

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|------------------------|-------------------------------|-------|---|---|---|---|---|---|---|-----------------------------|-----------------------------|----------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Jugend K (11) | | | 2.9 km 0 Hm 17 P | | | | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(62) 15(81) | 2(64) 16(107) | 3(108) 17(110) | 4(109) Z | 5(106) | 6(88) | 7(86) | 8(73) | 9(78) | 10(77) | 11(74) | 12(70) | 13(72) | 14(82) |
| 11 | Robin Koller Gossau | 33:59 | 0:43 0:43 32:33 0:30 | 1:05 0:22 33:00 0:27 | 1:50 0:45 33:44 0:44 | 3:00 1:10 33:59 0:15 | 4:18 1:18 | 8:20 4:02 | 12:59 4:39 | 19:22 6:23 | 22:03 2:41 | 22:29 0:26 | 26:51 4:22 | 28:37 1:46 | 30:09 1:32 | 32:03 1:54 |
| Jugend M (3) | | | 2.9 km 0 Hm 17 P | | | | | | | | | | | | | |
| | | | 1(62) 15(81) | 2(64) 16(107) | 3(108) 17(110) | 4(109) Z | 5(106) | 6(88) | 7(86) | 8(73) | 9(78) | 10(77) | 11(74) | 12(70) | 13(72) | 14(82) |
| 1 | Stefanie Sutter Appenzell | 27:48 | 0:26 0:26 26:26 0:24 | 0:48 0:22 26:52 0:26 | 1:35 0:47 27:34 0:42 | 2:54 1:19 27:48 0:14 | 4:08 1:14 | 9:29 5:21 | 11:29 2:00 | 15:52 4:23 | 17:42 1:50 | 18:07 0:25 | 21:16 3:09 | 23:13 1:57 | 24:27 1:14 | 26:02 1:35 |
| 2 | Hanneke Alefsen Amriswil | 28:59 | 0:53 0:53 27:31 0:40 | 1:17 0:24 27:57 0:26 | 2:19 1:02 28:43 0:46 | 3:57 1:38 28:59 0:16 | 5:32 1:35 | 9:27 3:55 | 11:21 1:54 | 15:15 3:54 | 17:22 2:07 | 17:59 0:37 | 21:50 3:51 | 24:11 2:21 | 25:25 1:14 | 26:51 1:26 |
| 3 | Katja Pöttsch Staad | 33:47 | 0:35 0:35 31:27 0:46 | 1:07 0:32 32:14 0:47 | 2:07 1:00 33:29 1:15 | 3:57 1:50 33:47 0:18 | 6:22 2:25 | 10:53 4:31 | 12:49 1:56 | 17:00 4:11 | 19:26 2:26 | 20:19 0:53 | 24:02 3:43 | 25:59 1:57 | 27:29 1:30 | 30:41 3:12 |
| Junioren (5) | | | 3.5 km 0 Hm 19 P | | | | | | | | | | | | | |
| | | | 1(64) 15(101) | 2(62) 16(105) | 3(89) 17(106) | 4(82) 18(109) | 5(72) 19(110) | 6(71) Z | 7(77) | 8(75) | 9(76) | 10(79) | 11(73) | 12(86) | 13(88) | 14(90) |
| 1 | Raphael Wälter Altstätten | 24:40 | 0:18 0:18 20:28 1:01 | 0:31 0:13 21:42 1:14 | 1:22 0:51 23:09 1:27 | 2:26 1:04 24:07 0:58 | 4:08 1:42 24:25 0:18 | 4:49 0:41 24:40 0:15 | 6:52 2:03 | 8:38 1:46 | 10:09 1:31 | 11:02 0:53 | 13:26 2:24 | 16:31 3:05 | 18:05 1:34 | 19:27 1:22 |
| 2 | Matthias Sandmeier Herisau | 26:14 | 0:19 0:19 21:57 0:55 | 0:32 0:13 23:20 1:23 | 2:15 1:43 24:48 1:28 | 3:26 1:11 25:42 0:54 | 6:35 3:09 26:02 0:20 | 7:14 0:39 26:14 0:12 | 8:50 1:36 | 10:35 1:45 | 12:11 1:36 | 13:01 0:50 | 15:13 2:12 | 18:16 3:03 | 19:43 1:27 | 21:02 1:19 |
| 3 | Jonas Wälter Altstätten | 26:20 | 0:17 0:17 22:07 | 0:29 0:12 23:28 | 1:23 0:54 24:56 | 2:26 1:03 25:51 | 4:25 1:59 26:08 | 5:05 0:40 26:20 | 6:52 1:47 | 8:54 2:02 | 10:49 1:55 | 11:59 1:10 | 14:39 2:40 | 17:54 3:15 | 19:36 1:42 | 21:05 1:29 |
| 4 | Toni Pozar St.Gallen | 32:30 | 1:02 0:41 0:41 24:42 1:10 | 1:21 0:57 0:16 26:10 1:28 | 1:28 2:16 1:19 29:34 3:24 | 0:55 3:47 1:31 30:37 1:03 | 0:17 5:27 1:40 1:37 | 0:12 6:07 0:40 32:30 0:16 | 8:15 2:08 | 10:31 2:16 | 12:23 1:52 | 13:20 0:57 | 16:01 2:41 | 19:41 3:40 | 21:35 1:54 | 23:32 1:57 |
| 5 | Roman Schefer St.Gallen | 36:38 | 0:25 0:25 30:53 1:26 | 1:00 0:35 32:52 1:59 | 3:05 2:05 34:50 1:58 | 4:43 1:38 36:01 1:11 | 6:38 1:55 36:24 0:23 | 7:49 1:11 36:38 0:14 | 9:40 1:51 | 12:39 2:59 | 15:01 2:22 | 16:21 1:20 | 20:09 3:48 | 25:13 5:04 | 27:21 2:08 | 29:27 2:06 |
| Juniorinnen (4) | | | 3.2 km 0 Hm 20 P | | | | | | | | | | | | | |
| | | | 1(61) 15(104) | 2(63) 16(105) | 3(67) 17(106) | 4(81) 18(108) | 5(82) 19(109) | 6(72) 20(110) | 7(69) Z | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) |
| 1 | Katja Zünd Widnau | 22:27 | 0:22 0:22 16:16 1:03 | 0:39 0:17 17:34 1:18 | 1:11 0:32 19:02 1:28 | 1:53 0:42 20:53 1:51 | 2:13 0:20 21:54 1:01 | 3:16 1:03 22:12 0:18 | 3:45 0:29 22:27 0:15 | 4:20 0:35 | 6:21 2:01 | 7:12 0:51 | 8:42 1:30 | 9:46 1:04 | 12:07 2:21 | 15:13 3:06 |
| 2 | Janine Bollhalder Teufen | 26:17 | 0:28 0:28 19:16 1:12 | 0:45 0:17 20:44 1:28 | 1:27 0:42 22:22 1:38 | 2:13 0:46 23:31 1:09 | 2:34 0:21 25:36 2:05 | 4:07 1:33 25:57 0:21 | 4:39 0:32 26:17 0:20 | 5:17 0:38 | 7:42 2:25 | 8:25 0:43 | 10:07 1:42 | 11:22 1:15 | 14:09 2:47 | 18:04 3:55 |
| 3 | Camille Vogel Widnau | 30:46 | 0:24 0:24 23:33 1:35 | 0:41 0:17 25:16 1:43 | 1:16 0:35 27:11 1:55 | 2:01 0:45 28:35 1:24 | 2:29 0:28 29:56 1:21 | 6:04 3:35 30:30 0:34 | 6:33 0:29 30:46 0:16 | 7:09 0:36 | 9:46 2:37 | 10:30 0:44 | 12:41 2:11 | 14:17 1:36 | 17:25 3:08 | 21:58 4:33 |
| 4 | Eva Schwendimann Rheineck | 35:49 | 0:16 0:16 27:18 1:44 | 0:51 0:35 29:24 2:06 | 1:23 0:32 31:56 2:32 | 2:19 0:56 33:44 1:48 | 2:58 0:39 35:08 1:24 | 4:33 0:39 35:32 0:24 | 5:12 0:39 35:49 0:17 | 6:27 1:15 | 10:41 4:14 | 11:32 0:51 | 14:17 2:45 | 16:20 2:03 | 19:58 3:38 | 25:34 5:36 |
| Herren (5) | | | 4.0 km 0 Hm 20 P | | | | | | | | | | | | | |
| | | | 1(61) 15(73) | 2(89) 16(103) | 3(106) 17(86) | 4(108) 18(88) | 5(63) 19(101) | 6(72) 20(110) | 7(81) Z | 8(82) | 9(70) | 10(74) | 11(75) | 12(76) | 13(77) | 14(78) |
| 1 | Michael Treier Marbach | 23:18 | 0:17 0:17 14:39 1:20 | 1:34 1:17 15:44 1:05 | 3:02 1:28 17:39 1:55 | 3:57 0:55 18:57 1:18 | 4:44 0:47 20:47 1:50 | 5:42 0:58 22:59 2:12 | 6:51 1:09 23:18 0:19 | 7:13 0:22 | 8:10 0:57 | 9:22 1:12 | 10:22 1:00 | 11:42 1:20 | 13:02 1:20 | 13:19 0:17 |
| 2 | Daniel Raum Höchst/A | 23:45 | 0:18 0:18 14:31 1:20 | 1:17 0:59 15:47 1:16 | 2:35 1:18 17:43 1:56 | 3:32 0:57 19:10 1:27 | 4:18 0:46 21:03 1:53 | 5:23 1:05 23:31 2:28 | 6:23 1:00 23:45 0:14 | 6:42 0:19 | 7:43 1:01 | 9:01 1:18 | 10:01 1:00 | 11:29 1:28 | 12:55 1:26 | 13:11 0:16 |

| Pl | Name | Zeit | | | | | | | | | | | | | | | |
|--------------------------|---|---------------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Herren (5) | | | 4.0 km 0 Hm 20 P | | | | | | | <i>(Forts.)</i> | | | | | | | |
| | | | 1(61) | 2(89) | 3(106) | 4(108) | 5(63) | 6(72) | 7(81) | 8(82) | 9(70) | 10(74) | 11(75) | 12(76) | 13(77) | 14(78) | |
| | | | 15(73) | 16(103) | 17(86) | 18(88) | 19(101) | 20(110) | Z | | | | | | | | |
| 3 | Stefan Schönenberger Balgach | 25:15 | 0:43 | 1:38 | 2:40 | 3:29 | 4:54 | 7:07 | 8:00 | 8:20 | 9:13 | 10:29 | 11:28 | 12:58 | 14:23 | 14:40 | |
| | | | 0:43 | 0:55 | 1:02 | 0:49 | 1:25 | 2:13 | 0:53 | 0:20 | 0:53 | 1:16 | 0:59 | 1:30 | 1:25 | 0:17 | |
| | | | 15:47 | 16:57 | 18:49 | 20:14 | 22:20 | 25:00 | 25:15 | | | | | | | | |
| | | | 1:07 | 1:10 | 1:52 | 1:25 | 2:06 | 2:40 | 0:15 | | | | | | | | |
| 4 | Felix Käser St.Gallen | 27:06 | 0:27 | 1:33 | 2:41 | 3:39 | 4:32 | 6:09 | 7:08 | 7:28 | 8:39 | 9:58 | 10:58 | 12:41 | 14:24 | 14:40 | |
| | | | 0:27 | 1:06 | 1:08 | 0:58 | 0:53 | 1:37 | 0:59 | 0:20 | 1:11 | 1:19 | 1:00 | 1:43 | 1:43 | 0:16 | |
| | | | 16:44 | 18:07 | 20:36 | 22:14 | 24:22 | 26:52 | 27:06 | | | | | | | | |
| | | | 2:04 | 1:23 | 2:29 | 1:38 | 2:08 | 2:30 | 0:14 | | | | | | | | |
| | Benedetto Castelli St.Gallen | Fehlst | 0:20 | 1:12 | 2:20 | 3:07 | ---- | 4:46 | 5:38 | 5:56 | 6:56 | 8:12 | 9:11 | 10:45 | 12:03 | 12:18 | |
| | | | 0:20 | 0:52 | 1:08 | 0:47 | | 1:39 | 0:52 | 0:18 | 1:00 | 1:16 | 0:59 | 1:34 | 1:18 | 0:15 | |
| | | | 13:44 | 15:03 | 17:06 | 18:44 | 20:47 | 23:12 | 23:26 | | | | | | | | |
| | | | 1:26 | 1:19 | 2:03 | 1:38 | 2:03 | 2:25 | 0:14 | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Damen (1) | | | 3.8 km 0 Hm 18 P | | | | | | | | | | | | | | |
| | | | 1(63) | 2(65) | 3(68) | 4(74) | 5(75) | 6(76) | 7(80) | 8(103) | 9(86) | 10(87) | 11(106) | 12(89) | 13(82) | 14(85) | |
| | | | 15(78) | 16(72) | 17(107) | 18(110) | Z | | | | | | | | | | |
| 1 | Elke Hacker Rebstein | 27:06 | 0:26 | 0:41 | 1:10 | 3:11 | 4:21 | 6:03 | 8:15 | 11:59 | 14:15 | 16:05 | 18:03 | 19:25 | 20:54 | 22:44 | |
| | | | 0:26 | 0:15 | 0:29 | 2:01 | 1:10 | 1:42 | 2:12 | 3:44 | 2:16 | 1:50 | 1:58 | 1:22 | 1:29 | 1:50 | |
| | | | 23:20 | 25:05 | 26:12 | 26:48 | 27:06 | | | | | | | | | | |
| | | | 0:36 | 1:45 | 1:07 | 0:36 | 0:18 | | | | | | | | | | |
| Senioren 1 (11) | | | 3.8 km 0 Hm 18 P | | | | | | | | | | | | | | |
| | | | 1(63) | 2(65) | 3(68) | 4(74) | 5(75) | 6(76) | 7(80) | 8(103) | 9(86) | 10(87) | 11(106) | 12(89) | 13(82) | 14(85) | |
| | | | 15(78) | 16(72) | 17(107) | 18(110) | Z | | | | | | | | | | |
| 1 | Dieter Sandmeier Herisau | 22:45 | 0:30 | 0:43 | 1:48 | 3:33 | 4:25 | 5:55 | 7:39 | 10:34 | 12:15 | 13:36 | 15:17 | 16:19 | 17:25 | 18:52 | |
| | | | 0:30 | 0:13 | 1:05 | 1:45 | 0:52 | 1:30 | 1:44 | 2:55 | 1:41 | 1:21 | 1:41 | 1:02 | 1:06 | 1:27 | |
| | | | 19:40 | 21:12 | 22:01 | 22:32 | 22:45 | | | | | | | | | | |
| | | | 0:48 | 1:32 | 0:49 | 0:31 | 0:13 | | | | | | | | | | |
| 2 | Reto Sonderegger Herisau | 26:37 | 0:22 | 0:35 | 1:01 | 2:57 | 3:56 | 5:37 | 7:48 | 11:35 | 13:55 | 15:40 | 17:46 | 19:09 | 20:36 | 22:22 | |
| | | | 0:22 | 0:13 | 0:26 | 1:56 | 0:59 | 1:41 | 2:11 | 3:47 | 2:20 | 1:45 | 2:06 | 1:23 | 1:27 | 1:46 | |
| | | | 23:03 | 24:41 | 25:48 | 26:21 | 26:37 | | | | | | | | | | |
| | | | 0:41 | 1:38 | 1:07 | 0:33 | 0:16 | | | | | | | | | | |
| 3 | Daniel Jud Romanshorn | 26:49 | 0:30 | 0:49 | 1:16 | 3:09 | 4:10 | 5:54 | 7:57 | 11:19 | 13:36 | 15:19 | 17:07 | 18:19 | 19:38 | 21:22 | |
| | | | 0:30 | 0:19 | 0:27 | 1:53 | 1:01 | 1:44 | 2:03 | 3:22 | 2:17 | 1:43 | 1:48 | 1:12 | 1:19 | 1:44 | |
| | | | 21:56 | 25:09 | 26:03 | 26:30 | 26:49 | | | | | | | | | | |
| | | | 0:34 | 3:13 | 0:54 | 0:27 | 0:19 | | | | | | | | | | |
| 4 | Rainer Nuber Widnau | 26:56 | 0:30 | 0:45 | 1:11 | 3:24 | 4:26 | 6:04 | 8:06 | 12:22 | 14:35 | 16:22 | 18:24 | 19:46 | 21:06 | 22:50 | |
| | | | 0:30 | 0:15 | 0:26 | 2:13 | 1:02 | 1:38 | 2:02 | 4:16 | 2:13 | 1:47 | 2:02 | 1:22 | 1:20 | 1:44 | |
| | | | 23:24 | 25:10 | 26:06 | 26:38 | 26:56 | | | | | | | | | | |
| | | | 0:34 | 1:46 | 0:56 | 0:32 | 0:18 | | | | | | | | | | |
| 5 | Martin Koster St.Margrethen | 28:32 | 0:20 | 0:34 | 1:02 | 3:13 | 4:23 | 6:05 | 8:16 | 12:04 | 14:25 | 16:24 | 18:28 | 19:47 | 21:17 | 23:10 | |
| | | | 0:20 | 0:14 | 0:28 | 2:11 | 1:10 | 1:42 | 2:11 | 3:48 | 2:21 | 1:59 | 2:04 | 1:19 | 1:30 | 1:53 | |
| | | | 24:04 | 26:30 | 27:38 | 28:13 | 28:32 | | | | | | | | | | |
| | | | 0:54 | 2:26 | 1:08 | 0:35 | 0:19 | | | | | | | | | | |
| 6 | Alastair Green Rebstein | 28:45 | 0:19 | 1:00 | 1:26 | 5:41 | 6:33 | 7:59 | 9:38 | 12:29 | 15:07 | 16:26 | 18:00 | 21:17 | 22:56 | 24:39 | |
| | | | 0:19 | 0:41 | 0:26 | 4:15 | 0:52 | 1:26 | 1:39 | 2:51 | 2:38 | 1:19 | 1:34 | 3:17 | 1:39 | 1:43 | |
| | | | 25:16 | 26:57 | 27:56 | 28:30 | 28:45 | | | | | | | | | | |
| | | | 0:37 | 1:41 | 0:59 | 0:34 | 0:15 | | | | | | | | | | |
| 7 | Urs Manser Thal | 29:18 | 0:25 | 0:38 | 1:02 | 3:22 | 4:27 | 6:43 | 8:46 | 12:28 | 16:10 | 17:58 | 19:53 | 21:18 | 22:43 | 24:35 | |
| | | | 0:25 | 0:13 | 0:24 | 2:20 | 1:05 | 2:16 | 2:03 | 3:42 | 3:42 | 1:48 | 1:55 | 1:25 | 1:25 | 1:52 | |
| | | | 25:19 | 27:33 | 28:32 | 29:01 | 29:18 | | | | | | | | | | |
| | | | 0:44 | 2:14 | 0:59 | 0:29 | 0:17 | | | | | | | | | | |
| 8 | Toni Büchler Herisau | 29:24 | 0:23 | 0:37 | 1:04 | 3:08 | 4:16 | 6:03 | 8:13 | 12:05 | 14:25 | 16:24 | 18:33 | 20:06 | 21:59 | 24:29 | |
| | | | 0:23 | 0:14 | 0:27 | 2:04 | 1:08 | 1:47 | 2:10 | 3:52 | 2:20 | 1:59 | 2:09 | 1:33 | 1:53 | 2:30 | |
| | | | 25:10 | 27:20 | 28:33 | 29:07 | 29:24 | | | | | | | | | | |
| | | | 0:41 | 2:10 | 1:13 | 0:34 | 0:17 | | | | | | | | | | |
| 9 | Erwin Wälter Altstätten | 30:27 | 0:26 | 0:49 | 1:22 | 3:32 | 4:38 | 6:21 | 8:41 | 12:40 | 15:46 | 17:46 | 19:53 | 21:16 | 22:47 | 24:59 | |
| | | | 0:26 | 0:23 | 0:33 | 2:10 | 1:06 | 1:43 | 2:20 | 3:59 | 3:06 | 2:00 | 2:07 | 1:23 | 1:31 | 2:12 | |
| | | | 25:55 | 28:24 | 29:41 | 30:13 | 30:27 | | | | | | | | | | |
| | | | 0:56 | 2:29 | 1:17 | 0:32 | 0:14 | | | | | | | | | | |
| 10 | Markus Zbinden Engelburg | 32:53 | 1:08 | 1:23 | 1:52 | 3:59 | 5:05 | 8:00 | 11:26 | 15:50 | 18:29 | 20:09 | 21:59 | 23:23 | 24:49 | 27:02 | |
| | | | 1:08 | 0:15 | 0:29 | 2:07 | 1:06 | 2:55 | 3:26 | 4:24 | 2:39 | 1:40 | 1:50 | 1:24 | 1:26 | 2:13 | |
| | | | 27:58 | 30:53 | 32:08 | 32:38 | 32:53 | | | | | | | | | | |
| | | | 0:56 | 2:55 | 1:15 | 0:30 | 0:15 | | | | | | | | | | |
| 11 | Ivo Benz Untereggen | 35:58 | 0:37 | 0:57 | 1:31 | 4:06 | 5:12 | 8:36 | 10:43 | 15:03 | 18:06 | 20:26 | 22:28 | 23:55 | 27:12 | 29:17 | |
| | | | 0:37 | 0:20 | 0:34 | 2:35 | 1:06 | 3:24 | 2:07 | 4:20 | 3:03 | 2:20 | 2:02 | 1:27 | 3:17 | 2:05 | |
| | | | 31:11 | 34:05 | 35:12 | 35:43 | 35:58 | | | | | | | | | | |
| | | | 1:54 | 2:54 | 1:07 | 0:31 | 0:15 | | | | | | | | | | |
| Seniorinnen 1 (8) | | | 3.2 km 0 Hm 20 P | | | | | | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(67) | 4(81) | 5(82) | 6(72) | 7(69) | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) | |
| | | | 15(104) | 16(105) | 17(106) | 18(108) | 19(109) | 20(110) | Z | | | | | | | | |
| 1 | Claudia Jud Romanshorn | 24:24 | 0:30 | 0:47 | 1:22 | 2:05 | 2:42 | 5:00 | 5:28 | 6:10 | 8:17 | 9:01 | 10:27 | 11:40 | 14:00 | 17:29 | |
| | | | 0:30 | 0:17 | 0:35 | 0:43 | 0:37 | 2:18 | 0:28 | 0:42 | 2:07 | 0:44 | 1:26 | 1:13 | 2:20 | 3:29 | |
| | | | 18:41 | 19:59 | 21:27 | 22:34 | 23:44 | 24:09 | 24:24 | | | | | | | | |
| | | | 1:12 | 1:18 | 1:28 | 1:07 | 1:10 | 0:25 | 0:15 | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|----------------------------------|-------|-------------------------|---------------|---------------|---------------|---------------|---------------|---------------|-----------------|---------------|----------------|----------------|----------------|----------------|----------------|
| Seniorinnen 1 (8) | | | 3.2 km 0 Hm 20 P | | | | | | | (Forts.) | | | | | | |
| | | | 1(61) | 2(63) | 3(67) | 4(81) | 5(82) | 6(72) | 7(69) | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) |
| | | | 15(104) | 16(105) | 17(106) | 18(108) | 19(109) | 20(110) | Z | | | | | | | |
| 2 | Silvia Büchler Herisau | 24:54 | 0:26 0:26 | 0:43 0:17 | 1:15 0:32 | 1:57 0:42 | 2:20 0:23 | 3:30 1:10 | 3:58 0:28 | 4:32 0:34 | 6:15 1:43 | 7:02 0:47 | 8:42 1:40 | 9:55 1:13 | 13:05 3:10 | 17:34 4:29 |
| 3 | Esther Vogel Widnau | 25:43 | 0:26 0:26 | 1:01 0:35 | 1:36 0:35 | 2:18 0:42 | 2:42 0:24 | 4:03 1:21 | 4:33 0:30 | 5:08 0:35 | 6:38 1:30 | 7:24 0:46 | 9:11 1:47 | 10:30 1:19 | 13:18 2:48 | 17:16 3:58 |
| 4 | Karin Zbinden Engelburg | 27:04 | 0:29 0:29 | 0:55 0:26 | 1:31 0:36 | 2:15 0:44 | 2:58 0:43 | 4:13 1:15 | 5:04 0:51 | 5:46 0:42 | 8:29 2:43 | 9:39 1:10 | 11:35 1:56 | 12:45 1:10 | 15:39 2:54 | 19:13 3:34 |
| 5 | Sonja Galli Marbach | 27:38 | 1:08 1:08 | 1:27 0:19 | 2:02 0:35 | 2:48 0:46 | 3:10 0:22 | 4:55 1:45 | 5:24 0:29 | 5:57 0:33 | 8:19 2:22 | 9:08 0:49 | 11:01 1:53 | 12:17 1:16 | 15:14 2:57 | 19:38 4:24 |
| 6 | Ingrid Alefsen Amriswil | 27:53 | 0:31 0:31 | 0:52 0:21 | 1:36 0:44 | 2:24 0:48 | 2:46 0:22 | 4:50 2:04 | 5:23 0:33 | 6:05 0:42 | 8:47 2:42 | 9:31 0:44 | 12:37 3:06 | 13:55 1:18 | 16:42 2:47 | 20:16 3:34 |
| 7 | Monika Bärlocher Herisau | 34:29 | 0:36 0:36 | 1:00 0:24 | 1:46 0:46 | 3:42 1:56 | 4:05 0:23 | 5:38 1:33 | 6:17 0:39 | 6:59 0:42 | 9:41 2:42 | 10:58 1:17 | 12:43 1:45 | 14:01 1:18 | 18:22 4:21 | 22:23 4:01 |
| 8 | Jeanette Stamm St.Gallen | 38:12 | 0:28 0:28 | 0:51 0:23 | 1:35 0:44 | 2:37 1:02 | 3:02 0:25 | 5:40 2:38 | 6:15 0:35 | 7:09 0:54 | 11:48 4:39 | 12:36 0:48 | 14:50 2:14 | 16:47 1:57 | 20:07 3:20 | 25:09 5:02 |
| Senioren 2 (13) | | | 3.2 km 0 Hm 20 P | | | | | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(67) | 4(81) | 5(82) | 6(72) | 7(69) | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) |
| | | | 15(104) | 16(105) | 17(106) | 18(108) | 19(109) | 20(110) | Z | | | | | | | |
| 1 | Martin Stamm St.Gallen | 22:20 | 0:23 0:23 | 0:42 0:19 | 1:15 0:33 | 1:52 0:37 | 2:13 0:21 | 3:40 1:27 | 4:10 0:30 | 4:42 0:32 | 5:55 1:13 | 6:36 0:41 | 8:19 1:43 | 9:30 1:11 | 12:01 2:31 | 15:26 3:25 |
| 2 | Koni Vogel Widnau | 22:55 | 1:09 0:28 | 1:26 0:18 | 1:26 0:34 | 1:03 0:35 | 1:08 0:20 | 0:28 1:58 | 0:14 0:28 | 5:19 0:38 | 6:44 1:25 | 7:31 0:47 | 9:04 1:33 | 10:12 1:08 | 12:35 2:23 | 15:53 3:18 |
| 3 | Emil Sutter Appenzell | 23:53 | 1:23 0:24 | 1:18 0:21 | 1:38 0:39 | 0:58 0:47 | 1:09 0:23 | 0:22 1:06 | 0:14 0:32 | 4:51 0:39 | 6:44 1:53 | 7:30 0:46 | 9:00 1:30 | 10:13 1:13 | 13:04 2:51 | 17:10 4:06 |
| 4 | Jens Hartmann Hinterforst | 24:40 | 1:05 0:15 | 1:17 0:31 | 1:24 1:03 | 1:00 1:41 | 1:19 2:03 | 0:24 3:30 | 0:14 4:04 | 4:38 0:34 | 6:49 2:11 | 8:04 1:15 | 10:32 2:28 | 11:46 1:14 | 14:21 2:35 | 17:45 3:24 |
| 5 | Andreas Sieber Diepoldsau | 25:38 | 1:10 0:25 | 1:28 0:22 | 1:33 0:35 | 0:56 0:41 | 1:11 0:25 | 0:20 1:22 | 0:17 0:38 | 5:02 0:34 | 6:26 1:24 | 7:21 0:55 | 8:57 1:36 | 10:18 1:21 | 13:00 2:42 | 16:56 3:56 |
| 6 | Hansueli Lüthi Waldstatt | 27:07 | 1:32 0:29 | 1:41 0:28 | 2:10 0:35 | 1:11 0:47 | 1:16 0:24 | 0:23 1:39 | 0:19 0:32 | 5:34 0:40 | 7:42 2:08 | 8:34 0:52 | 10:17 1:43 | 11:31 1:14 | 14:28 2:57 | 19:44 5:16 |
| 7 | Rolf Bollhalder Teufen | 27:23 | 1:11 0:29 | 1:24 0:54 | 1:43 1:43 | 1:11 2:51 | 1:17 3:28 | 0:21 5:10 | 0:16 5:44 | 6:21 0:37 | 8:45 2:24 | 9:30 0:45 | 11:11 1:41 | 12:27 1:16 | 15:13 2:46 | 19:08 3:55 |
| 8 | Felix Benz Heerbrugg | 27:27 | 1:15 0:42 | 1:26 1:10 | 1:37 1:49 | 1:09 2:28 | 2:01 2:52 | 0:25 4:33 | 0:22 5:56 | 6:34 0:38 | 9:00 2:26 | 9:38 0:38 | 11:09 1:31 | 12:18 1:09 | 14:41 2:23 | 17:36 2:55 |
| 9 | Martin Bärlocher Herisau | 27:37 | 1:02 0:35 | 3:18 1:16 | 1:23 1:58 | 1:02 2:44 | 1:06 3:09 | 1:43 5:00 | 0:17 5:32 | 6:09 0:37 | 8:24 2:15 | 9:06 0:42 | 10:45 1:39 | 12:01 1:16 | 15:47 3:46 | 19:37 3:50 |
| 10 | Niklaus Wolgensinger Oberriet | 27:48 | 21:15 1:38 | 22:41 1:26 | 24:21 1:40 | 25:20 0:59 | 26:44 1:24 | 27:22 0:38 | 27:37 0:15 | 7:01 1:52 | 8:37 1:36 | 9:37 1:00 | 11:30 1:53 | 12:52 1:22 | 15:52 3:00 | 19:50 3:58 |
| 11 | Thomas Müller Rheineck | 31:39 | 21:12 1:22 | 22:46 1:34 | 24:26 1:40 | 25:41 1:15 | 27:08 1:27 | 27:30 0:22 | 27:48 0:18 | 6:09 0:38 | 9:32 3:23 | 10:24 0:52 | 12:10 1:46 | 15:59 3:49 | 19:19 3:20 | 23:18 3:59 |
| 12 | Markus Göldi Lüdingen | 32:08 | 24:53 1:35 | 26:20 1:27 | 28:06 1:46 | 29:16 1:10 | 30:29 1:13 | 31:13 0:44 | 31:39 0:26 | 6:09 8:18 | 9:32 11:17 | 10:24 11:59 | 12:10 14:10 | 15:59 15:24 | 19:19 18:09 | 23:18 21:44 |
| | | | 0:35 23:21 | 1:22 25:31 | 2:06 28:19 | 3:02 29:38 | 3:41 31:07 | 4:37 31:52 | 5:09 32:08 | 7:01 8:18 | 8:37 2:59 | 9:37 0:42 | 11:30 2:11 | 12:52 1:14 | 15:52 2:45 | 19:50 3:35 |
| | | | 0:29 0:29 | 0:28 0:28 | 0:35 0:35 | 0:47 0:47 | 0:51 0:51 | 0:32 0:32 | 0:32 0:32 | 0:40 0:40 | 2:08 2:08 | 0:52 0:52 | 1:43 1:43 | 1:14 1:14 | 2:57 2:57 | 5:16 5:16 |
| | | | 18:39 1:23 | 20:18 1:39 | 22:11 1:53 | 23:17 1:06 | 25:01 1:44 | 25:24 0:23 | 25:43 0:19 | 25:08 0:35 | 6:38 1:30 | 7:24 0:46 | 9:11 1:47 | 10:30 1:19 | 13:18 2:48 | 17:16 3:58 |
| | | | 20:26 1:13 | 21:52 1:26 | 23:38 1:46 | 24:56 1:18 | 26:16 1:20 | 26:47 0:31 | 27:04 0:17 | 27:04 0:33 | 8:29 2:42 | 9:39 0:49 | 11:35 1:53 | 12:45 1:16 | 15:39 2:57 | 19:13 4:24 |
| | | | 18:51 1:17 | 20:19 1:28 | 22:06 1:47 | 23:07 1:01 | 24:19 1:12 | 24:39 0:20 | 24:54 0:15 | 24:39 0:34 | 6:15 1:43 | 7:02 0:47 | 8:42 1:40 | 9:55 1:13 | 13:05 3:10 | 17:34 4:29 |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|--|---------------|----------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Senioren 2 (13) | | | 3.2 km 0 Hm 20 P (Forts.) | | | | | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(67) | 4(81) | 5(82) | 6(72) | 7(69) | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) |
| | | | 15(104) | 16(105) | 17(106) | 18(108) | 19(109) | 20(110) | Z | | | | | | | |
| 13 | Thomas Heim Wolfurt/A | 33:17 | 0:28 | 0:52 | 1:37 | 2:25 | 2:52 | 4:17 | 4:50 | 5:42 | 8:58 | 13:12 | 14:54 | 16:15 | 19:06 | 22:51 |
| | | | 0:28 | 0:24 | 0:45 | 0:48 | 0:27 | 1:25 | 0:33 | 0:52 | 3:16 | 4:14 | 1:42 | 1:21 | 2:51 | 3:45 |
| | | | 26:43 | 28:18 | 29:48 | 31:06 | 32:37 | 33:00 | 33:17 | | | | | | | |
| | | | 3:52 | 1:35 | 1:30 | 1:18 | 1:31 | 0:23 | 0:17 | | | | | | | |
| Seniorinnen 2 (3) | | | 2.9 km 0 Hm 17 P | | | | | | | | | | | | | |
| | | | 1(62) | 2(64) | 3(108) | 4(109) | 5(106) | 6(88) | 7(86) | 8(73) | 9(78) | 10(77) | 11(74) | 12(70) | 13(72) | 14(82) |
| | | | 15(81) | 16(107) | 17(110) | Z | | | | | | | | | | |
| 1 | Helene Neff Egnach | 28:10 | 0:44 | 1:06 | 2:01 | 3:44 | 5:07 | 8:59 | 11:03 | 15:19 | 17:06 | 17:32 | 21:39 | 23:35 | 24:35 | 26:03 |
| | | | 0:44 | 0:22 | 0:55 | 1:43 | 1:23 | 3:52 | 2:04 | 4:16 | 1:47 | 0:26 | 4:07 | 1:56 | 1:00 | 1:28 |
| | | | 26:40 | 27:07 | 27:51 | 28:10 | | | | | | | | | | |
| | | | 0:37 | 0:27 | 0:44 | 0:19 | | | | | | | | | | |
| 2 | Annelies Burchia Lüchingen | 43:51 | 1:35 | 2:18 | 3:52 | 5:49 | 8:23 | 13:56 | 17:04 | 24:08 | 28:56 | 29:31 | 33:30 | 36:16 | 38:08 | 40:38 |
| | | | 1:35 | 0:43 | 1:34 | 1:57 | 2:34 | 5:33 | 3:08 | 7:04 | 4:48 | 0:35 | 3:59 | 2:46 | 1:52 | 2:30 |
| | | | 41:20 | 42:02 | 43:29 | 43:51 | | | | | | | | | | |
| | | | 0:42 | 0:42 | 1:27 | 0:22 | | | | | | | | | | |
| | Christa Ebnetter Appenzell | Fehlst | 0:43 | 1:02 | 1:48 | 3:02 | 4:08 | 7:24 | 9:14 | 12:42 | 14:08 | 14:26 | ---- | 16:22 | 17:09 | 18:20 |
| | | | 0:43 | 0:19 | 0:46 | 1:14 | 1:06 | 3:16 | 1:50 | 3:28 | 1:26 | 0:18 | | | | |
| | | | 18:47 | 19:09 | 19:40 | 19:55 | | | | | | | | | | |
| | | | 0:27 | 0:22 | 0:31 | 0:15 | | | | | | | | | | |
| Senioren 3 (10) | | | 3.2 km 0 Hm 20 P | | | | | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(67) | 4(81) | 5(82) | 6(72) | 7(69) | 8(71) | 9(77) | 10(85) | 11(75) | 12(74) | 13(73) | 14(86) |
| | | | 15(104) | 16(105) | 17(106) | 18(108) | 19(109) | 20(110) | Z | | | | | | | |
| 1 | Hannes Suhner Walzenhausen | 22:58 | 0:24 | 0:44 | 1:14 | 1:49 | 2:17 | 4:05 | 4:29 | 5:00 | 7:22 | 8:03 | 9:25 | 10:30 | 12:52 | 16:18 |
| | | | 0:24 | 0:20 | 0:30 | 0:35 | 0:28 | 1:48 | 0:24 | 0:31 | 2:22 | 0:41 | 1:22 | 1:05 | 2:22 | 3:26 |
| | | | 17:20 | 18:36 | 20:07 | 21:07 | 22:22 | 22:45 | 22:58 | | | | | | | |
| | | | 1:02 | 1:16 | 1:31 | 1:00 | 1:15 | 0:23 | 0:13 | | | | | | | |
| | Peter Roth Arbon | 25:09 | 0:30 | 0:47 | 1:19 | 2:00 | 2:24 | 3:39 | 4:08 | 5:11 | 6:58 | 7:44 | 9:24 | 10:55 | 14:09 | 17:41 |
| | | | 0:30 | 0:17 | 0:32 | 0:41 | 0:24 | 1:15 | 0:29 | 1:03 | 1:47 | 0:46 | 1:40 | 1:31 | 3:14 | 3:32 |
| | | | 19:08 | 20:37 | 22:17 | 23:18 | 24:33 | 24:51 | 25:09 | | | | | | | |
| | | | 1:27 | 1:29 | 1:40 | 1:01 | 1:15 | 0:18 | 0:18 | | | | | | | |
| 2 | Erich Brauchli Engelburg | 25:09 | 0:25 | 0:42 | 1:18 | 1:58 | 2:21 | 3:33 | 4:01 | 4:42 | 7:19 | 8:41 | 10:23 | 11:29 | 14:27 | 18:01 |
| | | | 0:25 | 0:17 | 0:36 | 0:40 | 0:23 | 1:12 | 0:28 | 0:41 | 2:37 | 1:22 | 1:42 | 1:06 | 2:58 | 3:34 |
| | | | 19:08 | 20:36 | 22:15 | 23:14 | 24:30 | 24:54 | 25:09 | | | | | | | |
| | | | 1:07 | 1:28 | 1:39 | 0:59 | 1:16 | 0:24 | 0:15 | | | | | | | |
| 4 | Josef Hutter Diepoldsau | 26:46 | 0:23 | 0:46 | 1:25 | 2:17 | 2:41 | 3:53 | 4:26 | 5:07 | 7:21 | 8:41 | 10:20 | 11:34 | 14:42 | 18:33 |
| | | | 0:23 | 0:23 | 0:39 | 0:52 | 0:24 | 1:12 | 0:33 | 0:41 | 2:14 | 1:20 | 1:39 | 1:14 | 3:08 | 3:51 |
| | | | 20:03 | 21:36 | 23:17 | 24:27 | 25:53 | 26:26 | 26:46 | | | | | | | |
| | | | 1:30 | 1:33 | 1:41 | 1:10 | 1:26 | 0:33 | 0:20 | | | | | | | |
| 5 | Willi Streuli Appenzell | 26:51 | 0:21 | 0:40 | 1:19 | 1:59 | 2:27 | 3:46 | 4:19 | 4:57 | 7:39 | 8:29 | 10:09 | 11:23 | 14:46 | 19:03 |
| | | | 0:21 | 0:19 | 0:39 | 0:40 | 0:28 | 1:19 | 0:33 | 0:38 | 2:42 | 0:50 | 1:40 | 1:14 | 3:23 | 4:17 |
| | | | 20:15 | 21:47 | 23:38 | 24:46 | 26:00 | 26:29 | 26:51 | | | | | | | |
| | | | 1:12 | 1:32 | 1:51 | 1:08 | 1:14 | 0:29 | 0:22 | | | | | | | |
| 6 | Viktor Schilter St.Gallen | 30:15 | 0:30 | 0:54 | 1:40 | 2:27 | 2:53 | 5:15 | 5:52 | 6:36 | 9:20 | 10:57 | 12:48 | 14:13 | 17:08 | 21:29 |
| | | | 0:30 | 0:24 | 0:46 | 0:47 | 0:26 | 2:22 | 0:37 | 0:44 | 2:44 | 1:37 | 1:51 | 1:25 | 2:55 | 4:21 |
| | | | 23:43 | 25:14 | 27:03 | 28:10 | 29:34 | 29:55 | 30:15 | | | | | | | |
| | | | 2:14 | 1:31 | 1:49 | 1:07 | 1:24 | 0:21 | 0:20 | | | | | | | |
| 7 | Othmar Buchmann Amriswil | 30:20 | 0:32 | 1:16 | 1:54 | 2:33 | 3:07 | 5:15 | 6:09 | 6:40 | 9:26 | 10:28 | 14:44 | 15:50 | 18:33 | 23:13 |
| | | | 0:32 | 0:44 | 0:38 | 0:39 | 0:34 | 2:08 | 0:54 | 0:31 | 2:46 | 1:02 | 4:16 | 1:06 | 2:43 | 4:40 |
| | | | 24:18 | 25:42 | 27:15 | 28:26 | 29:39 | 30:03 | 30:20 | | | | | | | |
| | | | 1:05 | 1:24 | 1:33 | 1:11 | 1:13 | 0:24 | 0:17 | | | | | | | |
| 8 | Max Weishaupt Teufen | 31:02 | 0:26 | 0:51 | 1:35 | 2:33 | 2:58 | 4:39 | 5:19 | 6:02 | 8:25 | 9:32 | 11:39 | 13:10 | 16:27 | 21:07 |
| | | | 0:26 | 0:25 | 0:44 | 0:58 | 0:25 | 1:41 | 0:40 | 0:43 | 2:23 | 1:07 | 2:07 | 1:31 | 3:17 | 4:40 |
| | | | 22:40 | 24:36 | 26:44 | 28:31 | 30:09 | 30:36 | 31:02 | | | | | | | |
| | | | 1:33 | 1:56 | 2:08 | 1:47 | 1:38 | 0:27 | 0:26 | | | | | | | |
| 9 | Berni Schönenberger Balgach | 32:18 | 0:28 | 1:17 | 2:00 | 2:49 | 3:23 | 5:49 | 6:39 | 7:23 | 11:39 | 13:06 | 14:57 | 16:39 | 19:20 | 23:06 |
| | | | 0:28 | 0:49 | 0:43 | 0:49 | 0:34 | 2:26 | 0:50 | 0:44 | 4:16 | 1:27 | 1:51 | 1:42 | 2:41 | 3:46 |
| | | | 24:37 | 26:38 | 28:48 | 30:15 | 31:33 | 31:58 | 32:18 | | | | | | | |
| | | | 1:31 | 2:01 | 2:10 | 1:27 | 1:18 | 0:25 | 0:20 | | | | | | | |
| 10 | Otto Kunczier Bregenz/A | 38:22 | 2:25 | 2:55 | 3:38 | 4:37 | 5:07 | 8:19 | 9:02 | 10:00 | 13:20 | 14:13 | 16:48 | 18:11 | 23:08 | 27:12 |
| | | | 2:25 | 0:30 | 0:43 | 0:59 | 0:30 | 3:12 | 0:43 | 0:58 | 3:20 | 0:53 | 2:35 | 1:23 | 4:57 | 4:04 |
| | | | 28:38 | 30:24 | 32:10 | 33:49 | 36:52 | 38:01 | 38:22 | | | | | | | |
| | | | 1:26 | 1:46 | 1:46 | 1:39 | 3:03 | 1:09 | 0:21 | | | | | | | |
| Familien (15) | | | 2.4 km 0 Hm 14 P | | | | | | | | | | | | | |
| | | | 1(62) | 2(68) | 3(70) | 4(73) | 5(83) | 6(80) | 7(79) | 8(75) | 9(74) | 10(85) | 11(82) | 12(81) | 13(107) | 14(110) |
| | | | Z | | | | | | | | | | | | | |
| 1 | Thomas Lenherr Thal | 16:47 | 0:26 | 1:53 | 2:38 | 4:21 | 6:23 | 7:46 | 9:02 | 10:53 | 12:02 | 13:41 | 15:28 | 15:51 | 16:11 | 16:33 |
| | | | 0:26 | 1:27 | 0:45 | 1:43 | 2:02 | 1:23 | 1:16 | 1:51 | 1:09 | 1:39 | 1:47 | 0:23 | 0:20 | 0:22 |
| | | | 16:47 | | | | | | | | | | | | | |
| | | | 0:14 | | | | | | | | | | | | | |
| 2 | Livio Koster St.Margrethen | 17:43 | 0:23 | 1:05 | 1:47 | 3:36 | 5:44 | 7:13 | 8:36 | 10:46 | 12:05 | 14:02 | 16:05 | 16:31 | 16:53 | 17:30 |
| | | | 0:23 | 0:42 | 0:42 | 1:49 | 2:08 | 1:29 | 1:23 | 2:10 | 1:19 | 1:57 | 2:03 | 0:26 | 0:22 | 0:37 |
| | | | 17:43 | | | | | | | | | | | | | |
| | | | 0:13 | | | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|-------------------------|--|--------------|--|--|---|---------------------|---|----------------------------|---------------------|---------------------|----------------------------|----------------------------|----------------------|----------------------|-----------------------------|----------------------|
| Familien (15) | | | 2.4 km 0 Hm 14 P | | | | | (Forts.) | | | | | | | | |
| | | | 1(62) Z | 2(68) | 3(70) | 4(73) | 5(83) | 6(80) | 7(79) | 8(75) | 9(74) | 10(85) | 11(82) | 12(81) | 13(107) | 14(110) |
| 3 | Denise Ziegler Widnau | 18:52 | 0:55 0:55 18:52 0:18 | 1:31 0:36 | 2:11 0:40 | 3:57 1:46 | 6:08 2:11 | 7:43 1:35 | 9:06 1:23 | 11:37 2:31 | 13:00 1:23 | 14:54 1:54 | 17:05 2:11 | 17:32 0:27 | 17:57 0:25 | 18:34 0:37 |
| 4 | Sibylle Schäpper Wittenbach | 19:52 | 0:24 0:24 19:52 0:13 | 1:10 0:46 | 2:00 0:50 | 3:54 1:54 | 6:08 2:14 | 7:41 1:33 | 9:08 1:27 | 11:29 2:21 | 14:17 2:48 | 15:57 1:40 | 18:08 2:11 | 18:32 0:24 | 18:54 0:22 | 19:39 0:45 |
| 5 | Flavian Koster St.Margrethen | 21:01 | 0:41 0:41 21:01 0:18 | 1:29 0:48 | 3:59 2:30 | 6:10 2:11 | 8:31 2:21 | 10:05 1:34 | 11:31 1:26 | 13:40 2:09 | 15:10 1:30 | 17:04 1:54 | 19:19 2:15 | 19:45 0:26 | 20:07 0:22 | 20:43 0:36 |
| 6 | Karin Zünd Altstätten | 22:09 | 0:53 0:53 22:09 0:17 | 2:26 1:33 | 3:09 0:43 | 5:33 2:24 | 9:38 4:05 | 11:12 1:34 | 12:38 1:26 | 14:39 2:01 | 16:02 1:23 | 18:01 1:59 | 20:21 2:20 | 20:49 0:28 | 21:13 0:24 | 21:52 0:39 |
| 7 | Christian Rohner Rheineck | 22:13 | 0:46 0:46 22:13 0:16 | 1:32 0:46 | 5:24 3:52 | 7:07 1:43 | 9:25 2:18 | 10:58 1:33 | 12:18 1:20 | 14:51 2:33 | 16:16 1:25 | 18:04 1:48 | 20:13 2:09 | 20:57 0:44 | 21:20 0:23 | 21:57 0:37 |
| 8 | Manuel Bischofberger Oberegg | 22:24 | 0:33 0:33 22:24 0:13 | 2:55 2:22 | 3:51 0:56 | 6:06 2:15 | 8:33 2:27 | 10:11 1:38 | 11:30 1:19 | 14:24 2:54 | 16:08 1:44 | 18:01 1:53 | 20:30 2:29 | 21:00 0:30 | 21:27 0:27 | 22:11 0:44 |
| 9 | Sylvia Sieber St.Margrethen | 23:05 | 0:34 0:34 23:05 0:16 | 1:22 0:48 | 2:10 0:48 | 4:55 2:45 | 7:38 2:43 | 9:40 2:02 | 11:34 1:54 | 14:00 2:26 | 15:43 1:43 | 18:00 2:17 | 20:57 2:57 | 21:29 0:32 | 22:01 0:32 | 22:49 0:48 |
| 10 | Hanspeter Bärtschi Engelburg | 24:18 | 1:04 1:04 24:18 0:15 | 1:47 0:43 | 2:30 0:43 | 4:53 2:23 | 7:10 2:17 | 8:45 1:35 | 10:13 1:28 | 13:01 2:48 | 14:28 1:27 | 16:22 1:54 | 18:56 2:34 | 19:39 0:43 | 20:05 0:26 | 24:03 3:58 |
| 11 | Susanne Sandmeier Herisau | 27:36 | 0:30 0:30 27:36 0:13 | 1:11 0:41 | 1:57 0:46 | 3:48 1:51 | 6:35 2:47 | 15:16 8:41 | 16:40 1:24 | 18:58 2:18 | 20:31 1:33 | 22:41 2:10 | 25:46 3:05 | 26:16 0:30 | 26:39 0:23 | 27:23 0:44 |
| 12 | Dyna Galli Marbach | 35:44 | 0:58 0:58 35:44 0:19 | 2:09 1:11 | 3:20 1:11 | 7:32 4:12 | 11:11 3:39 | 14:38 3:27 | 17:08 2:30 | 20:54 3:46 | 24:05 3:11 | 27:29 3:24 | 31:42 4:13 | 33:12 1:30 | 34:05 0:53 | 35:25 1:20 |
| 13 | Felix Gruler Berneck | 36:34 | 1:53 1:53 36:34 0:17 | 2:59 1:06 | 6:41 3:42 | 9:15 2:34 | 15:19 6:04 | 18:20 3:01 | 20:29 2:09 | 24:20 3:51 | 26:45 2:25 | 30:05 3:20 | 33:09 3:04 | 34:42 1:33 | 35:22 0:40 | 36:17 0:55 |
| 14 | Rony Kolb Widnau | 39:33 | 1:37 1:37 39:33 0:40 | 3:57 2:20 | 5:25 1:28 | 9:13 3:48 | 14:18 5:05 | 17:17 2:59 | 20:03 2:46 | 24:06 4:03 | 26:46 2:40 | 30:30 3:44 | 35:18 4:48 | 36:38 1:20 | 37:25 0:47 | 38:53 1:28 |
| 15 | Lena Bischofberger Oberegg | 45:16 | 1:21 1:21 45:16 0:25 | 2:43 1:22 | 4:55 2:12 | 9:26 4:31 | 13:48 4:22 | 21:50 8:02 | 24:44 2:54 | 28:22 3:38 | 31:15 2:53 | 35:20 4:05 | 40:45 5:25 | 42:47 2:02 | 43:36 0:49 | 44:51 1:15 |
| Plausch kurz (5) | | | 2.1 km 0 Hm 16 P | | | | | | | | | | | | | |
| | | | 1(63) 15(109) | 2(65) 16(110) | 3(67) Z | 4(81) | 5(82) | 6(85) | 7(76) | 8(79) | 9(80) | 10(83) | 11(84) | 12(73) | 13(102) | 14(89) |
| 1 | Yannis Jud Romanshorn | 16:54 | 0:20 0:20 16:22 0:39 | 0:37 0:17 16:42 0:20 | 0:56 0:19 16:54 0:12 | 1:45 0:49 | 2:05 0:20 | 5:17 3:12 | 6:12 0:55 | 7:14 1:02 | 8:45 1:31 | 10:16 1:31 | 11:48 1:32 | 12:44 0:56 | 14:48 2:04 | 15:43 0:55 |
| 2 | Cyrill Schäpper Wittenbach | 17:08 | 0:32 0:32 16:34 0:31 | 0:50 0:18 16:55 0:21 | 1:16 0:26 17:08 0:13 | 2:32 1:16 | 2:59 0:27 14:53 *103 | 5:17 2:18 | 6:38 1:21 | 7:50 1:12 | 9:12 1:22 | 10:43 1:31 | 12:05 1:22 | 13:09 1:04 | 15:19 2:10 | 16:03 0:44 |
| 3 | Corinne Bischofberger Oberegg | 18:04 | 0:44 0:44 16:42 1:56 | 0:58 0:14 17:46 1:04 | 1:22 0:24 18:04 0:18 | 2:01 0:39 | 2:23 0:22 | 4:19 1:56 | 5:49 1:30 | 6:52 1:03 | 8:04 1:12 | 9:32 1:28 | 11:01 1:29 | 12:05 1:04 | 14:00 1:55 | 14:46 0:46 |
| 4 | Julian Schäpper Wittenbach | 18:14 | 1:37 1:37 17:33 0:29 | 1:55 0:18 18:00 0:27 | 2:21 0:26 18:14 0:14 | 3:34 1:13 | 4:03 0:29 | 6:48 2:45 | 7:40 0:52 | 8:52 1:12 | 10:13 1:21 | 11:48 1:35 | 13:10 1:22 | 14:18 1:08 | 16:19 2:01 | 17:04 0:45 |
| 5 | Manuel Bischofberger Oberegg | 19:30 | 0:49 0:49 18:51 1:03 | 1:08 0:19 19:15 0:24 | 1:55 0:47 19:30 0:15 | 2:53 0:58 | 3:20 0:27 | 5:53 2:33 | 7:12 1:19 | 8:25 1:13 | 9:49 1:24 | 11:39 1:50 | 13:31 1:52 | 14:42 1:11 | 17:07 2:25 | 17:48 0:41 |

| Pl | Name | Zeit | 2.5 km 0 Hm 15 P | | | | | | | | | | | | | | |
|----|----------------------------------|-------|------------------|------------|-------|-------|-------|-------|-------|-------|--------|--------|---------|--------|---------|---------|--|
| | | | 1(65) 15(110) | 2(67) Z | 3(69) | 4(70) | 5(85) | 6(84) | 7(86) | 8(87) | 9(105) | 10(89) | 11(102) | 12(82) | 13(107) | 14(109) | |
| 1 | Pascal Frei Widnau | 18:05 | 0:31 | 0:56 | 1:46 | 2:09 | 4:06 | 5:53 | 9:40 | 11:44 | 12:40 | 13:45 | 14:43 | 15:53 | 16:42 | 17:31 | |
| | | | 0:31 | 0:25 | 0:50 | 0:23 | 1:57 | 1:47 | 3:47 | 2:04 | 0:56 | 1:05 | 0:58 | 1:10 | 0:49 | 0:49 | |
| | | | 17:49 | 18:05 | 0:18 | 0:16 | | | | | | | | | | | |
| 2 | Roland Sturzenegger Heerbrugg | 18:46 | 0:34 | 1:01 | 2:13 | 2:47 | 4:17 | 6:05 | 9:33 | 11:35 | 12:21 | 13:37 | 14:26 | 15:48 | 16:35 | 17:29 | |
| | | | 0:34 | 0:27 | 1:12 | 0:34 | 1:30 | 1:48 | 3:28 | 2:02 | 0:46 | 1:16 | 0:49 | 1:22 | 0:47 | 0:54 | |
| | | | 18:29 | 18:46 | 1:00 | 0:17 | | | | | | | | | | | |
| 3 | Heinz Herzog Thal | 19:01 | 0:48 | 1:11 | 2:28 | 2:53 | 4:28 | 6:24 | 9:47 | 11:50 | 12:40 | 13:53 | 14:42 | 16:18 | 17:02 | 18:22 | |
| | | | 0:48 | 0:23 | 1:17 | 0:25 | 1:35 | 1:56 | 3:23 | 2:03 | 0:50 | 1:13 | 0:49 | 1:36 | 0:44 | 1:20 | |
| | | | 18:48 | 19:01 | 0:26 | 0:13 | | | | | | | | | | | |
| 4 | Céline Fehr Widnau | 19:40 | 0:29 | 0:55 | 1:45 | 2:04 | 4:06 | 6:05 | 10:05 | 12:23 | 13:22 | 14:45 | 15:37 | 16:51 | 17:41 | 18:29 | |
| | | | 0:29 | 0:26 | 0:50 | 0:19 | 2:02 | 1:59 | 4:00 | 2:18 | 0:59 | 1:23 | 0:52 | 1:14 | 0:50 | 0:48 | |
| | | | 19:25 | 19:40 | 0:56 | 0:15 | | | | | | | | | | | |
| 5 | Curdin Gantenbein Widnau | 19:41 | 0:30 | 0:54 | 1:50 | 2:17 | 3:55 | 5:53 | 9:52 | 12:18 | 13:10 | 14:38 | 15:30 | 17:08 | 17:57 | 18:48 | |
| | | | 0:30 | 0:24 | 0:56 | 0:27 | 1:38 | 1:58 | 3:59 | 2:26 | 0:52 | 1:28 | 0:52 | 1:38 | 0:49 | 0:51 | |
| | | | 19:18 | 19:41 | 0:30 | 0:23 | | | | | | | | | | | |
| 6 | Eva-Marie Heule Widnau | 20:53 | 0:33 | 0:59 | 2:06 | 2:30 | 4:04 | 6:40 | 10:31 | 13:26 | 14:26 | 16:12 | 16:54 | 18:25 | 19:19 | 20:10 | |
| | | | 0:33 | 0:26 | 1:07 | 0:24 | 1:34 | 2:36 | 3:51 | 2:55 | 1:00 | 1:46 | 0:42 | 1:31 | 0:54 | 0:51 | |
| | | | 20:34 | 20:53 | 0:24 | 0:19 | | | | | | | | | | | |
| 7 | Robin Eugster Widnau | 21:46 | 2:38 | 2:59 | 3:40 | 4:02 | 5:33 | 7:42 | 11:23 | 13:30 | 14:49 | 15:45 | 16:30 | 18:02 | 18:45 | 19:22 | |
| | | | 2:38 | 0:21 | 0:41 | 0:22 | 1:31 | 2:09 | 3:41 | 2:07 | 1:19 | 0:56 | 0:45 | 1:32 | 0:43 | 0:37 | |
| | | | 21:29 | 21:46 | 2:07 | 0:17 | | | | | | | | | | | |
| 8 | Francesco Ambrosano Widnau | 22:52 | 0:38 | 1:06 | 1:54 | 2:18 | 3:58 | 6:03 | 9:42 | 12:42 | 13:54 | 15:34 | 16:34 | 17:53 | 21:11 | 22:06 | |
| | | | 0:38 | 0:28 | 0:48 | 0:24 | 1:40 | 2:05 | 3:39 | 3:00 | 1:12 | 1:40 | 1:00 | 1:19 | 3:18 | 0:55 | |
| | | | 22:37 | 22:52 | 0:31 | 0:15 | | | | | | | | | | | |
| 9 | Silvan Grüninger Widnau | 23:22 | 0:36 | 1:05 | 2:02 | 2:32 | 5:18 | 7:39 | 11:56 | 14:29 | 15:34 | 16:58 | 18:20 | 19:38 | 20:52 | 21:49 | |
| | | | 0:36 | 0:29 | 0:57 | 0:30 | 2:46 | 2:21 | 4:17 | 2:33 | 1:05 | 1:24 | 1:22 | 1:18 | 1:14 | 0:57 | |
| | | | 23:00 | 23:22 | 1:11 | 0:22 | | | | | | | | | | | |
| 10 | Julia Poljansek Widnau | 23:46 | 0:30 | 0:54 | 3:56 | 4:12 | 5:49 | 8:11 | 12:04 | 15:03 | 16:03 | 17:30 | 18:26 | 20:35 | 21:22 | 22:24 | |
| | | | 0:30 | 0:24 | 3:02 | 0:16 | 1:37 | 2:22 | 3:53 | 2:59 | 1:00 | 1:27 | 0:56 | 2:09 | 0:47 | 1:02 | |
| | | | 23:24 | 23:46 | 1:00 | 0:22 | | | | | | | | | | | |
| 11 | Sandro Bartholet Widnau | 23:50 | 0:25 | 0:49 | 2:38 | 3:07 | 4:36 | 6:24 | 13:23 | 15:35 | 16:36 | 17:57 | 18:41 | 20:36 | 21:48 | 22:54 | |
| | | | 0:25 | 0:24 | 1:49 | 0:29 | 1:29 | 1:48 | 6:59 | 2:12 | 1:01 | 1:21 | 0:44 | 1:55 | 1:12 | 1:06 | |
| | | | 23:37 | 23:50 | 0:43 | 0:13 | | | | | | | | | | | |
| 12 | Leonie Benz Untereggen | 24:20 | 1:00 | 1:33 | 2:47 | 3:24 | 5:25 | 7:58 | 12:20 | 15:06 | 16:05 | 18:06 | 19:10 | 21:00 | 22:06 | 23:14 | |
| | | | 1:00 | 0:33 | 1:14 | 0:37 | 2:01 | 2:33 | 4:22 | 2:46 | 0:59 | 2:01 | 1:04 | 1:50 | 1:06 | 1:08 | |
| | | | 24:03 | 24:20 | 0:49 | 0:17 | | | | | | | | | | | |
| 13 | Céline Bawidammann Widnau | 24:23 | 0:26 | 0:50 | 1:36 | 2:03 | 4:02 | 6:02 | 12:18 | 14:16 | 15:19 | 17:24 | 18:15 | 20:03 | 21:00 | 21:47 | |
| | | | 0:26 | 0:24 | 0:46 | 0:27 | 1:59 | 2:00 | 6:16 | 1:58 | 1:03 | 2:05 | 0:51 | 1:48 | 0:57 | 0:47 | |
| | | | 24:04 | 24:23 | 2:17 | 0:19 | | | | | | | | | | | |
| 14 | Lia Fenyödi Widnau | 24:27 | 0:28 | 0:51 | 2:30 | 2:50 | 4:14 | 6:17 | 11:18 | 14:13 | 15:39 | 16:54 | 20:17 | 21:22 | 22:37 | 23:28 | |
| | | | 0:28 | 0:23 | 1:39 | 0:20 | 1:24 | 2:03 | 5:01 | 2:55 | 1:26 | 1:15 | 3:23 | 1:05 | 1:15 | 0:51 | |
| | | | 24:10 | 24:27 | 0:42 | 0:17 | | | | | | | | | | | |
| 15 | Dario Bartholet Widnau | 25:03 | 2:28 | 2:49 | 3:51 | 4:13 | 5:44 | 7:35 | 14:31 | 16:41 | 17:46 | 19:04 | 19:47 | 21:42 | 23:00 | 24:03 | |
| | | | 2:28 | 0:21 | 1:02 | 0:22 | 1:31 | 1:51 | 6:56 | 2:10 | 1:05 | 1:18 | 0:43 | 1:55 | 1:18 | 1:03 | |
| | | | 24:47 | 25:03 | 0:44 | 0:16 | | | | | | | | | | | |
| 16 | Jeannette Sieber Widnau | 26:01 | 1:05 | 1:32 | 2:51 | 3:17 | 5:26 | 8:25 | 13:34 | 16:04 | 17:21 | 19:28 | 20:26 | 22:15 | 23:28 | 24:46 | |
| | | | 1:05 | 0:27 | 1:19 | 0:26 | 2:09 | 2:59 | 5:09 | 2:30 | 1:17 | 2:07 | 0:58 | 1:49 | 1:13 | 1:18 | |
| | | | 25:41 | 26:01 | 0:55 | 0:20 | | | | | | | | | | | |
| 17 | Yasmin Chéreau Widnau | 26:37 | 0:31 | 0:55 | 1:51 | 2:46 | 4:47 | 9:04 | 13:25 | 15:57 | 18:46 | 19:55 | 21:07 | 22:31 | 24:23 | 25:33 | |
| | | | 0:31 | 0:24 | 0:56 | 0:55 | 2:01 | 4:17 | 4:21 | 2:32 | 2:49 | 1:09 | 1:12 | 1:24 | 1:52 | 1:10 | |
| | | | 25:52 | 26:37 | 0:19 | 0:45 | | | | | | | | | | | |
| 18 | Bajrulija Krza Widnau | 27:12 | 0:42 | 1:05 | 2:31 | 2:48 | 4:49 | 8:05 | 12:32 | 15:07 | 16:35 | 18:03 | 21:02 | 23:23 | 24:11 | 26:30 | |
| | | | 0:42 | 0:23 | 1:26 | 0:17 | 2:01 | 3:16 | 4:27 | 2:35 | 1:28 | 1:28 | 2:59 | 2:21 | 0:48 | 2:19 | |
| | | | 26:56 | 27:12 | 0:26 | 0:16 | | | | | | | | | | | |
| 19 | Tamara Jaricic Widnau | 27:16 | 0:37 | 1:09 | 2:12 | 2:40 | 4:58 | 7:42 | 13:22 | 16:50 | 17:54 | 20:17 | 21:28 | 24:06 | 25:32 | 26:35 | |
| | | | 0:37 | 0:32 | 1:03 | 0:28 | 2:18 | 2:44 | 5:40 | 3:28 | 1:04 | 2:23 | 1:11 | 2:38 | 1:26 | 1:03 | |
| | | | 26:55 | 27:16 | 0:20 | 0:21 | | | | | | | | | | | |
| 20 | Lea Spirig Widnau | 27:30 | 0:45 | 1:16 | 2:15 | 2:37 | 4:43 | 8:24 | 12:19 | 17:25 | 19:14 | 20:28 | 21:25 | 24:05 | 25:22 | 26:27 | |
| | | | 0:45 | 0:31 | 0:59 | 0:22 | 2:06 | 3:41 | 3:55 | 5:06 | 1:49 | 1:14 | 0:57 | 2:40 | 1:17 | 1:05 | |
| | | | 27:07 | 27:30 | 0:40 | 0:23 | | | | | | | | | | | |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|----------------------------|--|--------------|-------------------------------|-------------------------------|--------------|-------------------------------|------------------------------|--------------------------------|----------------|-----------------|----------------|---------------|----------------|---------------|---------------|---------------|
| Plausch mittel (55) | | | 2.5 km 0 Hm 15 P | | | | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(65) 15(110) | 2(67) Z | 3(69) | 4(70) | 5(85) | 6(84) | 7(86) | 8(87) | 9(105) | 10(89) | 11(102) | 12(82) | 13(107) | 14(109) |
| 21 | Patricia Bischofberger Widnau | 27:45 | 0:34 0:34 27:25 0:46 | 1:00 0:26 27:45 0:20 | 1:50 0:50 | 2:14 0:24 | 3:47 1:33 | 6:29 2:42 | 16:53 10:24 | 19:11 2:18 | 20:44 1:33 | 21:50 1:06 | 23:20 1:30 | 24:34 1:14 | 25:47 1:13 | 26:39 0:52 |
| 22 | Karin Mosch Rebstein | 28:52 | 1:09 1:09 28:26 0:32 | 1:41 0:32 28:52 0:26 | 3:16 1:35 | 6:10 2:54 | 8:40 2:30 | 10:56 2:16 | 15:33 4:37 | 18:27 2:54 | 19:33 1:06 | 21:16 1:43 | 22:29 1:13 | 24:24 1:55 | 26:20 1:56 | 27:54 1:34 |
| 23 | Mirjam Seitz Widnau | 29:45 | 0:35 0:35 29:30 1:15 | 1:10 0:35 29:45 0:15 | 2:25 1:15 | 3:15 0:50 | 5:14 1:59 | 8:06 2:52 | 14:07 6:01 | 17:43 3:36 | 19:16 1:33 | 21:29 2:13 | 22:41 1:12 | 23:49 1:08 | 27:11 3:22 | 28:15 1:04 |
| 24 | Sebastian Spirig Widnau | 30:03 | 0:53 0:53 29:47 0:26 | 1:19 0:26 30:03 0:16 | 2:21 1:02 | 2:57 0:36 0:34 *62 | 5:20 2:23 | 10:34 5:14 | 15:38 5:04 | 19:25 3:47 | 20:53 1:28 | 23:30 2:37 | 24:39 1:09 | 27:17 2:38 | 28:24 1:07 | 29:21 0:57 |
| 25 | Julia Sieber Widnau | 31:31 | 1:04 1:04 31:10 0:43 | 1:34 0:30 31:31 0:21 | 2:51 1:17 | 3:28 0:37 | 5:43 2:15 | 9:59 4:16 | 17:49 7:50 | 21:56 4:07 | 23:14 1:18 | 24:54 1:40 | 26:34 1:40 | 28:37 2:03 | 29:38 1:01 | 30:27 0:49 |
| 26 | Tanja Bognar Widnau | 32:01 | 0:27 0:27 31:46 0:28 | 1:01 0:34 32:01 0:15 | 1:48 0:47 | 2:10 0:22 | 4:10 2:00 | 7:25 3:15 | 14:05 6:40 | 19:22 5:17 | 20:46 1:24 | 22:03 1:17 | 23:20 1:17 | 26:52 3:32 | 29:40 2:48 | 31:18 1:38 |
| 27 | Marc Pöttsch Staad | 32:35 | 0:52 0:52 32:20 0:19 | 2:54 2:02 32:35 0:15 | 5:23 2:29 | 5:44 0:21 | 10:37 4:53 | 13:19 2:42 | 17:31 4:12 | 20:08 2:37 | 22:15 2:07 | 24:52 2:37 | 25:50 0:58 | 28:51 3:01 | 30:22 1:31 | 32:01 1:39 |
| 28 | Valeria Sadiku Widnau | 32:55 | 0:34 0:34 32:38 1:19 | 0:59 0:25 32:55 0:17 | 1:53 0:54 | 2:14 0:21 17:31 *88 | 3:51 1:37 | 6:46 2:55 | 14:13 7:27 | 21:15 7:02 | 22:20 1:05 | 23:45 1:25 | 27:01 3:16 | 28:41 1:40 | 30:23 1:42 | 31:19 0:56 |
| 29 | Katja Büchel St.Margrethen | 33:01 | 0:49 0:49 32:20 0:54 | 1:17 0:28 33:01 0:41 | 2:30 1:13 | 3:00 0:30 | 5:50 2:50 | 9:02 3:12 | 15:54 6:52 | 20:00 4:06 | 21:32 1:32 | 23:55 2:23 | 25:25 1:30 | 28:39 3:14 | 30:07 1:28 | 31:26 1:19 |
| 30 | Julia Schnider Widnau | 33:38 | 0:55 0:55 33:21 0:23 | 1:53 0:58 33:38 0:17 | 6:22 4:29 | 6:45 0:23 | 9:07 2:22 | 12:35 3:28 | 20:45 8:10 | 25:45 5:00 | 26:43 0:58 | 28:23 1:40 | 29:41 1:18 | 31:04 1:23 | 32:01 0:57 | 32:58 0:57 |
| 31 | Angela Vogel Widnau | 33:52 | 0:30 0:30 33:36 0:35 | 0:52 0:22 33:52 0:16 | 1:39 0:47 | 1:59 0:20 | 3:30 1:31 | 5:47 2:17 | 10:40 4:53 | 13:38 2:58 | 25:51 12:13 | 27:26 1:35 | 28:14 0:48 | 30:08 1:54 | 32:06 1:58 | 33:01 0:55 |
| 32 | Sabrina Fretz Widnau | 35:21 | 3:35 3:35 35:02 1:06 | 4:01 0:26 35:21 0:19 | 5:06 1:05 | 5:26 0:20 23:36 *107 | 7:32 2:06 24:45 *82 | 11:11 3:39 | 15:34 4:23 | 19:24 3:50 | 20:32 1:08 | 22:52 2:20 | 29:58 7:06 | 31:11 1:13 | 32:50 1:39 | 33:56 1:06 |
| 33 | Ralf Schmitter Widnau | 35:50 | 1:25 1:25 35:34 1:24 | 1:56 0:31 35:50 0:16 | 9:56 8:00 | 10:32 0:36 | 11:59 1:27 | 14:40 2:41 | 18:35 3:55 | 21:33 2:58 | 23:00 1:27 | 24:56 1:56 | 28:46 3:50 | 31:05 2:19 | 32:55 1:50 | 34:10 1:15 |
| 34 | Marc Popp Widnau | 36:05 | 0:50 0:50 35:46 0:42 | 1:24 0:34 36:05 0:19 | 2:45 1:21 | 3:20 0:35 | 5:53 2:33 | 8:28 2:35 | 13:07 4:39 | 16:07 3:00 | 17:13 1:06 | 18:48 1:35 | 30:24 11:36 | 32:48 2:24 | 33:49 1:01 | 35:04 1:15 |
| 35 | Soheyla Fischlin Widnau | 36:28 | 0:51 0:51 36:07 0:20 | 1:23 0:32 36:28 0:21 | 2:20 0:57 | 3:02 0:42 | 4:36 1:34 | 7:18 2:42 | 12:01 4:43 | 15:25 3:24 | 27:00 11:35 | 28:56 1:56 | 30:17 1:21 | 32:34 2:17 | 33:46 1:12 | 35:47 2:01 |
| 36 | Marco Näf Widnau | 36:57 | 0:48 0:48 36:39 1:17 | 1:24 0:36 36:57 0:18 | 2:22 0:58 | 3:08 0:46 | 5:07 1:59 | 9:13 4:06 | 18:04 8:51 | 22:41 4:37 | 23:58 1:17 | 26:11 2:13 | 29:52 3:41 | 32:02 2:10 | 33:59 1:57 | 35:22 1:23 |
| 37 | Lea Schneider Widnau | 37:14 | 1:20 1:20 36:57 0:21 | 1:45 0:25 37:14 0:17 | 2:34 0:49 | 4:04 1:30 | 6:09 2:05 | 10:36 4:27 | 26:11 15:35 | 28:31 2:20 | 29:39 1:08 | 31:15 1:36 | 31:57 0:42 | 33:50 1:53 | 35:03 1:13 | 36:36 1:33 |
| 38 | Lukas Bösch Widnau | 41:12 | 0:58 0:58 40:50 1:05 | 1:22 0:24 41:12 0:22 | 2:33 1:11 | 3:11 0:38 | 5:23 2:12 | 8:38 3:15 | 14:33 5:55 | 19:30 4:57 | 24:16 4:46 | 27:07 2:51 | 28:59 1:52 | 34:55 5:56 | 37:31 2:36 | 39:45 2:14 |
| 39 | Irgis Berke Widnau | 42:27 | 0:52 0:52 42:11 1:06 | 1:25 0:33 42:27 0:16 | 5:04 3:39 | 6:35 1:31 31:01 *107 | 9:05 2:30 32:04 *82 | 12:15 3:10 35:07 *107 | 21:14 8:59 | 26:19 5:05 | 27:38 1:19 | 30:00 2:22 | 37:15 7:15 | 38:27 1:12 | 40:00 1:33 | 41:05 1:05 |
| 40 | Michela Papantuona Widnau | 43:28 | 0:33 0:33 43:09 4:20 | 1:42 1:09 43:28 0:19 | 2:52 1:10 | 3:18 0:26 | 5:02 1:44 | 7:36 2:34 | 18:08 10:32 | 23:15 5:07 | 25:02 1:47 | 27:45 2:43 | 32:13 4:28 | 34:36 2:23 | 37:14 2:38 | 38:49 1:35 |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|----------------------------|----------------------------|---------|---------------------------------|---------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----------------|-----------------|-----------------|-----------------|------------------|-----------------|-----------------|
| Plausch mittel (55) | | | 2.5 km 0 Hm 15 P | | | | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(65) 15(110) | 2(67) Z | 3(69) | 4(70) | 5(85) | 6(84) | 7(86) | 8(87) | 9(105) | 10(89) | 11(102) | 12(82) | 13(107) | 14(109) |
| 41 | Ladina Brotzer Widnau | 46:51 | 1:03 1:03 46:27 0:22 | 1:40 0:37 46:51 0:24 | 2:53 1:13 | 3:36 0:43 | 6:26 2:50 | 9:42 3:16 | 18:59 9:17 | 23:30 4:31 | 24:32 1:02 | 37:50 13:18 | 41:12 3:22 | 43:28 2:16 | 44:35 1:07 | 46:05 1:30 |
| 42 | Sarah Pareth Widnau | 49:38 | 1:18 1:18 49:15 0:24 | 2:01 0:43 49:38 0:23 | 6:48 4:47 | 8:09 1:21 | 10:58 2:49 | 20:11 9:13 | 35:59 15:48 | 39:04 3:05 | 39:56 0:52 | 42:13 2:17 | 42:53 0:40 | 46:36 3:43 | 47:24 0:48 | 48:51 1:27 |
| 43 | Norbert Bühler Widnau | 49:58 | 1:49 1:49 49:21 0:54 | 2:49 1:00 49:58 0:37 | 4:13 1:24 | 5:10 0:57 | 8:19 3:09 | 13:47 5:28 | 24:03 10:16 | 29:26 5:23 | 32:22 2:56 | 35:57 3:35 | 38:30 2:33 | 42:26 3:56 | 44:41 2:15 | 48:27 3:46 |
| 44 | Terry Spring Widnau | 1:06:08 | 0:31 0:31 1:05:50 0:16 | 0:59 0:28 1:06:08 0:18 | 1:59 1:00 | 3:22 1:23 | 5:43 2:21 | 34:58 29:15 | 52:37 17:39 | 56:00 3:23 | 57:23 1:23 | 59:15 1:52 | 1:00:35 1:20 | 1:02:54 2:19 | 1:04:18 1:24 | 1:05:34 1:16 |
| 45 | Cornel Vogel Widnau | 1:16:59 | 1:30 1:30 1:16:39 0:25 | 2:04 0:34 1:16:59 0:20 | 3:00 0:56 | 15:14 12:14 | 28:29 13:15 | 32:05 3:36 | 59:23 27:18 | 1:05:36 6:13 | 1:08:34 2:58 | 1:10:50 2:16 | 1:12:51 2:01 | 1:14:08 1:17 | 1:14:55 0:47 | 1:16:14 1:19 |
| 46 | Alessandra Lutz Widnau | 1:20:21 | 0:44 0:44 1:19:50 0:27 | 1:45 1:01 1:20:21 0:31 | 2:55 1:10 | 16:19 13:24 | 29:38 13:19 | 34:07 4:29 | 1:00:30 26:23 | 1:07:58 7:28 | 1:10:00 2:02 | 1:12:28 2:28 | 1:14:18 1:50 | 1:15:40 1:22 | 1:18:00 2:20 | 1:19:23 1:23 |
| 47 | Florian Tinner Widnau | 1:22:22 | 0:40 0:40 1:21:31 1:33 | 1:15 0:35 1:22:22 0:51 | 2:26 1:11 | 3:34 1:08 | 5:32 1:58 | 53:39 48:07 | 1:02:35 8:56 | 1:07:10 4:35 | 1:09:05 1:55 | 1:11:53 2:48 | 1:13:29 1:36 | 1:16:14 2:45 | 1:18:10 1:56 | 1:19:58 1:48 |
| 48 | Giulia Manitta Widnau | 1:28:28 | 1:21 1:21 1:27:48 0:34 | 2:29 1:08 1:28:28 0:40 | 3:41 1:12 | 4:29 0:48 | 8:21 3:52 | 40:23 32:02 | 47:14 6:51 | 51:51 4:37 | 53:10 1:19 | 55:17 2:07 | 56:46 1:29 | 1:24:36 27:50 | 1:25:39 1:03 | 1:27:14 1:35 |
| | Sandro Gschwend Widnau | Fehlst | 0:52 0:52 25:10 0:31 | 1:20 0:28 25:27 0:17 | 5:26 4:06 | 5:49 0:23 | 7:31 1:42 | 9:54 2:23 | 14:26 4:32 | 16:25 1:59 | 17:14 0:49 | 18:27 1:13 | ----- 4:05 | 22:32 1:17 | 23:49 1:17 | 24:39 0:50 |
| | Jamie Bucher Widnau | Fehlst | 1:33 1:33 21:36 0:25 | ----- 21:52 0:16 | 3:01 1:28 | 3:26 0:25 | 5:08 1:42 | 7:39 2:31 | 11:32 3:53 | 14:28 2:56 | 15:31 1:03 | 17:14 1:43 | 17:56 0:42 | 19:27 1:31 | 20:20 0:53 | 21:11 0:51 |
| | Patrick Masiero Widnau | Fehlst | 0:33 0:33 35:23 1:25 | 0:55 0:22 35:52 0:29 | 1:56 1:01 | 2:21 0:25 | 4:47 2:26 | 7:20 2:33 | 15:02 7:42 | 19:52 4:50 | 21:53 2:01 | 24:51 2:58 | 26:51 2:00 | 31:56 5:05 | 33:58 2:02 | ----- |
| | Lucas Ortega Widnau | Fehlst | 0:31 0:31 16:12 0:46 | 1:02 0:31 16:28 0:16 | 1:52 0:50 | 2:15 0:23 | 3:28 1:13 | 4:56 1:28 | 8:26 3:30 | 10:02 1:36 | 11:02 1:00 | 11:58 0:56 | 12:35 0:37 | 13:49 1:14 | 15:26 1:37 | ----- |
| | Aidhe Demolli Widnau | Fehlst | 0:36 0:36 20:42 0:18 | 1:09 0:33 21:00 0:18 | 1:53 0:44 | 3:28 1:35 | 5:05 1:37 | 7:04 1:59 | 10:19 3:15 | 12:15 1:56 | 13:04 0:49 | 14:09 1:05 | ----- 1:05 | 18:16 4:07 | 19:36 1:20 | 20:24 0:48 |
| | Fabian Kühnis Widnau | Fehlst | 3:26 3:26 38:22 1:16 | 3:55 0:29 38:39 0:17 | 4:52 0:57 | 5:14 0:22 | 7:29 2:15 | 11:52 4:23 | ----- 4:23 | 23:50 11:58 | 26:53 3:03 | ----- 4:50 | 31:43 2:36 | 34:19 2:36 | 35:02 0:43 | 37:06 2:04 |
| | Alex Tresch Widnau | Fehlst | 0:42 0:42 34:49 3:14 | 1:15 0:33 35:10 0:21 | 2:15 1:00 | ----- 3:51 *72 | 9:19 7:04 23:46 *107 | 11:47 2:28 33:24 *61 | 16:27 4:40 | 20:26 3:59 | 21:33 1:07 | 22:58 1:25 | ----- 1:25 | 28:07 5:09 | 29:41 1:34 | 31:35 1:54 |
| Plausch lang (15) | | | 3.5 km 0 Hm 20 P | | | | | | | | | | | | | |
| | | | 1(62) 15(79) | 2(64) 16(76) | 3(108) 17(70) | 4(89) 18(81) | 5(105) 19(107) | 6(101) 20(110) | 7(91) Z | 8(88) | 9(86) | 10(104) | 11(102) | 12(103) | 13(73) | 14(84) |
| 1 | Björn Aerni Widnau | 24:50 | 0:27 0:27 18:14 | 0:38 0:11 19:40 | 1:21 0:43 22:08 | 3:16 1:55 23:19 | 4:09 0:53 23:47 | 5:22 1:13 24:33 | 5:59 0:37 24:50 | 7:49 1:50 | 9:30 1:41 | 10:36 1:06 | 12:39 2:03 | 12:53 0:14 | 15:07 2:14 | 15:59 0:52 |
| 2 | August Waser Altstätten | 26:20 | 2:15 0:36 19:11 1:59 | 1:26 0:26 20:18 1:07 | 2:28 0:50 22:41 2:23 | 3:44 1:52 24:19 1:38 | 4:52 1:08 25:00 0:41 | 6:15 1:23 26:02 1:02 | 6:57 0:42 26:20 0:18 | 8:57 2:00 | 10:44 1:47 | 11:56 1:12 | 14:10 2:14 | 14:27 0:17 | 16:13 1:46 | 17:12 0:59 |
| 3 | Nina Zünd Widnau | 27:59 | 0:44 0:44 21:12 1:57 | 1:04 0:20 22:17 1:05 | 1:50 0:46 24:55 2:38 | 3:24 1:34 26:34 1:39 | 4:35 1:11 27:03 0:29 | 5:51 1:16 27:44 0:41 | 6:32 0:41 27:59 0:15 | 8:20 1:48 | 10:01 1:41 | 11:16 1:15 | 13:08 1:52 | 13:51 0:43 | 17:55 4:04 | 19:15 1:20 |
| 4 | Flavia Steffen Rebstein | 29:57 | 0:31 0:31 21:28 2:22 | 0:43 0:12 23:53 2:25 | 1:25 0:42 26:52 2:59 | 3:09 1:44 28:29 1:37 | 4:30 1:21 28:52 0:23 | 6:17 1:47 29:37 0:45 | 7:10 0:53 29:57 0:20 | 9:21 2:11 | 11:35 2:14 | 13:11 1:36 | 15:44 2:33 | 16:03 0:19 | 17:58 1:55 | 19:06 1:08 |

| Pl | Name | Zeit | | | | | | | | | | | | | | |
|-----------------------|--|---------------|-------------------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| OL Sprint (16) | | | 2.3 km 0 Hm 17 P | | | | <i>(Forts.)</i> | | | | | | | | | |
| | | | 1(61) | 2(63) | 3(108) | 4(106) | 5(105) | 6(91) | 7(90) | 8(88) | 9(104) | 10(102) | 11(81) | 12(82) | 13(69) | 14(72) |
| | | | 15(107) | 16(109) | 17(110) | Z | | | | | | | | | | |
| 8 | Sonja Galli Marbach | 20:40 | 0:22 | 0:40 | 1:35 | 2:51 | 4:28 | 6:37 | 7:20 | 9:13 | 12:19 | 14:42 | 16:01 | 16:25 | 17:25 | 17:57 |
| | | | 0:22 | 0:18 | 0:55 | 1:16 | 1:37 | 2:09 | 0:43 | 1:53 | 3:06 | 2:23 | 1:19 | 0:24 | 1:00 | 0:32 |
| | | | 19:05 | 19:55 | 20:18 | 20:40 | | | | | | | | | | |
| | | | 1:08 | 0:50 | 0:23 | 0:22 | | | | | | | | | | |
| 9 | Fabienne Sandmeier Herisau | 21:20 | 0:23 | 0:44 | 1:39 | 3:31 | 4:48 | 6:34 | 7:52 | 9:18 | 11:45 | 13:33 | 15:26 | 15:52 | 17:33 | 18:21 |
| | | | 0:23 | 0:21 | 0:55 | 1:52 | 1:17 | 1:46 | 1:18 | 1:26 | 2:27 | 1:48 | 1:53 | 0:26 | 1:41 | 0:48 |
| | | | 19:55 | 20:48 | 21:07 | 21:20 | | | | | | | | | | |
| | | | 1:34 | 0:53 | 0:19 | 0:13 | | | | | | | | | | |
| 10 | Silja Vogel Widnau | 23:05 | 0:20 | 0:51 | 2:01 | 3:35 | 5:05 | 8:23 | 9:34 | 11:05 | 13:46 | 16:59 | 18:27 | 18:47 | 19:42 | 20:24 |
| | | | 0:20 | 0:31 | 1:10 | 1:34 | 1:30 | 3:18 | 1:11 | 1:31 | 2:41 | 3:13 | 1:28 | 0:20 | 0:55 | 0:42 |
| | | | 21:44 | 22:30 | 22:51 | 23:05 | | | | | | | | | | |
| | | | 1:20 | 0:46 | 0:21 | 0:14 | | | | | | | | | | |
| 11 | Samuel Maier St.Gallen | 23:23 | 0:32 | 0:56 | 1:55 | 4:24 | 6:07 | 8:04 | 8:55 | 10:30 | 13:28 | 15:53 | 17:57 | 18:39 | 19:45 | 20:15 |
| | | | 0:32 | 0:24 | 0:59 | 2:29 | 1:43 | 1:57 | 0:51 | 1:35 | 2:58 | 2:25 | 2:04 | 0:42 | 1:06 | 0:30 |
| | | | 21:41 | 22:38 | 23:07 | 23:23 | | | | | | | | | | |
| | | | 1:26 | 0:57 | 0:29 | 0:16 | | | | | | | | | | |
| 12 | Sibylle Schöpfer Wittenbach | 25:22 | 0:27 | 0:58 | 1:55 | 3:34 | 4:59 | 7:29 | 9:15 | 10:56 | 14:03 | 16:52 | 19:33 | 20:00 | 21:24 | 22:16 |
| | | | 0:27 | 0:31 | 0:57 | 1:39 | 1:25 | 2:30 | 1:46 | 1:41 | 3:07 | 2:49 | 2:41 | 0:27 | 1:24 | 0:52 |
| | | | 23:53 | 24:42 | 25:07 | 25:22 | | | | | | | | | | |
| | | | 1:37 | 0:49 | 0:25 | 0:15 | | | | | | | | | | |
| 13 | Susanne Sandmeier Herisau | 26:28 | 0:44 | 1:18 | 2:29 | 4:20 | 6:09 | 8:33 | 9:41 | 11:51 | 15:03 | 17:47 | 20:03 | 20:30 | 21:56 | 22:51 |
| | | | 0:44 | 0:34 | 1:11 | 1:51 | 1:49 | 2:24 | 1:08 | 2:10 | 3:12 | 2:44 | 2:16 | 0:27 | 1:26 | 0:55 |
| | | | 24:42 | 25:42 | 26:07 | 26:28 | | | | | | | | | | |
| | | | 1:51 | 1:00 | 0:25 | 0:21 | | | | | | | | | | |
| 14 | Yanik Schwizer St.Gallen | 30:59 | 2:00 | 3:03 | 4:29 | 6:30 | 8:30 | 11:27 | 12:47 | 14:43 | 18:53 | 21:46 | 24:21 | 24:53 | 26:28 | 27:40 |
| | | | 2:00 | 1:03 | 1:26 | 2:01 | 2:00 | 2:57 | 1:20 | 1:56 | 4:10 | 2:53 | 2:35 | 0:32 | 1:35 | 1:12 |
| | | | 29:06 | 30:18 | 30:40 | 30:59 | | | | | | | | | | |
| | | | 1:26 | 1:12 | 0:22 | 0:19 | | | | | | | | | | |
| | Jonas Vogel Widnau | Fehlst | 0:19 | 0:38 | 1:20 | 2:24 | 3:46 | 5:20 | 5:53 | 7:22 | 9:51 | 11:36 | 12:37 | ----- | ----- | ----- |
| | | | 0:19 | 0:19 | 0:42 | 1:04 | 1:22 | 1:34 | 0:33 | 1:29 | 2:29 | 1:45 | 1:01 | | | |
| | | | 12:55 | 13:37 | 13:54 | 14:08 | | | | | | | | | | |
| | | | 0:18 | 0:42 | 0:17 | 0:14 | | | | | | | | | | |
| | Joela Vogel Widnau | Fehlst | ----- | 0:36 | 1:23 | 2:39 | 4:00 | 6:22 | 6:51 | 8:23 | 11:04 | 12:48 | 13:55 | 14:16 | 15:09 | 16:11 |
| | | | | 0:36 | 0:47 | 1:16 | 1:21 | 2:22 | 0:29 | 1:32 | 2:41 | 1:44 | 1:07 | 0:21 | 0:53 | 1:02 |
| | | | 17:11 | 17:54 | 18:14 | 18:30 | | 0:19 | | | | | | | | |
| | | | 1:00 | 0:43 | 0:20 | 0:16 | | *62 | | | | | | | | |
| OL Mittel (4) | | | 4.4 km 0 Hm 24 P | | | | | | | | | | | | | |
| | | | 1(64) | 2(62) | 3(72) | 4(71) | 5(74) | 6(75) | 7(76) | 8(80) | 9(83) | 10(73) | 11(86) | 12(88) | 13(90) | 14(91) |
| | | | 15(87) | 16(89) | 17(106) | 18(108) | 19(109) | 20(102) | 21(82) | 22(81) | 23(107) | 24(110) | Z | | | |
| 1 | Christoph Ghiggi Sargans | 24:13 | 0:25 | 0:39 | 1:30 | 2:05 | 3:04 | 3:56 | 5:56 | 7:42 | 8:44 | 10:18 | 12:52 | 14:15 | 15:27 | 15:55 |
| | | | 0:25 | 0:14 | 0:51 | 0:35 | 0:59 | 0:52 | 2:00 | 1:46 | 1:02 | 1:34 | 2:34 | 1:23 | 1:12 | 0:28 |
| | | | 17:22 | 18:34 | 19:34 | 20:17 | 21:12 | 21:58 | 22:59 | 23:17 | 23:34 | 24:01 | 24:13 | | | |
| | | | 1:27 | 1:12 | 1:00 | 0:43 | 0:55 | 0:46 | 1:01 | 0:18 | 0:17 | 0:27 | 0:12 | | | |
| 2 | Dieter Sandmeier Herisau | 24:23 | 0:21 | 0:43 | 1:38 | 2:15 | 3:15 | 4:06 | 5:28 | 7:10 | 8:15 | 9:53 | 12:27 | 13:51 | 15:05 | 15:40 |
| | | | 0:21 | 0:22 | 0:55 | 0:37 | 1:00 | 0:51 | 1:22 | 1:42 | 1:05 | 1:38 | 2:34 | 1:24 | 1:14 | 0:35 |
| | | | 17:10 | 18:26 | 19:33 | 20:27 | 21:28 | 22:16 | 23:08 | 23:27 | 23:45 | 24:09 | 24:23 | | | |
| | | | 1:30 | 1:16 | 1:07 | 0:54 | 1:01 | 0:48 | 0:52 | 0:19 | 0:18 | 0:24 | 0:14 | | | |
| 3 | Rainer Müller St.Gallen | 31:36 | 0:24 | 0:43 | 1:51 | 2:34 | 4:26 | 5:29 | 7:14 | 9:35 | 10:48 | 12:55 | 16:15 | 18:00 | 19:41 | 20:26 |
| | | | 0:24 | 0:19 | 1:08 | 0:43 | 1:52 | 1:03 | 1:45 | 2:21 | 1:13 | 2:07 | 3:20 | 1:45 | 1:41 | 0:45 |
| | | | 22:17 | 23:53 | 25:14 | 26:23 | 27:38 | 28:54 | 30:04 | 30:29 | 30:51 | 31:20 | 31:36 | | | |
| | | | 1:51 | 1:36 | 1:21 | 1:09 | 1:15 | 1:16 | 1:10 | 0:25 | 0:22 | 0:29 | 0:16 | | | |
| 4 | Peter Schweizer Salmsach | 34:17 | 0:29 | 0:52 | 2:52 | 3:44 | 5:04 | 6:17 | 8:00 | 10:12 | 11:36 | 13:48 | 17:52 | 19:39 | 21:26 | 22:08 |
| | | | 0:29 | 0:23 | 2:00 | 0:52 | 1:20 | 1:13 | 1:43 | 2:12 | 1:24 | 2:12 | 4:04 | 1:47 | 1:47 | 0:42 |
| | | | 24:27 | 26:06 | 27:28 | 28:37 | 30:06 | 31:23 | 32:32 | 33:13 | 33:34 | 34:02 | 34:17 | | | |
| | | | 2:19 | 1:39 | 1:22 | 1:09 | 1:29 | 1:17 | 1:09 | 0:41 | 0:21 | 0:28 | 0:15 | | | |