

H 19- 5.8 km 290 Hm 18 P

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|---|----|-----------------------|--------------------|---------|
| 1 | 9 | Wartbichler Christian | ASKÖ Henndorf | 48:51 |
| 2 | 18 | Helmingner Norbert | HSV Wals | 50:03 |
| 3 | 3 | Scharnagl Lukas | ASKÖ Henndorf | 55:00 |
| 4 | 7 | Mayer Kilian | SHS Hallein-Neualm | 1:05:48 |
| 5 | 17 | Rothauer Thomas | ASKÖ Henndorf | 1:07:54 |
| | 10 | Gathercole Richard | ASKÖ Henndorf | Fehlst |

D 19- 4.6 km 210 Hm 15 P

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|---|----|----------------------|---------------|---------|
| 1 | 43 | Rothauer Lucie | ASKÖ Henndorf | 56:33 |
| 2 | 46 | Gathercole Christine | ASKÖ Henndorf | 1:00:05 |
| 3 | 51 | Helmingner Julia | HSV Wals | 1:12:42 |
| 4 | 64 | Unger Andrea | ASKÖ Henndorf | 1:16:52 |
| 5 | 65 | Pesendorfer Lisa | ASKÖ Henndorf | 1:33:47 |
| 6 | 23 | Sailer Janine | ASKÖ Henndorf | 1:54:38 |
| | 24 | Elstner Anna | ASKÖ Henndorf | N Ang |
| | 56 | Hillebrand Karin | ASKÖ Henndorf | N Ang |