

12,3km

| Vieta | Valsts | Vārds | Uzvārds | Komanda | Pilsēta | Grupa | Rezultāts |
|-------|--------|---------------|--------------|------------------------------|----------------|-------|-------------|
| 1 | LAT | Valērijs | Žolnerovičs | Žolneroviča skriešanas klubs | Ventspils nov. | VN30 | 00:43:57.80 |
| 2 | LAT | Dzintars | Kļava | Talsu Pakalnu Klubs | Talsi | VN40 | 00:47:09.63 |
| 3 | LAT | Artūrs | Silgals | IM run club | Valdemārpils | VN20 | 00:47:26.06 |
| 4 | LAT | Mareks | Zālītis | MZ Team | Ķekava | VN30 | 00:47:36.12 |
| 5 | LAT | Artūrs | Caics | --- | Rīga | VN30 | 00:47:44.56 |
| 6 | LAT | Kristaps | Vārna | FOLKMANI | Talsi | VN20 | 00:47:51.67 |
| 7 | LAT | Erasts | Bobrovs | | Talsi | VN15 | 00:49:10.22 |
| 8 | LAT | Aleksandrs | Belovs | Team JV | Rīga | VN30 | 00:49:14.71 |
| 9 | LAT | Rihards | Lozbers | TNSS/TPSK | Talsi | VNJ | 00:49:20.07 |
| 10 | LAT | Adriāns-Māris | Šņoriņš | TNSS/TPSK | Talsi | VN15 | 00:49:22.11 |
| 11 | LAT | Ernests | Solovjovs | TNSS/TPSK | Talsi | VN15 | 00:49:31.31 |
| 12 | LAT | Ģirts | Viļumovs | Matisons runner's club | Ventspils | VN20 | 00:50:16.13 |
| 13 | LAT | Jānis | Pauliņš | IM run club | Talsi | VN30 | 00:50:59.23 |
| 14 | LAT | Andris | Šņoriņš | | Talsi | VN40 | 00:51:07.84 |
| 15 | LAT | Valters | Bresme | TNSS/TPSK | Talsi | VN15 | 00:51:13.41 |
| 16 | LAT | Mārtiņš | Drāke | ASK Patria | Rīga | VN30 | 00:51:28.33 |
| 17 | LAT | Olivers | Bresme | TNSS/TPSK | Talsi | VN15 | 00:51:58.53 |
| 18 | LAT | Arvīds | Šenbergs | Matisons Runner's Club | Piltene | VN30 | 00:52:14.30 |
| 19 | LAT | Kristaps | Sūna | Sk Katrīna/Kuldīga | Alsunga | VN30 | 00:53:04.74 |
| 20 | LAT | Juris | Lācis | | Mērsrags | VN30 | 00:53:59.85 |
| 21 | LAT | Rainers | Krišmanis | TNSS/TPSK | Talsi | VN15 | 00:54:08.84 |
| 22 | | Romāns | Žabinskis | sk Vikings | Ventspils | VN20 | 00:54:11.11 |
| 23 | | Ivars | Brauns | Lynxdojo | Sigulda | VN40 | 00:54:25.65 |
| 24 | LAT | Ģirts | Žagars | | Talsi | VN30 | 00:54:55.70 |
| 25 | LAT | Vjačeslavs | Sozinovs | Sozinoff family | Rīga | VN30 | 00:55:30.41 |
| 26 | LAT | Raimonds | Šteins | SK Tērauds | Rīga | VN30 | 00:55:53.44 |
| 27 | LAT | Edgars | Rollis | | Baloži | VN30 | 00:57:23.48 |
| 28 | LAT | Nikolajs | Vjugins | Matisons Runner's Club | Ventspils | VN40 | 00:57:52.82 |
| 29 | LAT | Kaspars | Šabāns | SK Katrīna | Kuldīga | VN50 | 00:58:17.62 |
| 30 | LAT | Ivo | Lidaks | IvoFit | Talsi | VN20 | 00:58:41.70 |
| 31 | | Sandis | Sparāns | | Preiļi | VN20 | 00:59:16.02 |
| 32 | | Sabīne | Grīnerte | Matisons's Runners club | Ventspils | SN30 | 00:59:19.69 |
| 33 | LAT | Gundars | Doniņš | MARATONA KLUBS | Roja | VN50 | 00:59:58.67 |
| 34 | LAT | Ivars | Borisovs | | Jelgava | VN40 | 01:00:12.36 |
| 35 | | Veronika | Tafertshofer | Talsu pakalnu sporta klubs | Peiting | SN30 | 01:00:42.77 |
| 36 | LAT | Linda | Loce | Lynxdojo | Rīga | SN30 | 01:02:04.07 |
| 37 | LAT | Andris-Edgars | Fecers | Tupeļdīzelis | Jūrmala | VN20 | 01:02:42.44 |
| 38 | LAT | Ringolds | Ozoliņš | MARATONA KLUBS | Ventspils | VN50 | 01:03:08.85 |
| 39 | LAT | Ketija | Sandere | | Liepāja | SN30 | 01:03:12.77 |
| 40 | | Vita | Zavicka | | Jelgava | SN50 | 01:03:13.51 |
| 41 | LAT | Maija | Pūpola | MARATONA KLUBS | Aizpute | SN50 | 01:03:19.46 |
| 42 | LAT | Jānis | Caics | Rīga.LVVA. | Rīga | VN60 | 01:03:51.12 |
| 43 | | Raimonds | Krūmiņš | | Roja | VN50 | 01:04:00.20 |
| 44 | LAT | Oskars | Terliņš | | Ventspils | VN40 | 01:04:21.89 |
| 45 | LAT | Karīna | Bernāne | TNSS/TPSK | Talsi | SN15 | 01:04:44.76 |
| 46 | LAT | Gatis | Otomers | | Roja | VN40 | 01:05:01.32 |
| 47 | LAT | Ilze | Valerte | MARATONA KLUBS | Ventspils | SN50 | 01:05:10.17 |

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|--------|------------|------------|----------------------|------------|------|-------------|
| 48 | Edvards | Juhimenko | | Dobele | VN15 | 01:06:19.90 |
| 49 LAT | Kaspars | Sniegs | Folkmaņi | Jelgava | VN40 | 01:06:42.81 |
| 50 | Edgars | Brežinskis | | Talsi | VNJ | 01:07:03.55 |
| 51 LAT | Ilgonis | Apfelbaums | MARATONA KLUBS | Ventspils | VN60 | 01:07:57.41 |
| 52 | Zane | Pažemecka | | Bauska | SN30 | 01:08:08.46 |
| 53 LAT | Viktorija | Juhimenko | | Dobele | SN40 | 01:09:02.02 |
| 54 LAT | Aleksandrs | Kuzņecovs | MARATONA KLUBS | Ventspils | VN40 | 01:09:38.50 |
| 55 LAT | Lotārs | Zariņš | | Rīga | VN20 | 01:10:03.03 |
| 56 LAT | Tatjana | Āboliņa | Maratona klubs | TALSI | SN40 | 01:10:49.38 |
| 57 LAT | Ance | Ziediņa | | Talsi | SN40 | 01:11:06.24 |
| 58 LAT | Elmārs | Vitrungs | Team WoodPro/Lugarde | Mālpils | VN30 | 01:11:52.89 |
| 59 LAT | Laura | Davidauska | | Rīga | SN20 | 01:13:07.21 |
| 60 LAT | Nauris | Zariņš | | Smiltene | VN40 | 01:14:35.93 |
| 62 LAT | Agnese | Ernstsone | MARATONA KLUBS | Ventspils | SN30 | 01:15:37.06 |
| 61 LAT | Zanna | Judko | Maratona klubs | Ventspils | SN50 | 01:15:37.38 |
| 63 LAT | Ieva | Šteinberga | SK Katrīna | Saldus | SN50 | 01:15:53.21 |
| 64 | Gatis | Eglītis | | Pļieņciems | VN40 | 01:16:37.75 |
| 65 LAT | Gustavs | Vaivods | Jūrmalas Rūķīši | Jūrmala | VNJ | 01:16:54.93 |
| 66 LAT | Roberts | Vaivods | Jūrmalas Rūķīši | Jūrmala | VN15 | 01:16:55.31 |
| 67 LAT | Daniela | Feldmane | Ķirķrags | Rīga | SN15 | 01:17:24.77 |
| 68 LAT | Lauma | Muceniece | | Ķekava | SN30 | 01:18:12.84 |
| 69 | Rinolds | Rozentāls | | Liepāja | VN50 | 01:18:25.76 |
| 70 | Georgs | Avetisjans | | Kaltene | VN30 | 01:18:58.27 |
| 71 | Markuss | Pētersons | | Talsi | VN15 | 01:19:23.61 |
| 72 LAT | Ilze | Kronberga | TUKUMS | Tukums | SN40 | 01:21:28.25 |
| 73 LAT | Marta-Līna | Haino | MARATONA KLUBS | Ventspils | SN20 | 01:22:49.91 |
| 74 LAT | Jānis | Indāns | | Salaspils | VN40 | 01:22:52.28 |
| 75 | Sabine | Berzina | | Rīga | SN30 | 01:23:25.02 |
| 76 | Kristaps | Kijups | Zarupi | Brenguļi | VN30 | 01:27:44.61 |
| 77 | Laura | Esmite | | Rīga | SN30 | 01:27:47.08 |
| 78 LAT | Inese | Vaivode | Jūrmalas Rūķīši | Jūrmala | SN40 | 01:29:20.80 |
| 79 LAT | Jānis | Vaivods | Jūrmalas Rūķīši | Jūrmala | VN40 | 01:29:20.92 |
| 80 LAT | Baiba | Dāldere | | Roja | SN40 | 01:44:22.71 |