

Date Wednesday 14 August 2019 Length 11.7 km
Location Mørk, Østfold Climb 300 m
Map Mørk langdistanse Controls 21

| Place | Name | Federation | Time | Time+ |
|-------|-------------------------|---------------------|----------|-----------|
| 1 | Tove Alexandersson | Sweden | 01:09:00 | +00:00:00 |
| 2 | Lina Strand | Sweden | 01:15:16 | +00:06:16 |
| 3 | Simona Aebersold | Switzerland | 01:15:50 | +00:06:50 |
| 4 | Marika Teini | Finland | 01:16:02 | +00:07:02 |
| 5 | Sabine Hauswirth | Switzerland | 01:18:26 | +00:09:26 |
| 6 | Karolin Ohlsson | Sweden | 01:19:14 | +00:10:14 |
| = | Venla Harju | Finland | 01:19:14 | +00:10:14 |
| 8 | Julia Jakob | Switzerland | 01:19:54 | +00:10:54 |
| 9 | Sara Hagstrom | Sweden | 01:20:25 | +00:11:25 |
| = | Anastasia Rudnaya | Russian Federation | 01:20:25 | +00:11:25 |
| 11 | Natalia Gemperle | Russian Federation | 01:21:10 | +00:12:10 |
| 12 | Vendula Horcickova | Czech Republic | 01:21:25 | +00:12:25 |
| 13 | Kamilla Olaussen | Norway | 01:21:34 | +00:12:34 |
| 14 | Svetlana Mironova | Russian Federation | 01:21:42 | +00:12:42 |
| 15 | Marianne Andersen | Norway | 01:21:59 | +00:12:59 |
| 16 | Denisa Kosova | Czech Republic | 01:22:07 | +00:13:07 |
| 17 | Merja Rantanen | Finland | 01:24:27 | +00:15:27 |
| 18 | Miri Thrane Oedum | Denmark | 01:24:38 | +00:15:38 |
| 19 | Susen Loesch | Germany | 01:24:52 | +00:15:52 |
| 20 | Ursula Kadan | Austria | 01:26:24 | +00:17:24 |
| 21 | Jo Shepherd | Great Britain | 01:26:51 | +00:17:51 |
| 22 | Evely Kaasiku | Estonia | 01:27:43 | +00:18:43 |
| 23 | Anna Serrallonga Arques | Spain | 01:28:23 | +00:19:23 |
| 24 | Sandra Grosberga | Latvia | 01:28:24 | +00:19:24 |
| 25 | Lizzie Ingham | New Zealand | 01:28:54 | +00:19:54 |
| 26 | Annika Rihma | Estonia | 01:29:12 | +00:20:12 |
| 27 | Andrine Benjaminsen | Norway | 01:29:24 | +00:20:24 |
| 28 | Isia Basset | France | 01:30:19 | +00:21:19 |
| 29 | Lenka Mechlova | Czech Republic | 01:31:03 | +00:22:03 |
| 30 | Aleksandra Hornik | Poland | 01:31:43 | +00:22:43 |
| 31 | Gabija Razaityte | Lithuania | 01:31:50 | +00:22:50 |
| 32 | Olha Panchenko | Ukraine | 01:32:00 | +00:23:00 |
| 33 | Hanna Wisniewska | Poland | 01:32:23 | +00:23:23 |
| 34 | Line Cederberg | Denmark | 01:32:35 | +00:23:35 |
| 35 | Liga Valdmane | Latvia | 01:32:54 | +00:23:54 |
| 36 | Charlotte Watson | Great Britain | 01:33:06 | +00:24:06 |
| 37 | Galina Ribediuc | Republic of Moldova | 01:34:07 | +00:25:07 |
| 38 | Birte Friedrichs | Germany | 01:35:48 | +00:26:48 |
| 39 | Anna Nilsson Simkovics | Austria | 01:35:49 | +00:26:49 |
| 40 | Zsofia Sarkozy | Hungary | 01:37:18 | +00:28:18 |
| 41 | Alison Crocker | United States | 01:37:27 | +00:28:27 |

| Place | Name | Federation | Time | Time+ |
|-------|---------------------------|-------------------|----------|-----------|
| 42 | Verena Troi | Italy | 01:38:34 | +00:29:34 |
| 43 | Kaste Rutkauskaite | Lithuania | 01:39:38 | +00:30:38 |
| 44 | Nicole Scalet | Italy | 01:40:19 | +00:31:19 |
| 45 | Aislinn Prendergast | Australia | 01:41:03 | +00:32:03 |
| 46 | Liliana Gotseva | Bulgaria | 01:41:23 | +00:32:23 |
| 47 | Krystal Neumann | Australia | 01:44:07 | +00:35:07 |
| 48 | Kristina Yakubkina | Belarus | 01:45:03 | +00:36:03 |
| 49 | Cecile Foltzer | France | 01:45:35 | +00:36:35 |
| 50 | Olena Pitirimova | Ukraine | 01:45:48 | +00:36:48 |
| 51 | Fanny Tilkin | Belgium | 01:48:37 | +00:39:37 |
| 52 | Andreya Dyaksova | Bulgaria | 01:48:42 | +00:39:42 |
| 53 | Hinako Inage | Japan | 01:50:46 | +00:41:46 |
| 54 | Violeta Feliciano Sanjuan | Spain | 01:51:27 | +00:42:27 |
| 55 | Signe Sirma | Latvia | 01:52:40 | +00:43:40 |
| 56 | Greta Knarston | New Zealand | 01:55:04 | +00:46:04 |
| 57 | Julia Goldmann | Hungary | 01:56:06 | +00:47:06 |
| 58 | Andra Cecilia Anghel | Romania | 01:59:10 | +00:50:10 |
| 59 | Niamh Corbett | Ireland | 02:02:19 | +00:53:19 |
| 60 | Mirja Pavic | Croatia | 02:08:02 | +00:59:02 |
| 61 | Jiayi Zheng | China | 02:09:53 | +01:00:53 |
| 62 | Sydney Fisher | United States | 02:10:51 | +01:01:51 |
| 63 | Wai Lan Iris Lui | Hong Kong | 02:20:21 | +01:11:21 |
| 64 | Edineia Roniak dos Santos | Brazil | 02:31:01 | +01:22:01 |
| 65 | Yoon sun Cha | Republic of Korea | 02:54:34 | +01:45:34 |
| | Angie Hurtado Rojas | Colombia | DNS | |
| | Emma Waddington | Canada | DNS | |
| | Elif Gokce Avci | Turkey | DNF | |
| | Dragana Dokmanovic | Serbia | DNF | |
| | Filipa Rodrigues | Portugal | MP | |
| | Raquel Arendt | Brazil | MP | |