**GP 2019 tiobästalista**

**Poängräkning:** notera att vi utökat poängskalan för herrarna i år så att de 10 bästa får poäng istället för de 6 bästa. Denna förändring behövdes inte göras för damerna där genomsnittsdeltagandet på tävlingarna är lägre och det förra poängsystemet fungerat bra.

Herrar

| | | | |
|---|---|---|---|
| 1 | Rikki Frederiksen | IFK Umeå | 68 |
| 2 | Lukas Borgemo | IFK Umeå | 58 |
| 3 | Jacob Joh | Umeå TFC | 56 |
| 4 | Göran Jonsson | IFK Umeå | 55 |
| 5 | Karsten Meier | IFK Umeå | 42 |
| 6 | Gabriel Granåsen | IFK Umeå | 36 |
| 7 | Jonatan Björnberg | Skellefteå AIK | 30 |
| 8 | Tim Kerro | Stensele SK | 28 |
| 8 | Rasmus Nilsson | IFK Umeå | 28 |
| 10 | Stefan Åberg | IFK Umeå | 25 |

Damer

| | | | |
|---|---|---|---|
| 1 | Charlotte Andersson | IFK Umeå | 53 |
| 2 | Jenny Wikedal | IFK Umeå | 38 |
| 3 | Amalia Sangfelt | IFK Umeå | 36 |
| 4 | Evelina Henriksson | IFK Umeå | 32 |
| 5 | Anna Rahm | IFK Umeå | 28 |
| 6 | Anna Morén | Skellefteå AIK | 20 |
| 7 | Pia Westlund | IFK Umeå | 13 |
| 8 | Jenny Lindqvist | Skellefteå AIK | 11 |
| 8 | Rebecca Öhrn | IFK Umeå | 11 |
| 8 | Moa Lundgren | IFK Umeå | 11 |

**Summering av GP-poäng med deltävlingar. T-A-I står för extrapoäng för kategorierna terräng-arena-inland.**
De som endast samlat kategoripoäng (terräng-arena-inland) läggs inte in i listan.
För att kunna samla poäng måste man tillhöra en registrerad klubb på Svenska friidrottsförbundet.
**Dubbla placeringar.** Detta kan uppstå antingen om det i efterhand upptäcks att någon har missats att läggas in eller om två har samma tid.
**Inställda GP**, GP4
**Gulmarkning:** De som hittills varit med i minst fyra tävlingar under vår/höst är gulmärkta (kraven för utlottningspriser är att ha både vår och höst samt specialkategorierna). Tävlingar som då inte gett poäng är markerade med kryss.
**Parentes:** Om man redan har fyllt up vår- eller höstkvoten sätts den tävling med sämst poäng i parentes och räknas inte med i sammanställningen.

| Herrar | | | GP1* | GP2* | GP3 | GP5 | GP6 | GP7 | GP8 | GP9 | GP10 | GP11 | GP12 | GP13 | GP14 | GP15* | GP16 | GP17 | T | A | I | Totalt |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Rikki Frederiksen | IFK Umeå | 9 | 7 | | | 6 | | | 10 | 8 | | | 8 | | 9 | 7 | [5] | 1 | 1 | 1 | 68 |
| 2 | Lukas Borgemo | IFK Umeå | | 5 | | | 7 | 8 | 9 | | 10 | 7 | | | | | 9 | | 1 | 1 | 1 | 58 |
| 3 | Jacob Joh | Umeå TFC | | 8 | | 10 | 10 | | 8 | | | 9 | | | | | | 8 | 1 | 1 | 1 | 56 |
| 4 | Göran Jonsson | IFK Umeå | 8 | | | | | | 6 | 8 | 7 | | 9 | 7 | | 8 | | [4] | 1 | | 1 | 55 |
| 5 | Karsten Meier | IFK Umeå | | | | | | | 10 | | | | | 10 | | | 10 | 10 | 1 | | 1 | 42 |
| 6 | Gabriel Granåsen | IFK Umeå | 7 | 6 | | 8 | 3 | | | | 4 | | | 2 | | | 3 | | 1 | 1 | 1 | 36 |
| 7 | Jonatan Björnberg | Skellefteå AIK | | | | | | 10 | | | | 10 | | | | | | 9 | | 1 | | 30 |
| 8 | Tim Kerro | Stensele SK | | | | 7 | 4 | | | 9 | | 6 | | | | | | | | 1 | 1 | 28 |
| 8 | Rasmus Nilsson | IFK Umeå | 7 | 7 | | | | | | 6 | | | | | | 6 | | | 1 | | 1 | 28 |
| 10 | Stefan Åberg | IFK Umeå | 4 | | | 4 | X | | 5 | | | | | 5 | | | 2 | 2 | 1 | 1 | 1 | 25 |
| 11 | Thomas Edström | Jalles TC | | | | | | 6 | 7 | 7 | | | | | | | | | 1 | 1 | 1 | 23 |
| 11 | André Kröger | IFK Umeå | 5 | 2 | | | 2 | 5 | | | 6 | | | X | | | X | X | 1 | 1 | 1 | 23 |
| 13 | Martin Nilsson | IFK Umeå | | 10 | | | | | | | | | | 9 | | | | | 1 | | | 20 |
| 13 | Jonathan Edman | Umedalens IF | | 9 | | | | | | | | | | | | 10 | | | 1 | | | 20 |
| 15 | Ted Armgren | Dalasjö IK Framåt | | | | | | 9 | | | | 8 | | | | | | | | 1 | | 18 |
| 16 | Andreas Oskarsson | IFK Umeå | | | | | | | | | | | 10 | 6 | | | | | | | | 16 |
| 16 | Per Liv | IFK Umeå | | | | | | | | | 8 | | | | | 7 | | | | | 1 | 16 |
| 16 | Tony Berglund | IFK Umeå | | | | | 9 | | | | | | | | | | | 6 | | 1 | | 16 |
| 19 | Wilhelm Olofsson | IFK Umeå | | | | | | 7 | | | | 7 | | | | | | | | 1 | | 15 |
| 20 | Tor Larsson | Tärna IK Fjällvinden | 3 | | | 9 | | | | | | | | | | | | | | | 1 | 13 |
| 20 | Erik Degerman | IFK Umeå | | | | | | | | | 5 | | 7 | | | | | | | | 1 | 13 |
| 20 | Niclas Jacobsson | IFK Umeå | | | | | | | | 4 | | | 8 | | | | | | | | 1 | 13 |
| 23 | Lars Johansson | Lycksele LK | 1 | 1 | | | | | 3 | 5 | | | | | | | | X | 1 | | 1 | 12 |
| 24 | Niklas Markström | Skellefteå XC | | | | | | | | | | | | | 10 | | | | 1 | | | 11 |
| 24 | Olof Burström | Lycksele LK | | | | 5 | | | 4 | | | | | | | | | | 1 | | 1 | 11 |
| 24 | Andreas Brodin | IFK Umeå | | | | | | | | | 3 | | | | | | 6 | | 1 | | 1 | 11 |
| 27 | Daniel Hällgren | Skellefteå AIK | | | | | | | | | | | | | 9 | | | | 1 | | | 10 |
| 27 | Patrik Wikström | IFK Umeå | 10 | | | | | | | | | | | | | | | | | | | 10 |
| 27 | Stephen McDonough | Skellefteå AIK | | | 10 | | | | | | | | | | | | | | | | | 10 |
| 27 | Tobias Eriksson | Lycksele LK | | | 8 | 1 | | | | | | | | | | | | | | | 1 | 10 |
| 27 | Björn Yttergren | IFK Umeå/TSK | 6 | | | | | | | | | | | 4 | | | | | | | | 10 |
| 27 | Erik Lindgren | IFK Umeå | | | | | X | | 2 | | | | 5 | | | | | X | 1 | 1 | 1 | 10 |
| 32 | Marcus Åström | Bergsbyns SK | | | | | | | | | | | | | 8 | | | | 1 | | | 9 |
| 32 | Simon Åstot | IFK Umeå | | | | | | | | | | | | | | | 8 | | 1 | | | 9 |
| 32 | Robin Norum | IFK Umeå | | | | | 8 | | | | | | | | | | | | | 1 | | 9 |
| 32 | Magnus Olsson | Jalles TC | | | 9 | | | | | | | | | | | | | | | | | 9 |
| 32 | Jonny Hjertström | Skellefteå AIK | | | | | | 3 | | | | 5 | | | | | | | | 1 | | 9 |
| 32 | Tomas Strömsten | IFK Umeå | | | | | X | | | | | | 4 | | | 4 | | X | | 1 | | 9 |
| 38 | Martin Larsson | Skellefteå AIK | | | | | | | | | | | | | 7 | | | | 1 | | | 8 |
| 38 | Anders Pettersson | IFK Umeå | | | | | | | | | | | | | | | 4 | 3 | 1 | | | 8 |
| 41 | Ludvig Werkmäster | IFK Umeå | | | | | | | | | | | | | | | | 7 | | | | 7 |
| 41 | Nicklas Eriksson | Lycksele LK | | | 7 | | | | | | | | | | | | | | | | | 7 |
| 41 | Jan Karlsson | IFK Umeå | | 6 | | | | | | | | | | | | | | | 1 | | | 7 |
| 41 | Jesper Lundqvist | Skellefteå XC | | | | 6 | | | | | | | | | | | | | | | 1 | 7 |
| 41 | Oscar Bäckström | Umeå TFC | | | | | | | | | | 6 | | | | | | | | 1 | | 7 |
| 41 | Robert Eriksson | Jalles TC | | | | | | | | 1 | | | | | | 5 | | | | | 1 | 7 |
| 47 | Martin Rosvall | Lycksele LK | | | | | | | | | | | | | | | | 5 | 1 | | | 6 |
| 47 | Richard Hedelin | IFK Umeå | | | | | 5 | | | | | | | | | | | | | 1 | | 6 |
| 47 | Sören Markström | Skellefteå AIK | | | 6 | | | | | | | | | | | | | | | | | 6 |
| 47 | Isak Hermansson | IFK Umeå | | | | | | | | | | | 6 | | | | | | | | | 6 |
| 47 | Peter Gardfjäll | IFK Umeå | 3 | | | | | | | | | | | 3 | | | | | | | | 6 |
| 52 | Dennis Sandström | Skellefteå AIK | | | | | | 4 | | | | | | | | | | | | 1 | | 5 |
| 52 | Henrik Jonsson | Renfjärn SK | | | 5 | | | | | | | | | | | | | | | | | 5 |
| 52 | Johan Malm | Täfteå IK | | 4 | | | | | | | | | | | | | | | 1 | | | 5 |
| 52 | Jonathan Eriksson | Lycksele LK | | 4 | | | | | | | | | | | | | | | 1 | | | 5 |
| 52 | Lars Mikaelsson | Dalasjö IK Framåt | | | | 2 | | | 1 | | | | | | | | | | 1 | | 1 | 5 |
| 57 | Emil Öhman | IFK Umeå | | | | | X | | | 2 | 1 | | | | | | | X | | 1 | 1 | 5 |
| 57 | Niklas Eriksson | Röbäcks SK | | | | | | | | | | | | | | 4 | | | | | | 4 |
| 57 | Mattias Jonsson | Umedalens IF | | | | | | | | 3 | | | | | | | | | | | 1 | 4 |
| 57 | David Källströmmer | IFK Umeå | | 3 | | | | | | | | | | | | | | | 1 | | | 4 |
| 57 | Peter Öbrand | Lycksele LK | | | | 3 | | | | | | | | | | | | | | | 1 | 4 |
| 62 | Torgny Lind | Hörnefors IF | | | | | | | | | | | | | | 3 | | | | | | 3 |
| 62 | Ivar Törnblom | IFK Umeå | | | | | | | | | | | 3 | | | | | | | | | 3 |
| 62 | Niclas Jacobsson | IFK Umeå | | | | | | | | | 2 | | | | | | | | | | 1 | 3 |
| 62 | Pär Markström | Jalles TC | | | | | | 2 | | | | | | | | | | | | 1 | | 3 |
| 62 | Sylvain Glos | Jalles TC | 2 | | | | | | | | | | | | | | | 1 | | | | 3 |
| 67 | Karsten Högjård-Olsen | Sandviks IK | | | | | | | | | | | | | | 2 | | | | | | 2 |
| 67 | Per-Håkan Sandström | Team Esplanad | | | | | | | | | | | 2 | | | | | | | | | 2 |
| 67 | Henrik Simu Gunnarsson | IFK Umeå | | | | | 1 | | | | | | | | | | | | | 1 | | 2 |
| 67 | David Morén | Skellefteå AIK | | | | | | 1 | | | | | | | | | | | | 1 | | 2 |
| 67 | Johan Albertsson | IKSU | | | | | | | | | | | | | | | 1 | | 1 | | | 2 |
| 72 | Robert Lundgren | Hörnefors IF | | | | | | | | | | | | | | 1 | | | | | | 1 |
| 72 | Henrik Karlborg | Stöcke TSJ | | | | | | | | | | | | 1 | | | | | | | | 1 |
| 72 | Jonas Olovsson | IKSU | | | | | | | | | | | 1 | | | | | | | | | 1 |

*Om det i efterhand upptäcks att någon missats läggas in så lägger jag in en extra placering snarare än att jag tar bort någon.

| Damer | | | GP1 | GP2 | GP3 | GP5 | GP6 | GP7 | GP8 | GP9 | GP10 | GP11 | GP12 | GP13 | GP14 | GP15 | GP16 | GP17 | T | A | I | Totalt |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Charlotte Andersson | IFK Umeå | | | | | | 10 | 10 | 10 | | | 10 | 10 | | | | | 1 | 1 | 1 | 53 |
| 2 | Jenny Wikedal | IFK Umeå | | | | 10 | | | 6 | 6 | 6 | | | 4 | | | | 4 | 1 | | 1 | 38 |
| 3 | Amalia Sangfelt | IFK Umeå | 6 | | | | 6 | | 4 | 4 | 3 | | 4 | 3 | | | | 3 | 1 | 1 | 1 | 36 |
| 4 | Evelina Henriksson | IFK Umeå | | | | | 10 | | | | 10 | | | | | | | 10 | | 1 | 1 | 32 |
| 5 | Anna Rahm | IFK Umeå | | | | | | | | | | | 6 | 6 | | 10 | | 6 | | | | 28 |
| 6 | Anna Morén | Skellefteå AIK | X | X | 2 | | | 4 | X | 3 | 2 | 6 | | | | | | X | 1 | 1 | 1 | 20 |
| 7 | Pia Westlund | IFK Umeå | | 2 | | | | | | | | 10 | | | | | | | 1 | | | 13 |
| 8 | Jenny Lindqvist | Skellefteå AIK | | | | | | | | | | | | | 10 | | | | 1 | | | 11 |
| 8 | Rebecca Öhrn | IFK Umeå | | | | | | | | | | | | | | | 10 | | 1 | | | 11 |
| 8 | Moa Lundgren | IFK Umeå | | 10 | | | | | | | | | | | | | | | 1 | | | 11 |
| 11 | Klara Hofer-Mattsson | IFK Umeå | 10 | | | | | | | | | | | | | | | | | | | 10 |
| 11 | Maja Gren-Skog | Skellefteå AIK | | | 10 | | | | | | | | | | | | | | | | | 10 |
| 13 | Petra Ödman | Dalasjö IK Framåt | 4 | | | | 4 | | | | | | | | | | | | | 1 | | 9 |
| 14 | Mica Stare | Skellefteå AIK | | | | | | 6 | | | | | | | | | | 2 | | 1 | | 9 |
| 14 | Susanne Björk | TTGU IF | | 3 | | | | | | | | | 3 | 2 | | | | | | | | 8 |
| 16 | Erika Lind | Skellefteå AIK | | | | | | | | | | | | | 6 | | | | 1 | | | 7 |
| 16 | Magdalena Lindström | TTGU IF | | | | | | | | | | | | | | | 6 | | 1 | | | 7 |
| 16 | Moa Lindgren | IFK Umeå | | 6 | | | | | | | | | | | | | | | 1 | | | 7 |
| 16 | Edberg | Stensele SK | | | | 6 | | | | | | | | | | | | | | | 1 | 7 |
| 20 | Anna-Lena Stenlund | Skellefteå AIK | | | 6 | | | | | | | | | | | | | | | | | 6 |
| 20 | Jenny Svahn | Hörnefors IF | | | | | | | | | | | | | | 6 | | | | | | 6 |
| 22 | Eva Tjäder | Skellefteå AIK | | | | | | | | | | | | | 4 | | | | 1 | | | 5 |
| 22 | Margareta Andersson | IFK Umeå | | | | | | | | | | | | | | | 4 | | 1 | | | 5 |
| 22 | Jessica Edlund | Umedalens IF | | | | | | | | | 4 | | | | | | | | | | 1 | 5 |
| 22 | Boel Sandström | Skellefteå XC | | 4 | | | | | | | | | | | | | | | 1 | | | 5 |
| 22 | Maria Mikaelsson | Dalasjö IK Framåt | | | | 4 | | | | | | | | | | | | | | | 1 | 5 |
| 22 | Mimmi Björn | Fredrika IK | | | | | | | 3 | | | | | | | | | | 1 | | 1 | 5 |
| 28 | Evan Hases | Skellefteå AIK | | | | | | | | | | | | | 3 | | | | 1 | | | 4 |
| 28 | Jenny-Ann Danell | Jalles TC | | | | | | | | | | | | | | | 3 | | 1 | | | 4 |
| 28 | Emelie Gauffin | Skellefteå AIK | | | 4 | | | | | | | | | | | | | | | | | 4 |
| 28 | Emelie Gunnarsson | Lycksele LK | | | | | 3 | | | | | | | | | | | | | 1 | | 4 |
| 28 | Emma Bornerberg | Tavelsjö AIK | | | | | | | 2 | | | | | | | | | | 1 | | 1 | 4 |
| 28 | Smilla Morén | Skellefteå AIK | | | | | | 3 | | | | | | | | | | | | 1 | | 4 |
| 34 | Christina Blomqvist | Skellefteå XC | | | | | | | | | | | | | 2 | | | | 1 | | | 3 |
| 34 | Anna Nordin | Röbäcks SK | | | | | | | | | | | | | | | 2 | | 1 | | | 3 |
| 34 | Emma Lindqvist | Stöcke TSJ | 3 | | | | | | | | | | | | | | | | | | | 3 |
| 34 | Erika Lind | Skellefteå AIK | | | 3 | | | | | | | | | | | | | | | | | 3 |
| 34 | Liselotte Jezek | IFK Umeå | | | | | 2 | | | | | | | | | | | | | 1 | | 3 |
| 34 | Jessica Johansson | Fredrika IK | | | | | | | 1 | | | | | | | | | | 1 | | 1 | 3 |
| 34 | Ingrid Eriksson | Örträsk SK | | | | | | | | 2 | | | | | | | | | | | 1 | 3 |
| 41 | Anna Kempe | Stöcke TSJ | | | | | | | | | | | | | | | | 1 | 1 | | | 2 |
| 41 | Jennica Viksten | TTGU IF | | | | | | | | | | | 2 | | | | | | | | | 2 |
| 41 | Carina Hellberg | Umedalens IF | | | | | | | | | 1 | | | | | | | | | | 1 | 2 |
| 41 | Molly Sjöstam | Umedalens IF | 2 | | | | | | | | | | | | | | | | | | | 2 |
| 41 | Outi Krekula | IFK Umeå | | 1 | | | | | | | | | | | | | | | 1 | | | 2 |
| 41 | Lena Poopuu | IFK Umeå | | | | | 1 | | | | | | | | | | | | | 1 | | 2 |
| 47 | Andrea Brodén | IFK Umeå | | | | | | | | | | | | | | | | 1 | | | | 1 |
| 47 | Maria Granåsen | IFK Umeå | | | | | | | | | | | | 1 | | | | | | | | 1 |
| 47 | Emelie Johansson | Stöcksjö IS | | | | | | | | | | | 1 | | | | | | | | | 1 |
| 47 | Alice Simu | Skellefteå AIK | 1 | | | | | | | | | | | | | | | | | | | 1 |
| 47 | Marie-Louise Karlander | Skellefteå AIK | | | 1 | | | | | | | | | | | | | | | | | 1 |