

Seedning inför Vasaloppet 2019

| | km | Elit | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|--|----|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|
| Vasaloppet 2018 | 90 | 4.51.22 | 5.19.25 | 5.38.47 | 6.07.40 | 6.38.53 | 7.11.25 | 7.41.33 | 8.27.51 | 9.24.29 | 10.15.45 |
| Bruksvallarna Nordic Ski* Nils Persson, Östersund SK 1.38.16 | 42 | 1.43 | 1.51 | 2.00 | 2.10 | 2.20 | 2.30 | 2.40 | 2.55 | 3.10 | 3.25 |
| Craft Ski Marathon* Jens Eriksson, Dala-Floda 1.35.47 | 42 | 1.42 | 1.52 | 2.02 | 2.12 | 2.22 | 2.32 | 2.42 | 2.57 | 3.12 | 3.27 |
| Föllingeloppet* Mattias Bångman, Offerdal 2.13.46 | 44 | 2.17 | 2.27 | 2.37 | 2.47 | 2.57 | 3.07 | 3.17 | 3.32 | 3.47 | 4.02 |
| Harsa Ski Maraton* Mikael Sandgren, IFK Mora 2.03.59 | 43 | 2.08 | 2.18 | 2.28 | 2.38 | 2.48 | 2.58 | 3.08 | 3.23 | 3.48 | 4.03 |
| ICA-loppet Matfors* Anders Svanebo, Stockvik 2.25.34 | 42 | - | 2.35 | 2.45 | 2.55 | 3.05 | 3.15 | 3.25 | 3.40 | 3.55 | 4.10 |
| Kronanloppet* Erik Silfver, IFK Umeå 1.52.52 | 40 | - | 1.58 | 2.08 | 2.18 | 2.28 | 2.38 | 2.48 | 3.03 | 3.18 | 3.33 |
| Lo-spåret* Axel Bergsten, IFK Skövde, 2.01.18 | 42 | 2.05 | 2.15 | 2.25 | 2.35 | 2.45 | 2.55 | 3.05 | 3.20 | 3.35 | 3.50 |
| Moraloppet* Jimmie Johnsson, Rembo IK, 1.48.46 | 44 | 1.53 | 2.03 | 2.13 | 2.23 | 2.33 | 2.43 | 2.53 | 3.08 | 3.23 | 3.38 |
| Norrbärke Skimaraton* Adam Steen, Axa SC 1.53.13 | 42 | 1.58 | 2.08 | 2.18 | 2.28 | 2.38 | 2.48 | 2.58 | 3.13 | 3.28 | 3.43 |

