

Aptas Upp Löpning

| Korta Aptas Upp (ca 3,4 km 200 m stigning) | | | Långa Aptas Upp (ca 4,4 km 220 m stigning) | | |
|--|-------------------|--------------|--|-------------------|--------------|
| Henrik Fjellborg | 2023-06-12 | 14:36 | Henrik Fjellborg | 2024-09-03 | 19:04 |
| Henrik Fjellborg | 2020-08-06 | 14:56 | Felix Selin | 2019-06-25 | 19:18 |
| Henrik Fjellborg | 2018-06-26 | 15:01 | Henrik Fjellborg | 2023-09-18 | 19:33 |
| Felix Selin | 2018-06-26 | 15:34 | Hannes Mickelsson | 2019-06-25 | 19:40 |
| Henrik Fjellborg | 2017-06-14 | 15:40 | Henrik Fjellborg | 2020-06-16 | 19:44 |
| Nicolas Lindgren | 2024-06-11 | 15:42 | Henrik Fjellborg | 2019-06-25 | 20:08 |
| Felix Selin | 2017-06-14 | 15:44 | Viktor Majbäck | 2019-06-25 | 20:12 |
| Felix Selin | 2017-08-29 | 15:55 | Bobby Brahm | 2020-06-16 | 21:57 |
| Máté Kerényi | 2015-08-06 | 15:56 | Fabian Olofsson | 2019-06-25 | 22:30 |
| Viktor Majbäck | 2020-08-06 | 15:59 | Jonatan Svensson | 2019-06-25 | 22:33 |
| Henrik Fjellborg | 2016-09-06 | 16:04 | Maja Majbäck (bästa dam) | 2020-06-16 | 22:39 |
| Máté Kerényi | 2015-06-10 | 16:14 | Fabian Olofsson | 2020-06-16 | 22:43 |
| Felix Selin | 2016-06-15 | 16:21 | Bobby Brahm | 2019-06-25 | 22:45 |
| Nils Isak Idivuoma | 2018-06-26 | 16:22 | Emil Vinsa | 2020-06-16 | 22:53 |
| Máté Kerényi | 2016-09-06 | 16:35 | Magnus Lindmark | 2020-06-16 | 22:56 |
| Erik Palmer | 2019-09-17 | 16:38 | Elvira Niva | 2023-09-18 | 23:23 |
| Edith Söderlind (bästa dam) | 2021-09-08 | 16:40 | Jonathan Svensson | 2020-06-16 | 23:26 |
| Bobby Brahm | 2021-09-08 | 16:40 | Fredrik Rosenberg | 2019-06-25 | 23:31 |
| Máté Kerényi | 2018-06-26 | 16:40 | Jenny Råghall | 2023-09-18 | 23:37 |
| Felix Selin | 2015-08-06 | 16:43 | Fredrik Söderlind | 2024-09-03 | 24:17 |
| Nicolas Lindgren | 2021-09-08 | 16:51 | Rickard Johansson | 2020-06-16 | 24:23 |
| Ivan Forsgren | 2015-06-10 | 17:06 | Rickard Johansson | 2019-06-25 | 24:37 |
| Fredrik Rosenberg | 2018-06-26 | 17:07 | Magnus Esberg | 2019-06-25 | 24:40 |
| Maja Majbäck | 2020-08-06 | 17:07 | Fredrik Söderlind | 2023-09-18 | 24:43 |
| Emil Vinsa | 2018-06-26 | 17:09 | Fredrik Rosenberg | 2020-06-16 | 24:48 |
| Máté Kerényi | 2016-06-15 | 17:09 | Simon Westerlund | 2019-06-25 | 25:07 |
| Fredrik Paavo | 2021-09-08 | 17:12 | Märtha Lindmark | 2020-06-16 | 25:13 |
| Nils Isak Idivuoma | 2016-09-06 | 17:20 | Evelina Gunillasson Påve | 2023-09-18 | 25:17 |
| Magnus Lindmark | 2016-06-14 | 17:20 | Moa Majbäck | 2019-06-25 | 25:27 |
| Magnus Lindmark | 2015-08-06 | 17:22 | Niklas Larsson | 2024-09-03 | 25:31 |
| Magnus Lindmark | 2015-06-10 | 17:32 | Simon Westerlund | 2020-06-16 | 25:51 |
| Bobby Brahm | 2023-06-12 | 17:33 | Esa Wikström | 2020-06-16 | 26:08 |

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| Bernt Niva | 2016-06-14 | 17:34 | Magnus Oja | 2019-06-25 | 26:33 |
| Magnus Lindmark | 2024-06-11 | 17:44 | Magnus Oja | 2020-06-16 | 27:47 |
| Fabian Olofsson | 2021-09-08 | 17:44 | Rami Spets | 2023-09-18 | 27:15 |
| Fredrik Söderlind | 2019-09-17 | 17:46 | Conny Nilimaa | 2020-06-16 | 28:04 |
| Erik Palmer | 2018-06-26 | 17:56 | Mimmi Lindmark | 2023-09-18 | 28:31 |
| Magnus Lindmark | 2019-09-17 | 18:00 | Jonathan Forsvik | 2020-06-16 | 29:33 |
| Fabian Olofsson | 2017-06-14 | 18:02 | Gibson Bardsley | 2024-09-03 | 29:36 |
| Bernt Niva | 2023-06-12 | 18:05 | Daniel Spets | 2023-09-18 | 30:00 |
| Fredrik Söderlind | 2016-09-06 | 18:06 | Jonathan Forsvik | 2019-06-25 | 30:05 |
| Nils Isak Idivuoma | 2015-06-10 | 18:07 | Tommy Svensson | 2024-09-03 | 31:01 |
| Elvira Niva | 2024-06-11 | 18:08 | Alvina Niva | 2023-09-18 | 31:08 |
| Emil Vinsa | 2017-06-14 | 18:09 | Bernt Niva | 2023-09-18 | 31:10 |
| Fabian Olofsson | 2020-08-06 | 18:10 | Stina Lindmark | 2024-09-03 | 32:07 |
| Bobby Brahm | 2020-09-21 | 18:11 | Daniel Almgren | 2020-06-16 | 32:34 |
| Fredrik Söderlind | 2018-06-26 | 18:11 | Hanna Nilsson | 2020-06-16 | 33:35 |
| Fabian Olofsson | 2015-08-06 | 18:11 | Stina Lindmark | 2023-09-18 | 35:04 |
| Fredrik Söderlind | 2017-06-14 | 18:14 | Joshua Spets | 2023-09-18 | 37:29 |
| Magnus Lindmark | 2017-06-14 | 18:17 | | | |
| Fredrik Rosenberg | 2016-06-15 | 18:18 | | | |
| Fabian Olofsson | 2020-09-21 | 18:25 | | | |
| Elvira Niva | 2023-06-12 | 18:34 | | | |
| Maja Majbäck | 2020-09-21 | 18:26 | | | |
| Bernt Niva | 2024-06-11 | 18:31 | | | |
| Fredrik Rosenberg | 2017-08-29 | 18:50 | | | |
| Bernt Niva | 2020-09-21 | 18:58 | | | |
| Bernt Niva | 2017-08-29 | 18:59 | | | |
| Fredrik Paavo | 2017-06-14 | 18:59 | | | |
| Fredrik Rosenberg | 2017-06-14 | 18:59 | | | |
| Bernt Niva | 2019-09-17 | 18:59 | | | |
| Edit Söderlind | 2020-09-21 | 19:11 | | | |
| Rickard Johansson | 2018-06-26 | 19:13 | | | |
| Stefan Olsson | 2015-08-06 | 19:15 | | | |
| Märtha Lindmark | 2023-06-12 | 19:19 | | | |
| Tommy Lageholm | 2021-09-08 | 19:21 | | | |
| Stefan Olsson | 2016-06-15 | 19:29 | | | |

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| Niklas Larsson | 2024-06-11 | 19:30 |
| Evelina Gunillasson Påve | 2024-06-11 | 19:31 |
| Örjan Fjällborg | 2019-09-17 | 19:36 |
| Rickard Johansson | 2017-08-29 | 19:42 |
| Simon Westerlund | 2018-06-26 | 19:53 |
| Ole Juuso | 2023-06-12 | 19:54 |
| Matilda Laurila | 2024-06-11 | 19:55 |
| Johan Esberg | 2018-06-26 | 20:00 |
| Tommy Lageholm | 2020-08-06 | 20:00 |
| Vilma Majbäck | 2020-09-21 | 20:01 |
| Magnus Esberg | 2017-08-29 | 20:01 |
| Elina Nilimaa | 2023-06-12 | 20:02 |
| Mikael Myrsell | 2016-09-06 | 20:07 |
| Joel Wahlberg | 2017-06-14 | 20:10 |
| Magnus Oja | 2018-06-26 | 20:11 |
| Hans Torneus | 2015-06-10 | 20:11 |
| Magnus Oja | 2015-06-10 | 20:15 |
| Magnus Esberg | 2017-06-14 | 20:23 |
| Johan Lundbäck | 2017-06-14 | 20:24 |
| Magnus Oja | 2016-06-15 | 20:25 |
| Moa Majbäck | 2020-09-21 | 20:27 |
| Johan Esberg | 2017-06-14 | 20:27 |
| Etienne Behar | 2017-08-29 | 20:28 |
| Tommy Lageholm | 2023-06-12 | 20:34 |
| Freja Partapuoli | 2024-06-11 | 20:35 |
| Conny Nilimaa | 2015-06-10 | 20:36 |
| Evelina Gunillasson Påve | 2023-06-12 | 20:43 |
| Niklas Larsson | 2023-06-12 | 20:45 |
| Rikard Ottemark | 2023-06-12 | 20:45 |
| Moa Majbäck | 2020-08-06 | 20:46 |
| Mikael Myrsell | 2015-08-06 | 20:54 |
| Etienne Behar | 2018-06-26 | 20:56 |
| Therese Patomella | 2017-08-29 | 21:03 |
| Johan Mäki | 2020-08-06 | 21:09 |

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| Mimmi Lindmark | 2024-06-11 | 21:10 |
| Andreas Edström | 2023-06-12 | 21:20 |
| Erik Swedberg | 2016-09-06 | 21:21 |
| Eddie Tornberg | 2021-09-08 | 21:26 |
| Ola Paganus | 2015-08-06 | 21:28 |
| Magnus Oja | 2023-06-12 | 21:37 |
| Pierre Travers | 2018-06-26 | 21:37 |
| Alvina Niva | 2024-06-11 | 21:42 |
| Daniel Spets | 2024-06-11 | 21:58 |
| Märtha Lindmark | 2016-06-14 | 21:59 |
| Rami Spets | 2024-06-11 | 22:00 |
| Ola Paganus | 2017-06-14 | 22:01 |
| Mimmi Lindmark | 2023-06-12 | 22:11 |
| Johannes Ekhorn | 2017-06-14 | 22:13 |
| Lykke Zakrisson | 2024-06-11 | 22:22 |
| Sally Johansson | 2023-06-12 | 22:28 |
| Christer Köhler | 2019-09-17 | 22:35 |
| Mikael Myrsell | 2017-06-14 | 22:37 |
| Jimmy Töyrä | 2018-06-26 | 22:39 |
| Kenneth Nilimaa | 2020-09-21 | 22:40 |
| Elina Nilimaa | 2020-09-21 | 22:59 |
| Arto Huhtinen | 2023-06-12 | 23:06 |
| Juha Laurila | 2024-06-11 | 23:09 |
| Göran Eriksson | 2024-06-11 | 23:17 |
| Jimmy Töyrä | 2016-09-06 | 23:40 |
| Andreas Edström | 2016-06-14 | 23:43 |
| Lis Svonni | 2021-09-08 | 23:45 |
| Arto Huhtinen | 2021-09-08 | 23:48 |
| Jimmy Töyrä | 2016-06-15 | 23:48 |
| Edit Söderlind | 2018-06-26 | 24:07 |
| Evelina Gunillasson-Påve | 2021-09-08 | 24:08 |
| Henrik Johansson | 2023-06-12 | 24:15 |
| Heli Nilimaa | 2020-09-21 | 24:37 |
| Therese Patomella | 2017-06-14 | 24:47 |
| Joshua Spets | 2024-06-11 | 24:48 |

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| Marjut Turunen | 2024-06-11 | 24:49 |
| Lykke Zakrisson | 2023-06-12 | 24:51 |
| Anders Wälitalo | 2015-06-10 | 24:57 |
| Arto Huhtinen | 2020-09-21 | 25:05 |
| Jenny Mohus | 2024-06-11 | 25:09 |
| Stina Lindmark | 2024-06-11 | 25:25 |
| Jonas Olsen | 2016-06-15 | 25:26 |
| Hans Johansson | 2019-09-17 | 25:31 |
| Mimmi Lindmark | 2021-09-08 | 25:40 |
| Larry Lindmark | 2021-09-08 | 25:42 |
| Niklas Zakrisson | 2023-06-12 | 25:45 |
| Petter Erksam | 2017-06-14 | 25:55 |
| Larry Lindmark | 2024-06-11 | 25:59 |
| Åsa Johansson | 2024-06-11 | 26:00 |
| Hans Johansson | 2015-08-06 | 26:16 |
| Frida Karlsson | 2017-06-14 | 26:22 |
| Alma Svonni | 2021-09-08 | 26:36 |
| Jonas Olsen | 2015-06-10 | 26:40 |
| Magnus Karlsson | 2023-06-12 | 26:51 |
| Lykke Zakrisson | 2021-09-08 | 26:53 |
| Gabriel Ågren | 2016-09-06 | 26:57 |
| Madelene Jonsson | 2015-06-10 | 27:01 |
| Joanna Redman | 2015-06-10 | 27:06 |
| Joshua Spets | 2021-09-08 | 27:07 |
| Daniel Spets | 2021-09-08 | 27:16 |
| Kristina Wettainen | 2017-06-14 | 27:29 |
| Olivia Söderlind | 2018-06-26 | 28:10 |
| Mats Eriksson | 2016-06-15 | 28:22 |
| Rio Lindgren | 2021-09-08 | 28:29 |
| Christian Aas | 2015-06-10 | 29:29 |
| Joline Pekkari | 2024-06-11 | 29:46 |
| Ylva Partapuoli | 2024-06-11 | 29:49 |
| Albin Paganus | 2015-08-06 | 29:51 |
| Juliette Spets | 2024-06-11 | 31:25 |
| Rami Spets | 2021-09-08 | 31:30 |

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| Marion&Gösta Rönnebro | 2015-06-10 | 31:35 |
| Albin Paganus | 2017-06-14 | 31:49 |
| Petra Nordh | 2015-06-10 | 32:56 |
| Inger Mattsson | 2016-08-15 | 32:58 |
| Hans Johansson | 2015-06-10 | 33:02 |
| Lisa Wallman | 2017-06-14 | 33:19 |
| Karolina Lindberg | 2017-06-14 | 33:44 |
| Matilda Pekkari | 2024-06-11 | 36:55 |
| Jakob Gunnare | 2019-09-17 | 36:58 |
| Sanna Gunnare | 2017-08-29 | 40:49 |
| Jakob Gunnare | 2017-08-29 | 40:53 |

Aptas Upp västra stigen (ca 3.9 km, 188 m stigning)

| | | |
|---------------------------------|-------------------|--------------|
| Henrik Fjellborg | 2022-09-07 | 16:34 |
| Máté Kerényi | 2022-09-07 | 17:41 |
| Nicholas Lindgren | 2022-09-07 | 17:42 |
| Máté Kerényi | 2022-06-09 | 18:52 |
| Bernt Niva | 2022-09-07 | 19:22 |
| Bernt Niva | 2022-06-09 | 19:33 |
| Fredrik Söderlind | 2022-09-07 | 19:36 |
| Edit Söderlind | 2022-09-07 | 19:43 |
| Andreas Lundström | 2022-06-09 | 20:09 |
| Elvira Niva | 2022-09-07 | 21:12 |
| Rikard Ottemark | 2022-06-09 | 21:20 |
| Rikard Mäkelä | 2022-09-07 | 21:33 |
| Elina Nilimaa | 2022-09-07 | 22:37 |
| Magnus Oja | 2022-09-07 | 22:48 |
| Fredrik Rosenberg | 2022-09-07 | 22:49 |
| Mikael Myrsell | 2022-09-07 | 23:17 |
| Thomas Nordmark | 2022-09-07 | 23:29 |
| Kenneth Nilimaa | 2022-09-07 | 23:54 |
| Andreas Edström | 2022-09-07 | 23:55 |
| Daniel Johansson | 2022-06-09 | 24:07 |
| Evelina Gunillasson-Påve | 2022-06-09 | 24:47 |
| Mimmi Lindmark | 2022-09-07 | 24:52 |
| Noah Sund | 2022-09-07 | 24:54 |
| Rami Spets | 2022-06-09 | 24:55 |
| Emil Kågström | 2022-06-09 | 25:03 |
| Andreas Edström | 2022-06-09 | 25:13 |
| Evelina Gunillasson-Påve | 2022-06-09 | 25:19 |
| Mats Persson | 2022-06-09 | 25:21 |
| Matilda Laurila | 2022-09-07 | 25:25 |
| Matilda Laurila | 2022-06-09 | 26:13 |
| Mimmi Lindmark | 2022-06-09 | 26:14 |
| Daniel Spets | 2022-06-09 | 27:20 |

| Aptas Upp västra stigen (ca 3.9 km, 188 m stigning) | | |
|--|-------------------|--------------|
| Lykke Zakrisson | 2022-09-07 | 28:31 |
| Stefan Lahti | 2022-06-09 | 28:59 |
| Lykke Zakrisson | 2022-06-09 | 29:48 |
| Ellen Lahti | 2022-06-09 | 29:58 |
| Niklas Zakrisson | 2022-06-09 | 30:11 |
| Joshua Spets | 2022-06-09 | 31:05 |
| Leo Bergstad | 2022-09-07 | 32:30 |
| Johan Bergstad | 2022-09-07 | 37:53 |

Aptas Upp MTB

| Korta Aptas Upp | | | Långa Aptas Upp | | |
|-------------------------------------|-------------------|--------------|-------------------------|-------------------|--------------|
| Niklas Widmark | 2017-08-29 | 18:29 | Niklas Widmark | 2019-06-25 | 21:12 |
| Stefan Fjällborg | 2018-06-26 | 19:57 | Stefan Fjällborg | 2020-06-16 | 25:07 |
| Niklas Widmark | 2017-06-14 | 20:14 | Magnus Karlsson | 2019-06-25 | 27:08 |
| Stefan Fjällborg | 2019-09-17 | 20:47 | Magnus Esberg | 2019-06-25 | 27:28 |
| Stefan Fjällborg | 2017-06-14 | 21:05 | | | |
| Mikael Myrsell | 2017-06-14 | 22:04 | | | |
| Magnus Esberg | 2017-08-29 | 23:24 | | | |
| Mikael Myrsell | 2015-08-06 | 23:30 | | | |
| Sandy Doull | 2018-06-26 | 23:59 | | | |
| Per-Martin Kuhmunen | 2015-06-10 | 24:16 | | | |
| Kristina Nordebo (bästa dam) | 2023-06-12 | 24:28 | | | |
| Kristian Stålnacke | 2017-08-29 | 26:13 | | | |
| Sandy Doull | 2017-08-29 | 26:44 | | | |
| Magnus Emmot | 2017-06-14 | 27:03 | | | |
| Sandy Doull | 2020-09-21 | 27:53 | | | |
| Karin Engström | 2016-08-06 | 28:41 | | | |
| Sandy Doull | 2020-08-06 | 30:15 | | | |

Aptas Ner Löpning (ca 3,8 km)

| | | |
|------------------------|-------------------|--------------|
| Bobby Brahm | 2020-09-21 | 15:25 |
| Bernt Niva | 2020-09-21 | 16:10 |
| Fabian Olofsson | 2020-09-21 | 16:17 |
| Maja Majbäck | 2020-09-21 | 17:44 |

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|------------------------|-------------------|--------------|
| Bobby Brahm | 2020-09-21 | 15:25 |
| Arto Huhtinen | 2020-09-21 | 20:02 |
| Kenneth Nilimaa | 2020-09-21 | 20:14 |

Aptas Ner MTB (ca 3,8 km)

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| Sandy Doull | 2020-09-21 | 19:05 |
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Maratontabell Aptas Upp&Ner Löpning (ca 7,2 km)

| | | |
|------------------------|-------------------|--------------|
| Bobby Brahm | 2020-09-21 | 33:36 |
| Fabian Olofsson | 2020-09-21 | 34:42 |
| Bernt Niva | 2020-09-21 | 35:08 |
| Maja Majbäck | 2020-09-21 | 36:10 |
| Kenneth Nilimaa | 2020-09-21 | 42:54 |
| Arto Huhtinen | 2020-09-21 | 45:07 |

Maratontabell Aptas Upp&Ner MTB (ca 7,2 km)

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|--------------------|-------------------|--------------|
| Sandy Doull | 2020-09-21 | 46:58 |
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