

| Pl | Name | Zeit | 3.0 km 130 Hm 19 P | | | | | | | | | | | | | |
|-----------|--------------------------|--------------|--------------------|--------------|--------------|--------------|--------------|--------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(37) | 2(50) | 3(52) | 4(54) | 5(58) | 6(59) | 7(53) | 8(51) | 9(31) | 10(34) | 11(32) | 12(43) | 13(45) | 14(47) |
| | | | 15(48) | 16(41) | 17(39) | 18(38) | 19(60) | Z | | | | | | | | |
| 1 | Sina Tommer | 22:10 | 0:36 | 2:06 | 3:57 | 5:23 | 5:45 | 6:25 | 7:17 | 9:08 | 11:50 | 12:56 | 14:20 | 16:31 | 17:33 | 18:36 |
| | | | 0:36 | 1:30 | 1:51 | 1:26 | 0:22 | 0:40 | 0:52 | 1:51 | 2:42 | 1:06 | 1:24 | 2:11 | 1:02 | 1:03 |
| | | | 19:11 | 19:44 | 21:09 | 21:29 | 21:59 | 22:10 | | | | | | | | |
| | | | 0:35 | 0:33 | 1:25 | 0:20 | 0:30 | 0:11 | | | | | | | | |
| 1 | Roger Dittli | 22:10 | 0:31 | 2:04 | 3:32 | 5:27 | 5:47 | 6:28 | 7:19 | 9:04 | 11:50 | 13:11 | 14:34 | 16:06 | 17:19 | 18:30 |
| | | | 0:31 | 1:33 | 1:28 | 1:55 | 0:20 | 0:41 | 0:51 | 1:45 | 2:46 | 1:21 | 1:23 | 1:32 | 1:13 | 1:11 |
| | | | 19:18 | 19:47 | 21:06 | 21:26 | 21:57 | 22:10 | | | | | | | | |
| | | | 0:48 | 0:29 | 1:19 | 0:20 | 0:31 | 0:13 | | | | | | | | |
| 3 | Philipp Mülle | 24:32 | 0:32 | 2:12 | 3:52 | 5:32 | 5:56 | 6:46 | 7:42 | 9:34 | 12:28 | 13:45 | 15:29 | 17:57 | 19:06 | 20:33 |
| | | | 0:32 | 1:40 | 1:40 | 1:40 | 0:24 | 0:50 | 0:56 | 1:52 | 2:54 | 1:17 | 1:44 | 2:28 | 1:09 | 1:27 |
| | | | 21:17 | 22:02 | 23:31 | 23:55 | 24:23 | 24:32 | | | | | | | | |
| | | | 0:44 | 0:45 | 1:29 | 0:24 | 0:28 | 0:09 | | | | | | | | |
| 3 | Livio Bühler | 24:32 | 0:41 | 2:09 | 3:39 | 5:18 | 5:41 | 6:23 | 7:12 | 8:59 | 11:44 | 12:49 | 14:12 | 15:37 | 16:49 | 18:09 |
| | | | 0:41 | 1:28 | 1:30 | 1:39 | 0:23 | 0:42 | 0:49 | 1:47 | 2:45 | 1:05 | 1:23 | 1:25 | 1:12 | 1:20 |
| | | | 19:53 | 21:56 | 23:31 | 23:57 | 24:21 | 24:32 | | | | | | | | |
| | | | 1:44 | 2:03 | 1:35 | 0:26 | 0:24 | 0:11 | | | | | | | | |
| 5 | Domenic Trutmann | 24:49 | 0:36 | 3:19 | 5:01 | 6:42 | 7:06 | 7:51 | 8:45 | 10:42 | 13:40 | 14:57 | 16:34 | 18:09 | 19:32 | 20:56 |
| | | | 0:36 | 2:43 | 1:42 | 1:41 | 0:24 | 0:45 | 0:54 | 1:57 | 2:58 | 1:17 | 1:37 | 1:35 | 1:23 | 1:24 |
| | | | 21:39 | 22:26 | 23:48 | 24:09 | 24:37 | 24:49 | | | | | | | | |
| | | | 0:43 | 0:47 | 1:22 | 0:21 | 0:28 | 0:12 | | | | | | | | |
| 6 | Ciro Martin | 25:43 | 0:30 | 2:17 | 3:52 | 5:43 | 6:12 | 7:03 | 8:04 | 10:01 | 13:24 | 14:51 | 16:30 | 18:28 | 20:02 | 21:30 |
| | | | 0:30 | 1:47 | 1:35 | 1:51 | 0:29 | 0:51 | 1:01 | 1:57 | 3:23 | 1:27 | 1:39 | 1:58 | 1:34 | 1:28 |
| | | | 22:24 | 23:03 | 24:37 | 25:03 | 25:32 | 25:43 | | | | | | | | |
| | | | 0:54 | 0:39 | 1:34 | 0:26 | 0:29 | 0:11 | | | | | | | | |
| 7 | Mike Gisler | 27:09 | 0:40 | 2:28 | 4:10 | 6:14 | 6:36 | 7:36 | 8:39 | 10:53 | 14:06 | 15:20 | 17:23 | 19:27 | 20:45 | 22:00 |
| | | | 0:40 | 1:48 | 1:42 | 2:04 | 0:22 | 1:00 | 1:03 | 2:14 | 3:13 | 1:14 | 2:03 | 2:04 | 1:18 | 1:15 |
| | | | 23:59 | 24:37 | 26:10 | 26:30 | 26:58 | 27:09 | | 25:34 | | | | | | |
| | | | 1:59 | 0:38 | 1:33 | 0:20 | 0:28 | 0:11 | | *40 | | | | | | |
| 8 | Sales Indergand | 27:17 | 0:43 | 2:25 | 4:24 | 7:51 | 8:19 | 9:09 | 10:05 | 12:01 | 15:33 | 16:43 | 18:11 | 19:45 | 21:07 | 22:45 |
| | | | 0:43 | 1:42 | 1:59 | 3:27 | 0:28 | 0:50 | 0:56 | 1:56 | 3:32 | 1:10 | 1:28 | 1:34 | 1:22 | 1:38 |
| | | | 23:40 | 24:25 | 26:08 | 26:32 | 27:06 | 27:17 | | | | | | | | |
| | | | 0:55 | 0:45 | 1:43 | 0:24 | 0:34 | 0:11 | | | | | | | | |
| 9 | Cornelia Gisler | 28:19 | 0:38 | 2:41 | 4:29 | 6:22 | 6:52 | 7:56 | 8:57 | 11:30 | 14:50 | 16:11 | 18:04 | 20:06 | 21:47 | 23:18 |
| | | | 0:38 | 2:03 | 1:48 | 1:53 | 0:30 | 1:04 | 1:01 | 2:33 | 3:20 | 1:21 | 1:53 | 2:02 | 1:41 | 1:31 |
| | | | 24:35 | 25:20 | 27:00 | 27:26 | 28:05 | 28:19 | | | | | | | | |
| | | | 1:17 | 0:45 | 1:40 | 0:26 | 0:39 | 0:14 | | | | | | | | |
| 10 | Dominik Estermann | 29:23 | 0:42 | 2:16 | 3:45 | 6:39 | 7:02 | 7:49 | 8:45 | 10:46 | 13:33 | 14:37 | 16:01 | 17:56 | 18:55 | 20:03 |
| | | | 0:42 | 1:34 | 1:29 | 2:54 | 0:23 | 0:47 | 0:56 | 2:01 | 2:47 | 1:04 | 1:24 | 1:55 | 0:59 | 1:08 |
| | | | 26:06 | 27:03 | 28:32 | 28:52 | 29:12 | 29:23 | | 25:12 | 28:02 | | | | | |
| | | | 6:03 | 0:57 | 1:29 | 0:20 | 0:20 | 0:11 | | *46 | *40 | | | | | |
| 11 | Hansruedi Feser | 31:51 | 0:46 | 2:37 | 4:26 | 7:16 | 7:52 | 8:46 | 9:48 | 12:02 | 16:01 | 17:28 | 19:10 | 23:14 | 24:30 | 26:15 |
| | | | 0:46 | 1:51 | 1:49 | 2:50 | 0:36 | 0:54 | 1:02 | 2:14 | 3:59 | 1:27 | 1:42 | 4:04 | 1:16 | 1:45 |
| | | | 27:11 | 28:48 | 30:25 | 30:57 | 31:35 | 31:51 | | | | | | | | |
| | | | 0:56 | 1:37 | 1:37 | 0:32 | 0:38 | 0:16 | | | | | | | | |
| 12 | Samuel Arnold | 32:33 | 0:48 | 2:47 | 5:30 | 7:36 | 8:11 | 9:19 | 10:22 | 12:39 | 16:12 | 17:41 | 19:43 | 22:19 | 23:41 | 25:20 |
| | | | 0:48 | 1:59 | 2:43 | 2:06 | 0:35 | 1:08 | 1:03 | 2:17 | 3:33 | 1:29 | 2:02 | 2:36 | 1:22 | 1:39 |
| | | | 28:22 | 29:11 | 31:16 | 31:43 | 32:22 | 32:33 | | | | | | | | |
| | | | 3:02 | 0:49 | 2:05 | 0:27 | 0:39 | 0:11 | | | | | | | | |
| 13 | Christine Brogli | 34:06 | 0:52 | 3:01 | 5:01 | 6:48 | 7:17 | 8:10 | 9:17 | 13:01 | 19:00 | 20:37 | 23:07 | 25:12 | 27:00 | 28:29 |
| | | | 0:52 | 2:09 | 2:00 | 1:47 | 0:29 | 0:53 | 1:07 | 3:44 | 5:59 | 1:37 | 2:30 | 2:05 | 1:48 | 1:29 |
| | | | 29:32 | 30:39 | 32:37 | 33:06 | 33:50 | 34:06 | | | | | | | | |
| | | | 1:03 | 1:07 | 1:58 | 0:29 | 0:44 | 0:16 | | | | | | | | |
| 14 | René Fröhlich | 34:10 | 0:52 | 2:55 | 4:49 | 7:33 | 8:00 | 8:50 | 9:47 | 12:09 | 16:02 | 17:48 | 20:32 | 24:08 | 26:12 | 28:05 |
| | | | 0:52 | 2:03 | 1:54 | 2:44 | 0:27 | 0:50 | 0:57 | 2:22 | 3:53 | 1:46 | 2:44 | 3:36 | 2:04 | 1:53 |
| | | | 29:26 | 30:26 | 32:40 | 33:09 | 33:53 | 34:10 | | | | | | | | |
| | | | 1:21 | 1:00 | 2:14 | 0:29 | 0:44 | 0:17 | | | | | | | | |
| 15 | Stefan Huonder | 34:45 | 0:44 | 3:01 | 6:04 | 9:01 | 9:34 | 10:35 | 11:46 | 14:20 | 18:19 | 19:52 | 22:24 | 24:46 | 26:56 | 28:31 |
| | | | 0:44 | 2:17 | 3:03 | 2:57 | 0:33 | 1:01 | 1:11 | 2:34 | 3:59 | 1:33 | 2:32 | 2:22 | 2:10 | 1:35 |
| | | | 29:31 | 30:33 | 33:03 | 33:35 | 34:27 | 34:45 | | | | | | | | |
| | | | 1:00 | 1:02 | 2:30 | 0:32 | 0:52 | 0:18 | | | | | | | | |
| 16 | Fabrice Dal Farra | 35:13 | 1:29 | 3:05 | 4:59 | 7:27 | 8:44 | 9:36 | 10:33 | 12:26 | 15:31 | 16:46 | 18:34 | 21:34 | 22:39 | 24:06 |
| | | | 1:29 | 1:36 | 1:54 | 2:28 | 1:17 | 0:52 | 0:57 | 1:53 | 3:05 | 1:15 | 1:48 | 3:00 | 1:05 | 1:27 |
| | | | 30:39 | 31:25 | 34:01 | 34:24 | 35:01 | 35:13 | | | | | | | | |
| | | | 6:33 | 0:46 | 2:36 | 0:23 | 0:37 | 0:12 | | | | | | | | |
| 17 | Amadeo Dal Farra | 37:13 | 2:23 | 4:14 | 6:03 | 8:21 | 10:13 | 11:07 | 12:01 | 14:12 | 18:23 | 19:47 | 23:39 | 25:38 | 27:15 | 29:11 |
| | | | 2:23 | 1:51 | 1:49 | 2:18 | 1:52 | 0:54 | 0:54 | 2:11 | 4:11 | 1:24 | 3:52 | 1:59 | 1:37 | 1:56 |
| | | | 32:38 | 33:16 | 35:54 | 36:22 | 36:58 | 37:13 | | | | | | | | |
| | | | 3:27 | 0:38 | 2:38 | 0:28 | 0:36 | 0:15 | | | | | | | | |
| 18 | Simon Dittli | 38:16 | 3:26 | 5:28 | 7:12 | 9:24 | 11:18 | 12:11 | 13:06 | 15:40 | 19:25 | 20:52 | 22:40 | 26:29 | 28:15 | 30:13 |
| | | | 3:26 | 2:02 | 1:44 | 2:12 | 1:54 | 0:53 | 0:55 | 2:34 | 3:45 | 1:27 | 1:48 | 3:49 | 1:46 | 1:58 |
| | | | 32:36 | 33:55 | 36:53 | 37:24 | 38:01 | 38:16 | | | | | | | | |
| | | | 2:23 | 1:19 | 2:58 | 0:31 | 0:37 | 0:15 | | | | | | | | |
| 19 | Thomas Huwiler | 38:56 | 1:11 | 3:35 | 5:32 | 9:46 | 11:49 | 12:40 | 13:37 | 15:39 | 19:21 | 21:46 | 23:41 | 27:00 | 28:32 | 31:17 |
| | | | 1:11 | 2:24 | 1:57 | 4:14 | 2:03 | 0:51 | 0:57 | 2:02 | 3:42 | 2:25 | 1:55 | 3:19 | 1:32 | 2:45 |
| | | | 33:34 | 34:27 | 37:20 | 37:59 | 38:34 | 38:56 | | | | | | | | |
| | | | 2:17 | 0:53 | 2:53 | 0:39 | 0:35 | 0:22 | | | | | | | | |
| 20 | Mathias Vogel | 38:58 | 4:33 | 5:58 | 11:26 | 14:11 | | | | | | | | | | |

| Pl | Name | Zeit | 1.7 km 90 Hm 14 P | | | | | | | | | | | | | |
|-----------|--------------------------|--------------|-----------------------|--------------|---------------------|---------------|---------------------|---------------------|---------------------|---------------------|---------------|----------------------|---------------|---------------|---------------|----------------------|
| | | | 1(57) Z | 2(34) | 3(33) | 4(32) | 5(49) | 6(42) | 7(44) | 8(46) | 9(56) | 10(41) | 11(40) | 12(39) | 13(38) | 14(60) |
| 1 | Andrea Herger | 14:13 | 0:53 0:53 14:13 | 2:12 1:19 | 3:09 0:57 | 4:02 0:53 | 5:01 0:59 | 6:07 1:06 | 8:01 1:54 | 9:47 1:46 | 10:33 0:46 | 11:09 0:36 | 12:25 1:16 | 13:07 0:42 | 13:30 0:23 | 14:01 0:31 |
| 2 | Andri Dittli | 14:17 | 0:55 0:55 14:17 | 2:05 1:10 | 3:02 0:57 | 3:51 0:49 | 4:46 0:55 | 6:09 1:23 | 7:43 1:34 | 9:07 1:24 | 9:45 0:38 | 10:53 1:08 | 12:13 1:20 | 12:47 0:34 | 13:20 0:33 | 14:02 0:42 |
| 3 | Sven Gisler | 14:50 | 0:55 0:55 14:50 | 2:21 1:26 | 3:22 1:01 | 4:18 0:56 | 5:25 1:07 | 6:36 1:11 | 8:10 1:34 | 9:46 1:36 | 10:59 1:13 | 11:42 0:43 | 13:06 1:24 | 13:36 0:30 | 14:07 0:31 | 14:38 0:31 |
| 4 | Ruben Jauch | 15:43 | 0:57 0:57 15:43 | 2:18 1:21 | 3:25 1:07 | 4:19 0:54 | 5:33 1:14 | 6:56 1:23 | 8:40 1:44 | 10:25 1:45 | 11:12 0:47 | 11:58 0:46 | 13:13 1:15 | 13:54 0:41 | 14:35 0:41 | 15:29 0:54 |
| 5 | Leon Feser | 16:01 | 0:52 0:52 16:01 | 2:12 1:20 | 3:24 1:12 | 4:09 0:45 | 5:28 1:19 | 6:58 1:30 | 8:39 1:41 | 10:23 1:44 | 11:19 0:56 | 12:17 0:58 | 13:42 1:25 | 14:26 0:44 | 14:58 0:32 | 15:48 0:50 |
| 6 | Isabella Zberg | 16:34 | 1:01 1:01 16:34 | 2:36 1:35 | 3:41 1:05 | 4:27 0:46 | 5:34 1:07 | 7:03 1:29 | 8:45 1:42 | 10:25 1:40 | 12:05 1:40 | 12:46 0:41 | 14:18 1:32 | 14:53 0:35 | 15:26 0:33 | 16:17 0:51 |
| 7 | Sandro Bissig | 18:53 | 1:01 1:01 18:53 | 2:14 1:13 | 3:02 0:48 | 3:53 0:51 | 5:11 1:18 | 6:24 1:13 | 8:05 1:41 | 9:45 1:40 | 13:40 3:55 | 14:10 0:30 | 15:55 1:45 | 16:42 0:47 | 17:24 0:42 | 18:24 1:00 |
| 8 | Gian Arnold | 20:43 | 2:36 2:36 20:43 | 4:46 2:10 | 6:10 1:24 | 7:13 1:03 | 8:43 1:30 | 10:32 1:49 | 12:34 2:02 | 14:30 1:56 | 15:33 1:03 | 16:13 0:40 | 17:53 1:40 | 18:33 0:40 | 19:27 0:54 | 20:18 0:51 |
| 9 | Lyan Gisler | 21:10 | 1:16 1:16 21:10 | 3:06 1:50 | 4:52 1:46 | 6:06 1:14 | 7:32 1:26 | 9:28 1:56 | 12:04 2:36 | 14:20 2:16 | 15:26 1:06 | 16:26 1:00 | 18:33 2:07 | 19:16 0:43 | 19:49 0:33 | 20:49 1:00 |
| 10 | Vanessa Inderkum | 21:47 | 1:28 1:28 21:47 | 3:14 1:46 | 4:51 1:37 | 6:06 1:15 | 8:02 1:56 | 9:54 1:52 | 11:53 1:59 | 13:26 1:33 | 16:45 3:19 | 17:16 0:31 | 19:01 1:45 | 19:48 0:47 | 20:29 0:41 | 21:32 1:03 |
| 11 | Elin Gisler | 22:56 | 4:03 4:03 22:56 | 5:26 1:23 | 6:30 1:04 | 7:41 1:11 | 8:51 1:10 | 10:20 1:29 | 12:07 1:47 | 14:35 2:28 | 17:52 3:17 | 18:45 0:53 | 20:38 1:53 | 21:31 0:53 | 22:01 0:30 | 22:43 0:42 |
| 12 | Silja Estermann | 23:55 | 3:58 3:58 23:55 | 5:30 1:32 | 6:40 1:10 | 7:40 1:00 | 9:03 1:23 | 10:27 1:24 | 13:40 3:13 | 15:34 1:54 | 16:44 1:10 | 18:34 1:50 | 21:22 2:48 | 22:09 0:47 | 22:47 0:38 | 23:41 0:54 |
| 13 | Elia Sicher | 24:46 | 7:05 7:05 24:46 | 9:17 2:12 | 10:27 1:10 | 11:21 0:54 | 12:54 1:33 | 14:17 1:23 | 16:32 2:15 | 18:29 1:57 | 19:31 1:02 | 20:46 1:15 | 22:30 1:44 | 23:12 0:42 | 23:46 0:34 | 24:24 0:38 |
| 14 | Manuel Walker | 25:04 | 1:09 1:09 25:04 | 3:18 2:09 | 5:35 2:17 | 6:41 1:06 | 9:03 2:22 | 11:11 2:08 | 13:50 2:39 | 16:01 2:11 | 17:39 1:38 | 18:46 1:07 | 20:19 1:33 | 22:15 1:56 | 23:11 0:56 | 24:48 1:37 |
| 15 | Alessandra Gisler | 25:52 | 1:32 1:32 25:52 | 3:44 2:12 | 5:38 1:54 | 7:00 1:22 | 8:52 1:52 | 11:02 2:10 | 13:37 2:35 | 16:13 2:36 | 17:41 1:28 | 18:57 1:16 | 22:17 3:20 | 23:23 1:06 | 24:08 0:45 | 25:37 1:29 |
| 16 | Linnea Hodler | 29:36 | 1:48 1:48 29:36 | 4:51 3:03 | 6:53 2:02 | 8:21 1:28 | 10:25 2:04 | 12:46 2:21 | 15:31 2:45 | 18:36 3:05 | 20:10 1:34 | 21:19 1:09 | 24:18 2:59 | 25:45 1:27 | 27:25 1:40 | 29:02 1:37 |
| 17 | Julia Marty | 29:39 | 1:51 1:51 29:39 | 4:45 2:54 | 6:35 1:50 | 8:08 1:33 | 9:47 1:39 | 12:26 2:39 | 16:15 3:49 | 19:23 3:08 | 21:35 2:12 | 22:56 1:21 | 26:11 3:15 | 27:20 1:09 | 28:12 0:52 | 29:20 1:08 |
| 18 | Priska Fenner | 30:41 | 1:44 1:44 30:41 | 4:07 2:23 | 6:25 2:18 | 8:06 1:41 | 10:04 1:58 | 13:17 3:13 | 16:21 3:04 | 19:47 3:26 | 21:34 1:47 | 22:55 1:21 | 26:11 3:16 | 27:33 1:22 | 28:36 1:03 | 30:17 1:41 |
| 19 | Carmen Mores | 30:54 | 1:28 1:28 30:54 | 3:38 2:10 | 6:14 2:36 | 8:08 1:54 | 10:05 1:57 | 12:28 2:23 | 16:42 4:14 | 19:25 2:43 | 21:20 1:55 | 24:01 2:41 | 26:46 2:45 | 28:35 1:49 | 29:10 0:35 | 30:41 1:31 |
| 20 | Irina Bissig | 41:39 | 2:16 2:16 41:39 | 5:06 2:50 | 7:46 2:40 | 9:53 2:07 | 13:41 3:48 | 16:27 2:46 | 20:47 4:20 | 24:42 3:55 | 28:06 3:24 | 30:27 2:21 | 36:16 5:49 | 38:02 1:46 | 39:24 1:22 | 41:13 1:49 |

| Pl Name | Zeit | 1.7 km 90 Hm 14 P (Forts.) | | | | | | | | | | | | | |
|--------------------------|---------------|--|----------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|----------------------|
| C (26) | | 1(57) Z | 2(34) | 3(33) | 4(32) | 5(49) | 6(42) | 7(44) | 8(46) | 9(56) | 10(41) | 11(40) | 12(39) | 13(38) | 14(60) |
| 21 Elin Furrer | 42:01 | 2:15 2:15 42:01 0:41 | 5:05 2:50 | 7:46 2:41 | 9:26 1:40 | 13:40 4:14 | 16:45 3:05 | 20:58 4:13 | 25:15 4:17 | 27:55 2:40 | 30:24 2:29 | 36:15 5:51 | 38:02 1:47 | 39:36 1:34 | 41:20 1:44 |
| Malik Gisler | Fehlst | 1:36:10 1:36:10 1:53:09 0:17 | 1:37:50 1:40 | 1:39:11 1:21 | 1:40:23 1:12 | 1:41:41 1:18 | 1:43:25 1:44 | 1:45:15 1:50 | 1:47:23 2:08 | 1:48:29 1:06 | 1:49:27 0:58 | 1:50:53 1:26 | 1:51:29 0:36 | 1:51:58 0:29 | 1:52:52 0:54 |
| AK Gion Bissig | 29:34 | 1:11 1:11 29:34 0:11 | 4:24 3:13 | 6:02 1:38 | 18:00 11:58 | 19:03 1:03 | 20:37 1:34 | 22:40 2:03 | 24:15 1:35 | 24:59 0:44 | 25:52 0:53 | 27:12 1:20 | 28:02 0:50 | 28:32 0:30 | 29:23 0:51 |
| AK Sabine Fedier | 12:52 | 0:48 0:48 12:52 0:12 | 1:54 1:06 | 2:54 1:00 | 3:39 0:45 | 4:37 0:58 | 5:55 1:18 | 7:39 1:44 | 9:05 1:26 | 9:41 0:36 | 10:11 0:30 | 11:13 1:02 | 11:41 0:28 | 12:07 0:26 | 12:40 0:33 |
| AK Jannik Röthlin | 20:43 | 2:17 2:17 20:43 0:16 | 3:55 1:38 | 5:12 1:17 | 6:02 0:50 | 7:44 1:42 | 9:06 1:22 | 11:04 1:58 | 13:04 2:00 | 14:18 1:14 | 15:10 0:52 | 18:27 3:17 | 19:03 0:36 | 19:33 0:30 | 20:27 0:54 |
| AK Lynn Müller | 14:11 | 0:49 0:49 14:11 0:12 | 2:05 1:16 | 3:06 1:01 | 3:50 0:44 | 5:00 1:10 | 6:23 1:23 | 8:09 1:46 | 9:55 1:46 | 10:40 0:45 | 11:13 0:33 | 12:32 1:19 | 13:05 0:33 | 13:27 0:22 | 13:59 0:32 |

| Pl | Name | Zeit | 1.0 km 55 Hm 9 P | | | | | | | | | |
|-----------|-----------------------------|--------------|------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | 1(31) | 2(36) | 3(32) | 4(33) | 5(34) | 6(35) | 7(37) | 8(38) | 9(60) | Z |
| 1 | Bennet Blum | 8:56 | 0:39 | 2:41 | 3:26 | 4:08 | 5:01 | 6:33 | 7:14 | 8:02 | 8:42 | 8:56 |
| | | | 0:39 | 2:02 | 0:45 | 0:42 | 0:53 | 1:32 | 0:41 | 0:48 | 0:40 | 0:14 |
| 2 | Luana Ulrich | 9:23 | 0:40 | 2:49 | 3:26 | 4:22 | 5:12 | 6:37 | 7:09 | 8:23 | 9:11 | 9:23 |
| | | | 0:40 | 2:09 | 0:37 | 0:56 | 0:50 | 1:25 | 0:32 | 1:14 | 0:48 | 0:12 |
| 3 | Lorena Imholz | 10:11 | 0:55 | 2:55 | 3:40 | 4:25 | 5:37 | 6:45 | 7:28 | 8:38 | 9:50 | 10:11 |
| | | | 0:55 | 2:00 | 0:45 | 0:45 | 1:12 | 1:08 | 0:43 | 1:10 | 1:12 | 0:21 |
| 4 | Linda Gisler | 10:33 | 0:51 | 3:09 | 3:58 | 4:43 | 5:48 | 7:26 | 8:06 | 9:16 | 10:14 | 10:33 |
| | | | 0:51 | 2:18 | 0:49 | 0:45 | 1:05 | 1:38 | 0:40 | 1:10 | 0:58 | 0:19 |
| 5 | Felicia Senn | 12:20 | 0:51 | 3:34 | 4:14 | 4:54 | 5:52 | 7:20 | 9:06 | 10:47 | 12:05 | 12:20 |
| | | | 0:51 | 2:43 | 0:40 | 0:40 | 0:58 | 1:28 | 1:46 | 1:41 | 1:18 | 0:15 |
| 6 | Elias Arnold | 12:38 | 0:43 | 4:10 | 5:09 | 5:49 | 7:13 | 8:54 | 9:34 | 11:07 | 12:25 | 12:38 |
| | | | 0:43 | 3:27 | 0:59 | 0:40 | 1:24 | 1:41 | 0:40 | 1:33 | 1:18 | 0:13 |
| 7 | Joelle Ziegler | 12:41 | 1:08 | 4:29 | 5:16 | 6:07 | 7:23 | 8:54 | 9:40 | 10:58 | 12:22 | 12:41 |
| | | | 1:08 | 3:21 | 0:47 | 0:51 | 1:16 | 1:31 | 0:46 | 1:18 | 1:24 | 0:19 |
| 8 | Nicola Gisler | 13:02 | 1:02 | 3:47 | 4:45 | 5:39 | 7:16 | 9:23 | 10:11 | 11:36 | 12:42 | 13:02 |
| | | | 1:02 | 2:45 | 0:58 | 0:54 | 1:37 | 2:07 | 0:48 | 1:25 | 1:06 | 0:20 |
| 9 | Toni Zberg | 13:17 | 1:11 | 4:20 | 5:07 | 5:57 | 7:21 | 9:16 | 10:09 | 11:35 | 12:58 | 13:17 |
| | | | 1:11 | 3:09 | 0:47 | 0:50 | 1:24 | 1:55 | 0:53 | 1:26 | 1:23 | 0:19 |
| 10 | Daniela Khadka | 14:22 | 1:13 | 4:41 | 5:36 | 6:30 | 7:51 | 9:32 | 10:27 | 12:28 | 14:03 | 14:22 |
| | | | 1:13 | 3:28 | 0:55 | 0:54 | 1:21 | 1:41 | 0:55 | 2:01 | 1:35 | 0:19 |
| 11 | Aaron Ulrich | 15:28 | 0:54 | 5:55 | 7:31 | 8:59 | 10:45 | 12:34 | 13:11 | 14:13 | 15:11 | 15:28 |
| | | | 0:54 | 5:01 | 1:36 | 1:28 | 1:46 | 1:49 | 0:37 | 1:02 | 0:58 | 0:17 |
| 12 | Stella de Vettor | 15:36 | 1:11 | 3:57 | 5:24 | 6:49 | 8:30 | 10:46 | 11:44 | 13:41 | 15:07 | 15:36 |
| | | | 1:11 | 2:46 | 1:27 | 1:25 | 1:41 | 2:16 | 0:58 | 1:57 | 1:26 | 0:29 |
| 13 | Zoé Arnold | 16:06 | 1:30 | 4:47 | 6:17 | 7:22 | 8:45 | 11:20 | 12:40 | 14:16 | 15:44 | 16:06 |
| | | | 1:30 | 3:17 | 1:30 | 1:05 | 1:23 | 2:35 | 1:20 | 1:36 | 1:28 | 0:22 |
| 14 | André Planzer | 16:22 | 1:31 | 5:31 | 6:24 | 7:28 | 8:46 | 11:52 | 12:49 | 14:32 | 15:56 | 16:22 |
| | | | 1:31 | 4:00 | 0:53 | 1:04 | 1:18 | 3:06 | 0:57 | 1:43 | 1:24 | 0:26 |
| 15 | Isabelle Amrein | 17:50 | 1:21 | 4:43 | 5:52 | 7:11 | 9:37 | 12:34 | 13:39 | 15:38 | 17:26 | 17:50 |
| | | | 1:21 | 3:22 | 1:09 | 1:19 | 2:26 | 2:57 | 1:05 | 1:59 | 1:48 | 0:24 |
| 16 | Jonas Imholz | 18:13 | 1:22 | 4:29 | 5:51 | 7:07 | 9:15 | 12:06 | 13:20 | 15:50 | 17:40 | 18:13 |
| | | | 1:22 | 3:07 | 1:22 | 1:16 | 2:08 | 2:51 | 1:14 | 2:30 | 1:50 | 0:33 |
| 17 | Cristine De Lucchi I | 18:42 | 1:36 | 5:47 | 7:00 | 8:23 | 10:34 | 13:16 | 14:26 | 16:39 | 18:15 | 18:42 |
| | | | 1:36 | 4:11 | 1:13 | 1:23 | 2:11 | 2:42 | 1:10 | 2:13 | 1:36 | 0:27 |
| AK | Josias Muheim | 8:11 | 0:39 | 2:35 | 3:08 | 3:41 | 4:27 | 5:35 | 6:08 | 7:09 | 7:56 | 8:11 |
| | | | 0:39 | 1:56 | 0:33 | 0:33 | 0:46 | 1:08 | 0:33 | 1:01 | 0:47 | 0:15 |