

Totalresultat Kopparsprinten Stafett
2011-06-05

Sida 1

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--------------------------------------|---------|--------|----------|--------------|--------------|
| D12 | | | | | | | |
| 1 | 108 | Markbygdens OK | | | | 33:02 | 0:00 |
| | (1) | Klara Axelsson | 16:02 | 2 | 0:08 | | |
| | (2) | Klara Ask | 17:00 | 1 | 0:00 | | |
| 2 | 104 | IK Hakarpspojarna 1 | | | | 33:13 | 0:11 |
| | (1) | Isa Envall | 15:54 | 1 | 0:00 | | |
| | (2) | Sara Granstedt | 17:19 | 2 | 0:19 | | |
| 3 | 117 | Åmåls OK | | | | 36:50 | 3:48 |
| | (1) | Erika Källvik-Leufvén | 16:38 | 6 | 0:44 | | |
| | (2) | Johanna Källvik-Leufvén | 20:12 | 3 | 3:12 | | |
| 4 | 111 | OK Tranan | | | | 38:56 | 5:54 |
| | (1) | Emma Nordberg | 16:11 | 3 | 0:17 | | |
| | (2) | Maja Kindlund | 22:45 | 4 | 5:45 | | |
| 5 | 113 | Stora Tuna OK | | | | 42:56 | 9:54 |
| | (1) | Sofia I Eriksson | 16:26 | 5 | 0:32 | | |
| | (2) | Lisa Dammvik | 26:30 | 8 | 9:30 | | |
| 6 | 110 | OK Roslagen | | | | 48:39 | 15:37 |
| | (1) | Ellen Frost | 22:13 | 8 | 6:19 | | |
| | (2) | Wilma Gille | 26:26 | 7 | 9:26 | | |
| 7 | 105 | IK Hakarpspojarna 2 | | | | 49:15 | 16:13 |
| | (1) | Ella Palm | 16:21 | 4 | 0:27 | | |
| | (2) | Alma Holmqvist Johansson | 32:54 | 11 | 15:54 | | |
| 8 | 114 | Södertälje-Nykvarn OF/Ärla IF | | | | 50:12 | 17:10 |
| | (1) | Rebecca Winsnes | 26:21 | 10 | 10:27 | | |
| | (2) | Sofie Ohlsson | 23:51 | 6 | 6:51 | | |
| 9 | 101 | Domnarvets GOIF 1 | | | | 57:36 | 24:34 |
| | (1) | Vilma Berger | 22:20 | 9 | 6:26 | | |
| | (2) | Alma Andersson | 35:16 | 12 | 18:16 | | |
| 10 | 115 | Tumba-Mälarhöjden OK | | | | 58:44 | 25:42 |
| | (1) | Ellinor Östervall | 19:28 | 7 | 3:34 | | |
| | (2) | Moa Hill | 39:16 | 14 | 22:16 | | |
| 11 | 116 | Västerbergslagens OL | | | | 62:54 | 29:52 |
| | (1) | Karolina Djerf | 32:53 | 12 | 16:59 | | |
| | (2) | Ellen Svens | 30:01 | 9 | 13:01 | | |
| 12 | 106 | IK Hakarpspojarna 3 | | | | 64:36 | 31:34 |
| | (1) | Julia Rangert | 33:09 | 13 | 17:15 | | |
| | (2) | Hilda Holmqvist Johansson | 31:27 | 10 | 14:27 | | |

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Sida 2

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|-------------------------------|----------|--------|----------|-----------------|--------------|
| 13 | 112 | Sala OK | | | | 68:43 | 35:41 |
| | (1) | Agnes Källström | 32:47 | 11 | 16:53 | | |
| | (2) | Shanti Söderström | 35:56 | 13 | 18:56 | | |
| | 103 | IFK Moras OK | | | | Ej godk. | |
| | (1) | Elin Lindroth | Ej godk. | | | | |
| | (2) | Sara Eriksson | 23:05 | 5 | 6:05 | | |
| | 107 | Insjöns IF OK | | | | Ej godk. | |
| | (1) | Maja Mörth | Ej godk. | | | | |
| | (2) | Wilma Wadlund | Ej godk. | | | | |
| | 109 | OK Hällen/ Gotlands OF | | | | Ej godk. | |
| | (1) | Matilda Larsson | Ej godk. | | | | |
| | (2) | Alma Kappel | 48:46 | 15 | 31:46 | | |
| | 102 | Domnarvets GOIF 2 | | | | Ej start | |
| | (1) | Isabella Norell | Ej start | | | | |
| | 118 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | 119 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | 120 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |

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Sida 3

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--|---------|--------|----------|--------------|--------------|
| H12 | | | | | | | |
| 1 | 215 | Stora Tuna OK | | | | 32:12 | 0:00 |
| | (1) | Viktor Svensk | 14:13 | 1 | 0:00 | | |
| | (2) | Viktor Barkegren | 17:59 | 9 | 4:22 | | |
| 2 | 211 | OK Ravinen 2 | | | | 32:14 | 0:02 |
| | (1) | Erik Herne | 14:16 | 2 | 0:03 | | |
| | (2) | Hugo Thorell | 17:58 | 8 | 4:21 | | |
| 3 | 207 | Kils OK | | | | 32:16 | 0:04 |
| | (1) | Jonathan Uller | 14:16 | 2 | 0:03 | | |
| | (2) | Lukas Olm | 18:00 | 10 | 4:23 | | |
| 4 | 209 | OK Dacke | | | | 34:13 | 2:01 |
| | (1) | Emil Pettersson | 19:47 | 6 | 5:34 | | |
| | (2) | Oscar Johansson | 14:26 | 2 | 0:49 | | |
| 5 | 210 | OK Ravinen 1 | | | | 34:55 | 2:43 |
| | (1) | Lukas Hellgren | 21:18 | 13 | 7:05 | | |
| | (2) | Axel Granqvist | 13:37 | 1 | 0:00 | | |
| 6 | 208 | Markbygdens OK/ IK Hakarpspojarna | | | | 36:21 | 4:09 |
| | (1) | Andreas Gustafsson | 19:33 | 5 | 5:20 | | |
| | (2) | Felix Axelsson | 16:48 | 4 | 3:11 | | |
| 7 | 213 | OK Tor/ Ärla IF | | | | 36:28 | 4:16 |
| | (1) | Pontus Olofsson-Bierfeldt | 21:16 | 12 | 7:03 | | |
| | (2) | Gustav Johnsson | 15:12 | 3 | 1:35 | | |
| 8 | 221 | Järfälla OK/ Bromma-Vällingby SOK 1 | | | | 38:06 | 5:54 |
| | (1) | Johan Langerak | 21:13 | 11 | 7:00 | | |
| | (2) | Bejamin Langerak | 16:53 | 5 | 3:16 | | |
| 9 | 218 | Västerbergslagens OL 1 | | | | 38:53 | 6:41 |
| | (1) | Jesper Nordqvist | 21:01 | 9 | 6:48 | | |
| | (2) | Simon Sjöberg | 17:52 | 6 | 4:15 | | |
| 10 | 217 | Tumba-Mälarhöjden OK | | | | 39:13 | 7:01 |
| | (1) | Alexander Käll | 21:21 | 14 | 7:08 | | |
| | (2) | Johan Giberg | 17:52 | 6 | 4:15 | | |
| 11 | 219 | Västerbergslagens OL 2 | | | | 41:01 | 8:49 |
| | (1) | Sebastian Danielsson | 19:05 | 4 | 4:52 | | |
| | (2) | Gustav Stål | 21:56 | 12 | 8:19 | | |
| 12 | 214 | OK Tranan | | | | 45:09 | 12:57 |
| | (1) | Klas Johansson | 21:06 | 10 | 6:53 | | |
| | (2) | Hugo Setthagen | 24:03 | 13 | 10:26 | | |

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Sida 4

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--|----------|--------|----------|-----------------|--------------|
| 13 | 201 | Eksjö SOK 1 | | | | 57:09 | 24:57 |
| | (1) | Gustav Wärnsberg | 31:44 | 19 | 17:31 | | |
| | (2) | Carl Wärnsberg | 25:25 | 14 | 11:48 | | |
| 14 | 202 | Eksjö SOK 2 | | | | 57:14 | 25:02 |
| | (1) | Wilma Bergander | 36:05 | 20 | 21:52 | | |
| | (2) | Hugo Djurstedt | 21:09 | 11 | 7:32 | | |
| 15 | 203 | Grycksbo IF OK | | | | 57:27 | 25:15 |
| | (1) | Linus Olhaus | 23:19 | 15 | 9:06 | | |
| | (2) | Mika Koskinen | 34:08 | 15 | 20:31 | | |
| 16 | 206 | Insjöns IF OK | | | | 61:37 | 29:25 |
| | (1) | Adam Hahne | 23:25 | 16 | 9:12 | | |
| | (2) | Marcus Sterner | 38:12 | 16 | 24:35 | | |
| 17 | 212 | OK Roslagen | | | | 77:55 | 45:43 |
| | (1) | Joel Wahlqvist | 36:35 | 21 | 22:22 | | |
| | (2) | Anna Söderbärg | 41:20 | 17 | 27:43 | | |
| | 204 | IK Hakarpspojarna 1 | | | | Ej godk. | |
| | (1) | Viktor Ossiansson | 19:51 | 7 | 5:38 | | |
| | (2) | Lukas Granstedt | Ej godk. | | | | |
| | 205 | IK Hakarpspojarna 2 | | | | Ej godk. | |
| | (1) | Mattias Öhlund | 26:01 | 18 | 11:48 | | |
| | (2) | Emil Öhlund | Ej godk. | | | | |
| | 216 | Södertälje-Nykvarn OF | | | | Ej godk. | |
| | (1) | David Borg | 19:57 | 8 | 5:44 | | |
| | (2) | Gustav Heldt | Ej godk. | | | | |
| | 222 | OK Hällen | | | | Ej godk. | |
| | (1) | Oscar Rosman | 24:02 | 17 | 9:49 | | |
| | (2) | David Bergstrand | Ej godk. | | | | |
| | 220 | Järfälla OK/ Bromma-Vällingby SOK 2 | | | | Ej start | |
| | (1) | Linus Albinsson | 41:41 | 22 | 27:28 | | |
| | (2) | Emmy Albinsson | Ej start | | | | |

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| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|---|---------|--------|----------|--------------|--------------|
| D14 | | | | | | | |
| 1 | 808 | Korsnäs IF OK/ Järle Orientering | | | | 51:51 | 0:00 |
| | (1) | Anna Dahlgren-Rosén | 13:58 | 3 | 1:29 | | |
| | (2) | Erica Edman | 13:07 | 3 | 0:46 | | |
| | (3) | Anna Dahlgren-Rosén | 13:03 | 1 | 0:00 | | |
| | (4) | Erica Edman | 11:43 | 1 | 0:00 | | |
| 2 | 801 | Eksjö SOK | | | | 53:16 | 1:25 |
| | (1) | Gabriella Bergander | 14:36 | 6 | 2:07 | | |
| | (2) | Linnéa Golsäter | 12:21 | 1 | 0:00 | | |
| | (3) | Gabriella Bergander | 14:09 | 3 | 1:06 | | |
| | (4) | Linnéa Golsäter | 12:10 | 2 | 0:27 | | |
| 3 | 802 | Grycksbo IF OK 1 | | | | 56:38 | 4:47 |
| | (1) | Tova Olsson | 14:22 | 5 | 1:53 | | |
| | (2) | Ella Olsson | 13:19 | 4 | 0:58 | | |
| | (3) | Tova Olsson | 14:21 | 4 | 1:18 | | |
| | (4) | Ella Olsson | 14:36 | 4 | 2:53 | | |
| 4 | 816 | Västerbergslagens OL | | | | 56:42 | 4:51 |
| | (1) | Madeleine Liljedahl | 14:10 | 4 | 1:41 | | |
| | (2) | Matilda Eriksson | 13:29 | 5 | 1:08 | | |
| | (3) | Madeleine Liljedahl | 13:47 | 2 | 0:44 | | |
| | (4) | Matilda Eriksson | 15:16 | 6 | 3:33 | | |
| 5 | 805 | IK Hakarpspojarna 1 | | | | 63:40 | 11:49 |
| | (1) | Moa Granstedt | 13:51 | 2 | 1:22 | | |
| | (2) | Gabriella Gustafsson | 13:01 | 2 | 0:40 | | |
| | (3) | Moa Granstedt | 23:26 | 12 | 10:23 | | |
| | (4) | Gabriella Gustafsson | 13:22 | 3 | 1:39 | | |
| 6 | 809 | Leksands OK | | | | 64:45 | 12:54 |
| | (1) | Elin Fältman | 14:47 | 7 | 2:18 | | |
| | (2) | Jonna Ramsell | 17:35 | 8 | 5:14 | | |
| | (3) | Elin Fältman | 16:27 | 7 | 3:24 | | |
| | (4) | Jonna Ramsell | 15:56 | 7 | 4:13 | | |
| 7 | 814 | OK Tranan | | | | 64:57 | 13:06 |
| | (1) | Sara Kindlund | 12:29 | 1 | 0:00 | | |
| | (2) | Lisa Johansson | 15:32 | 6 | 3:11 | | |
| | (3) | Sara Kindlund | 16:52 | 9 | 3:49 | | |
| | (4) | Lisa Johansson | 20:04 | 11 | 8:21 | | |

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Sida 6

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|----------------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 810 | OK Ravinen | | | | 71:19 | 19:28 |
| | (1) | Tone Albrektsson | 18:11 | 11 | 5:42 | | |
| | (2) | Maja Bergman | 18:35 | 9 | 6:14 | | |
| | (3) | Tone Albrektsson | 16:07 | 5 | 3:04 | | |
| | (4) | Maja Bergman | 18:26 | 9 | 6:43 | | |
| 9 | 813 | OK Roslagen 3 | | | | 77:55 | 26:04 |
| | (1) | Sara Brolin | 15:30 | 10 | 3:01 | | |
| | (2) | Alice Frost | 26:11 | 11 | 13:50 | | |
| | (3) | Sara Brolin | 21:36 | 11 | 8:33 | | |
| | (4) | Alice Frost | 14:38 | 5 | 2:55 | | |
| 10 | 803 | Grycksbo IF OK 2 | | | | 105:00 | 53:09 |
| | (1) | Noa-Ristin C Lagerqvist | 33:35 | 13 | 21:06 | | |
| | (2) | Maria Bergström | 18:39 | 10 | 6:18 | | |
| | (3) | Noa-Ristin C Lagerqvist | 34:54 | 13 | 21:51 | | |
| | (4) | Maria Bergström | 17:52 | 8 | 6:09 | | |
| 11 | 812 | OK Roslagen 2 | | | | 109:09 | 57:18 |
| | (1) | Caroline Løchting Thunberg | 14:53 | 8 | 2:24 | | |
| | (2) | Anna Jansson | 26:23 | 12 | 14:02 | | |
| | (3) | Caroline Løchting Thunberg | 16:42 | 8 | 3:39 | | |
| | (4) | Anna Jansson | 51:11 | 12 | 39:28 | | |
| | 804 | IFK Moras OK | | | | Ej godk. | |
| | (1) | Erika Duhlbo | 15:23 | 9 | 2:54 | | |
| | (2) | Julia Eriksson | Ej godk. | | | | |
| | (3) | Erika Duhlbo | 16:24 | 6 | 3:21 | | |
| | (4) | Julia Eriksson | 19:35 | 10 | 7:52 | | |
| | 811 | OK Roslagen 1 | | | | Ej godk. | |
| | (1) | Linda Brolin | 18:59 | 12 | 6:30 | | |
| | (2) | Ellen Broman | 16:06 | 7 | 3:45 | | |
| | (3) | Linda Brolin | 18:01 | 10 | 4:58 | | |
| | (4) | Ellen Broman | Ej godk. | | | | |
| | 806 | IK Hakarpspojkar 2 | | | | Ej start | |
| | (1) | Ebba Envall | Ej start | | | | |
| | (2) | Moa Granstedt | Ej start | | | | |
| | (3) | Ebba Envall | Ej start | | | | |
| | (4) | Moa Granstedt | Ej start | | | | |
| | 807 | IK Hakarpspojkar/ Sala OK | | | | Ej start | |
| | (1) | Amanda Rangert | Ej start | | | | |
| | (2) | Mirjam Dalén | Ej start | | | | |
| | (3) | Amanda Rangert | Ej start | | | | |
| | (4) | Mirjam Dalén | Ej start | | | | |

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Sida 7

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|----|------------|----------------------|----------|--------|----------|-----------------|------|
| | 815 | Stora Tuna OK | | | | Ej start | |
| | (1) | Stina Bayard | Ej start | | | | |
| | (2) | Emma Jansson | Ej start | | | | |
| | (3) | Stina Bayard | Ej start | | | | |
| | (4) | Emma Jansson | Ej start | | | | |
| | 817 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | (2) | vacant | Ej start | | | | |
| | (3) | vacant | Ej start | | | | |
| | (4) | vacant | Ej start | | | | |
| | 818 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | (2) | vacant | Ej start | | | | |
| | (3) | vacant | Ej start | | | | |
| | (4) | vacant | Ej start | | | | |
| | 819 | vacant | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | (2) | vacant | Ej start | | | | |
| | (3) | vacant | Ej start | | | | |
| | (4) | vacant | Ej start | | | | |

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Sida 8

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--|---------|--------|----------|--------------|-------------|
| D16 | | | | | | | |
| 1 | 306 | IFK Moras OK | | | | 59:17 | 0:00 |
| | (1) | Sara Wadman | 12:54 | 2 | 0:04 | | |
| | (2) | Hanna Eriksson | 14:49 | 2 | 0:58 | | |
| | (3) | Sara Wadman | 15:49 | 1 | 0:00 | | |
| | (4) | Hanna Eriksson | 15:45 | 2 | 1:38 | | |
| 2 | 307 | Kils OK | | | | 62:50 | 3:33 |
| | (1) | Sanna Stenholm | 15:45 | 10 | 2:55 | | |
| | (2) | Sanna Skoog | 15:18 | 3 | 1:27 | | |
| | (3) | Sanna Stenholm | 17:40 | 7 | 1:51 | | |
| | (4) | Sanna Skoog | 14:07 | 1 | 0:00 | | |
| 3 | 313 | Västerbergslagens OL/ Insjöns IF OK | | | | 63:46 | 4:29 |
| | (1) | Linnéa Hahne | 12:55 | 3 | 0:05 | | |
| | (2) | Maria Andersson | 16:01 | 5 | 2:10 | | |
| | (3) | Linnéa Hahne | 17:06 | 3 | 1:17 | | |
| | (4) | Maria Andersson | 17:44 | 6 | 3:37 | | |
| 4 | 314 | Södertälje-Nykvarn OF 2 | | | | 66:22 | 7:05 |
| | (1) | Anna Kindlundh | 15:29 | 8 | 2:39 | | |
| | (2) | Jeanette Jönsson Hellstadius | 17:30 | 9 | 3:39 | | |
| | (3) | Anna Kindlundh | 17:31 | 6 | 1:42 | | |
| | (4) | Jeanette Jönsson Hellstadius | 15:52 | 3 | 1:45 | | |
| 5 | 309 | OK Dacke | | | | 67:23 | 8:06 |
| | (1) | Amanda Johansson | 15:31 | 9 | 2:41 | | |
| | (2) | Moa Pettersson | 18:41 | 10 | 4:50 | | |
| | (3) | Amanda Johansson | 17:12 | 4 | 1:23 | | |
| | (4) | Moa Pettersson | 15:59 | 4 | 1:52 | | |
| 6 | 304 | Gotland 2 | | | | 67:53 | 8:36 |
| | (1) | Junia Birgersson | 15:13 | 5 | 2:23 | | |
| | (2) | Ellinor Vejlens | 17:02 | 7 | 3:11 | | |
| | (3) | Junia Birgersson | 18:23 | 8 | 2:34 | | |
| | (4) | Ellinor Vejlens | 17:15 | 5 | 3:08 | | |
| 7 | 308 | Leksands OK/ IFK Moras OK | | | | 68:08 | 8:51 |
| | (1) | Frida Lövgren | 12:50 | 1 | 0:00 | | |
| | (2) | Maja Enges | 17:11 | 8 | 3:20 | | |
| | (3) | Frida Lövgren | 19:58 | 10 | 4:09 | | |
| | (4) | Maja Enges | 18:09 | 7 | 4:02 | | |

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Sida 9

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--------------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 302 | Domnarvets GOIF 2 | | | | 73:53 | 14:36 |
| | (1) | Hanna Fors | 15:15 | 7 | 2:25 | | |
| | (2) | Elsa Andersson | 18:42 | 11 | 4:51 | | |
| | (3) | Hanna Fors | 19:26 | 9 | 3:37 | | |
| | (4) | Elsa Andersson | 20:30 | 8 | 6:23 | | |
| 9 | 303 | Gotland 1 | | | | 74:14 | 14:57 |
| | (1) | ove Rönnbäck | 20:12 | 13 | 7:22 | | |
| | (2) | Mikaela Rönnbäck | 16:28 | 6 | 2:37 | | |
| | (3) | Tove Rönnbäck | 16:39 | 2 | 0:50 | | |
| | (4) | Mikaela Rönnbäck | 20:55 | 10 | 6:48 | | |
| 10 | 315 | Norbergs OK | | | | 78:59 | 19:42 |
| | (1) | Mathilda Björn | 15:14 | 6 | 2:24 | | |
| | (2) | Amanda Elmertoft | 21:03 | 13 | 7:12 | | |
| | (3) | Mathilda Björn | 20:53 | 12 | 5:04 | | |
| | (4) | Amanda Elmertoft | 21:49 | 11 | 7:42 | | |
| 11 | 305 | Gotland 3 | | | | 82:20 | 23:03 |
| | (1) | Linn Möller | 20:38 | 14 | 7:48 | | |
| | (2) | Cornelia Hansson | 19:00 | 12 | 5:09 | | |
| | (3) | Linn Möller | 22:00 | 13 | 6:11 | | |
| | (4) | Cornelia Hansson | 20:42 | 9 | 6:35 | | |
| 12 | 312 | Södertälje-Nykvarn OF 1 | | | | 84:19 | 25:02 |
| | (1) | Sofia Ehn | 17:14 | 12 | 4:24 | | |
| | (2) | Klara Andén | 22:54 | 14 | 9:03 | | |
| | (3) | Sofia Ehn | 20:48 | 11 | 4:59 | | |
| | (4) | Klara Andén | 23:23 | 12 | 9:16 | | |
| | 301 | Domnarvets GOIF 1 | | | | Ej godk. | |
| | (1) | Maja Eriksson | 16:23 | 11 | 3:33 | | |
| | (2) | Ida Kihlén | 15:47 | 4 | 1:56 | | |
| | (3) | Maja Eriksson | Ej godk. | | | | |
| | (4) | Ida Kihlén | Ej godk. | | | | |
| | 310 | Stora Tuna OK 1 | | | | Ej godk. | |
| | (1) | Hanna Barkegren | 13:58 | 4 | 1:08 | | |
| | (2) | Matilda Dammvik | 13:51 | 1 | 0:00 | | |
| | (3) | Hanna Barkegren | 17:19 | 5 | 1:30 | | |
| | (4) | Matilda Dammvik | Ej godk. | | | | |
| | 311 | Stora Tuna OK 2 | | | | Ej start | |
| | (1) | Hanna Aspfors | Ej start | | | | |
| | (2) | Linnea Malmberg | Ej start | | | | |
| | (3) | Hanna Aspfors | Ej start | | | | |
| | (4) | Linnea Malmberg | Ej start | | | | |

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Sida 10

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|---------------|------------|--|---------|--------|----------|--------------|--------------|
| D17-20 | | | | | | | |
| 1 | 837 | Stora Tuna OK/ OL Tønsberg og Omegn | | | | 60:39 | 0:00 |
| | (1) | Anna Ulvensøen | 15:04 | 1 | 0:00 | | |
| | (2) | Lisa Lindgren | 15:38 | 1 | 0:00 | | |
| | (3) | Anna Ulvensøen | 14:45 | 2 | 0:04 | | |
| | (4) | Lisa Lindgren | 15:12 | 1 | 0:00 | | |
| 2 | 839 | Ärla IF 2 | | | | 61:46 | 1:07 |
| | (1) | Lisa Andersson | 15:33 | 2 | 0:29 | | |
| | (2) | Sofia Grawé | 15:58 | 2 | 0:20 | | |
| | (3) | Lisa Andersson | 14:41 | 1 | 0:00 | | |
| | (4) | Sofia Grawé | 15:34 | 2 | 0:22 | | |
| 3 | 833 | Linköpings OK/ OK Kolmården | | | | 68:21 | 7:42 |
| | (1) | Hanna Modig Tjärnström | 16:29 | 4 | 1:25 | | |
| | (2) | Anna Håkansson | 16:51 | 3 | 1:13 | | |
| | (3) | Hanna Modig Tjärnström | 17:40 | 6 | 2:59 | | |
| | (4) | Anna Håkansson | 17:21 | 6 | 2:09 | | |
| 4 | 836 | OK Tyr 2 | | | | 69:29 | 8:50 |
| | (1) | Anna Brodin | 16:22 | 3 | 1:18 | | |
| | (2) | Sofia Levin | 20:01 | 7 | 4:23 | | |
| | (3) | Anna Brodin | 17:29 | 5 | 2:48 | | |
| | (4) | Sofia Levin | 15:37 | 3 | 0:25 | | |
| 5 | 834 | OK Roslagen | | | | 69:34 | 8:55 |
| | (1) | Charlotte Sandberg | 20:21 | 7 | 5:17 | | |
| | (2) | Samantha Ahlgren | 16:53 | 4 | 1:15 | | |
| | (3) | Charlotte Sandberg | 16:20 | 3 | 1:39 | | |
| | (4) | Samantha Ahlgren | 16:00 | 4 | 0:48 | | |
| 6 | 838 | Ärla IF 1 | | | | 69:54 | 9:15 |
| | (1) | Sandra Karlsson-Bierfeldt | 20:12 | 6 | 5:08 | | |
| | (2) | Sophie Eriksson | 17:06 | 5 | 1:28 | | |
| | (3) | Sandra Karlsson-Bierfeldt | 16:21 | 4 | 1:40 | | |
| | (4) | Sophie Eriksson | 16:15 | 5 | 1:03 | | |
| 7 | 832 | Kvarnsvedens GOIF OK | | | | 81:23 | 20:44 |
| | (1) | Ingrid Stigsmark | 19:32 | 5 | 4:28 | | |
| | (2) | Linnea Ekskog | 18:56 | 6 | 3:18 | | |
| | (3) | Ingrid Stigsmark | 22:17 | 7 | 7:36 | | |
| | (4) | Linnea Ekskog | 20:38 | 7 | 5:26 | | |

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Sida 11

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|----|------------|---------------------|----------|--------|----------|-----------------|------|
| | 831 | IFK Moras OK | | | | Ej start | |
| | (1) | Frida Persson | Ej start | | | | |
| | (2) | Anna Gunnars | Ej start | | | | |
| | (3) | Frida Persson | Ej start | | | | |
| | (4) | Anna Gunnars | Ej start | | | | |
| | 835 | OK Tyr 1 | | | | Ej start | |
| | (1) | My Westlund | Ej start | | | | |
| | (2) | Malin Leandersson | Ej start | | | | |
| | (3) | My Westlund | Ej start | | | | |
| | (4) | Malin Leandersson | Ej start | | | | |

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Sida 12

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|-----------|------------------------------|---------|--------|----------|--------------|--------------|
| D21 | | | | | | | |
| 1 | 54 | IK Hakarpspojarna | | | | 65:48 | 0:00 |
| | (1) | Hanna Palm | 16:05 | 3 | 0:42 | | |
| | (2) | Anna Envall | 16:22 | 1 | 0:00 | | |
| | (3) | Hanna Palm | 16:53 | 1 | 0:00 | | |
| | (4) | Anna Envall | 16:28 | 1 | 0:00 | | |
| 2 | 55 | Långhundra IF | | | | 70:08 | 4:20 |
| | (1) | Josefin Bengtsson | 16:33 | 5 | 1:10 | | |
| | (2) | Petra Olander | 18:12 | 2 | 1:50 | | |
| | (3) | Josefin Bengtsson | 17:22 | 3 | 0:29 | | |
| | (4) | Petra Olander | 18:01 | 2 | 1:33 | | |
| 3 | 62 | Södertälje-Nykvarn OF | | | | 70:59 | 5:11 |
| | (1) | Katarina Borg | 15:58 | 2 | 0:35 | | |
| | (2) | Karin Leonhardt | 18:41 | 5 | 2:19 | | |
| | (3) | Katarina Borg | 17:19 | 2 | 0:26 | | |
| | (4) | Karin Leonhardt | 19:01 | 5 | 2:33 | | |
| 4 | 64 | Täby OK | | | | 72:45 | 6:57 |
| | (1) | Lisa Larsen | 15:23 | 1 | 0:00 | | |
| | (2) | Märta Larsen | 21:00 | 9 | 4:38 | | |
| | (3) | Lisa Larsen | 17:59 | 4 | 1:06 | | |
| | (4) | Märta Larsen | 18:23 | 3 | 1:55 | | |
| 5 | 51 | Eksjö SOK 1 | | | | 73:01 | 7:13 |
| | (1) | Cecilia Bergander | 17:13 | 8 | 1:50 | | |
| | (2) | Linda Nordin Abaji | 18:18 | 3 | 1:56 | | |
| | (3) | Cecilia Bergander | 19:07 | 7 | 2:14 | | |
| | (4) | Linda Nordin Abaji | 18:23 | 3 | 1:55 | | |
| 6 | 63 | IFK Moras OK 2 | | | | 76:13 | 10:25 |
| | (1) | Kane Andersson | 18:42 | 10 | 3:19 | | |
| | (2) | Cajsa Grape | 18:32 | 4 | 2:10 | | |
| | (3) | Kane Andersson | 19:36 | 8 | 2:43 | | |
| | (4) | Cajsa Grape | 19:23 | 6 | 2:55 | | |
| 7 | 53 | IFK Moras OK 1 | | | | 80:46 | 14:58 |
| | (1) | Magdalena Olsson | 17:02 | 7 | 1:39 | | |
| | (2) | Laura Fenyvesi | 18:50 | 6 | 2:28 | | |
| | (3) | Magdalena Olsson | 20:30 | 10 | 3:37 | | |
| | (4) | Laura Fenyvesi | 24:24 | 12 | 7:56 | | |

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Sida 13

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|-----------|--|----------|--------|----------|-----------------|--------------|
| 8 | 61 | Tumba-Mälarhöjden OK/ Hellas SOIK | | | | 81:07 | 15:19 |
| | (1) | Ronja Hill | 18:14 | 9 | 2:51 | | |
| | (2) | Lotta Giberg | 20:54 | 8 | 4:32 | | |
| | (3) | Ronja Hill | 20:46 | 11 | 3:53 | | |
| | (4) | Lotta Giberg | 21:13 | 9 | 4:45 | | |
| 9 | 60 | OK Ravinen | | | | 81:44 | 15:56 |
| | (1) | Sarah-Jane Gaffney | 20:46 | 12 | 5:23 | | |
| | (2) | Anette Önerud | 20:21 | 7 | 3:59 | | |
| | (3) | Sarah-Jane Gaffney | 20:21 | 9 | 3:28 | | |
| | (4) | Anette Önerud | 20:16 | 7 | 3:48 | | |
| 10 | 58 | OK Denseln 3 | | | | 84:56 | 19:08 |
| | (1) | Hanna Nilsson | 19:16 | 11 | 3:53 | | |
| | (2) | Susanne Karlsson | 25:44 | 10 | 9:22 | | |
| | (3) | Hanna Nilsson | 18:39 | 6 | 1:46 | | |
| | (4) | Susanne Karlsson | 21:17 | 10 | 4:49 | | |
| 11 | 59 | OK Denseln/ Skogspojkarnas OK | | | | 87:13 | 21:25 |
| | (1) | Elin Håkansson | 16:30 | 4 | 1:07 | | |
| | (2) | Jennifer Jönsson | 28:48 | 12 | 12:26 | | |
| | (3) | Elin Håkansson | 18:18 | 5 | 1:25 | | |
| | (4) | Jennifer Jönsson | 23:37 | 11 | 7:09 | | |
| 12 | 56 | OK Denseln 1 | | | | 129:09 | 63:21 |
| | (1) | Eva Engman | 24:58 | 13 | 9:35 | | |
| | (2) | Havin Zaaïm Kasem | 31:45 | 13 | 15:23 | | |
| | (3) | Eva Engman | 28:18 | 12 | 11:25 | | |
| | (4) | Havin Zaaïm Kasem | 44:08 | 13 | 27:40 | | |
| | 57 | OK Denseln 2 | | | | Ej godk. | |
| | (1) | Anneli Berggren | 16:47 | 6 | 1:24 | | |
| | (2) | Hanna Berggren | 28:40 | 11 | 12:18 | | |
| | (3) | Anneli Berggren | Ej godk. | | | | |
| | (4) | Hanna Berggren | 20:38 | 8 | 4:10 | | |
| | 52 | Eksjö SOK 2 | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | (2) | vacant | Ej start | | | | |
| | (3) | vacant | Ej start | | | | |
| | (4) | vacant | Ej start | | | | |

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Sida 14

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--------------------------------|---------|--------|----------|--------------|--------------|
| D40 | | | | | | | |
| 1 | 525 | IK Hakarpspojarna | | | | 58:40 | 0:00 |
| | (1) | Maria Ossiansson | 13:12 | 2 | 0:04 | | |
| | (2) | Anette Granstedt | 15:42 | 2 | 1:27 | | |
| | (3) | Maria Ossiansson | 15:30 | 3 | 1:01 | | |
| | (4) | Anette Granstedt | 14:16 | 1 | 0:00 | | |
| 2 | 530 | Södertälje-Nykvarn OF 2 | | | | 61:22 | 2:42 |
| | (1) | Jeanette Enckell | 16:22 | 3 | 3:14 | | |
| | (2) | Sofia Heldt | 14:15 | 1 | 0:00 | | |
| | (3) | Jeanette Enckell | 14:36 | 2 | 0:07 | | |
| | (4) | Sofia Heldt | 16:09 | 2 | 1:53 | | |
| 3 | 521 | Domnarvets GOIF | | | | 61:27 | 2:47 |
| | (1) | Maria Bergfält | 13:08 | 1 | 0:00 | | |
| | (2) | Kajsa Kihlén | 17:35 | 6 | 3:20 | | |
| | (3) | Maria Bergfält | 14:29 | 1 | 0:00 | | |
| | (4) | Kajsa Kihlén | 16:15 | 3 | 1:59 | | |
| 4 | 526 | Kils OK | | | | 72:06 | 13:26 |
| | (1) | Ylva Olm | 18:59 | 9 | 5:51 | | |
| | (2) | Helen Skoog | 17:22 | 5 | 3:07 | | |
| | (3) | Ylva Olm | 18:00 | 7 | 3:31 | | |
| | (4) | Helen Skoog | 17:45 | 5 | 3:29 | | |
| 5 | 522 | Eksjö SOK | | | | 73:22 | 14:42 |
| | (1) | Carina Bergander | 19:25 | 11 | 6:17 | | |
| | (2) | Susanna Djurstedt | 17:03 | 3 | 2:48 | | |
| | (3) | Carina Bergander | 19:14 | 9 | 4:45 | | |
| | (4) | Susanna Djurstedt | 17:40 | 4 | 3:24 | | |
| 6 | 527 | Markbygdens OK | | | | 74:50 | 16:10 |
| | (1) | Marina Axelsson | 16:35 | 4 | 3:27 | | |
| | (2) | Jeanette Sigenstam | 22:09 | 10 | 7:54 | | |
| | (3) | Marina Axelsson | 17:05 | 5 | 2:36 | | |
| | (4) | Jeanette Sigenstam | 19:01 | 6 | 4:45 | | |
| 7 | 529 | Södertälje-Nykvarn OF 1 | | | | 79:39 | 20:59 |
| | (1) | Annamari Sjöblom | 17:23 | 5 | 4:15 | | |
| | (2) | Moni Winsnes | 21:50 | 9 | 7:35 | | |
| | (3) | Annamari Sjöblom | 21:08 | 11 | 6:39 | | |
| | (4) | Moni Winsnes | 19:18 | 7 | 5:02 | | |

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Sida 15

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|-----------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 534 | Väsby OK | | | | 80:22 | 21:42 |
| | (1) | Maria Cole | 18:44 | 7 | 5:36 | | |
| | (2) | Pia Boudrie Hesselgren | 20:12 | 7 | 5:57 | | |
| | (3) | Maria Cole | 17:38 | 6 | 3:09 | | |
| | (4) | Pia Boudrie Hesselgren | 23:48 | 12 | 9:32 | | |
| 9 | 531 | Tumba-Mälarhöjden OK | | | | 81:50 | 23:10 |
| | (1) | Lotta Östervall | 17:35 | 6 | 4:27 | | |
| | (2) | Carina Johansson | 23:07 | 11 | 8:52 | | |
| | (3) | Lotta Östervall | 19:35 | 10 | 5:06 | | |
| | (4) | Carina Johansson | 21:33 | 10 | 7:17 | | |
| 10 | 528 | Rånäs OK | | | | 87:56 | 29:16 |
| | (1) | Ann-Christin Pousette | 23:21 | 12 | 10:13 | | |
| | (2) | Agneta Karlsson | 20:46 | 8 | 6:31 | | |
| | (3) | Ann-Christin Pousette | 22:40 | 12 | 8:11 | | |
| | (4) | Agneta Karlsson | 21:09 | 9 | 6:53 | | |
| 11 | 533 | OK Hällén | | | | 114:44 | 56:04 |
| | (1) | Kristina Hagfalk | 19:23 | 10 | 6:15 | | |
| | (2) | Helene Söderberg | 37:18 | 12 | 23:03 | | |
| | (3) | Kristina Hagfalk | 23:14 | 13 | 8:45 | | |
| | (4) | Helene Söderberg | 34:49 | 13 | 20:33 | | |
| | 524 | IFK Moras OK | | | | Ej godk. | |
| | (1) | Maria Gustavsson | 18:46 | 8 | 5:38 | | |
| | (2) | Catharina Lindroth | Ej godk. | | | | |
| | (3) | Maria Gustavsson | 18:46 | 8 | 4:17 | | |
| | (4) | Catharina Lindroth | 23:10 | 11 | 8:54 | | |
| | 532 | Ärla IF | | | | Ej godk. | |
| | (1) | Mia Bierfeldt | Ej godk. | | | | |
| | (2) | Mona Bierfeldt | 17:09 | 4 | 2:54 | | |
| | (3) | Mia Bierfeldt | 17:04 | 4 | 2:35 | | |
| | (4) | Mona Bierfeldt | 19:47 | 8 | 5:31 | | |
| | 523 | Gotland | | | | Ej start | |
| | (1) | Anna Samelius | Ej start | | | | |
| | (2) | Katarina Funkquist | Ej start | | | | |
| | (3) | Anna Samelius | Ej start | | | | |
| | (4) | Katarina Funkquist | Ej start | | | | |

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Sida 16

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|-------------------------|----------|--------|----------|-----------------|-------------|
| D50 | | | | | | | |
| 1 | 601 | Eksjö SOK 1 | | | | 72:56 | 0:00 |
| | (1) | Monica Henriksson | 17:33 | 1 | 0:00 | | |
| | (2) | Monica Kollberg | 16:36 | 2 | 0:22 | | |
| | (3) | Monica Henriksson | 19:53 | 2 | 0:05 | | |
| | (4) | Monica Kollberg | 18:54 | 2 | 1:28 | | |
| 2 | 604 | Sala OK | | | | 81:25 | 8:29 |
| | (1) | Tanja-Birgit Söderström | 22:52 | 3 | 5:19 | | |
| | (2) | Lena Larsson | 16:14 | 1 | 0:00 | | |
| | (3) | Britt Linnéa Eriksson | 24:53 | 3 | 5:05 | | |
| | (4) | Lena Larsson | 17:26 | 1 | 0:00 | | |
| | 602 | Eksjö SOK 2 | | | | Ej godk. | |
| | (1) | Gun Henriksson | 22:30 | 2 | 4:57 | | |
| | (2) | Ann-Christine Lööf | 18:08 | 3 | 1:54 | | |
| | (3) | Gun Henriksson | 19:48 | 1 | 0:00 | | |
| | (4) | Ann-Christine Lööf | Ej godk. | | | | |
| | 603 | IFK Moras OK | | | | Ej start | |
| | (1) | Kane Andersson | Ej start | | | | |
| | (2) | Ylva Grape Andersson | Ej start | | | | |
| | (3) | Kane Andersson | Ej start | | | | |
| | (4) | Ylva Grape Andersson | Ej start | | | | |

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Sida 17

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--------------------------------|---------|--------|----------|--------------|-------------|
| H14 | | | | | | | |
| 1 | 417 | OK Bävern | | | | 44:59 | 0:00 |
| | (1) | Oliwer Lundberg | 11:26 | 1 | 0:00 | | |
| | (2) | Rasmus Lundberg | 11:23 | 3 | 0:14 | | |
| | (3) | Oliwer Lundberg | 11:34 | 2 | 0:04 | | |
| | (4) | Rasmus Lundberg | 10:36 | 2 | 0:17 | | |
| 2 | 401 | Eksjö SOK 1 | | | | 45:01 | 0:02 |
| | (1) | Nils Wärnsberg | 11:39 | 2 | 0:13 | | |
| | (2) | Lucas Sundblad | 11:13 | 2 | 0:04 | | |
| | (3) | Nils Wärnsberg | 11:30 | 1 | 0:00 | | |
| | (4) | Lucas Sundblad | 10:39 | 3 | 0:20 | | |
| 3 | 409 | Stora Tuna OK 2 | | | | 45:04 | 0:05 |
| | (1) | Henning Sjökvist | 11:42 | 4 | 0:16 | | |
| | (2) | Jesper Svensk | 11:09 | 1 | 0:00 | | |
| | (3) | Henning Sjökvist | 11:54 | 3 | 0:24 | | |
| | (4) | Jesper Svensk | 10:19 | 1 | 0:00 | | |
| 4 | 405 | Kils OK 1 | | | | 52:25 | 7:26 |
| | (1) | Andreas Uller | 12:54 | 8 | 1:28 | | |
| | (2) | Viktor Skoog | 14:35 | 6 | 3:26 | | |
| | (3) | Andreas Uller | 12:57 | 5 | 1:27 | | |
| | (4) | Viktor Skoog | 11:59 | 8 | 1:40 | | |
| 5 | 402 | Eksjö SOK 2 | | | | 53:17 | 8:18 |
| | (1) | Philip Edvardsson | 13:48 | 10 | 2:22 | | |
| | (2) | Adam Persson | 13:24 | 4 | 2:15 | | |
| | (3) | Philip Edvardsson | 15:15 | 12 | 3:45 | | |
| | (4) | Adam Persson | 10:50 | 4 | 0:31 | | |
| 6 | 410 | Sundbybergs IK/ Täby OK | | | | 53:19 | 8:20 |
| | (1) | Tobias Bjernulf | 12:16 | 6 | 0:50 | | |
| | (2) | Gustaf Aflodal | 15:50 | 7 | 4:41 | | |
| | (3) | Tobias Bjernulf | 14:23 | 10 | 2:53 | | |
| | (4) | Gustaf Aflodal | 10:50 | 4 | 0:31 | | |
| 7 | 412 | Västerbergslagens OL 1 | | | | 54:43 | 9:44 |
| | (1) | André Andersson | 11:41 | 3 | 0:15 | | |
| | (2) | Lukas Danielsson | 17:17 | 10 | 6:08 | | |
| | (3) | André Andersson | 13:25 | 6 | 1:55 | | |
| | (4) | Lukas Danielsson | 12:20 | 9 | 2:01 | | |

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Sida 18

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|-------------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 407 | OK Denseln | | | | 55:25 | 10:26 |
| | (1) | Gustav Engman | 15:09 | 12 | 3:43 | | |
| | (2) | August Mollén | 14:09 | 5 | 3:00 | | |
| | (3) | Gustav Engman | 14:54 | 11 | 3:24 | | |
| | (4) | August Mollén | 11:13 | 6 | 0:54 | | |
| 9 | 411 | Södertälje-Nykvarn OF | | | | 55:51 | 10:52 |
| | (1) | Patrik Roos | 13:01 | 9 | 1:35 | | |
| | (2) | Jesper Sjöblom | 17:04 | 9 | 5:55 | | |
| | (3) | Patrik Roos | 13:58 | 8 | 2:28 | | |
| | (4) | Jesper Sjöblom | 11:48 | 7 | 1:29 | | |
| 10 | 416 | Väsby OK 1 | | | | 60:40 | 15:41 |
| | (1) | Antonio Johnsson Pucic | 12:50 | 7 | 1:24 | | |
| | (2) | Simon Elverö | 17:02 | 8 | 5:53 | | |
| | (3) | Antonio Johnsson Pucic | 13:32 | 7 | 2:02 | | |
| | (4) | Simon Elverö | 17:16 | 11 | 6:57 | | |
| 11 | 413 | Västerbergslagens OL 2 | | | | 71:24 | 26:25 |
| | (1) | Rikard Holmström | 22:16 | 13 | 10:50 | | |
| | (2) | Oscar Sjöberg | 19:32 | 11 | 8:23 | | |
| | (3) | Rikard Holmström | 12:52 | 4 | 1:22 | | |
| | (4) | Oscar Sjöberg | 16:44 | 10 | 6:25 | | |
| 12 | 403 | Gotland | | | | 78:12 | 33:13 |
| | (1) | Vidar Funkquist | 12:03 | 5 | 0:37 | | |
| | (2) | David Dahl | 29:39 | 14 | 18:30 | | |
| | (3) | Vidar Funkquist | 14:17 | 9 | 2:47 | | |
| | (4) | David Dahl | 22:13 | 15 | 11:54 | | |
| 13 | 406 | Kils OK 2 | | | | 81:59 | 37:00 |
| | (1) | Måns Olm | 14:43 | 11 | 3:17 | | |
| | (2) | Elis Nordström | 20:09 | 12 | 9:00 | | |
| | (3) | Måns Olm | 29:09 | 15 | 17:39 | | |
| | (4) | Elis Nordström | 17:58 | 12 | 7:39 | | |
| 14 | 404 | IFK Moras OK | | | | 85:10 | 40:11 |
| | (1) | Fredrik Norlin | 26:26 | 15 | 15:00 | | |
| | (2) | Jonas Norlin | 21:01 | 13 | 9:52 | | |
| | (3) | Fredrik Norlin | 18:09 | 13 | 6:39 | | |
| | (4) | Jonas Norlin | 19:34 | 13 | 9:15 | | |
| | 414 | Västerbergslagens OL 3 | | | | Ej godk. | |
| | (1) | Cecilia Djerf | 24:56 | 14 | 13:30 | | |
| | (2) | Linus Borg | Ej godk. | | | | |
| | (3) | Cecilia Djerf | 24:21 | 14 | 12:51 | | |
| | (4) | Linus Borg | 21:06 | 14 | 10:47 | | |

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Sida 19

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|----|------------|------------------------|----------|--------|----------|-----------------|------|
| | 408 | Stora Tuna OK 1 | | | | Ej start | |
| | (1) | Jonas Eriksson | Ej start | | | | |
| | (2) | Nils Alexandersson | Ej start | | | | |
| | (3) | Jonas Eriksson | Ej start | | | | |
| | (4) | Nils Alexandersson | Ej start | | | | |

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Sida 20

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|--|---------|--------|----------|--------------|-------------|
| H16 | | | | | | | |
| 1 | 146 | Västerbergslagens OL/ Leksands OK | | | | 63:18 | 0:00 |
| | (1) | Johan Söderlund | 14:28 | 2 | 0:21 | | |
| | (2) | Johan Winther | 16:35 | 4 | 1:18 | | |
| | (3) | Johan Söderlund | 14:55 | 1 | 0:00 | | |
| | (4) | Johan Winther | 17:20 | 2 | 0:17 | | |
| 2 | 142 | Järla Orientering | | | | 66:10 | 2:52 |
| | (1) | Arvid Henriksson | 16:03 | 6 | 1:56 | | |
| | (2) | Emil Wipp | 15:18 | 2 | 0:01 | | |
| | (3) | Arvid Henriksson | 17:46 | 3 | 2:51 | | |
| | (4) | Emil Wipp | 17:03 | 1 | 0:00 | | |
| 3 | 138 | OK Ravinen | | | | 67:08 | 3:50 |
| | (1) | Felix Hellgren | 16:06 | 7 | 1:59 | | |
| | (2) | Emil Granqvist | 15:18 | 2 | 0:01 | | |
| | (3) | Felix Hellgren | 18:23 | 6 | 3:28 | | |
| | (4) | Emil Granqvist | 17:21 | 3 | 0:18 | | |
| 4 | 137 | OK Denseln | | | | 67:19 | 4:01 |
| | (1) | Max Berggren | 14:07 | 1 | 0:00 | | |
| | (2) | Martin Engman | 19:03 | 8 | 3:46 | | |
| | (3) | Max Berggren | 15:09 | 2 | 0:14 | | |
| | (4) | Martin Engman | 19:00 | 7 | 1:57 | | |
| 5 | 140 | Stora Tuna OK | | | | 68:16 | 4:58 |
| | (1) | Anton Gustafsson | 16:13 | 8 | 2:06 | | |
| | (2) | Jonas Eriksson | 15:17 | 1 | 0:00 | | |
| | (3) | Anton Gustafsson | 18:22 | 5 | 3:27 | | |
| | (4) | Jonas Eriksson | 18:24 | 6 | 1:21 | | |
| 6 | 145 | Järfälla OK/ Bromma-Vällingby SOK | | | | 70:04 | 6:46 |
| | (1) | Jefta Langerak | 16:00 | 5 | 1:53 | | |
| | (2) | Isak Langerak | 17:14 | 5 | 1:57 | | |
| | (3) | Jefta Langerak | 19:12 | 9 | 4:17 | | |
| | (4) | Isak Langerak | 17:38 | 4 | 0:35 | | |
| 7 | 144 | Norbergs OK | | | | 70:33 | 7:15 |
| | (1) | Oskar Karlsson | 15:16 | 3 | 1:09 | | |
| | (2) | William Karlsson | 17:55 | 6 | 2:38 | | |
| | (3) | Oskar Karlsson | 19:32 | 10 | 4:37 | | |
| | (4) | William Karlsson | 17:50 | 5 | 0:47 | | |

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Sida 21

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|-----------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 136 | Kvarnsvedens GOIF OK | | | | 77:07 | 13:49 |
| | (1) | David Stigsmark | 16:47 | 10 | 2:40 | | |
| | (2) | Arvid Runvik | 20:19 | 10 | 5:02 | | |
| | (3) | David Stigsmark | 18:44 | 8 | 3:49 | | |
| | (4) | Arvid Runvik | 21:17 | 11 | 4:14 | | |
| 9 | 134 | IFK Moras OK | | | | 79:31 | 16:13 |
| | (1) | Daniel Duhlbo | 17:52 | 12 | 3:45 | | |
| | (2) | Alfred Björklund | 20:07 | 9 | 4:50 | | |
| | (3) | Daniel Duhlbo | 20:27 | 13 | 5:32 | | |
| | (4) | Alfred Björklund | 21:05 | 10 | 4:02 | | |
| 10 | 132 | Gotland 1 | | | | 80:14 | 16:56 |
| | (1) | John Funkquist | 15:31 | 4 | 1:24 | | |
| | (2) | Mikael Gardelin | 20:33 | 11 | 5:16 | | |
| | (3) | John Funkquist | 20:13 | 12 | 5:18 | | |
| | (4) | Mikael Gardelin | 23:57 | 13 | 6:54 | | |
| 11 | 135 | IK Hakarpspojarna | | | | 86:05 | 22:47 |
| | (1) | Noa Pruth | 24:42 | 15 | 10:35 | | |
| | (2) | Filip Ossiansson | 18:40 | 7 | 3:23 | | |
| | (3) | Noa Pruth | 23:40 | 15 | 8:45 | | |
| | (4) | Filip Ossiansson | 19:03 | 8 | 2:00 | | |
| 12 | 133 | Gotland 2 | | | | 92:35 | 29:17 |
| | (1) | Albert Askengren | 16:33 | 9 | 2:26 | | |
| | (2) | Anders Kallings | 27:46 | 15 | 12:29 | | |
| | (3) | Albert Askengren | 18:08 | 4 | 3:13 | | |
| | (4) | Anders Kallings | 30:08 | 15 | 13:05 | | |
| 13 | 143 | Väsby OK | | | | 93:16 | 29:58 |
| | (1) | Lukas Olsson | 18:07 | 13 | 4:00 | | |
| | (2) | Filip Olsson | 26:21 | 14 | 11:04 | | |
| | (3) | Lukas Olsson | 21:54 | 14 | 6:59 | | |
| | (4) | Filip Olsson | 26:54 | 14 | 9:51 | | |
| | 131 | Eksjö SOK | | | | Ej godk. | |
| | (1) | Erik Persson | Ej godk. | | | | |
| | (2) | Hampus Bergander | 22:13 | 12 | 6:56 | | |
| | (3) | Erik Persson | 18:39 | 7 | 3:44 | | |
| | (4) | Hampus Bergander | 19:17 | 9 | 2:14 | | |
| | 139 | OK Roslagen | | | | Ej godk. | |
| | (1) | Anton Gille | 21:56 | 14 | 7:49 | | |
| | (2) | Olivia Kvarnlöf | 24:12 | 13 | 8:55 | | |
| | (3) | Anton Gille | 24:03 | 16 | 9:08 | | |
| | (4) | Olivia Kvarnlöf | Ej godk. | | | | |

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Sida 22

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|----|------------|-----------------------------|----------|--------|----------|-----------------|------|
| | 141 | Västerbergslagens OL | | | | Ej godk. | |
| | (1) | Fredrik Bergstrand | 17:48 | 11 | 3:41 | | |
| | (2) | Viktor Djerf | Ej godk. | | | | |
| | (3) | Fredrik Bergstrand | 19:59 | 11 | 5:04 | | |
| | (4) | Viktor Djerf | 21:54 | 12 | 4:51 | | |

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Sida 23

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|---------------|------------|--------------------------------|---------|--------|----------|--------------|--------------|
| H17-20 | | | | | | | |
| 1 | 507 | OK Ravinen | | | | 56:20 | 0:00 |
| | (1) | Assar Hellström | 13:27 | 1 | 0:00 | | |
| | (2) | Kalle Bergman | 15:31 | 2 | 0:14 | | |
| | (3) | Assar Hellström | 13:20 | 2 | 0:01 | | |
| | (4) | Kalle Bergman | 14:02 | 1 | 0:00 | | |
| 2 | 505 | Linköpings OK | | | | 56:45 | 0:25 |
| | (1) | Jonas Lundgren | 13:41 | 3 | 0:14 | | |
| | (2) | Erik Sköld | 15:17 | 1 | 0:00 | | |
| | (3) | Jonas Lundgren | 13:19 | 1 | 0:00 | | |
| | (4) | Erik Sköld | 14:28 | 2 | 0:26 | | |
| 3 | 512 | Norbergs OK/ OK Ravinen | | | | 59:39 | 3:19 |
| | (1) | Rasmus Elmertoft | 13:40 | 2 | 0:13 | | |
| | (2) | Krister Kölzow | 15:53 | 5 | 0:36 | | |
| | (3) | Rasmus Elmertoft | 15:38 | 4 | 2:19 | | |
| | (4) | Krister Kölzow | 14:28 | 2 | 0:26 | | |
| 4 | 503 | Eksjö SOK 2 | | | | 64:38 | 8:18 |
| | (1) | Gustav Sandstedt | 15:02 | 5 | 1:35 | | |
| | (2) | Viktor Antonsson | 16:48 | 7 | 1:31 | | |
| | (3) | Gustav Sandstedt | 15:53 | 6 | 2:34 | | |
| | (4) | Viktor Antonsson | 16:55 | 6 | 2:53 | | |
| 5 | 509 | Västerbergslagens OL | | | | 67:50 | 11:30 |
| | (1) | Jonathan Winther | 17:41 | 6 | 4:14 | | |
| | (2) | Kristoffer Holmström | 17:41 | 8 | 2:24 | | |
| | (3) | Jonathan Winther | 16:19 | 7 | 3:00 | | |
| | (4) | Kristoffer Holmström | 16:09 | 5 | 2:07 | | |
| 6 | 504 | Järla Orientering | | | | 69:04 | 12:44 |
| | (1) | Harald Henriksson | 21:23 | 10 | 7:56 | | |
| | (2) | Martin Dahlgren-Rosén | 15:51 | 4 | 0:34 | | |
| | (3) | Harald Henriksson | 15:45 | 5 | 2:26 | | |
| | (4) | Martin Dahlgren-Rosén | 16:05 | 4 | 2:03 | | |
| 7 | 506 | OK Denseln | | | | 70:28 | 14:08 |
| | (1) | Martin Engman | 19:41 | 9 | 6:14 | | |
| | (2) | Ryan Jones | 15:53 | 5 | 0:36 | | |
| | (3) | Martin Engman | 17:50 | 9 | 4:31 | | |
| | (4) | Ryan Jones | 17:04 | 7 | 3:02 | | |

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Sida 24

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|------------------------|----------|--------|----------|-----------------|--------------|
| 8 | 513 | Domnarvets GOIF | | | | 74:16 | 17:56 |
| | (1) | Karl Elisson | 18:39 | 8 | 5:12 | | |
| | (2) | Fredrik Persson | 19:55 | 10 | 4:38 | | |
| | (3) | Karl Elisson | 18:24 | 10 | 5:05 | | |
| | (4) | Fredrik Persson | 17:18 | 8 | 3:16 | | |
| 9 | 501 | Avesta OK 1 | | | | 79:26 | 23:06 |
| | (1) | Viktor Lundén | 18:19 | 7 | 4:52 | | |
| | (2) | Erika Mickelson | 22:51 | 11 | 7:34 | | |
| | (3) | Viktor Lundén | 16:57 | 8 | 3:38 | | |
| | (4) | Erika Mickelson | 21:19 | 10 | 7:17 | | |
| 10 | 511 | Avesta OK 2 | | | | 94:09 | 37:49 |
| | (1) | Lovisa Östman | 30:09 | 11 | 16:42 | | |
| | (2) | Björn Markfjärd | 19:39 | 9 | 4:22 | | |
| | (3) | Lovisa Östman | 25:18 | 11 | 11:59 | | |
| | (4) | Björn Markfjärd | 19:03 | 9 | 5:01 | | |
| | 508 | OK Tisaren | | | | Ej godk. | |
| | (1) | Oskar Andrén | 14:33 | 4 | 1:06 | | |
| | (2) | Jonatan Aronsson | 15:38 | 3 | 0:21 | | |
| | (3) | Oskar Andrén | 15:09 | 3 | 1:50 | | |
| | (4) | Jonatan Aronsson | Ej godk. | | | | |
| | 502 | Eksjö SOK 1 | | | | Ej start | |
| | (1) | vacant | Ej start | | | | |
| | (2) | vacant | Ej start | | | | |
| | (3) | vacant | Ej start | | | | |
| | (4) | vacant | Ej start | | | | |

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Sida 25

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|-----------|-------------------------------|---------|--------|----------|--------------|-------------|
| H21 | | | | | | | |
| 1 | 5 | IFK Umeå | | | | 53:11 | 0:00 |
| | (1) | Erik Lind | 13:53 | 5 | 0:40 | | |
| | (2) | Lukas Peterson | 13:31 | 1 | 0:00 | | |
| | (3) | Erik Lind | 13:29 | 6 | 1:22 | | |
| | (4) | Lukas Peterson | 12:18 | 2 | 0:04 | | |
| 2 | 13 | OK Linné 1 | | | | 53:58 | 0:47 |
| | (1) | Josef Nordlund | 13:49 | 4 | 0:36 | | |
| | (2) | Mats Troeng | 15:02 | 5 | 1:31 | | |
| | (3) | Josef Nordlund | 12:07 | 1 | 0:00 | | |
| | (4) | Mats Troeng | 13:00 | 5 | 0:46 | | |
| 3 | 26 | OK Linné 2 | | | | 54:13 | 1:02 |
| | (1) | David Lingfors | 13:48 | 3 | 0:35 | | |
| | (2) | Oskar Sjöberg | 15:07 | 6 | 1:36 | | |
| | (3) | David Lingfors | 12:54 | 4 | 0:47 | | |
| | (4) | Oskar Sjöberg | 12:24 | 3 | 0:10 | | |
| 4 | 11 | OK Denseln 3 | | | | 54:24 | 1:13 |
| | (1) | Albert Mollén | 14:23 | 9 | 1:10 | | |
| | (2) | Erik Pettersson | 14:37 | 3 | 1:06 | | |
| | (3) | Albert Mollén | 12:51 | 2 | 0:44 | | |
| | (4) | Erik Pettersson | 12:33 | 4 | 0:19 | | |
| 5 | 18 | Tjällmo-Godegårds OK 1 | | | | 55:28 | 2:17 |
| | (1) | Joel Francén | 13:38 | 2 | 0:25 | | |
| | (2) | Johan Sjögren | 15:33 | 7 | 2:02 | | |
| | (3) | Joel Francén | 12:53 | 3 | 0:46 | | |
| | (4) | Johan Sjögren | 13:24 | 7 | 1:10 | | |
| 6 | 7 | Linköpings OK 2 | | | | 55:53 | 2:42 |
| | (1) | Mikael Andersson | 14:13 | 7 | 1:00 | | |
| | (2) | Erik Martinsson | 14:45 | 4 | 1:14 | | |
| | (3) | Mikael Andersson | 13:44 | 8 | 1:37 | | |
| | (4) | Erik Martinsson | 13:11 | 6 | 0:57 | | |
| 7 | 21 | Ärla IF 1 | | | | 57:30 | 4:19 |
| | (1) | Simon Hedlund | 15:34 | 11 | 2:21 | | |
| | (2) | Victor Silvemmark | 13:47 | 2 | 0:16 | | |
| | (3) | Simon Hedlund | 15:55 | 18 | 3:48 | | |
| | (4) | Victor Silvemmark | 12:14 | 1 | 0:00 | | |

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Sida 26

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|-----------|------------------------------------|---------|--------|----------|--------------|--------------|
| 8 | 10 | OK Denseln 2 | | | | 58:07 | 4:56 |
| | (1) | Oleksandr Starov | 13:13 | 1 | 0:00 | | |
| | (2) | Olle Kalered | 15:44 | 8 | 2:13 | | |
| | (3) | Oleksandr Starov | 13:15 | 5 | 1:08 | | |
| | (4) | Olle Kalered | 15:55 | 15 | 3:41 | | |
| 9 | 9 | OK Denseln 1 | | | | 59:59 | 6:48 |
| | (1) | Erik Andersson | 15:10 | 10 | 1:57 | | |
| | (2) | Sigge Lundedal | 17:05 | 14 | 3:34 | | |
| | (3) | Erik Andersson | 13:35 | 7 | 1:28 | | |
| | (4) | Sigge Lundedal | 14:09 | 10 | 1:55 | | |
| 10 | 27 | Södertälje-Nykvarn OF | | | | 60:52 | 7:41 |
| | (1) | Anders Axling | 17:04 | 17 | 3:51 | | |
| | (2) | Anders Axelsson | 15:54 | 10 | 2:23 | | |
| | (3) | Anders Axling | 14:02 | 9 | 1:55 | | |
| | (4) | Anders Axelsson | 13:52 | 8 | 1:38 | | |
| 11 | 16 | Snättringe SK 2 | | | | 61:31 | 8:20 |
| | (1) | David Hector | 16:03 | 13 | 2:50 | | |
| | (2) | Simon Hector | 15:45 | 9 | 2:14 | | |
| | (3) | David Hector | 15:44 | 15 | 3:37 | | |
| | (4) | Simon Hector | 13:59 | 9 | 1:45 | | |
| 12 | 12 | OK Hällen | | | | 62:38 | 9:27 |
| | (1) | Tommy Söderberg | 14:18 | 8 | 1:05 | | |
| | (2) | Tim Bjäregren | 17:52 | 17 | 4:21 | | |
| | (3) | Tommy Söderberg | 15:02 | 11 | 2:55 | | |
| | (4) | Tim Bjäregren | 15:26 | 13 | 3:12 | | |
| 13 | 22 | Ärla IF 2 | | | | 64:02 | 10:51 |
| | (1) | Donald McCarthy | 16:47 | 16 | 3:34 | | |
| | (2) | Oscar Vångell | 16:42 | 12 | 3:11 | | |
| | (3) | Donald McCarthy | 15:23 | 13 | 3:16 | | |
| | (4) | Oscar Vångell | 15:10 | 11 | 2:56 | | |
| 14 | 6 | Linköpings OK 1 | | | | 64:05 | 10:54 |
| | (1) | Andreas Berg | 16:19 | 14 | 3:06 | | |
| | (2) | Per Magnusson | 16:47 | 13 | 3:16 | | |
| | (3) | Andreas Berg | 15:46 | 16 | 3:39 | | |
| | (4) | Per Magnusson | 15:13 | 12 | 2:59 | | |
| 15 | 8 | OK Bävern/ Trollhättans SOK | | | | 67:47 | 14:36 |
| | (1) | Joakim Axelsson | 17:20 | 18 | 4:07 | | |
| | (2) | Martin Schagerlind | 17:30 | 15 | 3:59 | | |
| | (3) | Joakim Axelsson | 17:10 | 22 | 5:03 | | |
| | (4) | Martin Schagerlind | 15:47 | 14 | 3:33 | | |

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Sida 27

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|-----------|-------------------------------|---------|--------|----------|---------------|--------------|
| 16 | 23 | Söders SOL Tyresö | | | | 68:46 | 15:35 |
| | (1) | Niklas Wrane | 18:44 | 21 | 5:31 | | |
| | (2) | Johan Hedman | 17:45 | 16 | 4:14 | | |
| | (3) | Niklas Wrane | 16:04 | 21 | 3:57 | | |
| | (4) | Johan Hedman | 16:13 | 16 | 3:59 | | |
| 17 | 15 | OK Älgen | | | | 69:05 | 15:54 |
| | (1) | Johan Nordström | 14:11 | 6 | 0:58 | | |
| | (2) | Stefan Eriksson | 21:26 | 20 | 7:55 | | |
| | (3) | Johan Nordström | 14:30 | 10 | 2:23 | | |
| | (4) | Stefan Eriksson | 18:58 | 19 | 6:44 | | |
| 18 | 24 | Västerås SOK | | | | 72:27 | 19:16 |
| | (1) | Hampus Westman | 18:32 | 20 | 5:19 | | |
| | (2) | Hans Westman | 21:16 | 19 | 7:45 | | |
| | (3) | Hampus Westman | 15:59 | 20 | 3:52 | | |
| | (4) | Hans Westman | 16:40 | 17 | 4:26 | | |
| 19 | 2 | Eksjö SOK | | | | 77:49 | 24:38 |
| | (1) | Adam Sandstedt | 16:34 | 15 | 3:21 | | |
| | (2) | John Sjöäter | 24:19 | 23 | 10:48 | | |
| | (3) | Adam Sandstedt | 15:55 | 18 | 3:48 | | |
| | (4) | John Sjöäter | 21:01 | 24 | 8:47 | | |
| 20 | 20 | Tjällmo-Godegårds OK 3 | | | | 77:58 | 24:47 |
| | (1) | Håkan Samor | 17:50 | 19 | 4:37 | | |
| | (2) | Johan Allard | 24:57 | 24 | 11:26 | | |
| | (3) | Håkan Samor | 15:14 | 12 | 3:07 | | |
| | (4) | Johan Allard | 19:57 | 21 | 7:43 | | |
| 21 | 3 | Gotland | | | | 81:02 | 27:51 |
| | (1) | Simon Kappel | 18:48 | 22 | 5:35 | | |
| | (2) | Åke Kappel | 22:23 | 21 | 8:52 | | |
| | (3) | Simon Kappel | 19:33 | 24 | 7:26 | | |
| | (4) | Åke Kappel | 20:18 | 22 | 8:04 | | |
| 22 | 1 | Dalaportens OL | | | | 88:09 | 34:58 |
| | (1) | Erik Gohde | 22:40 | 23 | 9:27 | | |
| | (2) | Olov Gohde | 23:57 | 22 | 10:26 | | |
| | (3) | Erik Gohde | 21:54 | 25 | 9:47 | | |
| | (4) | Olov Gohde | 19:38 | 20 | 7:24 | | |
| 23 | 19 | Tjällmo-Godegårds OK 2 | | | | 111:48 | 58:37 |
| | (1) | Martin Allard | 34:22 | 24 | 21:09 | | |
| | (2) | Daniel Eloff | 31:25 | 26 | 17:54 | | |
| | (3) | Martin Allard | 25:13 | 26 | 13:06 | | |
| | (4) | Daniel Eloff | 20:48 | 23 | 8:34 | | |

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| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|----|-----------|------------------------|----------|--------|----------|-----------------|------|
| | 4 | IFK Moras OK | | | | Ej godk. | |
| | (1) | Katarina Lövgren | 15:57 | 12 | 2:44 | | |
| | (2) | Klaus Csucs | 16:25 | 11 | 2:54 | | |
| | (3) | Katarina Lövgren | 18:50 | 23 | 6:43 | | |
| | (4) | Klaus Csucs | Ej godk. | | | | |
| | 17 | Snättringe SK 1 | | | | Ej godk. | |
| | (1) | Mikael Nilsson | Ej godk. | | | | |
| | (2) | Martin Nilsson | 20:04 | 18 | 6:33 | | |
| | (3) | Mikael Nilsson | 15:28 | 14 | 3:21 | | |
| | (4) | Martin Nilsson | 16:43 | 18 | 4:29 | | |
| | 25 | Väsby OK | | | | Ej godk. | |
| | (1) | Robin Ekebom | Ej godk. | | | | |
| | (2) | Joakim Olsson | 26:18 | 25 | 12:47 | | |
| | (3) | Robin Ekebom | 15:53 | 17 | 3:46 | | |
| | (4) | Joakim Olsson | 21:30 | 25 | 9:16 | | |
| | 14 | OK Tyr | | | | Ej start | |
| | (1) | Sten Leandersson | Ej start | | | | |
| | (2) | Andreas Leandersson | Ej start | | | | |
| | (3) | Sten Leandersson | Ej start | | | | |
| | (4) | Andreas Leandersson | Ej start | | | | |

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Sida 29

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|---------------------------|---------|--------|----------|--------------|-------------|
| H40 | | | | | | | |
| 1 | 441 | Kils OK | | | | 58:55 | 0:00 |
| | (1) | Christer Skoog | 14:21 | 2 | 0:28 | | |
| | (2) | Jan Olm | 15:30 | 6 | 15:30 | | |
| | (3) | Christer Skoog | 15:25 | 1 | 0:00 | | |
| | (4) | Jan Olm | 13:39 | 1 | 0:00 | | |
| 2 | 445 | OK Denseln 2 | | | | 59:00 | 0:05 |
| | (1) | Stefan Karlsson | 13:53 | 1 | 0:00 | | |
| | (2) | Björn Karlsson | 15:26 | 5 | 15:26 | | |
| | (3) | Stefan Karlsson | 15:27 | 2 | 0:02 | | |
| | (4) | Björn Karlsson | 14:14 | 2 | 0:35 | | |
| 3 | 436 | IK Hakarpspojkar 1 | | | | 62:05 | 3:10 |
| | (1) | Kristian Palm | 15:40 | 8 | 1:47 | | |
| | (2) | Fridolf Eskilsson | 15:16 | 3 | 15:16 | | |
| | (3) | Kristian Palm | 15:59 | 4 | 0:34 | | |
| | (4) | Fridolf Eskilsson | 15:10 | 4 | 1:31 | | |
| 4 | 457 | Väsby OK 1 | | | | 62:08 | 3:13 |
| | (1) | Robert Elverö | 15:39 | 7 | 1:46 | | |
| | (2) | Björn Rundlöf | 15:22 | 4 | 15:22 | | |
| | (3) | Robert Elverö | 15:37 | 3 | 0:12 | | |
| | (4) | Björn Rundlöf | 15:30 | 5 | 1:51 | | |
| 5 | 437 | IK Hakarpspojkar 2 | | | | 63:04 | 4:09 |
| | (1) | Bo Granstedt | 14:26 | 3 | 0:33 | | |
| | (2) | Mats Granstedt | 16:43 | 11 | 16:43 | | |
| | (3) | Bo Granstedt | 16:00 | 5 | 0:35 | | |
| | (4) | Mats Granstedt | 15:55 | 6 | 2:16 | | |
| 6 | 438 | IK Hakarpspojkar 3 | | | | 64:46 | 5:51 |
| | (1) | Matti Envall | 18:04 | 16 | 4:11 | | |
| | (2) | Andreas Rangert | 14:10 | 2 | 14:10 | | |
| | (3) | Matti Envall | 17:42 | 13 | 2:17 | | |
| | (4) | Andreas Rangert | 14:50 | 3 | 1:11 | | |
| 7 | 439 | IK Hakarpspojkar 4 | | | | 66:26 | 7:31 |
| | (1) | Mattias Ossiansson | 15:30 | 6 | 1:37 | | |
| | (2) | Bengt Öhlund | 16:36 | 9 | 16:36 | | |
| | (3) | Mattias Ossiansson | 17:30 | 11 | 2:05 | | |
| | (4) | Bengt Öhlund | 16:50 | 11 | 3:11 | | |

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| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|-----------------------------------|---------|--------|----------|--------------|--------------|
| 8 | 450 | OK Tor/ Ärla IF | | | | 67:10 | 8:15 |
| | (1) | Håkan Olofsson | 18:38 | 18 | 4:45 | | |
| | (2) | Henrik Johnsson | 15:34 | 7 | 15:34 | | |
| | (3) | Håkan Olofsson | 16:29 | 7 | 1:04 | | |
| | (4) | Henrik Johnsson | 16:29 | 8 | 2:50 | | |
| 9 | 444 | OK Denseln 1 | | | | 67:24 | 8:29 |
| | (1) | Fredrik Engman | 18:29 | 17 | 4:36 | | |
| | (2) | Per Kempe | 15:50 | 8 | 15:50 | | |
| | (3) | Fredrik Engman | 16:19 | 6 | 0:54 | | |
| | (4) | Per Kempe | 16:46 | 10 | 3:07 | | |
| 10 | 431 | Domnarvets GOIF 1 | | | | 69:04 | 10:09 |
| | (1) | Erik Yngvesson | 16:36 | 10 | 2:43 | | |
| | (2) | Per Nordahl | 17:06 | 13 | 17:06 | | |
| | (3) | Erik Yngvesson | 17:10 | 9 | 1:45 | | |
| | (4) | Per Nordahl | 18:12 | 17 | 4:33 | | |
| 11 | 451 | OK Triangeln/ Alfta-Ösa OK | | | | 69:27 | 10:32 |
| | (1) | Stefan Hedlund | 16:42 | 11 | 2:49 | | |
| | (2) | Anders Jönsson | 17:48 | 15 | 17:48 | | |
| | (3) | Stefan Hedlund | 18:14 | 14 | 2:49 | | |
| | (4) | Anders Jönsson | 16:43 | 9 | 3:04 | | |
| 12 | 455 | Tumba-Mälarhöjden OK | | | | 69:42 | 10:47 |
| | (1) | Anders Käll | 16:44 | 12 | 2:51 | | |
| | (2) | Dan Giberg | 17:02 | 12 | 17:02 | | |
| | (3) | Anders Käll | 17:04 | 8 | 1:39 | | |
| | (4) | Dan Giberg | 18:52 | 18 | 5:13 | | |
| 13 | 448 | OK Roslagen | | | | 70:13 | 11:18 |
| | (1) | Pontus Gille | 15:29 | 5 | 1:36 | | |
| | (2) | Anders Söderbärg | 18:42 | 19 | 18:42 | | |
| | (3) | Pontus Gille | 18:14 | 14 | 2:49 | | |
| | (4) | Anders Söderbärg | 17:48 | 14 | 4:09 | | |
| 14 | 435 | Hagaby GOIF/Leksands OK | | | | 71:18 | 12:23 |
| | (1) | Hans Egefalk | 19:14 | 19 | 5:21 | | |
| | (2) | Ulf Magnusson | 16:42 | 10 | 16:42 | | |
| | (3) | Hans Egefalk | 19:14 | 18 | 3:49 | | |
| | (4) | Ulf Magnusson | 16:08 | 7 | 2:29 | | |
| 15 | 432 | Eksjö SOK 1 | | | | 71:40 | 12:45 |
| | (1) | Anders Edvardsson | 17:49 | 14 | 3:56 | | |
| | (2) | Stefan N-Djurstedt | 17:58 | 16 | 17:58 | | |
| | (3) | Anders Edvardsson | 18:49 | 16 | 3:24 | | |
| | (4) | Stefan N-Djurstedt | 17:04 | 12 | 3:25 | | |

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Sida 31

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--------------------------|---------|--------|----------|---------------|--------------|
| 16 | 443 | Markbygdens OK | | | | 76:00 | 17:05 |
| | (1) | Per-Anders Axelsson | 19:14 | 19 | 5:21 | | |
| | (2) | Fredrik Ask | 18:14 | 17 | 18:14 | | |
| | (3) | Per-Anders Axelsson | 20:24 | 22 | 4:59 | | |
| | (4) | Fredrik Ask | 18:08 | 16 | 4:29 | | |
| 17 | 433 | Eksjö SOK 2 | | | | 77:12 | 18:17 |
| | (1) | Daniel Wärnsberg | 16:21 | 9 | 2:28 | | |
| | (2) | Christer Johansson | 20:08 | 20 | 20:08 | | |
| | (3) | Daniel Wärnsberg | 19:55 | 21 | 4:30 | | |
| | (4) | Christer Johansson | 20:48 | 21 | 7:09 | | |
| 18 | 442 | Linköpings OK | | | | 78:00 | 19:05 |
| | (1) | Jörgen Sköld | 20:37 | 23 | 6:44 | | |
| | (2) | Johan Åtting | 18:25 | 18 | 18:25 | | |
| | (3) | Jörgen Sköld | 19:34 | 19 | 4:09 | | |
| | (4) | Johan Åtting | 19:24 | 20 | 5:45 | | |
| 19 | 452 | Sala OK 1 | | | | 79:12 | 20:17 |
| | (1) | Göran Larsson | 21:37 | 25 | 7:44 | | |
| | (2) | Mårten Källström | 17:42 | 14 | 17:42 | | |
| | (3) | Göran Larsson | 21:00 | 23 | 5:35 | | |
| | (4) | Mårten Källström | 18:53 | 19 | 5:14 | | |
| 20 | 449 | OK Tisaren | | | | 80:12 | 21:17 |
| | (1) | Nils Aronsson | 17:11 | 13 | 3:18 | | |
| | (2) | Jonas Pettersson | 26:11 | 25 | 26:11 | | |
| | (3) | Nils Aronsson | 18:54 | 17 | 3:29 | | |
| | (4) | Jonas Pettersson | 17:56 | 15 | 4:17 | | |
| 21 | 460 | OK Roslagen 2 | | | | 81:52 | 22:57 |
| | (1) | Ola Hultin | 15:20 | 4 | 1:27 | | |
| | (2) | Magnus Jansson | 24:22 | 23 | 24:22 | | |
| | (3) | Ola Hultin | 17:13 | 10 | 1:48 | | |
| | (4) | Magnus Jansson | 24:57 | 23 | 11:18 | | |
| 22 | 434 | Eksjö SOK 3 | | | | 82:12 | 23:17 |
| | (1) | Håkan Sandstedt | 20:16 | 22 | 6:23 | | |
| | (2) | Björn Golsäter | 20:11 | 21 | 20:11 | | |
| | (3) | Håkan Sandstedt | 19:41 | 20 | 4:16 | | |
| | (4) | Björn Golsäter | 22:04 | 22 | 8:25 | | |
| 23 | 458 | Domnarvets GOIF 2 | | | | 104:45 | 45:50 |
| | (1) | Ola Andersson | 25:16 | 26 | 11:23 | | |
| | (2) | Håkan Eriksson | 23:23 | 22 | 23:23 | | |
| | (3) | Ola Andersson | 28:15 | 26 | 12:50 | | |
| | (4) | Håkan Eriksson | 27:51 | 25 | 14:12 | | |

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Sida 32

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--|----------|--------|----------|-----------------|--------------|
| 24 | 453 | Sala OK 2 | | | | 108:13 | 49:18 |
| | (1) | Erik Bengtsson | 28:36 | 27 | 14:43 | | |
| | (2) | David Söderström | 25:21 | 24 | 25:21 | | |
| | (3) | Erik Bengtsson | 27:55 | 25 | 12:30 | | |
| | (4) | David Söderström | 26:21 | 24 | 12:42 | | |
| 25 | 440 | Järla Orientering/ Kvarnsvedens GOIF OK | | | | 129:08 | 70:13 |
| | (1) | Leif Lundin | 21:02 | 24 | 7:09 | | |
| | (2) | Lennart Lundin | 42:07 | 26 | 42:07 | | |
| | (3) | Leif Lundin | 22:41 | 24 | 7:16 | | |
| | (4) | Lennart Lundin | 43:18 | 26 | 29:39 | | |
| | 446 | OK Denseln 3 | | | | | |
| | (1) | Karl Mollén | 39:15 | 28 | 25:22 | | |
| | (2) | Jan Berggren | 0:00 | 1 | 0:00 | | |
| | (3) | Karl Mollén | | | | | |
| | (4) | Jan Berggren | 17:44 | 13 | 4:05 | | |
| | 454 | Stora Tuna OK | | | | Ej godk. | |
| | (1) | Torbjörn Nilsson | 17:53 | 15 | 4:00 | | |
| | (2) | Stefan Malmberg | Ej godk. | | | | |
| | (3) | Torbjörn Nilsson | 17:34 | 12 | 2:09 | | |
| | (4) | Stefan Malmberg | Ej godk. | | | | |
| | 456 | Väsby OK 2 | | | | Ej godk. | |
| | (1) | Hans Jonsson | 19:46 | 21 | 5:53 | | |
| | (2) | Benny Pettersson | Ej godk. | | | | |
| | (3) | Hans Jonsson | Ej godk. | | | | |
| | (4) | Benny Pettersson | Ej godk. | | | | |
| | 447 | OK Hällén | | | | Ej start | |
| | (1) | Mikael Larsson | Ej start | | | | |
| | (2) | Björn Carlsson | Ej start | | | | |
| | (3) | Mikael Larsson | Ej start | | | | |
| | (4) | Björn Carlsson | Ej start | | | | |

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Sida 33

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|-----------------------------|----------|--------|----------|-----------------|--------------|
| H50 | | | | | | | |
| 1 | 245 | OK Tyr | | | | 56:27 | 0:00 |
| | (1) | Tom Hollowell | 13:43 | 2 | 1:01 | | |
| | (2) | Sixten Westlund | 14:01 | 1 | 0:00 | | |
| | (3) | Tom Hollowell | 15:05 | 2 | 1:37 | | |
| | (4) | Sixten Westlund | 13:38 | 1 | 0:00 | | |
| 2 | 241 | Eksjö SOK | | | | 56:56 | 0:29 |
| | (1) | Arne Klintberg | 12:42 | 1 | 0:00 | | |
| | (2) | Lars-Gunnar Nilsson | 14:55 | 2 | 0:54 | | |
| | (3) | Arne Klintberg | 13:28 | 1 | 0:00 | | |
| | (4) | Lars-Gunnar Nilsson | 15:51 | 2 | 2:13 | | |
| 3 | 243 | IFK Moras OK | | | | 70:34 | 14:07 |
| | (1) | Karl-Erik Andersson | 16:45 | 4 | 4:03 | | |
| | (2) | Lasse Karlsson | 18:08 | 3 | 4:07 | | |
| | (3) | Karl-Erik Andersson | 19:22 | 4 | 5:54 | | |
| | (4) | Lasse Karlsson | 16:19 | 3 | 2:41 | | |
| 4 | 244 | Kvarnsvedens GOIF OK | | | | 75:32 | 19:05 |
| | (1) | Anders Malmberg | 15:31 | 3 | 2:49 | | |
| | (2) | Anders Hurtig | 19:45 | 5 | 5:44 | | |
| | (3) | Anders Malmberg | 18:20 | 3 | 4:52 | | |
| | (4) | Anders Hurtig | 21:56 | 5 | 8:18 | | |
| 5 | 246 | Stora Tuna OK | | | | 77:55 | 21:28 |
| | (1) | Mats Mårtensson | 18:30 | 5 | 5:48 | | |
| | (2) | Claes Nideborn | 19:31 | 4 | 5:30 | | |
| | (3) | Mats Mårtensson | 20:19 | 5 | 6:51 | | |
| | (4) | Claes Nideborn | 19:35 | 4 | 5:57 | | |
| | 242 | IFK Hedemora OK | | | | Ej start | |
| | (1) | Lennart Magnusson | Ej start | | | | |
| | (2) | Karl Johansson | Ej start | | | | |
| | (3) | Lennart Magnusson | Ej start | | | | |
| | (4) | Karl Johansson | Ej start | | | | |

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| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|------------|----------------------------|---------|--------|----------|--------------|-------------|
| MIX | | | | | | | |
| 1 | 969 | IK Hakarpspojarna 2 | | | | 46:48 | 0:00 |
| | (1) | Joakim Hederskog | 10:32 | 1 | 0:00 | | |
| | (2) | Adam Granstedt | 11:59 | 6 | 1:40 | | |
| | (3) | Joakim Hederskog | 11:31 | 1 | 0:00 | | |
| | (4) | Adam Granstedt | 12:46 | 4 | 1:30 | | |
| 2 | 924 | OK Nackhe 1 | | | | 50:14 | 3:26 |
| | (1) | Andreas Lundblad | 11:25 | 3 | 0:53 | | |
| | (2) | Erik Gustafsson | 12:39 | 8 | 2:20 | | |
| | (3) | Andreas Lundblad | 12:06 | 2 | 0:35 | | |
| | (4) | Erik Gustafsson | 14:04 | 7 | 2:48 | | |
| 3 | 923 | OK Linné 1 | | | | 51:08 | 4:20 |
| | (1) | Elisa Elstner | 13:21 | 17 | 2:49 | | |
| | (2) | Johan Hamelius | 10:45 | 2 | 0:26 | | |
| | (3) | Elisa Elstner | 15:26 | 23 | 3:55 | | |
| | (4) | Johan Hamelius | 11:36 | 2 | 0:20 | | |
| 4 | 967 | OK Tyr | | | | 51:29 | 4:41 |
| | (1) | My Westlund | 12:57 | 16 | 2:25 | | |
| | (2) | Andreas Leandersson | 11:28 | 4 | 1:09 | | |
| | (3) | My Westlund | 13:59 | 11 | 2:28 | | |
| | (4) | Andreas Leandersson | 13:05 | 5 | 1:49 | | |
| 5 | 970 | IK Hakarpspojarna 3 | | | | 55:29 | 8:41 |
| | (1) | Marcus Ramström | 12:56 | 15 | 2:24 | | |
| | (2) | Anastasia Klopovskaya | 13:49 | 10 | 3:30 | | |
| | (3) | Marcus Ramström | 13:51 | 9 | 2:20 | | |
| | (4) | Anastasia Klopovskaya | 14:53 | 10 | 3:37 | | |
| 6 | 920 | OK Hällén 1 | | | | 55:43 | 8:55 |
| | (1) | Camilla Larsson | 14:30 | 29 | 3:58 | | |
| | (2) | Per Öberg | 11:26 | 3 | 1:07 | | |
| | (3) | Sara Öberg | 18:31 | 44 | 7:00 | | |
| | (4) | Per Öberg | 11:16 | 1 | 0:00 | | |
| 7 | 934 | OK Tranan 1 | | | | 56:09 | 9:21 |
| | (1) | Mats Kindlund | 11:59 | 10 | 1:27 | | |
| | (2) | Annika Johansson | 14:42 | 17 | 4:23 | | |
| | (3) | Mats Kindlund | 13:23 | 5 | 1:52 | | |
| | (4) | Annika Johansson | 16:05 | 15 | 4:49 | | |

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Sida 35

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--|---------|--------|----------|--------------|--------------|
| 8 | 935 | OK Tranan 2 | | | | 56:34 | 9:46 |
| | (1) | Johan Israelsson | 10:53 | 2 | 0:21 | | |
| | (2) | Claes Setthagen | 14:19 | 15 | 4:00 | | |
| | (3) | Johan Israelsson | 12:18 | 3 | 0:47 | | |
| | (4) | Claes Setthagen | 19:04 | 31 | 7:48 | | |
| 9 | 925 | OK Nackhe 2 | | | | 57:17 | 10:29 |
| | (1) | Joel Johnsson | 11:32 | 4 | 1:00 | | |
| | (2) | Johan Gustafsson | 15:03 | 20 | 4:44 | | |
| | (3) | Joel Johnsson | 14:09 | 12 | 2:38 | | |
| | (4) | Johan Gustafsson | 16:33 | 17 | 5:17 | | |
| 10 | 964 | OK Linné/ OK Devyni | | | | 57:52 | 11:04 |
| | (1) | Rasa Ptasekaite | 12:34 | 12 | 2:02 | | |
| | (2) | Marius Ptasekas | 14:54 | 19 | 4:35 | | |
| | (3) | Rasa Ptasekaite | 14:37 | 18 | 3:06 | | |
| | (4) | Marius Ptasekas | 15:47 | 14 | 4:31 | | |
| 11 | 922 | OK Hällen 3 | | | | 57:56 | 11:08 |
| | (1) | Simon Larsson | 13:31 | 18 | 2:59 | | |
| | (2) | Christoffer Pettersson | 14:45 | 18 | 4:26 | | |
| | (3) | Simon Larsson | 14:10 | 13 | 2:39 | | |
| | (4) | Christoffer Pettersson | 15:30 | 13 | 4:14 | | |
| 12 | 936 | OK Tranan 3 | | | | 58:45 | 11:57 |
| | (1) | Kenneth Johansson | 11:50 | 7 | 1:18 | | |
| | (2) | Sara Nilsson | 16:03 | 24 | 5:44 | | |
| | (3) | Kenneth Johansson | 13:54 | 10 | 2:23 | | |
| | (4) | Sara Nilsson | 16:58 | 19 | 5:42 | | |
| 13 | 965 | Täby OK | | | | 58:55 | 12:07 |
| | (1) | Lewis Taylor | 11:43 | 5 | 1:11 | | |
| | (2) | Hedvig Markgren | 16:13 | 25 | 5:54 | | |
| | (3) | Lewis Taylor | 13:48 | 8 | 2:17 | | |
| | (4) | Hedvig Markgren | 17:11 | 21 | 5:55 | | |
| 14 | 954 | Järfälla OK/ Bromma-Vällingby SOK 3 | | | | 59:50 | 13:02 |
| | (1) | Eric Roller | 11:58 | 8 | 1:26 | | |
| | (2) | Ann Roller | 17:21 | 36 | 7:02 | | |
| | (3) | Eric Roller | 12:31 | 4 | 1:00 | | |
| | (4) | Ann Roller | 18:00 | 27 | 6:44 | | |
| 15 | 942 | Rånäs OK 3 | | | | 59:51 | 13:03 |
| | (1) | Sara Bergquist | 16:29 | 48 | 5:57 | | |
| | (2) | Robin Pousette | 11:31 | 5 | 1:12 | | |
| | (3) | Sara Bergquist | 19:59 | 50 | 8:28 | | |
| | (4) | Robin Pousette | 11:52 | 3 | 0:36 | | |

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Sida 36

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|------------------------------------|---------|--------|----------|--------------|--------------|
| 16 | 943 | Rånäs OK 4 | | | | 59:57 | 13:09 |
| | (1) | Amanda Eklund | 14:38 | 30 | 4:06 | | |
| | (2) | Adam Eklund | 14:31 | 16 | 4:12 | | |
| | (3) | Amanda Eklund | 16:43 | 29 | 5:12 | | |
| | (4) | Adam Eklund | 14:05 | 8 | 2:49 | | |
| 17 | 960 | Rembo IK | | | | 60:42 | 13:54 |
| | (1) | Gustav Andersson | 12:13 | 11 | 1:41 | | |
| | (2) | Inge Andersson | 16:16 | 26 | 5:57 | | |
| | (3) | Gustav Andersson | 14:19 | 14 | 2:48 | | |
| | (4) | Inge Andersson | 17:54 | 25 | 6:38 | | |
| 18 | 929 | OK Ravinen 1 | | | | 60:45 | 13:57 |
| | (1) | Carina Hellgren | 14:38 | 30 | 4:06 | | |
| | (2) | Magnus Hellgren | 14:16 | 14 | 3:57 | | |
| | (3) | Carina Hellgren | 16:56 | 30 | 5:25 | | |
| | (4) | Magnus Hellgren | 14:55 | 11 | 3:39 | | |
| 19 | 966 | OK Hällen 4 | | | | 62:12 | 15:24 |
| | (1) | Mikael Larsson | 14:15 | 24 | 3:43 | | |
| | (2) | Björn Carlsson | 13:53 | 11 | 3:34 | | |
| | (3) | Mikael Larsson | 14:20 | 15 | 2:49 | | |
| | (4) | Björn Carlsson | 19:44 | 41 | 8:28 | | |
| 20 | 931 | OK Ravinen 3 | | | | 62:22 | 15:34 |
| | (1) | Ewa Albrektsson | 15:12 | 33 | 4:40 | | |
| | (2) | Peter Albrektsson | 13:29 | 9 | 3:10 | | |
| | (3) | Ewa Albrektsson | 19:26 | 49 | 7:55 | | |
| | (4) | Peter Albrektsson | 14:15 | 9 | 2:59 | | |
| 21 | 928 | OK Nackhe 5/ Finspångs SOK | | | | 62:45 | 15:57 |
| | (1) | Tommy Johnsson | 14:05 | 21 | 3:33 | | |
| | (2) | Johan Herman | 16:30 | 28 | 6:11 | | |
| | (3) | Tommy Johnsson | 15:03 | 21 | 3:32 | | |
| | (4) | Johan Herman | 17:07 | 20 | 5:51 | | |
| 22 | 915 | Leksands OK/ Ulricehamns OK | | | | 63:29 | 16:41 |
| | (1) | Anders Thomasson | 15:28 | 41 | 4:56 | | |
| | (2) | Mark Baljeu | 14:08 | 12 | 3:49 | | |
| | (3) | Anders Thomasson | 17:44 | 36 | 6:13 | | |
| | (4) | Mark Baljeu | 16:09 | 16 | 4:53 | | |
| 23 | 917 | Linköpings OK 2 | | | | 64:23 | 17:35 |
| | (1) | Per Gustås | 12:40 | 14 | 2:08 | | |
| | (2) | Johanna Gustås | 19:28 | 46 | 9:09 | | |
| | (3) | Per Gustås | 14:21 | 16 | 2:50 | | |
| | (4) | Johanna Gustås | 17:54 | 25 | 6:38 | | |

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| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|------------------------|---------|--------|----------|--------------|--------------|
| 24 | 938 | OK Tyr 1 | | | | 64:34 | 17:46 |
| | (1) | Bengt Levin | 11:45 | 6 | 1:13 | | |
| | (2) | Jessica Levin | 19:44 | 47 | 9:25 | | |
| | (3) | Bengt Levin | 13:38 | 7 | 2:07 | | |
| | (4) | Jessica Levin | 19:27 | 36 | 8:11 | | |
| 25 | 919 | Linköpings OK 4 | | | | 64:37 | 17:49 |
| | (1) | Fredrika Vångell | 14:19 | 25 | 3:47 | | |
| | (2) | Pia Gustafsson | 17:14 | 35 | 6:55 | | |
| | (3) | Fredrika Vångell | 15:01 | 20 | 3:30 | | |
| | (4) | Pia Gustafsson | 18:03 | 28 | 6:47 | | |
| 26 | 909 | Insjöns IF | | | | 65:35 | 18:47 |
| | (1) | Thomas Hahne | 13:36 | 20 | 3:04 | | |
| | (2) | Filip Hahne | 15:46 | 23 | 5:27 | | |
| | (3) | Thomas Hahne | 15:03 | 21 | 3:32 | | |
| | (4) | Filip Hahne | 21:10 | 46 | 9:54 | | |
| 27 | 930 | OK Ravinen 2 | | | | 65:43 | 18:55 |
| | (1) | Ann Granqvist | 16:22 | 47 | 5:50 | | |
| | (2) | Michael Granqvist | 15:39 | 21 | 5:20 | | |
| | (3) | Ann Granqvist | 18:14 | 40 | 6:43 | | |
| | (4) | Michael Granqvist | 15:28 | 12 | 4:12 | | |
| 28 | 910 | Kils OK 1 | | | | 66:47 | 19:59 |
| | (1) | Jonas Uller | 14:41 | 32 | 4:09 | | |
| | (2) | Anna Uller | 16:44 | 31 | 6:25 | | |
| | (3) | Jonas Uller | 16:07 | 25 | 4:36 | | |
| | (4) | Anna Uller | 19:15 | 35 | 7:59 | | |
| 29 | 968 | Rånäs OK 9 | | | | 66:49 | 20:01 |
| | (1) | Roine Andersson | 14:29 | 28 | 3:57 | | |
| | (2) | Håkan Rostö | 16:47 | 32 | 6:28 | | |
| | (3) | Roine Andersson | 16:01 | 24 | 4:30 | | |
| | (4) | Håkan Rostö | 19:32 | 39 | 8:16 | | |
| 30 | 901 | Eksjö SOK 1 | | | | 67:19 | 20:31 |
| | (1) | Patrik Persson | 15:50 | 45 | 5:18 | | |
| | (2) | Lars Nordgren | 15:44 | 22 | 5:25 | | |
| | (3) | Patrik Persson | 18:55 | 47 | 7:24 | | |
| | (4) | Lars Nordgren | 16:50 | 18 | 5:34 | | |
| 31 | 905 | HJS-Vansbro OK | | | | 67:33 | 20:45 |
| | (1) | Karin Håll | 14:09 | 22 | 3:37 | | |
| | (2) | Erica Håll | 17:50 | 40 | 7:31 | | |
| | (3) | Karin Håll | 18:01 | 38 | 6:30 | | |
| | (4) | Erica Håll | 17:33 | 22 | 6:17 | | |

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| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|---------------------------|---------|--------|----------|--------------|--------------|
| 32 | 912 | Kristinehamns OK 2 | | | | 69:37 | 22:49 |
| | (1) | Runo Johansson | 15:23 | 39 | 4:51 | | |
| | (2) | Birgitta Johansson | 17:35 | 38 | 7:16 | | |
| | (3) | Runo Johansson | 17:39 | 35 | 6:08 | | |
| | (4) | Birgitta Johansson | 19:00 | 30 | 7:44 | | |
| 33 | 921 | OK Hällén 2 | | | | 70:06 | 23:18 |
| | (1) | Hans Öberg | 15:31 | 42 | 4:59 | | |
| | (2) | Johanna Öberg | 17:59 | 42 | 7:40 | | |
| | (3) | Hans Öberg | 16:28 | 27 | 4:57 | | |
| | (4) | Johanna Öberg | 20:08 | 45 | 8:52 | | |
| 34 | 962 | Kils OK 2 | | | | 71:49 | 25:01 |
| | (1) | Ella Nordström | 20:25 | 60 | 9:53 | | |
| | (2) | Lars Nordström | 14:15 | 13 | 3:56 | | |
| | (3) | Ella Nordström | 23:07 | 60 | 11:36 | | |
| | (4) | Lars Nordström | 14:02 | 6 | 2:46 | | |
| 35 | 939 | OK Tyr 2 | | | | 72:09 | 25:21 |
| | (1) | Mats Kensby | 17:28 | 49 | 6:56 | | |
| | (2) | Ingrid Kensby | 17:29 | 37 | 7:10 | | |
| | (3) | Mats Kensby | 18:06 | 39 | 6:35 | | |
| | (4) | Ingrid Kensby | 19:06 | 33 | 7:50 | | |
| 36 | 933 | OK Roslagen | | | | 72:11 | 25:23 |
| | (1) | Mats Frost | 15:16 | 37 | 4:44 | | |
| | (2) | Maria Kvarnlöf | 16:43 | 30 | 6:24 | | |
| | (3) | Mats Frost | 21:06 | 53 | 9:35 | | |
| | (4) | Maria Kvarnlöf | 19:06 | 33 | 7:50 | | |
| 37 | 926 | OK Nackhe 3 | | | | 72:26 | 25:38 |
| | (1) | Amanda Johansson | 15:55 | 46 | 5:23 | | |
| | (2) | Sofia Johansson | 16:59 | 33 | 6:40 | | |
| | (3) | Amanda Johansson | 20:28 | 51 | 8:57 | | |
| | (4) | Sofia Johansson | 19:04 | 31 | 7:48 | | |
| 38 | 945 | Rånäs OK 6 | | | | 74:22 | 27:34 |
| | (1) | Anders Ohlin | 12:36 | 13 | 2:04 | | |
| | (2) | Kristin Hansson | 24:46 | 63 | 14:27 | | |
| | (3) | Anders Ohlin | 14:39 | 19 | 3:08 | | |
| | (4) | Kristin Hansson | 22:21 | 51 | 11:05 | | |
| 39 | 948 | Sala OK 1 | | | | 74:29 | 27:41 |
| | (1) | Jörgen Dalén | 17:55 | 51 | 7:23 | | |
| | (2) | Mirjam Dalén | 16:18 | 27 | 5:59 | | |
| | (3) | Jörgen Dalén | 18:45 | 46 | 7:14 | | |
| | (4) | Mirjam Dalén | 21:31 | 49 | 10:15 | | |

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Sida 39

| Pl | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|--|---------|--------|----------|--------------|--------------|
| 40 | 941 | Rånäs OK 2 | | | | 75:33 | 28:45 |
| | (1) | Marica Tynell | 18:31 | 52 | 7:59 | | |
| | (2) | Pontus Thörn | 18:32 | 44 | 8:13 | | |
| | (3) | Marica Tynell | 20:55 | 52 | 9:24 | | |
| | (4) | Pontus Thörn | 17:35 | 23 | 6:19 | | |
| 41 | 947 | Rånäs OK 8 | | | | 75:45 | 28:57 |
| | (1) | Mårten Rostö | 15:15 | 36 | 4:43 | | |
| | (2) | Fanny Rostö | 17:12 | 34 | 6:53 | | |
| | (3) | Mårten Rostö | 23:19 | 61 | 11:48 | | |
| | (4) | Fanny Rostö | 19:59 | 42 | 8:43 | | |
| 42 | 903 | Grycksbo IF OK | | | | 76:00 | 29:12 |
| | (1) | Jan Bergström | 15:22 | 38 | 4:50 | | |
| | (2) | Gunilla Bergström | 20:14 | 49 | 9:55 | | |
| | (3) | Jan Bergström | 17:12 | 34 | 5:41 | | |
| | (4) | Gunilla Bergström | 23:12 | 54 | 11:56 | | |
| 43 | 961 | Järfälla OK/ Bromma-Vällingby SOK 2 | | | | 76:13 | 29:25 |
| | (1) | Peter Albinsson | 14:22 | 27 | 3:50 | | |
| | (2) | Malin Albinsson | 21:47 | 55 | 11:28 | | |
| | (3) | Peter Albinsson | 16:57 | 31 | 5:26 | | |
| | (4) | Malin Albinsson | 23:07 | 53 | 11:51 | | |
| 44 | 918 | Linköpings OK 3 | | | | 78:15 | 31:27 |
| | (1) | Matilda Jonsson | 18:34 | 53 | 8:02 | | |
| | (2) | Åsa Detterfelt | 20:57 | 51 | 10:38 | | |
| | (3) | Matilda Jonsson | 19:14 | 48 | 7:43 | | |
| | (4) | Åsa Detterfelt | 19:30 | 38 | 8:14 | | |
| 45 | 963 | Kyiv O-club | | | | 78:29 | 31:41 |
| | (1) | Natalia Tsymbalenko | 19:23 | 56 | 8:51 | | |
| | (2) | Oleksandr Letychevskyi | 22:03 | 56 | 11:44 | | |
| | (3) | Natalia Tsymalenko | 18:14 | 40 | 6:43 | | |
| | (4) | Oleksandr Letychevskyi | 18:49 | 29 | 7:33 | | |
| 46 | 953 | Täby OK | | | | 79:40 | 32:52 |
| | (1) | Ingrid E Ström | 15:33 | 44 | 5:01 | | |
| | (2) | LarsOwe Ström | 26:58 | 65 | 16:39 | | |
| | (3) | Ingrid E Ström | 17:07 | 33 | 5:36 | | |
| | (4) | LarsOwe Ström | 20:02 | 43 | 8:46 | | |
| 47 | 940 | Rånäs OK 1 | | | | 79:43 | 32:55 |
| | (1) | Roger Tynell | 14:19 | 25 | 3:47 | | |
| | (2) | Caroline Thörn | 23:07 | 60 | 12:48 | | |
| | (3) | Roger Tynell | 18:18 | 42 | 6:47 | | |
| | (4) | Caroline Thörn | 23:59 | 58 | 12:43 | | |

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Sida 40

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|----------------------------|---------|--------|----------|--------------|--------------|
| 48 | 950 | Sala OK 3 | | | | 79:45 | 32:57 |
| | (1) | Isak Söderström | 15:24 | 40 | 4:52 | | |
| | (2) | Malin Ekman | 21:22 | 53 | 11:03 | | |
| | (3) | Isak Söderström | 17:56 | 37 | 6:25 | | |
| | (4) | Malin Ekman | 25:03 | 60 | 13:47 | | |
| 49 | 946 | Rånäs OK 7 | | | | 79:57 | 33:09 |
| | (1) | Rasmus Rostö | 15:31 | 42 | 4:59 | | |
| | (2) | Monica Rostö | 19:46 | 48 | 9:27 | | |
| | (3) | Rasmus Rostö | 16:35 | 28 | 5:04 | | |
| | (4) | Monica Rostö | 28:05 | 61 | 16:49 | | |
| 50 | 927 | OK Nackhe 4 | | | | 80:55 | 34:07 |
| | (1) | Fredrik Johansson | 19:57 | 58 | 9:25 | | |
| | (2) | August Bengtsson | 21:17 | 52 | 10:58 | | |
| | (3) | Fredrik Johansson | 18:22 | 43 | 6:51 | | |
| | (4) | August Bengtsson | 21:19 | 48 | 10:03 | | |
| 51 | 952 | Trollhättans SOK | | | | 82:15 | 35:27 |
| | (1) | Bodil Ahlström | 21:21 | 62 | 10:49 | | |
| | (2) | Fredrik Englund | 17:51 | 41 | 7:32 | | |
| | (3) | Bodil Ahlström | 25:28 | 63 | 13:57 | | |
| | (4) | Fredrik Englund | 17:35 | 23 | 6:19 | | |
| 52 | 907 | IK Vikings OK 1 | | | | 83:57 | 37:09 |
| | (1) | Jan Dalheimer | 19:28 | 57 | 8:56 | | |
| | (2) | Matthias Kalle Dalheimer | 22:25 | 57 | 12:06 | | |
| | (3) | Jan Dalheimer | 18:34 | 45 | 7:03 | | |
| | (4) | Matthias Kalle Dalheimer | 23:30 | 55 | 12:14 | | |
| 53 | 904 | Gällstadbygdens SOK | | | | 84:16 | 37:28 |
| | (1) | Kurt Bodin | 17:53 | 50 | 7:21 | | |
| | (2) | Anita Bodin | 20:30 | 50 | 10:11 | | |
| | (3) | Kurt Bodin | 21:55 | 57 | 10:24 | | |
| | (4) | Anita Bodin | 23:58 | 57 | 12:42 | | |
| 54 | 932 | OK Ravinen 4 | | | | 86:22 | 39:34 |
| | (1) | Lena Hellström | 19:11 | 55 | 8:39 | | |
| | (2) | Sten Hellström | 21:27 | 54 | 11:08 | | |
| | (3) | Lena Hellström | 22:04 | 58 | 10:33 | | |
| | (4) | Sten Hellström | 23:40 | 56 | 12:24 | | |
| 55 | 944 | Rånäs OK 5 | | | | 86:44 | 39:56 |
| | (1) | Anne Eklund | 20:23 | 59 | 9:51 | | |
| | (2) | Tomas Eklund | 22:50 | 59 | 12:31 | | |
| | (3) | Anne Eklund | 21:17 | 54 | 9:46 | | |
| | (4) | Tomas Eklund | 22:14 | 50 | 10:58 | | |

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Sida 41

| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|-----------|------------|---------------------------|----------|--------|----------|-----------------|--------------|
| 56 | 913 | Kristinehamns OK 3 | | | | 87:13 | 40:25 |
| | (1) | Christer Gillenäs | 20:36 | 61 | 10:04 | | |
| | (2) | Gunnel Gillenäs | 22:39 | 58 | 12:20 | | |
| | (3) | Christer Gillenäs | 21:28 | 56 | 9:57 | | |
| | (4) | Gunnel Gillenäs | 22:30 | 52 | 11:14 | | |
| 57 | 955 | OK Kolmården | | | | 96:26 | 49:38 |
| | (1) | Maria Nordwall | 18:39 | 54 | 8:07 | | |
| | (2) | Hans Forsberg | 26:04 | 64 | 15:45 | | |
| | (3) | Maria Nordwall | 21:20 | 55 | 9:49 | | |
| | (4) | Hans Forsberg | 30:23 | 63 | 19:07 | | |
| 58 | 959 | Väsby OK 1 | | | | 101:56 | 55:08 |
| | (1) | Erik Elverö | 28:22 | 66 | 17:50 | | |
| | (2) | Annika Berntsson | 24:22 | 62 | 14:03 | | |
| | (3) | Erik Elverö | 24:17 | 62 | 12:46 | | |
| | (4) | Annika Berntsson | 24:55 | 59 | 13:39 | | |
| 59 | 902 | Eksjö SOK 2 | | | | 110:12 | 63:24 |
| | (1) | Hanna Panzell Edvardsson | 30:04 | 67 | 19:32 | | |
| | (2) | Jessica Elmersson | 23:33 | 61 | 13:14 | | |
| | (3) | Hanna Panzell Edvardsson | 35:25 | 67 | 23:54 | | |
| | (4) | Jessica Elmersson | 21:10 | 46 | 9:54 | | |
| 60 | 906 | IK Hakarpspojarna | | | | 112:16 | 65:28 |
| | (1) | Eva Öhlund | 30:56 | 68 | 20:24 | | |
| | (2) | Kalle Öhlund | 12:03 | 7 | 1:44 | | |
| | (3) | Eva Öhlund | 30:23 | 65 | 18:52 | | |
| | (4) | Kalle Öhlund | 38:54 | 66 | 27:38 | | |
| 61 | 908 | IK Vikings OK 2 | | | | 114:08 | 67:20 |
| | (1) | Tanja Dalheimer | 22:28 | 63 | 11:56 | | |
| | (2) | Tim Dalheimer | 29:29 | 66 | 19:10 | | |
| | (3) | Tanja Dalheimer | 31:36 | 66 | 20:05 | | |
| | (4) | Tim Dalheimer | 30:35 | 65 | 19:19 | | |
| 62 | 949 | Sala OK 2 | | | | 123:09 | 76:21 |
| | (1) | Josefin Bengtsson | 27:30 | 65 | 16:58 | | |
| | (2) | Pernilla Bengtsson | 34:47 | 68 | 24:28 | | |
| | (3) | Josefin Bengtsson | 30:18 | 64 | 18:47 | | |
| | (4) | Pernilla Bengtsson | 30:34 | 64 | 19:18 | | |
| | 911 | Kristinehamns OK 1 | | | | Ej godk. | |
| | (1) | Stefan Gunnarsson | 15:14 | 35 | 4:42 | | |
| | (2) | Britt Gunnarsson | Ej godk. | | | | |
| | (3) | Stefan Gunnarsson | 17:05 | 32 | 5:34 | | |
| | (4) | Britt Gunnarsson | 28:20 | 62 | 17:04 | | |

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| PI | Nr-lapp | Lag/Tävlande | Str tid | Str pl | Str tid+ | Totaltid | Tid+ |
|------------|---------|--|----------|--------|----------|-----------------|------|
| 914 | | Leksands OK | | | | Ej godk. | |
| (1) | | Joakim Ramsell | 14:13 | 23 | 3:41 | | |
| (2) | | Kristin Ramsell | Ej godk. | | | | |
| (3) | | Joakim Ramsell | 16:11 | 26 | 4:40 | | |
| (4) | | Kristin Ramsell | 19:28 | 37 | 8:12 | | |
| 916 | | Linköpings OK 1 | | | | Ej godk. | |
| (1) | | Albin Detterfelt | Ej godk. | | | | |
| (2) | | Johan Sköld | 16:34 | 29 | 6:15 | | |
| (3) | | Albin Detterfelt | 13:33 | 6 | 2:02 | | |
| (4) | | Johan Sköld | 19:36 | 40 | 8:20 | | |
| 951 | | Södertälje-Nykvarn OF | | | | Ej godk. | |
| (1) | | Joakim Andén | 11:58 | 8 | 1:26 | | |
| (2) | | Christer Andén | 18:18 | 43 | 7:59 | | |
| (3) | | Joakim Andén | Ej godk. | | | | |
| (4) | | Christer Andén | 20:03 | 44 | 8:47 | | |
| 956 | | Järfälla OK/ Bromma-Vällingby SOK 1 | | | | Ej godk. | |
| (1) | | Ton Langerak | Ej godk. | | | | |
| (2) | | Karina Langerak | 18:39 | 45 | 8:20 | | |
| (3) | | Ton Langerak | Ej godk. | | | | |
| (4) | | Karina Langerak | Ej godk. | | | | |
| 957 | | OK Linné 2 | | | | Ej godk. | |
| (1) | | Elin Karlsson | 13:33 | 19 | 3:01 | | |
| (2) | | Henrik Löfås | 10:19 | 1 | 0:00 | | |
| (3) | | Elin Karlsson | 14:35 | 17 | 3:04 | | |
| (4) | | Henrik Löfås | Ej godk. | | | | |
| 958 | | OK Ravinen 5 | | | | Ej godk. | |
| (1) | | Nina Herne | 15:12 | 33 | 4:40 | | |
| (2) | | Andreas Herne | 17:40 | 39 | 7:21 | | |
| (3) | | Nina Herne | 22:53 | 59 | 11:22 | | |
| (4) | | Andreas Herne | Ej godk. | | | | |
| 937 | | OK Tranan 4 | | | | Ej start | |
| (1) | | Jan Nordberg | 23:04 | 64 | 12:32 | | |
| (2) | | Anette Nordberg | 29:30 | 67 | 19:11 | | |
| (3) | | Jan Nordberg | Ej start | | | | |
| (4) | | Anette Nordberg | Ej start | | | | |