

Seedkod	2025 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								
<34	1A (K) 1A (M)	02:04:11	00:56:56	00:35:12	02:42:01	01:17:31	00:16:55	00:34:30	00:35:32	00:42:20
<37	1A (K) 1B (M)	02:14:59	01:01:53	00:38:15	02:56:07	01:24:15	00:18:22	00:37:30	00:38:37	00:45:49
<38	1A (K) 1C (M)	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	1B (K) 1C (M)	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
<40	1C (K) 1C (M)	02:25:47	01:06:50	00:41:18	03:10:12	01:31:00	00:19:50	00:40:30	00:41:43	00:49:18
<41	1C (K) 2 (M)	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
<44	2	02:40:11	01:13:26	00:45:24	03:28:59	01:39:59	00:21:48	00:44:30	00:45:50	00:53:56
<46	3	02:47:23	01:16:44	00:47:26	03:38:23	01:44:30	00:22:47	00:46:30	00:47:54	00:56:16
<48	4	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	5	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
<53	6	03:12:35	01:28:17	00:54:35	04:11:15	02:00:12	00:26:13	00:53:30	00:55:06	01:04:23
<56	7	03:23:23	01:33:13	00:57:38	04:25:20	02:06:57	00:27:41	00:56:30	00:58:12	01:07:52
<60	8	03:37:47	01:39:49	01:01:43	04:44:07	02:15:57	00:29:38	01:00:30	01:02:19	01:12:30
>60 & <98	9	03:59:23	01:49:43	01:07:49	05:12:18	02:29:26	00:32:35	01:06:30	01:08:30	01:19:28
>=99	Utan seedning 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