

| Pl | Stno | Name | Club | Nat | Time | Diff. |
|------------------|------|-----------------------|--------------------|-----|-------|-------|
| M-L (12) | | 3.0 km 12 C | | | | |
| 1 | | Pal Skogtjarn | Sodertalje Nykvarn | SWE | 15:01 | 0:00 |
| 2 | | Henrik Gohl | Finspangs AIK | SWE | 17:47 | 2:46 |
| 3 | | Frode Konst | Skien OL | NOR | 18:26 | 3:25 |
| 4 | | Tobias Thorsson | IK Trenne | SWE | 20:24 | 5:23 |
| 5 | | Jonas Eklund | OK Rodhen | SWE | 22:11 | 7:10 |
| 6 | | Mats Troeng | OK Linne | SWE | 24:02 | 9:01 |
| 7 | | Dag Steinar Ragvin | Skien OL | NOR | 24:12 | 9:11 |
| 8 | | Frank Aasgard | Wing OK | NOR | 29:21 | 14:20 |
| 9 | | Arlind Subashi | Albanian | ALB | 36:29 | 21:28 |
| | | Fredrik Smedberg | OK Skogsfalken | SWE | mp | |
| | | Adnan Namani | O.K. Priština | | mp | |
| | | Avni Qerimi | O.K. Priština | | mp | |
| M-M+ (18) | | 2.8 km 12 C | | | | |
| 1 | | Per Frogren | Tumba-Malarhojden | SWE | 18:20 | 0:00 |
| 2 | | Are Eriksen | OSI | NOR | 19:23 | 1:03 |
| 3 | | Mats Aberg | OK Linne | SWE | 19:34 | 1:14 |
| 4 | | Max Madsen Prang | Fredensborg OK | DEN | 20:25 | 2:05 |
| 5 | | Anders Bjorklund | Savedalens AIK | SWE | 20:54 | 2:34 |
| 6 | | Carl-Harry Andersson | OK Orinto | SWE | 23:14 | 4:54 |
| 7 | | Bent Galborgen | Skaukameraterne | NOR | 23:42 | 5:22 |
| 8 | | Leif Sandgren | Frosta OK | SWE | 24:10 | 5:50 |
| 9 | | Lennart Erfors | OK Torfinn | SWE | 26:26 | 8:06 |
| 10 | | Matas Tarnlund | OK Linne | SWE | 27:08 | 8:48 |
| 11 | | Bengt Salomonsson | Skaneslattens OL | SWE | 39:57 | 21:37 |
| | | Lars Hanghoj Petersen | Ballerup OK | DEN | mp | |
| | | Roy Fransson | Arla IF | SWE | mp | |
| | | Eddie Bjarrenholt | Ranas OK | SWE | mp | |
| | | Willy Olsson | OK Skogsfalken | SWE | mp | |
| | | Gert Olsson | Skaneslattens OL | SWE | mp | |
| | | Rune Erdal | Samnanger IL | NOR | dns | |
| | | Erland Svensson | Kvillebyns SK | SWE | dns | |
| M-M- (10) | | 2.4 km 10 C | | | | |
| 1 | | Gunnar Osterbo | Freidig | NOR | 25:22 | 0:00 |
| 2 | | Ake Wansolin | Soders SOL | SWE | 31:19 | 5:57 |
| 3 | | Runo Johansson | Kristinehamns OK | SWE | 31:29 | 6:07 |
| 4 | | Sven Leandersson | Alvdalens IF OK | SWE | 41:22 | 16:00 |
| | | Bo Goran Gunnarsson | Rydboholms SK | SWE | mp | |
| | | Lars Nord | Sodertalje IF | SWE | mp | |
| | | Bo Hedlund | IFK Enskede | SWE | mp | |
| | | Goran Andersson | OK Stigmannen | SWE | mp | |
| | | Rune Radestrom | Snattringe SK | SWE | mp | |
| | | Peo Bengtsson | Pan-Kristianstad | SWE | mp | |
| M-S (5) | | 2.2 km 11 C | | | | |
| 1 | | Even Jahnsen | Flosta IL | SWE | 28:20 | 0:00 |
| 2 | | Knud Erik Thomsen | Svendborg OK | SWE | 35:24 | 7:04 |
| 3 | | Christer Sjöfors | OK Alme | SWE | 49:16 | 20:56 |
| | | Ake Sander | IFK Lidingo | SWE | mp | |
| | | Sheref Tocilla | Prizren | | mp | |

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|-----------------|------|----------------------|--------------------|-----|-------|-------|
| W-M+ (4) | | | 2.8 km 12 C | | | |
| 1 | | Frida Brogren | Kungalvs OK | SWE | 23:34 | 0:00 |
| 2 | | Annika Bjork | Domnarvets Golf | SWE | 24:58 | 1:24 |
| 3 | | Barbara Skogtjarn | Sodertalje Nykvarn | SWE | 27:56 | 4:22 |
| | | Cristina Olsson | Skaneslattens OL | SWE | mp | |
| W-M- (6) | | | 2.4 km 10 C | | | |
| 1 | | Ulla Engelby | Pan-Kristianstad | SWE | 27:52 | 0:00 |
| 2 | | Gunnel Mansson | OK Vilse 87 | SWE | 30:24 | 2:32 |
| 3 | | Torid Kvaal | Freidig | NOR | 30:33 | 2:41 |
| 4 | | Lena Leandersson | Alvdalens IF OK | SWE | 33:19 | 5:27 |
| 5 | | Birgitta Johansson | Kristinehamns OK | SWE | 38:35 | 10:43 |
| | | Ingrid Salomonsson | Skaneslattens OL | SWE | mp | |
| W-S (6) | | | 2.2 km 11 C | | | |
| 1 | | Evy Nord | Sodertalje IF | SWE | 35:05 | 0:00 |
| 2 | | Inga-Lill Wikingsson | OK Stigmannen | SWE | 35:24 | 0:19 |
| 3 | | Stina Gunnarsson | Harlovs IF | SWE | 39:32 | 4:27 |
| 4 | | Inge Bosina | Albanian | ALB | 44:17 | 9:12 |
| | | Lena Simes | IL Tyrving | NOR | mp | |
| | | Eva Peterson Erfors | OK Torfinn | SWE | dns | |