

| Pl | Stnr | Name | Jg | Verein | Wohnort | Zeit | Diff. | |
|-------------------------|------|-------------------------|-------------------------|--------------|-------------|--------|--------|--|
| Herren Lang (20) | | | 2.7 km 0 Hm 23 P | | | | | |
| 1 | | Widmer Lorenz | | ASVZ | | 16:30 | 0:00 | |
| 2 | | Melisik Jan | | OLG Zürich | Zürich | 16:44 | +0:14 | |
| 3 | | de Ridder Finn | | ASVZ | | 17:50 | +1:20 | |
| 4 | | Sabato Gabriele | | ASVZ | | 18:04 | +1:34 | |
| 5 | | Würsch Maxime Antoine D | | ASVZ | | 18:09 | +1:39 | |
| 6 | | Degen Christian | | ASVZ | | 18:41 | +2:11 | |
| 6 | | Trebicky Vladimir | | OLG Zürich | Zürich | 18:41 | +2:11 | |
| 8 | | Vieli Andreas | | OLC Kapreolo | Zürich | 19:57 | +3:27 | |
| 9 | | Bruderer Stephan | | OLG Zürich | Zürich | 20:07 | +3:37 | |
| 10 | | Widmer Timo | | OLG Zürich | Zürich | 20:36 | +4:06 | |
| 11 | | Smith Kai | | ASVZ | | 21:07 | +4:37 | |
| 12 | | Kerscher Simon | | ASVZ | | 21:47 | +5:17 | |
| 13 | | Fiebig Martin | | ASVZ | | 23:03 | +6:33 | |
| 14 | | Baumann Armin | | OLG Zürich | Kilchberg | 24:06 | +7:36 | |
| 15 | | Schneebeli Christian | | OLG Zürich | Wallisellen | 24:13 | +7:43 | |
| 16 | | Weis Jorin | | OLG Zürich | Zürich | 24:53 | +8:23 | |
| 17 | | Poltéra Gila | | Quack OK | Zürich | 25:22 | +8:52 | |
| 18 | | Lukasczyk Christian | | OLG Zürich | Zürich | 29:06 | +12:36 | |
| 19 | | Gaschen Stephan | | | Weesen | 35:15 | +18:45 | |
| | | Beck Severin | | OLG Zürich | Zürich | Fehlst | | |

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|------------------------|--|----------------------|-------------------------|------------|-----------|-------|--------|--|
| Damen Lang (10) | | | 2.7 km 0 Hm 23 P | | | | | |
| 1 | | Sturm Joan Tracy | | ASVZ | | 22:22 | 0:00 | |
| 2 | | Thallinger Charlotte | | ASVZ | | 22:50 | +0:28 | |
| 3 | | Steck Lena | | ASVZ | | 23:32 | +1:10 | |
| 4 | | Kesselring Jasmin | | ASVZ | | 24:57 | +2:35 | |
| 5 | | Meiller Carmen | | ASVZ | | 25:17 | +2:55 | |
| 6 | | Weyermann Irene | | ASVZ | | 28:24 | +6:02 | |
| 7 | | Fahrenberg Bettina | | ASVZ | | 28:55 | +6:33 | |
| 8 | | Hierholzer Livia | | ASVZ | | 29:11 | +6:49 | |
| 9 | | Küenzi Nora | | OLG Zürich | Kilchberg | 31:00 | +8:38 | |
| 10 | | Weis Tanja | | OLG Zürich | Zürich | 32:32 | +10:10 | |

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|---------------------------|--|--------------------|-------------------------|------------|-----------|--------|--------|--|
| Herren Mittel (16) | | | 2.4 km 0 Hm 17 P | | | | | |
| 1 | | Graf Yanick | | ASVZ | | 17:21 | 0:00 | |
| 2 | | Egger Patrick | | ASVZ | | 19:35 | +2:14 | |
| 3 | | Lerjen Michael | | ASVZ | | 20:07 | +2:46 | |
| 4 | | Küenzi Dimitri | | OLG Zürich | Kilchberg | 22:34 | +5:13 | |
| 5 | | Nussbaumer Michael | | OLG Zürich | Zürich | 23:03 | +5:42 | |
| 6 | | Giurgiu Andrei | | OLG Zürich | Zürich | 23:28 | +6:07 | |
| 7 | | Priemer Felix | | OLG Zürich | Zürich | 23:39 | +6:18 | |
| 8 | | Norris Graham | | ASVZ | | 24:56 | +7:35 | |
| 9 | | Schweizer Michael | | OLG Zürich | Zürich | 26:25 | +9:04 | |
| 10 | | Saeedi Orhan | | ASVZ | | 26:47 | +9:26 | |
| 11 | | Vonmoos Cla | | OLG Zürich | Zürich | 31:31 | +14:10 | |
| 12 | | Küenzi Janosch | | OLG Zürich | Kilchberg | 39:32 | +22:11 | |
| 13 | | Svobodny Petr +Vik | | OLG Zürich | Zürich | 55:29 | +38:08 | |
| | | Degen Benjamin | | | Zürich | Fehlst | | |
| | | Zurkirchen Jörg | | OLG Zürich | Zürich | Fehlst | | |
| | | Degen Peter | | OLG Zürich | Zürich | Fehlst | | |

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|-------------------------|------|-------------------------|----|------------|---------|--------|--------|
| Damen Mittel (9) | | 2.4 km 0 Hm 17 P | | | | | |
| 1 | | Koch Nemea | | ASVZ | | 20:04 | 0:00 |
| 2 | | Bretscher Julia | | ASVZ | Zürich | 20:37 | +0:33 |
| 3 | | Senften Regina | | ASVZ | | 22:15 | +2:11 |
| 4 | | Castenetto Eva | | OLG Zürich | Zürich | 25:41 | +5:37 |
| 5 | | Schweizer Rebekka | | OLG Zürich | Zürich | 26:22 | +6:18 |
| 6 | | Oberti Christel | | ASVZ | | 26:39 | +6:35 |
| 7 | | Steiner Degen Miriam | | | Zürich | 30:25 | +10:21 |
| | | Wegmann Melanie | | ASVZ | | Fehlst | |
| | | Meier Carmela | | ASVZ | | Fehlst | |
| Offen Kurz (11) | | 1.8 km 0 Hm 13 P | | | | | |
| 1 | | Spirig Sina | | ASVZ | | 13:07 | 0:00 |
| 2 | | Romero Mooser Oswaldo | | ASVZ | | 16:29 | +3:22 |
| 3 | | Gilli Adrian | | - | Zürich | 16:31 | +3:24 |
| 4 | | Beglinger Andrea | | ASVZ | | 17:37 | +4:30 |
| 5 | | Champouillon Aude | | ASVZ | | 18:28 | +5:21 |
| 6 | | Vonmoos Cla | | OLG Zürich | Zürich | 18:49 | +5:42 |
| 7 | | Merkt Timo | | - | Zürich | 26:12 | +13:05 |
| 8 | | Lutz Hans-Jörg Lutz Jan | | ASVZ | | 26:55 | +13:48 |
| 9 | | Wechsler Valentin | | OLG Zürich | Zürich | 27:19 | +14:12 |
| 10 | | Lutz Fabian | | OLG Zürich | Zürich | 27:21 | +14:14 |
| | | Svobodna Sarka + V + O | | OLG Zürich | Zürich | Fehlst | |