

| Pl Startnr Namn | | Tid | | | | | | | | | | | | | | |
|------------------------------|--|---------|---------------------------------|---------------------------------|----------------------------------|---------------|---------------|---------------|---------------|------------------|-----------------|------------------|-----------------|------------------|-----------------|-----------------|
| Blå Lång (9) 7350 m | | | 1 (31) 15 (44) | 2 (32) 16 (45) | 3 (33) M | 4 (34) | 5 (35) | 6 (36) | 7 (37) | 8 (38) | 9 (39) | 10 (46) | 11 (47) | 12 (41) | 13 (42) | 14 (43) |
| 1 | 42 Ingvar Åkesson IK Hakarpspojkar | 54:06 | 2:55 2:55 51:49 | 4:17 1:22 53:07 | 9:13 4:56 54:06 | 13:36 4:23 | 16:52 3:16 | 18:21 1:29 | 20:20 1:59 | 23:27 3:07 | 25:14 1:47 | 28:05 2:51 | 32:00 3:55 | 41:06 9:06 | 45:10 4:04 | 49:56 4:46 |
| 2 | 48 Christian Hjalmarsson OK Njudung | 54:13 | 2:57 2:57 52:06 1:47 | 4:26 1:29 53:25 1:19 | 8:52 4:26 54:13 0:48 | 15:09 6:17 | 18:32 3:23 | 19:50 1:18 | 21:33 1:43 | 24:16 2:43 | 25:48 1:32 | 29:12 3:24 | 31:58 2:46 | 42:00 10:02 | 45:28 3:28 | 50:19 4:51 |
| 3 | 47 Emil Hjalmarsson OK Njudung | 58:22 | 3:06 3:06 56:14 1:57 | 4:42 1:36 57:28 1:14 | 10:05 5:23 58:22 0:54 | 14:24 4:19 | 18:11 3:47 | 19:51 1:40 | 22:36 2:45 | 25:49 3:13 | 28:06 2:17 | 33:17 5:11 | 35:55 2:38 | 46:11 10:16 | 49:09 2:58 | 54:17 5:08 |
| 4 | 12 Stefan Kollberg Eksjö SOK | 58:29 | 3:09 3:09 55:52 2:06 | 4:50 1:41 57:24 1:32 | 9:24 4:34 58:29 1:05 | 14:14 4:50 | 17:19 3:05 | 18:47 1:28 | 20:42 1:55 | 25:39 4:57 | 27:37 1:58 | 30:59 3:22 | 34:18 3:19 | 45:06 10:48 | 48:51 3:45 | 53:46 4:55 |
| 5 | 14 Johan Hansson Nässjö OK | 59:28 | 3:37 3:37 56:57 2:21 | 5:36 1:59 58:30 1:33 | 10:31 4:55 59:28 0:58 | 15:15 4:44 | 18:25 3:10 | 20:01 1:36 | 21:56 1:55 | 25:44 3:48 | 28:27 2:43 | 31:40 3:13 | 34:28 2:48 | 44:54 10:26 | 48:35 3:41 | 54:36 6:01 |
| 6 | 44 Lars Hanning IK Hakarpspojkar | 59:49 | 3:28 3:28 57:14 2:10 | 5:11 1:43 58:45 1:31 | 10:01 4:50 59:49 1:04 | 15:10 5:09 | 18:49 3:39 | 20:36 1:47 | 22:42 2:06 | 26:13 3:31 | 28:25 2:12 | 31:39 3:14 | 35:03 3:24 | 46:21 11:18 | 49:59 3:38 | 55:04 5:05 |
| 7 | 19 Magnus Lager Nässjö OK | 1:00:57 | 3:40 3:40 58:20 2:12 | 5:06 1:26 59:52 1:32 | 9:38 4:32 1:00:57 1:05 | 15:38 6:00 | 18:41 3:03 | 20:15 1:34 | 22:09 1:54 | 25:20 3:11 | 28:21 3:01 | 31:38 3:17 | 35:14 3:36 | 46:38 11:24 | 50:23 3:45 | 56:08 5:45 |
| 8 | 39 Adam Sandstedt Eksjö SOK | 1:12:40 | 3:29 3:29 1:09:46 3:10 | 5:07 1:38 1:11:37 1:51 | 10:12 5:05 1:12:40 1:03 | 16:17 6:05 | 23:52 7:35 | 25:46 1:54 | 28:10 2:24 | 32:44 4:34 | 34:51 2:07 | 39:07 4:16 | 43:17 4:10 | 56:23 13:06 | 1:00:28 4:05 | 1:06:36 6:08 |
| 9 | 1 Magnus Fransson SOK Aneby | 1:20:36 | 4:18 4:18 1:17:24 3:08 | 8:20 4:02 1:19:24 2:00 | 15:59 7:39 1:20:36 1:12 | 20:54 4:55 | 24:53 3:59 | 26:57 2:04 | 29:06 2:09 | 34:55 5:49 | 38:34 3:39 | 43:20 4:46 | 49:06 5:46 | 1:02:48 13:42 | 1:07:23 4:35 | 1:14:16 6:53 |
| Blå Mellan (8) 5670 m | | | 1 (31) | 2 (32) | 3 (33) | 4 (34) | 5 (35) | 6 (36) | 7 (47) | 8 (41) | 9 (42) | 10 (43) | 11 (44) | 12 (45) | M | |
| 1 | 45 Andreas Bergander Eksjö SOK | 56:05 | 3:33 3:33 | 5:00 1:27 | 9:33 4:33 | 14:13 4:40 | 20:08 5:55 | 21:46 1:38 | 25:52 4:06 | 38:15 12:23 | 42:11 3:56 | 50:38 8:27 | 53:25 2:47 | 55:05 1:40 | 56:05 1:00 | |
| 2 | 22 Simon Lennermo Nässjö OK | 56:42 | 3:06 3:06 | 7:48 4:42 | 12:47 4:59 | 19:03 6:16 | 24:00 4:57 | 25:49 1:49 | 29:22 3:33 | 41:19 11:57 | 45:11 3:52 | 51:00 5:49 | 53:24 2:24 | 55:27 2:03 | 56:42 1:15 | |
| 3 | 38 Anders Reimertz Eksjö SOK | 58:42 | 3:29 3:29 | 5:03 1:34 | 9:41 4:38 | 14:20 4:39 | 20:10 5:50 | 21:50 1:40 | 25:35 3:45 | 38:20 12:45 | 42:19 3:59 | 50:50 8:31 | 55:41 4:51 | 57:42 2:01 | 58:42 1:00 | |
| 4 | 31 Stellan Ahnström Forserums SOK | 1:10:49 | 4:37 4:37 | 8:38 4:01 | 15:34 6:56 | 22:08 6:34 | 26:51 4:43 | 29:06 2:15 | 31:35 2:29 | 47:52 16:17 | 53:04 5:12 | 1:00:57 7:53 | 1:07:14 6:17 | 1:09:36 2:22 | 1:10:49 1:13 | |
| 5 | 24 Martin Lennartsson Nässjö OK | 1:16:30 | 4:09 4:09 | 6:05 1:56 | 12:25 6:20 | 20:10 7:45 | 29:13 9:03 | 31:36 2:23 | 34:18 2:42 | 50:18 16:00 | 54:44 4:26 | 1:10:18 15:34 | 1:13:32 3:14 | 1:15:02 1:30 | 1:16:30 1:28 | |
| 6 | 4 Kristin Karlsson Eksjö SOK | 1:27:15 | 14:42 14:42 | 16:39 1:57 | 23:47 7:08 | 29:47 6:00 | 36:43 6:56 | 39:41 2:58 | 45:04 5:23 | 1:06:50 21:46 | 1:11:55 5:05 | 1:18:47 6:52 | 1:23:27 4:40 | 1:25:52 2:25 | 1:27:15 1:23 | |
| 7 | 36 Hans-Johan Hansson Lekeryd.SSK | 1:31:05 | 8:18 8:18 | 13:21 5:03 | 21:33 8:12 | 28:54 7:21 | 36:32 7:38 | 39:35 3:03 | 42:39 3:04 | 1:01:12 18:33 | 1:08:07 6:55 | 1:21:08 13:01 | 1:26:17 5:09 | 1:29:30 3:13 | 1:31:05 1:35 | |

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|----------------------|---|---------|----------------|---------------|----------------|----------------|----------------|----------------|----------------|------------------|------------------|------------------|-----------------|-----------------|-----------------|
| 8 | 21 Kenneth Andersson Nässjö OK | 1:33:00 | 17:04 17:04 | 19:13 2:09 | 28:16 9:03 | 35:02 6:46 | 42:41 7:39 | 45:45 3:04 | 48:11 2:26 | 1:06:49 18:38 | 1:12:06 5:17 | 1:21:39 9:33 | 1:27:07 5:28 | 1:31:26 4:19 | 1:33:00 1:34 |
| Blå Kort (15) 4130 m | | | 1 (31) | 2 (32) | 3 (33) | 4 (34) | 5 (41) | 6 (42) | 7 (43) | 8 (44) | M | | | | |
| 1 | 18 Johan Sandlund OK Njudung | 39:25 | 4:45 4:45 | 6:48 2:03 | 13:04 6:16 | 18:25 5:21 | 23:18 4:53 | 27:35 4:17 | 34:23 6:48 | 37:45 3:22 | 39:25 1:40 | | | | |
| 2 | 49 Elin Svensson Nässjö OK | 41:56 | 4:42 4:42 | 6:47 2:05 | 12:38 5:51 | 19:05 6:27 | 24:07 5:02 | 28:45 4:38 | 36:24 7:39 | 39:42 3:18 | 41:56 2:14 | | | | |
| 3 | 11 Josefine Dahlsten Eksjö SOK | 42:45 | 4:49 4:49 | 9:20 4:31 | 16:24 7:04 | 21:56 5:32 | 26:55 4:59 | 31:34 4:39 | 38:18 6:44 | 41:02 2:44 | 42:45 1:43 | | | | |
| 4 | 3 Göran Karlsson SOK Aneby | 43:06 | 4:54 4:54 | 7:22 2:28 | 13:45 6:23 | 20:12 6:27 | 24:56 4:44 | 30:11 5:15 | 37:14 7:03 | 40:44 3:30 | 43:06 2:22 | | | | |
| 5 | 16 Helena Gunnarsson IK Hakarpspojarna | 43:08 | 8:58 8:58 | 10:29 1:31 | 16:43 6:14 | 23:13 6:30 | 27:05 3:52 | 31:27 4:22 | 38:22 6:55 | 41:07 2:45 | 43:08 2:01 | | | | |
| 6 | 10 Karin Öhlin SOK Aneby | 45:29 | 6:11 6:11 | 8:25 2:14 | 15:33 7:08 | 21:23 5:50 | 26:46 5:23 | 31:52 5:06 | 39:07 7:15 | 43:09 4:02 | 45:29 2:20 | | | | |
| 7 | 17 Emma Rosén OK Njudung | 47:57 | 4:40 4:40 | 6:46 2:06 | 14:18 7:32 | 20:08 5:50 | 24:52 4:44 | 29:55 5:03 | 40:06 10:11 | 43:46 3:40 | 47:57 4:11 | | | | |
| 8 | 8 Ros-Marie Hjalmarsson OK Njudung | 51:56 | 5:57 5:57 | 10:02 4:05 | 17:15 7:13 | 24:27 7:12 | 30:04 5:37 | 36:08 6:04 | 45:07 8:59 | 49:39 4:32 | 51:56 2:17 | | | | |
| 9 | 46 Ulrika Lindstam SOL Tranås | 52:07 | 5:29 5:29 | 8:10 2:41 | 16:16 8:06 | 25:15 8:59 | 31:05 5:50 | 35:47 4:42 | 46:03 10:16 | 49:45 3:42 | 52:07 2:22 | | | | |
| 10 | 13 Vivianne Lindstam SOL Tranås | 52:47 | 5:28 5:28 | 8:05 2:37 | 15:45 7:40 | 25:11 9:26 | 31:08 5:57 | 36:52 5:44 | 46:10 9:18 | 50:06 3:56 | 52:47 2:41 | | | | |
| 11 | 15 Harald Henriksson Lekeryd.SSK | 54:56 | 5:31 5:31 | 8:03 2:32 | 16:27 8:24 | 25:08 8:41 | 32:35 7:27 | 38:20 5:45 | 47:29 9:09 | 52:37 5:08 | 54:56 2:19 | | | | |
| 12 | 33 My Larsson Nässjö OK | 1:03:50 | 7:23 7:23 | 13:22 5:59 | 26:23 13:01 | 33:26 7:03 | 38:53 5:27 | 45:42 6:49 | 55:37 9:55 | 1:01:15 5:38 | 1:03:50 2:35 | | | | |
| 13 | 35 Leif Andersson Nässjö OK | 1:07:34 | 5:55 5:55 | 9:35 3:40 | 22:25 12:50 | 31:10 8:45 | 40:51 9:41 | 46:04 5:13 | 57:42 11:38 | 1:04:57 7:15 | 1:07:34 2:37 | | | | |
| | 20 Stig Härlin Nässjö OK | Felst. | 7:41 7:41 | 11:13 3:32 | 22:36 11:23 | 36:20 13:44 | 50:55 14:35 | 59:08 8:13 | ----- ----- | ----- ----- | 1:25:43 26:35 | | | | |
| | 50 Linus Lager Nässjö OK | Felst. | 3:50 3:50 | 5:28 1:38 | 17:56 12:28 | ----- ----- | ----- ----- | 21:19 3:23 | 38:57 17:38 | 43:59 5:02 | 46:45 2:46 | | | | |
| Röd Lång (4) 4620 m | | | 1 (54) | 2 (55) | 3 (56) | 4 (57) | 5 (58) | 6 (59) | 7 (60) | 8 (42) | 9 (61) | M | | | |
| 1 | 43 Weine Gustavsson Wallgårda IK | 53:57 | 4:17 4:17 | 8:49 4:32 | 14:32 5:43 | 18:56 4:24 | 25:48 6:52 | 31:48 6:00 | 35:40 3:52 | 40:13 4:33 | 47:11 6:58 | 53:57 6:46 | | | |
| 2 | 25 Patrik Persson Nässjö OK | 54:31 | 3:27 3:27 | 7:15 3:48 | 15:03 7:48 | 17:28 2:25 | 25:59 8:31 | 32:36 6:37 | 35:28 2:52 | 39:04 3:36 | 46:51 7:47 | 54:31 7:40 | | | |
| 3 | 34 Ted Larsson Nässjö OK | 1:13:42 | 5:31 5:31 | 10:05 4:34 | 14:28 4:23 | 20:15 5:47 | 29:07 8:52 | 46:36 17:29 | 50:52 4:16 | 57:47 6:55 | 1:05:13 7:26 | 1:13:42 8:29 | | | |
| 4 | 37 Marie Hansson Lekeryd.SSK | 1:29:45 | 4:55 4:55 | 14:00 9:05 | 20:54 6:54 | 26:50 5:56 | 38:02 11:12 | 47:08 9:06 | 54:31 7:23 | 1:01:30 6:59 | 1:12:42 11:12 | 1:29:45 17:03 | | | |
| Röd Kort (11) 3000 m | | | 1 (54) | 2 (55) | 3 (56) | 4 (57) | 5 (42) | 6 (61) | M | | | | | | |
| 1 | 32 Olivia Kollberg Eksjö SOK | 30:17 | 3:18 3:18 | 6:47 3:29 | 11:01 4:14 | 14:00 2:59 | 15:53 1:53 | 24:16 8:23 | 30:17 6:01 | | | | | | |
| 2 | 9 Ludwig Berglin Lessebo OK | 33:58 | 3:19 3:19 | 8:06 4:47 | 13:10 5:04 | 16:02 2:52 | 18:38 2:36 | 27:13 8:35 | 33:58 6:45 | | | | | | |
| 3 | 29 Frida Persson Nässjö OK | 34:55 | 3:46 3:46 | 7:33 3:47 | 13:04 5:31 | 18:36 5:32 | 21:07 2:31 | 27:36 6:29 | 34:55 7:19 | | | | | | |
| 4 | 30 Erik Persson Nässjö OK | 35:58 | 4:19 4:19 | 8:36 4:17 | 14:13 5:37 | 19:44 5:31 | 22:12 2:28 | 28:39 6:27 | 35:58 7:19 | | | | | | |
| 5 | 51 Moa Svensson Nässjö OK | 36:27 | 4:19 4:19 | 8:40 4:21 | 13:52 5:12 | 19:49 5:57 | 22:12 2:23 | 28:54 6:42 | 36:27 7:33 | | | | | | |

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|----|---|---------|-------|-------|-------|-------|-------|---------|---------|
| 6 | 26 Britt-Marie Halvardsson Nässjö OK | 48:21 | 5:42 | 12:05 | 18:13 | 24:07 | 28:21 | 38:35 | 48:21 |
| | | | 5:42 | 6:23 | 6:08 | 5:54 | 4:14 | 10:14 | 9:46 |
| 7 | 27 Berndt Halvardsson Nässjö OK | 48:29 | 5:47 | 12:16 | 18:15 | 24:20 | 28:33 | 38:30 | 48:29 |
| | | | 5:47 | 6:29 | 5:59 | 6:05 | 4:13 | 9:57 | 9:59 |
| 8 | 2 Sven-Olof Fransson SOK Aneby | 52:38 | 5:25 | 10:57 | 23:54 | 33:57 | 36:17 | 43:37 | 52:38 |
| | | | 5:25 | 5:32 | 12:57 | 10:03 | 2:20 | 7:20 | 9:01 |
| 9 | 6 Olof Walfridsson SOK Aneby | 53:01 | 5:13 | 11:29 | 18:37 | 24:54 | 28:43 | 39:37 | 53:01 |
| | | | 5:13 | 6:16 | 7:08 | 6:17 | 3:49 | 10:54 | 13:24 |
| 10 | 5 Annastina Högemo-Karls SOK Aneby | 53:19 | 9:20 | 17:18 | 22:57 | 27:27 | 31:19 | 43:18 | 53:19 |
| | | | 9:20 | 7:58 | 5:39 | 4:30 | 3:52 | 11:59 | 10:01 |
| 11 | 7 Gerd Walfridsson SOK Aneby | 1:34:47 | 10:46 | 28:12 | 38:54 | 52:41 | 58:26 | 1:16:22 | 1:34:47 |
| | | | 10:46 | 17:26 | 10:42 | 13:47 | 5:45 | 17:56 | 18:25 |

Vit (4)

2140 m

1(48) 2(49) 3(50) 4(51) 5(52) 6(53) M

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|---|--|--------|------|-------|-------|-------|-------|-------|---------|
| 1 | 40 Hanna Gunnarsson IK Hakarpspojarna | 15:30 | 3:05 | 5:17 | 7:37 | 9:41 | 11:02 | 13:20 | 15:30 |
| | | | 3:05 | 2:12 | 2:20 | 2:04 | 1:21 | 2:18 | 2:10 |
| 2 | 41 David Gunnarsson IK Hakarpspojarna | 16:34 | 3:09 | 5:43 | 8:15 | 10:19 | 11:43 | 14:09 | 16:34 |
| | | | 3:09 | 2:34 | 2:32 | 2:04 | 1:24 | 2:26 | 2:25 |
| 3 | 28 Hilda Svensson Nässjö OK | 26:02 | 3:51 | 7:10 | 10:59 | 15:00 | 17:48 | 22:13 | 26:02 |
| | | | 3:51 | 3:19 | 3:49 | 4:01 | 2:48 | 4:25 | 3:49 |
| | 23 Lilian Härlin Nässjö OK | Felst. | 9:53 | 13:35 | ----- | ----- | ----- | ----- | 1:08:11 |
| | | | 9:53 | 3:42 | | | | | 54:36 |