

| Pl | Nom | Né | Club | Temps | Diff. |
|------------------------|---------------------|---------|------------------------|---------|---------|
| VERT (5) | | 2.9 km | 240 m | 9 P | |
| 1 | REILLE, Tom | 09 | NL Non licencié | 32:07 | 0:00 |
| 2 | REILLE, Gregory | 75 | NL Non licencié | 32:08 | 0:01 |
| 3 | JEHL, Joshua | 09 | 6911AR ASUL SPORTS NAT | 33:19 | 1:12 |
| 4 | PLAGNOL, Heidi | 06 | 2605AR VSO | 51:36 | 19:29 |
| 5 | HUGUET, Mélanie | 06 | 2605AR VSO | 51:37 | 19:30 |
| BLEU (2) | | 5.0 km | 230 m | 10 P | |
| 1 | BONNARDEL, Damien | 01 | 2605AR VSO | 46:42 | 0:00 |
| 2 | GROSJEAN, A-Marie | 37 | 6913AR CRAPAHUT | 2:22:40 | 1:35:58 |
| BLEU Long (4) | | 8.8 km | 410 m | 13 P | |
| 1 | BELCHI, Léo | 96 | NL Non licencié | 1:29:26 | 0:00 |
| 2 | CHAUMES, Sylvain | 72 | NL Non licencié | 2:24:48 | 55:22 |
| 3 | BAILLY, Damien | 91 | NL Non licencié | 2:43:58 | 1:14:32 |
| 4 | COVIC, Philippe | 55 | 2605AR VSO | 2:44:26 | 1:15:00 |
| JAUNE (4) | | 5.2 km | 340 m | 7 P | |
| 1 | JEHL, Enzo | 03 | 6911AR ASUL SPORTS NAT | 2:11:58 | 0:00 |
| 2 | GRILLET, M-Claude | 63 | NL Non licencié | 2:30:23 | 18:25 |
| 3 | VERCASSON, Rachel | 88 | 2604AR CROCO | 3:26:53 | 1:14:55 |
| | DUMEZ, Guillaume | 03 | 2605AR VSO | pm | |
| ORANGE (4) | | 8.2 km | 500 m | 10 P | |
| 1 | GRILLET, Michel | 59 | NL Non licencié | 2:53:38 | 0:00 |
| 2 | BOUTY, Olivier | 74 | NL Non licencié | 3:22:59 | 29:21 |
| | BERNARD, Myriam | 67 | 6911AR ASUL SPORTS NAT | pm | |
| | DARGENT, Elise | 83 | NL Non licencié | pm | |
| ORANGE Long (9) | | 12.1 km | 650 m | 16 P | |
| 1 | MASSOT, Bertrand | 73 | 0404PZ Balise 04 | 2:18:54 | 0:00 |
| 2 | FROMENTON, Cédric | 79 | NL Non licencié | 2:24:36 | 5:42 |
| 3 | JEHL, Julien | 75 | 6911AR ASUL SPORTS NAT | 2:31:57 | 13:03 |
| 4 | GROSJEAN, Christine | 63 | 0404PZ Balise 04 | 2:39:53 | 20:59 |
| 5 | GRANGAUD, Patrick | 70 | 2606AR LOUP | 3:02:20 | 43:26 |
| 6 | GROSJEAN, Cathy | 69 | 6913AR CRAPAHUT | 3:15:24 | 56:30 |
| 7 | GROSJEAN, Nathalie | 65 | 6913AR CRAPAHUT | 3:23:27 | 1:04:33 |
| | MONDON, Eric | 63 | 4299AR INDIVIDUEL | pm | |
| | JOURDAN, Catherine | 67 | 6999AR INDIVIDUEL | pm | |