

Tre Skåningar o. En Dansk 17-19/6 2011, Helsingborgs SOK
Totala resultat

sö 2011-06-19 11:46

| Pl | Namn | År | Klubb | E1 | | E2 | | E3 | | E4 | | Tid |
|-----------------|----------------------|----|--------------------|-------|----|---------|----|---------|----|---------|----|---------|
| H75 (13) | | | | | | | | | | | | |
| 1 | Klas Tykesson | 34 | Rävetofta OK | 19:30 | 1 | 23:38 | 3 | 17:46 | 1 | 19:32 | 1 | 1:20:26 |
| 2 | Kjell Persson | 35 | Mariestads FK | 21:23 | 4 | 23:00 | 2 | 18:36 | 3 | 22:12 | 4 | 1:25:11 |
| 3 | Lars Löthman | 35 | Järfälla OK | 20:17 | 3 | 25:15 | 4 | 19:18 | 5 | 21:25 | 3 | 1:26:15 |
| 4 | Jan-Eric Nelking | 35 | FK Åsen | 21:28 | 5 | 26:19 | 5 | 18:55 | 4 | 20:50 | 2 | 1:27:32 |
| 5 | Lars Persson | 35 | Väsby OK | 19:34 | 2 | 22:37 | 1 | 18:21 | 2 | 33:31 | 11 | 1:34:03 |
| 6 | Bengt Edvardsson | 32 | OK Torfinn | 24:45 | 9 | 28:51 | 8 | 20:28 | 7 | 25:29 | 6 | 1:39:33 |
| 7 | KG Ericsson | 34 | OK Gisle | 30:24 | 12 | 27:59 | 6 | 20:04 | 6 | 24:48 | 5 | 1:43:15 |
| 8 | Lars-Erik Höök | 35 | IK Gandvik | 21:36 | 6 | 32:39 | 9 | 24:10 | 9 | 25:49 | 7 | 1:44:14 |
| 9 | Kurt Stenberg | 34 | IK Gandvik | 25:11 | 11 | 35:51 | 10 | 20:41 | 8 | 34:53 | 12 | 1:56:36 |
| 10 | Bengt Olofsson | 36 | Hjärnarps GH OL | 24:49 | 10 | 28:34 | 7 | 31:15 | 11 | 33:24 | 10 | 1:58:02 |
| 11 | Totte Holm | 35 | Markbygdens OK | 22:19 | 7 | 41:42 | 11 | 29:55 | 10 | 28:54 | 8 | 2:02:50 |
| | Carl-Henrik Hallberg | 32 | IK Uven | | | Felst. | | Felst. | | 29:33 | 9 | |
| | Harry Söderberg | 34 | FK Friskus-Varberg | 24:08 | 8 | j start | | j start | | j start | | |

H70 (26)

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|---|------------------|----|------------------|-------|---|-------|---|-------|----|-------|---|---------|
| 1 | Erland Ling | 40 | Jönköpings OK | 18:18 | 2 | 18:13 | 1 | 17:36 | 4 | 19:18 | 2 | 1:13:25 |
| 2 | Rune Arvidsson | 40 | Markbygdens OK | 19:11 | 3 | 20:46 | 6 | 17:30 | 3 | 19:04 | 1 | 1:16:31 |
| 3 | Bo Wadensjö | 38 | FK Finn | 19:57 | 4 | 20:54 | 7 | 17:11 | 2 | 22:26 | 5 | 1:20:28 |
| 4 | Ernie Broström | 38 | Halmstad OK | 17:42 | 1 | 20:35 | 4 | 20:53 | 12 | 21:56 | 4 | 1:21:06 |
| 5 | Allsing Carlsson | 39 | OK Skogsvargarna | 20:31 | 7 | 21:47 | 9 | 17:43 | 5 | 22:49 | 7 | 1:22:50 |

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|----|---------------------|------------------------|-------|----|-------|----|-------|----|--------|----|---------|
| 6 | Peo Bengtsson | 33 OK Pan-Kristianstad | 20:09 | 5 | 20:45 | 5 | 19:29 | 8 | 23:00 | 8 | 1:23:23 |
| 7 | Raimo Salminen | 41 OK Pan-Kristianstad | 21:08 | 9 | 24:10 | 12 | 19:01 | 7 | 21:32 | 3 | 1:25:51 |
| 8 | Göran Karlsson | 38 OK Bävern | 25:17 | 14 | 21:06 | 8 | 16:24 | 1 | 24:09 | 9 | 1:26:56 |
| 9 | Allan Sunnergren | 40 Hjärnarps GH OL | 23:15 | 11 | 22:46 | 11 | 20:07 | 10 | 22:44 | 6 | 1:28:52 |
| 10 | Ivan Eravid | 40 Ulricehamns OK | 26:10 | 16 | 22:36 | 10 | 19:35 | 9 | 24:51 | 10 | 1:33:12 |
| 11 | Jan Kjellström | 39 Frölunda OL | 27:54 | 17 | 26:57 | 14 | 22:18 | 14 | 26:24 | 13 | 1:43:33 |
| 12 | Ruben Edvardsson | 39 Hästveda OK | 24:36 | 13 | 28:22 | 15 | 23:32 | 16 | 27:38 | 14 | 1:44:08 |
| 13 | Heikki Rissanen | 40 Mariestads FK | 23:10 | 10 | 25:57 | 13 | 22:40 | 15 | 34:18 | 18 | 1:46:05 |
| 14 | Kennerth Gustafsson | 40 OK Virdarna | 29:23 | 19 | 30:51 | 19 | 25:13 | 20 | 29:46 | 16 | 1:55:13 |
| 15 | Gert Emanuelsson | 37 Frölunda OL | 30:12 | 23 | 34:29 | 21 | 24:59 | 18 | 25:52 | 11 | 1:55:32 |
| 16 | Curt Tillman | 40 Linköpings OK | 29:54 | 22 | 31:45 | 20 | 25:04 | 19 | 29:14 | 15 | 1:55:57 |
| 17 | Gunnar Bylund | 38 Rydboholms SK | 29:40 | 20 | 30:40 | 18 | 24:53 | 17 | 34:56 | 19 | 2:00:09 |
| 18 | Göran Holmberg | 37 Markaryds FK | 29:16 | 18 | 29:06 | 17 | 57:41 | 25 | 26:13 | 12 | 2:22:16 |
| 19 | Allan Hammar | 40 OK Kompassen | 32:03 | 24 | 43:02 | 25 | 26:57 | 21 | 40:39 | 20 | 2:22:41 |
| 20 | Stig Svensson | 37 OK Virdarna | 48:42 | 25 | 39:05 | 24 | 31:17 | 23 | 46:09 | 21 | 2:45:13 |
| | Bertil Olofsson | 41 Andrarums IF | 20:59 | 8 | 18:48 | 2 | 18:40 | 6 | Felst. | | |
| | Bengt Inghammar | 41 Göteborg-Majorna OK | 24:01 | 12 | 28:33 | 16 | 21:04 | 13 | Felst. | | |
| | Bo Svensson | 40 Tockarps IK | 20:20 | 6 | 20:01 | 3 | 20:15 | 11 | Felst. | | |
| | Bjørn Helstrup | 41 Fredensborg OK | 29:51 | 21 | 37:01 | 23 | 27:08 | 22 | Felst. | | |
| | Ingemar Turesson | 37 Malmö OK | 26:07 | 15 | | | | | 30:39 | 17 | |
| | Sedney Hugosson | 36 Lunds OK | | | 36:50 | 22 | 35:01 | 24 | | | |

H65 (46)

| | | | | | | | | | | | |
|---|------------------|----------------------|-------|---|-------|---|-------|----|-------|---|---------|
| 1 | Stefan G Larsson | 45 OK Njudung | 18:54 | 3 | 18:50 | 3 | 14:10 | 1 | 19:47 | 4 | 1:11:41 |
| 2 | Bengt Bergman | 44 Lunds OK | 18:57 | 4 | 19:10 | 5 | 15:09 | 2 | 18:45 | 3 | 1:12:01 |
| 3 | Kalle Johansson | 44 OK Skogshjortarna | 19:41 | 6 | 18:31 | 2 | 15:52 | 4 | 18:29 | 1 | 1:12:33 |
| 4 | Tommy Olsson | 46 OK Dacke | 20:33 | 9 | 18:04 | 1 | 17:16 | 15 | 20:20 | 7 | 1:16:13 |
| 5 | Henrik Hvoslef | 42 IK Stern | 20:30 | 7 | 20:35 | 6 | 16:39 | 9 | 18:40 | 2 | 1:16:24 |
| 6 | Roland Nilsson | 44 Falköpings AIK OK | 18:28 | 1 | 21:02 | 8 | 16:21 | 7 | 20:47 | 8 | 1:16:38 |

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|----|----------------------|--------------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 7 | Tage Sandberg | 45 Bromma-Vällingby SOK | 18:37 | 2 | 23:22 | 18 | 15:34 | 3 | 20:55 | 10 | 1:18:28 |
| 8 | Inge Persson | 43 FK Boken | 23:41 | 18 | 18:51 | 4 | 16:20 | 6 | 20:11 | 6 | 1:19:03 |
| 9 | Per-Arne Johansson | 44 Vänersborgs SK | 20:32 | 8 | 23:27 | 19 | 16:48 | 10 | 20:02 | 5 | 1:20:49 |
| 10 | Kjell-Åke Isaksson | 43 OK Skogshjortarna | 22:05 | 13 | 21:54 | 10 | 16:33 | 8 | 21:07 | 12 | 1:21:39 |
| 11 | Anders Berglund | 45 OK Skogshjortarna | 22:35 | 14 | 21:59 | 12 | 16:57 | 12 | 21:08 | 13 | 1:22:39 |
| 12 | Morgan Ljung | 45 Vaggeryds SOK | 26:04 | 22 | 20:45 | 7 | 17:27 | 17 | 21:01 | 11 | 1:25:17 |
| 13 | Lars-Göran Axmalm | 46 Sävedalens AIK | 24:08 | 19 | 22:38 | 14 | 17:15 | 13 | 21:45 | 16 | 1:25:46 |
| 14 | Roland Offrell | 42 Frosta OK | 23:15 | 17 | 24:23 | 22 | 18:12 | 22 | 20:54 | 9 | 1:26:44 |
| 15 | Ingemar Wiklund | 43 OK Skogsvargarna | 21:54 | 12 | 24:52 | 25 | 17:15 | 13 | 22:45 | 24 | 1:26:46 |
| 16 | Sven-Olof Pettersson | 45 Mullsjö SOK | 20:46 | 10 | 23:00 | 16 | 16:16 | 5 | 27:32 | 36 | 1:27:34 |
| 17 | Kjell Erlandsson | 45 OK Lindena | 21:52 | 11 | 23:53 | 21 | 17:33 | 19 | 24:52 | 30 | 1:28:10 |
| 18 | Kent Carlgren | 43 OK Skogshjortarna | 22:46 | 16 | 23:36 | 20 | 19:52 | 31 | 22:02 | 17 | 1:28:16 |
| 19 | Ingemar Andersson | 44 OK Orion | 29:06 | 33 | 22:19 | 13 | 17:22 | 16 | 21:33 | 15 | 1:30:20 |
| 20 | Göran Andersson | 42 Stigmännen Karlshamns | 29:34 | 35 | 21:54 | 10 | 17:44 | 20 | 21:12 | 14 | 1:30:24 |
| 21 | Waste Byström | 43 OK Virdarna | 22:41 | 15 | 28:55 | 33 | 18:04 | 21 | 22:02 | 17 | 1:31:42 |
| 22 | Kjell Månsson | 42 Ronneby OK | 31:10 | 38 | 23:10 | 17 | 17:28 | 18 | 22:12 | 20 | 1:34:00 |
| 23 | Styrbjörn Jansson | 45 IF Hagen | 24:31 | 20 | 25:38 | 26 | 18:43 | 24 | 25:09 | 33 | 1:34:01 |
| 24 | Olle Hermansson | 42 IK Ymer | 27:32 | 27 | 24:46 | 24 | 18:43 | 24 | 24:28 | 29 | 1:35:29 |
| 25 | Kent Ekdahl | 45 Emmaboda Verda OK | 27:37 | 28 | 21:53 | 9 | 19:49 | 30 | 28:37 | 37 | 1:37:56 |
| 26 | Bror Palgrim | 45 Vänersborgs SK | 26:09 | 23 | 29:34 | 34 | 19:23 | 28 | 23:26 | 27 | 1:38:32 |
| 27 | Kjell Lindau | 43 OK Kompassen | 27:26 | 26 | 26:00 | 28 | 20:25 | 34 | 24:59 | 31 | 1:38:50 |
| 28 | Lars-Olof Lannfelt | 43 OK Skogshjortarna | 28:34 | 31 | 30:57 | 35 | 16:51 | 11 | 22:47 | 25 | 1:39:09 |
| 29 | Kurt Fredrixon | 42 OK Skogshjortarna | 24:45 | 21 | 31:41 | 36 | 20:08 | 33 | 22:39 | 23 | 1:39:13 |
| 30 | Ronny Andersson | 42 OK Skogshjortarna | 29:23 | 34 | 28:49 | 32 | 19:12 | 27 | 22:02 | 17 | 1:39:26 |
| 31 | Kent Olausson | 46 OK Orinto | 26:56 | 25 | 33:34 | 38 | 18:35 | 23 | 22:29 | 21 | 1:41:34 |
| 32 | Kent Pettersson | 42 IFK Göteborg | 29:55 | 36 | 24:33 | 23 | 22:47 | 39 | 26:29 | 34 | 1:43:44 |
| 33 | Ulf Waldenfjord | 43 Linköpings OK | 28:03 | 30 | 33:42 | 39 | 19:55 | 32 | 22:29 | 21 | 1:44:09 |
| 34 | Karl-Axel Johansson | 42 IK Uven | 26:43 | 24 | 28:27 | 31 | 20:28 | 35 | 30:26 | 39 | 1:46:04 |
| 35 | Hans Sahlberg | 43 Långhundra IF | 28:56 | 32 | 27:35 | 29 | 27:28 | 44 | 26:55 | 35 | 1:50:54 |
| 36 | Sven-Erik Forsell | 43 Lunds OK | 33:45 | 41 | 34:39 | 40 | 19:35 | 29 | 25:04 | 32 | 1:53:03 |
| 37 | Thorwald Fransson | 46 OK Virdarna | 34:58 | 42 | 32:49 | 37 | 23:58 | 41 | 29:43 | 38 | 2:01:28 |
| 38 | Lars Henriksson | 44 OK Älme | 31:11 | 39 | 37:11 | 42 | 25:38 | 42 | 34:46 | 43 | 2:08:46 |
| 39 | Roland Eriksson | 42 Hästveda OK | 28:02 | 29 | 43:17 | 43 | 26:01 | 43 | 46:44 | 44 | 2:24:04 |

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| Arne Berg | 42 Stjärnorps SK | 30:19 | 37 | 28:11 | 30 | Felst. | | 23:24 | 26 |
| Christer Westberg | 43 IFK Göteborg | Felst. | | 25:54 | 27 | 20:39 | 36 | 24:06 | 28 |
| Per-Åke Andersson | 44 IS Kullen | 38:49 | 43 | Felst. | | 20:55 | 37 | 30:40 | 41 |
| Egil Nielsen | 44 Fredensborg OK | Felst. | | | | 22:44 | 38 | 30:32 | 40 |
| Roger Danielsson | 46 Linköpings OK | 19:31 | 5 | 22:41 | 15 | 19:09 | 26 | j start | |
| Johnny Malmgren | 43 Hjärnarps GH OL | | | | | 23:25 | 40 | 30:55 | 42 |
| Tom Lindberg | 43 Lunds OK | 32:08 | 40 | 34:39 | 40 | j start | | j start | |

H60 (35)

| | | | | | | | | | | |
|------------------------|---------------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 Willy Olsson | 51 OK Skogsfalken | 16:51 | 1 | 20:27 | 3 | 15:59 | 2 | 19:35 | 1 | 1:12:52 |
| 2 Ronald McGrail | 48 Hjärnarps GH OL | 17:45 | 5 | 19:20 | 1 | 16:58 | 6 | 22:51 | 9 | 1:16:54 |
| 3 Gunnar Enberg | 47 Målilla OK | 17:24 | 3 | 21:42 | 10 | 16:31 | 4 | 21:24 | 4 | 1:17:01 |
| 4 Conny Jidetoft | 49 Stångenäs AIS | 17:08 | 2 | 20:43 | 4 | 18:53 | 21 | 20:30 | 2 | 1:17:14 |
| 5 Ove Thorsson | 48 IK Trenne Ullared | 18:13 | 6 | 20:46 | 6 | 17:43 | 11 | 21:31 | 5 | 1:18:13 |
| 6 Owe Nilsson | 49 Stigmännen Karlshamns | 18:37 | 8 | 20:52 | 7 | 16:40 | 5 | 23:12 | 11 | 1:19:21 |
| 7 Bill Schölin | 48 Tockarps IK | 18:42 | 10 | 20:57 | 8 | 17:42 | 10 | 22:04 | 7 | 1:19:25 |
| 8 Eric Tenland | 47 Stigmännen Karlshamns | 18:44 | 12 | 22:49 | 14 | 17:50 | 13 | 20:54 | 3 | 1:20:17 |
| 9 Sten Blomström | 51 IK Stern | 18:34 | 7 | 24:06 | 20 | 17:40 | 9 | 24:24 | 15 | 1:24:44 |
| 10 Björn Jägerström | 50 IK Uven | 17:24 | 3 | 20:44 | 5 | 18:09 | 14 | 28:40 | 22 | 1:24:57 |
| 11 Anders Claesson | 46 IFK Moras OK | 21:46 | 20 | 22:23 | 12 | 17:48 | 12 | 23:02 | 10 | 1:24:59 |
| 12 Kenth Sundgren | 49 Skåneslättens OL | 19:52 | 15 | 23:13 | 16 | 18:46 | 20 | 23:12 | 11 | 1:25:03 |
| 13 Sven-Olof Larsson | 49 Växjö AIS | 20:42 | 17 | 22:47 | 13 | 18:33 | 18 | 23:25 | 13 | 1:25:27 |
| 14 Per Lindskog | 51 Gotlands Bro Orienteri | 19:05 | 14 | 21:58 | 11 | 18:43 | 19 | 25:52 | 19 | 1:25:38 |
| 15 Håkan Nilsson | 47 Malmö OK | 19:03 | 13 | 23:21 | 17 | 19:26 | 23 | 25:04 | 17 | 1:26:54 |
| 16 Stig Johansson | 48 Bredaryds SOK | 21:53 | 21 | 22:56 | 15 | 18:29 | 17 | 24:25 | 16 | 1:27:43 |
| 17 Karl Uno Andersson | 49 Falkenbergs OK | 18:42 | 10 | 30:40 | 28 | 17:28 | 8 | 22:29 | 8 | 1:29:19 |
| 18 Hans Åke Djurbäck | 50 Kinnaströms SK | 23:27 | 26 | 24:52 | 21 | 18:12 | 15 | 32:14 | 27 | 1:38:45 |
| 19 Sven Olle Söderberg | 50 OK Skogsfalken | 23:17 | 25 | 25:35 | 22 | 19:44 | 24 | 30:18 | 25 | 1:38:54 |
| 20 Lars-Olof Rönnqvist | 48 OK Löftan | 22:36 | 23 | 27:18 | 25 | 18:25 | 16 | 32:07 | 26 | 1:40:26 |

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|----|---------------------|-------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 21 | Sven Erik Johansson | 47 Mariestads FK | 24:39 | 29 | 36:00 | 33 | 17:17 | 7 | 26:12 | 20 | 1:44:08 |
| 22 | Kjell Jeppson | 47 IF Rigor | 24:20 | 28 | 31:39 | 29 | 21:04 | 25 | 33:46 | 28 | 1:50:49 |
| 23 | Sven-Olof Fransson | 49 SOK Aneby | 25:09 | 30 | 29:15 | 26 | 22:05 | 27 | 37:59 | 31 | 1:54:28 |
| 24 | Anders Mohlin | 51 IK Stern | 30:06 | 34 | 38:40 | 34 | 19:15 | 22 | 30:13 | 24 | 1:58:14 |
| 25 | Lars-Olov Dahlberg | 48 OK Landehof | 25:33 | 31 | 34:07 | 31 | 23:55 | 28 | 37:35 | 29 | 2:01:10 |
| 26 | Kjell Ryberg | 50 IFK Göteborg | 30:04 | 33 | 33:28 | 30 | 26:35 | 30 | 37:56 | 30 | 2:08:03 |
| 27 | Christer Nelsén | 47 Falkenbergs OK | 28:34 | 32 | 34:12 | 32 | 24:56 | 29 | 45:17 | 32 | 2:12:59 |

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| Leif Sandgren | 47 Frosta OK | 20:47 | 18 | 20:08 | 2 | 16:27 | 3 | Felst. | | |
| Vidar Löfving | 47 Tibro OK | 18:41 | 9 | 23:48 | 18 | Felst. | | 23:58 | 14 | |
| Bo Klamfelt | 47 Tibro OK | 21:19 | 19 | 21:28 | 9 | Felst. | | 26:38 | 21 | |
| Bengt Ståhl | 47 Hjärnarps GH OL | 24:08 | 27 | 30:20 | 27 | 21:28 | 26 | j start | | |
| Lars-Gunnar Bengtsson | 48 Stigmännen Karlshamns | 19:52 | 15 | 27:05 | 24 | j start | | 28:53 | 23 | |
| Jørgen Münster-Swends | 49 Søllerød OK | | | 24:05 | 19 | 15:56 | 1 | 21:31 | 5 | |
| Lars Persson | 48 OK Kompassen | 22:59 | 24 | 26:08 | 23 | j start | | j start | | |
| Gert Olsson | 48 Skåneslättens OL | 22:02 | 22 | | | | | 25:21 | 18 | |

H55 (46)

| | | | | | | | | | | | |
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| 1 | Ulf Palmér | 56 Ulricehamns OK | 17:09 | 1 | 20:10 | 7 | 14:36 | 1 | 16:14 | 1 | 1:08:09 |
| 2 | Kurt Svensson | 56 IK Hakarpspojarna | 19:41 | 5 | 18:47 | 3 | 14:36 | 1 | 17:25 | 3 | 1:10:29 |
| 3 | Lenn Aronsson | 55 Linköpings OK | 18:40 | 2 | 18:57 | 4 | 16:30 | 8 | 17:29 | 4 | 1:11:36 |
| 4 | Karl-Gunnar Olsson | 55 Lunds OK | 19:28 | 4 | 20:23 | 10 | 15:50 | 4 | 18:27 | 6 | 1:14:08 |
| 5 | Kennet Sandström | 54 OK Stigen | 19:05 | 3 | 23:25 | 20 | 15:47 | 3 | 17:07 | 2 | 1:15:24 |
| 6 | Inge Josefsson | 55 Stångenäs AIS | 20:05 | 6 | 22:08 | 13 | 17:49 | 15 | 20:22 | 11 | 1:20:24 |
| 7 | Roger Thörn | 55 OK Vilse 87 | 23:37 | 16 | 20:59 | 12 | 17:27 | 10 | 18:49 | 8 | 1:20:52 |
| 8 | Nils-Olof Bodin | 54 Almby IK | 22:31 | 14 | 22:36 | 14 | 17:30 | 11 | 18:41 | 7 | 1:21:18 |
| 9 | Karl Mollén | 55 OK Denseln | 21:57 | 11 | 23:19 | 19 | 17:03 | 9 | 19:22 | 9 | 1:21:41 |
| 10 | Lars Grehn | 52 Mullsjö SOK | 21:56 | 10 | 20:36 | 11 | 20:18 | 31 | 20:47 | 14 | 1:23:37 |
| 11 | Tommy Roos | 56 Falköpings AIK OK | 23:13 | 15 | 22:51 | 15 | 18:02 | 16 | 20:53 | 15 | 1:24:59 |
| 12 | Pierre Karlsson | 55 OK Alehof | 23:49 | 18 | 19:34 | 5 | 18:38 | 21 | 23:20 | 29 | 1:25:21 |

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|----|---------------------|---------------------------|--------|----|-------|----|--------|----|--------|----|---------|
| 13 | Bertil Månsson | 52 Örskelljunga FK | 21:35 | 9 | 28:05 | 39 | 16:27 | 7 | 20:31 | 12 | 1:26:38 |
| 14 | Lars Strand | 55 OK Älme | 28:02 | 34 | 20:17 | 9 | 17:43 | 14 | 21:19 | 16 | 1:27:21 |
| 15 | Lars Eklund | 56 Växjö OK | 25:35 | 28 | 25:00 | 31 | 17:39 | 12 | 19:39 | 10 | 1:27:53 |
| 16 | Olle Bohman | 52 Hjärnarps GH OL | 23:44 | 17 | 22:58 | 17 | 19:59 | 28 | 21:34 | 17 | 1:28:15 |
| 17 | Hans Ekberg | 53 Trollhättans SOK | 26:20 | 31 | 23:29 | 21 | 17:42 | 13 | 22:13 | 21 | 1:29:44 |
| 18 | Kalle Lindqvist | 52 Växjö OK | 24:03 | 21 | 24:11 | 25 | 18:37 | 20 | 23:03 | 28 | 1:29:54 |
| 19 | Gunnar Bejbom | 52 Uddevalla OK | 24:50 | 25 | 25:21 | 32 | 18:05 | 17 | 21:56 | 20 | 1:30:12 |
| 20 | Johan Ryberg | 54 Stigmännens Karlshamns | 25:41 | 29 | 23:38 | 23 | 18:44 | 22 | 23:01 | 27 | 1:31:04 |
| 21 | Göran Larsson | 52 Vänersborgs SK | 22:08 | 13 | 23:10 | 18 | 18:28 | 19 | 27:36 | 39 | 1:31:22 |
| 22 | Robert Jessen | 52 Främmestads IK | 23:59 | 19 | 24:39 | 27 | 21:08 | 38 | 21:42 | 18 | 1:31:28 |
| 23 | Rainer Scholz | 52 IK Vista | 28:35 | 36 | 24:39 | 27 | 18:05 | 17 | 20:31 | 12 | 1:31:50 |
| 24 | Göran Liljequist | 52 OK Älme | 23:59 | 19 | 23:59 | 24 | 21:00 | 36 | 24:50 | 32 | 1:33:48 |
| 25 | Kenneth Fager | 52 FK Vittus | 24:54 | 26 | 26:29 | 36 | 20:16 | 30 | 22:20 | 23 | 1:33:59 |
| 26 | Jan Wahlström | 55 Snättringe SK | 27:40 | 33 | 22:55 | 16 | 20:04 | 29 | 23:37 | 30 | 1:34:16 |
| 27 | Sören Karlsson | 53 Mullsjö SOK | 29:05 | 37 | 24:59 | 30 | 19:57 | 27 | 22:20 | 23 | 1:36:21 |
| 28 | Conny Sahlin | 55 Vänersborgs SK | 29:39 | 39 | 25:24 | 33 | 19:30 | 26 | 22:28 | 25 | 1:37:01 |
| 29 | Arne Bogren | 53 OK Vivill | 27:09 | 32 | 24:18 | 26 | 20:41 | 34 | 25:02 | 34 | 1:37:10 |
| 30 | Lars Ekberg | 53 Trollhättans SOK | 24:28 | 23 | 24:55 | 29 | 20:37 | 33 | 27:19 | 38 | 1:37:19 |
| 31 | Lennart Smedenmark | 52 Ronneby OK | 28:24 | 35 | 28:10 | 40 | 20:32 | 32 | 21:55 | 19 | 1:39:01 |
| 32 | Tor Udd | 56 Markbygdens OK | 25:46 | 30 | 29:27 | 42 | 19:08 | 24 | 25:24 | 35 | 1:39:45 |
| 33 | Håkan Carlbom | 54 OK Gipen | 25:29 | 27 | 29:14 | 41 | 22:32 | 40 | 26:39 | 36 | 1:43:54 |
| 34 | Mats Ingvarsson | 53 OK Vilse 87 | 31:35 | 42 | 29:40 | 43 | 20:46 | 35 | 26:50 | 37 | 1:48:51 |
| 35 | Lennart Svernestam | 53 Linköpings OK | 36:15 | 44 | 27:33 | 38 | 21:06 | 37 | 24:41 | 31 | 1:49:35 |
| 36 | Johan Wedlin | 55 Sävedalens AIK | 29:49 | 40 | 30:14 | 44 | 21:14 | 39 | 28:34 | 40 | 1:49:51 |
| 37 | Hasse Adolfsson | 52 OK Gisle | 33:20 | 43 | 41:23 | 46 | 25:28 | 41 | 28:55 | 41 | 2:09:06 |
| | Lars Johansson | 52 OK Nackhe | 30:34 | 41 | 31:41 | 45 | Felst. | | 34:34 | 42 | |
| | Bengt Aspvall | 52 Ronneby OK | 29:21 | 38 | 25:26 | 34 | 19:16 | 25 | Felst. | | |
| | Christer Folkesson | 53 Eksjö SOK | 21:05 | 8 | 20:14 | 8 | Felst. | | 24:52 | 33 | |
| | Mats Strandhagen | 55 Göteborg-Majorna OK | 24:33 | 24 | 23:33 | 22 | Felst. | | 22:48 | 26 | |
| | Göran Carnander | 53 IK Hakarpspojarna | 21:57 | 11 | 18:31 | 1 | 16:12 | 5 | Felst. | | |
| | Nils-Robert Persson | 56 Tullinge SK | 20:55 | 7 | 18:44 | 2 | Felst. | | 18:20 | 5 | |
| | Carl-Johan Roubert | 54 FK Finn | Felst. | | 26:58 | 37 | 18:50 | 23 | 22:14 | 22 | |

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| Kent Granqvist | 52 Västerviks OK | 24:27 | 22 | 19:40 | 6 | 16:12 | 5 | Felst. |
| Sven-Åke Andersson | 56 IF Rigor | | | 26:06 | 35 | | | |

H50 (37)

| | | | | | | | | | | |
|-------------------------|------------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 Mats Brorsson | 59 Tockarps IK | 18:06 | 2 | 18:59 | 2 | 14:53 | 2 | 20:07 | 4 | 1:12:05 |
| 2 Arne Klintberg | 58 Eksjö SOK | 18:17 | 3 | 21:46 | 9 | 15:20 | 3 | 18:43 | 1 | 1:14:06 |
| 3 Tore Tjernlund | 58 OK Vilse 87 | 19:01 | 5 | 21:05 | 8 | 16:13 | 6 | 19:04 | 2 | 1:15:23 |
| 4 Ralph Johansson | 60 Stångenäs AIS | 18:17 | 3 | 21:57 | 10 | 15:39 | 4 | 20:22 | 5 | 1:16:15 |
| 5 Thomas Henmyr | 60 OK Vilse 87 | 20:21 | 7 | 20:23 | 5 | 17:34 | 10 | 19:53 | 3 | 1:18:11 |
| 6 Tommy Berger | 58 Gävle OK | 20:25 | 8 | 20:42 | 6 | 16:19 | 7 | 21:12 | 7 | 1:18:38 |
| 7 Mikael Johansson | 57 OK Gisle | 20:30 | 9 | 20:45 | 7 | 16:56 | 9 | 21:21 | 8 | 1:19:32 |
| 8 Kenth Edin | 57 Boxholm-Mjölby OL | 22:08 | 15 | 22:37 | 11 | 19:48 | 23 | 21:37 | 10 | 1:26:10 |
| 9 Lars Edenbrandt | 57 Lunds OK | 21:33 | 13 | 23:28 | 12 | 19:01 | 16 | 22:59 | 13 | 1:27:01 |
| 10 Christer Karlsson | 61 Boxholm-Mjölby OL | 21:21 | 11 | 23:53 | 13 | 18:26 | 13 | 23:45 | 15 | 1:27:25 |
| 11 Tomas Nilsson | 59 OK Gipen | 22:01 | 14 | 27:09 | 19 | 18:09 | 11 | 22:05 | 11 | 1:29:24 |
| 12 Lars Elfving | 58 OK Gipen | 22:33 | 18 | 27:02 | 18 | 15:50 | 5 | 24:34 | 16 | 1:29:59 |
| 13 Björn Alpberg | 61 Almby IK | 20:53 | 10 | 28:01 | 21 | 18:10 | 12 | 23:26 | 14 | 1:30:30 |
| 14 Torbjörn Salomonsson | 61 Vänersborgs SK | 23:37 | 20 | 26:50 | 17 | 19:19 | 19 | 25:54 | 20 | 1:35:40 |
| 15 Ingemar Nilsson | 59 FK Åsen | 22:20 | 17 | 30:01 | 25 | 19:23 | 20 | 24:38 | 17 | 1:36:22 |
| 16 Henrik Carlsson | 57 IK Uven | 24:21 | 24 | 26:28 | 16 | 19:24 | 21 | 26:19 | 23 | 1:36:32 |
| 17 Krister Karlsson | 59 OK Nackhe | 23:48 | 22 | 30:09 | 26 | 19:05 | 17 | 25:28 | 18 | 1:38:30 |
| 18 Bengt Marthinsson | 61 Hylte OK | 23:48 | 22 | 29:42 | 24 | 19:26 | 22 | 25:57 | 21 | 1:38:53 |
| 19 Mikael Svensson | 57 OK Pan-Kristianstad | 24:32 | 25 | 29:38 | 23 | 20:29 | 25 | 25:41 | 19 | 1:40:20 |
| 20 Mats Kensby | 60 OK Tyr | 23:45 | 21 | 30:29 | 29 | 20:10 | 24 | 26:25 | 24 | 1:40:49 |
| 21 Ulf Björkdahl | 58 Herrestads AIF | 23:24 | 19 | 33:11 | 31 | 18:41 | 14 | 26:14 | 22 | 1:41:30 |
| 22 Bertil Axbom | 56 OK Landehof | 27:48 | 29 | 30:18 | 27 | 19:16 | 18 | 27:55 | 28 | 1:45:17 |
| 23 Martin Axelsson | 61 OK Skogshjortarna | 25:34 | 27 | 28:00 | 20 | 18:42 | 15 | 34:04 | 32 | 1:46:20 |
| 24 Göran Håkansson | 57 IK Uven | 25:27 | 26 | 30:28 | 28 | 22:06 | 30 | 29:59 | 30 | 1:48:00 |
| 25 Anders Persson | 61 Tockarps IK | 25:46 | 28 | 33:12 | 32 | 22:45 | 32 | 26:55 | 25 | 1:48:38 |
| 26 Gunnar Swärd | 57 Hässleholms OK | 30:39 | 32 | 28:37 | 22 | 22:34 | 31 | 27:08 | 27 | 1:48:58 |

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|----|-----------------|----------------------|---------|----|-------|----|---------|----|---------|----|---------|
| 27 | Anders Nilsson | 61 Hässleholms OK | 27:50 | 30 | 35:33 | 33 | 20:48 | 27 | 29:10 | 29 | 1:53:21 |
| 28 | Dag Svensson | 58 Hylte OK | 29:39 | 31 | 38:11 | 35 | 20:35 | 26 | 38:41 | 33 | 2:07:06 |
| 29 | Mats Lyding | 57 Hylte OK | 37:06 | 34 | 36:26 | 34 | 24:16 | 33 | 30:10 | 31 | 2:07:58 |
| 30 | Reino Örn | 60 Markaryds FK | 32:38 | 33 | 31:35 | 30 | 21:28 | 29 | 43:56 | 34 | 2:09:37 |
| | Ulf Jungstrand | 60 Malmö OK | 17:08 | 1 | 18:46 | 1 | 14:39 | 1 | Felst. | | |
| | Andres Laas | 61 OK Skogshjortarna | Felst. | | 19:51 | 4 | 16:49 | 8 | 20:32 | 6 | |
| | Sten Gustafsson | 57 Eds SK | 19:19 | 6 | 19:06 | 3 | Felst. | | j start | | |
| | Sten Segerslätt | 57 Skåneslättens OL | 22:11 | 16 | 25:53 | 15 | | | 22:32 | 12 | |
| | Staffan Käll | 60 OK Älme | 21:28 | 12 | 24:07 | 14 | | | 21:24 | 9 | |
| | Matts Andersson | 57 Hässleholms OK | | | | | 20:53 | 28 | 27:00 | 26 | |
| | Jonas Ledelius | 60 IK Uven | j start | | 41:08 | 36 | j start | | Felst. | | |

H45 (44)

| | | | | | | | | | | | |
|----|-------------------|----------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | Bo Granstedt | 63 IK Hakarpspojarna | 19:06 | 1 | 19:47 | 1 | 14:54 | 2 | 18:34 | 3 | 1:12:21 |
| 2 | Magnus Svensson | 66 Nässjö OK | 19:32 | 2 | 21:25 | 3 | 15:58 | 7 | 18:25 | 1 | 1:15:20 |
| 3 | Sven Lundgren | 65 Varend GN OL | 20:23 | 4 | 22:30 | 5 | 15:44 | 4 | 19:33 | 5 | 1:18:10 |
| 4 | Lars Persson | 64 OK Skogsfalken | 21:19 | 5 | 22:53 | 7 | 16:34 | 10 | 19:57 | 7 | 1:20:43 |
| 5 | Lars Carlsson | 65 OK Orion | 21:34 | 7 | 22:31 | 6 | 16:37 | 12 | 20:54 | 9 | 1:21:36 |
| 6 | Anders Pettersson | 65 OK Dacke | 21:29 | 6 | 23:12 | 9 | 16:32 | 9 | 20:58 | 10 | 1:22:11 |
| 7 | Christer Mannfolk | 60 Ulricehamns OK | 23:11 | 13 | 23:32 | 10 | 16:10 | 8 | 21:31 | 12 | 1:24:24 |
| 7 | Jonas Roth | 66 Linköpings OK | 21:49 | 8 | 24:13 | 11 | 16:49 | 13 | 21:33 | 13 | 1:24:24 |
| 9 | Bengt Olsson | 63 Eslövs FK | 24:20 | 18 | 24:46 | 12 | 15:44 | 4 | 19:59 | 8 | 1:24:49 |
| 10 | Stefan Olofsson | 62 OK Gisle | 24:45 | 20 | 25:21 | 15 | 17:19 | 17 | 19:55 | 6 | 1:27:20 |
| 11 | Conny Bruhn | 63 Boxholm-Mjölby OL | 23:37 | 17 | 25:51 | 16 | 17:13 | 14 | 21:13 | 11 | 1:27:54 |
| 12 | Anders Svalbring | 64 Målilla OK | 23:29 | 15 | 26:48 | 18 | 16:34 | 10 | 22:42 | 16 | 1:29:33 |
| 13 | Per Andersson | 63 Ulricehamns OK | 24:57 | 21 | 25:19 | 14 | 19:14 | 20 | 23:46 | 20 | 1:33:16 |
| 14 | Anders Claesson | 64 Burseryds IF | 24:20 | 18 | 32:44 | 33 | 17:13 | 14 | 23:44 | 19 | 1:38:01 |
| 15 | Eric Toftered | 62 IF Rigor | 26:18 | 25 | 29:49 | 22 | 19:41 | 24 | 25:11 | 24 | 1:40:59 |
| 16 | Per-Göran Bern | 65 Målilla OK | 26:48 | 29 | 28:03 | 20 | 22:16 | 32 | 24:14 | 22 | 1:41:21 |

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|----|--------------------|-----------------------|---------|----|---------|----|---------|----|---------|----|---------|
| 17 | Kjell Svensson | 64 OK Älme | 27:16 | 30 | 30:42 | 25 | 19:27 | 21 | 24:07 | 21 | 1:41:32 |
| 18 | Mikael Svensson | 64 Annebergs GIF | 23:14 | 14 | 34:03 | 35 | 19:35 | 22 | 24:42 | 23 | 1:41:34 |
| 19 | Peter Broberg | 65 IF Rigor | 26:46 | 28 | 33:36 | 34 | 18:05 | 18 | 23:22 | 18 | 1:41:49 |
| 20 | Jimmy Alenius | 66 Boxholm-Mjölby OL | 26:42 | 27 | 32:18 | 31 | 19:35 | 22 | 25:53 | 26 | 1:44:28 |
| 21 | Ola Hansson | 63 FK Boken | 26:06 | 24 | 30:48 | 26 | 20:48 | 26 | 28:57 | 29 | 1:46:39 |
| 22 | Tomas Nilsson | 64 Hässleholms OK | 26:37 | 26 | 31:40 | 30 | 20:59 | 27 | 28:45 | 27 | 1:48:01 |
| 23 | Ingmar Johansson | 64 FK Friskus-Varberg | 28:11 | 32 | 30:58 | 27 | 21:16 | 28 | 28:53 | 28 | 1:49:18 |
| 24 | Leif-Åke Andersson | 54 FK Boken | 32:33 | 35 | 30:32 | 23 | 25:20 | 37 | 25:35 | 25 | 1:54:00 |
| 25 | Lars Ohlsson | 63 FK Göingarna | 27:26 | 31 | 32:42 | 32 | 21:32 | 31 | 33:38 | 32 | 1:55:18 |
| 26 | Anders Jonsson | 63 OK Klyftamo | 29:29 | 33 | 35:13 | 36 | 25:05 | 36 | 30:51 | 30 | 2:00:38 |
| | Anders Pettersson | 60 Mariestads FK | 25:43 | 23 | Felst. | | 21:23 | 30 | 35:17 | 33 | |
| | Ulf Johansson | 64 OK Dacke | 21:56 | 9 | 22:57 | 8 | 27:34 | 38 | Felst. | | |
| | Jörgen Göransson | 62 FK Göingarna | 24:58 | 22 | 26:29 | 17 | 19:00 | 19 | Felst. | | |
| | David Gabrielsson | 66 Sävedalens AIK | 22:33 | 12 | 31:38 | 29 | 17:13 | 14 | Felst. | | |
| | Magnus Porle | 64 Växjö OK | Felst. | | 56:07 | 37 | Felst. | | Felst. | | |
| | Stefan Edvardsson | 64 OK Torfinn | 29:54 | 34 | 31:25 | 28 | 21:19 | 29 | Felst. | | |
| | Mats Andersson | 64 OK Orion | j godk. | | 21:37 | 4 | 15:54 | 6 | 21:38 | 14 | |
| | Kent Klasson | 63 Hestra IF | j godk. | | 21:14 | 2 | 14:51 | 1 | 18:46 | 4 | |
| | Ola Andertoft | 65 Markaryds FK | 22:13 | 11 | 29:01 | 21 | j start | | 37:45 | 34 | |
| | Jan Thuresson | 65 Burseryds IF | 23:33 | 16 | 26:59 | 19 | j start | | 22:38 | 15 | |
| | Bo Hallberg | 66 Falköpings AIK OK | 22:10 | 10 | 25:05 | 13 | 20:14 | 25 | j start | | |
| | Henrik Poulsen | 66 HSOK.dk | 34:43 | 36 | 30:39 | 24 | 22:37 | 33 | j start | | |
| | Gustaf Torenstam | 62 Emmaboda Verda OK | | | | | 24:09 | 34 | 33:03 | 31 | |
| | Erland Torstensson | 66 Emmaboda Verda OK | 44:07 | 38 | | | 24:59 | 35 | | | |
| | Tim Falck Weber | 65 FarumTisvilde OK | | | | | 15:19 | 3 | 18:26 | 2 | |
| | Peter Larsson | 62 FK Boken | 37:30 | 37 | j start | | j start | | j start | | |
| | Mårten Wikström | 66 Halmstad OK | 20:02 | 3 | | | | | | | |
| | Carl Aspegren | 65 Tormestorps IF | | | | | | | 23:06 | 17 | |

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|----|---------------------|------------------------|-------|----|-------|----|-------|----|---------|----|---------|
| 1 | Magnus Larsson | 67 FK Göingarna | 18:54 | 1 | 20:17 | 1 | 16:25 | 2 | 19:34 | 4 | 1:15:10 |
| 2 | Niklas Nilsson | 67 Härlövs IF | 20:40 | 3 | 21:48 | 3 | 17:15 | 5 | 18:54 | 2 | 1:18:37 |
| 3 | Niklas Edvardsson | 67 Hästveda OK | 20:50 | 6 | 22:30 | 6 | 16:47 | 3 | 19:15 | 3 | 1:19:22 |
| 4 | Bengt Öhlund | 70 IK Hakarpspojarna | 20:48 | 5 | 22:14 | 5 | 17:38 | 8 | 20:17 | 5 | 1:20:57 |
| 5 | Harald Persson | 67 Andrarums IF | 21:12 | 7 | 21:55 | 4 | 17:34 | 7 | 20:43 | 7 | 1:21:24 |
| 6 | Tommy Johansson | 67 Stångenäs AIS | 20:41 | 4 | 23:23 | 8 | 16:51 | 4 | 20:39 | 6 | 1:21:34 |
| 7 | Magnus Steen | 68 OK Alehof | 21:22 | 9 | 23:40 | 10 | 18:11 | 11 | 21:18 | 9 | 1:24:31 |
| 8 | Magnus Homann | 70 OK Orinto | 23:21 | 14 | 22:53 | 7 | 18:02 | 10 | 22:07 | 13 | 1:26:23 |
| 9 | Magnus Larsen | 68 FK Boken | 23:23 | 15 | 24:02 | 11 | 17:50 | 9 | 21:49 | 10 | 1:27:04 |
| 10 | Anders Ling | 70 Jönköpings OK | 23:09 | 13 | 24:24 | 13 | 19:16 | 16 | 21:11 | 8 | 1:28:00 |
| 11 | Fabian Ljungquist | 70 Lunds OK | 22:13 | 10 | 25:40 | 16 | 18:34 | 12 | 22:18 | 15 | 1:28:45 |
| 12 | Stefan Tisell | 71 IK Stern | 22:24 | 12 | 25:29 | 15 | 18:58 | 14 | 21:58 | 12 | 1:28:49 |
| 13 | Håkan Eriksson | 67 Hästveda OK | 23:37 | 17 | 24:03 | 12 | 19:01 | 15 | 24:12 | 19 | 1:30:53 |
| 14 | Lina Karlberg | 67 Tullinge SK | 23:43 | 19 | 26:10 | 17 | 19:27 | 17 | 22:08 | 14 | 1:31:28 |
| 15 | Jörgen Larsson | 68 Ulricehamns OK | 23:25 | 16 | 29:39 | 21 | 18:35 | 13 | 23:14 | 17 | 1:34:53 |
| 16 | Kent Berggren | 64 Tullinge SK | 23:49 | 20 | 27:11 | 19 | 20:31 | 23 | 24:03 | 18 | 1:35:34 |
| 17 | Fredrik Ask | 69 Markbygdens OK | 27:56 | 24 | 26:49 | 18 | 19:28 | 18 | 25:58 | 21 | 1:40:11 |
| 18 | Ingemar Blom | 67 IK Uven | 23:37 | 17 | 29:58 | 23 | 20:12 | 20 | 28:32 | 25 | 1:42:19 |
| 19 | Anders Ericsson | 67 Lunds OK | 23:55 | 21 | 34:53 | 28 | 20:25 | 22 | 24:16 | 20 | 1:43:29 |
| 20 | Håkan Persson | 69 Laholms IF OK | 26:58 | 22 | 31:26 | 25 | 23:38 | 26 | 26:45 | 22 | 1:48:47 |
| 21 | Per-Anders Axelsson | 67 Markbygdens OK | 27:27 | 23 | 36:29 | 29 | 20:22 | 21 | 28:14 | 24 | 1:52:32 |
| 22 | Peter Kjellsson | 69 Falkenbergs OK | 29:37 | 26 | 34:16 | 27 | 21:10 | 24 | 28:38 | 26 | 1:53:41 |
| 23 | Peter Johansson | 68 Simlångsdalens IF | 29:16 | 25 | 30:57 | 24 | 26:21 | 28 | 27:47 | 23 | 1:54:21 |
| 24 | Nils Helmersson | 71 Hässleholms OK | 32:10 | 28 | 29:42 | 22 | 23:12 | 25 | 29:56 | 27 | 1:55:00 |
| | Magnus Månsson | 67 Växjö OK | 22:16 | 11 | 29:03 | 20 | 19:51 | 19 | Felst. | | |
| | Sven Eriksson | 67 OK Landehof | 37:43 | 29 | 33:37 | 26 | 24:16 | 27 | j start | | |
| | Nils Schmiedeberg | SV Turbine Neubrandenb | | | 21:19 | 2 | 15:43 | 1 | 17:55 | 1 | |
| | Jens Andertoft | 70 Västerås SOK | 21:13 | 8 | 23:33 | 9 | | | | | |
| | Ola Eriksson | 69 Hästveda OK | 29:38 | 27 | | | | | 22:22 | 16 | |
| | Björn Nilsson | 69 Härlövs IF | | | | | 17:23 | 6 | 21:54 | 11 | |
| | Stefan Agmarken | 69 Halmstad OK | 20:35 | 2 | | | | | | | |

Malte Lennerstedt 70 Lunds OK 24:48 14

H35 (10)

| | | | | | | | | | | | |
|---|---------------------|---------------------|-------|---|-------|----|--------|---|-------|---|---------|
| 1 | Tomas Vensryd | 70 Eslövs FK | 23:25 | 1 | 29:08 | 4 | 17:17 | 2 | 22:27 | 2 | 1:32:17 |
| 2 | Stefan Dahl | 76 OK Alehof | 26:52 | 3 | 26:01 | 3 | 17:03 | 1 | 22:22 | 1 | 1:32:18 |
| 3 | Ola Söderberg | 73 OK Skogsfalken | 25:17 | 2 | 24:51 | 1 | 18:50 | 4 | 28:21 | 4 | 1:37:19 |
| 4 | Mikael Carlsvärd | 74 IS Kullen | 34:34 | 8 | 34:23 | 8 | 20:17 | 6 | 27:13 | 3 | 1:56:27 |
| 5 | Roland Natanaelsson | 72 Skåneslättens OL | 30:05 | 6 | 30:23 | 5 | 24:01 | 9 | 32:10 | 7 | 1:56:39 |
| 6 | Jonas Lindkvist | 73 Lunds OK | 26:59 | 4 | 38:57 | 10 | 20:08 | 5 | 36:26 | 8 | 2:02:30 |
| 7 | Erik Backlund | 73 Trollhättans SOK | 33:13 | 7 | 36:29 | 9 | 23:01 | 8 | 31:49 | 6 | 2:04:32 |
| | Heide Persson | 73 Andrarums IF | 27:36 | 5 | 30:37 | 6 | Felst. | | 28:44 | 5 | |
| | Thomas Nilsson | 71 Eslövs FK | | | 25:39 | 2 | 18:44 | 3 | | | |
| | Arne Thell | 66 Eslövs FK | | | 30:46 | 7 | 20:35 | 7 | | | |

H21 (58)

| | | | | | | | | | | | |
|----|-------------------|-----------------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | Jesper Nelsén | 88 Falkenbergs OK | 25:46 | 3 | 23:06 | 5 | 17:17 | 1 | 22:45 | 4 | 1:28:54 |
| 2 | Henrik Berlin | 69 OK Orion | 28:40 | 13 | 21:38 | 1 | 19:00 | 11 | 21:41 | 1 | 1:30:59 |
| 3 | Andreas Liljegren | 89 Gotlands Bro Orientereri | 26:02 | 4 | 23:57 | 8 | 18:14 | 4 | 23:23 | 9 | 1:31:36 |
| 4 | Emil Svalbring | 90 Målilla OK | 26:21 | 6 | 24:22 | 11 | 18:39 | 8 | 24:24 | 14 | 1:33:46 |
| 5 | Johan Svensson | 82 OK Vilse 87 | 26:21 | 6 | 24:54 | 14 | 19:04 | 12 | 24:12 | 11 | 1:34:31 |
| 6 | Niclas Tjernlund | 87 OK Vilse 87 | 25:35 | 1 | 26:28 | 23 | 19:24 | 15 | 23:15 | 7 | 1:34:42 |
| 7 | Dan Norin | 65 Gävle OK | 26:14 | 5 | 22:55 | 4 | 19:32 | 18 | 26:08 | 25 | 1:34:49 |
| 8 | Jonas Hemlin | 90 IK Uven | 27:03 | 9 | 26:23 | 21 | 19:38 | 21 | 22:41 | 3 | 1:35:45 |
| 9 | Henrik Bengtsson | 78 Falkenbergs OK | 25:43 | 2 | 25:07 | 15 | 19:26 | 17 | 25:43 | 23 | 1:35:59 |
| 10 | Mattias Johansson | 90 IFK Moras OK | 28:38 | 12 | 23:36 | 6 | 18:12 | 3 | 26:13 | 26 | 1:36:39 |
| 11 | Mikael Löfving | 81 IF Hagen | 26:41 | 8 | 26:23 | 21 | 20:00 | 24 | 25:15 | 18 | 1:38:19 |

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|----|----------------------|------------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 12 | Markus Svensson | 86 OK Pan-Kristianstad | 30:04 | 19 | 24:31 | 12 | 18:35 | 6 | 25:30 | 21 | 1:38:40 |
| 13 | Henrik Svensson | 82 OK Vilse 87 | 29:21 | 15 | 25:51 | 19 | 19:19 | 14 | 24:18 | 13 | 1:38:49 |
| 14 | Martin Boberg | 70 IF Rigor | 33:48 | 35 | 23:38 | 7 | 18:38 | 7 | 23:08 | 6 | 1:39:12 |
| 15 | Anton Hemlin | 88 IK Uven | 27:06 | 10 | 26:46 | 26 | 20:19 | 26 | 25:06 | 17 | 1:39:17 |
| 16 | Emil Alexandersson | 87 Halmstad OK | 30:16 | 21 | 26:42 | 25 | 19:44 | 22 | 23:42 | 10 | 1:40:24 |
| 17 | Erik Nero | 90 Falköpings AIK OK | 31:53 | 26 | 28:02 | 29 | 17:43 | 2 | 22:53 | 5 | 1:40:31 |
| 18 | Thomas Josarp | 70 FK Friskus-Varberg | 29:57 | 18 | 24:46 | 13 | 20:38 | 30 | 25:52 | 24 | 1:41:13 |
| 19 | Mikael Pihl | 73 Lunds OK | 32:48 | 31 | 24:17 | 10 | 19:24 | 15 | 25:20 | 19 | 1:41:49 |
| 20 | Rasmus Grönlund | 78 Lunds OK | 31:34 | 25 | 25:16 | 16 | 20:28 | 28 | 24:54 | 16 | 1:42:12 |
| 21 | Sebastian Wahlström | 90 Snättringe SK | 29:50 | 17 | 28:19 | 32 | 19:37 | 20 | 24:49 | 15 | 1:42:35 |
| 22 | Sebastian Hasselblom | 86 FK Friskus-Varberg | 29:07 | 14 | 25:24 | 18 | 21:22 | 36 | 26:49 | 30 | 1:42:42 |
| 23 | Victor Axbom | 86 OK Landehof | 30:07 | 20 | 26:06 | 20 | 21:03 | 33 | 26:21 | 27 | 1:43:37 |
| 24 | Daniel Nilsson | 90 Skåneslättens OL | 28:18 | 11 | 30:06 | 35 | 21:01 | 32 | 27:11 | 33 | 1:46:36 |
| 25 | Richard Eng | 75 OK Pan-Kristianstad | 32:29 | 29 | 25:19 | 17 | 21:16 | 35 | 28:27 | 40 | 1:47:31 |
| 26 | Björn Karlsson | 84 Svaide Roma SOK | 31:00 | 22 | 30:25 | 36 | 18:39 | 8 | 27:53 | 38 | 1:47:57 |
| 27 | Viktor Henmyr | 86 OK Vilse 87 | 33:54 | 37 | 27:41 | 27 | 21:12 | 34 | 26:43 | 29 | 1:49:30 |
| 28 | Kalle Ingvarsson | 82 OK Vilse 87 | 33:03 | 33 | 26:31 | 24 | 21:42 | 40 | 28:46 | 41 | 1:50:02 |
| 29 | Simon Månsson | 90 Örkeälljunga FK | 32:05 | 27 | 30:43 | 38 | 20:35 | 29 | 27:02 | 32 | 1:50:25 |
| 30 | Roine Schölin | 74 Laholms IF OK | 31:15 | 23 | 28:22 | 33 | 22:45 | 44 | 28:48 | 43 | 1:51:10 |
| 31 | Oskar Lyding | 89 Hylte OK | 33:59 | 38 | 32:17 | 41 | 19:33 | 19 | 26:27 | 28 | 1:52:16 |
| 32 | Johan Ericsson | 79 Hammarby IF OF | 31:22 | 24 | 29:32 | 34 | 22:36 | 43 | 29:27 | 47 | 1:52:57 |
| 33 | Patrik Andersson | 90 Hylte OK | 33:53 | 36 | 27:59 | 28 | 22:45 | 44 | 29:04 | 45 | 1:53:41 |
| 34 | Peter Josefsson | 85 Stångenäs AIS | 32:12 | 28 | 31:24 | 40 | 22:26 | 42 | 27:52 | 37 | 1:53:54 |
| 35 | David Boman | 89 Stångenäs AIS | 29:44 | 16 | 34:31 | 45 | 21:31 | 39 | 28:22 | 39 | 1:54:08 |
| 36 | Martin Kriblad | 77 Hjärnarps GH OL | 36:58 | 42 | 30:32 | 37 | 20:04 | 25 | 27:14 | 34 | 1:54:48 |
| 37 | Magnus Fransson | 77 SOK Aneby | 34:00 | 39 | 30:43 | 38 | 21:23 | 37 | 29:24 | 46 | 1:55:30 |
| 38 | Bo Söderqvist | 65 Lunds OK | 37:59 | 44 | 28:06 | 30 | 21:25 | 38 | 28:59 | 44 | 1:56:29 |
| 39 | Claes Andersson | 76 Falkenbergs OK | 33:03 | 33 | 32:17 | 41 | 23:17 | 47 | 29:52 | 48 | 1:58:29 |
| 40 | Tobias Persson | 85 OK Kompassen | 32:29 | 29 | 39:58 | 49 | 21:59 | 41 | 28:46 | 41 | 2:03:12 |
| 41 | Johan Eliasson | 82 Falkenbergs OK | 33:00 | 32 | 33:02 | 44 | 25:28 | 51 | 32:49 | 51 | 2:04:19 |
| 42 | Niclas Nilsson | 84 OK Gipen | 38:15 | 45 | 37:57 | 47 | 22:47 | 46 | 30:43 | 49 | 2:09:42 |
| 43 | Ronnie Andersson | 79 Falkenbergs OK | 36:00 | 41 | 38:08 | 48 | 24:30 | 48 | 32:43 | 50 | 2:11:21 |
| 44 | Petter Andersson | 79 Växjö OK | 38:40 | 46 | 36:38 | 46 | 24:46 | 49 | 34:40 | 53 | 2:14:44 |

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|----|--------------------|-----------------------------|--------|----|---------|----|-------|----|---------|----|---------|
| 45 | Filip Jansson | 83 Sävedalens AIK | 37:03 | 43 | 42:04 | 50 | 24:46 | 49 | 33:58 | 52 | 2:17:51 |
| 46 | Karl Utterback | 82 Malmö OK | 47:55 | 47 | 47:59 | 51 | 26:29 | 53 | 44:21 | 54 | 2:46:44 |
| 47 | Emil Bruhn | 89 Boxholm-Mjölby OL | 59:07 | 48 | 59:54 | 52 | 37:34 | 55 | 45:30 | 55 | 3:22:05 |
| | Thomas Johannesson | 67 Ronneby OK | Felst. | | 22:13 | 3 | 18:46 | 10 | 23:18 | 8 | |
| | Daniel Liljedahl | 83 OK Pan-Kristianstad | Felst. | | 24:01 | 9 | 19:49 | 23 | 27:36 | 35 | |
| | Brent Godman | 85 Gotlands Bro Orientereri | Felst. | | 21:42 | 2 | 18:23 | 5 | 22:04 | 2 | |
| | Klas Johansson | 85 Växjö OK | Felst. | | 32:51 | 43 | 20:57 | 31 | 26:52 | 31 | |
| | Peter Hedberg | 62 Lunds OK | Felst. | | Felst. | | 19:04 | 12 | 25:21 | 20 | |
| | Björn Lövdahl | 88 Hässleholms OK | | | 1:00:53 | 53 | 37:19 | 54 | 55:28 | 56 | |
| | Erik Schultz | 86 OK Löftan | 34:20 | 40 | 28:08 | 31 | 25:56 | 52 | j start | | |
| | Mads K. Larsen | 76 Spring Cup OK | | | | | | | 24:14 | 12 | |
| | Jens Sörvik | 71 Lunds OK | | | | | 20:20 | 27 | | | |
| | Martin Wendt | 86 Lunds OK | | | | | | | 27:46 | 36 | |
| | Göran Sundblom | 81 Lunds OK | | | | | | | 25:38 | 22 | |

H20 (3)

| | | | | | | | | | | | |
|---|-------------------|-------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Joel Udd | 92 Markbygdens OK | 26:02 | 1 | 32:16 | 1 | 21:00 | 1 | 25:02 | 1 | 1:44:20 |
| 2 | Anton Ledelius | 92 IK Uven | 29:50 | 2 | 48:44 | 2 | 23:23 | 2 | 27:37 | 3 | 2:09:34 |
| 3 | William Lundström | 92 OK Torfinn | 39:42 | 3 | 51:06 | 3 | 24:04 | 3 | 26:02 | 2 | 2:20:54 |

H18 (15)

| | | | | | | | | | | | |
|---|------------------|-------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Simon Skogman | 93 Markbygdens OK | 18:46 | 2 | 21:01 | 2 | 13:40 | 1 | 17:55 | 1 | 1:11:22 |
| 2 | Johan Sandlund | 94 OK Njudung | 20:51 | 4 | 19:46 | 1 | 14:32 | 5 | 18:11 | 3 | 1:13:20 |
| 3 | Anton Philipsson | 93 Markaryds FK | 19:32 | 3 | 21:01 | 2 | 14:13 | 3 | 18:36 | 4 | 1:13:22 |
| 4 | Anton Oddmo | 93 Härlövs IF | 21:45 | 7 | 22:30 | 6 | 14:19 | 4 | 19:30 | 6 | 1:18:04 |
| 5 | Simon Engel | 94 Hässleholms OK | 21:29 | 6 | 22:02 | 5 | 16:06 | 8 | 19:50 | 7 | 1:19:27 |

| | | | | | | | | | | | |
|----|-----------------------|---------------------|-------|----|-------|----|--------|----|--------|----|---------|
| 6 | Joel Kristiansson | 94 Hässleholms OK | 22:21 | 8 | 21:51 | 4 | 16:01 | 7 | 21:57 | 10 | 1:22:10 |
| 7 | Anton Blom | 94 IK Uven | 22:34 | 9 | 25:26 | 8 | 15:54 | 6 | 20:11 | 8 | 1:24:05 |
| 8 | Josef Svalbring | 94 Målilla OK | 25:30 | 10 | 24:51 | 7 | 16:26 | 9 | 21:14 | 9 | 1:28:01 |
| 9 | Filip Andersson | 93 Markbygdens OK | 25:33 | 11 | 30:16 | 11 | 17:34 | 11 | 25:21 | 12 | 1:38:44 |
| 10 | Marcus Nilsson/Kempff | 94 Hässleholms OK | 25:33 | 11 | 31:45 | 13 | 18:04 | 12 | 25:37 | 13 | 1:40:59 |
| 11 | Erik Bengtsson | 94 OK Skogsfalken | 27:14 | 14 | 30:52 | 12 | 17:29 | 10 | 25:56 | 14 | 1:41:31 |
| | Jens Åkerman | 93 Gävle OK | 26:48 | 13 | 29:05 | 10 | 19:27 | 13 | Felst. | | |
| | Gabriel Andersson | 93 Ulricehamns OK | 21:23 | 5 | 26:21 | 9 | Felst. | | 22:15 | 11 | |
| | Anton Persson | 94 Markaryds FK | 18:13 | 1 | | | | | 19:05 | 5 | |
| | Jonas Falck Weber | 94 FarumTisvilde OK | | | | | 13:41 | 2 | 17:59 | 2 | |

H16 (15)

| | | | | | | | | | | | |
|----|-----------------------|----------------------|-------|----|---------|----|--------|----|---------|----|---------|
| 1 | Robin Larsson | 95 FK Göingarna | 17:58 | 2 | 18:02 | 1 | 14:53 | 3 | 16:58 | 1 | 1:07:51 |
| 2 | Henrik Eklund | 96 Växjö OK | 17:34 | 1 | 19:08 | 2 | 14:27 | 1 | 18:22 | 3 | 1:09:31 |
| 3 | Oscar Stenberg | 95 OK Skogshjortarna | 20:12 | 3 | 23:46 | 7 | 14:36 | 2 | 17:33 | 2 | 1:16:07 |
| 4 | Niklas Frisk | 95 Markbygdens OK | 20:30 | 4 | 20:42 | 4 | 17:55 | 9 | 20:11 | 5 | 1:19:18 |
| 5 | Gustav Boquist | 95 IK Uven | 24:12 | 11 | 21:35 | 6 | 15:58 | 6 | 20:07 | 4 | 1:21:52 |
| 6 | Joakim Svensson | 95 OK Älme | 21:51 | 5 | 24:24 | 8 | 15:21 | 4 | 20:59 | 6 | 1:22:35 |
| 7 | Anton Månsson | 95 Örkelljunga FK | 23:07 | 6 | 21:04 | 5 | 17:16 | 8 | 21:25 | 7 | 1:22:52 |
| 8 | Johan Eklund | 96 Växjö OK | 23:44 | 10 | 26:03 | 9 | 17:58 | 10 | 21:50 | 8 | 1:29:35 |
| 9 | Erik Kristiansson | 96 Hässleholms OK | 26:34 | 13 | 29:17 | 11 | 21:01 | 13 | 26:27 | 10 | 1:43:19 |
| 10 | Anton Mohlin | 95 IK Stern | 29:03 | 14 | 29:31 | 12 | 19:58 | 12 | 32:37 | 12 | 1:51:09 |
| | Felix Persson | 95 OK Skogsfalken | 23:24 | 8 | Felst. | | 17:02 | 7 | 22:48 | 9 | |
| | Alexander Björsvik | 95 FK Göingarna | 23:40 | 9 | 26:10 | 10 | 15:44 | 5 | Felst. | | |
| | Carl Torstensson | 95 Emmaboda Verda OK | 23:12 | 7 | Felst. | | 18:08 | 11 | 27:26 | 11 | |
| | John Gabrielsson | 96 Sävedalens AIK | 25:10 | 12 | 19:48 | 3 | Felst. | | j start | | |
| | Daniel Nilsson Kempff | 96 Hässleholms OK | 34:28 | 15 | j start | | 21:23 | 14 | j start | | |

H14 (14)

| | | | | | | | | | | | |
|----|--------------------|-----------------------|-------|----|-------|----|-------|----|--------|----|---------|
| 1 | Henrik Johannesson | 98 Ronneby OK | 13:25 | 1 | 14:15 | 1 | 13:23 | 1 | 15:26 | 1 | 56:29 |
| 2 | Lukas Lundgren | 98 Varend GN OL | 15:53 | 4 | 15:30 | 2 | 14:57 | 5 | 18:29 | 4 | 1:04:49 |
| 3 | Simon Runefors | 97 Växjö OK | 16:01 | 6 | 17:02 | 3 | 16:48 | 8 | 17:40 | 2 | 1:07:31 |
| 4 | Olle Josarp | 98 FK Friskus-Varberg | 14:40 | 3 | 19:23 | 8 | 14:46 | 4 | 18:53 | 5 | 1:07:42 |
| 5 | Anton Boberg | 97 IF Rigor | 16:10 | 7 | 17:24 | 4 | 14:38 | 3 | 21:30 | 9 | 1:09:42 |
| 6 | Adam Segerslätt | 98 Skåneslättens OL | 19:14 | 12 | 19:07 | 7 | 13:59 | 2 | 18:22 | 3 | 1:10:42 |
| 7 | Adam Broberg | 98 IF Rigor | 15:58 | 5 | 18:44 | 6 | 16:26 | 7 | 21:14 | 8 | 1:12:22 |
| 8 | Hampus Larsson | 97 FK Göingarna | 17:46 | 11 | 18:09 | 5 | 18:07 | 10 | 20:50 | 7 | 1:14:52 |
| 9 | Jonas Toftered | 98 IF Rigor | 17:13 | 10 | 24:57 | 9 | 15:41 | 6 | 20:06 | 6 | 1:17:57 |
| 10 | Oscar Philipsson | 97 Markaryds FK | 17:09 | 9 | 27:33 | 10 | 16:55 | 9 | 25:04 | 10 | 1:26:41 |
| 11 | Dennis Persson | 98 Andrarums IF | 25:07 | 13 | 54:41 | 12 | 18:14 | 11 | 26:26 | 11 | 2:04:28 |
| | Jon Hjertström | 98 FK Friskus-Varberg | 32:51 | 14 | 29:27 | 11 | 24:16 | 12 | Felst. | | |
| | Loke Agmarken | 97 Halmstad OK | 14:06 | 2 | | | | | | | |
| | Simon Wikström | 97 Halmstad OK | 16:37 | 8 | | | | | | | |

H12 (16)

| | | | | | | | | | | | |
|---|--------------------|-----------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | August Mollén | 99 OK Denseln | 10:29 | 1 | 7:25 | 1 | 9:36 | 1 | 14:12 | 3 | 41:42 |
| 2 | Oscar Johansson | 99 OK Dacke | 11:18 | 2 | 8:22 | 2 | 10:11 | 2 | 12:10 | 1 | 42:01 |
| 3 | Andreas Gustafsson | 99 IK Hakarpspojarna | 12:01 | 3 | 8:34 | 3 | 10:14 | 3 | 16:02 | 5 | 46:51 |
| 4 | Felix Axelsson | 99 Markbygdens OK | 12:01 | 3 | 10:13 | 7 | 11:02 | 4 | 13:56 | 2 | 47:12 |
| 5 | Emil Pettersson | 99 OK Dacke | 13:37 | 6 | 9:19 | 5 | 11:33 | 5 | 15:02 | 4 | 49:31 |
| 6 | Albin Månsson | 99 Växjö OK | 14:03 | 7 | 9:31 | 6 | 12:07 | 8 | 16:55 | 6 | 52:36 |
| 7 | Noel Waldenfjord | 00 Järfälla OK | 16:13 | 8 | 11:25 | 8 | 13:21 | 10 | 20:18 | 8 | 1:01:17 |
| 8 | Tim Johansson | 00 FK Friskus-Varberg | 16:39 | 9 | 15:09 | 11 | 14:26 | 13 | 21:37 | 10 | 1:07:51 |
| 9 | Niklas Jonson | 99 Ronneby OK | 16:42 | 10 | 11:35 | 9 | 13:20 | 9 | 31:14 | 13 | 1:12:51 |

| | | | | | | | | | | | | |
|----|-------------------|----|--------------------|--------|----|---------|----|-------|----|---------|----|---------|
| 10 | Emil Alpberg | 99 | Almby IK | 17:44 | 12 | 15:56 | 13 | 15:41 | 15 | 30:37 | 12 | 1:19:58 |
| 11 | Love Carlsson | 00 | OK Orion | 18:46 | 13 | 15:39 | 12 | 15:24 | 14 | 30:13 | 11 | 1:20:02 |
| | Albin Hjertström | 00 | FK Friskus-Varberg | 33:02 | 14 | 21:56 | 14 | 25:56 | 16 | Felst. | | |
| | Erik Jönsson | 99 | Lunds OK | Felst. | | 13:39 | 10 | 13:34 | 12 | 20:38 | 9 | |
| | Allan Hedberg | 01 | Lunds OK | 17:10 | 11 | j start | | 11:59 | 6 | 32:14 | 14 | |
| | Malthe Poulsen | 00 | FIF Hillerød | 13:36 | 5 | 9:02 | 4 | 12:01 | 7 | j start | | |
| | Lasse Falck Weber | 00 | FarumTisvilde OK | | | | | 13:27 | 11 | 17:02 | 7 | |

H10 (18)

| | | | | | | | | | | | | |
|----|-------------------|----|-------------------|--------|----|---------|----|-------|----|--------|----|---------|
| 1 | Johan Alpberg | 01 | Almby IK | 9:42 | 1 | 5:53 | 1 | 9:28 | 1 | 8:22 | 1 | 33:25 |
| 2 | Måns Persson | 01 | Andrarums IF | 12:50 | 4 | 6:58 | 2 | 9:54 | 2 | 9:44 | 2 | 39:26 |
| 3 | Elias Torstensson | 01 | Emmaboda Verda OK | 11:54 | 2 | 7:07 | 4 | 10:17 | 3 | 12:06 | 7 | 41:24 |
| 4 | Erik Thoresson | 02 | Andrarums IF | 15:42 | 6 | 7:15 | 6 | 11:26 | 4 | 12:04 | 5 | 46:27 |
| 5 | Povel Hedberg | 01 | Lunds OK | 12:20 | 3 | 7:01 | 3 | 28:08 | 16 | 12:05 | 6 | 59:34 |
| 6 | Erik Ling | 03 | Jönköpings OK | 16:36 | 7 | 9:09 | 11 | 15:19 | 9 | 19:33 | 12 | 1:00:37 |
| 7 | Oscar Kjellsson | 01 | Falkenbergs OK | 21:35 | 9 | 12:45 | 16 | 13:12 | 5 | 13:48 | 8 | 1:01:20 |
| 8 | Edvin Månsson | 02 | Växjö OK | 15:31 | 5 | 7:12 | 5 | 25:18 | 15 | 18:07 | 11 | 1:06:08 |
| 9 | Loke Hedberg | 03 | Lunds OK | 24:03 | 10 | 9:17 | 13 | 17:31 | 12 | 21:58 | 13 | 1:12:49 |
| 10 | Jacob Österman | 02 | Vänersborgs SK | 20:52 | 8 | 8:29 | 10 | 21:33 | 13 | 25:03 | 14 | 1:15:57 |
| | Brian Ahlm | 02 | Andrarums IF | Felst. | | 8:10 | 9 | 14:52 | 8 | 11:12 | 4 | |
| | Max Persson | 03 | OK Skogsfalken | Felst. | | 8:07 | 8 | 16:21 | 11 | 14:51 | 9 | |
| | Emil Öhlund | 01 | IK Hakarpspojarna | Felst. | | 7:34 | 7 | 13:13 | 6 | 10:46 | 3 | |
| | Mattias Öhlund | 03 | IK Hakarpspojarna | Felst. | | 10:07 | 14 | 14:11 | 7 | Felst. | | |
| | Kalle Öhlund | 05 | IK Hakarpspojarna | Felst. | | 11:17 | 15 | 22:35 | 14 | 27:20 | 15 | |
| | Ivar Helmersson | 03 | Hässleholms OK | Felst. | | 13:25 | 17 | 29:17 | 17 | 18:00 | 10 | |
| | Joel Norin | 02 | Gävle OK | 32:47 | 11 | j start | | 15:27 | 10 | Felst. | | |
| | Henrik Hallberg | 01 | Falköpings AIK OK | | | 9:13 | 12 | | | | | |

D75 (7)

| | | | | | | | | | | | |
|---|-------------------|-----------------------|-------|---|--------|---|--------|---|---------|---|---------|
| 1 | Gunvor Göransson | 33 Laholms IF OK | 23:05 | 1 | 27:46 | 1 | 20:36 | 2 | 29:53 | 3 | 1:41:20 |
| 2 | Bernice Antonsson | 32 FK Friskus-Varberg | 27:09 | 4 | 34:16 | 3 | 22:27 | 3 | 25:43 | 1 | 1:49:35 |
| 3 | Vera Toftered | 36 IF Rigor | 27:26 | 5 | 32:17 | 2 | 25:23 | 5 | 31:46 | 4 | 1:56:52 |
| 4 | Gunnel Nilsson | 34 Linköpings AIK | 26:41 | 2 | 50:08 | 6 | 20:33 | 1 | 32:59 | 5 | 2:10:21 |
| | Gun Hansson | 35 Andrarums IF | 27:07 | 3 | Felst. | | 22:29 | 4 | 28:03 | 2 | |
| | Astrid Svensson | 34 OK Bävern | 36:27 | 7 | 49:28 | 5 | Felst. | | 39:46 | 6 | |
| | Marianne Eriksson | 30 Tockarps IK | 35:10 | 6 | 39:29 | 4 | 28:27 | 6 | j start | | |

D70 (10)

| | | | | | | | | | | | |
|---|-----------------------|--------------------|-------|----|-------|----|-------|----|--------|---|---------|
| 1 | Barbro Hugosson | 37 Lunds OK | 22:30 | 2 | 26:02 | 1 | 19:50 | 3 | 30:20 | 4 | 1:38:42 |
| 2 | Margareta Emanuelsson | 41 Frölunda OL | 23:30 | 3 | 30:26 | 6 | 18:53 | 2 | 32:16 | 6 | 1:45:05 |
| 3 | Gudrun Klaveness | 39 Vittjärvs IK | 21:01 | 1 | 30:19 | 5 | 17:22 | 1 | 36:37 | 7 | 1:45:19 |
| 4 | Vivi-Anne Bylund | 38 Rydboholms SK | 24:35 | 5 | 27:08 | 3 | 23:16 | 6 | 31:35 | 5 | 1:46:34 |
| 5 | Anne-Catrine Persson | 39 Mariestads FK | 23:38 | 4 | 31:17 | 7 | 21:35 | 4 | 30:18 | 3 | 1:46:48 |
| 6 | Karin Lexell | 37 OK Torfinn | 28:27 | 6 | 26:26 | 2 | 23:09 | 5 | 29:02 | 2 | 1:47:04 |
| 7 | Gunnel Börjesson | 38 IK Uven | 28:56 | 7 | 33:23 | 8 | 23:17 | 7 | 28:10 | 1 | 1:53:46 |
| 8 | Britt Mari Johansson | 40 Tormestorps IF | 49:37 | 10 | 56:07 | 10 | 24:12 | 9 | 54:02 | 8 | 3:03:58 |
| | Birgit Karlsson | 41 Mariestads FK | 29:45 | 8 | 29:46 | 4 | 23:28 | 8 | Felst. | | |
| | Gudrun Olofsson | 40 Hjärnarps GH OL | 36:41 | 9 | 35:27 | 9 | 32:47 | 10 | Felst. | | |

D65 (23)

| | | | | | | | | | | | | |
|----|-----------------------|----|--------------------------|--------|----|-------|----|---------|----|---------|----|---------|
| 1 | Britt Forsell Pirozzi | 45 | Lunds OK | 20:52 | 1 | 24:10 | 4 | 19:57 | 2 | 21:05 | 1 | 1:26:04 |
| 2 | Kaarina Voudinmäki | 44 | Mullsjö SOK | 22:12 | 4 | 25:47 | 7 | 19:47 | 1 | 23:05 | 3 | 1:30:51 |
| 3 | Gull Svensson | 44 | Tockarps IK | 24:01 | 8 | 26:27 | 8 | 20:01 | 3 | 22:23 | 2 | 1:32:52 |
| 4 | Torill Svendsen | 44 | Lunds OK | 21:42 | 3 | 23:59 | 2 | 20:52 | 6 | 29:10 | 19 | 1:35:43 |
| 5 | Eva Isaksson | 44 | OK Skogshjortarna | 24:16 | 10 | 25:09 | 6 | 21:16 | 7 | 25:41 | 8 | 1:36:22 |
| 6 | Margareta Larsson | 45 | OK Njudung | 27:51 | 19 | 23:25 | 1 | 20:45 | 5 | 24:40 | 6 | 1:36:41 |
| 7 | Gun Larsson | 43 | OK Lindena | 22:27 | 5 | 27:26 | 10 | 21:58 | 9 | 25:11 | 7 | 1:37:02 |
| 8 | Britt Rangert | 43 | IK Ymer | 21:04 | 2 | 24:09 | 3 | 24:58 | 19 | 27:05 | 14 | 1:37:16 |
| 9 | Gun Inger Sahlberg | 46 | Långhundra IF | 24:14 | 9 | 24:48 | 5 | 22:04 | 10 | 27:18 | 15 | 1:38:24 |
| 10 | Berit Byström | 43 | OK Virdarna | 22:51 | 6 | 30:45 | 16 | 20:12 | 4 | 26:07 | 10 | 1:39:55 |
| 11 | Ingrid Hermansson | 43 | IK Ymer | 24:57 | 13 | 27:38 | 12 | 24:10 | 17 | 23:14 | 4 | 1:39:59 |
| 12 | Inga-Lill Wikingsson | 41 | Stigmännen Karlshamns | 23:49 | 7 | 30:19 | 15 | 21:36 | 8 | 24:26 | 5 | 1:40:10 |
| 13 | Solbritt Gustafsson | 45 | OK Virdarna | 25:05 | 14 | 27:49 | 13 | 23:59 | 16 | 28:41 | 18 | 1:45:34 |
| 14 | Ulla Ling | 45 | Jönköpings OK | 24:33 | 11 | 27:27 | 11 | 22:52 | 11 | 30:50 | 20 | 1:45:42 |
| 15 | Elisabeth Kimell | 42 | Gotlands Bro Orientereri | 28:17 | 21 | 26:52 | 9 | 24:32 | 18 | 26:42 | 13 | 1:46:23 |
| 16 | Bibbi Appelgren | 44 | Mariestads FK | 24:53 | 12 | 31:37 | 17 | 23:01 | 12 | 27:21 | 16 | 1:46:52 |
| 17 | Gunnel Palgrim | 43 | Vänersborgs SK | 27:26 | 16 | 29:49 | 14 | 23:51 | 15 | 26:17 | 12 | 1:47:23 |
| 18 | Karin Bengtsson | 46 | OK Kompassen | 28:11 | 20 | 33:36 | 20 | 23:03 | 13 | 25:53 | 9 | 1:50:43 |
| 19 | Rose-Marie Johansson | 43 | FK Friskus-Varberg | 25:27 | 15 | 39:15 | 22 | 23:16 | 14 | 28:33 | 17 | 1:56:31 |
| 20 | Barbro Andersson | 46 | OK Skogshjortarna | 27:28 | 17 | 31:47 | 18 | 26:52 | 20 | 32:03 | 21 | 1:58:10 |
| 21 | Berit Nilsson | 43 | OK Älme | 38:47 | 22 | 32:51 | 19 | 27:10 | 21 | 46:43 | 22 | 2:25:31 |
| | Kerstin Ernvid | 44 | Ulricehamns OK | 27:31 | 18 | 41:38 | 23 | j start | | 26:10 | 11 | |
| | Ulla Lindhe | 42 | IK Stern | Felst. | | 33:45 | 21 | j start | | j start | | |

D60 (25)

| | | | | | | | | | | | | |
|---|-----------------------|----|----------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Lena Söderberg | 51 | OK Skogsfalken | 19:47 | 3 | 18:58 | 1 | 16:46 | 1 | 18:27 | 2 | 1:13:58 |
| 2 | Inger Glans | 49 | OK Torfinn | 23:21 | 9 | 20:09 | 2 | 18:04 | 3 | 18:25 | 1 | 1:19:59 |
| 3 | Britt-Marie Magnusson | 49 | Laholms IF OK | 19:30 | 2 | 21:13 | 3 | 17:48 | 2 | 25:03 | 8 | 1:23:34 |
| 4 | Karin Axelsson | 51 | IK Uven | 21:28 | 5 | 22:33 | 4 | 19:24 | 7 | 23:09 | 6 | 1:26:34 |

| | | | | | | | | | | | |
|----|-----------------------|--------------------------|-------|-------|-------|------|-------|----|--------|----|---------|
| 5 | Berith Pettersson | 51 Vänersborgs SK | 19:49 | 4 | 24:38 | 8 | 18:50 | 5 | 26:23 | 10 | 1:29:40 |
| 6 | Maj-Britt Byström | 48 Rävetofta OK | 23:53 | 10 | 24:14 | 7 | 19:19 | 6 | 22:23 | 5 | 1:29:49 |
| 7 | Eva Blomström | 50 IK Stern | 22:00 | 6 | 23:20 | 5 | 21:16 | 10 | 26:37 | 11 | 1:33:13 |
| 8 | Åsa Ståhl | 50 Hjärnarps GH OL | 23:01 | 8 | 27:29 | 10 | 21:56 | 12 | 24:26 | 7 | 1:36:52 |
| 9 | Gunvor Sandberg | 47 Bromma-Vällingby SOK | 24:19 | 11 | 33:15 | 15 | 20:06 | 9 | 19:27 | 3 | 1:37:07 |
| 10 | Rosa Johansson | 47 IK Uven | 22:59 | 7 | 24:11 | 6 | 22:32 | 13 | 28:13 | 13 | 1:37:55 |
| 11 | Lena Jönsson | 48 Laholms IF OK | 24:24 | 13 | 28:50 | 12 | 26:16 | 17 | 31:40 | 15 | 1:51:10 |
| 12 | Hjördis Erlandsson | 47 OK Lindena | 30:00 | 22 | 27:53 | 11 | 22:58 | 14 | 35:23 | 19 | 1:56:14 |
| 13 | Gunilla Holst | 47 Bottnaryds IF | 26:04 | 15 | 44:32 | 20 | 19:45 | 8 | 26:03 | 9 | 1:56:24 |
| 14 | Sonja Hammar | 49 OK Kompassen | 29:45 | 21 | 32:45 | 14 | 26:46 | 19 | 30:19 | 14 | 1:59:35 |
| 15 | Carin Bergman | 48 Lunds OK | 27:59 | 18 | 42:32 | 18 | 25:09 | 16 | 32:52 | 17 | 2:08:32 |
| 16 | Karin Larsson | 50 OK Kompassen | 26:32 | 16 | 44:11 | 19 | 28:21 | 22 | 31:43 | 16 | 2:10:47 |
| 17 | Karin Lindqvist | 51 Växjö OK | 29:03 | 20 | 42:24 | 17 | 26:58 | 20 | 33:22 | 18 | 2:11:47 |
| 18 | Kristina Johansson | 47 Vänersborgs SK | 28:04 | 19 | 50:32 | 23 | 26:34 | 18 | 40:56 | 22 | 2:26:06 |
| | Ingalill Nilsson | 50 Stigmännen Karlshamns | 24:33 | 14 | 25:51 | 9 | 21:30 | 11 | Felst. | | |
| | Eva Westerholm-Lannfe | 48 OK Skogshjortarna | | | 40:13 | 16 | 27:53 | 21 | 36:58 | 20 | |
| | Birgitta Wiklund | 51 OK Skogsvargarna | 24:21 | 12 | | | 23:02 | 15 | 40:46 | 21 | |
| | Bigge Bengtsson | 49 Stigmännen Karlshamns | 18:44 | 1 j | start | | 18:21 | 4 | 22:18 | 4 | |
| | Ylva Jansson | 48 IF Hagen | 34:28 | 23 | 44:56 | 21 j | start | | 41:12 | 23 | |
| | Kristina Fransson | 48 OK Virdarna | 27:46 | 17 | 48:32 | 22 j | start | | Felst. | | |
| | Lisbeth Damsgaard | 50 Hjärnarps GH OL | j | start | 30:25 | 13 j | start | | 27:43 | 12 | |

D55 (26)

| | | | | | | | | | | | |
|---|----------------------|------------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Eva Tykesson | 53 Rävetofta OK | 21:25 | 1 | 19:25 | 1 | 16:54 | 2 | 19:58 | 1 | 1:17:42 |
| 2 | Ulla Engelby | 54 OK Pan-Kristianstad | 22:27 | 3 | 24:57 | 5 | 16:18 | 1 | 21:46 | 2 | 1:25:28 |
| 3 | Gun Henriksson | 53 Eksjö SOK | 22:48 | 4 | 22:39 | 2 | 17:56 | 3 | 22:36 | 5 | 1:25:59 |
| 4 | Ingela Nelsén | 52 Falkenberg OK | 22:18 | 2 | 25:25 | 6 | 17:58 | 4 | 22:19 | 3 | 1:28:00 |
| 5 | Christine Edenbrandt | 54 Lunds OK | 23:08 | 5 | 24:43 | 4 | 19:58 | 8 | 22:35 | 4 | 1:30:24 |
| 6 | Eva Persson-Hadmark | 56 Tullinge SK | 24:41 | 6 | 25:27 | 7 | 18:04 | 5 | 25:11 | 7 | 1:33:23 |

| | | | | | | | | | | | |
|----|-------------------|----------------------------|-------|---------|---------|----|--------|----|---------|----|---------|
| 7 | Berit Klamfelt | 53 Tibro OK | 29:07 | 13 | 24:33 | 3 | 19:37 | 6 | 26:29 | 8 | 1:39:46 |
| 8 | Eva Svanström | 54 Västerviks OK | 27:51 | 9 | 29:13 | 10 | 21:46 | 11 | 27:59 | 11 | 1:46:49 |
| 9 | Pia Adolfsson | 54 OK Gisle | 25:04 | 7 | 34:49 | 16 | 19:49 | 7 | 28:19 | 12 | 1:48:01 |
| 10 | Marie Svernestam | 54 Linköpings OK | 28:45 | 10 | 29:09 | 9 | 22:53 | 16 | 27:18 | 10 | 1:48:05 |
| 11 | Åsa Svensson | 55 OK Pan-Kristianstad | 29:59 | 15 | 31:02 | 11 | 22:11 | 14 | 29:05 | 13 | 1:52:17 |
| 12 | Kristin Johansson | 52 OK Dacke | 29:42 | 14 | 35:27 | 19 | 21:50 | 12 | 27:04 | 9 | 1:54:03 |
| 13 | Birgit Henriksson | 52 Eksjö SOK | 30:17 | 16 | 35:01 | 17 | 21:30 | 10 | 29:33 | 15 | 1:56:21 |
| 14 | Ann-Sofi Lindskog | 54 Gotlands Bro Orienterer | 30:18 | 17 | 33:42 | 14 | 24:30 | 19 | 31:52 | 17 | 2:00:22 |
| 15 | Annika Gustafson | 56 OK Gipen | 29:00 | 11 | 40:08 | 21 | 22:09 | 13 | 29:21 | 14 | 2:00:38 |
| 16 | Ingrid Jessen | 54 Främmestads IK | 35:16 | 19 | 32:00 | 12 | 22:26 | 15 | 31:04 | 16 | 2:00:46 |
| 17 | Siv Larsson | 54 Växjö AIS | 33:11 | 18 | 34:05 | 15 | 23:06 | 18 | 32:34 | 18 | 2:02:56 |
| 18 | Inger Johansson | 53 OK Nackhe | 29:00 | 11 | 38:06 | 20 | 23:02 | 17 | 34:56 | 21 | 2:05:04 |
| 19 | Eva Lingegård | 54 OK Gipen | 39:56 | 20 | 33:08 | 13 | 21:28 | 9 | 33:57 | 20 | 2:08:29 |
| 20 | Pia Andersson | 53 Falkenbergs OK | 40:18 | 21 | 35:01 | 17 | 25:05 | 20 | 33:28 | 19 | 2:13:52 |
| 21 | Brith Mohlin | 55 IK Stern | 43:17 | 24 | 43:24 | 22 | 28:27 | 21 | 37:20 | 22 | 2:32:28 |
| 22 | Vanja Jinnemo | 56 Hjärnarps GH OL | 40:50 | 22 | 46:20 | 23 | 34:29 | 24 | 54:57 | 24 | 2:56:36 |
| | Arja Ingvarsson | 56 OK Vilse 87 | 26:02 | 8 | 26:36 | 8 | 31:44 | 22 | Felst. | | |
| | Gunnel Axelsson | 56 OK Skogshjortarna | 40:59 | 23 | 1:05:25 | 24 | Felst. | | 38:01 | 23 | |
| | Irene Kullner | 54 OK Skogshjortarna | | | 1:27:34 | 25 | 33:13 | 23 | 1:02:29 | 25 | |
| | Stella Käll | 56 OK Älme | | j start | j start | | | | 24:40 | 6 | |

D50 (29)

| | | | | | | | | | | | |
|---|-----------------------|-------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | Anneli Berggren | 60 OK Denseln | 16:20 | 1 | 18:50 | 2 | 14:44 | 1 | 18:35 | 1 | 1:08:29 |
| 2 | Britta Sahlin | 61 Vänersborgs SK | 16:45 | 2 | 18:31 | 1 | 17:17 | 4 | 20:37 | 2 | 1:13:10 |
| 3 | Lena Henriksson-Ågren | 60 Ronneby OK | 18:30 | 4 | 20:31 | 4 | 17:16 | 3 | 21:16 | 3 | 1:17:33 |
| 4 | Anne Udd | 61 Markbygdens OK | 19:55 | 8 | 21:35 | 6 | 18:26 | 10 | 21:49 | 4 | 1:21:45 |
| 5 | Kerstin Tjernlund | 60 OK Vilse 87 | 19:44 | 5 | 20:14 | 3 | 18:23 | 8 | 24:55 | 12 | 1:23:16 |
| 6 | Annette Falck-Larsson | 61 Vänersborgs SK | 19:48 | 6 | 23:21 | 9 | 17:39 | 6 | 23:53 | 8 | 1:24:41 |
| 7 | Nina Bejbom | 61 Uddevalla OK | 20:15 | 11 | 23:34 | 11 | 16:39 | 2 | 24:53 | 11 | 1:25:21 |

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|----|----------------------|----------------------|-------|----|-------|----|--------|----|---------|----|---------|
| 8 | Britt Thörn | 58 OK Vilse 87 | 21:21 | 13 | 21:42 | 7 | 19:49 | 15 | 23:16 | 7 | 1:26:08 |
| 9 | Yvonne Jonsson | 59 Växjö OK | 20:11 | 10 | 25:21 | 15 | 18:50 | 11 | 22:56 | 5 | 1:27:18 |
| 10 | Ingrid Kensby | 60 OK Tyr | 18:14 | 3 | 28:30 | 17 | 17:39 | 6 | 23:54 | 9 | 1:28:17 |
| 11 | Birgitta Olsson | 57 OK Skogsfalken | 20:05 | 9 | 24:00 | 12 | 19:47 | 14 | 24:41 | 10 | 1:28:33 |
| 12 | Monica Henriksson | 59 Eksjö SOK | 20:31 | 12 | 20:34 | 5 | 17:32 | 5 | 31:10 | 19 | 1:29:47 |
| 13 | Ann Laas | 58 OK Skogshjortarna | 22:08 | 14 | 24:18 | 13 | 19:36 | 13 | 25:44 | 13 | 1:31:46 |
| 14 | Ann Svärm | 57 OK Gisle | 24:48 | 16 | 25:18 | 14 | 19:00 | 12 | 27:28 | 15 | 1:36:34 |
| 15 | Eva Wildmark | 58 Andrarums IF | 25:13 | 18 | 25:39 | 16 | 18:24 | 9 | 27:20 | 14 | 1:36:36 |
| 16 | Gunilla Sandström | 58 OK Stigen | 22:42 | 15 | 23:23 | 10 | 23:05 | 20 | 34:56 | 22 | 1:44:06 |
| 17 | Elisabet Hemlin | 57 IK Uven | 26:46 | 22 | 35:07 | 22 | 21:57 | 17 | 31:05 | 18 | 1:54:55 |
| 18 | Lena Håkansson | 58 IK Uven | 25:48 | 19 | 31:50 | 19 | 22:51 | 19 | 36:52 | 24 | 1:57:21 |
| 19 | Britt Claesson | 59 IFK Moras OK | 26:30 | 21 | 36:07 | 23 | 22:47 | 18 | 33:21 | 20 | 1:58:45 |
| 20 | Marianne Thorsson | 57 IK Trenne Ullared | 27:40 | 23 | 34:02 | 20 | 25:34 | 24 | 33:38 | 21 | 2:00:54 |
| 21 | Ingrid Andersson | 58 IF Rigor | 26:18 | 20 | 47:10 | 26 | 21:18 | 16 | 30:47 | 17 | 2:05:33 |
| 22 | Gunilla Holmberg | 57 Herrestads AIF | 31:01 | 24 | 40:32 | 24 | 25:48 | 25 | 35:56 | 23 | 2:13:17 |
| 23 | Gith Svärd | 60 Hässleholms OK | 31:39 | 25 | 44:47 | 25 | 25:28 | 23 | 37:05 | 25 | 2:18:59 |
| 24 | Sölvi Björsvik | 61 FK Göingarna | 37:42 | 27 | 34:46 | 21 | 23:20 | 22 | 44:35 | 26 | 2:20:23 |
| | Marie Klasson | 61 Hestra IF | 39:40 | 28 | 49:28 | 27 | 26:35 | 26 | Felst. | | |
| | Monica Larsson | 61 OK Gipen | 36:50 | 26 | 50:50 | 28 | fullf. | | 1:01:48 | 27 | |
| | Christina Segerslätt | 59 Skåneslättens OL | 25:03 | 17 | 30:26 | 18 | | | 23:11 | 6 | |
| | Yvonne Andersson | 60 Hässleholms OK | | | | | 23:15 | 21 | 30:31 | 16 | |
| | Lena Olsson | Skåneslättens OL | 19:51 | 7 | 22:20 | 8 | | | | | |

D45 (22)

| | | | | | | | | | | | |
|---|------------------|----------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Eva Pettersson | 66 OK Dacke | 23:41 | 3 | 22:06 | 1 | 18:59 | 7 | 21:58 | 2 | 1:26:44 |
| 2 | Annelie Alenius | 66 Boxholm-Mjölby OL | 23:17 | 2 | 24:57 | 2 | 17:11 | 1 | 21:44 | 1 | 1:27:09 |
| 3 | Ingrid Johansson | 64 Laholms IF OK | 23:16 | 1 | 26:36 | 5 | 18:11 | 3 | 22:58 | 3 | 1:31:01 |
| 4 | Anne Bodin | 64 Almby IK | 24:42 | 6 | 25:06 | 3 | 18:54 | 5 | 23:00 | 4 | 1:31:42 |
| 5 | Annika Engel | 66 Hässleholms OK | 23:57 | 4 | 26:29 | 4 | 18:56 | 6 | 27:29 | 7 | 1:36:51 |

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|----|--------------------|--------------------------|-------|----|---------|----|--------|----|-------|----|---------|
| 6 | Helena Johansson | 63 OK Gisle | 24:28 | 5 | 28:04 | 7 | 18:15 | 4 | 32:41 | 18 | 1:43:28 |
| 7 | Marita Philipsson | 63 Markaryds FK | 28:11 | 10 | 27:30 | 6 | 21:29 | 12 | 27:07 | 6 | 1:44:17 |
| 8 | Kati Németh | 61 Stigmännen Karlshamns | 27:20 | 8 | 30:49 | 9 | 18:07 | 2 | 28:58 | 11 | 1:45:14 |
| 9 | Sussi Jonson | 63 Ronneby OK | 26:00 | 7 | 31:40 | 10 | 20:32 | 9 | 27:34 | 8 | 1:45:46 |
| 10 | Tina Hagård | 60 Rävetofta OK | 27:36 | 9 | 34:58 | 14 | 19:38 | 8 | 26:23 | 5 | 1:48:35 |
| 11 | Christina Björk | 64 Örkelljunga FK | 28:47 | 11 | 30:27 | 8 | 21:06 | 11 | 28:49 | 10 | 1:49:09 |
| 12 | Jenny Homann | 64 Frölunda OL | 28:52 | 12 | 36:15 | 16 | 23:19 | 15 | 27:44 | 9 | 1:56:10 |
| 13 | Marie Svalbring | 66 Målilla OK | 30:52 | 14 | 32:14 | 11 | 22:52 | 14 | 30:14 | 13 | 1:56:12 |
| 14 | Gudrun Nilsson | 62 Andrarums IF | 31:30 | 16 | 32:27 | 12 | 21:45 | 13 | 31:47 | 17 | 1:57:29 |
| 15 | Annika Marthinsson | 62 Hylte OK | 32:49 | 18 | 33:56 | 13 | 23:53 | 16 | 31:04 | 15 | 2:01:42 |
| 16 | Cecilia Toftered | 63 IF Rigor | 31:16 | 15 | 35:44 | 15 | 24:41 | 18 | 36:21 | 19 | 2:08:02 |
| 17 | Christina Jonsson | 65 OK Klyftamo | 37:34 | 21 | 41:24 | 17 | 24:08 | 17 | 31:43 | 16 | 2:14:49 |
| 18 | Carina Stenberg | 64 OK Skogshjortarna | 32:46 | 17 | 42:04 | 18 | 25:31 | 19 | 41:14 | 22 | 2:21:35 |
| 19 | Frida Mannfolk | 65 Ulricehamns OK | 37:21 | 20 | 1:05:24 | 20 | 26:50 | 20 | 38:00 | 20 | 2:47:35 |
| | Ingalill Grund | 65 OK Roto | 37:12 | 19 | 47:53 | 19 | Felst. | | 30:45 | 14 | |
| | Kerstin Olsson | 64 Eslövs FK | 29:33 | 13 | | | 20:41 | 10 | 29:09 | 12 | |
| | Helen Nilsson | 66 Härlövs IF | 41:40 | 22 | | | 29:03 | 21 | 40:18 | 21 | |

D40 (23)

| | | | | | | | | | | | |
|----|--------------------|----------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | Anette Granstedt | 68 IK Hakarpspojarna | 19:07 | 1 | 20:26 | 1 | 16:42 | 1 | 20:10 | 1 | 1:16:25 |
| 2 | Ulrika Hermansson | 71 OK Orion | 21:31 | 2 | 23:39 | 4 | 17:39 | 2 | 22:23 | 2 | 1:25:12 |
| 3 | Gunilla Karlsson | 68 Växjö OK | 22:48 | 8 | 22:18 | 2 | 19:06 | 9 | 24:13 | 4 | 1:28:25 |
| 4 | Anna Ljungqvist | 71 Lunds OK | 22:16 | 4 | 22:51 | 3 | 18:59 | 7 | 25:48 | 8 | 1:29:54 |
| 5 | Marie Olsson | 67 Örkelljunga FK | 21:58 | 3 | 25:52 | 7 | 18:36 | 4 | 24:32 | 5 | 1:30:58 |
| 6 | Marina Axelsson | 70 Markbygdens OK | 23:05 | 10 | 25:10 | 6 | 18:23 | 3 | 24:42 | 6 | 1:31:20 |
| 7 | Cecilia Rönnfjärd | 71 OK Skogsfalken | 22:53 | 9 | 26:10 | 9 | 19:02 | 8 | 23:58 | 3 | 1:32:03 |
| 8 | Anna Eriksson | 68 OK Landehof | 22:31 | 6 | 24:20 | 5 | 20:01 | 11 | 27:06 | 13 | 1:33:58 |
| 9 | Jeanette Sigenstam | 69 Markbygdens OK | 22:41 | 7 | 27:38 | 11 | 18:40 | 5 | 25:31 | 7 | 1:34:30 |
| 10 | Charlotte Österman | 68 Vänersborgs SK | 23:43 | 12 | 27:17 | 10 | 19:31 | 10 | 26:10 | 9 | 1:36:41 |

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|----|---------------------|----|--------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 11 | Anne Johansson | 67 | OK Dacke | 25:38 | 14 | 25:56 | 8 | 20:18 | 13 | 27:48 | 16 | 1:39:40 |
| 12 | Helena Kristiansson | 68 | Hässleholms OK | 22:17 | 5 | 30:09 | 12 | 20:24 | 15 | 26:52 | 11 | 1:39:42 |
| 13 | Åsa Ericsson | 69 | Lunds OK | 26:02 | 16 | 30:46 | 15 | 20:25 | 16 | 26:30 | 10 | 1:43:43 |
| 14 | Josefine Albinsson | 69 | OK Skogsfalken | 25:28 | 13 | 31:46 | 17 | 18:48 | 6 | 28:23 | 17 | 1:44:25 |
| 15 | Jeanette Larsson | 68 | FK Friskus-Varberg | 23:32 | 11 | 34:39 | 20 | 20:46 | 17 | 26:53 | 12 | 1:45:50 |
| 16 | Lena Thuresson | 67 | Burseryds IF | 27:26 | 19 | 30:38 | 14 | 21:36 | 18 | 27:37 | 14 | 1:47:17 |
| 17 | Britta Kjellsson | 69 | Falkenbergs OK | 26:40 | 18 | 31:40 | 16 | 21:45 | 19 | 27:41 | 15 | 1:47:46 |
| 18 | Ulrika Gustafsson | 68 | IK Vista | 25:50 | 15 | 32:33 | 18 | 20:09 | 12 | 30:26 | 19 | 1:48:58 |
| 19 | Susanne Johannesson | 67 | Ronneby OK | 26:34 | 17 | 30:12 | 13 | 24:16 | 21 | 32:15 | 21 | 1:53:17 |
| 20 | Malin Johansson | 71 | FK Friskus-Varberg | 27:36 | 20 | 32:47 | 19 | 22:57 | 20 | 30:15 | 18 | 1:53:35 |
| 21 | Liselott Roth | 70 | Linköpings OK | 27:36 | 20 | 36:32 | 21 | 20:18 | 13 | 31:17 | 20 | 1:55:43 |
| 22 | Mona Rosberg | 69 | Växjö OK | 33:07 | 22 | 47:29 | 23 | 26:20 | 22 | 37:05 | 22 | 2:24:01 |
| 23 | Carina Svensson | 67 | Annebergs GIF | 34:06 | 23 | 37:22 | 22 | 28:13 | 23 | 50:09 | 23 | 2:29:50 |

D35 (6)

| | | | | | | | | | | | | |
|---|---------------------|----|-------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Eva Öhlund | 74 | IK Hakarpspojarna | 22:10 | 1 | 25:38 | 1 | 18:50 | 1 | 22:32 | 1 | 1:29:10 |
| 2 | Hanna Rangert | 74 | IK Hakarpspojarna | 27:42 | 2 | 30:00 | 2 | 21:12 | 2 | 25:01 | 2 | 1:43:55 |
| 3 | Maria Helmersson | 74 | Hässleholms OK | 32:02 | 4 | 36:33 | 4 | 24:31 | 3 | 28:30 | 4 | 2:01:36 |
| 4 | Kristina Berlin | 72 | OK Orion | 32:17 | 5 | 32:25 | 3 | 25:04 | 4 | 32:52 | 5 | 2:02:38 |
| 5 | Martina Gabrielsson | 75 | Trollhättans SOK | 40:01 | 6 | 55:13 | 5 | 28:01 | 5 | 41:10 | 6 | 2:44:25 |
| | Christina Olsson | 58 | Skåneslättnens OL | 28:00 | 3 | | | | | 27:33 | 3 | |

D21 (38)

| | | | | | | | | | | | | |
|---|-------------------|----|----------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Lisa Pettersson | 90 | OK Dacke | 24:43 | 2 | 26:08 | 2 | 18:43 | 1 | 23:27 | 3 | 1:33:01 |
| 1 | Sofia Salomonsson | 89 | Vänersborgs SK | 23:45 | 1 | 26:14 | 3 | 19:02 | 2 | 24:00 | 5 | 1:33:01 |
| 3 | Jennifer Gull | 81 | OK Vilse 87 | 25:26 | 3 | 27:52 | 4 | 19:21 | 4 | 23:53 | 4 | 1:36:32 |

| | | | | | | | | | | | |
|----|---------------------|------------------------|---------|----|---------|----|--------|----|---------|----|---------|
| 4 | Märta Mollén | 87 OK Denseln | 26:18 | 6 | 28:03 | 5 | 19:10 | 3 | 25:00 | 6 | 1:38:31 |
| 5 | Malin Settergren | 90 Oskarströms OK | 26:06 | 5 | 32:01 | 9 | 20:52 | 7 | 27:07 | 8 | 1:46:06 |
| 6 | Sara Svensson | 83 OK Pan-Kristianstad | 25:49 | 4 | 32:19 | 10 | 21:13 | 9 | 28:34 | 13 | 1:47:55 |
| 7 | Anna-Maria Roubert | 90 Umeå OK | 28:54 | 9 | 35:41 | 15 | 20:17 | 5 | 27:07 | 8 | 1:51:59 |
| 8 | Lina Sandström | 89 OK Stigen | 32:04 | 16 | 31:58 | 8 | 20:37 | 6 | 27:51 | 10 | 1:52:30 |
| 9 | Susanne Sjöö | 84 Hammarby IF OF | 33:47 | 21 | 30:47 | 6 | 21:07 | 8 | 28:58 | 14 | 1:54:39 |
| 10 | Jannie Hagård | 90 Rävetofta OK | 30:59 | 13 | 30:49 | 7 | 22:52 | 12 | 30:31 | 18 | 1:55:11 |
| 11 | Josefin Dahlsten | 87 Eksjö SOK | 33:14 | 20 | 37:15 | 19 | 22:14 | 11 | 26:58 | 7 | 1:59:41 |
| 12 | Angelica Jörnling | 93 Eksjö SOK | 32:08 | 17 | 33:19 | 11 | 23:03 | 15 | 31:39 | 23 | 2:00:09 |
| 13 | Maria Klamfelt | 89 Tibro OK | 29:11 | 11 | 37:05 | 18 | 23:15 | 16 | 31:27 | 22 | 2:00:58 |
| 14 | Marie Grönlund | 77 Lunds OK | 28:33 | 8 | 37:16 | 20 | 24:25 | 18 | 31:51 | 24 | 2:02:05 |
| 15 | Malin Gustafsson | 86 Eksjö SOK | 34:52 | 24 | 33:48 | 13 | 23:24 | 17 | 30:42 | 19 | 2:02:46 |
| 16 | Emma Sigvardsson | 79 FK Friskus-Varberg | 30:36 | 12 | 40:17 | 25 | 22:53 | 13 | 29:30 | 16 | 2:03:16 |
| 17 | Åsa Bogmark | 79 Eksjö SOK | 31:58 | 15 | 38:54 | 23 | 23:01 | 14 | 29:53 | 17 | 2:03:46 |
| 18 | Anna Torstensson | 85 Hylte OK | 34:26 | 23 | 37:41 | 21 | 25:48 | 23 | 27:52 | 11 | 2:05:47 |
| 19 | Martina Löfving | 87 Tibro OK | 32:31 | 18 | 38:07 | 22 | 25:17 | 21 | 36:37 | 30 | 2:12:32 |
| 20 | Eva Gustafsson | 79 Falkenbergs OK | 32:45 | 19 | 36:51 | 17 | 26:57 | 26 | 36:04 | 27 | 2:12:37 |
| 21 | Johanna Rönnqvist | 78 OK Löftan | 35:00 | 25 | 43:04 | 27 | 25:42 | 22 | 36:29 | 29 | 2:20:15 |
| 22 | Sandra Wedlin | 82 Sävedalens AIK | 36:14 | 27 | 46:26 | 28 | 27:19 | 27 | 35:20 | 26 | 2:25:19 |
| 23 | Emma Kriblad | 80 Hjärnarps GH OL | 42:04 | 29 | 42:29 | 26 | 26:56 | 25 | 34:43 | 25 | 2:26:12 |
| 24 | Marie Jinnemo | 87 Hjärnarps GH OL | 37:20 | 28 | 48:48 | 29 | 29:09 | 29 | 36:45 | 31 | 2:32:02 |
| 25 | Jenny Rönnqvist | 82 OK Löftan | 53:11 | 30 | 1:04:57 | 30 | 26:16 | 24 | 44:33 | 33 | 3:08:57 |
| 26 | Wiviann Ottosson | 84 Malmö OK | 59:18 | 31 | 1:22:26 | 32 | 32:51 | 30 | 45:15 | 34 | 3:39:50 |
| 27 | Frida Rönnqvist | 82 OK Löftan | 1:20:58 | 32 | 1:13:17 | 31 | 27:32 | 28 | 39:38 | 32 | 3:41:25 |
| | Emilia Svärm | 84 OK Gisle | 35:38 | 26 | 33:42 | 12 | Felst. | | 36:21 | 28 | |
| | Sara Andersson | 81 Växjö OK | 27:18 | 7 | Felst. | | 22:10 | 10 | 28:11 | 12 | |
| | Desirée Segerslätt | 87 Skåneslättens OL | 34:11 | 22 | 36:16 | 16 | 25:07 | 20 | | | |
| | Isabell Håkansson | 85 Sävedalens AIK | 31:27 | 14 | 39:30 | 24 | Felst. | | j start | | |
| | Maria Persson | 82 OK Kompassen | | | 34:43 | 14 | | | 30:56 | 21 | |
| | Linda Jinnemo | 83 Hjärnarps GH OL | | | | | 35:07 | 31 | 47:22 | 35 | |
| | Eva-Lotta Bengtsson | 77 Lunds OK | 28:56 | 10 | | | | | 30:42 | 19 | |
| | Anna Edenbrandt | 84 Lunds OK | | | 25:56 | 1 | | | 22:51 | 1 | |

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|-----------------|------------------------|---------|---------|---------|-------|----|--|-------|----|
| Camilla Sigbo | 86 FK Boken | | | | | | | 28:58 | 14 |
| Sofie Petersson | 77 OK Pan-Kristianstad | j start | j start | j start | | | | 23:14 | 2 |
| Anna Nilsson | 86 FK Snapphanarna | | | | 25:01 | 19 | | | |

D20 (10)

| | | | | | | | | | | |
|---------------------|------------------------|-------|---|--------|---|-------|---|--------|---|---------|
| 1 Ellinor Tjernlund | 92 OK Vilse 87 | 21:58 | 1 | 26:56 | 1 | 17:42 | 1 | 20:24 | 1 | 1:27:00 |
| 2 Ann-Sofie Larsson | 91 Örkelljunga FK | 23:03 | 2 | 29:14 | 2 | 20:08 | 2 | 23:38 | 2 | 1:36:03 |
| 3 Elin Strandhagen | 91 Göteborg-Majorna OK | 25:17 | 3 | 31:00 | 3 | 22:52 | 6 | 27:28 | 4 | 1:46:37 |
| 4 Elin Thuresson | 91 Burseryds IF | 28:22 | 4 | 35:24 | 4 | 21:40 | 3 | 31:22 | 6 | 1:56:48 |
| 5 Emma Andersson | 91 Ulricehamns OK | 29:42 | 5 | 35:41 | 5 | 22:45 | 4 | 32:03 | 7 | 2:00:11 |
| 6 Emma Månsson | 92 Örkelljunga FK | 33:51 | 8 | 45:32 | 6 | 28:02 | 7 | 36:26 | 8 | 2:23:51 |
| 7 Anna Johansson | 92 Laholms IF OK | 40:58 | 9 | 54:43 | 8 | 31:59 | 9 | 49:19 | 9 | 2:56:59 |
| Hanna Steiner | 91 Hjärnarps GH OL | 33:02 | 7 | 46:47 | 7 | 22:50 | 5 | Felst. | | |
| Camilla Nilsson | 92 OK Torfinn | 32:02 | 6 | Felst. | | 30:54 | 8 | 26:10 | 3 | |
| Veronika Aspvall | 91 Ronneby OK | | | | | | | 29:18 | 5 | |

D18 (6)

| | | | | | | | | | | |
|-------------------|-------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 Jenny Olsson | 93 Örkelljunga FK | 22:27 | 1 | 23:38 | 1 | 16:36 | 1 | 26:40 | 3 | 1:29:21 |
| 2 Lovisa Mannfolk | 93 Ulricehamns OK | 23:31 | 2 | 24:38 | 2 | 18:17 | 2 | 26:39 | 2 | 1:33:05 |
| 3 Moa Olsson | 94 Örkelljunga FK | 24:06 | 3 | 26:42 | 3 | 19:34 | 3 | 24:37 | 1 | 1:34:59 |
| 4 Emmy Thuresson | 93 Burseryds IF | 27:28 | 4 | 31:29 | 4 | 21:16 | 4 | 30:16 | 4 | 1:50:29 |
| 5 Klara Hemlin | 94 IK Uven | 30:13 | 5 | 44:38 | 5 | 22:22 | 5 | 31:08 | 5 | 2:08:21 |
| 6 Elinor Lindelöw | 94 Härlövs IF | 38:52 | 6 | 47:18 | 6 | 25:16 | 6 | 47:46 | 6 | 2:39:12 |

D16 (11)

| | | | | | | | | | | | |
|---|-------------------|--------------------|-------|----|-------|----|--------|----|--------|----|---------|
| 1 | Louise Lundgren | 96 Varend GN OL | 18:14 | 1 | 19:24 | 1 | 15:18 | 2 | 18:25 | 1 | 1:11:21 |
| 2 | Ulrika Toftered | 95 IF Rigor | 19:45 | 3 | 21:16 | 2 | 16:01 | 6 | 21:26 | 3 | 1:18:28 |
| 3 | Amanda Johansson | 96 OK Dacke | 20:32 | 4 | 22:02 | 3 | 14:45 | 1 | 22:57 | 5 | 1:20:16 |
| 4 | Moa Svensson | 95 Nässjö OK | 22:01 | 5 | 26:54 | 7 | 15:43 | 4 | 20:22 | 2 | 1:25:00 |
| 5 | Ida Johansson | 96 Hjärnarps GH OL | 26:38 | 8 | 22:09 | 4 | 15:35 | 3 | 25:53 | 7 | 1:30:15 |
| 6 | Caroline Lindelöw | 95 Härlövs IF | 26:52 | 9 | 24:52 | 6 | 18:12 | 7 | 23:19 | 6 | 1:33:15 |
| 7 | Sara Bainbridge | 95 Laholms IF OK | 25:35 | 7 | 28:20 | 8 | 21:01 | 8 | 29:03 | 8 | 1:43:59 |
| 8 | Julia Smedenmark | 95 Ronneby OK | 30:15 | 10 | 29:01 | 9 | 21:56 | 9 | 32:27 | 9 | 1:53:39 |
| 9 | Frida Jönsson | 96 Lunds OK | 38:51 | 11 | 56:41 | 10 | 25:31 | 10 | 33:45 | 10 | 2:34:48 |
| | Elin Kjellsson | 95 Falkenbergs OK | 23:39 | 6 | 22:47 | 5 | Felst. | | Felst. | | |
| | Felicia Feurstein | 95 Tormestorps IF | 19:13 | 2 | | | 15:43 | 4 | 22:44 | 4 | |

D14 (8)

| | | | | | | | | | | | |
|---|--------------------|----------------------|-------|---|-------|---|-------|---|-------|---|---------|
| 1 | Elin Granstedt | 98 IK Hakarpspojarna | 17:27 | 2 | 18:29 | 1 | 15:21 | 1 | 18:09 | 1 | 1:09:26 |
| 2 | Myrra Carlsson | 98 OK Orion | 16:24 | 1 | 21:33 | 3 | 16:27 | 4 | 18:35 | 2 | 1:12:59 |
| 3 | Lovisa Torstensson | 98 Emmaboda Verda OK | 17:40 | 4 | 20:22 | 2 | 16:48 | 5 | 20:22 | 4 | 1:15:12 |
| 4 | Linnea Kjellsson | 97 Falkenbergs OK | 18:00 | 5 | 21:38 | 4 | 15:31 | 2 | 20:58 | 5 | 1:16:07 |
| 5 | Matilda Arborelius | 97 IS Kullen | 17:39 | 3 | 23:45 | 5 | 15:43 | 3 | 19:29 | 3 | 1:16:36 |
| 6 | Rebecka Brorsson | 98 Tockarps IK | 24:58 | 7 | 30:41 | 7 | 17:29 | 6 | 33:56 | 8 | 1:47:04 |
| 7 | Matilda Ling | 98 Linköpings OK | 31:13 | 8 | 28:24 | 6 | 20:41 | 7 | 27:49 | 6 | 1:48:07 |
| 8 | Clara Olsson | 97 Lunds OK | 24:48 | 6 | 33:00 | 8 | 22:44 | 8 | 30:48 | 7 | 1:51:20 |

D12 (18)

| | | | | | | | | | | | |
|---|-----------|-------------------|-------|---|-------|---|-------|---|-------|---|-------|
| 1 | Klara Ask | 99 Markbygdens OK | 12:54 | 1 | 10:34 | 2 | 11:38 | 1 | 16:36 | 1 | 51:42 |
|---|-----------|-------------------|-------|---|-------|---|-------|---|-------|---|-------|

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|----|------------------|----------------------|---------|----|-------|----|-------|----|---------|----|---------|
| 2 | Klara Axelsson | 99 Markbygdens OK | 13:08 | 2 | 9:13 | 1 | 12:24 | 2 | 17:13 | 2 | 51:58 |
| 3 | Sara Granstedt | 00 IK Hakarpspojarna | 14:13 | 3 | 12:09 | 6 | 12:27 | 3 | 17:20 | 3 | 56:09 |
| 4 | Kajsa Andersson | 00 OK Orion | 17:34 | 7 | 12:38 | 8 | 13:18 | 5 | 18:38 | 4 | 1:02:08 |
| 5 | Sofia Österman | 99 Vänersborgs SK | 17:11 | 5 | 11:22 | 4 | 15:05 | 8 | 19:13 | 5 | 1:02:51 |
| 6 | Elin Svensson | 00 OK Älme | 16:36 | 4 | 10:57 | 3 | 13:16 | 4 | 23:21 | 9 | 1:04:10 |
| 7 | Sofia Klasson | 99 Hestra IF | 18:38 | 9 | 12:35 | 7 | 13:32 | 6 | 21:35 | 7 | 1:06:20 |
| 8 | Amanda Backlund | 99 Trollhättans SOK | 17:34 | 7 | 14:20 | 11 | 17:02 | 12 | 21:42 | 8 | 1:10:38 |
| 9 | Astrid Ericsson | 00 Lunds OK | 24:47 | 13 | 14:44 | 12 | 17:44 | 13 | 31:08 | 12 | 1:28:23 |
| 10 | Linnea Bodin | 00 Almby IK | 20:32 | 11 | 17:19 | 14 | 15:24 | 9 | 38:48 | 14 | 1:32:03 |
| 11 | Julia Thuresson | 00 Burseryds IF | 27:12 | 15 | 39:21 | 16 | 18:54 | 14 | 25:36 | 11 | 1:51:03 |
| | Agnes Boberg | 99 IF Rigor | 17:33 | 6 | 13:24 | 9 | 14:26 | 7 | Felst. | | |
| | Emmy Helmersson | 99 Hässleholms OK | Felst. | | 15:22 | 13 | 16:44 | 11 | 20:35 | 6 | |
| | Moa Sågby | 00 Jönköpings OK | 19:29 | 10 | 14:08 | 10 | 16:26 | 10 | Felst. | | |
| | Irmalinn Nilsson | 00 Härlövs IF | 27:17 | 16 | | | 20:22 | 17 | 24:24 | 10 | |
| | Ida Eriksson | 00 OK Landehof | 26:55 | 14 | 19:20 | 15 | 19:42 | 16 | j start | | |
| | Annika Simonsen | 00 FIF Hillerød | 20:59 | 12 | 11:28 | 5 | 18:57 | 15 | j start | | |
| | Emelie Feurstein | 99 Tormestorps IF | j start | | | | | | 38:10 | 13 | |

D10 (12)

| | | | | | | | | | | | |
|----|------------------|--------------------|-------|----|-------|----|-------|----|-------|----|---------|
| 1 | Maja Porle | 01 Växjö OK | 11:10 | 3 | 7:09 | 2 | 10:39 | 1 | 9:46 | 1 | 38:44 |
| 2 | Alicia Lundgren | 01 Varend GN OL | 10:51 | 2 | 7:12 | 3 | 11:51 | 4 | 9:48 | 2 | 39:42 |
| 3 | Lovisa Johansson | 01 OK Dacke | 11:53 | 4 | 7:33 | 5 | 13:12 | 6 | 11:42 | 3 | 44:20 |
| 4 | Towa Pettersson | 01 OK Denseln | 15:41 | 6 | 7:20 | 4 | 11:39 | 3 | 12:17 | 4 | 46:57 |
| 5 | Ella Söderberg | 03 OK Skogsfalken | 16:31 | 7 | 8:21 | 8 | 12:55 | 5 | 15:55 | 6 | 53:42 |
| 6 | Emma Ling | 02 Jönköpings OK | 17:57 | 9 | 7:39 | 6 | 13:20 | 7 | 17:24 | 8 | 56:20 |
| 7 | Kajsa Homann | 01 Frölunda OL | 17:44 | 8 | 9:24 | 9 | 14:52 | 10 | 14:59 | 5 | 56:59 |
| 8 | Tina Ljungqvist | 01 Lunds OK | 14:56 | 5 | 11:58 | 10 | 14:25 | 9 | 17:29 | 9 | 58:48 |
| 9 | Frida Björk | 01 Örkealljunga FK | 22:43 | 11 | 7:39 | 6 | 13:35 | 8 | 16:29 | 7 | 1:00:26 |
| 10 | Hanna Roth | 02 Linköpings OK | 20:41 | 10 | 14:30 | 12 | 18:12 | 12 | 19:07 | 10 | 1:12:30 |

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|----------------|----------------|-------|----|-------|----|-------|----|-------|----|---------|
| 11 Lisa Homann | 02 Frölunda OL | 27:39 | 12 | 14:06 | 11 | 17:51 | 11 | 21:57 | 11 | 1:21:33 |
|----------------|----------------|-------|----|-------|----|-------|----|-------|----|---------|

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|-------------------|---------------|-------|---|------|---|-------|---|--------|--|--|
| Hanna Johannesson | 01 Ronneby OK | 10:24 | 1 | 5:59 | 1 | 10:52 | 2 | Felst. | | |
|-------------------|---------------|-------|---|------|---|-------|---|--------|--|--|

H80 (2)

| | | | | | | | | | | |
|---------------------|--------------|-------|---|-------|---|---------|--|-------|---|--|
| Lars-Gunnar Enström | 29 OK Tranan | 33:45 | 1 | 32:45 | 1 | j start | | 39:33 | 1 | |
|---------------------|--------------|-------|---|-------|---|---------|--|-------|---|--|

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|----------------|-----------------|---------|--|---------|--|-------|---|-------|---|--|
| Nils Andersson | 28 OK Kompassen | j start | | j start | | 38:25 | 1 | 57:05 | 2 | |
|----------------|-----------------|---------|--|---------|--|-------|---|-------|---|--|