

| Pl | tno | Name | B | Club | Cl. | Time |
|--------------|-----|------------------|------------------------|-----------------------------|------|---------|
| A (6) | | | 4.7 km 0 m 18 C | | | |
| 1 | 15 | Philipp von Arx | | Lahden Suunnista Lahde | M21E | 38:55 |
| 2 | 16 | James Errington | | Maprunner Maprunner | M20 | 47:48 |
| 3 | 12 | Kimmo Hirvonen | | Lahden Suunnista Lahde | M35 | 51:37 |
| 4 | 14 | Gregor Sturm | | OLV Landshut OLV Land | M21E | 53:11 |
| 5 | 13 | Jaanus Jogis | | Saku Olletehas Saku Oll | M40 | 1:04:29 |
| 6 | 3 | Jonas Lye Scheie | | Frøyland ski og Frøyland | M21E | 1:12:54 |
| B (8) | | | 4.2 km 0 m 17 C | | | |
| 1 | 9 | Randy Korb | | Myracarud Myracarud | M45 | 38:23 |
| 2 | 7 | Simon Errington | | Maprunner Maprunner | M50 | 44:55 |
| 3 | 5 | Tonis Haldna | | Myracarud Myracarud | M45 | 51:47 |
| 4 | 10 | Arne Erdal | 69 | Samnanger IL Samnang | M45 | 1:00:58 |
| 5 | 11 | Trine Bolstad | | Ganddal IL Ganddal IL | W21A | 1:06:11 |
| 6 | 6 | Anna Schöps | 93 | OLV Landshut OLV Land | W21E | 1:07:01 |
| | 4 | Tonu Tänav | | Myracarud Myracarud | M45 | mp |
| | 8 | Britta Meißner | 90 | OLV Landshut OLV Land | W21E | mp |
| C (1) | | | 3.5 km 0 m 13 C | | | |
| 1 | 2 | Ralph Meißner | 53 | TV Coburg-Neuses TV C | M60 | 52:11 |
| D (1) | | | 1.8 km 0 m 9 C | | | |
| 1 | 1 | Desara Kraja | | Individual Alban Individual | Open | 1:00:28 |