

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | Ziel | | |
|----------------------|-----|----------------------------|------|----------------|---------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| D12 (34) | | | | | 3,0 km 55 Hm | | | 9 P | | | | | | | | |
| | | | | | 1(101) | 2(102) | 3(105) | 4(106) | 5(107) | 6(108) | 7(110) | 8(112) | 9(199) | | | |
| 1 | | Emilia Wetzel | D-12 | 22:49 | 1:24 | 2:46 | 8:23 | 9:10 | 11:17 | 12:29 | 16:25 | 20:32 | 22:21 | 22:49 | | |
| | | LTV Sachsen | | | 1:24 | 1:22 | 5:37 | 0:47 | 2:07 | 1:12 | 3:56 | 4:07 | 1:49 | 0:28 | | |
| 2 | | Katja Horst | D-12 | 23:01 | 1:01 | 2:29 | 7:48 | 8:48 | 11:17 | 12:13 | 16:21 | 20:19 | 22:26 | 23:01 | | |
| | | LTV Hessen | | | 1:01 | 1:28 | 5:19 | 1:00 | 2:29 | 0:56 | 4:08 | 3:58 | 2:07 | 0:35 | | |
| 3 | | Jannika Wetzel | D-12 | 23:58 | 1:32 | 2:53 | 9:13 | 9:56 | 12:34 | 13:27 | 17:28 | 21:29 | 23:26 | 23:58 | | |
| | | LTV Sachsen | | | 1:32 | 1:21 | 6:20 | 0:43 | 2:38 | 0:53 | 4:01 | 4:01 | 1:57 | 0:32 | | |
| 4 | | Greta Pompe | D-12 | 24:42 | 1:04 | 2:36 | 8:31 | 9:25 | 12:12 | 13:20 | 17:46 | 21:58 | 24:08 | 24:42 | | |
| | | LTV Sachsen | | | 1:04 | 1:32 | 5:55 | 0:54 | 2:47 | 1:08 | 4:26 | 4:12 | 2:10 | 0:34 | | |
| 5 | | Lina Behrendt | D-12 | 27:55 | 1:32 | 3:15 | 9:16 | 10:23 | 13:04 | 14:21 | 19:45 | 24:58 | 27:18 | 27:55 | | |
| | | LTV Hessen | | | 1:32 | 1:43 | 6:01 | 1:07 | 2:41 | 1:17 | 5:24 | 5:13 | 2:20 | 0:37 | | |
| 6 | | Selma Drechsler | D-12 | 28:22 | 1:14 | 3:15 | 11:17 | 12:21 | 15:05 | 16:10 | 20:11 | 24:44 | 27:43 | 28:22 | | |
| | | LTV Sachsen | | | 1:14 | 2:01 | 8:02 | 1:04 | 2:44 | 1:05 | 4:01 | 4:33 | 2:59 | 0:39 | | |
| 7 | | Jara Lauer | D-12 | 28:53 | 1:20 | 3:03 | 10:34 | 11:43 | 14:50 | 16:07 | 22:27 | 26:31 | 28:22 | 28:53 | | |
| | | LTV Bayern | | | 1:20 | 1:43 | 7:31 | 1:09 | 3:07 | 1:17 | 6:20 | 4:04 | 1:51 | 0:31 | | |
| 8 | | Sophie Behrendt | D-12 | 29:58 | 2:04 | 4:20 | 10:57 | 12:00 | 14:54 | 16:04 | 20:37 | 27:10 | 29:20 | 29:58 | | |
| | | LTV Hessen | | | 2:04 | 2:16 | 6:37 | 1:03 | 2:54 | 1:10 | 4:33 | 6:33 | 2:10 | 0:38 | | |
| 9 | | Paula Weiß | D-12 | 35:36 | 1:03 | 3:51 | 16:08 | 17:04 | 20:09 | 21:23 | 27:21 | 32:46 | 35:02 | 35:36 | | |
| | | LTV Brandenburg | | | 1:03 | 2:48 | 12:17 | 0:56 | 3:05 | 1:14 | 5:58 | 5:25 | 2:16 | 0:34 | | |
| 10 | | Eileen Heinert | D-12 | 35:56 | 2:17 | 5:45 | 12:15 | 15:32 | 18:47 | 20:06 | 25:40 | 31:10 | 35:09 | 35:56 | | |
| | | LTV Thüringen | | | 2:17 | 3:28 | 6:30 | 3:17 | 3:15 | 1:19 | 5:34 | 5:30 | 3:59 | 0:47 | | |
| 11 | | Jonna Rathje | D-12 | 36:31 | 1:50 | 4:04 | 13:35 | 14:39 | 18:21 | 20:03 | 26:42 | 32:14 | 35:44 | 36:31 | | |
| | | LTV Rheinhessen | | | 1:50 | 2:14 | 9:31 | 1:04 | 3:42 | 1:42 | 6:39 | 5:32 | 3:30 | 0:47 | | |
| 12 | | Alva Reindl | D-12 | 39:09 | 1:17 | 3:23 | 9:04 | 9:55 | 12:05 | 13:16 | 17:22 | 21:37 | 25:44 | 29:51 | | |
| | | LTV Westfalen | | | 1:17 | 2:06 | 5:41 | 0:51 | 2:10 | 1:11 | 4:06 | 8:05 | 3:04 | 0:38 | | |
| 13 | | Emilia Schlitterman | D-12 | 39:51 | 2:13 | 4:22 | 11:32 | 12:37 | 16:13 | 18:17 | 28:21 | 33:56 | 39:18 | 39:51 | | |
| | | LTV Berlin | | | 2:13 | 2:09 | 7:10 | 1:05 | 3:36 | 2:04 | 10:04 | 5:35 | 5:22 | 0:33 | | |
| 14 | | Lara Noller | D-12 | 40:33 | 1:37 | 3:33 | 12:35 | 13:32 | 17:23 | 18:49 | 26:39 | 37:18 | 39:44 | 40:33 | | |
| | | LTV Bayern | | | 1:37 | 1:56 | 9:02 | 0:57 | 3:51 | 1:26 | 7:50 | 10:39 | 2:26 | 0:49 | | |
| 15 | | Amelie Bleßmann | D-12 | 43:27 | 1:37 | 3:44 | 12:40 | 13:36 | 16:36 | 18:06 | 29:33 | 40:22 | 42:43 | 43:27 | | |
| | | LTV Rheinhessen | | | 1:37 | 2:07 | 8:56 | 0:56 | 3:00 | 1:30 | 11:27 | 10:49 | 2:21 | 0:44 | | |
| 16 | | Emma Götz | D-12 | 44:10 | 2:20 | 4:46 | 13:24 | 15:19 | 20:26 | 21:56 | 28:53 | 40:23 | 43:16 | 44:10 | | |
| | | LTV Thüringen | | | 2:20 | 2:26 | 8:38 | 1:55 | 5:07 | 1:30 | 6:57 | 11:30 | 2:53 | 0:54 | | |
| 17 | | Sania Stamer | D-12 | 45:09 | 1:21 | 5:12 | 13:15 | 15:24 | 17:55 | 19:26 | 33:21 | 41:10 | 44:31 | 45:09 | | |
| | | LTV Niedersachsen | | | 1:21 | 3:51 | 8:03 | 2:09 | 2:31 | 1:31 | 13:55 | 7:49 | 3:21 | 0:38 | | |
| 18 | | Lamis Mousa | D-12 | 45:16 | 1:38 | 3:46 | 11:17 | 15:23 | 19:03 | 20:33 | 27:29 | 34:21 | 44:35 | 45:16 | | |
| | | LTV Niedersachsen | | | 1:38 | 2:08 | 7:31 | 4:06 | 3:40 | 1:30 | 6:56 | 6:52 | 10:14 | 0:41 | | |
| 19 | | Ella Schmidt | D-12 | 46:28 | 2:04 | 5:06 | 14:23 | 21:37 | 26:16 | 27:34 | 35:22 | 41:18 | 45:33 | 46:28 | | |
| | | LTV Brandenburg | | | 2:04 | 3:02 | 9:17 | 7:14 | 4:39 | 1:18 | 7:48 | 5:56 | 4:15 | 0:55 | | |
| 20 | | Helene Tisius | D-12 | 46:34 | 6:44 | 9:09 | 19:12 | 20:20 | 24:19 | 28:38 | 36:05 | 43:15 | 46:00 | 46:34 | | |
| | | LTV Westfalen | | | 6:44 | 2:25 | 10:03 | 1:08 | 3:59 | 4:19 | 7:27 | 7:10 | 2:45 | 0:34 | | |
| 21 | | Lene Powik | D-12 | 46:57 | 2:55 | 7:26 | 14:50 | 15:59 | 23:54 | 24:59 | 36:53 | 43:36 | 46:17 | 46:57 | | |
| | | LTV Brandenburg | | | 2:55 | 4:31 | 7:24 | 1:09 | 7:55 | 1:05 | 11:54 | 6:43 | 2:41 | 0:40 | | |
| 22 | | Ayumi Hubner | D-12 | 47:02 | 1:45 | 4:13 | 19:10 | 20:29 | 24:31 | 26:02 | 37:38 | 43:42 | 46:25 | 47:02 | | |
| | | LTV Saarland | | | 1:45 | 2:28 | 14:57 | 1:19 | 4:02 | 1:31 | 11:36 | 6:04 | 2:43 | 0:37 | | |
| 23 | | Milla Cronau | D-12 | 48:20 | 1:47 | 6:17 | 20:22 | 23:13 | 27:16 | 28:28 | 37:38 | 45:12 | 47:42 | 48:20 | | |
| | | LTV Rheinhessen | | | 1:47 | 4:30 | 14:05 | 2:51 | 4:03 | 1:12 | 9:10 | 7:34 | 2:30 | 0:38 | | |
| 24 | | Madita Cronau | D-12 | 51:02 | 1:46 | 5:30 | 16:56 | 18:46 | 25:05 | 26:30 | 36:55 | 47:19 | 50:18 | 51:02 | | |
| | | LTV Rheinhessen | | | 1:46 | 3:44 | 11:26 | 1:50 | 6:19 | 1:25 | 10:25 | 10:24 | 2:59 | 0:44 | | |
| 25 | | Mia Barth | D-12 | 51:35 | 1:29 | 7:16 | 17:23 | 21:21 | 24:56 | 26:45 | 33:32 | 40:19 | 50:33 | 51:35 | | |
| | | LTV Thüringen | | | 1:29 | 5:47 | 10:07 | 3:58 | 3:35 | 1:49 | 6:47 | 6:47 | 10:14 | 1:02 | | |
| 26 | | Emilia Kabbert | D-12 | 51:44 | 1:39 | 6:19 | 14:42 | 15:34 | 18:11 | 19:17 | 27:16 | 47:01 | 51:09 | 51:44 | | |
| | | LTV Westfalen | | | 1:39 | 4:40 | 8:23 | 0:52 | 2:37 | 1:06 | 7:59 | 19:45 | 4:08 | 0:35 | | |
| 27 | | Antonia Krämer | D-12 | 57:50 | 1:33 | 3:17 | 15:59 | 17:06 | 20:02 | 21:20 | 30:45 | 39:50 | 57:12 | 57:50 | | |
| | | LTV Bayern | | | 1:33 | 1:44 | 12:42 | 1:07 | 2:56 | 1:18 | 9:25 | 9:05 | 17:22 | 0:38 | | |
| 28 | | Luise Knorr | D-12 | 1:07:27 | 11:03 | 13:35 | 30:59 | 32:05 | 35:12 | 36:23 | 45:47 | 51:27 | 1:05:21 | 1:07:27 | | |
| | | LTV Brandenburg | | | 11:03 | 2:32 | 17:24 | 1:06 | 3:07 | 1:11 | 9:24 | 5:40 | 13:54 | 2:06 | | |
| 29 | | Ida Leukert | D-12 | 1:11:35 | 2:08 | 5:34 | 24:44 | 26:42 | 32:59 | 44:09 | 55:13 | 1:05:21 | 1:10:45 | 1:11:35 | | |
| | | LTV Berlin | | | 2:08 | 3:26 | 19:10 | 1:58 | 6:17 | 11:10 | 11:04 | 10:08 | 5:24 | 0:50 | | |
| 30 | | Varvara Aleshina | D-12 | 1:33:39 | 12:40 | 18:20 | 32:28 | 35:28 | 41:35 | 54:27 | 1:17:53 | 1:27:20 | 1:32:29 | 1:33:39 | | |
| | | LTV Sachsen-Anhalt | | | 12:40 | 5:40 | 14:08 | 3:00 | 6:07 | 12:52 | 23:26 | 9:27 | 5:09 | 1:10 | | |
| | | Katharina Lorenz | D-12 | N Ang | | | | | | | | | | | | |
| | | LTV Niedersachsen | | | | | | | | | | | | | | |
| | | Eiina Wandrei | D-12 | N Ang | | | | | | | | | | | | |
| | | LTV Berlin | | | | | | | | | | | | | | |
| | | Evdokia Aleshina | D-12 | N Ang | | | | | | | | | | | | |
| | | LTV Sachsen-Anhalt | | | | | | | | | | | | | | |
| | | Romy Frank | D-12 | N Ang | | | | | | | | | | | | |
| | | LTV Niedersachsen | | | | | | | | | | | | | | |
| H12/DirK (60) | | | | | 3,3 km 75 Hm | | | 11 P | | | | | | Ziel | | |
| | | | | | 1(103) | 2(104) | 3(105) | 4(106) | 5(107) | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(199) | |
| 1 | | Leander Fischer | H-12 | 22:59 | 1:17 | 2:13 | 7:25 | 8:12 | 10:24 | 11:52 | 15:17 | 16:21 | 18:56 | 20:52 | 22:26 | 22:59 |
| | | LTV Brandenburg | | | 1:17 | 0:56 | 5:12 | 0:47 | 2:12 | 1:28 | 3:25 | 1:04 | 2:35 | 1:56 | 1:34 | 0:33 |
| 2 | | Raphael Kunckel | H-12 | 23:22 | 1:37 | 2:25 | 8:00 | 8:44 | 10:42 | 12:14 | 15:02 | 16:19 | 18:55 | 21:01 | 22:55 | 23:22 |
| | | LTV Sachsen | | | 1:37 | 0:48 | 5:35 | 0:44 | 1:58 | 1:32 | 2:48 | 1:17 | 2:36 | 2:06 | 1:54 | 0:27 |
| 3 | | Sebastian Schmetzk | DirK | 23:32 | 1:12 | 2:06 | 7:23 | 8:08 | 10:15 | 12:03 | 15:55 | 17:12 | 19:32 | 21:14 | 23:00 | 23:32 |
| | | LTV Westfalen | | | 1:12 | 0:54 | 5:17 | 0:45 | 2:07 | 1:48 | 3:52 | 1:17 | 2:20 | 1:42 | 1:46 | 0:32 |
| 4 | | Jacob Imbsweiler | H-12 | 24:20 | 1:36 | 2:36 | 7:19 | 8:05 | 9:58 | 12:21 | 16:01 | 17:13 | 19:49 | 22:07 | 23:47 | 24:20 |
| | | LTV Saarland | | | 1:36 | 1:00 | 4:43 | 0:46 | 1:53 | 2:23 | 3:40 | 1:12 | 2:36 | 2:18 | 1:40 | 0:33 |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | Ziel | | |
|----------------------|-----|--|------|-------------------|---------------------|-------------|-------------|-------------|-------------|--------------|--------|--------|--------|---------|-------------|-------|
| H12/DirK (60) | | | | | 3,3 km 75 Hm | | | | 11 P | | | | | | | |
| | | | | | <i>(Forts.)</i> | | | | | | | | | | | |
| | | | | | 1(103) | 2(104) | 3(105) | 4(106) | 5(107) | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(199) | Ziel |
| 5 | | Julian Doetsch LTV Hessen | H-12 | 24:29 | 1:23 | 2:32 | 7:47 | 8:29 | 10:42 | 12:28 | 17:09 | 18:19 | 20:40 | 22:28 | 23:57 | 24:29 |
| | | | | | 1:23 | 1:09 | 5:15 | 0:42 | 2:13 | 1:46 | 4:41 | 1:10 | 2:21 | 1:48 | 1:29 | 0:32 |
| 6 | | Andreas Lenk LTV Sachsen | DirK | 24:37 | 1:35 | 2:34 | 7:52 | 8:42 | 10:57 | 12:41 | 15:54 | 17:22 | 20:11 | 22:10 | 24:01 | 24:36 |
| | | | | | 1:35 | 0:59 | 5:18 | 0:50 | 2:15 | 1:44 | 3:13 | 1:28 | 2:49 | 1:59 | 1:51 | 0:35 |
| 7 | | Daniel Schmidt LTV Baden | H-12 | 24:55 | 1:30 | 2:17 | 7:01 | 7:42 | 9:40 | 11:31 | 16:40 | 17:55 | 20:16 | 22:35 | 24:16 | 24:55 |
| | | | | | 1:30 | 0:47 | 4:44 | 0:41 | 1:58 | 1:51 | 5:09 | 1:15 | 2:21 | 2:19 | 1:41 | 0:39 |
| 8 | | Karl Rudolf Jobke LTV Sachsen | H-12 | 25:16 | 1:30 | 2:15 | 6:47 | 7:30 | 11:31 | 12:52 | 16:37 | 17:46 | 20:07 | 23:12 | 24:45 | 25:16 |
| | | | | | 1:30 | 0:45 | 4:32 | 0:43 | 4:01 | 1:21 | 3:45 | 1:09 | 2:21 | 3:05 | 1:33 | 0:31 |
| 9 | | Erik Urzua Wöhrer LTV Niedersachsen | H-12 | 26:06 | 1:27 | 2:28 | 7:53 | 8:49 | 11:14 | 12:59 | 16:35 | 17:58 | 20:40 | 23:04 | 25:31 | 26:06 |
| | | | | | 1:27 | 1:01 | 5:25 | 0:56 | 2:25 | 1:45 | 3:36 | 1:23 | 2:42 | 2:24 | 2:27 | 0:35 |
| 10 | | Lukas Oechler LTV Bayern | H-12 | 28:01 | 1:37 | 2:39 | 8:16 | 9:04 | 11:15 | 13:18 | 18:05 | 19:29 | 22:15 | 25:37 | 27:19 | 28:01 |
| | | | | | 1:37 | 1:02 | 5:37 | 0:48 | 2:11 | 2:03 | 4:47 | 1:24 | 2:46 | 3:22 | 1:42 | 0:42 |
| 11 | | Laurin Ahlbrecht LTV Bayern | H-12 | 28:49 | 1:41 | 2:44 | 8:39 | 9:37 | 12:50 | 14:45 | 19:11 | 20:38 | 23:42 | 26:18 | 28:14 | 28:49 |
| | | | | | 1:41 | 1:03 | 5:55 | 0:58 | 3:13 | 1:55 | 4:26 | 1:27 | 3:04 | 2:36 | 1:56 | 0:35 |
| 12 | | Gustav Bader LTV Sachsen | H-12 | 28:57 | 1:25 | 2:17 | 7:38 | 8:43 | 11:12 | 13:14 | 17:29 | 18:47 | 21:23 | 26:30 | 28:21 | 28:57 |
| | | | | | 1:25 | 0:52 | 5:21 | 1:05 | 2:29 | 2:02 | 4:15 | 1:18 | 2:36 | 5:07 | 1:51 | 0:36 |
| 13 | | Thomas Hoelzer LTV Westfalen | DirK | 29:21 | 1:08 | 2:00 | 7:39 | 8:33 | 11:10 | 13:14 | 18:48 | 20:25 | 23:41 | 26:17 | 28:37 | 29:21 |
| | | | | | 1:08 | 0:52 | 5:39 | 0:54 | 2:37 | 2:04 | 5:34 | 1:37 | 3:16 | 2:36 | 2:20 | 0:43 |
| 14 | | Frank Bombien LTV Thüringen | DirK | 29:28 | 1:34 | 2:35 | 8:10 | 8:57 | 12:37 | 14:37 | 19:43 | 21:22 | 24:10 | 26:47 | 28:43 | 29:28 |
| | | | | | 1:34 | 1:01 | 5:35 | 0:47 | 3:40 | 2:00 | 5:06 | 1:39 | 2:48 | 2:37 | 1:56 | 0:45 |
| 15 | | Michael Schlei LTV Hessen | H-12 | 29:43 | 1:33 | 2:41 | 9:13 | 9:58 | 12:03 | 14:01 | 19:16 | 20:35 | 24:48 | 27:04 | 29:07 | 29:43 |
| | | | | | 1:33 | 1:08 | 6:32 | 0:45 | 2:05 | 1:58 | 5:15 | 1:19 | 4:13 | 2:16 | 2:03 | 0:36 |
| 16 | | Peter Gawlitza LTV Sachsen | DirK | 30:07 | 1:44 | 3:19 | 9:21 | 10:18 | 13:12 | 15:13 | 19:44 | 21:17 | 24:30 | 27:13 | 29:22 | 30:06 |
| | | | | | 1:44 | 1:35 | 6:02 | 0:57 | 2:54 | 2:01 | 4:31 | 1:33 | 3:13 | 2:43 | 2:09 | 0:44 |
| 17 | | Arthur Vogt LTV Berlin | H-12 | 30:31 | 1:43 | 4:13 | 9:47 | 10:46 | 12:59 | 14:55 | 20:38 | 21:59 | 24:49 | 27:35 | 29:59 | 30:31 |
| | | | | | 1:43 | 2:30 | 5:34 | 0:59 | 2:13 | 1:56 | 5:43 | 1:21 | 2:50 | 2:46 | 2:24 | 0:32 |
| 18 | | Elisa Wolf LTV Berlin | DirK | 31:18 | 1:41 | 3:20 | 9:30 | 10:30 | 13:11 | 15:24 | 20:26 | 22:08 | 25:23 | 28:27 | 30:37 | 31:18 |
| | | | | | 1:41 | 1:39 | 6:10 | 1:00 | 2:41 | 2:13 | 5:02 | 1:42 | 3:15 | 3:04 | 2:10 | 0:41 |
| 19 | | Benno von Wrede LTV Westfalen | H-12 | 31:57 | 1:39 | 3:35 | 9:04 | 10:08 | 12:38 | 15:16 | 22:03 | 23:28 | 26:37 | 29:24 | 31:25 | 31:57 |
| | | | | | 1:39 | 1:56 | 5:29 | 1:04 | 2:30 | 2:38 | 6:47 | 1:25 | 3:09 | 2:47 | 2:01 | 0:32 |
| 20 | | Jakob Lacher LTV Saarland | H-12 | 32:34 | 1:43 | 2:59 | 10:42 | 11:42 | 14:27 | 16:35 | 21:06 | 22:29 | 26:53 | 29:54 | 32:02 | 32:34 |
| | | | | | 1:43 | 1:16 | 7:43 | 1:00 | 2:45 | 2:08 | 4:31 | 1:23 | 4:24 | 3:01 | 2:08 | 0:32 |
| 21 | | Friederike Götz LTV Thüringen | DirK | 32:36 | 1:32 | 2:53 | 10:05 | 11:02 | 14:53 | 16:53 | 21:36 | 23:23 | 26:51 | 29:31 | 31:47 | 32:35 |
| | | | | | 1:32 | 1:21 | 7:12 | 0:57 | 3:51 | 2:00 | 4:43 | 1:47 | 3:28 | 2:40 | 2:16 | 0:48 |
| 22 | | Junes Harlaß LTV Schleswig-Hols | H-12 | 33:26 | 2:50 | 4:05 | 10:42 | 11:44 | 14:10 | 16:18 | 20:51 | 22:36 | 25:53 | 29:59 | 32:25 | 33:26 |
| | | | | | 2:50 | 1:15 | 6:37 | 1:02 | 2:26 | 2:08 | 4:33 | 1:45 | 3:17 | 4:06 | 2:26 | 1:01 |
| 23 | | Sabine Bräuer LTV Thüringen | DirK | 33:37 | 1:50 | 3:50 | 11:05 | 11:59 | 15:57 | 17:52 | 22:34 | 24:23 | 27:48 | 30:31 | 32:51 | 33:37 |
| | | | | | 1:50 | 2:00 | 7:15 | 0:54 | 3:58 | 1:55 | 4:42 | 1:49 | 3:25 | 2:43 | 2:20 | 0:46 |
| 24 | | Constantin Jacob F LTV Niedersachsen | H-12 | 33:54 | 1:47 | 2:50 | 9:27 | 10:29 | 15:05 | 18:59 | 23:40 | 25:09 | 28:12 | 31:01 | 33:24 | 33:54 |
| | | | | | 1:47 | 1:03 | 6:37 | 1:02 | 4:36 | 3:54 | 4:41 | 1:29 | 3:03 | 2:49 | 2:23 | 0:30 |
| 25 | | Emil Saupe LTV Sachsen | H-12 | 35:01 | 1:46 | 3:02 | 9:33 | 16:10 | 19:13 | 21:53 | 27:12 | 28:35 | 31:00 | 32:55 | 34:31 | 35:01 |
| | | | | | 1:46 | 1:16 | 6:31 | 6:37 | 3:03 | 2:40 | 5:19 | 1:23 | 2:25 | 1:55 | 1:36 | 0:30 |
| 26 | | Inga Hollmann LTV Westfalen | DirK | 35:50 | 1:45 | 3:27 | 11:10 | 12:06 | 15:02 | 17:17 | 22:41 | 24:47 | 28:49 | 32:25 | 34:58 | 35:50 |
| | | | | | 1:45 | 1:42 | 7:43 | 0:56 | 2:56 | 2:15 | 5:24 | 2:06 | 4:02 | 3:36 | 2:33 | 0:52 |
| 27 | | Natalie Menn LTV Westfalen | DirK | 36:50 | 1:29 | 3:23 | 13:34 | 14:25 | 16:31 | 18:20 | 23:34 | 25:45 | 29:46 | 33:25 | 35:55 | 36:50 |
| | | | | | 1:29 | 1:54 | 10:11 | 0:51 | 2:06 | 1:49 | 5:14 | 2:11 | 4:01 | 3:39 | 2:30 | 0:55 |
| 28 | | Gleb Zvonarov MTV Seesen | H-12 | 37:24 | 2:21 | 3:36 | 9:49 | 10:58 | 13:50 | 16:35 | 24:06 | 25:38 | 28:37 | 33:41 | 36:43 | 37:24 |
| | | | | | 2:21 | 1:15 | 6:13 | 1:09 | 2:52 | 2:45 | 7:31 | 1:32 | 2:59 | 5:04 | 3:02 | 0:41 |
| 29 | | Ines Maiwald LTV Baden | DirK | 37:31 | 1:53 | 3:17 | 9:26 | 10:25 | 16:49 | 19:00 | 26:07 | 27:39 | 30:52 | 34:30 | 36:48 | 37:30 |
| | | | | | 1:53 | 1:24 | 6:09 | 0:59 | 6:24 | 2:11 | 7:07 | 1:32 | 3:13 | 3:38 | 2:18 | 0:42 |
| 30 | | Laura Finkenstädt LTV Niedersachsen | DirK | 37:53 | 2:10 | 3:40 | 11:54 | 13:06 | 16:03 | 19:01 | 25:44 | 27:48 | 31:31 | 34:30 | 37:00 | 37:53 |
| | | | | | 2:10 | 1:30 | 8:14 | 1:12 | 2:57 | 2:58 | 6:43 | 2:04 | 3:43 | 2:59 | 2:30 | 0:53 |
| 31 | | Ben Barchfeld Post SV Dresden | H-12 | 38:30 | 1:29 | 2:32 | 9:52 | 10:46 | 13:06 | 17:27 | 25:18 | 26:47 | 29:34 | 35:29 | 37:51 | 38:30 |
| | | | | | 1:29 | 1:03 | 7:20 | 0:54 | 2:20 | 4:21 | 7:51 | 1:29 | 2:47 | 5:55 | 2:22 | 0:39 |
| 31 | | Alexandra Kuntze LTV Thüringen | DirK | 38:30 | 1:43 | 3:14 | 9:31 | 14:36 | 18:20 | 20:32 | 27:24 | 29:03 | 32:33 | 35:35 | 37:39 | 38:29 |
| | | | | | 1:43 | 1:31 | 6:17 | 5:05 | 3:44 | 2:12 | 6:52 | 1:39 | 3:30 | 3:02 | 2:04 | 0:50 |
| 33 | | Finn Ostendorff LTV Niedersachsen | H-12 | 38:38 | 2:40 | 4:00 | 10:00 | 10:49 | 13:55 | 19:04 | 24:40 | 26:24 | 32:09 | 35:56 | 38:01 | 38:38 |
| | | | | | 2:40 | 1:20 | 6:00 | 0:49 | 3:06 | 5:09 | 5:36 | 1:44 | 5:45 | 3:47 | 2:05 | 0:37 |
| 34 | | Sven Opitz LTV Thüringen | DirK | 38:47 | 1:39 | 3:06 | 13:52 | 15:01 | 17:19 | 22:08 | 27:08 | 28:40 | 33:20 | 36:09 | 38:08 | 38:46 |
| | | | | | 1:39 | 1:27 | 10:46 | 1:09 | 2:18 | 4:49 | 5:00 | 1:32 | 4:40 | 2:49 | 1:59 | 0:38 |
| 35 | | Gil Badia Landefeld LTV Bayern | H-12 | 39:21 | 1:44 | 2:51 | 8:41 | 9:49 | 12:35 | 15:01 | 20:55 | 22:26 | 25:52 | 36:50 | 38:37 | 39:21 |
| | | | | | 1:44 | 1:07 | 5:50 | 1:08 | 2:46 | 2:26 | 5:54 | 1:31 | 3:26 | 10:58 | 1:47 | 0:44 |
| 36 | | Aiko Klein USV TU Dresden | H-12 | 41:07 | 1:41 | 2:54 | 11:49 | 13:03 | 16:09 | 18:48 | 28:34 | 30:25 | 33:57 | 37:39 | 40:18 | 41:07 |
| | | | | | 1:41 | 1:13 | 8:55 | 1:14 | 3:06 | 2:39 | 9:46 | 1:51 | 3:32 | 3:42 | 2:39 | 0:49 |
| 37 | | Ben Braun LTV Schwaben | H-12 | 41:13 | 2:18 | 3:35 | 11:01 | 12:13 | 16:22 | 19:15 | 26:40 | 28:49 | 32:09 | 38:48 | 40:39 | 41:13 |
| | | | | | 2:18 | 1:17 | 7:26 | 1:12 | 4:09 | 2:53 | 7:25 | 2:09 | 3:20 | 6:39 | 1:51 | 0:34 |
| 38 | | David Knuth OLV Potsdam | DirK | 41:50 | 2:41 | 4:20 | 13:22 | 14:47 | 18:25 | 21:03 | 28:59 | 30:42 | 34:06 | 37:33 | 41:06 | 41:50 |
| | | | | | 2:41 | 1:39 | 9:02 | 1:25 | 3:38 | 2:38 | 7:56 | 1:43 | 3:24 | 3:27 | 3:33 | 0:44 |
| 39 | | Simon Zinner LTV Bayern | H-12 | 42:26</ | | | | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | 1(103) | 2(104) | 3(105) | 4(106) | 5(107) | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(199) | Ziel |
|----------------------|-----|--|------|---------------------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| H12/DirK (60) | | | | 3,3 km 75 Hm | 11 P (Forts.) | | | | | | | | | | | |
| 45 | | Frederick Herr LTV Saarland | H-12 | 48:46 | 2:02 | 4:18 | 12:18 | 13:25 | 17:04 | 19:58 | 37:03 | 38:18 | 41:03 | 45:08 | 47:57 | 48:46 |
| 46 | | Ulrike Nitzsche LTV Thüringen | DirK | 50:05 | 2:02 | 2:16 | 8:00 | 1:07 | 3:39 | 2:54 | 17:05 | 1:15 | 2:45 | 4:05 | 2:49 | 0:49 |
| 47 | | Levi Stiegelmeier LTV Hessen | H-12 | 50:57 | 3:13 | 6:01 | 13:57 | 15:08 | 22:01 | 24:31 | 30:58 | 32:59 | 41:52 | 46:17 | 49:17 | 50:05 |
| 48 | | Maksim Kharitonov LTV Berlin | H-12 | 53:55 | 3:13 | 2:48 | 7:56 | 1:11 | 6:53 | 2:30 | 6:27 | 2:01 | 8:53 | 4:25 | 3:00 | 0:48 |
| 49 | | August-Friedrich Re LTV Westfalen | H-12 | 57:25 | 2:23 | 5:19 | 21:08 | 23:41 | 27:56 | 32:18 | 38:36 | 40:42 | 43:53 | 47:56 | 50:06 | 50:57 |
| 50 | | Margit Schram LTV Bayern | DirK | 59:05 | 2:23 | 2:56 | 15:49 | 2:33 | 4:15 | 4:22 | 6:18 | 2:06 | 3:11 | 4:03 | 2:10 | 0:51 |
| 51 | | Miguel Castilho Mar LTV Niedersachsen | H-12 | 1:02:28 | 2:32 | 5:24 | 12:37 | 14:37 | 21:07 | 25:31 | 37:46 | 39:46 | 43:14 | 50:37 | 53:06 | 53:55 |
| 52 | | Kamilla Knuth OLV Potsdam | DirK | 1:05:33 | 2:32 | 2:52 | 7:13 | 2:00 | 6:30 | 4:24 | 12:15 | 2:00 | 3:28 | 7:23 | 2:29 | 0:49 |
| | | Jason Knieknecht LTV Berlin | H-12 | Fehlst | 2:15 | 4:49 | 19:52 | 20:52 | 28:57 | 32:53 | 40:37 | 42:20 | 51:07 | 55:35 | 58:28 | 59:05 |
| | | Justus Weber LTV Schwaben | H-12 | Fehlst | 2:15 | 2:34 | 15:03 | 1:00 | 8:05 | 3:56 | 7:44 | 1:43 | 8:47 | 4:28 | 2:53 | 0:37 |
| | | Claudia Becker LTV Berlin | DirK | N Ang | 2:54 | 4:43 | 31:15 | 34:18 | 37:53 | 42:32 | 48:34 | 50:19 | 56:06 | 59:55 | 1:01:54 | 1:02:28 |
| | | Robin Zschäckel LTV Berlin | DirK | N Ang | 2:54 | 1:49 | 26:32 | 3:03 | 3:35 | 4:39 | 6:02 | 1:45 | 5:47 | 3:49 | 1:59 | 0:34 |
| | | Fynn Schwarz LTV Brandenburg | H-12 | N Ang | 3:26 | 5:23 | 17:01 | 19:28 | 25:40 | 32:47 | 45:36 | 48:12 | 55:16 | 1:00:50 | 1:04:30 | 1:05:33 |
| | | Raphael Rattey TG 1860 Münden | H-12 | N Ang | 3:26 | 1:57 | 11:38 | 2:27 | 6:12 | 7:07 | 12:49 | 2:36 | 7:04 | 5:34 | 3:40 | 1:03 |
| | | Ursula Strobel LTV Thüringen | DirK | N Ang | 2:00 | 3:56 | 10:05 | ---- | 17:43 | 23:46 | 29:40 | 31:03 | 34:06 | 36:48 | 39:20 | 40:11 |
| | | Hans Lange LTV Thüringen | DirK | N Ang | 2:00 | 1:56 | 6:09 | ---- | 7:38 | 6:03 | 5:54 | 1:23 | 3:03 | 2:42 | 2:32 | 0:51 |
| | | | | 39:29 | | | | | | | | | | | | |
| | | | | *199 | | | | | | | | | | | | |
| | | | | | 1:49 | 4:32 | 14:33 | 15:44 | 20:27 | ---- | 33:13 | 35:27 | 50:19 | 54:41 | 57:40 | 58:18 |
| | | | | | 1:49 | 2:43 | 10:01 | 1:11 | 4:43 | | 12:46 | 2:14 | 14:52 | 4:22 | 2:59 | 0:38 |
| D14 (34) | | | | 4,2 km 65 Hm | 10 P | | | | | | | | | | | |
| 1 | | Maria Tovchigrechik LTV Berlin | D-14 | 35:13 | 1(102) | 2(106) | 3(121) | 4(110) | 5(199) | 6(135) | 7(113) | 8(118) | 9(119) | 10(199) | Ziel | |
| 2 | | Anna Hoffeld LTV Sachsen | D-14 | 36:12 | 2:22 | 8:57 | 10:53 | 15:23 | 20:10 | 21:25 | 22:56 | 26:56 | 28:26 | 34:28 | 35:13 | |
| 3 | | Luise Hempel LTV Sachsen | D-14 | 37:23 | 2:22 | 6:35 | 1:56 | 4:30 | 4:47 | 1:15 | 1:31 | 4:00 | 1:30 | 6:02 | 0:45 | |
| 4 | | Juliane Burgmair LTV Bayern | D-14 | 37:59 | 3:10 | 11:33 | 13:48 | 16:59 | 22:13 | 23:32 | 24:52 | 28:47 | 30:09 | 35:40 | 36:12 | |
| 5 | | Anna Weigert LTV Niedersachsen | D-14 | 38:04 | 3:10 | 8:23 | 2:15 | 3:11 | 5:14 | 1:19 | 1:20 | 3:55 | 1:22 | 5:31 | 0:32 | |
| 6 | | Lena Baath LTV Bayern | D-14 | 39:31 | 2:12 | 9:56 | 12:02 | 16:18 | 21:12 | 22:19 | 24:27 | 29:23 | 30:59 | 36:44 | 37:23 | |
| 7 | | Katharina Saß LTV Rheinhausen | D-14 | 41:04 | 2:12 | 7:44 | 2:06 | 4:16 | 4:54 | 1:07 | 2:08 | 4:56 | 1:36 | 5:45 | 0:39 | |
| 8 | | Mila Fischer LTV Brandenburg | D-14 | 41:06 | 2:31 | 9:10 | 11:45 | 14:23 | 19:06 | 20:06 | 21:41 | 30:39 | 31:47 | 37:27 | 37:59 | |
| 9 | | Caroline Eckart LTV Thüringen | D-14 | 42:20 | 2:31 | 6:39 | 2:35 | 2:38 | 4:43 | 1:00 | 1:35 | 8:58 | 1:08 | 5:40 | 0:32 | |
| 10 | | Jule Weigert LTV Niedersachsen | D-14 | 43:37 | 2:17 | 8:44 | 10:51 | 16:17 | 24:16 | 25:03 | 26:19 | 30:23 | 31:39 | 37:32 | 38:04 | |
| 11 | | Lotte Strupp LTV Rheinhausen | D-14 | 43:51 | 2:17 | 6:27 | 2:07 | 5:26 | 7:59 | 0:47 | 1:16 | 4:04 | 1:16 | 5:53 | 0:32 | |
| 12 | | Marie Wunsch LTV Sachsen | D-14 | 44:03 | 3:20 | 11:24 | 14:37 | 18:51 | 24:17 | 26:49 | 28:15 | 31:54 | 33:12 | 38:56 | 39:31 | |
| 13 | | Anne Pühl LTV Bayern | D-14 | 46:01 | 3:20 | 8:04 | 3:13 | 4:14 | 5:26 | 2:32 | 1:26 | 3:39 | 1:18 | 5:44 | 0:35 | |
| 14 | | Jana Knaup LTV Niedersachsen | D-14 | 47:21 | 2:50 | 9:57 | 12:30 | 18:57 | 24:02 | 25:39 | 27:10 | 31:20 | 33:28 | 40:31 | 41:04 | |
| 15 | | Marika Nitzsche LTV Thüringen | D-14 | 49:10 | 2:50 | 7:07 | 2:33 | 6:27 | 5:05 | 1:37 | 1:31 | 4:10 | 2:08 | 7:03 | 0:33 | |
| 16 | | Jette Körber LTV Niedersachsen | D-14 | 53:05 | 2:12 | 8:23 | 10:11 | 14:17 | 18:54 | 26:03 | 27:20 | 31:21 | 34:07 | 40:27 | 41:06 | |
| 17 | | Anna Hoferer LTV Baden | D-14 | 53:41 | 2:12 | 6:11 | 1:48 | 4:06 | 4:37 | 7:09 | 1:17 | 4:01 | 2:46 | 6:20 | 0:39 | |
| 18 | | Charlotte Herrmann LTV Sachsen | D-14 | 55:02 | 2:59 | 10:33 | 13:43 | 18:42 | 24:04 | 25:23 | 28:27 | 34:22 | 36:05 | 41:47 | 42:20 | |
| 19 | | Laura Faltejisková LTV Bayern | D-14 | 55:21 | 2:59 | 7:34 | 3:10 | 4:59 | 5:22 | 1:19 | 3:04 | 5:55 | 1:43 | 5:42 | 0:33 | |
| 20 | | Lola Caspari LTV Westfalen | D-14 | 55:58 | 2:12 | 8:52 | 10:55 | 16:33 | 26:19 | 27:45 | 29:12 | 35:24 | 36:53 | 43:01 | 43:37 | |
| | | | | 2:12 | 6:40 | 2:03 | 5:38 | 9:46 | 1:26 | 1:27 | 6:12 | 1:29 | 6:08 | 0:36 | | |
| | | | | 2:26 | 9:28 | 2:28 | 4:47 | 5:46 | 3:58 | 1:36 | 4:21 | 1:35 | 6:49 | 0:37 | | |
| | | | | 2:53 | 10:34 | 14:09 | 18:27 | 24:08 | 25:22 | 27:29 | 32:50 | 35:04 | 43:23 | 44:03 | | |
| | | | | 2:53 | 7:41 | 3:35 | 4:18 | 5:41 | 1:14 | 2:07 | 5:21 | 2:14 | 8:19 | 0:40 | | |
| | | | | 4:21 | 7:03 | 3:09 | 4:45 | 5:16 | 1:13 | 1:41 | 9:50 | 1:12 | 6:58 | 0:33 | | |
| | | | | 3:18 | 13:10 | 15:28 | 19:50 | 24:51 | 26:05 | 29:13 | 33:50 | 35:22 | 46:48 | 47:21 | | |
| | | | | 3:18 | 9:52 | 2:18 | 4:22 | 5:01 | 1:14 | 3:08 | 4:37 | 1:32 | 11:26 | 0:33 | | |
| | | | | 4:10 | 12:48 | 16:21 | 21:05 | 27:15 | 28:34 | 31:25 | 37:25 | 39:52 | 48:28 | 49:10 | | |
| | | | | 4:10 | 8:38 | 3:33 | 4:44 | 6:10 | 1:19 | 2:51 | 6:00 | 2:27 | 8:36 | 0:42 | | |
| | | | | 3:22 | 12:34 | 15:29 | 21:55 | 27:41 | 30:47 | 34:44 | 41:20 | 43:18 | 52:33 | 53:05 | | |
| | | | | 3:22 | 9:12 | 2:55 | 6:26 | 5:46 | 3:06 | 3:57 | 6:36 | 1:58 | 9:15 | 0:32 | | |
| | | | | 3:33 | 14:03 | 17:02 | 22:35 | 28:22 | 29:44 | 32:27 | 43:10 | 46:28 | 53:04 | 53:41 | | |
| | | | | 3:33 | 10:30 | 2:59 | 5:33 | 5:47 | 1:22 | 2:43 | 10:43 | 3:18 | 6:36 | 0:37 | | |
| | | | | 3:15 | 11:54 | 15:29 | 22:17 | 28:14 | 34:49 | 38:21 | 44:25 | 46:05 | 54:20 | 55:02 | | |
| | | | | 3:15 | 8:39 | 3:35 | 6:48 | 5:57 | 6:35 | 3:32 | 6:04 | 1:40 | 8:15 | 0:42 | | |
| | | | | 3:05 | 11:33 | 15:00 | 26:36 | 33:22 | 37:03 | 39:53 | 45:37 | 47:28 | 54:43 | 55:21 | | |
| | | | | 3:05 | 8:28 | 3:27 | 11:36 | 6:46 | 3:41 | 2:50 | 5:44 | 1:59 | 7:07 | 0:38 | | |
| | | | | 3:34 | 11:26 | 17:04 | 22:00 | 28:11 | 30:56 | 35:44 | 45:22 | 47:17 | 55:25 | 55:58 | | |
| | | | | 3:34 | 7:52 | 5:38 | 4:56 | 6:11 | 2:45 | 4:48 | 9:38 | 1:55 | 8:08 | 0:33 | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | Ziel | |
|-----------------|-----|---|------|----------------|---------------------|-------------|-------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| D14 (34) | | | | | 4,2 km 65 Hm | | 10 P | | <i>(Forts.)</i> | | | | | | | | |
| | | | | | 1(102) | 2(106) | 3(121) | 4(110) | 5(199) | 6(135) | 7(113) | 8(118) | 9(119) | 10(199) | | Ziel | |
| 21 | | Pauline Palme LTV Brandenburg | D-14 | 59:07 | 8:13 | 18:32 | 21:31 | 27:52 | 33:48 | 36:38 | 40:38 | 47:19 | 49:11 | 58:36 | 59:07 | | |
| 22 | | Laila Poschitzki LTV Berlin | D-14 | 59:58 | 5:30 | 21:37 | 23:59 | 29:03 | 34:58 | 36:36 | 38:39 | 46:46 | 50:20 | 59:15 | 59:58 | | |
| 23 | | Luise Döhler SV Pechbrunn | D-14 | 1:00:16 | 2:32 | 15:17 | 18:47 | 24:54 | 32:07 | 36:24 | 40:01 | 48:36 | 50:35 | 59:36 | 1:00:16 | | |
| 24 | | Lina Leukert LTV Berlin | D-14 | 1:03:28 | 4:19 | 15:38 | 19:02 | 23:46 | 36:50 | 38:59 | 43:06 | 51:48 | 53:37 | 1:02:48 | 1:03:28 | | |
| 25 | | Hanna Zinner OLG Regensburg | D-14 | 1:04:48 | 3:44 | 25:28 | 29:53 | 36:03 | 44:01 | 45:23 | 47:32 | 53:07 | 55:17 | 1:04:06 | 1:04:48 | | |
| 26 | | Delania Hölzer LTV Westfalen | D-14 | 1:08:07 | 8:09 | 22:20 | 28:43 | 34:50 | 47:01 | 48:25 | 50:33 | 56:05 | 58:15 | 1:07:27 | 1:08:07 | | |
| 27 | | Tinca Stockfisch LTV Brandenburg | D-14 | 1:09:45 | 6:19 | 20:03 | 24:35 | 30:22 | 36:41 | 39:52 | 44:01 | 53:42 | 56:50 | 1:08:56 | 1:09:45 | | |
| 28 | | Ina Schulze LTV Sachsen-Anhalt | D-14 | 1:22:20 | 4:22 | 26:43 | 29:56 | 37:06 | 46:00 | 48:23 | 53:33 | 1:01:44 | 1:08:41 | 1:21:43 | 1:22:20 | | |
| 29 | | Ida Bohl TV Coburg-Neuses | D-14 | 1:22:57 | 3:07 | 30:36 | 33:44 | 40:26 | 47:14 | 51:08 | 54:48 | 1:10:00 | 1:12:01 | 1:22:18 | 1:22:57 | | |
| 30 | | Yara Natho OC München | D-14 | 1:25:22 | 3:29 | 15:01 | 30:52 | 40:30 | 49:01 | 51:22 | 56:40 | 1:04:47 | 1:11:46 | 1:24:43 | 1:25:22 | | |
| | | Maxi Pöhlmann LTV Thüringen | D-14 | Fehlst | ---- | 14:44 | 17:43 | 24:53 | 31:18 | 33:27 | 37:32 | 45:25 | 47:15 | 57:01 | 57:42 | 3:18 | |
| | | Fina Baath TSV Jetzendorf | D-14 | Fehlst | 4:41 | ----- | 17:35 | 26:32 | 31:53 | 35:47 | 37:11 | 53:39 | 55:25 | 1:03:03 | 1:03:40 | 11:43 | |
| | | Emma Roth LTV Rheinhessen | D-14 | N Ang | | | | | | | | | | | | *103 | |
| | | Julia Schley LTV Sachsen-Anhalt | D-14 | N Ang | | | | | | | | | | | | 11:43 | |
| | | | | | | | | | | | | | | | | *105 | |
| H14 (43) | | | | | 4,7 km 90 Hm | | 12 P | | | | | | | | | | |
| | | | | | 1(104) | 2(106) | 3(121) | 4(109) | 5(110) | 6(199) | 7(145) | 8(118) | 9(119) | 10(117) | 11(116) | 12(199) | Ziel |
| 1 | | Niklas Wetzel LTV Sachsen | H-14 | 29:47 | 1:54 | 7:06 | 8:55 | 10:32 | 13:12 | 17:04 | 18:06 | 23:03 | 24:08 | 26:18 | 27:28 | 29:21 | 29:47 |
| 2 | | Lennart Mühlstädt LTV Sachsen | H-14 | 30:05 | 2:05 | 7:16 | 8:51 | 10:28 | 13:42 | 17:42 | 18:34 | 22:50 | 23:55 | 26:16 | 27:42 | 29:35 | 30:05 |
| 3 | | Jakob Drechsler LTV Sachsen | H-14 | 34:30 | 3:00 | 7:50 | 9:15 | 11:32 | 15:48 | 19:56 | 22:38 | 27:25 | 28:18 | 30:13 | 32:09 | 33:59 | 34:30 |
| | | | | | 1:12 | 10:22 | 20:52 | | | | | | | | | | |
| | | | | | *103 | *129 | *135 | | | | | | | | | | |
| 4 | | Jack Hay LTV Bayern | H-14 | 36:30 | 2:28 | 9:11 | 11:23 | 13:38 | 16:40 | 21:03 | 22:01 | 26:58 | 28:05 | 30:41 | 33:09 | 35:58 | 36:30 |
| | | | | | 32:16 | | | | | | | | | | | | |
| | | | | | *133 | | | | | | | | | | | | |
| 5 | | Lionel Kumbier LTV Berlin | H-14 | 39:22 | 2:32 | 8:40 | 10:49 | 13:20 | 17:25 | 22:13 | 23:25 | 31:31 | 32:39 | 35:20 | 36:39 | 38:51 | 39:22 |
| | | | | | 2:32 | 6:08 | 2:09 | 2:31 | 4:05 | 4:48 | 1:12 | 8:06 | 1:08 | 2:41 | 1:19 | 2:12 | 0:31 |
| | | | | | 1:22 | 15:51 | | | | | | | | | | | |
| | | | | | *103 | *143 | | | | | | | | | | | |
| 6 | | Fidelius Cain LTV Berlin | H-14 | 40:18 | 2:13 | 8:15 | 9:44 | 15:06 | 18:53 | 22:58 | 24:05 | 29:19 | 30:25 | 36:33 | 37:58 | 39:51 | 40:18 |
| 7 | | Johannes Eckel LTV Niedersachsen | H-14 | 42:10 | 2:13 | 6:02 | 1:29 | 5:22 | 3:47 | 4:05 | 1:07 | 5:14 | 1:06 | 6:08 | 1:25 | 1:53 | 0:27 |
| 8 | | Tomas Schäfer SV Robotron Dresden | H-14 | 43:12 | 3:03 | 6:30 | 1:45 | 2:45 | 3:25 | 4:28 | 1:10 | 11:05 | 0:59 | 2:20 | 2:12 | 2:01 | 0:27 |
| 9 | | Alwin Richter Post SV Dresden | H-14 | 43:59 | 2:41 | 8:20 | 10:31 | 12:23 | 15:27 | 20:11 | 25:30 | 34:57 | 36:14 | 39:09 | 40:44 | 42:43 | 43:12 |
| | | | | | 2:41 | 5:39 | 2:11 | 1:52 | 3:04 | 4:44 | 5:19 | 9:27 | 1:17 | 2:55 | 1:35 | 1:59 | 0:29 |
| | | | | | 2:17 | 8:09 | 10:04 | 13:27 | 18:26 | 23:05 | 24:01 | 29:37 | 30:53 | 38:16 | 41:02 | 43:31 | 43:59 |
| | | | | | 2:17 | 5:52 | 1:55 | 3:23 | 4:59 | 4:39 | 0:56 | 5:36 | 1:16 | 7:23 | 2:46 | 2:29 | 0:28 |
| | | | | | 11:41 | | | | | | | | | | | | |
| | | | | | *129 | | | | | | | | | | | | |
| 10 | | Gergely Knuth LTV Brandenburg | H-14 | 44:27 | 3:24 | 10:15 | 12:45 | 14:43 | 18:34 | 23:27 | 24:34 | 34:04 | 35:27 | 38:15 | 41:13 | 43:57 | 44:27 |
| 11 | | Tim Weinert LTV Sachsen | H-14 | 46:43 | 3:24 | 6:51 | 2:30 | 1:58 | 3:51 | 4:53 | 1:07 | 9:30 | 1:23 | 2:48 | 2:58 | 2:44 | 0:30 |
| 12 | | Gregor Grahl LTV Schleswig-Hols | H-14 | 47:42 | 2:14 | 8:11 | 10:10 | 13:39 | 19:31 | 24:11 | 25:12 | 35:47 | 37:10 | 42:26 | 44:03 | 46:13 | 46:43 |
| | | | | | 2:14 | 5:57 | 1:59 | 3:29 | 5:52 | 4:40 | 1:01 | 10:35 | 1:23 | 5:16 | 1:37 | 2:10 | 0:30 |
| 13 | | Hannes Möhring LTV Niedersachsen | H-14 | 48:20 | 3:23 | 11:54 | 14:13 | 18:18 | 23:01 | 28:22 | 30:00 | 36:26 | 39:45 | 43:02 | 44:35 | 47:08 | 47:42 |
| | | | | | 3:23 | 8:31 | 2:19 | 4:05 | 4:43 | 5:21 | 1:38 | 6:26 | 3:19 | 3:17 | 1:33 | 2:33 | 0:34 |
| 14 | | Julius Flach LTV Berlin | H-14 | 48:25 | 2:46 | 8:44 | 11:34 | 13:54 | 17:39 | 24:37 | 25:58 | 36:58 | 39:39 | 43:10 | 45:34 | 47:49 | 48:20 |
| | | | | | 2:46 | 5:58 | 2:50 | 2:20 | 3:45 | 6:58 | 1:21 | 11:00 | 2:41 | 3:31 | 2:24 | 2:15 | 0:31 |
| 15 | | Sönke Wiebelitz LTV Westfalen | H-14 | 49:05 | 3:40 | 11:46 | 2:30 | 2:01 | 4:53 | 5:02 | 1:04 | 7:20 | 1:19 | 3:19 | 2:21 | 2:37 | 0:33 |
| | | | | | 3:00 | 6:45 | 2:53 | 1:47 | 7:11 | 4:41 | 3:54 | 8:32 | 1:19 | 3:41 | 2:27 | 2:25 | 0:30 |
| 16 | | Jonathan Köcher LTV Thüringen | H-14 | 50:38 | 3:02 | 10:22 | 12:38 | 15:05 | 22:55 | 28:27 | 30:36 | 38:23 | 39:35 | 45:16 | 47:27 | 50:06 | 50:38 |
| | | | | | 3:02 | 7:20 | 2:16 | 2:27 | 7:50 | 5:32 | 2:09 | 7:47 | 1:12 | 5:41 | 2:11 | 2:39 | 0:32 |
| | | | | | 1:55 | | | | | | | | | | | | |
| | | | | | *103 | | | | | | | | | | | | |
| 17 | | Milo Spengler LTV Brandenburg | H-14 | 52:02 | 3:22 | 12:18 | 15:01 | 17:23 | 23:20 | 29:10 | 30:38 | 40:11 | 41:59 | 46:13 | 48:09 | 51:28 | 52:02 |
| 18 | | Yannis Lauer OLG Regensburg | H-14 | 52:27 | 3:22 | 8:56 | 2:43 | 2:22 | 5:57 | 5:50 | 1:28 | 9:33 | 1:48 | 4:14 | 1:56 | 3:19 | 0:34 |
| | | | | | 2:41 | 10:38 | 13:16 | 18:36 | 25:25 | 30:49 | 32:32 | 38:48 | 40:26 | 44:18 | 49:11 | 51:56 | 52:27 |
| | | | | | 2:41 | 7:57 | 2:38 | 5:20 | 6:49 | 5:24 | 1:43 | 6:16 | 1:38 | 3:52 | 4:53 | 2:45 | 0:31 |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | Ziel |
|-----------------------|-----|--|------|----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| H14 (43) | | | | 4,7 km 90 Hm | 12 P | <i>(Forts.)</i> | | | | | | | | | | | |
| | | | | | 1(104) | 2(106) | 3(121) | 4(109) | 5(110) | 6(199) | 7(145) | 8(118) | 9(119) | 10(117) | 11(116) | 12(199) | Ziel |
| 19 | | Tobias Bittner LTV Bayern | H-14 | 52:33 | 2:33 30:33 *135 | 13:29 10:56 | 15:29 2:00 | 17:40 2:11 | 24:15 6:35 | 29:27 5:12 | 32:14 2:47 | 41:43 9:29 | 43:05 1:22 | 46:58 3:53 | 49:07 2:09 | 52:03 2:56 | 52:33 0:30 |
| 20 | | Valentin Schram TSV Jetzendorf | H-14 | 53:36 | 6:12 | 13:24 7:12 | 15:35 2:11 | 18:07 2:32 | 25:55 7:48 | 31:26 5:31 | 33:38 2:12 | 41:26 7:48 | 42:33 1:07 | 48:11 5:38 | 50:26 2:15 | 53:01 2:35 | 53:36 0:35 |
| 21 | | Bastian Danninger LTV Bayern | H-14 | 53:54 | 3:16 31:23 *103 | 10:42 7:26 | 13:28 2:46 | 15:42 2:14 | 20:41 4:59 | 25:41 5:00 | 27:48 2:07 | 39:10 11:22 | 40:43 1:33 | 46:06 5:23 | 49:28 3:22 | 53:24 3:56 | 53:54 0:30 |
| 22 | | Moritz Oechler LTV Bayern | H-14 | 54:03 | 3:05 3:05 | 10:46 7:41 | 13:07 2:21 | 17:53 4:46 | 22:40 4:47 | 28:23 5:43 | 29:30 1:07 | 40:35 11:05 | 42:25 1:50 | 46:05 3:40 | 50:15 4:10 | 53:24 3:09 | 54:03 0:39 |
| 23 | | Felix Salau LTV Niedersachsen | H-14 | 54:16 | 3:26 3:26 | 12:19 8:53 | 15:23 3:04 | 18:46 3:23 | 24:26 5:40 | 30:25 5:59 | 32:38 2:13 | 41:03 8:25 | 42:13 1:10 | 48:04 5:51 | 50:57 2:53 | 53:42 2:45 | 54:16 0:34 |
| 24 | | Johanna Berger LTV Rheinhessen | H-14 | 55:39 | 3:09 3:09 | 10:56 7:47 | 13:51 2:55 | 16:09 2:18 | 23:56 7:47 | 28:56 5:00 | 31:32 2:36 | 40:01 8:29 | 45:01 5:00 | 48:58 3:57 | 51:34 2:36 | 55:06 3:32 | 55:39 0:33 |
| 25 | | Julius Lucke Post SV Dresden | H-14 | 57:19 | 3:18 3:18 | 10:02 6:44 | 13:03 3:01 | 22:31 9:28 | 29:23 6:52 | 34:23 5:00 | 36:27 2:04 | 45:43 9:16 | 47:36 1:53 | 51:28 3:52 | 53:49 2:21 | 56:43 2:54 | 57:19 0:36 |
| 26 | | Felix Rathje LTV Rheinhessen | H-14 | 57:38 | 2:44 2:44 | 8:29 5:45 | 11:14 2:45 | 13:34 2:20 | 22:15 8:41 | 26:35 4:20 | 31:47 5:12 | 37:51 6:04 | 39:41 1:50 | 49:07 9:26 | 52:30 3:23 | 56:38 4:08 | 57:38 1:00 |
| 27 | | Hugo Tisius LTV Westfalen | H-14 | 57:47 | 5:06 5:06 | 13:15 8:09 | 17:37 4:22 | 20:36 2:59 | 25:27 4:51 | 32:01 6:34 | 36:35 4:34 | 45:40 9:05 | 46:58 1:18 | 51:05 4:07 | 53:39 2:34 | 55:57 2:18 | 57:47 1:50 |
| 28 | | Moritz Kuntze LTV Thüringen | H-14 | 58:29 | 2:55 29:53 *135 | 14:44 11:49 | 17:15 2:31 | 20:46 3:31 | 24:16 3:30 | 29:02 4:46 | 30:51 1:49 | 39:11 8:20 | 51:06 11:55 | 53:55 2:49 | 55:34 1:39 | 57:58 2:24 | 58:29 0:31 |
| 29 | | Fabian Kunz LTV Saarland | H-14 | 58:38 | 4:18 4:18 | 12:21 8:03 | 15:26 3:05 | 19:41 4:15 | 25:09 5:28 | 32:27 7:18 | 34:16 1:49 | 42:06 7:50 | 44:01 1:55 | 51:11 7:10 | 54:54 3:43 | 57:53 2:59 | 58:38 0:45 |
| 30 | | Nico Dorscheid LTV Saarland | H-14 | 58:52 | 5:57 5:57 | 12:52 6:55 | 16:20 3:28 | 18:47 2:27 | 24:52 6:05 | 34:29 9:37 | 36:06 1:37 | 46:27 10:21 | 47:58 1:31 | 52:46 4:48 | 55:30 2:44 | 58:11 2:41 | 58:52 0:41 |
| 31 | | Malte Lindemann LTV Westfalen | H-14 | 59:10 | 4:10 4:10 | 12:04 7:54 | 15:24 3:20 | 18:43 3:19 | 23:18 4:35 | 30:50 7:32 | 32:24 1:34 | 40:53 8:29 | 48:15 7:22 | 53:09 4:54 | 55:48 2:39 | 58:35 2:47 | 59:10 0:35 |
| 32 | | Henning Krenz LTV Brandenburg | H-14 | 59:15 | 6:47 6:47 | 19:48 13:01 | 22:51 3:03 | 25:03 2:12 | 34:48 9:45 | 39:14 4:26 | 40:24 1:10 | 47:13 6:49 | 48:56 1:43 | 51:53 2:57 | 56:33 4:40 | 58:44 2:11 | 59:15 0:31 |
| 33 | | Carl Costa Green LTV Berlin | H-14 | 1:04:20 | 3:42 3:42 | 10:01 6:19 | 13:11 3:10 | 20:10 6:59 | 24:44 4:34 | 30:16 5:32 | 31:42 1:26 | 45:14 13:32 | 46:43 1:29 | 50:02 3:19 | 52:14 2:12 | 1:03:42 11:28 | 1:04:20 0:38 |
| 34 | | Daniel Wirth LTV Saarland | H-14 | 1:06:24 | 2:58 17:08 *125 | 11:19 8:21 *135 | 14:29 3:10 *135 | 23:40 9:11 | 28:00 4:20 | 33:59 5:59 | 37:06 3:07 | 47:24 10:18 | 49:04 1:40 | 59:00 9:56 | 1:02:17 3:17 | 1:05:34 3:17 | 1:06:24 0:50 |
| 35 | | Clara Beiser LTV Rheinhessen | H-14 | 1:08:23 | 3:38 3:38 | 13:35 9:57 | 17:59 4:24 | 22:04 4:05 | 28:50 6:46 | 38:35 9:45 | 40:01 1:26 | 49:44 9:43 | 51:54 2:10 | 57:53 5:59 | 1:04:27 6:34 | 1:07:46 3:19 | 1:08:23 0:37 |
| 36 | | Johannes Gurtman LTV Niedersachsen | H-14 | 1:09:54 | 3:49 3:49 | 11:55 8:06 | 15:11 3:16 | 19:59 4:48 | 24:31 4:32 | 31:36 7:05 | 35:23 3:47 | 44:33 9:10 | 46:22 1:49 | 50:44 4:22 | 1:06:00 15:16 | 1:09:19 3:19 | 1:09:54 0:35 |
| 37 | | Thomas Burckhart LTV Baden | H-14 | 1:17:20 | 3:02 3:02 | 20:38 17:36 | 22:53 2:15 | 26:50 3:57 | 34:58 8:08 | 40:13 5:15 | 46:23 6:10 | 1:01:57 15:34 | 1:03:27 1:30 | 1:11:14 7:47 | 1:13:33 2:19 | 1:16:47 3:14 | 1:17:20 0:33 |
| 38 | | Maik Schweizer MTV Seesen | H-14 | 1:27:54 | 5:48 5:48 | 15:40 9:52 | 19:17 3:37 | 24:21 5:04 | 34:55 10:34 | 41:07 6:12 | 44:30 3:23 | 1:06:25 21:55 | 1:10:19 3:54 | 1:20:59 10:40 | 1:23:47 2:48 | 1:27:14 3:27 | 1:27:54 0:40 |
| 39 | | Sonny Benz Berliner Turnerscha | H-14 | 1:47:16 | 5:09 5:09 | 14:27 9:18 | 16:55 2:28 | 56:34 39:39 | 1:05:09 8:35 | 1:10:05 4:56 | 1:16:34 6:29 | 1:32:13 15:39 | 1:33:44 1:31 | 1:41:11 7:27 | 1:43:29 2:18 | 1:46:46 3:17 | 1:47:16 0:30 |
| 40 | | Espen Post LTV Thüringen | H-14 | 1:55:06 | 24:38 24:38 | 35:42 11:04 | 39:57 4:15 | 59:52 19:55 | 1:08:13 8:21 | 1:15:15 7:02 | 1:18:30 3:15 | 1:35:19 16:49 | 1:37:10 1:51 | 1:44:32 7:22 | 1:46:35 2:03 | 1:54:28 7:53 | 1:55:06 0:38 |
| | | Kai Breckle LTV Baden | H-14 | Fehlst | 2:41 26:01 *135 | 9:50 7:09 | 12:54 3:04 | 15:22 2:28 | 19:10 3:48 | 24:47 5:37 | ---- | 35:09 10:22 | 37:48 2:39 | 43:01 5:13 | 45:05 2:04 | 48:07 3:02 | 48:33 0:26 |
| | | Florian Reinwald OLG Regensburg | H-14 | N Ang | | | | | | | | | | | | | |
| | | Elia Näger LTV Baden | H-14 | N Ang | | | | | | | | | | | | | |
| D16A/DirM (42) | | | | 5,5 km 110 Hm | 16 P | | | | | | | | | | | | |
| | | | | | 1(138) 15(117) | 2(122) 16(199) | 3(141) Ziel | 4(110) | 5(125) | 6(121) | 7(107) | 8(125) | 9(109) | 10(143) | 11(125) | 12(199) | 13(135)) |
| 1 | | Jens Lucke LTV Sachsen | DirM | 40:23 | 4:36 37:38 1:17 | 8:37 4:01 2:17 | 11:53 3:16 0:27 | 19:29 7:36 | 21:01 1:32 | 21:59 0:58 | 22:25 0:26 | 23:51 1:26 | 25:18 1:27 | 27:07 1:49 | 28:34 1:27 | 33:45 5:11 | 34:42 0:57 |
| 2 | | Marlene Fritz LTV Schwaben | D-16 | 42:20 | 4:29 39:22 1:28 | 8:03 3:34 2:28 | 11:41 3:38 0:30 | 19:38 7:57 | 21:12 1:34 | 22:26 1:14 | 22:51 0:25 | 24:11 1:20 | 25:20 1:09 | 27:39 2:19 | 29:01 1:22 | 34:34 5:33 | 35:39 1:05 |
| 3 | | Stanja Lindig LTV Sachsen | D-16 | 44:19 | 5:26 41:36 1:22 | 9:10 3:44 2:16 | 13:05 3:55 0:27 | 20:08 7:03 | 25:27 5:19 | 26:27 1:00 | 26:53 0:26 | 28:03 1:10 | 29:16 1:13 | 31:10 1:54 | 32:30 1:20 | 37:50 5:20 | 38:34 0:44 |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|-----------------------|-----|---|------|----------------|-------------------------------|---------------------------------------|---------------------------------------|----------------|---------------|----------------------|----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| D16A/DirM (42) | | | | | 5,5 km 110 Hm | | | 16 P | | | (Forts.) | | | | | | |
| | | | | | 1(138) | 2(122) | 3(141) | 4(110) | 5(125) | 6(121) | 7(107) | 8(125) | 9(109) | 10(143) | 11(125) | 12(199) | 13(135) |
| | | | | | 15(117) | 16(199) | Ziel | | | | | | | | | | |
| 4 | | Klaus Hempel LTV Sachsen | DirM | 46:24 | 6:36 6:36 43:01 1:28 | 10:00 3:24 45:45 2:44 | 13:39 3:39 46:24 0:39 | 21:51 8:12 | 23:58 2:07 | 25:04 1:06 | 25:29 0:25 | 26:54 1:25 | 28:23 1:29 | 30:28 2:05 | 31:54 1:26 | 38:03 6:09 | 39:11 1:08 |
| 5 | | Karsten Lehmann LTV Thüringen | DirM | 46:48 | 5:01 5:01 43:31 1:41 | 10:06 5:05 46:10 2:39 | 13:58 3:52 46:47 0:37 | 23:01 9:03 | 24:58 1:57 | 26:03 1:05 | 26:29 0:26 | 27:55 1:26 | 29:14 1:19 | 31:44 2:30 | 33:05 1:21 | 39:01 5:56 | 39:58 0:57 |
| 6 | | Anne Kästner LTV Saarland | D-16 | 46:51 | 5:00 5:00 43:47 1:26 | 9:55 4:55 46:20 2:33 | 14:06 4:11 46:51 0:31 | 21:36 7:30 | 23:27 1:51 | 24:33 1:06 | 25:00 0:27 | 26:43 1:43 | 28:35 1:52 | 31:28 2:53 | 32:54 1:26 | 39:20 6:26 | 40:07 0:47 |
| 7 | | Marcus Schmidt LTV Baden | DirM | 46:55 | 4:54 4:54 43:35 1:44 | 8:34 3:40 46:18 2:43 | 12:37 4:03 46:55 0:37 | 21:46 9:09 | 23:39 1:53 | 24:55 1:16 | 25:23 0:28 | 26:54 1:31 | 28:40 1:46 | 30:55 2:15 | 32:29 1:34 | 38:49 6:20 | 39:45 0:56 |
| 8 | | Ann-Charlotte Span LTV Niedersachsen | DirM | 47:25 | 4:46 4:46 44:16 1:53 | 9:10 4:24 46:54 2:38 | 13:40 4:30 47:25 0:30 | 23:03 9:23 | 25:07 2:04 | 26:05 0:58 | 26:32 0:27 | 28:04 1:32 | 29:31 1:27 | 32:15 2:44 | 33:45 1:30 | 39:28 5:43 | 40:25 0:57 |
| 9 | | Diethard Kundisch LTV Sachsen | DirM | 48:13 | 5:57 5:57 44:36 1:36 | 10:29 4:32 47:27 2:51 | 14:33 4:04 48:12 0:45 | 22:47 8:14 | 24:52 2:05 | 25:59 1:07 | 26:26 0:27 | 28:04 1:38 | 29:33 1:29 | 31:58 2:25 | 33:31 1:33 | 40:03 6:32 | 41:03 1:00 |
| 10 | | Claas Behrendt LTV Hessen | DirM | 48:30 | 4:59 4:59 45:11 1:37 | 8:42 3:43 48:03 2:52 | 12:23 3:41 48:30 0:26 | 22:11 9:48 | 24:41 2:30 | 26:00 1:19 | 26:34 0:34 | 28:10 1:36 | 29:52 1:42 | 32:21 2:29 | 33:47 1:26 | 40:04 6:17 | 41:07 1:03 |
| 11 | | Till Kleine LTV Westfalen | DirM | 49:10 | 4:37 4:37 45:30 1:59 | 9:06 4:29 48:39 3:09 | 12:57 3:51 49:09 0:30 | 21:55 8:58 | 23:51 1:56 | 25:03 1:12 | 25:42 0:39 | 27:16 1:34 | 29:12 1:56 | 31:50 2:38 | 33:26 1:36 | 40:02 6:36 | 41:19 1:17 |
| 12 | | Christian Duesman LTV Westfalen | DirM | 49:22 | 5:05 5:05 46:07 2:21 | 9:52 4:47 48:41 2:34 | 13:33 3:41 49:21 0:40 | 22:13 8:40 | 25:40 3:27 | 26:43 1:03 | 27:10 0:27 | 28:48 1:38 | 30:30 1:42 | 33:02 2:32 | 34:51 1:49 | 40:42 5:51 | 41:41 0:59 |
| 13 | | Lone Constanze Po LTV Sachsen | D-16 | 50:12 | 5:09 5:09 47:02 2:40 | 8:59 3:50 49:45 2:43 | 12:51 3:52 50:12 0:27 | 21:52 9:01 | 23:57 2:05 | 25:20 1:23 | 26:13 0:53 | 27:52 1:39 | 29:15 1:23 | 32:00 2:45 | 33:35 1:35 | 40:11 6:36 | 42:06 1:55 |
| 14 | | Anja Kästner LTV Saarland | DirM | 50:20 | 6:30 6:30 46:47 1:42 | 10:26 3:56 49:39 2:52 | 14:14 3:48 50:19 0:40 | 23:24 9:10 | 25:12 1:48 | 26:24 1:12 | 27:02 0:38 | 28:39 1:37 | 30:34 1:55 | 33:10 2:36 | 34:48 1:38 | 41:11 6:23 | 42:29 1:18 |
| 15 | | Arvid Glowka LTV Westfalen | DirM | 50:40 | 5:14 5:14 47:10 3:21 | 9:22 4:08 49:56 2:46 | 13:12 3:50 50:40 0:43 | 22:07 8:55 | 23:59 1:52 | 25:21 1:22 | 26:00 0:39 | 27:33 1:33 | 29:55 2:22 | 32:34 2:39 | 34:12 1:38 | 40:26 6:14 | 41:41 1:15 |
| 16 | | Jessica Drese LTV Niedersachsen | DirM | 54:24 | 5:12 5:12 50:45 1:53 | 11:09 5:57 53:44 2:59 | 15:23 4:14 54:24 0:39 | 25:43 10:20 | 28:20 2:37 | 30:00 1:40 | 30:28 0:28 | 32:18 1:50 | 33:57 1:39 | 36:49 2:52 | 38:29 1:40 | 45:03 6:34 | 46:01 0:58 |
| 17 | | Jürgen Kohler LTV Sachsen-Anhalt | DirM | 54:37 | 5:23 5:23 50:59 1:58 | 10:01 4:38 54:06 3:07 | 14:26 4:25 54:37 0:31 | 24:56 10:30 | 27:26 2:30 | 28:58 1:32 | 29:34 0:36 | 31:17 1:43 | 33:08 1:51 | 35:54 2:46 | 37:39 1:45 | 45:20 7:41 | 46:31 1:11 |
| 18 | | Gunnar Mühlstädt LTV Sachsen | DirM | 54:44 | 5:26 5:15 1:57 | 10:09 54:13 2:58 | 15:05 54:43 0:30 | 25:39 10:34 | 27:42 2:03 | 29:17 1:35 | 29:40 0:23 | 31:45 2:05 | 35:07 3:22 | 37:41 2:34 | 39:09 1:28 | 45:59 6:50 | 47:12 1:13 |
| 19 | | Malte Finkenstädt LTV Niedersachsen | DirM | 56:50 | 5:33 5:33 53:13 1:50 | 9:39 4:06 56:11 2:58 | 15:52 6:13 56:49 0:38 | 25:02 9:10 | 27:17 2:15 | 28:30 1:13 | 30:10 1:40 | 33:09 2:59 | 34:48 1:39 | 37:52 3:04 | 39:38 1:46 | 47:41 8:03 | 48:48 1:07 |
| 20 | | Kai Wersin LTV Rheinhessen | DirM | 56:52 | 5:54 5:54 53:33 1:38 | 10:34 4:40 56:20 2:47 | 14:42 4:08 56:52 0:32 | 24:04 9:22 | 26:15 2:11 | 30:58 4:43 | 31:41 0:43 | 35:13 3:32 | 36:32 1:19 | 39:33 3:01 | 42:41 3:08 | 48:45 6:04 | 49:53 1:08 |
| 21 | | Katrin Lorenz-Baat LTV Bayern | DirM | 58:34 | 5:49 5:49 54:48 1:51 | 11:03 5:14 57:58 3:10 | 16:15 5:12 58:33 0:35 | 25:37 9:22 | 28:04 2:27 | 29:37 1:33 | 30:26 0:49 | 34:56 4:30 | 36:42 1:46 | 39:24 2:42 | 41:04 1:40 | 49:36 8:32 | 50:37 1:01 |
| 22 | | Helmut Conrad USV TU Dresden | DirM | 1:00:01 | 5:54 5:54 55:56 2:01 | 12:14 6:20 59:13 3:17 | 17:17 5:03 1:00:01 0:47 | 29:39 12:22 | 31:47 2:08 | 33:17 1:30 | 33:52 0:35 | 35:58 2:06 | 37:52 1:54 | 40:53 3:01 | 42:36 1:43 | 50:01 7:25 | 51:31 1:30 |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | | |
|------------------|-----|---------------------------|------|----------------|----------------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| D16B (20) | | | | | 5,5 km 110 Hm | | 16 P | | <i>(Forts.)</i> | | | | | | | | | |
| | | | | | 1(138) | 2(122) | 3(141) | 4(110) | 5(125) | 6(109) | 7(143) | 8(125) | 9(121) | 10(107) | 11(125) | 12(199) | 13(135) | |
| | | | | | 15(117) | 16(199) | Ziel | | | | | | | | | | | |
| 18 | | Karla Döhler | D-16 | 2:09:42 | 7:54 | 22:53 | 31:34 | 50:08 | 54:07 | 58:07 | 1:13:47 | 1:17:15 | 1:19:53 | 1:20:47 | 1:31:35 | 1:50:27 | 1:52:23 | |
| | | LTV Bayern | | | 7:54 | 14:59 | 8:41 | 18:34 | 3:59 | 4:00 | 15:40 | 3:28 | 2:38 | 0:54 | 10:48 | 18:52 | 1:56 | |
| | | | | | 2:02:57 | 2:08:18 | 2:09:42 | | | | | | | | | | | |
| | | | | | 5:27 | 5:21 | 1:24 | | | | | | | | | | | |
| | | Hannah Imbsweiler | D-16 | Fehlst | 6:22 | 11:06 | 16:27 | 26:47 | 29:49 | 31:49 | 37:54 | 39:50 | ----- | ----- | ----- | 48:12 | 49:25 | |
| | | LTV Saarland | | | 6:22 | 4:44 | 5:21 | 10:20 | 3:02 | 2:00 | 6:05 | 1:56 | | | | | | |
| | | | | | 55:01 | 58:38 | 59:28 | | | | | | | | | | | |
| | | | | | 2:23 | 3:37 | 0:50 | | | | | | | | | | | |
| | | Janina Franke | D-16 | N Ang | | | | | | | | | | | | | | |
| | | LTV Baden | | | | | | | | | | | | | | | | |
| H16A (18) | | | | | 6,6 km 120 Hm | | 17 P | | | | | | | | | | | |
| | | | | | 1(120) | 2(124) | 3(144) | 4(122) | 5(110) | 6(125) | 7(106) | 8(131) | 9(125) | 10(109) | 11(143) | 12(125) | 13(199) | |
| | | | | | 15(126) | 16(139) | 17(199) | Ziel | | | | | | | | | | |
| 1 | | Loic Dequiedt | H-16 | 40:36 | 4:30 | 6:12 | 8:37 | 11:01 | 18:23 | 19:52 | 21:37 | 23:14 | 24:27 | 25:40 | 27:23 | 28:31 | 33:04 | |
| | | LTV Sachsen | | | 4:30 | 1:42 | 2:25 | 2:24 | 7:22 | 1:29 | 1:45 | 1:37 | 1:13 | 1:13 | 1:43 | 1:08 | 4:33 | |
| | | | | | 36:14 | 37:58 | 40:08 | 40:36 | | | | | | | | | | |
| | | | | | 2:00 | 1:44 | 2:10 | 0:28 | | | | | | | | | | |
| 2 | | David Saupe | H-16 | 44:21 | 4:23 | 6:06 | 8:52 | 12:43 | 20:10 | 21:52 | 24:05 | 26:22 | 27:40 | 28:49 | 30:48 | 31:55 | 37:08 | |
| | | LTV Sachsen | | | 4:23 | 1:43 | 2:46 | 3:51 | 7:27 | 1:42 | 2:13 | 2:17 | 1:18 | 1:09 | 1:59 | 1:07 | 5:13 | |
| | | | | | 40:09 | 42:02 | 43:48 | 44:21 | | | | | | | | | | |
| | | | | | 2:05 | 1:53 | 1:46 | 0:33 | | | | | | | | | | |
| 3 | | Ole Magnus Baath | H-16 | 50:58 | 5:08 | 6:57 | 10:49 | 13:43 | 22:28 | 23:53 | 26:06 | 28:11 | 29:33 | 30:47 | 32:46 | 34:13 | 39:39 | |
| | | LTV Bayern | | | 5:08 | 1:49 | 3:52 | 2:54 | 8:45 | 1:25 | 2:13 | 2:05 | 1:22 | 1:14 | 1:59 | 1:27 | 5:26 | |
| | | | | | 46:28 | 48:25 | 50:30 | 50:58 | | | | | | | | | | |
| | | | | | 2:15 | 1:57 | 2:05 | 0:28 | | | | | | | | | | |
| 4 | | Jonas Kögler | H-16 | 53:33 | 9:35 | 11:40 | 14:06 | 16:41 | 25:46 | 27:16 | 29:35 | 33:27 | 35:14 | 36:39 | 38:33 | 39:51 | 45:32 | |
| | | USV TU Dresden | | | 9:35 | 2:05 | 2:26 | 2:35 | 9:05 | 1:30 | 2:19 | 3:52 | 1:47 | 1:25 | 1:54 | 1:18 | 5:41 | |
| | | | | | 48:48 | 50:48 | 53:02 | 53:33 | | | | | | | | | | |
| | | | | | 2:15 | 2:00 | 2:14 | 0:31 | | | | | | | | | | |
| 5 | | Jonas Knaup | H-16 | 57:03 | 7:35 | 10:15 | 13:38 | 16:36 | 26:55 | 28:19 | 33:20 | 35:51 | 37:36 | 39:27 | 42:06 | 43:31 | 49:14 | |
| | | LTV Niedersachsen | | | 7:35 | 2:40 | 3:23 | 2:58 | 10:19 | 1:24 | 5:01 | 2:31 | 1:45 | 1:51 | 2:39 | 1:25 | 5:43 | |
| | | | | | 52:21 | 54:23 | 56:35 | 57:03 | | | | | | | | | | |
| | | | | | 2:22 | 2:02 | 2:12 | 0:28 | | | | | | | | | | |
| 6 | | Jannik Saß | H-16 | 58:53 | 6:05 | 8:18 | 12:29 | 15:31 | 30:23 | 32:05 | 34:38 | 37:16 | 38:44 | 40:19 | 42:15 | 43:34 | 50:05 | |
| | | LTV Rheinhessen | | | 6:05 | 2:13 | 4:11 | 3:02 | 14:52 | 1:42 | 2:33 | 2:38 | 1:28 | 1:35 | 1:56 | 1:19 | 6:31 | |
| | | | | | 53:35 | 56:05 | 58:27 | 58:53 | | | | | | | | | | |
| | | | | | 2:30 | 2:30 | 2:22 | 0:26 | | | | | | | | | | |
| 7 | | Severin Lehner | H-16 | 1:06:05 | 5:27 | 7:37 | 10:52 | 15:40 | 28:34 | 30:38 | 35:18 | 38:09 | 39:56 | 42:06 | 44:27 | 46:13 | 52:47 | |
| | | LTV Bayern | | | 5:27 | 2:10 | 3:15 | 4:48 | 12:54 | 2:04 | 4:40 | 2:51 | 1:47 | 2:10 | 2:21 | 1:46 | 6:34 | |
| | | | | | 59:30 | 1:02:46 | 1:05:30 | 1:06:05 | | | | | | | | | | |
| | | | | | 5:47 | 3:16 | 2:44 | 0:35 | | | | | | | | | | |
| 8 | | Marco Urzua Wöhre | H-16 | 1:07:16 | 11:33 | 13:48 | 18:27 | 22:19 | 33:20 | 35:07 | 38:26 | 41:29 | 44:50 | 46:22 | 49:00 | 50:34 | 57:52 | |
| | | LTV Niedersachsen | | | 11:33 | 2:15 | 4:39 | 3:52 | 11:01 | 1:47 | 3:19 | 3:03 | 3:21 | 1:32 | 2:38 | 1:34 | 7:18 | |
| | | | | | 1:01:53 | 1:04:12 | 1:06:46 | 1:07:16 | | | | | | | | | | |
| | | | | | 2:49 | 2:19 | 2:34 | 0:30 | | | | | | | | | | |
| 9 | | Ruben Sester | H-16 | 1:08:09 | 6:05 | 8:36 | 12:08 | 15:42 | 28:11 | 30:20 | 34:47 | 37:52 | 40:24 | 42:28 | 45:23 | 47:08 | 55:42 | |
| | | LTV Saarland | | | 6:05 | 2:31 | 3:32 | 3:34 | 12:29 | 2:09 | 4:27 | 3:05 | 2:32 | 2:04 | 2:55 | 1:45 | 8:34 | |
| | | | | | 1:00:04 | 1:04:26 | 1:07:29 | 1:08:09 | | | | | | | | | | |
| | | | | | 3:06 | 4:22 | 3:03 | 0:40 | | | | | | | | | | |
| 10 | | Daniel Nedoborovs | H-16 | 1:13:01 | 8:45 | 11:43 | 15:46 | 20:06 | 34:28 | 36:22 | 42:19 | 45:41 | 49:39 | 52:52 | 55:09 | 56:29 | 1:03:54 | |
| | | LTV Sachsen-Anhalt | | | 8:45 | 2:58 | 4:03 | 4:20 | 14:22 | 1:54 | 5:57 | 3:22 | 3:58 | 3:13 | 2:17 | 1:20 | 7:25 | |
| | | | | | 1:07:57 | 1:10:08 | 1:12:32 | 1:13:01 | | | | | | | | | | |
| | | | | | 3:06 | 2:11 | 2:24 | 0:29 | | | | | | | | | | |
| 11 | | Jonas Weber | H-16 | 1:19:24 | 7:39 | 10:22 | 15:19 | 19:32 | 37:04 | 39:55 | 43:10 | 47:00 | 48:53 | 50:58 | 53:53 | 57:04 | 1:04:12 | |
| | | LTV Schwaben | | | 7:39 | 2:43 | 4:57 | 4:13 | 17:32 | 2:51 | 3:15 | 3:50 | 1:53 | 2:05 | 2:55 | 3:11 | 7:08 | |
| | | | | | 1:11:40 | 1:15:50 | 1:18:52 | 1:19:24 | | | | | | | | | | |
| | | | | | 6:06 | 4:10 | 3:02 | 0:32 | | | | | | | | | | |
| 12 | | Janik Keller | H-16 | 1:22:31 | 6:35 | 9:34 | 17:50 | 22:05 | 36:38 | 38:57 | 43:15 | 46:15 | 48:09 | 51:15 | 58:53 | 1:00:32 | 1:09:01 | |
| | | LTV Berlin | | | 6:35 | 2:59 | 8:16 | 4:15 | 14:33 | 2:19 | 4:18 | 3:00 | 1:54 | 3:06 | 7:38 | 1:39 | 8:29 | |
| | | | | | 1:13:33 | 1:15:56 | 1:21:53 | 1:22:31 | | | | | | | | | | |
| | | | | | 2:44 | 2:23 | 5:57 | 0:38 | | | | | | | | | | |
| 13 | | Marvin Kagelmache | H-16 | 1:26:27 | 7:17 | 10:29 | 16:17 | 21:00 | 34:08 | 36:26 | 40:35 | 43:49 | 46:09 | 51:50 | 54:36 | 58:47 | 1:07:26 | |
| | | LTV Baden | | | 7:17 | 3:12 | 5:48 | 4:43 | 13:08 | 2:18 | 4:09 | 3:14 | 2:20 | 5:41 | 2:46 | 4:11 | 8:39 | |
| | | | | | 1:15:19 | 1:23:30 | 1:25:54 | 1:26:27 | | | | | | | | | | |
| | | | | | 6:03 | 8:11 | 2:24 | 0:33 | | | | | | | | | | |
| 14 | | Bjarne Aelken | H-16 | 1:35:00 | 12:46 | 15:19 | 18:12 | 24:52 | 37:06 | 38:44 | 50:06 | 52:59 | 56:17 | 1:01:43 | 1:04:35 | 1:06:03 | 1:15:55 | |
| | | LTV Hessen | | | 12:46 | 2:33 | 2:53 | 6:40 | 12:14 | 1:38 | 11:22 | 2:53 | 3:18 | 5:26 | 2:52 | 1:28 | 9:52 | |
| | | | | | 1:28:52 | 1:31:53 | 1:34:30 | 1:35:00 | | | | | | | | | | |
| | | | | | 6:15 | 3:01 | 2:37 | 0:30 | | | | | | | | | | |
| 15 | | Daniel Sievert | H-16 | 1:51:04 | 7:56 | 11:36 | 17:07 | 22:56 | 45:10 | 52:57 | 1:00:20 | 1:05:56 | 1:10:22 | 1:14:11 | 1:18:23 | 1:21:11 | 1:36:01 | |
| | | LTV Brandenburg | | | 7:56 | 3:40 | 5:31 | 5:49 | 22:14 | 7:47 | 7:23 | 5:36 | 4:26 | 3:49 | 4:12 | 2:48 | 14:50 | |
| | | | | | 1:42:37 | 1:46:35 | 1:50:29 | 1:51:04 | | | | | | | | | | |
| | | | | | 4:53 | 3:58 | 3:54 | 0:35 | | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|------------------|-----|--|------|----------------------|--------------|--------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| D18B (15) | | | | 6,2 km 115 Hm | 15 P | | | | | | | | | | | | |
| | | | | | 1(114) | 2(143) | 3(125) | 4(110) | 5(199) | 6(145) | 7(116) | 8(140) | 9(118) | 10(116) | 11(117) | 12(118) | 13(130) |
| | | | | | 15(199) | Ziel | | | | | | | | | | | |
| 1 | | Emma Caspari LTV Westfalen | D-18 | 47:34 | 5:38 | 8:16 | 9:44 | 11:17 | 15:55 | 18:23 | 20:21 | 22:26 | 25:29 | 28:06 | 29:37 | 31:50 | 37:55 |
| | | | | | 5:38 | 2:38 | 1:28 | 1:33 | 4:38 | 2:28 | 1:58 | 2:05 | 3:03 | 2:37 | 1:31 | 2:13 | 6:05 |
| | | | | | 47:04 | 47:34 | | 16:45 | 27:24 | | | | | | | | |
| | | | | | 6:55 | 0:30 | | *135 | *133 | | | | | | | | |
| 2 | | Liv Grete Olsen LTV Sachsen | D-18 | 56:14 | 7:11 | 9:50 | 11:12 | 13:33 | 17:57 | 19:01 | 21:20 | 24:28 | 27:40 | 31:00 | 32:39 | 38:48 | 45:06 |
| | | | | | 7:11 | 2:39 | 1:22 | 2:21 | 4:24 | 1:04 | 2:19 | 3:08 | 3:12 | 3:20 | 1:39 | 6:09 | 6:18 |
| | | | | | 55:41 | 56:14 | | | | | | | | | | | |
| | | | | | 7:44 | 0:33 | | | | | | | | | | | |
| 3 | | Anna Castilho Marc LTV Niedersachsen | D-18 | 58:11 | 6:10 | 9:12 | 10:40 | 12:21 | 17:11 | 24:20 | 26:33 | 29:15 | 32:02 | 35:29 | 37:01 | 39:13 | 46:52 |
| | | | | | 6:10 | 3:02 | 1:28 | 1:41 | 4:50 | 7:09 | 2:13 | 2:42 | 2:47 | 3:27 | 1:32 | 2:12 | 7:39 |
| | | | | | 57:34 | 58:11 | | 34:27 | | | | | | | | | |
| | | | | | 8:12 | 0:37 | | *133 | | | | | | | | | |
| 4 | | Merle Sihver LTV Sachsen | D-18 | 59:23 | 5:50 | 9:09 | 11:57 | 13:32 | 18:15 | 20:57 | 23:27 | 26:09 | 29:05 | 32:09 | 33:59 | 36:27 | 46:43 |
| | | | | | 5:50 | 3:19 | 2:48 | 1:35 | 4:43 | 2:42 | 2:30 | 2:42 | 2:56 | 3:04 | 1:50 | 2:28 | 10:16 |
| | | | | | 58:47 | 59:23 | | 19:18 | 19:59 | 20:18 | | | | | | | |
| | | | | | 9:15 | 0:36 | | *135 | *135 | *135 | | | | | | | |
| 5 | | Clara Schlittermann LTV Berlin | D-18 | 59:52 | 6:33 | 11:10 | 12:45 | 14:44 | 20:03 | 22:50 | 25:23 | 28:12 | 31:27 | 34:53 | 36:42 | 39:14 | 47:06 |
| | | | | | 6:33 | 4:37 | 1:35 | 1:59 | 5:19 | 2:47 | 2:33 | 2:49 | 3:15 | 3:26 | 1:49 | 2:32 | 7:52 |
| | | | | | 59:20 | 59:52 | | | | | | | | | | | |
| | | | | | 9:11 | 0:32 | | | | | | | | | | | |
| 6 | | Nora Schüßler LTV Baden | D-18 | 1:05:40 | 5:46 | 8:59 | 10:32 | 12:49 | 18:02 | 24:11 | 27:12 | 30:00 | 33:01 | 36:11 | 38:38 | 41:15 | 52:41 |
| | | | | | 5:46 | 3:13 | 1:33 | 2:17 | 5:13 | 6:09 | 3:01 | 2:48 | 3:01 | 3:10 | 2:27 | 2:37 | 11:26 |
| | | | | | 1:04:52 | 1:05:40 | | 1:04:56 | | | | | | | | | |
| | | | | | 9:36 | 0:48 | | *199 | | | | | | | | | |
| 7 | | Lara Geiger LTV Bayern | D-18 | 1:08:16 | 5:55 | 11:25 | 13:10 | 14:56 | 19:47 | 21:42 | 24:22 | 32:30 | 35:27 | 40:43 | 45:24 | 47:36 | 56:43 |
| | | | | | 5:55 | 5:30 | 1:45 | 1:46 | 4:51 | 1:55 | 2:40 | 8:08 | 2:57 | 5:16 | 4:41 | 2:12 | 9:07 |
| | | | | | 1:07:38 | 1:08:16 | | 20:53 | | | | | | | | | |
| | | | | | 7:53 | 0:38 | | *135 | | | | | | | | | |
| 8 | | Melanie Pastor LTV Rheinhessen | D-18 | 1:16:30 | 8:06 | 12:29 | 15:08 | 17:34 | 24:04 | 25:47 | 29:15 | 32:57 | 37:05 | 41:29 | 44:29 | 50:17 | 1:00:14 |
| | | | | | 8:06 | 4:23 | 2:39 | 2:26 | 6:30 | 1:43 | 3:28 | 3:42 | 4:08 | 4:24 | 3:00 | 5:48 | 9:57 |
| | | | | | 1:15:48 | 1:16:30 | | | | | | | | | | | |
| | | | | | 12:38 | 0:42 | | | | | | | | | | | |
| 9 | | Judith van Bentum LTV Saarland | D-18 | 1:16:40 | 10:21 | 16:01 | 18:00 | 20:10 | 25:35 | 27:03 | 30:44 | 34:09 | 37:53 | 42:16 | 44:23 | 53:12 | 1:02:59 |
| | | | | | 10:21 | 5:40 | 1:59 | 2:10 | 5:25 | 1:28 | 3:41 | 3:25 | 3:44 | 4:23 | 2:07 | 8:49 | 9:47 |
| | | | | | 1:15:56 | 1:16:40 | | | | | | | | | | | |
| | | | | | 9:51 | 0:44 | | | | | | | | | | | |
| 10 | | Lena-Maria Klose LTV Niedersachsen | D-18 | 1:23:00 | 16:52 | 21:08 | 22:54 | 25:06 | 30:05 | 32:05 | 35:19 | 39:40 | 42:57 | 50:19 | 52:24 | 55:17 | 1:05:59 |
| | | | | | 16:52 | 4:16 | 1:46 | 2:12 | 4:59 | 2:00 | 3:14 | 4:21 | 3:17 | 7:22 | 2:05 | 2:53 | 10:42 |
| | | | | | 1:22:28 | 1:23:00 | | | | | | | | | | | |
| | | | | | 13:01 | 0:32 | | | | | | | | | | | |
| 11 | | Floriane Sievert LTV Brandenburg | D-18 | 1:25:23 | 8:49 | 13:58 | 16:31 | 19:12 | 25:31 | 27:02 | 30:45 | 34:46 | 41:17 | 47:23 | 50:02 | 54:00 | 1:08:29 |
| | | | | | 8:49 | 5:09 | 2:33 | 2:41 | 6:19 | 1:31 | 3:43 | 4:01 | 6:31 | 6:06 | 2:39 | 3:58 | 14:29 |
| | | | | | 1:24:34 | 1:25:23 | | 46:01 | | | | | | | | | |
| | | | | | 11:42 | 0:49 | | *133 | | | | | | | | | |
| 12 | | Carlotta Haupt MTK Bad Harzburg | D-18 | 1:26:41 | 7:52 | 12:48 | 16:03 | 18:48 | 24:24 | 26:43 | 30:00 | 33:48 | 38:18 | 44:35 | 48:00 | 57:58 | 1:10:02 |
| | | | | | 7:52 | 4:56 | 3:15 | 2:45 | 5:36 | 2:19 | 3:17 | 3:48 | 4:30 | 6:17 | 3:25 | 9:58 | 12:04 |
| | | | | | 1:25:47 | 1:26:41 | | | | | | | | | | | |
| | | | | | 12:10 | 0:54 | | | | | | | | | | | |
| 13 | | Jasmin Bechtel LTV Hessen | D-18 | 1:30:02 | 14:01 | 21:48 | 23:53 | 26:42 | 32:48 | 35:46 | 39:18 | 46:32 | 51:35 | 56:02 | 58:18 | 1:03:43 | 1:15:33 |
| | | | | | 14:01 | 7:47 | 2:05 | 2:49 | 6:06 | 2:58 | 3:32 | 7:14 | 5:03 | 4:27 | 2:16 | 5:25 | 11:50 |
| | | | | | 1:29:14 | 1:30:02 | | 34:19 | | | | | | | | | |
| | | | | | 10:28 | 0:48 | | *135 | | | | | | | | | |
| 14 | | Chiara Pfromm LTV Westfalen | D-18 | 1:34:04 | 7:14 | 13:32 | 15:51 | 20:37 | 27:46 | 29:48 | 35:32 | 39:46 | 45:15 | 50:02 | 53:40 | 1:04:45 | 1:17:34 |
| | | | | | 7:14 | 6:18 | 2:19 | 4:46 | 7:09 | 2:02 | 5:44 | 4:14 | 5:29 | 4:47 | 3:38 | 11:05 | 12:49 |
| | | | | | 1:33:19 | 1:34:04 | | | | | | | | | | | |
| | | | | | 11:57 | 0:45 | | | | | | | | | | | |
| 15 | | Luise Köcher LTV Thüringen | D-18 | 1:39:34 | 11:37 | 23:14 | 26:32 | 29:44 | 36:41 | 40:24 | 44:01 | 48:53 | 52:59 | 57:07 | 1:03:24 | 1:13:46 | 1:25:28 |
| | | | | | 11:37 | 11:37 | 3:18 | 3:12 | 6:57 | 3:43 | 3:37 | 4:52 | 4:06 | 4:08 | 6:17 | 10:22 | 11:42 |
| | | | | | 1:39:00 | 1:39:34 | | | | | | | | | | | |
| | | | | | 10:03 | 0:34 | | | | | | | | | | | |
| H18A (17) | | | | 7,8 km 130 Hm | 21 P | | | | | | | | | | | | |
| | | | | | 1(141) | 2(128) | 3(129) | 4(136) | 5(106) | 6(131) | 7(110) | 8(199) | 9(145) | 10(139) | 11(133) | 12(140) | 13(118) |
| | | | | | 15(117) | 16(119) | 17(118) | 18(115) | 19(142) | 20(124) | 21(199) | Ziel | | | | | |
| 1 | | Daniel Cionoiu LTV Bayern | H-18 | 50:12 | 3:33 | 6:34 | 12:39 | 13:20 | 15:06 | 17:03 | 18:50 | 23:05 | 23:47 | 25:51 | 26:22 | 27:42 | 30:18 |
| | | | | | 3:33 | 3:01 | 6:05 | 0:41 | 1:46 | 1:57 | 1:47 | 4:15 | 0:42 | 2:04 | 0:31 | 1:20 | 2:36 |
| | | | | | 32:29 | 34:15 | 35:22 | 36:28 | 42:23 | 43:48 | 49:42 | 50:12 | | | | | |
| | | | | | 0:39 | 1:46 | 1:07 | 1:06 | 5:55 | 1:25 | 5:54 | 0:30 | | *145 | | | |
| 2 | | Jonas Lange LTV Berlin | H-18 | 53:13 | 2:50 | 5:41 | 11:23 | 12:11 | 13:59 | 17:20 | 19:16 | 22:59 | 23:50 | 26:59 | 28:21 | 31:18 | |
| | | | | | 2:50 | 2:51 | 5:42 | 0:48 | 1:48 | 3:21 | 1:56 | 3:43 | 0:51 | 2:35 | 0:34 | 1:22 | 2:57 |
| | | | | | 33:48 | 36:03 | 37:09 | 38:16 | 43:43 | 46:10 | 52:41 | 53:13 | | | | | |
| | | | | | 0:46 | 2:15 | 1:06 | 1:07 | 5:27 | 2:27 | 6:31 | 0:32 | | | | | |
| 3 | | Moritz Lucke LTV Sachsen | H-18 | 53:34 | 2:50 | 5:31 | 12:24 | 13:16 | 15:22 | 17:41 | 20:04 | 23:50 | 24:56 | 27:15 | 27:52 | 29:23 | 32:12 |
| | | | | | 2:50 | 2:41 | 6:53 | 0:52 | 2:06 | 2:19 | 2:23 | 3:46 | 1:06 | 2:19 | 0:37 | 1:31 | 2:49 |
| | | | | | 34:50 | 36:54 | 38:05 | 39:20 | 44:40 | 46:31 | 53:03 | 53:34 | | | | | |
| | | | | | 0:49 | 2:04 | 1:11 | 1:15 | 5:20 | 1:51 | 6:32 | 0:31 | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|------------------|-----|---|------|----------------|----------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|
| H18A (17) | | | | | 7,8 km 130 Hm | | | | 21 P | | | | <i>(Forts.)</i> | | | | |
| | | | | | 1(141) | 2(128) | 3(129) | 4(136) | 5(106) | 6(131) | 7(110) | 8(199) | 9(145) | 10(139) | 11(133) | 12(140) | 13(118) |
| | | | | | 15(117) | 16(119) | 17(118) | 18(115) | 19(142) | 20(124) | 21(199) | Ziel | | | | | |
| 4 | | Theo Hennseler LTV Niedersachsen | H-18 | 55:04 | 2:42 | 5:14 | 12:02 | 12:58 | 15:09 | 17:28 | 19:27 | 23:31 | 24:32 | 27:02 | 27:48 | 29:50 | 32:25 |
| | | | | | 2:42 | 2:32 | 6:48 | 0:56 | 2:11 | 2:19 | 1:59 | 4:04 | 1:01 | 2:30 | 0:46 | 2:02 | 2:35 |
| | | | | | 0:49 | 1:57 | 1:01 | 1:19 | 6:06 | 2:17 | 6:49 | 0:26 | | | | | |
| 5 | | Ben Reinert LTV Saarland | H-18 | 57:01 | 2:59 | 5:35 | 12:57 | 14:08 | 16:25 | 18:24 | 21:03 | 24:51 | 26:43 | 28:55 | 29:31 | 31:08 | 33:09 |
| | | | | | 2:59 | 2:36 | 7:22 | 1:11 | 2:17 | 1:59 | 2:39 | 3:48 | 1:52 | 2:12 | 0:36 | 1:37 | 2:01 |
| | | | | | 36:57 | 39:08 | 40:08 | 41:17 | 48:37 | 51:11 | 56:29 | 57:01 | | 26:00 | 35:11 | | |
| | | | | | 0:43 | 2:11 | 1:00 | 1:09 | 7:20 | 2:34 | 5:18 | 0:32 | | *135 | *116 | | |
| 6 | | Jakob Hoferer LTV Baden | H-18 | 58:16 | 3:18 | 6:03 | 12:57 | 13:54 | 15:53 | 18:08 | 20:31 | 24:44 | 25:43 | 28:18 | 28:58 | 30:35 | 35:36 |
| | | | | | 3:18 | 2:45 | 6:54 | 0:57 | 1:59 | 2:15 | 2:23 | 4:13 | 0:59 | 2:35 | 0:40 | 1:37 | 5:01 |
| | | | | | 38:18 | 40:46 | 41:45 | 43:18 | 49:42 | 51:07 | 57:39 | 58:16 | | | | | |
| | | | | | 0:51 | 2:28 | 0:59 | 1:33 | 6:24 | 1:25 | 6:32 | 0:37 | | | | | |
| 7 | | Jussi Bruns LTV Niedersachsen | H-18 | 59:42 | 3:12 | 6:13 | 12:46 | 13:36 | 15:46 | 18:05 | 20:14 | 24:22 | 25:59 | 31:18 | 31:59 | 33:22 | 35:50 |
| | | | | | 3:12 | 3:01 | 6:33 | 0:50 | 2:10 | 2:19 | 2:09 | 4:08 | 1:37 | 5:19 | 0:41 | 1:23 | 2:28 |
| | | | | | 38:41 | 41:38 | 42:46 | 44:08 | 50:31 | 52:26 | 59:13 | 59:42 | | 25:15 | 28:09 | | |
| | | | | | 0:55 | 2:57 | 1:08 | 1:22 | 6:23 | 1:55 | 6:47 | 0:29 | | *135 | *116 | | |
| 8 | | Johannes Otto LTV Sachsen-Anhalt | H-18 | 59:53 | 3:06 | 5:47 | 13:38 | 14:33 | 16:38 | 18:57 | 21:17 | 25:21 | 26:26 | 29:06 | 29:51 | 31:26 | 33:57 |
| | | | | | 3:06 | 2:41 | 7:51 | 0:55 | 2:05 | 2:19 | 2:20 | 4:04 | 1:05 | 2:40 | 0:45 | 1:35 | 2:31 |
| | | | | | 39:17 | 41:45 | 42:54 | 44:04 | 50:09 | 51:39 | 59:20 | 59:53 | | | | | |
| | | | | | 3:28 | 2:28 | 1:09 | 1:10 | 6:05 | 1:30 | 7:41 | 0:33 | | | | | |
| 9 | | Arvid Wittiber LTV Westfalen | H-18 | 1:02:30 | 3:29 | 6:05 | 14:12 | 15:05 | 17:27 | 19:25 | 21:36 | 25:35 | 27:20 | 30:19 | 30:58 | 32:46 | 36:04 |
| | | | | | 3:29 | 2:36 | 8:07 | 0:53 | 2:22 | 1:58 | 2:11 | 3:59 | 1:45 | 2:59 | 0:39 | 1:48 | 3:18 |
| | | | | | 43:44 | 45:42 | 46:38 | 48:07 | 54:02 | 55:25 | 1:01:56 | 1:02:30 | | 13:07 | 26:23 | | |
| | | | | | 5:56 | 1:58 | 0:56 | 1:29 | 5:55 | 1:23 | 6:31 | 0:34 | | *107 | *135 | | |
| 10 | | Nick Edelhäuser LTV Sachsen | H-18 | 1:10:10 | 3:28 | 6:32 | 14:33 | 15:39 | 18:09 | 20:54 | 23:47 | 28:53 | 30:53 | 34:09 | 34:59 | 37:09 | 40:40 |
| | | | | | 3:28 | 3:04 | 8:01 | 1:06 | 2:30 | 2:45 | 2:53 | 5:06 | 2:00 | 3:16 | 0:50 | 2:10 | 3:31 |
| | | | | | 44:07 | 47:50 | 49:09 | 50:40 | 58:24 | 1:01:23 | 1:09:36 | 1:10:10 | | | | | |
| | | | | | 0:59 | 3:43 | 1:19 | 1:31 | 7:44 | 2:59 | 8:13 | 0:34 | | | | | |
| 11 | | Yannick Lieblich LTV Bayern | H-18 | 1:19:09 | 3:39 | 6:54 | 15:32 | 16:51 | 19:41 | 22:59 | 26:33 | 31:24 | 33:45 | 37:23 | 38:19 | 41:14 | 45:09 |
| | | | | | 3:39 | 3:15 | 8:38 | 1:19 | 2:50 | 3:18 | 3:34 | 4:51 | 2:21 | 3:38 | 0:56 | 2:55 | 3:55 |
| | | | | | 49:53 | 54:09 | 55:55 | 57:48 | 1:06:37 | 1:09:02 | 1:18:34 | 1:19:09 | | 32:29 | | | |
| | | | | | 1:09 | 4:16 | 1:46 | 1:53 | 8:49 | 2:25 | 9:32 | 0:35 | | *135 | | | |
| 12 | | Nils Heinert LTV Thüringen | H-18 | 1:25:17 | 3:54 | 7:58 | 20:20 | 21:16 | 23:30 | 29:05 | 32:02 | 37:18 | 39:35 | 45:54 | 46:43 | 49:01 | 53:15 |
| | | | | | 3:54 | 4:04 | 12:22 | 0:56 | 2:14 | 5:35 | 2:57 | 5:16 | 2:17 | 6:19 | 0:49 | 2:18 | 4:14 |
| | | | | | 57:12 | 1:01:06 | 1:02:20 | 1:04:15 | 1:12:14 | 1:15:31 | 1:24:37 | 1:25:17 | | 1:24:41 | | | |
| | | | | | 1:24 | 3:54 | 1:14 | 1:55 | 7:59 | 3:17 | 9:06 | 0:40 | | *199 | | | |
| 13 | | Theo Darimond TG 1860 Münden | H-18 | 1:45:03 | 18:30 | 23:09 | 33:28 | 34:29 | 37:11 | 39:57 | 42:07 | 48:22 | 49:16 | 53:32 | 54:24 | 56:16 | 1:07:40 |
| | | | | | 18:30 | 4:39 | 10:19 | 1:01 | 2:42 | 2:46 | 2:10 | 6:15 | 0:54 | 4:16 | 0:52 | 1:52 | 11:24 |
| | | | | | 1:17:26 | 1:21:21 | 1:22:33 | 1:24:12 | 1:32:57 | 1:34:44 | 1:44:33 | 1:45:03 | | | | | |
| | | | | | 2:04 | 3:55 | 1:12 | 1:39 | 8:45 | 1:47 | 9:49 | 0:30 | | | | | |
| 14 | | Finn Tisius LTV Westfalen | H-18 | 1:47:37 | 5:48 | 12:37 | 24:22 | 25:39 | 29:14 | 33:09 | 35:38 | 42:13 | 43:40 | 47:38 | 48:33 | 51:03 | 1:02:33 |
| | | | | | 5:48 | 6:49 | 11:45 | 1:17 | 3:35 | 3:55 | 2:29 | 6:35 | 1:27 | 3:58 | 0:55 | 2:30 | 11:30 |
| | | | | | 1:09:48 | 1:15:31 | 1:17:49 | 1:21:48 | 1:31:54 | 1:36:43 | 1:47:08 | 1:47:37 | | | | | |
| | | | | | 0:55 | 5:43 | 2:18 | 3:59 | 10:06 | 4:49 | 10:25 | 0:29 | | | | | |
| 15 | | Adrian Braniek LTV Thüringen | H-18 | 1:49:44 | 13:02 | 17:51 | 28:29 | 30:38 | 33:44 | 37:12 | 40:25 | 46:13 | 48:09 | 51:57 | 53:04 | 56:02 | 1:08:27 |
| | | | | | 13:02 | 4:49 | 10:38 | 2:09 | 3:06 | 3:28 | 3:13 | 5:48 | 1:56 | 3:48 | 1:07 | 2:58 | 12:25 |
| | | | | | 1:18:40 | 1:24:49 | 1:26:23 | 1:29:26 | 1:37:38 | 1:39:50 | 1:49:00 | 1:49:44 | | | | | |
| | | | | | 5:29 | 6:09 | 1:34 | 3:03 | 8:12 | 2:12 | 9:10 | 0:44 | | | | | |
| | | Konrad Stamer LTV Schleswig-Hols | H-18 | N Ang | | | | | | | | | | | | | |
| | | Jonathan Dunkel LTV Baden | H-18 | N Ang | | | | | | | | | | | | | |
| H18B (16) | | | | | 7,8 km 130 Hm | | | | 21 P | | | | | | | | |
| | | | | | 1(141) | 2(128) | 3(129) | 4(136) | 5(106) | 6(131) | 7(110) | 8(199) | 9(145) | 10(139) | 11(117) | 12(119) | 13(118) |
| | | | | | 15(133) | 16(140) | 17(118) | 18(115) | 19(142) | 20(124) | 21(199) | Ziel | | | | | |
| 1 | | Kristaps Grahl LTV Schleswig-Hols | H-18 | 48:13 | 2:47 | 5:08 | 10:51 | 11:41 | 13:48 | 15:45 | 17:45 | 21:38 | 22:32 | 24:51 | 25:34 | 27:31 | 28:32 |
| | | | | | 2:47 | 2:21 | 5:43 | 0:50 | 2:07 | 1:57 | 2:00 | 3:53 | 0:54 | 2:19 | 0:43 | 1:57 | 1:01 |
| | | | | | 30:53 | 32:17 | 34:25 | 35:37 | 40:28 | 42:11 | 47:46 | 48:13 | | | | | |
| | | | | | 0:37 | 1:24 | 2:08 | 1:12 | 4:51 | 1:43 | 5:35 | 0:27 | | | | | |
| 2 | | Malte Borrmann LTV Sachsen | H-18 | 49:25 | 2:51 | 5:04 | 10:43 | 11:24 | 13:17 | 15:20 | 17:13 | 21:00 | 22:02 | 24:32 | 25:18 | 27:13 | 28:13 |
| | | | | | 2:51 | 2:13 | 5:39 | 0:41 | 1:53 | 2:03 | 1:53 | 3:47 | 1:02 | 2:30 | 0:46 | 1:55 | 1:00 |
| | | | | | 30:31 | 31:59 | 34:35 | 35:31 | 40:53 | 42:30 | 48:57 | 49:25 | | | | | |
| | | | | | 0:38 | 1:28 | 2:36 | 0:56 | 5:22 | 1:37 | 6:27 | 0:28 | | | | | |
| 3 | | Marek Siegert LTV Sachsen | H-18 | 56:22 | 2:41 | 5:13 | 10:36 | 11:21 | 13:06 | 14:53 | 16:46 | 20:26 | 30:08 | 32:12 | 33:00 | 34:36 | 35:39 |
| | | | | | 2:41 | 2:32 | 5:23 | 0:45 | 1:45 | 1:47 | 1:53 | 3:40 | 9:42 | 2:04 | 0:48 | 1:36 | 1:03 |
| | | | | | 37:46 | 39:06 | 41:15 | 42:15 | 48:37 | 50:01 | 55:52 | 56:22 | | 17:51 | | | |
| | | | | | 0:34 | 1:20 | 2:09 | 1:00 | 6:22 | 1:24 | 5:51 | 0:30 | | *111 | | | |
| 4 | | Jori Grunwald LTV Baden | H-18 | 56:31 | 2:57 | 5:28 | 11:30 | 12:21 | 14:05 | 16:17 | 18:31 | 22:29 | 24:38 | 28:35 | 30:15 | 33:21 | 34:35 |
| | | | | | 2:57 | 2:31 | 6:02 | 0:51 | 1:44 | 2:12 | 2:14 | 3:58 | 2:09 | 3:57 | 1:40 | 3:06 | 1:14 |
| | | | | | 36:50 | 38:19 | 40:28 | 41:44 | 46:49 | 49:06 | 56:02 | 56:31 | | 23:15 | 27:25 | | |
| | | | | | 0:36 | 1:29 | 2:09 | 1:16 | 5:05 | 2:17 | 6:56 | 0:29 | | *135 | *116 | | |
| 5 | | Klaus Van Bentum LTV Saarland | H-18 | 57:53 | 3:19 | 6:22 | 14:00 | 15:13 | 17:29 | 20:05 | 22:10 | 26:40 | 28:18 | 31:07 | 32:03 | 34:03 | 35:17 |
| | | | | | 3:19 | 3:03 | 7:38 | 1:13 | 2:16 | 2:36 | 2:05 | 4:30 | 1:38 | 2:49 | 0:56 | 2:00 | 1:14 |
| | | | | | 37:53 | | | | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|-----------------------|-----|--|------|----------------|----------------------|-------------|---------|---------|-------------|--------|--------|--------|-----------------|---------|---------|---------|---------|
| D20A/DirL (41) | | | | | 7,5 km 125 Hm | | | | 17 P | | | | (Forts.) | | | | |
| | | | | | 1(128) | 2(134) | 3(106) | 4(121) | 5(110) | 6(199) | 7(145) | 8(126) | 9(140) | 10(118) | 11(126) | 12(139) | 13(118) |
| | | | | | 15(142) | 16(130) | 17(199) | Ziel | | | | | | | | | |
| 8 | | Joachim Stamer LTV Niedersachsen | DirL | 49:35 | 3:13 | 6:26 | 8:32 | 10:15 | 12:36 | 16:28 | 17:26 | 19:34 | 21:36 | 24:01 | 27:17 | 29:20 | 31:01 |
| | | | | | 3:13 | 3:13 | 2:06 | 1:43 | 2:21 | 3:52 | 0:58 | 2:08 | 2:02 | 2:25 | 3:16 | 2:03 | 1:41 |
| | | | | | 40:00 | 40:43 | 49:02 | 49:35 | | | | | | | | | |
| | | | | | 4:01 | 0:43 | 8:19 | 0:32 | | | | | | | | | |
| 9 | | Lars Maiwald LTV Baden | DirL | 50:35 | 2:57 | 6:09 | 8:21 | 9:39 | 11:57 | 15:33 | 16:22 | 20:04 | 23:21 | 25:42 | 28:35 | 30:32 | 34:27 |
| | | | | | 2:57 | 3:12 | 2:12 | 1:18 | 2:18 | 3:36 | 0:49 | 3:42 | 3:17 | 2:21 | 2:53 | 1:57 | 3:55 |
| | | | | | 42:13 | 42:53 | 50:08 | 50:35 | | | | | | | | | |
| | | | | | 3:26 | 0:40 | 7:15 | 0:26 | | | | | | | | | |
| 10 | | Sebastian Knitsch LTV Sachsen | DirL | 51:16 | 3:10 | 6:35 | 9:11 | 10:40 | 14:19 | 18:13 | 19:05 | 21:40 | 24:14 | 26:34 | 29:52 | 31:44 | 33:27 |
| | | | | | 3:10 | 3:25 | 2:36 | 1:29 | 3:39 | 3:54 | 0:52 | 2:35 | 2:34 | 2:20 | 3:18 | 1:52 | 1:43 |
| | | | | | 42:00 | 42:43 | 50:45 | 51:15 | | | | | | | | | |
| | | | | | 3:39 | 0:43 | 8:02 | 0:30 | | | | | | | | | |
| 11 | | Jan Harlaß LTV Schleswig-Hols | DirL | 52:45 | 3:40 | 7:07 | 10:25 | 11:42 | 13:46 | 17:23 | 18:23 | 22:32 | 24:25 | 26:24 | 29:32 | 31:16 | 32:50 |
| | | | | | 3:40 | 3:27 | 3:18 | 1:17 | 2:04 | 3:37 | 1:00 | 4:09 | 1:53 | 1:59 | 3:08 | 1:44 | 1:34 |
| | | | | | 42:36 | 43:19 | 52:20 | 52:45 | | | | | | | | | |
| | | | | | 4:41 | 0:43 | 9:01 | 0:24 | | | | | | | | | |
| 12 | | Ronny Natho LTV Bayern | DirL | 53:00 | 3:46 | 7:12 | 9:54 | 11:32 | 14:04 | 17:59 | 18:50 | 21:07 | 24:23 | 26:36 | 29:35 | 31:29 | 33:06 |
| | | | | | 3:46 | 3:26 | 2:42 | 1:38 | 2:32 | 3:55 | 0:51 | 2:17 | 3:16 | 2:13 | 2:59 | 1:54 | 1:37 |
| | | | | | 44:00 | 44:51 | 52:30 | 53:00 | | | | | | | | | |
| | | | | | 3:35 | 0:51 | 7:39 | 0:29 | | | | | | | | | |
| 13 | | Christian Stamer LTV Schleswig-Hols | DirL | 53:35 | 3:33 | 6:57 | 9:27 | 10:54 | 13:15 | 17:40 | 19:56 | 22:11 | 24:21 | 26:52 | 30:09 | 32:07 | 33:54 |
| | | | | | 3:33 | 3:24 | 2:30 | 1:27 | 2:21 | 4:25 | 2:16 | 2:15 | 2:10 | 2:31 | 3:17 | 1:58 | 1:47 |
| | | | | | 43:30 | 44:29 | 52:54 | 53:34 | | | | | | | | | |
| | | | | | 4:27 | 0:59 | 8:25 | 0:40 | | | | | | | | | |
| 14 | | Moritz Torgau LTV Saarland | DirL | 53:42 | 4:04 | 7:47 | 11:17 | 12:44 | 16:10 | 20:04 | 21:02 | 23:14 | 25:17 | 27:33 | 30:36 | 32:40 | 34:25 |
| | | | | | 4:04 | 3:43 | 3:30 | 1:27 | 3:26 | 3:54 | 0:58 | 2:12 | 2:03 | 2:16 | 3:03 | 2:04 | 1:45 |
| | | | | | 44:25 | 45:12 | 53:11 | 53:41 | | | | | | | | | |
| | | | | | 4:04 | 0:47 | 7:59 | 0:30 | | | | | | | | | |
| 15 | | Matthias Schwartz Berliner Turnerscha | DirL | 54:39 | 4:18 | 7:35 | 10:11 | 11:40 | 16:04 | 19:44 | 20:33 | 23:25 | 25:50 | 29:02 | 32:19 | 34:01 | 35:32 |
| | | | | | 4:18 | 3:17 | 2:36 | 1:29 | 4:24 | 3:40 | 0:49 | 2:52 | 2:25 | 3:12 | 3:17 | 1:42 | 1:31 |
| | | | | | 44:48 | 45:30 | 54:12 | 54:39 | | | | | | | | | |
| | | | | | 4:40 | 0:42 | 8:42 | 0:26 | | | | | | | | | |
| 16 | | Martin Hensseler LTV Niedersachsen | DirL | 55:53 | 3:35 | 7:40 | 10:56 | 12:26 | 15:23 | 19:37 | 20:40 | 23:26 | 25:53 | 28:14 | 32:02 | 34:38 | 36:28 |
| | | | | | 3:35 | 4:05 | 3:16 | 1:30 | 2:57 | 4:14 | 1:03 | 2:46 | 2:27 | 2:21 | 3:48 | 2:36 | 1:50 |
| | | | | | 45:38 | 46:30 | 55:19 | 55:53 | | | | | | | | | |
| | | | | | 4:18 | 0:52 | 8:49 | 0:33 | | | | | | | | | |
| 17 | | Fabian Ulbrich LTV Niedersachsen | DirL | 57:06 | 3:04 | 6:59 | 9:49 | 11:40 | 14:34 | 18:49 | 19:55 | 22:27 | 25:04 | 27:48 | 31:17 | 33:29 | 35:39 |
| | | | | | 3:04 | 3:55 | 2:50 | 1:51 | 2:54 | 4:15 | 1:06 | 2:32 | 2:37 | 2:44 | 3:29 | 2:12 | 2:10 |
| | | | | | 45:55 | 46:45 | 56:33 | 57:05 | | | | | | | | | |
| | | | | | 4:32 | 0:50 | 9:48 | 0:32 | | | | | | | | | |
| 18 | | Uwe Möser LTV Sachsen | DirL | 57:54 | 3:22 | 7:06 | 9:33 | 11:20 | 13:50 | 18:15 | 19:29 | 22:24 | 24:36 | 27:25 | 31:06 | 33:53 | 35:42 |
| | | | | | 3:22 | 3:44 | 2:27 | 1:47 | 2:30 | 4:25 | 1:14 | 2:55 | 2:12 | 2:49 | 3:41 | 2:47 | 1:49 |
| | | | | | 46:49 | 47:54 | 57:18 | 57:54 | | | | | | | | | |
| | | | | | 5:25 | 1:05 | 9:24 | 0:36 | | | | | | | | | |
| 19 | | Daniel Janischowsk LTV Bayern | DirL | 58:35 | 3:33 | 7:33 | 10:03 | 11:43 | 14:41 | 19:09 | 20:08 | 22:56 | 24:56 | 27:17 | 31:03 | 33:28 | 35:22 |
| | | | | | 3:33 | 4:00 | 2:30 | 1:40 | 2:58 | 4:28 | 0:59 | 2:48 | 2:00 | 2:21 | 3:46 | 2:25 | 1:54 |
| | | | | | 46:26 | 47:19 | 58:05 | 58:35 | | | | | | | | | |
| | | | | | 5:06 | 0:53 | 10:46 | 0:30 | | | | | | | | | |
| 20 | | Wolfram Pohl LTV Bayern | DirL | 59:11 | 3:19 | 7:15 | 9:31 | 11:14 | 13:53 | 17:55 | 22:53 | 25:18 | 27:41 | 30:55 | 34:26 | 36:51 | 38:49 |
| | | | | | 3:19 | 3:56 | 2:16 | 1:43 | 2:39 | 4:02 | 4:58 | 2:25 | 2:23 | 3:14 | 3:31 | 2:25 | 1:58 |
| | | | | | 48:39 | 49:30 | 58:44 | 59:11 | | | | | | | | | |
| | | | | | 4:22 | 0:51 | 9:14 | 0:27 | | | | | | | | | |
| 21 | | Hanne Kaufmann LTV Sachsen | D-20 | 1:00:47 | 4:26 | 8:28 | 11:34 | 13:18 | 16:11 | 20:52 | 22:06 | 25:00 | 27:50 | 31:00 | 34:56 | 37:09 | 39:22 |
| | | | | | 4:26 | 4:02 | 3:06 | 1:44 | 2:53 | 4:41 | 1:14 | 2:54 | 2:50 | 3:10 | 3:56 | 2:13 | 2:13 |
| | | | | | 49:22 | 51:15 | 1:00:19 | 1:00:47 | | | | | | | | | |
| | | | | | 4:27 | 1:53 | 9:04 | 0:28 | | | | | | | | | |
| 22 | | Klemens Janischow LTV Bayern | DirL | 1:01:17 | 4:09 | 8:58 | 11:24 | 13:30 | 16:15 | 20:39 | 21:47 | 24:41 | 27:33 | 30:19 | 34:03 | 36:18 | 38:16 |
| | | | | | 4:09 | 4:49 | 2:26 | 2:06 | 2:45 | 4:24 | 1:08 | 2:54 | 2:52 | 2:46 | 3:44 | 2:15 | 1:58 |
| | | | | | 50:21 | 51:17 | 1:00:49 | 1:01:17 | | | | | | | | | |
| | | | | | 6:19 | 0:56 | 9:32 | 0:28 | | | | | | | | | |
| 23 | | Will Bell LTV Berlin | DirL | 1:01:48 | 4:23 | 9:50 | 12:27 | 14:09 | 17:49 | 22:06 | 23:16 | 26:27 | 29:31 | 32:06 | 35:36 | 37:59 | 40:14 |
| | | | | | 4:23 | 5:27 | 2:37 | 1:42 | 3:40 | 4:17 | 1:10 | 3:11 | 3:04 | 2:35 | 3:30 | 2:23 | 2:15 |
| | | | | | 50:39 | 51:45 | 1:01:16 | 1:01:48 | | | | | | | | | |
| | | | | | 4:42 | 1:06 | 9:31 | 0:31 | | | | | | | | | |
| 24 | | Lina Buchberger LTV Niedersachsen | D-20 | 1:03:08 | 4:03 | 9:15 | 12:25 | 14:31 | 17:43 | 22:09 | 23:24 | 26:08 | 28:26 | 31:13 | 35:16 | 37:43 | 39:46 |
| | | | | | 4:03 | 5:12 | 3:10 | 2:06 | 3:12 | 4:26 | 1:15 | 2:44 | 2:18 | 2:47 | 4:03 | 2:27 | 2:03 |
| | | | | | 52:09 | 53:19 | 1:02:34 | 1:03:08 | | | | | | | | | |
| | | | | | 6:00 | 1:10 | 9:15 | 0:34 | | | | | | | | | |
| 25 | | Philippe Imbsweiler LTV Saarland | DirL | 1:03:17 | 3:48 | 7:17 | 10:18 | 12:23 | 15:38 | 19:24 | 20:28 | 22:47 | 25:42 | 29:10 | 38:08 | 40:16 | 42:47 |
| | | | | | 3:48 | 3:29 | 3:01 | 2:05 | 3:15 | 3:46 | 1:04 | 2:19 | 2:55 | 3:28 | 8:58 | 2:08 | 2:31 |
| | | | | | 53:20 | 54:19 | 1:02:45 | 1:03:17 | | | | | | | | | |
| | | | | | 4:43 | 0:59 | 8:26 | 0:31 | | | | | | | | | |
| 26 | | Steffen Hartmann LTV Schwaben | DirL | 1:04:51 | 3:44 | 8:35 | 11:49 | 13:55 | 17:23 | 21:44 | 22:47 | 25:41 | 28:23 | 32:59 | 38:14 | 41:29 | 43:08 |
| | | | | | 3:44 | 4:51 | 3:14 | 2:06 | 3:28 | 4:21 | 1:03 | 2:54 | 2:42 | 4:36 | 5:15 | 3:15 | 1:39 |
| | | | | | 53:39 | 54:45 | 1:04:15 | 1:04:51 | | | | | | | | | |
| | | | | | 4:49 | 1:06 | 9:30 | 0:36 | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|------------------|-----|--|------|----------------|-----------------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|
| H20A (21) | | | | | 10,0 km 190 Hm | | | 23 P | | | (Forts.) | | | | | | |
| | | | | | 1(127) | 2(129) | 3(143) | 4(110) | 5(199) | 6(145) | 7(126) | 8(139) | 9(137) | 10(119) | 11(118) | 12(139) | 13(133) |
| | | | | | 15(118) | 16(115) | 17(142) | 18(103) | 19(102) | 20(141) | 21(123) | 22(124) | 23(199) | Ziel | | | |
| 8 | | Tom Buchholz LTV Niedersachsen | H-20 | 1:09:18 | 4:47 | 8:50 | 10:58 | 12:01 | 15:36 | 16:34 | 19:54 | 22:57 | 26:08 | 28:05 | 29:13 | 31:09 | 31:52 |
| | | | | | 4:47 | 4:03 | 2:08 | 1:03 | 3:35 | 0:58 | 3:20 | 3:03 | 3:11 | 1:57 | 1:08 | 1:56 | 0:43 |
| | | | | | 35:57 | 37:09 | 43:11 | 50:29 | 51:07 | 53:29 | 59:45 | 1:02:27 | 1:08:51 | 1:09:18 | | | |
| 9 | | Karol Kielb LTV Sachsen | H-20 | 1:11:03 | 4:11 | 8:51 | 11:14 | 12:22 | 17:09 | 17:57 | 20:10 | 22:02 | 25:01 | 26:56 | 27:57 | 29:44 | 30:27 |
| | | | | | 4:11 | 4:40 | 2:23 | 1:08 | 4:47 | 0:48 | 2:13 | 1:52 | 2:59 | 1:55 | 1:01 | 1:47 | 0:43 |
| | | | | | 34:32 | 35:38 | 42:47 | 51:15 | 51:53 | 54:16 | 1:00:36 | 1:03:52 | 1:10:27 | 1:11:03 | 16:08 | | |
| | | | | | 2:27 | 1:06 | 7:09 | 8:28 | 0:38 | 2:23 | 6:20 | 3:16 | 6:35 | 0:36 | *145 | | |
| 10 | | Alexander Görke LTV Rheinhessen | H-20 | 1:16:24 | 5:32 | 9:41 | 12:16 | 13:38 | 17:58 | 18:54 | 22:32 | 24:56 | 28:12 | 30:27 | 31:39 | 33:28 | 34:03 |
| | | | | | 5:32 | 4:09 | 2:35 | 1:22 | 4:20 | 0:56 | 3:38 | 2:24 | 3:16 | 2:15 | 1:12 | 1:49 | 0:35 |
| | | | | | 38:18 | 39:26 | 45:30 | 53:05 | 53:40 | 59:11 | 1:05:52 | 1:09:10 | 1:15:52 | 1:16:24 | | | |
| | | | | | 2:20 | 1:08 | 6:04 | 7:35 | 0:35 | 5:31 | 6:41 | 3:18 | 6:42 | 0:32 | | | |
| 11 | | Frederik Dammeier LTV Schwaben | H-20 | 1:24:01 | 5:27 | 10:00 | 12:34 | 14:26 | 19:16 | 20:20 | 24:23 | 26:50 | 30:19 | 32:56 | 34:13 | 36:25 | 37:20 |
| | | | | | 5:27 | 4:33 | 2:34 | 1:52 | 4:50 | 1:04 | 4:03 | 2:27 | 3:29 | 2:37 | 1:17 | 2:12 | 0:55 |
| | | | | | 42:11 | 43:54 | 50:40 | 59:36 | 1:00:41 | 1:03:02 | 1:11:26 | 1:14:43 | 1:23:28 | 1:24:01 | | | |
| | | | | | 3:04 | 1:43 | 6:46 | 8:56 | 1:05 | 2:21 | 8:24 | 3:17 | 8:45 | 0:33 | | | |
| 12 | | Konstantin Kraus LTV Bayern | H-20 | 1:25:40 | 5:06 | 11:50 | 14:45 | 16:03 | 20:09 | 21:23 | 24:27 | 26:36 | 31:01 | 33:23 | 34:47 | 37:12 | 38:55 |
| | | | | | 5:06 | 6:44 | 2:55 | 1:18 | 4:06 | 1:14 | 3:04 | 2:09 | 4:25 | 2:22 | 1:24 | 2:25 | 1:43 |
| | | | | | 44:33 | 45:53 | 53:21 | 1:01:42 | 1:02:25 | 1:05:37 | 1:13:02 | 1:17:06 | 1:25:13 | 1:25:40 | | | |
| | | | | | 3:39 | 1:20 | 7:28 | 8:21 | 0:43 | 3:12 | 7:25 | 4:04 | 8:07 | 0:27 | | | |
| 13 | | Tim Dalheimer LTV Berlin | H-20 | 1:26:53 | 5:25 | 9:38 | 13:00 | 14:37 | 19:35 | 20:52 | 24:11 | 26:33 | 30:51 | 33:25 | 34:50 | 37:18 | 39:11 |
| | | | | | 5:25 | 4:13 | 3:22 | 1:37 | 4:58 | 1:17 | 3:19 | 2:22 | 4:18 | 2:34 | 1:25 | 2:28 | 1:53 |
| | | | | | 44:22 | 46:36 | 53:13 | 1:02:44 | 1:05:00 | 1:07:19 | 1:15:46 | 1:19:06 | 1:26:21 | 1:26:53 | 1:26:23 | | |
| | | | | | 3:19 | 2:14 | 6:37 | 9:31 | 2:16 | 2:19 | 8:27 | 3:20 | 7:15 | 0:32 | *199 | | |
| 14 | | Maximilian Popp LTV Rheinhessen | H-20 | 1:44:41 | 6:32 | 13:12 | 17:06 | 21:49 | 26:56 | 28:45 | 32:55 | 36:11 | 41:01 | 44:25 | 46:22 | 50:02 | 50:56 |
| | | | | | 6:32 | 6:40 | 3:54 | 4:43 | 5:07 | 1:49 | 4:10 | 3:16 | 4:50 | 3:24 | 1:57 | 3:40 | 0:54 |
| | | | | | 57:23 | 59:02 | 1:06:05 | 1:15:04 | 1:16:02 | 1:24:07 | 1:32:36 | 1:36:51 | 1:44:07 | 1:44:41 | | | |
| | | | | | 3:37 | 1:39 | 7:03 | 8:59 | 0:58 | 8:05 | 8:29 | 4:15 | 7:16 | 0:34 | | | |
| 15 | | Emanuel Betz LTV Hessen | H-20 | 1:45:35 | 6:18 | 19:30 | 22:36 | 24:31 | 30:15 | 31:41 | 35:15 | 38:41 | 43:10 | 46:52 | 48:15 | 50:47 | 51:34 |
| | | | | | 6:18 | 13:12 | 3:06 | 1:55 | 5:44 | 1:26 | 3:34 | 3:26 | 4:29 | 3:42 | 1:23 | 2:32 | 0:47 |
| | | | | | 57:35 | 59:56 | 1:08:05 | 1:18:26 | 1:19:56 | 1:24:19 | 1:33:10 | 1:36:44 | 1:44:58 | 1:45:35 | | | |
| | | | | | 3:47 | 2:21 | 8:09 | 10:21 | 1:30 | 4:23 | 8:51 | 3:34 | 8:14 | 0:37 | | | |
| 16 | | Daniel Kalkbrenner LTV Brandenburg | H-20 | 1:46:13 | 11:50 | 17:19 | 20:24 | 22:51 | 27:14 | 28:39 | 32:06 | 35:19 | 40:02 | 43:19 | 45:02 | 47:25 | 48:28 |
| | | | | | 11:50 | 5:29 | 3:05 | 2:27 | 4:23 | 1:25 | 3:27 | 3:13 | 4:43 | 3:17 | 1:43 | 2:23 | 1:03 |
| | | | | | 54:02 | 55:43 | 1:04:54 | 1:16:26 | 1:17:32 | 1:21:24 | 1:31:07 | 1:36:03 | 1:45:37 | 1:46:13 | | | |
| | | | | | 3:38 | 1:41 | 9:11 | 11:32 | 1:06 | 3:52 | 9:43 | 4:56 | 9:34 | 0:36 | | | |
| 17 | | Rasmus Koch LTV Schleswig-Hols | H-20 | 1:47:33 | 5:36 | 11:46 | 16:53 | 18:40 | 23:03 | 24:33 | 28:34 | 31:24 | 35:50 | 39:49 | 41:19 | 44:16 | 45:06 |
| | | | | | 5:36 | 6:10 | 5:07 | 1:47 | 4:23 | 1:30 | 4:01 | 2:50 | 4:26 | 3:59 | 1:30 | 2:57 | 0:50 |
| | | | | | 51:31 | 52:54 | 1:01:55 | 1:14:37 | 1:15:10 | 1:17:53 | 1:31:19 | 1:37:06 | 1:46:59 | 1:47:33 | | | |
| | | | | | 3:43 | 1:23 | 9:01 | 12:42 | 0:33 | 2:43 | 13:26 | 5:47 | 9:53 | 0:34 | | | |
| 18 | | Fabian Brand LTV Berlin | H-20 | 1:49:24 | 6:22 | 12:36 | 15:29 | 17:45 | 22:51 | 25:34 | 28:47 | 36:10 | 40:25 | 43:19 | 44:40 | 46:56 | 48:28 |
| | | | | | 6:22 | 6:14 | 2:53 | 2:16 | 5:06 | 2:43 | 3:13 | 7:23 | 4:15 | 2:54 | 1:21 | 2:16 | 1:32 |
| | | | | | 54:45 | 59:34 | 1:06:42 | 1:16:45 | 1:18:50 | 1:23:19 | 1:32:04 | 1:37:25 | 1:48:34 | 1:49:24 | 24:26 | | |
| | | | | | 3:15 | 4:49 | 7:08 | 10:03 | 2:05 | 4:29 | 8:45 | 5:21 | 11:09 | 0:50 | *135 | | |
| 19 | | Manuel Werner LTV Schwaben | H-20 | 1:59:44 | 6:51 | 20:48 | 24:19 | 26:21 | 31:48 | 33:44 | 36:36 | 40:44 | 45:15 | 48:24 | 50:00 | 53:02 | 54:59 |
| | | | | | 6:51 | 13:57 | 3:31 | 2:02 | 5:27 | 1:56 | 2:52 | 4:08 | 4:31 | 3:09 | 1:36 | 3:02 | 1:57 |
| | | | | | 1:01:19 | 1:03:15 | 1:14:32 | 1:26:18 | 1:28:13 | 1:31:09 | 1:42:50 | 1:48:34 | 1:59:07 | 1:59:44 | | | |
| | | | | | 3:08 | 1:56 | 11:17 | 11:46 | 1:55 | 2:56 | 11:41 | 5:44 | 10:33 | 0:37 | | | |
| 20 | | Erik Lindemann LTV Westfalen | H-20 | 2:02:54 | 9:18 | 18:41 | 22:16 | 24:27 | 29:28 | 33:06 | 38:02 | 42:04 | 47:07 | 51:10 | 52:47 | 55:52 | 57:01 |
| | | | | | 9:18 | 9:23 | 3:35 | 2:11 | 5:01 | 3:38 | 4:56 | 4:02 | 5:03 | 4:03 | 1:37 | 3:05 | 1:09 |
| | | | | | 1:06:31 | 1:08:06 | 1:17:39 | 1:29:53 | 1:32:00 | 1:35:42 | 1:47:29 | 1:52:36 | 2:02:17 | 2:02:54 | | | |
| | | | | | 4:07 | 1:35 | 9:33 | 12:14 | 2:07 | 3:42 | 11:47 | 5:07 | 9:41 | 0:37 | | | |
| | | Nilas Stamer LTV Niedersachsen | H-20 | Fehlst | 5:06 | 9:11 | 11:39 | 12:46 | 16:44 | ----- | 19:54 | 21:56 | 24:50 | 27:38 | 28:54 | 30:44 | 31:22 |
| | | | | | 5:06 | 4:05 | 2:28 | 1:07 | 3:58 | | 3:10 | 2:02 | 2:54 | 2:48 | 1:16 | 1:50 | 0:38 |
| | | | | | 35:58 | 37:09 | 42:57 | 50:37 | 51:04 | 53:36 | 1:03:25 | 1:06:32 | 1:14:33 | 1:15:05 | 17:46 | | |
| | | | | | 2:51 | 1:11 | 5:48 | 7:40 | 0:27 | 2:32 | 9:49 | 3:07 | 8:01 | 0:32 | *135 | | |
| H20B (19) | | | | | 10,0 km 190 Hm | | | 23 P | | | | | | | | | |
| | | | | | 1(127) | 2(129) | 3(143) | 4(110) | 5(199) | 6(145) | 7(126) | 8(139) | 9(133) | 10(140) | 11(118) | 12(139) | 13(137) |
| | | | | | 15(118) | 16(115) | 17(142) | 18(103) | 19(102) | 20(141) | 21(123) | 22(124) | 23(199) | Ziel | | | |
| 1 | | Riccardo Casanova LTV Bayern | H-20 | 51:06 | 3:32 | 6:26 | 8:03 | 8:52 | 12:06 | 12:44 | 14:26 | 16:12 | 17:17 | 18:20 | 20:14 | 21:37 | 23:48 |
| | | | | | 3:32 | 2:54 | 1:37 | 0:49 | 3:14 | 0:38 | 1:42 | 1:46 | 1:05 | 1:03 | 1:54 | 1:23 | 2:11 |
| | | | | | 26:12 | 27:04 | 31:07 | 37:03 | 37:37 | 39:04 | 43:51 | 45:51 | 50:42 | 51:06 | | | |
| | | | | | 0:52 | 0:52 | 4:03 | 5:56 | 0:34 | 1:27 | 4:47 | 2:00 | 4:51 | 0:24 | | | |
| 2 | | Timon Lorenz LTV Bayern | H-20 | 1:02:48 | 3:59 | 7:28 | 9:21 | 10:24 | 14:08 | 14:55 | 17:40 | 19:40 | 20:14 | 21:29 | 23:43 | 25:39 | 28:48 |
| | | | | | 3:59 | 3:29 | 1:53 | 1:03 | 3:44 | 0:47 | 2:45 | 2:00 | 0:34 | 1:15 | 2:14 | 1:56 | 3:09 |
| | | | | | 31:44 | 32:57 | 37:40 | 44:44 | 45:46 | 48:04 | 54:17 | 56:40 | 1:02:24 | 1:02:48 | | | |
| | | | | | 0:57 | 1:13 | 4:43 | 7:04 | 1:02 | 2:18 | 6:13 | 2:23 | 5:44 | 0:24 | | | |
| 3 | | Arne Kapischke LTV Brandenburg | H-20 | 1:04:25 | 4:05 | 7:26 | 9:30 | 10:32 | 14:03 | 14:55 | 16:44 | 18:28 | 19:10 | 20:33 | 23:10 | 26:28 | 29:17 |
| | | | | | 4:05 | 3:21 | 2:04 | 1:02 | 3:31 | 0:52 | 1:49 | 1:44 | 0:42 | 1:23 | 2:37 | 3:18 | 2:49 |
| | | | | | 32:08 | 33:26 | 39:01 | 46:26 | 46:53 | 49:08 | 55:11 | 57:47 | 1:03:58 | 1:04:25 | | | |
| | | | | | | | | | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | |
|-------------------|-----|---|------|----------------|-----------------------|-------------|-------------|--------------|--------------|--------------|-----------------|--------------|-------------|---------|---------|---------|---------|
| H20B (19) | | | | | 10,0 km 190 Hm | | | 23 P | | | (Forts.) | | | | | | |
| | | | | | 1(127) | 2(129) | 3(143) | 4(110) | 5(199) | 6(145) | 7(126) | 8(139) | 9(133) | 10(140) | 11(118) | 12(139) | 13(137) |
| | | | | | 15(118) | 16(115) | 17(142) | 18(103) | 19(102) | 20(141) | 21(123) | 22(124) | 23(199) | Ziel | | | |
| 5 | | Hendrik Holzauer LTV Hessen | H-20 | 1:08:26 | 4:01 | 8:15 | 10:17 | 11:22 | 15:12 | 16:08 | 18:18 | 20:08 | 20:58 | 22:21 | 24:28 | 26:14 | 28:53 |
| | | | | | 4:01 | 4:14 | 2:02 | 1:05 | 3:50 | 0:56 | 2:10 | 1:50 | 0:50 | 1:23 | 2:07 | 1:46 | 2:39 |
| | | | | | 32:08 | 33:24 | 38:15 | 45:17 | 46:27 | 51:01 | 57:45 | 1:01:04 | 1:07:49 | 1:08:26 | | 7:42 | |
| | | | | | 1:02 | 1:16 | 4:51 | 7:02 | 1:10 | 4:34 | 6:44 | 3:19 | 6:45 | 0:37 | | *108 | |
| 6 | | Kolya Saß LTV Rheinhessen | H-20 | 1:08:54 | 4:26 | 9:11 | 11:18 | 12:11 | 15:59 | 16:59 | 19:16 | 21:21 | 22:00 | 23:22 | 25:31 | 27:24 | 30:24 |
| | | | | | 4:26 | 4:45 | 2:07 | 0:53 | 3:48 | 1:00 | 2:17 | 2:05 | 0:39 | 1:22 | 2:09 | 1:53 | 3:00 |
| | | | | | 33:37 | 34:54 | 40:34 | 48:15 | 49:04 | 51:46 | 59:01 | 1:02:00 | 1:08:14 | 1:08:54 | | | |
| | | | | | 1:10 | 1:17 | 5:40 | 7:41 | 0:49 | 2:42 | 7:15 | 2:59 | 6:14 | 0:40 | | | |
| 7 | | Carlo Wengler LTV Berlin | H-20 | 1:10:49 | 4:10 | 7:51 | 10:51 | 12:05 | 15:58 | 17:04 | 19:01 | 20:55 | 21:26 | 23:07 | 25:06 | 26:43 | 29:33 |
| | | | | | 4:10 | 3:41 | 3:00 | 1:14 | 3:53 | 1:06 | 1:57 | 1:54 | 0:31 | 1:41 | 1:59 | 1:37 | 2:50 |
| | | | | | 33:06 | 34:40 | 40:37 | 48:57 | 49:49 | 52:08 | 1:01:33 | 1:04:07 | 1:10:20 | 1:10:49 | | | |
| | | | | | 1:37 | 1:34 | 5:57 | 8:20 | 0:52 | 2:19 | 9:25 | 3:24 | 6:13 | 0:29 | | | |
| 8 | | Nico Pöhlmann LTV Thüringen | H-20 | 1:16:20 | 4:56 | 9:37 | 12:38 | 13:51 | 18:20 | 19:58 | 22:53 | 24:53 | 25:30 | 27:12 | 29:51 | 31:48 | 35:11 |
| | | | | | 4:56 | 4:41 | 3:01 | 1:13 | 4:29 | 1:38 | 2:55 | 2:00 | 0:37 | 1:42 | 2:39 | 1:57 | 3:23 |
| | | | | | 38:37 | 39:55 | 46:19 | 54:59 | 55:52 | 58:38 | 1:06:13 | 1:09:34 | 1:15:53 | 1:16:20 | | | |
| | | | | | 1:09 | 1:18 | 6:24 | 8:40 | 0:53 | 2:46 | 7:35 | 3:21 | 6:19 | 0:27 | | | |
| 9 | | Aaron Wandelt LTV Niedersachsen | H-20 | 1:17:05 | 5:54 | 10:57 | 13:36 | 14:44 | 18:47 | 19:41 | 22:03 | 23:55 | 24:31 | 26:14 | 28:42 | 30:31 | 33:50 |
| | | | | | 5:54 | 5:03 | 2:39 | 1:08 | 4:03 | 0:54 | 2:22 | 1:52 | 0:36 | 1:43 | 2:28 | 1:49 | 3:19 |
| | | | | | 37:13 | 38:51 | 45:20 | 54:06 | 55:26 | 57:47 | 1:07:23 | 1:10:17 | 1:16:34 | 1:17:05 | | | |
| | | | | | 1:07 | 1:38 | 6:29 | 8:46 | 1:20 | 2:21 | 9:36 | 2:54 | 6:17 | 0:31 | | | |
| 10 | | Anton Holfeld LTV Sachsen | H-20 | 1:19:19 | 4:34 | 12:45 | 15:31 | 17:04 | 21:23 | 22:13 | 24:49 | 27:12 | 27:50 | 29:19 | 32:01 | 34:18 | 37:54 |
| | | | | | 4:34 | 8:11 | 2:46 | 1:33 | 4:19 | 0:50 | 2:36 | 2:23 | 0:38 | 1:29 | 2:42 | 2:17 | 3:36 |
| | | | | | 41:24 | 42:40 | 48:46 | 56:49 | 57:26 | 59:43 | 1:07:16 | 1:11:19 | 1:18:52 | 1:19:19 | | | |
| | | | | | 1:06 | 1:16 | 6:06 | 8:03 | 0:37 | 2:17 | 7:33 | 4:03 | 7:33 | 0:27 | | | |
| 11 | | Jan Klose LTV Niedersachsen | H-20 | 1:19:42 | 5:47 | 11:36 | 14:13 | 16:25 | 20:35 | 21:38 | 24:11 | 26:24 | 27:04 | 29:17 | 31:51 | 33:49 | 38:16 |
| | | | | | 5:47 | 5:49 | 2:37 | 2:12 | 4:10 | 1:03 | 2:33 | 2:13 | 0:40 | 2:13 | 2:34 | 1:58 | 4:27 |
| | | | | | 41:52 | 43:33 | 50:21 | 59:02 | 59:41 | 1:01:57 | 1:09:35 | 1:12:41 | 1:19:17 | 1:19:42 | | 25:39 | |
| | | | | | 1:18 | 1:41 | 6:48 | 8:41 | 0:39 | 2:16 | 7:38 | 3:06 | 6:36 | 0:25 | | *133 | |
| 12 | | Finn-Christian Witt LTV Westfalen | H-20 | 1:22:47 | 5:27 | 10:33 | 13:24 | 14:41 | 19:53 | 21:47 | 25:12 | 27:31 | 28:16 | 30:42 | 33:26 | 36:50 | 40:28 |
| | | | | | 5:27 | 5:06 | 2:51 | 1:17 | 5:12 | 1:54 | 3:25 | 2:19 | 0:45 | 2:26 | 2:44 | 3:24 | 3:38 |
| | | | | | 44:10 | 45:42 | 52:22 | 1:00:48 | 1:01:26 | 1:04:17 | 1:11:54 | 1:15:08 | 1:22:14 | 1:22:47 | | 20:46 | |
| | | | | | 1:15 | 1:32 | 6:40 | 8:26 | 0:38 | 2:51 | 7:37 | 3:14 | 7:06 | 0:33 | | *135 | |
| 13 | | Marek Klein LTV Sachsen | H-20 | 1:23:00 | 7:29 | 12:33 | 15:13 | 16:29 | 21:03 | 22:02 | 24:32 | 26:38 | 27:18 | 29:16 | 32:24 | 34:28 | 38:17 |
| | | | | | 7:29 | 5:04 | 2:40 | 1:16 | 4:34 | 0:59 | 2:30 | 2:06 | 0:40 | 1:58 | 3:08 | 2:04 | 3:49 |
| | | | | | 42:15 | 44:11 | 50:51 | 59:40 | 1:00:20 | 1:03:08 | 1:10:17 | 1:14:40 | 1:21:46 | 1:23:00 | | | |
| | | | | | 1:18 | 1:56 | 6:40 | 8:49 | 0:40 | 2:48 | 7:09 | 4:23 | 7:06 | 1:14 | | | |
| 14 | | Per Dammeier LTV Schwaben | H-20 | 1:40:19 | 4:58 | 10:29 | 14:03 | 15:47 | 20:57 | 22:22 | 25:59 | 28:50 | 29:43 | 31:52 | 35:05 | 37:39 | 42:04 |
| | | | | | 4:58 | 5:31 | 3:34 | 1:44 | 5:10 | 1:25 | 3:37 | 2:51 | 0:53 | 2:09 | 3:13 | 2:34 | 4:25 |
| | | | | | 47:14 | 48:57 | 56:26 | 1:07:26 | 1:08:32 | 1:16:28 | 1:26:29 | 1:30:34 | 1:39:44 | 1:40:19 | | | |
| | | | | | 1:29 | 1:43 | 7:29 | 11:00 | 1:06 | 7:56 | 10:01 | 4:05 | 9:10 | 0:35 | | | |
| 15 | | Ben Schweiker LTV Schwaben | H-20 | 1:52:40 | 5:55 | 13:54 | 17:06 | 18:59 | 24:02 | 25:24 | 29:52 | 32:32 | 33:18 | 35:34 | 44:11 | 46:35 | 50:34 |
| | | | | | 5:55 | 7:59 | 3:12 | 1:53 | 5:03 | 1:22 | 4:28 | 2:40 | 0:46 | 2:16 | 8:37 | 2:24 | 3:59 |
| | | | | | 54:20 | 58:28 | 1:08:10 | 1:20:23 | 1:21:06 | 1:25:42 | 1:36:35 | 1:41:22 | 1:52:03 | 1:52:40 | | | |
| | | | | | 1:15 | 4:08 | 9:42 | 12:13 | 0:43 | 4:36 | 10:53 | 4:47 | 10:41 | 0:37 | | | |
| 16 | | Luis John LTV Rheinhessen | H-20 | 1:55:49 | 7:24 | 12:43 | 17:13 | 18:57 | 24:24 | 25:59 | 30:21 | 33:50 | 35:02 | 37:46 | 41:11 | 44:23 | 50:05 |
| | | | | | 7:24 | 5:19 | 4:30 | 1:44 | 5:27 | 1:35 | 4:22 | 3:29 | 1:12 | 2:44 | 3:25 | 3:12 | 5:42 |
| | | | | | 55:25 | 57:39 | 1:08:20 | 1:20:36 | 1:21:42 | 1:25:58 | 1:37:12 | 1:43:35 | 1:55:14 | 1:55:49 | | | |
| | | | | | 1:39 | 2:14 | 10:41 | 12:16 | 1:06 | 4:16 | 11:14 | 6:23 | 11:39 | 0:35 | | | |
| | | Matti Bruns LTV Niedersachsen | H-20 | N Ang | | | | | | | | | | | | | |
| | | Friedrich von Uckr LTV Hessen | H-20 | N Ang | | | | | | | | | | | | | |
| | | Anton Jaenicke LTV Brandenburg | H-20 | N Ang | | | | | | | | | | | | | |
| D/H10 (10) | | | | | 1,9 km 20 Hm | | | 7 P | | | | | | | | | |
| | | | | | 1(146) | 2(147) | 3(148) | 4(149) | 5(150) | 6(151) | 7(199) | Ziel | | | | | |
| 1 | | Ida Schenker LTV Thüringen | D-10 | 23:19 | 2:35 | 5:36 | 8:38 | 15:42 | 18:22 | 20:47 | 22:25 | 23:19 | | | | | |
| | | | | | 2:35 | 3:01 | 3:02 | 7:04 | 2:40 | 2:25 | 1:38 | 0:54 | | | | | |
| 2 | | Finn Senkler LTV Thüringen | H-10 | 24:21 | 4:40 | 7:59 | 14:28 | 18:30 | 20:18 | 22:20 | 23:38 | 24:21 | | | | | |
| | | | | | 4:40 | 3:19 | 6:29 | 4:02 | 1:48 | 2:02 | 1:18 | 0:43 | | | | | |
| 3 | | Theo Götz LTV Thüringen | H-10 | 24:22 | 3:18 | 6:10 | 9:39 | 12:10 | 14:25 | 17:27 | 23:43 | 24:22 | | | | | |
| | | | | | 3:18 | 2:52 | 3:29 | 2:31 | 2:15 | 3:02 | 6:16 | 0:39 | | | | | |
| 4 | | Raffael Post LTV Thüringen | H-10 | 27:07 | 4:13 | 9:09 | 15:44 | 18:37 | 20:47 | 23:25 | 26:01 | 27:07 | | | | | |
| | | | | | 4:13 | 4:56 | 6:35 | 2:53 | 2:10 | 2:38 | 2:36 | 1:06 | | | | | |
| 5 | | Jari Spengler LTV Brandenburg | H-10 | 28:11 | 3:46 | 12:20 | 17:33 | 21:33 | 23:38 | 25:49 | 27:23 | 28:11 | | | | | |
| | | | | | 3:46 | 8:34 | 5:13 | 4:00 | 2:05 | 2:11 | 1:34 | 0:48 | | | | | |
| 6 | | Luna Barth LTV Thüringen | D-10 | 29:19 | 6:08 | 11:37 | 14:39 | 21:45 | 24:24 | 26:50 | 28:28 | 29:19 | | | | | |
| | | | | | 6:08 | 5:29 | 3:02 | 7:06 | 2:39 | 2:26 | 1:38 | 0:51 | | | | | |
| 7 | | Anton Weiß OK Mark Brandenb | H-10 | 33:15 | 9:18 | 17:16 | 23:32 | 27:24 | 28:56 | 30:51 | 32:30 | 33:15 | | | | | |
| | | | | | 9:18 | 7:58 | 6:16 | 3:52 | 1:32 | 1:55 | 1:39 | 0:45 | | | | | |
| 8 | | Linda Lange IHW Alex 78 Berlin | D-10 | 51:25 | 2:51 | 17:35 | 21:31 | 45:31 | 47:09 | 49:10 | 50:37 | 51:25 | | | | | |
| | | | | | 2:51 | 14:44 | 3:56 | 24:00 | 1:38 | 2:01 | 1:27 | 0:48 | | | | | |
| | | Ria Wittke LTV Niedersachsen | D-10 | N Ang | | | | | | | | | | | | | |
| | | Leonie Lochte | D-10 | N Ang | | | | | | | | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | |
|-------------------|-----|------|-----|---------------------|------------|-----------------|--------|--------|--------|-------------|
| D/H10 (10) | | | | 1,9 km 20 Hm | 7 P | <i>(Forts.)</i> | | | | |
| | | | | 1(146) | 2(147) | 3(148) | 4(149) | 5(150) | 6(151) | 7(199) Ziel |

LTV Niedersachsen