**GP 2024 tiobästalista**

**Poängräkning:** de 9 bästa i varje tävling får poäng i en skala från 10 till 2 beroende på placering. För att få 1 p räcker det att slutföra loppet.
Dessutom kan man få 1 poäng extra för vardera kriterie terräng, arena och inland.
Endast de 10 bästa tävlingarna räknas in i sammanställningen.

**Tävlingar som ingår**
GP1 Gammliaterrängen 25/5
GP2 Umåker trail 1/6
GP3 Stensele runt 8/6
GP4 Löparnas kväll 3000m 24/6
GP5 Viskaterrängen 13/7
GP6 Örträsksjön runt 20/7
GP7 Sommarmilen 23/7
GP8 Rågbergsterrängen 1/8
GP9 Stocksjön runt 10/8
GP10 Tavelsjö halvmarathon 17/8
GP11 Röbäcksknegat 21/8
GP12 Hörneforsrundan 24/8
GP13 Kraftloppet 31/8
GP14 Umemilen 7/9
GP15 Löparnas kväll 12/9
GP16 Höstfemman 17/9
GP17 Umemaran 12/10

| Herrar | Namn | Klubb | Poäng |
|---|---|---|---|
| 1 | Alexander Elving | IFK Umeå | 34 |
| 2 | Lukas Borgemo | IFK Umeå | 27 |
| 3 | Tim Kerro | Stensele SK | 25 |
| 4 | Tony Berglund | IFK Umeå | 23 |
| 5 | Rasmus Nilsson | IFK Umeå | 22 |
| 5 | Benjamin Näslund | IFK Umeå | 22 |
| 7 | Ludvig Werkmäster | TTGU IF | 21 |
| 8 | Karsten Meier | IFK Umeå | 20 |
| 9 | Christofer Nilsson | Lycksele LK | 18 |
| 10 | Ludvig Renström | IFK Umeå | 15 |

| Damer | Namn | Klubb | Poäng |
|---|---|---|---|
| 1 | Malin Skoog | IFK Umeå | 52 |
| 2 | Sofia Lindberg | TTGU IF | 46 |
| 3 | Susanne Björk | IFK Umeå | 36 |
| 4 | Jenny Wikedal | Lycksele LK | 28 |
| 5 | Boel Sandström | Umeå OK | 15 |
| 5 | Maria ten Siethoff | TTGU IF | 15 |
| 5 | Mica Stare | Skellefteå AIK | 15 |
| 5 | Anna Johansson | Stensele SK | 15 |
| 9 | Linn Wennberg | IFK Umeå | 13 |
| 10 | Evelina Henriksson | IFK Umeå | 11 |
| 10 | Sanna Åström | Agnäs IK | 11 |
| 10 | Emma Lindqvist | Stöcke TSJ | 11 |

Poängrekord sedan 2022 (då poängsystemet ändrades till att innefatta 10 tävlingar istället för 8):

| | | | | |
|---|---|---|---|---|
| Herrar | | | | |
| 1 | Lukas Borgemo | IFK Umeå | 94 | 1:a 2023 |
| 2 | Karsten Meier | IFK Umeå | 92 | 1:a 2022 |
| 3 | Lukas Borgemo | IFK Umeå | 89 | 2:a 2022 |
| Damer | | | | |
| 1 | Malin Skoog | IFK Umeå | 103 (MAX) | 1:a 2023 |
| 2 | Linnéa Isaksson | TTGU IF | 95 | 2:a 2023 |
| 3 | Charlotte Andersson | IFK Umeå | 93 | 1:a 2022 |

**Summering av GP-poäng med deltävlingar. T-A-I står för extrapoäng för kategorierna terräng-arena-inland.**
För att kunna samla poäng måste man tillhöra en registrerad klubb på Svenska friidrottsförbundet.
**Dubla 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**. Anges i listan ovan.
**Gulmärkning:** De som varit med i 10 tävlingar gulmärks. Detta är det maximalt antal tävlingar som kan räknas in i GP (men man kan fortfarande höja poängen om man placerar sig bättre än tidigare).
**Parentes:** Om man redan har fyllt upp kvoten sätts den tävling med sämst poäng i parentes och räknas inte med i sammanställningen.

| Herrar | | | GP1 | GP2 | GP3 | GP4 | GP5 | GP6 | GP7 | GP8 | GP9 | GP10 | GP11 | GP12 | GP13 | GP14 | GP15 | GP16 | GP17 | T | A | I | Totalt |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Alexander Elving | IFK Umeå | 8 | | | 7 | 9 | | 7 | | | | | | | | | | | 1 | 1 | 1 | 34 |
| 2 | Lukas Borgemo | IFK Umeå | | 7 | | 3 | 8 | | 6 | | | | | | | | | | | 1 | 1 | 1 | 27 |
| 3 | Tim Kerro | Stensele SK | 6 | | 7 | | | 10 | | | | | | | | | | | | 1 | | 1 | 25 |
| 4 | Tony Berglund | IFK Umeå | | | 10 | 8 | | | 3 | | | | | | | | | | | | 1 | 1 | 23 |
| 5 | Rasmus Nilsson | IFK Umeå | 7 | 8 | | 5 | | | | | | | | | | | | | | 1 | 1 | | 22 |
| 5 | Benjamin Näslund | IFK Umeå | 10 | | | | 10 | | | | | | | | | | | | | 1 | | 1 | 22 |
| 7 | Ludvig Werkmäster | TTGU IF | | | | 10 | | | 10 | | | | | | | | | | | | 1 | | 21 |
| 8 | Karsten Meier | IFK Umeå | 9 | 10 | | | | | | | | | | | | | | | | 1 | | | 20 |
| 9 | Christofer Nilsson | Lycksele LK | 1 | | 5 | | | 9 | 1 | | | | | | | | | | | 1 | | 1 | 18 |
| 10 | Ludvig Renström | IFK Umeå | | 5 | | | | | 9 | | | | | | | | | | | 1 | | | 15 |
| 11 | Josef Carlsson | TTGU IF | 4 | | | 2 | 4 | | | | | | | | | | | | | 1 | 1 | 1 | 13 |
| 11 | Jonas Nordin | TTGU IF | 5 | | | | 5 | | 1 | | | | | | | | | | | 1 | | 1 | 13 |
| 13 | Tobias Bergman | TTGU IF | | 4 | | | 6 | | | | | | | | | | | | | 1 | | 1 | 12 |
| 14 | Stefan Åberg | IFK Umeå | | | | 1 | 7 | | | | | | | | | | | | | 1 | 1 | 1 | 11 |
| 14 | Oskar Georgsson | Bjurholms IF | | | | | 1 | 8 | | | | | | | | | | | | 1 | | 1 | 11 |
| 16 | Tobias Thomson | TTGU IF | | 9 | | | | | | | | | | | | | | | | 1 | | | 10 |
| 16 | Niklas Berglund | IFK Umeå | | | 9 | | | | | | | | | | | | | | | | | 1 | 10 |
| 16 | Nathan Lauvazelle | IFK Umeå | | | | 9 | | | | | | | | | | | | | | | 1 | | 10 |
| 19 | Tor Larsson | Tärna IK Fjällvinden | | | 8 | | | | | | | | | | | | | | | | | 1 | 9 |
| 19 | Erik Lindgren | IFK Umeå | | | 6 | 1 | | | | | | | | | | | | | | | 1 | 1 | 9 |
| 19 | Gustav Norbäck | Lycksele LK | | 2 | 4 | | | | 1 | | | | | | | | | | | 1 | | 1 | 9 |
| 22 | Johan Torén | Bjurholms IF | | | | | | 7 | | | | | | | | | | | | | | 1 | 8 |
| 22 | Hampus Björk | IFK Umeå | | | | | | | 8 | | | | | | | | | | | | | | 8 |
| 24 | Einar Törnblom | Jalles TC | | 6 | | | | | | | | | | | | | | | | 1 | | | 7 |
| 24 | Mikkel Knif | IFK Umeå | | | | 6 | | | | | | | | | | | | | | | 1 | | 7 |
| 24 | Peter Sjögren Näs | Bjurholms IF | | | | | | 6 | | | | | | | | | | | | | | 1 | 7 |
| 27 | Ludvig Edvardsson | TTGU IF | 1 | | | | 3 | | | | | | | | | | | | | 1 | | 1 | 6 |
| 27 | Jim Johansson | Umedalens IF | | | | 1 | 2 | | | | | | | | | | | | | 1 | 1 | 1 | 6 |
| 27 | Lars Lundberg | TTGU IF | | | | 1 | 1 | | 1 | | | | | | | | | | | 1 | 1 | 1 | 6 |
| 30 | Robert Eriksson | Jalles TC | 1 | 1 | | 1 | | | | | | | | | | | | | | 1 | 1 | | 5 |
| 30 | Thomas Edström | Jalles TC | | | | 4 | | | | | | | | | | | | | | | 1 | | 5 |
| 30 | Joakim Forsberg | Agnäs IK | 1 | 1 | | | 1 | | | | | | | | | | | | | 1 | | 1 | 5 |
| 30 | Thomas Strömsten | IFK Umeå | 1 | | | 1 | | | 1 | | | | | | | | | | | 1 | 1 | | 5 |
| 30 | Erik Björkman | Täfteå IK | | | | | | | 5 | | | | | | | | | | | | | | 5 |
| 35 | Manne Stenström | Jalles TC | 3 | | | | | | | | | | | | | | | | | 1 | | | 4 |
| 35 | David Lindgren | IFK Umeå | | 3 | | | | | | | | | | | | | | | | 1 | | | 4 |
| 35 | Lars-Åke Ekman | IFK Umeå | | | 3 | | | | | | | | | | | | | | | | | 1 | 4 |
| 35 | David Källströmmer | IFK Umeå | 1 | | | 1 | | | | | | | | | | | | | | 1 | 1 | | 4 |
| 35 | Elias Strömgren | Röbäcks SK | 1 | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 4 |
| 35 | Ted Armgren | Dalasjö IK Framåt | | | | | | | 4 | | | | | | | | | | | | | | 4 |
| 41 | Magnus Rölin | TTGU IF | 2 | | | | | | | | | | | | | | | | | 1 | | | 3 |
| 41 | Nicklas Eriksson | Lycksele LK | | | 2 | | | | | | | | | | | | | | | | | 1 | 3 |
| 41 | Arvid Larsson | Fredrika IK | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Fredrik Johansson | Bjurholms IF | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Martin Lundberg | Fredrika IK | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Oskar Johansson | Bjurholms IF | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Tobias Eriksson | Lycksele LK | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Tomas Olofsson | TTGU IF | | | | | 1 | | | | | | | | | | | | | 1 | | 1 | 3 |
| 41 | Johan Sandberg | TTGU IF | | 1 | | | | | 1 | | | | | | | | | | | 1 | | | 3 |
| 41 | Thomas Lindström | IFK Umeå | | | | 1 | | | 1 | | | | | | | | | | | | 1 | | 3 |
| 41 | Håkan Persson | Stöcke TSJ | | | | 1 | | | 1 | | | | | | | | | | | | 1 | | 3 |
| 52 | Anders Högdahl | IFK Umeå | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Elias Sjögren | Lycksele LK | | | 1 | | | | | | | | | | | | | | | | | 1 | 2 |
| 52 | Pasi Peltola | Täfteå IK | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Jonathan Björnberg | Skellefteå AIK | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Jonas Sandström | Täfteå IK | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Nils Stenmark | Röbäcks SK | | | 1 | | | | | | | | | | | | | | | | | 1 | 2 |
| 52 | Fredrik Jakobsson | IFK Umeå | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Jens Bylund | Jalles TC | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Jonny Hjertström | Skellefteå AIK | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Erik Lundström | IFK Umeå | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Stefanu Willekens | TTGU IF | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Rune Söderman | Jalles TC | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Per-Håkan Sandström | Team Esplanad | 1 | | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Fredrik Jonsson | Örträsk SK | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Axel Samuelsson | IFK Umeå | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Mikael Back | IFK Umeå | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Viktor Forsberg | Agnäs IK | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Linus Eckeskog | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Magnus Lindgren | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Petter Lindqvist | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 52 | Andreas Oskarsson | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Elias Cederlund | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Tamás Milán Nagy | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Cristoffer Ryås | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Tim Magnusson | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Anders Pettersson | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Christoffer Larsson | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Lars Johansson | Umedalens IF | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Alfons Johansson | Umedalens IF | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Jakob Sandström | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Benjamin Edman | Umedalens IF | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Isak Hermansson | IFK Umeå | | | | 1 | | | | | | | | | | | | | | | 1 | | 2 |
| 52 | Fredrik Ragnarsson | TTGU IF | | | | | | | 2 | | | | | | | | | | | | | | 2 |
| 85 | Viktor Ek | Lulekamraternas MoLK | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Robert Johansson | Lulekamraternas MoLK | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Glenn Persson | Spöland Vännäs IK | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Martin Isaksson | IFK Umeå | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Christer Malm | Piteå IF | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Johan Hagenbjörk | Team Esplanad | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Joakim Bålfors | Umedalens IF | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Daniel Holmgren | IFK Umeå | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Daniel Nilsson | Lycksele LK | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Jesper Lundqvist | Skellefteå XC | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Jörgen Högkvist | IFK Umeå | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Christofer Ryås | IFK Umeå | | | | | | | 1 | | | | | | | | | | | | | | 1 |
| 85 | Teodor Westman | IFK Umeå | | | | | | | 1 | | | | | | | | | | | | | | 1 |

| Damer | | | GP1 | GP2 | GP3 | GP4 | GP5 | GP6 | GP7 | GP8 | GP9 | GP10* | GP11 | GP12 | GP13 | GP14 | GP15 | GP16 | GP17 | T | A | I | Totalt |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Malin Skoog | IFK Umeå | 10 | | 10 | 9 | 10 | | 10 | | | | | | | | | | | 1 | 1 | 1 | 52 |
| 2 | Sofia Lindberg | TTGU IF | 9 | 10 | | 8 | 9 | | 7 | | | | | | | | | | | 1 | 1 | 1 | 46 |
| 3 | Susanne Björk | IFK Umeå | | | | 7 | 8 | 9 | 9 | | | | | | | | | | | 1 | 1 | 1 | 36 |
| 4 | Jenny Wikedal | Lycksele LK | | | 9 | | | 10 | 8 | | | | | | | | | | | | | 1 | 28 |
| 5 | Boel Sandström | Umeå OK | 8 | 6 | | | | | | | | | | | | | | | | 1 | | | 15 |
| 5 | Maria ten Siethoff | TTGU IF | 7 | 7 | | | | | | | | | | | | | | | | 1 | | | 15 |
| 5 | Mica Stare | Skellefteå AIK | 6 | 8 | | | | | | | | | | | | | | | | 1 | | | 15 |
| 5 | Anna Johansson | Stensele SK | 5 | | 8 | | | | | | | | | | | | | | | 1 | | 1 | 15 |
| 9 | Linn Wennberg | IFK Umeå | | | | 6 | | | 6 | | | | | | | | | | | | 1 | | 13 |
| 10 | Evelina Henriksson | IFK Umeå | | | | 10 | | | | | | | | | | | | | | | 1 | | 11 |
| 10 | Sanna Åström | Agnäs IK | 2 | | | | 7 | | | | | | | | | | | | | 1 | | 1 | 11 |
| 10 | Emma Lindqvist | Stöcke TSJ | | | | 5 | | | 5 | | | | | | | | | | | | 1 | | 11 |
| 13 | Therese Zittra | TTGU IF | | 9 | | | | | | | | | | | | | | | | 1 | | | 10 |
| 14 | Therese Bäckström | Spöland Vännäs IF | | | | | | 8 | | | | | | | | | | | | | | 1 | 9 |
| 15 | Maja Stenmark | Röbäcks SK | | | 7 | | | | | | | | | | | | | | | | | 1 | 8 |
| 15 | Ingrid Eriksson | Örträsk SK | | | | | | 7 | | | | | | | | | | | | | | 1 | 8 |
| 17 | Ann-Sofie Johansson | Umeå OK | 1 | 5 | | | | | | | | | | | | | | | | 1 | | | 7 |
| 17 | Gunilla Sjögren | Lycksele LK | | | 6 | | | | | | | | | | | | | | | | | 1 | 7 |
| 19 | Caroline Kerro | Stensele SK | 4 | | | | | | | | | | | | | | | | | 1 | | | 5 |
| 19 | Jennica Viksten | TTGU IF | | 4 | | | | | | | | | | | | | | | | 1 | | | 5 |
| 19 | Thea Conradzon | IFK Umeå | | | | 4 | | | | | | | | | | | | | | | 1 | | 5 |
| 22 | Moa Dahlberg | Skellefteå AIK | 3 | | | | | | | | | | | | | | | | | 1 | | | 4 |
| 22 | Jenny-Ann Danell | Jalles TC | 1 | 2 | | | | | | | | | | | | | | | | 1 | | | 4 |
| 22 | Anna-Karin Hammar | TTGU IF | | 3 | | | | | | | | | | | | | | | | 1 | | | 4 |
| 22 | Evelin Magnusson | IFK Umeå | | | | 3 | | | | | | | | | | | | | | | 1 | | 4 |
| 22 | Susanne Andersson | Piteå Runners LK | | | | | | | 4 | | | | | | | | | | | | | | 4 |
| 27 | Tea Mörén | IFK Umeå | | | | 2 | | | | | | | | | | | | | | | 1 | | 3 |
| 27 | Maja Hagenbjörk | Team Esplanad | | | | | | | 3 | | | | | | | | | | | | | | 3 |
| 29 | Linn Westermark | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 29 | Pernilla Nordlund | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 29 | Maria Eliasson | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 29 | Anne Hultgren | TTGU IF | | 1 | | | | | | | | | | | | | | | | 1 | | | 2 |
| 29 | Ingrid Johansson Hornberg | Lulekamraternas MoLK | | | | | | | 2 | | | | | | | | | | | | | | 2 |
| 34 | Maria Jansson | Umedalens IF | | | | | | | 1 | | | | | | | | | | | | | | 1 |