

| Pos | Name | Age | Time | | | | | | | | | | | | | |
|-----------|----------------------------|-----|--------|-----------------------|--------------|----------------|---------------|---------------|----------------|----------------|---------------|---------------|----------------|---------------|---------------|---------------|
| Long (10) | | | 4.5 km | 185 m | 13 C | | | | | | | | | | | |
| | | | | 1(132) | 2(134) | 3(139) | 4(244) | 5(241) | 6(247) | 7(137) | 8(140) | 9(243) | 10(248) | 11(138) | 12(136) | 13(242) |
| | | | Finish | | | | | | | | | | | | | |
| 1 | Wright, Joseph MAROC | M18 | 41:08 | 1:53 1:53 41:08 | 3:13 1:20 | 8:17 5:04 | 10:59 2:42 | 12:01 1:02 | 13:52 1:51 | 22:50 8:58 | 24:17 1:27 | 27:24 3:07 | 34:02 6:38 | 36:38 2:36 | 39:25 2:47 | 40:39 1:14 |
| 2 | Young, Martin MAROC | M21 | 45:55 | 1:49 1:49 45:55 | 2:51 1:02 | 8:55 6:04 | 12:12 3:17 | 13:55 1:43 | 16:35 2:40 | 26:41 10:06 | 28:11 1:30 | 32:01 3:50 | 37:47 5:46 | 40:57 3:10 | 43:49 2:52 | 45:16 1:27 |
| 3 | Gooch, Dan MAROC | M45 | 48:41 | 2:30 2:30 48:41 | 4:41 2:11 | 12:16 7:35 | 14:23 2:07 | 16:27 2:04 | 18:24 1:57 | 27:33 9:09 | 29:18 1:45 | 33:29 4:11 | 39:00 5:31 | 42:32 3:32 | 45:49 3:17 | 47:54 2:05 |
| 4 | Chapman, Alistair MAROC | M18 | 57:02 | 1:40 1:40 57:02 | 2:38 0:58 | 12:28 9:50 | 14:22 1:54 | 16:01 1:39 | 19:28 3:27 | 30:46 11:18 | 32:48 2:02 | 37:03 4:15 | 47:11 10:08 | 51:36 4:25 | 54:45 3:09 | 56:29 1:44 |
| 5 | Wilson, Felix MAROC | M18 | 58:47 | 7:01 7:01 58:47 | 7:54 0:53 | 15:29 7:35 | 18:36 3:07 | 19:37 1:01 | 21:26 1:49 | 33:36 12:10 | 35:32 1:56 | 39:16 3:44 | 49:35 10:19 | 53:10 3:35 | 56:44 3:34 | 58:14 1:30 |
| 6 | Campbell, Eilidh MAROC | W18 | 59:43 | 2:45 2:45 59:43 | 4:13 1:28 | 12:07 7:54 | 14:08 2:01 | 16:23 2:15 | 19:10 2:47 | 35:04 15:54 | 37:38 2:34 | 41:57 4:19 | 49:17 7:20 | 53:24 4:07 | 57:14 3:50 | 58:58 1:44 |
| 7 | Wright, Hazel MAROC | W21 | 60:44 | 2:13 2:13 60:44 | 3:26 1:13 | 10:50 7:24 | 14:37 3:47 | 15:47 1:10 | 17:59 2:12 | 30:02 12:03 | 31:45 1:43 | 36:12 4:27 | 46:38 10:26 | 53:27 6:49 | 58:13 4:46 | 60:02 1:49 |
| 8 | McMurtrie, Andrew MAROC | M50 | 63:21 | 2:49 2:49 63:21 | 4:11 1:22 | 15:14 11:03 | 19:47 4:33 | 21:11 1:24 | 23:52 2:41 | 35:17 11:25 | 39:53 4:36 | 44:26 4:33 | 54:09 9:43 | 57:42 3:33 | 60:57 3:15 | 62:37 1:40 |
| 9 | Tivendale, Drew MAROC | M45 | 68:03 | 1:46 1:46 68:03 | 3:13 1:27 | 9:25 6:12 | 12:31 3:06 | 13:49 1:18 | 15:59 2:10 | 34:01 18:02 | 36:00 1:59 | 41:26 5:26 | 54:21 12:55 | 59:47 5:26 | 64:46 4:59 | 67:24 2:38 |
| 10 | McDonald, Dennis GRAMP | M50 | 91:05 | 6:49 6:49 91:05 | 8:38 1:49 | 20:01 11:23 | 24:27 4:26 | 26:10 1:43 | 40:09 13:59 | 65:29 25:20 | 67:42 2:13 | 72:14 4:32 | 79:36 7:22 | 83:40 4:04 | 88:04 4:24 | 90:12 2:08 |

