

| D Let 3 km (3 / 3) | | | Totaltid | Efter | Etape | Tidstab |
|---------------------------|-----------------------|-------------|-----------------|--------------|--------------|-----------------|
| 1. | Gitte Rasmussen | Køge OK | 2:48:20 | | 59:51 | 2. +14:12 13:13 |
| | Inge K. Kristoffersen | Ballerup OK | Ej startet | | Ej startet | |
| | Annette Petersen | Ballerup OK | — | | 1:17:01 | 3. +31:22 15:13 |
| | Siri Søgaard Nielsen | Køge OK | — | | 45:39 | 1. 5:05 |

| D Mel Svær 4 km (10 / 10) | | | Totaltid | Efter | Etape | Tidstab |
|----------------------------------|------------------------------|-----------------|-----------------|--------------|--------------------|-----------------|
| 1. | Nina Munkholm | Køge OK | 2:40:40 | | 55:13 | 3. +3:52 13:31 |
| 2. | Kristina Dalgaard Kristensen | Ballerup OK | 2:43:47 | | 52:07 | 2. +0:43 2:59 |
| 3. | Jeanette Bjerborg | Køge OK | 3:10:29 | | 1:20:49 | 5. +18:10 5:50 |
| | Trine Hershøj | OK73 Gladsaxe | Fejlklip | | Fejlklip | |
| | Anna Paysen Fick Kosuri | OK ØST Birkerød | Ej startet | | Ej startet | |
| | Mette Hvene Rasmussen | Ballerup OK | Ej startet | | Ej startet | |
| | Agnes Habekost Nielsen | Allerød OK | — | | 51:21 | 1. 8:28 |
| | Camilla Keller Ritz | DSR | — | | 1:15:53 | 6. +24:32 13:37 |
| | Christina Hausgaard | Døvania | — | | 1:29:37 | 8. +38:16 26:28 |
| | Janne Boye Niemelä | Døvania | — | | 1:32:24 | 9. +41:03 26:22 |
| | Nikita Bang | PI-København | — | | 1:00:13 | 4. +8:52 8:08 |
| | Vivi Hansen | OK Skærmø | — | | 1:22:46 | 7. +31:25 14:15 |

| D Svær 3 km (16 / 16) | | | Totaltid | Efter | Etape | Tidstab |
|------------------------------|-----------------------------|-----------------|-----------------|--------------|--------------------|--------------------|
| 1. | Inge Jørgensen | OK Roskilde | 1:58:31 | | 39:50 | 1. 2:07 |
| 2. | Alberthe Lindehøj Henriksen | Kildeholm OK | 2:31:18 | | 52:27 | 4. +12:32 8:43 |
| 3. | Mette Seir Hansen | HSOK | 2:32:24 | | 52:63 | 5. +12:36 4:39 |
| 4. | Birgit Berner | Køge OK | 3:23:57 | | 1:12:26 | 10. +31:42 14:00 |
| 5. | Lise Kolte | FSK Orientering | 4:20:37 | | 1:29:06 | 12. +59:17 27:03 |
| | Ulla Valnert | OK73 Gladsaxe | Fejlklip | | Fejlklip | |
| | Else Gudme | OK73 Gladsaxe | Ej startet | | Ej startet | |
| | Johanne Lind | Ballerup OK | Ej startet | | Ej startet | |
| | Mette Rich | Ballerup OK | Ej startet | | 1:02:05 | 7. +22:15 8:34 |
| | Anna Lindhøj | Ballerup OK | — | | Fejlklip | |
| | Annelise Hansen | Ballerup OK | — | | 1:08:20 | 9. +28:30 13:52 |
| | Inger Jensen | FSK Orientering | — | | 1:28:24 | 11. +48:34 15:51 |
| | Kirsten Nymann Petersen | OK ØST Birkerød | — | | 46:53 | 3. +7:03 2:46 |
| | Kirsten Truelsen | Ballerup OK | — | | 1:55:35 | 13. +1:15:45 25:57 |
| | Marianne Lykking | OK73 Gladsaxe | — | | 1:07:35 | 8. +27:45 9:41 |
| | Mette Bjerg Lindhøj | Ballerup OK | — | | Fejlklip | |
| | Sanne | Ballerup OK | — | | 40:16 | 2. +0:26 0:42 |
| | Susan Houmark Stub | PI-København | — | | 54:54 | 6. +15:04 9:45 |

| D Svær 4 km (23 / 23) | | | Totaltid | Efter | Etape | Tidstab |
|------------------------------|------------------------------|---------------|-----------------|--------------|--------------------|------------------|
| 1. | Iben Maag | Søllerød OK | 2:11:06 | | 45:38 | 1. 3:31 |
| 2. | Anne Maarup | Allerød OK | 2:13:10 | | 40:00 | 2. +0:42 0:00 |
| 3. | Angélique Grønberg Rasmussen | Allerød OK | 2:17:00 | | 45:56 | 4. +1:57 3:49 |
| 4. | Ina Klemmensen | Kildeholm OK | 2:24:40 | | 53:04 | 9. +7:41 7:03 |
| 5. | Tine Rønn Østergaard | Kildeholm OK | 2:29:06 | | 53:00 | 10. +7:59 3:51 |
| 6. | Lise Thode Schiøtt | Ballerup OK | 2:29:49 | | 52:43 | 7. +6:49 6:11 |
| 7. | Hanne N Waltenburg | Kildeholm OK | 2:34:12 | | 50:06 | 12. +10:33 6:44 |
| 8. | Charlotte Grauert | Ballerup OK | 3:08:06 | | 1:57:08 | 17. +22:00 9:22 |
| 9. | Mette Hørlyk Friis | Farum OK | 3:10:53 | | 1:58:29 | 18. +22:51 6:40 |
| 10. | Camilla Bøgevig Larkai | OK73 Gladsaxe | 3:32:23 | | 1:29:47 | 21. +44:16 27:39 |
| | Gitte Grauert | Ballerup OK | Fejlklip | | 1:19:55 | 20. +34:17 6:38 |
| | Helle Brøchner Jønson | OK Roskilde | Fejlklip | | 1:05:45 | 16. +20:07 3:53 |
| | Birte Langkilde | Ballerup OK | Udgået | | Udgået | |
| | Anja Christiansen | Kildeholm OK | Ej startet | | 1:17:40 | 19. +32:02 13:38 |
| | Line Bisgaard | Ballerup OK | Ej startet | | Ej startet | |
| | Kristine Berg Hansen | Lyngby OK | — | | 47:27 | 3. +1:49 1:39 |
| | Lene Jensen | HSOK | — | | 49:39 | 5. +4:01 3:04 |
| | Lotte Ravn Lei | Køge OK | — | | 1:03:30 | 15. +17:52 6:23 |

| | | | | | | |
|-------------------------------|--------------|---|------------|-----|--------|------|
| Louise Vagtborg Vang-Pedersen | Farum OK | — | 55:29 | 11. | +9:51 | 2:34 |
| Maja Rønn Østergaard | Kildeholm OK | — | 1:03:25 | 14. | +17:47 | 5:59 |
| Maria Douglas | FIF Hillerød | — | 49:57 | 6. | +4:19 | 1:35 |
| Maria Iben Sell-Petersen | Allerød OK | — | 59:14 | 13. | +13:36 | 4:29 |
| Marianne Kirkegaard | THOK | — | 53:02 | 8. | +7:24 | 3:22 |
| Mette Uhre Lang | AMOK | — | Ej startet | | | |
| Susanne Gjedsig Thomsen | THOK | — | Fejlklip | | | |

D Svær 6 km (9 / 9)

| | | | Totaltid | Efter | | Etape | | Tidstab | |
|----|---------------------------|---------------------|-----------------|--------------|--|--------------------|----|----------------|-------|
| 1. | Henriette Broman | Allerød OK | 3:13:19 | | | 1:09:26 | 4. | +20:40 | 3:47 |
| 2. | Jette Grimstrup | Køge OK | 3:22:34 | | | 1:02:53 | 6. | +24:07 | 8:07 |
| 3. | Christina Bøje | DSR | 5:09:02 | | | 1:55:23 | 9. | +1:09:36 | 28:18 |
| | Anne Marie Thommesen | Ballerup OK | Ej startet | | | 1:08:54 | 3. | +20:08 | 3:12 |
| | Karen Sejrsgaard-Jacobsen | AMOK | Ej startet | | | 1:17:40 | 8. | +28:54 | 14:01 |
| | Sofie von Hessberg | OK Skærmén Hareskov | Ej startet | | | Ej startet | | | |
| | Linea Frimodt Obel | Ballerup OK | — | | | 1:10:58 | 5. | +22:12 | 5:20 |
| | Lone Pereira Hansen | AMOK | — | | | 1:16:22 | 7. | +27:36 | 7:50 |
| | Mette Stub | PI-København | — | | | 48:46 | 1. | | 0:00 |
| | Nadja Rutz | | — | | | 55:56 | 2. | +7:10 | 2:09 |

D Svær 8 km (3 / 3)

| | | | Totaltid | Efter | | Etape | | Tidstab | |
|--|----------------|---------------|-----------------|--------------|--|--------------|----|----------------|-------|
| | Karin Hulgaard | OK73 Gladsaxe | Maks.tid | | | Maks.tid | | | |
| | Athena | Minor | — | | | 1:40:06 | 1. | | 7:23 |
| | Signe Andersen | Ballerup OK | — | | | 1:49:15 | 2. | +9:09 | 12:51 |

H Let 3 km (6 / 6)

| | | | Totaltid | Efter | | Etape | | Tidstab | |
|----|---------------------------|-------------|-----------------|--------------|--|--------------|----|----------------|-------|
| 1. | Lauge Dalgaard Kristensen | Ballerup OK | 1:31:17 | | | 41:09 | 4. | +6:18 | 6:43 |
| | Alvin | Ballerup OK | — | | | 37:45 | 3. | +2:54 | 4:42 |
| | Bjørn Maaløe-Reinholt | Ballerup OK | — | | | 42:07 | 5. | +7:16 | 11:15 |
| | Bo Lindhøj | Ballerup OK | — | | | 34:51 | 1. | | 2:26 |
| | Pelle Lindhøj | Ballerup OK | — | | | 34:52 | 2. | +0:01 | 2:27 |
| | Sigurd Rye Olesen | Ballerup OK | — | | | 51:31 | 6. | +16:40 | 8:19 |

H Mel Svær 4 km (11 / 11)

| | | | Totaltid | Efter | | Etape | | Tidstab | |
|----|------------------------------|---------------------|-----------------|--------------|--|------------------|-----|----------------|-------|
| 1. | August Kvist | OK Skærmén Hareskov | 1:42:15 | | | 40:07 | 2. | +3:09 | 5:35 |
| 2. | Søren Kvist | OK Skærmén Hareskov | 1:42:27 | | | 40:10 | 3. | +3:12 | 5:32 |
| 3. | Malthe Thode Schiøtt | Ballerup OK | 1:44:50 | | | 30:58 | 1. | | 4:25 |
| | Kalle Vagtborg Vang-Pedersen | Farum OK | Fejlklip | | | Fejlklip | | | |
| | Lars Carstensen | Køge OK | Ej startet | | | Ej startet | | | |
| | Lars Ryberg Vikkelsø | Ballerup OK | Ej startet | | | Ej startet | | | |
| | Peter Mytting Hansen | Kildeholm OK | Ej startet | | | 1:04:48 | 9. | +27:50 | 13:47 |
| | Isak Graasbøl Ødum | OK ØST Birkerød | — | | | 57:27 | 6. | +20:29 | 8:45 |
| | Jesper Kühl | AMOK | — | | | 55:18 | 5. | +18:20 | 13:39 |
| | Kim Clausen | DSR | — | | | 1:15:54 | 10. | +38:56 | 13:12 |
| | Morten Sahl Bang | PI-København | — | | | 1:00:08 | 7. | +23:10 | 10:31 |
| | Pierre Skipper | Ballerup OK | — | | | 48:19 | 4. | +11:21 | 12:13 |
| | Troles Madsen | AMOK | — | | | 1:00:52 | 8. | +23:54 | 15:23 |

H Svær 3 km (19 / 19)

| | | | Totaltid | Efter | | Etape | | Tidstab | |
|----|---------------------|---------------------|-----------------|--------------|--|--------------------|-----|----------------|-------|
| 1. | Nils Sættem | Kildeholm OK | 1:53:59 | | | 40:40 | 3. | +3:25 | 5:19 |
| 2. | Søren Christensen | OK Skærmén Hareskov | 2:14:15 | | | 40:16 | 7. | +11:16 | 5:14 |
| 3. | Ole Svendsen | OK Roskilde | 2:42:59 | | | 54:00 | 8. | +14:23 | 5:27 |
| 4. | Knud Torm | OK Skærmén Hareskov | 2:44:26 | | | 53:02 | 9. | +14:57 | 2:12 |
| 5. | Ronald Clausen | DSR | 2:54:09 | | | 55:06 | 10. | +18:10 | 9:05 |
| 6. | Preben Kristensen | OK Roskilde | 3:01:42 | | | 1:00:43 | 14. | +30:32 | 15:14 |
| 7. | Karl Aage Hald | FSK Orientering | 3:05:10 | | | 1:00:46 | 13. | +23:31 | 15:54 |
| 8. | Holger Karlsmose | Farum OK | 4:17:37 | | | 1:22:08 | 17. | +51:51 | 13:19 |
| | Bjarne B. Jensen | HSOK | Fejlklip | | | 37:15 | 1. | | 0:25 |
| | Arne Steen Sørensen | OK ØST Birkerød | Ej startet | | | Ej startet | | | |
| | Erik Løvgren Jensen | Køge OK | Ej startet | | | 1:17:33 | 15. | +40:18 | 14:07 |
| | Frank Sandgreen | FSK Orientering | Ej startet | | | 1:51:39 | 18. | +1:14:24 | 18:24 |

| | | | | | | |
|-----------------------------|---------------|------------|------------|-----|--------|-------|
| Jørn Andreasen | OK73 Gladsaxe | Ej startet | Ej startet | | | |
| Gunner Jørgensen | OK73 Gladsaxe | — | Fejlklip | | | |
| Ida Thesbjerg | Ballerup OK | — | 44:20 | 6. | +7:05 | 5:43 |
| Jan Steen Jensen | Ballerup OK | — | 53:55 | 11. | +16:40 | 4:47 |
| Jonas Kühn | Ballerup OK | — | 43:26 | 5. | +6:11 | 6:37 |
| Leo Mathiesen | FIF Hillerød | — | 1:20:20 | 16. | +43:05 | 11:43 |
| Philipp von Hessberg | OK Skærmø | — | 40:06 | 2. | +2:51 | 3:44 |
| Storm Maaløe-Reinholt | Ballerup OK | — | 52:19 | 10. | +15:04 | 4:51 |
| Viktor Tougaard Hildebrandt | Farum OK | — | 42:08 | 4. | +4:53 | 6:42 |

H Svær 4 km (35 / 35)

| | | | Totaltid | Efter | Etape | | Tidstab | |
|-----|------------------------------|--------------------|-----------------|--------------|--------------------|-----|----------------|-------|
| 1. | Ole Hansen | HSOK | 1:53:26 | | 41:51 | 6. | +12:27 | 2:58 |
| 2. | Max-Emil Kupriyanov Hviid | Farum OK | 1:57:16 | | 36:20 | 3. | +7:03 | 0:32 |
| 3. | Adrian Kupriyanov Hviid | Farum OK | 2:04:27 | | 48:10 | 11. | +19:07 | 5:31 |
| 4. | Leif E. Larsen | THOK | 2:04:30 | | 45:26 | 8. | +16:02 | 4:08 |
| 5. | Leif Sudergaard | Kildeholm OK | 2:19:29 | | 49:53 | 13. | +20:31 | 2:11 |
| 6. | Henrik Kleffel | Søllerød OK | 2:27:06 | | 53:58 | 17. | +22:34 | 5:42 |
| 7. | Niels Hamborg Jensen | OK Skærmø Hareskov | 2:37:46 | | 54:02 | 16. | +21:39 | 2:56 |
| 8. | Niels Raagaard | Søllerød OK | 3:10:14 | | 1:06:48 | 25. | +37:19 | 8:55 |
| 9. | Karsten Richardt | Køge OK | 3:12:44 | | 1:05:58 | 24. | +36:01 | 3:47 |
| 10. | Kaj Rostvad | Søllerød OK | 3:21:35 | | 1:12:09 | 31. | +44:49 | 6:33 |
| 11. | Otto Kristensen | Køge OK | 3:24:11 | | 1:13:25 | 28. | +41:59 | 9:08 |
| 12. | Jakob Klemmensen | Kildeholm OK | 3:28:25 | | 1:02:59 | 22. | +33:33 | 11:40 |
| 13. | Jesper Carlsson | Køge OK | 3:32:06 | | 1:33:00 | 33. | +1:05:06 | 33:23 |
| | Kim Møller | Køge OK | Fejlklip | | Fejlklip | | | |
| | Flemming Vejen | Ballerup OK | Ej startet | | Ej startet | | | |
| | Frederik Erskov Krogh | OK ØST Birkerød | Ej startet | | Ej startet | | | |
| | Henrik Nielsen | Holbæk OK | Ej startet | | Ej startet | | | |
| | Jan Kristoffersen | Ballerup OK | Ej startet | | Ej startet | | | |
| | Laus Seir Hansen | HSOK | Ej startet | | Ej startet | | | |
| | Ole Berner | Søllerød OK | Ej startet | | 1:09:25 | 27. | +40:01 | 2:00 |
| | Ole Galle | THOK | Ej startet | | Ej startet | | | |
| | Rasmus Kristensen | Ballerup OK | Ej startet | | Ej startet | | | |
| | Søren Sloth | FIF Hillerød | Ej startet | | Ej startet | | | |
| | Anders Jonsson | Søllerød OK | — | | 1:02:14 | 21. | +32:50 | 7:39 |
| | Bent Johansen | OK73 Gladsaxe | — | | 1:00:35 | 20. | +31:11 | 6:43 |
| | Carsten Sønderup | PI-København | — | | 1:17:26 | 32. | +48:02 | 21:24 |
| | Erik Sørensen | Allerød OK | — | | 1:00:01 | 19. | +30:37 | 4:04 |
| | Ernst Poulsen | AMOK | — | | 1:08:13 | 26. | +38:49 | 21:44 |
| | Jesper Allan Jensen | OK Roskilde | — | | 1:13:24 | 29. | +44:00 | 7:26 |
| | Jesper Tidsvilde Hildebrandt | Farum OK | — | | 47:36 | 10. | +18:12 | 10:24 |
| | Jonathan Andersen | Ballerup OK | — | | 46:49 | 9. | +17:25 | 3:03 |
| | Jørgen Finnemann | Farum OK | — | | 44:26 | 7. | +15:02 | 4:02 |
| | Kasper Thode Schiøtt | Ballerup OK | — | | 37:49 | 4. | +8:25 | 1:47 |
| | Keld Johnsen | Tisvilde Hegn OK | — | | 50:10 | 14. | +20:46 | 3:43 |
| | Knud Lykking | OK73 Gladsaxe | — | | 1:13:29 | 30. | +44:05 | 5:43 |
| | Lars Bech Jensen | Ballerup OK | — | | 51:00 | 15. | +21:36 | 3:04 |
| | Lars Hanghøj Petersen | Ballerup OK | — | | Fejlklip | | | |
| | Mikael Møller | Ballerup OK | — | | 48:41 | 12. | +19:17 | 3:02 |
| | Rasmus Blomqvist | AMOK | — | | 39:42 | 5. | +10:18 | 1:19 |
| | Rolf Lund | HSOK | — | | 33:21 | 2. | +3:57 | 0:31 |
| | Rune Cederberg | Ballerup OK | — | | 29:24 | 1. | | 0:00 |
| | Rune Larsen | AMOK | — | | 1:03:13 | 23. | +33:49 | 10:04 |
| | Waate van Huizen | Kildeholm OK | — | | 58:27 | 18. | +29:03 | 6:11 |

H Svær 6 km (26 / 26)

| | | | Totaltid | Efter | Etape | | Tidstab | |
|----|----------------------------|-------------|-----------------|--------------|------------------|----|----------------|-------|
| 1. | Niels-Peter Vest Nielsen | Allerød OK | 2:25:27 | | 57:11 | 9. | +8:14 | 11:07 |
| 2. | Malthe Dalgaard Kristensen | Ballerup OK | 2:27:57 | | 52:20 | 3. | +3:26 | 3:22 |
| 3. | Peter Steen Landsperg | THOK | 2:37:05 | | 57:08 | 8. | +8:12 | 7:47 |
| 4. | Carsten Elhøj | AS Feltspor | 2:38:44 | | 53:57 | 6. | +6:48 | 3:48 |
| 5. | Christian Olsen | AMOK | 2:49:31 | | 52:04 | 4. | +5:37 | 6:25 |

| | | | | | | | |
|-----|-------------------------|----------------------|------------|--------------------|-----|--------|-------|
| 6. | Kurt Thuesen | FSK Orientering | 2:57:53 | 4:32:27 | 15. | +14:50 | 4:52 |
| 7. | Erik Ellegaard Simonsen | OK ØST Birkerød | 3:00:41 | 4:35:14 | 14. | +12:21 | 2:55 |
| 8. | Morten Foverskov | OK Skærmens Hareskov | 3:05:30 | 4:40:03 | 21. | +27:21 | 22:51 |
| 9. | Michael Zacho Frost | Køge OK | 3:05:41 | 5:40:04 | 10. | +8:49 | 4:13 |
| 10. | Peter Niemelä | Døvania | 3:18:34 | 4:53:07 | 18. | +22:18 | 9:56 |
| 11. | Bent Lishmann Nielsen | Ballerup OK | 3:24:30 | 4:59:59 | 17. | +20:54 | 11:20 |
| 12. | Jens Bentsen | OK ØST Birkerød | 3:40:51 | 4:23:24 | 23. | +34:50 | 11:12 |
| 13. | Thomas Østergaard | OK ØST Birkerød | 3:42:57 | 4:14:18 | 20. | +25:17 | 5:15 |
| 14. | Jakub Kolarik | OK73 Gladsaxe | 3:47:17 | 4:12:50 | 22. | +30:54 | 13:52 |
| | Sune Vang-Pedersen | Farum OK | Fejlklip | 48:57 | 1. | | 0:45 |
| | Frede Lillelund | Søllerød OK | Ej startet | 1:07:07 | 16. | +18:10 | 10:42 |
| | Henrik Albahn | Lyngby OK | Ej startet | 1:00:27 | 13. | +11:30 | 1:24 |
| | Jan Thiesen | Hølbæk OK | Ej startet | Ej startet | | | |
| | John Hørlyk | Farum OK | Ej startet | Ej startet | | | |
| | Leif Pedersen | FSK Orientering | Ej startet | Ej startet | | | |
| | Sergei Vorfolomeev | AMOK | Ej startet | Ej startet | | | |
| | Steen Olsen | Søllerød OK | Ej startet | Ej startet | | | |
| | Tim Falck Maag | THOK | Ej startet | Ej startet | | | |
| | Torben Speldt | AMOK | Ej startet | Ej startet | | | |
| | Brian Lauritzen | Ballerup OK | — | 1:33:05 | 24. | +44:08 | 18:57 |
| | Claus Cederberg | Ballerup OK | — | Udgået | | | |
| | Gregers Jørgensen | Ballerup OK | — | 59:38 | 12. | +10:41 | 4:07 |
| | Jan Johansen | PI-København | — | 1:13:31 | 19. | +24:34 | 3:51 |
| | Jesper Vestergaard | Søllerød OK | — | Ej startet | | | |
| | Lars Basballe | FSK Orientering | — | 1:45:17 | 25. | +56:20 | 25:22 |
| | Morten Ebbensgaard | OK ØST Birkerød | — | 50:24 | 2. | +1:27 | 2:23 |
| | Morten Schiøtt | Ballerup OK | — | 58:37 | 11. | +9:40 | 6:25 |
| | Ronnie Hjorth | OK73 Gladsaxe | — | 55:40 | 5. | +6:43 | 1:33 |
| | Torkil Hansen | PI-København | — | 56:46 | 7. | +7:49 | 2:04 |

H Svær 8 km (9 / 9)

| | | | Totaltid | Efter | Etape | | Tidstab | |
|----|-----------------------------|---------------|-----------------|--------------|--------------------|----|----------------|-------|
| 1. | Asger Habekost Nielsen | Allerød OK | 2:59:39 | | 1:05:12 | 2. | +4:47 | 0:00 |
| 2. | Lars Lyngsø | Allerød OK | 3:23:24 | | 4:23:47 | 5. | +13:32 | 4:37 |
| 3. | Knud Vagtborg Vang-Pedersen | Farum OK | 3:34:27 | | 4:34:49 | 6. | +16:04 | 5:06 |
| 4. | Henning Drejer Olsen | OK73 Gladsaxe | 4:32:12 | | 4:43:33 | 9. | +43:32 | 13:46 |
| | Denys Kandybei | Farum OK | Ej startet | | Ej startet | | | |
| | Helge Tillingsøe | DSR | Ej startet | | Ej startet | | | |
| | Jacob Spange Mortensen | PI-København | Ej startet | | Ej startet | | | |
| | Jakob Sandgrav | DSR | Ej startet | | Ej startet | | | |
| | Morten Ploug | Ballerup OK | Ej startet | | Ej startet | | | |
| | Yevhen Kandybey | Farum OK | Ej startet | | Ej startet | | | |
| | Anders Vejgaard | Ballerup OK | — | | 1:00:25 | 1. | | 1:00 |
| | Bela Sebok | Ballerup OK | — | | 1:06:51 | 4. | +6:26 | 3:47 |
| | Erik Olsen | PI-København | — | | 1:23:29 | 7. | +23:04 | 4:52 |
| | Hermann Marcher | Allerød OK | — | | 1:23:57 | 8. | +23:32 | 8:27 |
| | Joakim Østergaard | Søllerød OK | — | | 1:05:26 | 3. | +5:01 | 3:54 |