

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|-----------------|-----|---|--------------------|----------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| WBL (1) | | | 1.7 km 10 C | | | | | | | | | | | | | | |
| | | | 1(49) | 2(35) | 3(36) | 4(62) | 5(64) | 6(42) | 7(60) | 8(65) | 9(67) | 10(48) | Finish | | | | |
| | 2 | Kübra Karasu STANBUL ORIENTE | dns | | | | | | | | | | | | | | |
| WBS (1) | | | 1.5 km 9 C | | | | | | | | | | | | | | |
| | | | 1(49) | 2(35) | 3(36) | 4(63) | 5(64) | 6(42) | 7(65) | 8(67) | 9(48) | Finish | | | | | |
| 1 | 79 | Joanne Anana-Sara Helsingin Suunnist | 30:01 | 7:43 | 16:44 | 17:39 | 20:48 | 22:58 | 23:53 | 25:14 | 28:18 | 29:36 | 30:01 | | | | |
| | | | 7:43 | 9:01 | 0:55 | 3:09 | 2:10 | 0:55 | 1:21 | 3:04 | 1:18 | 0:25 | | | | | |
| W12 (2) | | | 1.7 km 10 C | | | | | | | | | | | | | | |
| | | | 1(49) | 2(35) | 3(36) | 4(62) | 5(64) | 6(42) | 7(60) | 8(65) | 9(67) | 10(48) | Finish | | | | |
| | 124 | MAL ERDAR YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 120 | AY E Ç S L PEHL VA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| W14 (4) | | | 2.0 km 9 C | | | | | | | | | | | | | | |
| | | | 1(35) | 2(36) | 3(50) | 4(42) | 5(60) | 6(41) | 7(47) | 8(58) | 9(48) | Finish | | | | | |
| | 127 | DO A YALMAN YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 222 | Hatice Güzin Tırlan Az biraz kaçık | dns | | | | | | | | | | | | | | |
| | 106 | BUKET B LENLER YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 108 | FATMA ÖZDEM R YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| W16A (2) | | | 3.9 km 14 C | | | | | | | | | | | | | | |
| | | | 1(49) | 2(35) | 3(36) | 4(39) | 5(38) | 6(45) | 7(32) | 8(31) | 9(44) | 10(59) | 11(42) | 12(61) | 13(58) | 14(48) | |
| | | Finish | | | | | | | | | | | | | | | |
| 1 | 72 | Tuva Nikolausson Svaide Roma SOK | 39:25 | 1:12 | 9:48 | 10:31 | 11:24 | 12:58 | 19:00 | 21:37 | 24:16 | 25:39 | 27:54 | 32:42 | 36:14 | 37:55 | 39:06 |
| | | | 1:12 | 8:36 | 0:43 | 0:53 | 1:34 | 6:02 | 2:37 | 2:39 | 1:23 | 2:15 | 4:48 | 3:32 | 1:41 | 1:11 | |
| | | | 39:25 | 0:19 | | | | | | | | | | | | | |
| | 113 | JALE ATAK YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| W18A (3) | | | 4.4 km 16 C | | | | | | | | | | | | | | |
| | | | 1(49) | 2(33) | 3(37) | 4(39) | 5(38) | 6(45) | 7(32) | 8(31) | 9(44) | 10(59) | 11(43) | 12(42) | 13(47) | 14(57) | |
| | | Finish | | | | | | | | | | | | | | | |
| | | 15(58) | 16(48) | | | | | | | | | | | | | | |
| 1 | 75 | Elin Johnsson Svaide Roma SOK | 1:05:05 | 1:38 | 2:43 | 5:21 | 10:32 | 13:36 | 29:14 | 32:36 | 35:21 | 37:12 | 39:56 | 42:08 | 47:32 | 52:32 | 1:00:43 |
| | | | 1:38 | 1:05 | 2:38 | 5:11 | 3:04 | 15:38 | 3:22 | 2:45 | 1:51 | 2:44 | 2:12 | 5:24 | 5:00 | 8:11 | |
| | | | 1:02:50 | 1:04:44 | 1:05:05 | | | | | | | | | | | | |
| | | | 2:07 | 1:54 | 0:21 | | | | | | | | | | | | |
| | 226 | Serdem Merve Ate NEO Do a Sporları | dns | | | | | | | | | | | | | | |
| | 109 | SAL HA H LAL KÖSE YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| W20A (9) | | | 5.2 km 13 C | | | | | | | | | | | | | | |
| | | | 1(33) | 2(37) | 3(39) | 4(38) | 5(52) | 6(53) | 7(54) | 8(45) | 9(43) | 10(42) | 11(47) | 12(58) | 13(48) | Finish | |
| 1 | 85 | Venla Heikkilä Helsingin Suunnist | 1:01:51 | 2:25 | 4:19 | 9:03 | 11:08 | 21:47 | 23:27 | 27:05 | 32:14 | 51:52 | 55:02 | 58:09 | 59:53 | 1:01:27 | 1:01:51 |
| | | | 2:25 | 1:54 | 4:44 | 2:05 | 10:39 | 1:40 | 3:38 | 5:09 | 19:38 | 3:10 | 3:07 | 1:44 | 1:34 | 0:24 | |
| 2 | 51 | Bü ra Özer TSK Spor Kulübü | 1:12:53 | 2:47 | 6:21 | 15:24 | 17:12 | 36:17 | 37:48 | 39:20 | 47:41 | 53:40 | 56:57 | 1:01:37 | 1:11:23 | 1:12:38 | 1:12:53 |
| | | | 2:47 | 3:34 | 9:03 | 1:48 | 19:05 | 1:31 | 1:32 | 8:21 | 5:59 | 3:17 | 4:40 | 9:46 | 1:15 | 0:15 | |
| 3 | 47 | Selma Cabri TSK Spor Kulübü | 1:26:28 | 3:01 | 5:20 | 12:26 | 14:24 | 33:27 | 37:12 | 40:21 | 1:04:09 | 1:12:21 | 1:19:56 | 1:22:59 | 1:24:55 | 1:26:09 | 1:26:28 |
| | | | 3:01 | 2:19 | 7:06 | 1:58 | 19:03 | 3:45 | 3:09 | 23:48 | 8:12 | 7:35 | 3:03 | 1:56 | 1:14 | 0:19 | |
| 4 | 50 | Zeynep Sanem Akpı TSK Spor Kulübü | 1:30:28 | 7:06 | 9:31 | 16:26 | 18:26 | 37:32 | 41:13 | 44:15 | 1:10:27 | 1:16:24 | 1:23:51 | 1:26:56 | 1:28:53 | 1:30:08 | 1:30:28 |
| | | | 7:06 | 2:25 | 6:55 | 2:00 | 19:06 | 3:41 | 3:02 | 26:12 | 5:57 | 7:27 | 3:05 | 1:57 | 1:15 | 0:20 | |
| 5 | 77 | Hilal Söker TSK Spor Kulübü | 1:36:18 | 3:09 | 5:41 | 11:50 | 14:21 | 35:09 | 36:05 | 37:33 | 1:00:24 | 1:07:33 | 1:15:01 | 1:31:49 | 1:34:25 | 1:35:59 | 1:36:18 |
| | | | 3:09 | 2:32 | 6:09 | 2:31 | 20:48 | 0:56 | 1:28 | 22:51 | 7:09 | 7:28 | 16:48 | 2:36 | 1:34 | 0:19 | |
| 6 | 63 | Gözde Tu çe Yalaba TSK Spor Kulübü | 1:49:39 | 4:17 | 6:48 | 15:16 | 17:29 | 46:23 | 48:12 | 50:03 | 56:48 | 1:23:35 | 1:37:30 | 1:41:26 | 1:48:00 | 1:49:19 | 1:49:39 |
| | | | 4:17 | 2:31 | 8:28 | 2:13 | 28:54 | 1:49 | 1:51 | 6:45 | 26:47 | 13:55 | 3:56 | 6:34 | 1:19 | 0:20 | |
| | 48 | eydanur Bulut TSK Spor Kulübü | mp | 3:45 | 7:01 | 27:28 | 30:03 | 54:15 | 55:47 | 59:42 | 1:10:46 | ---- | 2:06:57 | 2:19:10 | 2:22:06 | 2:23:26 | 2:23:48 |
| | | | 3:45 | 3:16 | 20:27 | 2:35 | 24:12 | 1:32 | 3:55 | 11:04 | ---- | 56:11 | 12:13 | 2:56 | 1:20 | 0:22 | |
| | 54 | Esmâ Karapınar TSK Spor Kulübü | dnf | 8:13 | 11:59 | 34:45 | 38:08 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | 1:42:20 |
| | | | 8:13 | 3:46 | 22:46 | 3:23 | | | | | | | | | | | 1:04:12 |
| | 3 | Beyza Yıldırım NEO Do a Sporları | dns | | | | | | | | | | | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|---------------------------------------|---------|---------------|---------|---------|---------|-------|-------|-------|-------------|---------|---------|---------|---------|---------|---------|
| W20B (2) | | | | 4.8 km | | | | | | | 17 C | | | | | | |
| | | | | 1(33) | 2(36) | 3(34) | 4(40) | 5(38) | 6(44) | 7(31) | 8(32) | 9(51) | 10(46) | 11(41) | 12(60) | 13(42) | 14(47) |
| | | | | 15(57) | 16(58) | 17(48) | Finish | | | | | | | | | | |
| 1 | 34 | Daria Sadovnikova Orient-Zarya | 1:32:45 | 2:16 | 8:39 | 11:22 | 13:50 | 35:10 | 41:39 | 43:07 | 56:45 | 1:03:28 | 1:05:00 | 1:14:55 | 1:16:26 | 1:17:30 | 1:23:09 |
| | | | | 2:16 | 6:23 | 2:43 | 2:28 | 21:20 | 6:29 | 1:28 | 13:38 | 6:43 | 1:32 | 9:55 | 1:31 | 1:04 | 5:39 |
| | | | | 1:26:57 | 1:29:38 | 1:32:22 | 1:32:45 | | | | | | | | | | |
| | | | | 3:48 | 2:41 | 2:44 | 0:23 | | | | | | | | | | |
| | 53 | Cennet Durmaz TSK Spor Kulübü | dnf | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| W21E (14) | | | | 6.0 km | | | | | | | 17 C | | | | | | |
| | | | | 1(50) | 2(39) | 3(35) | 4(37) | 5(40) | 6(41) | 7(59) | 8(31) | 9(53) | 10(54) | 11(46) | 12(60) | 13(42) | 14(47) |
| | | | | 15(57) | 16(58) | 17(48) | Finish | | | | | | | | | | |
| 1 | 29 | Mariia Makarova Orient-Zarya | 45:45 | 2:05 | 3:55 | 5:11 | 6:26 | 8:14 | 16:01 | 18:30 | 19:55 | 27:20 | 28:28 | 30:26 | 36:26 | 37:13 | 40:06 |
| | | | | 2:05 | 1:50 | 1:16 | 1:15 | 1:48 | 7:47 | 2:29 | 1:25 | 7:25 | 1:08 | 1:58 | 6:00 | 0:47 | 2:53 |
| | | | | 42:26 | 44:09 | 45:26 | 45:45 | | | | | | | | | | |
| | | | | 2:20 | 1:43 | 1:17 | 0:19 | | | | | | | | | | |
| 2 | 198 | akire Kaçmaz TSK Spor Kulübü | 46:46 | 3:03 | 5:07 | 6:53 | 8:40 | 10:37 | 17:25 | 22:00 | 23:30 | 31:45 | 32:57 | 34:48 | 39:11 | 39:58 | 42:04 |
| | | | | 3:03 | 2:04 | 1:46 | 1:47 | 1:57 | 6:48 | 4:35 | 1:30 | 8:15 | 1:12 | 1:51 | 4:23 | 0:47 | 2:06 |
| | | | | 44:10 | 45:07 | 46:26 | 46:46 | | | | | | | | | | |
| | | | | 2:06 | 0:57 | 1:19 | 0:20 | | | | | | | | | | |
| 3 | 165 | emine sezgünsay STANBUL ORIENTE | 52:18 | 2:34 | 4:44 | 6:13 | 7:40 | 10:06 | 20:44 | 28:01 | 29:34 | 37:44 | 38:54 | 40:39 | 44:50 | 45:47 | 47:50 |
| | | | | 2:34 | 2:10 | 1:29 | 1:27 | 2:26 | 10:38 | 7:17 | 1:33 | 8:10 | 1:10 | 1:45 | 4:11 | 0:57 | 2:03 |
| | | | | 49:56 | 50:45 | 51:57 | 52:18 | | | | | | | | | | |
| | | | | 2:06 | 0:49 | 1:12 | 0:21 | | | | | | | | | | |
| 4 | 197 | TU BA C N TSK Spor Kulübü | 56:54 | 2:18 | 4:17 | 6:04 | 7:37 | 11:19 | 20:15 | 23:23 | 25:03 | 37:19 | 39:15 | 41:57 | 46:02 | 46:47 | 52:51 |
| | | | | 2:18 | 1:59 | 1:47 | 1:33 | 3:42 | 8:56 | 3:08 | 1:40 | 12:16 | 1:56 | 2:42 | 4:05 | 0:45 | 6:04 |
| | | | | 54:35 | 55:24 | 56:32 | 56:54 | | | | | | | | | | |
| | | | | 1:44 | 0:49 | 1:08 | 0:22 | | | | | | | | | | |
| 5 | 41 | Hümeyra Akkoç TSK Spor Kulübü | 58:55 | 4:27 | 6:27 | 7:58 | 9:55 | 14:17 | 21:26 | 25:22 | 27:47 | 42:32 | 44:00 | 46:48 | 51:05 | 52:03 | 54:18 |
| | | | | 4:27 | 2:00 | 1:31 | 1:57 | 4:22 | 7:09 | 3:56 | 2:25 | 14:45 | 1:28 | 2:48 | 4:17 | 0:58 | 2:15 |
| | | | | 56:29 | 57:18 | 58:32 | 58:55 | | | | | | | | | | |
| | | | | 2:11 | 0:49 | 1:14 | 0:23 | | | | | | | | | | |
| 6 | 181 | Selvihan Günaydın TSK Spor Kulübü | 1:00:47 | 2:35 | 4:50 | 6:35 | 8:07 | 13:27 | 26:38 | 29:12 | 31:04 | 40:53 | 43:35 | 45:36 | 49:58 | 50:45 | 56:45 |
| | | | | 2:35 | 2:15 | 1:45 | 1:32 | 5:20 | 13:11 | 2:34 | 1:52 | 9:49 | 2:42 | 2:01 | 4:22 | 0:47 | 6:00 |
| | | | | 58:32 | 59:24 | 1:00:28 | 1:00:47 | | | | | | | | | | |
| | | | | 1:47 | 0:52 | 1:04 | 0:19 | | | | | | | | | | |
| 7 | 250 | Anna Carlsson Hagl Leksand Ok | 1:02:51 | 3:10 | 5:41 | 7:47 | 9:38 | 12:02 | 20:24 | 23:31 | 25:27 | 38:26 | 40:20 | 43:04 | 51:53 | 53:00 | 55:42 |
| | | | | 3:10 | 2:31 | 2:06 | 1:51 | 2:24 | 8:22 | 3:07 | 1:56 | 12:59 | 1:54 | 2:44 | 8:49 | 1:07 | 2:42 |
| | | | | 58:36 | 1:00:48 | 1:02:24 | 1:02:51 | | | | | | | | | | |
| | | | | 2:54 | 2:12 | 1:36 | 0:27 | | | | | | | | | | |
| 8 | 82 | Saara Malinen Kajaanin Suunnista | 1:03:46 | 3:15 | 5:14 | 6:36 | 8:18 | 14:01 | 19:31 | 24:45 | 26:21 | 33:49 | 34:59 | 36:42 | 48:22 | 49:05 | 59:07 |
| | | | | 3:15 | 1:59 | 1:22 | 1:42 | 5:43 | 5:30 | 5:14 | 1:36 | 7:28 | 1:10 | 1:43 | 11:40 | 0:43 | 10:02 |
| | | | | 1:01:19 | 1:02:19 | 1:03:28 | 1:03:46 | | | | | | | | | | |
| | | | | 2:12 | 1:00 | 1:09 | 0:18 | | | | | | | | | | |
| 9 | 196 | EL F ATE TSK Spor Kulübü | 1:07:23 | 2:52 | 5:19 | 7:10 | 8:55 | 12:20 | 22:49 | 30:31 | 32:20 | 44:51 | 46:18 | 53:14 | 58:09 | 59:21 | 1:01:51 |
| | | | | 2:52 | 2:27 | 1:51 | 1:45 | 3:25 | 10:29 | 7:42 | 1:49 | 12:31 | 1:27 | 6:56 | 4:55 | 1:12 | 2:30 |
| | | | | 1:04:34 | 1:05:40 | 1:07:00 | 1:07:23 | | | | | | | | | | |
| | | | | 2:43 | 1:06 | 1:20 | 0:23 | | | | | | | | | | |
| 10 | 42 | Ay e Keskin TSK Spor Kulübü | 1:08:09 | 3:18 | 5:44 | 7:23 | 8:48 | 14:52 | 21:21 | 26:28 | 28:12 | 36:56 | 38:23 | 45:12 | 51:57 | 53:05 | 55:25 |
| | | | | 3:18 | 2:26 | 1:39 | 1:25 | 6:04 | 6:29 | 5:07 | 1:44 | 8:44 | 1:27 | 6:49 | 6:45 | 1:08 | 2:20 |
| | | | | 1:05:03 | 1:06:37 | 1:07:51 | 1:08:09 | | | | | | | | | | |
| | | | | 9:38 | 1:34 | 1:14 | 0:18 | | | | | | | | | | |
| 11 | 76 | Galina Bragina Tomsk | 1:09:48 | 3:19 | 5:21 | 6:51 | 8:26 | 21:10 | 28:12 | 32:10 | 33:46 | 43:38 | 45:01 | 47:06 | 54:30 | 55:20 | 57:36 |
| | | | | 3:19 | 2:02 | 1:30 | 1:35 | 12:44 | 7:02 | 3:58 | 1:36 | 9:52 | 1:23 | 2:05 | 7:24 | 0:50 | 2:16 |
| | | | | 1:03:05 | 1:08:20 | 1:09:30 | 1:09:48 | | | | | | | | | | |
| | | | | 5:29 | 5:15 | 1:10 | 0:18 | | | | | | | | | | |
| 12 | 44 | Gülsüm Co gun TSK Spor Kulübü | 1:19:54 | 6:18 | 9:14 | 11:40 | 15:01 | 17:31 | 35:20 | 40:32 | 42:53 | 1:00:57 | 1:02:15 | 1:04:29 | 1:09:45 | 1:11:02 | 1:14:07 |
| | | | | 6:18 | 2:56 | 2:26 | 3:21 | 2:30 | 17:49 | 5:12 | 2:21 | 18:04 | 1:18 | 2:14 | 5:16 | 1:17 | 3:05 |
| | | | | 1:16:50 | 1:18:04 | 1:19:32 | 1:19:54 | | | | | | | | | | |
| | | | | 2:43 | 1:14 | 1:28 | 0:22 | | | | | | | | | | |
| | 4 | Filiz Seren Ça lar TSK Spor Kulübü | dnf | 3:20 | 21:51 | 23:44 | 25:36 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | | 3:20 | 18:31 | 1:53 | 1:52 | | | | | | | | | | |
| | | | | ----- | ----- | ----- | 1:19:37 | | | | | | | | | | |
| | | | | ----- | ----- | ----- | 54:01 | | | | | | | | | | |
| | 107 | AY E YE L YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| W21A (6) | | | | 5.3 km | | | | | | | 16 C | | | | | | |
| | | | | 1(36) | 2(35) | 3(37) | 4(40) | 5(43) | 6(59) | 7(32) | 8(52) | 9(54) | 10(46) | 11(41) | 12(42) | 13(47) | 14(61) |
| | | | | 15(58) | 16(48) | Finish | | | | | | | | | | | |
| 1 | 49 | rem Deniz TSK Spor Kulübü | 1:15:07 | 3:26 | 9:29 | 12:28 | 16:22 | 30:12 | 32:04 | 36:36 | 43:43 | 47:30 | 50:40 | 56:38 | 1:02:09 | 1:09:27 | 1:10:54 |
| | | | | 3:26 | 6:03 | 2:59 | 3:54 | 13:50 | 1:52 | 4:32 | 7:07 | 3:47 | 3:10 | 5:58 | 5:31 | 7:18 | 1:27 |
| | | | | 1:13:01 | 1:14:49 | 1:15:07 | | | | | | | | | | | |
| | | | | 2:07 | 1:48 | 0:18 | | | | | | | | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | | | | | |
|-----------------|-----|--|---------|-------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|------------------------|------------------------|-----------------------|------------------|-----------------|------------------|-----------------|-----------------|--|--|--|--|
| W21A (6) | | | | 5.3 km | | 16 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | 1(36) 15(58) | 2(35) 16(48) | 3(37) Finish | 4(40) | 5(43) | 6(59) | 7(32) | 8(52) | 9(54) | 10(46) | 11(41) | 12(42) | 13(47) | 14(61) | | | | |
| 2 | 46 | Hanife Özkan TSK Spor Kulübü | 1:16:08 | 2:46 2:46 1:14:23 | 4:57 2:11 1:15:45 | 7:47 2:50 1:16:08 | 10:26 2:39 | 27:46 17:20 | 31:16 3:30 | 35:41 4:25 | 45:15 9:34 | 53:49 8:34 | 56:27 2:38 | 1:05:28 9:01 | 1:08:08 2:40 | 1:11:01 2:53 | 1:12:00 0:59 | | | | |
| 3 | 33 | Viktoria Olsson If Hansa/Hoburg | 1:41:14 | 2:23 2:42 1:39:10 | 4:43 2:01 1:40:53 | 6:32 0:23 1:41:14 | 20:58 14:26 | 24:54 3:56 | 26:38 1:44 | 38:21 11:43 | 47:56 9:35 | 50:28 2:32 | 1:23:38 33:10 | 1:28:39 5:01 | 1:31:34 2:55 | 1:36:07 4:33 | 1:37:13 1:06 | | | | |
| 4 | 221 | Aysun Özen NEO Do a Sporları | 1:45:21 | 6:40 6:40 1:43:13 | 8:40 2:00 1:44:57 | 10:22 1:42 1:45:21 | 24:51 14:29 | 28:57 4:06 | 30:45 1:48 | 42:24 11:39 | 51:54 9:30 | 54:30 2:36 | 1:27:40 33:10 | 1:32:45 5:05 | 1:35:41 2:56 | 1:40:07 4:26 | 1:41:14 1:07 | | | | |
| | 64 | Sevgi Yüksel TSK Spor Kulübü | dnf | 4:11 4:11 ----- | 6:46 2:35 1:49:50 | 10:19 3:33 1:50:12 | 28:07 17:48 | 41:00 12:53 | 43:38 2:38 | 50:45 7:07 | 1:04:42 13:57 | 1:08:04 3:22 | 1:12:51 4:47 | ----- | ----- | ----- | ----- | | | | |
| | 87 | Göze Konuralp Gün NEO Do a Sporları | dns | | 36:59 0:22 | | | | | | | | | | | | | | | | |
| W35 (3) | | | | 4.9 km | | 19 C | | | | | | | | | | | | | | | |
| | | | | 1(49) 15(42) | 2(36) 16(47) | 3(34) 17(57) | 4(37) 18(58) | 5(35) 19(48) | 6(40) Finish | 7(38) | 8(43) | 9(59) | 10(32) | 11(51) | 12(46) | 13(41) | 14(60) | | | | |
| 1 | 154 | Anastasia Routsis Hiisirasti | 49:36 | 1:43 1:43 37:46 | 4:01 2:18 43:43 | 6:33 2:32 46:45 | 7:22 0:49 47:42 | 9:58 2:36 49:10 | 12:54 2:56 49:36 | 15:20 2:26 | 17:42 2:22 | 19:25 1:43 | 23:19 3:54 | 28:28 5:09 | 29:42 1:14 | 34:47 5:05 | 36:17 1:30 | | | | |
| 2 | 35 | Caroline Westbom OK Österåker | 50:27 | 1:29 1:30 40:24 | 5:57 2:44 1:14 43:49 | 3:02 8:52 0:59 47:21 | 0:57 9:51 1:26 48:31 | 1:28 11:17 3:29 50:03 | 0:26 14:46 3:29 50:27 | 17:14 19:34 2:28 | 21:19 19:34 2:20 | 25:23 4:04 1:45 | 30:25 5:02 | 32:16 1:51 | 37:06 4:50 | 39:14 2:08 | | | | | |
| | 164 | Dilek Ayten AOSK | dns | | | | | | | | | | | | | | | | | | |
| W40 (3) | | | | 4.8 km | | 18 C | | | | | | | | | | | | | | | |
| | | | | 1(33) 15(61) | 2(35) 16(57) | 3(37) 17(58) | 4(40) 18(48) | 5(38) Finish | 6(44) | 7(31) | 8(32) | 9(45) | 10(51) | 11(46) | 12(41) | 13(60) | 14(42) | | | | |
| | 122 | NURAN DEM RER YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| | 104 | YASEM N GÜLEÇ OV YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| | 23 | Pınar Ba ol STANBUL ORIENTE | dns | | | | | | | | | | | | | | | | | | |
| W45 (7) | | | | 4.3 km | | 16 C | | | | | | | | | | | | | | | |
| | | | | 1(49) 15(58) | 2(33) 16(48) | 3(37) Finish | 4(39) | 5(38) | 6(45) | 7(32) | 8(31) | 9(59) | 10(41) | 11(60) | 12(42) | 13(61) | 14(57) | | | | |
| 1 | 138 | Susanne Andersson Piteå IF | 41:50 | 1:20 1:20 40:19 | 2:14 0:54 41:30 | 4:12 1:58 41:50 | 7:31 3:19 | 9:04 1:33 | 16:32 7:28 | 18:50 2:18 | 20:50 2:00 | 22:56 2:06 | 25:33 2:37 | 27:07 1:34 | 27:55 0:48 | 33:08 5:13 | 39:23 6:15 | | | | |
| 2 | 71 | Ulrika Nikolausson Svaide Roma SOK | 47:09 | 1:23 1:23 45:23 | 2:21 0:58 46:45 | 4:30 2:09 47:09 | 7:19 2:49 | 9:07 1:48 | 15:46 6:39 | 18:14 2:28 | 20:21 2:07 | 22:28 2:07 | 27:06 4:38 | 28:19 1:13 | 29:19 1:00 | 33:30 4:11 | 44:11 10:41 | | | | |
| | 86 | Minna Heikkilä Mäntsälän Urheilijat | mp | 2:34 2:34 ----- | 3:51 1:17 ----- | 10:38 6:47 1:02:43 | 14:37 3:59 | 17:27 2:50 | 33:00 15:33 | 36:32 3:32 | 39:41 3:09 | 44:16 4:35 | ----- | ----- | 1:01:00 16:44 | ----- | ----- | | | | |
| | 123 | TÜRKAN ARSLAN YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| | 115 | F L Z B LENLER YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| | 103 | SEVDA VARLI YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| | 111 | NEV N HACIMUSALA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | | | |
| W50 (2) | | | | 3.9 km | | 14 C | | | | | | | | | | | | | | | |
| | | | | 1(39) Finish | 2(38) | 3(41) | 4(45) | 5(32) | 6(31) | 7(44) | 8(59) | 9(43) | 10(42) | 11(47) | 12(57) | 13(58) | 14(48) | | | | |
| 1 | 159 | Anne Pelto-Huikko Hiisirasti | 32:30 | 4:02 4:02 32:30 | 5:35 1:33 | 9:04 3:29 | 12:14 3:10 | 14:52 2:38 | 17:11 2:19 | 18:39 1:28 | 20:18 1:39 | 21:55 1:37 | 25:07 3:12 | 27:22 2:15 | 29:50 2:28 | 30:49 0:59 | 32:08 1:19 | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | | | |
|-----------------|-----|---------------------------------------|---------|-------------------------------|----------------|----------------|---------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------------|--|--|
| W50 (2) | | | | | | | | | | | | | | | | | | | |
| | | | | | | 3.9 km | 14 C | <i>(cont.)</i> | | | | | | | | | | | |
| | | | | 1(39) Finish | 2(38) | 3(41) | 4(45) | 5(32) | 6(31) | 7(44) | 8(59) | 9(43) | 10(42) | 11(47) | 12(57) | 13(58) | 14(48) | | |
| 2 | 89 | Annlouise Almqvist IFK Mora OK | 49:30 | 8:33 8:33 49:30 0:30 | 10:53 2:20 | 14:48 3:55 | 20:15 5:27 | 25:51 5:36 | 28:39 2:48 | 30:16 1:37 | 32:48 2:32 | 34:45 1:57 | 38:33 3:48 | 42:27 3:54 | 45:57 3:30 | 47:24 1:27 | 49:00 1:36 | | |
| W55 (2) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(41) | 4(44) | 5(59) | 6(43) | 7(62) | 8(60) | 9(42) | 10(47) | 11(61) | 12(58) | 13(48) | Finish | | |
| 1 | 150 | Sirpa Papinsaari Kangasala SK | 53:49 | 3:24 3:24 | 8:49 5:25 | 14:51 6:02 | 20:02 5:11 | 22:19 2:17 | 25:40 3:21 | 33:59 8:19 | 39:42 5:43 | 41:20 1:38 | 47:13 5:53 | 48:30 1:17 | 51:23 2:53 | 53:24 2:01 | 53:49 0:25 | | |
| 2 | 81 | Paula Malinen Kajaanin Suunnista | 59:11 | 2:56 2:56 | 7:14 4:18 | 15:29 8:15 | 19:27 3:58 | 21:43 2:16 | 24:02 2:19 | 27:35 3:33 | 48:52 21:17 | 49:53 1:01 | 54:27 4:34 | 55:17 0:50 | 57:25 2:08 | 58:46 1:21 | 59:11 0:25 | | |
| W60 (1) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(43) | 4(59) | 5(44) | 6(45) | 7(41) | 8(42) | 9(47) | 10(58) | 11(48) | Finish | | | | |
| 1 | 157 | Marja Laine Tampereen Pyrintö | 1:06:12 | 4:41 4:41 | 10:05 5:24 | 20:19 10:14 | 22:59 2:40 | 26:06 3:07 | 34:58 8:52 | 40:55 5:57 | 44:50 3:55 | 59:57 15:07 | 1:03:26 3:29 | 1:05:40 2:14 | 1:06:12 0:32 | | | | |
| W65 (3) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(36) | 2(62) | 3(43) | 4(44) | 5(47) | 6(60) | 7(42) | 8(61) | 9(58) | 10(48) | Finish | | | | | |
| 1 | 144 | Kyllikki Kauppinen Kalevan Rasti | 43:53 | 3:18 3:18 | 14:20 11:02 | 17:53 3:33 | 24:08 6:15 | 29:41 5:33 | 33:31 3:50 | 34:43 1:12 | 39:33 4:50 | 41:38 2:05 | 43:24 1:46 | 43:53 0:29 | | | | | |
| 2 | 146 | Irma Liljeström Helsingin Suunnist | 48:21 | 4:18 4:18 | 19:04 14:46 | 23:18 4:14 | 27:27 4:09 | 34:00 6:33 | 38:03 4:03 | 39:25 1:22 | 42:59 3:34 | 45:49 2:50 | 47:50 2:01 | 48:21 0:31 | | | | | |
| 3 | 166 | Leena Ojala Turengin Sarastus | 1:14:50 | 13:34 13:34 | 18:08 4:34 | 29:16 11:08 | 37:07 7:51 | 46:29 9:22 | 58:08 11:39 | 1:00:32 2:24 | 1:05:31 4:59 | 1:11:51 6:20 | 1:14:19 2:28 | 1:14:50 0:31 | | | | | |
| W70+ (4) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(36) | 2(62) | 3(38) | 4(43) | 5(41) | 6(60) | 7(42) | 8(47) | 9(61) | 10(57) | 11(58) | 12(48) | Finish | | | |
| 1 | 162 | Tuula Kemppi MS Parma | 40:52 | 3:23 3:23 | 17:16 13:53 | 19:52 2:36 | 22:42 2:50 | 25:19 2:37 | 26:53 1:34 | 28:23 1:30 | 32:28 4:05 | 33:40 1:12 | 37:04 3:24 | 38:23 1:19 | 40:25 2:02 | 40:52 0:27 | | | |
| 2 | 171 | Pirkko Latvasto Helsingin Suunnist | 46:52 | 6:01 6:01 | 11:19 5:18 | 14:48 3:29 | 18:40 3:52 | 23:48 5:08 | 29:20 5:32 | 30:57 1:37 | 35:14 4:17 | 36:42 1:28 | 40:36 3:54 | 44:05 3:29 | 46:26 2:21 | 46:52 0:26 | | | |
| 3 | 148 | Gunnel Lindeman Helsingin Suunnist | 52:54 | 9:39 9:39 | 20:14 10:35 | 22:58 2:44 | 26:01 3:03 | 29:32 3:31 | 35:23 5:51 | 36:59 1:36 | 40:54 3:55 | 42:16 1:22 | 47:15 4:59 | 50:16 3:01 | 52:24 2:08 | 52:54 0:30 | | | |
| 4 | 139 | Ulla Finnilä-Seitajo Rasti-Jyry | 1:04:19 | 8:52 8:52 | 17:46 8:54 | 21:12 3:26 | 25:16 4:04 | 32:35 7:19 | 35:32 2:57 | 37:53 2:21 | 45:15 7:22 | 47:03 1:48 | 58:47 11:44 | 1:01:05 2:18 | 1:03:49 2:44 | 1:04:19 0:30 | | | |
| MBL (1) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(49) | 2(35) | 3(36) | 4(50) | 5(42) | 6(60) | 7(41) | 8(47) | 9(48) | Finish | | | | | | |
| 1 | 18 | M.KÜR AD LAÇ N TSK Spor Kulübü | 44:11 | 3:18 3:18 | 4:28 1:10 | 5:58 1:30 | 10:12 4:14 | 12:42 2:30 | 31:18 18:36 | 38:30 7:12 | 41:46 3:16 | 43:48 2:02 | 44:11 0:23 | | | | | | |
| M10 (3) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(49) | 2(35) | 3(36) | 4(63) | 5(64) | 6(42) | 7(65) | 8(67) | 9(58) | 10(48) | Finish | | | | | |
| 1 | 36 | Malte Albinsson OK Österåker | 22:56 | 3:14 3:14 | 4:50 1:36 | 7:58 3:08 | 10:25 2:27 | 13:43 3:18 | 14:41 0:58 | 16:20 1:39 | 18:27 2:07 | 20:59 2:32 | 22:38 1:39 | 22:56 0:18 | | | | | |
| 2 | 156 | Mikael Saranen Helsingin Suunnist | 1:02:04 | 11:20 11:20 | 13:12 1:52 | 16:34 3:22 | 19:13 2:39 | 22:01 2:48 | 22:51 0:50 | 55:57 33:06 | 57:11 1:14 | 1:00:25 3:14 | 1:01:43 1:18 | 1:02:04 0:21 | | | | | |
| 173 | | dora kayra de er AOSK | dns | | | | | | | | | | | | | | | | |
| M12 (1) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(49) | 2(35) | 3(36) | 4(50) | 5(42) | 6(60) | 7(41) | 8(47) | 9(48) | Finish | | | | | | |
| 1 | 130 | Victor Fredman OK Älvsjö Örby | 28:22 | 2:33 2:33 | 4:25 1:52 | 6:24 1:59 | 10:52 4:28 | 13:25 2:33 | 20:45 7:20 | 23:30 2:45 | 26:21 2:51 | 28:08 1:47 | 28:22 0:14 | | | | | | |
| M14 (3) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(49) | 2(36) | 3(50) | 4(62) | 5(42) | 6(60) | 7(41) | 8(47) | 9(58) | 10(48) | Finish | | | | | |
| 1 | 101 | Lucas Fredman OK Älvsjö Örby | 24:43 | 1:07 1:07 | 2:03 0:56 | 3:21 1:18 | 4:48 1:27 | 6:29 1:41 | 17:49 11:20 | 19:02 1:13 | 20:53 1:51 | 23:23 2:30 | 24:28 1:05 | 24:43 0:15 | | | | | |
| 2 | 134 | Johan Karlsson OK Älvsjö Örby | 28:47 | 1:28 1:28 | 2:34 1:06 | 5:38 3:04 | 7:28 1:50 | 9:25 1:57 | 21:43 12:18 | 23:06 1:23 | 24:53 1:47 | 27:24 2:31 | 28:31 1:07 | 28:47 0:16 | | | | | |
| 119 | | BA AR ÖRSEL YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | | | |
| M16A (6) | | | | | | | | | | | | | | | | | | | |
| | | | | 1(36) Finish | 2(38) | 3(41) | 4(54) | 5(53) | 6(52) | 7(44) | 8(59) | 9(43) | 10(42) | 11(61) | 12(57) | 13(58) | 14(48) | | |

| Pl | tno | Name | Time | | | 5.0 km | | 14 C | | (cont.) | | | | | | | |
|------------------|-----|--|---------|---------------------------------|--------------------------------|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|------------------------------------|-----------------------------------|
| | | | | 1(36) Finish | 2(38) | 3(41) | 4(54) | 5(53) | 6(52) | 7(44) | 8(59) | 9(43) | 10(42) | 11(61) | 12(57) | 13(58) | 14(48) |
| M16A (6) | | | | | | | | | | | | | | | | | |
| 1 | 74 | Edvin Johnsson Svaide Roma SOK | 1:29:06 | 2:06 2:06 1:29:06 0:18 | 19:58 17:52 | 23:53 3:55 | 56:57 33:04 | 58:28 1:31 | 59:45 1:17 | 1:10:08 10:23 | 1:11:59 1:51 | 1:13:34 1:35 | 1:17:00 3:26 | 1:24:09 7:09 | 1:26:11 2:02 | 1:27:33 1:22 | 1:28:48 1:15 |
| | 118 | EGE ARSLAN YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 128 | EMRE KAGAN KORA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 117 | ALPEREN ATA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 102 | EMRE ÇET NKAYA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 105 | Y T TOK YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| M18A (3) | | | | | | | | | | | | | | | | | |
| | | | | 1(33) 15(48) | 2(38) Finish | 3(41) | 4(54) | 5(53) | 6(52) | 7(31) | 8(44) | 9(59) | 10(43) | 11(42) | 12(47) | 13(57) | 14(58) |
| | 121 | MURAT AH N BOZ YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| | 6 | Gökhan Bilici NEO Do a Sporları | dns | | | | | | | | | | | | | | |
| | 5 | Mehmet Emin Avcıl NEO Do a Sporları | dns | | | | | | | | | | | | | | |
| M20A (17) | | | | | | | | | | | | | | | | | |
| | | | | 1(40) 15(42) | 2(37) 16(47) | 3(35) 17(57) | 4(38) 18(58) | 5(43) 19(48) | 6(59) Finish | 7(44) | 8(31) | 9(32) | 10(56) | 11(55) | 12(54) | 13(45) | 14(41) |
| 1 | 32 | Ivan Sadovnikov Orient-Zarya | 45:18 | 6:05 6:05 40:06 1:22 | 7:52 1:47 41:55 1:49 | 8:47 0:55 43:31 1:36 | 16:01 7:14 44:07 0:36 | 17:22 1:21 45:02 0:55 | 18:21 0:59 45:18 0:16 | 19:25 1:04 45:18 0:16 | 20:15 0:50 45:18 *39 | 21:35 1:20 45:18 0:16 | 30:22 8:47 45:18 10:27 | 32:34 2:12 45:18 0:16 | 33:37 1:03 45:18 0:16 | 36:49 3:12 45:18 0:16 | 38:44 1:55 45:18 0:16 |
| 2 | 205 | O UZHAN KARATEP TSK Spor Kulübü | 48:02 | 4:16 4:16 38:43 | 5:34 1:18 41:12 | 7:03 1:29 45:40 | 9:40 2:37 46:48 | 11:15 1:35 47:47 | 13:10 1:55 48:02 | 14:26 1:16 48:02 | 15:27 1:01 48:02 | 17:07 1:40 48:02 | 26:37 9:30 48:02 | 27:16 0:39 48:02 | 28:31 1:15 48:02 | 34:45 6:14 48:02 | 37:00 2:15 48:02 |
| 3 | 209 | TAHS N ELMAS TSK Spor Kulübü | 55:00 | 10:54 10:54 48:10 | 12:59 2:05 50:18 | 14:44 1:45 52:54 | 18:17 3:33 53:39 | 20:17 2:00 54:43 | 22:11 1:54 55:00 | 23:32 1:21 55:00 | 25:21 1:49 55:00 | 27:10 1:49 55:00 | 34:36 7:26 55:00 | 35:29 0:53 55:00 | 36:59 1:30 55:00 | 40:45 3:46 55:00 | 43:13 2:28 55:00 |
| 4 | 232 | Can Do ancık TSK Spor Kulübü | 55:48 | 6:27 6:27 49:11 | 10:27 4:00 51:40 | 11:47 1:20 53:28 | 15:49 4:02 54:25 | 18:11 2:22 55:32 | 19:49 1:38 55:48 | 21:38 1:49 55:48 | 22:55 1:17 55:48 | 25:15 2:20 55:48 | 36:59 11:44 55:48 | 38:17 1:18 55:48 | 39:52 1:35 55:48 | 44:55 5:03 55:48 | 47:38 2:43 55:48 |
| 5 | 187 | Ferhat Alyılmaz Doruk Da cılık ve D | 58:35 | 14:21 14:21 51:29 | 16:30 2:09 53:57 | 17:45 1:15 56:07 | 21:09 3:24 57:17 | 23:50 2:41 58:18 | 25:05 1:15 58:35 | 26:17 1:12 58:35 | 27:18 1:01 58:35 | 28:56 1:38 58:35 | 39:59 11:03 58:35 | 40:53 0:54 58:35 | 42:12 1:19 58:35 | 47:37 5:25 58:35 | 49:58 2:21 58:35 |
| 6 | 237 | EM N GÖRGÜLÜ TSK Spor Kulübü | 1:03:47 | 10:08 10:08 57:11 | 13:38 3:30 59:34 | 14:47 1:09 1:01:32 | 18:16 3:29 1:02:22 | 20:09 1:53 1:03:30 | 24:06 3:57 1:03:47 | 25:24 1:18 1:03:47 | 26:35 1:11 1:03:47 | 28:29 1:54 1:03:47 | 37:35 9:06 1:03:47 | 39:00 1:25 1:03:47 | 40:16 1:16 1:03:47 | 52:07 11:51 1:03:47 | 55:18 3:11 1:03:47 |
| 7 | 233 | Ömer Do ansoy TSK Spor Kulübü | 1:14:01 | 7:42 7:42 1:07:08 | 9:58 2:16 1:09:37 | 11:59 2:01 1:11:34 | 19:03 7:04 1:12:25 | 32:12 13:09 1:13:38 | 33:55 1:43 1:14:01 | 35:25 1:30 1:14:01 | 36:36 1:11 1:14:01 | 38:41 2:05 1:14:01 | 47:37 8:56 1:14:01 | 49:03 1:26 1:14:01 | 50:15 1:12 1:14:01 | 1:02:01 11:46 1:14:01 | 1:05:14 3:13 1:14:01 |
| 8 | 216 | U UR GÜNER TSK Spor Kulübü | 1:23:54 | 4:52 4:52 1:16:32 | 7:16 2:24 1:19:09 | 9:01 1:45 1:21:13 | 20:39 11:38 1:22:26 | 23:02 2:23 1:23:34 | 24:19 1:17 1:23:54 | 26:29 2:10 1:23:54 | 27:40 1:11 1:23:54 | 29:37 1:57 1:23:54 | 45:55 16:18 1:23:54 | 47:19 1:24 1:23:54 | 52:04 4:45 1:23:54 | 1:11:31 19:27 1:23:54 | 1:14:22 2:51 1:23:54 |
| 9 | 213 | ÜZEY R TAYY B UR TSK Spor Kulübü | 1:34:33 | 13:21 13:21 1:19:15 | 16:25 3:04 1:27:07 | 20:14 3:49 1:30:11 | 27:11 6:57 1:31:24 | 40:50 13:39 1:34:12 | 42:34 1:44 1:34:33 | 44:11 1:37 1:34:33 | 45:57 1:46 1:34:33 | 49:24 3:27 1:34:33 | 1:04:06 14:42 1:34:33 | 1:06:57 2:51 1:34:33 | 1:08:22 1:25 1:34:33 | 1:13:56 5:34 1:34:33 | 1:16:44 2:48 1:34:33 |
| 10 | 40 | Yusuf Erkut Demirk TSK Spor Kulübü | 1:36:11 | 21:09 21:09 1:14:41 | 27:17 6:08 1:18:18 | 28:58 1:41 1:32:46 | 32:52 3:54 1:34:21 | 35:12 2:20 1:35:57 | 36:53 1:41 1:36:11 | 39:17 2:24 1:36:11 | 40:42 1:25 1:36:11 | 42:56 2:14 1:36:11 | 54:50 11:54 1:36:11 | 56:19 1:29 1:36:11 | 58:38 2:19 1:36:11 | 1:08:56 10:18 1:36:11 | 1:12:10 3:14 1:36:11 |
| 11 | 215 | BURAK CAN ALAGÖ TSK Spor Kulübü | 2:07:30 | 15:32 15:32 1:47:50 | 18:39 3:07 1:58:14 | 20:49 2:10 2:02:09 | 30:16 9:27 2:04:13 | 44:49 14:33 2:07:01 | 48:01 3:12 2:07:30 | 52:21 4:20 2:07:30 | 53:56 1:35 2:07:30 | 56:39 2:43 2:07:30 | 1:10:41 14:02 2:07:30 | 1:16:14 5:33 2:07:30 | 1:18:22 2:08 2:07:30 | 1:39:03 20:41 2:07:30 | 1:44:59 5:56 2:07:30 |
| | 234 | YUNUS EMRE KILIÇ TSK Spor Kulübü | mp | 7:22 7:22 1:13:27 2:03 | 16:04 8:42 ----- 5:18 | 18:01 1:57 1:18:45 5:18 | 24:55 6:54 1:20:18 1:33 | 38:16 13:21 1:21:46 1:28 | 40:01 1:45 1:22:04 0:18 | 41:31 1:30 1:22:04 0:18 | 42:39 1:08 1:14:59 *67 | 44:43 2:04 1:14:59 *67 | 53:43 9:00 1:14:59 *67 | 55:06 1:23 1:14:59 *67 | 56:22 1:16 1:14:59 *67 | 1:08:13 11:51 1:14:59 *67 | 1:11:24 3:11 1:14:59 *67 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|----------------|-----|---|-------|-------------------------------|-------------------------------|---------------------------------|---------------|---------------|---------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| M50 (6) | | | | 5.1 km | | | 16 C | | | <i>(cont.)</i> | | | | | | | |
| | | | | 1(35) 15(58) | 2(38) 16(48) | 3(43) Finish | 4(59) | 5(31) | 6(32) | 7(46) | 8(54) | 9(53) | 10(52) | 11(51) | 12(41) | 13(42) | 14(61) |
| | | | | 5:34 | 1:16 | 0:27 | | *52 | *57 | | | | | | | | |
| | 112 | SERDAR HACIMUSA YAKAMOZ GENÇL K | dns | | | | | | | | | | | | | | |
| M55 (4) | | | | 4.8 km | | | 16 C | | | | | | | | | | |
| | | | | 1(33) 15(58) | 2(35) 16(48) | 3(34) Finish | 4(37) | 5(62) | 6(38) | 7(43) | 8(31) | 9(32) | 10(51) | 11(46) | 12(60) | 13(42) | 14(61) |
| 1 | 155 | Jyrki Routsu Hiisirasti | 32:45 | 1:58 1:58 31:23 | 2:49 0:51 32:25 | 4:53 2:04 32:45 | 5:35 0:42 | 9:08 3:33 | 11:57 2:49 | 13:40 1:43 | 16:37 2:57 | 18:29 1:52 | 22:22 3:53 | 23:14 0:52 | 27:03 3:49 | 27:43 0:40 | 29:49 2:06 |
| 2 | 169 | Tuomo Koskinen Suunta-Sepot | 43:02 | 2:47 2:47 41:19 | 3:53 1:06 42:43 | 6:20 2:27 43:02 | 7:22 1:02 | 11:53 4:31 | 13:35 1:42 | 15:55 2:20 | 19:10 3:15 | 23:19 4:09 | 27:32 4:13 | 28:34 1:02 | 33:14 4:40 | 34:16 1:02 | 39:20 5:04 |
| 3 | 80 | Pentti Malinen Kajaanin Suunnista | 43:09 | 1:59 2:42 2:42 40:56 | 1:24 3:52 1:10 42:48 | 0:19 6:11 2:19 43:09 | 7:04 0:53 | 11:32 4:28 | 14:36 3:04 | 18:14 3:38 | 21:37 3:23 | 24:10 2:33 | 28:25 4:15 | 29:27 1:02 | 34:15 4:48 | 35:09 0:54 | 39:06 3:57 |
| 4 | 149 | Kari Papinsaari Kangasala SK | 47:08 | 1:50 2:19 2:19 45:24 | 1:52 3:38 1:19 46:43 | 0:21 5:26 1:48 47:08 | 6:14 0:48 | 9:51 3:37 | 11:27 1:36 | 13:50 2:23 | 16:59 3:09 | 21:02 4:03 | 29:07 8:05 | 33:36 4:29 | 40:03 6:27 | 40:56 0:53 | 43:36 2:40 |
| M60 (7) | | | | 4.3 km | | | 16 C | | | | | | | | | | |
| | | | | 1(35) 15(58) | 2(38) 16(48) | 3(43) Finish | 4(59) | 5(44) | 6(31) | 7(32) | 8(45) | 9(41) | 10(60) | 11(62) | 12(50) | 13(42) | 14(47) |
| 1 | 27 | Alain Juan ANCO | 32:17 | 2:08 2:08 30:40 | 5:15 3:07 31:58 | 7:07 1:52 32:17 | 8:28 1:21 | 9:57 1:29 | 11:02 1:05 | 12:50 1:48 | 14:52 2:02 | 17:31 2:39 | 18:39 1:08 | 21:50 3:11 | 24:04 2:14 | 26:04 2:00 | 29:05 3:01 |
| 2 | 152 | Jorma Aherto LS-37 | 34:56 | 2:11 2:11 33:28 | 5:07 2:56 34:36 | 6:47 1:40 34:56 | 8:55 2:08 | 10:24 1:29 | 11:34 1:10 | 13:52 2:18 | 17:26 3:34 | 20:05 2:39 | 21:16 1:11 | 23:55 2:39 | 25:18 1:23 | 27:09 1:51 | 30:51 3:42 |
| 3 | 151 | Henry Nyberg OK Trian | 35:09 | 2:37 2:37 33:25 | 7:07 4:30 34:48 | 9:07 2:00 35:09 | 10:39 1:32 | 12:07 1:28 | 13:19 1:12 | 15:16 1:57 | 17:37 2:21 | 20:34 2:57 | 22:00 1:26 | 24:30 2:30 | 26:16 1:46 | 28:24 2:08 | 30:43 2:19 |
| 4 | 143 | Pekka Liukkala HauSi | 35:19 | 2:42 2:12 2:12 33:45 | 1:23 5:42 3:30 34:58 | 0:21 7:38 1:56 35:19 | 9:08 1:30 | 10:38 1:30 | 11:47 1:09 | 13:40 1:53 | 16:21 2:41 | 19:07 2:46 | 20:24 1:17 | 25:13 4:49 | 26:26 1:13 | 28:15 1:49 | 30:49 2:34 |
| 5 | 39 | Zivota Tasic Ok Dif | 36:49 | 2:56 6:08 6:08 35:15 | 1:13 9:29 3:21 36:29 | 0:21 9:07 2:02 36:49 | 13:05 1:34 | 14:36 1:31 | 16:19 1:43 | 18:17 1:58 | 20:36 2:19 | 23:20 2:44 | 24:39 1:19 | 27:00 2:21 | 28:30 1:30 | 30:33 2:03 | 32:56 2:23 |
| 6 | 22 | Thomas Almqvist FK Vittus | 41:39 | 2:19 2:41 40:02 | 1:14 6:58 4:17 41:17 | 0:20 9:05 2:07 41:39 | 12:02 2:57 | 13:46 1:44 | 15:13 1:27 | 17:46 2:33 | 19:59 2:13 | 23:16 3:17 | 24:47 1:31 | 30:41 5:54 | 32:13 1:32 | 34:22 2:09 | 38:01 3:39 |
| 7 | 239 | Pertti Päivänranta Club Joutsenon Ku | 53:43 | 2:01 2:10 2:10 52:09 | 1:15 6:37 4:27 53:20 | 0:22 16:38 10:01 53:43 | 17:55 1:17 | 19:14 1:19 | 20:20 1:06 | 22:10 1:50 | 24:02 1:52 | 26:33 2:31 | 28:28 1:55 | 37:07 8:39 | 38:21 1:14 | 40:08 1:47 | 49:31 9:23 |
| M65 (5) | | | | 3.7 km | | | 15 C | | | | | | | | | | |
| | | | | 1(35) 15(48) | 2(38) Finish | 3(43) | 4(59) | 5(44) | 6(31) | 7(32) | 8(45) | 9(41) | 10(60) | 11(42) | 12(47) | 13(61) | 14(58) |
| 1 | 153 | Sven-Olof Backman IK Falken | 33:41 | 2:58 2:58 33:16 | 6:08 3:10 33:41 | 9:28 3:20 | 11:04 1:36 | 12:51 1:47 | 14:18 1:27 | 16:30 2:12 | 20:26 3:56 | 23:34 3:08 | 24:54 1:20 | 25:57 1:03 | 28:46 2:49 | 29:45 0:59 | 31:46 2:01 |
| 2 | 142 | Vesa Herttuainen Raja-Karjalan Suun | 36:40 | 1:30 2:27 2:27 36:20 | 0:25 6:34 4:07 36:40 | 9:01 2:27 | 10:37 1:36 | 12:10 1:33 | 13:41 1:31 | 15:59 2:18 | 18:03 2:04 | 21:17 3:14 | 23:05 1:48 | 23:57 0:52 | 31:35 7:38 | 32:30 0:55 | 35:09 2:39 |
| 3 | 145 | Åge Liljeström Helsingin Suunnist | 37:21 | 1:12 2:38 2:38 36:58 | 0:23 6:08 3:30 37:21 | 8:11 2:03 | 9:49 1:38 | 11:22 1:33 | 12:47 1:25 | 14:42 1:55 | 17:38 2:56 | 20:34 2:56 | 25:07 4:33 | 26:10 1:03 | 33:24 7:14 | 34:04 0:40 | 35:46 1:42 |
| 4 | 158 | Jorma Laine Tampereen Pyrintö | 41:24 | 4:03 4:03 40:50 | 8:12 4:09 41:24 | 11:25 3:13 | 13:28 2:03 | 15:28 2:00 | 17:19 1:51 | 19:58 2:39 | 23:22 3:24 | 27:12 3:50 | 29:25 2:13 | 30:37 1:12 | 34:56 4:19 | 36:13 1:17 | 38:55 2:42 |

| Pl | tno | Name | Time | | 3.7 km | | 15 C | | (cont.) | | | | | | | | | | |
|-----------------|-----|--|--------------|-------------|-------------|-------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------|--|
| | | | | | 1(35) | 2(38) | 3(43) | 4(59) | 5(44) | 6(31) | 7(32) | 8(45) | 9(41) | 10(60) | 11(42) | 12(47) | 13(61) | 14(58) | |
| M65 (5) | | | | | 15(48) | Finish | | | | | | | | | | | | | |
| 5 | 167 | Antti Ojala Turengin Sarastus | 51:36 | 3:25 | 15:43 | 18:06 | 19:55 | 22:02 | 23:48 | 26:13 | 33:10 | 36:54 | 38:28 | 39:33 | 43:36 | 47:00 | 49:29 | | |
| | | | | | 3:25 | 12:18 | 2:23 | 1:49 | 2:07 | 1:46 | 2:25 | 6:57 | 3:44 | 1:34 | 1:05 | 4:03 | 3:24 | 2:29 | |
| | | | | | 51:09 | 51:36 | | | | | | | | | | | | | |
| | | | | | 1:40 | 0:27 | | | | | | | | | | | | | |
| M70+ (4) | | | | | 1(36) | 2(38) | 3.3 km | | 12 C | | | | | | | | | | |
| | | | | | 3(43) | 4(59) | 5(31) | 6(32) | 7(41) | 8(60) | 9(42) | 10(47) | 11(58) | 12(48) | Finish | | | | |
| 1 | 161 | Martti Kemppi MS Parma | 35:17 | 2:44 | 6:16 | 8:53 | 11:15 | 13:33 | 16:14 | 21:51 | 24:18 | 25:37 | 29:03 | 32:31 | 34:52 | 35:17 | | | |
| | | | | | 2:44 | 3:32 | 2:37 | 2:22 | 2:18 | 2:41 | 5:37 | 2:27 | 1:19 | 3:26 | 3:28 | 2:21 | 0:25 | | |
| 2 | 141 | Reijo Seitajoki Rasti-Jyry | 42:09 | 3:53 | 7:30 | 10:50 | 13:19 | 16:45 | 20:03 | 26:30 | 31:12 | 32:32 | 36:10 | 39:01 | 41:37 | 42:09 | | | |
| | | | | | 3:53 | 3:37 | 3:20 | 2:29 | 3:26 | 3:18 | 6:27 | 4:42 | 1:20 | 3:38 | 2:51 | 2:36 | 0:32 | | |
| 3 | 170 | Erkki Latvasto Helsingin Suunnist | 50:27 | 3:12 | 7:37 | 10:21 | 13:18 | 15:28 | 31:02 | 36:50 | 38:40 | 40:10 | 45:25 | 48:14 | 49:58 | 50:27 | | | |
| | | | | | 3:12 | 4:25 | 2:44 | 2:57 | 2:10 | 15:34 | 5:48 | 1:50 | 1:30 | 5:15 | 2:49 | 1:44 | 0:29 | | |
| 4 | 147 | Osmo Lindeman Helsingin Suunnist | 59:52 | 3:42 | 19:40 | 22:49 | 24:50 | 27:15 | 32:05 | 38:58 | 41:17 | 42:48 | 52:50 | 57:27 | 59:26 | 59:52 | | | |
| | | | | | 3:42 | 15:58 | 3:09 | 2:01 | 2:25 | 4:50 | 6:53 | 2:19 | 1:31 | 10:02 | 4:37 | 1:59 | 0:26 | | |