

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:30 | 1 | H 22 K-1 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|------------|-----------|----------|
| 1 | Anders Svensson | | Kungälv | 02:00,08 |
| 2 | Kristian Wilde | | Västerås | 02:00,90 |
| 3 | Jörgen Westerlind | | Nyköping | 02:05,36 |
| 4 | Björn Ljungberg | | Malmö | 02:07,22 |
| 5 | Jonas Haukka | | Luleå | 02:08,88 |
| 6 | Thomas Edhag | | Bråviken | 02:09,02 |
| 7 | Gustav Granbom | | Luleå | 02:13,02 |
| 8 | Fredrik Källberg | | Lödde | 02:15,66 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:33 | 2 | H 22 K-1 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-----------------|------------|------------|----------|
| 1 | Henrik Nilsson | | Nyköping | 01:59,17 |
| 2 | Johannes Barsk | | Skellefteå | 02:00,73 |
| 3 | Rasmus Jaruta | | Kungälv | 02:01,09 |
| 4 | Tomas Norrman | | Kungälv | 02:03,93 |
| 5 | Johan Jönsson | | Borlänge | 02:05,07 |
| 6 | Jakob Johansson | | Luleå | 02:07,89 |
| 7 | Karl Lind | | Luleå | 02:15,05 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:36 | 3 | H 22 K-1 | 500 m | Försök 3 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Markus Oscarsson | | Västerås | 01:53,98 |
| 2 | Niklas Andersson | | Huskvarna | 01:57,24 |
| 3 | Danny Hallmén | | Örebro | 01:58,74 |
| 4 | Jacob Holst | | KK Eskimå | 01:58,88 |
| 5 | Petter Öström | | Waxholm | 02:01,34 |
| 6 | Andreas Trägårdh | | Lödde | 02:02,20 |
| 7 | Patrik Viklund | | Jönköping | 02:04,44 |
| 8 | Simon Wikberg | | Fagervik | 02:14,82 |
| 9 | David Mohlin | | Luleå | 02:15,44 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:39 | 4 | H 22 K-1 | 500 m | Försök 4 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------|-----------|----------|
| 1 | Jonas Johansson | | Luleå | 01:58,04 |
| 2 | Christian Svanqvist | | Karlstad | 01:59,22 |
| 3 | Pär Holst | | KK Eskimå | 02:00,14 |
| 4 | Fredrik Schill | | Fagervik | 02:00,98 |
| 5 | Joakim Nielsen | | Malmö | 02:03,44 |
| 6 | Oskar Lind | | Luleå | 02:04,52 |
| 7 | Robin Andersson | | Lidköping | 02:05,20 |
| 8 | Per-Åke Carlsson | | Lidköping | 02:08,54 |
| 9 | Robert Johansson | | Luleå | 02:16,76 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:55 | 6 | D 22 K-1 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|------------|-----------|----------|
| 1 | Karin Johansson | | Örebro | 02:10,90 |
| 2 | Emma Andersson | | Huskvarna | 02:13,82 |
| 3 | Annika Andersson | | Ludvika | 02:14,60 |
| 4 | Alexandra Nielsen | | Malmö | 02:16,48 |
| 5 | Cecilia Velin | | KK Eskimå | 02:17,96 |
| 6 | Johanna Wiklander | | Halmstad | 02:24,82 |
| 7 | Evelina Menning | | Waxholm | 02:29,02 |
| 8 | Sandra Hellgren | | Waxholm | 02:29,64 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 09:58 | 7 | D 22 K-1 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-------------|----------|
| 1 | Sofia Paldanius | | Jönköping | 02:08,33 |
| 2 | Josefin Nordlöw | | Värby | 02:10,33 |
| 3 | Anna Roger | | Finspång | 02:12,43 |
| 4 | Michaela Jonsson | | KK Eskimå | 02:17,09 |
| 5 | Klara Andersson | | KK Bris | 02:17,77 |
| 6 | Emma Ljungholm | | Katrineholm | 02:25,18 |
| 7 | Josefin Carlsson | | Kungsör | 02:32,89 |
| 8 | Hanna Plato | | Katrineholm | 02:52,57 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:10 | 8 | H 18 K-2 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|--------------------|------------------------|-----------|----------|
| 1 | Johan Lilja | Marcus Andersson | Lidköping | 01:55,17 |
| 2 | Sebastian Evensson | David Johansson | Oxelösund | 01:58,69 |
| 3 | Richard Nilsson | Per Edberg | Kungälv | 01:59,57 |
| 4 | Tor Lindström | Patrick Dolan | Malmö | 02:00,51 |
| 5 | Patric Svensson | Martin Grothérus | Örebro | 02:02,63 |
| 6 | Axel Brandberg | Joel Attermark | Waxholm | 02:04,57 |
| 7 | Henrik Strand | Mattias Vesterlund | Luleå | 02:07,57 |
| 8 | Gustav Åkesson | Sebastian Tuma-Fischer | Lödde | 02:09,61 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:13 | 9 | H 18 K-2 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|-------------------|-------------|----------|
| 1 | Erik Öberg | Fredrik Johansson | Lidköping | 01:58,07 |
| 2 | Joakim Lindberg | Martin Larsson | Finspång | 02:02,41 |
| 3 | Simon Sundberg | Joel Elenius | Luleå | 02:02,55 |
| 4 | Fredrik Friman | Jakob Juhlin | Brunnsviken | 02:04,03 |
| 5 | Mattias Björklund | Jesper Ekeröth | Västerås | 02:04,91 |
| 6 | Niklas Ehrlin | Jens Fahlberg | Västerås | 02:11,37 |
| 7 | Oscar Jonasson | Anton Ljungström | Halmstad | 02:19,49 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 10:23 | 10 | D 14 K-1 | 500 m | Försök 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Moa Ringqvist | | Waxholm | 02:48,79 |
| 2 | Frida Gustafsson | | Waxholm | 02:53,17 |
| 3 | Emma Ask | | Westervik | 02:53,47 |
| 4 | My Lindén | | Nyköping | 03:00,11 |
| 5 | Evelina Höglund | | Fagervik | 03:01,59 |
| 6 | Annie Åkesson | | Ängelholm | 03:40,65 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 10:26 | 11 | D 14 K-1 | 500 m | Försök 2 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|------------|----------|
| 1 | Hanna Johansson | | Arvika | 02:38,24 |
| 2 | Hanna Falk | | Arvika | 02:44,72 |
| 3 | Ebba Andersson | | Halmstad | 02:46,28 |
| 4 | Linn Gustavsson | | Karlstad | 02:55,32 |
| 5 | Paulina Maxe | | Finspång | 02:55,64 |
| 6 | Elina Westerlund | | Luleå | 02:56,78 |
| 7 | Johanna Ruljeff | | Skellefteå | 03:15,34 |
| 9 | | | | DNF |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 10:35 | 12 | H 14 K-1 | 500 m | Försök 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|------------|---------------|----------|
| 1 | Gustav Smedman | | Lidköping | 02:33,04 |
| 2 | Johan Andersson | | Nyköping | 02:44,44 |
| 3 | Albert Friman | | Brunnsviken | 02:49,92 |
| 4 | Emil Tingström | | Waxholm | 02:58,68 |
| 5 | Jonas Lindmark | | Waxholm | 03:02,32 |
| 6 | Ludvig Ahlin-Hamberg | | Stockholms PK | 03:02,52 |
| 7 | Lukas Ahlin-Hamberg | | Stockholms PK | 03:19,72 |
| 8 | | | | DNF |
| 9 | | | | DNF |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 10:38 | 13 | H 14 K-1 | 500 m | Försök 2 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|--------------------|------------|---------------|----------|
| 1 | Stefan Albrektsson | | Halmstad | 02:37,48 |
| 2 | Joakim Thorn | | Westervik | 02:45,04 |
| 3 | Edvin Gulle | | Stockholms PK | 02:47,42 |
| 4 | Pontus Andersson | | Kungsör | 02:57,92 |
| 5 | Carl Andersson | | Westervik | 03:03,20 |
| 6 | Simander Olof | | Waxholm | 03:14,94 |
| 7 | Mark Mithamo | | Nyköping | 03:21,40 |
| 8 | Arvid Schön | | Westervik | 03:22,84 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:41 | 14 | H 14 K-1 | 500 m | Försök 3 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|------------|-----------|----------|
| 1 | Andreas Edhag | | Bråviken | 02:28,19 |
| 2 | Pontus Heino | | Västerås | 02:37,47 |
| 3 | Adam Skantz | | Waxholm | 02:38,39 |
| 4 | Ousay Bawangonwala | | Jönköping | 02:44,43 |
| 5 | Jesper Melvinger | | Finspång | 02:45,05 |
| 6 | Emil Zeidlitz | | Örnsberg | 02:52,43 |
| 7 | Alexander Linnér | | Westervik | 03:00,93 |
| 8 | Alexander Bertilsson | | Västerås | 03:06,27 |
| 9 | | | | DNF |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:44 | 15 | H 14 K-1 | 500 m | Försök 4 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|------------|-----------|----------|
| 1 | Adam Ask | | Westervik | 02:27,97 |
| 2 | Nils Thoresson | | Fagervik | 02:33,25 |
| 3 | Jens Torstensson | | Bråviken | 02:34,27 |
| 4 | Linus Boström | | Halmstad | 02:49,85 |
| 5 | Vincent Tuma-Fischer | | Lödde | 02:52,77 |
| 6 | Helmer Johansson | | Luleå | 02:57,79 |
| 7 | Joakim Hassel | | Västerås | 03:26,29 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:47 | 16 | H 14 K-1 | 500 m | Försök 5 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|------------|------------|----------|
| 1 | Andreas Åkesson | | Ängelholm | 02:36,88 |
| 2 | Niclas Hansson | | Halmstad | 02:38,78 |
| 3 | Philip Landenstad | | KK Eskimå | 02:47,66 |
| 4 | Adam Dahllöf | | Kungälv | 03:03,76 |
| 5 | Alexander Öström | | Skellefteå | 03:06,94 |
| 6 | Björn Larsson | | Västerås | 03:14,68 |
| 7 | Johan Wikström | | Skellefteå | 03:15,12 |
| 9 | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 10:55 | 17 | H 22 K-4 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: | | |
|--------|-------------------|-------------------|---------------------|---------------|----------|--------|
| 1 | Waxholms KS Lag 1 | | Waxholm | 0:01,00 | | |
| 2 | Luleå KK | | Luleå | 0:04,0 | | |
| 3 | Luleå KK Lag 1 | | Luleå | 0:05,0 | | |
| 4 | Björn Ljungberg | | Malmö | 0:08,0 | | |
| 5 | Henrik Nilsson | Jörgen Westerlind | Sebastian Jakobsson | Fredrik Belin | Nyköping | 0:09,0 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 10:58 | 18 | H 22 K-4 | 500 m | Försök 2 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|------------------|----------------|---------------|-----------------|------------------|
| 1 | Markus Oscarsson | Kristian Wilde | Peter Ström | Konny Andersson | Västerås 0:02,0 |
| 2 | Joel Bolin | Pär Holst | Jacob Holst | Christian Velin | KK Eskimå 0:03,0 |
| 3 | Lödde KK | | | Lödde | 0:07,0 |
| 4 | Anders Svensson | Tomas Norrman | Rasmus Jaruta | Jonny Blixt | Kungälv 0:10,0 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 11:03 | 19 | D 16 K-2 | 500 m | Försök 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------------|------------|-----------|----------|
| 1 | Klara Hellström | Frida Hellström | | Finspång | 02:14,98 |
| 2 | Linnea Stensils | Sofia Linde | | Waxholm | 02:15,24 |
| 3 | Cajsa Zeidler | Hanna Ingelsten | | Lödde | 02:16,34 |
| 4 | Jenny Karlsson | Johanna Karlsson | | Arvika | 02:20,62 |
| 5 | Karolina Bjernfeldt | Line Öberg | | Lidköping | 02:43,04 |
| 6 | | | | | DNS |
| 7 | | | | | DNS |
| 8 | | | | | DNS |
| 9 | | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 11:06 | 20 | D 16 K-2 | 500 m | Försök 2 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|------------------|-----------------|------------|-----------|----------|
| 1 | Moa Wikberg | Linn Gustavsson | | Karlstad | 02:24,39 |
| 2 | Lisa Eriksson | Elin Melvinger | | Finspång | 02:25,65 |
| 3 | Annie Johansson | Fanny Lilja | | Lidköping | 02:28,81 |
| 4 | Saga Wallerström | Elina Lineruth | | Luleå | 02:45,75 |
| 5 | Emelie Backman | Evelina Höglund | | Fagervik | 02:49,41 |
| 6 | | | | | DNS |
| 7 | | | | | DNS |
| 8 | | | | | DNS |
| 9 | | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|----------|--|
| 2010-07-12 | 11:22 | 21 | H 21 K-1 | 500 m | Försök 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|------------------|--|------------|-----------|----------|
| 1 | Rasmus Jaruta | | | Kungälv | 02:12,25 |
| 2 | Gustav Pennsäter | | | Lödde | 02:13,13 |
| 3 | Karl Lind | | | Luleå | 02:13,87 |
| 4 | Fredrik Källberg | | | Lödde | 02:14,25 |
| 5 | Gustav Granbom | | | Luleå | 02:14,41 |
| 6 | Tomas Norrman | | | Kungälv | DNS |
| 7 | | | | | DNS |
| 9 | | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:25 | 22 | H 21 K-1 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Kristian Wilde | | Västerås | 02:03,78 |
| 2 | Andreas Trägårdh | | Lödde | 02:04,00 |
| 3 | Oskar Lind | | Luleå | 02:06,98 |
| 4 | Robin Andersson | | Lidköping | 02:12,12 |
| 5 | David Mohlin | | Luleå | 02:20,38 |
| 6 | Joakim Nielsen | | Malmö | DNS |
| 7 | | | | DNS |
| 8 | | | | DNS |
| 9 | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:28 | 23 | H 21 K-1 | 500 m | Försök 3 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Patrik Viklund | | Jönköping | 02:08,25 |
| 2 | Jonas Haukka | | Luleå | 02:11,61 |
| 3 | Robert Johansson | | Luleå | 02:13,19 |
| 4 | Simon Wikberg | | Fagervik | 02:17,69 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:34 | 24 | H 14 K-2 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|----------------|---------------|----------|
| 1 | Jens Torstensson | Andreas Edhag | Bråviken | 02:15,47 |
| 2 | Adam Ask | Joakim Thorn | Westervik | 02:16,41 |
| 3 | Niclas Hansson | Linus Boström | Halmstad | 02:25,47 |
| 4 | Emil Tingström | Jonas Lindmark | Waxholm | 02:35,39 |
| 5 | Ludvig Ahlin-Hamberg | Edvin Gulle | Stockholms PK | 02:35,53 |
| 6 | Carl Andersson | Arvid Schön | Westervik | 02:53,29 |
| 7 | Björn Larsson | Joakim Hassel | Västerås | 03:02,49 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:37 | 25 | H 14 K-2 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|----------------------|------------|----------|
| 1 | Andreas Åkesson | Pontus Nathell | Ängelholm | 02:30,70 |
| 2 | Adam Skantz | Simander Olof | Waxholm | 02:35,76 |
| 3 | Johan Andersson | Mark Mithamo | Nyköping | 02:37,26 |
| 4 | Alexander Öström | Johan Wikström | Skellefteå | 02:50,02 |
| 5 | Pontus Heino | Alexander Bertilsson | Västerås | 02:59,84 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:44 | 26 | D 21 K-1 | 500 m | Försök 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|------------|-----------|---------|
| 1 | Cecilia Velin | | KK Eskimå | 00:04,0 |
| 2 | Klara Andersson | | KK Bris | 00:08,0 |
| 3 | Johanna Wiklander | | Halmstad | 00:09,0 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|----------|
| 2010-07-12 | 11:47 | 27 | D 21 K-1 | 500 m | Försök 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-------------|---------|
| 1 | Sara Sandbacka | | Waxholm | 00:02,0 |
| 2 | Evelina Menning | | Waxholm | 00:03,0 |
| 3 | Michaela Jonsson | | KK Eskimå | 00:06,0 |
| 4 | Kim Döse | | KK Eskimå | 00:07,0 |
| 5 | Emma Ljungholm | | Katrineholm | 00:10,0 |
| 6 | Josefin Carlsson | | Kungsör | 00:11,0 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 12:00 | 28 | H 22 K-1 | 500 m | Mellanheat 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|------------|----------|
| 1 | Anders Svensson | | Kungälv | 01:55,43 |
| 2 | Johannes Barsk | | Skellefteå | 01:55,85 |
| 3 | Jonas Johansson | | Luleå | 01:56,19 |
| 4 | Daniel Hemselius | | Jönköping | 01:57,01 |
| 5 | Fredrik Schill | | Fagervik | 01:57,69 |
| 6 | Danny Hallmén | | Örebro | 02:05,97 |
| 7 | Jonas Berggren | | Westervik | 02:07,13 |
| 8 | Björn Ljungberg | | Malmö | 02:07,49 |
| 9 | Joakim Strand | | Karlstad | 02:08,55 |
| 10 | Johan Jönsson | | Borlänge | 02:09,65 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 12:03 | 29 | H 22 K-1 | 500 m | Mellanheat 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------|-----------|----------|
| 1 | Niklas Andersson | | Huskvarna | 01:55,46 |
| 2 | Henrik Nilsson | | Nyköping | 01:56,42 |
| 3 | Jonny Blixt | | Kungälv | 01:57,20 |
| 4 | Sebastian Jakobsson | | Nyköping | 01:57,70 |
| 5 | Petter Öström | | Waxholm | 02:04,10 |
| 6 | Andreas Trägårdh | | Lödde | 02:04,28 |
| 7 | Pär Holst | | KK Eskimå | 02:07,22 |
| 8 | Tomas Norrman | | Kungälv | 02:08,28 |
| 9 | Jörgen Westerlind | | Nyköping | 02:21,64 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 12:06 | 30 | H 22 K-1 | 500 m | Mellanheat 3 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------|-----------|----------|
| 1 | Markus Oscarsson | | Västerås | 01:57,28 |
| 2 | Björn Granstedt | | Waxholm | 01:57,92 |
| 3 | Christian Svanqvist | | Karlstad | 01:58,12 |
| 4 | Kristian Wilde | | Västerås | 01:59,02 |
| 5 | Jacob Holst | | KK Eskimå | 02:01,76 |
| 6 | Rasmus Jaruta | | Kungälv | 02:02,36 |
| 7 | Joakim Nielsen | | Malmö | 02:03,52 |
| 8 | Oskar Lind | | Luleå | 02:08,70 |
| 9 | Jonas Haukka | | Luleå | 02:16,02 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 13:30 | 31 | H 14 K-1 | 500 m | Mellanheat 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|---------------|----------|
| 1 | Adam Ask | | Westervik | 02:28,77 |
| 2 | Nils Thoresson | | Fagervik | 02:29,87 |
| 3 | Pontus Heino | | Västerås | 02:35,05 |
| 4 | Adam Skantz | | Waxholm | 02:38,97 |
| 5 | Edvin Gulle | | Stockholms PK | 02:46,91 |
| 6 | Pontus Andersson | | Kungsör | 02:48,33 |
| 7 | Alexander Öström | | Skellefteå | 02:54,47 |
| 8 | Emil Tingström | | Waxholm | 02:55,71 |
| 9 | Carl Andersson | | Westervik | 02:56,35 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 13:33 | 32 | H 14 K-1 | 500 m | Mellanheat 2 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|--------------------|------------|-----------|----------|
| 1 | Stefan Albrektsson | | Halmstad | 02:22,16 |
| 2 | Andreas Edhag | | Bråviken | 02:27,24 |
| 3 | Jens Torstensson | | Bråviken | 02:30,46 |
| 4 | Niclas Hansson | | Halmstad | 02:31,48 |
| 5 | Philip Landenstad | | KK Eskimå | 02:38,88 |
| 6 | Linus Boström | | Halmstad | 02:50,00 |
| 7 | Emil Zeidlitz | | Örnsberg | 02:52,50 |
| 8 | Jonas Lindmark | | Waxholm | 02:55,98 |
| 9 | Adam Dahllöf | | Kungälv | 02:57,46 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|--------------|
| 2010-07-12 | 13:36 | 33 | H 14 K-1 | 500 m | Mellanheat 3 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|------------|-------------|----------|
| 1 | Gustav Smedman | | Lidköping | 02:29,70 |
| 2 | Andreas Åkesson | | Ängelholm | 02:33,76 |
| 3 | Johan Andersson | | Nyköping | 02:34,54 |
| 4 | Ousay Bawangonwala | | Jönköping | 02:42,14 |
| 5 | Jesper Melvinger | | Finspång | 02:44,70 |
| 6 | Vincent Tuma-Fischer | | Lödde | 02:44,94 |
| 7 | Albert Friman | | Brunnsviken | 02:45,06 |
| 8 | Joakim Thorn | | Westervik | 02:47,42 |
| 9 | Helmer Johansson | | Luleå | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|-------|---------|---------|
| 2010-07-12 | 13:45 | 34 | C-22 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-----------------|------------|-----------|----------|
| 1 | Anders Karlsson | | Örebro | 02:44,89 |
| 2 | Ola Svensson | | KK Eskimå | 03:01,39 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 13:50 | 35 | D 18 K-4 | 500 m | Final 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|-----------------|-------------------|------------------|------------------|--------------------|
| 1 | Linnea Stensils | Linnea Menning | Frida Hultberg | Julia Stensils | Waxholm 02:00,70 |
| 2 | Klara Hellström | Jennie Halvarsson | Frida Eriksson | Lisa Eriksson | Finspång 02:03,34 |
| 3 | Fanny Lilja | Annie Johansson | Anna Cerenius | Nathalie Hjort | Lidköping 02:11,02 |
| 4 | Maja Strömgren | Frida Lindfors | Helmer Johansson | Saga Wallerström | Luleå 02:14,56 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 13:55 | 36 | H 18 K-2 | 500 m | Final 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|--------------------|-------------------|------------|-------------|----------|
| 1 | Johan Lilja | Marcus Andersson | | Lidköping | 01:50,64 |
| 2 | Sebastian Evensson | David Johansson | | Oxelösund | 01:56,16 |
| 3 | Erik Öberg | Fredrik Johansson | | Lidköping | 01:56,86 |
| 4 | Richard Nilsson | Per Edberg | | Kungälv | 01:59,38 |
| 5 | Joakim Lindberg | Martin Larsson | | Finspång | 02:01,66 |
| 6 | Simon Sundberg | Joel Elenius | | Luleå | 02:02,96 |
| 7 | Patric Svensson | Martin Grothérus | | Örebro | 02:04,28 |
| 8 | Tor Lindström | Patrick Dolan | | Malmö | 02:04,78 |
| 9 | Fredrik Friman | Jakob Juhlin | | Brunnsviken | 02:07,38 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|-----------|--|
| 2010-07-12 | 14:10 | 37 | D 22 K-1 | 500 m | B-Final 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|-------------------|--|------------|-------------|----------|
| 1 | Emma Ljungholm | | | Katrineholm | 02:31,32 |
| 2 | Josefin Carlsson | | | Kungsör | 02:34,90 |
| 3 | Johanna Wiklander | | | Halmstad | 02:35,54 |
| 4 | Evelina Menning | | | Waxholm | 02:39,58 |
| 5 | Sandra Hellgren | | | Waxholm | 02:43,36 |
| 6 | Hanna Plato | | | Katrineholm | 03:05,86 |
| 7 | Cecilia Velin | | | KK Eskimå | DNS |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 14:15 | 38 | D 22 K-1 | 500 m | Final 1 | |

| Plats: | Deltagare: | | Deltagare: | Förening: | Tid: |
|--------|-------------------|--|------------|-----------|----------|
| 1 | Sofia Paldanius | | | Jönköping | 02:12,71 |
| 2 | Karin Johansson | | | Örebro | 02:17,15 |
| 3 | Josefin Nordlöw | | | Värby | 02:19,01 |
| 4 | Annika Andersson | | | Ludvika | 02:21,25 |
| 5 | Emma Andersson | | | Huskvarna | 02:22,77 |
| 6 | Anna Roger | | | Finspång | 02:24,05 |
| 7 | Michaela Jonsson | | | KK Eskimå | 02:26,21 |
| 8 | Alexandra Nielsen | | | Malmö | 02:29,15 |
| 9 | Klara Andersson | | | KK Bris | 02:31,11 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|-----------|
| 2010-07-12 | 14:20 | 39 | H 22 K-1 | 500 m | B-Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Petter Öström | | Waxholm | 02:01,32 |
| 2 | Daniel Hemselius | | Jönköping | 02:01,76 |
| 3 | Fredrik Schill | | Fagervik | 02:02,16 |
| 4 | Kristian Wilde | | Västerås | 02:04,78 |
| 5 | Andreas Trägårdh | | Lödde | 02:07,16 |
| 6 | Danny Hallmén | | Örebro | 02:07,60 |
| 7 | Rasmus Jaruta | | Kungälv | 02:08,64 |
| 8 | Jacob Holst | | KK Eskimå | 02:08,78 |
| 9 | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 14:25 | 40 | H 22 K-1 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------|------------|----------|
| 1 | Markus Oscarsson | | Västerås | 01:56,99 |
| 2 | Anders Svensson | | Kungälv | 01:58,24 |
| 3 | Johannes Barsk | | Skellefteå | 01:58,45 |
| 4 | Christian Svanqvist | | Karlstad | 01:58,85 |
| 5 | Niklas Andersson | | Huskvarna | 02:00,13 |
| 6 | Jonny Blixt | | Kungälv | 02:01,07 |
| 7 | Henrik Nilsson | | Nyköping | 02:01,09 |
| 8 | Jonas Johansson | | Luleå | 02:01,81 |
| 9 | Björn Granstedt | | Waxholm | 02:02,03 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|-----------|
| 2010-07-12 | 14:35 | 41 | H 14 K-1 | 500 m | B-Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|------------|---------------|----------|
| 1 | Niclas Hansson | | Halmstad | 02:43,32 |
| 2 | Philip Landenstad | | KK Eskimå | 02:46,70 |
| 3 | Adam Skantz | | Waxholm | 02:46,92 |
| 4 | Jesper Melvinger | | Finspång | 02:51,00 |
| 5 | Qusay Bawangonwala | | Jönköping | 02:52,18 |
| 6 | Vincent Tuma-Fischer | | Lödde | 02:56,16 |
| 7 | Linus Boström | | Halmstad | 02:57,98 |
| 8 | Edvin Gulle | | Stockholms PK | 02:58,40 |
| 9 | Pontus Andersson | | Kungsör | 03:15,16 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 14:40 | 42 | H 14 K-1 | 500 m | Final 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|--------------------|------------|-----------|----------|
| 1 | Gustav Smedman | | Lidköping | 02:27,50 |
| 2 | Stefan Albrektsson | | Halmstad | 02:29,46 |
| 3 | Adam Ask | | Westervik | 02:33,76 |
| 4 | Andreas Edhag | | Bråviken | 02:40,92 |
| 5 | Nils Thoresson | | Fagervik | 02:41,20 |
| 6 | Pontus Heino | | Västerås | 02:44,26 |
| 7 | Johan Andersson | | Nyköping | 02:46,66 |
| 8 | Andreas Åkesson | | Ängelholm | 02:47,60 |
| 9 | Jens Torstensson | | Bråviken | 02:48,08 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|-----------|--|
| 2010-07-12 | 14:45 | 43 | D 14 K-1 | 500 m | B-Final 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|------------|----------|
| 1 | Evelina Höglund | | Fagervik | 03:00,04 |
| 2 | Elina Westerlund | | Luleå | 03:00,66 |
| 3 | Johanna Ruljeff | | Skellefteå | 03:20,92 |
| 4 | Annie Åkesson | | Ängelholm | 03:45,92 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 14:50 | 44 | D 14 K-1 | 500 m | Final 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Hanna Johansson | | Arvika | 02:41,35 |
| 2 | Ebba Andersson | | Halmstad | 02:47,31 |
| 3 | Hanna Falk | | Arvika | 02:48,03 |
| 4 | Moa Ringqvist | | Waxholm | 02:54,27 |
| 5 | Linn Gustavsson | | Karlstad | 02:59,99 |
| 6 | Frida Gustafsson | | Waxholm | 03:00,43 |
| 7 | Emma Ask | | Westervik | 03:00,59 |
| 8 | My Lindén | | Nyköping | 03:02,43 |
| 9 | Paulina Maxe | | Finspång | 03:08,85 |

| Datum | Starttid | Heat | Klass | Distans | | |
|------------|----------|------|----------|---------|---------|--|
| 2010-07-12 | 15:30 | 45 | D 16 K-2 | 500 m | Final 1 | |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|---------------------|------------------|-----------|----------|
| 1 | Klara Hellström | Frida Hellström | Finspång | 02:12,35 |
| 2 | Linnea Stensils | Moa Ringqvist | Waxholm | 02:12,61 |
| 3 | Moa Wikberg | Linn Gustavsson | Karlstad | 02:14,37 |
| 4 | Cajsa Zeidler | Hanna Ingelsten | Lödde | 02:17,29 |
| 5 | Annie Johansson | Fanny Lilja | Lidköping | 02:21,01 |
| 6 | Lisa Eriksson | Elin Melvinger | Finspång | 02:22,07 |
| 7 | Jenny Karlsson | Johanna Karlsson | Arvika | 02:26,59 |
| 8 | Saga Wallerström | Elina Lineruth | Luleå | 02:38,35 |
| 9 | Karolina Bjernfeldt | Line Öberg | Lidköping | 02:47,03 |

| Datum | Starttid | Heat | Klass | Distans | Final 1 |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 15:35 | 46 | H 16 K-4 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: | | |
|--------|-------------------|----------------------|--------------------|---------------------|-----------|----------|
| 1 | Weine Lagström | Emil Nyholm | Emil Winberg | Petter Martinsson | KS Ägir | 01:49,43 |
| 2 | Johan Edberg | Henrik Larsson | Kimmy Bergman | Isak Johansson | Kungälv | 01:55,07 |
| 3 | Emil Torstensson | Jens Torstensson | Andreas Edhag | Emil Svensson | Bråviken | 01:57,17 |
| 4 | Fredrik Bengtsson | Jakob Lund | Adam Ask | Joakim Thorn | Westervik | 01:58,93 |
| 5 | Nils Eriksson | Erik Strand | Helmer Johansson | Manne Segerlund | Luleå | 02:01,05 |
| 6 | Daniel Åsberg | Felix Eriksson | Samuel Johansson | Alexander Stålbrand | Nyköping | 02:07,31 |
| 7 | Pontus Heino | Alexander Bertilsson | Björn Larsson | Daniel Björklund | Västerås | 02:24,15 |
| 8 | Joel Attermark | August Avén | Fredrik Mårtensson | Jacob Qvarnström | Waxholm | DNF |
| 8 | | | | | | 02:30,59 |

| Datum | Starttid | Heat | Klass | Distans | Final 1 |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 15:45 | 47 | D 22 K-2 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-----------------|------------------|-----------|----------|
| 1 | Sofia Paldanius | Julia Stridsberg | Jönköping | 02:06,12 |
| 2 | Julia Stensils | Evelina Menning | Waxholm | 02:07,70 |
| 3 | Cecilia Velin | Kim Döse | KK Eskimå | 02:07,95 |
| 4 | Ilona Jonsson | Michaela Jonsson | KK Eskimå | 02:12,20 |
| 5 | Anna Roger | Frida Eriksson | Finspång | 02:17,00 |
| 6 | Sara Sandbacka | Sandra Hellgren | Waxholm | 02:17,81 |
| 7 | Maja Strömgren | Hillevi Rhodin | Luleå | 02:24,74 |

| Datum | Starttid | Heat | Klass | Distans | Final 1 |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 15:50 | 48 | H 22 K-4 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: | | |
|--------|------------------|-------------------|---------------------|------------------|-----------|----------|
| 1 | Erik Gustafsson | Erik Svensson | Björn Granstedt | Petter Öström | Waxholm | 01:31,42 |
| 2 | Anders Svensson | Tomas Norrman | Rasmus Jaruta | Jonny Blixt | Kungälv | 01:33,24 |
| 3 | Henrik Nilsson | Jörgen Westerlind | Sebastian Jakobsson | Fredrik Belin | Nyköping | 01:34,20 |
| 4 | Markus Oscarsson | Kristian Wilde | Peter Ström | Konny Andersson | Västerås | 01:34,66 |
| 5 | Jonas Johansson | Dag Johansson | Oskar Lind | Jakob Johansson | Luleå | 01:38,50 |
| 6 | Björn Ljungberg | Joakim Nielsen | Lazslo Varga | Magnus Ljungberg | Malmö | 01:40,14 |
| 7 | Joel Bolin | Pär Holst | Jacob Holst | Christian Velin | KK Eskimå | 01:42,90 |
| 8 | Andreas Trägårdh | Simon Öberg | Gustav Pennsäter | Fredrik Källberg | Lödde | 01:47,92 |
| 9 | Robert Johansson | Gustav Granbom | Karl Lind | David Mohlin | Luleå | 01:48,64 |

| Datum | Starttid | Heat | Klass | Distans | Final 1 |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 16:05 | 50 | H 14 K-2 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|----------------------|----------------|---------------|----------|
| 1 | Jens Torstensson | Andreas Edhag | Bråviken | 02:16,25 |
| 2 | Adam Ask | Joakim Thorn | Westervik | 02:19,01 |
| 3 | Niclas Hansson | Linus Boström | Halmstad | 02:23,17 |
| 4 | Ludvig Ahlin-Hamberg | Edvin Gulle | Stockholms PK | 02:31,35 |
| 5 | Andreas Åkesson | Pontus Nathell | Ängelholm | 02:31,73 |
| 6 | Emil Tingström | Jonas Lindmark | Waxholm | 02:35,49 |
| 7 | Adam Skantz | Simander Olof | Waxholm | 02:36,69 |
| 8 | Johan Andersson | Mark Mithamo | Nyköping | 02:44,93 |
| 9 | Alexander Öström | Johan Wikström | Skellefteå | 02:54,35 |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 16:15 | 51 | D 21 K-1 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-------------------|------------|-------------|----------|
| 1 | Klara Andersson | | KK Bris | 02:12,86 |
| 2 | Michaela Jonsson | | KK Eskimå | 02:16,12 |
| 3 | Cecilia Velin | | KK Eskimå | 02:19,16 |
| 4 | Emma Ljungholm | | Katrineholm | 02:21,42 |
| 5 | Josefin Carlsson | | Kungsör | 02:22,12 |
| 6 | Evelina Menning | | Waxholm | 02:26,06 |
| 7 | Sara Sandbacka | | Waxholm | 02:26,94 |
| 8 | Johanna Wiklander | | Halmstad | 02:30,76 |
| 9 | Kim Döse | | KK Eskimå | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 16:20 | 52 | H 21 K-1 | 500 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|------------------|------------|-----------|----------|
| 1 | Kristian Wilde | | Västerås | 01:57,82 |
| 2 | Rasmus Jaruta | | Kungälv | 02:00,34 |
| 3 | Andreas Trägårdh | | Lödde | 02:01,12 |
| 4 | Oskar Lind | | Luleå | 02:05,94 |
| 5 | Jonas Haukka | | Luleå | 02:09,08 |
| 6 | Robert Johansson | | Luleå | 02:11,62 |
| 7 | Karl Lind | | Luleå | 02:16,38 |
| 8 | Gustav Pennsäter | | Lödde | 02:19,64 |
| 9 | | | | DNS |

| Datum | Starttid | Heat | Klass | Distans | |
|------------|----------|------|----------|---------|---------|
| 2010-07-12 | 16:41 | 54 | D 18 K-1 | 5000 m | Final 1 |

| Plats: | Deltagare: | Deltagare: | Förening: | Tid: |
|--------|-----------------------|------------|-----------|----------|
| 1 | Julia Stensils | | Waxholm | 25:23,10 |
| 2 | Jennie Halvarsson | | Finspång | 26:09,64 |
| 3 | Johanna Verweijst | | KS Ägir | 26:24,01 |
| 4 | Jessica Andréé | | Bråviken | 26:58,10 |
| 5 | Eva Lagrange | | KS Ägir | 26:59,35 |
| 6 | Anna Cerenius | | Lidköping | 27:09,21 |
| 7 | Linnea Menning | | Waxholm | 28:18,15 |
| 8 | Ann-Sofie Albrektsson | | Halmstad | 29:29,64 |
| 9 | Julia Stridsberg | | Jönköping | 29:32,71 |
| 10 | Louise Isaksson | | Nyköping | 30:33,51 |
| 11 | Nathalie Hjort | | Lidköping | 32:09,12 |
| 12 | Paulina Langemark | | Halmstad | 32:10,10 |