

| Pl | Startnr | Namn | Tid | 1 (31) 15 (45) | 2 (32) 16 (75) | 3 (33) 17 (76) | 4 (34) 18 (77) | 5 (35) 19 (78) | 6 (36) M | 7 (37) | 8 (38) | 9 (39) | 10 (40) | 11 (41) | 12 (42) | 13 (43) | 14 (44) |
|-----------------------------|---------|--|-------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Blå Lång (45) 7000 m | | | | | | | | | | | | | | | | | |
| 1 | 79 | Joakim Hederskog IK Hakarpspojkarna | 47:18 | 1:59 1:59 37:33 | 3:02 1:03 40:27 | 5:34 2:32 42:13 | 9:09 3:35 45:41 | 10:28 1:19 46:24 | 11:36 1:08 47:18 | 12:41 1:05 | 14:56 2:15 | 18:53 3:57 | 20:55 2:02 | 25:06 4:11 | 27:12 2:06 | 30:19 3:07 | 32:43 2:24 |
| 2 | 119 | Fredrik Rosén Jönköpings OK | 51:02 | 4:50 2:04 40:22 3:49 | 2:54 3:17 43:29 3:07 | 1:46 6:26 45:20 1:51 | 3:28 10:08 49:06 3:46 | 0:43 11:38 50:06 1:00 | 0:54 12:59 51:02 0:56 | 14:08 1:09 | 16:21 2:13 | 19:58 3:37 | 22:10 2:12 | 26:49 4:39 | 29:47 2:58 | 33:43 3:56 | 36:33 2:50 |
| 3 | 205 | Snake Bredaryds SOK | 51:48 | 2:05 2:05 41:32 4:30 | 3:21 1:16 45:02 3:30 | 8:39 5:18 47:03 2:01 | 12:27 3:48 50:21 3:18 | 13:54 1:27 51:06 0:45 | 15:15 1:21 51:48 0:42 | 16:25 1:10 | 18:52 2:27 | 22:35 3:43 | 24:33 1:58 | 28:50 4:17 | 31:15 2:25 | 34:25 3:10 | 37:02 2:37 |
| 4 | 118 | Björn Andersson Jönköpings OK | 53:23 | 2:06 2:06 42:12 4:47 | 3:19 1:13 45:25 3:13 | 6:23 3:04 47:41 2:16 | 10:48 4:25 51:22 3:41 | 12:14 1:26 52:20 0:58 | 13:38 1:24 53:23 1:03 | 14:48 1:10 | 17:10 2:22 | 21:33 4:23 | 23:34 2:01 | 28:31 4:57 | 30:51 2:20 | 34:38 3:47 | 37:25 2:47 |
| 5 | 194 | Andreas Bergander Eksjö SOK | 54:03 | 2:22 2:22 43:01 4:32 | 3:36 1:14 46:56 3:55 | 6:43 3:07 48:43 1:47 | 10:50 4:07 52:14 3:31 | 12:40 1:50 53:05 0:51 | 13:50 1:10 54:03 0:58 | 15:07 1:17 | 17:44 2:37 | 22:13 4:29 | 24:34 2:21 | 29:27 4:53 | 32:02 2:35 | 35:54 3:52 | 38:29 2:35 |
| 6 | 84 | Adam Granstedt IK Hakarpspojkarna | 55:13 | 2:04 2:04 43:19 4:25 | 3:11 1:07 46:53 3:34 | 6:12 3:01 48:42 1:49 | 12:07 5:55 53:37 4:55 | 13:29 1:22 54:21 0:44 | 14:42 1:13 55:13 0:52 | 15:55 1:13 | 18:16 2:21 | 21:54 3:38 | 24:18 2:24 | 28:47 4:29 | 31:30 2:43 | 35:53 4:23 | 38:54 3:01 |
| 7 | 165 | Lars Lundström IF Hallby SOK | 55:45 | 1:59 1:59 44:30 4:37 | 3:24 1:25 47:48 3:18 | 6:35 3:11 50:10 2:22 | 10:40 4:05 54:02 3:52 | 12:14 1:34 54:50 0:48 | 13:33 1:19 55:45 0:55 | 14:50 1:17 | 17:13 2:23 | 21:29 4:16 | 24:56 3:27 | 30:25 5:29 | 33:24 2:59 | 36:58 3:34 | 39:53 2:55 |
| 8 | 83 | Oskar Andersson IK Hakarpspojkarna | 57:04 | 2:45 2:45 46:35 5:24 | 4:21 1:36 50:05 3:30 | 7:42 3:21 51:46 1:41 | 12:23 4:41 55:23 3:37 | 15:00 2:37 56:19 0:56 | 16:43 1:43 57:04 0:45 | 18:10 1:27 | 20:46 2:36 | 24:42 3:56 | 27:15 2:33 | 31:55 4:40 | 34:23 2:28 | 38:18 3:55 | 41:11 2:53 |
| 8 | 160 | Jakob Wahl IK Vista | 57:04 | 2:14 2:14 45:06 4:38 | 3:21 1:07 48:33 3:27 | 6:39 3:18 50:30 1:57 | 11:55 5:16 55:21 4:51 | 13:21 1:26 56:07 0:46 | 14:43 1:22 57:04 0:57 | 16:07 1:24 | 18:31 2:24 | 22:30 3:59 | 25:03 2:33 | 30:24 5:21 | 33:17 2:53 | 37:25 4:08 | 40:28 3:03 |
| 10 | 82 | Eric Hansson IK Hakarpspojkarna | 57:42 | 1:57 1:57 47:12 5:43 | 3:10 1:13 50:15 3:03 | 6:15 3:05 52:07 1:52 | 13:05 6:50 56:09 4:02 | 14:29 1:24 56:53 0:44 | 15:38 1:09 57:42 0:49 | 16:48 1:10 | 19:37 2:49 | 23:33 3:56 | 26:03 2:30 | 31:49 5:46 | 34:36 2:47 | 38:18 3:42 | 41:29 3:11 |
| 11 | 74 | Bo Granstedt IK Hakarpspojkarna | 57:56 | 2:42 2:42 46:40 4:36 | 4:20 1:38 49:58 3:18 | 7:55 3:35 51:52 1:54 | 12:26 4:31 56:06 4:14 | 14:19 1:53 56:56 0:50 | 16:08 1:49 57:56 1:00 | 17:30 1:22 | 20:12 2:42 | 24:38 4:26 | 27:05 2:27 | 31:58 4:53 | 35:08 3:10 | 38:55 3:47 | 42:04 3:09 |
| 12 | 207 | Filip Trofast Bredaryds SOK | 59:10 | 2:23 2:23 47:34 4:32 | 3:43 1:20 51:16 3:42 | 8:20 4:37 53:04 1:48 | 13:06 4:46 56:47 3:43 | 16:11 3:05 58:09 1:22 | 17:37 1:26 59:10 1:01 | 18:59 1:22 | 21:36 2:37 | 25:52 4:16 | 28:24 2:32 | 33:15 4:51 | 36:14 2:59 | 40:04 3:50 | 43:02 2:58 |
| 13 | 213 | Michael Besta FK Göingarna | 60:40 | 2:32 2:32 48:23 5:15 | 4:00 1:28 52:02 3:39 | 7:46 3:46 54:37 2:35 | 12:51 5:05 58:43 4:06 | 14:32 1:41 59:40 0:57 | 16:06 1:34 60:40 1:00 | 17:39 1:33 | 20:49 3:10 | 25:00 4:11 | 27:44 2:44 | 32:51 5:07 | 35:39 2:48 | 39:55 4:16 | 43:08 3:13 |
| 14 | 185 | Albin Axelsson Mullsjö SOK | 61:18 | 2:26 2:26 47:43 4:55 | 3:53 1:27 52:11 4:28 | 7:23 3:30 54:43 2:32 | 12:04 4:41 59:34 4:51 | 13:37 1:33 60:25 0:51 | 15:15 1:38 61:18 0:53 | 16:34 1:19 | 19:32 2:58 | 23:50 4:18 | 26:51 3:01 | 32:22 5:31 | 35:27 3:05 | 39:28 4:01 | 42:48 3:20 |

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|----|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| 15 | 68 Daniel Örn IK Hakarpspojka | 61:56 | 2:33 | 3:49 | 7:27 | 14:59 | 16:35 | 17:49 | 19:04 | 22:10 | 25:54 | 28:32 | 33:12 | 35:25 | 38:37 | 41:49 | |
| | | | 2:33 | 1:16 | 3:38 | 7:32 | 1:36 | 1:14 | 1:15 | 3:06 | 3:44 | 2:38 | 4:40 | 2:13 | 3:12 | 3:12 | |
| | | | 47:26 | 51:11 | 55:58 | 59:40 | 61:06 | 61:56 | | | | | | | | | |
| | | | 5:37 | 3:45 | 4:47 | 3:42 | 1:26 | 0:50 | | | | | | | | | |
| 16 | 128 Mikael Trofast Jönköpings OK | 63:04 | 2:26 | 3:47 | 7:33 | 12:35 | 14:28 | 16:08 | 17:41 | 20:42 | 25:25 | 28:14 | 33:51 | 37:50 | 42:02 | 45:50 | |
| | | | 2:26 | 1:21 | 3:46 | 5:02 | 1:53 | 1:40 | 1:33 | 3:01 | 4:43 | 2:49 | 5:37 | 3:59 | 4:12 | 3:48 | |
| | | | 50:29 | 54:13 | 56:26 | 61:04 | 61:57 | 63:04 | | | | | | | | | |
| | | | 4:39 | 3:44 | 2:13 | 4:38 | 0:53 | 1:07 | | | | | | | | | |
| 17 | 78 Andreas Källming IK Hakarpspojka | 63:57 | 2:08 | 3:19 | 10:01 | 15:58 | 17:31 | 19:01 | 20:26 | 23:14 | 27:54 | 30:39 | 36:04 | 39:08 | 43:06 | 46:27 | |
| | | | 2:08 | 1:11 | 6:42 | 5:57 | 1:33 | 1:30 | 1:25 | 2:48 | 4:40 | 2:45 | 5:25 | 3:04 | 3:58 | 3:21 | |
| | | | 51:41 | 55:28 | 57:39 | 62:08 | 63:01 | 63:57 | | | | | | | | | |
| | | | 5:14 | 3:47 | 2:11 | 4:29 | 0:53 | 0:56 | | | | | | | | | |
| 18 | 47 Anders Hederskog IFK Göteborg | 64:18 | 2:29 | 4:03 | 8:19 | 14:45 | 16:22 | 17:36 | 18:56 | 21:45 | 26:09 | 28:50 | 34:43 | 37:49 | 42:44 | 46:01 | |
| | | | 2:29 | 1:34 | 4:16 | 6:26 | 1:37 | 1:14 | 1:20 | 2:49 | 4:24 | 2:41 | 5:53 | 3:06 | 4:55 | 3:17 | |
| | | | 50:23 | 54:26 | 58:00 | 62:13 | 63:20 | 64:18 | | | | | | | | | |
| | | | 4:22 | 4:03 | 3:34 | 4:13 | 1:07 | 0:58 | | | | | | | | | |
| 19 | 56 Lennart Söderberg IK Hakarpspojka | 64:26 | 2:23 | 3:32 | 6:59 | 16:12 | 17:51 | 19:51 | 21:06 | 23:45 | 28:18 | 31:33 | 36:44 | 39:31 | 43:50 | 47:06 | |
| | | | 2:23 | 1:09 | 3:27 | 9:13 | 1:39 | 2:00 | 1:15 | 2:39 | 4:33 | 3:15 | 5:11 | 2:47 | 4:19 | 3:16 | |
| | | | 51:56 | 55:35 | 57:50 | 62:15 | 63:19 | 64:26 | | | | | | | | | |
| | | | 4:50 | 3:39 | 2:15 | 4:25 | 1:04 | 1:07 | | | | | | | | | |
| 20 | 75 Mats Granstedt IK Hakarpspojka | 64:32 | 3:05 | 4:47 | 9:31 | 14:48 | 16:53 | 18:28 | 20:01 | 23:03 | 27:43 | 30:28 | 36:06 | 39:24 | 43:35 | 46:54 | |
| | | | 3:05 | 1:42 | 4:44 | 5:17 | 2:05 | 1:35 | 1:33 | 3:02 | 4:40 | 2:45 | 5:38 | 3:18 | 4:11 | 3:19 | |
| | | | 51:31 | 55:29 | 57:58 | 62:34 | 63:28 | 64:32 | | | | | | | | | |
| | | | 4:37 | 3:58 | 2:29 | 4:36 | 0:54 | 1:04 | | | | | | | | | |
| 21 | 110 Fredrik Svensson Jönköpings OK | 64:36 | 2:20 | 3:32 | 7:23 | 11:58 | 13:41 | 15:36 | 16:54 | 19:21 | 24:56 | 27:52 | 33:03 | 37:04 | 41:16 | 44:16 | |
| | | | 2:20 | 1:12 | 3:51 | 4:35 | 1:43 | 1:55 | 1:18 | 2:27 | 5:35 | 2:56 | 5:11 | 4:01 | 4:12 | 3:00 | |
| | | | 51:32 | 54:59 | 57:22 | 61:30 | 62:26 | 64:36 | | | | | | | | | |
| | | | 7:16 | 3:27 | 2:23 | 4:08 | 0:56 | 2:10 | | | | | | | | | |
| 22 | 81 Marcus Ramström IK Hakarpspojka | 65:22 | 2:19 | 4:04 | 7:42 | 14:33 | 17:14 | 18:44 | 20:20 | 22:40 | 27:22 | 30:10 | 35:54 | 38:58 | 43:18 | 46:26 | |
| | | | 2:19 | 1:45 | 3:38 | 6:51 | 2:41 | 1:30 | 1:36 | 2:20 | 4:42 | 2:48 | 5:44 | 3:04 | 4:20 | 3:08 | |
| | | | 51:18 | 55:49 | 58:59 | 63:22 | 64:15 | 65:22 | | | | | | | | | |
| | | | 4:52 | 4:31 | 3:10 | 4:23 | 0:53 | 1:07 | | | | | | | | | |
| 23 | 122 Erik Holmberg Jönköpings OK | 66:58 | 1:55 | 3:03 | 5:52 | 20:02 | 21:29 | 22:42 | 23:53 | 26:19 | 30:34 | 32:58 | 39:05 | 42:29 | 46:24 | 49:22 | |
| | | | 1:55 | 1:08 | 2:49 | 14:10 | 1:27 | 1:13 | 1:11 | 2:26 | 4:15 | 2:24 | 6:07 | 3:24 | 3:55 | 2:58 | |
| | | | 55:20 | 58:56 | 60:58 | 65:01 | 65:51 | 66:58 | | | | | | | | | |
| | | | 5:58 | 3:36 | 2:02 | 4:03 | 0:50 | 1:07 | | | | | | | | | |
| 24 | 157 Linus Wahl IK Vista | 68:33 | 2:30 | 3:58 | 8:47 | 14:34 | 16:08 | 17:48 | 19:55 | 23:07 | 28:30 | 31:16 | 36:45 | 39:43 | 44:18 | 47:50 | |
| | | | 2:30 | 1:28 | 4:49 | 5:47 | 1:34 | 1:40 | 2:07 | 3:12 | 5:23 | 2:46 | 5:29 | 2:58 | 4:35 | 3:32 | |
| | | | 54:07 | 58:15 | 62:12 | 66:37 | 67:39 | 68:33 | | | | | | | | | |
| | | | 6:17 | 4:08 | 3:57 | 4:25 | 1:02 | 0:54 | | | | | | | | | |
| 25 | 144 Michael Björnlinger IK Vista | 69:23 | 2:19 | 3:47 | 7:17 | 19:53 | 21:25 | 22:53 | 24:05 | 27:11 | 31:34 | 34:19 | 39:13 | 43:18 | 47:30 | 51:24 | |
| | | | 2:19 | 1:28 | 3:30 | 12:36 | 1:32 | 1:28 | 1:12 | 3:06 | 4:23 | 2:45 | 4:54 | 4:05 | 4:12 | 3:54 | |
| | | | 55:50 | 60:38 | 63:08 | 67:28 | 68:23 | 69:23 | | | 17:36 | | | | | | |
| | | | 4:26 | 4:48 | 2:30 | 4:20 | 0:55 | 1:00 | | | *35 | | | | | | |
| 26 | 127 Eric Rosjö Jönköpings OK | 70:10 | 3:15 | 4:47 | 8:14 | 20:48 | 22:08 | 23:31 | 24:52 | 28:30 | 32:26 | 35:12 | 40:05 | 43:32 | 47:58 | 52:27 | |
| | | | 3:15 | 1:32 | 3:27 | 12:34 | 1:20 | 1:23 | 1:21 | 3:38 | 3:56 | 2:46 | 4:53 | 3:27 | 4:26 | 4:29 | |
| | | | 56:48 | 61:28 | 63:53 | 68:19 | 69:12 | 70:10 | | | | | | | | | |
| | | | 4:21 | 4:40 | 2:25 | 4:26 | 0:53 | 0:58 | | | | | | | | | |
| 27 | 124 Claus Johansson Jönköpings OK | 71:12 | 2:58 | 4:26 | 8:21 | 18:19 | 19:55 | 21:29 | 23:00 | 25:36 | 30:29 | 33:33 | 40:44 | 43:47 | 47:52 | 51:51 | |
| | | | 2:58 | 1:28 | 3:55 | 9:58 | 1:36 | 1:34 | 1:31 | 2:36 | 4:53 | 3:04 | 7:11 | 3:03 | 4:05 | 3:59 | |
| | | | 57:44 | 61:25 | 64:08 | 69:03 | 70:02 | 71:12 | | | 7:47 | 67:55 | | | | | |
| | | | 5:53 | 3:41 | 2:43 | 4:55 | 0:59 | 1:10 | | | *82 | *78 | | | | | |
| 28 | 88 Arto Blomdahl IK Hakarpspojka | 71:28 | 2:48 | 4:19 | 8:10 | 13:03 | 16:55 | 18:30 | 20:07 | 24:25 | 29:18 | 32:20 | 38:45 | 42:02 | 46:09 | 49:28 | |
| | | | 2:48 | 1:31 | 3:51 | 4:53 | 3:52 | 1:35 | 1:37 | 4:18 | 4:53 | 3:02 | 6:25 | 3:17 | 4:07 | 3:19 | |
| | | | 54:56 | 60:25 | 62:56 | 67:29 | 70:23 | 71:28 | | | 15:20 | | | | | | |
| | | | 5:28 | 5:29 | 2:31 | 4:33 | 2:54 | 1:05 | | | *36 | | | | | | |
| 29 | 30 Olof Nilsson SOK Aneby | 72:27 | 2:55 | 4:28 | 9:01 | 18:29 | 20:59 | 22:35 | 24:09 | 27:31 | 32:58 | 35:41 | 41:32 | 45:18 | 49:31 | 52:52 | |
| | | | 2:55 | 1:33 | 4:33 | 9:28 | 2:30 | 1:36 | 1:34 | 3:22 | 5:27 | 2:43 | 5:51 | 3:46 | 4:13 | 3:21 | |
| | | | 57:44 | 61:26 | 63:34 | 68:36 | 71:12 | 72:27 | | | | | | | | | |
| | | | 4:52 | 3:42 | 2:08 | 5:02 | 2:36 | 1:15 | | | | | | | | | |
| 30 | 104 Arvid Nord SOL Tranås | 73:11 | 2:53 | 4:14 | 7:59 | 14:59 | 18:19 | 19:53 | 21:28 | 24:29 | 29:41 | 34:07 | 42:05 | 45:20 | 49:31 | 53:21 | |
| | | | 2:53 | 1:21 | 3:45 | 7:00 | 3:20 | 1:34 | 1:35 | 3:01 | 5:12 | 4:26 | 7:58 | 3:15 | 4:11 | 3:50 | |
| | | | 60:58 | 64:53 | 67:10 | 71:25 | 72:19 | 73:11 | | | | | | | | | |
| | | | 7:37 | 3:55 | 2:17 | 4:15 | 0:54 | 0:52 | | | | | | | | | |
| 31 | 126 Krister Rosjö Jönköpings OK | 73:52 | 3:34 | 5:12 | 10:18 | 16:15 | 18:59 | 21:19 | 23:11 | 27:05 | 32:34 | 36:37 | 42:23 | 45:57 | 50:32 | 54:42 | |
| | | | 3:34 | 1:38 | 5:06 | 5:57 | 2:44 | 2:20 | 1:52 | 3:54 | 5:29 | 4:03 | 5:46 | 3:34 | 4:35 | 4:10 | |
| | | | 60:17 | 64:10 | 66:33 | 71:32 | 72:38 | 73:52 | | | | | | | | | |
| | | | 5:35 | 3:53 | 2:23 | 4:59 | 1:06 | 1:14 | | | | | | | | | |
| 32 | 125 Carin Rosjö | 73:55 | 3:40 | 5:15 | 10:22 | 16:19 | 19:15 | 21:22 | 23:14 | 27:09 | 32:39 | 36:41 | 42:28 | 46:02 | 50:36 | 54:46 | |

| | | | | | | | | | | | | | | | | |
|----|--|--------|-------|--------|--------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|
| | Jönköpings OK | | 3:40 | 1:35 | 5:07 | 5:57 | 2:56 | 2:07 | 1:52 | 3:55 | 5:30 | 4:02 | 5:47 | 3:34 | 4:34 | 4:10 |
| | | | 60:13 | 64:13 | 66:37 | 71:34 | 72:41 | 73:55 | | | | | | | | |
| | | | 5:27 | 4:00 | 2:24 | 4:57 | 1:07 | 1:14 | | | | | | | | |
| 33 | 12 Kjell Nero Nässjö OK | 75:18 | 3:08 | 4:41 | 9:30 | 15:11 | 17:09 | 18:53 | 20:36 | 24:10 | 29:23 | 32:44 | 39:08 | 42:23 | 46:50 | 50:16 |
| | | | 3:08 | 1:33 | 4:49 | 5:41 | 1:58 | 1:44 | 1:43 | 3:34 | 5:13 | 3:21 | 6:24 | 3:15 | 4:27 | 3:26 |
| | | | 55:43 | 61:03 | 63:24 | 72:57 | 74:00 | 75:18 | | | | | | | | |
| | | | 5:27 | 5:20 | 2:21 | 9:33 | 1:03 | 1:18 | | | | | | | | |
| 34 | 129 Peter Waldenström Jönköpings OK | 75:45 | 2:42 | 4:37 | 8:59 | 14:08 | 16:25 | 18:09 | 20:02 | 23:28 | 30:24 | 33:30 | 39:40 | 45:15 | 51:04 | 54:44 |
| | | | 2:42 | 1:55 | 4:22 | 5:09 | 2:17 | 1:44 | 1:53 | 3:26 | 6:56 | 3:06 | 6:10 | 5:35 | 5:49 | 3:40 |
| | | | 60:26 | 66:01 | 68:41 | 73:23 | 74:37 | 75:45 | | | | | | | | |
| | | | 5:42 | 5:35 | 2:40 | 4:42 | 1:14 | 1:08 | | | | | | | | |
| 35 | 15 Åke Wijmark IF Hagen | 76:05 | 2:39 | 4:16 | 8:16 | 14:26 | 17:13 | 19:17 | 20:49 | 24:06 | 32:24 | 35:44 | 42:12 | 45:15 | 50:56 | 54:30 |
| | | | 2:39 | 1:37 | 4:00 | 6:10 | 2:47 | 2:04 | 1:32 | 3:17 | 8:18 | 3:20 | 6:28 | 3:03 | 5:41 | 3:34 |
| | | | 60:52 | 65:56 | 68:18 | 73:20 | 74:52 | 76:05 | | | | | | | | |
| | | | 6:22 | 5:04 | 2:22 | 5:02 | 1:32 | 1:13 | | | | | | | | |
| 36 | 210 Karl Reiver Bodafors OK | 78:34 | 2:35 | 4:10 | 8:28 | 14:10 | 16:26 | 17:47 | 19:20 | 22:33 | 27:14 | 30:24 | 38:57 | 42:53 | 47:51 | 52:43 |
| | | | 2:35 | 1:35 | 4:18 | 5:42 | 2:16 | 1:21 | 1:33 | 3:13 | 4:41 | 3:10 | 8:33 | 3:56 | 4:58 | 4:52 |
| | | | 60:27 | 68:31 | 71:48 | 76:19 | 77:26 | 78:34 | | | | | | | | |
| | | | 7:44 | 8:04 | 3:17 | 4:31 | 1:07 | 1:08 | | | | | | | | |
| 37 | 203 Magnus Trofast Bredaryds SOK | 84:11 | 2:53 | 4:46 | 8:33 | 18:58 | 20:33 | 24:06 | 25:50 | 29:06 | 34:14 | 39:00 | 45:42 | 49:38 | 54:30 | 59:39 |
| | | | 2:53 | 1:53 | 3:47 | 10:25 | 1:35 | 3:33 | 1:44 | 3:16 | 5:08 | 4:46 | 6:42 | 3:56 | 4:52 | 5:09 |
| | | | 64:43 | 72:01 | 75:37 | 82:07 | 83:09 | 84:11 | | | | | | | | |
| | | | 5:04 | 7:18 | 3:36 | 6:30 | 1:02 | 1:02 | | | | | | | | |
| 38 | 100 Göran Nord SOL Tranås | 84:35 | 3:21 | 4:47 | 10:08 | 15:54 | 23:40 | 25:04 | 26:43 | 33:36 | 38:34 | 41:44 | 49:29 | 52:57 | 57:17 | 61:35 |
| | | | 3:21 | 1:26 | 5:21 | 5:46 | 7:46 | 1:24 | 1:39 | 6:53 | 4:58 | 3:10 | 7:45 | 3:28 | 4:20 | 4:18 |
| | | | 67:36 | 72:33 | 75:11 | 80:29 | 83:18 | 84:35 | | | | | | | | |
| | | | 6:01 | 4:57 | 2:38 | 5:18 | 2:49 | 1:17 | | | | | | | | |
| 39 | 161 Albin Sigby IK Vista | 86:49 | 3:07 | 8:04 | 13:04 | 22:04 | 24:31 | 26:24 | 28:10 | 33:38 | 39:33 | 42:40 | 50:12 | 53:58 | 58:26 | 62:10 |
| | | | 3:07 | 4:57 | 5:00 | 9:00 | 2:27 | 1:53 | 1:46 | 5:28 | 5:55 | 3:07 | 7:32 | 3:46 | 4:28 | 3:44 |
| | | | 69:01 | 74:45 | 78:45 | 84:36 | 85:41 | 86:49 | | | | | | | | |
| | | | 6:51 | 5:44 | 4:00 | 5:51 | 1:05 | 1:08 | | | | | | | | |
| 40 | 135 Magnus Nilsson Klubblös | 126:23 | 4:05 | 7:09 | 11:35 | 28:35 | 35:13 | 37:48 | 40:07 | 47:41 | 58:41 | 63:22 | 71:42 | 76:49 | 82:57 | 88:51 |
| | | | 4:05 | 3:04 | 4:26 | 17:00 | 6:38 | 2:35 | 2:19 | 7:34 | 11:00 | 4:41 | 8:20 | 5:07 | 6:08 | 5:54 |
| | | | 94:52 | 103:42 | 108:24 | 122:18 | 124:48 | 126:23 | | | | | | | | |
| | | | 6:01 | 8:50 | 4:42 | 13:54 | 2:30 | 1:35 | | | | | | | | |
| | 200 Arne Andersson Bredaryds SOK | Felst. | 3:45 | 6:03 | 11:08 | ----- | 22:46 | 24:40 | 26:26 | 30:36 | 36:25 | 40:10 | 47:49 | 54:59 | 60:44 | ----- |
| | | | 3:45 | 2:18 | 5:05 | ----- | 11:38 | 1:54 | 1:46 | 4:10 | 5:49 | 3:45 | 7:39 | 7:10 | 5:45 | ----- |
| | | | ----- | ----- | ----- | ----- | 91:02 | 94:32 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | 30:18 | 3:30 | | | | | | | | |
| | 184 Ludvig Danfors Mullsjö SOK | Felst. | 2:48 | 4:44 | 8:27 | ----- | ----- | ----- | ----- | ----- | ----- | 38:21 | 47:42 | 50:52 | 55:02 | 58:42 |
| | | | 2:48 | 1:56 | 3:43 | ----- | ----- | ----- | ----- | ----- | ----- | 29:54 | 9:21 | 3:10 | 4:10 | 3:40 |
| | | | ----- | ----- | ----- | ----- | ----- | 74:39 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | ----- | 15:57 | | | | | | | | |
| | 101 Isak Johansson SOL Tranås | Felst. | 5:01 | 6:18 | 11:01 | 25:51 | 27:35 | 29:45 | 31:44 | 35:15 | 39:48 | 42:55 | 56:37 | 61:48 | 69:18 | 75:57 |
| | | | 5:01 | 1:17 | 4:43 | 14:50 | 1:44 | 2:10 | 1:59 | 3:31 | 4:33 | 3:07 | 13:42 | 5:11 | 7:30 | 6:39 |
| | | | ----- | ----- | ----- | ----- | ----- | 91:09 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | ----- | 92:46 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | ----- | 1:37 | | | | | | | | |
| | 209 Anton Erickson Bodafors OK | Felst. | 2:53 | 4:45 | 9:01 | 17:03 | 20:07 | 21:54 | 23:38 | 27:32 | 34:21 | 40:19 | ----- | ----- | 47:57 | 51:29 |
| | | | 2:53 | 1:52 | 4:16 | 8:02 | 3:04 | 1:47 | 1:44 | 3:54 | 6:49 | 5:58 | ----- | ----- | 7:38 | 3:32 |
| | | | ----- | ----- | ----- | ----- | ----- | 83:20 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | ----- | 31:51 | | | | | | | | |
| | 195 Felix Palmgren Eksjö SOK | Felst. | 2:40 | 4:24 | 13:07 | 20:10 | 21:46 | 23:08 | 24:38 | 27:29 | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | 2:40 | 1:44 | 8:43 | 7:03 | 1:36 | 1:22 | 1:30 | 2:51 | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | ----- | ----- | ----- | ----- | ----- | 56:29 | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | ----- | 29:00 | | | | | | | | |

Blå Mellan (35) 4800 m

1 (31) 2 (32) 3 (40) 4 (41) 5 (42) 6 (43) 7 (44) 8 (45) 9 (75) 10 (76) 11 (78) M

| | | | | | | | | | | | | | | | | |
|---|---|-------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|
| 1 | 73 Johanna Jonsson IK Hakarpspojarna | 37:48 | 2:47 | 4:10 | 7:48 | 12:33 | 15:54 | 19:59 | 23:04 | 27:23 | 30:51 | 32:57 | 36:49 | 37:48 | | |
| | | | 2:47 | 1:23 | 3:38 | 4:45 | 3:21 | 4:05 | 3:05 | 4:19 | 3:28 | 2:06 | 3:52 | 0:59 | | |
| 2 | 52 Håkan Johansson IK Hakarpspojarna | 41:23 | 2:49 | 4:21 | 8:19 | 13:40 | 17:07 | 21:04 | 24:43 | 29:15 | 32:58 | 35:55 | 40:12 | 41:23 | | |
| | | | 2:49 | 1:32 | 3:58 | 5:21 | 3:27 | 3:57 | 3:39 | 4:32 | 3:43 | 2:57 | 4:17 | 1:11 | | |
| 3 | 166 Erik Stillemark IF Hallby SOK | 41:25 | 2:00 | 3:22 | 7:37 | 13:02 | 16:36 | 20:23 | 24:20 | 30:24 | 33:46 | 36:40 | 40:23 | 41:25 | | |
| | | | 2:00 | 1:22 | 4:15 | 5:25 | 3:34 | 3:47 | 3:57 | 6:04 | 3:22 | 2:54 | 3:43 | 1:02 | | |
| 4 | 72 Bengt Andersson | 43:13 | 2:59 | 4:15 | 7:47 | 14:01 | 17:09 | 21:03 | 24:28 | 29:39 | 34:16 | 36:34 | 41:22 | 43:13 | | |

| | | | | | | | | | | | | | | | |
|----|-----|---------------------------------------|--------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | | IK Hakarpspojkarne | | 2:59 | 1:16 | 3:32 | 6:14 | 3:08 | 3:54 | 3:25 | 5:11 | 4:37 | 2:18 | 4:48 | 1:51 |
| 5 | 120 | Marie Andersson Jönköpings OK | 43:17 | 2:45 | 4:38 | 9:21 | 14:54 | 18:40 | 22:52 | 26:42 | 32:17 | 36:27 | 38:21 | 42:17 | 43:17 |
| | | | | 2:45 | 1:53 | 4:43 | 5:33 | 3:46 | 4:12 | 3:50 | 5:35 | 4:10 | 1:54 | 3:56 | 1:00 |
| 6 | 134 | Niclas Carlsson Klubblös | 44:11 | 2:42 | 4:48 | 10:31 | 16:05 | 19:44 | 23:30 | 27:35 | 33:13 | 37:06 | 39:43 | 43:19 | 44:11 |
| | | | | 2:42 | 2:06 | 5:43 | 5:34 | 3:39 | 3:46 | 4:05 | 5:38 | 3:53 | 2:37 | 3:36 | 0:52 |
| 7 | 53 | Per Lindgren IK Hakarpspojkarne | 44:28 | 3:05 | 4:48 | 8:53 | 14:44 | 18:00 | 22:28 | 26:14 | 31:05 | 35:02 | 37:53 | 43:17 | 44:28 |
| | | | | 3:05 | 1:43 | 4:05 | 5:51 | 3:16 | 4:28 | 3:46 | 4:51 | 3:57 | 2:51 | 5:24 | 1:11 |
| 8 | 171 | Ulf Persson Bottnaryds IF | 47:06 | 2:54 | 4:21 | 8:45 | 15:40 | 19:19 | 23:41 | 27:10 | 32:24 | 37:32 | 39:57 | 45:55 | 47:06 |
| | | | | 2:54 | 1:27 | 4:24 | 6:55 | 3:39 | 4:22 | 3:29 | 5:14 | 5:08 | 2:25 | 5:58 | 1:11 |
| 9 | 142 | Håkan Svensson IK Vista | 47:36 | 2:50 | 4:23 | 8:56 | 15:39 | 19:21 | 24:09 | 28:33 | 33:12 | 37:27 | 41:08 | 46:26 | 47:36 |
| | | | | 2:50 | 1:33 | 4:33 | 6:43 | 3:42 | 4:48 | 4:24 | 4:39 | 4:15 | 3:41 | 5:18 | 1:10 |
| 10 | 123 | Filippa Johansson Jönköpings OK | 47:52 | 2:59 | 4:48 | 9:03 | 14:45 | 18:16 | 23:08 | 26:28 | 32:24 | 36:36 | 39:06 | 45:33 | 47:52 |
| | | | | 2:59 | 1:49 | 4:15 | 5:42 | 3:31 | 4:52 | 3:20 | 5:56 | 4:12 | 2:30 | 6:27 | 2:19 |
| 11 | 5 | Kent Larsson Nässjö OK | 48:44 | 3:03 | 4:35 | 8:52 | 15:29 | 19:38 | 23:41 | 27:24 | 32:03 | 36:29 | 42:04 | 47:33 | 48:44 |
| | | | | 3:03 | 1:32 | 4:17 | 6:37 | 4:09 | 4:03 | 3:43 | 4:39 | 4:26 | 5:35 | 5:29 | 1:11 |
| 12 | 117 | Kristina Andersson Jönköpings OK | 48:56 | 3:05 | 5:13 | 9:33 | 15:13 | 18:52 | 23:05 | 26:39 | 31:29 | 35:59 | 39:08 | 47:47 | 48:56 |
| | | | | 3:05 | 2:08 | 4:20 | 5:40 | 3:39 | 4:13 | 3:34 | 4:50 | 4:30 | 3:09 | 8:39 | 1:09 |
| 13 | 173 | Erik van der Meiden Bottnaryds IF | 50:10 | 3:34 | 4:48 | 9:06 | 15:38 | 19:19 | 25:09 | 28:41 | 34:02 | 38:59 | 42:52 | 49:09 | 50:10 |
| | | | | 3:34 | 1:14 | 4:18 | 6:32 | 3:41 | 5:50 | 3:32 | 5:21 | 4:57 | 3:53 | 6:17 | 1:01 |
| 14 | 169 | Anders Elfving Bottnaryds IF | 50:54 | 2:51 | 5:01 | 9:18 | 16:03 | 21:03 | 26:00 | 30:51 | 36:28 | 41:04 | 43:45 | 49:44 | 50:54 |
| | | | | 2:51 | 2:10 | 4:17 | 6:45 | 5:00 | 4:57 | 4:51 | 5:37 | 4:36 | 2:41 | 5:59 | 1:10 |
| 15 | 131 | Lucie Weissova Jönköpings OK | 51:21 | 3:04 | 4:49 | 9:34 | 16:56 | 21:03 | 25:56 | 30:00 | 37:21 | 42:28 | 45:36 | 50:07 | 51:21 |
| | | | | 3:04 | 1:45 | 4:45 | 7:22 | 4:07 | 4:53 | 4:04 | 7:21 | 5:07 | 3:08 | 4:31 | 1:14 |
| 16 | 85 | Elin Granstedt IK Hakarpspojkarne | 52:01 | 2:58 | 4:32 | 9:19 | 17:26 | 20:59 | 25:02 | 29:16 | 35:00 | 40:05 | 42:59 | 50:34 | 52:01 |
| | | | | 2:58 | 1:34 | 4:47 | 8:07 | 3:33 | 4:03 | 4:14 | 5:44 | 5:05 | 2:54 | 7:35 | 1:27 |
| 17 | 214 | Petra Gunnarsdotter Tenhults SOK | 52:32 | 2:48 | 4:24 | 9:03 | 16:40 | 20:05 | 24:52 | 29:23 | 36:22 | 40:45 | 46:21 | 51:17 | 52:32 |
| | | | | 2:48 | 1:36 | 4:39 | 7:37 | 3:25 | 4:47 | 4:31 | 6:59 | 4:23 | 5:36 | 4:56 | 1:15 |
| 18 | 3 | Lennart Holst Nässjö OK | 52:36 | 3:12 | 5:19 | 10:40 | 17:26 | 21:21 | 27:11 | 32:12 | 38:25 | 42:46 | 45:33 | 51:22 | 52:36 |
| | | | | 3:12 | 2:07 | 5:21 | 6:46 | 3:55 | 5:50 | 5:01 | 6:13 | 4:21 | 2:47 | 5:49 | 1:14 |
| 19 | 190 | Åke Eckerbom IFK Sävsjö | 52:43 | 3:57 | 6:21 | 11:17 | 17:37 | 21:13 | 26:16 | 30:31 | 37:01 | 42:15 | 45:26 | 51:30 | 52:43 |
| | | | | 3:57 | 2:24 | 4:56 | 6:20 | 3:36 | 5:03 | 4:15 | 6:30 | 5:14 | 3:11 | 6:04 | 1:13 |
| 20 | 2 | Bo-Gunnar Josefsson Nässjö OK | 53:00 | 4:05 | 5:56 | 10:51 | 17:51 | 21:33 | 26:30 | 30:54 | 37:45 | 43:06 | 45:59 | 51:35 | 53:00 |
| | | | | 4:05 | 1:51 | 4:55 | 7:00 | 3:42 | 4:57 | 4:24 | 6:51 | 5:21 | 2:53 | 5:36 | 1:25 |
| 21 | 70 | Anders Yngve IK Hakarpspojkarne | 53:26 | 4:03 | 5:25 | 10:22 | 18:26 | 22:50 | 27:12 | 31:08 | 35:26 | 43:27 | 46:49 | 52:16 | 53:26 |
| | | | | 4:03 | 1:22 | 4:57 | 8:04 | 4:24 | 4:22 | 3:56 | 4:18 | 8:01 | 3:22 | 5:27 | 1:10 |
| 22 | 121 | Anna Niklasson Jönköpings OK | 53:43 | 3:38 | 5:24 | 10:56 | 18:30 | 21:54 | 28:05 | 31:40 | 38:29 | 42:55 | 45:23 | 52:23 | 53:43 |
| | | | | 3:38 | 1:46 | 5:32 | 7:34 | 3:24 | 6:11 | 3:35 | 6:49 | 4:26 | 2:28 | 7:00 | 1:20 |
| 23 | 187 | Klaes Axelsson Mullsjö SOK | 54:45 | 2:58 | 4:29 | 9:14 | 16:40 | 20:28 | 25:43 | 30:17 | 38:26 | 43:33 | 46:39 | 53:25 | 54:45 |
| | | | | 2:58 | 1:31 | 4:45 | 7:26 | 3:48 | 5:15 | 4:34 | 8:09 | 5:07 | 3:06 | 6:46 | 1:20 |
| 24 | 41 | Philip Hjellström Grännabygdens OK | 56:53 | 3:41 | 6:09 | 11:39 | 19:32 | 23:41 | 29:35 | 34:08 | 39:55 | 46:35 | 49:58 | 55:25 | 56:53 |
| | | | | 3:41 | 2:28 | 5:30 | 7:53 | 4:09 | 5:54 | 4:33 | 5:47 | 6:40 | 3:23 | 5:27 | 1:28 |
| 25 | 150 | Stefan Wahl IK Vista | 60:01 | 3:18 | 5:43 | 10:20 | 18:17 | 23:17 | 28:30 | 32:38 | 42:54 | 51:05 | 53:47 | 58:53 | 60:01 |
| | | | | 3:18 | 2:25 | 4:37 | 7:57 | 5:00 | 5:13 | 4:08 | 10:16 | 8:11 | 2:42 | 5:06 | 1:08 |
| 26 | 130 | Anna Johansson Jönköpings OK | 60:28 | 3:30 | 6:08 | 10:31 | 21:59 | 25:31 | 30:12 | 36:44 | 44:42 | 50:23 | 53:06 | 59:13 | 60:28 |
| | | | | 3:30 | 2:38 | 4:23 | 11:28 | 3:32 | 4:41 | 6:32 | 7:58 | 5:41 | 2:43 | 6:07 | 1:15 |
| 27 | 208 | Stefan Reiver Bodafors OK | 61:35 | 4:33 | 6:31 | 11:06 | 22:05 | 27:42 | 33:06 | 37:32 | 45:44 | 50:32 | 54:03 | 60:04 | 61:35 |
| | | | | 4:33 | 1:58 | 4:35 | 10:59 | 5:37 | 5:24 | 4:26 | 8:12 | 4:48 | 3:31 | 6:01 | 1:31 |
| 28 | 108 | Maria Ling Jönköpings OK | 61:41 | 3:16 | 5:16 | 11:48 | 19:28 | 23:53 | 31:40 | 36:50 | 45:34 | 50:51 | 54:09 | 60:12 | 61:41 |
| | | | | 3:16 | 2:00 | 6:32 | 7:40 | 4:25 | 7:47 | 5:10 | 8:44 | 5:17 | 3:18 | 6:03 | 1:29 |
| 29 | 105 | Göran Dehlin Annebergs GIF | 61:42 | 4:01 | 5:49 | 11:43 | 18:32 | 23:56 | 29:50 | 39:10 | 47:04 | 51:35 | 54:29 | 60:11 | 61:42 |
| | | | | 4:01 | 1:48 | 5:54 | 6:49 | 5:24 | 5:54 | 9:20 | 7:54 | 4:31 | 2:54 | 5:42 | 1:31 |
| 30 | 198 | Marcus Gustafsson Chalmers OL | 62:37 | 2:34 | 4:48 | 13:58 | 25:48 | 29:11 | 33:05 | 37:40 | 43:16 | 49:49 | 52:52 | 61:01 | 62:37 |
| | | | | 2:34 | 2:14 | 9:10 | 11:50 | 3:23 | 3:54 | 4:35 | 5:36 | 6:33 | 3:03 | 8:09 | 1:36 |
| 31 | 206 | Linnea Andersson Bredaryds SOK | 66:34 | 4:48 | 6:23 | 10:53 | 18:46 | 23:52 | 28:29 | 38:50 | 47:26 | 52:04 | 58:44 | 65:18 | 66:34 |
| | | | | 4:48 | 1:35 | 4:30 | 7:53 | 5:06 | 4:37 | 10:21 | 8:36 | 4:38 | 6:40 | 6:34 | 1:16 |
| 32 | 152 | Sven Nilsson IK Vista | 66:39 | 3:16 | 4:53 | 16:08 | 23:18 | 33:23 | 39:40 | 44:53 | 51:57 | 57:15 | 59:55 | 65:23 | 66:39 |
| | | | | 3:16 | 1:37 | 11:15 | 7:10 | 10:05 | 6:17 | 5:13 | 7:04 | 5:18 | 2:40 | 5:28 | 1:16 |
| 33 | 215 | Liselott Johansson Tenhults SOK | 77:18 | 4:04 | 6:16 | 12:07 | 21:52 | 26:17 | 32:25 | 38:34 | 50:10 | 61:20 | 67:17 | 75:28 | 77:18 |
| | | | | 4:04 | 2:12 | 5:51 | 9:45 | 4:25 | 6:08 | 6:09 | 11:36 | 11:10 | 5:57 | 8:11 | 1:50 |
| | 60 | Bernt Klasson IK Hakarpspojkarne | Felst. | 3:05 | 5:01 | 10:20 | 17:16 | 21:03 | 26:13 | 31:56 | 38:38 | ----- | 49:19 | 55:36 | 56:56 |
| | | | | 3:05 | 1:56 | 5:19 | 6:56 | 3:47 | 5:10 | 5:43 | 6:42 | ----- | 10:41 | 6:17 | 1:20 |
| | 186 | Sara Rosengren Mullsjö SOK | Felst. | 4:28 | 7:30 | 15:40 | 25:40 | 32:00 | 39:10 | 48:55 | ----- | ----- | ----- | ----- | ----- |
| | | | | 4:28 | 3:02 | 8:10 | 10:00 | 6:20 | 7:10 | 9:45 | ----- | ----- | ----- | ----- | ----- |

| | | | | | | | | | | | |
|----|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1 | 14 Anna Nero Nordmark Nässjö OK | 32:58 | 4:08 | 6:14 | 10:43 | 13:04 | 19:18 | 24:40 | 27:17 | 31:51 | 32:58 |
| | | | 4:08 | 2:06 | 4:29 | 2:21 | 6:14 | 5:22 | 2:37 | 4:34 | 1:07 |
| 2 | 143 Helene Svensson IK Vista | 35:20 | 3:36 | 6:19 | 10:57 | 14:13 | 19:09 | 24:24 | 27:32 | 33:46 | 35:20 |
| | | | 3:36 | 2:43 | 4:38 | 3:16 | 4:56 | 5:15 | 3:08 | 6:14 | 1:34 |
| 3 | 174 Morgan Ljung Vaggeryds SOK | 35:26 | 3:38 | 5:31 | 11:52 | 14:43 | 19:06 | 23:57 | 28:05 | 34:13 | 35:26 |
| | | | 3:38 | 1:53 | 6:21 | 2:51 | 4:23 | 4:51 | 4:08 | 6:08 | 1:13 |
| 4 | 109 Marie Ahlmén Jönköpings OK | 36:36 | 3:06 | 5:40 | 11:02 | 13:42 | 19:25 | 25:13 | 28:20 | 34:54 | 36:36 |
| | | | 3:06 | 2:34 | 5:22 | 2:40 | 5:43 | 5:48 | 3:07 | 6:34 | 1:42 |
| 5 | 216 Kirsten Björnlinger IK Vista | 38:24 | 3:52 | 6:07 | 12:02 | 15:28 | 21:20 | 27:33 | 30:18 | 36:57 | 38:24 |
| | | | 3:52 | 2:15 | 5:55 | 3:26 | 5:52 | 6:13 | 2:45 | 6:39 | 1:27 |
| 6 | 55 Helena Sandberg IK Hakarpspojarna | 40:47 | 4:00 | 6:42 | 14:34 | 17:47 | 23:33 | 29:29 | 33:50 | 39:20 | 40:47 |
| | | | 4:00 | 2:42 | 7:52 | 3:13 | 5:46 | 5:56 | 4:21 | 5:30 | 1:27 |
| 7 | 159 Sophia Björnlinger IK Vista | 42:53 | 3:33 | 5:35 | 17:03 | 19:33 | 25:28 | 30:58 | 36:50 | 41:52 | 42:53 |
| | | | 3:33 | 2:02 | 11:28 | 2:30 | 5:55 | 5:30 | 5:52 | 5:02 | 1:01 |
| 8 | 94 Christer Roslund SOL Tranås | 43:34 | 4:34 | 6:33 | 13:13 | 16:17 | 22:15 | 31:41 | 35:42 | 42:19 | 43:34 |
| | | | 4:34 | 1:59 | 6:40 | 3:04 | 5:58 | 9:26 | 4:01 | 6:37 | 1:15 |
| 9 | 180 Sven-Olof Pettersson Mullsjö SOK | 44:16 | 4:05 | 6:00 | 19:50 | 23:08 | 26:47 | 32:17 | 37:18 | 42:57 | 44:16 |
| | | | 4:05 | 1:55 | 13:50 | 3:18 | 3:39 | 5:30 | 5:01 | 5:39 | 1:19 |
| 10 | 31 Ola Gustavsson SOK Aneby | 44:29 | 4:22 | 6:56 | 13:10 | 16:38 | 23:55 | 30:33 | 35:43 | 42:34 | 44:29 |
| | | | 4:22 | 2:34 | 6:14 | 3:28 | 7:17 | 6:38 | 5:10 | 6:51 | 1:55 |
| 11 | 93 Vivianne Lindstam SOL Tranås | 44:47 | 5:30 | 7:45 | 14:08 | 17:47 | 23:08 | 30:21 | 34:23 | 43:05 | 44:47 |
| | | | 5:30 | 2:15 | 6:23 | 3:39 | 5:21 | 7:13 | 4:02 | 8:42 | 1:42 |
| 12 | 59 Bengt Petersson IK Hakarpspojarna | 45:01 | 3:35 | 5:21 | 16:48 | 19:32 | 24:00 | 31:01 | 37:11 | 43:42 | 45:01 |
| | | | 3:35 | 1:46 | 11:27 | 2:44 | 4:28 | 7:01 | 6:10 | 6:31 | 1:19 |
| 13 | 175 Reine Frisk Vaggeryds SOK | 45:58 | 4:19 | 6:30 | 14:08 | 17:17 | 26:44 | 34:01 | 37:18 | 44:34 | 45:58 |
| | | | 4:19 | 2:11 | 7:38 | 3:09 | 9:27 | 7:17 | 3:17 | 7:16 | 1:24 |
| 14 | 148 Karina Wahl IK Vista | 45:59 | 4:33 | 6:52 | 14:48 | 18:46 | 24:45 | 32:54 | 36:40 | 44:36 | 45:59 |
| | | | 4:33 | 2:19 | 7:56 | 3:58 | 5:59 | 8:09 | 3:46 | 7:56 | 1:23 |
| 15 | 20 Sara Freyland SOK Aneby | 47:19 | 4:16 | 6:43 | 15:21 | 18:53 | 25:08 | 32:00 | 36:41 | 45:41 | 47:19 |
| | | | 4:16 | 2:27 | 8:38 | 3:32 | 6:15 | 6:52 | 4:41 | 9:00 | 1:38 |
| 16 | 16 Karl-Gerhard Ramde SOK Aneby | 48:38 | 5:07 | 8:15 | 16:22 | 20:23 | 26:47 | 34:04 | 39:25 | 46:33 | 48:38 |
| | | | 5:07 | 3:08 | 8:07 | 4:01 | 6:24 | 7:17 | 5:21 | 7:08 | 2:05 |
| 17 | 181 Kaarina Voudinmäki Mullsjö SOK | 49:49 | 5:11 | 8:32 | 15:44 | 19:57 | 26:24 | 35:29 | 39:53 | 47:53 | 49:49 |
| | | | 5:11 | 3:21 | 7:12 | 4:13 | 6:27 | 9:05 | 4:24 | 8:00 | 1:56 |
| 18 | 147 Ingvar Siverth IK Vista | 51:02 | 4:15 | 6:51 | 16:04 | 20:02 | 27:10 | 36:48 | 40:45 | 49:09 | 51:02 |
| | | | 4:15 | 2:36 | 9:13 | 3:58 | 7:08 | 9:38 | 3:57 | 8:24 | 1:53 |
| 19 | 178 Ingemar Johansson Vaggeryds SOK | 51:08 | 7:01 | 11:37 | 20:24 | 24:47 | 32:12 | 38:36 | 42:50 | 49:22 | 51:08 |
| | | | 7:01 | 4:36 | 8:47 | 4:23 | 7:25 | 6:24 | 4:14 | 6:32 | 1:46 |
| 20 | 92 Gert Roslund SOL Tranås | 53:17 | 5:40 | 10:18 | 16:28 | 19:43 | 29:09 | 38:47 | 44:35 | 51:49 | 53:17 |
| | | | 5:40 | 4:38 | 6:10 | 3:15 | 9:26 | 9:38 | 5:48 | 7:14 | 1:28 |
| 21 | 141 Lars-Göran Björnlinger IK Vista | 53:33 | 12:37 | 15:12 | 24:45 | 29:01 | 35:03 | 41:48 | 45:13 | 51:50 | 53:33 |
| | | | 12:37 | 2:35 | 9:33 | 4:16 | 6:02 | 6:45 | 3:25 | 6:37 | 1:43 |
| 22 | 183 Toivo Voudinmäki Mullsjö SOK | 54:25 | 7:38 | 9:49 | 15:26 | 21:25 | 31:13 | 40:56 | 44:58 | 52:57 | 54:25 |
| | | | 7:38 | 2:11 | 5:37 | 5:59 | 9:48 | 9:43 | 4:02 | 7:59 | 1:28 |
| 23 | 192 Inger Englund IFK Sävsjö | 54:39 | 5:57 | 8:23 | 14:40 | 17:54 | 23:06 | 42:48 | 45:39 | 53:02 | 54:39 |
| | | | 5:57 | 2:26 | 6:17 | 3:14 | 5:12 | 19:42 | 2:51 | 7:23 | 1:37 |
| 24 | 91 Gerd Lindholm SOL Tranås | 55:12 | 7:00 | 10:50 | 17:11 | 21:46 | 29:06 | 36:48 | 45:57 | 53:26 | 55:12 |
| | | | 7:00 | 3:50 | 6:21 | 4:35 | 7:20 | 7:42 | 9:09 | 7:29 | 1:46 |
| 25 | 162 Rune Gunnarsson Nässjö OK | 57:50 | 4:48 | 7:20 | 18:38 | 22:17 | 33:41 | 41:21 | 46:21 | 55:30 | 57:50 |
| | | | 4:48 | 2:32 | 11:18 | 3:39 | 11:24 | 7:40 | 5:00 | 9:09 | 2:20 |
| 26 | 182 Sven-Erik Sjöholm Mullsjö SOK | 58:56 | 4:21 | 6:36 | 23:15 | 26:57 | 33:17 | 39:15 | 43:40 | 57:16 | 58:56 |
| | | | 4:21 | 2:15 | 16:39 | 3:42 | 6:20 | 5:58 | 4:25 | 13:36 | 1:40 |
| 27 | 114 Ulla Ling Jönköpings OK | 59:00 | 6:02 | 9:15 | 16:34 | 21:21 | 29:09 | 38:22 | 42:45 | 56:35 | 59:00 |
| | | | 6:02 | 3:13 | 7:19 | 4:47 | 7:48 | 9:13 | 4:23 | 13:50 | 2:25 |
| 28 | 146 Ann-Britt Björnlinger IK Vista | 60:31 | 5:33 | 9:28 | 22:20 | 27:18 | 36:01 | 42:43 | 48:55 | 58:52 | 60:31 |
| | | | 5:33 | 3:55 | 12:52 | 4:58 | 8:43 | 6:42 | 6:12 | 9:57 | 1:39 |
| 29 | 138 Harald Henriksson Lekeryd-Svartorps SK | 61:24 | 4:03 | 6:53 | 13:47 | 17:10 | 39:32 | 45:42 | 49:03 | 59:40 | 61:24 |
| | | | 4:03 | 2:50 | 6:54 | 3:23 | 22:22 | 6:10 | 3:21 | 10:37 | 1:44 |
| 30 | 95 Kjell Lindholm SOL Tranås | 64:40 | 6:14 | 9:37 | 16:13 | 21:04 | 28:14 | 37:21 | 45:06 | 61:49 | 64:40 |
| | | | 6:14 | 3:23 | 6:36 | 4:51 | 7:10 | 9:07 | 7:45 | 16:43 | 2:51 |
| 31 | 10 Mattias Sahlin Nässjö OK | 70:47 | 8:50 | 12:30 | 22:05 | 27:27 | 37:53 | 48:21 | 54:17 | 67:58 | 70:47 |
| | | | 8:50 | 3:40 | 9:35 | 5:22 | 10:26 | 10:28 | 5:56 | 13:41 | 2:49 |
| 32 | 179 Gösta Lindholm Ölmstads IS | 79:02 | 6:14 | 10:20 | 20:22 | 25:05 | 52:03 | 62:19 | 67:01 | 76:31 | 79:02 |
| | | | 6:14 | 4:06 | 10:02 | 4:43 | 26:58 | 10:16 | 4:42 | 9:30 | 2:31 |
| 33 | 29 Simon Freyland SOK Aneby | 85:10 | 9:55 | 14:13 | 23:28 | 30:55 | 42:32 | 58:39 | 68:52 | 82:17 | 85:10 |
| | | | 9:55 | 4:18 | 9:15 | 7:27 | 11:37 | 16:07 | 10:13 | 13:25 | 2:53 |
| 34 | 18 Karin Freyland SOK Aneby | 85:12 | 9:57 | 14:17 | 23:40 | 31:01 | 42:36 | 58:43 | 68:55 | 82:20 | 85:12 |
| | | | 9:57 | 4:20 | 9:23 | 7:21 | 11:35 | 16:07 | 10:12 | 13:25 | 2:52 |

| | | | | | | | | | | | | | | |
|-----|---------------|--------|------|------|-------|-------|-------|-------|-------|-------|-------|--|--|--|
| 177 | Bernt Ekfeldt | Felst. | 3:45 | 8:10 | 17:43 | 21:24 | 28:03 | 35:38 | 41:02 | ----- | 55:54 | | | |
| | Vaggeryds SOK | | 3:45 | 4:25 | 9:33 | 3:41 | 6:39 | 7:35 | 5:24 | | 14:52 | | | |

Röd Lång (30) 4400 m

| | | | 1 (81) | 2 (32) | 3 (82) | 4 (83) | 5 (44) | 6 (45) | 7 (84) | 8 (85) | 9 (87) | 10 (88) | 11 (78) | M |
|----|-------------------------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|-------|
| 1 | 51 Erland Ling | 46:59 | 2:27 | 4:38 | 8:18 | 12:57 | 22:46 | 29:09 | 32:16 | 35:53 | 39:53 | 43:35 | 45:47 | 46:59 |
| | IK Hakarpspojkarne | | 2:27 | 2:11 | 3:40 | 4:39 | 9:49 | 6:23 | 3:07 | 3:37 | 4:00 | 3:42 | 2:12 | 1:12 |
| 2 | 64 Stefan Håmås | 47:26 | 2:23 | 4:25 | 8:38 | 13:30 | 20:56 | 29:19 | 32:29 | 36:14 | 40:07 | 43:36 | 46:03 | 47:26 |
| | IK Hakarpspojkarne | | 2:23 | 2:02 | 4:13 | 4:52 | 7:26 | 8:23 | 3:10 | 3:45 | 3:53 | 3:29 | 2:27 | 1:23 |
| 3 | 153 Emil Björnlinger | 47:52 | 2:21 | 4:16 | 9:19 | 15:16 | 21:52 | 28:11 | 32:06 | 35:36 | 40:55 | 43:58 | 46:42 | 47:52 |
| | IK Vista | | 2:21 | 1:55 | 5:03 | 5:57 | 6:36 | 6:19 | 3:55 | 3:30 | 5:19 | 3:03 | 2:44 | 1:10 |
| 4 | 191 Peter Englund | 49:10 | 2:35 | 5:10 | 9:25 | 14:53 | 22:30 | 30:32 | 33:21 | 36:40 | 40:06 | 42:43 | 47:53 | 49:10 |
| | IFK Sävsjö | | 2:35 | 2:35 | 4:15 | 5:28 | 7:37 | 8:02 | 2:49 | 3:19 | 3:26 | 2:37 | 5:10 | 1:17 |
| 5 | 116 Jonny Adolfsson | 49:12 | 2:33 | 4:19 | 9:38 | 17:19 | 23:47 | 28:36 | 32:08 | 36:08 | 40:38 | 43:42 | 48:02 | 49:12 |
| | Jönköpings OK | | 2:33 | 1:46 | 5:19 | 7:41 | 6:28 | 4:49 | 3:32 | 4:00 | 4:30 | 3:04 | 4:20 | 1:10 |
| 6 | 63 Adam Thorman | 50:51 | 2:04 | 4:44 | 8:21 | 15:07 | 21:59 | 30:54 | 35:58 | 39:12 | 43:11 | 46:41 | 48:37 | 50:51 |
| | IK Hakarpspojkarne | | 2:04 | 2:40 | 3:37 | 6:46 | 6:52 | 8:55 | 5:04 | 3:14 | 3:59 | 3:30 | 1:56 | 2:14 |
| 7 | 132 Filip Rosjö | 50:55 | 2:30 | 4:59 | 11:40 | 16:45 | 23:52 | 31:46 | 35:38 | 38:25 | 41:56 | 44:34 | 49:37 | 50:55 |
| | Jönköpings OK | | 2:30 | 2:29 | 6:41 | 5:05 | 7:07 | 7:54 | 3:52 | 2:47 | 3:31 | 2:38 | 5:03 | 1:18 |
| 8 | 139 Hans-Jörgen Hansson | 51:20 | 3:18 | 5:53 | 11:50 | 16:28 | 23:11 | 30:52 | 34:20 | 38:00 | 42:47 | 46:57 | 49:43 | 51:20 |
| | Lekeryd-Svartorps SK | | 3:18 | 2:35 | 5:57 | 4:38 | 6:43 | 7:41 | 3:28 | 3:40 | 4:47 | 4:10 | 2:46 | 1:37 |
| 9 | 32 Karin Öhlin | 51:35 | 2:39 | 5:08 | 9:14 | 14:25 | 24:11 | 30:20 | 34:12 | 37:51 | 42:37 | 46:18 | 50:06 | 51:35 |
| | SOK Aneby | | 2:39 | 2:29 | 4:06 | 5:11 | 9:46 | 6:09 | 3:52 | 3:39 | 4:46 | 3:41 | 3:48 | 1:29 |
| 10 | 193 Monica Henriksson | 52:01 | 3:01 | 5:29 | 9:56 | 15:52 | 23:16 | 30:22 | 33:49 | 37:33 | 42:25 | 46:23 | 50:02 | 52:01 |
| | Eksjö SOK | | 3:01 | 2:28 | 4:27 | 5:56 | 7:24 | 7:06 | 3:27 | 3:44 | 4:52 | 3:58 | 3:39 | 1:59 |
| 11 | 23 Christer Andersson | 54:46 | 3:08 | 5:33 | 10:52 | 16:09 | 24:27 | 31:22 | 35:36 | 39:23 | 46:01 | 49:27 | 53:23 | 54:46 |
| | SOK Aneby | | 3:08 | 2:25 | 5:19 | 5:17 | 8:18 | 6:55 | 4:14 | 3:47 | 6:38 | 3:26 | 3:56 | 1:23 |
| 12 | 89 Sven-Åke Karlsson | 55:09 | 2:51 | 5:20 | 10:12 | 16:07 | 25:09 | 33:03 | 36:58 | 41:16 | 46:07 | 50:30 | 53:20 | 55:09 |
| | IK Hakarpspojkarne | | 2:51 | 2:29 | 4:52 | 5:55 | 9:02 | 7:54 | 3:55 | 4:18 | 4:51 | 4:23 | 2:50 | 1:49 |
| 13 | 158 Annie Önsten | 57:14 | 2:20 | 5:18 | 12:21 | 20:47 | 29:54 | 37:11 | 41:11 | 45:33 | 49:48 | 53:36 | 56:06 | 57:14 |
| | IK Vista | | 2:20 | 2:58 | 7:03 | 8:26 | 9:07 | 7:17 | 4:00 | 4:22 | 4:15 | 3:48 | 2:30 | 1:08 |
| 14 | 201 Elsa Andersson | 58:03 | 2:34 | 4:52 | 11:17 | 16:34 | 25:24 | 36:25 | 39:34 | 43:06 | 48:13 | 52:39 | 56:51 | 58:03 |
| | Bredaryds SOK | | 2:34 | 2:18 | 6:25 | 5:17 | 8:50 | 11:01 | 3:09 | 3:32 | 5:07 | 4:26 | 4:12 | 1:12 |
| 15 | 140 Stefan Julsgård | 58:11 | 3:32 | 6:04 | 10:34 | 16:06 | 23:33 | 30:47 | 38:29 | 42:23 | 49:02 | 53:40 | 56:33 | 58:11 |
| | Lekeryd-Svartorps SK | | 3:32 | 2:32 | 4:30 | 5:32 | 7:27 | 7:14 | 7:42 | 3:54 | 6:39 | 4:38 | 2:53 | 1:38 |
| 16 | 87 Moa Granstedt | 58:37 | 2:36 | 4:31 | 14:20 | 18:36 | 26:01 | 32:45 | 35:50 | 40:10 | 45:49 | 53:52 | 56:33 | 58:37 |
| | IK Hakarpspojkarne | | 2:36 | 1:55 | 9:49 | 4:16 | 7:25 | 6:44 | 3:05 | 4:20 | 5:39 | 8:03 | 2:41 | 2:04 |
| 17 | 168 Anette Fransson | 60:15 | 2:52 | 9:38 | 14:19 | 19:30 | 25:22 | 32:00 | 41:30 | 44:45 | 51:08 | 55:02 | 59:01 | 60:15 |
| | IF Hallby SOK | | 2:52 | 6:46 | 4:41 | 5:11 | 5:52 | 6:38 | 9:30 | 3:15 | 6:23 | 3:54 | 3:59 | 1:14 |
| 18 | 188 Alice Axelsson | 60:19 | 2:50 | 5:01 | 10:59 | 16:02 | 23:40 | 34:07 | 37:55 | 42:36 | 46:49 | 51:57 | 59:13 | 60:19 |
| | Mullsjö SOK | | 2:50 | 2:11 | 5:58 | 5:03 | 7:38 | 10:27 | 3:48 | 4:41 | 4:13 | 5:08 | 7:16 | 1:06 |
| 19 | 97 Martina Jansson | 62:22 | 2:14 | 4:54 | 9:53 | 14:58 | 22:23 | 28:25 | 32:04 | 35:54 | 42:41 | 47:10 | 52:23 | 62:22 |
| | SOL Tranås | | 2:14 | 2:40 | 4:59 | 5:05 | 7:25 | 6:02 | 3:39 | 3:50 | 16:47 | 4:29 | 3:13 | 1:59 |
| 20 | 212 Kerstin Segersson | 63:48 | 3:16 | 5:41 | 10:35 | 15:55 | 24:12 | 35:10 | 40:04 | 43:58 | 48:39 | 55:19 | 62:24 | 63:48 |
| | OK 64 Torpa | | 3:16 | 2:25 | 4:54 | 5:20 | 8:17 | 10:58 | 4:54 | 3:54 | 4:41 | 6:40 | 7:05 | 1:24 |
| 21 | 199 Maria Andersson | 64:18 | 2:59 | 5:30 | 10:12 | 16:08 | 24:30 | 33:06 | 45:02 | 49:08 | 53:50 | 57:49 | 62:34 | 64:18 |
| | Bredaryds SOK | | 2:59 | 2:31 | 4:42 | 5:56 | 8:22 | 8:36 | 11:56 | 4:06 | 4:42 | 3:59 | 4:45 | 1:44 |
| 22 | 137 Kim Alriksson | 64:56 | 3:01 | 5:24 | 11:18 | 16:03 | 25:07 | 30:01 | 33:42 | 36:56 | 42:37 | 46:41 | 58:24 | 64:56 |
| | Lekeryd-Svartorps SK | | 3:01 | 2:23 | 5:54 | 4:45 | 9:04 | 4:54 | 3:41 | 3:14 | 5:41 | 4:04 | 11:43 | 6:32 |
| 23 | 163 Gunnar Andersson | 65:56 | 3:14 | 6:19 | 10:29 | 15:19 | 22:05 | 36:26 | 41:02 | 44:51 | 49:41 | 61:32 | 64:10 | 65:56 |
| | IK Vista | | 3:14 | 3:05 | 4:10 | 4:50 | 6:46 | 14:21 | 4:36 | 3:49 | 4:50 | 11:51 | 2:38 | 1:46 |
| 24 | 136 Madelene Nilsson | 69:54 | 3:30 | 7:02 | 11:53 | 18:21 | 26:22 | 34:23 | 39:02 | 46:50 | 56:05 | 62:19 | 67:56 | 69:54 |
| | Klubblös | | 3:30 | 3:32 | 4:51 | 6:28 | 8:01 | 8:01 | 4:39 | 7:48 | 9:15 | 6:14 | 5:37 | 1:58 |
| 25 | 90 Sonny Andesson | 72:07 | 3:02 | 5:56 | 10:20 | 16:14 | 24:20 | 34:17 | 39:08 | 43:02 | 47:44 | 65:32 | 70:32 | 72:07 |
| | IK Hakarpspojkarne | | 3:02 | 2:54 | 4:24 | 5:54 | 8:06 | 9:57 | 4:51 | 3:54 | 4:42 | 17:48 | 5:00 | 1:35 |
| 26 | 164 Liselott Sigby | 73:50 | 3:20 | 7:20 | 14:01 | 20:56 | 29:53 | 38:52 | 43:29 | 48:07 | 57:54 | 66:49 | 71:40 | 73:50 |
| | IK Vista | | 3:20 | 4:00 | 6:41 | 6:55 | 8:57 | 8:59 | 4:37 | 4:38 | 9:47 | 8:55 | 4:51 | 2:10 |
| 27 | 211 Karin Ernfridsson | 74:19 | 4:02 | 6:38 | 11:42 | 18:34 | 27:59 | 48:54 | 54:03 | 58:25 | 64:20 | 68:22 | 72:49 | 74:19 |
| | OK 64 Torpa | | 4:02 | 2:36 | 5:04 | 6:52 | 9:25 | 20:55 | 5:09 | 4:22 | 5:55 | 4:02 | 4:27 | 1:30 |
| 28 | 106 Camilla Eklöf | 76:32 | 7:39 | 9:47 | 14:06 | 18:13 | 25:51 | 33:08 | 43:45 | 48:27 | 52:10 | 70:07 | 75:12 | 76:32 |
| | Annebergs GIF | | 7:39 | 2:08 | 4:19 | 4:07 | 7:38 | 7:17 | 10:37 | 4:42 | 3:43 | 17:57 | 5:05 | 1:20 |
| 29 | 115 Lennart Gustavsson | 77:03 | 2:37 | 7:46 | 12:16 | 18:25 | 30:09 | 35:23 | 39:03 | 59:06 | 69:05 | 73:10 | 75:32 | 77:03 |
| | Jönköpings OK | | 2:37 | 5:09 | 4:30 | 6:09 | 11:44 | 5:14 | 3:40 | 20:03 | 9:59 | 4:05 | 2:22 | 1:31 |

| | | | | | | | | | | | | | | |
|-----|--------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 107 | Henrik Träff | Felst. | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 52:30 |
|-----|--------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

4:38

*31

| Röd Kort | (32) | 3000 m | 1 (81) | 2 (32) | 3 (83) | 4 (44) | 5 (80) | 6 (88) | 7 (78) | M | |
|----------|------|---|--------|--------|--------|--------|--------|--------|--------|-------|-------|
| 1 | 71 | Andreas Lindberg IK Hakarpspojkarne | 29:27 | 2:30 | 4:37 | 9:31 | 15:34 | 19:27 | 25:02 | 28:22 | 29:27 |
| 2 | 133 | Lars Würsig Jönköpings OK | 33:39 | 3:17 | 6:10 | 11:34 | 18:47 | 24:03 | 29:47 | 32:21 | 33:39 |
| 3 | 6 | Anna Lennartsson Nässjö OK | 34:23 | 3:17 | 5:58 | 11:10 | 18:22 | 22:38 | 29:34 | 32:59 | 34:23 |
| 4 | 33 | Johan Blomgren SOK Aneby | 35:55 | 3:20 | 6:15 | 12:06 | 18:58 | 24:59 | 30:50 | 34:24 | 35:55 |
| 5 | 103 | Axel Johansson SOL Tranås | 36:22 | 2:38 | 5:12 | 12:33 | 21:59 | 26:59 | 32:58 | 35:18 | 36:22 |
| 6 | 46 | Bengt Olsson Markbygdens OK | 37:26 | 3:36 | 6:11 | 12:40 | 21:50 | 27:06 | 32:43 | 35:48 | 37:26 |
| 7 | 58 | Åsa Carlström IK Hakarpspojkarne | 37:44 | 3:13 | 5:34 | 12:42 | 20:24 | 26:43 | 32:21 | 36:13 | 37:44 |
| 8 | 86 | Noa Pruth IK Hakarpspojkarne | 37:47 | 6:18 | 8:28 | 15:23 | 21:39 | 27:47 | 33:38 | 36:05 | 37:47 |
| 9 | 19 | Tomas Dehlin SOK Aneby | 38:31 | 2:55 | 5:53 | 11:40 | 21:17 | 27:24 | 33:13 | 37:11 | 38:31 |
| 10 | 202 | Mattias Gunnarsson Bredaryds SOK | 38:41 | 3:54 | 6:36 | 14:07 | 24:29 | 30:24 | 35:00 | 37:21 | 38:41 |
| 11 | 69 | Malin Holmqvist IK Hakarpspojkarne | 39:19 | 3:12 | 6:16 | 14:06 | 21:51 | 27:02 | 34:11 | 37:59 | 39:19 |
| 12 | 77 | Alma Johansson IK Hakarpspojkarne | 39:29 | 3:17 | 6:21 | 14:19 | 22:06 | 27:15 | 34:24 | 38:13 | 39:29 |
| 13 | 42 | Gustav Hjellström Grännabygdens OK | 41:28 | 2:42 | 5:46 | 13:08 | 22:02 | 29:10 | 36:13 | 40:02 | 41:28 |
| 14 | 38 | Göran Karlsson OK Bävern | 42:05 | 3:55 | 7:04 | 14:12 | 25:09 | 31:21 | 37:23 | 40:13 | 42:05 |
| 15 | 176 | Agneta Bjersgård Vaggeryds SOK | 42:40 | 3:05 | 5:54 | 14:25 | 23:37 | 31:54 | 38:57 | 41:18 | 42:40 |
| 16 | 170 | Oliver Malmqvist Bottnaryds IF | 42:49 | 2:44 | 5:19 | 11:27 | 26:45 | 32:56 | 37:32 | 41:16 | 42:49 |
| 17 | 40 | Göran Eriksson Grännabygdens OK | 43:54 | 4:24 | 8:31 | 15:28 | 28:20 | 33:36 | 39:14 | 42:19 | 43:54 |
| 18 | 66 | Malin Andersson IK Hakarpspojkarne | 45:15 | 5:59 | 9:43 | 16:22 | 27:42 | 32:52 | 40:11 | 43:45 | 45:15 |
| 19 | 217 | Annelie Werneskog Forserums SOK | 47:14 | 3:46 | 6:51 | 13:57 | 26:42 | 33:11 | 42:04 | 45:37 | 47:14 |
| 20 | 21 | Albin Andersson SOK Aneby | 47:37 | 3:12 | 6:02 | 14:11 | 26:46 | 33:31 | 41:01 | 46:13 | 47:37 |
| 21 | 22 | Helena Andersson SOK Aneby | 47:40 | 3:19 | 6:09 | 14:01 | 26:35 | 33:26 | 40:47 | 46:07 | 47:40 |
| 22 | 196 | Klara Höglund Eksjö SOK | 49:00 | 5:13 | 10:22 | 17:26 | 26:35 | 33:06 | 42:04 | 47:04 | 49:00 |
| 23 | 197 | Pelle Höglund Eksjö SOK | 49:11 | 5:12 | 10:21 | 17:25 | 26:40 | 33:06 | 42:04 | 47:04 | 49:11 |
| 24 | 65 | Viktor Gunnarsson IK Hakarpspojkarne | 51:28 | 3:31 | 7:31 | 15:28 | 31:07 | 37:13 | 44:45 | 49:54 | 51:28 |
| 25 | 57 | Helena Gunnarsson IK Hakarpspojkarne | 52:13 | 3:28 | 7:29 | 15:29 | 31:05 | 37:13 | 44:47 | 49:47 | 52:13 |
| 26 | 7 | Veronica Sahlin Nässjö OK | 52:26 | 9:56 | 12:55 | 21:43 | 32:42 | 37:38 | 44:24 | 50:58 | 52:26 |
| 27 | 54 | Marianne Lindgren IK Hakarpspojkarne | 54:05 | 5:16 | 9:43 | 18:35 | 30:32 | 37:55 | 46:09 | 51:44 | 54:05 |
| 28 | 11 | Leif Persson Nässjö OK | 56:51 | 4:26 | 8:37 | 16:40 | 29:12 | 42:16 | 50:00 | 54:34 | 56:51 |
| 29 | 27 | Maria Jonasson SOK Aneby | 61:27 | 5:20 | 9:28 | 22:32 | 34:25 | 43:39 | 52:19 | 58:56 | 61:27 |
| 30 | 156 | Carolina Önsten IK Vista | 63:44 | 3:26 | 7:16 | 19:19 | 33:23 | 41:44 | 56:36 | 61:36 | 63:44 |
| 31 | 24 | Johan Rosander SOK Aneby | 67:36 | 4:29 | 9:35 | 16:54 | 38:34 | 48:39 | 56:08 | 66:01 | 67:36 |

| | | | | | | | | | | | |
|----|-----|------------|-------|------|------|-------|-------|-------|-------|-------|-------|
| 32 | 149 | Ida Önsten | 71:27 | 4:34 | 8:26 | 25:09 | 41:27 | 54:47 | 64:02 | 68:47 | 71:27 |
| | | IK Vista | | 4:34 | 3:52 | 16:43 | 16:18 | 13:20 | 9:15 | 4:45 | 2:40 |

Gul (31)

2700 m

1 (90) 2 (91) 3 (83) 4 (92) 5 (93) 6 (88) 7 (94) M

| | | | | | | | | | | | |
|----|-----|--------------------|--------|------|-------|-------|-------|-------|-------|-------|--------|
| 1 | 80 | Sara Granstedt | 21:47 | 2:01 | 4:27 | 7:31 | 12:18 | 15:15 | 18:05 | 20:39 | 21:47 |
| | | IK Hakarpspojkarne | | 2:01 | 2:26 | 3:04 | 4:47 | 2:57 | 2:50 | 2:34 | 1:08 |
| 2 | 76 | Lukas Granstedt | 25:02 | 1:53 | 4:18 | 7:04 | 16:21 | 18:50 | 21:12 | 23:55 | 25:02 |
| | | IK Hakarpspojkarne | | 1:53 | 2:25 | 2:46 | 9:17 | 2:29 | 2:22 | 2:43 | 1:07 |
| 3 | 151 | Arvid Önsten | 25:04 | 1:54 | 4:33 | 7:34 | 13:57 | 17:14 | 19:57 | 23:59 | 25:04 |
| | | IK Vista | | 1:54 | 2:39 | 3:01 | 6:23 | 3:17 | 2:43 | 4:02 | 1:05 |
| 4 | 48 | Hilda Johansson | 32:03 | 2:05 | 9:26 | 13:00 | 19:25 | 24:38 | 27:38 | 30:39 | 32:03 |
| | | IK Hakarpspojkarne | | 2:05 | 7:21 | 3:34 | 6:25 | 5:13 | 3:00 | 3:01 | 1:24 |
| 5 | 154 | Vincent Nilsson | 32:12 | 1:55 | 4:51 | 8:41 | 13:31 | 18:32 | 22:45 | 29:00 | 32:12 |
| | | IK Vista | | 1:55 | 2:56 | 3:50 | 4:50 | 5:01 | 4:13 | 6:15 | 3:12 |
| 6 | 112 | Emma Ling | 33:55 | 2:09 | 11:15 | 14:46 | 21:16 | 26:12 | 29:23 | 32:45 | 33:55 |
| | | Jönköpings OK | | 2:09 | 9:06 | 3:31 | 6:30 | 4:56 | 3:11 | 3:22 | 1:10 |
| 7 | 111 | Ayan Ling | 34:03 | 2:24 | 11:27 | 15:02 | 21:35 | 26:29 | 29:34 | 32:40 | 34:03 |
| | | Jönköpings OK | | 2:24 | 9:03 | 3:35 | 6:33 | 4:54 | 3:05 | 3:06 | 1:23 |
| 8 | 99 | Lovisa Nord | 34:04 | 2:10 | 4:51 | 8:01 | 16:10 | 19:50 | 25:31 | 32:42 | 34:04 |
| | | SOL Tranås | | 2:10 | 2:41 | 3:10 | 8:09 | 3:40 | 5:41 | 7:11 | 1:22 |
| 9 | 35 | Lovisa Blomgren | 34:13 | 2:25 | 5:31 | 11:21 | 20:25 | 25:21 | 28:50 | 32:43 | 34:13 |
| | | SOK Aneby | | 2:25 | 3:06 | 5:50 | 9:04 | 4:56 | 3:29 | 3:53 | 1:30 |
| 10 | 34 | Annelie Blomgren | 34:41 | 2:21 | 5:55 | 11:46 | 20:39 | 25:14 | 29:23 | 33:08 | 34:41 |
| | | SOK Aneby | | 2:21 | 3:34 | 5:51 | 8:53 | 4:35 | 4:09 | 3:45 | 1:33 |
| 11 | 61 | Leo Pruth | 35:27 | 2:22 | 5:49 | 15:10 | 22:59 | 27:51 | 30:46 | 34:18 | 35:27 |
| | | IK Hakarpspojkarne | | 2:22 | 3:27 | 9:21 | 7:49 | 4:52 | 2:55 | 3:32 | 1:09 |
| 12 | 67 | Nike Pruth | 35:29 | 2:24 | 5:54 | 15:13 | 23:02 | 27:41 | 30:47 | 34:16 | 35:29 |
| | | IK Hakarpspojkarne | | 2:24 | 3:30 | 9:19 | 7:49 | 4:39 | 3:06 | 3:29 | 1:13 |
| 13 | 50 | Kristina Håmås | 35:59 | 2:57 | 6:35 | 12:16 | 21:04 | 25:47 | 29:55 | 34:07 | 35:59 |
| | | IK Hakarpspojkarne | | 2:57 | 3:38 | 5:41 | 8:48 | 4:43 | 4:08 | 4:12 | 1:52 |
| 14 | 45 | Karl Hjellström | 36:21 | 2:46 | 6:20 | 10:21 | 20:48 | 26:17 | 30:15 | 34:48 | 36:21 |
| | | Grännabygdens OK | | 2:46 | 3:34 | 4:01 | 10:27 | 5:29 | 3:58 | 4:33 | 1:33 |
| 15 | 167 | Johanna Fransson | 38:54 | 2:19 | 5:38 | 11:14 | 26:27 | 31:07 | 34:13 | 37:40 | 38:54 |
| | | IF Hallby SOK | | 2:19 | 3:19 | 5:36 | 15:13 | 4:40 | 3:06 | 3:27 | 1:14 |
| 16 | 43 | Monika Hjellström | 42:08 | 7:09 | 11:02 | 17:19 | 24:53 | 30:25 | 35:05 | 40:05 | 42:08 |
| | | Grännabygdens OK | | 7:09 | 3:53 | 6:17 | 7:34 | 5:32 | 4:40 | 5:00 | 2:03 |
| 17 | 172 | Casper Malmqvist | 43:44 | 2:18 | 9:18 | 12:49 | 26:14 | 31:05 | 37:43 | 42:34 | 43:44 |
| | | Bottnaryds IF | | 2:18 | 7:00 | 3:31 | 13:25 | 4:51 | 6:38 | 4:51 | 1:10 |
| 18 | 49 | Emma Granstedt | 45:22 | 3:12 | 7:57 | 14:22 | 24:40 | 30:57 | 37:38 | 43:16 | 45:22 |
| | | IK Hakarpspojkarne | | 3:12 | 4:45 | 6:25 | 10:18 | 6:17 | 6:41 | 5:38 | 2:06 |
| 19 | 4 | Stile Holst | 47:52 | 4:50 | 10:35 | 17:00 | 24:56 | 33:07 | 38:55 | 45:08 | 47:52 |
| | | Nässjö OK | | 4:50 | 5:45 | 6:25 | 7:56 | 8:11 | 5:48 | 6:13 | 2:44 |
| 20 | 17 | Olof Walfridsson | 47:56 | 3:32 | 8:03 | 14:22 | 27:22 | 34:32 | 39:01 | 45:19 | 47:56 |
| | | SOK Aneby | | 3:32 | 4:31 | 6:19 | 13:00 | 7:10 | 4:29 | 6:18 | 2:37 |
| 21 | 25 | Evelina Jonasson | 61:31 | 4:55 | 10:30 | 17:15 | 28:25 | 42:57 | 50:33 | 58:39 | 61:31 |
| | | SOK Aneby | | 4:55 | 5:35 | 6:45 | 11:10 | 14:32 | 7:36 | 8:06 | 2:52 |
| 22 | 37 | Alma Haag | 61:32 | 4:55 | 10:28 | 17:18 | 28:15 | 43:01 | 50:39 | 58:52 | 61:32 |
| | | OK Gränsen | | 4:55 | 5:33 | 6:50 | 10:57 | 14:46 | 7:38 | 8:13 | 2:40 |
| 23 | 98 | Jessica Johansson | 62:24 | 5:09 | 12:35 | 24:00 | 34:20 | 41:31 | 50:38 | 59:18 | 62:24 |
| | | SOL Tranås | | 5:09 | 7:26 | 11:25 | 10:20 | 7:11 | 9:07 | 8:40 | 3:06 |
| 24 | 102 | Marie Nord | 62:28 | 5:12 | 12:44 | 24:06 | 34:18 | 41:35 | 50:44 | 59:17 | 62:28 |
| | | SOL Tranås | | 5:12 | 7:32 | 11:22 | 10:12 | 7:17 | 9:09 | 8:33 | 3:11 |
| 25 | 155 | Marion Andersson | 63:53 | 4:00 | 9:14 | 23:09 | 39:13 | 49:22 | 55:20 | 61:25 | 63:53 |
| | | IK Vista | | 4:00 | 5:14 | 13:55 | 16:04 | 10:09 | 5:58 | 6:05 | 2:28 |
| 26 | 39 | Anita Eriksson | 64:19 | 3:57 | 8:51 | 29:57 | 39:41 | 46:42 | 53:21 | 60:33 | 64:19 |
| | | Grännabygdens OK | | 3:57 | 4:54 | 21:06 | 9:44 | 7:01 | 6:39 | 7:12 | 3:46 |
| 27 | 28 | Ebba Rosander | 75:20 | 2:42 | 8:21 | 15:49 | 32:30 | 54:58 | 65:57 | 73:22 | 75:20 |
| | | SOK Aneby | | 2:42 | 5:39 | 7:28 | 16:41 | 22:28 | 10:59 | 7:25 | 1:58 |
| 28 | 36 | Alma Gustafsson | 75:24 | 2:45 | 8:21 | 15:53 | 32:37 | 55:01 | 65:57 | 73:25 | 75:24 |
| | | SOK Aneby | | 2:45 | 5:36 | 7:32 | 16:44 | 22:24 | 10:56 | 7:28 | 1:59 |
| 29 | 1 | David Nero | 82:12 | 2:51 | 6:38 | 11:32 | 23:36 | 67:20 | 71:54 | 80:46 | 82:12 |
| | | Nässjö OK | | 2:51 | 3:47 | 4:54 | 12:04 | 43:44 | 4:34 | 8:52 | 1:26 |
| | 96 | Hampus Ahlgren | Felst. | 5:15 | 9:02 | 14:43 | ----- | ----- | ----- | ----- | 711:01 |
| | | SOL Tranås | | 5:15 | 3:47 | 5:41 | | | | | 696:18 |

