

## Lidingöloppet kilometer 30 km

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	William Musyoki, Kenya		Isaac Chemobo, Kenya		Isaac Chemobo, Kenya		Barnabas Kosgei, Kenya		Agustus Mbusya, Kenya		Mustafa Mohamed, Hälle IF		Mustafa Mohamed, Hälle IF	
KM	1996	Km. tid	1997	Km. tid	1998	Km.tid	1999	Km.tid	2002	Km.tid	2003	Km.tid	2004	Km.tid
1	3.32	<b>3.32</b>	3.41	<b>3.41</b>	<b>3.30</b>	<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>	<b>6.30</b>	<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>	<b>9.36</b>	<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>	<b>12.30</b>	<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>	<b>15.33</b>	<b>3.03</b>	16.00		16.13	<b>3.06</b>	16.09	<b>3.08</b>	16.51	<b>3.14</b>
6	19.36	<b>3.18</b>	19.12	<b>3.02</b>	<b>18.27</b>	<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>	<b>21.17</b>	<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>	<b>24.07</b>	<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>	<b>27.11</b>	<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>
10	32.22	<b>3.22</b>	31.29	<b>3.21</b>	<b>30.25</b>	<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>	<b>33.35</b>	<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>	<b>36.28</b>	<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>	<b>39.28</b>	<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>	<b>42.38</b>	<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>	<b>45.37</b>	<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>
16	50.22	<b>3.00</b>	49.44	<b>3.14</b>	<b>48.42</b>	<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>	<b>51.50</b>	<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>	<b>54.56</b>	<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>	<b>58.21</b>	<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>	<b>1.01.30</b>	<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>
21	1.06.11	<b>3.20</b>	1.05.55	<b>3.25</b>	<b>1.04.50</b>	<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>	<b>1.08.05</b>	<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>	<b>1.10.50</b>	<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>	<b>1.13.50</b>	<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>	<b>1.17.14</b>	<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>
26	1.22.37	<b>3.32</b>	1.22.21	<b>3.32</b>	<b>1.20.40</b>	<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>	<b>1.23.51</b>	<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>	<b>1.27.09</b>	<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>	<b>1.30.45</b>	<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>

Lidingöloppet kilometer 30 km

		Silas Sang, Kenya	Johnstone Chebii Kemboi, Kenya	Joseph Kimisi, Kenya	Mustafa Mohamed, Hälle IF	Japhet Kipkorir, Kenya	Japhet Kipkorir, Kenya		Lewis Korir, Kenya		Lewis Korir, Kenya	Lewis Korir, Kenya	Lewis Korir, Kenya	William Morwabe , Kenya	Japhet Kipkorir, Kenya
KM	KM	2005	2006	2007	2008	2009	2010	KM	2011	KM	2012	2013	2014	2015	2016
1															
2										1,3 km	3.32	3.25	3.24	3.33	3.38
3															
4															
5	5,5 km	18.23	17.25		18.28	19.41	17.58	5,5 km	17.28	5,7 km	17.37	17.05	17.15	17.56	18.17
6															
7															24.46
8															
9	9,5 km	29.44	29.38	32.52	32.26	34.03	32.26	10 km	31.10	10,3 km	31.18	30.44	31.01	31.48	32.31
10															
11															
12															
13															
14															
15	15 km	47.14	47.34	49.32	48.03	49.58	48.09	15 km	46.44	15,2 km	46.36	46.26	46.47	47.30	48.30
16															
17															
18															
19															
20	20,2 km	1.05.16	1.06.13	1.08.21	1.05.53	1.08.25	1.05.27	20,3 km	1.04.05	20,7 km	1.04.02	1.04.19	1.04.05	1.05.14	1.06.02
21															
22															
23															
24															
25	25 km	1.20.49	1.22.19	1.24.10	1.21.02	1.23.27	1.20.22	25 km	1.18.46	25,3 km	1.19.04	1.19.15	1.20.34	1.20.30	1.21.20
26															
27															
28															
29										29,3 km	1.34.33	1.34.38	1.36.27	1.36.50	1.37.05
30	30 km	1.37.39	1.39.18	1.40.44	1.37.10	1.39.42	1.36.30	30 km	1.34.54	30 km	1.35.26	1.35.23	1.37.12	1.37.36	1.37.51

Lidingöloppetets kilometertider 30 km

		Napoleon Solomon, Tureberg s FK	Napoleon Solomon, Tureberg s FK	Robel Fsiha, Spårväge ns FK	Linus Hultegård, Sävedale ns AIK	Samuel Russom, Hasselby SK	Samuel Tsegay, Hälle IF	Diego Estrada, Lidingö	Ebba Tulu Chala,Ke ep up running club
KM	KM	2017	2018	2019	2020	2021	2022	2023	2024
1									
2	1,3 km	3.39	3.45	3.47		3.49	3.42	3.55	3.48
3									
4									
5	5,9 km	18.09	18.07	17.53		18.03	17.37	18.43	18.16
6									
7									
8									
9	10,3 km	31.55	31.56	31.33	32.34	31.40	31.31	33.03	32.22
10									
11									
12									
13									
14									
15	15,2 km	47.48	47.40	47.17		47.37	47.24	49.49	48.31
16									
17									
18									
19									
20	20,7 km	1.05.35	1.05.35	1.05.05	1.09.16	01.05.17	01.05.27	01.08.23	01.06.40
21									
22									
23									
24									
25	25,3 km	1.21.16	1.20.55	1.20.30	01.25.46	01.20.49	01.21.06	01.23.15	01.22.02
26									
27									
28									
29	29,9 km	1.37.53	1.36.53	1.37.01	01.42.57	01.36.12	01.37.11	01.38.21	01.37.29
30	30 km	1.38.47	1.37.41	1.37.54	01.43.45	01.36.55	01.37.59	01.39.10	01.38.18