

2007-06-07

| Placering | Startnr | Namn | Klubbnamn | Använd tid | Diffetid |
|---------------------|---------|---------------------|--------------------|------------|----------|
| Män Seniorer | | | 5000 meter | | |
| 1 | 1 | Andreas Åhwall | Trollhättans IF | 15:43.2 | 0:00.0 |
| 2 | 4 | Jan Svensson | Trollhättans IF | 16:29.1 | 0:45.9 |
| 3 | 2 | Jari Repo | Trollhättans IF | 16:38.5 | 0:55.3 |
| 4 | 3 | Björn Martinsson | Trollhättans IF | 17:46.9 | 2:03.7 |
| Män 35 | | | 5000 meter | | |
| 1 | 9 | Rikard Westergren | IK Wilske | 16:06.3 | 0:00.0 |
| 2 | 10 | Per Carlsson | Mariestads AIF | 18:22.7 | 2:16.4 |
| 3 | 8 | Klas Åstrand | IK Wilske | 18:56.0 | 2:49.7 |
| 4 | 12 | Andreas Hilmersson | Trollhättans IF | 19:02.1 | 2:55.8 |
| 5 | 11 | Per Bergqvist | Tidaholms SOK Sisu | 21:37.4 | 5:31.1 |
| Män 40 | | | 5000 meter | | |
| 1 | 16 | Sören Thörnqvist | IF Hagen | 16:27.4 | 0:00.0 |
| 2 | 15 | Tony Niva | IF Hagen | 18:23.2 | 1:55.8 |
| 3 | 20 | Anders Gustavsson | Tidaholms SOK Sisu | 21:18.0 | 4:50.6 |
| 4 | 17 | Ingemar Jonsson | Lidköpings VSK | 21:44.1 | 5:16.7 |
| 5 | 18 | Per-Anders Karlsson | Lidköpings VSK | 22:06.2 | 5:38.8 |
| 6 | 19 | Bengt Gustavsson | Tidaholms SOK Sisu | 28:05.8 | 11:38.4 |
| Män 45 | | | 5000 meter | | |
| 1 | 25 | Lars Olsson | IF Hagen | 18:20.4 | 0:00.0 |
| 2 | 27 | Roger Johansson | IK Wilske | 18:22.0 | 0:01.6 |
| 3 | 29 | Mikael Qvarnström | Trollhättans IF | 18:52.5 | 0:32.1 |
| 4 | 32 | Ulf Johanson | Trollhättans IF | 19:03.7 | 0:43.3 |
| 5 | 30 | Lars Olvén | Trollhättans IF | 19:56.4 | 1:36.0 |
| 6 | 31 | Stefan Hornebrant | Trollhättans IF | 23:43.9 | 5:23.5 |
| Män 50 | | | 5000 meter | | |
| 1 | 39 | Frank Adolfsson | Trollhättans IF | 18:07.9 | 0:00.0 |
| 2 | 35 | Stefan Jingholt | Bollebygds IF | 18:38.2 | 0:30.3 |
| 3 | 38 | Peter Swanström | IK Wilske | 19:29.0 | 1:21.1 |
| 4 | 41 | Rune Gustavsson | Navåsens FK | 19:30.8 | 1:22.9 |
| 5 | 36 | Thomas Andersson | IFK Skövde FK | 19:56.0 | 1:48.1 |
| 6 | 40 | Lars Björnfot | Mariestads AIF | 20:59.9 | 2:52.0 |
| Män 55 | | | 5000 meter | | |
| 1 | 46 | Leif Söderberg | Navåsens FK | 18:29.2 | 0:00.0 |
| 2 | 47 | Ragnar Nilsson | Navåsens FK | 18:38.2 | 0:09.0 |
| 3 | 43 | Kjell Persson | Bollebygds IF | 20:48.0 | 2:18.8 |
| 4 | 44 | Martin Grudemo | IFK Skövde FK | 22:45.1 | 4:15.9 |
| 5 | 48 | Bosse Johansson | Mariestads AIF | 23:46.3 | 5:17.1 |
| Män 60 | | | 5000 meter | | |
| 1 | 54 | Ronny Bätz | Trollhättans IF | 20:00.7 | 0:00.0 |
| 2 | 55 | Sture Axén | Mariestads AIF | 20:18.6 | 0:17.9 |
| 3 | 53 | Urban Apell | Lidköpings IS | 21:00.0 | 0:59.3 |
| 4 | 51 | Gunnar Fredh | IK Wilske | 21:29.9 | 1:29.2 |
| Män 65 | | | 5000 meter | | |
| 1 | 59 | Bengt Andersson | IK Wilske | 19:56.2 | 0:00.0 |
| 2 | 60 | Kåre Tjällgren | Trollhättans IF | 21:03.1 | 1:06.9 |
| 3 | 61 | Rolf Sjögren | Kinnaström SK | 27:28.1 | 7:31.9 |
| 4 | 58 | Leif Johansson | IFK Skövde FK | 29:46.1 | 9:49.9 |

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|-------------------------|---------|---------------------|-------------------|------------|---------|
| Män 70 | | | 5000 meter | | |
| 1 | 65 | Erkki Huhtaniemi | SOK Knallen Borås | 22:08.3 | 0:00.0 |
| 2 | 63 | Göte Ivarsson | IFK Skövde FK | 23:37.2 | 1:28.9 |
| 3 | 64 | Ingemar Johannesson | Öxabäck VSK | 37:57.0 | 15:48.7 |
| Kvinnor Seniorer | | | 5000 meter | | |
| 1 | 68 | Malin Strand | Istrums SK | 18:57.1 | 0:00.0 |
| 2 | 88 | Pernilla Nordberg | Trollhättans IF | 20:27.5 | 1:30.4 |
| 3 | 70 | Malin Wiman | IFK Skövde FK | 20:38.7 | 1:41.6 |
| 4 | 69 | Anna Kihlström | Mariestads AIF | 22:17.8 | 3:20.7 |
| Kvinnor 35 | | | 5000 meter | | |
| 1 | 71 | Karin Petersson | IK Ymer | 21:46.3 | 0:00.0 |
| Kvinnor 40 | | | 5000 meter | | |
| 1 | 73 | Anna Agné | Mariestads AIF | 21:07.6 | 0:00.0 |
| 2 | 74 | Elisabeth Kihlström | Mariestads AIF | 23:45.3 | 2:37.7 |
| Kvinnor 45 | | | 5000 meter | | |
| 1 | 76 | Ingrid Bengtsson | IF Hagen | 23:24.1 | 0:00.0 |
| Kvinnor 50 | | | 5000 meter | | |
| 1 | 80 | Anette Nilsson | Navåsens FK | 29:20.1 | 0:00.0 |
| Kvinnor 55 | | | 5000 meter | | |
| 1 | 83 | Britt Hellmark | Lidköpings IS | 24:29.9 | 0:00.0 |