

| Hely | Név | Id | 6,0 km 0 m | | | | 7 ep | | | | | | | | | |
|--------------------|---------------------------|----------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|-------|
| | | | 1(34) | 2(39) | 3(40) | 4(41) | 5(42) | 6(37) | 7(38) | Cél | | | | | | |
| 1 | Vörös Endre | 47:54 | 5:56 | 16:00 | 19:57 | 25:13 | 33:05 | 36:59 | 43:26 | 47:54 | | | | | | |
| | HOD Hód-mentor spor | | 5:56 | 10:04 | 3:57 | 5:16 | 7:52 | 3:54 | 6:27 | 4:28 | | | | | | |
| 2 | Goldmann Júlia | 54:12 | 6:07 | 15:07 | 19:31 | 26:28 | 38:02 | 42:13 | 48:47 | 54:12 | | | | | | |
| | SDS Salgótarjáni Dor | | 6:07 | 9:00 | 4:24 | 6:57 | 11:34 | 4:11 | 6:34 | 5:25 | | | | | | |
| 3 | Vékony Vanda | 1:00:07 | 6:05 | 19:55 | 24:07 | 30:45 | 40:44 | 46:05 | 54:36 | 1:00:07 | | | | | | |
| | ARA Alba Regia Atlét | | 6:05 | 13:50 | 4:12 | 6:38 | 9:59 | 5:21 | 8:31 | 5:31 | | | | | | |
| 4 | Ratinland Zsófia | 1:03:29 | 7:50 | 18:45 | 24:00 | 30:27 | 41:13 | 45:24 | 53:50 | 1:03:29 | | | | | | |
| | FLF Fehérlófia Sport | | 7:50 | 10:55 | 5:15 | 6:27 | 10:46 | 4:11 | 8:26 | 9:39 | | | | | | |
| 5 | Olasz Márk | 1:10:25 | 6:32 | 17:32 | 24:37 | 33:58 | 46:11 | 52:04 | 1:03:37 | 1:10:25 | | | | | | |
| | HOD Hód-mentor spor | | 6:32 | 11:00 | 7:05 | 9:21 | 12:13 | 5:53 | 11:33 | 6:48 | | | | | | |
| 6 | Makovinyi Dorottya | 1:12:34 | 8:06 | 20:37 | 26:02 | 34:05 | 47:18 | 52:45 | 1:05:51 | 1:12:34 | | | | | | |
| | PAK Paksi Sportegye | | 8:06 | 12:31 | 5:25 | 8:03 | 13:13 | 5:27 | 13:06 | 6:43 | | | | | | |
| 7 | Mér Dominika | 1:13:04 | 11:34 | 22:24 | 27:15 | 35:15 | 54:46 | 59:21 | 1:07:02 | 1:13:04 | | | | | | |
| | VHS Veszprémi Honv | | 11:34 | 10:50 | 4:51 | 8:00 | 19:31 | 4:35 | 7:41 | 6:02 | | | 44:59 | *52 | | |
| 8 | Olasz Róbert | 1:23:44 | 7:44 | 22:16 | 30:30 | 38:13 | 52:46 | 57:51 | 1:09:38 | 1:23:44 | | | | | | |
| | HOD Hód-mentor spor | | 7:44 | 14:32 | 8:14 | 7:43 | 14:33 | 5:05 | 11:47 | 14:06 | | | | | | |
| 9 | Varga István | 1:29:59 | 9:57 | 22:34 | 27:52 | 44:05 | 1:04:38 | 1:10:47 | 1:23:57 | 1:29:59 | | | | | | |
| | SDS Salgótarjáni Dor | | 9:57 | 12:37 | 5:18 | 16:13 | 20:33 | 6:09 | 13:10 | 6:02 | | | | | | |
| 10 | Goldmann Róbert | 1:34:27 | 7:03 | 25:51 | 31:04 | 38:34 | 1:09:05 | 1:13:30 | 1:28:32 | 1:34:27 | | | | | | |
| | SDS Salgótarjáni Dor | | 7:03 | 18:48 | 5:13 | 7:30 | 30:31 | 4:25 | 15:02 | 5:55 | | | | | | |
| 11 | Alpár Dénes | 1:48:03 | 11:49 | 40:39 | 45:56 | 1:02:12 | 1:22:43 | 1:28:46 | 1:42:10 | 1:48:03 | | | | | | |
| | SZT Szombathelyi Eg | | 11:49 | 28:50 | 5:17 | 16:16 | 20:31 | 6:03 | 13:24 | 5:53 | | | | | | |
| | Vékonyné Árva Katali | hiba | ----- | ----- | ----- | ----- | ----- | 38:22 | ----- | 53:31 | | | 7:43 | 14:44 | 20:45 | 29:41 |
| | ARA Alba Regia Atlét | | | | | | | 38:22 | | 15:09 | | | *31 | *32 | *35 | *36 |
| | Porgányi Anna | hiba | 6:29 | 18:30 | 24:02 | 33:09 | 44:45 | 49:02 | ----- | 1:10:41 | | | | | | |
| | ZTC Zalaegerszegi Tá | | 6:29 | 12:01 | 5:32 | 9:07 | 11:36 | 4:17 | | 21:39 | | | | | | |
| | Kisházi Gábor ifj. | hiba | 6:44 | ----- | 22:40 | 34:28 | 47:39 | 53:32 | 1:05:07 | 1:11:53 | | | 17:18 | | | |
| | HOD Hód-mentor spor | | 6:44 | | 15:56 | 11:48 | 13:11 | 5:53 | 11:35 | 6:46 | | | *59 | | | |
| | Bernáth Zsolt | nfb | 46:56 | ----- | ----- | ----- | ----- | ----- | ----- | 1:02:14 | | | 15:14 | 30:01 | 38:05 | |
| | FLF Fehérlófia Sport | | 46:56 | | | | | | | 15:18 | | | *31 | *32 | *33 | |
| Nyílt H (7) | | | 9,3 km 0 m | | | | 12 ep | | | | | | | | | |
| | | | 1(38) | 2(39) | 3(40) | 4(41) | 5(42) | 6(34) | 7(43) | 8(31) | 9(32) | 10(35) | 11(36) | 12(37) | Cél | |
| 1 | Dalos Máté | 1:02:18 | 4:19 | 10:11 | 13:59 | 19:20 | 27:05 | 32:09 | 34:07 | 38:38 | 42:10 | 45:52 | 50:41 | 55:56 | 1:02:18 | |
| | TTE Tipo Tájfutó és K | | 4:19 | 5:52 | 3:48 | 5:21 | 7:45 | 5:04 | 1:58 | 4:31 | 3:32 | 3:42 | 4:49 | 5:15 | 6:22 | |
| 2 | Porgányi Márk | 1:06:54 | 4:34 | 13:30 | 17:56 | 23:01 | 31:50 | 36:38 | 38:47 | 43:08 | 46:34 | 50:46 | 55:22 | 1:00:36 | 1:06:54 | |
| | ZTC Zalaegerszegi Tá | | 4:34 | 8:56 | 4:26 | 5:05 | 8:49 | 4:48 | 2:09 | 4:21 | 3:26 | 4:12 | 4:36 | 5:14 | 6:18 | |
| 3 | Fehérvári Dániel | 1:13:32 | 4:50 | 11:24 | 15:20 | 21:05 | 32:06 | 37:34 | 40:38 | 45:21 | 50:41 | 54:27 | 1:00:07 | 1:06:24 | 1:13:32 | |
| | SDS Salgótarjáni Dor | | 4:50 | 6:34 | 3:56 | 5:45 | 11:01 | 5:28 | 3:04 | 4:43 | 5:20 | 3:46 | 5:40 | 6:17 | 7:08 | |

| Hely | Név | Id | 9,3 km 0 m | | 12 ep | | (folyt.) | | | | | | | | |
|---------------------|----------------------|---------|-------------|--------------|--------------|--------------|--------------|--------------|-------|---------|---------|---------|---------|---------|---------|
| | | | 1(38) | 2(39) | 3(40) | 4(41) | 5(42) | 6(34) | 7(43) | 8(31) | 9(32) | 10(35) | 11(36) | 12(37) | Cél |
| Nyílt H (7) | | | | | | | | | | | | | | | |
| 4 | Péntek Gréti | 1:19:56 | 5:22 | 13:12 | 17:50 | 25:49 | 36:59 | 42:48 | 45:20 | 50:48 | 54:48 | 59:41 | 1:05:38 | 1:11:52 | 1:19:56 |
| | BSC Balatonfüredi S | | 5:22 | 7:50 | 4:38 | 7:59 | 11:10 | 5:49 | 2:32 | 5:28 | 4:00 | 4:53 | 5:57 | 6:14 | 8:04 |
| 5 | Péntek Márton | 1:21:52 | 6:27 | 14:56 | 19:26 | 26:44 | 38:58 | 44:44 | 47:06 | 52:28 | 57:29 | 1:01:42 | 1:08:27 | 1:15:02 | 1:21:52 |
| | BSC Balatonfüredi S | | 6:27 | 8:29 | 4:30 | 7:18 | 12:14 | 5:46 | 2:22 | 5:22 | 5:01 | 4:13 | 6:45 | 6:35 | 6:50 |
| 6 | Szalay Levente | 1:23:50 | 9:26 | 17:03 | 21:18 | 29:11 | 40:56 | 46:38 | 49:09 | 54:21 | 59:25 | 1:03:36 | 1:10:30 | 1:16:59 | 1:23:50 |
| | GOC Göcsej Környez | | 9:26 | 7:37 | 4:15 | 7:53 | 11:45 | 5:42 | 2:31 | 5:12 | 5:04 | 4:11 | 6:54 | 6:29 | 6:51 |
| 7 | Kiss Péter | 1:40:17 | 6:19 | 15:19 | 20:05 | 26:52 | 46:29 | 54:08 | 56:59 | 1:04:05 | 1:10:42 | 1:16:50 | 1:23:45 | 1:30:44 | 1:40:17 |
| | PAK Paksi Sportegye | | 6:19 | 9:00 | 4:46 | 6:47 | 19:37 | 7:39 | 2:51 | 7:06 | 6:37 | 6:08 | 6:55 | 6:59 | 9:33 |
| Nyílt R (26) | | | | | | | | | | | | | | | |
| | | | 1(31) | 2(32) | 3(35) | 4(36) | 5(37) | Cél | | | | | | | |
| 1 | Sramkó Tibor | 47:52 | 7:50 | 14:30 | 20:37 | 28:23 | 38:05 | 47:52 | | | | | | | |
| | SDS Salgótarjáni Dor | | 7:50 | 6:40 | 6:07 | 7:46 | 9:42 | 9:47 | | | | | | | |
| 2 | Dénes Orsi | 48:36 | 7:01 | 13:20 | 22:05 | 31:03 | 38:29 | 48:36 | | | | | | | |
| | | | 7:01 | 6:19 | 8:45 | 8:58 | 7:26 | 10:07 | | | | | | | |
| 3 | Goldmann Dóra | 48:47 | 6:33 | 11:53 | 21:37 | 29:49 | 38:15 | 48:47 | | | | | | | |
| | SDS Salgótarjáni Dor | | 6:33 | 5:20 | 9:44 | 8:12 | 8:26 | 10:32 | | | | | | | |
| 4 | Kishanti Petra | 55:56 | 8:38 | 14:27 | 25:27 | 35:46 | 43:28 | 55:56 | | | | | | | |
| | ZST Zselic Tájékozód | | 8:38 | 5:49 | 11:00 | 10:19 | 7:42 | 12:28 | | | | | | | |
| 5 | Tóth Ábel Tibor | 56:25 | 13:33 | 19:25 | 27:04 | 35:53 | 45:13 | 56:25 | | | | | | | |
| | SDS Salgótarjáni Dor | | 13:33 | 5:52 | 7:39 | 8:49 | 9:20 | 11:12 | | | | | | | |
| 6 | Tóth Zénó | 56:33 | 13:39 | 19:38 | 27:12 | 36:03 | 45:13 | 56:33 | | | | | | | |
| | SDS Salgótarjáni Dor | | 13:39 | 5:59 | 7:34 | 8:51 | 9:10 | 11:20 | | | | | | | |
| 7 | Harmath Dávid | 57:46 | 11:20 | 23:36 | 31:48 | 39:33 | 48:19 | 57:46 | | | | | | | |
| | BSC Balatonfüredi S | | 11:20 | 12:16 | 8:12 | 7:45 | 8:46 | 9:27 | | | | | | | |
| 8 | Porgányiné Henrich | 59:16 | 9:28 | 23:49 | 30:57 | 41:00 | 49:17 | 59:16 | | | | | | | |
| | ZTC Zalaegerszegi Tá | | 9:28 | 14:21 | 7:08 | 10:03 | 8:17 | 9:59 | | | | | | | |
| 9 | Szele Bálint | 59:18 | 9:02 | 15:41 | 24:53 | 38:16 | 47:11 | 59:18 | | | | | | | |
| | GOC Göcsej Környez | | 9:02 | 6:39 | 9:12 | 13:23 | 8:55 | 12:07 | | | | | | | |
| 10 | Juhász Júlia | 59:39 | 9:13 | 15:54 | 24:57 | 38:18 | 47:21 | 59:39 | | | | | | | |
| | GOC Göcsej Környez | | 9:13 | 6:41 | 9:03 | 13:21 | 9:03 | 12:18 | | | | | | | |
| 11 | Goldmann Kata | 1:04:23 | 8:58 | 15:38 | 25:07 | 42:01 | 53:28 | 1:04:23 | | | | | | | |
| | SDS Salgótarjáni Dor | | 8:58 | 6:40 | 9:29 | 16:54 | 11:27 | 10:55 | | | | | | | |
| 12 | Mag Fruzsina | 1:09:26 | 10:09 | 28:45 | 34:54 | 43:24 | 56:46 | 1:09:26 | | | | | | | |
| | SDS Salgótarjáni Dor | | 10:09 | 18:36 | 6:09 | 8:30 | 13:22 | 12:40 | | | | | | | |
| 12 | Lénárt Lili | 1:09:26 | 10:08 | 28:43 | 34:54 | 43:23 | 56:46 | 1:09:26 | | | | | | | |
| | SDS Salgótarjáni Dor | | 10:08 | 18:35 | 6:11 | 8:29 | 13:23 | 12:40 | | | | | | | |
| 14 | Mag Viktória | 1:09:27 | 10:09 | 28:44 | 34:54 | 43:23 | 56:47 | 1:09:27 | | | | | | | |
| | SDS Salgótarjáni Dor | | 10:09 | 18:35 | 6:10 | 8:29 | 13:24 | 12:40 | | | | | | | |

| Hely | Név | Id | 4,6 km 0 m | | | | 5 ep | (folyt.) | | | | | | |
|-----------|--|----------------|------------|-------|-------|---------|---------|----------|-------|-------|-------|-------|---------|---------|
| | | 1(31) | 2(32) | 3(35) | 4(36) | 5(37) | Cél | | | | | | | |
| 15 | Nagy Szilvia SDS Salgótarjáni Dor | 1:09:45 | 10:30 | 20:12 | 29:53 | 42:44 | 53:01 | 1:09:45 | | | | | | |
| | | | 10:30 | 9:42 | 9:41 | 12:51 | 10:17 | 16:44 | | | | | | |
| 16 | Gaál Csanád BSC Balatonfüredi S | 1:15:16 | 29:56 | 38:52 | 45:31 | 55:08 | 1:04:53 | 1:15:16 | | | | | | |
| | | | 29:56 | 8:56 | 6:39 | 9:37 | 9:45 | 10:23 | | | | | | |
| 17 | Küronya Frigyes BSC Balatonfüredi S | 1:16:02 | 7:09 | 18:19 | 29:13 | 51:18 | 1:06:32 | 1:16:02 | | | | | | |
| | | | 7:09 | 11:10 | 10:54 | 22:05 | 15:14 | 9:30 | | | | | | |
| 18 | Aradi Bence PAK Paksi Sportegye | 1:18:24 | 9:27 | 20:46 | 31:29 | 53:40 | 1:08:54 | 1:18:24 | | | | | | |
| | | | 9:27 | 11:19 | 10:43 | 22:11 | 15:14 | 9:30 | | | | | | |
| 19 | Hahn Máriusz PAK Paksi Sportegye | 1:18:29 | 9:28 | 20:47 | 31:31 | 53:44 | 1:08:55 | 1:18:29 | | | | | | |
| | | | 9:28 | 11:19 | 10:44 | 22:13 | 15:11 | 9:34 | | | | | | |
| 20 | Kiss Bertalan András SZT Szombathelyi Eg | 1:18:52 | 14:55 | 26:13 | 36:50 | 59:08 | 1:07:43 | 1:18:52 | | | | | | |
| | | | 14:55 | 11:18 | 10:37 | 22:18 | 8:35 | 11:09 | | | | | | |
| 21 | Kovács Karina PAK Paksi Sportegye | 1:23:08 | 25:55 | 36:45 | 46:02 | 59:23 | 1:09:59 | 1:23:08 | | | | | | |
| | | | 25:55 | 10:50 | 9:17 | 13:21 | 10:36 | 13:09 | | | | | | |
| 22 | Kovács Kira PAK Paksi Sportegye | 1:24:13 | 26:00 | 37:05 | 46:09 | 59:26 | 1:10:09 | 1:24:13 | | | | | | |
| | | | 26:00 | 11:05 | 9:04 | 13:17 | 10:43 | 14:04 | | | | | | |
| 23 | Sarkadi Lehel SZT Szombathelyi Eg | 1:24:57 | 15:47 | 27:17 | 37:50 | 1:00:08 | 1:15:29 | 1:24:57 | | | | | | |
| | | | 15:47 | 11:30 | 10:33 | 22:18 | 15:21 | 9:28 | | | | | | |
| 24 | Kovács Vera PAK Paksi Sportegye | 1:26:15 | 12:53 | 24:23 | 35:17 | 54:32 | 1:07:03 | 1:26:15 | | | | | | |
| | | | 12:53 | 11:30 | 10:54 | 19:15 | 12:31 | 19:12 | | | | | | |
| | Veszelszki Barnabás GOC Göcsej Környez | hiba | 7:57 | 15:18 | ----- | ----- | ----- | 29:20 | 18:45 | 22:32 | | | | |
| | Varga Petra SDS Salgótarjáni Dor | hiba | 7:57 | 7:21 | ----- | ----- | ----- | 14:02 | *33 | *34 | | | | |
| | | | ----- | ----- | ----- | ----- | 1:43:34 | 2:26:47 | 14:18 | 39:47 | 49:00 | 49:30 | 1:09:12 | 1:37:05 |
| | | | | | | | 1:43:34 | 43:13 | *34 | *39 | *40 | *40 | *41 | *42 |

| Hely | Név | Id | 2,8 km 0 m | | | | 4 ep | | | | |
|----------|---|----------------|-------------|--------------|--------------|--------------|--------------|--|--|--|--|
| | | 1(31) | 2(32) | 3(33) | 4(34) | Cél | | | | | |
| 1 | Varga-Tóth Blanka HOD Hód-mentor spor | 39:53 | 9:23 | 17:07 | 23:07 | 30:09 | 39:53 | | | | |
| | | | 9:23 | 7:44 | 6:00 | 7:02 | 9:44 | | | | |
| 2 | Péri Kata Luca FLF Fehérlófia Sport | 1:02:14 | 15:14 | 29:58 | 38:04 | 46:59 | 1:02:14 | | | | |
| | | | 15:14 | 14:44 | 8:06 | 8:55 | 15:15 | | | | |