

| Pl | Namn | Tid | | | | | | | | | | | | | |
|----------------|----------------------------------|-------|--------------|--------------|----------------|----------------|----------------|---------------|----------------|---------------|---------------|---------------|---------------|---------------|--|
| H80 (1) | 2290 m | | 1(41) | 2(39) | 3(38) | 4(37) | 5(45) | 6(42) | 7(43) | 8(44) | 9(100) | M | | | |
| 1 | Thage Nilsson Åmåls OK | 50:22 | 1:03 1:03 | 5:27 4:24 | 16:08 10:41 | 19:53 3:45 | 33:07 13:14 | 35:34 2:27 | 36:45 1:11 | 46:14 9:29 | 49:13 2:59 | 50:22 1:09 | | | |
| H65 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Jan Hellstrand Åmåls OK | 39:52 | 1:54 1:54 | 3:31 1:37 | 6:56 3:25 | 15:48 8:52 | 18:35 2:47 | 19:11 0:36 | 28:51 9:40 | 30:27 1:36 | 35:06 4:39 | 37:55 2:49 | 39:10 1:15 | 39:52 0:42 | |
| H55 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Anders Dahlström Åmåls OK | 57:09 | 2:49 2:49 | 4:51 2:02 | 9:32 4:41 | 22:54 13:22 | 26:18 3:24 | 27:16 0:58 | 41:57 14:41 | 43:58 2:01 | 51:12 7:14 | 54:55 3:43 | 56:37 1:42 | 57:09 0:32 | |
| H50 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Leif Larsson Åmåls OK | 27:35 | 1:27 1:27 | 2:30 1:03 | 5:17 2:47 | 11:24 6:07 | 12:57 1:33 | 13:30 0:33 | 19:56 6:26 | 21:02 1:06 | 24:26 3:24 | 26:22 1:56 | 27:11 0:49 | 27:35 0:24 | |
| H45 (4) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Ulf Danielsson Åmåls OK | 27:58 | 1:40 1:40 | 2:33 0:53 | 4:27 1:54 | 13:07 8:40 | 14:22 1:15 | 14:48 0:26 | 20:44 5:56 | 21:44 1:00 | 24:52 3:08 | 26:39 1:47 | 27:27 0:48 | 27:58 0:31 | |
| 2 | Anders Ågren Åmåls OK | 34:44 | 1:38 1:38 | 2:43 1:05 | 4:58 2:15 | 11:40 6:42 | 18:03 6:23 | 18:34 0:31 | 25:37 7:03 | 26:35 0:58 | 30:09 3:34 | 33:16 3:07 | 34:10 0:54 | 34:44 0:34 | |
| 3 | Christer Fredriksson Åmåls OK | 39:53 | 1:57 1:57 | 3:11 1:14 | 6:35 3:24 | 14:42 8:07 | 22:05 7:23 | 22:37 0:32 | 31:47 9:10 | 32:59 1:12 | 36:42 3:43 | 38:49 2:07 | ----- | 39:53 1:04 | |
| 4 | Tord Lätt Åmåls OK | 52:22 | 2:08 2:08 | 3:37 1:29 | 6:07 2:30 | 18:40 12:33 | 20:18 1:38 | 20:52 0:34 | 39:58 19:06 | 41:58 2:00 | 47:25 5:27 | 50:30 3:05 | 51:38 1:08 | 52:22 0:44 | |
| H21 (7) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Per Källvik Åmåls OK | 21:56 | 1:15 1:15 | 2:00 0:45 | 3:36 1:36 | 8:43 5:07 | 10:06 1:23 | 10:29 0:23 | 15:45 5:16 | 16:34 0:49 | 19:12 2:38 | 20:45 1:33 | 21:30 0:45 | 21:56 0:26 | |
| 2 | Jörgen Åhl Åmåls OK | 22:49 | 1:08 1:08 | 1:49 0:41 | 3:18 1:29 | 7:35 4:17 | 11:54 4:19 | 12:13 0:19 | 17:18 5:05 | 18:00 0:42 | 20:19 2:19 | 21:46 1:27 | 22:25 0:39 | 22:49 0:24 | |
| 3 | Björn Schilobolski Åmåls OK | 23:38 | 1:02 1:02 | 1:45 0:43 | 3:57 2:12 | 8:59 5:02 | 11:07 2:08 | 11:33 0:26 | 17:03 5:30 | 17:50 0:47 | 20:46 2:56 | 22:34 1:48 | 23:14 0:40 | 23:38 0:24 | |
| 4 | Thomas Hedlund Åmåls OK | 25:59 | 1:16 1:16 | 2:18 1:02 | 4:23 2:05 | 10:59 6:36 | 12:20 1:21 | 12:49 0:29 | 18:49 6:00 | 19:45 0:56 | 22:44 2:59 | 24:48 2:04 | 25:35 0:47 | 25:59 0:24 | |
| 5 | Tomas Hermansson Åmåls OK | 27:28 | 1:17 1:17 | 2:10 0:53 | 3:53 1:43 | 9:44 5:51 | 12:43 2:59 | 13:11 0:28 | 20:03 6:52 | 21:00 0:57 | 24:06 3:06 | 26:10 2:04 | 26:57 0:47 | 27:28 0:31 | |
| 6 | Larsa Nilsson Åmåls OK | 29:15 | 1:21 1:21 | 2:52 1:31 | 4:55 2:03 | 10:55 6:00 | 16:18 5:23 | 16:40 0:22 | 22:06 5:26 | 23:07 1:01 | 26:08 3:01 | 28:06 1:58 | 28:50 0:44 | 29:15 0:25 | |
| 7 | Christer Ericson Åmåls OK | 36:41 | 1:20 1:20 | 2:19 0:59 | 4:35 2:16 | 12:17 7:42 | 14:16 1:59 | 14:50 0:34 | 27:30 12:40 | 28:44 1:14 | 32:29 3:45 | 35:04 2:35 | 36:04 1:00 | 36:41 0:37 | |
| H20 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Mattias Ågren Åmåls OK | 54:09 | 2:02 2:02 | 3:23 1:21 | 6:29 3:06 | 21:32 15:03 | 25:11 3:39 | 25:44 0:33 | 37:23 11:39 | 39:27 2:04 | 45:38 6:11 | 52:10 6:32 | 53:20 1:10 | 54:09 0:49 | |
| H16 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Adrian Dahlström Åmåls OK | 22:43 | 1:05 1:05 | 1:50 0:45 | 4:22 2:32 | 10:32 6:10 | 11:31 0:59 | 11:59 0:28 | 16:52 4:53 | 17:35 0:43 | 20:05 2:30 | 21:41 1:36 | 22:21 0:40 | 22:43 0:22 | |
| H14 (1) | 2290 m | | 1(41) | 2(39) | 3(38) | 4(37) | 5(45) | 6(42) | 7(43) | 8(44) | 9(100) | M | | | |
| 1 | Emil Fjellman-Lätt Åmåls OK | 30:10 | 0:30 0:30 | 3:21 2:51 | 10:54 7:33 | 13:03 2:09 | 20:01 6:58 | 21:34 1:33 | 22:18 0:44 | 27:55 5:37 | 29:36 1:41 | 30:10 0:34 | | | |
| H12 (1) | 2290 m | | 1(41) | 2(39) | 3(38) | 4(37) | 5(45) | 6(42) | 7(43) | 8(44) | 9(100) | M | | | |
| 1 | Erik Larsson Åmåls OK | 36:30 | 0:32 0:32 | 4:58 4:26 | 11:20 6:22 | 14:43 3:23 | 24:09 9:26 | 25:23 1:14 | 26:02 0:39 | 33:53 7:51 | 35:53 2:00 | 36:30 0:37 | | | |
| D55 (1) | 3370 m | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M | |
| 1 | Ulla Johansson Åmåls OK | 38:45 | 2:03 2:03 | 3:31 1:28 | 6:37 3:06 | 15:40 9:03 | 17:56 2:16 | 18:33 0:37 | 28:04 9:31 | 29:23 1:19 | 33:58 4:35 | 36:51 2:53 | 38:07 1:16 | 38:45 0:38 | |

| Pl | Namn | Tid | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(100) | M |
|--------------------------|-------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|-------|
| D45 (2) 3370 m | | | | | | | | | | | | | | |
| 1 | Eva Larsson Åmåls OK | 39:42 | 1:58 | 3:40 | 7:20 | 16:04 | 18:05 | 18:49 | 28:43 | 30:12 | 34:54 | 37:50 | 39:06 | 39:42 |
| 2 | Lise-Lott Ågren Åmåls OK | 49:05 | 2:10 | 3:29 | 6:48 | 15:26 | 19:57 | 20:47 | 32:00 | 33:44 | 44:41 | 47:05 | 48:20 | 49:05 |
| | | | 2:10 | 1:19 | 3:19 | 8:38 | 4:31 | 0:50 | 11:13 | 1:44 | 10:57 | 2:24 | 1:15 | 0:45 |
| D21 (1) 3370 m | | | | | | | | | | | | | | |
| 1 | Maria Ericson Åmåls OK | 48:01 | 2:18 | 3:27 | 7:59 | 15:56 | 17:41 | 18:16 | 36:35 | 38:03 | 43:15 | 46:07 | 47:16 | 48:01 |
| | | | 2:18 | 1:09 | 4:32 | 7:57 | 1:45 | 0:35 | 18:19 | 1:28 | 5:12 | 2:52 | 1:09 | 0:45 |
| D18 (1) 3370 m | | | | | | | | | | | | | | |
| 1 | Carolina Larsson Åmåls OK | 35:40 | 1:57 | 3:00 | 5:22 | 12:39 | 17:42 | 18:11 | 26:11 | 27:30 | 31:38 | 34:02 | 35:09 | 35:40 |
| | | | 1:57 | 1:03 | 2:22 | 7:17 | 5:03 | 0:29 | 8:00 | 1:19 | 4:08 | 2:24 | 1:07 | 0:31 |
| D14 (1) 2290 m | | | | | | | | | | | | | | |
| 1 | Kajsa Ågren Åmåls OK | 28:59 | 0:38 | 3:24 | 8:47 | 11:32 | 20:53 | 22:01 | 22:35 | 27:11 | 28:25 | 28:59 | | |
| | | | 0:38 | 2:46 | 5:23 | 2:45 | 9:21 | 1:08 | 0:34 | 4:36 | 1:14 | 0:34 | | |
| D12 (2) 2290 m | | | | | | | | | | | | | | |
| 1 | Johanna Källvik-Leufvén Åmåls OK | 17:24 | 0:27 | 2:20 | 5:49 | 7:00 | 10:53 | 11:48 | 12:19 | 15:56 | 16:53 | 17:24 | | |
| | | | 0:27 | 1:53 | 3:29 | 1:11 | 3:53 | 0:55 | 0:31 | 3:37 | 0:57 | 0:31 | | |
| 2 | Emma Fredriksson Åmåls OK | 30:54 | 0:32 | 3:19 | 8:40 | 11:30 | 20:51 | 21:59 | 22:36 | 29:17 | 30:22 | 30:54 | | |
| | | | 0:32 | 2:47 | 5:21 | 2:50 | 9:21 | 1:08 | 0:37 | 6:41 | 1:05 | 0:32 | | |
| D10 (1) 2290 m | | | | | | | | | | | | | | |
| 1 | Erika Axelsson Åmåls OK | 41:15 | 1:17 | 5:55 | 14:06 | 18:18 | 27:52 | 29:31 | 30:30 | 38:15 | ----- | 41:15 | | |
| | | | 1:17 | 4:38 | 8:11 | 4:12 | 9:34 | 1:39 | 0:59 | 7:45 | | 3:00 | | |
| U bana (8) 1550 m | | | | | | | | | | | | | | |
| 1 | David Hermansson Åmåls OK | 15:35 | 0:39 | 3:26 | 6:25 | 7:56 | 9:01 | 13:22 | 14:54 | 15:35 | | | | |
| | | | 0:39 | 2:47 | 2:59 | 1:31 | 1:05 | 4:21 | 1:32 | 0:41 | | | | |
| 2 | Linus Nilsson Åmåls OK | 16:01 | 0:34 | 3:20 | 6:04 | 7:22 | 8:01 | 13:20 | 15:01 | 16:01 | | | | |
| | | | 0:34 | 2:46 | 2:44 | 1:18 | 0:39 | 5:19 | 1:41 | 1:00 | | | | |
| 3 | Eric Jensen Åhl Åmåls OK | 16:07 | 0:31 | 3:10 | 5:55 | 7:08 | 7:52 | 13:25 | 15:10 | 16:07 | | | | |
| | | | 0:31 | 2:39 | 2:45 | 1:13 | 0:44 | 5:33 | 1:45 | 0:57 | | | | |
| 4 | David Fritz Åmåls OK | 18:22 | 0:40 | 4:46 | 7:49 | 9:19 | 10:26 | 15:49 | 17:46 | 18:22 | | | | |
| | | | 0:40 | 4:06 | 3:03 | 1:30 | 1:07 | 5:23 | 1:57 | 0:36 | | | | |
| 5 | Jakob Steen Åmåls OK | 24:43 | 0:47 | 6:04 | 10:20 | 12:08 | 13:24 | 20:49 | 23:48 | 24:43 | | | | |
| | | | 0:47 | 5:17 | 4:16 | 1:48 | 1:16 | 7:25 | 2:59 | 0:55 | | | | |
| 6 | Jonna Jensen Åhl Åmåls OK | 44:50 | 1:03 | 15:26 | 24:18 | 26:55 | 29:19 | 38:33 | 42:43 | 44:50 | | | | |
| | | | 1:03 | 14:23 | 8:52 | 2:37 | 2:24 | 9:14 | 4:10 | 2:07 | | | | |
| 7 | Emelie Schyman Åmåls OK | 45:08 | 2:11 | 18:07 | 23:59 | 27:33 | 29:31 | 40:32 | 43:54 | 45:08 | | | | |
| | | | 2:11 | 15:56 | 5:52 | 3:34 | 1:58 | 11:01 | 3:22 | 1:14 | | | | |
| 8 | Linnea Axelsson Åmåls OK | 45:17 | 2:23 | 18:08 | 24:07 | 27:41 | 29:38 | 40:37 | 44:02 | 45:17 | | | | |
| | | | 2:23 | 15:45 | 5:59 | 3:34 | 1:57 | 10:59 | 3:25 | 1:15 | | | | |