

| Pl | Name | Jg | Verein | Wohnort | Zeit | Diff. |
|-----------------------------------|------------------------------------|----|--------------------------------|-------------------------|--------|--------|
| HL (22) Herren Lang (22) | | | | 2.9 km 0 Hm 23 P | | |
| 1 | Vieli Lawrie | 04 | OLG Zürich | Zürich | 21:09 | 0:00 |
| 2 | Degen Christian | 76 | ASVZ | Zürich | 21:19 | +0:10 |
| 3 | Duelli Luca | 88 | ASVZ | | 21:29 | +0:20 |
| 4 | Koblet Thomas | 81 | OLG Zürich | Zürich | 22:23 | +1:14 |
| 5 | Grob Tobias | 91 | thurgorienta / OLG Zürich | Zürich | 22:34 | +1:25 |
| 6 | Schlegel Matthias | 85 | OL Regio Olten / OLG Zürich | Zürich | 22:59 | +1:50 |
| 7 | Beck Severin | 87 | OLG Zürich | Zürich | 23:16 | +2:07 |
| 8 | Holesz Sebastian | | ASVZ | | 24:13 | +3:04 |
| 9 | Baumann Armin | 75 | OL Zimmerberg/OLG Zürich | Kilchberg | 24:52 | +3:43 |
| 10 | Kokkala Janne | 88 | OLG Zürich | Zürich | 26:16 | +5:07 |
| 11 | Schnyder Ramon | 96 | ASVZ | | 26:22 | +5:13 |
| 12 | Vieli Andreas | 70 | OLC Kapreolo | Zürich | 27:42 | +6:33 |
| 13 | Barcos Daniel | 87 | OLG Zürich | Zürich | 27:50 | +6:41 |
| 14 | Freihardt Jan | 92 | ASVZ | Zürich | 28:45 | +7:36 |
| 15 | Grau Peter | 65 | OLG Zürich | Volketswil | 28:51 | +7:42 |
| 16 | Küng Nicola | 95 | ASVZ | | 29:03 | +7:54 |
| 17 | Küenzi Dimitri | 11 | OL Zimmerberg/OLG Zürich | Kilchberg | 29:14 | +8:05 |
| 18 | Uerge Daniel | 99 | ASVZ | Zürich | 33:06 | +11:57 |
| 19 | Tang Hadyn | 03 | ASVZ | Zürich | 34:00 | +12:51 |
| 20 | Schnabel Olaf | 77 | ASVZ | | 34:57 | +13:48 |
| 21 | Hollenstein Christoph | 64 | OLG Laufental-Thierstein/OLG B | Laufen | 40:48 | +19:39 |
| 22 | Baumann Sandro | | OLG Zürich | | 44:23 | +23:14 |
| DL (12) Damen Lang (12) | | | | 2.9 km 0 Hm 23 P | | |
| 1 | Sturm Joan Tracy | 93 | ASVZ | | 23:43 | 0:00 |
| 2 | Koblet Olga | 88 | OLG Zürich | Zürich | 24:30 | +0:47 |
| 3 | Karnagel Sandra | 85 | SV Robotron | Zürich | 26:26 | +2:43 |
| 4 | Weis Tanja | 76 | OL Regio Wil/OLG Zürich | Zürich | 26:28 | +2:45 |
| 5 | Kesselring Jasmin | 93 | ASVZ | | 28:50 | +5:07 |
| 6 | Fiori Juli Nicla | 02 | ASVZ | | 30:11 | +6:28 |
| 7 | Probst Daniela | | OLG Zürich | | 31:53 | +8:10 |
| 8 | Dünner Janine | 70 | OLG Zürich | Volketswil | 34:48 | +11:05 |
| 9 | Vécsey Selina | 02 | ASVZ | | 40:16 | +16:33 |
| 10 | Anliker Alicia Kayla | 02 | ASVZ | | 40:19 | +16:36 |
| 11 | Strebel Julia | 98 | - | Zürich | 52:00 | +28:17 |
| | Fahrenberg Bettina | 98 | ASVZ | | Fehlst | |
| HM (13) Herren Mittel (13) | | | | 2.4 km 0 Hm 19 P | | |
| 1 | Küenzi Janosch | 11 | OL Zimmerberg/OLG Zürich | Kilchberg | 22:32 | 0:00 |
| 2 | Dinner Jürg | 66 | OLG Zürich/OLV Zug | Zürich | 24:43 | +2:11 |
| 3 | Ochs Paul | 98 | ASVZ | | 24:47 | +2:15 |
| 4 | Pürckhauer August, Friedrich, Anne | 14 | - | Zürich | 25:45 | +3:13 |
| 5 | Berchtold Tobias | 10 | OLG Zürich | Pfaffhausen | 26:10 | +3:38 |
| 6 | Bretscher Ueli | 51 | OLC Kapreolo | Illnau | 27:09 | +4:37 |
| 7 | Gubler Finn | 14 | OLG Zürich | Zürich | 28:12 | +5:40 |
| 8 | Sanicanin Matthias | 98 | ASVZ | | 28:58 | +6:26 |
| 9 | Koch Janosch | 87 | ASVZ | | 29:06 | +6:34 |
| 10 | Gaschen Stephan | 66 | - | Weesen | 31:12 | +8:40 |
| 11 | Edén Peter | | OLG Zürich | | 36:13 | +13:41 |
| 12 | Kauter Lukas | 99 | ASVZ | Zürich | 36:57 | +14:25 |
| 13 | Degen Peter | 42 | - | Zürich | 45:47 | +23:15 |

| Pl | Name | Jg | Verein | Wohnort | Zeit | Diff. |
|----------------------------------|-----------------------------|----|--------------------------|-------------------------|--------|--------|
| DM (12) Damen Mittel (12) | | | | 2.4 km 0 Hm 19 P | | |
| 1 | Emery Céline | 10 | OLG Zürich | Zürich | 23:11 | 0:00 |
| 2 | Bretscher Julia | 04 | ASVZ | Illnau | 24:14 | +1:03 |
| 3 | Castenetto Eva | 10 | OLG Zürich | Zürich | 25:41 | +2:30 |
| 4 | Bürgi Claudine | 93 | ASVZ | | 25:47 | +2:36 |
| 5 | Oberti Christel | 02 | ASVZ | Zürich | 27:55 | +4:44 |
| 6 | Strub Sabrina | 98 | OLV Baselland | Ittingen | 28:50 | +5:39 |
| 7 | Köchle Noëlle | 67 | OLG Zürich | Uitikon Waldegg | 30:03 | +6:52 |
| 8 | Küenzi Nora | 77 | OL Zimmerberg/OLG Zürich | Kilchberg | 30:34 | +7:23 |
| 9 | Weyermann Irene | 75 | ASVZ | Zürich | 31:26 | +8:15 |
| 10 | Adorjan Luca | 00 | ASVZ | | 31:29 | +8:18 |
| 11 | Vigano Daniela Maria | 71 | ASVZ | Zürich | 35:24 | +12:13 |
| 12 | Furlanetto Laura | 89 | ASVZ | Zürich | 43:38 | +20:27 |
| OM (20) Offen Mittel (20) | | | | 1.6 km 0 Hm 13 P | | |
| 1 | Schönberger Florian | 04 | ASVZ | | 11:54 | 0:00 |
| 2 | Degen Benjamin | 11 | OLG Zürich | | 12:30 | +0:36 |
| 3 | Vonmoos Cla | 08 | OLG Zürich | Zürich | 14:16 | +2:22 |
| 4 | Hug Tim | 11 | OLG Zürich | Zürich | 14:25 | +2:31 |
| 5 | Weber Julian | | OLG Zürich | | 15:06 | +3:12 |
| 6 | Kerscher Simon | 90 | ASVZ | | 15:11 | +3:17 |
| 7 | Dorigo Martina | 97 | ASVZ | | 15:35 | +3:41 |
| 8 | Rösch Anna-Barbara | 94 | ASVZ | | 16:50 | +4:56 |
| 9 | Lanzendörfer Rafael | 15 | OLG Zürich | Zürich | 17:27 | +5:33 |
| 10 | Lanzendörfer Lukas | 83 | OLG Zürich | Zürich | 17:31 | +5:37 |
| 11 | Projer Annik | 12 | OLG Zürich | Zürich | 18:31 | +6:37 |
| 12 | Monus Ida | 00 | ASVZ | Dietikon | 18:32 | +6:38 |
| 13 | Castenetto Marco | 12 | OLG Zürich | Zürich | 19:44 | +7:50 |
| 14 | Pathipat Medea | | OLG Zürich | | 20:05 | +8:11 |
| 15 | Escher Seraina | 14 | OLG Zürich | Zürich | 22:09 | +10:15 |
| 16 | Kick Tijs | 13 | OLG Zürich | Zürich | 22:12 | +10:18 |
| 17 | Greuter Beat | 44 | OLG Zürich | Zürich | 25:50 | +13:56 |
| 18 | Lutz Jan | | OLG Zürich | | 26:31 | +14:37 |
| 19 | Zurkirchen Jörg | 41 | OLG Zürich | Zürich | 27:17 | +15:23 |
| 20 | Avgeris Leandros | 14 | OLG Zürich | Zürich | 36:13 | +24:19 |
| OK (12) Offen Kurz (12) | | | | 1.1 km 0 Hm 10 P | | |
| 1 | Weigand Felix | 99 | ASVZ | | 10:10 | 0:00 |
| 2 | Zenkhusen Sarah | 80 | OLG Zürich | Zürich | 12:08 | +1:58 |
| 3 | Moser Otto | | OLG Zürich | | 13:20 | +3:10 |
| 4 | Kölbener Mauro | 00 | ASVZ | | 13:37 | +3:27 |
| 5 | Degen Manuel | 16 | OLG Zürich | | 14:03 | +3:53 |
| 6 | Hilti Anna | 02 | ASVZ | | 16:16 | +6:06 |
| 7 | Byczko Maciej | 00 | ASVZ | | 16:44 | +6:34 |
| 8 | Vadenbo Alva | | OLG Zürich | | 17:23 | +7:13 |
| 9 | Schöb Marco | 00 | ASVZ | | 19:30 | +9:20 |
| 10 | Menzio Franca | 67 | O-92 Piano di Magadino | Gorduno | 22:12 | +12:02 |
| 11 | Kasthuber Edda Franken Linn | 79 | OLG Zürich | Zürich | 34:24 | +24:14 |
| | Lingg Urs | 69 | OLG Zürich | Zürich | Fehlst | |