

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|-----------------------------------|--------------------|----|---------------------|------|-----------------|------|--------|-----|------------------------------|-----------------|---------|--------|
| Herren A (6) 5.9 km 35 P | | | | | | | | | | | | |
| 1 | Christoph Frei | 69 | Tim Frei | 2007 | | | | | The Incredibles | Stein am Rhein | 33:55 | 0:00 |
| 2 | Nicolas Dinner | 08 | Laurent Baumgartner | 1972 | | | | | OLG Zürich | Zürich | 35:27 | +1:32 |
| 3 | Danilo Angst | 92 | Cyryll Rütsche | 1991 | Lucio Bürgisser | 1991 | | | Hopfen und Azimut | Zürich | 43:56 | +10:01 |
| 4 | Pascal Hengartner | 83 | Colin Erdin | 2002 | | | | | Swiss Dart National Team | Hinwil | 44:25 | +10:30 |
| 5 | Tobias Zumsteg | 93 | Manuel Brändli | 1993 | | | | | Baden läuft. | Lengnau AG | 1:05:39 | +31:44 |
| AK | Katja Zwiker | 78 | | | | | | | OLG Pfäffikon | Bäretswil | 42:20 | +8:25 |
| Herren 50- (5) 3.8 km 22 P | | | | | | | | | | | | |
| 1 | Philip Bruggmann | 71 | Michael Bruggmann | 1969 | | | | | The bros | Salmsach | 23:21 | 0:00 |
| 2 | Daniel Althaus | 68 | Matthias Kuster | 1960 | | | | | LAC TV Unterstrass | Hausen am Albis | 30:04 | +6:43 |
| 3 | Heinz Baumann | 53 | Hans Glur | 1955 | | | | | TV Leimbach | Zürich | 37:25 | +14:04 |
| 4 | Heinz Eigensatz | 55 | Christoph Kündig | 1960 | | | | | Rymenzburg/Argus | Niederlenz | 39:34 | +16:13 |
| 5 | Roland Werder | 54 | Walter Huwiler | 1954 | Guido Huwiler | 1954 | | | OLG Jungwacht Schwamendingen | Fehraltorf | 41:34 | +18:13 |
| Herren -16 (1) 3.8 km 22 P | | | | | | | | | | | | |
| 1 | Pierre Geiges | 09 | Janis Tiemann | 2009 | | | | | OLG Stäfa 16 | Männedorf | 29:27 | 0:00 |
| Herren -14 (7) 3.1 km 23 P | | | | | | | | | | | | |
| 1 | Leo Bürgi | 10 | Linus Roth | 2010 | | | | | OLC Winterthur | Winterthur | 18:03 | 0:00 |
| 2 | Dimitri Küenzi | 11 | Janosch Küenzi | 2011 | | | | | OL Zimmerberg/OLG Zürich | Kilchberg | 20:17 | +2:14 |
| 3 | Jakob Wälti | 11 | Jon Gürtler | 2012 | | | | | Edgar Mains | Winterthur | 21:51 | +3:48 |
| 4 | Rémi Geiges | 11 | Laurin Bieri | 2011 | | | | | OLG Stäfa 14 | Männedorf | 21:56 | +3:53 |
| 5 | Aymen Oertli | 10 | Fynn Zwiker | 2011 | | | | | OLG Pfäffikon | Tägerig | 22:11 | +4:08 |
| 6 | Marc Wyss | 11 | Gian Bachmann | 2013 | | | | | Richti Flitzer | Richterswil | 25:44 | +7:41 |
| 7 | Tim Hug | 11 | Leonard Herzog | 2010 | | | | | OLG Zürich | Zürich | 28:48 | +10:45 |
| Herren -12 (7) 2.0 km 20 P | | | | | | | | | | | | |
| 1 | Joshua Hückstädt | 12 | Florin Praz | 2012 | | | | | FlowJow Zimmerberg | Horgen | 11:17 | 0:00 |
| 2 | Silas Kehrl | 12 | Lars Kehrl | 2014 | | | | | Dax im Plus | Basadingen | 11:25 | +0:08 |
| 3 | Florian Hinder | 13 | Moritz Bürgi | 2013 | Maurice Keller | 2012 | | | OLC Winterthur | Winterthur | 12:41 | +1:24 |
| 4 | Thierry Schulthess | 12 | Noel Mohn | 2012 | | | | | OLC Kapreolo | Illnau | 13:10 | +1:53 |
| 5 | Curdin Hotz | 12 | Iven Vettor | 2012 | | | | | OL Zimmerberg Bennau | Einsiedeln | 15:12 | +3:55 |
| 6 | Valentin Kühne | 13 | Matthew Machkasau | 2013 | | | | | Die Pi Gang | Thalwil | 15:40 | +4:23 |
| | Gian Ruedlinger | 13 | Lukas Truninger | 2013 | | | | | OLG Schaffhausen | Beringen | Fehlst | |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|--|---------------------|----|----------------------|------|-------------------|-----|--------|-----|------------------------------|-----------------|---------|--------|
| Herren -10 (6) 2.0 km 17 P | | | | | | | | | | | | |
| 1 | Tim Mumprecht | 14 | Michelangelo Demattè | 2014 | | | | | OL Zimmerberg | Zürich | 10:11 | 0:00 |
| 2 | Jonas Heiner | 14 | Julian Widler | 2015 | | | | | OLG Pfäffikon | Uster | 10:31 | +0:20 |
| 3 | Josephine Hückstädt | 14 | Aurélien Rzepka | 2014 | | | | | OL Zimmerberg Mixed Doppel | Horgen | 12:14 | +2:03 |
| 4 | Leandros Avgeris | 14 | Finn Gubler | 2014 | | | | | OLG Zürich | Zürich | 13:25 | +3:14 |
| 5 | Matthias Hinder | 15 | Fabian Lattmann | 2014 | | | | | OLC Winterthur | Winterthur | 14:04 | +3:53 |
| 6 | Adrian Althaus | 15 | Flurin Althaus | 2016 | | | | | OL Zimmerberg | Hausen am Albis | 14:10 | +3:59 |
| Herren Sprint, freie Startzeit ab 10:00 2.4 km 18 P | | | | | | | | | | | | |
| 1 | Kaspar Schüpbach | 81 | | | | | | | OLC Winterthur | Zürich | 15:33 | 0:00 |
| 2 | Nico Brechbühl | 94 | | | | | | | OLG Stäfa | Hombrechtikon | 16:49 | +1:16 |
| 3 | Markus Wenk | 80 | | | | | | | OLG Chur | Chur | 16:53 | +1:20 |
| 4 | Christoph Haefeli | 77 | | | | | | | OL Regio Olten | Wangen b. Olten | 17:16 | +1:43 |
| 5 | Martin Schaffner | 66 | | | | | | | bussola ok/Piz Hasi | Othmarsingen | 17:42 | +2:09 |
| 6 | Urs Rütli | 78 | | | | | | | OLC Kapreolo | Zürich | 18:36 | +3:03 |
| 7 | Isaak Klieber | 80 | | | | | | | OL Zimmerberg | Hausen am Albis | 18:52 | +3:19 |
| 8 | Andrin Haberzettl | 05 | | | | | | | OLC Winterthur | Winterthur | 19:03 | +3:30 |
| 9 | Rainer Müller | 76 | | | | | | | OLG St. Gallen/App. | Buchs SG | 19:58 | +4:25 |
| 10 | Reto Viola | 76 | | | | | | | Thalwil | Thalwil | 20:48 | +5:15 |
| 11 | Peter Clerici | 61 | | | | | | | OLV ZUG | Zug | 21:33 | +6:00 |
| 12 | Tobias Lienhart | 81 | | | | | | | - | Küsnacht | 22:28 | +6:55 |
| 13 | Martin Gross | 58 | | | | | | | OL Zimmerberg | Richterswil | 23:09 | +7:36 |
| 14 | Richard Gathercole | 69 | | | | | | | OLG Nidwalden+Obwalden | Hergiswil NW | 24:32 | +8:59 |
| 15 | Marcel Merk | 73 | | | | | | | OL Zimmerberg | Zürich | 25:15 | +9:42 |
| 16 | Beat Oesch | 47 | | | | | | | OLG Bern | Münchenbuchsee | 26:41 | +11:08 |
| 17 | Jörg Greb | 62 | | | | | | | - | Aarau | 34:10 | +18:37 |
| 18 | René Corthay | 41 | | | | | | | OL Zimmerberg | Wattwil | 34:22 | +18:49 |
| 19 | Walter Schnüriger | 45 | | | | | | | OLV ZUG | Winterthur | 36:28 | +20:55 |
| 20 | Peter Degen | 42 | | | | | | | - | Zürich | 39:50 | +24:17 |
| 21 | Hans Regli | 37 | | | | | | | OLG Stäfa | Egg b. Zürich | 45:56 | +30:23 |
| 22 | Heinz Jeanrichard | 43 | | | | | | | OL Amriswil | Aarau | 53:39 | +38:06 |
| | Jean-Pierre Müller | 53 | | | | | | | OL Zimmerberg | Kilchberg | Fehlst | |
| | Stéphane Praz | 75 | | | | | | | OL Zimmerberg | Zürich | Fehlst | |
| Damen A (6) 4.9 km 31 P | | | | | | | | | | | | |
| 1 | Andrina Hotz | 06 | Sophia Bernasconi | 2003 | | | | | Fliisigi Wespi | Einsiedeln | 41:29 | 0:00 |
| 2 | Yvonne Schneebeli | 85 | Nina Schneebeli | 2007 | | | | | OLK Rafzerfeld | Lufingen | 45:21 | +3:52 |
| 3 | Tabea Götzinger | 96 | Patrizia Altorfer | 1996 | | | | | Tapas | | 49:16 | +7:47 |
| 4 | Maja Angst | 74 | Étoile Tardent | 2002 | Jennifer Rossiter | | | | Entlis | Zürich | 53:14 | +11:45 |
| 5 | Nadine Schmid | 84 | Sylvie Schmid | 1980 | | | | | Tiiim Smith | | 1:00:01 | +18:32 |
| 6 | Elena Maurer | 07 | Ada Kuske | 2008 | | | | | OLG Welsikon/ OLC Winterthur | Andelfingen | 1:00:14 | +18:45 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|----------------------|----------------------|----|----------------------|------|-----------------|------|--------|-----|--------------------------------|------------------|---------|--------|
| Damen 50- (3) | | | 3.6 km 24 P | | | | | | | | | |
| 1 | Magdalena Feldmann | 74 | Käthi Widler | 1973 | | | | | runninggirls oberseen | Winterthur | 26:10 | 0:00 |
| 2 | Anita Gasser | 74 | Brigitte Ernst Creme | 1971 | | | | | OL Zimmerberg | Horgen | 32:44 | +6:34 |
| 3 | Isabel Thalman | 70 | Manu Fleischmann | 1974 | Doris Grüniger | 1971 | | | Kanzlei53 Züri | Zürich | 38:53 | +12:43 |
| Damen -16 (5) | | | 3.6 km 24 P | | | | | | | | | |
| 1 | Liah Senn | 09 | Seraina Baer | 2009 | | | | | OLG Stäfa/O-Motion | Bubikon | 21:58 | 0:00 |
| 2 | Aline Geiges | 08 | Maira Müller | 2008 | | | | | OLG Stäfa D16 | Männedorf | 24:10 | +2:12 |
| 3 | Fabienne Bolleter | 09 | Soane Mauron | 2008 | | | | | OL Zimmerberg | | 28:30 | +6:32 |
| 4 | Elin Gürtler | 10 | Andrea Bänziger | 2008 | | | | | OLC Winterthur | Winterthur | 29:32 | +7:34 |
| 5 | Youna Stauffer | 08 | Nora Banfic | 2008 | | | | | Tee time | | 1:04:13 | +42:15 |
| Damen -14 (7) | | | 2.4 km 22 P | | | | | | | | | |
| 1 | Seline Widler | 11 | Natalie Rütli | 2011 | | | | | OLG Wislig/ OLC Kapreolo | Winterthur | 16:08 | 0:00 |
| 2 | Leana Heiner | 11 | Nayeli Rahm | 2011 | | | | | OLG Pfäffikon | Uster | 16:44 | +0:36 |
| 3 | Joelle Hinder | 10 | Alana Keller | 2010 | | | | | OLC Winterthur | Winterthur | 17:21 | +1:13 |
| 4 | Lisa Nayla Spichiger | 11 | Anna Malea Spichiger | 2014 | | | | | Running Girls | Uerikon | 19:49 | +3:41 |
| 5 | Eva Castenetto | 10 | Mia von Rotz | 2010 | | | | | S'föifi gaht go pöschtele | Zürich | 21:03 | +4:55 |
| 6 | Lisa Schuster | 11 | Anouk Schuster | 2013 | | | | | Linouk | Zürich | 27:15 | +11:07 |
| 7 | Iris Truninger | 10 | Linn Hofstetter | 2012 | | | | | OLG Schaffhausen | Schaffhausen | 31:27 | +15:19 |
| Damen -12 (8) | | | 2.0 km 20 P | | | | | | | | | |
| 1 | Coralie Rütli | 12 | Valerie Rütli | 2012 | | | | | Kapreölis | Zürich | 13:20 | 0:00 |
| 2 | Minna Zwiker | 12 | Leena Zwiker | 2012 | | | | | Twin-Power | Bäretswil | 13:58 | +0:38 |
| 3 | Ria Rieben | 12 | Selma Roth | 2013 | | | | | OLC Winterthur | Winterthur | 14:16 | +0:56 |
| 4 | Mirjam Holenstein | 13 | Hanna Rohmeder | 2014 | | | | | Die schnellen Zimmerberlerinne | Horgen | 20:55 | +7:35 |
| 5 | Mila Keller | 14 | Moa Acocella | 2013 | Yuki Wegmüller | 2014 | | | Obergang | Winterthur | 27:32 | +14:12 |
| 6 | Aline Wyss | 13 | Mila Baumann | 2013 | Elea Schreyer | 2014 | | | OL Zimmerberg EMA | Richterswil | 27:41 | +14:21 |
| 7 | Katharina Lüscher | 13 | Joya Vogler | 2013 | | | | | KatJoy | 8304 Wallisellen | 31:50 | +18:30 |
| | Anna Stücheli | 14 | Mona Stücheli | 2012 | Julia Schneiter | 2012 | | | OLG Suhr | Schönenwerd | Fehlst | |
| Damen -10 (1) | | | 2.0 km 17 P | | | | | | | | | |
| 1 | Eloise Schulthess | 14 | Chantal Winiger | 2014 | | | | | OLC Kapreolo | Illnau | 15:19 | 0:00 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|---|----------------------------------|----|---------------------|------|----------------------|------|----------------------|------|------------------------------|------------------|--------|--------|
| Damen Sprint, freie Startzeit ab 10:00 | | | | | | | | | | | | |
| 2.4 km 18 P | | | | | | | | | | | | |
| 1 | Julia Jakob | | 91 | | | | | | OL Zimmerberg / TG Hütten | Zürich | 14:51 | 0:00 |
| 2 | Patrizia Sieber | | 03 | | | | | | OLC Winterthur | Theilingen | 17:31 | +2:40 |
| 3 | Brigitte Haefeli | | 78 | | | | | | OL Regio Olten | Wangen bei Olten | 17:51 | +3:00 |
| 4 | Bettina Wyss | | 80 | | | | | | OL Zimmerberg/OL Regio Olten | Richterswil | 18:14 | +3:23 |
| 5 | Sabine Mumprecht | | 76 | | | | | | OL Zimmerberg | Zürich | 18:52 | +4:01 |
| 6 | Christine Gathercole | | 78 | | | | | | OLG Nidwalden+Obwalden | Hergiswil NW | 20:05 | +5:14 |
| 7 | Petra Frei | | 74 | | | | | | The One and Only | Stein am Rhein | 23:06 | +8:15 |
| 8 | Arlette Piguet | | 57 | | | | | | OL Zimmerberg | Zürich | 25:01 | +10:10 |
| 9 | Andrea Klieber-Kühne | | 78 | | | | | | OL Zimmerberg | Hausen am Albis | 25:34 | +10:43 |
| 10 | Käthi Schmitter-Grätzer | | 66 | | | | | | OLG Galgenen | Rothenthurm | 26:37 | +11:46 |
| 11 | Arnika Knecht | | 82 | | | | | | OLC Winterthur | Zürich | 26:49 | +11:58 |
| 12 | Susanne Birchmeier | | 63 | | | | | | Cordoba OLC | Endingen | 28:07 | +13:16 |
| 13 | Vroni Akeret | | 58 | | | | | | thurgorienta | Frauenfeld | 30:01 | +15:10 |
| 14 | Anna Schnüriger | | 46 | | | | | | OLV ZUG | Winterthur | 41:13 | +26:22 |
| | Rös Bieri | | 45 | | | | | | OLG Zürinord 04 | Reichenburg | Fehlst | |
| Familien A (5) | | | | | | | | | | | | |
| 3.6 km 27 P | | | | | | | | | | | | |
| 1 | Lynn Stucki | 09 | Karin Stucki | 1973 | Peter Stucki | 1971 | | | OLC Winterthur | Teufen ZH | 24:50 | 0:00 |
| 2 | Mirjam Hauser | 12 | Samuel Hauser | 2011 | Thomas Hauser | 1983 | | | Go for it | Winterthur | 28:57 | +4:07 |
| 3 | Vasile Cotovanu | 78 | Mihaela Cotovanu | 1978 | Vlad Cotovanu | 2012 | Octavian Cotovanu | 2017 | VOVO | Zürich | 35:01 | +10:11 |
| 4 | David Engeler | 84 | Paul Cadosch | 2014 | Yael Cadosch | 2012 | | | Magnüm | Zürich | 42:11 | +17:21 |
| | Karin Bodenmann | 81 | Jörg Schuhmacher | 1975 | Robin Bodenmann | 2010 | | | Boschuh | | Fehlst | |
| Familien B (17) | | | | | | | | | | | | |
| 2.4 km 23 P | | | | | | | | | | | | |
| 1 | Lars Frey | 13 | Holger Frey | 1981 | | | | | Johnny Mauser | Wädenswil | 18:13 | 0:00 |
| 2 | Martin Weber | 77 | Livio Weber | 2013 | Julian Weber | 2010 | Claudia Roos Weber | 1979 | Lüchs | Zürich | 18:30 | +0:17 |
| 3 | Nina Gubser | 90 | Elin Ospelt | 2013 | Angelika Hürlimann | 1998 | | | Zöpflis | Thalwil | 20:44 | +2:31 |
| 4 | Fabian Knecht | 13 | Steven Knecht | 1978 | Tanja Neukom | 1978 | | | Die rasenden Hühner | Richterswil | 22:55 | +4:42 |
| 5 | Andreas Winiger | 74 | Bettina Winiger | 1977 | Linus Winiger | 2013 | | | sWinigers | Knonau | 22:59 | +4:46 |
| 6 | Margrit Müller Matthias Rennhard | 58 | Alex Ziörjen | 1957 | Mia Ziörjen | 1970 | Ian Ziörjen | 0 | Flying Hirschlis | Laupen ZH | 25:07 | +6:54 |
| 7 | Sara Waldvogel | 15 | Franziska Waldvogel | 1985 | Christian Waldvogel | 1974 | | | the woodbirds | | 27:04 | +8:51 |
| 8 | Patrick Hächler | 50 | Norine Rueegg | 2015 | Flurin Rueegg | 2012 | | | Wernetshüsler | Rapperswil-Jona | 27:47 | +9:34 |
| 9 | Elisa Scheike | 14 | Adriane Scheike | 2012 | Sabina Scheike | 1985 | | | Drachenflitzer | | 29:49 | +11:36 |
| 10 | Franka Tschuor | 77 | Emma Tschuor | 2013 | | | | | The First Timer | Zürich | 30:11 | +11:58 |
| 11 | Martin Wehrli Anna Wehrli | 82 | Julia Wehrli | 2015 | Maximilian Wehrli | 2015 | Eva Wehrli | 0 | Büli Wehrli's | Bülach | 32:11 | +13:58 |
| 12 | Ferdinand Schanz | 44 | Ferdinand Schanz | 1944 | Frieda Schanz | 1954 | Sebastian Schanz | 2014 | SEFEFR24 | Küsnacht | 33:58 | +15:45 |
| 13 | Benedikt Vögtli Sommerhalder | 74 | Aylin Luna Sommerha | 2010 | Louise Mira Sommerha | 2014 | Martina Sommerhalder | 2010 | D'Sommervogel | Zürich | 36:10 | +17:57 |
| 14 | Edda Kastenhuber | 79 | Smilla Francken | 2013 | | | | | Smiley | Zürich | 36:11 | +17:58 |
| 15 | Jasmin Karnagel Michael Karnagel | 14 | Sophie Schulz | 2016 | Sandra Karnagel | 2014 | Melanie Schulz | 0 | Hin und weg | | 39:24 | +21:11 |
| 16 | Louis Janz | 14 | Jeanne Janz | 1983 | Valérie Dillet | 1967 | | | Louis et nous | Wallisellen | 41:19 | +23:06 |
| 17 | Mathias Björkqvist | 80 | Erik Björkqvist | 2012 | Mia Björkqvist | 2014 | | | Mums Filibabba | | 41:28 | +23:15 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|------------------------------------|-------------------------------|----|--------------------|------|---------------------|------|-----------------|------|-------------------------------|--------------------|-------|--------|
| Familien C (31) 1.8 km 18 P | | | | | | | | | | | | |
| 1 | Monika Lehmann | 72 | Dario Lehmann | 2013 | Luca Lehmann | 2016 | Rolf Saxer | 1972 | Oberwiler Flitzer | Oberwil-Lieli | 14:00 | 0:00 |
| 2 | Flurina Hoppeler-Brunner | 88 | Martin Brunner | 1958 | Mia Hoppeler | 2015 | Alina Hoppeler | 2017 | Die schnellsten Hasen | | 15:36 | +1:36 |
| 3 | Tobias Lienhard | 81 | Talia Lienhard | 2014 | Ari Lienhard | 2016 | Deborah Urbach | 1981 | Lienis | Küsnacht ZH | 15:38 | +1:38 |
| 4 | Ubada Ibrahim Musa Mohammed | 75 | Claudio Caduff | 2017 | Andrin Caduff | 2015 | | | Caduff | | 16:01 | +2:01 |
| 5 | Cornelia Porrini | 76 | Linos Wettstein | 2016 | Florian Lorentz | 2016 | | | Lahme Schnecken | | 16:10 | +2:10 |
| 6 | Beat Berger | 75 | Sophia von Ahlen | 2016 | Luisa von Ahlen | 2019 | | | Mäuse | Uster | 16:12 | +2:12 |
| 7 | Andrea Holenstein-Gasser | 78 | Jonas Holenstein | 2017 | | | | | Strickler- Blitz | Horgen | 16:17 | +2:17 |
| 8 | Andreas Marberger | 83 | Marberger Iris | 1908 | Marberger Flurin | 2019 | | | - | Valbella | 16:32 | +2:32 |
| 9 | Naomi Marti Silas Marti | 15 | Annina Marti | 2013 | Benjamin Marti | 2011 | Eva Marti | 0 | Die schnellen Smarties | | 17:29 | +3:29 |
| 10 | David Wider | 74 | Manuel Wider | 2016 | Elin Wider | 2013 | | | Pokemon Widers | | 17:30 | +3:30 |
| 11 | Nicolas Rauber | 15 | Carina Rauber | 2017 | Irene Sailer Rauber | 1981 | Martin Rauber | 1980 | OL Fans | | 17:35 | +3:35 |
| 12 | Levi Rüegg | 19 | Elin Rüegg | 2023 | Sven Rüegg | 1990 | | | OL Zimmerberg - Familie Rüegg | Affoltern am Albis | 17:36 | +3:36 |
| 13 | Philipp Hauser | 90 | Salome Hauser | 2015 | Julian Hauser | 2017 | | | schlaur Panter | Wollerau | 19:09 | +5:09 |
| 14 | Maximilien Rzepka | 76 | Mathilde Rzepka | 2016 | | | | | Die Geigen | Horgen | 19:12 | +5:12 |
| 15 | Lio Zwiker | 20 | Christine Zwiker | 1987 | | | | | Häuptling und bunte Blume | Hüttikon | 19:16 | +5:16 |
| 16 | Jeanine Oswald Nussbaumer | 80 | Rolf Nussbaumer | 1978 | Malin Nussbaumer | 2017 | | | Pippi-Erdmännli-Schnellzug | Uster | 21:31 | +7:31 |
| 17 | Lina Frey Annika Frey | 21 | Janik Frey | 2019 | Roxana Frey | 2016 | Dieter Frey | 0 | Mumins | | 21:35 | +7:35 |
| 18 | Sara Krobisch | 81 | Lisa Schwizer | 2015 | | | | | - | | 21:57 | +7:57 |
| 19 | Monika Reissner Oetiker | 79 | Dylan Oetiker | 2017 | Moritz Oetiker | 1977 | | | Familie Oetiker | | 22:45 | +8:45 |
| 20 | Jonas Widler | 20 | Martin Widler | 1971 | Barbara Hüsler | 1981 | | | Chatzeflitzer | Grüt | 22:57 | +8:57 |
| 21 | Ajsa Wenger | 14 | Andreas Wenger | 1971 | Juri Wenger | 2017 | Sonja Virag | 1976 | Vamiliä Wängär | Zürich | 25:28 | +11:28 |
| 22 | Lilian Altorfer | 17 | Georg Meier | 2016 | Stefan Altorfer | 1981 | | | Häxebäse Baldrian | Bülach | 25:47 | +11:47 |
| 23 | Sinja Altorfer | 19 | Alexandra Altorfer | 1982 | | | | | Häxebäse Kartoffelbrei | Bülach | 26:05 | +12:05 |
| 23 | Meng Syuan | 86 | Shih Lei Li | 2016 | Shih En Li | 2018 | | | OL Regio Olten | Thalwil | 26:05 | +12:05 |
| 25 | Elias Villiger Lenni Villiger | 17 | Jotta Hari | 2019 | Barbara Hari | 2020 | Michael Hari | 0 | Schoggibandi | Affoltern a. A. | 28:01 | +14:01 |
| 26 | Jacqueline Ascenzi | 88 | Rino Ascenzi | 1984 | Larina Ascenzi | 2019 | Alessio Ascenzi | 2021 | Ebi-Flash-Team | | 29:19 | +15:19 |
| 27 | Kailling Schuppli | 82 | Stefano Schuppli | 1986 | Quentin Schuppli | 2016 | Justin Schuppli | 2021 | Pucikamon | Rüschlikon | 30:10 | +16:10 |
| 28 | Emil Weber | 23 | Meret Weber | 2021 | Katharina Weber | 1992 | Michael Weber | 1992 | Familie Weber | Wädenswil | 30:28 | +16:28 |
| 29 | Gianna Wenk Selina Wenk | 19 | Alina Schaad | 2017 | Annetta Wenk | 2014 | Markus Wenk | 0 | Auf Amadeus und Sabrina | Chur | 32:44 | +18:44 |
| 30 | Maurin Mühlemann | 21 | Ladina Feucht | 1992 | | | | | OLC Winterthur MauMau | Winterthur | 42:16 | +28:16 |
| 31 | Carmen Weber | 85 | Hans Weber | 1944 | Yannick Weber | 2017 | Fabian Weber | 2020 | - | Langnau am Albis | 45:20 | +31:20 |

Sie + Er A (13) 4.4 km 30 P

| | | | | | | | | | | | | |
|----|--------------------------|----|--------------------|------|--|--|--|--|--------------------------------|--------------|-------|--------|
| 1 | Aline Mathis | 03 | Noah Bühlmann | 1999 | | | | | OLG Nidwalden+Obwalden - AINot | Beckenried | 28:14 | 0:00 |
| 2 | Bigna Hotz | 09 | Florian Frank | 2009 | | | | | OL Zimmerberg & Kapreolo | Einsiedeln | 31:20 | +3:06 |
| 3 | Maja Enz | 89 | Andreas Meier | 2001 | | | | | OLK Rafzerfeld | Bachenbülach | 31:22 | +3:08 |
| 4 | Lukas Gasser | 06 | Viviane Seiz | 2005 | | | | | OL Zimmerberg | Horgen | 31:25 | +3:11 |
| 5 | Anne-Katrine Loosli | 89 | Christoph Loosli | 1990 | | | | | AppleJuice | Winterthur | 38:41 | +10:27 |
| 6 | Manuel Brogli | 93 | Rosina Wackernagel | 1993 | | | | | Sieger der Herzen | | 39:12 | +10:58 |
| 7 | Pau Gargallo Piracés | 79 | Alba Ferrer Biosca | 1979 | | | | | Shin und Kansen | | 42:27 | +14:13 |
| 8 | Tiziana Rigamonti-Ammann | 90 | Ivano Rigamonti | 1960 | | | | | The Rigis | Zürich | 43:35 | +15:21 |
| 9 | Damian Käch | 96 | Deborah Rentsch | 1996 | | | | | OLG Zürich / Damian + Deborah | Zürich | 45:48 | +17:34 |
| 10 | Chantal Brauchli | 97 | Sara Landolt | 1998 | | | | | S und C | | 46:23 | +18:09 |
| 11 | Patricia Werder | 86 | Marco Werder | 1984 | | | | | Salz und Pfeffer | Zürich | 47:48 | +19:34 |
| 12 | André Marolf | 83 | Céline Clivaz | 1988 | | | | | Geo-logisch! | | 52:38 | +24:24 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|-------------------------|------------------------|----|---------------------|------|--------|-----------------|--------|-----|--------------------------|------------------|--------|--------|
| Sie + Er A (13) | | | | | | | | | | | | |
| 4.4 km 30 P | | | | | | (Forts.) | | | | | | |
| 13 | Mareike Kühn | 90 | Simon Hatt | 1992 | | | | | The fast and the furious | Zürich | 55:10 | +26:56 |
| Sie + Er B (10) | | | | | | | | | | | | |
| 2.9 km 23 P | | | | | | | | | | | | |
| 1 | Céline Emery | 10 | Cyril Emery | 2008 | | | | | Double C | Zürich | 19:42 | 0:00 |
| 2 | Stefan Wehrli | 92 | Ursina Lais | 1994 | | | | | Stefan & Ursina | | 20:33 | +0:51 |
| 3 | Bret Kraus | 61 | Daphne Reinert | 1976 | | | | | OLCW Heroes | Winterthur | 20:39 | +0:57 |
| 4 | Julia Feldmann | 09 | Nils Hindermann | 2004 | | | | | OLG Stäfa | Bubikon | 21:26 | +1:44 |
| 5 | Karla Kraus | 02 | Mark Kraus | 2009 | | | | | Krausens | Winterthur | 24:59 | +5:17 |
| 6 | Christian Häfliger | 67 | Priska Schwammberg | 1966 | | | | | OLG Suhr | 5600 Lenzburg | 26:16 | +6:34 |
| 7 | Zina Attinger | 10 | Hans-Peter Attinger | 1958 | | | | | Chäs und Brot | Thalwil | 29:38 | +9:56 |
| 8 | Jonas Junker | 95 | Stephanie Eigenmann | 1997 | | | | | OL Zimmerberg | Zürich | 29:59 | +10:17 |
| 9 | Laura Wenger | 14 | Salomon Zumsteg | 2014 | | | | | Neumünster Lions | Zürich | 31:28 | +11:46 |
| 10 | Christian Geier | 70 | Carmen Seifert | 1972 | | | | | Waldfitzers | Zollikon | 34:33 | +14:51 |
| Sie + Er 90 (13) | | | | | | | | | | | | |
| 4.1 km 27 P | | | | | | | | | | | | |
| 1 | Mathilde Geiges | 79 | Thomas Geiges | 1976 | | | | | OLG Stäfa ToMates | Männedorf | 25:59 | 0:00 |
| 2 | Monika Oswald | 78 | Stephan Heiner | 1967 | | | | | OLG Pfäffikon | Uster | 32:13 | +6:14 |
| 3 | Peter Lais | 60 | Sarah Lais | 1989 | | | | | OLG Suhr | Rapperswil | 32:29 | +6:30 |
| 4 | Cécile Lütolf Fritschi | 76 | Stefan Fritschi | 1972 | | | | | OLG Welsikon | Winterthur | 32:37 | +6:38 |
| 5 | Diana Schmidli | 71 | Richard Schmidli | 1974 | | | | | OLC Winterthur / DiRi | Winterthur | 33:17 | +7:18 |
| 6 | Thomas Frei | 68 | Sandra Elmer | 1970 | | | | | exGIUB | Zürich | 33:36 | +7:37 |
| 7 | Priska Curiger | 65 | Andreas Curiger | 1964 | | | | | TG Wolfacker | Buchs ZH | 35:02 | +9:03 |
| 8 | Urs Bischof | 58 | Monika Bischof | 1985 | | | | | OLC Winterthur Bischof | Hinwil | 35:35 | +9:36 |
| 9 | Rosmarie Mühlemann | 60 | Martin Mühlemann | 1987 | | | | | OLK Rafzerfeld | Eglisau | 35:56 | +9:57 |
| 10 | Ursula Oehy | 65 | Patrick Lauk | 1985 | | | | | OLC Winterthur | Winterthur | 37:43 | +11:44 |
| 11 | Hansueli Mühlemann | 53 | Barbara Mühlemann | 1985 | | | | | OLK Rafzerfeld | Eglisau | 39:56 | +13:57 |
| 12 | Priska Badertscher | 64 | Peter Badertscher | 1966 | | | | | OL Zimmerberg | Langnau am Albis | 40:30 | +14:31 |
| | Rita Winiger | 70 | Thomas Winiger | 1965 | | | | | Winis | Dietlikon | Fehlst | |
| Sie + Er 120 (4) | | | | | | | | | | | | |
| 2.9 km 21 P | | | | | | | | | | | | |
| 1 | Bernadette Huber | 66 | Rico Huber | 1960 | | | | | OL Zimmerberg | Horgen | 24:41 | 0:00 |
| 2 | Brigitta Plüss | 56 | Peter Wehrli | 1954 | | | | | OLG Rymenzburg | Aarau | 28:07 | +3:26 |
| 3 | Markus Senn | 58 | Regula Senn | 1956 | | | | | Esperanza | Schlieren | 35:58 | +11:17 |
| 4 | Andres Rando | 55 | Ursula Rando | 1955 | | | | | Team Rando | Zürich | 41:41 | +17:00 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|--|----------------------|----|--------------------|------|------------------|------|--------|-----|------------------------------|----------------|---------|--------|
| Sie + Er 140 (6) 2.9 km 21 P | | | | | | | | | | | | |
| 1 | Urs Nussbaum | 51 | Marietta Nussbaum | 1952 | | | | | OLG Suhr | Erlinsbach SO | 27:14 | 0:00 |
| 2 | Ruedi Kellenberger | 45 | Gertrud Fesseler | 1940 | | | | | Neu-Uster | Uster | 32:15 | +5:01 |
| 3 | Maria Lottaz | 53 | Stephan Föllmi | 1942 | | | | | OLC Kapreolo Hardwaldblocher | Bern | 34:41 | +7:27 |
| 4 | Hansjörg Gasser | 48 | Esther Gasser | 1949 | | | | | OL Zimmerberg | Oberrieden | 35:54 | +8:40 |
| 5 | Vreni Eigenmann | 47 | Othmar Sauter | 1933 | | | | | EiSa | | 53:50 | +26:36 |
| | Jolanda Koradi | 38 | Adolf Koradi | 1938 | | | | | OLC Kapreolo | Zürich | Fehlst | |
| Offen Lang, freie Startzeit ab 10:00 (29) 3.6 km 24 P | | | | | | | | | | | | |
| 1 | Maurice Schulthess | 10 | Loris Jäger | 2009 | | | | | OLC Kapreolo | Illnau | 23:01 | 0:00 |
| 2 | Olaf Schnabel | 77 | Christian Hürzeler | 1975 | | | | | - | Zürich | 24:43 | +1:42 |
| 3 | Martin Schuster | 76 | | | | | | | - | Zürich | 26:00 | +2:59 |
| 4 | Colin Vischer | 07 | Cédric Vischer | 2009 | | | | | - | Uster | 26:49 | +3:48 |
| 5 | Lukas Tschudi | 01 | Daniel Tschudi | 1988 | Christan Tschudi | 1991 | | | OLC Winterthur | Thalwil | 28:22 | +5:21 |
| 6 | Stefan Eberli | 78 | Matthias Lehmann | 1977 | | | | | ASCO Lugano | Zürich | 29:00 | +5:59 |
| 7 | Stefan Ravizza | 84 | | | | | | | OLG Pfäffikon | Uster | 29:11 | +6:10 |
| 8 | Dominic Graf | 10 | Simon Kleih | 2010 | | | | | OLK Rafzerfeld | Freienstein | 29:15 | +6:14 |
| 9 | Josef Schalbetter | 58 | Ursula Schalbetter | 1962 | | | | | OLG Nidwalden+Obwalden | Wettswil | 31:42 | +8:41 |
| 10 | Stefan Steiner | 64 | | | | | | | - | Basel | 32:17 | +9:16 |
| 11 | Urs Truninger | 07 | | | | | | | OLG Schaffhausen | Schaffhausen | 32:32 | +9:31 |
| 12 | Sergio Zanelli | 75 | | | | | | | OL Zimmerberg/Pfäffikon | Pfäffikon ZH | 33:41 | +10:40 |
| 13 | Simon Bänziger | 05 | | | | | | | OLC Winterthur | Winterthur | 34:15 | +11:14 |
| 14 | Joelle Uehlinger | 01 | | | | | | | - | Zollikon | 34:19 | +11:18 |
| 15 | Peter Kottmann | 60 | | | | | | | OLV ZUG | Cham | 35:26 | +12:25 |
| 16 | Roger Schori | 84 | | | | | | | OLC Kapreolo | Dübendorf | 35:44 | +12:43 |
| 17 | Anita Bozi | 85 | | | | | | | - | Birmensdorf ZH | 38:48 | +15:47 |
| 18 | Christian Bänziger | 68 | | | | | | | OLC Winterthur | Winterthur | 38:49 | +15:48 |
| 19 | Silvio Strub | 51 | | | | | | | OLG Huttwil | Niederönz | 44:00 | +20:59 |
| 20 | Judith Hayoz | 75 | | | | | | | OL Zimmerberg | Thalwil | 45:21 | +22:20 |
| 21 | Hans-Peter Schmid | 58 | | | | | | | - | Wiesendangen | 46:08 | +23:07 |
| 22 | Ursina Schori | 85 | Franco Tanno | 1986 | | | | | OLC Kapreolo | Dübendorf | 47:04 | +24:03 |
| 23 | Stefanie Helfer | 83 | Beatrice Deragisch | 1966 | | | | | OLV ZUG | Wettswil | 47:22 | +24:21 |
| 24 | Gina Gargallo Ferrer | 11 | | | | | | | - | Thalwil | 51:31 | +28:30 |
| 25 | Samy Tönduri | 11 | Beat Speck | 2011 | | | | | - | Thalwil | 52:30 | +29:29 |
| 26 | Rebecca Eberle | 94 | Niklas Metzger | 1995 | | | | | - | Zürich | 54:01 | +31:00 |
| 27 | Manon Fäh | 05 | Emilie Pesse | 2006 | | | | | OLC Kapreolo | Dietlikon | 55:44 | +32:43 |
| 28 | Laura Leibundgut | 91 | | | | | | | - | Ballwil | 1:03:28 | +40:27 |
| | Petko Ivanov | 82 | Sophie Ivanova | 2012 | | | | | - | Thalwil | Aufg | |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|---|----------------------|----|----------------------|------|--------------------|------|--------|-----|---------------------|---------------|--------|--------|
| Offen Mittel, freie Startzeit ab 10:00 (3) 2.4 km 22 P | | | | | | | | | | | | |
| 1 | Mario Ospelt | 81 | | | | | | | - | Thalwil | 19:06 | 0:00 |
| 2 | Stefan Weber | 85 | Tom Etter | 1984 | | | | | - | Uster | 19:32 | +0:26 |
| 3 | Walter Rahm | 48 | | | | | | | OLG Pfäffikon | Sternenberg | 19:37 | +0:31 |
| 4 | Luc Weitnauer | 02 | Luisa Carratsch | 1997 | Leander Döös | 1996 | | | - | Zürich | 20:18 | +1:12 |
| 5 | Arne Rohweder | 62 | | | | | | | Ski-O Swiss | Egg b. Zürich | 22:06 | +3:00 |
| 6 | Jonathan Kühne | 11 | | | | | | | OL Zimmerberg | Thalwil | 22:33 | +3:27 |
| 7 | Flavia Borla | 14 | Claudio Borla | 1974 | | | | | - | Küsnacht | 24:36 | +5:30 |
| 8 | Julia Hauser | 06 | Sandra Hauser | 1969 | Thomas Leutenegger | 1963 | | | OLG St. Gallen/App. | Winterthur | 25:47 | +6:41 |
| 9 | Andrin Hayoz | 14 | | | | | | | OL Zimmerberg | Thalwil | 26:22 | +7:16 |
| 10 | Stephan Gaschen | 66 | Jelena Kaiser | 2010 | | | | | - | Zürich | 27:18 | +8:12 |
| 11 | Anouk Schuster | 13 | | | | | | | - | Zürich | 27:33 | +8:27 |
| 12 | Tracy Montgomery | 88 | | | | | | | - | Konstanz | 28:46 | +9:40 |
| 13 | Antoinette Weitnauer | 62 | Urs Märk | 1970 | | | | | - | Zürich | 28:57 | +9:51 |
| 14 | Elias Holenstein | 12 | | | | | | | OL Zimmerberg | Horgen | 29:47 | +10:41 |
| 15 | Eli Daniel Strauss | 89 | | | | | | | - | Konstanz | 31:38 | +12:32 |
| 16 | Angel Zhang | 83 | Martin Honegger | 1956 | | | | | - | Thalwil | 32:10 | +13:04 |
| 17 | Stephen Tyndel | 90 | | | | | | | - | Konstanz | 32:25 | +13:19 |
| 18 | Sonja Bryner | 58 | Yvonne Bryner | 1989 | | | | | - | Weiach | 32:48 | +13:42 |
| 19 | Anna Somieski | 77 | Milla Somieski | 2016 | Kathrin Sigrist | 1979 | | | OLG St. Gallen/App. | Zürich | 33:32 | +14:26 |
| 20 | Alison Mary Ashbury | 86 | | | | | | | - | Konstanz | 35:07 | +16:01 |
| 21 | Alexander Haberstich | 17 | Elisabeth Haberstich | 1955 | | | | | OLK Wiggertal | Windisch | 35:34 | +16:28 |
| 22 | Laurin Fritschi | 11 | Astrid Fritschi | 1979 | | | | | - | Zürich | 36:43 | +17:37 |
| 23 | Susanne Bertschi | 75 | Andreas Nyffeler | 1974 | | | | | OLC Winterthur | Winterthur | 38:14 | +19:08 |
| 24 | Gina Pfister | 13 | Mario Pfister | 1974 | | | | | - | Pfäffikon ZH | 38:50 | +19:44 |
| 25 | Vinzenz Kneisl | 46 | | | | | | | - | Brütten | 39:37 | +20:31 |
| 26 | Walter Schwarzenbach | 39 | | | | | | | OLG Säuliamt | Wettswil | 40:36 | +21:30 |
| 27 | Louie Meyer | 15 | Urs Meyer | 1954 | Nathali Meyer | 1990 | | | - | Zürich | 44:26 | +25:20 |
| 28 | Erich Haag | 34 | | | | | | | OLG Stäfa | Stäfa | 46:15 | +27:09 |
| 29 | Ladina Dütschler | 21 | Laura Dütschler | 1990 | Res Borner | 1960 | | | OL Zimmerberg | Horgen | 51:07 | +32:01 |
| 30 | Gian Dütschler | 17 | Curdin Dütschler | 2019 | Giulia Borner | 1995 | | | OL Zimmerberg | Horgen | 53:37 | +34:31 |
| | Pedro Caldeira | 92 | | | | | | | - | Zürich | Fehlst | |
| | Jörg Krummenacher | 51 | Norbert Metzger | 1968 | | | | | OL Zimmerberg | Horgen | Fehlst | |
| | Chase Lunez | 91 | | | | | | | - | Meeresburg | Fehlst | |

Offen Kurz freie, Startzeit ab 10:00 (25) 2.3 km 20 P

| | | | | | | | | | | | | |
|---|---------------------|----|----------------------|------|--------------------|------|--|--|-----------------------|------------|-------|-------|
| 1 | Ruben Dubach | 16 | Laurin Ferrario | | Markus Dubach | 1978 | | | - | Wetzikon | 19:29 | 0:00 |
| 2 | Andrea Bärlocher | 74 | Ubada Ibrahim Musa | 2015 | | | | | - | Grütt | 20:24 | +0:55 |
| 3 | Didier Rodelli | 69 | Robyn Murray | 1987 | Lia Rodelli | 2017 | | | OLV ZUG | Thalwil | 20:47 | +1:18 |
| 4 | Madlaina Gaberthüel | 16 | Christoph Gaberthüel | 1968 | Gaberthüel Kathrin | 1980 | | | Cordoba OLC | Thalwil | 21:13 | +1:44 |
| 5 | Kaya Würmli | 85 | Diego Varga | | | | | | OLG St. Gallen/App. | Thalwil | 21:49 | +2:20 |
| 6 | Margrit Widmer | 57 | Nino Leuenberger | 2018 | | | | | OLG Oberwil/OLK Argus | Küttigen | 22:35 | +3:06 |
| 7 | Karin Baumann | 82 | Elin Baumann | 2015 | | | | | - | Zürich | 23:06 | +3:37 |
| 8 | Kathrin Sigrist | 79 | Anna Somieski | 1977 | | | | | - | Oberrieden | 23:27 | +3:58 |
| 9 | Andreas Neukom | 56 | | | | | | | OL Zimmerberg | Thalwil | 24:30 | +5:01 |

| Pl | Name 1 | Jg | Name 2 | Jg2 | Name 3 | Jg3 | Name 4 | Jg4 | Verein | Wohnort | Zeit | Diff. |
|---|----------------------|----|--------------------|------|------------------|------|--------------|------|---------------|-------------|---------|----------|
| Offen Kurz freie, Startzeit ab 10:00 (25 2.3 km 20 P (Forts.)) | | | | | | | | | | | | |
| 10 | Renate Kindler | 80 | Sophie Kindler | 2013 | Mael Kindler | 2016 | Mila Kindler | 2018 | - | Gattikon | 24:35 | +5:06 |
| 11 | Joris Ferrario | 19 | Patrick Ferrario | 1981 | Selina Dubach | 2013 | | | - | Oberhasli | 25:35 | +6:06 |
| 12 | Hanna Glüge | 18 | Paula Glüge | 2016 | Tanja Buch | 1984 | | | Ski-O Swiss | Thalwil | 26:41 | +7:12 |
| 13 | Mira Müntener | 17 | Elin Müntener | 2015 | Nadine Müntener | 1978 | | | - | Thalwil | 27:21 | +7:52 |
| 14 | Michael Frei | 83 | Mian Alder | 2013 | | | | | OLG Wald | Wald ZH | 27:46 | +8:17 |
| 15 | Jan Schwarz | 04 | Karin Schwarz | 1975 | | | | | - | Wädenswil | 28:53 | +9:24 |
| 16 | Elsbeth Haslinger | 42 | | | | | | | BC Effretikon | Brütten | 29:02 | +9:33 |
| 17 | Franca Strässle | 18 | Veronika Schürmann | 1982 | | | | | - | Wädenswil | 30:36 | +11:07 |
| 18 | Irene Lagler | 79 | Livia Frey | 2018 | Emanuel Frey | 1973 | | | OLC Kapreolo | Wetzikon ZH | 31:02 | +11:33 |
| 19 | Markus Wettstein | 83 | Ramea Wettstein | 2020 | | | | | OLG Wald | Wald ZH | 32:03 | +12:34 |
| 20 | Aurelie Weingartner | 16 | Linus Herzig | 2016 | | | | | OL Zimmerberg | Thalwil | 38:25 | +18:56 |
| 21 | Zoé Gilg | 22 | Alicia Gilg | 2021 | Florina Gilg | 1987 | | | - | Horw | 40:18 | +20:49 |
| 22 | Marlis Werder | 56 | Antonella Urech | 1956 | Emilia Werder | 2017 | Anton Werder | 2019 | - | Fehraltorf | 40:48 | +21:19 |
| 23 | Isabelle Weingartner | 19 | Theo Herzig | 2018 | Klara Herzig | 2021 | | | OL Zimmerberg | Thalwil | 42:40 | +23:11 |
| 24 | Dario Bachmann | 17 | Andreas Bachmann | 1978 | Daniela Bachmann | 1983 | | | - | Richterswil | 1:07:30 | +48:01 |
| 25 | Filippo de Luca | 74 | Lara de Luca | 2019 | Marou de Luca | 1977 | | | - | Thalwil | 1:40:05 | +1:20:36 |

sCOOL Knaben, freie Startzeit ab 10:00**1.3 km 10 P**

| | | | | | | | | | | | | |
|---|------------------|----|--------------|------|--|--|--|--|----------------|-----------------|-------|-------|
| 1 | Lino Ravizza | 17 | | | | | | | OLG Pfäffikon | Uster | 9:55 | 0:00 |
| 2 | Tim Haefeli | 16 | | | | | | | OL Regio Olten | Wangen b. Olten | 12:07 | +2:12 |
| 3 | Talia Lienhard | 14 | Ari Lienhard | 2016 | | | | | - | Küsnacht | 14:54 | +4:59 |
| 4 | Tim Zwiker | 17 | | | | | | | - | Hüttikon | 17:01 | +7:06 |
| 5 | Nicolas Lattmann | 18 | | | | | | | - | Elsau | 17:10 | +7:15 |
| 6 | Jaron Dubach | 18 | | | | | | | - | Wetzikon | 17:12 | +7:17 |
| 7 | Julian Mühlemann | 18 | | | | | | | OLC Winterthur | Diessenhofen | 19:16 | +9:21 |

sCOOLMädchen, freie Startzeit ab 10:00**1.3 km 10 P**

| | | | | | | | | | | | | |
|---|-------------------|----|----------------|------|--|--|--|--|-----------------------|-----------------|-------|--------|
| 1 | Ellen Haefeli | 14 | | | | | | | OL Regio Olten | Wangen b. Olten | 11:20 | 0:00 |
| 2 | Elina Frey | 15 | | | | | | | OLC Kapreolo | Wetzikon | 12:37 | +1:17 |
| 3 | Alenka Fritschi | 14 | Mona Tschenett | 2015 | | | | | OLG Welsikon | Zürich | 15:12 | +3:52 |
| 4 | Julia Leuenberger | 21 | | | | | | | OLG Oberwil/OLK Argus | Küttigen | 19:15 | +7:55 |
| 5 | Lena Strässle | 15 | | | | | | | - | Wädenswil | 22:19 | +10:59 |
| 6 | Zhu Zixiao | 14 | | | | | | | - | Baden | 48:54 | +37:34 |