Seedkod	2024 Startgrupp	Lidingöloppet 30 km	Lidingöloppet 15 km	Rosa Bandet-Loppet Lidingöloppet-Sistamilen (9,6 km)	42,2 km Marathon	21,1 km Halvmarathon	5000 m	10000 m	LL kategori 1 (10 km)	LL kategori 3 11,6km
		Lidingöloppet 30 km								
<35	1A (K) 1A	02:07:47	00:58:35	00:36:13	02:46:43	01:19:47	00:17:23	00:35:30	00:36:34	00:43:30
<38	1A (K) 1B	02:18:35	01:03:32	00:39:16	03:00:48	01:26:31	00:18:52	00:38:30	00:39:39	00:46:59
<39	1A 1B (K)	02:22:11	01:05:10	00:40:17	03:05:30	01:28:46	00:19:22	00:39:30	00:40:41	00:48:08
<41	1C	02:29:23	01:08:28	00:42:20	03:14:54	01:33:15	00:20:20	00:41:30	00:42:45	00:50:28
<45	2	02:43:47	01:15:05	00:46:24	03:33:41	01:42:15	00:22:18	00:45:30	00:46:52	00:55:06
<48	3	02:54:35	01:20:02	00:49:29	03:47:46	01:48:59	00:23:46	00:48:30	00:49:57	00:58:35
<50	4	03:01:47	01:23:19	00:51:30	03:57:10	01:53:28	00:24:45	00:50:30	00:52:01	01:00:54
<52	5	03:08:59	01:26:37	00:53:33	04:06:33	01:57:58	00:25:44	00:52:30	00:54:04	01:03:13
<54	6	03:16:11	01:29:56	00:55:36	04:15:57	02:02:28	00:26:42	00:54:30	00:56:08	01:05:32
<57	7	03:26:59	01:34:52	00:58:39	04:30:02	02:09:12	00:28:10	00:57:30	00:59:13	01:09:01
<61 & <98	8	03:41:23	01:41:28	01:02:44	04:48:49	02:18:11	00:30:08	01:01:30	01:03:21	01:13:40
62 &<99	Utan seedning 9_10_11_12*_13*	03:44:59	01:43:07	01:03:45	04:53:31	02:20:26	00:30:37	01:02:30	01:04:22	01:14:49
>=99	Utan seedning 9_10_11_12*_13*	05:56:23	02:43:21	01:40:59	07:44:56	03:42:27	00:48:31	01:39:00	01:43:57	02:32:27
		Lidingöloppet 15 km								
<39	1A	02:22:11	01:05:10	00:40:17	03:05:30	01:28:46	00:19:22	00:39:30	00:40:41	00:48:08
<52	1C	03:08:59	01:26:37	00:53:33	04:06:33	01:57:58	00:25:44	00:52:30	00:54:04	01:03:13
<64	2	03:52:11	01:46:26	01:05:48	05:02:55	02:24:55	00:31:37	01:04:30	01:06:26	01:17:08
65>	3_4_5	03:55:47	01:48:04	01:06:49	05:07:36	02:27:10	00:32:06	01:05:30	01:07:28	01:18:18
>=99	3_4_5	05:56:23	02:43:21	01:40:59	07:44:56	03:42:27	00:48:31	01:39:00	01:43:57	02:32:27
		Rosa Bandet-loppet 10 km								
<50	1A	03:01:47	01:23:19	00:51:30	03:57:10	01:53:28	00:24:45	00:50:30	00:52:01	01:00:54
<55	1B	03:19:47	01:31:35	00:56:37	04:20:39	02:04:42	00:27:12	00:55:30	00:57:10	01:06:42
<62	2	03:44:59	01:43:07	01:03:45	04:53:31	02:20:26	00:30:37	01:02:30	01:04:22	01:14:49
63>	3_4_5_6_7*_8*	03:48:35	01:44:46	01:04:47	04:58:13	02:22:41	00:31:07	01:03:30	01:05:24	01:15:59
>=99	3_4_5_6_7*_8*	05:56:23	02:43:21	01:40:59	07:44:56	03:42:27	00:48:31	01:39:00	01:43:57	02:32:27