

Result men 10 000 meter

Plac	Name	Country/Club	Born	Result
1	Ørjan Grønnevig	Norway	1991	29.57,84
2	Eirik Gramstad	Norway	1984	30.02,72
3	Michael Nielsen	Denmark	1980	30.08,93
4	Marius Vedvik	Norway	1992	30.18,13
5	Fredrik Uhrbom	Sweden	1977	30.20,79
6	David Nilsson	Sweden	1987	30.32,24
7	Jesper Faurschou	Denmark	1983	30.36,33
8	Andreas Åhwall	Hässelby SK	1989	30.41,40
9	Meberhatom Yamana	Spårvägen	1992	31.46,59
10	Arne Mjelde Sæther	Lillehammer IF	1977	33.01,39
	Johnny Purvis	USA	1988	DNF
	Lars Södergård	Vallentuna	1983	DNS

Result women 10 000 meter

Plac	Name	Coutry/Club	Born	Result
1	Simone Glad	Denmark	1990	33.58,76
2	Frida Lundén	Sweden	1984	34.29,78
3	Cecilia Kleist	Sweden	1982	34.46,38
4	Hilde Åsheim	Norway	1984	35.08,29
5	Hanna Lindholm	FK Studenternas	1979	35.48,45
6	Nina Persson	Örgryte	1991	35.50,75
7	Tine Pallisgaard	Denmark	1973	36.02,33
8	Kirsten Pettersson	Denmark	1983	36.24,74
	Karianne Søvting	Norway	1986	DNF
	Sanna Mustonen	Hässelby SK	1991	DNF