

| Pl | Name | Zeit | 1.6 km 60 Hm 7 P | | | | | | | Z | |
|---------------------|--|---------|------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(104) | 2(101) | 3(102) | 4(103) | 5(105) | 6(104) | 7(106) | | |
| D -12 (19) | | | | | | | | | | | |
| 1 | Krämer Miriam OLG Regensburg | 18:46 | 1:32 | 3:13 | 6:43 | 8:06 | 11:50 | 12:43 | 16:11 | 18:46 | |
| 2 | Döhler Luise SV Pechbrunn-Groschlattengri | 19:22 | 1:06 | 2:31 | 7:36 | 9:13 | 12:00 | 12:45 | 16:21 | 19:22 | |
| 3 | Baath Fina TSV Jetzendorf | 21:02 | 1:21 | 2:47 | 8:07 | 9:03 | 12:06 | 13:00 | 18:53 | 21:02 | |
| 4 | Ahlbrecht Sarah OLG Regensburg | 21:26 | 1:12 | 3:41 | 7:55 | 9:20 | 13:22 | 13:59 | 18:16 | 21:26 | |
| 5 | Krämer Antonia OLG Regensburg | 21:50 | 1:17 | 2:44 | 8:27 | 10:31 | 13:51 | 14:45 | 18:22 | 21:50 | |
| 6 | Pühl Anne OLG Regensburg | 22:01 | 1:14 | 2:57 | 8:35 | 9:34 | 12:15 | 13:00 | 19:18 | 22:01 | |
| 7 | Baath Lena TSV Jetzendorf | 22:31 | 1:22 | 7:45 | 11:38 | 13:01 | 15:41 | 16:28 | 20:09 | 22:31 | |
| 8 | Faltejsková Laura SV Mietraching | 22:40 | 1:16 | 2:35 | 7:44 | 9:18 | 12:22 | 13:13 | 18:59 | 22:40 | |
| 9 | Natho Yara OC München | 26:35 | 1:38 | 3:39 | 9:28 | 11:52 | 15:45 | 16:50 | 22:17 | 26:35 | |
| 10 | Fredenhagen Silvia TV 1894 Coburg-Neuses | 27:36 | 1:38 | 3:37 | 8:17 | 9:33 | 12:52 | 13:45 | 24:43 | 27:36 | |
| 11 | Gaßner Katharina OLG Regensburg | 29:49 | 1:56 | 4:54 | 11:13 | 12:51 | 19:04 | 20:09 | 26:20 | 29:49 | |
| 12 | Miethanner Alina SV Mietraching | 37:43 | 3:46 | 5:50 | 10:11 | 12:00 | 17:44 | 25:08 | 34:41 | 37:43 | |
| 13 | Zimmermann Evi SV Mietraching | 38:54 | 16:37 | 18:05 | 23:26 | 24:52 | 28:42 | 29:40 | 34:39 | 38:54 | |
| 14 | Bohl Ida TV 1894 Coburg-Neuses | 39:30 | 1:23 | 3:11 | 9:07 | 14:35 | 20:38 | 22:28 | 36:32 | 39:30 | |
| 15 | Schmid Johanna SV Mietraching | 42:25 | 1:30 | 3:51 | 10:23 | 12:19 | 31:34 | 32:53 | 39:10 | 42:25 | |
| 16 | Marquardt Neele OLV Landshut | 42:31 | 3:06 | 4:35 | 11:40 | 13:02 | 31:09 | 32:24 | 38:19 | 42:31 | |
| 17 | Zinner Hanna OLG Regensburg | 43:16 | 1:50 | 5:22 | 11:31 | 16:54 | 23:12 | 24:29 | 38:49 | 43:16 | |
| 18 | Siefken Marit OLG Regensburg | 1:45:15 | 1:51 | 23:46 | 49:57 | 56:46 | 1:15:14 | 1:17:18 | 1:36:52 | 1:45:15 | |
| | Miethanner Emilia SV Mietraching | Fehlst | 1:52 | 19:48 | 29:24 | --- | 56:14 | 57:43 | 1:25:50 | 1:32:55 | |
| | | | 1:52 | 17:56 | 9:36 | | 26:50 | 1:29 | 28:07 | 7:05 | |
| H -12 (13) | | | | | | | | | | | |
| | | | 1(104) | 2(101) | 3(102) | 4(103) | 5(105) | 6(104) | 7(106) | Z | |
| 1 | Hay Jack OC München | 13:24 | 0:59 | 1:57 | 4:55 | 5:49 | 7:44 | 8:21 | 11:45 | 13:24 | |
| 2 | Oechler Moritz OLV Landshut | 15:34 | 1:11 | 2:15 | 6:15 | 7:10 | 9:34 | 10:19 | 13:14 | 15:34 | |
| 3 | Bittner Tobias OLG Regensburg | 16:19 | 1:09 | 2:10 | 6:00 | 7:04 | 9:51 | 10:38 | 14:06 | 16:19 | |
| 4 | Reinwald Florian OLG Regensburg | 17:33 | 1:21 | 2:37 | 7:26 | 8:47 | 11:23 | 12:11 | 15:24 | 17:33 | |
| 5 | Hötzinger Michael TSV Natterberg | 18:18 | 1:56 | 3:04 | 6:30 | 7:46 | 10:20 | 11:01 | 15:08 | 18:18 | |
| 6 | Danninger Bastian OC München | 18:29 | 1:12 | 2:55 | 7:35 | 9:07 | 11:41 | 12:34 | 16:00 | 18:29 | |
| 7 | Schram Valentin TSV Jetzendorf | 18:37 | 1:41 | 3:18 | 8:45 | 9:56 | 11:43 | 12:27 | 15:58 | 18:37 | |
| 8 | Zeitler Leonhard TV Osterhofen | 19:23 | 1:24 | 2:38 | 6:36 | 7:54 | 9:44 | 10:45 | 16:33 | 19:23 | |
| 9 | Oechler Lukas OLV Landshut | 19:24 | 1:36 | 3:07 | 7:31 | 8:45 | 11:55 | 12:43 | 17:15 | 19:24 | |
| 10 | McGall Luke TSV Natterberg | 19:28 | 1:16 | 2:37 | 8:58 | 10:08 | 12:16 | 13:12 | 17:03 | 19:28 | |
| 11 | Deinert Ben TSV Ipsheim | 21:39 | 4:23 | 5:14 | 9:47 | 11:26 | 14:35 | 15:37 | 19:19 | 21:39 | |
| 12 | Vogelsang Nino OLV Landshut | 25:43 | 2:42 | 5:15 | 11:24 | 12:56 | 16:25 | 17:31 | 22:11 | 25:43 | |
| 13 | Schuh Valentin TSV Ipsheim | 32:25 | 10:35 | 12:27 | 16:33 | 18:30 | 23:03 | 24:07 | 29:31 | 32:25 | |
| | | | 10:35 | 1:52 | 4:06 | 1:57 | 4:33 | 1:04 | 5:24 | 2:54 | |
| D 13-14 (10) | | | | | | | | | | | |
| | | | 1(107) | 2(102) | 3(103) | 4(105) | 5(114) | 6(101) | 7(108) | 8(106) | Z |
| 1 | Holzhaus Klara TV 1894 Coburg-Neuses | 28:35 | 5:01 | 11:25 | 12:40 | 15:05 | 17:14 | 20:03 | 22:13 | 26:05 | 28:35 |
| 2 | Geiger Lara SV Mietraching | 29:23 | 3:49 | 9:48 | 10:41 | 12:20 | 13:54 | 16:06 | 23:24 | 27:32 | 29:23 |
| 3 | Schöps Sabrina OLV Landshut | 32:43 | 5:06 | 14:29 | 16:16 | 18:44 | 20:52 | 23:39 | 26:23 | 30:28 | 32:43 |
| 4 | Burgmair Juliane OLG Regensburg | 34:21 | 5:44 | 12:28 | 13:35 | 16:14 | 17:55 | 20:09 | 27:33 | 31:55 | 34:21 |
| | | | 5:44 | 6:44 | 1:07 | 2:39 | 1:41 | 2:14 | 7:24 | 4:22 | 2:26 |

| Pl | Name | Zeit | | | | | | | | | | | |
|---------------------|--|----------------------------------|-------------------------------|-----------------|-----------------|---------------|---------------|---------------|------------------|-----------------|---------------|---------------|---------------|
| D 13-14 (10) | | 2.0 km 90 Hm 8 P (Forts.) | | | | | | | | | | | |
| | | 1(107) | 2(102) | 3(103) | 4(105) | 5(114) | 6(101) | 7(108) | 8(106) | Z | | | |
| 5 | Seis Sophia TV Osterhofen | 37:48 7:54 | 15:50 7:56 | 17:21 1:31 | 21:32 4:11 | 24:26 2:54 | 27:44 3:18 | 30:21 2:37 | 34:39 4:18 | 37:48 3:09 | | | |
| 6 | Holzhaus Luise TV 1894 Coburg-Neuses | 41:24 6:45 | 16:22 9:37 | 19:05 2:43 | 22:29 3:24 | 25:00 2:31 | 28:32 3:32 | 33:55 5:23 | 37:57 4:02 | 41:24 3:27 | | | |
| 7 | Schöps Vanessa OLV Landshut | 41:47 6:22 | 12:52 6:30 | 14:15 1:23 | 18:24 4:09 | 23:10 4:46 | 27:44 4:34 | 30:46 3:02 | 38:58 8:12 | 41:47 2:49 | | | |
| 8 | Holtz Conny TSV Jetzendorf | 44:04 7:10 | 17:13 10:03 | 18:44 1:31 | 22:12 3:28 | 24:25 2:13 | 28:00 3:35 | 30:25 2:25 | 40:35 10:10 | 44:04 3:29 | | | |
| 9 | Natho Leonie OC München | 46:19 9:13 | 19:24 10:11 | 21:12 1:48 | 24:33 3:21 | 26:49 2:16 | 29:58 3:09 | 32:26 2:28 | 42:49 10:23 | 46:19 3:30 | | | |
| | Döhler Karla SV Pechbrunn-Groschlattengri | Aufg 15:37 | 1:00:49 45:12 | 1:01:52 1:03 | 1:06:40 4:48 | ---- | ---- | ---- | 1:30:59 24:19 | 1:36:54 5:55 | | | |
| H 13-14 (11) | | 2.0 km 90 Hm 8 P | | | | | | | | | | | |
| | | 1(107) | 2(102) | 3(103) | 4(105) | 5(114) | 6(101) | 7(108) | 8(106) | Z | | | |
| 1 | Cionoiu Daniel TV 1894 Coburg-Neuses | 17:37 3:10 | 7:33 4:23 | 8:20 0:47 | 10:02 1:42 | 11:15 1:13 | 12:36 1:21 | 13:51 1:15 | 16:11 2:20 | 17:37 1:26 | | | |
| 2 | Baath Ole Magnus TSV Jetzendorf | 18:11 2:36 | 6:56 4:20 | 7:38 0:42 | 9:23 1:45 | 10:20 0:57 | 12:08 1:48 | 13:27 1:19 | 16:42 3:15 | 18:11 1:29 | | | |
| 3 | Oechler Jakob OLV Landshut | 18:47 2:52 | 7:42 4:50 | 8:34 0:52 | 10:42 2:08 | 11:37 0:55 | 12:55 1:18 | 14:41 1:46 | 17:15 2:34 | 18:47 1:32 | | | |
| 4 | Burgmair David OLG Regensburg | 21:31 4:44 | 9:49 5:05 | 10:46 0:57 | 12:34 1:48 | 13:42 1:08 | 15:00 1:18 | 16:38 1:38 | 19:46 3:08 | 21:31 1:45 | | | |
| 5 | Trapp Johannes OLG Regensburg | 28:05 3:22 | 9:54 6:32 | 10:56 1:02 | 13:48 2:52 | 15:37 1:49 | 17:34 1:57 | 19:45 2:11 | 24:50 5:05 | 28:05 3:15 | | | |
| 6 | Montes Marcel TSV Jetzendorf | 28:43 5:27 | 12:39 7:12 | 13:38 0:59 | 15:50 2:12 | 17:39 1:49 | 20:58 3:19 | 22:38 1:40 | 26:09 3:31 | 28:43 2:34 | | | |
| 7 | Dünzinger Jonas OLV Landshut | 29:38 4:39 | 11:29 6:50 | 12:44 1:15 | 14:55 2:11 | 16:34 1:39 | 18:43 2:09 | 20:37 1:54 | 26:51 6:14 | 29:38 2:47 | | | |
| 8 | Lehner Severin OLG Regensburg | 33:28 6:41 | 13:27 6:46 | 14:33 1:06 | 19:05 4:32 | 21:21 2:16 | 24:48 3:27 | 27:23 2:35 | 31:42 4:19 | 33:28 1:46 | | | |
| 9 | Dahl Yannic TSV Ipsheim | 37:16 15:02 | 23:03 8:01 | 24:36 1:33 | 27:12 2:36 | 28:36 1:24 | 30:20 1:44 | 31:53 1:33 | 35:01 3:08 | 37:16 2:15 | | | |
| 10 | Przymusinski Lorenz OLG Regensburg | 57:39 17:43 | 27:13 9:30 | 32:38 5:25 | 38:37 5:59 | 41:33 2:56 | 44:51 3:18 | 47:28 2:37 | 54:29 7:01 | 57:39 3:10 | | | |
| 11 | Bartha Linus OLV Landshut | 1:26:36 ---- | ---- | 34:48 | 42:31 7:43 | 47:20 4:49 | 51:24 4:04 | 54:17 2:53 | 1:20:02 25:45 | 1:26:36 6:34 | | | |
| D 15-16 (7) | | 2.3 km 110 Hm 10 P | | | | | | | | | | | |
| | | 1(110) | 2(34) | 3(118) | 4(32) | 5(35) | 6(119) | 7(31) | 8(109) | 9(106) | 10(113) | Z | |
| 1 | Kraus Katharina OLG Regensburg | 31:24 5:00 | 6:02 1:02 | 7:13 1:11 | 10:56 3:43 | 13:10 2:14 | 14:48 1:38 | 16:17 1:29 | 22:18 6:01 | 27:51 5:33 | 30:48 2:57 | 31:24 0:36 | |
| 2 | Tannerbauer Anna-Lena SV Mietraching | 33:22 6:46 | 8:07 1:21 | 9:11 1:04 | 12:51 3:40 | 14:59 2:08 | 16:42 1:43 | 18:15 1:33 | 24:22 6:07 | 29:48 5:26 | 32:46 2:58 | 33:22 0:36 | |
| 3 | Schöps Sarah OLV Landshut | 34:17 4:00 | 6:04 2:04 | 8:08 2:04 | 12:14 4:06 | 14:33 2:19 | 19:44 5:11 | 22:56 3:12 | 26:29 3:33 | 31:39 5:10 | 33:52 2:13 | 34:17 0:25 | |
| 4 | Hötzinger Verena TSV Natterberg | 35:23 4:27 | 7:13 2:46 | 9:26 2:13 | 13:33 4:07 | 16:20 2:47 | 18:17 1:57 | 20:25 2:08 | 26:25 6:00 | 31:54 5:29 | 34:46 2:52 | 35:23 0:37 | |
| 5 | Streicher Laura SV Mietraching | 36:51 3:50 | 6:09 2:19 | 7:10 1:01 | 16:54 9:44 | 18:49 1:55 | 20:32 1:43 | 22:08 1:36 | 28:19 6:11 | 33:51 5:32 | 36:23 2:32 | 36:51 0:28 | |
| 6 | Jacobi Antonia TV 1894 Coburg-Neuses | 39:17 5:07 | 8:10 3:03 | 9:16 1:06 | 15:50 6:34 | 19:14 3:24 | 21:51 2:37 | 24:21 2:30 | 30:19 5:58 | 35:49 5:30 | 38:48 2:59 | 39:17 0:29 | |
| 7 | Mindt Yvonne SV Mietraching | 52:38 5:24 | 7:34 2:10 | 8:50 1:16 | 21:00 12:10 | 23:57 2:57 | 33:52 9:55 | 35:46 1:54 | 42:45 6:59 | 48:45 6:00 | 51:55 3:10 | 52:38 0:43 | |
| H 15-16 (6) | | 2.7 km 140 Hm 13 P | | | | | | | | | | | |
| | | 1(114) 13(113) | 2(102) Z | 3(118) | 4(34) | 5(110) | 6(31) | 7(119) | 8(120) | 9(220) | 10(32) | 11(117) | 12(115) |
| 1 | Tatzel Anton TV 1894 Coburg-Neuses | 42:57 1:56 42:33 3:15 | 4:10 2:14 42:57 0:24 | 6:49 2:39 | 7:40 0:51 | 8:34 0:54 | 13:02 4:28 | 17:54 4:52 | 25:43 7:49 | 28:55 3:12 | 33:44 4:49 | 35:12 1:28 | 39:18 4:06 |
| 2 | Unger Jakob OLG Regensburg | 44:52 2:10 44:30 3:35 | 4:22 2:12 44:52 0:22 | 6:23 2:01 | 7:28 1:05 | 8:09 0:41 | 15:00 6:51 | 20:15 5:15 | 27:43 7:28 | 30:57 3:14 | 35:46 4:49 | 37:12 1:26 | 40:55 3:43 |
| 3 | Fischl Felix SV Mietraching | 45:01 2:36 44:30 3:18 | 5:27 2:51 45:01 0:31 | 10:54 5:27 | 11:53 0:59 | 13:06 1:13 | 16:11 3:05 | 17:54 1:43 | 23:14 5:20 | 27:02 3:48 | 30:47 3:45 | 35:16 4:29 | 41:12 5:56 |
| 4 | Lieblisch Yannick OLG Regensburg | 46:38 2:07 46:09 4:10 | 4:26 2:19 46:38 0:29 | 11:39 7:13 | 12:25 0:46 | 13:38 1:13 | 16:45 3:07 | 20:37 3:52 | 25:56 5:19 | 30:00 4:04 | 33:24 3:24 | 37:19 3:55 | 41:59 4:40 |

| Pl | Name | Zeit | | | | | | | | | | | | |
|--------------------|--|---------------------------|---|---|--|--|--|--|---|---|-----------------------------|----------------------|-----------------------------|-----------------------------|
| H 15-16 (6) | | 2.7 km 140 Hm 13 P | | | | | | <i>(Forts.)</i> | | | | | | |
| | | 1(114) 13(113) | 2(102) Z | 3(118) | 4(34) | 5(110) | 6(31) | 7(119) | 8(120) | 9(220) | 10(32) | 11(117) | 12(115) | |
| 5 | Unger Moritz OLG Regensburg | 49:08 | 3:19 3:19 48:36 3:15 | 7:35 4:16 49:08 0:32 | 12:48 5:13 | 13:38 0:50 | 14:40 1:02 | 19:09 4:29 | 23:59 4:50 | 31:45 7:46 | 34:56 3:11 | 39:49 4:53 | 41:17 1:28 | 45:21 4:04 |
| 6 | Hekeler Moritz OLG Regensburg | 1:31:03 | 2:26 2:26 1:30:22 3:26 | 5:07 2:41 1:31:03 0:41 | 8:21 3:14 | 9:30 1:09 52:03 *35 | 10:43 1:13 57:56 *220 | 1:03:47 53:04 | 1:06:36 2:49 | 1:12:12 5:36 | 1:16:42 4:30 | 1:20:23 3:41 | 1:22:13 1:50 | 1:26:56 4:43 |
| D 17-18 (7) | | 3.0 km 190 Hm 12 P | | | | | | | | | | | | |
| | | 1(111) Z | 2(110) | 3(107) | 4(31) | 5(32) | 6(35) | 7(119) | 8(120) | 9(121) | 10(115) | 11(106) | 12(116) | |
| 1 | Ritzenthaler Kayla TSV Jetzendorf | 38:09 | 3:37 3:37 38:09 2:04 | 5:01 1:24 | 6:37 1:36 | 9:49 3:12 | 11:25 1:36 | 13:42 2:17 | 15:29 1:47 | 19:48 4:19 | 22:10 2:22 | 30:50 8:40 | 33:27 2:37 | 36:05 2:38 |
| 2 | Hertel Jasmin OLG Regensburg | 42:40 | 4:40 4:40 42:40 2:15 | 6:07 1:27 | 8:00 1:53 | 11:03 3:03 | 12:46 1:43 | 15:25 2:39 | 18:11 2:46 | 23:56 5:45 | 26:29 2:33 | 35:02 8:33 | 37:57 2:55 | 40:25 2:28 |
| 3 | Schikora Ines OLG Regensburg | 46:12 | 3:58 3:58 46:12 2:27 | 5:21 1:23 | 7:08 1:47 | 11:33 4:25 | 13:41 2:08 | 16:33 2:52 | 18:37 2:04 | 23:23 4:46 | 26:14 2:51 | 37:40 11:26 | 40:36 2:56 | 43:45 3:09 |
| 4 | Hertel Katrin OLG Regensburg | 50:11 | 3:49 3:49 50:11 2:27 | 5:39 1:50 | 7:16 1:37 | 10:02 2:46 | 11:57 1:55 | 14:40 2:43 | 22:30 7:50 | 27:27 4:57 | 30:16 2:49 | 41:33 11:17 | 44:37 3:04 | 47:44 3:07 |
| 5 | Engl Veronika TSV Natterberg | 57:41 | 5:21 5:21 57:41 2:32 | 7:29 2:08 | 10:16 2:47 | 13:47 3:31 | 16:41 2:54 | 19:57 3:16 | 23:04 3:07 | 29:29 6:25 | 32:39 3:10 | 46:37 13:58 | 51:01 4:24 | 55:09 4:08 |
| 6 | Hekeler Laura OLG Regensburg | 1:47:46 | 10:59 10:59 1:47:46 2:57 | 15:10 4:11 | 18:33 3:23 | 23:13 4:40 | 26:44 3:31 | 30:39 3:55 | 41:57 11:18 | 52:09 10:12 | 57:00 4:51 | 1:29:00 32:00 | 1:38:24 9:24 | 1:44:49 6:25 |
| 7 | Ulmann Inna OLA TSV Deggendorf | 2:42:28 | 12:29 12:29 2:42:28 3:33 | 21:37 9:08 | 49:20 27:43 | 1:01:31 12:11 | 1:12:58 11:27 | 1:35:44 22:46 | 1:41:51 6:07 | 1:56:54 15:03 | 2:01:01 4:07 | 2:26:45 25:44 | 2:34:10 7:25 | 2:38:55 4:45 |
| H 17-18 (4) | | 4.1 km 240 Hm 18 P | | | | | | | | | | | | |
| | | 1(110) 13(109) | 2(118) 14(108) | 3(117) 15(112) | 4(111) 16(115) | 5(103) 17(106) | 6(121) 18(113) | 7(120) Z | 8(220) | 9(35) | 10(119) | 11(31) | 12(32) | |
| 1 | Kraus Konstantin OLG Regensburg | 46:41 | 3:26 3:26 35:02 3:33 | 6:22 2:56 36:49 1:47 | 7:54 1:32 37:54 1:05 | 10:25 2:31 41:39 3:45 | 13:38 3:13 44:14 2:35 | 21:57 8:19 46:15 2:01 | 23:39 1:42 46:41 0:26 | 26:11 2:32 46:41 0:26 | 27:05 0:54 | 28:58 1:53 | 30:04 1:06 | 31:29 1:25 |
| 2 | Lehner Benedikt OLG Regensburg | 47:39 | 3:18 3:18 36:10 2:59 | 10:09 6:51 37:18 1:08 | 10:54 0:45 38:08 0:50 | 12:29 1:35 42:11 4:03 | 14:54 2:25 44:57 2:46 | 23:33 8:39 47:14 2:17 | 26:24 2:51 47:39 0:25 | 29:14 2:50 | 30:02 0:48 | 31:11 1:09 | 32:20 1:09 | 33:11 0:51 |
| 3 | Friebe Jonas OLA TSV Deggendorf | 1:04:59 | 4:07 4:07 50:42 4:39 | 6:25 2:18 52:17 1:35 | 10:47 4:22 53:20 1:03 | 14:38 3:51 57:41 4:21 | 17:24 2:46 1:02:27 4:46 | 27:52 10:28 1:04:32 2:05 | 30:49 2:57 1:04:59 0:27 | 34:59 4:10 | 36:59 2:00 | 40:26 3:27 | 42:35 2:09 | 46:03 3:28 |
| 4 | Bauer Alexander TV Osterhofen | 1:11:41 | 4:46 4:46 53:59 4:56 | 11:36 6:50 56:24 2:25 | 12:56 1:20 58:40 2:16 | 14:44 1:48 1:04:05 5:25 | 18:45 4:01 1:07:49 3:44 | 32:07 13:22 1:11:11 3:22 | 34:06 1:59 1:11:41 0:30 | 38:36 4:30 | 40:31 1:55 | 42:35 2:04 | 45:04 2:29 | 49:03 3:59 |
| D 19 E (14) | | 3.0 km 190 Hm 12 P | | | | | | | | | | | | |
| | | 1(111) Z | 2(110) | 3(107) | 4(31) | 5(32) | 6(35) | 7(119) | 8(120) | 9(121) | 10(115) | 11(106) | 12(116) | |
| 1 | Herashchenko Dianora OC München | 32:12 | 3:05 3:05 32:12 1:44 | 4:17 1:12 | 5:31 1:14 | 7:41 2:10 | 10:00 2:19 | 11:50 1:50 | 13:27 1:37 | 17:16 3:49 | 19:16 2:00 | 26:10 6:54 | 28:52 2:42 | 30:28 1:36 |
| 2 | Seeger Isabel OLG Regensburg | 34:47 | 3:31 3:31 34:47 1:45 | 4:49 1:18 | 6:05 1:16 | 8:46 2:41 | 10:11 1:25 | 12:09 1:58 | 15:40 3:31 | 20:21 4:41 | 22:42 2:21 | 28:53 6:11 | 31:07 2:14 | 33:02 1:55 |
| 3 | Seeger Mareike OLG Regensburg | 35:08 | 3:01 3:01 35:08 1:52 | 4:12 1:11 | 5:36 1:24 | 7:52 2:16 | 9:11 1:19 | 11:19 2:08 | 14:23 3:04 | 18:58 4:35 | 22:43 3:45 | 28:29 5:46 | 30:53 2:24 | 33:16 2:23 |

| Pl | Name | Zeit | | | | | | | | | | | | |
|--------------------|--|---------|------------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------|---------------|----------------|---------------|-----------------|
| D 19 E (14) | | | 3.0 km 190 Hm 12 P (Forts.) | | | | | | | | | | | |
| | | | 1(111) Z | 2(110) | 3(107) | 4(31) | 5(32) | 6(35) | 7(119) | 8(120) | 9(121) | 10(115) | 11(106) | 12(116) |
| 4 | Lehner Marei OLG Regensburg | 36:35 | 3:44 3:44 36:35 1:58 | 4:55 1:11 | 6:41 1:46 | 9:16 2:35 | 11:00 1:44 | 13:00 2:00 | 14:42 1:42 | 18:54 4:12 | 21:34 2:40 | 29:28 7:54 | 32:17 2:49 | 34:37 2:20 |
| 5 | Ritzenthaler Kristin TSV Jetzendorf | 36:54 | 3:08 3:08 36:54 1:45 | 4:35 1:27 | 6:03 1:28 | 8:01 1:58 | 10:49 2:48 | 12:30 1:41 | 17:46 5:16 | 22:31 4:45 | 24:35 2:04 | 30:57 6:22 | 33:11 2:14 | 35:09 1:58 |
| 6 | Biller Anna SV Mietraching | 44:30 | 3:09 3:09 44:30 2:21 | 4:33 1:24 | 6:03 1:30 | 8:31 2:28 | 10:13 1:42 | 13:00 2:47 | 16:37 3:37 | 23:31 6:54 | 27:23 3:52 | 35:37 8:14 | 39:26 3:49 | 42:09 2:43 |
| 7 | Indola Linda OLG Regensburg | 48:49 | 3:19 3:19 48:49 2:23 | 4:29 1:10 | 6:05 1:36 | 9:03 2:58 | 10:48 1:45 | 12:45 1:57 | 20:58 8:13 | 25:20 4:22 | 27:32 2:12 | 37:35 10:03 | 41:18 3:43 | 46:26 5:08 |
| 8 | Kraus Sophie OLG Regensburg | 48:55 | 3:45 3:45 48:55 2:15 | 5:11 1:26 | 6:48 1:37 | 9:42 2:54 | 11:14 1:32 | 13:48 2:34 | 15:58 2:10 | 20:47 4:49 | 24:40 3:53 | 41:07 16:27 | 44:28 3:21 | 46:40 2:12 |
| 9 | Kühne Hannah SV Mietraching | 53:41 | 3:04 3:04 53:41 2:37 | 4:22 1:18 | 6:01 1:39 | 8:36 2:35 | 10:12 1:36 | 12:31 2:19 | 14:35 2:04 | 18:48 4:13 | 21:23 2:35 | 37:16 15:53 | 44:01 6:45 | 51:04 7:03 |
| 10 | Simeonova Mira OC München | 59:23 | 5:20 5:20 59:23 2:31 | 6:29 1:09 | 8:17 1:48 | 13:10 4:53 | 14:58 1:48 | 17:01 2:03 | 25:10 8:09 | 29:43 4:33 | 37:21 7:38 | 47:32 10:11 | 51:19 3:47 | 56:52 5:33 |
| 11 | Schöps Carina OLV Landshut | 1:03:56 | 6:33 6:33 1:03:56 3:06 | 10:00 3:27 | 15:30 5:30 | 18:50 3:20 | 21:06 2:16 | 23:34 2:28 | 29:08 5:34 | 34:04 4:56 | 37:27 3:23 | 50:37 13:10 | 56:08 5:31 | 1:00:50 4:42 |
| | Gruber Andrea SV Mietraching | Aufg | 6:28 6:28 | 7:38 1:10 | 9:19 1:41 | 12:40 3:21 | 14:28 1:48 | 16:59 2:31 | 18:40 1:41 | 23:43 5:03 | 26:35 2:52 | 34:14 7:39 | ---- | ---- |
| | Kitzinger Elisabeth LV Deggendorf | Aufg | 8:26 8:26 | 11:52 3:26 | 16:00 4:08 | 21:07 5:07 | 24:54 3:47 | 28:47 3:53 | 33:04 4:17 | 52:09 19:05 | 57:18 5:09 | ---- | ---- | ---- |
| AK | Pillon Floriane kein Verein | Aufg | 20:23 20:23 1:14:39 15:27 | 32:56 12:33 | 37:21 4:25 | 42:01 4:40 | 48:55 6:54 | 59:12 10:17 | ---- | ---- | ---- | ---- | ---- | ---- |
| H 19 E (23) | | | 4.1 km 240 Hm 18 P | | | | | | | | | | | |
| | | | 1(110) 13(109) | 2(118) 14(108) | 3(117) 15(112) | 4(111) 16(115) | 5(103) 17(106) | 6(121) 18(113) | 7(120) Z | 8(220) | 9(35) | 10(119) | 11(31) | 12(32) |
| 1 | Casanova Riccardo OLG Regensburg | 32:52 | 2:30 2:30 23:58 2:09 | 3:37 1:07 24:45 0:47 | 6:16 2:39 25:45 1:00 | 7:58 1:42 28:39 2:54 | 9:55 1:57 30:45 2:06 | 15:13 5:18 32:37 1:52 | 16:03 0:50 32:52 0:15 | 17:56 1:53 | 18:32 0:36 | 20:10 1:38 | 20:56 0:46 | 21:49 0:53 |
| 2 | Lehner Korbinian OLG Regensburg | 34:48 | 2:33 2:33 24:20 2:33 | 4:23 1:50 25:30 1:10 | 5:12 0:49 26:17 0:47 | 6:20 1:08 29:24 3:07 | 8:16 1:56 31:57 2:33 | 14:14 5:58 34:24 2:27 | 15:11 0:57 37:03 0:24 | 17:15 2:04 | 18:00 0:45 | 19:05 1:05 | 20:00 0:55 | 21:47 1:47 |
| 3 | Lange Korbinian SV Mietraching | 37:03 | 3:05 3:05 27:35 2:46 | 4:32 1:27 28:40 1:05 | 5:32 1:00 29:37 0:57 | 6:56 1:24 32:55 3:18 | 9:11 2:15 35:19 2:24 | 16:42 7:31 36:44 1:25 | 17:40 0:58 37:03 0:19 | 20:03 2:23 | 20:49 0:46 | 22:30 1:41 | 23:42 1:12 | 24:49 1:07 |
| 4 | Schwarck Philipp OLG Regensburg | 38:50 | 3:09 3:09 29:50 3:15 | 5:32 2:23 30:57 1:07 | 6:38 1:06 31:55 0:58 | 8:08 1:30 34:57 3:02 | 10:18 2:10 36:57 2:00 | 18:28 8:10 38:30 1:33 | 19:49 1:21 38:50 0:20 | 22:22 2:33 | 23:11 0:49 | 24:24 1:13 | 25:32 1:08 | 26:35 1:03 |
| 5 | Janischowsky Lukas OLG Regensburg | 42:15 | 3:12 3:12 31:15 2:50 | 4:48 1:36 32:20 1:05 | 6:20 1:32 34:06 1:46 | 9:37 3:17 38:19 4:13 | 12:10 2:33 40:16 1:57 | 19:48 7:38 41:55 1:39 | 21:33 1:45 42:15 0:20 | 23:55 2:22 | 24:42 0:47 | 26:10 1:28 | 27:07 0:57 | 28:25 1:18 |
| 6 | Pohl Wolfram TV 1894 Coburg-Neuses | 42:32 | 3:08 3:08 30:04 3:06 | 5:58 2:50 31:23 1:19 | 7:16 1:18 32:27 1:04 | 8:25 1:09 36:47 4:20 | 10:39 2:14 40:24 3:37 | 19:05 8:26 42:08 1:44 | 20:07 1:02 42:32 0:24 | 22:31 2:24 | 23:15 0:44 | 24:30 1:15 | 25:44 1:14 | 26:58 1:14 |
| 7 | Lehner Quirin OLG Regensburg | 43:22 | 2:46 2:46 31:55 2:56 | 4:20 1:34 32:58 1:03 | 8:48 4:28 33:55 0:57 | 10:23 1:35 37:01 3:06 | 12:51 2:28 40:27 3:26 | 20:06 7:15 42:56 2:29 | 21:18 1:12 | 23:45 2:27 | 24:32 0:47 | 26:44 2:12 | 27:46 1:02 | 28:59 1:13 |

| Pl | Name | Zeit | | | | | | | | | | | | | |
|--------------------|---|----------------|------------------------------------|---------|---------|---------|---------|---------|---------|--------|---------|---------|---------|---------|--|
| H 19 E (23) | | | 4.1 km 240 Hm 18 P (Forts.) | | | | | | | | | | | | |
| | | | 1(110) | 2(118) | 3(117) | 4(111) | 5(103) | 6(121) | 7(120) | 8(220) | 9(35) | 10(119) | 11(31) | 12(32) | |
| | | | 13(109) | 14(108) | 15(112) | 16(115) | 17(106) | 18(113) | Z | | | | | | |
| 8 | Hergert Alexander OLV Landshut | 44:38 | 3:26 | 5:59 | 7:24 | 9:23 | 12:03 | 20:29 | 21:44 | 23:59 | 24:54 | 26:37 | 27:46 | 28:58 | |
| | | | 3:26 | 2:33 | 1:25 | 1:59 | 2:40 | 8:26 | 1:15 | 2:15 | 0:55 | 1:43 | 1:09 | 1:12 | |
| | | | 31:55 | 33:24 | 35:15 | 39:04 | 41:54 | 44:11 | 44:38 | | | | | | |
| 9 | Kolehmainen Valtteri OLG Regensburg | 45:13 | 2:57 | 1:29 | 1:51 | 3:49 | 2:50 | 2:17 | 0:27 | | | | | | |
| | | | 3:26 | 5:10 | 6:43 | 9:26 | 12:33 | 21:54 | 23:06 | 25:39 | 26:47 | 28:15 | 29:28 | 30:35 | |
| | | | 33:42 | 34:52 | 35:58 | 39:58 | 42:39 | 44:44 | 45:13 | | | | | | |
| 10 | Lubas Timo MTV Bamberg | 46:34 | 3:07 | 1:10 | 1:06 | 4:00 | 2:41 | 2:05 | 0:29 | | | | | | |
| | | | 2:54 | 7:01 | 8:18 | 12:24 | 14:49 | 23:11 | 24:19 | 26:35 | 27:25 | 28:49 | 30:17 | 31:40 | |
| | | | 34:59 | 36:24 | 38:01 | 41:27 | 44:22 | 46:10 | 46:34 | | | | | | |
| 11 | Körner Christoph OLV Landshut | 47:45 | 3:19 | 1:25 | 1:37 | 3:26 | 2:55 | 1:48 | 0:24 | | | | | | |
| | | | 3:44 | 5:30 | 7:09 | 10:10 | 13:08 | 22:18 | 23:26 | 25:49 | 26:38 | 28:42 | 29:51 | 31:06 | |
| | | | 3:44 | 1:46 | 1:39 | 3:01 | 2:58 | 9:10 | 1:08 | 2:23 | 0:49 | 2:04 | 1:09 | 1:15 | |
| 12 | Janischowsky Fabian OLG Regensburg | 51:20 | 34:11 | 35:48 | 38:08 | 42:59 | 45:21 | 47:20 | 47:45 | | | | | | |
| | | | 3:05 | 1:37 | 2:20 | 4:51 | 2:22 | 1:59 | 0:25 | | | | | | |
| | | | 5:20 | 8:09 | 10:00 | 12:06 | 15:12 | 24:09 | 26:20 | 29:17 | 30:14 | 31:46 | 32:49 | 34:19 | |
| 12 | Lorenz Timon OLG Regensburg | 51:20 | 5:20 | 2:49 | 1:51 | 2:06 | 3:06 | 8:57 | 2:11 | 2:57 | 0:57 | 1:32 | 1:03 | 1:30 | |
| | | | 38:00 | 39:15 | 40:40 | 44:58 | 48:19 | 50:53 | 51:20 | | | | | | |
| | | | 3:41 | 1:15 | 1:25 | 4:18 | 3:21 | 2:34 | 0:27 | | | | | | |
| 14 | Despetovic Tihomir OC München | 52:07 | 3:04 | 5:19 | 10:49 | 13:56 | 16:12 | 25:33 | 27:13 | 29:57 | 30:49 | 33:35 | 34:35 | 35:47 | |
| | | | 3:04 | 2:15 | 5:30 | 3:07 | 2:16 | 9:21 | 1:40 | 2:44 | 0:52 | 2:46 | 1:00 | 1:12 | |
| | | | 38:34 | 40:25 | 42:57 | 46:34 | 49:21 | 51:03 | 51:20 | | | | | | |
| 15 | Wartner Felix OLG Regensburg | 52:59 | 2:47 | 1:51 | 2:32 | 3:37 | 2:47 | 1:42 | 0:17 | | | | | | |
| | | | 3:23 | 10:04 | 11:40 | 13:54 | 16:34 | 25:54 | 27:08 | 29:49 | 30:49 | 32:25 | 35:08 | 36:50 | |
| | | | 3:23 | 6:41 | 1:36 | 2:14 | 2:40 | 9:20 | 1:14 | 2:41 | 1:00 | 1:36 | 2:43 | 1:42 | |
| 16 | Vetter Sebastian TV 1894 Coburg-Neuses | 53:27 | 40:17 | 41:51 | 43:20 | 47:31 | 49:55 | 51:45 | 52:07 | | | | | | |
| | | | 3:27 | 1:34 | 1:29 | 4:11 | 2:24 | 1:50 | 0:22 | | | | | | |
| | | | 3:48 | 6:38 | 8:07 | 10:20 | 13:23 | 24:33 | 26:37 | 29:28 | 30:23 | 34:18 | 35:32 | 36:46 | |
| 17 | Brandl Lorenz OLG Regensburg | 54:05 | 3:48 | 2:50 | 1:29 | 2:13 | 3:03 | 11:10 | 2:04 | 2:51 | 0:55 | 3:55 | 1:14 | 1:14 | |
| | | | 39:54 | 40:56 | 42:05 | 45:48 | 49:24 | 52:39 | 52:59 | | | | | | |
| | | | 3:08 | 1:02 | 1:09 | 3:43 | 3:36 | 3:15 | 0:20 | | | | | | |
| 18 | Janischowsky Daniel OLG Regensburg | 54:44 | 3:20 | 5:10 | 7:44 | 9:29 | 12:31 | 22:52 | 24:35 | 27:58 | 29:12 | 31:16 | 32:36 | 34:26 | |
| | | | 3:20 | 1:50 | 2:34 | 1:45 | 3:02 | 10:21 | 1:43 | 3:23 | 1:14 | 2:04 | 1:20 | 1:50 | |
| | | | 38:30 | 40:11 | 42:05 | 46:43 | 50:57 | 53:05 | 53:27 | | | | | | |
| 19 | Stefan Simon SV Mietraching | 59:04 | 4:04 | 1:41 | 1:54 | 4:38 | 4:14 | 2:08 | 0:22 | | | | | | |
| | | | 3:30 | 8:36 | 9:57 | 12:28 | 15:28 | 26:32 | 28:29 | 31:52 | 32:55 | 35:00 | 36:10 | 37:33 | |
| | | | 3:30 | 5:06 | 1:21 | 2:31 | 3:00 | 11:04 | 1:57 | 3:23 | 1:03 | 2:05 | 1:10 | 1:23 | |
| 20 | Tippelt Alexander TV Coburg-Ketschendorf | 1:04:55 | 41:27 | 43:03 | 44:12 | 48:31 | 51:24 | 53:36 | 54:05 | | | | | | |
| | | | 3:54 | 1:36 | 1:09 | 4:19 | 2:53 | 2:12 | 0:29 | | | | | | |
| | | | 4:31 | 7:10 | 8:34 | 13:13 | 16:23 | 27:55 | 29:15 | 31:54 | 32:50 | 36:10 | 37:18 | 38:45 | |
| 21 | Vogler Tim MTV Bamberg | 1:47:26 | 4:31 | 2:39 | 1:24 | 4:39 | 3:10 | 11:32 | 1:20 | 2:39 | 0:56 | 3:20 | 1:08 | 1:27 | |
| | | | 42:00 | 43:25 | 44:37 | 49:18 | 52:20 | 54:15 | 54:44 | | | | | | |
| | | | 3:15 | 1:25 | 1:12 | 4:41 | 3:02 | 1:55 | 0:29 | | | | | | |
| 22 | Mikulas Honza SV Mietraching | 1:48:12 | 4:34 | 6:40 | 8:16 | 13:56 | 16:50 | 26:42 | 28:07 | 31:38 | 33:10 | 35:19 | 37:12 | 38:56 | |
| | | | 4:34 | 2:06 | 1:36 | 5:40 | 2:54 | 9:52 | 1:25 | 3:31 | 1:32 | 2:09 | 1:53 | 1:44 | |
| | | | 44:16 | 45:41 | 47:00 | 51:20 | 55:22 | 58:26 | 59:04 | | | | | | |
| AK | Lehmann Mark kein Verein | 59:53 | 5:20 | 1:25 | 1:19 | 4:20 | 4:02 | 3:04 | 0:38 | | | | | | |
| | | | 4:33 | 7:31 | 8:55 | 11:33 | 15:07 | 26:03 | 27:47 | 30:59 | 32:15 | 34:15 | 35:54 | 41:58 | |
| | | | 4:33 | 2:58 | 1:24 | 2:38 | 3:34 | 10:56 | 1:44 | 3:12 | 1:16 | 2:00 | 1:39 | 6:04 | |
| D 35- (10) | Faltejsková Jana SV Mietraching | 35:03 | 47:58 | 50:33 | 52:27 | 57:09 | 1:01:16 | 1:04:14 | 1:04:55 | | | | | | |
| | | | 6:00 | 2:35 | 1:54 | 4:42 | 4:07 | 2:58 | 0:41 | | | | | | |
| | | | 5:39 | 9:05 | 12:01 | 23:35 | 28:44 | 52:04 | 54:11 | 59:48 | 1:01:35 | 1:04:14 | 1:06:17 | 1:08:28 | |
| 2 | Enborg Anna OC München | 37:37 | 5:39 | 3:26 | 2:56 | 11:34 | 5:09 | 23:20 | 2:07 | 5:37 | 1:47 | 2:39 | 2:03 | 2:11 | |
| | | | 1:24:54 | 1:27:00 | 1:29:35 | 1:37:19 | 1:42:41 | 1:46:41 | 1:47:26 | | | | | | |
| | | | 16:26 | 2:06 | 2:35 | 7:44 | 5:22 | 4:00 | 0:45 | | | | | | |
| 1 | Faltejsková Jana SV Mietraching | 35:03 | 10:44 | 19:57 | 22:10 | 33:09 | 36:47 | 52:23 | 54:22 | 58:34 | 1:00:10 | 1:06:32 | 1:09:30 | 1:16:02 | |
| | | | 10:44 | 9:13 | 2:13 | 10:59 | 3:38 | 15:36 | 1:59 | 4:12 | 1:36 | 6:22 | 2:58 | 6:32 | |
| | | | 1:22:16 | 1:24:51 | 1:34:31 | 1:39:22 | 1:44:16 | 1:47:30 | 1:48:12 | | | | | | |
| 2 | Enborg Anna OC München | 37:37 | 6:14 | 2:35 | 9:40 | 4:51 | 4:54 | 3:14 | 0:42 | | | | | | |
| | | | 3:19 | 5:03 | 7:30 | 14:47 | 17:10 | 29:40 | 32:37 | 35:31 | 36:26 | 38:06 | 39:48 | 41:20 | |
| | | | 3:19 | 1:44 | 2:27 | 7:17 | 2:23 | 12:30 | 2:57 | 2:54 | 0:55 | 1:40 | 1:42 | 1:32 | |
| 2 | Enborg Anna OC München | 37:37 | 45:59 | 47:58 | 50:13 | 54:28 | 57:20 | 59:25 | 59:53 | | | | | | |
| | | | 4:39 | 1:59 | 2:15 | 4:15 | 2:52 | 2:05 | 0:28 | | | | | | |
| | | | 37:05 | 37:37 | | | | | | | | | | | |
| 2 | Enborg Anna OC München | 37:37 | 2:06 | 0:32 | | | | | | | | | | | |
| | | | 3:28 | 5:52 | 8:07 | 9:16 | 10:12 | 12:06 | 18:02 | 23:33 | 26:37 | 29:35 | 31:06 | 34:59 | |
| | | | 3:28 | 2:24 | 2:15 | 1:09 | 0:56 | 1:54 | 5:56 | 5:31 | 3:04 | 2:58 | 1:31 | 3:53 | |

| Pl | Name | Zeit | | | | | | | | | | | | | |
|-------------------|---|---------|------------------------------------|----------------|------------------------|---------------|---------------|---------------|----------------|----------------|---------------|------------------|-----------------|-----------------|--|
| H 45- (30) | | | 3.0 km 190 Hm 12 P (Forts.) | | | | | | | | | | | | |
| | | | 1(111) | 2(110) | 3(107) | 4(31) | 5(32) | 6(35) | 7(119) | 8(120) | 9(121) | 10(115) | 11(106) | 12(116) | |
| | | | Z | | | | | | | | | | | | |
| 12 | Janischowsky Klemens OLG Regensburg | 47:29 | 3:57 3:57 47:29 | 5:21 1:24 | 6:47 1:26 | 15:53 9:06 | 17:08 1:15 | 21:34 4:26 | 23:42 2:08 | 29:46 6:04 | 32:24 2:38 | 40:23 7:59 | 43:09 2:46 | 45:14 2:05 | |
| 13 | Rosner Richard OLG Regensburg | 53:36 | 4:07 4:07 53:36 | 9:10 5:03 | 11:03 1:53 16:11 | 18:01 6:58 | 19:36 1:35 | 22:20 2:44 | 23:53 1:33 | 29:07 5:14 | 34:09 5:02 | 42:01 7:52 | 48:16 6:15 | 51:12 2:56 | |
| 14 | Dünzinger Werner OLV Landshut | 53:55 | 5:45 5:45 53:55 | 8:39 2:54 | 12:38 3:59 | 16:47 4:09 | 18:48 2:01 | 24:55 6:07 | 27:37 2:42 | 33:05 5:28 | 35:37 2:32 | 46:21 10:44 | 49:22 3:01 | 51:26 2:04 | |
| 15 | Bially Michael TSV Ipsheim | 55:52 | 4:44 4:44 55:52 | 6:58 2:14 | 9:22 2:24 | 12:45 3:23 | 15:13 2:28 | 18:00 2:47 | 20:21 2:21 | 28:51 8:30 | 31:51 3:00 | 43:38 11:47 | 48:26 4:48 | 52:19 3:53 | |
| 16 | Danninger Tobias OC München | 56:24 | 4:57 4:57 56:24 | 7:44 2:47 | 10:46 3:02 | 13:58 3:12 | 15:53 1:55 | 18:08 2:15 | 23:06 4:58 | 32:53 9:47 | 36:01 3:08 | 48:06 12:05 | 51:33 3:27 | 54:18 2:45 | |
| 17 | Voit Michael DARC Franken | 57:10 | 4:55 4:55 57:10 | 6:40 1:45 | 9:03 2:23 | 12:28 3:25 | 14:02 1:34 | 16:53 2:51 | 21:49 4:56 | 27:00 5:11 | 35:25 8:25 | 45:40 10:15 | 50:44 5:04 | 54:46 4:02 | |
| 18 | Unger Reinhard OLG Regensburg | 58:03 | 3:38 3:38 58:03 | 8:38 5:00 | 10:18 1:40 | 12:30 2:12 | 13:58 1:28 | 17:48 3:50 | 21:56 4:08 | 29:13 7:17 | 31:52 2:39 | 50:36 18:44 | 53:08 2:32 | 56:09 3:01 | |
| 19 | Reinwald Matthias OLG Regensburg | 58:06 | 5:50 5:50 58:06 | 7:53 2:03 | 10:47 2:54 | 13:59 3:12 | 16:23 2:24 | 19:47 3:24 | 22:48 3:01 | 30:08 7:20 | 33:10 3:02 | 45:56 12:46 | 50:59 5:03 | 54:57 3:58 | |
| 20 | Hinner Kay OLG Regensburg | 1:09:21 | 4:01 4:01 1:09:21 | 6:12 2:11 | 8:43 2:31 | 11:20 2:37 | 15:36 4:16 | 18:41 3:05 | 34:52 16:11 | 39:28 4:36 | 42:31 3:03 | 53:59 11:28 | 1:00:48 6:49 | 1:06:51 6:03 | |
| 21 | Döhler Thomas SV Pechbrunn-Groschlattengri | 1:10:55 | 5:02 5:02 1:10:55 | 9:16 4:14 | 11:22 2:06 | 15:02 3:40 | 22:23 7:21 | 25:46 3:23 | 34:00 8:14 | 42:14 8:14 | 45:44 3:30 | 58:07 12:23 | 1:03:11 5:04 | 1:07:22 4:11 | |
| 22 | Krämer Bernhard OLG Regensburg | 1:23:34 | 5:55 5:55 1:23:34 | 10:38 4:43 | 14:18 3:40 | 18:56 4:38 | 21:58 3:02 | 24:33 2:35 | 27:13 2:40 | 35:52 8:39 | 42:05 6:13 | 1:04:45 22:40 | 1:12:56 8:11 | 1:21:10 8:14 | |
| 23 | Siefken Rolf OLG Regensburg | 1:36:25 | 12:38 12:38 1:36:25 | 14:22 1:44 | 19:05 4:43 | 23:00 3:55 | 24:52 1:52 | 27:50 2:58 | 38:06 10:16 | 45:47 7:41 | 52:02 6:15 | 1:23:42 31:40 | 1:29:49 6:07 | 1:33:54 4:05 | |
| | Engl Robert TSV Natterberg | Aufg | 34:55 34:55 1:11:43 | 37:23 2:28 | 39:51 2:28 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | Schmidt Helmut OLG Regensburg | Aufg | 5:15 5:15 1:29:20 | 51:41 46:26 | 57:34 5:53 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | Cherniavsky Sergey OC München | Aufg | 3:31 3:31 41:16 | 5:01 1:30 | 6:49 1:48 | 10:10 3:21 | 11:54 1:44 | 14:15 2:21 | 16:14 1:59 | 20:16 4:02 | ---- | 34:34 14:18 | ---- | ---- | |
| AK | Burgmair Markus OLG Regensburg | 1:07:26 | 8:24 8:24 1:07:26 | 9:43 1:19 | 13:10 3:27 | 16:30 3:20 | 18:23 1:53 | 22:15 3:52 | 32:48 10:33 | 39:20 6:32 | 41:56 2:36 | 56:44 14:48 | 1:01:05 4:21 | 1:05:06 4:01 | |
| AK | Grote Andreas OLC SKOG Fribourg | 40:58 | 4:11 4:11 40:58 | 5:33 1:22 | 7:16 1:43 | 9:55 2:39 | 11:33 1:38 | 13:45 2:12 | 16:27 2:42 | 20:44 4:17 | 23:03 2:19 | 32:25 9:22 | 35:56 3:31 | 38:18 2:22 | |
| AK | Schrago Gregoire OLC SKOG Fribourg | 40:18 | 3:17 3:17 40:18 | 4:33 1:16 | 6:01 1:28 | 8:45 2:44 | 10:20 1:35 | 12:38 2:18 | 18:11 5:33 | 22:15 4:04 | 24:36 2:21 | 32:22 7:46 | 35:05 2:43 | 37:39 2:34 | |
| AK | Hottinger Lukas OLC SKOG Fribourg | 1:11:39 | 3:27 3:27 1:11:39 | 4:52 1:25 | 6:22 1:30 | 9:02 2:40 | 10:27 1:25 | 12:56 2:29 | 14:32 1:36 | 46:43 32:11 | 49:29 2:46 | 57:17 7:48 | 1:00:05 2:48 | 1:08:25 8:20 | |

| Pl | Name | Zeit | | | | | | | | | | | | Z |
|-------------------|---|---------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|----------------------|-----------------------------|----------------------|-----------------------------|----------------------|----------------------|
| D 55- (4) | | 2.1 km 90 Hm 11 P | | | | | | | | | | | | |
| | | 1(109) | 2(107) | 3(32) | 4(117) | 5(110) | 6(102) | 7(103) | 8(105) | 9(112) | 10(106) | 11(113) | | |
| 1 | Bauer Iris TV Osterhofen | 41:57 | 1:46 3:06 | 4:52 6:39 | 9:39 12:25 | 15:37 2:46 | 20:58 3:12 | 5:21 3:39 | 24:37 3:39 | 27:33 2:56 | 33:05 5:32 | 37:42 4:37 | 41:09 3:27 | 41:57 0:48 |
| 2 | Schwarzkopf Irma TV 1894 Coburg-Neuses | 45:56 | 4:21 3:32 | 7:53 4:52 | 12:45 3:46 | 16:31 3:30 | 20:01 7:31 | 27:32 1:29 | 29:01 3:45 | 32:46 3:21 | 36:07 4:47 | 40:54 4:07 | 45:01 4:07 | 45:56 0:55 |
| 3 | Schultze Andrea OLV Landshut | 46:44 | 2:17 8:08 | 10:25 4:58 | 15:23 4:07 | 19:30 5:19 | 24:49 5:34 | 30:23 1:20 | 31:43 3:18 | 35:01 2:23 | 37:24 4:33 | 41:57 4:01 | 45:58 0:46 | 46:44 0:46 |
| 4 | Huth Martina TV 1894 Coburg-Neuses | 52:13 | 3:44 4:18 | 8:02 5:20 | 13:22 5:11 | 18:33 3:57 | 22:30 5:08 | 27:38 1:41 | 29:19 3:23 | 32:42 8:42 | 41:24 4:38 | 46:02 5:11 | 51:13 5:11 | 52:13 1:00 |
| H 55- (17) | | 2.7 km 140 Hm 13 P | | | | | | | | | | | | |
| | | 1(114) | 2(102) | 3(118) | 4(34) | 5(110) | 6(31) | 7(119) | 8(120) | 9(220) | 10(32) | 11(117) | 12(115) | |
| | | 13(113) | Z | | | | | | | | | | | |
| 1 | Scheler Thomas TV 1894 Coburg-Neuses | 32:32 | 2:35 2:35 | 4:59 2:24 | 7:18 2:19 | 8:14 0:56 | 9:19 1:05 | 11:29 2:10 | 13:18 1:49 | 18:09 4:51 | 21:42 3:33 | 24:20 2:38 | 27:05 2:45 | 30:29 3:24 |
| 2 | Baath Veikko TSV Jetzendorf | 34:56 | 2:14 34:31 | 4:50 34:56 | 6:37 1:47 | 11:40 5:03 | 12:35 0:55 | 16:05 3:30 | 17:42 1:37 | 22:31 4:49 | 25:15 2:44 | 27:33 2:18 | 28:59 1:26 | 32:41 3:42 |
| 3 | Beierlein Uwe OC München | 37:20 | 2:40 2:40 | 5:22 2:42 | 8:38 3:16 | 9:36 0:58 | 10:41 1:05 | 13:58 3:17 | 15:48 1:50 | 21:18 5:30 | 25:42 4:24 | 28:22 2:40 | 29:58 1:36 | 34:14 4:16 |
| 4 | Böhme André OLG Regensburg | 40:14 | 2:48 2:48 | 5:49 3:01 | 9:08 3:19 | 10:15 1:07 | 11:20 1:05 | 13:44 2:24 | 18:20 4:36 | 23:34 5:14 | 27:20 3:46 | 30:53 3:33 | 32:13 1:20 | 36:50 4:37 |
| 5 | Kirsch Stefan TV 1894 Coburg-Neuses | 41:16 | 3:08 3:08 | 5:58 2:50 | 8:33 2:35 | 9:48 1:15 | 10:57 1:09 | 15:01 4:04 | 18:41 3:40 | 24:42 6:01 | 28:13 3:31 | 32:04 3:51 | 33:49 1:45 | 38:06 4:17 |
| 6 | Cionoiu Gheorghe TV 1894 Coburg-Neuses | 41:33 | 2:56 2:56 | 5:51 2:55 | 8:29 2:38 | 9:37 1:08 | 10:43 1:06 | 14:19 3:36 | 18:34 4:15 | 24:19 5:45 | 27:50 3:31 | 31:40 3:50 | 33:16 1:36 | 38:26 5:10 |
| 7 | Seeger Guido Baiersdorfer SV | 44:11 | 2:45 2:45 | 5:26 2:41 | 8:01 2:35 | 9:46 1:45 | 11:06 1:20 | 14:45 3:39 | 17:35 2:50 | 23:11 5:36 | 26:54 3:43 | 30:51 3:57 | 35:12 4:21 | 40:20 5:08 |
| 8 | Hartung Clemens OLG Regensburg | 46:05 | 2:02 2:02 | 4:13 2:11 | 8:49 4:36 | 9:33 0:44 | 10:34 1:01 | 12:54 2:20 | 20:55 8:01 | 25:29 4:34 | 28:36 3:07 | 32:58 4:22 | 39:39 6:41 | 43:38 3:59 |
| 9 | Kümpfbeck Josef TV Osterhofen | 46:23 | 2:29 2:29 | 6:12 3:43 | 8:55 2:43 | 10:17 1:22 | 12:34 2:17 | 16:44 4:10 | 19:07 2:23 | 25:09 6:02 | 30:28 5:19 | 35:43 5:15 | 37:38 1:55 | 42:36 4:58 |
| 10 | Kolehmainen Ari OC München | 46:36 | 2:44 2:44 | 5:38 2:54 | 7:52 2:14 | 9:13 1:21 | 10:21 1:08 | 13:09 2:48 | 15:07 1:58 | 25:37 10:30 | 28:42 3:05 | 35:19 6:37 | 37:09 1:50 | 43:09 6:00 |
| 11 | Schneuwly Stephan OLG Regensburg | 51:00 | 2:50 2:50 | 7:50 5:00 | 10:56 3:06 | 12:09 1:13 | 13:24 1:15 | 17:17 3:53 | 19:48 2:31 | 26:14 6:26 | 31:23 5:09 | 35:16 3:53 | 39:48 4:32 | 46:24 6:36 |
| 12 | Nikolaus Liviu MTV Bamberg | 53:45 | 2:55 2:55 | 6:29 3:34 | 10:54 4:25 | 11:57 1:03 | 14:27 2:30 | 17:14 2:47 | 19:22 2:08 | 36:11 16:49 | 39:52 3:41 | 43:45 3:53 | 45:39 1:54 | 50:29 4:50 |
| 13 | Zonato Stefano OLG Regensburg | 55:20 | 2:16 2:16 | 4:49 2:33 | 16:32 11:43 | 17:47 1:15 | 19:05 1:18 | 24:18 5:13 | 28:21 4:03 | 34:27 6:06 | 38:17 3:50 | 43:02 4:45 | 45:24 2:22 | 51:11 5:47 |
| 14 | Schubert Jürgen TV 1894 Coburg-Neuses | 55:53 | 2:44 2:44 | 5:34 2:50 | 9:09 3:35 | 10:27 1:18 | 11:34 1:07 | 14:57 3:23 | 17:02 2:05 | 38:10 21:08 | 41:51 3:41 | 45:43 3:52 | 47:21 1:38 | 52:22 5:01 |
| 15 | Schalle Michael MTV Bamberg | 56:42 | 3:20 3:20 | 8:10 4:50 | 11:44 3:34 | 17:48 6:04 | 19:28 1:40 | 22:45 3:17 | 25:53 3:08 | 32:48 6:55 | 37:35 4:47 | 41:17 3:42 | 43:51 2:34 | 52:11 8:20 |
| AK | Krischan Klaus OC Fürstenfeld | 30:02 | 2:04 2:04 | 5:15 3:11 | 8:14 2:59 | 9:01 0:47 | 9:43 0:42 | 11:31 1:48 | 13:13 1:42 | 17:29 4:16 | 20:27 2:58 | 22:40 2:13 | 24:04 1:24 | 27:40 3:36 |
| AK | Compere Laurent Orientation Caennaise | 56:58 | 3:47 3:47 | 7:25 3:38 | 10:37 3:12 | 12:28 1:51 | 14:02 1:34 | 17:09 3:07 | 20:20 3:11 | 28:15 7:55 | 34:56 6:41 | 40:41 5:45 | 42:47 2:06 | 51:40 8:53 |

| Pl | Name | Zeit | | | | | | | | | | | | |
|-----------------------|---|---------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|-------------------------------|-------------------------------|
| Offen Lang (3) | | 3.0 km 190 Hm 12 P | | | | | | | | | | | | |
| | | 1(111) | 2(110) | 3(107) | 4(31) | 5(32) | 6(35) | 7(119) | 8(120) | 9(121) | 10(115) | 11(106) | 12(116) | |
| | | Z | | | | | | | | | | | | |
| 1 | Schwendemann Mona kein Verein | 1:08:25 | 5:34 5:34 | 7:38 2:04 | 10:21 2:43 | 13:04 2:43 | 15:34 2:30 | 18:22 2:48 | 34:57 16:35 | 41:54 6:57 | 44:41 2:47 | 57:39 12:58 | 1:02:19 4:40 | 1:05:52 3:33 |
| | | 1:08:25 | 2:33 | | | | | | | | | | | |
| 2 | Burrell Teresa OC München | 1:23:37 | 6:40 | 9:06 | 12:12 | 16:25 | 20:26 | 27:56 | 37:00 | 48:51 | 52:37 | 1:07:19 | 1:14:09 | 1:20:48 |
| | | | 6:40 | 2:26 | 3:06 | 4:13 | 4:01 | 7:30 | 9:04 | 11:51 | 3:46 | 14:42 | 6:50 | 6:39 |
| | | | 1:23:37 | 2:49 | | | | | | | | | | |
| 3 | Quast Jannis TSV Jetzendorf | 2:01:08 | 13:16 | 18:15 | 22:29 | 31:59 | 35:28 | 39:44 | 51:43 | 1:01:26 | 1:06:43 | 1:46:00 | 1:51:09 | 1:58:48 |
| | | | 13:16 | 4:59 | 4:14 | 9:30 | 3:29 | 4:16 | 11:59 | 9:43 | 5:17 | 39:17 | 5:09 | 7:39 |
| | | | 2:01:08 | 2:20 | | | | | | | | | | |
| Schüler B (4) | | 1.6 km 60 Hm 7 P | | | | | | | | | | | | |
| | | 1(104) | 2(101) | 3(102) | 4(103) | 5(105) | 6(104) | 7(106) | Z | | | | | |
| 1 | Faltejsekova Greta SV Mitraching | 29:35 | 2:44 2:44 | 4:52 2:08 | 10:49 5:57 | 12:55 2:06 | 18:27 5:32 | 19:41 1:14 | 25:16 5:35 | 29:35 4:19 | | | | |
| 2 | Böhme Fynn Padraig TV 1894 Coburg-Neuses | 36:23 | 3:20 | 6:39 | 14:58 | 17:22 | 21:54 | 23:49 | 30:33 | 36:23 | | | | |
| | | | 3:20 | 3:19 | 8:19 | 2:24 | 4:32 | 1:55 | 6:44 | 5:50 | | | | |
| 3 | Badia Landefeld Pol OC München | 36:31 | 3:02 | 6:24 | 15:06 | 17:26 | 22:17 | 23:42 | 30:53 | 36:31 | | | | |
| | | | 3:02 | 3:22 | 8:42 | 2:20 | 4:51 | 1:25 | 7:11 | 5:38 | | | | |
| 4 | Kozhenikov Alexander OC München | 59:21 | 4:48 | 9:56 | 23:29 | 27:13 | 35:46 | 37:05 | 52:12 | 59:21 | | | | |
| | | | 4:48 | 5:08 | 13:33 | 3:44 | 8:33 | 1:19 | 15:07 | 7:09 | | | | |