

| Navn | Tid 3000m | Navn | Tid 3000m |
|--------------------------|-------------|-------------------------|-------------|
| Mikkel Egeberg | 00:11:23:19 | Peter Halberg | 00:16:51:86 |
| Carsten Poulsen | 00:11:43:77 | Tine Davidsen | 00:16:56:99 |
| Kim Fossum | 00:11:46:01 | Daniel Schütt | 00:17:15:66 |
| Henrik Juel Hansen | 00:12:30:46 | Karl Winkler Kofoed | 00:17:22:62 |
| Kasper Larsen | 00:12:34:56 | Nora Winkler Kofoed | 00:17:23:92 |
| Elin Løvendahl-Rasmussen | 00:12:55:54 | Bettina Spang | 00:18:10:13 |
| Karina Heinecke | 00:13:14:58 | Solveig Rasmussen | 00:18:34:17 |
| Henrik Simonsen | 00:13:19:66 | Vibeke Larsen | 00:18:42:04 |
| Lars Ehlers Jensen | 00:13:45:81 | Susie Dannemand | 00:18:48:27 |
| Tim Dannemand | 00:14:05:35 | Pia Marturin Nielsen | 00:19:23:27 |
| Torben Hansen | 00:14:43:79 | LiseLotte Nielsen | 00:19:25:85 |
| Ole Winkler Kofoed | 00:15:21:28 | Eva Holm Hansen | 00:19:28:12 |
| Niels Harvest | 00:15:22:45 | Anni Andersen | 00:19:30:19 |
| Lasse Jensen | 00:15:45:35 | Tine Laursen | 00:22:01:67 |
| Helle Duval Larsen | 00:15:57:27 | Inger-Marie Gravengaard | 00:22:38:29 |
| Jette Kirk Jensen | 00:16:27:83 | Charlotte Spang | 00:22:53:03 |
| Karsten Thorbjørn Hansen | 00:16:41:44 | | |