

| Strupen Upp 13 aug. 2019, +19 gr. sol | | | | | | |
|--|------------|---------------------|--------------------------|-----------|--------------|-----------------|
| Plac. | Tid | Namn | Klubb alt. Hemort | Nr | Klass | Notering |
| 1 | 6,49 | My Svensson | Billingen X-trail | 27 | Dam | Rekord! |
| 2 | 7,12 | Sofia Smedman | Billingen X-trail | 18 | Dam | |
| 3 | 8,35 | Christina Johansson | CEJN | 12 | Dam | |
| 4 | 9,13 | Kristin Liljestam | Skövde | 28 | Dam | |
| 5 | 9,24 | Anna Samuelsson | IFK Skövde FIK | 30 | Dam | |
| 6 | 9,27 | Ulrika Ydse | Göteborg | 20 | Dam | |
| 7 | 10,11 | Marina Karlsson | | 14 | Dam | |
| 1 | 9,09 | Frans Kullberg | Ulricehamns IF | 10 | Ungdom | |
| 1 | 5,34 | Daniel Bogren | IF Hagen Orient. | 8 | | |
| 2 | 5,43 | Botond Rajna | IFK Skövde FIK | 25 | | |
| 3 | 5,46 | Viktor Stenqvist | Billingen X-trail | 17 | | |
| 4 | 5,58 | Anton Carlsson | IF Hagen Orient. | 16 | | |
| 5 | 6,03 | Erik Widmark | IF Mantra Sport | 19 | | |
| 6 | 6,08 | Harald Östensen | IFK Skövde SK | 9 | | |
| 7 | 6,17 | Olle Hedman | IF Hagen Orient. | 32 | | |
| 8 | 6,55 | Henrik Håkansson | CEJN | 6 | | |
| 9 | 7,07 | Per Carlsson | IF Hagen Orient. | 15 | | |
| 10 | 7,15 | Andreas Melin | IFK Skövde FIK | 4 | | |
| 11 | 7,24 | Anders Ström | IFK Skövde FIK | 29 | | |
| 12 | 7,33 | Torbjörn Andersson | Billingen X-trail | 3 | | |
| 13 | 7,37 | Daniel Strömvall | | 23 | | |
| 14 | 7,44 | Daniel Johansson | IFK Skövde SK | 21 | | |
| 15 | 7,55 | David Lundh | CEJN | 7 | | |
| 16 | 7,56 | Magnus Källman | CEJN | 22 | | |
| 17 | 7,57 | Bernt Henriksson | Gudhems IF | 2 | | |
| 18 | 8,01 | Anders Herngren | IFK Skövde FIK | 31 | | |
| 19 | 8,11 | Clas Andersson | IFK Skövde FIK | 26 | | |
| 20 | 8,25 | Bjarne Ambertsson | IFK Skövde FIK | 13 | | |
| 21 | 9,11 | Lars Kullberg | Ulricehamns IF | 11 | | |
| 22 | 11,11 | Oscar Melin | IFK Skövde FIK | 24 | | |
| 23 | 15,39 | Leif Johansson | IFK Skövde FIK | 5 | | |