

| Pl | Stnr | Name | Jg | Verein | Zeit |
|--|------|---------------------------|--------------------------|---------------------|--------|
| Damen 12 (3) | | | 1,8 km 25 Hm 13 P | | |
| 1 | | Luisa Wiesner | 13 | SpVgg Hainsacker | 23:56 |
| 2 | | Theresa Hampel | 12 | SpVgg Hainsacker | 27:34 |
| 3 | | Marie Rödl | 13 | SV Burgweinting | 30:47 |
| Damen 14 (6) | | | 2,2 km 20 Hm 23 P | | |
| 1 | | Magdalena Rödl | 10 | SV Burgweinting | 18:57 |
| 2 | | Anne Von Keutz | 10 | SV Burgweinting | 19:34 |
| 3 | | Olina Maskova | 11 | SpVgg Hainsacker | 20:21 |
| 4 | | Nele Simon | 10 | SV Burgweinting | 22:53 |
| 5 | | Laura Wiesner | 10 | SpVgg Hainsacker | 24:38 |
| 6 | | Marie Geißler | 11 | TV 1881 Altdorf | 27:10 |
| Damen 16 (4) Ann. Teilstr.: 202-203 | | | 2,6 km 25 Hm 23 P | | |
| 1 | | Lara Noller | 10 | SpVgg Hainsacker | 16:23 |
| 2 | | Magdalena Strauss | 09 | SpVgg Hainsacker | 17:01 |
| 3 | | Jara Lauer | 10 | SpVgg Hainsacker | 21:39 |
| 4 | | Katharina Luxi | | SpVgg Hainsacker | 22:16 |
| Damen C (5) | | | 2,2 km 20 Hm 23 P | | |
| 1 | | Claudia Lauer | 74 | SpVgg Hainsacker | 21:28 |
| 2 | | Tanja Rödl | 76 | SV Burgweinting | 22:09 |
| 3 | | Elisabeth Reinwald | 73 | SV Nittendorf | 24:13 |
| 4 | | Marit Siefken | 07 | OLG Regensburg | 36:56 |
| 5 | | Karina Scherl | 75 | SpVgg Hainsacker | 37:24 |
| Damen B (7) Ann. Teilstr.: 202-203 | | | 2,6 km 25 Hm 23 P | | |
| 1 | | Elvira Pühl | 68 | SpVgg Hainsacker | 18:59 |
| 2 | | Margit Pattantyús-Ábrahám | 81 | OC München | 19:03 |
| 3 | | Jasmin Hertel | 02 | SV Burgweinting | 19:56 |
| 4 | | Friederike Götz | 84 | Individuals/No club | 21:00 |
| 5 | | Carolin Tramontano | 67 | TV Coburg-Neuses | 27:31 |
| 6 | | Ingrid Hufnagel | 66 | OLA TSV Deggendorf | 28:45 |
| 7 | | Ute Döhler | 69 | SV Pechbrunn | 30:36 |
| Damen A (12) Ann. Teilstr.: 202-203 | | | 3,7 km 25 Hm 26 P | | |
| 1 | | Uta Geißler | 80 | TV 1881 Altdorf | 19:59 |
| 2 | | Veronika Engl | 01 | TSV Natternberg | 21:03 |
| 3 | | Sophie Kraus | 00 | SV Burgweinting | 21:24 |
| 4 | | Tereza Maskova | 87 | SpVgg Hainsacker | 22:29 |
| 5 | | Sarah Ahlbrecht | 07 | SpVgg Hainsacker | 23:19 |
| 6 | | Sabine Hofherr | 72 | SpVgg Hainsacker | 23:26 |
| 7 | | Anne Pühl | 07 | SpVgg Hainsacker | 25:43 |
| 8 | | Luise Döhler | 07 | SV Pechbrunn | 29:05 |
| 9 | | Valerie Mahar | 86 | Slovan Karlovy Vary | 30:02 |
| 10 | | Karla Döhler | 05 | SV Pechbrunn | 30:53 |
| | | Milena Grifoni | 68 | SV Burgweinting | Fehlst |
| | | Petra Weber | 65 | SV Burgweinting | Fehlst |

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|---|------|----------------------|--------------------------|------------------|---------|
| Herren 12 (10) | | | 1,8 km 25 Hm 13 P | | |
| 1 | | Zacharias Gierl | 13 | SV Burgweinting | 18:44 |
| 2 | | Maximilian Rödl | 16 | SV Burgweinting | 19:41 |
| 3 | | Eduard Masek | 13 | SpVgg Hainsacker | 21:26 |
| 4 | | Leonidas Noller | 14 | SpVgg Hainsacker | 21:38 |
| 5 | | Philipp Fekete-novák | 13 | SV Burgweinting | 23:42 |
| 6 | | Sebastian Knaub | 13 | SV Burgweinting | 25:49 |
| 7 | | Radovan Masek | 14 | SpVgg Hainsacker | 25:55 |
| 8 | | Johannes Pilz | 13 | SpVgg Hainsacker | 26:52 |
| 9 | | Lucas Köckeis | 13 | SpVgg Hainsacker | 31:20 |
| 10 | | Florian Weickardt | 16 | SpVgg Hainsacker | 1:02:13 |
| Herren 14 (1) | | | 2,2 km 20 Hm 23 P | | |
| 1 | | Benjamin Reinwald | 11 | SV Nittendorf | 18:10 |
| Herren 16 (1) Ann. Teilstr.: 202-203 | | | 2,6 km 25 Hm 23 P | | |
| 1 | | Laurin Ahlbrecht | 10 | SpVgg Hainsacker | 14:33 |
| Herren C (3) | | | 2,2 km 20 Hm 23 P | | |
| 1 | | Jo Scherl | 09 | SpVgg Hainsacker | 21:11 |
| 2 | | julio Keményfy | | SV Burgweinting | 23:16 |
| 3 | | Xaver Drexler | 07 | SpVgg Hainsacker | 25:18 |
| Herren B (10) Ann. Teilstr.: 202-203 | | | 2,6 km 25 Hm 23 P | | |
| 1 | | Michal Masek | 85 | SpVgg Hainsacker | 18:30 |
| 2 | | Bernhard Krämer | 71 | SpVgg Hainsacker | 18:31 |
| 3 | | Rudolf Rödl | 81 | SV Burgweinting | 19:49 |
| 4 | | Christian Merz | 74 | OLG Regensburg | 20:55 |
| 5 | | Matthias Reinwald | 73 | SV Nittendorf | 22:03 |
| 6 | | Thorsten Lauer | 73 | SpVgg Hainsacker | 22:11 |
| 7 | | Edi Knaub | 83 | SV Burgweinting | 25:32 |
| 8 | | Tobias Christoph | 78 | OLG Regensburg | 29:07 |
| | | Nils Ahlbrecht | 73 | SpVgg Hainsacker | Fehlst |
| | | Veit Slodowski | 98 | USV Jena | Fehlst |
| Herren A (23) Ann. Teilstr.: 202-203 | | | 3,7 km 25 Hm 26 P | | |
| 1 | | Timon Lorenz | 00 | SV Burgweinting | 14:03 |
| 2 | | Teodor Yordanov | 84 | OC München | 15:02 |
| 3 | | Julian Nürnberger | 96 | SV Burgweinting | 16:28 |
| 4 | | Christian Rietze | 79 | TV 1881 Altdorf | 16:47 |
| 5 | | Oliver Holstein | 93 | TV 1881 Altdorf | 19:40 |
| 6 | | David Burgmair | 05 | SV Burgweinting | 19:58 |
| 7 | | Lorenz Brandl | 99 | SV Burgweinting | 20:18 |
| 8 | | Yannick Lieblich | 04 | SV Burgweinting | 20:25 |
| 9 | | Till Geiler | 01 | USV Jena | 20:31 |
| 10 | | Anton Tatzel | 04 | TV Coburg-Neuses | 20:45 |
| 11 | | Florian Reinwald | 07 | SV Nittendorf | 20:54 |

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| Herren A (23) Ann. Teilstr.: 202-203 | | | 3,7 km 25 Hm 26 P | | (Forts.) |
| 12 | | Linus Lauer | 04 | SpVgg Hainsacker | 20:55 |
| 13 | | Clemens Hartung | 63 | SV Burgweinting | 21:23 |
| 14 | | Rolf Siefken | 68 | OLG Regensburg | 22:27 |
| 15 | | Ralf Engler | 76 | OL Forstern | 23:54 |
| 16 | | Dennis Busch | 80 | TV Coburg-Neuses | 24:12 |
| 17 | | Famile Weickardt | | SpVgg Hainsacker | 26:29 |
| 18 | | Karl-Göran Wahlström | 50 | OLA TSV Deggendorf | 37:50 |
| | | Vaclav Badura | 81 | Slovan Karlovy Vary | Fehlst |
| | | Yannis Lauer | 07 | SpVgg Hainsacker | Fehlst |
| | | Robert Engl | 66 | TSV Natternberg | Fehlst |
| | | Markus Hekeler | 71 | SV Burgweinting | Fehlst |
| | | Thomas Döhler | 70 | SV Pechbrunn | Fehlst |
| Offen D (4) | | | 1,8 km 25 Hm 13 P | | |
| 1 | | Famile Köckeis | | SpVgg Hainsacker | 25:00 |
| 2 | | Gleb Lazarev | 15 | Individuals/No club | 27:36 |
| 3 | | Martina Christoph | 78 | OLG Regensburg | 41:14 |
| 4 | | Familie Pilz | | SpVgg Hainsacker | 45:44 |