( 9)	1.25.94( 5)	42.89( 9)	1.27.16 ( 5) 172.550
5	Lars Lindström	IFK Lidingsö	41.50( 4)	1.35.92( 8)	41.43( 3)	1.25.28 ( 4) 173.530
6	Thomas Jansson	Sandvikens SK	42.75( 8)	1.26.72( 6)	43.73(10)	1.28.09 ( 6) 173.885
7	Johan Hansson	Karlstads SK	42.37( 5)	1.25.86( 4)	41.47( 4)	1.43.19f( 8) 178.365
8	Patric Johansson	SK Trollhättan	46.71(13)	1.35.85( 7)	47.56(13)	1.35.34 ( 7) 189.865
	Rickard Garbell	Sundsvalls SK	41.40( 3)		41.57( 5)	
	Per Bengtsson	IFK Lidingsö	42.70( 7)		42.26( 7)	
	Daniel Cabelduc	Karlstads SK	43.80(10)		42.87( 8)	
	Kenneth Söderberg	Sollentuna SS	44.70(12)		43.78(11)	
	Håkan Fremin	IF Thor	44.37(11)		44.81(12)	

## Sundsvall 27/28-01-1996

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Magnus Enfeldt	Karlstads SK	38.68( 1)	1.17.67( 1)	40.34( 1)	1.20.78( 1) 158.245
2	Jonas Tronêt	SK Pollux	39.66( 2)	1.17.99( 2)	41.09( 3)	1.21.09( 2) 160.290
2	Magnus Jansson	Sandvikens SK	39.80( 3)	1.18.73( 3)	40.48( 2)	1.21.29( 3) 160.290
4	Rickard Garbell	Sundsvalls SK	39.93( 4)	1.20.64( 4)	41.98( 4)	1.23.22( 4) 163.840
5	Andreas Larsson	Askersunds SK	40.97( 6)	1.22.75( 5)	42.15( 5)	1.26.22( 6) 167.605
6	Johan Hansson	Karlstads SK	40.86( 5)	1.23.75( 7)	42.93( 7)	1.25.94( 5) 168.635
7	Henrik Svedberg	SK Pollux	41.15( 7)	1.22.98( 6)	43.82( 9)	1.27.31( 9) 170.115
8	Tomas Rimmelg	Askersunds SK	41.78( 9)	1.24.60( 9)	43.57( 8)	1.28.44(12) 171.870
9	Thomas Jansson	Sandvikens SK	41.54( 8)	1.24.41( 8)	44.37(11)	1.27.91(10) 172.070
10	Urban Sundberg	SK Pollux	43.01(13)	1.24.71(10)	43.82( 9)	1.27.28( 8) 172.825
11	Daniel Cabelduc	Karlstads SK	42.57(11)	1.25.01(11)	45.06(12)	1.27.01( 7) 173.640
12	Slavenko Likic	Eskilstuna IK	42.99(12)	1.26.20(13)	45.10(13)	1.30.30(15) 176.340
13	Anders Vallner	Sandvikens SK	44.42(15)	1.26.14(12)	45.63(14)	1.28.75(13) 177.495
14	Kenneth Söderberg	Sollentuna SS	43.77(14)	1.26.21(14)	46.04(15)	1.29.54(14) 177.685
15	Henrik Johansson	Askersunds SK	45.28(16)	1.29.62(15)	46.16(16)	1.32.17(16) 182.335
	Jens Wahlberg	Askersunds SK	41.84(10)	dq	42.31( 6)	1.28.39(11)

## Uppsala 15/16-02-1997

HERRAR SPRINT		500m	1000m	500m	1000m	
1	Magnus Enfeldt	Karlstads SK	39.0 ( 2)	1.19.57 ( 1)	39.31 ( 2)	1.19.45( 1) 157.820
2	Rickard Garbell	Sundsvalls SK	39.0 ( 2)	1.20.93 ( 2)	39.90 ( 3)	1.20.52( 4) 159.625
3	Jonas Tronêt	SK Pollux	39.2 ( 4)	1.21.60 ( 3)	39.94 ( 4)	1.19.88( 2) 159.880
4	Sebastian Falk	Sandvikens SK	41.3 ( 6)	1.23.82 ( 6)	41.42 ( 7)	1.20.70( 5) 164.980
5	Magnus Jansson	Sandvikens SK	38.3 ( 1)	1.38.19f(20)	38.94 ( 1)	1.20.13( 3) 166.400
6	Johan Hansson	Karlstads SK	40.5 ( 5)	1.25.21 ( 7)	41.23 ( 6)	1.27.16( 9) 167.915
7	Tomas Rimmelg	Askersunds SK	41.8 ( 7)	1.26.67 (11)	41.71 ( 9)	1.25.59( 7) 169.640
8	Daniel Vitén	Eskilstuna IK	42.2 ( 9)	1.23.61 ( 4)	42.24 (10)	1.27.74(13) 170.115
9	Henrik Svedberg	SK Pollux	42.5 (10)	1.26.19 (10)	41.45 ( 8)	1.27.45(11) 170.770
10	Daniel Cabelduc	Karlstads SK	42.7 (13)	1.25.98 ( 9)	42.40 (12)	1.27.43(10) 171.805
11	Urban Sundberg	SK Pollux	43.7 (18)	1.25.92 ( 8)	42.37 (11)	1.25.57( 6) 171.815

12	Thomas Jansson	Sandvikens SK	42.1 ( 8)	1.28.06 (13)	42.49 (13)	1.27.65(12)	172.445
13	Anders Vallner	Sandvikens SK	43.3 (15)	1.27.29 (12)	43.81 (16)	1.28.57(14)	175.040
14	Christian Olsson	IK Wega	42.5 (10)	1.28.95 (15)	43.34 (14)	1.29.94(17)	175.285
15	Jens Härngren	IFK Göteborg	42.7 (13)	1.29.69 (16)	43.41 (15)	1.29.93(16)	175.920
16	Slavenko Likic	Eskilstuna IK	42.5 (10)	1.29.88 (17)	43.99 (17)	1.31.10(20)	176.980
17	Björn Törnqvist	Södermalms IK	43.4 (16)	1.28.90 (14)	45.56 (19)	1.29.13(15)	177.975
18	Kenneth Söderberg	Sollentuna SS	43.7 (18)	1.30.87 (19)	44.07 (18)	1.30.37(19)	178.390
19	Andreas Larsson	Askersunds SK	75.6f(20)	1.23.63 ( 5)	40.22 ( 5)	1.25.92( 8)	200.595
20	Håkan Fremin	IF Thor	43.4 (16)	1.30.29 (18)	70.91f(20)	1.30.05(18)	204.480

## Sundsvall 10/11-01-1998

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Magnus Enfeldt	Sundsvalls SK	38.66( 1)	1.18.57( 2)	38.84( 1)	1.18.48( 1)	156.025
2	Magnus Jansson	Sandvikens SK	39.26( 2)	1.17.95( 1)	39.12( 3)	1.19.85( 4)	157.280
3	Andreas Larsson	Askersunds SK	39.64( 4)	1.18.97( 3)	39.04( 2)	1.19.64( 3)	157.985
4	Rickard Garbell	Sundsvalls SK	39.47( 3)	1.19.67( 4)	42.99(16)	1.18.62( 2)	161.605
5	Niklas Larsson	IFK Kr.hamn	40.66( 5)	1.20.70( 5)	41.12( 6)	1.21.12( 5)	162.690
6	Stefan Hassel	Karlstads SK	40.94( 7)	1.22.69( 6)	40.74( 4)	1.22.28( 7)	164.165
7	Sebastian Falk	Sandvikens SK	41.25( 9)	1.23.33( 8)	40.87( 5)	1.21.84( 6)	164.705
8	Per Kvarnlind	Sandvikens SK	41.00( 8)	1.23.85(11)	41.14( 7)	1.22.92( 8)	165.525
9	Henrik Svedberg	SK Pollux	40.88( 6)	1.22.71( 7)	41.45( 9)	1.23.78( 9)	165.575
10	Jens Härngren	IFK Göteborg	41.84(11)	1.23.66(10)	41.39( 8)	1.25.67(12)	167.895
11	Christian Olsson	IK Wega	42.12(13)	1.23.59( 9)	41.51(10)	1.25.50(11)	168.175
12	Lars Pettersson	SK Pollux	42.01(12)	1.26.62(15)	41.83(12)	1.25.35(10)	169.825
13	Roger Karlsson	Motala AIF	41.76(10)	1.26.26(14)	41.68(11)	1.26.58(13)	169.860
14	Johan Hansson	Karlstads SK	42.30(14)	1.25.65(13)	42.09(14)	1.26.95(15)	170.690
15	Thomas Jansson	Sandvikens SK	42.53(15)	1.26.65(16)	41.86(13)	1.27.87(16)	171.650
16	Anders Vallner	Sandvikens SK	43.49(17)	1.24.75(12)	42.69(15)	1.26.91(14)	172.010
17	Patrik Larsson	Askersunds SK	43.11(16)	1.28.09(17)	43.20(17)	1.29.77(18)	175.240
18	Kenneth Söderberg	Sollentuna SS	43.72(18)	1.28.37(19)	43.78(19)	1.30.68(20)	177.025
19	Magnus Nilsson	Sandvikens SK	44.11(20)	1.28.81(20)	43.66(18)	1.30.70(21)	177.525
20	Henrik Johansson	Askersunds SK	44.48(23)	1.28.21(18)	44.68(22)	1.29.05(17)	177.790
21	Håkan Fremin	IF Thor	44.11(20)	1.29.12(21)	44.37(21)	1.30.51(19)	178.295
22	Lars-Erik Larsson	SK Winner	43.83(19)	1.30.63(23)	44.24(20)	1.31.30(22)	179.035
23	Markus Grip	Eskilstuna IK	44.39(22)	1.30.46(22)	44.95(23)	1.31.57(23)	180.355

## Västerås-Råby 09/10-01-1999

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Magnus Jansson	Sandvikens SK	38.27 ( 1)	1.16.14 ( 1)	38.82( 2)	1.17.09( 1)	153.705
2	Magnus Enfeldt	Sundsvalls SK	38.46 ( 2)	1.16.72 ( 2)	38.49( 1)	1.17.70( 2)	154.160
3	Andreas Larsson	Askersunds SK	39.37 ( 3)	1.20.36 ( 3)	39.64( 3)	1.21.42( 4)	159.900
4	Rickard Garbell	Sundsvalls SK	39.80 ( 4)	1.20.55 ( 4)	40.29( 4)	1.20.75( 3)	160.740
5	Niklas Larsson	IFK Kr.hamn	41.46 (10)	1.22.88 ( 7)	41.20( 8)	1.22.60( 5)	165.400
6	Johan Hansson	Karlstads SK	41.13 ( 7)	1.23.09 ( 8)	41.45(11)	1.22.96( 7)	165.605
7	Christian Olsson	IK Wega	41.33 ( 9)	1.23.62 (11)	41.38(10)	1.22.94( 6)	165.990
8	Stefan Hassel	Karlstads SK	41.24 ( 8)	1.24.46 (12)	41.21( 9)	1.23.15( 8)	166.255
9	Per Kvarnlind	Sandvikens SK	40.90 ( 5)	1.22.13 ( 5)	42.51(15)	1.23.73(11)	166.340
10	Mattias Olofsson	SK Trollhättan	41.79 (13)	1.23.46 ( 9)	41.13( 7)	1.23.45(10)	166.375
11	Daniel Cabelduc	IFK Lidingsö	41.68 (12)	1.23.55 (10)	41.49(12)	1.25.56(14)	167.725
12	Anders Vallner	Sandvikens SK	42.61 (14)	1.24.55 (13)	42.76(16)	1.24.97(13)	170.130
13	Mattias Rankvist	SK Pollux	41.49 (11)	1.28.54 (18)	42.25(14)	1.28.22(16)	172.120
14	Henrik Svedberg	SK Pollux	50.19f(20)	1.22.75 ( 6)	40.76( 5)	1.23.36( 9)	174.005
15	Magnus Nilsson	Sandvikens SK	44.08 (16)	1.27.90 (16)	42.94(17)	1.26.51(15)	174.225
16	Håkan Fremin	IF Thor	42.99 (15)	1.28.24 (17)	43.78(18)	1.29.33(19)	175.555
17	Henrik Johansson	Askersunds SK	44.12 (17)	1.27.86 (15)	44.47(20)	1.29.18(18)	177.110
18	Kenneth Söderberg	Sollentuna SS	44.12 (17)	1.28.86 (19)	44.22(19)	1.28.92(17)	177.230
19	Björn Törnqvist	Södermalms IK	44.45 (19)	1.29.94 (20)	44.94(21)	1.30.40(20)	179.560
	Lars Pettersson	SK Pollux	40.95 ( 6)	1.26.11 (14)	40.85( 6)	dns	
	Mattias Falk	Sandvikens SK	dq	1.45.11f(21)	42.21(13)	1.23.92(12)	

## Göteborg-Ruddalen 05/06-02-2000

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Magnus Enfeldt	Sundsvalls SK	38.05( 1)	1.17.98( 1)	38.73( 1)	1.18.39( 1)	154.965
2	Sebastian Falk	Sandvikens SK	39.38( 2)	1.18.65( 3)	39.55( 4)	1.19.46( 2)	157.985
3	Magnus Jansson	Sandvikens SK	39.69( 3)	1.19.89( 5)	39.33( 2)	1.20.51( 3)	159.220
4	Per Kvarnlind	Sandvikens SK	39.87( 4)	1.19.68( 4)	39.44( 3)	1.21.05( 4)	159.675

5	Stefan Hassel	Karlstads SK	40.37( 6)	1.22.31( 6)	40.58( 7)	1.22.96( 6)	163.585
6	Johan Hansson	Karlstads SK	40.25( 5)	1.23.69( 7)	40.44( 6)	1.22.87( 5)	163.970
7	Mattias Olofsson	SK Trollhättan	41.43( 8)	1.23.97( 8)	41.77( 9)	1.25.51( 9)	167.940
8	Henrik Svedberg	SK Pollux	41.66(10)	1.25.53(13)	41.70( 8)	1.24.99( 7)	168.620
9	Mattias Falk	Sandvikens SK	42.37(14)	1.24.38( 9)	42.63(11)	1.25.01( 8)	169.695
10	Magnus Vitén	Eskilstuna IK	41.64( 9)	1.25.12(11)	42.54(10)	1.27.14(11)	170.310
11	Daniel Cabelduc	IFK Lidingö	42.07(12)	1.25.18(12)	42.78(13)	1.26.17(10)	170.525
12	Kenneth Söderberg	Sollentuna SS	43.25(16)	1.27.10(14)	43.67(15)	1.29.33(12)	175.135
13	Mattias Agrell	SK Pollux	42.21(13)	1.29.43(15)	42.76(12)	1.31.06(13)	175.215
14	Patrik Martinsson	Motala AIF	44.72(17)	1.31.14(16)	45.93(16)	1.33.83(14)	183.135
	Daniel Vitén	Eskilstuna IK	40.39( 7)	1.18.48( 2)	39.87( 5)	dns	
	Magnus Nilsson	Sandvikens SK	42.82(15)	1.24.58(10)	43.47(14)	dns	
	Christian Olsson	IK Wega	42.05(11)	dns			

## Stockholm-Östermalm 06/07-01-2001

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Magnus Enfeldt	Sundsvalls SK	37.86( 1)	1.16.11( 1)	37.48( 1)	1.15.25( 1)	151.020
2	Sebastian Falk	Sandvikens SK	39.63( 4)	1.17.97( 2)	39.06( 4)	1.16.94( 2)	156.145
3	Andreas Larsson	IFK Lidingö	39.28( 3)	1.19.80( 5)	38.66( 2)	1.19.38( 6)	157.530
4	Per Kvarnlind	Sandvikens SK	39.75( 5)	1.19.69( 3)	39.12( 6)	1.19.02( 4)	158.225
5	Magnus Jansson	Sandvikens SK	39.11( 2)	1.21.72( 9)	38.73( 3)	1.19.51( 7)	158.455
6	Eric Zachrisson	SK Winner	39.99( 7)	1.19.74( 4)	39.09( 5)	1.19.17( 5)	158.535
7	Mattias Olofsson	SK Trollhättan	39.99( 7)	1.21.58( 8)	39.71( 7)	1.20.76( 8)	160.870
8	Stefan Hassel	Karlstads SK	39.94( 6)	1.21.35( 7)	39.76( 8)	1.21.39( 9)	161.070
9	Johan Hansson	Karlstads SK	41.40( 9)	1.24.50(11)	40.07(11)	1.23.04(12)	165.240
10	Henrik Svedberg	SK Pollux	41.56(10)	1.24.61(13)	40.26(12)	1.22.60(11)	165.425
11	Magnus Nilsson	Sandvikens SK	42.60(14)	1.23.59(10)	41.76(14)	1.22.04(10)	167.175
12	Mattias Falk	Sandvikens SK	42.59(13)	1.24.50(11)	41.69(13)	1.23.40(13)	168.230
13	Mattias Agrell	SK Pollux	41.61(11)	1.28.55(18)	40.00(10)	1.26.15(16)	168.960
14	Daniel Cabelduc	IFK Lidingö	42.22(12)	1.25.42(14)	42.26(15)	1.24.65(15)	169.515
15	Anders Vallner	Sandvikens SK	43.01(15)	1.25.58(15)	42.64(16)	1.23.44(14)	170.160
16	Håkan Fremin	IF Thor	44.05(16)	1.28.33(16)	43.69(18)	1.26.59(17)	175.200
17	Kenneth Söderberg	Sollentuna SS	45.18(17)	1.28.36(17)	42.75(17)	1.26.82(18)	175.520
	Daniel Vitén	Eskilstuna IK	dq	1.19.85( 6)	39.84( 9)	1.18.81( 3)	

## Stockholm-Östermalm 23/24-02-2002

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Eric Zachrisson	SK Winner	39.0( 1)	1.20.0( 1)	38.53( 1)	1.16.70( 1)	155.880
2	Sebastian Falk	Sandvikens SK	39.8( 2)	1.21.8( 2)	39.64( 2)	1.18.35( 2)	159.515
3	Magnus Jansson	Sandvikens SK	40.2( 3)	1.24.3( 5)	39.82( 3)	1.20.57( 4)	162.455
4	Per Kvarnlind	Sandvikens SK	40.6( 4)	1.24.1( 3)	39.98( 5)	1.19.69( 3)	162.475
5	Daniel Vitén	IFK Kr.hamn	41.0( 5)	1.24.1( 3)	40.22( 6)	1.21.64( 7)	164.090
6	Stefan Hassel	Karlstads SK	41.2( 6)	1.25.2( 7)	39.84( 4)	1.21.62( 6)	164.450
7	Anders Vallner	Sandvikens SK	42.2( 9)	1.24.8( 6)	41.90( 9)	1.22.33( 8)	167.665
7	Mattias Falk	Sandvikens SK	42.0( 8)	1.26.8( 8)	41.53( 8)	1.21.47( 5)	167.665
9	Henrik Svedberg	SK Pollux	41.9( 7)	1.29.1( 9)	40.74( 7)	1.24.15(10)	169.265
10	Emanuel Hollstrand	IFK Lidingö	44.1(10)	1.31.8(11)	42.89(10)	1.23.65( 9)	174.715
11	Patrik Martinsson	Motala AIF	44.2(11)	1.31.2(10)	43.07(11)	1.26.70(11)	176.220

## Göteborg-Rudhallen 25/26-01-2003

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Johan Røjler	SK Winner	38.36( 1)	1.15.72( 1)	38.48( 1)	1.15.66( 1)	152.530
2	Sebastian Falk	Sandvikens SK	38.66( 2)	1.16.81( 2)	38.52( 2)	1.16.83( 2)	154.000
3	Sebastian Zamani	IFK Lidingö	39.59( 4)	1.19.60( 3)	39.58( 4)	1.18.93( 3)	158.435
4	Magnus Jansson	Sandvikens SK	38.89( 3)	1.20.60( 7)	39.23( 3)	1.20.22( 6)	158.530
5	Stefan Hassel	IK Wega	40.01( 8)	1.20.08( 4)	40.00( 8)	1.19.98( 5)	160.040
6	Per Kvarnlind	Sandvikens SK	39.87( 5)	1.20.08( 4)	39.99( 7)	1.20.34( 7)	160.070
7	Daniel Vitén	IFK Kr.hamn	39.97( 7)	1.20.48( 6)	39.95( 6)	1.19.93( 4)	160.125
8	Mattias Olofsson	SK Trollhättan	39.96( 6)	1.22.31( 9)	39.82( 5)	1.20.43( 8)	161.150
9	Mattias Falk	Sandvikens SK	41.10(11)	1.21.88( 8)	41.06(10)	1.21.54( 9)	163.870
10	Martin Johansson	SK Skrinnares	40.98(10)	1.23.68(10)	40.82( 9)	1.23.81(10)	165.545
11	Johan Hansson	Karlstads SK	40.44( 9)	1.27.54(15)	41.24(11)	1.26.45(15)	168.675
12	Anders Vallner	Sandvikens SK	42.57(14)	1.24.53(11)	43.08(15)	1.24.13(11)	169.980
13	Christian Falk	Sandvikens SK	42.22(12)	1.26.27(12)	42.47(13)	1.25.06(12)	170.355
14	Karl Skoog	Hagaströms SK	42.24(13)	1.26.92(13)	42.31(12)	1.25.60(14)	170.810
15	Pontus Nylén	Hagaströms SK	42.92(15)	1.27.02(14)	42.93(14)	1.25.29(13)	172.005
16	Knut Bjunert	IFK Göteborg	44.38(16)	1.39.64(16)	45.04(16)	1.39.58(16)	189.030

## Göteborg-Rudhallen 03/04-01-2004

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Eric Zachrisson	SK Winner	38.73( 1)	1.18.22( 1)	38.97( 1)	1.17.90( 2)	155.760
2	Sebastian Falk	Sandvikens SK	39.33( 2)	1.18.27( 2)	41.10( 5)	1.17.11( 1)	158.120
3	Sebastian Zamani	IFK Lidingsö	40.15( 3)	1.19.99( 3)	40.49( 4)	1.19.83( 3)	160.550
4	Stefan Hassel	IK Wega	40.61( 5)	1.20.75( 4)	40.39( 3)	1.19.90( 4)	161.325
5	Daniel Vitén	IFK Kr.hamn	40.20( 4)	1.21.54( 5)	40.12( 2)	1.20.90( 5)	161.540
6	Mattias Falk	Sandvikens SK	41.74( 6)	1.22.31( 6)	42.62( 6)	1.22.48( 6)	166.755
7	Fredrik Karlsson	Uddevalla IS	43.06( 9)	1.27.94( 9)	42.98( 7)	1.25.59( 7)	172.805
8	Karl Skoog	Hagaströms SK	42.88( 8)	1.27.73( 8)	43.41( 9)	1.26.64( 8)	173.475
9	Christian Falk	Sandvikens SK	43.39(10)	1.27.66( 7)	43.10( 8)	1.26.83( 9)	173.735
10	Martin Jonsson	Motala AIF	45.44(11)	1.30.84(11)	44.58(10)	1.31.50(10)	181.190
	Pontus Nylén	Hagaströms SK	42.35( 7)	1.28.48(10)	dns		

## Stockholm-Östermalm 04/05-02-2005

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Sebastian Falk	Sandvikens SK	39.76( 1)	1.17.36( 1)	39.79( 1)	1.17.75( 1)	157.105
2	Joel Eriksson	IFK Göteborg	39.91( 2)	1.19.38( 2)	39.91( 2)	1.18.72( 2)	158.870
3	Tobias Morell	SK Pollux	40.17( 3)	1.20.81( 3)	40.17( 4)	1.22.85( 5)	162.170
4	Sebastian Zamani	IFK Lidingsö	41.00( 4)	1.20.95( 4)	40.00( 3)	1.22.75( 3)	162.850
5	Mattias Falk	Sandvikens SK	41.74( 7)	1.21.10( 5)	41.42( 8)	1.22.83( 4)	165.125
6	Stefan Hassel	IK Wega	41.77( 8)	1.22.32( 6)	40.81( 5)	1.23.49( 7)	165.485
7	Per Kvarnlind	Sandvikens SK	41.73( 6)	1.23.87( 8)	41.05( 6)	1.23.33( 6)	166.380
8	Daniel Vitén	IFK Kr.hamn	41.59( 5)	1.23.63( 7)	41.33( 7)	1.24.99( 8)	167.230
9	Emanuel Hollstrand	IFK Lidingsö	43.00(10)	1.26.93( 9)	42.82( 9)	1.28.05( 9)	173.310
10	Henrik Svedberg	SK Pollux	42.10( 9)	1.28.87(11)	42.87(10)	1.30.67(12)	174.740
11	Martin Jonsson	SK Winner	44.15(11)	1.29.99(12)	43.80(11)	1.29.81(11)	177.850
12	Björn Törnqvist	Södermalms IK	45.31(12)	1.28.51(10)	44.26(12)	1.28.24(10)	177.945
13	Niklas Lundin	Sandvikens SK	47.90(14)	1.32.38(13)	44.99(13)	1.32.07(13)	185.115
14	Karl Skoog	Hagaströms SK	45.78(13)	1.32.76(14)	46.29(14)	1.33.83(14)	185.365

## Hagaström 07/08-01-2006

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Joel Eriksson	IFK Göteborg	38.96( 1)	1.16.94( 1)	39.00( 1)	1.17.06( 1)	154.960
2	Johan Røjler	SK Winner	39.69( 3)	1.17.06( 2)	39.79( 2)	1.18.49( 2)	157.255
3	Stefan Hassel	IK Wega	39.54( 2)	1.20.44( 3)	40.15( 3)	1.19.48( 3)	159.650
4	Henrik Nilsson	Karlstads SK	40.31( 4)	1.22.76( 5)	40.69( 4)	1.22.55( 5)	163.655
5	Mattias Falk	Sandvikens SK	41.67( 5)	1.21.27( 4)	41.58( 6)	1.20.95( 4)	164.360
6	Christian Falk	Sandvikens SK	42.52( 6)	1.25.32( 6)	42.99( 7)	1.25.65( 7)	170.995
7	Lars-Erik Larsson	SK Winner	43.45( 7)	1.28.12( 9)	43.28( 8)	1.28.57( 8)	175.075
8	Ola Røjler	SK Winner	44.08( 8)	1.26.65( 8)	43.35( 9)	1.28.66( 9)	175.085
9	Karl Skoog	Hagaströms SK	45.52( 9)	1.33.02(10)	45.97(10)	1.32.66(10)	184.330
	Per Kvarnlind	Sandvikens SK	dnf	1.25.55( 7)	41.52( 5)	1.25.27( 6)	

SM 2007 på 500 m och 1.000 m genomfördes i samband med Distans-SM i Karlstad.

## Stockholm-Östermalm 16/17-12-2006

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Joel Eriksson	IFK Göteborg	37.96( 1)	1.15.72( 1)	37.85( 1)	1.15.20( 1)	151.270
2	Sebastian Falk	Sandvikens SK	38.67( 3)	1.15.80( 3)	38.60( 2)	1.15.90( 2)	153.120
3	Johan Røjler	SK Winner	38.96( 4)	1.15.80( 2)	38.94( 3)	1.16.05( 3)	153.825
4	Eric Zachrisson	SK Winner	38.65( 2)	1.19.63( 5)	39.23( 4)	1.19.44( 4)	157.415
5	Stefan Hassel	IK Wega	39.35( 5)	1.19.43( 4)	39.52( 5)	1.19.67( 5)	158.420
6	Henrik Bergström	IK Wega	40.65( 6)	1.20.85( 6)	40.24( 6)	1.22.06( 7)	162.345
7	Mattias Falk	Sandvikens SK	40.91( 7)	1.21.45( 7)	41.02( 7)	1.21.93( 6)	163.620
	Martin Jonsson	SK Winner	44.79( 8)	dns	44.86( 8)	1.41.75( 8)	

## Uppsala 05/06-01-2008

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Stefan Hassel	IK Wega	40.49 ( 1)	1.21.78 ( 1)	40.79 ( 1)	1.23.45 ( 2)	163.895
2	Fredrik Karlsson	Uddevalla IS	41.02 ( 2)	1.23.86 ( 2)	41.01 ( 3)	1.22.90 ( 1)	165.410
3	Ola Røjler	SK Winner	42.22 ( 4)	1.25.00 ( 3)	41.27 ( 4)	1.24.67 ( 3)	168.325
4	Daniel Vestman	Hagaströms SK	42.30 ( 5)	1.26.31 ( 4)	41.56 ( 6)	1.25.60 ( 4)	169.815
5	Tobias Morell	SK Pollux	41.53 ( 3)	1.27.68 ( 6)	41.36 ( 5)	1.27.83 ( 7)	170.645
6	Rasmus Falk	Hagaströms SK	43.04 ( 7)	1.29.27 ( 8)	41.94 ( 7)	1.27.10 ( 5)	173.165
7	Fredrik Forsell	IFK Göteborg	43.14 ( 8)	1.29.46 ( 9)	42.34 ( 8)	1.27.10 ( 5)	173.760
8	Lars-Erik Larsson	SK Winner	44.70 (10)	1.27.97 ( 7)	42.62 ( 9)	1.28.12 ( 8)	175.365
9	Christian Falk	Hagaströms SK	42.59 ( 6)	1.52.89f(11)	43.78(10)	1.29.99( 9)	187.810
10	Johan Cerne	Sthlm Speedsk	50.88(11)	1.38.06 (10)	48.17(11)	1.37.50(10)	196.830
11	Inge Hermansson	Södermalms IK	61.54(12)	2.04.19 (12)	56.52(12)	1.58.88(11)	239.595
	Henrik Bergström	IK Wega	43.20 ( 9)	1.27.26 ( 5)	40.92 ( 2)	dns	

## Göteborg-Rudhallen 03/04-01-2009

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Joel Eriksson	IFK Göteborg	37.59 ( 1)	1.13.76 ( 1)	37.85 ( 1)	1.13.37 ( 1)	149.005
2	Johan Røjler	SK Winner	38.16 ( 3)	1.14.12 ( 2)	38.30 ( 3)	1.14.20 ( 2)	150.620
3	Daniel Friberg	Motala AIF	38.10 ( 2)	1.14.42 ( 3)	38.12 ( 2)	1.14.69 ( 3)	150.775
4	Martin Friberg	Motala AIF	39.31 ( 4)	1.18.13 ( 4)	39.99 ( 4)	1.18.73 ( 4)	157.730
5	Fredrik Forsell	IFK Göteborg	40.38 ( 5)	1.24.24 ( 9)	40.93 ( 6)	1.22.51 ( 6)	164.685
6	Rasmus Falk	Hagaströms SK	41.27 ( 8)	1.23.20 ( 7)	41.35 ( 8)	1.25.17 ( 8)	166.805
7	Lars-Erik Larsson	SK Winner	41.37 ( 9)	1.23.04 ( 6)	42.10 (10)	1.25.24 ( 9)	167.610
8	Markus Hjalmarsson	SK Winner	41.97 (10)	1.25.07(10)	42.89 (11)	1.26.07(10)	170.430
9	Anders Olsson	SK Winner	44.42 (12)	1.28.74(11)	43.91 (12)	1.28.65(11)	177.025
10	Daniel Vestman	Hagaströms SK	41.18 ( 7)	1.23.49 ( 8)	55.13f(14)	1.23.84 ( 7)	179.975
11	Ola Røjler	SK Winner	59.04f(14)	1.20.20 ( 5)	40.83 ( 5)	1.21.74 ( 5)	180.840
12	Per Moberg	Hagaströms SK	44.66 (13)	1.31.85(12)	45.07 (13)	1.32.68(12)	181.995
	Andreas Larsson	Sweskate SK	40.94 ( 6)		41.30 ( 7)		
	Henrik Svedberg	Sollentuna SS	42.37 (11)		41.81 ( 9)		

## Göteborg-Rudhallen 19/20-12-2009

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Johan Røjler	SK Winner	38.07 ( 1)	1.14.63 ( 1)	38.21 ( 1)	1.13.86 ( 1)	150.525
2	Martin Friberg	Motala AIF	38.67 ( 2)	1.17.20 ( 2)	38.78 ( 2)	1.17.13 ( 2)	154.615
3	Viktor Törnqvist	IK Wega	39.18 ( 3)	1.18.30 ( 3)	38.87 ( 3)	1.18.60 ( 3)	156.500
4	Ola Røjler	SK Winner	39.53 ( 4)	1.19.05 ( 4)	39.63 ( 4)	1.18.82 ( 4)	158.095
5	Stefan Hassel	IK Wega	40.09 ( 5)	1.19.91 ( 5)	40.01 ( 5)	1.19.81 ( 5)	159.960
6	Fredrik Karlsson	Uddevalla IS	40.45 ( 7)	1.21.71 ( 7)	40.45 ( 6)	1.20.81 ( 6)	162.160
7	Joel Olsén	SK Winner	40.25 ( 6)	1.22.22 ( 8)	40.58 ( 8)	1.20.94 ( 8)	162.410
8	Fredrik Forsell	IFK Göteborg	41.30 ( 9)	1.21.19 ( 6)	40.50 ( 7)	1.20.89 ( 7)	162.840
9	Daniel Vestman	Hagaströms SK	40.61 ( 8)	1.22.83 ( 9)	40.91 ( 9)	1.23.16(10)	164.515
10	Lars-Erik Larsson	SK Winner	41.67 (10)	1.23.03(10)	41.12(10)	1.21.72 ( 9)	165.165
11	Anton Ekman	IF Thor	42.93 (12)	1.25.35(11)	42.41(11)	1.24.25(11)	170.140
12	Magnus Axelsson	SK Winner	42.18 (11)	1.26.73(12)	42.41(11)	1.26.58(12)	171.245
13	Jan Bengtsson	IF Thor	44.21 (14)	1.28.25(13)	44.33(15)	1.27.51(14)	176.420
14	Anders Olsson	SK Winner	44.72 (15)	1.29.34(14)	44.10(14)	1.26.62(13)	176.800
15	Per Moberg	Hagaströms SK	43.79 (13)	1.30.72(15)	43.88(13)	1.30.10(15)	178.080
	Henrik Bergström	IK Wega	97.06f(16)	dns			

## Stockholm-Östermalm 15/16-01-2011

HERRAR SPRINT		500m	1000m	500m	1000m		
1	Joel Eriksson	IFK Göteborg	38.10 ( 1)	1.15.57 ( 1)	39.05 ( 1)	1.16.08 ( 1)	152.975
2	Daniel Friberg	Motala AIF	39.29 ( 2)	1.17.73 ( 2)	39.75 ( 4)	1.18.43 ( 2)	157.120
3	Johan Røjler	SK Winner	39.33 ( 3)	1.18.70 ( 3)	39.65 ( 2)	1.18.91 ( 3)	157.785
4	Martin Friberg	Motala AIF	39.88 ( 4)	1.19.85 ( 4)	39.65 ( 2)	1.20.81 ( 5)	159.860
5	Ola Røjler	SK Winner	40.36 ( 5)	1.21.38 ( 5)	40.77 ( 5)	1.20.30 ( 4)	161.970
6	James Lewis	IFK Kr.hamn	41.34 ( 7)	1.22.77 ( 6)	42.07 ( 7)	1.24.71 ( 6)	167.150
7	Daniel Vestman	Hagaströms SK	41.01 ( 6)	1.24.76 ( 8)	42.81 ( 9)	1.25.16 ( 7)	168.780
8	Joel Olsén	SK Winner	41.86 ( 9)	1.25.13 ( 9)	41.81 ( 6)	1.25.68 ( 8)	169.075
9	Markus Hjalmarsson	SK Winner	42.37(10)	1.25.13 ( 9)	43.03(10)	1.26.08 ( 9)	171.005
10	Anton Ekman	IF Thor	42.67(12)	1.24.68 ( 7)	43.05(11)	1.26.27(10)	171.195

11	Per Wallgren	Hagaströms SK	41.72( 8)	1.27.32(12)	42.80( 8)	1.27.27(11)	171.815
12	Lars-Erik Larsson	SK Winner	42.46(11)	1.26.00(11)	43.28(12)	1.27.38(12)	172.430
13	Mattias Hadders	SK Trollhättan	43.38(13)	1.28.60(13)	43.43(13)	1.30.85(14)	176.535
14	Anders Olsson	SK Winner	44.08(14)	1.28.71(14)	45.02(14)	1.29.56(13)	178.235
15	Per Moberg	Hagaströms SK	44.55(15)	1.29.62(15)	45.40(15)	1.33.47(15)	181.495
16	Johan Cerne	Sollentuna SS	46.92(17)	1.31.31(16)	48.69(17)	1.35.11(16)	188.820
17	Magnus Ek	SK Winner	46.74(16)	1.34.96(17)	47.72(16)	1.35.43(17)	189.655

### Hagaström 14/15-01-2012

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Johan Røjler	SK Winner	<u>38.58( 1)</u>	<u>1.18.14( 1)</u>	<u>39.30( 1)</u>	1.17.23( 1)	155.565
2	Ola Røjler	SK Winner	39.44( 2)	1.20.96( 2)	39.85( 2)	1.19.68( 2)	159.610
3	David Hjalmarsson	SK Winner	41.12( 4)	1.22.72( 3)	41.47( 5)	1.22.45( 3)	165.175
4	Fredrik Forsell	SK Trollhättan	40.78( 3)	1.24.35( 4)	41.30( 3)	1.23.35( 4)	165.930
5	Daniel Vestman	Hagaströms SK	41.49( 5)	1.24.59( 5)	41.35( 4)	1.23.99( 5)	167.130
6	Markus Hjalmarsson	SK Winner	41.62( 7)	1.27.69( 8)	41.86( 7)	1.25.27( 7)	169.960
7	Erik Bucht	IF Thor	41.76( 8)	1.28.16(10)	41.55( 6)	1.25.24( 6)	170.010
8	Per Wallgren	Hagaströms SK	41.57( 6)	1.27.13( 7)	42.19( 8)	1.26.69(10)	170.670
9	Lars-Erik Larsson	SK Winner	42.81( 9)	1.26.87( 6)	43.16(10)	1.26.53( 9)	172.670
10	Matt Richardson	Sundsvalls SK	43.42(12)	1.28.26(11)	43.31(11)	1.26.75(11)	174.235
11	Anton Ekman	IF Thor	43.36(11)	1.29.18(12)	43.89(12)	1.26.39( 8)	175.035
12	Jan Bengtsson	IF Thor	44.26(15)	1.28.04( 9)	44.54(14)	1.27.11(12)	176.375
13	Henrik Svedberg	Sollentuna SS	42.88(10)	1.32.95(16)	42.64( 9)	1.29.84(15)	176.915
14	Aart Mulder	Sundsvalls SK	43.91(13)	1.29.87(13)	44.36(13)	1.27.52(13)	176.965
15	Anders Olsson	SK Winner	44.15(14)	1.30.92(14)	44.87(15)	1.29.46(14)	179.210
16	Johan Cerne	Sollentuna SS	46.73(16)	1.32.54(15)	47.30(16)	1.31.37(16)	185.985

### Falun-Lugnet 25/26-01-2013

HERRAR SPRINT			500m	1000m	500m	1000m	
1	Johan Røjler	SK Winner	<u>38.47( 1)</u>	<u>1.16.06( 2)</u>	<u>38.24( 2)</u>	1.15.12( 1)	152.300
2	David Andersson	SK Trollh	38.88( 2)	<u>1.15.92( 1)</u>	38.17( 1)	1.15.68( 2)	152.850
3	David Hjalmarsson	SK Winner	41.17( 3)	1.21.13( 4)	40.87( 5)	1.21.30( 3)	163.255
4	Daniel Vestman	Hagaström	41.78( 5)	1.23.15( 5)	40.76( 3)	1.24.75( 6)	166.490
5	Erik Gustafsson	SollentSS	41.62( 4)	1.27.06( 8)	41.39( 6)	1.24.47( 5)	168.775
6	Magnus Widmark	Piteå	42.39( 6)	1.25.08( 6)	42.10( 7)	1.23.60( 4)	168.830
7	Aart Mulder	Sundsvall	42.85( 7)	1.26.19( 7)	43.40(12)	1.25.28( 7)	171.985
8	Matt Richardson	Sundsvall	43.40( 8)	1.27.72( 9)	42.80( 9)	1.25.63( 9)	172.875
9	Anton Ekman	IF Thor	43.84(10)	1.28.76(11)	43.01(10)	1.25.52( 8)	173.990
10	Lars-Erik Larsson	SK Winner	43.78( 9)	1.28.39(10)	43.13(11)	1.27.64(10)	174.925
11	Patric Wallström-Jonsson	Hagaström	43.94(11)	1.29.65(12)	42.77( 8)	1.28.30(11)	175.685
12	Oskar Gudmundsson	IF Thor	45.40(12)	1.36.66(13)	45.91(13)	1.35.81(12)	187.545
	Ola Røjler	SK Winner	dq	1.20.38( 3)	40.78( 4)	dns	

### Göteborg-Rudhallen 01/02-03-2014

HERRAR SPRINT			500m	1000m	500m	1000m	
1	David Andersson	SK Trollh	<u>38.52( 1)</u>	<u>1.16.35( 1)</u>	<u>38.33( 1)</u>	1.20.13( 2)	155.090
2	Hampus Larsson	SK Trollh	38.90( 2)	1.16.77( 2)	38.92( 2)	1.17.79( 1)	155.100
3	Kevin Mercanton	Södermalm	40.47( 3)	1.22.69( 4)	40.52( 3)	1.22.97( 3)	163.820
4	Joel Wisting	Hagaström	40.50( 4)	1.21.81( 3)	40.82( 4)	1.23.21( 4)	163.830
5	Magnus Widmark	Piteå	41.56( 7)	1.24.63( 6)	41.83( 6)	1.24.64( 6)	168.025
6	Michael Gilbert	Södermalm	42.34( 8)	1.23.75( 5)	41.97( 7)	1.23.98( 5)	168.175
7	Markus Hjalmarsson	SK Winner	41.55( 6)	1.25.46( 8)	42.40( 9)	1.26.78( 9)	170.070
8	Lars-Erik Larsson	SK Winner	42.86(11)	1.25.48( 9)	42.40( 9)	1.26.34( 8)	171.170
9	Patric Wallström-Jonsson	Hagaström	42.40( 9)	1.27.70(10)	42.03( 8)	1.27.25(10)	171.905
10	Per Moberg	Hagaström	46.03(12)	1.35.23(11)	45.73(11)	1.35.82(11)	187.285
11	Frans Bergentall	IK Wega	42.45(10)	1.25.17( 7)	61.91f(12)	1.25.32( 7)	189.605
	Fredrik Forsell	SK Trollh	40.73( 5)	dns	40.90( 5)		

### Uppsala 20/21-12-2014

HERRAR SPRINT			500m	1000m	500m	1000m	
1	David Andersson	SK Winner	<u>38.40( 1)</u>	<u>1.17.17( 1)</u>	<u>38.34( 1)</u>	1.19.22( 3)	154.935
2	Hampus Larsson	SK Trollh	38.99( 2)	1.17.56( 2)	39.08( 2)	1.19.03( 2)	156.365
3	Erik Wetterdal	IF Thor	39.70( 4)	1.19.76( 3)	39.82( 4)	1.18.56( 1)	158.680
4	Kevin Mercanton	Sundsvall	39.13( 3)	1.21.38( 4)	39.59( 3)	1.20.73( 4)	159.775
5	David Hjalmarsson	SK Winner	41.25( 5)	1.23.11( 6)	41.38( 6)	1.22.26( 5)	165.315
6	Gustav Åkesson	Motala AIF	41.32( 6)	1.22.76( 5)	41.44( 7)	1.22.53( 6)	165.405

7	Joel Wisting	Hagatröm	41.51( 7)	1.25.09( 7)	41.34( 5)	1.25.26( 7)	168.025
8	Markus Hjalmarsson	SK Winner	42.42( 8)	1.26.94( 9)	43.17( 9)	1.28.44(10)	173.280
9	Patric Wallström-Jonsson	Hagatröm	42.91(10)	1.28.58(11)	43.13( 8)	1.27.74( 9)	174.200
10	Lars-Erik Larsson	SK Winner	42.85( 9)	1.26.72( 8)	44.47(12)	1.27.34( 8)	174.350
11	Per Wallgren	Hagatröm	43.36(11)	1.30.71(12)	44.21(11)	1.35.33(13)	180.590
12	Johan Cerne	Sollentuna	46.85(12)	1.32.00(13)	47.04(13)	1.31.84(12)	185.810
	Magnus Widmark	Piteå	dq	1.27.68(10)	43.38(10)	1.30.42(11)	