

| Long Course Place | 5km Freestyle at Phalen | | | | 74 | | | | | | |
|----------------------|-------------------------|--------|----------|--------|----|---|---|---|---|-------|--|
| | Name | School | Time | Points | 1 | 2 | 3 | 4 | 5 | Total | |
| 1 | Regan Duffy | FL | 13:53:00 | 100 | | | | | | | |
| 2 | Siri Bohacek | STW | 13:57:00 | 99 | | | | | | | |
| 3 | Emma Albrecht | STW | 14:01:00 | 98 | | | | | | | |
| 4 | Samantha Kurkowski | Ros | 14:09:00 | 97 | | | | | | | |
| 4 | Jenna Parent | FL | 14:11:00 | 96 | | | | | | | |
| 6 | Libby Tuttle | STW | 14:27:00 | 95 | | | | | | | |
| 7 | Sydney Peterson | STW | 14:28:00 | 94 | | | | | | | |
| 7 | Liv Myers | STW | 14:39:00 | 92.5 | | | | | | | |
| 9 | Olivia Schwintek | WBL | 14:39:00 | 92.5 | | | | | | | |
| 10 | Carly Dahms | Ros | 14:47:00 | 91 | | | | | | | |
| 11 | Chloe Foster | FL | 14:54:00 | 90 | | | | | | | |
| 12 | Hannah Brown | STW | 15:23:00 | 89 | | | | | | | |
| 13 | Jordan Parent | FL | 15:42:00 | 88 | | | | | | | |
| 14 | Anna Stockinger | FL | 15:49:00 | 86.5 | | | | | | | |
| 15 | Frances Ryan | Ros | 15:49:00 | 86.5 | | | | | | | |
| 16 | Jess Nieters | FL | 15:53:00 | 85 | | | | | | | |
| 17 | Louisa Ward | STW | 15:58:00 | 83.5 | | | | | | | |
| 18 | Lauren Loppnow | WBL | 15:58:00 | 83.5 | | | | | | | |
| 19 | Clarise Larson | WBL | 16:11:00 | 82 | | | | | | | |
| 20 | Amelea Hauer | FL | 16:12:00 | 80.5 | | | | | | | |
| 21 | Isabel Bibeau | Ros | 16:12:00 | 80.5 | | | | | | | |
| 21 | Bethany Olson | STW | 16:14:00 | | | | | | | | |
| 23 | Madison Loppnow | WBL | 16:21:00 | 79 | | | | | | | |
| 24 | Britt Harrison | ER | 16:30:00 | 78 | | | | | | | |
| 25 | Emily Laabs | STW | 16:31:00 | | | | | | | | |
| 26 | Maddy Koltun | STW | 16:40:00 | | | | | | | | |
| 26 | Eleasha Mckenzie | ER | 16:43:00 | 77 | | | | | | | |
| 28 | Tiffany Holiday | PWER | 16:48:00 | 76 | | | | | | | |
| 29 | Katie Sheldon | MV | 16:50:00 | 75 | | | | | | | |
| 30 | Samantha Nelson | Ros | 16:55:00 | 74 | | | | | | | |
| 31 | Jenna Stockinger | FL | 17:00:00 | | | | | | | | |
| 32 | Sydney Menne | MV | 17:00:00 | 73 | | | | | | | |
| 33 | Gabi Danielson | STW | 17:02:00 | | | | | | | | |
| 34 | Piper Wilson | STW | 17:03:00 | | | | | | | | |
| 35 | Gabby Olson | MV | 17:11:00 | 72 | | | | | | | |
| 36 | Haley Orf | PWER | 17:15:00 | 71 | | | | | | | |
| 37 | Annabelle Stang | FL | 17:16:00 | | | | | | | | |
| 38 | Anna Weaver | STW | 17:20:00 | | | | | | | | |
| 39 | Emily Brockberg | WBL | 17:20:00 | 70 | | | | | | | |
| 40 | Josie Moor | WBL | 17:21:00 | 69 | | | | | | | |
| 41 | Lindsay Krohn | MV* | 17:27:00 | | | | | | | | |
| 42 | Ashley Nelson | Ros | 17:46:00 | 68 | | | | | | | |
| 43 | Evelyn Hudrlik | FL | 17:48:00 | | | | | | | | |
| 44 | Emma Bourne | STW | 17:49:00 | | | | | | | | |
| 45 | Ella Niznik | FL | 17:55:00 | | | | | | | | |
| 46 | Amelia Lehmann | STW | 17:56:00 | | | | | | | | |
| 46 | Lindsey Moseley | Ros | 18:02:00 | 67 | | | | | | | |
| 48 | Winter AnderJohn | Ros | 18:06:00 | | | | | | | | |
| 49 | Ally Moseley | Ros | 18:11:00 | | | | | | | | |
| 50 | Aurora Weirens | MV | 18:13:00 | 66 | | | | | | | |
| 51 | Kendra Besser | ER | 18:26:00 | 65 | | | | | | | |
| 52 | Grace Johnson | FL | 18:30:00 | | | | | | | | |
| 53 | Sarah Miller | MV | 18:33:00 | 64 | | | | | | | |
| 54 | Kaia Goldenman | Ros | 18:33:00 | | | | | | | | |
| 55 | Morgan Langer | FL | 18:43:00 | | | | | | | | |
| 56 | Anah Flor | STW | 18:43:00 | | | | | | | | |
| 57 | Abi Weaver | STW | 18:52:00 | | | | | | | | |
| 58 | Margaret Swenson | STW | 19:02:00 | | | | | | | | |
| 59 | Naomi Nickel | Ros | 19:04:00 | | | | | | | | |
| 60 | Maya Strike | MV | 19:05:00 | 63 | | | | | | | |
| 61 | Elizabeth Landherr | STW | 19:08:00 | | | | | | | | |
| 62 | Sophia Pfluger | ER | 19:12:00 | 62 | | | | | | | |
| 63 | Erika Harrison | ER | 19:26:00 | 61 | | | | | | | |
| 64 | Mairin Torgerson | STW | 19:33:00 | | | | | | | | |
| 65 | Maria Stockinger | FL | 19:37:00 | | | | | | | | |
| 66 | Tatum Geving | ER | 19:45:00 | 60 | | | | | | | |
| 67 | Laurel Watters | PWER | 19:45:00 | 59 | | | | | | | |
| 68 | Trind Nesvold | FL | 20:06:00 | | | | | | | | |
| 69 | Allison Krish | ER | 20:09:00 | 58 | | | | | | | |
| 70 | Ella Grace | STW | 20:10:00 | | | | | | | | |
| 71 | Anika Klund | PWER | 20:11:00 | 57 | | | | | | | |

