

| DFIF | 3000 m | +26°C | 20090625 | Leksand |
|------|--------------------|-------|----------------|---------|
| | P17 | | | |
| 1 | Niklas Persson | 92 | Falu IK | 9:49,4 |
| 2 | Olle Tranberg | 92 | Sälens IF | 11:29,0 |
| | F17 | | | |
| 1 | Anna Nilsson | 92 | Sälens IF | 12:15,5 |
| | 5000 m | | | |
| | MS | | | |
| 1 | Clas Björling | 89 | Dalregemente | 15:57,2 |
| 2 | David Hellberg | 85 | Sågmyra SK | 18:37,9 |
| | MV35 | | | |
| 1 | Torbjörn Johansson | | Älvdalens IF | 16:41,0 |
| | MV 40 | | | |
| 1 | Johan Gustafsson | 68 | IFK Mora Friid | 17:06,9 |
| 2 | Per Nygren | 68 | Borlänge LK | 19:11,2 |
| | MV 45 | | | |
| 1 | Mikael Martens | 64 | Malungs Friid | 19:27,1 |
| | MV 50 | | | |
| 1 | Johnny Nilsson | 57 | Stora Skedvi | 18:56,9 |
| | MV55 | | | |
| 1 | Leif Andersson | | Borlänge LK | 20:28,3 |
| | MV 60 | | | |
| 1 | Lennart Olsson | | Korsnäs SK | 20:42,8 |
| 2 | Mats Fredriksson | | Malungs Friid | 23:03,3 |
| | MV 65 | | | |
| 1 | Martin Anfält | 44 | Borlänge LK | 25:17,2 |
| 2 | Erik-Åke Tranberg | 41 | Sälens IF | 28:27,7 |