| Distanscupen 2023 | Herr | Vecka 17 | | Grus | Vecka 20 | | Gräs | Vecka 22 | | Grus | Vecka 26 | | Gräs | Vecka 29 | | Grus | Vecka 32 | | Gräs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Namn | Klubb | Cm:1 | K:1 | P:1 | Cm:2 | K:2 | P:2 | Cm:3 | K:3 | P:3 | Cm:4 | K:4 | P:4 | Cm:5 | K:5 | P:5 | Cm:6 | K:6 | P:6 |
| Lars Asplund | Ingmår | 221 | 9 | 4 | 284 | 5 | 3 | 274 | 3 | 8 | 325 | 5 | 4 | 519 | 2 | 21 | 163 | 4 | 1 |
| Fredrik Hjalmarsson | Stavnäs | 380 | 2 | 15 | 471 | 4 | 11 | 159 | 5 | 1 | | | | 228 | 3 | 4 | 171 | 6 | 2 |
| Jan-Inge Ahlgren | Mulde VK | 165 | 11 | 2 | 166 | 8 | 1 | 167 | 5 | 2 | 56 | 9 | 1 | 169 | 7 | 2 | 177 | 10 | 3 |
| Dan Törnlind | Lima | 487 | 7 | 20 | 240 | 7 | 2 | 192 | 6 | 3 | 489 | 2 | 11 | 220 | 7 | 3 | 178 | 6 | 4 |
| Peter Mattsson | Ingmår | 181 | 5 | 3 | 349 | 2 | 7 | 218 | 6 | 4 | 332 | 6 | 5 | | | | 184 | 6 | 5 |
| Jan Larson | Mulde VK | 251 | 2 | 6 | 512 | 2 | 12 | 414 | 3 | 15 | 457 | 5 | 9 | 138 | 3 | 1 | 198 | 2 | 6 |
| Magnus Sundqvist | Mulde VK | 354 | 1 | 11 | 398 | 0 | 9 | | | | 304 | 1 | 2 | 269 | 0 | 7 | 274 | 5 | 7 |
| Lars Henriksen | Vinga | 136 | 2 | 1 | 339 | 2 | 6 | 255 | 4 | 7 | 309 | 4 | 3 | 261 | 4 | 6 | 274 | 4 | 8 |
| Thomas Wilsson | Mulde VK | 247 | 1 | 5 | 303 | 4 | 4 | 274 | 2 | 9 | 338 | 1 | 6 | | | | 276 | 0 | 9 |
| Lars-Erik Hjärt | Stavnäs | | | | | | | 415 | 2 | 17 | 1168 | 0 | 28 | 1131 | 1 | 31 | 337 | 0 | 10 |
| Inge Hjalmarsson | Stavnäs | 450 | 6 | 19 | 331 | 5 | 5 | 395 | 5 | 14 | 601 | 1 | 14 | 298 | 6 | 8 | 365 | 3 | 11 |
| Conny Carlsson | Stavnäs | | | | | | | | | | 1289 | 1 | 30 | 446 | 1 | 16 | 366 | 1 | 12 |
| Sture Nilsson | Stavnäs | 358 | 3 | 12 | 705 | 1 | 17 | 493 | 1 | 21 | 865 | 2 | 24 | 414 | 5 | 11 | 382 | 2 | 13 |
| Jens Karelius | Lima | 447 | 1 | 17 | 826 | 1 | 22 | 367 | 2 | 12 | | | | | | | 402 | 1 | 14 |
| Anders Östlund | Vinga | 1010 | 2 | 36 | 807 | 0 | 21 | 790 | 1 | 30 | 408 | 0 | 7 | 904 | 5 | 27 | 419 | 3 | 15 |
| Kjell-Arne Ehrefjord | Kil | 617 | 3 | 28 | 988 | 3 | 14 | 464 | 0 | 19 | 675 | 1 | 17 | 348 | 3 | 9 | 422 | 2 | 16 |
| Johnny Tomt | Mora | 587 | 1 | 27 | 680 | 3 | 16 | 519 | 1 | 23 | 709 | 0 | 20 | 422 | 0 | 13 | 438 | 1 | 17 |
| Thorbjörn Röös | Vinga | 420 | 1 | 16 | 634 | 0 | 15 | 414 | 0 | 16 | 566 | 1 | 12 | 239 | 5 | 5 | 447 | 0 | 18 |
| Samuel Jacobsson | Mulde VK | 369 | 7 | 14 | 727 | 5 | 18 | 550 | 7 | 24 | | | | | | | 504 | 3 | 19 |
| Mats-Olof Mattsson | Mora | 551 | 4 | 26 | 553 | 3 | 13 | 438 | 9 | 18 | 792 | 1 | 21 | 456 | 3 | 17 | 542 | 4 | 20 |
| Per Börestam | Ingmår | 361 | 4 | 13 | | | | 239 | 6 | 6 | 682 | 3 | 19 | 585 | 0 | 23 | 545 | 3 | 21 |
| Bertil Envall | Mora | 322 | 2 | 10 | | | | 318 | 5 | 11 | | | | 378 | 1 | 10 | 579 | 0 | 22 |
| Nisse Engström | Ingmår | 301 | 3 | 9 | 364 | 3 | 8 | 234 | 3 | 5 | 634 | 0 | 15 | 480 | 2 | 18 | 607 | 1 | 23 |
| Torbjörn Larsson | Ingmår | 261 | 2 | 7 | 441 | 0 | 10 | 385 | 1 | 13 | 411 | 6 | 8 | 419 | 0 | 12 | 653 | 1 | 24 |
| Bengt Zettergren | Kil | | | | | | | 569 | 0 | 27 | 635 | 4 | 16 | 435 | 0 | 15 | 699 | 1 | 25 |
| Ulf Persson | Stavnäs | 739 | 0 | 32 | | | | | | | 596 | 1 | 13 | | | | 729 | 0 | 26 |
| Thim Modig | Lima | | | | | | | 563 | 1 | 26 | 841 | 0 | 23 | 422 | 0 | 13 | 755 | 1 | 27 |
| Klas Lundgren | Stavnäs | 489 | 0 | 21 | | | | | | | 834 | 1 | 22 | 767 | 1 | 26 | 776 | 2 | 28 |
| Folke Dahlberg | Mora | 759 | 2 | 33 | 990 | 0 | 26 | | | | 1766 | 0 | 36 | 594 | 2 | 25 | 798 | 0 | 29 |
| Christer Limberg | Lima | 300 | 3 | 8 | 748 | 4 | 20 | | | | 462 | 3 | 10 | 510 | 1 | 20 | 837 | 3 | 30 |
| Klas-Göran Standar | Stavnäs | 622 | 1 | 29 | 1190 | 0 | 28 | 1125 | 0 | 34 | 1524 | 3 | 32 | 1430 | 0 | 35 | 872 | 1 | 31 |
| Henrik Persson | Ingmår | 797 | 0 | 34 | 1073 | 0 | 27 | 879 | 2 | 32 | 1616 | 0 | 34 | 1205 | 0 | 32 | 926 | 0 | 32 |
| John Mattsson | Ingmår | | | | | | | | | | | | | | | | 998 | 1 | 33 |
| John Lif | Lima | 1105 | 0 | 38 | 1224 | 0 | 31 | 787 | 0 | 29 | 1250 | 0 | 29 | 531 | 0 | 22 | 1030 | 0 | 34 |
| Kaj Stenberg | Vinga | 1099 | 0 | 37 | 1213 | 0 | 30 | 844 | 0 | 31 | 1550 | 0 | 33 | 1260 | 1 | 33 | 1070 | 0 | 35 |
| Stig-Anders Röös | Vinga | 726 | 1 | 31 | 939 | 0 | 25 | | | | 1045 | 0 | 25 | 1063 | 1 | 30 | 1113 | 0 | 36 |
| Niclas Seholm | VK Björken | 1466 | 1 | 39 | 1863 | 0 | 34 | 1863 | 0 | 37 | 1671 | 0 | 35 | 1789 | 1 | 36 | 1133 | 0 | 37 |
| Leif-Håkan Röös | Vinga | 654 | 3 | 30 | 1209 | 0 | 29 | 640 | 1 | 28 | 1314 | 0 | 31 | 1007 | 1 | 29 | 1675 | 0 | 38 |
| Pär Stenberg | Ingmår | 1656 | 1 | 40 | 1808 | 1 | 33 | 1457 | 0 | 35 | 2357 | 0 | 38 | 2163 | 1 | 37 | 1800 | 0 | 39 |
| Johan Limberg | Lima | 547 | 0 | 24 | 861 | 2 | 24 | 561 | 0 | 25 | | | | 961 | 1 | 28 | | | |
| Kjell Hansson | Lima | | | | | | | 970 | 1 | 33 | | | | | | | | | |
| Ingemar Larsson | Mora | 529 | 1 | 22 | 729 | 0 | 19 | 482 | 3 | 20 | 681 | 1 | 18 | 496 | 2 | 19 | | | |
| Mikael Andersson | Mora | 547 | 2 | 24 | | | | | | | | | | 587 | 3 | 24 | | | |
| Göran Hedlund | Mora | 543 | 1 | 23 | | | | 506 | 1 | 22 | 1116 | 0 | 26 | | | | | | |
| Sven-Erik Andersson | Mora | 447 | 1 | 17 | | | | 308 | 0 | 10 | 1156 | 1 | 27 | | | | | | |
| Håkan Nyström | Stavnäs | 1966 | 0 | 41 | 1512 | 0 | 32 | 1720 | 2 | 36 | 1795 | 0 | 37 | 1399 | 0 | 34 | | | |
| Göran Eriksson | Stavnäs | 965 | 0 | 35 | 833 | 1 | 23 | | | | | | | | | | | | |