

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|------------------------|-----------------------------------------------|---------------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Jugend M (3) | | | 2.0 km 0 Hm 20 P | | | | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(69) | 2(63) | 3(62) | 4(91) | 5(103) | 6(89) | 7(84) | 8(109) | 9(85) | 10(105) | 11(73) | 12(104) | 13(74) | 14(75) |
| | | | 15(108) | 16(124) | 17(123) | 18(126) | 19(129) | 20(130) | Z | | | | | | | |
| 2 | Stefanie Sutter Appenzell | 16:56 | 1:12 | 1:35 | 1:46 | 3:21 | 4:25 | 6:12 | 6:43 | 7:43 | 8:36 | 9:22 | 10:45 | 11:31 | 12:00 | 12:34 |
| | | | 1:12 | 0:23 | 0:11 | 1:35 | 1:04 | 1:47 | 0:31 | 1:00 | 0:53 | 0:46 | 1:23 | 0:46 | 0:29 | 0:34 |
| | | | 13:02 | 13:43 | 15:48 | 16:11 | 16:32 | 16:46 | 16:56 | | | | | | | |
| | | | 0:28 | 0:41 | 2:05 | 0:23 | 0:21 | 0:14 | 0:10 | | | | | | | |
| 3 | Katja Pötzsch Staad | 22:32 | 3:54 | 4:36 | 4:45 | 6:18 | 7:31 | 9:25 | 9:58 | 10:53 | 11:48 | 13:01 | 14:29 | 15:22 | 16:57 | 17:47 |
| | | | 3:54 | 0:42 | 0:09 | 1:33 | 1:13 | 1:54 | 0:33 | 0:55 | 0:55 | 1:13 | 1:28 | 0:53 | 1:35 | 0:50 |
| | | | 18:25 | 20:00 | 20:20 | 20:55 | 21:26 | 21:36 | 22:32 | | | | | | | |
| | | | 0:38 | 1:35 | 0:20 | 0:35 | 0:31 | 0:10 | 0:56 | | | | | | | |
| Junioren (4) | | | 2.3 km 0 Hm 25 P | | | | | | | | | | | | | |
| | | | 1(65) | 2(68) | 3(70) | 4(71) | 5(72) | 6(73) | 7(104) | 8(74) | 9(75) | 10(77) | 11(79) | 12(105) | 13(85) | 14(87) |
| | | | 15(106) | 16(91) | 17(86) | 18(101) | 19(120) | 20(122) | 21(124) | 22(125) | 23(128) | 24(129) | 25(130) | Z | | |
| 1 | Matthias Sandmeier Herisau | 13:11 | 0:37 | 0:55 | 1:06 | 1:16 | 1:45 | 1:58 | 2:31 | 2:51 | 3:10 | 3:46 | 4:56 | 6:06 | 6:37 | 7:16 |
| | | | 0:37 | 0:18 | 0:11 | 0:10 | 0:29 | 0:13 | 0:33 | 0:20 | 0:19 | 0:36 | 1:10 | 1:10 | 0:31 | 0:39 |
| | | | 8:33 | 10:02 | 10:25 | 10:44 | 11:20 | 11:41 | 12:04 | 12:22 | 12:41 | 12:51 | 13:00 | 13:11 | | |
| | | | 1:17 | 1:29 | 0:23 | 0:19 | 0:36 | 0:21 | 0:23 | 0:18 | 0:19 | 0:10 | 0:09 | 0:11 | | |
| 2 | Raphael Wälter Altstätten | 13:30 | 0:32 | 0:49 | 1:00 | 1:09 | 2:03 | 2:15 | 2:47 | 3:06 | 3:27 | 4:06 | 5:17 | 6:22 | 6:59 | 7:41 |
| | | | 0:32 | 0:17 | 0:11 | 0:09 | 0:54 | 0:12 | 0:32 | 0:19 | 0:21 | 0:39 | 1:11 | 1:05 | 0:37 | 0:42 |
| | | | 9:01 | 9:59 | 10:24 | 10:48 | 11:30 | 11:53 | 12:17 | 12:35 | 12:56 | 13:09 | 13:20 | 13:30 | | |
| | | | 1:20 | 0:58 | 0:25 | 0:24 | 0:42 | 0:23 | 0:24 | 0:18 | 0:21 | 0:13 | 0:11 | 0:10 | | |
| 3 | Jonas Wälter Altstätten | 14:33 | 0:32 | 0:49 | 1:02 | 1:12 | 1:43 | 1:56 | 2:31 | 2:51 | 3:14 | 3:55 | 5:14 | 6:27 | 7:06 | 7:51 |
| | | | 0:32 | 0:17 | 0:13 | 0:10 | 0:31 | 0:13 | 0:35 | 0:20 | 0:23 | 0:41 | 1:19 | 1:13 | 0:39 | 0:45 |
| | | | 9:20 | 11:06 | 11:30 | 11:52 | 12:30 | 12:55 | 13:18 | 13:39 | 14:02 | 14:14 | 14:23 | 14:33 | | |
| | | | 1:29 | 1:46 | 0:24 | 0:22 | 0:38 | 0:25 | 0:23 | 0:21 | 0:23 | 0:12 | 0:09 | 0:10 | | |
| 4 | Roman Schefer St.Gallen | 20:45 | 1:18 | 1:43 | 1:57 | 2:12 | 3:44 | 4:00 | 4:49 | 5:24 | 6:00 | 6:57 | 8:45 | 10:42 | 11:31 | 12:21 |
| | | | 1:18 | 0:25 | 0:14 | 0:15 | 1:32 | 0:16 | 0:49 | 0:35 | 0:36 | 0:57 | 1:48 | 1:57 | 0:49 | 0:50 |
| | | | 14:38 | 15:59 | 16:42 | 17:18 | 18:10 | 18:37 | 19:06 | 19:34 | 20:07 | 20:22 | 20:34 | 20:45 | | |
| | | | 2:17 | 1:21 | 0:43 | 0:36 | 0:52 | 0:27 | 0:29 | 0:28 | 0:33 | 0:15 | 0:12 | 0:11 | | |
| Juniorinnen (3) | | | 2.1 km 0 Hm 22 P | | | | | | | | | | | | | |
| | | | 1(62) | 2(63) | 3(70) | 4(73) | 5(79) | 6(114) | 7(104) | 8(74) | 9(75) | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) |
| | | | 15(86) | 16(101) | 17(102) | 18(121) | 19(124) | 20(126) | 21(129) | 22(130) | Z | | | | | |
| 1 | Camille Vogel Widnau | 18:49 | 1:06 | 1:24 | 1:43 | 2:38 | 3:47 | 4:34 | 5:01 | 5:31 | 6:03 | 6:59 | 9:17 | 10:02 | 10:27 | 12:22 |
| | | | 1:06 | 0:18 | 0:19 | 0:55 | 1:09 | 0:47 | 0:27 | 0:30 | 0:32 | 0:56 | 2:18 | 0:45 | 0:25 | 1:55 |
| | | | 14:50 | 15:19 | 15:41 | 16:59 | 17:20 | 18:03 | 18:28 | 18:39 | 18:49 | | | 16:41 | | |
| | | | 2:28 | 0:29 | 0:22 | 1:18 | 0:21 | 0:43 | 0:25 | 0:11 | 0:10 | | | *108 | | |
| | Katja Zünd Kriessern | Fehlst | 0:40 | 1:27 | 1:44 | 2:23 | 3:14 | 3:49 | 4:10 | 4:35 | ---- | 5:41 | 7:15 | 7:44 | 8:05 | 9:17 |
| | | | 0:40 | 0:47 | 0:17 | 0:39 | 0:51 | 0:35 | 0:21 | 0:25 | ---- | 1:06 | 1:34 | 0:29 | 0:21 | 1:12 |
| | | | 10:57 | 11:21 | 11:35 | 12:19 | 12:37 | 13:10 | 13:28 | 13:38 | 13:49 | | | 4:54 | | |
| | | | 1:40 | 0:24 | 0:14 | 0:44 | 0:18 | 0:33 | 0:18 | 0:10 | 0:11 | | | *107 | | |
| | Nina Zünd Kriessern | Fehlst | 0:47 | 1:36 | 2:06 | 2:44 | 3:42 | ---- | 4:55 | 5:23 | 5:48 | 6:33 | 8:10 | 8:50 | 9:14 | 10:28 |
| | | | 0:47 | 0:49 | 0:30 | 0:38 | 0:58 | 0:58 | 1:13 | 0:28 | 0:25 | 0:45 | 1:37 | 0:40 | 0:24 | 1:14 |
| | | | 12:07 | 12:36 | 12:53 | 13:44 | 14:08 | 14:43 | 15:06 | 15:17 | 15:28 | | | | | |
| | | | 1:39 | 0:29 | 0:17 | 0:51 | 0:24 | 0:35 | 0:23 | 0:11 | 0:11 | | | | | |
| Herren (4) | | | 2.5 km 0 Hm 27 P | | | | | | | | | | | | | |
| | | | 1(65) | 2(67) | 3(69) | 4(70) | 5(71) | 6(72) | 7(73) | 8(74) | 9(75) | 10(76) | 11(79) | 12(80) | 13(85) | 14(87) |
| | | | 15(88) | 16(84) | 17(89) | 18(91) | 19(86) | 20(102) | 21(120) | 22(122) | 23(124) | 24(125) | 25(128) | 26(127) | 27(130) | Z |
| 1 | Michael Treier Marbach | 14:10 | 0:41 | 0:50 | 1:11 | 1:28 | 1:39 | 2:12 | 2:26 | 3:12 | 3:42 | 4:15 | 5:22 | 6:17 | 6:54 | 7:29 |
| | | | 0:41 | 0:09 | 0:21 | 0:17 | 0:11 | 0:33 | 0:14 | 0:46 | 0:30 | 0:33 | 1:07 | 0:55 | 0:37 | 0:35 |
| | | | 7:47 | 8:56 | 9:22 | 10:33 | 10:55 | 11:22 | 11:47 | 12:10 | 12:49 | 13:11 | 13:31 | 13:43 | 13:59 | 14:10 |
| | | | 0:18 | 1:09 | 0:26 | 1:11 | 0:22 | 0:27 | 0:25 | 0:23 | 0:39 | 0:22 | 0:20 | 0:12 | 0:16 | 0:11 |
| 2 | Stefan Schönenberger Balgach | 15:46 | 0:44 | 0:52 | 1:16 | 1:32 | 1:42 | 2:14 | 2:26 | 3:15 | 3:40 | 4:23 | 5:35 | 6:44 | 7:46 | 8:19 |
| | | | 0:44 | 0:08 | 0:24 | 0:16 | 0:10 | 0:32 | 0:12 | 0:49 | 0:25 | 0:43 | 1:12 | 1:09 | 1:02 | 0:33 |
| | | | 8:36 | 9:53 | 10:17 | 11:33 | 11:56 | 12:23 | 13:31 | 13:51 | 14:17 | 14:45 | 15:04 | 15:15 | 15:36 | 15:46 |
| | | | 0:17 | 1:17 | 0:24 | 1:16 | 0:23 | 0:27 | 1:08 | 0:20 | 0:26 | 0:28 | 0:19 | 0:11 | 0:21 | 0:10 |
| 3 | Daniel Raum Höchst/A | 17:21 | 0:48 | 0:57 | 1:20 | 1:43 | 1:56 | 2:31 | 2:47 | 3:45 | 4:09 | 4:54 | 6:13 | 7:21 | 8:08 | 8:52 |
| | | | 0:48 | 0:09 | 0:23 | 0:23 | 0:13 | 0:35 | 0:16 | 0:58 | 0:24 | 0:45 | 1:19 | 1:08 | 0:47 | 0:44 |
| | | | 9:15 | 10:41 | 11:08 | 12:38 | 13:02 | 13:36 | 14:07 | 14:31 | 15:32 | 16:06 | 16:36 | 16:51 | 17:10 | 17:21 |
| | | | 0:23 | 1:26 | 0:27 | 1:30 | 0:24 | 0:34 | 0:31 | 0:24 | 1:01 | 0:34 | 0:30 | 0:15 | 0:19 | 0:11 |
| | Tobias Wälter Altstätten | Fehlst | 0:37 | 0:46 | 1:06 | 1:21 | 1:32 | 2:07 | 2:22 | 3:13 | ---- | 4:12 | 5:32 | 6:41 | 7:31 | 8:11 |
| | | | 0:37 | 0:09 | 0:20 | 0:15 | 0:11 | 0:35 | 0:15 | 0:51 | 0:59 | 1:20 | 1:09 | 0:50 | 0:50 | 0:40 |
| | | | 8:34 | 10:57 | 11:23 | 12:47 | 13:13 | ---- | 14:09 | 14:31 | 14:56 | 15:41 | 16:03 | 16:15 | 16:32 | 16:41 |
| | | | 0:23 | 2:23 | 0:26 | 1:24 | 0:26 | 0:56 | 0:22 | 0:25 | 0:45 | 0:22 | 0:12 | 0:17 | 0:09 | 0:09 |
| | | | | | | 3:32 | *107 | | | | | | | | | |
| Senioren 1 (8) | | | 2.3 km 0 Hm 22 P | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(74) | 4(107) | 5(64) | 6(70) | 7(71) | 8(73) | 9(80) | 10(105) | 11(85) | 12(88) | 13(89) | 14(103) |
| | | | 15(91) | 16(86) | 17(102) | 18(108) | 19(122) | 20(125) | 21(129) | 22(130) | Z | | | | | |
| 1 | Guido Bischofberger Oberegg | 12:43 | 0:31 | 1:06 | 1:29 | 1:47 | 2:52 | 3:07 | 3:19 | 3:44 | 4:44 | 5:04 | 5:36 | 6:30 | 7:46 | 8:53 |
| | | | 0:31 | 0:35 | 0:23 | 0:18 | 1:05 | 0:15 | 0:12 | 0:25 | 1:00 | 0:20 | 0:32 | 0:54 | 1:16 | 1:07 |
| | | | 9:44 | 10:07 | 10:35 | 11:09 | 11:22 | 12:01 | 12:24 | 12:33 | 12:43 | | | 11:41 | | |
| | | | 0:51 | 0:23 | 0:28 | 0:34 | 0:13 | 0:39 | 0:23 | 0:09 | 0:10 | | | *123 | | |
| 2 | Martin Koster St.Margrethen | 14:31 | 1:02 | 1:40 | 2:03 | 2:21 | 3:26 | 3:41 | 3:55 | 4:22 | 5:29 | 5:47 | 6:21 | 7:25 | 8:54 | 10:20 |
| | | | 1:02 | 0:38 | 0:23 | 0:18 | 1:05 | 0:15 | 0:14 | 0:27 | 1:07 | 0:18 | 0:34 | 1:04 | 1:29 | 1:26 |
| | | | 11:20 | 11:46 | 12:23 | 12:59 | 13:14 | 13:41 | 14:09 | 14:19 | 14:31 | | | | | |
| | | | 1:00 | 0:26 | 0:37 | 0:36 | 0:15 | 0:27 | 0:28 | 0:10 | 0:12 | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|--------------------------------------|---------------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|-------------|-------------|-------------|-------------|--------------|
| Senioren 1 (8) | | | 2.3 km 0 Hm 22 P | | | | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(77) | 2(104) | 3(74) | 4(107) | 5(64) | 6(70) | 7(71) | 8(73) | 9(80) | 10(105) | 11(85) | 12(88) | 13(89) | 14(103) |
| | | | 15(91) | 16(86) | 17(102) | 18(108) | 19(122) | 20(125) | 21(129) | 22(130) | Z | | | | | |
| 3 | Clemens Eugster Widnau | 15:42 | 0:31 | 1:10 | 1:49 | 2:10 | 3:21 | 3:39 | 3:56 | 4:27 | 5:37 | 5:58 | 6:37 | 7:46 | 9:21 | 10:53 |
| | | | 0:31 | 0:39 | 0:39 | 0:21 | 1:11 | 0:18 | 0:17 | 0:31 | 1:10 | 0:21 | 0:39 | 1:09 | 1:35 | 1:32 |
| | | | 11:55 | 12:25 | 13:08 | 13:51 | 14:06 | 14:40 | 15:16 | 15:29 | 15:42 | | | | | |
| | | | 1:02 | 0:30 | 0:43 | 0:43 | 0:15 | 0:34 | 0:36 | 0:13 | 0:13 | | | | | |
| 4 | Erwin Wälter Altstätten | 15:58 | 0:28 | 1:05 | 1:46 | 2:09 | 3:20 | 3:36 | 3:51 | 4:23 | 5:50 | 6:23 | 7:00 | 8:10 | 9:55 | 11:24 |
| | | | 0:28 | 0:37 | 0:41 | 0:23 | 1:11 | 0:16 | 0:15 | 0:32 | 1:27 | 0:33 | 0:37 | 1:10 | 1:45 | 1:29 |
| | | | 12:29 | 13:01 | 13:42 | 14:20 | 14:33 | 15:04 | 15:36 | 15:48 | 15:58 | | | | | |
| | | | 1:05 | 0:32 | 0:41 | 0:38 | 0:13 | 0:31 | 0:32 | 0:12 | 0:10 | | | | | |
| 5 | Ivo Benz Untereggen | 16:19 | 1:30 | 2:08 | 2:39 | 2:57 | 4:13 | 4:44 | 5:03 | 5:31 | 6:37 | 6:59 | 7:43 | 8:45 | 10:15 | 11:40 |
| | | | 1:30 | 0:38 | 0:31 | 0:18 | 1:16 | 0:31 | 0:19 | 0:28 | 1:06 | 0:22 | 0:44 | 1:02 | 1:30 | 1:25 |
| | | | 12:40 | 13:08 | 13:42 | 14:22 | 14:36 | 15:29 | 15:58 | 16:09 | 16:19 | | | | | |
| | | | 1:00 | 0:28 | 0:34 | 0:40 | 0:14 | 0:53 | 0:29 | 0:11 | 0:10 | | | | | |
| 6 | Toni Bächler Herisau | 16:51 | 0:56 | 1:39 | 2:04 | 2:25 | 3:44 | 4:00 | 4:15 | 4:47 | 6:28 | 7:07 | 7:45 | 9:00 | 10:40 | 12:12 |
| | | | 0:56 | 0:43 | 0:25 | 0:21 | 1:19 | 0:16 | 0:15 | 0:32 | 1:41 | 0:39 | 0:38 | 1:15 | 1:40 | 1:32 |
| | | | 13:19 | 13:49 | 14:23 | 15:15 | 15:29 | 16:01 | 16:31 | 16:40 | 16:51 | | | | | |
| | | | 1:07 | 0:30 | 0:34 | 0:52 | 0:14 | 0:32 | 0:30 | 0:09 | 0:11 | | | | | |
| | Dieter Sandmeier Herisau | Fehlst | 1:14 | 1:47 | 2:07 | 2:23 | 3:29 | 3:41 | 3:51 | 4:14 | ----- | 5:20 | 5:55 | 6:47 | 7:58 | 9:01 |
| | | | 1:14 | 0:33 | 0:20 | 0:16 | 1:06 | 0:12 | 0:10 | 0:23 | | 1:06 | 0:35 | 0:52 | 1:11 | 1:03 |
| | | | 10:16 | 10:36 | 11:01 | 11:33 | 11:48 | 12:21 | 12:46 | 12:54 | 13:04 | | | | | |
| | | | 1:15 | 0:20 | 0:25 | 0:32 | 0:15 | 0:33 | 0:25 | 0:08 | 0:10 | | | | | |
| | Urs Manser Thal | Fehlst | 0:33 | 1:11 | 2:21 | 2:41 | 3:56 | 4:59 | ----- | 5:40 | 6:47 | 7:11 | 7:49 | 8:55 | 10:25 | 11:49 |
| | | | 0:33 | 0:38 | 1:10 | 0:20 | 1:15 | 1:03 | ----- | 0:41 | 1:07 | 0:24 | 0:38 | 1:06 | 1:30 | 1:24 |
| | | | 12:51 | 13:18 | 14:11 | 14:47 | 15:01 | 15:32 | 16:01 | 16:10 | 16:21 | | 13:53 | | | |
| | | | 1:02 | 0:27 | 0:53 | 0:36 | 0:14 | 0:31 | 0:29 | 0:09 | 0:11 | | *101 | | | |
| Seniorinnen 1 (6) | | | 2.1 km 0 Hm 22 P | | | | | | | | | | | | | |
| | | | 1(62) | 2(63) | 3(70) | 4(73) | 5(79) | 6(114) | 7(104) | 8(74) | 9(75) | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) |
| | | | 15(86) | 16(101) | 17(102) | 18(121) | 19(124) | 20(126) | 21(129) | 22(130) | Z | | | | | |
| 1 | Silvia Bächler Herisau | 15:10 | 0:46 | 0:56 | 1:21 | 2:01 | 3:01 | 3:41 | 4:03 | 4:28 | 4:59 | 5:53 | 7:44 | 8:15 | 8:43 | 10:06 |
| | | | 0:46 | 0:10 | 0:25 | 0:40 | 1:00 | 0:40 | 0:22 | 0:25 | 0:31 | 0:54 | 1:51 | 0:31 | 0:28 | 1:23 |
| | | | 12:03 | 12:28 | 12:42 | 13:36 | 13:54 | 14:30 | 14:49 | 15:00 | 15:10 | | | | | |
| | | | 1:57 | 0:25 | 0:14 | 0:54 | 0:18 | 0:36 | 0:19 | 0:11 | 0:10 | | | | | |
| 2 | Claudia Jud Romanshorn | 18:51 | 2:02 | 3:21 | 3:41 | 4:20 | 5:14 | 5:51 | 6:13 | 6:41 | 7:06 | 8:02 | 9:41 | 10:10 | 10:34 | 11:52 |
| | | | 2:02 | 1:19 | 0:20 | 0:39 | 0:54 | 0:37 | 0:22 | 0:28 | 0:25 | 0:56 | 1:39 | 0:29 | 0:24 | 1:18 |
| | | | 13:30 | 13:55 | 14:08 | 16:23 | 17:16 | 18:08 | 18:30 | 18:41 | 18:51 | | | | | |
| | | | 1:38 | 0:25 | 0:13 | 2:15 | 0:53 | 0:52 | 0:22 | 0:11 | 0:10 | | | | | |
| 3 | Sonja Galli Marbach | 19:04 | 1:23 | 1:38 | 2:00 | 2:49 | 3:57 | 4:47 | 5:14 | 6:07 | 6:33 | 7:31 | 9:50 | 10:22 | 10:52 | 12:51 |
| | | | 1:23 | 0:15 | 0:22 | 0:49 | 1:08 | 0:50 | 0:27 | 0:53 | 0:26 | 0:58 | 2:19 | 0:32 | 0:30 | 1:59 |
| | | | 15:23 | 15:53 | 16:10 | 17:12 | 17:36 | 18:15 | 18:36 | 18:48 | 19:04 | | | | | |
| | | | 2:32 | 0:30 | 0:17 | 1:02 | 0:24 | 0:39 | 0:21 | 0:12 | 0:16 | | | | | |
| 4 | Susanne Sandmeier Herisau | 21:53 | 2:30 | 2:42 | 3:12 | 4:02 | 5:14 | 5:59 | 6:33 | 7:09 | 7:55 | 8:51 | 12:24 | 13:27 | 13:53 | 15:39 |
| | | | 2:30 | 0:12 | 0:30 | 0:50 | 1:12 | 0:45 | 0:34 | 0:36 | 0:46 | 0:56 | 3:33 | 1:03 | 0:26 | 1:46 |
| | | | 17:56 | 18:27 | 18:45 | 19:44 | 20:09 | 20:59 | 21:24 | 21:39 | 21:53 | | | | | |
| | | | 2:17 | 0:31 | 0:18 | 0:59 | 0:25 | 0:50 | 0:25 | 0:15 | 0:14 | | | | | |
| 5 | Monika Bärlocher Herisau | 22:03 | 3:18 | 4:35 | 4:55 | 5:44 | 7:35 | 8:18 | 8:47 | 9:43 | 10:20 | 11:16 | 13:18 | 13:48 | 14:14 | 15:39 |
| | | | 3:18 | 1:17 | 0:20 | 0:49 | 1:51 | 0:43 | 0:29 | 0:56 | 0:37 | 0:56 | 2:02 | 0:30 | 0:26 | 1:25 |
| | | | 17:44 | 18:10 | 18:34 | 19:27 | 20:41 | 21:18 | 21:42 | 21:53 | 22:03 | | | | | |
| | | | 2:05 | 0:26 | 0:24 | 0:53 | 1:14 | 0:37 | 0:24 | 0:11 | 0:10 | | | | | |
| | Rita Deininger St.Gallen | Fehlst | 0:40 | ----- | 1:07 | 1:46 | 2:40 | 3:16 | 3:36 | 4:00 | 4:23 | 5:08 | 6:40 | 7:21 | 7:48 | 8:57 |
| | | | 0:40 | | 0:27 | 0:39 | 0:54 | 0:36 | 0:20 | 0:24 | 0:23 | 0:45 | 1:32 | 0:41 | 0:27 | 1:09 |
| | | | 10:33 | 10:54 | 11:07 | 11:51 | 12:11 | 12:44 | 13:01 | 13:10 | 13:21 | | 0:53 | | | |
| | | | 1:36 | 0:21 | 0:13 | 0:44 | 0:20 | 0:33 | 0:17 | 0:09 | 0:11 | | *64 | | | |
| Senioren 2 (10) | | | 2.1 km 0 Hm 22 P | | | | | | | | | | | | | |
| | | | 1(62) | 2(63) | 3(70) | 4(73) | 5(79) | 6(114) | 7(104) | 8(74) | 9(75) | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) |
| | | | 15(86) | 16(101) | 17(102) | 18(121) | 19(124) | 20(126) | 21(129) | 22(130) | Z | | | | | |
| 1 | Rolf Bollhalder Teufen | 13:56 | 0:53 | 1:04 | 1:23 | 2:02 | 2:56 | 3:35 | 3:55 | 4:17 | 4:41 | 5:25 | 7:35 | 8:03 | 8:23 | 9:39 |
| | | | 0:53 | 0:11 | 0:19 | 0:39 | 0:54 | 0:39 | 0:20 | 0:22 | 0:24 | 0:44 | 2:10 | 0:28 | 0:20 | 1:16 |
| | | | 11:15 | 11:38 | 11:51 | 12:30 | 12:47 | 13:18 | 13:34 | 13:44 | 13:56 | | 0:41 | | | |
| | | | 1:36 | 0:23 | 0:13 | 0:39 | 0:17 | 0:31 | 0:16 | 0:10 | 0:12 | | *61 | | | |
| 2 | Martin Bärlocher Herisau | 15:16 | 1:02 | 1:15 | 1:35 | 2:20 | 3:15 | 3:54 | 4:17 | 4:43 | 5:10 | 6:00 | 7:46 | 8:18 | 8:42 | 10:06 |
| | | | 1:02 | 0:13 | 0:20 | 0:45 | 0:55 | 0:39 | 0:23 | 0:26 | 0:27 | 0:50 | 1:46 | 0:32 | 0:24 | 1:24 |
| | | | 11:53 | 12:20 | 12:41 | 13:33 | 13:56 | 14:34 | 14:52 | 15:05 | 15:16 | | | | | |
| | | | 1:47 | 0:27 | 0:21 | 0:52 | 0:23 | 0:38 | 0:18 | 0:13 | 0:11 | | | | | |
| 3 | Emil Sutter Appenzell | 15:29 | 0:52 | 1:08 | 1:33 | 2:14 | 3:09 | 3:47 | 4:10 | 4:44 | 5:17 | 6:17 | 8:01 | 8:35 | 9:01 | 10:12 |
| | | | 0:52 | 0:16 | 0:25 | 0:41 | 0:55 | 0:38 | 0:23 | 0:34 | 0:33 | 1:00 | 1:44 | 0:34 | 0:26 | 1:11 |
| | | | 11:44 | 12:08 | 12:24 | 13:12 | 14:12 | 14:52 | 15:10 | 15:19 | 15:29 | | | | | |
| | | | 1:32 | 0:24 | 0:16 | 0:48 | 1:00 | 0:40 | 0:18 | 0:09 | 0:10 | | | | | |
| 4 | Hansueli Lüthi Waldstatt | 15:36 | 1:16 | 1:27 | 1:46 | 2:27 | 3:23 | 4:04 | 4:30 | 4:59 | 5:26 | 6:14 | 8:03 | 8:44 | 9:11 | 10:31 |
| | | | 1:16 | 0:11 | 0:19 | 0:41 | 0:56 | 0:41 | 0:26 | 0:29 | 0:27 | 0:48 | 1:49 | 0:41 | 0:27 | 1:20 |
| | | | 12:17 | 12:43 | 13:04 | 13:57 | 14:17 | 14:55 | 15:15 | 15:25 | 15:36 | | 0:36 | | | |
| | | | 1:46 | 0:26 | 0:21 | 0:53 | 0:20 | 0:38 | 0:20 | 0:10 | 0:11 | | *61 | | | |
| 5 | Jens Hartmann Hinterforst | 16:39 | 0:35 | 0:53 | 1:11 | 1:52 | 2:47 | 3:24 | 3:48 | 4:19 | 4:43 | 6:42 | 8:30 | 9:12 | 9:36 | 11:16 |
| | | | 0:35 | 0:18 | 0:18 | 0:41 | 0:55 | 0:37 | 0:24 | 0:31 | 0:24 | 1:59 | 1:48 | 0:42 | 0:24 | 1:40 |
| | | | 13:04 | 13:33 | 13:51 | 14:49 | 15:14 | 15:57 | 16:14 | 16:25 | 16:39 | | | | | |
| | | | 1:48 | 0:29 | 0:18 | 0:58 | 0:25 | 0:43 | 0:17 | 0:11 | 0:14 | | | | | |
| 6 | Hans Frischknecht Herisau | 17:31 | 0:56 | 1:17 | 1:34 | 2:23 | 3:24 | 4:33 | 4:56 | 5:25 | 6:02 | 7:00 | 9:09 | 9:53 | 10:22 | 11:56 |
| | | | 0:56 | 0:21 | 0:17 | 0:49 | 1:01 | 1:09 | 0:23 | 0:29 | 0:37 | 0:58 | 2:09 | 0:44 | 0:29 | 1:34 |
| | | | 13:56 | 14:28 | 14:46 | 15:40 | 16:05 | 16:46 | 17:08 | 17:19 | 17:31 | | | | | |
| | | | 2:00 | 0:32 | 0:18 | 0:54 | 0:25 | 0:41 | 0:22 | 0:11 | 0:12 | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | | |
|--------------------------|--------------------------------------|---------------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|-----------------|--------------|--------------|--------------|--|
| Senioren 2 (10) | | | 2.1 km 0 Hm 22 P | | | | | | | | | | <i>(Forts.)</i> | | | | |
| | | | 1(62) | 2(63) | 3(70) | 4(73) | 5(79) | 6(114) | 7(104) | 8(74) | 9(75) | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) | |
| | | | 15(86) | 16(101) | 17(102) | 18(121) | 19(124) | 20(126) | 21(129) | 22(130) | Z | | | | | | |
| 7 | Niklaus Wolgensinger Oberriet | 18:11 | 2:25 | 3:29 | 4:18 | 4:58 | 5:56 | 6:38 | 7:03 | 7:27 | 7:56 | 8:41 | 10:35 | 11:08 | 11:33 | 12:59 | |
| | | | 2:25 | 1:04 | 0:49 | 0:40 | 0:58 | 0:42 | 0:25 | 0:24 | 0:29 | 0:45 | 1:54 | 0:33 | 0:25 | 1:26 | |
| | | | 14:57 | 15:23 | 15:38 | 16:28 | 16:51 | 17:29 | 17:48 | 17:59 | 18:11 | | | | | | |
| | | | 1:58 | 0:26 | 0:15 | 0:50 | 0:23 | 0:38 | 0:19 | 0:11 | 0:12 | | | | | | |
| 8 | Thomas Müller Rheineck | 18:23 | 1:11 | 1:23 | 1:42 | 2:26 | 3:25 | 4:05 | 4:39 | 5:10 | 5:43 | 6:35 | 9:11 | 9:40 | 10:02 | 11:23 | |
| | | | 1:11 | 0:12 | 0:19 | 0:44 | 0:59 | 0:40 | 0:34 | 0:31 | 0:33 | 0:52 | 2:36 | 0:29 | 0:22 | 1:21 | |
| | | | 13:22 | 13:50 | 15:20 | 16:36 | 16:55 | 17:33 | 18:00 | 18:11 | 18:23 | | | | | | |
| | | | 1:59 | 0:28 | 1:30 | 1:16 | 0:19 | 0:38 | 0:27 | 0:11 | 0:12 | | | | | | |
| | Koni Vogel Widnau | Fehlst | ----- | 0:57 | 1:24 | 2:04 | 2:54 | 3:32 | 4:02 | 4:32 | ----- | 5:49 | 7:25 | 7:53 | 8:17 | 9:23 | |
| | | | 0:57 | 0:27 | 0:40 | 0:50 | 0:38 | 0:30 | 0:30 | 0:30 | 1:17 | 1:36 | 0:28 | 0:24 | 1:06 | | |
| | | | 11:03 | 11:29 | ----- | 12:43 | 12:58 | 13:37 | 13:56 | 14:10 | 14:20 | | | | | | |
| | | | 1:40 | 0:26 | ----- | 1:14 | 0:15 | 0:39 | 0:19 | 0:14 | 0:10 | | | | | | |
| | Martin Stamm St.Gallen | Fehlst | ----- | 0:56 | 1:12 | 1:45 | 2:36 | 3:11 | 3:33 | 3:56 | ----- | 5:02 | 6:39 | 7:10 | 7:31 | 8:44 | |
| | | | 0:56 | 0:16 | 0:33 | 0:51 | 0:35 | 0:22 | 0:23 | 0:23 | 1:06 | 1:37 | 0:31 | 0:21 | 1:13 | | |
| | | | 10:30 | 10:56 | 11:10 | 11:57 | 12:16 | 12:49 | 13:07 | 13:19 | 13:29 | | | | | | |
| | | | 1:46 | 0:26 | 0:14 | 0:47 | 0:19 | 0:33 | 0:18 | 0:12 | 0:10 | | | | | | |
| | | | | | | | | | | | | *61 | *107 | | | | |
| Seniorinnen 2 (3) | | | 2.0 km 0 Hm 20 P | | | | | | | | | | | | | | |
| | | | 1(69) | 2(63) | 3(62) | 4(91) | 5(103) | 6(89) | 7(84) | 8(109) | 9(85) | 10(105) | 11(73) | 12(104) | 13(74) | 14(75) | |
| | | | 15(108) | 16(124) | 17(123) | 18(126) | 19(129) | 20(130) | Z | | | | | | | | |
| 1 | Christa Ebnetter Appenzell | 14:35 | 1:40 | 2:00 | 2:12 | 4:14 | 5:16 | 6:45 | 7:15 | 8:05 | 8:52 | 9:33 | 10:50 | 11:33 | 12:00 | 12:23 | |
| | | | 1:40 | 0:20 | 0:12 | 2:02 | 1:02 | 1:29 | 0:30 | 0:50 | 0:47 | 0:41 | 1:17 | 0:43 | 0:27 | 0:23 | |
| | | | 12:49 | 13:16 | 13:29 | 13:53 | 14:14 | 14:24 | 14:35 | | | | | | | | |
| | | | 0:26 | 0:27 | 0:13 | 0:24 | 0:21 | 0:10 | 0:11 | | | | | | | | |
| 2 | Vreni Wolgensinger Oberriet | 22:01 | 1:25 | 2:08 | 2:20 | 4:13 | 5:29 | 7:34 | 8:10 | 9:12 | 13:19 | 14:21 | 16:15 | 17:12 | 18:02 | 18:45 | |
| | | | 1:25 | 0:43 | 0:12 | 1:53 | 1:16 | 2:05 | 0:36 | 1:02 | 4:07 | 1:02 | 1:54 | 0:57 | 0:50 | 0:43 | |
| | | | 19:35 | 20:19 | 20:37 | 21:14 | 21:36 | 21:48 | 22:01 | | | | | | | | |
| | | | 0:50 | 0:44 | 0:18 | 0:37 | 0:22 | 0:12 | 0:13 | | | | | | | | |
| 3 | Annelies Burchia Lüchingen | 31:52 | 2:18 | 3:03 | 4:24 | 6:43 | 8:22 | 10:38 | 11:20 | 12:36 | 13:53 | 15:15 | 17:32 | 18:42 | 19:55 | 20:36 | |
| | | | 2:18 | 0:45 | 1:21 | 2:19 | 1:39 | 2:16 | 0:42 | 1:16 | 1:17 | 1:22 | 2:17 | 1:10 | 1:13 | 0:41 | |
| | | | 21:15 | 29:51 | 30:10 | 30:48 | 31:18 | 31:36 | 31:52 | | | | | | | | |
| | | | 0:39 | 8:36 | 0:19 | 0:38 | 0:30 | 0:18 | 0:16 | | | | | | | | |
| Senioren 3 (11) | | | 2.1 km 0 Hm 22 P | | | | | | | | | | | | | | |
| | | | 1(62) | 2(63) | 3(70) | 4(73) | 5(79) | 6(114) | 7(104) | 8(74) | 9(75) | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) | |
| | | | 15(86) | 16(101) | 17(102) | 18(121) | 19(124) | 20(126) | 21(129) | 22(130) | Z | | | | | | |
| 1 | Willi Streuli Appenzell | 16:15 | 0:51 | 1:03 | 1:23 | 2:12 | 3:20 | 4:05 | 4:31 | 4:56 | 5:35 | 6:27 | 8:19 | 8:57 | 9:23 | 10:48 | |
| | | | 0:51 | 0:12 | 0:20 | 0:49 | 1:08 | 0:45 | 0:26 | 0:25 | 0:39 | 0:52 | 1:52 | 0:38 | 0:26 | 1:25 | |
| | | | 12:47 | 13:15 | 13:31 | 14:27 | 14:51 | 15:32 | 15:53 | 16:03 | 16:15 | | | | | | |
| | | | 1:59 | 0:28 | 0:16 | 0:56 | 0:24 | 0:41 | 0:21 | 0:10 | 0:12 | | | | | | |
| 2 | Viktor Schilter St.Gallen | 17:42 | 1:01 | 1:14 | 1:43 | 2:34 | 3:43 | 4:31 | 5:02 | 5:38 | 6:18 | 7:11 | 9:20 | 9:57 | 10:28 | 11:59 | |
| | | | 1:01 | 0:13 | 0:29 | 0:51 | 1:09 | 0:48 | 0:31 | 0:36 | 0:40 | 0:53 | 2:09 | 0:37 | 0:31 | 1:31 | |
| | | | 13:59 | 14:29 | 14:50 | 15:50 | 16:15 | 16:55 | 17:18 | 17:29 | 17:42 | | | | | | |
| | | | 2:00 | 0:30 | 0:21 | 1:00 | 0:25 | 0:40 | 0:23 | 0:11 | 0:13 | | | | | | |
| 3 | Josef Frey Altstätten | 19:46 | 1:04 | 1:21 | 1:43 | 2:37 | 3:39 | 4:20 | 4:54 | 5:42 | 6:11 | 7:05 | 10:11 | 10:51 | 11:15 | 12:48 | |
| | | | 1:04 | 0:17 | 0:22 | 0:54 | 1:02 | 0:41 | 0:34 | 0:48 | 0:29 | 0:54 | 3:06 | 0:40 | 0:24 | 1:33 | |
| | | | 14:44 | 15:20 | 16:20 | 17:12 | 17:46 | 18:38 | 19:03 | 19:33 | 19:46 | | | | | | |
| | | | 1:56 | 0:36 | 1:00 | 0:52 | 0:34 | 0:52 | 0:25 | 0:30 | 0:13 | | | | | | |
| 4 | Peter Roth Arbon | 26:25 | 0:42 | 1:02 | 1:21 | 2:00 | 2:56 | 3:36 | 3:59 | 4:28 | 16:43 | 17:35 | 19:21 | 19:51 | 20:13 | 21:33 | |
| | | | 0:42 | 0:20 | 0:19 | 0:39 | 0:56 | 0:40 | 0:23 | 0:29 | 12:15 | 0:52 | 1:46 | 0:30 | 0:22 | 1:20 | |
| | | | 23:25 | 23:48 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 26:25 | | | | | | |
| | | | 1:52 | 0:23 | | | | | | | | | | | | | |
| | | | 9:08 | 10:27 | 12:16 | 12:40 | 12:55 | 13:40 | 13:59 | 14:34 | 14:54 | 15:04 | | | | | |
| | | | *85 | *113 | *86 | *101 | *102 | *121 | *124 | *126 | *129 | *130 | | | | | |
| 5 | Otto Kunczler Bregenz/A | 27:12 | 3:49 | 4:41 | 5:21 | 6:21 | 7:29 | 8:18 | 8:50 | 10:27 | 11:08 | 12:14 | 15:12 | 15:50 | 16:24 | 18:07 | |
| | | | 3:49 | 0:52 | 0:40 | 1:00 | 1:08 | 0:49 | 0:32 | 1:37 | 0:41 | 1:06 | 2:58 | 0:38 | 0:34 | 1:43 | |
| | | | 20:20 | 20:57 | 22:09 | 24:24 | 25:12 | 26:15 | 26:41 | 26:57 | 27:12 | | | | | | |
| | | | 2:13 | 0:37 | 1:12 | 2:15 | 0:48 | 1:03 | 0:26 | 0:16 | 0:15 | | | | | | |
| | Othmar Buchmann Amriswil | Fehlst | ----- | ----- | 2:00 | 2:41 | 3:37 | 4:16 | 4:39 | 5:08 | ----- | 6:26 | 8:11 | 8:44 | 9:08 | 10:27 | |
| | | | | | 2:00 | 0:41 | 0:56 | 0:39 | 0:23 | 0:29 | 1:18 | 1:45 | 0:33 | 0:24 | 1:19 | | |
| | | | 12:11 | 12:34 | 12:49 | 14:32 | 15:04 | 15:42 | 15:59 | 16:08 | 16:19 | | | | | | |
| | | | 1:44 | 0:23 | 0:15 | 1:43 | 0:32 | 0:38 | 0:17 | 0:09 | 0:11 | | | | | | |
| | Hannes Suhner Walzenhausen | Fehlst | 0:44 | 1:00 | 1:16 | 1:59 | 2:53 | 3:30 | 3:53 | 4:18 | 4:49 | 5:36 | 7:16 | 7:48 | 8:17 | 9:28 | |
| | | | 0:44 | 0:16 | 0:16 | 0:43 | 0:54 | 0:37 | 0:23 | 0:25 | 0:31 | 0:47 | 1:40 | 0:32 | 0:29 | 1:11 | |
| | | | 11:05 | 11:29 | ----- | 12:23 | 12:47 | 13:17 | 13:35 | 13:47 | 13:58 | | | | | | |
| | | | 1:37 | 0:24 | ----- | 0:54 | 0:24 | 0:30 | 0:18 | 0:12 | 0:11 | | | | | | |
| | Hans Müggler Oberuzwil | Fehlst | ----- | 2:08 | 2:30 | 3:30 | 4:31 | 5:16 | 5:46 | 6:18 | 6:55 | 7:46 | 9:43 | 10:20 | 10:47 | 12:10 | |
| | | | | 2:08 | 0:22 | 1:00 | 1:01 | 0:45 | 0:30 | 0:32 | 0:37 | 0:51 | 1:57 | 0:37 | 0:27 | 1:23 | |
| | | | 13:59 | 14:24 | 14:40 | 15:36 | 16:02 | 16:42 | 17:03 | 17:15 | 17:30 | | | | | | |
| | | | 1:49 | 0:25 | 0:16 | 0:56 | 0:26 | 0:40 | 0:21 | 0:12 | 0:15 | | | | | | |
| | Josef Hutter Diepoldsau | Fehlst | 1:01 | 1:14 | ----- | 2:42 | 3:44 | 4:33 | 5:02 | 5:35 | 6:06 | 7:08 | 9:00 | 9:39 | 10:07 | 11:37 | |
| | | | 1:01 | 0:13 | ----- | 1:28 | 1:02 | 0:49 | 0:29 | 0:33 | 0:31 | 1:02 | 1:52 | 0:39 | 0:28 | 1:30 | |
| | | | 13:43 | 14:13 | 14:35 | 15:32 | 15:55 | 16:40 | 17:03 | 17:17 | 17:30 | | | | | | |
| | | | 2:06 | 0:30 | 0:22 | 0:57 | 0:23 | 0:45 | 0:23 | 0:14 | 0:13 | | | | | | |
| | Fredy Schwyter Sommeri | Fehlst | 1:02 | 1:18 | 1:40 | 2:44 | 4:01 | 4:53 | 5:24 | 6:04 | 6:48 | 7:47 | ----- | 10:47 | 11:21 | 13:02 | |
| | | | 1:02 | 0:16 | 0:22 | 1:04 | 1:17 | 0:52 | 0:31 | 0:40 | 0:44 | 0:59 | | | | | |
| | | | 15:31 | 16:04 | ----- | 17:30 | 17:59 | 18:45 | 19:12 | 19:29 | 19:44 | | | | | | |
| | | | 2:29 | 0:33 | ----- | 1:26 | 0:29 | 0:46 | 0:27 | 0:17 | 0:15 | | | | | | |
| | | | | | | | | | | | | *61 | *107 | *105 | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|-------------------------------------------|---------------|-------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Senioren 3 (11) | | | 2.1 km 0 Hm 22 P (Forts.) | | | | | | | | | | | | | |
| | | | 1(62) 15(86) | 2(63) 16(101) | 3(70) 17(102) | 4(73) 18(121) | 5(79) 19(124) | 6(114) 20(126) | 7(104) 21(129) | 8(74) 22(130) | 9(75) Z | 10(77) | 11(80) | 12(111) | 13(85) | 14(113) |
| | Erich Brauchli Engelburg | Fehlst | 0:46 0:46 10:36 1:39 | 0:57 0:11 11:02 0:26 | 1:12 0:15 ----- ----- | 1:49 0:37 12:06 1:04 | 2:41 0:52 12:30 0:24 | 3:20 0:39 13:01 0:31 | 3:42 0:22 13:17 0:16 | 4:11 0:29 13:27 0:10 | 4:37 0:26 13:37 0:10 | 5:19 0:42 ----- ----- | 6:56 1:37 ----- ----- | 7:22 0:26 ----- ----- | 7:46 0:24 ----- ----- | 8:57 1:11 ----- ----- |
| Familien (8) | | | 2.1 km 0 Hm 21 P | | | | | | | | | | | | | |
| | | | 1(61) 15(77) | 2(69) 16(75) | 3(71) 17(108) | 4(109) 18(125) | 5(84) 19(127) | 6(89) 20(129) | 7(112) 21(130) | 8(88) Z | 9(85) | 10(111) | 11(110) | 12(79) | 13(114) | 14(104) |
| 1 | Thomas Lenherr Thal | 11:57 | 0:30 0:30 9:17 0:45 | 0:49 0:19 9:56 0:39 | 1:06 0:17 10:27 0:31 | 2:03 0:57 11:01 0:34 | 2:49 0:46 11:29 0:28 | 3:15 0:26 11:37 0:08 | 4:02 0:47 11:46 0:09 | 4:46 0:44 11:57 0:11 | 5:51 1:05 ----- ----- | 6:12 0:21 ----- ----- | 6:50 0:38 ----- ----- | 7:32 0:42 ----- ----- | 8:10 0:38 ----- ----- | 8:32 0:22 ----- ----- |
| 2 | Christian Rohner Rheineck | 14:50 | 0:43 0:43 11:08 0:54 | 1:05 0:22 12:03 0:55 | 1:27 0:22 12:32 0:29 | 2:36 1:09 13:07 0:35 | 3:32 0:56 14:12 1:05 | 4:04 0:32 14:29 0:17 | 4:55 0:51 14:39 0:10 | 5:51 0:56 14:50 0:11 | 7:08 1:17 ----- ----- | 7:29 0:21 ----- ----- | 8:16 0:47 ----- ----- | 9:04 0:48 ----- ----- | 9:48 0:44 ----- ----- | 10:14 0:26 ----- ----- |
| 3 | Flavian Koster St.Margrethen | 15:19 | 0:45 0:45 12:16 0:55 | 1:08 0:23 13:12 0:56 | 1:29 0:21 13:43 0:31 | 2:46 1:17 14:11 0:28 | 3:47 1:01 14:42 0:31 | 4:20 0:33 15:08 0:14 | 5:21 1:01 15:19 0:12 | 6:21 1:00 15:30 0:11 | 7:50 1:29 ----- ----- | 8:15 0:25 ----- ----- | 9:10 0:55 ----- ----- | 10:05 0:47 ----- ----- | 10:52 0:47 ----- ----- | 11:21 0:29 ----- ----- |
| 4 | Livio Koster St.Margrethen | 15:22 | 0:38 0:38 12:13 1:00 | 1:00 0:22 13:09 0:56 | 1:20 0:20 13:40 0:31 | 2:41 1:21 14:15 0:35 | 3:41 1:00 14:45 0:30 | 4:11 0:30 14:58 0:13 | 5:08 0:57 15:11 0:13 | 6:05 0:57 15:22 0:11 | 7:34 1:29 ----- ----- | 8:01 0:27 ----- ----- | 8:54 0:53 ----- ----- | 9:52 0:58 ----- ----- | 10:42 0:50 ----- ----- | 11:13 0:31 ----- ----- |
| 5 | Karin Zünd Altstätten | 15:40 | 1:13 1:13 11:49 0:57 | 1:50 0:37 12:36 0:47 | 2:12 0:22 13:59 1:23 | 3:19 1:07 14:32 0:33 | 4:11 0:52 15:02 0:30 | 4:41 0:30 15:14 0:12 | 5:33 0:52 15:29 0:15 | 6:29 0:56 15:40 0:11 | 7:43 1:14 ----- ----- | 8:06 0:23 ----- ----- | 8:52 0:46 ----- ----- | 9:42 0:50 ----- ----- | 10:26 0:44 ----- ----- | 10:52 0:26 ----- ----- |
| 6 | Denise Ziegler Widnau | 18:00 | 1:54 1:54 14:00 1:18 | 2:29 0:35 14:49 0:49 | 2:53 0:24 15:59 1:10 | 4:02 1:09 16:32 0:33 | 4:59 0:57 17:21 0:49 | 5:31 0:32 17:35 0:14 | 6:22 0:51 17:48 0:15 | 7:28 1:06 18:00 0:12 | 8:52 1:24 ----- ----- | 9:22 0:30 ----- ----- | 10:11 0:49 ----- ----- | 11:07 0:56 ----- ----- | 11:53 0:46 ----- ----- | 12:42 0:49 ----- ----- |
| 7 | Sylvia Sieber St.Margrethen | 21:09 | 0:55 0:55 14:56 2:29 | 1:18 0:23 15:49 0:53 | 1:53 0:35 16:59 3:10 | 3:09 1:16 17:47 0:48 | 4:10 1:01 18:28 0:41 | 4:54 0:44 19:42 0:14 | 5:51 0:57 20:57 0:15 | 6:56 1:05 21:09 0:12 | 8:33 1:37 ----- ----- | 9:05 0:32 ----- ----- | 9:56 0:51 ----- ----- | 10:58 1:02 ----- ----- | 11:51 0:53 ----- ----- | 12:27 0:36 ----- ----- |
| 8 | Dyna Galli Marbach | 22:56 | 0:57 0:57 17:45 1:53 | 1:36 0:39 19:03 1:18 | 2:09 0:33 20:30 1:27 | 3:41 1:32 21:17 0:47 | 5:22 1:41 22:05 0:48 | 6:28 1:06 22:29 0:24 | 7:33 1:05 22:44 0:15 | 8:49 1:16 22:56 0:12 | 10:51 2:02 ----- ----- | 11:54 1:03 ----- ----- | 12:55 1:01 ----- ----- | 14:16 1:21 ----- ----- | 15:10 0:54 ----- ----- | 15:52 0:42 ----- ----- |
| Plausch kurz (14) | | | 2.1 km 0 Hm 21 P | | | | | | | | | | | | | |
| | | | 1(77) 15(101) | 2(104) 16(108) | 3(114) 17(123) | 4(79) 18(125) | 5(110) 19(126) | 6(111) 20(129) | 7(85) 21(130) | 8(87) Z | 9(88) | 10(112) | 11(89) | 12(84) | 13(113) | 14(86) |
| 1 | Yannick Giger St.Gallen | 13:15 | 0:32 0:32 11:04 0:24 | 1:18 0:46 11:53 0:49 | 1:42 0:24 12:10 0:17 | 2:33 0:51 12:24 0:14 | 3:30 0:57 12:36 0:12 | 4:13 0:43 12:52 0:16 | 4:34 0:21 13:03 0:11 | 5:26 0:52 13:15 0:12 | 5:53 0:27 ----- ----- | 6:48 0:55 ----- ----- | 7:46 0:58 ----- ----- | 8:12 0:26 ----- ----- | 8:57 0:45 ----- ----- | 10:40 1:43 ----- ----- |
| 2 | Katja Pötzsch Staad | 14:20 | 0:30 0:30 11:46 0:31 | 1:15 0:45 12:43 0:57 | 1:40 0:25 13:07 0:24 | 2:19 0:39 13:27 0:20 | 3:14 0:55 13:42 0:15 | 4:00 0:46 13:58 0:16 | 4:25 0:25 14:08 0:10 | 5:23 0:58 14:20 0:12 | 5:50 0:27 ----- ----- | 6:47 0:57 ----- ----- | 7:48 1:01 ----- ----- | 8:23 0:35 ----- ----- | 9:20 0:57 ----- ----- | 11:15 1:55 ----- ----- |
| 3 | Tatjana Waser Altstätten | 16:34 | 0:40 0:40 13:42 0:29 | 1:26 0:46 14:36 0:54 | 1:53 0:27 15:05 0:29 | 2:40 0:47 15:25 0:20 | 3:37 0:57 15:43 0:18 | 4:33 0:56 16:05 0:22 | 5:01 0:28 16:21 0:16 | 5:54 0:53 16:34 0:13 | 6:28 0:34 ----- ----- | 7:39 1:11 ----- ----- | 9:06 1:27 ----- ----- | 9:40 0:34 ----- ----- | 11:01 1:21 ----- ----- | 13:13 2:12 ----- ----- |
| 4 | Manuel Bischofberger Obereggen | 17:02 | 0:37 0:37 14:14 0:27 | 1:38 1:01 15:09 0:55 | 2:05 0:27 15:40 0:31 | 2:39 0:34 16:00 0:20 | 3:40 1:01 16:22 0:22 | 4:35 0:55 16:42 0:20 | 5:17 0:42 16:53 0:11 | 6:14 0:57 17:02 0:09 | 6:43 0:29 ----- ----- | 8:09 1:26 ----- ----- | 9:37 1:28 ----- ----- | 10:16 0:39 ----- ----- | 11:22 1:06 ----- ----- | 13:47 2:25 ----- ----- |
| 5 | Brigitte Wälter Altstätten | 17:35 | 0:38 0:38 13:53 0:38 | 1:31 0:53 15:30 1:37 | 1:57 0:26 15:56 0:26 | 2:43 0:46 16:10 0:14 | 3:46 1:03 16:29 0:19 | 4:40 0:54 16:59 0:30 | 5:09 0:29 17:18 0:19 | 6:09 1:00 17:35 0:17 | 6:41 0:32 ----- ----- | 7:46 1:05 ----- ----- | 8:52 1:06 ----- ----- | 9:31 0:39 ----- ----- | 10:42 1:11 ----- ----- | 13:15 2:33 ----- ----- |
| 6 | Josef Frey Altstätten | 18:05 | 0:41 0:41 15:26 0:31 | 1:30 0:49 16:28 1:02 | 2:01 0:31 16:50 0:22 | 4:16 2:15 17:03 0:13 | 5:12 0:56 17:18 0:15 | 6:00 0:48 17:39 0:21 | 6:29 0:29 17:52 0:13 | 7:24 0:55 18:05 0:13 | 8:00 0:36 ----- ----- | 9:14 1:14 ----- ----- | 10:18 1:04 ----- ----- | 11:06 0:48 ----- ----- | 12:12 1:06 ----- ----- | 14:55 2:43 ----- ----- |
| 7 | Nadine Hutter Kriessern | 18:40 | 1:02 1:02 15:47 0:32 | 2:00 0:58 16:50 1:03 | 2:27 0:27 17:16 0:26 | 3:16 0:49 17:32 0:16 | 4:20 1:04 17:53 0:21 | 5:15 0:55 18:14 0:21 | 5:50 1:08 18:28 0:14 | 6:58 1:08 18:40 0:12 | 7:54 0:56 ----- ----- | 9:45 1:51 ----- ----- | 10:55 1:10 ----- ----- | 11:34 0:39 ----- ----- | 12:42 1:08 ----- ----- | 15:15 2:33 ----- ----- |
| 8 | Claudia Hilck Kriessern | 20:21 | 1:08 1:08 16:21 0:36 | 2:27 1:19 17:32 1:11 | 3:13 0:46 18:16 0:44 | 4:08 0:55 18:39 0:23 | 5:14 1:06 19:02 0:23 | 6:13 0:59 19:40 0:38 | 6:49 0:36 19:58 0:18 | 7:53 1:04 20:21 0:23 | 8:33 0:40 ----- ----- | 9:41 1:08 ----- ----- | 10:45 1:04 ----- ----- | 11:27 0:42 ----- ----- | 13:15 1:48 ----- ----- | 15:45 2:30 ----- ----- |
| 9 | Joel Keel Staad | 23:29 | 2:02 2:02 19:34 0:52 | 3:16 1:14 20:48 1:14 | 3:57 0:41 21:30 0:42 | 4:53 0:56 22:01 0:31 | 6:08 1:15 22:26 0:25 | 7:50 1:42 23:03 0:37 | 8:35 0:45 23:16 0:13 | 9:50 1:15 23:29 0:13 | 10:25 0:35 ----- ----- | 11:59 1:34 ----- ----- | 13:28 1:29 ----- ----- | 14:17 0:49 ----- ----- | 15:43 1:26 ----- ----- | 18:42 2:59 ----- ----- |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|----------------------------|----------------------------------|-------|-------------------------|---------|---------|---------|---------|---------|---------|-----------------|---------|---------|---------|--------|---------|--------|
| Plausch kurz (14) | | | 2.1 km 0 Hm 21 P | | | | | | | (Forts.) | | | | | | |
| | | | 1(77) | 2(104) | 3(114) | 4(79) | 5(110) | 6(111) | 7(85) | 8(87) | 9(88) | 10(112) | 11(89) | 12(84) | 13(113) | 14(86) |
| | | | 15(101) | 16(108) | 17(123) | 18(125) | 19(126) | 20(129) | 21(130) | Z | | | | | | |
| 10 | Lena Bischofberger Oberegg | 25:35 | 1:50 | 3:00 | 4:13 | 5:12 | 6:11 | 7:10 | 7:56 | 9:12 | 10:23 | 12:22 | 13:51 | 14:27 | 15:45 | 19:40 |
| | | | 1:50 | 1:10 | 1:13 | 0:59 | 0:59 | 0:59 | 0:46 | 1:16 | 1:11 | 1:59 | 1:29 | 0:36 | 1:18 | 3:55 |
| | | | 20:50 | 22:13 | 22:58 | 23:40 | 24:01 | 24:55 | 25:23 | 25:35 | | | | | | |
| | | | 1:10 | 1:23 | 0:45 | 0:42 | 0:21 | 0:54 | 0:28 | 0:12 | | | | | | |
| 11 | Janine Hutter Kriessern | 29:03 | 0:55 | 5:39 | 6:22 | 7:22 | 8:30 | 9:40 | 10:10 | 14:30 | 15:44 | 17:01 | 18:19 | 19:09 | 21:00 | 24:06 |
| | | | 0:55 | 4:44 | 0:43 | 1:00 | 1:08 | 1:10 | 0:30 | 4:20 | 1:14 | 1:17 | 1:18 | 0:50 | 1:51 | 3:06 |
| | | | 24:48 | 26:06 | 26:55 | 27:28 | 27:52 | 28:17 | 28:37 | 29:03 | | | | | | |
| | | | 0:42 | 1:18 | 0:49 | 0:33 | 0:24 | 0:25 | 0:20 | 0:26 | | | | | | |
| 12 | Sandra Bischof Au | 30:24 | 7:44 | 8:52 | 10:35 | 13:37 | 14:28 | 15:36 | 16:11 | 17:07 | 17:50 | 19:10 | 20:26 | 21:25 | 22:54 | 25:56 |
| | | | 7:44 | 1:08 | 1:43 | 3:02 | 0:51 | 1:08 | 0:35 | 0:56 | 0:43 | 1:20 | 1:16 | 0:59 | 1:29 | 3:02 |
| | | | 26:37 | 27:47 | 28:30 | 29:03 | 29:24 | 30:01 | 30:12 | 30:24 | | | | | | |
| | | | 0:41 | 1:10 | 0:43 | 0:33 | 0:21 | 0:37 | 0:11 | 0:12 | | | | | | |
| 13 | Maria Meier Kriessern | 34:29 | 1:48 | 4:01 | 5:02 | 6:54 | 8:26 | 10:36 | 11:10 | 12:37 | 13:22 | 16:14 | 18:22 | 19:55 | 22:06 | 27:34 |
| | | | 1:48 | 2:13 | 1:01 | 1:52 | 1:32 | 2:10 | 0:34 | 1:27 | 0:45 | 2:52 | 2:08 | 1:33 | 2:11 | 5:28 |
| | | | 28:33 | 31:26 | 32:06 | 32:36 | 33:03 | 33:38 | 34:07 | 34:29 | | | | | | |
| | | | 0:59 | 2:53 | 0:40 | 0:30 | 0:27 | 0:35 | 0:29 | 0:22 | | | | | | |
| 14 | Barbara Wiesner Kriessern | 39:01 | 1:28 | 3:07 | 4:23 | 6:07 | 8:08 | 10:08 | 11:14 | 13:04 | 14:09 | 16:50 | 19:20 | 20:27 | 23:39 | 29:50 |
| | | | 1:28 | 1:39 | 1:16 | 1:44 | 2:01 | 2:00 | 1:06 | 1:50 | 1:05 | 2:41 | 2:30 | 1:07 | 3:12 | 6:11 |
| | | | 31:11 | 33:44 | 34:56 | 36:08 | 36:54 | 37:58 | 38:30 | 39:01 | | | | | | |
| | | | 1:21 | 2:33 | 1:12 | 1:12 | 0:46 | 1:04 | 0:32 | 0:31 | | | | | | |
| Plausch mittel (30) | | | 2.6 km 0 Hm 25 P | | | | | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(69) | 4(71) | 5(77) | 6(75) | 7(114) | 8(79) | 9(110) | 10(111) | 11(109) | 12(89) | 13(112) | 14(88) |
| | | | 15(87) | 16(106) | 17(91) | 18(86) | 19(101) | 20(121) | 21(123) | 22(125) | 23(126) | 24(129) | 25(130) | Z | | |
| 1 | Markus Wüst Montlingen | 16:50 | 0:31 | 1:18 | 1:33 | 1:52 | 2:25 | 3:07 | 4:00 | 4:37 | 5:24 | 6:03 | 6:57 | 8:16 | 9:02 | 9:56 |
| | | | 0:31 | 0:47 | 0:15 | 0:19 | 0:33 | 0:42 | 0:53 | 0:37 | 0:47 | 0:39 | 0:54 | 1:19 | 0:46 | 0:54 |
| | | | 10:22 | 12:03 | 13:13 | 13:43 | 14:10 | 15:02 | 15:19 | 15:33 | 15:45 | 16:27 | 16:38 | 16:50 | | |
| | | | 0:26 | 1:41 | 1:10 | 0:30 | 0:27 | 0:52 | 0:17 | 0:14 | 0:12 | 0:42 | 0:11 | 0:12 | | |
| 2 | Lars Hasler Kriessern | 18:03 | 0:46 | 1:07 | 1:29 | 1:46 | 2:21 | 3:06 | 3:59 | 4:38 | 5:27 | 6:15 | 7:12 | 8:30 | 9:05 | 10:00 |
| | | | 0:46 | 0:21 | 0:22 | 0:17 | 0:35 | 0:45 | 0:53 | 0:39 | 0:49 | 0:48 | 0:57 | 1:18 | 0:35 | 0:55 |
| | | | 10:48 | 12:49 | 14:06 | 14:38 | 15:03 | 16:43 | 16:56 | 17:05 | 17:21 | 17:43 | 17:53 | 18:03 | | |
| | | | 0:48 | 2:01 | 1:17 | 0:32 | 0:25 | 1:40 | 0:13 | 0:09 | 0:16 | 0:22 | 0:10 | 0:10 | | |
| 3 | Kathrin Dietsche Kriessern | 21:04 | 0:41 | 0:58 | 2:13 | 2:28 | 3:06 | 3:54 | 4:52 | 5:31 | 6:24 | 7:15 | 8:36 | 10:04 | 11:17 | 12:09 |
| | | | 0:41 | 0:17 | 1:15 | 0:15 | 0:38 | 0:48 | 0:58 | 0:39 | 0:53 | 0:51 | 1:21 | 1:28 | 1:13 | 0:52 |
| | | | 12:36 | 14:51 | 16:24 | 17:00 | 18:02 | 19:19 | 19:36 | 19:51 | 20:12 | 20:38 | 20:53 | 21:04 | | |
| | | | 0:27 | 2:15 | 1:33 | 0:36 | 1:02 | 1:17 | 0:17 | 0:15 | 0:21 | 0:26 | 0:15 | 0:11 | | |
| 4 | Céline Hutter Kriessern | 21:16 | 0:38 | 1:05 | 1:28 | 1:49 | 2:45 | 3:30 | 5:03 | 5:43 | 6:45 | 7:31 | 9:00 | 10:48 | 11:49 | 13:04 |
| | | | 0:38 | 0:27 | 0:23 | 0:21 | 0:56 | 0:45 | 1:33 | 0:40 | 1:02 | 0:46 | 1:29 | 1:48 | 1:01 | 1:15 |
| | | | 13:34 | 15:46 | 17:22 | 18:04 | 18:40 | 19:42 | 19:55 | 20:11 | 20:24 | 20:54 | 21:04 | 21:16 | | |
| | | | 0:30 | 2:12 | 1:36 | 0:42 | 0:36 | 1:02 | 0:13 | 0:16 | 0:13 | 0:30 | 0:10 | 0:12 | | |
| 5 | Natascha Dietsche Hinterforst | 22:03 | 0:41 | 1:08 | 1:34 | 1:55 | 2:38 | 3:32 | 4:40 | 5:32 | 6:38 | 7:41 | 8:55 | 10:37 | 11:46 | 12:52 |
| | | | 0:41 | 0:27 | 0:26 | 0:21 | 0:43 | 0:54 | 1:08 | 0:52 | 1:06 | 1:03 | 1:14 | 1:42 | 1:09 | 1:06 |
| | | | 13:39 | 15:55 | 17:35 | 18:13 | 18:48 | 20:04 | 20:22 | 20:38 | 21:02 | 21:39 | 21:50 | 22:03 | | |
| | | | 0:47 | 2:16 | 1:40 | 0:38 | 0:35 | 1:16 | 0:18 | 0:16 | 0:24 | 0:37 | 0:11 | 0:13 | | |
| 6 | Manuela Schärer Flawil | 22:04 | 0:40 | 1:01 | 1:28 | 1:55 | 3:18 | 4:12 | 5:21 | 6:07 | 7:10 | 8:03 | 9:16 | 10:59 | 12:00 | 13:05 |
| | | | 0:40 | 0:21 | 0:27 | 0:27 | 1:23 | 0:54 | 1:09 | 0:46 | 1:03 | 0:53 | 1:13 | 1:43 | 1:01 | 1:05 |
| | | | 13:41 | 15:54 | 17:23 | 18:00 | 18:32 | 20:00 | 20:41 | 20:58 | 21:16 | 21:38 | 21:50 | 22:04 | | |
| | | | 0:36 | 2:13 | 1:29 | 0:37 | 0:32 | 1:28 | 0:41 | 0:17 | 0:18 | 0:22 | 0:12 | 0:14 | | |
| 7 | Judith Lehmann Altstätten | 22:43 | 1:31 | 2:15 | 2:57 | 3:20 | 4:02 | 4:55 | 6:16 | 7:02 | 8:05 | 9:11 | 10:24 | 12:03 | 13:10 | 14:17 |
| | | | 1:31 | 0:44 | 0:42 | 0:23 | 0:42 | 0:53 | 1:21 | 0:46 | 1:03 | 1:06 | 1:13 | 1:39 | 1:07 | 1:07 |
| | | | 14:49 | 17:05 | 18:39 | 19:14 | 19:49 | 20:59 | 21:17 | 21:34 | 21:52 | 22:19 | 22:32 | 22:43 | | |
| | | | 0:32 | 2:16 | 1:34 | 0:35 | 0:35 | 1:10 | 0:18 | 0:17 | 0:18 | 0:27 | 0:13 | 0:11 | | |
| 8 | Doris Göldi Kriessern | 24:47 | 0:51 | 1:30 | 2:00 | 2:27 | 3:11 | 3:59 | 5:19 | 6:16 | 7:41 | 8:39 | 10:19 | 12:31 | 13:56 | 15:03 |
| | | | 0:51 | 0:39 | 0:30 | 0:27 | 0:44 | 0:48 | 1:20 | 0:57 | 1:25 | 0:58 | 1:40 | 2:12 | 1:25 | 1:07 |
| | | | 15:49 | 18:17 | 20:13 | 20:55 | 21:30 | 22:40 | 23:11 | 23:26 | 23:50 | 24:14 | 24:33 | 24:47 | | |
| | | | 0:46 | 2:28 | 1:56 | 0:42 | 0:35 | 1:10 | 0:31 | 0:15 | 0:24 | 0:24 | 0:19 | 0:14 | | |
| 9 | Ramon Hutter Kriessern | 25:01 | 1:03 | 1:45 | 2:15 | 2:40 | 3:47 | 4:46 | 6:03 | 7:01 | 8:31 | 9:36 | 11:00 | 13:15 | 14:38 | 16:04 |
| | | | 1:03 | 0:42 | 0:30 | 0:25 | 1:07 | 0:59 | 1:17 | 0:58 | 1:30 | 1:05 | 1:24 | 2:15 | 1:23 | 1:26 |
| | | | 16:52 | 19:04 | 20:47 | 21:25 | 22:03 | 23:08 | 23:25 | 23:52 | 24:06 | 24:30 | 24:44 | 25:01 | | |
| | | | 0:48 | 2:12 | 1:43 | 0:38 | 0:38 | 1:05 | 0:17 | 0:27 | 0:14 | 0:24 | 0:14 | 0:17 | | |
| 10 | Chris Langenegger Kriessern | 25:58 | 0:34 | 1:29 | 2:04 | 2:27 | 3:10 | 4:13 | 5:36 | 6:37 | 7:52 | 8:54 | 11:11 | 13:29 | 14:40 | 15:52 |
| | | | 0:34 | 0:55 | 0:35 | 0:23 | 0:43 | 1:03 | 1:23 | 1:01 | 1:15 | 1:02 | 2:17 | 2:18 | 1:11 | 1:12 |
| | | | 16:48 | 19:14 | 21:09 | 22:00 | 22:35 | 23:53 | 24:19 | 24:42 | 25:00 | 25:27 | 25:41 | 25:58 | | |
| | | | 0:56 | 2:26 | 1:55 | 0:51 | 0:35 | 1:18 | 0:26 | 0:23 | 0:18 | 0:27 | 0:14 | 0:17 | | |
| 11 | Reto Langenegger Kriessern | 27:01 | 1:08 | 2:25 | 2:46 | 3:23 | 4:07 | 5:03 | 6:33 | 7:37 | 8:43 | 9:38 | 11:12 | 13:09 | 14:33 | 16:02 |
| | | | 1:08 | 1:17 | 0:21 | 0:37 | 0:44 | 0:56 | 1:30 | 1:04 | 1:06 | 0:55 | 1:34 | 1:57 | 1:24 | 1:29 |
| | | | 16:31 | 19:12 | 22:05 | 22:37 | 23:32 | 24:43 | 25:06 | 25:23 | 25:57 | 26:28 | 26:44 | 27:01 | | 1:47 |
| | | | 0:29 | 2:41 | 2:53 | 0:32 | 0:55 | 1:11 | 0:23 | 0:17 | 0:34 | 0:31 | 0:16 | 0:17 | | *64 |
| 12 | Marcel Freund Altstätten | 27:02 | 1:45 | 4:07 | 4:26 | 4:50 | 6:03 | 7:05 | 8:35 | 9:35 | 10:49 | 11:51 | 13:18 | 15:17 | 16:59 | 18:35 |
| | | | 1:45 | 2:22 | 0:19 | 0:24 | 1:13 | 1:02 | 1:30 | 1:00 | 1:14 | 1:02 | 1:27 | 1:59 | 1:42 | 1:36 |
| | | | 19:08 | 21:32 | 22:53 | 23:30 | 24:04 | 25:20 | 25:38 | 25:51 | 26:10 | 26:35 | 26:50 | 27:02 | | |
| | | | 0:33 | 2:24 | 1:21 | 0:37 | 0:34 | 1:16 | 0:18 | 0:13 | 0:19 | 0:25 | 0:15 | 0:12 | | |
| 13 | Tamara Hutter Kriessern | 27:21 | 0:47 | 1:33 | 3:28 | 3:49 | 4:55 | 5:48 | 6:55 | 7:40 | 8:38 | 9:32 | 11:03 | 12:49 | 14:02 | 15:27 |
| | | | 0:47 | 0:46 | 1:55 | 0:21 | 1:06 | 0:53 | 1:07 | 0:45 | 0:58 | 0:54 | 1:31 | 1:46 | 1:13 | 1:25 |
| | | | 16:09 | 20:00 | 21:26 | 22:39 | 23:13 | 25:06 | 25:50 | 26:05 | 26:22 | 26:54 | 27:09 | 27:21 | | |
| | | | 0:42 | 3:51 | 1:26 | 1:13 | 0:34 | 1:53 | 0:44 | 0:15 | 0:17 | 0:32 | 0:15 | 0:12 | | |
| 14 | Lara Langenegger Kriessern | 27:32 | 0:55 | 1:29 | 2:47 | 3:07 | 4:39 | 5:48 | 7:09 | 8:02 | 9:14 | 10:16 | 11:47 | 13:44 | 14:54 | 16:19 |
| | | | 0:55 | 0:34 | 1:18 | 0:20 | 1:32 | 1:09 | 1:21 | 0:53 | 1:12 | 1:02 | 1:31 | 1:57 | 1:10 | 1:25 |
| | | | 17:22 | 20:08 | 22:20 | 23:08 | 23:48 | 25:17 | 25:48 | 26:06 | 26:21 | 26:49 | 27:06 | 27:32 | | |
| | | | 1:03 | 2:46 | 2:12 | 0:48 | 0:40 | 1:29 | 0:31 | 0:18 | 0:15 | 0:28 | 0:17 | 0:26 | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|-----------------------------------|-------|-------------------------|-------------|--------------|--------------|---------|---------|-------------|---------|-------------|---------|-------------|-------------|-------------|-------------|
| <i>Plausch lang (47)</i> | | | 3.1 km 0 Hm 28 P | | | | | | | | | | | | | |
| | | | <i>(Forts.)</i> | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(107) | 4(77) | 5(79) | 6(110) | 7(105) | 8(85) | 9(71) | 10(69) | 11(63) | 12(61) | 13(113) | 14(109) |
| | | | 15(87) | 16(88) | 17(112) | 18(103) | 19(106) | 20(113) | 21(86) | 22(101) | 23(108) | 24(122) | 25(125) | 26(126) | 27(129) | 28(130) |
| | | | Z | | | | | | | | | | | | | |
| 2 | Walter Zünd Kriessern | 20:56 | 0:41 | 1:22 | 2:02 | 2:49 | 4:13 | 4:59 | 5:51 | 6:30 | 7:51 | 8:56 | 9:19 | 9:42 | 10:17 | 10:52 |
| | | | 0:41 | 0:41 | 0:40 | 0:47 | 1:24 | 0:46 | 0:52 | 0:39 | 1:21 | 1:05 | 0:23 | 0:23 | 0:35 | 0:35 |
| | | | 11:27 | 12:00 | 12:45 | 14:08 | 15:09 | 16:08 | 17:41 | 18:06 | 18:54 | 19:12 | 19:49 | 20:09 | 20:35 | 20:46 |
| | | | 0:35 | 0:33 | 0:45 | 1:23 | 1:01 | 0:59 | 1:33 | 0:25 | 0:48 | 0:18 | 0:37 | 0:20 | 0:26 | 0:11 |
| | | | 20:56 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 3 | Julian Dietsche Kriessern | 21:21 | 0:30 | 1:27 | 2:10 | 2:54 | 4:21 | 5:07 | 5:57 | 6:33 | 7:49 | 8:55 | 9:15 | 9:33 | 10:03 | 10:42 |
| | | | 0:30 | 0:57 | 0:43 | 0:44 | 1:27 | 0:46 | 0:50 | 0:36 | 1:16 | 1:06 | 0:20 | 0:18 | 0:30 | 0:39 |
| | | | 11:26 | 11:55 | 12:44 | 14:15 | 15:13 | 16:36 | 18:23 | 18:46 | 19:32 | 19:54 | 20:20 | 20:38 | 21:01 | 21:10 |
| | | | 0:44 | 0:29 | 0:49 | 1:31 | 0:58 | 1:23 | 1:47 | 0:23 | 0:46 | 0:22 | 0:26 | 0:18 | 0:23 | 0:09 |
| | | | 21:21 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |
| 4 | Jürg Dietsche Kriessern | 22:04 | 0:30 | 1:12 | 1:48 | 2:39 | 4:04 | 4:49 | 5:42 | 6:18 | 7:29 | 8:57 | 9:17 | 9:35 | 10:01 | 10:35 |
| | | | 0:30 | 0:42 | 0:36 | 0:51 | 1:25 | 0:45 | 0:53 | 0:36 | 1:11 | 1:28 | 0:20 | 0:18 | 0:26 | 0:34 |
| | | | 11:10 | 11:35 | 12:38 | 14:23 | 15:44 | 16:48 | 18:50 | 19:16 | 20:17 | 20:30 | 21:05 | 21:24 | 21:42 | 21:52 |
| | | | 0:35 | 0:25 | 1:03 | 1:45 | 1:21 | 1:04 | 2:02 | 0:26 | 1:01 | 0:13 | 0:35 | 0:19 | 0:18 | 0:10 |
| | | | 22:04 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| 4 | Daniel Loher Montlingen | 22:04 | 0:28 | 1:07 | 1:47 | 2:31 | 4:06 | 4:52 | 5:25 | 6:05 | 7:17 | 8:02 | 8:22 | 8:44 | 9:11 | 9:44 |
| | | | 0:28 | 0:39 | 0:40 | 0:44 | 1:35 | 0:46 | 0:33 | 0:40 | 1:12 | 0:45 | 0:20 | 0:22 | 0:27 | 0:33 |
| | | | 10:20 | 10:51 | 11:34 | 12:57 | 14:59 | 16:10 | 17:45 | 18:54 | 19:44 | 20:07 | 20:41 | 20:55 | 21:24 | 21:51 |
| | | | 0:36 | 0:31 | 0:43 | 1:23 | 2:02 | 1:11 | 1:35 | 1:09 | 0:50 | 0:23 | 0:34 | 0:14 | 0:29 | 0:27 |
| | | | 22:04 | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | |
| 6 | Elmar Weder Montlingen | 23:21 | 0:42 | 1:24 | 2:05 | 3:01 | 5:09 | 5:57 | 6:35 | 7:30 | 8:57 | 9:27 | 9:51 | 10:17 | 11:03 | 11:46 |
| | | | 0:42 | 0:42 | 0:41 | 0:56 | 2:08 | 0:48 | 0:38 | 0:55 | 1:27 | 0:30 | 0:24 | 0:26 | 0:46 | 0:43 |
| | | | 12:29 | 12:57 | 13:59 | 15:26 | 16:31 | 17:33 | 19:19 | 19:54 | 20:53 | 21:15 | 21:57 | 22:15 | 22:49 | 23:09 |
| | | | 0:43 | 0:28 | 1:02 | 1:27 | 1:05 | 1:02 | 1:46 | 0:35 | 0:59 | 0:22 | 0:42 | 0:18 | 0:34 | 0:20 |
| | | | 23:21 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| 7 | Paul-Michael Jokiel Montlingen | 24:20 | 0:32 | 1:10 | 1:47 | 2:40 | 4:13 | 5:51 | 6:19 | 6:56 | 8:37 | 9:54 | 10:19 | 10:54 | 11:24 | 11:59 |
| | | | 0:32 | 0:38 | 0:37 | 0:53 | 1:33 | 1:38 | 0:28 | 0:37 | 1:41 | 1:17 | 0:25 | 0:35 | 0:30 | 0:35 |
| | | | 12:40 | 13:06 | 14:06 | 15:50 | 17:02 | 18:12 | 20:02 | 21:27 | 22:09 | 22:26 | 23:28 | 23:40 | 23:57 | 24:08 |
| | | | 0:41 | 0:26 | 1:00 | 1:44 | 1:12 | 1:10 | 1:50 | 1:25 | 0:42 | 0:17 | 1:02 | 0:12 | 0:17 | 0:11 |
| | | | 24:20 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| 8 | Ramon Betschart Kriessern | 25:15 | 0:34 | 1:24 | 2:20 | 3:19 | 5:48 | 7:07 | 8:19 | 8:52 | 10:14 | 11:37 | 11:59 | 12:21 | 12:54 | 13:35 |
| | | | 0:34 | 0:50 | 0:56 | 0:59 | 2:29 | 1:19 | 1:12 | 0:33 | 1:22 | 1:23 | 0:22 | 0:22 | 0:33 | 0:41 |
| | | | 14:15 | 14:36 | 15:39 | 17:32 | 18:46 | 20:06 | 22:07 | 22:33 | 23:23 | 23:37 | 24:19 | 24:30 | 24:54 | 25:05 |
| | | | 0:40 | 0:21 | 1:03 | 1:53 | 1:14 | 1:20 | 2:01 | 0:26 | 0:50 | 0:14 | 0:42 | 0:11 | 0:24 | 0:11 |
| | | | 25:15 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 9 | Rolf Frischknecht Kriessern | 25:19 | 0:40 | 1:28 | 2:10 | 2:57 | 4:31 | 5:18 | 6:41 | 7:28 | 8:42 | 10:17 | 11:53 | 12:18 | 12:50 | 13:28 |
| | | | 0:40 | 0:48 | 0:42 | 0:47 | 1:34 | 0:47 | 1:23 | 0:47 | 1:14 | 1:35 | 1:36 | 0:25 | 0:32 | 0:38 |
| | | | 14:06 | 14:33 | 15:29 | 17:05 | 18:14 | 19:16 | 21:03 | 21:35 | 22:33 | 23:25 | 23:58 | 24:17 | 24:55 | 25:08 |
| | | | 0:38 | 0:27 | 0:56 | 1:36 | 1:09 | 1:02 | 1:47 | 0:32 | 0:58 | 0:52 | 0:33 | 0:19 | 0:38 | 0:13 |
| | | | 25:19 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |
| 10 | KTV Damen Young Kriessern | 25:20 | 0:32 | 1:21 | 2:08 | 3:17 | 5:24 | 6:24 | 7:48 | 8:30 | 9:54 | 10:57 | 11:15 | 11:33 | 12:03 | 12:48 |
| | | | 0:32 | 0:49 | 0:47 | 1:09 | 2:07 | 1:00 | 1:24 | 0:42 | 1:24 | 1:03 | 0:18 | 0:18 | 0:30 | 0:45 |
| | | | 13:31 | 13:59 | 15:00 | 16:56 | 18:02 | 18:59 | 21:19 | 21:51 | 22:38 | 23:45 | 24:14 | 24:32 | 24:56 | 25:09 |
| | | | 0:43 | 0:28 | 1:01 | 1:56 | 1:06 | 0:57 | 2:20 | 0:32 | 0:47 | 1:07 | 0:29 | 0:18 | 0:24 | 0:13 |
| | | | 25:20 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |
| 11 | Michelle Frei Kriessern | 25:36 | 0:35 | 1:21 | 2:10 | 3:13 | 4:55 | 5:38 | 6:15 | 6:54 | 8:30 | 9:13 | 9:37 | 10:02 | 11:18 | 11:59 |
| | | | 0:35 | 0:46 | 0:49 | 1:03 | 1:42 | 0:43 | 0:37 | 0:39 | 1:36 | 0:43 | 0:24 | 0:25 | 1:16 | 0:41 |
| | | | 12:43 | 13:13 | 14:18 | 16:24 | 18:01 | 19:19 | 21:43 | 22:11 | 23:25 | 23:40 | 24:23 | 24:39 | 25:11 | 25:22 |
| | | | 0:44 | 0:30 | 1:05 | 2:06 | 1:37 | 1:18 | 2:24 | 0:28 | 1:14 | 0:15 | 0:43 | 0:16 | 0:32 | 0:11 |
| | | | 25:36 | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | |
| 12 | KTV die Alten Kriessern | 25:55 | 0:34 | 1:27 | 2:16 | 3:14 | 4:56 | 5:49 | 6:21 | 7:03 | 8:31 | 9:38 | 9:55 | 10:20 | 10:52 | 11:35 |
| | | | 0:34 | 0:53 | 0:49 | 0:58 | 1:42 | 0:53 | 0:32 | 0:42 | 1:28 | 1:07 | 0:17 | 0:25 | 0:32 | 0:43 |
| | | | 12:22 | 12:53 | 13:56 | 16:03 | 18:07 | 19:28 | 21:53 | 22:51 | 23:51 | 24:09 | 24:48 | 25:04 | 25:30 | 25:42 |
| | | | 0:47 | 0:31 | 1:03 | 2:07 | 2:04 | 1:21 | 2:25 | 0:58 | 1:00 | 0:18 | 0:39 | 0:16 | 0:26 | 0:12 |
| | | | 25:55 | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | |
| 13 | Ramona Dietrich Kriessern | 28:21 | 0:40 | 1:31 | 2:23 | 3:36 | 5:27 | 6:35 | 8:34 | 9:25 | 11:02 | 12:15 | 12:41 | 13:08 | 13:55 | 14:40 |
| | | | 0:40 | 0:51 | 0:52 | 1:13 | 1:51 | 1:08 | 1:59 | 0:51 | 1:37 | 1:13 | 0:26 | 0:27 | 0:47 | 0:45 |
| | | | 15:24 | 15:55 | 16:58 | 19:05 | 20:22 | 21:47 | 24:13 | 24:47 | 26:00 | 26:18 | 27:04 | 27:20 | 27:51 | 28:06 |
| | | | 0:44 | 0:31 | 1:03 | 2:07 | 1:17 | 1:25 | 2:26 | 0:34 | 1:13 | 0:18 | 0:46 | 0:16 | 0:31 | 0:15 |
| | | | 28:21 | | | | | | | | | | | | | |
| | | | 0:15 | | | | | | | | | | | | | |
| 14 | Vera Leone Montlingen | 28:23 | 0:36 | 1:18 | 1:59 | 2:59 | 4:55 | 5:54 | 6:41 | 7:43 | 9:21 | 11:04 | 11:41 | 12:08 | 13:24 | 14:12 |
| | | | 0:36 | 0:42 | 0:41 | 1:00 | 1:56 | 0:59 | 0:47 | 1:02 | 1:38 | 1:43 | 0:37 | 0:27 | 1:16 | 0:48 |
| | | | 14:55 | 15:27 | 16:25 | 19:15 | 20:27 | 21:43 | 23:59 | 24:30 | 26:01 | 26:14 | 26:53 | 27:11 | 27:52 | 28:08 |
| | | | 0:43 | 0:32 | 0:58 | 2:50 | 1:12 | 1:16 | 2:16 | 0:31 | 1:31 | 0:13 | 0:39 | 0:18 | 0:41 | 0:16 |
| | | | 28:23 | | | | | | | | | | | | | |
| | | | 0:15 | | | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | | |
|--------------------------|----------------------------------------|--------------|----------------------------------|--------|---------|---------|---------|-------------|--------|-------------|---------|---------|---------|-------------|---------|---------|--|
| Plausch lang (47) | | | 3.1 km 0 Hm 28 P (Forts.) | | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(107) | 4(77) | 5(79) | 6(110) | 7(105) | 8(85) | 9(71) | 10(69) | 11(63) | 12(61) | 13(113) | 14(109) | |
| | | | 15(87) | 16(88) | 17(112) | 18(103) | 19(106) | 20(113) | 21(86) | 22(101) | 23(108) | 24(122) | 25(125) | 26(126) | 27(129) | 28(130) | |
| | | | Z | | | | | | | | | | | | | | |
| 15 | Urs Wüst Montlingen | 28:25 | 0:39 | 1:29 | 2:13 | 4:24 | 6:11 | 7:08 | 7:43 | 8:34 | 10:02 | 11:32 | 11:58 | 12:40 | 13:39 | 14:29 | |
| | | | 0:39 | 0:50 | 0:44 | 2:11 | 1:47 | 0:57 | 0:35 | 0:51 | 1:28 | 1:30 | 0:26 | 0:42 | 0:59 | 0:50 | |
| | | | 15:14 | 15:50 | 16:55 | 18:37 | 20:16 | 21:34 | 23:45 | 24:29 | 25:38 | 26:02 | 26:47 | 27:12 | 27:43 | 28:12 | |
| | | | 0:45 | 0:36 | 1:05 | 1:42 | 1:39 | 1:18 | 2:11 | 0:44 | 1:09 | 0:24 | 0:45 | 0:25 | 0:31 | 0:29 | |
| | | | 28:25 | | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | | |
| 16 | Lejla Porcic Oberriet | 28:40 | 0:41 | 1:34 | 2:17 | 3:11 | 5:12 | 6:15 | 6:58 | 8:01 | 9:38 | 11:22 | 11:56 | 12:26 | 13:44 | 14:29 | |
| | | | 0:41 | 0:53 | 0:43 | 0:54 | 2:01 | 1:03 | 0:43 | 1:03 | 1:37 | 1:44 | 0:34 | 0:30 | 1:18 | 0:45 | |
| | | | 15:13 | 15:45 | 16:42 | 19:33 | 20:45 | 22:01 | 24:17 | 24:47 | 26:17 | 26:31 | 27:09 | 27:26 | 28:12 | 28:26 | |
| | | | 0:44 | 0:32 | 0:57 | 2:51 | 1:12 | 1:16 | 2:16 | 0:30 | 1:30 | 0:14 | 0:38 | 0:17 | 0:46 | 0:14 | |
| | | | 28:40 | | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | | |
| 17 | Jan Frei Montlingen | 29:32 | 1:43 | 2:52 | 3:30 | 4:23 | 6:03 | 7:30 | 8:02 | 8:39 | 10:16 | 11:38 | 12:04 | 12:33 | 13:06 | 13:41 | |
| | | | 1:43 | 1:09 | 0:38 | 0:53 | 1:40 | 1:27 | 0:32 | 0:37 | 1:37 | 1:22 | 0:26 | 0:29 | 0:33 | 0:35 | |
| | | | 14:23 | 14:51 | 15:52 | 18:02 | 20:48 | 21:51 | 24:49 | 25:19 | 26:22 | 26:38 | 28:13 | 28:29 | 29:03 | 29:21 | |
| | | | 0:42 | 0:28 | 1:01 | 2:10 | 2:46 | 1:03 | 2:58 | 0:30 | 1:03 | 0:16 | 1:35 | 0:16 | 0:34 | 0:18 | |
| | | | 29:32 | | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | | |
| 18 | Christoph Eugster Kriessern | 30:08 | 0:35 | 1:25 | 2:13 | 3:23 | 5:18 | 6:21 | 7:03 | 7:56 | 9:32 | 11:22 | 12:06 | 13:00 | 14:39 | 15:33 | |
| | | | 0:35 | 0:50 | 0:48 | 1:10 | 1:55 | 1:03 | 0:42 | 0:53 | 1:36 | 1:50 | 0:44 | 0:54 | 1:39 | 0:54 | |
| | | | 16:27 | 17:06 | 18:17 | 20:26 | 21:55 | 23:22 | 25:47 | 26:23 | 27:28 | 27:52 | 28:48 | 29:09 | 29:34 | 29:54 | |
| | | | 0:54 | 0:39 | 1:11 | 2:09 | 1:29 | 1:27 | 2:25 | 0:36 | 1:05 | 0:24 | 0:56 | 0:21 | 0:25 | 0:20 | |
| | | | 30:08 | | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | | |
| 19 | Karin Mosch Rebstein | 30:09 | 1:12 | 2:14 | 3:10 | 4:25 | 6:23 | 7:14 | 7:55 | 8:27 | 10:15 | 11:03 | 11:26 | 11:41 | 12:15 | 13:12 | |
| | | | 1:12 | 1:02 | 0:56 | 1:15 | 1:58 | 0:51 | 0:41 | 0:32 | 1:48 | 0:48 | 0:23 | 0:15 | 0:34 | 0:57 | |
| | | | 14:07 | 14:46 | 15:58 | 18:34 | 20:14 | 21:59 | 25:14 | 25:53 | 27:13 | 27:25 | 28:13 | 28:41 | 29:20 | 29:49 | |
| | | | 0:55 | 0:39 | 1:12 | 2:36 | 1:40 | 1:45 | 3:15 | 0:39 | 1:20 | 0:12 | 0:48 | 0:28 | 0:39 | 0:29 | |
| | | | 30:09 | | | | | | | | | | | | | | |
| | | | 0:20 | | | | | | | | | | | | | | |
| 20 | Florian Hutter Kriessern | 32:01 | 0:35 | 1:27 | 2:16 | 3:32 | 5:42 | 7:16 | 8:27 | 9:16 | 11:03 | 12:26 | 12:52 | 15:09 | 16:19 | 17:03 | |
| | | | 0:35 | 0:52 | 0:49 | 1:16 | 2:10 | 1:34 | 1:11 | 0:49 | 1:47 | 1:23 | 0:26 | 2:17 | 1:10 | 0:44 | |
| | | | 17:56 | 18:27 | 19:24 | 21:26 | 23:06 | 24:18 | 28:08 | 28:39 | 29:50 | 30:05 | 30:54 | 31:12 | 31:35 | 31:48 | |
| | | | 0:53 | 0:31 | 0:57 | 2:02 | 1:40 | 1:12 | 3:50 | 0:31 | 1:11 | 0:15 | 0:49 | 0:18 | 0:23 | 0:13 | |
| | | | 32:01 | | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | | |
| 21 | Noah Baumgartner Kriessern | 32:47 | 1:21 | 2:12 | 3:01 | 4:18 | 6:30 | 8:04 | 9:14 | 10:06 | 11:57 | 13:07 | 13:31 | 15:55 | 16:59 | 17:43 | |
| | | | 1:21 | 0:51 | 0:49 | 1:17 | 2:12 | 1:34 | 1:10 | 0:52 | 1:51 | 1:10 | 0:24 | 2:24 | 1:04 | 0:44 | |
| | | | 18:42 | 19:12 | 20:10 | 22:17 | 24:02 | 25:09 | 28:55 | 29:26 | 30:31 | 30:53 | 31:35 | 31:54 | 32:20 | 32:33 | |
| | | | 0:59 | 0:30 | 0:58 | 2:07 | 1:45 | 1:07 | 3:46 | 0:31 | 1:05 | 0:22 | 0:42 | 0:19 | 0:26 | 0:13 | |
| | | | 32:47 | | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | | |
| 22 | Severin Zünd Kriessern | 33:17 | 3:05 | 4:21 | 5:46 | 6:55 | 8:32 | 9:16 | 10:14 | 11:22 | 13:34 | 14:18 | 15:55 | 16:58 | 17:40 | 20:09 | |
| | | | 3:05 | 1:16 | 1:25 | 1:09 | 1:37 | 0:44 | 0:58 | 1:08 | 2:12 | 0:44 | 1:37 | 1:03 | 0:42 | 2:29 | |
| | | | 21:01 | 21:31 | 22:22 | 23:37 | 24:30 | 26:17 | 28:00 | 28:45 | 29:28 | 29:51 | 31:33 | 31:54 | 32:33 | 33:02 | |
| | | | 0:52 | 0:30 | 0:51 | 1:15 | 0:53 | 1:47 | 1:43 | 0:45 | 0:43 | 0:23 | 1:42 | 0:21 | 0:39 | 0:29 | |
| | | | 33:17 | | | | | | | | | | | | | | |
| | | | 0:15 | | | | | | | | | | | | | | |
| 23 | Gioia Walser Kriessern | 33:26 | 1:16 | 2:12 | 3:07 | 4:27 | 9:42 | 10:39 | 11:14 | 12:14 | 14:07 | 15:09 | 16:26 | 17:02 | 18:17 | 19:09 | |
| | | | 1:16 | 0:56 | 0:55 | 1:20 | 5:15 | 0:57 | 0:35 | 1:00 | 1:53 | 1:02 | 1:17 | 0:36 | 1:15 | 0:52 | |
| | | | 19:59 | 20:33 | 21:50 | 24:10 | 25:42 | 26:37 | 28:14 | 29:14 | 30:32 | 30:59 | 31:52 | 32:18 | 32:48 | 33:05 | |
| | | | 0:50 | 0:34 | 1:17 | 2:20 | 1:32 | 0:55 | 1:37 | 1:00 | 1:18 | 0:27 | 0:53 | 0:26 | 0:30 | 0:17 | |
| | | | 33:26 | | | | | | | | | | | | | | |
| | | | 0:21 | | | | | | | | | | | | | | |
| 24 | Andres Lüchinger Kriessern | 34:41 | 1:10 | 2:25 | 3:26 | 4:32 | 6:57 | 8:27 | 9:23 | 10:12 | 12:41 | 13:22 | 14:01 | 14:41 | 15:24 | 16:26 | |
| | | | 1:10 | 1:15 | 1:01 | 1:06 | 2:25 | 1:30 | 0:56 | 0:49 | 2:29 | 0:41 | 0:39 | 0:40 | 0:43 | 1:02 | |
| | | | 17:07 | 17:49 | 18:48 | 21:55 | 24:08 | 26:08 | 29:36 | 30:26 | 32:03 | 32:17 | 33:01 | 33:23 | 34:14 | 34:28 | |
| | | | 0:41 | 0:42 | 0:59 | 3:07 | 2:13 | 2:00 | 3:28 | 0:50 | 1:37 | 0:14 | 0:44 | 0:22 | 0:51 | 0:14 | |
| | | | 34:41 | | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | | |
| 25 | Lea Frischknecht Kriessern | 35:27 | 0:55 | 2:03 | 3:03 | 4:08 | 6:40 | 8:12 | 9:13 | 10:26 | 13:14 | 14:41 | 15:29 | 15:57 | 16:49 | 18:00 | |
| | | | 0:55 | 1:08 | 1:00 | 1:05 | 2:32 | 1:32 | 1:01 | 1:13 | 2:48 | 1:27 | 0:48 | 0:28 | 0:52 | 1:11 | |
| | | | 18:52 | 19:25 | 20:38 | 23:04 | 24:48 | 27:05 | 29:46 | 30:36 | 32:06 | 33:24 | 34:16 | 34:33 | 35:02 | 35:14 | |
| | | | 0:52 | 0:33 | 1:13 | 2:26 | 1:44 | 2:17 | 2:41 | 0:50 | 1:30 | 1:18 | 0:52 | 0:17 | 0:29 | 0:12 | |
| | | | 35:27 | | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | | |
| 26 | Lea Kühnis Montlingen | 35:35 | 1:14 | 2:43 | 3:57 | 4:58 | 7:30 | 8:25 | 9:34 | 10:59 | 12:44 | 13:43 | 14:14 | 14:52 | 15:41 | 16:37 | |
| | | | 1:14 | 1:29 | 1:14 | 1:01 | 2:32 | 0:55 | 1:09 | 1:25 | 1:45 | 0:59 | 0:31 | 0:38 | 0:49 | 0:56 | |
| | | | 17:47 | 18:18 | 20:15 | 23:42 | 25:51 | 27:53 | 30:53 | 31:24 | 32:34 | 33:00 | 34:02 | 34:20 | 34:52 | 35:22 | |
| | | | 1:10 | 0:31 | 1:57 | 3:27 | 2:09 | 2:02 | 3:00 | 0:31 | 1:10 | 0:26 | 1:02 | 0:18 | 0:32 | 0:30 | |
| | | | 35:35 | | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | | |
| 27 | Klaus Schaub Montlingen | 36:29 | 0:50 | 2:46 | 4:13 | 5:28 | 8:24 | 9:23 | 10:49 | 12:05 | 13:43 | 14:21 | 14:50 | 15:58 | 16:36 | 17:29 | |
| | | | 0:50 | 1:56 | 1:27 | 1:15 | 2:56 | 0:59 | 1:26 | 1:16 | 1:38 | 0:38 | 0:29 | 1:08 | 0:38 | 0:53 | |
| | | | 18:31 | 19:04 | 20:39 | 24:11 | 26:17 | 28:35 | 32:00 | 32:26 | 33:39 | 34:01 | 34:48 | 35:13 | 35:46 | 36:10 | |
| | | | 1:02 | 0:33 | 1:35 | 3:32 | 2:06 | 2:18 | 3:25 | 0:26 | 1:13 | 0:22 | 0:47 | 0:25 | 0:33 | 0:24 | |
| | | | 36:29 | | | | | | | | | | | | | | |
| | | | 0:19 | | | | | | | | | | | | | | |
| | | | | | *120 | *123 | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|-----------------------------------------|--------------|-------------------------|--------|---------|---------|---------|---------|--------|---------|---------|---------|---------|---------|---------|---------|
| Plausch lang (47) | | | 3.1 km 0 Hm 28 P | | | | | | | | | | | | | |
| | | | <i>(Forts.)</i> | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(107) | 4(77) | 5(79) | 6(110) | 7(105) | 8(85) | 9(71) | 10(69) | 11(63) | 12(61) | 13(113) | 14(109) |
| | | | 15(87) | 16(88) | 17(112) | 18(103) | 19(106) | 20(113) | 21(86) | 22(101) | 23(108) | 24(122) | 25(125) | 26(126) | 27(129) | 28(130) |
| | | | Z | | | | | | | | | | | | | |
| 28 | Samira Zanotti Montlingen | 39:12 | 0:47 | 1:42 | 2:39 | 3:54 | 5:50 | 7:16 | 8:56 | 9:50 | 11:40 | 13:24 | 13:44 | 14:07 | 14:53 | 16:37 |
| | | | 0:47 | 0:55 | 0:57 | 1:15 | 1:56 | 1:26 | 1:40 | 0:54 | 1:50 | 1:44 | 0:20 | 0:23 | 0:46 | 1:44 |
| | | | 17:59 | 18:44 | 20:22 | 23:15 | 27:24 | 28:25 | 35:09 | 35:36 | 36:46 | 37:06 | 37:50 | 38:06 | 38:42 | 38:59 |
| | | | 1:22 | 0:45 | 1:38 | 2:53 | 4:09 | 1:01 | 6:44 | 0:27 | 1:10 | 0:20 | 0:44 | 0:16 | 0:36 | 0:17 |
| | | | 39:12 | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | |
| 29 | Denise Baumgartner Oberriet | 39:24 | 1:01 | 2:36 | 4:03 | 5:56 | 7:46 | 8:36 | 9:46 | 10:58 | 14:24 | 15:31 | 19:30 | 19:48 | 20:19 | 21:25 |
| | | | 1:01 | 1:35 | 1:27 | 1:53 | 1:50 | 0:50 | 1:10 | 1:12 | 3:26 | 1:07 | 3:59 | 0:18 | 0:31 | 1:06 |
| | | | 22:21 | 23:08 | 24:30 | 28:00 | 29:40 | 31:14 | 34:47 | 35:28 | 36:37 | 36:58 | 38:10 | 38:32 | 38:59 | 39:12 |
| | | | 0:56 | 0:47 | 1:22 | 3:30 | 1:40 | 1:34 | 3:33 | 0:41 | 1:09 | 0:21 | 1:12 | 0:22 | 0:27 | 0:13 |
| | | | 39:24 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| 30 | Manuel Stüdl Altstätten | 40:19 | 0:40 | 2:34 | 3:32 | 4:41 | 6:50 | 8:27 | 9:35 | 10:54 | 13:10 | 14:26 | 15:13 | 15:59 | 17:01 | 18:12 |
| | | | 0:40 | 1:54 | 0:58 | 1:09 | 2:09 | 1:37 | 1:08 | 1:19 | 2:16 | 1:16 | 0:47 | 0:46 | 1:02 | 1:11 |
| | | | 19:43 | 20:30 | 22:11 | 24:51 | 26:44 | 29:02 | 32:09 | 33:29 | 35:29 | 36:28 | 37:51 | 38:51 | 39:34 | 40:04 |
| | | | 1:31 | 0:47 | 1:41 | 2:40 | 1:53 | 2:18 | 3:07 | 1:20 | 2:00 | 0:59 | 1:23 | 1:00 | 0:43 | 0:30 |
| | | | 40:19 | | | | | | | | | | | | | |
| | | | 0:15 | | | | | | | | | | | | | |
| 31 | Dario Baumgartner Kriessern | 41:39 | 0:51 | 1:51 | 3:10 | 4:20 | 7:34 | 9:03 | 10:12 | 13:08 | 15:13 | 16:57 | 17:22 | 18:18 | 19:27 | 20:29 |
| | | | 0:51 | 1:00 | 1:19 | 1:10 | 3:14 | 1:29 | 1:09 | 2:56 | 2:05 | 1:44 | 0:25 | 0:56 | 1:09 | 1:02 |
| | | | 21:24 | 22:04 | 24:03 | 27:41 | 29:25 | 31:55 | 34:14 | 36:13 | 37:13 | 39:47 | 40:22 | 40:45 | 41:18 | 41:29 |
| | | | 0:55 | 0:40 | 1:59 | 3:38 | 1:44 | 2:30 | 2:19 | 1:59 | 1:00 | 2:34 | 0:35 | 0:23 | 0:33 | 0:11 |
| | | | 41:39 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 32 | Luca Seitz Balgach | 41:43 | 5:25 | 6:36 | 7:31 | 8:49 | 11:32 | 12:34 | 14:46 | 15:32 | 17:27 | 19:09 | 19:46 | 20:19 | 21:32 | 22:39 |
| | | | 5:25 | 1:11 | 0:55 | 1:18 | 2:43 | 1:02 | 2:12 | 0:46 | 1:55 | 1:42 | 0:37 | 0:33 | 1:13 | 1:07 |
| | | | 23:29 | 24:12 | 25:32 | 28:35 | 30:22 | 32:36 | 36:22 | 37:13 | 38:51 | 39:42 | 40:42 | 40:55 | 41:23 | 41:33 |
| | | | 0:50 | 0:43 | 1:20 | 3:03 | 1:47 | 2:14 | 3:46 | 0:51 | 1:38 | 0:51 | 1:00 | 0:13 | 0:28 | 0:10 |
| | | | 41:43 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 33 | Sophia Zoller Montlingen | 42:42 | 0:59 | 2:19 | 3:22 | 4:46 | 8:18 | 10:02 | 11:27 | 12:33 | 17:44 | 19:11 | 20:25 | 21:14 | 22:15 | 23:03 |
| | | | 0:59 | 1:20 | 1:03 | 1:24 | 3:32 | 1:44 | 1:25 | 1:06 | 5:11 | 1:27 | 1:14 | 0:49 | 1:01 | 0:48 |
| | | | 23:56 | 24:28 | 25:35 | 27:38 | 29:45 | 30:58 | 33:25 | 34:00 | 35:15 | 36:21 | 38:09 | 41:44 | 42:08 | 42:26 |
| | | | 0:53 | 0:32 | 1:07 | 2:03 | 2:07 | 1:13 | 2:27 | 0:35 | 1:15 | 1:06 | 1:48 | 3:35 | 0:24 | 0:18 |
| | | | 42:42 | | | | | | | | | | | | | |
| | | | 0:16 | | | | | | | | | | | | | |
| 34 | Jan Geiger Balgach | 43:32 | 1:50 | 3:35 | 5:06 | 8:32 | 13:23 | 14:25 | 16:34 | 17:18 | 19:16 | 20:57 | 21:27 | 22:05 | 23:21 | 24:28 |
| | | | 1:50 | 1:45 | 1:31 | 3:26 | 4:51 | 1:02 | 2:09 | 0:44 | 1:58 | 1:41 | 0:30 | 0:38 | 1:16 | 1:07 |
| | | | 25:21 | 26:03 | 27:18 | 30:22 | 32:14 | 34:27 | 38:06 | 39:00 | 40:39 | 41:33 | 42:14 | 42:37 | 43:10 | 43:22 |
| | | | 0:53 | 0:42 | 1:15 | 3:04 | 1:52 | 2:13 | 3:39 | 0:54 | 1:39 | 0:54 | 0:41 | 0:23 | 0:33 | 0:12 |
| | | | 43:32 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 35 | Benno Moser Berneck | 44:09 | 1:11 | 2:41 | 4:07 | 6:05 | 9:04 | 10:44 | 12:10 | 13:28 | 16:14 | 16:59 | 18:16 | 19:10 | 20:33 | 21:50 |
| | | | 1:11 | 1:30 | 1:26 | 1:58 | 2:59 | 1:40 | 1:26 | 1:18 | 2:46 | 0:45 | 1:17 | 0:54 | 1:23 | 1:17 |
| | | | 23:09 | 24:03 | 25:56 | 29:08 | 31:15 | 33:24 | 37:01 | 37:54 | 39:43 | 40:22 | 41:40 | 42:16 | 43:04 | 43:42 |
| | | | 1:19 | 0:54 | 1:53 | 3:12 | 2:07 | 2:09 | 3:37 | 0:53 | 1:49 | 0:39 | 1:18 | 0:36 | 0:48 | 0:38 |
| | | | 44:09 | | | | | | | | | | | | | |
| | | | 0:27 | | | | | | | | | | | | | |
| 36 | Elia Bischof Rorschacherberg | 45:27 | 1:34 | 2:52 | 4:22 | 6:11 | 10:17 | 11:52 | 13:04 | 14:25 | 17:13 | 18:02 | 18:59 | 19:29 | 20:31 | 21:42 |
| | | | 1:34 | 1:18 | 1:30 | 1:49 | 4:06 | 1:35 | 1:12 | 1:21 | 2:48 | 0:49 | 0:57 | 0:30 | 1:02 | 1:11 |
| | | | 22:50 | 23:52 | 26:09 | 29:37 | 31:54 | 34:35 | 39:05 | 40:15 | 41:55 | 42:29 | 43:43 | 44:13 | 44:45 | 45:07 |
| | | | 1:08 | 1:02 | 2:17 | 3:28 | 2:17 | 2:41 | 4:30 | 1:10 | 1:40 | 0:34 | 1:14 | 0:30 | 0:32 | 0:22 |
| | | | 45:27 | | | | | | | | | | | | | |
| | | | 0:20 | | | | | | | | | | | | | |
| 37 | Nick Baumgartner Montlingen | 45:32 | 1:00 | 2:19 | 3:32 | 6:28 | 9:23 | 11:05 | 13:13 | 14:33 | 16:53 | 17:56 | 19:26 | 19:57 | 20:43 | 21:56 |
| | | | 1:00 | 1:19 | 1:13 | 2:56 | 2:55 | 1:42 | 2:08 | 1:20 | 2:20 | 1:03 | 1:30 | 0:31 | 0:46 | 1:13 |
| | | | 23:12 | 24:02 | 26:01 | 30:34 | 33:30 | 35:55 | 39:51 | 40:43 | 42:09 | 42:32 | 43:55 | 44:25 | 44:56 | 45:16 |
| | | | 1:16 | 0:50 | 1:59 | 4:33 | 2:56 | 2:25 | 3:56 | 0:52 | 1:26 | 0:23 | 1:23 | 0:30 | 0:31 | 0:20 |
| | | | 45:32 | | | | | | | | | | | | | |
| | | | 0:16 | | | | | | | | | | | | | |
| 38 | Melanie Stieger Oberriet | 50:16 | 6:41 | 7:54 | 8:39 | 9:36 | 11:43 | 12:49 | 24:52 | 25:29 | 27:43 | 28:11 | 28:42 | 29:12 | 30:18 | 31:04 |
| | | | 6:41 | 1:13 | 0:45 | 0:57 | 2:07 | 1:06 | 12:03 | 0:37 | 2:14 | 0:28 | 0:31 | 0:30 | 1:06 | 0:46 |
| | | | 31:56 | 32:28 | 33:33 | 35:49 | 37:45 | 39:06 | 41:31 | 42:45 | 44:38 | 44:55 | 46:19 | 49:23 | 49:53 | 50:05 |
| | | | 0:52 | 0:32 | 1:05 | 2:16 | 1:56 | 1:21 | 2:25 | 1:14 | 1:53 | 0:17 | 1:24 | 3:04 | 0:30 | 0:12 |
| | | | 50:16 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |
| 39 | Livia Hutter Kriessern | 53:11 | 1:28 | 2:54 | 4:29 | 6:09 | 8:13 | 9:59 | 11:24 | 13:15 | 18:21 | 19:53 | 20:24 | 21:32 | 22:23 | 23:26 |
| | | | 1:28 | 1:26 | 1:35 | 1:40 | 2:04 | 1:46 | 1:25 | 1:51 | 5:06 | 1:32 | 0:31 | 1:08 | 0:51 | 1:03 |
| | | | 24:23 | 25:00 | 26:42 | 32:50 | 36:04 | 38:46 | 45:08 | 46:00 | 48:13 | 50:20 | 51:53 | 52:09 | 52:36 | 52:52 |
| | | | 0:57 | 0:37 | 1:42 | 6:08 | 3:14 | 2:42 | 6:22 | 0:52 | 2:13 | 2:07 | 1:33 | 0:16 | 0:27 | 0:16 |
| | | | 53:11 | | | | | | | | | | | | | |
| | | | 0:19 | | | | | | | | | | | | | |
| 40 | Alicia Wirth Kriessern | 54:11 | 1:19 | 2:56 | 4:30 | 5:40 | 9:44 | 12:11 | 13:15 | 14:22 | 18:57 | 22:27 | 23:00 | 23:42 | 24:54 | 26:29 |
| | | | 1:19 | 1:37 | 1:34 | 1:10 | 4:04 | 2:27 | 1:04 | 1:07 | 4:35 | 3:30 | 0:33 | 0:42 | 1:12 | 1:35 |
| | | | 27:25 | 28:30 | 30:22 | 33:33 | 35:48 | 37:16 | 48:49 | 50:13 | 51:27 | 51:51 | 52:34 | 52:55 | 53:44 | 53:57 |
| | | | 0:56 | 1:05 | 1:52 | 3:11 | 2:15 | 1:28 | 11:33 | 1:24 | 1:14 | 0:24 | 0:43 | 0:21 | 0:49 | 0:13 |
| | | | 54:11 | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | |
| | | | | *68 | | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|---------------------------|---------------------------------|---------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Plausch lang (47) | | | 3.1 km 0 Hm 28 P | | | | | | | | | | | | | |
| | | | <i>(Forts.)</i> | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(107) | 4(77) | 5(79) | 6(110) | 7(105) | 8(85) | 9(71) | 10(69) | 11(63) | 12(61) | 13(113) | 14(109) |
| | | | 15(87) | 16(88) | 17(112) | 18(103) | 19(106) | 20(113) | 21(86) | 22(101) | 23(108) | 24(122) | 25(125) | 26(126) | 27(129) | 28(130) |
| | | | Z | | | | | | | | | | | | | |
| 41 | Amanda Hasler Kriessern | 1:28:46 | 2:24 | 4:02 | 5:39 | 8:04 | 13:29 | 16:05 | 17:54 | 19:43 | 23:26 | 25:10 | 27:27 | 29:19 | 31:00 | 35:38 |
| | | | 2:24 | 1:38 | 1:37 | 2:25 | 5:25 | 2:36 | 1:49 | 1:49 | 3:43 | 1:44 | 2:17 | 1:52 | 1:41 | 4:38 |
| | | | 50:28 | 1:08:18 | 1:09:04 | 1:10:11 | 1:10:59 | 1:13:13 | 1:14:34 | 1:16:47 | 1:18:12 | 1:18:35 | 1:25:17 | 1:25:58 | 1:26:54 | 1:27:27 |
| | | | 14:50 | 17:50 | 0:46 | 1:07 | 0:48 | 2:14 | 1:21 | 2:13 | 1:25 | 0:23 | 6:42 | 0:41 | 0:56 | 0:33 |
| | | | 1:28:46 | | | | | | | | | | | | | |
| | | | 1:19 | | | | | | | | | | | | | |
| | Dave Spiess Kriessern | Fehlst | 1:21 | 2:27 | 3:30 | 4:36 | 7:06 | 10:52 | 11:29 | 13:07 | 14:53 | 15:30 | 16:22 | 16:55 | 17:41 | 18:34 |
| | | | 1:21 | 1:06 | 1:03 | 1:06 | 2:30 | 3:46 | 0:37 | 1:38 | 1:46 | 0:37 | 0:52 | 0:33 | 0:46 | 0:53 |
| | | | 19:26 | 19:59 | 21:10 | 23:20 | 24:57 | 26:59 | ----- | 30:14 | 31:26 | 31:47 | 32:32 | 32:58 | 33:17 | 33:35 |
| | | | 0:52 | 0:33 | 1:11 | 2:10 | 1:37 | 2:02 | | 3:15 | 1:12 | 0:21 | 0:45 | 0:26 | 0:19 | 0:18 |
| | | | 33:46 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |
| | Noah Lüchinger Montlingen | Fehlst | 0:37 | 1:28 | 2:20 | 3:17 | 5:12 | 6:01 | 6:37 | 7:23 | 8:53 | 10:06 | 10:28 | 10:58 | 19:18 | ----- |
| | | | 0:37 | 0:51 | 0:52 | 0:57 | 1:55 | 0:49 | 0:36 | 0:46 | 1:30 | 1:13 | 0:22 | 0:30 | 8:20 | |
| | | | ----- | ----- | ----- | ----- | ----- | ----- | 21:59 | 22:29 | 23:52 | 24:04 | 24:46 | 25:03 | 25:27 | 25:43 |
| | | | | | | | | | 2:41 | 0:30 | 1:23 | 0:12 | 0:42 | 0:17 | 0:24 | 0:16 |
| | | | 25:55 | | 12:13 | 12:59 | 13:39 | 14:42 | 16:35 | 17:57 | | | | | | |
| | | | 0:12 | | *109 | *87 | *88 | *112 | *103 | *106 | | | | | | |
| | Josef Signer Altstätten | Fehlst | 0:45 | 1:40 | 2:31 | 3:44 | 5:50 | 6:53 | 7:37 | 8:31 | 10:05 | ----- | 11:04 | 11:39 | 12:18 | 13:03 |
| | | | 0:45 | 0:55 | 0:51 | 1:13 | 2:06 | 1:03 | 0:44 | 0:54 | 1:34 | | 0:59 | 0:35 | 0:39 | 0:45 |
| | | | 13:57 | 14:27 | 15:27 | 17:24 | 18:42 | 20:07 | 22:18 | 22:51 | 23:57 | 26:08 | 26:59 | 27:28 | 27:55 | 28:12 |
| | | | 0:54 | 0:30 | 1:00 | 1:57 | 1:18 | 1:25 | 2:11 | 0:33 | 1:06 | 2:11 | 0:51 | 0:29 | 0:27 | 0:17 |
| | | | 28:27 | | | | | | | | | | | | | |
| | | | 0:15 | | | | | | | | | | | | | |
| | Hans Müggler Oberuzwil | Fehlst | 0:41 | 1:29 | 2:17 | 3:12 | 4:51 | 5:47 | 6:30 | 7:14 | 8:48 | 9:20 | 9:45 | 10:08 | 10:43 | 11:28 |
| | | | 0:41 | 0:48 | 0:48 | 0:55 | 1:39 | 0:56 | 0:43 | 0:44 | 1:34 | 0:32 | 0:25 | 0:23 | 0:35 | 0:45 |
| | | | 12:11 | 12:41 | 13:43 | 15:46 | 17:09 | 18:25 | 20:38 | 21:10 | 22:09 | 22:27 | 23:09 | ----- | 23:49 | 24:04 |
| | | | 0:43 | 0:30 | 1:02 | 2:03 | 1:23 | 1:16 | 2:13 | 0:32 | 0:59 | 0:18 | 0:42 | | 0:40 | 0:15 |
| | | | 24:22 | | | | | | | | | | | | | |
| | | | 0:18 | | | | | | | | | | | | | |
| | Susanna Hutter Kriessern | Fehlst | 0:32 | 1:15 | 1:56 | 2:48 | 4:05 | 4:46 | 5:14 | 5:48 | 7:03 | ----- | 7:58 | 8:14 | 8:38 | 9:12 |
| | | | 0:32 | 0:43 | 0:41 | 0:52 | 1:17 | 0:41 | 0:28 | 0:34 | 1:15 | | 0:55 | 0:16 | 0:24 | 0:34 |
| | | | 9:46 | 10:12 | 11:14 | 12:39 | 13:36 | 14:37 | 16:19 | 16:41 | 17:25 | 17:44 | 18:15 | 18:28 | 18:47 | 18:58 |
| | | | 0:34 | 0:26 | 1:02 | 1:25 | 0:57 | 1:01 | 1:42 | 0:22 | 0:44 | 0:19 | 0:31 | 0:13 | 0:19 | 0:11 |
| | | | 19:09 | | 7:24 | | | | | | | | | | | |
| | | | 0:11 | | *68 | | | | | | | | | | | |
| | Mario Hutter Kriessern | Fehlst | 0:24 | 0:56 | 1:26 | 2:14 | 3:41 | 4:24 | 5:00 | 5:36 | 6:43 | 8:23 | 9:06 | 9:50 | 10:19 | 10:52 |
| | | | 0:24 | 0:32 | 0:30 | 0:48 | 1:27 | 0:43 | 0:36 | 0:36 | 1:07 | 1:40 | 0:43 | 0:44 | 0:29 | 0:33 |
| | | | 11:26 | 11:48 | 12:30 | 13:49 | 14:44 | 15:39 | 17:14 | 17:34 | 18:35 | 18:45 | 19:10 | 19:21 | ----- | 19:45 |
| | | | 0:34 | 0:22 | 0:42 | 1:19 | 0:55 | 0:55 | 1:35 | 0:20 | 1:01 | 0:10 | 0:25 | 0:11 | | 0:24 |
| | | | 19:57 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| OL Sprint kurz (1) | | | 1.6 km 0 Hm 16 P | | | | | | | | | | | | | |
| | | | 1(107) | 2(74) | 3(104) | 4(70) | 5(69) | 6(65) | 7(113) | 8(109) | 9(105) | 10(110) | 11(77) | 12(122) | 13(121) | 14(126) |
| | | | 15(129) | 16(130) | Z | | | | | | | | | | | |
| 1 | Fiona Signer Appenzell | 10:14 | 0:59 | 1:18 | 1:42 | 2:40 | 3:01 | 3:45 | 4:04 | 4:35 | 5:45 | 6:35 | 7:45 | 8:50 | 9:06 | 9:36 |
| | | | 0:59 | 0:19 | 0:24 | 0:58 | 0:21 | 0:44 | 0:19 | 0:31 | 1:10 | 0:50 | 1:10 | 1:05 | 0:16 | 0:30 |
| | | | 9:54 | 10:04 | 10:14 | | | | | | | | | | | |
| | | | 0:18 | 0:10 | 0:10 | | | | | | | | | | | |
| OL Sprint lang (5) | | | 2.4 km 0 Hm 28 P | | | | | | | | | | | | | |
| | | | 1(77) | 2(104) | 3(74) | 4(107) | 5(65) | 6(67) | 7(69) | 8(70) | 9(71) | 10(79) | 11(110) | 12(80) | 13(105) | 14(85) |
| | | | 15(112) | 16(89) | 17(84) | 18(86) | 19(102) | 20(120) | 21(108) | 22(122) | 23(124) | 24(125) | 25(128) | 26(127) | 27(129) | 28(130) |
| | | | Z | | | | | | | | | | | | | |
| 1 | Sven Hellmüller Speicher | 12:45 | 0:23 | 0:55 | 1:13 | 1:28 | 2:21 | 2:29 | 2:48 | 3:01 | 3:10 | 4:18 | 4:56 | 5:17 | 5:31 | 5:57 |
| | | | 0:23 | 0:32 | 0:18 | 0:15 | 0:53 | 0:08 | 0:19 | 0:13 | 0:09 | 1:08 | 0:38 | 0:21 | 0:14 | 0:26 |
| | | | 7:30 | 8:09 | 8:31 | 10:01 | 10:25 | 10:49 | 11:01 | 11:11 | 11:31 | 11:49 | 12:08 | 12:20 | 12:29 | 12:37 |
| | | | 1:33 | 0:39 | 0:22 | 1:30 | 0:24 | 0:24 | 0:12 | 0:10 | 0:20 | 0:18 | 0:19 | 0:12 | 0:09 | 0:08 |
| | | | 12:45 | | | | | | | | | | | | | |
| | | | 0:08 | | | | | | | | | | | | | |
| 2 | Dieter Sandmeier Herisau | 14:12 | 0:31 | 1:06 | 1:25 | 1:42 | 2:38 | 2:47 | 3:12 | 3:26 | 3:38 | 4:55 | 5:33 | 5:55 | 6:14 | 6:47 |
| | | | 0:31 | 0:35 | 0:19 | 0:17 | 0:56 | 0:09 | 0:25 | 0:14 | 0:12 | 1:17 | 0:38 | 0:22 | 0:19 | 0:33 |
| | | | 8:17 | 8:54 | 9:17 | 10:45 | 11:12 | 11:51 | 12:07 | 12:19 | 12:49 | 13:10 | 13:31 | 13:44 | 13:53 | 14:02 |
| | | | 1:30 | 0:37 | 0:23 | 1:28 | 0:27 | 0:39 | 0:16 | 0:12 | 0:30 | 0:21 | 0:21 | 0:13 | 0:09 | 0:09 |
| | | | 14:12 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |
| 3 | Mirjam Hellmüller Speicher | 14:42 | 0:28 | 1:05 | 1:26 | 1:43 | 2:44 | 2:54 | 3:14 | 3:32 | 3:42 | 4:57 | 5:38 | 6:02 | 6:20 | 6:54 |
| | | | 0:28 | 0:37 | 0:21 | 0:17 | 1:01 | 0:10 | 0:20 | 0:18 | 0:10 | 1:15 | 0:41 | 0:24 | 0:18 | 0:34 |
| | | | 8:35 | 9:19 | 9:45 | 11:25 | 11:53 | 12:21 | 12:36 | 12:48 | 13:13 | 13:34 | 13:56 | 14:10 | 14:20 | 14:30 |
| | | | 1:41 | 0:44 | 0:26 | 1:40 | 0:28 | 0:28 | 0:15 | 0:12 | 0:25 | 0:21 | 0:22 | 0:14 | 0:10 | 0:10 |
| | | | 14:42 | | | | | | | | | | | | | |
| | | | 0:12 | | | | | | | | | | | | | |
| 4 | Isabelle Hellmüller Speicher | 16:02 | 0:31 | 1:09 | 1:43 | 2:03 | 3:10 | 3:20 | 3:43 | 4:07 | 4:20 | 5:41 | 6:25 | 6:49 | 7:10 | 7:56 |
| | | | 0:31 | 0:38 | 0:34 | 0:20 | 1:07 | 0:10 | 0:23 | 0:24 | 0:13 | 1:21 | 0:44 | 0:24 | 0:21 | 0:46 |
| | | | 9:42 | 10:25 | 10:51 | 12:35 | 13:06 | 13:37 | 13:52 | 14:05 | 14:33 | 14:54 | 15:17 | 15:31 | 15:42 | 15:52 |
| | | | 1:46 | 0:43 | 0:26 | 1:44 | 0:31 | 0:31 | 0:15 | 0:13 | 0:28 | 0:21 | 0:23 | 0:14 | 0:11 | 0:10 |
| | | | 16:02 | | | | | | | | | | | | | |
| | | | 0:10 | | | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|---------------------------|--------------------------------|-------------------------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-------|
| OL Sprint lang (5) | | 2.4 km 0 Hm 28 P | | | | | | | | | | | | | | |
| | | <i>(Forts.)</i> | | | | | | | | | | | | | | |
| | | 1(77) | 2(104) | 3(74) | 4(107) | 5(65) | 6(67) | 7(69) | 8(70) | 9(71) | 10(79) | 11(110) | 12(80) | 13(105) | 14(85) | |
| | | 15(112) | 16(89) | 17(84) | 18(86) | 19(102) | 20(120) | 21(108) | 22(122) | 23(124) | 24(125) | 25(128) | 26(127) | 27(129) | 28(130) | |
| | | Z | | | | | | | | | | | | | | |
| 5 | Rainer Müller Buchs | 17:50 | 0:35 | 1:18 | 1:45 | 2:05 | 3:18 | 3:29 | 3:54 | 4:19 | 4:33 | 6:01 | 7:15 | 7:45 | 8:07 | 8:47 |
| | | | 0:35 | 0:43 | 0:27 | 0:20 | 1:13 | 0:11 | 0:25 | 0:25 | 0:14 | 1:28 | 1:14 | 0:30 | 0:22 | 0:40 |
| | | | 10:42 | 11:43 | 12:16 | 14:09 | 14:41 | 15:15 | 15:31 | 15:44 | 16:17 | 16:41 | 17:05 | 17:19 | 17:30 | 17:39 |
| | | | 1:55 | 1:01 | 0:33 | 1:53 | 0:32 | 0:34 | 0:16 | 0:13 | 0:33 | 0:24 | 0:24 | 0:14 | 0:11 | 0:09 |
| | | | 17:50 | | | | | | | | | | | | | |
| | | | 0:11 | | | | | | | | | | | | | |