

| Pl | Stno | Name | Time | | | | | | | | | | | | | |
|-------------------------|------|-----------------------------|---------|---------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| White (17) | | | | 1.8 km | 40 m | 9 C | | | | | | | | | | |
| | | | | 1(132) | 2(133) | 3(150) | 4(151) | 5(190) | 6(191) | 7(196) | 8(194) | 9(195) | F | | | |
| 1 | 70 | Jamie MacGregor (| 11:38 | 1:16 | 2:40 | 4:17 | 4:56 | 5:42 | 7:41 | 8:07 | 9:27 | 10:20 | 11:38 | | | |
| | | | | 1:16 | 1:24 | 1:37 | 0:39 | 0:46 | 1:59 | 0:26 | 1:20 | 0:53 | 1:18 | | | |
| 2 | 103 | Rhona Bowie MAROC | 13:16 | 1:18 | 2:46 | 4:38 | 5:38 | 6:25 | 8:40 | 9:06 | 11:30 | 12:23 | 13:16 | | | |
| | | | | 1:18 | 1:28 | 1:52 | 1:00 | 0:47 | 2:15 | 0:26 | 2:24 | 0:53 | 0:53 | | | |
| 3 | 104 | Lauren Macleod | 13:28 | 1:25 | 2:56 | 4:47 | 5:47 | 6:33 | 8:56 | 9:22 | 11:31 | 12:33 | 13:28 | | | |
| | | | | 1:25 | 1:31 | 1:51 | 1:00 | 0:46 | 2:23 | 0:26 | 2:09 | 1:02 | 0:55 | | | |
| 4 | 75 | Edan Grange (Pair) | 13:37 | 1:13 | 2:45 | 4:33 | 5:19 | 6:28 | 9:21 | 9:41 | 11:52 | 12:44 | 13:37 | | | |
| | | | | 1:13 | 1:32 | 1:48 | 0:46 | 1:09 | 2:53 | 0:20 | 2:11 | 0:52 | 0:53 | | | |
| 5 | 112 | Morven Farquhars GRAMP | 16:03 | 1:44 | 3:26 | 5:54 | 6:54 | 7:51 | 11:21 | 11:47 | 13:33 | 14:54 | 16:03 | | | |
| | | | | 1:44 | 1:42 | 2:28 | 1:00 | 0:57 | 3:30 | 0:26 | 1:46 | 1:21 | 1:09 | | | |
| 6 | 113 | Kirsty Farquharsor GRAMP | 19:19 | 2:42 | 5:24 | 8:03 | 9:23 | 10:21 | 13:45 | 14:44 | 16:46 | 18:07 | 19:19 | | | |
| | | | | 2:42 | 2:42 | 2:39 | 1:20 | 0:58 | 3:24 | 0:59 | 2:02 | 1:21 | 1:12 | | | |
| 7 | 73 | James Wilson (Sha | 19:38 | 5:21 | 6:57 | 8:51 | 9:47 | 10:54 | 13:11 | 15:03 | 16:46 | 18:01 | 19:38 | | | |
| | | | | 5:21 | 1:36 | 1:54 | 0:56 | 1:07 | 2:17 | 1:52 | 1:43 | 1:15 | 1:37 | | | |
| 8 | 79 | James Neish (Trio) | 28:05 | 1:35 | 3:40 | 7:54 | 9:39 | 11:18 | 16:07 | 19:36 | 22:54 | 26:16 | 28:05 | | | |
| | | | | 1:35 | 2:05 | 4:14 | 1:45 | 1:39 | 4:49 | 3:29 | 3:18 | 3:22 | 1:49 | | | |
| 9 | 71 | Andrew Ewart (Pair) | 28:08 | 1:26 | 2:53 | 4:41 | 5:24 | 6:37 | 9:37 | 10:02 | 26:24 | 27:05 | 28:08 | | | |
| | | | | 1:26 | 1:27 | 1:48 | 0:43 | 1:13 | 3:00 | 0:25 | 16:22 | 0:41 | 1:03 | | | |
| 10 | 72 | Keiran Holmes (Pai | 28:20 | 1:25 | 2:53 | 4:41 | 5:26 | 6:36 | 9:41 | 10:11 | 26:24 | 27:29 | 28:20 | | | |
| | | | | 1:25 | 1:28 | 1:48 | 0:45 | 1:10 | 3:05 | 0:30 | 16:13 | 1:05 | 0:51 | | | |
| 11 | 77 | Nicola Milne (Trio) | 28:29 | 1:45 | 3:42 | 8:20 | 10:04 | 11:32 | 16:14 | 19:46 | 23:02 | 26:30 | 28:29 | | | |
| | | | | 1:45 | 1:57 | 4:38 | 1:44 | 1:28 | 4:42 | 3:32 | 3:16 | 3:28 | 1:59 | | | |
| 12 | 78 | Natasha Cowe (Tric | 28:40 | 1:46 | 3:29 | 8:20 | 9:49 | 11:27 | 16:07 | 19:48 | 23:03 | 26:29 | 28:40 | | | |
| | | | | 1:46 | 1:43 | 4:51 | 1:29 | 1:38 | 4:40 | 3:41 | 3:15 | 3:26 | 2:11 | | | |
| 13 | 118 | Loiusa Thompson (| 29:07 | 2:10 | 4:58 | 7:58 | 9:44 | 12:02 | 17:21 | 18:46 | 21:49 | 24:09 | 29:07 | | | |
| | | | | 2:10 | 2:48 | 3:00 | 1:46 | 2:18 | 5:19 | 1:25 | 3:03 | 2:20 | 4:58 | | | |
| 14 | 117 | Lorna Thompson (S | 29:39 | 2:36 | 5:26 | 8:43 | 10:13 | 12:42 | 17:48 | 19:10 | 22:25 | 24:56 | 29:39 | | | |
| | | | | 2:36 | 2:50 | 3:17 | 1:30 | 2:29 | 5:06 | 1:22 | 3:15 | 2:31 | 4:43 | | | |
| 15 | 76 | Teigan Wilson (Sha | 30:03 | 1:59 | 4:28 | 8:20 | 10:01 | 11:33 | 17:41 | 20:11 | 23:19 | 26:31 | 30:03 | | | |
| | | | | 1:59 | 2:29 | 3:52 | 1:41 | 1:32 | 6:08 | 2:30 | 3:08 | 3:12 | 3:32 | | | |
| | 4 | Ruth Gooch MAROC | mp | 2:50 | 5:42 | 10:08 | 12:17 | 23:22 | ---- | 34:46 | 41:12 | 43:21 | 44:42 | | | |
| | | | | 2:50 | 2:52 | 4:26 | 2:09 | 11:05 | 11:24 | 6:26 | 2:09 | 1:21 | | | | |
| | 74 | Laurence Petty (Pa | mp | 1:06 | 2:36 | 4:23 | 5:10 | 6:18 | 9:14 | 9:37 | ---- | 12:45 | 13:41 | | | |
| | | | | 1:06 | 1:30 | 1:47 | 0:47 | 1:08 | 2:56 | 0:23 | | 3:08 | 0:56 | | | |
| Yellow (9) | | | | 2.5 km | 30 m | 8 C | | | | | | | | | | |
| | | | | 1(133) | 2(128) | 3(190) | 4(139) | 5(145) | 6(147) | 7(192) | 8(193) | F | | | | |
| 1 | 16 | Angus Fraser | 20:56 | 2:24 | 4:29 | 7:15 | 9:49 | 11:21 | 13:54 | 15:54 | 20:06 | 20:56 | | | | |
| | | | | 2:24 | 2:05 | 2:46 | 2:34 | 1:32 | 2:33 | 2:00 | 4:12 | 0:50 | | | | |
| 2 | 15 | Logan Burgess | 23:42 | 2:15 | 7:19 | 9:50 | 12:30 | 13:55 | 16:37 | 18:33 | 22:41 | 23:42 | | | | |
| | | | | 2:15 | 5:04 | 2:31 | 2:40 | 1:25 | 2:42 | 1:56 | 4:08 | 1:01 | | | | |
| 3 | 6 | Joel Gooch MAROC | 27:48 | 2:52 | 5:14 | 10:16 | 14:44 | 15:59 | 18:51 | 25:02 | 26:24 | 27:48 | | | | |
| | | | | 2:52 | 2:22 | 5:02 | 4:28 | 1:15 | 2:52 | 6:11 | 1:22 | 1:24 | | | | |
| 4 | 35 | Dylan Anderson MAROC | 28:46 | 3:08 | 5:53 | 9:09 | 13:00 | 15:39 | 20:08 | 22:48 | 27:41 | 28:46 | | | | |
| | | | | 3:08 | 2:45 | 3:16 | 3:51 | 2:39 | 4:29 | 2:40 | 4:53 | 1:05 | | | | |
| 5 | 41 | Nicola Glendinning MAROC | 35:50 | 3:45 | 7:36 | 13:37 | 18:13 | 21:19 | 27:25 | 30:55 | 33:18 | 35:50 | | | | |
| | | | | 3:45 | 3:51 | 6:01 | 4:36 | 3:06 | 6:06 | 3:30 | 2:23 | 2:32 | | | | |
| 5 | 42 | Sean Glendinning (| 35:50 | 3:30 | 7:08 | 14:00 | 18:11 | 20:38 | 27:44 | 30:49 | 33:43 | 35:50 | | | | |
| | | | | 3:30 | 3:38 | 6:52 | 4:11 | 2:27 | 7:06 | 3:05 | 2:54 | 2:07 | | | | |
| 7 | 40 | Nina Hutcheon MAROC | 40:13 | 2:56 | 7:24 | 14:07 | 17:22 | 19:52 | 27:27 | 37:30 | 39:01 | 40:13 | | | | |
| | | | | 2:56 | 4:28 | 6:43 | 3:15 | 2:30 | 7:35 | 10:03 | 1:31 | 1:12 | | | | |
| 8 | 33 | Amber Graham MAROC | 56:44 | 2:53 | 34:18 | 39:02 | 42:09 | 44:24 | 49:07 | 51:37 | 55:44 | 56:44 | | | | |
| | | | | 2:53 | 31:25 | 4:44 | 3:07 | 2:15 | 4:43 | 2:30 | 4:07 | 1:00 | | | | |
| | 110 | Laura Smith GRAMP | mp | 5:29 | 10:18 | 16:03 | ---- | 31:42 | ---- | ---- | ---- | 48:23 | | | | |
| | | | | 5:29 | 4:49 | 5:45 | | 15:39 | | | | 16:41 | | | | |
| Orange (12) | | | | 2.7 km | 30 m | 10 C | | | | | | | | | | |
| | | | | 1(125) | 2(127) | 3(128) | 4(150) | 5(190) | 6(145) | 7(147) | 8(192) | 9(196) | 10(194) | F | | |
| 1 | 5 | Matthew Gooch MAROC | 23:49 | 4:25 | 6:14 | 8:27 | 10:02 | 11:27 | 14:12 | 16:20 | 18:42 | 21:17 | 22:29 | 23:49 | | |
| | | | | 4:25 | 1:49 | 2:13 | 1:35 | 1:25 | 2:45 | 2:08 | 2:22 | 2:35 | 1:12 | 1:20 | | |
| 2 | 32 | Jennifer Simpson MOR | 32:39 | 6:06 | 9:05 | 12:13 | 14:41 | 16:02 | 21:20 | 24:20 | 27:00 | 29:31 | 30:48 | 32:39 | | |
| | | | | 6:06 | 2:59 | 3:08 | 2:28 | 1:21 | 5:18 | 3:00 | 2:40 | 2:31 | 1:17 | 1:51 | | |
| 3 | 23 | Daniel Skinner MAROC | 34:06 | 7:29 | 9:50 | 14:00 | 16:20 | 17:45 | 22:55 | 25:36 | 27:42 | 30:54 | 32:27 | 34:06 | | |
| | | | | 7:29 | 2:21 | 4:10 | 2:20 | 1:25 | 5:10 | 2:41 | 2:06 | 3:12 | 1:33 | 1:39 | | |
| 4 | 50 | Struan Kirk GRAMP | 37:25 | 8:12 | 10:27 | 14:02 | 16:10 | 18:04 | 22:56 | 29:13 | 31:55 | 34:36 | 36:03 | 37:25 | | |
| | | | | 8:12 | 2:15 | 3:35 | 2:08 | 1:54 | 4:52 | 6:17 | 2:42 | 2:41 | 1:27 | 1:22 | | |
| 5 | 61 | Peter Collins MAROC | 46:47 | 6:35 | 8:52 | 11:30 | 13:57 | 15:39 | 20:56 | 24:51 | 37:52 | 43:33 | 45:15 | 46:47 | | |
| | | | | 6:35 | 2:17 | 2:38 | 2:27 | 1:42 | 5:17 | 3:55 | 13:01 | 5:41 | 1:42 | 1:32 | | |
| 6 | 28 | Iona McBeath MAROC | 50:04 | 7:44 | 10:43 | 14:24 | 17:38 | 20:33 | 28:38 | 32:59 | 36:29 | 44:55 | 47:04 | 50:04 | | |
| | | | | 7:44 | 2:59 | 3:41 | 3:14 | 2:55 | 8:05 | 4:21 | 3:30 | 8:26 | 2:09 | 3:00 | | |
| 7 | 14 | Grant McMurtrie MAROC | 50:33 | 6:23 | 8:51 | 30:23 | 33:18 | 35:28 | 40:01 | 42:39 | 44:49 | 47:42 | 48:57 | 50:33 | | |
| | | | | 6:23 | 2:28 | 21:32 | 2:55 | 2:10 | 4:33 | 2:38 | 2:10 | 2:53 | 1:15 | 1:36 | | |
| 8 | 58 | Josie Gomersall GRAMP | 52:31 | 7:06 | 10:13 | 14:44 | 18:33 | 20:48 | 27:37 | 32:06 | 44:53 | 48:27 | 50:25 | 52:31 | | |
| | | | | 7:06 | 3:07 | 4:31 | 3:49 | 2:15 | 6:49 | 4:29 | 12:47 | 3:34 | 1:58 | 2:06 | | |
| 9 | 106 | Helen Greenwood GRAMP | 58:53 | 10:32 | 14:36 | 22:49 | 26:28 | 29:56 | 37:58 | 42:58 | 46:41 | 52:35 | 55:11 | 58:53 | | |
| | | | | 10:32 | 4:04 | 8:13 | 3:39 | 3:28 | 8:02 | 5:00 | 3:43 | 5:54 | 2:36 | 3:42 | | |
| 10 | 38 | Jan Barraclough (S | 1:09:20 | 11:12 | 14:58 | 20:38 | 25:45 | 27:53 | 34:38 | 40:55 | 56:46 | 1:04:49 | 1:06:44 | 1:09:20 | | |
| | | | | 11:12 | 3:46 | 5:40 | 5:07 | 2:08 | 6:45 | 6:17 | 15:51 | 8:03 | 1:55 | 2:36 | | |
| | 39 | Laura Barraclough GRAMP | mp | 4:38 | 6:52 | 9:31 | 12:01 | 13:16 | 17:18 | 21:10 | ---- | 34:57 | 37:04 | 39:20 | | |
| | | | | 4:38 | 2:14 | 2:39 | 2:30 | 1:15 | 4:02 | 3:52 | 13:47 | 2:07 | 2:16 | 29:36 | | |
| | 84 | Ewan Musgrave MAROC | mp | 8:36 | 12:11 | 16:03 | 19:29 | 22:33 | 27:02 | 31:38 | ---- | 40:36 | 42:17 | 43:19 | | |
| | | | | 8:36 | 3:35 | 3:52 | 3:26 | 3:04 | 4:29 | 4:36 | | 8:58 | 1:41 | 1:02 | | |
| Light Green (19) | | | | 4.3 km | 75 m | 12 C | | | | | | | | | | |
| | | | | 1(126) | 2(104) | 3(106) | 4(107) | 5(119) | 6(183) | 7(120) | 8(123) | 9(124) | 10(128) | 11(165) | 12(193) | F |
| 1 | 34 | Luke Graham MAROC | 39:01 | 2:36 | 4:05 | 8:14 | 11:58 | 16:33 | 20:58 | 24:05 | 25:37 | 27:35 | 31:04 | 33:55 | 38:05 | 39:01 |
| | | | | 2:36 | 1:29 | 4:09 | 3:44 | 4:35 | 4:25 | 3:07 | 1:32 | 1:58 | 3:29 | 2:51 | 4:1 | |

| Pl | Stno | Name | Time | 4.3 km 75m 12 C | | | (cont.) | | | | | | | | | | F |
|-------------------------|------|-----------------------------|---------|-----------------|--------|--------|---------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---|
| | | | | 1(126) | 2(104) | 3(106) | 4(107) | 5(119) | 6(183) | 7(120) | 8(123) | 9(124) | 10(128) | 11(165) | 12(193) | | |
| Light Green (19) | | | | | | | | | | | | | | | | | |
| 3 | 8 | Robbie Iason MAROC | 51:08 | 2:45 | 4:34 | 14:32 | 18:44 | 23:19 | 28:07 | 32:49 | 34:36 | 36:54 | 41:52 | 44:54 | 50:03 | 51:08 | |
| 4 | 101 | Iain Cackette | 54:47 | 2:45 | 1:49 | 9:58 | 4:12 | 4:35 | 4:48 | 4:42 | 1:47 | 2:18 | 4:58 | 3:02 | 5:09 | 1:05 | |
| 5 | 7 | Esther Gooch MAROC | 55:45 | 2:04 | 1:59 | 5:14 | 4:27 | 6:44 | 6:09 | 7:11 | 2:03 | 4:26 | 4:01 | 3:31 | 5:55 | 1:03 | |
| 6 | 102 | Oonagh Grassie GRAMP | 55:51 | 7:10 | 10:16 | 15:44 | 20:51 | 26:24 | 34:06 | 38:13 | 40:10 | 42:42 | 46:34 | 50:15 | 54:41 | 55:45 | |
| 7 | 27 | Dillon Thomson MAROC | 56:30 | 7:10 | 3:06 | 5:28 | 5:07 | 5:33 | 7:42 | 4:07 | 1:57 | 2:32 | 3:52 | 3:41 | 4:26 | 1:04 | |
| 8 | 82 | John Getliff MAROC | 58:49 | 2:49 | 6:33 | 12:42 | 17:48 | 23:35 | 29:20 | 34:18 | 36:44 | 39:16 | 44:14 | 48:30 | 54:17 | 55:51 | |
| 9 | 57 | Stuart Anderson GRAMP | 1:08:52 | 2:49 | 3:44 | 6:09 | 5:06 | 5:47 | 5:45 | 4:58 | 2:26 | 2:32 | 4:58 | 4:16 | 5:47 | 1:34 | |
| 10 | 44 | Robert Glendinning MAROC | 1:09:30 | 6:51 | 8:59 | 13:05 | 17:40 | 23:38 | 29:30 | 36:54 | 38:44 | 41:41 | 46:01 | 50:13 | 55:44 | 56:30 | |
| 11 | 49 | Lachlan Kirk GRAMP | 1:17:33 | 6:51 | 2:08 | 4:06 | 4:35 | 5:58 | 5:52 | 7:24 | 1:50 | 2:57 | 4:20 | 4:12 | 5:31 | 0:46 | |
| 12 | 55 | Graeme Campbell MAROC | 1:18:48 | 4:27 | 6:29 | 11:53 | 17:57 | 24:49 | 29:26 | 34:15 | 36:19 | 41:59 | 46:11 | 51:41 | 57:41 | 58:49 | |
| 13 | 115 | Margaret Aust GRAMP | 1:32:33 | 4:27 | 2:02 | 5:24 | 6:04 | 6:52 | 4:37 | 4:49 | 2:04 | 5:40 | 4:12 | 5:30 | 6:00 | 1:08 | |
| 14 | 111 | Daniel Smith GRAMP | 1:38:09 | 5:45 | 8:32 | 13:57 | 19:10 | 31:08 | 37:56 | 43:21 | 45:46 | 49:28 | 54:59 | 1:01:51 | 1:07:40 | 1:08:52 | |
| | 26 | Jayne MacGregor GRAMP | mp | 5:45 | 2:47 | 5:25 | 5:13 | 11:58 | 6:48 | 5:25 | 2:25 | 3:42 | 5:31 | 6:52 | 5:49 | 1:12 | |
| | 46 | Keith Yardley GRAMP | mp | 4:38 | 11:24 | 19:28 | 23:31 | 30:17 | 36:08 | 49:06 | 51:30 | 54:03 | 59:25 | 1:04:17 | 1:08:28 | 1:09:30 | |
| | | | | 4:38 | 6:46 | 8:04 | 4:03 | 6:46 | 5:51 | 12:58 | 2:24 | 2:33 | 5:22 | 4:52 | 4:11 | 1:02 | |
| | | | | 2:48 | 5:08 | 10:54 | 15:20 | 26:28 | 32:45 | 55:52 | 57:32 | 1:03:17 | 1:07:28 | 1:12:07 | 1:16:39 | 1:17:33 | |
| | | | | 2:48 | 2:20 | 5:46 | 4:26 | 11:08 | 6:17 | 23:07 | 1:40 | 5:45 | 4:11 | 4:39 | 4:32 | 0:54 | |
| | | | | 10:46 | 14:02 | 19:38 | 25:54 | 32:34 | 42:33 | 48:15 | 51:57 | 1:01:20 | 1:07:54 | 1:12:15 | 1:17:25 | 1:18:48 | |
| | | | | 10:46 | 3:16 | 5:36 | 6:16 | 6:40 | 9:59 | 5:42 | 3:42 | 9:23 | 6:34 | 4:21 | 5:10 | 1:23 | |
| | | | | 6:27 | 10:38 | 18:52 | 26:17 | 36:52 | 46:01 | 53:12 | 56:34 | 1:08:10 | 1:14:33 | 1:21:57 | 1:30:53 | 1:32:33 | |
| | | | | 6:27 | 4:11 | 8:14 | 7:25 | 10:35 | 9:09 | 7:11 | 3:22 | 11:36 | 6:23 | 7:24 | 8:56 | 1:40 | |
| | | | | 3:52 | 7:02 | 14:38 | 22:52 | 35:38 | 44:36 | 55:45 | 59:14 | 1:08:59 | 1:18:12 | 1:27:59 | 1:36:08 | 1:38:09 | |
| | | | | 3:52 | 3:10 | 7:36 | 8:14 | 12:46 | 8:58 | 11:09 | 3:29 | 9:45 | 9:13 | 9:47 | 8:09 | 2:01 | |
| | | | | 3:24 | 6:56 | --- | 33:05 | 41:48 | 50:34 | 56:38 | 1:00:02 | 1:03:50 | 1:09:44 | 1:15:40 | 1:24:17 | 1:26:10 | |
| | | | | 3:24 | 3:32 | --- | 26:09 | 8:43 | 8:46 | 6:04 | 3:24 | 3:48 | 5:54 | 5:56 | 8:37 | 1:53 | |
| | | | | 1:44 | 5:06 | 8:24 | 12:45 | 16:52 | 21:31 | 25:41 | 28:04 | --- | 34:58 | 38:13 | 45:52 | 46:55 | |
| | | | | 1:44 | 3:22 | 3:18 | 4:21 | 4:07 | 4:39 | 4:10 | 2:23 | --- | 6:54 | 3:15 | 7:39 | 1:03 | |
| | | | | 43:04 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |
| | | | | *192 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |
| | | | | 11:19 | 16:02 | 22:23 | 29:56 | 41:36 | 52:21 | 1:01:36 | 1:06:06 | 1:11:57 | --- | --- | --- | 1:48:55 | |
| | | | | 11:19 | 4:43 | 6:21 | 7:33 | 11:40 | 10:45 | 9:15 | 4:30 | 5:51 | --- | --- | --- | 36:58 | |
| | | | | 1:43:32 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |
| | | | | *133 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |
| | | | | 3:42 | 6:56 | 10:54 | 15:43 | 19:26 | 23:17 | 26:45 | --- | --- | 38:47 | 41:20 | 46:33 | 47:13 | |
| | | | | 3:42 | 3:14 | 3:58 | 4:49 | 3:43 | 3:51 | 3:28 | --- | --- | 12:02 | 2:33 | 5:13 | 0:40 | |
| | | | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |
| | | | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |

| Pl | Stno | Name | Time | 4.8 km 80m 11 C | | | | | | | | | | | | | F |
|-------------------|------|----------------------------|---------|-----------------|--------|--------|--------|--------|---------|--------|--------|---------|---------|---------|---------|--|---|
| | | | | 1(183) | 2(123) | 3(124) | 4(121) | 5(120) | 6(116) | 7(118) | 8(119) | 9(107) | 10(106) | 11(104) | | | |
| Green (21) | | | | | | | | | | | | | | | | | |
| 1 | 48 | David Kirk GRAMP | 46:58 | 7:15 | 10:56 | 13:01 | 16:33 | 18:33 | 27:22 | 29:06 | 31:18 | 36:15 | 39:39 | 43:48 | 46:58 | | |
| 2 | 60 | Nick Collins MAROC | 47:51 | 7:15 | 3:41 | 2:05 | 3:32 | 2:00 | 8:49 | 1:44 | 2:12 | 4:57 | 3:24 | 4:09 | 3:10 | | |
| 3 | 37 | Iain Barraclough GRAMP | 49:14 | 7:03 | 5:21 | 1:59 | 3:20 | 2:08 | 9:50 | 1:29 | 2:15 | 4:28 | 3:04 | 3:52 | 3:02 | | |
| 4 | 80 | Megan Ricketts MAROC | 52:20 | 5:53 | 9:23 | 11:39 | 16:06 | 18:40 | 29:20 | 30:58 | 33:18 | 38:05 | 41:28 | 45:51 | 49:14 | | |
| 5 | 114 | Laura Farquharson GRAMP | 53:28 | 5:53 | 3:30 | 2:16 | 4:27 | 2:34 | 10:40 | 1:38 | 2:20 | 4:47 | 3:23 | 4:23 | 3:23 | | |
| 6 | 54 | Iain Campbell MAROC | 53:54 | 6:23 | 10:43 | 13:23 | 17:29 | 19:30 | 30:04 | 33:01 | 35:33 | 40:46 | 44:23 | 48:31 | 52:20 | | |
| 7 | 116 | Chris Aust GRAMP | 58:38 | 6:23 | 4:20 | 2:40 | 4:06 | 2:01 | 10:34 | 2:57 | 2:32 | 5:13 | 3:37 | 4:08 | 3:49 | | |
| 8 | 108 | Brian Povey GRAMP | 1:00:18 | 6:48 | 11:22 | 13:56 | 18:13 | 20:47 | 30:07 | 32:30 | 35:09 | 40:46 | 44:47 | 49:44 | 53:28 | | |
| 9 | 9 | David Esson GRAMP | 1:01:13 | 6:48 | 4:34 | 2:34 | 4:17 | 2:34 | 9:20 | 2:23 | 2:39 | 5:37 | 4:01 | 4:57 | 3:44 | | |
| 10 | 109 | Jonathan Smith GRAMP | 1:02:05 | 6:42 | 13:38 | 15:53 | 20:05 | 22:38 | 32:59 | 35:03 | 37:25 | 42:48 | 46:43 | 50:34 | 53:54 | | |
| 11 | 119 | Rosie Getliff MAROC | 1:02:46 | 6:42 | 6:56 | 2:15 | 4:12 | 2:33 | 10:21 | 2:04 | 2:22 | 5:23 | 3:55 | 3:51 | 3:20 | | |
| 12 | 18 | Kate Wilkinson GRAMP | 1:04:05 | 7:32 | 14:36 | 17:20 | 22:40 | 25:17 | 35:39 | 37:53 | 40:31 | 46:26 | 50:05 | 54:35 | 58:38 | | |
| 13 | 36 | Caz Dudley MAROC | 1:05:14 | 7:32 | 7:04 | 2:44 | 5:20 | 2:37 | 10:22 | 2:14 | 2:38 | 5:55 | 3:39 | 4:30 | 4:03 | | |
| 14 | 31 | Heather Smithard KFO | 1:06:54 | 7:53 | 12:40 | 15:47 | 20:31 | 23:37 | 35:18 | 37:35 | 40:23 | 46:39 | 50:53 | 55:59 | 1:00:18 | | |
| 15 | 21 | Margaret McMillan MAROC | 1:09:47 | 7:53 | 4:47 | 3:07 | 4:44 | 3:06 | 11:41 | 2:17 | 2:48 | 6:16 | 4:14 | 5:06 | 4:19 | | |
| 16 | 24 | Lynne Skinner MAROC | 1:11:34 | 6:49 | 11:23 | 15:11 | 19:51 | 22:16 | 34:52 | 38:12 | 41:39 | 47:19 | 51:57 | 57:42 | 1:01:13 | | |
| 17 | 56 | Helen Anderson GRAMP | 1:18:46 | 6:49 | 4:34 | 3:48 | 4:40 | 2:25 | 12:36 | 3:20 | 3:27 | 5:40 | 4:38 | 5:45 | 3:31 | | |
| 18 | 13 | Sheila McMurtrie MAROC | 1:25:24 | 9:05 | 13:07 | 15:19 | 19:23 | 22:45 | 33:10 | 35:07 | 37:44 | 43:43 | 48:16 | 58:39 | 1:02:05 | | |
| 19 | 68 | Ewen Rennie GRAMP | 1:25:54 | 9:05 | 4:02 | 2:12 | 4:04 | 3:22 | 10:25 | 1:57 | 2:37 | 5:59 | 4:33 | 10:23 | 3:26 | | |
| 20 | 10 | Lindsey Esson GRAMP | 2:09:43 | 7:09 | 12:39 | 16:04 | 21:21 | 23:18 | 40:13 | 42:10 | 45:06 | 50:31 | 55:01 | 59:57 | 1:02:46 | | |
| | | | | 7:09 | 5:30 | 3:25 | 5:17 | 1:57 | 16:55 | 1:57 | 2:56 | 5:25 | 4:30 | 4:56 | 2:49 | | |
| | | | | 8:32 | 12:52 | 17:10 | 20:38 | 23:19 | 34:28 | 36:02 | 41:14 | 47:24 | 51:30 | 1:00:15 | 1:04:05 | | |
| | | | | 8:32 | 4:20 | 4:18 | 3:28 | 2:41 | 11:09 | 1:34 | 5:12 | 6:10 | 4:06 | 8:45 | 3:50 | | |
| | | | | 7:38 | 12:40 | 16:31 | 21:46 | 24:45 | 36:45 | 39:29 | 42:24 | 51:15 | 56:47 | 1:01:28 | 1:05:14 | | |
| | | | | 7:38 | 5:02 | 3:51 | 5:15 | 2:59 | 12:00 | 2:44 | 2:55 | 8:51 | 5:32 | 4:41 | 3:46 | | |
| | | | | 8:43 | 14:06 | 16:50 | 22:07 | 26:14 | 39:14 | 41:57 | 45:21 | 52:20 | 57:46 | 1:03:05 | 1:06:54 | | |
| | | | | 8:43 | 5:23 | 2:44 | 5:17 | 4:07 | 13:00 | 2:43 | 3:24 | 6:59 | 5:26 | 5:19 | 3:49 | | |
| | | | | 7:18 | 11:45 | 14:20 | 18:21 | 30:29 | 45:36 | 47:51 | 50:34 | 55:48 | 1:01:25 | 1:05:59 | 1:09:47 | | |
| | | | | 7:18 | 4:27 | 2:35 | 4:01 | 12:08 | 15:07 | 2:15 | 2:43 | 5:14 | 5:37 | 4:34 | 3:48 | | |
| | | | | 14:31 | 19:56 | 22:36 | 26:28 | 29:34 | 42:15 | 44:05 | 47:39 | 54:36 | 59:07 | 1:06:02 | 1:11:34 | | |
| | | | | 14:31 | 5:25 | 2:40 | 3:52 | 3:06 | 12:41 | 1:50 | 3:34 | 6:57 | 4:31 | 6:55 | 5:32 | | |
| | | | | 8:54 | 15:19 | 18:37 | 24:47 | 32:02 | 45:26 | 49:15 | 54:24 | 1:02:07 | 1:08:18 | 1:14:22 | 1:18:46 | | |
| | | | | 8:54 | 6:25 | 3:18 | 6:10 | 7:15 | 13:24 | 3:49 | 5:09 | 7:43 | 6:11 | 6:04 | 4:24 | | |
| | | | | 8:26 | 13:23 | 18:44 | 47:56 | 50:58 | 1:01:24 | 1 | | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | F | | |
|-------------------|----------------------|----------------------------|---------|---------------|--------------|-------------|----------------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|
| Blue (12) | | | | 6.5 km | 130 m | 13 C | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | | 1(183) | 2(123) | 3(124) | 4(121) | 5(115) | 6(116) | 7(118) | 8(114) | 9(111) | 10(117) | 11(119) | 12(107) | 13(104) | | | |
| 3 | 65 | Jonathan Lenton MAROC | 1:13:45 | 6:32 | 10:29 | 12:28 | 15:48 | 29:33 | 32:37 | 34:55 | 44:18 | 48:37 | 56:51 | 1:01:22 | 1:06:00 | 1:10:58 | 1:13:45 | | |
| 4 | 1 | Keith Roberts MAROC | 1:13:54 | 6:32 | 3:57 | 1:59 | 3:20 | 13:45 | 3:04 | 2:18 | 9:23 | 4:19 | 8:14 | 4:31 | 4:38 | 4:58 | 2:47 | | |
| 5 | 66 | Davie Frame TAY | 1:17:31 | 5:29 | 8:59 | 11:24 | 14:32 | 25:06 | 29:03 | 30:58 | 44:54 | 49:10 | 56:06 | 59:39 | 1:04:01 | 1:10:57 | 1:13:54 | | |
| 6 | 53 | Andrew Campbell MAROC | 1:20:26 | 5:29 | 3:30 | 2:25 | 3:08 | 10:34 | 3:57 | 1:55 | 13:56 | 4:16 | 6:56 | 3:33 | 4:22 | 6:56 | 2:57 | | |
| 7 | 93 | Bill Caffyn GRAMP | 1:21:51 | 6:24 | 9:58 | 11:45 | 14:49 | 35:08 | 40:18 | 42:34 | 49:19 | 53:03 | 1:00:20 | 1:04:48 | 1:09:12 | 1:14:45 | 1:17:31 | | |
| 8 | 25 | Robin Skinner MAROC | 1:24:11 | 6:24 | 3:34 | 1:47 | 3:04 | 20:19 | 5:10 | 2:16 | 6:45 | 3:44 | 7:17 | 4:28 | 4:24 | 5:33 | 2:46 | | |
| 9 | 2 | Colin Cranfield MAROC | 1:27:46 | 4:54 | 9:25 | 11:01 | 14:09 | 33:45 | 36:38 | 38:23 | 51:37 | 56:55 | 1:03:58 | 1:07:58 | 1:12:16 | 1:17:19 | 1:20:26 | | |
| 10 | 67 | Elaine Gillies TAY | 1:38:33 | 4:54 | 4:31 | 1:36 | 3:08 | 19:36 | 2:53 | 1:45 | 13:14 | 5:18 | 7:03 | 4:00 | 4:18 | 5:03 | 3:07 | | |
| 11 | 47 | Helen Rowlands GRAMP | 2:01:56 | 5:23 | 8:40 | 10:29 | 13:40 | 30:35 | 45:01 | 49:48 | 55:50 | 59:44 | 1:06:06 | 1:09:45 | 1:13:48 | 1:18:49 | 1:21:51 | | |
| 12 | 11 | George Esson GRAMP | 2:18:53 | 5:20 | 2:57 | 5:01 | 2:48 | 15:14 | 6:56 | 1:47 | 6:20 | 4:20 | 17:58 | 3:32 | 4:17 | 4:52 | 2:49 | | |
| | | | | 5:50 | 9:15 | 20:45 | 24:52 | 37:16 | 40:43 | 48:57 | 55:34 | 1:00:38 | 1:07:21 | 1:11:37 | 1:17:05 | 1:24:11 | 1:27:46 | | |
| | | | | 5:50 | 3:25 | 11:30 | 4:07 | 12:24 | 3:27 | 8:14 | 6:37 | 5:04 | 6:43 | 4:16 | 5:28 | 7:06 | 3:35 | | |
| | | | | 7:44 | 13:24 | 15:45 | 20:21 | 43:27 | 57:05 | 59:36 | 1:07:26 | 1:11:17 | 1:18:06 | 1:22:21 | 1:28:23 | 1:35:27 | 1:38:33 | | |
| | | | | 7:44 | 5:40 | 2:21 | 4:36 | 23:06 | 13:38 | 2:31 | 7:50 | 3:51 | 6:49 | 4:15 | 6:02 | 7:04 | 3:06 | | |
| | | | | 8:04 | 13:02 | 15:43 | 20:29 | 56:38 | 1:01:56 | 1:04:36 | 1:22:21 | 1:27:41 | 1:36:45 | 1:41:58 | 1:49:43 | 1:57:14 | 2:01:56 | | |
| | | | | 8:04 | 4:58 | 2:41 | 4:46 | 36:09 | 5:18 | 2:40 | 17:45 | 5:20 | 9:04 | 5:13 | 7:45 | 7:31 | 4:42 | | |
| | | | | 10:46 | 17:43 | 22:09 | 27:54 | 53:21 | 1:07:37 | 1:11:42 | 1:25:42 | 1:33:26 | 1:45:42 | 1:52:44 | 2:02:01 | 2:12:14 | 2:18:53 | | |
| | | | | 10:46 | 6:57 | 4:26 | 5:45 | 25:27 | 14:16 | 4:05 | 14:00 | 7:44 | 12:16 | 7:02 | 9:17 | 10:13 | 6:39 | | |
| Brown (15) | | | | 8.8 km | 220 m | 17 C | | | | | | | | | | | | | |
| | | | | 1(126) | 2(106) | 3(119) | 4(111) | 5(114) | 6(112) | 7(113) | 8(115) | 9(122) | 10(121) | 11(124) | 12(123) | 13(120) | 14(129) | | |
| | | | | 15(135) | 16(165) | 17(193) | F | | | | | | | | | | | | |
| 1 | 59 | Sam Gomersall GRAMP | 1:12:28 | 1:48 | 5:05 | 11:44 | 17:41 | 21:17 | 23:15 | 25:03 | 33:49 | 41:48 | 43:05 | 45:32 | 46:35 | 47:42 | 57:58 | | |
| | | | | 1:48 | 3:17 | 6:39 | 5:57 | 3:36 | 1:58 | 1:48 | 8:46 | 7:59 | 1:17 | 2:27 | 1:03 | 1:07 | 10:16 | | |
| | | | | 1:02:28 | 1:08:35 | 1:11:33 | 1:12:28 | | | | | | | | | | | | |
| | | | | 4:30 | 6:07 | 2:58 | 0:55 | | | | | | | | | | | | |
| 2 | 120 | Alexander Maclach GRAMP | 1:12:49 | 1:11 | 5:11 | 11:02 | 16:45 | 20:46 | 23:14 | 25:07 | 33:04 | 41:32 | 42:49 | 44:55 | 46:10 | 47:07 | 57:30 | | |
| | | | | 1:11 | 4:00 | 5:51 | 5:43 | 4:01 | 2:28 | 1:53 | 7:57 | 8:28 | 1:17 | 2:06 | 1:15 | 0:57 | 10:23 | | |
| | | | | 1:02:23 | 1:09:13 | 1:12:00 | 1:12:49 | | | | | | | | | | | | |
| | | | | 4:53 | 6:50 | 2:47 | 0:49 | | | | | | | | | | | | |
| 3 | 85 | Jonathan Musgrav MAROC | 1:13:05 | 1:27 | 4:40 | 10:50 | 17:06 | 21:14 | 23:27 | 25:15 | 33:27 | 41:38 | 42:58 | 44:52 | 45:55 | 47:06 | 58:50 | | |
| | | | | 1:27 | 3:13 | 6:10 | 6:16 | 4:08 | 2:13 | 1:48 | 8:12 | 8:11 | 1:20 | 1:54 | 1:03 | 1:11 | 11:44 | | |
| | | | | 1:03:29 | 1:09:37 | 1:12:14 | 1:13:05 | | | | | | | | | | | | |
| | | | | 4:39 | 6:08 | 2:37 | 0:51 | | | | | | | | | | | | |
| 4 | 62 | Carolyn McLeod GRAMP | 1:23:06 | 1:42 | 6:02 | 12:40 | 21:11 | 26:12 | 28:15 | 30:06 | 40:23 | 49:37 | 50:50 | 53:04 | 54:19 | 55:28 | 1:06:17 | | |
| | | | | 1:42 | 4:20 | 6:38 | 8:31 | 5:01 | 2:03 | 1:51 | 10:17 | 9:14 | 1:13 | 2:14 | 1:15 | 1:09 | 10:49 | | |
| | | | | 1:11:37 | 1:18:51 | 1:22:07 | 1:23:06 | | | | | | | | | | | | |
| | | | | 5:20 | 7:14 | 3:16 | 0:59 | | | | | | | | | | | | |
| 5 | 52 | Pete Lawrence GRAMP | 1:24:46 | 1:38 | 5:03 | 11:54 | 20:55 | 25:04 | 27:56 | 29:57 | 39:26 | 47:52 | 48:56 | 51:09 | 52:11 | 53:23 | 1:08:26 | | |
| | | | | 1:38 | 3:25 | 6:51 | 9:01 | 4:09 | 2:52 | 2:01 | 9:29 | 8:26 | 1:04 | 2:13 | 1:02 | 1:12 | 15:03 | | |
| | | | | 1:13:34 | 1:20:23 | 1:23:48 | 1:24:46 | | | | | | | | | | | | |
| | | | | 5:08 | 6:49 | 3:25 | 0:58 | | | | | | | | | | | | |
| 6 | 20 | Rhona McMillan MAROC | 1:24:47 | 1:34 | 5:16 | 12:21 | 20:13 | 24:21 | 26:54 | 29:11 | 38:35 | 47:51 | 49:13 | 51:49 | 52:56 | 54:13 | 1:07:27 | | |
| | | | | 1:34 | 3:42 | 7:05 | 7:52 | 4:08 | 2:33 | 2:17 | 9:24 | 9:16 | 1:22 | 2:36 | 1:07 | 1:17 | 13:14 | | |
| | | | | 1:12:36 | 1:20:13 | 1:23:49 | 1:24:47 | | | | | | | | | | | | |
| | | | | 5:09 | 7:37 | 3:36 | 0:58 | | | | | | | | | | | | |
| 7 | 17 | John Wilkinson GRAMP | 1:24:54 | 1:51 | 5:39 | 12:36 | 19:37 | 23:42 | 26:28 | 28:25 | 39:11 | 48:27 | 50:07 | 52:49 | 54:28 | 55:50 | 1:08:42 | | |
| | | | | 1:51 | 3:48 | 6:57 | 7:01 | 4:05 | 2:46 | 1:57 | 10:46 | 9:16 | 1:40 | 2:42 | 1:39 | 1:22 | 12:52 | | |
| | | | | 1:14:12 | 1:20:44 | 1:24:00 | 1:24:54 | | | | | | | | | | | | |
| | | | | 5:30 | 6:32 | 3:16 | 0:54 | | | | | | | | | | | | |
| 8 | 121 | Robert Daly GRAMP | 1:25:57 | 1:45 | 5:06 | 11:53 | 19:01 | 23:54 | 25:53 | 27:45 | 38:30 | 47:36 | 49:11 | 51:52 | 53:11 | 54:34 | 1:09:23 | | |
| | | | | 1:45 | 3:21 | 6:47 | 7:08 | 4:53 | 1:59 | 1:52 | 10:45 | 9:06 | 1:35 | 2:41 | 1:19 | 1:23 | 14:49 | | |
| | | | | 1:14:20 | 1:21:37 | 1:24:55 | 1:25:57 | | | | | | | | | | | | |
| | | | | 4:57 | 7:17 | 3:18 | 1:02 | | | | | | | | | | | | |
| 9 | 45 | Gareth Yardley GRAMP | 1:27:54 | 1:50 | 5:22 | 12:01 | 23:56 | 28:06 | 30:17 | 32:17 | 41:02 | 50:17 | 51:44 | 55:26 | 56:43 | 58:06 | 1:10:13 | | |
| | | | | 1:50 | 3:32 | 6:39 | 11:55 | 4:10 | 2:11 | 2:00 | 8:45 | 9:15 | 1:27 | 3:42 | 1:17 | 1:23 | 12:07 | | |
| | | | | 1:16:03 | 1:23:05 | 1:27:05 | 1:27:54 | | | | | | | | | | | | |
| | | | | 5:50 | 7:02 | 4:00 | 0:49 | | | | | | | | | | | | |
| 10 | 12 | Andrew McMurtrie MAROC | 1:31:33 | 1:45 | 8:35 | 15:16 | 27:44 | 33:00 | 35:13 | 37:08 | 46:16 | 55:57 | 57:17 | 59:47 | 1:01:21 | 1:02:45 | 1:14:09 | | |
| | | | | 1:45 | 6:50 | 6:41 | 12:28 | 5:16 | 2:13 | 1:55 | 9:08 | 9:41 | 1:20 | 2:30 | 1:34 | 1:24 | 11:24 | | |
| | | | | 1:19:22 | 1:27:05 | 1:30:34 | 1:31:33 | | | | | | | | | | | | |
| | | | | 5:13 | 7:43 | 3:29 | 0:59 | | | | | | | | | | | | |
| 11 | 3 | Alistair Walker MAROC | 1:32:27 | 1:31 | 5:34 | 13:01 | 21:57 | 26:12 | 30:21 | 32:42 | 41:51 | 51:32 | 53:15 | 55:23 | 57:03 | 58:25 | 1:12:50 | | |
| | | | | 1:31 | 4:03 | 7:27 | 8:56 | 4:15 | 4:09 | 2:21 | 9:09 | 9:41 | 1:43 | 2:08 | 1:40 | 1:22 | 14:25 | | |
| | | | | 1:20:26 | 1:27:47 | 1:31:27 | 1:32:27 | | | | | | | | | | | | |
| | | | | 7:36 | 7:21 | 3:40 | 1:00 | | | | | | | | | | | | |
| 12 | 107 | Evgueni Chepelin GRAMP | 1:32:45 | 4:51 | 7:56 | 14:16 | 21:29 | 25:15 | 27:11 | 28:46 | 37:28 | 45:07 | 46:19 | 48:25 | 49:35 | 50:44 | 1:14:27 | | |
| | | | | 4:51 | 3:05 | 6:20 | 7:13 | 3:46 | 1:56 | 1:35 | 8:42 | 7:39 | 1:12 | 2:06 | 1:10 | 1:09 | 23:43 | | |
| | | | | 1:20:02 | 1:28:28 | 1:31:41 | 1:32:45 | | | | | | | | | | | | |
| | | | | 5:35 | 8:26 | 3:13 | 1:04 | | | | | | | | | | | | |
| 13 | 19 | Chris Low MAROC | 1:37:15 | 1:29 | 7:50 | 15:08 | 25:42 | 29:53 | 32:49 | 35:45 | 44:45 | 54:23 | 56:30 | 59:52 | 1:01:22 | 1:02:57 | 1:17:43 | | |
| | | | | 1:29 | 6:21 | 7:18 | 10:34 | 4:11 | 2:56 | 2:56 | 9:00 | 9:38 | 2:07 | 3:22 | 1:30 | 1:35 | 14:46 | | |
| | | | | 1:23:49 | 1:31:49 | 1:36:05 | 1:37:15 | | | | | | | | | | | | |
| | | | | 6:06 | 8:00 | 4:16 | 1:10 | | | | | | | | | | | | |
| 14 | 51 | Rachel Scott GRAMP | 2:26:06 | 2:24 | 9:21 | 19:53 | 39:12 | 45:40 | 49:32 | 52:26 | 1:06:30 | 1:18:22 | 1:20:40 | 1:24:24 | 1:26:36 | 1:28:53 | 1:54:55 | | |
| | | | | 2:24 | 6:57 | 10:32 | 19:19 | 6:28 | 3:52 | 2:54 | 14:04 | 11:52 | 2:18 | 3:44 | 2:12 | 2:17 | 26:02 | | |
| | | | | 2:06:12 | 2:17:28 | 2:24:37 | 2:26:06 | | | | | | | | | | | | |
| | | | | 11:17 | 11:16 | 7:09 | 1:29 | | | | | | | | | | | | |
| 63 | Iain McLeod GRAMP | mp | | 1:56 | 8:11 | 16:57 | 29:55 | 35:39 | 38:13 | 45:39 | 58:47 | 1:14:14 | 1:16:15 | 1:21:36 | 1:23:22 | 1:25:10 | ----- | | |
| | | | | 1:56 | 6:15 | 8:46 | 12:58 | 5:44 | 2:34 | 7:26 | 13:08 | 15:27 | 2:01 | 5:21 | 1:46 | 1:48 | | | |
| | | | | ----- | 1:35:50 | 1:39:54 | 1:41:12 | | | | | | | | | | | | |
| | | | | | 10:40 | 4:04 | 1:18 | | | | | | | | | | | | |