

| FC 2- | | | | | | |
|-------|---|-----------------------|------------------------|------------------------|----------|----------|
| | 1 | LYON AUN 1 | CHANUT CLAIRE | MATHIEU JULIE | 06:19.53 | |
| | 2 | LYON AUN 2 | BERNARDIN LEA | GIRERD MAELLE | 06:21.38 | 00:01.85 |
| | 3 | ANNECY CN 1 | BERTIN CHARLOTTE | LAROCHE ANAIS | 06:22.79 | 00:03.26 |
| FA | 4 | CHAMBERY CN 1 | REVIL ANAELLE | MINIGGIO MARION | 06:28.85 | 00:09.32 |
| | 5 | CHAMBERY CN 2 | FERRARINI AURORE | OCCELLI MELANIE | 06:37.85 | 00:18.32 |
| | 6 | THONON CA 2 | BROUILLET CONSTANCE | FALQUET ALIX | 06:50.01 | 00:30.48 |
| | 1 | ROANNE-LE COTEAU AV 1 | LAFARGE CLEMENCE | HOWROYD GWYNETH | 06:40.28 | |
| | 2 | ANNECY LE VIEUX CS 1 | BUGEAT ESTELLE | HOLLAND SANCHEZ ANDREA | 06:44.10 | 00:03.82 |
| | 3 | CHAMBERY CN 3 | DUFAYARD MALORIE | CASALI MANON | 06:45.73 | 00:05.45 |
| FB | 4 | THONON CA 1 | GILLET EMMA | JEANDEY JULIETTE | 06:51.40 | 00:11.12 |
| | 5 | ROANNE-LE COTEAU AV 2 | DAIKHI SHORIANNE | REBAUDO MARIANNE | 06:55.11 | 00:14.83 |
| | 6 | LYON AUN 3 | ARQUILLIERE CLARISSE | FOURY LEA | 07:06.75 | 00:26.47 |
| | 1 | VILLEFRANCHE AUN | OSMANI LINDA | NEOLLIER JULIA | 06:57.64 | |
| | 2 | ANNECY CN 2 | MOTA AMBRE | CHARLETY LEA | 07:01.22 | 00:03.58 |
| | 3 | ANNECY LE VIEUX CS 2 | FREIRE CLEMENTINE | COCHERY MOCELLIN ELISE | 07:02.36 | 00:04.72 |
| FC | 4 | LYON CALUIRE AC 1 | GUINAMARD JULIA -MARIE | COLLET ELEONORE | 07:05.92 | 00:08.28 |
| | 5 | GRENOBLE AV | DAGANAUD CAMILLE | TISSIER VERSE LAURIE | 07:09.69 | 00:12.05 |
| | 6 | THONON CA 3 | VAUDAUX CELIA | DE LISLEFERME CHLOE | 07:24.54 | 00:26.90 |
| FC 1X | | | | | | |
| | 1 | CHAMBERY CN 1 | COMMUNAL ANNE-ELISE | | 06:25.56 | |
| | 2 | AIGUEBELETTE ACL 2 | CATTIN MASSON ESTELLE | | 06:27.58 | 00:02.02 |
| | 3 | AIGUEBELETTE ACL 1 | BORDIER AGATHE | | 06:28.70 | 00:03.14 |
| FA | 4 | GRENOBLE AV 1 | GRIFFON SANDRA | | 06:31.09 | 00:05.53 |
| | 5 | LYON CA 4 | WIESSLER HEATHER | | 06:34.25 | 00:08.69 |
| | | LYON CA 1 | PITANCE MATHILDE | | FORFAIT | |
| | 1 | ROMANS ARP 1 | MOULLARD ANAELLE | | 06:40.42 | |
| | 2 | ROMANS ARP 2 | MONTERRAT PAULINE | | 06:41.48 | 00:01.06 |
| | 3 | LYON CA 2 | COLLET CLEMENTINE | | 06:42.23 | 00:01.81 |
| FB | 4 | LYON CA 3 | ALBRECHT DIANE | | 06:43.52 | 00:03.10 |
| | 5 | GRENOBLE AV 2 | MAGNIN CORALINE | | 06:43.84 | 00:03.42 |
| | 6 | VALENCE AV 1 | PORCHIER CHARLOTTE | | 06:47.75 | 00:07.33 |
| | 1 | CHAMBERY CN 2 | MANHES CLEMENCE | | 06:45.95 | |
| | 2 | LYON AUN 1 | MORREEL COLINE | | 06:51.80 | 00:05.85 |
| | 3 | SUD GRÉSIVAUDAN A 1 | WINKLER ROMY | | 06:56.22 | 00:10.27 |
| FC | 4 | LYON CA 5 | PIGNOT JULIE | | 06:58.87 | 00:12.92 |
| | 5 | VILLEFRANCHE AUN 2 | MARILLER SANDRA | | 07:01.72 | 00:15.77 |
| | | EVIAN CA 1 | NEDELEC SVANHILDE | | FORFAIT | |