

RHEINTALER OL-CUP

OLG
ST.GALEN
APPENZEL

RANGLISTE ZWISCHENZEITEN 6. WIDNAUER DORF-OL 2014



St.Galler
Kantonalbank

erdgas 
GRAVAG

Kobelt 

KÜHNIS KÜHNIS

i n a t u r a

Natur und Technik erleben



BRILLEN HÖRWELT

Karren

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METALLBAU UND TORE
Kriessern • www.luechinger-metallbau.ch

rhenusana.
die rheintaler krankenkasse



| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|---------------------------|-----|------------------------------------|----------------|---------------------------------|----------------------------|------------------------------|----------------|-----------------|-----------------|----------------------|-----------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Jugend Knaben (29) | | | | 1.8 km 0 Hm | | | 14 P | | | (Forts.) | | | | | | | |
| | | | | 1(118) | 2(119) | 3(62) | 4(125) | 5(114) | 6(113) | 7(112) | 8(111) | 9(109) | 10(104) | 11(128) | 12(65) | 13(69) | 14(100) |
| 9 | | Yannik Fritschi OGW3 | 18:36 | 0:37 0:37 18:36 0:24 | 1:35 0:58 | 3:22 1:47 | 5:02 1:40 | 9:02 4:00 | 10:00 0:58 | 11:19 1:19 | 11:32 0:13 | 12:54 1:22 | 14:27 1:33 | 15:37 1:10 | 16:14 0:37 | 17:20 1:06 | 18:12 0:52 |
| 10 | | Ivan Dietsche OGW3 | 19:20 | 1:16 1:16 19:20 0:18 | 2:08 0:52 | 3:42 1:34 | 5:40 1:58 | 8:12 2:32 | 9:34 1:22 | 10:53 1:19 | 11:10 0:17 | 13:09 1:59 | 15:10 2:01 | 15:57 0:47 | 16:50 0:53 | 18:15 1:25 | 19:02 0:47 |
| 11 | | Nico Zünd OGW3 | 20:22 | 2:19 2:19 20:22 0:17 | 3:12 0:53 | 4:44 1:32 | 6:35 1:51 | 9:17 2:42 | 10:38 1:21 | 11:58 1:20 | 12:14 0:16 | 14:14 2:00 | 16:14 2:00 | 16:59 0:45 | 17:42 0:43 | 19:18 1:36 | 20:05 0:47 |
| 12 | | Nino Welz Wald | 20:51 | 0:49 0:49 20:51 0:18 | 1:48 0:59 | 3:22 1:34 | 5:10 1:48 | 9:26 4:16 | 10:34 1:08 | 11:49 1:15 | 12:02 0:13 | 13:54 1:52 | 15:41 1:47 | 17:49 2:08 | 18:31 0:42 | 19:43 1:12 | 20:33 0:50 |
| 13 | | Noah Eugster Appenzell | 21:10 | 0:51 0:51 21:10 0:22 | 2:31 1:40 | 3:53 1:22 | 6:14 2:21 | 8:44 2:30 | 10:07 1:23 | 11:55 1:48 | 12:18 0:23 | 14:25 2:07 | 16:16 1:51 | 17:20 1:04 | 18:23 1:03 | 19:50 1:27 | 20:48 0:58 |
| 14 | | Philip Kehl OGW1 | 21:25 | 0:45 0:45 21:25 0:19 | 1:53 1:08 | 3:40 1:47 | 5:18 1:38 | 9:54 4:36 | 11:03 1:09 | 12:35 1:32 | 12:52 0:17 | 14:36 1:44 | 16:20 1:44 | 17:27 1:07 | 18:11 0:44 | 19:23 1:12 | 21:06 1:43 |
| 15 | | Nicolas De Maio OGW3 | 21:45 | 1:00 1:00 21:45 0:26 | 1:57 0:57 | 3:42 1:45 | 6:16 2:34 | 9:24 3:08 | 10:29 1:05 | 11:54 1:25 | 12:30 0:36 | 14:14 1:44 | 15:57 1:43 | 18:29 2:32 | 19:20 0:51 | 20:38 1:18 | 21:19 0:41 |
| 16 | | Fabio Schäres OGW1 | 21:56 | 0:41 0:41 21:56 0:24 | 3:52 3:11 | 5:24 1:32 9:47 *71 | 7:05 1:41 | 11:36 4:31 | 12:44 1:08 | 14:17 1:33 | 14:39 0:22 | 16:20 1:41 | 18:05 1:45 | 19:08 1:03 | 19:52 0:44 | 20:52 1:00 | 21:32 0:40 |
| 17 | | Joshua Weder OGW3 | 22:01 | 3:55 3:55 22:01 0:20 | 4:48 0:53 | 6:20 1:32 | 8:12 1:52 | 10:53 2:41 | 12:15 1:22 | 13:34 1:19 | 13:51 0:17 | 15:50 1:59 | 17:50 2:00 | 18:36 0:46 | 19:16 0:40 | 20:54 1:38 | 21:41 0:47 |
| 18 | | Alex Köppel OGW1 | 22:22 | 0:44 0:44 22:22 0:24 | 2:12 1:28 | 4:35 2:23 8:58 *71 | 6:12 1:37 | 10:45 4:33 | 11:57 1:12 | 13:29 1:32 | 13:51 0:22 | 15:31 1:40 | 17:11 1:40 | 18:21 1:10 | 19:05 0:44 | 20:15 1:10 | 21:58 1:43 |
| 19 | | Leo Filipovic St. Gallen | 24:06 | 1:06 1:06 24:06 0:22 | 2:22 1:16 | 4:13 1:51 | 5:50 1:37 | 8:02 2:12 | 9:10 1:08 | 10:48 1:38 | 11:09 0:21 | 12:51 1:42 | 14:40 1:49 | 16:15 1:35 | 21:07 4:52 | 22:16 1:09 | 23:43 1:27 |
| 20 | | Andri Halter OGW3 | 27:51 | 0:59 0:59 27:51 0:18 | 2:17 1:18 | 5:16 2:59 24:05 *63 | 7:22 2:06 | 10:07 2:45 | 11:16 1:09 | 12:37 1:21 | 13:05 0:28 | 14:46 1:41 | 16:19 1:33 | 17:33 1:14 | 22:35 5:02 | 26:56 4:21 | 27:33 0:37 |
| 21 | | Dietrich Bruner OGW3 | 28:30 | 1:36 1:36 28:30 0:18 | 2:55 1:19 | 5:53 2:58 24:44 *63 | 7:47 1:54 | 10:51 3:04 | 11:59 1:08 | 13:34 1:35 | 13:46 0:12 | 15:26 1:40 | 16:58 1:32 | 18:14 1:16 | 23:12 4:58 | 27:31 4:19 | 28:12 0:41 |
| 22 | | Elias Glaser OGW1 | 1:21:01 | 1:38 1:38 1:21:01 0:18 | 38:53 37:15 | 51:29 12:36 | 55:30 4:01 | 1:00:43 5:13 | 1:03:09 2:26 | 1:06:22 3:13 | 1:06:41 0:19 | 1:09:17 2:36 | 1:12:26 3:09 | 1:14:35 2:09 | 1:15:34 0:59 | 1:18:24 2:50 | 1:20:43 2:19 |
| 23 | | Dario Ianelli OGW1 | 1:25:43 | 4:36 4:36 1:25:43 1:10 | 7:37 3:01 | 15:56 8:19 | 26:42 10:46 | 37:46 11:04 | 43:32 5:46 | 47:39 4:07 | 48:27 0:48 | 1:04:57 16:30 | 1:13:51 8:54 | 1:17:45 3:54 | 1:19:33 1:48 | 1:22:49 3:16 | 1:24:33 1:44 |
| | | Yannik Loritz OGW3 | Fehlst | 0:33 0:33 16:01 0:20 | 1:17 0:44 | 2:43 1:26 | 4:10 1:27 | 7:15 3:05 | ----- 1:36 | 8:51 1:36 | 9:08 0:17 | 11:41 2:33 | 12:51 1:10 | 13:27 0:36 | 14:04 0:37 | 15:05 1:01 | 15:41 0:36 |
| | | Diego Frei OGW3 | Fehlst | 1:15 1:15 18:45 0:50 | 2:17 1:02 | 4:15 1:58 | 6:44 2:29 | 8:42 1:58 | 9:43 1:01 | 10:57 1:14 | 11:14 0:17 | 13:00 1:46 | 14:20 1:20 | 15:27 1:07 | 16:50 1:23 | 17:55 1:05 | ----- |
| | | Yannik Loritz OGW3 | Fehlst | 0:35 0:35 22:08 0:20 | 1:47 1:12 | 3:30 1:43 | 4:53 1:23 | 6:24 1:31 | 7:18 0:54 | 8:22 1:04 | ----- | 9:58 1:36 | 12:42 2:44 | 14:05 1:23 | 20:09 6:04 | 21:02 0:53 | 21:48 0:46 |
| | | Manuel Bigger OGW3 | Fehlst | 2:07 2:07 29:11 0:22 | 3:30 1:23 | 6:29 2:59 | 8:43 2:14 | 12:01 3:18 | 12:55 0:54 | 13:58 1:03 | 14:17 0:19 | 15:59 1:42 | 17:33 1:34 | 18:49 1:16 | ----- | 28:01 9:12 | 28:49 0:48 |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|-----------------------------|-----|---|---------------|---|---|---|--|--|---------------------|---------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|----------------------|-----------------------------|----------------------|
| Senioren +35 (12) | | | | 1.9 km 0 Hm | | | | 17 P | | (Forts.) | | | | | | | |
| | | | | 1(127) 15(103) | 2(124) 16(69) | 3(119) 17(100) | 4(70) Z | 5(63) | 6(71) | 7(72) | 8(113) | 9(112) | 10(111) | 11(110) | 12(109) | 13(105) | 14(104) |
| 10 | | Ivo Benz Untereggen | 20:37 | 0:17 0:17 18:00 1:19 | 1:39 1:22 19:35 1:35 | 3:00 1:21 20:17 0:42 | 5:04 2:04 20:36 0:19 | 6:35 1:31 | 7:17 0:42 | 8:10 0:53 | 8:56 0:46 | 10:08 1:12 | 10:27 0:19 | 13:47 3:20 | 14:34 0:47 | 15:45 1:11 | 16:41 0:56 |
| 11 | | Andreas Kobler Neukirch-Egnach | 22:03 | 0:33 0:33 18:52 1:42 | 1:35 1:02 20:54 2:02 | 3:16 1:41 21:40 0:46 | 4:42 1:26 22:03 0:23 | 6:38 1:56 | 7:31 0:53 | 8:32 1:01 | 9:44 1:12 | 11:14 1:30 | 11:34 0:20 | 13:01 1:27 | 14:03 1:02 | 15:36 1:33 | 17:10 1:34 |
| 12 | | Martin Stübi Speicher | 33:46 | 0:34 0:34 30:52 1:33 | 8:44 8:10 32:44 1:52 | 9:59 1:15 33:25 0:41 | 12:22 2:23 33:46 0:21 | 15:26 3:04 | 16:27 1:01 | 18:19 1:52 | 19:20 1:01 | 20:40 1:20 | 21:02 0:22 | 24:24 3:22 | 25:34 1:10 | 27:17 1:43 | 29:19 2:02 |
| Seniorinnen +35 (14) | | | | 1.9 km 0 Hm | | | | 18 P | | | | | | | | | |
| | | | | 1(101) 15(70) | 2(117) 16(119) | 3(102) 17(118) | 4(103) 18(100) Z | 5(104) | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(114) | 12(115) | 13(116) | 14(123) |
| 1 | | Rita Deininger St. Gallen | 21:58 | 0:30 0:30 18:07 1:09 | 2:07 1:37 19:19 1:12 | 2:48 0:41 20:27 1:08 | 4:19 1:31 21:37 1:10 0:21 | 5:19 1:00 21:58 0:21 | 6:23 1:04 | 7:21 0:58 | 8:31 1:10 | 8:50 0:19 | 10:03 1:13 | 11:03 1:00 | 13:44 2:41 | 15:05 1:21 | 16:58 1:53 |
| 2 | | Claudia Gehrig Neukirch-Egnach | 22:10 | 0:34 0:34 18:34 1:14 | 1:43 1:09 19:49 1:15 | 2:14 0:31 20:48 0:59 | 4:04 1:50 21:41 0:53 | 5:31 1:27 22:09 0:28 | 6:44 1:13 | 7:46 1:02 | 9:03 1:17 | 9:25 0:22 | 10:46 1:21 | 11:54 1:08 | 14:36 2:42 | 16:09 1:33 | 17:20 1:11 |
| 3 | | Anni Steffen Rebstein | 23:25 | 0:30 0:30 19:11 1:17 | 1:39 1:09 20:34 1:23 | 0:48 1:47 21:44 1:10 | 4:14 1:08 23:00 1:16 | 5:22 1:08 23:25 0:25 | 6:45 1:23 | 7:44 0:59 | 9:08 1:24 | 9:33 0:25 | 10:53 1:20 | 11:59 1:06 | 14:55 2:56 | 16:45 1:50 | 17:54 1:09 |
| 4 | | Katja Büchel Thal | 25:16 | 0:36 0:36 20:52 1:30 | 1:50 1:14 22:16 1:24 | 2:32 0:42 23:26 1:10 | 4:33 2:01 24:48 1:22 | 6:27 1:54 25:16 0:28 | 7:53 1:26 | 9:07 1:14 | 10:41 1:34 | 11:02 0:21 | 12:35 1:33 | 13:56 1:21 | 16:28 2:32 | 18:13 1:45 | 19:22 1:09 |
| 5 | | Elodie Tassin Steinach | 26:37 | 1:08 1:08 21:37 1:34 | 2:29 1:21 23:01 1:24 | 2:56 0:27 24:19 1:18 | 5:00 2:04 26:08 1:49 | 6:34 1:34 26:37 0:29 | 7:53 1:19 | 8:51 0:58 | 10:17 1:26 | 10:37 0:20 | 12:05 1:28 | 13:38 1:33 | 16:38 3:00 | 18:21 1:43 | 20:03 1:42 |
| 6 | | Manuela Schärer Flawil | 26:58 | 0:41 0:41 21:30 1:29 | 2:17 1:36 23:25 1:55 | 2:55 0:38 24:41 1:16 | 4:53 1:58 26:29 1:48 | 6:15 1:22 26:58 0:28 | 7:44 1:29 | 9:03 1:19 | 10:30 1:27 | 10:52 0:22 | 12:27 1:35 | 13:40 1:13 | 16:48 3:08 | 18:42 1:54 | 20:01 1:19 |
| 7 | | Ursula Betschart Teufen | 28:11 | 0:39 0:39 23:56 1:18 | 1:51 1:12 25:18 1:22 | 3:34 1:43 26:28 1:10 | 5:28 1:54 27:44 1:16 | 7:12 1:44 28:11 0:27 | 9:16 2:04 | 11:14 1:58 | 12:44 1:30 | 13:08 0:24 | 14:35 1:27 | 15:42 1:07 | 18:15 2:33 | 21:25 3:10 | 22:38 1:13 |
| 8 | | Trix Deuber Buchen bei Staad | 29:09 | 0:45 0:45 24:05 1:45 | 2:44 1:59 25:42 1:37 | 3:25 0:41 26:58 1:16 | 5:47 2:22 28:38 1:40 | 7:39 1:52 29:09 0:31 | 9:17 1:38 | 10:26 1:09 | 12:13 1:47 | 12:41 0:28 | 14:27 1:46 | 16:00 1:33 | 18:40 2:40 | 20:58 2:18 | 22:20 1:22 |
| 9 | | Nicole Graf Stübi Speicher | 29:10 | 0:44 0:44 24:56 1:18 | 2:41 1:57 26:18 1:22 | 4:17 1:36 27:26 1:08 | 6:26 2:09 28:41 1:15 | 8:15 1:49 29:10 0:29 | 10:13 1:58 | 12:10 1:57 | 13:40 1:30 | 14:05 0:25 | 15:33 1:28 | 16:43 1:10 | 19:15 2:32 | 22:23 3:08 | 23:38 1:15 |
| 10 | | Susanne Sandmeier Herisau | 29:47 | 0:35 0:35 24:44 2:02 | 2:11 1:36 26:26 1:42 | 3:08 0:57 27:48 1:22 | 5:32 2:24 29:18 1:30 | 6:59 1:27 29:46 0:28 | 8:28 1:29 | 9:56 1:28 | 11:31 1:35 | 12:09 0:38 | 14:50 2:41 | 16:19 1:29 | 19:19 3:00 | 21:24 2:05 | 22:42 1:18 |
| 11 | | Karin Zbinden Engelburg | 31:01 | 0:39 0:39 24:28 3:00 | 2:11 1:32 27:44 3:16 | 2:46 0:35 29:00 1:16 | 4:59 2:13 30:36 1:36 | 7:39 2:40 31:01 0:25 | 8:53 1:14 | 10:03 1:10 | 11:36 1:33 | 12:03 0:27 | 13:56 1:53 | 16:13 2:17 | 18:42 2:29 | 20:20 1:38 | 21:28 1:08 |
| 12 | | Judith Braendle St. Gallen | 33:47 | 0:49 0:49 27:58 1:48 | 2:49 2:00 30:05 2:07 | 3:55 1:06 31:26 1:21 | 6:11 2:16 33:07 1:41 | 8:55 2:44 33:47 0:40 | 11:26 2:31 | 12:46 1:20 | 14:22 1:36 | 14:56 0:34 | 16:32 1:36 | 19:17 2:45 | 22:33 3:16 | 24:44 2:11 | 26:10 1:26 |
| | | Elke Hacker Rebstein | Fehlst | 0:32 0:32 19:22 1:11 | 1:47 1:15 20:33 1:11 | 2:12 0:25 21:40 1:07 | 3:48 1:36 22:34 0:54 | 5:03 1:15 22:58 0:24 | 6:11 1:08 | 7:18 1:07 | 8:37 1:19 | 8:57 0:20 | 10:17 1:20 | ---- | 15:29 5:12 | 17:08 1:39 | 18:11 1:03 |
| AK | | Esther Vogel Widnau | 22:59 | 0:39 0:39 18:39 1:10 | 1:58 1:19 20:03 1:24 | 2:33 0:35 21:08 1:05 | 4:18 1:45 22:30 1:22 | 5:27 1:09 22:59 0:29 | 6:48 1:21 | 7:45 0:57 | 9:14 1:29 | 9:34 0:20 | 10:58 1:24 | 12:09 1:11 | 14:35 2:26 | 16:19 1:44 | 17:29 1:10 |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | | |
|----------------------------|-----|--|--------------|--------------------|--------------|--------------|--------------|--------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Senioren +50 (10) | | | | 1.9 km 0 Hm | | | 18 P | | | | | | | | | | | |
| | | | | 1(101) | 2(117) | 3(102) | 4(103) | 5(104) | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(114) | 12(115) | 13(116) | 14(123) | |
| | | | | 15(70) | 16(119) | 17(118) | 18(100) | Z | | | | | | | | | | |
| 1 | | Hanspeter Schenk Weinfelden | 18:22 | 0:33 | 1:37 | 2:00 | 3:28 | 4:23 | 5:24 | 6:13 | 7:23 | 7:47 | 8:54 | 9:51 | 11:39 | 12:57 | 13:52 | |
| | | | | 0:33 | 1:04 | 0:23 | 1:28 | 0:55 | 1:01 | 0:49 | 1:10 | 0:24 | 1:07 | 0:57 | 1:48 | 1:18 | 0:55 | |
| | | | | 14:59 | 16:00 | 16:52 | 17:58 | 18:21 | | | | | | | | | | |
| | | | | 1:07 | 1:01 | 0:52 | 1:06 | 0:23 | | | | | | | | | | |
| 2 | | Rolf Bollhalder Teufen | 19:46 | 0:31 | 1:28 | 2:02 | 3:36 | 4:54 | 6:02 | 6:50 | 7:58 | 8:16 | 9:27 | 10:25 | 12:51 | 14:13 | 15:12 | |
| | | | | 0:31 | 0:57 | 0:34 | 1:34 | 1:18 | 1:08 | 0:48 | 1:08 | 0:18 | 1:11 | 0:58 | 2:26 | 1:22 | 0:59 | |
| | | | | 16:15 | 17:22 | 18:16 | 19:22 | 19:46 | | | | | | | | | | |
| | | | | 1:03 | 1:07 | 0:54 | 1:06 | 0:24 | | | | | | | | | | |
| 3 | | Martin Stamm St. Gallen | 21:12 | 0:29 | 1:25 | 1:53 | 3:17 | 4:40 | 5:46 | 6:42 | 7:59 | 8:22 | 9:35 | 10:41 | 12:51 | 14:14 | 15:17 | |
| | | | | 0:29 | 0:56 | 0:28 | 1:24 | 1:23 | 1:06 | 0:56 | 1:17 | 0:23 | 1:13 | 1:06 | 2:10 | 1:23 | 1:03 | |
| | | | | 16:32 | 17:37 | 19:24 | 20:37 | 21:12 | | | | | | | | | | |
| | | | | 1:15 | 1:05 | 1:47 | 1:13 | 0:35 | | | | | | | | | | |
| 4 | | Toni Büchler Herisau | 22:25 | 0:41 | 1:45 | 2:11 | 3:50 | 5:07 | 6:31 | 7:33 | 9:00 | 9:18 | 10:41 | 11:50 | 14:01 | 15:38 | 16:47 | |
| | | | | 0:41 | 1:04 | 0:26 | 1:39 | 1:17 | 1:24 | 1:02 | 1:27 | 0:18 | 1:23 | 1:09 | 2:11 | 1:37 | 1:09 | |
| | | | | 18:12 | 19:27 | 20:40 | 22:06 | 22:25 | | | | | | | | | | |
| | | | | 1:25 | 1:15 | 1:13 | 1:26 | 0:19 | | | | | | | | | | |
| 5 | | Erwin Wälter Altstätten | 23:31 | 0:35 | 1:36 | 2:27 | 4:17 | 5:45 | 7:08 | 8:23 | 9:43 | 10:07 | 11:15 | 12:29 | 15:08 | 17:11 | 18:12 | |
| | | | | 0:35 | 1:01 | 0:51 | 1:50 | 1:28 | 1:23 | 1:15 | 1:20 | 0:24 | 1:08 | 1:14 | 2:39 | 2:03 | 1:01 | |
| | | | | 19:31 | 20:55 | 22:01 | 23:12 | 23:31 | | | | | | | | | | |
| | | | | 1:19 | 1:24 | 1:06 | 1:11 | 0:19 | | | | | | | | | | |
| 6 | | Stefanus Bertsch Trogen | 24:25 | 0:39 | 2:29 | 3:26 | 5:22 | 6:24 | 7:35 | 8:47 | 10:29 | 10:59 | 12:19 | 13:27 | 16:03 | 17:35 | 18:53 | |
| | | | | 0:39 | 1:50 | 0:57 | 1:56 | 1:02 | 1:11 | 1:12 | 1:42 | 0:30 | 1:20 | 1:08 | 2:36 | 1:32 | 1:18 | |
| | | | | 20:09 | 21:38 | 22:46 | 24:02 | 24:25 | | | | | | | | | | |
| | | | | 1:16 | 1:29 | 1:08 | 1:16 | 0:22 | | | | | | | | | | |
| 7 | | Markus Zbinden Engelburg | 25:32 | 0:30 | 1:37 | 2:04 | 3:38 | 4:45 | 5:52 | 6:43 | 7:59 | 8:19 | 10:20 | 11:19 | 13:38 | 15:02 | 18:58 | |
| | | | | 0:30 | 1:07 | 0:27 | 1:34 | 1:07 | 1:07 | 0:51 | 1:16 | 0:20 | 2:01 | 0:59 | 2:19 | 1:24 | 3:56 | |
| | | | | 21:36 | 22:42 | 24:04 | 25:10 | 25:32 | | | | | | | | | | |
| | | | | 2:38 | 1:06 | 1:22 | 1:06 | 0:22 | | | | | | | | | | |
| 8 | | Niklaus Wolgensin Oberriet | 26:00 | 0:35 | 1:57 | 3:38 | 5:35 | 8:04 | 9:26 | 10:24 | 11:54 | 12:19 | 13:42 | 14:56 | 17:15 | 18:59 | 20:16 | |
| | | | | 0:35 | 1:22 | 1:41 | 1:57 | 2:29 | 1:22 | 0:58 | 1:30 | 0:25 | 1:23 | 1:14 | 2:19 | 1:44 | 1:17 | |
| | | | | 21:41 | 23:05 | 24:12 | 25:36 | 26:00 | | | | | | | | | | |
| | | | | 1:25 | 1:24 | 1:07 | 1:24 | 0:24 | | | | | | | | | | |
| 9 | | Hans Frischknecht Herisau | 27:49 | 0:40 | 2:00 | 2:39 | 5:36 | 6:46 | 8:09 | 9:22 | 10:44 | 11:14 | 12:44 | 14:06 | 16:45 | 18:38 | 20:42 | |
| | | | | 0:40 | 1:20 | 0:39 | 2:57 | 1:10 | 1:23 | 1:13 | 1:22 | 0:30 | 1:30 | 1:22 | 2:39 | 1:53 | 2:04 | |
| | | | | 23:04 | 24:55 | 26:03 | 27:25 | 27:49 | | | | | | | | | | |
| | | | | 2:22 | 1:51 | 1:08 | 1:22 | 0:24 | | | | | | | | | | |
| 10 | | Emil Sutter Appenzell | 27:56 | 0:54 | 2:58 | 3:31 | 8:48 | 10:08 | 11:21 | 12:29 | 13:47 | 14:08 | 15:22 | 16:46 | 19:29 | 21:14 | 22:24 | |
| | | | | 0:54 | 2:04 | 0:33 | 5:17 | 1:20 | 1:13 | 1:08 | 1:18 | 0:21 | 1:14 | 1:24 | 2:43 | 1:45 | 1:10 | |
| | | | | 24:02 | 25:27 | 26:25 | 27:38 | 27:56 | | | | | | | | | | |
| | | | | 1:38 | 1:25 | 0:58 | 1:13 | 0:18 | | | | | | | | | | |
| Seniorinnen +50 (9) | | | | 1.8 km 0 Hm | | | 14 P | | | | | | | | | | | |
| | | | | 1(118) | 2(119) | 3(62) | 4(125) | 5(114) | 6(113) | 7(112) | 8(111) | 9(109) | 10(104) | 11(128) | 12(65) | 13(69) | 14(100) | |
| | | | | Z | | | | | | | | | | | | | | |
| 1 | | Erika Kaufmann St. Margrethen | 17:19 | 0:50 | 1:57 | 3:21 | 5:02 | 7:23 | 8:26 | 9:52 | 10:20 | 11:59 | 13:21 | 14:17 | 14:59 | 16:05 | 16:50 | |
| | | | | 0:50 | 1:07 | 1:24 | 1:41 | 2:21 | 1:03 | 1:26 | 0:28 | 1:39 | 1:22 | 0:56 | 0:42 | 1:06 | 0:45 | |
| | | | | 17:19 | | | | | | | | | | | | | | |
| | | | | 0:29 | | | | | | | | | | | | | | |
| 2 | | Claire Santoro Balterswil | 17:31 | 1:17 | 2:32 | 3:52 | 5:39 | 7:48 | 8:50 | 10:13 | 10:30 | 12:06 | 13:36 | 14:43 | 15:24 | 16:25 | 17:08 | |
| | | | | 1:17 | 1:15 | 1:20 | 1:47 | 2:09 | 1:02 | 1:23 | 0:17 | 1:36 | 1:30 | 1:07 | 0:41 | 1:01 | 0:43 | |
| | | | | 17:31 | | | | | | | | | | | | | | |
| | | | | 0:23 | | | | | | | | | | | | | | |
| 3 | | Petra Junker Moos/D | 21:15 | 0:57 | 2:22 | 4:10 | 6:50 | 9:37 | 10:52 | 12:40 | 13:08 | 15:07 | 16:46 | 17:54 | 18:41 | 20:00 | 20:51 | |
| | | | | 0:57 | 1:25 | 1:48 | 2:40 | 2:47 | 1:15 | 1:48 | 0:28 | 1:59 | 1:39 | 1:08 | 0:47 | 1:19 | 0:51 | |
| | | | | 21:15 | | | | | | | | | | | | | | |
| | | | | 0:24 | | | | | | | | | | | | | | |
| 4 | | Monika Bärlocher Herisau | 21:40 | 0:51 | 2:30 | 4:20 | 6:36 | 8:42 | 9:57 | 11:28 | 11:49 | 13:30 | 14:57 | 16:16 | 19:08 | 20:32 | 21:19 | |
| | | | | 0:51 | 1:39 | 1:50 | 2:16 | 2:06 | 1:15 | 1:31 | 0:21 | 1:41 | 1:27 | 1:19 | 2:52 | 1:24 | 0:47 | |
| | | | | 21:40 | | | | | | | | | | | | | | |
| | | | | 0:21 | | | | | | | | | | | | | | |
| 5 | | Jeanette Stamm St. Gallen | 21:58 | 1:18 | 2:44 | 4:30 | 6:35 | 10:20 | 11:37 | 13:06 | 13:23 | 15:50 | 17:24 | 18:27 | 19:14 | 20:33 | 21:30 | |
| | | | | 1:18 | 1:26 | 1:46 | 2:05 | 3:45 | 1:17 | 1:29 | 0:17 | 2:27 | 1:34 | 1:03 | 0:47 | 1:19 | 0:57 | |
| | | | | 21:58 | | | | | | | | | | | | | | |
| | | | | 0:28 | | | | | | | | | | | | | | |
| 6 | | Helene Neff Egnach | 23:28 | 1:04 | 2:35 | 4:15 | 6:46 | 9:29 | 10:49 | 12:40 | 13:04 | 16:11 | 18:20 | 19:32 | 20:25 | 21:53 | 22:57 | |
| | | | | 1:04 | 1:31 | 1:40 | 2:31 | 2:43 | 1:20 | 1:51 | 0:24 | 3:07 | 2:09 | 1:12 | 0:53 | 1:28 | 1:04 | |
| | | | | 23:28 | | | | | | | | | | | | | | |
| | | | | 0:31 | | | | | | | | | | | | | | |
| 7 | | Vre Harzenmoser St. Gallen | 24:34 | 1:09 | 2:46 | 5:57 | 8:09 | 10:50 | 12:22 | 14:09 | 14:33 | 16:51 | 18:46 | 20:12 | 21:20 | 22:42 | 24:06 | |
| | | | | 1:09 | 1:37 | 3:11 | 2:12 | 2:41 | 1:32 | 1:47 | 0:24 | 2:18 | 1:55 | 1:26 | 1:08 | 1:22 | 1:24 | |
| | | | | 24:34 | | | | | | | | | | | | | | |
| | | | | 0:28 | | | | | | | | | | | | | | |
| 8 | | Edith Schönenberg Balgach | 28:22 | 2:06 | 4:40 | 6:19 | 10:54 | 13:20 | 14:39 | 16:14 | 16:34 | 18:46 | 20:45 | 22:25 | 25:02 | 26:35 | 27:56 | |
| | | | | 2:06 | 2:34 | 1:39 | 4:35 | 2:26 | 1:19 | 1:35 | 0:20 | 2:12 | 1:59 | 1:40 | 2:37 | 1:33 | 1:21 | |
| | | | | 28:22 | | | | | | | | | | | | | | |
| | | | | 0:26 | | | | | | | | | | | | | | |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|----------------------------|-----|--|--------------|---|---|---|--------------------------------------|---|---------------------|----------------------------|----------------------|----------------------|----------------------|-----------------------------|-----------------------------|----------------------|----------------------|
| Seniorinnen +50 (9) | | | | 1.8 km 0 Hm | | | | 14 P | | | | <i>(Forts.)</i> | | | | | |
| | | | | 1(118) Z | 2(119) | 3(62) | 4(125) | 5(114) | 6(113) | 7(112) | 8(111) | 9(109) | 10(104) | 11(128) | 12(65) | 13(69) | 14(100) |
| 9 | | Annelies Burchia Lüchingen | 36:29 | 1:22 1:22 36:29 0:34 | 2:51 1:29 | 5:09 2:18 | 13:49 8:40 | 18:00 4:11 | 20:05 2:05 | 22:52 2:47 | 23:21 0:29 | 26:09 2:48 | 28:56 2:47 | 31:16 2:20 | 32:27 1:11 | 34:38 2:11 | 35:55 1:17 |
| Senioren +60 (11) | | | | 1.9 km 0 Hm | | | | 18 P | | | | | | | | | |
| | | | | 1(101) 15(70) | 2(117) 16(119) | 3(102) 17(118) | 4(103) 18(100) | 5(104) Z | 6(109) | 7(110) | 8(111) | 9(112) | 10(113) | 11(114) | 12(115) | 13(116) | 14(123) |
| 1 | | Beat Oesch Münchenbuchsee | 22:47 | 0:38 0:38 18:35 1:20 | 1:52 1:14 19:53 1:18 | 2:26 0:34 20:58 1:05 | 4:12 1:46 22:19 1:21 | 5:22 1:10 22:46 0:27 | 6:38 1:16 | 7:41 1:03 | 8:59 1:18 | 9:20 0:21 | 10:41 1:21 | 11:49 1:08 | 14:31 2:42 | 16:10 1:39 | 17:15 1:05 |
| 2 | | Ruedi Kellenberger Uster | 22:56 | 1:20 1:20 19:01 1:21 | 2:34 1:14 20:13 1:12 | 3:04 0:30 21:32 1:19 | 4:49 1:29 22:27 0:55 | 6:18 1:15 22:55 0:28 | 7:35 1:17 | 8:39 1:04 | 9:53 1:14 | 10:10 0:17 | 11:27 1:17 | 12:58 1:31 | 15:03 2:05 | 16:35 1:32 | 17:40 1:05 |
| 3 | | Erich Brauchli Engelburg | 23:48 | 0:35 0:35 19:47 1:27 | 1:44 1:09 21:01 1:14 | 2:11 0:27 21:56 0:55 | 3:55 1:15 23:23 1:27 | 5:06 1:15 23:48 0:25 | 6:32 1:11 | 8:45 1:13 | 11:03 1:18 | 11:20 0:17 | 12:33 1:13 | 13:41 1:08 | 15:44 2:03 | 17:18 1:34 | 18:20 1:02 |
| 4 | | Peter Roth Arbon | 23:58 | 0:31 19:59 1:23 | 1:03 21:17 1:58 | 0:32 22:20 1:03 | 1:45 23:30 1:10 | 5:23 23:58 0:28 | 6:41 1:18 | 7:34 0:53 | 9:13 1:39 | 9:33 0:20 | 11:42 2:09 | 13:24 1:42 | 15:45 2:21 | 17:28 1:43 | 18:36 1:08 |
| 5 | | Martin Meier Berg | 26:04 | 0:46 0:46 21:32 1:23 | 1:54 1:08 23:00 1:28 | 2:36 0:42 24:08 1:08 | 4:21 1:45 25:38 1:30 | 6:27 2:06 26:04 0:25 | 7:43 1:16 | 8:50 1:07 | 10:15 1:25 | 10:37 0:22 | 12:02 1:25 | 13:20 1:18 | 16:17 2:57 | 18:57 2:40 | 20:09 1:12 |
| 6 | | Hans Müggler Oberuzwil | 26:14 | 0:53 0:53 21:40 1:36 | 2:32 1:39 23:17 1:37 | 3:06 0:34 24:40 1:23 | 5:05 1:59 25:45 1:05 | 7:15 2:10 26:13 0:28 | 8:41 1:26 | 9:46 1:05 | 11:16 1:30 | 11:47 0:31 | 13:16 1:29 | 14:30 1:14 | 17:04 2:34 | 18:45 1:41 | 20:04 1:19 |
| 7 | | Walter Sprecher Arbon | 26:33 | 0:44 0:44 21:44 2:05 | 2:26 1:42 23:33 1:49 | 2:55 0:29 24:47 1:14 | 4:43 1:48 26:12 1:25 | 6:00 1:17 26:33 0:21 | 7:20 1:20 | 8:22 1:02 | 9:48 1:26 | 10:11 0:23 | 11:57 1:46 | 13:04 1:07 | 16:12 3:08 | 18:30 2:18 | 19:39 1:09 |
| 8 | | Josef Hutter Diepoldsau | 26:53 | 0:37 0:37 22:22 1:30 | 2:04 1:27 23:53 1:31 | 4:09 2:05 25:16 1:23 | 5:57 1:48 26:22 1:06 | 7:36 1:39 26:53 0:31 | 9:34 1:58 | 10:35 1:01 | 12:03 1:28 | 12:23 0:20 | 13:52 1:29 | 15:00 1:08 | 17:59 2:59 | 19:39 1:40 | 20:52 1:13 |
| 9 | | Josef Frey Altstätten | 27:19 | 0:29 0:29 22:14 2:44 | 1:55 1:26 24:12 1:58 | 2:30 0:35 25:32 1:20 | 4:30 2:00 26:52 1:20 | 6:00 1:30 27:19 0:27 | 7:18 1:18 | 8:28 1:10 | 9:56 1:28 | 10:21 0:25 | 11:46 1:25 | 13:01 1:15 | 16:00 2:59 | 18:23 2:23 | 19:30 1:07 |
| 10 | | Viktor Schilter St. Gallen | 27:20 | 0:46 0:46 22:28 1:40 | 2:10 1:24 23:51 1:23 | 2:47 0:37 25:10 1:19 | 4:55 2:08 26:50 1:40 | 6:42 1:47 27:19 0:29 | 8:13 1:31 | 9:28 1:15 | 11:08 1:40 | 11:30 0:22 | 13:01 1:31 | 14:16 1:15 | 17:40 3:24 | 19:31 1:51 | 20:48 1:17 |
| 11 | | Walter Ackermann Egnach | 32:18 | 0:48 0:48 26:26 1:44 | 2:23 1:35 28:14 1:48 | 2:56 0:33 30:00 1:46 | 9:12 6:16 31:49 1:49 | 10:06 0:54 32:17 0:28 | 11:54 1:48 | 13:03 1:09 | 14:34 1:31 | 15:00 0:26 | 16:36 1:36 | 18:11 1:35 | 21:36 3:25 | 23:25 1:49 | 24:42 1:17 |
| Familien (6) | | | | 1.7 km 0 Hm | | | | 15 P | | | | | | | | | |
| | | | | 1(127) 15(100) | 2(124) Z | 3(62) | 4(63) | 5(125) | 6(64) | 7(114) | 8(113) | 9(111) | 10(109) | 11(104) | 12(128) | 13(68) | 14(69) |
| 1 | | Erwin Schütz Heerbrugg | 19:55 | 0:29 0:29 19:31 0:45 | 1:49 1:20 19:55 0:24 | 2:55 1:06 | 4:02 1:07 | 5:22 1:20 | 6:40 1:18 | 8:22 1:42 | 9:44 1:22 | 12:01 2:17 | 14:04 2:03 | 15:57 1:53 | 16:56 0:59 | 18:07 1:11 | 18:46 0:39 |
| 2 | | Raphael Jung Amriswil | 20:23 | 0:37 0:37 20:00 0:49 | 1:56 1:19 20:23 0:22 | 3:11 1:15 | 4:10 0:59 | 5:25 1:15 | 6:54 1:29 | 8:29 1:35 | 10:01 1:32 | 12:20 2:19 | 14:11 1:51 | 15:52 1:41 | 17:16 1:24 | 18:34 1:18 | 19:11 0:37 |
| 3 | | Clemens Eugster Widnau | 21:00 | 1:27 1:27 20:32 0:49 | 2:42 1:15 21:00 0:27 | 3:43 1:01 | 4:37 0:54 | 5:54 1:17 | 6:59 1:05 | 8:19 1:20 | 10:15 1:56 | 12:26 2:11 | 14:57 2:31 | 16:51 1:54 | 17:57 1:06 | 19:07 1:10 | 19:43 0:36 |
| 4 | | Yannik Lohri Appenzell | 22:06 | 0:40 0:40 21:39 1:21 | 3:55 3:15 22:06 0:27 | 5:02 1:07 | 5:57 0:55 | 7:11 1:14 | 8:12 1:01 | 9:43 1:31 | 10:55 1:12 | 13:07 2:12 | 15:02 1:55 | 16:48 1:46 | 17:52 1:04 | 19:45 1:53 | 20:18 0:33 |
| 5 | | Linus Mattle St. Margrethen | 27:33 | 0:32 0:32 26:55 0:54 | 1:58 1:26 27:32 0:37 | 3:23 1:25 | 4:42 1:19 | 6:39 1:57 | 8:19 1:40 | 11:11 2:52 | 13:00 1:49 | 15:59 2:59 | 19:34 3:35 | 22:33 2:59 | 23:52 1:19 | 25:24 1:32 | 26:01 0:37 |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | | |
|----------------------------|-----|--|--------------------|---|--|--|---|---|--------------------------------|----------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|
| Familien (6) | | | 1.7 km 0 Hm | | | 15 P | | | <i>(Forts.)</i> | | | | | | | | | |
| | | | 1(127) 15(100) | 2(124) Z | 3(62) | 4(63) | 5(125) | 6(64) | 7(114) | 8(113) | 9(111) | 10(109) | 11(104) | 12(128) | 13(68) | 14(69) | | |
| 6 | | Klara Axlhelm Widnau | 29:40 | 0:44 0:44 28:56 1:25 | 3:00 2:16 29:40 0:44 | 4:45 1:45 | 6:04 1:19 | 8:07 2:03 | 9:23 1:16 | 11:40 2:17 | 13:25 1:45 | 16:30 3:05 | 20:02 3:32 | 22:47 2:45 | 24:45 1:58 | 26:22 1:37 | 27:31 1:09 | |
| Plausch kurz (8) | | | 1.5 km 0 Hm | | | 16 P | | | | | | | | | | | | |
| | | | 1(127) 15(69) | 2(118) 16(100) | 3(124) Z | 4(123) | 5(61) | 6(62) | 7(63) | 8(125) | 9(64) | 10(72) | 11(113) | 12(65) | 13(128) | 14(68) | | |
| 1 | | Claudia Schwizer St. Gallen | 11:01 | 0:29 0:29 10:03 0:25 | 0:49 0:20 10:37 0:34 | 1:24 0:35 11:01 0:24 | 1:52 0:28 | 2:23 0:31 | 2:51 0:28 | 3:37 0:46 | 4:28 0:51 | 5:14 0:46 | 6:03 0:49 | 6:56 0:53 | 8:09 1:13 | 8:50 0:41 | 9:38 0:48 | |
| 2 | | Linus Benz Untereggen | 11:36 | 0:19 0:19 | 0:43 0:24 | 1:25 0:42 | 1:51 0:26 | 2:31 0:40 | 3:05 0:34 | 3:50 0:45 | 4:45 0:55 | 5:34 0:49 | 6:27 0:53 | 7:25 0:58 | 8:38 1:13 | 9:23 0:45 | 10:08 0:45 | |
| 3 | | Tobias Horvath St. Gallen | 12:41 | 0:29 0:34 11:45 0:25 | 0:37 1:00 12:21 0:36 | 0:22 1:46 12:41 0:20 | 2:16 0:30 | 2:56 0:40 | 3:33 0:37 | 4:06 0:33 | 5:01 0:55 | 6:20 1:19 | 7:26 1:06 | 8:21 0:55 | 9:54 1:33 | 10:28 0:34 | 11:20 0:52 | |
| 4 | | Andrin Benz Untereggen | 13:46 | 0:26 0:26 12:23 0:36 | 0:53 0:27 13:18 0:55 | 1:37 0:44 13:46 0:28 | 2:01 0:24 | 2:35 0:34 | 3:08 0:33 | 3:57 0:49 | 4:57 1:00 | 5:52 0:55 | 7:13 1:21 | 8:09 0:56 | 9:46 1:37 | 10:39 0:53 | 11:47 1:08 | |
| 5 | | Leonie Benz Untereggen | 14:57 | 0:21 0:21 13:51 0:42 | 0:51 0:30 14:31 0:40 | 1:54 1:03 14:57 0:26 | 2:24 0:30 | 3:33 1:09 | 4:08 0:35 | 5:08 1:00 | 6:13 1:05 | 7:17 1:04 | 8:13 0:56 | 9:34 1:21 | 11:09 1:35 | 12:04 0:55 | 13:09 1:05 | |
| 6 | | Jonas Näf Widnau | 27:11 | 0:27 0:27 24:50 0:53 | 0:53 0:26 26:50 2:00 | 1:43 0:50 27:11 0:21 | 2:50 1:07 | 3:20 0:30 | 4:52 1:32 | 5:47 0:55 | 7:19 1:32 | 8:10 0:51 | 9:04 0:54 | 10:48 1:44 | 12:20 1:32 | 13:23 1:03 | 23:57 10:34 | |
| | | Judith Vogel Widnau | Fehlst | 0:33 0:33 46:57 2:04 | 1:08 0:35 48:43 1:46 | 2:15 1:07 49:58 1:15 | 7:10 4:55 | ----- 4:52 *62 | ----- 35:07 *113 | 16:37 9:27 | 26:48 10:11 | 28:06 1:18 | 37:12 9:06 | ----- 3:55 | 41:07 2:07 | 43:14 2:07 | 44:53 1:39 | |
| | | Tim Schürmann OGW3 | Fehlst | 0:23 0:23 57:01 0:54 | 1:20 0:57 ----- ----- | 7:44 6:24 59:14 2:13 | 8:03 0:19 | 11:08 3:05 24:08 *67 | 11:57 0:49 29:48 *110 | ----- 4:17 | 16:14 2:13 | 18:27 2:13 | ----- ----- | ----- ----- | ----- ----- | ----- ----- | 56:07 37:40 | |
| Plausch mittel (22) | | | 1.8 km 0 Hm | | | 14 P | | | | | | | | | | | | |
| | | | 1(118) Z | 2(122) | 3(121) | 4(120) | 5(70) | 6(62) | 7(63) | 8(115) | 9(113) | 10(67) | 11(128) | 12(68) | 13(69) | 14(100) | | |
| 1 | | Dario Mauchle Gossau | 17:17 | 0:57 0:57 17:17 0:20 | 2:22 1:25 1:16 | 3:38 1:16 0:32 | 4:10 1:06 0:32 | 5:16 1:06 0:32 | 7:31 2:15 | 8:21 0:50 | 10:51 2:30 | 12:32 1:41 | 13:26 0:54 | 15:01 1:35 | 15:46 0:45 | 16:11 0:25 | 16:57 0:46 | |
| 2 | | Maurin Casaulta St. Gallen | 19:04 | 0:49 0:49 19:04 0:20 | 2:14 1:25 3:47 1:33 | 3:47 1:33 | 4:41 0:54 | 6:07 1:26 | 7:48 1:41 | 8:48 1:00 | 10:19 1:31 | 12:28 2:09 | 13:20 0:52 | 15:20 2:00 | 16:26 1:06 | 17:58 1:32 | 18:44 0:46 | |
| 3 | | Luc Bürki St. Gallen | 19:28 | 1:32 1:32 19:28 0:23 | 2:59 1:27 | 4:36 1:37 | 5:23 0:47 | 6:57 1:34 | 8:35 1:38 | 9:36 1:01 | 10:45 1:09 | 12:30 1:45 | 13:25 0:55 | 15:42 2:17 | 16:55 1:13 | 18:03 1:08 | 19:05 1:02 | |
| 4 | | Laura Stricker Walzenhausen | 19:35 | 1:05 1:05 19:35 0:39 | 3:14 2:09 | 4:47 1:33 | 5:27 0:40 | 7:02 1:35 | 8:36 1:34 | 9:34 0:58 | 10:36 1:02 | 12:54 2:18 | 13:50 0:56 | 16:06 2:16 | 17:16 1:10 | 18:00 0:44 | 18:56 0:56 | |
| 5 | | Manuela Lehmann Hinterforst | 21:39 | 1:45 1:45 21:39 0:25 | 3:45 2:00 | 5:45 2:00 | 6:34 0:49 | 8:49 2:15 | 10:28 1:39 | 11:59 1:31 | 13:28 1:29 | 15:23 1:55 | 16:23 1:00 | 18:40 2:17 | 19:49 1:09 | 20:26 0:37 | 21:14 0:48 | |
| 6 | | Janine Bollhalder Stein | 22:26 | 1:16 1:16 22:26 0:30 | 2:57 1:41 | 5:18 2:21 | 6:10 0:52 | 8:07 1:57 | 9:57 1:50 | 11:11 1:14 | 12:29 1:18 | 14:59 2:30 | 16:18 1:19 | 18:57 2:39 | 20:10 1:13 | 20:59 0:49 | 21:56 0:57 | |
| 7 | | Luca Cristuzzi Widnau | 23:45 | 0:51 0:51 23:45 0:22 | 2:22 1:31 | 6:49 4:27 | 7:27 0:38 | 11:44 4:17 | 12:59 1:15 | 13:48 0:49 | 14:54 1:06 | 16:54 2:00 | 18:00 1:06 | 20:31 2:31 | 21:45 1:14 | 22:25 0:40 | 23:23 0:58 | |
| 8 | | Iliona Krieger Jugi Widnau | 25:26 | 1:04 1:04 25:26 0:25 | 2:45 1:41 | 4:36 1:51 | 5:30 0:54 | 10:17 4:47 | 11:54 1:37 | 13:52 1:58 | 15:12 1:20 | 17:46 2:34 | 19:28 1:42 | 22:11 2:43 | 23:25 1:14 | 24:05 0:40 | 25:01 0:56 | |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|----------------------------|-----|-------------------------------|---------|---------------------------------|-------------------------------|-------------------------------|---------------|---------------|----------------|---------------|----------------|-----------------|---------------|---------------|-----------------|-----------------|-----------------|
| Plausch mittel (22) | | | | 1.8 km 0 Hm | | | | 14 P | | | | <i>(Forts.)</i> | | | | | |
| | | | | 1(118) | 2(122) | 3(121) | 4(120) | 5(70) | 6(62) | 7(63) | 8(115) | 9(113) | 10(67) | 11(128) | 12(68) | 13(69) | 14(100) |
| | | | | Z | | | | | | | | | | | | | |
| 9 | | Janina Baumgartne Widnau | 26:09 | 3:39 3:39 26:09 3:30 | 5:43 2:04 | 7:11 1:28 | 8:21 1:10 | 10:15 1:54 | 12:17 2:02 | 13:37 1:20 | 14:45 1:08 | 17:29 2:44 | 18:35 1:06 | 21:06 2:31 | 22:39 1:33 | 0.00 | 0.00 |
| 10 | | Michelle Kasas Widnau | 28:37 | 1:27 1:27 28:37 0:28 | 3:21 1:54 | 5:05 1:44 | 6:09 1:04 | 8:33 2:24 | 10:37 2:04 | 12:29 1:52 | 13:57 1:28 | 18:01 4:04 | 19:15 1:14 | 22:48 3:33 | 23:57 1:09 | 26:00 2:03 | 28:09 2:09 |
| 11 | | Elea Koster Widnau | 29:16 | 0:57 0:57 29:16 0:28 | 2:57 2:00 | 8:58 6:01 | 9:38 0:40 | 11:44 2:06 | 15:10 3:26 | 16:11 1:01 | 17:50 1:39 | 20:47 2:57 | 22:11 1:24 | 24:49 2:38 | 26:19 1:30 | 27:04 0:45 | 28:48 1:44 |
| 12 | | Delia Graf Jugi Widnau | 29:42 | 1:21 1:21 29:42 0:24 | 3:23 2:02 | 9:18 5:55 | 9:57 0:39 | 12:15 2:18 | 15:28 3:13 | 16:31 1:03 | 18:05 1:34 | 21:00 2:55 | 22:30 1:30 | 24:55 2:25 | 26:42 1:47 | 27:49 1:07 | 29:18 1:29 |
| 13 | | Eliina Golubor Jugi Widnau | 33:24 | 1:30 1:30 33:24 0:32 | 8:22 6:52 | 10:04 1:42 | 10:49 0:45 | 14:01 3:12 | 15:46 1:45 | 17:13 1:27 | 19:14 2:01 | 22:44 3:30 | 24:06 1:22 | 27:28 3:22 | 29:02 1:34 | 29:53 0:51 | 32:52 2:59 |
| 14 | | Christina Frei Jugi Widnau | 33:51 | 1:22 1:22 33:51 0:31 | 3:20 1:58 | 10:57 7:37 | 11:49 0:52 | 13:57 2:08 | 15:49 1:52 | 19:50 4:01 | 20:51 1:01 | 24:30 3:39 | 25:28 0:58 | 28:11 2:43 | 30:08 1:57 | 32:14 2:06 | 33:20 1:06 |
| 15 | | Laurin Eugster Widnau | 34:31 | 1:22 1:22 34:31 0:43 | 4:08 2:46 | 6:04 1:56 | 7:36 1:32 | 10:33 2:57 | 14:35 4:02 | 16:14 1:39 | 18:21 2:07 | 21:48 3:27 | 23:39 1:51 | 27:15 3:36 | 29:48 2:33 | 30:47 0:59 | 33:48 3:01 |
| 16 | | Doris Jäger Widnau | 34:33 | 1:33 1:33 34:33 2:02 | 4:07 2:34 | 6:37 2:30 | 7:35 0:58 | 11:13 3:38 | 14:38 3:25 | 16:17 1:39 | 18:24 2:07 | 21:59 3:35 | 23:40 1:41 | 27:38 3:58 | 29:48 2:10 | 30:56 1:08 | 32:31 1:35 |
| 17 | | Lorena Keka Jugi Widnau | 37:54 | 1:50 1:50 37:54 0:57 | 4:19 2:29 | 12:04 7:45 | 13:24 1:20 | 16:24 3:00 | 18:36 2:12 | 20:11 1:35 | 21:53 1:42 | 25:09 3:16 | 26:43 1:34 | 30:59 4:16 | 33:23 2:24 | 35:11 1:48 | 36:57 1:46 |
| 18 | | Enja Heule Widnau | 1:05:20 | 1:51 1:51 1:05:20 0:19 | 24:19 22:28 | 26:03 1:44 | 26:49 0:46 | 29:05 2:16 | 34:29 5:24 | 35:37 1:08 | 46:26 10:49 | 53:33 7:07 | 54:53 1:20 | 58:00 3:07 | 1:02:53 4:53 | 1:03:53 1:00 | 1:05:01 1:08 |
| 19 | | Thea Golubev Widnau | 1:12:13 | 1:27 1:27 1:12:13 0:22 | 10:48 9:21 | 14:49 4:01 | 15:44 0:55 | 18:38 2:54 | 33:56 15:18 | 36:07 2:11 | 50:40 14:33 | 54:54 4:14 | 56:21 1:27 | 59:03 2:42 | 1:08:14 9:11 | 1:10:29 2:15 | 1:11:51 1:22 |
| | | Alessia Köppel Widnau | Fehlst | 1:07 1:07 20:18 0:23 | 2:46 1:39 | 4:21 1:35 | 5:09 0:48 | 8:02 2:53 | ----- 2:27 | 10:29 1:07 | 11:36 2:00 | 13:36 2:00 | 14:55 1:19 | 17:17 2:22 | 18:39 1:22 | 19:14 0:35 | 19:55 0:41 |
| | | Drida Bajralja Jugi Widnau | Fehlst | 1:48 1:48 24:13 0:33 | ----- 3:25 | 5:13 1:01 | 6:14 1:01 | 8:02 1:48 | 10:29 2:27 | 11:45 1:16 | 13:10 1:25 | 16:03 2:53 | 17:12 1:09 | 20:11 2:59 | 21:39 1:28 | 22:42 1:03 | 23:40 0:58 |
| | | Albane Zbibi Jugi Widnau | Fehlst | 2:01 2:01 29:18 0:32 | 4:07 2:06 | 6:09 2:02 | 6:59 0:50 | 9:28 2:29 | 11:28 2:00 | 13:00 1:32 | 15:01 2:01 | 18:32 3:31 | 20:06 1:34 | 23:33 3:27 | ----- 2:45 | 26:18 2:45 | 28:46 2:28 |
| Plausch lang (45) | | | | 2.0 km 0 Hm | | | | 16 P | | | | | | | | | |
| | | | | 1(118) | 2(122) | 3(121) | 4(120) | 5(119) | 6(61) | 7(62) | 8(125) | 9(64) | 10(114) | 11(113) | 12(112) | 13(110) | 14(128) |
| | | | | 15(69) | 16(100) | Z | | | | | | | | | | | |
| 1 | | Markus Wüst Montlingen | 14:59 | 0:45 0:45 14:00 1:09 | 1:40 0:55 14:37 0:37 | 2:40 1:00 14:59 0:22 | 3:08 0:28 | 3:57 0:49 | 4:38 0:41 | 5:15 0:37 | 6:42 1:27 | 7:23 0:41 | 8:19 0:56 | 9:14 0:55 | 10:25 1:11 | 11:43 1:18 | 12:51 1:08 |
| 2 | | Sebastian Spirig Widnau | 18:03 | 0:46 0:46 16:58 1:19 | 1:47 1:01 17:38 0:40 | 3:05 1:18 18:03 0:25 | 3:37 0:32 | 4:38 1:01 | 5:31 0:53 | 6:07 0:36 | 8:04 1:57 | 9:00 0:56 | 10:16 1:16 | 11:26 1:10 | 13:00 1:34 | 14:18 1:18 | 15:39 1:21 |
| 3 | | August Waser Altstätten | 18:06 | 0:48 0:48 16:48 1:23 | 1:55 1:07 17:36 0:48 | 3:07 1:12 18:06 0:30 | 3:48 0:41 | 4:49 1:01 | 6:02 1:13 | 6:39 0:37 | 8:22 1:43 | 9:11 0:49 | 10:18 1:07 | 11:22 1:04 | 12:46 1:24 | 14:06 1:20 | 15:25 1:19 |
| 4 | | Nina Tanner Widnau | 19:32 | 0:54 0:54 17:36 1:29 | 2:03 1:09 19:12 1:36 | 3:28 1:25 19:32 0:20 | 4:03 0:35 | 5:04 1:01 | 5:57 0:53 | 6:35 0:38 | 8:29 1:54 | 9:20 0:51 | 10:32 1:12 | 11:41 1:09 | 13:08 1:27 | 14:30 1:22 | 16:07 1:37 |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|-----|--|--------------|---|--------------------------------------|---------------------------------------|---------------|---------------|---------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Plausch lang (45) | | | | 2.0 km 0 Hm | | | 16 P | | | (Forts.) | | | | | | | |
| | | | | 1(118) 15(69) | 2(122) 16(100) | 3(121) Z | 4(120) | 5(119) | 6(61) | 7(62) | 8(125) | 9(64) | 10(114) | 11(113) | 12(112) | 13(110) | 14(128) |
| 5 | | Michelle Stieger Rebstein | 19:36 | 0:45 0:45 18:20 1:29 | 1:59 1:14 19:14 0:54 | 3:17 1:18 19:36 0:22 | 3:43 0:26 | 4:49 1:06 | 5:45 0:56 | 6:26 0:41 | 8:32 2:06 | 9:38 1:06 | 11:12 1:34 | 12:27 1:15 | 13:45 1:18 | 15:09 1:24 | 16:51 1:42 |
| 6 | | Yven Hengartner OGW1 | 19:45 | 0:53 0:53 18:29 1:20 | 2:18 1:25 19:23 0:54 | 3:34 1:16 19:45 0:22 | 4:08 0:34 | 5:12 1:04 | 6:08 0:56 | 6:39 0:31 | 8:54 2:15 | 9:56 1:02 | 11:05 1:09 | 12:01 0:56 | 13:28 1:27 | 15:40 2:12 | 17:09 1:29 |
| 7 | | Joare Studach St. Gallen | 19:52 | 0:37 0:37 18:41 1:16 | 1:41 1:04 19:27 0:46 | 4:02 2:21 19:52 0:25 | 5:00 0:58 | 6:13 1:13 | 7:46 1:33 | 8:38 0:52 | 10:25 1:47 | 11:12 0:47 | 12:24 1:12 | 13:22 0:58 | 14:43 1:21 | 16:04 1:21 | 17:25 1:21 |
| 8 | | Laura Kobler Marbach | 21:26 | 0:58 0:58 20:09 1:34 | 2:08 1:10 21:00 0:51 | 3:29 1:21 21:26 0:26 | 4:03 0:34 | 5:13 1:10 | 7:14 2:01 | 7:48 0:34 | 9:55 2:07 | 10:58 1:03 | 12:24 1:26 | 13:42 1:18 | 15:18 1:36 | 17:00 1:42 | 18:35 1:35 |
| 9 | | Karin Zbinden Engelburg | 21:27 | 1:07 1:07 20:20 1:18 | 2:30 1:23 21:04 0:44 | 3:47 1:17 21:27 0:23 | 4:21 0:34 | 5:33 1:12 | 7:12 1:39 | 7:46 0:34 | 9:57 2:11 | 10:50 0:53 | 13:09 2:19 | 14:22 1:13 | 15:50 1:28 | 17:38 1:48 | 19:02 1:24 |
| 10 | | Kathrin Frei Widnau | 21:55 | 1:07 1:07 20:11 1:22 | 2:16 1:09 21:28 1:17 | 4:17 2:01 21:55 0:27 | 4:45 0:28 | 5:53 1:08 | 8:19 2:26 | 9:02 0:43 | 11:01 1:59 | 12:03 1:02 | 13:18 1:15 | 14:24 1:06 | 15:50 1:26 | 17:14 1:24 | 18:49 1:35 |
| 11 | | Livia Tinner Widnau | 22:04 | 0:45 0:45 20:48 1:20 | 1:56 1:11 21:40 0:52 | 3:45 1:49 22:04 0:24 | 4:14 0:29 | 5:24 1:10 | 6:27 1:03 | 7:03 0:36 | 9:01 1:58 | 10:11 1:10 | 11:37 1:26 | 12:45 1:08 | 14:07 1:22 | 18:04 3:57 | 19:28 1:24 |
| 12 | | Anina Ryser Widnau | 22:28 | 0:50 0:50 21:13 1:22 | 2:22 1:32 22:03 0:50 | 4:07 1:45 22:28 0:25 | 4:36 0:29 | 5:50 1:14 | 6:48 0:58 | 7:26 0:38 | 9:24 1:58 | 10:33 1:09 | 12:00 1:27 | 13:07 1:07 | 14:32 1:25 | 18:29 3:57 | 19:51 1:22 |
| 13 | | Jonas Näf Widnau | 23:46 | 1:47 1:47 22:47 1:34 | 3:04 1:17 23:24 0:37 | 4:44 1:40 23:46 0:22 | 5:53 1:09 | 7:13 1:20 | 8:08 0:55 | 8:48 0:40 | 10:30 1:42 | 13:28 2:58 | 14:39 1:11 | 15:41 1:02 | 17:22 1:41 | 19:43 2:21 | 21:13 1:30 |
| 14 | | Antonio Roshardt St. Gallen | 25:56 | 1:21 1:21 24:31 1:22 | 3:02 1:41 25:27 0:56 | 4:47 1:45 25:56 0:29 | 5:33 0:46 | 6:46 1:13 | 7:54 1:08 | 9:12 1:18 | 10:56 1:44 | 13:42 2:46 | 17:19 3:37 | 18:21 1:02 | 19:48 1:27 | 21:32 1:44 | 23:09 1:37 |
| 15 | | Jessica Rüdüsühli OGW3 | 26:54 | 2:20 2:20 25:51 2:21 | 4:23 2:03 26:31 0:40 | 5:56 1:33 26:54 0:23 | 6:35 0:39 | 7:40 1:05 | 9:01 1:21 | 10:39 1:38 | 13:05 2:26 | 14:12 1:07 | 16:11 1:59 | 17:37 1:26 | 19:58 2:21 | 21:55 1:57 | 23:30 1:35 |
| 16 | | Lara Federer OGW1 | 28:14 | 1:06 1:06 26:58 1:31 | 2:46 1:40 27:51 0:53 | 7:10 4:24 28:14 0:23 | 8:03 0:53 | 13:02 4:59 | 13:50 0:48 | 14:30 0:40 | 16:59 2:29 | 18:22 1:23 | 19:44 1:22 | 20:42 0:58 | 22:17 1:35 | 23:43 1:26 | 25:27 1:44 |
| 17 | | Elias Strauch OGW1 | 28:30 | 0:51 0:51 27:13 1:21 | 2:15 1:24 28:12 0:59 | 11:45 9:30 28:30 0:18 | 12:34 0:49 | 14:10 1:36 | 15:06 0:56 | 15:41 0:35 | 17:31 1:50 | 18:36 1:05 | 19:58 1:22 | 21:12 1:14 | 22:41 1:29 | 24:17 1:36 | 25:52 1:35 |
| 18 | | Peter Krucker Niederuzwil | 30:29 | 3:30 3:30 28:50 1:54 | 6:20 2:50 29:54 1:04 | 8:24 2:04 30:29 0:35 | 9:11 0:47 | 10:41 1:30 | 12:07 1:26 | 12:58 0:51 | 15:57 2:59 | 17:17 1:20 | 19:04 1:47 | 20:39 1:35 | 22:48 2:09 | 24:59 2:11 | 26:56 1:57 |
| 19 | | Tim Ziegler OGW3 | 30:45 | 1:50 1:50 28:52 2:14 | 3:39 1:49 30:04 1:12 | 6:18 2:39 30:45 0:41 | 7:10 0:52 | 9:49 2:39 | 12:13 2:24 | 12:53 0:40 | 15:13 2:20 | 16:18 1:05 | 17:52 1:34 | 19:30 1:38 | 21:12 1:42 | 24:18 3:06 | 26:38 2:20 |
| 20 | | Fabian Schmal OGW1 | 34:40 | 0:49 0:49 33:13 1:52 | 2:18 1:29 34:22 1:09 | 9:59 7:41 34:40 0:18 | 11:07 1:08 | 12:08 1:01 | 14:25 2:17 | 15:09 0:44 | 19:25 4:16 | 20:38 1:13 | 21:49 1:11 | 23:47 1:58 | 25:23 1:36 | 28:24 3:01 | 31:21 2:57 |
| 21 | | Marvin Näf Widnau | 35:08 | 1:06 1:06 34:10 1:44 | 2:51 1:45 34:47 0:37 | 16:31 13:40 35:08 0:21 | 17:15 0:44 | 18:40 1:25 | 19:48 1:08 | 20:33 0:45 | 23:14 2:41 | 24:26 1:12 | 26:02 1:36 | 27:33 1:31 | 29:04 1:31 | 30:40 1:36 | 32:26 1:46 |
| 22 | | Kurt Erni Trogn | 37:18 | 3:25 3:25 35:12 1:45 | 6:16 2:51 36:22 1:10 | 8:12 1:56 37:18 0:56 | 9:07 0:55 | 10:27 1:20 | 12:05 1:38 | 12:47 0:42 | 15:52 3:05 | 17:02 1:10 | 18:40 1:38 | 21:47 3:07 | 23:22 1:35 | 25:10 1:48 | 33:27 8:17 |
| 23 | | Cindy Gericke Rebstein | 41:23 | 0:52 0:52 39:19 8:55 | 3:14 2:22 41:04 1:45 | 4:57 1:43 41:23 0:19 | 5:35 0:38 | 7:14 1:39 | 9:28 2:14 | 10:07 0:39 | 12:46 2:39 | 15:18 2:32 | 17:10 1:52 | 21:39 4:29 | 24:16 2:37 | 26:56 2:40 | 30:24 3:28 |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------|-----|----------------------------|---------------|--------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------|--------------------|--------------|--------------|
| Plausch lang (45) | | | | 2.0 km 0 Hm | | | | 16 P | | | | (Forts.) | | | | | |
| | | | | 1(118) 15(69) | 2(122) 16(100) | 3(121) Z | 4(120) | 5(119) | 6(61) | 7(62) | 8(125) | 9(64) | 10(114) | 11(113) | 12(112) | 13(110) | 14(128) |
| | | Michalina Bleiker | Fehlst | 1:40 | 3:24 | 7:49 | 8:38 | 14:06 | 15:21 | 16:30 | 19:29 | 27:36 | 28:45 | 30:02 | 32:44 | ---- | 42:50 |
| | | OGW1 | | 1:40 | 1:44 | 4:25 | 0:49 | 5:28 | 1:15 | 1:09 | 2:59 | 8:07 | 1:09 | 1:17 | 2:42 | | 10:06 |
| | | | | 44:42 | 45:32 | 45:58 | | | | | | | | | | | |
| | | Matteo Quadttrocchi | Aufg | 1:52 | 0:50 | 0:26 | | | | | | | | | | | |
| | | OGW1 | | 1:41 | 4:48 | 8:13 | 39:13 | ---- | ---- | ---- | ---- | 46:42 | 49:21 | 51:32 | 54:51 | 1:01:20 | 1:04:40 |
| | | | | 1:41 | 3:07 | 3:25 | 31:00 | | | | | 7:29 | 2:39 | 2:11 | 3:19 | 6:29 | 3:20 |
| | | | | 1:07:36 | 1:09:12 | 1:09:43 | | 26:07 | 27:40 | 28:49 | 32:38 | | | | | | |
| | | | | 2:56 | 1:36 | 0:31 | | *119 | *61 | *62 | *125 | | | | | | |
| AK | | Alexandra Meyer | 29:22 | 2:21 | 4:01 | 5:24 | 5:47 | 6:56 | 10:25 | 10:53 | 13:57 | 15:08 | 16:46 | 19:03 | 20:57 | 23:25 | 26:13 |
| | | OGW1 | | 2:21 | 1:40 | 1:23 | 0:23 | 1:09 | 3:29 | 0:28 | 3:04 | 1:11 | 1:38 | 2:17 | 1:54 | 2:28 | 2:48 |
| | | | | 27:50 | 28:57 | 29:22 | | | | | | | | | | | |
| | | | | 1:37 | 1:07 | 0:25 | | | | | | | | | | | |
| OL Sprint (10) | | | | 2.4 km 0 Hm | | | | 21 P | | | | | | | | | |
| | | | | 1(123) 15(109) | 2(119) 16(110) | 3(122) 17(113) | 4(101) 18(114) | 5(117) 19(115) | 6(102) 20(116) | 7(103) 21(100) | 8(104) Z | 9(105) | 10(106) | 11(107) | 12(108) | 13(111) | 14(112) |
| 1 | | Zsolt Varga | 20:54 | 0:50 | 1:19 | 2:24 | 3:20 | 4:07 | 4:27 | 5:50 | 6:37 | 7:31 | 8:33 | 9:30 | 10:43 | 11:26 | 11:41 |
| | | Waldstatt | | 0:50 | 0:29 | 1:05 | 0:56 | 0:47 | 0:20 | 1:23 | 0:47 | 0:54 | 1:02 | 0:57 | 1:13 | 0:43 | 0:15 |
| | | | | 12:49 | 13:35 | 15:34 | 16:30 | 18:15 | 19:36 | 20:33 | 20:54 | | | | | | |
| | | | | 1:08 | 0:46 | 1:59 | 0:56 | 1:45 | 1:21 | 0:57 | 0:20 | | | | | | |
| 2 | | Patrick Kunz | 21:22 | 0:58 | 1:37 | 2:33 | 3:34 | 4:23 | 4:43 | 5:58 | 6:49 | 8:01 | 9:26 | 10:19 | 11:36 | 12:19 | 12:34 |
| | | St. Gallen | | 0:58 | 0:39 | 0:56 | 1:01 | 0:49 | 0:20 | 1:15 | 0:51 | 1:12 | 1:25 | 0:53 | 1:17 | 0:43 | 0:15 |
| | | | | 13:34 | 14:13 | 16:08 | 16:57 | 18:51 | 19:57 | 21:03 | 21:22 | | | | | | |
| | | | | 1:00 | 0:39 | 1:55 | 0:49 | 1:54 | 1:06 | 1:06 | 0:18 | | | | | | |
| 3 | | Mario Ammann | 22:00 | 0:53 | 1:21 | 2:21 | 3:16 | 4:17 | 4:38 | 5:55 | 6:52 | 8:17 | 9:59 | 11:01 | 11:49 | 12:36 | 12:59 |
| | | Berneck | | 0:53 | 0:28 | 1:00 | 0:55 | 1:01 | 0:21 | 1:17 | 0:57 | 1:25 | 1:42 | 1:02 | 0:48 | 0:47 | 0:23 |
| | | | | 14:07 | 15:03 | 16:57 | 17:50 | 19:30 | 20:42 | 21:41 | 22:00 | | | | | | |
| | | | | 1:08 | 0:56 | 1:54 | 0:53 | 1:40 | 1:12 | 0:59 | 0:18 | | | | | | |
| 4 | | Florian Vogt | 22:24 | 0:53 | 1:21 | 2:25 | 3:25 | 4:27 | 4:48 | 6:10 | 7:05 | 8:34 | 10:35 | 11:32 | 12:25 | 13:09 | 13:24 |
| | | Neukirch-Egnach | | 0:53 | 0:28 | 1:04 | 1:00 | 1:02 | 0:21 | 1:22 | 0:55 | 1:29 | 2:01 | 0:57 | 0:53 | 0:44 | 0:15 |
| | | | | 14:32 | 15:16 | 17:16 | 18:12 | 19:54 | 21:07 | 22:00 | 22:23 | | | | | | |
| | | | | 1:08 | 0:44 | 2:00 | 0:56 | 1:42 | 1:13 | 0:53 | 0:23 | | | | | | |
| 5 | | Maja Kunz | 24:10 | 0:57 | 1:30 | 2:43 | 3:41 | 4:46 | 5:19 | 6:41 | 7:46 | 9:26 | 11:28 | 12:25 | 13:23 | 14:09 | 14:24 |
| | | St. Gallen | | 0:57 | 0:33 | 1:13 | 0:58 | 1:05 | 0:33 | 1:22 | 1:05 | 1:40 | 2:02 | 0:57 | 0:58 | 0:46 | 0:15 |
| | | | | 15:35 | 16:24 | 18:24 | 19:17 | 21:29 | 22:47 | 23:47 | 24:10 | | | | | | |
| | | | | 1:11 | 0:49 | 2:00 | 0:53 | 2:12 | 1:18 | 1:00 | 0:22 | | | | | | |
| 6 | | Joela Vogel | 24:55 | 0:58 | 1:30 | 2:41 | 4:04 | 5:15 | 5:38 | 7:08 | 8:12 | 9:28 | 10:53 | 11:59 | 13:24 | 14:15 | 14:33 |
| | | Widnau | | 0:58 | 0:32 | 1:11 | 1:23 | 1:11 | 0:23 | 1:30 | 1:04 | 1:16 | 1:25 | 1:06 | 1:25 | 0:51 | 0:18 |
| | | | | 15:52 | 16:45 | 19:05 | 20:08 | 22:04 | 23:33 | 24:37 | 24:55 | | | | | | |
| | | | | 1:19 | 0:53 | 2:20 | 1:03 | 1:56 | 1:29 | 1:04 | 0:17 | | | | | | |
| 7 | | Silja Vogel | 26:43 | 1:00 | 1:32 | 2:42 | 3:53 | 5:02 | 5:33 | 7:24 | 8:23 | 9:45 | 11:43 | 12:50 | 14:34 | 15:27 | 15:45 |
| | | Widnau | | 1:00 | 0:32 | 1:10 | 1:11 | 1:09 | 0:31 | 1:51 | 0:59 | 1:22 | 1:58 | 1:07 | 1:44 | 0:53 | 0:18 |
| | | | | 17:05 | 17:59 | 20:20 | 21:19 | 23:41 | 25:21 | 26:24 | 26:42 | | | | | | |
| | | | | 1:20 | 0:54 | 2:21 | 0:59 | 2:22 | 1:40 | 1:03 | 0:18 | | | | | | |
| 8 | | Monika Ammann | 27:41 | 1:14 | 1:49 | 3:02 | 4:05 | 5:06 | 5:33 | 7:14 | 8:27 | 9:48 | 12:09 | 14:07 | 15:06 | 15:57 | 16:16 |
| | | Berneck | | 1:14 | 0:35 | 1:13 | 1:03 | 1:01 | 0:27 | 1:41 | 1:13 | 1:21 | 2:21 | 1:58 | 0:59 | 0:51 | 0:19 |
| | | | | 17:46 | 18:36 | 21:22 | 22:23 | 24:47 | 26:14 | 27:19 | 27:40 | | | | | | |
| | | | | 1:30 | 0:50 | 2:46 | 1:01 | 2:24 | 1:27 | 1:05 | 0:21 | | | | | | |
| | | Dieter Sandmeier | Fehlst | 0:59 | 1:29 | 2:29 | 3:25 | 4:25 | 4:45 | 6:01 | 6:51 | 7:51 | 9:56 | 10:49 | 12:00 | 12:44 | 12:58 |
| | | Herisau | | 0:59 | 0:30 | 1:00 | 0:56 | 1:00 | 0:20 | 1:16 | 0:50 | 1:00 | 2:05 | 0:53 | 1:11 | 0:44 | 0:14 |
| | | | | 14:16 | 15:02 | ---- | 17:25 | 19:12 | 20:25 | 21:20 | 21:45 | | | | | | |
| | | | | 1:18 | 0:46 | | 2:23 | 1:47 | 1:13 | 0:55 | 0:25 | | | | | | |
| | | Raphael Wälter | Disqu | 0:49 | 1:17 | 2:37 | 3:38 | 4:42 | 5:03 | 6:53 | 7:52 | 8:59 | 10:18 | 11:24 | 12:36 | 13:28 | 13:45 |
| | | Altstätten | | 0:49 | 0:28 | 1:20 | 1:01 | 1:04 | 0:21 | 1:50 | 0:59 | 1:07 | 1:19 | 1:06 | 1:12 | 0:52 | 0:17 |
| | | | | 15:01 | 15:51 | 18:03 | 19:04 | 21:10 | 22:37 | 23:44 | 24:00 | | | | | | |
| | | | | 1:16 | 0:50 | 2:12 | 1:01 | 2:06 | 1:27 | 1:07 | 0:16 | | | | | | |
| OL Mittel (13) | | | | 3.1 km 0 Hm | | | | 26 P | | | | | | | | | |
| | | | | 1(118) 15(109) | 2(119) 16(110) | 3(120) 17(111) | 4(121) 18(112) | 5(122) 19(113) | 6(101) 20(114) | 7(117) 21(115) | 8(102) 22(125) | 9(103) 23(126) | 10(104) 24(62) | 11(105) 25(118) | 12(106) 26(100) | 13(107) Z | 14(108) |
| 1 | | Sven Hellmüller | 21:46 | 0:24 | 1:03 | 1:43 | 2:01 | 2:49 | 3:36 | 4:21 | 4:40 | 5:48 | 6:38 | 7:33 | 9:01 | 9:52 | 10:34 |
| | | Speicher | | 0:24 | 0:39 | 0:40 | 0:18 | 0:48 | 0:47 | 0:45 | 0:19 | 1:08 | 0:50 | 0:55 | 1:28 | 0:51 | 0:42 |
| | | | | 11:15 | 11:52 | 12:45 | 12:59 | 13:53 | 14:40 | 16:13 | 17:14 | 18:35 | 19:50 | 20:40 | 21:28 | 21:45 | |
| | | | | 0:41 | 0:37 | 0:53 | 0:14 | 0:54 | 0:47 | 1:33 | 1:01 | 1:21 | 1:15 | 0:50 | 0:48 | 0:17 | |
| 2 | | Tobias Zbinden | 24:50 | 0:29 | 1:10 | 1:52 | 2:08 | 3:03 | 3:59 | 4:48 | 5:09 | 6:28 | 7:19 | 8:20 | 10:10 | 11:01 | 11:56 |
| | | Engelburg | | 0:29 | 0:41 | 0:42 | 0:16 | 0:55 | 0:56 | 0:49 | 0:21 | 1:19 | 0:51 | 1:01 | 1:50 | 0:51 | 0:55 |
| | | | | 12:39 | 13:21 | 14:20 | 14:35 | 15:36 | 16:30 | 18:31 | 19:40 | 21:19 | 22:43 | 23:40 | 24:35 | 24:49 | |
| | | | | 0:43 | 0:42 | 0:59 | 0:15 | 1:01 | 0:54 | 2:01 | 1:09 | 1:39 | 1:24 | 0:57 | 0:55 | 0:14 | |
| 3 | | Christoph Ammann | 26:15 | 0:36 | 1:25 | 2:08 | 2:30 | 3:26 | 4:17 | 5:15 | 5:34 | 6:53 | 7:45 | 9:32 | 11:18 | 12:14 | 13:03 |
| | | Berneck | | 0:36 | 0:49 | 0:43 | 0:22 | 0:56 | 0:51 | 0:58 | 0:19 | 1:19 | 0:52 | 1:47 | 1:46 | 0:56 | 0:49 |
| | | | | 13:48 | 14:30 | 15:33 | 15:47 | 16:47 | 17:42 | 19:22 | 20:26 | 22:18 | 24:00 | 24:56 | 25:55 | 26:14 | |
| | | | | 0:45 | 0:42 | 1:03 | 0:14 | 1:00 | 0:55 | 1:40 | 1:04 | 1:52 | 1:42 | 0:56 | 0:59 | 0:19 | |
| 4 | | Allessandro Huser | 28:36 | 0:43 | 1:31 | 2:14 | 2:35 | 3:33 | 4:32 | 5:28 | 5:55 | 7:18 | 8:11 | 9:33 | 11:26 | 12:31 | 13:20 |
| | | Schocherswil | | 0:43 | 0:48 | 0:43 | 0:21 | 0:58 | 0:59 | 0:56 | 0:27 | 1:23 | 0:53 | 1:22 | 1:53 | 1:05 | 0:49 |
| </ | | | | | | | | | | | | | | | | | |

| Pl | Stn | Name | Zeit | | | | | | | | | | | | | | |
|-----------------------|---------------------------------|--------|-------|--------------------|-------------|-------------|-------------|---------|-------------|-----------------|---------|-------------|---------|-------------|---------|---------|---------|
| OL Mittel (13) | | | | 3.1 km 0 Hm | | | 26 P | | | (Forts.) | | | | | | | |
| | | | | 1(118) | 2(119) | 3(120) | 4(121) | 5(122) | 6(101) | 7(117) | 8(102) | 9(103) | 10(104) | 11(105) | 12(106) | 13(107) | 14(108) |
| | | | | 15(109) | 16(110) | 17(111) | 18(112) | 19(113) | 20(114) | 21(115) | 22(125) | 23(126) | 24(62) | 25(118) | 26(100) | Z | |
| 5 | Jürg Hellmüller Speicher | 29:17 | 0:45 | 1:42 | 2:34 | 2:57 | 4:00 | 5:05 | 6:11 | 6:33 | 7:59 | 8:56 | 10:52 | 12:42 | 13:47 | 14:42 | |
| | | | 0:45 | 0:57 | 0:52 | 0:23 | 1:03 | 1:05 | 1:06 | 0:22 | 1:26 | 0:57 | 1:56 | 1:50 | 1:05 | 0:55 | |
| | | | 15:31 | 16:18 | 17:24 | 17:43 | 18:54 | 19:53 | 22:12 | 23:27 | 25:08 | 26:47 | 27:52 | 28:53 | 29:16 | | |
| | | | 0:49 | 0:47 | 1:06 | 0:19 | 1:11 | 0:59 | 2:19 | 1:15 | 1:41 | 1:39 | 1:05 | 1:01 | 0:23 | | |
| 6 | Fritz Streuli Weinfeldten | 29:37 | 0:51 | 1:49 | 2:37 | 3:00 | 4:01 | 5:02 | 6:09 | 6:46 | 8:07 | 9:05 | 10:17 | 12:10 | 13:07 | 14:35 | |
| | | | 0:51 | 0:58 | 0:48 | 0:23 | 1:01 | 1:01 | 1:07 | 0:37 | 1:21 | 0:58 | 1:12 | 1:53 | 0:57 | 1:28 | |
| | | | 15:38 | 16:21 | 17:29 | 17:44 | 18:58 | 19:53 | 22:07 | 23:19 | 25:10 | 27:09 | 28:15 | 29:17 | 29:37 | | |
| | | | 1:03 | 0:43 | 1:08 | 0:15 | 1:14 | 0:55 | 2:14 | 1:12 | 1:51 | 1:59 | 1:06 | 1:02 | 0:20 | | |
| 7 | Isabelle Hellmüller Speicher | 30:05 | 0:42 | 2:17 | 3:07 | 3:30 | 4:32 | 5:36 | 6:42 | 7:07 | 8:33 | 9:31 | 10:39 | 12:38 | 13:41 | 14:38 | |
| | | | 0:42 | 1:35 | 0:50 | 0:23 | 1:02 | 1:04 | 1:06 | 0:25 | 1:26 | 0:58 | 1:08 | 1:59 | 1:03 | 0:57 | |
| | | | 15:27 | 16:19 | 17:30 | 17:50 | 18:59 | 19:59 | 22:16 | 23:34 | 25:24 | 27:14 | 28:43 | 29:44 | 30:05 | | |
| | | | 0:49 | 0:52 | 1:11 | 0:20 | 1:09 | 1:00 | 2:17 | 1:18 | 1:50 | 1:50 | 1:29 | 1:01 | 0:20 | | |
| 8 | Mirjam Hellmüller Speicher | 32:44 | 0:51 | 1:53 | 2:52 | 3:18 | 4:33 | 6:30 | 7:50 | 8:18 | 10:02 | 11:10 | 12:30 | 14:32 | 15:40 | 16:47 | |
| | | | 0:51 | 1:02 | 0:59 | 0:26 | 1:15 | 1:57 | 1:20 | 0:28 | 1:44 | 1:08 | 1:20 | 2:02 | 1:08 | 1:07 | |
| | | | 17:40 | 18:29 | 19:43 | 20:05 | 21:24 | 22:27 | 24:28 | 25:58 | 27:51 | 29:45 | 31:03 | 32:17 | 32:44 | | |
| | | | 0:53 | 0:49 | 1:14 | 0:22 | 1:19 | 1:03 | 2:01 | 1:30 | 1:53 | 1:54 | 1:18 | 1:14 | 0:27 | | |
| 9 | Rainer Müller Buchs | 34:02 | 0:47 | 1:52 | 2:44 | 3:11 | 4:18 | 5:25 | 6:47 | 7:16 | 8:51 | 9:55 | 11:19 | 14:04 | 15:13 | 16:23 | |
| | | | 0:47 | 1:05 | 0:52 | 0:27 | 1:07 | 1:07 | 1:22 | 0:29 | 1:35 | 1:04 | 1:24 | 2:45 | 1:09 | 1:10 | |
| | | | 17:17 | 18:07 | 19:25 | 19:47 | 21:11 | 22:12 | 25:10 | 26:30 | 28:56 | 31:00 | 32:15 | 33:40 | 34:02 | | |
| | | | 0:54 | 0:50 | 1:18 | 0:22 | 1:24 | 1:01 | 2:58 | 1:20 | 2:26 | 2:04 | 1:15 | 1:25 | 0:22 | | |
| 10 | Felix Engeler Amriswil | 34:55 | 0:50 | 1:54 | 2:50 | 3:22 | 4:29 | 5:34 | 6:49 | 7:14 | 9:37 | 10:48 | 12:44 | 15:04 | 16:20 | 17:35 | |
| | | | 0:50 | 1:04 | 0:56 | 0:32 | 1:07 | 1:05 | 1:15 | 0:25 | 2:23 | 1:11 | 1:56 | 2:20 | 1:16 | 1:15 | |
| | | | 18:26 | 19:25 | 20:38 | 21:03 | 22:15 | 23:18 | 25:42 | 27:08 | 29:29 | 31:19 | 33:07 | 34:30 | 34:55 | | |
| | | | 0:51 | 0:59 | 1:13 | 0:25 | 1:12 | 1:03 | 2:24 | 1:26 | 2:21 | 1:50 | 1:48 | 1:23 | 0:24 | | |
| 11 | Manfred Bernhard Wil | 38:42 | 0:48 | 1:51 | 2:48 | 3:12 | 4:17 | 5:25 | 6:29 | 6:55 | 8:26 | 9:51 | 11:27 | 14:09 | 15:16 | 16:32 | |
| | | | 0:48 | 1:03 | 0:57 | 0:24 | 1:05 | 1:08 | 1:04 | 0:26 | 1:31 | 1:25 | 1:36 | 2:42 | 1:07 | 1:16 | |
| | | | 20:58 | 22:44 | 23:55 | 24:20 | 25:41 | 26:42 | 29:39 | 31:06 | 32:52 | 34:46 | 36:34 | 38:07 | 38:42 | | |
| | | | 4:26 | 1:46 | 1:11 | 0:25 | 1:21 | 1:01 | 2:57 | 1:27 | 1:46 | 1:54 | 1:48 | 1:33 | 0:35 | | |
| | Luca Zingg Berg | Fehlst | 0:29 | 1:05 | 1:42 | 2:00 | 2:50 | 3:42 | 4:27 | 4:46 | 6:01 | 6:48 | 7:51 | 9:09 | 10:01 | 10:50 | |
| | | | 0:29 | 0:36 | 0:37 | 0:18 | 0:50 | 0:52 | 0:45 | 0:19 | 1:15 | 0:47 | 1:03 | 1:18 | 0:52 | 0:49 | |
| | | | 11:32 | 12:11 | 13:14 | 13:31 | 14:30 | 15:19 | ---- | 16:36 | 17:55 | 19:21 | 20:23 | 21:16 | 21:34 | | |
| | | | 0:42 | 0:39 | 1:03 | 0:17 | 0:59 | 0:49 | ---- | 1:17 | 1:19 | 1:26 | 1:02 | 0:53 | 0:17 | | |
| | Georg Leumann Landschlacht | Fehlst | 0:58 | 3:03 | 4:06 | 4:42 | 7:17 | 8:59 | 10:35 | 11:41 | 14:05 | 15:39 | 17:19 | 19:07 | 20:19 | 21:48 | |
| | | | 0:58 | 2:05 | 1:03 | 0:36 | 2:35 | 1:42 | 1:36 | 1:06 | 2:24 | 1:34 | 1:40 | 1:48 | 1:12 | 1:29 | |
| | | | 22:45 | 23:37 | 25:54 | 26:15 | 27:31 | 28:34 | 32:00 | 33:25 | 35:55 | 37:50 | 39:12 | ---- | 40:20 | | |
| | | | 0:57 | 0:52 | 2:17 | 0:21 | 1:16 | 1:03 | 3:26 | 1:25 | 2:30 | 1:55 | 1:22 | ---- | 1:07 | | |