

| Pl | Name | Age Clas | Time | Urban Course (33) | | | | | | | | | | | |
|----|-----------------------------|----------|-------|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| | | | | 3.1 km 0 m | | | 24 C | | | | | | | | |
| | | | | 1(157) 13(106) Finish | 2(155) 14(96) | 3(43) 15(103) | 4(138) 16(129) | 5(156) 17(170) | 6(158) 18(172) | 7(154) 19(140) | 8(174) 20(139) | 9(168) 21(169) | 10(160) 22(167) | 11(161) 23(165) | 12(152) 24(156) |
| 1 | Janne Heikkinen AUOC | M21 | 18:27 | 0:36 0:36 9:37 0:49 18:27 0:14 | 1:02 0:26 11:08 1:31 | 1:37 0:35 11:37 0:29 | 2:30 0:53 12:38 1:01 | 3:49 1:19 13:19 0:41 | 4:28 0:39 14:03 0:44 | 5:00 0:32 14:21 0:18 | 5:42 0:42 14:55 0:34 | 6:09 0:27 16:20 1:25 | 6:54 0:45 16:46 0:26 | 7:56 1:02 17:28 0:42 | 8:48 0:52 18:13 0:45 |
| 2 | Jake Chapman MAROC | M16 | 18:53 | 0:36 0:36 9:46 0:46 18:53 0:15 | 1:03 0:27 11:16 1:30 | 1:41 0:38 11:47 0:31 | 2:35 0:54 12:54 1:07 | 3:57 1:22 13:37 0:43 | 4:35 0:38 14:20 0:43 | 5:08 0:33 14:37 0:17 | 5:52 0:44 15:17 0:40 | 6:21 0:29 16:44 1:27 | 7:05 0:44 17:13 0:29 | 8:09 1:04 17:56 0:43 | 9:00 0:51 18:38 0:42 |
| 3 | Mark Stockton GRAMP | M21 | 19:21 | 0:43 0:43 10:30 0:50 19:21 0:15 | 1:15 0:32 11:56 1:26 | 1:53 0:38 12:25 0:29 | 2:51 0:58 13:26 1:01 | 4:21 1:30 14:06 0:40 | 5:01 0:40 14:50 0:44 | 5:34 0:33 15:09 0:19 | 6:18 0:44 15:44 0:35 | 6:45 0:27 17:10 1:26 | 7:32 0:47 17:39 0:29 | 8:45 1:13 18:21 0:42 | 9:40 0:55 19:06 0:45 |
| 4 | Gordon Urquhart GRAMP | M35 | 20:24 | 0:44 0:44 11:21 0:43 20:24 0:16 | 1:19 0:35 12:41 1:20 | 1:56 0:37 13:14 0:33 | 2:55 0:59 14:11 0:57 | 4:24 1:29 14:54 0:43 | 5:12 0:48 15:46 0:52 | 5:44 0:32 16:04 0:18 | 6:29 0:45 16:44 0:40 | 6:58 0:29 18:09 1:25 | 8:06 1:08 18:35 0:26 | 9:27 1:21 19:19 0:44 | 10:38 1:11 20:08 0:49 |
| 5 | Evgueni Chepelin GRAMP | M50 | 22:25 | 0:55 0:55 11:33 0:52 22:25 0:18 | 1:34 0:39 13:24 1:51 | 2:14 0:40 13:56 0:32 | 3:15 1:01 15:04 1:08 | 4:52 1:37 15:50 0:46 | 5:41 0:49 16:43 0:53 | 6:13 0:32 17:21 0:38 | 7:02 0:49 18:10 0:49 | 7:31 0:29 19:55 1:45 | 8:25 0:54 20:25 0:30 | 9:35 1:10 21:13 0:48 | 10:41 1:06 22:07 0:54 |
| 6 | Alistair Chapman MAROC | M14 | 22:31 | 0:42 0:42 11:34 0:52 22:31 0:22 | 1:23 0:41 13:09 1:35 | 2:01 0:38 13:52 0:43 | 3:10 1:09 15:36 1:44 | 4:44 1:34 16:24 0:48 | 5:37 0:53 17:19 0:55 | 6:11 0:34 17:39 0:20 | 7:01 0:50 18:21 0:42 | 7:38 0:37 19:57 1:36 | 8:33 0:55 20:29 0:32 | 9:40 1:07 21:16 0:47 | 10:42 1:02 22:09 0:53 |
| 7 | Pete Lawrence GRAMP | M50 | 24:12 | 0:54 0:54 12:57 0:51 24:12 0:18 | 2:32 1:38 14:39 1:42 | 3:12 0:40 15:50 1:11 | 4:15 1:03 17:02 1:12 | 5:55 1:40 17:53 0:51 | 6:45 0:50 18:51 0:58 | 7:21 0:36 19:13 0:22 | 8:14 0:53 19:54 0:41 | 8:46 0:32 21:36 1:42 | 9:41 0:55 22:07 0:31 | 10:59 1:18 22:59 0:52 | 12:06 1:07 23:54 0:55 |
| 8 | Robert Daly GRAMP | M55 | 25:28 | 0:58 0:58 13:40 0:53 25:28 0:23 | 1:37 0:39 16:02 2:22 | 2:21 0:44 16:39 0:37 | 3:36 1:15 17:53 1:14 | 5:35 1:59 18:51 0:58 | 6:34 0:59 19:52 1:01 | 7:17 0:43 20:17 0:25 | 8:13 0:56 21:00 0:43 | 8:53 0:40 22:45 1:45 | 10:16 1:23 23:18 0:33 | 11:42 1:26 24:09 0:51 | 12:47 1:05 25:05 0:56 |
| 9 | Bob Sheridan GRAMP | M45 | 25:52 | 1:09 1:09 15:01 0:51 25:52 0:16 | 1:40 0:31 16:46 1:45 | 3:04 1:24 17:16 0:30 | 4:16 1:12 18:19 1:03 | 6:32 2:16 19:29 1:10 | 9:16 2:44 20:33 1:04 | 9:46 0:30 21:06 0:33 | 10:34 0:48 21:57 0:51 | 11:10 0:36 23:33 1:36 | 11:57 0:47 24:01 0:28 | 13:13 1:16 24:46 0:45 | 14:10 0:57 25:36 0:50 |
| 9 | Ian Hamilton GRAMP | M55 | 25:52 | 1:02 1:02 12:53 0:55 25:52 0:20 | 1:36 0:34 16:25 3:32 | 2:23 0:47 17:02 0:37 | 3:32 1:09 18:15 1:13 | 5:13 1:41 19:08 0:53 | 6:22 1:09 20:05 0:57 | 7:01 0:39 20:26 0:21 | 7:53 0:52 21:13 0:47 | 8:47 0:54 22:55 1:42 | 9:43 0:56 23:35 0:40 | 10:58 1:15 24:38 1:03 | 11:58 1:00 25:32 0:54 |
| 11 | David Kirk GRAMP | M45 | 25:55 | 1:00 1:00 13:35 1:00 25:55 0:31 | 1:40 0:40 15:42 2:07 | 2:26 0:46 16:21 0:39 | 3:42 1:16 17:46 1:25 | 5:31 1:49 18:51 1:05 | 6:26 0:55 19:54 1:03 | 7:06 0:40 20:18 0:24 | 8:10 1:04 21:03 0:45 | 8:51 0:41 22:48 1:45 | 9:54 1:03 23:22 0:34 | 11:21 1:27 24:28 1:06 | 12:35 1:14 25:24 0:56 |
| 12 | Keith Roberts MAROC | M55 | 26:04 | 0:49 0:49 13:29 0:57 26:04 0:18 | 1:24 0:35 15:24 1:55 | 2:12 0:48 16:04 0:40 | 3:24 1:12 17:27 1:23 | 5:17 1:53 18:36 1:09 | 6:29 1:12 19:37 1:01 | 7:24 0:55 20:03 0:26 | 8:18 0:54 20:51 0:48 | 8:55 0:37 23:16 2:25 | 10:00 1:05 23:51 0:35 | 11:21 1:21 24:51 1:00 | 12:32 1:11 25:46 0:55 |
| 13 | Michaela Kolistanik AUOC | W21 | 26:52 | 0:54 0:54 14:02 0:56 26:52 0:17 | 1:47 0:53 15:54 1:52 | 2:33 0:46 16:33 0:39 | 3:46 1:13 18:33 2:00 | 5:44 1:58 19:34 1:01 | 7:07 1:23 20:41 1:07 | 7:47 0:40 21:04 0:23 | 8:53 1:06 21:54 0:50 | 9:31 0:38 24:07 2:13 | 10:32 1:01 24:42 0:35 | 11:57 1:25 25:39 0:57 | 13:06 1:09 26:35 0:56 |

| Pl | Name | Age Clas | Time | | | | | | | | | | | | | | | |
|--------------------------|---------------------------|----------|-------|-------------------|--------|---------|-------------|---------|---------|----------------|---------|---------|---------|---------|---------|--|--|--|
| Urban Course (33) | | | | 3.1 km 0 m | | | 24 C | | | <i>(cont.)</i> | | | | | | | | |
| | | | | 1(157) | 2(155) | 3(43) | 4(138) | 5(156) | 6(158) | 7(154) | 8(174) | 9(168) | 10(160) | 11(161) | 12(152) | | | |
| | | | | 13(106) | 14(96) | 15(103) | 16(129) | 17(170) | 18(172) | 19(140) | 20(139) | 21(169) | 22(167) | 23(165) | 24(156) | | | |
| | | | | Finish | | | | | | | | | | | | | | |
| 14 | Donald Grassie MOR | M55 | 28:40 | 1:02 | 1:48 | 2:42 | 4:04 | 6:12 | 7:50 | 8:32 | 9:40 | 10:21 | 11:31 | 13:07 | 14:21 | | | |
| | | | | 1:02 | 0:46 | 0:54 | 1:22 | 2:08 | 1:38 | 0:42 | 1:08 | 0:41 | 1:10 | 1:36 | 1:14 | | | |
| | | | | 15:27 | 17:29 | 18:10 | 19:34 | 20:52 | 22:01 | 22:25 | 23:18 | 25:28 | 26:07 | 27:11 | 28:17 | | | |
| | | | | 1:06 | 2:02 | 0:41 | 1:24 | 1:18 | 1:09 | 0:24 | 0:53 | 2:10 | 0:39 | 1:04 | 1:06 | | | |
| | | | | 28:40 | | | | | | | | | | | | | | |
| 15 | Julia Lust AUOC | W20 | 30:36 | 0:51 | 1:45 | 2:37 | 4:17 | 6:29 | 7:56 | 8:52 | 10:06 | 10:49 | 11:56 | 13:35 | 14:55 | | | |
| | | | | 0:51 | 0:54 | 0:52 | 1:40 | 2:12 | 1:27 | 0:56 | 1:14 | 0:43 | 1:07 | 1:39 | 1:20 | | | |
| | | | | 16:04 | 18:40 | 19:22 | 20:58 | 22:03 | 23:23 | 23:52 | 24:51 | 27:24 | 28:04 | 29:05 | 30:01 | | | |
| | | | | 1:09 | 2:36 | 0:42 | 1:36 | 1:05 | 1:20 | 0:29 | 0:59 | 2:33 | 0:40 | 1:01 | 0:56 | | | |
| | | | | 30:36 | | | | | | | | | | | | | | |
| 16 | Lachlan Kirk GRAMP | M16 | 30:53 | 0:43 | 1:23 | 3:06 | 5:44 | 7:33 | 8:35 | 11:35 | 12:21 | 13:04 | 14:02 | 15:27 | 16:28 | | | |
| | | | | 0:43 | 0:40 | 1:43 | 2:38 | 1:49 | 1:02 | 3:00 | 0:46 | 0:43 | 0:58 | 1:25 | 1:01 | | | |
| | | | | 19:16 | 21:12 | 21:46 | 22:59 | 23:54 | 24:56 | 25:19 | 26:00 | 27:47 | 28:18 | 29:25 | 30:33 | | | |
| | | | | 2:48 | 1:56 | 0:34 | 1:13 | 0:55 | 1:02 | 0:23 | 0:41 | 1:47 | 0:31 | 1:07 | 1:08 | | | |
| | | | | 30:53 | | | | | | | | | | | | | | |
| 17 | Colinne Boniface AUOC | W20 | 32:02 | 0:57 | 2:06 | 3:08 | 4:56 | 8:04 | 9:33 | 10:18 | 11:30 | 12:04 | 13:12 | 15:11 | 16:30 | | | |
| | | | | 0:57 | 1:09 | 1:02 | 1:48 | 3:08 | 1:29 | 0:45 | 1:12 | 0:34 | 1:08 | 1:59 | 1:19 | | | |
| | | | | 17:34 | 20:02 | 20:38 | 22:06 | 23:20 | 25:34 | 25:58 | 26:48 | 28:35 | 29:12 | 30:07 | 31:37 | | | |
| | | | | 1:04 | 2:28 | 0:36 | 1:28 | 1:14 | 2:14 | 0:24 | 0:50 | 1:47 | 0:37 | 0:55 | 1:30 | | | |
| | | | | 32:02 | | | | | | | | | | | | | | |
| 18 | James Cruickshank No Club | M21 | 32:20 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | | | |
| | | | | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | | | |
| | | | | 32:20 | | | | | | | | | | | | | | |
| | | | | 32:20 | | | | | | | | | | | | | | |
| | | | | 1:16 | 1:53 | 3:00 | 4:53 | 8:29 | 10:00 | 11:00 | 12:18 | 12:58 | 14:03 | 15:54 | 17:13 | | | |
| 1:16 | 0:37 | 1:07 | 1:53 | 3:36 | 1:31 | 1:00 | 1:18 | 0:40 | 1:05 | 1:51 | 1:19 | | | | | | | |
| 18:34 | 20:28 | 21:08 | 22:31 | 24:31 | 25:50 | 26:20 | 27:25 | 29:42 | 30:22 | 31:39 | 32:52 | | | | | | | |
| 1:21 | 1:54 | 0:40 | 1:23 | 2:00 | 1:19 | 0:30 | 1:05 | 2:17 | 0:40 | 1:17 | 1:13 | | | | | | | |
| 33:21 | | | | | | | | | | | | | | | | | | |
| 20 | Kenny Lang No Club | M50 | 34:13 | 0:29 | | *165 | | | | | | | | | | | | |
| | | | | 1:17 | 2:05 | 2:59 | 6:16 | 8:23 | 9:46 | 10:45 | 12:34 | 13:20 | 14:25 | 17:23 | 19:07 | | | |
| | | | | 1:17 | 0:48 | 0:54 | 3:17 | 2:07 | 1:23 | 0:59 | 1:49 | 0:46 | 1:05 | 2:58 | 1:44 | | | |
| | | | | 20:09 | 22:44 | 23:27 | 24:53 | 25:56 | 27:54 | 28:15 | 29:04 | 31:09 | 31:44 | 32:44 | 33:43 | | | |
| | | | | 1:02 | 2:35 | 0:43 | 1:26 | 1:03 | 1:58 | 0:21 | 0:49 | 2:05 | 0:35 | 1:00 | 0:59 | | | |
| 34:13 | | | | | | | | | | | | | | | | | | |
| 21 | Graham Salway MAROC | M14 | 34:58 | 0:30 | | *170 | *168 | | | | | | | | | | | |
| | | | | 1:09 | 2:10 | 3:18 | 4:56 | 7:02 | 9:28 | 10:12 | 11:22 | 12:03 | 13:03 | 14:38 | 16:11 | | | |
| | | | | 1:09 | 1:01 | 1:08 | 1:38 | 2:06 | 2:26 | 0:44 | 1:10 | 0:41 | 1:00 | 1:35 | 1:33 | | | |
| | | | | 17:19 | 20:10 | 20:55 | 22:43 | 25:11 | 27:09 | 27:47 | 28:57 | 31:17 | 32:03 | 33:27 | 34:34 | | | |
| | | | | 1:08 | 2:51 | 0:45 | 1:48 | 2:28 | 1:58 | 0:38 | 1:10 | 2:20 | 0:46 | 1:24 | 1:07 | | | |
| 34:58 | | | | | | | | | | | | | | | | | | |
| 22 | Patrick Lang GRAMP | M12 | 35:08 | 0:24 | | | | | | | | | | | | | | |
| | | | | 1:24 | 2:09 | 3:12 | 6:14 | 8:25 | 10:20 | 11:20 | 12:33 | 13:18 | 14:41 | 16:28 | 17:57 | | | |
| | | | | 1:24 | 0:45 | 1:03 | 3:02 | 2:11 | 1:55 | 1:00 | 1:13 | 0:45 | 1:23 | 1:47 | 1:29 | | | |
| | | | | 19:00 | 21:35 | 22:11 | 23:46 | 25:18 | 26:40 | 27:34 | 28:56 | 31:56 | 32:26 | 33:36 | 34:46 | | | |
| | | | | 1:03 | 2:35 | 0:36 | 1:35 | 1:32 | 1:22 | 0:54 | 1:22 | 3:00 | 0:30 | 1:10 | 1:10 | | | |
| 35:08 | | | | | | | | | | | | | | | | | | |
| 23 | Jonathan Lenton MAROC | M55 | 35:58 | 0:22 | | | | | | | | | | | | | | |
| | | | | 1:45 | 2:40 | 3:30 | 6:38 | 8:32 | 10:35 | 11:23 | 12:30 | 13:20 | 14:26 | 16:04 | 17:16 | | | |
| | | | | 1:45 | 0:55 | 0:50 | 3:08 | 1:54 | 2:03 | 0:48 | 1:07 | 0:50 | 1:06 | 1:38 | 1:12 | | | |
| | | | | 18:14 | 23:56 | 24:36 | 26:10 | 28:12 | 29:32 | 29:59 | 31:09 | 33:05 | 33:42 | 34:41 | 35:39 | | | |
| | | | | 0:58 | 5:42 | 0:40 | 1:34 | 2:02 | 1:20 | 0:27 | 1:10 | 1:56 | 0:37 | 0:59 | 0:58 | | | |
| 35:58 | | | | | | | | | | | | | | | | | | |
| 24 | Corinne Moir AUOC | W20 | 36:29 | 0:19 | | *249 | *156 | *249 | | | | | | | | | | |
| | | | | 0:47 | 2:27 | 4:33 | 6:20 | 9:23 | 11:07 | 11:55 | 13:30 | 14:11 | 15:29 | 17:11 | 18:38 | | | |
| | | | | 0:47 | 1:40 | 2:06 | 1:47 | 3:03 | 1:44 | 0:48 | 1:35 | 0:41 | 1:18 | 1:42 | 1:27 | | | |
| | | | | 19:51 | 22:44 | 23:53 | 25:40 | 27:12 | 29:19 | 29:43 | 30:39 | 32:55 | 33:41 | 34:54 | 36:04 | | | |
| | | | | 1:13 | 2:53 | 1:09 | 1:47 | 1:32 | 2:07 | 0:24 | 0:56 | 2:16 | 0:46 | 1:13 | 1:10 | | | |
| 36:29 | | | | | | | | | | | | | | | | | | |
| 25 | Olivia Coman No Club | JW | 36:48 | 0:25 | | | | | | | | | | | | | | |
| | | | | 1:21 | 2:30 | 3:32 | 5:33 | 8:42 | 10:37 | 11:31 | 13:20 | 14:08 | 15:36 | 17:56 | 19:44 | | | |
| | | | | 1:21 | 1:09 | 1:02 | 2:01 | 3:09 | 1:55 | 0:54 | 1:49 | 0:48 | 1:28 | 2:20 | 1:48 | | | |
| | | | | 20:50 | 23:39 | 24:25 | 26:06 | 27:32 | 29:00 | 29:25 | 30:23 | 33:03 | 33:42 | 35:10 | 36:11 | | | |
| | | | | 1:06 | 2:49 | 0:46 | 1:41 | 1:26 | 1:28 | 0:25 | 0:58 | 2:40 | 0:39 | 1:28 | 1:01 | | | |
| 36:48 | | | | | | | | | | | | | | | | | | |
| 26 | Carl Boyd No Club | | 40:21 | 0:37 | | | | | | | | | | | | | | |
| | | | | 1:47 | 3:00 | 4:10 | 6:11 | 9:07 | 10:32 | 11:33 | 13:24 | 14:20 | 15:43 | 18:31 | 20:17 | | | |
| | | | | 1:47 | 1:13 | 1:10 | 2:01 | 2:56 | 1:25 | 1:01 | 1:51 | 0:56 | 1:23 | 2:48 | 1:46 | | | |
| | | | | 21:51 | 24:36 | 25:46 | 27:30 | 29:26 | 31:09 | 31:51 | 33:00 | 36:26 | 37:35 | 38:35 | 39:52 | | | |
| | | | | 1:34 | 2:45 | 1:10 | 1:44 | 1:56 | 1:43 | 0:42 | 1:09 | 3:26 | 1:09 | 1:00 | 1:17 | | | |
| 40:21 | | | | | | | | | | | | | | | | | | |
| | | | | 0:29 | | | | | | | | | | | | | | |

| Pl | Name | Age Clas | Time | | | | | | | | | | | | | |
|--------------------------|--|----------|--------------|-------------------|-------------|-------------|-------------|---------|---------|----------------|---------|---------|-------------|-------------|---------|--|
| Urban Course (33) | | | | 3.1 km 0 m | | | 24 C | | | <i>(cont.)</i> | | | | | | |
| | | | | 1(157) | 2(155) | 3(43) | 4(138) | 5(156) | 6(158) | 7(154) | 8(174) | 9(168) | 10(160) | 11(161) | 12(152) | |
| | | | | 13(106) | 14(96) | 15(103) | 16(129) | 17(170) | 18(172) | 19(140) | 20(139) | 21(169) | 22(167) | 23(165) | 24(156) | |
| | | | | Finish | | | | | | | | | | | | |
| 27 | Tuuli Toivonen AUOC | W20 | 40:22 | 1:02 | 2:09 | 3:17 | 5:21 | 7:55 | 9:29 | 10:26 | 12:24 | 13:27 | 14:55 | 17:49 | 19:56 | |
| | | | | 1:02 | 1:07 | 1:08 | 2:04 | 2:34 | 1:34 | 0:57 | 1:58 | 1:03 | 1:28 | 2:54 | 2:07 | |
| | | | | 21:34 | 24:53 | 25:45 | 27:39 | 29:12 | 31:14 | 31:42 | 33:03 | 35:56 | 36:55 | 38:17 | 39:55 | |
| | | | | 1:38 | 3:19 | 0:52 | 1:54 | 1:33 | 2:02 | 0:28 | 1:21 | 2:53 | 0:59 | 1:22 | 1:38 | |
| | | | | 40:22 | | | | | | | | | | | | |
| 28 | Liz Sloan No Club | | 41:23 | 2:14 | 3:03 | 4:10 | 5:52 | 8:08 | 10:01 | 10:44 | 12:08 | 13:04 | 14:20 | 16:16 | 17:34 | |
| | | | | 2:14 | 0:49 | 1:07 | 1:42 | 2:16 | 1:53 | 0:43 | 1:24 | 0:56 | 1:16 | 1:56 | 1:18 | |
| | | | | 18:43 | 26:47 | 27:38 | 29:50 | 31:13 | 33:07 | 33:44 | 34:45 | 37:19 | 38:01 | 39:38 | 40:49 | |
| | | | | 1:09 | 8:04 | 0:51 | 2:12 | 1:23 | 1:54 | 0:37 | 1:01 | 2:34 | 0:42 | 1:37 | 1:11 | |
| | | | | 41:23 | | | | | | | | | | | | |
| 29 | Anne Hoy GRAMP | W55 | 43:36 | 1:27 | 2:36 | 4:02 | 6:59 | 10:36 | 12:29 | 13:39 | 15:27 | 16:22 | 18:09 | 20:26 | 22:19 | |
| | | | | 1:27 | 1:09 | 1:26 | 2:57 | 3:37 | 1:53 | 1:10 | 1:48 | 0:55 | 1:47 | 2:17 | 1:53 | |
| | | | | 23:50 | 27:11 | 28:08 | 30:29 | 32:00 | 33:53 | 34:26 | 35:56 | 39:09 | 39:59 | 41:29 | 43:00 | |
| | | | | 1:31 | 3:21 | 0:57 | 2:21 | 1:31 | 1:53 | 0:33 | 1:30 | 3:13 | 0:50 | 1:30 | 1:31 | |
| | | | | 43:36 | | | | | | | | | | | | |
| 30 | Fiona,June+ Fiona No Club | | 62:41 | 2:55 | 3:44 | 5:39 | 9:18 | 14:07 | 19:22 | 21:04 | 23:12 | 24:40 | 27:14 | 32:56 | 35:01 | |
| | | | | 2:55 | 0:49 | 1:55 | 3:39 | 4:49 | 5:15 | 1:42 | 2:08 | 1:28 | 2:34 | 5:42 | 2:05 | |
| | | | | 37:05 | 40:17 | 41:08 | 43:13 | 45:16 | 48:28 | 48:56 | 51:51 | 56:27 | 57:44 | 60:07 | 61:56 | |
| | | | | 2:04 | 3:12 | 0:51 | 2:05 | 2:03 | 3:12 | 0:28 | 2:55 | 4:36 | 1:17 | 2:23 | 1:49 | |
| | | | | 62:41 | | | | | | | | | | | | |
| | Angel Iliev AUOC | M21 | mp | 0:34 | 0:59 | 1:34 | 2:32 | 4:00 | 5:05 | 5:41 | 7:18 | 7:46 | 8:33 | 9:35 | 10:29 | |
| | | | | 0:34 | 0:25 | 0:35 | 0:58 | 1:28 | 1:05 | 0:36 | 1:37 | 0:28 | 0:47 | 1:02 | 0:54 | |
| | | | | 11:14 | 12:37 | 13:05 | 14:01 | 14:43 | 15:27 | 15:45 | 16:27 | 17:54 | 18:19 | 19:00 | ----- | |
| | | | | 0:45 | 1:23 | 0:28 | 0:56 | 0:42 | 0:44 | 0:18 | 0:42 | 1:27 | 0:25 | 0:41 | | |
| | | | | 19:44 | | | | | | | | | | | | |
| | Rosie Fletcher No Club | W21 | dnf | 1:59 | 4:00 | 5:27 | 8:54 | 14:45 | 16:54 | 18:35 | 20:48 | 22:02 | 24:22 | 28:58 | 31:27 | |
| | | | | 1:59 | 2:01 | 1:27 | 3:27 | 5:51 | 2:09 | 1:41 | 2:13 | 1:14 | 2:20 | 4:36 | 2:29 | |
| | | | | 33:28 | 39:38 | 41:10 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | | 2:01 | 6:10 | 1:32 | | | | | | | | | | |
| | Louise Ryan No Club | W21 | dnf | 1:56 | 3:56 | 5:24 | 8:53 | 14:44 | 16:54 | 18:31 | 20:47 | 21:57 | 24:21 | 28:55 | 31:25 | |
| | | | | 1:56 | 2:00 | 1:28 | 3:29 | 5:51 | 2:10 | 1:37 | 2:16 | 1:10 | 2:24 | 4:34 | 2:30 | |
| | | | | 33:26 | 39:34 | 41:07 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | | 2:01 | 6:08 | 1:33 | | | | | | | | | | |