

| Pl | Name | Cl. | Time | | | | | | | | | | | | | | | | |
|--------------------|----------------------------|-----|-------|------------------------|---------|---------|---------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|--|--|
| Sprint (39) | | | | 3.0 km 0 m 18 C | | | | | | | | | | | | | | | |
| | | | | 1(247) | 2(244) | 3(245) | 4(241) | 5(238) | 6(239) | 7(235) | 8(237) | 9(232) | 10(234) | 11(231) | 12(233) | 13(236) | 14(242) | | |
| | | | | 15(240) | 16(246) | 17(248) | 18(243) | Finish | | | | | | | | | | | |
| 1 | Jake Chapman MAROC | FS | 20:17 | 1:01 | 1:50 | 2:48 | 4:29 | 5:20 | 6:01 | 6:54 | 8:12 | 9:20 | 10:23 | 11:00 | 11:55 | 12:46 | 14:30 | | |
| | | | | 1:01 | 0:49 | 0:58 | 1:41 | 0:51 | 0:41 | 0:53 | 1:18 | 1:08 | 1:03 | 0:37 | 0:55 | 0:51 | 1:44 | | |
| | | | | 15:55 | 17:30 | 18:32 | 19:33 | 20:17 | | | | | | | | | | | |
| | | | | 1:25 | 1:35 | 1:02 | 1:01 | 0:44 | | | | | | | | | | | |
| 2 | Janne Heikkinen AUOC | FS | 20:50 | 0:53 | 1:45 | 2:52 | 4:26 | 5:12 | 5:47 | 6:40 | 7:59 | 8:59 | 10:06 | 10:49 | 12:03 | 12:57 | 14:51 | | |
| | | | | 0:53 | 0:52 | 1:07 | 1:34 | 0:46 | 0:35 | 0:53 | 1:19 | 1:00 | 1:07 | 0:43 | 1:14 | 0:54 | 1:54 | | |
| | | | | 16:17 | 18:02 | 19:04 | 20:10 | 20:50 | | | | | | | | | | | |
| | | | | 1:26 | 1:45 | 1:02 | 1:06 | 0:40 | | | | | | | | | | | |
| 3 | Jon Musgrave MAROC | FS | 22:44 | 1:12 | 2:07 | 3:38 | 5:36 | 6:34 | 7:19 | 8:28 | 10:08 | 11:04 | 12:02 | 12:45 | 13:50 | 14:45 | 16:48 | | |
| | | | | 1:12 | 0:55 | 1:31 | 1:58 | 0:58 | 0:45 | 1:09 | 1:40 | 0:56 | 0:58 | 0:43 | 1:05 | 0:55 | 2:03 | | |
| | | | | 18:24 | 20:00 | 21:00 | 22:06 | 22:44 | | | | | | | | | | | |
| | | | | 1:36 | 1:36 | 1:00 | 1:06 | 0:38 | | | | | | | | | | | |
| 4 | Gordon Urquhart GRAMP | FS | 23:49 | 1:13 | 2:16 | 3:46 | 5:41 | 6:29 | 7:27 | 9:16 | 10:46 | 11:54 | 12:58 | 13:40 | 14:52 | 15:49 | 17:43 | | |
| | | | | 1:13 | 1:03 | 1:30 | 1:55 | 0:48 | 0:58 | 1:49 | 1:30 | 1:08 | 1:04 | 0:42 | 1:12 | 0:57 | 1:54 | | |
| | | | | 19:11 | 20:56 | 21:58 | 23:06 | 23:49 | | | | | | | | | | | |
| | | | | 1:28 | 1:45 | 1:02 | 1:08 | 0:43 | | | | | | | | | | | |
| 5 | William Nicholson INVOC | FS | 24:19 | 0:50 | 2:12 | 3:32 | 5:16 | 6:26 | 7:11 | 8:09 | 9:49 | 10:46 | 12:12 | 13:03 | 14:06 | 15:14 | 17:05 | | |
| | | | | 0:50 | 1:22 | 1:20 | 1:44 | 1:10 | 0:45 | 0:58 | 1:40 | 0:57 | 1:26 | 0:51 | 1:03 | 1:08 | 1:51 | | |
| | | | | 18:59 | 20:55 | 22:14 | 23:32 | 24:19 | | | | | | | | | | | |
| | | | | 1:54 | 1:56 | 1:19 | 1:18 | 0:47 | | | | | | | | | | | |
| 6 | Angel Iliev AUOC | FS | 25:22 | 0:56 | 1:41 | 2:54 | 4:51 | 6:18 | 6:54 | 9:10 | 10:31 | 11:21 | 12:29 | 14:34 | 16:39 | 17:26 | 19:07 | | |
| | | | | 0:56 | 0:45 | 1:13 | 1:57 | 1:27 | 0:36 | 2:16 | 1:21 | 0:50 | 1:08 | 2:05 | 2:05 | 0:47 | 1:41 | | |
| | | | | 20:37 | 22:30 | 23:31 | 24:40 | 25:22 | | | | | | | | | | | |
| | | | | 1:30 | 1:53 | 1:01 | 1:09 | 0:42 | | | | | | | | | | | |
| 7 | Alex MacIachlan GRAMP | FS | 25:26 | 1:01 | 1:54 | 3:28 | 5:43 | 6:37 | 7:17 | 8:20 | 9:46 | 10:52 | 12:34 | 13:31 | 15:27 | 16:17 | 18:38 | | |
| | | | | 1:01 | 0:53 | 1:34 | 2:15 | 0:54 | 0:40 | 1:03 | 1:26 | 1:06 | 1:42 | 0:57 | 1:56 | 0:50 | 2:21 | | |
| | | | | 20:24 | 22:23 | 23:25 | 24:40 | 25:26 | | | | | | | | | | | |
| | | | | 1:46 | 1:59 | 1:02 | 1:15 | 0:46 | | | | | | | | | | | |
| 8 | Sam Gomersall GRAMP | FS | 26:00 | 1:15 | 2:21 | 3:54 | 5:57 | 7:01 | 7:48 | 8:52 | 10:50 | 12:22 | 13:41 | 14:38 | 15:46 | 16:43 | 18:56 | | |
| | | | | 1:15 | 1:06 | 1:33 | 2:03 | 1:04 | 0:47 | 1:04 | 1:58 | 1:32 | 1:19 | 0:57 | 1:08 | 0:57 | 2:13 | | |
| | | | | 21:03 | 22:52 | 23:58 | 25:07 | 26:00 | | | | | | | | | | | |
| | | | | 2:07 | 1:49 | 1:06 | 1:09 | 0:53 | | | | | | | | | | | |
| 9 | Pete Lawrence GRAMP | FS | 27:19 | 1:17 | 2:27 | 4:06 | 6:17 | 7:18 | 7:59 | 9:17 | 11:03 | 12:03 | 13:18 | 14:11 | 15:49 | 16:56 | 19:41 | | |
| | | | | 1:17 | 1:10 | 1:39 | 2:11 | 1:01 | 0:41 | 1:18 | 1:46 | 1:00 | 1:15 | 0:53 | 1:38 | 1:07 | 2:45 | | |
| | | | | 21:45 | 23:47 | 25:06 | 26:23 | 27:19 | | | | | | | | | | | |
| | | | | 2:04 | 2:02 | 1:19 | 1:17 | 0:56 | | | | | | | | | | | |
| 10 | Alistair Chapman MAROC | FS | 27:45 | 1:02 | 1:52 | 3:21 | 5:22 | 7:10 | 8:12 | 9:27 | 10:56 | 12:20 | 13:29 | 14:55 | 16:29 | 18:25 | 20:51 | | |
| | | | | 1:02 | 0:50 | 1:29 | 2:01 | 1:48 | 1:02 | 1:15 | 1:29 | 1:24 | 1:09 | 1:26 | 1:34 | 1:56 | 2:26 | | |
| | | | | 22:39 | 24:24 | 25:47 | 27:00 | 27:45 | | | | | | | | | | | |
| | | | | 1:48 | 1:45 | 1:23 | 1:13 | 0:45 | | | | | | | | | | | |
| 11 | Rory O'Hara GRAMP | FS | 27:48 | 1:18 | 2:20 | 3:39 | 5:45 | 6:42 | 8:29 | 9:30 | 10:54 | 12:55 | 14:02 | 15:03 | 16:46 | 17:46 | 21:00 | | |
| | | | | 1:18 | 1:02 | 1:19 | 2:06 | 0:57 | 1:47 | 1:01 | 1:24 | 2:01 | 1:07 | 1:01 | 1:43 | 1:00 | 3:14 | | |
| | | | | 22:33 | 24:49 | 25:52 | 27:03 | 27:48 | | | | | | | | | | | |
| | | | | 1:33 | 2:16 | 1:03 | 1:11 | 0:45 | | | | | | | | | | | |
| 12 | Bob Daly GRAMP | FS | 28:00 | 1:26 | 2:59 | 4:45 | 7:00 | 8:09 | 8:59 | 10:10 | 12:05 | 13:14 | 14:57 | 15:49 | 17:09 | 18:14 | 20:31 | | |
| | | | | 1:26 | 1:33 | 1:46 | 2:15 | 1:09 | 0:50 | 1:11 | 1:55 | 1:09 | 1:43 | 0:52 | 1:20 | 1:05 | 2:17 | | |
| | | | | 22:28 | 24:23 | 25:39 | 27:13 | 28:00 | | | | | | | | | | | |
| | | | | 1:57 | 1:55 | 1:16 | 1:34 | 0:47 | | | | | | | | | | | |
| 13 | Josie Gomersall GRAMP | FS | 28:29 | 1:48 | 3:12 | 5:13 | 7:24 | 8:42 | 9:43 | 11:07 | 12:56 | 14:22 | 15:49 | 16:43 | 17:59 | 19:03 | 21:39 | | |
| | | | | 1:48 | 1:24 | 2:01 | 2:11 | 1:18 | 1:01 | 1:24 | 1:49 | 1:26 | 1:27 | 0:54 | 1:16 | 1:04 | 2:36 | | |
| | | | | 23:21 | 25:15 | 26:24 | 27:41 | 28:29 | | | | | | | | | | | |
| | | | | 1:42 | 1:54 | 1:09 | 1:17 | 0:48 | | | | | | | | | | | |
| 14 | John Lang GRAMP | FS | 29:01 | 1:28 | 2:38 | 4:05 | 6:28 | 7:46 | 8:52 | 10:00 | 11:45 | 13:09 | 14:46 | 15:47 | 17:20 | 18:28 | 20:58 | | |
| | | | | 1:28 | 1:10 | 1:27 | 2:23 | 1:18 | 1:06 | 1:08 | 1:45 | 1:24 | 1:37 | 1:01 | 1:33 | 1:08 | 2:30 | | |
| | | | | 23:05 | 25:10 | 26:27 | 28:00 | 29:01 | | | | | | | | | | | |
| | | | | 2:07 | 2:05 | 1:17 | 1:33 | 1:01 | | | | | | | | | | | |
| 15 | Neil McLean GRAMP | FS | 34:05 | 1:33 | 3:00 | 5:00 | 7:44 | 9:06 | 10:09 | 11:54 | 14:11 | 15:26 | 17:22 | 18:36 | 20:10 | 21:28 | 24:34 | | |
| | | | | 1:33 | 1:27 | 2:00 | 2:44 | 1:22 | 1:03 | 1:45 | 2:17 | 1:15 | 1:56 | 1:14 | 1:34 | 1:18 | 3:06 | | |
| | | | | 27:05 | 29:43 | 31:19 | 32:58 | 34:05 | | | | | | | | | | | |
| | | | | 2:31 | 2:38 | 1:36 | 1:39 | 1:07 | | | | | | | | | | | |
| 16 | Lesley Gomersall GRAMP | FS | 34:07 | 1:31 | 2:46 | 4:29 | 6:59 | 9:18 | 10:48 | 12:01 | 14:39 | 15:44 | 17:27 | 18:49 | 21:03 | 22:23 | 25:17 | | |
| | | | | 1:31 | 1:15 | 1:43 | 2:30 | 2:19 | 1:30 | 1:13 | 2:38 | 1:05 | 1:43 | 1:22 | 2:14 | 1:20 | 2:54 | | |
| | | | | 27:24 | 29:49 | 31:23 | 33:05 | 34:07 | | | | | | | | | | | |
| | | | | 2:07 | 2:25 | 1:34 | 1:42 | 1:02 | | | | | | | | | | | |
| 17 | Marianne Lang GRAMP | FS | 34:55 | 1:37 | 3:13 | 5:39 | 8:51 | 10:16 | 11:27 | 13:09 | 15:36 | 17:31 | 19:37 | 20:36 | 22:41 | 24:01 | 26:33 | | |
| | | | | 1:37 | 1:36 | 2:26 | 3:12 | 1:25 | 1:11 | 1:42 | 2:27 | 1:55 | 2:06 | 0:59 | 2:05 | 1:20 | 2:32 | | |
| | | | | 28:41 | 31:06 | 32:24 | 33:55 | 34:55 | | | | | | | | | | | |
| | | | | 2:08 | 2:25 | 1:18 | 1:31 | 1:00 | | | | | | | | | | | |
| 18 | Matthew Parkes GRAMP | FS | 35:21 | 1:44 | 3:16 | 6:32 | 8:54 | 10:11 | 11:09 | 12:23 | 14:19 | 16:42 | 18:29 | 19:44 | 21:31 | 22:58 | 26:03 | | |
| | | | | 1:44 | 1:32 | 3:16 | 2:22 | 1:17 | 0:58 | 1:14 | 1:56 | 2:23 | 1:47 | 1:15 | 1:47 | 1:27 | 3:05 | | |
| | | | | 28:17 | 31:21 | 32:47 | 34:28 | 35:21 | | | | | | | | | | | |
| | | | | 2:14 | 3:04 | 1:26 | 1:41 | 0:53 | | | | | | | | | | | |
| 19 | Rachel Scott GRAMP | FS | 37:47 | 1:36 | 3:43 | 5:45 | 8:15 | 9:37 | 11:00 | 13:00 | 15:50 | 17:25 | 19:23 | 20:42 | 23:36 | 25:07 | 28:01 | | |
| | | | | 1:36 | 2:07 | 2:02 | 2:30 | 1:22 | 1:23 | 2:00 | 2:50 | 1:35 | 1:58 | 1:19 | 2:54 | 1:31 | 2:54 | | |
| | | | | 30:41 | 33:19 | 34:54 | 36:42 | 37:47 | | | | | | | | | | | |
| | | | | 2:40 | 2:38 | 1:35 | 1:48 | 1:05 | | | | | | | | | | | |
| 20 | Dennis McDonald GRAMP | FS | 40:25 | 1:25 | 2:30 | 3:53 | 6:06 | 8:40 | 12:18 | 13:27 | 15:09 | 16:35 | 17:49 | 22:14 | 24:22 | 25:23 | 27:42 | | |
| | | | | 1:25 | 1:05 | 1:23 | 2:13 | 2:34 | 3:38 | 1:09 | 1:42 | 1:26 | 1:14 | 4:25 | 2:08 | 1:01 | 2:19 | | |
| | | | | 30:03 | 32:07 | 38:00 | 39:22 | 40:25 | | | | | | | | | | | |
| | | | | 2:21 | 2:04 | 5:53 | 1:22 | 1:03 | | | | | | | | | | | |

