

Resultat

Datum: 6 April 2010

Arrangör: Hargs BK Runners

Plats: Krikonbacken, Nyköping

Män 5 km

1	Tobias Brohlin	SLK Oxelösund	18,12
2	Per Nilsson	Hargs BK Runners	18,35
3	Björn Lindkvist	NBIS	19,09
4	Tommy Ericsson	Hargs BK Runners	19,39
5	Kent Eriksson Pripp	Hargs BK Runners	20,42
6	Lars Dennevi	Hargs BK Runners	20,48
7	Kaj Adelborg	SLK Oxelösund	23,24
8	Jan-Olov Andersson	Hargs BK Runners	23,58
9	Per Hedmark	CK Dainon	24,58
10	Hans-Inge Lindeskov	Hargs BK Runners	25,32
11	Stefan Halén	Hargs BK Runners	29,02
12	Janne Andersson	Hargs BK Runners	31,26
13	Kent Larsson	Triathlon Öst	33,56
14	Kjell Damstedt	Hargs BK Runners	33,56

Kvinnor 5 km

1	Helen Pahverk	Hargs BK Runners	24,00
2	Stina Liivamäe	CK Dainon	25,00