Hälleforsterrängen 2013

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **Män 10 km** | | |  |  |  | | | | |  |  |
|  | |  |  |  |  | | |  |  |  |  |
| 1 |  | Fredrik Rådström -83 | | Hällefors LK |  |  |  | 36:32.8 | | | |
| 2 |  | Peter Wiker -72 | | Hällefors LK |  |  |  | 37:29.1 | | | |
| 3 |  | Per Eklöf -81 |  | IFK Nora LL |  |  |  | 38:38.1 | | | |
| 4 |  | Johan Ingjald -87 | | IF Start |  |  |  | 41:17.6 | | | |
| 5 |  | Pontus Ahonen -77 | | Vilsta IK |  |  |  | 41:30.2 | | | |
| 6 |  | Kenneth Karlsson -66 | | Åsbro GoIF |  |  |  | 41:55.5 | | | |
| 7 |  | Johan Ånger -84 | | Hällefors LK |  |  |  | 42:00.7 | | | |
| 8 |  | Oriku Randongkir -98 | | Hällefors LK |  |  |  | 42:34.0 | | | |
| 9 |  | Roger Bäckbring -65 | | Östansjö SK |  |  |  | 42:48.8 | | | |
| 10 |  | Andreas Johansson -87 | | Örebro |  |  |  | 43:48.8 | | | |
| 11 |  | Ulf Eriksson -64 | | Hällefors LK |  |  |  | 43:52.1 | | | |
| 12 |  | Joakim Oskarsson -61 | | IFK Nora Långlöpning | |  |  | 44:01.1 | | | |
| **13** |  | **Björn Robinsson -65** | | **Karlskoga Löparklubb** | |  |  | **44:29.1** | | | |
| 14 |  | Krister Romedahl -50 | | IF Spartacus |  |  |  | 44:39.9 | | | |
| 15 |  | Terje Kristiansson -68 | | Östansjö SK |  |  |  | 45:33.6 | | | |
| 16 |  | Gunnar Spelkvist -61 | | Hällefors LK |  |  |  | 46:05.7 | | | |
| 17 |  | Peter Comet -56 | | IFK Nora Långlöpning | |  |  | 46:25.8 | | | |
| 18 |  | Gunar Johansson -43 | | Åsbro GoIF |  |  |  | 47:15.0 | | | |
| 19 |  | K-G Agartsson -47 | | Östansjö SK |  |  |  | 48:47.0 | | | |
| 20 |  | Ove Blomberg -58 | | Glanshammars IF | |  |  | 49:17.0 | | | |
| 21 |  | Erik Spjut -59 | | Frövi IK |  |  |  | 49:32.9 | | | |
| **22** |  | **Mikael Strussenfelt -62** | | **Karlskoga Löparklubb** | |  |  | **49:35.9** | | | |
| 23 |  | Mats Stenmarck -50 | | If Start |  |  |  | 49:45.1 | | | |
| 24 |  | Per Börjesson -54 | | Östansjö SK |  |  |  | 50:19.7 | | | |
| 25 |  | Sven-Olof Olofsson -46 | | Östansjö |  |  |  | 50:34.2 | | | |
| 26 |  | Nils Rutqvist -69 | | IFK Nora Långlöpning | |  |  | 50:37.1 | | | |
| 27 |  | Sören Spjuth -61 | | Aspa IK |  |  |  | 50:53.4 | | | |
| 28 |  | Erik Malm -49 | | IFK Nora Långlöpning | |  |  | 52:09.5 | | | |
| 29 |  | Jan Myrtorp -41 | | Brohyttans IF | |  |  | 52:12.3 | | | |
| 30 |  | Sven Olof Dahlgren -46 | | Kopparbergs IF | |  |  | 1:01:14.8 | | | |
| 31 |  | Arne Evertsson -41 | | Storådalens SK | |  |  | 1:07:56.5 | | | |