

| Pl | Name | Kat | Zeit | | | | | | | | | | | | |
|---------------------------|----------------------|-------|---------|---------------|--------------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|--|
| D/H10 (8) | | | | 1,7 km | 50 Hm | 6 P | | | | | | | | | |
| | | | | 1(39) | 2(40) | 3(42) | 4(43) | 5(41) | 6(100) | Ziel | | | | | |
| 1 | Jesper Bruns | D/H10 | 12:35 | 2:24 | 4:27 | 7:16 | 8:07 | 9:50 | 11:30 | 12:35 | | | | | |
| | MTK Bad Harzburg | | | 2:24 | 2:03 | 2:49 | 0:51 | 1:43 | 1:40 | 1:05 | | | | | |
| 2 | Jameson Sachs | D/H10 | 15:30 | 3:23 | 6:21 | 9:33 | 10:52 | 12:43 | 14:53 | 15:30 | | | | | |
| | MTV Seesen | | | 3:23 | 2:58 | 3:12 | 1:19 | 1:51 | 2:10 | 0:37 | | | | | |
| 3 | Raya Frank | D/H10 | 19:19 | 7:03 | 9:46 | 12:48 | 13:49 | 15:57 | 18:50 | 19:19 | | | | | |
| | SV Hildesia Diekhol | | | 7:03 | 2:43 | 3:02 | 1:01 | 2:08 | 2:53 | 0:29 | | | | | |
| 4 | Zoe Schwertner | D/H10 | 21:01 | 3:57 | 7:59 | 11:02 | 14:43 | 18:06 | 20:20 | 21:01 | | | | | |
| | MTV Seesen | | | 3:57 | 4:02 | 3:03 | 3:41 | 3:23 | 2:14 | 0:41 | | | | | |
| 5 | Luca Fiedler | D/H10 | 21:27 | 4:13 | 13:20 | 15:50 | 16:40 | 18:46 | 20:54 | 21:27 | | | | | |
| | OLV Uslar | | | 4:13 | 9:07 | 2:30 | 0:50 | 2:06 | 2:08 | 0:33 | | | | | |
| 6 | Meta Wittke | D/H10 | 32:31 | 6:04 | 11:02 | 16:06 | 17:47 | 24:31 | 31:30 | 32:31 | | | | | |
| | SV Hildesia Diekhol | | | 6:04 | 4:58 | 5:04 | 1:41 | 6:44 | 6:59 | 1:01 | | | | | |
| AK | Robin von Gaza | D/H10 | 43:24 | 7:14 | 23:10 | 33:55 | 38:25 | 40:36 | 42:44 | 43:24 | | | | | |
| | OLV Uslar | | | 7:14 | 15:56 | 10:45 | 4:30 | 2:11 | 2:08 | 0:40 | | | | | |
| | Marten Breckle | D/H10 | N Ang | | | | | | | | | | | | |
| | Bovender SV | | | | | | | | | | | | | | |
| D/H12,Offen L (17) | | | | 2,7 km | 65 Hm | 9 P | | | | | | | | | |
| | | | | 1(39) | 2(47) | 3(48) | 4(49) | 5(45) | 6(46) | 7(43) | 8(41) | 9(100) | Ziel | | |
| 1 | Erik Bruns | H12 | 17:38 | 1:59 | 3:39 | 5:27 | 8:42 | 10:27 | 11:37 | 13:48 | 15:26 | 17:09 | 17:38 | | |
| | MTK Bad Harzburg | | | 1:59 | 1:40 | 1:48 | 3:15 | 1:45 | 1:10 | 2:11 | 1:38 | 1:43 | 0:29 | | |
| 2 | Emil Riedel | H12 | 18:00 | 2:11 | 4:08 | 6:03 | 9:19 | 11:05 | 12:18 | 14:24 | 16:15 | 17:39 | 18:00 | | |
| | OLV Uslar | | | 2:11 | 1:57 | 1:55 | 3:16 | 1:46 | 1:13 | 2:06 | 1:51 | 1:24 | 0:21 | | |
| 3 | Mads Ostendorff | H12 | 20:37 | 2:17 | 4:40 | 6:29 | 10:21 | 12:18 | 14:21 | 16:33 | 17:57 | 19:39 | 20:37 | | |
| | TSV Worpsswede | | | 2:17 | 2:23 | 1:49 | 3:52 | 1:57 | 2:03 | 2:12 | 1:24 | 1:42 | 0:58 | | |
| 4 | Konstantin Lorenz | H12 | 21:24 | 1:56 | 5:03 | 7:55 | 12:18 | 14:03 | 15:21 | 17:23 | 19:17 | 20:56 | 21:24 | | |
| | SV Hildesia Diekhol | | | 1:56 | 3:07 | 2:52 | 4:23 | 1:45 | 1:18 | 2:02 | 1:54 | 1:39 | 0:28 | | |
| 5 | Hanna Stark | D12 | 30:12 | 1:47 | 5:30 | 7:17 | 10:37 | 13:13 | 15:36 | 21:18 | 25:16 | 29:45 | 30:12 | | |
| | MTV Seesen | | | 1:47 | 3:43 | 1:47 | 3:20 | 2:36 | 2:23 | 5:42 | 3:58 | 4:29 | 0:27 | | |
| 6 | Anna Knaup | D12 | 33:10 | 3:03 | 5:24 | 7:29 | 13:04 | 16:13 | 18:38 | 24:19 | 28:14 | 32:44 | 33:10 | | |
| | Braunschweiger MT | | | 3:03 | 2:21 | 2:05 | 5:35 | 3:09 | 2:25 | 5:41 | 3:55 | 4:30 | 0:26 | | |
| 7 | Maila Mieke | D12 | 36:14 | 3:58 | 8:04 | 10:33 | 16:06 | 19:15 | 21:38 | 27:20 | 31:19 | 35:47 | 36:14 | | |
| | MTV Seesen | | | 3:58 | 4:06 | 2:29 | 5:33 | 3:09 | 2:23 | 5:42 | 3:59 | 4:28 | 0:27 | | |
| 8 | Lilli Junnila | OffK | 41:25 | 5:05 | 10:18 | 13:31 | 20:15 | 24:41 | 27:30 | 32:22 | 36:10 | 40:25 | 41:25 | | |
| | OLV Uslar | | | 5:05 | 5:13 | 3:13 | 6:44 | 4:26 | 2:49 | 4:52 | 3:48 | 4:15 | 1:00 | | |
| 9 | Emma Leimukoski | OffK | 41:27 | 4:54 | 10:06 | 12:55 | 19:33 | 24:36 | 27:24 | 32:18 | 36:05 | 40:20 | 41:27 | | |
| | OLV Uslar | | | 4:54 | 5:12 | 2:49 | 6:38 | 5:03 | 2:48 | 4:54 | 3:47 | 4:15 | 1:07 | | |
| 10 | Lias + Stefan Friede | OffK | 43:14 | 4:43 | 11:25 | 17:31 | 24:03 | 29:05 | 31:42 | 35:35 | 39:21 | 42:25 | 43:14 | | |
| | Bovender SV | | | 4:43 | 6:42 | 6:06 | 6:32 | 5:02 | 2:37 | 3:53 | 3:46 | 3:04 | 0:49 | | |
| 11 | Günter Stark | OffK | 55:02 | 21:32 | 26:07 | 29:31 | 39:58 | 43:05 | 45:18 | 48:22 | 51:09 | 53:50 | 55:02 | | |
| | MTV Seesen | | | 21:32 | 4:35 | 3:24 | 10:27 | 3:07 | 2:13 | 3:04 | 2:47 | 2:41 | 1:12 | | |
| | Kerstin Rüberg | OffK | Fehlst | 5:37 | 14:44 | 19:25 | ----- | ----- | 41:03 | 46:05 | 49:46 | 56:10 | 57:45 | | |
| | OLV Uslar | | | 5:37 | 9:07 | 4:41 | ----- | ----- | 21:38 | 5:02 | 3:41 | 6:24 | 1:35 | | |
| AK | Jimmy Lövgren | OffK | 24:59 | 3:26 | 5:54 | 8:44 | 13:36 | 16:17 | 17:44 | 20:11 | 22:17 | 24:23 | 24:59 | | |
| | Avesta OK | | | 3:26 | 2:28 | 2:50 | 4:52 | 2:41 | 1:27 | 2:27 | 2:06 | 2:06 | 0:36 | | |
| AK | Lisa Vikström Björkl | OffK | 31:22 | 3:16 | 6:21 | 9:35 | 14:22 | 17:36 | 19:41 | 23:38 | 26:39 | 29:56 | 31:22 | | |
| | Avesta OK | | | 3:16 | 3:05 | 3:14 | 4:47 | 3:14 | 2:05 | 3:57 | 3:01 | 3:17 | 1:26 | | |
| AK | Christina Gohde | OffK | 1:04:27 | 7:19 | 25:12 | 33:33 | 41:16 | 45:52 | 48:53 | 54:34 | 58:15 | 1:01:58 | 1:04:27 | | |
| | Västerås sok | | | 7:19 | 17:53 | 8:21 | 7:43 | 4:36 | 3:01 | 5:41 | 3:41 | 3:43 | 2:29 | | |
| AK | Inger Thörnqvist | OffK | 1:09:48 | 9:03 | 38:13 | 44:37 | 51:52 | 55:41 | 58:10 | 1:02:22 | 1:05:35 | 1:08:42 | 1:09:48 | | |
| | Avesta OK | | | 9:03 | 29:10 | 6:24 | 7:15 | 3:49 | 2:29 | 4:12 | 3:13 | 3:07 | 1:06 | | |
| | Amalia Mieke | OffK | N Ang | | | | | | | | | | | | |
| | MTV Seesen | | | | | | | | | | | | | | |
| D/H14 (10) | | | | 3,6 km | 60 Hm | 10 P | | | | | | | | | |
| | | | | 1(69) | 2(70) | 3(49) | 4(59) | 5(72) | 6(46) | 7(44) | 8(74) | 9(41) | 10(100) | Ziel | |
| 1 | Levi Joe Brauer | H14 | 36:19 | 3:03 | 7:10 | 14:26 | 18:04 | 22:09 | 24:01 | 27:39 | 31:20 | 33:54 | 35:41 | 36:19 | |
| | SV Hildesia Diekhol | | | 3:03 | 4:07 | 7:16 | 3:38 | 4:05 | 1:52 | 3:38 | 3:41 | 2:34 | 1:47 | 0:38 | |
| 2 | Katharina Lorenz | D14 | 36:32 | 4:14 | 8:02 | 14:47 | 19:30 | 24:44 | 25:41 | 29:31 | 32:52 | 34:16 | 36:01 | 36:32 | |
| | SV Hildesia Diekhol | | | 4:14 | 3:48 | 6:45 | 4:43 | 5:14 | 0:57 | 3:50 | 3:21 | 1:24 | 1:45 | 0:31 | |
| 3 | Romy Frank | D14 | 40:51 | 4:38 | 8:54 | 17:07 | 21:54 | 27:09 | 28:22 | 31:28 | 34:49 | 38:08 | 40:25 | 40:51 | |
| | SV Hildesia Diekhol | | | 4:38 | 4:16 | 8:13 | 4:47 | 5:15 | 1:13 | 3:06 | 3:21 | 3:19 | 2:17 | 0:26 | |
| 4 | Ria Wittke | D14 | 51:47 | 5:47 | 15:45 | 23:57 | 32:01 | 37:17 | 38:14 | 42:31 | 47:09 | 49:26 | 51:20 | 51:47 | |
| | SV Hildesia Diekhol | | | 5:47 | 9:58 | 8:12 | 8:04 | 5:16 | 0:57 | 4:17 | 4:38 | 2:17 | 1:54 | 0:27 | |
| 5 | Stine Bruns | D14 | 53:19 | 9:06 | 21:47 | 31:09 | 35:36 | 40:43 | 41:31 | 45:32 | 49:05 | 50:54 | 52:54 | 53:19 | |
| | MTK Bad Harzburg | | | 9:06 | 12:41 | 9:22 | 4:27 | 5:07 | 0:48 | 4:01 | 3:33 | 1:49 | 2:00 | 0:25 | |
| 6 | Finn Ostendorff | H14 | 1:04:08 | 34:15 | 37:08 | 43:07 | 50:51 | 54:14 | 55:04 | 58:00 | 1:00:58 | 1:02:20 | 1:03:48 | 1:04:08 | |
| | TSV Worpsswede | | | 34:15 | 2:53 | 5:59 | 7:44 | 3:23 | 0:50 | 2:56 | 2:58 | 1:22 | 1:28 | 0:20 | |
| 7 | Julian Gärtner | H14 | 1:07:17 | 37:21 | 40:14 | 46:12 | 53:57 | 57:25 | 58:13 | 1:01:03 | 1:04:00 | 1:05:22 | 1:06:49 | 1:07:17 | |
| | MTK Bad Harzburg | | | 37:21 | 2:53 | 5:58 | 7:45 | 3:28 | 0:48 | 2:50 | 2:57 | 1:22 | 1:27 | 0:28 | |
| 8 | Andzhelina Andrieie | D14 | 1:41:03 | 21:32 | 32:59 | 57:06 | 1:06:55 | 1:17:13 | 1:18:43 | 1:23:44 | 1:33:11 | 1:37:36 | 1:40:23 | 1:41:03 | |
| | Braunschweiger MT | | | 21:32 | 11:27 | 24:07 | 9:49 | 10:18 | 1:30 | 5:01 | 9:27 | 4:25 | 2:47 | 0:40 | |
| | Angelo Kühn | H14 | N Ang | | | | | | | | | | | | |
| | MTK Bad Harzburg | | | | | | | | | | | | | | |
| | Sania Stamer | D14 | N Ang | | | | | | | | | | | | |
| | SV Hildesia Diekhol | | | | | | | | | | | | | | |

| Pl | Name | Kat | Zeit | | | | | | | | | | | Ziel | | |
|------------------|---------------------|-----|---------|--------|--------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| D16,D45,H65 (35) | | | | 4,2 km | 140 Hm | 10 P | | | | | | | | | | |
| | | | | 1(56) | 2(55) | 3(66) | 4(67) | 5(32) | 6(62) | 7(68) | 8(65) | 9(63) | 10(100) | Ziel | | |
| 1 | Horst von Gaza | H65 | 39:46 | 1:06 | 14:05 | 17:15 | 18:37 | 21:08 | 28:03 | 31:49 | 36:45 | 38:15 | 39:20 | 39:46 | | |
| | OLV Uslar | | | 1:06 | 12:59 | 3:10 | 1:22 | 2:31 | 6:55 | 3:46 | 4:56 | 1:30 | 1:05 | 0:26 | | |
| 2 | Jule Weigert | D16 | 40:07 | 1:36 | 10:08 | 12:33 | 14:20 | 17:14 | 26:07 | 30:55 | 36:14 | 38:26 | 39:36 | 40:07 | | |
| | TV Jahn Wolfsburg | | | 1:36 | 8:32 | 2:25 | 1:47 | 2:54 | 8:53 | 4:48 | 5:19 | 2:12 | 1:10 | 0:31 | | |
| 3 | Ivana Knaupova | D45 | 41:41 | 2:42 | 12:43 | 15:14 | 17:03 | 19:37 | 28:07 | 31:58 | 38:13 | 40:08 | 41:15 | 41:41 | | |
| | Braunschweiger MT | | | 2:42 | 10:01 | 2:31 | 1:49 | 2:34 | 8:30 | 3:51 | 6:15 | 1:55 | 1:07 | 0:26 | | |
| 4 | Rut Stark | D16 | 47:34 | 1:20 | 12:11 | 15:31 | 17:14 | 20:38 | 29:49 | 34:58 | 44:21 | 46:02 | 47:10 | 47:34 | | |
| | MTV Seesen | | | 1:20 | 10:51 | 3:20 | 1:43 | 3:24 | 9:11 | 5:09 | 9:23 | 1:41 | 1:08 | 0:24 | | |
| 5 | Udo Sobczak | H65 | 48:04 | 1:35 | 16:11 | 18:54 | 20:44 | 24:02 | 32:19 | 36:37 | 44:03 | 46:18 | 47:33 | 48:04 | | |
| | MTV Soltau | | | 1:35 | 14:36 | 2:43 | 1:50 | 3:18 | 8:17 | 4:18 | 7:26 | 2:15 | 1:15 | 0:31 | | |
| 6 | Lamis Mousa | D16 | 52:07 | 1:36 | 14:45 | 18:34 | 20:43 | 24:04 | 34:53 | 40:25 | 48:09 | 50:28 | 51:42 | 52:07 | | |
| | OLV Uslar | | | 1:36 | 13:09 | 3:49 | 2:09 | 3:21 | 10:49 | 5:32 | 7:44 | 2:19 | 1:14 | 0:25 | | |
| 7 | Sandra Wöhrer | D45 | 52:36 | 1:35 | 14:45 | 18:59 | 21:12 | 24:39 | 35:34 | 40:27 | 47:56 | 50:43 | 52:02 | 52:36 | | |
| | TV Jahn Wolfsburg | | | 1:35 | 13:10 | 4:14 | 2:13 | 3:27 | 10:55 | 4:53 | 7:29 | 2:47 | 1:19 | 0:34 | | |
| 8 | Stephan Schliebene | H65 | 57:24 | 2:11 | 17:10 | 21:04 | 24:05 | 27:40 | 39:32 | 45:36 | 52:52 | 55:02 | 56:35 | 57:24 | | |
| | OLV Uslar | | | 2:11 | 14:59 | 3:54 | 3:01 | 3:35 | 11:52 | 6:04 | 7:16 | 2:10 | 1:33 | 0:49 | | |
| 9 | Svitlana Konstantyn | D16 | 58:31 | 1:30 | 14:02 | 18:21 | 20:38 | 24:58 | 38:45 | 44:13 | 54:40 | 56:33 | 57:53 | 58:31 | | |
| | OLV Uslar | | | 1:30 | 12:32 | 4:19 | 2:17 | 4:20 | 13:47 | 5:28 | 10:27 | 1:53 | 1:20 | 0:38 | | |
| 10 | Bernd Höfner | H65 | 1:02:44 | 1:29 | 18:28 | 22:10 | 25:09 | 28:54 | 40:50 | 47:50 | 57:22 | 1:00:33 | 1:02:08 | 1:02:44 | | |
| | OLV Uslar | | | 1:29 | 16:59 | 3:42 | 2:59 | 3:45 | 11:56 | 7:00 | 9:32 | 3:11 | 1:35 | 0:36 | | |
| 11 | Michaela Bruns | D45 | 1:03:50 | 1:47 | 18:53 | 25:24 | 27:49 | 32:00 | 42:28 | 50:16 | 58:22 | 1:01:48 | 1:03:11 | 1:03:50 | | |
| | MTK Bad Harzburg | | | 1:47 | 17:06 | 6:31 | 2:25 | 4:11 | 10:28 | 7:48 | 8:06 | 3:26 | 1:23 | 0:39 | | |
| 12 | Nele Rüberg | D16 | 1:04:50 | 1:42 | 22:49 | 27:14 | 30:03 | 34:09 | 47:02 | 52:26 | 1:01:06 | 1:02:53 | 1:04:13 | 1:04:50 | | |
| | OLV Uslar | | | 1:42 | 21:07 | 4:25 | 2:49 | 4:06 | 12:53 | 5:24 | 8:40 | 1:47 | 1:20 | 0:37 | | |
| 13 | Sandra Castilho Ma | D45 | 1:05:16 | 1:46 | 13:55 | 18:04 | 20:15 | 23:39 | 41:06 | 46:54 | 1:00:45 | 1:03:10 | 1:04:38 | 1:05:16 | 57:28 | |
| | SV Hildesia Diekhol | | | 1:46 | 12:09 | 4:09 | 2:11 | 3:24 | 17:27 | 5:48 | 13:51 | 2:25 | 1:28 | 0:38 | *74 | |
| 14 | Jette Körber | D16 | 1:19:24 | 2:10 | 19:49 | 24:31 | 27:55 | 33:13 | 50:33 | 58:10 | 1:13:52 | 1:17:02 | 1:18:50 | 1:19:24 | | |
| | OLV Uslar | | | 2:10 | 17:39 | 4:42 | 3:24 | 5:18 | 17:20 | 7:37 | 15:42 | 3:10 | 1:48 | 0:34 | | |
| 15 | Wilhelm Holz | H65 | 1:19:29 | 2:21 | 20:23 | 25:35 | 29:10 | 34:09 | 53:14 | 59:01 | 1:15:03 | 1:17:13 | 1:18:45 | 1:19:29 | | |
| | OLV Uslar | | | 2:21 | 18:02 | 5:12 | 3:35 | 4:59 | 19:05 | 5:47 | 16:02 | 2:10 | 1:32 | 0:44 | | |
| 16 | Tanja Buchholz | D45 | 1:19:54 | 2:25 | 20:15 | 26:11 | 29:27 | 34:27 | 52:27 | 1:01:21 | 1:14:24 | 1:17:14 | 1:19:08 | 1:19:54 | 14:41 | |
| | MTK Bad Harzburg | | | 2:25 | 17:50 | 5:56 | 3:16 | 5:00 | 18:00 | 8:54 | 13:03 | 2:50 | 1:54 | 0:46 | *61 | |
| 17 | Silke Napp | D45 | 1:25:19 | 2:33 | 21:52 | 29:16 | 32:48 | 39:02 | 54:09 | 1:01:27 | 1:15:33 | 1:22:22 | 1:24:32 | 1:25:19 | | |
| | TV Jahn Wolfsburg | | | 2:33 | 19:19 | 7:24 | 3:32 | 6:14 | 15:07 | 7:18 | 14:06 | 6:49 | 2:10 | 0:47 | | |
| 18 | Siegfried May | H65 | 1:28:01 | 19:56 | 36:32 | 40:22 | 42:51 | 47:32 | 1:01:50 | 1:07:35 | 1:23:42 | 1:25:55 | 1:27:26 | 1:28:01 | | |
| | RSV Hannover | | | 19:56 | 16:36 | 3:50 | 2:29 | 4:41 | 14:18 | 5:45 | 16:07 | 2:13 | 1:31 | 0:35 | | |
| 19 | Kerstin Wittke | D45 | 1:48:29 | 1:52 | 33:01 | 37:44 | 40:29 | 45:41 | 1:02:36 | 1:10:47 | 1:41:59 | 1:45:21 | 1:47:27 | 1:48:29 | 1:40:32 | |
| | SV Hildesia Diekhol | | | 1:52 | 31:09 | 4:43 | 2:45 | 5:12 | 16:55 | 8:11 | 31:12 | 3:22 | 2:06 | 1:02 | *41 | |
| | Evi Drese | D45 | Fehlst | 1:31 | 13:28 | 16:43 | 18:43 | 22:19 | ---- | 33:36 | 42:05 | 43:40 | 45:01 | 45:38 | | |
| | OLV Uslar | | | 1:31 | 11:57 | 3:15 | 2:00 | 3:36 | 11:17 | 8:29 | 1:35 | 1:21 | 0:37 | | | |
| AK | Stefan Nyberg | H65 | 39:06 | 1:05 | 11:49 | 14:45 | 16:18 | 19:01 | 25:52 | 29:38 | 35:01 | 37:19 | 38:35 | 39:06 | | |
| | Avesta OK | | | 1:05 | 10:44 | 2:56 | 1:33 | 2:43 | 6:51 | 3:46 | 5:23 | 2:18 | 1:16 | 0:31 | | |
| AK | Michael Kukis | H65 | 42:27 | 1:21 | 11:21 | 13:42 | 15:28 | 18:11 | 25:08 | 28:50 | 38:44 | 40:26 | 41:33 | 42:27 | | |
| | OSC Kassel | | | 1:21 | 10:00 | 2:21 | 1:46 | 2:43 | 6:57 | 3:42 | 9:54 | 1:42 | 1:07 | 0:54 | | |
| AK | Thom Sandvik | H65 | 46:32 | 1:26 | 13:50 | 16:44 | 18:46 | 24:26 | 32:08 | 36:53 | 42:50 | 44:35 | 46:00 | 46:32 | | |
| | Avesta OK | | | 1:26 | 12:24 | 2:54 | 2:02 | 5:40 | 7:42 | 4:45 | 5:57 | 1:45 | 1:25 | 0:32 | | |
| AK | Anders Malmberg | H65 | 48:57 | 1:17 | 13:13 | 16:17 | 19:12 | 22:34 | 32:07 | 37:11 | 45:05 | 46:56 | 48:20 | 48:57 | | |
| | Kvarnsvedens GOIF | | | 1:17 | 11:56 | 3:04 | 2:55 | 3:22 | 9:33 | 5:04 | 7:54 | 1:51 | 1:24 | 0:37 | | |
| AK | Inga Löser | D45 | 53:39 | 1:21 | 12:36 | 15:38 | 17:32 | 20:43 | 31:20 | 36:23 | 42:44 | 51:46 | 53:10 | 53:39 | | |
| | Ski-Club Helsa | | | 1:21 | 11:15 | 3:02 | 1:54 | 3:11 | 10:37 | 5:03 | 6:21 | 9:02 | 1:24 | 0:29 | | |
| AK | Erik Eriksson | H65 | 54:49 | 3:00 | 14:25 | 18:54 | 20:29 | 23:10 | 31:20 | 39:25 | 51:01 | 52:48 | 54:11 | 54:49 | 46:52 | |
| | IFK Mora OK | | | 3:00 | 11:25 | 4:29 | 1:35 | 2:41 | 8:10 | 8:05 | 11:36 | 1:47 | 1:23 | 0:38 | *74 | |
| AK | Pekka Kerkola | H65 | 55:58 | 2:23 | 16:08 | 19:18 | 22:24 | 25:54 | 35:30 | 43:23 | 51:19 | 53:39 | 55:20 | 55:58 | | |
| | Helsingin Suunnist | | | 2:23 | 13:45 | 3:10 | 3:06 | 3:30 | 9:36 | 7:53 | 7:56 | 2:20 | 1:41 | 0:38 | | |
| AK | Anna Nygård | D45 | 56:12 | 1:49 | 14:36 | 18:41 | 20:35 | 24:15 | 36:09 | 42:00 | 50:33 | 53:51 | 55:33 | 56:12 | | |
| | Västerås sok | | | 1:49 | 12:47 | 4:05 | 1:54 | 3:40 | 11:54 | 5:51 | 8:33 | 3:18 | 1:42 | 0:39 | | |
| AK | Rolf Kulla | H65 | 1:01:25 | 1:49 | 16:43 | 21:01 | 24:03 | 28:48 | 40:58 | 47:46 | 56:13 | 58:40 | 1:00:32 | 1:01:25 | | |
| | Avesta OK | | | 1:49 | 14:54 | 4:18 | 3:02 | 4:45 | 12:10 | 6:48 | 8:27 | 2:27 | 1:52 | 0:53 | | |
| AK | Kristin Ramsell | D45 | 1:11:23 | 3:53 | 17:24 | 21:23 | 23:54 | 27:26 | 38:02 | 43:20 | 1:06:55 | 1:09:01 | 1:10:43 | 1:11:23 | | |
| | Leksands OK | | | 3:53 | 13:31 | 3:59 | 2:31 | 3:32 | 10:36 | 5:18 | 23:35 | 2:06 | 1:42 | 0:40 | | |
| AK | Jan Gustafsson | H65 | 1:13:15 | 6:33 | 30:15 | 34:23 | 37:09 | 41:33 | 53:47 | 1:00:09 | 1:07:53 | 1:10:26 | 1:12:29 | 1:13:15 | | |
| | Hagaby Golf | | | 6:33 | 23:42 | 4:08 | 2:46 | 4:24 | 12:14 | 6:22 | 7:44 | 2:33 | 2:03 | 0:46 | | |
| AK | Leif Åkerblom | H65 | 1:23:34 | 2:11 | 25:58 | 31:49 | 34:23 | 39:31 | 57:05 | 1:05:01 | 1:16:57 | 1:20:48 | 1:22:44 | 1:23:34 | | |
| | Stora Tuna OK | | | 2:11 | 23:47 | 5:51 | 2:34 | 5:08 | 17:34 | 7:56 | 11:56 | 3:51 | 1:56 | 0:50 | | |
| AK | Björn Fogelberg | H65 | 1:28:14 | 2:15 | 29:44 | 34:40 | 40:18 | 45:47 | 1:04:41 | 1:12:02 | 1:21:41 | 1:24:21 | 1:27:15 | 1:28:14 | | |
| | OK Tyr | | | 2:15 | 27:29 | 4:56 | 5:38 | 5:29 | 18:54 | 7:21 | 9:39 | 2:40 | 2:54 | 0:59 | | |
| AK | Bengt Hansson | H65 | Aufg | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | | |
| | Säterbygdens OK | | | | | | | | | | | | | | | |
| | Ulrike Breckle | D45 | N Ang | | | | | | | | | | | | | |
| | Bovender SV | | | | | | | | | | | | | | | |
| D18,D35,H16 (9) | | | | 5,7 km | 190 Hm | 12 P | | | | | | | | | | |
| | | | | 1(57) | 2(35) | 3(38) | 4(64) | 5(58) | 6(59) | 7(67) | 8(32) | 9(62) | 10(60) | 11(65) | 12(100) | Ziel |
| 1 | Anna Weigert | D18 | 1:02:20 | 4:53 | 6:59 | 22:28 | 26:16 | 30:32 | 35:07 | 37:41 | 40:36 | 49:28 | 52:05 | 59:57 | 1:01:55 | 1:02:20 |
| | TV Jahn Wolfsburg | | | 4:53 | 2:06 | 15:29 | 3:48 | 4:16 | 4:35 | 2:34 | 2:55 | 8:52 | 2:37 | 7:52 | 1:58 | 0:25 |
| 2 | Dorothea Kirves | D35 | 1:28:34 | 6:19 | 8:03 | 30:03 | 36:12 | 43:08 | 48:15 | 52:54 | 57:26 | 1:09:56 | 1:13:30 | 1:24:43 | 1:27:54 | 1:28:34 |
| | TG 1860 Münden | | | 6:19 | 1:44 | 22:00 | 6:09 | 6:56 | 5:07 | 4:39 | 4:32 | 12:30 | 3:34 | 11:13 | 3:11 | 0:40 |

| Pl | Name | Kat | Zeit | | | | | | | | | | | | | | |
|--------------------------|-----------------------------|------|----------------------|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|---------|-------------|---------|
| D18,D35,H16 (9) | | | 5,7 km 190 Hm | 12 P | (Forts.) | | | | | | | | | | | | |
| | | | | 1(57) | 2(35) | 3(38) | 4(64) | 5(58) | 6(59) | 7(67) | 8(32) | 9(62) | 10(60) | 11(65) | 12(100) | Ziel | |
| 3 | Karla Breckle | D18 | 1:30:34 | 14:50 | 15:52 | 43:46 | 48:36 | 53:04 | 56:39 | 1:02:12 | 1:04:39 | 1:18:50 | 1:21:03 | 1:28:08 | 1:30:13 | 1:30:34 | |
| | Bovender SV | | | 14:50 | 1:02 | 27:54 | 4:50 | 4:28 | 3:35 | 5:33 | 2:27 | 14:11 | 2:13 | 7:05 | 2:05 | 0:21 | |
| | | | | 3:18 | | | | | | | | | | | | | |
| | | | | *50 | | | | | | | | | | | | | |
| 4 | Lada Konstantynov | D18 | 1:33:12 | 9:52 | 11:55 | 37:01 | 42:17 | 49:09 | 54:46 | 59:21 | 1:03:10 | 1:15:03 | 1:18:37 | 1:29:36 | 1:32:38 | 1:33:12 | |
| | OLV Uslar | | | 9:52 | 2:03 | 25:06 | 5:16 | 6:52 | 5:37 | 4:35 | 3:49 | 11:53 | 3:34 | 10:59 | 3:02 | 0:34 | |
| 5 | Roza Burdukova | D18 | 1:34:38 | 6:24 | 9:13 | 33:22 | 38:48 | 45:56 | 52:53 | 57:49 | 1:01:45 | 1:16:48 | 1:21:02 | 1:31:04 | 1:34:06 | 1:34:38 | |
| | Braunschweiger MT | | | 6:24 | 2:49 | 24:09 | 5:26 | 7:08 | 6:57 | 4:56 | 3:56 | 15:03 | 4:14 | 10:02 | 3:02 | 0:32 | |
| 6 | Sonja Kunze | D35 | 1:38:52 | 5:24 | 7:17 | 33:11 | 41:36 | 48:11 | 52:55 | 57:23 | 1:01:26 | 1:18:32 | 1:24:10 | 1:34:47 | 1:38:24 | 1:38:52 | |
| | OLV Uslar | | | 5:24 | 1:53 | 25:54 | 8:25 | 6:35 | 4:44 | 4:28 | 4:03 | 17:06 | 5:38 | 10:37 | 3:37 | 0:28 | |
| | Claudia Ostendorff | D35 | Aufg | 1:06:54 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | TSV Worpsswede | | | 1:06:54 | | | | | | | | | | | | | |
| AK | Aino Leijon | D35 | Aufg | 4:29 | 6:00 | ---- | ---- | 52:51 | 57:39 | ---- | ---- | ---- | ---- | ---- | 1:07:19 | 1:07:52 | |
| | Avesta OK | | | 4:29 | 1:31 | | | 46:51 | 4:48 | | | | | | 9:40 | 0:33 | |
| AK | Sara Rudh | D35 | 1:11:58 | 5:28 | 7:02 | 21:41 | 29:11 | 38:02 | 41:40 | 45:41 | 48:56 | 58:07 | 1:00:58 | 1:09:03 | 1:11:25 | 1:11:58 | |
| | Avesta OK | | | 5:28 | 1:34 | 14:39 | 7:30 | 8:51 | 3:38 | 4:01 | 3:15 | 9:11 | 2:51 | 8:05 | 2:22 | 0:33 | |
| D19K,D55 (26) | | | 3,6 km 70 Hm | 9 P | | | | | | | | | | | | | |
| | | | | 1(56) | 2(62) | 3(66) | 4(59) | 5(60) | 6(68) | 7(65) | 8(63) | 9(100) | Ziel | | | | |
| 1 | Rieke Bruns | D19K | 37:48 | 1:24 | 9:20 | 16:26 | 18:52 | 25:12 | 27:48 | 33:58 | 36:02 | 37:18 | 37:48 | | | | |
| | MTK Bad Harzburg | | | 1:24 | 7:56 | 7:06 | 2:26 | 6:20 | 2:36 | 6:10 | 2:04 | 1:16 | 0:30 | | | | |
| 2 | Andrea Finkenstädt | D55 | 38:45 | 1:32 | 8:38 | 15:51 | 18:25 | 24:40 | 27:35 | 34:56 | 36:45 | 38:08 | 38:45 | | | | |
| | OLV Uslar | | | 1:32 | 7:06 | 7:13 | 2:34 | 6:15 | 2:55 | 7:21 | 1:49 | 1:23 | 0:37 | | | | |
| 3 | Mareike Blohm | D19K | 42:32 | 1:48 | 11:02 | 18:31 | 21:09 | 27:54 | 31:12 | 38:41 | 40:39 | 42:01 | 42:32 | | | | |
| | TSV Worpsswede | | | 1:48 | 9:14 | 7:29 | 2:38 | 6:45 | 3:18 | 7:29 | 1:58 | 1:22 | 0:31 | | | | |
| 4 | Irina Kupriyanova | D19K | 44:26 | 1:39 | 9:22 | 17:33 | 20:42 | 27:43 | 32:24 | 40:08 | 42:36 | 43:55 | 44:26 | | | | |
| | Turn-Klubb zu Han | | | 1:39 | 7:43 | 8:11 | 3:09 | 7:01 | 4:41 | 7:44 | 2:28 | 1:19 | 0:31 | | | | |
| 5 | Claudia Ducki-Höck | D55 | 46:18 | 1:49 | 9:59 | 17:42 | 20:15 | 27:24 | 30:40 | 41:54 | 43:58 | 45:40 | 46:18 | | | | |
| | MTK Bad Harzburg | | | 1:49 | 8:10 | 7:43 | 2:33 | 7:09 | 3:16 | 11:14 | 2:04 | 1:42 | 0:38 | | | | |
| 6 | Liisa Rihko-Struck | D55 | 47:40 | 2:17 | 9:19 | 22:24 | 25:07 | 31:40 | 34:41 | 43:38 | 45:34 | 46:59 | 47:40 | | | | |
| | Braunschweiger MT | | | 2:17 | 7:02 | 13:05 | 2:43 | 6:33 | 3:01 | 8:57 | 1:56 | 1:25 | 0:41 | | | | |
| 7 | Julia Stark | D19K | 48:56 | 1:48 | 10:10 | 18:13 | 22:47 | 31:06 | 35:09 | 44:16 | 47:04 | 48:29 | 48:56 | | | | |
| | MTV Seesen | | | 1:48 | 8:22 | 8:03 | 4:34 | 8:19 | 4:03 | 9:07 | 2:48 | 1:25 | 0:27 | | | | |
| 8 | Claudia Weigert | D19K | 55:56 | 2:05 | 12:33 | 20:53 | 24:08 | 33:14 | 37:23 | 46:59 | 53:29 | 55:18 | 55:56 | | | | |
| | TV Jahn Wolfsburg | | | 2:05 | 10:28 | 8:20 | 3:15 | 9:06 | 4:09 | 9:36 | 6:30 | 1:49 | 0:38 | | | | |
| 9 | Oleksandra Konsta | D19K | 58:53 | 2:41 | 14:57 | 23:40 | 26:32 | 35:01 | 39:15 | 53:09 | 56:02 | 58:13 | 58:53 | | | | |
| | OLV Uslar | | | 2:41 | 12:16 | 8:43 | 2:52 | 8:29 | 4:14 | 13:54 | 2:53 | 2:11 | 0:40 | | | | |
| 10 | Jordan Sophie Meis | D19K | 1:01:38 | 2:18 | 16:32 | 27:15 | 30:57 | 41:33 | 45:42 | 55:15 | 58:27 | 1:00:21 | 1:01:38 | | | | |
| | OLV Uslar | | | 2:18 | 14:14 | 10:43 | 3:42 | 10:36 | 4:09 | 9:33 | 3:12 | 1:54 | 1:17 | | | | |
| 11 | Esther Knoblauch | D55 | 1:03:01 | 2:44 | 14:39 | 25:02 | 29:07 | 39:58 | 45:01 | 56:21 | 59:54 | 1:02:07 | 1:03:01 | | | | |
| | MTK Bad Harzburg | | | 2:44 | 11:55 | 10:23 | 4:05 | 10:51 | 5:03 | 11:20 | 3:33 | 2:13 | 0:54 | | | | |
| 12 | Carlotta Haupt | D19K | 1:06:01 | 2:05 | 21:37 | 30:28 | 33:32 | 43:11 | 47:17 | 57:55 | 1:04:07 | 1:05:33 | 1:06:01 | | | | |
| | MTK Bad Harzburg | | | 2:05 | 19:32 | 8:51 | 3:04 | 9:39 | 4:06 | 10:38 | 6:12 | 1:26 | 0:28 | | | | |
| 13 | Nicole Frank | D19K | 1:14:10 | 2:31 | 20:37 | 32:51 | 37:01 | 47:27 | 54:27 | 1:07:25 | 1:11:17 | 1:13:24 | 1:14:10 | | | | |
| | SV Hildesia Diekhof | | | 2:31 | 18:06 | 12:14 | 4:10 | 10:26 | 7:00 | 12:58 | 3:52 | 2:07 | 0:46 | | | | |
| AK | Annika Engström | D55 | 35:47 | 1:19 | 7:51 | 14:38 | 16:43 | 22:48 | 25:29 | 32:11 | 33:51 | 35:16 | 35:47 | | | | |
| | OK Käre | | | 1:19 | 6:32 | 6:47 | 2:05 | 6:05 | 2:41 | 6:42 | 1:40 | 1:25 | 0:31 | | | | |
| AK | Liv Norberg | D19K | 37:04 | 1:14 | 9:34 | 16:29 | 18:42 | 24:45 | 27:29 | 33:40 | 35:31 | 36:37 | 37:04 | | | | |
| | Avesta OK | | | 1:14 | 8:20 | 6:55 | 2:13 | 6:03 | 2:44 | 6:11 | 1:51 | 1:06 | 0:27 | | | | |
| AK | Anna Lena Tynong | D55 | 45:25 | 1:51 | 11:15 | 18:11 | 21:48 | 28:19 | 32:14 | 40:32 | 43:33 | 44:47 | 45:25 | | | | |
| | Gävle Orienteringsk | | | 1:51 | 9:24 | 6:56 | 3:37 | 6:31 | 3:55 | 8:18 | 3:01 | 1:14 | 0:38 | | | | |
| AK | Iotta Stål | D55 | 47:55 | 2:33 | 11:23 | 19:41 | 22:26 | 29:14 | 32:31 | 44:04 | 45:53 | 47:21 | 47:55 | | | | |
| | Västerberslagens O | | | 2:33 | 8:50 | 8:18 | 2:45 | 6:48 | 3:17 | 11:33 | 1:49 | 1:28 | 0:34 | | | | |
| AK | Carina Johansson | D55 | 51:25 | 1:53 | 10:51 | 19:49 | 23:03 | 31:37 | 35:38 | 46:25 | 48:56 | 50:43 | 51:25 | | | | |
| | Tumba Mälarhöjden | | | 1:53 | 8:58 | 8:58 | 3:14 | 8:34 | 4:01 | 10:47 | 2:31 | 1:47 | 0:42 | | | | |
| AK | Elisabeth Assarsson | D55 | 51:46 | 1:46 | 10:00 | 17:40 | 20:44 | 32:17 | 35:40 | 43:37 | 49:51 | 51:15 | 51:46 | | | | |
| | Avesta OK | | | 1:46 | 8:14 | 7:40 | 3:04 | 11:33 | 3:23 | 7:57 | 6:14 | 1:24 | 0:31 | | | | |
| AK | Birgit Åkerblom | D55 | 53:04 | 1:47 | 9:48 | 18:05 | 20:49 | 30:03 | 34:02 | 43:14 | 50:43 | 52:25 | 53:04 | | | | |
| | Stora Tuna OK | | | 1:47 | 8:01 | 8:17 | 2:44 | 9:14 | 3:59 | 9:12 | 7:29 | 1:42 | 0:39 | | | | |
| AK | Gunilla Rylander | D55 | 54:41 | 2:29 | 12:20 | 22:41 | 26:17 | 35:08 | 39:36 | 49:00 | 51:54 | 53:49 | 54:41 | | | | |
| | Stora Tuna OK | | | 2:29 | 9:51 | 10:21 | 3:36 | 8:51 | 4:28 | 9:24 | 2:54 | 1:55 | 0:52 | | | | |
| AK | Elisabet Elmertoft | D55 | 58:02 | 4:16 | 16:24 | 25:08 | 27:57 | 35:51 | 40:50 | 53:08 | 55:45 | 57:21 | 58:02 | | | | |
| | Norbergs OK | | | 4:16 | 12:08 | 8:44 | 2:49 | 7:54 | 4:59 | 12:18 | 2:37 | 1:36 | 0:41 | | | | |
| AK | Michaela Matyssek | D19K | 58:39 | 1:51 | 19:33 | 26:37 | 29:31 | 39:16 | 43:31 | 54:18 | 56:44 | 58:08 | 58:39 | | | | |
| | OL Team Lippe | | | 1:51 | 17:42 | 7:04 | 2:54 | 9:45 | 4:15 | 10:47 | 2:26 | 1:24 | 0:31 | | | | |
| AK | Catarina Larsson | D55 | 1:01:42 | 1:39 | 12:35 | 25:50 | 28:15 | 38:18 | 42:06 | 57:00 | 59:04 | 1:00:57 | 1:01:42 | | | | |
| | Västerås sok | | | 1:39 | 10:56 | 13:15 | 2:25 | 10:03 | 3:48 | 14:54 | 2:04 | 1:53 | 0:45 | | | | |
| AK | Anna-Karin Lövgren | D55 | 1:07:40 | 2:23 | 13:40 | 26:50 | 31:32 | 43:02 | 48:41 | 1:00:17 | 1:03:55 | 1:06:34 | 1:07:40 | | | | |
| | Avesta OK | | | 2:23 | 11:17 | 13:10 | 4:42 | 11:30 | 5:39 | 11:36 | 3:38 | 2:39 | 1:06 | | | | |
| AK | Brigitte Dersch-Koll | D55 | 1:16:27 | 3:00 | 15:56 | 28:54 | 33:19 | 46:26 | 52:45 | 1:05:07 | 1:12:10 | 1:15:16 | 1:16:27 | | | | |
| | Ski-Club Helsa | | | 3:00 | 12:56 | 12:58 | 4:25 | 13:07 | 6:19 | 12:22 | 7:03 | 3:06 | 1:11 | | | | |
| D19L,H18,H45 (23) | | | 6,6 km 200 Hm | 14 P | | | | | | | | | | | | | |
| | | | | 1(56) | 2(50) | 3(36) | 4(33) | 5(32) | 6(66) | 7(55) | 8(57) | 9(35) | 10(38) | 11(64) | 12(44) | 13(65) | 14(100) |
| | | | | Ziel | | | | | | | | | | | | | |

| Pl | Name | Kat | Zeit | | | | | | | | | | | | | |
|--------------------------|--|------|--|--------------|-----------------|---------------|----------------|---------------|----------------|------------------|-----------------|------------------|-----------------|-----------------|------------------|-----------------|
| D19L,H18,H45 (23) | | | 6,6 km 200 Hm | 14 P | <i>(Forts.)</i> | | | | | | | | | | | |
| | | | 1(56) Ziel | 2(50) | 3(36) | 4(33) | 5(32) | 6(66) | 7(55) | 8(57) | 9(35) | 10(38) | 11(64) | 12(44) | 13(65) | 14(100) |
| 1 | Gerrit Rode TSV Worpsswede | H45 | 54:18 1:04 1:04 54:18 0:19 | 3:20 2:16 | 7:11 3:51 | 8:33 1:22 | 15:18 6:45 | 18:17 2:59 | 21:06 2:49 | 30:04 8:58 | 31:22 1:18 | 44:30 13:08 | 47:39 3:09 | 49:32 1:53 | 52:24 2:52 | 53:59 1:35 |
| 2 | Eike Bruns MTK Bad Harzburg | H45 | 54:47 1:02 1:02 54:47 0:25 | 2:59 1:57 | 10:18 7:19 | 11:48 1:30 | 18:42 6:54 | 22:03 3:21 | 24:08 2:05 | 32:59 8:51 | 34:09 1:10 | 44:40 10:31 | 47:47 3:07 | 49:38 1:51 | 52:24 2:46 | 54:22 1:58 |
| 3 | Rolf Breckle Bovender SV | H45 | 55:38 1:16 1:16 55:38 0:27 | 3:31 2:15 | 7:57 4:26 | 9:52 1:55 | 17:13 7:21 | 20:46 3:33 | 22:30 1:44 | 31:21 8:51 | 32:25 1:04 | 44:28 12:03 | 47:52 3:24 | 50:41 2:49 | 53:29 2:48 | 55:11 1:42 |
| 4 | Jan Knaup Braunschweiger MT | H45 | 1:11:35 1:23 1:23 1:11:35 0:31 | 4:06 2:43 | 10:00 5:54 | 12:20 2:20 | 22:02 9:42 | 26:08 4:06 | 29:17 3:09 | 42:26 13:09 | 43:45 1:19 | 57:15 13:30 | 1:01:38 4:23 | 1:05:08 3:30 | 1:08:48 3:40 | 1:11:04 2:16 |
| 5 | Anke von Gaza OLV Uslar | D19L | 1:14:20 1:17 1:17 1:14:20 0:30 | 3:53 2:36 | 9:07 5:14 | 11:16 2:09 | 22:09 10:53 | 26:41 4:32 | 32:00 5:19 | 44:29 12:29 | 46:41 2:12 | 1:01:38 14:57 | 1:05:15 3:37 | 1:07:52 2:37 | 1:11:29 3:37 | 1:13:50 2:21 |
| 6 | Maik Schweizer MTV Seesen | H18 | 1:15:02 1:07 1:07 1:15:02 0:46 | 3:31 2:24 | 8:32 5:01 | 10:39 2:07 | 19:13 8:34 | 22:42 3:29 | 35:33 12:51 | 44:22 8:49 | 45:27 1:05 | 57:03 11:36 | 1:01:07 4:04 | 1:03:48 2:41 | 1:12:41 8:53 | 1:14:16 1:35 |
| 7 | Sven-Guido Schulz TV Jahn Wolfsburg | H18 | 1:17:08 1:21 1:21 1:17:08 0:16 | 3:55 2:34 | 9:43 5:48 | 11:35 1:52 | 19:46 8:11 | 25:13 5:27 | 31:44 6:31 | 47:56 16:12 | 49:02 1:06 | 1:03:21 14:19 | 1:07:14 3:53 | 1:11:53 4:39 | 1:15:03 3:10 | 1:16:52 1:49 |
| 8 | Johannes Gurtman TG 1860 Münden | H18 | 1:20:13 1:03 1:03 1:20:13 0:17 | 4:47 3:44 | 12:41 7:54 | 14:38 1:57 | 22:30 7:52 | 27:23 4:53 | 38:34 11:11 | 50:55 12:21 | 52:09 1:14 | 1:06:24 14:15 | 1:10:17 3:53 | 1:14:31 4:14 | 1:18:01 3:30 | 1:19:56 1:55 |
| 9 | Jörg Kleinholz-Mew TuS Bothfeld 04 | H45 | 1:20:18 1:28 1:28 1:20:18 0:28 | 5:55 4:27 | 14:39 8:44 | 16:39 2:00 | 27:55 11:16 | 32:00 4:05 | 34:51 2:51 | 48:04 13:13 | 50:14 2:10 | 1:06:01 15:47 | 1:11:40 5:39 | 1:14:04 2:24 | 1:17:47 3:43 | 1:19:50 2:03 |
| 10 | Oliver Hillebrandt OLV Uslar | H45 | 1:30:08 1:40 1:40 1:30:08 0:33 | 4:38 2:58 | 8:48 4:10 | 11:03 2:15 | 18:58 7:55 | 22:35 3:37 | 27:07 4:32 | 44:00 16:53 | 46:57 2:57 | 1:14:55 27:58 | 1:20:50 5:55 | 1:23:17 2:27 | 1:27:07 3:50 | 1:29:35 2:28 |
| 11 | Marcel Frank SV Hildesia Diekhol | H45 | 1:41:16 1:29 1:29 1:41:16 0:34 | 6:11 4:42 | 12:10 5:59 | 14:30 2:20 | 24:49 10:19 | 28:32 3:43 | 32:22 3:50 | 51:49 19:27 | 53:11 1:22 | 1:23:08 29:57 | 1:30:56 7:48 | 1:33:51 2:55 | 1:38:01 4:10 | 1:40:42 2:41 |
| 12 | Carolyn Bernsdorf MTV Seesen | D19L | 1:42:36 1:34 1:34 1:42:36 0:27 | 5:26 3:52 | 11:02 5:36 | 13:56 2:54 | 32:06 18:10 | 36:04 3:58 | 44:00 7:56 | 1:00:49 16:49 | 1:06:46 5:57 | 1:29:23 22:37 | 1:33:15 3:52 | 1:35:32 2:17 | 1:39:51 4:19 | 1:42:09 2:18 |
| 13 | Gunnar Grote OLV Uslar | H45 | 1:46:56 2:21 2:21 1:46:56 0:48 | 5:52 3:31 | 15:28 9:36 | 22:21 6:53 | 36:11 13:50 | 40:50 4:39 | 45:19 4:29 | 1:02:17 16:58 | 1:04:31 2:14 | 1:28:55 24:24 | 1:32:56 4:01 | 1:36:10 3:14 | 1:42:59 6:49 | 1:46:08 3:09 |
| 14 | Sven Buchholz MTK Bad Harzburg | H45 | 2:06:53 1:32 1:32 2:06:53 0:55 | 5:59 4:27 | 22:01 16:02 | 24:46 2:45 | 38:14 13:28 | 43:38 5:24 | 54:14 10:36 | 1:17:36 23:22 | 1:19:43 2:07 | 1:43:41 23:58 | 1:48:32 4:51 | 1:51:38 3:06 | 2:01:45 10:07 | 2:05:58 4:13 |
| | Pia Buchholz MTK Bad Harzburg | D19L | Aufg 1:35 | 4:54 3:19 | 13:47 8:53 | 18:12 4:25 | 38:21 20:09 | 43:00 4:39 | 46:26 3:26 | 1:13:26 27:00 | ----- | ----- | ----- | ----- | ----- | ----- |
| AK | Johan Ahlström Västerås sok | H45 | 1:11:38 1:02 1:02 1:11:38 0:25 | 4:12 3:10 | 8:19 4:07 | 9:32 1:13 | 16:40 7:08 | 20:32 3:52 | 22:33 2:01 | 33:03 10:30 | 34:00 0:57 | 1:00:53 26:53 | 1:04:11 3:18 | 1:06:10 1:59 | 1:09:01 2:51 | 1:11:13 2:12 |
| AK | Jarkko Kerkola Tampereen Pyrintö | H45 | 1:15:28 1:07 1:07 1:15:28 0:35 | 4:52 3:45 | 12:17 7:25 | 14:05 1:48 | 25:36 11:31 | 29:35 3:59 | 31:45 2:10 | 43:10 11:25 | 44:28 1:18 | 1:02:14 17:46 | 1:06:30 4:16 | 1:08:55 2:25 | 1:12:25 3:30 | 1:14:53 2:28 |
| AK | Martin Gertenbach Ski-Club Helsa | H45 | 1:15:44 1:27 1:27 1:15:44 0:30 | 3:33 2:06 | 12:59 9:26 | 14:52 1:53 | 23:40 8:48 | 27:49 4:09 | 31:19 3:30 | 44:49 13:30 | 46:09 1:20 | 1:02:41 16:32 | 1:07:13 4:32 | 1:09:49 2:36 | 1:13:03 3:14 | 1:15:14 2:11 |
| AK | Niklas Söderlund Avesta OK | H45 | 1:20:32 4:06 4:06 1:20:32 0:25 | 8:04 3:58 | 14:07 6:03 | 16:07 2:00 | 26:47 10:40 | 30:37 3:50 | 35:16 4:39 | 47:39 12:23 | 49:12 1:33 | 1:05:08 15:56 | 1:09:17 4:09 | 1:11:51 2:34 | 1:17:58 6:07 | 1:20:07 2:09 |

| Pl | Name | Kat | Zeit | | | | | | | | | | | | | | | |
|--------------------------|--|------|----------------------|--|--|---|--|--|----------------------|----------------------|----------------------|------------------|------------------|------------------|-----------------|-----------------|-----------------|--|
| D19L,H18,H45 (23) | | | 6,6 km 200 Hm | | 14 P | | | <i>(Forts.)</i> | | | | | | | | | | |
| | | | 1(56) Ziel | 2(50) | 3(36) | 4(33) | 5(32) | 6(66) | 7(55) | 8(57) | 9(35) | 10(38) | 11(64) | 12(44) | 13(65) | 14(100) | | |
| AK | Hans Egefalk Hagaby GOLF | H45 | 1:23:22 | 1:46 1:46 1:23:22 0:38 | 6:12 4:26 | 13:56 7:44 | 15:37 1:41 | 28:21 12:44 | 32:13 3:52 | 35:20 3:07 | 49:16 13:56 | 50:53 1:37 | 1:08:41 17:48 | 1:12:00 3:19 | 1:14:10 2:10 | 1:20:15 6:05 | 1:22:44 2:29 | |
| AK | Inken Deichmann Ski-Club Helsa | D19L | 2:16:39 | 1:49 1:49 2:16:39 0:25 | 12:55 11:06 | 18:47 5:52 | 21:32 2:45 | 34:45 13:13 | 39:49 5:04 | 1:05:08 25:19 | 1:25:01 19:53 | 1:27:46 2:45 | 1:56:46 29:00 | 2:05:03 8:17 | 2:07:58 2:55 | 2:13:57 5:59 | 2:16:14 2:17 | |
| | Paulo Urzua Torres TV Jahn Wolfsburg | H45 | N Ang | | | | | | | | | | | | | | | |
| | Christoph Napp TV Jahn Wolfsburg | H45 | N Ang | | | | | | | | | | | | | | | |
| D65,H75 (15) | | | 2,5 km 60 Hm | | 7 P | | | | | | | | | | | | | |
| | | | 1(68) | 2(60) | 3(58) | 4(44) | 5(65) | 6(63) | 7(100) | Ziel | | | | | | | | |
| 1 | Birgitt Michel TV Jahn Wolfsburg | D65 | 39:32 | 3:44 3:44 | 8:18 4:34 | 19:01 10:43 | 25:12 6:11 | 31:57 6:45 | 34:49 2:52 | 37:50 3:01 | 39:32 1:42 | 19:55 *72 | | | | | | |
| 2 | Wilf Holloway Bovender SV | H75 | 40:22 | 4:49 4:49 | 10:29 5:40 | 23:02 12:33 | 29:17 6:15 | 34:54 5:37 | 37:23 2:29 | 39:18 1:55 | 40:22 1:04 | | | | | | | |
| 3 | Gerhard Niederland TSV Schloß Ricklin | H75 | 46:01 | 7:27 7:27 | 13:56 6:29 | 29:00 15:04 | 33:30 4:30 | 40:30 7:00 | 43:31 3:01 | 45:16 1:45 | 46:01 0:45 | | | | | | | |
| 4 | Irmela Bergt TSV Fischerhude | D65 | 52:29 | 3:34 3:34 | 9:21 5:47 | 21:24 12:03 | 27:11 5:47 | 46:09 18:58 | 49:52 3:43 | 51:45 1:53 | 52:29 0:44 | | | | | | | |
| 5 | Günter Gohde Turn-Klubb zu Han | H75 | 55:18 | 5:43 5:43 | 14:44 9:01 | 30:04 15:20 | 37:32 7:28 | 47:29 9:57 | 51:45 4:16 | 54:20 2:35 | 55:18 0:58 | | | | | | | |
| 6 | Antje Sobczak MTV Soltau | D65 | 55:41 | 6:42 6:42 | 12:26 5:44 | 24:54 12:28 | 32:06 7:12 | 49:14 17:08 | 52:44 3:30 | 54:53 2:09 | 55:41 0:48 | | | | | | | |
| 7 | Reinhard Jahn Braunschweiger MT | H75 | 1:10:36 | 5:55 5:55 | 12:05 6:10 | 26:27 14:22 | 33:16 6:49 | 1:04:03 30:47 | 1:07:35 3:32 | 1:09:33 1:58 | 1:10:36 1:03 | 58:12 *100 | | | | | | |
| | Albrecht Bergt TSV Fischerhude | H75 | Fehlst | 11:31 11:31 | 26:30 14:59 | 58:01 31:31 | 1:11:20 13:19 | 1:38:29 27:09 | ----- 14:04 | 1:52:33 1:51 | 1:54:24 1:51 | | | | | | | |
| AK | Karin Moodh OK Tyr | D65 | 35:28 | 3:36 3:36 | 8:54 5:18 | 19:06 10:12 | 24:57 5:51 | 30:18 5:21 | 32:56 2:38 | 34:48 1:52 | 35:28 0:40 | | | | | | | |
| AK | Marie Malmberg Kvarnsvedens GOIF | D65 | 36:12 | 4:01 4:01 | 7:43 3:42 | 20:35 12:52 | 24:56 4:21 | 29:48 4:52 | 34:08 4:20 | 35:39 1:31 | 36:12 0:33 | | | | | | | |
| AK | Maija Kerkola Helsingin Suunnist | D65 | 37:22 | 3:14 3:14 | 6:42 3:28 | 16:41 9:59 | 20:51 4:10 | 33:22 12:31 | 35:12 1:50 | 36:49 1:37 | 37:22 0:33 | | | | | | | |
| AK | Gunnel Axin Hagaby GOLF | D65 | 38:00 | 4:20 4:20 | 9:07 4:47 | 20:21 11:14 | 26:46 6:25 | 32:09 5:23 | 35:35 3:26 | 37:20 1:45 | 38:00 0:40 | | | | | | | |
| AK | Ritva Kärkkäinen Avesta OK | D65 | 39:30 | 6:59 6:59 | 11:00 4:01 | 20:31 9:31 | 27:06 6:35 | 32:59 5:53 | 37:24 4:25 | 38:57 1:33 | 39:30 0:33 | | | | | | | |
| AK | Birgitta Gustafsson Hagaby GOLF | D65 | 42:31 | 3:49 3:49 | 8:13 4:24 | 25:25 17:12 | 29:45 4:20 | 34:22 4:37 | 40:32 6:10 | 41:55 1:23 | 42:31 0:36 | | | | | | | |
| AK | Christer Jansson Hagaby GOLF | H75 | 50:40 | 4:35 4:35 | 10:29 5:54 | 27:24 16:55 | 35:31 8:07 | 44:00 8:29 | 47:28 3:28 | 49:34 2:06 | 50:40 1:06 | | | | | | | |
| H19,H35 (16) | | | 9,4 km 260 Hm | | 18 P | | | | | | | | | | | | | |
| | | | 1(50) 15(61) | 2(36) 16(60) | 3(33) 17(63) | 4(34) 18(100) | 5(51) Ziel | 6(53) | 7(54) | 8(55) | 9(57) | 10(35) | 11(38) | 12(64) | 13(58) | 14(59) | | |
| 1 | Tom Buchholz MTK Bad Harzburg | H19L | 1:20:10 | 4:52 4:52 1:11:35 3:41 | 8:40 3:48 1:13:16 1:41 | 9:59 1:19 1:18:51 5:35 | 21:11 11:12 1:19:51 1:00 | 23:18 2:07 1:20:10 0:19 | 26:56 3:38 | 28:11 1:15 | 32:24 4:13 | 41:27 9:03 | 42:46 1:19 | 58:06 15:20 | 1:01:33 3:27 | 1:05:03 3:30 | 1:07:54 2:51 | |
| 2 | Fabian Ulbrich OLV Uslar | H19L | 1:24:03 | 2:57 2:57 1:13:42 | 7:20 4:23 1:15:30 | 9:03 1:43 1:22:14 | 21:46 12:43 1:23:30 | 24:25 2:39 1:24:03 | 28:10 3:45 | 29:45 1:35 | 34:22 4:37 | 44:07 9:45 | 45:24 1:17 | 57:01 11:37 | 1:00:01 3:00 | 1:04:33 4:32 | 1:07:56 3:23 | |
| 3 | Nilas Stamer MTK Bad Harzburg | H19L | 1:24:27 | 5:46 2:39 1:14:40 | 1:48 7:14 1:16:25 | 6:44 8:44 1:23:05 | 1:16 18:09 1:24:05 | 0:33 20:57 1:24:27 | 25:35 4:38 | 26:52 1:17 | 32:28 5:36 | 42:13 9:45 | 43:52 1:39 | 56:31 12:39 | 1:00:48 4:17 | 1:06:09 5:21 | 1:09:28 3:19 | |
| 4 | Thorsten Weigert TV Jahn Wolfsburg | H35 | 1:34:19 | 5:12 3:03 3:03 1:22:53 | 1:45 9:36 6:33 1:24:59 | 6:40 14:08 4:32 1:32:47 | 1:00 23:01 8:53 1:33:55 | 0:22 29:21 6:20 1:34:19 | 33:03 3:42 | 34:17 1:14 | 40:50 6:33 | 53:39 12:49 | 55:02 1:23 | 1:06:29 11:27 | 1:10:43 4:14 | 1:14:28 3:45 | 1:17:32 3:04 | |
| 5 | Björn Frieling TuS Bergen | H35 | 1:34:27 | 5:21 6:55 6:55 1:24:27 | 2:06 11:15 4:20 1:26:28 | 7:48 12:46 1:31 1:32:47 | 1:08 24:45 11:59 1:33:45 | 0:24 26:47 2:02 1:34:27 | 30:21 3:34 | 31:34 1:13 | 37:21 5:47 | 50:30 13:09 | 51:35 1:05 | 1:08:21 16:46 | 1:11:51 3:30 | 1:15:35 3:44 | 1:18:45 3:10 | |
| 6 | Vassilios Marakis SV Hildesia Diekhol | H19L | 2:30:25 | 5:42 5:16 5:16 2:08:01 13:39 | 2:01 11:33 6:17 2:11:31 3:30 | 6:19 14:16 2:43 2:27:56 16:25 | 0:58 35:39 5:28 2:29:26 1:30 | 0:42 41:07 5:28 2:30:25 0:59 | 46:41 5:34 | 49:32 2:51 | 59:38 10:06 | 1:17:00 17:22 | 1:18:23 1:23 | 1:34:58 16:35 | 1:42:17 7:19 | 1:48:33 6:16 | 1:54:22 5:49 | |

| Pl | Name | Kat | Zeit | | | | | | | | | | | | | | | |
|-----------------------------|--------------------------|----------------|----------------------|--------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------|------|
| H19,H35 (16) | | | 9,4 km 260 Hm | 18 P | <i>(Forts.)</i> | | | | | | | | | | | | | |
| | | | | 1(50) | 2(36) | 3(33) | 4(34) | 5(51) | 6(53) | 7(54) | 8(55) | 9(57) | 10(35) | 11(38) | 12(64) | 13(58) | 14(59) | |
| | | | | 15(61) | 16(60) | 17(63) | 18(100) | Ziel | | | | | | | | | | |
| | Sergei Roskop | H35 | Aufg | 5:49 | 9:33 | 11:25 | 21:35 | 31:12 | 38:26 | 39:45 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | Braunschweiger MT | | | 5:49 | 3:44 | 1:52 | 10:10 | 9:37 | 7:14 | 1:19 | | | | | | | | |
| | | | | ---- | ---- | ---- | ---- | | | | | | | | | | | |
| AK Kristian Blok | H19L | 1:07:44 | 3:00 | 6:23 | 7:52 | 15:53 | 17:50 | 21:30 | 22:41 | 26:26 | 34:50 | 35:51 | 45:20 | 47:54 | 51:17 | 53:59 | | |
| OK Snab | | | 3:00 | 3:23 | 1:29 | 8:01 | 1:57 | 3:40 | 1:11 | 3:45 | 8:24 | 1:01 | 9:29 | 2:34 | 3:23 | 2:42 | | |
| | | | 58:06 | 59:42 | 1:06:25 | 1:07:22 | 1:07:44 | | | | | | | | | | | |
| | | | 4:07 | 1:36 | 6:43 | 0:57 | 0:22 | | | | | | | | | | | |
| AK Konrad Stamer | H19L | 1:11:44 | 3:07 | 6:59 | 8:03 | 16:42 | 19:26 | 22:15 | 23:32 | 27:10 | 36:22 | 37:48 | 47:47 | 50:31 | 53:28 | 56:08 | | |
| Pretzer TSV | | | 3:07 | 3:52 | 1:04 | 8:39 | 2:44 | 2:49 | 1:17 | 3:38 | 9:12 | 1:26 | 9:59 | 2:44 | 2:57 | 2:40 | | |
| | | | 1:02:52 | 1:04:30 | 1:10:03 | 1:11:14 | 1:11:44 | | | | | | | | | | | |
| | | | 6:44 | 1:38 | 5:33 | 1:11 | 0:30 | | | | | | | | | | | |
| AK Thomas Blok | H19L | 1:19:24 | 2:58 | 6:40 | 9:32 | 19:57 | 24:57 | 27:56 | 29:11 | 33:00 | 42:10 | 43:25 | 55:46 | 58:36 | 1:01:54 | 1:04:41 | | |
| OK Snab | | | 2:58 | 3:42 | 2:52 | 10:25 | 5:00 | 2:59 | 1:15 | 3:49 | 9:10 | 1:15 | 12:21 | 2:50 | 3:18 | 2:47 | | |
| | | | 1:08:55 | 1:10:43 | 1:18:13 | 1:19:08 | 1:19:24 | | | | | | | | | | | |
| | | | 4:14 | 1:48 | 7:30 | 0:55 | 0:16 | | | | | | | | | | | |
| AK Markus Müller | H19L | 1:30:24 | 7:54 | 11:49 | 13:08 | 22:58 | 27:58 | 32:06 | 33:28 | 38:15 | 48:06 | 49:23 | 1:01:01 | 1:04:36 | 1:09:08 | 1:13:02 | | |
| OSC Kassel | | | 7:54 | 3:55 | 1:19 | 9:50 | 5:00 | 4:08 | 1:22 | 4:47 | 9:51 | 1:17 | 11:38 | 3:35 | 4:32 | 3:54 | | |
| | | | 1:20:03 | 1:21:44 | 1:28:41 | 1:29:51 | 1:30:24 | | | | | | | | | | | |
| | | | 7:01 | 1:41 | 6:57 | 1:10 | 0:33 | | | | | | | | | | | |
| AK Lucas Ahlström | H19L | 1:34:07 | 3:43 | 8:20 | 9:51 | 19:21 | 21:55 | 25:14 | 26:58 | 31:24 | 40:53 | 42:13 | 1:07:37 | 1:09:59 | 1:13:24 | 1:17:41 | | |
| Västerås sok | | | 3:43 | 4:37 | 1:31 | 9:30 | 2:34 | 3:19 | 1:44 | 4:26 | 9:29 | 1:20 | 25:24 | 2:22 | 3:25 | 4:17 | | |
| | | | 1:23:19 | 1:25:01 | 1:32:45 | 1:33:47 | 1:34:07 | | | | | | | | | | | |
| | | | 5:38 | 1:42 | 7:44 | 1:02 | 0:20 | | | | | | | | | | | |
| AK Leif Markfjärd | H35 | 1:43:47 | 3:33 | 9:38 | 13:56 | 25:13 | 27:53 | 31:20 | 32:41 | 37:26 | 49:23 | 50:40 | 1:07:10 | 1:11:12 | 1:15:29 | 1:19:41 | | |
| Avesta OK | | | 3:33 | 6:05 | 4:18 | 11:17 | 2:40 | 3:27 | 1:21 | 4:45 | 11:57 | 1:17 | 16:30 | 4:02 | 4:17 | 4:12 | | |
| | | | 1:26:20 | 1:28:17 | 1:42:06 | 1:43:24 | 1:43:47 | | | | | | | | | | | |
| | | | 6:39 | 1:57 | 13:49 | 1:18 | 0:23 | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| AK Yevhen Lazarenko | H35 | 1:49:11 | 7:00 | 16:06 | 17:58 | 30:43 | 33:57 | 39:15 | 40:26 | 46:33 | 59:15 | 1:01:05 | 1:16:57 | 1:21:22 | 1:26:03 | 1:29:45 | | |
| Essen Oldenburg | | | 7:00 | 9:06 | 1:52 | 12:45 | 3:14 | 5:18 | 1:11 | 6:07 | 12:42 | 1:50 | 15:52 | 4:25 | 4:41 | 3:42 | | |
| | | | 1:37:26 | 1:39:48 | 1:47:34 | 1:48:45 | 1:49:11 | | | | | | | | | | | |
| | | | 7:41 | 2:22 | 7:46 | 1:11 | 0:26 | | | | | | | | | | | |
| AK Robin Olsson | H35 | 2:05:07 | 4:38 | 9:53 | 12:27 | 26:11 | 29:36 | 37:10 | 38:34 | 43:29 | 1:06:55 | 1:08:42 | 1:30:07 | 1:34:07 | 1:39:14 | 1:44:03 | | |
| Avesta OK | | | 4:38 | 5:15 | 2:34 | 13:44 | 3:25 | 7:34 | 1:24 | 4:55 | 23:26 | 1:47 | 21:25 | 4:00 | 5:07 | 4:49 | | |
| | | | 1:51:02 | 1:53:24 | 2:01:50 | 2:03:27 | 2:05:07 | | | | | | | | | | | |
| | | | 6:59 | 2:22 | 8:26 | 1:37 | 1:40 | | | | | | | | | | | |
| Till Finkenstädt | H19L | N Ang | | | | | | | | | | | | | | | | |
| OLV Uslar | | | | | | | | | | | | | | | | | | |
| H19K,H55 (22) | | | 4,7 km 100 Hm | 10 P | | | | | | | | | | | | | | |
| | | | 1(50) | 2(33) | 3(32) | 4(67) | 5(59) | 6(61) | 7(68) | 8(65) | 9(63) | 10(100) | Ziel | | | | | |
| 1 Felix Drese | H19K | 40:58 | 3:20 | 7:53 | 17:07 | 20:07 | 22:47 | 28:08 | 32:00 | 38:08 | 39:23 | 40:33 | 40:58 | | | | | |
| OLV Uslar | | | 3:20 | 4:33 | 9:14 | 3:00 | 2:40 | 5:21 | 3:52 | 6:08 | 1:15 | 1:10 | 0:25 | | | | | |
| 2 Jens Struckmann | H55 | 42:55 | 4:40 | 9:05 | 17:51 | 20:43 | 23:09 | 30:37 | 34:29 | 39:44 | 41:09 | 42:18 | 42:55 | | | | | |
| Braunschweiger MT | | | 4:40 | 4:25 | 8:46 | 2:52 | 2:26 | 7:28 | 3:52 | 5:15 | 1:25 | 1:09 | 0:37 | | | | | |
| 3 Malte Finkenstädt | H19K | 43:03 | 4:13 | 8:40 | 18:07 | 21:04 | 23:37 | 29:00 | 32:59 | 39:06 | 40:33 | 42:42 | 43:03 | | | | | |
| OLV Uslar | | | 4:13 | 4:27 | 9:27 | 2:57 | 2:33 | 5:23 | 3:59 | 6:07 | 1:27 | 2:09 | 0:21 | | | | | |
| 4 Thilo Bruns | H55 | 46:43 | 9:33 | 14:00 | 22:16 | 25:26 | 28:16 | 33:45 | 37:48 | 43:21 | 45:11 | 46:18 | 46:43 | | | | | |
| MTK Bad Harzburg | | | 9:33 | 4:27 | 8:16 | 3:10 | 2:50 | 5:29 | 4:03 | 5:33 | 1:50 | 1:07 | 0:25 | | | | | |
| 5 Henning Bruns | H55 | 47:30 | 5:22 | 10:37 | 20:16 | 23:54 | 26:44 | 33:26 | 38:11 | 44:01 | 45:52 | 47:04 | 47:30 | | | | | |
| MTK Bad Harzburg | | | 5:22 | 5:15 | 9:39 | 3:38 | 2:50 | 6:42 | 4:45 | 5:50 | 1:51 | 1:12 | 0:26 | | | | | |
| 6 Frank Leppla | H55 | 48:02 | 4:19 | 8:53 | 17:41 | 20:55 | 24:33 | 29:55 | 34:53 | 44:51 | 46:25 | 47:36 | 48:02 | | | | | |
| Braunschweiger MT | | | 4:19 | 4:34 | 8:48 | 3:14 | 3:38 | 5:22 | 4:58 | 9:58 | 1:34 | 1:11 | 0:26 | | | | | |
| 7 Michael Schwien | H55 | 55:57 | 4:12 | 10:54 | 21:37 | 24:58 | 27:45 | 33:59 | 45:09 | 52:18 | 54:16 | 55:28 | 55:57 | | | | | |
| SC Klecken | | | 4:12 | 6:42 | 10:43 | 3:21 | 2:47 | 6:14 | 11:10 | 7:09 | 1:58 | 1:12 | 0:29 | | | | | |
| 8 Alexey Kupriyanov | H19K | 58:34 | 7:12 | 13:01 | 25:22 | 28:54 | 31:29 | 39:30 | 45:38 | 54:22 | 56:54 | 58:08 | 58:34 | | | | | |
| Turn-Klubb zu Han | | | 7:12 | 5:49 | 12:21 | 3:32 | 2:35 | 8:01 | 6:08 | 8:44 | 2:32 | 1:14 | 0:26 | | | | | |
| 9 Luis Moreton | H19K | 59:51 | 5:00 | 11:26 | 23:16 | 29:15 | 33:10 | 43:13 | 48:10 | 55:34 | 57:42 | 59:10 | 59:51 | | | | | |
| Turn-Klubb zu Han | | | 5:00 | 6:26 | 11:50 | 5:59 | 3:55 | 10:03 | 4:57 | 7:24 | 2:08 | 1:28 | 0:41 | | | | | |
| 10 Jannik Richter | H19K | 1:07:54 | 6:30 | 13:08 | 27:11 | 31:02 | 34:17 | 49:29 | 54:52 | 1:03:33 | 1:06:04 | 1:07:26 | 1:07:54 | | | | | |
| Turn-Klubb zu Han | | | 6:30 | 6:38 | 14:03 | 3:51 | 3:15 | 15:12 | 5:23 | 8:41 | 2:31 | 1:22 | 0:28 | | | | | |
| AK Ulf Magnusson | H55 | 38:47 | 2:54 | 7:17 | 15:54 | 18:51 | 21:21 | 26:23 | 30:20 | 35:05 | 37:24 | 38:21 | 38:47 | | | | | |
| Leksands OK | | | 2:54 | 4:23 | 8:37 | 2:57 | 2:30 | 5:02 | 3:57 | 4:45 | 2:19 | 0:57 | 0:26 | | | | | |
| AK Harry Hietanen | H55 | 40:12 | 4:39 | 9:01 | 17:04 | 19:47 | 21:57 | 26:09 | 29:56 | 37:27 | 38:42 | 39:44 | 40:12 | | | | | |
| Gävle Orienteringsk | | | 4:39 | 4:22 | 8:03 | 2:43 | 2:10 | 4:12 | 3:47 | 7:31 | 1:15 | 1:02 | 0:28 | | | | | |
| AK Magnus Larsson | H55 | 40:46 | 5:12 | 9:31 | 20:12 | 22:49 | 25:03 | 29:23 | 33:00 | 37:47 | 39:21 | 40:21 | 40:46 | | | | | |
| Västerås sok | | | 5:12 | 4:19 | 10:41 | 2:37 | 2:14 | 4:20 | 3:37 | 4:47 | 1:34 | 1:00 | 0:25 | | | | | |
| AK Raimondas Olisaus | H55 | 43:19 | 3:29 | 8:09 | 17:59 | 21:30 | 24:10 | 29:33 | 33:44 | 39:39 | 41:24 | 42:48 | 43:19 | | | | | |
| Berliner TSC | | | 3:29 | 4:40 | 9:50 | 3:31 | 2:40 | 5:23 | 4:11 | 5:55 | 1:45 | 1:24 | 0:31 | | | | | |
| AK Tomas Norman | H55 | 46:32 | 3:31 | 8:22 | 18:29 | 22:14 | 24:57 | 31:29 | 36:50 | 42:57 | 44:36 | 46:02 | 46:32 | | | | | |
| Leksands OK | | | 3:31 | 4:51 | 10:07 | 3:45 | 2:43 | 6:32 | 5:21 | 6:07 | 1:39 | 1:26 | 0:30 | | | | | |
| AK Pär Stål | H55 | 52:42 | 5:26 | 16:59 | 25:16 | 27:56 | 30:17 | 36:12 | 42:24 | 48:49 | 51:05 | 52:19 | 52:42 | | | | | 9:46 |
| Västerberslagens O | | | 5:26 | 11:33 | 8:17 | 2:40 | 2:21 | 5:55 | 6:12 | 6:25 | 2:16 | 1:14 | 0:23 | | | | | *36 |
| AK Lars Lundén | H55 | 54:48 | 8:19 | 13:19 | 24:15 | 27:46 | 31:22 | 37:27 | 42:47 | 49:52 | 52:14 | 53:46 | 54:48 | | | | | |
| Avesta OK | | | 8:19 | 5:00 | 10:56 | 3:31 | 3:36 | 6:05 | 5:20 | 7:05 | 2:22 | 1:32 | 1:02 | | | | | |
| AK Peter Kollenbach | H55 | 56:52 | 5:33 | 11:22 | 22:38 | 26:31 | 29:29 | 36:22 | 43:01 | 51:31 | 54:51 | 56:21 | 56:52 | | | | | |
| Ski-Club Helsa | | | 5:33 | 5:49 | 11:16 | 3:53 | 2:58 | 6:53 | 6:39 | 8:30 | 3:20 | 1:30 | 0:31 | | | | | |

| Pl | Name | Kat | Zeit | | | | | | | | | | | | | | |
|-------------------------|--------------------|------|----------------------|-------------|-------------|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| H19K,H55 (22) | | | 4,7 km 100 Hm | | 10 P | | <i>(Forts.)</i> | | | | | | | | | | |
| | | | 1(50) | 2(33) | 3(32) | 4(67) | 5(59) | 6(61) | 7(68) | 8(65) | 9(63) | 10(100) | Ziel | | | | |
| AK | Robert Östlund | H55 | 57:43 | 6:02 | 15:17 | 27:22 | 30:55 | 34:28 | 40:24 | 46:24 | 53:26 | 55:25 | 56:47 | 57:43 | | | |
| | Säterbygdens OK | | | 6:02 | 9:15 | 12:05 | 3:33 | 3:33 | 5:56 | 6:00 | 7:02 | 1:59 | 1:22 | 0:56 | | | |
| AK | Lukas Bersuck | H19K | 1:02:01 | 5:03 | 12:18 | 23:41 | 27:36 | 32:07 | 40:55 | 48:13 | 57:22 | 1:00:05 | 1:01:33 | 1:02:01 | | | |
| | Bielefelder TG | | | 5:03 | 7:15 | 11:23 | 3:55 | 4:31 | 8:48 | 7:18 | 9:09 | 2:43 | 1:28 | 0:28 | | | |
| AK | Dieter Wehrhöfer-B | H55 | 1:20:07 | 13:23 | 21:02 | 34:43 | 38:29 | 41:35 | 1:01:26 | 1:07:49 | 1:15:39 | 1:18:08 | 1:19:32 | 1:20:07 | | | |
| | Bielefelder TG | | | 13:23 | 7:39 | 13:41 | 3:46 | 3:06 | 19:51 | 6:23 | 7:50 | 2:29 | 1:24 | 0:35 | | | |
| | Guido Gehrmann | H55 | N Ang | | | | | | | | | | | | | | |
| | MTK Bad Harzburg | | | | | | | | | | | | | | | | |
| Offen Mittel (4) | | | 4,2 km 90 Hm | | 13 P | | | | | | | | | | | | |
| | | | 1(39) | 2(40) | 3(48) | 4(47) | 5(70) | 6(37) | 7(66) | 8(59) | 9(45) | 10(46) | 11(43) | 12(41) | 13(100) | Ziel | |
| 1 | Sarah + Simon Bos | OffM | 37:52 | 2:31 | 4:48 | 7:41 | 10:45 | 12:46 | 14:37 | 23:24 | 25:41 | 28:37 | 30:19 | 33:04 | 35:04 | 37:02 | 37:52 |
| | TV Jahn Wolfsburg | | | 2:31 | 2:17 | 2:53 | 3:04 | 2:01 | 1:51 | 8:47 | 2:17 | 2:56 | 1:42 | 2:45 | 2:00 | 1:58 | 0:50 |
| 2 | Heiko Pilgermann | OffM | 55:49 | 3:06 | 5:27 | 18:39 | 23:32 | 25:21 | 31:09 | 39:11 | 42:55 | 46:45 | 48:26 | 51:05 | 53:02 | 55:05 | 55:49 |
| | MTV Seesen | | | 3:06 | 2:21 | 13:12 | 4:53 | 1:49 | 5:48 | 8:02 | 3:44 | 3:50 | 1:41 | 2:39 | 1:57 | 2:03 | 0:44 |
| 3 | Giacomo Lanza | OffM | 58:10 | 4:08 | 6:50 | 17:39 | 21:43 | 23:58 | 26:44 | 35:24 | 40:27 | 45:30 | 47:06 | 51:29 | 54:14 | 57:17 | 58:10 |
| | TV Jahn Wolfsburg | | | 4:08 | 2:42 | 10:49 | 4:04 | 2:15 | 2:46 | 8:40 | 5:03 | 5:03 | 1:36 | 4:23 | 2:45 | 3:03 | 0:53 |
| 4 | Anke Schwertner | OffM | 59:50 | 7:51 | 11:04 | 14:58 | 20:53 | 23:51 | 28:40 | 40:03 | 43:36 | 48:14 | 50:39 | 53:57 | 56:50 | 59:02 | 59:50 |
| | MTV Seesen | | | 7:51 | 3:13 | 3:54 | 5:55 | 2:58 | 4:49 | 11:23 | 3:33 | 4:38 | 2:25 | 3:18 | 2:53 | 2:12 | 0:48 |