

| Rang | Name | Jg. Verein/Ort | Netto | min/km |
|------|---------------------|---|----------|--------|
| 1 | Waldhuber Ulla | 89 SV MC Donalds Aigen | 00:27:26 | 04:49 |
| 2 | Hadner Karin | 72 LC Idee Rottenmann | 00:28:41 | 05:02 |
| 3 | Rindler Theresa | 93 SV MC Donalds Aigen | 00:28:50 | 05:04 |
| 4 | Hufnagl Anna | 88 Union Windischgarsten | 00:29:05 | 05:06 |
| 5 | Pachler Sonja | 64 LC Idee Rottenmann | 00:29:20 | 05:09 |
| 6 | Rath Petra | 71 LC Idee Rottenmann | 00:29:34 | 05:11 |
| 7 | Mayerl Beate | 88 Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:29:48 | 05:14 |
| 8 | Fischer Cäcilia | 66 WM Sport & Schilanglauf Hohentauern | 00:30:29 | 05:21 |
| 9 | Goldgruber Petra | 81 LC Idee Rottenmann | 00:30:36 | 05:22 |
| 10 | Stangl Daniela | 83 ÖAV Bad Ischl | 00:32:14 | 05:39 |
| 11 | Landl Manuela | 81 SV Wald am Schoberpass | 00:32:16 | 05:40 |
| 12 | Fröis Eleonore | 68 ATV Irdning | 00:32:18 | 05:40 |
| 13 | Reisner Sabine | 73 LC Ardning | 00:33:12 | 05:49 |
| 14 | Strutz Sabrina | 87 | 00:33:54 | 05:57 |
| 15 | Berger Sandra | 69 Union Windischgarsten | 00:33:55 | 05:57 |
| 16 | Zepf Waltraud | 58 HET Hohentauern Event Team | 00:34:15 | 06:01 |
| 17 | Schlögl Helga | 79 LC Ardning | 00:34:32 | 06:04 |
| 18 | Mayerl Sandra | 94 Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:34:41 | 06:05 |
| 19 | Forstinger Renate | 64 Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:34:57 | 06:08 |
| 20 | Zinnebner Michaela | 74 Union Windischgarsten | 00:35:11 | 06:10 |
| 21 | Forstner Christiane | 73 Sport&Service4you | 00:35:14 | 06:11 |
| 22 | Peneder Elfriede | 47 Union Windischgarsten | 00:36:52 | 06:28 |
| 23 | Tassler Yvonne | 88 LC Ardning | 00:37:14 | 06:32 |
| 24 | Albrecht Astrid | 72 USC Öblarn | 00:43:00 | 07:33 |
| 25 | Konrad Cäcilia | 39 PSV Leoben | 00:43:22 | 07:36 |
| 26 | Rotter Margarete | 46 PSV Leoben | 01:01:09 | 10:44 |
| 27 | Schiemel Petra | 79 PSV Leoben | 01:05:04 | 11:25 |

| Rang | Name | Jg. | Verein/Ort | Netto | min/km |
|------|------------------------|-----|--|----------|--------|
| 1 | Peindl Hermann | 80 | Kolland Topsport Asics Gaal | 00:25:03 | 03:41 |
| 2 | Mord Heimo | 76 | ATUS Knittelfeld | 00:25:28 | 03:45 |
| 3 | Karner Josef | 77 | Atus-Knittelfeld | 00:25:41 | 03:47 |
| 4 | Berger Stefan | 66 | Union Windischgarsten | 00:25:51 | 03:48 |
| 5 | Hotz Martin | 73 | LG Kirchdorf | 00:26:09 | 03:51 |
| 6 | Schober Martin | 78 | Union Windischgarsten | 00:26:51 | 03:57 |
| 7 | Breitfuß Andreas | 70 | LC Idee Rottenmann | 00:27:09 | 04:00 |
| 8 | Stieg Mathias | 65 | | 00:27:19 | 04:01 |
| 9 | Wippel Anton | 64 | ATV Irdning | 00:27:30 | 04:03 |
| 10 | Grießer Hermann | 68 | HTT | 00:28:15 | 04:09 |
| 11 | Heigl Bernd | 88 | Naturfreunde Palfau | 00:28:34 | 04:12 |
| 12 | Waldhuber Felix | 91 | SV MC Donalds Aigen | 00:28:40 | 04:13 |
| 13 | Schieg Dietmar | 73 | Treglwang | 00:28:46 | 04:14 |
| 14 | Pachler Günter | 64 | LC Idee Rottenmann | 00:29:22 | 04:19 |
| 15 | Schmölz Ralph | 79 | HET Hohentauern | 00:29:28 | 04:20 |
| 16 | Zand Franz | 63 | Union Windischgarsten | 00:29:33 | 04:21 |
| 17 | Grüßer Johann | 60 | LC Idee Rottenmann | 00:29:37 | 04:21 |
| 18 | Schaupensteiner Helmut | 57 | LC Idee Rottenmann | 00:29:42 | 04:22 |
| 19 | Löschenkohl Christian | 94 | Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:29:53 | 04:24 |
| 20 | Stachl Dieter | 68 | SV MC Donalds Aigen | 00:30:02 | 04:25 |
| 21 | Unger Alois | 85 | | 00:30:38 | 04:30 |
| 22 | Landl Marc | 80 | SV Wald am Schoberpass | 00:30:38 | 04:30 |
| 23 | Manschefszi Bernhard | 71 | SV MC Donalds Aigen | 00:30:41 | 04:31 |
| 24 | Burghauser Leonhard | 72 | LC Idee Rottenmann | 00:30:45 | 04:31 |
| 25 | Wölfler Manfred | 73 | WM Sport & Schilanglauf Hohentauern | 00:30:55 | 04:33 |
| 26 | Peer Patrick | 94 | Cerro Torre Installationen Reiter | 00:30:59 | 04:33 |
| 27 | Marcher Alexander | 95 | LC Idee Rottenmann | 00:31:26 | 04:37 |
| 28 | Rohrleitner Markus | 71 | Union Windischgarsten | 00:31:40 | 04:39 |
| 29 | Fischer Reinhold | 66 | WM Sport & Schilanglauf Hohentauern | 00:32:00 | 04:42 |
| 30 | Pirkmann Martin | 73 | LC Idee Rottenmann | 00:32:02 | 04:43 |
| 31 | Forstner Andreas | 68 | Sportfreunde Kröswang | 00:32:12 | 04:44 |
| 32 | Luidold Markus | 73 | Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:32:32 | 04:47 |

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|----|----------------------|---|----------|-------|
| 33 | Lesch Rene | 75 | 00:32:33 | 04:47 |
| 34 | Neumaier Walter | 51 LC Idee Rottenmann | 00:32:48 | 04:49 |
| 35 | Hinterberger Alfred | 61 Union Windischgarsten | 00:33:37 | 04:57 |
| 36 | Tassler Wolfgang | 60 LC Ardning | 00:34:15 | 05:02 |
| 37 | Pilz Josef | 86 | 00:34:24 | 05:04 |
| 38 | Grasser Christoph | 73 Sport&Service4you | 00:34:50 | 05:07 |
| 39 | Reisner Gernot | 64 LC Ardning | 00:35:10 | 05:10 |
| 40 | Holzinger Ralph | 69 Union Windischgarsten | 00:35:20 | 05:12 |
| 41 | Luser Günther | 58 WSV Liezen | 00:35:59 | 05:18 |
| 42 | Tritscher Franz | 50 LC Idee Rottenmann | 00:36:36 | 05:23 |
| 43 | Schiemel Robert | 73 PSV Leoben | 00:37:01 | 05:27 |
| 44 | Pilz Josef | 52 WSV St. Nikolai/Sölkta | 00:37:02 | 05:27 |
| 45 | Huber Thomas | 73 SC-Radstadt Team Nordic | 00:37:05 | 05:27 |
| 46 | Marcher Martin | 66 LC Idee Rottenmann | 00:37:35 | 05:32 |
| 47 | Schrempf Hermann | 37 WSV Ramsau am Dachstein | 00:37:44 | 05:33 |
| 48 | Fuchs Peter | 71 LC Ardning | 00:38:15 | 05:37 |
| 49 | Lammer Wolfgang | 71 LC Idee Rottenmann | 00:38:38 | 05:41 |
| 50 | Gebauer Ingo | 72 Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:38:57 | 05:44 |
| 51 | Gruber Rudolf | 72 Flinke Horde ÖAV Mandl Sport 2000 Gröbming | 00:38:58 | 05:44 |
| 52 | Tritscher Franz | 41 WSV Ramsau am Dachstein | 00:40:09 | 05:54 |
| 53 | Schüttbacher Manfred | 69 LC Ardning | 00:42:25 | 06:14 |