

| Pl | Name | Jg | Verein | Wohnort | Zeit | Diff. |
|----------------------------------|----------------------|---------------------------|----------------|-------------|--------|--------|
| Herren Lang schwer (19) | | 2.8 km 105 Hm 22 P | | | | |
| 1 | Ullmann Silvan | | ASVZ | | 20:03 | 0:00 |
| 2 | Meyer Gil | 86 | OLG Zürich | Zürich | 21:55 | +1:52 |
| 3 | Lakis Edgars | | ASVZ | | 22:11 | +2:08 |
| 4 | Grob Tobias | 91 | thurgorienta | Zürich | 22:12 | +2:09 |
| 5 | Widmer Lorenz | 95 | bussola ok | Seengen | 22:42 | +2:39 |
| 6 | Rulka Miron | | ASVZ | | 22:44 | +2:41 |
| 7 | Degen Christian | | ASVZ | | 23:09 | +3:06 |
| 8 | Loosen Sebastiaan | | ASVZ | | 23:41 | +3:38 |
| 9 | Trebicky Vladimir | 84 | OLG Zürich | Zürich | 25:07 | +5:04 |
| 10 | Vieli Andreas | 70 | OLC Kapreolo | Zürich | 25:11 | +5:08 |
| 11 | Bruderer Stephan | 72 | OLG Zürich | Zürich | 25:58 | +5:55 |
| 12 | Widmer Timo | 66 | OLG Zürich | Zürich | 26:50 | +6:47 |
| 13 | Baumberger Christoph | 71 | OLG Zürich | Zollikon | 27:54 | +7:51 |
| 14 | Lerjen Michael | | ASVZ | | 28:16 | +8:13 |
| 15 | Kokkala Janne | 88 | OLG Zürich | Zürich | 28:42 | +8:39 |
| 16 | Schneebeli Christian | 75 | OLG Zürich | Wallisellen | 29:21 | +9:18 |
| 17 | Weis Jorin | 09 | OLG Zürich | Zürich | 33:55 | +13:52 |
| 18 | Grau Peter | 65 | OLG Zürich | | 35:02 | +14:59 |
| | Matej Hlavacek | | | Zürich | Fehlst | |
| Damen Lang schwer (4) | | 2.8 km 105 Hm 22 P | | | | |
| 1 | Müller Hanna | | ASVZ | | 24:05 | 0:00 |
| 2 | Laasch Helena | | ASVZ | | 26:15 | +2:10 |
| 3 | Steck Lena | 95 | ASVZ | Möhligen | 33:21 | +9:16 |
| | Lucie Stupkova | | | Zürich | Aufg | |
| Herren Mittel schwer (13) | | 2.1 km 70 Hm 15 P | | | | |
| 1 | Kronander Jonatan | | ASVZ | | 17:15 | 0:00 |
| 2 | Schlegel Matthias | 85 | OL Regio Olten | Zürich | 17:52 | +0:37 |
| 3 | Nussbaumer Michael | 90 | OLG Zürich | Zürich | 19:25 | +2:10 |
| 4 | Huber Michael | | ASVZ | | 20:51 | +3:36 |
| 5 | Kuchler Tom | | ASVZ | | 20:56 | +3:41 |
| 6 | Hedges Alexander | | ASVZ | | 24:53 | +7:38 |
| 7 | Weymuth Thomas | | ASVZ | | 26:28 | +9:13 |
| 8 | Baumberger Andrin | 08 | OLG Zürich | Zollikon | 28:20 | +11:05 |
| 9 | Minder Lorin | | | Zürich | 28:26 | +11:11 |
| 10 | Michael Schweizer | | | Zürich | 29:15 | +12:00 |
| 11 | Greuter Beat | 44 | OLG Zürich | Zürich | 44:18 | +27:03 |
| | Schwabe Karl | | ASVZ | | Fehlst | |
| | Degen Peter | 42 | - | Zürich | Fehlst | |
| Damen Mittel schwer (8) | | 2.1 km 70 Hm 15 P | | | | |
| 1 | Germeaux Caroline | 96 | OLG Zürich | Volketswil | 23:00 | 0:00 |
| 2 | Castenetto Eva | 10 | OLG Zürich | Zürich | 27:10 | +4:10 |
| 2 | Emery Céline | 10 | OLG Zürich | Zürich | 27:10 | +4:10 |
| 4 | Weis Tanja | 76 | - | Zürich | 28:10 | +5:10 |
| 5 | Rebekka Schweizer | | | Zürich | 29:31 | +6:31 |
| 6 | Baumberger Barbara | 72 | OLG Zürich | Zollikon | 36:33 | +13:33 |
| 7 | Minder Bettina | | | Zürich | 36:39 | +13:39 |
| | Ouvray Pauline | | ASVZ | | Fehlst | |

