

## Åldersrekord 10000 m

16	35.27.6	Jan Abrahamsson-62	Askersund	1978
17				
18	31.40.2	Mikael Abrahamsson-62	Hallsberg	1980
19	31.52.6	Mikael Abrahamsson-62	Hallsberg	1981
20	32.17.3	Jan Abrahamsson-62	Hallsberg	1982
21	31.32.91	Mikael Abrahamsson-62	Stockholm/S	1983
22	30.40.19	Mikael Abrahamsson-62	Västerås	1984
23	32.07.14	Johan Hagerlund-67	Örebro/U	1990
24	29.48.95	Mikael Abrahamsson-62	Karlskrona	1986
25	29.52.37	Mikael Abrahamsson-62	Stockholm/S	1987
26	30.56.11	Johan Hagerlund-67	Kvarnsveden	1993
27	32.44.67	Johan Hagerlund-67	Garphyttan	1994
28	30.58.41	Johan Hagerlund-67	Sollentuna	1995
29	35.01.2	Tony Larsson-53	Hallsberg	1982
30				
31				
32	33.42.6	Roger Adolfsson-47	Glanshammar	1979
33	36.30.2	Leif Ahlstrand-47	Hallsberg	1980
34	43.12.96	Fredrik Jönsson-79	Hallsberg	2013
35	38.54.9	Per Olov Johansson-45	Hallsberg	1980
36	34.52.0	Roger Adolfsson-47	Sköllersta	1983
37	32.42.0	Gunnar Johansson-43	Hallsberg	1980
38	36.38.6	Björn Erik Franzén-47	Hallsberg	1985
39	33.32.2	Gunnar Johansson-43	Hallsberg	1982
40	32.45.0	Gunnar Eriksson-40	Hallsberg	1980
41	33.17.8	Gunnar Eriksson-40	Glanshammar	1981
42	33.03.50	Björn Erik Franzén-47	Örebro/U	1989
43	33.47.5	Björn Erik Franzén-47	Karlstad	1990
44	33.12.57	Björn Erik Franzén-47	Örebro/U	1991
45	34.54.9	Gunnar Eriksson-40	Hallsberg	1985
46	39.23.97	Kenneth Karlsson-66	Hallsberg	2012
47	40.21.68	Kenneth Karlsson-66	Hallsberg	2013
48				
49	39.35.2	Bertil Sandén-32	Glanshammar	1981
50	37.59.9	Bo Werner-42	Örebro/U	1992
51	37.30.4	Bo Werner-42	Vretstorp	1993
52				
53	45.34.63	Ove Karasiak-53	Hallsberg	2006
54	43.43.23	Ove Karasiak-53	Glanshammar	2007
55	44.57.00	Ove Karasiak-53	Örebro/U	2008
56	44.51.43	Ove Karasiak-53	Glanshammar	2009
57	44.44.16	Ove Karasiak-53	Hallsberg	2010
58	44.30.97	Ove Karasiak-53	Glanshammar	2011
59	46.19.49	Ove Karasiak-53	Hallsberg	2012
60	45.33.72	Ove Karasiak-53	Hallsberg	2013
61	43.38.08	Ove Karasiak-53	Glanshammar	2014
62	49.08.43	Ove Karasiak-53	Hallsberg	2015
63	50.08.91	Ove Karasiak-53	Glanshammar	2016
64	48.14.90	Ove Karasiak-53	Hallsberg	2017
65	52.10.14	Ove Karasiak-53	Glanshammar	2018
66	49.46.89	Ove Karasiak-53	Hallsberg	2019
67				
68	45.41.40	Gunnar Johansson-43	Glanshammar	2011
69	43.48.63	Gunnar Johansson-43	Hallsberg	2012
70	44.14.81	Gunnar Johansson-43	Hallsberg	2013
71	50.01.65	Roger Adolfsson-47	Glanshammar	2018
72	48.36.92	Roger Adolfsson-47	Hallsberg	2019