

	km	Per						Mats						Magnus						Lelle						Johan						
		Tid	Diff	min/km	km/h	Plac	Trend	Tid	Diff	min/km	km/h	Plac	Trend	Tid	Diff	min/km	km/h	Plac	Trend	Tid	Diff	min/km	km/h	Plac	Trend	Tid	Diff	min/km	km/h	Plac	Trend	
2010	Mångsbodarna	24,0	0:54:18	0:54:18	02:16	26,5	413		0:58:07	0:58:07	02:26	24,8	977		1:00:29	1:00:29	02:32	23,8	1299		1:04:27	1:00:29	02:42	22,3	1299		0:53:53	1:00:29	02:15	26,7	362	
	Evertsberg	23,0	1:48:22	0:54:04	02:22	25,5	379	↗	1:56:13	0:58:06	02:32	23,8	837	↗	2:20:04	1:19:35	03:28	17,3	2038	↘	2:15:03	1:10:36	03:06	19,6	2038	↘	1:48:03	0:54:10	02:22	25,5	357	↔
	Hökberg	24,0	2:58:24	1:10:02	02:56	20,6	292	↗	3:18:54	1:22:41	03:27	17,4	905	↘	3:53:49	1:33:45	03:55	15,4	1743	↗	4:05:21	1:50:18	04:36	13,1	1743	↗	3:02:37	1:14:34	03:07	19,3	406	↘
	Förvarning	18,5	3:44:51	0:46:27	02:31	23,9			4:15:32	0:56:38	03:03	19,6			4:53:51	1:00:02	03:15	18,5			5:08:43	1:03:22	03:26	17,5			3:55:58	0:53:21	02:54	20,8		
	Mora	0,5	3:45:52	0:01:01	02:03	29,3	271	↗	4:16:52	0:01:20	02:41	22,4	1025	↘	4:55:10	0:01:19	02:38	22,8	1729	↔	5:10:29	0:01:46	03:33	16,9	1729	↔	3:57:11	0:01:13	02:28	24,5	531	↘
	Totalt	90,0			02:31	23,9				02:51	21,0					03:17	18,3					03:27	17,4					02:38	22,8			
2011	Mångsbodarna	23,9	00:58:09	0:58:09	02:26	24,7	1655		0:58:20	0:58:20	02:27	24,59	1707		01:00:08	01:00:08	02:31	23,85	2134		01:03:48	01:03:48	02:41	22,5	2925		Tyvänn, inte detta år					
	Evertsberg	26,7	02:13:13	01:15:04	02:49	21,3	1414	↗	2:14:05	1:15:45	02:51	21,15	1489	↗	02:17:57	01:17:49	02:55	20,59	1823	↗	02:25:30	01:21:42	03:04	19,6	2392	↗						
	Hökberg	24,9	03:21:19	01:08:06	02:45	21,9	1387	↗	3:25:03	1:10:58	02:51	21,05	1606	↘	03:30:25	01:12:28	02:55	20,61	1875	↔	03:43:43	01:18:13	03:09	19,1	2499	↘						
	Eldris	10,3	03:46:35	0:25:15	02:28	24,5	1222	↗	3:55:09	0:30:06	02:56	20,53	1642	↔	04:00:08	0:29:43	02:54	20,79	1865	↔	04:14:38	0:30:55	03:01	20,0	2456	↘						
	Mora	8,6	04:08:07	0:21:32	02:31	24,0	1176	↗	4:22:16	0:27:07	03:10	19,03	1791	↘	04:22:09	0:22:01	02:34	23,44	1788	↗	04:41:53	0:27:15	03:11	18,9	2519	↘						
	Totalt	94,4			02:38	22,8				02:47	21,6					02:47	21,6					02:59	20,1									
2012	Mångsbodarna	24,0	00:52:55	00:52:55	02:13	27,2	2061		00:55:52	00:55:52	02:20	25,8	3133		Tyvänn, inte detta år						01:05:45	01:05:45	02:45	21,9	5207		00:52:33	00:52:33	02:12	27,41	1918	
	Evertsberg	26,0	02:07:12	01:14:17	02:52	21,0	1918	↗	02:13:45	01:17:53	03:00	20,0	2796	↗							02:29:47	01:24:02	03:14	18,6	4339	↗	02:05:30	01:12:57	02:49	21,38	1704	↗
	Hökberg	26,0	03:11:31	01:04:19	02:29	24,3	1861	↔	03:25:41	01:11:56	02:47	21,7	2945	↘							03:39:36	01:09:49	02:42	22,3	3787	↗	03:09:53	01:04:23	02:29	24,23	1731	↔
	Eldris	10,0	03:36:53	00:25:22	02:33	23,6	1838	↔	03:57:01	00:31:20	03:08	19,2	3121	↘							04:05:32	00:25:56	02:36	23,1	3572	↗	03:34:27	00:24:34	02:28	24,42	1655	↔
	Mora	9,0	03:57:10	00:20:17	02:16	26,6	1797	↔	04:25:26	00:28:25	03:10	19,0	3417	↘							04:26:35	00:21:03	02:21	25,7	3481	↔	03:53:48	00:19:21	02:09	27,92	1570	↗
	Totalt	95,0			02:30	24,0				02:48	21,5					02:48	21,4					02:48	21,4					02:28	24,4			
2013	Mångsbodarna	24,0	00:53:04	00:53:03	02:14	27,0	2985		00:58:17	00:58:17	02:27	24,6	5493		00:58:16	00:58:16	02:27	24,6	5476		01:02:09	01:02:09	02:37	23,1	6921		00:51:21	03:21:00	02:09	27,92	2063	
	Evertsberg	27,0	02:12:00	01:19:33	03:00	20,1	3888	↘	02:19:52	01:21:35	03:05	19,6	5143	↗	02:22:41	01:24:25	03:11	18,9	5548	↔	02:15:50	01:13:41	02:47	21,7	4440	↗	02:01:05	01:09:44	02:38	22,88	1686	↗
	Oxberg Hillrace	14,2	02:52:16	00:39:39	02:45	21,9	6743		03:06:27	22:35:00	03:13	18,7			03:10:03	00:47:22	03:16	18,4			02:52:23	00:36:33	02:32	23,8	1890		02:35:51	00:34:46	02:24	25,02		
	Hökberg	10,3	03:24:06	00:31:50	03:15	18,5	4102	↘	03:40:00	09:33:00	03:26	17,5	5563	↘	03:46:48	00:36:45	03:46	16,0	6087	↘	03:19:30	00:27:07	02:47	21,7	3622	↗	03:02:40	00:26:49	02:45	21,93	1721	↔
	Eldris	10,3	03:53:08	00:29:02	02:51	21,1	4117	↔	04:10:23	06:23:00	02:59	20,1	5501	↘	04:21:29	0:34:41	03:25	17,6	6266	↘	03:45:01	00:25:31	02:31	24,0	3378	↗	03:28:36	00:25:56	02:33	23,6	1781	↔
	Totalt	8,5	04:16:30	0:23:22	02:36	23,1	4251	↘	04:35:11	00:48:00	02:46	21,8	5637	↘	04:46:48	0:25:19	02:49	21,3	6375	↘	04:05:06	00:20:05	02:14	26,9	3305	↔	03:48:18	00:19:42	02:12	27,4	1793	↔
	Totalt	94,3			02:43	22,1				02:55	20,6											02:36	23,1					02:25	24,8			