

## Lidingöloppetets kilometertider 30 km

KM	1996	Km. tid	1997	Km. tid	1998	Km.tid	1999	Km.tid	2002	Km.tid	2003	Km.tid	2004	Km.tid	KM	2005	2006	2007	2008	2009	2010
1	3.32	<b>3.32</b>	3.41	<b>3.41</b>	3.30	<b>3.30</b>			3.43	<b>3.43</b>	3.42	<b>3.36</b>	3.45	<b>3.19</b>							
2	6.37	<b>3.05</b>	6.47	<b>3.06</b>	6.30	<b>3.00</b>			6.45	<b>3.02</b>	6.43	<b>3.01</b>	6.55	<b>3.10</b>							
3	9.55	<b>3.18</b>	10.06	<b>3.19</b>	9.36	<b>3.06</b>			9.58	<b>3.13</b>	9.51	<b>3.08</b>	10.23	<b>3.28</b>							
4	13.01	<b>3.06</b>	13.00	<b>2.54</b>	12.30	<b>2.54</b>			13.07	<b>3.09</b>	13.01	<b>3.10</b>	13.37	<b>3.14</b>							
5	16.18	<b>3.17</b>	16.10	<b>3.10</b>	15.33	<b>3.03</b>	16.00		16.13	<b>3.06</b>	16.09	<b>3.08</b>	16.51	<b>3.14</b>	5,5 km	<b>18.23</b>	17.25		18.28	<b>19.41</b>	17.58
6	19.36	<b>3.18</b>	19.12	<b>3.02</b>	18.27	<b>2.54</b>			19.12	<b>2.59</b>	19.07	<b>2.58</b>	19.55	<b>3.04</b>							
7	22.43	<b>3.07</b>	22.08	<b>2.56</b>	21.17	<b>2.50</b>			22.22	<b>3.10</b>	22.23	<b>3.16</b>	23.10	<b>3.15</b>							
8	25.51	<b>3.08</b>	25.03	<b>2.55</b>	24.07	<b>2.50</b>	24.57		25.21	<b>2.59</b>	25.28	<b>3.05</b>	26.17	<b>3.07</b>							
9	29.00	<b>3.09</b>	28.08	<b>3.05</b>	27.11	<b>3.04</b>	28.06	<b>3.09</b>	28.27	<b>3.06</b>	28.35	<b>3.07</b>	29.32	<b>3.15</b>	9,5 km	<b>29.44</b>	29.38	<b>32.52</b>	32.26	<b>34.03</b>	32.26
10	32.22	<b>3.22</b>	31.29	<b>3.21</b>	30.25	<b>3.14</b>	31.32	<b>3.26</b>	31.42	<b>3.15</b>	31.48	<b>3.13</b>	32.55	<b>3.23</b>							
11	35.23	<b>3.01</b>	34.33	<b>3.04</b>	33.35	<b>3.10</b>	34.50	<b>3.18</b>	35.02	<b>3.20</b>	35.13	<b>3.25</b>	36.31	<b>3.36</b>							
12	38.16	<b>2.53</b>	37.32	<b>2.59</b>	36.28	<b>2.53</b>	37.55	<b>3.05</b>	38.04	<b>3.02</b>	38.20	<b>3.07</b>	39.50	<b>3.19</b>							
13	41.16	<b>3.00</b>	40.31	<b>2.59</b>	39.28	<b>3.00</b>	40.58	<b>3.03</b>	41.13	<b>3.09</b>	41.33	<b>3.13</b>	43.11	<b>3.21</b>							
14	44.14	<b>3.01</b>	43.32	<b>3.01</b>	42.38	<b>3.10</b>	44.07	<b>3.09</b>	44.24	<b>3.11</b>	44.50	<b>3.17</b>	46.33	<b>3.22</b>							
15	47.22	<b>3.08</b>	46.30	<b>2.58</b>	45.37	<b>2.59</b>	47.07	<b>3.00</b>	47.37	<b>3.13</b>	48.05	<b>3.15</b>	49.57	<b>3.24</b>	15 km	<b>47.14</b>	47.34	<b>49.32</b>	48.03	<b>49.58</b>	48.09
16	50.22	<b>3.00</b>	49.44	<b>3.14</b>	48.42	<b>3.05</b>	50.16	<b>3.09</b>	50.49	<b>3.12</b>	51.23	<b>3.18</b>	53.22	<b>3.25</b>							
17	53.23	<b>3.01</b>	52.49	<b>3.05</b>	51.50	<b>3.08</b>	53.31	<b>3.15</b>	54.00	<b>3.11</b>	54.42	<b>3.19</b>	56.47	<b>3.25</b>							
18	56.27	<b>3.04</b>	55.57	<b>3.08</b>	54.56	<b>3.06</b>	56.43	<b>3.12</b>	57.07	<b>3.07</b>	57.52	<b>3.10</b>	1.00.03	<b>3.16</b>							
19	59.44	<b>3.17</b>	59.21	<b>3.24</b>	58.21	<b>3.25</b>	1.00.13	<b>3.30</b>	1.00.33	<b>3.26</b>	1.01.18	<b>3.26</b>	1.03.40	<b>3.37</b>							
20	1.02.51	<b>3.07</b>	1.02.30	<b>3.09</b>	1.01.30	<b>3.09</b>	1.03.25	<b>3.12</b>	1.03.56	<b>3.23</b>	1.04.37	<b>3.19</b>	1.07.05	<b>3.25</b>	20,2 km	<b>1.05.16</b>	1.06.13	<b>1.08.21</b>	1.05.53	<b>1.08.25</b>	1.05.27
21	1.06.11	<b>3.20</b>	1.05.55	<b>3.25</b>	1.04.50	<b>3.20</b>	1.06.53	<b>3.28</b>	1.07.16	<b>3.20</b>	1.08.04	<b>3.27</b>	1.10.28	<b>3.23</b>							
22	1.09.35	<b>3.24</b>	1.09.12	<b>3.17</b>	1.08.05	<b>3.15</b>	1.10.05	<b>3.12</b>	1.10.32	<b>3.16</b>	1.11.25	<b>3.21</b>	1.13.54	<b>3.26</b>							
23	1.12.25	<b>2.50</b>	1.12.14	<b>2.58</b>	1.10.50	<b>2.45</b>	1.12.49	<b>2.44</b>	1.13.37	<b>3.05</b>	1.14.32	<b>3.07</b>	1.17.11	<b>3.17</b>							
24	1.15.45	<b>3.20</b>	1.15.13	<b>2.59</b>	1.13.50	<b>3.00</b>	1.16.00	<b>3.28</b>	1.16.38	<b>3.01</b>	1.17.38	<b>3.06</b>	1.20.27	<b>3.16</b>							
25	1.19.05	<b>3.20</b>	1.18.49	<b>3.36</b>	1.17.14	<b>3.24</b>	1.19.31	<b>3.31</b>	1.20.11	<b>3.33</b>	1.21.14	<b>3.36</b>	1.24.19	<b>3.52</b>	25 km	<b>1.20.49</b>	1.22.19	<b>1.24.10</b>	1.21.02	<b>1.23.27</b>	1.20.22
26	1.22.37	<b>3.32</b>	1.22.21	<b>3.32</b>	1.20.40	<b>3.26</b>	1.23.00	<b>3.29</b>	1.23.35	<b>3.24</b>	1.24.37	<b>3.23</b>	1.27.34	<b>3.15</b>							
27	1.25.37	<b>3.00</b>	1.15.28	<b>3.07</b>	1.23.51	<b>3.11</b>	1.26.20	<b>3.20</b>	1.26.41	<b>3.06</b>	1.27.42	<b>3.05</b>	1.30.44	<b>3.10</b>							
28	1.28.54	<b>3.17</b>	1.28.46	<b>3.18</b>	1.27.09	<b>3.18</b>	1.29.33	<b>3.13</b>	1.29.55	<b>3.14</b>	1.30.50	<b>3.08</b>	1.33.51	<b>3.07</b>							
29	1.32.21	<b>3.27</b>	1.32.23	<b>3.37</b>	1.30.45	<b>3.35</b>	1.33.04	<b>3.31</b>	1.33.41	<b>3.46</b>	1.34.26	<b>3.36</b>	1.37.28	<b>3.37</b>							
30	<b>1.35.14</b>	<b>2.53</b>	<b>1.35.16</b>	<b>2.53</b>	<b>1.33.33</b>	<b>2.48</b>	<b>1.36.01</b>	<b>2.56</b>	<b>1.36.51</b>	<b>3.10</b>	<b>1.37.29</b>	<b>3.03</b>	<b>1.40.36</b>	<b>3.08</b>	30 km	<b>1.37.39</b>	<b>1.39.18</b>	<b>1.40.44</b>	<b>1.37.10</b>	<b>1.39.42</b>	<b>1.36.30</b>

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<b>Segrare Lewis</b>	<b>Segrare Lewis</b>	<b>Segrare Lewis</b>	<b>Segrare Lewis</b>	<b>Segrare Lewis</b>	<b>Segrare William</b>	<b>Segrare Japhet</b>	<b>Segrare Napoleon</b>	<b>Segrare Napoleon</b>	<b>Segrare Robel</b>
<b>Korir</b>	<b>Korir</b>	<b>Korir</b>	<b>Korir</b>	<b>Korir</b>	<b>Morwabe</b>	<b>Kipkorir</b>	<b>Solomon Tureberg s FK</b>	<b>Solomon Tureberg s FK</b>	<b>Fsiha Spårvägs FK</b>
<b>Kenya</b>	<b>Kenya</b>	<b>Kenya</b>	<b>Kenya</b>	<b>Kenya</b>	<b>Kenya</b>	<b>Kenya</b>			

KM	2011	KM	2012	KM	2013	KM	2014	KM	2015	KM	2016	KM	2017	KM	2018	KM	2019
		<b>1,3 km</b>	3.32	<b>1,3 km</b>	3.25	<b>1,3 km</b>	3.24	<b>1,3 km</b>	3.33	<b>1,3 km</b>	3.38	<b>1,3 km</b>	3.39	<b>1,3 km</b>	3.45	<b>1,3 km</b>	3.47
<b>5,5 km</b>	17.28	<b>5,7 km</b>	17.37	<b>5,7 km</b>	17.05	<b>5,7 km</b>	17.15	<b>5,7 km</b>	17.56	<b>5,7 km</b>	18.17	<b>5,9 km</b>	18.09	<b>5,9 km</b>	18.07	<b>5,9 km</b>	17.53
										<b>7,8 km</b>	24.46						
<b>10 km</b>	31.10	<b>10,3 km</b>	31.18	<b>10,3 km</b>	30.44	<b>10,3 km</b>	31.01	<b>10,3 km</b>	31.48	<b>10,3 km</b>	32.31	<b>10,3 km</b>	31.55	<b>10,3 km</b>	31.56	<b>10,3 km</b>	31.33
<b>15 km</b>	46.44	<b>15,2 km</b>	46.36	<b>15,2 km</b>	46.26	<b>15,2 km</b>	46.47	<b>15,2 km</b>	47.30	<b>15,2 km</b>	48.30	<b>15,2 km</b>	47.48	<b>15,2 km</b>	47.40	<b>15,2 km</b>	47.17
<b>20,3 km</b>	1.04.05	<b>20,7 km</b>	1.04.02	<b>20,7 km</b>	1.04.19	<b>20,7 km</b>	1.04.05	<b>20,7 km</b>	1.05.14	<b>20,7 km</b>	1.06.02	<b>20,7 km</b>	1.05.35	<b>20,7 km</b>	1.05.35	<b>20,7 km</b>	1.05.05
<b>25 km</b>	1.18.46	<b>25,3 km</b>	1.19.04	<b>25,3 km</b>	1.19.15	<b>25,3 km</b>	1.20.34	<b>25,3 km</b>	1.20.30	<b>25,3 km</b>	1.21.20	<b>25,3 km</b>	1.21.16	<b>25,3 km</b>	1.20.55	<b>25,3 km</b>	1.20.30
		<b>29,3 km</b>	1.34.33	<b>29,9 km</b>	1.34.38	<b>29,9 km</b>	1.36.27	<b>29,9 km</b>	1.36.50	<b>29,9 km</b>	1.37.05	<b>29,9 km</b>	1.37.53	<b>29,9 km</b>	1.36.53	<b>29,9 km</b>	1.37.01
<b>30 km</b>	<b>1.34.54</b>	<b>30 km</b>	<b>1.35.26</b>	<b>30 km</b>	1.35.23	<b>30 km</b>	1.37.12	<b>30 km</b>	1.37.36	<b>30 km</b>	1.37.51	<b>30 km</b>	1.38.47	<b>30 km</b>	1.37.41	<b>30 km</b>	1.37.54